

**National Senior Games Association  
Summer Senior Games  
Race Walk Top 10 Performances**

\* Indicates NSGA record when set

\*\*1997 5K course was 400M short

5K times for 2001 are not available

EVENT	GENDER	AGE	RANK	NAME	STATE	TIME	YEAR	RECORDS	NOTE
1500M	Women	50 - 54	1	Yoko Eichel	CA	8:07.10	2001	*	
			2	Debbie Topham	MI	8:12.83	2007		
			3	Kathleen Frable	TX	8:20.00	1997	*	
			4	Joann Owen	NM	8:22.00	1997		
			5	Sandra Denoon	WV	8:23.83	2007		
			6	Emily Lee	MS	8:24.45	1999		
			7	Yoko Eichel	CA	8:26.95	1999		
			8	Joyce Prohaska	OH	8:36.48	2005		
			9	Lani Leblanc	CA	8:44.00	1997		
			10	Joyce Prohaska	OH	8:49.65	2003		
		55 - 59	1	Kathleen Frable	TX	8:19.26	2003	*	
			2	Nancy Whitney	MD	8:27.78	1993	*	
			3	Joyce Decker	IL	8:28.60	1991	*	
			4	Sami Bailey	IN	8:28.70	1993		
			5	Emily Lee	MS	8:29.96	2003		
			6	Yoko Eichel	CA	8:40.69	2005		
			7	Joyce Prohaska	Oh	8:45.65	2007		
			8	Sami Bailey	IN	8:46.00	1995		
			9	Maurine Lia	MO	8:46.30	1991		
			10	Ruth Everson	IN	8:52.61	1993		
		60 - 64	1	Yoko Eichel	CA	8:37.46	2007		
			2	Yoko Eichel	CA	8:37.85	2009		
			3	Maurine Lia	MO	8:41.00	1997	*	
			4	Rita Sinkovec	CO	8:42.44	1999		
			5	Rita Sinkovec	CO	8:46.99	2001		
			6	Joanne Parks	MI	8:48.00	1997		
			7	Doris Flynn	TX	8:48.05	1999		
			8	Doris Flynn	TX	8:50.80	2001		
			9	Diane Lawrence	NY	8:57.76	2003		
			10	Joan Sandison	AZ	8:59.00	1997		
		65 - 69	1	Patricia Nesley	DC	8:14.85	1993	*	
			2	Miriam Gordon	FL	8:15.65	1993		
			3	Joan Rowland	NY	8:20.76	1993		
			4	Maurine Lia	MO	8:57.10	2001		
			5	Maurine Lia	MO	8:59.43	1999		
			6	Margareta Lambert	CO	9:04.08	1987	*	
			7	Miriam Gordon	FL	9:08.30	1991		
			8	Louise Walters	CA	9:12.51	2005		
			9	Joanne Elliott	FL	9:14.50	2001		
			10	Paulette Caron	NM	9:16.00	1995		
		70 - 74	1	Maurine Lia	MO	9:05.43	2003	*	
			2	Luise Nottage	NM	9:34.80	1991	*	
			3	Maurine Lia	MO	9:36.41	2007		
			4	Luise Nottage	NM	9:41.48	1993		
			5	Velma Jacobs	CO	9:42.56	1987	*	
			6	Jane Nightingale	TX	9:49.00	1997		
			7	Paulette Caron	NM	9:50.50	2001		
			8	Bertha Aldrich	IA	10:00.18	2007		
			9	Imogene Watkins	MS	10:00.20	1991		
			10	Jane Nightingale	TX	10:03.75	1999		
		75 - 79	1	Millie Bolton	OH	10:09.00	1997	*	
			2	Velma Jacobs	CO	10:18.35	1993	*	
			3	Helen Sutter	FL	10:20.05	1989	*	
			4	Eileen Bendtsen	MN	10:26.88	2001		
			5	Jean Brunnenkant	KS	10:30.37	1993		
			6	Millie Bolton	OH	10:38.48	1999		
			7	Helen Sutter	FL	10:43.70	1991		
			8	Imogene Watkins	MS	10:46.00	1995		
			9	Katherine MARRS	WI	10:54.64	2007		
			10	Katherine MARRS	WI	10:58.49	2005		

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EVENT	GENDER	AGE	RANK	NAME	STATE	TIME	YEAR	RECORDS	NOTE		
1500M	Women	80 - 84	1	Laura Payne	TX	10:32.80	1991	*			
			2	Polly Clarke	CO	10:49.20	1991				
			3	Millie Bolton	OH	11:20.42	2003				
			4	Eva Dunn	NM	11:22.00	1995				
			5	Velma Jacobs	CO	11:30.00	1997				
			6	Estelle G. Frendberg	AZ	11:40.83	1993				
			7	Susie Hughes	TX	11:42.20	1991				
			8	Eva Vogelsang	AZ	12:03.95	2009				
			9	Shirley Goff	AR	12:10.24	2007				
			10	Jane Nightingale	TX	12:12.26	2007				
		85 - 89	1	Velma Jacobs	WY	12:18.95	2001	*			
			2	Velma Jacobs	WY	12:57.82	2003				
			3	Josephine Gregg	OH	12:32.00	1997	*			
			4	Rose Malone	TN	12:36.00	1995	*			
			5	Estelle Frendberg	AZ	12:40.62	1999				
			6	Alice Segar	MI	12:43.91	2007				
			7	Allie Walker	TN	13:12.00	1995				
			8	Jean Brunnenkant	KS	13:17.34	2005				
			9	Anna Ward	MO	13:28.10	1991	*			
			10	Eleanor Cheek	NC	13:52.90	1991				
		90 - 94	1	Estelle Frendberg	AZ	13:20.41	2005	*			
			2	Jean Brunnenkant	KS	13:22.77	2007				
			3	Dessie Gilmore	NC	13:45.24	1999	*			
			4	Estelle Frendberg	AZ	14:13.48	2003				
			5	Estelle Frendberg	AZ	14:33:00	2007				
			6	Jean Brunnenka	KS	14:42.66	2009				
		1500M	Men	50 - 54	1	Jonathon Matthews	MT	06:18.05	2009	*	
					2	Ray Funkhouser	VA	6:50.94	2001	*	
					3	David Coutts	MO	7:01.93	2007		
					4	Dave Coutts	MO	7:12.9	2009		
					5	Norman Frable	TX	7:14.00	1997	*	
					6	Steven Shapiro	VA	7:14.18	2007		
					7	Robert Shires	IA	7:25.32	2003		
					8	Stephen Moore	GA	7:28.46	2003		
					9	Steven Shapiro	VA	7:33.11	2005	*	
					10	Gene Opheim	FL	7:35.33	2001		
				55 - 59	1	John Boitano	CT	7:12.70	1989	*	
					2	Arthur Noll	PA	7:13.70	1991		
					3	Presley Donaldson	TX	7:13.90	1991		
					4	Mark Adams	NM	7:16.00	1997		
					5	Paul Johnson	AR	7:18.12	1993		
					6	Norman Frable	TX	7:18.18	2003		
					7	John Boitano	CT	7:18.60	1991		
					8	Gene Opheim	FL	7:28.39	2003		
					9	Robert Shires	IA	7:46.53	2005		
10	George Fenigsohn				VA	7:52.86	2003				
60 - 64	1			Jack Bray	CA	7:15.00	1995	*			
	2			Mike Budnik	NM	7:19:85	2009				
	3			David Baldwim	ME	7:25.43	2005				
	4			Max Walker	IN	7:35.93	2007				
	5			Chris Schmid	OH	07:35.09	2009				
	6			Fred Shaffer	PA	7:37.78	1993	*			
	7			Dick Petruzzi	CA	7:39.00	1997				
	8			Bob Barrett	NY	7:40.00	1997				
	9			Ray Everson	IN	7:40.00	1997				
	10			Robert Barrett	NY	7:41.00	1995				
1500M	Men			65 - 69	1	Alfred Du Bois	WI	7:50.87	1999	*	
					2	Alfred Du Bois	WI	7:50.54	2001		
					3	Bob Barrett	NY	7:52.83	2003		

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1500M	Men	65 - 69	4	Ray Everson	IN	7:59.41	1999					
			5	Bob Barrett	NY	8:01.04	1999					
			6	Ted Moore	NV	8:01.21	2005					
			7	Edward Gawinski	DE	8:08.53	1993	*				
			8	Alfred Du Bois	WI	8:11.00	1997					
			9	Bob Fine	FL	8:11.00	1997					
			10	Robert Eisner	CA	8:15.00	1997					
			<b>70 - 74</b>									
			1	Jack Bray	CA	7:48.28	2003	*				
			2	Jack Bray	CA	8:12.45	2005					
3	Alfred Du Bois	WI	8:23.07	2003								
4	James Beckett	CA	8:25.44	2009								
5	Alfred Du Bois	WI	8:25.53	2005								
6	A. Cokey Daman	VA	8:27.00	1991	*							
7	John Nervetti	NJ	8:31.00	1995								
8	A. Cokey Daman	VA	8:32.80	1989	*							
9	Edward Gawinski	DE	8:35.00	1997								
10	Klaus Timmerhaus	CO	8:44.00	1995								
<b>75 - 79</b>												
1	Alfred Du Bois	WI	8:57.24	2007	*							
2	William Patterson	NC	9:15.30	1991	*							
3	Edward Seeger	VA	9:15.40	1991								
4	Philip Lawrence	AZ	9:27.20	1991								
5	Bill Patterson	NC	9:30.27	1993								
6	Herb Appell	NC	9:32.00	1995								
7	Cleo Casady	MO	9:37.16	1989	*							
8	Charles Williams	GA	9:39.34	2007								
9	Ken Long	NC	9:41.15	2003								
10	Robert Ferfuson	MI	9:42.31	2007								
<b>80 - 84</b>												
1	Kurt Straus	AZ	10:04.20	1991	*							
2	Boyd Rollins	UT	10:07.07	2009								
3	Tony Diamond	DC	10:14.01	2009								
4	Bill Patterson	NC	10:24.00	1997								
5	Anthony Silvidi	OH	10:27.54	2001								
6	Dusty Smith	TN	10:30.13	2007								
7	Chares Boyle	MD	10:32.37	2007								
8	Elon Bradford	NC	10:32.68	2007								
9	William Smith	TN	10:36.91	2005								
10	Charles Boyle	MD	10:42.95	2005								
<b>85 - 89</b>												
1	Abe Ulanoff	MI	10:58.34	2003	*							
2	Richard Fargo	PA	11:24.56	2003								
3	D. Paul Miller	IL	11:24.56	2003								
4	Anthony Silvidi	OH	11:26.10	2005								
5	Weldon Bigony	TX	11:55.17	2007								
6	Harold Hoffmann	NC	11:57.66	1993	*							
7	Dolph Raney	OK	11:58.59	1993								
8	Sam Dorman	IL	12:06.80	1991	*							
9	Leonard Stern	TX	12:25.76	2009								
10	Gabriel Vitalone	NJ	12:30.76	2007								
<b>90 - 94</b>												
1	Abe Ulanoff	MI	12:28.21	2007	*							
2	Waldo McBruney	KS	12:49.49	1993	*							
3	Robert Stewart	VA	13:49.05	2003								
4	Julius Spielberg	MI	13:56.00	1995								
5	Thomas Young	KS	14:06.05	2007								
6	Levie Goard	VA	14:58.02	2003								
7	Julius Spielberg	MI	15:26.00	1997								
8	Guy Sibley	IL	17:30.60	1991	*							
9	David Ward	MA	18:01.92	2007								
<b>95 - 99</b>												
1	Julius Spielberg	MI	12:54.12	1999	*							
2	Guy Sibley	IL	17:48.81	1993	*							
3	John Fleck	PA	19:39.40	1991	*							
4	Walter Mackey	PA	22:33.06	2005								

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5K	Women	50 - 54							**
			1	Debbie Topham	Mi	28:58.50	2007	*	
			2	Janet Comi	PA	31:02	2005		
			3	Joyce Prohaska	OH	31:21	2005		
			4	Sandra Denoon	OH	31:04.8	2007		
			5	Eileen McManus	MO	31:27.41	2007		
			6	Eileen McManus	MO	31:58	2009		
			7	Janet Michal	GA	32:48	2009		
			8	Joyce Prohaska	OH	32:28	2003		
			9	Sherrie Gossert	CO	32:33	2003		
			10	Emily Lee	MS	33:11	1999		
		55 - 59							
			1	Sami Ann Bailey	IN	30:04	1993	*	
			2	Yoko Eichel	CA	30:15	2003		
			3	Joyce Decker	IL	30:16	1991	*	
			4	Yoko Eichel	CA	30:43	2005		
			5	Joyce Prohaska	OH	31:10.21	2007		
			6	Donna Graham	OH	31:28.24	2007		
			7	Joanne Freund	PA	32:15	2009		
			8	Emily Lee	MS	32:19	2003		
			9	Majorie Pilla	FL	33:43	2003		
			10	Irene Brown	MO	33:54	2009		
		60 - 64							
			1	Yoko Eichel	CA	30:04.77	2007	*	
			2	Yoko Eichel	CA	30:59	2009		
			3	Elsie Kallal	AZ	32:25.36	2007	*	
			4	Donna Gonzales	MS	32:27	2005		
			5	Marjorie Pilla	FL	32:32	2005		
			6	Kathy Balser	AZ	32:42	2005		
			7	Elise Kallal	AZ	32:50	2005		
			8	Carol Bertino	CA	32:58	2009		
			9	Leslie Herman	NM	35:04	2009		
			10	Leslie Herman	NM	36:01.12	2007		
		65 - 69							
			1	Miriam Gordon	FL	31:30	1991	*	
			2	Janet Higbie	IN	31:40.15	2007		
			3	Maurine Lia	MO	31:56	1999		
			4	Joan Rowland	NY	31:59	1991		
			5	Miriam Gordon	FL	32:16	1993		
			6	Louise Walters	CA	32:23	2005		
			7	Patricia Nesley	DC	33:06	1995		
			8	Janet Robinson	CA	33:07	2009		
			9	Marjorie Pilla	CT	33:08	2009		
			10	Paulette Caron	NM	33:08	1995		
		70 - 74							
			1	Margaret Walker	PA	34:06	1995	*	
			2	Maurine Lia	MO	34:14	2003		
			3	Luise Nottage	NM	34:35	1991	*	
			4	Imogene Watkins	MS	34:58	1991		
			5	Maurine Lia	MO	35:26.74	2007		
			6	Bertha Aldrich	IA	36:00.58	2007		
			7	Janet Mason	OK	36:12.73	2007		
			8	Lucy DiMarzio	AZ	36:18	2009		
			9	Essie Faria	FL	36:47	2009		
			10	Marjorie Larragoite	NM	36:52	2005		
		75 - 79							
			1	Katherine Marrs	WI	36:18	2005	*	
			2	Estelle Frendberg	AZ	36:41	1989	*	
			3	Miriam Miller	PA	36:48	1989		
			4	Velma Jacobs	CO	36:51	1991		
			5	Jean Brunnenkant	KS	36:55	1993		
			6	Betty Allgood	NC	36:57	2009		
			7	Imogene Watkins	MS	37:18	1995		
			8	Katherine Marrs	WI	37:18.62	2007		
			9	Nancy Lupton	AZ	40:50	2009		

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5K	Women	80 - 84	10	Terry Hamilton	VA	40:31	2003				
			1	Polly Clarke	CO	37:40	1991	*			
			2	Louise Swanson	WA	39:04	1989	*			
			3	Estelle Frenenberg	AZ	39:06	1993				
			4	Estelle Frenenberg	AZ	39:27	1995				
			5	Eva Vogelsang	AZ	40:05	2009				
			6	Eleanor Miller	NC	40:13	1995				
			7	Bess Grimm	FL	41:51	2005				
			8	Martha Lykens	KS	42:31	2009				
			9	Shirley Goff	AR	41:55.08	2007				
		10	Mary Boska	VA	42:46.27	2007					
		85 - 89	1	Alice Segar	MI	41:37.75	2007	*			
			2	Estelle Frenenberg	AZ	45:03	1999	*			
			3	Anna Ward	MO	46:56	1991	*			
			4	Eleanor Cheek	NC	47:33	1991				
			5	Jean Brunnenkant	KS	48:54	2005				
			6	Mary Haines	CT	49:32	2003				
			7	Arda Perkins	FL	57:44	1999				
			8	Sue Matthews	PA	58:08	1991				
		90-94	1	Jean Brunnenkant	KS	48:57.29	2007	*			
			2	Jean Brunnenkant	KS	50:26	2009				
		5K	Men	50 - 54	1	Jonathan Matthews	MT	22:57	2009	*	
					2	David Coutts	Mo	26:59.13	2007	*	
					3	Steven Shapiro	VA	27:22.56	2007	*	
					4	Robert Shires	IA	27:37	2003		
					5	Stephen Moore	GA	27:43	2003		
					6	Steven Shapiro	VA	28:13	2002		
					7	Roderick MacElwain	TX	29:02	2003		
8	Michael Bird				IN	29:19	1999				
9	Jeff McClung				KY	29:53.26	2007				
10	Tom Gerhardt				VA	29:59	2003				
55 - 59	1			Franklin Brown	IA	25:51	1991	*			
	2			John Boitano	CT	26:00	1989	*			
	3			Presley Donaldson	TX	26:03	1991				
	4			Paul Johnson	AR	26:13	1993				
	5			Gene Opheim	FL	27:39	2003				
	6			Robert Shires	IA	28:33	2005				
	7			Marc Olshan	NY	28:49	2003				
	8			Robert Shires	IA	28:58.43	2007				
	9			George Fenigsohn	VA	29:47	2003				
	10			Steven Hubbart	GA	30:37	2009				
60 - 64	1			Jack Bray	CA	26:22	1995	*			
	2			Robert Barrett	NY	26:59	1995				
	3			Robert Fine	FL	26:59	1991	*			
	4			Chris Schmid	OH	27:26	2009				
	5			Mike Budnik	NM	27:26	2009				
	6			Max Walker	IN	28:02.31	2007				
	7			David Baldwin	ME	28:38	2005				
	8			David Baldwin	ME	29:04	2003				
	9			Rick Campbell	CA	29:14.23	2007				
	10			Gary Leinhart	TX	29:21.96	2007				
65 - 69	1	James Corbell	FL	28:15.69	2007	*					
	2	Bob Barrett	NY	28:47	2003						
	3	Ray Everson	IN	28:50	1999						
	4	Edward Gawinski	DE	29:01	1993	*					
	5	Edward Gawinski	DE	29:07	1995						
	6	Bob Barrett	NY	29:17	1999						
	7	William Moremen	CA	29:45	1993						
	8	Ted Moore	NV	30:32	2005						

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5K	Men	70 - 74	9	Lewis Savik	MT	30:48.20	2007		
			10	John Elwarner	MI	31:46.87	2007		
			1	Jack Bray	UT	28:36	2003		
			2	A. Cokey Daman	VA	29:42	1989	*	
			3	A. Cokey Daman	VA	29:55	1991		
			4	James Beckett	CA	30:24	2009		
			4	Klaus Timmerhaus	CO	30:26	1995		
			5	Jack Bray	CA	30:29	2005		
			6	Gary Steck	CA	31:28	2009		
			7	Alfred Du Bois	WI	31:41	2003		
		8	Joseph Armbruster	NM	32:04	2003			
		9	Ray Everson	IN	32:17.41	2007			
		10	Alan Poisner	KS	32:42.50	2007			
		75 - 79	1	Edward G. Seeger	VA	32:15	1991	*	
			2	Philip Lawrence	AZ	32:49	1989	*	
			3	Philip Lawrence	AZ	33:03	1991		
			4	Bill Patterson	NC	33:41	1993		
			5	Martin Peterson	FL	33:46	1991		
			6	Alfred Dubois	WI	33:54.67	2007		
			7	Bill Patterson	NC	33:56	1991		
			8	Charles Williams	GA	33:57.34	2007		
			9	Robert Ferguson	MI	34:10.15	2007		
			10	Ken Long	NC	34:37	2003		
		80 - 84	1	Kurt Straus	AZ	35:29	1991	*	
			2	Boyd Rollins	UT	36:17	2009		
			3	Francis Albaugh	PA	36:23	2005		
			4	Byron Fike	OH	37:23	1989	*	
			5	Elon Bradford	NC	37:42.33	2007		
			6	Ray Sherman	SD	37:58	1999		
			7	Charles Boyle	MD	38:14	2005		
8	Harold Hoffman		NC	38:45	1989				
9	Harold Hoffman		NC	38:50	1991				
10	Tony Diamond		DC	38:58	2009				
85 - 89	1	Abe Ulanoff	MI	39:05	2003	*			
	2	D. Paul Miller	IL	40:08	2003				
	3	Richard Fargo	PA	40:20	2003				
	4	Weldon Bigony	TX	41:53	2005				
	5	Weldon Bigony	TX	42:42.60	2007				
	6	Anthony Silvidi	OH	42:54	2005				
	7	Al Nellis	SC	43:30	1995	*			
	8	Waldo McBurney	KS	43:59	1991	*			
	9	Leonard Stern	TX	44:18	2009				
	10	Thomas Young	KS	45:16	2003				
90 - 94	1	Abe Ulanoff	MI	45:15.84	2007	*			
	2	Thomas Young	KS	50:48.21	2007	*			
	3	Thomas Young	KS	51:46	2009				
	5	Julius Spielberg	MI	54:16	1995	*			
95 - 99	1	Julius Spielberg	MI	59:45	1999	*			