

Record of Virginia Senior Games Race Walks, 1999-2016

by

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The Virginia Senior Games (VSG) is a production of the Virginia Recreation and Park Society established in 1978 as a private, nonprofit organization located in Mechanicsville, Virginia.

Competition includes twenty-two sports ranging from archery to triathlon. Competitors from State Senior Games qualify for the National Senior Games (NSG) held every two years. According to the NSG Web site, the games are the largest multi-sport event in the world for seniors 50 and over.

Tidewater Striders have for many years participated in the VSG as competitors in the 1500 meter and 5000 meter race walks, often in both events the same year, and as Certified USATF officials and race walk judges.

Race walks are governed by USATF rules of competition stipulating (1) one foot must be on the ground at all times and (2) the advancing leg must be straightened at point of contact with the ground and stay straightened in the vertical upright position until the body passes over it.

With the exception of 2001 and 2002, for which results could not be found, race walk results were provided by Nancy Turnage and Lori Haislip, Virginia Parks and Recreation Society. Prior to 1999, there were no accessible records of VSG results. Nickie Wills, 2016 meet director, made available this year's results.

Listed below are current state record holders compiled from available information. Inasmuch as out-of-state race walkers may enter VSG competition, the top three out-of-state finishers are listed by age category with Virginia record holders in four races.

Virginia Senior Games Race Walk Records, 1999-2016

Women's 1500 Meter

Age Group	Walker	Residence	Finish Time	Record Set
50-54	Rebecca Garson	Afton	9:06.95	2014
55-59	Deborah Hovatter	Henrico	10:13.95	2010
60-64	Judy Witt	Glen Allen	9:46.00	2011
65-69	Rita Windish	Alexandria	10:47.63	2000
70-74	Betty Allgood*	Winston-Salem, NC	10:36.45	2004
	Mary Boska	Alexandria	10:40.42	1999
75-79	Terry Hamilton*	Greensboro, NC	11:17.70	2003
	Josephine Sewart	Manassas	12:29.93	1999
80-84	Florida Staton	Suffolk	12:10.80	1999
85-89	Mary Lathram	Falls Church	12:52.76	2000
90-94	Catherine McKenzie	Christiansburg	16:14.95	2000
95-99	Ruth Thompson	Church Road	17:19.13	2015

Men's 1500 Meter

Age Group	Walker	Residence	Finish Time	Record Set
50-54	Steven Pecinovsky	Woodbridge	6:53.03	2004
55-59	Steve Shapiro	Hampton	7:32.00	2008
60-64	Harry Watkins	Suffolk	8:36.54	2004
65-69	Richard Kole	Virginia Beach	9:04.08	2005
70-74	Ken Long*	Raleigh, NC	9:23.06	1999
	Steve Durrant	Virginia Beach	10:13.00	2011
75-79	Agustino Ormrod	Virginia Beach	9:46.00	2004
80-84	Shannon Ferguson	Alexandria	10:41.06	2000
85-89	Edward Seeger	Falls Church	11:46.70	2000
90-94	Walker Foard	Virginia Beach	16:02.00	2004

Women's 5000 Meter

Age Group	Walker	Residence	Finish Time	Record Set
50-54	Rebecca Garson	Afton	32:02.56	2016
55-59	Debra Hovatter	Henrico	37:51.40	2010
60-64	Lois Bosken	Virginia Beach	35:33.73	2014
	Cindy Wildman*	Cleveland, OH	34:09.89	2016
65-69	Rita Windish	Alexandria	37:45.03	2000
70-74	Dorothy Skinner	(not given)	36:56.50	2007
75-79	Mary Simpson	Manassas	43:03.68	2010
80-84	Betty Allgood*	Winston-Salem, NC	38:17.51	2014
	Mary Latham	Falls Church	44:52.00	1999
85-89	Mary Lathram	Falls Church	44:02.82	2000

Men's 5000 Meter

Age Group	Walker	Residence	Finish Time	Record Set
50-54	Steven Pecinovsky	Woodbridge	26:12.70	2004
55-59	Tom Gerhardt	Chesapeake	29:10.00	2006
60-64	Tom Gerhardt	Chesapeake	30:04.43	2013
65-69	Victor Litwinski	McLean	32:04.53	2008
70-74	Allyn Evans	Newport News	33:45.00	2005
75-79	Augustino Ormrod	Virginia Beach	34:39.70	2004
80-84	James Curling	Lynchburg	30:25.90	2003
85-89	Frank Kirsch	Portsmouth	49:33.46	2000

*Non Virginia Residents