



All-Time Walking Records

Individual records for each event and age group.

Updated through the 2025 track and field meet.

New records are in bold. Records are for Maryland residents only.

1,500-METER POWER RACE WALK — MEN (formerly 1-Mile Rec Walk)

50-54 Eugene Hoffman	9:56.75	2002
55-59 Richard Burton	8:20.00	1992
60-64 Bruce Chandler	9:24.23	2022
65-69 Robert Paulen	9:38.00	2006
70-74 Gennady Dubovitsky	9:55.26	2025
75-79 John Morrison	10:33.44	2023
80-84 Stuart Teper	11:06.36	2023
85-89 Robert Paulen	11:31.77	2022
90-94 Dale Grant	14:30.19	2023

1,500-METER POWER RACE WALK — WOMEN (formerly 1-Mile Rec Walk)

50-54 Daphne Washington	10:49.00	2025
55-59 Melinda McWilliams	9:55.33	2023
60-64 Beth Yu	10:51.73	2023
65-69 Deb Reighard	10:56.40	2025
70-74 Wally Dashiell	11:33.00	1994
75-79 Helen Opel	11:55.00	1992
80-84 Youngja Lee	12:06.70	2019
85-89 Youngja Lee	12:58.23	2021
90-94 Mary Weinberg	17:20.00	2006
95-99 Elizabeth Hartie	25:05.12	2003
100+ Ruth Bennett (100 years old)	28:36.00	1997

1,500-METER RACE WALK — MEN

50-54 David Downin	7:52.10	1998
55-59 David Downin	7:54.35	2002
60-64 Elmer Hall	8:39.00	1990
65-69 Peter Hui	8:31.00	1997
70-74 Peter Hui	8:57.49	2000
75-79 Charles Boyle	9:35.20	2001
80-84 Charles Boyle	10:03.00	2003
85-89 Charles Boyle	10:51.80	2008
90-94 Charles Boyle	13:55.14	2014

1,500-METER RACE WALK — WOMEN

50-54 Deborah Vandover	9:23.14	2004
55-59 Nancy Whitney	8:19.00	1994
60-64 Lois Dicker	9:04.83	2002
65-69 Lois Dicker	9:41.11	2004
70-74 Lois Dicker	9:27.07	2010
75-79 Lois Dicker	10:27.18	2014
80-84 Lois Dicker	11:16.99	2019
85-89 Leah Sobel	19:00.96	2008
90-94 Ruth Bennett	16:48.00	1990
95-99 Ruth Bennett (96 yrs old)	21:47.00	1993

1-MILE PRECISION RACE WALK — MEN

50-54 Donald Smith	14:41.29	2008
55-59 Alan Murray	13:00.28	2021
60-64 Alan Murray	11:18.40	2023
65-69 Sheldon Contract	11:33.03	2008
70-74 Robert Paulen	10:27.16	2011
75-79 Edward Keats	11:15.00	1993
80-84 Harry Bernat	12:25.43	2008
85-89 Harry Bernat	12:25.43	2008
90-94 Dale Grant	22:44.22	2023

1-MILE PRECISION RACE WALK — WOMEN

50-54 Katherine Colonna	11:50.00	2025
55-59 Angela Sappington	12:30.31	2018
60-64 Pamela Mason	12:01.83	2016
65-69 Pamela Mason	12:20.80	2017
70-74 Francoise Ramsey	14:48.00	2024
75-79 Claudette Braswell	15:57.32	2014
80-84 Harriet Bury	17:27.28	2008

5,000-METER POWER RACE WALK — MEN (new event in 2021)

55-59 Kam Yee	34:35.59	2025
60-64 Bruce Chandler	34:57.94	2022
65-69 Bruce Chandler	33:08.37	2025
70-74 Gennady Dubovitsky	34:50.06	2025
75-79 John Morrison	37:07.58	2025
80-84 John Ord	39:16.67	2023
85-89 Alan Firlein	47:04.24	2024
90-94 Dale Grant	52:19.05	2024

5,000-METER POWER RACE WALK — WOMEN (new event in 2021)

50-54 Melissa Chui	40:46.08	2021
55-59 Melinda McWilliams	35:30.25	2023
60-64 Beth Yu	37:52.77	2023
65-69 Adele Wagner	35:09.78	2024
70-74 Deborah Rowens	44:56.69	2024
75-79 Joy Remaverge	42:11.15	2025
80-84 Mary McKenna	1:05:07.61	2025
85-89 Youngja Lee	45:03.34	2022

* Find an error? Please report it to info@mdseniorolympics.org