

## Delaware Senior Olympics Records after 2011 Games

### POWER WALK

State Records can only be set by Delaware Residents. Meet Records can be set by any participating athlete.

IF ERRORS ARE FOUND, PLEASE REPORT THEM WITH AS MUCH DETAIL AS POSSIBLE TO: [admin@delawareseNIorolympics.org](mailto:admin@delawareseNIorolympics.org)

Record Type	Category	Event	Sex	Age Gp	Year	Lname	Fname	State	Record: Time
Meet	Power Walk	5 K	F	50 - 54	2007	Pearson	Corrine	DE	0:42:38.00
State	Power Walk	5 K	F	50 - 54	2007	Pearson	Corrine	DE	0:42:38.00
Meet	Power Walk	5 K	F	55 - 59	2008	Hill	Linda	DE	0:41:58.00
State	Power Walk	5 K	F	55 - 59	2008	Hill	Linda	DE	0:41:58.00
Meet	Power Walk	5 K	F	60 - 64	2005	Hall	Loretta	DE	0:46:24.00
State	Power Walk	5 K	F	60 - 64	2005	Hall	Loretta	DE	0:46:24.00
Meet	Power Walk	5 K	F	65 - 69	2002	Knox	Marie	DE	0:42:33.00
State	Power Walk	5 K	F	65 - 69	2002	Knox	Marie	DE	0:42:33.00
Meet	Power Walk	5 K	F	70 - 74	2011	Gilsenan	Jane	DE	0:43:47.00
State	Power Walk	5 K	F	70 - 74	2011	Gilsenan	Jane	DE	0:43:47.00
Meet	Power Walk	5 K	F	75 - 79	2005	Sammons	Bernie	DE	0:46:45.00
State	Power Walk	5 K	F	75 - 79	2005	Sammons	Bernie	DE	0:46:45.00
Meet	Power Walk	5 K	F	80 - 84	2007	Sammons	Bernice	DE	0:49:16.00
State	Power Walk	5 K	F	80 - 84	2007	Sammons	Bernice	DE	0:49:16.00
Meet	Power Walk	5 K	F	85 - 89					
State	Power Walk	5 K	F	85 - 89					
Meet	Power Walk	5 K	F	90 - 94					
State	Power Walk	5 K	F	90 - 94					
Meet	Power Walk	5 K	F	95 - 99					
State	Power Walk	5 K	F	95 - 99					
Meet	Power Walk	5 K	F	60 - 64	2009	Neaves	Marie	DE	0:46:24.00
State	Power Walk	5 K	F	60 - 64	2009	Neaves	Marie	DE	0:46:24.00
Meet	Power Walk	One Mile	F	50 - 54	2011	Shinas	Valerie	DE	0:15:10.00
State	Power Walk	One Mile	F	50 - 54	2011	Shinas	Valerie	DE	0:15:10.00
Meet	Power Walk	One Mile	F	55 - 59	1999	Miller	Millie	DE	0:12:11.00
State	Power Walk	One Mile	F	55 - 59	1999	Miller	Millie	DE	0:12:11.00
Meet	Power Walk	One Mile	F	60 - 64	1999	Mair	Harriet	DE	0:12:43.00
State	Power Walk	One Mile	F	60 - 64	1999	Mair	Harriet	DE	0:12:43.00

Meet	Power Walk	One Mile	F	65 - 69	2011	Donovan	Suzanne	DE	0:15:42.00
State	Power Walk	One Mile	F	65 - 69	2011	Donovan	Suzanne	DE	0:15:42.00
Meet	Power Walk	One Mile	F	70 - 74	2011	Gilsenan	Jane	DE	0:14:19.00
State	Power Walk	One Mile	F	70 - 74	2011	Gilsenan	Jane	DE	0:14:19.00
Meet	Power Walk	One Mile	F	75 - 79	1998	McFadden	Elizabeth	DE	0:16:32.00
State	Power Walk	One Mile	F	75 - 79	1998	McFadden	Elizabeth	DE	0:16:32.00
Meet	Power Walk	One Mile	F	80 - 84					
State	Power Walk	One Mile	F	80 - 84					
Meet	Power Walk	One Mile	F	85 - 89					
State	Power Walk	One Mile	F	85 - 89					
Meet	Power Walk	One Mile	F	90 - 94					
State	Power Walk	One Mile	F	90 - 94					
Meet	Power Walk	One Mile	F	95 - 99					
State	Power Walk	One Mile	F	95 - 99					
Meet	Power Walk	5 K	M	50 - 54	2004	Lane	Brad	DE	0:28:59.00
State	Power Walk	5 K	M	50 - 54	2004	Lane	Brad	DE	0:28:59.00
Meet	Power Walk	5 K	M	55 - 59	2005	Lane	Brad	DE	0:31:52.00
State	Power Walk	5 K	M	55 - 59	2005	Lane	Brad	DE	0:31:52.00
Meet	Power Walk	5 K	M	60 - 64	2010	Lane	Brad	DE	0:28:06.00
State	Power Walk	5 K	M	60 - 64	2010	Lane	Brad	DE	0:28:06.00
Meet	Power Walk	5 K	M	65 - 69	2010	Lebofsky	Arthur	PA	0:32:03.00
State	Power Walk	5 K	M	65 - 69	2008	Stouffer	E. Marvin	DE	0:36:56.00
Meet	Power Walk	5 K	M	70 - 74	2010	Carroll	Bob	DE	0:33:49.00
State	Power Walk	5 K	M	70 - 74	2010	Carroll	Bob	DE	0:33:49.00
Meet	Power Walk	5 K	M	75 - 79	2003	Meader	Robert	DE	0:41:54.00
State	Power Walk	5 K	M	75 - 79	2003	Meader	Robert	DE	0:41:54.00
Meet	Power Walk	5 K	M	80 - 84	2005	Hellstrom	Siegfried	DE	0:38:31.00
State	Power Walk	5 K	M	80 - 84	2005	Hellstrom	Siegfried	DE	0:38:31.00
Meet	Power Walk	5 K	M	85 - 89					
State	Power Walk	5 K	M	85 - 89					
Meet	Power Walk	5 K	M	90 - 94					
State	Power Walk	5 K	M	90 - 94					
Meet	Power Walk	5 K	M	95 - 99					
State	Power Walk	5 K	M	95 - 99					
Meet	Power Walk	One Mile	M	50 - 54					

State	Power Walk	One Mile	M	50 - 54					
Meet	Power Walk	One Mile	M	55 - 59	2009	Lane	Brad	DE	0:11:25.00
State	Power Walk	One Mile	M	55 - 59	2009	Lane	Brad	DE	0:11:25.00
Meet	Power Walk	One Mile	M	60 - 64	2010	Lane	Brad	DE	0:08:59.00
State	Power Walk	One Mile	M	60 - 64	2010	Lane	Brad	DE	0:08:59.00
Meet	Power Walk	One Mile	M	65 - 69	1998	Everett	Tom	DE	0:13:50.00
State	Power Walk	One Mile	M	65 - 69	1998	Everett	Tom	DE	0:13:50.00
Meet	Power Walk	One Mile	M	70 - 74	2010	Carroll	Bob	DE	0:10:02.00
State	Power Walk	One Mile	M	70 - 74	2010	Carroll	Bob	DE	0:10:02.00
Meet	Power Walk	One Mile	M	75 - 79					
State	Power Walk	One Mile	M	75 - 79					
Meet	Power Walk	One Mile	M	80 - 84	2009	Meader	Robert	DE	0:14:00.00
State	Power Walk	One Mile	M	80 - 84	2009	Meader	Robert	DE	0:14:00.00
Meet	Power Walk	One Mile	M	85 - 89					
State	Power Walk	One Mile	M	85 - 89					
Meet	Power Walk	One Mile	M	90 - 94					
State	Power Walk	One Mile	M	90 - 94					
Meet	Power Walk	One Mile	M	95 - 99					
State	Power Walk	One Mile	M	95 - 99					