

POWER WALK**Road: Rose Bowl Loop, Pasadena****May 17, 2026****ANDREW HECKER, MEET DIRECTOR****Track: Occidental College, Los Angeles****May 30, 2026****TODD ZGORZELSKI, MEET DIRECTOR****ROAD****5K****Women****50-54**

1 Annabel Banzali-Correos 36:12.8

55-59

1 Dallia Foster 44:22.8

60-64

1 Sherry Irvine 37:02.6

65-69

1 Silvia Alvarado 53:19.8

75-79

1 Daria Kelley 48:55.7

80-84

1 Irma Cunningham 48:36.2

2 Sarah Ingersoll 53:47.7

Men**50-54**

1 Wilfredo Diaz Garcia 32:00.0

55-59

1 Jose Rizo 42:21.1

60-64

1 Bruce Dearing 34:02.3

65-69

1 Dennis Ward 37:45.3

70-74

1 Eloy Sedillo 41:12.1

2 Joe Castillo 54:29.9

75-79

1 Daniel Guerrero 45:59.6

80-84

1 Curtis Blumfield 42:46.9

2 Ron Scott 45:48.8

3 Ed Nielsen 53:44.8

85-89

1 John Merriam 54:50.5

10K**Women****55-59**

1 Dallia Foster 1:31:07.8

60-64

1 Mimi Hugh 1:29:08.1

80-84

1 Irma Cunningham 1:34:16.7

Men**50-54**

1 Wilfredo Diaz Garcia 1:03:35.2

55-59

1 Jose Rizo 1:25:40.7

60-64

1 Bruce Dearing 1:07:39.6

65-69

1 Dennis Ward 1:17:12.1

70-74

1 Joe Castillo 1:44:46.3

80-84

1 Ed Nieslen 2:18:14.4

TRACK**1 MILE**

Women**50-54**

1	Annabel Banzali-Correos	11:06.28
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60-64

1	Sherry Irvine	11:11.52
2	Lida Palmares	12:45.66

65-69

1	Louise Smith	13:08.82
2	Paulette Clagon	13:46.82

70-74

1	Carol Anne Drastal	12:50.25
2	Sandra Martin	13:22.58

85-89

1	Carol Dyar	13:19.95
2	Ellen Demsky	16:46.65

Men**50-54**

1	Wilfredo Diaz Garcia	10:22.31
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55-59

1	Jose Rizo	14:13.79
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65-69

1	Michael Palacios	13:11.06
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70-74

1	Demetri Bryant	12:17.82
2	Sean Mulcahy	14:14.32

80-84

1	Ron Scott	13:54.74
2	Ed Nielsen	17:24.58