



# Record Book 1987-2009

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# Records 1987-2009

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## BASKETBALL: AROUND THE WORLD

\*\*MEN'S 50 TO 69 DISTANCE CHANGED BEGINNING IN 2004

Age Cat.	Name	City/State	Score	Year(s)
<b>Around the World: MEN (BEGINNING 2004)</b>				
50-54	Don Tripp	Des Moines	11	2007
55-59	Tarry Cory	Clive	12	2007
	Phil Ramsey	Adel	12	2006
	Alan Schenck	Glenwood	12	2005
	Ron Peterson	Waukee	12	2005
60-64	Ron Peterson	Waukee	12	2005
65-69	Richard Anderson	West Des Moines	10	2004
	Frank Perez	West Des Moines	10	2008
	# Al Matheis	Kankakee, IL	11	2004
	# Bob McCoid	West Alexander, VA	11	2006
	# Duane Shaw	Kansas City, KS	11	2005
70-74	Bob Thompson	Des Moines	13	2000
	# Ray Schumann	Hull, IL	14	1999
75-79	Bob Thompson	Des Moines	12	2007
	Lee Kane	Urbandale	12	2009
	# Ray Schumann	Hull, IL	15	2003
80-84	Stan Aldinger	Iowa City	12	2008
	Robert Thompson	Des Moines	12	2008
85-89	Wayne Steward	Knoxville	4	95/96
	# Howard Dewell	Quincy, IL	9	07/08
<b>Around the World: MEN (THROUGH 2003)</b>				
50-54	Tarry Cory	Urbandale	14	2002
	Phil Ramsey	West Des Moines	14	2003

55-59	Dennis Hurley	Perry	13	1995
	Glen Mente	Muscatine	13	1997
	Tarry Cory	Clive	13	2003
60-64	Lee Kane	Urbandale	15	1997
	Ray Schumann	Hull, IL	15	1991
65-69	Lee Kane	Urbandale	15	1999
	# Ray Schumann	Hull, IL	15	1994, 95, 96
70-74	Bob Thompson	Des Moines	13	00/02
	Lee Kane	Urbandale	13	2003
	# Ray Schumann	Hull, IL	14	1999
75-79	Bob Thompson	Des Moines	12	04/06
	# Ray Schumann	Hull, IL	15	2003
80-84	Orrie Rew	Iowa City	10	1997
	# E.Lee Todd	Grant, NE	10	1997
85-89	Wayne Steward	Knoxville	4	1995 & 96

#### **Around the World: WOMEN**

50-54	Rita Leitzinger	Norwalk	13	2009
55-59	Pat Sutton	Marshalltown	11	1997
60-64	Brenda Brock	Adel	12	2009
65-69	Joan Tassler	Jefferson	11	1995
	# Rosie Melichar	Aurora, CO	12	2008
70-74	Vi Darsee	Clive	9	2008
	# Irene Kerwin	Peoria, IL	12	1997
	# Rose Marie Melichar	Aurora, CO	12	2009
75-79	Joan Tassler	Jefferson	11	2003
80-84	Frances Young	Des Moines	5	2007
	# Irene Kerwin	Peoria, IL	8	2007

### **BASKETBALL: FREE THROW SHOOTING**

#### **SINGLES**

#### **MEN**

50-54	Mike Schwake	Nevada	14	2008
55-59	Ronald Peterson	Waukee	14	2000
	Tarry Cory	Clive	14	2005
	Dennis Posekany	Cedar Rapids	14	2005
	Phil Ramsey	Adel	14	2006
	# Bob Kranz	Kilauea, HI	14	2004
	# Garry Pirch	Vandalia, MO	14	2009
60-64	Dennis Posekany	Cedar Rapids	14	2009
	# Ray Schumann	Hull, IL	15	1991
65-69	Richard Willock	Des Moines	14	1995
	Robert Thompson	Des Moines	14	1998
	Roger Nielsen	Denison	14	2000

	Lee Kane	Urbandale	14	2001
	# Bob McCoid	West Alexander, PA	14	2006
70-74	Bob Thompson	Des Moines	13	99/01
	Bill Park	Muscatine	13	04/05
	Roger Nielsen	Iowa City	13	2005
	George Long	Urbandale	13	06/08
	# Ray Schumann	Hull, IL	15	99/01
	# Ernie Kucera	Bellevue, NE	15	2008
75-79	Bob Thompson	Des Moines	13	2004
	Lee Kane	Urbandale	13	2009
	# Ray Schumann	Hull, IL	15	2002
80-84	Jack Nicholson	West Des Moines	12	2007
	# Ray Schumann	Hull, IL	13	2006
85-89	Carroll Crouse	Adel	7	2000
	# Howard Dewell	Quincy, IL	8	2007

## SINGLES

## WOMEN

50-54	Lisa Kuehl	??, IA	12	2009
55-59	Mary Mercury	Altoona	12	1999
60-64	Lucia Hoppenworth	Slater	12	2006
	Karen Stone	Waterloo	12	2006
65-69	Norma Sicheneder	Des Moines	14	1998
70-74	Dorothy McClelland	Des Moines	9	1995
	# Dolores Murray	Galva, IL	14	1998
75-79	Carolyn Dodd	Des Moines	10	2007
80-84	Frances Young	Des Moines	5	2007
	# Irene Kerwin	Peoria, IL	7	2005

## BOWLING

### DOUBLES

### MEN (SCRATCH)

50-54	Burton/McLaughlin	IA	1,193	2001
55-59	Jackson/Thede	IA	1,237	2007
60-64	Burton/Schaumburg	IA	1,256	2007
65-69	Coughlin / Kersey	IA	1,265	2009
70-74	Jacobson/Stuber	IA	1,145	2002
	# Swegel/Ward	KS	1,212	2002
75-79	Mallory/Gordon	IA	1,262	1995
80-84	Gordon/Mallory	IA	935	1997

### DOUBLES

### WOMEN (SCRATCH)

50-54	Evans/Snyder	IA	1,137	1996
	# Purdes/Weisser	IL/NE	1,182	2002
55-59	Cassens/Paarman	IA	1,209	1996
60-64	Fitzgibbon/Morton	IA	1,228	1995

65-69	Kleinendorst/Winegar	IA	1,137	1996
	# Shaw/Weisser	KS/NE	1,138	2007
70-74	Gual/Murtue	IA	1,155	1996
75-79	Batcheller/Wilson	IA	1,056	1996

#### DOUBLES MEN (HANDICAP)

50-54	Martens/Schwiebert	IA	1,343	2004
55-59	Burton/Schaumburg	IA	1,222	2006
60-64	King/Walantus	IA	1,261	2004
65-69	Slothseth/McKenson	IA	1,278	1996
70-74	Book/Myrtue	IA	1,274	1996
75-79	Gordon/Mallory	IA	1,212	1995
80-84	Gordon/Mallory	IA	1,280	1999

#### DOUBLES WOMEN (HANDICAP)

50-54	Denny/Herdliiska	IA	1,276	2004
55-59	Coppinger/Hudnell	IA	1,211	1997
60-64	King/Luck	IA	1,303	2004
	# Purdes/Weisser	IL/NE	1,348	2004
65-69	Assman/Myrtue	IA	1,238	1998
70-74	Gatti/McCormick	IA	1,286	2004
75-79	Batcheller/Wilson	IA	1,056	1996

#### MIXED DOUBLES (SCRATCH)

50-54	# Sichender/Weisser	IA/NE	1,343	1995
55-59	Piagentini/Vander Linden	NA/IA	1,103	1995
	# Weisser/Weisser	NE	1,154	2001
60-64	Kersey/Rutledge	IA	1,150	2008
65-69	Carmen/Woodard	IA	1,248	1995
70-74	Myrtue/Myrtue	IA	1,255	1995
75-79	Mallory/Mallory	IA	1,126	1995
80-84	Mallory/Mallory	IA	738	1998
	# Polito/Smith	IA/MO	1,015	2005

#### MIXED DOUBLES (HANDICAP)

50-54	Denny/Favourite	IA	1,220	2004
	# Weisser/Weisser	NE	1,252	1996
55-59	Hudnall/Hudnall	IA	968	1997
	# Gorman/Gorman	KS	1,222	1997
60-64	Luck/Walantus	IA	1,404	2004
	# Weisser/Weisser	NE	1,416	2004
65-69	Gardner/Gullard	IA	1,234	1996
	# Korber/Korber	MO	1,317	2004
70-74	Jensen/Weis	IA	1,247	1998
	# Gatti/Gatti	MO	1,297	2004

75-79	Jensen/Kahler	IA	1,388	1999
80-84	Mallory/Mallory	IA	1,083	1998
	# Polito/Smith	IA/MO	1,214	2005

**SINGLES MEN (SCRATCH)**

50-54	Phillip Bryant	West Des Moines	684	2002
55-59	Ken Robertson	West Des Moines	686	2002
60-64	Mike Schaumburg	West Des Moines	744	2002
65-69	Lowell Huggins	Maxwell	676	2007
70-74	William Shukers	Cedar Rapids	650	2003
75-79	Mike Vioglavich	West Des Moines	545	2000
80-84	Dennis Freed	Gowrie	519	1996
85-89	Lloyd Stuber	West Des Moines	556	2002
90+	Frank Zenor	Humboldt	545	1996

**SINGLES WOMEN (SCRATCH)**

50-54	Roberta Blakeman	Altoona	626	2002
55-59	Irene Cassens	Sigourney	540	1996
	# Charlotte Weisser	Columbus, NE	561	2000
60-64	Carol Brittain	Des Moines	573	2002
	# Charlotte Weisser	Columbus, NE	641	2002
65-69	Leona Gaines	Mt Vernon	641	2002
70-74	Virginia Davis	Des Moines	532	1990
	# Dolores Murray	Galva, IL	535	1998
75-79	Dorothy Milton	Des Moines	459	2004
	# Irene Kerwin	Peoria, IL	667	2002
80-84	Lois Kahler	Minden	479	1999
90+	Leora Jester	Des Moines	416	1995

**SINGLES MEN (HANDICAP)**

50-54	Phillip Bryant	West Des Moines	648	2002
55-59	Marle Hasselhuhn	Adel	755	1990
60-64	Mike Schaumburg	West Des Moines	829	2003
65-69	Larry Favorite	Solon	673	2002
70-74	William Shukers	Cedar Rapids	717	2003
75-79	Marvin Stanek	Fort Dodge	683	1999
80-84	Don Mallory	Des Moines	676	1998
85-89	Carroll Crouse	Adel	621	2000
90+	Frank Zenor	Humboldt	564	1998

**SINGLES WOMEN (HANDICAP)**

50-54	Roberta Blakeman	Altoona	663	2003
55-59	Nancy Evans	Des Moines	661	1990
60-64	Janice Luck	Waverly	729	2004
65-69	Shirley Zenor	Humboldt	661	1995

	# Jerri Korber	Warsaw, MO	672	2004
70-74	Alma Stewart	Des Moines	680	1990
75-79	Dorothy Milton	Des Moines	621	2004
	# Alice Purdes	Madison, IL	647	2006
80-84	Lois Kahler	Minden	583	2000
90+	Lois Jester	Des Moines	587	1995

## CYCLING

<b>5K</b>	<b>MEN</b>			
50-54	Paul Black	Des Moines	6:40	2002
55-59	Bill Hardin	Clive	7:45	2002
60-64	James Moutray	Ames	6:51	2002
65-69	James Moutray	Ames	6:49	2005
70-74	James Graham	Ames	7:04	2002
75-79	Robert Peterson	Marshalltown	7:20	2005
80-84	William Beal	Fairfield	14:03	2007

<b>5K</b>	<b>WOMEN</b>			
50-54	Roberta Blakeman	Altoona	8:04	2002
55-59	Connie French	Forest City	7:30	2002
60-64	Ann Shuman	West Des Moines	9:10	2007
65-69	Bertha Aldrich	Alden	8:54	2002

<b>10K</b>	<b>MEN</b>			
50-54	Kim West	Des Moines	13:47	2007
	# Dennis Weinbeck	Topeka, KS	13:37	2008
55-59	Kim West	Des Moines	14:13	2009
60-64	Donald Jacobusse	Algona	15:40	2008
	# James Dlouhy	Nederland, CO	15:29	2004
65-69	Jim Moutray	Ames	15:42	2005
70-74	James Graham	Ames	17:07	2004
	# Patrick Bunch	Roeland Park, KS	16:45	2008
75-79	Robert Peterson	Marshalltown	16:14	2005
80-84	Harold Bergman	Urbandale	23:05	2004

<b>10K</b>	<b>WOMEN</b>			
50-54	Sandra Dunnan	IA	17:38	2009
55-59	Roberta Blakeman	Altoona	18:44	2007
60-64	Ann Shuman	West Des Moines	17:56	2007
65-69	Ann Shuman	West Des Moines	18:11	2008

## FOOTBALL: ACCURACY THROW

SINGLES	MEN			
50-54	Joseph Bolke	Des Moines	130	2009
55-59	Tarry Cory	Clive	150	2005
60-64	Ken Clark	Clive	110	2001
	# Al Matheis	Kankakee, IL	130	1999
65-69	Charles Lathrum	Bondurant	110	1999
70-74	Fred Bankus	Tama	160	2007
75-79	Ed Failor	Muscatine	80	2004
	Tom Little	Knoxville	80	2007
	# Raymond Schumann	Hull, IL	120	2005
80-84	Orrie Rew	Iowa City	80	2003
85-89	Carroll Crouse	Adel	60	2001
90-94	Harold McCollum	West Des Moines	10	2008

SINGLES	WOMEN			
50-54	Martha Cooper	Waukee	70	2009
	# Denise Miller	Vail, CO	70	2001
55-59	Jackie Kragel	Waukee	90	2009
60-64	Brenda Brock	Adel	80	2009
65-69	Shirley Sicheneder	Des Moines	90	1998
70-74	Erma Kibby	Urbandale	40	2007
	# Irene Kerwin	Peoria, IL	120	1998
75-79	Gendoris Caswell	Des Moines	30	2004
	# Irene Kerwin	Peoria, IL	50	1999
80-84	Helen Steward	Knoxville	10	1996
	Frances Young	Des Moines	10	2007
	# Irene Kerwin	Peoria, IL	160	2005

## FOOTBALL: DISTANCE THROW

SINGLES	MEN			
50-54	Tarry Cory	Urbandale	213' 9.0"	02/03
55-59	Tarry Cory	Urbandale	213' 9.0"	2004
60-64	Tarry Cory	Clive	182' 11.0"	2008
65-69	Norm Robinson	Knoxville	152' 10.0"	1997
70-74	Donald Hutchinson	West Des Moines	152' 8.0"	2008
75-79	Ed Failor	Muscatine	113' 7.0"	2004
	# Dale Buysse	Longmont, CO	115' 6.0"	1996
80-84	Stan Aldinger	Iowa City	101' 8.0"	2008
	# E. Lee Todd	Grant, NE	104' 5.0"	1997
85-89	Adolph Peschke	West Des Moines	52' 4.0"	2000
	# Samuel Allen	Kansas City, MO	61' 2.0"	1996
90-94	John Davis	Urbandale	68' 8.0"	2008

**SINGLES****WOMEN**

50-54	Julie Goldman	Des Moines	81' 9.0"	2008
	# Denise Miller	Vail, CO	97' 2.0"	2001
55-59	Jacki Kragel	Waukee	87' 0.0"	2008
60-64	Brenda Brock	Adel	75' 0.0"	2007
	# Elinor Nelson	Dover, IL	79' 11.0"	1996
65-69	Erma Kibby	Urbandale	66' 9.0"	2005
	# Irene Kerwin	Peoria, IL	78' 5.0"	1994
70-74	Erma Kibby	Urbandale	68' 8.0"	2006
	# Irene Kerwin	Peoria, IL	75' 1.0"	1992
75-79	Glendoris Caswell	Des Moines	47' 9.0"	2004
	# Adele McCormick	Sierra Vista, AZ	59' 0.0"	1999
80-84	Pancryata Eddy	Anita	30' 0.0"	1990
	# Irene Kerwin	Peoria, IL	49' 1.0"	2005
85-89	Pancryata Eddy	Anita	25' 1.0"	1996

**FOOTBALL: FIELD GOAL KICK****SINGLES****MEN**

50-54	Don Tripp	Des Moines	35 Yds	2008
55-59	Steve Roe	Des Moines	35 Yds	2004
	Tarry Cory	Clive	35 Yds	2006
60-64	Steve Roe	Des Moines	35 Yds	2008
65-69	Frank Perez	West Des Moines	30 Yds	2008
70-74	Frank Brown	Des Moines	30 Yds	2004
75-79	Bill Salmon	West Des Moines	20 Yds	2004
	Tom Little	Knoxville	20 Yds	2008
	Ronald Kolbe	Sac City	20 Yds	2009
	# Frank Bollinger	Ex Springs, MO	35 Yds	2004
80-84	Bill Salmon	West Des Moines	20 Yds	2009
85-89	# Howard Dewell	Quincy, IL	10 Yds	2009

**SINGLES****WOMEN**

50-54	Cheryl Sander	Altoona	15 Yds	2008
	Nancy Campbell	West Des Moines	15 Yds	2009
	Kim Palmersheim	Des Moines	15 Yds	2009
55-59	Cathy Hicks	Windsor Heights	15 Yds	2007
	Jackie Kragel	Waukee	15 Yds	2009
60-64	Angie Amman	??, IA	10 Yds	2009
	# Brenda Brock	KC, MO	10 Yds	2009
70-74	Carol Linderman	Clive	10 Yds	2008

## GOLF

SINGLES	MEN	(SCRATCH)		
50-54	Ken Miller	West Des Moines	72	95/97
	Ron Wilson	Des Moines	72	2001
55-59	Ken Miller	West Des Moines	77	2000
	David McCuddin	Pleasant Hill	77	2007
	Richard Schuster	West Des Moines	77	1993
	Ron Siemers	N/A	77	1988
	Dan Warren	Waukee	77	2005
60-64	William Chadima	Cedar Rapids	72	1988
65-69	Sy Forrester	Des Moines	74	2001
	# Robert McFarland	Grand Island, NE	74	2004
70-74	Bill Chadima	Cedar Rapids	70	1998
75-79	Dusham Orlich	Johnston	77	1988
80-84	Sarg Fontanini	Des Moines	78	2000
85-89	John Davis	Des Moines	87	2005
90-94	John Davis	Des Moines	91	2008

SINGLES	WOMEN	(SCRATCH)		
50-54	Jean Mowry	Webster City	79	2002
55-59	Jean Mowry	Webster City	76	2006
60-64	Joyce Weigel	Earlham	81	2006
65-69	Ginger Ahern	Emmetsburg	83	2008
	# Kay Griffel	Dayton, OH	82	2006
70-74	Kathy VanSloun	Des Moines	85	2009
75-79	Ethel Cross	West Des Moines	108	2000
80-84	Ethel Cross	West Des Moines	110	2004
85-89	Ethel Cross	West Des Moines	137	2007

## SOCCER: ACCURACY KICK

SINGLES	MEN			
50-54	Wes Ehrecke	Clive	17	2005
55-59	Bruce Schenck	Glenwood	17	2008
60-64	Ron Peterson	Waukee	20	2006
65-69	Rich Hoidahl	Johnston	20	2006
	# Denny Paulsell	Lake Ozark, MO	22	2005
70-74	Richard Anderson	West Des Moines	24	2009
	# Lyle Pfaff	Leonardville, KS	21	2006
75-79	Ed Failor Sr	Muscatine	18	2005
	Dick Pertzburn	Ankeny	18	2006
	# Frank Bollinger	Ex Springs, MO	19	2003
80-84	# Howard Dewell	Quincy, IL	16	2005
85-89	# Howard Dewell	Quincy, IL	12	2007

SINGLES	WOMEN			
50-54	Cynthia Schenck	Glenwood	19	2006
55-59	Cathy Hicks	Windsor Heights	14	2006
60-64	Karen Stone	Waterloo	16	2006
65-69	Phyllis Weeda	Des Moines	16	2009
	# Sid Germann	Lawson, MO	17	2006
70-74	Carolyn Dodd	Des Moines	16	2006
	# Elinor Nelson	Dover, IL	16	2005
75-79	Frances Young	Des Moines	19	2005
	Glendoris Caswell	Des Moines	19	2006
80-84	Frances Young	Des Moines	3	2007
	# Irene Kerwin	Peoria, IL	15	2005

### SOFTBALL: ACCURACY THROW

SINGLES	MEN			
50-54	Tom Suckow	West Des Moines	110	2004
	Mike Hale	Clive	110	2008
	# Terry McNeil	Topeka, KS	110	2000
55-59	Craig Rhodes	Gilman	160	2008
60-64	Ken Clark	Clive	130	2000
65-69	Darrell Wise	West Des Moines	120	2003
	Don Wentz	Clive	120	2004
	# George LaBelle	Zimmerman, MN	130	2007
70-74	Ronald Kolbe	Sac City	140	2007
75-79	Daniel Teran	West Des Moines	120	2007
	Tom Little	Knoxville	120	2008
80-84	Keith Baker	Clive	90	2007
	Stan Aldinger	Iowa City	90	2008
85-89	Carroll Crouse	Adel	100	2000
90-94	Harold McCollum	West Des Moines	40	2008

SINGLES	WOMEN			
50-54	Mary Mercury	Altoona	140	1998
55-59	Deb Lee	Cumming	140	2007
60-64	Mary Mercury	Altoona	90	2004
	# Jane Bus	Maywood, IL	90	2000
	# Normimah Benedict	Fayetteville, AR	90	2008
65-69	Alice Myrtue	Harlan	80	1998
70-74	Alice Myrtue	Harlan	80	1998
	# Irene Kerwin	Peoria, IL	90	1998
	# Elinor Nelson	Dover, IL	90	2005
75-79	Glendoris Caswell	Des Moines	50	2006
	# Kay Allen	Morton, IL	70	2009

80-84	Lois Kaher	Minden	20	2000
	# Irene Kerwin	Peoria, IL	80	2005

### SOFTBALL: DISTANCE THROW

SINGLES	MEN			
50-54	Mike Hale	Clive	272' 3.0"	2008
55-59	Tarry Cory	West Des Moines	277' 0.0"	2004
60-64	Arnie Brandt	Sioux City	220' 0.0"	1995
65-69	Charles Obye	Spirit Lake	196' 0.0"	1990
	# Dave Banghart	Omaha, NE	208' 3.0"	2004
70-74	Charles Obye	Spirit Lake	190' 10.0"	1992
75-79	Charles Obye	Spirit Lake	147' 9.0"	1998
80-84	Edward Failor	Muscatine	127' 0.0"	2007
	# E. Lee Todd	Grant, NE	150' 4.0"	1995
85-89	Adolph Peschke	West Des Moines	63' 5.0"	2002
	# Howard Dewell	Quincy, IL	82' 9.0"	2008
90-94	John Davis	Urbandale	80' 0.0"	2008

SINGLES	WOMEN			
50-54	Judy Orcutt	Pleasant Hill	117' 9.0"	1998
	# Denise Miller	Vail, CO	180' 0.0"	2002
55-59	Brenda Brock	Adel	125' 0.0"	2004
	Jacki Kragel	Waukee	125' 0.0"	2008
60-64	Brenda Brock	Adel	114' 1.0"	2007
65-69	Carolyn Chritiansen	Johnston	92' 0.0"	2007
	# Elinor Nelson	Dover, IL	100' 0.0"	1999
70-74	Nancy Baker	Clive	80' 0.0"	2002
	# Adele McCormick	Sierra Vista, AZ	102' 0.0"	1997
75-79	Ruth Little	Knoxville	66' 0.5"	2009
	# Adele McCormick	Sierra Vista, AZ	83' 1.0"	1999
80-84	Mae Green	Des Moines	42' 8.0"	1997
	# Irene Kerwin	Peoria, IL	58' 7.0"	2007
85-89	Pancryata Eddy	Anita	45' 0.0"	1995

### SWIMMING

50 YARD	BACKSTROKE	MEN		
50-54	Dan Kealy	Council Bluffs	:30.83	2009
55-59	Norman Bower	Davenport	:32.07	2008
60-64	Clyde Robinson	Des Moines	:36.70	1994
65-69	George Henry	Cedar Rapids	:40.41	1989
70-74	George Henry	Cedar Rapids	:42.75	1995
75-79	Wesley Webb	N/A	:45.35	1988
80-84	Stuart Ashmead	Ottumwa	1:01.5	2009
85-89	Donald Huntoon	Des Moines	1:26.90	2008

90-94	Ivan Schultz	Humboldt	1:46.81	1995
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**50 YARD BACKSTROKE WOMEN**

50-54	Sara Rippentrop	Waukee	:39.13	2008
55-59	Dorothy Whitehead	Indianola	:40.48	1990
60-64	Dorothy Whitehead	Indianola	:40.54	1995
65-69	Dorothy Whitehead	Indianola	:42.80	2002
70-74	Dorothy Whitehead	Indianola	:44.38	2005
75-79	Judy Chadima	Cedar Rapids	:48.91	2004
80-84	Jodie McKay	Des Moines	1:15.82	2006
85-89	Marijane Torjesen	Des Moines	2:00.32	2004

**50 YARD BREASTSTROKE MEN**

50-54	Michael Barry	Ankeny	:32.28	2000
55-59	Bill Klahn	Iowa City	:35.69	2008
60-64	Lee Keller	Bettendorf	:38.60	2004
65-69	Tom Cady	Des Moines	:43.94	1996
	# Robert Blake	Bridgeton, MO	:43.07	1994
70-74	Stuart Ashmead	Ottumwa	:48.97	2000
	# Sam Chilton	Omaha, NE	:46.50	2004
75-79	Robert LaFavre	Cedar Falls	:46.92	2009
	# Dan McCullough	Vermillion, SD	:45.74	1994
80-84	Stuart Ashmead	Ottumwa	1:19.35	2009

**50 YARD BREASTSTROKE WOMEN**

50-54	Susan Denny	Des Moines	:46.09	2001
55-59	Lynn Johnson	Sioux City	:40.18	2004
60-64	# Florence Dietz	Hot Springs Village, AR	:50.45	1998
65-69	Judy Chadima	Cedar Rapids	:53.12	1995
70-74	Rosemary DeJoode	Tama	:51.05	2005
75-79	Jodie McKay	Des Moines	:58.25	2002
80-84	Jodie McKay	Des Moines	1:02.71	2006
85-89	Genevieve Sloan	Des Moines	3:17.06	2006

**50 YARD BUTTERFLY MEN**

50-54	Michael Barry	Ankeny	:27.72	2000
55-59	Norman Bower	Davenport	:31.32	2008
60-64	Lynn Johnson	Sioux City	:50.16	2009
65-69	Tom Cady	Des Moines	:43.09	1998
	# Roger Holthaus	Omaha, NE	:40.03	2004
70-74	Jim Kempkes	Des Moines	:46.94	1996
	# Perry Rockwell	Plattesville, WI	:32.05	1996
75-79	George Henry	Cedar Rapids	1:07.84	2002
	# CL Bruce	Lake St Louis, MO	1:06.42	2008

50 YARD	BUTTERFLY	WOMEN		
50-54	Debbie Fisk	Waukee	:33.64	2008
55-59	Elaine Wolf	Urbandale	:50.51	2008
60-64	Parkie Copeland	Waterloo	:44.65	1990
65-69	Judy Chadima	Cedar Rapids	:48.75	1995
70-74	Ruth Johnson	Davenport	:57.90	2006
	# Judy Kennedy	Lincoln, NE	:55.69	2007
75-79	Carol Crossland	Des Moines	1:20.74	2005

50 YARD	FREESTYLE	MEN		
50-54	Ronnie Dankert	Davenport	:24.73	1997
55-59	Eric Fruin	Marshalltown	:27.78	2003
60-64	Clyde Robinson	Des Moines	:28.83	1994
65-69	George Henry	Cedar Rapids	:32.90	1989
	# Robert Blake	Bridgeton, MO	:28.63	1994
70-74	George Henry	Cedar Rapids	:34.75	1995
	# Perry Rockwell	Plattesville, WI	:30.28	1996
75-79	George Henry	Cedar Rapids	:37.68	2002
80-84	Roger Smith	Davenport	:49.43	2002
90-94	Ivan Schultz	Humboldt	1:25.60	1995

50 YARD	FREESTYLE	WOMEN		
50-54	Debbie Fisk	Waukee	:32.26	2008
55-59	Judy Chadima	Cedar Rapids	:36.36	1987
60-64	Judy Chadima	Cedar Rapids	:35.38	1992
65-69	Judy Chadima	Cedar Rapids	:38.13	1998
70-74	Judy Chadima	Cedar Rapids	:40.25	2002
	# Judy Kennedy	Lincoln, NE	:40.10	2007
75-79	Judy Chadima	Cedar Rapids	:39.37	2004
80-84	Jodie McKay	Des Moines	1:02.16	2006
85-89	Marijane Torjesen	Des Moines	2:09.47	2003

100 YARD	BACKSTROKE	MEN		
50-54	Tom Kealy	Iowa City	1:12.50	2008
55-59	Norman Bower	Davenport	1:13.59	2008
60-64	Clyde Robinson	Des Moines	1:30.04	1994
65-69	George Henry	Cedar Rapids	1:35.62	1988
70-74	George Henry	Cedar Rapids	1:42.44	1995
75-79	Robert LaFavre	Cedar Falls	1:46.80	2009
80-84	Stuart Ashmead	Ottumwa	2:22.30	2009
85-89	Donald Huntoon	Des Moines	3:05.37	2008
90-94	Ivan Schultz	Humboldt	3:17.69	1993

**100 YARD BACKSTROKE WOMEN**

50-54	Elaine Wolf	Urbandale	1:46.98	2006
	# Nance Coggeshall	Grandview, MO	1:33.59	2008
55-59	Dorothy Whitehead	Des Moines	1:28.71	1992
60-64	Dorothy Whitehead	Des Moines	1:30.00	1997
65-69	Judy Chadima	Cedar Rapids	1:27.36	1998
70-74	Dorothy Whitehead	Indianola	1:38.43	2005
75-79	Judy Chadima	Cedar Rapids	1:45.44	2004
80-84	Marijane Torjesen	Des Moines	3:50.06	1999
85-89	Marijane Torjesen	Des Moines	4:13.06	2004

**100 YARD BREASTSTROKE MEN**

50-54	Mick Barry	Ankeny	1:17.25	2001
55-59	Bill Klahn	Iowa City	1:22.07	2009
60-64	Lee Hayes	Newton	1:36.63	1990
	# Sam Chilton	Omaha, NE	1:34.78	1995
65-69	Robert LaFavre	Cedar Falls	1:37.06	1998
	# Sam Chilton	Omaha, NE	1:36.53	2000
70-74	Bill Miller	Des Moines	1:50.59	1993
	# Sam Chilton	Omaha, NE	1:47.07	2004
75-79	Robert LaFavre	Cedar Falls	1:44.72	2009
	# Dan McCullough	Vermillion, SD	1:39.86	1994
80-84	Stuart Ashmead	Ottumwa	3:04.13	2009

**100 YARD BREASTSTROKE WOMEN**

50-54	Cynthia Schenck	Glenwood	2:20.16	2005
	# Roberta Kelinson	Rock Island, IL	2:13.97	2006
55-59	Judy Chadima	Cedar Rapids	1:36.36	1987
60-64	Parkie Copeland	Waterloo	1:52.70	1990
65-69	Glenda Sharp	Cedar Rapids	2:06.00	2002
70-74	Glenda Sharp	Cedar Rapids	2:28.19	2006
	# Helen Sauer	Denver, CO	2:18.87	1998
75-79	Jodie McKay	Des Moines	2:14.28	2004
80-84	Jodie McKay	Des Moines	2:26.11	2008

**100 YARD BUTTERFLY MEN**

50-54	Tom Kealy	Council Bluffs	1:03.76	2008
55-59	John Beamer	Des Moines	1:42.25	1995
60-64	# Sam Chilton, Jr.	Omaha, NE	1:29.63	1996
65-69	Jim Kempkes	Des Moines	1:48.51	1992
	# Roger Holthaus	Omaha, NE	1:38.94	2004
70-74	Jim Kempkes	Des Moines	1:54.83	1995
	# Sam Chilton	Omaha, NE	1:37.31	2002
75-79	# Dan McCullough	Vermillion, SD	1:49.10	1994

<b>100</b>	<b>BUTTERFLY</b>	<b>WOMEN</b>		
50-54	# Nance Coggeshall	Grandview, MO	1:47.65	2008
<b>100 YARD</b>	<b>FREESTYLE</b>	<b>MEN</b>		
50-54	Tom Kealy	Council Bluffs	:57.11	2008
55-59	Kirk Geist	Gilbert	1:03.51	2007
60-64	Eric Fruin	Marshalltown	1:08.19	2006
65-69	George Henry	Cedar Rapids	1:12.74	1989
70-74	Jim Kempkes	Des Moines	1:20.82	1995
	# Perry Rockwell	Plattesville, WI	1:12.72	1996
75-79	Wesley Webb	N/A	1:17.62	1988
80-84	Stuart Ashmead	Ottumwa	1:55.6	2009
90-94	Ivan Schultz	Humboldt	3:32.19	1995
<b>100 YARD</b>	<b>FREESTYLE</b>	<b>WOMEN</b>		
50-54	Debbie Fisk	Waukee	1:09.21	2007
55-59	Jean Allen	Bettendorf	1:26.46	1992
60-64	Judy Chadima	Cedar Rapids	1:19.49	1992
65-69	Judy Chadima	Cedar Rapids	1:25.00	1996
70-74	Judy Chadima	Cedar Rapids	1:33.43	2002
	# Judy Kennedy	Omaha	1:31.9	2009
75-79	Judy Chadima	Cedar Rapids	1:29.41	2004
80-84	Jodie McKay	Des Moines	2:17.63	2006
85-89	Marijane Torjesen	Des Moines	2:51.45	2003
<b>100 YARD</b>	<b>IND MEDLEY</b>	<b>MEN</b>		
50-54	Steven Jones	Martensdale	1:10.48	2009
55-59	Norman Bower	Davenport	1:20.30	2009
60-64	Eric Fruin	Marshalltown	1:21.14	2006
65-69	Jack Mathews	Des Moines	1:48.07	2004
	# Roger Holthaus	Omaha, NE	1:41.88	2004
70-74	Dale Melcher	Fairfield, IA	2:28.98	2008
	# Sam Chilton	Omaha, NE	1:36.93	2004
75-79	Stuart Ashmead	Ottumwa	2:15.43	2007
80-84	Stuart Ashmead	Ottumwa	2:53.45	2009
<b>100 YARD</b>	<b>IND MEDLEY</b>	<b>WOMEN</b>		
50-54	Debbie Fisk	Waukee	1:20.54	2007
55-59	Elaine Wolf	Urbandale	1:44.75	2008
60-64	Lynn Johnson	Sioux City	1:57.69	2009
65-69	Glenda Sharp	Cedar Rapids	2:40.28	2004
70-74	Glenda Sharp	Cedar Rapids	2:11.31	2006
75-79	Carol Crossland	Des Moines	2:29.65	2004
80-84	Carol Crossland	Des Moines	3:13.10	2009

**200 YARD BACKSTROKE MEN**

50-54	Dan Kealy	Council Bluffs	2:30.11	2009
55-59	Norman Bower	Davenport	2:54.30	2008
60-64	Dale Lucas	Urbandale	3:22.70	1994
65-69	George Henry	Cedar Rapids	3:37.36	1989
70-74	George Henry	Cedar Rapids	3:56.94	1995
	# Sam Chilton	Omaha, NE	3:52.82	2004
75-79	Robert LaFavre	Cedar Falls	4:04.93	2009
80-84	Stuart Ashmead	Ottumwa	5:01.24	2009
85-90	Donald Huntoon	Des Moines	6:41.57	2008
90-94	Ivan Schultz	Humboldt	7:10.94	1993

**200 YARD BACKSTROKE WOMEN**

50-54	Andrea Dorn	Nevada	3:52.41	2007
	# Nance Coggeshall	Grandview, MO	3:33.59	2008
55-59	Dorothy Whitehead	Des Moines	3:16.52	1992
60-64	Dorothy Whitehead	Des Moines	3:18.16	1995
65-69	Judy Chadima	Cedar Rapids	3:29.25	1995
70-74	Dorothy Whitehead	Indianola	3:43.66	2005
75-79	Judy Chadima	Cedar Rapids	3:56.37	2004
80-84	Marijane Torjesen	Des Moines	8:34.69	1998
85-89	Marijane Torjesen	Des Moines	9:43.29	2006

**200 YARD BREASTSTROKE MEN**

50-54	KC Cornish	Grinnell	2:34.94	2007
55-59	Bill Klahn	Iowa City	3:17.60	2009
60-64	Lee Keller	Bettendorf	3:21.78	2004
65-69	Don Jepsen	Davenport	4:42.02	2005
	# Peter Eisenklam	Alton, IL	3:53.67	2008
70-74	# Sam Chilton	Omaha, NE	3:44.31	2004
75-79	Robert LaFavre	Cedar Falls	3:54.38	2009

**200 YARD BREASTSTROKE WOMEN**

50-54	Joyce Bricker	Stratford	4:39.54	2006
65-69	Glenda Sharp	Cedar Rapids	6:16.03	2004
70-74	Glenda Sharp	Cedar Rapids	6:09.84	2008

**200 YARD FREESTYLE MEN**

50-54	Tom Kealy	Council Bluffs	2:05.66	2007
55-59	Kirk Geist	Gilbert	2:25.49	2007
60-64	Eric Fruin	Marshalltown	2:30.05	2006
65-69	Tom Cady	Des Moines	2:58.76	1997
	# Robert Blake	Bridgeton, MO	2:43.14	1994
70-74	George Henry	Cedar Rapids	3:09.00	1993
75-79	Stuart Ashmead	Ottumwa	3:47.51	2007

	# David Easterla	Maryville, MO	3:43.61	2008
80-84	Stuart Ashmead	Ottumwa	4:27.6	2009

**200 YARD FREESTYLE WOMEN**

50-54	Sara Rippentrop	Waukee	2:47.00	2008
55-59	Elaine Wolf	Urbandale	3:25.21	2008
60-64	Judy Chadima	Cedar Rapids	3:01.09	1992
65-69	Judy Chadima	Cedar Rapids	3:07.75	1998
70-74	Judy Chadima	Cedar Rapids	3:26.58	2002
	# Judy Kennedy	Omaha	3:20.3	2009
75-79	Marijane Torjesen	Des Moines	7:09.10	1993
80-84	Marijane Torjesen	Des Moines	8:05.66	2001
85-89	Marijane Torjesen	Des Moines	9:58.36	2004

**200 YARD INDIVIDUAL MEDLEY MEN**

50-54	KC Cornish	Grinnell	2:26.55	2007
55-59	Lee Keller	Bettendorf	3:04.37	2002
60-64	Lee Keller	Bettendorf	3:16.63	2004
	# Sam Chilton	Omaha, NE	3:10.19	1996
65-69	Tom Cady	Des Moines	3:31.00	1996
	# Robert Blake	Bridgeton, MO	3:20.33	1994
70-74	Jim Kempkes	Des Moines	4:15.43	1996
	# Perry Rockwell	Plattesville, WI	3:26.27	1996
75-79	Leon Dolski	West Des Moines	2:44.80	1992

**200 YARD INDIVIDUAL MEDLEY WOMEN**

50-54	Cynthia Schenck	Glenwood	5:01.81	2004
60-64	Judy Chadima	Cedar Rapids	3:26.79	1990
65-69	Glenda Sharp	Cedar Rapids	4:44.06	2001
70-74	Glenda Sharp	Cedar Rapids	6:07.85	2007
	# Pat Craze	Montrose, CO	5:04.28	1999

**500 YARD FREESTYLE MEN**

50-54	Ricahrd Collins	Urbandale	5:20.40	1994
55-59	Eric Fruin	Marshalltown	5:17.59	2003
60-64	Tom Cady	Des Moines	6:25.57	1992
	# William Cannon	Bridgeton, MO	6:02.34	1992
65-69	George Henry	Cedar Rapids	6:33.51	1989
	# Robert Blake	Bridgeton, MO	5:47.67	1994
70-74	Jim Kempkes	Des Moines	6:42.11	1998
	# Perry Rockwell	Plattesville, WI	6:37.06	1996
75-79	Roger Smith	Davenport	9:05.09	98/99
80-84	Roger Smith	Davenport	13:39.22	2002

500 YARD	FREESTYLE	WOMEN		
50-54	Debbie Fisk	Waukee	7:14.21	2007
55-59	Judy Chadima	Cedar Rapids	6:32.10	1989
60-64	Judy Chadima	Cedar Rapids	6:19.57	1990
65-69	Judy Chadima	Cedar Rapids	6:42.56	1995
70-74	Judy Chadima	Cedar Rapids	8:59.47	2002
	# Judy Kennedy	Lincoln, NE	8:58.33	2007
80-84	Marijane Torjesen	Des Moines	15:14.00	1996

## TRACK AND FIELD

DISCUS	MEN			
50-54	Alan Russell	Ames	131' 0.0"	2001
55-59	Otto Welfring	Marshalltown	114' 9.0"	1993
	# Bob Peters	Blue Springs, MO	117' 4.0"	2004
60-64	Otto Welfring	Marshalltown	130' 10.0"	1994
	# Ron Anderson	McPherson, KS	164' 6.0"	1996
65-69	Arnie Brandt	Sioux City	125' 9.5"	2002
	# Ron Anderson	McPherson, KS	151' 1.0"	2004
70-74	Otto Welfring	Marshalltown	116' 6.0"	2004
	# Ron Anderson	McPherson, KS	127' 0.25"	2007
75-79	Otto Welfring	Marshalltown	103' 8.5"	2008
	# Dale Buysse	Longmont, CO	119' 7.50"	1996
80-84	Dick Mulkern	Sheffield	93' 6.0"	2008
	# E. Lee Todd	Grant, NE	99' 11.0"	1995
85-89	Bud Braunlich	Davenport	65' 5.0"	2007
	# Howard Dewell	Quincy, IL	70' 2.0"	2007
90-94	Adolph Peschke	West Des Moines	42' 5.0"	2005
95-99	Adolph Peschke	West Des Moines	29' 8.5"	2009

DISCUS	WOMEN			
50-54	Linda Rowe	Bloomfield	99' 6.0"	2004
55-59	Kay Glynn	Hastings	72' 1.0"	2008
	# Neva Weisskopf	Lehigh Acres, FL	78' 0.5"	2007
60-64	Velma Gardner	Carlisle	49' 6.0"	2004
	# Neva Weisskopf	Lehigh Acres, FL	66' 8.5"	2009
65-69	Bertha Aldrich	Alden	59' 4.0"	2002
	# Irene Kerwin	Peoria, IL	60' 7.0"	1995
70-74	Bertha Aldrich	Alden	59' 7.0"	2008
75-79	Nancy Baker	Clive	38' 7.0"	2007
	# Adele McCormick	Sierra Vista, AZ	49' 11.0"	1999
80-84	Helen Steward	Knoxville	22' 3.0"	1996
85-89	Pancryata Eddy	Anita	21' 7.0"	1996

**SHOT PUT MEN**

50-54	Matthew Byrnes	Boone	41' 7.75"	2003
55-59	Tarry Cory	Clive	39' 1.0"	2007
	# Bob Peters	Blue Springs, MO	41' 2.0"	2003
60-64	Dick Pertzborn	Ankeny	37' 7.0"	1991
	# Al Salmon	Liberty, MO	42' 9.0"	1999
65-69	Dale Geise	Boone	33' 5.75"	1997
	# Ray Schumann	Hull, IL	41' 6.5"	1992
70-74	Richard Angove	Ames	35' 9.5"	2007
	# Al Salmon	Liberty, MO	40' 10.5"	2009
75-79	Otto Welfring	Marshalltown	32' 0.5"	2008
	# E. Lee Todd	Grant, NE	35' 3.0"	1992
80-84	Dick Mulkern	Sheffield	31' 2.75"	2008
	# E. Lee Todd	Grant, NE	31' 5.5"	1997
85-89	Bud Braunlich	Davenport	24' 7.5"	2007
90-94	Adolph Peschke	West Des Moines	16' 9.0"	2007

**SHOT PUT WOMEN**

50-54	Linda Rowe	Bloomfield	30' 2.0"	2005
55-59	Kay Glynn	Hastings	29' 0.25"	2008
60-64	Norma Scheneder	Des Moines	25' 7.5"	1994
65-69	Bertha Aldrich	Alden	25' 6.5"	2004
70-74	Bertha Aldrich	Alden	22' 5.0"	2007
75-79	Eva Oltmanns	Neola	25' 5.0"	2002
80-84	Tina Davis	Des Moines	14' 4"	2009

**HIGH JUMP MEN**

50-54	John Barron	Guttenberg	5' 2.0"	2006
55-59	John Barron	Guttenberg	5' 2.0"	2009
	# Garry Pirch	Vandalia, MO	5' 6"	2009
60-64	Les Lane	Carlisle	4' 10.0"	2004
65-69	Les Lane	Carlisle	4' 6.0"	2008
70-74	Richard Angove	Ames	4' 0.0"	2007
	John Wortman	North Liberty	4' 0"	2009
	# Ross Vrooman	Tulsa, OK	4' 0.0"	2004
	# Martin Tangora	Chicago, IL	4' 0"	2009
75-79	Ed Failor	Muscatine	3' 6.0"	04/06
	# Frank Bollinger	Exelsior Springs, MO	3' 10.0"	04/07
80-84	Stan Aldinger	Iowa City	3' 8.0"	2008
85-89	# Howard Dewell	Quincy, IL	3' 2.0"	2007

**HIGH JUMP WOMEN**

50-54	Kay Glynn	Hastings	4' 4.0"	04/05
55-59	Kay Glynn	Hastings	4' 4.0"	2008
60-64	# Normimah Benedict	Fayetteville, AR	3' 4.0"	2006

**LONG JUMP - RUNNING      MEN**

50-54	Tarry Cory	Clive	17' 10.0"	2001
55-59	Tarry Cory	Clive	17' 1.0"	2003
60-64	Norm Robinson	Knoxville	16' 3.5"	1995
	# Peter Stopoulos	East Moline, IL	16' 6.0"	1997
65-69	Norm Robinson	Knoxville	15' 7.25"	2000
70-74	Norm Robinson	Knoxville	14' 10.25"	2002
75-79	Melvin Larsen	Ames, IA	14' 3.0"	2001
80-84	Mel Flachs	Davenport	9' 3.0"	1995
	# E. Lee Todd	Grant, NE	11' 2.25"	1995
85-89	Monnie Stauffer	Sheldahl	6' 4.5"	1995
	# Howard Dewell	Quincy, IL	8' 2"	2009

**LONG JUMP - RUNNING      WOMEN**

50-54	Kay Glynn	Hastings	14' 6.5"	2004
55-59	Kay Glynn	Hastings	14' 4.0"	2008
60-64	Betty Hoff	Decorah	9' 8.0"	2001
	# Normimah Benedict	Fayetteville, AR	10' 9.0"	2006
65-69	Ethel Miller	Cedar Rapids	9' 9.5"	1990
70-74	Rita Ashmead	Ottumwa	8' 7.0"	2006
75-79	Frances Young	Des Moines	7' 6.75"	2003
80-84	Ernestive Davis	Des Moines	4' 2"	2009

**LONG JUMP - STANDING      MEN**

50-54	Randy Olson	Orange City	8' 8.0"	1999
55-59	Tarry Cory	Clive	8' 6.0"	2004
60-64	Les Lane	Carlisle	8' 7.5"	2005
65-69	Arnie Brandt	Sioux City	8' 0.0"	2002
	# Peter Stopoulos	Geneva, IL	8' 1.5"	2002
70-74	Norm Robinson	Knoxville	7' 9.5"	2002
75-79	Bill Park	Muscatine	6' 11.75"	2008
	# Tom Walsh	Hannibal, MO	7' 4.0"	1993
80-84	Bud Braunlich	Davenport	6' 8.5"	2004
85-89	# Howard Dewell	Quincy, IL	6' 4"	2009

**LONG JUMP - STANDING      WOMEN**

50-54	Linda Hemphill	Milford	6' 1.5"	1997
	# Victoria Daniel	Appleton, WI	8' 0.0"	2008
55-59	Betty Hoff	Decorah	5' 5.75"	1994
	# Normi Arthur	Fayetteville, AR	6' 4.5"	2004
60-64	Mary Lou Lathrum	Bondurant	5' 6.0"	1995
	# Normimah Benedict	Fayetteville, AR	6' 3.75"	2006
65-69	Ethel Miller	Cedar Rapids	5' 5.0"	1991
	# Irene Kerwin	Peoria, IL	5' 10.5"	1995

70-74	Ethel Miller	Cedar Rapids	5' 5.0"	1994
75-79	Eva Oltmanns	Neola	4' 0.0"	2002
	Carolyn Dodd	Des Moines	4' 0.0"	2007
	# Phyllis Anderson	Ohio, IL	4' 0.25"	1996
80-84	Frances Young	Des Moines	3' 4.0"	2007

### TRIPLE JUMP                      MEN

50-54	Paul Grinvalds	West Des Moines	32' 9.5"	2008
55-59	Tarry Cory	Clive	31' 9.0"	2007
60-64	Ron Peterson	Waukee	23' 1.0"	2007
65-69	Rich Hoidahl	Johnston	20' 3.5"	2008
	# James Snook	Overland Park, KS	25' 0"	2009
70-74	Franklin Brown	Des Moines	22' 0.0"	2008
	# Paul Beckman	Granbury, TX	23' 6"	2009
75-79	Carroll Marty	Ames	22' 8.75"	2007
80-84	# Frank Bolinger	Excelsior Springs, MO	18' 3"	2009

### TRIPLE JUMP                      WOMEN

55-59	Kay Glynn	Hastings	26' 11.5"	2008
60-64	# Normimah Benedict	Fayetteville, AR	21' 1.0"	2008
65-69	Jean Minahan	Des Moines	12' 4.5"	2007

### RACE WALK - 800 METER      MEN

50-54	Frank Wiebel	Ankeny	4:16.00	1993
55-59	Ken Clark	Clive	3:59.00	1989
60-64	Frank Brown	Des Moines	4:28.00	1994
65-69	Bob McClaran	Des Moines	4:34.00	1994
70-74	Joe Zuendel	Des Moines	5:07.00	1989
	# Julian Byers	McAllen, TX	5:05.00	1988
75-79	Madeleo Blake	Letts	5:07.00	1989
	# Clarence Osborn	Lincoln, NE	4:30.00	1994
80-84	Madeleo Blake	Letts	5:48.00	1994
	# Julian Byers	McAllen, TX	5:47.00	1994
85-89	Ted Joplin	Des Moines	7:19.00	1994
90-94	Ted Joplin	Des Moines	7:30.00	1995

### RACE WALK - 800 METER      WOMEN

50-54	Bertha Christiansen	Altoona	4:57.20	1994
55-59	Bertha Christiansen	Altoona	4:50.00	1995
60-64	Bertha Aldrich	Alden	4:49.00	1998
65-69	Gene McClaran	Des Moines	4:34.40	1994
70-74	Gene McClaran	Des Moines	5:11.19	1996
75-79	Ruth Spaulding	Des Moines	5:43.50	1994
80-84	Jo Stephen	Des Moines	6:48.00	1989

**RACE WALK - 1500 METER MEN**

50-54	Robert Shires	Des Moines	7:38.68	2004
55-59	Ken Clark	Clive	7:57.00	1990
60-64	Franklin Brown	Des Moines	7:54.00	1994
65-69	Franklin Brown	Des Moines	8:37.00	2002
70-74	Franklin Brown	Des Moines	8:56.49	2004
75-79	Madeleo Blake	Letts	9:46.00	1989
	# Clarence Osborn	Lincoln, NE	8:54.00	1994
80-84	Madeleo Blake	Letts	11:40.00	1994
	# Tom Kirley	Kewanee, IL	10:26.00	2000
85-89	Ted Joplin	Des Moines	13:58.00	1994
90-94	Ted Joplin	Des Moines	14:52.00	1996

**RACE WALK - 1500 METER WOMEN**

50-54	Jane Hein	Clive	9:32.70	2005
55-59	Jane Hein	Clive	9:53.0	2009
60-64	Bertha Aldrich	Alden	9:38.00	1996
65-69	Gene McClaran	Des Moines	9:26.00	1992
70-74	Gene McClaran	Des Moines	10:07.00	1996
75-79	Ruth Spaulding	Des Moines	11:25.00	1993
	Gene McClaran	Des Moines	11:25.00	2002
80-84	Gene McClaran	Des Moines	12:41.00	2006
	# Mildred Crews	Lancaster, WI	12:40.00	1996
85-89	Mae Green	Des Moines	18:17.00	2001

**RACE WALK - 5000 METER MEN**

50-54	Robert Shires	Des Moines	28:57.00	2004
55-59	Franklin Brown	Des Moines	28:09.00	1993
60-64	Franklin Brown	Des Moines	28:07.00	1994
65-69	Gary O'Daniels	Creston	31:29.00	2007
70-74	Bob McClaran	Des Moines	34:02.00	1998
75-79	Madeleo Blake	Letts	36:31.00	1991
	# Clarence Osborn	Lincoln, NE	33:25.00	1994
80-84	Madeleo Blake	Letts	38:13.00	1994
90-94	# Thomas Young	Overland Park, KS	50:44.00	2008

**RACE WALK - 5000 METER WOMEN**

50-54	Jane Hein	Clive	32:45.00	2005
55-59	Faith Rulapaugh	Sheffield	35:48.00	2002
60-64	Bertha Aldridge	Alden	33:17.00	1998
65-69	Gene McClaren	Des Moines	32:55.00	1994
70-74	Bertha Aldrich	Alden	33:43.00	2008
75-79	Gene McClaran	Des Moines	38:34.00	2002
80-84	Gene McClaran	Des Moines	42:01.00	2006

**ROAD RACE - 5K            MEN**

50-54	Curt Hoegh	Clive	17:52	2002
55-59	John Bartello	Newton	19:04	2005
60-64	Gary Patton	Rock Rapids	18:53	2008
65-69	Mike Bender	Des Moines	20:32	2006
70-74	Alvin Ravenscroft	Ames	23:08	2005
75-79	Madeleo Blake	Letts	26:55	1989
80-84	Madeleo Blake	Letts	36.09	1994

**ROAD RACE - 5K            WOMEN**

50-54	Susan Duoblys	Des Moines	26:14	2006
55-59	Marge Nielsen	Spencer	24:57	1993
60-64	Lois Ribbens	Hull	27:36	1992
65-69	Rita Ashmead	Ottumwa	26:47	2001
70-74	Rita Ashmead	Ottumwa	26:23	2006

**ROAD RACE - 10K        MEN**

50-54	Bobby Dickerson	Des Moines	44:54	2004
	# John LaClaire	Austin, TX	40:52	2004
55-59	Gary Patton	Rock Rapids	41:25	2004
60-64	Jim Floyd	West Des Moines	44:02	2004
65-69	Mike Bender	Des Moines	43:57	2007
70-74	Gerald Hendrickson	Cedar Falls	66:37	2008
80-84	William Beal	Fairfield	111.00	2007

**ROAD RACE - 10K        WOMEN**

50-54	# Holly Starr	Walnut Creek, CA	49:20	2007
70-74	Rita Jackson-Ashmead	Ottumwa		2007

**50 METER DASH        MEN**

50-54	Ronald Beasley	Des Moines	6.56	1999
55-59	Phil Ramsey	Adel	6.50	2006
60-64	Arnie Brandt	Sioux City	6.87	1995
	# Lowell Thompson	Minneapolis, MN	6.72	2000
65-69	Norm Robinson	Knoxville	7.00	1997
	# Bill Melville	Plattesville, WI	6.90	1997
70-74	Melvin Larson	Ames	7.06	1999
75-79	Melvin Larson	Ames	7.47	2003
80-84	Melvin Larson	Ames	7.84	2006
85-89	Bud Braunlich	Davenport	10.13	2007
90-94	Adolph Peschke	West Des Moines	17.78	2006

**50 METER DASH          WOMEN**

50-54	Kay Glenn	Hastings	8.15	2005
55-59	Betty Hoff	Decorah	8.64	1996
	# Neva Weisskopf	Lehigh Acres, FL	8.41	2006
60-64	Betty Hoff	Decorah	8.70	1999
	# Normimah Benedict	Fayetteville, AR	8.28	2008
65-69	Ethel Miller	Cedar Rapids	8.89	1991
70-74	Millie Crews	Des Moines	9.93	1988
75-79	Betty Graves	Urbandale	11.20	1989
80-84	Frances Young	Des Moines	13.53	2007
85-89	Pancryata Eddy	Anita	20.01	1997

**100 METER DASH          MEN**

50-54	Phil Ramsey	West Des Moines	12.32	2002
	# Tom Bassett	Lincoln, NE	12.00	1999
55-59	Paul Matzen	Iowa City	13.06	2007
	# Tom Bassett	Lincoln, NE	12.28	2001
60-64	Les Lane	Carlisle	12.74	2005
	# Tom Bassett	Lincoln, NE	12.66	2005
65-69	Les Lane	Carlisle	13.65	2008
	# Larry Andrews	Elkhorn, NE	13.43	2006
70-74	Robert Conzemius	Ames	13.88	2005
	# Bill Melville	Plattesville, WI	13.31	1999
75-79	Melvin Larsen	Ames	14.15	2001
80-84	Melvin Larsen	Ames	12.32	2005
85-89	Mel Flachs	Davenport	20.63	1999
90-94	Adolph Peschke	West Des Moines	37.63	2005

**100 METER DASH          WOMEN**

50-54	Harriett Beasley	Des Moines	14.52	2002
55-59	Kay Glynn	Hastings	14.41	2008
60-64	Betty Hoff	Decorah	17.09	1999
	# Normimah Benedict	Fayetteville, AR	15.54	2008
65-69	Betty Hoff	Decorah	17.20	2004
70-74	Carol Linderman	Clive	18.53	2008
75-79	Ruth Spaulding	Des Moines	24.90	1993
80-84	Frances Young	Des Moines	29.71	2007
85-89	Pancryata Eddy	Anita	41.32	1997

**200 METER RUN          MEN**

50-54	Alan Russell	Ames	25.68	2000
	# Tom Bassett	Lincoln, NE	25.27	1999
55-59	Thomas Cieselski	Independence	26.72	1998
	# Tom Bassett	Lincoln, NE	26.17	2001
60-64	Bob Conzemius	Ames	27.51	1998

	# Tom Bassett	Lincoln, NE	27.31	2005
65-69	Les Lane	Carlisle	29.28	2008
	# Bill Melville	Plattesville, WI	27.78	1998
70-74	Melvin Larson	Ames	28.81	1997
	# Bill Melville	Plattesville, WI	27.47	1999
75-79	Melvin Larson	Ames	30.77	2003
80-84	Melvin Larson	Ames	31.72	2004
85-89	Carroll Crouse	Adel	58.53	2000
	# Emmett Bennett	Rapid City, SD	44.84	1996

#### 200 METER RUN      WOMEN

50-54	Kay Glynn	Hastings	30.00	2006
55-59	Kay Glynn	Hastings	31.29	2008
60-64	Ernestine Davis	Des Moines	38.15	1992
	# Neva Weisskoph	Lehigh Acres, FL	36.75	2009
65-69	Ernestine Davis	Des Moines	38.95	1994
70-74	Ethel Miller	Des Moines	44.10	1994
75-79	Frances Young	Des Moines	59.81	2003
80-84	Tina Davis	Des Moines	1:19.4	2009
	# Mildred Crews	Lancaster, WI	49.87	1996
85-89	Pancratya Eddy	Anita	1:48.73	1996

#### 400 METER RUN      MEN

50-54	Paul Grinvalds	West Des Moines	59.9	2009
	# Greg Monson	Moline, IL	58.7	2009
55-59	Tom Ciesielski	Independence	1:01.36	1998
	# Howard Weisser	Columbus, NE	1:00.18	1995
60-64	Bob Conzemius	Ames	1:03.54	1998
	# Howard Weisser	Columbus, NE	1:02.89	2001
65-69	Tom Williams	Milford	1:09.73	1997
	# Howard Weisser	Columbus, NE	1:02.89	2001
70-74	Robert Conzemius	Ames	1:07.79	2005
75-79	Madeleo Blake	Letts	1:19.05	1989
80-84	Darrell Mitchell	Marshalltown	1:26.09	2008

#### 400 METER RUN      WOMEN

50-54	Helen James	Monona	1:21.19	1996
55-59	Betty Hoff	Decorah	1:22.04	1996
60-64	Betty Hoff	Decorah	1:28.90	2000
65-69	Betty Hoff	Decorah	1:35.25	2006
70-74	Betty Hoff	Decorah	1:39.22	2008

**800 METER RUN      MEN**

50-54	Ronald McKay	Chariton	2:18.73	1996
55-59	Ronald McCay	Chariton	2:20.00	1999
60-64	Ronald McKay	Chariton	2:27.08	2003
65-69	Mike Bender	Des Moines	2:39.90	2007
	# Howard Weisser	Columbus, NE	2:38.00	2004
70-74	Tom Williams	Milford	3:01.13	2001
	# Howard Weisser	Lincoln, NE	2:44.0	2009
75-79	Tom Novak	Cedar Rapids	3:13.00	2008
80-84	Mel Flachs	Davenport	2:45.95	1998
85-89	Donald Schultz	Des Moines	6:02.24	1996
	# Emmett Bennett	Rapid City, SD	4:41.31	1996

**800 METER RUN      WOMEN**

50-54	Ellen Eakins	Ankeny	3:08.0	2009
55-59	Helen James	Monona	3:13.00	2002
60-64	Betty Hoff	Decorah	3:13.00	2002
65-69	Rita Ashmead	Ottumwa	3:41.00	2001
70-74	Rita Ashmead	Ottumwa	3:51.34	2006

**1500 METER RUN      MEN**

50-54	Curt Hoegh	Clive	4:54.93	2002
55-59	John Bartello	Newton	5:04.34	2005
60-64	Gary Patton	Rock Rapids	5:07.00	2007
65-69	Mike Bender	Des Moines	5:26.00	2007
70-74	Sherwood Sagedahl	Fairmont, MN	5:55.0	2009
	Alvin Ravenscroft	Ames	6:12.05	2005
75-79	Gene Harding	Des Moines	7:24.00	2006
80-84	Madeleo Blake	Letts	10:03.00	1995
	# Emmett Bennett	Rapid City, SD	7:35.00	2004
85-89	# Emmett Bennett	Rapid City, SD	9:07.75	1996

**1500 METER RUN      WOMEN**

50-54	Ellen Eakin	Ankeny	6:35.0	2009
55-59	Betty Hoff	Decorah	6:58.00	1996
60-64	Betty Hoff	Decorah	7:24.00	1991
65-69	Rita Ashmead	Ottumwa	7:34.00	2001
70-74	Rita Ashmead	Ottumwa	7:22.00	2006