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2010 Iowa Senior Olympics: 1,500 M Race Walk / Women						Record
First Name	Last Name	Division	State	Time	Place	Medal
Karla	Snodgrass	50-54 Female	IA	10:24	1	Gold
Ellen	Eakin	50-54 Female	IA	10:44	2	Silver
Mary	Tripp	50-54 Female	IA	10:54	3	Bronze
Jamie	Hein	55-59 Female	IA	10:16	1	Gold
Donna	Janusheske	55-59 Female	WI	11:32.3	2	Silver
Faith	Rillapaugh	60-64 Female	IA	10:56.8	1	Gold
Nancy	Waldman	65-69 Female	IA	13:12.3	1	Gold
Carolyn	Dodd	75-79 Female	IA	13:16.4	1	Gold
Jean	McClaran	80-84 Female	IA	15:58	1	Gold
Tina	Davis	80-84 Female	IA	17:46	2	Silver
2010 Iowa Senior Olympics: 1,500 M Race Walk / Men						Record
Randy	Davis	50-54 Male	IA	10:43.03	1	Gold
Don	Tripp	50-54 Male	IA	12:50.2	2	Silver
Greg	Palmersheim	55-59 Male	IA	9:57.6	1	Gold
Brad	Ewest	55-59 Male	IA	10:20.8	2	Silver
Joe	Bohlke	55-59 Male	IA	10:39	3	Bronze
Jed	Fisk	55-59 Male	IA	12:04	4	
Tim	Phillips	60-64 Male	IA	9:23.0	1	Gold
Randall	Schuh	60-64 Male	IA	10:27.5	2	Silver
Denny	Adair	60-64 Male	IA	11:02	3	Bronze
Tom	Kirkwood	65-69 Male	IA	9:03	1	Gold
Alex	Meyer	65-69 Male	NE	12:12	2	Silver
Dick	Payne	70-74 Male	IA	11:25	1	Gold
Ken	Clark	70-74 Male	IA	14:17	2	Silver
Fred	Adams	75-79 Male	MO	10:28.2	1	Gold
Carroll	Marty	75-79 Male	IA	10:43.0	2	Gold
Lyle	Pfaff	75-79 Male	KS	12:11.5	3	Bronze
Ronald	Kolbe	75-79 Male	IA	15:30.8	4	Silver
Thomas	Young	90-94 Male	KS	15:08	1	Gold
2010 Iowa Senior Olympics: 5,000 M Race Walk / Women						Record
Anita	Macias-Howard	55-59 Female	MN	32:39	1	Gold
Jane	Hein	55-59 Female	IA	34:13	2	Silver
Faith	Rillapaugh	60-64 Female	IA	38:00	1	Gold
Jean	McClaran	80-84 Female	IA	47:50	1	Gold
2010 Iowa Senior Olympics: 5,000 M Race Walk / Men						Record
Greg	Palmersheim	55-59 Male	IA	34:27	1	Gold

Jed	Fisk	55-59 Male	IA	37:51	1	Gold
Randy	Davis	55-59 Male	IA	41:22	2	Silver
Tim	Phillips	60-64 Male	IA	31:39	1	Gold
Randy	Schuh	60-64 Male	IA	37:06	2	Silver
Tom	Kirkwood	65-69 Male	IA	32:00	1	Gold
Alex	Meyer	65-69 Male	NE	42:02	2	Silver
Dick	Payne	70-74 Male	IA	37:00	1	Gold
Fred	Adams	75-79 Male	MO	35:05	1	Gold
Charles	Wolle	75-79 Male	NV	42:02	2	Silver
John	Zames	85-89 Male	IA	46:31	1	Gold