

## Records / Track Running Events

### 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	8.7	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	Ruth Johnson	Davenport	9.5	2010
80-84	Frances Young	Des Moines	13.53	2007
85-89	Pancryata Eddy	Anita	20.01	1997

### 50 METER DASH / MEN

50-54	Michael Fitzgerald	Mason City	6.4	2010 & 2011
55-59	Phil Ramsey	Adel	6.5	2006
60-64	Arnie Brandt	Sioux City	6.87	1995
	# Lowell Thompson	Minneapolis, MN	6.72	2000
65-69	Norm Robinson	Knoxville	7.0	1997
	# Bill Melville	Plattesville, WI	6.9	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

### 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	17.2	2004
70-74	Carol Linderman	Clive	18.53	2008
75-79	Rita Jackson-Ashmead	Ottumwa	20.87	2010
80-84	Frances Young	Des Moines	29.71	2007
85-89	Pancryata Eddy	Anita	41.32	1997

<b>100 METER DASH / MEN</b>				
50-54	Michael Fitzgerald	Mason City	12.28	2011
	# Tom Bassett	Lincoln, NE	12.0	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	15.32	2005
85-89	Mel Flachs	Davenport	20.63	1999
90-94	Adolph Peschke	West Des Moines	37.63	2005
<b>200 METER RUN / WOMEN</b>				
50-54	Kay Glynn	Hastings	30.0	2006
55-59	Kay Glynn	Hastings	31.29	2008
60-64	Ernestine Davis	Des Moines	38.15	1992
	# Neva Weisskopf	Lehigh Acres, Fl	36.75	2009
65-69	Ernestine Davis	Des Moines	38.95	1994
70-74	Ethel Miller	Des Moines	44.1	1994
75-79	Rita Jackson-Ashmead	Ottumwa	44.44	2010
80-84	Tina Davis	Des Moines	1:18.04	2011
	# Mildred Crews	Lancaster, WI	49.87	1996
85-89	Pancratya Eddy	Anita	1:48.7	1996
<b>200 METER RUN / MEN</b>				
50-54	Michael Fitzgerald	Mason City	24.48	2010
55-59	Thomas Ciesielski	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

<b>400 METER RUN / WOMEN</b>				
50-54	Helen James	Monona	1:21.2	1996
55-59	Betty Hoff	Decorah	1:22.0	1996
60-64	Betty Hoff	Decorah	1:28.9	2000
65-69	Betty Hoff	Decorah	1:35.3	2006
70-74	Betty Hoff	Decorah	1:39.2	2008
75-79	Rita Jackson-Ashmead	Ottumwa	1:49.9	2010
<b>400 METER RUN / MEN</b>				
50-54	Mike Fitzgerald	Mason City	57.66	2011
55-59	Tom Ciesielski	Independence	61.4	1998
	# Howard Weisser	Columbus, NE	60.2	1995
60-64	Bob Conzemius	Ames	63.5	1998
	# Howard Weisser	Columbus, NE	62.9	2001
65-69	Gary Patton	Rock Rapids	65.3	2010
	# J. Abels	Papillion, NE	65.2	2010
70-74	Robert Conzemius	Ames	67.8	2005
	# Sherwood Sagedahl	Fairmont, MN	67.2	2010
75-79	Madeleo Blake	Letts	1:19.1	1989
80-84	Darrell Mitchell	Marshalltown	1:26.1	2008
<b>800 METER RUN / WOMEN</b>				
50-54	Ellen Eakins	Ankeny	3:08.0	2009
55-59	Helen James	Monona	3:13.0	2002
60-64	Betty Hoff	Decorah	3:13.0	2002
65-69	Rita Ashmead	Ottumwa	3:41.0	2001
70-74	Rita Ashmead	Ottumwa	3:51.3	2006
75-79	Rita Jackson-Ashmead	Ottumwa	4:07.8	2010
<b>800 METER RUN / MEN</b>				
50-54	Paul Grinvalds	West Des Moines	2:16.2	2010
55-59	Ronald McKay	Chariton	2:20.0	1999
60-64	Ronald McKay	Chariton	2:27.1	2003
65-69	Gary Patton	Rock Rapids	2:32.0	2011
70-74	Tom Williams	Milford	3:01.1	2001
	# Howard Weisser	Lincoln, NE	2:44.0	2009
75-79	Tom Novak	Cedar Rapids	3:13.0	2008
80-84	Mel Flachs	Davenport	2:46.0	1998
85-89	Donald Schultz	Des Moines	6:02.2	1996
	# Emmett Bennett	Rapid City, SD	4:41.3	1996

<b>1500 METER RUN / WOMEN</b>				
50-54	Ellen Eakin	Ankeny	6:35.0	2009
55-59	Betty Hoff	Decorah	6:58.0	1996
60-64	Betty Hoff	Decorah	7:24.0	1991
65-69	Rita Ashmead	Ottumwa	7:34.0	2001
70-74	Rita Ashmead	Ottumwa	7:22.0	2006
<b>1500 METER RUN / MEN</b>				
50-54	Daniel Bonthius	Iowa City	4:53.0	2011
55-59	John Bartello	Newton	5:04.3	2005
60-64	Gary Patton	Rock Rapids	5:07.0	2007
65-69	Gary Patton	Rock Rapids	5:10.0	2011
70-74	Alvin Ravenscroft	Ames	6:12.1	2005
	# Sherwood Sagedahl	Fairmont, MN	5:55.0	2009
75-79	Gene Harding	Des Moines	7:24.0	2006
80-84	Madeleo Blake	Letts	10:03.0	1995
	# Emmett Bennett	Rapid City, SD	7:35.0	2004
85-89	# Emmett Bennett	Rapid City, SD	9:07.8	1996
<b>Records / RACE WALK - 1500 METER / WOMEN</b>				
50-54	Jane Hein	Clive	9:32	2005
55-59	Jane Hein	Clive	9:53	2009
60-64	Bertha Aldrich	Alden	9:38	1996
65-69	Gene McClaran	Des Moines	9:26	1992
70-74	Gene McClaran	Des Moines	10:07	1996
75-79	Ruth Spaulding	Des Moines	11:25	1993
	Gene McClaran	Des Moines	11:25	2002
80-84	Gene McClaran	Des Moines	12:41	2006
	# Mildred Crews	Lancaster, WI	12:40	1996
85-89	Mae Green	Des Moines	18:17	2001
<b>Records / RACE WALK - 1500 METER / MEN</b>				
50-54	Robert Shires	Des Moines	7:38	2004
55-59	Ken Clark	Clive	7:57	1990
	# David Coutts	Whiteside, MO	7:22	2011
60-64	Franklin Brown	Des Moines	7:54	1994
65-69	Franklin Brown	Des Moines	8:37	2002
70-74	Franklin Brown	Des Moines	8:56	2004
75-79	Madeleo Blake	Letts	9:46	1989
	# Clarence Osborn	Lincoln, NE	8:54	1994
80-84	Madeleo Blake	Letts	11:40	1994
	# Tom Kirley	Kewanee, IL	10:26	2000
85-89	Ted Joplin	Des Moines	13:58	1994
90-94	Ted Joplin	Des Moines	14:52	1996

**Records / RACE WALK - 5000 METER / WOMEN**

50-54	Jane Hein	Clive	32:45	2005
	# Anita Macias-Howard	Edina, MN	32:39	2010
55-59	Jane Hein	Clive	33:50	2011
60-64	Bertha Aldridge	Alden	33:17	1998
65-69	Gene McClaren	Des Moines	32:55	1994
70-74	Bertha Aldrich	Alden	33:43	2008
75-79	Gene McClaran	Des Moines	38:34	2002
80-84	Gene McClaran	Des Moines	42:01	2006

**Records / RACE WALK - 5000 METER / MEN**

50-54	Robert Shires	Des Moines	28:57	2004
55-59	Franklin Brown	Des Moines	28:09	1993
	# David Couts	Whiteside, MO	26:56	2011
60-64	Franklin Brown	Des Moines	28:07	1994
65-69	Tom Kirkwood	Dyersville, IA	30:39	2011
70-74	Bob McClaran	Des Moines	34:02	1998
75-79	Madeleo Blake	Letts	36:31	1991
	# Clarence Osborn	Lincoln, NE	33:25	1994
80-84	Madeleo Blake	Letts	38:13	1994
85-89	John Zaines	West Liberty	46:31	2010
90-94	# Thomas Young	Overland Park, KS	50:44	2008