

# All-Time Iowa Records - 5 Kilometers

Road Race Records set in Iowa by Iowa residents through 2016  
 Additions or corrections contact: CalMurdock@earthlink.net

## OPEN MEN - top 25 US performers

14:21	Kevin Herd, 25, Coralville	IowaCity 94
14:24	*Richard Kaitany, 28, Ames/Keny	IC Hawkeye 84
14:24	*Ian Robinson, 26, Cedar Rapids/England	IowaCity 95
14:25	Dan Hostager, 28, Fayette	IowaCity 96
14:26	*Dmitry Drozdov, 25, Ames/Russia	IowaCity 97
14:33	Mike Carney, 28, Ames	CR YWCA 91
14:42	Tony Every, 22, Cedar Rapids	CR YWCA 92
14:45	Brian Smith, 24, Bayard	IowaCity 85
14:46	Doug Nelson, 26, Fairfield	IowaCity 85
14:48	Devin Allbaugh, 26, Bettendorf	CASI QC 17
14:50	*John Kihonge, 23, Ames/Kenya	IowaCity 95
14:51	Raul DeAnda, 34, Des Moines	IowaCity 85
14:51	David Litoff, 31, Iowa City	Iowa City 92
14:52	Terry Ramlo, 27, Decorah	CR YWCA 91
14:53	*Paul Black, 25, Ames/England	Madness 87
14:53	Bill Ford, 25, Ames	CR YWCA 91
14:54	Phil Kauder, 24, Cascade	IowaCity 85
14:58	Jim Robidoux, 27, Cedar Rapids	Coe Homecoming 92
14:58	Jason Thomas, 22, Ames	Fool's 17
14:58	Nick Holmes, 24, Iowa City	HyVee-Drake 15
14:59	Jason Lehmkuhle, 22, Des Moines	Beaverdale 00
15:00	Rich Fuller, 28, Davenport	IowaCity 85
15:00	*Julius Rotich, 28, West Des Moines/Kenya	Beaverdale 08
15:01	Kim Sprain, 28, Waverly	IowaCity 85
15:01	Zach Baker, 23, Iowa City	CF Aprils Fools 16
15:02	David Heppner, 25, Des Moines	IowaCity 94
15:03	Dan Fick, 22, Muscatine	Grand Prix 85
15:03	Zach Schendel, 22, Des Moines	Beaverdale 00
15:04	Charlie Paul, 25, Iowa City	Easter Egg 14
15:04	Mason Frank, 23, Ames	CaptailPursuit 12
15:04	Kyle Kepler, 22, Webster City	Webster City 98
15:04	Eric MacTaggart, 21, Iowa City	WC Firecracker 09
15:05	Dallas Robertson, 28, Iowa City	IowaCity 85
15:05	Matt Gabrielson, 23, Belmont	Camanche 01

## All-Comers

13:43	Brian Diemer, 29, Michigan	CR YWCA 91
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## MASTER MEN (40 to 49) - top 10 US performers

15:53	Phil Kauder, 40, Cascade	Camanche, 01
15:55	Rich Fuller, 40, Davenport	QC Sunshine 97
16:06	Mike Felts, 42, Cedar Falls	IowaCity 85
16:07	Don Wood, 41, Cedar Falls	Grand Prix 85
16:16	Curt Hoegh, 41, Clive	Clive 93
16:17	Scott Gall, 41, Cedar Falls	Park to Park 16
16:21	Charles Schmidt, 40, Oxford	IC RiverRun 97
16:25	Charles Lutz, 44, Iowa City	IC RiverRun 97
16:28	Bernie Wilder, 40, Davenport	IowaCity 96
16:32	*Julius Rotich, 40, Des Moines/Kenya	April Fools 16
16:34	Don Zile, 42, Des Moines	CapPursuit 88
16:34	Brad Scott, 41, Marion	IowaCity 94

## GRAND MASTER MEN (50 plus) - top 10 performers

16:30	Raul DeAnda, 50, Urbandale	Beaverdale 01
17:29	Dan Bonthius, 54, Iowa City	Clive 14
17:22	Patrick Murphy, 50, Cedar Rapids	IowaCity 91
17:23	Curt Hoegh, 51, Clive	Beaverdale 02
17:26	Phil Kauder, 50, Cascade	Madness 11
17:33	Phil Pearson, 52, Ames	IowaCity 85
17:38	Paul Gryte, 50, Nevada	Madness 94
17:45	Bernie Wilder, 51, Davenport	QCClassic 07
17:46	Jim Robidoux, 50, Ankeny	DMMarathon 15
17:48	Mike Bender, 50, Adel	CapPursuit 91

17:51	Ron McKay, 50, Chariton	CapPursuit 93
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## OPEN WOMEN - top 25 US performers

16:41	Lisa Koll, 20, Fort Dodge	Webster City 08
16:41	Erin Moeller, 33, Cedar Rapids	MarionArts 11
16:42	Nan Doak, 24, Coralville	IowaCity 86
16:45	Andrea Fischer, 31, Davenport	IowaCity 94
16:46	Lisa Wittman, 25, Dubuque	IowaCity 85
16:50	Robyn Friedman, 33, Lambs Grove	IndianolaBalloon 06
16:51	Karen Clark, 29, Rockwell City	Grand Prix 85
17:05	Anita Kelly, 27, Ames (AdjTime)	Big Sioux 92
17:08	Bethany Lewis, 27, Iowa City	QCClassic 07
17:15	Andrea Fisher, 31, Davenport	QC Sunshine 94
17:19	Penny O'Brien, 21, Bettendorf	IowaCity 85
17:19	Kris Wallace, 34, Des Moines	CR YWCA 91
17:19	Connie Prince, 27, Sioux City	BigSioux 85
17:24	Julie Litoff, 29, Iowa City	CR YWCA 92
17:28	Ellen Ries, 24, Urbandale	EpeciallyforYou 11
17:29	Danna Herrick, 27, Urbandale	Klompfen 14
17:30	Amy Hassell, 29, Mt Vernon	Kraut 14
17:31	Tracy Kresser, 28, Clive	Drake 14
17:32	Olivia Johnson, 25, Iowa City	RiverRun 13
17:33	Ashley Tousley, 29, Des Moines	Beaverdale 08
17:33	Melinda Courage, 33, Urbandale	Dam to Dam 07
17:34	Casey McDermott, 26, Des Moines	Hy Vee 15
17:37	Tina Stec-McDowell, 29, Iowa City	RiverRun 02
17:38	Anne Flynn, 33, Coralville	IowaCity 96
17:38	Kristy Feldman, 29, Creston	Madness 09
17:39	Syndey Pounds, 21, Ames	Madness96
17:39	Marie Schofer, 27, Mt Vernon	Marion Arts 09
17:40	Casey Owens, 26, Des Moines	Dam to Dam 09
17:42	Stephanie Mundt, 19, Urbandale	Madness 10
17:42	Alana Enabnit, ??, Clear Lake	Webster City 11
17:43	Paulette Bendixen, 29, W D M	CR YWCA 92

## All-Comers

15:45	Libbie Johnson, 26, Colorado	CR YWCA 91
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## MASTER WOMEN (40 to 49) - top 10 US performers

18:07	Jenny Schulze, 42, Clive	Taste of Hope 15
18:34	Muriel Naumann, 41, Iowa City	QC Sunshine 97
18:46	Claudia Scott, 43, Marion	CR Mercy 94
18:51	Robyn Friedman, 41, Newton	Klompfen 14
19:13	Eva Machuca, 41, Cedar Falls	Madness 11
19:24	Andriette Wickstrom, 41, Storm Lake	DM Cure 96
19:43	Joanne Sackett, 48, Des Moines	Fairgrounds 16
19:50	Sheila Maddock, 45, Johnston	Beaverdale, 45
19:54	Carrie Van Quathem, 42, Urbandale	Madness 14
19:55	Mandi Kowal, 44, Iowa City	River Run 08
20:02	Anne McIllece, 48, Walcott	QC Sunshine 97
20:04	Nancy Hoegh, 49, Clive	Beaverdale 02
20:09	Karen Vinson, 40, Cedar Rapids	CR Mercy 97
20:11	Michelle Deverell, 40, Mason City	Madness 03

## GRAND MASTER WOMEN (50 plus) - top 10 US performers

20:22	Janelle Swanberg, 54, Davenport	Kapheim 05
20:37	Claudia Scott, 51, Marion	Madness 02
21:13	Dody Burkey, 51, Cedar Rapids	IowaCity 95
21:23	Eloise Caldwell, 50, Davenport	QC St Paddy's 83
21:32	Jan Daker, 50, Davenport	QC Classic 98
21:52	Karen Mills, 50, Cedar Falls	Sturgis Falls 97
21:56	Sandy Rupnow, 52, Ames	DM Cure 96
21:56	Tricia McClain, 52, Altoona	Madness 09
21:56	Muriel Nauman, 51, Iowa City	QCClassic 07
22:10	Michelle Vieth, 51, Gladbrook	Jesup 12
22:19	Andriette Wickstrom, 60, Storm Lake	Madness 15
22:28	Patty Croonquist, 55, Ft Dodge	Madness 13
22:30	Jean Gifford, 53, West Des Moines	Madness 91

# All-Time Iowa Records - 10 Kilometers

Road Race Records set in Iowa by Iowa residents through 2016  
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## OPEN MEN - top 25 US performers

28:25	*Barnaba Korir, 24, Ames/Kenya	Drake 90
28:25	*Patrick Sang, 25, Ames/Kenya	Drake 89
28:43	*Jonah Koech, 20, Ames/Kenya	Drake 89
28:46	*Raf Wyns, 24, Ames/Belgium	H Hustle 87
28:52	*Jonathon Brown, 22, Ames/England	Marshalltown 93
29:09	Mike Carney, 27, Des Moines	Drake 90
29:09	*Bob Verbeeck, 28, Ames/Belgium	Drake 89
29:15	Kevin Herd, 26, Coralville (Adj)Time	IowaCity 95
29:16	*Richard Kaitany, 31, Ames/Kenya	Madness 88
29:27	*Sammy Rotich, 27, W Des Moines/Kenya	Drake 14
29:40	John Wellerding, 27, Bettendorf	CR Hardees 81
29:41	Dan Hostager, 24, Cedar Falls	Madness 91
29:53	*Ian Robinson, 22, Ames/England	Madness 91
29:56	*Yobes Ondieki, 22, Ames/Kenya	Madness 83
30:02	Phil Coppess, 28, Clinton	GovCup 83
30:04	Frank Richardson, 26, Ames	GovCup 81
30:05	*Joe Kipsang, 24, Ames/Kenya	Ames MarineCorp 84
30:07	Brian Smith, 27, Bayard	IowaCity 87
30:07	*Paul Black, 25, Ames/England	H Hustle 87
30:12	*Kip Limo, 21, Ames/Kenya	Drake 91
30:14	Doug Nelson, 24, Fairfield	NatBank 83
30:14	Steve MacTaggart, 28, Waterloo	NatBank 83
30:18	Kyle Kepler, 24, Webster City	Madness 99
30:22	Dan Hostager, 23, Gowrie	Marshalltown 90
30:24	Kim Sprain, 26, Waverly	NatBank 83
30:25	Gene McGivern, 24, Ames	ISU Converse 82
30:26	Glenn Magrum, 26, Des Moines	H Hustle 88
30:26	Dallas Robertson, 30, Iowa City	IowaCity 86
30:26	Bob Simmons, 27, Iowa City	Madness 99
30:27	Jim Robidoux, 27, Oskaloosa	Drake 92
30:27	Josh Moen, 27, Readlyn	Madness 07
30:28	Dennis Karamitros, 25, MasonCity	CR Mem 85
30:29	Thomas Boeh, 24, Dubuque	NatBank 83
30:30	Greg Newell, 27, Davenport	CR Hardee 81
30:30	David Smith, 25, Dubuque	NatBank 83
30:34	Raul DeAnda, 34, DesMoines	GovCup 85
30:37	Dennis Karamitros, 25, MasonCity	NatBank 85
30:37	Rich Fuller, 27, Davenport	NatBank 84
30:37	*Roland Pauwels, 28, Ames/Belgium	Madness 94
All-Comers		
27:46	*Yobes Ondieki, 28, New Mexico/Kenya	Drake 89

## MASTER MEN (40 to 49) - top 10 US performers

31:51	Rick Scupham, 40, West Des Moines	Drake 89
32:38	Jim Pollard, 40, Boone	Drake 92
32:41	Don Zile, 41, Des Moines	H Hustle 87
32:55	Curt Hoegh, 40, Clive	Drake 92
32:55	Keith Fevold, 41, Des Moines	Madness 99
32:52	John Mulholland, 44, Ft Dodge	GovCup 84
33:16	Michael Felts, 41, Cedar Falls	GovCup 84
33:18	Bruce Hopkins, 41, Cedar Falls	NatBank 83
33:18	Bill Rader, 41, Cedar Rapids	Marion Y 84
33:32	Don Wood, 41, CedarFalls	CR Mem 85

## GRAND MASTER MEN (50 plus) - top 10 US performers

34:01	Raul DeAnda, 50, Panora	Marshalltown 01
35:30	Patrick Murphy, 51, Cedar Rapids	Drake 92
35:51	Phil Pearson, 50, Ames	GovCup 83
36:06	Mike Bender, 51, Adel	Drake 92
36:12	Phil Caldwell, 51, Davenport	CR Armstrong 82
36:23	Larry Cheever, 51, Des Moines	Drake 89
36:27	Bill Duggan, 51, Dubuque	H Hustle 87

36:28	Guy Ealey, 52, Newton	Drake 92
36:43	Al Siemering, 50, Cedar Rapids	CR Mem 89
36:52	Fred Dice, 50, Keokuk	Madness 86
36:53	Joseph Haynes, 53, Ames	Madness 08
36:55	Jim Shimek, 50, Cedar Rapids	IowaCity97

## OPEN WOMEN - top 25 US performers

32:21	Nan Doak-Davis, 27, Coralville	Drake 89
33:14	Connie Prince, 28, Sioux City	IowaCity 86
34:09	Jennifer Brower, 23, Iowa City	B-rrry Scurry 93
34:18	Tracy Dahl, 22, Iowa City	IowaCity 93
34:52	Casey Owen, 25, Des Moines	Madness 08
34:55	Lisa Wittman, 25, Dubuque	GovCup 85
34:55	Anita Kelly, 28, Ames	Madness 92
34:58	Suzanne Youngberg, 24, Des Moines	Drake 88
34:58	Robyn Friedman, 34, Lambs Grove	Madness 08
35:01	*Pasca Cheruiyot, 26, Ft Dodge/Kenya	Madness 13
35:02	Jenny Spangler, 22, Iowa City	IowaCity 85
35:10	Emma Huston, 22, Des Moines	Madness 16
35:16	Angela Andersen, 25, Ames	Marshalltown 95
35:19	Samantha Bluske, 23, Ames	Madness 14
35:26	Karen Clark, 29, Rockwell City	GovCup 85
35:29	Roxi Erickson, 33, Sioux City	Madness 96
35:29	Michelle Borgert, 30, Ames	Madness 03
35:29	Danna Herrick, 29, Urbandale	Leprechaun 16
35:37	*Karen Glerum, 23, Ames/Netherlands	Marshalltown 93
35:39	Anne Flynn, 35, Iowa City	Madness 99
35:43	Letha Davis, 18, Des Moines	GovCup 80
35:49	Gail Viola, 24, Davenport	H Hustle 87
35:49	Julie Litoff, 29, Iowa City	Drake 92
35:54	Ashley Tousley, 26, Des Moines	Madness 10
35:54	Laura Sigmund, 23, Stanhope	Drake 13
35:58	Andrea Fisher, 30, Davenport	IowaCity 93
35:59	Christy Nielson, 24, Council Bluffs	Madness 99
36:08	Tricia Allen, 25, West Des Moines	Madness 99
All-Comers		
31:14	*Liz Lynch-McColgan, 22, Scotland	H Hustle 87

## MASTER WOMEN (40 to 49) - top 10 US performers

37:17	Jenny Schulze, 43, Clive	Leprechaun 16
37:34	Muriel Naumann, 41, Iowa City	IowaCity 97
37:43	Lisa Marshall, 43, Granger	Madness 11
39:09	Leigh Wilcox, 40, Montezuma	Madness 91
39:15	Jenny Schulze, 40, Clive	Clive 13
39:20	Claudia Scott, 43, Marion	IowaCity 94
39:23	Holly Fuchs, 46, Ames	GovCup 82
39:35	Kathy Loper, 42, Davenport	Madness 84
39:36	Andriett Wickstrom, 41, Storm Lake	Marshalltown 96
40:00	Kate Mauer, 40, Ankeny	Madness 15
40:24	Sue Boley, 40, Maxwell	Marshalltown 96
40:55	Gwenell Archer, 44, Davenport	Madness 92

## GRAND MASTER WOMEN (50 plus) - top 10 US performers

42:29	Nancy Hoegh, 50, Clive	Madness 03
43:04	Sheila Maddock, 50, Johnston	Marshalltown 06
44:13	Jan Daker, 50, Davenport	B-rrry Scurry 98
44:14	Eloise Caldwell, 50, Davenport	GovCup 82
44:23	Beth Henriksen, 52, Ames	Madness 08
45:33	Andriette Wickstrom, 50, Storm Lake	Madness 05
45:33	Sueann French, 50, Red Oak	Leprechaun 16
45:37	Dorothy Campbell, 50, Des Moines	GovCup 81
45:39	Jean Gifford, 51, West Des Moines	Drake 90
45:59	Beth Schweizer, 50, Urbandale	Madness 16
46:00	Jeanne McCurnin, 51, Mason City	Madness 07
46:28	Sandy Rupnow, 52, Ames	Ames Roses 96

# All-Time Iowa Records - Half-Marathon

Records set in Iowa by Iowa residents through 2016  
 Additions or corrections contact: CalMurdock@earthlink.net

## OPEN MEN - top 25 US performers

1:03:32	*Sammy Rotich, 26, W Des Moines/Kenya	Park to Park 17
1:03:41	Antonio Vega, 27, Des Moines	Des Moines 12
1:05:29	Phil Coppess, 26, Clinton	IowaCity 81
1:05:41	Frank Richardson, 24, Ames	Cyclone 79
1:05:49	Gregg Newell, 27, Iowa City	IowaCity 81
1:06:14	*Richard Kaitany, 28, Ames/Kenya	Dubuque 84
1:06:17	Nick Holmes, 24, Iowa City	Dam to Dam 15
1:06:20	Brogan Austin, 25, West Des Moines	Des Moines 17
1:06:22	Greg Prestemon, 22, Ames	Cyclone 79
1:06:54	Skyler Nesheim, 25, Des Moines	Des Moines 10
1:07:10	Zach Baker, 24, Iowa City	ParktoPark 17
1:07:30	Kevin Herd, 25, Coralville	Dubuque 94
1:07:39	Karl Junginger, 27, Clinton	Dubuque 83
1:07:45	Tommy Neal, 24, Ames	ParktoPark 07
1:07:52	Alex Ntagawa, 22, West Des Moines/?	Dam to Dam 15
1:07:55	Phil Kauder, 25, Cascade	Dubuque 86
1:07:57	Randy Bill, 32, Cedar Falls	ParktoPark 14
1:07:57	Jason Thomas, 21, Ames	ParktoPark 17
1:08:04	Rich Fuller, 27, Davenport	Dubuque 84
1:08:07	Blake Bolden, 28, Ames	Des Moines 07
1:08:08	Raul DeAnda, 33, Des Moines	Dubuque 84
1:08:14	Adam Bohach, 30, Decorah	Dam to Dam 15
1:08:22	Steve McTaggart, 29, Cedar Falls	SturgisFalls 84
1:08:23	Jason Fogel, 23, W Des Moines	ParktoPark 06
1:08:29	Ben Jaskowaik, 35, West Des Moines	Dam to Dam 15
1:08:31	Kevin Lewis, 22, West Des Moines	DM Marathon 16
1:08:33	Austin O'Brien, 24?, West Des Moines	DM Marathon 17
1:08:34	Gregg Newell, 24, Iowa City	IowaCity 78
1:08:35	*Julius Rotich, 35, West Des Moines	Des Moines 10
1:08:38	Rick Scupham, 33, Iowa City	CR Mem 82
1:08:42	Marty Dalton, 28, Earlham	Drake 04
1:08:56	*Terence Attema, 27, Sioux Center (CAN)	Drake 17
1:08:56	Tyson Wieland, 23, Adel	ParktoPark 17

## All-Comers

1:02:27	Mark Kiptoo, Kenya	HyVee-Drake 13
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## MASTER MEN (40 to 49) - top 10 US performers

1:11:42	Scott Gall, 40, Cedar Falls	Park to Park 15
1:12:56	Phil Kauder, 40, Cascade	Drake 01
1:13:32	Julius Rotich, 40, Des Moines/Kenya	Dam to Dam 15
1:14:18	Joel Frye, 41, Des Moines	Des Moines 14
1:14:20	Bill Rader, 40, Cedar Rapids	IowaCity 83
1:14:30	Jim Streeby, 42, Ottumwa	IowaCity 82
1:14:34	Don Wood, 41, Cedar Falls	Dubuque 85
1:15:02	Bruce Hopkins, 40, Cedar Falls	IowaCity 81
1:15:17	Andrew Rinn, 40, West Des Moines	Des Moines 08
1:15:25	Jerry Anders, 40, Waterloo	IowaCity 79
1:15:27	Mike Felts, 42, Cedar Falls	SturgisFalls 85
1:15:27	Jim Pollard, 42, Boone	Drake 94

## GRAND MASTER MEN (50 plus) - top 10 US performers

1:19:41	Jerry Anders, 50, Waterloo	SturgisFalls 89
1:20:58	Dave Nauman, 50, Mason City	Des Moines 06
1:21:33	Joe Haynes, 51, Ames	Drake 06
1:21:49	Phil Kauder, 50, Cascade	Drake 11
1:22:05	Keith Abels, 50, Ogden	Drake 12
1:22:48	James Quigley, 51, Johnston	Des Moines 09
1:22:54	Patrick McGowan, 51, Urbandale	Dam to Dam 15
1:23:04	Dean Schultz, 50, Garnavillo	IowaCity 98
1:23:26	Jim Smedema, 53, Des Moines	Dubuque 85
1:23:30	Tim Nagel, 54, Pleasant Hill	Drake 12

## OPEN WOMEN - top 25 US performers

1:13:17	*Diane Nukuri Johnson, 29, Iowa City/Burandi	Dam 14
1:14:32	*Pasca (Myers) Cheruiyot, 27, Ft Dodge/Kenya	Drake 13
1:15:06	Nan Doak-Davis, 27, Coralville	IowaCity 89
1:15:59	Robyn Friedman, 38, Lambs Grove	Drake 11
1:16:13	Obsie Birru, 26, Des Moines	ParktoPark 15
1:16:50	Erin Moeller, 33, Mt Vernon	ParktoPark 10
1:16:59	Lisa Uhl, 27, Des Moines	Dam to Dam 15
1:17:05	Lisa Wittman, 25, Dubuque	Dubuque 85
1:17:19	Traci Kresser, 28, Clive	ParktoPark 14
1:17:20	Danna Kelly, 28, Urbandale	Dam to Dam 15
1:18:12	Christy Nielson, 22, Council Bluffs	IowaCity 97
1:18:20	Susie Duke, 34, Marshalltown	Des Moines 14
1:18:26	Ashley Tollakson, 27, Des Moines	Des Moines 11
1:18:34	Hannah Roeder, 23, Iowa City	Des Moines 11
1:18:38	Jenny Schulze, 42, Clive	Park to Park 15
1:18:48	Yelena Nanaziahvili, 33, Clive	Des Moines 14
1:19:04	Casey Owens, 28, Des Moines	Des Moines 10
1:19:33	Anne Flynn, 34, Coralville	Dubuque 98
1:19:45	Sharon Greenwood, 31, Cedar Rapids	Dubuque 84
1:19:47	Jen Van Otterloo, 24, Souix Center	Des Moines 10
1:19:48	Lisa Marshall, 39, Granger	Drake 07
1:20:01	Ellen Ries, 27, Des Moines	Dam 14
1:20:04	Laura Bell, 24, Des Moines	Drake 97
1:20:09	Samantha WIngert, 27, Cedar Falls	ParktoPark 14
1:20:13	Melinda Courage, 33, Urbandale	Drake 07
1:20:22	Renee Kruse, 25, Sioux City	IowaCity 93
1:20:58	Margaret Connelly, 24, Ames	Dam to Dam 16
1:20:34	Flannery Cerbin-Bohach, 28, Decorah	DM Marathon 15
1:21:16	Casey McDermott, 27, Grinnell	DM Marathon 16
1:21:19	Bethany Helms, 26, Iowa City	Drake 04
1:21:53	Olivia Johnson, 25, Iowa City	Des Moines 13

## All-Comers

1:11:18	Rkia El Moukin, Morocco	HyVee-Drake 14
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## MASTER WOMEN (40 to 49) - top 10 US performers

1:18:38	Jenny Schulze, 42, Clive	Park to Park 15
1:22:26	Lisa Marshall, 43, Granger	Drake 11
1:26:09	Kate Mauer, ??, Ames	Des Moines 14
1:26:49	Trisha Schlick, 40, Ames	Des Moines 14
1:26:51	Christine Price, 42, Des Moines	Des Moines 11
1:28:00	Andriette Wickstrom, 41, Storm Lake	Drake 96
1:28:27	Julie Fiepkke, 42, West Des Moines	Des Moines 09
1:28:43	Claudia Scott, 40, Marion	IowaCity 91
1:28:57	Robyn Friedman, 41, Newton	Dam 14
1:29:08	Joanne Sackett, 48, Des Moines	Okoboji 16
1:29:10	Ani Trane, 40, West Des Moines	Drake 10
1:29:37	Anne McIllece, 45, Walcott	Dubuque 94

## GRAND MASTER WOMEN (50 plus) - top 10 US performers

1:33:29	Tricia McClain, 50, Altoona	Drake 07
1:33:52	Beth Henriksen, 51, Ames	Drake 07
1:34:24	Nancy Hoegh, 51, Clive	ParktoPark 04
1:34:35	Patty Croonquist, 52, Ft Dodge	ParktoPark 10
1:34:33	Sheila Maddock, 50, Des Moines	Des Moines 06
1:35:08	Eloise Caldwell, 50, Davenport	IowaCity 83
1:35:16	Kathy Hale, 50, Bondurant	DMMarathon 15
1:35:29	Janelle Swanberg, 53, Davenport	Drake 04
1:37:24	Dana Kramer, 52, Urbandale	HyVee-Drake 15

# All-Time Iowa Records - Marathon

Records set ANYWHERE by Iowa residents through 2016  
 Additions or corrections contact: CalMurdock@earthlink.net

## OPEN MEN - top 25 US performers

2:09:39	*Richard Kaitany, 32, Ames/Kenya	Chicago 88
2:10:05	Phil Coppess, 31, Clinton	Twin Cities 85
2:12:06	John Wellerding, 29, Bettendorf	Houston 84
2:13:54	Frank Richardson, 25, Ames	AAU/California 80
2:15:??	Bob Becker, 28, Des Moines	Mardi Gras 80
2:16:04	John Samore, 24, Sioux City	SiouxCity 76
2:18:21	Jason Fogel, 28, West Des Moines	Grandma's 11
2:19:08	Dan Hostager, 24, Cedar Falls	Columbus 91
2:19:18	Pat McGuire, 29, Ft Dodge (?)	Huntsville, 81
2:19:29	Adam Bohach, 32, Decorah	Twin Cities 16
2:19:41	Rick Scuphum, 33, Iowa City	Iowa City 82
2:19:49	Terence Attema, 27, Sioux Center (CAN)	Twin Cities 16
2:21:10	Dennis Delmont, 27, Des Moines	Drake 75
2:21:35	Bob Simmons, 28, Iowa City	Chicago 99
2:21:59	Dallas Robertson, 30, Iowa City	Las Vegas 87
2:22:06	Matt Dewald, 28, Iowa City	Grandma's 11
2:22:35	Raul DeAnda, 27, Des Moines	Boston 79
2:22:49	Randy Bill, 27, Cedar Falls	Chicago, 09
2:23:03	Ben Carlson, 26, Stanhope	Twin Cities 10
2:23:23	Jeff Wubbena, 23, Ft Dodge	Cleveland 82
2:23:29	Leroy Popowski, 23, Iowa City	Chicago 98
2:23:44	Richard Fuller, 26, Davenport	Quad Cities 83
2:23:53	Marty Dalton, 31, Earlham	Houston 07
2:24:43	Robert Emmons, 23, Iowa City	IowaCity 82
2:24:46	Dave Bradley, 31, Des Moines	Omaha 81
2:25:07	Kim Sprain, 25, Waverly	IowaCity 82
2:25:07	Chan Yew Woo, 31, Ames	Grandma's 12
2:25:40	Jacob Kaemmer, 34, Des Moines	Grandma's 11
2:25:41	Richard Fuller, 27, Davenport	Twin Cities 84
2:25:42	Skyler Nesheim, 25, Des Moines	California 09
2:25:45	Tim Skopec, 22, Iowa City	Drake 82
2:25:49	Tommy Ries, 26, Iowa City	Grandmas 13
2:25:05	Mark Skahill, 26, Ames	Boston 81
2:26:08	Rex Karamitros, 24, Mason City	IowaCity 83
All-Comers in Iowa		
2:12:19	Phillip Lagat, Kentucky/Kenya	Des Moines 14

## MASTER MEN (40 to 49) - top 10 US performers

2:31:09	Jim Streeby, 41, Ottumwa	Grandma's 81
2:34:39	Phil Kauder, 40, Cascade	Quad Cities 01
2:38:00	Curt Hoegh, 45, Clive	Twin Cities 96
2:38:09	Joel Frye, 40, Des Moines	Des Moines 13
2:42:15	Bill Kaemer, 40, Des Moines	Lincoln 99
2:42:21	Jay Pennington, 43, Des Moines	Twin Cities 15
2:42:24	Jim Shimek, 41, Cedar Rapids	Twin Cities 88
2:42:35	Brett Stephenson, 41, Cedar Rapids	Illinois 12
2:42:56	Dean Schultz, 42, Garnavillo	Drake 90
2:42:59	Rodney Schreck, 40, Manchester	Drake 92
2:43:56	Joseph Haynes, 46?, Ames	Boston 01

## GRAND MASTER MEN (50 plus) - top 10 US performers

2:46:45	Jim Smedema, 56, Des Moines	Las Vegas 89
2:49:49	Joseph Haynes, 51, Ames	New York 05
2:52:13	Jerry Anders, 50, Waterloo	Drake 89
2:53:03	Dick Seagrave, 51, Ames	Omaha 87
2:55:19	Jerry Knox, 51, Ames	Drake 89
2:56:51	Jim Shimek, 51, Cedar Rapids	Las Vegas 98
2:58:27	Phil Caldwell, 50, Davenport	Iowa City 81
2:58:43	Ron Gierut, 52, Cedar Rapids	Des Moines 10
2:59:04	Bob Baron, 53, Charles City	Drake 83
2:59:59	Keith Abels, 50, Ogden	Des Moines 12

## OPEN WOMEN - top 25 US performers

2:29:54	*Diane Nukuri-Johnson, 28, Iowa City/Burundi	Boston 13
2:33:11	Nan Doak, 27, Coralville	California 89
2:33:45	*Pasca Cheruvoit, 28, Ft Dodge/Kenya	Grandma's 14
2:33:51	Jenny Spangler, 20, Iowa City	Grandma's 83
2:35:04	Robyn Friedman, 34, Lambs Grove	Olympic Trials 08
2:35:25	Connie Prince, 28, Sioux City	Twin Cities 86
2:36:51	Erin Moeller, 31, Mt Vernon	Olympic Trials 08
2:36:53	Obsie Birru, 26, Des Moines	Twin Cities 15
2:40:11	Danna Herrick, 27, Urbandale	Grandma's 14
2:40:51	Lisa Uhl, 27, Des Moines	Chicago, 14
2:41:30	Yelena Nanazaish, 33, Clive	California 14
2:42:35	Susie Duke, 34, Marshalltown	Indianapolis 14
2:43:27	Christy Nielson, 22, Council Bluffs	Tennessee 97
2:43:50	Sally Brent, 30, Sioux City	Twin Cities 82
2:44:09	Ashley Tollakson, 26, Des Moines	Twin Cities 10
2:45:17	Jenny Schulze, 43, Clive	Twin Cities 15
2:46:09	Mary Kerper, 27, ?	Chicago 99
2:46:41	Obsie Birru, 23, Johnston	NAIA-Indiana 11
2:47:21	Anne Flynn, 35, Coralville	Chicago 98
2:48:10	Melinda Courage, 33, Urbandale	Grandma's 07
2:48:26	Samantha Wingert, 30, Cedar Falls	Grandmas 17
2:48:27	Bethany Lewis, 28, Iowa City	Phoenix 06
2:48:18	Sharon Greenwood, 31, Cedar Rapids	Chicago 84
2:48:30	Traci Kresser, 26, Clive	Des Moines 12
2:48:49	Tina Gandy, 27, Des Moines	Lincoln 80
2:49:41	Bev Boddicker, 24, Iowa City	IowaCity 82
2:50:53	Yarrow Pasche, 28, Decorah	Chicago 06
2:53:20	Tina Gandy, 26, Des Moines	IowaCity 79
2:53:27	Dana Kramer, 33, Urbandale	Columbus 95
2:53:31	Marsha Yokas, 28, Oelwein	Omaha 85
2:53:35	Cam Ratering, ??, Iowa City	Iowa City 82
2:55:48	Amanda Edwards, 26, Tiffin	Twin Cities 13
2:56:31	Elaine Van Dyck, 35, Des Moines	Twin Cities 89
2:57:41	Mary Burns, ??, Iowa City	Drake 77
2:58:06	Julie Wilson, 28, Iowa City	Chicago 91
2:58:31	Kay Pals, 25, Iowa City	Chicago 98
All-Comers in Iowa		
2:32:28	Abnet Simegn, Pennsylvania/Ethopia	Des Moines 14

## MASTER WOMEN (40 to 49) - top 10 US performers

2:45:17	Jenny Schulze, 43, Clive	Twin Cities 15
3:01:25	Christine Price, 40, Des Moines	Des Moines 09
3:03:59	Andriette Wickstrom, 41, Storm Lake	Chicago 96
3:06:37	Ellen Pollard, 40, Ames	Des Moines 08
3:11:30	Dana Kramer, 44, Urbandale	Des Moines 06
3:11:41	Tricia McClain, 46, Altoona	Des Moines 03
3:12:45	Joanne Sackett, 48, Des Moines	Des Moines 16
3:14:31	Christine Reynolds, 4?, Iowa City	Twin Cities 98
3:14:42	Tiffany Moser, 42, Boone	Des Moines 13
3:17:52	Gwenell Archer, 42, Davenport	Chicago 91
3:18:14	Rae Gene Burger, 40, Clive	Drake 85

## GRAND MASTER WOMEN (50 plus) - top 10 US performers

2:58:15	Connie Prince-Hollihan, 51, Sioux City	Des Moines 08
3:18:51	Jan Daker, 50, Davenport	Columbus 97
3:20:09	Eloise Caldwell, 51, Davenport	Grandma's 84
3:22:46	Andriette Wickstrom, 60, Storm Lake	Twin Cities 15
3:24:16	Beth Henricksen, 50, Ames	Des Moines 06
3:25:29	Nancy Hoegh, 51, Clive	Des Moines 04
3:26:50	Patty Croonquist, 5?, Fort Dodge	Des Moines 11
3:30:06	Tricia McClain, 57, Altoona	Des Moines 13
3:31:30	Dana Kramer, 51, Urbandale	Sioux Falls 13
3:31:25	Kathy Hale, 50, Bondurant	Des Moines 16
3:33:23	Suzanne Nillies, 5?, Marion	Des Moines 13

## All-Time Iowa Records - 8 Kilometers

Records set in Iowa by Iowa residents through 2016

Additions or corrections contact: CalMurdock@earthlink.net

### OPEN MEN - top 25 US performers

22:56	*Barnaba Korir, 24, Ames/Kenya	CR YWCA 90
22:57	*Richard Kaitany, 31, Ames/Kenya	5th Season 88
23:07	*Patrick Sang, 26, Ames/Kenya	CR YWCA 90
23:31	*John Kihonge, 20, Ames/Kenya	CR YWCA 95
23:32	*Jonah Koech, 20, Ames/Kenya	CR YWCA 89
23:37	*Saul Lempirikany, 25, Ames/Kenya	5th Season 98
23:40	Kevin Herd, 23, Coralville	Drake 95
23:51	Mike Carney, 25, Des Moines	5th Season 88
23:51	*David Kogo, 29, Ames/Kenya	5th Season 95
23:56	Brogan Austin, 24, West Des Moines	5th Season 16
24:02	Phil Coppess, 32, Clinton	5th Season 86
24:04	Brian Smith, 25, Bayard	5th Season 86
24:08	*Julius Rotich, 28, West Des Moines/Kenya	5th Season 03
24:09	Kevin Lewis, 22, West Des Moines	5th Season 16
24:10	Glenn Magrum, 26, Ames	DM T-Trot 88
24:10	Dave Smith, 25, Dubuque	Dub (5 mile)83
24:13	Mathew Waight, 25, Cedar Rapids	5th Season 88
24:14	Zach Baker, 23, Iowa City	5th Season 15
24:26	*Dmitri Drozdov, 25, Ames/Russia	5th Season 97
24:26	Dan Hostager, 29, Fayette	Drake 97
24:28	Andrew Rinn, 25, West Des Moines	CR YWCA 93
24:28	Kyle Kepler, 23, Cedar Falls	Drake 99
24:29	Jeff Randall, 23, Iowa City	Drake 10
24:30	Tim Wakeland, 22, Ames	DM T-Trot 87
24:30	Thomas Raunig, 35, Fayette	5th Season 96
24:30	Jeff Joiner, 24, Iowa City	5th Season 97
24:31	Jeff Brooks, 22, Durant	5th Season 87
24:32	Gregg Newell, 32, Davenport	5th Season 86
24:32	Terry Ramlo, 29, Decorah	CR YWCA 93
24:33	Phil Kauder, 26, Cascade	5th Season 87
24:36	Tony Every, 21, Colesburg	5th Season 91
24:37	Thomas Raunig, 35, Fayette	CR YWCA 95
24:38	Jon Betz, 29, Bettendorf	Camanache 89
24:39	Jason Fogel, 22, West Des Moines	5th Season 05
24:40	*Sammy Rotich, 27, West Des Moines, Kenya	5th Season 14
24:41	Dallas Robertson, 30, Iowa City	5th Season 87
All-Comers		
22:38	Keith Brantly, Florida	5th Season 88

### MASTER MEN (40 to 49) - top 5 US performers

25:59	Phil Coppess, 40, Clinton	5th Season 95
26:05	Rick Scupham, 40, West Des Moines	CR YWCA 89
26:10	Keith Fevold, 40, Des Moines	Drake 98
26:12	Don Zile, 41, Des Moines	5th Season 88
26:26	Jim Pollard, 40, Boone	5th Season 92

### GRAND MASTER MEN (50 plus) - top 5 US performers

27:59	Phil Kauder, 50, Cascade	5th Season 11
28:37	Jerry Anders, 50, Waterloo	5th Season 89
28:48	Patrick Murphy, 50, Cedar Rapids	CR YWCA 91
28:59	Paul Gryte, 50, Nevada	Drake 96
29:01	Al Siemering, 52, Cedar Rapids	CR YWCA 91

### OPEN WOMEN - top 25 US performers

25:50	*Diane Nukuri-Johnson, 27, Coralville/Burundi	5th Season 12
25:57	Nan Davis, 27, Coralville	5th Season 89
26:18	Rachel Marchand, ??, Iowa City	5th Season 09
26:47	Casey Owens, 27, Des Moines	5th Season 09
26:57	Connie Prince, 30, Sioux City	5th Season 88
27:00	Suzanne Youngberg, 24, Des Moines	5th Season 88
27:07	*Pasca Myers, 26, Ft Dodge/Kenya	5th Season 13
27:17	Missy Buttry, 22, Shenandoah	5th Season 05
27:18	Shayla Houlihan, 25, Sioux City	Drake 10
27:24	Erin Moeller, 35, Mt Vernon	5th Season 11
27:26	?Turena Johnson-Lane	5th Season 01
27:28	Jennifer Brower, 23, Iowa City	CR YWCA 93
27:39	Michelle Ihmels, 31, Ames	Drake 04
27:40	*Karen Glerum, 23, Ames/Netherlands	CR YWCA 93
27:43	Angela Andersen, 25, Ames	5th Season 95
27:47	Brooke Gambrell, 26, Iowa City	5th Season 15
28:00	Samantha Bluske, 23, Ames	5th Season 14
28:12	Casey Owens, 25, Des Moines	Drake 08
28:15	Robyn Friedman, 35, Lambs Grove	5th Season 08
28:17	Janet Mundell, 27, Iowa City	5th Season 15
28:24	Renee Kruse, 26, Sioux City	CR YWCA 94
28:32	Ashley Miller, 25, Tipton	Marion Turkey 04
28:33	Anne Flynn, 34, Coralville	5th Season 98
28:34	Anita Kelly, 30, Ames	5th Season 94
28:35	Ellen Ries, 25, West Des Moines	Drake 12

28:36	Obsie Birru, 26, Des Moines	Fifth Season 17
28:40	Jen Van Otterloo, 24, Sioux Center	Drake 11
28:51	Marie Schofer, 27, Mount Vernon	Drake 09
28:52	Alexina Wilson, 22, Lisbon	Fifth Season 15
28:55	Kay Pals, 25, Iowa City	5th Season 98
28:57	Kris Wallace, 31, Des Moines	5th Season 89
All-Comers		
25:53	Sylvia Mosqueda, 24, California	CR YWCA 90

### MASTER WOMEN (40 to 49) - top 5 US performers

29:38	Muriel Naumann, 40, Iowa City	5th Season 96
29:47	Connie Prince Houlihan, 49, Sioux City	Drake 07
30:50	Claudia Scott, 44, Marion	CR YWCA 95
32:40	Sue Boley, 40, Maxwell	Drake 97
32:42	?Julie Fiepke, 42, West Des Moines	Drake 10
32:51	Mary Collins, 40, Cedar Rapids	5th Season 92

### GRAND MASTER WOMEN (50 plus) - top 5 US performers

30:19	Connie Prince-Houlihan, 51, Sioux City	Drake 09
32:44	Sheryl Miller, 50, Coalville	5th Season 13
33:51	Claudia Scott, 51, Marion	Drake 02
34:33	Dody Burkey, 50, Cedar Rapids	5th Season 95
35:08	Andriette Wickstrom, 54, Storm Lake	5th Season 09

## All-Time Iowa Records - 7 Mile

Records set in Iowa by Iowa residents through 2016

Additions or corrections contact: CalMurdock@earthlink.net

### OPEN MEN - top 10 US performers

32:40	*Jonah Koech, 24, Ames/Kenya	Bix 93
33:29	Phil Coppess, 30, Clinton	Bix 85
33:34	Steven Yoder, ??, Iowa City	Bix 90
33:48	Jason Lehmkuhle, Des Moines	Bix 06
33:54	*Ian Robinson, 27, Cedar Rapids/England	Bix 96
33:56	*Richard Kaitany, 27, Ames/Kenya	Bix 84
33:57	John Wellerding, 29, Bettendorf	Bix 83
33:57	*Joseph Kipsang, 25, Ames/Kenya	Bix 85
34:13	Kevin Herd, 26, Iowa City	Bix 95
34:16	Frank Richardson, 26, Ames	Bix 81
34:23	Vern Iwancin, 21, Des Moines/Canada	Bix 82
34:26	*Saul Lempirikandy, 25, Ames/Kenya	Bix 98
34:28	*Yobes Ondieki, 22, Ames/Kenya	Bix 83
34:31	Brogan Austin, 25, West Des Moines	Bix 17
34:50	*Dimitry Drozdov, 24, Ames/Russia	Bix 96
34:53	Greg Newell, 27, Davenport	Bix 81
34:56	John Lodwick, ??, Cedar Rapids	Bix 78
34:57	Karl Junginger, 28, Clinton	Bix 84
All-Comers		
31:52	John Korir, Kenya	Bix 98

### MASTER MEN (40 to 49) - top 5 US performers

37:05	Phil Coppess, 40, Clinton	Bix 95
37:52	Keith Fevold, 40, Des Moines	Bix 98
38:35	Jerry Anders, 43, Waterloo	Bix 82
38:41	Michael Felts, 41, Cedar Falls	Bix 84
38:59	Richard Fuller, 40, Bettendorf	Bix 98

### GRAND MASTER MEN (50 plus) - top 5 US performers

40:16	Jim Smedma, 53, Des Moines	Bix 85
40:54	Jerry Anders, 50, Waterloo	Bix 89
41:22	Micheal Mallon, 50, Davenport	Bix 16
41:35	Phil Pearson, 51, Ames	Bix 84
42:42	Phil Caldwell, 51, Davenport	Bix 82
42:46	Bill Koehn, 50, Des Moines	Bix 86

### OPEN WOMEN - top 10 US performers

37:29	*Dorthe Rasmussen, 31, Denmark	Bix 91
37:52	Lisa Koll, 22, Des Moines	Bix 10
37:59	*Diane Nukuri-Johnson, 26, Iowa City/Burundi	Bix 11
38:45	Rachel Marchand, ??, Iowa City	Bid 09
38:51	Nan Doak, 26, Iowa City	Bix 86
39:07	?Meghan Armstrong, ??, Iowa City	Bix 09
39:31	Connie Prince, 28, Sioux City	Bix 86
39:41	?Michelle Lilienthal, ??, ?	Bix 09
40:07	Casey Owens, 23, Des Moines	Bix 05
40:07	Erin Moeller, 33, Mt Vernon	Bix 10
40:20	Andrea Fischer, 31, Davenport	Bix 94
40:24	Robyn Friedman, 35, Lambs Grove	Bix 08
40:25	Suzanne Youngberg, 24, Des Moines	Bix 88
40:27	Jennifer Brower, 19, St. Ansgar	Bix 90
40:29	Lisa Wittman, 25, Dubuque	Bix 85
40:59	Anne Flynn, 34, Iowa City	Bix 98

All-Comers  
35:24 Susan Chepkemei, Kenya Bix 04

MASTER WOMEN (40 to 49) - top 5 US performers  
43:14 Muriel Naumann, 40, Iowa City Bix 96  
44:41 Kathy Loper, 42, Davenport Bix 84  
45:30 Andriette Wickstrom, 41, Storm Lake Bix 96  
45:36 Claudia Scott, 40, Marion Bix 91

GRAND MASTER WOMEN (50 plus) - top 5 US performers  
50:49 Andriette Wickstrom, 58, Storm Lake Bix 14  
51:32 Eloise Caldwell, 52, Davenport Bix 84  
52:26 Yvonne Constgantinou, 55+, Le Claire Bix 17  
53:04 Nancy Kapheim, 50, Davenport Bix 98  
53:29 Maria Waterman, 55+, Pleasant Valley Bix 17

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## All-Time Iowa Records -10 Mile

Records set in Iowa by Iowa residents through 2016  
Additions or corrections contact: CalMurdock@earthlink.net

OPEN MEN - top 10 US performers  
48:00 Phil Coppess, 31, Clinton CapPursuit 85  
48:03 \*Richard Kaitany, 28, Ames/Kenya CapPursuit 84  
49:07 \*Sammy Rotich, 30, West Des Moines/Kenya CapPursuit 17  
49:13 Brogan Austin, 25, West Des Moines CapPursuit 17  
49:21 \*Raf Wyns, 24, Ames/Belgium CapPursuit 87  
49:43 Karl Junginger, 28, Clinton CapPursuit 84  
50:07 Raul DeAnda, 33, Des Moines CapPursuit 84  
50:13 Phil Kauder, 25, Cascade CapPursuit 86  
50:20 Chris Leonard, 24, Ankeny CapPursuit 86  
50:26 Doug Nelson, 25, Fairfield CapPursuit 84  
50:27 Brian Smith, 25, Bayard CapPursuit 85  
50:34 Richard Fuller, 27, Davenport CapPursuit 84  
50:35 Dallas Robertson, 30, Iowa City CapPursuit 86  
50:36 \*Paul Black, 25, Ames/England CapPursuit 86  
50:44 Jon Betz, 25, Clinton CapPursuit 85

MASTER MEN (40 to 49) - top 3 US performers  
53:40 Phil Kauder, 40, Cascade CapPursuit 01  
54:02 John Mulholland, 44, Ft Dodge CapPursuit 84  
54:33 Mike Felts, 41, Cedar Falls CapPursuit 84

GRAND MASTER MEN (50 plus) - top 3 US performers  
56:51 Raul DeAnda, 50, Panora CapPursuit 01  
58:22 Phil Pearson, 50, Ames CapPursuit 83  
1:00:24 Bill Koehn, 50, Des Moines CapPursuit 86

OPEN WOMEN - top 10 US performers  
57:33 \*Pasca Myers, 28, Ft Dodge/Kenya CapPursuit 14  
57:45 Danna Herrick, 28, Urbandale CapPursuit 15  
57:57 Obsie Birru, 27, Des Moines CapPursuit 16  
58:43 Sharon Greenwood, 31, Cedar Rapids CapPursuit 84  
59:12 Karen Clark, 29, Rockwell City CapPursuit 85  
59:20 Kris Wallace, 31, Des Moines CapPursuit 89  
59:22 Danna Kelly, 25, Urbandale CapPursuit 12  
59:23 Samantha Bluske, 23, Ames CapPursuit 14  
59:40 Bev Docherty, 26, Iowa City CapPursuit 84  
60:00 Robyn Friedman, 30, Lambs Grove CapPursuit 03  
60:08 Suzanne Youngberg, 23, Des Moines CapPursuit 87  
60:10 Jenny Schulze, 43, Clive CapPursuit 15

MASTER WOMAN (40 to 49) - top 3 US performers  
60:10 Jenny Schulze, 43, Clive CapPursuit 15  
61:33 Lisa Marshall, 40, Granger CapPursuit 08  
63:44 Muriel Naumann, 41, Iowa City CapPursuit 97

GRAND MASTER WOMEN (50 plus) - top 3 US performers  
71:13 Beth Henriksen, 51, Ames CapPursuit 07  
71:51 Andriette Wickstrom, 60, Storm Lake CapPursuit 15  
73:08 Eloise Caldwell, 51, Davenport CapPursuit 84

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## All-Time Iowa Records - 20 Kilometers

Records set in Iowa by Iowa residents through 2016  
Additions or corrections contact: CalMurdock@earthlink.net

OPEN MEN - top 25 US performers  
59:23 Phil Coppess, 30, Clinton Dam to Dam 85  
1:00:21 \*Richard Kaitany, 31, Ames/Kenya Dam to Dam 88  
1:01:40 \*Vern Iwansin, 24, Des Moines/Canada Dam to Dam 85  
1:01:40 \*David Kogo, 29, Ames/Kenya Dam to Dam 95  
1:02:08 \*Ian Robinson, 25, Ames/England Dam to Dam 94

1:02:25 \*Steve Brooks, 25, Ames/England Dam to Dam 95  
1:02:40 Dennis Karamitros, 26, Cedar Rapids Dam to Dam 85  
1:02:43 Kim Sprain, 25, Waverly Dam to Dam 82  
1:03:05 Doug Nelson, 26, Fairfield Dam to Dam 85  
1:03:13 \*Roland Pauwels 28, Ames/Blegium Dam to Dam 94  
1:03:13 Dan Hostager, 29, Fayette Dam to Dam 97  
1:03:16 Rich Fuller, 27, Davenport Madness 84  
1:03:21 Shane Dooley, 26, Des Moines Dam to Dam 82  
1:03:22 Raul DeAnda, 33, Des Moines Dam to Dam 85  
1:03:25 Mike Carney, 26, Des Moines Dam to Dam 89  
1:03:30 Jim Ijams, 25, Ames Madness 84  
1:03:32 \*Sammy Rotich, 23, WDM/Kenya Dam to Dam 10  
1:03:34 Jeff Wubbena, 21, Osceola Dam to Dam 82  
1:03:34 \*Julius Rotich, 27, WDM/Kenya Dam to Dam 03  
1:03:35 Phil Kauder, 28, Cascade Dam to Dam 89  
1:03:36 Gregg Newell, 29, Davenport Dam to Dam 83  
1:03:37 Kyle Kepler, 22, Webster City Dam to Dam 98  
1:03:42 Marty Dalton, 27, Earlham Dam to Dam 03  
1:03:43 Karl Junginger, 28, Clinton Dam to Dam 84  
1:03:46 John Betz, 29, Bettendorf Dam to Dam 89  
1:03:51 Brian Smith, 24, Bayard Dam to Dam 85  
1:03:56 Jeff Wubbena, 28, Ft. Dodge Dam to Dam 89  
1:04:02 Jeff Joiner, 24, Iowa City Dam to Dam 97  
1:04:04 Guor Marial, 25, Ames/Sudan Dam to Dam 10  
1:04:07 Terry Ramlo, 28, Decorah Dam to Dam 92

All-Comers  
59:50 Mark Curp, 25, Missouri Madness 84

MASTER MEN (40 to 49) - top 5 US performers  
1:06:52 Phil Kauder, 40, Cascade Dam to Dam 01  
1:07:12 Rick Scupham, 40, West Des Moines Dam to Dam 89  
1:07:39 Keith Fevold, 40, Des Mines Dam to Dam 98  
1:08:39 Don Wood, 41, Cedar Falls Dam to Dam 85  
1:08:55 Curt Hoegh, 41, Clive Dam to Dam 93

GRAND MASTER MEN (50 plus) - top 5 US performers  
1:14:02 Phil Pearson, 50, Ames Dam to Dam 83  
1:14:15 Jerry Anders, 50, Waterloo Dam to Dam 89  
1:14:52 Jerry Knox, 51, Ames Dam to Dam 89  
1:16:29 Patrick Murphy, 51, Cedar Rapids Dam to Dam 92  
1:16:42 Raul Deanda, 50, Panora Dam to Dam 02

OPEN WOMEN - top 25 US performers  
1:07:52 \*Diane Nukuri, 27, Iowa City (BUR) Dam to Dam 12  
1:10:49 \*Pasca Cheruivot, 26, Ft Dodge (KEN) Dam to Dam 13  
1:11:12 Robyn Friedman, 36, Lambs Grove Dam to Dam 09  
1:12:14 Erin Moeller, 33, Mt Vernon Dam to Dam 11  
1:12:26 Suzanne Youngberg, 24, Des Moines Dam to Dam 88  
1:13:02 Nan Doak, 22, Iowa City Madness 83  
1:13:09 Karen Clark, 29, Rockwell City Dam to Dam 85  
1:13:46 Michelle Ihmels, 30, Ames Dam to Dam 03  
1:13:52 Connie Prince, 28, Sioux City Dam to Dam 86  
1:14:14 Tina Gandy, 28, Des Moines Dam to Dam 81  
1:14:27 Angela Anderson, 25, Ames Dam to Dam 95  
1:14:31 Lisa Whitman, 24, Dubuque Dam to Dam 85  
1:14:43 Kris Wallace, 32, Des Moines Dam to Dam 90  
1:15:06 Casey Owens, 23, Mt Pleasant Dam to Dam 06  
1:15:10 Sharon Greenwood, 31, Cedar Rapids Madness 84  
1:15:22 Traci Kresser, 26, Clive Dam to Dam 12  
1:15:29 Tami Colby, 18, Boone Dam to Dam 85  
1:15:29 Anne Flynn, 36, Coralville Dam to Dam 10  
1:15:30 Danna Kelly, 23, Des Moines Dam to Dam 10  
1:15:34 Bethany Lewis, 29, Iowa City Dam to Dam 07  
1:15:43 Sandy DeNoon, 27, Des Moines Dam to Dam 82  
1:15:45 Bev Boddicker, 25, Corallville Madness 83  
1:14:49 Olivia Johnson, 24, Iowa City Dam to Dam 13

All-Comers  
1:08:48 Priscilla Welch, 39, England Madness 84

MASTER WOMEN (40 to 49) - top 5 US performers  
1:16:58 Lisa Marshall, 43, Granger Dam to Dam 11  
1:20:16 Jenny Schulze, 40, Clive Dam to Dam 13  
1:22:40 Andriette Wickstrom, 41, Storm Lake Dam to Dam 97  
1:22:42 Carol Baker, 48, Waterloo Dam to Dam 07  
1:23:53 Tricia McClain, 46, Altoona Dam to Dam 03

GRAND MASTER WOMEN (50 plus) - top 5 US performers  
1:26:53 Tricia McClain, 50, Altoona Dam to Dam 07  
1:27:11 Nancy Hoegh, 50, Clive Dam to Dam 03  
1:27:40 Janelle Swanberg, 52, Davenport Dam to Dam 03  
1:29:31 Jan Daker, 50, Davenport Dam to Dam 98  
1:31:00 Sheila Maddock, 51, Johnston Dam to Dam 07