



Iowa Speedway 8 km

Newton, IA

April 5, 2008

49 degrees and sunny

Results by Michael Franke

Click on the "pace" links to move about through the results. Use the Find option of your Web Browser to find the performance of a specific individual.

PLACE	CLASS PLACE	FINISHER	TIME	PACE
1	1	W35 Robyn Friedman, 35*, Newton, IA	28:26	5:43
1	1	M45 Greg Skopec, 46, Coralville, IA	29:47	5:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
2	1	M19 Matt Berndt, 23	30:34	6:09
3	1	M35 Bryan Friedman, 36, Newton, IA	30:41	6:10
4	1	M30 Mark Thompson, 30, Iowa City, IA	30:48	6:12
5	1	M50 Mike Nelson, 52, Danville, IA	30:52	6:12
6	1	M55 James Laplant, 57, Newton, IA	31:43	6:23
7	1	M40 John Shawver, 40, Newton, IA	32:53	6:37
8	2	M30 Kurt Lownberg, 30	32:55	6:37
9	2	M35 Brent Linberg, 37, Ottumwa, IA	33:09	6:40
10	2	M45 Kenneth Fagg, 48, Otley, IA	34:15	6:53
11	2	M55 Michael Tometich, 56, Mt. Pleasant, IA	34:18	6:54
12	2	M50 Willie Lahart, 54, Newton, IA	34:19	6:54
13	2	M40 Norm Bach, 40, Marshalltown, IA	34:41	6:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
14	2	M19 Mike Boone, 23, Ankeny, IA	34:54	7:01
2	1	W25 Crystal Prusha, 25*, Marshalltown, IA	34:58	7:02
15	3	M40 Stuart Ault, 43, Altoona, IA	35:20	7:06

16	3	M30 Stewart Naruko, 31	35:24	7:07
3	2	W25 Natalie Flindt, 29*, Newton, IA	35:28	7:08
4	3	W25 Jennifer Redd, 27*, Ames, IA	35:51	7:13
17	4	M40 Mark Rocarok, 43	36:22	7:19
18	3	M45 Dennis Cooling, 45, Kellogg, IA	36:24	7:19
19	5	M40 Brad Lenz, 40, Ames, IA	36:29	7:20
20	3	M35 Matthew Henkenius, 38, Iowa City, IA	37:05	7:27
21	1	M25 Joe Purvis, 29, Newton, IA	37:16	7:30
22	3	M50 Jeff Burnett, 51, Newton, IA	37:22	7:31
23	2	M25 Michael Morain, 29, Des Moines, IA	37:30	7:32
24	6	M40 Timothy Bergan, 42, Atlantic, IA	37:40	7:34
25	4	M30 Matt Timmons, 30	37:41	7:35
26	4	M50 Tony Kennicott, 51	37:42	7:35
27	5	M30 Josh Jones, 32	37:57	7:38
5	4	W25 Nicole Tierney, 29*	37:59	7:38
28	3	M55 Steve Taylor, 56, Monroe, IA	38:05	7:40
6	1	W19 Lynzey Gallagher, 22*, Newton, IA	38:18	7:42
29	3	M25 Joseph Manatt, 28, Newton, IA	38:30	7:45
30	6	M30 Drew Manatt, 31, Johnston, IA	38:31	7:45
31	1	M60 Davis Eidahl, 66	38:41	7:47
32	1	JrM Aaron Peter, 14	38:48	7:48
33	4	M45 Steve Rossler, 48, Newton, IA	38:48	7:48
34	7	M40 Cj Osborn, 43, Newton, IA	38:53	7:49
7	2	W35 Lori Devries, 35*, Newton, IA	38:53	7:49
35	5	M50 James Macksey, 51	38:54	7:49
36	8	M40 Jay Smith, 44	38:58	7:50
37	3	M19 Jordon Overton, 23, Ames, IA	39:00	7:51
8	1	W40 Jean Johnson, 42*, Des Moines, IA	39:01	7:51
38	9	M40 Troy Beckman, 40, Pleasant Hill, IA	39:08	7:52
39	5	M45 Kim Brant, 48, Newhall, IA	39:12	7:53
40	6	M45 Jerry Ruggle, 46, Perry, IA	39:12	7:53
41	7	M30 Victor Young, 32	39:13	7:53
9	1	W50 Jane Wickman, 54*, Kellogg, IA	39:14	7:53
10	1	W30 Kate Wilson, 33*, Mt. Pleasant, IA	39:16	7:54
42	2	JrM Kenny Dupre, 13	39:19	7:54
43	3	JrM Alex Osborn, 13, Newton, IA	39:27	7:56
44	10	M40 Bill Henninger, 44, Newton, IA	39:33	7:57
45	4	M35 Will Hildreth, 37, Des Moines, IA	39:43	7:59
11	1	W45 Jan Atchison, 49*, Marshalltown, IA	39:43	7:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
46	2	M60 Joel Beane, 60, Marshalltown, IA	39:45	8:00
47	4	M25 Jon Titus, 29, Iowa City, IA	39:50	8:01
48	3	M60 Frank Vogel, 68, Newton, IA	39:52	8:01
12	2	W30 Heather Ratcliff, 31*, Newton, IA	39:52	8:01
13	5	W25 Elizabeth Adams, 29*, Ankeny, IA	40:01	8:03
49	8	M30 Ian Hauck, 33, Ames, IA	40:07	8:04

50	7	M45 David Desing, 45, Urbandale, IA	40:08	8:04
51	4	M19 Brian Foster, 23	40:14	8:05
14	1	JrW Rachel Brant, 16*, Newhall, IA	40:32	8:09
52	8	M45 John Feehan, 47, Mt. Pleasant, IA	40:33	8:09
53	9	M30 Matt Jackson, 31, Des Moines, IA	40:38	8:10
54	11	M40 Brett Altman, 43, Newton, IA	40:41	8:11
55	12	M40 Gary Grafft, 43	40:44	8:12
15	2	W45 Annette Vaverka, 48*, Grinnell, IA	41:06	8:16
56	5	M25 Andrew Grimes, 27, Bondurant, IA	41:07	8:16
57	13	M40 Jason Reeve, 40, Brooklyn, IA	41:11	8:17
58	6	M25 Matthew Gilbertson, 27, Des Moines, IA	41:15	8:18
16	2	W19 Amber Novak, 24*, Newhall, IA	41:23	8:19
59	10	M30 Adam Grier, 33, Williamsburg, IA	41:35	8:22
60	4	JrM Justian Reeve, 18, Brooklyn, IA	41:42	8:23
61	14	M40 Ed Banfield, 44, Newton, IA	41:47	8:24
62	11	M30 Andrew McDowell, 32, West Des Moines, IA	41:54	8:26
17	6	W25 Kylee Planer, 26*, Lincoln, NE	41:56	8:26
18	3	W30 Emily Eisentrager, 32*, Altoona, IA	41:57	8:26
63	5	M35 Wendell Wuestenberg, 38, Eldridge, IA	42:03	8:27
19	3	W19 Amanda Ellis, 21*, Waverly, IA	42:03	8:28
64	15	M40 Bryan Reicks, 43, Newton, IA	42:15	8:30
65	6	M35 Patrick Hanes, 35, Ankeny, IA	42:30	8:33
20	7	W25 Mary Nelson, 29*, Grimes, IA	42:33	8:33
21	2	W50 Sally Morzen, 50*	42:44	8:36
66	9	M45 Leslie Lloyd, 46, Newton, IA	42:45	8:36
22	3	W45 Michelle Nelson, 46*, Newton, IA	42:47	8:36
67	7	M25 Tyler Adams, 29, Ankeny, IA	42:51	8:37
68	5	M19 Luke Ahrens, 23, Ames, IA	42:52	8:37
23	4	W45 Tammy Newton, 45*, Norwalk, IA	43:07	8:40
24	2	W40 Valerie Schultz, 41*, Grinnell, IA	43:07	8:40
69	4	M60 Terry Hanneman, 61, Newton, IA	43:11	8:41
70	7	M35 David Van Blair, 35, Ankeny, IA	43:12	8:41
71	6	M50 Andy Kraber, 52, Knoxville, IA	43:15	8:42
72	7	M50 Danny Carroll, 54, Grinnell, IA	43:15	8:42
25	3	W40 Phyllis Peter, 43*, Prairie City, IA	43:17	8:42
73	4	M55 Art Millikin, 55, Hedrick, IA	43:18	8:42
26	4	W30 Sara Swyter, 30*, West Des Moines, IA	43:29	8:45
74	8	M35 Tim Rankin, 39, Knoxville, IA	43:49	8:49
75	5	JrM Grant Osborn, 11, Newton, IA	43:57	8:50
76	5	M60 Jack Bates, 71, Mt. Pleasant, IA	44:04	8:52
77	8	M50 William Walling, 53, Polk City, IA	44:07	8:52
27	8	W25 Amanda Manatt, 26*, Dewitt, IA	44:09	8:53
28	4	W19 Emily Grannes, 23*, Bloomington, MN	44:14	8:54
78	8	M25 Tim Anderson, 26	44:15	8:54
79	9	M25 Todd Milburn, 28, Newton, IA	44:17	8:54
29	1	W60 Marie Quanbeck, 60*, Newton, IA	44:22	8:55

80	6	JrM Michael Etnyre, 13	44:26	8:56
81	9	M35 James Banfield, 38, Urbandale, IA	44:27	8:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
82	12	M30 Heather Smith, 32, Des Moines, IA	44:47	9:00
83	16	M40 John Lee, 42	44:59	9:03
84	6	M60 Stan Heidemann, 60	45:01	9:03
30	4	W40 Suzy Trotter, 41*, Newton, IA	45:03	9:04
31	3	W35 Beth Preston, 39*, Kellogg, IA	45:03	9:04
85	5	M55 Jim Mease, 56, Winterset, IA	45:05	9:04
32	4	W35 Kelly Rundquist, 35*, Mt. Pleasant, IA	45:05	9:04
86	10	M35 Kyle Tokheim, 39, Des Moines, IA	45:17	9:06
87	6	M55 Tom Hostetter, 57, Ames, IA	45:22	9:07
33	9	W25 Marcy Milburn, 27*, Newton, IA	45:29	9:09
88	7	M55 Nathan Callahan, 55, Cedar Falls, IA	45:33	9:10
34	10	W25 Amy Oliver, 25*, Milo, IA	45:38	9:11
35	2	JrW Amy Dykstra, 11*, Altoona, IA	45:42	9:12
89	17	M40 John Kocur, 44	45:48	9:13
36	5	W35 Tina Beck, 36*, Prairie City, IA	45:58	9:15
90	13	M30 Cameron Fifer, 32	46:15	9:18
91	11	M35 Robert Reynolds, 38, Des Moines, IA	46:19	9:19
92	6	M19 Matthew Dahms, 23	46:43	9:24
37	5	W40 Pam Osborn, 43*, Newton, IA	46:47	9:25
38	5	W30 Kay Godfrey, 33*	46:53	9:26
39	6	W40 Jean Dingeman, 44*, Pella, IA	47:08	9:29
40	6	W35 Michele Jensen, 37*	47:11	9:29
93	14	M30 Jeremy Masterson, 30, Prairie City, IA	47:13	9:30
41	5	W45 Lisa Cunningham, 47*, Newton, IA	47:23	9:32
94	7	M60 Tom Hollander, 61, Newton, IA	47:39	9:35
42	6	W30 Darci Fuller, 32*, Newton, IA	47:44	9:36
43	3	W50 Jane Burnett, 51*, Newton, IA	47:45	9:36
95	10	M45 Dennis Mehmen, 46, Newton, IA	47:46	9:37
44	11	W25 Talia Toons, 27*	47:55	9:38
96	9	M50 David Beachy, 51, North Liberty, IA	48:03	9:40
45	7	W35 Susan Altemeier, 35*, Newton, IA	48:16	9:42
46	5	W19 Kristen Audet, 22*, Grinnell, IA	48:17	9:43
97	10	M25 Christopher Allen, 28, Bloomington, MN	48:33	9:46
98	12	M35 Steve Newton, 38, Ankeny, IA	48:59	9:51
99	18	M40 Jim Ver Woert, 40, De Sota, IA	48:59	9:51
47	4	W50 Deb Miller, 51*, Perry, IA	49:06	9:53
48	7	W40 Lori Dingeman, 41*	49:11	9:54
49	7	W30 Angela Skladzien, 31*, Wilton, IA	49:12	9:54
100	13	M35 Shawn Skladzien, 37, Wilton, IA	49:12	9:54
50	8	W35 Dahn Kennedy, 37*, Traer, IA	49:17	9:55
51	12	W25 Courney Hewitt, 29*, Marshalltown, IA	49:29	9:57
52	13	W25 Stephanie Phillips, 26*	49:31	9:58
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

53	14	W25 Tiona Sandbulte, 27*, Pella, IA	49:50	10:01
54	6	W19 Sarah Griffith, 20*, Brooklyn, IA	49:54	10:02
55	6	W45 Jeri Wicker, 47*	50:03	10:04
101	7	M19 Lance Johnston, 24, Ankeny, IA	50:10	10:05
56	15	W25 Lori Gowdy, 25*, Newton, IA	50:14	10:06
102	8	M19 Mason Sutton, 20, Newton, IA	50:24	10:08
57	8	W30 Tamara Bane, 31*, Winterset, IA	50:27	10:09
58	16	W25 Robin Greenlee, 27*, Ames, IA	50:43	10:12
103	11	M45 Kirk Nelson, 46, Orono, MN	50:56	10:15
59	7	W45 Judy Platt-Nelson, 47*, Orono, MN	50:57	10:15
60	7	W19 Kassie Cheney, 22*, Cedar Rapids, IA	51:00	10:15
61	9	W35 Amy Hansen, 36*	51:11	10:18
62	10	W35 Julie Liebe, 37*, Prairie City, IA	51:12	10:18
63	17	W25 Beth Brewer, 27*, Ankeny, IA	51:23	10:20
64	11	W35 Lois Holmes, 37*, Grinnell, IA	51:28	10:21
65	18	W25 Stacey Purvis, 28*, Newton, IA	52:00	10:28
66	8	W40 Teresa Sea, 40*, North Liberty, IA	52:02	10:28
67	8	W45 Julia Dlouhy, 47*, Newton, IA	52:49	10:37
68	5	W50 Bonnie Yegge, 50*, Ames, IA	52:54	10:38
104	12	M45 Rich Holmes, 45, Grinnell, IA	52:57	10:39
105	11	M25 Ryan Comer, 29, Newton, IA	53:17	10:43
69	19	W25 Lacey Theilen, 27*, Ames, IA	53:49	10:49
70	12	W35 Laurie Wahlert, 35*, Cedar Rapids, IA	53:49	10:49
71	9	W40 Becky Carkhuff, 42*, Newton, IA	53:51	10:50
106	19	M40 Dewayne Heintz, 44, Swisher, IA	54:12	10:54
72	3	JrW Megan Balek, 18*, Newton, IA	54:27	10:57
73	20	W25 Natalie Wells, 26*, Newton, IA	54:28	10:57
74	21	W25 Mary Swank, 27*, Newton, IA	54:28	10:57
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				
75	9	W45 Caryn Farmer, 45*	54:40	11:00
76	10	W40 Darcy Soule, 41*, Newton, IA	54:42	11:00
77	6	W50 Joyce Burch, 52*, Pella, IA	56:02	11:16
107	10	M50 Robert Curry, 50, Mitchellville, IA	56:08	11:17
108	7	JrM Nathan Curry, 17, Mitchellville, IA	56:09	11:18
78	8	W19 Julianna Devries, 22*, Newton, IA	56:31	11:22
79	9	W30 Amy Van Blair, 34*, Ankeny, IA	56:54	11:27
80	10	W30 Krista Wright, 33*, Newton, IA	56:54	11:27
81	9	W19 Tracy Livengood, 21*, Cedar Rapids, IA	57:36	11:35
82	13	W35 Joanne Kunkel, 38*, Newton, IA	57:38	11:36
83	11	W30 Jill Cook, 30*, Newton, IA	57:52	11:38
84	11	W40 Lori McNew, 41*, Newton, IA	58:10	11:42
85	12	W30 Ange Sevenbergen, 34*, Newton, IA	58:14	11:43
86	4	JrW Melisha Lauer, 14*, Winterset, IA	58:18	11:44
109	15	M30 Brian Walker, 33, Newton, IA	58:38	11:48
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

110	12	M25 Tony Robeson, 26	1:00:00	12:04
87	5	JrW Katie Mehmen, 15*, Newton, IA	1:00:03	12:05
88	6	JrW Amanda Lauer, 18*, Lorimor, IA	1:00:33	12:11
89	14	W35 Rhonda Lauer, 38*, Winterset, IA	1:00:33	12:11
90	15	W35 Stephanie Verwers, 38*, Newton, IA	1:00:50	12:14
91	2	W60 Jo Fudge, 68*, Newton, IA	1:01:33	12:23
92	1	W55 Christina Schnabel, 58*, Newton, IA	1:02:13	12:31
93	12	W40 Angie Lauer, 41*, Lorimor, IA	1:02:47	12:38
111	20	M40 Erik Hanson, 40, Newton, IA	1:03:37	12:48
112	8	M60 Eugene Brown, 68	1:03:59	12:52
94	16	W35 Cassandra Lauer, 37*, Winterset, IA	1:04:08	12:54
113	8	M55 Jack Menefee, 59, Monroe, IA	1:04:32	12:59
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

95	13	W30 Shani Wahl, 32*, Des Moines, IA	1:04:38	13:00
114	14	M35 Wayne Crist, 38, Delmar, IA	1:04:59	13:04
96	7	JrW Aubrey Helzer, 17*, Maquoketa, IA	1:07:32	13:35
115	16	M30 Brian Billick, 32, Dewitt, IA	1:07:36	13:36
97	14	W30 Lisa Aldrich, 32*, Newton, IA	1:07:59	13:40
98	13	W40 Robin Sokol, 44*, Maquoketa, IA	1:08:03	13:41
116	13	M45 Herb Miller, 47, Maquoketa, IA	1:08:12	13:43
99	10	W45 Kathy Miller, 47*, Maquoketa, IA	1:08:12	13:43
117	11	M50 Mark Drudge, 50, Newton, IA	1:08:16	13:44
100	7	W50 Jeanne Foster, 50*, Newton, IA	1:08:16	13:44
101	11	W45 Dee Lauer, 46*, Creston, IA	1:08:18	13:44
118	9	M55 Art Barton, 59, Ames, IA	1:08:37	13:48
102	8	W50 Cindy Barton, 53*, Ames, IA	1:08:37	13:48
119	12	M50 David Schau, 54, Calamus, IA	1:09:18	13:56
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

103	14	W40 Rita Crist, 42*, Delmar, IA	1:10:24	14:10
104	9	W50 Donna Gilbody, 51*, Kellogg, IA	1:13:01	14:41
105	15	W30 Marci Clark, 31*, Newton, IA	1:13:01	14:41
Pace: 6:00 7:00 8:00 9:00 10:00 11:00 12:00 13:00 14:00 15:00 Top				

106	12	W45 Clarice Gilliland, 45*, Newton, IA	1:14:39	15:01
107	10	W50 Mary Arkema, 50*, Lynnvile, IA	1:14:42	15:02
108	10	W19 Josephine Williams, 22*, Newton, IA	1:14:47	15:03
120	21	M40 Tim Hemann, 40, Newton, IA	1:14:48	15:03
109	17	W35 Kari Hemann, 37*, Newton, IA	1:14:48	15:03
121	15	M35 Travis Block, 38, Prairie City, IA	1:14:51	15:03
110	18	W35 Lisa Block, 35*, Prairie City, IA	1:14:51	15:03
111	13	W45 Jody Noack, 49*, Newton, IA	1:14:51	15:03
122	16	M35 Sean Aldrich, 39, Newton, IA	1:15:59	15:17
123	17	M35 Chuck Utech, 35	1:15:59	15:17
112	14	W45 Mariann Wainwright, 46*, Fairfax, IA	1:18:26	15:47
124	13	M50 Kelly White, 50, North Liberty, IA	1:18:26	15:47

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113	22	W25 Tara Schau, 25*	1:20:00	16:06
114	3	W60 Veronica Bohall, 62*	1:20:47	16:15
115	2	W55 Nancy Swank, 56*	1:20:48	16:15
116	16	W30 Karie Nuzum, 32*, Newton, IA	1:21:26	16:23
125	14	M45 Dan Goetz, 49, Sterling, IL	1:21:26	16:23
126	18	M35 Scott Bormann, 36, Preston, IA	1:21:48	16:27
117	17	W30 Monica Bormann, 34*, Preston, IA	1:21:51	16:28
118	11	W50 Pam Schau, 54*, Calamus, IA	1:22:18	16:33
119	15	W40 Lynn Stone, 41*, Grinnell, IA	1:23:10	16:44
120	11	W19 Stacey Hopkins, 23*, Newton, IA	1:23:10	16:44
121	23	W25 Michelle True, 26*, Monroe, IA	1:23:40	16:50
122	12	W50 Kathy Masterson, 52*, Monroe, IA	1:23:43	16:50
123	3	W55 Ginger Wagaman, 56*, Prairie City, IA	1:23:44	16:51
124	13	W50 Marleana McLead, 54*, Newton, IA	1:23:47	16:51
125	14	W50 Tina Collins, 52*, Newton, IA	1:23:50	16:52

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126	16	W40 Laurie Hall, 43*, Brooklyn, IA	1:26:23	17:23
127	15	W45 Sue McCoy, 45*, Brooklyn, IA	1:26:23	17:23
128	19	W35 Tracy Briley, 35*, Newton, IA	1:27:00	17:30
129	20	W35 Paula Thompson, 38*, Newton, IA	1:27:00	17:30
130	4	W60 Anita Allwood, 66*, Grinnell, IA	1:28:39	17:50
131	4	W55 Susan McVey, 59*, Newton, IA	1:29:04	17:55

Pace: [6:00](#) | [7:00](#) | [8:00](#) | [9:00](#) | [10:00](#) | [11:00](#) | [12:00](#) | [13:00](#) | [14:00](#) | [15:00](#) | [Top](#)

132	17	W40 Sandy McAntire, 42*, Chelsea, IA	1:34:09	18:56
133	18	W40 Ronie Reeve, 40*, Brooklyn, IA	1:34:10	18:57
134	19	W40 Shelly Robertson, 41*, Brooklyn, IA	1:34:11	18:57
135	15	W50 Pam Benishek, 51*, Brooklyn, IA	1:34:12	18:57

"*" indicates females

7 finishers among Men 18 & Under

8 finishers among Men 19 - 24

12 finishers among Men 25 - 29

16 finishers among Men 30 - 34

18 finishers among Men 35 - 39

21 finishers among Men 40 - 44

14 finishers among Men 45 - 49

13 finishers among Men 50 - 54

9 finishers among Men 55 - 59

8 finishers among Men 60 & Up

7 finishers among Women 18 & Under

11 finishers among Women 19 - 24

23 finishers among Women 25 - 29

17 finishers among Women 30 - 34

20 finishers among Women 35 - 39

19 finishers among Women 40 - 44
15 finishers among Women 45 - 49
15 finishers among Women 50 - 54
4 finishers among Women 55 - 59
4 finishers among Women 60 & Up
126 male finishers
135 female finishers
261 total finishers

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