

Cannonball Pump & Run Winterset, IA. Aug. 3rd, 2013

Three records were broken on a great day for running and lifting. It was sunny and temperatures were 65-70 degrees with no wind.

Erin Sawyer, Winterset, finished first in the 5K Run followed closely by her sister Brittany. Erin broke the course record set by her in 2011 of 19:36 by finishing in 19:07 and set the course record for the years 2000-2013. Brittany finish just 43 seconds behind her sister in 20:17 but missed breaking her own mark for the high school division by 27 seconds.

Jessica Gibbons, Winterset, 30-34, broke Robin Rethmel's, Nora Springs, 5K record of 27:21 set in 2005 by 2:26 finishing and setting the new mark at 24:55.

Mark Hayes, Creston, 60-64, set a record in his age division by breaking his own record in his age group and finished first overall in the Men's 5K Pump and Run. Mark lifted 110 lbs. 34 times, ran a 20:57 5K, for an adjusted time of 12:29 breaking his old record by 45 seconds.

The 5K Pump and Run first place women's division went to Stephanie Mahaffey, Altoona, 30-34, who lifted 90 lbs 19 times and ran a 27:28 5K for an adjusted time of 22:43.

Franklin Brown, DesMoines, age 79, set the 75-79 age group record by finishing his 5K in 48:00.

In the One Mile Pump and Run, Earlham's Jan Fletcher, 60-64, lifted 130 lbs. 31 times, ran a 7:23 mile, for an first place adjusted time of -0:22.

Three boys under 14 entered the One Mile Run. They were Sawyer Phillips, St Charles-7:25; Brady Barringer, Winterset-9:49, and Miles Booton, Winterset-9:50
The most weight lifted in Saturday competition was by Brian Phillips, Jefferson, who lifted 205 lbs. 23 times for a total of 4715 pounds.

The Winterset Rotary Club has sponsored the Cannonball Pump and Run for 14 years and all proceeds go to fund Scholarships to Winterset Seniors. To date scholarships total more than \$14,000.

The Cannonball Pump and Run was the first and the oldest in the state and it would not be possible without our annual sponsors; Winterset Rotary wishes to thank The Shopper and The Madisonian, Farmers and Merchants State Bank, Bridges Financial, Union State Bank, American State Bank, and Fareway Stores.

A special thanks to Coach Sweeney and the Football boys who managed the weights for the event and the Fire Fighter for the use of the restrooms.

Results and records on following pages