

All-Time Iowa Records - 5 Kilometers

OPEN MEN

13:36	*Jonah Koech, 22, Ames/Kenya	CR YWCA 92
13:47	*Edwin Kurgat, 24, Ames/Kenya	Blazing 22
14:19	Jay Welp, 28, Iowa City	Blazing 20
14:21	Kevin Herd, 25, Coralville	IowaCity 94
14:21	Garret Ehlers, 31, Sioux City	Blazing 23
14:22	Austin O'Brien, 28, Waukee	Blazing 22
14:23	Blake Whalen, 26, Des Moines	Blazing 22
14:24	*Richard Kaitany, 28, Ames/Kenya	IC Hawkeye 84
14:24	*Ian Robinson, 26, Cedar Rapids/England	IowaCity 95
14:24	Joe Freiburger, 21, Waverly	Blazing 20
14:25	Dan Hostager, 28, Fayette	IowaCity 96
14:26	*Dmitry Drozdov, 25, Ames/Russia	IowaCity 97
14:29	Cody Baele, 26, Des Moines	Blazing 21
14:32	*Bob Verbeeck, 21, Ames/Belgium	DM WHO 82
14:32	*Joesph Kipsang, 22, Ames/Kenya	DM WHO 82
14:32	Alec Baldwin, 28, Clive	Blazing 20
14:33	Mike Carney, 28, Ames	CR YWCA 91
14:40	Mike Gilie, 22, Bettendorf	Blazing 22
14:42	Tony Every, 22, Cedar Rapids	CR YWCA 92
14:42	Daniel Soto, 23, Iowa City	Blazing 20
14:45	Brian Smith, 24, Bayard	IowaCity 85
14:45	Matt Lorenz, 24, Swisher	Blazing 23
14:46	Doug Nelson, 26, Fairfield	IowaCity 85
14:47	Devin Allbaugh, 30, Bettendorf	Blazing 20
14:47	Trevor Albert, 23, Altoona	Blazing 22
14:47	Dan Iselin, 23, Des Moines	Blazing 22
14:47	Caleb Appleton, 24, Des Moines	Blazing 22
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	CR YMCA 92
14:51	*Sammy Rotich, 28, W Des Moines/Kenya	Drake 15
14:51	Adam Bohach, 36, Cresco	Blazing 20
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	Steve Froeschle, 26, Davenport	Blazing 20
14:54	Phil Kauder, 24, Cascade	IowaCity 85
14:54	Eric Steiger, 24, Sioux Center	Blazing 24
14:55	Luke Guttormson, ?, Dubuque	Blazing 23
14:55	Caleb Shumaker, 22, Tipton	CR Turkey Trot 24
All-Comers		
13:37	*Frank Omara, Fayetteville, AK/Ireland	CR YWCA 92

MASTER MEN (40 to 49)

15:20	Ean Caskey, 41, Lisbon	Lisbon 22
15:41	Nate Hopp, 41, Cedar Rapids	Davenport Spring Classic 24
15:47	Scott Gall, 46, Cedar Falls	SturgisFall 21
15:52	Adam Bohach, 41, Decorah	Pulpuit to Pulpuit 25
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
16:07	Artur Mueller, 40, Davenport	QC Zombie 24
16:16	Curt Hoegh, 41, Clive	Clive 93
16:21	Charles Schmidt, 40, Oxford	IC RiverRun 97
16:25	Charles Lutz, 44, Iowa City	IC RiverRun 97

GRAND MASTER MEN (50 plus) - top 10 performers

16:30	Raul DeAnda, 50, Urbandale	Beaverdale 01
16:38	Scott Gall, 51, Cedar Falls	Cedar Valley TT 24
17:14	Mike Mallon, 50, Davenport	Lisbon 16
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
17:29	Dan Bonthius, 54, Iowa City	Clive 14
17:33	Phil Pearson, 52, Ames	IowaCity 85
17:38	Paul Gryte, 50, Nevada	Madness 94
17:45	Bernie Wilder, 51, Davenport	QC Classic 07
17:46	Jim Robidoux, 50, Ankeny	DM Marathon 15

OPEN WOMEN

15:46	Kassie Parker, 25, Waverly	Blazing 24
15:55	Callie Logue, 24, Ames	Blazing 23
16:04	Nan Doak, 30, Coralville	CR YWCA 92
16:07	*Diane Nukuri, 26, Iowa City/BUR	MarionArts 11
16:17	Ashely Tutt, 23, Ames	Blazing 22
16:17	Emma Huston, 28, Des Moines	Blazing 23
16:40	*Pasca Myers, 37, Ames/Kenya	Blazing 23
16:41	Lisa Koll, 20, Fort Dodge	Webster City 08
16:41	Erin Moeller, 33, Cedar Rapids	MarionArts 11
16:45	Andrea Fischer, 31, Davenport	IowaCity 94
16:46	Lisa Wittman, 25, Dubuque	IowaCity 85
16:46	Caroline McMartin, 22, Iowa City	Blazing 24
16:47	Casey Owen, 25, Des Moines	MarionArts 08
16:48	Alexina Wilson, 31, Cedar Rapids	CR Turkey Trot 24
16:50	Robyn Friedman, 33, Lambs Grove	Indianola Balloon 06
16:51	Karen Clark, 29, Rockwell City	Grand Prix 85
16:59	Danna Herrick, 37, Norwalk	Blazing 24
17:05	Anita Kelly, 27, Ames	Big Sioux 92
17:08	Bethany Lewis, 27, Iowa City	QC Classic 07
17:13	Samantha Wingert, 34, Cedar Falls	SturgisFalls 21
17:13	Flannery Cerbin-Bohach, 36, Cresco	Blazing 23
17:15	Andrea Fisher, 31, Davenport	QC Sunshine 94
17:15	Madeline Block, 25, Marion	Blazing 24
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
17:19	Ashlyn Bagge, 23, Waverly	SturgisFalls 18
17:20	Andrea Ertz, 24, Central City	Blazing 23
17:20	Shaelyn Hostager, 22, Dubuque	CR Turkey Trot 24
17:21	Brooke Slayman, 31, Iowa City	Ganzo's 22
17:20	Nikki Borner, ?, Indianola	Blazing 24
17:24	Julie Litoff, 29, Iowa City	CR YWCA 92
17:24	Jordan Winke, 26, University Heights	Blazing 23
17:28	Ellen Ries, 24, Urbandale	EpeciallyforYou 11
17:30	Amy Hassell, 29, Mt Vernon	Kraut 14
17:31	Tracy Kresser, 28, Clive	Drake 14
17:31	Lexi Brown, 23, Waverly	Blazing 24
17:32	Olivia Johnson, 25, Iowa City	IC RiverRun 13
17:32	Sarah Bakula, 36, Ft Atkinson	Decorah 24
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
All-Comers		
15:30	Shelly Steely, 29, Albuquerque, NM	CR YWCA 92

MASTER WOMEN (40 to 49)

18:07	Jenny Schulze, 42, Clive	Taste of Hope 15
18:17	Jessica Hruska, 42, Dubuque	Blazing 22
18:25	Emily Burmeister, 41, Marsion	CR Turkey Trot 24
18:34	Muriel Naumann, 41, Iowa City	QC Sunshine 97
18:46	Claudia Scott, 43, Marion	CR Mercy 94
18:50	Susie Duke, 44, Searsboro	Klompens Classic 25
18:51	Robyn Friedman, 41, Newton	Klompens Classic 14
18:55	Nancy Foxen, 4?, Muscatine	QC CASI 19
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

GRAND MASTER WOMEN (50 plus)

19:43	Jenny Schulze, 50, Clive	Blazing 22
20:20	Mary Toohill, 51, Davenport	Lisbon 18
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
21:26	Kelly Timmerman, 5?, Davenport	QC Easter Egg 19
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

NOTE: Records set by Iowa residents at Iowa races.

All-Time Iowa Records - 10 Kilometers

OPEN MEN

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 Wyls, 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	IowaCity 95
29:16	*Richard Kaitany, 31, Ames/Kenya	Madness 88
29:19	Austin O'Brien, 28, Wauke	Blazing Invite 21
29:27	*Sammy Rotich, 27, W Des Moines/Kenya	Drake 14
29:33	Cody Beale, 28, Des Moines	Drake 23
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
30:06	Blake Whalen, 28, Des Moines	Drake 23
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, Fairfied	NatBank 83
30:14	Steve MacTaggart, 28, Waterloo	NatBank 83
30:18	Kyle Kepler, 24, Webster City	Madness 99
30:19	Brogan Austin, 27, West Des Moines	Madness 19
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
30:26	Devin Allbaugh, 30, Bettendorf	Blazing Invite 21
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
30:35	Garret Ehlers, 31, Sioux City	Drake 23
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)

31:26	Ean Caskey, 41, Lisbon	Drake 23
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

GRAND MASTER MEN (50 plus)

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

OPEN WOMEN

32:21	Nan Doak-Davis, 27, Coralville	Drake 89
33:15	Connie Prince, 28, Sioux City	IowaCity 86
34:09	Jennifer Brower, 23, Iowa City	B-rry Scurry 93
34:18	Tracy Dahl, 22, Iowa City	IowaCity 93
34:52	Casey Owens, 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, 34, Ft Dodge/Kenya	Blazing Invite 21
35:02	Jenny Spangler, 22, Iowa City	IowaCity 85
35:07	Lindsay Crevoiserat, 26, Des Moines	Madness 19
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
35:52	Jessica McKee, 25, Johnston	Drake 25
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
All-Comers		
31:14	*Liz Lynch-McColgan, 22, Scotland	H Hustle 87

MASTER WOMEN (40 to 49)

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
38:53	Susie Duke, 44, Searsboro	Drake 25
39:09	Leigh Wilcox, 40, Montezuma	Madness 91
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

GRAND MASTER WOMEN (50 plus)

42:27	Aimee Jones, 50, Cedar Rapids	NewBo 19
42:29	Nancy Hoegh, 50, Clive	Madness 03
43:04	Sheila Maddock, 50, Johnston	Marshalltown 06
44:13	Jan Daker, 50, Davenport	B-rry 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

NOTE: Records set by Iowa residents at Iowa races.

All-Time Iowa Records - Half-Marathon

OPEN MEN

1:03:22	*Sammy Rotich, 26, W Des Moines/Kenya	Park to Park 18
1:03:41	Antonio Vega, 27, Des Moines	DM Marathon 12
1:04:43	Blake Whalen, 27, Des Moines	DM Marathon 22
1:04:56	Cody Baele, 27, Des Moines	DM Marathon 22
1:05:15	Brogan Austin, 26, West Des Moines	DM Marathon 18
1:05:29	Phil Coppess, 26, Clinton	IowaCity 81
1:05:41	Frank Richardson, 24, Ames	Cyclone 79
1:05:44	Gregg Newell, 29, Iowa City	IowaCity 83
1:06:11	Ben Anderson, 26, Clive ?	DM Marathon 21
1:06:14	*Richard Kaitany, 28, Ames/Kenya	Dubuque 84
1:06:17	Nick Holmes, 24, Iowa City	Dam to Dam 15
1:06:22	Greg Prestemon, 22, Ames	Cyclone 79
1:06:31	Jay Welp, 27, Iowa City	DM Marathon 19
1:06:44	Garret Ehlers, 31, Sioux City	DM Marathon 23
1:06:45	Devin Allbaugh, 32, Bettendorf	QC Marathon 23
1:06:54	Skyler Nesheim, 25, Des Moines	DM Marathon 10
1:07:10	Zach Baker, 24, Iowa City	ParktoPark 17
1:07:12	Kallin Khan, 21, Iowa City	ParktoPark 18
1:07:24	Adam Bohach, 30, Decorah	DM Marathon 19
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
1:07:48	Mike Gille, 24?, Davenport	QC Marathon 23
1:07:49	Sam Pinkowski, 25, Des Moines	DM Marathon 23
1:07:52	Alex Ntagawa, 22, West Des Moines ?	Dam to Dam 15
1:07:53	Trevor Albert, 24, Iowa City	DM Marathon 23
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	DM Marathon 07
1:08:08	Raul DeAnda, 33, Des Moines	Dubuque 84
1:08:15	Tyler Lance, 28, Algona	DM Marathon 23
1:08:16	Lucas Keifer, 26, Burlington	DM Marathon 24
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, 25, West Des Moines	DM Marathon 17
All-Comers		
1:02:27	Mark Kiptoo, Kenya	Drake 13

MASTER MEN (40 to 49)

1:09:43	Ean Caskey, 40, Lisbon	DM Marathon 22
1:11:42	Scott Gall, 40, Cedar Falls	Park to Park 15
1:12:56	Phil Kauder, 40, Cascade	Drake 01
1:13:05	Nathan Hopp, 40, Cedar Rapids	MVRA Dubuque 23
1:13:32	Julius Rotich, 40, Des Moines/Kenya	Dam to Dam 15
1:14:18	Joel Frye, 41, Des Moines	DM Marathon 14
1:14:20	Bill Rader, 40, Cedar Rapids	IowaCity 83
1:14:30	Jim Streeby, 42, Ottumwa	IowaCity 82
1:14:30	Eric Hollander, 43, Urbandale	DM Marathon 19
1:14:34	Don Wood, 41, Cedar Falls	Dubuque 85

GRAND MASTER MEN (50 plus)

1:18:02	Mike Mallon, 56, Davenport	CR NewBo 22
1:18:44	Vic Morales, 51, Grimes	Dam to DSM 25
1:19:41	Jerry Anders, 50, Waterloo	SturgisFalls 89
1:20:39	Kent Meier, 53, Story City	Drake 18
1:20:58	Dave Nauman, 50, Mason City	DM Marathon 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	DM Marathon 09
1:22:54	Patrick McGowan, 51, Urbandale	Dam to Dam 15
1:23:04	Dean Schultz, 50, Garnavillo	IowaCity 98

OPEN WOMEN

1:13:17	*Diane Nukuri Johnson, 29, Iowa City/Burandi	Dam 14
1:13:48	Emma Huston, 27, Des Moines	DM Marathon 22
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
1:16:18	Shelby Houlihan, 29, ? Sioux City	Okoboji 22
1:16:36	Samantha Wingert, 33, Cedar Falls	DM Marathon 21
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	DM Marathon 11
1:18:20	Casey McDermott, 35, Malcom	Dam to DSM 25
1:18:26	Ashley Tollakson, 27, Des Moines	DM Marathon 11
1:18:30	Brooke Slayman, 31, Solon	Drake 23
1:18:34	Hannah Roeder, 23, Iowa City	DM Marathon 23
1:18:34	Ashlyn Bagge, 23, Waverly	DM Marathon 18
1:18:38	Jenny Schulze, 42, Clive	Park to Park 15
1:18:48	Yelena Nanaziahvili, 33, Clive	DM Marathon 14
1:18:50	Jordan Winke, 26, University Heights	DM Marathon 23
1:19:04	Casey Owens, 28, Des Moines	DM Marathon 10
1:19:15	Madeline Block, 25, Marion	Marion Arts 25
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	DM Marathon 10
1:19:48	Lisa Marshall, 39, Granger	Drake 07
1:20:01	Ellen Ries, 27, Des Moines	Dam 14
1:20:03	Andrea Ertz, 24, Central City	DM Marathon 23
1:20:04	Angela Chaney, 37, Bloomfield	Dam to DSM 25
1:20:04	Laura Bell, 24, Des Moines	Drake 97
1:20:13	Melinda Courage, 33, Urbandale	Drake 07
1:20:15	Tricia Serres, 28, Asbury	Drake 22
1:20:21	Flannery Cerbin-Bohach, 32, Cresco	DM Marathon 19
1:20:22	Renee Kruse, 25, Sioux City	IowaCity 93
1:20:24	Jordan Winke, 27, University Heights	DM Marathon 24
1:20:28	Gabby Skopec, ??, Iowa City	QC Marathon 24
1:20:54	Sarah Bakula, 34, Fort Akinson	DM Marathon 22
1:20:58	Margaret Connelly, 24, Ames	Dam to Dam 16
1:21:12	Lexi Brown, 23, Waverly	Dam to DSM 25
1:21:14	Danika Simonson, 27, Coralville	NewBo 19
1:21:19	Bethany Helms, 26, Iowa City	Drake 04
All-Comers		
1:11:18	Rkia El Moukin, Morocco	Drake 14

MASTER WOMEN (40 to 49)

1:18:38	Jenny Schulze, 42, Clive	Park to Park 15
1:21:54	Jessica Smith, 40, Clive	DM Marathon 21
1:22:26	Lisa Marshall, 43, Granger	Drake 11
1:23:46	Colleen Webb, 42, Des Moines	DM Marathon 19
1:24:41	Jessica Smith, 41, Clive	Drake 25
1:26:09	Kate Mauer, 4?, Ames	DM Marathon 14
1:26:31	Jessica Switzer, 4?, Cedar Falls	DM Marathon 18
1:26:49	Trisha Schlick, 40, Ames	DM Marathon 14
1:26:51	Christine Price, 42, Des Moines	DM Marathon 11
1:28:00	Andriette Wickstrom, 41, Storm Lake	Drake 96

GRAND MASTER WOMEN (50 plus)

1:27:58	Jenny Schulze, 50, Clive	DM Marathon 22
1:29:55	Mary Toohill, 51, Davenport	DM Marathon 18
1:32:01	Carrie Van Quathem, 51, Urbandale	Drake 23
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	DM Marathon 06
1:35:08	Eloise Caldwell, 50, Davenport	IowaCity 83
1:35:16	Kathy Hale, 50, Bondurant	DM Marathon 15

NOTE: Records set by Iowa residents at Iowa races.

All-Time Iowa Records - Marathon

OPEN MEN

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
2:13:36	Coly Baele, 30, Des Moines	Houston 25
2:12:38	Brogan Austin, 27, West Des Moines	California Int. 18
2:13:54	Frank Richardson, 25, Ames	AAU/California 80
2:14:13	John Lodwich, 25, Cedar Rapids	Boston 78
2:15:02	Bob Becker, 28, Des Moines	Mardi Gras 80
2:16:43	Getinet Gedamu, 34, Davenport ?	Grandma's 25
2:17:00	Ryan Root, 29, Iowa City	Chicago 19
2:18:21	Jason Fogel, 28, West Des Moines	Grandma's 11
2:18:26	Pat McGuire, 28, Ft Dodge	Mardi Gras, 80
2:18:38	Austin O'Brien, 29, Waukee	Indianapolis 19
2:18:46	Stan Linton, 25, West Des Moines	Grandma's 19
2:19:08	Dan Hostager, 24, Cedar Falls	Columbus 91
2:19:27	Blake Whalen, 27, Des Moines	Houston 22
2:19:29	Adam Bohach, 37, Decorah	TC 16 & Grandma's 23
2:19:41	Rick Scuphum, 33, Iowa City	Iowa City 82
2:19:49	*Terence Attema, 27, Sioux Center/Canada	Twin Cities 16
2:20:17	Sam Pinkowski, 25, Des Moines	California 23
2:20:26	Jason Thomas, 24, Des Moines	Chicago 19
2:20:49	Steve Froeschle, 27, Dubuque	Carmel 22
2:20:57	Matt Lorenz, 25, Swisher	Grandma's 24
2:21:10	Dennis Delmont, 27, Des Moines	Drake 75
2:21:35	Bob Simmons, 28, Iowa City	Chicago 99
2:21:46	John Samore, 27, Sioux City	Sioux City 75
2:21:59	Dallas Robertson, 30, Iowa City	Las Vegas 87
2:22:06	Matt Dewald, 28, Iowa City	Grandma's 11
2:22:28	Kallin Khan, 22, Iowa City	Houston 19
2:22:35	Raul DeAnda, 27, Des Moines	Boston 79
2:22:39	Garret Ehlers, 32, Sioux City	California 23
2:22:49	Randy Bill, 27, Cedar Falls	Chicago, 09
2:22:53	Julius Rotich, 28, West Des Moines/Kenya	QC Marathon 03
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	QC Marathon 83
2:23:45	Devin Allbaugh, 32, Bettendorf	Indianapolis 23
2:23:53	Marty Dalton, 31, Earlham	Houston 07
2:24:34	Ben Jaskowiak, 29, Des Moines	Grandma's 19
2:24:30	Dan Froeschle, 32, Davenport	Indianapolis 23
2:24:43	Robert Emmons, 23, Iowa City	Iowa City 82
2:24:46	Dave Bradley, 31, Des Moines	Omaha 81
All-Comers in Iowa		
2:12:19	Phillip Lagat, Kentucky/Kenya	DM Marathon 14

MASTER MEN (40 to 49)

2:31:09	Jim Streeby, 41, Ottumwa	Grandma's 81
2:32:04	Eric Hollander, 43, Urbandale	California 19
2:34:27	Ean Caskey, 41, Lisbon	Grandma's 23
2:34:39	Phil Kauder, 40, Cascade	QC Marathon 01
2:35:43	Artur Mueller, 40, Davenport	QC Marathon 24
2:38:00	Curt Hoegh, 45, Clive	Twin Cities 96
2:38:09	Joel Frye, 40, Des Moines	DM Marathon 13
2:38:25	Dick Seagrave, 45, Ames	City of Lakes 81
2:39:16	Bruce Hopkins, 40, Cedar Falls	City of Lakes 81
2:39:27	Jay Pennington, 45, Des Moines	Grandma's 17

GRAND MASTER MEN (50 plus)

2:45:43	Joseph Haynes, 52, Ames	Chicago 06
2:46:45	Jim Smedema, 56, Des Moines	Las Vegas 89
2:50:50	Mike Mallon, 50, Davenport	Twin Cities 16
2:51:14	Rob Semelroth, 50, Des Moines	California 24
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
2:58:12	Kent Meier, 53, Story City	DM Marathon 18

OPEN WOMEN

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 Cheruvot, 28, Ft Dodge/Kenya	Grandma's 14
2:33:51	Jenny Spangler, 20, Iowa City	Grandma's 83
2:34:31	Emma Huston, 27, Des Moines	California 22
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
2:40:18	Madeline Block, 25, Marion	California 24
2:40:56	Brooke Layman, 34, Solon	Micro 23
2:40:51	Lisa Uhl, 27, Des Moines	Chicago, 14
2:41:30	Yelena Nanazaish, 33, Clive	California 14
2:41:52	Samantha Wingert, 31, Cedar Falls	Grandma's 18
2:41:54	Tina Gandy, 29, Des Moines	Grandma's 82
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
2:44:00	Jen Van Otterloo, 33, Sioux Center	Twin Cities 19
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
2:47:21	Anne Flynn, 35, Coralville	Chicago 98
2:48:05	Danika Simonson, 27, Coralville	Berlin 19
2:48:10	Melinda Courage, 33, Urbandale	Grandma's 07
2:48:27	Bethany Lewis, 28, Iowa City	Phoenix 06
2:48:18	Sharon Greenwood, 31, Cedar Rapids	Chicago 84
2:48:25	Tricia Serres, 28, Asbury	Grandma's 22
2:48:30	Traci Kresser, 26, Clive	DM Marathon 12
2:49:06	Jessica Hruska, 40, Asbury	Grandma's 22
2:49:41	Bev Boddicker, 24, Iowa City	Iowa City 82
2:49:57	Danielle Hodge, ?, Iowa City	New York 18
2:50:30	Lynn Ahlers, 39, Iowa City	Grandma's 24
2:50:53	Yarrow Pasche, 28, Decorah	Chicago 06
2:50:48	Angela Chaney, 36, Bloomfield	Boston 24
2:51:46	Casey Owens, 28, Des Moines	Chicago 11
2:53:11	Brooke Slayman, 35, Solon	Grandma's 25
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
All-Comers in Iowa		
2:30:29	Damaris Areba, ?/Kenya	QC Marathon 22
Note - training with Hanson-Brooks team		
2:32:19	Danna Herrick, 31, Michigan	Frankfurt 18

MASTER WOMEN (40 to 49)

2:45:17	Jenny Schulze, 43, Clive	Twin Cities 15
2:49:06	Jessica Hruska, 40, Asbury	Grandma's 22
2:59:46	Jenn Vande Vegte, 41, Sioux Center	DM Marathon 19
3:01:25	Christine Price, 40, Des Moines	DM Marathon 09
3:03:59	Andriette Wickstrom, 41, Storm Lake	Chicago 96
3:04:05	Jennifer VandeVegte, 41, Sioux Center	QC Marathon 19
3:06:37	Ellen Pollard, 40, Ames	DM Marathon 08
3:11:30	Dana Kramer, 44, Urbandale	DM Marathon 06
3:11:41	Tricia McClain, 46, Altoona	DM Marathon 03
3:12:45	Joanne Sackett, 48, Des Moines	DM Marathon 16

GRAND MASTER WOMEN (50 plus)

2:58:15	Connie Prince-Hollihan, 51, Sioux City	DM Marathon 08
3:18:51	Jan Daker, 50, Davenport	Columbus 97
3:20:09	Eloise Caldwell, 51, Davenport	Grandma's 84
3:22:43	Mary Toohill, 51, Davenport	Illinois 18
3:22:46	Andriette Wickstrom, 60, Storm Lake	Twin Cities 15
3:24:16	Beth Henricksen, 50, Ames	DM Marathon 06
3:25:29	Nancy Hoegh, 51, Clive	DM Marathon 04
3:26:50	Patty Croonquist, 57, Fort Dodge	DM Marathon 11
3:30:06	Tricia McClain, 57, Altoona	DM Marathon 13
3:31:25	Kathy Hale, 50, Bondurant	DM Marathon 16
3:31:30	Dana Kramer, 51, Urbandale	Sioux Falls 13

NOTE: Records set in ANYWHERE by Iowa residents, not just in Iowa.

Race Records - unique to Iowa

All-Time Iowa Records - 8 Kilometers

OPEN MEN

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
23:28	Austin O'Brien, 30, West Des Moines	QC Blazing 21
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
23:53	Brogan Austin, 24, West Des Moines	5th Season 19
24:02	Phil Coppess, 32, Clinton	5th Season 86
24:04	Brian Smith, 25, Bayard	5th Season 86
24:07	Devin Allbaugh, 30, Bettendorf	QC Blazing 21
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
24:22	Blake Whalen, 25, Des Moines	QC Blazing 21
24:25	Jack Moran, 23, Ames	5th Season 24
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
24:29	Steve Froeschle, 26, Dubuque	QC Blazing 21
24:29	Eric Steiger, 23, Sioux Center	Loop the Lake 24
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
24:31	Matt Lorenz, 24, Swisher	5th Season 23
24:31	Sam Pinkowski, 24, Des Moines	Loop the Lake 24
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
24:36	Tyson Wieland, 26, Des Moines	QC Blazing 21
24:37	Thomas Raunig, 35, Fayette	CR YWCA 95
24:38	Jon Betz, 29, Bettendorf	Camanche 89
24:39	Jason Fogel, 22, West Des Moines	5th Season 05
24:39	Luke Guttormson, 23, Iowa City	Loop the Lake 24
All-Comers		
22:38	Keith Brantly, Florida	5th Season 88

MASTER MEN (40 to 49)

25:20	Ean Caskey, 42, Lisbon	QC Pumpkin 22
25:36	Nate Hopp, 40, Cedar Rapids	QC Pumpkin 22
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
26:12	Artur Mueller, 40, Davenport	QC Pumpkin 22

GRAND MASTER MEN (50 plus)

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
28:52	Mike Mallon, 50, Davenport	Carl Run 16
28:53	Kevin Barnes, 50, Indianola	DM Marathon 5m 21
28:59	Paul Gryte, 50, Nevada	Drake 96
29:01	Al Siemering, 52, Cedar Rapids	CR YWCA 91

OPEN WOMEN

25:50	*Diane Nukuri-Johnson, 27, Coralville/Burindi	5th Season 12
25:57	Nan Davis, 27, Coralville	5th Season 89
26:18	Rachel Marchand, ??, Iowa City	5th Season 09
26:30	Kassie Parker, 24, Waverly	Loop the Lake 25
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
27:41	Emma Huston, 28, Des Moines	Loop the Lake 24
27:43	Angela Andersen, 25, Ames	5th Season 95
27:47	Brooke Gambrell (Slayman), 26, Iowa City	5th Season 15
27:53	Lindsay Crevoiserat, 26, Des Moines	5th Season 19
28:00	Samantha Bluske, 23, Ames	5th Season 14
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 14
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
28:54	Jessica McKee, 24, ?Johnston	Loop the Lake 25
28:55	Kay Pals, 25, Iowa City	5th Season 98
28:57	Kris Wallace, 31, Des Moines	5th Season 89
All-Comers		
25:48	Cynthia Limo, ?, Kenya	Fifth Season 14

MASTER WOMEN (40 to 49)

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
30:52	Mary Toohill, 42, Davenport	Pumpkin Dash 09
30:52	Jessica Smith, 43, Clive	Loop the Lake 25
31:53	Emily Burmeister, 41, Marion	5th Season 24
32:40	Sue Boley, 40, Maxwell	Drake 97
32:42	?Julie Fiepk, 42, West Des Moines	Drake 10

GRAND MASTER WOMEN (50 plus)

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
34:24	Aimee Jones, 50, Cedar Rapids	5th Season 24
35:08	Andriette Wickstrom, 54, Storm Lake	5th Season 09

All-Time Iowa Records - 7 Mile

OPEN MEN

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
34:39	Max Murphy, 22, Bettendorf	Bix 24
34:50	*Dimitry Drozdov, 24, Ames/Russia	Bix 96
34:53	Greg Newell, 27, Davenport	Bix 81
34:55	Devin Allbaugh, 33, Bettendorf	Bix 23
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)

37:05	Phil Coppess, 40, Clinton	Bix 95
38:12	Artur Mueller, 41, Davenport	Bix 24
37:52	Keith Fevold, 40, Des Moines	Bix 98
38:09	Ean Caskey, 43, Lisbon	Bix 25
38:26	Nate Hopp, 41, Cedar Rapids	Bix 24
38:35	Jerry Anders, 43, Waterloo	Bix 82
38:41	Michael Felts, 41, Cedar Falls	Bix 84
38:53	Ben Lloyd, 41, Davenport	Bix 24

GRAND MASTER MEN (50 plus)		
40:16	Jim Smedma, 53, Des Moines	Bix 85
40:54	Jerry Anders, 50, Waterloo	Bix 89
40:56	Micheal Mallon, 56, Davenport	Bix 22
41:35	Phil Pearson, 51, Ames	Bix 84
42:42	Phil Caldwell, 51, Davenport	Bix 82

OPEN MOMEN

37:52	Lisa Koll, 22, Des Moines	Bix 10
37:59	*Diane Nukuri-Johnson, 26, Iowa City/Burundi	Bix 11
38:04	Kassie Parker, 23, Guttenberg	Bix 23
38:34	Paityn Noe, 19, Huxley	Bix 24
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
39:23	Pasca Myers, Ft Dodge/Kenya	Bix 18
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 Grover	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
All-Comers		
35:18	Mary Keitany, Kenya	Bix 16

MASTER WOMEN (40 to 49)

42:59	Jessica Hruska, 43, Dubuque	Bix 23
43:14	Muriel Naumann, 40, Iowa City	Bix 96
44:41	Kathy Loper, 42, Davenport	Bix 84
44:18	Nancy Foxen, 47, Muscatine, IA	Bix 18
45:30	Andriette Wickstrom, 41, Storm Lake	Bix 96
45:36	Claudia Scott, 40, Marion	Bix 91

GRAND MASTER WOMEN (50 plus)

48:16	Mary Toohill, 50, Davenport	Bix 17
49:19	Kate Maurer, 51, Urbandale	Bix 23
50:49	Andriette Wickstrom, 58, Storm Lake	Bix 14
51:26	Cindy Sparks, 52, Muscatine	Bix 19
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

All-Time Iowa Records -10 Mile

OPEN MEN

48:00	Phil Coppess, 31, Clinton	CapPursuit 85
48:03	*Richard Kaitany, 28, Ames/Kenya	CapPursuit 84
49:40	Cody Baele, 29, Des Moines	CapPursuit 24
49:05	Austin O'Brien, 29, Waukee	CapPursuit 21
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
49:??	Frank Richardson, 24, Ames	Marshalltown 78?
50:07	Raul DeAnda, 33, Des Moines	CapPursuit 84
50:09	Blake Whaletn, 27, Des Moines	CapPursuit 22
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
50:41	Stan Linton, 25, Des Moines	CapPursuit 19
50:44	Jon Betz, 25, Clinton	CapPursuit 85

MASTER MEN (40 to 49) - top 3 US performers

52:46	Ean Caskey, 41, Lisaon	CapPursuit 22
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	CapPursit 01
58:22	Phil Pearson, 50, Ames	CapPursuit 83
1:00:24	Bill Koehn, 50, Des Moines	CapPursuit 86

OPEN WOMEN

57:19	Emma Huston, 28, Des Moines	CapPursuit 22
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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
59:23	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
60:10	Ashlyn Bagge, 23, Waverly	CapPursuit 18

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

67:36	Jenny Schulze, 50, Clive	CapPursuit 22
71:13	Beth Henriksen, 51, Ames	CapPursuit 07
71:51	Andriette Wickstron, 60, Storm Lake	CapPursuit 15
73:08	Eloise Caldwell, 51, Davenport	CapPursuit 84

All-Time Iowa Records - 20 Kilometers

OPEN MEN

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
1:03:07	Brogan Austin, 26, West Des Moines	Dam to Dam 18
1:03:13	*Roland Pauwels 28, Ames/Blegium	Dam to Dam 94
1:03:13	Dan Hostager, 29, Fayette	Dam to Dam 97
1:03:15	Jason Thomas, 24, Des Moines	DAM to DSM 19
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 Jams, 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
1:03:35	Adam Bohach, 34, Cresco	DAM to DSM 19
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
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MASTER MEN (40 to 49)

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)

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

1:07:52	*Diane Nukuri, 27, Iowa City/BUR	Dam to Dam 12
1:10:33	*Pasca Cheruivot, 26, Ft Dodge/KEN	Dam to Dam 14
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
 1:13:02 Nan Doak, 22, Iowa City
 1:13:09 Karen Clark, 29, Rockwell City
 1:13:46 Michelle Ihmels, 30, Ames
 1:13:52 Connie Prince, 28, Sioux City
 1:14:14 Tina Gandy, 28, Des Moines
 1:14:25 Lindsay Crevoiserat, 26, Des Moines
 1:14:27 Angela Anderson, 25, Ames
 1:14:31 Lisa Whitman, 24, Dubuque
 1:14:43 Kris Wallace, 32, Des Moines
 1:15:06 Casey Owens, 23, Mt Pleasant
 1:15:10 Sharon Greenwood, 31, Cedar Rapids
 1:15:22 Traci Kresser, 26, Clive
 1:15:29 Tami Colby, 18, Boone
 1:15:29 Anne Flynn, 36, Coralville
 1:15:30 Danna Kelly, 23, Des Moines
 1:15:34 Bethany Lewis, 29, Iowa City
 1:15:43 Sandy DeNoon, 27, Des Moines
 1:15:45 Bev Boddicker, 25, Coralville
 1:15:49 Olivia Johnson, 24, Iowa City
 All-Comers
 1:08:48 Priscilla Welch, 39, England

Dam to Dam 88
 Madness 83
 Dam to Dam 85
 Dam to Dam 03
 Dam to Dam 86
 Dam to Dam 81
 DAM to DSM 19
 Dam to Dam 95
 Dam to Dam 85
 Dam to Dam 90
 Dam to Dam 06
 Madness 84
 Dam to Dam 12
 Dam to Dam 85
 Dam to Dam 10
 Dam to Dam 10
 Dam to Dam 07
 Dam to Dam 82
 Madness 83
 Dam to Dam 13
 Madness 84

5:03 Susie Duke, 34, Grinnell
 5:03 Kassie Parker, 25, Waverly
 5:04 Kristy Harken, 35, West Liberty
 5:05 Sarah Bakula, 37, Ft Atkinson
 5:06 Rebekah Topham, 13, Griswold
 5:06 Nikki Borner, 39, Indianola
 5:06 Jessica McKee, 25, Johnston
 5:08 Danna Kelly, 23, Des Moines
 5:09 Casey Owens, 27, Des Moines
 5:09 Tricia Serres, 24, Dubuque
 5:09 Andrea Ertz, 23, Davenport
 5:10 * Yelena Nanaziashvili, 33, Clive/Kazakhstan
 5:11 Casey McDermott, 35, Malcom
 5:14 Alyx Woodley, 13, Johnston
 5:15 Ashley Tollakson, 27, Des Moines
 5:15 Krista Maguire, 22, Des Moines
 5:16 Flannery Cerbin-Bohach, 38, Cresco
 5:17 Maeghan Easler, 21, Saydel
 5:24 Celie Kohls, 14, Des Moines
 5:24 Claire Helmers, 18, Ames
 5:25 Julia Webb, 28, Des Moines
 5:25 Jenny Schulze, 42, Clive

Grand Blue 14
 Blue Mile 25
 Grand Blue 14
 Grand Blue 25
 Grand Blue 10
 Grand Blue 25
 Grand Blue 25
 Grand Blue 10
 Grand Blue 10
 Grand Blue 18
 Grand Blue 22
 Grand Blue 14
 Grand Blue 25
 Grand Blue 22
 Grand Blue 11
 Grand Blue 16
 Blazing Mile 23
 Grand Blue 19
 Grand Blue 10
 Grand Blue 25
 Grand Blue 11
 Grand Blue 16

MASTER/GRAND MASTER MEN - - TBA/TBD - ?

MASTER WOMEN (40 to 49)

1:16:58 Lisa Marshall, 43, Granger
 1:20:16 Jenny Schulze, 40, Clive
 1:22:40 Andriette Wickstrom, 41, Storm Lake
 1:22:42 Carol Baker, 48, Waterloo
 1:23:20 Jenn Vande Vegte, 40, Sioux Center

Dam to Dam 11
 Dam to Dam 13
 Dam to Dam 97
 Dam to Dam 07
 Dam to Dam 18

GRAND MASTER WOMEN (50 plus)

1:25:08 Joanne Sackett, 50, Des Moines
 1:26:53 Tricia McClain, 50, Altoona
 1:27:11 Nancy Hoegh, 50, Clive
 1:27:40 Janelle Swanberg, 52, Davenport
 1:29:31 Jan Daker, 50, Davenport

DamtoDam 18
 Dam to Dam 07
 Dam to Dam 03
 Dam to Dam 03
 Dam to Dam 98

All-Time Iowa Records - 1 Mile

OPEN MEN

4:00 Gable Sieperda, 25, Rock Rapids
 4:02 Silas Winders, 23, Ames
 4:06 * Patrick Sang, 25, Ames/Kenya
 4:08 Alec Baldwin, 27, Waukee
 4:13 Jay Welp, 26, Iowa City
 4:14 Matthew Jurysta, 24, Des Moines
 4:14 * David Too, 26, Ames/Kenya
 4:14 * Elisha Kipruto, 24, Fort Dodge/Kenya
 4:17 Drew Burmahl, 25, Maquoketa
 4:17 Robert Scanlon, 24, Ames
 4:18 Eli Horton, 23, Pella
 4:18 Ben Jaskowiak, 26, Des Moines
 4:18 Tyson Wieland, 26, Des Moines
 4:18 Jake Berns, 25, Iowa City
 4:18 Josh Evans, 26, Ankeny
 4:18 Tanner Osing, 32, Davenport
 4:20 Jeff Weber, 26, Des Moines
 4:20 Kyle Anderson, 25, Des Moines
 4:20 Kyle Pape, 25, Ankeny
 4:22 Danny Ducharme, 23, Ames
 4:22 Jeff Mettler, 25, Ames
 4:22 Eli Miller, 24, Davenport
 4:23 Luke Demmel, 20, Ames
 4:23 Mason Frank, 22, Ames
 4:23 John Donovan, 24, Dubuque
 4:23 Austin O'Brien, 32, Waukee
 4:23 Josh Evans, 28, Ankeny
 4:24 Chris Robertson, 19, Ames
 4:24 Sam Pinkowski, 25, Des Moines
 4:24 Carson Lane, 20, Ankeny

Grand Blue 25
 Grand Blue 25
 Court Ave 89
 Grand Blue 22
 Grand Blue 19
 Grand Blue 15
 Motown Mile 21
 Grand Blue 17
 Grand Blue 15
 Grand Blue 16
 Grand Blue 16
 Grand Blue 16
 Motown Mile 21
 Grand Blue 12
 Grand Blue 22
 Motown Mile 21
 Grand Blue 10
 Grand Blue 19
 Grand Blue 25
 Grand Blue 12
 Grand Blue 18
 Motown Mile 21
 Grand Blue 10
 Grand Blue 12
 Grand Blue 18
 Espresso 25
 Grand Blue 24
 Grand Blue 12
 Grand Blue 24
 Espresso 25

MASTER/GRAND MASTER MEN - - TBA/TBD - ?

OPEN WOMEN

4:26 Shelby Houlihan, 32, ? Sioux City
 4:31 Alexina Teubel, 29, Cedar Rapids
 4:45 Stephanie Jenks, 17, Marion
 4:51 Emma Huston, 29, Des Moines
 4:50 Katy Moen, 24, Ames
 4:57 Marie Schofer, 29, Mount Vernon
 4:57 Traci Kresser, 28, Clive
 4:58 Ellen Ries, 24, Des Moines

Grand Blu 25
 Grand Blue 23
 Grand Blue 15
 Grand Blue 24
 Grand Blue 16
 Grand Blue 10
 Grand Blue 14
 Grand Blue 12