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
14:12	Gable Sieperda, 25, Ames	Blazing 25
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/Enlgand	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

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	Libson 16
17:15	Rob Semelroth, 51, Des Moines	Blazing 25
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	MartionArts 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
17:27	Casey McDermott, 36, Malcolm	Klompen 26
17:28	Ellen Ries, 24, Urbandale	EpeciallyforYou 11
17:29	Sarah Bakula, 37, Ft Atkinson	Blazing 25
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
17:33	Ashley Tousley, 29, Des Moines	Beaverdale 08
17:33	Melinda Courage, 33, Urbandale	Dam to Dam 07

All-Comers

15:30	Shelly Steely, 29, Albuqueruqe, NM	CR YWCA 92

MASTER WOMEN (40 to 49)

17:40	Susie Duke, 45, Searsboro	Klompen 26
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
18:51	Robyn Friedman, 41, Newton	Klompen 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
19:31	Kristy Harken, 46. Ankeny	Drake 26
19:43	Joanne Sackett, 48, Des Moines	Fairgrounds 16

GRAND MASTER WOMEN (50 plus)

19:39	Carrie Van Quathem54, Urbandale	DM Women's 26
19:43	Jenny Schulze, 50, Clive	Blazing 22
20:20	Mary Toohill, 51, Davenport	Libson 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 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	IowaCity 95
29:16	*Richard Kaitany, 31, Ames/Kenya	Madness 88
29:19	Austin O'Brien, 28, Waukee	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
32:56	Adam Bohach, Cresco	Drake 26
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
35:59	Rob Semelroth, Des Moines	Drake 26
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

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-rrry 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
37:23	Susie Duke, 44, Searsboro	Hillbilly 25
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
39:20	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-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

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 Flogel, 23, W Des Moines	ParktoPark 06
1:08:26	Jacob Vander Plaats, 26, Sioux Center	DM Marathon 25
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
1:12:34	Adam Bohach, 41, Cresco	Dam to DSM 26
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
1:15:43	Peter Kosgei, 40, Ames/Kenya	Dam to DSM 26
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
1:18:28	Rob Semelroth, 50, Des Moines	Hillbilly 25
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
1:22:39	Stacy Garrels, 50, Indianola	Dam to DSM 26
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
1:17:53	Madeline Block, 26, Marion	DM Marathon 25
1:18:12	Christy Nielson, 22, Council Bluffs	IowaCity 97
1:18:13	Alexina Teubel, 32, Marion	DM Marathon 25
1:18:20	Susie Duke, 34, Marshalltown	DM Marathon 14
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 11
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
1:19:02	Jordan Winke, 27, West Des Moines	DM Marathon 25
1:19:04	Casey Owens, 28, Des Moines	DM Marathon 10
1:19:33	Anne Flynn, 34, Coralville	Dubuque 98
1:19:39	Lexi Brown, 24, Waverly	DM Marathon 25
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
1:20:36	Melanie Hamilt 30, Iowa City	Drake 26
1:20:50	Hannah Weiss, 37, Dallas Center	DM St Paddy
1:20:54	Sarah Bakula, 34, Fort Akinson	DM Marathon 22
1:20:58	Margaret Connelly, 24, Ames	Dam to Dam 16

All-Comers

1:11:18	Rkia El Moukin, Moroco	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
1:23:51	Jessica Smith, 44, Clive	DM Marathon 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
1:31:19	Carrie Van Quathem, 53, Urbandale	Hillbilly 25
1:33:29	Tricia McClain, 50, Altoona	Drake 07
1:33:52	Beth Henricksen, 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
2:12:53	Coly Baele, 30,Des Moines	AZ Marathon Project 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
2:17:00	Ryan Root, 29, Iowa City	Chicago 19
2:18:21	Jason Flogel, 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
2:21:13	Jacob Vander Plaats, 26, Sioux Center	Lincoln 26
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
2:21:31	Michael Goodenbour, 22, Waverly	DM Marathon 25
2:21:35	Bob Simmons, 28, Iowa City	Chicago 99
2:21:46	John Samore, 27, Sioux City	SiouxCity 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
2:23:45	Devin Allbaugh, 34, Bettendorf	Indianapolis 25
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
2:23:53	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	IowaCity 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

Note - training with Minnesota Distance Elite team

2:12:02	Kevin Lewis, 26, Minnesota	Chandler, AZ 2020

MASTER MEN (40 to 49)

2:28:01	Adam Bohach, 41, Cresco	Grandma's 26
2:31:09	Jim Streeby, 41, Ottumwa	Grandma's 81
2:32:04	Eric Hollander, 43, Urbandale	California 19
2:33:48	Artur Mueller, 42, Davenport	QC Marathon 25
2:34:27	Ean Caskey, 41, Lisbon	Grandma's 23
2:34:39	Phil Kauder, 40, Cascade	QC Marathon 01
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

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 Cheruvoit, 28, Ft Dodge/Kenya	Grandma's 14
2:33:51	ny 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
2:36:27	Madeline Block, 26, Marion	California 25
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
2:40:56	Brooke Slayman, 34, Solon	Micro/NY 23
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
2:42:06	Jen Van Otterloo, 39, Sioux Center	California 25
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
2:43:52	Angela Chaney, 37, Bloomfield	Indianapolis 25
2:43:54	Katie Long, 28, Ankeny	DM Marathon 25
2:44:09	Ashley Tollakson, 26, Des Moines	Twin Cities 10
2:45:08	Caroline McMartin, 24, Iowa City	Grandma's 26
2:45:17	Jenny Schulze, 43, Clive	Twin Cities 15
2:45:34	Casey McDermott, 36, Malcom	DM Marathon 25
2:46:09	Mary Kerper, 27, ?	Chicago 99
2:46:52	Sami Corman, 25, Iowa City	Grandma's 26
2:47:11	Melanie Hamilt, 31, Iowa City	Grandma's 26
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	IowaCity 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
2:51:46	Casey Owens, 28, Des Moines	Chicago 11
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
2:47:37	Jen Van Otterloo, 40, Sioux Center	Grandma's 26
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

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, 5?, Fort Dodge	DM Marathon 11
3:28:31	Paula Molstead, 62, Charles City	DM Marathon 25
3:30:06	Tricia McClain, 57, Altoona	DM Marathon 13

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

Race Records - distances somewhat unique to Iowa

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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	*Dmitiri Drozdov, 25, Ames/Russia	5th Season 97
24:26	Dan Hostager, 29, Fayette	Drake 97
24:26	Matt Lorenz, 27, Swisher	5th Season 26
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	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 Flogel, 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
28:11	Rob Semelroth, 51, Des Moines	Loop the Lake 26
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 Citry	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
28:25	Jessica McKee, 26, Ankeny	Loop the Lake 26
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
28:55	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
30:59	Jess Smith, 44, Clive	Loop the Lake 26
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
31:28	Elaina Blechler, 40, Dubuque	5th Season 26
31:53	Emily Burmeister, 41, Marion	5th Season 24
32:40	Sue Boley, 40, Maxwell	Drake 97
32:42	?Julie Fiepke, 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

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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
34:34	Cody Baele, 31, Des Moines	Bix 26
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

38:14	Mike Ferguson, 40, Davenport	Bix 26
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	Mike Mallon, 56, Davenport	Bix 22
41:35	Phil Pearson, 51, Ames	Bix 84
42:42	Phil Caldwell, 51, Davenport	Bix 82
OPEN MOMEN		
36:46	Kassie Parker, 26, Waverly	Bix 26
37:52	Lisa Koll, 22, Des Moines	Bix 10
37:59	*Diane Nukuri-Johnson, 26, Iowa City/Burundi	Bix 11
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
43:23	Pasca Cheruiyot, 40, Ankeny	Bix 26
44:07	Jess Lundell, 46, Dubuque	Bix 26
44:41	Kathy Loper, 42, Davenport	Bix 84
44:18	Nancy Foxen, 4?, Muscatine, IA	Bix 18
45:15	Elaina Biechler, 40, Dubuque	Bix 26
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

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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
50:25	Gable Sieperda, 26, Ames	CapPursuit 25
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
53:15	Adam Bohach, 41, Cresco	CapPursuit 25
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
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
59:01	Kassie Parker, 26, Waverly	CapPursuit 25
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

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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 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
1:03:35	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
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	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
1:14:25	Lindsay Crevoiserat, 26, Des Moines	DAM to DSM 19
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
1:15:49	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)

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
1:23:20	Jenn Vande Vegte, 40, Sioux Center	Dam to Dam 18

GRAND MASTER WOMEN (50 plus)

1:25:08	Joanne Sackett, 50, Des Moines	DamtoDam 18
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

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All-Time Iowa Records - 1 Mile

OPEN MEN

4:00	Gable Sieperda, 25, Ames	Grand Blue 25
4:02	Silas Winders, 23, Ames	Grand Blue 25
4:06	* Patrick Sang, 25, Ames/Kenya	Court Ave 89
4:08	Alec Baldwin, 27, Waukee	Grand Blue 22
4:13	Jay Welp, 26, Iowa City	Grand Blue 19
4:14	Matthew Jurysta, 24, Des Moines	Grand Blue 15
4:14	* David Too, 26, Ames/Kenya	Motown Mile 21
4:14	* Elisha Kipruto, 24, Fort Dodge/Kenya	Grand Blue 17
4:17	Drew Burmahl, 25, Maquoketa	Grand Blue 15
4:17	Robert Scanlon, 24, Ames	Grand Blue 16
4:18	Eli Horton, 23, Pella	Grand Blue 16
4:18	Ben Jaskowiak, 26, Des Moines	Grand Blue 16
4:18	Tyson Wieland, 26, Des Moines	Motown Mile 21
4:18	Jake Berns, 25, Iowa City	Grand Blue 12
4:18	Josh Evans, 26, Ankeny	Grand Blue 22
4:18	Tanner Osing, 32, Davenport	Motown Mile 21
4:18	Quinton Orr, 23, Humboldt	Expresso 26
4:20	Jeff Weber, 26, Des Moines	Grand Blue 10
4:20	Kyle Anderson, 25, Des Moines	Grand Blue 19
4:20	Kyle Pape, 25, Ankeny	Grand Blue 25
4:20	Jaden Merrick, 18, Cedar Falls	Grand Blue 26
4:22	Danny Ducharme, 23, Ames	Grand Blue 12
4:22	Jeff Mettler, 25, Ames	Grand Blue 18
4:22	Eli Miller, 24, Davenport	Motown Mile 21
4:22	Carson Lane, 21, Ankeny	Expresso 26
4:23	Luke Demmel, 20, Ames	Grand Blue 10
4:23	Mason Frank, 22, Ames	Grand Blue 12
4:23	John Donovan, 24, Dubuque	Grand Blue 18
4:23	Austin O'Brien, 32, Waukee	Expresso 25
4:23	Josh Evans, 28, Ankeny	Grand Blue 24
4:23	Jack Kinzer, 23, North Liberty	Expresso 26
4:24	Chris Robertson, 19, Ames	Grand Blue 12
4:24	Sam Pinkowski, 25, Des Moines	Grand Blue 24
4:24	Carson Lane, 20, Ankeny	Expresso 25

MASTER/GRAND MASTER MEN - - no records compiled

OPEN WOMEN

4:26	Shelby Houlihan, 32, ? Sioux City	Grand Blue 25
4:31	Alexina Teubel, 29, Cedar Rapids	Grand Blue 23
4:36	Kassie Parker, 25, Waverly	Grand Blue 26
4:45	Stephanie Jenks, 17, Marion	Grand Blue 15
4:51	Emma Huston, 29, Des Moines	Grand Blue 24
4:50	Katy Moen, 24, Ames	Grand Blue 16
4:57	Marie Schofer, 29, Mount Vernon	Grand Blue 10
4:57	Traci Kresser, 28, Clive	Grand Blue 14
4:58	Ellen Ries, 24, Des Moines	Grand Blue 12
4:58	Bella Heikes, 23, Johnston	Expresso 26
5:03	Susie Duke, 34, Grinnell	Grand Blue 14
5:04	Kristy Harken, 35, West Liberty	Grand Blue 14
5:05	Sarah Bakula, 37, Ft Atkinson	Grand Blue 25
5:06	Rebekah Topham, 13, Griswold	Grand Blue 10
5:06	Nikki Borner, 39, Indianola	Grand Blue 25
5:06	Jessica McKee, 25, Johnston	Grand Blue 25
5:08	Danna Kelly, 23, Des Moines	Grand Blue 10
5:09	Casey Owens, 27, Des Moines	Grand Blue 10
5:09	Tricia Serres, 24, Dubuque	Grand Blue 18
5:09	Andrea Ertz, 23, Davenport	Grand Blue 22
5:10	* Yelena Nanaziashvili, 33, Clive/Kazakhstan	Grand Blue 14
5:11	Casey McDermott, 35, Malcom	Grand Blue 25
5:12	Nikki Borner, 40, Indianola	Grand Blue 26
5:14	Alyx Woodley, 13, Johnston	Grand Blue 22
5:15	Ashley Tollakson, 27, Des Moines	Grand Blue 11
5:15	Krista Maguire, 22, Des Moines	Grand Blue 16
5:15	Lauren Wood, 23, West Des Moines	Grand Blue 26
5:16	Flannery Cerbin-Bohach, 38, Cresco	Blazing Mile 23
5:17	Maeghan Easler, 21, Saydel	Grand Blue 19
5:21	Audrey Dommermuth, 18, Johnston	Grand Blue 26
5:21	Hannah Weiss, 37, Dallas Center	Expresso 26
5:24	Celie Kohls, 14, Des Moines	Grand Blue 10
5:24	Claire Helmers, 18, Ames	Grand Blue 25
5:25	Julia Webb, 28, Des Moines	Grand Blue 11
5:25	Jenny Schulze, 42, Clive	Grand Blue 16
5:25	Jessica McKee, 26, Ankeny	Grand Blue 26
5:25	Lexi Brown, 23, Waverly	DM Night Run 26
5:26	Elise Wieland, 25, Des Moines	DM Night Run 26

MASTER/GRAND MASTER MEN - - no records compiled