

# Iowa's Distance Classic - MEN Records

## Open Men - sub 1:05:00

Phil Coppess, 30, Clinton	59:23	1985	Julius Rotich, 27, W.D.M. (KEN)	1:03:34	2003	Chris Lundstrom, 33, Minneapolis, MN	1:04:50	2009
Richard Kaitany, 31, Ames (KEN)	1:00:21	1988	Phil Kauder, 28, Cascade	1:03:35	1989	Mike Carney, 28, Ames	1:04:53	1991
Geofry Tere, 34 (KEN)	1:00:45	2012	Vincent Topiwo, 23 (KEN)	1:03:35	2006	Dave Halferty, 28, Topeka, KS	1:04:53	1997
Daniel Kipkoeh, 26 (KEN)	1:00:56	2013	Gregg Newell, 29, Davenport	1:03:36	1983	Tom Fisher, 24, Cedar Rapids	1:04:54	1983
Ezkyas Sisay, 21 (ETH)	1:01:16	2010	Kyle Kepler, 22, Webster City	1:03:37	1998	David Heppner, 23, Des Moines	1:04:54	1993
Mike Morgan, 26, River Hills, MI	1:01:24	2006	Festus Kigen, 26 (KEN)	1:03:37	2012	Carl Nuccio, 28, Rockford, IL (140)	1:04:55	1996
Shadrack Kiyai, 30 (KEN)	1:01:32	2013	Phil Kauder, 24, Cascade	1:03:39	1985	Mark Skahill, 28, Ames	1:04:56	1983
Samuel Kosgei, 26 (UGA)	1:01:35	2011	Marty Dalton, 27, Earlham	1:03:42	2003	Dave Brobst, 22, Freeport, IL	1:04:56	1991
Alene Reta, 28 (ETH)	1:01:39	2010	Karl Junginger, 28, Clinton (70)	1:03:43	1984	Glenn Magrum, 27, Mamaroneck, NY	1:04:57	1990
Vern Iwansin, 24, Des Moines (CAN) (10)	1:01:40	1985	Jon Betz, 29, Bettendorf	1:03:46	1989	Dave Halferty, 32, Topeka, KS	1:04:57	2001
David Kogo, 29, Ames (KEN)	1:01:40	1995	Phil Coppess, 31, Clinton	1:03:47	1986	Benson Chesang, 25 (KEN)	1:04:58	2008
Yonas Mebrahtu, 25 (ERI)	1:01:41	2013	Moses Waweru, 27 (KEN)	1:03:47	2005			
Edward Tabut, 29 (KEN)	1:01:17	2012	Dave Halferty, 34, Topeka, KS	1:03:49	2003	**Below yearly winners not making time standards		
Sam Kosgei, 27 (UGA)	1:01:36	2012	Carl Fritz, 26, Sioux Falls, SD	1:03:50	1995	Shadack Kimeli, 27 (KEN)	1:05:14	2004
George Towett, 27 (KEN)	1:01:40	2012	Brian Smith, 24, Bayard	1:03:51	1985	Kim Sprain, 24, Waverly	1:05:44	1981
Matt Gabrielson, 33, St Louis Park, MN	1:01:46	2012	Sammy Rotich, 25, W.D.M. (KEN)	1:03:51	2012	Bob Becker, 28, Des Moines	1:05:50	1980
Sammy Malakwen, 31 (KEN)	1:01:52	2009	Malcolm Campbell, 35, Marietta, GA	1:03:52	2006	Daniel Kinyua, 27, Ames (KEN)	1:06:04	2002
Matthew Chesnag, 26 (KEN)	1:01:53	2008	Mike Morgan, 25, Lincoln, NE	1:03:55	2005			
Ezkyas Sisay, 22 (ETH)	1:01:55	2011	Bruce Kilulai, 37 (KEN) (80)	1:03:55	2009			
Ezkyas Sisay, 19 (ETH) (20)	1:02:02	2008	Jeff Wubbena, 28, Ft Dodge	1:03:56	1989			
Elisja Tanui, 24, (KEN)	1:02:03	1998	Dave Halferty, 25, Topeka, KS	1:03:56	1994	Richard Kessio, 38 (KEN)	1:02:38	2012
Richard Kaitany, 30, Ames (KEN)	1:02:04	1987	Matt Gabrielson, 32, St Louis Park, MN	1:03:56	2011	Joseph Mutinda, 35 (KEN)	1:02:41	2010
Ian Robinson, 25, Urbandale (ENG)	1:02:08	1994	Richard Kandie, 23 (KEN)	1:03:57	2008	Matt Wenenka, 36, Springfield, MO	1:02:48	2001
Tim Dooling, 28, Omaha, NE	1:02:10	1987	Shadrack Kimeli, 26 (KEN)	1:03:59	2003	Matt Wegenka, 35, Springfield, MO	1:02:58	2000
John Njoroge, 24 (KEN)	1:02:10	2009	Dave Halferty, 23, Topeka, KS	1:04:00	1992	Malcolm Campbell, 35, Marietta, GA	1:03:52	2006
James Kirwa, 28 (KEN)	1:02:14	2012	Roland Pauwels, 25, Ames (ENG)	1:04:00	1991	Bruce Kilulai, 37 (KEN)	1:03:55	2009
Bernard Langat, 28 (KEN)	1:02:20	2011	Jeff Joiner, 24, Iowa City	1:04:02	1997	Thomas Raunig, 36, Fayette	1:04:35	1996
Steve Brooks, 25, Ames (ENG)	1:02:25	1995	Ben Sathre, 23, Chaska, MN	1:04:02	2013	John Mirth, 37, Plattville, WI	1:05:08	1999
Kipruto Rotich, 28 (KEN)	1:02:25	2009	Sean Mulheron, 25, Baldwin, TX (90)	1:04:04	1994	Silah Miso, 35 (KEN)	1:05:11	2009
George Towett, 26, W.D.M. (KEN) (30)	1:02:28	2011	Guor Marial, 25, Ames (SUD)	1:04:04	2010	Keith Fevold, 35, Des Moines (10)	1:05:20	1993
Moses Waweru, 31 (KEN)	1:02:29	2009	John Mirth, 41, Platteville, WI	1:04:06	2003	Julius Rotich, 36, W.D.M. (KEN)	1:05:51	2011
Sammy Malakwen, 32 (KEN)	1:02:30	2010	Terry Ramlo, 28, Decorah	1:04:07	1992	Raul DeAnda, 37, Des Moines	1:06:01	1989
Brent Friesth, 30, Boulder, CO	1:02:31	1991	Matthew Waight, 26, Cedar Rapids	1:04:10	1989	Jared Abuja, 36 (KEN)	1:06:05	2013
Matthew Waight, 27, New Britain, PA	1:02:33	1990	Mike Carney, 27, Des Moines	1:04:13	1990	Keith Fevold, 37, Des Moines	1:06:51	1995
Sean Mulheron, 28, Minneapolis, MN	1:02:34	1997	Dave Halferty, 22, Topeka, KS	1:04:13	1991	Raul DeAnda, 36, Des Moines	1:07:10	1988
Fasil Bizuneh, 30, Flagstaff, AZ	1:02:34	2010	Jason Fogel, 23, West Des Moines	1:04:14	2006	Keith Fevold, 36, Des Moines	1:07:21	1994
Richard Kessio, 38 (KEN)	1:02:38	2012	Brian Smith, 26, Bayard	1:04:15	1986	Raul DeAnda, 35, Des Moines	1:07:44	1987
Robb Finegan, 30, Lincoln, NE	1:02:36	1998	Matthew Chesang, 25 (KEN)	1:04:15	2007	Phil Kauder, 39, Cascade	1:08:20	2001
Fernando Cabada, 28, Boulder, CO	1:02:36	2010	Tim Skopec, 22, Iowa City (100)	1:04:16	1982	Keith Fevold, 38, Des Moines	1:08:30	1996
Carl Fritz, 24, Tea, SD (40)	1:02:38	1993	Kim Sprain, 28, Waverly	1:04:18	1985	Jeff Wubbena, 36, Ft Dodge (20)	1:09:02	1997
Dennis Karamitros, 26, Mason City	1:02:40	1985	Dan Carlson, 31, White Bear Lake, MN	1:04:18	1993	Jerry Zumbunnen, 37, Cedar Rapids	1:09:08	1990
Joseph Mutinda, 35 (KEN)	1:02:41	2010	Tom Hanlon, 26, Marshalltown	1:04:19	1983	Kevin Mullenburg, 37, Sioux Center	1:09:09	1998
Robb Finegan, 28, Lincoln, NE	1:02:42	1996	David Halferty, 31, Topeka, KS	1:04:19	2000	Andrew Rinn, 38, West Des Moines	1:09:18	2006
Orlando Velasquez, 24, Olathe, KS	1:02:43	1994	Levi Ashley, 23, Lincoln, NE	1:04:19	2006	Dallas Robertson, 35, Iowa City	1:09:22	1992
Kim Sprain, 25, Waverly	1:02:43	1982	Abraham Kogo, 31, W.D.M. (KEN)	1:04:20	2012	Steve Minard, 35, Des Moines	1:09:29	1988
Jacob Kirwa, 25 (KEN)	1:02:44	2001	Sisay Ezkyas, 20 (ETH)	1:04:21	2009	Dave Morris, 35, Cedar Falls	1:09:36	1983
Dave Halferty, 24, Topeka, KS	1:02:46	1993	Sammy Malakwen, 30 (KEN)	1:04:58	2008	Rick Ironside, 36, Belle Plaine	1:09:36	1990
Matt Wegenka, 36, Springfield, MO	1:02:48	2001	Gene McGivern, 25, Ames	1:04:24	1983	David Kannerwuf, 37, West Des Moines	1:09:38	1993
Jeff Powers, 25, Bloomington, IN	1:02:47	2009	Carl Fritz, 27, Sioux Falls, SD (110)	1:04:24	1996	David Sutej, 31, Omaha, NE	1:09:38	2000
Robert Wambua, 23 (KEN) (50)	1:02:55	2013	Jan Cain, 23, Sioux Falls, SD	1:04:25	1984	Raul DeAnda, 38, Urbandale (30)	1:09:54	1990
Kurt Keiser, 26, Omaha, NE	1:02:56	2000	Raul DeAnda, 32, Des Moines	1:04:26	1984	Rick Ironside, 39, Belle Plaine	1:10:00	1993
Matt Wegenka, 35, Springfield, MO	1:02:58	2000	Paul Sparks, 23, Des Moines	1:04:28	1982	Dan Mostrom, 39, Springfield, MO	1:10:10	2001
Richard Kaitany, 27, Ames (KEN)	1:03:02	1984	Mathew Chesang, 28 (KEN)	1:04:28	2010	Raul DeAnda, 39, Urbandale	1:10:12	1991
Sean Mulheron, 26, St Paul, MN	1:03:02	1995	Jason Fogel, 29, West Des Moines	1:04:28	2012	Jeff Wubbena, 37, Ft Dodge	1:10:13	1998
Doug Nelson, 26, Fairfield	1:03:05	1985	Raul DeAnda, 31, Des Moines	1:04:31	1983	Chris Ronan, 35, Lenexa, KS	1:10:15	2009
Jeffrey Eggleston, 25, Flagstaff, AZ	1:03:06	2010	Raul DeAnda, 30, Des Moines	1:04:32	1982	Dmity Voldman, 39, Lenexa, KS	1:10:20	1992
Doug Nelson, 23, Fairfield	1:03:07	1982	Tim Blackstone, 28, Sioux Falls, SD	1:04:32	1990	Andrew Rinn, 39, West Des Moines	1:10:22	2007
Kim Sprain, 26, Waverly	1:03:09	1983	David Heppner, 24, Des Moines	1:04:33	1994	Steve Minard, 38, Des Moines	1:10:24	1990
Geoffrey Kiprotich, 30 (KEN)	1:03:12	2009	Thomas Raunig, 36, Fayette (120)	1:04:35	1996	Mike Skopec, 35, Traer	1:10:24	1991
Roland Pauwels, 28, Urbandale (ENG) (60)	1:03:13	1994	Cleophas Boor, 24 (KEN)	1:04:35	1999	Don Zile, 38, Des Moines (40)	1:10:27	1985
Dan Hostager, 29, Fayette	1:03:13	1997	Rob Semelroth, 23, Cedar Falls	1:04:39	1998	Dan Mostrom, 38, Springfield, MO	1:10:28	2000
Sean Mulheron, 29, St Paul, MN	1:03:16	1998	Chris Leonard, 23, Ankeny	1:04:38	1985	Dave Lemon, 36, Des Moines	1:10:33	1983
Richard Kandie, 27 (KEN)	1:03:19	2011	Malcolm Campbell, 34, Marietta, GA	1:04:38	2005	Steve Minard, 35, Des Moines	1:10:33	1987
Shane Dooley, 26, Des Moines	1:03:21	1982	Guor Marial, 26, Ames (SUD)	1:04:39	2011	Michael Buley, 39, Johnston	1:10:37	2000
Raul DeAnda, 33, Des Moines	1:03:22	1985	Daniel Mugo, 26, Ames (KEN)	1:04:40	2001	Dennis Donahue, 35, Omaha, NE	1:10:47	1990
Mike Carney, 26, Des Moines	1:03:25	1989	Tim Skopec, 24, Iowa City	1:04:42	1984	David Rothlauf, 35, West Burlington	1:11:02	1988
Carl Fritz, 25, Tea, SD	1:03:28	1994	Vern Iwansin, 26, Des Moines (CAN)	1:04:43	1987	Kevin Mullenburg, 36, Sioux Center	1:11:02	1997
Robb Finegan, 32, Lincoln, NE	1:03:32	2000	Brian Smith, 27, Des Moines	1:04:45	1988	Roger Scott, 35, Urbandale	1:11:06	2000
Mario Macias, 28 (MEX)	1:03:32	2009	Rich Fuller, 27, Davenport (130)	1:04:46	1984	Dave Lemon, 35, Des Moines	1:11:09	1982
Sammy Rotich, 23, W.D.M. (KEN) (70)	1:03:32	2010	David Kogo, 26, Des Moines (KEN)	1:04:46	1994	Steve Minard, 37, Des Moines (50)	1:11:10	1989
Jeff Wubbena, 21, Oselcoia	1:03:34	1982	Dan Greeno, 25, Minneapolis, MN	1:04:47	2013	Dave Halferty, 37, Topeka, KS	1:11:12	2006
			Phil Hudnall, 26, Maryville, MO	1:04:48	1997	Jerry Zumbunnen, 35, Cedar Rapids	1:11:15	1988
			Gregg Newell, 31, Davenport	1:04:50	1985	Mark Mueller, 35, Cedar Rapids	1:11:18	1991

## 35 to 39 Men – sub 1:12:00

Pat Lackey, 38, Iowa City	1:11:24	1982
Darrell Jensen, 35, Menlo	1:11:25	1989
John Leonhart, 38, Des Moines	1:11:26	1989
Terry Gendron, 35, Davenport	1:11:27	2001
Mark Movic, 35, Des Moines	1:11:34	1992
Dave Morris, 37, Cedar Falls	1:11:35	1985
Bob Overstreet, 38, Des Moines (60)	1:11:44	1989
Dave Harris, 35, Gladstone, MO	1:11:50	1996
Don Zile, 35, Des Moines	1:11:57	1982
Skip Smith, 35, Waterloo	1:11:57	1985
Chuck Jipp, 38, West Des Moines	1:11:59	1989

\*\*Below yearly winners not making time standards

Don Zile, 39, Des Moines	1:12:03	1986
Pat Lackey, 35, Iowa City	1:12:16	1981
Todd Christensen, 35, Altoona	1:12:19	2004
Dave Morris, 36, Cedar Falls	1:13:13	1984
Jerry Lack, 39, East Moline, IL	1:14:14	2002
Joe Marshall, 35, Granger	1:14:15	2003
Pat Lackey, 36, Iowa City	1:14:19	1980
Todd Christensen, 36, Altoona	1:14:53	2005
Todd Christensen, 39, Altoona	1:15:30	2008

## 40 to 44 Men – sub 1:14:00

John Mirth, 41, Plattville, WI	1:04:06	2003
Charlie Gray, 40, Lee's Summit, MO	1:05:10	1994
John Mirth, 42, Plattville, WI	1:06:03	2004
Charlie Gray, 41, Lee's Summit, MO	1:06:24	1995
Charlie Gray, 43, Lee's Summit, MO	1:06:27	1997
Phil Kauder, 40, Cascade	1:06:52	2001
John Mirth, 44, Plattville, WI	1:06:54	2006
Rick Scuphum, 40, West Des Moines	1:07:12	1989
Dave Johnson, 42, Hastings, NE	1:07:15	1998
Keith Fevold, 40, Des Moines (10)	1:07:39	1998

John Mirth, 43, Plattville, WI	1:07:39	2005
Daniel Boyle, 43, Manhattan, KS	1:08:18	2006
John Mirth, 40, Plattville, WI	1:08:21	2002
Jim Pelarske, 42, St Cloud, MN	1:08:22	1993
Tim Schmid, 43, Kansas City, MO	1:08:28	2001
Tim Schmid, 42, Kansas City, MO	1:08:30	2000
Bob Garcia, 40, Bellevue, NE	1:08:32	1995
Don Wood, 41, Cedar Falls	1:08:39	1985
Curt Hoegh, 41, Clive	1:08:55	1993
Curt Hoegh, 42, Clive (20)	1:08:58	1994

Curt Hoegh, 43, Clive	1:08:59	1995
Dave Johnson, 44, Hasting, NE	1:09:04	2000
Gary Holda, 43, Carbondale, IL	1:09:06	1995
Gary Holda, 42, Carbondale, IL	1:09:19	1994
Jim Pollard, 40, Boone	1:09:31	1992
Bob Garcia, 41, Bellevue, NE	1:09:35	1996
Tom Zimmerman, 43, Farmington, MN	1:09:37	2001
Keith Fevold, 43, Des Moines	1:09:52	2001
Jack Ford, 40, Boulder, CO	1:09:59	1983
Jim Streeby, 43, Ottumwa (30)	1:10:01	1983

Bruce Hopkins, 41, Cedar Falls	1:10:17	1982
Jerry Lack, 40, East Moline	1:10:20	2003
Curt Hoegh, 44, Clive	1:10:24	1996
Michael Felts, 42, Cedar Falls	1:10:38	1985
Terry Erickson, 40, Hampton, IL	1:10:46	1993
Rick Ironside, 40, Belle Plaine	1:10:45	1994
Don Zile, 40, Des Moines	1:10:49	1987
Tom Zimmerman, 42, Farmington, MN	1:10:49	2000
Michael Felts, 41, Cedar Falls	1:10:57	1984
Dallas Robertson, 40, Iowa City (40)	1:10:57	1997

Curt Hoegh, 40, Clive	1:11:01	1992
Terry Stewart, 43, Brooklyn Park, MN	1:11:01	1996
Bruce Hopkins, 41, Cedar Falls	1:11:04	1983
Dave Johnson, 43, Hastings, NE	1:11:11	1999
Daniel Boyle, 44, Manhattan, KS	1:11:12	2007
Ron Wering, 40, Indianola	1:11:20	1985
Jim Streeby, 42, Ottumwa	1:11:21	1982
Raul DeAnda, 42, Urbandale	1:11:21	1994
Jim Shimek, 42, Cedar Rapids	1:11:23	1990
Kevin Mulenburgh, 40, Audubon (50)	1:11:24	2001
Rodney Schreck, 40, Manchester	1:11:28	1992
Phil Kauder, 41, Cascade	1:11:28	2002

Tom Zimmerman, 40, Excelsior, MN	1:11:52	1998
Bob Johnson, 44, Rock Island, IL	1:11:55	1990
Phil Kauder, 44, Cascade	1:11:55	2005
Don Zile, 41, Des Moines	1:11:57	1988
Kevin Mulenburgh, 42, Waukee	1:11:57	2003
John Walters, 40, Marshalltown	1:11:58	1994
Keith Fevold, 42, Des Moines	1:12:07	2000
Rick Ironside, 43, Belle Plaine (60)	1:12:16	1997

Bruce Hopkins, 42, Cedar Falls	1:12:22	1984
Mark Gajewski, 41, Madison, WI	1:12:25	1996
Don DeNoon, 40, Des Moines	1:12:27	1983
Charlie Burch, 42, Des Moines	1:12:29	1992
Ed Woerner, 42, Vermillion, SD	1:12:33	1992
Rick Ironside, 44, Belle Plaine	1:12:37	1998
Mark Gajewski, 40, Madison, WI	1:12:39	1995
Mike Nelson, 40, Danville, IL	1:12:40	1996
Jim Shimek, 41, Cedar Rapids	1:12:46	1989
Andrew Rinn, 41, West Des Moines (70)	1:12:48	2009

Rick Ironside, 42, Belle Plaine	1:12:49	1996
Andrew Rinn, 42, West Des Moines	1:12:50	2010
Dennis Delmott, 41, Emporia, KS	1:12:52	1989
Andy Leonard, 42, Wheaton, IL	1:12:55	2003
Jim Shimek, 44, Des Moines	1:12:58	1992
Keith Fevold, 41, Des Moines	1:13:01	1999
Brad Wall, 41, Ankeny	1:13:10	2009
Kevin Osborn, 44, Little Canada, MN	1:13:13	2001
Phil Kauder, 43, Cascade	1:13:13	2005
Tom Zimmerman, 44, Lakeville, MN (80)	1:13:14	2002

Don Wood, 43, Cedar Falls	1:13:24	1987
Dave Johnson, 40, Hasting, NE	1:13:26	1996
Chuck Jipp, 41, West Des Moines	1:13:32	1992
Don Wood, 40, Cedar Falls	1:13:33	1984
Dave Nauman, 41, Mason City	1:13:33	1997
Chuck Jipp, 40, West Des Moines	1:13:36	1991
Andrew Kauder, 40, Cedar Rapids	1:13:38	2012
Todd Christensen, 40, Altoona	1:13:39	2009
Brad Bergman, 40, Des Moines	1:13:41	2013
Richard Smith, 44, Hawarden (90)	1:13:43	1983

Don Wood, 42, Cedar Falls	1:13:45	1986
Mel Langston, 40, Gladstone, MO	1:13:52	1988
Keith Fevold, 44, Des Moines	1:13:53	2002
Chuck Glatz, 40, Ames	1:13:54	1990
Brad Scott, 41, Marion	1:13:55	1994
Dean Schultz, 44, Monticello	1:13:58	1992

\*\*Below yearly winners not making time standards

Michael Kabela, 41, North Liberty	1:14:39	2008
Michael Kabela, 41, North Liberty	1:15:02	2011
Bruce Buchanan, ?, ?	1:15:25	1980
Don Hockenbury, 43, ?	1:17:58	1981

## 45 to 49 Men – sub 1:16:00

John Mirth, 46, Plattville, WI	1:06:42	2008
John Mirth, 45, Plattville, WI	1:08:18	2007
John Mirth, 47, Plattville, WI	1:08:45	2009
Dave Johnson, 47, Hasting, NE	1:09:18	2003
Curt Hoegh, 45, Clive	1:09:55	1997
David Johnson, 46, Hasting, NE	1:10:30	2002
John Mirth, 49, Plattville, WI	1:11:00	2011
Keith Fevold, 45, Des Moines	1:11:09	2003
Charlie Gray, 45, Lee Summit, MO	1:11:29	1999
Keith Fevold, 46, Des Moines (10)	1:11:34	2004

Jim Streeby, 45, Ottumwa	1:11:44	1985
Raul DeAnda, 49, Urbandale	1:11:58	2001
Jerry Anders, 45, Waterloo	1:12:04	1984
Dave Johnson, 49, Hastings, NE	1:12:17	2005
Terry Stewart, 46, Brooklyn Park, MN	1:12:22	2000
Les Myers, 47, St Louis, MO	1:12:25	2002
Curt Hoegh, 48, Clive	1:12:42	2000
Richard Smith, 45, Hawarden	1:12:48	1984
Bill Koehn, 46, Des Moines	1:12:50	1982
Bill Koehn, 47, Des Moines (20)	1:13:07	1983

Jim Shimek, 46, Cedar Rapids	1:13:22	1994
Bernie Wilder, 45, Davenport	1:13:25	2001
Michael Kabela, 45, North Liberty	1:13:38	2012
Bill Koehn, 48, Des Moines	1:13:39	1984

Ken Belvel, 46, Bettendorf	1:13:51	1991
Jim Pollard, 45, Boone	1:13:53	1997
Phil Coppess, 45, Clinton	1:14:03	2000
Rick Ironside, 47, Belle Plaine	1:14:22	2001
Dick Seagrave, 46, Ames	1:14:26	1982
Dick Seagrave, 45, Ames (30)	1:14:30	1981

Dick Seagrave, 49, Ames	1:14:32	1984
Phil Kauder, 46, Cascade	1:14:32	2007
John Mirth, 48, Platteville, WI	1:14:38	2010
Bill Duggan, 46, Dubuque	1:14:43	1983
Rick Ironside, 46, Belle Plaine	1:14:53	2000
Ken Kopecky, 45, Des Moines	1:14:55	1982
Keith Fevold, 47, Des Moines	1:15:04	2005
Jerry Knox, 47, Ames	1:15:10	1985
Kenneth Belvel, 48, Bettendorf	1:15:10	1993
Bill Koehn, 49, Des Moines (40)	1:15:15	1985

Mike Nelson, 47, Danville	1:15:17	2003
Jerry Anders, 47, Waterloo	1:15:20	1986
Dick Seagrave, 47, Ames	1:15:25	1983
Vern Ryan, 46, Ames	1:15:46	1988
Richard Webb, 49, Hockessin, DE	1:15:47	1994
Jerry Anders, 49, Waterloo	1:15:51	1988
Kenneth Belvel, 48, Bettendorf	1:15:52	1990
Robert Economy, 45, Victoria, MN	1:15:54	2009
John Whitehead, 47, Charles City	1:15:58	1983
Jim Pollard, 46, Boone (50)	1:15:58	1998
Keith Abels, 47, Ogden	1:16:00	2009

\*\*Below yearly winners not making time standards

Jim Shimek, 48, Cedar Rapids	1:16:06	1996
Jerry Anders, 48, Waterloo	1:16:26	1987
Rick Hogan, 47, Kansas City, MO	1:17:03	1992
Vern Ryan, 47, Ames	1:17:11	1989
Dean Junk, 48, Ankeny	1:18:53	2013
Dennis Dornbier, 49, West Des Moines	1:18:53	2006
Dennis Wheeler, 45, Des Moines	1:19:54	1995
Gene Harding, 49, Des Moines	1:23:52	1980

## 50 to 54 Men – sub 1:19:00

John Mirth, 50, Platteville, WI	1:08:51	2012
John Mirth, 51, Platteville, WI	1:12:14	2013
Phil Pearson, 50, Ames	1:14:02	1983
Nick Rogers, 54, Minneapolis, MN	1:14:13	1993
Jerry Anders, 50, Waterloo	1:14:15	1989
Jerry Knox, 51, Ames	1:14:52	1989
Dave Johnston, 52, Hasting, NE	1:15:52	2008
Dave Johnson, 50, Hasting, NE	1:16:18	2006
Gary Julin, 50, Omaha, NE	1:16:23	1997
Patrick Murphy, 51, Cedar Rapids (10)	1:16:29	1992

Rick Hogan, 50, Kansas City, MO	1:16:38	1995
Raul Deanda, 50, Panora	1:16:42	2002
Phil Pearson, 52, Ames	1:16:43	1985
Jim Smedema, 53, Des Moines	1:16:51	1985
Phil Pearson, 51, Ames	1:16:56	1984
Bill Koehn, 52, Des Moines	1:17:00	1988
Bill Koehn, 53, Des Moines	1:17:06	1989
David Nauman, 50, Mason City	1:17:22	2006
Jerry Knox, 52, Ames	1:17:24	1990
Keith Abels, 50, Ogden (20)	1:17:24	2012

Curt Hoegh, 52, Clive	1:17:26	2004
Dick Seagrave, 51, Ames	1:17:37	1987
Dick Seagrave, 50, Ames	1:17:51	1986
Ronald McKay, 52, Chariton	1:17:56	1995
Gary Julin, 51, Omaha, NE	1:17:58	1998
Keith Abels, 51, Ogden	1:18:01	2013
Jerry Knox, 53, Ames	1:18:14	1991
Dick Seagrave, 52, Ames	1:18:20	1988
Bill Koehn, 51, Ames	1:18:22	1987
Fred Oyer, 50, Columbus, GA (30)	1:18:23	1988

Paul Kmiecik, 52, Mauston, WI	1:18:28	2006
Gary Julin, 54, Omaha, NE	1:18:35	2001
William Hidding, 54, Edina, MN	1:18:37	2003
Jay Minor, 51, Grand Prairie, TX	1:18:42	1993
Raul DeAnda, 54, Urbandale	1:18:54	2006
Phil Kauder, 50, Cascade	1:18:56	2011

\*\*Below yearly winners not making time standards

Jim Shimek, 52, Cedar Rapids	1:19:28	2000
Mark Leduc, 50, Minneapolis, MN	1:19:33	2005
Paul Kmiecik, 53, Middleton, WI	1:19:35	2007
Dennis Wallach, 51, Chanhassen, MN	1:19:58	2009
Jim Quigley, 52, Johnston	1:20:03	2010
Ronald McKay, 51, Chariton	1:20:18	1994
Gene Harding, 51, Des Moines	1:21:30	1982
Fred McCurnin, 53, Mason City	1:22:01	1996
Gene Harding, 50, Des Moines	1:22:48	1981
Gary Julin, 52, Omaha, NE	1:23:12	1999
Unknown	?	1980

## 55 to 59 Men sub 1:25:00

Oleg Morozov, 57, Gladstone, MO	1:16:38	1992
Patrick Murphy, 57, Cedar Rapids	1:18:09	1998
Paul Braunschweiler, 55, Omaha, NE	1:18:38	2007
Jim Smedema, 56, Des Moines	1:19:09	1988
Paul Braunschweiler, 56, Omaha, NE	1:19:21	2008
Paul Kmiecik, 55, Mauston, WI	1:20:07	2009
Paul Kmiecik, 59, Middleton, WI	1:20:09	2012
Jim Smedema, 57, Des Moines	1:20:21	1989
Jim Smedema, 55, Des Moines	1:20:22	1987
Karl Larson, 58, Ames	1:20:26	1980

(10)		
Guy Ealey, 55, Newton	1:20:34	1995
Ronald McKay, 55, Chariton	1:21:05	1998
Dave Johnson, 56, Harvard, NE	1:21:13	2012
Paul Braunschweiler, 57, Omaha, NE	1:21:13	2009
Jerry Knox, 55, Ames	1:21:20	1993
Dave Johnson, 56, Hastings, NE	1:21:25	2011
Jim Smedema, 59, Des Moines	1:21:44	1991
Jim Schleisman, 57, Jefferson	1:21:45	1990
Jim Schleisman, 58, Jefferson	1:22:00	1991
Keith Fevold, 55, Johnston	1:22:01	2013

(20)		
James Laplant, 56, Newton	1:22:07	2007
Tim Nagel, 55, Clarion	1:22:17	2013
Paul Kmiecik, 58, Middleton, WI	1:22:17	2011
Jim Schleisman, 56, Jefferson	1:22:26	1989
Gary Julin, 57, Omaha, NE	1:22:51	2004
James Laplant, 55, Newton	1:22:52	2006
Gary Holda, 55, Carbondale, IL	1:22:56	2007
Ronald McKay, 57, Chariton	1:22:56	2000
FK Chapler, 57, Iowa City	1:23:02	1989
Ronald McKay, 58, Chariton	1:23:11	2001

(30)		
James Laplant, 57, Newton	1:23:13	2008
Jim Smedema, 58, Des Moines	1:23:19	1990
Jim Floyd, 56, West Des Moines	1:23:22	1998
David Schulte, 56, Granger	1:23:23	2003
Paul Braunschweiler, 58, Omaha, NE	1:23:32	2010
Guy Ealey, 56, Newton	1:23:45	1996
Dick Seagrave, 55, Ames	1:23:51	1991
Francis Riley, 55, Davenport	1:23:53	1989
Jim Schleisman, 59, Jefferson	1:23:55	1992
William Koehn, 55, Cummings	1:23:56	1991

(40)		
Guy Ealey, 57, Newton	1:24:02	1997
Paul Kmiecik, 56, Middleton, WI	1:24:22	2010
Willie Lahart, 59, Newton	1:24:45	2012
Joe Robinson, 55, Bondurant	1:24:55	2006

\*\*Below yearly winners not making time standards

Gary Julin, 55, Omaha, NE	1:25:09	2002
William Hidding, 56, Edina, MN	1:25:52	2005
David Larson, 59, Urbandale	1:25:56	1994
Guy Ealey, 59, Newton	1:26:15	1999
Gene Harding, 55, Des Moines	1:27:46	1986
Richard Willock, 55, Des Moines	1:28:46	1985
Irv Steinberg, 55, Des Moines	1:31:35	1984
Roy McKay, 58, West Des Moines	1:32:51	1982
Roy McKay, 59, West Des Moines	1:34:32	1983
Unknown	?	1981

## 60 & over Men -sub 1:30:00

Karl Larson, 61, Ames	1:20:03	1983
Ronald McKay, 60, Chariton	1:22:57	2003
Guy Ealey, 60, Kellogg	1:23:05	2000
Jim Smedema, 60, Des Moines	1:24:19	1992

Dave Griffith, 62, Des Moines	1:24:32	1983
Jim Schleisman, 60, Jefferson	1:24:47	1993
Jim Smedema, 62, Des Moines	1:24:56	1994
Karl Larson, 63, Ames	1:25:33	1985
Jim Schleisman, 65, Jefferson	1:25:34	1998
Gary Julin, 60, Omaha, NE	1:25:39	2007
(10)		
Jim Smedema, 61, Des Moines	1:25:49	1993
Jim Smedema, 66, Des Moines	1:26:12	1998
Dwight Beavers, 61, Mason City	1:26:14	1998
Jim Smedema, 64, Des Moines	1:26:29	1996
Jim Schleisman, 62, Jefferson	1:26:51	1995
Dick Seagrave, 60, Ames	1:27:22	1996
Gene Harding, 60, Des Moines	1:27:23	1991
Guy Ealey, 61, Kellogg	1:27:37	2001
Dick Wilson, 71, Lawrence, KS	1:27:38	2003
Jim Schleisman, 64, Jefferson	1:27:39	1997
(20)		
Jim Schleisman, 63, Jefferson	1:27:43	1996
Jim Schleisman, 67, Jefferson	1:27:43	2000
Ronald McKay, 61, Chariton	1:27:56	2004
Jim Smedema, 68, Des Moines	1:28:00	2000
David Larson, 60, Urbandale	1:28:09	1995
Cleo Orris, 60, Columbus Junction	1:29:17	1987
Jim Schleisman, 66, Jefferson	1:29:33	1999
Mike Bender, 62, Des Moines	1:29:45	2003

\*\*Below yearly winners not making time standards

David Schulte, 62, Granger	1:30:44	2009
Mark Hayes, 63, Creston	1:32:17	2013
Michael Pattavina, 61, Clarinda	1:32:25	2008
David Schulte, 63, Granger	1:32:33	2010
Stephen Ruggles, 61, Anita	1:32:48	2011
Mark Cook, 60, Hampton, IL	1:32:52	2012
Craig Clark, 61, Mason City	1:33:11	2005
Jim Schleisman, 69, Jefferson	1:34:06	2002
Roy McKay, 60, West Des Moines	1:34:37	1984
Jim Drinkwine, 60, Moline, IL	1:35:01	1990
Joe Anholt, 69, Cedar Rapids	1:36:11	1989
Jim Schleisman, 73, Jefferson	1:37:25	2006
Edgar Collins, 60, Ames	1:40:17	1982
Win Douglas, 61, Des Moines	1:58:14	1986
Chuck Coyle, 64, Des Moines	2:11:54	1988
Unknown	?	1981
Unknown	?	1980

Wheelchair		
Male - E.J. Runyan	59:05	1999

Chip Timing started in 2009, for records gun times are used.

Updates? - [calmurdock@earthlink.net](mailto:calmurdock@earthlink.net)

## STATS by YEAR

	Finishers	M<1:05	F<1:19
1980	375	0	0
1981	583	0	1
1982	927	7	1
1983	1269	5	3
1984	1174	6	3
1985	1121	10	6
1986	1095	3	4
1987	1217	3	0
1988	1166	2	2
1989	1251	5	6
1990	1290	4	4
1991	1230	5	2
1992	1385	2	5
1993	1237	4	2
1994	1407	8	6
1995	1370	4	4
1996	1386	4	9
1997	1404	5	4
1998	1584	5	6
1999	2001	1	3
2000	2044	4	4
2001	2305	4	1
2002	2575	0	3
2003	2733	5	12
2004	3073	0	4