

# Open 20 Kilometer Records

## Men – Top 30 Iowans – US Citizen

Phil Coppess, 30, Clinton	59:23	1985
Richard Kaitany, 31, Ames (KEN)	1:00:21	1988
Geofry Tere, 34 (KEN)	1:00:48	2012
Daniel Kipkoeh, 26 (KEN)	1:00:56	2013
Fernado Cabada, 32, Clovis, CA	1:01:07	*2015
Ezkyas Sisay, 21 (ETH)	1:01:16	2010
Sammy Rotich, 28, W Des Moines (KEN)	1:01:16	*2015
Edward Tabut, 29 (KEN)	1:01:17	2012
Mike Morgan, 26, River Hills, MI	1:01:24	2006
Shadrack Kiyai, 30 (KEN)	1:01:32	2013
Samuel Kosgei, 26 (UGA)	1:01:35	2011
Alene Reta, 28 (ETH)	1:01:39	2010
Vern Iwansin, 24, Des Moines (CAN)	1:01:40	1985
David Kogo, 29, Ames (KEN)	1:01:40	1995
Yonas Mebrahtu, 25 (ERI)	1:01:41	2013
- Samuel Kosgei, 27 (UGA)	1:01:36	2012
George Towett, 27 (KEN)	1:01:40	2012
Matt Gabrielson, 33, St Louis Park, MN	1:01:46	2012
Sammy Malakwen, 31 (KEN)	1:01:52	2009
Matthew Chesnag, 26 (KEN)	1:01:53	2008
- Ezkyas Sisay, 22 (ETH)	1:01:55	2011
Nick Holmes, Elmhurst, IL	1:01:56	*2016
** 20 performers – 22 performances **		
Nick Holmes, 24, Iowa City	1:02:38	*2015
Dennis Karamitros, 26, Mason City	1:02:40	1985
Kim Sprain, 25, Waverly	1:02:43	1982
Doug Nelson, 26, Fairfield	1:03:05	1985
Brogan Austin, 26, West Des Moines	1:03:07	2018
Dan Hostager, 29, Fayette	1:03:13	1997
Shane Dooley, 26, Des Moines	1:03:21	1982
Raul DeAnda, 33, Des Moines	1:03:22	1985
Mike Carney, 26, Des Moines	1:03:25	1989
(10)		
Jeff Wubbena, 21, Oskaloa	1:03:34	1982
Phil Kauder, 28, Cascade	1:03:35	1989
Gregg Newell, 29, Davenport	1:03:36	1983
Kyle Kepler, 22, Webster City	1:03:37	1998
Marty Dalton, 27, Earlham	1:03:42	2003
Karl Junginger, 28, Clinton	1:03:43	1984
Jon Betz, 29, Bettendorf	1:03:46	1989
Zach Baker, 23, Iowa City	1:03:48	*2016
Brian Smith, 24, Bayard	1:03:51	1985
Jeff Joiner, 24, Iowa City	1:04:02	1997
(20)		
Terry Ramlo, 28, Decorah	1:04:07	1992
Alex Ntagaw, West Des Moines	1:04:08	*2015
Matthew Waight, 26, Cedar Rapids	1:04:10	1989
Jason Flogel, 23, West Des Moines	1:04:14	2006
Tim Skopec, 22, Iowa City	1:04:16	1982
Tom Hanlon, 26, Marshalltown	1:04:19	1983
Gene McGivern, 25, Ames	1:04:24	1983
Paul Sparks, 23, Des Moines	1:04:28	1982
Adam Bohach, 30, Decorah	1:04:29	*2015
David Heppner, 24, Des Moines	1:04:33	1994

NOTE: Records include top 20 performers regardless of residency or citizenship and their best performances.

## Women – Top 30 Iowans – US Citizens

Diane Nukuri, 27, Iowa City (BUR)	1:07:52	2012
Belainesh Gebre, 25 (ETH)	1:08:41	2013
- Belainesh Gebre, 21 (ETH)	1:09:00	2009
- Diane Nukuri, 29, Iowa City (BUR)	1:09:15	*2014
Kelly Brinkman, 32, Bloomington, MN	1:10:02	2013
Janice Ettle, 31, Minneapolis, MN	1:10:08	1990
Pasca Cheruivot, 28, Ft Dodge (KEN)	1:10:33	*2014
- Pasca Cheruivot, 26, Ft Dodge (KEN)	1:10:49	2013
- Belainesh Gebre, 29 (ETH)	1:10:49	*2017
- Janice Ettle, 32, Minneapolis, MN	1:10:53	1991
Robyn Friedman, 36, Lambs Grove	1:11:12	2009
- Belainesh Gebre, 28 (ETH)	1:11:27	*2016
Frashiah Waitaha, 31 (KEN)	1:11:36	2009
Charne Rademeyer, 27 (SA)	1:11:38	2003
Mary Akor, 34, Hawthorne, CA	1:11:45	2011
- Mary Akor, 35, Hawthorne, CA	1:11:50	2012
- Robyn Friedman, 38, Lambs Grove	1:11:54	2011
Atalech Asfaw, 30, Albuquerque, MN	1:11:58	2013
Caitlin Comfort, 26, Verona, WI	1:12:07	*2016
Suzanne Youngberg, 24, Des Moines	1:12:26	1988
Renee Kruse, 29, South Sioux City, NE	1:12:26	1997
Stefaniji Statkuvieni, 35 (LIT)	1:12:26	1998
- Bekainesh Gebre, 20 (ETH)	1:12:33	2008
Cindy James, 36, Homewood, IL	1:12:44	1996
Lisa Uhl, 27, Des Moines	1:12:46	2015*
Pasca Myers, 31, Ft Dodge	1:12:54	2018
Erin Moeller, 33, Mt Vernon	1:12:14	2011
Bonnie Sons, 26, Shorewood, MN	1:12:56	1992
Nicole Camp, 29, Longmont, CO	1:13:01	*2015
Danna Herrick, 28, Urbandale	1:13:06	*2015
** 20 performers – 30 performances **		
Karen Clark, 29, Rockwell City	1:13:09	1985
Michelle Ihmels, 30, Ames	1:13:46	2003
Connie Prince, 28, Sioux City	1:13:51	1986
Tina Gandy, 28, Des Moines	1:14:14	1981
Obsie Birru, 27, Des Moines	1:14:14	*2016
(10)		
Angela Anderson, 25, Ames	1:14:27	1995
Lisa Whitman, 24, Dubuque	1:14:31	1985
Kris Wallace, 32, Des Moines	1:14:43	1990
Renee Kruse, 26, Sioux City	1:14:57	1994
Casey Owens, 23, Mt Pleasant	1:15:06	2006
Traci Kresser, 26, Clive	1:15:22	2012
Tami Colby, 18, Boone	1:15:29	1985
Anne Flynn, 36, Coralville	1:15:29	2000
Bethany Lewis, 29, Iowa City	1:15:34	2007
Ellen Ries, 27, Des Moines	1:15:38	*2014
(20)		
Sandy DeNoon, 27, Des Moines	1:15:43	1982
Olivia Johnson, 24, Iowa City	1:15:49	2013
Jennifer Brower, 24, St Ansgar	1:15:51	1994
Anne Flynn, 34, Coralville	1:15:56	1998
Margaret Connelly, 24, Ames	1:16:06	*2016
Jenny Schulze, 43, Clive	1:16:12	*2016
Melinda Courage-Carlbert, 32, Urbandale	1:16:18	2006
Jen Van Otterloo, 26, Sioux City	1:16:41	2012
Ashley Tousley, 26, Des Moines	1:16:42	2010
Dana Kramer, 33, Urbandale	1:16:50	1996

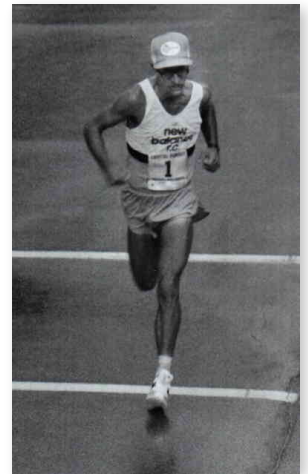
(\* 2014–2017 Half-Marathon times converted to 20 kilometer)



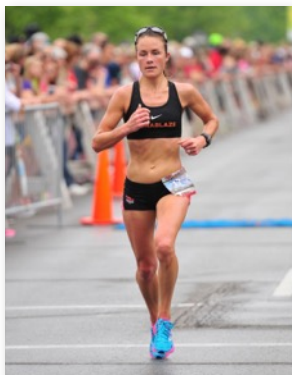
Tina Gandy & Kim Sprain



Lisa Uhl



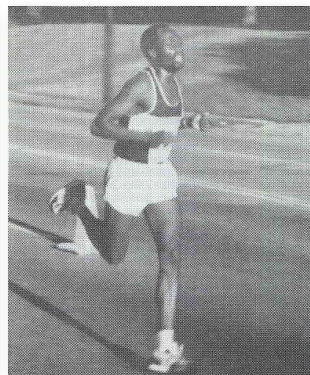
Phil Coppess



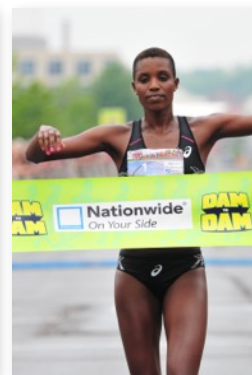
Danna Herrick



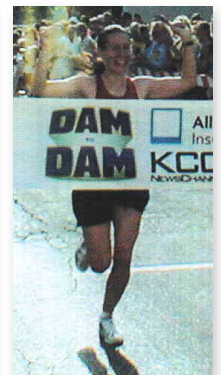
Bonnie Sons



Richard Kaitany



Diane Nukuri



Robyn Friedman

# Master & Grand Master 20k Records

## Master Men (40–49) Top 20 Iowans – US

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
– John Mirth, 46, Plattville, WI	1:06:42	2008
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	1:07:39	1998
– John Mirth, 43, Plattville, WI	1:07:39	2005
Daniel Boyle, 43, Manhattan, KS	1:08:18	2006
– John Mirth, 45, Plattville, WI	1:08:18	2007
– 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
** 10 performers – 19 performances **		
Don Wood, 41, Cedar Falls	1:08:39	1985
Curt Hoegh, 41, Clive	1:08:55	1993
Julius Rotich, 40, Des Moines	1:09:29	*2015
Jim Pollard, 40, Boone	1:09:31	1992
Jim Streeby, 43, Ottumwa	1:10:01	1983
Bruce Hopkins, 41, Cedar Falls	1:10:17	1982
Michael Felts, 42, Cedar Falls	1:10:38	1985
(10)		
Rick Ironside, 40, Belle Plaine	1:10:45	1994
Don Zile, 40, Des Moines	1:10:49	1987
Dallas Robertson, 40, Iowa City	1:10:57	1997
Ron Werling, 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 Mullenburg, 40, Audubon	1:11:24	2001
Rodney Schreck, 40, Manchester	1:11:28	1992
John Walters, 40, Marshalltown	1:11:58	1994
(* 2014–2017 Half-Marathon times converted to 20 kilometer)		

## Grand Master (50 plus) Top 15 Iowans – US

John Mirth, 50, Plattville, WI	1:08:51	2012
– John Mirth, 51, Plattville, 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, Hastings, NE	1:15:52	2008
– Dave Johnson, 50, Hastings, NE	1:16:18	2006
Gary Julin, 50, Omaha, NE	1:16:23	1997
Patrick Murphy, 51, Cedar Rapids	1:16:29	1992
Oleg Morozov, 57, Gladstone, MO	1:16:38	1992
Rick Hogan, 50, Kansas City, MO	1:16:38	1995
(10 performers – 12 performances)		
Raul Deanda, 50, Panora	1:16:42	2002
Jim Smedema, 53, Des Moines	1:16:51	1985
Bill Koehn, 52, Des Moines	1:17:00	1988
David Nauman, 50, Mason City	1:17:22	2006
Keith Abels, 50, Ogden	1:17:24	2012
Curt Hoegh, 52, Clive	1:17:26	2004
(10)		
Dick Seagrave, 51, Ames	1:17:37	1987
Kent Meier, 53, Story City	1:17:39	2018
Ronald McKay, 52, Chariton	1:17:56	1995
Keith Abels, 51, Ogden	1:18:01	2013
Jerry Knox, 53, Ames	1:18:14	1991
(* 2014–2017 Half-Marathon times converted to 20 kilometer)		

NOTE: Records include top 10 performers regardless of residency or citizenship and their best performances.

## Master Women (40–49) Top 20 Iowans – US

Liubov Denisova, 41 (RUS)	1:14:46	2012
Jenny Schulze, 43, Clive	1:16:12	*2016
– Jenny Schulze, 42, Clive	1:16:41	*2015
Lisa Marshall, 43, Granger	1:16:58	2011
Janice Ettle, 40, Minneapolis, MN	1:17:08	1999
– Liubov Denisova, 42 (RUS)	1:18:13	2013
Bonnie Sons, 40, Shorewood, MN	1:18:23	2008
– Lisa Marshall, 41, Granger	1:18:23	2009
– Jenny Schulze, 41, Clive	1:18:51	*2014
Marla Rhoden, 41, Topeka, KS	1:19:28	1997
Ann Ringlein, 43, Lincoln, NE	1:20:18	2000
– Bonnie Sons, 40, Shorewood, MN	1:20:41	2006
Marla Rhoden, 42, Topeka, KS	1:20:54	1998
– Ann Ringlein, 47, Lincoln, NE	1:21:01	2004
Janice Ettle, 44, Minneapolis, MN	1:21:10	2003
– Bonnie Sons, 43, Shorewood, MN	1:21:22	2009
Gloria Jansen, 48, Edina, MN	1:21:40	1996
(10 performers – 17 performances)		
Andriette Wickstrom, 41, Storm Lake	1:22:40	1996
Christine Price, 40, Des Moines	1:21:57	2009
Carol Baker, 48, Waterloo	1:22:42	2007
Ellen Pollard, 41, Ames	1:23:10	2009
Jenn Vande Vegte, 40, Sioux Center	1:23:20	2018
Tricia McClain, 46, Altoona	1:23:53	2003
Julie Fiepke, 41, West Des Moines	1:24:09	2009
Jackie Groves, 42, Polk City	1:24:26	1998
(10)		
Julie Starry, 40, Des Moines	1:24:32	2000
Robyn Friedman, 41, Newton	1:24:05	*2014
Sheila Maddock, 42, Johnston	1:24:36	1998
Claudia Scott, 41, Marion	1:25:05	1992
Carrie Van Quathem, 41, Urbandale	1:25:18	2013
Joanne Sackett, 48, Des Moines	1:25:30	*2017
Sheila Maddock, 45, Johnston	1:25:57	2001
Dana Kramer, 45, Urbandale	1:25:59	2008
Kelly Sorensen, 42, West Des Moines	1:26:13	2012
Colleen Webb, 41, Des Moines	1:26:13	2018
(* 2014–2017 Half-Marathon times converted to 20 kilometer)		

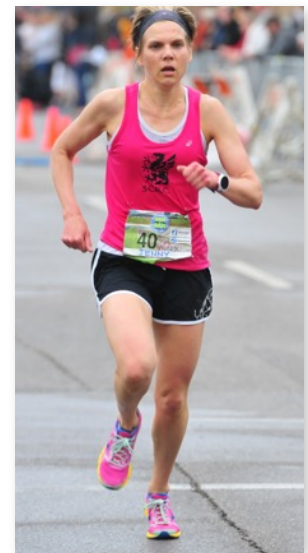
## Grand Master (50 plus) Top 15 Iowans – US

Joanne Sackett, 50, Des Moines	1:25:08	2018
Ann Ringlein, 52, Lincoln, NE	1:25:36	2009
– Ann Ringlein, 51, Lincoln, NE	1:25:46	2008
Tricia McClain, 50, Altoona	1:26:53	2007
– Ann Ringlein, 50, Lincoln, NE	1:26:59	2007
Nancy Hoegh, 50, Clive	1:27:11	2003
Janelle Swanberg, 52, Davenport	1:27:40	2003
– Ann Ringlein, 53, Lincoln, NE	1:28:14	2010
– Tricia McClain, 51, Altoona	1:28:33	2008
– Nancy Hoegh, 51, Clive	1:29:25	2004
Jan Daker, 50, Davenport	1:29:31	1998
Lisa Marshall, 50, Granger	1:29:32	2018
Bonnie Sons, 50, Shorewood, MN	1:36:12	*2016
Sheila Maddock, 51, Johnston	1:31:00	2007
Dana Kramer, 50, Urbandale	1:31:02	2013
Wew-Shi Yu, 57, Kew Gardens, NY	1:31:21	1992
Claudia Scott, 51, Marion	1:32:03	2002
(12 performers – 15 performances)		
Andriette Wickstrom, 57, Storm Lake	1:32:41	2012
(10)		
Patty Croonquist, Ft Dodge	1:32:56	2012
Jeanne McCurnin, 54, Mason City	1:33:38	2010
Beth Henriksen, 52, Ames	1:35:05	2008
Rhonda Brandt, 50, Marion	1:36:04	*2014
Kristy Cain, 52, Urbandale	1:36:08	2012
(* 2014–2017 Half-Marathon times converted to 20 kilometer)		

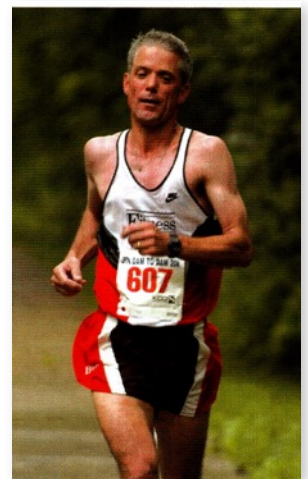
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John Mirth



Jenny Schulze



Phil Kauder