

Iowa Senior Games All Time Sports Record  
Updated August 2018

AGE GROUP	NAME	CITY	RESULT	YEAR(S)
<b>ARCHERY (900 Round in NSGA Qualifying Years)</b>				
<b>Archery: Recurve   Women</b>				
60-64	# Mary Farrow Walker	Carol Stream, IL	469	2018
<b>Archery: Recurve   Men</b>				
50-54	Eric Bisinger	Central City	881	2015
55-59	Matt Bamberg	Eldridge	968	2017
55-59	# Robert Stegmann	Lakeville, MN	1055	2015
60-64	Ted Beith	Plymouth	932	2012
60-64	# Robert Stegmann	Lakeville, MN	959	2018
65-69	Vance Stegmann	Toddville	1000	2018
<b>Archery: Recurve   Men (900 Round)</b>				
60-64	Ted Beith	Plymouth	774	2014
65-69	# Michael Foreman	Livermore, CO	707	2016
<b>Archery: Barebow Compound   Men</b>				
65-69	Larry Cline	Winterset	1026	2012
75-79	# Roger Wertanen	Peterson, MN	591	2015
<b>Archery: Compound Fingers   Men</b>				
55-59	Mark Linser	Marshalltown	1089	2012
75-79	Terry Witt	Huxley	1055	2015
<b>Archery: Compound Fingers   Men (900 Round)</b>				
50-54	Todd Heck	Greenville	803	2014
65-69	Terry Witt	Huxley	790	2014
70-74	Terry Witt	Huxley	826	2016
<b>Archery: Compound Release   Women</b>				
50-54	Gayla Lewis	Cedar Rapids	1033	2012
50-54	Gayla Lewis	Cedar Rapids	987	2017
60-64	Barb Sharp	Norwalk	975	2012
<b>Archery: Compound Release   Women (900 Round)</b>				
50-54	Kathleen Trail	Johnston	790	2014
55-59	Gayla Lewis	Cedar Rapids	760	2016
65-69	Patricia Bridge	Central City	825	2016
<b>Archery: Compound Release   Men</b>				
50-54	Warren Rush	Prole	1169	2015
55-59	Warren Rush	Prole	1163	2017
60-64	Richard Pauley	Centerville	1154	2012
65-69	Roger Wilson	Urbandale	1147	2012
70-74	Roger Wilson	Urbandale	1150	2017
75-79	Lee Sill	Cresco	1136	2012
80-84	Donald Mott	Bettendorf	1034	2012
<b>Archery: Compound Release   Men (900 Round)</b>				
50-54	Warren Rush	Prole	878	2014
55-59	Scott Wymore	Stout	876	2016
60-64	Ron Mott	Eldridge	860	2016
65-69	Richard Pauley	Centerville	871	2016
70-74	Tommy Thompson	Bloomfield	835	2014
75-79	Lee Sill	Cresco	829	2014

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

85-89	Donald Mott	Bettendorf	684	2016
<b>BASKETBALL SHOOTING COMPETITIONS</b>				
<b>Records / Basketball Shooting: Around the World / Women</b>				
50-54	Carol Schleih	Ames	14	2011
55-59	Jody Walter	Des Moines	13	2017
60-64	Rita Leitzinger	Norwalk	14	2015
65-69	Jewell Chapman	Des Moines	13	2012
70-74	Phyllis Weeda	Des Moines	12	2017
	Susan Furland	Runnells	12	2018
	# Irene Kerwin	Peoria, IL	12	1997
	# Rose Marie Melichar	Aurora, CO	12	2009 & 10
75-79	Joan Tassler	Jefferson	11	2003
	Vi Darsee	Clive	11	2011
80-84	Marie Eaton	West Des Moines	8	2010
	Carolyn Dodd	Des Moines	8	2013 & 2015
	# Irene Kerwin	Peoria, IL	8	2007
85-89	Carolyn Dodd	Des Moines	8	2018
<b>Records / Basketball Shooting: Around the World / Men</b>				
50-54	Don Tripp	Des Moines	11	2007
	# Brian Dunn	Jackson, TN	11	2018
55-59	Timothy Pew	Des Moines	13	2017
60-64	Dale Thede	Urbandale	13	2011
65-69	Brad Ewest	Ankeny	14	2018
	# Roger Theobald	Elkhorn, NE	14	2010
70-74	Skip Hills	Altoona	15	2017
75-79	Lee Kane	Urbandale	15	2011
	#Duane Shaw	Kansas City, KS	15	2017
80-84	Lee Kane	Urbandale	14	2014
	#Duane Shaw	Kansas City, KS	14	2018
85-89	Ralph Scott	West Des Moines	12	2014
<b>Records / Basketball Shooting: Free Throws / Women</b>				
50-54	Jody Walter	Des Moines	15	2016
	Jacqueline Riekema	West Des Moines	15	2018
55-59	Rita Leitzinger	Norwalk	14	2010
	Roz Smith	Pleasant Hill	14	2018
60-64	Rhonda Penquite	Cumming	13	2016 & 17
65-69	Norma Sicheneder	Des Moines	14	1998
70-74	Jean Minahan	Des Moines	11	2013
	# Dolores Murray	Galva, IL	14	1998
75-79	Carolyn Dodd	Des Moines	10	2007
80-84	Maria Eaton	West Des Moines	9	2010
85-89	Maria Eaton	West Des Moines	9	2017
<b>Records / Basketball Shooting: Free Throws / Men</b>				
50-54	Mike Schwake	Nevada	14	2008
	Timothy Pew	Des Moines	14	2014
55-59	Greg Palmersheim	Des Moines	15	2012

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

60-64	Thomas Szary	Grinnell	15	2010
	Tarry Cory	Clive	15	2012
	# Ray Schumann	Hull, IL	15	1991
	# Pat Leach	Omaha, NE	15	2010
	# Peter Kahler	Omaha, NE	15	2012
65-69	Denny Posekany	Cedar Rapids	15	2015
	Jim Heger	Des Moines	15	2015
	Brad Ewest	Ankeny	15	2018
	# Duane Shaw	Kansas City, KS	15	2010
	# Robert Kranz	Apple Valley, MN	15	2014
70-74	Skip Hills	Altoona	14	2017
	Jim Heger	Des Moines	14	2017
	Alan Schenck	Clarinda	14	2018
	# Ray Schumann	Hull, IL	15	99/01
	# Ernie Kucera	Bellevue, NE	15	2008
	# Roger Theobald	Elkhorn, NE	15	2014
75-79	Alan Schenck	Des Moines	13	2004
	Lee Kane	Urbandale	13	2009,10 & 11
	# Ray Schumann	Hull, IL	15	2002
	# Albert Matheis	Kankakee, IL	15	2014
	# Duane Shaw	Kansas City, KS	15	2014, 16, 17
80-84	Bill Park	Muscatine	13	2013
	Bob Thompson	Des Moines	13	2010
	Ed Killin	Des Moines	13	2016
	Gary Smidt	Ankeny	13	2018
	# Bob McCoid	West Alexander, PA	14	2017
	# Duane Shaw	Kansas City, KS	14	2018
85-89	Bart Young	Indianola	11	2016 & 17
<b>BOWLING</b>				
<b>BOWLING: SINGLES / Women</b>				
50-54	Roberta Blakeman	Altoona	626	2002
55-59	Irene Cassens	Sigourney	540	1996
	# Charlotte Weisser	Columbus, NE	561	2000
60-64	Carol Brittain	Des Moines	573	2002
	# Charlotte Weisser	Columbus, NE	641	2002
65-69	Leona Gaines	Mt Vernon	641	2002
70-74	Virginia Davis	Des Moines	532	1990
	# Ola Shaw	Kansas City, KS	542	2011
75-79	Shirley Bauge	Huxley	475	2017
	# Irene Kerwin	Peoria, IL	667	2002
80-84	Lois Kahler	Minden	479	1999
90+	Leora Jester	Des Moines	416	1995
<b>BOWLING: SINGLES / Men</b>				
50-54	Phillip Bryant	West Des Moines	684	2002
55-59	Michael Hayden	West Des Moines	688	2012
60-64	Mike Schaumburg	West Des Moines	744	2002
65-69	Lowell Huggins	Maxwell	676	2007

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

70-74	William Shukers	Cedar Rapids	650	2003
75-79	John Rogge	Walker	608	2012
80-84	Larry Favourite	Solon	563	2017
85-89	Lloyd Stuber	West Des Moines	556	2002
90+	Frank Zenor	Humboldt	545	1996
<b>BOWLING: DOUBLES / Women</b>				
50-54	Evans/Snyder	IA	1,137	1996
	# Purdes/Weisser	IL/NE	1,182	2002
55-59	Cassens/Paarman	IA	1,209	1996
60-64	Fitzgibbon/Morton	IA	1,228	1995
65-69	Kleinendorst/Winegar	IA	1,137	1996
	# Shaw/Weisser	KS/NE	1,138	2007
70-74	Gual/Murtue	IA	1,155	1996
75-79	Batcheller/Wilson	IA	1,056	1996
<b>BOWLING: DOUBLES / Men</b>				
50-54	Kopececk/Morgan	IA	1,274	2016
55-59	Kopececk/Morgan	IA	1,334	2018
60-64	Burton/Schaumburg	IA	1,256	2007
65-69	Coughlin / Kersey	IA	1,265	2009
70-74	Jacobson/Stuber	IA	1,145	2002
	# Swegel/Ward	KS	1,212	2002
75-79	Mallory/Gordon	IA	1,262	1995
80-84	Gordon/Mallory	IA	935	1997
<b>BOWLING: MIXED DOUBLES</b>				
50-54	# Sichender/Weisser	IA/NE	1,343	1995
55-59	Piagentini/Vander Linden	NA/IA	1,103	1995
	# Weisser/Weisser	NE	1,154	2001
60-64	Kersey/Rutledge	IA	1,150	2008
	# Heine/Heine	AK	1,173	2018
65-69	Carmen/Woodard	IA	1,248	1995
70-74	Myrtue/Myrtue	IA	1,255	1995
75-79	Mallory/Mallory	IA	1,126	1995
80-84	Mallory/Mallory	IA	738	1998
	# Polito/Smith	IA/MO	1,015	2005
	# Polito/Smith	IA/MO	1,015	2005
<b>CYCLING TIME TRIAL</b>				
<b>CYCLING: Time Trial 5 K / WOMEN</b>				
50-54	Connie Inks	Waterloo	6:09	2015
55-59	Michelle Stout	Ankeny	6:53	2015
60-64	Deb Hankens	Cherokee	7:26	2015
	# Susan Paulson	Alexandria, MN	7:24	2015
65-69	Ann Shuman	West Des Moines	7:36	2012
70-74	Ann Shuman	West Des Moines	7:41	2015
75-79	Ann Shuman	West Des Moines	13:21	2018
<b>CYCLING: Time Trial 5 K / MEN</b>				
50-54	Scott Wall	Ames	5:45	2015
55-59	Kelly Knutson	Johnson	5:49	2015

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

60-64	Dan Shaffer	Ely	5:43	2015
65-69	Paul Black	Des Moines	6:19	2015
70-74	John Hartwig	Ankeny	6:57	2015
	# Bill Earp	Independence, MO	6:34	2015
75-79	Robert Peterson	Marshalltown	7:20	2005
	# Terry Knowles	Topeka, KS	7:14	2015
80-84	Alvin Ravenscroft	Ames	9:17	2015
85-89	Robert Peterson	Marshalltown	7:45	2015
<b>CYCLING: Time Trial 10 K / WOMEN</b>				
50-54	Connie Inks	Waterloo	15:06	2017
55-59	Michelle Stout	Ankeny	17:10	2015
60-64	Ann Shuman	West Des Moines	17:56	2007
	# Susan Paulson	Alexandria, MN	17:28	2017
65-69	Ann Shuman	West Des Moines	18:09	2010
70-74	Ann Shuman	West Des Moines	19:13	2015
75-79	Ann Shuman	West Des Moines	22:06	2018
<b>CYCLING: Time Trial 10 K / MEN</b>				
50-54	Kim West	Des Moines	13:47	2007
	# Dennis Weinbeck	Topeka, KS	13:37	2008
55-59	Kim West	Des Moines	14:13	2009
	#Dennis Weinbeck	Topeka, KS	14:07	2014
60-64	Dan Shaffer	Ely	13:36	2015
65-69	Mike Bergman	Marshalltown	15:15	2018
	# Scott Bulfinch	Lincoln, NE	14:45	2017
70-74	Robert Mutel	Solon	16:56	2018
	# Scott Bulfinch	Lincoln, NE	14:59	2018
75-79	Robert Peterson	Marshalltown	16:14	2005
80-84	Donald Venzke	Cedar Rapids	19:03	2018
85-89	Robert Peterson	Marshalltown	19:48	2015
<b>DISC GOLF</b>				
<b>Disc Golf / Women</b>				
50-54	Jennifer Shide	Urbandale	65	2018
55-59	Linda Siver	Estherville	78	2015
60-64	Diana Bohkle	Des Moines	78	2015, 17
<b>Disc Golf / Men</b>				
50-54	Randy Meier	Van Meter	53	2017
55-59	James Kopacek	Urbandale	52	2018
	# Gary Marty	Abbotsford, BC	48	2018
60-64	Neils Johnson	Ames	47	2018
65-69	Thomas Van Coillie	Fairfield	53	2017
	# Mark Lewis	Lafayette, LA	51	2018
70-74	Ron Peterson	Waukee	54	2018
75-79	Rich Hoidahl	Johnston	74	2017
80-84	Carroll Marty	Ames	61	2018
85-89	Bart Young	Indianola	73	2017
<b>FOOTBALL DISTANCE &amp; ACCURACY THROWS</b>				

Iowa Senior Games All Time Sports Record  
Updated August 2018

FOOTBALL: ACCURACY THROW/ Women				
50-54	Denise Fechner	Clive	110	2012
55-59	Rhonda Penquite	Cumming	110	2015
	Jody Walter	Des Moines	110	2018
60-64	Gloria Wichman	Williamsburg	100	2016
65-69	Shirley Sicheneder	Des Moines	90	1998
	Roberta Blakeman	Altoona	90	2016
70-74	Marsha Griffith	West Des Moines	70	2012
	Nancy Jo Henning	West Des Moines	70	2018
	# Irene Kerwin	Peoria, IL	120	1998
75-79	Jean Minahan	Des Moines	50	2017 & 18
	# Irene Kerwin	Peoria, IL	50	1999
80-84	Carol Linderman	Clive	40	2012
	# Irene Kerwin	Peoria, IL	160	2005
85-89	Carolyn Dodd	Des Moines	10	2017
FOOTBALL: ACCURACY THROW/ Men				
50-54	Joseph Bohlke	Des Moines	130	2009
	Brett Redies	Boone	130	2017
55-59	Tarry Cory	Clive	150	2005
60-64	Dale Thede	Urbandale	120	2011
	Brad Ewest	Ankeny	120	2014
	# Al Matheis	Kankakee, IL	130	1999
65-69	Charles Lathrum	Bondurant	110	1999
	Ron Peterson	Waukee	110	2012
	Tarry Cory	Clive	110	2014
	#Robert Kranz	Apple Valley, MN	120	2014
70-74	Fred Bankus	Tama	160	2007
75-79	Stanley Whelchel	Cedar Falls	100	2012
	# Raymond Schumann	Hull, IL	120	2005
	# Lyle Pfaff	Leonardville, KS	120	2011
80-84	Orrie Rew	Iowa City	80	2003
85-89	Carroll Crouse	Adel	60	2001
FOOTBALL: DISTANCE THROW/ Women				
50-54	Rhonda Penquite	Cumming	101-6	2010
55-59	Rhonda Penquite	Cumming	108-1	2015
60-64	Rhonda Penquite	Cumming	104-2	2017
65-69	Marilyn Arends	West Des Moines	73-0	2018
	# Neva Weisskopf	Lehigh Acres, FL	79-7	2013
70-74	Erma Kibby	Urbandale	68-8	2006
	# Irene Kerwin	Peoria, IL	75-1	1992
75-79	Glendoris Caswell	Des Moines	47-9	2004
	# Adele McCormick	Sierra Vista, AZ	59-0	1999
80-84	Carol Linderman	Clive	44-9	2017
	# Irene Kerwin	Peoria, IL	49-1	2005
85-89	Carolyn Dodd	Des Moines	25-3	2017
Records / FOOTBALL: DISTANCE THROW/ Men				

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

50-54	Tarry Cory	Urbandale	213-9	2002 & 03
55-59	Tarry Cory	Urbandale	231-9	2004
60-64	Tarry Cory	Clive	182-11	2008
65-69	Tarry Cory	Clive	170-6	2015
70-74	Donald Hutchinson	West Des Moines	152-8	2008
75-79	Donald Hutchinson	West Des Moines	129-7	2012
80-84	Donald Hutchinson	West Des Moines	117-0	2017
	# E. Lee Todd	Grant, NE	105-5	1997
85-89	Ed Failor	West Des Moines	79-1	2012
90-94	John Davis	Urbandale	68-8	2008
<b>FOOTBALL: FIELD GOAL KICK</b>				
<b>FOOTBALL: FIELD GOAL KICK/ Women</b>				
50-54	Jennifer Shide	Urbandale	20 Yds	2016
55-59	Cathy Hicks	Windsor Heights	15 Yds	2007
	Jackie Kragel	Waukee	15 Yds	2009
60-64	Margaret Beuter	Iowa City	20 Yds	2017
65-69	# Neva Weisskopf	Lehigh Acres, FL	10 Yds	2014
70-74	Jean Martin	Davenport	15 Yds	2014
<b>FOOTBALL: FIELD GOAL KICK/ Men</b>				
50-54	Don Tripp	Des Moines	35 Yds	2008
	Brent Alexander	West Des Moines	35 Yds	2014
	Quinn Falk	Bloomfield	35 Yds	2016
55-59	Steve Roe	Des Moines	35 Yds	2004
	Tarry Cory	Clive	35 Yds	2006
	Joe Bohlke	Des Moines	35 Yds	2014
	# Dennis Lehr	Orion, IL	35 Yds	2017
60-64	Tarry Cory	Clive	40 Yds	2011
65-69	Frank Perez	West Des Moines	30 Yds	2008
	Tarry Corry	Clive	30 Yds	2014
	# Dennis Hinkley	Sioux Falls, SD	35 Yds	2017
70-74	Frank Brown	Des Moines	30 Yds	2004
75-79	Rich Hoidahl	Johnston	30 Yds	2016
	# Frank Bollinger	Ex Springs, MO	35 Yds	2004
80-84	Bill Salmon	West Des Moines	20 Yds	2009
	Richard Anderson	West Des Moines	20 Yds	2016
85-89	# Howard Dewell	Quincy, IL	10 Yds	2009
<b>FRISBEE THROW DISTANCE &amp; ACCURACY</b>				
<b>Records / FRISBEE THROW - Accuracy / Women</b>				
50-54	Jacqueline Riekema	West Des Moines	6	2018
	Jennifer Shide	Urbandale	6	2018
55-59	Rhonda Penquite	Cumming	6	2015
60-64	Janice Leinen	North English	5	2018
65-69	Carole Rowland	Pleasantville	4	2018
	# Neva Weisskopf	Lehigh Acres, FL	5	2015
70-74	Phyllis Weeda	Des Moines	3	2017
75-79	Sally Kessman	Urbandale	4	2018

2018 Records are Highlighted in Yellow



Iowa Senior Games All Time Sports Record  
Updated August 2018

80-84	Nancy Baker	Clive	2	2013
<b>Records / FRISBEE THROW - Accuracy / Men</b>				
50-54	Randy Meier	Van Meter	5	2013, 17
	Timothy Pew	Des Moines	5	2014
	Tom Shide	Urbandale	5	2017
	# Gary Marty	British Columbia	9	2014
55-59	Brent Alexander	West Des Moines	11	2018
60-64	David Strege	Winterset	7	2018
65-69	James Miller	Vail	6	2014
	Dennis Kelly	Clive	6	2018
	# Robert Kranz	Kapaa, HI	6	2013
70-74	Steve Wilson	West Des Moines	7	2014
	Ron Peterson	Waukee	7	2018
75-79	Frank Perez, Jr.	West Des Moines	5	2018
	Carroll Marty	Ames	4	2013
	Rich Hoidahl	Johnston	4	2017
	# David Easterla	Maryville, MO	4	2015
80-84	Carroll Marty	Ames	8	2015
85-89	Bart Young	Indianola	4	2018
90-94	# Howard Dewell	Quincy, IL	1	2013
<b>Records / FRISBEE THROW - Distance / Women</b>				
50-54	Cheryl Buck	Des Moines	78 yds.	2014
55-59	Rhonda Penquite	Cumming	66 yds	2011
60-64	Brenda Brock	Adel	54 yds	2011
65-69	Phyllis Weeda	Des Moines	34 yds	2013
	# Neva Weisskopf	Lehigh Acres, FL	55 yds	2013
70-74	Phyllis Weeda	Des Moines	29 yds	2014
	# Neva Weisskopf	Lehigh Acres, FL	35 yds	2018
75-79	Ruth Burrows	Urbandale	19 yds	2018
80-84	Fidella Marty	Ames	20 yds	2014 & 2015
85-89	Carolyn Dodd	Des Moines	14 yds	2018
<b>Records / FRISBEE THROW - Distance / Men</b>				
50-54	James Brockway	Ames	133 yds	2012
55-59	Jeff Woessner	Des Moines	127 yds	2017
	# Gary Marty	Abbotsford, BC	131 yds	2017
60-64	Chris Ostlund	Waukee	109 yds	2016
65-69	Chris Ostlund	Waukee	99 yds	2018
70-74	Ralph Pantoga	West Des Moines	71 yds	2010
75-79	Carroll Marty	Ames	61.5 yds	2013
80-84	Gary Smidt	Ankeny	52 yds	2018
85-89	Ed Failor	West Des Moines	58 yds	2012
90-94	# Howard Dewell	Quincy, IL	24 yds	2013
<b>GOLF</b>				
<b>Golf: Scratch   Women</b>				
50-54	Jean Mowry	Webster City	79	2002

2018 Records are Highlighted in Yellow



Iowa Senior Games All Time Sports Record  
Updated August 2018

55-59	Jean Mowry	Webster City	76	2006
60-64	Joyce Weigel	Earlham	81	2006
65-69	Carroll Dethrow	Nevada	82	2015
	# Kay Griffel	Dayton, OH	82	2006
70-74	Sylvia Lenz	Clive	84	2018
75-79	Kathy Van Sloan	Des Moines	91	2010 & 13
80-84	Kathy Van Sloan	Des Moines	94	2017
85-89	Ethel Cross	West Des Moines	137	2007
<b>Golf: Scratch   Men</b>				
50-54	Daryl Wolff	West Burlington	69	2017
55-59	Ken Miller	West Des Moines	77	2000
	David McCuddin	Pleasant Hill	77	2007
	Richard Schuster	West Des Moines	77	1993
	Ron Siemers	N/A	77	1988
	Dan Warren	Waukee	77	2005
60-64	William Chadima	Cedar Rapids	72	1988
65-69	Larry Castagnoli	Clive	70	2017
70-74	Bill Chadima	Cedar Rapids	70	1998
75-79	Dusham Orlich	Johnston	77	1988
	Jerry Kindhart	Huxley	77	2013
80-84	Sarg Fontanini	Des Moines	78	2000
85-89	James Roan	Toledo	78	2017
90-94	John Davis	Des Moines	91	2008
<b>ROAD RACE</b>				
<b>Road Race: 5K   Women</b>				
50-54	Sally Weepie	Altoona	28:05	2014
	# Zaiton Abubakar	Chino, CA	26:07	2018
55-59	Ellen Johnson	Des Moines	26:24	2014
60-64	Diann Zimmerman	Tama	31:58	2011
65-69	Alida Droppert	Pella	28:55	2014
70-74	Joni Bemis	Urbandale	28:24	2014
<b>Road Race: 5K   Men</b>				
50-54	Dan Bonthius	Iowa City	17:29	2014
55-59	Dan Bonthius	Iowa City	18:22	2016
60-64	Tim Murphy	Iowa city	20:36	2014
65-69	Gary Patton	Rock Rapids	19:50	2013
70-74	Paul Gryte	Ames	23:29	2014
75-79	David Hoffman	Ames	30:32	2014
80-84	Alvin Ravenscroft	Ames	31:42	2013
<b>Road Race: 10K   Women</b>				
50-54	Sheri Smith	Ankeny	50:06	2014
	# Holly Starr	Walnut Creek, CA	49:20	2008
55-59	Jackie Peters	Cedar Rapids	58:26	2018
60-64	Joyce Burch	Pella	64:32	2018
65-69	Christine Mondak	Ames	68:13	2017
70-74	Rita Jackson-Ashmead	Ottumwa		2007

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

ROAD RACE – 10K / Men				
50-54	Jon Studer	Ankeny	36:01	2018
55-59	Jim Quigley	Johnston	41:05	2012
60-64	Jim Floyd	West Des Moines	44:02	2004
65-69	Gary Patton	Rock Rapids	42:30	2014
70-74	Gerald Hendrickson	Cedar Falls	60:04	2008
	# Jose Badillo	Bellevue, NE	49:44	2010
75-79	David Hoffman	Ames	61:44	2014
80-84	William Beal	Fairfield	71:11	2007
SOCCER: ACCURACY KICK				
SOCCER: ACCURACY KICK/ Women				
50-54	Jacqueline Riekema	West Des Moines	24	2016
	# Lana Breson	Florida	24	2014
55-59	Rhonda Penquite	Cumming	21	2014
	# Francis Sharon	Kansas City, MO	20	2010
60-64	Cheryl Sander	Ankeny	20	2018
65-69	Gloria Wichmann	Williamsburg	23	2017
70-74	Phyllis Weeda	Des Moines	24	2015
75-79	Frances Young	Des Moines	19	2005
	Glendoris Caswell	Des Moines	19	2006
80-84	Fidella Marty	Ames	18	2014
85-89	Carolyn Dodd	Des Moines	10	2017
SOCCER: ACCURACY KICK/ Men				
50-54	Timothy Pew	Des Moines	23	2014
55-59	Jeff Pfundheller	Urbandale	23	2017
	# Gary Marty	Abbotsford, BC	24	2015
60-64	Brad Ewest	Ankeny	22	2014
65-69	James Castelblanco	West Des Moines	22	2014
	Brad Ewest	Ankeny	22	2018
	# Jim Deremiah	Decatur, IL	23	2011
70-74	Richard Anderson	West Des Moines	24	2009
	Jim Brennan	Lakeville, MN	22	2014
75-79	Ron Kolbe	Sac City	22	2011
	Wilbur Veenstra	Pella	22	2016
80-84	Carroll Marty	Ames	20	2015
	Richard Anderson	West Des Moines	20	2015
85-89	Bart Young	Indianola	18	2018
SOFTBALL DISTANCE & ACCURACY				
SOFTBALL: ACCURACY THROW/ Women				
50-54	Mary Mercury	Altoona	140	1998
	Jody Walter	Des Moines	140	2015
55-59	Jody Walter	Des Moines	150	2017
60-64	Gloria Wichman	Williamsburg	120	2016
65-69	Susan Furland	Runnells	140	2014
70-74	Connie Hines	Weldon	110	2014

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

75-79	Glendoris Caswell	Des Moines	50	2006
	# Kay Allen	Morton, IL	70	2009
80-84	Carolyn Dodd	Des Moines	40	2012
	# Irene Kerwin	Peoria, IL	80	2005
85-89	Carolyn Dodd	Des Moines	40	2018
<b>SOFTBALL: ACCURACY THROW/ Men</b>				
50-54	Tom Shide	Urbandale	130	2016
55-59	David Strege	Winterset	170	2014
60-64	Dale Thede	Urbandale	160	2013
65-69	Dale Thede	Urbandale	130	2016
	Brad Ewest	Ankeny	130	2018
	# George LaBelle	Zimmerman, MN	130	2007
	# Robert Kranz	Apple Valley, Mn	130	2014
70-74	Ronald Kolbe	Sac City	140	2007
75-79	Dan Teran	West Des Moines	120	2007
	Tom Little	Knoxville	120	2008
	Frank Perez jr	West Des Moines	120	2017
80-84	Dan Teran	West Des Moines	130	2012
85-89	Carroll Crouse	Adel	100	2000
90-94	Harold McCollum	West Des Moines	40	2008
95-99	Harold McCollum	West Des Moines	10	2013
<b>SOFTBALL: DISTANCE THROW/ Women</b>				
50-54	Kim Hicks	Allerton	143-9	2016
	#Denise Miller	Vail, CO	180-0	2002
55-59	Rhonda Penquite	Cumming	125-8	2011
60-64	Rhonda Penquite	Cumming	133-0	2017
65-69	Susan Furland	Runnells	144-0	2014
	# Elinor Nelson	Dover, IL	100-0	1999
70-74	Phyllis Weeda	Des Moines	80-5	2016
	# Adele McCormick	Sierra Vista, AZ	102-0	1997
75-79	Ruth Little	Knoxville	66-0	2009
	# Adele McCormick	Sierra Vista, AZ	83-1	1999
80-84	Carol Linderman	Clive	48-8	2017
	# Irene Kerwin	Peoria, IL	58-7	2007
85-89	Pancryata Eddy	Anita	45-0	1995
<b>SOFTBALL: DISTANCE THROW/ Men</b>				
50-54	Mike Hale	Clive	272-3	2008
55-59	Tarry Cory	West Des Moines	277-0	2004
60-64	Tarry Cory	West Des Moines	242-5	2010
65-69	Tarry Cory	Clive	243-0	2016
70-74	Charles Obye	Spirit Lake	190-10	1992
75-79	Don Hutchinson	West Des Moines	158-0	2012
80-84	Don Hutchinson	West Des Moines	148-0	2017

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

	# E. Lee Todd	Grant, NE	150-4	1995
85-89	Bart Young	Indianola	93-4	2016
90-94	John Davis	Urbandale	80-0	2008
95-99	Harold McCollum	West Des Moines	21-9	2012
<b>SWIMMING</b>				
<b>50 YARD BACKSTROKE / WOMEN</b>				
50-54	Sara Rippentrop	Waukee	39.13	2008
55-59	Dorothy Whitehead	Indianola	40.48	1990
60-64	Dorothy Whitehead	Indianola	40.54	1995
65-69	Dorothy Whitehead	Indianola	42.80	2002
70-74	Dorothy Whitehead	Indianola	44.38	2005
75-79	Dorothy Whitehead	Indianola	46.27	2010
80-84	Dorothy Whitehead	Indianola	53.05	2015
85-89	Marijane Torjesen	Des Moines	2:00.3	2004
<b>50 YARD BACKSTROKE / MEN</b>				
50-54	Dan Kealy	Council Bluffs	30.83	2009
55-59	David Ross	Des Moines	26.84	2017
60-64	Daniel Kealy	Des Moines	34.93	2018
65-69	Norm Bower	Davenport	38.19	2018
70-74	George Henry	Cedar Rapids	42.75	1995
75-79	Wesley Webb	N/A	45.35	1988
80-84	Stuart Ashmead	Ottumwa	1:01.5	2009
85-89	Stuart Ashmead	Ottumwa	1:10.39	2013
90-94	Donald Huntoon	Des Moines	1:43.24	2014
	# Robert Severance	Beloit, KS	1:38.90	2016
<b>50 YARD BREASTSTROKE / WOMEN</b>				
50-54	Susan Denny	Des Moines	46.09	2001
55-59	Michelle Ross	Des Moines	39.79	2018
60-64	# Debbie Fisk	The Villages, FL	46.31	2018
65-69	Lynn Johnson	Sioux City	53.01	2016
	# Wendy Weinberg	Scottsdale, AZ	50.42	2012
70-74	Rosemary DeJoode	Tama	51.05	2005
75-79	Jodie McKay	Des Moines	58.25	2002
80-84	Florence Dietz	West Des Moines	1:01.04	2015
85-89	Genevieve Sloan	Des Moines	3:17.1	2006
<b>50 YARD BREASTSTROKE / MEN</b>				
50-54	Dennis Bennett	Norwalk	31.58	2018
55-59	KC Cornish	Grinnell	33.53	2015
60-64	Mick Barry	Ankeny	34.65	2010
65-69	Stan LeMaster	Council Bluffs	39.22	2015
	# Charles Baumgarner	Salt Flat, TX	38.02	2017
70-74	Stuart Ashmead	Ottumwa	48.97	2000
	# Tony Riker	Los Alamos, NM	41.92	2018
75-79	Robert LaFavre	Cedar Falls	46.92	2009
	# Dan McCullough	Vermillion, SD	45.74	1994

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

80-84	Stuart Ashmead	Ottumwa	1:19.4	2009
85-89	Stuart Ashmead	Ottumwa	1:34.45	2013
90-94	# Robert Severance	Beloit, KS	2:14.34	2018
<b>50 YARD BUTTERFLY / WOMEN</b>				
50-54	Debbie Fisk	Waukee	33.64	2008
55-59	Debbie Fisk	Waukee	36.80	2013
60-64	Debbie Fisk	Waukee	36.92	2017
65-69	Cindy Hauber	Ames	40.27	2018
70-74	Pat Smith	Cedar Rapids	52.97	2018
75-79	Ruth Johnson	Davenport	60.46	2012
<b>50 YARD BUTTERFLY / MEN</b>				
50-54	Michael Barry	Ankeny	27.72	2000
55-59	David Ross	Des Moines	25.96	2018
60-64	Mick Barry	Ankeny	30.56	2010
	# Robert Kubicek	Lincoln, NE	29.29	2015
65-69	Mick Barry	Ankeny	34.48	2017
70-74	Alan Schenck	Clarinda	45.94	2017
	# Perry Rockwell	Plattesville, WI	32.05	1996
75-79	George Henry	Cedar Rapids	67.8	2002
	# CL Bruce	Lake St Louis, MO	66.4	2008
<b>50 YARD FREESTYLE / WOMEN</b>				
50-54	Debbie Fisk	Waukee	32.26	2008
55-59	Debbie Fisk	Waukee	32.80	2016
60-64	Debbie Fisk	Waukee	32.44	2017
65-69	Judy Chadima	Cedar Rapids	38.13	1998
	# Karen Loring	Sun City West, AZ	36.48	2018
70-74	Nancy Romalov	Iowa City	35.38	2017
	# Judy Kennedy	Lincoln, NE	40.10	2007
75-79	Judy Chadima	Cedar Rapids	39.37	2004
80-84	Ruth Johnson	Davenport	47.46	2014
85-89	Ruth Johnson	Davenport	53.79	2018
<b>50 YARD FREESTYLE / MEN</b>				
50-54	Dennis Bennett	Norwalk	23.20	2016
55-59	David Ross	Des Moines	24.17	2017
60-64	Daniel Kealy	Des Moines	27.56	2018
65-69	Stan LeMaster	Council Bluffs	29.32	2015
	# Robert Blake	Bridgeton, MO	28.63	1994
70-74	George Henry	Cedar Rapids	34.75	1995
	# Perry Rockwell	Plattesville, WI	30.28	1996
75-79	George Henry	Cedar Rapids	37.68	2002
80-84	Roger Smith	Davenport	49.73	2002
85-89	Stuart Ashmead	Ottumwa	1:03.33	2013
90-94	Ivan Schultz	Humboldt	1:25.6	1995
	# Robert Severance	Beloit, KS	1:21.30	2016
<b>100 YARD BACKSTROKE / WOMEN</b>				

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

50-54	Daine Happel	Fort Dodge	1:35.59	2017
	# Nance Coggeshall	Grandview, MO	1:33.6	2008
55-59	Dorothy Whitehead	Des Moines	1:28.7	1992
60-64	Debbie Fisk	Waukee	1:28.84	2017
65-69	Judy Chadima	Cedar Rapids	1:27.4	1998
70-74	Dorothy Whitehead	Indianola	1:38.4	2005
75-79	Judy Chadima	Cedar Rapids	1:45.4	2004
80-84	Dorothy Whitehead	Des Moines	1:56.75	2017
85-89	Marijane Torjesen	Des Moines	4:13.1	2004
<b>100 YARD BACKSTROKE / MEN</b>				
50-54	Dennis Bennett	Norwalk	1:02.63	2017
55-59	David Ross	Des Moines	58.81	2017
60-64	Daniel Kealy	Des Moines	1:16.15	2018
65-69	Mick Barry	Ankeny	1:24.54	2017
70-74	George Henry	Cedar Rapids	1:42.4	1995
75-79	Robert LaFavre	Cedar Falls	1:46.8	2009
80-84	Stuart Ashmead	Ottumwa	2:22.3	2009
85-89	Stuart Ashmead	Ottumwa	2:35.25	2015
90-94	Ivan Schultz	Humboldt	3:17.7	1993
<b>100 YARD BREASTSTROKE / WOMEN</b>				
50-54	Susan Ludwig	Iowa City	1:42.86	2011
55-59	Michelle Ross	Des Moines	1:29.45	2018
60-64	Terri McDermott	Des Moines	1:52.5	2014
	# Debbie Fisk	The Villages, FL	1:41.27	2018
65-69	Lynn Johnson	Sioux City	1:59.70	2016
	# Wendy Weinberg	Scottsdale, AZ	1:52.98	2012
70-74	Glenda Sharp	Cedar Rapids	2:28.2	2006
	# Helen Sauer	Denver, CO	2:18.9	1998
75-79	Florence Dietz	West Des Moines	2:06.75	2012
80-84	Florence Dietz	West Des Moines	2:17.96	2017
<b>100 YARD BREASTSTROKE / MEN</b>				
50-54	Steven Jones	Martensdale	1:15.6	2010
55-59	KC Cornish	Grinnell	1:13.80	2015
60-64	Mick Barry	Ankeny	1:20.45	2014
65-69	Stan LeMaster	Council Bluffs	1:25.70	2015
70-74	Stan LeMaster	Council Bluffs	1:28.90	2017
75-79	Robert LaFavre	Cedar Falls	1:44.7	2009
	# Dan McCullough	Vermillion, SD	1:39.9	1994
80-84	Stuart Ashmead	Ottumwa	3:04.1	2009
<b>100 YARD BUTTERFLY / WOMEN</b>				
50-54	Diane Happel	Fort Dodge	01:49.2	2014
	# Nance Coggeshall	Grandview, MO	1:47.7	2008
65-69	# Wendy Weinberg	Scottsdale, AZ	1:57.69	2012
70-74	Pat Smith	Cedar Rapids	2:01.34	2017
<b>100 YARD BUTTERFLY / MEN</b>				

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

50-54	Tom Kealy	Council Bluffs	1:03.8	2008
55-59	Tom Kealy	Council Bluffs	1:04.38	2011
60-64	Mick Barry	Ankeny	1:13.0	2010
65-69	Mick Barry	Ankeny	1:19.23	2017
70-74	Stan LeMaster	Council Bluffs	1:47.86	2017
	# Sam Chilton	Omaha, NE	1:37.3	2002
75-79	# Dan McCullough	Vermillion, SD	1:49.1	1994
<b>100 YARD FREESTYLE / WOMEN</b>				
50-54	Debbie Fisk	Waukee	1:09.2	2007
55-59	Debbie Fisk	Waukee	1:12.00	2016
60-64	Debbie Fisk	Waukee	1:13.41	2017
65-69	Nancy Romalov	Iowa City	1:24.65	2015
	# Karen Loring	Sun City West, AZ	1:22.95	2018
70-74	Nancy Romalov	Iowa City	1:22.63	2017
	# Judy Kennedy	Omaha	1:31.9	2009
75-79	Judy Chadima	Cedar Rapids	1:29.4	2004
80-84	Ruth Johnson	Davenport	1:45.93	2014
85-89	Ruth Johnson	Davenport	2:00.37	2018
<b>100 YARD FREESTYLE / MEN</b>				
50-54	Brian Steffen	Cedar Rapids	54.70	2013
55-59	Tom Kealy	Council Bluffs	57.15	2007
	# David Wells	Omaha, NE	56.81	2016
60-64	Daniel Kealy	Des Moines	1:00.88	2018
65-69	Stan LeMaster	Council Bluffs	1:07.77	2015
70-74	Jim Kempkes	Des Moines	1:20.8	1995
	# Perry Rockwell	Plattesville, WI	1:12.7	1996
75-79	Wesley Webb	N/A	1:17.6	1988
80-84	Stuart Ashmead	Ottumwa	1:55.6	2009
85-89	Stuart Ashmead	Ottumwa	2:17.64	2014
90-94	Ivan Schultz	Humboldt	3:32.2	1995
	# Robert Severance	Beloit, KS	3:05.30	2016
<b>100 YARD INDIVIDUAL MEDLEY / WOMEN</b>				
50-54	Debbie Fisk	Waukee	1:20.5	2007
55-59	Michelle Ross	Des Moines	1:23.54	2018
60-64	Debbie Fisk	Waukee	1:25.02	2017
65-69	Cindy Hauber	Ames	1:33.48	2018
	# Wendy Weinberg	Scottsdale, AZ	1:51.60	2012
70-74	Nancy Romalov	Iowa City	1:45.87	2017
75-79	Ruth Johnson	Davenport	2:05.69	2012
80-84	Ruth Johnson	Davenport	2:11.88	2014
<b>100 YARD INDIVIDUAL MEDLEY / MEN</b>				
50-54	Dennis Bennett	Norwalk	1:05.60	2016
55-59	KC Cornish	Grinnell	1:08.92	2015
	# David Wells	Omaha, NE	1:08.33	2018
60-64	Mick Barry	Ankeny	1:09.1	2010

2018 Records are Highlighted in Yellow



Iowa Senior Games All Time Sports Record  
Updated August 2018

65-69	Stan LeMaster	Council Bluffs	1:17.62	2015
70-74	Stan LeMaster	Council Bluffs	1:19.55	2017
75-79	Stuart Ashmead	Ottumwa	2:15.4	2007
80-84	Stuart Ashmead	Ottumwa	2:53.5	2009
<b>200 YARD BACKSTROKE / WOMEN</b>				
50-54	Diane Happel	Fort Dodge	3:03.48	2014
	# Sharill Prey-Luedtke	Martell, NE	2:45.37	2018
55-59	Ann Kealy	Marion	3:14.5	2017
	# Ann Emmrich	Plainfield, IL	3:08.80	2016
60-64	Dorothy Whitehead	Des Moines	3:18.2	1995
65-69	Judy Chadima	Cedar Rapids	3:29.2	1995
	# Barbara Larsen	Rochester, MN	3:19.80	2016
70-74	Dorothy Whitehead	Indianola	3:43.7	2005
	# Barbara Larsen	Rochester, MN	3:25.12	2018
75-79	Dorothy Whitehead	Indianola	3:45.0	2010
80-84	Dorothy Whitehead	Indianola	4:25.02	2017
85-89	Marijane Torjesen	Des Moines	9:43.3	2006
<b>200 YARD BACKSTROKE / MEN</b>				
50-54	Dan Kealy	Council Bluffs	2:30.1	2009
55-59	David Ross	Des Moines	2:18.59	2018
60-64	Daniel Kealy	Des Moines	2:43.01	2018
65-69	Mick Barry	Ankeny	3:05.75	2017
70-74	Don Utsinger	Urbandale	3:51.37	2018
75-79	Robert LaFavre	Cedar Falls	4:04.9	2009
80-84	Stuart Ashmead	Ottumwa	5:01.2	2009
85-89	Stuart Ashmead	Ottumwa	5:26.83	2013
90-94	Ivan Schultz	Humboldt	7:10.9	1993
<b>200 YARD BREASTSTROKE / WOMEN</b>				
50-54	Susan Ludwig	Iowa City	3:46.13	2014
55-59	Ann Kealy	Marion	3:50.58	2018
60-64	Brigitte Crouse	Des Moines	4:18.03	2012
65-69	Alida Droppert	Pella	4:23.06	2014
	# Wendy Weinberg	Scottsdale, AZ	4:06.44	2012
70-74	Glenda Sharp	Cedar Rapids	6:09.8	2008
	# Anne Burnett	Cave Creek, AZ	5:40.0	2010
75-79	Florence Dietz	West Des Moines	4:33.61	2012
80-84	Florence Dietz	West Des Moines	4:39.99	2015
<b>200 YARD BREASTSTROKE / MEN</b>				
50-54	KC Cornish	Grinnell	2:34.9	2007
55-59	Steven Jones	Martensdale	2:53.84	2013
60-64	Mick Barry	Ankeny	3:05.0	2013
65-69	Mick Barry	Ankeny	3:06.72	2017
70-74	Stan LeMaster	Council Bluffs	3:02.34	2017
75-79	Robert LaFavre	Cedar Falls	3:54.4	2009
<b>200 YARD BUTTERFLY / WOMEN</b>				

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

50-54	Diane Happel	Fort Dodge	4:09.82	2018
	# Sharill Prey-Luedtke	Martell, NE	3:02.75	2018
65-69	# Barbara Larsen	Rochester, MN	3:32.80	2016
70-74	Pat Smith	Cedar Rapids	4:31.71	2017
	# Barbara Larsen	Rochester, MN	3:40.34	2018
<b>200 YARD BUTTERFLY / MEN</b>				
50-54	Dennis Bennett	Norwalk	2:25.33	2017
55-59	Wayne Huebener	Iowa City	3:54.87	2018
60-64	Tom Kealy	Council Bluffs	3:03.92	2018
65-69	Mick Barry	Ankeny	3:21.22	2017
<b>200 YARD FREESTYLE / WOMEN</b>				
50-54	Cindy Hauber	Ames	2:39.9	2010
	# Sharill Prey-Luedtke	Martell, NE	2:33.65	2018
55-59	Ann Kealy	Marion	2:45.40	2016
60-64	Cindy Hauber	Ames	2:54.17	2017
65-69	Judy Chadima	Cedar Rapids	3:07.8	1998
70-74	Judy Chadima	Cedar Rapids	3:26.6	2002
	# Judy Kennedy	Omaha, NE	3:20.3	2009
75-79	Ruth Johnson	Davenport	3:37.26	2012
80-84	Ruth Johnson	Davenport	3:51.15	2013
85-89	Ruth Johnson	Davenport	4:34.03	2018
<b>200 YARD FREESTYLE / MEN</b>				
50-54	Brian Steffen	Cedar Rapids	2:03.33	2012
55-59	Tom Kealy	Council Bluffs	2:05.64	2012
60-64	Tom Kealy	Council Bluffs	2:13.38	2017
65-69	Stan LeMaster	Council Bluffs	2:24.12	2015
70-74	Stan LeMaster	Council Bluffs	2:28.88	2017
75-79	Stuart Ashmead	Ottumwa	3:47.5	2007
	# David Easterla	Maryville, MO	3:43.6	2008
80-84	Stuart Ashmead	Ottumwa	4:27.6	2009
85-89	Stuart Ashmead	Ottumwa	5:19.34	2014
<b>200 YARD INDIVIDUAL MEDLEY / WOMEN</b>				
50-54	Diane Happel	Fort Dodge	3:31.96	2014
55-59	Debbie Fisk	Waukee	3:19.90	2016
60-64	Judy Chadima	Cedar Rapids	3:26.8	1990
	# Debbie Fisk	The Villages, FL	3:17.53	2018
65-69	Glenda Sharp	Cedar Rapids	4:44.1	2001
	# Barbara Larsen	Rochester, MN	3:31.20	2016
70-74	Pat Smith	Cedar Rapids	4:08.81	2017
<b>200 YARD INDIVIDUAL MEDLEY / MEN</b>				
50-54	KC Cornish	Grinnell	2:26.6	2007
55-59	Tom Kealy	Council Bluffs	2:30.10	2011
	# David Wells	Omaha, NE	2:29.63	2018
60-64	Tom Kealy	Council Bluffs	2:42.69	2018
	# Robert Kubicek	Lincoln, NE	2:38.99	2015

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

65-69	Mick Barry	Ankeny	2:39.96	2017
70-74	Stan LeMaster	Council Bluffs	2:55.51	2017
	# Perry Rockwell	Plattsville, WI	3:26.3	1996
75-79	Leon Dolski	West Des Moines	2:44.8	1992
<b>400 YARD INDIVIDUAL MEDLEY / WOMEN</b>				
50-54	Diane Happel	Fort Dodge	7:44.56	2018
	# Sharill Prey-Luedtke	Martell, NE	6:00.68	2018
55-59	# Ann Emmrich	Plainfield, IL	7:01.90	2016
65-69	# Barbara Larsen	Rochester, MN	7:26.30	2016
70-74	Pat Smith	Cedar Rapids	8:47.49	2017
	# Barbara Larsen	Rochester, MN	7:37.32	2018
<b>400 YARD INDIVIDUAL MEDLEY / MEN</b>				
50-54	Dennis Bennett	Norwalk	4:46.60	2016
55-59	Daniel Kealy	Des Moines	6:03.19	2017
60-64	Tom Kealy	Council Bluffs	5:50.97	2018
65-69	Mick Barry	Ankeny	6:00.33	2017
70-74	Stan LeMaster	Council Bluffs	6:03.90	2017
<b>500 YARD FREESTYLE / WOMEN</b>				
50-54	Debbie Fisk	Waukee	7:14.2	2007
55-59	Cindy Hauber	Ames	7:07.1	2010
60-64	Debbie Fisk	Waukee	7:27.25	2017
65-69	Elizabeth Smith	Des Moines	7:18.82	2018
70-74	Pat Smith	Cedar Rapids	7:49.87	2017
75-79	Ruth Johnson	Davenport	10:14.0	2010
80-84	Ruth Johnson	Davenport	10:53.38	2014
85-89	Ruth Johnson	Davenport	12:06.28	2018
<b>500 YARD FREESTYLE / MEN</b>				
50-54	Tom Kealy	Council Bluffs	5:52.0	2010
55-59	Tom Kealy	Council Bluffs	5:53.03	2011
60-64	Tom Kealy	Council Bluffs	6:00.10	2017
65-69	Stan LeMaster	Council Bluffs	6:33.52	2015
70-74	Stan LeMaster	Council Bluffs	6:40.86	2017
75-79	Stuart Ashmead	Ottumwa	10:15.4	2007
80-84	Stuart Ashmead	Ottumwa	13:28.59	2012
<b>200 Yd Freestyle Relay / Women</b>				
55 +	Botts, Ludwig, Fisk, Kealy		2:32.46	2014
<b>200 Yd Freestyle Relay / Men</b>				
50 +	T. Kealy, B. Klahn,	S. Jones, B. Steffen	1:54.73	2012
60+	R. Noeth, T. Monroe	J. Chew, A. Schenck	2:54.23	2012
<b>200 Yd Medley Relay / Women</b>				
50+	C. Hauber, B. Anderson	W. Weinberg, L. Kurutz	2:53.06	2012
<b>200 Yd Medley Relay / Men</b>				
50 +	T. Kealy, B. Klahn,	S. Jones, B. Steffen	2:08.37	2012
60+	Easterla, Ruben, Schenk, Castelblanco		2:46.74	2014
<b>TRACK &amp; FIELD</b>				

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

50 METER DASH / Women				
50-54	Kay Glenn	Hastings	8.15	2005
55-59	Betty Hoff	Decorah	8.64	1996
	# Deb Olson	Trimont, MN	7.74	2016
60-64	Betty Hoff	Decorah	8.7	1999
	# Normimah Benedict	Fayetteville, AR	8.28	2008
65-69	Ethel Miller	Cedar Rapids	8.89	1991
70-74	Millie Crews	Des Moines	9.93	1988
75-79	Ruth Johnson	Davenport	9.5	2010
80-84	Carol Linderman	Clive	11.07	2017
85-89	Carolyn Dodd	Des Moines	16.63	2017
50 METER DASH / MEN				
50-54	Michael Fitzgerald	Mason City	6.4	2010 & 2011
55-59	Phil Ramsey	Adel	6.5	2006
60-64	Arnie Brandt	Sioux City	6.87	1995
	# Lowell Thompson	Minneapolis, MN	6.72	2000
65-69	Randall Olson	Carroll	6.35	2012
70-74	Melvin Larson	Ames	7.06	1999
75-79	Melvin Larson	Ames	7.47	2003
80-84	Melvin Larson	Ames	7.84	2006
85-89	Lewis McLaughlin	Cumming	9.78	2012
	# Bill Melville	Platteville, WI	9.41	2012
90-94	Melvin Larsen	Ames	11.30	2016
95-99	#Ralph Maxwell	Richville, MN	12.31	2014
100 METER DASH / WOMEN				
50-54	Harriett Beasley	Des Moines	14.52	2002
55-59	Kay Glynn	Hastings	14.41	2008
60-64	Kay Glynn	Hastings	16.38	2015
	# Normimah Benedict	Fayetteville, AR	15.54	2008
65-69	Betty Hoff	Decorah	17.2	2004
70-74	Carol Linderman	Clive	18.53	2008
75-79	Carol Linderman	Clive	20.34	2012
80-84	Rita Jackson Ashmead	Ottumwa	22.05	2015
85-89	Ernestine Davis	Des Moines	34.97	2012
90-94	Betty Ogbourne	Osceola	41.67	2017
100 METER DASH / MEN				
50-54	Michael Fitzgerald	Mason City	12.28	2011
	# Tom Bassett	Lincoln, NE	12.0	1999
55-59	Michael Fitzgerald	Mason City	12.27	2015
60-64	Les Lane	Carlisle	12.74	2005
	# Tom Bassett	Lincoln, NE	12.66	2005
65-69	Les Lane	Carlisle	13.65	2008
	# Larry Andrews	Elkhorn, NE	13.43	2006
70-74	Robert Conzemius	Ames	13.88	2005
	# Bill Melville	Platteville, WI	13.31	1999

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

75-79	Melvin Larsen	Ames	14.15	2001
80-84	Melvin Larsen	Ames	15.32	2005
85-89	Lewis McLaughlin	Cumming	19.94	2012
	# Bill Melville	Platteville, WI	17.81	2012
90-94	Melvin Larsen	Ames	19.28	2015
95-99	#Ralph Maxwell	Richville, MN	25.32	2014
<b>200 METER RUN / WOMEN</b>				
50-54	Kay Glynn	Hastings	30.0	2006
55-59	Kay Glynn	Hastings	31.29	2008
60-64	Kay Glynn	Hastings	34.60	2015
65-69	Ernestine Davis	Des Moines	38.95	1994
70-74	Ethel Miller	Des Moines	44.1	1994
75-79	Rita Jackson-Ashmead	Ottumwa	44.44	2010
80-84	Rita Jackson-Ashmead	Ottumwa	50.90	2015
	# Mildred Crews	Lancaster, WI	49.87	1996
85-89	Ernestine Davis	Des Moines	1.26.75	2013
<b>200 METER RUN / MEN</b>				
50-54	Michael Fitzgerald	Mason City	24.48	2010
55-59	Michael Fitzgerald	Mason City	25.51	2015
60-64	Bob Conzemius	Ames	27.51	1998
	# Tom Bassett	Lincoln, NE	27.31	2005
65-69	Les Lane	Carlisle	29.28	2008
	# Bill Melville	Platteville, WI	27.78	1998
70-74	Melvin Larson	Ames	28.81	1997
	# Bill Melville	Platteville, WI	27.47	1999
75-79	Melvin Larson	Ames	30.77	2003
80-84	Melvin Larson	Ames	31.72	2004
85-89	Darrel Mitchell	Marshalltown	46.06	2014
	# Bill Melville	Platteville, WI	41.20	2012
90-94	Darrell Mitchell	Marshalltown	48.19	2018
95-99	#Ralph Maxwell	Richville, MN	58.31	2014
<b>400 METER RUN / WOMEN</b>				
50-54	Cindy DePrenger	Otley	1:20.97	2013
55-59	Betty Hoff	Decorah	1:22.0	1996
60-64	Ellen Johnson	Des Moines	1:26.43	2018
65-69	Betty Hoff	Decorah	1:35.3	2006
70-74	Betty Hoff	Decorah	1:39.2	2008
75-79	Rita Jackson-Ashmead	Ottumwa	1:49.9	2010
80-84	Rita Jackson-Ashmead	Ottumwa	2:03.63	2015
<b>400 METER RUN / MEN</b>				
50-54	Mike Fitzgerald	Mason City	57.44	2013
	# Jeff Hageman	Omaha, NE	56.97	2016
55-59	Mike Fitzgerald	Mason City	57.37	2017
60-64	David Wilson	Garrison	1:02.26	2018
65-69	Gary Patton	Rock Rapids	65.3	2010

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

	# J. Abels	Papillion, NE	65.2	2010
70-74	Robert Konzemius	Ames	67.8	2005
	# Sherwood Sagedahl	Fairmont, MN	67.2	2010
75-79	Madeleo Blake	Letts	1:19.1	1989
	# Sherwood Sagedahl	Fairmont, MN	1:15.20	2015
80-84	Robert Konzemius	Ames	1:23.44	2014
85-89	Darrell Mitchell	Marshalltown	1:46.27	2014
90-94	Darrell Mitchell	Marshalltown	1:50.29	2018
<b>800 METER RUN / WOMEN</b>				
50-54	Ellen Eakins	Ankeny	3:08.0	2009
55-59	Helen James	Monona	3:13.0	2002
60-64	Betty Hoff	Decorah	3:13.0	2002
65-69	Rita Ashmead	Ottumwa	3:41.0	2001
70-74	Rita Ashmead	Ottumwa	3:51.3	2006
75-79	Rita Jackson-Ashmead	Ottumwa	4:07.8	2010
80-84	Rita Jackson-Ashmead	Ottumwa	4:40.88	2015
<b>800 METER RUN / MEN</b>				
50-54	Paul Grinvalds	West Des Moines	2:16.2	2010
55-59	Daniel Bonthius	Iowa City	2:18.55	2015
60-64	Ronald McKay	Chariton	2:27.1	2003
65-69	Gary Patton	Rock Rapids	2:32.0	2011
70-74	Gary Patton	Rock Rapids	2:46.58	2015
	# Howard Weisser	Lincoln, NE	2:44.0	2009
75-79	Tom Novak	Cedar Rapids	3:13.0	2008
80-84	Mel Flachs	Davenport	2:46.0	1998
85-89	Alvin Ravenscroft	Ames	5:26.47	2018
	# Emmett Bennett	Rapid City, SD	4:41.3	1996
90-94	Donald Childs	Davenport	6:33.06	2018
<b>1500 METER RUN / WOMEN</b>				
50-54	Cindy DePrenger	Otley	6:21.0	2013
55-59	Julie Starry	Johnston	6:34.01	2015
60-64	Ellen Johnson	Des Moines	7:12.18	2018
65-69	Rita Ashmead	Ottumwa	7:34.0	2001
70-74	Rita Ashmead	Ottumwa	7:22.0	2006
75-79	Rita Ashmead	Ottumwa	8:10.0	2010
80-84	Rita Jackson-Ashmead	Ottumwa	9:29.46	2015
<b>1500 METER RUN / MEN</b>				
50-54	Daniel Bonthius	Iowa City	4:42.0	2013
55-59	Daniel Bonthius	Iowa City	4:54.86	2015
60-64	Gary Patton	Rock Rapids	5:07.0	2007
65-69	Gary Patton	Rock Rapids	5:10.0	2011
70-74	Gary Patton	Rock Rapids	5:36.00	2015
75-79	Gene Harding	Des Moines	7:24.0	2006
	#Sherwood Sagedahl	Fairmont, MN	6:04.21	2014
80-84	Alvin Ravenscroft	Ames	8:48.0	2013

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

	# Jose Badillo	Bellevue, NE	6:59.96	2018
85-89	Donald Childs	Davenport	11:05.0	2013
	# Emmett Bennett	Rapid City, SD	9:07.8	1996
90-94	Donald Childs	Davenport	12:41.21	2018
<b>Records / RACE WALK – 1500 METER / WOMEN</b>				
50-54	Jane Hein	Clive	9:32	2005
55-59	Jane Hein	Clive	9:53	2009
60-64	Bertha Aldrich	Alden	9:38	1996
65-69	Gene McClaran	Des Moines	9:26	1992
70-74	Gene McClaran	Des Moines	10:07	1996
75-79	Rita Ashmead	Ottumwa	11:14	2012
80-84	Gene McClaran	Des Moines	12:41	2006
	# Mildred Crews	Lancaster, WI	12:40	1996
85-89	Carolyn Dodd	Des Moines	15:03.19	2017
<b>Records / RACE WALK – 1500 METER / MEN</b>				
50-54	Robert Shires	Des Moines	7:38	2004
	# Steve Hoger	Seward, NE	7:36.70	2015
55-59	Ken Clark	Clive	7:57	1990
	# David Coutts	Whiteside, MO	7:22	2011
60-64	Franklin Brown	Des Moines	7:54	1994
65-69	Franklin Brown	Des Moines	8:37	2002
70-74	Franklin Brown	Des Moines	8:56	2004
75-79	Madeleo Blake	Letts	9:46	1989
	# Clarence Osborn	Lincoln, NE	8:54	1994
80-84	Madeleo Blake	Letts	11:40	1994
	# Tom Kirley	Kewanee, IL	10:26	2000
85-89	Ted Joplin	Des Moines	13:58	1994
90-94	Ted Joplin	Des Moines	14:52	1996
<b>Records / POWER WALK – 1500 METER / WOMEN (NEW 2018)</b>				
50-54	Jacqueline Riekema	West Des Moines	12:36.58	2018
55-59	# Jaculin Coyle	Cross Plains, WI	11:05.39	2018
60-64	Ann Hegstrom	Desoto	9:31.68	2018
65-69	Candace Dunlap	Bondurant	11:26.91	2018
70-74	Faith Rulapaugh	Oelwein	13:10.10	2018
85-89	Carolyn Dodd	Des Moines	16:15.28	2018
<b>Records / POWER WALK – 1500 METER / MEN (NEW 2018)</b>				
55-59	Matthew Harvey	Des Moines	12:09.00	2018
	# James Coyle	Cross Plains, WI	12:00.52	2018
60-64	Randy Davis	Altoona	11:05.54	2018
65-69	Brad Ewest	Ankeny	11:54.97	2018
70-74	Randy Schuh	Des Moines	10:53.14	2018
75-79	Tom Kirkwood	Dyersville	09:49.19	2018
80-84	Wilbur Veenstra	Pella	14:23.20	2018
<b>Records / RACE WALK – 5000 METER / WOMEN</b>				
50-54	Jane Hein	Clive	32:45	2005

2018 Records are Highlighted in Yellow



Iowa Senior Games All Time Sports Record  
Updated August 2018

	# Anita Macias-Howard	Edina, MN	32:39	2010
55-59	Jane Hein	Clive	33:50	2011
60-64	Ann Hegstrom	De Soto	33:16.17	2018
65-69	Gene McClaren	Des Moines	32:55	1994
70-74	Bertha Aldrich	Alden	33:43	2008
75-79	Rita Jackson Ashmead	Des Moines	37:41	2013
80-84	Gene McClaran	Des Moines	42:01	2006
<b>Records / RACE WALK – 5000 METER / MEN</b>				
50-54	Robert Shires	Des Moines	28:57	2004
55-59	Franklin Brown	Des Moines	28:09	1993
	# David Couts	Whiteside, MO	26:56	2011
60-64	Franklin Brown	Des Moines	28:07	1994
65-69	Tom Kirkwood	Dyersville	30:39	2011
70-74	Tom Kirkwood	Dyersville	34:43	2013
75-79	Tom Kirkwood	Dyersville	32:56.09	2018
	# Clarence Osborn	Lincoln, NE	33:25	1994
80-84	Madeleo Blake	Letts	38:13	1994
85-89	John Zaimes	West Liberty	46:31	2010
90-94	# Thomas Young	Overland Park, KS	50:44	2008
<b>DISCUS / WOMEN</b>				
50-54	Linda Rowe	Bloomfield	99-6	2004
55-59	Kay Glynn	Hastings	72-1	2008
	# Neva Weisskopf	Lehigh Acres, FL	78-0 1/2	2007
60-64	Kay Glynn	Hastings	67-9	2013
	# Neva Weisskopf	Lehigh Acres, FL	72-6	2010
65-69	# Neva Weisskopf	Lehigh Acres, FL	71-2	2013
70-74	Bertha Aldrich	Alden	59-7	2008
	# Carol Frost	Ashland, NE	100-3 3/4	2015
75-79	Nancy Baker	Clive	38-7	2007
	# Adele McCormick	Sierra Vista, AZ	49-11	1999
80-84	Nancy Baker	Clive	35-10	2011
85-89	Nancy Baker	Clive	30-03	2016
<b>DISCUS / MEN</b>				
50-54	David LaMar	Ames	152-0.5	2012
	# Todd Davis	Omaha, NE	163-1	2017
55-59	Lyle Schwartz	Jewell	120-10	2010
	#Rick Anderson	Lawrence, KS	145-0	2014
60-64	Nancy Baker	West Union	143-11	2014
	# Ron Anderson	McPherson, KS	164-6	1996
65-69	Arnie Brandt	Sioux City	129-9 1/2	2002
	# Ron Anderson	McPherson, KS	151-1	2004
70-74	Otto Welfring	Marshalltown	116-6	2004
	# Ron Anderson	McPherson, KS	127-0	2007
75-79	Otto Welfring	Marshalltown	103-8 1/2	2008
	# Ron Anderson	McPherson, KS	123-11	2011

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

80-84	Dick Mulkern	Sheffield	93-6	2008
	# E. Lee Todd	Grant, NE	99-11	1995
85-89	Otto Welfring	Marshalltown	76-00	2018
90-94	Dick Mulkern	Sheffield	49-3	2015
	# Howard Dewell	Quincy, IL	53-0	2013
95-99	#Ralph Maxwell	Richville, MN	37-10	2014
<b>HIGH JUMP / WOMEN</b>				
50-54	Kay Glynn	Hastings	4-4	2004 & 05
55-59	Kay Glynn	Hastings	4-4	2008
60-64	Kay Glynn	Hastings	4-4	2013 & 15
65-69	# Coralyn Feeney	East Moline, IL	3-6	2018
<b>HIGH JUMP / MEN</b>				
50-54	Mark Roberts	Cedar Falls	5-5 1/4	2011
	# Wade Sorenson	Kirkville, MO	5-6	2012
55-59	John Barron	Guttenberg	5-2	2009
	Mark Roberts	Cedar Falls	5-2	2015
	# Garry Pirch	Vandalia, MO	5-6	2009
60-64	Les Lane	Carlisle	4-10	2004
	Gary Pirch	Vandalia, MO	5-2	2014
65-69	Les Lane	Carlisle	4-6	2008
	# Frank Tilton	Springfield, MO	4-8	2012, 13
70-74	Richard Angove	Ames	4-0	2007
	John Wortman	North Liberty	4-0	2009
	Ron Peterson	Waukee	4-0	2014, 16, 18
	# Frank Tilton	Springfield, MO	4-4	2017
75-79	Ed Failor	West Des Moines	3-6	2004 & 06
	Jack wortman	North Liberty	3-6	6-Jul
	# Frank Bollinger	Exelsior Springs, MO	3-10	2004 & 07
	# David Easterla	Maryville, MO	3-10	2013
80-84	Stan Aldinger	Iowa City	3-8	2008
85-89	# Howard Dewell	Quincy, IL	3-2	2007
95-99	# Ralph Maxwell	Richville, MN	3-0	2014
<b>JAVELIN THROW / WOMEN</b>				
50-54	Jacqueline Riekema	West Des Moines	47-07	2018
55-59	Kay Glynn	Hastings	80-2	2012
60-64	Kay Glynn	Hastings	75-6	2013
65-69	# Neva Weisskopf	Lehigh Acres, FL	77-11	2015
70-74	Carol Linderman	Clive	39-8	2011
	# Carol Frost	Ashland, NE	91-5	2015
75-79	Carol Linderman	Clive	38-6	2015
80-84	Carol Linderman	Clive	43-2	2017
85-89	Ernestine Davis	Des Moines	17-7	2013
<b>JAVELIN THROW / MEN</b>				
50-54	Matthew Gottlieb	Des Moines	134-02	2016
	# Doug Roby	Sioux Falls, SD	146-7	2012

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

55-59	Jeff Pfundheller	Urbandale	100-9	2018
	# Doug Roby	Sioux Falls, SD	146-2	2015
60-64	Tarry Cory	Clive	128-6	2010
65-69	Tarry Corry	Clive	116-6	2014
	# Randy Olson	Carroll, NE	123-0	2013
70-74	Ron Peterson	Waukee	85-2	2014
	# Randall Olson	Nebraska City, NE	126-07	2018
75-79	Bill Park	Muscatine	77-7	2012
	# Sherwood Sagedahl	Fairmont, MN	105-5	2015
80-84	Ed Failor	West Des Moines	74-5	2010
85-89	Ed Failor	West Des Moines	72-4	2013
90-94	Dick Mulkern	Sheffield	40-1 1/2	2015
95-99	#Ralph Maxwell	Richville, MN	46-0	2014
<b>LONG JUMP – RUNNING / WOMEN</b>				
50-54	Kay Glynn	Hastings	14-6 1/2	2004
55-59	Kay Glynn	Hastings	14-4	2008
60-64	Kay Glynn	Hastings	13-6	2015
65-69	Ethel Miller	Cedar Rapids	9-9 1/2	1990
70-74	Rita Ashmead	Ottumwa	8-7	2006
75-79	Rita Jackson-Ashmead	Ottumwa	8-4	2010
80-84	Carolyn Dodd	Des Moines	6-0	2015
85-89	Ernestine Davis	Des Moines	3-8	2013
<b>LONG JUMP – RUNNING / MEN</b>				
50-54	Tarry Cory	Clive	17-10	2001
55-59	Tarry Cory	Clive	17-1	2003
60-64	Norm Robinson	Knoxville	16-3 1/2	1995
	# Peter Stopoulos	East Moline, IL	16-6	1997
65-69	Norm Robinson	Knoxville	15-7 1/4	2000
70-74	Norm Robinson	Knoxville	14-10 1/2	2002
75-79	Melvin Larsen	Ames, IA	14-3	2001
80-84	Gary Smidt	Ankeny	10-9	2017
	# E. Lee Todd	Grant, NE	11-2 1/4	1995
85-89	Ralph Scott	West Des Moines	7-5.5	2014
	# Howard Dewell	Quincy, IL	8-2	2009
90-94	# Howard Dewell	Quincy, IL	5-5	2013
95-99	#Ralph Maxwell	Richville, MN	6-5	2014
<b>LONG JUMP – STANDING / WOMEN</b>				
50-54	Mignonne Schmitt	Urbandale	7-6	2015
	# Victoria Daniel	Appleton, WI	8-0	2008
55-59	Glynis Worthington	Hudson	6-9	2018
	# Deb Olson	Trimont, MN	7-0.25	2016
60-64	Ellen Johnson	Des Moines	6-1	2018
	# Normimah Benedict	Fayetteville, AR	6-3 3/4	2006
65-69	Ethel Miller	Cedar Rapids	5-5	1991
	# Irene Kerwin	Peoria, IL	5-10 1/2	1995

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

70-74	Shirley Sprague	Berwick	8-3	2014
75-79	Eva Oltmanns	Neola	4-0	2002
	Carolyn Dodd	Des Moines	4-0	2007
	# Phyllis Anderson	Ohio, IL	4-0 1/4	1996
80-84	Majorie Beatty	Atkins	4-5	2017
85-89	Ernestine Davis	Des Moines	2-4	2013
	Carolyn Dodd	Des Moines	2-4	2017
<b>LONG JUMP – STANDING / MEN</b>				
50-54	Randy Olson	Orange City	8-8	1999
	# Mark Barinque	Lubbock, TX	9-3	2018
55-59	Tarry Cory	Clive	8-6	2004
	David Roberts	Boone	8-6	2016
60-64	Les Lane	Carlisle	8-7 1/2	2005
65-69	Arnie Brandt	Sioux City	8-0	2002
	# Peter Stopoulos	Geneva, IL	8-1 1/2	2002
70-74	Norm Robinson	Knoxville	7-9 1/2	2002
75-79	Carroll Marty	Ames	7-2	2010
	# Tom Walsh	Hannibal, MO	7-4	1993
80-84	Bud Braunlich	Davenport	6-8 1/2	2004
85-89	Ed Failor	West Des Moines	4-4	2013
	# Howard Dewell	Quincy, IL	6-4	2009
90-94	# Howard Dewell	Quincy, IL	4-2	2013
95-99	#Ralph Maxwell	Richville, MN	4-4	2014
<b>SHOT PUT / WOMEN</b>				
50-54	Linda Rowe	Bloomfield	30-2	2005
55-59	Kay Glynn	Hastings	29-0 1/2	2008
60-64	Kay Glynn	Hastings	27-7	2013
65-69	Bertha Aldrich	Alden	25-6 1/2	2004
70-74	Bertha Aldrich	Alden	22-5	2007
	# Carol Frost	Ashland, NE	34-9	2015
75-79	Eva Oltmanns	Neola	25-5	2002
80-84	Majorie Beatty	Atkins	19-11.50	2018
85-89	Ernestine Davis	Des Moines	14-2	2012
<b>SHOT PUT / MEN</b>				
50-54	David LaMar	Ames	42-1.5	2012
	# Rick Anderson	Lawrence, KS	47-4	2012
55-59	Tarry Cory	Clive	39-1	2007
	#Rick Anderson	Lawrence, KS	45-9	2014
60-64	Mark Smith	West Union	39-1 1/2	2014
	# Brian Roegiers	West Palm Beach, FL	44-4 3/4	2017
65-69	Dale Geise	Boone	33-5 3/4	1997
	# Ray Schumann	Hull, IL	41-6 1/2	1992
70-74	Richard Angove	Ames	35-9 1/2	2007
	# Al Salmon	Liberty, MO	40-10 1/2	1999
75-79	John Manning	Hiawatha	36-6 1/2	2014

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

	# John Manning	Truth or C., NM	37-9.25	2010
80-84	John Manning	Hiawatha	39-10 1/2	2015
85-89	Otto Welfring	Marshalltown	27-2.75	2018
90-94	Dick Mulkern	Sheffield	21-2 1/2	2015
95-99	#Ralph Maxwell	Richville, MN	20-4 1/2	2014
<b>TRIPLE JUMP / WOMEN</b>				
50-54	Jacqueline Riekema	West Des Moines	9-6	2018
55-59	Kay Glynn	Hastings	26-11 1/2	2008
60-64	Anne Sherve-Ose	Williams	25-3	2014
	# Normimah Benedict	Fayetteville, AR	21-1	2008
65-69	Linda Sowerts	Ankeny	13-1.75	2016
	# Coralyn Feeney	East Moline, IL	20-6	2017
70-74	Shirley Sprague	Berwick	8-4	2015
75-79	Shirley Sprague	Berwick	11-3	2016
<b>TRIPLE JUMP / MEN</b>				
50-54	Paul Grinvalds	West Des Moines	32-9 1/2	2008
	# Daniel Scamehorn	Kearney, NE	34-4	2010
	# Greg Monson	Moline, IL	34-4	2010
55-59	Tarry Cory	Clive	31-9	2007
60-64	David Roberts	Boone	30-4.5	2018
	# Dan Mehlbrech	Crooks, SD	31-1	2015
65-69	Randy Olson	Walnut	24-8	2015
	# Frank Tilton	Springfield, MO	29-5	2013
70-74	Franklin Brown	Des Moines	22-0	2008
	# Frank Tilton	Springfield, MO	27-9 1/2	2017
75-79	Carroll Marty	Ames	22-8 3/4	2007
80-84	# Martin Tangora	Chicago, IL	19-1.75	2016
95-99	#Ralph Maxwell	Richville, MN	28-3	2014
<b>TRIATHLON</b>				
<b>Triathlon: Women</b>				
50-54	Sarah Deangelis	Des Moines	1:12:07	2016
55-59	Michelle Stout	Ankeny	1:10:53	2016
60-64	Linda Thompson	Huxley	1:17:08	2016
65-69	Cindy Hauber	Ames	1:29:55	2018
70-74	Cathy Todd	Grimes	2:11:59	2018
<b>Triathlon: Men</b>				
50-54	Dave Lippold	West Des Moines	59:04	2016
55-59	Joe Worlund	Lamoni	1:06:19	2017
60-64	Ricks Polk	Hubbard	1:12:51	2018
65-69	Lynn Vogt	Ankeny	1:16:06.8	2014
70-74	Paul Gryte	Ames	1:24:08	2016
75-79	Richard Nehring	Alden	1:23:49	2016
80-84	David Hoffman	Ames	1:42:14	2018

2018 Records are Highlighted in Yellow

Iowa Senior Games All Time Sports Record  
Updated August 2018

Iowa Senior Games All Time Sports Record  
Updated August 2018



Iowa Senior Games All Time Sports Record  
Updated August 2018

Iowa Senior Games All Time Sports Record  
Updated August 2018

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2018 Records are Highlighted in Yellow