

2024 Iowa Senior Games Frisbee Distance Throws  
Waukee High School | Waukee, IA

Event	Age Group	First Name	Last Name	City	State	Gender	Age	Distance (Yds)	Place	Medal
Frisbee Distance Throw	50-54 Female	Carrie	Mills	Des Moines	IA	F	53	40	1	G
Frisbee Distance Throw	50-54 Female	Sue	Francksen	Olin	IA	F	53	32	2	S
Frisbee Distance Throw	55-59 Female	Cheryl	Hall	Weston	WI	F	57	38	1	G
Frisbee Distance Throw	55-59 Female	Jennifer	Shide	Urbandale	IA	F	57	35	1	G
Frisbee Distance Throw	55-59 Female	Jacqueline	Riekema	West Des Moines	IA	F	58	27	2	S
Frisbee Distance Throw	55-59 Male	Tim	Lund	Montrose	CO	M	57	32	1	G
Frisbee Distance Throw	60-64 Female	Diane	Lund	Montrose	CO	F	60	33	1	G
Frisbee Distance Throw	60-64 Female	Sonja	Gibbs	Marion	IA	F	62	16	1	G
Frisbee Distance Throw	60-64 Male	Gary	Marty	Abbotsford	BC	M	64	100	1	G
Frisbee Distance Throw	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	62	76	1	G
Frisbee Distance Throw	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	63	72	2	S
Frisbee Distance Throw	60-64 Male	Timothy	Pew	Des Moines	IA	M	62	62	3	B
Frisbee Distance Throw	60-64 Male	Brett	Hestdalen	Sioux Falls	SD	M	62	48		
Frisbee Distance Throw	60-64 Male	Thomas	Shide	Urbandale	IA	M	61	54		
Frisbee Distance Throw	65-69 Female	Rhonda	Penquite	Cumming	IA	F	67	39	1	G
Frisbee Distance Throw	65-69 Female	Doris	Garland	Indianola	IA	F	67	29	2	S
Frisbee Distance Throw	65-69 Female	Greta	Budweg	Ankeny	IA	F	65	26	3	B
Frisbee Distance Throw	65-69 Female	Linda	Donahue	monroe	IA	F	64	25		
Frisbee Distance Throw	65-69 Female	Shelly	Lewis	New Virginia	IA	F	65	25		
Frisbee Distance Throw	65-69 Female	Janice	Leinen	North English	IA	F	65	19		
Frisbee Distance Throw	65-69 Male	Keith	Dahlstrom	CEDAR FALLS	IA	M	69	61	1	G
Frisbee Distance Throw	65-69 Male	Randy	Davis	Altoona	IA	M	67	60	2	S
Frisbee Distance Throw	65-69 Male	Kenneth	Hopper	Waukee	IA	M	68	59	3	B
Frisbee Distance Throw	65-69 Male	Brad	Staley	Hampton	IA	M	64	54		
Frisbee Distance Throw	65-69 Male	Mike	Weeks	Batesville	AR	M	68	49		
Frisbee Distance Throw	70-74 Female	Margaret	Beuter	Iowa City	IA	F	69	36	1	G
Frisbee Distance Throw	70-74 Male	Chris	Ostlund	WAUKEE	IA	M	71	93	1	G
Frisbee Distance Throw	70-74 Male	Danny	Kruzic	Pleasant Hill	IA	M	69	65	2	S
Frisbee Distance Throw	70-74 Male	Dennis	Hinckley	Sioux Falls	SD	M	72	54	3	B
Frisbee Distance Throw	70-74 Male	Dale	Thede	Urbandale	IA	M	73	52	3	B
Frisbee Distance Throw	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	47		
Frisbee Distance Throw	75-79 Female	Neva	Weisskopf	Lehigh Acres	FL	F	75	25	1	G
Frisbee Distance Throw	75-79 Male	Greg	Eastman	Clive	IA	M	77	52	1	G
Frisbee Distance Throw	75-79 Male	Tarry	CORY	Clive, IA	IA	M	76	49	2	S
Frisbee Distance Throw	75-79 Male	Alan	Schenck	Clarinda	IA	M	77	38	3	B
Frisbee Distance Throw	80-84 Male	Ron	Peterson	Waukee	IA	M	79	53	1	G
Frisbee Distance Throw	80-84 Male	Howard	Bich	Sioux Falls	SD	M	84	40	2	S
Frisbee Distance Throw	85-89 Female	Wylene	Gardner	Des Moines	IA	F	86	7	1	G
Frisbee Distance Throw	85-89 Male	Bob	McCoid	West Alexander	PA	M	86	25	1	G
Frisbee Distance Throw	85-89 Male	Don	Newton	West Des Moines	IA	M	85	25	1	G

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Frisbee Distance Throw	85-89 Male	Richard	Anderson	West Des Moines	IA	M	88	17	2	S
Frisbee Distance Throw	90-94 Female	Norma	Ramker	Urbandale	IA	F	90	21	1	G
Frisbee Distance Throw	90-94 Male	carroll	marty	Ames	IA	M	89	29	1	G
Frisbee Distance Throw	90-94 Male	Don	Zimmer	West Des Moines	IA	M	89	21	2	S
Frisbee Distance Throw	90-94 Male	Bart	Young	Indianola	IA	M	93	19	3	B

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## 2024 Iowa Senior Games Frisbee Accuracy Throws

Waukee High School | Waukee, IA

Event	Age Group	First Name	Last Name	City	State	Gender	Age	Results	Place	Medal
Frisbee Accuracy Throw	50-54 Female	Sue	Francksen	Olin	IA	F	53	1	1	G
Frisbee Accuracy Throw	55-59 Female	Cheryl	Hall	Weston	WI	F	57	2	1	G
Frisbee Accuracy Throw	55-59 Female	Jennifer	Shide	Urbandale	IA	F	57	2	1	G
Frisbee Accuracy Throw	55-59 Female	Jacqueline	Riekema	West Des Moines	IA	F	58	1	2	S
Frisbee Accuracy Throw	55-59 Male	Tim	Lund	Montrose	CO	M	57	5	1	G
Frisbee Accuracy Throw	60-64 Female	Diane	Lund	Montrose	CO	F	60	2	1	G
Frisbee Accuracy Throw	60-64 Female	Sonja	Gibbs	Marion	IA	F	62	0		
Frisbee Accuracy Throw	60-64 Male	Jim	Kopacek	Urbandale	IA	M	61	13	1	G
Frisbee Accuracy Throw	60-64 Male	Gary	Marty	Abbotsford	BC	M	64	11	2	S
Frisbee Accuracy Throw	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	63	6	2	S
Frisbee Accuracy Throw	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	62	5	3	B
Frisbee Accuracy Throw	60-64 Male	Brent	Alexander	West Des Moines	IA	M	63	4		
Frisbee Accuracy Throw	60-64 Male	Timothy	Pew	Des Moines	IA	M	62	4		
Frisbee Accuracy Throw	60-64 Male	Brett	Hestdalen	Sioux Falls	SD	M	62	1		
Frisbee Accuracy Throw	65-69 Female	Rhonda	Penquite	Cumming	IA	F	67	6	1	G
Frisbee Accuracy Throw	65-69 Female	Doris	Garland	Indianola	IA	F	67	4	2	S
Frisbee Accuracy Throw	65-69 Female	Janice	Leinen	North English	IA	F	65	3	3	B
Frisbee Accuracy Throw	65-69 Female	Greta	Budweg	Ankeny	IA	F	65	2		
Frisbee Accuracy Throw	65-69 Female	Shelly	Lewis	New Virginia	IA	F	65	1		
Frisbee Accuracy Throw	65-69 Female	Linda	Donahue	monroe	IA	F	64	0		
Frisbee Accuracy Throw	65-69 Male	Mike	Weeks	Batesville	AR	M	68	9	1	G
Frisbee Accuracy Throw	65-69 Male	Kenneth	Hopper	Waukee	IA	M	68	6	1	G
Frisbee Accuracy Throw	65-69 Male	Keith	Dahlstrom	CEDAR FALLS	IA	M	69	5	2	S
Frisbee Accuracy Throw	65-69 Male	Randy	Davis	Attoona	IA	M	67	5	3	B
Frisbee Accuracy Throw	65-69 Male	Brad	Staley	Hampton	IA	M	64	3		
Frisbee Accuracy Throw	70-74 Female	Margaret	Beuter	Iowa City	IA	F	69	2	1	G
Frisbee Accuracy Throw	70-74 Male	Danny	Kruzic	Pleasant Hill	IA	M	69	7	1	G
Frisbee Accuracy Throw	70-74 Male	Dale	Thede	Urbandale	IA	M	73	5	2	S
Frisbee Accuracy Throw	70-74 Male	Dennis	Hinckley	Sioux Falls	SD	M	72	2	3	B
Frisbee Accuracy Throw	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	2	3	B
Frisbee Accuracy Throw	75-79 Female	Neva	Weisskopf	Lehigh Acres	FL	F	75	1	1	G
Frisbee Accuracy Throw	75-79 Male	Denny	Posekany	Solon	IA	M	75	5	1	G
Frisbee Accuracy Throw	75-79 Male	Denny	Adair	Osceola	IA	M	75	3	2	S
Frisbee Accuracy Throw	75-79 Male	Andy	Steinfeldt	Minnertonka	MN	M	76	2	3	B
Frisbee Accuracy Throw	75-79 Male	Alan	Schenck	Clarinda	IA	M	77	2	3	B
Frisbee Accuracy Throw	80-84 Male	Howard	Bich	Sioux Falls	SD	M	84	2	1	G
Frisbee Accuracy Throw	80-84 Male	Ron	Peterson	Waukee	IA	M	79	2	1	G
Frisbee Accuracy Throw	85-89 Female	Wylene	Gardner	Des Moines	IA	F	86	0		

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Frisbee Accuracy Throw	85-89 Male	Bob	McCoid	West Alexander	PA	M	86	6	1	G
Frisbee Accuracy Throw	85-89 Male	Don	Newton	West Des Moines	IA	M	85	3	1	G
Frisbee Accuracy Throw	85-89 Male	Richard	Anderson	West Des Moines	IA	M	88	3	2	S
Frisbee Accuracy Throw	90-94 Female	Norma	Ramker	Urbandale	IA	F	90	3	1	G
Frisbee Accuracy Throw	90-94 Male	carroll	marty	Ames	IA	M	89	3	1	G
Frisbee Accuracy Throw	90-94 Male	Don	Zimmer	West Des Moines	IA	M	89	2	2	S
Frisbee Accuracy Throw	90-94 Male	Bart	Young	Indianola	IA	M	93	1	3	B

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