2019 Iowa Senior Games Road Race Results Sheet

| Category | Distance | Age Group | First Name | Last Name | City | State | Gender | Age | Result | Place | Medal |
|-----------|----------|--------------|------------|-----------|-----------------|-------|--------|-----|--------|-------|--------|
| Road Race | 5K | 50-54 Male | terry | kruse | clive | IA | М | 52 | 19:34 | 1 | Gold |
| Road Race | 5K | 50-54 Male | Matt | Kamp | Clive | IA | М | 51 | 25:42 | 2 | Silver |
| | | | | | | | | | | | |
| Road Race | 5K | 55-59 Female | Susan | Fray | Clive | IA | F | 59 | 26:31 | 1 | Gold |
| | | | | | | | | | | | |
| Road Race | 5K | 55-59 Male | ROADOG | MCKIBBEN | CLIVE | IA | М | 58 | 25:38 | 3 | Bronze |
| Road Race | 5K | 55-59 Male | John | Ross | Ottumwa | IA | М | 57 | 23:32 | 2 | Silver |
| Road Race | 5K | 55-59 Male | Rick | Scharff | West Des Moines | IA | М | 58 | 21:45 | 1 | Gold |
| | | | | | | | | | | | |
| Road Race | 5K | 60-64 Male | Kevin | Houston | Boone | IA | М | 60 | 35:15 | 2 | Silver |
| Road Race | 5K | 60-64 Male | John | Blaser | DeWitt | IA | М | 62 | 21:01 | 1 | Gold |
| | | | | | | | | | | | |
| Road Race | 5K | 65-69 Male | Steve | Bergeron | West Des Moines | IA | М | 65 | 28:50 | | |
| Road Race | 5K | 65-69 Male | Tim | Murphy | Iowa City | IA | М | 67 | 22:02 | 1 | Gold |
| Road Race | 5K | 65-69 Male | Randy | Clarke | Ankeny | IA | М | 67 | 23:55 | 2 | Silver |
| Road Race | 5K | 65-69 Male | Paul | James | Stanley | IA | М | 66 | 25:33 | | |
| Road Race | 5K | 65-69 Male | Gary | Reeder | Delhi | IA | М | 65 | 25:01 | 3 | Bronze |
| | | | | | | | | | | | |
| Road Race | 5K | 75-79 Male | Tom | Kirkwood | Dyersville | IA | М | 76 | 29:49 | 1 | Gold |
| | | | | | | | | | | | |
| Road Race | 5K | 80-84 Male | David | Hoffman | Ames | IA | М | 81 | 55:14 | 1 | Gold |