



2009 Official Results

The 2009 Iowa Senior Olympics attracted over 600 participants from 124 different cities around the State of Iowa and 15 additional states across the country. Men and women age 50 and above competed in more than 50 events.

Gold, Silver and Bronze medals were awarded to winners from Iowa as well as out-of-state athletes who placed in the overall top three in the event. Out-of-state athletes are marked in the results with a (#) before their rank. Athletes are awarded based on rank and age as well as residence.

2009 Results: Badminton / Singles / Women

Division	Last Name	First Name	City	State	Age	Place	Medal
50-54 Female	Stark	Anne		IA	51	1	Gold
50-54 Female	Jaworsky	Grace	Kansas City	MO	52	2	Silver
60-64 Female	Foster	Carolyn	St. Paul	NE	61	1	Gold
75-79 Female	Beran	Jan	Ames	IA	78	1	Gold

2009 Results: Badminton / Singles / Men

Division	Last Name	First Name	City	State	Age	Place	Medal
50-54 Male	Iqbal	Mahmud	Johnston	IA	51	1	Gold
50-54 Male	Trehan	Rajeev	Lawrence	KS	54	1	Gold
50-54 Male	Widbin	Bruce	Wever	IA	53	3	Silver
55-59 Male	Engstrand	Eddie	Stanton	IA	59	1	Gold
60-64 Male	Davis	Dennis	Adel	IA	62	1	Gold
60-64 Male	Rounds	Richard	Boone	IA	62	2	Silver
60-64 Male	Swanson	James	Chariton	IA	60	2	Silver
60-64 Male	Seifer	Michael		IA		4	
65-69 Male	Peterson	Ron		IA		1	Gold
70-74 Female	Engstrand	Eddie	Stanton	IA	59	1	Gold
70-74 Male	McFarland	Robert	Grand Island	NE	71	1	Gold
75-79 Male	Marty	Carroll	Ames	IA	75	1	Gold
80-84 Male	Beran	George	Ames	IA	81	1	Gold

Results: Basketball / Around the World / Men								Record
Division	Last Name	First Name	City	State	Age	Score	Place	Medal
50-54 Male	Palmersheim	Greg	Des Moines	IA	54	10	1	Gold
50-54 Male	Davis	Randy	Altoona	IA	53	10	2	Silver
50-54 Male	Schwake	Mike	Nevada	IA	53	9	3	Bronze
50-54 Male	Peterson	Larry	Des Moines	IA		5		
50-54 Male	Warwick	Jan	Ames	IA	50	5		
50-54 Male	Bohlke	Joel		IA		5		
50-54 Male	Tripp	Don	Des Moines	IA	52	4		
50-54 Male	Felgar	Stan	Argyle	IA	52	2		
55-59 Male	Pirch	Garry	Vandalia	MO	55	9	1	Gold
55-59 Male	Kelly	Dennis	Johnston	IA	58	6	2	Gold
55-59 Male	Johnston	Don	Grinnell	IA	57	6	3	Silver
55-59 Male	Thede	Dale	Urbandale	IA	58	5	4	Bronze
55-59 Male	Brock	Rick	Pekin	IL	57	4	5	
55-59 Male	Siegel	Steve	Urbandale	IA	56	4	5	
60-64 Male	Heger	Jim		IA		11	1	Gold
60-64 Male	Posekany	Dennis	Cedar Rapids	IA	60	11	2	Silver
60-64 Male	Horner	Denny	Council Bluffs	IA	60	10	3	Bronze
60-64 Male	Mueggenberg	Gary	Urbandale	IA	61	8		
60-64 Male	Seyfer	Michael	Cedar Rapids	IA	61	8		
60-64 Male	Burton	Marvin	Desmoines	IA	62	7		
60-64 Male	Chiri	Greg	Woodward	IA	61	6		
60-64 Male	Feeney	Marty	Pella	IA	61	6		
60-64 Male	Swanson	James	Chariton	IA	60	6		
60-64 Male	Davis	Dennis	Adel	IA	62	4		
60-64 Male	Newton	William	Des Moines	IA		4		
60-64 Male	Taylor	Bernie	Des Moines	IA	63	4		
60-64 Male	Rounds	Richard	Boone	IA	62	2		
65-69 Male	Germann	Mark	Lawson	MO	68	9	1	Gold
65-69 Male	Peterson	Ron	Waukee	IA	65	9	1	Gold
65-69 Male	Perez	Frank	West Des Moines	IA	67	5	3	Silver
65-69 Male	Polito	James	Des Moines	IA	67	3	4	Bronze
65-69 Male	Kurt	Robert	Lansing	IA	66	2	5	
70-74 Male	Shaw	Duane	Kansas City	KS	71	13	1	Gold
70-74 Male	Easterla	David	Maryville	MO	71	13	2	Silver
70-74 Male	McFarland	Robert		NE	71	10	3	Bronze
70-74 Male	Bankus	Fred	Pella	IA	73	9		Gold
70-74 Male	Clark	Ken	Urbandale	IA	73	8		Silver
70-74 Male	Morrison	Bufe	El Paso	TX	70	8		
70-74 Male	Anderson	Richard	W. Des Moines	IA	74	7		Bronze
70-74 Male	Beckman	Paul	Granbury	TX	74	6		
75-79 Male	Kane	Lee	Urbandale	IA	76	12	1	Gold
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	11	2	Silver
75-79 Male	Allen	Jim	Morton	IL	77	9	3	Bronze
75-79 Male	Hekl	Richard	Omaha	NE	76	6		

Division	Last Name	First Name	City	State	Age	Score	Place	Medal
75-79 Male	Park	Bill	Muscatine	IA	76	6		Silver
75-79 Male	Teran	Daniel	West Des Moines	IA	78	5		Bronze
80-84 Male	Thompson	Bob	Des Moines	IA	81	9	1	Gold
80-84 Male	Durchholz	Victor	Peoria	IL	80	6	2	Silver
80-84 Male	Scott	Ralph	West Des Moines	IA	80	6	2	Silver
80-84 Male	Baker	Keith	Clive	IA	83	4	4	Bronze

Results: Basketball / Free Throw Shooting - Women								Record
Division	Last Name	First Name	City	State	Age	Score	Place	Medal
50-54 Female	Kuehl	Lisa		IA		12	1	Gold
50-54 Female	Leitzinger	Rita	Norwalk	IA	54	9	2	Silver
50-54 Female	Seeley	Lori	Perry	IA	52	9	2	Silver
50-54 Female	Campbell	Nancy	West Des Moines	IA	53	8	4	
50-54 Female	McClaflin	Julie	Clive	IA	53	8	4	
50-54 Female	Thrasher	Julie	Cumming	IA	51	5	5	
50-54 Female	Cooper	Martha		IA		2	6	
55-59 Female	Morris	Vicki	New Virginia	IA	59	9	1	Gold
55-59 Female	Sander	Cheryl	Altoona	IA	55	7	2	Silver
55-59 Female	Kragel	Jacki	Waukee	IA	57	6	3	Bronze
55-59 Female	Lande	Sue	Huxley	IA	56	5		
55-59 Female	Nelson	Irene	Des Moines	IA	59	5		
55-59 Female	Blakeman	Roberta	Altoona	IA	59	4		
55-59 Female	Schultz	Paula	Indianola	IA	56	3		
60-64 Female	Brock	Brenda	Adel	IA	62	10	1	Gold
60-64 Female	Amman	Angie		IA		3	2	Silver
65-69 Female	Morrison	Mary	El Paso	TX	67	8	1	Gold
65-69 Female	Weeda	Phylis		IA		7	2	Gold
65-69 Female	McPherson	Barb	Lansing	IA	65	6	3	Silver
65-69 Female	Minahan	Jean	Des Moines	IA	67	5	4	Bronze
65-69 Female	Chapman	Jewell	Des Moines	IA	65	5	5	
65-69 Female	Germann	Sid	Lawson	MO	68	5	5	
70-74 Female	Melichar	Rosemarie	Aurora	CO	70	12	1	Gold
70-74 Female	Shaw	Ola	Kansas City	KS	70	8	2	Silver
70-74 Female	Hoffmeier	Alice	Cedar Rapids	IA	74	5	3	Gold
70-74 Female	Gardner	Barbara	Lawson	MO	71	0		
75-79 Female	Little	Ruth	Knoxville	IA	75	6	1	Gold
75-79 Female	Eaton	Maria	West Des Moines	IA	79	6	2	Silver
75-79 Female	Purdes	Alice	Madison	IL	78	3	3	Bronze
75-79 Female	Allen	Kay	Morton	IL	76	3		
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	2		Bronze
75-79 Female	Darsee	Vi	Clive	IA	75	1		
75-79 Female	Richardson	Betty		IA		1		
75-79 Female	Baker	Nancy	Clive	IA	78			
80-84 Female	Young	Frances	Des Moines	IA	82	4	1	Gold
80-84 Female	Kelly	Irene	West Des Moines	IA	83	1	2	Silver
80-84 Female	Davis	Tina		IA		0	3	Bronze

Results: Basketball / Free Throw Shooting

Results: Basketball / Free Throw Shooting								Record
Division	Last Name	First Name	City	State	Age	Score	Place	Medal
50-54 Male	Schwake	Mike	Nevada	IA	53	13	1	Gold
50-54 Male	Palmersheim	Greg	Des Moines	IA	54	11	2	Silver
50-54 Male	Bohlke	Joseph	Des Moines	IA	54	11	3	Bronze
50-54 Male	Felgar	Stan	Argyle	IA	52	11		
50-54 Male	Warwick	Jan	Ames	IA	50	10		
50-54 Male	Davis	Randy	Altoona	IA	53	9		
50-54 Male	Peterson	Larry	Creston	IA		7		
50-54 Male	Tripp	Don	Des Moines	IA	52	7		
55-59 Male	Pirch	Garry	Vandalia	MO	55	14	1	Gold
55-59 Male	Brock	Rick	Pekin	IL	57	10	2	Silver
55-59 Male	Johnston	Don	Grinnell	IA	57	10	3	Silver
55-59 Male	Kelly	Dennis	Johnston	IA	58	6	4	Bronze
60-64 Male	Posekany	Dennis	Cedar Rapids	IA	60	14	1	Gold
60-64 Male	Heger	Jim	Des Moines	IA		12	2	Silver
60-64 Male	Ringgenberg	Dennis	Madrid	IA	61	12	3	Bronze
60-64 Male	Mueggenberg	Gary	Urbandale	IA	61	11	4	
60-64 Male	Burton	Marvin	Desmoines	IA	62	10	5	
60-64 Male	Chiri	Greg	Woodward	IA	61	10	5	
60-64 Male	Horner	Denny	Council Bluffs	IA	60	10	5	
60-64 Male	Seyfer	Michael	Cedar Rapids	IA	61	10	5	
60-64 Male	Swanson	James	Chariton	IA	60	10	5	
60-64 Male	Davis	Dennis	Adel	IA	62	8	10	
60-64 Male	Feeney	Marty	Pella	IA	61	7	11	
60-64 Male	Newton	William		IA		4	12	
60-64 Male	Rounds	Richard	Boone	IA	62	3	13	
65-69 Male	Peterson	Ron	Waukee	IA	65	13	1	Gold
65-69 Male	Germann	Mark	Lawson	MO	68	10	2	Silver
65-69 Male	Polito	James	Des Moines	IA	67	8	3	Silver
65-69 Male	Hugen	Wayne	Des Moines	IA	67	5	4	Bronze
65-69 Male	Kurt	Robert	Lansing	IA	66	4	5	
65-69 Male	Perez	Frank	West Des Moines	IA	67	2	6	
65-69 Male	Wilson	Steve		IA		2	6	
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	65	1	8	
70-74 Male	Shaw	Duane	Kansas City	KS	71	14	1	Gold
70-74 Male	Morrison	Bufe	El Paso	TX	70	12	2	Silver
70-74 Male	Kucera	Ernie		NE		11	3	Bronze
70-74 Male	McFarland	Robert		NE		10		
70-74 Male	DeGroote	Don		IL		8		
70-74 Male	Easterla	David	Maryville	MO	71	8		
70-74 Male	Long	George	Urbandale	IA	74	8		Gold
70-74 Male	Wente	Don	Clive	IA	70	8		Gold
70-74 Male	Anderson	Richard	W. Des Moines	IA	74	7		Bronze
70-74 Male	Bankus	Fred	Pella	IA	73	7		Bronze
70-74 Male	Beckman	Paul	Granbury	TX	74	6		
70-74 Male	Mueret	Joe				4		
70-74 Male	Clark	Ken	Urbandale	IA	73	3		
70-74 Male	Veenstra	Wilbur				2		

Division	Last Name	First Name	City	State	Age	Score	Place	Medal
75-79 Male	Kane	Lee	Urbandale	IA	76	13	1	Gold
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	10	2	Silver
75-79 Male	Allen	Jim	Morton	IL	77	9	3	Bronze
75-79 Male	Park	Bill	Muscatine	IA	76	8		Silver
75-79 Male	Teran	Daniel	West Des Moines	IA	78	7		Bronze
75-79 Male	Hekl	Richard	Omaha	NE	76	2		
75-79 Male	Little	Tom		IA		2		
75-79 Male	Kolbe	Ronald	Sac City	IA	75	1		
80-84 Male	Durchholz	Victor	Peoria	IL	80	11	1	Gold
80-84 Male	Scott	Ralph	West Des Moines	IA	80	8	2	Gold
80-84 Male	Baker	Keith	Clive	IA	83	6	3	Silver
80-84 Male	Thompson	Bob	Des Moines	IA	81	5		Bronze
80-84 Male	Cummings	Richard	West Des Moines	IA	80			
80-84 Male	Failor	Edward	West Des Moines	IA	82			
80-84 Male	Mitchell	Darrell	Marshalltown	IA	81			
85-89 Male	Dewell	Howard	Quincy	IL	87	6	1	Gold

Results: Basketball / Around the World								Record
Division	Last Name	First Name	City	State	Age	Score	Place	Medal
50-54 Female	Leitzinger	Rita	Norwalk	IA	54	13	1	Gold
50-54 Female	Seeley	Lori	Perry	IA	52	10	2	Silver
50-54 Female	Campbell	Nancy	West Des Moines	IA	53	9	3	Bronze
50-54 Female	Thrasher	Julie	Cumming	IA	51	9	3	Bronze
50-54 Female	Kuehl	Lisa	Madrid	IA	50	9	3	Bronze
50-54 Female	McClaflin	Julie	Clive	IA	53	7	6	
50-54 Female	Kokott	Susan	West Des Moines	IA	54	3	7	
50-54 Female	Cooper	Martha		IA		1	8	
55-59 Female	Kragel	Jacki	Waukee	IA	57	10	1	Gold
55-59 Female	Blakeman	Roberta	Altoona	IA	59	10	2	Silver
55-59 Female	Morris	Vicki	New Virginia	IA	59	8	3	Bronze
55-59 Female	Lande	Sue	Huxley	IA	56	6	4	
55-59 Female	Sander	Cheryl	Altoona	IA	55	5	5	
55-59 Female	Nelson	Irene	Des Moines	IA	59	3	6	
60-64 Female	Brock	Brenda	Adel	IA	62	12	1	Gold
60-64 Female	Amman	Angie		IA		2	2	Silver
65-69 Female	McPherson	Barb	Lansing	IA	65	9	1	Gold
65-69 Female	Chapman	Jewell	Des Moines	IA	65	7	2	Silver
65-69 Female	Minahan	Jean	Des Moines	IA	67	6	3	Bronze
65-69 Female	Morrison	Mary	El Paso	TX	67	6	4	
65-69 Female	Weeda	Phylis	Des Moines	IA		6	5	
65-69 Female	Germann	Sid	Lawson	MO	68	1	6	
70-74 Female	Melichar	Rosemarie	Aurora	CO	70	12	1	Gold
70-74 Female	Shaw	Ola	Kansas City	KS	70	8	2	Silver
70-74 Female	Hoffmeier	Alice	Cedar Rapids	IA	74	5	3	Gold
70-74 Female	Gardner	Barbara	Lawson	MO	71	1		
75-79 Female	Allen	Kay	Morton	IL	76	7	1	Gold
75-79 Female	Darsee	Vi	Clive	IA	75	6	2	Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	6	3	Silver
75-79 Female	Baker	Nancy	Clive	IA	78	5	4	Bronze
75-79 Female	Little	Ruth	Knoxville	IA	75	4	5	
75-79 Female	Eaton	Maria	Des Moines	IA		4	5	
75-79 Female	Purdes	Alice	Madison	IL	78	2	7	
80-84 Female	Young	Frances	Des Moines	IA	82	4	1	Gold

Results: Basketball / 3 on 3			
Division	Team	Place	Medal
50-54 Female	WDM Granny's	1	Gold
50-54 Male	Iowa Legends	1	Gold
55-59 Male	Country Boys	1	Gold
60-64 Male	Giants	1	Gold
65-69 Male	ARL Systems	1	Gold
70-74 Male	Iowa Tigers	1	Gold

2009 Results: Bocce Ball / Women

Division	Last Name	First Name	City	State	Age	Place	Medal
55-59 Female	Nelson	Irene	Des Moines	IA	59	1	Gold
60-64 Female	Amman	Angie		IA		1	Gold
65-69 Female	Germann	Sid	Lawson	MO	68	1	Gold
65-69 Female	Kolbe	Lois	Sac City	IA	68	2	Gold
70-74 Female	Shaw	Ola	Kansas City	KS	70	1	Gold
70-74 Female	Gardner	Barbara	Lawson	MO	71	2	Silver
70-74 Female	Gardner	Wylene	Des Moines	IA	72	3	Gold
75-79 Female	Latham	Nadine	Topeka	KS	78	1	Gold

2009 Results: Bocce Ball / Men

Division	Last Name	First Name	City	State	Age	Place	Medal
55-59 Male	Brock	Rick	Pekin	IL	57	1	Gold
55-59 Male	Fisk	Jed	Waukee	IA	55	2	Gold
60-64 Male	Rounds	Richard	Boone	IA	62	1	Gold
65-69 Male	Hugen	Wayne	Des Moines	IA	67	1	Gold
65-69 Male	Germann	Mark	Lawson	MO	68	2	Silver
65-69 Male	Peterson	Ron	Waukee	IA	65	3	Silver
70-74 Male	Bankus	Fred	Pella	IA	73	1	Gold
70-74 Male	Clark	Ken	Urbandale	IA	73	2	Silver
70-74 Male	Shaw	Duane	Kansas City	KS	71	3	Bronze
75-79 Male	Kolbe	Ronald	Sac City	IA	75	1	Gold
80-84 Male	Latham	Peter	Topeka	KS	81	1	Gold

2009 Results: Bowling / Doubles / Women								Record
Division	Last Name	First Name	City	State	Age	Score	Place	Medal
55-59 Female	Gardner	Barbara	Lawson	MO	71	782	1	Gold
55-59 Female	Nelson	Irene	Des Moines	IA	59			
60-64 Female	Haupt	Linda	Jewell	IA	62	956	1	Gold
60-64 Female	Smith	Connie	Maxwell	IA	62			
65-69 Female	Purdes	Alice	Madison	IL	78	998	1	Gold
65-69 Female	Weisser	Charlotte	Lincoln	NE	68			
70-74 Female	Milton	Dorthy		IA		882	1	Gold
	Shaw	Ola		KS				

2009 Bowling / Doubles / Men								Record
Division	Last Name	First Name	City	State	Age	Score	Place	Medal
55-59 Male	Jackson	Paul	Altoona	IA	63	1,214	1	Gold
55-59 Male	Thede	Dale	Urbandale	IA	58			
60-64 Male	Burton	Marvin	Des Moines	IA	62	1,136	1	Gold
60-64 Male	Schaumburg	Mike	West Des Moines	IA	68			
60-64 Male	Haupt	Verle		IA		1,034	2	Silver
60-64 Male	Mathws	Mike		IA				
65-69 Male	Kersey	Jerry		IA		1,265	1	Gold
65-69 Male	Coughlin	Jerry		IA				
65-69 Male	Huggins	Lowell	Maxwell	IA	69	1,042	2	Silver
65-69 Male	Smith	Jimmy	Maxwell	IA	73			
65-69 Male	Polito	James		IA		973	3	Bronze
65-69 Male	Lake	Richard		IL				
70-74 Female	Shaw	Dewayne		KS		1,088	1	Gold
	Weisser	Howard		NE				

2009 Results: Bowling / Singles / Women

2009 Results: Bowling / Singles / Women								Record
Division	Last Name	First Name	City	State	Age	Score	Place	Medal
55-59 Female	Nelson	Irene	Des Moines	IA	59	358	1	Gold
60-64 Female	Smith	Connie	Maxwell	IA	62	496	1	Gold
60-64 Female	Haupt	Linda	Jewell	IA	62	430	2	Silver
65-69 Female	Weisser	Charlotte	Lincoln	NE	68	485	1	Gold
65-69 Female	German	Sid		MO		369	2	Silver
70-74 Female	Shaw	Ola	Kansas City	KS	70	460	1	Gold
70-74 Female	Johnson	Sharon	Des Moines	IA	73	438	2	Gold
70-74 Female	Gardner	Barbara	Lawson	MO	71	344	3	Bronze
75-79 Female	Purdes	Alice	Madison	IL	78	442	1	Gold
75-79 Female	Latham	Nadine	Topeka	KS	78	435	2	Silver
75-79 Female	Gifford	Kathryn	Des Moines	IA	78	74	3	Gold
80-84 Female	Milton	Dorothy	Urbandale	IA	82	387	1	Gold

2009 Results: Bowling / Singles / Men

2009 Results: Bowling / Singles / Men								Record
Division	Last Name	First Name	City	State	Age	Score	Place	Medal
50-54 Male	Heath	Bob	Grand Junction	IA	53	625	1	Gold
50-54 Male	Dunlap	Terry	Bondurant	IA	54	512	2	Silver
55-59 Male	Thede	Dale	Urbandale	IA	58	550	1	Gold
60-64 Male	Burton	Marvin	Desmoines	IA	62	565	1	Gold
60-64 Male	Haupt	Verle	Jewell	IA	62	565	1	Gold
60-64 Male	Jackson	Paul	Altoona	IA	63	552	3	Bronze
60-64 Male	Heyveld	Harold	Grinnell	IA	60	535		
60-64 Male	Cook	James	West Des Moines	IA	63	509		
60-64 Male	Mathews	Mike	Des Moines	IA	61	481		
65-69 Male	Schaumburg	Mike	West Des Moines	IA	68	649	1	Gold
65-69 Male	Coughlin	Jerry	Marshalltown	IA	65	636	2	Silver
65-69 Male	Kersey	Jerry	Harvey	IA	65	621	3	Bronze
65-69 Male	Huggins	Lowell	Maxwell	IA	69	564		
65-69 Male	Polito	James	Des Moines	IA	67	519		
65-69 Male	German	Mark		MO		480		
65-69 Male	Lake	Richard	Savoy	IL	66	425		
65-69 Male	Pantoga	Ralph	West Des Moines	IA	69	398		
70-74 Male	Smith	Jimmy	Maxwell	IA	73	526	1	Gold
70-74 Male	Neil	Gordon	West Des Moines	IA	74	481	2	Silver
70-74 Male	Shaw	Duane	Kansas City	KS	71	434	3	Bronze
75-79 Male	Kane	Lee	Urbandale	IA	76	413	1	Gold
80-84 Male	Latham	Peter	Topeka	KS	81	492	1	Gold
80-84 Male	Mitchell	Darrell	Marshalltown	IA	81	424	2	Gold

Record

[illegible]

2009 Results: Cycling / Women

2009 Results: Cycling / Women							Record
Event	Division	Last Name	First Name	State	Time	Place	Medal
5,000 Meters	50 - 54 Women	Dunnan	Sandra	IA	10:28	1	Gold
5,000 Meters	50 - 54 Women	Thompson	Linda	IA	11:15	2	Silver
5,000 Meters	50 - 54 Women	Boyer	Roz	IA	11:33	3	Bronze
5,000 Meters	55 - 59 Women	Blakeman	Roberta	IA	11:36	1	Gold
5,000 Meters	65 - 69 Women	Shuman	Ann	IA	10:44	1	Gold
5,000 Meters	65 - 69 Women	French	Connie	IA	12:14	2	Silver
10,000 Meter Race							
10,000 Meters	50 - 54 Women	Dunnan	Sandra	IA	17:38	1	Gold
10,000 Meters	50 - 54 Women	Thompson	Linda	IA	18:54	2	Silver
10,000 Meters	50 - 54 Women	Boyer	Roz	IA	19:25	3	Bronze
10,000 Meters	55 - 59 Women	Blakeman	Roberta	IA	19:15	1	Gold
10,000 Meters	65 - 69 Women	Shuman	Ann	IA	18:20	1	Gold
10,000 Meters	65 - 69 Women	French	Connie	IA	20:32	2	Silver

2009 Results: Cycling \ Men

2009 Results: Cycling \ Men							Record
Event	Division	Last Name	First Name	State	Time	Place	Medal
5,000 Meters	50 - 54 Men	Steinbach	Robert	IA	9:41	1	Gold
5,000 Meters	50 - 54 Men	Kennedy	Clayton	IA	10:55	2	Silver
5,000 Meters	55 - 59 Men	West	Kim	IA	8:29	1	Gold
5,000 Meters	55 - 59 Men	Chlevicki	Greg	IA	10:07	2	Silver
5,000 Meters	55 - 59 Men	Fortney	Harry	IA	11:36	3	Bronze
5,000 Meters	55 - 59 Men	Smith	Kim	IA	12:24	4	
5,000 Meters	60 - 64 Men	Hardy	Terry	IA	10:09	1	Gold
5,000 Meters	60 - 64 Men	Morkert	Craig	IA	11:17	2	Silver
5,000 Meters	65 - 69 Men	Nelson	Larry	MO	10:08	1	Gold
5,000 Meters	65 - 69 Men	Jacobusse	Donald	IA	10:10	2	Gold
5,000 Meters	65 - 69 Men	Higher	Ed	IA	10:21	3	Silver
5,000 Meters	65 - 69 Men	Hartwig	John	IA	11:36	4	Bronze
5,000 Meters	65 - 69 Men	Stoutenberg	Ron	IA	13:41	5	
5,000 Meters	65 - 69 Men	Klatte	Edward	IA	13:51	6	
5,000 Meters	65 - 69 Men	Day	John	IA	14:23	7	
5,000 Meters	65 - 69 Men	Purcell	Tom	IA	15:53	8	
5,000 Meters	70 - 74 Men	Stone	Irving	IA	12:33	1	Gold
5,000 Meters	75 - 79 Men	Ravenscroft	Alvin	IA	14:31	1	Gold
5,000 Meters	75 - 79 Men	Baker	Carl	IA	16:18	2	Silver
10,000 Meter Race							
10,000 Meters	50 - 54 Men	Steinbach	Robert	IA	15:59	1	Gold
10,000 Meters	50 - 54 Men	Kennedy	Clayton	IA	17:41	2	Silver

2009 Results: Cycling \ Men

2009 Results: Cycling \ Men							Record
Event	Division	Last Name	First Name	State	Time	Place	Medal
10,000 Meters	55 - 59 Men	West	Kim	IA	14:13	1	Gold
10,000 Meters	55 - 59 Men	Chlevicki	Greg	IA	16:34	2	Silver
10,000 Meters	55 - 59 Men	Fortney	Harry	IA	18:19	3	Bronze
10,000 Meters	55 - 59 Men	Smith	Kim	IA	20:06	4	
10,000 Meters	60 - 64 Men	Hardy	Terry	IA	16:59	1	Gold
10,000 Meters	60 - 64 Men	Morkert	Craig	IA	18:23	2	Silver
10,000 Meters	65 - 69 Men	Jacobusse	Donald	IA	16:47	1	Gold
10,000 Meters	65 - 69 Men	Nelson	Larry	MO	16:53	2	Silver
10,000 Meters	65 - 69 Men	Higher	Ed	IA	17:16	3	Silver
10,000 Meters	65 - 69 Men	Hartwig	John	IA	17:33	4	Bronze
10,000 Meters	65 - 69 Men	Klatte	Edward	IA	22:01	5	
10,000 Meters	65 - 69 Men	Stoutenberg	Ron	IA	22:11	6	
10,000 Meters	65 - 69 Men	Day	John	IA	23:21	7	
10,000 Meters	65 - 69 Men	Purcell	Tom	IA	25:44	8	
10,000 Meters	70 - 74 Men	Stone	Irving	IA	20:44	1	Gold
10,000 Meters	75 - 79 Men	Ravenscroft	Alvin	IA	23:23	1	Gold
10,000 Meters	75 - 79 Men	Baker	Carl	IA	26:30	2	Silver

2009 Results: Football / Field Goal Kick / Women								Record
Division	Last Name	First Name	City	State	Age	Points	Place	Medal
50-54 Female	Campbell	Nancy	West Des Moines	IA	53	15	1	Gold
50-54 Female	Palmersheim	Kim	Des Moines	IA	53	15	1	Gold
50-54 Female	Thrasher	Julie		IA		10	3	Bronze
50-54 Female	Seeley	Lori	Perry	IA	52	10	3	Bronze
55-59 Female	Kragel	Jackie	Waukee	IA	57	15	1	Gold
60-64 Female	Amman	Angie		IA		10	1	Gold
60-64 Female	Brock	Brenda	Kansas City	MO		10	1	Gold
70-74 Female	Melichar	Rosemarie	Aurora	CO	70	10	1	Gold

2009 Results: Football / Field Goal Kick / Men								Record
Division	Last Name	First Name	City	State	Age	Points	Place	Medal
50-54 Male	Grinvalds	Paul	West Des Moines	IA	51	30	1	Gold
50-54 Male	Daley	Guy	Chillicothe	MO	51	25	2	Silver
50-54 Male	Palmersheim	Greg	Des Moines	IA	54	25	2	Silver
50-54 Male	Warwick	Jan	Ames	IA	50	20	3	Bronze
50-54 Male	Davis	Randy	Altoona	IA	53	15		
50-54 Male	Tripp	Don	Des Moines	IA	52	15		
55-59 Male	Kelly	Dennis	Johnston	IA	58	30	1	Gold
55-59 Male	Krull	Eldon	Ankeny	IA	57	30	2	Silver
55-59 Male	Pirch	Garry	Vandalia	MO	55	30	3	Bronze
55-59 Male	Thede	Dale	Urbandale	IA	58	25	3	Bronze
55-59 Male	Brock	Rick	Pekin	IL	57	25		
60-64 Male	Roe	Steve	Des Moines	IA	62	30	1	Gold
60-64 Male	Eastman	Greg	Des Moines	IA	62	25	2	Silver
60-64 Male	Feeney	Marty	Pella	IA	61	20	3	Bronze
65-69 Male	Germann	Mark	Lawson	MO	68	20	1	Gold
65-69 Male	Perez	Frank	West Des Moines	IA	67	15	2	Gold
65-69 Male	Peterson	Ron	Waukee	IA	65	15	2	Gold
65-69 Male	Hugen	Wayne		IA		15	2	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	15		
70-74 Male	Beckman	Paul	Granbury	TX	74	30	1	Gold
70-74 Male	Bankus	Fred	Pella	IA	73	20	1	Gold
70-74 Male	Shaw	Duane	Kansas City	KS	71	20	2	Silver
70-74 Male	Morrison	Bufe	El Paso	TX	70	20	3	Bronze
75-79 Male	Kolbe	Ronald	Sac City	IA	75	20	1	Gold
75-79 Male	Little	Tom	Knoxville	IA	77	15	2	Silver
75-79 Male	Kucera	Ernie		NE		15	2	Silver
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	15		
80-84 Male	Salmon	Bill	West Des Moines	IA	80	20	1	Gold
2009 Results: Football / Field Goal Kick / Men								Record
Division	Last Name	First Name	City	State	Age	Points	Place	Medal
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	15	2	Silver
85-89 Male	Dewell	Howard	Quincy	IL	87	1	1	Gold

2009 Results: Football / Accuracy / Men								Record
Division	Last Name	First Name	City	State	Age	Score	Place	Medal
50-54 Male	Bohlke	Joseph	Des Moines	IA	54	130	1	Gold
50-54 Male	Davis	Randy	Altoona	IA	53	90	2	Silver
50-54 Male	Cooper	Mark	Des Moines	IA	54	70	3	Bronze
50-54 Male	Daley	Guy	Chillicothe	MO	51	60		
50-54 Male	Hopper	Kenneth	Waukee	IA	53	40		
50-54 Male	Palmersheim	Greg	Des Moines	IA	54	40		
50-54 Male	Warwick	Jan	Ames	IA		30		
50-54 Male	Tripp	Don	Des Moines	IA	52	30		
55-59 Male	Brock	Rick	Pekin	IL	57	90	1	Gold
55-59 Male	Kelly	Dennis	Johnston	IA	58	60	1	Gold
55-59 Male	Pirch	Garry	Vandalia	MO	55	50	2	Silver
55-59 Male	Krull	Eldon	Ankeny	IA	57	20	3	Bronze
60-64 Male	Seyfer	Michael	Cedar Rapids	IA	61	70	1	Gold
60-64 Male	Swanson	James	Chariton	IA	60	70	1	Gold
60-64 Male	Adair	Denny	Osceola	IA	61	40	3	Bronze
60-64 Male	Burton	Marvin	Desmoines	IA	62	40	3	Bronze
60-64 Male	Posekany	Dennis	Cedar Rapids	IA	60	30		
60-64 Male	Newton	William		IA		30		
60-64 Male	Feeney	Marty	Pella	IA	61	10		
60-64 Male	Rounds	Richard	Boone	IA	62	0		
65-69 Male	Burke	Michael	Sioux City	IA		100	1	Gold
65-69 Male	Schaumburg	Mike	West Des Moines	IA	68	80	2	Silver
65-69 Male	Peterson	Ron	Waukee	IA	65	70	3	Bronze
65-69 Male	Germann	Mark	Lawson	MO	68	50		
65-69 Male	Perez	Frank	West Des Moines	IA	67	40		
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	65	40		
65-69 Male	Stoutenberg	Ron	Pleasant Hill	IA	68	40		
65-69 Male	Wilson	Steve	West Des Moines	IA	66	40		
65-69 Male	Hoidahl	Rich	Johnston	IA	68	10		
65-69 Male	Polito	James	Des Moines	IA	67	10		
65-69 Male	McNamee	Michael	Alton	IL	68			
70-74 Male	Bankus	Fred	Pella	IA	73	70	1	Gold
70-74 Male	Morrison	Bufe	El Paso	TX	70	70	2	Silver
70-74 Male	Easterla	David	Maryville	MO	71	40	3	Bronze
70-74 Male	Kucera	Ernie		NE		40	3	Bronze
70-74 Male	Hutchinson	Donald	West Des Moines	IA	73	30		Silver
70-74 Male	Shaw	Duane	Kansas City	KS	71	30		
70-74 Male	Anderson	Richard	W. Des Moines	IA	74	20		Bronze
70-74 Male	Clark	Ken	Urbandale	IA	73	20		Bronze
70-74 Male	Dewey	Dale	Des Moines	IA	70	20		Bronze
70-74 Male	Veenstra	Wilbur	Pella	IA	71	20		Bronze
70-74 Male	Wente	Don	Clive	IA	70	20		Bronze
70-74 Male	Whelchel	Stanley	Cedar Falls	IA	74	20		Bronze
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	110	1	Gold
75-79 Male	Allen	Jim	Morton	IL	77	70	2	Silver
75-79 Male	Little	Tom	Knoxville	IA	77	70	3	Silver
75-79 Male	Behmer	Jack	Clive	IA	77	40		Bronze
75-79 Male	Kane	Lee	Urbandale	IA	76	40		Bronze
75-79 Male	Nitschke	Werner	Decorah	IA	75	40		Bronze
75-79 Male	Hekl	Richard	Omaha	NE	76	30		
75-79 Male	Teran	Daniel	West Des Moines	IA	78	30		
75-79 Male	Kolbe	Ronald	Sac City	IA	75	20		

2009 Results: Football / Accuracy / Men								Record
Division	Last Name	First Name	City	State	Age	Score	Place	Medal
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	50	1	Gold
80-84 Male	Salmon	Bill	West Des Moines	IA	80	40	2	Gold
80-84 Male	Scott	Ralph	West Des Moines	IA	80	30	3	Silver
80-84 Male	Baker	Keith	Clive	IA	83	0	4	Bronze
85-89 Male	Dewell	Howard	Quincy	IL	87	0	1	Gold
90-94 Male	McCallum	Harold		IA		10	1	Gold

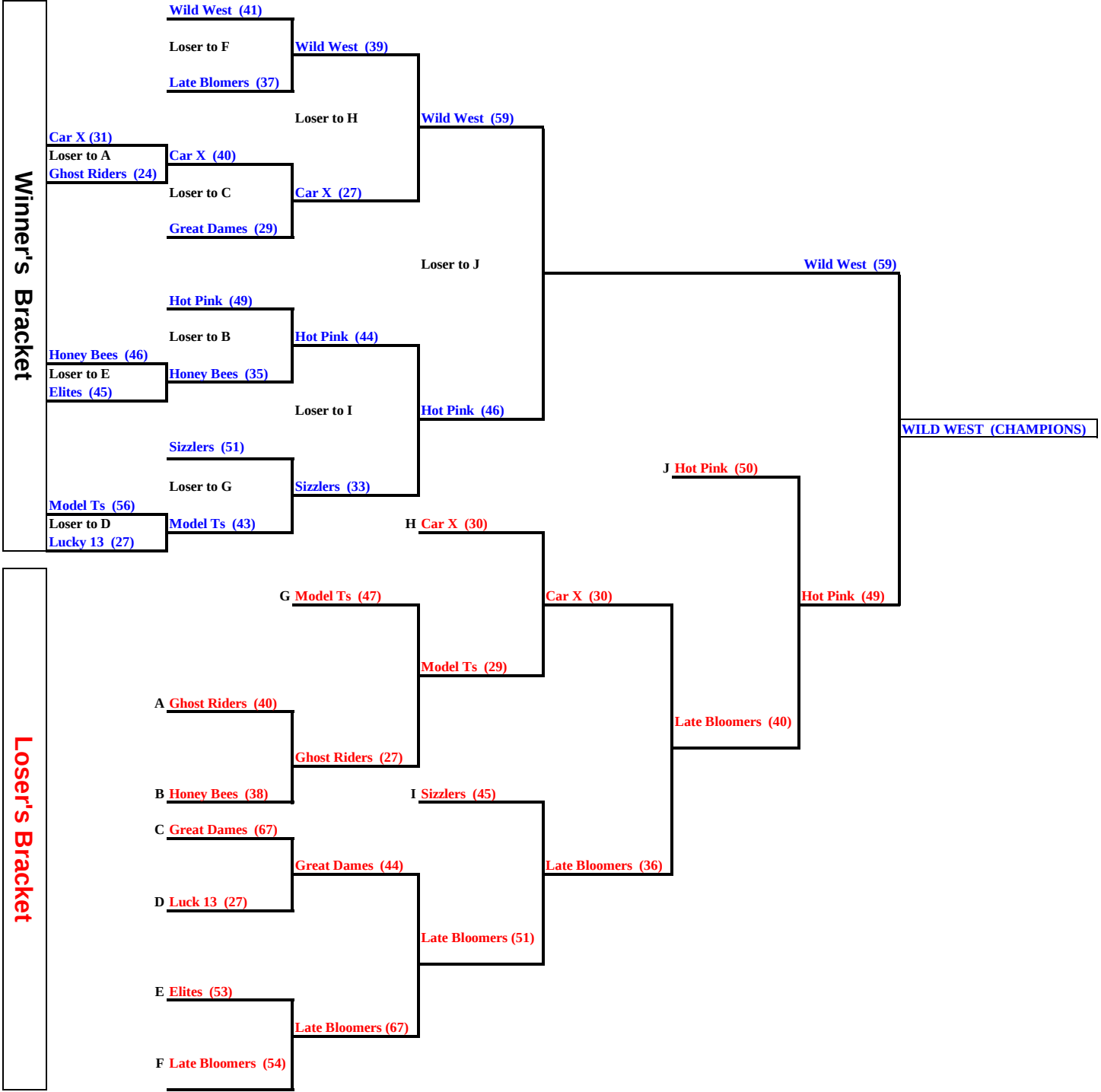
2009 Results: Football / Accuracy / Women								Record
Division	Last Name	First Name	City	State	Age	Score	Place	Medal
50-54 Female	Cooper	Martha	Waukon	IA	52	70	1	Gold
50-54 Female	Seeley	Lori	Perry	IA	52	50	2	Silver
50-54 Female	McKee-Pirch	Cindy	Vandalia	IL	50	40	3	Bronze
50-54 Female	Campbell	Nancy	West Des Moines	IA	53	20		Bronze
50-54 Female	Leitzinger	Rita		IA		10		
50-54 Female	Palmersheim	Kim		IA		10		
55-59 Female	Kragel	Jacki	Waukee	IA	57	90	1	Gold
55-59 Female	Morris	Vicki		IA		50	2	Silver
55-59 Female	Blakeman	Roberta	Altoona	IA	59	40	3	Bronze
55-59 Female	Sander	Cheryl	Altoona	IA	55	40	3	Bronze
55-59 Female	Nelson	Irene	Des Moines	IA	59	10		
60-64 Female	Brock	Brenda	Adel	IA		80	1	Gold
60-64 Female	Amman	Angie		IA		40	2	Silver
65-69 Female	Minahan	Jean	Des Moines	IA	67	40	1	Gold
65-69 Female	Chapman	Jewell	Des Moines	IA	65	30	2	Silver
65-69 Female	Germann	Sid	Lawson	MO	68	20	3	Bronze
65-69 Female	Morrison	Mary	El Paso	TX	67	0		
70-74 Female	Melichar	Rosemarie	Aurora	CO	70	50	1	Gold
70-74 Female	Gardner	Barbara	Lawson	MO	71	10	2	Silver
70-74 Female	Shaw	Ola	Kansas City	KS	70	10	3	Bronze
70-74 Female	Gardner	Wylene	Des Moines	IA	72	0		Gold
75-79 Female	Purdes	Alice	Madison	IL	78	40	1	Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	10	2	Silver
75-79 Female	Baker	Nancy	Clive	IA	78	0	3	Bronze
80-84 Female	Young	Frances	Des Moines	IA	82	0	1	Gold

2009 Results: Football / Distance / Men								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
50-54 Male	Daley	Guy	Chillicothe	MO	51	146-3	1	Gold
50-54 Male	Warwick	Jan		IA		134-0	1	Gold
50-54 Male	Bohlke	Joseph	Des Moines	IA	54	129-4	2	Silver
50-54 Male	Davis	Randy	Altoona	IA	53	120-8	3	Bronze
50-54 Male	Tripp	Don	Des Moines	IA	52	120-7		
50-54 Male	Cooper	Mark	Des Moines	IA	54	114-6		
55-59 Male	Kelly	Dennis	Johnston	IA	58	144-6	1	Gold
55-59 Male	Leamen	Mark	Bondurant	IA	57	128-6	2	Silver
55-59 Male	Pirch	Garry	Vandalia	MO	55	120-3	3	Bronze
55-59 Male	Brock	Rick	Pekin	IL	57	119-2	3	Bronze
55-59 Male	Krull	Eldon	Ankeny	IA	57	103-5		
60-64 Male	Feeney	Marty	Pella	IA	61	119-3	1	Gold
60-64 Male	Swanson	James	Chariton	IA	60	116-6	2	Silver
60-64 Male	Seyfer	Michael	Cedar Rapids	IA	61	113-0	3	Bronze
60-64 Male	Posekany	Dennis	Cedar Rapids	IA	60	110-6		
60-64 Male	Burton	Marvin	Desmoines	IA	62	107-0		
60-64 Male	Adair	Denny	Osceola	IA	61	93-6		
60-64 Male	Newton	William		MO		76-4		
65-69 Male	Wilson	Steve	West Des Moines	IA	66	114-3	1	Gold
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	65	100-9	2	Silver
65-69 Male	Peterson	Ron	Waukee	IA	65	99-6	2	Silver
65-69 Male	Perez	Frank	West Des Moines	IA	67	97-3	3	Bronze
65-69 Male	Schaumburg	Mike	West Des Moines	IA	68	94-1		
65-69 Male	Stoutenberg	Ron	Pleasant Hill	IA	68	86-6		
65-69 Male	Burke	Mike		IA		83-9		
65-69 Male	Polito	James	Des Moines	IA	67	73-1		
65-69 Male	Germann	Mark	Lawson	MO	68	70-8		
70-74 Male	Hutchinson	Donald	West Des Moines	IA	73	129-4	1	Gold
70-74 Male	Wente	Don	Clive	IA	70	109-3	2	Silver
70-74 Male	Morrison	Bufe	El Paso	TX	70	109-1	3	Bronze
70-74 Male	Bankus	Fred	Pella	IA	73	95-8		Bronze
70-74 Male	Veenstra	Wilbur	Pella	IA	71	93-5		
70-74 Male	Shaw	Duane	Kansas City	KS	71	91-1		
70-74 Male	Easterla	David	Maryville	MO	71	90-6		
70-74 Male	Whelchel	Stanley	Cedar Falls	IA	74	89-2		
70-74 Male	Kucera	Ernie		IA		88-4		
70-74 Male	Dewey	Dale	Des Moines	IA	70	78-7		
70-74 Male	Beckman	Paul	Granbury	TX	74	72-5		
70-74 Male	Anderson	Richard	W. Des Moines	IA	74	71-6		
75-79 Male	Nitschke	Werner	Decorah	IA	75	100-2	1	Gold
75-79 Male	Allen	Jim	Morton	IL	77	98-9	2	Silver
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	91-0	3	Bronze
75-79 Male	Kane	Lee	Urbandale	IA	76	88-1		Silver
75-79 Male	Teran	Daniel	West Des Moines	IA	78	69-4		Bronze
75-79 Male	Kolbe	Ronald	Sac City	IA	75	63-1		
80-84 Male	Failor	Edward	West Des Moines	IA	82	87-0	1	Gold

2009 Results: Football / Distance / Men								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
80-84 Male	Salmon	Bill	West Des Moines	IA	80	80-3	2	Silver
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	67-0	3	Bronze
80-84 Male	Scott	Ralph	West Des Moines	IA	80	39-3		Bronze
80-84 Male	Mitchell	Darrell	Marshalltown	IA	81			
85-89 Male	Dewell	Howard	Quincy	IL	87	50-1	1	Gold
90 - 94 Male	McCollum	Harold	West Des Moines	IA	92	35-4	1	Gold

2009 Results: Football / Distance / Women								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
50-54 Female	Campbell	Nancy	West Des Moines	IA	53	78-10	1	Gold
50-54 Female	Seeley	Lori	Perry	IA	52	74-2	2	Silver
50-54 Female	Cooper	Martha		IA		65-8	3	Bronze
55-59 Female	Kragel	Jacki	Waukee	IA	57	77-7	1	Gold
55-59 Female	Morris	Vicky		IA		60-6	2	Silver
55-59 Female	Wierson	Fran	Waukee	IA	58	57-6	3	Bronze
55-59 Female	Sander	Cheryl	Altoona	IA	55	55-10		
55-59 Female	Blakeman	Roberta	Altoona	IA	59	51-9		
55-59 Female	Nelson	Irene	Des Moines	IA	59	41-6		
60-64 Female	Brock	Brenda	Kansas City	MO		72-10	1	Gold
65-69 Female	Minahan	Jean	Des Moines	IA	67	51-0	1	Gold
65-69 Female	Germann	Sid	Lawson	MO	68	41-0	2	Silver
65-69 Female	PAULSELL	MARY	Florissant	MO	68	38-0	3	Bronze
70-74 Female	Melichar	Rosemarie	Aurora	CO	70	48-1	1	Gold
70-74 Female	Shaw	Ola	Kansas City	KS	70	32-11	2	Silver
70-74 Female	Gardner	Barbara	Lawson	MO	71	31-4	3	Bronze
70-74 Female	Gardner	Wylene	Des Moines	IA	72	21-4		Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	34-4	1	Gold
75-79 Female	Baker	Nancy	Clive	IA	78	32-4	2	Silver
75-79 Female	Purdes	Alice	Madison	IL	78	28-7	3	Bronze
80-84 Female	Young	Frances	Des Moines	IA	82	25-5	1	Gold

2009 Granny Basketball: Senior Olympics / State Games
Double Elimination Tournament



2009 Results: Golf / Father - Son							Record
Last Name	First Name	Gender	City	State	Age	Place	Medal
Knudson	Ben	M	West Des Moines	IA	38	1	Gold
Knudson	Loren	M	West Des Moines	IA	69		

2009 Results: Golf / Women								Record
Division	Last Name	First Name	City	Age	State	Score	Place	Medal
50-54 Female	Schemmel	Mary	Clive	54	IA	95	1	Gold
60-64 Female	Charling	Carol	West Des Moines	61	IA	97	1	Gold
60-64 Female	Coop	Diane	West Des Moines	64	IA	106	2	Silver
65-69 Female	Rehberg	Karen	West Des Moines	65	IA	98	1	Gold
65-69 Female	Shackelford	Ann	Jefferson	68	IA	115	2	Silver
70-74 Female	Van Sloun	Kathy	Des Moines	74	IA	85	1	Gold
70-74 Female	Radcliff	Ellie	West Des Moines	70	IA	98	2	Silver
70-74 Female	Carnahan	Marge	Urbandale	74	IA	114	3	Bronze
80-84 Female	Richardson	Sue	Windsor Heights	81	IA	128	1	Gold

2009 Results: Golf / Men								Record
Division	Last Name	First Name	City	Age	State	Score	Place	Medal
50-54 Male	Traynor	Steven	West Des Moines	54	IA	100	1	Gold
50-54 Male	McCready	Kevin		51	IA	103	2	Silver
55-59 Male	Pittman	Rick	Newton	57	IA	83	1	Gold
55-59 Male	Zimmerman	Dan	Tama	58	IA	85	2	Silver
55-59 Male	Pittman	Rick			IA	85	2	Silver
55-59 Male	Grinaldi	Jim	West Des Moines	57	IA	96	3	Bronze
55-59 Male	McKenzie	John	West Des Moines	57	IA	101		
60-64 Male	Clutts	Jerry	Urbandale	64	IA	75	1	Gold
60-64 Male	McCune	John	Urbandale	61	IA	80	2	Silver
60-64 Male	Szary	Thomas	Grinnell	64	IA	83	3	Bronze
60-64 Male	Lee	Steve	West Des Moines	63	IA	99		
60-64 Male	Auxier	James	Ankeny	63	IA	100		
60-64 Male	Countryman	Dennis	West Des Moines	64	IA	102		
60-64 Male	Jackson	John	Waukee	62	IA	106		
60-64 Male	Taylor	Bernie	Des Moines	63	IA	106		
65-69 Male	Horning	Terry	Waukee	65	IA	75	1	Gold
65-69 Male	Shackelford	Harry	Jefferson	68	IA	81	2	Silver
65-69 Male	Gauch	Chuck	Newton	69	IA	82	3	Bronze
65-69 Male	Schaumburg	Mike	West Des Moines	68	IA	83		
65-69 Male	Johnson	Jeffrey	Ankeny	67	IA	84		
65-69 Male	Agan	Michael	Des Moines	65	IA	85		
65-69 Male	Scheiring	Joe	Panora	67	IA	86		
65-69 Male	Denkinger	Tony	Johnston	67	IA	88		
65-69 Male	Lee	Fred	Des Moines	65	IA	88		
65-69 Male	Lester	Bob	Indianola	68	IA	88		
65-69 Male	Schemmel	Floyd	Sherman	67	TX	88		
65-69 Male	Ramsey	Dennis	Ankeny	67	IA	92		
65-69 Male	Reed	Roger	Urbandale	65	IA	95		
65-69 Male	Sherratt	Glen	Newton	67	IA	95		

65-69 Male	Paulson	John	West Des Moines	66	IA	96		
65-69 Male	Knudson	Loren	West Des Moines	69	IA	97		
65-69 Male	Lee	Richard	Des Moines	67	IA	97		
65-69 Male	Byrne	Frank	West Des Moines	69	IA	99		
65-69 Male	Eastman	Russell	Ankeny	69	IA	101		
70-74 Male	McFarland	Robert	Grand Island	71	NE	78	1	Gold
70-74 Male	Lee	James	Cumming	70	IA	88	1	Gold
70-74 Male	Rehberg	Michael	West Des Moines	70	IA	95	2	Silver
70-74 Male	Meyer	Harry	Clive	73	IA	98	3	Bronze
70-74 Male	Murphy	Dick	Altoona	73	IA	99		
70-74 Male	Marr	Tom	Des Moines	71	IA	100		
70-74 Male	Parsons	Ivan	Polk City	70	IA	100		
70-74 Male	Larrison	Fred	West Des Moines	74	IA	103		
70-74 Male	Shea	James	Ankeny	71	IA	108		
75-79 Male	Bowman	Jim	Urbandale	76	IA	92	1	Gold
75-79 Male	Woods	Ralph	Des Moines	76	IA	103	2	Silver
75-79 Male	Hansen	Joe	Des Moines	75	IA	113	3	Bronze
80-84 Male	Rosendahl	Gene	Des Moines	81	IA	79	1	Gold
80-84 Male	Lockridge	Dick			IA	80	2	Silver
80-84 Male	Gilbert	Dan			IA	85	3	Bronze
80-84 Male	Johnson	Willis	Ames	84	IA	89		
80-84 Male	Nellis	Darryl			IA	89		
80-84 Male	Hansen	Paul	Elk Horn	84	IA	94		
80-84 Male	Hartung	John			IA	96		
80-84 Male	Harris	Robert	Urbandale	82	IA	97		
80-84 Male	McClymond	Jamie			IA	100		
80-84 Male	Baker	Norman	Afton	84	MO	104		
80-84 Male	McKee	Phillip	Urbandale	81	IA	107		
80-84 Male	Davis	Billy	Urbandale	83	IA	112		

2009 Results: Horseshoes / Women

Division	Last Name	First Name	City	State	Age	Place	Medal
60-64 Female	Amman	Angie		IA		1	Gold
65-69 Female	Germann	Sid	Lawson	MO	68	1	Gold
70-74 Female	Gardner	Wylene	Des Moines	IA	72	1	Gold
70-74 Female	Shaw	Ola	Kansas City	KS	70	1	Gold
70-74 Female	Gardner	Barbara	Lawson	MO	71	2	Silver
75-79 Female	Latham	Nadine	Topeka	KS	78	1	Gold
80-84 Female	Davis	Tina		IA		1	Gold

2009 Results: Horseshoes / Men

Division	Last Name	First Name	City	State	Age	Place	Medal
50-54 Male	Warwick	Jan	Ames	IA	50	1	Gold
50-54 Male	Palmersheim	Greg	Des Moines	IA	54	2	Silver
60-64 Male	Ross	Odus	West Des Moines	IA	62	1	Gold
60-64 Male	Rounds	Richard	Boone	IA	62	2	Silver
60-64 Male	Wacht	Steve	Indianola	IA	60	3	Bronze
60-64 Male	Schenck	Alan	Clarinda	IA	63		
65-69 Male	Schaumburg	Mike	West Des Moines	IA	68	1	Gold
65-69 Male	Peterson	Ron	Waukee	IA	65	2	Silver
65-69 Male	Wilson	Steve	West Des Moines	IA	66	3	Bronze
65-69 Male	Germann	Mark	Lawson	MO	68		
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	65		
70-74 Male	Shaw	Duane	Kansas City	KS	71	1	Gold
70-74 Male	Smith	Donald	Leon	IA	71	1	Gold
70-74 Male	Clark	Ken	Urbandale	IA	73	2	Silver
75-79 Male	Kolbe	Ronald	Sac City	IA	75	1	Gold
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	1	Gold
75-79 Male	Kane	Lee	Urbandale	IA	76	2	Silver
75-79 Male	Teran	Daniel	West Des Moines	IA	78	3	Bronze
75-79 Male	Czarny	Wally	Buffalo Grove	IL	76		
80-84 Male	Manship	LeRoy	Afton	IA	82	1	Gold
80-84 Male	Baker	Keith	Clive	IA	83	2	Silver
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	3	Bronze
80-84 Male	Latham	Peter	Topeka	KS	81	3	Bronze
85-89 Male	Dewell	Howard	Quincy	IL	87	1	Gold

2009 Results: Racquetball / Singles

Sport	Event	Division	Last Name	First Name	Gender	City	State	Age	Place	Medal
Racquetball	Singles	55-59 Male	Shutt	Craig	M	Granger	IA	56	1	Gold
Racquetball	Singles	60-64 Male	Waters	Mike	M	Atlantic	IA	62	1	Gold
Racquetball	Singles	60-64 Male	Rounds	Richard	M	Boone	IA	62	2	Silver
Racquetball	Singles	65 -69 Male	Clark	Dewey	M		IA	67	1	Gold
Racquetball	Singles	70-74 Male	Essing	Ron	M	Pomeroy	IA	73	1	Gold
Racquetball	Singles	70-74 Male	Younger	Connie	M	Madrid	IA	70	2	Silver
Racquetball	Singles	75-79 Male	Marty	Carroll	M	Ames	IA	75	1	Gold

2009 Results: Racquetball / Doubles

Sport	Event	Division	Last Name	First Name	City	State	Age	Place	Medal
Racquetball	Doubles	50-54 Female	Foster	Carolyn	St. Paul	NE	61	1	Gold
			Jaworsky	Grace	Kansas City	MO	52		
Racquetball	Doubles	60 - 64 Male	Clark	Dewey			67	1	Gold
			Waters	Mike			62		
Racquetball	Doubles	60 - 64 Male	Essing	Ron	Pomeroy	IA	73	2	Silver
			Rounds	Richard	Boone	IA	62		
Racquetball	Doubles	65-69 Male	Lorimor	Jeffery	Boone	IA	66	1	Gold
			Younger	Connie	Madrid	IA	70		

2009 Results: Scrabble

Division	Last Name	First Name	Gender	City	State	Age	Place	Medal
50 & Above Mixed	Dearchs	John	M	Bode	IA	50	1	Gold
50 & Above Mixed	Floyd	Susan	F	Des Moines	IA	57	2	Silver
50 & Above Mixed	Huggins	Mary	F	Urbandale	IA	62	3	Bronze
50 & Above Mixed	Murray	Lori	F	Union	IA	51		
50 & Above Mixed	Schultz	Paula	F	Indianola	IA	56		
50 & Above Mixed	Bridenstine	Renee	M	Ankeny	IA	58		
50 & Above Mixed	Thompson	Cheryl	F	Urbandale	IA	59		
50 & Above Mixed	Rounds	Susan	F	Boone	IA	60		
50 & Above Mixed	Taylor	Kimberly	F	Des Moines	IA	61		
50 & Above Mixed	Floyd	Steve	M	West Des Moines	IA	62		
50 & Above Mixed	Bloomer	Carolyn	F	Des Moines	IA	66		
50 & Above Mixed	Drew	Libby	F	Des Moines	IA	74		
50 & Above Mixed	Merkey	Frances	F	Ankeny	IA	80		

2009 Results: Shuffleboard / Doubles

Division	Last Name	First Name	Gender	City	State	Age	Place	Medal
50-54 Mixed	Dixon	Dale	M	Hampton	IA	74	1	Gold
	Dixon	Michael	M	Johnston	IA	51		
50-54 Mixed	Palmersheim	Greg	M		IA	54	2	Silver
	Snipe	Dr. Ron	M	West Des Moines	IA	65		
55-59 Mixed	Nelson	Irene	F		IA	59	1	Gold
	Scott	Ralph	M		IA	80		
55-59 Mixed	Riker	Terri	F	Ankeny	IA	55	2	Silver
	Bane	Denny	M	Urbandale	IA	65		
60-64 Mixed	Hugen	Ruth	F	Des Moines	IA	63	1	Gold
	Hugen	Wayne	M	Des Moines	IA	67		
60-64 Mixed	Sullivan	Don	M	Des Moines	IA	72	2	Silver
	Sullivan	Jo Ellen	F	Des Moines	IA	62		
60-64 Mixed	Anderson	Florence	F	Waukee	IA	85	3	Bronze
	Craven	Gayla	F	Waukee	IA	61		
60-64 Mixed	Rounds	Richard	M	Boone	IA	62	4	
	Rounds	Susan	F	Boone	IA	60		
65-69 Mixed	Kolbe	Lois	F	Sac City	IA	68	1	Gold
	Kolbe	Ronald	M	Sac City	IA	75		
65-69 Mixed	Howell	Carl	M		MO	70	1	Gold
	Howell	Carroll	F		MO	69		
65-69 Mixed	Morrison	Mary	F	El Paso	TX	67	2	Silver
	Morrison	Bufe	M	El Paso	TX	70		
65-69 Mixed	Germann	Sid	F	Lawson	MO	68	3	
	Germann	Mark	M	Lawson	MO	68		
65-69 Mixed	Harkins	Sallie	F	Phoenix	AZ	69	4	
	Harkins	Dennis	M	Phoenix	AZ	66		
70-74 Mixed	Rinehart	Robert	M	Montezuma	IA	73	1	Gold
	Wohlers	Marlus	M	Gottage Grove	WI	74		
70-74 Mixed	Clark	Ken	M	Urbandale	IA	73	2	Silver
	Teran	Dan	M		IA	78		
70-74 Mixed	Shaw	Duane	M	Kansas City	KS	71	2	Silver
	Shaw	Ola	F	Kansas City	KS	70		
70-74 Mixed	Gardner	Barbara	F		IA	71	3	Bronze
	Bankus	Fred	M		IA	73		
70-74 Mixed	Rinehart	Nancy	F		IA	73	3	Bronze
	Boles	Helen	F		IA	77		
75-79 Mixed	Aldrich	Larry	M	Rowan	IA	76	1	Gold
	Aldrich	Wilma	F	Rowan	IA	77		
75-79 Mixed	Kane	Lee	M	Urbandale	IA	76	2	Silver
	Behmer	Jack	M	West Des Moines	IA	77		
75-79 Mixed	Latham	Nadine	F	Topeka	KS	78	2	Silver
	Latham	Peter	M	Topeka	KS	81		
75-79 Mixed	Pfaff	Lyle	M	Leonardville	KS	77	3	Bronze
	Bollinger	Frank	M		MO	81		

2009 Results: Shuffleboard / Singles / Women

Division	Last Name	First Name	City	State	Place	Medal
55-59 Female	Nelson	Irene	Des Moines	IA	1	Gold
60-64 Female	Sullivan	Jo Ellen	Des Moines	IA	1	Gold
60-64 Female	Craven	Gala		IA	2	Silver
60-64 Female	Hugen	Ruth	Des Moines	IA	3	Bronze
65-69 Female	Howell	Carol	Macon	MO	1	Gold
65-69 Female	Kolbe	Lois	Sac City	IA	1	Gold
65-69 Female	Germann	Sid	Lawson	MO	2	Silver
65-69 Female	Harkins	Sallie	Phoenix	AZ	3	Bronze
70-74 Female	Gardner	Barbara	Lawson	MO	1	Gold
70-74 Female	Rinehart	Nancy	Montezuma	IA	1	Gold
70-74 Female	Gardner	Wylene	Des Moines	IA	2	Silver
70-74 Female	Shaw	Ola	Kansas City	KS	3	Bronze
75-79 Female	Aldrich	Wilma	Rowan	IA	1	Gold
75-79 Female	Boles	Helen	Glenwood	IA	2	Silver
75-79 Female	Dodd	Carolyn	Des Moines	IA	3	Bronze
75-79 Female	Latham	Nadine	Topeka	KS	1	Gold
80-84 Female	Young	Frances	Des Moines	IA	1	Gold
80-84 Female	Davis	Tina		IA	2	Silver
85-89 Female	Anderson	Florence	Waukee	IA	1	Gold

2009 Results: Shuffleboard / Singles / Men

Division	Last Name	First Name	City	State	Place	Medal
50-54 Male	Palmershein	Greg		IA	1	Gold
50-54 Male	Dixon	Michael	Johnston	IA	2	Silver
55-59 Male	Fisk	Jed	Waukee	IA	1	Gold
60-64 Male	Rounds	Richard	Boone	IA	1	Gold
65-69 Male	Wilson	Steve		IA	1	Gold
65-69 Male	Hugen	Wayne	Des Moines	IA	2	Silver
65-69 Male	Germann	Mark	Lawson	MO	3	Bronze
65-69 Male	Stoutenberg	Ron	Pleasant Hill	IA	3	Bronze
70-74 Male	Howell	Carl	Macon	MO	1	Gold
70-74 Male	Sullivan	Don	Des Moines	IA	1	Gold
70-74 Male	Rinehart	Robert	Montezuma	IA	2	Silver
70-74 Male	Dixon	Dale	Hampton	IA	3	Bronze
75-79 Male	Behmer	Jack	Clive	IA	1	Gold
75-79 Male	Teran	Daniel	West Des Moines	IA	2	Silver
75-79 Male	Kolbe	Ronald	Sac City	IA	3	Bronze

2009 Results: Shuffleboard / Singles / Men

Division	Last Name	First Name	City	State	Place	Medal
80-84 Male	Manship	Dale		IA	1	Gold
80-84 Male	Baker	Keith	Clive	IA	2	Silver
80-84 Male	Latham	Peter	Topeka	KS	2	Silver
80-84 Male	Scott	Ralph	West Des Moines	IA	3	Bronze

2009 Results: Soccer Accuracy Kick / Women							Record
Division	Last Name	First Name	City	State	Score	Place	Medal
50-54 Female	Palmersheim	Kim	Des Moines	IA	17	1	Gold
50-54 Female	Campbell	Nancy		IA	13	2	Silver
50-54 Female	Seeley	Lori	Perry	IA	10	3	Bronze
50-54 Female	Thrasher	Julie		IA	9		
55-59 Female	Sander	Cheryl	Altoona	IA	8	1	Gold
55-59 Female	Nelson	Irene	Des Moines	IA	7	2	Silver
55-59 Female	Kragel	Jackie		IA	5	3	Bronze
60-64 Female	Amman	Angie		IA	9	1	Gold
60-64 Female	Brock	Brenda		IA	4	2	Silver
65-69 Female	Weeda	Phyllis	Des Moines	IA	16	1	Gold
65-69 Female	Germann	Sid	Lawson	MO	5	2	Silver
65-69 Female	Chapman	Jewell		IA	4	3	Silver
70-74 Female	Gardner	Barbara	Lawson	MO	0	1	Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	0	1	Gold
80-84 Female	Young	Frances	Des Moines	IA	0	1	Gold

2009 Results: Soccer Accuracy Kick / Men							Record
Division	Last Name	First Name	City	State	Score	Place	Medal
50-54 Male	Bohlke	Joseph	Des Moines	IA	15	1	Gold
50-54 Male	Palmersheim	Greg	Des Moines	IA	15	1	Gold
50-54 Male	Tripp	Don	Des Moines	IA	13	3	Bronze
50-54 Male	Williams	Larry	Des Moines	IA	13	3	Bronze
55-59 Male	Brock	Rick	Pekin	IL	9	1	Gold
55-59 Male	Kelly	Jim		IA	8	2	Silver
55-59 Male	Krull	Eldon		IA	9	1	Gold
55-59 Male	Pirch	Garry	Vandalia	MO	8	2	Silver
60-64 Male	Newton	William	Des Moines	IA	10	1	Gold
60-64 Male	Feeney	Marty	Pella	IA	6	2	Silver
60-64 Male	Rounds	Richard	Boone	IA	5	3	Bronze
65-69 Male	Hugen	Wayne	Des Moines	IA	12	1	Gold
65-69 Male	Peterson	Ron	Waukee	IA	8	2	Silver
65-69 Male	Stoutenberg	Ron	Pleasant Hill	IA	8	2	Silver
65-69 Male	Germann	Mark	Lawson	MO	7	4	
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	5	5	
70-74 Male	Anderson	Richard	West Des Moines	IA	24	1	Gold
70-74 Male	Shaw	Duane		KS	16	2	Silver
70-74 Male	Morrison	Bufe	El Paso	TX	12	3	Bronze
70-74 Male	Easterla	David	Maryville	MO	9	4	

75-79 Male	Zimmer	Don	West Des Moines	IA	16	1	Gold
75-79 Male	Kolbe	Ronald	Sac City	IA	8	2	Silver
75-79 Male	Pfaff	Lyle	Leonardville	KS	8	2	Silver
85-89 Male	Dewell	Howard	Quincy	IL	8	1	Gold

2009 Results: Softball / Team

Division	Team	Place	Medal
60-64 Male	Salty Dogs	1	Gold
65-69 Male	WDM 65s	1	Gold
65-69 Male	B& S Auto	2	Silver
70-74 Male	Central Iowa 70s	1	Gold
70-74 Male	Iowa Tigers	2	Silver
70-74 Male	Topeka HyVee	3	Bronze
75-79 Male	Iowa 75s	1	Gold

2009 Results: Softball / Distance Throw / Women							Record
Division	Last Name	First Name	City	State	Distance	Place	Medal
50-54 Female	Seeley	Lori	Perry	IA	117-2	1	Gold
50-54 Female	Campbell	Nancy	West Des Moines	IA	98-2	2	Silver
50-54 Female	Cooper	Martha	Waukon	IA	92-5	3	Bronze
55-59 Female	Kragel	Jacki	Waukee	IA	112-3	1	Gold
55-59 Female	Morris	Vicki	New Virginia	IA	81-4	2	Silver
55-59 Female	Wierson	Fran	Waukee	IA	78-9	3	Bronze
55-59 Female	Sander	Cheryl	Altoona	IA	72-2	4	
55-59 Female	Nelson	Irene	Des Moines	IA	58-4	5	
55-59 Female	Blakeman	Roberta	Altoona	IA	53-0	6	
60-64 Female	Brock	Brenda	Adel	IA	102-2	1	Gold
65-69 Female	Weeda	Phyllis	Des Moines	IA	80-2	1	Gold
65-69 Female	Chapman	Jewell	Des Moines	IA	78-9	2	Silver
65-69 Female	Germann	Sid	Lawson	MO	67-11	3	Bronze
65-69 Female	Minahan	Jean	Des Moines	IA	64-3	4	Bronze
65-69 Female	Morrison	Mary	El Paso	TX	54-5	5	
70-74 Female	Melichar	Rosemarie	Aurora	CO	64-9	1	Gold
70-74 Female	Shaw	Ola	Kansas City	KS	61-2	2	Silver
70-74 Female	Gardner	Barbara	Lawson	MO	50-9	3	Bronze
70-74 Female	Gardner	Wylene	Des Moines	IA	32-0	4	Gold
75-79 Female	Little	Ruth	Knoxville	IA	66-2	1	Gold
75-79 Female	Baker	Nancy	Clive	IA	45-1	2	Silver
75-79 Female	Dodd	Carolyn	Des Moines	IA	39-5	3	Bronze
75-79 Female	Purdes	Alice	Madison	IL	31-7	4	
80-84 Female	Young	Frances	Des Moines	IA	27-3	1	Gold

2009 Results: Softball / Distance Throw / Men							Record
Division	Last Name	First Name	City	State	Distance	Place	Medal
50-54 Male	Daley	Guy		MO	187-9	1	Gold
50-54 Male	Davis	Randy	Altoona	IA	173-8	2	Gold
50-54 Male	Warrick	Jan		IA	172-4	3	Silver
50-54 Male	Cooper	Mark	Des Moines	IA	160-0	4	Bronze
50-54 Male	Bohlke	Joseph	Des Moines	IA	155-7	5	
50-54 Male	Tripp	Don	Des Moines	IA	151-9	6	
55-59 Male	Leamen	Mark	Bondurant	IA	167-2	1	Gold
55-59 Male	Brock	Rick	Pekin	IL	157-1	2	Silver
55-59 Male	Pirch	Garry	Vandalia	MO	154-11	3	Bronze
55-59 Male	Kelly	Dennis		IA	136-4	4	Silver
55-59 Male	Krull	Eldon	Ankeny	IA	105-0	5	Bronze
60-64 Male	Swanson	James	Chariton	IA	160-0	1	Gold

2009 Results: Softball / Distance Throw / Men							Record
Division	Last Name	First Name	City	State	Distance	Place	Medal
60-64 Male	Feeney	Marty	Pella	IA	156-10	2	Silver
60-64 Male	Seyfer	Michael	Cedar Rapids	IA	148-3	3	Bronze
60-64 Male	Burton	Marvin	Des Moines	IA	146-2	3	Bronze
60-64 Male	Posekany	Dennis	Cedar Rapids	IA	141-0		
60-64 Male	Adair	Denny	Osceola	IA	113-3		
60-64 Male	Newton	Bill		IA	94-0		
60-64 Male	Rounds	Richard		IA	61-7		
65-69 Male	Wilson	Steve	West Des Moines	IA	151-3	1	Gold
65-69 Male	Peterson	Ron	Waukee	IA	149-6	2	Silver
65-69 Male	Perez	Frank	West Des Moines	IA	132-3	3	Bronze
65-69 Male	Stoutenberg	Ron	Pleasant Hill	IA	131-1	4	
65-69 Male	Schaumburg	Mike	West Des Moines	IA	127-6	5	
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	127-4	6	
65-69 Male	Kurt	Robert	Lansing	IA	106-5	7	
65-69 Male	Germann	Mark	Lawson	MO	90-2	8	
65-69 Male	Polito	James	Des Moines	IA	74-2	9	
70-74 Male	Hutchinson	Donald	West Des Moines	IA	166-7	1	Gold
70-74 Male	Wente	Don	Clive	IA	153-0	2	Silver
70-74 Male	Morrison	Bufe	El Paso	TX	136-3	3	Bronze
70-74 Male	Bankus	Fred	Pella	IA	130-10	4	Bronze
70-74 Male	Beckman	Paul	Granbury	TX	127-6	5	
70-74 Male	Shaw	Duane	Kansas City	KS	120-5	6	
70-74 Male	Easterla	David	Maryville	MO	120-0	7	
70-74 Male	Dewey	Dale	Des Moines	IA	110-5	8	
70-74 Male	Whelchel	Stanley	Cedar Falls	IA	100-2	9	
70-74 Male	Anderson	Richard	W. Des Moines	IA	76-10	10	
75-79 Male	Zimmer	Don		IA	114-5	1	Gold
75-79 Male	Pfaff	Lyle	Leonardville	KS	114-0	2	Silver
75-79 Male	Allen	Jim	Morton	IL	106-3	3	Bronze
75-79 Male	Teran	Daniel	West Des Moines	IA	83-10	4	Silver
75-79 Male	Kolbe	Ronald	Sac City	IA	77-2	5	Bronze
80-84 Male	Failor	Edward	West Des Moines	IA	113-3	1	Gold
80-84 Male	Salmon	Bill	West Des Moines	IA	100-2	2	Silver
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	68-0	3	Bronze
80-84 Male	Scott	Ralph	West Des Moines	IA	64-4	4	Bronze
80-84 Male	Baker	Keith	Clive	IA	61-4	5	
85-89 Male	Dewell	Howard	Quincy	IL	70-5	1	Gold
90 - 94 Male	McCullum	Harold		IA	39-7	1	Gold

2009 Results: Softball / Accuracy Throw / Women							Record
Division	Last Name	First Name	City	State	Score	Place	Medal
50-54 Female	Campbell	Nancy	West Des Moines	IA	70	1	Gold
50-54 Female	Cooper	Martha	Waukon	IA	50	2	Silver
50-54 Female	Seeley	Lori	Perry	IA	50	2	Silver
50-54 Female	Leitzinger	Rita	Norwalk	IA	40	4	
50-54 Female	Palmersheim	Kim	Des Moines	IA	10	5	
55-59 Female	Blakeman	Roberta	Altoona	IA	90	1	Gold
55-59 Female	Kragel	Jacki	Waukee	IA	80	2	Silver
55-59 Female	Sander	Cheryl	Altoona	IA	50	3	Bronze
55-59 Female	Morris	Vicki	New Virginia	IA	10	4	
55-59 Female	Nelson	Irene	Des Moines	IA	10	4	
60-64 Female	Brock	Brenda	Adel	IA	60	1	Gold
60-64 Female	Amman	Angie	Des Moines	IA	50	2	Silver
65-69 Female	Morrison	Mary	El Paso	TX	50	1	Gold
65-69 Female	Chapman	Jewell	Des Moines	IA	30	2	Gold
65-69 Female	Germann	Sid	Lawson	MO	30	2	Silver
65-69 Female	Minahan	Jean	Des Moines	IA	20	2	Silver
65-69 Female	Weeda	Phyllis	Des Moines	IA	20	2	Silver
70-74 Female	Shaw	Ola	Kansas City	KS	50	1	Gold
70-74 Female	Melichar	Rosemarie	Aurora	CO	20	2	Silver
70-74 Female	Gardner	Barbara	Lawson	MO	0	3	Bronze
70-74 Female	Gardner	Wylene	Des Moines	IA	0	3	Gold
75-79 Female	Allen	Kay	Morton	IL	70	1	Gold
75-79 Female	Baker	Nancy	Clive	IA	20	2	Gold
75-79 Female	Little	Ruth	Knoxville	IA	20	2	Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	0		Silver
75-79 Female	Purdes	Alice	Madison	IL	0		
80-84 Female	Young	Frances	Des Moines	IA	30	1	Gold

2009 Results: Softball / Accuracy Throw / Men							Record
Division	Last Name	First Name	City	State	Score	Place	Medal
50-54 Male	Daley	Guy		MO	80	1	Gold
50-54 Male	Bohlke	Joseph	Des Moines	IA	70	2	Gold
50-54 Male	Cooper	Mark	Des Moines	IA	60	3	Silver
50-54 Male	Davis	Randy	Altoona	IA	60	3	Silver
50-54 Male	Warwick	Jan	Ames	IA	60	3	Silver
55-59 Male	Brock	Rick	Pekin	IL	100	1	Gold
55-59 Male	Kelly	Dennis		IA	40	3	Silver
55-59 Male	Krull	Eldon	Ankeny	IA	60	2	Gold
55-59 Male	Pirch	Garry	Vandalia	MO	50	4	Bronze

2009 Results: Softball / Accuracy Throw / Men							Record
Division	Last Name	First Name	City	State	Score	Place	Medal
60-64 Male	Burton	Marvin	Des Moines	IA	90	1	Gold
60-64 Male	Swanson	James	Chariton	IA	70	2	Silver
60-64 Male	Adair	Denny	Osceola	IA	40	3	Bronze
60-64 Male	Feeney	Marty	Pella	IA	30	4	
60-64 Male	Newton	William	Des Moines	IA	30	4	
60-64 Male	Posekany	Dennis	Cedar Rapids	IA	30	4	
60-64 Male	Rounds	Richard	Boone	IA	10	7	
60-64 Male	Seyfer	Michael	Cedar Rapids	IA	10	7	
65-69 Male	Wilson	Steve	West Des Moines	IA	80	1	Gold
65-69 Male	Peterson	Ron	Waukee	IA	70	2	Silver
65-69 Male	Schaumburg	Mike	West Des Moines	IA	70	2	Silver
65-69 Male	Germann	Mark	Lawson	MO	60	4	
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	50	5	
65-69 Male	Hoidahl	Rich	Johnston	IA	40	6	
65-69 Male	Perez	Frank	West Des Moines	IA	40	6	
65-69 Male	Polito	James	Des Moines	IA	40	6	
65-69 Male	Stoutenberg	Ron	Pleasant Hill	IA	40	6	
65-69 Male	Kurt	Robert	Lansing	IA	20	10	
70-74 Male	Bankus	Fred	Pella	IA	90	1	Gold
70-74 Male	Easterla	David	Maryville	MO	80	2	Silver
70-74 Male	Veenstra	Wilbur	Pella	IA	80	2	Silver
70-74 Male	Morrison	Bufe	El Paso	TX	80	2	Silver
70-74 Male	Anderson	Richard	W. Des Moines	IA	70	5	Bronze
70-74 Male	Morrison	Gary	Indianola	IA	70	5	Bronze
70-74 Male	Degroot	Donald		IL	60	7	
70-74 Male	Hutchinson	Donald	West Des Moines	IA	60	7	
70-74 Male	Kucera	Earnie	Bellevue	IA	60	7	
70-74 Male	Shaw	Duane	Kansas City	KS	50	10	
70-74 Male	Wente	Don	Clive	IA	40	11	
70-74 Male	Dewey	Dale	Des Moines	IA	30	12	
70-74 Male	Clark	Ken	Urbandale	IA	0	13	
70-74 Male	Whelchel	Stanley	Cedar Falls	IA	0	13	
75-79 Male	Kane	Lee	Urbandale	IA	100	1	Gold
75-79 Male	Little	Tom	Knoxville	IA	100	1	Gold
75-79 Male	Pfaff	Lyle	Leonardville	KS	100	1	Gold
75-79 Male	Behmer	Jack	Clive	IA	70	3	Bronze
75-79 Male	Kolbe	Ronald	Sac City	IA	30	5	
75-79 Male	Teran	Daniel	West Des Moines	IA	30	5	
75-79 Male	Zimmer	Don	West Des Moines	IA	30	5	
75-79 Male	Hekl	Richard	Omaha	NE	10	8	
80-84 Male	Baker	Keith	Clive	IA	70	1	Gold
80-84 Male	Salmon	Bill	West Des Moines	IA	30	2	Silver
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	20	3	Bronze
80-84 Male	Scott	Ralph	West Des Moines	IA	10	3	Bronze

85-89 Male	Dewell	Howard	Quincy	IL	10	1	Gold
2009 Results: Softball / Accuracy Throw / Men							Record
Division	Last Name	First Name	City	State	Score	Place	Medal
90 + Male	McCollum	Harold	West Des Moines	IA	10	1	Gold

2009 Results: Swimming / 50 Backstroke / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Eakin	Ellen	Ankeny	IA	51	1:07.4	1	Gold
60-64 Female	Johnson	Lynn	Sioux City	IA	61	53.90	1	Gold
60-64 Female	Lane	Virginia	Coralville	IA	63	1:03.1	2	Silver
65-69 Female	Minahan	Jean	Des Moines	IA	67	1:08.6	1	Gold
70-74 Female	Whitehead	Dorothy	Indianola	IA	74	44.99	1	Gold
70-74 Female	Kennedy	Judy	Omaha	NE	72	48.48	2	Silver
80-84 Female	Crossland	Carol	Des Moines	IA	80	1:19.6	1	Gold
80-84 Female	McKay	Jodie	Des Moines	IA	83	1:20.5	2	Silver

2009 Results: Swimming / 50 Backstroke / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Kealy	Daniel	Des Moines	IA	51	30.83	1	Gold
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	38.73	2	Silver
50-54 Male	Worley	Jim	Des Moines	IA	52	47.82	3	Bronze
55-59 Male	Bower	Norman	Davenport	IA	56	33.31	1	Gold
60-64 Male	Utsinger	Don	Cedar Rapids	IA	62	42.58	1	Gold
60-64 Male	Schenck	Alan	Clarinda	IA	63	46.20	2	Silver
60-64 Male	Feeney	Marty	Pella	IA	61	52.37	3	Bronze
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	65	50.83	1	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	56.38	2	Silver
65-69 Male	Nelson	Larry	Weston	MO	65	1:05.8	3	Bronze
70-74 Male	Easterla	David	Maryville	MO	71	50.58	1	Gold
70-74 Male	Holthaus	Roger	Omaha	NE	70	57.28	2	Silver
70-74 Male	Morrison	Bufe	El Paso	TX	70	1:04.3	3	Bronze
75-79 Male	LaFavre	Robert	Cedar Falls	IA	77	53.54	1	Gold
75-79 Male	Hekl	Richard	Omaha	NE	76	1:16.8	2	Silver
80-84 Male	Ashmead	Stuart	Ottumwa	IA	81	1:01.5	1	Gold
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	1:42.1	2	Silver

2009 Results: Swimming / 50 Breaststroke / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
60-64 Female	Johnson	Lynn	Sioux City	IA	61	50.16	1	Gold
80-84 Female	McKay	Jodie	Des Moines	IA	83	1:10.41	1	Gold
80-84 Female	Crossland	Carol	Des Moines	IA	80	1:35.98	2	Silver

2009 Results: Swimming / 50 Breaststroke / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	36.98	1	Gold
50-54 Male	Kealy	Daniel	Des Moines	IA	51	39.07	2	Silver
50-54 Male	Bohlke	Joseph	Des Moines	IA	54	49.99	3	Bronze
55-59 Male	Klahn	Bill	Iowa City	IA	56	35.89	1	Gold
60-64 Male	Feeney	Marty	Pella	IA	61	42.45	1	Gold
60-64 Male	Utsinger	Don	Cedar Rapids	IA	62	44.73	2	Silver
65-69 Male	McNamee	Michael	Alton	IL	68	53.39	1	Gold
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	65	56.27	2	Silver
65-69 Male	Nelson	Larry	Weston	MO	65	56.35	3	Bronze
65-69 Male	Rullan	Ruben	Urbandale	IA	68	1:15.63	4	Gold
70-74 Male	Easterla	David	Maryville	MO	71	48.81	1	Gold
75-79 Male	LaFavre	Robert	Cedar Falls	IA	77	45.91	1	Gold
80-84 Male	Ashmead	Stuart	Ottumwa	IA	81	1:19.35	1	Gold
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	1:27.62	2	Silver

2009 Results: Swimming / 50 Butterfly / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Fisk	Debbie	Waukee	IA	52	34.9	1	Gold
60-64 Female	Lane	Virginia	Coralville	IA	63	1:13.2	2	Silver
60-64 Female	Johnson	Lynn	Sioux City	IA	61	51.71	1	Gold

2009 Results: Swimming / 50 Butterfly / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Kealy	Daniel	Des Moines	IA	51	29.42	1	Gold
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	29.73	2	Silver
55-59 Male	Bower	Norman	Davenport	IA	56	31.81	1	Gold
60-64 Male	Utsinger	Don	Cedar Rapids	IA	62	53.81	1	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	52.21	1	Gold
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	65	1:04.3	2	Silver
70-74 Male	Holthaus	Roger	Omaha	NE	70	47.58	1	Gold

2009 Results: Swimming / 50 Freestyle / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Fisk	Debbie	Waukeke	IA	52	31.89	1	Gold
50-54 Female	Eakin	Ellen	Ankeny	IA	51	53.32	2	Silver
60-64 Female	Johnson	Lynn	Sioux City	IA	61	51.69	1	Gold
70-74 Female	Kennedy	Judy	Omaha	NE	72	40.14	1	Gold
80-84 Female	McKay	Jodie	Des Moines	IA	83	1:15.16	1	Gold

2009 Results: Swimming / 50 Freestyle / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Kealy	Daniel	Des Moines	IA	51	26.79	1	Gold
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	27.49	2	Silver
55-59 Male	Bower	Norman	Davenport	IA	56	28.83	1	Gold
55-59 Male	Kelly	Dennis	Johnston	IA	58	34.88	2	Silver
60-64 Male	Feeney	Marty	Pella	IA	61	32.24	1	Gold
60-64 Male	Utsinger	Don	Cedar Rapids	IA	62	33.05	2	Silver
60-64 Male	Schenck	Alan	Clarinda	IA	63	34.07	3	Bronze
65-69 Male	Nelson	Larry	Weston	MO	65	48.80	1	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	49.70	2	Silver
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	65	56.73	3	Bronze
65-69 Male	Rullan	Ruben	Urbandale	IA	68	1:14.88	4	Gold
70-74 Male	Easterla	David	Maryville	MO	71	41.99	1	Gold
70-74 Male	Morrison	Bufe	El Paso	TX	70	55.53	2	Silver
70-74 Male	Teaser	Karen	Mcgregor	IA	72	1:02.49	3	Gold
75-79 Male	Hekl	Richard	Omaha	NE	76	59.71	1	Gold
80-84 Male	Ashmead	Stuart	Ottumwa	IA	81	52.64	1	Gold
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	1:29.99	2	Silver

2009 Results: Swimming / 100 Backstroke / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Eakin	Ellen	Ankeny	IA	51	2:26.66	1	Gold
60-64 Female	Johnson	Lynn	Sioux City	IA	61	1:55.21	1	Gold
65-69 Female	Abels	Dianee	Papillion	NE	65	2:32.46	1	Gold
70-74 Female	Whitehead	Dorothy	Indianola	IA	74	1:44.27	1	Gold
2009 Results: Swimming / 100 Backstroke / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Kealy	Daniel	Des Moines	IA	51	1:05.36	1	Gold
50-54 Male	Jones	Steven	Martensdale	IA	51	1:15.00	2	Silver
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	1:23.80	3	Bronze
50-54 Male	Worley	James	Des Moines	IA	52	1:44.01	4	
55-59 Male	Bower	Norman	Davenport	IA	56	1:14.24	1	Gold
60-64 Male	Utsinger	Don	Cedar Rapids	IA	62	1:38.56	1	Gold
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	65	1:52.66	1	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	1:58.53	2	Silver
70-74 Male	Easterla	David	Maryville	MO	71	2:03.60	1	Gold
70-74 Male	Morrison	Bufe	El Paso	TX	70	2:32.79	2	Silver
75-79 Male	LaFavre	Robert	Cedar Falls	IA	77	1:46.80	1	Gold
75-79 Male	Hekl	Richard	Omaha	NE	76	2:56.95	2	Silver
80-84 Male	Ashmead	Stuart	Ottumwa	IA	81	2:22.30	1	Gold

2009 Results: Swimming / 100 Breaststroke / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
60-64 Female	Johnson	Lynn	Sioux City	IA	61	1:56.61	1	Gold
65-69 Female	Abels	Dianee	Papillion	NE	65	2:46.75	1	Gold
2009 Results: Swimming / 100 Breaststroke / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Jones	Steven	Martensdale	IA	51	1:16.25	1	Gold
50-54 Male	Kealy	Daniel	Des Moines	IA	51	1:26.53	2	Silver
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	1:28.44	3	Bronze
55-59 Male	Klahn	Bill	Iowa City	IA	56	1:22.07	1	Gold
60-64 Male	Utsinger	Don	Cedar Rapids	IA	62	1:43.90	1	Gold
60-64 Male	Schenck	Alan	Clarinda	IA	63	1:45.73	2	Silver
60-64 Male	Feeney	Marty	Pella	IA	61	1:47.03	3	Bronze
65-69 Male	McNamee	Michael	Alton	IL	68	2:10.70	1	Gold
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	65	2:12.27	2	Silver
65-69 Male	Rullan	Ruben	Urbandale	IA	68	2:46.79	3	Gold
70-74 Male	Easterla	David	Maryville	MO	71	2:01.00	1	Gold
75-79 Male	LaFavre	Robert	Cedar Falls	IA	77	1:44.72	1	Gold
80-84 Male	Ashmead	Stuart	Ottumwa	IA	81	3:04.13	1	Gold

2009 Results: Swimming / 100 Butterfly / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	1:04.05	1	Gold
50-54 Male	Kealy	Daniel	Des Moines	IA	51	1:05.78	2	Silver
65-69 Male	McNamee	Michael	Alton	IL	68	2:24.44	1	Gold
70-74 Male	Holthaus	Roger	Omaha	NE	70	2:03.13	1	Gold

2009 Results: Swimming / 100 Freestyle / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
70-74 Female	Kennedy	Judy	Omaha	NE	72	1:31.9	1	Gold
80-84 Female	McKay	Jodie	Des Moines	IA	83	2:44.8	1	Gold

2009 Results: Swimming / 100 Freestyle / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	1:00.5	1	Gold
50-54 Male	Kealy	Daniel	Des Moines	IA	51	1:07.1	2	Silver
55-59 Male	Kelly	Dennis	Johnston	IA	58	1:27.9	1	Gold
60-64 Male	Utsinger	Don	Cedar Rapids	IA	62	1:16.8	1	Gold
60-64 Male	Feeney	Marty	Pella	IA	61	1:19.5	2	Silver
65-69 Male	Nelson	Larry	Weston	MO	65	1:53.6	1	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	2:09.1	2	Silver
65-69 Male	Rullan	Ruben	Urbandale	IA	68	2:40.1	3	Gold
70-74 Male	Easterla	David	Maryville	MO	71	1:51.8	1	Gold
70-74 Male	Morrison	Bufe	El Paso	TX	70	2:21.6	2	Silver
75-79 Male	Hekl	Richard	Omaha	NE	76	2:15.3	1	Gold
80-84 Male	Ashmead	Stuart	Ottumwa	IA	81	1:55.6	1	Gold

2009 Results: Swimming / 100 Individual Medley / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Fisk	Debbie	Waukee	IA	52	1:22.35	1	Gold
60-64 Female	Johnson	Lynn	Sioux City	IA	61	1:57.69	1	Gold
60-64 Female	Lane	Virginia	Coralville	IA	63	2:22.54	2	Silver
80-84 Female	Crossland	Carol	Des Moines	IA	80	3:13.10	1	Gold

2009 Results: Swimming / 100 Individual Medley / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Jones	Steven	Martensdale	IA	51	1:10.48	1	Gold
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	1:11.14	2	Silver
55-59 Male	Bower	Norman	Davenport	IA	56	1:20.30	1	Gold
60-64 Male	Schenck	Alan	Clarinda	IA	63	1:34.59	1	Gold
65-69 Male	Snipe	Dr. Ron	Port Angeles	WA	65	1:55.70	1	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	2:01.62	2	Silver
65-69 Male	Nelson	Larry	Weston	MO	65	2:18.18	3	Bronze
70-74 Male	Holthaus	Roger	Omaha	NE	70	1:59.60	1	Gold
75-79 Male	Hekl	Richard	Omaha	NE	76	2:52.26	1	Gold
80-84 Male	Ashmead	Stuart	Ottumwa	IA	81	2:53.45	1	Gold

2009 Results: Swimming / 200 Backstroke / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Eakin	Ellen	Ankeny	IA	51	5:03.74	1	Gold
70-74 Female	Whitehead	Dorothy	Indianola	IA	74	3:51.82	1	Gold

2009 Results: Swimming / 200 Backstroke / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Kealy	Daniel	Des Moines	IA	51	2:30.11	1	Gold
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	2:47.05	2	Silver
60-64 Male	Schenck	Alan	Clarinda	IA	63	4:23.65	1	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	4:30.06	1	Gold
70-74 Male	Holthaus	Roger	Omaha	NE	70	4:42.84	1	Gold
70-74 Male	Easterla	David	Maryville	MO	71	4:46.47	2	Silver
70-74 Male	Morrison	Bufe	El Paso	TX	70	5:29.19	3	Bronze
75-79 Male	LaFavre	Robert	Cedar Falls	IA	77	4:04.93	1	Gold
80-84 Male	Ashmead	Stuart	Ottumwa	IA	81	5:01.24	1	Gold

2009 Results: Swimming / 200 Breaststroke / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Jones	Steven	Martensdale	IA	51	2:48.25	1	Gold
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	2:59.99	2	Silver
50-54 Male	Kealy	Daniel	Des Moines	IA	51	3:17.29	3	Bronze
55-59 Male	Klahn	Bill	Iowa City	IA	56	3:17.60	1	Gold
60-64 Male	Utsinger	Don	Cedar Rapids	IA	62	4:12.92	1	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	4:56.51	1	Gold
65-69 Male	Rullan	Ruben	Urbandale	IA	68	6:06.97	2	Gold
70-74 Male	Easterla	David	Maryville	MO	71	4:34.86	1	Gold
75-79 Male	LaFavre	Robert	Cedar Falls	IA	77	3:54.38	1	Gold

2009 Results: Swimming / 200 Freestyle / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
60-64 Female	Lane	Virginia	Coralville	IA	63	4:04.0	1	Gold
70-74 Female	Kennedy	Judy	Omaha	NE	72	3:20.3	1	Gold

2009 Results: Swimming / 200 Freestyle / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	2:16.8	1	Gold
50-54 Male	Kealy	Daniel	Des Moines	IA	51	2:27.3	2	Silver
55-59 Male	Klahn	Bill	Iowa City	IA	56	2:47.3	1	Gold
60-64 Male	Feeney	Marty	Pella	IA	61	2:59.6	1	Gold
60-64 Male	Utsinger	Don	Cedar Rapids	IA	62	3:06.2	2	Silver
65-69 Male	Nelson	Larry	Weston	MO	65	4:13.0	1	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	4:34.9	2	Silver
65-69 Male	Rullan	Ruben	Urbandale	IA	68	6:01.2	3	Gold
70-74 Male	Easterla	David	Maryville	MO	71	3:43.6	1	Gold
80-84 Male	Ashmead	Stuart	Ottumwa	IA	81	4:27.6	1	Gold

2009 Results: Swimming / 200 Individual Medley / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Kealy	Daniel	Des Moines	IA	51	2:29.98	1	Gold
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	2:30.06	2	Silver
60-64 Male	Utsinger	Don	Cedar Rapids	IA	62	3:47.98	1	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	4:36.97	1	Gold
70-74 Male	Holthaus	Roger	Omaha	NE	70	4:22.41	1	Gold

2009 Results: Swimming / 500 Freestyle / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
60-64 Female	Lane	Virginia	Coralville	IA	63	10:32.31	1	Gold
60-64 Female	Johnson	Lynn	Sioux City	IA	61	11:36.28	2	Silver
70-74 Female	Kennedy	Judy	Omaha	NE	72	9:00.25	1	Gold

2009 Results: Swimming / 500 Freestyle / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Kealy	Tom	Council Bluffs	IA	53	5:56.45	1	Gold
50-54 Male	Kealy	Daniel	Des Moines	IA	51	6:27.5	2	Silver
55-59 Male	Klahn	Bill	Iowa City	IA	56	8:09.67	1	Gold
65-69 Male	Nelson	Larry	Weston	MO	65	11:01.93	1	Gold
65-69 Male	McNamee	Michael	Alton	IL	68	12:43.05	2	Silver
65-69 Male	Rullan	Ruben	Urbandale	IA	68	16:26.75	3	Gold
70-74 Male	Easterla	David	Maryville	MO	71	11:38.78	1	Gold

2009 Results: Track & Field / Standing Long Jump / Women								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
50-54 Female	Thrasher	Julie	Cumming	IA	51	6-1	1	Gold
50-54 Female	Eakin	Ellen	Ankeny	IA	51	5-10	2	Silver
50-54 Female	Daniel	Victoria	Appleton	WI	52	4-11.5	3	Bronze
55-59 Female	Schultz	Paula	Indianola	IA	56	5-0.5	1	Gold
60-64 Female	Weisskopf	Neva	Lehigh Acres	FL	61	5-10	1	Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	3-5	1	Gold
75-79 Female	Purdes	Alice	Madison	IL	78	2-1	2	Silver
80-84 Female	Young	Frances	Des Moines	IA	82	3-2	1	Gold
80-84 Female	Davis	Ernestine	Des Moines	IA	81	2-3.5	2	Silver

2009 Results: Track & Field / Standing Long Jump / Men								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
50-54 Male	Monson	Greg	Moline	IL	51	8-6	1	Gold
50-54 Male	Muehsam	Edward	Marion	IA	50	8-2	2	Gold
50-54 Male	Armstrong	Graeme	West Des Moines	IA	51	7-7.5	3	Silver
50-54 Male	Bohlke	Joseph	Des Moines	IA	54	7-1.5	4	Bronze
50-54 Male	Hopper	Kenneth	Waukee	IA	53	6-6	5	
50-54 Male	Davis	Randy	Altoona	IA	53	6-5	6	
55-59 Male	Pirch	Garry	Vandalia	MO	55	8-5	1	Gold
55-59 Male	Siegel	Steve	Urbandale	IA	56	7-8	2	Gold
55-59 Male	Barron	John	Guttenberg	IA	55	7-6	3	Silver
55-59 Male	Brock	Rick	Pekin	IL	57	7-6	3	Bronze
60-64 Male	Feeney	Marty	Pella	IA	61	6-11	1	Gold
60-64 Male	Weisskopf	Danny	Lehigh Acres	FL	61	5-10	2	Silver
65-69 Male	Lane	Les	Carlisle	IA	66	7-5.5	1	Gold
65-69 Male	Meyer	Alex	Scribner	NE	68	7-4	2	Silver
65-69 Male	Peterson	Ron	Waukee	IA	65	6-10.5	3	Silver
65-69 Male	Perez	Frank	West Des Moines	IA	67	6-5	4	Bronze
65-69 Male	Hartung	John	Indianola	IA	69	6-4	5	
65-69 Male	Wilson	Steve	West Des Moines	IA	66	5-11	6	
65-69 Male	Hoidahl	Rich	Johnston	IA	68	5-10.5	7	
65-69 Male	Stoutenberg	Ron	Pleasant Hill	IA	68	5-10	8	
65-69 Male	Wheeler	Ronald	Cedar Falls	IA	68	5-10	8	
70-74 Male	Matheis	Al	Kankakee	IL	71	7-1.5	1	Gold
70-74 Male	Beckman	Paul	Granbury	TX	74	7-0	2	Silver
70-74 Male	Anderson	Jerry	Ellsworth	WI	73	6-7	3	Bronze
70-74 Male	Payne	Dick	Polk City	IA	71	6-6	4	Gold
70-74 Male	Morrison	Bufe	El Paso	TX	70	6-3	5	
70-74 Male	Tangora	Martin	Chicago	IL	73	5-11	6	
70-74 Male	Wortman	John	North Liberty	IA	70	5-11	6	Silver

2009 Results: Track & Field / Standing Long Jump / Men								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
70-74 Male	Anderson	Richard	West Des Moines	IA	74	5-7.5	8	Bronze
70-74 Male	Angove	Richard	Ames	IA	73	4-11.5	9	
70-74 Male	Wolle	Charles	Gardnerville	NV	74	4-11	10	
70-74 Male	Clark	Ken	Urbandale	IA	72	3-4	11	
75-79 Male	Park	Bill	Muscatine	IA	76	6-4	1	Gold
75-79 Male	Marty	Carroll	Ames	IA	75	6-3.5	2	Silver
75-79 Male	Zimmer	Don	West Des Moines	IA	75	6-1.5	3	Bronze
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	4-11	4	
75-79 Male	Teran	Daniel	West Des Moines	IA	78	4-8.5	5	
75-79 Male	Kolbe	Ronald	Sac City	IA	75	4-2	6	
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	5-3	1	Gold
80-84 Male	Mitchell	Darrell	Marshalltown	IA	81	5-3	1	Gold
85-89 Male	Dewell	Howard	Quincy	IL	87	6-4	1	Gold

2009 Results: Track & Field / Shot Put / Women								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
50-54 Female	Thrasher	Julie	Cumming	IA	51	27-4	1	Gold
50-54 Female	Check	Vicki	Endicott	NE	50	25-0	2	Gold
55-59 Female	Glynn	Kay	Hastings	IA	56	28-7.5	1	Gold
55-59 Female	Kragel	Jacki	Waukee	IA	57	24-2	2	Silver
55-59 Female	Green	Martha	Des Moines	IA	58	23-2.5	3	Bronze
55-59 Female	Sander	Cheryl	Altoona	IA	55	21-11	4	
60-64 Female	Weisskopf	Neva	Lehigh Acres	FL	61	24-0	1	Gold
60-64 Female	Amman	Angie	Des Moines	IA	63	18-0	2	Gold
65-69 Female	Morrison	Mary	El Paso	TX	67	12-8	1	Gold
70-74 Female	Aldrich	Bertha	Alden	IA	74	22-1.5	1	Gold
70-74 Female	Gardner	Wylene	Des Moines	IA	72	11-3.5	2	Silver
75-79 Female	Baker	Nancy	Clive	IA	78	14-4	1	Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	13-6	2	Silver
75-79 Female	Purdes	Alice	Madison	IL	78	11-5	3	Bronze
80-84 Female	Davis	Tina	Des Moines	IA	82	14-4	1	Gold
80-84 Female	Young	Frances	Des Moines	IA	82	9-2.5	2	Silver

2009 Results: Track & Field / Shot Put / Men								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
50-54 Male	Daley	Guy	Chillicothe	MO	51	34-3.5	1	Gold
50-54 Male	Bohke	Joseph	Des Moines	IA	54	30-2	2	Gold
50-54 Male	Palmersheim	Greg	Des Moines	IA	54	24-8	3	Silver
50-54 Male	Davis	Randy	Altoona	IA	53	19-2.5	4	Bronze
55-59 Male	Ullom	Dave	Algona	IA	55	32-7.5	1	Gold
55-59 Male	Pirch	Garry	Vandalia	MO	55	32-5.5	2	Silver
55-59 Male	Brock	Rick	Pekin	IL	57	30-2	3	Bronze
60-64 Male	Peters	Bob	Independence	MO	61	42-0.5	1	Gold
60-64 Male	Eastman	Greg	Des Moines	IA	62	33-5.5	2	Gold
60-64 Male	Kelly	Jim	Pleasant Hill	IA	62	33-5	3	Silver
60-64 Male	Wacht	Steve	Indianola	IA	60	30-10	4	Bronze
60-64 Male	Swanson	James	Chariton	IA	60	28-7	5	
65-69 Male	Meyer	Alex	Scribner	NE	68	33-3.5	1	Gold
65-69 Male	Check	Ralph	Endicott	NE	66	32-7.5	2	Silver
65-69 Male	Wheeler	Ronald	Cedar Falls	IA	68	29-1.5	3	Gold
65-69 Male	Peterson	Ron	Waukee	IA	65	27-1.75	4	Silver
65-69 Male	Pantoga	Ralph	W. Des Moines	IA	69	19-5	5	Bronze
70-74 Male	Salmon	Al	Liberty	MO	71	40-10.5	1	Gold
70-74 Male	DeGroot	Don	Pekin	IL	70	36-11.25	2	Silver

2009 Results: Track & Field / Shot Put / Men								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
70-74 Male	Matheis	Al	Kankakee	IL	71	30-6.5	3	Bronze
70-74 Male	Anderson	Jerry	Ellsworth	WI	73	30-5	4	
70-74 Male	Beckman	Paul	Granbury	TX	74	29-11	5	
70-74 Male	Easterla	David	Maryville	MO	71	29-3.25	6	
70-74 Male	Whelchel	Stanley	Cedar Falls	IA	74	28-11	7	Gold
70-74 Male	Angove	Richard	Ames	IA	73	28-9.5	8	Silver
70-74 Male	Morrison	Bufe	El Paso	TX	70	28-9.25	9	
70-74 Male	Adams	Robert	Rochester	MN	72	28-4	10	
70-74 Male	Hutchinson	Don	W. Des Moines	IA	73	27-11.5	11	Bronze
70-74 Male	Dewey	Dale	Des Moines	IA	70	25-1	12	
70-74 Male	Anderson	Richard	W. Des Moines	IA	74	24-9.25	13	
70-74 Male	Clark	Ken	Urbandale	IA	73	13-6	14	
75-79 Male	Welfring	Otto	Marshalltown	IA	76	31-1.5	1	Gold
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	23-6	2	Silver
75-79 Male	Teran	Daniel	West Des Moines	IA	78	20-11.5	3	Silver
75-79 Male	Kolbe	Ronald	Sac City	IA	75	19-7	4	Bronze
80-84 Male	Mulkern	Dick	Sheffield	IA	84	30-4.5	1	Gold
80-84 Male	Durchholz	Victor	Peoria	IL	80	26-0.5	2	Silver
80-84 Male	Bollinger	Frank	Excelsior Spring	MO	81	21-2	3	Bronze
85-89 Male	Dewell	Howard	Quincy	IL	87	20-1.5	1	Gold
95-99 Male	Peschke	Adolph	Des Moines	IA	95	11-5.5	1	Gold

2009 Results: Track & Field / Discus Throw / Women								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
50-54 Female	Thrasher	Julie	Cumming	IA	51	60-2	1	Gold
50-54 Female	Check	Vicki	Endicott	NE	50	56-10	2	Silver
55-59 Female	Glynn	Kay	Hastings	IA	56	64-8	1	Gold
55-59 Female	Green	Martha	Des Moines	IA	58	54-4.5	2	Silver
55-59 Female	Sander	Cheryl	Altoona	IA	55	48-9.5	3	Bronze
60-64 Female	Weisskopf	Neva	Lehigh Acres	FL	61	66-8.5	1	Gold
60-64 Female	Amman	Angie	Des Moines	IA	62	34-0	2	Gold
65-69 Female	Morrison	Mary	El Paso	TX	67	34-10.5	1	Gold
70-74 Female	Aldrich	Bertha	Alden	IA	74	58-4	1	Gold
70-74 Female	Gardner	Wylene	Des Moines	IA	72	19-6	2	Silver
75-79 Female	Baker	Nancy	Clive	IA	78	34-10.5	1	Gold
75-79 Female	Allen	Kay	Morton	IL	76	34-2.5	2	Silver
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	31-11	3	Silver
75-79 Female	Purdes	Alice	Madison	IL	78	22-5	4	
80-84 Female	Young	Frances	Des Moines	IA	82	15-11	1	Gold

2009 Results: Track & Field / Discus Throw / Men								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
50-54 Male	Daley	Guy	Chillicothe	MO	51	114-2	1	Gold
50-54 Male	Bohlke	Joseph	Des Moines	IA	54	73-7	2	Gold
55-59 Male	Pirch	Garry	Vandalia	MO	55	85-9	1	Gold
55-59 Male	Brock	Rick	Pekin	IL	57	73-5	2	Gold
55-59 Male	Ullom	Dave	Algona	IA	55	69-10	3	Silver
60-64 Male	Kelly	Jim	Pleasant Hill	IA	62	99-5	1	Gold
60-64 Male	Weisskopf	Danny	Lehigh Acres	FL	61	71-8	2	Silver
65-69 Male	Check	Ralph	Endicott	NE	66	99-0	1	Gold
65-69 Male	Meyer	Alex	Scribner	NE	68	98-2	2	Silver
65-69 Male	Wheeler	Ronald	Cedar Falls	IA	68	97-2	3	Gold
65-69 Male	Peterson	Ron	Waukee	IA	65	85-6	4	Silver
65-69 Male	Stoutenberg	Ron	Pleasant Hill	IA	68	72-0	5	Bronze
65-69 Male	Perez	Frank	West Des Moines	IA	65	65-0	6	
65-69 Male	Pantoga	Ralph	West Des Moines	IA	69	59-10	7	
70-74 Male	Anderson	Ron	Mcpherson	KS	73	111-10.5	1	Gold
70-74 Male	Salmon	Al	Liberty	MO	71	98-7.5	2	Silver
70-74 Male	Beckman	Paul	Granbury	TX	74	95-10.5	3	Bronze
70-74 Male	Whelchel	Stanley	Cedar Falls	IA	74	79-7.5	4	Gold
70-74 Male	Hutchinson	Donald	West Des Moines	IA	73	78-3	5	Silver
70-74 Male	Matheis	Al	Kankakee	IL	71	76-2	6	

2009 Results: Track & Field / Discus Throw / Men								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
70-74 Male	Morrison	Bufe	El Paso	TX	70	75-2.5	7	
70-74 Male	Angove	Richard	Ames	IA	73	74-4.5	8	Bronze
70-74 Male	Adams	Robert	Rochester	MN	72	71-10	9	
70-74 Male	Morrison	Gary	Indianola	IA	72	70-8	10	
70-74 Male	Anderson	Richard	W. Des Moines	IA	74	50-11	11	
70-74 Male	Donnell	Gordon	Plymouth	MN	72	41-9.5	12	
70-74 Male	Clark	Ken	Urbandale	IA	73	35-5.5	13	
75-79 Male	Welfring	Otto	Marshalltown	IA	76	101-1	1	Gold
75-79 Male	Allen	Jim	Morton	IL	77	91-8	2	Silver
75-79 Male	Park	Bill	Muscatine	IA	76	70-9.5	3	Silver
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	67-11	4	Bronze
75-79 Male	Teran	Daniel	West Des Moines	IA	78	44-7.5	5	Bronze
80-84 Male	Mulkern	Dick	Sheffield	IA	84	79-2	1	Gold
80-84 Male	Durchholz	Victor	Peoria	IL	80	65-8	2	Silver
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	63-7	3	Bronze
80-84 Male	Baker	Keith	Clive	IA	83	52-9.5	4	Silver
85-89 Male	Dewell	Howard	Quincy	IL	87	60-6	1	Gold
95-99 Male	Peschke	Adolph	Des Moines	IA	95	29-8.5	1	Gold

2009 Results: Track & Field / Triple Jump / Women								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
60-64 Female	Weisskopf	Neva	Lehigh Acres	FL	60	18-10	1	Gold

2009 Results: Track & Field / Triple Jump / Men								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
50-54 Male	Monson	Greg	Moline	IL	51	32-3	1	Gold
50-54 Male	Grinvalds	Paul	West Des Moines	IA	51	31-9	2	Gold
50-54 Male	Armstrong	Graeme	West Des Moines	IA	50	28-8	3	Silver
50-54 Male	Davis	Randy	Altoona	IA	52	20-8	4	Bronze
55-59 Male	Pirch	Garry	Vandalia	MO	55	26-7	1	Gold
65-69 Male	Snook	James	Overland Park	KS	66	25-0	1	Gold
65-69 Male	Peterson	Ron	Waukee	IA	65	23-1	2	Gold
65-69 Male	Meyer	Alex	Scribner	NE	67	21-1.5	3	Bronze
65-69 Male	Hoidahl	Rich	Johnston	IA	67	20-9	4	Silver
70-74 Male	Beckman	Paul	Granbury	TX	73	23-6	1	Gold
70-74 Male	Tangora	Martin	Chicago	IL	73	22-7	2	Silver
70-74 Male	Wortman	John	North Liberty	IA	70	18-8	3	Gold
70-74 Male	Morrison	Bufe	El Paso	TX	70	17-6	4	
75-79 Male	Marty	Carroll	Ames	IA	75	22-6	1	Gold
75-79 Male	Kolbe	Ronald	Sac City	IA	75	11-5	2	Silver
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	18-3	1	Gold

2009 Results: Track & Field / High Jump / Men								Record
Division	Last Name	First Name	City	State	Age	Height	Place	Medal
50-54 Male	Armstrong	Graeme	West Des Moines	IA	51	4-10	1	Gold
50-54 Male	Bohlke	Joseph	Des Moines	IA	54	4-4	2	Silver
50-54 Male	Daley	Guy	Chillicothe	MO	51	4-2	3	Bronze
50-54 Male	Williams	Larry	Des Moines	IA	52	4-2	3	Bronze
50-54 Male	Davis	Randy	Altoona	IA	53	4-1	5	
55-59 Male	Pirch	Garry	Vandalia	MO	55	5-6	1	Gold
55-59 Male	Barron	John	Guttenberg	IA	55	5-2	2	Gold
60-64 Male	Feeney	Marty	Pella	IA	61	4-2	1	Gold
60-64 Male	Davis	Dennis	Adel	IA	62	4-1	2	Silver
60-64 Male	Daniels	Bob		IA	63	4-0	3	Bronze
65-69 Male	Lane	Les	Carlisle	IA	66	4-2	1	Gold
65-69 Male	Peterson	Ron	Waukee	IA	65	4-2	1	Gold
65-69 Male	Meyer	Alex	Scribner	NE	68	4-1	3	Bronze
65-69 Male	Wheeler	Ronald	Cedar Falls	IA	68	4-0	4	Bronze
65-69 Male	Hoidahl	Rich	Johnston	IA	68	3-6	5	
65-69 Male	Nelson	Larry	Weston	MO	65	3-6	5	
70-74 Male	Tangora	Martin	Chicago	IL	73	4-0	1	Gold
70-74 Male	Wortman	John	North Liberty	IA	70	4-0	1	Gold
70-74 Male	Angove	Richard	Ames	IA	73	3-10	3	Bronze
70-74 Male	Beckman	Paul	Granbury	TX	74	3-10	3	Bronze
70-74 Male	Dewey	Dale	Des Moines	IA	70	3-8	5	
70-74 Male	Morrison	Bufe	El Paso	TX	70	3-8	5	
70-74 Male	Wolle	Charles	Gardnerville	NV	74	3-8	5	
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	3-10	1	Gold
75-79 Male	Park	Bill	Muscatine	IA	76	3-4	2	Gold
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	3-6	1	Gold
85-89 Male	Dewell	Howard	Quincy	IL	87	3-0	1	Gold

2009 Results: Track & Field / Running Long Jump / Women								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
50-54 Female	Eakin	Ellen	Ankeny	IA	51	10-6	1	Gold
50-54 Female	Thrasher	Julie	Cumming	IA	51	8-10	2	Silver
50-54 Female	Daniel	Victoria	Appleton	WI	52	8-8	3	Bronze
55-59 Female	Schultz	Paula	Indianola	IA	56	7-2	1	Gold
60-64 Female	Weisskopf	Neva	Lehigh Acres	FL	61	8-11	1	Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	4-2	1	Gold
75-79 Female	Purdes	Alice	Madison	IL	78	2-3	2	Silver
80-84 Female	Davis	Ernestine	Des Moines	IA		4-2	1	Gold
80-84 Female	Young	Frances	Des Moines	IA	82	3-5.5	2	Silver

2009 Results: Track & Field / Running Long Jump / Men								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
50-54 Male	Monson	Greg	Moline	IL	51	16-1	1	Gold
50-54 Male	Daley	Guy	Chillicothe	MO	51	14-9	2	Silver
50-54 Male	Armstrong	Graeme	West Des Moines	IA	51	13-6.5	3	Gold
50-54 Male	Williams	Larry	Des Moines	IA	52	13-0	4	Silver
50-54 Male	Hopper	Kenneth	Waukee	IA	53	10-2	5	Bronze
55-59 Male	Brock	Rick	Pekin	IL	57	13-8	2	Silver
55-59 Male	Pirch	Garry	Vandalia	MO	55	15-0	1	Gold
55-59 Male	Siegel	Steve	Urbandale	IA	56	9-9	3	Gold
60-64 Male	Davis	Dennis	Adel	IA	62	11-7.5	1	Gold
60-64 Male	Feeney	Marty	Pella	IA	61	9-5.5	2	Silver
60-64 Male	Weisskopf	Danny	Lehigh Acres	FL	61	8-2	3	Bronze
65-69 Male	Hoidahl	Rich	Johnston	IA	68	10-8	1	Gold
65-69 Male	Peterson	Ron	Waukee	IA	65	10-6.5	2	Silver
65-69 Male	Wilson	Steve	West Des Moines	IA	66	10-4.5	3	Bronze
65-69 Male	Nelson	Larry	Weston	MO	65	10-2	4	
65-69 Male	Meyer	Alex	Scribner	NE	68	9-7.5	5	
65-69 Male	Perez	Frank	West Des Moines	IA	65	9-5.5	6	
65-69 Male	Stoutenberg	Ron	Pleasant Hill	IA	68	5-1	7	
70-74 Male	Beckman	Paul	Granbury	TX	74	12-4.75	1	Gold
70-74 Male	Tangora	Martin	Chicago	IL	73	11-8	2	Silver
70-74 Male	DeGroot	Don	Pekin	IL	70	11-3.5	3	Bronze
70-74 Male	Payne	Dick	Polk City	IA	71	10-4.5	4	Gold
70-74 Male	Morrison	Bufe	El Paso	TX	70	8-8	5	
70-74 Male	Angove	Richard	Ames	IA	73	7-1.5	6	Silver
70-74 Male	Anderson	Richard	West Des Moines	IA	74	6-1.5	7	Bronze
70-74 Male	Clark	Ken	Urbandale	IA	72	5-6	8	
75-79 Male	Zimmer	Don	West Des Moines	IA	75	10-9	1	Gold

2009 Results: Track & Field / Running Long Jump / Men								Record
Division	Last Name	First Name	City	State	Age	Distance	Place	Medal
75-79 Male	Marty	Carroll	Ames	IA	75	10-0	2	Silver
75-79 Male	Park	Bill	Muscatine	IA	76	9-8.5	3	Bronze
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	7-6.5	4	
75-79 Male	Teran	Daniel	West Des Moines	IA	78	7-2	5	
75-79 Male	Kolbe	Ronald	Sac City	IA	75	5-7	6	
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	7-7	1	Gold
85-89 Male	Dewell	Howard	Quincy	IL	87	8-2	1	Gold

2009 Results: Track & Field / 5,000 M Race Walk / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Palmersheim	Kim	Des Moines	IA	53	40:49	1	Gold
55-59 Female	White	Jackie	Des Moines	IA	55	40:23	1	Gold
60-64 Female	Rulapaugh	Faith	Oelwein	IA	62	37:16	1	Gold
65-69 Female	Morrison	Mary	El Paso	TX	67	39:31	1	Gold
70-74 Female	Aldrich	Bertha	Alden	IA	74	37:08	1	Gold
80-84 Female	McClaran	Gene	Des Moines	IA	83	46:49	1	Gold

2009 Results: Track & Field / 5,000 M Race Walk / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Palmersheim	Greg	Des Moines	IA	54	35:44	1	Gold
55-59 Male	Fisk	Jed	Waukee	IA	55	40:15	1	Gold
60-64 Male	Phillips	Tim	Hiawatha	IA	60	30:36	1	Gold
60-64 Male	White	Russ	Des Moines	IA	63	40:22	2	Silver
65-69 Male	Eidahl	Davis	Richland	IA	68	30:36	1	Gold
65-69 Male	Kirkwood	Tom	Dyersville	IA	66	32:03	2	Silver
65-69 Male	O'Daniels	Gary	Creston	IA	67	32:50	3	Bronze
70-74 Male	Payne	Dick	Polk City	IA	71	39:29	1	Gold
75-79 Male	Kolbe	Ronald	Sac City	IA	75	54:50	1	Gold
80-84 Male	Zaimes	John	West Liberty	IA	84	49:43	1	Gold

2009 Results: Track & Field / 50 Meter Dash / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Daniel	Victoria	Appleton	WI	52	8.19	1	Gold
50-54 Female	Thrasher	Julie	Cumming	IA	51	8.64	2	Gold
50-54 Female	Thompson	Linda	Huxley	IA	54	9.13	3	Silver
50-54 Female	Palmersheim	Kim	Des Moines	IA	53	11.22	4	Bronze
55-59 Female	Eakin	Ellen	Ankeny	IA	57	9.19	1	Gold
60-64 Female	Weisskopf	Neva	Lehigh Acres	FL	61	8.62	1	Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	11.55	1	Gold
80-84 Female	Young	Frances	Des Moines	IA	82	14.20	1	Gold
80-84 Female	Davis	Tina	Des Moines	IA	81	16.13	2	Silver

2009 Results: Track & Field / 50 Meter Dash / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Muehsam	Edward	Marion	IA	50	6.81	1	Gold
50-54 Male	Williams	Larry	Des Moines	IA	52	7.29	2	Silver
50-54 Male	Cooper	Mark	Des Moines	IA	54	7.53	3	Bronze
50-54 Male	Davis	Randy	Altoona	IA	53	7.60	4	
50-54 Male	Peterson	Larry	Creston	IA	52	8.19	5	
55-59 Male	Leamen	Mark	Bondurant	IA	57	7.28	1	Gold
55-59 Male	Pirch	Garry	Vandalia	MO	55	7.59	2	Silver
60-64 Male	Weisskopf	Danny	Lehigh Acres	FL	61	7.53	1	Gold
60-64 Male	Lee	David	Omaha	NE	61	7.78	2	Silver
60-64 Male	Eastman	Greg	Des Moines	IA	62	7.87	3	Gold
60-64 Male	Wacht	Steve	Indianola	IA	60	8.57	4	Silver
60-64 Male	Adair	Denny	Osceola	IA	61	9.72	5	Bronze
65-69 Male	Snook	James	Overland Park	KS	67	7.87	1	Gold
65-69 Male	Perez	Frank	West Des Moines	IA	67	8.28	2	Gold
65-69 Male	Hoidahl	Rich	Johnston	IA	68	8.40	3	Silver
65-69 Male	Wheeler	Ronald	Cedar Falls	IA	68	8.97	4	Bronze
65-69 Male	Nelson	Larry	Weston	MO	65	9.06	5	
65-69 Male	Meyer	Alex	Scribner	NE	68	9.09	6	
70-74 Male	Sagedahl	Sherwood	Fairmont	MN	70	7.56	1	Gold
70-74 Male	Anderson	Jerry	Ellsworth	WI	73	8.00	2	Silver
70-74 Male	Beckman	Paul	Granbury	TX	74	8.09	3	Bronze
70-74 Male	Matheis	Al	Kankakee	IL	71	8.13	4	
70-74 Male	Tangora	Martin	Chicago	IL	73	8.34	5	

2009 Results: Track & Field / 50 Meter Dash / Men								Record
70-74 Male	Joslyn	Bill	Cedar Falls	IA	72	8.65	6	Gold
70-74 Male	Morrison	Gary	Indianola	IA	72	8.90	7	Silver
70-74 Male	Wortman	John	North Liberty	IA	70	8.94	8	Bronze
70-74 Male	Dewey	Dale	Des Moines	IA	70	9.00	9	
70-74 Male	Morrison	Bufe	El Paso	TX	70	9.02	10	
70-74 Male	Anderson	Richard	W. Des Moines	IA	74	11.16	11	
75-79 Male	Novak	Tom	Cedar Rapids	IA	77	8.71	1	Gold
75-79 Male	Teran	Daniel	West Des Moines	IA	78	9.41	2	Silver
80-84 Male	Scott	Ralph	West Des Moines	IA	80	11.53	1	Gold
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	11.59	2	Silver
80-84 Male	Zaimes	John	West Liberty	IA	84	16.63	3	Silver
85-89 Male	Dewell	Howard	Quincy	IL	87	17.63	1	Gold

2009 Results: Track & Field / 100 Meter Dash / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Thrasher	Julie	Cumming	IA	51	16.78	1	Gold
50-54 Female	Daniel	Victoria	Appleton	WI	52	16.97	2	Silver
50-54 Female	Thompson	Linda	Huxley	IA	54	17.53	3	Silver
60-64 Female	Weisskopf	Neva	Lehigh Acres	FL	61	17.49	1	Gold
65-69 Female	Morrison	Mary	El Paso	TX	67	24.41	1	Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	25.03	1	Gold
80-84 Female	Young	Frances	Des Moines	IA	82	30.25	1	Gold

2009 Results: Track & Field / 100 Meter Dash / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Muehsam	Edward	Marion	IA	50	12.88	1	Gold
50-54 Male	Cooper	Mark	Des Moines	IA	54	13.62	2	Silver
50-54 Male	Williams	Larry	Des Moines	IA	52	13.90	3	Bronze
55-59 Male	Leamen	Mark	Bondurant	IA	57	13.84	1	Gold
60-64 Male	Weisskopf	Danny	Lehigh Acres	FL	61	14.91	1	Gold
60-64 Male	Floyd	Steve	West Des Moines	IA	62	17.08	2	Gold
65-69 Male	Lane	Les	Carlisle	IA	66	14.06	1	Gold
65-69 Male	Snook	James	Overland Park	KS	67	15.13	2	Silver
65-69 Male	Perez	Frank	West Des Moines	IA	67	15.65	3	Silver
65-69 Male	Hoidahl	Rich	Johnston	IA	68	17.19	4	Bronze
65-69 Male	Nelson	Larry	Weston	MO	65	18.28	5	
70-74 Male	Sagedahl	Sherwood	Fairmont	MN	70	14.63	1	Gold
70-74 Male	DeGroot	Don	Pekin	IL	70	15.56	2	Silver
70-74 Male	Anderson	Jerry	Ellsworth	WI	73	16.07	3	Bronze
70-74 Male	Dewey	Dale	Des Moines	IA	70	18.41	4	Gold
70-74 Male	Anderson	Richard	W. Des Moines	IA	74	20.56	5	Silver
70-74 Male	Veenstra	Wilbur	Pella	IA	71	22.37	6	Bronze
70-74 Male	Brown	Eugene	Des Moines	IA	70	34.66	7	
75-79 Male	Zimmer	Don	West Des Moines	IA	75	15.35	1	Gold
75-79 Male	Marty	Carroll	Ames	IA	75	17.03	2	Silver
75-79 Male	Novak	Tom	Cedar Rapids	IA	77	17.60	3	Bronze
75-79 Male	Teran	Daniel	West Des Moines	IA	78	19.25	4	
80-84 Male	Mitchell	Darrell	Marshalltown	IA	81	17.56	1	Gold
80-84 Male	Bollinger	Frank	Excelsior Springs	MO	81	24.40	2	Silver

2009 Results: Track & Field / 200 Meter Dash / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Thompson	Linda	Huxley	IA	54	35.44	1	Gold
50-54 Female	Daniel	Victoria	Appleton	WI	52	35.69	2	Silver
55-59 Female	Eakin	Ellen	Ankeny	IA	57	37.41	1	Gold
55-59 Female	Hein	Jane	Clive	IA	56	40.97	2	Silver
60-64 Female	Weisskopf	Neva	Lehigh Acres	FL	61	36.75	1	Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	1:03.1	1	Gold
80-84 Female	Davis	Tina	Des Moines	IA	81	1:19.4	1	Gold

2009 Results: Track & Field / 200 Meter Dash / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Muehsam	Edward	Marion	IA	50	26.90	1	Gold
50-54 Male	Grinvalds	Paul	West Des Moines	IA	51	26.94	2	Silver
50-54 Male	Williams	Larry	Des Moines	IA	52	27.20	3	Bronze
55-59 Male	Barron	John	Guttenberg	IA	55	28.12	1	Gold
55-59 Male	Pirch	Garry	Vandalia	MO	55	28.89	2	Silver
60-64 Male	Weisskopf	Danny	Lehigh Acres	FL	61	32.65	1	Gold
60-64 Male	Belt	Brian	Liberty	MO	64	33.13	2	Silver
60-64 Male	Wacht	Steve	Indianola	IA	60	36.48	3	Gold
65-69 Male	Lane	Les	Carlisle	IA	66	28.87	1	Gold
65-69 Male	Snook	James	Overland Park	KS	67	29.03	2	Silver
65-69 Male	Hoidahl	Rich	Johnston	IA	68	35.75	3	Silver
60-64 Male	Kirkwood	Tom	Dyersville	IA	66	36.69	4	Bronze
65-69 Male	Wheeler	Ronald	Cedar Falls	IA	68	36.81	5	
65-69 Male	Meyer	Alex	Scribner	NE	68	38.00	6	
70-74 Male	Sagedahl	Sherwood	Fairmont	MN	70	29.61	1	Gold
70-74 Male	Weisser	Howard	Lincoln	NE	70	29.75	2	Silver
70-74 Male	Tangora	Martin	Chicago	IL	73	33.18	3	Bronze
70-74 Male	Joslyn	Bill	Cedar Falls	IA	72	42.38	4	Gold
70-74 Male	Brown	Eugene	Des Moines	IA	70	1:25.6	5	Silver
75-79 Male	Zimmer	Don	West Des Moines	IA	75	35.72	1	Gold
75-79 Male	Novak	Tom	Cedar Rapids	IA	77	38.06	2	Silver
80-84 Male	Mitchell	Darrell	Marshalltown	IA	81	36.50	1	Gold

2009 Results: Track & Field / 400 Meter Dash / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Eakin	Ellen	Ankeny	IA	52	1:22.0	1	Gold
50-54 Female	Daniel	Victoria	Appleton	WI	52	1:22.5	2	Silver
60-64 Female	Weisskopf	Neva	Lehigh Acres	FL	61	1:41.0	1	Gold

2009 Results: Track & Field / 400 Meter Dash / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Monson	Greg	Moline	IL	51	58.7	1	Gold
50-54 Male	Grinvalds	Paul	West Des Moines	IA	51	59.9	2	Gold
50-54 Male	Muehsam	Edward	Marion	IA	50	1:06.0	3	Silver
50-54 Male	Davis	Randy	Altoona	IA	53	1:08.1	4	Bronze
55-59 Male	Barron	John	Guttenberg	IA	55	1:01.7	1	Gold
55-59 Male	Miller	David	Urbandale	IA	57	1:14.5	2	Silver
55-59 Male	Lindaman	Paul	West Des Moines	IA	55	1:23.0	3	Bronze
60-64 Male	Patton	Gary	Rock Rapids	IA	64	1:07.6	1	Gold
65-69 Male	Kirkwood	Tom	Dyersville	IA	66	1:21.0	1	Gold
65-69 Male	Peterson	Ron	Waukee	IA	65	1:26.7	2	Silver
65-69 Male	Hoidahl	Rich	Johnston	IA	68	1:33.2	3	Bronze
65-69 Male	Nelson	Larry	Weston	MO	65	1:40.4	4	
65-69 Male	Rullan	Ruben	Urbandale	IA	68	1:41.3	5	
65-69 Male	Wilson	Steve	W. Des Moines	IA	66	1:47.0	6	
70-74 Male	Weisser	Howard	Lincoln	NE	70	1:07.8	1	Gold
70-74 Male	Sagedahl	Sherwood	Fairmont	MN	70	1:10.0	2	Silver
70-74 Male	Tangora	Martin	Chicago	IL	73	1:28.3	3	Bronze
70-74 Male	Veenstra	Wilbur	Pella	IA	71	1:51.3	4	Gold
70-74 Male	Brown	Eugene	Des Moines	IA	70	2:24.6	5	Silver
75-79 Male	Marty	Carroll	Ames	IA	75	1:34.0	1	Gold
75-79 Male	Novak	Tom	Cedar Rapids	IA	77	1:38.0	2	Silver
80-84 Male	Mitchell	Darrell	Marshalltown	IA	81	1:26.0	1	Gold

2009 Results: Track & Field / 800 Meter Run / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Eakins	Ellen	Ankeny	IA	52	3:08.0	1	Gold
50-54 Female	Daniel	Victoria	Appleton	WI	52	3:18.0	2	Silver
60-64 Female	Weisskopf	Neva	Lehigh Acres	FL	61	3:56.0	1	Gold

2009 Results: Track & Field / 800 Meter Run / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Davis	Randy	Altoona	IA	53	2:43.0	2	Gold
55-59 Male	Miller	David	Urbandale	IA	57	2:42.0	1	Gold
55-59 Male	Hanson	Paul	Hudson	IA	56	2:58.0	3	Silver
55-59 Male	Lindaman	Paul	West Des Moines	IA	55	3:04.0	4	Bronze
60-64 Male	Patton	Gary	Rock Rapids	IA	64	2:33.0	1	Gold
60-64 Male	McCullough	Michael	Urbandale	IA	60	3:04.0	2	Silver
60-64 Male	Wacht	Steve	Indianola	IA	60	3:19.0	3	Bronze
60-64 Male	Adair	Denny	Osceola	IA	61	3:59.0	4	
65-69 Male	Bender	Mike	Des Moines	IA	69	2:49.0	1	Gold
65-69 Male	Kirkwood	Tom	Dyersville	IA	66	3:09.0	2	Silver
65-69 Male	Rullan	Ruben	Urbandale	IA	68	3:42.0	3	Bronze
65-69 Male	Peterson	Ron	Waukee	IA	65	3:52.0	4	
70-74 Male	Weisser	Howard	Lincoln	NE	70	2:44.0	1	Gold
70-74 Male	Sagedahl	Sherwood	Fairmont	MN	70	2:49.0	2	Silver
70-74 Male	Wolle	Charles	Gardnerville, Nv	NV	74	4:20.0	3	Bronze
75-79 Male	Ravenscroft	Alvin	Ames	IA	76	3:51.0	1	Gold
75-79 Male	Triplett	Jerry	Winterset	IA	75	3:55.0	2	Silver
75-79 Male	Novak	Tom	Cedar Rapids	IA	77	4:07.0	3	Bronze

2009 Results: Track & Field / 1,500 M Run / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Eakin	Ellen	Ankeny	IA	52	6:35.0	1	Gold
50-54 Female	Thompson	Linda	Huxley	IA	54	7:02.0	2	Silver
50-54 Female	Daniel	Victoria	Appleton	WI	52	7:06.0	3	Bronze
60-64 Female	Weisskopf	Neva	Lehigh Acres	FL	61	8:09.0	1	Gold

2009 Results: Track & Field / 1,500 M Run / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Davis	Randy	Altoona	IA	53	5:47.0	1	Gold
55-59 Male	Miller	David	Urbandale	IA	57	5:22.0	1	Gold
55-59 Male	Lindaman	Paul	West Des Moines	IA	55	6:09.0	2	Silver
60-64 Male	Patton	Gary	Rock Rapids	IA	64	5:15.0	1	Gold
65-69 Male	Bender	Mike	Des Moines	IA	69	5:53.0	1	Gold
65-69 Male	Kirkwood	Tom	Dyersville	IA	66	6:24.0	2	Silver
65-69 Male	Nelson	Larry	Weston	MO	65	8:02.0	3	Bronze
65-69 Male	Rullan	Ruben	Urbandale	IA	68	8:31.0	4	Bronze
70-74 Male	Sagedahl	Sherwood	Fairmont	MN	70	5:55.0	1	Gold
70-74 Male	Veenstra	Wilbur	Pella	IA	71	8:28.0	2	Gold
70-74 Male	Brown	Eugene	Des Moines	IA	70	9:21.0	3	Silver
70-74 Male	Wolle	Charles	Gardnerville, Nv	NV	74	10:20.0	4	
75-79 Male	Ravenscroft	Alvin	Ames	IA	76	7:31.0	1	Gold
75-79 Male	Novak	Tom	Cedar Rapids	IA	77	8:29.0	2	Silver

2009 Results: Track & Field / 1,500 M Race Walk / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Eakin	Ellen	Ankeny	IA	52	10:35	1	Gold
55-59 Female	Hein	Jane	Clive	IA	57	9:53	1	Gold
55-59 Female	White	Jackie	Des Moines	IA	55	11:24	2	Silver
60-64 Female	Rulapaugh	Faith	Oelwein	IA	62	10:58	1	Gold
65-69 Female	Morrison	Mary	El Paso	TX	67	11:22	1	Gold
70-74 Female	Aldrich	Bertha	Alden	IA	74	10:56	1	Gold
75-79 Female	Dodd	Carolyn	Des Moines	IA	77	13:22	1	Gold
80-84 Female	McClaran	Gene	Des Moines	IA	83	15:04	1	Gold

2009 Results: Track & Field / 1,500 M Race Walk / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Markmann	Willie	Omaha	NE	53	9:05	1	Gold
50-54 Male	Palmersheim	Greg	Des Moines	IA	54	9:56	2	Gold
50-54 Male	Davis	Randy	Altoona	IA	53	12:35	3	Silver
55-59 Male	Hanson	Paul	Hudson	IA	56	12:36	1	Gold
60-64 Male	Wacht	Steve	Indianola	IA	60	10:08	1	Gold
60-64 Male	White	Russ	Des Moines	IA	63	11:31	2	Silver
65-69 Male	Eidahl	Davis	Richland	IA	68	8:45	1	Gold
65-69 Male	Kirkwood	Tom	Dyersville	IA	66	9:17	2	Silver
65-69 Male	O'Daniels	Gary	Creston	IA	67	9:29	3	Bronze
70-74 Male	Wolle	Charles	Gardnerville	NV	74	11:10	1	Gold
70-74 Male	Payne	Dick	Polk City	IA	71	11:21	2	Gold
70-74 Male	Morrison	Bufe	El Paso	TX	70	13:33	3	Silver
75-79 Male	Triplett	Jerry	Winterset	IA	75	10:40	1	Gold
75-79 Male	Novak	Tom	Cedar Rapids	IA	77	11:34	2	Silver
80-84 Male	Zaimes	John	West Liberty	IA	84	13:58	1	Gold

2009 Results: Track & Field / 5,000 M Race Walk / Women								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Female	Palmersheim	Kim	Des Moines	IA	53	40:49	1	Gold
55-59 Female	White	Jackie	Des Moines	IA	55	40:23	1	Gold
60-64 Female	Rulapaugh	Faith	Oelwein	IA	62	37:16	1	Gold
65-69 Female	Morrison	Mary	El Paso	TX	67	39:31	1	Gold
70-74 Female	Aldrich	Bertha	Alden	IA	74	37:08	1	Gold
80-84 Female	McClaran	Gene	Des Moines	IA	83	46:49	1	Gold

2009 Results: Track & Field / 5,000 M Race Walk / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
50-54 Male	Palmersheim	Greg	Des Moines	IA	54	35:44	1	Gold
55-59 Male	Fisk	Jed	Waukee	IA	55	40:15	1	Gold
60-64 Male	Phillips	Tim	Hiawatha	IA	60	30:36	1	Gold
60-64 Male	White	Russ	Des Moines	IA	63	40:22	2	Silver
65-69 Male	Eidahl	Davis	Richland	IA	68	30:36	1	Gold
65-69 Male	Kirkwood	Tom	Dyersville	IA	66	32:03	2	Silver
65-69 Male	O'Daniels	Gary	Creston	IA	67	32:50	3	Bronze
70-74 Male	Payne	Dick	Polk City	IA	71	39:29	1	Gold
75-79 Male	Kolbe	Ronald	Sac City	IA	75	54:50	1	Gold
80-84 Male	Zaimes	John	West Liberty	IA	84	49:43	1	Gold

70-74 Male	Robbins	Rich	West Des Moines	IA	71	28:53	1	Gold
75-79 Male	Ravenscroft	Alvin	Ames	IA	76	27:58	1	Gold
75-79 Male	Triplett	Jerry	Winterset	IA	75	28:12	2	Silver
2009 Results: 10,000 M Road Race / Men								Record
Division	Last Name	First Name	City	State	Age	Time	Place	Medal
70-74 Male	Veenstra	Wilbur	Pella	IA	71	1:11.23	1	Gold

2009 Results: Table Tennis / Mixed Doubles

Division	Last Name	First Name	Gender	City	State	Age	Place	Medal
50-54 Mixed	Palmersheim	Greg	M	Des Moines	IA	54	1	Gold
50-54 Mixed	Palmersheim	Kim	F	Des Moines	IA	53		
50-54 Mixed	Davis	Randy	M	Altoona	IA	53	2	Silver
50-54 Mixed	Daniel	Victoria	F	Appleton	WI	52		
70-74 Mixed	Duerksen	Jarol	M	Iowa City	IA	72	1	Gold
70-74 Mixed	Duerksen	Leah	F	Iowa City	IA	71		
80-84 Mixed	McElvain	Norma	F	Des Moines	IA	84	1	Gold
80-84 Mixed	McElvain	Stan	M	Des Moines	IA	83		
80-84 Mixed	Hilton	Dale	M	West Des Moines	IA	82	2	Silver
80-84 Mixed	Kelly	Irene	F	West Des Moines	IA	83		
90-94 Mixed	McCollum	Harold	M	West Des Moines	IA	92	1	Gold
90-94 Mixed	Noel	Eleanor	F	West Des Moines	IA	92		

2009 Results: Table Tennis / Singles / Women

Division	Last Name	First Name	City	State	Age	Place	Medal
55-59 Female	Sander	Cheryl	Altoona	IA	55	1	Gold
60-64 Female	Stone	Nancy	Urbandale	IA	64	1	Gold
70-74 Female	Duerksen	Leah	Iowa City	IA	72	1	Gold
70-74 Female	Hoffmeier	Alice	Cedar Rapids	IA	74	2	Silver
75-79 Female	Little	Ruth	Knoxville	IA	75	1	Gold
80-84 Female	Kelly	Irene	West Des Moines	IA	83	2	Silver
80-84 Female	McElvain	Norma	Des Moines	IA	84	1	Gold
90-94 Female	Noel	Eleanor	West Des Moines	IA	92	1	Gold

2009 Results: Table Tennis / Singles / Men

Division	Last Name	First Name	City	State	Age	Place	Medal
50-54 Male	Du	Jian	Sioux City	IA	54	1	Gold
50-54 Male	Elder	Phil	Sargent Bluff	IA	52	2	Silver
50-54 Male	Daley	Guy	Chilecothe	MO	51	3	Bronze
50-54 Male	Widbin	Bruce	Wever	IA	53	3	Bronze
55-59 Male	Johnston	Don	Grinnell	IA	57	1	Gold
55-59 Male	Leland	Kirby	Maxwell	IA	57	2	Silver
55-59 Male	Kelly	Dennis	Johnston	IA	58	3	Bronze
60-64 Male	Eastman	Greg	Des Moines	IA	62	1	Gold
60-64 Male	Ross	Odus	West Des Moines	IA	62	2	Silver
60-64 Male	Seyfer	Michael	Cedar Rapids	IA	61	3	Bronze
60-64 Male	Stamp	Jack	Urbandale	IA	63	4	
65-69 Male	Harner	Bill	Eldora	IA	67	1	Gold
65-69 Male	Peterson	Ron	Waukee	IA	65	2	Silver

70-74 Male	Baskerville	Richard	West Des Moines	IA	74	1	Gold
70-74 Male	Duerksen	Jarol	Iowa City	IA	72	2	Silver
70-74 Male	Stadtlander	Tom	Belmont	IA	71	3	Bronze
75-79 Male	Little	Tom	Knoxville	IA	77	1	Gold
75-79 Male	Park	Bill	Cedar Falls	IA	76	2	Silver
75-79 Male	Pfaff	Lyle	Leonardville	KS	77	3	Bronze
80-84 Male	McElvain	Stan	Des Moines	IA	83	1	Gold
80-84 Male	Hilton	Dale	West Des Moines	IA	82	2	Silver
85-89 Male	Thompson	Jim	Ames	IA	89	1	Gold
90-94 Male	McCollum	Harold	West Des Moines	IA	92	1	Gold

2009 Results: Table Tennis / Doubles / Women

Division	Last Name	First Name	City	State	Age	Place	Medal
75-79 Female	Little	Ruth	Knoxville	IA	75	1	Gold
75-79 Female	McElvain	Norma	Des Moines	IA	84		
80-84 Female	Kelly	Irene	West Des Moines	IA	83	1	Gold
80-84 Female	Noel	Eleanor	West Des Moines	IA	92		

2009 Results: Table Tennis / Doubles / Women

Division	Last Name	First Name	City	State	Age	Place	Medal
50-54 Male	Du	Jian	Sioux City	IA	54	1	Gold
50-54 Male	Elder	Phil	Sargent Bluff	IA	52		
50-54 Male	Davis	Randy	Altoona	IA	53	2	Silver
50-54 Male	Palmersheim	Greg	West Des Moines	IA	54		
70-74 Male	Law	LeRoy	West Des Moines	IA	71	1	Gold
70-74 Male	McElvain	Stan	Des Moines	IA	83		
70-74 Male	Standtlander	Tom	Belmont	IA	71	2	Silver
70-74 Male	Veenstra	Wilber	Pella	IA	71		
80-84 Male	Hilton	Dale	West Des Moines	IA	82	1	Gold
80-84 Male	McCollum	Harold	West Des Moines	IA	92		

2009 Results: Tennis / Singles / Women

Division	Last Name	First Name	City	State	Age	Place	Medal
60-64 Female	Stone	Nancy	Urbandale	IA	64	1	Gold
65-69 Female	Abels	Dianee	Papillion	NE	65	1	Gold
70-74 Female	Hoffmeier	Alice	Cedar Rapids	IA	74	1	Gold
75-79 Female	Darsee	Vi	Clive	IA	75	1	Gold

2009 Results: Tennis / Singles / Men

Division	Last Name	First Name	City	State	Age	Place	Medal
50-54 Male	Widbin	Bruce	Wever	IA	53	1	Gold
50-54 Male	Rullestad	Scott	Clive	IA	53	2	Silver
50-54 Male	Tripp	Don	Des Moines	IA	52	3	Bronze
55-59 Male	Stahlhut	Jerry	Marshalltown	IA	58	1	Gold
60-64 Male	Stamp	Jack	Urbandale	IA	63	1	Gold
60-64 Male	Davis	Dennis	Adel	IA	62	2	Silver
60-64 Male	Ross	Otis	West Des Moines	IA	62	3	Bronze
65-69 Male	Stoutenberg	Ron	Pleasant Hill	IA	68	1	Gold
65-69 Male	Burke	Mike	Sioux City	IA	65	2	Silver
65-69 Male	Schaumburg	Mike	West Des Moines	IA	68	3	Bronze
70-74 Male	Cowan	Bob	Clive	IA	73	1	Gold
70-74 Male	Solheim	Jerome	Maryville	MO	72	2	Silver
70-74 Male	Baskerville	Richard	West Des Moines	IA	74	3	Silver
75-79 Male	Reynolds	Neil	St Joseph	MO	78	1	Gold
75-79 Male	Van Arkel	Joe	Des Moines	IA	75	2	Gold
75-79 Male	Nitschke	Werner	Decorah	IA	75	3	Silver
75-79 Male	Little	Tom	Knoxville	IA	77		
75-79 Male	Meuret	Joseph	Kearney	NE	75		
75-79 Male	Park	Bill	Muscataine	IA	76		
75-79 Male	Zimmer	Don	West Des Moines	IA	75		
80-84 Male	Thompson	Bob	Des Moines	IA	81	1	Gold
80-84 Male	Milton	John	Urbandale	IA	84	2	Silver
85-89 Male	Dewell	Howard	Quincy	IL	87	1	Gold
90-94 Male	McCollum	Harold	West Des Moines	IA	92	1	Gold

2009 Results: Tennis / Doubles / Women

Division	Last Name	First Name	City	State	Age	Place	Medal
55-59 Female	Conway	Andrea	Waukee	IA	58	1	Gold
55-59 Female	Stanton	Darlene	Waukee	IA	60		

60-64 Female	Jain	Sunita	West Des Moines	IA	61	1	Gold
60-64 Female	Wilkinson	Sharon	Des Moines	IA	63		

2009 Results: Tennis / Doubles / Men

Division	Last Name	First Name	City	State	Age	Place	Medal
50-54 Male	Rullestad	Scott	Clive	IA	53	1	Gold
50-54 Male	Widben	Bruce	Weaver	IA	53		
55-59 Male	George	Dennis	West Des Moines	IA	58	1	Gold
55-59 Male	Pitzen	Phil	Urbandale	IA	58		
60-64 Male	Stamp	Jack	Urbandale	IA	63	1	Gold
60-64 Male	Willett	Merlin	Urbandale	IA	70		
60-64 Male	Burke	Mike	Sioux City	IA	65	2	Silver
60-64 Male	Davis	Dennis	Adel	IA	62		
65-69 Male	Stoutenberg	Ron	Pleasant Hill	IA	68	1	Gold
65-69 Male	Schaumburg	Mike	West Des Moines	IA	68		
65-69 Male	Kaschmitter	Matt	North Liberty	IA	68	2	Silver
65-69 Male	Schoon	Bill	Cedar Rapids	IA	77		
70-74 Male	Reynolds	Neil	St Joseph	MO	78	1	Gold
70-74 Male	Solheim	Jerome	Maryville	MO	72		
70-74 Male	Betts	Charles	Des Moines	IA	75	2	Gold
70-74 Male	Cowan	Bob	Clive	IA	73		
70-74 Male	Baskerville	Richard	West Des Moines	IA	74	3	Silver
70-74 Male	Meuret	Joseph	Kearney	NE	75		
75-79 Male	Evans	Bob	Des Moines	IA	77	1	Gold
75-79 Male	Van Arkel	Joe	Des Moines	IA	75		
75-79 Male	Little	Tom	Knoxville	IA	77	2	Silver
75-79 Male	Zimmer	Don	West Des Moines	IA	75		
80-84 Male	Dragstedt	Lester	Des Moines	IA	81	1	Gold
80-84 Male	Thompson	Bob	Des Moines	IA	81		
80-84 Male	Milton	John	Urbandale	IA	84	2	Silver
80-84 Male	McCollum	Harold	West Des Moines	IA	92		

2009 Results: Tennis / Mixed Doubles

Division	Last Name	First Name	Gender	City	State	Age	Place	Medal
60-64	Jain	Sunita	F	West D	IA	61	1	Gold
60-64	Rinehart	Robert	M	Monte	IA	73		
60-64	Stamp	Jack	M	Urband	IA	63	2	Silver
60-64	Stone	Nancy	F	Urband	IA	64		

2009 Results: Volleyball

Division	Team Name	Gender	State	Place	Medal
60 - 64 Men	Salty Dogs	M	IA	1	Gold
70 - 74 Men	Iowa Tigers	M	IA	1	Gold