

2022 Iowa Senior Games Triathlon Results  
Big Creek State Park | July 10, 2022

Category	Sub Event	First Name	Last Name	City	State	Gender	Age	Time	Place	Medal	NSGA
Triathlon	50-54   Female	Cindy	Harris	Ankeny	IA	F	50	1:23:38	1	Gold	X
Triathlon	50-54   Female	Lynn	Gaumer	Ankeny	IA	F	54	1:26:34	2	Silver	X
Triathlon	50-54   Female	Dina	Smidt	Des Moines	IA	F	52	1:28:00	3	Bronze	X
Triathlon	50-54   Female	Kim	Moyle	Ankeny	IA	F	53	1:30:50	4		X
Triathlon	50-54   Female	Tracey	Yates	Story City	IA	F	53	1:39:51	5		
Triathlon	50-54   Male	James	Thornton	Ankeny	IA	M	51	1:12:04	1	Gold	X
Triathlon	50-54   Male	mathieu	cagnard	cedar rapids	IA	M	51	1:12:23	2	Silver	X
Triathlon	50-54   Male	Ian	Lawler	Huxley	IA	M	51	1:12:52	3	Bronze	X
Triathlon	50-54   Male	Mike	Hershberger	Ankeny	IA	M	50	1:13:38	4		X
Triathlon	50-54   Male	Matthew	Rodine	Des Moines	IA	M	52	1:16:01	5		
Triathlon	50-54   Male	Sean	O'Brien	DES MOINES	IA	M	52	1:19:19	6		
Triathlon	50-54   Male	Juan	Madrigal	Waukee	IA	M	50	1:20:43	7		
Triathlon	50-54   Male	Ray	Seidelman	West Des Moines	IA	M	49	1:22:40	8		
Triathlon	55-59   Female	ALEKSANDRA	MIKIC	Des Moines	IA	F	56	1:29:21	1	Gold	X
Triathlon	55-59   Female	Scheila	Hufford	Urbandale	IA	F	59	2:00:11	2	Silver	X
Triathlon	55-59   Male	Stephen	Ash	West Des Moines	IA	M	55	1:16:34	1	Gold	X
Triathlon	55-59   Male	Dave	Briden	Van Meter	IA	M	56	1:19:50	2	Silver	X
Triathlon	55-59   Male	Karl	Overton	Des Moines	IA	M	54	1:21:09	3	Bronze	X
Triathlon	55-59   Male	Ron	Austin	Wheaton	IL	M	57	1:23:53	4		X
Triathlon	55-59   Male	John	Urban	Urbandale	IA	M	54	1:24:11	5		X
Triathlon	55-59   Male	Brad	Johnson	Polk City	IA	M	57	1:26:11	6		
Triathlon	55-59   Male	Wayne	Ostergaard	Johnston	IA	M	59	1:42:02	7		
Triathlon	55-59   Male	Chuck	Long	Ames	IA	M	59	1:42:12	8		
Triathlon	60-64   Female	Sherri	Huff	Winterset	IA	F	60	1:24:42	1	Gold	X
Triathlon	60-64   Female	Ssang	Gebelein	West Des Moines	IA	F	63	1:28:51	2	Silver	X
Triathlon	60-64   Female	Barb	Baker	Grinnell	IA	F	61	1:30:19	3	Bronze	X
Triathlon	60-64   Female	Heather	Stilborn	Clive	IA	F	59	1:36:34	4		X
Triathlon	60-64   Male	Steve	Mayberry	AMES	IA	M	60	1:11:59	1	Gold	X
Triathlon	60-64   Male	John	Justice	Fort Dodge	IA	M	62	1:17:35	2	Silver	X
Triathlon	60-64   Male	Eric	Lockwood	Marion	IA	M	61	1:19:22	3	Bronze	X
Triathlon	60-64   Male	Craig	Marrs	Ames	IA	M	60	1:20:59	4		X
Triathlon	60-64   Male	Curt	Sauve	Mason City	IA	M	60	1:24:15	5		
Triathlon	60-64   Male	Andrew	Stroud	Des Moines	IA	M	63	1:34:14	6		
Triathlon	60-64   Male	Dale	Knoshaug	Des Moines	IA	M	60	1:39:44	7		
Triathlon	65-69   Female	Laurie	Briden	Van Meter	IA	F	64	1:31:39	1	Gold	X
Triathlon	65-69   Female	Joyce	Burch	Pella	IA	F	66	1:36:29	2	Silver	X
Triathlon	65-69   Male	Paul	Carter	Clive	IA	M	67	1:26:21	1	Golf	X
Triathlon	65-69   Male	Ricks	Polk	Hubbard	IA	M	65	1:26:21	2	Silver	X
Triathlon	65-69   Male	Bill	Knoedel	Urbandale	IA	M	68	1:30:18	3	Bronze	X
Triathlon	65-69   Male	Robert	Phelps	Cedar Rapids	IA	M	65	1:33:21	4		X
Triathlon	65-69   Male	Alan	Gross	Des Moines	IA	M	68	1:36:42	5		
Triathlon	75-79 Male	Steve	Boyd	Cedar Falls	IA	M	74	1:53:28	1	Gold	X