

**2013 RACE WALK - 1500 METERS****FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>Gender</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Jean	Rhodes	F	Madrid	IA	52	10.28	1	GOLD
Lynnae	Hentzen	F	West Des Moines	IA	54	11.53	2	SILVER
Lori	Patton	F	Des Moines	IA	50	13.52	3	BRONZE
Joyce	Burch	F	Pella	IA	57	12.09	1	GOLD
Pam	Niles	F	Brookings	SD	66	10.47	1	GOLD
Faith	Rulapaugh	F	Oelwein	IA	66	11.23	2	GOLD

**MALE**

Joseph	Bohlke	M	Des Moines	IA	58	11.09	1	GOLD
Wayne	Callahan	M	Arnolds Park	IA	59	12.26	2	SILVER
Tim	Phillips	M	Hiawatha	IA	64	8.54	1	GOLD
Andrew	Hazer	M	Columbia	IA	64	11.25	2	SILVER
Randall	Schuh	M	Des Moines	IA	65	10.31	1	GOLD
Denny	Adair	M	Osceola	IA	65	12.2	2	SILVER
Alan	Schenck	M	Clarinda	IA	67	14.27	3	BRONZE
David	Brown	M	Des Moines	IA	67	16.25	4	
Alex	Meyer	M	Scribner	NE	72	11.32	1	GOLD
Jerry	Tripllett	M	Winterset	IA	79	12.28	1	GOLD
Charles	Wolle	M	Gardnerville, Nv	NV	78	12.52	2	SILVER
Wilbur	Veenstra	M	Pella	IA	75	13.13	3	SILVER
Max	Meier	M	West Des Moines	IA	81	13.03	1	GOLD

**2013 RACE WALK - 5000 METERS****FEMALE**

Jean	Rhodes	F	Madrid	IA	52	39.00	1	GOLD
Lori	Patton	F	Des Moines	IA	50	48.49	2	SILVER
Pam	Niles	F	Brookings	SD	66	37.28	1	GOLD
Faith	Rulapaugh	F	Oelwein	IA	66	37.48	2	GOLD

**MALE**

Greg	Palmersheim	M	Des Moines	IA	58	37.02	1	GOLD
Wayne	Callahan	M	Arnolds Park	IA	59	43.07	2	SILVER
Randy	Davis	M	Altoona	IA	57	44.58	3	BRONZE
Tim	Phillips	M	Hiawatha	IA	64	31.17	1	GOLD

<u>First Name</u>	<u>Last Name</u>	<u>Gender</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Brad	Ewest	M	Ankeny	IA	60	41.21	2	SILVER
Randall	Schuh	M	Des Moines	IA	65	37.40	1	GOLD
Denny	Adair	M	Osceola	IA	65	38.22	2	SILVER
David	Brown	M	Des Moines	IA	67	52.22	3	BRONZE
Tom	Kirkwood	M	Dyersville	IA	70	31.43	1	GOLD
Dharmvir	Bhatnagar	M	West Des Moines	IA	70	39.27	2	SILVER
Dick	Payne	M	Polk City	IA	75	41.21	1	GOLD
Charles	Wolle	M	Gardenerville	NV	78	43.32	2	SILVER
Jerry	Triplett	M	Winterset	IA	79	43.37	3	SILVER
Max	Meier	M	West Des Moines	IA	81	43.37	1	GOLD



<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Time (Minutes)</u>	<u>Place</u>	<u>Medal</u>
Rita	Jackson-Ashmead	Ottumwa	IA	78	37.41	1	GOLD
<b>MALE</b>							
Greg	Palmersheim	Des Moines	IA	58	37.02	1	GOLD
Wayne	Callahan	Arnolds Park	IA	59	43.07	2	SILVER
Randy	Davis	Altoona	IA	57	44.58	3	BRONZE
Tim	Phillips	Hiawatha	IA	64	31.17	1	GOLD
Brad	Ewest	Ankeny	IA	60	41.21	2	SILVER
Randy	Schuh	Des Moines	IA	65	37.4	1	GOLD
Denny	Adair	Osceola	IA	65	38.22	2	SILVER
David	Brown	Des Moines	IA	67	52.22	3	BRONZE
Tom	Kirkwood	Dyersville	IA	70	31.43	1	GOLD
Dharmrir	Bhatnager	West Des Moines	IA	70	39.27	2	SILVER
Jerry	Triplett	Winterset	IA	79	43.07	1	GOLD
Charles	Wolle	Gardnerville	NV	78	43.32	2	SILVER
Max	Meier	West Des Moines	IA	81	43.37	1	GOLD
Howard	Dewell	Quincy	IL	91	41.23	1	GOLD

**2013 TRACK - 50 METERS (Est. Distance - No times considered for records)****FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Glynis	Worthington	Brooklyn	IA	52	7.80	1	GOLD
Cindy	De Prenger	Otley	IA	53	7.85	2	SILVER
Paula	Sandmeier	Knoxville	IA	57	8.23	1	GOLD
Joyce	Burch	Pella	IA	57	9.19	2	SILVER
Linda	Siver	Estherville	IA	57	9.44	3	BRONZE
Nancy	Collins	Shelby	IA	64	8.56	1	GOLD
Neva	Weisskopf	Lehigh Acres	FL	65	8.29	1	GOLD
Phyllis	Weeda	Des Moines	IA	69	10.28	1	GOLD
Sharon	Powell	West Des Moines	IA	73	21.93	1	GOLD
Carolyn	Dodd	Des Moines	IA	81	11.75	1	GOLD
Ernestine	Davis	Des Moines	IA	86	14.40	1	GOLD

**MALE**

Mike	Fitzgerald	Mason City	IA	53	6.13	1	GOLD
Richard	Vander veer	Harvey	IA	51	7.06	2	SILVER
Graeme	Armstrong	West Des Moines	IA	55	6.90	1	GOLD
Dennis	Swieter	Hampton	IA	58	7.16	2	SILVER
Randy	Davis	Altoona	IA	57	7.59	3	BRONZE
Kenneth	Hopper	Waukee	IA	57	7.76	4	
Ted	Goudge	Maryville	MO	57	8.20	5	
Mark	Leamen	Boone	IA	61	6.66	1	GOLD
Andrew	Hazer	Columbia	IA	63	7.98	2	SILVER
Brad	Ewest	Ankeny	IA	60	8.00	3	BRONZE
Randall	Olson	Carroll	NE	66	6.68	1	GOLD
Ronald	Beasley	Des Moines	IA	68	7.22	2	GOLD
Dennis	Tevis	Webster City,	IA	66	7.47	3	SILVER
Greg	Eastman	Des Moines	IA	66	7.62	4	BRONZE
Denny	Adair	Osceola	IA	65	9.63	5	
Alan	Schenck	Clarinda	IA	67	10.47	6	
David	Brown	Des Moines	IA	67	14.16	7	
Frank	Perez	West Des Moines	IA	71	7.12	1	GOLD
JAMES	ITES	WATERLOO	IA	74	7.28	2	SILVER
Rich	Hoidahl	Johnston	IA	72	7.81	3	BRONZE
Alex	Meyer	Scribner	NE	72	8.53	4	
Jim	Ross	Wichita	KS	70	8.75	5	
Ruben	Rullan	Urbandale	IA	72	9.91	6	

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Brooks	Carver	Canton	IL	78	7.91	1	GOLD
DON	ZIMMER	West Des Moines	IA	79	8.07	2	GOLD
Joseph	Meuret	Kearney	NE	79	8.50	3	BRONZE
David	Easterla	Maryville	MO	75	8.74	4	
Wilbur	Veenstra	Pella	IA	75	9.81	5	SILVER
KEN	CLARK	Urbandale	IA	77	13.78	6	BRONZE
Daniel	Teran	West Des Moines	IA	82	9.65	1	GOLD
Wayne	Marty	Le Mars	IA	81	11.40	2	SILVER
Melvin	Larsen	Ames	IA	89	8.56	1	GOLD
Donald	Childs	Davenport	IA	87	disputed		SILVER
Lewis	McLaughlin	Cumming	IA	87	9.00	2	SILVER
Frank	Bollinger	Excelsior Springs	MO	85	13.47	3	BRONZE
Howard	Dewell	Quincy	IL	91	12.75	1	GOLD

**2013 TRACK - 100 Meters**

**FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Glynis	Worthington	Brooklyn	IA	52	17.29	1	GOLD
Cindy	De Prenger	Otley	IA	53	17.53	2	SILVER
Jody	Walter	Des Moines	IA	51	21.49	3	BRONZE
Paula	Sandmeier	Knoxville	IA	57	18.71	1	GOLD
Joyce	Burch	Pella	IA	57	18.94	2	SILVER
Nancy	Collins	Shelby	IA	64	22.16	1	GOLD
Neva	Weisskopf	Lehigh Acres	FL	65	18.75	1	GOLD
Phyllis	Weeda	Des Moines	IA	69	25.37	2	GOLD
Carolyn	Dodd	Des Moines	IA	81	20.78	1	GOLD
Ernestine	Davis	Des Moines	IA	86	57.38	1	GOLD
<b>MALE</b>							
Mike	Fitzgerald	Mason City	IA	53	14.18	1	GOLD
Eric	Klose	Levering	MI	53	14.40	2	SILVER
Richard	Vander veer	Harvey	IA	51	15.62	3	SILVER
Dennis	Swieter	Hampton	IA	58	15.84	1	GOLD
Randy	Davis	Altoona	IA	57	16.34	2	SILVER
Wayne	Callahan	Arnolds Park	IA	59	16.44	3	BRONZE
Steve	Schuette	Iowa City	IA	57	DNF		
Mark	Leamen	Boone	IA	61	14.34	1	GOLD
Andrew	Hazer	Columbia	IA	64	18.60	2	SILVER
Brad	Ewest	Ankeny	IA	60	21.21	3	BRONZE
Randall	Olson	Carroll	NE	66	15.00	1	GOLD
Ronald	Beasley	Des Moines	IA	68	16.37	2	GOLD
Dennis	Tevis	Webster City,	IA	66	16.47	3	SILVER
Denny	Adair	Osceola	IA	65	20.72	4	BRONZE
David	Brown	Des Moines	IA	67	31.50	5	
Marion	Conover	Adel	IA	68	DNF		
JAMES	ITES	WATERLOO	IA	74	16.25	1	GOLD
Frank	Perez	West Des Moines	IA	71	16.60	2	SILVER
Rich	Hoidahl	Johnston	IA	72	17.17	3	BRONZE
Alex	Meyer	Scribner	NE	72	18.09	4	
Tom	Kirkwood	Dyersville	IA	70	18.29	5	
Ruben	Rullan	Urbandale	IA	72	22.06	6	
DON	ZIMMER	West Des Moines	IA	79	17.69	1	GOLD

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Wilbur	Veenstra	Pella	IA	75	22.41	2	SILVER
KEN	CLARK	Urbandale	IA	77	31.15	3	BRONZE
Joseph	Meuret	Kearney	NE	79	31.31	4	
Brooks	Carver	Canton	IL	78	DNF		
Robert	DeClerck	Reynolds	IL	76	DNF		
Wayne	Marty	Le Mars	IA	81	25.87	1	GOLD
Daniel	Teran	West Des Moines	IA	82	31.31	2	SILVER
Donald	Childs	Davenport	IA	87	20.53	1	GOLD
Lewis	McLaughlin	Cumming	IA	87	21.43	2	SILVER



**2013 Track & Field - 200M**

**FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Cindy	De Prenger	Otley	IA	53	34.90	1	GOLD
Lynnae	Hentzen	West Des Moines	IA	54	39.20	2	SILVER
Joyce	Burch	Pella	IA	57	41.30	1	GOLD
Linda	Siver	Estherville	IA	57	47.90	2	SILVER
Neva	Weisskopf	Lehigh Acres	FL	65	41.00	1	GOLD
Nancy	Collins	Shelby	IA	64	45.30	2	GOLD
Carolyn	Dodd	Des Moines	IA	81	1.12.93	1	GOLD
Ernestine	Davis	Des Moines	IA	86	1.26.75	1	GOLD

**MALE**

Mike	Fitzgerald	Mason City	IA	53	27.47	1	GOLD
Eric	Klose	Levering	MI	53	31.60	2	SILVER
Graeme	Armstrong	West Des Moines	IA	54	32.53	3	SILVER
Patrick	Weepie	Altoona	IA	52	34.59	4	BRONZE
Richard	Vander veer	Harvey	IA	51	35.06	5	
Randy	Davis	Altoona	IA	57	33.63	1	GOLD
Dennis	Swieter	Hampton	IA	58	36.90	2	SILVER
Wayne	Callahan	Arnolds Park	IA	59	40.22	3	BRONZE
John	Barron	Guttenberg	IA	59	DNF		
Mark	Leamen	Boone	IA	61	31.88	1	GOLD
Steve	Nichols	Clive	IA	60	33.15	2	SILVER
Brad	Ewest	Ankeny	IA	60	36.32	3	BRONZE
Andrew	Hazer	Columbia	IA	64	40.09	4	
Randall	Olson	Carroll	NE	66	31.93	1	GOLD
Mike	Rickert	Ida Grove	IA	66	38.97	2	GOLD
Denny	Adair	Osceola	IA	65	44.53	3	SILVER
Alan	Schenck	Clarinda	IA	67	48.50	4	BRONZE
Rich	Hoidahl	Johnston	IA	72	37.30	1	GOLD
Alex	Meyer	Scribner	NE	72	37.36	2	SILVER
Tom	Kirkwood	Dyersville	IA	70	38.75	3	SILVER
Eugene	Brown	Des Moines	IA	74	44.29	4	BRONZE
Ruben	Rullan	Urbandale	IA	72	46.93	5	
DON	ZIMMER	West Des Moines	IA	79	40.60	1	GOLD
Wayne	Marty	Le Mars	IA	81	60.31	1	GOLD

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Lewis	McLaughlin	Cumming	IA	87	47.00	1	GOLD
Donald	Childs	Davenport	IA	87	51.10	2	SILVER

## 2013 TRACK & FIELD - 400 METERS

### FEMALE

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Cindy	De Prenger	Otley	IA	53	1.20.97	1	GOLD
Joyce	Burch	Pella	IA	57	1.36.59	1	GOLD
Paula	Sandmeier	Knoxville	IA	57	1.44.35	2	SILVER
Nancy	Collins	Shelby	IA	64	1.57.65	1	GOLD
Shari	Hintermeister	North Liberty	IA	64	2.03.53	2	SILVER
Neva	Weisskopf	Lehigh Acres	FL	65	1.44.50	1	GOLD

### MALE

Mike	Fitzgerald	Mason City	IA	53	57.44	1	GOLD
Daniel	Bonthius	Iowa City	IA	53	1.03.29	2	SILVER
Eric	Klose	Levering	MI	53	1.09.50	3	BRONZE
Richard	Vander veer	Harvey	IA	51	1.15.38	4	BRONZE
Patrick	Weepie	Altoona	IA	52	1.17.62	5	
Thomas	Loch	Cedar Rapids	IA	56	1.12.75	1	GOLD
Randy	Davis	Altoona	IA	57	1.16.31	2	SILVER
Wayne	Callahan	Arnolds Park	IA	59	1.37.25	3	BRONZE
Steve	Nichols	Clive	IA	60	1.12.90	1	GOLD
Brad	Ewest	Ankeny	IA	60	1.21.09	2	SILVER
Andrew	Hazer	Columbia	IA	64	1.28.31	3	BRONZE
Randall	Olson	Carroll	NE	66	1.14.19	1	GOLD
Larry	Hamm	Des Moines	IA	65	1.25.53	2	GOLD
Mike	Rickert	Ida Grove	IA	66	1.37.56	3	SILVER
Denny	Adair	Osceola	IA	65	1.47.53	4	BRONZE
Alex	Meyer	Scribner	NE	72	1.24.10	1	GOLD
Tom	Kirkwood	Dyersville	IA	70	1.25.00	2	GOLD
Rich	Hoidahl	Johnston	IA	72	1.27.37	3	SILVER
JAMES	ITES	WATERLOO	IA	74	1.36.12	4	BRONZE
Ruben	Rullan	Urbandale	IA	72	1.42.78	5	
Eugene	Brown	Des Moines	IA	74	2.02.16	6	
Wilbur	Veenstra	Pella	IA	75	1.49.54	1	GOLD
Jerry	Triplett	Winterset	IA	79	1.55.06	2	SILVER
Charles	Wolle	Gardnerville	NV	78	2.07.31	3	BRONZE
Alvin	Ravenscroft	Ames	IA	80	1.58.37	1	GOLD
Wayne	Marty	Le Mars	IA	81	2.31.85	2	SILVER
Donald	Childs	Davenport	IA	87	2.34.10	1	GOLD

## 2013 TRACK & FIELD - 800 METERS

### FEMALE

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Score</u>	<u>Place</u>	<u>Medal</u>
Cindy	De Prenger	Otley	IA	53	3.09.50	1	GOLD
Sally	Weepie	Altoona	IA	50	3.30.50	2	SILVER
Joyce	Burch	Pella	IA	58	3.49	1	GOLD
Paula	Sandmeier	Knoxville	IA	57	4.12	2	SILVER
Shari	Hintermeister	North Liberty	IA	64	4.25.50	1	GOLD
Nancy	Collins	Shelby	IA	64	4.32.50	2	SILVER
Neva	Weisskopf	Lehigh Acres	FL	65	4.22	1	GOLD

### MALE

Eric	Klose	Levering	MI	53	2.51	1	GOLD
Richard	Vander veer	Harvey	IA	51	3.03	1	GOLD
Patrick	Weepie	Altoona	IA	52	3.06	2	SILVER
Thomas	Loch	Cedar Rapids	IA	56	2.49	1	GOLD
Rick	Vanscoy	Martensdale	IA	57	3.01	2	SILVER
Randy	Davis	Altoona	IA	57	3.20	3	BRONZE
Brad	Ewest	Ankeny	IA	60	3.04	1	GOLD
Andrew	Hazer	Columbia	IA	64	3.12	2	SILVER
Steve	Nichols	Clive	IA	60	3.16	3	BRONZE
Gary	Patton	Rock Rapids	IA	68	2.38	1	GOLD
Larry	Hamm	Des Moines	IA	65	3.26	2	SILVER
Denny	Adair	Osceola	IA	67	4.41	3	BRONZE
Tom	Kirkwood	Dyersville	IA	70	3.28	1	GOLD
Rich	Hoidahl	Johnston	IA	72	4.11	2	SILVER
Ruben	Rullan	Urbandale	IA	72	4.19	3	BRONZE
Eugene	Brown	Des Moines	IA	74	4.40		
Wilbur	Veenstra	Pella	IA	75	4.53	1	GOLD
Jerry	Triplett	Winterset	IA	79	4.54	2	SILVER
Charles	Wolle	Gardnerville	NV	78	6.06	3	BRONZE
Alvin	Ravenscroft	Ames	IA	80	4.28	1	GOLD





**2013 TRACK & FIELD - 1500 METERS**

**FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Time</u>	<u>Place</u>	<u>Medal</u>
Cindy	De Prenger	Otley	IA	53	<b>6.21</b>	1	GOLD
Sally	Weepie	Altoona	IA	50	7.07	2	SILVER
Paula	Sandmeier	Knoxville	IA	57	8.06	1	GOLD
Shari	Hintermeister	North Liberty	IA	64	8.44	1	GOLD
Neva	Weisskopf	Lehigh Acres	FL	65	8.45	1	GOLD

**MALE**

Daniel	Bonthius	Iowa City	IA	53	<b>4.42</b>	1	GOLD
Richard	Vander veer	Harvey	IA	51	5.58	2	SILVER
Patrick	Weepie	Altoona	IA	52	6.39	3	BRONZE
Stephen	Harrison	Fulton	IL	57	5.05	1	GOLD
Rick	Vanscoy	Martensdale	IA	57	5.13	2	GOLD
Thomas	Loch	Cedar Rapids	IA	56	5.46	3	SILVER
Randy	Davis	Altoona	IA	57	6.48	4	BRONZE
Brad	Ewest	Ankeny	IA	60	6.20	1	GOLD
Andrew	Hazer	Columbia	IA	64	6.27	2	SILVER
Gary	Patton	Rock Rapids	IA	68	5.14	1	GOLD
Larry	Hamm	Des Moines	IA	65	7.09	2	SILVER
Dennis	Adair	Osceola	IA	65	9.20	3	BRONZE
Tom	Kirkwood	Dyersville	IA	70	6.27	1	GOLD
Alex	Meyer	Scribner	NE	72	8.02	2	SILVER
Ruben	Rullan	Urbandale	IA	72	8.38	3	SILVER
Eugene	Brown	Des Moines	IA	74	9.15	4	BRONZE
Wilbur	Veenstra	Pella	IA	75	9.43	1	GOLD
Jerry	Triplett	Winterset	IA	79	9.44	2	SILVER
Charles	Wolle	Gardnerville	NV	78	10.59	3	BRONZE
Alvin	Ravenscroft	Ames	IA	80	<b>8.48</b>	1	GOLD
Donald	Childs	Davenport	IA	87	<b>11.05</b>	1	GOLD

## 2013 TRACK & FIELD - DISCUS

### FEMALE

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Distance</u>	<u>Place</u>	<u>Medal</u>
Jean	Rhodes	Madrid	IA	52	52'	1	Gold
Cheryl	Sander	Altoona	IA	59	48' 2"	1	Gold
Kay	Glynn	Hastings	IA	60	67' 9"	1	Gold
Neva	Weisskopf	Lehigh Acres	FL	65	71' 2"	1	Gold
Darlene	Greeley	Ames	IA	68	52' 11"	2	Gold
Sharon	Powell	West Des Moines	IA	73	26' 5 1/2"	1	Gold
Nancy	Baker	Clive	IA	82	32' 4"	1	Gold
Carolyn	Dodd	Des Moines	IA	81	26' 10"	2	Silver

### MALE

Rick	Anderson	Lawrence	KS	54	153' 11"	1	Gold
David	La Mar	Ames	IA	52	145' 2"	2	Gold
Doug	Roby	Sioux Falls	SD	53	125' 6 1/2"	3	Bronze
Ted	Goudge	Maryville	MO	57	115' 3"	1	Gold
Joseph	Bohlke	Des Moines	IA	58	92' 1/4	2	Gold
Kenneth	Hopper	Waukee	IA	57	60' 1/2"	3	Silver
Randall	Olson	Carroll	NE	66	115' 11"	1	Gold
Russ	Polansky	White Bear Lake	MN	66	97' 8"	2	Silver
Ron	PETERSON	Waukee	IA	69	91' 7 1/2"	3	Gold
Mike	Ueuekamp	Sioux Falls	SD	65	90' 2 1/2"	4	
Robert	Kranz	Kapaa	HI	66	86' 1"	5	
Greg	Eastman	Des Moines	IA	66	83' 2"	6	Silver
James	Castelblanco	West Des Moines	IA	65	60' 11"	7	Bronze
Alan	Schenck	Clarinda	IA	67	54' 4 1/2"	8	
Richard	Rounds	Boone	IA	66	46' 4"	9	
Alex	Meyer	Scribner	NE	72	99' 9"	1	Gold
John	Drost	Indianola	IA	70	81' 5"	2	Gold
Frank	Perez	West Des Moines	IA	71	67' 1/2"	3	Silver
Rich	Hoidahl	Johnston	IA	72	60' 1"	4	Bronze
Dharmvir	Bhatnagar	West Des Moines	IA	70	41' 7 1/2"	5	
Ron	Anderson	McPherson	KS	77	109' 8 1/2"	1	Gold
Carroll	Marty	Ames	IA	79	73' 8"	2	Gold
David	Easterla	Maryville	MO	75	59' 9 1/2"	3	Bronze



Vic	Durchholz	Peoria	IL	84	61' 3"	1	Gold
Bart	YOUNG	Ruidoso	NM	82	56' 1/2"	2	Silver
Bill	Park	Muscatine	IA	80	53' 5 1/2"	3	Gold
Frank	Bollinger	Excelsior Springs	MO	85	55' 1"	1	Gold
Ed	Failor	West Des Moines	IA	86	54' 11"	2	Gold
Keith	Baker	Clive	IA	87	39' 4 1/2"	3	Silver
Howard	Dewell	Quincy	IL	91	53'	1	Gold

**2013 TRACK & FIELD - HIGH JUMP**

**FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Height</u>	<u>Place</u>	<u>Medal</u>
Glynis	Worthington	Brooklyn	IA	52	3' 4"	1	Gold
Kay	Glynn	Hastings	IA	60	4' 4"	1	Gold
Paula	Schultz	Indianola	IA	60	2' 9"	2	Silver
Ernestine	Davis	Des Moines	IA	86	NH	1	Gold

**MALE**

Mark	Roberts	Cedar Falls	IA	54	5' 2"	1	Gold
Thomas	Shide	Urbandale	IA	50	4' 8"	2	Silver
Tom	Girard	St. Louis	MO	53	4' 8"	2	Silver
Graeme	Armstrong	West Des Moines	IA	55	4' 8"	1	Gold
Joseph	Bohlke	Des Moines	IA	58	4' 2"	2	Silver
Ted	Goudge	Maryville	MO	57	3' 10"	3	Bronze
Randy	Davis	Altoona	IA	57	3' 8"	4	Bronze
Wayne	Callahan	Arnolds Park	IA	59	3' 6"	5	
Brad	Ewest	Ankeny	IA	60	3' 10"	1	Gold
Andrew	Hazer	Columbia	IA	64	3' 6"	2	Silver
Frank	Tilton	Springfield	MO	67	4' 8"	1	Gold
Randall	Olson	Carroll	NE	66	4' 0"	2	Silver
RON	PETERSON	Waukee	IA	69	3' 10"	3	Gold
Alan	Schenck	Clarinda	IA	67	3' 6"	4	Silver
Dennis	Tevis	Webster City,	IA	66	NH		
Alex	Meyer	Scribner	NE	72	3' 10"	1	Gold
Jim	Ross	Wichita	KS	70	3' 8"	2	Silver
Rich	Hoidahl	Johnston	IA	72	3' 6"	3	Gold
Frank	Perez	West Des Moines	IA	71	3' 4"	4	Silver
David	Easterla	Maryville	MO	75	3' 10"	1	Gold
Wilbur	Veenstra	Pella	IA	75	3' 6"	2	Gold
Charles	Wolle	Gardnerville	NV	78	3' 6"	2	Silver
KEN	CLARK	Urbandale	IA	77	2' 10"	4	Silver
Bill	Park	Muscatine	IA	80	3' 0"	1	Gold
Edward	Failor	West Des Moines	IA	86	2' 10"	1	Gold
Frank	Bollinger	Excelsior Springs	MO	85	2' 9"	2	Silver

**2013 TRACK & FIELD - JAVELIN**

**FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Distance</u>	<u>Place</u>	<u>Medal</u>
Jean	Rhodes	Madrid	IA	52	40' 5"	1	Gold
Kay	Glynn	Hastings	IA	60	75' 6"	1	Gold
Christine	Carroll	West Des Moines	IA	64	40' 6"	2	Silver
Paula	Schultz	Indianola	IA	60	33' 4"	3	Bronze
Neva	Weisskopf	Lehigh Acres	FL	65	65' 4"	1	Gold
Sharon	Powell	West Des Moines	IA	73	25' 5"	1	Gold
Ernestine	Davis	Des Moines	IA	86	17' 7"	1	Gold

**MALE**

Doug	Roby	Sioux Falls	SD	53	141' 9"	1	Gold
Thomas	Shide	Urbandale	IA	50	73' 5"	2	Gold
Ted	Goudge	Maryville	MO	57	103' 10"	1	Gold
Joseph	Bohlke	Des Moines	IA	58	80' 5"	2	Gold
Wayne	Callahan	Arnolds Park	IA	59	59' 8"	3	Silver
Randy	Davis	Altoona	IA	57	57' 9"	4	Bronze
Andrew	Hazer	Columbia	IA	64	72' 2"	1	Gold
Brad	Ewest	Ankeny	IA	60	55' 11"	2	Silver
Randall	Olson	Carroll	NE	66	123' 0"	1	Gold
Mike	Ueuekamp	Sioux Falls	SD	65	95' 8"	2	Silver
Russ	Polansky	White Bear Lake	MN	66	84' 9"	3	Bronze
RON	PETERSON	Waukee	IA	69	76' 6"	4	Gold
Alan	Schenck	Clarinda	IA	67	52' 4"	5	Silver
Richard	Rounds	Boone	IA	66	37' 1"	6	Bronze
Alex	Meyer	Scribner	NE	72	81' 7"	1	Gold
Rich	Hoidahl	Johnston	IA	72	70' 0"	2	Gold
Dharmvir	Bhatnagar	West Des Moines	IA	70	39' 7"	3	Silver
RALPH	PANTOGA	West Des Moines	IA	73	Fouls	4	
David	Easterla	Maryville	MO	75	65' 0"	1	Gold
Bill	Park	Muscatine	IA	80	67' 2"	1	Gold
BART	YOUNG	Ruidoso	NM	82	55' 0"	2	Silver
Edward	Failor	West Des Moines	IA	86	72' 4"	1	Gold
Howard	Dewell	Quincy	IL	91	31' 0"	1	Gold

## 2013 TRACK & FIELD - LONG JUMP

### FEMALE

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Distance</u>	<u>Place</u>	<u>Medal</u>
Glynis	Worthington	Brooklyn	IA	52	9'5"	1	GOLD
Vicki	Morris	New Virginia	IA	62	4'4"	1	GOLD
Neva	Weisskopf	Lehigh Acres	FL	65	8'4"	1	GOLD
Carolyn	Dodd	Des Moines	IA	81	3'8"	1	GOLD
Ernestine	Davis	Des Moines	IA	86	3'8"	1	GOLD

### MALE

Tom	Girard	St. Louis	MO	53	14'8"	1	GOLD
Graene	Armstrong	West Des Moines	IA	54	14'1"	2	GOLD
Thomas	Shide	Urbandale	IA	50	14'0"	3	SILVER
Rick	Vanscoy	Martensdale	IA	57	11'3"	1	GOLD
Joe	Bohlke	Des Moines	IA	58	10'9"	2	SILVER
Randy	Davis	Altoona	IA	57	10'7"	3	BRONZE
Kenneth	Hopper	Waukee	IA	57	9'9"	4	
Ted	Goudge	Maryville	MO	57	9'4"	5	
Keevan	Morgan	Wilmette	IL	63	14'3"	1	GOLD
Brad	Ewest	Ankeny	IA	60	10'3"	2	GOLD
Andrew	Hazer	Columbia	IA	64	8'10"	3	SILVER
Frank	Tilton	Springfield	MO	67	14'5"	1	GOLD
Randall	Olson	Carroll	NE	66	11'8"	2	SILVER
Greg	Eastman	Des Moines	IA	66	11'5"	3	GOLD
Randall	Schuh	Des Moines	IA	65	10'5"	4	SILVER
RON	PETERSON	Waukee	IA	69	10'3"	5	BRONZE
Russ	Polansky	White Bear Lake	MN	66	8'7"	6	
Jim	Ross	Wichita	KS	70	11'0"	1	GOLD
Rich	Hoidahl	Johnston	IA	72	10'10"	2	GOLD
Alex	Meyer	Scribner	NE	72	10'8"	3	BRONZE
Frank	Perez	West Des Moines	IA	71	9'1"	4	SILVER
DON	ZIMMER	West Des Moines	IA	79	9'0"	1	GOLD
Dick	Payne	Polk City	IA	75	8'10"	2	SILVER
David	Easterla	Maryville	MO	75	8'2"	3	BRONZE
Wilbur	Veenstra	Pella	IA	75	7'0"	4	BRONZE
Bill	Park	Muscatine	IA	80	8'2"	1	GOLD
Frank	Bollinger	Excelsior Springs	MO	85	5'7"	1	GOLD
Howard	Dewell	Quincy	IL	91	5'5"	1	GOLD

**2013 TRACK & FIELD - SHOT PUT**

**FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Distance</u>	<u>Place</u>	<u>Medal</u>
Jean	Rhodes	Madrid	IA	52	19' 7"	1	Gold
Cheryl	Sander	Altoona	IA	59	20' 3"	1	Gold
Kay	Glynn	Hastings	IA	60	27' 7"	1	Gold
Vicki	Morris	New Virginia	IA	63	25' 1"	2	Silver
Christine	Carroll	West Des Moines	IA	64	21' 10"	3	Bronze
Neva	Weisskopf	Lehigh Acres	FL	65	22' 3"	1	Gold
Sharon	Powell	West Des Moines	IA	73	14' 1"	1	Gold
Nancy	Baker	Clive	IA	82	13' 2"	1	Gold
Carolyn	Dodd	Des Moines	IA	81	11' 4"	2	Silver
Ernestine	Davis	Des Moines	IA	86	11' 10"	1	Gold

**MALE**

Rick	Anderson	Lawrence	KS	54	46' 6"	1	Gold
David	La Mar	Ames	IA	52	43' 1"	2	Gold
Doug	Roby	Sioux Falls	SD	53	38' 0"	3	Bronze
Ted	Goudge	Maryville	MO	57	34' 5"	1	Gold
John	Barron	Guttenberg	IA	59	31' 3"	2	Gold
Joseph	Bohlke	Des Moines	IA	58	30' 6"	3	Silver
Wayne	Callahan	Arnolds Park	IA	59	24' 11"	4	Bronze
Andrew	Hazer	Columbia	IA	64	29' 10"	1	Gold
Brad	Ewest	Ankeny	IA	60	24' 10"	2	Silver
Mike	Ueuekamp	Sioux Falls	SD	65	34' 5"	1	Gold
Greg	Eastman	Des Moines	IA	66	28' 11"	2	Gold
RON	PETERSON	Waukee	IA	69	26' 11"	3	Silver
Russ	Polansky	White Bear Lake	MN	66	26' 10"	4	
Alan	Schenck	Clarinda	IA	67	24' 3"	5	Bronze
Denny	Adair	Osceola	IA	65	23' 8"	6	
James	Castelblanco	West Des Moines	IA	65	19' 6"	7	
Richard	Rounds	Boone	IA	66	17' 7"	8	
Alex	Meyer	Scribner	NE	72	33' 0"	1	Gold
Rich	Hoidahl	Johnston	IA	72	24' 8"	2	Gold
Frank	Perez	West Des Moines	IA	71	23' 5"	3	Silver
RALPH	PANTOGA	West Des Moines	IA	73	21' 2"	4	Bronze
Dharmvir	Bhatnagar	West Des Moines	IA	70	18' 10"	5	

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Distance</u>	<u>Place</u>	<u>Medal</u>
John	Manning	Hiawatha	IA	78	33' 4"	1	Gold
Ron	Anderson	McPherson	KS	77	26' 7"	2	Silver
David	Easterla	Maryville	MO	75	26' 0"	3	Bronze
Carroll	Marty	Ames	IA	79	25' 11"	4	Silver
Wilbur	Veenstra	Pella	IA	75	25' 9"	5	Bronze
Vic	Durchholz	Peoria	IL	84	25' 8"	1	Gold
Bill	Park	Muscatine	IA	80	25' 4"	2	Gold
BART	YOUNG	Ruidoso	NM	82	20' 9"	3	Bronze
Edward	Failor	West Des Moines	IA	86	21' 1"	1	Gold
Frank	Bollinger	Excelsior Springs	MO	85	19' 0"	2	Silver
Howard	Dewell	Quincy	IL	91	19' 11"	1	Gold

**2013 TRACK & FIELD - STANDING LONG JUMP**

**FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Distance</u>	<u>Place</u>	<u>Medal</u>
Glynis	Worthington	Brooklyn	IA	52	7'4"	1	GOLD
Paula	Schultz	Indianola	IA	60	5'11"	1	GOLD
Nancy	Collins	Shelby	IA	64	4'8"	2	SILVER
Neva	Weisskopf	Lehigh Acres	FL	65	5'9"	1	GOLD
Carolyn	Dodd	Des Moines	IA	81	3'0"	1	GOLD
Ernestine	Davis	Des Moines	IA	86	2'4"	1	GOLD

**MALE**

Tom	Girard	St. Louis	MO	53	8'1/2"	1	GOLD
Doug	Roby	Sioux Falls	SD	53	7'5"	2	SILVER
Thomas	Shide	Urbandale	IA	50	7'1/2"	3	GOLD
Graeme	Armstrong	West Des Moines	IA	55	7' 5 1/2"	1	GOLD
Joe	Bohlke	Des Moines	IA	58	7' 4 1/2"	2	SILVER
Rick	Vanscoy	Martensdale	IA	57	7' 1/2"	3	BRONZE
Ted	Goudge	Maryville	MO	57	6' 9 1/2"	4	
Kenneth	Hopper	Waukee	IA	57	6'6"	5	
Randy	Davis	Altoona	IA	57	6'1 1/2"	6	
Wayne	Callahan	Arnolds Park	IA	59	5"7"	7	
Brad	Ewest	Ankeny	IA	60	6' 9 1/2"	1	GOLD
Andrew	Hazer	Columbia	IA	64	6'4"	2	SILVER
Randall	Olson	Carroll	NE	66	7'11"	1	GOLD
Frank	Tilton	Springfield	MO	67	7' 7 1/2"	2	SILVER
Ronald	Beasley	Des Moines	IA	68	7'7"	3	GOLD
Mike	Ueuekamp	Sioux Falls	SD	65	7' 1/2"	4	
RON	PETERSON	Waukee	IA	69	6' 11 1/2"	5	SILVER
Randall	Schuh	Des Moines	IA	65	6'10"	6	BRONZE
Russ	Polansky	White Bear Lake	MN	66	6'9"	7	
Alan	Schenck	Clarinda	IA	67	6'3"	8	
Alex	Meyer	Scribner	NE	72	6' 11 1/2"	1	GOLD
Rich	Hoidahl	Johnston	IA	72	6' 6 1/2"	2	GOLD
Jim	Ross	Wichita	KS	70	6' 4 1/2"	3	BRONZE
Frank	Perez	West Des Moines	IA	71	5'9"	4	SILVER
Dick	Payne	Polk City	IA	75	6'4"	1	GOLD
David	Easterla	Maryville	MO	75	6'2"	2	SILVER
DON	ZIMMER	West Des Moines	IA	79	6'0"	3	SILVER
Wilbur	Veenstra	Pella	IA	75	5' 6 1/2"	4	BRONZE

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Distance</u>	<u>Place</u>	<u>Medal</u>
Bill	Park	Muscatine	IA	80	6'4"	1	GOLD
Frank	Bollinger	Excelsior Springs	MO	85	5'1"	1	GOLD
Edward	Failor	West Des Moines	IA	86	4'4"	2	GOLD
Howard	Dewell	Quincy	IL	91	4'2"	1	GOLD



**2013 TRACK & FIELD - TRIPLE JUMP****FEMALE**

<u>First Name</u>	<u>Last Name</u>	<u>City</u>	<u>State</u>	<u>Age</u>	<u>Distance</u>	<u>Place</u>	<u>Medal</u>
Neva	Weisskopf	Lehigh Acres	FL	65	16' 10"	1	Gold

**MALE**

Tom	Girard	St. Louis	MO	53	29' 6"	1	Gold
Thomas	Shide	Urbandale	IA	50	27' 1"	2	Gold

Graeme	Armstrong	West Des Moines	IA	55	26' 5"	1	Gold
Joseph	Bohlke	Des Moines	IA	58	21' 4"	2	Silver
Randy	Davis	Altoona	IA	57	18' 11"	3	Bronze

Andrew	Hazer	Columbia	IA	64	24' 0"	1	Gold
Brad	Ewest	Ankeny	IA	60	19' 5"	2	Silver

Frank	Tilton	Springfield	MO	67	29' 5"	1	Gold
Randall	Olson	Carroll	NE	66	28' 0"	2	Silver
RON	PETERSON	Waukee	IA	69	22' 3"	3	Gold
Alan	Schenck	Clarinda	IA	67	19' 5"	4	Silver

Rich	Hoidahl	Johnston	IA	72	21' 9"	1	Gold
Alex	Meyer	Scribner	NE	72	20' 6"	2	Silver
Jim	Ross	Wichita	KS	70	20' 1"	3	Bronze

David	Easterla	Maryville	MO	75	17' 6"	1	Gold
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