

December 2019 Winter Iowa Senior Games
Track and Field Results

Event	Age Group	First Name	Last Name	City	State	Gender	Age	Result	Place	Medal
Track & Field - 1,500M Race Walk	55-59 Male	Bill	Molis	Davenport	IA	M	59	13:25.56	1	Gold
Track & Field - 1,500M Race Walk	55-59 Male	Larry	Harris	Brighton	IA	M	57	DQ		
Track & Field - 1,500M Race Walk	70-74 Male	Tim	Phillips	Hiawatha	IA	M	70	9:20.82	1	Gold
Track & Field - 1,500M Race Walk	75-79 Male	Tom	Kirkwood	Dyersville	IA	M	76	9:43.65	1	Gold
Track & Field - 1,500M Race Walk	50-54 Female	Jacqueline	Riekema	West Des Moines	IA	F	54	13:25.62	1	Gold
Track & Field - 1,500M Race Walk	60-64 Female	Ann	Hegstrom	De Soto	IA	F	63	9:51.59	1	Gold
Track & Field - 1,500M Run	50-54 Male	Jose	Gongora	West Branch	IA	M	52	5:33.71	1	Gold
Track & Field - 1,500M Run	50-54 Male	Jay	Hamilton	DAVENPORT	IA	M	50	6:19.33	2	Silver
Track & Field - 1,500M Run	55-59 Male	Larry	Harris	Brighton	IA	M	57	6:41.30	1	Gold
Track & Field - 1,500M Run	55-59 Male	Bill	Molis	Davenport	IA	M	59	6:44.79	2	Silver
Track & Field - 1,500M Run	55-59 Male	Keith	Kauten	Coralville	IA	M	59	7:29.59	3	Bronze
Track & Field - 1,500M Run	60-64 Male	Tom	Loch	Dubuque	IA	M	62	6:18.74	1	Gold
Track & Field - 1,500M Run	65-69 Male	Leo	Vandervlugt	Chillicothe	IL	M	67	6:27.70	1	Gold
Track & Field - 1,500M Run	65-69 Male	Bob	Hentrich	Chillicothe	IL	M	65	6:43.99	2	Silver
Track & Field - 1,500M Run	65-69 Male	Paul	James	Stanley	IA	M	66	6:53.91	3	Bronze
Track & Field - 1,500M Run	65-69 Male	Larry	Jones	East Moline	IL	M	68	8:17.10	4	
Track & Field - 1,500M Run	70-74 Male	Tom	Wolfe	Cedar Rapids	IA	M	71	6:35.62	1	Gold
Track & Field - 1,500M Run	70-74 Male	Tim	Phillips	Hiawatha	IA	M	70	8:39.02	2	Silver
Track & Field - 1,500M Run	75-79 Male	Tom	Kirkwood	Dyersville	IA	M	76	7:17.10	1	Gold
Track & Field - 1,500M Run	50-54 Female	Cinda	Blake	Wayland	IA	F	51	6:47.54	1	Gold
Track & Field - 1,500M Run	60-64 Female	Nirmala	Salgado	Rock Island	IL	F	60	7:33.01	1	Gold
Track & Field - 100M Dash	50-54 Male	tom	trussell	Traer	IA	M	54	13.86	1	Gold
Track & Field - 100M Dash	50-54 Male	Brian	Andrae	Orion	IL	M	52	14.31	2	Silver
Track & Field - 100M Dash	50-54 Male	Jose	Gongora	West Branch	IA	M	52	15.20	3	Bronze
Track & Field - 100M Dash	50-54 Male	Jay	Hamilton	DAVENPORT	IA	M	50	16.16	4	
Track & Field - 100M Dash	55-59 Male	Dan	Dall	Solon	IA	M	57	14.78	1	Gold
Track & Field - 100M Dash	55-59 Male	Larry	Harris	Brighton	IA	M	57	15.64	2	Silver
Track & Field - 100M Dash	55-59 Male	Joseph	Ryder	moline	IL	M	59	19.78	3	Bronze
Track & Field - 100M Dash	60-64 Male	David	Roberts	Boone	IA	M	62	14.22	1	Gold
Track & Field - 100M Dash	60-64 Male	David	Wilson	Garrison	IA	M	62	14.28	2	Silver
Track & Field - 100M Dash	60-64 Male	Joe	Cosgrave	Geneseo	IL	M	62	15.04	3	Bronze
Track & Field - 100M Dash	60-64 Male	Jim	Harpole	Newhall	IA	M	60	15.10	4	
Track & Field - 100M Dash	65-69 Male	Robert	Donaldson	Springfield	MO	M	65	16.00	1	Gold
Track & Field - 100M Dash	65-69 Male	Billy	Potter	Coal Valley	IL	M	68	17.48	2	Silver
Track & Field - 100M Dash	65-69 Male	Daniel L	Lopez	Des Moines	IA	M	69	23.34	3	Bronze
Track & Field - 100M Dash	70-74 Male	Rod	Speidel	Bettendorf	IA	M	70	18.13	1	Gold
Track & Field - 100M Dash	70-74 Male	Tom	Wolfe	Cedar Rapids	IA	M	71	18.44	2	Silver
Track & Field - 100M Dash	90-94 Male	Darrell	Mitchell	Marshalltown	IA	M	91	25.10	1	Gold
Track & Field - 100M Dash	50-54 Female	Molly	Lopez	Des Moines	IA	F	54	27.22	1	Gold
Track & Field - 100M Dash	50-54 Female	Jacqueline	Riekema	West Des Moines	IA	F	54	28.95	2	Silver
Track & Field - 100M Dash	60-64 Female	Ann	Hegstrom	De Soto	IA	F	63	18.20	1	Gold
Track & Field - 100M Dash	65-69 Female	Coralyn	Duhlstine Feeney	East Moline	IL	F	68	20.28	1	Gold
Track & Field - 100M Dash	65-69 Female	Rita	Schaeffer	Clinton	IA	F	67	20.86	2	Silver
Track & Field - 100M Dash	65-69 Female	Anne	Sherve-Ose	Williams	IA	F	66	20.89	3	Bronze

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Track & Field - 200M Dash	50-54 Male	tom	trussell	Traer	IA	M	54	29.31	1	Gold
Track & Field - 200M Dash	50-54 Male	Jose	Gongora	West Branch	IA	M	52	30.62	2	Silver
Track & Field - 200M Dash	50-54 Male	Jay	Hamilton	DAVENPORT	IA	M	50	34.88	3	Bronze
Track & Field - 200M Dash	55-59 Male	Joseph	Ryder	moline	IL	M	59	32.74	1	Gold
Track & Field - 200M Dash	55-59 Male	TK	Kelly	Glenview	IL	M	56	35.33	2	Silver
Track & Field - 200M Dash	55-59 Male	Keith	Kauten	Coralville	IA	M	59	38.74	3	Bronze
Track & Field - 200M Dash	55-59 Male	Larry	Harris	Brighton	IA	M	57	42.23	4	
Track & Field - 200M Dash	60-64 Male	David	Roberts	Boone	IA	M	62	29.89	1	Gold
Track & Field - 200M Dash	60-64 Male	Jim	Harpole	Newhall	IA	M	60	31.44	2	Silver
Track & Field - 200M Dash	60-64 Male	Joe	Cosgrave	Geneseo	IL	M	62	31.72	3	Bronze
Track & Field - 200M Dash	65-69 Male	Robert	Donaldson	Springfield	MO	M	65	32.68	1	Gold
Track & Field - 200M Dash	65-69 Male	Billy	Potter	Coal Valley	IL	M	68	44.10	2	Silver
Track & Field - 200M Dash	65-69 Male	Daniel L	Lopez	Des Moines	IA	M	69	58.45	3	Bronze
Track & Field - 200M Dash	70-74 Male	Rod	Speidel	Bettendorf	IA	M	70	39.26	1	Gold
Track & Field - 200M Dash	70-74 Male	Tom	Wolfe	Cedar Rapids	IA	M	71	39.87	2	Silver
Track & Field - 200M Dash	75-79 Male	Tom	Kirkwood	Dyersville	IA	M	76	42.50	1	Gold
Track & Field - 200M Dash	50-54 Female	Jacqueline	Riekena	West Des Moines	IA	F	54	1:00.01	1	Gold
Track & Field - 200M Dash	50-54 Female	Molly	Lopez	Des Moines	IA	F	54	1:36.94	2	Silver
Track & Field - 200M Dash	60-64 Female	Ann	Hegstrom	De Soto	IA	F	63	40.88	1	Gold
Track & Field - 200M Dash	65-69 Female	Rita	Schaeffer	Clinton	IA	F	67	47.04	1	Gold
Track & Field - 200M Dash	65-69 Female	Coralyn	Duhlstine Feeney	East Moline	IL	F	68	48.79	2	Silver
Track & Field - 3,000 M Run	50-54 Male	Jose	Gongora	West Branch	IA	M	52	13:15.43	1	Gold
Track & Field - 3,000 M Run	50-54 Male	Jay	Hamilton	DAVENPORT	IA	M	50	15:28.08	2	Silver
Track & Field - 3,000 M Run	55-59 Male	Bill	Molis	Davenport	IA	M	59	14:37.73	1	Gold
Track & Field - 3,000 M Run	55-59 Male	Larry	Harris	Brighton	IA	M	57	15:00.82	2	Silver
Track & Field - 3,000 M Run	65-69 Male	leo	vandervlugt	chillicothe	IL	M	67	13:20.12	1	Gold
Track & Field - 3,000 M Run	65-69 Male	Paul	James	Stanley	IA	M	66	15:08.26	2	Silver
Track & Field - 3,000 M Run	70-74 Male	Tom	Wolfe	Cedar Rapids	IA	M	71	15:11.20	1	Gold
Track & Field - 3,000 M Run	70-74 Male	Tim	Phillips	Hiawatha	IA	M	70	20:04.83	2	Silver
Track & Field - 3,000 M Run	75-79 Male	Tom	Kirkwood	Dyersville	IA	M	76	17:17.84	1	Gold
Track & Field - 3,000 M Run	50-54 Female	Cinda	Blake	Wayland	IA	F	51	15:58.71	1	Gold
Track & Field - 3,000 M Run	55-59 Female	Laurie	Slater	cedar rapids	IA	F	57	15:58.21	1	Gold
Track & Field - 400M Run	50-54 Male	Jose	Gongora	West Branch	IA	M	52	1:07.67	1	Gold
Track & Field - 400M Run	50-54 Male	Timothy	Hellyer	Branson	MO	M	52	1:12.17	2	Silver
Track & Field - 400M Run	50-54 Male	Jay	Hamilton	DAVENPORT	IA	M	50	1:17.91	3	Bronze
Track & Field - 400M Run	55-59 Male	Doug	Arndt	Stockton	IL	M	56	1:20.90	1	Gold
Track & Field - 400M Run	55-59 Male	TK	Kelly	Glenview	IL	M	56	1:25.04	2	Silver
Track & Field - 400M Run	55-59 Male	Larry	Harris	Brighton	IA	M	57	1:29.57	3	Bronze
Track & Field - 400M Run	55-59 Male	Keith	Kauten	Coralville	IA	M	59	1:31.30	4	
Track & Field - 400M Run	55-59 Male	Bill	Molis	Davenport	IA	M	59	1:45.30	5	
Track & Field - 400M Run	60-64 Male	David	Roberts	Boone	IA	M	62	1:06.18	1	Gold
Track & Field - 400M Run	60-64 Male	David	Wilson	Garrison	IA	M	62	1:06.27	2	Silver
Track & Field - 400M Run	60-64 Male	Tom	Loch	Dubuque	IA	M	62	1:20.42	3	Bronze
Track & Field - 400M Run	65-69 Male	Robert	Donaldson	Springfield	MO	M	65	1:18.16	1	Gold
Track & Field - 400M Run	65-69 Male	Carl	Isermann	Streator	IL	M	65	1:25.69	2	Silver
Track & Field - 400M Run	65-69 Male	Paul	James	Stanley	IA	M	66	1:29.01	3	Bronze

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Track & Field - 400M Run	70-74 Male	Tom	Wolfe	Cedar Rapids	IA	M	71	1:25.84	1	Gold
Track & Field - 400M Run	70-74 Male	Rod	Speidel	Bettendorf	IA	M	70	1:33.31	2	Silver
Track & Field - 400M Run	75-79 Male	Tom	Kirkwood	Dyersville	IA	M	76	1:33.29	1	Gold
Track & Field - 400M Run	90-94 Male	Darrell	Mitchell	Marshalltown	IA	M	91	2:08.21	1	Gold
Track & Field - 400M Run	50-54 Female	Cinda	Blake	Wayland	IA	F	51	NT	1	Gold
Track & Field - 400M Run	50-54 Female	Jacqueline	Riekema	West Des Moines	IA	F	54	NT	2	Silver
Track & Field - 400M Run	60-64 Female	Ann	Hegstrom	De Soto	IA	F	63	1:26.98	1	Gold
Track & Field - 400M Run	65-69 Female	Rita	Schaeffer	Clinton	IA	F	67	1:47.61	1	Gold
Track & Field - 400M Run	65-69 Female	Coralyn	Duhlstine Feeney	East Moline	IL	F	68	1:54.99	2	Silver
Track & Field - 400M Run	70-74 Female	Shari	Hintermeister	North Liberty	IA	F	70	3:03.34	1	Gold
Track & Field - 55M Dash	50-54 Male	tom	trussell	Traer	IA	M	54	7.89	1	Gold
Track & Field - 55M Dash	50-54 Male	Brian	Andrae	Orion	IL	M	52	8.20	2	Silver
Track & Field - 55M Dash	50-54 Male	Jose	Gongora	West Branch	IA	M	52	8.59	3	Bronze
Track & Field - 55M Dash	50-54 Male	Jay	Hamilton	DAVENPORT	IA	M	50	9.16	4	
Track & Field - 55M Dash	55-59 Male	Dan	Dall	Solon	IA	M	57	8.38	1	Gold
Track & Field - 55M Dash	55-59 Male	Joseph	Ryder	moline	IL	M	59	8.80	2	Silver
Track & Field - 55M Dash	55-59 Male	TK	Kelly	Glenview	IL	M	56	9.08	3	Bronze
Track & Field - 55M Dash	55-59 Male	Wade	Sorenson	Kirksville	MO	M	57	9.23	4	
Track & Field - 55M Dash	55-59 Male	Keith	Kauten	Coralville	IA	M	59	10.50	5	
Track & Field - 55M Dash	55-59 Male	Larry	Harris	Brighton	IA	M	57	10.82	6	
Track & Field - 55M Dash	60-64 Male	David	Wilson	Garrison	IA	M	62	8.08	1	Gold
Track & Field - 55M Dash	60-64 Male	Jim	Harpole	Newhall	IA	M	60	8.52	2	Silver
Track & Field - 55M Dash	60-64 Male	Joe	Cosgrave	Geneseo	IL	M	62	8.57	3	Bronze
Track & Field - 55M Dash	65-69 Male	Robert	Donaldson	Springfield	MO	M	65	8.97	1	Gold
Track & Field - 55M Dash	65-69 Male	David	Rainey	Waterloo	IA	M	65	9.30	2	Silver
Track & Field - 55M Dash	65-69 Male	Billy	Potter	Coal Valley	IL	M	68	9.66	3	Bronze
Track & Field - 55M Dash	65-69 Male	Daniel L	Lopez	Des Moines	IA	M	69	12.83	4	
Track & Field - 55M Dash	70-74 Male	Ken	Beach	Davenport	IA	M	70	8.46	1	Gold
Track & Field - 55M Dash	70-74 Male	Rod	Speidel	Bettendorf	IA	M	70	10.01	2	Silver
Track & Field - 55M Dash	70-74 Male	Dan	Mellon	East Dubuque	IL	M	73	10.79	3	Bronze
Track & Field - 55M Dash	50-54 Female	Jacqueline	Riekema	West Des Moines	IA	F	54	13.84	1	Gold
Track & Field - 55M Dash	50-54 Female	Molly	Lopez	Des Moines	IA	F	54	13.85	2	Silver
Track & Field - 55M Dash	60-64 Female	Ann	Hegstrom	De Soto	IA	F	63	10.47	1	Gold
Track & Field - 55M Dash	65-69 Female	Anne	Sherve-Ose	Williams	IA	F	66	10.95	1	Gold
Track & Field - 55M Dash	65-69 Female	Coralyn	Duhlstine Feeney	East Moline	IL	F	68	11.09	2	Silver
Track & Field - 800M Run	50-54 Male	Jose	Gongora	West Branch	IA	M	52	2:43.24	1	Gold
Track & Field - 800M Run	50-54 Male	Timothy	Hellyer	Branson	MO	M	52	3:10.64	2	Silver
Track & Field - 800M Run	50-54 Male	Jay	Hamilton	DAVENPORT	IA	M	50	3:10.95	3	Bronze
Track & Field - 800M Run	55-59 Male	Doug	Arndt	Stockton	IL	M	56	3:08.26	1	Gold
Track & Field - 800M Run	55-59 Male	Bill	Molis	Davenport	IA	M	59	3:19.91	2	Silver
Track & Field - 800M Run	55-59 Male	Larry	Harris	Brighton	IA	M	57	3:23.54	3	Bronze
Track & Field - 800M Run	55-59 Male	Keith	Kauten	Coralville	IA	M	59	3:40.28	4	
Track & Field - 800M Run	60-64 Male	Tom	Loch	Dubuque	IA	M	62	3:08.26	1	Gold
Track & Field - 800M Run	65-69 Male	Bob	Hentrich	Chillicothe	IL	M	65	3:14.27	1	Gold
Track & Field - 800M Run	65-69 Male	Paul	James	Stanley	IA	M	66	3:23.23	2	Silver
Track & Field - 800M Run	65-69 Male	Larry	Jones	East Moline	IL	M	68	4:03.15	3	Bronze
Track & Field - 800M Run	70-74 Male	Tom	Wolfe	Cedar Rapids	IA	M	71	3:14.98	1	Gold
Track & Field - 800M Run	70-74 Male	Tim	Phillips	Hiawatha	IA	M	70	4:03.02	2	Silver

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Track & Field - 800M Run	75-79 Male	Tom	Kirkwood	Dyersville	IA	M	76	3:43.22	1	Gold
Track & Field - 800M Run	50-54 Female	Cinda	Blake	Wayland	IA	F	51	3:25.17	1	Gold
Track & Field - 800M Run	65-69 Female	Rita	Schaeffer	Clinton	IA	F	67	4:31.77	1	Gold
Track & Field - 800M Run	70-74 Female	Shari	Hintermeister	North Liberty	IA	F	70	8:51.48	1	Gold
Track & Field - High Jump	50-54 Male	Brian	Andrae	Orion	IL	M	52	4-04	1	Gold
Track & Field - High Jump	50-54 Male	tom	trussell	Traer	IA	M	54	4-02	2	Silver
Track & Field - High Jump	55-59 Male	Wade	Sorenson	Kirksville	MO	M	57	5-00	1	Gold
Track & Field - High Jump	55-59 Male	Jeff	Stephens	MORTON	IL	M	59	4-04	2	Silver
Track & Field - High Jump	55-59 Male	Doug	Arndt	Stockton	IL	M	56	4-02	3	Bronze
Track & Field - High Jump	60-64 Male	Mark	Roberts	Cedar Falls	IA	M	60	5-02	1	Gold
Track & Field - High Jump	60-64 Male	David	Roberts	Boone	IA	M	62	4-06	2	Silver
Track & Field - High Jump	60-64 Male	Jim	Harpole	Newhall	IA	M	60	3-08	3	Bronze
Track & Field - High Jump	65-69 Male	David	Rainey	Waterloo	IA	M	65	4-04	1	Gold
Track & Field - High Jump	65-69 Male	Billy	Potter	Coal Valley	IL	M	68	4-00	2	Silver
Track & Field - High Jump	65-69 Male	Robert	Donaldson	Springfield	MO	M	65	3-10	3	Bronze
Track & Field - High Jump	70-74 Male	Ken	Beach	Davenport	IA	M	70	4-00	1	Gold
Track & Field - High Jump	70-74 Male	Rod	Speidel	Bettendorf	IA	M	70	3-08	2	Silver
Track & Field - High Jump	70-74 Male	Tim	Phillips	Hiawatha	IA	M	70	3-08	2	Silver
Track & Field - High Jump	60-64 Female	Ann	Hegstrom	De Soto	IA	F	63	2-10	1	Gold
Track & Field - High Jump	65-69 Female	Anne	Sherve-Ose	Williams	IA	F	66	3-02	1	Gold
Track & Field - Shot Put	50-54 Male	tom	trussell	Traer	IA	M	54	32-04.5	1	Gold
Track & Field - Shot Put	55-59 Male	Wade	Sorenson	Kirksville	MO	M	57	28-09.5	1	Gold
Track & Field - Shot Put	55-59 Male	Keith	Kauten	Coralville	IA	M	59	23-04	2	Silver
Track & Field - Shot Put	60-64 Male	Jim	Harpole	Newhall	IA	M	60	28-07	1	Gold
Track & Field - Shot Put	65-69 Male	Billy	Potter	Coal Valley	IL	M	68	30-02	1	Gold
Track & Field - Shot Put	65-69 Male	Paul	James	Stanley	IA	M	66	23-08.5	3	Bronze
Track & Field - Shot Put	65-69 Male	Robert	Donaldson	Springfield	MO	M	65	24-11	2	Silver
Track & Field - Shot Put	65-69 Male	Daniel L	Lopez	Des Moines	IA	M	69	21-01	4	
Track & Field - Shot Put	70-74 Male	Rod	Speidel	Bettendorf	IA	M	70	28-01.5	1	Gold
Track & Field - Shot Put	80-84 Male	John	Manning	Cedar Rapids	IA	M	84	33-10.5	1	Gold
Track & Field - Shot Put	50-54 Female	Jacqueline	Riekana	West Des Moines	IA	F	54	25-02	1	Gold
Track & Field - Shot Put	50-54 Female	Molly	Lopez	Des Moines	IA	F	54	17-07	2	Silver
Track & Field - Shot Put	60-64 Female	Ann	Hegstrom	De Soto	IA	F	63	16-02	1	Gold
Track & Field - Shot Put	65-69 Female	Anne	Sherve-Ose	Williams	IA	F	66	21-01.5	1	Gold
Track & Field - Standing Long Jump	50-54 Male	Jay	Hamilton	DAVENPORT	IA	M	50	8-00	1	Gold
Track & Field - Standing Long Jump	50-54 Male	tom	trussell	Traer	IA	M	54	7-11	2	Silver
Track & Field - Standing Long Jump	50-54 Male	Brian	Andrae	Orion	IL	M	52	7-05.5	3	Bronze
Track & Field - Standing Long Jump	55-59 Male	Joseph	Ryder	moline	IL	M	59	7-01	1	Gold
Track & Field - Standing Long Jump	55-59 Male	Doug	Arndt	Stockton	IL	M	56	6-09	2	Silver
Track & Field - Standing Long Jump	55-59 Male	Keith	Kauten	Coralville	IA	M	59	6-00	3	Bronze
Track & Field - Standing Long Jump	60-64 Male	David	Roberts	Boone	IA	M	62	8-00	1	Gold
Track & Field - Standing Long Jump	60-64 Male	Joe	Cosgrave	Geneseo	IL	M	62	6-05	2	Silver
Track & Field - Standing Long Jump	65-69 Male	David	Rainey	Waterloo	IA	M	65	7-07	1	Gold

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Track & Field - Standing Long Jump	65-69 Male	Billy	Potter	Coal Valley	IL	M	68	6-09	2	Silver
Track & Field - Standing Long Jump	65-69 Male	Robert	Donaldson	Springfield	MO	M	65	6-08	3	Bronze
Track & Field - Standing Long Jump	65-69 Male	Daniel L	Lopez	Des Moines	IA	M	69	6-00	4	
Track & Field - Standing Long Jump	70-74 Male	Ken	Beach	Davenport	IA	M	70	8-01	1	Gold
Track & Field - Standing Long Jump	70-74 Male	Rod	Speidel	Bettendorf	IA	M	70	6-01	2	Silver
Track & Field - Standing Long Jump	50-54 Female	Jacqueline	Riekema	West Des Moines	IA	F	54	3-06	1	Gold
Track & Field - Standing Long Jump	60-64 Female	Ann	Hegstrom	De Soto	IA	F	63	5-06	1	Gold
Track & Field - Standing Long Jump	60-64 Female	Nirmala	Salgado	Rock Island	IL	F	60	5-04	2	Silver
Track & Field - Standing Long Jump	65-69 Female	Anne	Sherve-Ose	Williams	IA	F	66	4-11	1	Gold