

2023 Iowa Senior Games Triathlon Results
Big Creek State Park | July 9th, 2023

Event	Age Group	First Name	Last Name	City	State	Gender	Age	Time	Place	Medal
Triathlon	50-54 Female	Cindy	Harris	Ankeny	IA	F	51	1:19.36	1	Gold
Triathlon	50-54 Male	Michael	Stephens	Bondurant	IA	M	52	1:15.04	1	Gold
Triathlon	50-54 Male	Mark	Hookham	Dysart	IA	M	52	1:21.50	2	Silver
Triathlon	50-54 Male	neil	glaser	bondurant	IA	M	53	1:22.46	3	Bronze
Triathlon	55-59 Female	Julie	Kneale	Des Moines	IA	F	54	1:17.19	1	Gold
Triathlon	55-59 Female	deborah	Clark	Des Moines	IA	F	55	1:30.55	2	Silver
Triathlon	55-59 Male	Chip	Overton	West Des Moines	IA	M	55	1:12.40	1	Gold
Triathlon	55-59 Male	Stephen	Ash	West Des Moines	IA	M	56	1:13.55	2	Silver
Triathlon	55-59 Male	James	Carlson	Ames	IA	M	54	1:57.34	3	Bronze
Triathlon	60-64 Female	Sherri	Huff	Winterset	IA	F	60	1:18.33	1	Gold
Triathlon	60-64 Female	Ssang	Gebelein	West Des Moines	IA	F	64	1:33.11	2	Silver
Triathlon	60-64 Female	Shelley	Oren	Altoona	IA	F	62	1:46.56	3	Bronze
Triathlon	60-64 Male	Eric	Lockwood	Marion	IA	M	62	1:13.20	1	Gold
Triathlon	60-64 Male	David	Schrader	Story City	IA	M	60	1:13.49	2	Silver
Triathlon	60-64 Male	Steven	Dressel	Des Moines	IA	M	61	1:31.17	3	Bronze
Triathlon	60-64 Male	Wayne	Ostergaard	Johnston	IA	M	60	1:40.52	4	
Triathlon	65-69 Male	Lincoln	Murdoch	Omaha	NE	M	66	1:07.14	1	Gold
Triathlon	65-69 Male	Alan	Gross	Des Moines	IA	M	68	1:22.33	2	Silver
Triathlon	65-69 Male	Paul	Riggs	Oskaloosa	IA	M	69	1:23.27	3	Bronze
Triathlon	65-69 Male	Johnny	Ytzen	Creston	IA	M	69	1:24.14	4	
Triathlon	65-69 Male	Andrew	Stroud	Des Moines	IA	M	64	1:37.11	5	
Triathlon	70-74 Female	Cindy	Hauber	Ames	IA	F	69	1:32.58	1	Gold
Triathlon	75-79 Male	George	Zehnder	Chesterland	OH	M	74	1:32.01	1	Gold