

2023 Iowa Senior Games Track Field Results
Valley High School Track | West Des Moines, IA

Event	Age Group	First Name	Last Name	City	State	Gender	Age	Result	Place	Medal
Track & Field - 1,500M Run	50-54 Female	Courtney	Bender	Coralville Iowa 52241	IA	F	51	8:56.52	1	Gold
Track & Field - 1,500M Run	50-54 Male	Jason	Hahn	Des Moines	IA	M	53	05:17.8	1	Gold
Track & Field - 1,500M Run	50-54 Male	Rob	Hammann	Pella	IA	M	52	05:36.4	2	Silver
Track & Field - 1,500M Run	50-54 Male	Tony	Guerra	Ankeny	IA	M	51	05:43.7	3	Bronze
Track & Field - 1,500M Run	55-59 Female	ALEKSANDRA	MIKIC	Des Moines	IA	F	58	06:52.5	1	Gold
Track & Field - 1,500M Run	55-59 Female	Cinda	Blake	Wayland	IA	F	55	06:56.6	2	Silver
Track & Field - 1,500M Run	55-59 Female	Jean	Dingeman	Pella	IA	F	59	07:23.4	3	Bronze
Track & Field - 1,500M Run	55-59 Female	Jennifer	Shide	Urbandale	IA	F	57	08:28.1	4	
Track & Field - 1,500M Run	55-59 Male	Stephen	Fyfe	Pella	IA	M	59	06:05.3	1	Gold
Track & Field - 1,500M Run	60-64 Male	Mark	Seaton	Waukee	IA	M	61	06:20.6	1	Gold
Track & Field - 1,500M Run	60-64 Male	Thomas	Shide	Urbandale	IA	M	60	06:34.9	2	Silver
Track & Field - 1,500M Run	60-64 Male	Keith	Kauten	North Liberty	IA	M	63	07:29.8	3	Bronze
Track & Field - 1,500M Run	65-69 Female	Ellen	Johnson	Desmoines	IA	F	65	07:42.6	1	Gold
Track & Field - 1,500M Run	65-69 Male	Thomas	Loch	Decorah	IA	M	66	06:47.0	1	Gold
Track & Field - 1,500M Run	65-69 Male	Robert	Hanish	Badger	IA	M	66	07:49.1	2	Silver
Track & Field - 1,500M Run	70-74 Female	Shari	Hintermeister	North Liberty	IA	F	74	14:26.4	1	Gold
Track & Field - 1,500M Run	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	07:47.7	1	Gold
Track & Field - 1,500M Run	70-74 Male	Chuck	Ward	Urbandale	IA	M	71	07:52.0	2	Silver
Track & Field - 1,500M Run	75-79 Male	Tom	Wolfe	Cedar Rapids	IA	M	75	06:59.5	1	Gold
Track & Field - 1,500M Run	75-79 Male	Mick	Snell	Hampton	IA	M	75	07:25.5	2	Silver
Track & Field - 1,500M Run	75-79 Male	Denny	Adair	Osceola	IA	M	75	10:15.6	3	Bronze
Track & Field - 1,500M Run	75-79 Male	David	Brown	Waukee	IA	M	77	12:43.8	4	
Track & Field - 1,500M Run	80-84 Male	Tom	Kirkwood	Dyersville	IA	M	80	07:53.8	1	Gold
Track & Field - 100M Dash	50-54 Female	Kristy	Matthews	Chula Vista	CA	F	50	14.23	1	Gold
Track & Field - 100M Dash	50-54 Female	Carrie	Mills	Des Moines	IA	F	52	23.44	1	Gold
Track & Field - 100M Dash	50-54 Female	Courtney	Bender	Coralville Iowa 52241	IA	F	51	30.41	2	Silver
Track & Field - 100M Dash	50-54 Male	Nate	Sickerson	Ankeny	IA	M	51	11.83	1	Gold
Track & Field - 100M Dash	50-54 Male	JASON	ODONNELL	Urbandale	IA	M	51	13.03	2	Silver
Track & Field - 100M Dash	50-54 Male	Eldred	Smikle	Chula Vista	CA	M	53	13.12	3	Bronze
Track & Field - 100M Dash	50-54 Male	Nate	Reagen	Des Moines	IA	M	51	14.07	3	Bronze
Track & Field - 100M Dash	50-54 Male	Wayne	Douet	Ames	IA	M	54	14.95	4	
Track & Field - 100M Dash	50-54 Male	Rob	Hammann	Pella	IA	M	52	15.92	6	
Track & Field - 100M Dash	50-54 Male	Scott	Mills	Des Moines	IA	M	52	21.66	7	
Track & Field - 100M Dash	50-54 Male	Kevin	Lazard	Urbandale	IA	M	53	15.24	5	
Track & Field - 100M Dash	55-59 Female	Deatra	Waller	Hiawatha	IA	F	57	15.98	1	Gold
Track & Field - 100M Dash	55-59 Female	ALEKSANDRA	MIKIC	Des Moines	IA	F	58	17.94	2	Silver
Track & Field - 100M Dash	55-59 Female	Jean	Dingeman	Pella	IA	F	59	23.47	3	Bronze
Track & Field - 100M Dash	55-59 Female	Jennifer	Shide	Urbandale	IA	F	57	24.05		
Track & Field - 100M Dash	55-59 Male	tom	trussell	Traer	IA	M	58	12.72	1	Gold
Track & Field - 100M Dash	55-59 Male	Marvin	Wittig	Hartford	WI	M	56	13.22	2	Silver
Track & Field - 100M Dash	55-59 Male	Troy	Lilly	Bondurant	IA	M	55	14.43	2	Silver
Track & Field - 100M Dash	55-59 Male	Brian	Andrae	Orion	IL	M	56	14.41	3	Bronze
Track & Field - 100M Dash	55-59 Male	Timothy	Hellyer	Zumbrota	MN	M	56	14.87	4	
Track & Field - 100M Dash	60-64 Female	Jean	Hulvey	Mount Sterling	IL	F	64	19.6	1	Gold
Track & Field - 100M Dash	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	62	16.41	1	Gold
Track & Field - 100M Dash	60-64 Male	Keith	Kauten	North Liberty	IA	M	63	19.09	2	Silver
Track & Field - 100M Dash	65-69 Female	Carol	Stratemeyer	Des Moines	IA	F	68	18.11	1	Gold
Track & Field - 100M Dash	65-69 Female	Ann	Hegstrom	De Soto	IA	F	67	19.72	2	Silver
Track & Field - 100M Dash	65-69 Female	Ellen	Johnson	Desmoines	IA	F	65	20.06	3	Bronze
Track & Field - 100M Dash	65-69 Female	Ann	Schmidt	Urbandale	IA	F	65	32.57	4	
Track & Field - 100M Dash	65-69 Male	TOM	CAHALAN	Norway	IA	M	66	14.03	1	Gold

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Track & Field - 100M Dash	65-69 Male	David	Wilson	Garrison	IA	M	66	14.57	2	Silver
Track & Field - 100M Dash	65-69 Male	Conroy	Smith	Des Moines	IA	M	69	23.09	3	Bronze
Track & Field - 100M Dash	70-74 Female	Roanne	Willey	CENTER JUNCTION	IA	F	70	20.5	1	Gold
Track & Field - 100M Dash	70-74 Female	Jolene	Hynes	Ames	IA	F	74	24.2	2	Silver
Track & Field - 100M Dash	70-74 Female	Emma	Squires	Cedar Rapids, Iowa	IA	F	74	34.4	3	Bronze
Track & Field - 100M Dash	70-74 Male	Michael	LaValle	des moines	IA	M	70	15.86	1	Gold
Track & Field - 100M Dash	70-74 Male	Charles	Pettee	Windsor	CO	M	72	15.4	1	Gold
Track & Field - 100M Dash	70-74 Male	Chuck	Ward	Urbandale	IA	M	71	17.93	2	Silver
Track & Field - 100M Dash	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	20.34	3	Bronze
Track & Field - 100M Dash	70-74 Male	steve	lustgarten	omaha	NE	M	72	20.03	4	
Track & Field - 100M Dash	75-79 Female	Neva	Weisskopf	Middle Amana	IA	F	75	26.78	1	Gold
Track & Field - 100M Dash	75-79 Male	James	Trent	Midwest City	OK	M	77	15.29	1	Gold
Track & Field - 100M Dash	75-79 Male	Denny	Adair	Osceola	IA	M	75	26.23	1	Gold
Track & Field - 100M Dash	75-79 Male	David	Brown	Waukee	IA	M	77	51.27	2	Silver
Track & Field - 100M Dash	75-79 Male	Randall	Olson	Nebraska City	NE	M	76	17.91	2	Silver
Track & Field - 100M Dash	75-79 Male	Andy	Steinfeldt	Minnetonka	MN	M	75	19.27	3	Bronze
Track & Field - 100M Dash	80-84 Male	Frank	Perez	West Des Moines	IA	M	81	21.9	1	Gold
Track & Field - 100M Dash	80-84 Male	James	Ites	Waterloo	IA	M	84	22.8	2	Silver
Track & Field - 100M Dash	85-89 Female	Norma	Ramker	Urbandale	IA	F	89	38.07	1	Gold
Track & Field - 100M Dash	85-89 Male	Marvin	Champion	Denver	CO	M	85	16.6	1	Gold
Track & Field - 100M Dash	85-89 Male	Richard	Anderson	West Des Moines	IA	M	88	26.2	1	Gold
Track & Field - 100M Dash	85-89 Male	Martin	Tangora	Chicago	IL	M	87	26.7	2	Silver
Track & Field - 200M Dash	50-54 Female	Kristy	Matthews	Chula Vista	CA	F	50	27.96	1	Gold
Track & Field - 200M Dash	50-54 Female	Courtney	Bender	Coralville Iowa 52241	IA	F	51	01:04.8	1	Gold
Track & Field - 200M Dash	50-54 Male	Nate	Sickerson	Ankeny	IA	M	51	24.52.00	1	Gold
Track & Field - 200M Dash	50-54 Male	Wayne	Douet	Ames	IA	M	54	27.18	2	Silver
Track & Field - 200M Dash	50-54 Male	Eldred	Smikle	Chula Vista	CA	M	53	27.21	3	Bronze
Track & Field - 200M Dash	55-59 Female	ALEKSANDRA	MIKIC	Des Moines	IA	F	58	35.98	1	Gold
Track & Field - 200M Dash	55-59 Female	Cinda	Blake	Wayland	IA	F	55	43.11	2	Silver
Track & Field - 200M Dash	55-59 Female	Jean	Dingeman	Pella	IA	F	59	52.22	3	Bronze
Track & Field - 200M Dash	55-59 Female	Jennifer	Shide	Urbandale	IA	F	57	01:13.2		
Track & Field - 200M Dash	55-59 Male	Marvin	Wittig	Hartford	WI	M	56	27.76	1	Gold
Track & Field - 200M Dash	55-59 Male	tom	trussell	Traer	IA	M	58	28.1	1	Gold
Track & Field - 200M Dash	55-59 Male	Timothy	Hellyer	Zumbrota	MN	M	56	32.62	2	Silver
Track & Field - 200M Dash	60-64 Male	Keith	Kauten	North Liberty	IA	M	63	39.6	1	Gold
Track & Field - 200M Dash	65-69 Female	Carol	Stratemeyer	Des Moines	IA	F	68	40.28	1	Gold
Track & Field - 200M Dash	65-69 Female	Ann	Hegstrom	De Soto	IA	F	67	44.85	2	Silver
Track & Field - 200M Dash	65-69 Male	TOM	CAHALAN	Norway	IA	M	66	29.96	1	Gold
Track & Field - 200M Dash	65-69 Male	David	Wilson	Garrison	IA	M	66	30.14	2	Silver
Track & Field - 200M Dash	65-69 Male	Paul	Brees	Urbandale	IA	M	66	35.55	3	Bronze
Track & Field - 200M Dash	65-69 Male	Conroy	Smith	Des Moines	IA	M	69	54.71	4	
Track & Field - 200M Dash	70-74 Male	Chuck	Ward	Urbandale	IA	M	71	41.7	1	Gold
Track & Field - 200M Dash	70-74 Male	steve	lustgarten	omaha	NE	M	72	43.29	2	Silver
Track & Field - 200M Dash	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	48.14	2	Silver
Track & Field - 200M Dash	75-79 Male	Tom	Wolfe	Cedar Rapids	IA	M	75	37.9	1	Gold
Track & Field - 200M Dash	75-79 Male	James	Trent	Midwest City	OK	M	77	33.3	1	Gold
Track & Field - 200M Dash	75-79 Male	Andy	Steinfeldt	Minnetonka	MN	M	75	49.1	2	Silver
Track & Field - 200M Dash	75-79 Male	Denny	Adair	Osceola	IA	M	75	01:14.9	2	Silver
Track & Field - 200M Dash	80-84 Male	Tom	Kirkwood	Dyersville	IA	M	80	45.1	1	Gold
Track & Field - 200M Dash	80-84 Male	James	Ites	Waterloo	IA	M	84	54.5	2	Silver
Track & Field - 200M Dash	80-84 Male	Greuling(G)	Schellhorn	Boscobel.	WI	M	83	48.9	2	Silver
Track & Field - 200M Dash	85-89 Male	Marvin	Champion	Denver	CO	M	85	37.8	1	Gold

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Track & Field - 400M Run	50-54 Female	Kristy	Matthews	Chula Vista	CA	F	50	01:03.2	1	Gold
Track & Field - 400M Run	50-54 Female	Courtney	Bender	Coralville Iowa 52241	IA	F	51	02:09.1	1	Gold
Track & Field - 400M Run	50-54 Male	Wayne	Douet	Ames	IA	M	54	01:00.6	1	Gold
Track & Field - 400M Run	50-54 Male	Rob	Hammann	Pella	IA	M	52	01:10.1	2	Silver
Track & Field - 400M Run	50-54 Male	Tony	Guerra	Ankeny	IA	M	51	01:12.7	3	Bronze
Track & Field - 400M Run	50-54 Male	Scott	Mills	Des Moines	IA	M	52	01:45.0	4	
Track & Field - 400M Run	55-59 Female	ALEKSANDRA	MIKIC	Des Moines	IA	F	58	01:26.4	1	Gold
Track & Field - 400M Run	55-59 Female	Cinda	Blake	Wayland	IA	F	55	01:34.6	2	Silver
Track & Field - 400M Run	55-59 Female	Jean	Dingeman	Pella	IA	F	59	01:48.3	3	Bronze
Track & Field - 400M Run	55-59 Female	Jennifer	Shide	Urbandale	IA	F	57	02:45.0	4	
Track & Field - 400M Run	55-59 Male	Marvin	Wittig	Hartford	WI	M	56	01:07.4	1	Gold
Track & Field - 400M Run	55-59 Male	Timothy	Hellyer	Zumbrota	MN	M	56	01:09.7	2	Silver
Track & Field - 400M Run	60-64 Male	Keith	Kauten	North Liberty	IA	M	63	01:31.5	1	Gold
Track & Field - 400M Run	65-69 Female	Carol	Stratemeyer	Des Moines	IA	F	68	01:38.0	1	Gold
Track & Field - 400M Run	65-69 Female	Ellen	Johnson	Desmoines	IA	F	65	01:38.6	2	Silver
Track & Field - 400M Run	65-69 Female	Jolene	Webb	Woodbine	IA	F	68	02:21.8	3	Bronze
Track & Field - 400M Run	65-69 Male	TOM	CAHALAN	Norway	IA	M	66	01:07.7	1	Gold
Track & Field - 400M Run	65-69 Male	David	Wilson	Garrison	IA	M	66	01:09.2	2	Silver
Track & Field - 400M Run	65-69 Male	Paul	Brees	Urbandale	IA	M	66	01:18.9	3	Bronze
Track & Field - 400M Run	65-69 Male	Thomas	Loch	Decorah	IA	M	66	01:29.2	4	
Track & Field - 400M Run	65-69 Male	Conroy	Smith	Des Moines	IA	M	69	02:23.6	5	
Track & Field - 400M Run	70-74 Female	Shari	Hintermeister	North Liberty	IA	F	74	03:39.2	1	Gold
Track & Field - 400M Run	70-74 Male	Chuck	Ward	Urbandale	IA	M	71	01:30.1	1	Gold
Track & Field - 400M Run	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	01:40.7	2	Silver
Track & Field - 400M Run	75-79 Female	Neva	Weisskopf	Middle Amana	IA	F	75	03:05.5	1	Gold
Track & Field - 400M Run	75-79 Male	Tom	Wolfe	Cedar Rapids	IA	M	75	01:26.5	1	Gold
Track & Field - 400M Run	75-79 Male	Robert	Kranz	Princeville	HI	M	76	02:04.4	2	Silver
Track & Field - 400M Run	75-79 Male	Denny	Adair	Osceola	IA	M	75	02:52.2	2	Silver
Track & Field - 400M Run	75-79 Male	Andy	Steinfeldt	Minnetonka	MN	M	75	02:12.5	3	Bronze
Track & Field - 400M Run	75-79 Male	David	Brown	Waukee	IA	M	77	04:15.4	3	Bronze
Track & Field - 400M Run	80-84 Male	Tom	Kirkwood	Dyersville	IA	M	80	01:46.2	1	Gold
Track & Field - 400M Run	80-84 Male	Greuling(G)	Schellhorn	Boscobel.	WI	M	83	02:00.6	2	Silver
Track & Field - 400M Run	85-89 Female	Norma	Ramker	Urbandale	IA	F	89	03:44.5	1	Gold
Track & Field - 50M Dash	50-54 Female	Courtney	Bender	Coralville Iowa 52241	IA	F	51	14.58	1	Gold
Track & Field - 50M Dash	50-54 Male	Nate	Sickerson	Ankeny	IA	M	51	6.63	1	Gold
Track & Field - 50M Dash	50-54 Male	JASON	ODONNELL	Urbandale	IA	M	51	7.24	2	Silver
Track & Field - 50M Dash	50-54 Male	Eldred	Smikle	Chula Vista	CA	M	53	7.22	2	Silver
Track & Field - 50M Dash	50-54 Male	Wayne	Douet	Ames	IA	M	54	7.53	3	Bronze
Track & Field - 50M Dash	50-54 Male	Kevin	Lazard	Urbandale	IA	M	53	9.18	4	
Track & Field - 50M Dash	55-59 Female	ALEKSANDRA	MIKIC	Des Moines	IA	F	58	9.39	1	Gold
Track & Field - 50M Dash	55-59 Female	Jean	Dingeman	Pella	IA	F	59	12.35	2	Silver
Track & Field - 50M Dash	55-59 Female	Jennifer	Shide	Urbandale	IA	F	57	24.07	3	Bronze
Track & Field - 50M Dash	55-59 Male	tom	trussell	Traer	IA	M	58	7.01	1	Gold
Track & Field - 50M Dash	55-59 Male	Marvin	Wittig	Hartford	WI	M	56	7.37	2	Silver
Track & Field - 50M Dash	55-59 Male	Brian	Andrae	Orion	IL	M	56	7.8	3	Bronze
Track & Field - 50M Dash	55-59 Male	Troy	Lilly	Bondurant	IA	M	55	7.86	4	Bronze
Track & Field - 50M Dash	55-59 Male	Timothy	Hellyer	Zumbrota	MN	M	56	7.97	5	
Track & Field - 50M Dash	60-64 Female	Jean	Hulvey	Mount Sterling	IL	F	64	9.72	1	Gold
Track & Field - 50M Dash	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	62	8.34	1	Gold
Track & Field - 50M Dash	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	62	8.52	2	Silver
Track & Field - 50M Dash	60-64 Male	Mark	Tjelta	Story City	IA	M	63	9.54	3	Bronze

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Track & Field - 50M Dash	60-64 Male	Keith	Kauten	North Liberty	IA	M	63	10.44	4	
Track & Field - 50M Dash	65-69 Female	Ann	Hegstrom	De Soto	IA	F	67	10.28	1	Gold
Track & Field - 50M Dash	65-69 Female	Micki	Marolf	Dubuque	IA	F	67	14.9	2	Silver
Track & Field - 50M Dash	65-69 Female	Ann	Schmidt	Urbandale	IA	F	65	33.26	3	Bronze
Track & Field - 50M Dash	65-69 Male	TOM	CAHALAN	Norway	IA	M	66	7.63	1	Gold
Track & Field - 50M Dash	65-69 Male	Conroy	Smith	Des Moines	IA	M	69	10.5	1	Silver
Track & Field - 50M Dash	70-74 Female	Roanne	Willey	CENTER JUNCTION	IA	F	70	10.72	1	Gold
Track & Field - 50M Dash	70-74 Female	Jolene	Hynes	Ames	IA	F	74	12.26	2	Silver
Track & Field - 50M Dash	70-74 Female	Emma	Squires	Cedar Rapids, Iowa	IA	F	74	18.44	3	Bronze
Track & Field - 50M Dash	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	71	8.07	1	Gold
Track & Field - 50M Dash	70-74 Male	Charles	Pettee	Windsor	CO	M	72	8.14	2	Silver
Track & Field - 50M Dash	70-74 Male	Chuck	Ward	Urbandale	IA	M	71	10.05	3	Gold
Track & Field - 50M Dash	70-74 Male	steve	Iustgarten	omaha	NE	M	72	10.22	4	Bronze
Track & Field - 50M Dash	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	11.15	5	Silver
Track & Field - 50M Dash	75-79 Female	Neva	Weisskopf	Middle Amana	IA	F	75	12.71	1	Gold
Track & Field - 50M Dash	75-79 Male	James	Trent	Midwest City	OK	M	77	8.31	1	Gold
Track & Field - 50M Dash	75-79 Male	Greg	Eastman	Clive	IA	M	76	10.26	1	Gold
Track & Field - 50M Dash	75-79 Male	Denny	Adair	Osceola	IA	M	75	13.37	2	Silver
Track & Field - 50M Dash	75-79 Male	Randall	Olson	Nebraska City	NE	M	76	9.3	2	Silver
Track & Field - 50M Dash	75-79 Male	Alan	Schenck	Clarinda	IA	M	77	16.76	3	Bronze
Track & Field - 50M Dash	75-79 Male	Andy	Steinfeldt	Minnetonka	MN	M	75	9.95	3	Bronze
Track & Field - 50M Dash	80-84 Male	Frank	Perez	West Des Moines	IA	M	81	10.61	1	Gold
Track & Field - 50M Dash	85-89 Female	Marjorie	Beatty	Atkins	IA	F	89	18.66	1	Gold
Track & Field - 50M Dash	85-89 Female	Norma	Ramker	Urbandale	IA	F	89	19.84	2	Silver
Track & Field - 50M Dash	85-89 Female	Bonnie	Haroldson	Urbandale	IA	F	87	27.82	3	Bronze
Track & Field - 50M Dash	85-89 Male	Marvin	Champion	Denver	CO	M	85	8.67	1	Gold
Track & Field - 50M Dash	85-89 Male	Richard	Anderson	West Des Moines	IA	M	88	18.49	1	Gold
Track & Field - 50M Dash	85-89 Male	Albert	Matheis	Kankakee	IL	M	85	10.34	2	Silver
Track & Field - 50M Dash	85-89 Male	Martin	Tangora	Chicago	IL	M	87	13.41	3	Bronze
Track & Field - 800M Run	50-54 Female	Courtney	Bender	Coralville Iowa 52241	IA	F	51	04:44.0	1	Gold
Track & Field - 800M Run	50-54 Male	Guy	Greigg	SIOUX CITY	IA	M	54	02:25.7	1	Gold
Track & Field - 800M Run	50-54 Male	Jason	Hahn	Des Moines	IA	M	53	02:43.5	2	Silver
Track & Field - 800M Run	50-54 Male	Tony	Guerra	Ankeny	IA	M	51	02:47.4	3	Bronze
Track & Field - 800M Run	55-59 Female	ALEKSANDRA	MIKIC	Des Moines	IA	F	58	03:32.2	1	Gold
Track & Field - 800M Run	55-59 Female	Cinda	Blake	Wayland	IA	F	55	03:37.1	2	Silver
Track & Field - 800M Run	55-59 Female	Jean	Dingeman	Pella	IA	F	59	03:53.0	3	Bronze
Track & Field - 800M Run	55-59 Female	Jennifer	Shide	Urbandale	IA	F	57	04:42.7	4	
Track & Field - 800M Run	55-59 Male	Stephen	Fyfe	Pella	IA	M	59	02:58.5	1	Gold
Track & Field - 800M Run	60-64 Male	Mark	Seaton	Waukee	IA	M	61	03:07.7	1	Gold
Track & Field - 800M Run	60-64 Male	Thomas	Shide	Urbandale	IA	M	60	03:16.6	2	Silver
Track & Field - 800M Run	60-64 Male	Keith	Kauten	North Liberty	IA	M	63	03:54.6	3	Bronze
Track & Field - 800M Run	65-69 Female	Carol	Stratemeyer	Des Moines	IA	F	68	03:54.4	1	Gold
Track & Field - 800M Run	65-69 Female	Jolene	Webb	Woodbine	IA	F	68	05:34.0	2	Silver
Track & Field - 800M Run	65-69 Male	Paul	Brees	Urbandale	IA	M	66	03:19.7	1	Gold
Track & Field - 800M Run	65-69 Male	Thomas	Loch	Decorah	IA	M	66	03:22.0	2	Silver
Track & Field - 800M Run	65-69 Male	Robert	Hanish	Badger	IA	M	66	03:59.1	3	Bronze
Track & Field - 800M Run	70-74 Female	Shari	Hintermeister	North Liberty	IA	F	74	08:00.9	1	Gold
Track & Field - 800M Run	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	04:09.4	1	Gold
Track & Field - 800M Run	75-79 Male	Tom	Wolfe	Cedar Rapids	IA	M	75	03:28.1	1	Gold
Track & Field - 800M Run	75-79 Male	Mick	Snell	Hampton	IA	M	75	03:36.7	2	Silver
Track & Field - 800M Run	75-79 Male	Denny	Adair	Osceola	IA	M	75	06:57.7	3	Bronze

2023 Iowa Senior Games Track Field Results
Valley High School Track | West Des Moines, IA

Track & Field - 800M Run	80-84 Male	Tom	Kirkwood	Dyersville	IA	M	80	04:03.9	1	Gold
Track & Field - Discus	55-59 Female	Nancy	Tesdall	Sioux Falls	SD	F	59	87'2.50"	1	Gold
Track & Field - Discus	55-59 Female	Cheryl	Hall	Weston	WI	F	57	73'10"	2	Silver
Track & Field - Discus	55-59 Female	Jacqueline	Riekema	West Des Moines	IA	F	58	41'05"	3	Gold
Track & Field - Discus	55-59 Male	Kim	Hawley	Plattsmouth	NE	M	59	98'00"	1	Gold
Track & Field - Discus	55-59 Male	Tracy	Page	Johnston	IA	M	57	78'07"	1	Gold
Track & Field - Discus	60-64 Female	melanie	bintz	dayton	IA	F	60	46'11"	1	Gold
Track & Field - Discus	60-64 Male	Rick	Anderson	Lawrence	KS	M	64	153'9.5"	1	Gold
Track & Field - Discus	60-64 Male	Timothy	Pew	Des Moines	IA	M	62	105'09.5"	1	Gold
Track & Field - Discus	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	62	99'00.5"	2	Silver
Track & Field - Discus	60-64 Male	John	MacBean	Cornell	IL	M	62	137'02"	2	Silver
Track & Field - Discus	60-64 Male	Robert	Files	Urbandale	IA	M	62	93'08.5"	3	Bronze
Track & Field - Discus	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	62	88'06"	4	
Track & Field - Discus	60-64 Male	Mark	Tjelta	Story City	IA	M	63	63'10.5"	5	
Track & Field - Discus	65-69 Female	Ann	Schmidt	Urbandale	IA	F	65	54'2.50"	1	Gold
Track & Field - Discus	70-74 Female	Emma	Squires	Cedar Rapids, Iowa	IA	F	74	43'08"	1	Gold
Track & Field - Discus	70-74 Female	Reta	Callahan	Dysart, IA	IA	F	73	32'5.50"	2	Silver
Track & Field - Discus	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	71	120'11"	1	Gold
Track & Field - Discus	70-74 Male	Steven	Argotsinger	Council Bluffs	IA	M	72	75'01"	1	Gold
Track & Field - Discus	70-74 Male	Robert	Kingery	Orland Park	IL	M	71	87'04.5"	2	Silver
Track & Field - Discus	70-74 Male	Robert G	Best	Des Moines	IA	M	73	47'05"	2	Silver
Track & Field - Discus	75-79 Female	Neva	Weisskopf	Middle Amana	IA	F	75	60'8.50"	1	Gold
Track & Field - Discus	75-79 Male	John	Thonvold	Thunburd	IA	M	76	90'04"	1	Gold
Track & Field - Discus	75-79 Male	Randall	Olson	Nebraska City	NE	M	76	93'09"	2	Silver
Track & Field - Discus	75-79 Male	michael	venekamp	sioux falls	SD	M	75	90'00.5"	3	Bronze
Track & Field - Discus	75-79 Male	Robert	Kranz	Princeville	HI	M	76	81'00"	4	
Track & Field - Discus	75-79 Male	Greg	Eastman	Clive	IA	M	76	67'06.5"	5	Silver
Track & Field - Discus	75-79 Male	Alan	Schenck	Clarinda	IA	M	77	44'08"	6	Bronze
Track & Field - Discus	80-84 Male	Howard	Bich	Sioux Falls	SD	M	83	65'04"	1	Gold
Track & Field - Discus	80-84 Male	Martin	Zanger	Robbinsdale	MN	M	82	58'09"	2	Silver
Track & Field - Discus	80-84 Male	Dale	Dewey	Altoona	IA	M	84	46'11"	3	Gold
Track & Field - Discus	80-84 Male	Don	Newton	West Des Moines	IA	M	84	42'01"	4	Silver
Track & Field - Discus	80-84 Male	Frank	Perez	West Des Moines	IA	M	81	38'07.5"	5	Bronze
Track & Field - Discus	85-89 Male	John	Manning	Cedar Rapids	IA	M	88	62'07"	1	Gold
Track & Field - Discus	85-89 Male	Richard	Anderson	West Des Moines	IA	M	88	32'06"	2	Silver
Track & Field - Discus	90-94 Male	Otto	Welfring	Marshalltown	IA	M	90	61'01"	1	Gold
Track & Field - Discus	90-94 Male	Bart	Young	Indianola	IA	M	92	22'08"	2	Silver
Track & Field - High Jump	55-59 Male	Marvin	Wittig	Hartford	WI	M	56	3'06"	1	Gold
Track & Field - High Jump	60-64 Male	Mark	Roberts	Cedar Falls	IA	M	64	4'08"	1	Gold
Track & Field - High Jump	60-64 Male	Mike	Krapfl	Ames	IA	M	60	4'06"	2	Silver
Track & Field - High Jump	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	62	4'00"	3	Bronze
Track & Field - High Jump	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	62	3'08"		
Track & Field - High Jump	65-69 Female	Margaret	Beuter	Iowa City	IA	F	69	3'04"	1	Gold
Track & Field - High Jump	65-69 Female	Ann	Schmidt	Urbandale	IA	F	65	2'08"	2	Silver
Track & Field - High Jump	65-69 Male	David	Brandt	Sprague	NE	M	69	4'08"	1	Gold
Track & Field - High Jump	65-69 Male	Steve	Schuette	Iowa City	IA	M	67	4'02"	1	Gold
Track & Field - High Jump	65-69 Male	Randy	Davis	Altoona	IA	M	67	3'00"	2	Silver
Track & Field - High Jump	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	71	4'06"	1	Gold
Track & Field - High Jump	70-74 Male	Charles	Pettee	Windsor	CO	M	72	4'02"	2	Silver
Track & Field - High Jump	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	3'08"	3	Gold
Track & Field - High Jump	70-74 Male	Chuck	Ward	Urbandale	IA	M	71	3'06"	4	Silver
Track & Field - High Jump	70-74 Male	Dennis	Hinckley	Sioux Falls	SD	M	72	3'02"	5	Bronze

2023 Iowa Senior Games Track Field Results
Valley High School Track | West Des Moines, IA

Track & Field - High Jump	75-79 Male	Randall	Olson	Nebraska City	NE	M	76	3'04"	1	Gold
Track & Field - High Jump	75-79 Male	Andy	Steinfeldt	Minnertonka	MN	M	75	2'10"	2	Silver
Track & Field - High Jump	80-84 Male	Howard	Bich	Sioux Falls	SD	M	83	3'02"	1	Gold
Track & Field - Javelin	50-54 Male	JASON	ODONNELL	Urbandale	IA	M	51	106'07"	1	Gold
Track & Field - Javelin	50-54 Male	Scott	Mills	Des Moines	IA	M	52	48'06"	2	Silver
Track & Field - Javelin	55-59 Female	Nancy	Tesdall	Sioux Falls	SD	F	59	56'05"	1	Gold
Track & Field - Javelin	55-59 Female	Cheryl	Hall	Weston	WI	F	57	52'02"	2	Silver
Track & Field - Javelin	55-59 Female	Jacqueline	Riekena	West Des Moines	IA	F	58	43'03"	3	Gold
Track & Field - Javelin	55-59 Male	Tracy	Page	Johnston	IA	M	57	54'08"	1	Gold
Track & Field - Javelin	60-64 Female	melanie	bintz	dayton	IA	F	60	48'02"	1	Gold
Track & Field - Javelin	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	62	96'11"	1	Gold
Track & Field - Javelin	60-64 Male	Thomas	Shide	Urbandale	IA	M	60	82'09"	2	Silver
Track & Field - Javelin	60-64 Male	Timothy	Pew	Des Moines	IA	M	62	77'07"	3	Bronze
Track & Field - Javelin	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	62	77'06"	4	
Track & Field - Javelin	60-64 Male	Brett	Hestdalen	Sioux Falls	SD	M	62	66'06"	5	
Track & Field - Javelin	65-69 Female	Ann	Schmidt	Urbandale	IA	F	65	36'04"	1	Gold
Track & Field - Javelin	65-69 Male	Michael	Boldon	Camp Douglas	WI	M	65	74'04"	1	Gold
Track & Field - Javelin	65-69 Male	David	Brandt	Sprague	NE	M	69	65'04"	2	Silver
Track & Field - Javelin	65-69 Male	Randy	Davis	Altoona	IA	M	67	58'05"	3	Gold
Track & Field - Javelin	70-74 Female	Reta	Callahan	Dysart, IA	IA	F	73	25'06"	1	Gold
Track & Field - Javelin	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	71	80'09"	1	Gold
Track & Field - Javelin	70-74 Male	Chuck	Ward	Urbandale	IA	M	71	55'05"	1	Gold
Track & Field - Javelin	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	50'08"	2	Silver
Track & Field - Javelin	70-74 Male	Dennis	Hinckley	Sioux Falls	SD	M	72	79'08"	2	Silver
Track & Field - Javelin	70-74 Male	Robert	Kingery	Orland Park	IL	M	71	70'06"	3	Bronze
Track & Field - Javelin	75-79 Female	Neva	Weisskopf	Middle Amana	IA	F	75	49'06"	1	Gold
Track & Field - Javelin	75-79 Female	Jean	Schlemmer	Bloomington	MN	F	77	41'07"	2	Silver
Track & Field - Javelin	75-79 Male	Alan	Schenck	Clarinda	IA	M	77	48'01"	1	Gold
Track & Field - Javelin	75-79 Male	michael	venekamp	sioux falls	SD	M	75	97'09"	1	Gold
Track & Field - Javelin	75-79 Male	Denny	Adair	Osceola	IA	M	75	40'06"	2	Silver
Track & Field - Javelin	75-79 Male	Randall	Olson	Nebraska City	NE	M	76	84'03"	2	Silver
Track & Field - Javelin	75-79 Male	Stan	Szydlowski	Arnold	MO	M	75	66'06"	3	Bronze
Track & Field - Javelin	75-79 Male	Robert	Kranz	Princeville	HI	M	76	54'00"	4	
Track & Field - Javelin	80-84 Male	Howard	Bich	Sioux Falls	SD	M	83	56'09"	2	Silver
Track & Field - Javelin	85-89 Male	John	Manning	Cedar Rapids	IA	M	88	54'02"	1	Gold
Track & Field - Javelin	85-89 Male	Albert	Matheis	Kankakee	IL	M	85	58'06"	1	Gold
Track & Field - Javelin	85-89 Male	Richard	Anderson	West Des Moines	IA	M	88	25'00"	2	Silver
Track & Field - Javelin	85-89 Male	Bob	McCoid	West Alexander	PA	M	86	48'00"	3	Bronze
Track & Field - Javelin	90-94 Male	Bart	Young	Indianola	IA	M	92	16'06"	1	Gold
Track & Field - Power Walk 1,500 M	50-54 Female	Courtney	Bender	Coralville Iowa 52241	IA	F	51	12:08.1	1	Gold
Track & Field - Power Walk 1,500 M	50-54 Male	Aaron	Hartje	Des Moines	IA	M	53	12:45.3	1	Gold
Track & Field - Power Walk 1,500 M	55-59 Female	Janelle	Jacobs	Johnston	IA	F	57	13:23.9	1	Gold
Track & Field - Power Walk 1,500 M	55-59 Male	Barry	Schneiderman	Colorado Springs	CO	M	57	09:09.4	1	Gold
Track & Field - Power Walk 1,500 M	60-64 Female	KELLY	BANKOLE	Lakeville	MN	F	60	10:04.3	1	Gold
Track & Field - Power Walk 1,500 M	60-64 Female	Cynthia	Beatty	Atkins	IA	F	61	13:41.1	1	Gold
Track & Field - Power Walk 1,500 M	60-64 Male	Brett	Hestdalen	Sioux Falls	SD	M	62	09:37.4	1	Gold
Track & Field - Power Walk 1,500 M	60-64 Male	Brian	Beatty	Atkins	IA	M	63	10:00.5	1	Gold
Track & Field - Power Walk 1,500 M	60-64 Male	Timothy	Pew	Des Moines	IA	M	62	12:10.4	2	Silver

2023 Iowa Senior Games Track Field Results
Valley High School Track | West Des Moines, IA

Track & Field - Power Walk 1,500 M	60-64 Male	Keith	Kauten	North Liberty	IA	M	63	12:29.46	3	Bronze
Track & Field - Power Walk 1,500 M	65-69 Female	Ellen	Johnson	Des Moines	IA	F	65	10:35.8	1	Gold
Track & Field - Power Walk 1,500 M	65-69 Female	Ann	Hegstrom	De Soto	IA	F	67	10:44.7	2	Silver
Track & Field - Power Walk 1,500 M	65-69 Male	Randy	Davis	Altoona	IA	M	67	09:40.1	1	Gold
Track & Field - Power Walk 1,500 M	70-74 Male	Tim	Phillips	Hiawatha	IA	M	74	10:43.3	1	Gold
Track & Field - Power Walk 1,500 M	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	13:20.5	2	Silver
Track & Field - Power Walk 1,500 M	70-74 Male	Dennis	Hinckley	Sioux Falls	SD	M	72	12:29.4	2	Silver
Track & Field - Power Walk 1,500 M	75-79 Male	Robert	Kranz	Princeville	HI	M	76	11:06.7	1	Gold
Track & Field - Power Walk 1,500 M	75-79 Male	Denny	Adair	Osceola	IA	M	75	14:43.1	1	Gold
Track & Field - Power Walk 1,500 M	75-79 Male	David	Brown	Waukee	IA	M	77	20:21.1	2	Silver
Track & Field - Power Walk 1,500 M	80-84 Male	Tom	Kirkwood	Dyersville	IA	M	80	10:10.6	1	Gold
Track & Field - Power Walk 1,500 M	80-84 Male	Greuling(G)	Schellhorn	Boscobel.	WI	M	83	13:20.6	2	Silver
Track & Field - Race Walk 5,000 M	50-54 Female	Courtney	Bender	Coralville Iowa 52241	IA	F	51	38:02.7	1	Gold
Track & Field - Race Walk 5,000 M	55-59 Male	Barry	Schneiderman	Colorado Springs	CO	M	57	32:36.7	1	Gold
Track & Field - Race Walk 5,000 M	60-64 Male	Brett	Hestdalen	Sioux Falls	SD	M	62	33:20.2	1	Gold
Track & Field - Race Walk 5,000 M	65-69 Female	Ann	Hegstrom	De Soto	IA	F	67	37:48.9	1	Gold
Track & Field - Race Walk 5,000 M	65-69 Male	Randy	Davis	Altoona	IA	M	67	33:25.9	1	Gold
Track & Field - Race Walk 5,000 M	70-74 Male	Tim	Phillips	Hiawatha	IA	M	74	34:45.6	1	Gold
Track & Field - Race Walk 5,000 M	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	42:17.0	2	Silver
Track & Field - Race Walk 5,000 M	80-84 Male	Tom	Kirkwood	Dyersville	IA	M	80	34:55.4	1	Gold
Track & Field - Running Long Jump	55-59 Female	Cheryl	Hall	Weston	WI	F	57	7'03"	1	Gold
Track & Field - Running Long Jump	55-59 Female	Jean	Dingeman	Pella	IA	F	59	5'06"	1	Gold
Track & Field - Running Long Jump	55-59 Female	Jennifer	Shide	Urbandale	IA	F	57	4'00"	2	Silver
Track & Field - Running Long Jump	55-59 Male	Mark	Barinque	Lubbock	TX	M	57	14'08"	1	Gold
Track & Field - Running Long Jump	55-59 Male	Marvin	Wittig	Hartford	WI	M	56	14'07"	2	Silver
Track & Field - Running Long Jump	55-59 Male	Brian	Andrae	Orion	IL	M	56	13'09"	3	Bronze
Track & Field - Running Long Jump	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	62	10'02"	1	Gold
Track & Field - Running Long Jump	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	62	9'11"	2	Silver
Track & Field - Running Long Jump	65-69 Female	Carol	Stratemeyer	Des Moines	IA	F	68	11'03"	1	Gold
Track & Field - Running Long Jump	65-69 Female	Ellen	Johnson	Des Moines	IA	F	65	8'07"	2	Silver
Track & Field - Running Long Jump	65-69 Female	Ann	Hegstrom	De Soto	IA	F	67	8'05"	3	Bronze
Track & Field - Running Long Jump	65-69 Female	Ann	Schmidt	Urbandale	IA	F	65	3'06"	5	
Track & Field - Running Long Jump	65-69 Female	Micki	Marolf	Dubuque	IA	F	67	5'01"	4	
Track & Field - Running Long Jump	65-69 Male	David	Rainey	Waterloo	IA	M	69	13'04"	1	Gold
Track & Field - Running Long Jump	65-69 Male	Steve	Schuette	Iowa City	IA	M	67	10'04"	2	Silver
Track & Field - Running Long Jump	75-79 Male	James	Trent	Midwest City	OK	M	77	11'05"	1	Gold
Track & Field - Running Long Jump	75-79 Male	Randall	Olson	Nebraska City	NE	M	76	10'09"	2	Silver
Track & Field - Running Long Jump	75-79 Male	Andy	Steinfeldt	Minnetonka	MN	M	75	7'08"	3	Bronze
Track & Field - Running Long Jump	75-79 Male	Greg	Eastman	Clive	IA	M	76	7'06"	4	Gold
Track & Field - Running Long Jump	80-85 Male	Albert	Matheis	Kankakee	IL	M	85	8'10"	1	Gold
Track & Field - Running Long Jump	80-85 Male	Howard	Bich	Sioux Falls	SD	M	83	6'05"	2	Silver
Track & Field - Running Long Jump	80-85 Male	Frank	Perez	West Des Moines	IA	M	81	5'09"	3	Gold
Track & Field - Shot Put	50-54 Female	Carrie	Mills	Des Moines	IA	F	52	23'04"	1	Gold
Track & Field - Shot Put	50-54 Male	Aaron	Hartje	Des Moines	IA	M	53	28'03"	1	Gold
Track & Field - Shot Put	50-54 Male	Scott	Mills	Des Moines	IA	M	52	19'02"	2	Silver
Track & Field - Shot Put	50-54 Male	MICHAEL	HILLIARD	DES MOINES	IA	M	52	16'03"	3	Bronze
Track & Field - Shot Put	55-59 Female	Nancy	Tesdall	Sioux Falls	SD	F	59	27'12"	1	Gold
Track & Field - Shot Put	55-59 Female	Jacqueline	Riekana	West Des Moines	IA	F	58	22'00"	1	Gold

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Track & Field - Shot Put	55-59 Female	Cheryl	Hall	Weston	WI	F	57	27'02"	2	Silver
Track & Field - Shot Put	55-59 Male	Kim	Hawley	Plattsmouth	NE	M	59	36'09.5"	1	Gold
Track & Field - Shot Put	55-59 Male	Tracy	Page	Johnston	IA	M	57	24'01"	1	Gold
Track & Field - Shot Put	55-59 Male	Timothy	Hellyer	Zumbrota	MN	M	56	28'08"	2	Silver
Track & Field - Shot Put	60-64 Female	melanie	bintz	dayton	IA	F	60	23'04"	1	Gold
Track & Field - Shot Put	60-64 Male	Rick	Anderson	Lawrence	KS	M	64	42'11"	1	Gold
Track & Field - Shot Put	60-64 Male	Robert	Files	Urbandale	IA	M	62	34'11"	1	Gold
Track & Field - Shot Put	60-64 Male	Mark	Tjelta	Story City	IA	M	63	29'09"	2	Silver
Track & Field - Shot Put	60-64 Male	Brad	Earp	Osceola	IA	M	60	29'03"	3	Bronze
Track & Field - Shot Put	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	62	27'03"	4	
Track & Field - Shot Put	60-64 Male	Timothy	Pew	Des Moines	IA	M	62	25'02"		
Track & Field - Shot Put	65-69 Female	Margaret	Beuter	Iowa City	IA	F	69	26'05"	1	Gold
Track & Field - Shot Put	65-69 Female	Ann	Schmidt	Urbandale	IA	F	65	20'00"	2	Silver
Track & Field - Shot Put	65-69 Male	Jim	Franzen	Denver	IA	M	66	31'04"	1	Gold
Track & Field - Shot Put	65-69 Male	David	Brandt	Sprague	NE	M	69	40'06"	1	Gold
Track & Field - Shot Put	65-69 Male	Steve	Schuette	Iowa City	IA	M	67	27'08"	2	Silver
Track & Field - Shot Put	65-69 Male	Michael	Boldon	Camp Douglas	WI	M	65	40'03"	2	Silver
Track & Field - Shot Put	65-69 Male	Jim	Squires	Fairfield	NE	M	68	34'07"	3	Bronze
Track & Field - Shot Put	70-74 Female	Roanne	Willey	CENTER JUNCTION	IA	F	70	22'08"	1	Gold
Track & Field - Shot Put	70-74 Female	Reta	Callahan	Dysart, IA	IA	F	73	15'10"	2	Silver
Track & Field - Shot Put	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	71	38'06"	1	Gold
Track & Field - Shot Put	70-74 Male	Chris	Ostlund	WAUKEE	IA	M	70	33'01"	2	Gold
Track & Field - Shot Put	70-74 Male	Steven	Argotsinger	Council Bluffs	IA	M	72	28'00"	3	Silver
Track & Field - Shot Put	70-74 Male	Robert	Kingery	Orland Park	IL	M	71	27'02"	4	
Track & Field - Shot Put	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	25'00"	5	Bronze
Track & Field - Shot Put	70-74 Male	Robert G	Best	Des Moines	IA	M	73	20'06"	6	
Track & Field - Shot Put	75-79 Female	Neva	Weisskopf	Middle Amana	IA	F	75	20'0.5"	1	Gold
Track & Field - Shot Put	75-79 Male	michael	venekamp	sioux falls	SD	M	75	34'01"	1	Gold
Track & Field - Shot Put	75-79 Male	John	Thonvold	Thunburd	IA	M	76	30'05"	2	Gold
Track & Field - Shot Put	75-79 Male	Randall	Olson	Nebraska City	NE	M	76	26'01"	3	Bronze
Track & Field - Shot Put	75-79 Male	Greg	Eastman	Clive	IA	M	76	25'11"	4	Silver
Track & Field - Shot Put	75-79 Male	Denny	Adair	Osceola	IA	M	75	22'00"	5	Bronze
Track & Field - Shot Put	75-79 Male	Alan	Schenck	Clarinda	IA	M	77	19'03"	6	
Track & Field - Shot Put	80-84 Male	Martin	Zanger	Robbinsdale	MN	M	82	29'09"	1	Gold
Track & Field - Shot Put	80-84 Male	Don	Newton	West Des Moines	IA	M	84	22'04"	1	Gold
Track & Field - Shot Put	80-84 Male	Howard	Bich	Sioux Falls	SD	M	83	29'01.5"	2	Silver
Track & Field - Shot Put	80-84 Male	Dale	Dewey	Altoona	IA	M	84	22'00"	2	Silver
Track & Field - Shot Put	80-84 Male	Frank	Perez	West Des Moines	IA	M	81	21'00"	3	Bronze
Track & Field - Shot Put	85-89 Female	Marjorie	Beatty	Atkins	IA	F	89	16'07"	1	Gold
Track & Field - Shot Put	85-89 Male	John	Manning	Cedar Rapids	IA	M	88	29'03.5"	1	Gold
Track & Field - Shot Put	85-89 Male	Richard	Anderson	West Des Moines	IA	M	88	25'05"	2	Silver
Track & Field - Shot Put	85-89 Male	Albert	Matheis	Kankakee	IL	M	85	26'00"	3	Silver
Track & Field - Shot Put	85-89 Male	Bob	McCoid	West Alexander	PA	M	86	21'03.5"	4	
Track & Field - Shot Put	90-94 Male	Otto	Welfring	Marshalltown	IA	M	90	24'04"	1	Gold
Track & Field - Shot Put	90-94 Male	Bart	Young	Indianola	IA	M	92	12'00"	2	Silver
Track & Field - Standing Long Jump	50-54 Female	Carrie	Mills	Des Moines	IA	F	52	5'10"	1	Gold
Track & Field - Standing Long Jump	50-54 Male	JASON	ODONNELL	Urbandale	IA	M	51	9'1"	1	Gold
Track & Field - Standing Long Jump	50-54 Male	Kevin	Lazard	Urbandale	IA	M	53	8'5"	2	Silver
Track & Field - Standing Long Jump	50-54 Male	Scott	Mills	Des Moines	IA	M	52	5'6"	3	Bromze
Track & Field - Standing Long Jump	55-59 Female	Deatra	Waller	Hiawatha	IA	F	57	7'05"	1	Gold
Track & Field - Standing Long Jump	55-59 Female	Cheryl	Hall	Weston	WI	F	57	5'06"	2	Silver
Track & Field - Standing Long Jump	55-59 Female	Jean	Dingeman	Pella	IA	F	59	4'10"	3	Silver
Track & Field - Standing Long Jump	55-59 Female	Jacqueline	Riekena	West Des Moines	IA	F	58	4'03"	4	Bronze
Track & Field - Standing Long Jump	55-59 Female	Jennifer	Shide	Urbandale	IA	F	57	4'00"	5	

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Valley High School Track | West Des Moines, IA

Track & Field - Standing Long Jump	55-59 Male	Mark	Barinque	Lubbock	TX	M	57	8'7"	1	Gold
Track & Field - Standing Long Jump	55-59 Male	Troy	Lilly	Bondurant	IA	M	55	7'9"	2	Gold
Track & Field - Standing Long Jump	55-59 Male	Timothy	Hellyer	Zumbrota	MN	M	56	7'8"	3	Bronze
Track & Field - Standing Long Jump	55-59 Male	Brian	Andrae	Orion	IL	M	56	7'0"	4	
Track & Field - Standing Long Jump	60-64 Female	Jean	Hulvey	Mount Sterling	IL	F	64	6'07"	1	Gold
Track & Field - Standing Long Jump	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	62	7'9"	1	Gold
Track & Field - Standing Long Jump	60-64 Male	Elliott	Kissam	Bettendorf	IA	M	62	7'1"	2	Silver
Track & Field - Standing Long Jump	60-64 Male	Keith	Kauten	North Liberty	IA	M	63	5'10"	3	Bronze
Track & Field - Standing Long Jump	65-69 Female	Ellen	Johnson	Desmoines	IA	F	65	6'02"	1	Gold
Track & Field - Standing Long Jump	65-69 Female	Ann	Hegstrom	De Soto	IA	F	67	5'09"	2	Silver
Track & Field - Standing Long Jump	65-69 Female	Ann	Schmidt	Urbandale	IA	F	65	4'05"	3	Bronze
Track & Field - Standing Long Jump	65-69 Male	Jim	Franzen	Denver	IA	M	66	7'8"	1	Gold
Track & Field - Standing Long Jump	65-69 Male	David	Brandt	Sprague	NE	M	69	7'10"	1	Gold
Track & Field - Standing Long Jump	65-69 Male	Steve	Schuette	Iowa City	IA	M	67	7'7"	2	Silver
Track & Field - Standing Long Jump	65-69 Male	David	Rainey	Waterloo	IA	M	69	7'6"	3	Bronze
Track & Field - Standing Long Jump	65-69 Male	Randy	Davis	Altoona	IA	M	67	5'4"	4	
Track & Field - Standing Long Jump	70-74 Female	Paula	Schultz	Indianola	IA	F	70	5'08"	1	Gold
Track & Field - Standing Long Jump	70-74 Female	Vicki	Morris	New virginia	IA	F	73	3'11"	2	Silver
Track & Field - Standing Long Jump	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	71	7'4"	1	Gold
Track & Field - Standing Long Jump	70-74 Male	Chuck	Ward	Urbandale	IA	M	71	6'2"	1	Gold
Track & Field - Standing Long Jump	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	5'7"	2	Silver
Track & Field - Standing Long Jump	70-74 Male	Dennis	Hinckley	Sioux Falls	SD	M	72	5'11"	2	Silver
Track & Field - Standing Long Jump	75-79 Female	Neva	Weisskopf	Middle Amana	IA	F	75	3'11"	1	Gold
Track & Field - Standing Long Jump	75-79 Male	James	Trent	Midwest City	OK	M	77	7'10"	1	Gold
Track & Field - Standing Long Jump	75-79 Male	Alan	Schenck	Clarinda	IA	M	77	4'9"	T-1	Gold
Track & Field - Standing Long Jump	75-79 Male	Greg	Eastman	Clive	IA	M	76	4'9"	T-1	Gold
Track & Field - Standing Long Jump	75-79 Male	Randall	Olson	Nebraska City	NE	M	76	6'10"	2	Silver
Track & Field - Standing Long Jump	75-79 Male	Andy	Steinfeldt	Minnetonka	MN	M	75	5'6"	3	Bronze
Track & Field - Standing Long Jump	80-84 Male	Howard	Bich	Sioux Falls	SD	M	83	5'6"	1	Gold
Track & Field - Standing Long Jump	80-84 Male	Greuling(G)	Schellhorn	Boscobel.	WI	M	83	5'0"	2	Silver
Track & Field - Standing Long Jump	80-84 Male	Martin	Zanger	Robbinsdale	MN	M	82	4'5"	3	Bronze
Track & Field - Standing Long Jump	80-84 Male	Frank	Perez	West Des Moines	IA	M	81	4'5"	4	Gold
Track & Field - Standing Long Jump	85-89 Female	Marjorie	Beatty	Atkins	IA	F	89	4'00"	1	Gold
Track & Field - Standing Long Jump	85-89 Female	Norma	Ramker	Urbandale	IA	F	89	2'11"	2	Silver
Track & Field - Standing Long Jump	85-89 Male	Albert	Matheis	Kankakee	IL	M	85	6'6"	1	Gold
Track & Field - Standing Long Jump	85-89 Male	Martin	Tangora	Chicago	IL	M	87	4'0"	2	
Track & Field - Triple Jump	55-59 Female	Cheryl	Hall	Weston	WI	F	57	14'04"	1	Gold
Track & Field - Triple Jump	55-59 Female	Jacqueline	Riekana	West Des Moines	IA	F	58	9'02"	2	Gold
Track & Field - Triple Jump	55-59 Male	Brian	Andrae	Orion	IL	M	56	29'5"	1	Gold
Track & Field - Triple Jump	55-59 Male	Marvin	Wittig	Hartford	WI	M	56	26'6.5"	2	Silver
Track & Field - Triple Jump	60-64 Male	Jeff	Pfundheller	Urbandale	IA	M	62	25'1"	1	Gold
Track & Field - Triple Jump	65-69 Female	Ann	Hegstrom	De Soto	IA	F	67	17'03"	1	Gold
Track & Field - Triple Jump	65-69 Female	Ann	Schmidt	Urbandale	IA	F	65	11'02"	2	Silver
Track & Field - Triple Jump	65-69 Male	Steve	Schuette	Iowa City	IA	M	67	20'10"	1	Gold
Track & Field - Triple Jump	65-69 Male	Randy	Davis	Altoona	IA	M	67	16'03"	2	Silver
Track & Field - Triple Jump	70-74 Male	Dan	Mehlbrech	Crooks	SD	M	71	29'10'	1	Gold
Track & Field - Triple Jump	70-74 Male	Brad	Ewest	Ankeny	IA	M	70	9'11"	2	Silver
Track & Field - Triple Jump	75-79 Male	Alan	Schenck	Clarinda	IA	M	77	11'02"	1	Gold
Track & Field - Triple Jump	75-79 Male	Randall	Olson	Nebraska City	NE	M	76	20'07"	1	Gold
Track & Field - Triple Jump	75-79 Male	Robert	Kranz	Princeville	HI	M	76	17'05"	2	Silver
Track & Field - Triple Jump	75-79 Male	Andy	Steinfeldt	Minnetonka	MN	M	75	13'07"	3	Bronze

2023 Iowa Senior Games Track Field Results
 Valley High School Track | West Des Moines, IA

Track & Field - Triple Jump	80-84 Male	Howard	Bich	Sioux Falls	SD	M	83	16'01"	1	Gold
Track & Field - Triple Jump	85-89 Male	Albert	Matheis	Kankakee	IL	M	85	18'07"	2	Silver
Track & Field - Triple Jump	85-89 Male	Martin	Tangora	Chicago	IL	M	87	10'09"	1	Gold