

# IOWA GAMES 5K RESULTS 2016

## WOMENS AGE GROUP WINNERS

**WOMEN'S OVERALL - Elaina Mertens 19:33**

### 15 and Under

1. Josie Stakis - 24:27
2. Selena Cooper - 36:00

### 16-18 years

1. Heidi Welu - 23:39
2. McKenna Johnson - 23:46

### 19-24 years

1. Elisabeth Hall - 26:15
2. Amanda McWhinney - 26:38
3. Kelsey Graefen - 29:04

### 25-29 years

1. Katie McDermott - 21:07
2. Britney Hermsen - 24:54
3. Amber Larson - 30:03

### 30-34 years

1. Alice Anderson - 21:00
2. Ann Schietz - 22:51
3. Danielle Beck - 25:24

### 35-39 years

1. Renee Sandidge - 30:14
2. Lindsey Cota - 46:59

### 40-44 years

1. Tammie Harbin - 26:21
2. Jody Schultz - 26:55
3. Katie Iverson - 27:00

### 45-49 years

1. Pam Connolly - 20:57
2. Sharon Klein - 29:26
3. Amanda Crooks - 29:08

### 50-54 years

1. Ann Schroeder - 23:50
2. Mickela Jess - 35:50

### 55-59 years

no participants

### 60- 64 years

1. Ann Cooper - 29:47

### 65-69 years

1. Debbie Pause - 32:03

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## MENS AGE GROUP WINNERS

**MENS OVERALL – Jeremiah Gerardy – 16:38**

### 15 and Under

1. Canyon Richardson – 21:12
2. Cooper Sebastian – 32:58

### 16-18 years

1. Mark Whalen – 16:40
2. Austin Pffiffer – 18:07
3. Joe Freiburger – 19:04

### 19-24 years

1. Dakota Basten – 25:23
2. Clay Amundson – 26:30

### 25-29 years

1. Jose Escoriza – 18:01
2. William Hinton – 19:25
3. Richard Smith – 19:28

### 30-34 years

1. Cory Hall – 18:56
2. Nate Green – 21:32
3. Terry Willenborg – 22:58

### 35-39 years

1. Guillermo Fernandes – 21:21
2. Dave Myers – 22:03
3. Samuel Mathiowetz – 22:23

### 40-44 years

1. Tony Aitchison – 23:47
2. David Cooper – 30:59

### 45-49 years

1. William Iverson – 20:28
2. Rodney Crooks – 24:10
3. Shannon Richardson – 25:24

### 50-54 years

1. Jerry Ford – 21:57
2. Craig Larson – 23:45
3. Chuck Donnelly – 23:54

### 55-59 years

1. Judd Ott – 22:04
2. Mark Zimmer – 22:31
3. Doug Frey – 23:35

### 60-64 years

1. Brian Cooper – 22:52
2. Jerry Brown – 25:37
3. Chad Cox – 26:57

### 65-69 years

1. Bob Strickland – 22:44
2. Dave Horstmann – 25:17
3. Larry Hamm – 31:49

### 70 and Over

1. Tom Kirkwood – 27:35