

Cannonball Pump and Run Results 2008

The 9th annual Cannonball Pump and Run held Sat. August 2, 2008 in ideal weather conditions yielded a record 7 records. In Pump and Run competition for every required bench press that is completed, 15 second is taken off the runners 5K or one mile time.

In the One Mile Pump and Run, Dustin Hutchison, 25-29, D.M., benched 175 lbs. 25 times then ran a 5:58 mile, adjusting his winning time to -0:17, breaking Rob Aeschliman, Dubuque, record of 2:16 in 2006.

The fastest adjusted time in the Mile Pump and Run goes to Rocky Hardy WDM.,30-34 who pressed 155 lbs 27 times then ran a 5:35 mile, the fastest of the day, leaving him with a — 1:10 adjusted time.

Ken Suneri, Cedar Rapids, 40-44, lifted 200 lbs. 31 times, ran a 6:54 one mile for an adjusted time of -:051, breaking Mike Reed's, from Winterset, record set in 2003 of 2:36.

Tim Luloff, Winterset, 55-59, broke his own record set in 2007 of 2:57, by lifting 145 lbs. 24 times then running a 8:36 mile, adjusting his own record to 2:36.

Winterset's Jerry Triplett, set a new age group record by lifting 95 lbs. 12 times then running and 8:08 mile setting a new age group record for 70 Plus at 5:08.

5K Pump and Run

There were no records set in the Mens 5K pump and run. The fastest adjusted time goes to Todd Hall, Adel, who pressed 175 lbs. 26 times, ran a 22:55 5K for and adjusted time of 16:25. Sam Ellis, Norwalk, still holds the record set in 2004, for the 5K pump and run by pumping 160 lbs, 41 times, then ran a 18:37 5K for an adjusted time of 8:22.

On the women side Connie Dellaca-Hill enter the Cannonball Pump and Run record book for the third time in the women 50-55 by lifting 60 lbs 24 times, ran a 24:50 for and adjusted time of 18:50. Connie also holds the 45-49 records set in 2002 with an adjusted time of 19:08 and the one mile pump and run record set in 2003 for 45-49 age group of 2:34.

5K Only Run

Winterset's Evan Selsor, a sophomore at the High School this fall, smashed the 5K Run event with a P R. and probably the fastest 5 K recorded by any Madisonian. Evan's 15:28 5K broke Jeffrey Decker, WDM, record set in 2004 by 42 seconds. Teammate Matt Cahalan, senior, Winterset finished with a P.R. of 16:32.

On the women's side two records were set. The fastest time was turned in by Genna Kinley, Waukee, out of H.S.-24, who broke Jessica Shives record of 23:45 by running a 20:16 5K the fastest time of the day.

Vicki Mease, Winterset, broke into the record book by running a 33:06 5K setting the record for the 55-59 age group. Jenny Wren found her way into the record in the one mile run by finishing a 10:10 in the out of H.S. -24 age group.

The Pump and Run was sponsored by the Winterset Rotary Club who uses all proceeds to sponsor scholarships for two Winterset Senior each year. The Club wishes to thank all those who make this event possible. They include: Union State Bank, Farmers & Merchants State Bank, Iowa Realty, Middle River Hospice, Madison County Realty, Exchange State Bank, Fareway Foods, The Madisonian, The Shopper, Winterset Library, The High School Football team, and the

Winterset Police Dept. and the many Rotarians and volunteers who gave of their time. [2008 results are here](#)

Overall Records

Cannonball Pump & Run Records 2000-2008

5K

Male

<u>Age Group</u>	<u>Name</u>	<u>Year</u>	<u>Town</u>	<u>Reps & wt.</u>	<u>Time</u>	<u>Adjusted Times</u>
14 & under	Matt Cahalan	2005	Winterset	14 @ 90#	18:35	13:05
High School	Daniel Peoples	2004	Bouton	11 @ 150#	19:06	15:21
Out of High S.	Brad Millard	2000	Pleasanthill	16 @ 170#	17:46	13:46
25-29	Sam Ellis	2004	Norwalk	41 @ 160#	18:37	8:22
30-34	Brent Achenbach	2004	Woodward	26 @ 165#	16:35	10:06
35-39	Mike Carney	2001	DesMoines	15 @ 135#	16:09	12:24
40-44	Mike Schwab	2007	Cedar Falls	37 @ 145#	18:53	9:38
45-49	Chad Emanuel	2006	Winterset	32 @ 180#	24:32	16:32
50-54	Carl Schadt	2006	Waterloo	30 @ 135#	22:30	15:00
55-59	Steve Radakovich	2002	Earlham	18 @ 175 #	21:45	17:15
60+	Clay Whiteis	2002	DesMoines	17 @ 175#	22:19	18:04

Females

14 & under	Alison Arndt	2003	Indianola	7 @ 50#	26:46	25:01
High School	Keely McCarthy	2002	Corning	18 @ 70#	21:20	16:59
Out of HS-24	Audrey Emanuel	2004	Winterset	19 @ 70#	21:23	16:21
25-29	Cheryl Dralle	2007	DesMoines	20 @ 95#	23:37	18:37
30-34	Laurie Baker	2005	Waukee	28 @ 85#	21:13	14:13

35-39	Kim Arndt	2003	Indianola	22 @ 80#	21:31	16:01
40-44	Coreen Sweeney	2006	Clive	36 @ 65#	26:36	17:36
45-49	Connie Dellaca	2002	Urbandale	15 @ 70#	22:53	19:08
50-54	Connie Dellaca-Hill	2008	Urbandale	24 @ 60#	24:50	18:50
55-59						
60+						

One Mile Pump and Run

Males

14 & under	Eric Downey	2006	Afton	47 @ 95#	6:45	-5:00
High School	Scott Hanson	2003	Winterset	17 @ 165#	6:57	2:42
Out of HS-24	Joe Cordaro	2005	Urbandale	23 @ 170#	5:32	-:13
25-29	Dustin Hutchison	2008	Des Moines	25 @ 175#	5:58	-:17
30-34	Rocky Hardky	2008	W.Des Moines	27 @ 155#	5:35	-1:10
35-39	Rod Paplow	2005	Otley	25 @ 170#	5:35	-:40
40-44	Ken Suneri	2008	Cedar Rapids	31 @ 200#	6:54	2:36
45-49	Mike Reed	2004	Winterset	17 @ 195#	6:16	2:01
50-54						
55-59	Timothy Luloff	2008	Winterset	24 @ 145#	8:36	2:36
60+	Jack Wortman	2007	North Liberty	39 @ 115	7:33	-2:12
70+	Jerry Triplett	2008	Winterset	12 @ 95#	8:08	5:08

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Females One Mile Pump and Run

14 & under	Jami Feder	2006	Norwalk	18 @ 45#	9:45	5:18
High School	Kemery Gries	2003	Corning	7 @ 90#	7:20	5:35
45-49	Connie Dellaca	2003	Urbandale	16 @ 70#	6:34	2:34

Cannonball 5K Run

Males

14 & under	Cody Buttler	2003	Dexter	21:56
High School	Evan Selsor	2008	Winterset	15:28
Out of HS-24	Andy Drysdale	2004	Winterset	16:21
25-29	Jeffery Decker	2004	W.D.Moines	16:10
30-34	Todd Deely	2006	Indianola	20:43
35-39	James Jacobsen	2004	Winterset	22:09
40-44	Doug Jones	2003	Redfield	19:28
45-49	Rich Tucker	2002	Winterset	19:28
50-54	Chuck Clark	2005	Carroll	19:41
55-59	Jim Mease	2007	Winterset	27:30
60+	Jim Matthews	2000	Baxter	22:38

Females

14 & under	Brooke Matlage	2001	Winterset	27:53
High School	Heather Shives	2004	Knoxville	23:29
Out of HS-24	Genna Kinley	2008	Waukee	20:16
25-29	Heather Ladd	2003	Greenfield	24:32
30-34	Robin Rethmel	2005	Nora Springs	27:21
35-39	Kristy Merschman	2000	Altoona	23:36
40-44	Joyce Jessen	2005	Colfax	24:35
45-49	Pam Giles	2006	Des Moines	37:30
50-54	Lynne Lange	2000	Winterset	28:35
55-59	Vicki Mease	2008	Winterset	33:06
60+				

Cannonball One Mile Run

Males

14 & under	Bryan Purdy	2003	Winterset	7:07
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High School Tom Brayton 2003 Winterset 9:10

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Females

Out of HS-24 Jenny Wren 2008 Winterset 10:10

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