

RESULTS - 2021

Fitness

September 26, 2021
Commissioner Stan Williams
Fitness Quest 10
Scripps Ranch, CA

Prowler Push

2X45 lb Plates - Men

50-54		
Gold	- Rod Porter	12.87
Silver	- Eric Hall	13.25
Bronze	- Erik Vonk	13.37

55-59		
Gold	- Jeff Williamson	13.12
Silver	- Michael Eisenbraun	13.25
Bronze	- Vincent Butsumyo	13.50

60-64		
Gold	- Matthew Sitzer	13.15
Silver	- Jeff Southwick	13.56
Bronze	- Keith Whaley	14.53

65-69		
Gold	- Ray Hrenko	14.06
Silver	- Gary Linder	15.13
Bronze	- Jay Suetos	16.00

70-74		
Gold	- Michael McKay	15.50
Silver	- William Doyle	15.64
Bronze	- Bob Lawrence	17.22

75-79		
Gold	- Buddy Thomas	19.44
80-84		
Gold	- John Holbrook	24.66

85-89		
Gold	- Staff Walker	52.91

2X25 lb Plates - Women

50-54		
Gold	- Margarita Reyes-Williamson	13.07
Silver	- Lauri Smith	15.06
Bronze	- Angela Hallmark	15.34

55-59		
Gold	- Suzette Lee	13.09
Silver	- Juaquito Gray	14.22
Bronze	- Diana Lyda-savich	14.69

60-64		
Gold	- Nicki Branch	15.50
Silver	- Susan Couch	17.87
Bronze	- Robbe Alexander	19.79

65-69		
Gold	- Carol Anne Drastal	17.41
Silver	- Susan Pacheco	18.54
Bronze	- Lil Gary (19-B)	19.53

70-74		
Gold	- Melia Clark	17.85
Silver	- Trish Williams	19.84
Bronze	- Sharon Harris	43.25

80-84		
Gold	- Sandra Walker (19-G)	21.12

Medicine Ball Slam

15 lbs - Men

50-54		
Gold	- Rod Porter	54
Silver	- Joe Ryan	47
Bronze	- Erik Vonk	45

Bronze	- Brian Laurente	45
55-59		
Gold	- Vincent Butsumyo	53
Silver	- Jeff Williamson	49

Bronze	- Michael Eisenbraun	47
60-64		
Gold	- Matthew Sitzer	40
Silver	- Lester McCurtis	39

Bronze	- Jay Gedanken	36
65-69		
Gold	- Kirk Lawrence	48
Silver	- Ray Hrenko	47

Bronze	- Gary Linder	43
70-74		
Gold	- William Doyle	45
Silver	- Stan Williams	40

Bronze	- Michael McKay	39
---------------	-----------------	----

75-79		
Gold	- Buddy Thomas	36

80-84		
Gold	- John Holbrook	23

10 lbs - Women

50-54		
Gold	- Margarita Reyes-Williamson	42
Silver	- Kathy Stewart	41
Bronze	- Lauri Smith	38

55-59		
Gold	- Cheri Southwick	53
Silver	- Diana Lydo-savich	46
Bronze	- Jill Ippolito	41

60-64		
Gold	- Nicki Branch	42
Silver	- Susan Couch	37
Bronze	- Robbe Alexander	34

65-69		
Gold	- Susan Pacheco	40
Silver	- Lil Gary	38

70-74		
Gold	- Trish Williams	37
Silver	- Melia Clark	31
Bronze	- Sharon Harris	17

Kettlebell Box Squat

20 kg - Men

50-54		
Gold	- Brian Laurente	115
Silver	- Joe Ryan	110
Silver	- Jeffrey Black	110

Bronze	- Eric Hall	70
55-59		
Gold	- Vincent Butsumyo	80
Silver	- James Baker	60

Bronze	- Michael Eisenbraun	33
---------------	----------------------	----

RESULTS - 2021

16 kg - Men

60-64		
Gold	- Lester McCurtis	30
65-69		
Gold	- Kirk Lawrence	101
Silver	- Ray Hrenko	57
Bronze	- Gary Linder	50

12 kg - Men

70-74		
Gold	- Stan Williams	76
Silver	- Michael McKay	51
Bronze	- William Doyle	50
75-79		
Gold	- Buddy Thomas	30
80-84		
Gold	- John Holbrook	41

16 kg - Women

50-54		
Gold	- Margarita Reyes-Williamson	112
Silver	- Kathy Stewart	111
Bronze	- Alma Leano	60
55-59		
Gold	- Jennifer Perry	91
Silver	- Lori Erlenbach	53
Bronze	- Juaquito Gray	50

12 nkg - Women

60-64		
Gold	- Susan Couch	115
Silver	- Robbe Alexander	97
Bronze	- Mara Gedanken	35
65-69		
Gold	- Susan Pacheco	70
Silver	- Carol Anne Drastal	16

8 nkg - Women

70-74		
Gold	- Trish Williams	60

Keg Toss

8lbs - Men

50-54		
Gold	- Rod Porter	45.6
Silver	- David Melusky	38.8
Bronze	- Joe Ryan	37.8

55-59		
Gold	- Michael Eisenbraun	37.0
Silver	- Daniel Bonano	36.0
Bronze	- Stephen Chan	35.8

60-64		
Gold	- Jeff Southwick	42.8
Silver	- Matthew Sitzer	37.0
Bronze	- Brian Keliher	36.0

65-69		
Gold	- Ray Hrenko	38.6
Silver	- Jay Suetos	33.2
Bronze	- Kirk Lawrence	26.2

70-74		
Gold	- William Doyle	35.8
Silver	- Michael McKay	29.6
Bronze	- Stan Williams	28.0

75-79		
Gold	- Buddy Thomas	21.0

80-84		
Gold	- John Holbrook	17.5

4lbs - Women

50-54		
Gold	- Margarita Reyes-Williamson	39.4
Silver	- Angela Hallmark	30.5
Bronze	- Kathy Stewart	27.0

55-59		
Gold	- Suzette Lee	37.0
Silver	- Michele Hesser	32.7
Bronze	- Diana Lyda-savich	32.0

60-64		
Gold	- Nicki Branch	30.4
Silver	- Mara Gedanken	22.0
Bronze	- Robbe Alexander	18.5

65-69		
Gold	- Susan Pacheco	24.3
Silver	- Lil Gary	21.0

70-74

Gold - Melia Clark 23.2

80-84

Gold - Sandra Walker 15.4

Jump Rope

Men

50-54

Gold - Rod Porter 175

Silver - Brian Laurente 173

Bronze - Jeffrey Black 170

55-59

Gold - Jeff Williamson 140

Silver - Paul Sasso 138

Bronze - Michael Eisenbraun 133

60-64

Gold - Lester McCurtis 155

Silver - Matthew Sitzer 147

Bronze - Jeff Southwick 145

65-69

Gold - Kirk Lawrence 180

Silver - Lou Grande 141

Bronze - Ray Hrenko 131

70-74

Gold - Stan Williams 76

Silver - Michael McKay 72

75-79

Gold - Buddy Thomas 72

Women

50-54

Gold - Margarita Reyes-Williamson 150

Silver - Angela Hallmark 139

Bronze - Mary Beth Vogt 136

55-59

Gold - Diana Lydo-savich 168

Silver - Cheri Southwick 161

Bronze - Mitzi Reel 150

60-64

Gold - Robbe Alexander 81

65-69

Gold - Lil Gary 136

Silver - Carol Anne Drastal 131

80-84

Gold - Sandra Walker 133

RESULTS - 2021

Straight Arm Dead Hang

Men

50-54		
Gold	- Rod Porter	2:34
Silver	- Joe Ryan	2:23
Bronze	- Brian Laurente	2:00
55-59		
Gold	- Paul Sasso	2:47
Silver	- Michael Eisenbraun	2:06
Bronze	- Stephen Chan	1:45
60-64		
Gold	- Matthew Sitzer	1:45
Silver	- Lester McCurtis	1:41
65-69		
Gold	- Lou Grande	2:48
Silver	- Kirk Lawrence	2:42
Bronze	- Jay Suetos	0:50
70-74		
Gold	- Michael McKay	2:05
Silver	- Stan Williams	2:04
Bronze	- Paul Schlesinger	2:01
75-79		
Gold	- Buddy Thomas	1:15
80-84		
Gold	- John Holbrook	1:45

Women

50-54		
Gold	- Kathy Stewart	2:32
Silver	- Angela Hallmark	1:32
Bronze	- Alma Leano	1:20
55-59		
Gold	- Lisa Evanovich	2:19
Silver	- Diana Lydo-savich	2:14
Bronze	- Christine Daleo-Wong	1:47
60-64		
Gold	- Robbe Alexander	1:29
65-69		
Gold	- Susan Pacheco	2:37
Silver	- Lil Gary	1:51
Bronze	- Carol Anne Drastal	1:20

Farmers Walk

Men

50-54		
Gold	- Joe Ryan	10:00
Silver	- Rod Porter	9:06
Bronze	- Eric Hall	7:58
55-59		
Gold	- Paul Sasso	22:29
Silver	- Michael Eisenbraun	10:15
Bronze	- James Baker	4:03
60-64		
Gold	- Jay Gedanken	3:10
Silver	- Keith Whaley	2:41
Bronze	- Matthew Sitzer	2:36
65-69		
Gold	- Kirk Lawrence	21:06
Silver	- Lou Grande	8:25
Bronze	- Gary Linder	5:34
70-74		
Gold	- Stan Williams	6:51
Silver	- Michael McKay	6:31
Bronze	- Paul Schlesinger	6:03
75-79		
Gold	- Buddy Thomas	3:22

Women

50-54		
Gold	- Kathy Stewart	10:42
Silver	- Patricia Carta	7:02
Bronze	- Angela Hallmark	4:01
55-59		
Gold	- Mitzi Reel	6:10
Silver	- Juaquito Gray	6:03
Bronze	- Lisa Evanovich	4:41
60-64		
Gold	- Robbe Alexander	7:32
Silver	- Nicki Branch	3:41
Bronze	- Susan Couch	2:33
65-69		
Gold	- Susan Pacheco	6:05
Silver	- Lil Gary	2:19

70-74

Gold - Melia Clark 4:04

80-84

Gold - Sandra Walker 2:21

Concept Row Machine

Men

50-54		
Gold	- Rod Porter	1:36.8
Silver	- Erik Vonk	1:40.3
Bronze	- Troy Deal	1:40.9
55-59		
Gold	- Paul Sasso	1:36.3
Silver	- Charles Kenny	1:37.3
Bronze	- Michael Eisenbraun	1:40.3
60-64		
Gold	- Matthew Sitzer	1:34.2
Silver	- Jeff Southwick	1:45.4
Bronze	- Keith Whaley	1:46.1
65-69		
Gold	- Kirk Lawrence	1:50.4
Silver	- Lou Grande	2:05.1
Bronze	- Jay Suetos	2:26.2
70-74		
Gold	- Paul Schlesinger	1:57.0
Silver	- Michael McKay	1:58.6
Bronze	- Constantine Gougoulas	2:01.3

75-79

Gold - Paul Steusel 2:02.4

Gold - Buddy Thomas 2:05.8

80-85

Gold - John Holbrook 2:04.6

Women

50-54		
Gold	- Margarita Reyes-Williamson	1:53.8
Silver	- Michelle Barry	1:56.9
Bronze	- Alma Leano	1:59.1
55-59		
Gold	- Cheri Southwick	1:55.5
Silver	- Diana Lyda-savich	1:57.3
Bronze	- Juaquito Gray	1:58.3

RESULTS - 2021

60-64
Gold - Nicki Branch 2:01.6
Silver - Mara Gedanken 2:12.2
Bronze - Robbe Alexander 2:15.2

65-69
Gold - Susan Pacheco 2:08.9
Silver - Carol Anne Drastal 2:14.1
Bronze - Lil Gary 2:16.1

70-74
Gold - Sharon Harris 1:59.8

80-84
Gold - Sandra Walker 2:30.8

Bar Bell Bench Press

155 lbs - Men

50-54
Gold - David Melusky 53
Silver - Troy Deal 47
Bronze - Jeffrey Black 32

55-59
Gold - Jeff Williamson 40
Silver - Stephen Chan 31
Bronze - Daniel Bonano 26

95 lbs - Men

60-64
Gold - Jeff Southwick 45
Silver - Brian Keliher 43
Bronze - Matthew Sitzer 37

65-69
Gold - Gary Linder 53
Silver - Jay Suetos 34
Bronze - Ray Hrenko 25

75 lbs - Men

70-74
Gold - William Doyle 42
Silver - Stan Williams 35
Bronze - Michael McKay 32

75-79
Gold - Buddy Thomas 15

80-84
Gold - Michael McAleenan 29
Silver - John Holbrook 21

85-89
Gold - Staffer Walker 10

55 lbs - Women

50-54
Gold - Alma Leano 65
Silver - Angela Hallmark 35
Bronze - Michelle Barry 34

55-59
Gold - Michele Hesser 51
Silver - Lisa Evanovich 40
Bronze - Juaquito Gray 33

50 lbs - Women

60-64
Gold - Mara Gedanken 34
Silver - Nicki Branch 30
Bronze - Susan Couch 25

65-69
Gold - Lil Gary 38
Silver - Susan Pacheco 28
Bronze - Carol Anne Drastal 11

45 lbs - Women

70-74
Gold - Melia Clark 46

80-84
Gold - Sandra Walker 20

300 Yard Shuttle Run

Men

50-54
Gold - Rod Porter 1:06.9
Silver - Erik Vonk 1:07.0
Bronze - Joe Ryan 1:08.1

55-59
Gold - Vincent Butsumyo 1:02.7
Silver - Jeff Williamson 1:06.9
Bronze - Paul Sasso 1:08.7

60-64
Gold - Matthew Sitzer 1:13.7
Silver - Lester McCurtis 1:31.1

65-69
Gold - Ray Hrenko 1:04.9
Silver - Kirk Lawrence 1:10.7
Bronze - Lou Grande 1:20.1

70-74
Gold - Stan Williams 1:26.0
Silver - Bob Lawrence 1:28.6
Bronze - Michael McKay 1:29.8

75-79
Gold - Buddy Thomas 1:35.1
Women

50-54
Gold - Kathy Stewart 1:09.0
Silver - Alma Leano 1:23.4
Bronze - Mary Beth Vogt 1:25.8

55-59
Gold - Jennifer Perry 1:16.4
Silver - Juaquito Gray 1:17.2
Bronze - Diana Lydo-savich 1:20.4

60-64
Gold - Robbe Alexander 1:28.8

65-69
Gold - Carol Anne Drastal 1:32.1