



MASTERS 50+ FITNESS

September 25, 2022 | Fitness Quest 10, 9972 Scripps Ranch Blvd., San Diego, CA

Comissioner: Stan Williams

Women - 300 Yard Shuttle Run

	Time	Medal	Division
1 Tyrrell, Laurie	1:12	Gold	50
2 Moreno, Janelle	1:17	Silver	50
3 Hallmark, Angela	1:42	Bronze	50
1 Hyacinth, Flora	1:02	Gold	55
2 Lyda-Savich, Diana	1:16	Silver	55
3 White, Tracy	1:23	Bronze	55
1 Murray, Rowena	1:13	Gold	60
2 Walsh, Alison	1:17	Silver	60
3 Benning, Betsy	1:25	Bronze	60
1 Halstead, Paula	1:24	Gold	65
2 Dahl, Tonnie	1:26	Silver	65
3 Drastal, Carol Anne	1:39	Bronze	65

Men - 300 Yard Shuttle Run

	Time	Medal	Division
1 Porter, Rod	:53	Gold	50
2 Rogers, Ryan	:59	Silver	50
3 Vonk, Erik	1:05	Bronze	50
1 Williamson, Jeff	1:05	Gold	55
2 Keenan, Patrick	1:09	Silver	55
3 Mango, Patrick	1:20	Bronze	55
1 Butsumyo, Vince	1:03	Gold	60
2 Thomas, Will	1:09	Silver	60
3 Lee, James	1:10	Bronze	60
1 Goldman, Danny	1:10	Gold	65
2 Indiviglia, Lawrence	1:13	Silver	65
3 Grande, Lou	1:22	Bronze	65

1 Guevara, Andy	1:15	Gold	70
2 McKay, Michael	1:41	Silver	70
3 Roberts, Byron	1:44	Bronze	70
1 Gast, Monte	1:28	Gold	75
2 Williams, Stan	1:29	Silver	75
3 Thomas, Buddy	1:42	Bronze	75

Women - Bar Bell Bench Press

	Score	Medal	Division
1 Hallmark, Angela	32	Gold	50
2 Moreno, Janelle	29	Silver	50
3 Mango, Mrisa	18	Bronze	50
1 Surprenant, Dawn	50	Gold	55
2 Hesser, Michele	50	Gold	55
3 Lee, Suzette	40	Silver	55
1 Smith, Lauri	37	Bronze	55
1 Salcido, Amelia	39	Gold	60
2 Pitman, Teri	29	Silver	60
3 Murray, Rowena	21	Bronze	60
1 Gary, Lil	41	Gold	65
2 Halstead, Paula	38	Silver	65
3 Dahl, Tonnie	30	Bronze	65
1 Clark, Mellie	46	Gold	70
2 Cohen, Patricia	16	Silver	70
1 Walker, Sandra	29	Gold	80

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Men - Bar Bell Bench Press

	Score	Medal	Division
1 Melusky, David	53	Gold	50
2 Porter, Rod	30	Silver	50
3 Vonk, Erik	28	Bronze	50
1 Surprenant, Mike	49	Gold	55
2 Williamson, Jeff	45	Silver	55
3 White, Scott	24	Bronze	55
1 Sitzer, Matthew	61	Gold	60
1 Thomas, Will	61	Gold	60
2 Chan, Stephan	44	Silver	60
3 Keliher, Brian	40	Bronze	60
1 Netzke, Donald	40	Gold	65
2 Goldman, Danny	28	Silver	65
3 Indiviglia, Lawrence	26	Bronze	65
1 Hamlin, William	52	Gold	70
2 Roberts, Byron	51	Silver	70
3 Guevara, Andy	37	Bronze	70
1 Williams, Stan	34	Gold	75
2 Edwards, Stanton	30	Silver	75
3 Christison, Randdall	21	Bronze	75
1 Sepin, Arthur	87	Gold	80
2 Holbrook, John	42	Silver	80
3 Scott, Cliff	40	Bronze	80
1 McAleenan, Michael	38	Gold	85
2 Walker, Staff	25	Silver	85

Women - Concept Row Machine

	Time	Medal	Division
1 Moreno, Janelle	1:58	Gold	50
2 Mango, Marisa	2:03	Silver	50
3 Hallmark, Angela	2:06	Bronze	50
1 White, Tracy	1:48	Gold	55
2 Williamson, Margarita Reyes	1:54	Silver	55
3 Hesser, Michele	2:01	Bronze	55
1 Southwick, Cheri	1:54	Gold	60
2 Benning, Betsy	2:04	Silver	60
3 Salcido, Amelia	2:09	Bronze	60
1 Halstead, Paula	2:04	Gold	65
2 Gary, Lil	2:08	Silver	65
3 Drastal, Carol Anne	2:13	Bronze	65
1 Paine, Constance	2:01	Gold	70
2 Cohen, Patricia	2:34	Silver	70
1 Walker, Sandra	2:35	Gold	80

Men - Concept Row Machine

	Time	Medal	Division
1 Porter, Rod	1:31	Gold	50
2 Rogers, Ryan	1:32	Silver	50
3 Vonk, Erik	1:37	Bronze	50
1 Sasso, Paul	1:37	Gold	55
2 White, Scott	1:39	Silver	55
3 Keenan, Patrick	1:41	Bronze	55
1 Sitzer, Matthew	1:36	Gold	60
2 Kaseno, Greg	1:42	Silver	60
3 Snider, Michael	1:44	Bronze	60
1 Goldman, Danny	1:39	Gold	65
2 Navarro, David	1:41	Silver	65
3 Netzke, Donald	1:42	Bronze	65
1 Roberts, Byron	1:48	Gold	70
2 Hamlin, William	1:51	Silver	70
3 McKay, Michael	1:56	Bronze	70
1 Schesinger, Paul	1:56	Gold	75
2 Thomas, Buddy	2:03	Silver	75
3 Edwards, Stanton	2:10	Bronze	75
1 Holbrook, John	2:06	Gold	80

Women - Jump Rope

	Score	Medal	Division
1 Tyrrell, Laurie	165	Gold	50
2 Moreno, Janelle	164	Silver	50
3 Hallmark, Angela	133	Bronze	50
1 Hyacinth, Flora	171	Gold	55
2 Lyda-Savich, Diana	149	Silver	55
3 Surprenant, Dawn	142	Bronze	55
1 Walsh, Alison	165	Gold	60
2 Murray, Rowena	148	Silver	60
3 Southwick, Carol	147	Bronze	60
1 Gary, Lil	136	Gold	65
2 Halstead, Paula	122	Silver	65
3 Drastal, Carol Anne	115	Bronze	65
1 Walker, Sandra	139	Gold	80

Men - Jump Rope

	Score	Medal	Division
1 Porter, Rod	177	Gold	50
2 Fine, Justin	159	Silver	50
3 Rogers, Ryan	137	Bronze	50
1 Surprenant, Mike	168	Gold	55
2 Keenan, Patrick	143	Silver	55
3 Sasso, Paul	125	Bronze	55
1 Thomas, Will	170	Gold	60
2 Butsumyo, Vince	163	Silver	60

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3	McCurtis, Lester	161	Bronze	60
3	Sitzwer, Matthew	161	Bronze	60
1	Grande, Lou	136	Gold	65
2	Navarri, David	135	Silver	65
3	Indiviglia, Lawrence	134	Bronze	65
1	Roberts, Byron	162	Gold	70
2	Hamlin, William	106	Silver	70
3	McKay, Michael	95	Bronze	70
1	Gast, Monte	133	Gold	75
2	Williams, Stan	74	Silver	75
3	Thomas, Buddy	62	Bronze	75

Women - Keg Toss

	Score	Medal	Division	
1	Moreno, Janelle	29.8	Gold	50
2	Tyrrell, Laurie	28.0	Silver	50
3	Mango, Marisa	24.5	Bronze	50
1	Hyacinth, Flora	43.3	Gold	55
2	Williamson, Margarita Reyes	34.8	Silver	55
3	Hesser, Michele	31.1	Bronze	55
1	Southwick, Cheri	29.9	Gold	60
2	Murray, Rowena	28.3	Silver	60
3	Walsh, Alison	27.9	Bronze	60
1	Halstead, Paula	29.2	Gold	65
2	Couch, Susan	25.9	Silver	65
3	Gary, Lil	20.5	Bronze	65
1	Clark, Mellie	23.7	Gold	70
2	Paine, Constance	20.9	Silver	70
3	Cohen, Patricia	11.1	Bronze	70

Men - Keg Toss

	Score	Medal	Division	
1	Porter, Rod	40.3	Gold	50
2	Rogers, Ryan	33.6	Silver	50
3	Vonk, Erik	31.2	Bronze	50
1	Rogers, Ryan	41.2	Gold	55
2	Williamson, Jeff	37.7	Silver	55
3	Sasso, Paul	30.6	Bronze	55
1	Sitzer, Matthew	38.6	Gold	60
2	Williamson, Jeff	36.4	Silver	60
3	Keliher, Brian	32.5	Bronze	60
1	Navarro, David	35.7	Gold	65
2	Goldman, Danny	25.5	Silver	65
3	Wapner, Michael	23.6	Bronze	65
1	Hamlin, William	31.5	Gold	70
2	McKay, Michael	28.9	Silver	70
3	Roberts, Byron	26.9	Bronze	70

1	Edwards, Stanton	28.9	Gold	75
2	Williams, Stan	23.3	Silver	75
3	Thomas, Buddy	19.2	Bronze	75
1	Sepin, Arthur	27.1	Gold	80
2	Scott, Cliff	20.5	Silver	80
3	Holbrook, John	15.6	Bronze	80

Women - Kettlebell

Box Squats

	Score	Medal	Division	
1	Tyrrell, Laurie	45	Gold	50
2	Moreno, Janelle	42	Silver	50
3	Hallmark, Angela	32	Bronze	50
1	Williamson, Margarita Reyes	65	Gold	55
2	Surprenant, Dawn	52	Silver	55
3	White, Tracy	21	Bronze	55
1	Murray, Rowena	150	Gold	60
2	Walsh, Alison	68	Silver	60
3	Ozeki, Deb	35	Bronze	60
1	Halstead, Paula	60	Gold	65
2	Dahl, Tonnie	53	Silver	65
3	Drastal, Carol Anne	13	Bronze	65
1	Paine, Constance	70	Gold	70
2	Williams, Trish	44	Silver	70
1	Walker, Sandra	25	Gold	80

Men - Kettlebell

Box Squats

	Score	Medal	Division	
1	Justin, Fine	62	Gold	50
2	Porter, Rod	53	Silver	50
2	Vonk, Erik	53	Silver	50
3	Rogers, Ryan	40	Bronze	50
1	Surprenant, Mike	90	Gold	55
2	Kennan, Patrick	71	Silver	55
3	Sasso, Paul	63	Bronze	55
1	Butsumyo, Vince	90	Gold	60
2	Thomas, Will	75	Silver	60
3	Snider, Michael	60	Bronze	60
1	Netzke, Don	72	Gold	65
2	Indiviglia, Lawrence	50	Silver	65
3	Goldman, Danny	55	Bronze	65
1	Guevara, Andy	55	Gold	70
2	McKay, Michael	51	Silver	70
3	Lawrence, Bob	35	Bronze	70
1	Williams, Stan	60	Gold	75
2	Gast, Monte	30	Silver	75

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3 Christison, Randall	26	Bronze	75
1 Morgan, Joseph	12	Gold	80

Women - Medicine Ball Slams (10 lbs.)

	Score	Medal	Division
1 Tyrrell, Laurie	53	Gold	50
2 Hallmark, Angela	44	Silver	50
2 Mango, Marisa	44	Silver	50
3 Moreno, Janelle	43	Bronze	50
1 Williamson, Margarita Reyes	50	Gold	55
2 Lyda-Savich, Diana	48	Silver	55
3 Hesser, Michelle	45	Bronze	55
1 Southwick, Cheri	58	Gold	60
2 Salcido, Amelia	44	Silver	60
2 Pitman, Teri	44	Silver	60
3 Walsh, Alison	43	Bronze	60
1 Halstead, Paula	45	Gold	65
2 Couch, Susan	41	Silver	65
3 Gary, Lil	37	Bronze	65
1 Paine, Constance	39	Gold	70
2 Willims, Trish	36	Silver	70

Men - Medicine Ball Slams (15 lbs.)

	Score	Medal	Division
1 Porter, Rod	53	Gold	50
2 Noel, Shane	50	Silver	50
2 Vonk, Erik	50	Silver	50
3 Fine, Justin	49	Bronze	50
1 Mango, Patrick	49	Gold	55
2 Kennan, Patrick	48	Silver	55
2 Surprenant, Mike	48	Silver	55
3 White, Scott	44	Bronze	55
1 Butsumyo, Vince	57	Gold	60
2 Snider, Michael	51	Silver	60
3 Kaeno, Greg	50	Silver	60
1 Navarro, David	45	Gold	65
2 Indiviglia, Lawrence	44	Silver	65
2 Netzke, Donald	44	Silver	65
3 Couch, Damon	38	Bronze	65
1 Roberts, Byron	44	Gold	70
2 McKay, Michael	40	Silver	70
3 Hamlin, William	36	Bronze	70
1 William, Stan	42	Gold	75
2 Thomas, Buddy	36	Silver	75
3 Edwards, Stanton	35	Bronze	75

Women - Prowler Push	Time	Medal	Division
1 Moreno, Janelle	16:21	Gold	50
2 Hallmark, Angela	16:34	Silver	50
3 Tyrrell, Laurie	16:97	Bronze	50
1 Hyacinth, Flora	12:81	Gold	55
2 Williamson, Margarita Reyes	13:88	Silver	55
3 Lee, Suzette	14:09	Bronze	55
1 Southwick, Cheri	15:78	Gold	60
2 Murray, Rowena	16:00	Silver	60
3 Erlenbch, Lori	17:59	Bronze	60
1 Halstead, Paula	17:47	Gold	65
2 Dahl, Tonnie	17:81	Silver	65
3 Drastal, Carol Anne	19:59	Bronze	65
1 Paine, Constance	17:89	Gold	70
2 Clark, Mellie	19:91	Silver	70
3 Cohen, Patricia	24:25	Bronze	70
1 Walker, Sandra	24:13	Gold	80

Men - Prowler Push	Time	Medal	Division
1 Rogers, Ryan	12:81	Gold	50
2 Porter, Rod	12:94	Silver	50
3 Noel, Shane	13:90	Bronze	50
1 Surprenant, Mike	12:81	Gold	55
2 Williamson, Jeff	13:60	Silver	55
3 Sasso, Paul	14:75	Bronze	55
1 Sitzer, Matthew	13:28	Gold	60
2 Thomas, Will	13:41	Silver	60
3 Chan, Stephan	14:00	Bronze	60
1 Navarro, David	13:54	Gold	65
2 Netzke, Donald	16:18	Silver	65
3 Indiviglia, Lawrence	17:91	Bronze	65
1 Roberts, Byron	14:88	Gold	70
2 McKay, Michael	16:46	Silver	70
3 Lawrence, Bob	17:87	Bronze	70
1 Williams, Stan	18:93	Gold	75
2 Thomas, Buddy	21:12	Silver	75
3 Gast, Monte	21:15	Bronze	75
1 Holbrook, John	23:40	Gold	80
2 Scott, Cliff	24:06	Silver	80

Women - Standing Broad Jump	Score	Medal	Division
1 Tyrrell, Laurie	62.0	Gold	50
2 Moreno, Janelle	61.7	Silver	50
3 Hallmark, Angela	57.5	Bronze	50
1 Hyacinth, Flora	96.2	Gold	55

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2 Williamson, Margarita Reyes	69.5	Silver	55
3 Lynda-Savich, Diana	57.0	Bronze	55
1 Murray, Rowena	59.0	Gold	60
2 Walsh, Paula	58.5	Silver	60
3 Benning, Betsy	57.2	Bronze	60
1 Halstead, Paula	71.0	Gold	65
2 Gary, Lil	45.7	Silver	65
3 Drastal, Carol Anne	44.2	Bronze	65
1 Cohen, Patricia	41.2	Gold	70

Men - Standing Broad Jump

	Score	Medal	Division
1 Rogers, Ryan	95.5	Gold	50
2 Fine, Justin	91.7	Silver	50
3 Vonk, Erik	87.5	Bronze	50
1 Williamson, Jeff	83.2	Gold	55
2 Surprenant, Mike	83	Silver	55
3 Keenan, Patrick	82.5	Bronze	55
1 Butsumyo, Vince	87.7	Gold	60
2 Sitzer, Matthew	84.7	Silver	60
3 Chan, Stephan	75.5	Bronze	60
1 Navarro, David	69.0	Gold	65
2 Indiviglia, Lawrence	63.5	Silver	65
1 Roberts, Byron	69.0	Gold	70
2 Lawrence, Bob	66.0	Silver	70
3 Hamlin, William	62.0	Bronze	70
1 Gast, Monte	72.5	Gold	75
2 Williams, Stan	52.5	Silver	75
3 Thomas, Buddy	43.2	Bronze	75
1 Sepin, Arthur	46.0	Gold	80
2 Holbrook, John	31.7	Silver	80

Women - Straight Arm Dead Hang

	Time	Medal	Division
1 Hallmark, Angela	1:41	Gold	50
1 Lyda-Savich, Diana	3:00	Gold	55
2 Hyacinth, Flora	2:10	Silver	55
3 Zwick, Odette	2:06	Bronze	55
1 Murray, Rowena	3:00	Gold	60
2 Erlenbch, Lori	1:16	Silver	60
3 Salcido, Amelia	1:09	Bronze	60
1 Halstead, Paula	1:36	Gold	65
2 Gary, Lil	1:25	Silver	65
3 Drastal, Carol Anne	1:17	Bronze	65
1 Paine, Constance	2:07	Gold	70
2 Cohen, Patricia	1:32	Silver	70

Men - Straight Arm Dead Hang

	Time	Medal	Division
1 Porter, Rod	2:32	Gold	50
2 Rogers, Ryan	2:22	Silver	50
3 Fine, Justin	2:02	Bronze	50
1 Sasso, Paul	2:39	Gold	55
2 Williamson, Jeff	2:20	Silver	55
3 Keenan, Patrick	1:48	Bronze	55
1 Lee, James	2:09	Gold	60
2 Chan, Stephan	1:57	Silver	60
3 Snider, Michael	1:22	Bronze	60
1 Goldman	3:14	Gold	65
2 Grande, Lou	3:03	Silver	65
3 Indiviglia, Lawrence	1:28	Bronze	65
1 Roberts, Byron	3:23	Gold	70
2 Guevara, Andy	2:41	Silver	70
3 Snider, Michael	1:22	Bronze	70
1 Williams, Stan	2:09	Gold	75
2 Schlesinger, Paul	2:02	Silver	75
3 Thomas, Buddy	1:03	Bronze	75
1 Holbrook, John	3:22	Gold	80
2 Scott, Cliff	3:06	Silver	80