

## San Diego Senior Games Fitness Competition 2023

Event Name	Event Level	Gender	Age	Medal	Name	Time SS.ss
Prowler Push (in seconds)	2X45 Plates	Men	50-54	Gold	Ryan Rogers	12.20
Prowler Push (in seconds)	2X45 Plates	Men	50-54	Silver	Shane Noel	12.70
Prowler Push (in seconds)	2X45 Plates	Men	50-54	Bronze	Matt Higgins	14.01
Prowler Push (in seconds)	2X45 Plates	Men	55-59	Gold	Paul Sasso	14.51
Prowler Push (in seconds)	2X45 Plates	Men	55-59	Silver	Eric Vonk	15.16
Prowler Push (in seconds)	2X45 Plates	Men	55-59	Bronze	Robert Ilko	17.70
Prowler Push (in seconds)	2X45 Plates	Men	60-64	Gold	Vince Butsumyo	13.75
Prowler Push (in seconds)	2X45 Plates	Men	60-64	Silver	Oliver Harris	14.08
Prowler Push (in seconds)	2X45 Plates	Men	60-64	Bronze	Stephen Chan	14.41
Prowler Push (in seconds)	2X45 Plates	Men	65-69	Gold	Kirk Lawrence	17.62
Prowler Push (in seconds)	2X45 Plates	Men	65-69	Silver	David Rivera	21.20
Prowler Push (in seconds)	2X45 Plates	Men	65-69	Bronze	Jerry Hemme	21.25
Prowler Push (in seconds)	2X45 Plates	Men	70-74	Gold	Byron Roberts	16.35
Prowler Push (in seconds)	2X45 Plates	Men	70-74	Silver	William Doyle	16.50
Prowler Push (in seconds)	2X45 Plates	Men	70-74	Bronze	Michael McKay	17.23
Prowler Push (in seconds)	2X45 Plates	Men	75-79	Gold	Stan Williams	16.95
Prowler Push (in seconds)	2X45 Plates	Men	75-79	Silver	Bob Lawrence	17.01
Prowler Push (in seconds)	2X45 Plates	Men	75-79	Bronze	Buddy Thomas	21.26
Prowler Push (in seconds)	2X45 Plates	Men	80-84	Gold	Arthur Sepin	17.60
Prowler Push (in seconds)	2X45 Plates	Men	80-84	Silver	Yong Kim	23.09
Prowler Push (in seconds)	2X45 Plates	Men	80-84	Bronze	Cliff Scott	24.65
Prowler Push (in seconds)	2X45 Plates	Men	90-94	Gold	Stafford Walker	30.66
Prowler Push (in seconds)	2X25 Plates	Women	50-54	Gold	Lee Ann Kim	15.15
Prowler Push (in seconds)	2X25 Plates	Women	50-54	Silver	Angela Hallmark	16.07
Prowler Push (in seconds)	2X25 Plates	Women	50-54	Bronze	Inger De Ley	16.57
Prowler Push (in seconds)	2X25 Plates	Women	55-59	Gold	Margarita Reyes-Williamson	14.00
Prowler Push (in seconds)	2X25 Plates	Women	55-59	Silver	Diana Lyda-Savich	16.46
Prowler Push (in seconds)	2X25 Plates	Women	55-59	Bronze	Charlene Gaine	16.83
Prowler Push (in seconds)	2X25 Plates	Women	60-64	Gold	Rowena Murray	15.09
Prowler Push (in seconds)	2X25 Plates	Women	60-64	Silver	Julie Matthews	16.27
Prowler Push (in seconds)	2X25 Plates	Women	60-64	Bronze	Lori Erlenbach	16.89
Prowler Push (in seconds)	2X25 Plates	Women	65-69	Gold	Tonnie Dahl	15.95
Prowler Push (in seconds)	2X25 Plates	Women	65-69	Silver	Paula Halstead	16.53
Prowler Push (in seconds)	2X25 Plates	Women	65-69	Bronze	Karilyn Greenwood	17.63

## San Diego Senior Games Fitness Competition 2023

Prowler Push (in seconds)	2X25 Plates	Women	70-74	Gold	Brenda Steele Matthews	16.38
Prowler Push (in seconds)	2X25 Plates	Women	70-74	Silver	Constance Paine	20.18
Prowler Push (in seconds)	2X25 Plates	Women	70-74	Bronze	Trish Williams	25.53
Prowler Push (in seconds)	2X25 Plates	Women	75-79	Gold	Marlene Petrie	23.58
Prowler Push (in seconds)	2X25 Plates	Women	80-84	Gold	Sandra Walker	23.39
Prowler Push (in seconds)	2X25 Plates	Women	80-84	Silver	Catherine Nicholson	24.66
Prowler Push (in seconds)	2X25 Plates	Women	80-84	Bronze	Kristine Carraway	44.26
<b>Event Name</b>	<b>Event Level</b>	<b>Gender</b>	<b>Age</b>	<b>Medal</b>	<b>Name</b>	<b>Reps</b>
Medicine Ball Slams	15 lbs	Men	50-54	Gold	Sal Crivello	51
Medicine Ball Slams	15 lbs	Men	50-54	Silver	Shane Noel	50
Medicine Ball Slams	15 lbs	Men	50-54	Bronze	Matt Higgins	47
Medicine Ball Slams	15 lbs	Men	55-59	Gold	Eric Vonk	48
Medicine Ball Slams	15 lbs	Men	60-64	Gold	Vince Butsumyo	54
Medicine Ball Slams	15 lbs	Men	60-64	Silver	Michael Snider	48
Medicine Ball Slams	15 lbs	Men	60-64	Bronze	Greg Kaseno	47
Medicine Ball Slams	15 lbs	Men	65-69	Gold	Kirk Lawrence	50
Medicine Ball Slams	15 lbs	Men	65-69	Silver	Michael Wapner	36
Medicine Ball Slams	15 lbs	Men	65-69	Bronze	Damon Couch	35
Medicine Ball Slams	15 lbs	Men	65-69	Bronze	Jerry Hemme	35
Medicine Ball Slams	15 lbs	Men	70-74	Gold	William Doyle	48
Medicine Ball Slams	15 lbs	Men	70-74	Silver	Byron Roberts	45
Medicine Ball Slams	15 lbs	Men	70-74	Bronze	Andy Guevara	40
Medicine Ball Slams	15 lbs	Men	75-79	Gold	Stan Williams	40
Medicine Ball Slams	15 lbs	Men	75-79	Gold	Stanton Edwards	40
Medicine Ball Slams	15 lbs	Men	75-79	Silver	Bob Lawrence	31
Medicine Ball Slams	15 lbs	Men	75-79	Bronze	Buddy Thomas	30
Medicine Ball Slams	15 lbs	Men	80-84	Gold	Yong Kim	31
Medicine Ball Slams	15 lbs	Men	85-89	Gold	Michael McAleenan	27
Medicine Ball Slams	10 lbs	Women	50-54	Gold	Inger De Ley	45
Medicine Ball Slams	10 lbs	Women	50-54	Silver	Angela Hallmark	41
Medicine Ball Slams	10 lbs	Women	50-54	Bronze	Lee Ann Kim	40
Medicine Ball Slams	10 lbs	Women	55-59	Gold	Laura Tyrrell	50
Medicine Ball Slams	10 lbs	Women	55-59	Silver	Margarita Reyes-Williamson	49

## San Diego Senior Games Fitness Competition 2023

Medicine Ball Slams	10 lbs	Women	55-59	Bronze	Michelle Hesser	45
Medicine Ball Slams	10 lbs	Women	60-64	Gold	Rowena Murray	44
Medicine Ball Slams	10 lbs	Women	60-64	Silver	Julie Wilcox	42
Medicine Ball Slams	10 lbs	Women	60-64	Bronze	Teri Pitman	41
Medicine Ball Slams	10 lbs	Women	65-69	Gold	Paula Halstead	43
Medicine Ball Slams	10 lbs	Women	65-69	Silver	Karilyn Greenwood	42
Medicine Ball Slams	10 lbs	Women	65-69	Bronze	Tonnie Dahl	39
Medicine Ball Slams	10 lbs	Women	65-69	Bronze	Nancy Grais	39
Medicine Ball Slams	10 lbs	Women	70-74	Gold	Brenda Steele Matthews	35
Medicine Ball Slams	10 lbs	Women	70-74	Silver	Constance Paine	33
Medicine Ball Slams	10 lbs	Women	70-74	Bronze	Trish Williams	32
Medicine Ball Slams	10 lbs	Women	80-84	Gold	Catherine Nicholson	30
<b>Event Name</b>	<b>Event Level</b>	<b>Gender</b>	<b>Age</b>	<b>Medal</b>	<b>Name</b>	<b>Reps</b>
Kettlebell Box Squat	24 kg	Men	50-54	Gold	Sal Crivello	100
Kettlebell Box Squat	24 kg	Men	50-54	Silver	Shane Noel	81
Kettlebell Box Squat	24 kg	Men	50-54	Bronze	David Woods	40
Kettlebell Box Squat	24 kg	Men	55-59	Gold	Eric Vonk	56
Kettlebell Box Squat	24 kg	Men	55-59	Silver	Robert Ilko	22
Kettlebell Box Squat	24 kg	Men	60-64	Gold	Vince Butsumyo	90
Kettlebell Box Squat	24 kg	Men	60-64	Silver	Greg Kaseno	73
Kettlebell Box Squat	24 kg	Men	60-64	Bronze	Peter Wulff	50
Kettlebell Box Squat	24 kg	Men	65-69	Gold	Kirk Lawrence	86
Kettlebell Box Squat	24 kg	Men	65-69	Silver	Jerry Hemme	25
Kettlebell Box Squat	24 kg	Men	65-69	Bronze	Damon Couch	20
Kettlebell Box Squat	16 kg	Men	70-74	Gold	John Bridges	65
Kettlebell Box Squat	16 kg	Men	70-74	Silver	Byron Roberts	53
Kettlebell Box Squat	16 kg	Men	70-74	Bronze	Williams Doyle	51
Kettlebell Box Squat	16 kg	Men	75-79	Gold	Stan Williams	40
Kettlebell Box Squat	16 kg	Men	75-79	Silver	Buddy Thomas	25
Kettlebell Box Squat	12 kg	Men	80-84	Gold	Cliff Scott	61
Kettlebell Box Squat	12 kg	Men	80-84	Silver	Yong Kim	42
Kettlebell Box Squat	12 kg	Men	80-84	Bronze	Randall Christison	35
Kettlebell Box Squat	20 kg	Women	50-54	Gold	Inger De Ley	60
Kettlebell Box Squat	20 kg	Women	50-54	Silver	Lee Ann Kim	57
Kettlebell Box Squat	20 kg	Women	50-54	Bronze	Angela Hallmark	45

## San Diego Senior Games Fitness Competition 2023

Kettlebell Box Squat	20 kg	Women	55-59	Gold	Margarita Reyes-Williamson	70
Kettlebell Box Squat	20 kg	Women	55-59	Silver	Diana Lyda-Savich	21
Kettlebell Box Squat	16 kg	Women	60-64	Gold	Alison Walsh	106
Kettlebell Box Squat	16 kg	Women	60-64	Silver	Rowena Murray	100
Kettlebell Box Squat	16 kg	Women	60-64	Bronze	Julie Wilcox	51
Kettlebell Box Squat	16 kg	Women	65-69	Gold	Tonnie Dahl	70
Kettlebell Box Squat	16 kg	Women	65-69	Silver	Paula Halstead	61
Kettlebell Box Squat	16 kg	Women	65-69	Bronze	Karilyn Greenwood	50
Kettlebell Box Squat	12 kg	Women	70-74	Gold	Brenda Steele Matthews	63
Kettlebell Box Squat	12 kg	Women	70-74	Silver	Trish Williams	50
Kettlebell Box Squat	12 kg	Women	70-74	Silver	Constance Pain	50
Kettlebell Box Squat	12 kg	Women	75-79	Gold	Gail Hazard	50
Kettlebell Box Squat	8 kg	Women	80-84	Gold	Catherine Nicholson	50
Kettlebell Box Squat	8 kg	Women	80-84	Gold	Kristine Carraway	50
Kettlebell Box Squat	8 kg	Women	80-84	Silver	Sandra Walker	37
<b>Event Name</b>	<b>Event Level</b>	<b>Gender</b>	<b>Age</b>	<b>Medal</b>	<b>Name</b>	<b>Distance</b>
Dynamax Ball Overhead Throw	8 lbs	Men	50-54	Gold	Matt Higgins	42'6"
Dynamax Ball Overhead Throw	8 lbs	Men	50-54	Silver	Ryan Rogers	37'6"
Dynamax Ball Overhead Throw	8 lbs	Men	50-54	Bronze	David Woods	34'4"
Dynamax Ball Overhead Throw	8 lbs	Men	55-59	Gold	Paul Sasso	32'
Dynamax Ball Overhead Throw	8 lbs	Men	55-59	Silver	Eric Vonk26'	
Dynamax Ball Overhead Throw	8 lbs	Men	55-59	Bronze	Robert Ilko	24'
Dynamax Ball Overhead Throw	8 lbs	Men	60-64	Gold	Oliver Harris	37'
Dynamax Ball Overhead Throw	8 lbs	Men	60-64	Silver	Michael Snider	35'7"
Dynamax Ball Overhead Throw	8 lbs	Men	60-64	Bronze	Brian Keliher	32'11"
Dynamax Ball Overhead Throw	8 lbs	Men	65-69	Gold	Kirk Lawrence	28'4"
Dynamax Ball Overhead Throw	8 lbs	Men	65-69	Silver	Michael Wapner	24'
Dynamax Ball Overhead Throw	8 lbs	Men	65-69	Bronze	David Riveria	21'9"
Dynamax Ball Overhead Throw	8 lbs	Men	70-74	Gold	Curtis Royall Sr.	30'10"
Dynamax Ball Overhead Throw	8 lbs	Men	70-74	Silver	William Doyle	30'2"
Dynamax Ball Overhead Throw	8 lbs	Men	70-74	Bronze	Michael McKay	27'7"
Dynamax Ball Overhead Throw	8 lbs	Men	75-79	Gold	Stanton Edwards	27'
Dynamax Ball Overhead Throw	8 lbs	Men	75-79	Silver	Bob Lawrence	25'11"
Dynamax Ball Overhead Throw	8 lbs	Men	75-79	Bronze	Gary Austin	25'

## San Diego Senior Games Fitness Competition 2023

Dynamax Ball Overhead Throw	8 lbs	Men	80-84	Gold	Arthur Sepin	26'10"
Dynamax Ball Overhead Throw	8 lbs	Men	80-84	Silver	Cliff Scott	23'
Dynamax Ball Overhead Throw	8 lbs	Men	80-84	Bronze	John Holbrook	18'9"
Dynamax Ball Overhead Throw	8 lbs	Men	85-89	Gold	Michael McAleenan	17'5"
Dynamax Ball Overhead Throw	8 lbs	Men	85-89	Silver	Joseph Morgan	13'4"
Dynamax Ball Overhead Throw	8 lbs	Men	90-94	Gold	Stafford Walker	10'
Dynamax Ball Overhead Throw	4 lbs	Women	50-54	Gold	Lee Ann Kim	29'
Dynamax Ball Overhead Throw	4 lbs	Women	50-54	Silver	Angela Hallmark	28'
Dynamax Ball Overhead Throw	4 lbs	Women	50-54	Silver	Inger De Ley	28'
Dynamax Ball Overhead Throw	4 lbs	Women	55-59	Gold	Margarita Reyes-Williamson	35'
Dynamax Ball Overhead Throw	4 lbs	Women	55-59	Silver	Michele Hesser	31'10"
Dynamax Ball Overhead Throw	4 lbs	Women	55-59	Bronze	Diana Lyda-Savich	30'2"
Dynamax Ball Overhead Throw	4 lbs	Women	60-64	Gold	Alison Walsh	28'7"
Dynamax Ball Overhead Throw	4 lbs	Women	60-64	Silver	Rowena Murray	28'
Dynamax Ball Overhead Throw	4 lbs	Women	60-64	Bronze	Patricia Hammel	27'7"
Dynamax Ball Overhead Throw	4 lbs	Women	65-69	Gold	Paula Halstead	32'9"
Dynamax Ball Overhead Throw	4 lbs	Women	65-69	Silver	Susan Couch	28'
Dynamax Ball Overhead Throw	4 lbs	Women	65-69	Bronze	Karilyn Greenwood	26'
Dynamax Ball Overhead Throw	4 lbs	Women	70-74	Gold	Constance Paine	27'
Dynamax Ball Overhead Throw	4 lbs	Women	70-74	Silver	Karen Brookfield	24'11"
Dynamax Ball Overhead Throw	4 lbs	Women	70-74	Silver	Brenda Steele Matthews	24'11"
Dynamax Ball Overhead Throw	4 lbs	Women	70-74	Bronze	Trish Williams	19'6"
Dynamax Ball Overhead Throw	4 lbs	Women	75-79	Gold	Marlene Petrie	20'2"
Dynamax Ball Overhead Throw	4 lbs	Women	75-79	Silver	Gail Hazard	14'8"
Dynamax Ball Overhead Throw	4 lbs	Women	80-84	Gold	Catherine Nicholson	24'7"
Dynamax Ball Overhead Throw	4 lbs	Women	80-84	Silver	Kristine Carraway	11'
<b>Event Name</b>		<b>Gender</b>	<b>Age</b>	<b>Medal</b>	<b>Name</b>	<b>Reps</b>
Jump Rope		Men	50-54	Gold	Sal Crivello	167
Jump Rope		Men	50-54	Silver	Ryan Rogers	155
Jump Rope		Men	55-59	Gold	Paul Sasso	150
Jump Rope		Men	55-59	Silver	Eric Vonk	140
Jump Rope		Men	55-59	Bronze	Robert Ilko	126
Jump Rope		Men	60-64	Gold	Vince Butsumyo	194

## San Diego Senior Games Fitness Competition 2023

Jump Rope		Men	60-64	Silver	Brian Keliher	127
Jump Rope		Men	60-64	Bronze	Michael Snider	120
Jump Rope		Men	65-69	Gold	Kirk Lawrence	194
Jump Rope		Men	65-69	Silver	Jerry Hemme	150
Jump Rope		Men	65-69	Bronze	David Rivera	22
Jump Rope		Men	70-74	Gold	Byron Roberts	148
Jump Rope		Men	70-74	Silver	Andy Guevara	118
Jump Rope		Men	70-74	Bronze	Michael McKay	82
Jump Rope		Men	75-79	Gold	Stan Williams	81
Jump Rope		Men	75-79	Silver	Bob Lawrence	68
Jump Rope		Men	75-79	Bronze	Buddy Thomas	63
Jump Rope		Men	80-84	Gold	Yong Kim	87
Jump Rope		Women	50-54	Gold	Lee Ann Kim	171
Jump Rope		Women	50-54	Silver	Angela Hallmark	148
Jump Rope		Women	50-54	Bronze	Inger De Ley	139
Jump Rope		Women	55-59	Gold	Laurie Tyrrell	164
Jump Rope		Women	55-59	Silver	Diana Lyda-Savich	157
Jump Rope		Women	55-59	Bronze	Margarita Reyes-Williamson	148
Jump Rope		Women	60-64	Gold	Rowena Murray	175
Jump Rope		Women	60-64	Silver	Alison Walsh	171
Jump Rope		Women	60-64	Bronze	Tonya Davis Williams	134
Jump Rope		Women	65-69	Gold	Paula Halstead	157
Jump Rope		Women	65-69	Silver	Pamela Rothacker	129
Jump Rope		Women	70-74	Gold	Brenda Steele Matthew	120
<b>Event Name</b>		<b>Gender</b>	<b>Age</b>	<b>Medal</b>	<b>Name</b>	<b>MM:SS</b>
Overhead Straight Arm Hang		Men	50-54	Gold	Ryan Rogers	2:05
Overhead Straight Arm Hang		Men	55-59	Gold	Paul Sasso	2:32
Overhead Straight Arm Hang		Men	55-59	Silver	Eric Vonk	2:07
Overhead Straight Arm Hang		Men	60-64	Gold	Jim Kaplan	6:00
Overhead Straight Arm Hang		Men	60-64	Silver	Rick Raimondi	3:01
Overhead Straight Arm Hang		Men	60-64	Bronze	Vince Butsumyo	1:50
Overhead Straight Arm Hang		Men	65-69	Gold	Jerry Hemme	3:43
Overhead Straight Arm Hang		Men	65-69	Silver	David Rivera	3:03

## San Diego Senior Games Fitness Competition 2023

Overhead Straight Arm Hang		Men	70-74	Gold	Andy Guevara	3:33
Overhead Straight Arm Hang		Men	70-74	Silver	Byron Roberts	3:09
Overhead Straight Arm Hang		Men	70-74	Bronze	Robert Rauch	1:34
Overhead Straight Arm Hang		Men	75-79	Gold	Stan Williams	2:19
Overhead Straight Arm Hang		Men	75-79	Silver	Buddy Thomas	1:01
Overhead Straight Arm Hang		Men	80-84	Gold	John Holbrook	4:25
Overhead Straight Arm Hang		Men	80-84	Silver	Cliff Scott	2:09
Overhead Straight Arm Hang		Men	80-84	Bronze	Yong Kim	2:04
Overhead Straight Arm Hang		Men	90-94	Gold	Stafford Walker	0:19
Overhead Straight Arm Hang		Women	50-54	Gold	Lee Ann Kim	2:07
Overhead Straight Arm Hang		Women	50-54	Silver	Inger De Ley	1:45
Overhead Straight Arm Hang		Women	55-59	Gold	Diana Lyda-Savich	3:08
Overhead Straight Arm Hang		Women	60-64	Gold	Joan Amaral	3:01
Overhead Straight Arm Hang		Women	60-64	Silver	Rowena Murray	2:25
Overhead Straight Arm Hang		Women	60-64	Bronze	Allison Walsh	1:56
Overhead Straight Arm Hang		Women	65-69	Gold	Karilyn Greenwood	2:41
Overhead Straight Arm Hang		Women	65-69	Silver	Peggy Happ	2:31
Overhead Straight Arm Hang		Women	65-69	Bronze	Paula Halstead	1:49
Overhead Straight Arm Hang		Women	70-74	Gold	Constance Paine	2:30
					Brenda Steele	
Overhead Straight Arm Hang		Women	70-74	Silver	Matthews	1:53
Overhead Straight Arm Hang		Women	75-79	Gold	Gail Hazard	2:47
<b>Event Name</b>		<b>Gender</b>	<b>Age</b>	<b>Medal</b>	<b>Name</b>	<b>Distance</b>
Standing Broad Jump		Men	50-54	Gold	Ryan Rogers	92
Standing Broad Jump		Men	50-54	Silver	Matt Higgins	80.5
Standing Broad Jump		Men	50-54	Bronze	David Woods	78.5
Standing Broad Jump		Men	55-59	Gold	Eric Vonk	82.5
Standing Broad Jump		Men	55-59	Silver	Paul Sasso	70
Standing Broad Jump		Men	55-59	Bronze	Robert Ilko	50
Standing Broad Jump		Men	60-64	Gold	Vince Butsumyo	92
Standing Broad Jump		Men	60-64	Silver	Stephen Chan	72
Standing Broad Jump		Men	60-64	Bronze	Brian Keliher	68.5
Standing Broad Jump		Men	60-64	Bronze	Jeff Rothstein	68.5
Standing Broad Jump		Men	65-69	Gold	Kirk Lawrence	74
Standing Broad Jump		Men	65-69	Silver	Jerry Hemme	72

## San Diego Senior Games Fitness Competition 2023

Standing Broad Jump		Men	65-69	Bronze	David Rivera	53.5
Standing Broad Jump		Men	70-74	Gold	Byron Roberts	72
Standing Broad Jump		Men	70-74	Silver	William Doyle	62
Standing Broad Jump		Men	70-74	Bronze	Robert Rauch	61
Standing Broad Jump		Men	75-79	Gold	Stan Williams	57.5
Standing Broad Jump		Men	75-79	Silver	Bob Lawrence	54.5
Standing Broad Jump		Men	75-79	Bronze	Buddy Thomas	44.3
Standing Broad Jump		Men	80-84	Gold	Yong Kim	58
Standing Broad Jump		Men	80-84	Silver	Arthur Sepin	47
Standing Broad Jump		Men	80-84	Bronze	John Holbrook	26
Standing Broad Jump		Women	50-54	Gold	Inger De Ley	65
Standing Broad Jump		Women	50-54	Gold	Lee Ann Kim	65
Standing Broad Jump		Women	50-54	Gold	Angela Hallmark	65
Standing Broad Jump		Women	55-59	Gold	Margarita Reyes-Williamson	70
Standing Broad Jump		Women	55-59	Silver	Laurie Tyrrell	62.5
Standing Broad Jump		Women	55-59	Bronze	Diana Lyda-Savich	59.5
Standing Broad Jump		Women	60-64	Gold	Rowena Murray	63
Standing Broad Jump		Women	60-64	Silver	Julie Matthews	62.5
Standing Broad Jump		Women	60-64	Bronze	Lori Erlenbach	60.5
Standing Broad Jump		Women	65-69	Gold	Paula Halstead	68
Standing Broad Jump		Women	65-69	Silver	Karilyn Greenwood	57
Standing Broad Jump		Women	65-69	Bronze	Pamela Rothacker	44.5
Standing Broad Jump		Women	70-74	Gold	Brenda Steele Matthews	54
Standing Broad Jump		Women	70-74	Silver	Constance Paine	47
Standing Broad Jump		Women	70-74	Bronze	Karen Brookfield	36
Standing Broad Jump		Women	80-84	Gold	Catherine Nicholson	49.5
Standing Broad Jump		Women	80-84	Silver	Kristine Carraway	30
<b>Event Name</b>		<b>Gender</b>	<b>Age</b>	<b>Medal</b>	<b>Name</b>	<b>MM:SS.ss</b>
Concept Row Machine		Men	50-54	Gold	Matt Higgins	1:28
Concept Row Machine		Men	50-54	Silver	Shane Noel	1:38
Concept Row Machine		Men	50-54	Bronze	Sal Crivello	1:41
Concept Row Machine		Men	55-59	Gold	Paul Sasso	1:32
Concept Row Machine		Men	55-59	Silver	Eric Vonk	1:40
Concept Row Machine		Men	55-59	Bronze	Robert Ilko	2:12



## San Diego Senior Games Fitness Competition 2023

Concept Row Machine		Men	60-64	Gold	Michael Snider	1:37
Concept Row Machine		Men	60-64	Silver	Greg Kaseno	1:40
Concept Row Machine		Men	60-64	Bronze	Vince Butsumyo	1:41
Concept Row Machine		Men	60-64	Bronze	Oliver Harris	1:41
Concept Row Machine		Men	65-69	Gold	Kirk Lawrence	1:43
Concept Row Machine		Men	65-69	Silver	Damon Couch	1:50
Concept Row Machine		Men	65-69	Bronze	Jerry Hemme	1:56
Concept Row Machine		Men	70-74	Gold	John Bridges	1:53
Concept Row Machine		Men	70-74	Silver	Michael McKay	2:01.3
Concept Row Machine		Men	70-74	Bronze	Byron Roberts	2:01.6
Concept Row Machine		Men	75-79	Gold	Stan Williams	2:01
Concept Row Machine		Men	75-79	Silver	Buddy Thomas	2:04
Concept Row Machine		Men	75-79	Bronze	Stanton Edwards	2:19
Concept Row Machine		Men	80-84	Gold	Randall Christison	2:09
Concept Row Machine		Men	80-84	Silver	John Holbrook	2:13
Concept Row Machine		Men	85-89	Gold	Joseph Morgan	4:26
Concept Row Machine		Women	50-54	Gold	Inger De Ley	2:01
Concept Row Machine		Women	50-54	Silver	Angela Hallmark	2:05
Concept Row Machine		Women	55-59	Gold	Margarita Reyes-Williamson	1:56
Concept Row Machine		Women	55-59	Silver	Laurie Tyrrell	2:06.4
Concept Row Machine		Women	55-59	Bronze	Dianna Lyda-Savich	2:06.6
Concept Row Machine		Women	60-64	Gold	Betsy Benning	2:00
Concept Row Machine		Women	60-64	Silver	Patricia Hammel	2:01
Concept Row Machine		Women	60-64	Bronze	Julie Matthews	2:02
Concept Row Machine		Women	65-69	Gold	Paula Halstead	2:02
Concept Row Machine		Women	65-69	Silver	Karilyn Greenwood	2:04.6
Concept Row Machine		Women	65-69	Bronze	Tonnie Dahl	2:04.8
Concept Row Machine		Women	70-74	Gold	Constance Paine	2:08
Concept Row Machine		Women	75-79	Gold	Marlene Petrie	2:19
Concept Row Machine		Women	80-84	Gold	Sandra Walker	2:33
Concept Row Machine		Women	80-84	Silver	Kristine Carraway	3:33
Event Name		Gender	Age	Medal	Name	Reps
Bar Bell Bench Press	115 lbs	Men	50-54	Gold	David Melusky	54
Bar Bell Bench Press	115 lbs	Men	50-54	Silver	Matt Higgins	40

## San Diego Senior Games Fitness Competition 2023

Bar Bell Bench Press	115 lbs	Men	50-54	Bronze	Sal Crivello	26
Bar Bell Bench Press	115 lbs	Men	50-54	Bronze	David Woods	26
Bar Bell Bench Press	115 lbs	Men	55-59	Gold	Eric Vonk	26
Bar Bell Bench Press	115 lbs	Men	55-59	Silver	Robert Ilko	23
Bar Bell Bench Press	115 lbs	Men	55-59	Bronze	Paul Sasso	21
Bar Bell Bench Press	95 lbs	Men	60-64	Gold	Oliver Harris	61
Bar Bell Bench Press	95 lbs	Men	60-64	Silver	Stephan Chan	43
Bar Bell Bench Press	95 lbs	Men	60-64	Bronze	Brian Keliher	41
Bar Bell Bench Press	95 lbs	Men	65-69	Gold	David Rivera	30
Bar Bell Bench Press	95 lbs	Men	65-69	Silver	Jerry Hemme	16
Bar Bell Bench Press	75 lbs	Men	70-74	Gold	Byron Roberts	48
Bar Bell Bench Press	75 lbs	Men	70-74	Silver	William Doyle	39
Bar Bell Bench Press	75 lbs	Men	70-74	Bronze	Curtis Royall Sr	35
Bar Bell Bench Press	75 lbs	Men	70-74	Bronze	Andy Guevara	35
Bar Bell Bench Press	75 lbs	Men	75-79	Gold	Stanton Edwards	42
Bar Bell Bench Press	75 lbs	Men	75-79	Silver	Gary Austin	36
Bar Bell Bench Press	75 lbs	Men	75-79	Bronze	Stan Williams	32
Bar Bell Bench Press	55 lbs	Men	80-84	Gold	Arthur Sepin	91
Bar Bell Bench Press	55 lbs	Men	80-84	Silver	John Holbrook	42
Bar Bell Bench Press	55 lbs	Men	80-84	Bronze	Yong Kim	40
Bar Bell Bench Press	55 lbs	Men	85-89	Gold	Michael McAleenan	44
Bar Bell Bench Press	55 lbs	Men	90-94	Gold	Staff Walker	27
Bar Bell Bench Press	55 lbs	Women	50-54	Gold	Angela Hallmark	42
Bar Bell Bench Press	55 lbs	Women	50-54	Silver	Inger De Ley	30
Bar Bell Bench Press	55 lbs	Women	50-54	Bronze	Lee Ann Kim	25
Bar Bell Bench Press	55 lbs	Women	55-59	Gold	Michele Hesser	50
Bar Bell Bench Press	55 lbs	Women	55-59	Silver	Margarita Reyes-Williamson	36
Bar Bell Bench Press	55 lbs	Women	55-59	Bronze	Dianna Lyda-Savich	20
Bar Bell Bench Press	50 lbs	Women	60-64	Gold	Tonya Davis Williams	47
Bar Bell Bench Press	50 lbs	Women	60-64	Silver	Rowena Murray	36
Bar Bell Bench Press	50 lbs	Women	60-64	Bronze	Julie Wilcox	35
Bar Bell Bench Press	50 lbs	Women	65-69	Gold	Karilyn Greenwood	44
Bar Bell Bench Press	50 lbs	Women	65-69	Silver	Nancy Grais	42
Bar Bell Bench Press	50 lbs	Women	65-69	Bronze	Paula Halstead	40

## San Diego Senior Games Fitness Competition 2023

Bar Bell Bench Press	45 lbs	Women	70-74	Gold	Brenda Steele Matthews	44
Bar Bell Bench Press	45 lbs	Women	75-79	Gold	Marlene Petrie	76
Bar Bell Bench Press	45 lbs	Women	75-79	Silver	Gail Hazard	41
Bar Bell Bench Press	45 lbs	Women	80-84	Gold	Catherine Nicholson	50
Bar Bell Bench Press	45 lbs	Women	80-84	Silver	Sandra Walker	37
<b>Event Name</b>		<b>Gender</b>	<b>Age</b>	<b>Medal</b>	<b>Name</b>	<b>MM:SS</b>
300 Yard Shuttle Run		Men	50-54	Gold	Ryan Rogers	0:59
300 Yard Shuttle Run		Men	50-54	Silver	Matt Higgins	1:07
300 Yard Shuttle Run		Men	50-54	Bronze	Sal Crivello	1:10
300 Yard Shuttle Run		Men	55-59	Gold	Eric Vonk	1:05
300 Yard Shuttle Run		Men	55-59	Silver	Paul Sasso	1:12
300 Yard Shuttle Run		Men	55-59	Bronze	Robert Ilko	1:36
300 Yard Shuttle Run		Men	60-64	Gold	Vince Butsumyo	1:02
300 Yard Shuttle Run		Men	60-64	Silver	Stephen Chan	1:08
300 Yard Shuttle Run		Men	60-64	Bronze	Michael Snider	1:12
300 Yard Shuttle Run		Men	65-69	Gold	Kirk Lawrence	1:05
300 Yard Shuttle Run		Men	65-69	Silver	Jerry Hemme	1:11
300 Yard Shuttle Run		Men	65-69	Bronze	David Rivera	1:46
300 Yard Shuttle Run		Men	70-74	Gold	Andy Guevara	1:13
300 Yard Shuttle Run		Men	70-74	Silver	Robert Rauch	1:14
300 Yard Shuttle Run		Men	70-74	Bronze	Byron Roberts	1:18
300 Yard Shuttle Run		Men	75-79	Gold	Stan Williams	1:28
300 Yard Shuttle Run		Men	75-79	Silver	Bob Lawrence	1:29
300 Yard Shuttle Run		Men	75-79	Bronze	Buddy Thomas	1:37
300 Yard Shuttle Run		Men	80-84	Gold	Yong Kim	1:53
300 Yard Shuttle Run		Women	50-54	Gold	Inger De Ley	1:25
300 Yard Shuttle Run		Women	50-54	Silver	Angela Hallmark	1:28
300 Yard Shuttle Run		Women	55-59	Gold	Laurie Tyrrell	1:16
300 Yard Shuttle Run		Women	60-64	Gold	Rowena Murray	1:12
300 Yard Shuttle Run		Women	60-64	Silver	Julie Matthews	1:22
300 Yard Shuttle Run		Women	60-64	Bronze	Allison Walsh	1:23
300 Yard Shuttle Run		Women	65-69	Gold	Paula Halstead	1:21
300 Yard Shuttle Run		Women	65-69	Silver	Carol Anne Drastal	1:28

## San Diego Senior Games Fitness Competition 2023

300 Yard Shuttle Run		Women	65-69	Bronze	Tonnie Dahl	1:29
300 Yard Shuttle Run		Women	70-74	Gold	Brenda Steele Matthews	1:34
300 Yard Shuttle Run		Women	70-74	Silver	Constance Paine	1:39
300 Yard Shuttle Run		Women	80-84	Silver	Catherine Nicholson	2:08