

San Diego Senior Games Fitness Competition 2024

Prowler Push	2X45 Plates	Men	50-54	Gold	John DeHart	11.40
Prowler Push	2X45 Plates	Men	50-54	Silver	Ryan Rogers	12.37
Prowler Push	2X45 Plates	Men	50-54	Bronze	Shane Noel	13.28
Prowler Push	2X45 Plates	Men	55-59	Gold	Gregg Snowden	14:57
Prowler Push	2X45 Plates	Men	55-59	Silver	Eric Vonk	15:15
Prowler Push	2X45 Plates	Men	55-59	Bronze	Kris Olsen	15:66
Prowler Push	2X45 Plates	Men	60-64	Gold	Oliver Harris	14:25
Prowler Push	2X45 Plates	Men	60-64	Silver	Vince Butsumyo	14:91
Prowler Push	2X45 Plates	Men	60-64	Bronze	Kevin Washington	15:03
Prowler Push	2X45 Plates	Men	65-69	Gold	Joseph Kuhn	15:28
Prowler Push	2X45 Plates	Men	65-69	Silver	David Navarro	15:50
Prowler Push	2X45 Plates	Men	65-69	Bronze	Peter Wulff	16:34
Prowler Push	2X45 Plates	Men	70-74	Gold	Jerry Hemme	20:06
Prowler Push	2X45 Plates	Men	70-74	Silver	Bernie Rhinerson	21:88
Prowler Push	2X45 Plates	Men	70-74	Bronze	Frank Nieman	27:78
Prowler Push	2X45 Plates	Men	75-79	Gold	Donald Faye	17:63
Prowler Push	2X45 Plates	Men	75-79	Silver	Mike McKay	19:12
Prowler Push	2X45 Plates	Men	75-79	Bronze	Stan Williams	19:88
Prowler Push	2X45 Plates	Men	80-84	Gold	James Owen	26:06
Prowler Push	2X45 Plates	Men	85-89	Gold	Arthur Sepin	18:22
Prowler Push	2X45 Plates	Men	90-94	Gold	Ronald Schneider	47:66
Prowler Push	2X25 Plates	Women	50-54	Gold	Yvette Terronez	15:94
Prowler Push	2X25 Plates	Women	50-54	Silver	Inger De Ley	16:04
Prowler Push	2X25 Plates	Women	50-54	Bronze	Lisa Schmid	16:60
Prowler Push	2X25 Plates	Women	55-59	Gold	Margarita Reyes-Williamson	13:43
Prowler Push	2X25 Plates	Women	55-59	Silver	Kelly Mansfield	16:94
Prowler Push	2X25 Plates	Women	55-59	Bronze	Kristen Silva	17:69 x
Prowler Push	2X25 Plates	Women	60-64	Gold	Diane Towne	13:75
Prowler Push	2X25 Plates	Women	60-64	Silver	Donna Gatz	16:47
Prowler Push	2X25 Plates	Women	60-64	Bronze	Kirsten Cummings	16:75
Prowler Push	2X25 Plates	Women	65-69	Gold	Nancy Daigle	15:38

San Diego Senior Games Fitness Competition 2024

Prowler Push	2X25 Plates	Women	65-69	Silver	Tonnie Dahl	15:47
Prowler Push	2X25 Plates	Women	65-69	Bronze	Julie Matthews	16:25
Prowler Push	2X25 Plates	Women	65-69	Bronze	Karilyn Greenwood	16:25
Prowler Push	2X25 Plates	Women	70-74	Gold	Paula Halstead	17:03
Prowler Push	2X25 Plates	Women	70-74	Silver	Constance Paine	19:19
Prowler Push	2X25 Plates	Women	70-74	Bronze	Lil Gary	20:06
Prowler Push	2X25 Plates	Women	80-84	Gold	Catherine Nicholson	21:56
Prowler Push	2X25 Plates	Women	80-84	Silver	Sandra Walker	23:31
Prowler Push	2X25 Plates	Women	80-84	Bronze	Kristine Carraway	52:13
Medicine Ball Slams	15 lbs	Men	50-54	Gold	Shane Noel	53
Medicine Ball Slams	15 lbs	Men	50-54	Silver	John DeHart	50
Medicine Ball Slams	15 lbs	Men	50-54	Bronze	Akash Kumar	49
Medicine Ball Slams	15 lbs	Men	55-59	Gold	Gregg Snowden	58
Medicine Ball Slams	15 lbs	Men	55-59	Silver	Eric Vonk	48
Medicine Ball Slams	15 lbs	Men	55-59	Bronze	Kris Olsen	42
Medicine Ball Slams	15 lbs	Men	60-64	Gold	Michael Snider	59
Medicine Ball Slams	15 lbs	Men	60-64	Silver	Greg Kaseno	49
Medicine Ball Slams	15 lbs	Men	60-64	Bronze	Jeff Rothstein	46
Medicine Ball Slams	15 lbs	Men	65-69	Gold	Kirk Lawrence	51
Medicine Ball Slams	15 lbs	Men	65-69	Silver	Peter Wulff	45
Medicine Ball Slams	15 lbs	Men	65-69	Bronze	David Navarro	44
Medicine Ball Slams	15 lbs	Men	70-74	Gold	Greg Barnes	39
Medicine Ball Slams	15 lbs	Men	70-74	Silver	Jerry Hemme	37
Medicine Ball Slams	15 lbs	Men	70-74	Bronze	Bernie Rhinerson	35
Medicine Ball Slams	15 lbs	Men	75-79	Gold	Stan Williams	40
Medicine Ball Slams	15 lbs	Men	75-79	Silver	Mike McKay	35
Medicine Ball Slams	15 lbs	Men	75-79	Bronze	Greg Messick	34
Medicine Ball Slams	15 lbs	Men	80-84	Gold	James Owen	38
Medicine Ball Slams	15 lbs	Men	80-84	Silver	Noel Baggett	29
Medicine Ball Slams	15 lbs	Men	90-94	Gold	Ronald Schneider	22
Medicine Ball Slams	10 lbs	Women	50-54	Gold	Inger De Ley	53
Medicine Ball Slams	10 lbs	Women	50-54	Silver	Yvette Terronez	39

Medicine Ball Slams	10 lbs	Women	50-54	Bronze	Rachel DeHart	36
Medicine Ball Slams	10 lbs.	Women	50-54	Bronze	Lisa Schmid	36

San Diego Senior Games Fitness Competition 2024

Medicine Ball Slams	10 lbs	Women	55-59	Gold	Margarita Reyes-Williamson	49
Medicine Ball Slams	10 lbs	Women	55-59	Silver	Christine Snowden	46
Medicine Ball Slams	10 lbs	Women	55-59	Gold	Danae Brooker	44
Medicine Ball Slams	10 lbs	Women	60-64	Gold	Joan Amaral	46
Medicine Ball Slams	10 lbs	Women	60-64	Silver	Amelia Salcido	45
Medicine Ball Slams	10 lbs	Women	60-64	Bronze	Marla Kuhn	41
Medicine Ball Slams	10 lbs	Women	65-69	Gold	Tony Dahl	48
Medicine Ball Slams	10 lbs	Women	65-69	Gold	Karilyn Greenwood	48
Medicine Ball Slams	10 lbs	Women	65-69	Silver	Rowena Murray	43
Medicine Ball Slams	10 lbs	Women	65-69	Silver	Julie Wilcox	43
Medicine Ball Slams	10 lbs	Women	65-69	Bronze	Nancy Daigle	42
Medicine Ball Slams	10 lbs	Women	70-74	Gold	Paula Halstead	49
Medicine Ball Slams	10 lbs	Women	70-74	Silver	Lil Gary	39
Medicine Ball Slams	10 lbs	Women	70-74	Bronze	Constance Paine	37
Medicine Ball Slams	10 lbs	Women	80-84	Gold	Catherine Nicholson	34
Kettlebell Box Squat	24 kg	Men	50-54	Gold	Roberto Landeros	60
Kettlebell Box Squat	24 kg	Men	50-54	Silver	Shane Noel	50
Kettlebell Box Squat	24 kg	Men	55-59	Gold	Eric Vonk	60
Kettlebell Box Squat	24 kg	Men	55-59	Silver	Kris Olsen	30
Kettlebell Box Squat	24 kg	Men	60-64	Gold	Vince Butsumyo	151
Kettlebell Box Squat	24 kg	Men	60-64	Silver	Greg Kaseno	73
Kettlebell Box Squat	24 kg	Men	60-64	Bronze	Robert Gotlieb	50
Kettlebell Box Squat	24 kg	Men	65-69	Gold	Kirk Lawrence	98
Kettlebell Box Squat	24 kg	Men	65-69	Silver	Robert Brower	58
Kettlebell Box Squat	24 kg	Men	65-69	Bronze	David Navarro	51
Kettlebell Box Squat	16 kg	Men	70-74	Gold	John Bridges	80
Kettlebell Box Squat	16 kg	Men	70-74	Silver	Greg Barnes	49
Kettlebell Box Squat	16 kg	Men	70-74	Bronze	Bernie Rhinerson	46
Kettlebell Box Squat	16 kg	Men	75-79	Gold	Donald Faye	60
Kettlebell Box Squat	16 kg	Men	75-79	Silver	Stan Williams	51

Kettlebell Box Squat	16 kg	Men	75-79	Bronze	Jesus Calderon	40
Kettlebell Box Squat	12 kg	Men	80-84	Gold	James Owen	45

San Diego Senior Games Fitness Competition 2024

Kettlebell Box Squat	12 kg	Men	80-84	Silver	Noel Baggett	42
Kettlebell Box Squat	8 kg	Men	90-94	Gold	Ron Schneider	21
Kettlebell Box Squat	20 kg	Women	50-54	Gold	Inger De Ley	60
Kettlebell Box Squat	20 kg	Women	50-54	Silver	Rachel DeHart	36
Kettlebell Box Squat	20 kg	Women	50-54	Bronze	Yvette Terronez	33
Kettlebell Box Squat	20 kg	Women	55-59	Gold	Christine Snowden	61
Kettlebell Box Squat	20 kg	Women	55-59	Silver	Jennifer Ulph	42
Kettlebell Box Squat	20 kg	Women	55-59	Bronze	Kelly Campos	39
Kettlebell Box Squat	16 kg	Women	60-64	Gold	Tanya Koch	125
Kettlebell Box Squat	16 kg	Women	60-64	Silver	Pauline Pope	51
Kettlebell Box Squat	16 kg	Women	60-64	Bronze	Joan Amaral	40
Kettlebell Box Squat	16 kg	Women	60-64	Bronze	Linda Pool	40
Kettlebell Box Squat	16 kg	Women	65-69	Gold	Nancy Daigle	80
Kettlebell Box Squat	16 kg	Women	65-69	Silver	Tonnie Dahl	75
Kettlebell Box Squat	16 kg	Women	65-69	Bronze	Julie Wilcox	56
Kettlebell Box Squat	12 kg	Women	70-74	Gold	Paula Halstead	102
Kettlebell Box Squat	12 kg	Women	70-74	Silver	Constance Paine	60
Kettlebell Box Squat	12 kg	Women	70-74	Bronze	Peggy Harp	22
Kettlebell Box Squat	8 kg	Women	80-84	Gold	Catherine Nicholson	60
Kettlebell Box Squat	8 kg	Women	80-84	Silver	Kristine Carraway	50
Dynamax Ball Overhead Throw	8 lbs	Men	50-54	Gold	John DeHart	43'2"
Dynamax Ball Overhead Throw	8 lbs	Men	50-54	Silver	Chappie Hunter	42'10"
Dynamax Ball Overhead Throw	8 lbs	Men	50-54	Bronze	Ryan Rogers	38'
Dynamax Ball Overhead Throw	8 lbs	Men	55-59	Gold	Gregg Snowden	43'
Dynamax Ball Overhead Throw	8 lbs	Men	55-59	Silver	Kris Olsen	39'
Dynamax Ball Overhead Throw	8 lbs	Men	55-59	Bronze	David Melusky	33'5"
Dynamax Ball Overhead Throw	8 lbs	Men	60-64	Gold	Oliver Harris	40'8"
Dynamax Ball Overhead Throw	8 lbs	Men	60-64	Silver	Michael Snider	36'
Dynamax Ball Overhead Throw	8 lbs	Men	60-64	Bronze	Greg Kaseno	30'10"

Dynamax Ball Overhead Throw	8 lbs	Men	65-69	Gold	Joseph Kuhn	37'5"
Dynamax Ball Overhead Throw	8 lbs	Men	65-69	Silver	Mark Wallace	35'3"
Dynamax Ball Overhead Throw	8 lbs	Men	65-69	Bronze	David Navarro	34'3"

San Diego Senior Games Fitness Competition 2024

Dynamax Ball Overhead Throw	8 lbs	Men	70-74	Gold	Jerry Hemme	27'8"
Dynamax Ball Overhead Throw	8 lbs	Men	70-74	Silver	Bernie Rhinerson	25'1"
Dynamax Ball Overhead Throw	8 lbs	Men	70-74	Bronze	Frank Nieman	23'1"
Dynamax Ball Overhead Throw	8 lbs	Men	75-79	Gold	Constantine Gougoulas	27'1"
Dynamax Ball Overhead Throw	8 lbs	Men	75-79	Silver	Donald Faye	26'2"
Dynamax Ball Overhead Throw	8 lbs	Men	75-79	Bronze	Mike McKay	26'
Dynamax Ball Overhead Throw	8 lbs	Men	80-84	Gold	James Owen	20'
Dynamax Ball Overhead Throw	8 lbs	Men	80-84	Silver	Noel Baggett	16'2"
Dynamax Ball Overhead Throw	8 lbs	Men	85-89	Gold	Arthur Sepin	23'5"
Dynamax Ball Overhead Throw	8 lbs	Men	90-94	Gold	Ronald Schneider	9'6"
Dynamax Ball Overhead Throw	8 lbs	Men	90-94	Silver	Stafford Walker	9'
Dynamax Ball Overhead Throw	4 lbs	Women	50-54	Gold	Inger De Ley	26'2"
Dynamax Ball Overhead Throw	4 lbs	Women	50-54	Silver	Lisa Schmid	26'1"
Dynamax Ball Overhead Throw	4 lbs	Women	50-54	Silver	Yvette Terronez	23'5"
Dynamax Ball Overhead Throw	4 lbs	Women	55-59	Gold	Margarita Reyes-Williamson	39'9"
Dynamax Ball Overhead Throw	4 lbs	Women	55-59	Silver	Christine Snowden	29'
Dynamax Ball Overhead Throw	4 lbs	Women	55-59	Bronze	Kristen Silva	25'9"
Dynamax Ball Overhead Throw	4 lbs	Women	60-64	Gold	Kirsten Cummings	35'10"
Dynamax Ball Overhead Throw	4 lbs	Women	60-64	Silver	Diane Towne	34'
Dynamax Ball Overhead Throw	4 lbs	Women	60-64	Bronze	Marla Kuhn	27'8"
Dynamax Ball Overhead Throw	4 lbs	Women	65-69	Gold	Nancy Daigle	31'2"
Dynamax Ball Overhead Throw	4 lbs	Women	65-69	Silver	Karilyn Greenwood	28'8"
Dynamax Ball Overhead Throw	4 lbs	Women	65-69	Bronze	Susan Couch	28'
Dynamax Ball Overhead Throw	4 lbs	Women	70-74	Gold	Paula Halstead	29'
Dynamax Ball Overhead Throw	4 lbs	Women	70-74	Silver	Constance Paine	26'10"
Dynamax Ball Overhead Throw	4 lbs	Women	70-74	Bronze	Lil Gary	21'3"

Dynamax Ball Overhead Throw	4 lbs	Women	80-84	Gold	Catherine Nicholson	21'2"
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San Diego Senior Games Fitness Competition 2024

Dynamax Ball Overhead Throw	4 lbs	Women	80-84	Silver	Kristine Carraway	11'
Jump Rope		Men	50-54	Gold	Akash Kumer	217
Jump Rope		Men	50-54	Silver	Chappie Hunter	167
Jump Rope		Men	50-54	Bronze	John DeHart	150
Jump Rope		Men	55-59	Gold	Eric Vonk	183
Jump Rope		Men	60-64	Gold	Vince Butsumyo	201
Jump Rope		Men	60-64	Silver	Robert Gotlieb	153
Jump Rope		Men	60-64	Bronze	Jeff Rothstein	149
Jump Rope		Men	65-69	Gold	Kirk Lawrence	197
Jump Rope		Men	65-69	Silver	Tim Pyle	172
Jump Rope		Men	65-69	Bronze	Joseph Kuhn	167
Jump Rope		Men	70-74	Gold	Jerry Hemme	130
Jump Rope		Men	70-74	Silver	Lou Grande	113
Jump Rope		Men	75-79	Gold	Jesus Calderon	139
Jump Rope		Men	75-79	Silver	Ed Rose	115
Jump Rope		Men	75-79	Bronze	Stan Williams	79
Jump Rope		Men	80-84	Gold	James Owen	59
Jump Rope		Women	50-54	Gold	Inger De Ley	154
Jump Rope		Women	50-54	Silver	Lisa Schmid	121
Jump Rope		Women	50-54	Bronze	Yvette Terronez	120
Jump Rope		Women	55-59	Gold	Tara Sterger	183
Jump Rope		Women	55-59	Silver	Margarita Reyes-Williamson	168
Jump Rope		Women	55-59	Bronze	Danae Brooker	156
Jump Rope		Women	60-64	Gold	Pauline Pope	170
Jump Rope		Women	60-64	Silver	Diane Towne	157
Jump Rope		Women	60-64	Bronze	Marla Kuhn	146
Jump Rope		Women	65-69	Gold	Rowena Murray	189
Jump Rope		Women	65-69	Silver	Catherine Millett	107
Jump Rope		Women	65-69	Silver	Mariann Roney	107
Jump Rope		Women	65-69	Bronze	Nancy Daigle	105

San Diego Senior Games Fitness Competition 2024

Jump Rope		Women	70-74	Gold	Paula Halstead	152
Jump Rope		Women	70-74	Silver	Lil Gary	149
Jump Rope		Women	80-84	Gold	Sandra Walker	129
Jump Rope		Women	80-84	Silver	Catherine Nicholson	66
Overhead Straight Arm Hang		Men	50-54	Gold	Ryan Rogers	2:20
Overhead Straight Arm Hang		Men	50-54	Gold	Roberto Landeros	2:03
Overhead Straight Arm Hang		Men	50-54	Gold	Chappie Hunter	1:54
Overhead Straight Arm Hang		Men	55-59	Gold	Eric Vonk	1:44
Overhead Straight Arm Hang		Men	55-59	Silver	Kris Olsen	0:32
Overhead Straight Arm Hang		Men	60-64	Gold	Jim Kaplan	2:35
Overhead Straight Arm Hang		Men	60-64	Silver	Kevin Washington	2:18
Overhead Straight Arm Hang		Men	60-64	Bronze	Vince Butsumyo	1:36
Overhead Straight Arm Hang		Men	65-69	Gold	Tim Pyle	1:02
Overhead Straight Arm Hang		Men	65-69	Silver	David Navarro	0:47.6
Overhead Straight Arm Hang		Men	65-69	Bronze	Peter Wulff	0:47.4
Overhead Straight Arm Hang		Men	70-74	Gold	Lou Grande	3:04
Overhead Straight Arm Hang		Men	70-74	Silver	Jerry Hemme	3:03
Overhead Straight Arm Hang		Men	70-74	Bronze	Frank Nieman	1:04
Overhead Straight Arm Hang		Men	75-79	Gold	Jesus Calderon	2:31
Overhead Straight Arm Hang		Men	75-79	Silver	Stan Williams	1:41
Overhead Straight Arm Hang		Men	75-79	Bronze	Mike McKay	1:15
Overhead Straight Arm Hang		Men	80-84	Gold	James Owen	2:32
Overhead Straight Arm Hang		Men	80-84	Silver	Noel Baggett	1:13
Overhead Straight Arm Hang		Men	90-94	Gold	Ron Schneider	0:52
Overhead Straight Arm Hang		Women	50-54	Gold	Rachel DeHart	2:25
Overhead Straight Arm Hang		Women	50-54	Silver	Inger De Ley	2:02
Overhead Straight Arm Hang		Women	50-54	Bronze	Yvette Terronez	1:06
Overhead Straight Arm Hang		Women	55-59	Gold	Kelly Campos	2:16
Overhead Straight Arm Hang		Women	55-59	Silver	Tara Sterger	1:57
Overhead Straight Arm Hang		Women	55-59	Bronze	Danae Brooker	1:36
Overhead Straight Arm Hang		Women	60-64	Gold	Joan Amaral	2:29
Overhead Straight Arm Hang		Women	60-64	Silver	Diane Towne	2:16

Overhead Straight Arm Hang		Women	60-64	Bronze	Pauline Pope	1:54
Overhead Straight Arm Hang		Women	65-69	Gold	Karilyn Greenwood	3:01
Overhead Straight Arm Hang		Women	65-69	Silver	Rowena Murray	2:49
Overhead Straight Arm Hang		Women	65-69	Bronze	Julie Wilcox	2:25
Overhead Straight Arm Hang		Women	70-74	Gold	Peggy Happ	2:52
Overhead Straight Arm Hang		Women	70-74	Silver	Constance Paine	2:02
Overhead Straight Arm Hang		Women	70-74	Bronze	Paula Halstead	1:41

San Diego Senior Games Fitness Competition 2024

Overhead Straight Arm Hang		Women	80-84	Gold	Kristine Carraway	1:17
Overhead Straight Arm Hang		Women	80-84	Silver	Sandra Walker	1:15
Overhead Straight Arm Hang		Women	80-84	Bronze	Catherine Nicholson	0:41
Standing Broad Jump		Men	50-54	Gold	Ryan Rogers	96
Standing Broad Jump		Men	50-54	Silver	John DeHart	88
Standing Broad Jump		Men	50-54	Bronze	Shane Noel	68
Standing Broad Jump		Men	55-59	Gold	Gregg Snowden	82.5
Standing Broad Jump		Men	55-59	Silver	Eric Vonk	82
Standing Broad Jump		Men	55-59	Bronze	Kris Olsen	53
Standing Broad Jump		Men	60-64	Gold	Vince Butsumyo	86.5
Standing Broad Jump		Men	60-64	Silver	Jeff Rothstein	72
Standing Broad Jump		Men	60-64	Bronze	Stephan Chan	71
Standing Broad Jump		Men	65-69	Gold	Kirk Lawrence	75
Standing Broad Jump		Men	65-69	Gold	Joseph Kuhn	75
Standing Broad Jump		Men	65-69	Silver	David Brown	74
Standing Broad Jump		Men	65-69	Bronze	David Navarro	71
Standing Broad Jump		Men	70-74	Gold	Jerry Hemme	67
Standing Broad Jump		Men	70-74	Silver	Greg Barnes	61
Standing Broad Jump		Men	75-79	Gold	Donald Faye	61.5
Standing Broad Jump		Men	75-79	Silver	Constantine Gougoulas	54.5
Standing Broad Jump		Men	75-79	Bronze	Mike McKay	54
Standing Broad Jump		Men	80-84	Gold	James Owen	25.5
Standing Broad Jump		Men	85-89	Gold	Arthur Sepin	45.5
Standing Broad Jump		Women	50-54	Gold	Inger De Ley	66

Standing Broad Jump		Women	50-54	Silver	Yvette Terronez	64.5
Standing Broad Jump		Women	50-54	Bronze	Rachel DeHart	57
Standing Broad Jump		Women	55-59	Gold	Danae Brooker	69.5
Standing Broad Jump		Women	55-59	Silver	Margarita Reyes-Williamson	67
Standing Broad Jump		Women	55-59	Bronze	Kristen Silva	63.5
Standing Broad Jump		Women	60-64	Gold	Donna Gatz	64.5
Standing Broad Jump		Women	60-64	Silver	Diane Towne	64
Standing Broad Jump		Women	60-64	Bronze	Marla Kuhn	59.5
Standing Broad Jump		Women	65-69	Gold	Karilyn Greenwood	67

San Diego Senior Games Fitness Competition 2024

Standing Broad Jump		Women	65-69	Silver	Rowena Murray	61.5
Standing Broad Jump		Women	65-69	Bronze	Nancy Daigle	55
Standing Broad Jump		Women	70-74	Gold	Paula Halstead	64
Standing Broad Jump		Women	70-74	Silver	Constance Paine	47.5
Standing Broad Jump		Women	70-74	Bronze	Lil Gary	46.5
Standing Broad Jump		Women	80-84	Gold	Catherine Nicholson	50
Standing Broad Jump		Women	80-84	Silver	Kristine Carraway	28
Concept Row Machine		Men	50-54	Gold	John DeHart	1:31
Concept Row Machine		Men	50-54	Silver	Shane Noel	1:33
Concept Row Machine		Men	50-54	Bronze	Akash Kumar	1:39
Concept Row Machine		Men	55-59	Gold	Kris Olsen	1:39
Concept Row Machine		Men	60-64	Gold	Oliver Harris	1:37
Concept Row Machine		Men	60-64	Silver	Greg Kaseno	1:41
Concept Row Machine		Men	60-64	Bronze	Kevin Washington	1:43
Concept Row Machine		Men	65-69	Gold	Joseph Kuhn	1:43
Concept Row Machine		Men	65-69	Silver	David Navarro	1:44
Concept Row Machine		Men	65-69	Bronze	Peter Wulff	1:45
Concept Row Machine		Men	70-74	Gold	John Bridges	1:49
Concept Row Machine		Men	70-74	Silver	Jerry Hemme	2:01
Concept Row Machine		Men	70-74	Bronze	Bernie Rhinerson	2:02

Concept Row Machine		Men	75-79	Gold	Stan Williams	1:56
Concept Row Machine		Men	75-79	Silver	Ed Rose	1:59
Concept Row Machine		Men	75-79	Bronze	Jesus Calderon	2:05
Concept Row Machine		Men	80-84	Gold	Jim Owen	2:07
Concept Row Machine		Men	90-94	Gold	Ronald Schneider	3:05
Concept Row Machine		Women	50-54	Gold	Inger De Ley	2:03
Concept Row Machine		Women	50-54	Silver	Rachel DeHart	2:11
Concept Row Machine		Women	50-54	Bronze	Yvette Terronez	2:22

San Diego Senior Games Fitness Competition 2024

Concept Row Machine		Women	55-59	Gold	Margarita Reyes-Williamson	1:55
Concept Row Machine		Women	55-59	Silver	Jennifer Ulph	2:01
Concept Row Machine		Women	55-59	Bronze	Kristen Silva	2:03
Concept Row Machine		Women	60-64	Gold	Diane Towne	1:47
Concept Row Machine		Women	60-64	Silver	Tanya Koch	2:00
Concept Row Machine		Women	60-64	Bronze	Donna Gatz	2:04
Concept Row Machine		Women	65-69	Gold	Nancy Daigle	1:54
Concept Row Machine		Women	65-69	Silver	Julie Matthews	2:03
Concept Row Machine		Women	65-69	Bronze	Karilyn Greenwood	2:04
Concept Row Machine		Women	70-74	Gold	Paula Halstead	2:04
Concept Row Machine		Women	70-74	Silver	Lil Gary	2:05
Concept Row Machine		Women	70-74	Bronze	Constance Paine	2:10
Concept Row Machine		Women	80-84	Gold	Sandra Walker	2:38
Concept Row Machine		Women	80-84	Silver	Kristine Carraway	3:18
Bar Bell Bench Press	115 lbs	Men	50-54	Gold	John DeHart	51
Bar Bell Bench Press	115 lbs	Men	50-54	Silver	Chappie Hunter	40
Bar Bell Bench Press	115 lbs	Men	50-54	Bronze	Akash Kumar	34
Bar Bell Bench Press	115 lbs	Men	55-59	Gold	David Melusky	47
Bar Bell Bench Press	115 lbs	Men	55-59	Silver	Kris Olsen	43
Bar Bell Bench Press	115 lbs	Men	55-59	Bronze	Gregg Snowden	41
Bar Bell Bench Press	95 lbs	Men	60-64	Gold	Oliver Harris	58
Bar Bell Bench Press	95 lbs	Men	60-64	Silver	Richard Shea	57
Bar Bell Bench Press	95 lbs	Men	60-64	Bronze	Robert Gotlieb	43

Bar Bell Bench Press	95 lbs	Men	65-69	Gold	Mark Wallace	54
Bar Bell Bench Press	95 lbs	Men	65-69	Silver	David Navarro	25
Bar Bell Bench Press	95 lbs	Men	65-69	Bronze	Peter Wulff	21
Bar Bell Bench Press	75 lbs	Men	70-74	Gold	Frank Nieman	32
Bar Bell Bench Press	75 lbs	Men	70-74	Silver	Jerre Hemme	31
Bar Bell Bench Press	75 lbs	Men	70-74	Bronze	Bernie Rhinerson	29
Bar Bell Bench Press	75 lbs	Men	75-79	Gold	Stan Williams	39
Bar Bell Bench Press	75 lbs	Men	75-79	Silver	Ed Rose	36
Bar Bell Bench Press	75 lbs	Men	75-79	Bronze	Greg Messick	35

San Diego Senior Games Fitness Competition 2024

Bar Bell Bench Press	55 lbs	Men	80-84	Gold	James Owen	39
Bar Bell Bench Press	55 lbs	Men	85-89	Gold	Arthur Sepin	81
Bar Bell Bench Press	50 lbs	Men	90-94	Gold	Staff Walker	30
Bar Bell Bench Press	50 lbs	Men	90-94	Silver	Ronald Schneider	10
Bar Bell Bench Press	55 lbs	Women	50-54	Gold	Inger De Ley	31
Bar Bell Bench Press	55 lbs	Women	50-54	Silver	Lisa Schmid	26
Bar Bell Bench Press	55 lbs	Women	50-54	Bronze	Rachel DeHart	25
Bar Bell Bench Press	55 lbs	Women	55-59	Gold	Margarita Reyes-Williamson	35
Bar Bell Bench Press	55 lbs	Women	55-59	Silver	Christine Snowden	30
Bar Bell Bench Press	55 lbs	Women	55-59	Bronze	Kelly Mansfield	18
Bar Bell Bench Press	50 lbs	Women	60-64	Gold	Diane Towne	70
Bar Bell Bench Press	50 lbs	Women	60-64	Silver	Marla Kuhn	45
Bar Bell Bench Press	50 lbs	Women	60-64	Bronze	Dorsie Rowe	38
Bar Bell Bench Press	50 lbs	Women	65-69	Gold	Tonnie Dahl	47
Bar Bell Bench Press	50 lbs	Women	65-69	Gold	Nancy Daigle	47
Bar Bell Bench Press	50 lbs	Women	65-69	Silver	Karilyn Greenwood	44
Bar Bell Bench Press	50 lbs	Women	65-69	Bronze	Marilyn Green	29
Bar Bell Bench Press	45 lbs	Women	70-74	Gold	Paula Halstead	50
Bar Bell Bench Press	45 lbs	Women	70-74	Silver	Lil Gary	45
Bar Bell Bench Press	45 lbs	Women	70-74	Bronze	Peggy Happ	9

Bar Bell Bench Press	35 lbs	Women	80-84	Gold	Catherine Nicholson	51
Bar Bell Bench Press	35 lbs	Women	80-84	Silver	Sandra Walker	22
300 Yard Shuttle Run		Men	50-54	Gold	Ryan Rogers	0:58
300 Yard Shuttle Run		Men	50-54	Silver	Akash Kumar	1:13
300 Yard Shuttle Run		Men	50-54	Bronze	Chappie Hunter	1:16
300 Yard Shuttle Run		Men	55-59	Gold	Eric Vonk	1:06
300 Yard Shuttle Run		Men	55-59	Silver	Raffi Siyahian	1:10
300 Yard Shuttle Run		Men	60-64	Gold	Vince Butsumyo	0:59
300 Yard Shuttle Run		Men	60-64	Silver	Kevin Washington	1:05

San Diego Senior Games Fitness Competition 2024

300 Yard Shuttle Run		Men	60-64	Bronze	Stephan Chan	1:10
300 Yard Shuttle Run		Men	65-69	Gold	Kirk Lawrence	1:11
300 Yard Shuttle Run		Men	65-69	Silver	Joseph Kuhn	1:12
300 Yard Shuttle Run		Men	65-69	Bronze	David Navarro	1:17
300 Yard Shuttle Run		Men	70-74	Gold	Jerry Hemme	1:08
300 Yard Shuttle Run		Men	70-74	Silver	Lou Grande	1:26
300 Yard Shuttle Run		Men	70-74	Bronze	Greg Barnes	1:29
300 Yard Shuttle Run		Men	75-79	Gold	Ed Rose	1:10
300 Yard Shuttle Run		Men	75-79	Silver	Stan Williams	1:30
300 Yard Shuttle Run		Men	75-79	Bronze	Mike McKay	1:32
300 Yard Shuttle Run		Men	80-84	Gold	James Owen	2:08
300 Yard Shuttle Run		Men	90-94	Gold	Ronald Schneider	3:16
300 Yard Shuttle Run		Women	50-54	Gold	Inger De Ley	1:21
300 Yard Shuttle Run		Women	50-54	Silver	Yvette Terronez	1:24
300 Yard Shuttle Run		Women	50-54	Bronze	Rachel DeHart	1:24.5
300 Yard Shuttle Run		Women	55-59	Gold	Tara Sterger	1:10
300 Yard Shuttle Run		Women	55-59	Silver	Danae Brooker	1:14
300 Yard Shuttle Run		Women	55-59	Bronze	Kristen Silva	1:17
300 Yard Shuttle Run		Women	60-64	Gold	Diane Towne	1:15
300 Yard Shuttle Run		Women	60-64	Silver	Donna Gatz	1:26
300 Yard Shuttle Run		Women	60-64	Bronze	Linda Pool	1:27
300 Yard Shuttle Run		Women	65-69	Gold	Rowena Murray	1:13
300 Yard Shuttle Run		Women	65-69	Silver	Julie Matthews	1:21

300 Yard Shuttle Run		Women	65-69	Bronze	Tonnie Dahl	1:28
300 Yard Shuttle Run		Women	70-74	Gold	Paula Halstead	1:24
300 Yard Shuttle Run		Women	70-74	Silver	Lil Gary	1:33
300 Yard Shuttle Run		Women	70-74	Bronze	Constance Paine	1:45
300 Yard Shuttle Run		Women	80-84	Gold	Catherine Nicholson	1:46

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