

## RESULTS - 2021

# Fitness

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

### Prowler Push

2X45 lb Plates - Men

<b>50-54</b>		
<b>Gold</b>	- Rod Porter	12.87
<b>Silver</b>	- Eric Hall	13.25
<b>Bronze</b>	- Erik Vonk	13.37

<b>55-59</b>		
<b>Gold</b>	- Jeff Williamson	13.12
<b>Silver</b>	- Michael Eisenbraun	13.25
<b>Bronze</b>	- Vincent Butsumyo	13.25

<b>60-64</b>		
<b>Gold</b>	- Matthew Sitzer	13.15
<b>Silver</b>	- Jeff Southwick	13.56
<b>Bronze</b>	- Keith Whaley	14.53

<b>65-69</b>		
<b>Gold</b>	- Ray Hrenko	14.06
<b>Silver</b>	- Gary Linder	15.13
<b>Bronze</b>	- Jay Suetos	16.00

<b>70-74</b>		
<b>Gold</b>	- Michael McKay	15.50
<b>Silver</b>	- William Doyle	15.64
<b>Bronze</b>	- Bob Lawrence	17.22

<b>75-79</b>		
<b>Gold</b>	- Buddy Thomas	19.44
<b>80-84</b>		
<b>Gold</b>	- John Holbrook	24.66

<b>85-89</b>		
<b>Gold</b>	- Staff Walker	52.91

2X25 lb Plates - Women

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

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

<b>60-64</b>		
<b>Gold</b>	- Nicki Branch	15.50
<b>Silver</b>	- Susan Couch	19.79
<b>Bronze</b>	- Robbe Alexander	17.87

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

<b>70-74</b>		
<b>Gold</b>	- Melia Clark	17.85
<b>Silver</b>	- Trish Williams	19.84
<b>Bronze</b>	- Sharon Harris	43.25

<b>80-84</b>		
<b>Gold</b>	- Sandra Walker (19-G)	21.12

### Medicine Ball Slam

15 lbs - Men

<b>50-54</b>		
<b>Gold</b>	- Rod Porter	54
<b>Silver</b>	- Joe Ryan	47
<b>Bronze</b>	- Erik Vonk	45

<b>Bronze</b>	- Brian Laurente	45
<b>55-59</b>		
<b>Gold</b>	- Vincent Butsumyo	53
<b>Silver</b>	- Jeff Williamson	49
<b>Bronze</b>	- Michael Eisenbraun	47

<b>60-64</b>		
<b>Gold</b>	- Matthew Sitzer	40
<b>Silver</b>	- Lester McCurtis	39
<b>Bronze</b>	- Jay Gedanken	36

<b>65-69</b>		
<b>Gold</b>	- Kirk Lawrence	48
<b>Silver</b>	- Ray Hrenko	47
<b>Bronze</b>	- Gary Linder	43

<b>70-74</b>		
<b>Gold</b>	- William Doyle	45
<b>Silver</b>	- Stan Williams	40
<b>Bronze</b>	- Michael McKay	39

<b>75-79</b>		
<b>Gold</b>	- Buddy Thomas	36

<b>80-84</b>		
<b>Gold</b>	- John Holbrook	23

10 lbs - Women

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

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

<b>60-64</b>		
<b>Gold</b>	- Nicki Branch	42
<b>Silver</b>	- Susan Couch	37
<b>Bronze</b>	- Robbe Alexander	34

<b>65-69</b>		
<b>Gold</b>	- Susan Pacheco	40
<b>Silver</b>	- Lil Gary	38

<b>70-74</b>		
<b>Gold</b>	- Trish Williams	37
<b>Silver</b>	- Melia Clark	31
<b>Bronze</b>	- Sharon Harris	17

### Kettlebell Box Squat

20 kg - Men

<b>50-54</b>		
<b>Gold</b>	- Brian Laurente	115
<b>Silver</b>	- Joe Ryan	110
<b>Silver</b>	- Jeffrey Black	110
<b>Bronze</b>	- Eric Hall	70

<b>55-59</b>		
<b>Gold</b>	- Vincent Butsumyo	80
<b>Silver</b>	- James Baker	60
<b>Bronze</b>	- Michael Eisenbraun	33

## RESULTS - 2021

### 16 kg - Men

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

### 12 kg - Men

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

### 16 kg - Women

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

### 12 nkg - Women

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

### 8 nkg - Women

<b>70-74</b>		
<b>Gold</b>	- Trish Williams	60

## Keg Toss

### 8lbs - Men

<b>50-54</b>		
<b>Gold</b>	- Rod Porter	45.6
<b>Silver</b>	- David Melusky	38.8
<b>Bronze</b>	- Joe Ryan	37.8

<b>55-59</b>		
<b>Gold</b>	- Michael Eisenbraun	37.0
<b>Silver</b>	- Daniel Bonano	36.0
<b>Bronze</b>	- Stephen Chan	35.8

<b>60-64</b>		
<b>Gold</b>	- Jeff Southwick	42.8
<b>Silver</b>	- Matthew Sitzer	37.0
<b>Bronze</b>	- Brian Keliher	36.0

<b>65-69</b>		
<b>Gold</b>	- Ray Hrenko	38.6
<b>Silver</b>	- Jay Suetos	33.2
<b>Bronze</b>	- Kirk Lawrence	26.2

<b>70-74</b>		
<b>Gold</b>	- William Doyle	35.8
<b>Silver</b>	- Michael McKay	29.6
<b>Bronze</b>	- Stan Williams	28.0

<b>75-79</b>		
<b>Gold</b>	- Buddy Thomas	21.0

<b>80-84</b>		
<b>Gold</b>	- John Holbrook	17.5

### 4lbs - Women

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

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

<b>60-64</b>		
<b>Gold</b>	- Nicki Branch	30.4
<b>Silver</b>	- Mara Gedanken	22.0
<b>Bronze</b>	- Robbe Alexander	18.5

<b>65-69</b>		
<b>Gold</b>	- Susan Pacheco	24.3
<b>Silver</b>	- Lil Gary	21.0

### 70-74

**Gold** - Melia Clark 23.2

### 80-84

**Gold** - Sandra Walker 15.4

## Jump Rope

### Men

<b>50-54</b>		
<b>Gold</b>	- Rod Porter	175
<b>Silver</b>	- Brian Laurente	173
<b>Bronze</b>	- Jeffrey Black	170

<b>55-59</b>		
<b>Gold</b>	- Jeff Williamson	140
<b>Silver</b>	- Paul Sasso	138
<b>Bronze</b>	- Michael Eisenbraun	133

<b>60-64</b>		
<b>Gold</b>	- Lester McCurtis	155
<b>Silver</b>	- Matthew Sitzer	147
<b>Bronze</b>	- Jeff Southwick	145

<b>65-69</b>		
<b>Gold</b>	- Kirk Lawrence	180
<b>Silver</b>	- Lou Grande	141
<b>Bronze</b>	- Ray Hrenko	131

<b>70-74</b>		
<b>Gold</b>	- Stan Williams	76
<b>Silver</b>	- Michael McKay	72

<b>75-79</b>		
<b>Gold</b>	- Buddy Thomas	72

### Women

<b>50-54</b>		
<b>Gold</b>	- Margarita Reyes-Williamson	150
<b>Silver</b>	- Angela Hallmark	139
<b>Bronze</b>	- Mary Beth Vogt	136

<b>55-59</b>		
<b>Gold</b>	- Diana Lydo-savich	168
<b>Silver</b>	- Cheri Southwick	161
<b>Bronze</b>	- Mitzi Reel	150

<b>60-64</b>		
<b>Gold</b>	- Robbe Alexander	81

<b>65-69</b>		
<b>Gold</b>	- Lil Gary	136
<b>Silver</b>	- Carol Anne Drastal	131

<b>80-84</b>		
<b>Gold</b>	- Sandra Walker	133

## RESULTS - 2021

### Straight Arm Dead Hang

#### Men

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

#### Women

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

### Farmers Walk

#### Men

<b>50-54</b>		
<b>Gold</b>	- Joe Ryan	10:00
<b>Silver</b>	- Rod Porter	9:06
<b>Bronze</b>	- Eric Hall	7:53
<b>55-59</b>		
<b>Gold</b>	- Paul Sasso	22:29
<b>Silver</b>	- Michael Eisenbraun	10:15
<b>Bronze</b>	- James Baker	4:03
<b>60-64</b>		
<b>Gold</b>	- Jay Gedanken	3:10
<b>Silver</b>	- Keith Whaley	2:41
<b>Bronze</b>	- Matthew Sitzer	2:36
<b>65-69</b>		
<b>Gold</b>	- Kirk Lawrence	21:06
<b>Silver</b>	- Lou Grande	8:25
<b>Bronze</b>	- Gary Linder	5:34
<b>70-74</b>		
<b>Gold</b>	- Stan Williams	6:51
<b>Silver</b>	- Michael McKay	6:31
<b>Bronze</b>	- Paul Schlesinger	6:03
<b>75-79</b>		
<b>Gold</b>	- Buddy Thomas	3:22

#### Women

<b>50-54</b>		
<b>Gold</b>	- Kathy Stewart	10:42
<b>Silver</b>	- Patricia Carta	7:02
<b>Bronze</b>	- Angela Hallmark	4:01
<b>55-59</b>		
<b>Gold</b>	- Mitzi Reel	6:10
<b>Silver</b>	- Michele Hesser	6:03
<b>Bronze</b>	- Juaquito Gray	4:41
<b>60-64</b>		
<b>Gold</b>	- Robbe Alexander	7:32
<b>Silver</b>	- Nicki Branch	3:41
<b>Bronze</b>	- Susan Couch	2:33
<b>65-69</b>		
<b>Gold</b>	- Susan Pacheco	6:05
<b>Silver</b>	- Lil Gary	2:19
<b>70-74</b>		
<b>Gold</b>	- Melia Clark	4:04

#### 80-84

**Gold** - Sandra Walker 2:21

### Concept Row Machine

#### Men

<b>50-54</b>		
<b>Gold</b>	- Rod Porter	1:36.8
<b>Silver</b>	- Erik Vonk	1:40.3
<b>Bronze</b>	- Troy Deal	1:40.9
<b>55-59</b>		
<b>Gold</b>	- Paul Sasso	1:36.3
<b>Silver</b>	- Charles Kenny	1:37.3
<b>Bronze</b>	- Michael Eisenbraun	1:40.3
<b>60-64</b>		
<b>Gold</b>	- Matthew Sitzer	1:34.2
<b>Silver</b>	- Jeff Southwick	1:45.4
<b>Bronze</b>	- Keith Whaley	1:46.1
<b>65-69</b>		
<b>Gold</b>	- Kirk Lawrence	1:50.4
<b>Silver</b>	- Lou Grande	2:05.1
<b>Bronze</b>	- Jay Suetos	2:26.2
<b>70-74</b>		
<b>Gold</b>	- Paul Schlesinger	1:57.0
<b>Silver</b>	- Michael McKay	1:58.6
<b>Bronze</b>	- Constantine Gougoulas	2:01.3
<b>75-79</b>		
<b>Gold</b>	- Paul Steusel	2:02.4
<b>Gold</b>	- Buddy Thomas	2:04.8

#### Women

<b>50-54</b>		
<b>Gold</b>	- Margarita Reyes-Williamson	1:53.8
<b>Silver</b>	- Michelle Barry	1:56.9
<b>Bronze</b>	- Alma Leano	1:59.1
<b>55-59</b>		
<b>Gold</b>	- Cheri Southwick	1:55.5
<b>Silver</b>	- Diana Lydo-savich	1:57.3
<b>Bronze</b>	- Juaquito Gray	1:58.3
<b>60-64</b>		
<b>Gold</b>	- Nicki Branch	2:01.6
<b>Silver</b>	- Mara Gedanken	2:12.2
<b>Bronze</b>	- Robbe Alexander	2:15.2

## RESULTS - 2021

### 65-69

<b>Gold</b>	- Susan Pacheco	2:08.9
<b>Silver</b>	- Carol Anne Drastal	2:14.1
<b>Bronze</b>	- Lil Gary	2:16.1

### 70-74

<b>Gold</b>	- Sharon Harris	1:59.8
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### 80-84

<b>Gold</b>	- Sandra Walker	2:30.8
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## Bar Bell Bench Press

### 155 lbs - Men

#### 50-54

<b>Gold</b>	- David Melusky	53
<b>Silver</b>	- Troy Deal	47
<b>Bronze</b>	- Jeffrey Black	32

#### 55-59

<b>Gold</b>	- Jeff Williamson	40
<b>Silver</b>	- Stephen Chan	31
<b>Bronze</b>	- Daniel Bonano	26

### 95 lbs - Men

#### 60-64

<b>Gold</b>	- Jeff Southwick	45
<b>Silver</b>	- Brian Keliher	43
<b>Bronze</b>	- Matthew Sitzer	37

#### 65-69

<b>Gold</b>	- Gary Linder	53
<b>Silver</b>	- Jay Suetos	34
<b>Bronze</b>	- Ray Hrenko	25

### 75 lbs - Men

#### 70-74

<b>Gold</b>	- William Doyle	42
<b>Silver</b>	- Stan Williams	35
<b>Bronze</b>	- Michael McKay	32

#### 75-79

<b>Gold</b>	- Buddy Thomas	15
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#### 80-84

<b>Gold</b>	- Michael McAleenan	29
<b>Silver</b>	- John Holbrook	21

#### 85-89

<b>Gold</b>	- Staffer Walker	10
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### 55 lbs - Women

#### 50-54

<b>Gold</b>	- Alma Leano	65
<b>Silver</b>	- Angela Hallmark	35
<b>Bronze</b>	- Michelle Barry	34

#### 55-59

<b>Gold</b>	- Michele Hesser	51
<b>Silver</b>	- Lisa Evanovich	44
<b>Bronze</b>	- Juaquito Gray	33

### 50 lbs - Women

#### 60-64

<b>Gold</b>	- Mara Gedanken	34
<b>Silver</b>	- Nicki Branch	30
<b>Bronze</b>	- Susan Couch	25

#### 65-69

<b>Gold</b>	- Lil Gary	38
<b>Silver</b>	- Susan Pacheco	28
<b>Bronze</b>	- Carol Anne Drastal	11

### 45 lbs - Women

#### 70-74

<b>Gold</b>	- Melia Clark	46
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#### 80-84

<b>Gold</b>	- Sandra Walker	20
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## 300 Yard Shuttle Run

### Men

#### 50-54

<b>Gold</b>	- Rod Porter	1:06.9
<b>Silver</b>	- Erik Vonk	1:07.0
<b>Bronze</b>	- Joe Ryan	1:08.1

#### 55-59

<b>Gold</b>	- Vincent Butsumyo	1:02.7
<b>Silver</b>	- Jeff Williamson	1:06.9
<b>Bronze</b>	- Paul Sasso	1:08.7

#### 60-64

<b>Gold</b>	- Matthew Sitzer	1:31.1
<b>Silver</b>	- Lester McCurtis	1:13.7

#### 65-69

<b>Gold</b>	- Ray Hrenko	1:04.9
<b>Silver</b>	- Kirk Lawrence	1:10.7
<b>Bronze</b>	- Lou Grande	1:20.1

### 70-74

<b>Gold</b>	- Stan Williams	1:26.0
<b>Silver</b>	- Bob Lawrence	1:28.6
<b>Bronze</b>	- Michael McKay	1:29.8

### 75-79

<b>Gold</b>	- Buddy Thomas	1:35.1
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### Women

#### 50-54

<b>Gold</b>	- Kathy Stewart	1:09.0
<b>Silver</b>	- Alma Leano	1:23.4
<b>Bronze</b>	- Mary Beth Vogt	1:25.8

#### 55-59

<b>Gold</b>	- Jennifer Perry	1:16.4
<b>Silver</b>	- Juaquito Gray	1:17.2
<b>Bronze</b>	- Diana Lydo-savich	1:20.4

#### 60-64

<b>Gold</b>	- Robbe Alexander	1:28.8
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#### 65-69

<b>Gold</b>	- Carol Anne Drastal	1:32.1
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