Congratulations ATHLETES!
Thank you for a very good year!
Thanks to you, the 2016 San Diego Senior Games was another huge success! Once again, you’ve inspired everyone around you – especially those with the pleasure of watching you compete.
By embracing the physical, mental, and emotional challenges of competition, you’ve continued to raise the bar on healthy living in San Diego – and succeeded with flying colors!
From playing new sports, to pull ups and penalty kicks, you’ve inspired us all to keep going for gold, no matter our age. Thanks to your participation, you’ve become a role model helping to pave the way to a healthier lifestyle for generations to come!

Thank You VOLUNTEERS!
HUGE thanks to our 200+ amazing volunteers! The San Diego Senior Games would not exist without your generous efforts.
Thanks to your compassion and devotion, we can continue to provide a spectacular event for the 1,000’s of athletes who participate each year.

2017 Marks Our 30th YEAR!
JOIN US for an exceptional line-up of programs and events from January to December as we begin our year-long celebration as California’s oldest and largest multi-sports event for seniors.
Sam Cohen started it all in 1988 with just 9 sports and 143 athletes. Today, thanks to the support of our amazing sponsors, the San Diego Senior Games has grown to over 25 sports, 2500 athletes, and 200+ volunteers. Now, that’s a reason to celebrate!

We’re Going YEAR-ROUND!
In addition to hosting the Annual San Diego Senior Games in September, the San Diego Senior Games Association will be expanding its leadership role in 2017 by hosting year-round programs and events promoting a healthy lifestyle for 50+ San Diegans.
Learn more at: SDSeniorGames.org

Let’s Start 2017 with a BANG!
As part of our year-long celebration, we’re also on a mission to establish the foundation we need to host another 30-years of Senior Games and healthy lifestyle programs for 50+ San Diegans.
Come and Join Us! www.SDSeniorGames.org

Meet Our 2016 SDSGA Board
Anne Rosser  James Pauley  Karen Brookfield
Jill Spitzer  Patty Storm  Kathy Rahilly
Jim TerVeen  Brian Stenzler  Tita Gray
Eligible for Medicare?
Consider Medicare supplement insurance.

If you’re eligible for Medicare, you may know it only covers about 80% of Part B medical costs. That means the rest is up to you. But a standardized Medicare supplement insurance plan could help you save in out-of-pocket medical costs.

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You must be an AARP member to enroll in an AARP Medicare Supplement Plan.

AARPMedicareSupplement.com

AS2950ST  RSN
We are walkers. And talkers. We do both quite well – and often at the same time. Our individual paths brought us all here together and now we blaze new trails most every weekend. It’s what keeps us happy. And it’s what keeps us together.

DO YOU HAVE A PASSION you’d love to share? Come to Front Porch and discover a sense of connectedness, meet like-minded enthusiasts, and enjoy the freedom to live life your way. Each community is one-of-a-kind, just like you. Explore one today.

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Carlsbad, CA
800-255-1556
carlsbadbythesea.org

Fredericka Manor
Chula Vista, CA
800.310.4696
frederickamanor.org

Casa de Mañana
La Jolla, CA
800-959-7010
casademanana.org

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San Diego, CA
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wesleypalms.org

Introducing New Patio Homes at Wesley Palms! Visit wesleypalms.org

We're an equal opportunity housing provider.
All California communities are licensed by the State of California.
2016 SDSGA RESULTS

ARCHERY

September 18, 2016
Lion Heart Academy, El Cajon
Commissioner: Lee Taylor

RECURVE SIGHTED

55+ Men
Gold Medal – Denver Greiner
Score: 325

55+ Women
Gold Medal – Diana Dancz
Score: 487

65+ Men
Gold Medal – William Renshaw
Score: 362

65+ Women
Gold Medal – Barbara Schettler-Jehl
Score: 453

80+ Men
Gold Medal – Bill King
Score: 454

BAREBOW RECURVE

45+ Women
Gold Medal – Alanda Prochazka
Score: 98

55+ Men
Gold Medal – Gunner Vaineharrison
Score: 288

85+ Men
Gold Medal – Earl Kinnamon
Score: 327

BASKETBALL - MEN

Commissioner: Jerry Sullivan

TEAM - 3 on 3

50-54
GOLD - NEW BEGINNINGS
Lionel Boyce
Vernon Carter
Darryl West
Richard Mullins
Richard Clay
Gary Looney

SILVER - BLUE KNIGHTS
Edard Hayes
Anthony Jackson
Edgar Palmer
DeRonn Scott
Carl Worrell
A. J. Kirby

BRONZE - HERROD DENTAL
Scott Herrod
John Garwood
Dirk Oliver
Freddie Spears
Rob Straugh
Franc Happ

55-59
GOLD - TRUTH
Chuck Norris
Craig Jacobson
Ronnie Tulio
Scott Herron
Tom Fink
Anthony Williams

SILVER - STILL HAVIN’ FUN
Lamon Theus
Nick Theus
Herb Anderson
Antonio Leiva
Keith Lewis

60-64
GOLD - FORMATION CAPITAL
Arnold Whitman
David Olson
Dan Vahalla
Patrick West

SILVER - CAPO CLASSICS BLUE
Darrell Cavanaugh
Hadi Fakouri
Craig Harberts
Cary Redfern
Chuck Woolard

GOLD - OAKLAND’S FINEST
Robert Scotlan
Floyd Harris
Bill Kennedy
Ronald McMillan
Horace Williams
Marcus Jamison
Glenn Wafer
Stephen Fiske

SILVER - SURF RIDERS
David Osman
Bob Franz
Joe McCullough

Continued...
Richard Timboe
Tod Bryant
Howard Heida

BRONZE - DREW LEAGUE
Stephen Martin
Tom Cruz
George Schraer
Ross Kurland
Jesse Pike

70-74
GOLD - CAPO CLASSICS 70
Veeder South
Gary Bartle
Steve Figura
Rich Lough
Joe Pierantoni
Tony Zorich

SILVER - WILD CARDS
Bill Darnell
Kris Widdison
Jerry Kenny
Warren Schneider
Hank Samaripa

BRONZE - GUNNIN’ GEEZERS
Richard Paff
Jere Ancell
Ray Anderson
Gary Chapman
Ken Carmichael
Tom Quast

75-79
GOLD - INGLESIDE PRESBYTERIAN
Al Richardson
Mike Hair
Wil Smith
Roland Bynam
Larry Duncan
David Staten

80+
GOLD - USA 80
Bob Messersmith
Earnie Miller
Jim Arena
Duf Sfreddo
Conrad Bohnen
Don Salado

SILVER - GOLDEN AZTECS
Jerry Sullivan
Harry Lund
Howie Stalnecker
Jaycee Goudlock
John Cochran
Ray Schlador

ARCHERY

San Diego Senior Games - PO Box 600007 - San Diego, CA 92160 - (828) 292-5812 • Info@SDSeniorGames.org • www.SDSeniorGames.org
**WOMEN’S BASKETBALL**

August 27-28, 2016  
UCSD - Rimac Arena, La Jolla  
Tournament Directors: Sheri Vandeventer and Di Meredith  
Commissioner: Kirsten Cummings

### Women’s 3 on 3

#### 40+

**Gold - Ballerz**  
Laurie Byrd  
Penny Moore  
Carol Weary  
Lauren Andrade

**Silver - 40 Shades of Gray**  
Shannon Adams  
Shawna Johnson  
Le Ngo  
Adara Ryan  
Erica Spence

**Bronze - Court Jesters**  
Sharon Brown-Taylor  
Oma Soto  
Joh Oakley  
Lisa Hubbard  
Amy Heibel

#### 65+

**Gold - Tsunami**  
Lisa Bassi  
Barbara Campbell  
Kathy Fowler  
Kimberly Nutter  
Jennifer Young  
Stephanie Sasaki

**Silver - Friends**  
Sandra Juarez  
Margarita Rivera  
Erendira Rodriguez de Carrales  
Irene Cabrera de Marquez

**Bronze - High Hoops**  
Waverly Dodrill  
Jane Emkes

### Individual - Free Throws

55-59  
**Gold** - James Pauley - 25 of 25  
**Silver** - Scott Herron - 21 of 25  
**Bronze** - Ron Tulio - 19 of 25

60-64  
**Gold** - Sean Mulcahy - 22 of 25  
**Silver** - Curtis Royall - 18 of 25

65-69  
**Gold** - Ross Kurland - 17 of 25

70-74  
**Gold** - Stephen Fiske - 25 of 25  
**Silver** - George Schraer - 17 of 25

### Individual - Hot Shots

55-59  
**Gold** - James Pauley - 55 points  
Rob Straugh - 55 points  
**Silver** - Scott Herron - 32 points  
**Bronze** - Ron Tulio - 26 points

60-64  
**Gold** - Sean Mulcahy - 49 points  
**Silver** - Curtis Royall - 30 points

65-69  
**Gold** - Ross Kurland - 27 points

70-74  
**Gold** - Stephen Fiske - 42 points  
**Silver** - George Schraer - 25 points

### Individual – 3 Point

55-59  
**Gold** - James Pauley - 14  
**Silver** - Scott Herron - 8  
Rob Straugh - 8  
**Bronze** - Ron Tulio - 5

60-64  
**Gold** - Curtis Royall - 11  
**Silver** - Sean Mulcahy - 6

65-69  
**Gold** - Ross Kurland

70-74  
**Gold** - George Schraer - 5

### Individual - Hot Shots

55-59  
**Gold** - James Pauley - 55 points  
**Silver** - Scott Herron - 32 points  
**Bronze** - Ron Tulio - 26 points

60-64  
**Gold** - Sean Mulcahy - 49 points  
**Silver** - Curtis Royall - 30 points

65-69  
**Gold** - Ross Kurland - 27 points

70-74  
**Gold** - Stephen Fiske - 42 points  
**Silver** - George Schraer - 25 points

### Individual – 3 Point

55-59  
**Gold** - James Pauley - 14  
**Silver** - Scott Herron - 8  
**Bronze** - Ron Tulio - 5

60-64  
**Gold** - Curtis Royall - 11  
**Silver** - Sean Mulcahy - 6

65-69  
**Gold** - Ross Kurland

70-74  
**Gold** - George Schraer - 5

**Continued...**

Lori Benson  
Valerie Gardner  
Sue Pearce

55+  
**Gold - Half Fast**  
Cherri Gase  
Vienna Kasier  
Linda Zamboni  
Alma Garcia  
Cindy Simonian

**Silver - Seabyrds**  
Di Meredith  
Dori O’Rourke  
Marie Ramirez  
Laura Henning  
Paula Konoske

**Bronze - LA Hoops**  
Suzanne Dickson  
Johanna Fontenot  
Donna Groman  
Linda Hoover  
Melissa Trickey  
lorrie Zuczek

60+  
**Gold - Triple Threat**  
Lynn Bloom  
Maggie Bower  
Jill Spitzer  
Pat Wlodarczyk

**65+**  
**Gold - San Diego Shockers**  
Carol Brownlee  
Rita Cartsen  
Annie Nielsen  
Nancy Owens  
Chris Elliot  
Marcia Pearson

**Silver - Renegades**  
Courtney Flanagan  
Maureen Knight  
Cheryl Rogers  
Carol Whaley  
Susanne Carvalho

**70+**  
**Gold - San Diego Sun**  
Keri Gloyna  
Vonna Cummins  
Lynn Daniel  
Geri Hahn  
Donna Benson  
Joyce Karel  
Sammie Montali
**2016 SDSGA RESULTS**

**BILLIARDS**
September 10-11, 2016
On Cue Billiards, La Mesa
Commissioner: William Woodcock

**8 Ball - Open Division**
Gold - Mike Kusumoto
Silver - Ron McCamish
Bronze - Bill Adams

**9 Ball - Open Division**
Gold - Bill Kisner
Silver - Ron McCamish
Bronze - Dale Peterson

**8 Ball - Age Divisions**
50 - 54
Gold - Donald Green

55 - 59
Gold - Lester McCurtis

60 - 64
Gold - David Archuleta

65 - 69
Gold - Mike Kusumoto
Silver - John Polo
Bronze - Charles Daniels

**70 - 74**
Gold - Ron McAmish
Silver - Bill Adams
Bronze - John Mitchell

**75 - 79**
Gold - Dale Peterson
Silver - Robert Muldrew
Bronze - Dewey Kribbs

**80 - 84**
Gold - Ken Rose
Silver - Roger Cunniff

**85 - 89**
Gold - Margaret Heinen
Silver - Conrad Negos
Bronze - John Witt

**9 Ball - Age Divisions**
55 - 59
Gold - Lester McCurtis

65 - 69
Gold - Mike Kusumoto

70 - 74
Gold - Ron McAmish
Silver - Bill Adams

75 - 79
Gold - Dale Peterson
Silver - Robert Muldrew
Bronze - Dewey Kribbs

80 - 84
Gold - Roger Cunniff

85 - 89
Gold - Pastor Ellazar
Silver - Margaret Heinen
Bronze - John Witt

**Eight Ball Ladies Division**
Gold - Margaret Heinen
Silver - Jerri Nachman

**BOCCE BALL**
October 15, 2016
Elk's Lodge – Chula Vista
Commissioners – Scott and Steve Fialko

**Women's Singles**
55-59
Gold - Linda Cord

65-69
Gold - Darlene Jacobs

**Men's Singles**
50-54
Gold - Steve Fialko

55-59
Gold - Scott Fialko

65-69
Gold - Gary Kurilchick

**Mixed Doubles**
55-59
Gold - Linda Cord and Steve Fialko

65-69
Gold - Darlene Jacobs and Gary Kurilchick

**Doubles**
50-54
Gold - Steve Fialko and John Sage

75-79
Gold - Jay Bishop and Pasquali Gangitano

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## 2016 SDSGA RESULTS

### BOWLING

September 24-25, 2016  
Kearney Mesa Bowl, Kearney Mesa  
Bowling Commissioner: Karen Brookfield

#### SINGLES

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### CYBER CYCLING

#### CyberCycle Games Individual Stage Race Results

Redwood Dash – 1.5 miles long

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<td>Female</td>
<td>50-59</td>
<td>Becky Popik – Pennswood Village, PA</td>
<td>5:24</td>
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<tr>
<td>Female</td>
<td>50-59</td>
<td>Jannette Carroll – Council Bluffs, IA</td>
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<td>Susan Hicks – Council Bluffs, IA</td>
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<td>Karl Allen – Council Bluffs, IA</td>
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<td>Male</td>
<td>50-59</td>
<td>Don Ferber – UNMC Engage Wellness, NE</td>
<td>5:51</td>
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<td>50-59</td>
<td>Darrell Stanford – Council Bluffs, IA</td>
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<td>Female</td>
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<td>Candy Wood – The Pines at Davidson, NC</td>
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<td>Cathy Baily – The Pines at Davidson, NC</td>
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<td>Rita Tiarks – Council Bluffs, IA</td>
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<td>Mike Reese = UNMC Engage Wellness, NE</td>
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<td>Kay Courter – Covenant Village of Turlock, CA</td>
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<td>Claire Arnold – Pennswood Village, PA</td>
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<td>Bob Weber – Samarkand Retirement, CA</td>
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<td>Will Reid – Pennswood Village, PA</td>
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<td>John Bailey – The Pines at Davidson, NC</td>
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<td>Roy Fowler – Covenant Village of Turlock, CA</td>
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<td>Ross Warren – Laurel Parc, OR</td>
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<td>Joanne Papadakis – Fredericka Manor, CA (SD)</td>
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<td>Lorraine Vander Ark – Samarkand Retirement, CA</td>
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<td>John Schneider – Covenant Village of Turlock, CA</td>
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<td>Grace Noret – Covenant Village of Turlock, CA</td>
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<td>Dorothy Satterstrom – Covenant Village of Turlock, CA</td>
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<td>John Schneider – Covenant Village of Turlock, CA</td>
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<tr>
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<td>90-99</td>
<td>Howard Christ – Fredericka Manor, CA</td>
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<td>Virgil Hanson – Covenant Village of Turlock, CA</td>
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</tbody>
</table>

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CYBER CYCLING - Continued...

CyberCycle Games Individual Stage Race Results

72 Riders completed 4 Courses (Rolling Thunder, Campus Loop, Fruitdale, and Dragon Fire) for the fastest time

50-59 FEMALE
46:17- Becky Popik Pennswood Village, PA
48:38- Jannette Carroll Council Bluffs, IA
49:34- Lori Yocum Council Bluffs, IA

50-59 MALE
45:44- Dick Yocum Council Bluffs, IA
48:38- Todd Curl Fredericka Manor, CA

60-69 FEMALE
49:48- Candy Wood The Pines at Davidson, NC
51:52- Cathy Baily The Pines at Davidson, NC
1:00:29- Doris Coyle Council Bluffs, IA

60-69 MALE
39:41- Dennis Blank Council Bluffs, IA
42:16- David Davies UNMC Engage Wellness, NE
46:22- Peter Galbraith Maple Knoll, OH

70-79 FEMALE
49:11- Kay Courter Covenant Village of Turlock, CA
54:33- Margaret Carlough Pennswood Village, PA
57:04- Claire Arnold Pennswood Village, PA

70-79 MALE
39:47- Bob Weber Samarkand Retirement, CA
39:53- Will Reid Pennswood Village, PA
47:27- Darrold Graham Council Bluffs, IA

80-89 FEMALE
56:46- Joanne Papadakis Fredericka Manor, CA
58:51- Iva Ruis Council Bluffs, IA
1:06:58- Mary Sternad Fredericka Manor, CA

80-89 MALE
49:03- John Schneider Covenant Village of Turlock, CA
50:10- Ross Warren Laurel Parc, OR
51:02- Michael Zaharias The Forum at Rancho San Antonio, CA

90-99 MALE
1:08:06- Jack Guttentag Waverly Heights, PA
1:10:11- Howard Christ Fredericka Manor, CA

CyberCycle Team Stage Race Results

144 Riders completed 7 courses, totaling 20.1 miles

Team Points
Council Bluffs 7,100
Fredericka Manor 2,700
Samarkand 1,700

FITNESS

October 1, 2016
Define U Fitness, San Diego
Commissioner: Tommy Peters

Strength Base Challenge

Women Horizontal Pull Ups
50+ Cadence Baron 16 Gold
55+ Lester McCurtis 18 Gold
60+ Curtis Royall 20 Gold
65+ Jeff Coleman 5 Silver
75+ Marilyn Ongley 22 Gold

Men Pull Ups
55+ Lester McCurtis 18 Gold
60+ Curtis Royall 20 Gold
65+ Jeff Coleman 5 Silver
75+ Marilyn Ongley 22 Gold

Women Dead Lifts (BW%) 2 mins
50+ Cadence Baron 31 Gold
55+ Lester McCurtis 20 Gold
60+ Curtis Royall 34 Gold
65+ Jeff Coleman 28 Silver
75+ Marilyn Ongley 31 Gold

Men Dead Lifts (BW%) 2 mins
55+ Lester McCurtis 20 Gold
60+ Curtis Royall 34 Gold
65+ Jeff Coleman 28 Silver
75+ Marilyn Ongley 31 Gold

Women Push Ups (max reps w/o stop in 2 mins)
50+ Cadence Baron 36 Gold
55+ Lester McCurtis 30 Gold
60+ Jeff Coleman 47 Gold
65+ Curtis Royall 41 Silver
75+ Marilyn Ongley 35 Gold

Men Push Ups (max reps w/o stop in 2 mins)
55+ Lester McCurtis 30 Gold
60+ Jeff Coleman 47 Gold
65+ Curtis Royall 41 Silver
75+ Marilyn Ongley 35 Gold

Women Wall Sits (60s)
50+ Cadence Baron 60s Gold
55+ Lester McCurtis 60s Gold
60+ Jeff Coleman 47 Gold
65+ Curtis Royall 41 Silver
75+ Marilyn Ongley 60s Gold

Women Wall Sits (60s)
**FITNESS - Continued...**

**Men Wall Sits (60s)**
- 55+ Lester McCurtis 60s Gold
- 60+ Curtis Royall 60s Gold
- 60+ Jeff Coleman 60s Gold
- 65+ Elmer Blaikie 60s Gold
- 70+ Lou Caspary 60s Gold
- 75+ Noel Baggett 60s Gold
- 75+ JC Iamurri 60s Gold

**Women Planks (60s)**
- 50+ Cadence Baron 60s Gold
- 65+ Mellie Clark 60s Gold
- 75+ Marilyn Ongley 60s Gold

**Men Planks (60s)**
- 55+ Lester McCurtis 60s Gold
- 60+ Curtis Royall 60s Gold
- 60+ Jeff Coleman 60s Gold
- 65+ Elmer Blaikie 60s Gold
- 70+ Lou Caspary 60s Gold
- 75+ Noel Baggett 60s Gold
- 75+ JC Iamurri 60s Gold

**Women Bench Squats (2mins)**
- 50+ Cadence Baron 58 Gold
- 65+ Mellie Clark 45 Gold
- 75+ Marilyn Ongley 46 Gold

**Men Bench Squats (2mins)**
- 55+ Lester McCurtis 48 Gold
- 60+ Curtis Royall 60 Gold
- 60+ Jeff Coleman 61 Gold
- 65+ Elmer Blaikie 53 Gold
- 75+ JC Iamurri 37 Silver

**Strength Base Challenge**

**Women Overall Winner**
- Mellie Clark 302 Gold
- Marilyn Ongley 261 Silver
- Cadence Baron 254 Bronze

**Men Overall Winner**
- Noel Bagget 277 Gold
- Curtis Royall 275 Silver
- Elmer Blaikie 250 Bronze

**Endurance Base Challenge**

**Women Sled Push (BW%) distance in 2 mins**
- 50+ Cadence Baron 250 Gold
- 65+ Mellie Clark 287 Gold
- 75+ Marilyn Ongley 300 Gold

**Men Sled Push (BW%) distance in 2 mins**
- 55+ Lester McCurtis 200 Gold
- 60+ Jeff Coleman 250 Gold
- 60+ Curtis Royall 200 Silver
- 65+ Elmer Blaikie 150 Gold
- 75+ Noel Baggett 170 Gold

**Women Farmers Walk (2x12K) distance in 2mins**
- 50+ Cadence Baron 668 Gold
- 65+ Mellie Clark 550 Gold
- 75+ Marilyn Ongley 400 Gold

**Men Farmers Walk (2x20K) distance in 2mins**
- 55+ Lester McCurtis 523 Gold
- 60+ Jeff Coleman 700 Gold
- 60+ Curtis Royall 523 Silver
- 65+ Elmer Blaikie 400 Gold
- 75+ Noel Baggett 369 Gold

**Women Lateral Shuffle (2mins)**
- 50+ Cadence Baron 897 Gold
- 65+ Mellie Clark 869 Gold
- 75+ Marilyn Ongley 900 Gold

**Men Lateral Shuffle (2mins)**
- 55+ Lester McCurtis 800 Gold
- 60+ Jeff Coleman 947 Gold
- 60+ Curtis Royall 842 Silver
- 65+ Elmer Blaikie 747 Gold
- 70+ Lou Caspary 700 Gold
- 75+ Noel Baggett 850 Gold

**Women Medicine Ball Thrust 4lbs (2mins)**
- 50+ Cadence Baron 117 Gold
- 65+ Mellie Clark 92 Gold
- 75+ Marilyn Ongley 73 Gold

**Men Medicine Ball Thrust 8lbs (2mins)**
- 55+ Lester McCurtis 94 Gold
- 60+ Curtis Royall 163 Gold
- 60+ Jeff Coleman 91 Silver
- 65+ Elmer Blaikie 101 Gold
- 70+ Lou Caspary 100 Gold
- 75+ Noel Baggett 88 Gold
- 75+ JC Iamurri 89 Silver

**Women Alternating Step Ups (2 mins) Ht. adjusted**
- 50+ Cadence Baron 67.5 (x1.5) Gold
- 65+ Mellie Clark 45 Gold
- 75+ Marilyn Ongley 45 Gold

**Men Alternating Step Ups (2 mins) Ht. adjusted**
- 55+ Lester McCurtis 36 Gold
- 60+ Curtis Royall 48 Gold
- 60+ Jeff Coleman 48 Silver
- 65+ Elmer Blaikie 39 Gold
- 75+ Noel Baggett 65 Gold

**Women Row Machine (2 mins)**
- 50+ Cadence Baron 485 Gold
- 65+ Mellie Clark 442 Gold
- 75+ Marilyn Ongley 381 Gold

**Men Row Machine (2 mins)**
- 55+ Lester McCurtis 467 Gold
- 60+ Curtis Royall 495 Gold
- 60+ Jeff Coleman 450 Silver
- 65+ Elmer Blaikie 454 Gold
- 70+ Lou Caspary 449 Gold
- 75+ Noel Baggett 473 Gold
2016 SDSGA RESULTS

FITNESS - Continued...

Men Wall Sits (60s)
55+ Lester McCurtis 60s Gold

Endurance Base Challenge

Women Overall Winner
Mellie Clark 2485 Gold
Cadence Baron 2484.5 Silver
Marilyn Ongley 2099 Bronze

Men Overall Winner
Jeff Coleman 2471 Gold
Curtis Royall 2255 Silver
Lester McCurtis 2120 Bronze

GOLF

September 10, 2016
EastLake Country Club, Chula Vista
Commissioner: John Grindle

INDIVIDUAL STROKE PLAY

Women
60+ Gold – Coreen Crowley
70+ Gold – Treasa Skiles

Men
55+ Gold – Bill Smith
60+ Gold – Steve Meyer
75+ Gold – Ron Saito
Silver – Jerry Hyder

PARTNERSHIP

Women
60+ Gold – Coreen Crowley and Treasa Skiles

HANDBALL

September 24-25, 2016
San Diego Tennis and Racquet Club
General Manager Scott Slade
Commissioner: Mark Brown

Singles Name Place
55-59 David Peterson – 56 Gold
65-69 Brian Dempsey – 69 Gold
70-74 Mark Brown – 69 Gold
Burt Repine – 70 Silver
Rodger Gredvig – 70 Bronze
75-79 Reeve Peterson – 79 Gold

Overall Winners
Mark Brown – 69 Gold
David Peterson – 56 Silver
Burt Repine – 70 Bronze

Doubles Names Place
55-59 Mark Brown/Rodger Gredvig Gold
Burt Repine/Ron Cole Silver

LAWN GAMES

September 24, 2016
Horseshoe Park, Balboa Park
Commissioner: Jay Bishop

CORNHOLE

Women
75-79 GOLD – Valerie Gersch
55-59 GOLD – Ruth Coleman

Men
60-64 GOLD – Jeff Coleman
75-79 GOLD – Jeff Coleman
SILVER – J. Morgan Bishop

LADDER GOLF

Women
75-79 GOLD – Valerie Gersch
55-59 GOLD – Ruth Coleman

Men
60-64 GOLD – Jeff Coleman
75-79 GOLD – J. Morgan Bishop
SILVER – Norm Bhatia

WASHERS

Women
75-79 GOLD – Valerie Gersch
55-59 GOLD – Ruth Coleman

Men
60-64 GOLD – Jeff Coleman
75-79 GOLD – Norm Bhatia
SILVER – J. Morgan Bishop

PADDLEBALL

September 25, 2016
LA Fitness, Sorrento Valley
Commissioner: Len Sonnenberg

DOUBLES – MEN

50+ Gold – John Paraiso
Steve Melendez
Silver – Dave Ratynski
Mike Trent

55+ Gold – Peter Klee
Craig Olney
Silver – Greg Maynard
Paul Lorenz
Bronze – Don Williams
Curtis Bledsoe/Curtis Cramer

60+ Gold – Joe Siemienkowski
Greg Swanson
70+ Gold – John Falconer
Len Sonnenberg

PICKLEBALL

September 16-18, 2016
Melba Bishop Park, Oceanside
Commissioner: Jenae Alms

MEN’S DOUBLES

50+ GOLD - Lon Krantz
Kevin Booth
SILVER - Steve Hosohama
Chris Branson
BRONZE - Derek Gebo
Harry Ringer

55+ GOLD - Randy Jones
Ralph Rabago
SILVER - Steve Cole
Ron Chang
BRONZE - Bob Richland
Ted Hon

60+ Blue GOLD - Gregg Whitfield
Doug Gale
SILVER - Todd Johnson
Brad Drew
BRONZE - David Killen
Denise Louie
2016 SDSGA RESULTS

WOMENS SINGLES

50+
GOLD - Barbara Wise
SILVER - Sandy Brisebois
BRONZE - Sheri Motyl

55+
GOLD - Barbara Wintroub
SILVER - Jane Porphir
BRONZE - Marianne Lassigne-Vargas

ROAD RACE AND WALK

September 10-11, 2016
Lake Miramar, Mira Mesa
Commissioner: Gary MacDonald

5K ROAD RACE

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<th>Time</th>
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<td>Anne Yensin</td>
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5K RACE WALK

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10K ROAD RACE

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10K RACE WALK

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<td>Art Morrow</td>
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2016 SDSGA RESULTS

RACQUETBALL
August 27-28, 2016
UCSD Racquetball Facility
Commissioner: Len Sonnenberg

WOMEN’S SINGLES
60+  Gold – Mary-Lou Kiley
    Silver – Esther Rothblum
    Bronze – Eileen Cummings
Marcia Gwinn

WOMEN’S DOUBLES
Gold – Esther Rothblum &
    Eileen Cummings
Silver – Marcia Gwinn &
    Mary-Lou Kiley

MEN’S SINGLES
50+  Gold – Mike Eisenbraun
55+  Gold – Steve Pharr
65+  Gold – Tip Josza
70+  Gold – Len Sonnenberg
    Silver – Ken Klayman
75+  Gold – Eugene Bailey
80+  Gold – Bob Ryberg
85+  Gold – Alex Miadinado

MEN’S DOUBLES
65+  Gold – Tip Josza &
    Len Sonnenberg
    Silver – Jim Bzovy &
    Brian Wofford
70+  Gold – Patrick Saunders &
    John Pearson
Silver – Gary Duffield &
    Dan Gamelin
75+  Gold – Eugene Bailey
    Bob Ryberg

MIXED DOUBLES
Gold – Mary-Lou Kiley &
    Eugene Bailey
Silver – Eileen Cummings
    Tip Josza
Bronze – Esther Rothblum &
    Alex Miadinado
Marcia Gwinn &
    Mike Eisenbraun

SHUFFLEBOARD
August 27, 2016
Redwood Park, Balboa Park
Commissioner: Jim Knott
September 3, 2016
Escondido Senior Center
Commissioner: Jim Travers

BALBOA PARK
Men
75+  Gold – Jay Bishop
80+  Gold – Jim Knott

ESCONDIDO
coming soon.

WOMEN’S SINGLES
60+  Gold – Mary-Lou Kiley
    Silver – Eileen Cummings
    Bronze – Marcia Gwinn

WOMEN’S DOUBLES
Gold – Esther Rothblum &
    Eileen Cummings
Silver – Marcia Gwinn &
    Mary-Lou Kiley

MEN’S SINGLES
50+  Gold – Mike Eisenbraun
55+  Gold – Steve Pharr
65+  Gold – Tip Josza
70+  Gold – Len Sonnenberg
    Silver – Ken Klayman
75+  Gold – Eugene Bailey
80+  Gold – Bob Ryberg
85+  Gold – Alex Miadinado

MEN’S DOUBLES
65+  Gold – Tip Josza &
    Len Sonnenberg
    Silver – Jim Bzovy &
    Brian Wofford
70+  Gold – Patrick Saunders &
    John Pearson
Silver – Gary Duffield &
    Dan Gamelin
75+  Gold – Eugene Bailey
    Bob Ryberg

MIXED DOUBLES
Gold – Mary-Lou Kiley &
    Eugene Bailey
Silver – Eileen Cummings
    Tip Josza
Bronze – Esther Rothblum &
    Alex Miadinado
Marcia Gwinn &
    Mike Eisenbraun

60+  GOLD – STILL KICKIN’
    Kerry Eddy
    Rebecca Harper
    Lee Hess
    Teri Simpson
    Deborah Perry
    Joyce Stephens
    Monica Guillen
    Dawn Cole
    Debra Vasquez
    Margaret Danner
    Lai-Ying Stepan
    Connie Bunch
    Cindy Scott
    Sharon Murray
    Glennis Walters

60+  SILVER – FOOTLOOSE
    Jane Noble
    Wendy Zwissler
    Belinda Ledoux
    Wendy Bracamonte
    Debbie Ybarra
    Cindy Verne
    Cecile Callahan
    Linda Abele
    Irene Pazirandeh
    Caren Brownlie
    Linda Cox
    Cheri Monarch
    Debra Lindberg
    Elizabete Ikeda
    Janice Staley

60+  BRONZE – SMOOTH RUSH
    Deborah Brockman
    Colleen Thomas
    Marilyn Cervantes
    Lynn Neftel
    Denise Osier
    Dorothy Robinson
    Lynda Eng
    Jacquelyn Jauregui
    Janice Juel
    Daisy Atiles
    Nancy Petit
    Jo Matthews
    Denise Pitts
    Linda Prudhomme
    Janice Staley

65+  GOLD – KICKIN’ 60’S
    Colette Caterina
    Valerie Wagner
    Lisa Quillin
    Sandy Alves
    DeeAnn Huddleston
    Jane Jones
    Lynda Eng
    LuAnn Crandall
    Kim Feely
    Elizabeth Grant
    Patricia Lopes
    Linda Gutierrez
    Lynda Flinn
    Melinda Newell
    Elaine Dornton

65+  SILVER – 3 SCORE GALORE
    Debbie Coleman
    Jennifer Choctow
    Rhoda Frame
    Janice Johnson
    Kathleen Mutch
    Nancy Patrick
    Rose Teutimez
    Candace DeWitt
    Kim Lafferty
    Anne Potter
    Nancy Jansen
    Maria Morales
    Shannan Sigler
    Barbara Stormness
    Gene Forsythe
    Janet Anderson
    Jhonna Dowd

65+  BRONZE – INFINITY (TIE)
    Gabrielle Waltemeyer
    Kathleen Downer
    Rosemarie Heldenbrand
    Suzanne McKellar
    Hope Silva
    Diane Temple
    Lisa Glass
    Patti Storm
    Jean Jarosz
    Karen Brookfield
    Lisabeth Beth Garrahan
2016 SDSGA RESULTS

WOMEN’S SOCCER - Continued...

65+ BRONZE – STILL STANDING (TIE)
Della Sewell                        Bonnie Crist
Nancy Beatty                      Kathleen Rahilly
Mary Nunez                        Lucille Bolduc
Karen McClung                  Joan Newton
Linda St. Marie                   Judi Vignos
Judi Works                                Alice Moore
Lisa Teal                                      Kathleen Cassanove
Jeanine Grace                              Darlene Hopkins
Carole Hurst                               Kathy Harvey

SOFTBALL - MEN’S

Men’s Softball Tournament has been postponed to Spring 2017.

WOMEN’S SOFTBALL

September 17-18, 2016
Hourglass Park, Mira Mesa
Commissioner: Mary Knapik

50+ Gold – Sudden Impact
Silver – 50’N Over It
Bronze – Philly’s LJ Spammers

55+ Gold Division
Gold – 2nd Wind
Silver – Ladies Choice
Bronze – Cal Spirit 55

55+ Silver Division
Gold – Twizted
Silver – San Diego Stars
Bronze – Sol Sisters
4th – Santa Barbara Beaches

50+ Gold Division
Gold – Castawaz
Silver – Cal Spirit 60
Bronze – Cal Express
4th – Ladies Choice

50+ Silver Division
Gold – SkorMor
Silver – Fusion
Bronze – California Rockers

50+ GOLD - SUDDEN IMPACT
Renee Bland
Pamela Chapman
Norma Collins
Jo Curone
Cindi Davis
Iris Davis-Brumfield
Tami Duke
Carolyn Fisher
Linda Franco
Shellie George
Earnestine Hatley
Irene Rios

50+ SILVER - 50 ’N OVER IT
Bonnie Bailey
Lauran Brickley
Barbara Brock
Kim Burner
Frances Farmer
Debrea Huntingford
Nella Joliff
Kathy Karins
Diane Krishna
Lynn Leger
Tammi Leisenring
Kim Martin
Rita Martin
Eva Moore
Cynthia Palmer
Donna Peary
Robin Royak

50+ BRONZE - PHILLY’S LJ SPAMMERS
Michell Alcantar
Diane Custer
Diane Dalton
Donna Dente
Sharon Farrell
Susie Grana
Daphne Hamilton
Tina Mangerino
Debbie Meymarien
Michele Peterson
Elaine Poirier
Claudia Reid
Laura Sherman
Kathy Showalter
Pam Trimble
Kit Turman
Teri Von Achen

55+ GOLD - TWIZTED
Frances Bir
Terry Bokowski
Vivian Campbell
Susan Doezie
Nancy Holyoke
Olga Madrigal
Sharon Marine
Adienne Martes
Laura Molinaro
Vivian Resendez
Debbie Sequin
Suzie Stencil
Cyndia Williams

55+ SILVER - LADIES CHOICE
Bridget Brush
Ruby Cawley
Cindi Lyn Davis
Dava Diaz
Jacqueline Diaz
Patricia Hixon
Connie Knudson
Mary Lambing
Sandy Lockwood
Nancy Lopez
Heather Ramsey
Stephanie Soares
Susan Sozzi
Cynthia Tucker
Donna Vandagriff

55+ BRONZE – CALIFORNIA SPIRIT 55
Robin Aguirre
Linda Buchan-Baltazar
Kathy Burcham
Mary Burns
Julie Childress
Marie Depascal
Kevin Bugoncivic
Cynthia Garcia
Linda Goeggel
Nedra Jerry
Steffnie Molley
lorrie Nakashima
Becky O’Campo
Karlene Schuler
Darlene Shelley
Anne Sneden
Ann Stevens
Sandy Untrauer

SILVER DIVISION

55+ GOLD – TWIZTED
Frances Bir
Terry Bokowski
Vivian Campbell
Susan Doezie
Nancy Holyoke
Olga Madrigal
Sharon Marine
Adienne Martes
Laura Molinaro
Vivian Resendez
Debbie Sequin
Suzie Stencil
Cyndia Williams
## 2016 SDSGA RESULTS

### WOMEN'S SOFTBALL - Cont...

<table>
<thead>
<tr>
<th>55+ SILVER - SAN DIEGO STARS</th>
<th>55+ BRONZE - SOL SISTERS</th>
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<tbody>
<tr>
<td>Kathe Beardsley</td>
<td>Karla Baraza</td>
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<tr>
<td>Teresa Brinsfield</td>
<td>Troy Chang</td>
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<tr>
<td>Joan Clarke</td>
<td>April Edwards</td>
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<tr>
<td>Julie Danzo</td>
<td>Julie Fisher</td>
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<td>Dorinda Dodd</td>
<td>Debra Franklin</td>
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<td>Donna Gagarin</td>
<td>Mari Gallucci</td>
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<tr>
<td>Wendy Goodell</td>
<td>Patricia Jasmund</td>
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<td>Dee Hickman</td>
<td>Mary Knapik</td>
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<tr>
<td>Jill Hinton</td>
<td>Maureen Kobrin</td>
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<td>Crista Hubbard</td>
<td>Mia Murray</td>
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<td>Mary King</td>
<td>Lisa Owen</td>
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<td>Jennifer Muse</td>
<td>Brenda Pratt</td>
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<td>Kari Nilsen</td>
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<td></td>
<td>Lori Smith-Ward</td>
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<td>Joann Walker</td>
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<td>Sandra Young</td>
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<table>
<thead>
<tr>
<th>55+ 4TH - SANTA BARBARA BEACHES</th>
<th>60+ GOLD - CASTAWAZ</th>
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<tbody>
<tr>
<td>Stella Abbott</td>
<td>Lucile Bible</td>
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<tr>
<td>Laurie Adams</td>
<td>Rose Boll</td>
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<td>Sandy Bjorklund</td>
<td>Betsy Borda</td>
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<td>Lisa French</td>
<td>Kathy Corwell</td>
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<td>Rosa Gonzales</td>
<td>Nancy Gagnon</td>
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<tr>
<td>Olga Pinal</td>
<td>Annette Bohn</td>
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<tr>
<td>Mindy Prowler</td>
<td>Yvonne Delk</td>
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<tr>
<td>Delfina Ramirez</td>
<td>Debra Goodus</td>
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<tr>
<td>Phyllis Sides</td>
<td>Kathy Grant</td>
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<td>Alyson Stephens</td>
<td>Eleanor Hawley</td>
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<td>Becky Valles</td>
<td>Dee Dee Jackson</td>
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<tr>
<td>Linda Voyen</td>
<td>Connie Kosloske</td>
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<td>Bernice Williams</td>
<td>Gloria Meinhart</td>
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### SILVER DIVISION

<table>
<thead>
<tr>
<th>60+ SILVER - CAL SPIRIT 60</th>
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<tr>
<td>Hope Americano</td>
<td>Audrey Andrade</td>
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<td>Sharon Delamater</td>
<td>Patricia Bowers</td>
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<td>Gerri Dole</td>
<td>Fran DePuy</td>
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<td>Linda Keehan</td>
<td>Kathleen Hawk</td>
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<td>Kat McComb</td>
<td>Ozzie Hood</td>
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<td>Laurie Mills</td>
<td>Cindy Killingback</td>
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<td>Linda Mohrfield</td>
<td>Mary Letizio</td>
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<td>Cathy Moon</td>
<td>Debbie Marquis</td>
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<td>Perri Newell</td>
<td>Patti McCoy</td>
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<td>Cathy Nicholson</td>
<td>Rafaela Mercado</td>
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<td>Janice Robson</td>
<td>Nancy Moniger</td>
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<td>Nancy Ruiz</td>
<td>Jane Smith</td>
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<td>Kerrie Webb</td>
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<td>Lisa Taranto</td>
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<thead>
<tr>
<th>60+ 4TH - LADIES CHOICE</th>
<th>60+ BRONZE - CALIFORNIA ROCKERS</th>
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<tbody>
<tr>
<td>Mildred Allen</td>
<td>Cindy Collett</td>
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<tr>
<td>Yvonne Arnold</td>
<td>Charlene Cota</td>
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<td>Kathryn Brady</td>
<td>Sioux Donatelli</td>
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<td>Emily Chow</td>
<td>Lori Drotman</td>
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<td>Cheryl Coyle</td>
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<td>Deb Coyne</td>
<td>Margaret Harmon</td>
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<td>Marla Edwards</td>
<td>Suzzanne Hastins</td>
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<td>Juanita Evans</td>
<td>Mary Chris Johnson</td>
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<td>Sylvia Gregory</td>
<td>Priscilla Marks</td>
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<td>Denette Grossman</td>
<td>Katy Miles</td>
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<td>Stephanie Hoffman</td>
<td>Regina Reynolds</td>
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<tr>
<td>Ruth Little</td>
<td>Karen Siefert</td>
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<td>Cindy Loomer</td>
<td>Barbara Sieg</td>
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<td>Karen Roy</td>
<td>Sylvia Swager</td>
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<td>Barbara Smith</td>
<td>Cindy Toohey-Green</td>
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<tr>
<td>Donna Tofft</td>
<td>Carol Wheeler</td>
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</tbody>
</table>
**Women 50-54 50 Yard Freestyle**
1. Steidle, Gwynne A 31.69

**Women 50-54 50 Yard Breaststroke**
1. Krattti, Caroline 33.49
2. Steidle, Gwynne 48.43

**Women 50-54 100 Yard Breaststroke**
1. Krattti, Caroline 33.49

**Women 50-54 100 Yard Butterfly**
1. Steidle, Gwynne 44.97

**Women 50-54 100 Yard IM**
1. Zimmer, Dawn 1:10.04

**Women 50-54 200 Yard Freestyle**
1. Zimmer, Dawn 2:36.65

**Women 50-54 500 Yard Freestyle**
1. Mengel, Patrick B 26.79
2. Eisenbraun, Michael D 29.38

**Men 50-54 50 Yard Freestyle**
1. Mengel, Patrick B 26.79
2. Eisenbraun, Michael D 29.38

**Men 50-54 100 Yard Freestyle**
1. Mengel, Patrick B 1:11.77

**Men 50-54 200 Yard IM**
1. Mengel, Patrick B 6:03.16

**Men 50-54 200 Yard Breaststroke**
1. Eisenbraun, Michael D 48.50

**Men 50-54 200 Yard Freestyle**
1. McGinley, Patrick B 2:52.57

**Men 50-54 50 Yard Butterfly**
1. Clarke, Christopher 29.21

**Men 50-54 100 Yard IM**
1. McGinley, Patrick B 1:06.22

**Men 50-54 200 Yard IM**
1. McGinley, Patrick B 2:30.76

**Men 50-54 50 Yard Butterfly**
1. Clarke, Christopher 29.21

**Men 50-54 100 Yard IM**
1. McGinley, Patrick B 1:00.54
2. Garcia, Raul (Gus) A 28.24
3. Wright, Sean 37.80

**Men 50-54 50 Yard Breaststroke**
1. Benner, Tord E 27.51
2. Garcia, Raul (Gus) A 28.24
3. Wright, Sean 37.80

**Men 55-59 100 Yard IM**
1. Benner, Tord E 1:00.54
2. Garcia, Raul (Gus) A 1:02.30
3. Wright, Sean 1:02.30

**Men 55-59 200 Yard IM**
1. McGinley, Patrick B 2:30.76
2. Engstrom, Michael D 2:30.76
3. Wright, Sean 2:30.76

**Men 55-59 50 Yard Breaststroke**
1. Benner, Tord E 27.51
2. Garcia, Raul (Gus) A 28.24
3. Wright, Sean 37.80

**Men 55-59 50 Yard Freestyle**
1. Ellis, Joel 2:18.39
2. Garcia, Raul (Gus) A 2:26.04

**Men 55-59 50 Yard IM**
1. Benner, Tord E 1:00.54
2. Garcia, Raul (Gus) A 1:02.30
3. Wright, Sean 1:02.30

**Men 55-59 100 Yard IM**
1. Benner, Tord E 1:00.54
2. Garcia, Raul (Gus) A 1:02.30
3. Wright, Sean 1:02.30

**Men 55-59 200 Yard IM**
1. Benner, Tord E 2:30.76
2. Engstrom, Michael D 2:30.76
3. Wright, Sean 2:30.76

**Men 55-59 200 Yard Freestyle**
1. Mengel, Patrick B 2:52.57
2. Eisenbraun, Michael D 2:52.57

**Men 55-59 200 Yard Breaststroke**
1. Benner, Tord E 27.51
2. Garcia, Raul (Gus) A 28.24
3. Wright, Sean 37.80

**Men 55-59 200 Yard Butterfly**
1. Clarke, Christopher 29.21
3. Wright, Sean 2:26.04

**Men 55-59 200 Yard IM**
1. Benner, Tord E 1:00.54
2. Garcia, Raul (Gus) A 1:02.30
3. Wright, Sean 1:02.30

**Men 55-59 50 Yard IM**
1. Benner, Tord E 27.51
2. Garcia, Raul (Gus) A 28.24
3. Wright, Sean 37.80

**Men 55-59 100 Yard Freestyle**
1. Mengel, Patrick B 26.79
2. Eisenbraun, Michael D 29.38

**Men 55-59 200 Yard IM**
1. Mengel, Patrick B 6:03.16

**Men 55-59 200 Yard Breaststroke**
1. Eisenbraun, Michael D 48.50

**Men 55-59 50 Yard Breaststroke**
1. Benner, Tord E 27.51
2. Garcia, Raul (Gus) A 28.24
3. Wright, Sean 37.80

**Men 55-59 50 Yard Butterfly**
1. Clarke, Christopher 29.21
3. Wright, Sean 2:26.04

**Men 55-59 200 Yard IM**
1. Benner, Tord E 1:00.54
2. Garcia, Raul (Gus) A 1:02.30
3. Wright, Sean 1:02.30

**Men 55-59 50 Yard IM**
1. Benner, Tord E 27.51
2. Garcia, Raul (Gus) A 28.24
3. Wright, Sean 37.80

**Men 55-59 100 Yard IM**
1. Benner, Tord E 1:00.54
2. Garcia, Raul (Gus) A 1:02.30
3. Wright, Sean 1:02.30

**Men 55-59 200 Yard IM**
1. Benner, Tord E 2:30.76
2. Engstrom, Michael D 2:30.76
3. Wright, Sean 2:30.76
### 2016 SDSGA RESULTS

**SWIMMING - Continued...**

<table>
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<tr>
<th>Event</th>
<th>Age Group</th>
<th>Swimmer</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>Men 65-69 100 Yard Freestyle</strong></td>
<td>65-69</td>
<td>Duffield, Harry G</td>
<td>1:01.99</td>
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<tr>
<td></td>
<td></td>
<td>Tovey, Dane</td>
<td>1:10.64</td>
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<td>Beaumont, Richard</td>
<td>1:10.98</td>
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<tr>
<td><strong>Men 65-69 200 Yard Freestyle</strong></td>
<td>65-69</td>
<td>Duffield, Harry G</td>
<td>2:31.37</td>
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<td></td>
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<td>Durrell, Bill</td>
<td>2:54.10</td>
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<tr>
<td><strong>Men 65-69 500 Yard Freestyle</strong></td>
<td>65-69</td>
<td>Durrell, Bill</td>
<td>7:29.91</td>
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<td></td>
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<td>Tovey, Dane</td>
<td>40.50</td>
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<td>Beaumont, Richard</td>
<td>1:09.86</td>
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<tr>
<td><strong>Men 65-69 100 Yard Breaststroke</strong></td>
<td>65-69</td>
<td>Tovey, Dane</td>
<td>1:27.73</td>
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<td>Beaumont, Richard</td>
<td>1:06.08</td>
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<tr>
<td><strong>Men 65-69 100 Yard Breaststroke</strong></td>
<td>65-69</td>
<td>Duffield, Bill</td>
<td>1:41.12</td>
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<td>Beaumont, Richard</td>
<td>3:08.04</td>
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<td><strong>Men 65-69 200 Yard Breaststroke</strong></td>
<td>65-69</td>
<td>Duffield, Bill</td>
<td>3:32.79</td>
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<td>Enclade, Terry</td>
<td>32.73</td>
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<td><strong>Men 70-74 50 Yard Freestyle</strong></td>
<td>70-74</td>
<td>Andersen, Peter</td>
<td>30.27</td>
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<td>Ralphs, Tony</td>
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<td>Vander Moer, Hugo</td>
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<td><strong>Men 70-74 100 Yard Freestyle</strong></td>
<td>70-74</td>
<td>Ralphs, Tony</td>
<td>1:08.29</td>
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<td>Andersen, Peter</td>
<td>1:09.70</td>
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<td>Vander Moer, Hugo</td>
<td>1:37.60</td>
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<td>70-74</td>
<td>Ralphs, Tony</td>
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<td>Carey, George L</td>
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<td>Walker, Larry</td>
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<td>Carey, George L</td>
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<td>Walker, Larry</td>
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<td><strong>Men 70-74 100 Yard Backstroke</strong></td>
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<td>Walker, Larry</td>
<td>1:23.73</td>
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<td>Vander Moer, Hugo</td>
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<tr>
<td><strong>Men 70-74 200 Yard Backstroke</strong></td>
<td>70-74</td>
<td>Walker, Larry</td>
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<tr>
<td><strong>Men 70-74 50 Yard Breaststroke</strong></td>
<td>70-74</td>
<td>Andersen, Peter</td>
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<tr>
<td><strong>Men 70-74 100 Yard Breaststroke</strong></td>
<td>70-74</td>
<td>Andersen, Peter</td>
<td>1:29.18</td>
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<td></td>
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<td>Carey, George L</td>
<td>1:37.67</td>
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</tbody>
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**MEN 65-69 100 Yard Breaststroke**
- 1. Andersen, Peter: 1:22.10
- 2. Carey, George L: 1:25.14

**Men 70-74 100 Yard Breaststroke**
- 1. Carey, George L: 1:25.14

**Men 70-74 200 Yard Freestyle**
- 1. Carey, George L: 3:10.44

**Men 70-74 100 Yard Freestyle**
- 1. Ralphs, Tony: 7:14.89

**Men 75-79 50 Yard Freestyle**
- 1. Thomas, Garfield: 33.27
- 2. Williams, Neil: 47.30

**Men 75-79 100 Yard Freestyle**
- 1. Freshley, Mike R: 1:00.50

**Men 75-79 200 Yard Breaststroke**
- 1. Williams, Neil: 3:35.81

**Men 75-79 200 Yard Freestyle**
- 1. Williams, Neil: 2:47.90

**Men 75-79 50 Yard Breaststroke**
- 1. Williams, Neil: 54.09

**Men 75-79 100 Yard Breaststroke**
- 1. Williams, William W: 44.92

**Men 75-79 200 Yard Breaststroke**
- 1. Haines, William W: 3:56.14

**Men 75-79 50 Yard Freestyle**
- 1. Freshley, Mike R: 2:20.36

**Men 75-79 100 Yard IM**
- 1. Croshier, Mark W: 1:22.36
- 2. McIntosh, Donald: 1:55.99

**Men 80-84 100 Yard Breaststroke**
- 1. Croshier, Mark W: 1:10.54

**Men 80-84 100 Yard IM**
- 1. Hillary, Thomas: 2:25.76

**Men 80-84 200 Yard IM**
- 1. Hubbard, Donald J: 10:28.19

**Women’s Singles**
- 45+ Gold: William Chang
- 50+ Gold: Javid Khazaeli
- Silver: Victor Serna
- Bronze: Gerald Colter

**Men’s Singles**
- 55+ Gold: Aharon Shapiro
- Silver: Jerry Harris
- Bronze: Joe Romanosky

**TABLE TENNIS**

September 18, 2016
Balboa Activity Center, Balboa Park
Commissioner: Borko Dragojlovic

---

San Diego Senior Games - PO Box 600007 - San Diego, CA 92160 - (828) 292-5812 • Info@SDSeniorGames.org • www.SDSeniorGames.org
TRACK AND FIELD
September 18, 2016
Mesa College, San Diego
Commissioner: Gary MacDonald

2016 SDSGA RESULTS

TABLE TENNIS - Continued...

MEN'S SINGLES
45+  GOLD – William Chang

WOMEN'S SINGLES
45+  GOLD - Holly Le
60+  GOLD – Simin Enfrad
65+  GOLD – Shelley Hardy
70+  GOLD – Kimiyo Nichols

NOVICE MEN'S SINGLES
50+  GOLD – Craig Fagan
55+  GOLD – Bill Sewell
60+  GOLD – Dave Kreider
       SILVER – Maurizio Bassi
65+  GOLD – Roy Lyon
75+  GOLD – J Morgan Bishop
80+  GOLD – George Lu
       SILVER – George Foster

NOVICE WOMEN'S SINGLES
55+  GOLD – May Chen
60+  GOLD – Marcia Gwin
       SILVER – Sharon Wong
70+  GOLD – Sam McVeigh
       SILVER – Tina Back

DOUBLES
GOLD – Jerry Harris/William Chang
       SILVER – Mark Adelman/Aharon Shapiro
       BRONZE – Javid Khazaeli/Steve McGrew

MIXED DOUBLES
GOLD – Shelley Hardy/Aharon Shapiro
       SILVER – Simin Enfrad/Javid Khazaeli
       BRONZE – Holly Le/Hoa Lam
       BRONZE – May Chen/Johnny Wong

EVENT WOMEN 50 METER DASH
Women 85-89
1  Styles, Frances  Gold  13.71
Women 75-79
1  Cooper Onley, Marilyn  Gold  11.27

EVENT WOMEN 100 METER DASH
Women 85-89
1  Styles, Frances  Gold  28.47
Women 75-79
1  Cooper Onley, Marilyn  Gold  21.65

EVENT WOMEN 200 METER DASH
Women 75-79
1  Cooper Onley, Marilyn  Gold  47.66

EVENT WOMEN 400 METER DASH
1  Kelly, Pat  Gold  1:24.19
2  Lamb, Lisa  Gold  1:26.61
3  Van der Schans, Cathy  Gold  1:32.69

EVENT WOMEN 800 METER RUN
Women 50-54
1  Sponsler, Shelley  Gold  4:30.79

EVENT WOMEN 1500 METER RUN
1  Sponsler, Shelley  Gold  8:29.61
2  Waters, Jill  Gold  8:31.83

EVENT WOMEN 300 METER RUN
1  Waters, Jill  Gold  17:40.73

EVENT WOMEN 80M HURDLES
1  Maxwell, Karen  14.51

EVENT WOMEN 300 HURDLES
1  Maxwell, Karen  59.87

EVENT WOMEN 1500 METER RACE WALK
1  Darian, Shea  8:50.62

EVENT WOMEN LONG JUMP
Women 85-89
1  Styles, Frances  4:07.25
Women 75-79
1  Cooper Onley, Marilyn  6:10.00

EVENT WOMEN SHOT PUT
Women 60-64
1  Dunton, Linn  34-07.75
Women 55-59
1  Scott, Sandi  28-04.25
2  Vaughn, Karen  27-05.25
3  Polk Withers, Sani  27-03.25
4  Sanchez, Estela  24-03.75
5  Wallace, Barbara  23-08.25

Women 50-54
1  Cooper Onley, Marilyn  4-07.25

EVENT WOMEN HIGH JUMP
Women 85-89
1  Styles, Frances  2-05.50

Women 65-69
1  Steekelenburg, Annelies  4-01.25
Women 55-59
1  Vaughn, Karen  3-05.25

EVENT WOMEN DISCUS THROW
Women 60-64
1  Dunton, Linn  33.59
2  Fregoso, Teresa  35.20
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2016 SDSGA RESULTS

Women 55-59
1. Polk Withers, Sani 76-10
2. Sanchez, Estela 64-07
3. Wallace, Barbara 55-03

Men 50-54
1. Foster, Robert 6.81
2. Ali, Mansoor 7.46

Women 60-64
1. Dunton, Linn 115-02
2. Van der Schans, Cathy 78-04

Women 55-59
1. Sanchez, Estela 81-09
4. Polk Withers, Sani 65-01
3. Wallace, Barbara 52-00

Men 50-54
1. Foster, Robert 6.81
2. Ali, Mansoor 7.46

Women 65-69
1. van Krucht, Henny 78-09
2. Steekeleburg, Annelies 53-04

Men 65-69
1. Rose, Ed 33.11

Women 55-59
1. Babbitt, Jane 54-09

Men 50-54
1. Chen, Chris 1:00.59

Men 60-64
1. Selby, Jim 12.25

Women 65-69
1. Polk Withers, Sani 61-02
2. Vaquhn, Karen 60-09
3. Wallace, Barbara 43-08

Men 50-54
1. Foster, Robert 6.81
2. Ali, Mansoor 7.46

Women 70-74
1. Babbitt, Jane 54-09

Men 65-69
1. Polk Withers, Sani 65-01

Women 60-64
1. Dunton, Linn 105-08
2. Jaunzenne, Andra 52-07

Men 65-69
1. Hashemzadeh, Iraj 8.40

Men 70-74
1. Clane, Bob 8.78
2. Yates, Vern 9.69

Men 75-79
1. Hashemzadeh, Iraj 8.40

Women 70-74
1. Babbitt, Jane 54-09

Men 60-64
1. Deitrich, Woody 14.77
2. Rauch, Bob 15.14
3. Stone, Ken 15.39
4. Green, John 15.76
5. Kapsal, John 15.80
6. Tipping, Mike 16.10
7. Pino, Armando 16.15
8. Morris, Jim 16.20
9. Suetos, Jay 16.78
10. Young, Ed 19.56
11. Magana, Jorge 21.96

Men 55-59
1. Chinn, James 12.73
2. Chen, Chris 12.94
3. Mendoza, Matt 15.62

Men 70-74
1. Clane, Bob 8.78
2. DeSandro, Dominic 9.92

Men 60-64
1. Green, John 7.96
2. Kapsal, John 8.44
3. Morris, Jim 8.58
4. Magana, Jorge 8.62
5. Suetos, Jay 8.80

Men 65-69
1. Chen, Chris 7.07
2. Love, Reginald 7.94
3. Mendoza, Matt 8.29

Men 70-74
1. Whitley, Stan 28.74
2. Crandall, James 32.27
3. White, Allen 39.50
## 2016 SDSGA RESULTS

### EVENT MEN 3000 METER RUN

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<td>Men 75-79</td>
<td>Esquibel, Herman</td>
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### EVENT MEN 80M HURDLES

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### EVENT MEN 200 HURDLES

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### EVENT MEN 1500 METER RACE WALK

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### EVENT MEN POLE VAULT

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<td>Men 70-74</td>
<td>Parry, Arthur</td>
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<td>Warner, Roger</td>
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<td>Men 60-64</td>
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### EVENT MEN JAVELIN THROW

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### EVENT MEN LONG JUMP

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### EVENT MEN DISCUS THROW

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<td>Men 70-74</td>
<td>Parks, Terry</td>
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### EVENT MEN SHOT PUT

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<td>Ketels, Hank</td>
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<td>Men 80-84</td>
<td>Ginsburg, Marvin</td>
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<td>Iverson, Verlyn</td>
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### EVENT MEN HIGH JUMP

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<td>Men 55-59</td>
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<td>Baker, Ken</td>
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For the above results, Men 70-79 and Men 75-79 are also included.
2016 SDSGA RESULTS

EVENT MEN TRIPLE JUMP

Men 75-79
-- Bellier, Jean-Jacque FOUL

Men 70-74
1 Damschen, Ron 16-09.75

Men 65-69
1 Rose, Ed 25-06.25

Men 60-64
1 McLawhorn, David 29-01.75
2 Pittman, Patrick 25-08.75

EVENT MEN HAMMER THROW

Men 85-89
1 Ketels, Hank 45-06

Men 75-79
1 Johnson, Richard 63-03

Men 70-74
1 Widmer, Ronald 57-08

Men 65-69
1 Meyer, Thomas 129-02
2 Wisslead, Bill 84-04
3 Sheets, Bob 68-10

Men 60-64
1 Watson, Richard 123-03
2 McLawhorn, David 68-04

Men 50-54
1 Song, Kyong 156-04

MEN’S VOLLEYBALL

September 18, 2016
Balboa Activity Center, Balboa Park
Commissioner: Steve Seim

50+ Gold – Nitro
Tim Curran
Isaac Fubunan
Craig Jameson
Mike Meyers
Luis Moreno
Abdallah Nabbot
Michael Wooten

55+ Gold – SoCal Seniors
Brad Barber
Jack Gregory
Dean Lauderdale
Bill Murray
Steve Row
Tom Tran

60+ Gold – Roof 60’s
Victor Broswki
Farid Karimi
Steve Seim
Ken Rahn

60+ Silver – Aged Beef
Sam Bettencourt
Mike Caillouet
Randy Guyer
Gary Holbrook
Bob O’Brien
Don Phin
Gary Seaton
Jody Uyechi
Steve Wilbur
Gary Yee

65+ Gold – Block Party
John Nellans
Steve Gatewood
Tony Mennillo
Bob Brandenburg
Ron Gregg
Gale Kinell
Bagher Amirvand

50+ Bronze – Hot Mess
Shellie Bowman
Cynthia Carr
Margo Darris
Hallie Day
Coral Koch
Susan Korte
Linda Skinker
Roxanne Stagier
Katie White

55+ Gold – Roof
Nicole Blackwell
Laura Coleman
Vanessa Fanchin
Donna Hain
Lisa Heck
Reba Spooner
Katherine Zelko

55+ Silver – VBall Bratz
Kathy Duncan
Sandy Freitas
Alva Jones
Jane Low
Glenda Masterson
Blanca Tiersma

55+ Bronze – Outsiders
Deone Kanne
Sonia Lukens
Elaine Mitchell
Nanette Pratini
Sara Sardinha
Allison Walsh
Stacy Weber

50+ Gold – Panama Jack
Teri Schroder
Diane Campbell
Susan Croshaw
Karen Douane
Judy Hisong
Sue Snyder
Margaret Wall

50+ Silver – Yadayada
Lisa Bates
Susan Boyd
Sandra Cooper
Carol Kokinares
Barbara Norbut
Eileen Reza
Sherry Watts

50+ Bronze – Serv-Aces
Karen Brassfield
Vickie Christensen
Cynthia Droeger
Kumi Hirayama
Rosemary McCarthy
Sally Penland
VOLUNTEER APPLICATION
SAN DIEGO SENIOR GAMES

Date: ______________________

Thank you for your interest in volunteering with the San Diego Senior Games. In an effort to see how your ability, interest, and talents might be put to best use, please complete the following information and return this form to our office. There is a great need for volunteers and your help will be most appreciated by all. We are looking forward to seeing you this year.

Please PRINT clearly:

First Name: _______________________ Last Name: _________________________  MI: ______

Address: _______________________________________________________  APT#: ________

City: ____________________________   State: ______    Zip: _________________

Home Phone #: ______________  Cell Phone: _________________  Birthdate: _______________

Email: ________________________________________   Gender: ____ Male   ____ Female

Agency Group/Club: _______________________________________   T-Shirt Size: ___________

Interest: (PLEASE CHECK ALL THAT APPLY)

_____ Participate in games   _____ Marketing   _____ Sponsor an Event
_____ Help organize an Event   _____ Computer Work/Skills   _____ Donate a Prize
_____ Medical Volunteer   _____ Help with Luncheons   _____ Be A Board Member
_____ Photo/Video Work   _____ Clerical/Phone Skills   _____ General Office Work
_____ Help with Certain Sport

Other Areas of Interest / Suggestions:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

How did you hear about us?
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Contact: Office 858-292-5812  Email: Kirsten@SDSeniorGames.org  Website: www.SDSeniorGames.org

SDSGA - attn: volunteer
PO BOX 600007
San Diego CA 92160-0007  VAP100 - Rev. 2/17
Congratulations to all Senior Athletes! You are all winners and we are proud to support the Senior Games.

Everyone is welcome to join in on the fun ...

Balboa Park Senior Lounge
Volunteer Opportunities
Senior Talent Show
Photography Contest
Storytelling Group

Poetry Party
Walking Group
Mah Jongg
Actor’s Workshop
Out of Town Trips

Biweekly Dances
Craft Sale
Art Contest
Piano Notes
Deaf Senior Club

Social Services
Daily “Are You OK?” Phone Calls
Information and Referral, including Free Legal Assistance and Health Insurance Counseling & Advocacy Programs

To receive our quarterly newsletter, The Scroll ... call (619) 236-6905

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www.sandiego.gov/seniorservices

“We Enrich Lives Through Quality Parks and Programs”