ARCHERY
Commissioner: Roger Weggel
590-0927

Recurve

Men (Age 50-54) – Gold Roger Weggel 710 + 730 Total 1440
Men (Age 55-59) – Gold Joe Mattie 729 + 734 Total 1463

Barebow Compound

Men (Age 50-54) – Gold Jeffery Rentzel 536 + 552 Total 1088

BOWLING
Commissioner: Charlotte Perotti
457-1332

Singles

Women (Age 60-64) – Gold Charlotte Perotti 400
Women (Age 65-69) – Gold Karen Sours 488
Women (Age 65-69) – Silver Judy Hogenson 456
Women (Age 65-69) – Bronze Rita Youngberg 441
Women (Age 70-74) – Gold Jannine Kendall 402
Women (Age 70-74) – Silver Margaret Henderson 393
Women (Age 70-74) – Bronze Arlene Cavanaugh 383
Women (Age 75-79) – Gold Sister Pat Mayer 359
Women (Age 90-94) – Gold Bettie Upright 300
Men (Age 55-59) -- Gold Johnny Jones 414
Men (Age 60-64) -- Gold Kris Laughlin 444
Men (Age 60-64) – Silver Ed Washburn (6:00p) 376
Men (Age 60-64) – Bronze Ed Washburn (2:00p) 339
Men (Age 65-69) – Gold Bruce Perotti 503
Men (Age 65-69) – Silver Butch Youngberg 437
Men (Age 70-74) -- Gold Donald Cook 443
Men (Age 75-79) -- Gold Frank Herrera 356
Men (Age 75-79) – Silver John Megyesi 311
Doubles

Women (Age 60-64) – Gold Charlotte Perotti
    and Bettie Upright 781
Women (Age 65-69) – Gold Karen Sours
    and Arlene Cavanaugh 862
Women (Age 65-69) – Silver Jannine Kendall
    and Judy Hogenson 808
Women (Age 70-74) – Gold Sister Pat Mayer
    and Margaret Henderson 707
Men (Age 55-59) – Gold Johnny Jones
    and Donald Cook 909
Men (Age 60-64) – Gold Kris Laughlin
    and Bruce Perotti 802
Men (Age 65-69) – Gold Bruce Perotti
    and Butch Youngberg 802
Men (Age 65-69) – Silver Frank Herrera
    and Butch Youngberg 753
Men (Age 75-79) – Gold Frank Herrera
    and John Megyesi 637

Mixed Doubles

Age 55-59 – Gold Bettie Upright
    and Johnny Jones 700
Age 60-64 – Gold Sister Pat Mayer
    and Kris Laughlin 843
Age 60-64 – Silver Charlotte Perotti
    and Butch Youngberg 745
Age 65-69 – Gold Karen Sours
    and Bruce Perotti 1034
Age 65-69 – Silver Rita Youngberg
    and Frank Herrera 911
Age 65-69 – Bronze Judy Hogenson
    and Butch Youngberg 843
Age 70-74 – Gold Jannine Kendall
    and Frank Herrera 762
Age 70-74 – Silver Arlene Cavanaugh
    and Jim Cavanaugh 725
# CYCLING

**Commissioner:** Simon Rakower  
474-8184  

## 5K

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Women (Age 60-64) -- Gold</td>
<td>Charlotte Berdahl</td>
<td>12:52</td>
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<tr>
<td>Men (Age 50-54) -- Gold</td>
<td>Brian Parker</td>
<td>12:12</td>
</tr>
<tr>
<td>Men (Age 55-59) -- Gold</td>
<td>John Berdahl</td>
<td>13:19</td>
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<tr>
<td>Men (Age 60-64) -- Gold</td>
<td>Ed Callaghan</td>
<td>9:92</td>
</tr>
<tr>
<td>Men (Age 75-79) -- Gold</td>
<td>Bill Blockcolsky</td>
<td>15:14</td>
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## 10K

<table>
<thead>
<tr>
<th>Category</th>
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<tbody>
<tr>
<td>Men (Age 50-54) -- Gold</td>
<td>Brian Parker</td>
<td>19:58</td>
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<tr>
<td>Men (Age 60-64) -- Gold</td>
<td>Ed Callaghan</td>
<td>18:50</td>
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<tr>
<td>Men (Age 75-79) -- Gold</td>
<td>Bill Blockcolsky</td>
<td>30:24</td>
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## 20K

<table>
<thead>
<tr>
<th>Category</th>
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<tbody>
<tr>
<td>Women (Age 50-54) -- Gold</td>
<td>Tricia Yocum</td>
<td>10:01</td>
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<tr>
<td>Men (Age 50-54) -- Gold</td>
<td>Brian Parker</td>
<td>40:58</td>
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<tr>
<td>Men (Age 55-59) -- Gold</td>
<td>Rocky Reifenstuhl</td>
<td>36:17</td>
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<tr>
<td>Men (Age 55-59) -- Silver</td>
<td>Greg Yocum</td>
<td>42:44</td>
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<tr>
<td>Men (Age 60-64) -- Gold</td>
<td>Ed Callaghan</td>
<td>39:40</td>
</tr>
<tr>
<td>Men (Age 75-79) -- Gold</td>
<td>Bill Blockcolsky</td>
<td>64:05</td>
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</table>

# Golf

**Commissioners:** Pat DeRuyter 479-7853  
Dick Morris 479-6608  

<table>
<thead>
<tr>
<th>Category</th>
<th>Winner</th>
<th>Score</th>
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<tbody>
<tr>
<td>Women (Age 50-54) -- Gold</td>
<td>Debe Reischke</td>
<td>330</td>
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<tr>
<td>Women (Age 55-59) -- Gold</td>
<td>Pat DeRuyter</td>
<td>284</td>
</tr>
<tr>
<td>Women (Age 55-59) -- Silver</td>
<td>Valerie Therrien</td>
<td>328</td>
</tr>
<tr>
<td>Women (Age 60-64) -- Gold</td>
<td>Fran Westervelt</td>
<td>278</td>
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<tr>
<td>Women (Age 60-64) -- Silver</td>
<td>Clarice Dukeminier</td>
<td>328</td>
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<tr>
<td>Women (Age 65-69) -- Gold</td>
<td>Lorraine Burch</td>
<td>266</td>
</tr>
<tr>
<td>Women (Age 65-69) -- Silver</td>
<td>Donna Wells</td>
<td>328</td>
</tr>
<tr>
<td>Women (Age 70-74) -- Gold</td>
<td>Marge Howard</td>
<td>442</td>
</tr>
</tbody>
</table>
Women (Age 75-79) -- Gold Charlotte Brees 325
Men (Age 50-54) -- Gold Paul Lindhag 246
Men (Age 55-59) -- Gold Mike Stackhouse 275
Men (Age 60-64) -- Gold Dick Morris 266
Men (Age 60-64) – Silver Clifford Benshoof 286
Men (Age 60-64) – Bronze Chris Guinn 301
Men (Age 60-64) – 4 Emery Mowrey 309
Men (Age 60-64) – 5 Larry Opdycke 313
Men (Age 60-64) – 6 TJ Rogers 328
Men (Age 65-69) -- Gold Ron Teel 245
Men (Age 65-69) – Silver LeRoy Wiedeman 328
Men (Age 70-74) -- Gold Bob Howard 287
Men (Age 70-74) – Silver Roger Burch 296
Men (Age 70-74) – Bronze Arlo Brees 356
Men (Age 75-79) -- Gold John Saville 306
Men (Age 80-84) -- Gold James Matthews 439

HORSESHOES
Commissioner: Walter Crary
322-6834

Women (Age 80-84) – Gold Marie Burnett
Men (Age 50-54) -- Gold Jeff Jacobson
Men (Age 60-64) -- Gold James Hunter

RACE WALK
Commissioner: Janna Miller
479-5585

1500 Meters
Women (Age 50-54) – Gold Beth Nava-Allard 10:15
Women (Age 65-69) – Gold Cam Carlson 11.57
Men (Age 60-64) – Gold Don Gray 12.51
RACQUETBALL
Commissioner: John Berdahl
388-5037

Singles

Men (Age 55-59) -- Gold John Berdahl
Men (Age 55-59) -- Silver Clyde Lorenz
Men (Age 60-64) -- Gold Frank Canha
Men (Age 60-64) -- Silver Dan Wells
Men (Age 60-64) -- Bronze Ed Callaghan
Men (Age 65-69) -- Gold Jack Tragis
Men (Age 75-79) -- Gold John Miller

5K ROAD RACE
Commissioner: Jeff Jacobson
460-7733

Women (Age 50-54) -- Gold Jane Lanford 23.11
Women (Age 50-54) -- Silver Ginny McDowell 30.06
Women (Age 55-59) -- Gold Cathy Morgan 26.46
Women (Age 65-69) -- Gold Cam Carlson 36.06
Women (Age 70-74) -- Gold Mary Ann Nickles 55.07

Men (Age 50-54) -- Gold Jeff Jacobson 31.21
Men (Age 55-59) -- Gold Rocky Reifenstuhl 20.44
Men (Age 55-59) -- Silver Bob Wheeler 24.57
Men (Age 55-59) -- Bronze Ed Rouleau 26.35
Men (Age 60-64) -- Gold Ross Bolding 20.24
Men (Age 70-74) -- Gold Jim Madonna 24.55
Men (Age 70-74) -- Silver Ernie Berry 29.32
Men (Age 70-74) -- Bronze Jim Cavanaugh 35.09
Men (Age 80-84) -- Gold Glenn Hackney 36.35

SWIMMING
Commissioner: Michelle Leonard
459-1070
50 Yard Back Stroke

Women (Age 50-54) -- Gold Ginny McDowell :50.94
Men (Age 75-79) -- Gold Bill Blockcolsky :56.53

50 Yard Breast Stroke

Women (Age 50-54) -- Gold Ginny McDowell :54.62
Women (Age 60-64) -- Gold Maggie Billington :56.35
Women (Age 70-74) -- Gold Margret Van Flein :52.47
Men (Age 60-64) -- Gold Ed Callaghan :53.56

50 Yard Freestyle

Women (Age 50-54) -- Gold Ginny McDowell :41.90
Women (Age 60-64) -- Gold Maggie Billington :47.41
Women (Age 70-74) -- Gold Margret Van Flein :49.93
Men (Age 50-54) -- Gold Fred Freer :33.81
Men (Age 60-64) -- Gold Ed Callaghan :45.66
Men (Age 60-64) -- Silver John Walsh :53.40
Men (Age 75-79) -- Gold Bill Blockcolsky :54.58

100 Yard Back Stroke

Men (Age 75-79) -- Gold Bill Blockcolsky 1:58.91

100 Yard Breast Stroke

Women (Age 60-64) -- Gold Maggie Billington 2:01.84
Women (Age 70-74) -- Gold Margret Van Flein 2:02.03
100 Yard Freestyle

Women (Age 50-54) -- Gold Ginny McDowell 1:33.15
Women (Age 70-74) – Gold Margret Van Flein 1:58.38

Men (Age 60-64) -- Gold John Walsh 1:53.44
Men (Age 75-79) -- Gold Bill Blockcolsky 1:53.47

100 Yard IM Relay

Men (Age 60-64) -- Gold Ed Callaghan 2:03.06

50 Yard Butterfly

Men (Age 50-54) -- Gold Fred Freer :58.12

200 Yard Freestyle

Men (Age 60-64) -- Gold John Walsh 4:18.32

500 Yard Freestyle

Women (Age 60-64) – Gold Maggie Billington 10:40.87
Women (Age 65-69) – Gold Nora Braniff 10:55.94
Men (Age 60-64) -- Gold Ed Callaghan 11:24.45
Men (Age 60-64) – Silver John Walsh 11:59.88

TRACK AND FIELD

Commissioner: Jim Loftus
479-8161

50 Meter Dash

Women (Age 50-54) -- Gold Kerry Hansell 8.8
<table>
<thead>
<tr>
<th>Age Group</th>
<th>Gold</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women (Age 55-59)</td>
<td>Bobbie Ritchie</td>
<td>8.5</td>
</tr>
<tr>
<td>Women (Age 65-69)</td>
<td>Cam Carlson</td>
<td>11.5</td>
</tr>
<tr>
<td>Women (Age 65-69)</td>
<td>Ritchie Musick</td>
<td>17.6</td>
</tr>
<tr>
<td>Women (Age 85-89)</td>
<td>Alyce Hansell</td>
<td>23.3</td>
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<tr>
<td>Men (Age 50-54)</td>
<td>Bill Sedlac</td>
<td>7.7</td>
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<tr>
<td>Men (Age 55-59)</td>
<td>David McDowell</td>
<td>7.9</td>
</tr>
<tr>
<td>Men (Age 70-74)</td>
<td>Jim Madonna</td>
<td>10.0</td>
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<tr>
<td>Men (Age 70-74)</td>
<td>Ernie Berry</td>
<td>13.1</td>
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<tr>
<td>Men (Age 75-79)</td>
<td>Bill Blockcolsky</td>
<td>15.3</td>
</tr>
<tr>
<td>Men (Age 90-94)</td>
<td>Tim Sander</td>
<td>28.1</td>
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### 100 Meter Dash

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Gold</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Women (Age 50-54)</td>
<td>Kerry Hansell</td>
<td>17.5</td>
</tr>
<tr>
<td>Women (Age 55-59)</td>
<td>Bobbie Ritchie</td>
<td>17.6</td>
</tr>
<tr>
<td>Women (Age 65-69)</td>
<td>Cam Carlson</td>
<td>22.6</td>
</tr>
<tr>
<td>Women (Age 85-89)</td>
<td>Alyce Hansell</td>
<td>49.5</td>
</tr>
<tr>
<td>Men (Age 50-54)</td>
<td>Bill Sedlac</td>
<td>15.6</td>
</tr>
<tr>
<td>Men (Age 55-59)</td>
<td>David McDowell</td>
<td>14.8</td>
</tr>
<tr>
<td>Men (Age 70-74)</td>
<td>Jim Madonna</td>
<td>19.0</td>
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<tr>
<td>Men (Age 70-74)</td>
<td>Ernie Berry</td>
<td>21.5</td>
</tr>
<tr>
<td>Men (Age 75-79)</td>
<td>Bill Blockcolsky</td>
<td>27.9</td>
</tr>
<tr>
<td>Men (Age 90-94)</td>
<td>Tim Sander</td>
<td>51.3</td>
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### 200 Meter Dash

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Gold</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Women (Age 55-59)</td>
<td>Bobbie Ritchie</td>
<td>34.8</td>
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<tr>
<td>Women (Age 65-69)</td>
<td>Cam Carlson</td>
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<tr>
<td>Men (Age 55-59)</td>
<td>David McDowell</td>
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<tr>
<td>Men (Age 55-59)</td>
<td>Bob Wheeler</td>
<td>39.9</td>
</tr>
<tr>
<td>Men (Age 60-64)</td>
<td>Ross Bolding</td>
<td>31.8</td>
</tr>
<tr>
<td>Men (Age 70-74)</td>
<td>Jim Madonna</td>
<td>38.8</td>
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### 400 Meter Dash

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Gold</th>
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<tbody>
<tr>
<td>Women (Age 50-54)</td>
<td>Ginny McDowell</td>
<td>1:45.2</td>
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<tr>
<td>Women (Age 50-54)</td>
<td>Jayne McDonagh</td>
<td>1:50.5</td>
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<tr>
<td>Women (Age 50-54)</td>
<td>Kerry Hansell</td>
<td>2:25.4</td>
</tr>
<tr>
<td>Women (Age 55-59)</td>
<td>Bobbie Ritchie</td>
<td>1:47.1</td>
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<tr>
<td>Women (Age 60-64)</td>
<td>Pat Diskin</td>
<td>2:03.7</td>
</tr>
</tbody>
</table>
Women (Age 85-89) -- Gold Alyce Hansell  4:23.5
Men (Age 55-59) -- Gold Jim Loftus  1:02.2
Men (Age 55-59) -- Silver David McDowell  1:16.7
Men (Age 60-64) -- Gold Ross Bolding  1:10.8
Men (Age 70-74) -- Gold Jim Madonna  1:29.3
Men (Age 85-89) -- Gold Ken Hansell  4:23.8

800 Meter Run

Women (Age 65-69) -- Gold Cam Carlson  5:16.7
Women (Age 85-89) -- Gold Alyce Hansell  8:56.4
Men (Age 55-59) -- Gold Jim Loftus  2:25.7
Men (Age 55-59) -- Silver Bob Wheeler  3:22.3
Men (Age 60-64) -- Gold Ross Bolding  2:41.1
Men (Age 70-74) -- Gold Jim Madonna  3:17.1
Men (Age 85-89) -- Gold Ken Hansell  8:56.1

1500 Meter Run

Women (Age 50-54) -- Gold Ginny McDowell  7:58.9
Women (Age 65-69) -- Gold Cam Carlson  10:08.7
Men (Age 55-59) -- Gold Bob Wheeler  6:46.1
Men (Age 60-64) -- Gold Ross Bolding  5:30.9
Men (Age 70-74) -- Gold Jim Madonna  6:35.4
Men (Age 70-74) -- Silver Ernie Berry  7:54.2

3000 Meter Run

Men (Age 55-59) -- Gold Bob Wheeler  14:47.9
Men (Age 60-64) -- Gold Ross Bolding  12:57.8
Men (Age 70-74) -- Gold Jim Madonna  14:40.2
Shot Put

Women (Age 50-54) -- Gold Jayne McDonagh 22’ - 5 ¼”
Women (Age 50-54) – Silver Kerry Hansell 21’ - 6 ½”
Women (Age 55-59) -- Gold Bobbie Ritchie 24’ - 8 ½”
Women (Age 60-64) -- Gold Pat Diskin 25’ - 8 ½”
Women (Age 65-69) -- Gold Cam Carlson 18’ - 10”
Women (Age 65-69) – Silver Ritchie Musick 16’ - 5 ¼”
Women (Age 85-89) -- Gold Alyce Hansell 10’ - 11 ¾”

Men (Age 60-64) -- Gold Ross Bolding 28’ - 7 ¼”
Men (Age 70-74) -- Gold Jim Madonna 24’ - 1 ¾”
Men (Age 75-79) -- Gold Bill Blockcolsky 27’ - 4”
Men (Age 85-89) -- Gold Ken Hansell 13’ - 3 ½”
Men (Age 90-94) -- Gold Tim Sander 17’ - 10”

Discus

Women (Age 50-54) -- Gold Kerry Hansell 70’ - 4 ½”
Women (Age 55-59) -- Gold Bobbie Ritchie 59’ - 3”
Women (Age 60-64) -- Gold Pat Diskin 63’ - 2 ¾”
Women (Age 65-69) -- Gold Ritchie Musick 40’ - 0 ¾”
Women (Age 65-69) – Silver Cam Carlson 36’ - 4 ¾”
Women (Age 85-89) -- Gold Alyce Hansell 25’ - 9 ¾”

Men (Age 70-74) -- Gold Ernie Berry 50’ - 5”
Men (Age 75-79) -- Gold Bill Blockcolsky 63’ - 6”
Men (Age 85-89) -- Gold Ken Hansell 41’ - 7 ½”
Men (Age 90-94) -- Gold Tim Sander 34’ - 0 ½”

TABLE TENNIS

Commissioner: Diann Darnall
479-

54 Silver Gold

Singles

Women (Age 55-59) – Gold Diann Darnall
Women (Age 55-59) – Silver Andrea Gelvin
Women (Age 60-64) – Gold Carol Johnson
Women (Age 60-64) – Silver Jane Parrish
Women (Age 60-64) – Bronze Shirley Bennett
Women (Age 65-69) – Gold Ritchie Musick

Men (Age 50-54) -- Gold David DeMay
Men (Age 50-54) -- Silver Albert Parrish
Men (Age 50-54) – Bronze Chirk Chu
Men (Age 50-54) – 4 Jerry Smith
Men (Age 55-59) -- Gold Andy Hutzel
Men (Age 55-59) – Silver Steve Li
Men (Age 55-59) – Bronze Mark Wade
Men (Age 55-59) – 4 Kelly Rivers
Men (Age 60-64) -- Gold Bob Janes
Men (Age 60-64) – Silver Jamo Parrish
Men (Age 65-69) -- Gold Dan Holleman
Men (Age 75-79) -- Gold Boyd Bennett

Doubles

Women (Age 50-54) -- Gold Terry Norman/Carol Johnson
Women (Age 50-54) – Silver Holly Fox/Ritchie Musick
Women (Age 55-59) – Gold Diann Darnall/Shirley Bennett
Women (Age 55-59) – Silver Andrea Gelvin/ Jane Parrish

Men (Age 50-54) – Gold Dave DeMay/Boyd Bennett
Men (Age 50-54) – Silver Albert Parrish/Jamo Parrish
Men (Age 50-54) – Bronze Jerry Smith/Chirk Chu
Men (Age 55-59) – Gold Andy Hutzel/Bob Janes
Men (Age 55-59) – Silver Steve Lin/Dan Holleman

Mixed Doubles

(Age 50-54) -- Gold Carol Johnson/Chirk Chu
(Age 50-54) – Silver Holly Fox/Albert Parrish
(Age 50-54) – Bronze Terry Norman/Dave DeMay
(Age 50-54) – 4 Ritchie Musick/Jerry Smith
(Age 55-59) – Gold Diann Darnall/Andy Hutzel
(Age 55-59) – Silver Andrea Gelvin/Bob Janes
(Age 60-64) – Gold Jane Parrish/Jamo Parrish
(Age 60-64) – Silver Shirley Bennett/Boyd Bennett

TENNIS
Commissioner: Joe Sullivan
460-7659

Singles

Women (Age 60-64) -- Gold Donna Holleman
Women (Age 65-69) -- Gold Cathy Thomas
Men (Age 60-64) -- Gold William Ho
Men (Age 65-69) -- Gold Jim Hackett
Men (Age 65-69) – Silver Dan Holleman

Mixed Doubles

Women (Age 55-59) -- Gold Joe Sullivan/Cathy Thomas
Women (Age 60-64) -- Gold Dan and Donna Holleman

TRIATHLON
Commissioner: Ed Callaghan
479-4917

Swim 400 Free, Cycle 20K, Road Race 5K

Women (Age 50-54) – Gold Carol Williams  1:55.40
Women (Age 55-59) – Gold Gail Knopf      1:17.08
Women (Age 55-59) – Gold Mary Via         1:31.42

Men (Age 55-59) – Gold Rocky Reifenstuhl   1:08.30
Men (Age 60-64) – Gold Ed Callaghan       1:23.42