

Note - Changed this year - the age divisions are based on
the athlete's age as of 12/31/2010.

*The first four places qualify for these 2011 National Senior Games events
unless noted otherwise.

ARCHERY*

Commissioner: Roger Weggel 590-0927

COMPOUND RELEASE with sights

Men (Age 55-59) – Gold	Ken Converse	517
Men (Age 60-64) – Gold	Dennis Goldbach	486
Men (Age 70-74) – Gold	Jack Head	546

BAREBOW COMPOUND no sights

Women (Age 50-54) -- Gold	RJ Nelson	327
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BAREBOW RECURVE no sights

Men (Age 60-64) – Gold	Lamar Wood	300
Men (Age 65-69) – Gold	George Pearson	248

RECURVE with sights

Men (Age 55-59) – Gold	Roger Weggel	492
Men (Age 60-64) – Gold	Joe Mattie	496

BASKETBALL 3 ON 3*

Commissioner: John Mancuso 479-4608

Men (Age 50-54)	Gold	Old Farts Steve Lundgren, Tom Kurth, Cole Carson
	Silver	Charlie's Angels John Gebhart, Charles Simmons, Silas Alexander
Men (Age 55-59)	Gold	Magnificent Trio Jim Villano, Bart Lebon, Jack Frarey
	Silver	Post 57 Alexander Griffin, Johnny Jones, Michael Davis

BOWLING*

Commissioner: Charltte Perotti 457-1332

*SINGLES

Women (Age 50-54) – Gold	Oh Wongkit	570
Silver	Ginni Murphy	453
Bronze	Rita Murphy	383
Fourth	Roslyn Sandland	282
Women (Age 55-59) – Gold	Carol Kleckner	364
Silver	Geri Grodzinsky	325
Women (Age 65-69) – Gold	Charlotte Perotti	491
Silver	Rita Youngberg	417
Women (Age 70-74) – Gold	Janice Carda	439
Silver	Arlene Cavanaugh	423
Bronze	Phyllis Sheets	422
Women (Age 75-79) – Gold	Jannine Kendall	459
Women (Age 80-84) – Gold	Sister Pat Mayer	386
Women (Age 90+) – Gold	Bettie Upright	343
Men (Age 50-54) – Gold	Phil Heine	591
Men (Age 55-59) – Gold	Preechar Wongkit	508
Men (Age 60-64) – Gold	Ed Washburn	339
Men (Age 65-69) – Gold	Bruce Perotti	517
Men (Age 70-74) – Gold	Richard Carda	394
Men (Age 75-79) – Gold	Frank Herrera	452
Silver	John Megyesi	365
Men (Age 80-84) – Gold	Marty Ford	333
Men (Age 85-89) – Gold	Roy Helms	420

DOUBLES

Women (Age 50-54) – Gold	*Oh Wongkit/Charlotte Perotti	941
Silver	*Jannine Kendall/Ginni Murphy	917
Bronze	Rita Murphy/Ginni Murphy	887
Fourth	Jannine Kendall/Roslyn Sandland	826
Women (Age 55-59) – Gold	*Elfa Buggery/Janice Carda	794
Silver	Elfa Buggery/Judy Martsof	615
Women (Age 65-69) – Gold	Charlotte Perotti/Rita Youngberg	776
Women (Age 70-74) – Gold	*Sister Pat Mayer/Phyllis Sheets	771
Silver	*Bettie Upright/Arlene Cavanaugh	766

DOUBLES (cont'd)

Men (Age 50-54) – Gold	*Richard Carda/Phil Heine	1016
Men (Age 55-59) – Gold	*Preechar Wongkit/Bruce Perotti	965
Men (Age 75-79) – Gold	*Frank Herrera/John Megyesi	847
Silver	Frank Herrera/Marty Ford	762

MIXED DOUBLES

(Age 50-54) – Gold	*Sister Pat Mayer/Phil Heine	1076
Silver	*Wendy Ammasi/Layne Clarkson	1020
(Age 65-69) – Gold	*Rita Youngberg/Bruce Perotti	1107
Silver	Rita Youngberg/Frank Herrera	948
Bronze	Charlotte Perotti/Bruce Berotti	799
(Age 70-74) – Gold	*Janice Carda/Richard Carda	1021
Silver	Janice Carda/Marty Ford	846
Bronze	*Arlene Cavanaugh/John Megyesi	711
(Age 75-79) – Gold	*Jannine Kendall/Frank Herrera	830
(Age 80-84) – Gold	*Bettie Upright/Marty Ford	682

Some partnerships in Bowling events did not qualify because an athlete may only qualify once.

CYCLING*

Commissioner: Rocky Reifenstuhl 455-6837

5K

Women (Age 55-59) – Gold	Mary Via	11:06.00	1
Men (Age 50-54) – Gold	Greg Lebeau	15:04.00	1
Men (Age 60-64) – Gold	Ed Callaghan	9:58.00	1
Men (Age 65-69) – Gold	David Hamilton	13:04.00	1
Men (Age 75-79) – Gold	Bill Blockcolsky	13:44.00	1

10K

Women (Age 50-54) – Gold	Sharon Baker	19:45.00	1
Women (Age 55-59) – Gold	Gail Koepf	19:18.00	1
Silver	Mary Via	21:40.00	2
Women (Age 60-64) – Gold	Linda Garcia	23:33.00	1

Men (Age 50-54)	Gold	Greg Lebeau	25:20.00	1
Men (Age 55-59)	Gold	Rocky Reifenstuhl	17:13.00	1
	Silver	Mike Brumfield	18:05.00	2
Men (Age 60-64)	Gold	Stan Justice	19:09.00	1
	Silver	Ed Callaghan	22:36.00	2
Men (Age 65-69)	Gold	Michael Rotter	25:33.00	1
Men (Age 75-79)	Gold	Bill Blockcolsky	27:15.00	1

20K

Women (Age 50-54)	Gold	Sharon Baker	38:40.00	1
Women (Age 55-59)	Gold	Gail Koepf	38:23.00	1
	Silver	Mary Via	48:32.00	2
Men (Age 50-54)	Gold	Henry Munoz	45:55:00	1
	Silver	Greg Lebeau	52:51.00	2
Men (Age 55-59)	Gold	Rocky Reifestuhl	35:02:00	1
	Silver	Mike Brumfield	36:17:00	2
Men (Age 60-64)	Gold	Ed Callaghan	42:35:00	1
Men (Age 65-69)	Gold	Robert Perkins	43:45:00	1
	Silver	David Hamilton	51:22:00	2
	Bronze	Ron Kotyk	59:19:00	3
Men (Age 75-79)	Gold	Bill Blockcolsky	59:31:00	1

GOLF*

Commissioner: Pat DeRuyter 479-7853
Dick Morris 479-6608

Women (Age 50-54)	Gold	Betty Ketzler	301
Women (Age 55-59)	Gold	Pat DeRuyter	280
	Silver	Deb Reischke	353
	Bronze	Eileen Cummings (1 day)	132
Women (Age 60-64)	Gold	Lana Assyd	359
Women (Age 65-69)	Gold	Fran Westervelt	271
	Silver	Clarice Dukeminier	309
	Bronze	Barbara Pomar	324
	Fourth	Donna Wells	332
Women (Age 70-74)	Gold	Peggy Birkenbel	472
Men (Age 50-54)	Gold	Silas Alexander	298
Men (Age 55-59)	Gold	Paul Lindhag	233
	Silver	Ken Assyd	284

Men (Age 60-64) – Gold	Bill Renfrew	225
Silver	Mike Shultz	235
Bronze	Richard Neff	287
Fourth	Dewaine Snider (2 days)	209
Men (Age 65-69) – Gold	Ron Teel	252
Silver	Dick Morris	261
Silver	Dennis Forsland	261
Bronze	Cliff Benshoof	278
Fourth	Chris Guinn	289
Fifth	Larry Opdyke	311
Sixth	LeRoy Wiedeman	313
Seventh	Edward Entwisle	321
Eighth	Emery Mowrey	321
Ninth	Rex Cruse	348
Men (Age 70-74) – Gold	BJ Hall	384
Men (Age 75-79) – Gold	Al Ketzler	267
Silver	Elmer Ostbloom	287
Men (Age 80-84) -- Gold	Andrew Zahare	328

HORSESHOES*

Commissioner: Walter Crary 322-6834

Women (Age 55-59) -- Gold	Pat DeRuyter
Silver	Diann Darnall
Bronze	Geri Grodzinsky
Fourth	Deb Medlin
Women (Age 60-64) – Gold	Diane Casterline
Women (Age 65-69) – Gold	Clarice Dukeminier
Silver	Diane Perkins
Bronze	Carolyn Boran
Women (Age 70-74) – Gold	Peggy Birkenbuel
Women (Age 75-79) – Gold	Mary Ann Nickles
Women (Age 80-84) – Gold	Lucille Reese
Men (Age 50-54) – Gold	Jeff Howe
Men (Age 55-59) – Gold	Michael Davis
Men (Age 60-64) – Gold	Al Cavan

Silver
 Men (Age 65-69) – Gold
 Men (Age 70-74) – Gold
 Men (Age 75-79) – Gold

John Curtis
 Dave Hamilton
 Jim Cavanaugh
 Don Dahlke

RACE WALK*

Commissioner: Janna Miller 479-5585

1500 M

Women (Age 50-54) – Gold	RJ Nelson	13:45.0
Women (Age 55-59) – Gold	Barb Stockwell	13:50.0
Women (Age 60-64) – Gold	Bobbie Ritchie	11:56.2
Women (Age 65-69) – Gold	Janice Wagner	13:00.8
Women (Age 75-79) – Gold	Ruth Knapman	16:37.5
Women (Age 80-84) – Gold	Hope Helms	15:04.0
Men (Age 60-64) – Gold	Ed Washburn	15:09.0
Men (Age 65-69) – Gold	Dr Ron Snipe	15:04.0
Men (Age 80-84) – Gold	Jack Ozment	13:08.5
Men (Age 85-89) – Gold	Glenn Hackney	14:07.0

RACQUETBALL*

Commissioner: Clyde Lorenz 457-7106

SINGLES

Men (Age 50-54) – Gold	Jeff Howe
Men (Age 60-64) – Gold	John Berdahl
Silver	Clyde Lorenz
Men (Age 65-69) – Gold	Frank Canha
Silver	Lambert Hazelaar
Bronze	Ron Kotyk
Men (Age 80-84) – Gold	John Miller

5K ROAD RACE*

Commissioner: Jane Lanford 687-0769

Women (Age 50-54) -- Gold	Nitaya Notkin	31:50	1
Silver	Denise Ringhand	37:33	2

Women (Age 55-59)	Gold	Jane Lanford	22:19	1
	Silver	Norma Haubenstein	25:13	2
	Bronze	Carol Kleckner	25:23	3
		Aporn Stein	32:42	4
		Susan McMahon	39:27	5
Women (Age 60-64)	Gold	Bobbie Ritchie	28:53	1
Women (Age 65-69)	Gold	Janice Wagner	40:13	1
Men (Age 50-54) –	Gold	Don Kiely	26:29	1
Men (Age 55-59) –	Gold	Rocky Reifentuhl	23:37	1
	Bronze			
Men (Age 60-64) –	Gold	Bob Ritchie	23:23	1
	Silver	Rick Winther	27:14	2
	Bronze	Tim Doran	28:47	3
Men (Age 65-69) –	Gold	William Montgrain	31:26	1
	Silver	David Hamilton	32:58	2
	Bronze	Bob Perkins	37:18	3
Men (Age 70-74) –	Gold	Jim Madonna	23:34	1
	Silver	Cecil Ranney	24:04	2
	Bronze	Jim Cavanaugh	30:21	3
Men (Age 85-89) –	Gold	Glenn Hackney	41:49	1

SWIMMING*

Commissioner: Marggie Rogge 388-1566

50 YD BACKSTROKE

Women (Age 50-54) --	Gold	Gretchen Wehmhoff	1:44.50
Women (Age 65-69) –	Gold	Helen Norton	1:12.68
Women (Age 70-74) –	Gold	Peggy Birkenbuel	1:40.84

Men (Age 50-54) –	Gold	Fred Freer	43.25
Men (Age 65-69) –	Gold	Dr Ron Snipe	52.71
	Silver	William Ragan	1:17.53
Men (Age 75-79) –	Gold	Bill Blockcolsky	59.56

50 yd BREASTSTROKE

Women (Age 50-54) –	Gold	Denise Thorsen	58.31
Women (Age 65-69) –	Gold	Maggie Billington	58.93
	Silver	Helen Norton	1:17.53
Women (Age 70-74) –	Gold	Peggy Birkenbuel	2:08.21
Men (Age 50-54) –	Gold	David Withoff	39.40

Men (Age 60-64) – Gold	Ed Callaghan	57.71
Men (Age 65-69) – Gold	Dr Ron Snipe	56.71
Silver	William Ragan	1:32.25
50 yd BUTTERFLY		
Women (Age 65-69) – Gold	Helen Norton	1:22.23
Men (Age 50-54) – Gold		
Men (Age 60-64) – Gold	Ed Callaghan	1:10.00
Men (Age 65-69) – Gold	Dr Ron Snipe	1:05.59
Silver	William Ragan	2:03.56
50 yd FREESTYLE		
Women (Age 50-54) – Gold	Denise Thorsen	52.87
Silver	Gretchen Whemhoff	1:06.65
Women (Age 60-64) – Gold	Laura Walsh	56.14
Women (Age 65-69) – Gold	Maggie Billington	48.15
Women (Age 70-74) – Gold	Peggy Birkenbuel	1:46.48
Men (Age 50-54) – Gold		
Men (Age 55-59) – Gold	Fred Freer	33.40
Men (Age 60-64) – Gold	Steve Weis	28.58
Men (Age 65-69) – Gold	Ed Callaghan	49.71
	Dr Ron Snipe	47.12
100 yd BACKSTROKE		
Men (Age 75-79) – Gold	Bill Blockcolsky	2:19.25
100 yd BREASTSTROKE		
Men (Age 50-54) – Gold	David Withoff	1:22.43
Men (Age 65-69) – Gold	Dr Ron Snipe	2:26.50
Silver	William Ragan	3:26.87
100 yd FREESTYLE		
Women (Age 60-64) – Gold	Laura Walsh	2:08.46
Women (Age 65-69) – Gold	Helen Norton	2:17.96
Women (Age 70-74) – Gold	Peggy Birkenbuel	3:34.96
Men (Age 55-59) – Gold		
Men (Age 65-69) – Gold	Steve Weis	1:05.28
	Dr Ron Snipe	1:56.34
100 yd INDIVIDUAL MEDLEY		
Women (Age 65-69) – Gold	Helen Norton	2:17.96
Women (Age 70-74) – Gold	Peggy Birkenbuel	4:06.46

Men (Age 50-54) – Gold	David Withoff	1:22.43
Men (Age 60-64) – Gold	Ed Callaghan	2:09.84
Men (Age 65-69) – Gold	William Ragan	3:18.06
200 yd FREESTYLE		
Women (Age 60-64) – Gold	Laura Walsh	2:08.46
Men (Age 50-54) – Gold	David Withoff	2:45.83
Men (Age 55-59) – Gold	Steve Weis	2:21.75
Men (Age 65-69) – Gold	William Ragan	5:14.34
500 yd FREESTYLE		
Women (Age 60-64) – Gold	Laura Walsh	12:11.68
Women (Age 65-69) – Gold	Maggie Billington	10:32.90
Men (Age 50-54) – Gold	David Withoff	7:16.31
Men (Age 55-59) – Gold	Steve Weis	6:18.49

TABLE TENNIS*

Commissioner: Diann Darnall 479-5421

SINGLES

Women (Age 50-54) – Gold	Gretchen Wehmhoff
Silver	Janet Smith
Women (Age 55-59) – Gold	Diann Darnall
Silver	Geri Grodzinsky
Bronze	Andrea Gelvin
Women (Age 60-64) – Gold	Carol Johnson
Silver	Louise Murch
Women (Age 65-69) – Gold	Diane Perkins
Women (Age 70-74) – Gold	Ritchie Musick
Silver	Peggy Birkenbuel
Bronze	Connie Parks-Karl
Men (Age 50-54) – Gold	Karl Augustad
Silver	Rick Robertson
Men (Age 55-59) – Gold	Dave DeMay

	Silver	Vikas Sonwalker
	Bronze	Preechar Wongkit
	Fourth	Michael Davis
Men (Age 60-64) –	Gold	Jamo Parrish
	Silver	Albert Cavan
Men (Age 65-69) –	Gold	Jim Stump
	Silver	Walter Anderson
	Bronze	Lambert Hazelaar
Men (Age 80+) –	Gold	Boyd Bennett

DOUBLES

Women (Age 50-54) –	Gold	Janet Smith/Gretchen Wehmhoff
Women (Age 55-59) –	Gold	Diann Darnall/Myra Neff
	Silver	Geri Grodzinsky/Louise Murch
	Bronze	Andrea Gelvin/Ritchie Musick
Women (Age 60-64) –	Gold	Carol Johnson/Jane Parrish
Men (Age 50-54) –	Gold	Karl Augustad/Rick Robertson
Men (Age 55-59) –	Gold	Vikas Sonwalker/Dave DeMay
	Silver	Michael Davis/Albert Cavan
Men (Age 60-64) –	Gold	Jamo Parrish/Jim Stump

MIXED DOUBLES

(Age 50-54) –	Gold	Diann Darnall/Rick Robertson
	Silver	Gretchen Wehmhoff/Karl Augustad
	Bronze	Janet Smith/Vikas Sonwalker
(Age 55-59) –	Gold	Geri Grodzinsky/Steve Lin
	Silver	Louise Murch/Dave DeMay
(Age 60-64) –	Gold	Jane Parrish/Jim Stump
	Silver	Carol Johnson/Jamo Parrish

DRAW DOUBLES (not a NSGA qualifying event)

	Gold	Carol Johnson/Dave DeMay
	Silver	Diann Darnall/Gretchen Wehmhoff
	Bronze	Karl Augustad/Albert Cavan

TENNIS*

Commissioner: Joe Sullivan 460-7659

SINGLES

Women (Age 50-54) – Gold
Silver
Bronze

Women (Age 55-59) – Gold

Men (Age 50-54) – Gold
Men (Age 55-59) – Gold
Men (Age 65-69) – Gold
Silver
Men (Age 80-84) – Gold

Nancy Stoller
Lindsey Thornton
Rise Roy
Pat Moodie

Peter Lang
Preechar Wongkit
Jim Hackett
Lambert Hazelaar
John Miller

DOUBLES

Women (Age 50-54) – Gold
Silver
Women (Age 55-59) – Gold

Men (Age 50-54) – Gold
Men (Age 65-69) – Gold

Nancy Stoller/Patti Boertje
Rise Roy/Lindsey Thornton
Pat Moodie/Sandra Benson

Peter Lang/Kelly Silva
Frank Canha/Jim Hackett

MIXED DOUBLES

Mixed (Age 50-54) – Gold
Silver
Mixed (Age 55-59) -- Gold
Mixed (Age 65-69) -- Gold
Silver
Bronze

Carol Woodard/Peter Lang
Nancy Stoller/Rod Boertje
Pat Moodie/Joe Sullivan
Mary Matthews/Mark Hammer
Ada Hammer/Don Miller
Sandra Benson/Gerry Berman

TRACK & FIELD*

Commissioner: Jim Loftus 479-8161

50 M (not a NSGA qualifying event)

Women (Age 50-54) – Gold
Women (Age 50-54) -- Silver
Women (Age 60-64) – Gold
Women (Age 70-74) – Gold

RJ Nelson 10.22
Catherine Sattlethight 10.56
Bobbie Ritchie 8.48
Peggy Birkenbuel 14.73

Men (Age 50-54) – Gold
Men (Age 60-64) – Gold
Men (Age 65-69) – Gold

Ron Harper 7.44
Mike Frerichs 9.49
Dr Ron Snipe 9.18

	Silver	James Cross	9.93
Men (Age 70-74) –	Gold	John Impson	8.04
	Silver	BJ Hall	10.69
Men (Age 75-79) –	Gold	Don Dahlke	13.15

100 M

Women (Age 50-54) --	Gold	RJ Nelson	21.67
Women (Age 60-64) –	Gold	Bobbie Ritchie	16.52
Women (Age 70-74) –	Gold	Peggy Bikenbuel	33.52
Men (Age 50-54) –	Gold	Ron Harper	14.91
Men (Age 60-64) –	Gold	Mike Frerichs	17.75
	Silver	Tim Doran	21.78
Men (Age 65-69) –	Gold	Dr Ron Snipe	19.30
	Silver	James Cross	21.03
Men (Age 70-74) –	Gold	John Impson	15.48
Men (Age 75-79) –	Gold	Don Dahlke	28.37

200 M

Women (Age 50-54) --	Gold	Catherine Sattlethight	1:13.90
Women (Age 60-64) –	Gold	Bobbie Ritchie	35.00
Women (Age 70-74) –	Gold	Peggy Birkenbuel	1:49.00
Men (Age 60-64) –	Gold	Mike Frerichs	38.21
	Silver	Tim Doran	42.60
Men (Age 65-69) –	Gold	Dr Ron Snipe	01:58.10
Men (Age 70-74) –	Gold	John Impson	33.70

400 M

Women (Age 50-54) –	Gold	RJ Nelson	1:56.9
	Silver	Catherine Sattlethight	2:34.5
Women (Age 70-74) –	Gold	Diane Perkins	3:54.6
Men (Age 60-64) –	Gold	Jim Loftus	1:02.2
	Silver	Mike Frerichs	1:35.2
Men (Age 65-69) –	Gold	Dr Ron Snipe	4:09.5
Men (Age 75-79) –	Gold	Bill Blockclosky	2:56.3

800 M

Women (Age 50-54) –	Gold	Catherine Sattlethight	5:55.9
Women (Age 70-74) –	Gold	Peggy Birkenbuel	7:58.7

Men (Age 60-64) – Gold	Tim Doran	3:49.7
Men (Age 65-69) – Gold	Dr Ron Snipe	7:55.1
Men (Age 70-74) – Gold	Jim Madonna	3:20.5

1500 M

Women (Age 65-69) – Gold	Sandra Benson	9:39.2
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Men (Age 60-64) – Gold	Tim Doran	7:27.1
Men (Age 70-74) – Gold	Cecil Ranney	6:39.1

3000 M

Men (Age 60-64) – Gold	Michael Madden	15:58.8
Men (Age 70-74) – Gold	Tim Doran	17:01.9

DISCUS

Women (Age 50-54) – Gold	RJ Nelson	40' 2.5"
Women (Age 60-64) – Gold	Bobbie Ritchie	52' 5.5"
Women (Age 65-69) – Gold	Diane Perkins	39' 9"
Women (Age 70-74) – Gold	Peggy Birkenbuel	39' 1.5"
Silver	Ritchie Musick	32' 5.75"

Men (Age 50-54) – Gold	Jeff Howe	82' 4.25"
Silver	Ron Harper	71' 6.5"
Men (Age 60-64) – Gold	George McAulay	83' 4"
Silver	Michael Madden	73' 4.25"
Bronze	Mike Frerichs	70' 11.5"
Men (Age 65-69) – Gold	Lambert Hazelaar	80' 0.25"
Silver	James Cross	71' 10.25"
Bronze	Dr Ron Snipe	62' 2"
Men (Age 75-79) – Gold	Bill Blockcolsky	61' 4.5"
Men (Age 80-84) – Gold	Jack Ozmont	58' 5.25"

JAVELIN

Women (Age 50-54) – Gold	RJ Nelson	43' 10"
Women (Age 60-64) – Gold	Bobbie Ritchie	45' 5"
Women (Age 65-69) – Gold	Diane Perkins	33' 4"
Silver	Ritchie Musick	33' 2"
Women (Age 70-74) – Gold	Peggy Birkenbuel	43' 6"

Men (Age 50-54) – Gold	Ron Harper	106' 4"
Silver	Jeff Howe	70' 0"
Men (Age 60-64) – Gold	Michael Madden	85' 1"
Silver	Clyde Lorenz	78' 4.5"
Bronze	Mike Frerichs	57' 4"
Men (Age 65-69) – Gold	Dr Ron Snipe	74' 11"
Silver	James Cross	54' 0"
Men (Age 75-79) – Gold	Bill Blockcolsky	61' 4.5"
Men (Age 80-84) – Gold	Jack Ozment	43' 0"

LONG JUMP

Women (Age 50-54) – Gold	RJ Nelson	7' 8.25"
Silver	Catherine Sattlethight	6' 5.5"
Women (Age 60-64) – Gold	Bobbie Ritchie	9' 9.5"
Women (Age 70-74) – Gold	Peggy Birkenbuel	4' 4"

Men (Age 50-54) – Gold	Ron Harper	14' 8"
Men (Age 55-59) – Gold		
Men (Age 60-64) – Gold	Michael Madden	11' 0.25"
Men (Age 65-69) – Gold	Dr Ron Snipe	2' 1.25"
Men (Age 70-74) – Gold	Jim Cavanaugh	6' 6.25"

SHOT PUT

Women (Age 50-54) – Gold	Catherine Sattlethight	20' 9.75"
Silver	RJ Nelson	19' 6"
Women (Age 60-64) – Gold	Bobbie Ritchie	25' 8.75"
Women (Age 70-74) – Gold	Peggy Birkenbuel	19' 6"
Silver	Diane Perkins	19' 3.5"
Bronze	Ritchie Musick	16' 6.75"

Men (Age 50-54) – Gold	Jeff Howe	30' 4.5"
Men (Age 60-64) – Gold	George McAulay	34' 8.25"
Silver	Mike Frerichs	26' 1.75"
Bronze	Michael Madden	25' 8.25"
Men (Age 65-69) – Gold	Lambert Hazelaar	26' 9"
Silver	James Cross	25' 5.5"
Bronze	Dr Ron Snipe	24' 7.25"
Men (Age 75-79) – Gold	Bill Blockcolsky	27' 3.25"
Men (Age 80-84) – Gold	Jack Ozment	20' 2.75"

STANDING LONG JUMP (not a NSGA qualifying event)

Women (Age 50-54) – Gold	RJ Nelson	4' 2.25"
Women (Age 60-64) – Gold	Bobbie Ritchie	6' 0.75"
Men (Age 50-54) – Gold	Jeff Howe	6' 2.75"
Men (Age 60-64) – Gold	Michael Madden	5' 11.25"
Men (Age 65-69) – Gold	Dr Ron Snipe	5' 5.5"
Silver	James Cross	4' 5.75"
Men (Age 75-79) – Gold	Bill Blockcolsky	5' 1.5"
Silver	Don Dahlke	3' 6"
Men (Age 80-84) – Gold	Jack Ozment	4' 4"

TRIPLE JUMP

Women (Age 60-64) – Gold	Bobbie Ritchie	24' 4.5"
Men (Age 60-64) – Gold	Michael Madden	25' 11"
Men (Age 65-69) – Gold	Dr Ron Snipe	9' 1.5"

TRIATHLON*

Commissioner: Ed Callaghan 479-4917

INDIVIDUAL TRIATHLON

Women (Age 50-54) – Gold	Gayle Martin	1:28:21
Women (Age 55-59) – Gold	Gail Koepf	1:18:38
Silver	Norma Haubensstock	1:21:56
Bronze	Carol Kleckner	1:28:23
Fourth	Mary Via	1:29:22
Fifth	Jane Lanford	1:29:35
Women (Age 60-64) – Gold	Sarah McConnell	1:46:47
Silver	Linda Garcia	1:52:55
Men (Age 50-54) – Gold	David Withoff	1:08:44
Silver	Don Kiely	1:25:05
Men (Age 55-59) – Gold	Rocky Reifenstuhl	1:09:22
Men (Age 60-64) – Gold	Ed Callaghan	1:20:43
Silver	Steve Bainbridge	1:21:25

Men (Age 65-69) – Gold
Bronze

Tim Doran
Bob Perkins

1:42:34
1:39:07