



SAN DIEGO Senior Games



San Diego Senior Games . San Diego, CA

2016 OFFICIAL RESULTS

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.

Meet Our 2016 SDSGA Board

Anne Rosser	James Pauley	Karen Brookfield
Jill Spitzer	Patty Storm	Kathy Rahilly
Jim TerVeen	Brian Stenzler	Tita Gray

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



CyberCycle



Audrey S. Geisel
San Diego Foundation/
Dr. Seuss Fund

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Arbor Hills Nursing Center
Castle Manor Nursing & Rehab Center
Friendship Manor Nursing & Rehab Center
Kearny Mesa Nursing & Rehab Center
Lakeside Special Care Center
Stanford Court Nursing Center of Santee

front porch
gallery

SG-REG

By Max Morgan Design



your design ^c person

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

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.



Front Porch
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LIVING



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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 Redfearn
Chuck Woolard

65-69

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 Sfredo
Conrad Bohnen
Don Salado

SILVER - GOLDEN AZTECS

Jerry Sullivan
Harry Lund
Howie Stalneckner
Jaycee Goudlock
John Cochran
Ray Schlador

2016 SDSGA RESULTS

BASKETBALL - MEN *Continued...*

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

Robert 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

Robert 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

WOMEN'S BASKETBALL

August 27-28, 2016

UCSD - Rimalac 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

45+

Gold - Swish

Kira Anthofer

Denice Feldhaus

Sylvia Maas

Wendy Taylor

Jackie Tonnaer

50+

Gold - Tsunami

Lisa Bassi

Barbara Campbell

Nan 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

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 Henniquin

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 Carlsen

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

Gerri Hahn

Donna Benson

Joyce Karel

Sammie Montali

2016 SDSGA RESULTS

BASKETBALL - WOMEN *Cont...*

75+

Gold - Class Act

Marianne Hall
Lynnea Seidlinger
Marge Seybold
Danine Ezell
Jeanne Herhily
Jean Sprunt

80+

Gold - Splash

Marge Carl
Meg Skinner
Cori Thomson
Grace Larsen
Nina Duncan
Jean Field
Joanne Jansen
Fran Styles

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 McCamish
Silver - Bill Adams
Bronze - John Mitchell

70 - 74

Gold - Ron McCamish
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 - Bill Kisner
Silver - John Polo
Bronze - Mike Kusumoto

70 - 74
Gold - Ron McCamish
Silver - Bill Adams

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

80 - 84
Gold - Roger Cunniff

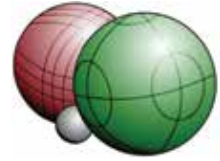
85 - 89
Gold - Pastor Ellazar
Silver - Margaret Heinen
Bronze - John Witt

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

70-74
Gold - John Sage

75-79
Gold - Jay Bishop

80-84
Gold - Pasquali Gangitano

Mixed Doubles

55-59
Gold - Linda Cord and Scott 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

2016 SDSGA RESULTS

BOWLING

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



SINGLES

50-54 Men – Singles

Gold – John Callanan 430

60-64 Men – Singles

Gold – John Rowland 570

Silver – Jim Hurley 388

65-69 Men – Singles

Gold – Michael Bodien 563

Silver – Charlie French 474

Bronze – Richard Beaumont 416

70-74 Men – Singles

Gold – Dave Gulley 586

Silver – Jay Swonger 488

Bronze – Randy Gulley 417

75-79 Men – Singles

Gold – Jack Stevenson 526

Silver – George Beal 515

80-85 Men – Singles

Gold – Britton Tresville 465

Silver – James Griffin Jr. 375

55-59 Women – Singles

Gold – Lura Crawford 404

Silver – Barbara Wallace 312

60-64 Women – Singles

Gold – Griselda Tiu 421

65-69 Women – Singles

Gold – Karen Brookfield 438

70-74 Women – Singles

Gold – Mary George 462

Silver – Sandy Sandecki 420

Bronze – Shirley Beal 317

75-79 Women – Singles

Gold – Julie Griffin 337

DOUBLES

60-64 Men – Doubles

Gold – Richard Beaumont 378

Gold – Jim Hurley 432

Score – 810

65-69 Men – Doubles

Gold – Randy Gulley 606

Gold – Dave Gulley 411

Score – 1017

Silver – Jimmie Goodwin 494

Silver – Charlie French III 494

Score – 988

65-69 Men – Doubles

Gold – Jay Swonger 546

Gold – Michael Bodien 713

Score – 1259

75-79 Men – Doubles

Gold – George Beal 571

Gold – Jack Stevenson 499

Score 1070

60-64 Women – Doubles

Gold – Karen Brookfield 499

Gold – Griselda Tiu 552

Score 1051

70-74 Women – Doubles

Gold – Sandy Sandecki 509

Gold – Mary George 472

Score 981

MIXED DOUBLES

55-59 Mixed Doubles

Gold – John Rowland 630

Gold – Lura Crawford 349

Score 979

60-64 Mixed Doubles

Gold – Jim Hurley 450

Gold – Karen Brookfield 574

Score 1024

Silver – Richard Beaumont 454

Silver – Griselda Tiu 552

Score 1006

70-74 Mixed Doubles

Gold – Jack Stevenson 525

Gold – Sandy Sandecki 426

Score 951

Silver – George Beal 596

Silver – Shirley Beal 334

Score 930

CYBER CYCLING



CyberCycle Games Individual Stage Race Results

Redwood Dash – 1.5 miles long

50-59 FEMALE

5:24- Becky Popik – Pennswood Village, PA

5:44- Jannette Carroll – Council Bluffs, IA

5:51- Susan Hicks – Council Bluffs, IA

50-59 MALE

4:32- Karl Allen – Council Bluffs, IA

5:51- Don Ferber – UNMC Engage Wellness, NE

6:40- Darrell Stanford – Council Bluffs, IA

60-69 FEMALE

5:32- Candy Wood – The Pines at Davidson, NC

6:09- Cathy Baily – The Pines at Davidson, NC

6:12- Rita Tiarks – Council Bluffs, IA

60-69 MALE

4:22- Dennis Blank – Council Bluffs, IA

4:40- David Davies – UNMC Engage Wellness, NE

5:30- Mike Reese – UNMC Engage Wellness, NE

70-79 FEMALE

6:01- Kay Courter – Covenant Village of Turlock, CA

6:15- Claire Arnold – Pennswood Village, PA

6:24- Margaret Carlough – Pennswood Village, PA

70-79 MALE

4:31- Bob Weber – Samarkand Retirement, CA

4:53- Will Reid – Pennswood Village, PA

5:19- John Bailey – The Pines at Davidson, NC

80-89 FEMALE

6:20- Joanne Papadakis – Fredericka Manor, CA (SD)

6:54- Lorraine Vander Ark – Samarkand Retirement, CA

7:13- Mary Sternad – Fredericka Manor, CA (SD)

5:43- John Schneider – Covenant Village of Turlock, CA

80-89 MALE

5:19- Roy Fowler – Covenant Village of Turlock, CA

5:41- Ross Warren – Laurel Parc, OR

5:43- Hugh Cowan – Fredericka Manor, CA (SD)

90-99 FEMALE

8:10- Grace Noret – Covenant Village of Turlock, CA

14:32- Dorothy Satterstrom – Covenant Village of Turlock, CA

19:20- Malcolm Schoenberg – Waverly Heights, PA

90-99 MALE

7:30- Howard Christ – Fredericka Manor, CA (SD)

9:56- Virgil Hanson – Covenant Village of Turlock, CA

2016 SDSGA RESULTS

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

59:51- 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
65+	Mellie Clark	35 (inclined)	Gold
75+	Marilyn Ongley	22	Gold

Men Pull Ups

55+	Lester McCurtis	18	Gold
60+	Curtis Royall	20	Gold
60+	Jeff Coleman	5	Silver
65+	Elmer Blaikie	5	Gold
70+	Lou Caspary	15	Gold
75+	Noel Baggett	16	Gold
75+	JC Iamurri	6	Silver

Women Dead Lifts (BW%) 2 mins

50+	Cadence Baron	31	Gold
65+	Mellie Clark	32	Gold
75+	Marilyn Ongley	31	Gold

Men Dead Lifts (BW%) 2 mins

55+	Lester McCurtis	20	Gold
60+	Curtis Royall	34	Gold
60+	Jeff Coleman	28	Silver
65+	Elmer Blaikie	24	Gold
70+	Lou Caspary	27	Gold
75+	Noel Baggett	38	Gold
75+	JC Iamurri	26	Silver

Women Push Ups (max reps w/o stop in 2 mins)

50+	Cadence Baron	36	Gold
65+	Mellie Clark	70 (bent knee)	Gold
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
60+	Curtis Royall	41	Silver
65+	Elmer Blaikie	40	Gold
70+	Lou Caspary	51	Gold
75+	Noel Baggett	50	Gold
75+	JC Iamurri	44	Silver

Women Wall Sits (60s)

50+	Cadence Baron	60s	Gold
65+	Mellie Clark	60s	Gold
75+	Marilyn Ongley	60s	Gold

2016 SDSGA RESULTS

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	49	Silver
65+	Elmer Blaikie	61	Gold
75+	Noel Baggett	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 Baggett	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

70-74 Mark Brown/Rodger Gredvig Gold
Burt Repine/Ron Cole Silver

HORSESHOES

October 1, 2016
Horseshoe Park, Balboa Park
Commissioner: Jim Knott



SINGLES

Men

85-89 GOLD - Karl Ulle
80-84 GOLD - Jim Knott
75-79 GOLD - J.Morgan Bishop

Women

65-69 GOLD - Jane Gerber

DOUBLES

75-79 GOLD - Karl Ulle
J.Morgan Bishop
65-69 GOLD - Jane Gerber
Jim Knott

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 - J. Morgan Bishop
SILVER - Norm Bhatia

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 Siemienowki
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

PICKLEBALL - Continued....

MEN'S DOUBLES

- 60+ Red** GOLD - Tracy Delbridge
Gary Kautz
SILVER - Mark Peifer
Bob Patten
BRONZE - Michael Blaksley
Mark Anderson
- 65+** GOLD - Duke Grondin
Jim Watson
SILVER - Randy Narramore
Greg Linnemeyer
BRONZE - Ronald Meek
Scott Bennett
- 70+** GOLD - Terry Streit
Bill Smith
SILVER - Bob Jacobsen
Arie Soloman
BRONZE - Eugene Grillo
Eddie Nicoletti

MEN'S SINGLES

- 50+** GOLD - Mike Stahl
SILVER - Jeffrey Tanaka
BRONZE - Chris Branson
- 55+** GOLD - Bob Richland
SILVER - Steve Hosohama
BRONZE - Brett Noel
- 60+** GOLD - Gregg Whitfield
SILVER - Doug Gale
BRONZE - David Killen
- 65+** GOLD - Greg Linnemeyer
SILVER - Carl Tietze
BRONZE - Randy Darrohn
- 70+** GOLD - Terry Streit
SILVER - Arie Solomon
BRONZE - Eugene Grillo

MIXED DOUBLES

- 50+ Blue** GOLD - Heifara Ortas
Ryan Sales
SILVER - Dena Williams
Tom Hester
BRONZE - Jeaney Garcia
Mitch Simon
- 50+ Red** GOLD - Leticia Brambila
Mike Stahl
SILVER - Stacy Downey
Steve Cole
BRONZE - Sandy Brisebois
Jeffrey Tanaka
- 55+ Blue** GOLD - Janet Wesley
Gregg Whitfield
SILVER - Sheri Motyl
Steve Hosohama
BRONZE - Patricia Nissan
Tim Frazee

- 55+ Red** GOLD - Marsha Neishi
Jerry Koyama
SILVER - Sylvia Hostetler
Ed Krick
BRONZE - Tina Visingardi
Bob Pattern
- 60+ Blue** GOLD - Kathy Roberts
Michael Nimitz
SILVER - Robin Sutherland
Phil Sutherland
BRONZE - Sue Smith
Brad Drew
- 60+ Red** GOLD - Nell Davis
Malcom Davis
SILVER - Wendy McBane
Chris Harrison
BRONZE - Debbie Shipman
Brian Shipman
- 65+ Blue** GOLD - Kathy Kaufman
Carl Tietze
SILVER - Beverly Youngren
Randy Narramore
BRONZE - Katy Yonemura
Jeff Louie
- 65+ Red** GOLD - Margie Siegrist
Bob Hovden
SILVER - Patty Delbridge
William Kalinyak
BRONZE - Pam Sweigart
Arie Soloman

WOMENS DOUBLES

- 50+** GOLD - Stacy Downey
Sandy Brisebois
SILVER - Marcia Neishi
Alex Vincent
BRONZE - Kathleen Brundo
Cynthia Tietze
- 55+** GOLD - Tracy W. Hagen
Wendie Mahan
SILVER - Linda Brokhaw
Janet Wesley
BRONZE - Sherri Motyl
Barbara Wise
- 60+** GOLD - Diane Cronk
Patricia Nissan
SILVER - Kathy Roberts
Pamela S. Jensen
BRONZE - Sue Smith
Cathy Kaufman
- 65+** GOLD - Jane Porphir
Julie Tobin
SILVER - Fran Myer
Barbara Wintroub
BRONZE - Claudia Ray
Beverly Youngren

WOMENS SINGLES

- 50+** GOLD - Barbara Wise
SILVER - Sandy Brisebois
BRONZE - Sheri Motyl
- 65+** GOLD - Barbara Wintroub
SILVER - Jane Porphir
BRONZE - Marrienne Lassigne-Vargas

ROAD RACE AND WALK

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



5K ROAD RACE

Name	Time	Division	Medal
Theresa Skiles	31:32	70 Women	Gold
Ruth Coleman	39:54	55 Women	Gold
Anne Yensen	42:34	65 Women	Gold
Barbara Wallace	48:36	55 Women	Silver
Marc McKeller	22:09	50 Men	Gold
Jeff Coleman	23:42	60 Men	Gold
Dennis Stowell	26:56	65 Men	Gold
Jorge Magana	27:16	60 Men	Silver
Don Karg	28:18	70 Men	Gold
Abel Gutierrez	28:44	70 Men	Silver
Doug Webb	30:54	75 Men	Gold
Miguel Cervante	33:25	60 Men	Bronze
Jerry Albert	36:08	75 Men	Silver
Charles Kachadoorian	40:40	85 Men	Gold

5K RACE WALK

Name	Time	Division	Medal
Wendy Clark	33:39	60 Women	Gold
Sharon Thompkins	45:54	50 Women	Gold
Art Morrow	42:34	50 Male	Gold
Joe Wong	45:54	60 Men	Gold

10K ROAD RACE

Name	Time	Division	Medal
Jill Walters	53:31	60 Women	Gold
Danielle McDonough	54:31	55 Women	Gold
Teresa Skiles	104:38	70 Women	Gold
Doug Web	59:08	75 Men	Silver

10K RACE WALK

Name	Time	Division	Medal
Linn Sexton	1:32:23	70 Women	Gold
Sandra Lippe	01:32:2	75 Women	Gold
Art Morrow	104:54:57 [64:57]	50 Men	Gold

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 Gwin

WOMEN'S DOUBLES

Gold – Esther Rothblum &
Eileen Cummings
Silver – Marcia Gwin &
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 Rydberg

MIXED DOUBLES

Gold – Mary-Lou Kiley &
Eugene Bailey
Silver – Eileen Cummings
Tip Josza
Bronze – Esther Rothblum &
Alex Miadinado
Marcia Gwin &
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 SOCCER

September 10-11, 2016
Hourglass Park, Mira Mesa
Commissioner: Nona Marsh



50+ GOLD – SALTY SISTERS

Catherine Bellows	Denise Stillinger
Valerie Lanni	Gina Caparell
Mary Beth Eaton	Jane Jones
Leanne Petersen	Brooks Holman
Carolyn Fisher	Carrie Schmidt
Felicia Sirchia	Lauren Winstead
Tani Duke	Theresa Peleska
Andrea Harrington	Ann Wolf
	Stacy Smith

50+ SILVER – BREAKAWAY

Terry Brown	Nancy Floyd
Jill Dolce	Patty Palmer
Becky Weirshauer	Adriana Perez
Dana Mason	Esther Gonzalez
Susan McKenzie	Elke Rist
Caryn Edmonston	Darrah Ramsbotham
Kim Schroer	Susan Swigart
	Becky Furtado

50+ BRONZE – ULTIMATE GOAL

Vicki Alvarez	Molly Davis
Sharon Wingate	Lisa Martin
Renate Schmidt	Jill Stein
Michele Mosso	Angie Medaris
Kathy Kelly	Karrie Van de Brooke
Cathie Brush	Amy Ballard
Linda Franco	Patti Affriseo
Danelle Alexander	Lucille Barajas

60+ GOLD – STILL KICKIN'

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

60+ SILVER – FOOTLOOSE

Jane Noble	Irene Pazirandeh
Wendy Zwissler	Caren Brownlie
Belinda Ledoux	Linda Cox
Wendy Bracamonte	Cheri Monarch
Debbie Ybarra	Debra Lindberg
Cindy Verne	Elizabeth Ikeda
Cecile Callahan	Linda Abele
	Lynda Cahn

60+ BRONZE – SMOOTH RUSH

Deborah Brockman	Daisy Atilas
Colleen Thomas	Nancy Petit
Marilyn Cervantes	Jo Matthews
Lynn Neftel	Nancy Nuckolls
Denise Osier	Denise Pitsch
Dorothy Robinson	Linda Prudhomme
Jeanne Schotz	Janice Staley

65+ GOLD – KICKIN' 60'S

Colette Caterina	Kim Feely
Valerie Wagner	Elizabeth Grant
Lisa Quillin	Patricia Lopas
Sandy Alves	Linda Gutierrez
DeeAnn Huddleston	Lynda Flinn
Jane Jones	Melinda Newell
Lynda Eng	LuAnn Crandall
Jacquelyn Jauregui	Elaine Dornton

65+ SILVER – 3 SCORE GALORE

Debbie Coleman	Anne Potter
Jennifer Choctow	Nancy Jansen
Rhoda Frame	Corinne Dinicola
Janice Johnson	Maria Morales
Kathleen Mutch	Shannon Sigler
Nancy Patrick	Barbara Stromsness
Rose Teutimez	Gene Forsythe
Candace DeWitt	Janet Anderson
	Jhonna Dowd

65+ BRONZE – INFINITY (TIE)

Gabriele Waltemeyer	Pamela Condy
Kathleen Downer	Michele MacNair
Rosemarie Heldenbrand	Pat McNally-Brown
Suzanne McKellar	Patti Storm
Hope Silva	Jean Jarosz
Diane Temple	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 Vgnos
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

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

60+ 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
Tani 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 Percy
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 Meymarian
Michele Peterson
Elaine Poirier
Claudia Reid
Laura Sherman
Kathy Showalter
Pam Trimble
Kit Turman
Teri Von Achen

GOLD DIVISION

55+ GOLD - 2ND WIND

Chevette Calhoun
Cynthia Capistran
Shelia Caposio
Dede Grutz
Denise Guy
Lois Hand

Ginger Larsin
Susan Loversky
Teresa Merickel
Charlotte Mitchell
Deborah Ness
Teresa Provost
Chris Shelley

55+ SILVER - LADIES CHOICE

Bridget Brush
Ruby Cawley
Cindi Lyn Davis
Dava Diaz
Jacqueline Diaz
Patricia Hixson
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 Dugoncivic
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 – TWI ZTED

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

2016 SDSGA RESULTS

WOMEN'S SOFTBALL - *Cont...*

55+ SILVER - SAN DIEGO STARS

Kathe Beardsley
Teresa Brinsfield
Joan Clarke
Julie Danzo
Dorinda Dodd
Donna Gagarin
Wendy Goodell
DeeHickman
Jill Hinton
Crista Hubbard
Mary King
Jennifer Muse
Kari Nilsen

55+ BRONZE - SOL SISTERS

Karla Baraza
Troy Chang
April Edwards
Julie Fisher
Debra Franklin
Mari Gallucci
Patricia Jasmund
Mary Knapik
Maureen Kobrin
Mia Murray
Lisa Owen
Brenda Pratt
Suzette Robinson
Lori Smith-Ward
Joann Walker
Sandra Young

55+ 4TH- SANTA BARBARA BEACHES

Stella Abbott
Laurie Adams
Sandy Bjorklund
Lisa French
Rosa Gonzales
Sharon Moore
Olga Pinal
Mindy Prowler
Delfina Ramirez
Phyllis Sides
Alyson Stephens
Becky Valles
Linda Voyen
Bernice Williams

GOLD DIVISION

60+ GOLD - CASTAWAZ

Lucile Bible
Rose Boll
Betsy Borda
Kathy Corwell
Nancy Gagnon

Angela Gomez
Patricia Huerta
Terry Itami
Sharon McClockey
Diane Ramirez
Joni Shirley
Gloria Smith
Donna Williams

60+ SILVER- CAL SPIRIT 60

Hope Americano
Sharon Delamater
Gerri Dole
Linda Keehan
Kat McComb
Laurie Mills
Linda Mohrfeld
Cathy Moon
Perri Newell
Cathy Nicholson
Janice Robson
Nancy Ruiz
Kerrie Webb

60+ BRONZE- CAL EXPRESS

Audrey Andrade
Patricia Bowers
Fran DePuy
Kathleen Nawk
Ozzie Hood
Cindy Killingback
Mary Letizio
Debbie Marquis
Patti McCoy
Rafaela Mercado
Nancy Moniger
Jane Smith
Constance Stonier
Lisa Taranto

60+ 4TH- LADIES CHOICE

Mildred Allen
Yvonne Arnold
Kathryn Brady
Emily Chow
Cheryl Coyle
Deb Coyne
Marla Edwards
Juanita Evans
Sylvia Gregory
Denette Grossman
Stephanie Hoffman
Ruth Little
Cindy Loomer
Karen Roy
Barbara Smith
Donna Tofft

SILVER DIVISION

60+ GOLD - SKORMOR

Annette Bohn
Yvonne Delk
Debra Goodus
Kathy Grant
Eleanor Hawley
Dee Dee Jackson
Connie Kosloske
Gloria Meinhart
Mary Leet Mendel
Pamela Patolo
Mary Lou Porter
Barbara Shanley
Teresa Spraggs
Karen Strickland
Dana Sweet

60+ SILVER- FUSION

Karen Bird
Shelly Ann Brown
Peggy Grangetto
Holly Guntermann
Anne Kepple
Kathy Kluever
Marianne Lassigne
-Varges
Nancy Miller
Marilyn Minger
Bebbie Petrie
CR Ramirez
Neomi Nye Trudeau
Terry Wood

60+ BRONZE - CALIFORNIA ROCKERS

Cindy Collett
Charlene Cota
Sioux Donatelli
Lori Drotman
Lynne Fox
Margaret Harmon
Suzanne Hastins
MaryChris Johnson
Priscilla Marks
Katy Miles
Regena Reynolds
Karen Siefert
Barbara Sieg
Sylvia Swager
Cindy Toohey-Green
Carol Wheeler

2016 SDSGA RESULTS

SWIMMING

September 18, 2016

Coggan Family Aquatics Center, La Jolla

Commissioner: Kenton Jones



Women 50-54 50 Yard Freestyle

1 Steidle, Gwynne 31.69

Women 50-54 50 Yard Breaststroke

1 Krattli, Caroline 33.49

Women 50-54 50 Yard Breaststroke

1 Krattli, Caroline 34.18

2 Steidle, Gwynne 48.43

Women 50-54 100 Yard Breaststroke

1 Krattli, Caroline 33.49

Women 50-54 100 Yard Butterfly

1 Steidle, Gwynne 44.97

Women 50-54 100 Yard IM

1 Krattli, Caroline 33.89

2 Steidle, Gwynne 42.38

Women 50-54 200 Yard IM

1 Steidle, Gwynne A 46.08

Women 55-59 50 Yard Freestyle

1 Ganze, Cathy 28.46

2 Angulo, Teri A 42.45

Women 55-59 100 Yard Freestyle

1 Zimmer, Dawn 1:10.04

Women 55-59 200 Yard Freestyle

1 Zimmer, Dawn 2:36.65

Women 55-59 500 Yard Freestyle

1 Angulo, Teri A 9:19.18

Women 55-59 50 Yard Backstroke

1 Ganze, Cathy 34.51

2 Siegel, Christine L 35.10

Women 55-59 100 Yard Backstroke

1 Siegel, Christine L 39.58

Women 55-59 200 Yard Backstroke

1 Chen, Irene 57.16

Women 55-59 50 Yard Breaststroke

1 Ganze, Cathy 37.36

2 Siegel, Christine L 39.54

3 Angulo, Teri A 53.25

Women 55-59 100 Yard Breaststroke

1 Zimmer, Dawn 36.64

Women 55-59 200 Yard Breaststroke

1 Chen, Irene 58.33

Women 55-59 50 Yard Butterfly

1 Ganze, Cathy 31.54

2 Angulo, Teri A 50.08

Women 55-59 100 Yard IM

1 Ganze, Cathy 1:12.62

2 Zimmer, Dawn 1:22.08

3 Angulo, Teri A 1:51.00

Women 55-59 200 Yard IM

1 Zimmer, Dawn 2:55.32

Women 60-64 50 Yard Freestyle

1 Fink, Marilyn A 30.91

Women 60-64 100 Yard Freestyle

1 Fink, Marilyn A 1:08.32

Women 60-64 50 Yard Backstroke

1 Fink, Marilyn A 36.38

Women 60-64 100 Yard Butterfly

1 Jaunzeme, Andra 1:15.17

Women 60-64 200 Yard IM

1 Jaunzeme, Andra 2:44.32

Women 65-69 50 Yard Freestyle

1 Thompson, Janine 36.72

Women 65-69 100 Yard Freestyle

1 Thompson, Janine 1:22.83

Women 65-69 200 Yard Freestyle

Electronic Split

1 Dunbar, Barbara G 2:34.56

Women 70-74 100 Yard IM

1 Hillary, Cecilia 2:18.37

Women 70-74 200 Yard IM

1 Hillary, Cecilia 5:14.18

Men 50-54 50 Yard Freestyle

1 McGinley, Patrick B 26.79

2 Eisenbraun, Michael D 29.38

Men 50-54 100 Yard Freestyle

1 Eisenbraun, Michael D 1:11.77

Men 50-54 500 Yard Freestyle

1 McGinley, Patrick B 6:03.16

Men 50-54 50 Yard Breaststroke

1 Eisenbraun, Michael D 48.50

Men 50-54 200 Yard Breaststroke

1 McGinley, Patrick B 2:52.57

Men 50-54 50 Yard Butterfly

1 Clarke, Christopher 29.21

Men 50-54 100 Yard Butterfly

1 Clarke, Christopher 1:06.22

Men 50-54 200 Yard IM

1 McGinley, Patrick B 2:30.76

Men 55-59 50 Yard Freestyle

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 Clark, Geoff 1:00.54

2 Garcia, Raul (Gus) A 1:02.30

Men 55-59 200 Yard Freestyle

1 Ellis, Joel 2:18.39

2 Garcia, Raul (Gus) A 2:26.04

--- Jett, Darrell L DQ

Men 55-59 200 Yard Freestyle

Electronic Split

2 Jett, Darrell L 2:39.18

Men 55-59 500 Yard Freestyle

1 Jett, Darrell L 7:07.00

Men 55-59 50 Yard Backstroke

1 Benner, Tord E 31.02

2 Wright, Sean 1:00.27

Men 55-59 100 Yard Backstroke

1 Benner, Tord E 1:09.23

2 Jett, Darrell L 1:21.24

Men 55-59 200 Yard Backstroke

1 Jett, Darrell L 2:54.16

Men 55-59 50 Yard Breaststroke

1 Clark, Geoff 35.84

2 Benner, Tord E 36.77

3 Wright, Sean 43.40

Men 55-59 100 Yard Breaststroke

1 Clark, Geoff 1:22.26

2 Wright, Sean 1:45.14

Men 55-59 200 Yard Breaststroke

1 Wright, Sean 4:14.56

Men 55-59 50 Yard Butterfly

1 Ellis, Joel 29.65

2 Benner, Tord E 30.86

Men 55-59 100 Yard IM

1 Ellis, Joel 1:08.38

2 Clark, Geoff 1:10.63

3 Jett, Darrell L 1:21.63

Men 55-59 200 Yard IM

1 Clark, Geoff 2:32.54

Men 60-64 50 Yard Freestyle

1 Livesey, Daniel J 40.12

Men 60-64 100 Yard Freestyle

1 Livesey, Daniel J 1:41.17

Men 60-64 500 Yard Freestyle

1 Wang, Xue 8:50.22

Men 60-64 50 Yard Backstroke

1 Livesey, Daniel J 49.25

Men 60-64 50 Yard Breaststroke

1 Otalora, Felipe 42.92

2 Livesey, Daniel J 1:27.27

Men 60-64 100 Yard Breaststroke

1 Wong, Joe 2:49.66

--- Otalora, Felipe DQ

Men 60-64 200 Yard Breaststroke

1 Otalora, Felipe 3:25.12

2 Wang, Xue 3:34.11

Men 60-64 50 Yard Butterfly

1 Otalora, Felipe 37.30

2 Livesey, Daniel J 55.11

Men 60-64 400 Yard IM

1 Otalora, Felipe 6:47.51

Men 65-69 50 Yard Freestyle

1 Duffield, Harry G 27.74

2 Tovey, Dane 30.59

3 Beaumont, Richard 47.90

2016 SDSGA RESULTS

SWIMMING - Continued...

Men 65-69 100 Yard Freestyle

1	Duffield, Harry G	1:01.99
2	Tovey, Dane	1:10.64
3	Beaumont, Richard	2:10.98

Men 65-69 200 Yard Freestyle

1	Duffield, Harry G	2:31.37
2	Durell, Bill	2:54.10

Men 65-69 500 Yard Freestyle

1	Durell, Bill	7:29.91
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Men 65-69 50 Yard Backstroke

1	Tovey, Dane	40.50
2	Beaumont, Richard	1:09.86

Men 65-69 100 Yard Backstroke

1	Tovey, Dane	1:27.73
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Men 65-69 50 Yard Breaststroke

1	Durell, Bill	41.21
2	Beaumont, Richard	1:06.08

Men 65-69 100 Yard Breaststroke

1	Durell, Bill	1:41.12
2	Beaumont, Richard	3:08.04

Men 65-69 200 Yard Breaststroke

1	Durell, Bill	3:32.79
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Men 65-69 50 Yard Butterfly

1	Enclade, Terry	32.73
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Men 70-74 50 Yard Freestyle

1	Andersen, Peter	30.27
2	Ralphs, Tony	30.51
3	Vander Moer, Hugo	40.95

Men 70-74 100 Yard Freestyle

1	Ralphs, Tony	1:08.29
2	Andersen, Peter	1:09.70
3	Vander Moer, Hugo	1:37.60

Men 70-74 200 Yard Freestyle

1	Ralphs, Tony	2:39.71
2	Carey, George L	2:46.60
3	Walker, Larry	2:48.81

Men 70-74 500 Yard Freestyle

1	Ralphs, Tony	6:45.75
2	Carey, George L	7:29.87

Men 70-74 50 Yard Backstroke

1	Walker, Larry	37.36
2	Vander Moer, Hugo	49.36

Men 70-74 100 Yard Backstroke

1	Walker, Larry	1:23.73
2	Vander Moer, Hugo	1:53.95

Men 70-74 200 Yard Backstroke

1	Walker, Larry	3:00.32
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Men 70-74 50 Yard Breaststroke

1	Andersen, Peter	36.09
2	Vander Moer, Hugo	53.04

Men 70-74 100 Yard Breaststroke

1	Andersen, Peter	1:29.18
2	Carey, George L	1:37.67

Men 70-74 100 Yard IM

1	Andersen, Peter	1:22.10
2	Carey, George L	1:25.14
3	Walker, Larry	1:30.55

Men 70-74 200 Yard IM

1	Carey, George L	3:10.44
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Men 70-74 400 Yard IM

1	Ralphs, Tony	7:14.89
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Men 75-79 50 Yard Freestyle

1	Thomas, Garfield	33.27
2	Haines, William W	36.00
3	Williams, Neil	43.70

Men 75-79 100 Yard Freestyle

1	Freshley, Mike R	1:00.50
2	Thomas, Garfield	1:13.73
3	Haines, William W	1:27.86
4	Williams, Neil	1:34.32
5	Webb, Douglas	1:43.02

Men 75-79 200 Yard Freestyle

1	Thomas, Garfield	2:47.90
2	Williams, Neil	3:35.81

Men 75-79 500 Yard Freestyle

1	Freshley, Mike R	6:29.51
2	Thomas, Garfield	7:43.79
3	Williams, Neil	9:27.08
4	Webb, Douglas	12:03.95

Men 75-79 50 Yard Backstroke

1	Williams, Neil	54.09
2	Webb, Douglas	57.76

Men 75-79 50 Yard Breaststroke

1	Haines, William W	44.92
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Men 75-79 100 Yard Breaststroke

1	Freshley, Mike R	1:16.74
2	Haines, William W	1:45.27

Men 75-79 200 Yard Breaststroke

1	Haines, William W	3:56.14
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Men 75-79 50 Yard Butterfly

1	Freshley, Mike R	29.69
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Men 75-79 100 Yard IM

1	Freshley, Mike R	1:08.68
2	Thomas, Garfield	1:29.20

Men 80-84 50 Yard Freestyle

1	McIntosh, Donald	1:20.34
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Men 80-84 100 Yard Freestyle

1	Croshier, Mark W	2:14.51
2	McIntosh, Donald	3:07.20

Men 80-84 200 Yard Freestyle

1	Croshier, Mark W	5:16.72
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Men 80-84 500 Yard Freestyle

1	Hillary, Thomas	12:40.24
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Men 80-84 50 Yard Backstroke

1	Hillary, Thomas	1:05.19
2	McIntosh, Donald	1:46.04

Men 80-84 100 Yard Backstroke

1	Hillary, Thomas	2:20.36
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Men 80-84 50 Yard Breaststroke

1	Croshier, Mark W	1:22.36
2	McIntosh, Donald	1:55.99

Men 80-84 100 Yard Breaststroke

1	Croshier, Mark W	3:14.59
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Men 80-84 100 Yard IM

1	Hillary, Thomas	2:25.76
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Men 80-84 200 Yard IM

1	Hillary, Thomas	5:31.10
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Men 85-89 50 Yard Freestyle

1	Kachadoorian, Charles	47.27
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Men 85-89 500 Yard Freestyle

1	Hubbard, Donald J	10:28.19
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Men 85-89 50 Yard Backstroke

1	Kachadoorian, Charles	1:05.45
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Men 85-89 50 Yard Breaststroke

1	Kachadoorian, Charles	1:01.73
2	Hubbard, Donald J	1:03.34

Men 85-89 50 Yard Butterfly

1	Kachadoorian, Charles	57.40
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Men 85-89 100 Yard IM

1	Kachadoorian, Charles	2:07.13
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TABLE TENNIS

September 18, 2016

Balboa Activity Center, Balboa Park

Commissioner: Borko Dragojlovic



MEN'S SINGLES

- 45+** GOLD – William Chang
- 50+** GOLD – Javid Khazaeli
SILVER – Victor Serna
BRONZE – Gerald Colter
- 55+** GOLD – Aharon Shapiro
SILVER – Jerry Harris
BRONZE – Joe Romanosky
- 60+** GOLD – Lon Dean
SILVER – Rodol Valdoria
BRONZE – Valentin Chen
- 65+** GOLD – Steve McGrew
SILVER – Chris Graves
BRONZE – Pete Perez
- 70+** GOLD – Johnny Wong
- 75+** GOLD – Mark Adelman
- 80+** GOLD – Suresh Kanekar
SILVER – Ramon Giron

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

BRONZE – Shelley Hardy/Simin Enfrad

MIXED DOUBLES

GOLD – Shelley Hardy/Aharon Shapiro

SILVER – Simin Enfrad/Javid Khazaeli

BRONZE – Holly Le/Hoa Lam

BRONZE – May Chen/Johnny Wong

TRACK AND FIELD

September 18, 2016
Mesa College, San Diego
Commissioner: Gary MacDonald



EVENT WOMEN 50 METER DASH

Women 85-89

1 Styles, Frances Gold 13.71

Women 75-79

1 Cooper Onley, Marilyn Gold 11.27

Women 70-74

1 Chavez, Dorlee Gold 13.79

Women 65-69

1 Kelly, Pat Gold 8.91

2 Steiner, Maureen Silver 12.10

Women 55-59

1 Gaston, Kathrine Gold 8.30

2 Maxwell, Karen Silver 8.43

3 Dent, Susan Bronze 8.48

4 Scott, Sandi 8.59

5 Fregoso, Teresa 8.84

Women 50-54

1 Barney, Colleen Gold 7.48

2 Lamb, Lisa Silver 8.34

3 Baron, Cadence Bronze 8.80

EVENT WOMEN 100 METER DASH

Women 85-89

1 Styles, Frances Gold 28.47

Women 75-79

1 Cooper Onley, Marilyn Gold 21.65

Women 65-69

1 Kelly, Pat Gold 16.98

2 Steiner, Maureen Silver 23.54

Women 55-59

1 Gaston, Kathrine Gold 15.20

2 Maxwell, Karen Silver 15.77

3 Dent, Susan Bronze 16.24

4 Fregoso, Teresa 16.85

5 Scott, Sandi 17.68

Women 50-54

1 Barney, Colleen Gold 13.73

2 Baron, Cadence Silver 16.50

EVENT WOMEN 200 METER DASH

Women 75-79

1 Cooper Onley, Marilyn Gold 47.66

Women 65-69

1 Kelly, Pat Gold 37.78

2 Steiner, Maureen Silver 57.56

Women 55-59

1 Maxwell, Karen Gold 33.22

2 Gaston, Kathrine Silver 33.23

3 Dent, Susan Bronze 33.59

4 Fregoso, Teresa 35.20

Women 50-54

1 Barney, Colleen Gold 27.91

2 Baron, Cadence W51 Silver 35.16

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

1 Waters, Jill Gold 8:31.83

EVENT WOMEN 3000 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

Women 50-54

1 Baron, Cadence 12-03.75

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 Sponsler, Shelley 22-07.75

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 90-08

2016 SDSGA RESULTS

TRACK AND FIELD - *Continued...*

Women 55-59

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

EVENT WOMEN TRIPLE JUMP

1	Styles, Frances	11-02.25
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EVENT WOMEN HAMMER THROW

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

EVENT WOMEN JAVELIN THROW

Women 70-74

1	Babbitt, Jane	54-09
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Women 65-69

1	van Kruchten, Henny	78-09
2	Steekelenburg, Annelies	53-04

EVENT WOMEN JAVELIN THROW

Women 60-64

1	Dunton, Linn	105-08
2	Jaunzeme, Andra	52-07

Women 55-59

1	Polk Withers, Sani	61-02
2	Vaughn, Karen	60-09
3	Wallace, Barbara	43-08

EVENT MEN 50 METER DASH

Men 85-89

1	Selby, Jim	12.25
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Men 80-85

1	Eyer, Delos	8.78
2	Yates, Vern	9.69

Men 75-79

1	Hashemzadeh, Iraj	8.40
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Men 70-74

1	Crandall, James	8.19
2	Muranaka, Ron	8.71
3	West, Byron	9.01

Men 65-69

1	Rose, Ed	8.15
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 55-59

1	Chen, Chris	7.07
2	Love, Reginald	7.94
3	Mendoza, Matt	8.29

Men 50-54

1	Foster, Robert	6.81
2	Ali, Mansoor	7.46

EVENT MEN 100 METER DASH

Men 90-95

1	Larch-Miller, George	33.89
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Men 85-89

1	Selby, Jim	24.61
2	Durkin, Noel	24.71

Men 80-84

1	Eyer, Delos	17.42
2	Yates, Vern	19.19
3	Kindreich, Roger	23.28

Men 75-79

1	Hashemzadeh, Iraj	16.09
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Men 70-74

1	Whitley, Stan	13.85
2	Schneider, John	15.02
3	Crandall, James	15.61
4	Muranaka, Ron	17.00
5	West, Byron	17.08

Men 65-69

1	Rose, Ed	15.34
2	DeSandro, Dominic	18.86

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 50-54

1	Makino, Shigeki	12.22
2	Foster, Robert	12.43
3	Ali, Mansoor	14.20
4	Stone, William	14.93
5	Forte, Jonathan	15.77

EVENT MEN 200 METER DASH

Men 80-84

1	Yates, Vern	40.60
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Men 75-79

1	Nunez, Paul	40.70
2	Esquibel, Herman	45.70

Men 70-74

1	Whitley, Stan	28.74
2	Crandall, James	32.27
3	White, Allen	39.50

Men 65-69

1	Rose, Ed	33.11
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Men 60-64

1	Kapsal, John	34.30
2	Magana, Jorge	37.80
3	Young, Ed	43.24

Men 55-59

1	Chinn, James	25.36
2	Chen, Chris	26.50

Men 50-54

1	Makino, Shigeki	24.90
2	Foster, Robert	25.27
3	Vaughn Sr., Billy	25.36
4	Smith, Allen	28.20
5	Forte, Jonathan	31.03

EVENT MEN 400 METER DASH

Men 80-84

1	Eklund, James	1:22.33
2	Yates, Vern	1:40.45
3	Rigg, Richard	2:13.14

Men 75-79

1	Mindell, Alan	1:20.85
2	Esquibel, Herman	1:40.16
3	Bellier, Jean-Jacque	1:52.56

Men 70-74

1	White, Allen	1:31.46
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Men 65-69

1	Bradley, Bruce	1:14.20
2	Stowell, Dennis	1:36.52

Men 60-64

1	McLawhorn, David	1:04.23
2	Nelson, David	1:05.46
3	Rauch, Bob	1:17.06
4	Magana, Jorge	1:21.86

EVENT MEN 400 METER DASH

Men 55-59

1	Chen, Chris	1:00.59
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Men 50-54

1	Parks, Terry	57.21
2	Smith, Allen M53 Silver	1:03.12

EVENT MEN 800 METER RUN

Men 75-79

1	Mindell, Alan	3:24.50
2	Esquibel, Herman	4:29.41

Men 70-74

1	Sweet, Thomas	3:01.16
2	Karg, Don	3:33.47

Men 65-69

1	Bradley, Bruce	2:57.98
2	Stowell, Dennis	3:32.21

EVENT MEN 1500 METER RUN

Men 55-59

1	Nivens, Denny	5:27.50
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Men 60-64

2	Navarrete, Robert	5:38.29
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2016 SDSGA RESULTS

TRACK AND FIELD - *Continued...*

Men 65-69
3 Stowell, Dennis 7:22.93

Men 70-74
4 Karg, Don 7:25.10

Men 80-84
5 Eklund, James 9:00.60

EVENT MEN 3000 METER RUN

Men 65-69
1 Anderson, Geoffrey 21:25.47

Men 75-79
2 Esquibel, Herman 24:12.78

EVENT 19 MEN 80M HURDLES

Men 80-84
1 Rigg, Richard 23.87

EVENT MEN 200 HURDLES

Men 80-84
1 Rigg, Richard 58.06

EVENT MEN 1500 METER RACE WALK

Men 50-54
1 Morrow, Art 8:35.81

Men 55-59
1 Papacalos, George 10:20.28

Men 65-69
1 Wennerstrom, Stephen 9:34.51

Men 70-74
1 Lawson, Paul 9:18.55

EVENT MEN POLE VAULT

Men 70-74
1 Parry, Arthur 10-11.75
2 Werne, Roger 7-06.00

Men 60-64
1 Burnett, Kevin 10-06.00
2 McLawhorn, David 7-06.00

Men 55-59
1 McIntyre, Tim 13-05.75

Men 50-54
1 Kendall, Charles 12-00.00

EVENT MEN JAVELIN THROW

Men 85-89
1 Durkin, Noel 50-07

Men 80-84
1 Iverson, Verlyn 48-04

Men 75-79
1 Barry, Lawrence 93-06
2 Terauds, Juris 93-05
3 Johnson, Richard 46-04
4 Bellier, Jean-Jacque 42-04

Men 70-74
1 Schneider, John 107-10
2 Pearce, Irv 88-09
3 Baker, Ken 81-00
4 Damschen, Ron 78-01

EVENT MEN JAVELIN THROW

Men 65-69
1 Tucker, David 97-01
2 Sheets, Bob 69-01

Men 60-64
1 Pino, Armando 125-05
2 Tipping, Mike 124-01
3 Watson, Richard 112-08
4 Sivadge, Scott 101-08
5 Cordova, Rickey 48-00

Men 55-59
1 Shea, Michael 138-07
2 Wassner, Kevin 108-09

Men 50-54
1 Morrow, Art 63-05

Men 80-85
1 Yates, Vern 10-01.00

Men 70-75
1 Baker, Ken 8-07.25
2 Damschen, Ron 6-07.50

Men 65-69
1 Tamaschke, John 14-01.75
2 Rose, Ed 12-08.50
3 Anderson, Geoffrey 8-10.00
-- DeSandro, Dominic FOUL

Men 60-64
1 McLawhorn, David 14-05.75
1 Deitrich, Woody 14-05.75
3 Pino, Armando 11-09.00

Men 50-54
1 Culp, Logan 13-01.50
2 Ali, Mansoor 12-06.50
3 Morrow, Art 12-01.25

Men 55-59
1 Ketels, Hank 17-02.25

Men 80-84
1 Ginsburg, Marvin 32-01.00
2 Iverson, Verlyn 30-03.50

Men 75-79
1 Barry, Lawrence 30-03.50
2 Johnson, Richard 25-06.75

Men 70-74
1 Harvey, William 45-00.25
2 White, Jack 34-06.75
3 Widmer, Ronald 32-10.50
4 MacDonald, Bruce 30-11.00
5 Baker, Ken 29-00.50

Men 65-69
1 Malin, James 37-01.25
2 Wisslead, Bill 31-08.00
3 Tucker, David 30-06.25
4 DeSandro, Dominic 23-03.50
5 Sheets, Bob 19-01.25

Men 85-89
1 Reed, Ian 96-04
2 Ketels, Hank 44-00

Men 80-84
1 Ginsburg, Marvin 71-07

Men 75-79
1 Barry, Lawrence 90-09
2 Johnson, Richard 71-09

Men 70-74
1 Harvey, William 131-06
2 Schneider, John 102-06
3 Pearce, Irv 99-02
4 Baker, Ken 85-07

Men 65-69
1 Tucker, David 80-09
2 Sheets, Bob 74-03
3 DeSandro, Dominic 67-05
-- Malin, James ND

Men 60-64
1 Fruguglietti, Ralph 191-02
2 Brown, Jeff 156-00
3 Davis, Ed 121-07
4 Lloyd, Daniel 114-00
5 Tipping, Mike 107-03
6 Watson, Richard 98-10

Men 55-59
1 Holden, Gregory 130-03

Men 60-64

1 Lloyd, Daniel 42-08.00
2 Royall Sr., Curtis 36-02.00

Men 55-59

1 Holden, Gregory 46-11.00

EVENT MEN HIGH JUMP

Men 75-79

1 Perry, Dave 4-01.25

Men 65-69

1 Rader, Charlie 4-11.00
2 Little, John 4-09.00

Men 60-64

1 Banks, Willie 5-07.00
2 Templeton, Tom 4-09.00
3 Deitrich, Woody 4-07.00
4 Nelson, David 4-03.25
5 McLawhorn, David 3-11.25
6 Lloyd, Daniel 3-05.25

EVENT MEN HIGH JUMP

Men 55-59

1 Hlavin, Peter 5-07.00
2 McIntyre, Tim 4-11.00

Men 50-54

1 Parks, Terry 5-07.00
2 Forte, Jonathan 4-11.00

EVENT MEN DISCUS THROW

Men 85-89

1 Reed, Ian 96-04
2 Ketels, Hank 44-00

Men 80-84

1 Ginsburg, Marvin 71-07

Men 75-79

1 Barry, Lawrence 90-09
2 Johnson, Richard 71-09

Men 70-74

1 Harvey, William 131-06
2 Schneider, John 102-06
3 Pearce, Irv 99-02
4 Baker, Ken 85-07

Men 65-69

1 Tucker, David 80-09
2 Sheets, Bob 74-03
3 DeSandro, Dominic 67-05
-- Malin, James ND

Men 60-64

1 Fruguglietti, Ralph 191-02
2 Brown, Jeff 156-00
3 Davis, Ed 121-07
4 Lloyd, Daniel 114-00
5 Tipping, Mike 107-03
6 Watson, Richard 98-10

Men 55-59

1 Holden, Gregory 130-03

2016 SDSGA RESULTS

TRACK AND FIELD - *Continued...*

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

60+ Gold – Roof 60's

Victor Browski
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 Pratinio
Sara Sardinha
Allison Walsh
Stacy Weber

60+ Gold – S&M

Susan Brakel
Susann Curtin
Marian Cutaran
Sandy Ferguson
Donna Martin
Mari Passantino
Margie Scribner

60+ Silver – Get it Up

Marilyn Klausner
Cheryl Belletto
Barb Decker
Deborah Holsapple
Marion Anderson
Jean Leavens

60+ Bronze – Serv-Aces

Karen Brassfield
Vickie Christensen
Cynthia Droeger
Kumi Hirayama
Rosemary McCarthy
Sally Penland

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

WOMEN'S VOLLEYBALL

September 17, 2016

Balboa Activity Center, Balboa Park

Commissioner: Patsy Cortez-Karimi



50+ Gold – Panama Jack

Teri Schroder
Diane Campbell
Susan Croshaw
Karen Douane
Judy Hissong
Sue Snyder
Margaret Wall

50+ Silver – Yadayada

Lisa Bates
Susan Boyd
Sandra Cooper
Carol Kokinakes
Barbara Norbut
Eileen Reza
Sherry Watts

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)

- | | | |
|--|--|--|
| <input type="checkbox"/> Participate in games | <input type="checkbox"/> Marketing | <input type="checkbox"/> Sponsor an Event |
| <input type="checkbox"/> Help organize an Event | <input type="checkbox"/> Computer Work/Skills | <input type="checkbox"/> Donate a Prize |
| <input type="checkbox"/> Medical Volunteer | <input type="checkbox"/> Help with Luncheons | <input type="checkbox"/> Be A Board Member |
| <input type="checkbox"/> Photo/Video Work | <input type="checkbox"/> Clerical/Phone Skills | <input type="checkbox"/> General Office Work |
| <input type="checkbox"/> Help with Certain Sport _____ | | |

Other Areas of Interest / Suggestions:

How did you hear about us?

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



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THE CITY OF SAN DIEGO

Park and Recreation Department, Senior Citizen Services

The City of
SAN DIEGO
Park and Recreation Department

***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

**202 "C" St., MS 1-A • San Diego, CA • 92101
www.sandiego.gov/seniorservices**

"We Enrich Lives Through Quality Parks and Programs"