



RESULTS BOOK 2019

SAN DIEGO Senior Games

WELCOMING/CELEBRATING HUNDREDS OF
50+ MEN AND WOMEN ATHLETES FROM COAST TO COAST





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Insurance Company**

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THESE PLANS HAVE ELIGIBILITY REQUIREMENTS, EXCLUSIONS AND LIMITATIONS. FOR COSTS AND COMPLETE DETAILS (INCLUDING OUTLINES OF COVERAGE), CALL A LICENSED INSURANCE AGENT/PRODUCER AT THE NUMBER SHOWN.

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SAN DIEGO Senior Games



SAN DIEGO SENIOR GAMES ASSOCIATION
SAN DIEGO, CA

2019 Official Results

CA SENIOR STATE CHAMPIONSHIPS -

Nearly 1,500 athletes converged in San Diego this year to participate in the California Senior State Championships, held in conjunction with the 32nd annual San Diego Senior Games.

It was another exciting year, as men and women throughout California and across the United States came together for seven fun-filled weekends of competition and camaraderie.

As part of this year's festivities, we also welcomed back the return of four popular sports - Archery, Badminton, Men's Softball, and Tennis.

THANK YOU SPONSORS AND PARTNERS!

Thanks to the ongoing generosity of our amazing sponsors and partners, our athletes' dreams come true - by surpassing their goals, forming lifelong friendships, and earning a new sense of pride.

Special thanks to AARP/United Healthcare Medicare Supplement Plans, San Diego City Age Well Senior Services, Front Porch retirement communities, Dr. Seuss Foundation, SDG&E, and Paradise Village.

OUR VOLUNTEERS ROCK...

We are extremely grateful for all the time and energy our volunteers donate each year to ensure that every aspect of the Games is a huge success.

With over 2,000 athletes expected for the 2020 games, we look forward to welcoming all the new volunteers who will be joining our awesome team. Learn more at: SDSeniorGames.org/Volunteer.

OUR BRIGHT, ACTIVE FUTURE!

Like any athlete, we started out small and persisted to get to where we are. The SDSGA is proud of the fabulous relationships we've developed with our athletes, sponsors, partners, volunteers, spectators, donors, and the city and residents of San Diego.

Thanks to a full team effort, we're now starting to provide year-round programs to bring a fun, active, and healthy lifestyle to all 50+ San Diegans. Learn how you can help at: SDSeniorGames.org/Donate.

STATE CHAMPIONSHIPS IN 2020 -

The San Diego Senior Games will once again be hosting the California Senior State Championships next year, and as a qualifying games for the 2021 National Senior Games, the event promises to be bigger and better than ever.

With the anticipated return of cycling, billiards, darts, and men's soccer, and the exciting new addition of triathlon and beach volleyball, we expect hundreds of new participants, as well.

Learn more at: SDSeniorGames.org

WELCOME NEW BOARD MEMBERS...

The San Diego Senior Games had another shining moment this year when Gwendolyn Smith joined the SDSGA Board of Directors.

After discovering senior women's basketball and fulfilling a lifelong dream to play, Gwen is now sharing her passion for senior sports alongside SDSGA Board Members Susanne Carvalho, Charles Johnson, Suzie Korth, and James Pauley.

COMMITTED TO THE COMMUNITY WE CALL HOME

From inventing one of the most comprehensive and robust fire risk mitigation programs to help protect people, to building an advanced weather network to better prepare for extreme weather events, and investing in innovative technologies and equipment to mitigate the effects of climate change – we're dedicated to taking care of our community, and the planet we all share.

Congratulations to the dedicated men and women of SDG&E®, IBEW, CAL FIRE and others who made this award possible.

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SAN DIEGO
Park and Recreation Department



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of the San Diego
Senior Games**

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In San Diego's South Bay



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

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CyberCycle



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2019 SDSGA RESULTS

ARCHERY

October 6, 2019
Archery Performance, Mira Mesa
Commissioner: Linda Frodesen



Recurve - Women's

55+

Gold - Kirsten Cummings 88
Silver - Dori O'Rourke 63

60+

Gold - Debra Huntingford 89
Silver - Mary Knapik 63
Bronze - Lorayne Hays 46

70+

Gold - Linda Frodesen 67
Silver - Jemma Collins 47

Recurve - Men's

65+

Gold Oscar - Medina 140

Compound - Women's

60+

Gold - Grette Malone 247

Compound - Men's

40+

Gold - Bobby Acain 271

60+

Gold - Douglas Reinhart 286

65+

Gold - Stephen Moyers 258

70+

Gold - Gary Baum 247

80+

Gold - Jay Bishop 204

BADMINTON

September 14, 2019
Balboa Park Activity Center, San Diego
Commissioner: Joe Young



Overall Results

Men Singles

Gold - Suresh Tudor
Silver - Yunhong Li
Bronze - Russell Okuno

Women Singles

Gold - Ayumi Hazel
Silver - Jacky Myers
Bronze - Corine McGowen

Men Doubles

Gold - Russell Okuno and Pedro Garcia
Silver - Suresh Tudor and Yunhong Li
Bronze - Pedro Garcia and Russell Okuno

Women Doubles

Gold - Sombath Vilitchai and Ayumi Hazel
Silver - Corine McGowen and Jacky Myers

Mixed Doubles

Gold - Leif del Fin and Sombath Vilitchai
Silver - Pedro Garcia and Jacky Myers
Bronze - Suresh Tudor and Ayumi Hazel

BASKETBALL - MEN

September 21, 2019
Balboa Park Municipal Gym, San Diego
Commissioner: Jerry Sullivan



TEAM- 3 ON 3

50-54

GOLD - HOOP...There it is!

Michael Eisenbraun
Dimitris Magemeneas
Rob Martinez
Bill Ulloa

SILVER - PLAN B

Bill Murray
Tom Lam
Gordon Liu
Anders Roede
Royal Spragg
Francisco Nunez
Larry Harbinaux

55-59

GOLD - STILL PLAYIN'

John Williams
Dave Andrade
Kevin Ashlock
Anthony Pelham
Bill May

SILVER - BRICKLAYERS

Tom Fink
Scott Cox
Craig Jacobson
Graham Sterling
Robert Straugh
Ronald Tulio

BRONZE - PRIME

Scott Herron
Eric Larson
Juan Gomez
Bob Otto

60-64

GOLD - BACK IN THE DAY

David Motts
Gerald Alfafara
Roger Hamel
Robert Mullens
Anthony Williams

SILVER - BROTHERS

Arnold Whitman
Kevin Johnson
Dan Valhalla
Denny Clark

BRONZE - CAPO CLASSICS II

Rodney Davis
Jack Hagblom
Craig Harberts
Jeff Newman
Jud Wood

65-69

GOLD - OAKLAND'S FINEST

Robert Scotlan
Ron McMillan
Marc Jamison
Horace Williams
Stephen Fiske
Bill Kennedy

SILVER - CAPO CLASSICS 65

Darrell Cavanaugh
Douglas Turley
Charles Woolard
Mike Martin

BRONZE - LOST BOYS

David Olson
Bob Horn
Dwight Dulaney
Thomas Davis

70-74

GOLD - GUNNIN' GEEZERS

Richard Paff
Gordon Bennett
Michael Bobik
Thomas Cruz
Dean Langmaid
Tom Quast

SILVER - WILD CARDS

Bill Darnell
Kris Widdison
Jerry Kenny
Thomas Beadle
Hank Samaripa

BRONZE - BUCKETMAKERS

Neal Westendorf
Dave Crum
Richard Lorenz
Richard Rose
Al Rosen

2019 SDSGA RESULTS

WOMEN'S BASKETBALL

September 12-15, 2019
Corky Smith Gym, San Marcos
Commissioner: Jackie Luzak



TEAM 3 ON 3

40+

Gold - Hodge Podge

Dori O'Rourke
Marcella Nino
Katy Grubbs
Sandra Jensen
Wendy Taylor

Silver - Double Dribblers

Jennifer Tayco
Hannah Pitt
Amy Hsu
Claire Cannon
Lisa Guillen
Jeanine Middleton

50+

Gold - Pasadena Panthers

Kim Siegmund
Carol Jue
Alma Garcia
Carolyn Weary
Cyndee Cazares

Silver - Hoop it Up

Aurora Brown
Marie Ramirez
Tammy Spounias
Karen Blair
Ava Mason
Nancy Bruce
Shelley Lamug
Diane Koczur

55+

Gold - Swish

Karen McLevie-Whatnall
Sylvia Maas
Denice Feldhaus
Jackie Tonnaer

Silver - Zips

Marie Ramirez
Linda Cord
Dir Meredith
Lisa Hamel
Jame Emkes
Katy Wright

Bronze - Peace Hoops

Evette Callahan
Leticia Espitia
Kathy Tinkler
Mary Miller
Kimberly Franklin

60+

Gold - Still Got Game

Yaeko Sunada
Janet Shinn-Trujillo
Arlene Klink
Sheri Vandeventer
Kathy Tinkler
Liliana Gonzalez

70+

Gold - Pasadena Cougars

Kim Siegmund
Carol Jue
Alma Garcia
Carolyn Weary
Cyndee Cazares



2019 SDSGA RESULTS

BASKETBALL SHOOTING

September 15, 2019
Corkey's Gym, San Marcos
September 21, 2019
Balboa Park Municipal Gym, San Diego
Commissioner: James Pauley



FREE THROWS - MEN

40-44
GOLD - Louis Amoroso - 17

50-54
GOLD - Francisco Nunez - 16
SILVER - Dimitris Magemeneas - 12

55-59
GOLD - Scott Herron - 23
SILVER - Bill Ulloa - 21
BRONZE - Tim Mills - 19

60-64
GOLD - James Pauley - 24
SILVER - Ron Tulio - 18

65-69
GOLD - Arnold Whitman - 23
SILVER - Curtis Royall, Sr - 16
BRONZE - Lou Grande - 14

70-74
GOLD - Thomas Beadle - 23
SILVER - Steve Fiske - 21
BRONZE - Jim Schatz - 20
BRONZE - Neal Westendorf - 20

80-84
GOLD - Fred DeSanto - 19
SILVER - Jay Bishop - 4

FREE THROWS - WOMEN

40-44
Gold - Hannah Pitt 15

50 - 54
Gold - Nancy Bruce 10
Silver - Christine Smith 8

55-59
Gold - Marie Ramirez 19
Silver - Aurora Brown 12
Bronze - Evette Callahan 10

60-64
Gold - Kathy Tinkler 10

70-74
Gold - Athleen Novak 19
Silver - Sue Patterson 7

75-79
Gold - Marquita Molina 21

3 POINT SHOOTING - MEN

40-44
GOLD - Louis Amoroso - 8

50-54
GOLD - Dimitris Magemeneas - 10

55-59
GOLD - Scott Herron - 11
SILVER - Brian Podl - 8
BRONZE - Kevin Ashlock - 6

60-64
GOLD - James Pauley - 15
SILVER - Ron Tulio - 6

65-69
GOLD - Arnold Whitman - 12
SILVER - Curtis Royall, Sr - 10
BRONZE - Lou Grande - 5

70-74
GOLD - Steve Fiske - 11
GOLD - James Payne - 11
SILVER - Bob Otto - 9
BRONZE - Thomas Beadle - 4
BRONZE - Neal Westendorf - 4

80-84
GOLD - Fred DeSanto - 10

3 POINT SHOOTING - WOMEN

40-44
Gold - Claire Cannon 4

50-54
Gold - Christine Smith 1

60-64
Gold - Di Meredith 6

70-74
Gold - Athlene Novak 8

75-79
Gold - Marquita Molina 7

HOT SHOTS - MEN

40-44
GOLD - Louis Amoroso - 35

55-59
GOLD - Tim Mills - 39 points
SILVER - Scott Herron - 38 points
BRONZE - Brian Podl - 30 points

60-64
GOLD - James Pauley - 51 points
SILVER - Ron Tulio - 39 points

65-69
GOLD - Lou Grande - 31 points
GOLD - Arnold Whitman - 31 points
SILVER - Curtis Royall, Sr - 21 points

70-74
GOLD - Bob Otto - 44 points
SILVER - Neal Westendorf - 31 points
BRONZE - Thomas Beadle - 25 points

80-84
GOLD - Fred DeSanto - 26 points
SILVER - Jay Bishop - 16 points

HOT SHOTS - WOMEN

40-44
Gold - Claire Cannon 46

50-54
Gold - Christine Smith 28

55-59
Gold - Marie Ramirez 35
Silver - Evette Callahan 23

70-74
Gold - Athlene Novak 28



2019 SDSGA RESULTS

BOWLING - Men & Women

September 24-25, 2019
Kearney Mesa Bowl, Kearney Mesa
Bowling Commissioner: Kelly Ferguson



Women's Single Handicap Events

- Gold 50 - 54**
Veronica Granados 627
- Gold 55 - 59**
Debbie Angulo 639
- Silver 55-59**
Chris Crawford 634
- Bronze 55-59**
Kelly Ferguson 620
- Gold 60-64**
Corine McGowan 631
- Silver 60-64**
Diane Veach 641
- Bronze 60-64**
Barbara Wallace 625
- Gold 65-69**
Pauline Pao 634
- Gold 70-74**
Georgia Beaumont 634

Women's Single Scratch Events

- Gold 50 - 54**
Michelle Carter 665

Men's Singles Handicap Events

- Gold 50 - 54**
Richard Granados 639
- Gold 60 - 64**
David Granados 638
- Silver 60 - 64**
John Rowland 624
- Gold 65 - 69**
Jim Hurley 645
- Gold 70 - 74**
Jeff Fowler 656
- Silver 70 - 74**
Richard Beaumont 639
- Gold 75 - 79**
Dennis Welch 654
- Silver 75 - 79**
Dennis Welch 577
- Gold 75 - 79**
David Gulley 654
- Silver 75 - 79**
Randy Gulley 647
- Bronze 75 - 79**
Eugene Smith 624

Men's Singles Scratch Events

- Gold 50 - 54**
James Costello 613
- Gold 60 - 64**
Terry Sassone 638
- Gold 65 - 69**
Robert Rush Jr 597

Women's Doubles Handicap Events

- Gold 50 - 54**
Veronica Granados & Debbie Angulo 1306
- Gold 55 - 59**
Chris Crawford & Kelly Ferguson 1184
- Gold 65 - 69**
Pauline Pao & Georgia Beaumont 1214

Women's Doubles Scratch Events

- Gold 50 - 54**
Diane Veach & Michelle Carter 1069

Men's Doubles Handicap Events

- Gold 50 - 54**
David Granados & Richard Granados 1365
- Gold 60 - 64**
John Rowland & Dennis Welch 1198
- Gold 65 - 69**
Jim Hurley & Richard Beaumont 1164

Men's Doubles Scratch Events

- Gold 50 - 54**
James Costello & Terry Sassone 1339
- Gold 75 - 79**
David Gulley & Randy Gulley 1227

Mixed Doubles Handicap Events

- Gold 50 - 54**
Veronica Granados & Richard Granados 1289
- Gold 55 - 59**
Debbie Angulo & David Granados 1299
- Silver 55 - 59**
John Rowland & Kelly Ferguson 1285
- Bronze 55 - 59**
Patsy Robinson & Roy Robinson 1189
- 4th Place 55 - 59**
Dennis Welch & Chris Crawford 1183
- Gold 60 - 64**
Terry Sassone & Diane Veach 1456
- Gold 65 - 69**
Pauline Pao & Jim Hurley 1179
- Gold 70 - 74**
Georgia Beaumont & Richard Beaumont 1266

Mixed Doubles Scratch Events

- Gold 50 - 54**
James Costello & Michele Carter 1361

FITNESS

September 22, 2019
Fitness Quest 10, Scripps Ranch
Commissioner: Stan & Trish Williams



Prowler Push - Women

- 50-54**
- GOLD** Margarita Reyes-Williamson 16.9 seconds
- SILVER** Natalie Parsons 17.5
- BRONZE** Melissa Jacobs 24.0
- 55-59**
- GOLD** Diana Lyda-Savich 18.9 seconds
- SILVER** Betsy Benning 21.8
- BRONZE** Lisa Evanovich 22.8
- 60-64**
- GOLD** Donna Cooper 23.0 seconds
- SILVER** Mara Gedanken 23.9
- 65-69**
- GOLD** Paula Halstead 22.6 seconds
- SILVER** Trish Williams 24.8
- BRONZE** Lil Gary 27.4
- 70-74**
- GOLD** Linda Frodesen 36.0 seconds
- 75-79**
- GOLD** Sandra Walker 26.0 seconds

Prowler Push - Men

- 50-54**
- GOLD** Rod Porter 14.7 seconds
- SILVER** Paul Sasso 15.6
- BRONZE** N/A
- 55-59**
- GOLD** Vince Butsuyo 15.1 seconds
- SILVER** Tim Mills 15.5
- BRONZE** Tim Dibsie 16.5
- 60-64**
- GOLD** Ray Hrenko 16.6 seconds
- SILVER** Lester McCurtis 19.9
- BRONZE** Lawrence Indiviglia 20.3
- 65-69**
- GOLD** Adam Hendersen 16.0 seconds
- SILVER** Jim Ortega 19.0
- BRONZE** Bernie Rhinerson 22.3

cont....

2019 SDSGA RESULTS

FITNESS ... Continued

70-74

GOLD Stan Williams 19.5 seconds
SILVER Bob Lawrence 20.4
BRONZE Greg Messick 21.8

75-79

GOLD Robert Hill 26.5 seconds
SILVER Randall Christison 31.4

80+

GOLD Tommy "blue" Kuenster 29 seconds
SILVER Stafford Walker 31.0 seconds

Chin Ups - Women

50-54

GOLD Natalie Parsons 10

55-59

GOLD Lisa Evanovich 7

65-69

GOLD Paula Halstead 12

Chin Ups - Men

50-54

GOLD Rod Porter 30

55-59

GOLD Vince Butsuyo 23
SILVER Tim Mills 18
BRONZE Ramon Ortiz 07

60-64

GOLD Bruce Pechman 15
SILVER Lawrence Indiviglia 12
BRONZE Ray Hrenko 10

65-69

GOLD Adam Hendersen 26
SILVER Ray Hutchison 24
BRONZE Curtis Royall Sr. 23

70-74

GOLD Paul Schlesinger 15
SILVER Ed Rose 10
BRONZE Stan Williams 09

75-79

Gold Randall Christison 01

80-84

GOLD Tommy "blue" Kuenster 2 reps

Keg Toss - Women

50-54

GOLD Margarita Reyes-Williamson
39.2 feet

SILVER Natalie Parsons 38.7

55-59

GOLD Diana Lyda-Savich 34.1 feet
SILVER Lisa Evanovich 25.8
BRONZE Michele Fisher 18.2

60-64

GOLD Donna Cooper 26.2 feet
SILVER Mara Gedanken 25.7
BRONZE Susan Pacheco 24.7

65-69

GOLD Paula Halstead 27.5 feet
SILVER Lil Gary 22.9
BRONZE Trish Williams 20.4

70-74

GOLD Mary Anne Lawrence 16.4 feet

75-79

GOLD Sandra Walker 16.4 feet

Keg Toss - Men

50-54

GOLD Rod Porter 39.1 feet

55-59

GOLD Tim Dibsie 39.8 feet
SILVER Tim Mills 37.9
BRONZE Vince Butsuyo 25.8

60-64

GOLD Ray Hrenko 34.7 feet
SILVER Jay Gedanken 27.8
BRONZE Lester McCurtis 25.8

65-69

GOLD Curtis Royall Sr. 35.0 feet
SILVER Ray Hutchison 26.8
BRONZE Jim Ortega 23.3

70-74

GOLD Greg Messick 29.2 feet
SILVER Bob Lawrence 28.0
BRONZE Stan Williams 26.7

75-79

GOLD Randall Christison 21.9 feet

80+

GOLD Tommy "blue" Kuenster 20 feet
GOLD Stafford Walker 13.2 feet

Medicine Ball Slam - Women

50-54

GOLD Margarita Reyes-Williamson 44
SILVER Melissa Jacobs 38

55-59

GOLD Diana Lyda-Savich 49
SILVER Michele Fisher 43
BRONZE Lisa Evanovich 38

60-64

GOLD Donna Cooper 43
SILVER Susan Pacheco 42
BRONZE Mara Gedanken 34

65-69

GOLD Paula Halstead 39
SILVER Trish Williams 37
BRONZE Lil Gary 28

70-74

GOLD Linda Frodesen 30
SILVER Mary Anne Lawrence 18

Medicine Ball Slam - Men

50-54

GOLD Rod Porter 60

55-59

GOLD Vince Butsuyo 56
SILVER Tim Mills 42

60-64

GOLD Ray Hrenko 64
SILVER Jay Gedanken 38
BRONZE Lawrence Indiviglia 34

65-69

GOLD Ray Hutchison & Jim Ortega 40
SILVER Lou Grande 32
BRONZE Curtis Royall Sr. 29

70-74

GOLD Stan Williams 41
SILVER Ralph Stewart 39
BRONZE Buddy Thomas 38

80-84

GOLD Tommy "blue" Kuenster 23

Concept Row Machine - Women

50-54

GOLD Margarita Reyes-Williamson 1:52.5 mins.
SILVER Melissa Jacobs 2:39.4

55-59

GOLD Diana Lyda-Savich 2:00.0 minutes
SILVER Lisa Evanovich 2:06.5
BRONZE Betsy Benning 2:11.6

60-64

GOLD Susan Pacheco 2:05.3 minutes
SILVER Mara Gedanken 2:22.8

65-69

GOLD Paula Halstead 2:05.9 minutes
SILVER Lil Gary 2:25.9

75-79

GOLD Sandra Walker 2:23.8 minutes

Concept Row Machine - Men

50-54

GOLD Rod Porter 1:34.6 minutes
SILVER Paul Sasso 1:38.9

55-59

GOLD Tim Dibsie 1:44.2 minutes
SILVER Tim Mills 1:44.9
BRONZE Ramon Ortiz 2:03.8

60-64

GOLD Lawrence Indiviglia 1:56.5 minutes
SILVER Jay Gedanken 1:58.1
BRONZE Lester McCurtis 2:06.3

65-69

GOLD Ray Hutchison 1:43.6 minutes
SILVER Jim Ortega 1:49.9
BRONZE Lou Grande 2:01.2

70-74

GOLD Stan Williams 1:55.0 minutes
SILVER Paul Schlesinger 1:56.5
BRONZE Ed Rose 1:59.4

80-84

GOLD Tommy "blue" Kuenster 2:45

2019 SDSGA RESULTS

FITNESS ... Continued

Jump Rope – Women

50-54

GOLD Margarita Reyes-Williamson 150
SILVER Melissa Jacobs 62

55-59

GOLD Diana Lyda-Savich 180
SILVER Lisa Evanovich 145
BRONZE Betsy Benning 131

60-64

GOLD Elaine Hendersen 139

65-69

GOLD Paula Halstead 127
SILVER Lil Gary 97

75-79

GOLD Sandra Walker 124

Jump Rope - Men

50-54

GOLD Rod Porter 160

55-59

GOLD Tim Mills 144

60-64

GOLD Lester McCurtis 147
SILVER Ray Hrenko 143
BRONZE Lawrence Indiviglia 135

65-69

GOLD Adam Henderson 153
SILVER Lou Grande 140
BRONZE Jim Ortega 134

70-74

GOLD Buddy Thomas 82
SILVER Stan Williams 73
BRONZE Greg Messick 42

80-84

GOLD Tommy "blue" Kuenster 2 reps

Farmer's Walk – Women

50-54

GOLD Natalie Parsons 230 yards
SILVER Melissa Jacobs 200

55-59

GOLD Michele Fisher 400 yards
SILVER Diana Lyda-Savich 325
BRONZE Betsy Benning 300

60-64

GOLD Susan Pacheco 550 yards
SILVER Elaine Henderson 500
Donna Cooper 500
BRONZE Mara Gedanken 150

65-69

GOLD Lil Gary 350 yards
SILVER Paula Halstead 150

75-79

GOLD Sandra Walker 95 yards

Farmer's Walk - Men

50-54

GOLD Paul Sasso 900 yards
SILVER Rod Porter 200

55-59

GOLD Ramon Ortiz 750 yards
SILVER Tim Mills 150

60-64

GOLD Jay Gedanken 555 yards
SILVER Bruce Pechman 450
BRONZE Lawrence Indiviglia 400

65-69

GOLD Ray Hutchison 400 yards
SILVER Lou Grande 310
BRONZE Curtis Royall Sr. 300

70-74

GOLD Ralph Stewart 305 yards
SILVER Stan Williams 300
BRONZE Ed Rose 270

75-79

GOLD Randall Christison 200 yards
SILVER Robert Hill 50

80-84

GOLD Tommy "blue" Kuenster 200 yards

Shuttle Run 300 Yards – Women

50-54

GOLD Natalie Parsons 1:08.2 minutes

55-59

GOLD Diana Lyda-Savich 1:12.1 minutes
SILVER Lisa Evanovich 1:21.5
BRONZE Betsy Benning 1:27.6

60-64

GOLD Donna Cooper 1:20.0 minutes

65-69

GOLD Paula Halstead 1:30.9 minutes
SILVER Lil Gary 1:35.1

Shuttle Run 300 Yards - Men

50-54

GOLD Rod Porter 1:01.6 minutes
SILVER Paul Sasso 1:11.6

55-59

GOLD Vince Butsuyo 1:00.4 minutes
SILVER Tim Mills 1:02.2
BRONZE Ramon Ortiz 1:08.7

60-64

GOLD Lawrence Indiviglia 1:11.6 minutes
SILVER Ray Hrenko 1:17.0
BRONZE Lester McCurtis 1:50.3

65-69

GOLD Ray Hutchison 1:17.1 minutes
SILVER Lou Grande 1:19.1
BRONZE Jim Ortega 1:21.2

70-74

GOLD Ed Rose 1:10.2 minutes
SILVER Bob Lawrence 1:28.6
BRONZE Stan Williams 1:34.1

80-84

GOLD Tommy "blue" Kuenster 1:59

Bench Press 33 Lbs – Women

55-59 GOLD Betsy Benning 25
70-74 GOLD Linda Frodesen 40

Bench Press 45 Lbs – Women

50-54

GOLD Margarita Reyes-Williamson 50

55-59

GOLD Lisa Evanovich 56
SILVER Michele Fisher 20

60-64

GOLD Mara Gedanken 42
SILVER Susan Pacheco 35
BRONZE Donna Cooper 16

65-69

GOLD Paula Halstead 45
SILVER Lil Gary 42

Bench Press 65 Lbs - Men

50-54

GOLD Rod Porter 80

55-59

GOLD Tim Mills 61
SILVER Vince Butsuyo 45

60-64

GOLD Jay Gedanken 27
SILVER Lester McCurtis 25

65-69

GOLD Curtis Royall Sr. 45
SILVER Ray Hutchison 42
BRONZE Bernie Rhinerson 32

70-74

GOLD Ed Rose 40
SILVER Nelson Neal 39
BRONZE Buddy Thomas 18

75-79 GOLD Robert Hill 31

80-84

GOLD Tommy "blue" Kuenster 24
SILVER Stafford Walker 19

Bench Press 95 Lbs - Men

55-59

GOLD Tim Dibsie 43

60-64

GOLD Bruce Pechman 33
SILVER Lawrence Indiviglia 25
BRONZE Ray Hrenko 22

65-69

GOLD Jim Ortega 45
SILVER Adam Henderson 36
BRONZE Lou Grande 9

70-74

GOLD Doug Richardson 46
SILVER Greg Messick 32
BRONZE Bob Lawrence 26

75-79 GOLD Randall Christison 12

80+ GOLD Staff Walker 9

2019 SDSGA RESULTS

FITNESS ... Continued

Kettlebell Box Squat 8 Kg – Women

50-54
GOLD Melissa Jacob 151
SILVER Margarita Reyes-Williamson 136
BRONZE Natalie Parsons 124

55-59
GOLD Betsy Benning 55
SILVER Michele Fisher 54

60-64
GOLD Donna Cooper 80
SILVER Elaine Henderson 57
BRONZE Mara Gedanken 31

65-69
GOLD Trish Williams 50

70-74
GOLD Mary Anne Lawrence 23

75-79
GOLD Sandra Walker 28

Kettlebell Box Squat 12 Kg – Women

55-59
GOLD Lisa Evanovich 56

60-64
GOLD Susan Pacheco 60

65-69
GOLD Paula Halstead 70
SILVER Lil Gary 23

Kettlebell Box Squat 16 Kg - Men

50-54
GOLD Rod Porter 50

55-59
GOLD Vince Butsuyo 75
SILVER Tim Mills 61

60-64
GOLD Lawrence Indiviglia 85
SILVER Lester McCurtis 25

65-69
GOLD Ray Hutchison 60
SILVER Bernie Rhinerson 31

70-74
GOLD Bob Lawrence 40
SILVER Ed Rose 39
BRONZE Nelson Neal 32

80-84
GOLD Tommy "blue" Knuester 7 reps

Kettlebell Box Squat 20 Kg - Men

50-54 **GOLD** Paul Sasso 65

60-64 **GOLD** Ray Hrenko 41

65-69 **GOLD** Lou Grande 15

70-74 **GOLD** Greg Messick 16

75-79 **GOLD** Randall Christison 16

GOLF

October 6, 2019
 Riverwalk Golf Course
 Commissioner: Debora Williams



SCRATCH DIVISION - MEN

50+
Gold Kelly Moore
Silver JimFettinger
60+
Gold Tom Neer
65+
Gold Rob Stillwagon
70+
Gold Harry Bobbitt
80+
Gold Richard Messercht

HANDICAP DIVISION - MEN

55+
Gold Tom Loveday
60+
Gold Bill Smith
Silver Barry Williamson
65+
Gold Ray Cox
Silver Jim Harris
70+
Gold Nelson Neal
75+
Gold Larry Hancock

LONGEST DRIVE

Winner - Harry Bobbitt

CLOSEST TO THE PIN

Winner - Jim Harris

SCRATCH DIVISION - WOMEN

65+
Gold Linda Cox
70+
Gold Shirley Rehkopf
Silver Treasa Skiles
80+
Gold Janet Stewart

LONGEST DRIVE

Winner - Shirley Rehkopf

CLOSEST TO THE PIN

Winner - Shirley Rehkopf

HORSESHOES

September 8, 2019
 Horseshoe Park, Balboa Park
 Commissioner: Jay Bishop & Jim Knotts



SINGLES

Women

55+ **Gold** – Dori O'Rourke
60+ **Gold** - Corine McGowan
70+ **Gold** - Jemma Collins

Men

60+ **Gold**- Lester McCurtis
65+ **Gold** - Robert Zochowski
80+ **Gold** - Jay Bishop
85+ **Gold** - Jim Knott

DOUBLES

55+ **Gold** -
 Dori O'Rourke/Corine McGowan
65+ **Gold** -
 Jemma Collins/Robert Zochowski

LAWN GAMES

September 8, 2019
 Horseshoe Park, Balboa Park
 Commissioner: Jay Bishop and Jim Knotts



CORNHOLE - Singles

Men

65+ **Gold** - Robert Zochowski
80+ **Gold** - Jay Bishop
85+ **Gold** - Jim Knott

Women

70+ **Gold** – Jemma Collins

LADDER GOLF - Singles

Men

65+ **Gold** – Robert Zochowski
80+ **Gold** - Jay Bishop
85+ **Gold** - Jim Knot

Women

70+ **Gold** – Jemma Collins

WASHERS - Women

70+ **Gold** – Jemma Collins

WASHERS - Men

80+ **Gold** – Jay Bishop

2019 SDSGA RESULTS

PADDLEBALL

September 29, 2019
Pacific Paddleball Club
Commissioner:

Lee Sonnenberg



DOUBLES

- 35+ GOLD** - Marc Wood & Yez Younan
55+ GOLD - Dave Ratynski & Jim Doyle
60+ GOLD - Jamie Lawson & Dave Ratynski
65+ GOLD - Steward Stevenson & Greg Swanson
70+ GOLD - John Falconer & Len Sonnenberg

PICKLEBALL

September 6 - 8, 2019
Melba Bishop Park,
Oceanside
Commissioner: Jenae Alms



MEN'S DOUBLES

- 50-54**
Gold Howard Fromberg/ Ted Norris
Silver Paul Shragg/ Brady Arrillaga
Bronze Scott Neinas/ Russ Pearson
55-59 2.5-4.0
Gold John Paraiso/ Joe Mansfield
Silver Chester Banaag/ Jim Mayall
Bronze Steve Miller/ Jose Caballero
55+ 4.5
Gold Rob Dennison/ David Lewis
Silver Ed Krick/ Robert Ramos
55+ 5.0
Gold Ron Kraft/ Mike Stahl
Silver Randy Jones/ Russell Dickey
60+ 4.5
Gold Owen Chambers/ Dave Williams
60+ 2.5-4.0
Gold David Vevine/ Richard Rogstad
Silver Steve Dunney/ Jan Bissell
Bronze Steve Fisher/ Tim Bais
65+
Gold Steve Ma/ Cory Tarpenning
Silver Craig Cameron/ Tom Hirschberger
70+
Gold Bob Kurnik/ Bryan Shoup
Silver Lee Swenson/ Larry See
Bronze Bill Weiss/ Dave Dworsky
75+
Gold Bill Murphy/ Bob Adler
Silver Wayne Daquano/ Ward David
Bronze Eddie Gillette/ Roger Marquis

- 80+**
Gold Jimmy Stephens/ Martin Kelly

MEN'S SINGLES - PICKLEBALL

- 50+**
Gold Riley Conn
Silver Allan Galera
55+
Gold Ed Krick
Silver Chester Banaag
Bronze Steve Eckloff
60+
Gold Raudel Barba
Silver Eric Goldschmidt
Bronze Steve Fisher
65+
Gold Steve Miller
Silver Robert Melendez
Bronze Jack Kohn
70+
Gold Dave Dworsky
Silver Jeromee Liebenberg
75+
Gold Fred Savage
Silver Bob Adler
Bronze James Smith
80+
Gold Dennis Hanrahan
- MIXED DOUBLES - PICKLEBALL**
50+ 3.0-3.5
Gold Michele Eckloff/ Steve Eckloff
Silver Joyce Bolin/ Scott Neinas
Bronze Tobi Schmidt/ Jack Schmidt
50+ 4.0+
Gold Traci Castle/ Ed Krick
Silver Sherry Sedlick/ Russ Shafer
Bronze Nan Ingersoll/ David Thieme
55+ 4.0
Gold Sue Wong/ Owen Chambers
Silver Ann Woolard/ Cory Tarpenning
Bronze Tamara Peltzer/ Rob Dennison
55+ 3.0-3.5
Gold Kelley Chatman/ Steve Fisher
Silver Audrey Urista/ Mark Columbus
Bronze Lori Edwards/ Matthew Neal
60+
Gold Mary Baraleau/ Randy Jones
Silver Pam Leslie/ Ron Sheu
Bronze Sue Ivey/ David Levine
65+
Gold Nancy Ma/ Steve Ma
Silver Arlene Maurer/ Bob Kurnik
Bronze Margie Siegrist/ Bob Hovden

- 70+ 3.0**
Gold Carol Holder/ Allan Holder
Silver Shu Lin/ Bruce Oja
Bronze Penilyn Bottomly/ Jerry Dunn
70+ 3.5+
Gold Kathleen Scheurn/ Bill Weiss
Silver Jan Dworsky/ Dave Dworsky
Bronze Angie Schember/ Mike Dobson
75+
Gold Susan Childs/ Tony Childs
Silver Jeanne Hunt/ Wayne Daquano
Bronze Margo Hagin/ Dennis Hanrahan

WOMEN'S DOUBLES - PICKLEBALL

- 50+**
Gold Kim Schavel/ Traci Castle
Silver Rosa LeClerc/ Sheri Motyi
Bronze Julie Fennell/ Dena Williams
55+
Gold Mary Baraleau/ Tamara Peltzer
Silver Ann Woolard/ Nancy Ma
Bronze Linda Kirkpatrick/ Terry Harden
60+
Gold Pam Leslie/ Patti Chess
Silver Becky Fitzpatrick/ Susan Angell
Bronze Arlene Maurer/ Dian Spencer
65+
Gold Kathleen Scheurn/ Marilyn Waidelich
Silver Marianne Lassigne- Vargas/ Sylvia Salazar
Bronze Michiko Rubio/ Chula Eslamieh
70+
Gold Rob Fleener/ Rhoda Macabitas
Silver Jeanne Hunt/ Lorraine Hibbert
Bronze Beth Willson/ Ginny Sharp
- WOMEN'S SINGLES - PICKLEBALL**
50+
Gold Rosa LeClerc
Silver Sherry Sedlick
Bronze Tobi Schmidt
55+
Gold Kelly McEniry
Silver Karen Chiesi
Bronze Mary Williams
60+
Gold Donna Hoshide
Silver Patti Chess
Bronze Pamela Leslie
65+
Gold Nancy Ma
Silver Marianne Lassigne/ Vargas
70+
Gold Sylvia Salazar
Silver Suzan Olson

2019 SDSGA RESULTS

ROAD RACE WALK & RUN

September 7-8, 2019
Lake Miramar, Mira Mesa
Commissioner: Gary MacDonald



5K ROAD RACE

NAME	MEDAL	DIVISION	TIME
WOMEN			
Nancy Banda	Gold	65 Women	31:05
Jane Williams	Gold	70 Women	31:08
MEN			
Steve Schrell	Gold	60 Men	24:13
Lou Grande	Gold	65 Men	27:14
Don Karg	Gold	70 Men	29:22
Dennis Stowell	Silver	70 Men	29:47
John Banda	Gold	75 Men	30:46
Richard Williams	Gold	80 Men	30:50
James Kurtz	Silver	80 Men	32:45
Carl Johnson	Silver	75 Men	33:10

5K RACE WALK

Concepcion Vasquez **Gold** 60 Women 33:24

5K POWER WALK

Teresa Skiles	Gold	70 Women	48:46
Linda Frodesen	Silver	70 Women	49:29
Joe Wong	Gold	65 Men	1:01:20

10K ROAD RACE

NAME	MEDAL	DIVISION	TIME
MEN			
Lou Grande	Gold	65 Men	54:11
Richard Williams	Gold	80 Men	1:01:49
Carl Johnson	Gold	75 Men	1:06:39
WOMEN			
Jane Williams	Gold	70 Women	1:02:57

10K RACE WALK

Concepcion Vasquez **Gold** 60 Women 1:11:30



60+	Gold	Mike Donnelly
	Silver	Sean Mulcahy
65+	Gold	Steve Quatro
	Silver	Kari Cranford
	Bronze	Rick Blerman
70+	Gold	Clay Christensen
	Silver	Frank Alcala
	Bronze	Lou Buschbacher
75+	Gold	Stan Gardner
	Silver	Dave Shelburne
80+	Gold	Carl Rydberg
85+	Gold	Alex Mladineo

WOMEN'S SINGLES

60+	Gold	Esther Rothblum
65+	Gold	Claudia Najem
	Silver	Eileen Cummings
	Bronze	Christine Bayly

MEN'S DOUBLES

60+	Gold	Sinisa Trifunovic/Lou Buschbacher
65+	Gold	Tip Josza/Bruce Cole
75+	Gold	Clay Christensen/Carl Ryberg
	Silver	Len Sonnenberg/Dave Shelburne
	Bronze	Stan Gardner/Gary Duffield

WOMEN'S DOUBLES

60+	Gold	Esther Rothblum/Christine Bayly
65+	Gold	Eileen Cummings/Claudia Najem

MIXED DOUBLES

60+	Gold	Esther Rothblum/Gary Duffield
65+	Gold	Christine Bayly/Bruce Cole
	Silver	Eileen Cummings/Stan Gardner
	Bronze	Claudia Najem/Dave Shelburne

SHUFFLEBOARD

September 7, 2019
Escondido Senior Center
Commissioner: Jim Travers



WOMEN

60+
Gina Baker – **Singles Gold, Doubles Gold**

65+
Pauline Pao – **Singles Gold, Doubles Silver**

90+
Florence Wolf – **Singles Gold, Doubles Gold**

MEN

50+
Jonathan Shirley - **Singles Gold, Doubles Silver**

60+
Hugo Palacio 1 - **Singles Gold, Doubles Silver**

65+
Rody Garcia – **Singles Gold**
Robert Zochowski - **Singles Gold, Doubles Silver**

70+
William D Brandenburg – **Singles Gold, Doubles Gold**
Dennis Dragomani – **Singles Silver, Doubles Silver**

80+
Jay Bishop 1 – **Singles Silver, Doubles Gold**
Jim Travers - **Singles Gold, Doubles Gold**



RACQUETBALL

September 14, 2019
San Diego State University
Commissioner:
Len Sonnenberg



MEN'S SINGLES

45+	Gold	Steven Eck
55+	Gold	Greg Perez

2019 SDSGA RESULTS

WOMEN'S SOCCER

September 7 - 8, 2019
Hourglass Park, Mira Mesa
Commissioner:
Debbie Mowry-Emison



50+ GOLD – SALTY SISTERS

Leanne Petersen	Andrea Harrington
Brooks Holman	Denise Stillinger
Felicia Sirchia	Lauren Winstead
Valerie Ianni	Gina Caparell
Debbie Rosenfield	Theresa Peleska
Carrie Schmidt	Ann Vasey
Shari Jones	Janette Wollrabe
Julie Redler	Stefanie Sciotto

50+ SILVER – McKays

Anne Thomas	Carolyn Fisher
Suzanne Stokes	Joan Bonagura
Tammy Moore	Marilyn Weber
Cynthia Switzler	Joan Branigain
Erika Lane	Jodene Dunphy
Mary Fulghum	Stacie Tryer-Calvin
Sawn Knight	Laurie Edwards
Laura Tinsley	Kristin Harkins

50+ BRONZE – OTTAWA GOLDEN CLEATS

Kaval Pannu	Wendy Laframboise
Jacinthe Auprix-Lefebvre	Martine Senior
Sue Desilets	Micheline Williamson
Donna Cousineau	Lea Hamilton
Louise Barbeau	Martine Depuis
Katie Greenwood	Sonia Virc
Charlene Sexton	Julie Springer-Aass
Carolyne Roy	

60+ GOLD - JESSIE'S GIRLS

Linda Franco	Jill Stein
Jill Updyke	Sharon Wingate
Vicki Alvarez	Janet Anderson
Danelle Alexander	Robyn Gwartz
Lucille Barajas	Bernice Watson
Valerie Cordova	Ann Wolf

60+ SILVER - STILL KICKIN'

Margaret Danner	Kim Erickson
Kelli Kaliszewski	Tammy Prickett
Jane Noble	Kaye Nelson
Kim Feely	Corinne DiNicola
Valerie Wagner	Kelleen Caster
Julie Bish	

60+ BRONZE – ROCK ON

Jo Matthews	Janice Staley
Katherine Timm	Nancy Petit
Linda Brandland	Margaret Schmidt
Hortencia Bendrick	Caren Brownlee
Giovanna Provenzano	Cynthia Rodriguez
Diane Bailey	

65+ GOLD - FOOTLOOSE

Wendy Bracamonte	Lynda Cahn
Cecile Callahan	Irene Pazirandeh
Debbie Ybarra	Cindy Verne
Debra Lindberg	Carol Aleman
Linda Cox	Belinda Ledoux
Cheri Monarch	

65+ SILVER - STILL KICKIN'

Dawn Cole	Lai-Ying Stepan
Glennis Walters	Sharon Murray
Cynthia Scott	Deborah Perry
Joyce Stephens	Kerry Eddy
Candice Stickney	Terri Simpson
Debra Vasquez	

65+ BRONZE - PURPLE HAZE PLUS

Jean Jarosz	Gabriele Waltemeyer
Wendy Matalon	Susan Johnston
Nancy Caine	Kathryn Moulder
Nona Marsh	Patti Crane
Maria Mahoney	Anna Graham
Sharon Doherty	Sara Nash
Suzanne Ramirez	Dee Gallagher-Lopez

70+ GOLD – FORZA ROSSA

Lucy Bolduc	Karen Brookfield
Colette Caterina	Debbie Craig
Gail Cowan	Kathleen Downer
Claire Knight	Kathleen Mutch
Patricia Storm	Elizabeth Brauer
Rosemarie Heldenbrand	

70+ GOLD – SOCKERS

Mary Frances Bigony	Suzanne McKellar
Mary Nunez	Lisa Teal
Carol Murphy	Kathleen Rahilly
Karen McClung	Linda St. Marie
Melinda Newell	Kathy Harvey
Judi Vignos	Jacquie Burt
A. Darlene Hopkins	Judith Westlake

WOMEN'S SOFTBALL

September 15 -16, 2019
Hourglass Park, Mira Mesa
Commissioner:
Mary Knapik



50'S GOLD DIVISION

50+ GOLD – OLD SCHOOL

Wendy Chisam	Brett Corsey
Diane Dahilig	Deena Dobbins
Tani Duke	Patty Felker - Mgr.
Carolyn Fisher	Alma Guzman
Joann Hester	Trina Mangerino
Lisa Maxey	Denna Mulverhill
Suzie Stencil	

50+ SILVER - ALL IN

Suzy Brazney	Cindi Davis
Tamy Delp	Mary Lou Flippen
Lillie Green	Shawna Howard
Laura Kinnersley	Sheri Lowers
Becky Marin	Gina Oliver
Lisa Osterman - Mgr.	Vickie Pawlowski
Jan Pierini	Donna Vandagriff

50+ BRONZE - Too Legit Ol' Ladies

Debbie Baye	Linda Blakely
Jennifer Cheng	Kristen Greggerson
Elizabeth Kitlinger	Maria Mattingly
Heather Michaelis - Mgr.	
Debbie Minor	Mitos Paniagua
Natalie Parsons	Frances Rojas
Darlene Sanchez	Kathy Shomaker
Valerie Simpson	

50'S SILVER DIVISION

GOLD - OVER IT

Bonnie Bailey - Mgr.	Kimberly Burner
Virginia Doepping	Frances Farmer
Michele Hesser	Nella Joliff
Helen Kim	Lynn Leger
Tammi Leisenring	Rita Martin
Eva Moore	Cindy Palmer
Laura Sherman	Gail Zapolski

SILVER - STIX WITH IMPACT

Patricia Affriseo	Patricia Albrecht
Jeanette Bailey-Brown	Cinthia Becks - Mgr.
Renee Bland	Linda Franco - Mgr.
Kathryn Held	Lisa Hill
Kim Krause	Shandra Lee
Angela Linder	Ramona Lierenas
Anita Matas	Becky Robertson
Monica Rubio	

55'S GOLD DIVISION

GOLD – LADIES CHOICE 55

Jan Allington	Ruby Cawley
Cindi Davis	Jackie Diaz
Caroline Saenz	Deanna Sesso
Stephanie Soares - Mgr.	
Darla Sommerville	Cheryl Sweet
Cynthia Tucker	Donna Vandagriff

SILVER – CAL SPIRIT 55

Robin Aguirre	Kelli Asbjornsen
Julie Childress	Diane Dalton
Sharon Farrell	Cynthia Garcia - Mgr.
Susan Grana	Mary Kay Grandpre
Nedra Jerry	Rebecca Ocampo
Tina Ochoa	Karlene Schuler
Ann Stevens	Susan Stencil
Pamela Trimble	

2019 SDSGA RESULTS

55'S WOMEN'S SOFTBALL ... Cont.

BRONZE - SECOND WIND

Barbara Brock	April Burt
Chevette Calhoun	Shelia Caposlo
Terri Davis	Lisa Dempsey
Deanna Grutz	Ginger Larsin
Jan Mitchell	Sharron Sanchez
Sarah Scott	Teresa Snow
Maryann Stegal	Rita Martin
Ken Brock - Mgr.	

55'S SILVER DIVISION

GOLD - TWIZTED

Carmen Andersen	Shelley Beetler
Terry Bokowski - Mgr.	Susan Doezie
Renn Hjellum-Lim	Nancy Holyoke
Olga Madrigal	Betty Nunez
Cynthia Pedraza	Tracy Remitz
Elaine Stearns	Cyndia Williams
Marie Depascal	

SILVER - SAN DIEGO STARS

Mary Camarena	Vivian Campbell
Julie Danzo	Patricia Fabrizio
Blanca Fisher	Donna Gagarin - Mgr.
Jessica Graves	Jill Hinton
Crista Hubbard	Nancy Lopez
Jennifer Muse	Kari Nilsen
Elaine Poirier	Vivian Resendez

BRONZE - TOUCH 'EM ALL

Terry Brinsfield	Karen Correa Fowler
Rhonda Decker	Dorinda Dodd
April Edwards	Julie Fisher
Rosa Gonzales	Wendy Goodell - Mgr.
Deedra Hickman	Debra Huntingford
Maureen Kobrin	Nancy Maddocks
Jean Mills	Margaret Scheib
Sam Stockstill	

60'S DIVISION

GOLD - CAL SPIRIT 60

Hope Americano	Marie DePascal
Frances Fernandes-Bir	Inez Garibay
Holly Guntermann	Perri Jacobs
Elizabeth Kitlinger	Laurie Mills
Laurie Myers	Lorrie Nakashima - Mgr.
Wendy Nielsen	Darlene Shirley
Pamela Steward	Sandra Untrauer

SILVER - SKOR MORE

Lori Drotman	Daphne Hamilton
Eleanor Hawley	Kathy Hubbard
Carla Lancaster	Sharon Marine - Mgr.
Laura Molinaro	J. Yoko Ohigashi
Pam Patolo	Debbie Romero
Peggy Searcy	Teresa Spraggs
Karen Strickland	Karen Bird
Yvonne Delk	



65'S SILVER DIVISION

GOLD - CALIFORNIA ROCKERS

Charlene Cota	Sioux Donatelli
Peggy Grangetto	Peg Harmon
Suzanne Hastings	MaryChris Johnson
Anne Kepple	Priscilla Marks - Mgr.
Katy Miles	JoAnn Pfeiler
Regena Reynolds	Phyllis Sides
Barbara Sieg	Sylvia Swager
Carol Wheeler	

SILVER - 60S + 5 CENTS

Glenda Barr	Nancy Boggs
Carol Brown	Sharon Budig
Sharon Burack	Katherine Catanzarite
Sharon Cleveland - Mgr.	Bonnie Coleman
Connie Dayton	Lois Gray
Donna Gayle Hatten	Shirley Johnson
Gayle Maloy	Loreen Rogers
Charlotte Zolezzi	

BRONZE - DUSTY DIAMONDS

Donna Benson	Jeanne Dieteren
Bernadette Garcia	Sylvia Gregory
Mary Harteker - Mgr.	Viola Hoffman
Pamela Kodey	Patricia Macdonald
Beatrice Merino	Christine Rincon
Judy Schmidt	Theresa Schultz
Linda Smart	Maria Younker
Katharine Yurick	

65'S GOLD DIVISION

GOLD - CAL SPIRIT 65

Susan Caneso	Sharon Delamater
Gerri Dole	Sally Fiebelkorn
Lil Keehan	Kat McComb
Janet McNamara	Teri Merickel
Linda Mohrfield	Cathy Moon
Cathy Nicholson - Mgr.	Janice Robson

SILVER - SKOR MOR

Karen Bird	Kathy Corwell
Yvonne Delk	Angie Gomez
Debra Goodus	Cheryl Harrington
Dee Dee Jackson	Marylee Mendel
Karen Osborn	Mary Lou Porter
Karen Strickland - Mgr.	Neomi Turdeau
Phyllis Zabata	Pam Patolo



2019 SDSGA RESULTS

SWIMMING - Women

September 29, 2019
 Coggan Family Aquatics Center,
 Mission Valley - YMCA
 Commissioner:
 Kenton Jones



Age	Name	Time
WOMEN 55- 59		
50 YARD FREESTYLE		
1	Corcoran, Vicki	38.89
100 YARD FREESTYLE		
1	Corcoran, Vicki	1:25.25
200 YARD FREESTYLE		
1	Simpson, Lisa M	2:32.13
500 YARD FREESTYLE		
1	Simpson, Lisa M	6:50.10
2	Thayer, Marieke	6:59.87
100 YARD BACKSTROKE		
1	Corcoran, Vicki	1:53.16
50 YARD BREASTSTROKE		
1	Simpson, Lisa M	37.71
100 YARD BREASTSTROKE		
1	Simpson, Lisa M	1:22.12
2	Thayer, Marieke	1:43.92
50 YARD BUTTERFLY		
1	Simpson, Lisa M	33.93
2	Thayer, Marieke	40.62
100 YARD IM		
1	Simpson, Lisa M	1:16.59
2	Thayer, Marieke	1:27.32
3	Corcoran, Vicki	1:40.67
WOMEN 60-64		
50 YARD FREESTYLE		
1	Ganze, Cathy	30.29
2	Angulo, Teri A	44.08
100 YARD FREESTYLE		
1	Ganze, Cathy	1:08.82
2	Munoz Welch, Aida	1:21.97
500 YARD FREESTYLE		
1	Munoz Welch, Aida	8:10.20
2	Angulo, Teri A	9:34.08
50 YARD BACKSTROKE		
1	Ganze, Cathy	35.73
100 YARD BACKSTROKE		
1	Chen, Irene	2:13.22

Age	Name	Time
200 YARD BACKSTROKE		
1	Munoz Welch, Aida	3:38.58
2	Chen, Irene	4:28.84
50 YARD BREASTSTROKE		
1	Ganze, Cathy	39.78
2	Angulo, Teri A	55.18
3	Munoz Welch, Aida	1:05.31
W200 YARD BREASTSTROKE		
1	Chen, Irene	4:21.47
50 YARD BUTTERFLY		
1	Ganze, Cathy	32.96
2	Munoz Welch, Aida	45.58
3	Angulo, Teri A	53.17
100 YARD IM		
1	Ganze, Cathy	1:17.22
2	Angulo, Teri A	1:56.54
200 YARD IM		
1	Munoz Welch, Aida	3:35.09

Age	Name	Time
WOMEN 65-69		
50 YARD FREESTYLE		
1	Fink, Marilyn A	32.28
2	Stanbury, Nancy	53.04
100 YARD FREESTYLE		
1	Fink, Marilyn A	1:10.55
2	Green, Lola	1:58.31
200 YARD FREESTYLE		
1	Stengel, Alta	3:13.34
2	Lee, Donna	5:01.18
500 YARD FREESTYLE		
1	Green, Lola	10:47.23
50 YARD BACKSTROKE		
1	Fink, Marilyn A	37.11
2	Stengel, Alta	45.30
3	Green, Lola	1:05.39
100 YARD BACKSTROKE		
1	Stengel, Alta	1:40.16
50 YARD BREASTSTROKE		
1	Stanbury, Nancy	48.63
100 YARD BREASTSTROKE		
1	Stanbury, Nancy	1:47.38
2	Lee, Donna	2:17.09
200 YARD BREASTSTROKE		
1	Stanbury, Nancy	4:01.87
2	Lee, Donna	4:44.58
50 YARD BUTTERFLY		
1	Stengel, Alta	42.82

Age	Name	Time
100 YARD BUTTERFLY		
1	Stengel, Alta	1:42.85
100 YARD IM		
1	Stanbury, Nancy	1:48.23
WOMEN 70-74		
50 YARD FREESTYLE		
1	Stancil, W Vivian	1:56.18
200 YARD FREESTYLE		
1	Dunbar, Barbara G	2:48.65
500 YARD FREESTYLE		
1	Dunbar, Barbara G	7:18.92
50 YARD BACKSTROKE		
1	Stancil, W Vivian	2:41.23
100 YARD BUTTERFLY		
1	Dunbar, Barbara G	1:46.10
200 YARD IM		
1	Dunbar, Barbara G	3:19.86

Age	Name	Time
WOMEN 80-84		
200 YARD FREESTYLE		
1	Williams, Anne	3:11.29
500 YARD FREESTYLE		
1	Williams, Anne	8:22.64
50 YARD BREASTSTROKE		
1	Williams, Anne	49.94
100 YARD BREASTSTROKE		
1	Williams, Anne	1:45.94
200 YARD BREASTSTROKE		
1	Williams, Anne	3:46.38



2019 SDSGA RESULTS

SWIMMING - Men

September 29, 2019
Coggan Family Aquatics Center,
Mission Valley - YMCA
Commissioner:
Kenton Jones



Age	Name	Time
MEN 50-54		
50 YARD FREESTYLE		
1	Otto, Gregory	29.12
100 YARD FREESTYLE		
1	Dobrosielski, Cris	1:01.38
200 YARD FREESTYLE		
1	Otto, Gregory	2:33.28
500 YARD FREESTYLE		
1	Hickey, Brendan	6:03.46
50 YARD BACKSTROKE		
1	Otto, Gregory	36.69
50 YARD BREASTSTROKE		
1	Hickey, Brendan	33.47
2	Otto, Gregory	34.80
3	Dobrosielski, Cris	37.92
100 YARD BREASTSTROKE		
1	Hickey, Brendan	1:15.21
2	Otto, Gregory	1:20.17
200 YARD BREASTSTROKE		
1	Hickey, Brendan	2:53.03
50 YARD BUTTERFLY		
1	Dobrosielski, Cris	30.74
2	Otto, Gregory	32.34
100 YARD IM		
1	Dobrosielski, Cris	1:10.91
2	Hickey, Brendan	1:15.07
200 YARD IM		
1	Dobrosielski, Cris	2:38.19
400 YARD IM		
1	Hickey, Brendan	6:18.45
MEN 55-59		
50 YARD FREESTYLE		
1	Dowell, Robert	25.75
2	Eisenbraun, Michael D	30.55
3	Cantor, Steven	31.36

Age	Name	Time
MEN 55-59 ... Continued		
100 YARD FREESTYLE		
1	Chang, Glen	1:06.37
2	Eisenbraun, Michael D	1:10.28
3	Cantor, Steven	1:11.48
50 YARD BACKSTROKE		
1	Eisenbraun, Michael D	41.27
50 YARD BREASTSTROKE		
1	Chang, Glen	35.50
2	Eisenbraun, Michael D	42.06
100 YARD BREASTSTROKE		
1	Chang, Glen	1:23.60
50 YARD BUTTERFLY		
1	Dowell, Robert	28.49
MEN 60-64		
50 YARD FREESTYLE		
1	Burke, Tom	26.01
2	Benner, Tord E	28.06
3	Jett, Darrell	30.07
100 YARD FREESTYLE		
1	Ho, David	1:15.17
200 YARD FREESTYLE		
1	Ramos, John	2:21.57
2	Jett, Darrell	2:27.47
3	Ho, David	3:16.68
500 YARD FREESTYLE		
1	Burke, Tom	6:07.01
2	Ramos, John	6:20.81
3	Jett, Darrell	6:52.71
4	Walsh, Bill	7:40.99
5	Ho, David	8:46.25
6	Wang, Xue	8:58.15
50 YARD BACKSTROKE		
1	Benner, Tord E	31.95
2	Ellis, Joel	33.67
3	Jett, Darrell	36.89
100 YARD BACKSTROKE		
1	Benner, Tord E	1:10.70
2	Jett, Darrell	1:18.77
3	Walsh, Bill	1:27.42
4	Ho, David	1:37.69
200 YARD BACKSTROKE		
1	Jett, Darrell	2:49.42
2	Ho, David	3:35.86
50 YARD BREASTSTROKE		
1	Ramos, John	35.86
2	Benner, Tord E	38.99
3	Carmo, Jose	57.37
4	Wong, Joe	1:16.92

Age	Name	Time
MEN 60-64 ... Continued		
100 YARD BREASTSTROKE		
1	Ramos, John	1:18.33
2	Carmo, Jose	2:11.50
3	Wong, Joe	3:05.26
200 YARD BREASTSTROKE		
1	Ramos, John	2:57.88
2	Walsh, Bill	3:12.41
3	Wang, Xue	3:41.14
50 YARD BUTTERFLY		
1	Ellis, Joel	29.20
2	Benner, Tord E	32.28
100 YARD BUTTERFLY		
1	Ellis, Joel	1:09.22
100 YARD IM		
1	Ho, David	1:26.71
200 YARD IM		
1	Burke, Tom	2:36.73
MEN 65-69		
50 YARD FREESTYLE		
1	Collins, Gregory F	29.17
2	Duffield, Harry G	29.27
3	Vesely, Larry	55.23
100 YARD FREESTYLE		
1	Collins, Gregory F	1:06.38
2	Duffield, Harry G	1:07.02
3	Hopkins, Richard	1:18.84
200 YARD FREESTYLE		
1	Duffield, Harry G	2:36.30
2	Hopkins, Richard	2:46.18
3	Collins, Gregory F	2:47.01
500 YARD FREESTYLE		
1	Duffield, Harry G	7:00.43
2	Hopkins, Richard	7:29.49
3	Durell, Bill	7:35.02
4	Vesely, Larry	11:17.78
50 YARD BACKSTROKE		
1	Russell, Joe E	37.97
2	Viens, Paul	38.86
3	Vesely, Larry	1:12.53
100 YARD BACKSTROKE		
1	Russell, Joe E	1:26.42
200 YARD BACKSTROKE		
1	Russell, Joe E	3:17.02
50 YARD BREASTSTROKE		
1	Viens, Paul	42.67
2	Vesely, Larry	1:06.96

2019 SDSGA RESULTS

SWIMMING - Men ... Continued

Age	Name	Time
MEN 65-69 ... Continued		
100 YARD BREASTSTROKE		
1	Viens, Paul	1:38.84
200 YARD BREASTSTROKE		
1	Durell, Bill	3:35.38
50 YARD BUTTERFLY		
1	Russell, Joe E	31.28
2	Viens, Paul	38.56
200 YARD BUTTERFLY		
1	Durell, Bill	4:00.89
100 YARD IM		
1	Russell, Joe E	1:22.02
2	Viens, Paul	1:25.37
3	Vesely, Larry	2:20.75
400 YARD IM		
1	Durell, Bill	7:11.31
MEN 75-79		
50 YARD FREESTYLE		
1	Andersen, Peter	31.23
2	Freshley, Mike R	31.49
100 YARD FREESTYLE		
1	Andersen, Peter	1:07.14
2	Bell, John L	1:49.03
500 YARD FREESTYLE		
1	Bell, John L	10:16.57
50 YARD BACKSTROKE		
1	Freshley, Mike R	39.21
2	Bell, John L	57.33
50 YARD BREASTSTROKE		
1	Andersen, Peter	35.98
2	Freshley, Mike R	39.75
3	Bell, John L	53.56
100 YARD BREASTSTROKE		
1	ANDERSEN, PETER	1:27.33
200 YARD BREASTSTROKE		
1	Andersen, Peter	3:24.76
50 YARD BUTTERFLY		
1	Freshley, Mike R	37.68
2	Bell, John L	1:00.72
100 YARD IM		
1	Andersen, Peter	1:20.68
2	Freshley, Mike R	1:28.66
200 YARD IM		
1	BELL, JOHN L	4:29.12
50 YARD FREESTYLE		
1	Hillary, Thomas	1:07.56

Age	Name	Time
200 YARD FREESTYLE		
1	Hillary, Thomas	5:58.30
50 YARD BACKSTROKE		
1	Hillary, Thomas	1:06.28
100 YARD BACKSTROKE		
1	HILLARY, THOMAS	2:34.97
200 YARD BACKSTROKE		
1	Hillary, Thomas	5:35.81
100 YARD IM		
1	Hillary, Thomas	2:56.44
MEN 85-89		
100 YARD FREESTYLE		
1	Best, Bob	1:35.04
50 YARD BACKSTROKE		
1	Best, Bob	48.52
50 YARD BREASTSTROKE		
1	Best, Bob	46.57
50 YARD BUTTERFLY		
1	Best, Bob	50.15
MEN 85-89		
100 YARD IM		
1	Best, Bob	1:46.00
MEN 90-94		
50 YARD FREESTYLE		
1	Hubbard, Donald	50.43
100 YARD FREESTYLE		
1	Hubbard, Donald	2:00.95
50 YARD BREASTSTROKE		
1	Hubbard, Donald	1:24.48

TABLE TENNIS

September 21, 2019
Balboa Activity Center, Balboa Park
Commissioner: Steve McGrew



MEN'S SINGLES	
45 - 49	GOLD - Rich Fletcher
55 - 59	GOLD - Gary Nishikida

TABLE TENNIS ... Continued

60 - 64	GOLD - Gary Gebert SILVER - Rufat Ragimov BRONZE - Suresh Kalathiparambil
65 - 69	GOLD - Philip Van De Wiele SILVER - Steve McGrew
70 - 74	GOLD - Jorge Calderon SILVER - Fred Witte
75 - 79	GOLD - Bill Ukatayasakul
80 - 84	GOLD - Jay Bishop
85 - 89	GOLD - Suresh Kanekar
WOMEN SINGLES	
45 - 49	GOLD - Felin Gebert
60 - 64	GOLD - Mary Knapik SILVER - Debra Huntingford
65 - 69	GOLD - Pauline Pao
70 - 74	GOLD - Jemma Collins
MENS DOUBLES	
45 - 49	GOLD - Rich Fletcher, Gary Nishikida
60 - 64	GOLD - Bill Ukatayasakul, Gary Gebert
65 - 69	GOLD - Steve McGrew, Philip Van De Wiele
70 - 74	GOLD - Fred Witte, Jorge Calderon
WOMENS DOUBLES	
45 - 49	GOLD - Pauline Pao, Felin Gebert
60 - 64	GOLD - Debra Huntingford, Mary Knapik
MIXED DOUBLES	
45 - 49	GOLD - Gary Gebert, Felin Gebert
65 - 69	GOLD - Fred Witte, Pauline Pao
70 - 74	GOLD - Bill Ukatayasakul, Jemma Collins

2019 SDSGA RESULTS

TENNIS

September 14-15, 2019
Balboa Tennis Club, Balboa Park
Commissioner: Rick Beltran



MEN'S SINGLES

55+

- GOLD** - Eduardo Corvera
- SILVER** - Michael Christian
- BRONZE** - Steven Cohen

60+

- GOLD** - Henry Matos
- SILVER** - Richard Dimalanta
- BRONZE** - Lester McCurtis

65+

- GOLD** - Dale Mayer
- SILVER** - Robert Burke

70+

- GOLD** - Ronald Ryer
- SILVER** - Bill Staley

80+

- GOLD** - George Mahler

MEN'S DOUBLES

50+

- GOLD** - James Fettingter and Gary Baum

55+

- GOLD** - Robert Bacon and Alan Comte

60+

- GOLD** - Henry Matos and Robert Royden

70+

- GOLD** - Ronald Ryer and Bert Hustad

75+

- GOLD** - Richard Jones and Bill Huijer



WOMEN'S SINGLES

55+

- GOLD** - Mary Read

60+

- GOLD** - Janine Rickman

WOMEN'S DOUBLES

65+

- GOLD** - Laura Wooden and Nina Hunt

70+

- GOLD** - Sharon Severson and Ardith Huijer
- SILVER** - Jemma Collins Pat Mason

MIXED DOUBLES

70+

- GOLD** - Jemma Collins and Peter Stiehle

75+

- GOLD** - Sharon Severson and Richard Jones
- SILVER** - Ardith Huijer and Bill Huijer



2019 SDSGA RESULTS

TRACK AND FIELD

September 14-15, 2019
San Diego Mesa College, San Diego
Commissioner: Gary MacDonald



TRACK AND FIELD

MEN - 3000 Meter Run — Finals Medal Division

1 Esser, Brooks	15:09.91	Gold	60
1 Siddons, Al	17:45.71	Gold	65
1 Stowell, Dennis	16:40.98	Gold	70
1 Wetterer, Keith	14:09.26	Gold	75
1 Kurtz, James	20:15.22	Gold	80
2 Esquibel, Herman	22:21.58	Silver	80

WOMEN - 80m Short Hurdles — Finals Medal Division

1 Maxwell, Karen	14.40 0.6	Gold	61
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MEN - 80 Short Hurdles — Finals Medal Division

1 Neal, Nelson	25.75 0.6	Gold	80
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MEN - 100 Short Hurdles — Finals Medal Division

1 Allaire, John	21.27 0.6	Gold	60
2 McLawhorn, David	21.44 0.6	Silver	65
3 Coz, Peter	22.23 0.6	Bronze	66
4 Alston, Michael	25.76 0.6		62
5 Rasmussen, Craig	27.34 0.6		66

WOMEN - 1500 Meter Run — Finals Medal Division

1 Murray, Rowena	6:42.01	60	Gold	60
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MEN - 1500 Meter Run — Finals Medal Division

1 Huber, Mark	5:24.07	Gold	59
2 Cranny, Dave	5:25.59	Silver	57
3 McWilliam, Jeb	5:48.94	Bronze	55

1 Nivens, Denny	5:32.42	Gold	62
2 Schrell, Steve	6:10.50	Silver	63
3 Westbrook, Mike	7:33.19	Bronze	64

1 Dischinger, John	6:46.53	Gold	74
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1 Sanfilippo, Steve	6:24.86	Gold	77
2 Wetterer, Keith	6:42.84	Silver	78

1 Kurtz, James	9:33.13	Gold	81
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WOMEN - 100 Meter Dash — Finals Medal Division

1 Moreno, Janelle	15.99 -1.0	Gold	51
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1 Black, Jai	15.37 -1.0	Gold	57
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2 Abubakar, Zaiton	16.55 -1.0	Silver	55
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3 Jones, Jennifer	16.59 -1.0	Bronze	59
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1 Gaston, Katherine	15.60	Gold	60
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2 Maxwell, Karen	15.93	Silver	61
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3 Anzures, Claudia	17.54	Bronze	61
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4 Selby, Debbie	20.71		63
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5 Smith, Darcy	24.64		64
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TRACK AND FIELD - Continued...

WOMEN - 100 Meter Dash — Finals Medal Division

1 Henderson, Nanci	15.97	Gold	66
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2 Hanscom, Rita	16.05	Silver	65
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3 Lurie, Debi	21.61	Bronze	65
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1 Bergen, Kathy	16.40	Gold	80
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2 Cooper-Ongley, Marilyn	21.36	Silver	80
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MEN - 100 Meter Dash — Finals Medal Division

1 Gibbon, David	11.93 1.6	Gold	54
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2 Finn, Michael	13.41 1.6	Silver	50
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3 Weebe, Shawn	14.07 1.6	Bronze	51
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1 McCullouch, Gary	13.06 1.0	Gold	57
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2 Ali, Monsoor	14.00 1.0	Silver	56
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3 Eisenbraun, Michael	14.17 1.0	Bronze	55
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1 Hinojosa, Anthony	12.72 0.6	Gold	62
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2 Apodaca, Danny	13.36 0.6	Silver	62
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3 Smith, Eric	13.48 0.6	Bronze	60
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4 Madison, Clifford	13.90 0.9		62
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5 Allaire, John	14.01 0.6		60
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6 Pearman, Clint	14.37 0.9		63
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7 Anderson, Gary	14.55 0.9		64
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1 Pizza, Greg	13.27 0.9	Gold	66
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2 Ruggless, Joe	13.46 0.9	Silver	66
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3 McLawhorn, David	14.46 0.9	Bronze	65
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4 Jackson, Lewis	14.96 0.9		65
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5 Freiling, Christopher	15.44 0.9		65
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6 kapsal, John	16.05 0.9		66
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7 Madigan, Jeffrey	18.67 0.9		67
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1 Schneider, John	15.44 1.5	Gold	74
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2 Rose, Ed	15.82 1.5	Silver	71
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3 Mantor, George	19.66 1.5	Bronze	71
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1 Underhill, Bruce	15.17 1.5	Gold	75
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2 Olson, Alan	16.15 1.5	Silver	77
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3 Hashemzadeh, Iraj	16.47 1.5	Bronze	79
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4 Muranaka, Ron	18.25 1.5		76
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5 Wetterer, Keith	20.95 1.5		78
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1 Smith, Doug	15.98 1.4	Gold	80
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2 Iseri, Joe	17.34 1.4	Silver	83
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3 Eyer, Delos	18.49 1.4	Bronze	83
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4 Yates, Vernon	20.05 1.4		84
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1 Selby, Jim	24.02 1.4	Gold	91
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2 Guide, JS	24.14 1.4	Silver	91
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WOMEN - 400 Meter Dash — Finals Medal Division

1 Baker, Jennifer	1:24.31	Gold	57
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1 Murray, Rowena	1:16.14	Gold	60
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2 Anzures, Claudia	1:42.74	Silver	61
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1 Kelly, Pat	1:28.76	Gold	69
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2019 SDSGA RESULTS

TRACK AND FIELD - Continued...

MEN - 400 Meter Dash ■ Finals		Medal	Division
1 Veglia, Antony	1:03.41	Gold	51
1 Huber, Mark	1:08.38	Gold	59
2 McWilliam, Jeb	1:10.43	Silver	55
1 Smith, Eric	1:01.97	Gold	60
1 Kloch, Stephen	1:13.38	Gold	67
2 Nelson, David	1:13.39	Silver	66
3 Obye, Douglas	1:28.88	Bronze	69
4 Pittman, Patrick Thomas	1:36.66		67
1 Dischinger, John	1:29.48	Gold	74
1 Wetterer, Keith	1:40.80	Gold	78
1 Esquibel, Herman	1:54.64	Gold	81
2 Yates, Vernon	1:58.53	Silver	84
3 Kurtz, James	2:03.83	Bronze	81
WOMEN - 300 Hurdles ■ Finals		Medal	Division
1 Maxwell, Karen	58.65	Gold	61
MEN - 300 Long Hurdles ■ Finals		Medal	Division
1 Chinn, James	54.45	Gold	61
2 Allaire, John	59.66	Silver	60
1 Rasmussen, Craig	55.30	Gold	66
2 McLawhorn, David	58.95	Silver	65
1 Neal, Nelson	1:41.06	Gold	72
WOMEN - 50 Meter Dash ■ Finals		Medal	Division
1 Moreno, Janelle	8.57 -1.7	Gold	51
2 Norfleet, Tina	9.82 -1.7	Silver	50
1 Jones, Jennifer	8.52 -1.7	Gold	59
2 Abubakar, Zaiton	8.85 -1.7	Silver	55
1 Scott, Sandra	8.22 -1.2	Gold	62
2 Gaston, Katherine	8.35 -1.2	Silver	60
3 Maxwell, Karen	8.50 -1.2	Bronze	61
4 Anzures, Claudia	9.00 -1.2		61
5 Selby, Debbie	10.42 -1.2		63
1 Henderson, Nanci	8.60 -1.2	Gold	66
2 Kelly, Pat	9.17 -1.2	Silver	69
3 Lurie, Debi	10.83 -1.2	Bronze	65
1 Knight, Claire	9.79	Gold	74
1 Bergen, Kathy	8.83	Gold	80
2 Cooper-Ongley, Marilyn	11.09	Silver	80
MEN - 50 Meter Dash ■ Finals		Medal	Division
1 Gibbon, David	6.49 -0.7	Gold	54
2 Warren, Mark	7.24 -0.7	Silver	52
3 Finn, Michael	7.27 -0.7	Bronze	50
4 Norfleet, Jeff	7.97 -0.7		50
1 Ali, Monsoor	7.29 1.0	Gold	56
2 Eisenbraun, Michael	7.63 1.0	Silver	55
3 Adamson, Darryl	8.32 1.0	Bronze	59

TRACK AND FIELD - Continued...

MEN - 50 Meter Dash ■ Finals		Medal	Division
1 Hinojosa, Anthony	6.93 0.8	Gold	62
2 Apodaca, Danny	7.14 0.8	Silver	62
3 Smith, Eric	7.34 0.8	Bronze	60
4 Bruno, Gregory	7.46 0.8		62
5 Madison, Clifford	7.51 0.8		62
1 Pizza, Greg	7.23 -1.3	Gold	66
2 Ruggless, Joe	7.28 -1.3	Silver	66
3 McLawhorn, David	7.83 0.8	Bronze	65
4 Jackson, Lewis	7.99 0.8		65
5 Malin, James	8.34 -1.3		68
6 kapsal, John	8.40 -1.3		66
7 Madigan, Jeffrey	9.91 -1.3		67
1 Rose, Ed	8.31 -1.3	Gold	71
2 Mantor, George	9.72 -1.3	Silver	71
3 DeMaria, Salvatore	15.24 -1.3	Bronze	74
1 Underhill, Bruce	8.32 -1.3	Gold	75
2 Hashemzadeh, Iraj	8.56 -1.6	Silver	79
3 Olson, Alan	8.77 -1.6	Bronze	77
4 Muranaka, Ron	9.56 -1.6		76
5 Kamei, Al	10.01 -1.6		76
6 Wetterer, Keith	10.89 -1.6		78
1 Smith, Doug	8.77 -0.5	Gold	80
2 Iseri, Joe	9.10 -0.5	Silver	83
3 Eyer, Delos	9.56 -0.5	Bronze	83
4 Yates, Vernon	10.18 -0.5		84
1 Selby, Jim	12.28 -0.5	Gold	91
2 Guide, JS	12.36 -0.5	Silver	91
WOMEN - 800 Meter Run ■ Finals		Medal	Division
1 Baker, Jennifer	3:37.87	Gold	57
1 Murray, Rowena	3:13.74	Gold	60
MEN - 800 Meter Run ■ Finals		Medal	Division
1 Huber, Mark	2:45.03	Gold	59
1 Schrell, Steve	2:57.15	Gold	63
2 Walsh, Bill	4:02.02	Silver	62
1 Rasmussen, Craig	3:06.32	Gold	66
2 Obye, Douglas	4:41.74	Silver	69
1 Wetterer, Keith	3:29.69	Gold	78
1 Esquibel, Herman	5:04.75	Gold	81
WOMEN - 200 Meter Dash ■ Finals		Medal	Division
1 Black, Jai	31.77 -1.1	Gold	57
1 Maxwell, Karen	35.08 -1.1	Gold	61
2 Gaston, Katherine	35.44 -1.1	Silver	60
3 Selby, Debbie	47.14 -1.1	Bronze	63

2019 SDSGA RESULTS

TRACK AND FIELD - Continued...

WOMEN - 200 Meter Dash — Finals Medal Division

1 Henderson, Nanci	36.40 1.1	Gold	66
2 Kelly, Pat	37.38 1.1	Silver	69
1 Cooper-Ongley, Marilyn	50.22 1.1	Gold	80

MEN - 200 Meter Dash — Finals Medal Division

1 Gibbon, David	24.69	Gold	54
2 Veglia, Antony	28.71	Silver	51
3 Finn, Michael	29.54	Bronze	50

1 McCullouch, Gary	26.92	Gold	57
2 Eisenbraun, Michael	29.97	Silver	55
3 McWilliam, Jeb	31.12	Bronze	55

1 Smith, Eric	27.54 0.6	Gold	60
2 Madison, Clifford	29.23 0.6	Silver	62

1 Ruggless, Joe	27.84 0.6	Gold	66
2 Pizza, Greg	28.15 0.6	Silver	66
3 Howe, James	30.06 0.6	Bronze	66
4 Kloch, Stephen	31.45 0.6		67
5 Jackson, Lewis	34.84 -0.7		65
6 Kapsal, John	36.71 0.6		66
7 Obye, Douglas	38.42 0.6		69

1 Rose, Ed	33.08 -0.7	Gold	71
2 Mantor, George	40.95 -0.7	Silver	71

1 Underhill, Bruce	34.77 -0.7	Gold	75
2 Hashemzadeh, Iraj	38.47 -1.9	Silver	79
3 Wetterer, Keith	44.99 -1.9	Bronze	78

1 Smith, Doug	35.70 -1.9	Gold	80
2 Yates, Vernon	45.10 -1.9	Silver	84
3 Esquibel, Herman	54.15 -1.9	Bronze	81

1 Selby, Jim	58.35 -1.9	Gold	91
2 Guide, JS	58.47 -1.9	Silver	91

WOMEN - Javelin Throw — Finals Medal Division

1 Dunton, Linn	29.38m	Gold	63
2 Sanchez, Estela	16.31m	Silver	62
3 Nelson, JO	15.46m	Bronze	60
4 Smith, Darcy	12.55m		64

1 Hanscom, Rita	25.28m	Gold	65
2 Nuckols, Lucille	11.23m	Silver	65
3 Pao, Pauline	8.41m	Bronze	68
1 Hunter, Patricia	13.61m	Gold	77

MEN - Javelin Throw — Finals Medal Division

1 Miller, Dean	23.01m	Gold	53
2 Yee, Carl	22.85m	Silver	52

1 MacDonald, Craig	45.42m	Gold	55
2 Young, Deonar	21.36m	Silver	57
3 Swenson, Kenneth	19.29m	Bronze	57

TRACK AND FIELD - Continued...

MEN - Javelin Throw — Finals Medal Division

1 Jimenez, Michael	31.11m	Gold	63
1 Hamel, David	42.17m	Gold	66
2 Watson, Richard	33.82m	Silver	67
3 Collis, Michael	32.16m	Bronze	65

4 McLawhorn, David	26.68m		65
5 Malin, James	22.25m		68
6 Lloyd, Daniel B	17.55m		66

1 Rose, Ed	28.51m	Gold	71
2 Greek, Doug	26.74m	Silver	74
3 Jordan, Louis	22.30m	Bronze	74
4 Neal, Nelson	18.52m		72

1 Widmer, Ronald	26.36m	Gold	77
2 Baker, Kenneth	22.86m	Silver	76
3 White, Jack	21.59m	Bronze	77
4 Steusel, Paul	19.18m		76
5 Johnson, Kenneth	16.85m		77

1 Katsis, Tom	24.99m	Gold	80
2 Hunter, Fred	21.58m	Silver	82
3 Johnson, Richard	18.58m	Bronze	81

1 Durkin, Noel	16.41m	Gold	88
2 Messersmith, Bob	16.38m	Silver	86
3 King, Bill	15.92m	Bronze	85

WOMEN - Hammer Throw — Finals Medal Division

1 Dunton, Linn	30.60m	Gold	63
2 Sanchez, Estela	22.85m	Silver	62
3 Nelson, JO	21.10m	Bronze	60
4 Smith, Darcy	14.80m		64

1 Nuckols, Lucille	13.70m	Gold	65
1 Hunter, Patricia	22.12m	Gold	77

MEN - Hammer Throw — Finals Medal Division

1 Edwards, Timothy	27.47m	Gold	55
2 Young, Deonar	14.26m	Silver	57
3 Swenson, Kenneth	13.34m	Bronze	57

1 Hambrick, Michael	41.77m	Gold	60
2 Chappell, Scott	34.86m	Silver	60
3 Jimenez, Michael	16.54m	Bronze	63
1 Watson, Richard	38.70m	Gold	67
2 Meyer, Thomas	30.86m	Silver	68
3 McLawhorn, David	26.48m	Bronze	65
4 Lloyd, Daniel B	19.40m		66

1 Hart, Lawrence	50.67m	Gold	73
2 Jordan, Louis	34.22m	Silver	74
3 Greek, Doug	24.00m	Bronze	74

2019 SDSGA RESULTS

TRACK AND FIELD - Continued...

MEN - Hammer Throw		Finals	Medal	Division
1	Widmer, Ronald	24.58m	Gold	77
2	Johnson, Kenneth	20.24m	Silver	77
3	Steusel, Paul	19.01m	Bronze	76
1	Hunter, Fred	24.33m	Gold	82
2	Johnson, Richard	23.29m	Silver	81
WOMEN - Pole Vault		Finals	Medal	Division
1	Hanscom, Rita	2.44m	Gold	65
MEN - Pole Vault		Finals	Medal	Division
1	Miller, Bernie	3.52m	Gold	59
1	Westbrook, Mike	2.15m	Gold	64
1	McLawhorn, David	2.59m	Gold	65
2	Freiling, Christopher	2.44m	Silver	65
3	Lloyd, Daniel B	1.37m	Bronze	66
1	Johnson, Kenneth	1.98m	Gold	77
WOMEN - Long Jump		Finals	Medal	Division
1	Amarasekara, Veronica	3.89m	Gold	58
2	Jones, Jennifer	3.17m	Silver	59
1	Pao, Pauline	1.82m	Gold	68
MEN - Long Jump		Finals	Medal	Division
1	Warren, Mark	5.02m	Gold	52
2	Finn, Michael	4.65m	Silver	50
3	Weebe, Shawn	4.04m	Bronze	51
1	Swenson, Kenneth	4.98m	Gold	57
2	McCullouch, Gary	4.94m	Silver	57
1	Allaire, John	4.57m	Gold	60
2	Jimenez, Michael	3.60m	Silver	63
3	Alston, Michael	3.46m	Bronze	62
1	McLawhorn, David	4.36m	Gold	65
2	Fitzpatrick, Bill	3.82m	Silver	69
3	Malin, James	3.68m	Bronze	68
1	Tomaschke, John	3.84m	Gold	70
2	Rose, Ed	3.57m	Silver	71
3	Neal, Nelson	2.80m	Bronze	72
1	Underhill, Bruce	3.80m	Gold	75
2	Baker, Kenneth	2.69m	Silver	76
1	Iseri, Joe	2.90m	Gold	83
2	Yates, Vernon	2.58m	Silver	84

TRACK AND FIELD - Continued...

WOMEN - Shot Put		Finals	Medal	Division
1	Amarasekara, Veronica	10.41m	Gold	58
1	Scott, Sandra	9.95m	Gold	62
2	Dunton, Linn	9.79m	Silver	63
3	Sanchez, Estela	7.38m	Bronze	62
4	Nelson, JO	7.34m		60
5	Smith, Darcy	5.49m		64
1	Pao, Pauline	5.53m	Gold	68
MEN - Shot Put		Finals	Medal	Division
1	Venditti, Stephen	13.98m	Gold	50
1	Eriksson, Scott	14.64m	Gold	58
2	Bell, Mike	13.06m	Silver	55
3	Starkey, Paul	12.14m	Bronze	56
4	MacDonald, Craig	12.13m		55
5	Swenson, Kenneth	7.03m		57
1	Holden, Gregory	15.81m	Gold	61
2	Peterson, Thomas	13.31m	Silver	60
3	Jimenez, Michael	8.32m	Bronze	63
1	Malin, James	11.64m	Gold	68
2	Watson, Richard	10.78m	Silver	67
3	Royall Sr, Curtis	10.76m	Bronze	67
4	McLawhorn, David	10.32m		65
5	Lloyd, Daniel B	9.84m		66
1	Harvey, William	12.80m	Gold	74
2	Hart, Lawrence	11.35m	Silver	73
3	Whitley, Stan	10.45m	Bronze	74
4	Greek, Doug	9.12m		74
1	Widmer, Ronald	9.95m	Gold	77
1	White, Jack	9.95m	Silver	77
3	Baker, Kenneth	8.09m	Bronze	76
4	Johnson, Kenneth	7.12m		77
1	Johnson, Richard	8.98m	Gold	81
WOMEN - Triple Jump		Finals	Medal	Division
1	Jones, Jennifer	5.80m	Gold	59
1	Pao, Pauline	4.00m	Gold	68
MEN - Triple Jump		Finals	Medal	Division
1	Warren, Mark	9.45m	Gold	52
2	Weebe, Shawn	8.08m	Silver	51



2019 SDSGA RESULTS

TRACK AND FIELD - Continued...

MEN - Triple Jump		Finals	Medal	Division
1 Swenson, Kenneth	2.95m	Gold	57	
1 Jimenez, Michael	6.97m	Gold	63	
1 McLawhorn, David	8.39m	Gold	65	
2 Fitzpatrick, Bill	7.60m	Silver	69	
3 Pittman, Patrick Thomas	7.05m	Bronze	67	
1 Tomaschke, John	9.15m	Gold	70	
2 Rose, Ed	7.52m	Silver	71	
3 Neal, Nelson	4.50m	Bronze	72	
1 Underhill, Bruce	7.36m	Gold	75	
1 Yates, Vernon	5.50m	Gold	84	

WOMEN - Discus Throw		Finals	Medal	Division
1 Corcoran, Vicki	18.69m	Gold	58	
1 Dunton, Linn	23.93m	Gold	63	
2 Sanchez, Estela	19.86m	Silver	62	
3 Nelson, JO	17.85m	Bronze	60	
4 Smith, Darcy	14.24m		64	
1 Hanscom, Rita	20.64m	Gold	65	
2 Pao, Pauline	9.15m	Silver	68	
1 Steekelenburg, Annelies	20.71m	Gold	71	
1 Bergen, Kathy	19.56m	Gold	80	

MEN - Discus Throw		Finals	Medal	Division
1 Yee, Carl	33.12m	Gold	52	
2 Venditti, Stephen	32.78m	Silver	50	
1 Eriksson, Scott	54.26m	Gold	58	
2 Edwards, Timothy	43.27m	Silver	55	
3 Starkey, Paul	39.98m	Bronze	56	
4 MacDonald, Craig	37.98m		55	
5 Hall, Darren	32.60m		58	
6 Swenson, Kenneth	15.34m		57	
1 Fruguglietti, Ralph	49.01m	Gold	64	
2 Holden, Gregory	45.12m	Silver	61	
3 Collins, Michael	42.31m	Bronze	60	
4 Hambrick, Michael	39.94m		60	
5 Chappell, Scott	34.57m		60	
6 Jimenez, Michael	28.19m		63	
7 Allaire, John	23.69m		60	
8 Walsh, Bill	17.66m		62	
1 England, Gary	42.36m	Gold	65	
2 Watson, Richard	36.33m	Silver	67	
3 Lloyd, Daniel B	28.25m	Bronze	66	
4 Malin, James	25.19m		68	

TRACK AND FIELD - Continued...

MEN - Discus Throw		Finals	Medal	Division
1 Hart, Lawrence	39.80m	Gold	73	
2 Harvey, William	34.24m	Silver	74	
3 Schneider, John	31.08m	Bronze	74	
4 Greek, Doug	25.92m		74	
5 Whitley, Stan	23.80m		74	
1 Johnson, Kenneth	25.43m	Gold	77	
2 Baker, Kenneth	22.90m	Silver	76	
3 White, Jack	22.39m	Bronze	77	
4 Widmer, Ronald	21.53m		77	
1 Johnson, Richard	20.46m	Gold	81	

WOMEN - High Jump		Finals	Medal	Division
1 Nelson, JO	1.02m	Gold	60	
2 Smith, Darcy	0.97m	Silver	64	
1 Hanscom, Rita	1.22m	Gold	65	
1 Steekelenburg, Annelies	1.22m	Gold	71	
1 Bergen, Kathy	1.17m	Gold	80	

MEN - High Jump		Finals	Medal	Division
1 Hunter, Sonny	1.57m	Gold	56	
2 Swenson, Kenneth	0.97m	Silver	57	
1 Alston, Michael	1.42m	Gold	62	
2 Allaire, John	1.37m	Silver	60	
1 Rasmussen, Craig	1.32m	Gold	66	
2 Nelson, David	1.27m	Silver	66	
2 Watson, Richard	1.27m	Silver	67	
4 Coz, Peter	1.22m	Bronze	66	
1 Burrell, Otis	1.37m	Gold	75	
1 Bergen, Bert	1.12m	Gold	81	



2019 SDSGA RESULTS

MEN'S VOLLEYBALL

September 8, 2019
Balboa Activity Center, Balboa Park
Commissioner: Patsy and Farid Karimi



50+

GOLD – BEER CATS

Todd Shimp
Darrin Dietsch
Frank Delker
Michael Bruning
Tim Pacey
Ross Carson

SILVER – NITRO

D.C. Davis
Luis Moreno
Craig Jameson
Robert Hain
Steve Ishihara
John Rusaw
Mike Meyers
Ken Sawyer
Michael Wooten

60+

GOLD – AGED BEEF

Michael Caillouet
Damian Fulton
Dean Lauderdale
Gary Holbrook
David McConnell
Rex Hodgerson
Robert O'Brien
Don Hudson

SILVER – WESTERN MASTERS

Dave Lawrence
Bruce Hearn
Marc Spitaleri
Dona Phin
Lynn Achord
Steve Wilbur
Tuan Tran
Robert Simmons

65+

GOLD – ROOF

Eldon Gath
James Grace
Dan McCleary
Mike Miller
Steve Seim
Jon Stanley
Bradford Brown
Kenneth Rahn

WOMEN'S VOLLEYBALL

September 7-8, 2019
Balboa Activity Center, Balboa Park
Commissioner: Patsy Cortez-Karimi



45+

GOLD – AGED TO PERFECTION

Denise Sitton	Cara McGhee
Vicki Alderete	Julie Walraven
Naomi Tufuga	Fatima Paulson

SILVER – SAN DIEGO BEACHES

Judy Hissong	Lesli Malady
Leanna Bush	Lisa Mealer-Burke
Lara Ramey	Fran Shimp

BRONZE – VOLLEY LLAMAS

Stephanie Huddleston	Shelly Hart
Lynette Gavin	Carey Tinsley
Kimberly Brust	Jennifer Conroy
Barbara Slawson	

50+

GOLD – SAN DIEGO BEACHES

Diane Campbell	Judy Hissong
Lesli Malady	Leanna Bush
Lisa Mealer-Burke	Ann Schirman
Fran Shimp	Patricia Ellison

SILVER – YADAYDA

Barbara Norbut	Tari Cody
Carol Kokinakes	Lori Griggs
Jackie Switzer	Juie Ramage
Angela Berrett	

BRONZE – ROOF

Donna Hain	Kelly Jacobs
Reba Spooner	Sheridan Walker
Deborah Brown	Nicole Blackwell
Kelly Knowles	Michelle Pokorny
Katherine Zeiko	

55+

GOLD – THAT'S WHAT SHE SET

Mary Kanotz	Cherine Keiser
Marie Bulato	Denise Sitton
Carolyn Brain	Sandy Jones

SILVER – NET RESULTS

Deone Kanne	Margaret Scribner
Katherine Lew	Sandra Freitas
Andrea Redecker	Annette Beale Missman

BRONZE – G3

Nancy Butsumyo	Cyndi England
Allison Walsh	Bianca Tiersma
Maria Brase	Cuc Schaeffer
Mitos Paniagua	Yayoi Land
Atsuko Chiba	

VOLLEYBALL - Continued...

60+

GOLD – UC STATE

Jill Harris
Victoria Jones
Kumi Hirayama
Tami O'Neil
Rose Surprenant
Nancy Stalnaker
Janne Platter

SILVER – CHICKABOOM

Carol Bassett
Gail Dubisar
Jan Green
Coral Kock
Linda Skinker
Debbie Stanfill
Lorraine Provost-Vellutato

BRONZE – SURF CITY

Audrey Andrade
Erlinda Dearborn
Pati Kent
Tina Kurrels
Suzanne Watson
Diane Ries
Elizabeth Ward

65+

GOLD – GET IT UP

Cherylk Belletto
Jean Leavens
Deborah Holsapple
Nancy Beatty
Cindy Willbrodt
Marilyn Klausner
Vickie Bianco

SILVER – SERV-ACES

Linda Hauxhurst
Karla Johnston
Mary Pipkin
Mary Corrough
Vickie Christensen
Paula Wulff





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The City of
SAN DIEGO

Park and Recreation Department

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