



Alaska International Senior Games

2010 Results

Fairbanks, Alaska

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

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

## **ARCHERY\***

Commissioner: Roger Weggel 590-0927

### COMPOUND RELEASE with sights

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

### BAREBOW COMPOUND no sights

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

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

### RECURVE with sights

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

## **BALLROOM DANCING**

Commissioner: Kurt Byers 474-6702

Mixed (Age 55-59) – Gold	Patty Davis and Frank Canha
Mixed (Age 60-64) – Gold	Margo Matthews and Stan Justice
Mixed (Age 70-74) – Gold	Erika Duffey and Ray Keturi
Silver	Ruth and Larry Knapman

# **BASKETBALL 3 ON 3\***

Commissioner: John Mancuso 479-4608

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

# **BOCCE**

Commissioner: Pat DeRuyter 479-7853

## **SINGLES**

- Women (Age 55-59) – Gold Deb Medlin  
Silver Diann Darnall  
Bronze Geri Grodzinsky  
Fourth Pat DeRuyter
- Women (Age 60-64) – Gold Diane Casterline  
Silver Sharon Lee
- Women (Age 65-69) – Gold Clarice Dukeminier  
Silver Carolyn Boran
- Women (Age 70-74) – Gold Peggy Birkenbuel
- Women (Age 75-79) – Gold Ruth Knapman  
Bronze Mary Ann Nickles
- Men (Age 70-74) – Gold Jim Cavanaugh  
Silver Larry Knapman
- Men (Age 80-84) – Gold Bill Blockcolsky

## **BOCCE for TWOS (doubles)**

- Mixed ages and genders
- Gold Diann Darnall & Geri Grodzinsky  
Silver Diane Casterline & Sharon Lee  
Bronze Clarice Dukeminier & Pat DeRuyter  
Other participants Ruth Knapman & Larry Knapman  
Jim Cavanaugh & Peggy Birkenbuel  
Bill Blockcolsky & Mary Ann Nickles  
Deb Medlin & Carolyn Boran

# **BOWLING\***

Commissioner: Charltte Perotti 457-1332

## **SINGLES\***

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

## **DOUBLES**

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

*BOWLING DOUBLES (cont'd)*

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

*BOWLING MIXED DOUBLES*

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

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

# CYCLING\*

Commissioner: Rocky Reifenstuhl 455-6837

## 5K

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

## 10K

Women (Age 50-54) – Gold	Sharon Baker	19:45.00	1
Women (Age 55-59) – Gold	Gail Koepf	19:18.00	1
Silver	Mary Via	21:40.00	2
Women (Age 60-64) – Gold	Linda Garcia	23:33.00	1
Men (Age 50-54) Gold	Greg Lebeau	25:20.00	1
Men (Age 55-59) – Gold	Rocky Reifenstuhl	17:13.00	1
Silver	Mike Brumfield	18:05.00	2
Men (Age 60-64) – Gold	Stan Justice	19:09.00	1
Silver	Ed Callaghan	22:36.00	2
Men (Age 65-69) – Gold	Michael Rotter	25:33.00	1
Men (Age 75-79) – Gold	Bill Blockcolsky	27:15.00	1

## 20K

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

# **GOLF\***

Commissioner: Pat DeRuyter 479-7853

Women (Age 50-54) -- Gold	Betty Ketzler	301
Women (Age 55-59) -- Gold	Pat DeRuyter	280
Silver	Deb Reischke	353
Bronze	Eileen Cummings (1 day)	132
Women (Age 60-64) -- Gold	Lana Assyd	359
Women (Age 65-69) -- Gold	Fran Westervelt	271
Silver	Clarice Dukeminier	309
Bronze	Barbara Pomar	324
Fourth	Donna Wells	332
Women (Age 70-74) – Gold	Peggy Birkenbel	472
Men (Age 50-54) -- Gold	Silas Alexander	298
Men (Age 55-59) – Gold	Paul Lindhag	233
Silver	Ken Assyd	284
Men (Age 60-64) – Gold	Bill Renfrew	225
Silver	Mike Shultz	235
Bronze	Richard Neff	287
Fourth	Dewaine Snider (2 days)	209
Men (Age 65-69) – Gold	Ron Teel	252
Silver	Dick Morris	261
Silver	Dennis Forsland	261
Bronze	Cliff Benshoof	278
Fourth	Chris Guinn	289
Fifth	Larry Opdyke	311
Sixth	LeRoy Wiedeman	313
Seventh	Edward Entwisle	321
Eighth	Emery Mowrey	321
Ninth	Rex Cruse	348
Men (Age 70-74) – Gold	BJ Hall	384
Men (Age 75-79) – Gold	Al Ketzler	267
Silver	Elmer Ostbloom	287
Men (Age 80-84) -- Gold	Andrew Zahare	328

# **HORSESHOES\***

Commissioner: Walter Crary 322-6834

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

# **INDOOR SHOOTING**

Commissioner: Rick Briggs 389-2001

## **PISTOL**

Women (Age 60-64) – Gold	Dody Maki	182
Silver	Dorothy Jones	129
Women (Age 65-69) – Gold	Wynola Possenti	195
Silver	Diane Perkins	128
Bronze	Cam Carlson	119
Men (Age 60-64) – Gold	Craig Salsbury	173
Silver	Ron Kotyk	169
Men (Age 65-69) – Gold	Phil Evans	192

*PISTOL – Men (cont'd)*

	Silver	Paul Maki	185
	Bronze	David Miller	174
Men (Age 70-74) –	Gold	Erich Hoffmann	171
	Silver	Loren Rotroff	129
	Bronze	Bob Carlson	107
Men (Age 75-79) –	Gold	Bud Burris	147
Men (Age 80-84) –	Gold	Joe Nava	179

*RIFLE*

Women (Age 65-69)		Cam Carlson	185
		Diane Perkins	178
Men (Age 60-64)	Gold	Craig Salsbury	181
Men (Age 65-69)	Gold	Paul Maki	194
	Silver	David Miller	190
	Bronze	Phil Evans	186
Men (70-74)	Gold	Erich Hoffman	187
	Silver	Loren Rotroff	186
	Bronze	Bob Carlson	182
	Fourth	Roy Roehl	177
Men (75-79)	Gold	Bud Burris	200
Men (80-84)	Gold	Joe Nava	199

# **MINIATURE GOLF**

Commissioner: Mary Ann Nickles 456-6074

Women (Age 55-59) – Gold	Aporn Stein	46
Silver	Diann Darnall	48
Bronze	Deb Medlin	49
Fourth	Geri Grodzinsky	54
Fifth	Elfa Buggiey	57
Women (Age 60-64) – Gold	Diane Casterline	49
Silver	Carol Johnson	50
Women (Age 65-69) – Gold	Wynola Possenti	51
Gold	Diane Perkins	51
Bronze	Charlotte Perotti	57
Fourth	Carolyn Boran	60
Fourth	Judy Martsof	60
Women (Age 70-74) – Gold	Peggy Birkenbuel	46
Silver	Ritchie Musick	51
Women (Age 75-79) – Gold	Ellen Brown	57
Silver	Mary Ann Nickles	65
Women (Age 80-84) – Gold	Lucille Reese	70
Silver	Lillian Somaduroff	71
Men (Age 60-64) – Gold	Stan Justice	51
Men (Age 65-69) – Gold	Bruce Perotti	52
Men (Age 70-74) – Gold	Jim Cavanaugh	41
Men (Age 75-79) – Gold	Don Dahlke	52



# 5K ROAD RACE\*

Commissioner: Jane Lanford 687-0769

				Place
Women (Age 50-54) --	Gold	Nitaya Notkin	31:50	1
	Silver	Denise Ringhand	37:33	2
Women (Age 55-59)	Gold	Jane Lanford	22:19	1
	Silver	Norma Haubensstock	25:13	2
	Bronze	Carol Kleckner	25:23	3
		Aporn Stein	32:42	4
		Susan McMahon	39:27	5
Women (Age 60-64)	Gold	Bobbie Ritchie	28:53	1
Women (Age 65-69)	Gold	Janice Wagner	40:13	1
Men (Age 50-54) –	Gold	Don Kiely	26:29	1
Men (Age 55-59) –	Gold	Rocky Reifenstuhl	23:37	1
	Bronze			
Men (Age 60-64) –	Gold	Bob Ritchie	23:23	1
	Silver	Rick Winther	27:14	2
	Bronze	Tim Doran	28:47	3
Men (Age 65-69) –	Gold	William Montgrain	31:26	1
	Silver	David Hamilton	32:58	2
	Bronze	Bob Perkins	37:18	3
Men (Age 70-74) –	Gold	Jim Madonna	23:34	1
	Silver	Cecil Ranney	24:04	2
	Bronze	Jim Cavanaugh	30:21	3
Men (Age 85-89) –	Gold	Glenn Hackney	41:49	1

# SWIMMING\*

Commissioner: Marggie Rogge 388-1566

## 50 YD BACKSTROKE

Women (Age 50-54) -- Gold	Gretchen Wehmhoff	1:44.50
Women (Age 65-69) – Gold	Helen Norton	1:12.68
Women (Age 70-74) – Gold	Peggy Birkenbuel	1:40.84
Men (Age 50-54) – Gold	Fred Freer	43.25
Men (Age 65-69) – Gold	Dr Ron Snipe	52.71
Silver	William Ragan	1:17.53
Men (Age 75-79) – Gold	Bill Blockcolsky	59.56

## 50 yd BREASTSTROKE

Women (Age 50-54) – Gold	Denise Thorsen	58.31
Women (Age 65-69) – Gold	Maggie Billington	58.93
Silver	Helen Norton	1:17.53
Women (Age 70-74) – Gold	Peggy Birkenbuel	2:08.21
Men (Age 50-54) – Gold	David Withoff	39.40
Men (Age 60-64) – Gold	Ed Callaghan	57.71
Men (Age 65-69) – Gold	Dr Ron Snipe	56.71
Silver	William Ragan	1:32.25

## 50 yd BUTTERFLY

Women (Age 65-69) – Gold	Helen Norton	1:22.23
Men (Age 50-54) – Gold		
Men (Age 60-64) – Gold	Ed Callaghan	1:10.00
Men (Age 65-69) – Gold	Dr Ron Snipe	1:05.59
Silver	William Ragan	2:03.56

## 50 yd FREESTYLE

Women (Age 50-54) – Gold	Denise Thorsen	52.87
Silver	Gretchen Whemhoff	1:06.65
Women (Age 60-64) – Gold	Laura Walsh	56.14
Women (Age 65-69) – Gold	Maggie Billington	48.15
Women (Age 70-74) – Gold	Peggy Birkenbuel	1:46.48
Men (Age 50-54) – Gold	Fred Freer	33.40
Men (Age 55-59) – Gold	Steve Weis	28.58
Men (Age 60-64) – Gold	Ed Callaghan	49.71
Men (Age 65-69) – Gold	Dr Ron Snipe	47.12

*100 yd BACKSTROKE*

Men (Age 75-79) – Gold Bill Blockcolsky 2:19.25

*100 yd BREASTSTROKE*

Men (Age 50-54) – Gold David Withoff 1:22.43

Men (Age 65-69) – Gold Dr Ron Snipe 2:26.50

Silver William Ragan 3:26.87

*100 yd FREESTYLE*

Women (Age 60-64) – Gold Laura Walsh 2:08.46

Women (Age 65-69) – Gold Helen Norton 2:17.96

Women (Age 70-74) – Gold Peggy Birkenbuel 3:34.96

Men (Age 55-59) – Gold Steve Weis 1:05.28

Men (Age 65-69) – Gold Dr Ron Snipe 1:56.34

*100 yd INDIVIDUAL MEDLEY*

Women (Age 65-69) – Gold Helen Norton 2:17.96

Women (Age 70-74) – Gold Peggy Birkenbuel 4:06.46

Men (Age 50-54) – Gold David Withoff 1:22.43

Men (Age 60-64) – Gold Ed Callaghan 2:09.84

Men (Age 65-69) – Gold William Ragan 3:18.06

*200 yd FREESTYLE*

Women (Age 60-64) – Gold Laura Walsh 2:08.46

Men (Age 50-54) – Gold David Withoff 2:45.83

Men (Age 55-59) – Gold Steve Weis 2:21.75

Men (Age 65-69) – Gold William Ragan 5:14.34

*500 yd FREESTYLE*

Women (Age 60-64) – Gold Laura Walsh 12:11.68

Women (Age 65-69) – Gold Maggie Billington 10:32.90

Men (Age 50-54) – Gold David Withoff 7:16.31

Men (Age 55-59) – Gold Steve Weis 6:18.49

# TABLE TENNIS\*

Commissioner: Diann Darnall 479-5421

## TABLE TENNIS SINGLES

Women (Age 50-54) – Gold	Gretchen Wehmhoff
Silver	Janet Smith
Women (Age 55-59) – Gold	Diann Darnall
Silver	Geri Grodzinsky
Bronze	Andrea Gelvin
Women (Age 60-64) – Gold	Carol Johnson
Silver	Louise Murch
Women (Age 65-69) – Gold	Diane Perkins
Women (Age 70-74) – Gold	Ritchie Musick
Silver	Peggy Birkenbuel
Bronze	Connie Parks-Karl
Men (Age 50-54) – Gold	Karl Augustad
Silver	Rick Robertson
Men (Age 55-59) – Gold	Dave DeMay
Silver	Vikas Sonwalker
Bronze	Preechar Wongkit
Fourth	Michael Davis
Men (Age 60-64) – Gold	Jamo Parrish
Silver	Albert Cavan
Men (Age 65-69) – Gold	Jim Stump
Silver	Walter Anderson
Bronze	Lambert Hazelaar
Men (Age 80+) – Gold	Boyd Bennett

## TABLE TENNIS DOUBLES

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

*TABLE TENNIS MIXED DOUBLES*

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

*TABLE TENNIS DRAW DOUBLES (not a NSGA qualifying event)*

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

Other Teams	Louise Murch/Geri Grodzinski
	Peggy Birkenbuel/Jamo Parrish
	Janet Smith/Vikas Sonawalker
	Diane Perkins/Jim Stump
	Rick Robertson/Steve Lin

# TENNIS\*

Commissioner: Joe Sullivan 460-7659

## SINGLES

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

Nancy Stoller  
Lindsey Thornton  
Rise Roy  
Pat Moodie

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

Peter Lang  
Preechar Wongkit  
Jim Hackett  
Lambert Hazelaar  
John Miller

## DOUBLES

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

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

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

Peter Lang/Kelly Silva  
Frank Canha/Jim Hackett

## MIXED DOUBLES

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

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

# TRACK & FIELD\*

Commissioner: Jim Loftus 479-8161

## 50 M (not a NSGA qualifying event)

Women (Age 50-54) – Gold	RJ Nelson	10.22
Women (Age 50-54) -- Silver	Catherine Sattlethight	10.56
Women (Age 60-64) – Gold	Bobbie Ritchie	8.48
Women (Age 70-74) – Gold	Peggy Birkenbuel	14.73
Men (Age 50-54) – Gold	Ron Harper	7.44
Men (Age 60-64) – Gold	Mike Frerichs	9.49
Men (Age 65-69) – Gold	Dr Ron Snipe	9.18
Silver	James Cross	9.93
Men (Age 70-74) – Gold	John Impson	8.04
Silver	BJ Hall	10.69
Men (Age 75-79) – Gold	Don Dahlke	13.15

## 100 M

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

## 200 M

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

### 400 M

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

### 800 M

Women (Age 50-54) – Gold	Catherine Sattlethight	5:55.9
Women (Age 70-74) – Gold	Peggy Birkenbuel	7:58.7
Men (Age 60-64) – Gold	Tim Doran	3:49.7
Men (Age 65-69) – Gold	Dr Ron Snipe	7:55.1
Men (Age 70-74) – Gold	Jim Madonna	3:20.5

### 1500 M

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

### 3000 M

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

### DISCUS

Women (Age 50-54) – Gold	Catherine Sattlethight	44' 1.25"
Silver	RJ Nelson	40' 2.5"
Women (Age 60-64) – Gold	Bobbie Ritchie	52' 5.5"
Women (Age 65-69) – Gold	Diane Perkins	39' 9"
Women (Age 70-74) – Gold	Peggy Birkenbuel	39' 1.5"
Silver	Ritchie Musick	32' 5.75"

### *DISCUS MEN*

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

### *JAVELIN*

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

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

### *LONG JUMP*

Women (Age 50-54) – Gold	RJ Nelson	7' 8.25"
Silver	Catherine Sattlethight	6' 5.5"
Women (Age 60-64) – Gold	Bobbie Ritchie	9' 9.5"
Women (Age 70-74) – Gold	Peggy Birkenbuel	4' 4"
Men (Age 50-54) – Gold	Ron Harper	14' 8"
Men (Age 55-59) – Gold		
Men (Age 60-64) – Gold	Michael Madden	11' 0.25"
Men (Age 65-69) – Gold	Dr Ron Snipe	2' 1.25"
Men (Age 70-74) – Gold	Jim Cavanaugh	6' 6.25"

### SHOT PUT

Women (Age 50-54) – Gold	Catherine Sattlethight	20' 9.75"
Silver	RJ Nelson	19' 6"
Women (Age 60-64) – Gold	Bobbie Ritchie	25' 8.75"
Women (Age 70-74) – Gold	Peggy Birkenbuel	19' 6"
Silver	Diane Perkins	19' 3.5"
Bronze	Ritchie Musick	16' 6.75"
Men (Age 50-54) – Gold	Jeff Howe	30' 4.5"
Men (Age 60-64) – Gold	George McAulay	34' 8.25"
Silver	Mike Frerichs	26' 1.75"
Bronze	Michael Madden	25' 8.25"
Men (Age 65-69) – Gold	Lambert Hazelaar	26' 9"
Silver	James Cross	25' 5.5"
Bronze	Dr Ron Snipe	24' 7.25"
Men (Age 75-79) – Gold	Bill Blockcolsky	27' 3.25"
Men (Age 80-84) – Gold	Jack Ozment	20' 2.75"

### STANDING LONG JUMP (not a NSGA qualifying event)

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

### TRIPLE JUMP

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

## TRAP SHOOT

Commissioner: Trish Yocum 488-2667

### 25 TARGETS

Women (Age 70-74) – Gold	Diane Perkins	6
Men (Age 60-64) – Gold	Beryl Palmer	20
Men (Age 65-69) – Gold	Paul Maki	5
Silver	David Miller	2
Men (Age 70-74) – Gold	Loren Rotroff	16
Silver	Erich Hoffmann	12
Men (Age 75-79) – Gold	Bud Burris	13
Men (Age 80-84) – Gold	Joe Nava	22

## TRIATHLON\*

Commissioner: Ed Callaghan 479-4917

### INDIVIDUAL TRIATHLON

Women (Age 50-54) – Gold	Gayle Martin	1:28:21
Women (Age 55-59) – Gold	Gail Koepf	1:18:38
Silver	Norma Haubenstock	1:21:56
Bronze	Carol Kleckner	1:28:23
Fourth	Mary Via	1:29:22
Fifth	Jane Lanford	1:29:35
Women (Age 60-64) – Gold	Sarah McConnell	1:46:47
Silver	Linda Garcia	1:52:55
Men (Age 50-54) – Gold	David Withoff	1:08:44
Silver	Don Kiely	1:25:05
Men (Age 55-59) – Gold	Rocky Reifentuhl	1:09:22
Men (Age 60-64) – Gold	Ed Callaghan	1:20:43
Silver	Steve Bainbridge	1:21:25
Bronze	Tim Doran	1:42:34
Men (Age 65-69) – Gold	Bob Perkins	1:39:07

### TEAM TRIATHLON (not a NSGA qualifying event)

Mixed (Age 60-64) Gold	Charlotte Berdahl/John Berdahl	1:40:23
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