

5K

WOMEN'S 60+ DIVISION

1. **GOLD – Carla Carpenter, 33:13**
2. **SILVER – Gail Lutrell, 33:44**

MEN'S 70+ DIVISION

1. **GOLD – Terry Gibson, 27:06**

BASKETBALL SKILLS

MEN'S FREE THROW AND 3 POINT SHOT

60+ DIVISION

1. GOLD – Ted Brandes, 14 points
2. SILVER – Rick Schroeder

65+ DIVISION

1. GOLD – Michael Scudder, 33 points

75+ DIVISION

1. GOLD – Tony Armandan, 14 points

80+ DIVISION

1. GOLD – Jack Stoterau, 16 points
2. SILVER – Richard Bousman, 8 points
3. BRONZE – Lee Glidden, 7 points

WOMEN'S FREE THROW AND 3 POINT SHOT

55+ DIVISION

1. GOLD – Cheryl Grewing, 10 points

MEN'S HOT SHOT

60+ DIVISION

1. GOLD – Rick Schroeder, 20 points

80+ DIVISION

1. GOLD – Jack Stoterau, 16 points
2. SILVER – Lee Glidden, 3 points

WOMEN'S HOT SHOT

55+ DIVISION

1. GOLD – Cheryl Grewing, 19 points

BOWLING

MEN'S SINGLES

60+ DIVISION

1. **GOLD – Allen Bauer, Scratch Points 443, Handicap Points 553**

65+ DIVISION

1. **GOLD – Craig Blunt, Scratch Points 339, Handicap Points, 606**

70+ DIVISION

1. **GOLD – Dr. James Richardson, Scratch Points 534, Handicap Points 594**

75+ DIVISION

1. **GOLD – Stephen Hansen, Scratch Points 569, Handicap Points 608**

WOMEN'S SINGLES

55+ DIVISION

1. **GOLD – Mona Blunt, Scratch Points 274, Handicap Points 580**

65+ DIVISION

1. **GOLD – Helen Leeds, Scratch Points 506, Handicap Points 641**

MIXED DOUBLES

55+ DIVISION

1. **GOLD – Craig and Mona Blunt, Scratch Points 613, Handicap Points 1186**

CORNHOLE

MEN'S SINGLES

60+ DIVISION

1. GOLD – RICK SCHROEDER
2. SILVER - DAVE PAUL

65+ DIVISION

2. GOLD – RENE AGGAMAWAY
3. SILVER – WAYNE HINER

70+ DIVISION

1. GOLD – EDMUND CARBONETTA
2. SILVER - DEN SCHROEDER

WOMEN'S SINGLES

60+ DIVISION

1. GOLD – CAROL SHEWCHUK
2. SILVER - SHEILA BURNHAMSUMRALL
3. BRONZE - GAIL LUTRELL

65+ DIVISION

1. GOLD – HELEN LEEDS
2. SILVER - KATHRYN CARBONETTA

MEN'S DOUBLES

60+ DIVISION

1. GOLD – RICK SCHROEDER AND DEN SCHROEDER
2. SILVER - DAVE PAUL AND WAYNE HINER

MIXED DOUBLES

60+ DIVISION

1. GOLD – CAROL SHEWCHUK AND RENE AGGAMAWAY

65+ DIVISION

1. GOLD – KATHRYN AND EDMUND CARBONETTA

HORSESHOES

MEN'S SINGLES

60+ DIVISION

3. **GOLD – George Rodrigo, 116 Points**

65+ DIVISION

4. **GOLD – Wayne Hiner, 127 Points**
5. **SILVER – Rene Aggamaway, 95 Points**

75+ DIVISION

3. **GOLD – Darrel Greenough, 143 Points**

80+ DIVISION

1. **GOLD – Doug Defoe, 102 Points**

WOMEN'S SINGLES

60+ DIVISION

4. **GOLD – Carol Shewchuk, 124 Points**

75+ DIVISION

3. **GOLD – Andy Defoe, 133 Points**

MEN'S DOUBLES

60+ DIVISION

3. **GOLD – Dave Paul and Wayne Hiner, 54 Points**

MIXED DOUBLES

60+ DIVISION

2. **GOLD – Sheila Burnhamsumrall and George Rodrigo, 63 Points**
3. **SILVER – Carol Shewchuk and Rene Aggamaway, 43 Points**

75+ DIVISION

1. **GOLD – Andy and Doug Defoe, 47 Points**

PICKLEBALL

WOMEN'S SINGLES

3.0 SKILLS DIVISION, 50+ AGE DIVISION

1. GOLD - Liz Eiland

4.0 SKILLS DIVISION, 50+ DIVISION

1. GOLD - Karin Sobotta

3.5 SKILLS DIVISION, 55+ AGE DIVISION

1. GOLD - Wanda Strosnider

2.5 SKILLS DIVISION, 60+ AGE DIVISION

1. GOLD - Gloria Forde

3.0 SKILLS DIVISION, 60+ AGE DIVISION

1. GOLD - Fae Higgins

MEN'S SINGLES

3.0 SKILLS DIVISION, 50+ AGE DIVISION

1. GOLD - Raymond White

2. SILVER - Brian Michael

4.5 SKILLS DIVISION, 50+ AGE DIVISION

1. GOLD - Andy Hanlon

1.0 SKILLS DIVISION, 60+ AGE DIVISION

1. GOLD - George Rodrigo

3.0 SKILLS DIVISION, 60+ AGE DIVISION

1. GOLD - Terry Barbour

2. SILVER - Terry Trein

3. BRONZE - Edmund Carbonetta

4.0 SKILLS DIVISION, 60+ AGE DIVISION

1. GOLD - Lance Roberts

2. SILVER - Jim Johnson

3.0 SKILLS DIVISION, 70+ AGE DIVISION

1. GOLD - Jack Brown

3.5 SKILLS DIVISION, 70+ AGE DIVISION

1. GOLD - Paul Kindley

4.0 SKILLS DIVISION, 70+ AGE DIVISION

1. GOLD - Rich Schildknecht

3.0 SKILLS DIVISION, 80+, AGE DIVISION

1. GOLD - Jack Goetz

WOMEN'S DOUBLES

3.0 SKILLS LEVEL, 50+ AGE DIVISION

1. GOLD - Cindy Dultz/Linda Daigan

2. SILVER - Ginny Taylor/ Vicky Anzaldua

3.5 SKILLS LEVEL, 50+ AGE DIVISION

1. GOLD - Wanda Strosnider/Liz Eiland

4.0 SKILLS DIVISION, 50+ AGE DIVISION

1. GOLD - Shanna Williamson/Linda Brokaw

2.5 SKILLS LEVEL, 60+ AGE DIVISION

1. GOLD - Donna Vanaman/Sandy King

3.0 SKILLS LEVEL, 60+ AGE DIVISION

1. GOLD - Danita Medeiros/Valerie King

2. SILVER - Michelle Michael/Linda Davison

3. BRONZE - Sandra Palmer/Fae Higgins

MEN'S DOUBLES

3.0 SKILLS DIVISION, 50+ AGE DIVISION

- 1. GOLD - Craig Johnston/John Sinclair**
- 2. SILVER - Mike Merryman/Brian Michael**
- 3. BRONZE - Bruce Knutson/Jim Manser**

4.0 SKILLS DIVISION, 50+ AGE DIVISION

- 1. GOLD - Mark Braatz/Lance Roberts**

4.5 SKILLS DIVISION, 50+ AGE DIVISION

- 1. GOLD - Andy Hanlon/Rich Schildknecht**

5.0 SKILLS DIVISION, 50+ AGE DIVISION

- 1. GOLD - Scott Frank/Jack Blackenbaker**

2.5 SKILLS DIVISION, 60+ AGE DIVISION

- 1. GOLD - Tim Vanaman/Bob King**

3.0 SKILLS DIVISION, 60+ AGE DIVISION

- 1. GOLD - Edmund Carbonetta/Bob Harrington**
- 2. SILVER - Greg Mills/Robert Frank**

3.5 SKILLS DIVISION, 60+ AGE DIVISION

- 1. GOLD - Greg Howard/Terry Trein**

4.0 SKILLS DIVISION, 60+ AGE DIVISION

- 1. GOLD - Jim Johnson/Paul Kindley**

3.0 SKILLS DIVISION, 70+ AGE DIVISION

- 1. GOLD - Jack Brown/Chris Hornberger**
- 2. SILVER - John Gibbs/Ronald Cormier**

MIXED DOUBLES

5.0 SKILLS DIVISION, 50+ AGE DIVISION

1. GOLD - Linda Brokaw/Jack Blackenbaker

4.5 SKILLS DIVISION, 50+ AGE DIVISION

1. GOLD - Andy Hanlon/Shanna Williamson

4.0 SKILLS DIVISION, 50+ AGE DIVISION

1. GOLD - Wanda Strosnider/Lance Roberts

3.5 SKILLS DIVISION, 50+ AGE DIVISION

1. GOLD - Hilda Rodriguez/John Sinclair

3.0 SKILLS DIVISION, 60+ AGE DIVISION

1. GOLD - Terry Barbour/Valerie King

2. SILVER - Suzanne Wheeler/Bob Gresham

3. BRONZE - Sandra Palmer/Bob Harrington

3.0 SKILLS DIVISION, 50+ AGE DIVISION

1. GOLD - Cindy Dultz/Robert Baer

2. SILVER - Brian Michael/Michelle Michael

3. BRONZE - Dean Koskela/Clara Dykema

POWERLIFTING

MEN'S BENCH PRESS

70+ DIVISION

1. GOLD - Joseph Graziano, 70 – 170lbs

75+ DIVISION

1. GOLD - Tony Armandan, 74 – 165lbs

90+ DIVISION

2. GOLD - Jack Honberger, 92 – 55lbs

WOMEN'S BENCH PRESS

55+ DIVISION

1. GOLD - Diana Zahnow, 57 – 85lbs
2. SILVER - Lisa Freyberger, 54 – 80lbs

60+ DIVISION

1. GOLD - Linda Daigan, 61 – 85lbs

65+ DIVISION

1. GOLD - Cynthia Graziano, 66 – 65lbs

75+ DIVISION

2. GOLD - Beverly Benefield, 75- 60lbs

MEN'S DEAD LIFT

90+ DIVISION

1. GOLD - Bob Caves, 80 – 325lbs

WOMEN'S DEAD LIFT

55+ DIVISION

1. GOLD - Diana Zahnow, 57 – 185lbs
2. SILVER - Lisa Freyberger, 54 – 180lbs

60+ DIVISION

1. **GOLD - Linda Daigan, 61 – 155lbs**

75+ DIVISION

1. **GOLD - Beverly Benefield, 75- 135lbs**

MEN'S SQUAT

60+ DIVISION

1. **GOLD - Timothy McKenna, 62 – 120lbs**

WOMEN'S SQUAT

55+ DIVISION

1. **GOLD - Diana Zahnow, 57 – 115lbs**

60+ DIVISION

1. **GOLD - Linda Daigan, 61 – 115lbs**

75+ DIVISION

1. **GOLD - Beverly Benefield, 75 – 65lbs**

WOMEN'S OVERALL

55+ DIVISION

1. **GOLD - Diana Zahnow, 57 – 385lbs, 508.53 Points**

60+ DIVISION

1. **GOLD - Linda Daigan, 61 – 355lbs, 458 Points**

75+ DIVISION

1. **GOLD - Beverly Benefield, 75 – 260lbs, 411.47 Points**

SWIMMING

200M BREASTSTROKE

60+ DIVISION

1. GOLD – Pamela Gulbrandson, 5:05.47

80+ DIVISION

1. GOLD – Yenny Van Dinter, 5:11.47

50M BUTTERFLY

70+ DIVISION

1. GOLD – John Welton, 50.72

200M BACKSTROKE

65+ DIVISION

1. GOLD – Nancy McLaughlin, 4:56.09

100M IM

70+ DIVISION

1. GOLD – John Welton, 2:11.54

100M BREASTSTROKE

60+ DIVISION

1. GOLD – Pamela Gulbrandson, 2:25.44

70+ DIVISION

1. GOLD – John Welton, 2:16.88

80+ DIVISION

1. **GOLD – Yenny Van Dinter, 2:30.65**

50M FREESTYLE

60+ DIVISION

1. **GOLD – Pamela Gulbrandson, 57.34**

65+ DIVISION

1. **GOLD – Nancy McLaughlin, 55.63**

70+ DIVISION

1. **GOLD – John Welton, 51.81**

80+ DIVISION

1. **GOLD – Yenny Van Dinter, 1:15.75**

50M BREASTSTROKE

60+ DIVISION

1. **GOLD – Pamela Gulbrandson, 57.44**

70+ DIVISION

1. **GOLD – John Welton, 58.25**

80+ DIVISION

1. **GOLD – Yenny Van Dinter, 1:11.85**

200M MEDLEY RELAY

60+ DIVISION

1. **GOLD – Pamela Gulbrandson, Nancy McLaughlin, John Welton, and Yenny Van Dinter, 4:08.15**

TABLE TENNIS

MEN'S SINGLES

60+ DIVISION

4. GOLD – Loren Tollefson
5. SILVER – Dave Paul

65+ DIVISION

4. GOLD – Jose Saliendra
5. SILVER – Wayne Hiner

75+ DIVISION

2. GOLD – Loell Morrissette

80+ DIVISION

4. GOLD – Leon Ufers
5. SILVER – Jack Goetz

85+ DIVISION

1. GOLD – Floyd Caster

WOMEN'S SINGLES

55+ DIVISION

2. GOLD – Hilda Rodriguez

65+ DIVISION

2. GOLD – Sandy King

MEN'S DOUBLES

60+ DIVISION

1. GOLD – Loren Tollefson and Leon Ufers
2. SILVER – Dave Paul and Wayne Hiner

TRACK AND FIELD

50M DASH

MEN'S 60+

1. GOLD - ALLEN BAUER, 14.63

MEN'S 70+

1. GOLD - JON CLOUGH, 8.06

MEN'S 75+

1. GOLD - LEO PINK, 8.30

MEN'S 80+

1. GOLD - RIGHARD BOUSMAN, 8.34
2. SILVER - JACK STOTERAU, 9.14

100M DASH

MEN'S 70+

1. GOLD - JON CLOUGH, 14.65

MEN'S 75+

1. GOLD - LEO PINK, 15.70

MEN'S 80+

1. GOLD - RIGHARD BOUSMAN, 14.68
2. SILVER - JACK STOTERAU, 17.86

200M DASH

MEN'S 60+

1. GOLD - DAVID WALSH, 37.58
2. SILVER - ALLEN BAUER, 1:08.91

MEN'S 65+

1. GOLD - WILLIAM MOORE, 33.65

MEN'S 80+

1. GOLD - JACK STOTERAU, 40.38
2. SILVER - RICHARD BOUSMAN, 47.54

WOMEN'S 75+

1. GOLD - JANET SHANTA, 1:05.45

400M DASH

MEN'S 65+

1. GOLD - WILLIAM MOORE, 1:16.89

MEN'S 80+

1. GOLD - RICHARD BOUSMAN, 2:26.91

800M RUN

MEN'S 60+

1. GOLD - ALLEN BAUER, 5:49.63

MEN'S 65+

1. GOLD - WILLIAM MOORE, 3:14.55
2. SILVER - PETER ONEIL, 3:28.08

MEN'S 70+

1. GOLD - JOSEPH GRAZIANO, 6:50.85

WOMEN'S 65+

1. GOLD - CYNTHIA GRAZIANO, 6:23.33

WOMEN'S 75+

1. GOLD - JANET SHANTA, 5:28.87

1500M RUN

MEN'S 60+

2. GOLD - ALLEN BAUER, 8:23.80

MEN'S 65+

1. GOLD - WILLIAM MOORE, 6:27.29
2. SILVER - PETER ONEIL, 7:00.42

MEN'S 70+

1. GOLD - JOSEPH GRAZIANO, 11:15.99

WOMEN'S 65+

1. GOLD - CYNTHIA GRAZIANO, 11:33.58

WOMEN'S 75+

1. GOLD - JANET SHANTA, 10:18.83

3000M RUN

MEN'S 70+

1. GOLD - JOSEPH GRAZIANO, 29:24.20

WOMEN'S 65+

1. GOLD - CYNTHIA GRAZIANO, 29:24.20

DISCUS THROW

MEN'S 60+

1. GOLD - ALLEN BAUER, 60-11.50

MEN'S 65+

1. GOLD - MICHAEL BICKERS, 122-00.00

MEN'S 75+

1. GOLD - RICHARD JOHNSON, 75-11.50

MEN'S 90+

1. GOLD - JACK HONBERGER, 30-01.00

HIGH JUMP

MEN'S 75+

1. GOLD - RICHARD MERREL, 3-01.00

LONG JUMP

MEN'S 75+

1. GOLD - RICHARD JOHNSON, 5-06.00
2. SILVER - RICHARD MERRELL, 4-06.00

SHOT PUT

MEN'S 75+

1. GOLD - RICHARD JOHNSON, 24-11.00
2. SILVER - MICHAEL SANDERS, 24-02.00
3. BRONZE - RICHARD MERREL, 20-02.00

MEN'S 90+

1. GOLD - JACK HONBERGER, 9-09.25