



2025 WEIGHTLIFTING/FITNESS RESULTS

EVENT	NAME	GENDER	AGE GROUP	FINAL SCORE	PLACE
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LEG PRESS

ALLEN BAUER	M	70	630	1ST
GREGORY MESSICK	M	75	630	1ST
RICHARD SERAYDARON	M	75	450	2ND
DENNIS JOUETT	M	80	180	1ST
SARAH LILLARD	F	45	450	1ST
MESHEL CLEMENTS	F	50	630	1ST
LISA ROSALAS	F	55	630	1ST
MARION LARSON	F	60	320	1ST
KELLY WALKUP	F	65	360	1ST
BARB DAVY	F	70	320	1ST

BENCH PRESS

ALLEN BAUER	M	70	225	1ST
GREGORY MESSICK	M	75	185	2ND
RICHARD SERAYDARON	M	75	225	1ST
DENNIS JOUETT	M	80	185	1ST
SARAH LILLARD	F	45	125	1ST
MESHEL CLEMENTS	F	50	125	1ST
LISA ROSALAS	F	55	115	1ST
MARION LARSON	F	60	70	1ST
KELLY WALKUP	F	65	105	1ST
BARB DAVY	F	70	75	1ST

SIT UP

ALLEN BAUER	M	70	20	1ST
GREGORY MESSICK	M	75	27	1ST
RICHARD SERAYDARON	M	75	25	2ND
DENNIS JOUETT	M	80	9	1ST
SARAH LILLARD	F	45	65	1ST
MESHEL CLEMENTS	F	50	30	1ST
LISA ROSALAS	F	55	56	1ST
MARION LARSON	F	60	50	1ST
KELLY WALKUP	F	65	33	1ST
BARB DAVY	F	70	15	1ST

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EVENT	NAME	GENDER	AGE GROUP	FINAL SCORE	PLACE
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PUSH UP

ALLEN BAUER	M	70	20	1ST
GREGORY MESSICK	M	75	28	2ND
RICHARD SERAYDARON	M	75	36	1ST
DENNIS JOUETT	M	80	8	1ST
SARAH LILLARD	F	45	23	1ST
MESHEL CLEMENTS	F	50	22	1ST
LISA ROSALAS	F	55	37	1ST
MARION LARSON	F	60	18	2ND
MARCIA WASHINGTON	F	60	26	1ST
KELLY WALKUP	F	65	24	1ST
BARB DAVY	F	70	12	1ST

PULL UP

ALLEN BAUER	M	70	1	1ST
RICHARD SERAYDARON	M	75	12	1ST
MARCIA WASHINGTON	F	60	8	1ST
KELLY WALKUP	F	65	1	1ST

SHUTTLE RUN

ROGER FOWLER	M	55	01:30.9	1ST
ALLEN BAUER	M	70	02:13.7	1ST
RICHARD SERAYDARON	M	75	02:24.6	1ST
DENNIS JOUETT	M	80	02:57.9	1ST
SARAH LILLARD	F	45	01:37.3	1ST
MESHEL CLEMENTS	F	50	01:44.4	1ST
LISA ROSALAS	F	55	01:45.9	1ST
MARCIA WASHINGTON	F	60	01:32.1	1ST
MARION LARSON	F	60	01:51.5	2ND
KELLY WALKUP	F	65	01:50.4	1ST
BARB DAVY	F	70	03:11.0	1ST