



2026 WEIGHTLIFTING/FITNESS RESULTS

EVENT	NAME	GENDER	AGE GROUP	FINAL SCORE	PLACE
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LEG PRESS

Roger Fowler	M	59	450	1 st
Wade Gunter	M	68	590	1 st
Roland Cooper	M	67	500	2 nd
Allen Bauer	M	71	360	1 st
Richard Seraydarian	M	78	540	1 st
Meshel Clements	F	53	290	1 st
Laura Worden	F	65	430	1 st
Lisbeth Palmer	F	66	350	2 nd
Kelly Walkup	F	67	320	3 rd
Barb Davy	F	73	250	1 st

BENCH PRESS

Roland Cooper	M	67	205	1 st
Wade Gunter	M	68	175	2 nd
Allen Bauer	M	71	205	1 st
David Binder	M	76	235	1 st
Richard Seraydarian	M	78	225	2 nd
Meshel Clements	F	53	85	1 st
Lisa Rosalas	F	57	100	1 st
Marcia Washington	F	63	135	1 st
Laura Worden	F	65	115	1 st
Kelly Walkup	F	67	95	2 nd
Bonnie Parrish-Kell	F	67	60	3 rd
Barb Davy	F	73	75	1 st

SIT-UP

Roger Fowler	M	59	84	1 st
Robert Taylor III	M	64	32	1 st
Anthony Hernandez	M	69	65	1 st
Roland Cooper	M	67	32	2 nd
Wade Gunter	M	68	17	3 rd
Allen Bauer	M	71	30	1 st
Richard Seraydarian	M	78	27	1 st



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Meshel Clements	F	53	31	1 st
Marcia Washington	F	63	50	1 st
Kelly Walkup	F	67	47	1 st
Barb Davy	F	73	20	1 st

PUSH-UP

Robert Taylor III	M	64	34	1 st
Anthony Hernandez	M	69	28	1 st
Roland Cooper	M	67	25	2 nd
Wade Gunter	M	68	20	3 rd
Allen Bauer	M	71	23	1 st
Richard Seraydarian	M	78	36	1 st
Marcia Washington	F	63	40	1 st
Kelly Walkup	F	67	17	1 st

PULL-UP

Anthony Hernandez	M	69	12	1 st
Roland Cooper	M	67	3	2 nd
Allen Bauer	M	71	1	1 st
Richard Seraydarian	M	78	20	1 st
Marcia Washington	F	63	10	1 st

MEDBALL SLAM

Roger Fowler	M	59	48	1 st
Anthony Hernandez	M	69	49	1 st
Wade Gunter	M	68	36	2 nd
Roland Cooper	M	67	32	3 rd
Allen Bauer	M	71	30	1 st
Meshel Clements	F	53	40	1 st
Lisa Rosalas	F	57	37	1 st
Marcia Washington	F	63	45	1 st
Kelly Walkup	F	67	38	1 st
Bonnie Parrish-Kell	F	67	20	2 nd
Barb Davy	F	73	20	1 st

KETTLEBELL SQUAT

Roger Fowler	M	59	85	1 st
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Anthony Hernandez	M	69	100	1 st
Wade Gunter	M	68	20	2 nd
Allen Bauer	M	71	33	1 st
Meshel Clements	F	75	75	1 st
Lisa Rosalas	F	57	53	1 st
Marcia Washington	F	63	150	1 st
Lizbeth Palmer	F	66	60	1 st
Kelly Walkup	F	67	51	2 nd
Bonnie Parrish-Kell	F	67	10	3 rd
Barb Davy	F	73	20	1 st

JUMP ROPE

Robert Taylor III	M	64	78	1 st
Anthony Hernandez	M	69	139	1 st
Roland Cooper	M	67	96	2 nd
Wade Gunter	M	25	25	3 rd
Meshel Clements	F	53	70	1 st
Marcia Washington	F	63	140	1 st
Lauren Worden	F	65	108	1 st
Kelly Walkup	F	67	80	2 nd

SHUTTLE RUN

Roger Fowler	M	59	1:19.9	1 st
Robert Taylor III	M	64	2:27.2	1 st
Anthony Hernandez	M	69	1:49.7	1 st
Roland Cooper	M	67	2:11.6	2 nd
Wade Gunter	M	68	2:52.6	3 rd
Allen Bauer	M	71	2:22.1	1 st
Marcia Washington	F	63	1:38.31	1 st
Lizbeth Palmer	F	66	2:02.9	1 st