

2010 Saskatchewan Senior Fitness Association Games July 7, 8, 2010, Regina, SK

50 Meter Dash

W60	1 st	Nancy Dobson, South West	8.47
W65	1 st	Joan Vogel, Regina	9.52
	2 nd	Shirley Graham, Regina	10.27
W75	1 st	Marian Tarnes, South West	18.62
M65	1 st	Jim Stangl, South West	8.31
M70	1 st	Art Priebe, Saskatoon	8.19
	2 nd	Ken Epp, Saskatoon	8.21
		Fred Harland	8.66
M75	1 st	Ted Rowan, Saskatoon	8.31
	2 nd	Andrew Dziadyk, Saskatoon	17.27

100 Meter Dash

W60	1 st	Nancy Dobson, South West	15.77
W65	1 st	Carol LaFayette-Boyd, Regina	14.64
	2 nd	Joan Vogel, Regina	18.06
	3 rd	Shirley Graham, Regina	19.92
W70	1 st	Polly Wardle, Parkland	20.57
W75	1 st	Gwen Boivin, South West	21.55
W80	1 st	Doreen Erskine, South West	31.48
M55	1 st	Brian Berquist, Saskatoon	14.01
M60	1 st	Rick Hartley, Rivers West	16.43
	2 nd	Les Haugen, Saskatoon	19.07
M65	1 st	Bruce Hern, Regina	14.22
M70	1 st	Art Priebe, Saskatoon	15.09
	2 nd	Ken Epp, Saskatoon	15.38
	3 rd	David Danyluk, South West	28.82
		Fred Harland	15.80
M75	1 st	Ted Rowan, Saskatoon	15.54

200 Meter Dash

W65	1 st	Carol LaFayette-Boyd	31.68
W75	1 st	Gwen Boivin, South West	52.23
M65	1 st	Bruce Hern, Regina	29.45
	2 nd	Jim Stangl, South West	34.85
M70	1 st	Art Priebe, Saskatoon	31.93
	2 nd	Ken Epp, Saskatoon	31.94
	3 rd	David Danyluk, South West	1:18.34
M75	1 st	Joe Koza, Prairie Central	32.56

400 Meter Dash

W60	1 st	Linda McBride, South West	1:35.43
W70	1 st	Polly Wardle, Parkland	1:56.21
W75	1 st	Lillian Ferguson, South West	2:32.42
M55	1 st	Dave Olsen, Regina	1:13.92
M65	1 st	Bruce Hern, Regina	1:08.65
	2 nd	Jim Stangl, South West	1:21.68
M70	1 st	Ken Epp, Saskatoon	1:21.68
	2 nd	David Danyluk, South West	Time NA
		Fred Harland	1:21.75

800 Meter Run

W60	1 st	Linda McBride, South West	3:29.39
W65	1 st	Sherrill Forsyth, South West	4:11.77
W70	1 st	Polly Wardle, Parkland	4:16.70
M55	1 st	Dave Olsen, Regina	2:41.96
M65	1 st	Bruce Hern, Regina	2:45.13
M70	1 st	David Danyluk, South West	3:54.10
		Fred Harland	3:45.93
M75	1 st	Daniel Listoe, South West	3:04.82

1500 Meter Run

W60	1 st	Linda McBride, South West	7:05.45
W65	1 st	Sherrill Forsyth, South West	8:42.89
M55	1 st	Dave Olsen, Regina	5:53.27

3000 Meter Run

W60	1 st	Linda McBride, South West	15:07.55
M55	1 st	Dave Olsen, Regina	11:54.34
M60	1 st	Rick Hartley, Rivers West	14:30.02

400 Meter Predicted Walk

Women

1 st	Anita Bella, W80, Parkland	0:00.85
2 nd	Ilean Kolynchuk W70, Parkland	0:02.01
3 rd	Irene Assman, W75, South West	0:20.63
4 th	Patricia Carle, W55, South West	1:04.13

Men

1 st	Carl Bell, M70, South West	0:01.12
2 nd	Clarence MacCormack, M70, Regina	1:12.00
3 rd	George Bella, M75, Parkland	1:25.47

1000 Meter Predicted Walk

Women

1 st	Patricia Carle, W55 South West	0:07.04
2 nd	Irene Assman, W75, South West	0:16.34
3 rd	Ilean Kolynchuk, W70, Parkland	0:20.01
4 th	Anita Bella, W80, Parkland	0:30.01

Men

1 st	George Bella, M75 Parkland	1:36.10
2 nd	Clarence MacCormack, Regina	2:09.19
3 rd	Carl Bell, M70, South West	2:17.04

Long Jump

W60	1 st	Nancy Dobson, South West	3.47m
W65	1 st	Carol LaFayette-Boyd, Regina	4.11m
W70	1 st	Myrtle Bell, South West	2.24m
W75	1 st	Gwen Boivin, South West	2.6m
M60	1 st	Rick Hartley, Rivers West	4.16m
M65	1 st	Bob Grocholski, Regina	3.88m
	2 nd	Roland Delhomeau, Saskatoon	3.82m
M70	1 st	Wayne McLaren, Saskatoon	3.39m
M75	1 st	Joe Koza, Prairie Central	4.27m

Triple Jump

W60	1 st	Nancy Dobson, South West	7.47m
W65	1 st	Carol LaFayette-Boyd, Regina	8.01m
W70	1 st	Myrtle Bell, South West	4.90m
W75	1 st	Gwen Boivin, South West	5.66m
M60	1 st	Rick Hartley, Rivers West	8.55m
M65	1 st	Roland Delhomeau, Saskatoon	7.91m
	2 nd	Bob Grocholski, Regina	7.42m
M70	1 st	Bob Edwards, Parkland	6.24m
M75	1 st	Joe Koza, Prairie Central	8.58m

Shot Put Women

W65	1 st	Joan Vogel, Regina	5.91m
	2 nd	Barbara Wickstrom, Regina	5.71m
W70	1 st	Myrtle Bell, South West	6.33m
	2 nd	Roselynn Vietch, Regina	6.24m
	3 rd	Janet Wickstrom, South West	4.65m
W75	1 st	Marian Tarnes, South West	5.90m
	2 nd	Lillian Ferguson, South West	5.34m
	3 rd	Irene Assman, South West	4.07m
W80	1 st	Doreen Erskine, South West	3.69m

Shot Put Men

M55	1 st	Brian Berquist, Saskatoon	10.05m
M60	1 st	Les Haugen, Saskatoon	7.22m
M65	1 st	Allie Marciniuk, Rivers West	7.50m
		Jim Sawchyn	7.19m
M70	1 st	Wayne McLaren, Saskatoon	9.49m
	2 nd	Bob Edwards, Parkland	9.35m
M75	1 st	Daniel Listoe, South West	8.39m
	2 nd	Andrew Dziadyk, Saskatoon	7.60m
	3 rd	George Bella, Parkland	6.17m

Javelin Throw

W55	1 st	Patricia Carle, South West	13.69m
W65	1 st	Sherrill Forsyth, South West	15.88m
	2 nd	Barbara Wickstrom, Regina	12.65m
W70	1 st	Polly Wardle, Parkland	18.91m
	2 nd	Roselynn Vietch, Regina	13.85m
	3 rd	Ilean Kolynchuk, Parkland	12.22m
	4 th	Janet Wickstrom, South West	6.94m
W75	1 st	Lillian Ferguson, South West	13.82m
	2 nd	Marian Tarnes, South West	11.91m
W80	1 st	Doreen Erskine, South West	6.94m
M55	1 st	Brian Berquist, Saskatoon	34.61m
M60	1 st	Les Haugen, Saskatoon	21.12m
M65	1 st	Roland Delhomeau, Saskatoon	25.99m
	2 nd	Bob Grocholski, Regina	22.60m
		Jim Sawchyn	25.80m
M70	1 st	Bob Edwards, Parkland	24.18m
	2 nd	Wayne McLaren, Saskatoon	17.91m
M75	1 st	Daniel Listoe, South West	26.58m
	2 nd	Ted Rowan, Saskatoon	22.71m
	3 rd	George Bella, Parkland	12.62m

Discuss Throw Women

W55	1 st	Patricia Carle, South West	15.06m
W65	1 st	Joan Vogel, Regina	16.10m
	2 nd	Barbara Wickstrom, Regina	14.43m
	3 rd	Sherrill Forsyth, South West	11.81m
	4 th	Shirley Graham, Regina	8.17m
W70	1 st	Roselynn Vietch, Regina	16.05m
	2 nd	Myrtle Bell, South West	15.72m
	3 rd	Janet Wickstrom, South West	11.24m
W75	1 st	Lillian Ferguson, South West	12.56m
	2 nd	Marian Tarnes, South West	12.48m
	3 rd	Irene Assman, South West	12.15m
W80	1 st	Doreen Erskine, South West	8.02m

Discuss Throw Men

M55	1 st	Brian Berquist, Saskatoon	31.96m
M60	1 st	Les Haugen, Saskatoon	23.41m
M65	1 st	Roland Delhomeau, Saskatoon	27.21m
	2 nd	Bob Grocholski, Regina	26.41m
	3 rd	Allie Marciniuk, Rivers West	24.95m
		Jim Sawchyn	23.64m
M70	1 st	Bob Edwards, Parkland	27.41m
	2 nd	Wayne McLaren, Saskatoon	23.07m
M75	1 st	Ted Rowan, Saskatoon	28.35m
	2 nd	Daniel Listoe, South West	21.49m
	3 rd	Joe Koza, Prairie Central	20.50m
	4 th	Andrew Dziadyk, Saskatoon	18.39m