

# Bench Press

Quad Cities Senior Olympics

Saturday, May 30<sup>th</sup>, 2026

Augustana College Weight Room

Name	Age Group	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Max	Weight%	
Julie Anderson	40-44	65	70	x	70	123	.51
Sandy Van Nieuwenhuyzen	50-54	100	x	x	100	103	.97
Cheryl Hall	55-59	125	135	145	145	169	.86
Carol Burton	60-64	50	53	x	53	140	.37
Sue Johnson	70-74	55	60	x	60	98	.61

## Maximum Lift Category

Cheryl Hall	145
Sandy Van Nieuwenhuyzen	100
Julie Anderson	70
Sue Johnson	60
Carol Burton	53

Name	Age Group	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	Max	Weight%	
Patrick D Morgan Sr	60-64	275	300	x	300	264	1.13
Joe Terronez	65-69	180	190	200	200	168	1.19
Rich Garrett	65-69	155	175	185	185	172	1.07
Mathew Hall	65-69	125	135	145	145	151	.96
Charles Warren	70-74	245	265	x	265	193	1.37
Walter Prisk	70-74	135	145	x	145	166	.87
Ken Beach	75-79	225	235	x	235	165	1.42
Charlie Johnson	75-79	100	x	x	100	129	.77
Jack Frazelle	80-84	135	140	145	145	212	.68

## Maximum Lift Category

Patrick D Morgan Sr	300
Charles Warren	265
Ken Beach	235
Joe Terronez	200
Rich Garrett	185
Jack Frazelle	145
Walter Prisk	145
Matthew Hall	145
Charlie Johnson	100

# Push Ups

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Name	Age Group	1 <sup>st</sup> 60 seconds	2 <sup>nd</sup> 60 seconds	total
Sandy Van Nieuwenhuyzen	50-54	45	45	90
Cheryl Hall	55-59	32	x	32
Sue Johnson	70-74	19	24	43

Name	Age Group	1 <sup>st</sup> 60 seconds	2 <sup>nd</sup> 60 seconds	total
Scott Groenke	60-64	47	53	100
Joe Terronez	65-69	54	59	113
Charles Warren	70-74	70	45	115
Walter Prisk	70-74	38	42	80

# Pull Ups

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Name	Age Group	1 <sup>st</sup> session	2 <sup>nd</sup> session	total
Sandy Van Nieuwenhuyzen	50-54	12	14	26
Sue Johnson	70-74	1	2	3

Name	Age Group	1 <sup>st</sup> session	2 <sup>nd</sup> session	total
Joe Terronez	65-69	16	14	30
Charles Warren	70-74	11	15	26