NSGA / USAPL National Senior Games Bench Press and Deadlift Championships

Hyatt Bonaventure Resort Hotel -- Weston, Florida

Saturday, October 03, 2009

NR	WT.	BDW.	NAME	AGE	TRAINING CENTER	STATE	DIVISION	BENCHPRESS 1.	BENCHPRESS 2.	BENCHPRESS 3.	SUB.	DEADLIFT 1.	DEADLIFT 2.	DEADLIFT 3.	TOT.	Wilk's	PL.
1			**Bench Press/Deadlift**														
2	90.00	85.20	Claudio Lora	54	Dumbarton WL Club -- Dumbarton	New Jersey	Masters [55 - 59]	137.5	145.0	147.5	147.5	142.5	152.5	155.0	302.5	198.9	1.0
3	125.00	111.40	Segismundo Pares	52	YMCA -- Ocala	Florida	Masters [50 - 54]	215.0	227.5	237.5	237.5	260.0	272.5	282.5	520.0	304.9	1.0
4																	
5	90.00	88.10	Ronald Treppeda	58	Greenburg Fitness Ctr. Greenburg	New York	Masters [55 - 59]	132.5	137.5	140.0	140.0	157.5	165.0	172.5	312.5	207.7	1.0
6	90.00	89.50	Terry Mason	56	Jabz Fitness Center -- Naples	Florida	Masters [55 - 59]	102.5	110.0	112.5	112.5	142.5	147.5	152.5	265.0	169.7	2.0
7	100.00	94.00	Steven Eisman	59	Ballys - Tembrooke Pines	Florida	Masters [55 - 59]	142.5	147.5	152.5	152.5	102.5	137.5	-147.5	290.0	181.3	1.0
8	125.00	123.00	Skip Regan	57	Gold's Gym -- Port St. Lucie	Florida	Masters [55 - 59]	200.0	-205.0	210.0	210.0	102.5	125.0	137.5	347.5	198.7	1.0
9																	
10	F 48	46.60	Gayla Cutler	62	The Rush -- Oak Ridge	Tennessee	Masters [60 - 64]	27.5	32.5	37.5	37.5	30.0	35.0	40.0	77.5	104.9	1.0
11	90.00	92.90	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Masters [60 - 64]	75.0	-87.5	92.5	92.5	110.0	137.5	145.0	237.5	149.3	1.0
12	110.00	110.00	Louis Minicucci	60	LA Sports Club -- Boston	Massachusetts	Masters [60 - 64]	120.0	130.0	-132.5	130.0	102.5	115.0	125.0	255.0	150.1	1.0
13																	
14	90.00	86.30	David Parsons	67	YMCA -- Jacksonville	Florida	Masters [65 - 69]	102.5	107.5	-112.5	107.5	137.5	150.0	160.0	267.5	174.6	1.0
15	100.00	96.00	Ray Urgo	65	Gold's Gym -- Port St. Lucie	Florida	Masters [65 - 69]	-142.5	-142.5	142.5	142.5	102.5	112.5	125.0	267.5	165.6	1.0
16																	
17	82.50	77.70	Tony Nicolini	70	Cape Personal Fitness -- Cape Coral	Florida	Masters [70 - 74]	90.0	92.5	95.0	95.0	112.5	122.5	127.5	222.5	154.8	1.0
18	82.50	76.80	Michael Paugh	70	Cape Personal Fitness -- Cape Coral	Florida	Masters [70 - 74]	47.5	50.0	-52.5	50.0	122.5	137.5	142.5	192.5	135.0	2.0
19																	
20			**Bench Press Only**														
21	90.00	85.20	Claudio Lora	54	Dumbarton WL Club -- Dumbarton	New Jersey	Masters [55 - 59]	137.5	145.0	147.5	147.5				147.5	97.0	1.0
22	125.00	111.40	Segismundo Pares	52	YMCA -- Ocala	Florida	Masters [50 - 54]	215.0	227.5	237.5	237.5				237.5	139.2	1.0
23																	
24	90.00	88.10	Ronald Treppeda	58	Greenburg Fitness Ctr. Greenburg	New York	Masters [55 - 59]	132.5	137.5	140.0	140.0				140.0	93.0	1.0
25	90.00	89.50	Terry Mason	56	Jabz Fitness Center -- Naples	Florida	Masters [55 - 59]	102.5	110.0	112.5	112.5				112.5	72.0	2.0
26	100.00	94.00	Steven Eisman	59	Ballys - Tembrooke Pines	Florida	Masters [55 - 59]	142.5	147.5	152.5	152.5				152.5	95.3	1.0
27	125.00	123.00	Skip Regan	57	Gold's Gym -- Port St. Lucie	Florida	Masters [55 - 59]	200.0	-205.0	210.0	210.0				210.0	120.1	1.0
28																	
29	F 48	46.60	Gayla Cutler	62	The Rush -- Oak Ridge	Tennessee	Masters [60 - 64]	27.5	32.5	37.5	37.5				37.5	50.7	1.0
30	90.00	92.90	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Masters [60 - 64]	75.0	-87.5	92.5	92.5				92.5	58.1	1.0
31	110.00	110.00	Louis Minicucci	60	LA Sports Club -- Boston	Massachusetts	Masters [60 - 64]	120.0	130.0	-132.5	130.0				130.0	76.5	1.0
32																	
33	90.00	86.30	David Parsons	67	YMCA -- Jacksonville	Florida	Masters [65 - 69]	102.5	107.5	-112.5	107.5				107.5	70.2	1.0
34	100.00	96.00	Ray Urgo	65	Gold's Gym -- Port St. Lucie	Florida	Masters [65 - 69]	-142.5	-142.5	142.5	142.5				142.5	88.2	1.0
35																	
36	82.50	77.70	Tony Nicolini	70	Cape Personal Fitness -- Cape Coral	Florida	Masters [70 - 74]	90.0	92.5	95.0	95.0				95.0	66.1	1.0
37	82.50	76.80	Michael Paugh	70	Cape Personal Fitness -- Cape Coral	Florida	Masters [70 - 74]	47.5	50.0	-52.5	50.0				50.0	35.1	2.0
38																	
39			**Deadlift Only**														
40	90.00	85.20	Claudio Lora	54	Dumbarton WL Club -- Dumbarton	New Jersey	Masters [55 - 59]					142.5	152.5	155.0	155.0	101.9	1.0
41	125.00	111.40	Segismundo Pares	52	YMCA -- Ocala	Florida	Masters [50 - 54]					260.0	272.5	282.5	282.5	165.6	1.0
42																	
43	90.00	88.10	Ronald Treppeda	58	Greenburg Fitness Ctr. Greenburg	New York	Masters [55 - 59]					157.5	165.0	172.5	172.5	114.6	1.0
44	90.00	89.50	Terry Mason	56	Jabz Fitness Center -- Naples	Florida	Masters [55 - 59]					142.5	147.5	152.5	152.5	97.6	2.0
45	100.00	94.00	Steven Eisman	59	Ballys - Tembrooke Pines	Florida	Masters [55 - 59]					102.5	137.5	-147.5	137.5	85.9	1.0
46	125.00	123.00	Skip Regan	57	Gold's Gym -- Port St. Lucie	Florida	Masters [55 - 59]					102.5	125.0	137.5	137.5	78.6	1.0
47																	
48	F 48	46.60	Gayla Cutler	62	The Rush -- Oak Ridge	Tennessee	Masters [60 - 64]					30.0	35.0	40.0	40.0	54.1	1.0
49	90.00	92.90	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Masters [60 - 64]					110.0	137.5	145.0	145.0	91.1	1.0
50	110.00	110.00	Louis Minicucci	60	LA Sports Club -- Boston	Massachusetts	Masters [60 - 64]					102.5	115.0	125.0	125.0	73.6	1.0
51																	
52	90.00	86.30	David Parsons	67	YMCA -- Jacksonville	Florida	Masters [65 - 69]					137.5	150.0	160.0	160.0	104.4	1.0
53	100.00	96.00	Ray Urgo	65	Gold's Gym -- Port St. Lucie	Florida	Masters [65 - 69]					102.5	112.5	125.0	125.0	77.4	1.0
54																	
55	82.50	76.80	Michael Paugh	70	Cape Personal Fitness -- Cape Coral	Florida	Masters [70 - 74]					122.5	137.5	142.5	142.5	99.9	1.0
56	82.50	77.70	Tony Nicolini	70	Cape Personal Fitness -- Cape Coral	Florida	Masters [70 - 74]					112.5	122.5	127.5	127.5	88.7	2.0
57																	
58			**Overall By Wilks**														
59	F 48	46.60	Gayla Cutler	62	The Rush -- Oak Ridge	Tennessee	Masters [60 - 64]	27.5	32.5	37.5	37.5	30.0	35.0	40.0	77.5	104.9	1.0
60																	
61	125.00	111.40	Segismundo Pares	52	YMCA -- Ocala	Florida	Masters [50 - 54]	215.0	227.5	237.5	237.5	260.0	272.5	282.5	520.0	304.9	1.0
62	90.00	88.10	Ronald Treppeda	58	Greenburg Fitness Ctr. Greenburg	New York	Masters [55 - 59]	132.5	137.5	140.0	140.0	157.5	165.0	172.5	312.5	207.7	2.0
63	90.00	85.20	Claudio Lora	54	Dumbarton WL Club -- Dumbarton	New Jersey	Masters [55 - 59]	137.5	145.0	147.5	147.5	142.5	152.5	155.0	302.5	198.9	3.0
64	125.00	123.00	Skip Regan	57	Gold's Gym -- Port St. Lucie	Florida	Masters [55 - 59]	200.0	-205.0	210.0	210.0	102.5	125.0	137.5	347.5	198.7	4.0
65	100.00	94.00	Steven Eisman	59	Ballys - Tembrooke Pines	Florida	Masters [55 - 59]	142.5	147.5	152.5	152.5	102.5	137.5	-147.5	290.0	181.3	5.0
66	90.00	86.30	David Parsons	67	YMCA -- Jacksonville	Florida	Masters [65 - 69]	102.5	107.5	-112.5	107.5	137.5	150.0	160.0	267.5	174.6	6.0
67	90.00	89.50	Terry Mason	56	Jabz Fitness Center -- Naples	Florida	Masters [55 - 59]	102.5	110.0	112.5	112.5	142.5	147.5	152.5	265.0	169.7	7.0
68	100.00	96.00	Ray Urgo	65	Gold's Gym -- Port St. Lucie	Florida	Masters [65 - 69]	-142.5	-142.5	142.5	142.5	102.5	112.5	125.0	267.5	165.6	8.0
69	82.50	77.70	Tony Nicolini	70	Cape Personal Fitness -- Cape Coral	Florida	Masters [70 - 74]	90.0	92.5	95.0	95.0	112.5	122.5	127.5	222.5	154.8	9.0
70	110.00	110.00	Louis Minicucci	60	LA Sports Club -- Boston	Massachusetts	Masters [60 - 64]	120.0	130.0	-132.5	130.0	102.5	115.0	125.0	255.0	150.1	10.0
71	90.00	92.90	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Masters [60 - 64]	75.0	-87.5	92.5	92.5	110.0	137.5	145.0	237.5	149.3	11.0
72	82.50	76.80	Michael Paugh	70	Cape Personal Fitness -- Cape Coral	Florida	Masters [70 - 74]	47.5	50.0	-52.5	50.0	122.5	137.5	142.5	192.5	135.0	12.0
73																	
74			**Out**														
75	100.00		Greg Ramsdell	51	Tampa BB	Florida	Masters [50 - 54]										
76	110.00		JD Clark	54	Just Lift Ink	Florida	Masters [50 - 54]										
77																	

NSGA / USAW National Senior Games Weightlifting Championships

Hyatt Bonaventure Resort Hotel -- Weston, Florida

Saturday, October 03, 2009

								SNATCH				Clean/Jerk							
NR	WT.	BDW.	NAME	AGE	TRAINING CENTER	STATE	DIVISION	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Sinclair	PL.	MM	Coef.
1			**Weightlifting**																
2	F 48.00	46.60	Gayla Cutler	62	The Rush -- Oak Ridge	Tennessee	Masters [60 - 64]	21.0	-22.0	-22.0	21.0	21.0	-22.0	-22.0	42.0	118.4	1.0	1.6	1.8
3	85.00	79.50	David Bruzzi	52	Ballys Health Club - East Providence	Rhode Island	Masters [50 - 54]	67.0	71.0	75.0	75.0	79.0	-86.0	86.0	161.0	252.2	1.0	1.3	1.2
4	94.00	93.90	Keith Tillman	52	Royal Palm Beach HS -- W. Palm Bch	Florida	Masters [50 - 54]	66.0	70.0	-73.0	70.0	93.0	-98.0	-98.0	163.0	235.8	1.0	1.3	1.1
5	94.00	92.90	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Masters [60 - 64]	34.0	45.0	-47.0	45.0	45.0	-55.0	-55.0	90.0	158.1	1.0	1.5	1.1
6	94.00	86.30	David Parsons	67	YMCA -- Jacksonville	Florida	Masters [65 - 69]	45.0	-68.0	-68.0	45.0	68.0	80.0	-93.0	125.0	254.1	1.0	1.7	1.2
7	77.00	77.00	Gonzalo Gonzales	77	YMCA -- Weston	Florida	Masters [75 - 79]	32.0	35.0	37.0	37.0	42.0	45.0	47.0	84.0	237.1	1.0	2.3	1.3
8																			
9			**Sinclair Rankings**																
10	F 48.00	46.60	Gayla Cutler	62	The Rush -- Oak Ridge	Tennessee	Masters [60 - 64]	21.0	-22.0	-22.0	21.0	21.0	-22.0	-22.0	42.0	118.4	1.0	1.6	1.8
11																			
12	94.00	86.30	David Parsons	67	YMCA -- Jacksonville	Florida	Masters [65 - 69]	45.0	-68.0	-68.0	45.0	68.0	80.0	-93.0	125.0	254.1	1.0	1.7	1.2
13	85.00	79.50	David Bruzzi	52	Ballys Health Club - East Providence	Rhode Island	Masters [50 - 54]	67.0	71.0	75.0	75.0	79.0	-86.0	86.0	161.0	252.2	2.0	1.3	1.2
14	77.00	77.00	Gonzalo Gonzales	77	YMCA -- Weston	Florida	Masters [75 - 79]	32.0	35.0	37.0	37.0	42.0	45.0	47.0	84.0	237.1	3.0	2.3	1.3
15	94.00	93.90	Keith Tillman	52	Royal Palm Beach HS -- W. Palm Bch	Florida	Masters [50 - 54]	66.0	70.0	-73.0	70.0	93.0	-98.0	-98.0	163.0	235.8	4.0	1.3	1.1
16	94.00	92.90	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Masters [60 - 64]	34.0	45.0	-47.0	45.0	45.0	-55.0	-55.0	90.0	158.1	5.0	1.5	1.1
17																			
18																			