



## 4th USAPL Southeastern USA Regional Bench Press Championships

Radisson Hotel - Miami, Florida

Sunday, November 11, 2007



NR	WT.	BDW.	NAME	AGE	DIVISION	CLUB/GYM	STATE	SQUAT			BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilk's	PL.
								1.	2.	3.	1.	2.	3.		1.	2.	3.			
1			<u>Bench Press Only</u>																	
2	F 67.5	65.4	Jeanna Lawson	29	Open	Golds Gym - Port St. Lucie	Florida				-62.5	-65.0	-65.0							
3	82.50	81.8	Mosbah Alkanany	38	Open	Golds Gym - Coral Gables	Florida				-180.0	190.0	-200.0	190.0				190.0	127.9	1.0
4	90.00	88.0	Jeff Gerardo	34	Open	JF Fitness Center - Ft. Myers	Florida				212.5	227.5	235.0	235.0				235.0	151.8	1.0
5	90.00	87.5	Jovan Kirovski	20	Junior [20-23]	St. Peters College - Tampa	Florida				-132.5	-132.5	-132.5							
6	90.00	89.9	George Walker	61	Masters 60+	Quest Fitness - Sebring	Florida				142.5	150.0	155.0	155.0				155.0	99.0	1.0
7	100.00	98.2	Brian Burritt	40	Open	Golds Gym - Port St. Lucie	Florida				207.5	215.0	-220.0	215.0				215.0	131.8	1.0
8	100.00	98.2	Brian Burritt	40	Masters 40+	Golds Gym - Port St. Lucie	Florida				207.5	215.0	-220.0	215.0				215.0	131.8	1.0
9	100.00	96.5	David Grossman	58	Masters 50+	LA Fitness - Coral Springs	Florida				122.5	132.5	135.0	135.0				135.0	83.4	1.0
10	100.00	96.8	Al Speech	62	Masters 60+	NCH Fitness - Naples	Florida				127.5	140.0	-155.0	140.0				140.0	86.4	1.0
11	100.00	94.6	Ray Urgo	63	Masters 60+	Golds Gym - Port St. Lucie	Florida				-137.5	-137.5	-137.5							
12	110.00	109.8	Chris Calvano	38	Open	B&B Fitness - Weston	Florida				165.0	242.5	247.5	247.5				247.5	145.7	1.0
13	110.00	109.3	Alberto Suarez	51	Open	Porkys Gym - Miami	Florida				175.0	-180.0	-180.0	175.0				175.0	103.2	2.0
14	110.00	107.5	Peter Maynard	41	Masters 40+	Golds Gym - Coral Gables	Florida				165.0	177.5	185.0	185.0				185.0	109.7	2.0
15	110.00	103.2	Segmundo Pares	50	Masters 50+	YMCA - Marion County	Florida				165.0	-182.5	182.5	182.5				182.5	109.7	1.0
16	110.00	109.3	Alberto Suarez	51	Masters 50+	Porkys Gym - Miami	Florida				175.0	-180.0	-180.0	175.0				175.0	103.2	2.0
17	110.00	101.1	Salvatore Grech	64	Masters 60+	NCH Fitness - Naples	Florida				117.5	127.5	-137.5	127.5				127.5	77.3	1.0
18	125.00	121.0	Skip Regan	55	Open	Golds Gym - Port St. Lucie	Florida				177.5	-190.0	190.0	190.0				190.0	109.0	1.0
19	125.00	123.7	Roy Shell	29	Open	Golds Gym - New Port Richey	Florida				-172.5	-172.5	172.5	172.5				172.5	98.5	2.0
20	125.00	121.0	Skip Regan	55	Masters 50+	Golds Gym - Port St. Lucie	Florida				177.5	-190.0	190.0	190.0				190.0	109.0	1.0
21			<u>Out</u>																	
22	90.00		John Ruffalo	70	Masters 70+	YMCA -- Palm Bay	Florida													
23																				
24																				
25																				

HEADREFEREE  
NAME:

LEFT-REFEREE  
NAME:

RIGHT-REFEREE  
NAME: