



17th FSF / USAPL Florida Senior Games Bench Press/Deadlift/Push-Pull Championships



Florida Gulf Coast University -- Ft. Myers, Florida

Saturday, December 05, 2009

NR	WT.	BDW	NAME	AGE	TRAINING CENTER/CITY	STATE	DIVISION	CATEGORY	BENCHPRESS				DEADLIFT			TOT.	Wilks	PL.
									1.	2.	3.	SUB.	1.	2.	3.			
1	F 56.00	52.40	Nancy Georges	58	All-American Gym -- Lakeland	Florida	Raw Bench Press	Masters 55 - 59	27.5	32.5	35.0	35.0				35.0	43.4	1.0
2	F 90.00+	103.40	Peggy Busacca	56	Planet Fitness -- Melbourne	Florida	Raw Bench Press	Masters 55 - 59	60.0	70.0	77.5	77.5				77.5	63.9	1.0
3	F 90.00	82.70	Dale Reiss	61	TF Personal Training -- Ft. Myers	Florida	Raw Bench Press	Masters 60 - 64	27.5	32.5	40.0	40.0				40.0	26.8	1.0
4	F 48.00	47.40	Joan Schmidt	69	Commons Club -- Bonita Springs	Florida	Raw Bench Press	Masters 65 - 69	27.5	32.5	-33.5	32.5				32.5	43.4	1.0
5	125.00	115.40	Joe Hernandez	41	Fit Forever - Naples	Florida	Raw Bench Press	Masters 40 - 44	105.0	112.5	115.0	115.0				115.0	66.8	1.0
6	67.50	64.60	Ken Van Doren	49	YMCA -- Gainesville	Florida	Raw Bench Press	Masters 45 - 49	82.5	85.0	87.5	87.5				87.5	69.9	1.0
7	100.00	93.00	Jim Bragg	49	Gold's Gym -- Brooksville	Florida	Raw Bench Press	Masters 45 - 49	140.0	145.0	-147.5	145.0				145.0	91.1	1.0
8	100.00	94.90	Steve Eisman	59	Bally's -- Pembroke Pines	Florida	Raw Bench Press	Masters 55 - 59	152.5	157.5	-160.0	157.5				157.5	98.0	1.0
9	100.00	94.80	Ed Lundy	57	NAS -- Jacksonville	Florida	Raw Bench Press	Masters 55 - 59	110.0	112.5	115.0	115.0				115.0	71.6	2.0
10	82.50	79.20	Dennis Trubey	61	Just Fitness -- Jacksonville	Florida	Raw Bench Press	Masters 60 - 64	-92.5	-92.5	92.5	92.5				92.5	63.6	1.0
11	100.00	93.70	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Raw Bench Press	Masters 60 - 64	82.5	92.5	-95.0	92.5				92.5	57.9	1.0
12	100.00	96.90	Wesley Hendrix	67	NAS -- Jacksonville	Florida	Raw Bench Press	Masters 65 - 69	142.5	155.0	-162.5	155.0				155.0	95.6	1.0
13	75.00	72.50	Robert Nussear	71	LA Fitness -- Clearwater	Florida	Raw Bench Press	Masters 70 - 74	82.5	92.5	-97.5	92.5				92.5	67.5	1.0
14	82.50	78.80	E. Noel Kocher	71	Lifestyles Fitness -- Lakeland	Florida	Raw Bench Press	Masters 70 - 74	92.5	100.0	-105.0	100.0				100.0	68.9	1.0
15	90.00	85.20	Marco Benavides	70	Country CC Fitness - Clearwater	Indiana	Raw Bench Press	Masters 70 - 74	100.0	-105.0	105.0	105.0				105.0	69.0	1.0
16	F 56.00	56.00	Melinda Henry	51	Absolute Fitness -- Jacksonville	Florida	Equipped Bench Press	Masters 50 - 54	-52.5	-52.5	-52.5							
17	F 90.00+	103.40	Peggy Busacca	56	Planet Fitness -- Melbourne	Florida	Equipped Bench Press	Masters 55 - 59	60.0	70.0	77.5	77.5				77.5	63.9	1.0
18	F 48.00	47.40	Joan Schmidt	69	Commons Club -- Bonita Springs	Florida	Equipped Bench Press	Masters 65 - 69	27.5	32.5	-33.5	32.5				32.5	43.4	1.0
19	F 82.50	81.40	Regina Hackney	70	Charleston AFB -- Charleston	South Carolina	Equipped Bench Press	Masters 70 - 74	65.0	-72.5	-72.5	65.0				65.0	58.9	1.0
20	F 82.50	77.90	Maria Pares	78	Lifestyles Fitness - Ocala	Florida	Equipped Bench Press	Masters 75 - 79	-18.0	-18.0	18.0	18.0				18.0	16.7	1.0
21	110.00	109.50	Jim Dundon	44	Fit Forever - Naples	Florida	Equipped Bench Press	Masters 40 - 44	167.5	175.0	-232.5	175.0				175.0	103.1	1.0
22	100.00	98.40	Armando Pares	51	YMCA -- Ocala	Florida	Equipped Bench Press	Masters 50 - 54	140.0	145.0	-150.0	145.0				145.0	88.8	1.0
23	110.00	109.50	Segismundo Pares	52	YMCA -- Ocala	Florida	Equipped Bench Press	Masters 50 - 54	217.5	227.5	237.5	237.5				237.5	140.0	1.0
24	90.00	87.20	George Walker	63	Fitness Factory -- Sebring	Florida	Equipped Bench Press	Masters 60 - 64	165.0	-167.5	-167.5	165.0				165.0	107.1	1.0
25	100.00	93.70	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Equipped Bench Press	Masters 60 - 64	82.5	92.5	-95.0	92.5				92.5	57.9	1.0
26	125.00	114.80	Louis Minicucci	60	Sports Club -- Boston	Massachusetts	Equipped Bench Press	Masters 60 - 64	-125.0	125.0	-132.5	125.0				125.0	72.7	1.0
27	100.00	98.70	Al Speech	65	LA Fitness -- Bonita Springs	Florida	Equipped Bench Press	Masters 65 - 69	125.0	147.5	157.5	157.5				157.5	96.4	1.0
28	75.00	72.50	Robert Nussear	71	LA Fitness -- Clearwater	Florida	Equipped Bench Press	Masters 70 - 74	82.5	92.5	-97.5	92.5				92.5	67.5	1.0
29	82.50	79.20	Michael Paugh	65	Keep Fit on the Cape -- Cape Coral	Florida	Equipped Bench Press	Masters 70 - 74	47.5	50.0	-52.5	50.0				50.0	34.4	1.0
30																		
31	F 56.00	52.40	Nancy Georges	58	All-American Gym -- Lakeland	Florida	Raw Deadlift	Masters 55 - 59					70.0	75.0	80.0	80.0	99.1	1.0
32	F 90.00+	103.40	Peggy Busacca	56	Planet Fitness -- Melbourne	Florida	Raw Deadlift	Masters 55 - 59					85.0	112.5	-120.0	112.5	92.8	1.0
33	F 90.00	82.70	Dale Reiss	61	TF Personal Training -- Ft. Myers	Florida	Raw Deadlift	Masters 60 - 64					-55.0	60.0	65.0	65.0	43.5	1.0
34	F 48.00	47.40	Joan Schmidt	69	Commons Club -- Bonita Springs	Florida	Raw Deadlift	Masters 65 - 69					-65.0	65.0	70.5	70.5	94.2	1.0
35	125.00	115.40	Joe Hernandez	41	Fit Forever - Naples	Florida	Raw Deadlift	Masters 40 - 44					165.0	-172.5	-182.5	165.0	95.8	1.0
36	67.50	64.60	Ken Van Doren	49	YMCA -- Gainesville	Florida	Raw Deadlift	Masters 45 - 49					165.0	167.5	170.0	170.0	135.9	1.0
37	100.00	93.00	Jim Bragg	49	Gold's Gym -- Brooksville	Florida	Raw Deadlift	Masters 45 - 49					157.5	165.0	170.0	170.0	106.8	1.0
38	100.00	94.80	Ed Lundy	57	NAS -- Jacksonville	Florida	Raw Deadlift	Masters 55 - 59					160.0	175.0	185.0	185.0	115.2	1.0
39	100.00	94.90	Steve Eisman	59	Bally's -- Pembroke Pines	Florida	Raw Deadlift	Masters 55 - 59					137.5	147.5	157.5	157.5	98.0	2.0
40	82.50	79.20	Dennis Trubey	61	Just Fitness -- Jacksonville	Florida	Raw Deadlift	Masters 60 - 64					102.5	120.0	125.0	125.0	85.9	1.0
41	100.00	93.70	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Raw Deadlift	Masters 60 - 64					-122.5	127.5	137.5	137.5	86.1	1.0
42	100.00	96.90	Wesley Hendrix	67	NAS -- Jacksonville	Florida	Raw Deadlift	Masters 65 - 69					142.5	160.0	167.5	167.5	103.3	1.0
43	90.00	85.20	Marco Benavides	70	Country CC Fitness - Clearwater	Florida	Raw Deadlift	Masters 70 - 74					142.5	147.5	152.5	152.5	100.3	1.0
44	F 56.00	56.00	Melinda Henry	51	Absolute Fitness -- Jacksonville	Florida	Equipped Deadlift	Masters 50 - 54					-70.0	72.5	80.0	80.0	94.1	1.0
45	F 90.00+	103.40	Peggy Busacca	56	Planet Fitness -- Melbourne	Florida	Equipped Deadlift	Masters 55 - 59					85.0	112.5	-120.0	112.5	92.8	1.0
46	F 48.00	47.40	Joan Schmidt	69	Commons Club -- Bonita Springs	Florida	Equipped Deadlift	Masters 65 - 69					-65.0	65.0	70.5	70.5	94.2	1.0
47	F 82.50	81.40	Regina Hackney	70	Charleston AFB -- Charleston	South Carolina	Equipped Deadlift	Masters 70 - 74					125.0	130.0	Pass	130.0	117.8	1.0
48	100.00	98.40	Armando Pares	51	YMCA -- Ocala	Florida	Equipped Deadlift	Masters 50 - 54					210.0	220.0	230.0	230.0	140.9	1.0
49	110.00	109.50	Segismundo Pares	52	YMCA -- Ocala	Florida	Equipped Deadlift	Masters 50 - 54					262.5	277.5	290.0	290.0	170.9	1.0
50	100.00	93.70	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Equipped Deadlift	Masters 60 - 64					-122.5	127.5	137.5	137.5	86.1	1.0
51	125.00	114.80	Louis Minicucci	60	Sports Club -- Boston	Massachusetts	Equipped Deadlift	Masters 60 - 64					120.0	132.5	145.0	145.0	84.3	1.0
52	100.00	98.70	Al Speech	65	LA Fitness -- Bonita Springs	Florida	Equipped Deadlift	Masters 65 - 69					102.5	147.5	152.5	152.5	93.3	1.0
53	82.50	79.20	Michael Paugh	65	Keep Fit on the Cape -- Cape Coral	Florida	Equipped Deadlift	Masters 70 - 74					137.5	145.0	150.0	150.0	103.1	1.0



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NR	WT.	BDW	NAME	AGE	TRAINING CENTER/CITY	STATE	DIVISION	CATEGORY	SQUAT			BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilk's	PL.
									1.	2.	3.	1.	2.	3.		1.	2.	3.			
Women's Best Lifter -- Raw Bench Press																					
1	F 90.00+	103.40	Peggy Busacca	56	Planet Fitness -- Melbourne	Florida	Raw Bench Press	Masters 55 - 59				60.0	70.0	77.5	77.5				77.5	63.9	1.0
2	F 48.00	47.40	Joan Schmidt	69	Commons Club -- Bonita Springs	Florida	Raw Bench Press	Masters 65 - 69				27.5	32.5	-33.5	32.5				32.5	43.4	2.0
3	F 56.00	52.40	Nancy Georges	58	All-American Gym -- Lakeland	Florida	Raw Bench Press	Masters 55 - 59				27.5	32.5	35.0	35.0				35.0	43.4	3.0
4	F 90.00	82.70	Dale Reiss	61	TF Personal Training -- Ft. Myers	Florida	Raw Bench Press	Masters 60 - 64				27.5	32.5	40.0	40.0				40.0	26.8	4.0
5	F 90.00+	103.40	Peggy Busacca	56	Planet Fitness -- Melbourne	Florida	Equipped Bench Press	Masters 55 - 59				60.0	70.0	77.5	77.5				77.5	63.9	1.0
6	F 82.50	81.40	Regina Hackney	70	Charleston AFB -- Charleston	South Carolina	Equipped Bench Press	Masters 70 - 74				65.0	-72.5	-72.5	65.0				65.0	58.9	2.0
7	F 48.00	47.40	Joan Schmidt	69	Commons Club -- Bonita Springs	Florida	Equipped Bench Press	Masters 65 - 69				27.5	32.5	-33.5	32.5				32.5	43.4	3.0
8	F 82.50	77.90	Maria Pares	78	Lifestyles Fitness - Ocala	Florida	Equipped Bench Press	Masters 75 - 79				-18.0	-18.0	18.0	18.0				18.0	16.7	4.0
9	F 90.00+	103.40	Peggy Busacca	56	Planet Fitness -- Melbourne	Florida	Bench Press	Masters 55 - 59				60.0	70.0	77.5	77.5				77.5	63.9	1.0
10	F 82.50	81.40	Regina Hackney	70	Charleston AFB -- Charleston	South Carolina	Bench Press	Masters 70 - 74				65.0	-72.5	-72.5	65.0				65.0	58.9	2.0
11	F 48.00	47.40	Joan Schmidt	69	Commons Club -- Bonita Springs	Florida	Bench Press	Masters 65 - 69				27.5	32.5	-33.5	32.5				32.5	43.4	3.0
12	F 56.00	52.40	Nancy Georges	58	All-American Gym -- Lakeland	Florida	Bench Press	Masters 55 - 59				27.5	32.5	35.0	35.0				35.0	43.4	4.0
13	F 90.00	82.70	Dale Reiss	61	TF Personal Training -- Ft. Myers	Florida	Bench Press	Masters 60 - 64				27.5	32.5	40.0	40.0				40.0	26.8	5.0
Women's Champion of Champions -- Best Overall Lifter in the Bench Press																					
14	F 90.00+	103.40	Peggy Busacca	56	Planet Fitness -- Melbourne	Florida	Bench Press	Masters 55 - 59				60.0	70.0	77.5	77.5				77.5	63.9	1.0
15	F 82.50	81.40	Regina Hackney	70	Charleston AFB -- Charleston	South Carolina	Bench Press	Masters 70 - 74				65.0	-72.5	-72.5	65.0				65.0	58.9	2.0
16	F 48.00	47.40	Joan Schmidt	69	Commons Club -- Bonita Springs	Florida	Bench Press	Masters 65 - 69				27.5	32.5	-33.5	32.5				32.5	43.4	3.0
17	F 56.00	52.40	Nancy Georges	58	All-American Gym -- Lakeland	Florida	Bench Press	Masters 55 - 59				27.5	32.5	35.0	35.0				35.0	43.4	4.0
18	F 90.00	82.70	Dale Reiss	61	TF Personal Training -- Ft. Myers	Florida	Bench Press	Masters 60 - 64				27.5	32.5	40.0	40.0				40.0	26.8	5.0
Men's Best Lifter -- Raw Bench Press																					
19	100.00	94.90	Steve Eisman	59	Bally's -- Pembroke Pines	Florida	Raw Bench Press	Masters 55 - 59				152.5	157.5	-160.0	157.5				157.5	98.0	1.0
20	100.00	96.90	Wesley Hendrix	67	NAS -- Jacksonville	Florida	Raw Bench Press	Masters 65 - 69				142.5	155.0	-162.5	155.0				155.0	95.6	1.0
21	100.00	93.00	Jim Bragg	49	Gold's Gym -- Brooksville	Florida	Raw Bench Press	Masters 45 - 49				140.0	145.0	-147.5	145.0				145.0	91.1	1.0
22	100.00	94.80	Ed Lundy	57	NAS -- Jacksonville	Florida	Raw Bench Press	Masters 55 - 59				110.0	112.5	115.0	115.0				115.0	71.6	2.0
23	67.50	64.60	Ken Van Doren	49	YMCA -- Gainesville	Florida	Raw Bench Press	Masters 45 - 49				82.5	85.0	87.5	87.5				87.5	69.9	1.0
24	90.00	85.20	Marco Benavides	70	Country CC Fitness - Clearwater	Indiana	Raw Bench Press	Masters 70 - 74				100.0	-105.0	105.0	105.0				105.0	69.0	1.0
25	82.50	78.80	E. Noel Kocher	71	Lifestyles Fitness -- Lakeland	Florida	Raw Bench Press	Masters 70 - 74				92.5	100.0	-105.0	100.0				100.0	68.9	1.0
26	75.00	72.50	Robert Nussear	71	LA Fitness -- Clearwater	Florida	Raw Bench Press	Masters 70 - 74				82.5	92.5	-97.5	92.5				92.5	67.5	1.0
27	125.00	115.40	Joe Hernandez	41	Fit Forever - Naples	Florida	Raw Bench Press	Masters 40 - 44				105.0	112.5	115.0	115.0				115.0	66.8	1.0
28	82.50	79.20	Dennis Trubey	61	Just Fitness -- Jacksonville	Florida	Raw Bench Press	Masters 60 - 64				-92.5	-92.5	92.5	92.5				92.5	63.6	1.0
29	100.00	93.70	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Raw Bench Press	Masters 60 - 64				82.5	92.5	-95.0	92.5				92.5	57.9	1.0
Men's Best Lifter -- Equipped Bench Press																					
30	110.00	109.50	Segismundo Pares	52	YMCA -- Ocala	Florida	Equipped Bench Press	Masters 50 - 54				217.5	227.5	237.5	237.5				237.5	140.0	1.0
31	90.00	87.20	George Walker	63	Fitness Factory -- Sebring	Florida	Equipped Bench Press	Masters 60 - 64				165.0	-167.5	-167.5	165.0				165.0	107.1	2.0
32	110.00	109.50	Jim Dundon	44	Fit Forever - Naples	Florida	Equipped Bench Press	Masters 40 - 44				167.5	175.0	-232.5	175.0				175.0	103.1	3.0
33	100.00	98.70	Al Speech	65	LA Fitness -- Bonita Springs	Florida	Equipped Bench Press	Masters 65 - 69				125.0	147.5	157.5	157.5				157.5	96.4	4.0
34	100.00	98.40	Armando Pares	51	YMCA -- Ocala	Florida	Equipped Bench Press	Masters 50 - 54				140.0	145.0	-150.0	145.0				145.0	88.8	5.0
35	125.00	114.80	Louis Miniucci	60	Sports Club -- Boston	Massachusetts	Equipped Bench Press	Masters 60 - 64				-125.0	125.0	-132.5	125.0				125.0	72.7	6.0
36	75.00	72.50	Robert Nussear	71	LA Fitness -- Clearwater	Florida	Equipped Bench Press	Masters 70 - 74				82.5	92.5	-97.5	92.5				92.5	67.5	7.0
37	100.00	93.70	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Equipped Bench Press	Masters 60 - 64				82.5	92.5	-95.0	92.5				92.5	57.9	8.0
38	82.50	79.20	Michael Paugh	65	Keep Fit on the Cape -- Cape Coral	Florida	Equipped Bench Press	Masters 70 - 74				47.5	50.0	-52.5	50.0				50.0	34.4	9.0
Men's Champion of Champions -- Best Overall Lifter in the Bench Press																					
39	110.00	109.50	Segismundo Pares	52	YMCA -- Ocala	Florida	Bench Press	Masters 50 - 54				217.5	227.5	237.5	237.5				237.5	140.0	1.0
40	90.00	87.20	George Walker	63	Fitness Factory -- Sebring	Florida	Bench Press	Masters 60 - 64				165.0	-167.5	-167.5	165.0				165.0	107.1	2.0
41	110.00	109.50	Jim Dundon	44	Fit Forever - Naples	Florida	Bench Press	Masters 40 - 44				167.5	175.0	-232.5	175.0				175.0	103.1	3.0
42	100.00	94.90	Steve Eisman	59	Bally's -- Pembroke Pines	Florida	Bench Press	Masters 55 - 59				152.5	157.5	-160.0	157.5				157.5	98.0	4.0
43	100.00	98.70	Al Speech	65	LA Fitness -- Bonita Springs	Florida	Bench Press	Masters 65 - 69				125.0	147.5	157.5	157.5				157.5	96.4	5.0
44	100.00	96.90	Wesley Hendrix	67	NAS -- Jacksonville	Florida	Bench Press	Masters 65 - 69				142.5	155.0	-162.5	155.0				155.0	95.6	6.0
45	100.00	93.00	Jim Bragg	49	Gold's Gym -- Brooksville	Florida	Bench Press	Masters 45 - 49				140.0	145.0	-147.5	145.0				145.0	91.1	7.0
46	100.00	98.40	Armando Pares	51	YMCA -- Ocala	Florida	Bench Press	Masters 50 - 54				140.0	145.0	-150.0	145.0				145.0	88.8	8.0
47	125.00	114.80	Louis Miniucci	60	Sports Club -- Boston	Massachusetts	Bench Press	Masters 60 - 64				-125.0	125.0	-132.5	125.0				125.0	72.7	9.0
48	100.00	94.80	Ed Lundy	57	NAS -- Jacksonville	Florida	Bench Press	Masters 55 - 59				110.0	112.5	115.0	115.0				115.0	71.6	10.0
49	67.50	64.60	Ken Van Doren	49	YMCA -- Gainesville	Florida	Bench Press	Masters 45 - 49				82.5	85.0	87.5	87.5				87.5	69.9	11.0
50	90.00	85.20	Marco Benavides	70	Country CC Fitness - Clearwater	Indiana	Bench Press	Masters 70 - 74				100.0	-105.0	105.0	105.0				105.0	69.0	12.0
51	82.50	78.80	E. Noel Kocher	71	Lifestyles Fitness -- Lakeland	Florida	Bench Press	Masters 70 - 74				92.5	100.0	-105.0	100.0				100.0	68.9	13.0
52	75.00	72.50	Robert Nussear	71	LA Fitness -- Clearwater	Florida	Bench Press	Masters 70 - 74				82.5	92.5	-97.5	92.5				92.5	67.5	14.0
53	125.00	115.40	Joe Hernandez	41	Fit Forever - Naples	Florida	Bench Press	Masters 40 - 44				105.0	112.5	115.0	115.0				115.0	66.8	15.0
54	82.50	79.20	Dennis Trubey	61	Just Fitness -- Jacksonville	Florida	Bench Press	Masters 60 - 64				-92.5	-92.5	92.5	92.5				92.5	63.6	16.0
55	100.00	93.70	John Bertalan	62	YMCA -- Tarpon Springs	Florida	Bench Press	Masters 60 - 64				82.5	92.5	-95.0	92.5				92.5	57.9	17.0
56	82.50	79.20	Michael Paugh	65	Keep Fit on the Cape -- Cape Coral	Florida	Bench Press	Masters 70 - 74				47.5	50.0	-52.5	50.0				50.0	34.4	18.0

