

USPF Winter Benchpress and Bicep Bonanza

December 16, 2000

American Eagle Gym

Norwalk, CA

**USPF Winter Benchpress and Bicep Bonanza**

12-16-00 American Eagle Gym, Norwalk, CA

**BENCHPRESS COMPETITION:**

<u>Div</u>	<u>Class</u>	<u>Name</u>	<u>Bwt</u>	<u>BP (kilos)</u>	<u>BP Lbs</u>
<b>Women</b>					
<i>Open</i>	123	D Shafer	122	57.5	126
	198	M Pennington	189	85.0	187
<i>SubMaster</i>		R Hecker	121	45.0	99
<b>Men</b>					
<i>Open</i>	123	K Meskew	123	75.0	165
	242	K Forbes	236	192.5	424
		R Coombs	230	182.5	402
		C LaMantia	225.5	132.5	292
	275	C McGuire	262	155.0	341
	SHW	G Brink	318	200.0	440
<i>SubMaster**</i>		K Tate	178	170.0	374
		S Marcinek	191.5	172.5	380
		A Lopez	242	182.5	402
		C Lewis	328	182.5	402
<i>Master**</i>	50-54	B Evans	220	170.0	374
		G Brink	318	200.0	440
	60-64	D Herrera	275	175.0	385
		R Saldana	165	105.0	231
	65-69	S Colella	197.5	117.5	259

\*\* - Divisions determined by Bodyweight and Age formula

Best Lifters:	Open Light	<b>Ken Tate</b>
	Open Heavy	<b>Keith Forbes</b>
	Master	<b>Danny Herrera</b>
	Women	<b>Mary Pennington</b>

Referees: Kevin Meskew, Chuck LaMantia, Kellie LaMantia, Scott Laym

**STRICT CURL COMPETITION:**

Record

<u>Div</u>	<u>Class</u>	<u>Name</u>	<u>Bwt</u>	<u>BP (kilos)</u>	<u>BP Lbs</u>
<b>Women</b>					
<i>Open</i>	124	D Shafer	122	37.5	82.6 <b>38k*/83.8lb*</b>
	199	M Pennington	189	37.5	82.6
<b>Men</b>					
<i>Open</i>	124	K Meskew	123	45.00	99.2
	243	C LaMantia	225.5	47.50	104.7
	276	C McGuire	262	75.00	165.3
<i>SubMaster</i>		C Lewis	328	78.75	173.6
<i>Master**</i>	45-49	J Chencharik	219	70.00	154.3
	50-54	B Evans	220	60.00	132.3
		G Brink	318	72.50	159.8
	55-59	J Vittori	190	50.00	110.3
	70-74	W Ruddock	165	47.50*	104.7* (age group/wt class WR)

Referees: Kellie LaMantia, Bill Crow, Kevin Meskew, George Brink, John Vittori