

## USPF NEW ENGLAND MEET RESULTS

2000, 2001, 2002, 2003, & 2009(?)

*Thank you to James Bourgault for contributing these.*

USPF New England Championships 17 JUN 00 - Bedford, NH.				
Women	SQ	BP	DL	TOT
J. Ortelli	190	110	200	500
C. Day	110	110	200	420
Junior				
S. Ritucci	385	3 15	435	1135
Submaster				
P. Halliwell	585	400	515	1500
J. Bourgault	570	415	585	1570
Master				
B. Matchett	3 15	300	525	1140
E. Puglise	355	230	445	1030
J. Goncalves	415	250	480	1145
D. Montembault	610	375	-	-
Open				
181 lb.				
J. Holmes	430	300	530	1260
E. Puglise	355	230	445	1030
J. James	255	225	330	810
S. Durocher	600	-	-	-
198 lb.				
K. Lambert*	625	380	605	1610
P. Halliwell	585	400	515	1500
220 lb.				
B. Jodoin	485	315	510	1310
B. Bellemare	350	3 15	425	1090
242 lb.				
R. Delavega	590	360	590	1540
D. Whalen	550	380	590	1520
275 lb.				
S. Sequin	615	350	575	1540

USPF New England BP  
17 JUN 00 - Bedford, NH

BENCH		181	
Sub Master		B. Napierata	410
B. Tucker	500	198	
P. Halliwell	400	P. Halliwell	400
J. Bourgault	415	220	
Master		D. Montembault	375
D. Montembault	375	B. Fitzgerald	320
M. Martins	315	242	
T. Whalen	270	E. Dawson	350
Open		SHW	
		B. Tucker	500

\* Denotes Best Lifter. This years contest was held at the Tara Wayfarer in Bedford, NH. A great venue conveniently located off of Interstate 293, it hosted one of the best contests I've ever seen! We had a full day of great lifting and the camaraderie between everyone was outstanding! Never in my seven years of this sport have I seen such a great group of people! You guys can all come back to my contests anytime! Special Thanks go out to Brian Farmer of YankeeFarmersMarket.com, 5 time World Powerlifting Champion Rocco Boulay of FlexRx.com, Jamie Fellows and Mark Mauzy of Superior Fitness, and Lance Taylor of Europa Sports Products (800-447-4795) for all of their help. Remember, to see what's happening in New England powerlifting check out our USPF NH state website: [www.AMERICANPOWERLIFTING.com](http://www.AMERICANPOWERLIFTING.com) or [www.USABODYBUILDING.com](http://www.USABODYBUILDING.com). See ya all next year! (Thanks to Dave Follansbee, NH State Chair for providing the results for this competition).



**USPF New England Bench  
24 Mar 01 - Manchester, NH**

<b>WOMEN</b>		M. Martins-176	330		
Junior		D. Horton-167	260		
M. Roose-113	105	198 lb.			
Open		B. Topol-194	330		
M. Ferrara-113	110	220 lb.			
C. Khoury-146	110	D. Montembault	410		
Submaster		T. Whalen-202	320		
M. Ferrara-113	110	<b>MEN</b>			
Master		Open	181 lb.		
C. Khoury-146	110	B. Napierata	440		
<b>MEN</b>		J. Morrison	310		
Submaster		J. James	285		
181 lb.		220 lb.			
J. Morrison-178	310	M. Ahern	425		
198 lb.		D. Montembault	410		
J. Pettigrew-192	325	T. Comeau	390		
242 lb.		H. Kemp	350		
E. Basile	—	242 lb.			
<b>SHW</b>		E. Basile	—		
T. Saunders-379	475	275 lb.			
Master		J. Bourgault	440		
D. Montembault	410	S. Sequin	355		
181 lb.		R. Discipio	—		
<b>SHW</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>	
T. Saunders-379	820	475	135	1430	

USPF New England Powerlifting  
24 Mar 01 - Manchester, NH

WOMEN	SQ	BP	DL	TOT
<b>Junior</b>				
M. Roose-113	205	105	225	535
4th			230	540
<b>Open</b>				
A. Rogers-112	225*	150*	280	655
4th			290*	665*
M. Ferrara-113	140	110	200	450
4th	160*		210*	480*
C. Khoury-146	175	110	205	490
4th	190*	120*	215*	525*
<b>Submaster</b>				
M. Ferrara-113	140	110	200	450
4th	160*		210*	480*
<b>Master</b>				
C. Khoury-146	175	110	205	490
4th	190*	120*	215	525*
C. Day-166	95	100	190	385
<b>MEN</b>				
<b>Submaster 181 lb.</b>				
J. Morrison	405*	310*	455*	1170*
198 lb.				
J. Pettigrew	450	325	515	1290
J. Bourque	440	300	530	1270
<b>275 lb.</b>				
J. Bourgault	605	440	610	1655
<b>SHW</b>				
T. Saunders	820*	475*	135*	1430*
<b>Master 220 lb.</b>				
D. Montebault	575	410	560	1545
J. Goncalves	440	275	485	1200
B. Bailey	400*	309	450	1150
4th		310*	470*	1180*
<b>Open 148 lb.</b>				
C. Rogers	365	205	410	980
<b>165 lb.</b>				
D. Sonne	475	305	560	1340
K. Manning	455	280	465	1200
<b>181 lb.</b>				
B. Kobrenski	495	335	620	1450
J. Morrison	405	310	455	1170
G. Monmaney	330	320	425	1075
J. James	200	285	340	825
<b>198 lb.</b>				
J. Ascani	520	370	600	1490
G. Sousa	515	360	550	1425
D. Jensen	500	335	560	1395
J. Bourque	440	360	530	1270
<b>220 lb.</b>				
D. Montebault	575	410	560	1545
M. Ahern	535	425	545	1505
H. Kemp	425	350	500	1275
242				
D. Whalen	600	440	640	1680
275				
S. Sequin	620	355	580	1555
N. Arvanites	460	325	550	1335
S. Grey	585	—	—	—

Never in my eight years of this sport have I seen such a great group of people! You guys can all come back to my contests anytime! And to those crazy, hardcore Rhode Island guys who went home that night to get up and compete at the USPF Rhode Island State the next day, you're all a bunch of Supermen!!

APRIL 7, 2002  
BEDFORD, NH  
2002 USPF NEW ENGLAND  
POWER LIFTING & BENCH PRESS  
CHAMPIONSHIPS

MENS JUNIOR

TIM LYONS \*632-401-664=1697

MIKE MAGEE \*611\*422\*600=1633

SUB MASTER

DAN WHALEN \*649\*440\*611=700

MASTERS 40+

DENNIS MONTEBAULT\*632\*435\*572=1639

JAMES BOURGAULT\*600\*485\*611=1696

BRIAN MATCHET \*390\*302\*539=1231

JOSE GONCALVES\*412\*265\*451=1128

OPEN

198LBS

SCOTT ROE\*580\*365\*535=1480

JOE ASCANI\*535\*370\*570=1475

JACK WARD\*4298\*336\*485=1250

220LBS

MIKE AHERN\*544\*423\*572=1539

275LBS

STEVE SEQUIN\*572\*375\*583=1530

**BEST LIFTER MIKE MAGEE**

**BENCH PRESS**

**MASTERS**

ROCO BULAY\*451

JOHN SABER\*445

PAUL SUSSMAN\*420

**OPEN**

**198LBS**

ROCO BULAX\*451

PAUL SUSSMAN\*420

**220LB**

MIKE AHERN \*423

**257LBS**

JIM BOURGAULT \*485

STEVE SEQUIN \*375

**SHW**

BOB ADDAMS \*485

**BEST LIFTER**

ROCO BULAY

\* = NE RECORDS



USPF New Hampshire/New England  
US Open/US Women's Nationals  
27 APR 03 - Manchester, NH (KG)

NH State BP	T. Troy	160		
181	Submaster			
J. Morrow	120	185		
181	Master Men 40+			
F. Coakle	110	145		
1901b	165			
K. Putnam	172.5	145		
T. Troy	160	181		
Submaster Men	Joe Blitney	162.5		
Joe Morrow	152.5	157.5		
Joe Percaccio	142.5	152.5		
Open 181	190			
Joe Blitney	162.5	177.5		
J. Ferland	157.5	115		
S. Kobrowski	135	300		
Jeff Morrison	152.5	217.5		
220	New England Deadlift			
Mike Abem	197.5	Men's Open		
H. Preston	195	190		
P. Sweeney	185	177.5		
300	US Open BP			
Joe Percaccio	142.5	Men's		
Master Men 40+	Submaster			
P. Sweeney	185	152.5		
N. Ghossein	130	142.5		
Master 50+	Master 40+			
B. Frost	155	232.5		
NH Deadlift	B. Tucker	217.5		
Junior Men	Master Men 50+			
Fred Coakle	175	97.5		
Open Men	Open 181			
181	T. Troy	160		
B. Kobrowski	287.5	152.5		
220	190			
Mike Abem	272.5	177.5		
New England BP	Coat			
Junior	Y. Higgins			
181	US Open Deadlift			
J. Morrow	120	165		
145	Men's Open	207.5		
K. Odell	145	190		
190	Harold Kemp	237.5		
K. Putnam	172.5	220		
State Champs	Mike Abem	272.5		
Women	SQ	BP	DL	Tot
Master 40+	62.5*	47.5*	92.5*	202.5*
D. Kelecy				
Master 50+	132.5*	82.5*	132.5*	347.5*
S. McKinley				
Men				
Junior				
(16-17)				
181				
J. Morrow	185	120	207.5	512.5
275				
James Sweeney	222.5	160*	245	627.5
(18-19)				
181				
N. Dancosillas	225	122.5	227.5	575
190				
J. Debo	190	110	205	505
(20-23)				
165				
K. Odell	197.5	145	200	542.5
220				
M. Tachak	205	185	205	785
242				
B. Kleg	205	130	215	570
Collegiate National				
220				
M. Tachak	205	185	205	785
1-Doubles Best Lift				
-Doubles State Record				
NE Record				
American Record				

New England Champ	SQ	BP	DL	TOT
Junior Men				
(16-17)				
275				
James Sweeney	222.5	160*	245	627.5
(20-23)				
165				
K. Odell	197.5*	145*	200*	542.5*
Master Men				
(45-49)				
230				
James Gascobert	227.5	137.5	227.5	592.5
(50-54)				
165				
J. O'Connell	125	105	102.5	412.5
(55-59)				
190				
P. Bennett	165	92.5	192.5	455
Men's Open				
165				
M. Hall	240	145	220	605
K. Odell	197.5	145	200	542.5
C. Rogers	185	117.5	207.5	510
181				
J. Ferland	200	137.5	220	577.5
275				
J. Bourgeois	207.5	222.5	202.5	792.5
SDW				
Y. Sweeney	430	232.5	295	957.5
US Open Champs				
Master Men 40+				
James Gascobert	227.5	137.5	227.5	592.5
Men's Open				
165				
C. Rogers	185	117.5	207.5	510
181				
M. Coakle	242.5	142.5	242.5	647.5
275				
J. Bourgeois	207.5	222.5	202.5	792.5
Women's Sr. Nationals				
165				
K. Cooper	115*	67.5*	135*	317.5*
1811b				
S. McKinley	132.5*	82.5*	132.5*	347.5*
USPF Junior/Collegiate Nationals				
(16-17)				
181				
J. Morrow	185	120	207.5	512.5
275				
James Sweeney	222.5	160*	245	627.5
(18-19)				
181				
N. Dancosillas	225	122.5	227.5	575
190				
J. Debo	190	110	205	505
(20-23)				
165				
K. Odell	197.5	145	200	542.5
220				
M. Tachak	205	185	205	785
242				
B. Kleg	205	130	215	570
Collegiate National				
220				
M. Tachak	205	185	205	785
1-Doubles Best Lift				
-Doubles State Record				
NE Record				
American Record				

Dennis Montambault 285.00 182.50 227.50 695.00

## USPF Single Lift Bench Press Results

### Region 1 Juniors

Bench	Competitor	1st Lift	2nd Lift	3rd Lift	4th Lift	Best
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#### Men's Single Lift Bench

##### Junior (20-23)

##### 165lbs/75Kgs

132.50	Sloan Lazzareschi	142.50	152.50	162.50	175.00	
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##### Junior (18-19)

##### 165lbs/75Kgs

120.00	David Galligan	107.50	115.00	120.00	0.00	
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### Region 1 Open

#### Men's Open

##### 165lbs/75Kgs

190.00	Tom Priest	190.00	197.50	197.50	0.00	
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152.50	Sloan Lazzareschi	142.50	152.50	162.50	175.00	
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##### 275lbs/125Kgs

252.50	Craig A. DeBartolo	252.50	260.00	260.00	0.00	
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240.00	Tony Palma	227.50	237.50	240.00	0.00	
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227.50	James H. Bougault Sr.	217.50	217.50	227.50	245.00	
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### Mass State Masters D1

#### Women's Single Lift Bench

##### Masters (45-49)

##### 123lbs/56Kgs

65.00	Kimberly Audette	45.00	47.50	65.00	0.00	
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### Region 1 Masters D1

#### Men's Single Lift Bench

##### Sub-Masters (35-39)

##### 275lbs/125Kgs

240.00	Tony Palma	227.50	237.50	240.00	0.00	
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##### Masters (45-49)

##### 275lbs/125Kgs

227.50	James H. Bougault Sr.	217.50	217.50	227.50	245.00	
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