

2003 USPF Mid-Cities Bench Press Championships  
September 20, 2003

Place	NAME	BP1	BP2	BP3	Best Bench Kilos	Best Bench Pounds
<b>148 lb Open Men</b>						
1	Narbe Mansourian	147.5	155	160	160	352.5 lbs
2	Jorge Ortiz	132.5	137.5	nl-145	137.5	303.00 lbs
<b>165 lb Open Men</b>						
1	Rick Davis	135	nl-137.5	137.5	137.5	303.00 lbs
<b>181 lb Open Men</b>						
1	Ken Tate	167.5	170	nl-182	170	374.75 lbs
2	Ruben Lopez	nl-137	140	142.5	142.5	314.00 lbs
<b>198 lb Open Men</b>						
1	Johnnie Walker	155	165	nl-175	165	363.75 lbs
2	Art Trubee	145	150	157.5	157.5	347.00 lbs
3	Sean Demarinis	142.5	150	nl-155	150	330.50 lbs
<b>242 lb Open Men</b>						
1	Malik Adam	nl-200	210	225	225	496.00 lbs
2	Alvin Waldon	210	217.5	nl-222	217.5	479.50 lbs
3	Steve Williams	197.5	215	nl-227	215	473.75 lbs
<b>Master Men 40-49</b>						
1	Steve Williams	197.5	215	nl-227	215	473.75 lbs
2	Brad Long	170	nl-182	nl-182	170	374.75 lbs
3	Chuck McGuire	142.5	150	nl-155	150	330.50 lbs
<b>Master Men 50-59</b>						
1	Alvin Waldon	210	217.5	nl-222	217.5	479.50 lbs
2	Johnnie Walker	155	165	nl-175	165	363.75 lbs
<b>Master Men 60+</b>						
1	Arnold Neuenberg	nl-130	130	nl-142	130	286.50 lbs
<b>Best Lifters:</b>						
Junior - Sean Demarinis						
Open Light weight (114-198)--Narbe Mansourian						
Open Heavy weight (220-SHW)--Malik Adam						
Master - Alvin Waldon						
<b>Thanks to:</b>						
Chuck LaMantia--Co-Meet Director and announcer						
Sherry Houston--Co-meet Director and Scorekeeper						
Referees: Bill Ennis, Jim Merlino, Kevin Meskew, Lance Slaughter						
<b>Teen 17-19, 198 class bench record: Sean Demarinis</b>						
<b>Master 45-49, 242 class bench record: Steve Williams</b>						