

**USPF Southern California Benchpress
December 13, 2003
Mission Viejo, CA**

Place	NAME	BP1	BP2	BP3	Best Lift
	Bench only				
	Open Women				
	148				
1	Mari Asp	198.25	225.75	-231.25	225.75
	Open Men				
	165				
1	Ruben Lopez	-308.00	314.00	-325.00	314.00
2	Aaron Benes	236.75	253.50	-259.00	253.50
	Open Men				
	181				
1	Kevin Nunez	253.50	264.50	275.50	275.50
	Open Men				
	198				
1	Sean Demarinis	314.00	341.50	347.00	347.00
bomb	Zach Huskey	-297.50	-303.00	-319.50	
	Open Men				
	220				
1	Bob Dunham	-507.00	507.00	-529.00	507.00
2	Michael Green	440.75	-473.00	473.75	473.75
3	Tony Hardridge	407.00	435.25	-457.00	435.25
	Open Men				
	242				
1	Alvin Waldon	451.75	479.50	490.50	490.50
2	Landy Bersfield	407.00	-435.25	435.25	435.25
	Open Men				
	308+				
1	Talton Tait	-385.00	385.75	-424.00	385.75
	Master Men 40-49 by formula				
1	Brad Long (275) (46)	374.75	-402.00	-402.00	374.75
2	Morgan Long (220) (44)	248.00	281.00	308.50	308.50
3	Chuck McGuire (308) (43)	308.50	341.50	-352.00	341.50
	Master Men 50-59 by formula				
1	Alvin Waldon (242) (52)	451.75	479.50	490.50	490.50
2	Howard Myers (220) (58)	259.00	281.00	303.00	303.00
3	Steve Tamerius (148) (54)	-209.25	-209.25	209.25	209.25
	Master Men 60+ by formula				
1	Jim Merlino (165) (65)	259.00	297.50	308.50	308.50
2	John Parker (242) (60)	286.50	303.00	-314.00	303.00

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Best Lifters

Best Lifter Open Men Light 114-198--Sean Demarinis
Best Lifter Open Men Heavy 220-SHW--Bob Dunham
Best Master Lifter--Jim Merlino

State Single Lift Records set:

Sean Demarinis, Junior 17-19, single lift bench 347 lbs
Bob Dunham, Submaster 35-39, single lift bench 507 lbs
Tony Hardridge, Master 40-44, single lift bench 435 lbs
Steve Tamerius, Master 50-54, single lift bench 209 lbs
Alvin Waldon, Master 50-54, single lift bench 490 lbs
Jim Merlino, Master 65-69, single lift bench 308 lbs

Thanks to all of our valuable help at the meet.

Chuck LaMantia, Meet Director, scorekeeper, Announcer
Bill Ennis, International referee
Kevin Meskew, National referee
Kellie LaMantia, State referee, Lifter registration
Jim Merlino, National referee
Steve Denison, computer scoring, National referee
Catherine LaMantia, scoreboard
Jonathan Nickastro, spotter/loader
Joseph Thomas, spotter/loader
Chris Isner, spotter/loader
Jeremy Ehram, spotter/loader

Sponsors:

Powerhouse Gym, Mission Viejo
Strength and Power Productions, Chuck LaMantia