

USPF Santa Barbara
Powerlifting and Bench Press Championship
July 10, 2004

Santa Barbara, CA

Place	Record	NAME	DIVISION	Wt. Class	Body Wght	Age	Best Bench						
		Bench Press Only											
		Women											
1	SR/AR	Gerrie Shapiro	Women	132	130	51	192.75	Best Lifter					
2		Vanesza Farmer	Women	148	147.4	28	181.75						
3	SR/AR	Miriam Lindbeck	Women	132	124.8	56	121.75						
		Open Men											
1		Jim Andres	Open Men	148	146.8	69	181.75						
1	SR/AR	Bruce Mendoza	Open Men	181	177	36	479.50						
1	SR/AR	John Alvarado	Open Men	198	198.2	35	519.00	4th attempt, Best Lifter					
2		Todd Robinson	Open Men	198	184.2	47	264.50						
1		Joe Grissom	Open Men	220	218.8	26	418.75						
2		Morgan Long	Open Men	220	209	44	352.50						
DQ		Ryan Girard	Open Men	220	219.2	28	nl-556.5						
1		Robert Speno	Open Men	275	273.6	35	457.25						
		Master Men											
1		Chuck McGuire	M 40-44	308	283	43	319.50						
2		Fred Lomelin Sr	M 40-44	198	197.8	42	259.00						
1		Steve Williams	M 45-49	242	241.2	46	451.75						
2		Todd Robinson	M 45-49	198	184.2	47	264.50						
1		Steve Brown	M 50-54	275	270.6	50	424.25						
2		Steve Winters	M 50-54	242	223.8	50	303.00						
1	SR/AR	Chuck Gourley Jr.	M 70-74	220	208	70	330.50	Best Lifter					

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							SQUAT	BENCH	DEADLIFT	TOTAL		
Powerlifting												
Women (Formula)												
1		Liz Freel	Women	165	158.8	29	352.50	220.25	402.25	975.00	Best Lifter	
2		Vanesza Farmer	Women	148	147.4	28	264.50	181.75	352.50	798.75		
3	SR/AR	Gerrie Shapiro	Women	132	130	51	214.75	192.75	242.50	650.00		
									4th--253.5			
4		Ericka Lawson	Women	198	195	27	308.50	165.25	308.50	782.25		
5	SR	Lisa Baldrige	Women	198+	199	37	303.00	159.50	148.75	611.25		
Teenage												
1	SR DL	Chase Craft	Teen 13-15	181	174.4	14	225.75	165.25	352.50	743.50		
									4th--369.25			
1		Ross Thompson	Teen 16-17	148	140.2	16	292.00	187.25	325.00	804.25		
2		Matt Gillooly	Teen 16-17	165	162.6	16	165.25	154.25	236.75	556.25		
1		Jeff Sykora	Teen 18-19	198	188.4	19	501.50	270.00	584.00	1355.50	Best Lifter	
2		Patrick O'Rourke	Teen 18-19	165	156.4	19	418.75	242.50	440.75	1102.00		
Open Men												
1		Roman Guaderrama	Open Men	132	131.8	34	264.50	264.50	330.50	859.50		
1	SR sq	Jose Hernandez	Open Men	198	195.4	36	545.50	292.00	451.75	1289.25		
2		Mike Belluscic	Open Men	198	196.8	41	507.00	253.50	462.75	1223.25		
1		Michael Womelsdorf	Open Men	220	210.6	46	407.00	292.00	407.00	1106.00		
1		Barrett Marum	Open Men	242	231.4	26	523.50	374.75	551.00	1449.25		
2		Will Satterthwaite	Open Men	242	236	27	457.25	413.25	473.75	1344.25		
1		Steve Denison	Open Men	275	274.4	42	672.25	512.50	672.25	1857.00	Best Lifter	
2		Kellen Boyce	Open Men	275	265	38	628.25	336.00	562.00	1526.25		
DQ		Robert Speno	Open Men	275	273.6	35	-672.25	O	O	O		
Natural Men												
1		Brian Pearson	Natural Men	165	162	33	391.25	308.50	435.25	1135.00		
Submaster Men												
1	SR	Bernardo Separa	Sub 35-39	165	164.8	35	440.75	380.25	490.50	1311.50		
2		Ken Fasulo	Sub 35-39	181	173	38	424.25	341.50	451.75	1217.50		
Master Men												
1		Mike Belluscic	M 40-44	198	196.8	41	507.00	253.50	462.75	1223.25		
1		Ruben Arredondo	M 45-49	220	202.6	49	468.25	358.00	440.75	1267.00		
1		Steve Brown	M 50-54	275	270.6	50	501.50	424.25	611.75	1537.50		
2		Delmer Brown	M 50-54	275	256.4	51	540.00	424.25	529.00	1493.25		
3		Don Robinson	M 50-54	242	236.2	50	325.00	242.50	314.00	881.50		
1	SR/AR	Pete Wilson	M 65-69	198	198.2	67	501.50	352.50	462.75	1316.75	Best Lifter	
NOTE: SR=State Record, AR=American Record												

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State Single Lift Bench records set:									
Gerrie Shapiro, 132 Master Women 50-54, 192 lbs									
Miriam Lindbeck, 132 Master Women 55-59, 121 lbs									
Bruce Mendoza, 181 Open Men, 479 lbs									
Bruce Mendoza, 181 Submaster men 35-39, 479 lbs									
John Alvarado, 198 Submaster men 35-39, 519 lbs									
Chuck Gourley, 220 Master 70-74, 330 lbs									
American Single Lift Bench records set:									
Gerrie Shapiro, 132 Master Women 50-54, 192 lbs									
Miriam Lindbeck, 132 Master Women 55-59, 121 lbs									
Bruce Mendoza, 181 Submaster 35-39, 479 lbs									
John Alvarado, 198 Submaster 35-39, 519 lbs									
Chuck Gourley, 220 Master 70-74, 330 lbs									
State Powerlifting records set:									
Gerrie Shapiro, 132 Master Women 50-54, squat-214 lbs, bench-192 lbs, deadlift-253 lbs, Total-650 lbs									
Lisa Baldrige, 198+ Submaster Women 35-39, squat-303 lbs, bench-159 lbs, deadlift-148 lbs, total-611 lbs									
Chase Craft, 181 Teen 13-15, deadlift-369 lbs									
Jose Hernandez, 198 Submaster 35-39, squat-545 lbs									
Bernardo Separa, 165 Submaster 35-39, squat-440 lbs, bench-380 lbs, total-1311 lbs									
Pete Wilson, 198 Master 65-69, squat 501, bench 352, deadlift 462, total 1316 lbs									
American Powerlifting records set:									
Gerrie Shapiro, 132 Master Women 50-54, bench 192 lbs									
Pete Wilson, 198 Master 65-69, squat 501, bench 352, total 1316 lbs									
Referees:									
Bill Ennis--International referee									
Gordon Santee--International referee									
Ken Wheeler, National referee									
Lisa Denison, National referee									
Don Haley, International referee									
Fran Haley, International referee									
Martin Drake, AAU International referee									
Jim Merlino, National referee									
Gary Ridgeway, State Referee									
Announcer:									
Chuck LaMantia									
Expeditors:									
Mike Stein									
Dave Dallmeyer									
Todd Wilkinson									
Scoretable:									
Amy Gorton									
Lisa Bryant									
Tanya Colombana									
Sponsors:									
C&S Photo Design									