# 2008 USAPL / FSF Florida Senior State Games Bench Press & Deadlift Championships

## Florida Gulf Coast University - Estero, Florida

**Saturday, December 06, 2008**

| | | | | | | | SQUAT | | | BENCHPRESS | | | | DEADLIFT | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| NR | WT | BDW. | NAME | AGE | CLUB / CITY | DIVISION | 1. | 2. | 3. | 1. | 2. | 3. | SUB. | 1. | 2. | 3. | TOT. | Wilk's | PL. |
| 1 | | | **Women** | | | | | | | | | | | | | | | | |
| 2 | 52.00 | 48.8 | Joan Schmidt | 68 | Commons Fitness - Bonita Springs | Open Master [65 - 69] | | | | 27.5 | -33.0 | -35.0 | 27.5 | | | | 27.5 | 28.9 | 1.0 |
| 3 | 60.00 | 57.4 | Melinda Henry | 50 | Absolute Fitness - Jacksonville | Open Master [50 - 54] | | | | 42.5 | 45.0 | -46.0 | 45.0 | | | | 45.0 | 40.0 | 1.0 |
| 4 | 82.50 | 76.3 | Meredith Douthwright | 65 | PAL - Englewood | Open Master [65 - 69] | | | | 15.0 | 20.0 | 25.0 | 25.0 | | | | 25.0 | 17.6 | 1.0 |
| 5 | 90.00 | 86.0 | Patricia Malacina | 70 | PAL - Englewood | Open Master [70 - 74] | | | | 15.0 | 20.0 | 25.0 | 25.0 | | | | 25.0 | 16.4 | 1.0 |
| 6 | | | | | | | | | | | | | | | | | | | |
| 7 | 52.00 | 48.8 | Joan Schmidt | 68 | Commons Fitness - Bonita Springs | Unequipped Master [65 - 69] | | | | 27.5 | -33.0 | -35.0 | 27.5 | | | | 27.5 | 28.9 | 1.0 |
| 8 | 60.00 | 57.4 | Melinda Henry | 50 | NAS - Jacksonville | Unequipped Master [50 - 54] | | | | 42.5 | 45.0 | -46.0 | 45.0 | | | | 45.0 | 40.0 | 1.0 |
| 9 | 90.00 | 86.0 | Patricia Malacina | 70 | PAL - Englewood | Unequipped Master [65 - 69] | | | | 15.0 | 20.0 | 25.0 | 25.0 | | | | 25.0 | 16.4 | 1.0 |
| 10 | | | | | | | | | | | | | | | | | | | |
| 11 | | | **Men** | | | | | | | | | | | | | | | | |
| 12 | 75.00 | 74.9 | Lee Lichtle | 64 | Lifestyles Fitness - Venice | Open Master [60 - 64] | | | | -137.5 | -137.5 | -137.5 | | | | | | | |
| 13 | 75.00 | 74.1 | Joe McDermott | 68 | Gold's Gym - Pensacola | Open Master [65 - 69] | | | | 140.0 | -142.5 | -142.5 | 140.0 | | | | 140.0 | 100.6 | 1.0 |
| 14 | 82.50 | 81.7 | Jack Stevens | 63 | LA Ftiness - Brandon | Open Master [60 - 64] | | | | 75.0 | 85.0 | -90.0 | 85.0 | | | | 85.0 | 57.3 | 1.0 |
| 15 | 100.00 | 95.9 | Edward Lunday | 56 | NAS - Jacksonville | Open Master [55 - 59] | | | | 90.0 | 95.0 | 100.0 | 100.0 | | | | 100.0 | 61.9 | 1.0 |
| 16 | 100.00 | 99.7 | Al Speech | 64 | NCH Fitness - Naples | Open Master [60 - 64] | | | | 127.5 | 145.0 | 155.0 | 155.0 | | | | 155.0 | 94.4 | 1.0 |
| 17 | 110.00 | 110.0 | Segismundo Pares | 51 | YMCA - Ocala | Open Master [50 - 54] | | | | 210.0 | 217.5 | -218.0 | 217.5 | | | | 217.5 | 128.0 | 1.0 |
| 18 | 110.00 | 106.8 | Don Brown | 58 | To Your Health Fitness - Bellview | Open Master [55 - 59] | | | | 160.0 | 170.0 | 172.5 | 172.5 | | | | 172.5 | 102.5 | 1.0 |
| 19 | 125.00 | 122.8 | Kyle Brownell | 51 | Fit Forever - Naples | Open Master [50 - 54] | | | | 82.5 | -87.5 | 87.5 | 87.5 | | | | 87.5 | 50.1 | 1.0 |
| 20 | 125.00 | 121.6 | Skip Regan | 56 | Gold's Gym - Port St. Lucie | Open Master [55 - 59] | | | | 190.0 | -192.5 | -192.5 | 190.0 | | | | 190.0 | 108.9 | 1.0 |
| 21 | | | | | | | | | | | | | | | | | | | |
| 22 | 82.50 | 79.5 | Gonzalo Gonzales | 76 | YMCA - Weston | Unequipped Master [75 - 79] | | | | 60.0 | 65.0 | -67.5 | 65.0 | | | | 65.0 | 44.6 | 1.0 |
| 23 | 90.00 | 88.7 | George Walker | 62 | Quest Fitness - Sebring | Unequipped Master [60 - 64] | | | | 142.5 | -145.0 | -145.0 | 142.5 | | | | 142.5 | 91.7 | 1.0 |
| 24 | 90.00 | 87.2 | David Parsons | 66 | YMCA - Jacksonville | Unequipped Master [65 - 69] | | | | 102.5 | 112.5 | -117.5 | 112.5 | | | | 112.5 | 73.0 | 1.0 |
| 25 | 100.00 | 95.6 | Steven Eisman | 58 | Balley's Fitness - Penbrooke Pines | Unequipped Master [55 - 59] | | | | 140.0 | 145.0 | 147.5 | 147.5 | | | | 147.5 | 91.5 | 1.0 |
| 26 | 100.00 | 95.9 | Edward Lundy | 56 | NAS - Jacksonville | Unequipped Master [55 - 59] | | | | 90.0 | 95.0 | 100.0 | 100.0 | | | | 100.0 | 61.9 | 2.0 |
| 27 | 100.00 | 97.4 | Ray Urgo | 64 | LA Fitness - Port St. Lucie | Unequipped Master [60 - 64] | | | | 127.5 | 135.0 | 140.0 | 140.0 | | | | 140.0 | 86.1 | 1.0 |
| 28 | 100.00 | 98.6 | Frank Den Hollander | 67 | Body Factory - Bellview | Unequipped Master [65 - 69] | | | | -112.5 | -125.0 | 125.0 | 125.0 | | | | 125.0 | 76.5 | 1.0 |
| 29 | 125.00 | 122.8 | Kyle Brownell | 51 | Fit Forever - Naples | Unequipped Master [50 - 54] | | | | 82.5 | -87.5 | 87.5 | 87.5 | | | | 87.5 | 50.1 | 1.0 |
| 30 | | | | | | | | | | | | | | | | | | | |
| 31 | | | **Out** | | | | | | | | | | | | | | | | |
| 32 | 82.50 | | Carolyn Phillips | 60 | Fitness On The Cape - Cape Coral | Unequipped Master [60 - 64] | | | | | | | | | | | | | |
| 33 | 90.00 | | Terry Mason | 55 | YMCA - Naples | Unequipped Master [55 - 59] | | | | | | | | | | | | | |
| 34 | 90.00 | | Marion Aultman | 76 | YMCA - Orlando | Unequipped Master [75 - 79] | | | | | | | | | | | | | |
| 35 | | | | | | | | | | | | | | | | | | | |

# 2008 USAPL / FSF Florida Senior State Games Bench Press & Deadlift Championships

## Florida Gulf Coast University - Estero, Florida

**Saturday, December 06, 2008**

| | | | | | | | SQUAT | | | BENCHPRESS | | | | DEADLIFT | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| NR | WT | BDW. | NAME | AGE | CLUB / CITY | DIVISION | 1. | 2. | 3. | 1. | 2. | 3. | SUB. | 1. | 2. | 3. | TOT. | Wilk's | PL. |
| 1 | | | **Women** | | | | | | | | | | | | | | | | |
| 2 | 52.00 | 48.8 | Joan Schmidt | 68 | Commons Fitness - Bonita Springs | Open Master [65 - 69] | | | | | | | | 55.0 | 60.0 | 67.5 | 67.5 | 70.9 | 1.0 |
| 3 | 60.00 | 57.4 | Melinda Henry | 50 | Absolute Fitness - Jacksonville | Open Master [50 - 54] | | | | | | | | 65.0 | 75.0 | 80.0 | 80.0 | 71.1 | 1.0 |
| 4 | | | | | | | | | | | | | | | | | | | |
| 5 | 52.00 | 48.8 | Joan Schmidt | 68 | Commons Fitness - Bonita Springs | Unequipped Master [65 - 69] | | | | | | | | 55.0 | 60.0 | 67.5 | 67.5 | 70.9 | 1.0 |
| 6 | 60.00 | 57.4 | Melinda Henry | 50 | NAS - Jacksonville | Unequipped Master [50 - 54] | | | | | | | | 65.0 | 75.0 | 80.0 | 80.0 | 71.1 | 1.0 |
| 7 | | | | | | | | | | | | | | | | | | | |
| 8 | | | **Men** | | | | | | | | | | | | | | | | |
| 9 | 82.50 | 81.7 | Jack Stevens | 63 | LA Ftiness - Brandon | Open Master [60 - 64] | | | | | | | | 162.5 | 190.0 | 210.0 | 210.0 | 141.5 | 1.0 |
| 10 | 100.00 | 95.9 | Edward Lunday | 56 | NAS - Jacksonville | Open Master [55 - 59] | | | | | | | | 142.5 | 152.5 | 162.5 | 162.5 | 100.7 | 1.0 |
| 11 | 110.00 | 110.0 | Segismundo Pares | 51 | YMCA - Ocala | Open Master [50 - 54] | | | | | | | | 250.0 | 262.5 | 272.5 | 272.5 | 160.4 | 1.0 |
| 12 | 125.00 | 122.8 | Kyle Brownell | 51 | Fit Forever - Naples | Open Master [50 - 54] | | | | | | | | 97.5 | 105.0 | 112.5 | 112.5 | 64.4 | 1.0 |
| 13 | | | | | | | | | | | | | | | | | | | |
| 14 | 82.50 | 79.5 | Gonzalo Gonzales | 76 | YMCA - Weston | Unequipped Master [75 - 79] | | | | | | | | 80.0 | 90.0 | 100.0 | 100.0 | 68.5 | 1.0 |
| 15 | 90.00 | 87.2 | David Parsons | 66 | YMCA - Jacksonville | Unequipped Master [65 - 69] | | | | | | | | 140.0 | 157.5 | 165.0 | 165.0 | 107.1 | 1.0 |
| 16 | 100.00 | 95.6 | Edward Lundy | 56 | NAS - Jacksonville | Unequipped Master [55 - 59] | | | | | | | | 142.5 | 152.5 | 162.5 | 162.5 | 100.7 | 1.0 |
| 17 | 100.00 | 95.6 | Steven Eisman | 58 | Balley's Fitness - Penbrooke Pines | Unequipped Master [55 - 59] | | | | | | | | 102.5 | 120.0 | 125.0 | 125.0 | 77.5 | 2.0 |
| 18 | 100.00 | 98.6 | Frank Den Hollander | 67 | Body Factory - Bellview | Unequipped Master [65 - 69] | | | | | | | | 200.0 | 210.0 | 220.0 | 220.0 | 134.7 | 1.0 |
| 19 | 125.00 | 122.8 | Kyle Brownell | 51 | Fit Forever - Naples | Unequipped Master [50 - 54] | | | | | | | | 97.5 | 105.0 | 112.5 | 112.5 | 64.4 | 1.0 |
| 20 | | | | | | | | | | | | | | | | | | | |
| 21 | | | **Out** | | | | | | | | | | | | | | | | |
| 22 | 82.50 | | Carolyn Phillips | 60 | Fitness On The Cape - Cape Coral | Unequipped Master [60 - 64] | | | | | | | | | | | | | |
| 23 | 90.00 | | Terry Mason | 55 | YMCA - Naples | Unequipped Master [55 - 59] | | | | | | | | | | | | | |
| 24 | 90.00 | | Marion Aultman | 76 | YMCA - Orlando | Unequipped Master [75 - 79] | | | | | | | | | | | | | |
| 25 | | | | | | | | | | | | | | | | | | | |
| 26 | | | | | | | | | | | | | | | | | | | |
| 27 | | | | | | | | | | | | | | | | | | | |
| 28 | | | | | | | | | | | | | | | | | | | |
| 29 | | | | | | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | | | | | | |

# 2008 USAPL / FSF Florida Senior State Games Bench Press & Deadlift Championships

## Florida Gulf Coast University - Estero, Florida

**Saturday, December 06, 2008**

| | | | | | | | SQUAT | | | BENCHPRESS | | | | DEADLIFT | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| NR | WT | BDW. | NAME | AGE | CLUB / CITY | DIVISION | 1. | 2. | 3. | 1. | 2. | 3. | SUB. | 1. | 2. | 3. | TOT. | Wilk's | PL. |
| 1 | | | **Women** | | | | | | | | | | | | | | | | |
| 2 | 52.00 | 48.8 | Joan Schmidt | 68 | Commons Fitness - Bonita Springs | Open Master [65 - 69] | | | | 27.5 | -33.0 | -35.0 | 27.5 | 55.0 | 60.0 | 67.5 | 95.0 | 99.8 | 1.0 |
| 3 | 60.00 | 57.4 | Melinda Henry | 50 | Absolute Fitness - Jacksonville | Open Master [50 - 54] | | | | 42.5 | 45.0 | -46.0 | 45.0 | 65.0 | 75.0 | 80.0 | 125.0 | 111.1 | 1.0 |
| 4 | | | | | | | | | | | | | | | | | | | |
| 5 | 52.00 | 48.8 | Joan Schmidt | 68 | Commons Fitness - Bonita Springs | Unequipped Master [65 - 69] | | | | 27.5 | -33.0 | -35.0 | 27.5 | 55.0 | 60.0 | 67.5 | 95.0 | 99.8 | 1.0 |
| 6 | 60.00 | 57.4 | Melinda Henry | 50 | NAS - Jacksonville | Unequipped Master [50 - 54] | | | | 42.5 | 45.0 | -46.0 | 45.0 | 65.0 | 75.0 | 80.0 | 125.0 | 111.1 | 1.0 |
| 7 | | | | | | | | | | | | | | | | | | | |
| 8 | | | **Men** | | | | | | | | | | | | | | | | |
| 9 | 82.50 | 81.7 | Jack Stevens | 63 | LA Ftiness - Brandon | Open Master [60 - 64] | | | | 75.0 | 85.0 | -90.0 | 85.0 | 162.5 | 190.0 | 210.0 | 295.0 | 198.8 | 1.0 |
| 10 | 100.00 | 95.9 | Edward Lunday | 56 | NAS - Jacksonville | Open Master [55 - 59] | | | | 90.0 | 95.0 | 100.0 | 100.0 | 142.5 | 152.5 | 162.5 | 262.5 | 162.6 | 1.0 |
| 11 | 110.00 | 110.0 | Segismundo Pares | 51 | YMCA - Ocala | Open Master [50 - 54] | | | | 210.0 | 217.5 | -218.0 | 217.5 | 250.0 | 262.5 | 272.5 | 490.0 | 288.4 | 1.0 |
| 12 | 125.00 | 122.8 | Kyle Brownell | 51 | Fit Forever - Naples | Open Master [50 - 54] | | | | 82.5 | -87.5 | 87.5 | 87.5 | 97.5 | 105.0 | 112.5 | 200.0 | 114.4 | 1.0 |
| 13 | | | | | | | | | | | | | | | | | | | |
| 14 | 82.50 | 79.5 | Gonzalo Gonzales | 76 | YMCA - Weston | Unequipped Master [75 - 79] | | | | 60.0 | 65.0 | -67.5 | 65.0 | 80.0 | 90.0 | 100.0 | 165.0 | 113.1 | 1.0 |
| 15 | 90.00 | 87.2 | David Parsons | 66 | YMCA - Jacksonville | Unequipped Master [65 - 69] | | | | 102.5 | 112.5 | -117.5 | 112.5 | 140.0 | 157.5 | 165.0 | 277.5 | 180.1 | 1.0 |
| 16 | 100.00 | 95.6 | Steven Eisman | 58 | Balley's Fitness - Penbrooke Pines | Unequipped Master [55 - 59] | | | | 140.0 | 145.0 | 147.5 | 147.5 | 102.5 | 120.0 | 125.0 | 272.5 | 169.0 | 1.0 |
| 17 | 100.00 | 95.9 | Edward Lundy | 56 | NAS - Jacksonville | Unequipped Master [55 - 59] | | | | 90.0 | 95.0 | 100.0 | 100.0 | 142.5 | 152.5 | 162.5 | 262.5 | 162.6 | 2.0 |
| 18 | 100.00 | 98.6 | Frank Den Hollander | 67 | Body Factory - Bellview | Unequipped Master [65 - 69] | | | | -112.5 | -125.0 | 125.0 | 125.0 | 200.0 | 210.0 | 220.0 | 345.0 | 211.2 | 1.0 |
| 19 | 125.00 | 122.8 | Kyle Brownell | 51 | Fit Forever - Naples | Unequipped Master [50 - 54] | | | | 82.5 | -87.5 | 87.5 | 87.5 | 97.5 | 105.0 | 112.5 | 200.0 | 114.4 | 1.0 |
| 20 | | | | | | | | | | | | | | | | | | | |
| 21 | | | **Out** | | | | | | | | | | | | | | | | |
| 22 | 82.50 | | Carolyn Phillips | 60 | Fitness On The Cape - Cape Coral | Unequipped Master [60 - 64] | | | | | | | | | | | | | |
| 23 | 90.00 | | Terry Mason | 55 | YMCA - Naples | Unequipped Master [55 - 59] | | | | | | | | | | | | | |
| 24 | 90.00 | | Marion Aultman | 76 | YMCA - Orlando | Unequipped Master [75 - 79] | | | | | | | | | | | | | |
| 25 | | | | | | | | | | | | | | | | | | | |
| 26 | | | | | | | | | | | | | | | | | | | |
| 27 | | | | | | | | | | | | | | | | | | | |
| 28 | | | | | | | | | | | | | | | | | | | |
| 29 | | | | | | | | | | | | | | | | | | | |
| 30 | | | | | | | | | | | | | | | | | | | |