

# National Bench Press Championships 1-11-97

Wt.Cl.	BP	Pl.	Name	St.	Tl. Lbs.	BWT	BP 1	BP 2	BP 3	4th	Best BP	Age	Coef	Age Co	O.L. Tl.
			<u>Beginners</u>												
170.80	beg	1	Denzil Carter	va	281.09	166.70	115.00	127.50	-132.50		127.50	33	0.6593	1.0000	84.0608
187.00	beg	1	Randle Cardona	ca	413.36	186.20	170.00	182.50	187.50		187.50	19	0.6099	1.0000	114.3563
205.00	beg	1	Brad Freeman	ks	391.32	202.20	-175.00	175.00	177.50		177.50	20	0.5792	1.0000	102.8080
205.00	beg	2	Grant Gunderson	nv	303.13	194.50	137.50	-142.50	-142.50		137.50	42	0.5935	1.0090	82.3407
205.00	beg	3	Kevin Tice	nv	292.11	202.40	-132.50	-132.50	132.50		132.50	32	0.5792	1.0000	76.7440
227.00	beg	1	Sunday Sims	ca	-407.85	211.60	-185.00	-185.00	-185.00		-185.00	27	0.5643	1.0000	0.0000
			<u>Intermediate (24-29)</u>												
154.30	int	1	Don McGovern	ca	325.18	146.60	145.00	-147.50	147.50		147.50	26	0.7339	1.0000	108.2503
154.30	int	2	Eric Evans	nv	314.16	153.10	137.50	-142.50	142.50		142.50	25	0.7083	1.0000	100.9328
205.00	int	1	David Johnson	wi	451.94	205.00	195.00	200.00	205.00	-212.50	205.00	29	0.5744	1.0000	117.7520
227.00	int	1	Brian Johnson	co	457.45	222.10	197.50	207.50	-212.50		207.50	29	0.5524	1.0000	114.6230
227.00	int	2	Doug Allen	oh	435.41	226.00	197.50	-205.00	-205.00		197.50	28	0.5485	1.0000	108.3288
227.00	int	3	James Chavez	az	380.29	219.90	172.50	-185.00	-185.00		172.50	29	0.5545	1.0000	95.6513
227.00	int	4	Sunday Sims	ca	-407.85	211.60	-185.00	-185.00	-185.00		-185.00	27	0.5643	1.0000	0.0000
			<u>King of the Hill (All Ages)</u>												
170.80	kh	1	Joe McDermott	mi	341.71	168.50	145.00	150.00	155.00		155.00	57	0.6563	1.4800	150.5552
187.00	kh	1	Jim McDermott	co	341.71	186.20	-155.00	155.00	0.00		155.00	48	0.6099	1.1170	105.5950
205.00	kh	1	Rod McIntosh	oh	380.29	199.10	167.50	172.50	-175.00		172.50	32	0.5843	1.0000	100.7918
205.00	kh	2	Dave Monken	il	330.69	200.80	140.00	150.00	-155.00		150.00	35	0.5809	1.0000	87.1350
205.00	kh	3	Earl Evatt	az	292.11	204.20	125.00	132.50	-137.50		132.50	62	0.5760	1.7550	133.9416
227.00	kh	1	James Chavez	az	380.29	219.90	172.50	-185.00	-185.00		172.50	29	0.5545	1.0000	95.6513
			<u>Masters-1 (40-49)</u>												
127.80	m1	1	Dave Kennedy	ks	231.48	125.40	95.00	100.00	105.00		105.00	42	0.8630	1.0090	91.4305
187.00	m1	1	Jim McDermott	co	341.71	186.20	-155.00	155.00	0.00		155.00	48	0.6099	1.1170	105.5950
205.00	m1	1	Martin Drake	ca	325.18	200.60	137.50	145.00	147.50		147.50	45	0.5809	1.0480	89.7955
205.00	m1	2	Grant Gunderson	nv	303.13	194.50	137.50	-142.50	-142.50		137.50	42	0.5935	1.0090	82.3407
227.00	m1	1	Jerry Barker	mi	424.39	222.20	180.00	190.00	192.50		192.50	48	0.5524	1.1170	118.7784
280.00	m1	1	Charles Milligan	ca	352.74	274.90	150.00	160.00	-170.00		160.00	44	0.5214	1.0310	86.0101
315.00	m1	1	Obbie Hampton	ca	446.43	291.50	187.50	195.00	202.50		202.50	48	0.5126	1.1170	115.9463
			<u>Masters-2 (50-59)</u>												
170.80	m2	1	Joe McDermott	mi	341.71	168.50	145.00	150.00	155.00		155.00	57	0.6563	1.4800	150.5552
170.80	m2	2	Jim Brennan	nv	242.51	166.20	107.50	110.00	-112.50		110.00	57	0.6624	1.4800	107.8387
205.00	m2	1	Bob Evans	ca	319.67	199.90	135.00	145.00	-147.50		145.00	50	0.5826	1.1730	99.0915
250.20	m2	1	Rocky Indovino	ca	374.78	247.40	155.00	-170.00	170.00		170.00	53	0.5342	1.2810	116.3327

# National Bench Press Championships 1-11-97

Wt.Cl.	BP	Pl.	Name	St.	Tl. Lbs.	BWT	BP 1	BP 2	BP 3	4th	Best BP	Age	Coef	Age Co	O.L. Tl.	
			<u>Masters-3 (60-69)</u>													
187.00	m3	1	Mike Stainbrook	az	292.11	176.10	115.00	125.00	132.50	135.00	132.50	60	0.6339	1.6450	138.1664	
205.00	m3	1	Earl Evatt	az	292.11	204.20	125.00	132.50	-137.50		132.50	62	0.5760	1.7550	133.9416	
250.20	m3	1	Jim Stevens	nv	402.34	244.10	165.00	175.00	182.50	185.00	182.50	61	0.5357	1.7000	166.2009	
250.20	m3	2	John McIntyre	co	369.27	249.00	160.00	167.50	-177.50		167.50	61	0.5357	1.7000	152.5406	
280.00	m3	1	Herschel Hogan	fl	435.41	261.90	190.00	195.00	197.50	-200.00	197.50	60	0.5281	1.6450	171.5731	
			<u>Masters-4 (70-79)</u>													
227.00	m4	1	Jim Drake	ca	143.30	212.80	60.00	62.50	65.00	-66.00	65.00	71	0.5630	2.0700	75.7517	
			<u>Masters-5 (Pure)</u>													
127.80	m5	1	Dave Kennedy	ks	231.48	125.40	95.00	100.00	105.00		105.00	42	0.8630	1.0090	91.4305	
170.80	m5	1	Jim Brennan	nv	242.51	166.20	107.50	110.00	-112.50		110.00	57	0.6624	1.4800	107.8387	
187.00	m5	1	Jim McDermott	co	341.71	186.20	-155.00	155.00	0.00		155.00	48	0.6099	1.1170	105.5950	
205.00	m5	1	Martin Drake	ca	325.18	200.60	137.50	145.00	147.50		147.50	45	0.5809	1.0480	89.7955	
205.00	m5	2	Bob Evans	ca	319.67	199.90	135.00	145.00	-147.50		145.00	50	0.5826	1.1730	99.0915	
205.00	m5	3	Earl Evatt	az	292.11	204.20	125.00	132.50	-137.50		132.50	62	0.5760	1.7550	133.9416	
227.00	m5	1	Jerry Barker	mi	424.39	222.20	180.00	190.00	192.50		192.50	48	0.5524	1.1170	118.7784	
280.00	m5	1	Charles Milligan	ca	352.74	274.90	150.00	160.00	-170.00		160.00	44	0.5214	1.0310	86.0101	
315.00	m5	1	Obbie Hampton	ca	446.43	291.50	187.50	195.00	202.50		202.50	48	0.5126	1.1170	115.9463	
			<u>Natural</u>													
127.80	n	1	Dave Kennedy	ks	231.48	125.40	95.00	100.00	105.00		105.00	42	0.8630	1.0090	91.4305	
154.30	n	1	Don McGovern	ca	325.18	146.60	145.00	-147.50	147.50		147.50	26	0.7339	1.0000	108.2503	
170.80	n	1	Kevin Cunningham	az	358.25	168.30	150.00	157.50	162.50	-166.00	162.50	30	0.6563	1.0000	106.6488	
187.00	n	1	Jim McDermott	co	341.71	186.20	-155.00	155.00	0.00		155.00	48	0.6099	1.1170	105.5950	
205.00	n	1	Rod McIntosh	oh	380.29	199.10	167.50	172.50	-175.00		172.50	32	0.5843	1.0000	100.7918	
205.00	n	2	Dave Monken	il	330.69	200.80	140.00	150.00	-155.00		150.00	35	0.5809	1.0000	87.1350	
205.00	n	3	Martin Drake	ca	325.18	200.60	137.50	145.00	147.50		147.50	45	0.5809	1.0480	89.7955	
205.00	n	4	Earl Evatt	az	292.11	204.20	125.00	132.50	-137.50		132.50	62	0.5760	1.7550	133.9416	
227.00	n	1	Doug Allen	oh	435.41	226.00	197.50	-205.00	-205.00		197.50	28	0.5485	1.0000	108.3288	
250.20	n	1	Tyrone Ferdinanc	ca	446.43	236.00	192.50	202.50	-210.00		202.50	32	0.5405	1.0000	109.4513	
250.20	n	2	Mike Arlinghaus	oh	435.41	241.40	185.00	192.50	197.50		197.50	31	0.5373	1.0000	106.1168	
315.00	n	1	Tom Manno	az	507.06	282.30	212.50	230.00	-235.00		230.00	38	0.5175	1.0000	119.0250	
315.00	n	2	Obbie Hampton	ca	446.43	291.50	187.50	195.00	202.50		202.50	48	0.5126	1.1170	115.9463	
SHW	n	1	Ken Hubbard	va	242.51	399.00	110.00	0.00	0.00		110.00	36	0.4648	1.0000	51.1280	

# National Bench Press Championships 1-11-97

Wt.Cl.	BP	Pl.	Name	St.	Tl. Lbs.	BWT	BP 1	BP 2	BP 3	4th	Best BP	Age	Coef	Age Co	O.L. Tl.
			<u>Pure</u>												
127.80	p	1	Dave Kennedy	ks	231.48	125.40	95.00	100.00	105.00		105.00	42	0.8630	1.0090	91.4305
138.80	p	1	Brian Albert	ia	275.58	137.50	125.00	-137.50	-137.50		125.00	24	0.7846	1.0000	98.0750
154.30	p	1	Don McGovern	ca	325.18	146.60	145.00	-147.50	147.50		147.50	26	0.7339	1.0000	108.2503
154.30	p	2	Larry Woo	ca	319.67	150.00	137.50	145.00	-152.50		145.00	28	0.7207	1.0000	104.5015
154.30	p	3	Eric Evans	nv	314.16	153.10	137.50	-142.50	142.50		142.50	25	0.7083	1.0000	100.9328
154.30	p	4	Henry Wright	ca	281.09	145.80	120.00	127.50	-132.50		127.50	27	0.7385	1.0000	94.1588
170.80	p	1	James Thibodeaux	nv	363.76	167.10	162.50	165.00	-170.00		165.00	31	0.6593	1.0000	108.7845
170.80	p	2	Kevin Cunningham	az	358.25	168.30	150.00	157.50	162.50	-166.00	162.50	30	0.6563	1.0000	106.6488
187.00	p	1	Bill Shalkowski	co	429.90	185.10	185.00	195.00	-207.50		195.00	33	0.6121	1.0000	119.3595
187.00	p	2	Kenneth Fredrickson	ks	391.32	184.00	177.50	-185.00	-185.00		177.50	35	0.6144	1.0000	109.0560
187.00	p	3	Jim McDermott	co	341.71	186.20	-155.00	155.00	0.00		155.00	48	0.6099	1.1170	105.5950
205.00	p	1	Arthur Jones	az	507.06	203.50	230.00	0.00	-235.00		230.00	27	0.5760	1.0000	132.4800
205.00	p	2	David Johnson	wi	451.94	205.00	195.00	200.00	205.00	-212.50	205.00	29	0.5744	1.0000	117.7520
205.00	p	3	Larry Lipscomb	ia	446.43	203.50	190.00	197.50	202.50		202.50	38	0.5760	1.0000	116.6400
205.00	p	4	Rod McIntosh	oh	380.29	199.10	167.50	172.50	-175.00		172.50	32	0.5843	1.0000	100.7918
205.00	p	5	Earl Evatt	az	292.11	204.20	125.00	132.50	-137.50		132.50	62	0.5760	1.7550	133.9416
227.00	p	1	Doug Allen	oh	435.41	226.00	197.50	-205.00	-205.00		197.50	28	0.5485	1.0000	108.3288
227.00	p	2	James Chavez	az	380.29	219.90	172.50	-185.00	-185.00		172.50	29	0.5545	1.0000	95.6513
250.20	p	1	Tyrone Ferdinando	ca	446.43	236.00	192.50	202.50	-210.00		202.50	32	0.5405	1.0000	109.4513
250.20	p	2	Mike Arlinghaus	oh	435.41	241.40	185.00	192.50	197.50	-202.50	197.50	31	0.5373	1.0000	106.1168
280.00	p	1	Charles Milligan	ca	352.74	274.90	150.00	160.00	-170.00		160.00	44	0.5214	1.0310	86.0101
315.00	p	1	Tom Manno	az	507.06	282.30	212.50	230.00	-235.00		230.00	38	0.5175	1.0000	119.0250
315.00	p	2	Obbie Hampton	ca	446.43	291.50	187.50	195.00	202.50		202.50	48	0.5126	1.1170	115.9463
315.00	p	3	Ron Fernandez	wa	440.92	308.00	-200.00	-200.00	200.00		200.00	31	0.5037	1.0000	100.7400
SHW	p	1	Ken Hubbard	va	242.51	399.00	110.00	0.00	0.00		110.00	36	0.4648	1.0000	51.1280
			<u>Pure Novice</u>												
138.80	pn	1	Brian Albert	ia	275.58	137.50	125.00	-137.50	-137.50		125.00	24	0.7846	1.0000	98.0750
154.30	pn	1	Eric Evans	nv	314.16	153.10	137.50	-142.50	142.50		142.50	25	0.7083	1.0000	100.9328
154.30	pn	2	Henry Wright	ca	281.09	145.80	120.00	127.50	-132.50		127.50	27	0.7385	1.0000	94.1588
170.80	pn	1	James Thibodeaux	nv	363.76	167.10	162.50	165.00	-170.00		165.00	31	0.6593	1.0000	108.7845
170.80	pn	2	Denzil Carter	va	281.09	166.70	115.00	127.50	-132.50		127.50	33	0.6593	1.0000	84.0608
205.00	pn	1	David Johnson	wi	451.94	205.00	195.00	200.00	205.00		205.00	29	0.5744	1.0000	117.7520
205.00	pn	2	Bob McIntyre	co	385.81	204.30	170.00	175.00	-177.50		175.00	32	0.5760	1.0000	100.8000
205.00	pn	3	Charles Browder	nv	347.22	204.20	152.50	157.50	-162.50		157.50	32	0.5760	1.0000	90.7200
205.00	pn	4	Bob Evans	ca	319.67	199.90	135.00	145.00	-147.50		145.00	50	0.5826	1.1730	99.0915
205.00	pn	5	Earl Evatt	az	292.11	204.20	125.00	132.50	-137.50		132.50	62	0.5760	1.7550	133.9416
227.00	pn	1	Jerry Barker	mi	424.39	222.20	180.00	190.00	192.50		192.50	48	0.5524	1.1170	118.7784
227.00	pn	2	Kenny Polhemus	ia	347.22	217.30	150.00	157.50	-162.50		157.50	30	0.5580	1.0000	87.8850
315.00	pn	1	Ron Fernandez	wa	440.92	308.00	-200.00	-200.00	200.00		200.00	31	0.5037	1.0000	100.7400

# National Bench Press Championships 1-11-97

Wt.Cl.	BP	Pl.	Name	St.	Tl. Lbs.	BWT	BP 1	BP 2	BP 3	4th	Best BP	Age	Coef	Age Co	O.L. Tl.
<u>Sub-Masters-1 (30-34)</u>															
170.80	sm1	1	James Thibodeau	nv	363.76	167.10	162.50	165.00	-170.00		165.00	31	0.6593	1.0000	108.7845
170.80	sm1	2	Kevin Cunningham	az	358.25	168.30	150.00	157.50	162.50	-166.00	162.50	30	0.6563	1.0000	106.6488
170.80	sm1	3	osimio Defrancisc	ia	352.74	168.00	145.00	155.00	160.00		160.00	32	0.6563	1.0000	105.0080
170.80	sm1	4	Denzil Carter	va	281.09	166.70	115.00	127.50	-132.50		127.50	33	0.6593	1.0000	84.0608
<u>Sub-Masters-2 (35-39)</u>															
205.00	sm1	1	Bob McIntyre	co	385.81	204.30	170.00	175.00	-177.50		175.00	32	0.5760	1.0000	100.8000
205.00	sm1	2	Rod McIntosh	oh	380.29	199.10	167.50	172.50	-175.00		172.50	32	0.5843	1.0000	100.7918
205.00	sm1	3	Charles Browder	nv	347.22	204.20	155.00	157.50	-162.50		157.50	32	0.5760	1.0000	90.7200
<u>Sub-Masters-2 (35-39)</u>															
250.20	sm1	1	Tyrone Ferdinanc	ca	446.43	236.00	192.50	202.50	-210.00		202.50	32	0.5405	1.0000	109.4513
250.20	sm1	2	Mike Arlinghaus	oh	435.41	241.40	185.00	192.50	197.50		197.50	31	0.5373	1.0000	106.1168
<u>Sub-Masters-2 (35-39)</u>															
315.00	sm1	1	Ron Fernandez	wa	440.92	308.00	-200.00	-200.00	200.00		200.00	31	0.5037	1.0000	100.7400
<u>Sub-Masters-2 (35-39)</u>															
187.00	sm2	1	Kingston Lee	ca	424.39	183.60	185.00	192.50	-197.50		192.50	35	0.6144	1.0000	118.2720
187.00	sm2	2	enneth Fredricks	ks	391.32	184.00	177.50	-185.00	-185.00		177.50	35	0.6144	1.0000	109.0560
<u>Sub-Masters-2 (35-39)</u>															
205.00	sm2	1	Larry Lipscomb	ia	446.43	203.50	190.00	197.50	202.50		202.50	38	0.5760	1.0000	116.6400
205.00	sm2	2	Dave Monken	il	330.69	200.80	140.00	150.00	-155.00		150.00	35	0.5809	1.0000	87.1350
<u>Sub-Masters-2 (35-39)</u>															
227.00	sm2	1	Steve Duff	ia	429.90	213.10	187.50	195.00	-202.50		195.00	35	0.5630	1.0000	109.7850
<u>Sub-Masters-2 (35-39)</u>															
315.00	sm2	1	Tom Manno	az	507.06	282.30	212.50	230.00	-235.00		230.00	38	0.5175	1.0000	119.0250
<u>Sub-Masters-2 (35-39)</u>															
SHW	sm2	1	Ken Hubbard	va	242.51	399.00	110.00	0.00	0.00		110.00	36	0.4648	1.0000	51.1280
<u>Teenage (13-19)</u>															
154.30	t	1	Reuben Wallace	az	314.16	153.90	135.00	142.50	-147.50		142.50	19	0.7044	1.0000	100.3770
<u>Womens Intermediate (24-29)</u>															
127.80	wint	1	Christa Shaikowsk	co	137.79	126.00	57.50	62.50	-72.50		62.50	27	0.8980	1.0000	56.1250
<u>Womens Masters-1 (40-49)</u>															
154.40	wm1	1	Nancy Hawkins	co	176.37	144.50	65.00	80.00	-85.00		80.00	41	0.8010	1.0030	64.2722
187.00	wm1	1	Alannah McTighe	co	192.90	173.10	80.00	87.50	-92.50		87.50	45	0.6981	1.0480	64.0158
<u>Womens Masters-2 (50-59)</u>															
110.20	wm2	1	Dorothy Monken	il	115.74	110.00	47.50	50.00	52.50	55.00	52.50	53	1.0016	1.2810	67.3601
<u>Womens Masters-5 (Pure)</u>															
154.40	wm5	1	Nancy Hawkins	co	176.37	144.50	65.00	80.00	-85.00		80.00	41	0.8010	1.0030	64.2722
187.00	wm5	1	Alannah McTighe	co	192.90	173.10	80.00	87.50	-92.50		87.50	45	0.6981	1.0480	64.0158
<u>Womens Natural</u>															
187.00	wn	1	Alannah McTighe	co	192.90	173.10	80.00	87.50	-92.50		87.50	45	0.6981	1.0480	64.0158
<u>Womens Pure</u>															
154.30	wp	1	Nancy Hawkins	co	176.37	144.50	65.00	80.00	-85.00		80.00	41	0.8010	1.0030	64.2722
154.30	wp	2	Irena Ciesielski	nv	165.35	154.20	67.50	75.00	-77.50		75.00	39	0.7596	1.0000	56.9700
187.00	wp	1	Alannah McTighe	co	192.90	173.10	80.00	87.50	-92.50		87.50	45	0.6981	1.0480	64.0158

# National Bench Press Championships 1-11-97

Wt.Cl.	BP	Pl.	Name	St.	Tl. Lbs.	BWT	BP 1	BP 2	BP 3	4th	Best BP	Age	Coef	Age Co	O.L. Tl.
<u>Womens Pure Novice</u>															
187.00	wpn	1	Alannah McTighe	co	192.90	173.10	80.00	87.50	-92.50		87.50	45	0.6981	1.0480	64.0158
<u>Womens Sub Masters-1 (30-34)</u>															
127.80	wsm1	1	Coreen Bezdicek	ia	154.32	121.00	65.00	70.00	-75.00		70.00	31	0.9263	1.0000	64.8410
<u>Womens Sub Masters-2 (35-39)</u>															
154.30	wsm2	1	Irena Ciesielski	nv	165.35	154.20	67.50	75.00	-77.50		75.00	39	0.7596	1.0000	56.9700