



We build strong kids, strong families, strong communities.

2009 Bench Press Results

Youth Open

1st Rogelio Bracetly 330 lbs*
2nd Dave Freni 325 lbs
3rd Nick Fox 215lbs

Women's Open

1st Audrey Paradis 100 lbs
2nd Beth Ford 115 lbs
3rd Andrea Polcaro 129 lbs

Women's Masters 40 +

1st Louann Cunniham 120 lbs*
2nd Karolyn Armond 110 lbs
3rd Alice McElinny 95 lbs

Men's Jr. masters 40+

1st John Fox 420 lbs
2nd Aaron O'Quinn 425 lbs
3rd Chris McCormick 350 lbs

Men's Masters 50-60

1st Frank Quick 360 lbs
2nd Ralph Kelly 250 lbs
3rd Robert Babiliar 235 lbs

Men's Super Masters 60+

1st Tony T 340 lbs
2nd George Fitzhenry 215 lbs
3rd Mike Walsh 205 lbs

Adult Open 150 -169 lbs

1st Sergio Juarez 290 lbs
2nd Dan Madden 295 lbs

Adult Open 170- 189 lbs

1st Derek P 340 lbs
2nd Dwayne Pennent 300 lbs

Adult Open 190- 209 lbs

1st Author Dimanto 465 lbs*
2nd Steve Seathmry 425 lbs

Adult Open 230 plus

1st Alec Johnson 405 lbs
2nd Ryan Romen 315 lbs

* denotes best overall based on weight lifted divided by body weight.