



**4th USAPL Southeastern USA Regional Powerlifting Championships**  
**Radisson Hotel - Miami, Florida**  
**Sunday, November 11, 2007**



NR	WT.	BDW.	NAME	AGE	DIVISION	CLUB/GYM	STATE	SQUAT			BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilk's	PL.
								1.	2.	3.	1.	2.	3.		1.	2.	3.			
1			<b>Mens Powerlifting</b>																	
2	75.00	71.8	Louis Bianchi	19	Teen 18-19	Just Lift Inc - Tamarac	Florida	92.5	107.5	125.0	107.5	115.0	125.0	250.0	165.0	-175.0	-175.0	415.0	305.1	1.0
3	82.50	81.8	Mosbah Alkanany	38	Open	Golds Gym - Coral Gables	Florida	-240.0	240.0	260.0	-180.0	190.0	-200.0	450.0	200.0	210.0	-220.0	660.0	444.4	1.0
4	82.50	78.4	Jeff Cunningham	20	Junior 20-23	On The Go Fitness - Tampa	Florida	175.0	187.5	192.5	135.0	140.0	145.0	337.5	175.0	-220.0	-220.0	512.5	354.4	1.0
5	82.50	79.8	Dean Phillips	20	Junior 20-23	Stacks Gym - Atlanta	Georgia	180.0	-192.5	-192.5	125.0	-132.5	-132.5	305.0	165.0	175.0	190.0	495.0	338.5	2.0
6	90.00	85.6	Myles Kantor	28	Open	YMCA - Boyton Beach	Florida	85.0	102.5	110.0	90.0	-102.5	-102.5	200.0	155.0	195.0	-207.5	395.0	259.0	1.0
7	90.00	85.6	Myles Kantor	28	Raw/Unequipped	YMCA - Boyton Beach	Florida	85.0	102.5	110.0	90.0	-102.5	-102.5	200.0	155.0	195.0	-207.5	395.0	259.0	1.0
8	90.00	86.2	Brian Burnbaum	43	Masters 40+	B&B Fitness - Weston	Florida	137.5	150.0	160.0	130.0	-137.5	137.5	297.5	150.0	160.0	182.5	480.0	313.5	1.0
9	90.00	88.0	Marcos Gonzales	54	Masters 50+	YMCA - Miami Dade	Florida	-147.5	147.5	Pass	102.5	Pass	Pass	250.0	-182.5	182.5	Pass	432.5	279.4	1.0
10	100.00	98.2	Larry Wallen	60	Open	Balleys Fitness - Jacksonville	Florida	275.0	290.0	Pass	155.0	160.0	165.0	455.0	275.0	307.5	315.0	770.0	472.1	1.0
11	100.00	95.0	Matt Otero	28	Open	Golds Gym - Boyton Beach	Florida	245.0	270.0	277.5	165.0	177.5	185.0	462.5	252.5	267.5	-272.5	730.0	454.1	2.0
12	100.00	98.5	Roy Andrew	39	Open	Fitness Factory - Charlotte	North Carolina								220.0	-235.0	-235.0	220.0	134.7	3.0
13	100.00	96.0	Armando Pares	48	Masters 40+	YMCA - Lomgmont	Colorado	-210.0	220.0	-230.0	130.0	140.0	-150.0	360.0	210.0	220.0	-230.0	580.0	359.1	1.0
14	100.00	98.2	Larry Wallen	60	Masters 60+	Balleys Fitness - Jacksonville	Florida	275.0	290.0	Pass	155.0	160.0	165.0	455.0	275.0	307.5	315.0	770.0	<b>472.1</b>	1.0
15	110.00	109.5	Gabriel Reyes	24	Open	On The Go Fitness - Tampa	Florida	220.0	237.5	-250.0	-142.5	142.5	-152.5	380.0	-205.0	220.0	-237.5	600.0	213.6	1.0
16	110.00	109.3	Alberto Suarez	51	Open	Porkys Gym - Miami	Florida	-192.5	-192.5	-192.5	175.0	-180.0	-180.0		-192.5	-192.5	-192.5			
17	110.00	109.5	Chad Pauley	23	Junior 20-23	Stacks Gym - Atlanta	Georgia	205.0	227.5	-240.0	160.0	-170.0	-170.0	387.5	227.5	250.0	-272.5	637.5	375.7	1.0
18	110.00	107.5	Peter Maynard	41	Masters 40+	Golds Gym - Coral Gables	Florida	200.0	215.0	227.5	165.0	177.5	185.0	412.5	190.0	195.0	-200.0	607.5	360.1	1.0
19	110.00	103.2	Segmundo Pares	50	Masters 50+	YMCA - Marion County	Florida	192.5	210.0	230.0	165.0	-182.5	182.5	412.5	245.0	255.0	Pass	667.5	401.4	1.0
20	110.00	107.6	Bill Scholl	52	Masters 50+	Stacks Gym - Atlanta	Georgia	192.5	-215.0	227.5	137.5	-157.5	-157.5	365.0	190.0	-205.0	210.0	575.0	340.7	2.0
21	110.00	109.3	Alberto Suarez	51	Masters 50+	Porkys Gym - Miami	Florida	-192.5	-192.5	-192.5	175.0	-180.0	-180.0		-192.5	-192.5	-192.5			
22	125.00	1237.5	Roy Shell	29	Open	Golds Gym - New Port Richey	Florida	-227.5	-250.0	250.0	-172.5	-172.5	172.5	422.5	227.5	250.0	-272.5	672.5	357.6	1.0
23	125+	125.6	Thad Benefield	31	Open	Peak Fitness - Chapel Hill	North Carolina	-287.5	292.5	302.5	-230.0	230.0	245.0	547.5	300.0	-305.0	-305.0	847.5	<b>482.5</b>	1.0
24																				
25			<b>Out</b>																	
26	67.50		John Green	46	Masters 40+		Florida													

HEADREFEREE  
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NAME:



## 4th USAPL Southeastern USA Regional Bench Press Championships

Radisson Hotel - Miami, Florida

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NR	WT.	BDW.	NAME	AGE	DIVISION	CLUB/GYM	STATE	SQUAT			BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilk's	PL.
								1.	2.	3.	1.	2.	3.		1.	2.	3.			
1			<u>Bench Press Only</u>																	
2	F 67.5	65.4	Jeanna Lawson	29	Open	Golds Gym - Port St. Lucie	Florida				-62.5	-65.0	-65.0							
3	82.50	81.8	Mosbah Alkanany	38	Open	Golds Gym - Coral Gables	Florida				-180.0	190.0	-200.0	190.0				190.0	127.9	1.0
4	90.00	88.0	Jeff Gerardo	34	Open	JF Fitness Center - Ft. Myers	Florida				212.5	227.5	235.0	235.0				235.0	151.8	1.0
5	90.00	87.5	Jovan Kirovski	20	Junior [20-23]	St. Peters College - Tampa	Florida				-132.5	-132.5	-132.5							
6	90.00	89.9	George Walker	61	Masters 60+	Quest Fitness - Sebring	Florida				142.5	150.0	155.0	155.0				155.0	99.0	1.0
7	100.00	98.2	Brian Burritt	40	Open	Golds Gym - Port St. Lucie	Florida				207.5	215.0	-220.0	215.0				215.0	131.8	1.0
8	100.00	98.2	Brian Burritt	40	Masters 40+	Golds Gym - Port St. Lucie	Florida				207.5	215.0	-220.0	215.0				215.0	131.8	1.0
9	100.00	96.5	David Grossman	58	Masters 50+	LA Fitness - Coral Springs	Florida				122.5	132.5	135.0	135.0				135.0	83.4	1.0
10	100.00	96.8	Al Speech	62	Masters 60+	NCH Fitness - Naples	Florida				127.5	140.0	-155.0	140.0				140.0	86.4	1.0
11	100.00	94.6	Ray Urgo	63	Masters 60+	Golds Gym - Port St. Lucie	Florida				-137.5	-137.5	-137.5							
12	110.00	109.8	Chris Calvano	38	Open	B&B Fitness - Weston	Florida				165.0	242.5	247.5	247.5				247.5	145.7	1.0
13	110.00	109.3	Alberto Suarez	51	Open	Porkys Gym - Miami	Florida				175.0	-180.0	-180.0	175.0				175.0	103.2	2.0
14	100.00	107.5	Peter Maynard	41	Masters 40+	Golds Gym - Coral Gables	Florida				165.0	177.5	185.0	185.0				185.0	109.7	2.0
15	110.00	103.2	Segmundo Pares	50	Masters 50+	YMCA - Marion County	Florida				165.0	-182.5	182.5	182.5				182.5	109.7	1.0
16	110.00	109.3	Alberto Suarez	51	Masters 50+	Porkys Gym - Miami	Florida				175.0	-180.0	-180.0	175.0				175.0	103.2	2.0
17	110.00	101.1	Salvatore Grech	64	Masters 60+	NCH Fitness - Naples	Florida				117.5	127.5	-137.5	127.5				127.5	77.3	1.0
18	125.00	121.0	Skip Regan	55	Open	Golds Gym - Port St. Lucie	Florida				177.5	-190.0	190.0	190.0				190.0	109.0	1.0
19	125.00	123.7	Roy Shell	29	Open	Golds Gym - New Port Richey	Florida				-172.5	-172.5	172.5	172.5				172.5	98.5	2.0
20	125.00	121.0	Skip Regan	55	Masters 50+	Golds Gym - Port St. Lucie	Florida				177.5	-190.0	190.0	190.0				190.0	109.0	1.0
21			<u>Out</u>																	
22	90.00		John Ruffalo	70	Masters 70+		Florida													
23																				
24																				
25																				

HEADREFEREE  
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