



19th FSF/USAPL Florida Senior Games Powerlifting Championships
 Bay Oaks Recreation Center -- Ft. Myers Beach, Florida
 Saturday, December 11, 2010



NR	WT	BDW.	NAME	AGE	CLUB / CITY	CATEGORY	DIVISION	SQUAT			BENCHPRESS				DEADLIFT			TOT.	Wlk's	PL.	Coef.					
								1.	2.	3.	1.	2.	3.	SUB.	1.	2.	3.									
1																										
						Bench Press Only																				
2	52.00	49.60	Ellen Back	53	Varsity Athletic Club - Ormond Beach	Equipped Bench Press	Master 50 - 54					25.0	27.5	30.0	30.0					30.0	39.4	1.0	1.3			
3	90.00+	90.60	Carolyn Bolander	68	Lifestyles Fitness -- Winter Haven	Equipped Bench Press	Master 65 - 69					-20.0	-20.0	-20.0												
4	75.00	70.80	Carl Harry	54	All American Gym -- Lakeland	Equipped Bench Press	Master 50 - 54					92.5	97.5	100.0	100.0					100.0	74.3	1.0	0.7			
5	125.00+	125.10	Skip Regan	58	LA Fitness - Port St. Lucie	Equipped Bench Press	Master 55 - 59					205.0	215.0	227.5	227.5					227.5	129.6	1.0	0.6			
5	100.00	98.60	Don Brown	60	Body Factory -- The Villages	Equipped Bench Press	Master 60 - 64					175.0	-185.0	-185.0	175.0					175.0	107.1	1.0	0.6			
6	75.00	73.90	Joe McDermott	70	24 Hr Fitness -- Clearwater	Equipped Bench Press	Master 70 - 74					127.5	132.5	135.0	135.0					135.0	97.2	1.0	0.7			
7	82.50	78.80	Michael Paugh	71	Keep Fit on the Cape - Cape Coral	Equipped Bench Press	Master 70 - 74					47.5	-50.0	50.0	50.0					50.0	34.5	1.0	0.7			
8	75.00	73.30	Bill Tinkler	76	Health First Fitness -- Melbourne	Equipped Bench Press	Master 75 - 79					-80.0	80.0	-87.5	80.0					80.0	57.9	1.0	0.7			
9	60.00	57.20	Melinda Henry	52	Michelle Dean Fitness - Jacksonville	Raw Bench Press	Master 50 - 54					45.0	50.0	-55.0	50.0					50.0	57.9	1.0	1.2			
10	60.00	58.60	Sharon Roth	53	Hard to Hold Fitness - Great Neck, NY	Raw Bench Press	Master 50 - 54					35.0	37.5	-40.0	37.5					37.5	42.6	2.0	1.1			
11	67.50	64.20	Pamela Toti	52	Riverfit Fitness - Jacksonville	Raw Bench Press	Master 50 - 54					30.0	32.5	35.0	35.0					35.0	37.0	1.0	1.1			
12	52.00	50.80	Nancy Georges	59	All-American Gym - Lakeland	Raw Bench Press	Master 55 - 59					32.5	35.0	-37.5	35.0					35.0	44.4	1.0	1.3			
13	90.00+	101.80	Peggy Busacca	56	Planet Fitness - Melbourne	Raw Bench Press	Master 55 - 59					77.5	-82.5	-82.5	77.5					77.5	64.2	1.0	0.8			
14	90.00	84.00	Dale Anne Reiss	63	TF Personal Training - Ft. Myers	Raw Bench Press	Master 60 - 64					42.5	50.0	-52.5	50.0					50.0	44.6	1.0	0.9			
15	67.50	61.80	Janice Kocher	71	All-American Gym - Lakeland	Raw Bench Press	Master 70 - 74					20.0	-22.5	-22.5	20.0					20.0	21.8	1.0	1.1			
16	125.00	113.50	Fred Galloway	54	LA Fitness - Cape Coral	Raw Bench Press	Master 50 - 54					-102.5	-102.5	102.5	102.5					102.5	59.8	1.0	0.6			
17	82.50	81.40	Stephen Mann	57	All-American Gym - Lakeland	Raw Bench Press	Master 55 - 59					85.0	95.0	-100.0	95.0					95.0	64.2	1.0	0.7			
18	100.00	97.40	Edward Lundy	58	Naval Air Station -- Jacksonville	Raw Bench Press	Master 55 - 59					115.0	120.0	122.5	122.5					122.5	75.4	1.0	0.6			
19	100.00	96.50	David Young	56	Riverfit Fitness - Jacksonville	Raw Bench Press	Master 55 - 59					105.0	110.0	115.0	115.0					115.0	71.0	2.0	0.6			
20	82.50	77.10	Dennis Trubey	62	Just Fitness - Jacksonville	Raw Bench Press	Master 60 - 64					85.0	-92.5	-92.5	85.0					85.0	59.4	1.0	0.7			
21	82.50	80.90	David Parsons	68	YMCA - Jacksonville	Raw Bench Press	Master 65 - 69					90.0	97.5	102.5	102.5					102.5	69.5	1.0	0.7			
22	110.00	103.30	Charles Venable	65	YMCA - St. Petersburg	Raw Bench Press	Master 65 - 69					52.5	60.0	Pass	60.0					60.0	36.1	1.0	0.6			
23	75.00	70.20	Robert Nusslear	72	LA Fitness - Clearwater	Raw Bench Press	Master 70 - 74					-80.0	80.0	-82.5	80.0					80.0	59.8	1.0	0.7			
24	75.00	74.10	William "Doc" Bauer	70	Millenium Fitness - Largo	Raw Bench Press	Master 70 - 74					-80.0	-80.0	80.0	80.0					80.0	57.5	2.0	0.7			
25	82.50	80.00	E. Noel Kocher	72	All American Gym -- Lakeland	Raw Bench Press	Master 70 - 74					92.5	-102.5	-102.5	92.5					92.5	63.1	1.0	0.7			
26	75.00	73.30	Bill Tinkler	76	Health First Fitness -- Melbourne	Raw Bench Press	Master 75 - 79					-80.0	80.0	-87.5	80.0					80.0	57.9	1.0	0.7			
27						Deadlift Only																				
28	52.00	49.60	Ellen Back	53	Varsity Athletic Club - Ormond Beach	Equipped Deadlift	Master 50 - 54													45.0	50.0	52.5	52.5	68.9	1.0	1.3
29	90.00+	90.60	Carolyn Bolander	68	Lifestyles Fitness -- Winter Haven	Equipped Deadlift	Master 65 - 69													30.0	37.5	50.0	50.0	43.1	1.0	0.9
30	82.50	78.80	Michael Paugh	71	Keep Fit on the Cape - Cape Coral	Equipped Deadlift	Master 70 - 74													147.5	162.5	-165.0	162.5	112.0	1.0	0.7
31	75.00	73.30	Bill Tinkler	76	Health First Fitness -- Melbourne	Equipped Deadlift	Master 75 - 79													115.0	125.0	130.0	130.0	94.1	1.0	0.7
32	60.00	57.20	Melinda Henry	52	Michelle Dean Fitness - Jacksonville	Raw Deadlift	Master 50 - 54													67.5	72.5	75.0	75.0	86.8	1.0	1.2
33	60.00	58.60	Sharon Roth	53	Hard to Hold Fitness - Great Neck, NY	Raw Deadlift	Master 50 - 54													65.0	70.0	75.0	75.0	85.2	2.0	1.1
34	67.50	64.20	Pamela Toti	52	Riverfit Fitness - Jacksonville	Raw Deadlift	Master 50 - 54													50.0	52.5	55.0	55.0	58.2	1.0	1.1
35	52.00	50.80	Nancy Georges	59	All-American Gym - Lakeland	Raw Deadlift	Master 55 - 59													80.0	90.0	97.5	97.5	123.7	1.0	1.3
36	90.00+	101.80	Peggy Busacca	56	Planet Fitness - Melbourne	Raw Deadlift	Master 55 - 59													115.0	117.5	127.5	127.5	105.6	1.0	0.8
37	90.00	84.00	Dale Anne Reiss	63	TF Personal Training - Ft. Myers	Raw Deadlift	Master 60 - 64													67.5	80.0	90.0	90.0	80.3	1.0	0.9
38	67.50	61.80	Janice Kocher	71	All-American Gym - Lakeland	Raw Deadlift	Master 70 - 74													45.0	50.0	55.0	55.0	59.9	1.0	1.1
39	67.50	66.10	Ken Van Doren	50	Sonny's Gym - Gainesville	Raw Deadlift	Master 50 - 54													165.0	170.0	175.0	175.0	137.2	1.0	0.8
40	100.00	97.40	Edward Lundy	58	Naval Air Station -- Jacksonville	Raw Deadlift	Master 55 - 59													160.0	165.0	170.0	170.0	104.6	1.0	0.6
41	100.00	96.50	David Young	56	Riverfit Fitness - Jacksonville	Raw Deadlift	Master 55 - 59													107.5	115.0	125.0	125.0	77.2	2.0	0.6
42	82.50	81.40	Stephen Mann	57	All-American Gym - Lakeland	Raw Deadlift	Master 55 - 59													167.5	187.5	-195.0	187.5	126.6	1.0	0.7
43	82.50	77.10	Dennis Trubey	62	Just Fitness - Jacksonville	Raw Deadlift	Master 60 - 64													115.0	125.0	137.5	137.5	96.2	1.0	0.7
44	82.50	80.90	David Parsons	68	YMCA - Jacksonville	Raw Deadlift	Master 65 - 69													125.0	142.5	160.0	160.0	108.5	1.0	0.7
45	110.00	103.30	Charles Venable	65	YMCA - St. Petersburg	Raw Deadlift	Master 65 - 69													102.5	125.0	137.5	137.5	82.7	1.0	0.6
46	82.50	80.00	E. Noel Kocher	72	All American Gym -- Lakeland	Raw Deadlift	Master 70 - 74													92.5	97.5	102.5	102.5	70.0	1.0	0.7
47	75.00	73.30	Bill Tinkler	76	Health First Fitness -- Melbourne	Raw Deadlift	Master 75 - 79													115.0	125.0	130.0	130.0	94.1	1.0	0.7
48						Combined Bench Press and Deadlift for Total																				
49	52.00	49.60	Ellen Back	53	Varsity Athletic Club - Ormond Beach	Equipped BP/DL for Total	Master 50 - 54					25.0	27.5	30.0	30.0	45.0	50.0	52.5	52.5	82.5	108.3	1.0	1.3			
50	110.00	109.10	Seqismundo Pares	53	YMCA -- Ocala	Equipped BP/DL for Total	Master 50 - 54					217.5	232.5	-240.0	232.5	262.5	277.5	-282.5	282.5	510.0	300.9	1.0	0.6			
51	60.00	58.60	Sharon Roth	53	Hard to Hold Fitness - Great Neck, NY	Raw BP/DL for Total	Master 50 - 54					35.0	37.5	-40.0	37.5	65.0	70.0	75.0	75.0	112.5	127.7	1.0	1.1			
52	67.50	64.20	Pamela Toti	52	Riverfit Fitness - Jacksonville	Raw BP/DL for Total	Master 50 - 54					30.0	32.5	35.0	35.0	50.0	52.5	55.0	90.0	95.2	1.0	1.1				
53	52.00	50.80	Nancy Georges	59	All-American Gym - Lakeland	Raw BP/DL for Total	Master 55 - 59					32.5	35.0	-37.5	35.0	80.0	90.0	97.5	97.5	132.5	168.2	1.0	1.3			
54	90.00+	101.80	Peggy Busacca	56	Planet Fitness - Melbourne	Raw BP/DL for Total	Master 55 - 59					77.5	-82.5	-82.5	77.5	115.0	117.5	127.5	205.0	169.8	1.0	0.8				
55	90.00	84.00	Dale Anne Reiss	63	TF Personal Training - Ft. Myers	Raw BP/DL for Total	Master 60 - 64					42.5	50.0	-52.5	50.0	67.5	80.0	90.0	140.0	124.8</						



19th FSF/USAPL Florida Senior Games Powerlifting Championships

Bay Oaks Recreation Center – Ft. Myers Beach, Florida

Saturday, December 11, 2010



NR	WT	BDW.	NAME	AGE	CLUB / CITY	CATEGORY	DIVISION	SQUAT			BENCHPRESS				DEADLIFT			TOT.	Wilk's	PL.	Coef.
								1.	2.	3.	1.	2.	3.	SUB.	1.	2.	3.				
1					Bench Press Overall by Wilks																
2	90.00+	101.80	Peggy Busacca	56	Planet Fitness - Melbourne	Bench Press Only	Master 55 - 59				77.5	-82.5	-82.5	77.5				77.5	64.2	1.0	0.8
3	60.00	57.20	Melinda Henry	52	Michelle Dean Fitness - Jacksonville	Bench Press Only	Master 50 - 54				45.0	50.0	-55.0	50.0				50.0	57.9	2.0	1.2
4	90.00	84.00	Dale Anne Reiss	63	TF Personal Training - Ft. Myers	Bench Press Only	Master 60 - 64				42.5	50.0	-52.5	50.0				50.0	44.6	3.0	0.9
5	52.00	50.80	Nancy Georges	59	All-American Gym - Lakeland	Bench Press Only	Master 55 - 59				32.5	35.0	-37.5	35.0				35.0	44.4	4.0	1.3
5	60.00	58.60	Sharon Roth	53	Hard to Hold Fitness - Great Neck, NY	Bench Press Only	Master 50 - 54				35.0	37.5	-40.0	37.5				37.5	42.6	5.0	1.1
6	52.00	49.60	Ellen Back	53	Varsity Athletic Club - Ormond Beach	Bench Press Only	Master 50 - 54				25.0	27.5	30.0	30.0				30.0	39.4	6.0	1.3
7	67.50	64.20	Pamela Toti	52	Riverfit Fitness - Jacksonville	Bench Press Only	Master 50 - 54				30.0	32.5	35.0	35.0				35.0	37.0	7.0	1.1
8	67.50	61.80	Janice Kocher	71	All-American Gym - Lakeland	Bench Press Only	Master 70 - 74				20.0	-22.5	-22.5	20.0				20.0	21.8	8.0	1.1
9	90.00+	90.60	Carolyn Bolander	68	Lifestyles Fitness -- Winter Haven	Bench Press Only	Master 65 - 69				-20.0	-20.0	-20.0								
10	125.00+	125.10	Skip Regan	58	LA Fitness - Port St. Lucie	Bench Press Only	Master 55 - 59				205.0	215.0	227.5	227.5				227.5	129.6	1.0	0.6
11	100.00	98.60	Don Brown	60	Body Factory -- The Villages	Bench Press Only	Master 60 - 64				175.0	-185.0	-185.0	175.0				175.0	107.1	2.0	0.6
12	75.00	73.90	Joe McDermott	70	24 Hr Fitness -- Clearwater	Bench Press Only	Master 70 - 74				127.5	132.5	135.0	135.0				135.0	97.2	3.0	0.7
13	100.00	97.40	Edward Lundy	58	Naval Air Station -- Jacksonville	Bench Press Only	Master 55 - 59				115.0	120.0	122.5	122.5				122.5	75.4	4.0	0.6
14	75.00	70.80	Harry Carl	54	All American Gym -- Lakeland	Bench Press Only	Master 50 - 54				92.5	97.5	100.0	100.0				100.0	74.3	5.0	0.7
15	100.00	96.50	David Young	56	Riverfit Fitness - Jacksonville	Bench Press Only	Master 55 - 59				105.0	110.0	115.0	115.0				115.0	71.0	6.0	0.6
16	82.50	80.90	David Parsons	68	YMCA - Jacksonville	Bench Press Only	Master 65 - 69				90.0	97.5	102.5	102.5				102.5	69.5	7.0	0.7
17	82.50	81.40	Stephen Mann	57	All-American Gym - Lakeland	Bench Press Only	Master 55 - 59				85.0	95.0	-100.0	95.0				95.0	64.2	8.0	0.7
18	82.50	80.00	E. Noel Kocher	72	All American Gym -- Lakeland	Bench Press Only	Master 70 - 74				92.5	-102.5	-102.5	92.5				92.5	63.1	9.0	0.7
19	75.00	70.20	Robert Nussear	72	LA Fitness - Clearwater	Bench Press Only	Master 70 - 74				-80.0	80.0	-82.5	80.0				80.0	59.8	10.0	0.7
20	125.00	113.50	Fred Galloway	54	LA Fitness - Cape Coral	Bench Press Only	Master 50 - 54				-102.5	-102.5	102.5	102.5				102.5	59.8	11.0	0.6
21	82.50	77.10	Dennis Trubey	62	Just Fitness - Jacksonville	Bench Press Only	Master 60 - 64				85.0	-92.5	-92.5	85.0				85.0	59.4	12.0	0.7
22	75.00	73.30	Bill Tinkler	76	Health First Fitness -- Melbourne	Bench Press Only	Master 75 - 79				-80.0	80.0	-87.5	80.0				80.0	57.9	13.0	0.7
23	75.00	74.10	William "Doc" Bauer	70	Millenium Fitness - Largo	Bench Press Only	Master 70 - 74				-80.0	-80.0	80.0	80.0				80.0	57.5	14.0	0.7
24	110.00	103.30	Charles Venable	65	YMCA - St. Petersburg	Bench Press Only	Master 65 - 69				52.5	60.0	Pass	60.0				60.0	36.1	15.0	0.6
25	82.50	78.80	Michael Paugh	71	Keep Fit on the Cape - Cape Coral	Bench Press Only	Master 70 - 74				47.5	-50.0	50.0	50.0				50.0	34.5	16.0	0.7
26					Deadlift Only Overall by Wilks																
27	52.00	50.80	Nancy Georges	59	All-American Gym - Lakeland	Deadlift Only	Master 55 - 59								80.0	90.0	97.5	97.5	123.7	1.0	1.3
28	90.00+	101.80	Peggy Busacca	56	Planet Fitness - Melbourne	Deadlift Only	Master 55 - 59								115.0	117.5	127.5	127.5	105.6	2.0	0.8
29	60.00	57.20	Melinda Henry	52	Michelle Dean Fitness - Jacksonville	Deadlift Only	Master 50 - 54								67.5	72.5	75.0	75.0	86.8	3.0	1.2
30	60.00	58.60	Sharon Roth	53	Hard to Hold Fitness - Great Neck, NY	Deadlift Only	Master 50 - 54								65.0	70.0	75.0	75.0	85.2	4.0	1.1
31	90.00	84.00	Dale Anne Reiss	63	TF Personal Training - Ft. Myers	Deadlift Only	Master 60 - 64								67.5	80.0	90.0	90.0	80.3	5.0	0.9
32	52.00	49.60	Ellen Back	53	Varsity Athletic Club - Ormond Beach	Deadlift Only	Master 50 - 54								45.0	50.0	52.5	52.5	68.9	6.0	1.3
33	67.50	61.80	Janice Kocher	71	All-American Gym - Lakeland	Deadlift Only	Master 70 - 74								45.0	50.0	55.0	55.0	59.9	7.0	1.1
34	67.50	64.20	Pamela Toti	52	Riverfit Fitness - Jacksonville	Deadlift Only	Master 50 - 54								50.0	52.5	55.0	55.0	58.2	8.0	1.1
35	90.00+	90.60	Carolyn Bolander	68	Lifestyles Fitness -- Winter Haven	Deadlift Only	Master 65 - 69								30.0	37.5	50.0	50.0	43.1	9.0	0.9
36	67.50	66.10	Ken Van Doren	50	Sonny's Gym -- Gainesville	Deadlift Only	Master 50 - 54								165.0	170.0	175.0	175.0	137.2	1.0	0.8
37	82.50	81.40	Stephen Mann	57	All-American Gym - Lakeland	Deadlift Only	Master 55 - 59								167.5	187.5	-195.0	187.5	126.6	2.0	0.7
38	82.50	78.80	Michael Paugh	71	Keep Fit on the Cape - Cape Coral	Deadlift Only	Master 70 - 74								147.5	162.5	-165.0	162.5	112.0	3.0	0.7
39	82.50	80.90	David Parsons	68	YMCA - Jacksonville	Deadlift Only	Master 65 - 69								125.0	142.5	160.0	160.0	108.5	4.0	0.7
40	100.00	97.40	Edward Lundy	58	Naval Air Station -- Jacksonville	Deadlift Only	Master 55 - 59								160.0	165.0	170.0	170.0	104.6	5.0	0.6
41	82.50	77.10	Dennis Trubey	62	Just Fitness - Jacksonville	Deadlift Only	Master 60 - 64								115.0	125.0	137.5	137.5	96.2	6.0	0.7
42	75.00	73.30	Bill Tinkler	76	Health First Fitness -- Melbourne	Deadlift Only	Master 75 - 79								115.0	125.0	130.0	130.0	94.1	7.0	0.7
36	110.00	103.30	Charles Venable	65	YMCA - St. Petersburg	Deadlift Only	Master 65 - 69								102.5	125.0	137.5	137.5	82.7	8.0	0.6
37	100.00	96.50	David Young	56	Riverfit Fitness - Jacksonville	Deadlift Only	Master 55 - 59								107.5	115.0	125.0	125.0	77.2	9.0	0.6
38	82.50	80.00	E. Noel Kocher	72	All American Gym -- Lakeland	Deadlift Only	Master 70 - 74								92.5	97.5	102.5	102.5	70.0	10.0	0.7
48					Combined Bench Press and Deadlift for Total Overall by Wilks																
49	90.00+	101.80	Peggy Busacca	56	Planet Fitness - Melbourne	BP/DL for Total	Master 55 - 59				77.5	-82.5	-82.5	77.5	115.0	117.5	127.5	205.0	169.8	1.0	0.8
50	52.00	50.80	Nancy Georges	59	All-American Gym - Lakeland	BP/DL for Total	Master 55 - 59				32.5	35.0	-37.5	35.0	80.0	90.0	97.5	132.5	168.2	2.0	1.3
51	48.00	46.60	Joan Schmidt	70	The Commons Club - Bonita Springs	BP/DL for Total	Master 70 - 74				30.0	-35.0	-35.0	30.0	62.5	67.5	72.5	102.5	138.7	3.0	1.4
52	60.00	58.60	Sharon Roth	53	Hard to Hold Fitness - Great Neck, NY	BP/DL for Total	Master 50 - 54				35.0	37.5	-40.0	37.5	65.0	70.0	75.0	112.5	127.7	4.0	1.1
53	90.00	84.00	Dale Anne Reiss	63	TF Personal Training - Ft. Myers	BP/DL for Total	Master 60 - 64				42.5	50.0	-52.5	50.0	67.5	80.0	90.0	140.0	124.8	5.0	0.9
54	52.00	49.60	Ellen Back	53	Varsity Athletic Club - Ormond Beach	BP/DL for Total	Master 50 - 54				25.0	27.5	30.0	30.0	45.0	50.0	52.5	82.5	108.3	6.0	1.3
55	67.50	64.20	Pamela Toti	52	Riverfit Fitness - Jacksonville	BP/DL for Total	Master 50 - 54				30.0	32.5	35.0	35.0	50.0	52.5	55.0	90.0	95.2	7.0	1.1
56	110.00	109.10	Segismundo Pares	53	YMCA -- Ocala	BP/DL for Total	Master 50 - 54				217.5	232.5	-240.0	232.5	262.5	277.5	-282.5	510.0	300.9	1.0	0.6
48	60.00	58.60	Sharon Roth	53	Hard to Hold Fitness - Great Neck, NY	BP/DL for Total	Master 50 - 54				35.0	37.5	-40.0	37.5	65.0	70.0	75.0	112.5	127.7	2.0	1.1
49	67.50	64.20	Pamela Tote	52	Riverfit Fitness - Jacksonville	BP/DL for Total	Master 50 - 54				30.0	32.5	35.0	35.0	50.0	52.5	55.0	90.0	95.2	3.0	1.1
50	52.00	50.80	Nancy Georges	59	All-American Gym - Lakeland	BP/DL for Total	Master 55 - 59				32.5	35.0	-37.5	35.0	80.0	90.0	97.5	132.5	168.2	4.0	1.3
51	90.00+	101.80	Peggy Busacca	56	Planet Fitness - Melbourne	BP/DL for Total	Master 55 - 59				77.5	-82.5	-82.5	77.5	115.0	117.5	127.5	205.0	169.8	5.0	0.8
52	90.00	84.00	Dale Anne Reiss	63	TF Personal Training - Ft. Myers	BP/DL for Total	Master 60 - 64				42.5	50.0	-52.5	50.0	67.5	80.0	90.0	140.0	124.8	6.0	0.9
53	4																				