

**The Big Bench Contest  
6 Dec 86 - Orlando, FL**

LADIES DIVISION		
P. Hooper	225	148 lbs.
M. Morreale	165	C. Follenius 375
S. Gange	165	J. Spencer 305
S. O'Disho	120	165 lbs.
TEEN DIVISION		
114-132 lbs.	D. Trout	320
S. LaGasse	255	B. O'Marra 315
Tascherberger	235	R. Russell 290
J. Chan	230	B. Herman 425
148-165 lbs.	D. Volpe	420
C. Follenius	375	J. Scott 420
R. Smith	315	198 lbs.
A. Johnson	295	A. Yearby 475
181-198 lbs.	R. Schwartz	470
J. Scott	420	G. Small 415
J. Rivers	375	220 lbs.
M. Turner, Jr.	350	G. Drigo 540
220-242 lbs.	T. Parker	475
P. Taraba	365	B. Earles 445
S. Moore	350	242 lbs.
M. Whelan	255	G. Fleishman 490
275-SHW lbs.	L. Keyes	475
J. Dixon	290	M. Turner, Sr. 470
B. Palfrey	280	275 lbs.
OPEN DIVISION		
123 lbs.	G. Robinson	530
S. Soupup	240	B. Fonseca 460
132 lbs.	J. McDermott	430
S. LaGasse	255	C. Womack 540
Tascherberger	235	R. Sewell 425

Our meet, The Big Bench Contest, was a big success thanks. The facilities at the University of Central Florida are superior and our sponsors, EXCEED Sports Nutritional Systems and STRENGTH ADVISORS of Orlando helped to insure the success of the meet, even contributing such extras as brand new competition benches, T-shirts, and lifter refreshments. We had a total of 71 lifters: Open, Women, and Teen divisions. Ladies lifting was outstanding with Peggy Hooper benching 225. We had 32 Teens lifting which created stiff competition. Outstanding in the Teen division was Jeff Scott at 180 lb. benching 420! In the Open division 3 lifters surpassed the 500 lb. mark with 5 other lifters close behind with 470 or more! Outstanding in this division was Gary Drigo at 215 lb. benching 540! Best lifter trophies were awarded for both lightweight and heavyweight lifters in the Open Division. Our lightweight Best Lifter was Chris Follenius and our heavyweight Best Lifter was Gary Drigo. Team trophies were awarded as well. In the Open Division the winning team was from Gold's Gym in Ft. Lauderdale sponsored by Ken Beally. In the Teen Division the winning team was Catharsis from Orlando, captained by Martin Whelan. Our next meet will be held this summer at the University of Central Florida--THE SECOND ANNUAL FLORIDA BENCHPRESS CHAMPIONSHIP! Watch POWERLIFTING USA for the date and times! (Thanks to Boettner, Hicks, Martin, Stroud for results.)

**Rocky Mountain Open  
Dec 86 - Canyon City, CO (kilos)**

	SQ	BP	DL	Total
123 lbs.				
L. Archuleta	172.5	110	192.5	475
132 lbs.				
R. Trujillo	122.5	85	182.5	390
148 lbs.				
P. Clowdus	210	127.5	207.5	545
C. Burmessten	187.5	125	202.5	515
165 lbs.				
B. Vitale	202.5	160	207.5	570
E. Bravo	182.5	142.5	227.5	552.5
B. Powers	192.5	135	212.5	540
W. Easton	197.5	120	205	522.5
181 lbs.				
B. Bonner	285	187.5	277.5	750
198 lbs.				
J. Ponzi	267.5	180	280	727.5
T. Estrada	227.5	167.5	235	630
220 lbs.				
K. Shepard	310	235	322.5	867.5
242 lbs.				
M. Morrone	305	210	267.5	782.5
G. Williams	272.5	192.5	285	750
R. Dillehay	237.5	195	285	717.5
275 lbs.				
K. Smith	345	205	312.5	862.5
Masters				
(Schwartz)				
B. Powers	192.5	135	212.5	540
D. Helkenn	202.5	160	245	607.5
P. Shinagawa	167.5	102.5	192.5	465
Below Class 2				
132 lbs.				
C. Easton	137.5	82.5	180	400
148 lbs.				
C. Thompson	185	115	172.5	472.5
P. Shinagawa	167.5	102.5	192.5	465
165 lbs.				
B. Williams	210	127.5	242.5	580
W. Easton	197.5	120	205	522.5
181 lbs.				
G. Thompson	185	142.5	215	542.5
B. Estrada	172.5	122.5	197.5	492.5

B. McClanahan	150	112.5	192.5	455
198 lbs.				
K. Dreschel	250	132.5	260	642.5
M. Conkey	142.5	125	182.5	450
220 lbs.				
R. Schmidt	200	175	227.5	602.5
275 lbs.				
D. Helkenn	202.5	160	245	607.5
Womens				
123 lbs.				
M. Garrett	82.5	55	102.5	240
132 lbs.				
J. Golding	137.5	60	145	342.5
S. Helkenn	80	50	95	225
SHW				
C. Ha	162.5	90	182.5	440

**Super Weight Sunday  
30 Nov 86 - Otisville, NY**

	SQ	BP	DL	Total
123 lbs.				
Freeman	165	130	300	595
Nichergall	135	0	325	335
132 lbs.				
Cruz	0	170	325	495
148 lbs.				
Guadalupe	405	285	470	1160
Coulter	340	210	460	1010
Brathwaite	340	230	420	990
Bowden	280	265	340	885
165 lbs.				
Gonzales	350	315	470	1135
Martinez	375	225	365	965
181 lbs.				
Edwards	575	320	650	1545
Thomas	410	265	470	1145
Quinerly	330	290	455	1075
198 lbs.				
DiBona	500	305	550	1355
Hill	500	320	530	1350
Jackson	275	195	350	820
220 lbs.				
Cohen	435	350	485	1270
Withers	405	285	430	1120
242 lbs.				
Thomas	525	425	550	1500
Drew	530	320	0	850
SHW				
Hudson	460	330	600	1390

**New Jersey State ADFPA  
7 Dec 86 - Andover, NJ**

	SQ	BP	DL	Total
Ladies Division				
C. Falconio	285	165	335	785
G. Draper	305	125	335	765
C. King	285	125	350	760
E. McSweeney(T)	310	125	315	750
M. Rupakus	200	125	275	600
J. Musa	175	135	225	535
D. Ugly	350	155	300	805
B. Gitlin	250	145	305	700
P. McCabe	215	150	305	670
S. Stites(T)	275	165	305	745
S. Koch	175	125	250	550
J. Stites(T)	175	115	250	540
Men				
114 lbs.				
D. McDonald	425*	290*	275	990
F. Fallone(T)	135	115	250	500
J. Charkacis	230	165	345	740
123 lbs.				
J. Benemerito(T)	380*	225	440*	1045*

L. Rygiel(T)	170	95	185	450
132 lbs.				
F. Wagner(T)	400	295	425*	1120*
T. Viera(T)	350	215	430	995
R. Lakatos	340	190	395	925
C. Miceli	295	230	360	885
J. Bautista(M)	280	200	320	800
148 lbs.				
R. Benemerito(T)	550*	335	555*	1440*
L. Weinstein	500	290	575	1365
J. Caruso	425	315	500	1240
D. Inamorato	360	265	460	1085
J. Wilkes(T)	400	270	430	1100
R. Herbst	355	280	440	1075
T. Taylor	360	270	400	1030
D. Dell'ollo	360	240	400	1000
R. Pfister(T)	315	215	465	995
M. Battaglia	325	205	450	980
J. Caliguari	335	250	380	965
R. Beyer(M)	345	205	400	950
M. Curto	300	240	335	875
R. Barnickle	275	250	365	865
B. Whacan(T)	225	175	300	700
165 lbs.				
J. Stamboucy	520	280	570	1370
J. Ragonese(T)	485	320	480	1285
P. Champion	490	230	540	1260
F. Koplanel	455	275	490	1220
C. Marques	450	295	440	1185
T. Piotrowski	415	295	425	1135
R. Falcone	400	305	430	1135
J. Gengo	400	220	400	1020
R. Uliniski(M)	350	250	435	1035
W. Robak(T)	300	235	380	915
G. Strother	315	235	360	910
M. Nelson	240	380*	135	650
R. Aldents(T)	260	170	270	700
181 lbs.				
M. Tiano	560*	305	555	1420*
R. Samuel(M)	470	320	570*	1360
B. Callahan	525	335	490	1350
J. Prignano	465	285	565	1315
C. Tiritilli	505	290	480	1275
A. Petridis(M)	495	295	460	1250
R. Liptak	415	245	500	1160
D. Fuller(T)	425	225	415	1065
J. Leonard(T)	340	280	415	1035
R. Grafal	330	220	475	1025
T. Cassell	320	240	440	1000
R. O'Rourke(M)	330	260	375	965
D. Simons(M)	345	200	375	920
S. Raymond	295	240	355	890
J. Mydosch	280	260	325	865
198 lbs.				
M. Green	520	400*	600	1520*
G. Applegate	570	340	570	1480
M. Dematteo	540	315	550	1405
S. Iouino	500	340	525	1365
T. VanSickel	485	350	515	1350
R. Rubenton	495	335	490	1320
R. Federowicz	485	320	495	1300
B. Hollenfen	400	320	550	1270
D. Marcinkiew	465	300	500	1265
J. Nolan	455	285	490	1230
J. Znaczo	430	255	515	1200
B. Foster	420	285	475	1180
S. Diemeritt(T)	380	245	415	1040
J. Wagenhoffer	145	430	145	720
220 lbs.				
M. Rachmiel	670*	350	605	1625*
T. Ferraina	620	370	575	1565
T. Lusardi	555	405	600	1560
L. Adesso	600	380	570	1550
F. Blee	640	320	575	1535

M. Lutcza	510	400	530	1440
B. Leffler	440	375	450	1265
A. Russo	475	250	525	1250
M. Schettino(M)	415	275	480	1140
B. Stites(M)	320	275	410	1005
J. Graham(M)	275	245	325	845
242 lbs.				
H. Skiba	640	375	550	1565
H. Sisca(M)	615	315	615*	1545
D. Adcock	585	320	605	1510
R. Esserman	525	360	515	1400
J. Jefferson	380	280	455	1115
D. Freed	300	205	400	905
275 lbs.				
G. Curcione	620	380	660	1660
K. Toth	650	400	600	1650
E. Rossi(M)	570*	410	480	1425
I. Turczak	570	325	450	1345
A. Perkel	460	315	460	1235
SHW				
D. Cramer(M)	400	405*	400	1175

\* 18 New N.J. State Records. \* 5 New American Records. Team- Falconio's Gym. Masters Team- Lusardi's Health & Training. Best Lifters: light-Ray Benemerito, heavy- Mike Rachmiel.

Masters Division: Light-Ken Samuel 1360, Art Petridis 1250, Rich Uliniski 1035, Rich Osyer 950, Justo Baustia 800; Heavy- Hank Sisca 1540, Ernie Ross 1425, Bill Loeffler 1265, Mike Schettino 1140, D.L. Cramer 1175.

Top 5 Teenagers: Ray Benemerito 1440, James Benemerito 1045, J. Ragonese 1285, F. Wagner 1120, J. Wickes 1100.

This was our best turnout so far: 130 lifters, plus 400 spectators. It was a long day, finishing around 10 p.m. Next year we will go to 2 days. It would take me forever to thank all who helped. Special thanks to Barbara Burns who ran the score table, without her this meet could not be run. You are great Barbara. (Thanks to Hank Sisca, NJ State Chairman, for results.)

**Carr's Gym Vs. Algoa  
15 Nov 86 - St. Joseph, MO**

	SQ	BP	DL	Total
123 lbs.				
Meyers	185	155	230	570
132 lbs.				
Higgs	305	235	395	935
Musial	250	195	340	785
148 lbs.				
Lorenz	345	240	455	1040
Jones	330	250	455	1035
165 lbs.				
Smith	400	310	445	1155
Daniels	390	290	425	1005
Peterson	285	185	450	920
181 lbs.				
Contrell	405	285	425	1115
M. Rokusek	340	250	425	1015
S. Brady	350	260	365	975
198 lbs.				
Johnson	375	280	510	1165
Abby	350	315	450	1115
Bainer	325	275	405	1005
220 lbs.				
Gillespie	490	315	600	1405*
Shatto	425	295	510	1230
A. Springs	265	250	400	915
242 lbs.				
S. Schmidt	480	370	550	1400
S. Frogge	470	340	425	1235

Best Lifter: Smith. Masters: Gillespie. (Thanks to Jon Carr for results.)

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