

FLEX GYM BENCH PRESS RESULTS
MAY 1, 2010

WOMEN'S OPEN 132# 1 ST PLACE	MOLLY BROWN	160#	NEW MEET RECORD
WOMEN'S OPEN 148# 1 ST PLACE	PENNY ALTARES	115#	
WOMEN'S OPEN 165# 1 ST PLACE	PINKIE WOOD	105#	
MASTER'S WOMEN 40-49 148# 1 ST PLACE	PENNY ALTARES	115#	
MASTER'S WOMEN 40-49 165# 1 ST PLACE	PINKIE WOOD	105#	
TEENAGE MEN 132# 1 ST PLACE	ROD HUGHSON	235#	NEW MEET RECORD
2 ND PLACE	ZACH O'NEAL	165#	
TEENAGE MEN 198# 1 ST PLACE	JONATHON PEREZ	335#	
2 ND PLACE	JEREMY MARLOWE	190#	
MEN'S OPEN 165# 1 ST PLACE	BRANDON REYNOLDS	295#	
2 ND PLACE	ZACH WILHIDE	285#	
MEN'S OPEN 181# 1 ST PLACE	JOHN TRIPP	340#	
2 ND PLACE	RICK CUTSHAW	290#	
3 RD PLACE	JAY HUDSON	280#	
4 TH PLACE	BILL PENDER	265#	
5 TH PLACE	RYAN MORROW	240#	PERSONAL BEST!!
MEN'S OPEN 198# 1 ST PLACE	JEFF MINGEN	335#	
2 ND PLACE	GLENN LEAKS	330#	
MEN'S OPEN 220# 1 ST PLACE	KEVIN SNOWDEN	370#	
MEN'S OPEN 242# 1 ST PLACE	MONIE STEVENSON	445#	
2 ND PLACE	DANNY PUGH	405#	

MEN'S OPEN 275#

1ST PLACE **LEROY HOSKINS** 350#
2ND PLACE **BRIAN GRAY** 300#

MEN'S MASTERS 165# 40-49

1ST PLACE **RICHARD ALPERT** 335# **NEW MEET RECORD**

MEN'S MASTERS 165# 60+

1ST PLACE **RED HART** 230#

MEN'S MASTERS 181# 40-49

1ST PLACE **JAY HUDSON** 280#
2ND PLACE **KURT JOHNSON** 250#
3RD PLACE **MICHAEL JAFKO** 235#

MEN'S MASTERS 181# 50-59

1ST PLACE **JOHN TRIPP** 340#

MEN'S MASTERS 242# 40-49

1ST PLACE **MONIE STEVENSON** 445# **NEW MEET RECORD**

BEST LIFTER AWARDS - BENCH

EACH "BEST LIFTER" RECEIVED \$30.00 GIFT CERTIFICATES TO
DISCOUNT SUPPLEMENTS DIRECT

TEENAGE

RODNEY HUGHSON 235#

WOMEN'S MASTERS

PENNY ALTARES 115#

WOMEN'S OPEN LIGHTWEIGHT

MOLLY BROWN 160#

WOMEN'S OPEN HEAVYWEIGHT

PINKIE WOOD 105#

MEN'S MASTERS

RICHARD ALPERT 335#

MEN'S OPEN LIGHTWEIGHT

JOHN TRIPP 340#

MEN'S OPEN HEAVYWEIGHT

MONIE STEVENSON 445#

**\$50.00 AMERICAN EXPRESS GIFT CARDS WERE GIVEN TO THE BIGGEST OVERALL
BENCHERS. THE RECIPIENTS WERE:**

BIGGEST MEN'S BENCH OF THE DAY **MONIE STEVENSON** 445#

BIGGEST WOMEN'S BENCH OF THE DAY **MOLLY BROWN** 160#

RED DENOTES FLEX GYM LIFTERS.

FLEX GYM MEET RECORDS
 MEN'S BENCH PRESS
 AS OF 05/10

	<u>OPEN</u>	<u>TEEN</u>	<u>Masters 40-49</u>	<u>Masters 50-59</u>	<u>Masters 60+</u>
123	Mike Chappelle 220# 4/08	Zachary O'Neal 125# 10/08			
132	David Brown 295# 4/08	Rod Hughson 235# 5/10			
148	David Brown 315# 4/09	Brandon Reynolds 250# 10/08	John Low 245# 4/06		Alan Bartell 210# 5/04
165	Danny Transfig. 330# 4/09	Taylor Briggs 210# 10/08	Richard Alpert 335# 5/10	George Eaton 200# 10/06	
181	Sean Meeks 405# 4/09	Marq JacksonHorne 300# 10/08	Rob Dominique 335# 10/04	John Tripp 360# 4/08	Bev Rosser 185# 5/04
198	Rick Perconte 450# 5/05	Andre De Castro 375# 4/09	Eric Tyson 400# 4/07	John Tripp 350# 5/04	Frank Tehel 175# 4/07
220	George Shyrock 465# 4/06	K. Champion 10/07 Dion Mosley 4/08 275#	Monie Stevenson 440# 4/08	B.W. Garrett 10/05 Reggie Stubbs 5/05 300#	
242	Jeff turner 510# 4/09	Brett Gardner 170# 4/06	Monie Stevenson 445# 5/10	Albert Proctor 450# 5/04	Willie Shipp 315# 4/09
275	Jeff Turner 510# 4/07	Karon Pencock 205# 4/08	Stan Allbritton 10/06 Torrence Cherry 4/08 450#	Roger Wright 420# 10/07	
SHW	Tyrone Houston 550# 10/07		Alfred Caldwell 530# 10/08		

FLEX GYM MEET RECORDS
WOMEN'S BENCH PRESS
AS OF 05/10

	<u>OPEN</u>	<u>TEEN</u>	<u>Masters 40-49</u>	<u>Masters 50-59</u>	<u>Masters 60+</u>
114	Tisha Paredes 115# 10/08				
123	Val McNeeley 5/04 Muriel Brewer 10/09 130#			Betty Kuriloff 75# 10/06	Muriel Brewer 130# 10/09
132	Molly Brown 160# 5/10		Arnetta Brown 95# 4/07	Muriel Brewer 130# 5/05	
148	Latrese Reames 195# 4/07		Penny Altares 125# 10/09		
165	Stella Krupinski 275# 10/05		Penny Altares 115# 4/09		
181	Cheryl Crabtree 150# 5/04		Monica Wertz 110# 4/09		
198	Mercedes Bazemore 240# 10/09		Theresa Riddick 125# 4/09	Melissa Byrd 90# 10/07	Sandra Sullivan 80# 4/09
198+	Ylander Ross 135# 10/04		Susan Zabawa 180# 4/07	Iris Francis 90# 4/07	Faye Whitlock 75# 10/06