

# Golden Triangle Bench Press Open

May, 2007

Results: Dave Hoffman

Wt Class	Name	Team	Best Bench	Total	WIKS Total
90+	ADELE COUCHMAN	KW Grizzlies	40	40	33.19
82.5	BRIAN LAWRENCE		65	65	46.1
90	LAURIE GREENIDGE		130	130	83.37
90	HERB GREENIDGE	OTTAWA	170	170	112.92
100	BEN WORSELL	LONDON	197.5	197.5	121.35
100	TERRY STINCHCOMBE	LONDON	142.5	142.5	88.1
100	MARK FINOCHIO	NIAGARA	200	200	123.54
110	FRED ENGLISH		145	145	86.5
125	JOHN CLAYTON	GOLDEN TRIANGLE	177.5	177.5	103.95
125	RICK GAZDIG	LONDON	182.5	182.5	105.24
125+	MIKE KNOTT	LONDON	195	195	108.21