

Annual Friends in Steel Benchpress & Deadlift

May, 2007

Results: Mike Knott

Hosted By: K-W Grizzlies

Wt Class	Name	Team	BP	DL	Total	Wilks Total
60	Cheryl Howey	KW	25	80	105	119.01
75	Kelly Fitzgerald	Mississauga	57.5	100	157.5	157.08
90+	Jacquie Johnson	KW	35	85	120	99.56
67.5	Michael Rastas	Mississauga	50	80	130	100.47
67.5	Ryan Lamey	Mississauga	62.5	80	142.5	119.38
82.5	Robert Greig	KW	50	90	140	95.43
82.5	Jeffrey Killins	Mississauga	75	115	190	129.92
90	Frankie Ho	Mississauga	50	75	125	81.65
110	Morgan Smith	Mississauga	0	185	0	0
125+	Larry Chappel	KW	67.5	135	202.5	110.35