

		Arm Curl	Bench Press	Leg Press	Push Up	Situps	Pull Up
<b>Men</b>							
<b><u>Age Group 50-54</u></b>							
Thomas Allen wc 180-185		Gold ( Best Result :115 lb)	Gold ( Best Result: 235 lb)		Gold ( Best Result:75)		
Dan Lacey wc 220-225		Gold ( Best Result :115 lb	Gold ( Best Result :235 lb)	Gold ( Best Result: 775)	Gold ( Best Result:59)	Gold ( Best Result:52)	
<b><u>Age Group 55-59</u></b>							
Dan Green wc 210 -215		Gold ( Best Result : 200 lb )	Gold ( Best Result :335 lb)	Gold ( Best Result :885 lb)	Gold ( Best Result : 79)	Gold ( Best Result : 30)	Gold ( Best Result : 10
Dorian Cooper wc 230-235		Gold (Best Result : 115 lb)	Gold (Best Result: 220 lb)	Gold (Best result : 475 lb)	Gold (Best Result :25)		
<b><u>Age 60-64</u></b>							
Brian Pearson wc 180 -185		Gold (Best Result: 165 lb)	Gold (Best Result: 285 lb)	Gold (Best Result: 775 lb)	Gold (Best Result: 75)	Gold (Best Result: 50)	Gold (Best Result: 16)
Allan Bauer		Gold (Best Result: 115 lb)	Gold (Best Result: 195 lb)	Gold (Best Result:775 lb)	Gold (Best Result :49)	Gold (Best Result: 39)	Gold (Best Result : 4)
<b><u>Age 65-69</u></b>							
Chet Myers (wc 156-165)		Gold (Best Result: 145 lb)	Gold (Best Result : 270 lb)	Gold (Best Result: 705 lb)	Gold (Best Result: 77)		Gold (Best Result :22)
<b><u>Age Group 70-74</u></b>							
Rob Blyther (wc 185-189)		Gold (Best Result: 115 lb)	Gold (Best Result : 205 lb)	Gold (Best Result: 600 lb)			
Rusty Spindel (wc 190-195)		Gold (Best Result: 125 lb)	Gold (Best Result : 165 lb)	Gold (Best Result: 445 lb)	Gold ( Best Result : 60)	Gold ( Best Result : 41)	
<b><u>Age Group 75-79</u></b>							
Jay Dash		Gold (Best Result: 95lb)			Gold (Best Result: 85)	Gold (Best Result: 50)	Gold (Best Result: 21)
<b>Women</b>							
<b><u>Age Group 40-45</u></b>							
Jennifer Allen		Gold (Best Result : 30 lb)	Gold (Best Result : 85 lb)	Gold (Best Result: 175 lb)			