

The 2007 GENTLE SHEPHERD BENCH PRESS Competition; August 10th

Sanctioned by the
AMERICAN DRUG-FREE POWERLIFTING FEDERATION

The Gentle Shepherd Community Center began to liven up Friday evening as lifters with their entourage arrived for a small Bench Press Event. Earlier in the day work crews had prepared the venue setting out bleachers, arranging the warm-up area, competitive platform, award display and getting the concession stand ready. By 6:00 p.m. the lifters began the registration, weigh-in and equipment check process for the 2007 GENTLE SHEPHERD BENCH PRESS Competition hosted by Meet Director John Jachim. Following their warm-ups and Rules Briefing nine athletes went to work demonstrating the results of their recent training programs. Spotters, Loaders and Officials kept the meet moving smoothly. Impressive awards were presented within minutes of the completed competition. An update of the A.D.F.P.F. Record Books revealed 15 Records set by the athletes: 7 AMERICAN Records and 8 MICHIGAN STATE Records. CONGRATULATIONS to all who were a part of this competition! 8 lifters qualified for the 2007 SINGLE EVENT WORLD CHAMPIONSHIPS held in MONTESILVANO, ITALY on OCT. 12, 13 & 14. Lifters, check the website for U.S. Team & World Championships Information.

UNEQUIPPED Division; SINGLE EVENT BENCH PRESS. Record Code: American Record=*; State Record=+

Weight Class	Lifter's Name City State	Body Weight	AGE/ B. Date	Bench Press #1	Bench Press #2	Bench Press #3	TOTAL & Record Code	PLACE/ Category
WOMEN:								
+90.0	Carolyn MUESSMAN Trufant, Michigan	+90.	47 3-10-60	75.0	77.5	82.5	77.5*+ Open & M 2	1st Masters' 2
MEN:								
82.5	Evan L. JOHNSON Twin Lake, Michigan	75.9	25 12-18-81	110.0	112.5	115.0	112.5	1st OPEN
82.5	Charles HOUSER Twin Lake, Michigan	82.0	42 2-18-65	125.0	130.0	130.0	125.0*+ M 1	1st Masters' 1
90.0	Joe CAMPBELL Kalkaska, Michigan	87.9	40 7-13-67	155.0	160.0	165.0	160.0* M 1 + Open & M 1	1st Masters' 1
100.0	Tim ANDREWS Kalamazoo, Michigan	99.8	69 3-20-38	110.0	118.5	126.0	126.0*+ M 6	1st Masters' 6
100.0	Joel NINABER Essex Ontario	95.4	22 8-14-84	100.0	105.0	110.0	105.0	1st JUNIOR
110.0	Randy L. CAIRNS Gowen, Michigan	108.5	41 12-22-65	112.5	125.0	132.5	125.0*+ M 1	1st Masters' 1

EQUIPPED Division; SINGLE EVENT BENCH PRESS. Record Code: American Record=*; State Record=+

Weight Class	Lifter's Name City State	Body Weight	AGE/ B. Date	Bench Press #1	Bench Press #2	Bench Press #3	TOTAL & Record Code	PLACE/ Category
	MEN:							1st
90.0	John JACHIM Pierson, Michigan	89.2.	47 3-10-60	172.5	182.5	182.5	172.5*+ M 2	Masters' 2
82.5	Mark E. LeCLAIR Twin Lake, Michigan	75.9	25 12-18-81	210.0	215.0	215.0	- - - -	- - -