

2010 Tioga County Fitness Challenge Bench Press Contest

April 17, 2010

NAME	TEAM	DIVISION	LIFT	REPS	PLACE
Hannah Williams	Team Williams	F12	34	28	1
Rosaria Hines	Owego Gymnastics	F12	17	6	2
Leah Williams	Team Williams	F12	21	6	2
Danielle LaRue	Phoenix	F13	65	6	1
McKenna Loop	Fay's Fitness	F13	75	4	2
Kate Whittemore	Fay's Fitness	F18	122	3	1
Sarah Hines	Owego Gymnastics	F30	80	3	1*
Kimberleigh Nichols	Candor Tribe	F30	80	2	2*
Krista Mugford	Phoenix	F30	45	9	3*
Amy Ross	SVE CFC	F40	75	14	1
Corine Cowles	Phoenix	F40	65	1	2*
Christina ODell	Fay's Fitness	F40	60	5	3*
Marcia Kropp	Fay's Fitness	F50	71	16	1*
Jean Ahart	Fay's Fitness	F60	66	13	1
Joan Davis	Peak Performance	F60	57	9	2
Valerie Towers	Fay's Fitness	F60	60	9	3*
Jean Dewey	Fay's Fitness	F60	45	5	4*
Grady Alpert		M12	44	20	1
Patrick Granger	Phoenix	M12	45	7	2*
Jonah Williams	Team Williams	M12	17	4	3*
Seth Nichols	Candor Tribe	M12	60	1	4*
Broderick Hines	Owego Gymnastics	M12	17	1	5*
Austin Openshaw	Phoenix	M12	37	1	6*
Benjamin Cowles	Phoenix	M12	45	10	7*
William Cowles	Phoenix	M12	45	8	8*
James Parrish	Full of Grace	M13	149	7	1
Keith Williams	Team Williams	M30	185	28	1
Ron Fay	Fay's Fitness	M40	191	13	1
Andrew Fagan	Phoenix	M40	135	1	2*
Andrew Abunstam		M50	221	22	1
Larry Vetter		M60	129	27	1
Phillip Watkins	Peak Performance	M60	106	5	2

* Demotes lifted below the standard for their weight class.