

2016 Lake Senior Games Series Qualifier

2016 Lake Senior Games Powerlifting Results

Name	M/F	Age	Weight Class	Bench	Deadlift	Total	Place
Suzanne LaForge	F	55-59	165lb	175lbs	405lbs	580lbs	Gold
Ruth Brady	F	60-64	148lb	75lbs	120lbs		Gold
Sandy Simmons	F	65-69	148lb	85lbs	220lbs	305lbs	Gold
Marie Rodriguez	F	65-69	132lb		135lbs		Gold

Name	M/F	Age	Weight Class	Bench	Deadlift	Total	Place
Robert Oren	M	50-54	275lb	395lbs	395lbs	790lbs	Gold
Bill Bradford	M	55-59	265lb	265lbs			Gold
Bill Willoughby	M	65-69	181lb		250lbs		Gold
Richard Evans	M	65-69	242lb	155lbs	250lbs	405lbs	Gold
Terrance Wright	M	70-74	220lb	125lbs	205lbs		Gold
Michael Keiser	M	70-74	242lb	125lbs	215lbs		Gold



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*Special Thanks to Gold's Gym Mt Dora for hosting the 2016
Lake Senior Games Powerlifting Event.*

Also Very special gratitude to:

Christine Swain, General Manager, Gold's Mt Dora

Tom & Cheryl Cherry, Event Coordinators

Suzanne LaForge, Official Senior Games Trainer, Judge

Bryan S. Trainer, Spotter

Suzanne T. Trainer, Spotter

Nicole, Trainer, Spotter

Daniel, Trainer, Spotter

