



2018 Greater New Orleans Senior Olympics



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2018 GNOSO WEIGHTLIFTING RESULTS

Bench Press

Age Grp	Name	Weight	Coeff.	1st	2nd	3rd	%Lift	Medal
60-64 F	Thelma Naquin	142.0	1.0563	95	105	120	126.76	Gold
80-84 F	Bernice Bordelon	175.0	0.919	65	75	85	78.12	Gold
85-89 F	Muriel Staunton	185.0	0.8922	45			40.15	Gold
50-54 M	Mark Grouchy	167.0	0.7077	240	260	280	198.16	Gold
	Terry Hardy	189.0	0.6552	250	260	280	183.46	Silver
55-59 M	Keith Ross	224.0	0.6048	220	230	240	145.15	Gold
	Elvis Smith	341.0	0.5509	100	120	130	71.62	Silver
60-64 M	Donald Staunton	195.0	0.6442	200	210	220	141.72	Gold
	Brian Desroches	184.0	0.6653	185	200	210	139.71	Silver
65-69 M	Howard Lavin	238.0	0.592	260	280	300	177.6	Gold
	Frank Lay	205.0	0.6282	180	185	190	119.68	Silver
	Richard Cozad	159.0	0.7328	100	125	145	106.26	Bronze
70-74 M	Sid Bourdais	183.0	0.6675	185	195	200	133.5	Gold
	Tommy Capitano	183.0	0.6675	185	190	195	130.16	Silver
	Herb Stein	171.0	0.6965	145	155	165X	107.96	Bronze
75-79 M	Joe Ridolfo	173.0	0.6912	135	145	150	103.68	Gold





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Deadlift

Age Gp	Name	Weight	Coeff.	1st	2nd	3rd	%Lift	Medal
60-64 M	Thelma Naquin	142.0	1.0563	190	215	230	242.95	Gold
80-84 M	Bernice Bordelon	175.0	0.919	125	140	150X	128.66	Gold
85-89 M	Muriel Staunton	185.0	0.8922	50	60	70	62.45	Gold
50-54 M	Mark Grouchy	167.0	0.7077	405	430		304.31	Gold
	Terry Hardy	189.0	0.6552	315			206.39	Silver
55-59 M	Keith Ross	224.0	0.6048	200	225	275	166.32	Gold
	Elvis Smith	341.0	0.5509	120	200	250	137.73	Silver
60-64 M	Donald Staunton	195.0	0.6442	315	325	330	212.59	Gold
	Brian Desroches	184.0	0.6653	200	210	220	146.37	Silver
65-69 M	Richard Cozad	159.0	0.7328	135	155	170	124.58	Gold
	Howard Lavin	238.0	0.592	135			79.92	Silver
70-74 M	Herb Stein	171.0	0.6965	210	240	260	181.09	Gold
	Sid Bourdais	183.0	0.6675	185	225		150.19	Silver
75-79 M	Tony Divincenti	181.0	0.6719	280	290	300	201.57	Gold
	Joe Ridolfo	173.0	0.6912	230	240	250	172.8	Silver
	Carl Markey	216.5	0.6131	135	150	200	122.62	Bronze
85-89 M	Gus Rose	150.0	0.7661	240	250	255	195.36	Gold



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Arm Curl

Age Gp	Name	Weight	Coeff.	1st	2nd	3rd	%Lift	Medal
60-64 F	Thelma Naquin	142.0	1.0563	60	70	80X	73.94	Gold
80-84 F	Bernice Bordelon	175.0	0.919	35	45	50	45.95	Gold
85-89 F	Muriel Staunton	185.0	0.8922	20	30	35	31.23	Gold
50-54 F	Terry Hardy	189.0	0.6552	120X	120	130	85.18	Gold
	Gary Massie OD	368.0	0.5447	110	115	120	65.36	Gold
	Mark Grouchy	167.0	0.7077	120	X		84.92	Silver
55-59 F	Keith Ross	224.0	0.6048	120	125	135	81.65	Gold
	Elvis Smith	341.0	0.5509	75	100	110X	55.09	Silver
60-64 F	Donald Staunton	195.0	0.6442	125	130	135	86.97	Gold
	Brian Desroches	184.0	0.6653	85	95	105	69.86	Silver
65-69 F	Howard Lavin	238.0	0.592	110	120	125	74	Gold
	Richard Cozad	159.0	0.7328	75	85	90	65.95	Silver
	Frank Lay	205.0	0.6282	70	75	80	50.26	Bronze
70-74 F	Tommy Capitano	183.0	0.6675	100	110	120	80.1	Gold
	Herb Stein	171.0	0.6965	85	X		59.21	Silver
	Sid Bourdais	183.0	0.6675	75	80	85	56.74	Bronze
75-79 F	Tony Divincenti	181.0	0.6719	90	100	105	70.55	Gold
	Carl Markey	216.5	0.6131	70	100	110	67.44	Silver
	Joe Ridolfo	173.0	0.6912	70	80	95	65.66	Bronze
85-89 F	Gus Rose	150.0	0.7661	75	85	X	65.12	Gold