

**2003 Big Dawg Bench Press Record Breakers**  
**April 12, 2003**  
**Savannah, New York**

|             |              |                      | <u>BENCH</u>   | <u>D/L</u> | <u>Ironman</u> |
|-------------|--------------|----------------------|----------------|------------|----------------|
| <b>RAW:</b> |              |                      |                |            |                |
| <b>148</b>  | <b>18-19</b> | <b>Rob Allen</b>     | <b>230</b>     |            |                |
| <b>148</b>  | <b>35-39</b> | <b>Jamie Sykes</b>   | <b>200</b>     | <b>345</b> | <b>545</b>     |
| <b>181</b>  | <b>16-17</b> | <b>Nick Weis</b>     | <b>260*</b>    | <b>400</b> | <b>660</b>     |
| <b>198</b>  | <b>RAW</b>   | <b>Chris Lindner</b> | <b>355</b>     |            |                |
| <b>220</b>  | <b>Open</b>  | <b>Moyer Simmons</b> | <b>400*</b>    | <b>450</b> | <b>850</b>     |
| <b>220</b>  | <b>45-49</b> | <b>Mike Arcarisi</b> | <b>270</b>     |            |                |
| <b>242</b>  | <b>RAW</b>   | <b>Paul Miller</b>   | <b>415*</b>    | <b>510</b> | <b>920</b>     |
| <b>275</b>  | <b>RAW</b>   | <b>Joe Behari</b>    | <b>445* **</b> |            |                |

**EQUIPMENT:**

|            |                 |                       |             |            |            |
|------------|-----------------|-----------------------|-------------|------------|------------|
| <b>165</b> | <b>35-39</b>    | <b>Brian Bohannon</b> | <b>295*</b> | <b>445</b> | <b>740</b> |
| <b>220</b> | <b>40-44</b>    | <b>Mark Kodya</b>     | <b>315*</b> | <b>235</b> | <b>550</b> |
| <b>220</b> | <b>Lifetime</b> | <b>Dave Herbst</b>    | <b>370</b>  |            |            |
| <b>220</b> | <b>Open</b>     | <b>Scott Carlson</b>  | <b>300</b>  |            |            |
| <b>220</b> | <b>40-44</b>    | <b>James Mitchell</b> | <b>410</b>  |            |            |
| <b>242</b> | <b>Open</b>     | <b>Eric Winter</b>    | <b>400*</b> | <b>550</b> | <b>950</b> |
| <b>242</b> | <b>40-44</b>    | <b>Wayne Carroll</b>  | <b>415*</b> |            |            |

**\*STATE RECORD SET**

**\*\* American Record set**