

2020 BEAST OF THE BENCH, FLORIDA VERSION



Suzanne & Ryan Johnson hitting a "Team Double Bicep" at the Beast of the Bench

The men shared the platform with the ladies and did not disappoint!

Brian Adams of Kissimmie was the meet's Best Lifter with his 335 pound bench in the 181s. Stan Domino of the Dungeon Training Team in Titusville (350 in the 198s), Greg Agcaoili of Melbourne (385 in the 242s), and James Allen of St. John's (380 in the 242s) also brought the crowd to their feet during the Beast of the Bench flight. And I would be remiss to not thank everyone for coming out to see David Whitehead of West Palm Beach nail a 280 bench in the 220s – brother, it was so great to see you!

The highlight, however, was 97 pounder Elizabeth Parker of Mount Dora's record breaking 100 bound bench! Elizabeth is coached by Suzanne LaForge, and we look forward to seeing them both in May and/or July!

Congratulations to Stan Domino and the his Dungeon Training Team on their first place finish, and more congratulations to all the Beast of the Bench competitors - we hope to see you on the platform at the 2021 Florida State Championships and/or the inaugural 2021 Federation Championships!



Best Lifter Brian Adams of Kissimmie at the 2021 Beast of the Bench

MEN'S YOUTH & TEENAGE

77	10-11	Kellan Caldwell	55	45	125	225
88	10-11	Ryan Johnson	65	55	135	255
123	12-13	Drake Small	-	110	-	-
132	12-13	Hendrix Adams	-	105	-	-
165	12-13	Chris Wolf	-	120	-	-
181	12-13	Nate Mosley	-	95	-	-



Dungeon Training Team from Titusville: Leron, Charone, Stan, Drake, and Chris

MEN'S OPEN

114	OPN	Ryan Johnson	65	55	135	255
		Kellan Caldwell	55	45	125	225
123	OPN	Drake Small	-	110	-	-
132	OPN	Hendrix Adams	-	105	-	-
165	OPN	Chris Wolf	-	120	-	-
181	OPN	Brian Adams	-	335	-	-
		Nate Mosley	-	95	-	-
198	OPN	Stan Domino	-	350	-	-
220	OPN	David Whitehead	-	280	-	-
242	OPN	Greg Agcaoili	-	385	-	-
		James Allen	-	380	-	-
		Chris Harris	-	255	-	-
		David Seth Lee	-	100	210	310

275	OPN	Leron Berry	-	345	-	-
308+	OPN	Charone Curry	-	360	-	-



Elizabeth Parker of Mount Dora getting a lift-off from coach Suzanne LaForge

MEN'S MASTERS

181	40-44	Brian Adams	-	335	-	-
198	50-54	Stan Domino	-	350	-	-
220	55-59	David Whitehead	-	280	-	-
242	50-54	Greg Agcaoili	-	385	-	-
	50-54	James Allen	-	380	-	-
	60-64	Chris Harris	-	255	-	-
	65-69	David Seth Lee	-	100	210	310
308+	40-44	Charone Curry	-	360	-	-