

**Brad Gillingham 600+ lbs Benches
USAPL/IPF Competition**

Rank	LBS	KG	Contest	Place	Date
1	633	287.5	USAPL Nationals	Baton Rouge, LA	07/11/2004
2	617	280	USAPL Nationals	Baton Rouge, LA	07/11/2004
	617	280	IPF Battle of Giants	Orebro, Sweden	11/26/2005
4	611	277.5	USAPL Nationals	Chicago, Illinois	07/10/2000
	611	277.5	IPF World Championship	Trencin, Slovakia	11/17/2002
	611	277.5	USAPL Nationals	Rapid City, SD	07/20/2003
	611	277.5	IPF Battle of Giants	Orebro, Sweden	11/26/2005
	611	277.5	IPF North American	Dorado, Puerto Rico	06/17/2006
	611	277.5	USAPL Nationals	St. Louis, MO	07/15/2007
	611	277.5	IPF World Championship	Solden, Austria	10/20/2007
11	606	275	IPF World Championship	Capetown, SA	11/14/2004
12	600	272.5	USAPL Nationals	Chicago, Illinois	07/10/2000
	600	272.5	IPF World Championship	Akita, Japan	11/19/2000
	600	272.5	USAPL Nationals	Omaha, Nebraska	07/15/2001
	600	272.5	IPF World Championship	Trencin, Slovakia	11/17/2002
	600	272.5	USAPL Nationals	Rapid City, SD	07/20/2003
	600	272.5	USAPL Nationals	Baton Rouge, LA	07/11/2004
	600	272.5	World Games(IPF)	Duisburg, Germany	07/17/2005
	600	272.5	IPF Battle of Giants	Orebro, Sweden	11/26/2005
	600	272.5	IPF Masters Worlds	Killeen, Texas	10/07/2006
	600	272.5	USAPL Nationals	St. Louis, MO	07/15/2007
	600	272.5	IPF World Championship	Solden, Austria	10/20/2007