

AAPF Nationals Lifters - (Open Men, Masters)

													highlight denotes best lifter		
NAME	DIVISION	WEIGHT	AGE	Squat	Squat (lbs.)	BENCH	BENCH (lbs.)	Dead	Dead (lbs.)	Total (kgs.)	Total (lbs.)	4th Squat attempts	4th Bench attempts	4th Deadlift attempts	
AAPF Powerlift:															
Westwood, Spencer	Men Open 148	67.5	26	247.5	545.64	152.5	336	227.50	502	627.50	1383.39		161		
Cagnolatti, Devin	Men Open 181	81.8	35	302.5	666.89	247.5	546	255.00	562	805.00	1774.70			BL Open	
Stone, Eric	Men Open 181	80.6	26	292.5	644.85	195.0	430	230.00	507	717.50	1581.80				
Paras, Ronnie	Men Open 198	88.5	47	0.0	0.00	0	0	0	0	0.00	0.00				
Visny, Jason	Men Open 220	99.2	29	292.5	644.85	205	452	237.5	524	735.00	1620.38				
Tomasoski, John	Men Open 242	109.2	32	227.5	501.55	165	364	237.5	524	630.00	1388.90				
Nelson, Tyler	Men Open 242	110	24	297.5	655.87	202.5	446	255	562	755.00	1664.47				
Grosulak, John	Men Open 275		23		0.00		0		0	0.00	0.00				
Gibson, Jason	Men Open 308	126	35	0.0	0.00	0	0	0	0	0.00	0.00				
Mielke, Brian	Men Master 40-45 +140	144	43	210.0	462.97	165	364	240	529	615.00	1355.83				
Edmondson, David	Men Master 45-49 165	67.6	47	247.5	545.64	122.5	270	230	507	600.00	1322.76			231 (att 3)	
Penny, Keith	Men Master 45-49 181	82.4	48	222.5	490.52	145	320	250	551	617.50	1361.34				
Turner, Phil	Men Master 45-49 242	103.6	45	110.0	242.51	100	220	150	331	360.00	793.66				
Bennett, Russ	Men Master 45-49 308	130.1	46	245.0	540.13	210	463	277.5	612	732.50	1614.87				
Ruettiger, Rudy	Men Master 50-54 181	81.6	54	227.5	501.55	175	386	240	529	642.50	1416.46				
Scardino, Andy	Men Master 60-64 198		60		0.00		0		0	0.00	0.00				
Sandberg, Skip	Men Master 65-69 275	111.4	68	215.0	473.99	197.5	435	227.5	502	640.00	1410.94			BL Master	
Shock, Dennis	Men Master 60-64 275	116.6	61	215.0	473.99	92.5	204	182.5	402	490.00	1080.25	220			
Police/Fire/Military:															
Edmondson, David	Men Open 165	67.6	47	247.5	545.64	122.5	270	230	507	600.00	1322.76			231 (att 3)	
Edmondson, David	Men Master 45-49 165	67.6	47	247.5	545.64	122.5	270	230	507	600.00	1322.76			231 (att 3)	
Ruettiger, Rudy	Men Master 50-54 181	81.6	54	227.5	501.55	175	386	240	529	642.50	1416.46				
AAPF Bench:															
Mecham, Scott	Men Open 220	100	30		0.00	275	606		0	275.00	606.27			BL Open	
Warmbecker, Leo	Men Open 220		43		0.00		0		0	0.00	0.00				
McKinney, Donald	Men Open 242	110	28		0.00	190	419		0	190.00	418.87				
Longie, Brian	Men Open 242	108.5	32		0.00	152.5	336		0	152.50	336.20				
Monson, Brent	Men Open 242		35		0.00		0		0	0.00	0.00				
Fortner, Dave	Men Open 275		38		0.00		0		0	0.00	0.00				
Cowgar, Tim	Men Open 275		42		0.00		0		0	0.00	0.00				

Belakton, Erik	Men Open 308		26		0.00	0		0	0.00	0.00				
Basic, Sava	Men Open 308	138.8	24		0.00	220	485	0	220.00	485.01				
Tripp, Brad	Men Open +140	153.5	44		0.00	290	639	0	290.00	639.33				
Warmbecker, Leo	Men Master 40-44 220		43		0.00	0		0	0.00	0.00				
Cowgar, Tim	Men Master 40-44 275		42		0.00	0		0	0.00	0.00				
Anest, Jody	Men Master 45-49 165	73.7	45		0.00	167.5	369	0	167.50	369.27				
Bennett, Russ	Men Master 45-49 308	130.1	46		0.00	210	463	0	210.00	462.97				
Clayton, Doug	Men Master 50-54 198	88.2	52		0.00	177.5	391	0	177.50	391.32				
Marchant, Randy	Men Master 55-57 220	96.8	57		0.00	172.5	380	0	172.50	380.29				
Ward, Douglas	Men Master 55-59 242	113.4	59		0.00	152.5	336	0	152.50	336.20				
Tawzer, Ken	Men Master 55-59 275	113.1	57		0.00	185	408	0	185.00	407.85	186 (2 att)		BL Master	
Sandberg, Skip	Men Master 65-69 275	111.4	68		0.00	197.5	198	0	197.50	435.41				
Police/Fire/Military Bench:														
Haiduke, Jeffery	Men Open 165	71.9	25		0.00	192.5	424	0	192.50	424.39				BL Overall
McKinney, Donald	Men Open 242	110	28		0.00	190	419	0	190.00	418.87				
Basic, Sava	Men Open 308	138.8	24		0.00	220	485	0	220.00	485.01				
Tawzer, Ken nt	Men Master 55-59 275	113.1	52		0.00	185	408	0	185.00	407.85	186 (2 att)			

AAPF Nationals Lifters (Teen, Women, Junior, Submasters)															
NAME	DIVISION	WEIGHT	AGE	Squat	Squat (lbs.)	BENCH	BENCH (lbs.)	Dead	Dead (lbs.)	Total (kgs.)	Total (lbs.)	highlight denotes best lifter	4th Squat attempts	4th Bench attempts	4th Deadlift attempts
Powerlifting:															
Kirkland, Margaret	Women Open 123	55.4	45	190	418.87	112.5	248	185	408	487.50	1074.74				
Metz, Jessi	Women Open 165	71.6	26	72.5	159.83	52.5	116	95	209	220.00	485.01				
Stone, Jacqueline	Women Open +90	98.6	30	192.5	424.39	115	254	170	375	477.50	1052.70				
Gibson, Heather	Women Open +90	102.9	35	187.5	413.36	115	254	132.5	292	435.00	959.00				
Tawzer, Mary nt	Women Open +90	101.8	52	82.5	181.88	67.5	149	125	276	275.00	606.27				
Tawzer, Mary	Women Master 50-54 +90	101.8	52	82.5	181.88	67.5	149	125	276	275.00	606.27				
Langdon, Nora	Women Master 65-69 181	84.1	66	165	363.76	72.5	160	162.5	358	400.00	881.84				
Chatel, Mary	Women Master 75-79 105	42.6	79	42.5	93.70	25.0	55	60.00	132	127.50	281.09				
Gibson, Jordan	Men Teen 13-15 242	106.3	15	295	650.36	150.0	331	237.50	524	682.50	1504.64				250
Whitaker, Alex	Men Teen 18-19 308	131.4	19	320	705.47	0	0	0	0	320.00	705.47				
Lenhart, Nick	Men Junior 148	65.5	22	205	451.94	165	364	247.5	546	617.50	1361.34				
Conley, Jordan	Men Junior 165	69.4	20	192.5	424.39	137.5	303	165	364	495.00	1091.28				
Nunn, De'Andre	Men Junior 220	99.7	23	282.5	622.80	182.5	402	275	606	740.00	1631.40				
Roessler, Tyler	Men Junior 308	137.3	23	272.5	600.75	225	496	275	606	772.50	1703.05				
Larsen, Kurt	Men Submaster 198	83.6	36	227.5	501.55	182.5	402	210	463	620.00	1366.85				
Edgil, David	Men Submaster SHW	154.7	37	182.5	402.34	227.5	502	327.5	722	737.50	1625.89				
AAPF Bench:															
					0.00		0		0	0.00	0.00				
Cunningham, Geri	Women Teen 16-17yrs 97	40.6	16		0.00	47.5	105		0	47.50	104.72				
Cunningham, Geri	Women Open 97	40.6	16		0.00	47.5	105		0	47.50	104.72				
Reyes, Ambyr	Women Teen 18-19 123				0.00		0		0	0.00	0.00				
Archuleta, Gabriel	Men Teen 13-15 198	86.5	15		0.00	137.5	303		0	137.50	303.13			138.5 (2attempt)	
Platt, Kevin	Men Junior 198	90	21		0.00	0	0		0	0.00	0.00				
Tawzer, Mary nt	Women Master 50-54 +90	101.8	52		0.00	67.5	149		0	67.50	148.81				
Cadavona, Wilma	Women Master 55-59 +90		56		0.00		0		0	0.00	0.00				
Langdon, Nora	Women Master 65-69 181	84.1	66		0.00	72.5	160		0	72.50	159.83				
Chatel, Mary	Women Master 75-79 105	43	79		0.00	25	55		0	25.00	55.12				
Archuleta, Gabriel	Men Teen 13-15 198	87	15		0.00	137.5	303		0	137.50	303.13				
Wentworth, Ken	Men Submaster 181	82.5	38		0.00	207.5	457		0	207.50	457.45				
Ponzio, Thomas	Men Submaster 198	89.8	39		0.00	217.5	480		0	217.50	479.50			236	
Szymanski, Dale	Men Submaster 275	123.5	39		0.00	292.5	645		0	292.50	644.85				
Fortner, Dave	Men Submaster 275	121.8	38		0.00	237.5	524		0	237.50	523.59				
Straight, James	Men Submaster +308	175.6	38		0.00	265	584		0	265.00	584.22				

AAPF Nationals Raw Lifting

NAME	DIVISION	WEIGHT	AGE	Squat	Squat (lbs.)	BENCH	BENCH (lbs.)	Dead	Dead (lbs.)	Total (kgs.)	Total (lbs.)
Raw Powerlifting:											
LoRocque, Heather	Women Teen 18-19 123	54.5	18	72.5	159.83	50.0	110	85.00	187	207.5	457.45
Hockemeyer, Jessica	Women Junior 148	61.1	21	55.0	121.25	45.0	99	92.50	204	192.5	424.39
Hockemeyer, Jessica	Women Open 148	61.1	21	55.0	121.25	45.0	99	92.50	204	192.5	424.39
Metz, Jessi	Women Open 165	71.5	26	62.5	137.79	45	99	92.5	204	200.0	440.92
Tal, Sarah	Women Submaster 114	50.2	36	30.0	66.14	60	132	125	276	215.0	473.99
Tripp, Jody	Women Master 40-44 165	74.2	40	85.0	187.39	72.5	160	140	309	297.5	655.87
Smith, Josh	Men Teen 13-15 132	59.7	15	85.0	187.39	70.0	154	137.50	303	292.5	644.85
Govatos,Devan	Men Teen 13-15 165	71.4	15	115.0	253.53	100.0	220	170.00	375	385.0	848.77
Fisher, Landon	Men Teen 13-15 220	95.7	15	155.0	341.71	102.5	226	205.00	452	462.5	1019.63
Harris, Jacob	Men Teen 13-15 220	97.6	15	127.5	281.09	102.5	226	167.50	369	397.5	876.33
Parkinson,Brock	Men Teen 13-15 220	95.4	15	105.0	231.48	77.5	171	132.50	292	315.0	694.45
Turner, Ryan	Men Teen 16-17 165	71.4	16	70.0	154.32	85	187	142.5	314	297.5	655.87
Garner,Justin	Men Teen 18-19 148	64.4	18	0.0	0.00	0	0	0	0	0.0	0.00
Lund, Ryan	Men Teen 18-19 165	71.4	18	115.0	253.53	100	220	187.5	413	402.5	887.35
Turner, Sheyden	Men Teen 18-19 181	80.8	19	102.5	225.97	90	198	187.5	413	380.0	837.75
Winterrowd, Josh	Men Teen 18-19 220	99.2	19	247.5	545.64	132.5	292	245	540	625.0	1377.88
Romero, Cesar	Men Teen 18-19 275	124.8	18	185.0	407.85	122.5	123	212.5	468	520.0	1146.39
Luoma,Bret	Men Junior 165		21		0.00		0			0.0	
Enriquez, Francisco	Men Junior 181	87.3	20	175.0	385.81	102.5	226	205	452	482.5	1063.72
Arantes, Marcelo	Men Open 165	71.8	36	130.0	286.60	95	209	177.5	391	402.5	887.35
Lund, Ryan	Men Open 165	71.4	18	115.0	253.53	100	220	187.5	413	402.5	887.35
Saunders, Michael	Men Open 181	82.2	29	215.0	473.99	115	254	250	551	580.0	1278.67
Knight, Austin	Men Open 181	81.2	30	182.5	402.34	105	231	185	408	472.5	1041.67
Light, Todd	Men Open 198	88.6	28	170.0	374.78	115	254	192.5	424	477.5	1052.70
Palazolo, Vito	Men Open 220	99.6	53	217.5	479.50	182.5	402	227.5	502	627.5	1383.39
Jichia, JT	Men Open 220	97.5	25	160.0	352.74	137.5	303	215	474	512.5	1129.86
Taylor, Kyle	Men Open 275	124.1	24	182.5	402.34	182.5	402	250.00	551	615.0	1355.83
Kimzey, Kelly	Men Open 275				0.00		0				
Tawzer, Clay	Men Open SHW	164.6	26	227.5	501.55	165	364	227.5	502	620.0	1366.85

Rogers,Bob	Men Submaster 220		35		0.00		0			0.0	
Rasmussen, Erik	Men Submaster +140	135.1	33	207.5	457.45	0	0	0	0	207.5	457.45
Whiting, Dallas	Men Master 40-45 275	121.2	44	205.0	451.94	137.5	303	207.5	457	550.0	1212.53
Israel, Jesse	Men Master 45-49 198	87.5	45	195.0	429.90	137.5	303	210	463	542.5	1196.00
Utz, Keith	Men Master 45-49 220	99.7	45	182.5	402.34	135	298	250	551	567.5	1251.11
Winterrowd, John	Men Master 45-49 220	92.5	47	185.0	407.85	122.5	270	185	408	492.5	1085.77
Turner, Phil	Men Master 45-49 242	108.4	45	170.0	374.78	130	287	230	507	530.0	1168.44
Putnam,J.J.	Men Master 45-49 275	115	47	142.5	314.16	145	320	185	408	472.5	1041.67
Neumann, Richard	Men Master 50-54 198	89.6	52	147.5	325.18	127.5	281	215	474	490.0	1080.25
Palazolo, Vito	Men Master 50-54 220	99.6	53	217.5	479.50	182.5	402	227.5	502	627.5	1383.39
Davis, Monte	Men Master 55-59 275	120	55	195.0	429.90	132.5	292	227.5	502	555.0	1223.55
Nummi, Sonny	Men Master 60-64 181	81.1	62	30.0	66.14	97.5	215	152.5	336	280.0	617.29
Raw Bench:					0.00		0				
		47.5	19						0	0.0	
Redmond, Raquel	Women Junior 165	73.8	22		0.00	55.0	121		0	55.0	
Miller, Hedy	Women Open 123	53.8	56		0.00	75	165		0	75.0	165.35
Smith, Josh	Men Teen 13-15 132	59.7	15		0.00	70.0	154		0	70.0	
Walgamott, Caleb	Men Teen 13-15 165	69	14		0.00	0.0	0		0	0.0	
Govatos, Devan	Men Teen 13-15 165	71.4	15	115.0	253.53	100.0	220	170.00	375	385.0	848.77
Archuleta, Gabriel	Men Teen 13-15 198	86.5	14		0.00	115.0	254		0	115.0	
Fisher, Landon	Men Teen 13-15 220	95.7	15	155.0	341.71	102.5	226	205.00	452	462.5	1019.63
Harris, Jacob	Men Teen 13-15 220	97.6	15	127.5	281.09	95.0	209	167.50	369	390.0	859.79
Parkinson, Brock	Men Teen 13-15 220	95.4	15	105.0	231.48	77.5	171	132.50	292	315.0	694.45
Garner, Justin	Men Teen 18-19 148	64.4	18		0.00	87.5	193		0	87.5	
Utz, Brandon	Men Teen 18-19 165	75			0.00	95	209		0		
Gordon, Conner	Men Teen 18-19 220	94.9	19		0.00	130	287		0	130.0	
Anest, Jody	Men Open 165	73.5	45		0.00	145	320		0	145.0	
Arantes, Marcelo	Men Open 165	71.8	36		0.00	95	209		0	95.0	
Knight, Austin	Men Open 181	81.2	30		0.00	105	231		0	105.0	
Parks, Brandon	Men Open 198				0.00		0				
Branning, Bryon	Men Open 198	89.9	28		0.00	135	298		0	135.0	
Light, Todd	Men Open 198	88.6	28		0.00	115	254		0	115.0	
Palazolo, Vito	Men Open 220	99.6	53		0.00	182.5	402		0	182.5	
Branning, Brandon	Men Open 220	97.5	29		0.00	175	386		0	175.0	
Farris, Rich	Men Open 242	108	36		0.00	0	0		0	0.0	
Taylor, Kyle	Men Open 275	124.1	24		0.00	192.5	424		0	192.5	

