

POWER

2007 USAPL NORTH CAROLINA STATE CHAMPIONSHIPS

Name	Age	BWt (Lb)	WCls (Lb)	SQ1	SQ2	SQ3	Best Squat	BP1	BP2	BP3	Best Bench	DL1	DL2	DL3	Best Deadlift	TOTAL	WILKS TOTAL	
WOMEN																		
WOMEN OPEN																		
Tammy Walker (DT)	38	159.8	165	209	209	226	226	176	187	198	187	254	276	292	292	705	686	*open/submasters records
Jo Anna Wiersma	25	145.6	148	105	121	132	121	88	99	106	99	204	226	237	237	457	474	
Connie Stevenson	52	101.1	106	88	105	116	105	55	86	72	72	132	143	160	160	336	466	*masters record
Jennifer Denman	34	120.9	123	77	94	105	105	77	94	106	94	77	154	220	154	353	422	
MEN																		
MEN'S 123																		
Ben Etringer	14	122.9	123	198	220	254	220	154	171	176	171	259	287	303	303	694	635	
MEN'S 148																		
Kevin Farmer	19	138.8	148	303	325	375	375	187	209	220	220	320	364	364	320	915	748	
MEN'S 165																		
Alan Gatewood	30	153.5	165	342	369	380	380	209	226	237	237	342	342	386	342	959	722	
MEN'S 181																		
Donovan Thompson	41	173.7	181	402	435	452	452	314	336	347	336	408	457	486	457	1246	859	
John Caliri	39	177	181	320	320	325	325	237	237	248	237	369	386	397	397	959	653	
Nick Miceli	28	181	181	55	0	0	55	408	408	408	0	408	457	0	408	0	0	
MEN'S 198																		
Josh Wyatt (DT)	21	195.7	198	408	435	462	435	325	347	368	347	457	474	491	491	1273	819	
Donald Reagan	22	191.2	198	331	364	375	364	265	292	303	303	331	369	402	369	1036	675	
MEN'S 220																		
Todd Shelton	38	204.5	220	529	562	573	573	413	424	436	424	606	650	667	667	1664	1047	*submaster record/Best Equipped Lifter
Bill Schmidt	47	219.5	220	55	402	452	452	314	336	353	353	546	604	0	546	1350	823	
John McDermott	16	201.1	220	480	502	502	480	386	408	0	386	463	502	502	463	1328	842	
Ben Kirchhoff	22	218.4	220	397	408	408	408	298	303	314	314	408	452	474	452	1174	717	
Scot Morrison (VA)	22	205.7	220	320	347	375	375	248	276	298	276	408	441	474	474	1124	705	
Douglas Kozlik (VA)	22	217	220	436	435	507	435	121	0	0	121	502	551	604	551	1108	679	
Martin Best	50	216.4	220	298	325	353	353	220	234	234	220	408	463	496	463	1036	635	
Tom Simon	42	217.7	220	347	364	386	364	254	265	276	276	347	364	397	397	1036	634	
MEN'S 242																		
Thomas Arrington	68	239.6	242	419	474	507	507	303	331	342	342	419	474	507	507	1356	801	*masters record
MEN'S 275																		
Chris Dennis	24	264.7	275	524	567	568	568	331	358	402	358	524	562	604	562	1488	855	
Carey Graham	30	250	275	474	524	562	524	331	369	386	386	474	524	562	562	1472	905	
Jim "Fossil" McCann	64	263.3	275	402	424	0	402	320	336	336	336	402	424	452	424	1163	669	
MEN'S SHW																		
Michael Neal (DT)	38	360.6	UNL	667	705	733	733	502	524	540	540	590	634	656	656	1929	1054	
TEEN 14-15																		
Ben Etringer	14	122.9	123	198	220	254	220	154	171	176	171	259	287	303	303	694	635	*teen record
TEEN 16-17																		
John McDermott	16	201.1	220	480	502	502	480	386	408	0	386	463	502	502	463	1328	842	*teen record
TEEN 18-19																		
Kevin Farmer	19	138.8	148	303	325	375	375	187	209	220	220	320	364	364	320	915	748	*teen record
JUNIOR 20-23																		
Josh Wyatt	21	195.7	198	408	435	462	435	325	347	368	347	457	474	491	491	1273	819	
Scot Morrison (VA)	22	205.7	220	320	347	375	375	248	276	298	276	408	441	474	474	1124	705	
Douglas Kozlik (VA)	22	217	220	436	435	507	435	121	0	0	121	502	551	604	551	1108	679	
Donald Reagan	22	191.2	198	331	364	375	364	265	292	303	303	331	369	402	369	1036	675	
MASTER'S 40-44																		
Tom Simon	42	217.7	220	347	364	386	364	254	265	276	276	347	364	397	397	1036	634	
MASTER'S 50-54																		
Martin Best	50	216.4	220	298	325	353	353	220	234	234	220	408	463	496	463	1036	635	
MASTER'S 60-64																		
Jim "Fossil" McCann	64	263.3	275	402	424	0	402	320	336	336	336	402	424	452	424	1163	669	*masters record

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Name	Age	BWt (Lb)	WtCls (Lb)	SQ1	SQ2	SQ3	Best Squat	BP1	BP2	BP3	Best Bench	DL1	DL2	DL3	Best Deadlift	TOTAL	WILKS TOTAL	
WOMEN																		
WOMEN RAW																		
Tammy Walker	38	159.8	165	-209	209	226	226	176	187	-198	187	254	276	292	292	705	686	*open/submasters records
Jo Anna Wiersma	25	145.6	148	105	121	-192	121	88	99	-105	99	204	226	237	237	457	474	*open record
Connie Stevenson	52	101.1	106	88	105	-116	105	55	66	72	72	132	143	160	160	336	466	*open/masters records
Jennifer Denman	34	120.9	123	77	94	105	105	77	94	-105	94	77	154	-220	154	353	422	*open record
MEN'S RAW																		
MEN'S 123																		
Ben Etringer	14	122.9	123	198	220	-254	220	154	171	-176	171	259	287	303	303	694	635	*open record
MEN'S 181																		
Donovan Thompson	41	173.7	181	402	435	452	452	314	336	-347	336	408	457	-485	457	1246	859	*open/masters records
John Caliri	39	177	181	-320	320	325	325	-237	237	-248	237	369	386	397	397	959	653	*submaster record
MEN'S 198																		
Josh Wyatt	21	195.7	198	408	435	-452	435	325	347	-358	347	457	474	491	491	1273	819	
Donald Reagan	22	191.2	198	331	364	-375	364	265	292	303	303	331	369	-402	369	1036	675	
MEN'S 220																		
Bill Schmidt	47	219.5	220	55	402	452	452	314	336	353	353	546	-604	0	546	1350	823	*open/masters records
Scot Morrison (VA)	22	205.7	220	320	347	375	375	248	276	-298	276	408	441	474	474	1124	705	
Douglas Kozlik (VA)	22	217	220	-435	435	-507	435	121	0	0	121	502	551	-604	551	1108	679	
Martin Best	50	216.4	220	298	325	353	353	220	-234	-234	220	408	463	-496	463	1036	635	
Tom Simon	42	217.7	220	347	364	-386	364	254	265	276	276	347	364	397	397	1036	634	
MEN'S 275																		
Chris Dennis	24	264.7	275	524	-557	568	568	331	358	-402	358	524	562	-601	562	1488	855	
MEN'S SHW																		
Michael Neal	38	360.6	UNL	667	705	733	733	502	524	540	540	590	634	656	656	1929	1054	*open/submasters records/Best Raw Lifter
TEEN 14-15																		
Ben Etringer	14	122.9	123	198	220	-254	220	154	171	-176	171	259	287	303	303	694	635	*teen record
JUNIOR 20-23																		
Josh Wyatt	21	195.7	198	408	435	-452	435	325	347	-358	347	457	474	491	491	1273	819	*junior record
Scot Morrison (VA)	22	205.7	220	320	347	375	375	248	276	-298	276	408	441	474	474	1124	705	
Douglas Kozlik (VA)	22	217	220	-435	435	-507	435	121	0	0	121	502	551	-604	551	1108	679	
Donald Reagan	22	191.2	198	331	364	-375	364	265	292	303	303	331	369	-402	369	1036	675	
MASTER'S 40-44																		
Tom Simon	42	217.7	220	347	364	-386	364	254	265	276	276	347	364	397	397	1036	634	*masters record
MASTER'S 50-54																		
Martin Best	50	216.4	220	298	325	353	353	220	-234	-234	220	408	463	-496	463	1036	635	*masters record

2007 USAPL NORTH CAROLINA STATE CHAMPIONSHIPS

Name	Age	BWt (Lb)	WtCIs (Lb)	BP1	BP2	BP3	Best Bench	Wilks Total	
WOMEN									
WOMEN OPEN									
Tammy Walker	38	159.8	165	176	187	-198	187	182	*open/submasters records
Carol Beth Allen	25	263.2	UNL	176	-193	-193	176	141	*open record
Connie Stevenson	51	100.1	105	55	66	72	72	99	*open/masters records
MEN									
MEN'S 123									
Ben Etringer	14	122.9	123	154	171	-176	171	156	
MEN'S 132									
Glenn Raisin	50	128.2	132	-154	-154	-154	0	0	
MEN'S 181									
Donovan Thompson	41	173.7	181	314	336	-347	336	232	
William Henderson	47	177.6	181	292	314	331	331	225	
Adam Yezer	42	167.5	181	-369	-369	-369	0	0	
Nick Miceli	28	181	181	-408	-408	-408	0	0	
MEN'S 198									
Tyrre Xavier Daye (DT)	40	194.1	198	325	375	-408	DISQ	DISQ	
Mark Sunter	45	198.1	198	364	-397	-419	364	233	
Josh Wyatt	21	195.7	198	325	347	-358	347	223	
Allen Davis	52	197	198	320	342	-353	342	219	
Lewis Schirloff	42	191.9	198	320	336	-347	336	218	
MEN'S 220									
John McDermott	16	201.1	220	386	-408	0	386	245	Best Equipped Bencher
Bill Schmidt	47	219.5	220	314	336	353	353	215	
David Abbott	48	216.2	220	314	342	-353	342	210	
Samuel Whitted	53	217.3	220	-303	-314	314	314	192	
MEN'S 242									
Frankie Champion	41	228.7	242	314	342	364	364	218	
MEN'S 275									
Jim "Fossil" McCann	64	263.3	275	320	-336	336	336	193	
TEEN 14-15									
Ben Etringer	14	122.9	123	154	171	-176	171	156	*teen record
TEEN 16-17									
John McDermott	16	201.1	220	386	-408	0	386	245	*teen record
JUNIOR 20-23									
Josh Wyatt	21	195.7	198	325	347	-358	347	223	*junior record
MASTER'S 40-44									
Tyrre Xavier Daye	40	194.1	198	325	375	-408	375	242	*masters record
Frankie Champion	41	228.7	242	314	342	364	364	218	
Lewis Schirloff	42	191.9	198	320	336	-347	336	218	
Adam Yezer	42	167.5	181	-369	-369	-369	0	0	
MASTER'S 45-49									
Mark Sunter	45	198.1	198	364	-397	-419	364	233	
William Henderson	47	177.6	181	292	314	331	331	225	*masters record
David Abbott	48	216.2	220	314	342	-353	342	210	
MASTER'S 50-54									
Allen Davis	52	197	198	320	342	-353	342	219	*masters record
Samuel Whitted	53	217.3	220	-303	-314	314	314	192	
Glenn Raisin	50	128.2	132	-154	-154	-154	0	0	
MASTER'S 60-64									
Jim "Fossil" McCann	64	263.3	275	320	-336	336	336	193	

RAW BENCH

2007 USAPL NORTH CAROLINA STATE CHAMPIONSHIPS

Name	Age	BWt (Lb)	WtCls (Lb)	BP1	BP2	BP3	Best Bench	Wilks Total	
WOMEN RAW									
Tammy Walker	38	159.8	165	176	187	-498	187	182	*open/submasters records
Carol Beth Allen	25	263.2	UNL	176	-493	-493	176	141	*open record
Connie Stevenson	51	100.1	105	55	66	72	72	99	*open/masters records
MEN'S RAW									
MEN'S 123									
Ben Etringer	14	122.9	123	154	171	-476	171	156	*open record
MEN'S 132									
Glenn Raisin	50	128.2	132	-454	-454	-454	0	0	
MEN'S 181									
Donovan Thompson	41	173.7	181	314	336	-347	336	232	*open/masters records
William Henderson	47	177.6	181	292	314	331	331	225	
MEN'S 198									
Tyrre Xavier Daye	40	194.1	198	325	375	-408	375	242	Best Raw Bencher
Josh Wyatt	21	195.7	198	325	347	-358	347	223	
Allen Davis	52	197	198	320	342	-353	342	219	
Lewis Schirloff	42	191.9	198	320	336	-347	336	218	
MEN'S 220									
Bill Schmidt	47	219.5	220	314	336	353	353	215	*open/masters records
David Abbott	48	216.2	220	314	342	-353	342	210	
Samuel Whitted	53	217.3	220	-303	-344	314	314	192	
MEN'S 242									
Frankie Champion	41	228.7	242	314	342	364	364	218	*open record
TEEN 14-15									
Ben Etringer	14	122.9	123	154	171	-476	171	156	*teen record
JUNIOR 20-23									
Josh Wyatt	21	195.7	198	325	347	-358	347	223	*junior record
MASTER'S 40-44									
Tyrre Xavier Daye	40	194.1	198	325	375	-408	375	242	*masters record
Lewis Schirloff	42	191.9	198	320	336	-347	336	218	
Frankie Champion	41	228.7	242	314	342	364	364	218	*masters record
MASTER'S 45-49									
William Henderson	47	177.6	181	292	314	331	331	225	*masters record
David Abbott	48	216.2	220	314	342	-353	342	210	
MASTER'S 50-54									
Allen Davis	52	197	198	320	342	-353	342	219	*masters record
Samuel Whitted	53	217.3	220	-303	-344	314	314	192	
Glenn Raisin	50	128.2	132	-454	-454	-454	0	0	