

POWER

2008 SHOW OF STRENGTH

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																		
OPEN																		
Jo Anna Wiersma	26	149.9	165	105	127	-132	127	88	99	105	105	204	243	-248	243	474	481	Best Female Lifter
MEN																		
MEN'S 132																		
Ben Entringer	15	128.8	132	220	-243	-243	220	187	204	-215	204	331	364	-375	364	788	689	
MEN'S 148																		
David Wilson (MI) (DT)	50	147.4	148	325	-342	353	353	281	298	309	309	457	474	485	485	1146	891	
MEN'S 165																		
Travis Bates	23	160.9	165	-369	369		369	265	-292	-303	265	480	502	518	518	1152	837	*junior record
Justin Shue	15	163.3	165	254	298	347	347	231	-281	281	281	331	369	375	375	1003	721	
Ronnie Davis	15	150	165	198	-220	220	220	176	-193	-193	176	276	303	320	320	716	549	
MEN'S 181																		
Logan Parker	15	178.7	181	248	287	331	331	220	248	265	265	364	397	-430	397	992	672	
MEN'S 198																		
Nick Micelli	28	191.9	198	364	375	386	386	314	-325	325	325	419	430	452	452	1163	756	
Allen Davis	53	196.3	198	-325	353	-386	353	320	331	347	347	320	402	-496	402	1102	708	
James Qiu	29	196.4	198	231	265	-298	265	187	204	-220	204	287	353	-402	353	821	527	
Scott Whiting	46	196.9	198	-496	-518	-518	0									0	0	
MEN'S 220																		
Jared Skinner (DT)	21	210.2	220	502	524	535	535	364	-380	-380	364	568	595	-612	595	1494	928	
Grant McCaulley	27	220	220	446	-474	491	491	309	-325	-325	309	507	535	562	562	1361	829	
Jesse Martin	45	219.1	220	408	480	507	507	276	-303	303	303	408	507	-535	507	1317	804	
Josh Fey	27	200.8	220	435	463	-485	463	237	259	-292	259	485	513	535	535	1257	797	

POWER

2008 SHOW OF STRENGTH

Name	Age	BWt (Lb)	WtCls (Lb)	SQ1	SQ2	SQ3	Best Squat	BP1	BP2	BP3	Best Bench	DL1	DL2	DL3	Best Deadlift	TOTAL	WILKS TOTAL	
Harley Bowser	15	209	220	265	-298	-298	265	204	231	243	243	380	402	-419	402	909	566	
Ben Kirchhoff	23	220	220	-347	-347	-347	0	-281	-281	-281	0					0	0	
MEN'S 242																		
Mike McCoy	17	232.7	242	507	540	568	568	424	441	-457	441	601	634	-650	634	1642	980	Best Male Lifter
Richard Wilcox	40	242	242	485	507	529	529	386	408	419	419	507	573	601	601	1549	912	
Levi Niswander (DT)	23	240.3	242	502	-540	-562	502	364	-375	-380	364	546	584	601	601	1466	865	
Tom Simon	42	232.3	242	397	419	435	435	314	331	353	353	413	441	468	468	1257	750	
Lewis Galloway	37	223.6	242	226	314	-424	314	-386	-408	408	408	226	424	-502	424	1146	694	
John McAfee	60	236	242	-270	-270	-303	0	209	-220	-226	209	276	298	309	309	0	0	
Ross Noel	59	236	242	-452	-452	-452	0	303	314	325	325	397	408	424	424	0	0	
Robert Allen	51	236.9	242	-402	-402	-402	0	298	325	347	347	298	325	369	369	0	0	
MEN'S 275																		
Brent Hindman	38	269.7	275	507	551	584	584	353	380	-402	380	507	529	546	546	1510	864	
Chris Dennis	25	251.3	275	496	518	540	540	364	380	-402	380	540	-579	-590	540	1461	851	
Dequincey Smith	24	256.7	275	-402	402	-444	402	347	369	380	380	502	546	573	573	1356	785	
MEN'S SHW																		
Whitney Greene (SC)	54	284.9	UNL	-397	-397	-397	0	309	325		325					0	0	
TEEN 14-15																		
Justin Shue	15	163.3	165	254	298	347	347	231	-281	281	281	331	369	375	375	1003	721	*teen record
Ben Entringer	15	128.8	132	220	-243	-243	220	187	204	-215	204	331	364	-375	364	788	689	*teen record
Logan Parker	15	178.7	181	248	287	331	331	220	248	265	265	364	397	-430	397	992	672	*teen record
Harley Bowser	15	209	220	265	-298	-298	265	204	231	243	243	380	402	-419	402	909	566	
Ronnie Davis	15	150	165	198	-220	220	220	176	-193	-193	176	276	303	320	320	716	549	
TEEN 16-17																		
Mike McCoy	17	232.7	242	507	540	568	568	424	441	-457	441	601	634	-650	634	1642	980	*American teen record/teen record

POWER

2008 SHOW OF STRENGTH

Name	Age	BWt (Lb)	WtCls (Lb)	SQ1	SQ2	SQ3	Best Squat	BP1	BP2	BP3	Best Bench	DL1	DL2	DL3	Best Deadlift	TOTAL	WILKS TOTAL	
MASTERS 40-49																		
Richard Wilcox	40	242	242	485	507	529	529	386	408	419	419	507	573	601	601	1549	912	<i>*masters record</i>
Tom Simon	42	232.3	242	397	419	435	435	314	331	353	353	413	441	468	468	1257	750	
MASTERS 50-59																		
David Wilson (MI)	50	147.4	148	325	-342	353	353	281	298	309	309	457	474	485	485	1146	891	
Allen Davis	53	196.3	198	-325	353	-386	353	320	331	347	347	320	402	-496	402	1102	708	<i>*master record</i>
Ross Noel	59	236	242	-452	-452	-452	0	303	314	325	325	397	408	424	424	0	0	
Robert Allen	51	236.9	242	-402	-402	-402	0	298	325	347	347	298	325	369	369	0	0	
Whitney Greene (SC)	54	284.9	UNL	-397	-397	-397	0	309	325		325					0	0	

NC Records in **Bold Blue**

American Records in **Bold Red**

RAW POWER

2008 SHOW OF STRENGTH

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																		
OPEN																		
Jo Anna Wiersma	26	149.9	165	105	127	-132	127	88	99	105	105	204	243	-248	243	474	481	Best Raw Female Lifter
MEN																		
MEN'S 132																		
Ben Entringer	15	128.8	132	220	-243	-243	220	187	204	-215	204	331	364	-375	364	788	689	*American open record/open record
MEN'S 148																		
David Wilson (MI)	50	147.4	148	325	-342	353	353	281	298	309	309	457	474	485	485	1146	891	*American open record
MEN'S 165																		
Travis Bates	23	160.9	165	-369	369	0	369	265	-292	-303	265	480	502	518	518	1152	837	*American junior record/junior records
Ronnie Davis	15	150	165	198	-220	220	220	176	-193	-193	176	276	303	320	320	716	549	
MEN'S 181																		
Logan Parker	15	178.7	181	248	287	331	331	220	248	265	265	364	397	-430	397	992	672	
MEN'S 198																		
Nick Micelli	28	191.9	198	364	375	386	386	314	-325	325	325	419	430	452	452	1163	756	
Allen Davis	53	196.3	198	-325	353	-386	353	320	331	347	347	320	402	-496	402	1102	708	
James Qiu	29	196.4	198	231	265	-298	265	187	204	-220	204	287	353	-402	353	821	527	
MEN'S 220																		
Jared Skinner	21	210.2	220	502	524	535	535	364	-380	-380	364	568	595	-612	595	1494	928	*American junior record/open & junior records/Best Raw Male Lifter
Grant McCaulley	27	220	220	446	-474	491	491	309	-325	-325	309	507	535	562	562	1361	829	
Josh Fey	27	200.8	220	435	463	-485	463	237	259	-292	259	485	513	535	535	1257	797	
Harley Bowser	15	209	220	265	-298	-298	265	204	231	243	243	380	402	-449	402	909	566	
Ben Kirchoff	23	220	220	-347	-347	-347	0	-284	-284	-284	0					0	0	
MEN'S 242																		
Richard Wilcox	40	242	242	485	507	529	529	386	408	419	419	507	573	601	601	1549	912	*open records
Levi Niswander	23	240.3	242	502	-540	-562	502	364	-375	-380	364	546	584	601	601	1466	865	*American junior record/open records
Tom Simon	42	232.3	242	397	419	435	435	314	331	353	353	413	441	468	468	1257	750	
Lewis Galloway	37	223.6	242	226	314	-424	314	-386	-408	408	408	226	424	-502	424	1146	694	

RAW POWER

2008 SHOW OF STRENGTH

Name	Age	BWt (Lb)	WtCls (Lb)	SQ1	SQ2	SQ3	Best Squat	BP1	BP2	BP3	Best Bench	DL1	DL2	DL3	Best Deadlift	TOTAL	WILKS TOTAL	
Ross Noel	59	236	242	-452	-452	-452	0	303	314	325	325	397	408	424	424	0	0	
Robert Allen	51	236.9	242	-402	-402	-402	0	298	325	347	347	298	325	369	369	0	0	
MEN'S 275																		
Brent Hindman	38	269.7	275	507	551	584	584	353	380	-402	380	507	529	546	546	1510	864	*American open record/submasters record
Chris Dennis	25	251.3	275	496	518	540	540	364	380	-402	380	540	-579	-590	540	1461	851	
Dequincey Smith	24	256.7	275	-402	402	-441	402	347	369	380	380	502	546	573	573	1356	785	
MEN'S SHW																		
Whitney Greene (SC)	54	284.9	UNL	-397	-397	-397	0	309	325		325					0	0	
TEEN 14-15																		
Ben Entringer	15	128.8	132	220	-243	-243	220	187	204	-215	204	331	364	-375	364	788	689	*American teen record/teen record
Logan Parker	15	178.7	181	248	287	331	331	220	248	265	265	364	397	-430	397	992	672	*American teen record/teen record
Harley Bowser	15	209	220	265	-298	-298	265	204	231	243	243	380	402	-419	402	909	566	*American teen record/teen record
Ronnie Davis	15	150	165	198	-220	220	220	176	-193	-193	176	276	303	320	320	716	549	*teen record
MASTERS 40-49																		
Richard Wilcox	40	242	242	485	507	529	529	386	408	419	419	507	573	601	601	1549	912	*American masters record/masters record
Tom Simon	42	232.3	242	397	419	435	435	314	331	353	353	413	441	468	468	1257	750	
MASTERS 50-59																		
David Wilson (MI)	50	147.4	148	325	-342	353	353	281	298	309	309	457	474	485	485	1146	891	*American masters record
Allen Davis	53	196.3	198	-325	353	-386	353	320	331	347	347	320	402	-496	402	1102	708	*American masters record/masters record
Ross Noel	59	236	242	-452	-452	-452	0	303	314	325	325	397	408	424	424	0	0	
Robert Allen	51	236.9	242	-402	-402	-402	0	298	325	347	347	298	325	369	369	0	0	
Whitney Greene (SC)	54	284.9	UNL	-397	-397	-397	0	309	325		325					0	0	

NC Raw Records in **Bold Green**

American Raw Records in **Bold Red**

BENCH

2008 SHOW OF STRENGTH

Name	Age	BWt (Lb)	WtCls (Lb)	BP1	BP2	BP3	Best Bench	WILKS BENCH	
WOMEN									
OPEN									
Lauren Pardue	37	133	148	83	94	-405	94	104	Best Female Bencher
MEN									
MEN'S 123									
Boyd Huneycutt	48	114	123	-220	220	231	231	228	*masters record
MEN'S 132									
Ben Entringer	15	128.75	132	187	204	-245	204	178	
MEN'S 148									
David Wilson (MI)	50	147.4	148	281	298	309	309	240	
MEN'S 165									
Justin Shue	15	163.25	165	231	-284	281	281	202	
Dan Boskovich	52	161	165	-204	204	215	215	156	
Ronnie Davis	15	149.95	165	176	-193	-193	176	135	
MEN'S 181									
Donovan Thompson	42	178.25	181	-449	441	-452	441	299	*open & masters record
MEN'S 198									
Allen Davis	53	196.3	198	320	331	347	347	223	
MEN'S 220									
Dan Barwick	34	215.65	220	-394	402	-413	402	247	
Harley Bowser	15	209	220	204	231	243	243	151	
MEN'S 242									
Michael Klein (DT)	29	231	242	474	-485	-485	474	283	
Richard Wilcox	40	241.95	242	386	408	419	419	247	
Lewis Galloway	37	223.6	242	-386	-408	408	408	247	
Chris Whitt (SC)	45	238.75	242	336	347	353	353	209	
Robert Allen	51	236.85	242	298	325	347	347	206	
MEN'S 275									
Michael Belk	35	274.5	275	562	-604	-604	562	321	Best Male Bencher
Rodney Allman	39	274.65	275	-502	502	-557	502	286	*submasters record
Jacob Lowder	19	260.75	275	-364	364	375	375	216	

BENCH

2008 SHOW OF STRENGTH

Name	Age	BWt (Lb)	WtCls (Lb)	BP1	BP2	BP3	Best Bench	WILKS BENCH	
MEN'S SHW									
Radcliffe Rovira	27	344.25	UNL	452	468	-496	468	258	
Whitney Greene (SC)	54	284.85	UNL	309	325	0	325	184	
TEEN 14-15									
Justin Shue	15	163.25	165	231	-281	281	281	202	*teen record
Ben Entringer	15	128.75	132	187	204	-215	204	178	*teen record
Harley Bowser	15	209	220	204	231	243	243	151	
Ronnie Davis	15	149.95	165	176	-193	-193	176	135	
TEEN 18-19									
Jacob Lowder	19	260.75	275	-364	364	375	375	216	*teen record
MASTERS 40-49									
Richard Wilcox	40	241.95	242	386	408	419	419	247	
MASTERS 50-59									
David Wilson (MI)	50	147.4	148	281	298	309	309	240	
Allen Davis	53	196.3	198	320	331	347	347	223	*masters record
Robert Allen	51	236.85	242	298	325	347	347	206	
Whitney Greene (SC)	54	284.85	UNL	309	325	0	325	184	
Dan Boskovich	52	161	165	-204	204	215	215	156	*masters record

NC Records in **Blue**

American Records in **Red**

RAW BENCH

2008 SHOW OF STRENGTH

Name	Age	BWt (Lb)	WtCls (Lb)	BP1	BP2	BP3	Best Bench	WILKS BENCH	
MEN									
MEN'S 132									
Ben Entringer	15	128.75	132	187	204	-215	204	178	*American open record/open record
MEN'S 148									
David Wilson (MI)	50	147.4	148	281	298	309	309	240	*American open record
MEN'S 165									
Dan Boskovich	52	161	165	-204	204	215	215	156	
Ronnie Davis	15	149.95	165	176	-193	-193	176	135	
MEN'S 198									
Allen Davis	53	196.3	198	320	331	347	347	223	
MEN'S 220									
Dan Barwick	34	215.65	220	-391	402	-413	402	247	*American open record/open record
Harley Bowser	15	209	220	204	231	243	243	151	
MEN'S 242									
Michael Klein	29	231	242	474	-485	-485	474	283	*American open record
Richard Wilcox	40	241.95	242	386	408	419	419	247	
Lewis Galloway	37	223.6	242	-386	-408	408	408	247	
Chris Whitt (SC)	45	238.75	242	336	347	353	353	209	
Robert Allen	51	236.85	242	298	325	347	347	206	
MEN'S 275									
Michael Belk	35	274.5	275	562	-601	-601	562	321	*American open record/open record/Best Raw Male Bencher
Jacob Lowder	19	260.75	275	-364	364	375	375	216	

RAW BENCH

2008 SHOW OF STRENGTH

Name	Age	BWt (Lb)	WtCls (Lb)	BP1	BP2	BP3	Best Bench	WILKS BENCH	
MEN'S SHW									
Radcliffe Rovira	27	344.25	UNL	452	468	-496	468	258	*American open record/open record
Whitney Greene (SC)	54	284.85	UNL	309	325		325	184	
TEEN 14-15									
Ben Entringer	15	128.75	132	187	204	-215	204	178	*American teen record/teen record
Harley Bowser	15	209	220	204	231	243	243	151	*teen record
Ronnie Davis	15	149.95	165	176	-193	-193	176	135	*teen record
TEEN 18-19									
Jacob Lowder	19	260.75	275	-364	364	375	375	216	*American teen record/teen record
MASTERS 40-49									
Richard Wilcox	40	241.95	242	386	408	419	419	247	*American masters record/masters record
MASTERS 50-59									
David Wilson (MI)	50	147.4	148	281	298	309	309	240	*American masters record
Allen Davis	53	196.3	198	320	331	347	347	223	*American masters record/masters record
Robert Allen	51	236.85	242	298	325	347	347	206	*American masters record/masters record
Whitney Greene (SC)	54	284.85	UNL	309	325		325	184	
Dan Boskovich	52	161	165	-204	204	215	215	156	*masters record

NC Raw Records in **Bold Green**

American Raw Records in **Bold Red**

