

POWERLIFTING

8/8/2009

2009 USAPLNC IRONMAN

NAME	Team	Bwt (lb)	WtCls (lb)	Age	BP1	BP2	BP3	Best Bench	DL1	DL2	DL3	Best Deadlift	TOTAL	WILKS TOTAL	
WOMEN															
RAW															
OPEN															
Lauren Pardue	NC	131.5	132	39	83	88	-94	88	165	176	187	187	276	309	
WOMEN															
EQUIPPED															
OPEN															
Darlene Malecki	NC	146	148	43	154	165	-174	165	209	226	237	237	402	416	
MASTERS															
Darlene Malecki	NC	146	148	43	154	165	-174	165	209	226	237	237	402	416	*masters record
MEN															
RAW															
MEN'S 132															
Kevin Steele	NC	131.6	132	53	165	-204	-204	165	226	259	303	303	468	401	
MEN'S 148															
Ben Etringer	NC	137	148	16	198	215	220	220	-375	386	408	408	628	519	
Deron Euland	NC	133.9	148	21	220	243	-259	243	320	369	380	380	623	525	*American junior record/junior record
MEN'S 165															
Aaron Jones	NC	165	165	23	254	276	-284	276	402	435	452	452	728	519	
Tom Ferris	NC	160	165	38	254	265	-284	265	369	408	435	435	700	511	*submasters record
Nasir Nantambu	NC	159	165	30	270	-284	281	281	375	402	419	419	700	513	
Josh Crenshaw	NC	162.6	165	18	-154	176	-193	176	-292	314	325	325	502	362	
MEN'S 181															
David Connolly	NC	178.1	181	43	265	-284	-284	265	336	-358	-358	336	601	408	
MEN'S 198															
Mike Hopkins	NC	189.2	198	22	364	386	408	408	485	502	529	529	937	614	*American junior record/junior record/Best Lifter Male
Jason Kuzyk	MI	193.6	198	23	353	-369	-369	353	502	529	-590	529	882	570	*American junior record
Allen Davis	NC	198	198	55	325	342	353	353	452	485	502	502	854	546	
Lance Williams	NC	197.8	198	19	259	265	-276	265	375	408	424	424	689	441	
MEN'S 220															
Lewis E. Galloway	NC	219.3	220	39	402	424	441	441	424	452	-502	452	893	545	*open and submasters record
Matthew Hill	NC	213.3	220	35	-287	-292	292	292	435	-446	-452	435	728	449	

POWERLIFTING

8/8/2009

2009 USAPLNC IRONMAN

NAME	Team	Bwt (lb)	WtCls (lb)	Age	BP1	BP2	BP3	Best Bench	DL1	DL2	DL3	Best Deadlift	TOTAL	WILKS TOTAL	
Phillip Steed	NC	217.5	220	54	-259	259	276	276	386	402	-419	402	678	415	
Fred Penick	NC	220	220	50	226	-254	-303	226	314	397	408	408	634	386	
MEN'S 242															
Albert Mortin Jr.	NC	234.2	242	41	342	386	408	408	347	419	441	441	849	505	
Kevin Nason	NC	239.2	242	24	369	391	-402	391	424	-485	-502	424	816	482	
TEEN 16-17															
Ben Etringer	NC	137	148	16	198	215	220	220	-375	386	408	408	628	519	*American teen record/teen record
TEEN 18-19															
Josh Crenshaw	NC	162.6	165	18	-154	176	-193	176	-292	314	325	325	502	362	
MASTERS 40-49															
Albert Mortin Jr.	NC	234.2	242	41	342	386	408	408	347	419	441	441	849	505	
David Connolly	NC	178.1	181	43	265	-284	-284	265	336	-358	-358	336	601	408	
MASTERS 50-59															
Allen Davis	NC	198	198	55	325	342	353	353	452	485	502	502	854	546	*American masters record/masters record/Best Lifter Masters
Phillip Steed	NC	217.5	220	54	-259	259	276	276	386	402	-419	402	678	415	
Kevin Steele	NC	131.6	132	53	165	-204	-204	165	226	259	303	303	468	401	
Fred Penick	NC	220	220	50	226	-254	-303	226	314	397	408	408	634	386	
MEN															
EQUIPPED															
MEN'S 165															
Nasir Nantambu	NC	159	165	30	270	-284	281	281	375	402	419	419	700	513	
Justin Shue	NC	158.5	165	16	265	287	-320	287	397	-435	-435	397	683	502	

BENCH

8/8/2009

2009 USAPLNC IRONMAN

NAME	Team	Bwt (lb)	WtCls (lb)	Age	BP1	BP2	BP3	Best Bench	WILKS TOTAL	
WOMEN										
EQUIPPED										
OPEN										
Darlene Malecki	NC	146	148	43	154	165	-171	165	171	Best Bencher Female
Sarah Miller	NC	137.65	148	18	138	-149	154	154	167	
TEEN										
Sarah Miller	NC	137.65	148	18	138	-149	154	154	167	*teen record
MASTERS										
Darlene Malecki	NC	146	148	43	154	165	-171	165	171	*masters record
MEN										
RAW										
MEN'S 132										
Bernard Martin	GA	132.2	132	37	-226	254	0	254	216	*American open record/drug test
Kevin Steele	NC	131.6	132	53	165	-204	-204	165	142	
MEN'S 165										
Justin Rogers	NC	163.7	165	17	265	281	298	298	214	
Nasir Nantambu	NC	159	165	30	270	-281	281	281	206	
Aaron Jones	NC	165	165	23	254	276	-281	276	197	
MEN'S 181										
Davin Pride	NC	179.2	181	33	281	298	314	314	212	
Clarence Wade Jr.	SC	179.8	181	45	231	243	254	254	171	
MEN'S 198										
Mike Hopkins	NC	189.2	198	22	364	386	408	408	267	*American junior record/junior record
Allen Davis	NC	198	198	55	325	342	353	353	225	
Jason Kuzyk	MI	193.6	198	23	353	-369	-369	353	228	*American junior record
Rodney Cates	NC	198.2	198	42	292	-325	331	331	211	
Timothy Smith	NC	195.2	198	52	248	259	270	270	174	
Lance Williams	NC	197.8	198	19	259	265	-276	265	169	
MEN'S 220										

BENCH

8/8/2009

2009 USAPLNC IRONMAN

NAME	Team	Bwt (lb)	WtCls (lb)	Age	BP1	BP2	BP3	Best Bench	WILKS TOTAL	
Zachary Green	SC	216.8	220	28	424	441	463	463	284	drug test
Jesse Gardner	GA	210.2	220	30	-424	435	457	457	284	drug test
Lewis E. Galloway	NC	219.3	220	39	402	424	441	441	269	*open and submasters record
Randy Price	SC	219.1	220	57	314	331	347	347	212	
Samual Whitted	NC	218.3	220	56	314	331	-347	331	202	
Jeffrey Arney	NC	216.5	220	52	314	331	-347	331	203	
MEN'S 242										
Johnny Milhouse	SC	230	242	40	491	502	513	513	307	*American open and masters record/Best Raw Bencher Male/drug test
Albert Mortin Jr.	NC	234.2	242	41	342	386	408	408	243	
Kevin Nason	NC	239.2	242	24	369	391	-402	391	231	
Heyward Powe	NC	235.9	242	42	336	342	-347	342	203	
Don Hall	NC	241.9	242	56	281	292	-303	292	172	
TEEN										
Justin Rogers	NC	163.7	165	17	265	281	298	298	214	*American teen record/teen record
MASTERS 40-49										
Albert Mortin Jr.	NC	234.2	242	41	342	386	408	408	243	
Rodney Cates	NC	198.2	198	42	292	-325	331	331	211	
Heyward Powe	NC	235.9	242	42	336	342	-347	342	203	
Clarence Wade Jr.	SC	179.8	181	45	231	243	254	254	171	
MASTERS 50-59										
Allen Davis	NC	198	198	55	325	342	353	353	225	*American masters record/masters record/Best Bencher Masters Male
Randy Price	SC	219.1	220	57	314	331	347	347	212	*American masters record
Jeffrey Arney	NC	216.5	220	52	314	331	-347	331	203	
Samual Whitted	NC	218.3	220	56	314	331	-347	331	202	
Timothy Smith	NC	195.2	198	52	248	259	270	270	174	
Don Hall	NC	241.9	242	56	281	292	-303	292	172	*masters record
Kevin Steele	NC	131.6	132	53	165	-204	-204	165	142	
MEN										
EQUIPPED										
MEN'S 132										
Bernard Martin	GA	132.2	132	37	-226	254	309	309	263	

BENCH

8/8/2009

2009 USAPLNC IRONMAN

NAME	Team	Bwt (lb)	WtCls (lb)	Age	BP1	BP2	BP3	Best Bench	WILKS TOTAL	
MEN'S 165										
Nasir Nantambu	NC	159	165	30	270	-281	281	281	206	
MEN'S 220										
Jesse Gardner	GA	210.2	220	30	-424	435	457	457	284	Best Equipped Bencher Male
Samual Whitted	NC	218.3	220	56	314	331	-347	331	202	
MASTERS 50-59										
Samual Whitted	NC	218.3	220	56	314	331	-347	331	202	

2009 USAPLNC IRONMAN

8/12/2010		2009 USAPLNC IRONMAN																											
Push Pull Results Name		Team	Div	Bwt (lb)	WtCls (lb)	Age	BP1	BP-1	BP2	BP-2	BP3	BP-3	Best Bench	Best BP	DL1	DL-1	DL2	DL-2	DL3	DL-3	Best Deadlift	Best DL	TOTAL	(1) PP Total	WILKS TOTAL	(2) Wilks Pts	(3) Age-Wilks	PI Code	PI-Div- WtCls-Evt
Lauren Pardue	NC	F-RO	131.5	132	39	83	37.5	88	40	-94	-42.5	88	40	165	75	176	80	187	85	187	85	276	125	309	140.000	0.000	2	1-F-RO-PP	
Darlene Malecki	NC	F-EM	146	148	43	154	70	165	75	-171	-77.5	165	75	209	95	226	102.5	237	107.5	237	107.5	402	182.5	416	188.851	194.705	3	1-F-EM-PP	
Darlene Malecki	NC	F-EO	146	148	43	154	70	165	75	-171	-77.5	165	75	209	95	226	102.5	237	107.5	237	107.5	402	182.5	416	188.851	194.705	2	1-F-EO-PP	
Allen Davis	NC	M-RM50	198	198	55	325	147.5	342	155	353	160	353	160	452	205	485	220	502	227.5	502	227.5	854	387.5	546	247.651	303.373	2	1-M-RM50-PP	
Phillip Steed	NC	M-RM50	217.5	220	54	-259	-148	259	117.5	276	125	276	125	386	175	402	182.5	-419	-199	402	182.5	678	307.5	415	188.159	226.544	2	2-M-RM50-PP	
Kevin Steele	NC	M-RM50	131.6	132	53	165	75	-204	-92.5	-204	-92.5	165	75	226	102.5	259	117.5	303	137.5	303	137.5	468	212.5	401	182.091	215.596	2	3-M-RM50-PP	
Fred Penick	NC	M-RM50	220	220	50	226	102.5	-254	-146	-303	-92.5	226	102.5	314	142.5	397	180	408	185	408	185	634	287.5	386	175.116	197.881	2	4-M-RM50-PP	
Albert Mortin Jr.	NC	M-RM40	234.2	242	41	342	155	386	175	408	185	408	185	347	157.5	419	190	441	200	441	200	849	385	505	229.152	231.444	2	1-M-RM40-PP	
David Connolly	NC	M-RM40	178.1	181	43	265	120	-281	-128	-281	-128	265	120	336	152.5	-358	-463	-358	-463	336	152.5	601	272.5	408	184.891	190.623	2	2-M-RM40-PP	
Josh Crenshaw	NC	M-RT3	162.6	165	18	-154	-70	176	80	-193	-87.5	176	80	-292	-193	314	142.5	325	147.5	325	147.5	502	227.5	362	164.028	173.869	2	1-M-RT3-PP	
Ben Etringer	NC	M-RT2	137	148	16	198	90	215	97.5	220	100	220	100	-375	-179	386	175	408	185	408	185	628	285	519	235.552	266.174	2	1-M-RT2-PP	
Kevin Steele	NC	M-RO	131.6	132	53	165	75	-204	-92.5	-204	-92.5	165	75	226	102.5	259	117.5	303	137.5	303	137.5	468	212.5	401	182.091	215.596	1	1-M-RO-132-PP	
Ben Etringer	NC	M-RO	137	148	16	198	90	215	97.5	220	100	220	100	-375	-179	386	175	408	185	408	185	628	285	519	235.552	266.174	1	1-M-RO-148-PP	
Deron Euland	NC	M-RO	133.9	148	21	220	100	243	110	-259	-148	243	110	320	145	369	167.5	380	172.5	380	172.5	623	282.5	525	238.289	243.055	1	2-M-RO-148-PP	
Aaron Jones	NC	M-RO	165	165	23	254	115	276	125	-281	-128	276	125	402	182.5	435	197.5	452	205	452	205	728	330	519	235.488	235.488	1	1-M-RO-165-PP	
Tom Ferris	NC	M-RO	160	165	38	254	115	265	120	-281	-128	265	120	369	167.5	408	185	435	197.5	435	197.5	700	317.5	511	231.584	0.000	1	2-M-RO-165-PP	
Nasir Nantambu	NC	M-RO	159	165	30	270	122.5	-281	-128	-281	-128	281	127.5	375	170	402	182.5	419	190	419	190	700	317.5	513	232.664	0.000	1	3-M-RO-165-PP	
Josh Crenshaw	NC	M-RO	162.6	165	18	-154	-70	176	80	-193	-87.5	176	80	-292	-193	314	142.5	325	147.5	325	147.5	502	227.5	362	164.028	173.869	1	4-M-RO-165-PP	
David Connolly	NC	M-RO	178.1	181	43	265	120	-281	-128	-281	-128	265	120	336	152.5	-358	-463	-358	-463	336	152.5	601	272.5	408	184.891	190.623	1	1-M-RO-181-PP	
Mike Hopkins	NC	M-RO	189.2	198	22	364	165	386	175	408	185	408	185	485	220	502	227.5	529	240	529	240	937	425	614	278.290	281.073	1	1-M-RO-198-PP	
Jason Kuzky	MI	M-RO	193.6	198	23	353	160	-369	-168	-369	-168	353	160	502	227.5	529	240	-590	-268	529	240	882	400	570	258.640	258.640	1	2-M-RO-198-PP	
Allen Davis	NC	M-RO	198	198	55	325	147.5	342	155	353	160	353	160	452	205	485	220	502	227.5	502	227.5	854	387.5	546	247.651	303.373	1	3-M-RO-198-PP	
Lance Williams	NC	M-RO	197.8	198	19	259	117.5	265	120	-276	-126	265	120	375	170	408	185	424	192.5	424	192.5	689	312.5	441	199.813	207.805	1	4-M-RO-198-PP	
Lewis E. Galloway	NC	M-RO	219.3	220	39	402	182.5	424	192.5	441	200	441	200	424	192.5	452	205	-502	-228	452	205	893	405	545	247.009	0.000	1	1-M-RO-220-PP	
Matthew Hill	NC	M-RO	213.3	220	35	-287	-139	292	-139	292	132.5	292	132.5	435	197.5	-446	-293	-452	-293	435	197.5	728	330	449	203.610	0.000	1	2-M-RO-220-PP	
Phillip Steed	NC	M-RO	217.5	220	54	-259	-148	259	117.5	276	125	276	125	386	175	402	182.5	-419	-199	402	182.5	678	307.5	415	188.159	226.544	1	3-M-RO-220-PP	
Fred Penick	NC	M-RO	220	220	50	226	102.5	-254	-146	-303	-92.5	226	102.5	314	142.5	397	180	408	185	408	185	634	287.5	386	175.116	197.881	1	4-M-RO-220-PP	
Albert Mortin Jr.	NC	M-RO	234.2	242	41	342	155	386	175	408	185	408	185	347	157.5	419	190	441	200	441	200	849	385	505	229.152	231.444	1	1-M-RO-242-PP	
Kevin Nason	NC	M-RO	239.2	242	41	369	167.5	391	177.5	408	-183	391	177.5	424	192.5	-485	-220	-502	-228	424	192.5	819	370	482	218.670	0.000	1	2-M-RO-242-PP	
Nasir Nantambu	NC	M-EO	159	165	30	270	122.5	-281	-128	-281	-128	281	127.5	375	170	402	182.5	419	190	419	190	700	317.5	513	232.664	0.000	1	1-M-EO-165-PP	
Justin Shue	NC	M-EO	158.5	165	16	265	120	-287	130	-281	-281	287	130	397	180	-435	-198	-435	-198	397	180	683	310	502	227.695	257.295	1	2-M-EO-165-PP	
Bench Press Results Name		Team	Div	Bwt (lb)	WtCls (lb)	Age	BP1	BP-1	BP2	BP-2	BP3	BP-3	Best Bench	Best BP	DL-1	DL-2	DL-3	Best DL	(1) Best BP	WILKS TOTAL	(2) Wilks Pts	(3) Age-Wilks	PI Code	PI-Div- WtCls-Evt					
Darlene Malecki	NC	F-EM	146	148	43	154	70	165	75	-171	-77.5	165	75	209	95							75	171	77.610	80.016	3	1-F-EM-BP		
Sarah Miller	NC	F-ET	137.65	148	18	138	62.5	-149	-67.5	154	70	154	70	154	70							70	167	75.691	80.232	3	1-F-ET-BP		
Darlene Malecki	NC	F-EO	146	148	43	154	70	165	75	-171	-77.5	165	75	209	95							75	171	77.610	80.016	2	1-F-EO-BP		
Sarah Miller	NC	F-EO	137.65	148	18	138	62.5	-149	-67.5	154	70	154	70	154	70							70	167	75.691	80.232	2	2-F-EO-BP		
Allen Davis	NC	M-RM50	198	198	55	325	147.5	342	155	353	160	353	160	452	205	485	220	502	227.5	502	227.5	854	387.5	225	102.256	125.264	2	1-M-RM50-BP	
Randy Price	SC	M-RM50	219.1	220	57	314	142.5	331	150	347	157.5	347	157.5	347	157.5							160	212	96.091	120.882	2	2-M-RM50-BP		
Jeffrey Arney	NC	M-RM50	216.5	220	52	314	142.5	331	150	-347	-168	331	150	347	157.5							150	203	91.965	107.139	2	3-M-RM50-BP		
Samual Whitted	NC	M-RM50	218.3	220	56	314	142.5	331	150	-347	-168	331	150	347	157.5							150	202	91.650	114.196	2	4-M-RM50-BP		
Timothy Smith	NC	M-RM50	195.2	198	52	248	112.5	259	117.5	270	122.5	270	122.5	270	122.5							122.5	174	78.866	91.878	2	5-M-RM50-BP		
Don Hall	NC	M-RM50	241.9	242	56	281	127.5	292	132.5	-303	-139	292	132.5	292	132.5							132.5	172	78.029	97.224	2	6-M-RM50-BP		
Kevin Steele	NC	M-RM50	131.6	132	53	165	75	-204	-92.5	-204	-92.5	165	75	226	102.5							75	142	64.267	76.093	2	7-M-RM50-BP		
Albert Mortin Jr.	NC	M-RM40	234.2	242	41	342	155	386	175	408	185	408	185	347	157.5							185	243	110.112	111.213	2	1-M-RM40-BP		
Rodney Cates	NC	M-RM40	198.2	198	42	292	132.5	-325	-148	331	150	331	150	347	157.5							150	211	95.805	97.721	2	2-M-RM40-BP		
Heyward Powe	NC	M-RM40	235.9	242	42	336	152.5	342	155	-347	-168	342	155	347	157.5							155	203	92.023	93.864	2	3-M-RM40-BP		
Clarence Wade Jr.	SC	M-RM40	179.8	181	45	231	105	243	110	254	115	254	115	254	115							115	171	77.579	81.846	2	4-M-RM40-BP		
Justin Rogers	NC	M-RT2	163.7	165	17	265	120	281	127.5	298	135	298	135	298	135							135	214	96.876	104.626	2	1-M-RT2-BP		
Bernard martin	GA	M-RO	132.2	132	37	-226	-103	254	115	0	254	115	254	115								115	216	98.129	0.000	1	1-M-RO-132-BP		
Kevin Steele	NC	M-RO	131.6	132	53	165	75	-204	-92.5	-204	-92.5	165	75	226	102.5							75	142	64.267	76.093	1	2-M-RO-13		

RESULTS

8/12/2010		2009 USAPLNC IRONMAN																											
Push Pull Results Name	Team	Div	Bwt (lb)	WtCls (lb)	Age	BP1	BP-1	BP2	BP-2	BP3	BP-3	Best Bench	Best BP	DL1	DL-1	DL2	DL-2	DL3	DL-3	Best Deadlift	Best DL	TOTAL	(1) PP Total	WILKS TOTAL	(2) Wilks Pts	(3) Age-Wilks	PI Code	PI-Div- WtCls-Evt	
Albert Mortin Jr.	NC	M-RO	234.2	242	41	342	155	386	175	408	185	408	185											185	243	110.112	111.213	1	2-M-RO-242-BP
Kevin Nason	NC	M-RO	239.2	242	24	369	167.5	391	177.5	-402	-483	391	177.5											177.5	231	104.903	0.000	1	3-M-RO-242-BP
Heyward Powe	NC	M-RO	235.9	242	42	336	152.5	342	155	-347	-468	342	155											155	203	92.023	93.864	1	4-M-RO-242-BP
Don Hall	NC	M-RO	241.9	242	56	281	127.5	292	132.5	-303	-438	292	132.5											132.5	172	78.029	97.224	1	5-M-RO-242-BP
Samual Whitted	NC	M-EM50	218.3	220	56	314	142.5	331	150	-347	-468	331	150											150	202	91.650	114.196	2	1-M-EM50-BP
Bernard martin	GA	M-EO	132.2	132	37	-226	-493	254	115	309	140	309	140											140	263	119.462	0.000	1	1-M-EO-132-BP
Nasir Nantambu	NC	M-EO	159	165	30	270	122.5	-281	-428	281	127.5	281	127.5											127.5	206	93.432	0.000	1	1-M-EO-165-BP
Jesse Gardner	GA	M-EO	210.2	220	30	-424	-493	435	197.5	457	207.5	457	207.5											207.5	284	128.857	0.000	1	1-M-EO-220-BP
Samual Whitted	NC	M-EO	218.3	220	56	314	142.5	331	150	-347	-468	331	150											150	202	91.650	114.196	1	2-M-EO-220-BP