

13-Jul-13		ADFPF Full Power Nationals																
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Squat 1	Squat 2	Squat 3		Bench 1	Bench 2	Bench 3	Bench 4	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	PL Total	
Shellaine Frazier	42	F-M1	50.1	50.5	50	55	61		65	-67.5	-67.5		90	101	110	111	235	
Jacqueline Miller	64	F-M5	49.1	50.5	47.5	52.5	55		32.5	-37.5	-37.5		70	75	-82.5		162.5	
Carmella Mattingly	42	F-M1	55.5	55.5	122.5	130	132.5		70	72.5	-75		137.5	142.5	-150		347.5	
Pat Okker	53	F-M3	54.9	55.5	65	-70	-70		47.5	50	-53.5		97.5	-102.5	-102.5		212.5	
Linda LaFontaine	62	F-M5	54.3	55.5	30	35	40		37.5	40	-42.5		60	65	70		150	
Johnathon Wrenn	21	M-JU	52.5	56	145	155	-162.5		85	-95	-95		155	165	-170		405	
Jacob Stagg	15	M-T1	55.2	56	97.5	105	-110		65	67.5	-70		147.5	-155	-155		320	
Kim Morgan	56	F-M4	57.8	58.5	75	-80	80		55	57.5	-60		95	101			237.5	
Susan Harrison	35	F-O	61.5	63	95	100	110		55	60	-70		107.5	112.5	120		290	
Tom Urani	65	M-M6	67.3	67.5	90	-100	100		95	-100	-100		165	172.5	177.5		372.5	
Anne Clark	64	F-M5	63.6	70	25	30	32.5		32.5	-35	-35		50	55	57.5		122.5	
Terry Douglass	63	F-M5	66	70	25				32.5	35	-37.5		50	55	57.5		117.5	
David Horner	43	M-M1	75	75	182.5	188.5	192.5		145	150	-152.5		210	227.5	-232.5		570	
Brandon Mitchell	18	M-T3	71.9	75	147.5	-157.5	-157.5		105	110	-115		192.5	205	-212.5		462.5	
JD Cafourek	36	M-O	74.9	75	125	-135	-135		-102.5	102.5	-105		140	-150	150		377.5	
Jordan Jeffries	15	M-T1	71.9	75	102.5	110	-115		82.5	87.5	-92.5		137.5	145	150		347.5	
Lynn Miller	65	M-M6	73.3	75	-95	95	100		95	-100	-100		150	-155			345	
Beth Perrin	56	F-M4	75.5	80	60	67.5	72.5		47.5	50	53.5	55	90	102.5	-110		227.5	
Chris Koch	44	M-M1	80.8	82.5	187.5	205	-215		132.5	142.5	-145		205	222.5	227.5		575	
Jacob Whitley	25	M-O	80.9	5	155	167.5	-177.5		110	115	117.5		185	195	-197.5		480	
Martin Fisher	35	M-O	78.9	5	107.5	110	-125		120	125	-132.5		162.5	172.5	-182.5		407.5	
Ethan Payne	23	M-JU	81.2	82.5	115	122.5	135		87.5	95	-100		117.5	130	142.5		372.5	
Antwan Byrd	28	M-O	87.7	90	205	227.5	237.5		145	155	-165		250	265	272.5		665	
Lauren Cohen	34	M-O	88.7	90	220	235	-245		155	-165	-165		240	260	-270		650	
Nick Ramey	21	M-JU	90	90	185	-197.5	197.5		160	-165	-165		240	265	-272.5		622.5	
Kevin Sanders	42	M-M1	89.2	90	170	177.5	-182.5		107.5	112.5	-117.5		205	215	222.5		512.5	

Mark Leahy	51	M-M3	87.5	90	150	160	-165		130	-137.5	-137.5		170	192.5	-206		482.5
Wally Seibel	56	M-M4	88.3	90	155	172.5	-182.5		105	112.5	-115		170	190	-200		475
Andrew Ferguson	26	M-O	86.9	90	142.5	152.5	165		90	97.5	-107.5		175	-195	-200		437.5
Mary Rapert	63	F-M5	89.2	90	-25	-25	25		42.5	47.5	-50		107.5	-115			180
Tim Parris	24	M-O	98.4	100	215	227.5	242.5		162.5	172.5	-180		252.5	267.5	280		695
Mark Sharp	26	M-O	96.9	100	195	215	-227.5		132.5	140	-142.5		220	240	-250		595
Taylor Epperson	24	M-O	99.2	100	205	-220	-220		145	-150			205	210	-212.5		560
William Reddick	22	M-JU	95.4	100	125	145	160		105	110	120		145	165	180		460
Matt Ballard	15	M-T1	100	100	-102.5	120	132.5		102.5	110	-115		182.5	-192.5	-192.5		425
Jason Morris	29	M-O	107	110	230	-245	-245		145	-152.5	-155		285	295	-310		670
Kevin Dixon	40	M-M1	107.4	110	225	247.5	260		140	152.5	-157.5		225	250	-262.5		662.5
Adrian Ninabar	57	M-M4	108.7	110	200	210	-220		160	170	-172.5		245	255	262.5		642.5
Paul Esters	33	M-O	109.7	110	180	192.5	-200		130	135	140		240	-267.5	-267.5		572.5
Tanner White	16	M-T2	106	110	185	192.5	200		105	117.5	127.5		227.5	240	-255		567.5
Luke Deitz	27	M-O	108.3	110	177.5	-192.5	-197.5		115	-122.5	-122.5		220	-237.5	-245		512.5
Tyler Paul	15	M-T1	102.2	110	142.5	160	-180		115	120	-125		157.5	182.5	-202.5		462.5
Deante Mitchell	25	M-O	119.9	125	210	227.5	235		165	177.5	-185		252.5	270	277.5		690
Sean Branney	33	M-O	120.1	125	227.5	240	-245		-142.5	142.5	150		-235	235	245		635
Brody Janssen	20	M-JU	113.5	125	200	215	227.5		137.5	-147.5	147.5		-247.5	247.5	-272.5		622.5
Joe Newton	23	M-JU	115.1	125	147.5	-162.5	162.5		160	167.5	-175		225	232.5	-237.5		562.5
Sid Conklin	58	M-M4	114.6	125	90	110	-130		70	80	-87.5		120	155	-170		345
Brad Manion	35	M-O	146.4	SHW	210	220	230		165	175	-182.5		250	265	-277.5		670
<b>EQUIPPED</b>																	
Lenna Barker	72	F-EM7	63	63	-52.5	-60	-60		-40	40	-42.5		100	106	110		0
Pete Beckett	32	M-EO	74.9	75	175	-185	-185		-155	-155	155		182.5	195	-200		525
Eddie White	64	M-EM5	81.1	82.5	160	170	-180		122.5	127.5	132.5		245	260	-272.5		562.5
Benjamin Holtschlag	18	M-ET3	88.3	90	-192.5	205	227.5		-125	125	-130		190	202.5	217.5		570
Steve Welch	38	M-EO	97.4	100	265	275	-282.5		172.5	-182.5	-182.5		237.5	242.5	-250		690
Landon Cross	28	M-EO	98.2	100	227.5	-245	245		152.5	-165	-165		250	-275	-275		647.5

