





# USAPL Southeastern USA Regional Powerlifting Championships

Hilton Hotel & Convention Center - Miami, Florida [USA]

Sunday, October 26, 2008



NR	WT.	BDW.	NAME	AGE	DIVISION	State	CLUB/TEAM	SQUAT			BENCHPRESS			DEADLIFT			TOT.	Wlk's PL.	Coef.		
								1.	2.	3.	1.	2.	3.	1.	2.	3.					
1			<b>Women</b>																		
2	52.00	50.10	April Shumaker	42	Open	Florida	TNT Fitness - Port St. Lucie	85.0	92.5	100.0	75.0	80.0	82.5	105.0	112.5	117.5	300.0	384.2	1.0	1.3	
3	67.50	67.40	Stephanie Ann Mayo	16	Open	Florida	Altha High School - Altha	107.5	110.0	112.5	60.0	65.0	67.5	180.0	110.0	120.0	125.0	305.0	311.6	1.0	1.0
4	67.50	67.40	Stephanie Ann Mayo	16	Teen I [16 - 17]	Florida	Altha High School - Altha	107.5	110.0	112.5	60.0	65.0	67.5	180.0	110.0	120.0	125.0	305.0	311.6	1.0	1.0
5	90.00+	123.10	Tammie Smith	40	Open	Florida	TNT Fitness - Port St. Lucie	170.0	182.5	185.0	80.0	90.0	-97.5	275.0	150.0	160.0	167.5	442.5	352.2	1.0	0.8
6			<b>Men</b>																		
7																					
8	75.00	73.20	John Cochcroft	23	Junior [20 - 23]	South Carolina	Tri City Fitness - West Columbia	-137.5	-137.5	-137.5	-100.0	-100.0	-100.0	-172.5	172.5	-182.5					0.7
9	75.00	73.20	John Cochcroft	23	Raw/Unequipped	South Carolina	Tri City Fitness - West Columbia	-137.5	-137.5	-137.5	-100.0	-100.0	-100.0	-172.5	172.5	-182.5					0.7
10	75.00	74.40	Bryan Beasley	27	Raw/Unequipped	Florida	David Barton Gym - Miami Beach	107.5	110.0	112.5	60.0	65.0	67.5	180.0	110.0	120.0	125.0	305.0	311.6	1.0	1.0
11	75.00	74.20	Zachary Nicholas	20	Collegiate	Florida	Florida Atlantic Univ - Boca Raton	165.0	197.5	-220.0	125.0	-170.0	-170.0	322.5	215.0	242.5	-260.0	565.0	405.6	1.0	0.7
12	82.50	80.70	Mosbeh Alkinany	37	Open	Florida	Gold's Gym - Coral Gables	240.0	-250.0	-250.0	190.0	200.0	-202.5	440.0	200.0	210.0	220.0	660.0	448.1	1.0	0.7
13	82.50	81.00	Anthony Loreto	22	Junior [20 - 23]	Florida	Downtown Gym - Ft. Lauderdale	175.0	185.0	-190.0	115.0	-120.0	-120.0	300.0	212.5	230.0	237.5	537.5	364.1	1.0	0.7
14	82.50	79.30	Matthew Stille	22	Collegiate	Florida	Florida Gulf Coast Univ - Ft. Myers	207.5	220.0	-227.5	107.5	112.5	115.0	335.0	185.0	Pass	Pass	520.0	357.0	1.0	0.7
15	82.50	82.20	Gregory Lee	18	Collegiate	Florida	Florida Gulf Coast Univ - Ft. Myers	175.0	190.0	200.0	137.5	-145.0	150.0	350.0	162.5	170.0	182.5	532.5	357.5	2.0	0.7
16	90.00	88.50	Adam Nesius	23	Junior [20 - 23]	Indiana	City Fit Gym - Nobelsville	192.5	-215.0	-215.0	155.0	167.5	-175.0	360.0	217.5	232.5	240.0	600.0	386.4	1.0	0.6
17	90.00	85.30	Tyler Esposito	18	Collegiate	Florida	Florida Gulf Coast Univ - Ft. Myers	182.5	195.0	-205.0	110.0	120.0	125.0	320.0	192.5	205.0	215.0	535.0	351.5	1.0	0.7
18	90.00	84.70	Jason Hoppe	21	Collegiate	Florida	Florida Gulf Coast Univ - Ft. Myers	-175.0	175.0	-195.0	102.5	-110.0	110.0	285.0	175.0	182.5	190.0	475.0	313.4	2.0	0.7
19	90.00	88.80	Mark Goto	47	Masters I [40 - 49]	Florida	NAS PL Team - Pensacola	165.0	175.0	182.5	110.0	115.0	-122.5	297.5	182.5	-192.5	480.0	308.5	1.0	0.6	
20	90.00	87.30	Gary Levenson	44	Masters I [40 - 49]	Florida	Florida Gulf Coast Univ - Ft. Myers	-135.0	135.0	145.0	102.5	110.0	112.5	257.5	155.0	165.0	172.5	430.0	278.9	2.0	0.6
21	90.00	88.50	Ray Penland	56	Masters II [50 - 59]	Florida	Just Lift Ink - Margate	-165.0	165.0	-182.5	107.5	110.0	-120.0	275.0	182.5	190.0	192.5	467.5	301.1	1.0	0.6
22	90.00	89.10	Terry Mason	54	Masters II [50 - 59]	Florida	Pure Fitness - Naples	142.5	160.0	-102.5	102.5	107.5	102.5	277.5	142.5	160.0	165.0	442.5	284.0	2.0	0.6
23	90.00	88.80	Mark Goto	47	Police/Fire/Military	Florida	NAS PL Team - Pensacola	165.0	175.0	182.5	110.0	115.0	-122.5	297.5	182.5	-192.5	480.0	308.5	1.0	0.6	
24	100.00	97.20	Julian Ulvang	45	Open	Florida	Just Lift Ink - Margate	292.5	300.0	-305.0	200.0	207.5	212.5	512.5	272.5	-282.5	785.0	483.4	1.0	0.6	
25	100.00	96.60	Matt Otero	29	Open	Florida	Gold's Gym - Boynton Beach	252.5	272.5	-282.5	172.5	187.5	195.0	467.5	260.0	277.5	-285.0	745.0	460.0	2.0	0.6
26	100.00	94.70	Chris Edwards	23	Junior [20 - 23]	Florida	Fit Forever - Naples	205.0	-227.5	-227.5	125.0	-132.5	-140.0	330.0	205.0	227.5	-250.0	567.5	347.3	1.0	0.6
27	100.00	94.80	Brock Bliman	21	Collegiate	Florida	Florida Gulf Coast Univ - Ft. Myers	240.0	Pass	Pass	145.0	Pass	Pass	385.0	205.0	Pass	Pass	590.0	367.3	1.0	0.6
28	100.00	97.20	Julian Ulvang	45	Masters I [40 - 49]	Florida	Just Lift Ink - Margate	292.5	300.0	-305.0	200.0	207.5	212.5	512.5	272.5	-282.5	785.0	483.4	1.0	0.6	
29	100.00	99.40	James Henderson - Coffey	47	Masters I [40 - 49]	Florida	NAS PL Team - Pensacola	25.0	Pass	Pass	25.0	Pass	Pass	50.0	25.0	Pass	Pass	75.0	45.8	2.0	0.6
30	100.00	89.60	Myles Kantor	29	Raw/Unequipped	Florida	YMCA - Boynton Beach	105.0	120.0	-137.5	85.0	92.5	-97.5	212.5	182.5	205.0	-207.5	417.5	267.1	1.0	0.6
31	110.00	109.70	Jason Wells	32	Open	Indiana	City Fit Gym - Nobelsville	-260.0	-272.5	-272.5	182.5	192.5	202.5	265.0	265.0	290.0					
32	110.00	109.30	Keith Michel	21	Collegiate	Florida	Florida Gulf Coast Univ - Ft. Myers	175.0	-190.0	-190.0	-147.5	-147.5	147.5	322.5	185.0	205.0	-227.5	527.5	311.1	1.0	0.6
33	110.00	105.70	Rick Melear	51	Raw/Unequipped	Florida	YMCA - Boynton Beach	182.5	197.5	212.5	125.0	140.0	145.0	357.5	255.0	267.5	-275.0	625.0	372.6	1.0	0.6
34	110.00	108.90	Segismundo Pares	51	Masters II [50 - 59]	Florida	YMCA - Ocala / Marion County	227.5	245.0	255.0	177.5	-222.5	-222.5	472.5	255.0	265.0	-272.5	737.5	435.3	1.0	0.6
35	125.00	113.10	Jon Kennedy	35	Open	Florida	Gold's Gym - Sunrise	-182.5	192.5	-210.0	142.5	157.5	-165.0	350.0	182.5	202.5	-215.0	562.5	322.5	1.0	0.6
36	125.00	108.30	Nathan Gaido	28	Raw/Unequipped	Florida	Anytime Fitness - Ft. Myers	167.5	172.5	-177.5	112.5	-120.0	-122.5	285.0	182.5	190.0	200.0	485.0	286.6	1.0	0.6
37	125.00	115.50	Damon Sansom	34	Police/Fire/Military	Florida	Tomaka Fitness - Daytona Beach	175.0	187.5	200.0	155.0	165.0	Pass	365.0	182.5	210.0	-227.5	575.0	333.7	1.0	0.6
38	125.00+	149.40	James Myers	42	Police/Fire/Military	Florida	Tomaka Fitness - Daytona Beach	227.5	250.0	-267.5	182.5	192.5	-200.0	442.5	227.5	250.0	-265.0	692.5	383.4	1.0	0.6