

USPF Nor Cal Bench Deadlift
 August 23, 2003
 Napa, CA

Bench Press Kilos

NAME	DIVISION		BP1	BP2	BP3	
Carin Fujisaki	M1 women	105	nl-70	nl-70	nl-70	
Chris Brigham	M3 women	114	50	57.5	nl-62.5	Best Lifter: Women's Master State Record M3
Theresa Merenkov	M2 women	198+	nl-50	nl-57.5	57.5	State Record M2
Susan O'Neill	M4 women	198+	35	40	nl-42.5	State Record M4
Carin Fujisaki	open womer	105	nl-70	nl-70	nl-70	
Ashley Merenkov	open womer	114	nl-25	nl-25	25	State Record 18 year old
Kendal Buffington	open womer	123	47.5	nl-55	55	Best Lifter: Women's Open I State Record 17 year old
Mitchell Koufos	T1 men	181	60	67.5	nl-72.4	
Adam Contreras	T2 men	198	95	100	105	
Mike Ramos	T2 men	242	110	125	nl-137.55	
Eric Johnson	T3 men	275	170	nl-180	187.5	Best Lifter: Men's Teen/Jr B State Record 19 year old
Rick White	junior men	242	145	165	182.5	
Robert Fornachon	M8 men	165	77.5	85	nl-92.5	Best Lifter: Men's Master BF State Record M8
Todd Robinson	M2 men	181	102.5	110	122.5	
Ferrel Gray	M2 men	181	110	120	122.5	
Shane O'Neill	M5 men	198	125	130	nl-135	
Donald Davis	M1 men	220	nl-150	nl-160	nl-160	
Ruben Arredondo	M5 men	220	160	167.5	nl-175	
Mike Bonifield	M5 men	242	127.5	nl-137.5	nl-137.5	
Leo Contreras	M3 men	308	nl-175	nl-175	nl-175	
Todd Robinson	open men	181	102.5	110	122.5	
Will Satterthwaite	open men	220	145	nl-160	nl-160	
Marlan Bacon	open men	242	175	182.5	nl-187.5	
Justin Tyler	open men	242	145	160	nl-167.5	
Dave Freeland	open men	275	230	nl-240	nl-247.5	Best Lifter: Men's Open BP
Ryan Hebler	open men	275	172.5	nl-187.5	nl-187.5	
Riccardo Magni	open men	275	nl-215	nl-215	nl-215	
Leo Contreras	open men	308	nl-175	nl-175	nl-175	

Lifts in **bold** denote state records

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Deadlift Kilos

NAME	DIVISION	DL1	DL2	DL3	
Chris Brigham	M3 women	114	105	120	nl-125 Best Lifter: Women's Master State Record M3
Theresa Merenkov	M2 women	198+	105	125	nl-137.5 State Record M2
Susan O'Neill	M4 women	198+	42.5	47.5	52.5 State Record M4
Ashley Merenkov	open womer	114	57.5	65	70 State Record 18 year old
Kendal Buffington	open womer	123	107.5	120	nl-130 Best Lifter: Women's Open I State Record 17 year old
Mitchell Koufos	T1 men	181	115	127.5	137.5
Adam Contreras	T2 men	198	135	145	155
Rick White	junior men	242	210	222.5	237.5 Best Lifter: Men's Teen/Jr D State Record 21 year old
Jeff Stanley	M2 men	148	207.5	nl-215	nl-215
Bill Ennis	M4 men	181	205	215	nl-227.5
Shane O'Neill	M5 men	181	192.5	207.5	215 Best Lifter: Men's Master DL
Donald Davis	M1 men	220	250	262.5	nl-272.5
Leo Contreras	M3 men	275+	195	205	nl-207.5
Jeff Stanley	open men	148	207.5	nl-215	nl-215
Will Satterthwaite	open men	220	185	192.5	nl-205
Marlan Bacon	open men	242	235	245	262.5
Riccardo Magni	open men	275	290	305	nl-310 Best Lifter: Men's Open DL
Dave Freeland	open men	275	275	287.5	nl-297.5
Ryan Hebler	open men	275	nl-265	nl-277.5	nl-277.5
Leo Contreras	open men	308	195	205	nl-207.5
Garrett Harper	open men	308	nl-320	nl-320	nl-320

Lifts in **bold** denote state records

Refs were:

Mike Koufos
 Bill Ennis
 Rob Meulenberg
 Pete Wilson
 Jason Burnell

Score Table:

Dave Van Brocklin
 Betty Lee
 Tony Conkle
 Frank Cable
 Aaron Pete

Spotters:

Luis Castillo
 Ted O'Neil
 Jesse
 Mike Knots