

USPF Central California Open Powerlifting, Benchpress and Deadlift October 23, 2005
Modesto, CA

Record	Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb		
		Powerlifting									
		Women									
SR	1	Nicki Ianson	198+	209.00	39	214.95	181.88	270.06	666.89	Best Lifter, Women	
								4th-303			
		16-18 Junior Men (Wilks formula)									
SR	1	Thomas Jimenez	198	186.75	16	314.16	253.53	424.39	992.07		
SR	2	Ivan Chicchon	132	131.75	18	236.99	253.53	286.60	777.12		
		Junior 19-23 (Wilks formula)									
	1	Manuel Mendez	181	175.00	23	418.87	286.60	507.06	1212.53	Best Lifter, Junior	
	2	Kenneth Pamanian	308	305.75	23	507.06	341.71	496.04	1344.81		
		165 Open Men									
	1	Chris Clements	165	162.00	27	264.55	187.39	281.09	733.03		
		181 Open Men									
	1	Leslie Nelson Jr.	181	172.50	26	270.06	248.02	435.41	953.49		
		198 Open Men									
	1	Nicholas Willis	198	192.25	28	457.45	308.64	473.99	1240.09		
		220 Open Men									
	1	James Combs Jr	220	209.75	41	358.25	330.69	391.32	1080.25		
		242 Open Men									
	1	Mike West	242	234.00	30	567.68	418.87	534.62	1521.17	Best Lifter, Open	
	2	Rickey Ingrassia	242	223.25	31	407.85	253.53	501.55	1162.93		
		308 Open Men									
	DQ	Scott Cartwright	308	302.00	36	804.68	-600.75				
		Master Men 40-49									
	1	Robert Ciano	242	237.50	43	540.13	429.90	611.78	1581.80	Best Lifter, Master	
	2	James Combs Jr	220	209.75	41	358.25	330.69	391.32	1080.25		
		Master Men 50-59									
	DQ	Roland Stevens	242	239.00	58	363.76	-413.36				

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Record	Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb		
		Bench only									
		Women									
SR/AR	1	Kelly Womack	181	181.25	21		330.69		330.69	Best Lifter, Women	
SR/AR	1	Margot O'Halloran	181	180.00	15		159.83		159.83		
SR	1	Catherine LaMantia	132	131.50	13		66.14		66.14		
		13-15 Junior Men									
	1	Marshall Molletta	132	126.75	15		143.30		143.30		
		16-18 Junior Men (Wilks formula)									
SR	1	Ivan Chicchon	132	131.75	18		253.53		253.53		
	2	Mason Molletta	198	188.00	17		314.16		314.16		
	3	Xavier Rivas	198	191.00	16		270.06		270.06		
	4	Jason Cummins	165	160.60	18		253.53		253.53		
	5	Adam Contreras	220	212.50	18		286.60		286.60		
		19-23 Junior Men (Wilks formula)									
	1	Jose Rivas	275	266.00	19		374.78		374.78		
	2	John Kisst	220	200.00	20		253.53		253.53		
		220 Open Men									
	1	Matt Marriott	220	205.00	24		385.81		385.81		
		242 Open Men									
	1	Mike West	242	234.00	30		418.87		418.87		
		308 Open Men									
	1	Lafi Noa	308	289.75	49		303.13		303.13		
	DQ	Mike Womack	308	292.50	24		-749.50				
		308+ Open Men									
	DQ	Art Ramsey	308+	358.00	46		-534.62				
		Master Men 40-49									
	DQ	Art Ramsey	308+	358.00	46		-534.62				
		Master 50-59 (Wilks formula)									
SR/AR	1	Frank Beeler	308+	327.50	52		601.86		601.86	Best Lifter, Men	
									4th-606.27		
	2	Leo Contreras	308+	338.00	52		407.85		407.85		
	3	Michael Hake	148	147.00	55		203.93		203.93		

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		State Powerlifting Records set:						
		Nicki Ianson, 198+ Submaster 35-39, 181 bench, 303 deadlift, 666 total						
		Thomas Jimenez, 198 Junior 16-17, 253 bench						
		Ivan Chicchon, 132 Junior 18-19, 253 bench						
		State Single Lift Bench Records set:						
		Kelly Womack, 181 Open Women, 330 bench						
		Kelly Womack, 181 Junior Women 20-23, 330 bench						
		Margot O'Halloran, 181 Junior Women 13-15, 159 bench						
		Catherine LaMantia, 132 Junior Women 13-15, 66 lb bench						
		Ivan Chicchon, 132 Junior 18-19, 253 bench						
		Frank Beeler, SHW Open, 606 bench						
		Frank Beeler, SHW Master 50-54, 606 bench						
		State Single lift Deadlift Records set:						
		Catherine LaMantia, 132 Junior Women 13-15, 176 deadlift						
		Margot O'Halloran, 181 Junior Women 13-15, 220 deadlift						
		Roland Stevens, 242 Master 55-59, 374 deadlift						
		American Single Lift Bench Records set:						
		Kelly Womack, 181 Open Women, 330 bench						
		Kelly Womack, 181 Junior Women 20-23, 330 bench						
		Margot O'Halloran, 181 Junior Women 13-15, 159 bench						
		Frank Beeler, SHW Master 50-54, 606 bench						
		American Single Lift Deadlift Records set:						
		Catherine LaMantia, 132 Junior Women 13-15, 176 deadlift						
		Margot O'Halloran, 181 Junior Women 13-15, 220 deadlift						
		James Moore, 242 Master 65-69, 391 deadlift						