

Central California Powerlifting Benchpress and Deadlift Championship
October 7, 2006

Record	Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
USPF Central California Open Powerlifting Championship									
198+ Open Women									
	1	Nicki l'Anson - BL women	198+	215.20	40	325.18	220.46	347.22	892.86
Master Women 40-49									
SR	1	Nicki l'Anson	198+	215.20	40	325.18	220.46	347.22	892.86
Junior Men 13-15									
	1	Jacob Campos	198	187.50	14	220.46	165.35	264.55	650.36
Junior Men 16-18									
SR	1	Joel Paredes - BL junior	242	238.80	17	462.97	418.87	600.75	1482.59
Junior Men 19-23 formula									
	1	Arturo Aguilar Jr	220	215.40	20	457.45	330.69	512.57	1300.71
	2	James Nguyen	198	198.20	20	374.78	286.60	402.34	1063.72
148 Open Men									
	1	Scott Layman - BL open	148	148.50	36	584.22	391.32	507.06	1482.59
220 Open Men									
SR	1	Mike Laney	220	215.20	38	639.33	462.97	628.31	1730.61
242 Open Men									
	1	Robert Ciano	242	234.80	44	567.68	418.87	633.82	1620.38
	2	Hunter Cuneo	242	223.80	26	501.55	380.29	589.73	1471.57
	3	Ryan Higgins	242	222.80	31	479.50	380.29	600.75	1460.55
275 Open Men									
	1	Patrick Rhoades	275	273.00	46	529.10	402.34	501.55	1432.99
	2	Lawrence Allenger	275	249.20	32	435.41	402.34	523.59	1361.34
Master Men 40-49 formula									
	1	Robert Ciano - BL master	242	234.80	44	567.68	418.87	633.82	1620.38
	2	Patrick Rhoades	275	273.00	46	529.10	402.34	501.55	1432.99
Master Men 50-59									
	1	Ruben Arredondo	220	224.20	51	551.15	374.78	440.92	1366.85

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USPF Central California Open Benchpress Championship									
132 Open Women									
SR	1	Mondaee Nunes - BL women	132	130.00	35		121.25		121.25
Master Women 40-49									
	1	Nicki l'Anson	198+	215.20	40		220.46		220.46
Junior Men 13-15									
SR	1	Cody Lewis	165	164.20	15		253.53		253.53
Junior Men 16-18									
	1	Travis Bloomer	148	142.80	18		225.97		225.97
	2	Michael Varni	275	267.60	18		314.16		314.16
Junior Men 19-23									
	1	Brock Adley	198	183.20	20		369.27		369.27
	2	Adam Contreras	220	215.80	19		308.64		308.64
	3	Clay Tawzer	308+	363.80	23		352.74		352.74
	4	Jordan Mitchell	165	155.00	19		225.97		225.97
148 Open Men									
	1	Scott Layman	148	148.50	36		391.32		391.32
	2	Scott Bloomer	148	142.00	43		270.06		270.06
198 Open Men									
	1	Paul Gentry	198	193.40	27		325.18		325.18
	DQ	Charles Trembley	198	197.00	36		-529.00		
220 Open Men									
	1	Jeff Hunter	220	214.80	46		391.32		391.32
242 Open Men									
	1	Troy Harris	242	241.00	32		402.34		402.34
275 Open Men									
	1	Mark Bell	275	268.00	29		584.22		584.22
	2	Patrick Rhoades	275	273.00	46		402.34		402.34
308 Open Men									
	1	Steve Denison-BL Open	308	276.80	44		611.78		611.78
308+ Open Men									
	1	Leo Contreras	308+	332.20	53		418.87		418.87
	2	Clay Tawzer	308+	363.80	23		352.74		352.74
	DQ	Roy Lamont	308+	336.20	37		-551.00		
Master Men 40-49 formula									
	1	Clinton Sims	242	231.40	49		584.22		584.22
SR	2	Steve Denison	308	276.80	44		611.78		611.78
	3	Mike Murray	220	217.20	47		391.32		391.32
	4	Jeff Hunter	220	214.80	46		391.32		391.32
	5	Patrick Rhoades	275	273.00	46		402.34		402.34
Master Men 50-59 formula									
	1	Leo Contreras	308+	332.20	53		418.87		418.87
	2	Ken Tawzer	242	236.40	54		325.18		325.18
	3	Cary Rogers	165	159.00	50		275.58		275.58
	DQ	Jim Masten	275	262.40	53		-529.00		

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Record	Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
USPF Central California Open Deadlift Championship									
Master Women 40-49									
SR/AR	1	Nicki l'Anson	198+	215.20	40			347.22	347.22
Junior Men 13-15									
AR	1	Cody Lewis	165	164.20	15			369.27	369.27
Junior Men 16-18									
	1	Michael Varni	275	267.60	18			424.39	424.39
Junior Men 19-23 formula									
	1	Arturo Aguilar Jr	220	215.40	20			512.57	512.57
	2	Adam Contreras	220	215.80	19			374.78	374.78
181 Open Men									
	DQ	Leslie Nelson	181	180.60	27			-462.00	
198 Open Men									
	1	Paul Gentry	198	193.40	27			374.78	374.78
220 Open Men									
	1	Matt Frazee	220	208.80	35			429.90	429.90
275 Open Men									
	1	Patrick Rhoades - BL open	275	273.00	46			501.55	501.55
308+ Open Men									
	1	Leo Contreras	308+	332.20	53			385.81	385.81
Master Men 40-49 formula									
	1	Clinton Sims	242	231.40	49			650.36	650.36
	2	Patrick Rhoades	275	273.00	46			501.55	501.55
Master Men 50-59									
	1	Leo Contreras	308+	332.20	53			385.81	385.81
AR=American record, SR=State record, BL=Best lifter									

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		Meet Director: Steve Denison
		Referees:
		Steve Denison-National
		Rob Meulenberg, National
		Jim Merlino, National
		Jason Burnell, National
		Pete Wilson, National
		Joe Randazzo, National
		Curtis Pracht, State referee practical test
		Karen Matthews, State referee practical test
		Stephen Matthews, State referee practical test
		State Powerlifting Records set:
		Nicki l'Anson, 198+ Master women 40-44, 325 squat, 347 deadlift, and 892 total
		Joel Paredes, 242 Junior 16-17, 418 bench, 600 deadlift
		Mike Laney, 220 Submaster 35-39, 462 bench
		State Single Lift Bench Records set:
		Mondae Nunes, 132 Submaster women 35-39, 121 bench
		Cody Lewis, 165 Junior 13-15, 253 bench
		Steve Denison, 308 Master 40-44, 611 bench
		State Single lift Deadlift Records set:
		Nicki l'Anson, 198+ Master women 40-44, 347 deadlift
		Mike Laney, 220 Submaster 35-39, 628 deadlift
		American Single Lift Deadlift Records set:
		Nicki l'Anson, 198+ Master women 40-44, 347 deadlift
		Cody Lewis, 165 Junior 13-15, 369 deadlift