

USPF American PL Cup
 January 24, 2009
 Los Angeles, CA

Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
American Powerlifting Cup								
123 Open Women								
DQ	Suzanne Hedman	123	120.50	48	270.06	-192.50	314.16	O
132 Open Women								
1	Becky Rich	132	131.50	27	264.55	192.90	303.13	760.59
2	Alison Barnhill	132	130.00	46	242.51	137.79	308.64	688.94
3	Morgan Hefley	132	132.25	20	187.39	126.76	303.13	617.29
148 Open Women								
1	Leonetta Richardson	148	148.00	31	402.34	303.13	413.36	1118.83
2	Monica Di Giuro	148	144.00	46	264.55	203.93	319.67	788.14
165 Open Women								
1	Cara Westin	165	161.50	45	402.34	259.04	402.34	1063.72
181 Open Women								
1	Nicolai Stern	181	179.50	41	473.99	259.04	473.99	1207.02
198 Open Women								
1	Janet Loveall	198	197.00	39	446.43	319.67	451.94	1218.04
148 Open Men								
1	Darren Matsumoto	148	148.00	44	617.29	440.92	523.59	1581.80
2	Scott Layman	148	146.50	38	562.17	380.29	518.08	1460.55
165 Open Men								
1	Leon Sparango	165	165.25	35	496.04	336.20	473.99	1306.23
181 Open Men								
1	Ed Kinsey	181	181.50	27	650.36	446.43	551.15	1647.94
2	Bob Benedix	181	181.00	48	666.89	391.32	578.71	1636.92
3	David Jurgens	181	180.50	27	589.73	369.27	650.36	1609.36
198 Open Men								
1	Edward Koo	198	198.00	31	600.75	424.39	661.38	1686.52
2	Greg Buffington	198	198.00	47	617.29	451.94	573.20	1642.43
3	Jose Hernandez	198	193.50	40	600.75	314.16	523.59	1438.50

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Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	275 Open Men							
1	Charles Bailey	275	274.50	45	837.75	650.36	733.03	2221.13
2	Bill Newman	275	270.50	24	710.98	314.16	622.80	1647.94
DQ	Alan Best	275	272.50	25	-942.00			O
	308 Open Men							
1	Mark Bell	308	306.50	32	843.26	810.19	705.47	2358.92
2	Scott Cartwright	308	307.50	39	970.02	661.38	699.96	2331.36
3	Jim Hoskinson	308	302.50	43	881.84	661.38	699.96	2243.18
4	Dan Harrison	308	292.00	27	727.52	352.74	617.29	1697.54
	308+ Open Men							
1	Sigfus Fossdal	308+	344.50	25	892.86	705.47	766.10	2364.43
2	Lance Karabel	308+	338.50	36	975.54	633.82	733.03	2342.39
DQ	Thad Coleman	308+	342.50	39	854.28	O		O
Best Female lifter: Leonetta Richardson-\$1000								
Best Lightweight Male lifter (148-198): Darren Matsumoto-\$1000								
Best Heavyweight Male lifter (220-308+): Mark Bell-\$1000								
Thanks to my sponsor: CON-CRET Nutrition								
Thanks to our referees, score table, and spotter/loaders for making the meet successful.								
Referees:								
Gordon Santee, International								
Steve Denison, International								
Jim Merlino, National								
Joe Dentice, International								
Kevin Meskew, National								
Alan Aerts, National								
Announcer: Chuck LaMantia								
Scorecards: Tom Miller								
Bar Loading program: Kellie LaMantia								
Master scoresheet: Steve Denison								
Meet Director: Steve Denison								
Spotters/Loaders:								
Eddie LaPorte, NY, NY								
Julio Noa, NY, NY								
Brad Iannucci, Torrance, CA								
Troy Harris, Modesto, CA								