

**2000 USPF CALIFORNIA STATE POWERLIFTING
CHAMPIONSHIPS
April 8-9, 2000
Bakersfield, CA**

Special Olympian

123 lbs

	<u>Bench</u>	<u>Deadlift</u>	<u>Total</u>
Matthew Prinster	137.75	231.25	369.00

308 lbs

Kevin Ezell	159.50	281.00	440.50
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Womens Open

148 lbs

	<u>Squat</u>	<u>Bench</u>	<u>Deadlift</u>	<u>Total</u>
Lisa Denison	336.00	154.25	380.25	870.50
Priscilla Sanchez*	225.75*	132.25*	275.50*	633.50*

181 lbs

Mary Pennington	143.25	165.25	248.00	556.50
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198 lbs

Disa Hatfield	259.00	165.25	286.25	710.50
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Mens Open

148 lbs

Scott Layman	540.00	358.00	529.00	1427.00
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165 lbs

John Cano*	308.50*	176.25*	319.50*	804.25*
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220 lbs

Jesse Branham	677.75	402.25	661.25	1741.25
John Bostick	529.00	391.25	661.25	1581.50
Lord Elliott*	507.00*	325.00	512.50	1344.50*

242 lbs

Steve Landry	611.75	462.75	622.75	1697.25
Darin Lovat	600.75	380.25	551.00	1532.00
Brad Trujillo	551.00	385.75	512.50	1449.25
Bill McCaslin	501.50	325.00	485.00	1311.50
Kevin Westbrook	424.25	319.50	385.75	1129.50

275 lbs

Andrew Austin	429.00	259.00	534.50	1222.50
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308 lbs

George Brink	611.75	402.25	777.00	1791.00
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Mens Sub Masters**132 lbs**

Andrew Lopez*	248.00*	170.75*	242.50*	661.25*
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148 lbs

Steve Kato*	440.75	303.00*	402.25	1146.00
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198 lbs

Paul Kelley*	407.00	363.75*	512.50	1283.25
Michael Brown	352.50	286.50	485.00	1124.00

Mens Masters 40-44**275 lbs**

Kenneth Scott	485.00	468.25	606.25	1559.50
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Mens Masters 45-49**220 lbs**

Ruben Arredondo	473.75	352.50	473.75	1300.00
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242 lbs

Delmer Brown	501.50	341.50	501.50	1344.50
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275lbs

Gary Ridgeway	462.75	352.50	479.50	1294.75
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Mens Masters 50-54**242lbs**

Steve Hallman	242.50	231.25	308.50	782.25
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308 lbs

George Brink*#	611.75	402.25	777.00*#	1791.00*
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Mens Masters 55-59**181 lbs**

Edwin Hill	132.25	275.50	264.50	672.25
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Mens Masters 60-64**275 lbs**

Danny Herrera*	402.25	369.25*	402.25	1173.75
Clinton Haflich	451.75	-----	-----	-----

* Denotes California State Record (Sanchez- Junior women (16-17) squat, bench, deadlift & total record; Cano- Junior men (13) squat, bench, deadlift, & total record; Elliott- Junior men (20-23) squat and total record; Lopez- Submaster squat, bench, deadlift & total record; Kato- Submaster bench record; Kelley- Submaster bench record; Brink- Master deadlift & total record; Herrera- Master bench record. #Denotes American Record (Brink-Master 50-54 deadlift record. Best Lifter Women - Lisa Denison, Best Lifter Men- Light – Scott Layman, Best Lifter Men- Heavy – Jesse Branham. This year's USPF CA State Championships were held at the Best Western Hotel in Bakersfield, CA. We had a well-run meet, and everyone had a great time. Our Special Olympic lifters, Matt Prinster and Kevin Ezell once again displayed their commitment and enthusiasm for the sport. They lifted very well and really had the crowd behind them. In her first full Powerlifting meet, sixteen year-old Priscilla Sanchez was very impressive setting state and personal records. A dedicated lifter, she left the meet and still managed to make it to her prom on Saturday night! Co-meet director, Lisa Denison won the women's 148lb class with a PR squat, deadlift and total. She also took home the Best Lifter award for the women. Mary Pennington won the 181s and continues to improve. Disa Hatfield had her team cheering her on as she won the 198lb class. Saturday's competition also included the Men classes 132 to 181. Andrew Lopez, the lone competitor in the 132lb submaster class, struggled a little with the squat then came back and went 5 for 6 in the bench and deadlift, setting state records in the process. Scott Layman impressed the crowd with some monster lifts. Missing his first 540lb attempt in the squat, he came back and nailed his second to get in the meet. He ended the day with a 529lb deadlift, went home with the Best Lifter-Light award and came back on Sunday to take the CA state referee test. Steve Kato won the submaster 148lb class and set a state record with a 303lb bench. Feeling a little under the weather didn't stop 13 year-old John Cano. He displayed incredible determination and went home with state records. The 181 lb 55-59 class belonged to Edwin Hill. He inspired us all by going 8 for 9 in his first full competition. The men's 198 to 308+ class competition took place on Sunday. Michael Brown put up some big numbers in the submaster 198lb class, but it was Paul Kelley who took home the win. Paul had a great day, setting a state record with a 363.75 bench. Lord Elliott had a 9 for 9 day and set state junior records in the 220lb class for the squat and total. John Bostick took second place in the 220lb class showing a true competitive spirit with an impressive 661 deadlift. Jesse Branham went for 705 on his third attempt in the squat, but had to settle for 677.75. He took home the win for the 220lb class and Best Lifter-Heavy as well. Ruben Arredondo won the 220lb 45-49 class with a 1300 total. Five lifters competed in the 242lb open class. Steve Landry took home the honors, with a fierce effort and his family cheering him on. UCLA strength coach, Darin Lovat made a comeback to the platform and lifted well taking second place. Both Brad Trujillo and Bill McCaslin dropped a weight class since last year's state meet, and had good numbers to show for it. Kevin Westbrook had an 8 for 9 day and also lifted well. Delmer Brown won the 242lb 45-49 class and Steve Hallman took the 242lb 50-54 trophy. First time competitor, Andrew Austin took home the win in the 275lb class. We're looking forward to some big lifting in the future from this guy. Frequent bench press competitor, Kenneth Scott proved that he's got what it takes for a full meet too with a win in the 275lb 40-44 class. Clinton Haflich had trouble with depth on the squat, but we're sure to see him again. Making a comeback to three-lift competition, Danny Herrera set a state record

with a 369.25 bench in the 275lb 60-64 class. After taking the CA state referee test on Saturday, Gary Ridgeway came back on Sunday and won the 275lb 45-49 class. Once again, "The legend of George Brink" (just kidding George) wowed the crowd with his outstanding lifting. He set state records in the deadlift and total. He set an American record in the 308lb master 50-54 class with a 777lb deadlift, and went for 804 on a fourth attempt, but it was just a little too much for him. Huge thanks go out to our referees: Don Haley, Fran Haley, Vic Elliott, Ken Wheeler, Roger Bolton, Kevin Meskew, Steve Denison, Lisa Denison, Kelli La Mantia and Chris Kostas. Spotters/Loaders: Joe Jano, Warren Woolsey and Steve Elisondo. Scorekeepers: Krishna Kostas and Kelli La Mantia. We'd also like to thank those who helped out with the attempt board. Our deep appreciation goes to Chuck La Mantia for announcing with his usual crowd-pleasing style. Many thanks as well to our sponsors **Wheeler's Fitness Equipment, Inzer Advance Designs, Wright's Power Promotions, Digital Disc Jockeys, Powerlifting USA Magazine, and LazerPro Engraving.** Results - Steve Denison.