

USPF Central California Powerlifting/Benchpress and Deadlift Championship  
 October 6, 2001  
 Bakersfield, CA

Place	NAME	SQUAT	BENCH	DEADLIFT	Total
	<b>Powerlifting only</b>				
	<b>Open Women</b>				
	<b>114</b>				
1st	Cindy Bullara	270.00	126.75	281.00	677.75
	<b>148</b>				
1st	Lisa Denison	314.00	143.25	336.00	793.25
	<b>198</b>				
1st	Lisa Baldrige	275.50	159.75	303.00	738.25
	<b>Open Men</b>				
	<b>148</b>				
1st	Scott Layman	589.50	363.75	534.50	1487.75
	<b>165</b>				
1st	Mike Lans	402.25	231.25	424.25	1057.75
2nd	Robin Gounder	275.50	209.25	374.75	859.50
3rd	Daniel Gounder	248.00	209.25	358.00	815.25
	<b>181</b>				
1st	Zane Gordon	352.50	203.75	391.25	947.50
	<b>198</b>				
1st	Mike Gray	501.00	363.75	534.50	1399.25
2nd	Victor Calia	507.00	330.50	540.00	1377.50
3rd	Roland Lopez	396.75	303.00	490.50	1190.25
	<b>220</b>				
1st	Jesse Branham	644.75	391.25	203.75	1239.75
2nd	Wayne Whitzell	440.75	369.25	402.25	1212.25
	<b>242</b>				
1st	Scott Waits	694.25	468.25	617.25	1779.75
2nd	Liborio Vargas	529.00	369.25	551.00	1449.25
	<b>275</b>				
1st	Kellen Boyce	600.75	347.00	556.50	1504.25
2nd	Ricardo Magni	518.00	374.75	589.50	1482.25
	<b>Teen Men 16-17</b>				
1st	Justin Lakin-123	225.75	159.75	281.00	666.50
	<b>Teen Men 18-19</b>				
1st	Charles Price-275	314.00	341.50	573.00	1228.50
	<b>Junior Men 20-23</b>				
	<b>Light 114-198</b>				
1st	Mike Lans-165	402.25	231.25	424.25	1057.75
2nd	Zane Gordon-181	352.50	203.75	391.25	947.50
	<b>Heavy 220-308+</b>				
1st	Lance Rector-220	523.50	424.25	512.50	1460.25
2nd	J.R. Mancini-220	451.75	358.00	507.00	1316.75
	<b>Submaster Men-35-39</b>				
	<b>Light 114-198</b>				
1st	Jim Oswood-148	347.00	264.50	418.75	1030.25
	<b>Heavy 220-308+</b>				
1st	Angel Lopez-242	617.25	418.75	512.50	1548.50
2nd	Rodney Sheetz-275	600.75	363.75	485.00	1449.50

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		SQUAT	BENCH	DEADLIFT	TOTAL
	<b>Master Men 40-44</b>				
	<b>Light 114-198</b>				
1st	Keith Kanemoto-198	661.20	446.25	540.00	1647.45
2nd	Roland Lopez-198	396.75	303.00	490.50	1190.25
	<b>Heavy 220-308+</b>				
1st	Troy Morris-275	650.25	424.25	600.75	1675.25
2nd	Nick Benjamin-308+	589.50	507.00	562.00	1658.50
3rd	Jonathan Weeks-275	611.75	369.25	611.75	1592.75
4th	Jeff Hayes-242	507.00	413.25	545.50	1465.75
5th	Mike Brown-220	385.75	281.00	418.75	1085.50
6th	Mike Womelsdorf-220	391.25	286.50	380.25	1058.00
	<b>Master Men 45-49</b>				
	<b>Heavy 220-308+</b>				
1st	Brad King-220	578.50	358.00	628.25	1564.75
2nd	Steve Brown-275	551.00	435.25	551.00	1537.25
3rd	Delmer Brown-275	540.00	391.25	540.00	1471.25
4th	Ruben Arredondo-220	479.50	352.50	462.75	1294.75
	<b>Master Men 55-59</b>				
1st	Manuel Frutoze-242	468.25	374.75	556.50	1399.50
	<b>Master Men 60-64</b>				
1st	Pete Wilson-220	440.75	352.50	440.75	1234.00
	<b>Police/Fire/Military</b>				
	<b>Light 114-198</b>				
1st	Roland Lopez-198	396.75	303.00	490.50	1190.25
	<b>Bench Only</b>		<b>BENCH</b>		
	<b>Open Women</b>				
1st	Julia Santana		159.75		
	<b>181 Master 45-49</b>				
1st	Chris Angello		308.50		
	<b>242 Junior Men-20-23</b>				
1st	Joe Grissom		319.50		
	<b>242 Open Men</b>				
1st	Russell Kitani		507.00		
	<b>242 Submaster Men 35-39</b>				
1st	Russell Kitani		507.00		
	<b>Master Men 40-44</b>				
	<b>Heavy 220-308+</b>				
1st	Ken Scott-275		457.25		
2nd	Chuck McGuire-275		341.50		
3rd	Mike Womelsdorf-220		286.50		
	<b>275 Master 45-49</b>				
1st	Steve Brown-275		435.25		
	<b>Deadlift Only</b>			<b>DEADLIFT</b>	
	<b>Open Women 148</b>				
1st	Julia Santana			275.50	
	<b>Police/Fire Women 165</b>				
1st	Leilani Wyatt			203.75	
	<b>242 Open Men</b>				
1st	Liborio Vargas			551.00	
	<b>275 Open Men</b>				
1st	Zach Passman			672.25	
	<b>275 Master 40-44</b>				
1st	Ken Scott			573.00	
	<b>275 Master 45-49</b>				
1st	Steve Brown			551.00	
	<b>242 Master 50-54</b>				
1st	Kent Bush			628.25	

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**State Powerlifting Records set:**

Powerlifting: Scott Layman Open (148 class) squat 589.50lbs  
Powerlifting: Nick Benjamin Master (40-44 308+ class) squat 589.50 lbs, bench 507 lbs, deadlift 562 lbs, total 1658.50 lbs  
Powerlifting: Pete Wilson Master (60-64 220 class) squat 440.75 lbs, bench 352.50 lbs, deadlift 440.75 lbs, total 1234 lbs

**State Single Lift Deadlift Record set:**

Deadlift only: Kent Bush master (50-54 242 class) 628.25lbs

**Powerlifting Best Lifter Awards**

PL Open Men Light--Scott Layman  
PL Open Men Heavy--Scott Waits  
PL Teen Men--Charles Price  
PL Junior Men--Lance Rector  
PL Submaster men--Angel Lopez  
PL Master Men Light--Keith Kanemoto  
PL Master Men Heavy--Pete Wilson  
PL Open Women--Cindy Bullara

**Bench only Best Lifter Awards**

BP Open Men--Russell Kitani  
BP Junior Men--Joe Grissom  
BP Submaster Men--Russell Kitani  
BP Master Men--Steve Brown  
BP Open Women--Julia Santana

**Deadlift only Best Lifter Awards**

DL Open Men--Zach Passman  
DL Master Men--Kent Bush  
DL Open Women--Julia Santana

**We would like to thank the following people for making this meet a success:**

Meet Directors: Kevin Meskew and Steve Denison  
Referees: Don and Fran Haley--International referees  
Gary Ridgeway--State Referee  
Ken Wheeler--National Referee  
Lance Slaughter--State Referee  
Lisa Denison--National Referee  
Steve Denison--National Referee  
Scott Layman--State Referee  
Gordon Santee--International Referee  
Score table--Kristin Laughlin  
Spotters/Loaders

**Sponsors:**

24 Hour Fitness--Rosedale  
Apex Nutrition  
Wheeler's Fitness Equipment  
Inzer Advance Designs  
Jason Sabol Chiropractic