

USPF Central California Powerlifting/Benchpress and Deadlift Championship
October 5, 2002
Bakersfield, CA

NAME	Squat	Bench	Dead	Total	
Powerlifting only					
Open Women					
Medium 132-165					
Lisa Denison (165)	358.00	187.25	380.25	925.50	Best Lifter Women
Susan Waits (132)	270.00	165.25	292.00	727.25	
Heavy 181-198+					
Lisa Baldrige (198)	270.00	154.25	286.50	710.75	
Open Men					
148					
Scott Layman	600.75	380.25	540.00	1521.00	Best Lifter Men Light 114-198
Vince Tanabe	462.75	264.50	512.50	1239.75	
Juan Molinero	402.25	314.00	424.25	1140.50	
Jim Oswood	380.25	275.50	446.25	1102.00	
Steve Somerman	429.75	187.25	424.25	1041.25	
Ian Espinoza	352.50	259.00	341.50	953.00	
165					
Bill Cavalier	-551.00				
198					
Keith Kanemoto	639.25	479.50	600.75	1719.50	
Mike Belluscio	468.25	270.00	507.00	1245.25	
220					
Mike Elwell	600.75	462.75	611.75	1675.25	
Billy Wayne	540.00	352.50	567.50	1460.00	
242					
Scott Waits	771.50	523.50	655.75	1950.75	Best Lifter Men Heavy 220-308+
Steve Silver	683.25	529.00	705.25	1917.50	
John Planas	738.50	512.50	650.25	1901.25	
Russell Kitani	573.00	551.00	573.00	1697.00	
275					
Rob Meulenberg	677.75	440.75	677.75	1796.25	
Ricardo Magni	611.75	396.75	666.75	1675.25	
Adam Suarez	584.00	402.25	501.50	1487.75	
308					
John Ford	771.50	418.75	750.00	1940.25	
Ray Cote	556.50	424.25	501.50	1482.25	
Teen Men					
Light 114-198					
Eric Graves (165)	325.00	203.75	363.75	892.50	Best Lifter Teen
Master Men 40-44					
Light 114-198					
Jim Oswood (148)	380.25	275.50	446.25	1102.00	
Heavy 220-308+					
Mark Straley (220)	512.50	314.00	507.00	1333.50	
Michael Brown (220)	407.75	292.00	446.25	1146.00	
Michael Womelsdorf (220)	363.75	-303.00			

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Master Men 45-49					
Heavy 220-308+					
John Ford (308)	771.50	418.75	750.00	1940.25	Best Lifter Master Heavy 220-308+
Steve Brown (275)	551.00	402.25	578.50	1531.75	
Ruben Arredondo (220)	490.50	352.50	473.75	1316.75	
Master Men 50-54					
Light 114-198					
Steve Somerman (148)	429.75	187.25	424.25	1041.25	
Heavy 220-308+					
Brad King (220)	551.00	380.25	-617.25		
Master Men 55-59					
Light 114-198					
Mitch Sperling (181)	429.75	330.50	429.75	1190.00	Best Lifter Master Light 114-198
		Bench			
Bench Only					
Open Women					
Tina Mefford (165)		104.50			
16-17 Teen Men					
Bryan Galvez (132)		154.25			
18-19 Teen Men					
Ryan McElwain (165)		231.25			
148 Open Men					
Jerry Swift		330.50			
Brian Crocker		319.50			
181 Open Men					
Abel Soto		314.00			
198 Open Men					
Keith Kanemoto		479.50	Best Bench Men Light 114-198		
John Alvarado		462.75			
Daren Dowell		347.00			
220 Open Men					
Mike Gray		424.25			
Dave Register		308.50			
242 Open Men					
Russell Kitani		551.00	Best Bench Men Heavy 220-308+		
Joe Grissom		424.25			
Daniel Sepeda		424.25			
308 Open Men					
Ray Cote		424.25			

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Master Men 40-44			
Light 114-198			
Jerry Swift (148)		330.50	
Master Men 40-44			
Heavy 220-308+			
Dan Smith (275)		440.75	
Daniel Casteneda (275)		451.75	
Steve Williams (242)		424.25	
Ken Scott (275)		440.75	
John Wooner (308+)		462.75	
Neil Ferone (275)		429.75	
Tom Fischer (275)		402.25	
Brad Long (242)		336.00	
Chuck McGuire (308)		336.00	
Michael Womelsdorf (220)		-303.00	
Master Men 45-49			
Light 114-198			
Chris Angello (181)		325.00	
Al Galvez (198)		325.00	
Heavy 220-308			
Steve Brown (275)		402.25	
Master Men 55-59			
Heavy 220-308			
Daniel Smith III (242)		402.25	
Master Men 60-64			
Light 114-198			
Jim Merlino (165)		303.00	
			Deadlift
Deadlift Only			
Open Men 165			
Leslie Nelson			314.00
Master 45-49			
Heavy 220-308			
Steve Brown (275)			578.50
Master 50-54			
Heavy 220-308			
Rene Reyes (275)			363.75

Best Bench Master

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PL Best Lifter Open Women---Lisa Denison
PL Best Lifter Teen Men--Eric Graves
PL Best Lifter Open Men Light (114-198)--Scott Layman
PL Best Lifter Open Men Heavy (220-308+)--Scott Waits
PL Best Master Lifter Light (114-198)--Mitch Sperling
PL Best Master Lifter Heavy (220-308+)--John Ford
BP Best Lifter Open Men Light (114-198)--Keith Kanemoto
BP Best Lifter Open Men Heavy (220-308+)--Russell Kitani
BP Best Master Lifter--Jim Merlino

State Powerlifting Records set:

Scott Layman, Open Men 148, squat 600 lbs, total 1521 lbs
Vince Tanabe, 148 Submaster Men, squat 462 lbs, deadlift 512 lbs, total 1239 lbs
Keith Kanemoto, 198 Master Men 40-44, bench 479 lbs
Mike Elwell, 220 Master Men 40-44, bench 462 lbs
John Ford, 308 Master Men 45-49, deadlift 750 lbs

State Single Lift Records set:

Keith Kanemoto, 198 Master 40-44, bench 479 lbs
Jim Merlino, 165 Master 60-64, bench 303 lbs
Rene Reyes, 275 Master 50-54, deadlift 363 lbs

Thanks to all of our valuable help at the meet.

Don Haley, International referee
Fran Haley, International referee
Gordon Santee, International referee
Ken Wheeler, National referee
Gary Ridgeway, State referee
Pete Wilson, State referee
Jim Merlino, National referee

Steve Denison, Announcer
Kristin Laughlin, scorekeeper, lifter registration
Jennifer Wood, scoreboard
Lance Slaughter, scoreboard program
Lisa Denison, Announcer, registration

Bob, spotter/loader
Don, spotter/loader
Jeff Hayes, spotter/loader
Joe Grissom, spotter/loader
Daniel Sepeda, spotter/loader
David Tooker, spotter/loader

Sponsors:

Wheeler's Fitness Equipment, Ken Wheeler
Sabol and Keene Chiropractic, Jason Sabol
Digital Disc Jockeys, Chuck LaMantia
Inzer Advance Designs, John Inzer
24 Hour Fitness, William Robinson--Gen Mgr