

Venice Beach Powerlifting Benchpress and Deadlift Championship  
September 9, 2006

Record	Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
<b>USPF Venice Beach Powerlifting Championship</b>									
<b>Junior Women 19-23</b>									
SR/AR	1	Alex Decker	114	113.00	19	159.83	88.18	231.48	479.50
<b>97 Open Women</b>									
	1	Imelda Fowler	97	95.00	46	187.39	110.23	314.16	611.78
<b>123 Open Women</b>									
	1	Denise Dinger	123	118.80	44	264.55	159.83	275.58	699.96
<b>148 Open Women</b>									
	1	Monica Sparango	148	146.60	43	292.11	225.97	330.69	848.77
SR/AR	2	Karen Matthews-BL	148	143.00	37	325.18	165.35	347.22	837.75
<b>165 Open Women</b>									
	1	Denise Martinez	165	161.60	24	225.97	143.30	275.58	644.85
<b>198+ Open Women</b>									
	1	Nicki l'Anson	198+	214.60	40	319.67	225.97	330.69	876.33
<b>Master Women 40-49 Formula</b>									
SR	1	Imelda Fowler	97	95.00	46	187.39	110.23	314.16	611.78
	2	Denise Dinger	123	118.80	44	264.55	159.83	275.58	699.96
SR	3	Nicki l'Anson	198+	214.60	40	319.67	225.97	330.69	876.33
							4th-231		
<b>Master Women 50-59</b>									
SR/AR	1	Kathy Andrews	148	146.40	50	198.41	99.21	231.48	529.10
<b>Junior Men 19-23 Formula</b>									
	1	Chris Waldrum-BL	220	205.00	21	402.34	385.81	462.97	1251.11
	2	Jack Mapes	198	195.40	22	413.36	303.13	413.36	1129.86
	DQ	Nathan Wright	308+	312.80	20	617.29	-523.00		
<b>148 Open Men</b>									
SR/AR	1	Scott Layman-BL	148	148.00	35	584.22	391.32	518.08	1493.62
	2	Vince Tanabe	148	142.40	43	457.45	132.28	468.48	1058.21
<b>165 Open Men</b>									
	1	Ian Espinoza	165	158.80	33	501.55	303.13	435.41	1240.09
	2	Joseph Lipanovich	165	165.20	24	402.34	314.16	440.92	1157.42

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Record	Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
		<b>181 Open Men</b>							
SR	1	John Caputo	181	177.20	37	545.64	330.69	551.15	1427.48
	2	Leon Sparango	181	172.20	33	451.94	369.27	451.94	1273.16
		<b>198 Open Men</b>							
	1	Jose Hernandez	198	196.40	38	584.22	358.25	507.06	1449.52
	2	Chris Mangano	198	184.60	30	248.02	225.97	352.74	826.73
		<b>242 Open Men</b>							
	1	Patrick Hakola-BL	242	235.00	27	694.45	518.08	705.47	1918.00
	2	Ricardo Costa	242	241.20	30	462.97	468.48	518.08	1449.52
	3	Joe Dentice	242	242.00	47	479.50	380.29	551.15	1410.94
		<b>275 Open Men</b>							
	1	Filiberto Toledano	275	270.00	29	600.75	413.36	589.73	1603.85
	DQ	Robert Speno	275	272.80	37	727.52	-529.00		
		<b>Master Men 40-49 formula</b>							
	1	Victor Calia	198	197.00	42	562.17	457.45	617.29	1636.92
	2	Joe Dentice	242	242.00	47	479.50	380.29	551.15	1410.94
	3	Doug Hester	275	269.80	43	424.39	418.87	490.52	1333.78
	4	Darrell Robideau	198	194.20	41	385.81	374.78	418.87	1179.46
		<b>Master Men 50-59 formula</b>							
SR	1	Kenny Croxdale-BL	220	206.00	57	462.97	341.71	584.22	1388.90
	2	Edwin Lewis	198	197.80	57	440.92	242.51	424.39	1107.81
	3	Greg Baxter	220	204.00	51	424.39	330.69	485.01	1240.09
SR/AR	4	Kevin Meskew	123	121.60	50	242.51	170.86	325.18	738.54
		<b>Master Men 60-69 formula</b>							
	1	Roy Taylor	198	194.40	66	336.20	181.88	446.43	964.51
SR	2	Gordon Santee	165	160.20	60	220.46	187.39	479.50	887.35
								4th-501	
		<b>Master Men 70-79</b>							
SR/AR	1	Richard Simon	181	176.60	75	275.58	259.04	314.16	848.77

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<b>USPF Venice Beach Benchpress Championship</b>									
<b>Junior Women 19-23</b>									
SR	1	Jodalyn Holland	123	123.00	19		99.21		99.21
<b>97 Open Women</b>									
SR	1	Imelda Fowler	97	95.00	46		110.23		110.23
<b>198+ Open Women</b>									
	1	Nicki l'Anson	198+	214.60	40		225.97		225.97
<b>Master Women 40-49 formula</b>									
SR/AR	1	Monica Sparango	148	146.60	43		225.97		225.97
							4th-232		
SR/AR	2	Nicki l'Anson	198+	214.60	40		225.97		225.97
							4th-231		
SR/AR	3	Imelda Fowler	97	95.00	46		110.23		110.23
	DQ	Bonnie Aerts	114	114.40	47				
<b>Master Women 50-59</b>									
AR	1	Sabra Callahan-BL	123	122.80	50		214.95		214.95
<b>Junior Men 13-15 Formula</b>									
SR	1	Kenny Wilson	220	201.80	15		270.06		270.06
	2	Joe Iriberry	165	161.20	14		154.32		154.32
<b>Junior Men 16-18 Formula</b>									
	1	Robert Ford	220	219.00	16		281.09		281.09
	2	Steve Ward Jr	165	161.00	18		209.44		209.44
<b>Junior Men 19-23</b>									
SR/AR	1	Chase Collins	275	266.40	19		534.62		534.62
<b>148 Open Men</b>									
	1	Narbe Mansourian	148	143.20	30		352.74		352.74
<b>165 Open Men</b>									
	1	Dick Davis	165	165.20	24		336.20		336.20
<b>198 Open Men</b>									
	1	Ralph Ridenour	198	195.20	30		396.83		396.83

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Record	Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
		<b>242 Open Men</b>							
	1	Bob Evans	242	234.40	59		422.18		422.18
	2	Ron Garcia	242	239.40	43		407.85		407.85
		<b>275 Open Men</b>							
	1	Scott Hoekstra-BL	275	268.00	39		617.29		617.29
	2	Alan Aerts	275	262.80	50		451.94		451.94
	3	Chuck LaMantia	275	274.20	48		402.34		402.34
	DQ	Ernie DelaTorre	275	246.20	37		-468.00		
		<b>308 Open Men</b>							
	1	David Marr	308	294.00	40		601.86		601.86
		<b>Master Men 40-49 formula</b>							
SR/AR	1	Clinton Sims	242	226.60	49		589.73		589.73
SR	2	David Marr	308	294.00	40		601.86		601.86
	3	Chuck LaMantia	275	274.20	48		402.34		402.34
	4	Ron Garcia	242	239.40	43		407.85		407.85
	5	Morgan Long	220	215.00	46		352.74		352.74
		<b>Master Men 50-59 formula</b>							
SR/AR	1	Bob Evans	242	234.40	59		422.18		422.18
							4th-425		
	2	Alan Aerts	275	262.80	50		451.94		451.94
	3	Doug Knapp	308	278.20	59		385.81		385.81
		<b>Master Men 60-69 formula</b>							
	1	Rudy Lozano	181	174.40	67		363.76		363.76
AR	2	Bill Bradley	220	218.40	69		308.64		308.64
	3	Daniel Smith III	242	230.80	63		352.74		352.74
SR/AR	4	Lou Kassiris	242	232.40	65		308.64		308.64
		<b>Master Men 70-79 formula</b>							
SR/AR	1	Richard Simon	181	176.60	75		259.04		259.04
SR/AR	2	Alan Newman	181	179.80	70		277.78		277.78
SR/AR	3	Jim Andres	132	130.80	71		159.83		159.83

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Record	Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
<b>USPF Venice Beach Deadlift Championship</b>									
<b>97 Open Women</b>									
SR/AR	1	Imelda Fowler	97	95.00	46			314.16	314.16
<b>148 Open Women</b>									
SR/AR	1	Karen Matthews	148	143.00	37			347.22	347.22
<b>198+ Open Women</b>									
	1	Nicki l'Anson	198+	214.60	40			330.69	330.69
<b>Master Women 40-49 formula</b>									
SR/AR	1	Imelda Fowler	97	95.00	46			314.16	314.16
SR/AR	2	Monica Sparango	148	146.60	43			330.69	330.69
SR/AR	3	Nicki l'Anson	198+	214.60	40			330.69	330.69
<b>Master Women 50-59</b>									
	1	Sabra Callahan	123	122.80	50			270.06	270.06
<b>275 Open Men</b>									
	1	Robert Speno	275	272.80	37			611.78	611.78
	2	Alan Aerts	275	262.80	50			485.01	485.01
<b>Master Men 40-49 formula</b>									
SR	1	Clinton Sims-BL	242	226.60	49			683.43	683.43
	2	Mark Perez	308	283.20	44			518.08	518.08
	3	Stephen Matthews	242	230.40	44			446.43	446.43
<b>Master Men 50-59</b>									
	1	Alan Aerts	275	262.80	50			485.01	485.01
<b>Master Men 60-69 formula</b>									
SR/AR	1	Gordon Santee	165	160.20	60			479.50	479.50
								4th-501	
SR/AR	2	Roy Taylor	198	194.40	66			446.43	446.43
<b>Master Men 70-79 formula</b>									
	1	Roger Hill	165	153.20	72			424.39	424.39
	2	Richard Simon	181	176.60	75			314.16	314.16
	3	Alan Newman	181	179.80	70			343.92	343.92
AR=American record, SR=State record, BL=Best lifter									

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	<b>Meet Director: Steve Denison</b>
	<b>Spotter Loaders: Barrett Marum, Phoenix House volunteers, Venice Beach Staff</b>
	<b>Referees:</b>
	<b>Bill Ennis, International</b>
	<b>Steve Denison-National</b>
	<b>Victor Elliott, National</b>
	<b>Jim Merlino, National</b>
	<b>Gordon Santee, International</b>
	<b>Ken Wheeler, National</b>
	<b>Lisa Wheeler, National</b>
	<b>Chuck LaMantia, National, Announcer</b>
	<b>Kevin Meskew, National</b>
	<b>Jack Hughes, International</b>
	<b>State Powerlifting Records set:</b>
	<b>Alex Decker, 114 Junior women 18-19, 159 squat, 88 bench, 231 deadlift, 479 total</b>
	<b>Karen Matthews, 148 Submaster women 35-39, 325 squat, 165 bench, 347 deadlift, 837 total</b>
	<b>Imelda Fowler, 97 Master women 45-49, 187 squat, 110 bench, 314 deadlift, 611 total</b>
	<b>Nicki l'Anson, 198+ Master women 40-44, 319 squat, 231 bench, 330 deadlift, 876 total</b>
	<b>Scott Layman, 148 Submaster 35-39, 584 squat, 391 bench, 1493 total</b>
	<b>John Caputo, 181 Submaster 35-39, 545 squat</b>
	<b>Kenny Croxdale, 220 Master 55-59, 584 deadlift, 1388 total</b>
	<b>Kevin Meskew, 123 Master 50-54, 242 squat, 170 bench, 325 deadlift, 738 total</b>
	<b>Gordon Santee, 165 Master 60-64, 501 deadlift</b>
	<b>Richard Simon, 181 Master 75-79, 275 squat, 259 bench, 314 deadlift, 848 total</b>
	<b>State Single Lift Bench Records set:</b>
	<b>Alex Decker, 114 Junior women 18-19, 88 lb bench</b>
	<b>Jodalyn Holland, 123 Junior women 18-19, 99 lb bench</b>
	<b>Imelda Fowler, 97 Open women, 110 bench</b>
	<b>Imelda Fowler, 97 Master women 45-49, 110 bench</b>
	<b>Monica Sparango, 148 Master Women 40-44, 232 bench</b>
	<b>Nicki l'Anson, 198+ Master women 40-44, 231 bench</b>
	<b>Karen Matthews, 148 Submaster women 35-39, 165 bench</b>
	<b>Kathy Andrews, 148 Master women 50-54, 99 bench</b>
	<b>Kenny Wilson, 220 Junior 13-15, 270 bench</b>
	<b>Chase Collins, 275 Junior 18-19, 534 bench</b>
	<b>Scott Layman, 148 Submaster 35-39, 391 bench</b>
	<b>David Marr, 308 Master 40-44, 601 bench</b>
	<b>Clinton Sims, 242 Master 45-49, 589 bench</b>
	<b>Bob Evans, 242 Master 55-59, 425 bench</b>
	<b>Lou Kassiris, 242 Master 65-69, 308 bench</b>
	<b>Richard Simon, 181 Master 75-79, 259 bench</b>
	<b>Alan Newman, 181 Master 70-74, 277 bench</b>
	<b>Jim Andres, 132 Master 70-74, 159 bench</b>
	<b>State Single lift Deadlift Records set:</b>
	<b>Alex Decker, 114 Junior women 18-19, 231 deadlift</b>
	<b>Imelda Fowler, 97 Open women, 314 deadlift</b>
	<b>Imelda Fowler, 97 Master women 45-49, 314 deadlift</b>
	<b>Karen Matthews, 148 Submaster women 35-39, 347 deadlift</b>
	<b>Monica Sparango, 148 Master women 40-44, 330 deadlift</b>
	<b>Nicki l'Anson, 198+ Master women 40-44, 330 deadlift</b>
	<b>Kathy Andrews, 148 Master women 50-54, 231 deadlift</b>
	<b>Scott Layman, 148 Submaster 35-39, 518 deadlift</b>
	<b>John Caputo, 181 Submaster 35-39, 551 deadlift</b>
	<b>Clinton Sims, 242 Master 45-49, 683 deadlift</b>
	<b>Kevin Meskew, 123 Master 50-54, 325 deadlift</b>
	<b>Kenny Croxdale, 220 Master 55-59, 584 deadlift</b>
	<b>Gordon Santee, 165 Master 60-64, 501 deadlift</b>
	<b>Roy Taylor, 198 Master 65-69, 446 deadlift</b>

