

USPF Venice Beach Push-Pull
Venice, CA August 5, 2006

Record	Place	NAME	DIVISION	WT Class	Bdy Wght	Age	Best Bench	Best Deadlift	Total lb
		Bench & Deadlift combined total							
		Open Women							
	1	Monica Sparango	Open Women	148	144.00	43	209.44	325.18	534.62
		Junior Women							
SR	1	Shannon Wheeler	Junior 19-23	148	145.20	20	82.67	192.90	275.58
		Master Women 40-49 formula							
SR/AR	1	Angela Martinez-BL	Master 40-49	198	198.00	40	308.64	529.10	837.75
SR/AR	2	Monica Sparango	Master 40-49	148	144.00	43	209.44	325.18	534.62
SR/AR	3	Bonnie Aerts	Master 40-49	114	111.20	47	99.21	165.35	264.55
		Master Women 50-59 formula							
	1	Sheila Mann	Master 50-59	114	113.80	59	104.72	176.37	281.09
		Junior Men 16-18 formula							
SR/AR	1	Mark Matthews	Junior 16-18	181	178.80	16	354.94	418.87	773.81
SR	2	Tom Adams	Junior 16-18	165	161.00	17	286.60	325.18	611.78
SR	3	Robert Ford	Junior 16-18	242	224.40	16	286.60	396.83	683.43
	4	Joseph Gordon	Junior 16-18	181	178.60	16	203.93	358.25	562.17
		Junior Men 19-23 formula							
SR/AR	1	Chase Collins-BL	Junior 19-23	275	262.80	19	507.06	507.06	1014.12
SR	2	Oneil Roussell	Junior 19-23	308+	366.80	20	424.39	435.41	859.79
		165							
	1	Lee Lichtle	Open Men	165	163.60	61	253.53	314.16	567.68
		181							
	1	Leon Sparango	Open Men	181	174.60	33	363.76	462.97	826.73
	2	Philip Davis	Open Men	181	167.60	25	192.90	451.94	644.85
		198							
SR	1	Spencer Levy-BL	Open Men	198	198.00	42	435.41	573.20	1008.60
	2	Kamali Downey	Open Men	198	185.40	29	292.11	507.06	799.17
	3	Bryan Haske	Open Men	198	197.40	20	214.95	451.94	666.89
	4	Anthony Fregoso	Open Men	198	185.00	28	220.46	325.18	545.64
	DQ	Greg Jyo	Open Men	198	182.80	36	-402.00		

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Record	Place	NAME	DIVISION	WT Class	Bdy Wght	Age	Best Bench	Best Deadlift	Total lb
		220							
SR	1	Shea Aubuchon	Open Men	220	210.60	38	402.34	622.80	1025.14
	2	Mike Tronske	Open Men	220	215.80	42	418.87	567.68	986.56
	3	Dan Johnson	Open Men	220	220.00	42	330.69	429.90	760.59
	4	Michael Brown	Open Men	220	203.20	45	281.09	402.34	683.43
		242							
SR	1	David Muro	Open Men	242	226.60	36	429.90	694.45	1124.35
	2	Raymond Harper	Open Men	242	233.00	57	363.76	683.43	1047.19
	3	Ricardo Costa	Open Men	242	238.60	30	451.94	518.08	970.02
	4	Joe Dentice	Open Men	242	242.20	47	374.78	540.13	914.91
	5	Troy Harris	Open Men	242	242.00	32	424.39	462.97	887.35
	DQ	Eric Deforest	Open Men	242	230.40	34	501.55	-633.75	
	DQ	Ryan Girard	Open Men	242	239.40	30	-650.25		
		275							
	1	Mark Bell-BL	Open Men	275	269.60	29	600.75	705.47	1306.23
	2	Brian Meek	Open Men	275	275.00	60	534.62	617.29	1151.90
	3	Mike Bell	Open Men	275	267.60	35	418.87	501.55	920.42
	4	Eddie Laporte	Open Men	275	267.20	38	374.78	523.59	898.37
	5	Alan Aerts	Open Men	275	266.00	50	418.87	402.34	821.21
		308							
	1	Russell Silva	Open Men	308	294.00	38	402.34	507.06	909.40
		Master Men 40-49 Formula							
	1	Mike Tronske	Master 40-49	220	215.80	42	418.87	567.68	986.56
	2	Joe Avigliano	Master 40-49	275	244.20	46	374.78	578.71	953.49
	3	Joe Dentice	Master 40-49	242	242.20	47	374.78	540.13	914.91
	4	Mark Menslage	Master 40-49	275	248.20	41	363.76	529.10	892.86
	5	Doug Hester	Master 40-49	275	268.00	43	407.85	468.48	876.33
		Master Men 50-59 Formula							
AR	1	Raymond Harper	Master 50-59	242	233.00	57	363.76	683.43	1047.19
SR	2	Roland Stevens	Master 50-59	242	237.40	58	402.34	446.43	848.77
								4th-462	
	3	Alan Aerts	Master 50-59	275	266.00	50	418.87	402.34	821.21
	DQ	Steven Brown	Master 50-59	308	286.00	52	485.01	-297.50	
		Master Men 60+ Formula							
SR/AR	1	Brian Meek-BL	Master 60+	275	275.00	60	534.62	617.29	1151.90
SR/AR	2	Richard Simon	Master 60+	181	175.80	75	225.97	352.74	578.71
	3	Alan Newman	Master 60+	181	178.60	70	236.99	319.67	556.66
	4	Lee Lichtle	Master 60+	165	163.60	61	253.53	314.16	567.68
SR=State Record, AR=American Record, BL=Best Lifter									

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Best Lifters:			
Women: Angela Martinez			
Junior men: Chase Collins			
Open men light 114-198: Spencer Levy			
Open men heavy 220-SHW: Mark Bell			
Master men: Brian Meek			
State Single Lift Bench Records set:			
Shannon Wheeler, 148 Junior 20-23, 83 lb bench			
Angela Martinez, 198 Open, 308 bench			
Angela Martinez, 198 Master 40-44, 308 bench			
Bonnie Aerts, 114 Master 45-49, 99 lb bench			
Mark Matthews, 181 Junior 16-17, 354 bench			
Tom Adams, 165 Junior 16-17, 286 bench			
Robert Ford, 242 Junior 16-17, 286 bench			
Chase Collins, 275 Junior 18-19, 507 bench			
O'neil Roussell, 308+ Junior 20-23, 424 bench			
Brian Meek, 275 Master 60-64, 534 bench			
Richard Simon, 181 Master 75-79, 225 bench			
State Single Lift Deadlift Records set:			
Monica Sparango, 148 Master 40-44, 325 lb deadlift			
Shannon Wheeler, 148 Junior 20-23, 192 lb deadlift			
Angela Martinez, 198 Open, 529 deadlift			
Angela Martinez, 198 Master 40-44, 529 deadlift			
Bonnie Aerts, 114 Master 45-49, 165 lb deadlift			
Mark Matthews, 181 Junior 16-17, 418 deadlift			
O'neil Roussell, 308+ Junior 20-23, 435 deadlift			
Spencer Levy, 198 Master 40-44, 573 deadlift			
Shea Aubuchon, 220 Submaster, 622 deadlift			
David Muro, 242 Submaster, 694 deadlift			
Roland Stevens, 242 Master 55-59, 462 deadlift			
Brian Meek, 275 Master 60-64, 617 deadlift			
Richard Simon, 181 Master 75-79, 352 deadlift			

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American Single Lift Bench Records set:			
Angela Martinez, 198 Open, 308 bench			
Angela Martinez, 198 Master 40-44, 308 bench			
Bonnie Aerts, 114 Master 45-49, 99 lb bench			
Mark Matthews, 181 Junior 16-17, 354 bench			
Chase Collins, 275 Junior 18-19, 507 bench			
Brian Meek, 275 Master 60-64, 534 bench			
Richard Simon, 181 Master 75-79, 225 bench			
American Single Lift Deadlift Records set:			
Angela Martinez, 198 Open, 529 deadlift			
Angela Martinez, 198 Master 40-44, 529 deadlift			
Monica Sparango, 148 Master 40-44, 325 lb deadlift			
Bonnie Aerts, 114 Master 45-49, 165 lb deadlift			
Chase Collins, 275 Junior 18-19, 507 deadlift			
Raymond Harper, 242 Master 55-59, 683 deadlift			
Brian Meek, 275 Master 60-64, 617 deadlift			
Richard Simon, 181 Master 75-79, 352 deadlift			
Thanks to all of our valuable help at the meet.			
Chuck LaMantia, National Referee, Announcer			
Jack Hughes, International Referee			
Gordon Santee, International Referee			
Kevin Meskew, National Referee			
Steve Denison, National Referee			
Lisa Wheeler, National Referee			
David Foster, State Referee			
Bill Ennis, International Referee			
Danny McDermott, State Referee			
Spotter/Loaders:			
Venice Beach Staff			