

Place	NAME	DIVISION	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
Northern California Open Powerlifting									
123 Junior Women 19-23									
1	Amanda Leahy	Junior Women	123	118.20	22	187.39	110.23	248.02	545.64
165 Open Women									
1	Hillary Harper	Open Women	165	164.60	28	374.78	259.04	440.92	1074.74
114 Master Women 40-49									
1	Anita K	Master women	123	116.00	49	115.74	82.67	248.02	446.43
242 Junior Men 19-23									
1	William Newman	Junior Men	242	239.00	23	451.94	314.16	501.55	1267.65
148 Open Men									
1	Simeon Dacumos	Open Men	148	140.80	25	231.48	176.37	369.27	777.12
165 Open Men									
1	Joseph Crozier	Open Men	165	165.00	22	374.78	270.06	545.64	1190.48
2	Justin Chin	Open Men	165	162.60	26	363.76	303.13	385.81	1052.70
181 Open Men									
1	Marc Caplan	Open Men	181	181.50	49	600.75	457.45	551.15	1609.36
2	David Jurgens	Open Men	181	178.80	26	485.01	297.62	622.80	1405.43
3	Brian Pacheco	Open Men	181	179.20	36	468.48	374.78	424.39	1267.65
4	Angel Orozco	Open Men	181	179.60	27	363.76	242.51	391.32	997.58
198 Open Men									
1	Jody Woods	Open Men	198	198.00	49	501.55	429.90	633.82	1565.27
2	Sergio Ruiz	Open Men	198	196.40	31	473.99	325.18	501.55	1300.71
3	Alex Nieto	Open Men	198	196.20	31	385.81	325.18	473.99	1184.97
220 Open Men									
1	Levi Chitwood	Open Men	220	215.80	26	429.90	347.22	496.04	1273.16
DQ	Jens Grau	Open Men	220	217.60	36	-600.00			O
242 Open Men									
1	Hunter Cuneo	Open men	242	241.00	28	600.75	413.36	617.29	1631.40
2	Nick Willis	Open men	242	224.00	30	462.97	369.27	501.55	1333.78
DQ	Jason Dassel	Open men	242	224.00	35	-551.00			O
275 Open Men									
1	Alan Best	Open men	275	270.20	24	848.77	551.15	722.01	2121.93
198 Master Men 40-49									
1	Jody Woods	Master men	198	198.00	49	501.55	429.90	633.82	1565.27
2	Mike Healy	Master men	198	190.80	47	253.53	303.13	473.99	1030.65

USPF NORCAL Powerlifting, Benchpress, and Deadlift Championship
December 8, 2007

Place	NAME	DIVISION	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
Norcal Benchpress Championship									
148 Open Women									
1	Cara Westin	Open Women	148	146.80	44		214.95		214.95
148 Master Women 40-49									
1	Cara Westin	Master Women	148	146.80	44		214.95		214.95
198+ Master Women 40-49									
1	Valerie Crowell	Master Women	198+	209.40	49		198.41		198.41
220 Junior Men 13-15									
1	Chis Ludlow	Open Men	220	213.40	15		369.27		369.27
2	David Slattery	Junior Men	220	206.00	15		220.46		220.46
114 Junior Men 16-18									
1	Patrick Schoener	Junior Men	114	108.60	16		99.21		99.21
198 Junior Men 16-18									
1	Rajan Rai	Junior Men	198	198.20	17		253.53		253.53
220 Junior Men 16-18									
1	Guerrero Lopez	Junior Men	220	218.40	18		402.34		402.34
148 Junior Men 19-23									
1	Arun Bhardwaj	Junior Men	148	141.80	19		220.46		220.46
242 Junior Men 19-23									
DQ	Gorden Cooley	Junior Men	242	236.80	23		-463.00		O
132 Open Men									
1	Michael Ossola	Open Men	132	131.20	41		248.02		248.02
2	Amit Bhardwaj	Open Men	132	128.40	24		192.90		192.90
148 Open Men									
1	Luke Selig	Open Men	148	148.20	25		314.16		314.16
165 Open Men									
1	Humberto Verduzco	Open Men	165	155.00	28		314.16		314.16
198 Open Men									
1	Jody Woods	Open Men	198	198.00	49		429.90		429.90

USPF NORCAL Powerlifting, Benchpress, and Deadlift Championship
December 8, 2007

Place	NAME	DIVISION	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	220 Open Men								
1	Derrick Silva	Open Men	220	212.00	31		374.78		374.78
	242 Open Men								
1	Jeff Hunter	Open Men	242	234.80	47		429.90		429.90
2	Jason Dassel	Open men	242	224.00	35		385.81		385.81
	275 Open Men								
1	Mike Lutz	Open Men	275	260.80	49		551.15		551.15
	308 Open Men								
1	David VanBrocklin	Open Men	308	290.40	59		396.83		396.83
	308+ Open Men								
DQ	Art Ramsey	Open Men	308+	342.80	48		-556.00		O
	132 Master Men 40-49								
1	Michael Ossola	Master men	132	131.20	41		248.02		248.02
	198 Master Men 40-49								
1	Jody Woods	Master men	198	198.00	49		429.90		429.90
	275 Master Men 40-49								
1	Mike Lutz	Master men	275	260.80	49		551.15		551.15
	308 Master Men 55-59								
1	David Van Brocklin	Master men	308	290.40	59		396.83		396.83
	198 Master Men 60+								
1	Don Lovas	Master men	198	192.20	75		205.03		205.03
	220 Master Men 60+								
1	Dave Marba	Master men	220	216.40	60		418.87		418.87

Place	NAME	DIVISION	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
Norcal Deadlift Championship									
220 Junior Men 13-15									
1	Chis Ludlow	Junior Men	220	213.40	15			429.90	429.90
114 Junior Men 16-18									
1	Patrick Schoener	Junior Men	114	108.60	16			148.81	148.81
220 Junior Men 16-18									
1	Guerrero Lopez	Junior Men	220	218.40	18			622.80	622.80
181 Open Men									
1	Ian Smalley	Open Men	181	181.40	30			501.55	501.55
198 Open Men									
1	Jody Woods	Open Men	198	198.00	49			633.82	633.82
242 Open Men									
1	Jason Dassel	Open men	242	224.00	35			551.15	551.15
198 Master Men 40-49									
1	Jody Woods	Master men	198	198.00	49			633.82	633.82
Powerlifting Best Lifters:									
Women, Hillary Harper									
Open men light 114-198, Marc Caplan									
Open men heavy 220-SHW, Alan Best									
Benchpress Best Lifters:									
Women, Cara Westin									
Junior men, Guerrero Lopez									
Open men, Mike Lutz									
Master men, Mike Lutz									
Deadlift Best Lifters:									
Junior men: Guerrero Lopez									
Open men: Jody Woods									
Meet Promoter: John Cooper									
Meet Director: Steve Denison									
Referees:									
Bill Ennis, International									
Steve Denison, International									
Jim Lem, International									
Steve Matthews, State									
Curtis Pracht, State									
Spotters/Loaders: West Coast gym staff									