

Place	NAME	DIVISION	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
American Powerlifting Cup									
123 Open Women									
1	Sabra Callahan	Open Women	123	123.20	52	253.53	214.95	275.58	744.05
132 Open Women									
1	Alison Barnhill	Open Women	132	125.20	45	225.97	143.30	297.62	666.89
148 Open Women									
1	Kimberly Walford	Open Women	148	146.16	29	369.27	242.51	501.55	1113.32
2	Monica Sparango	Open Women	148	145.20	45	303.13	259.04	363.76	925.93
165 Open Women									
DQ	Hillary Harper	Open Women	165	165.00	29	-413.00	336.20	446.43	O
181 Open Women									
1	Tanya Reed	Open Women	181	171.60	44	374.78	292.11	402.34	1069.23
198 Open Women									
1	Janet Loveall	Open Women	198	197.00	38	385.81	292.11	396.83	1074.74
2	Donna Bergfield	Open Women	198	188.60	39	330.69	209.44	325.18	865.31
198+ Open Women									
1	Nicki l'Anson	Open Women	198+	218.40	41	325.18	209.44	330.69	865.31
148 Open Men									
1	Scott Layman	Open Men	148	147.60	37	600.75	380.29	501.55	1482.59
2	Daniel Sorenson	Open Men	148	148.70	44	512.57	242.51	523.59	1278.67
3	Vince Tanabe	Open Men	148	145.20	45	440.92	270.06	457.45	1168.44
165 Open Men									
1	Fulton White	Open Men	165	164.40	48	473.99	308.64	545.64	1328.27
DQ	Leon Sparango	Open Men	165	162.20	34	440.92	-341.00		O
181 Open Men									
1	Marc Caplan	Open Men	181	181.20	49	650.36	473.99	578.71	1703.05
2	Edward Kinsey	Open Men	181	179.00	26	606.27	418.87	534.62	1559.75
3	Bob Benedix	Open Men	181	180.60	47	622.80	363.76	573.20	1559.75

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Place	NAME	DIVISION	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	198 Open Men								
1	Ryan Celli	Open Men	198	192.60	34	705.47	584.22	672.40	1962.09
2	Victor Calia	Open Men	198	196.00	44	573.20	418.87	606.27	1598.34
DQ	Greg Buffington	Open Men	198	198.00	46	600.75	-451.00		O
	220 Open Men								
1	Michael Laney	Open Men	220	214.20	39	705.47	473.99	705.47	1884.93
2	Mike Tronske	Open Men	220	216.20	44	606.27	473.99	633.82	1714.08
DQ	Jason Kelske	Open Men	220	215.80	26	512.57	-391.00		O
	242 Open Men								
1	Antonio Didomenica	Open men	242	229.80	21	666.89	473.99	661.38	1802.26
2	Barrett Marum	Open men	242	237.80	29	617.29	479.50	556.66	1653.45
	275 Open Men								
1	Charles Bailey	Open men	275	275.00	44	903.89	622.80	683.43	2210.11
2	Alan Best	Open men	275	271.40	24	865.31	600.75	733.03	2199.09
	308 Open Men								
1	Brent Mikesell	Open men	308	293.80	40	804.68	523.59	749.56	2077.84
2	Danny Flonta	Open men	308	291.40	19	705.47	562.17	644.85	1912.49
3	William Lee	Open men	308	285.40	26	661.38	529.10	617.29	1807.77
DQ	Scott Cartwright	Open men	308	308.00	38	-914.00			O
	308+ SHW Open Men								
1	O'Neil Roussell	Open men	308+	353.40	22	644.85	490.52	512.57	1647.94
2	Antoni Patalano	Open men	308+	370.00	30	606.27	440.92	584.22	1631.40
DQ	Thad Coleman	Open men	308+	328.80	38	865.31	622.80	-705.00	O

Place	NAME	DIVISION	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
Fit Expo Benchpress Championship									
148 JR Women 16-18									
1	Catherine LaMantia	Junior Women	148	139.20	16		88.18		88.18
114 Open Women									
1	Bonnie Aerts	Open Women	114	113.40	49		106.92		106.92
114 Master Women 40-49									
1	Bonnie Aerts	Master Women	114	113.40	49		106.92		106.92
132 Junior Men 13-15									
1	Brad Evans	Junior Men	132	128.10	14		132.28		132.28
148 Junior Men 13-15									
1	Aric Evans	Junior Men	148	141.30	15		192.90		192.90
220 Junior Men 13-15									
DQ	Yusuf Parray	Junior Men	220	201.30	15		-280.00		O
181 Junior Men 19-23									
1	Fred Sanchez Jr	Junior Men	181	177.60	19		303.13		303.13
198 Junior Men 19-23									
1	Nathan Beckmann	Junior Men	198	196.40	21		270.06		270.06
220 Junior Men 19-23									
1	Lawrence Andrews	Junior Men	220	219.60	21		330.69		330.69
DQ	Andrew Rose	Junior Men	220	201.40	21		-380.00		O
165 Open Men									
1	Rudy Garcia	Open Men	165	159.00	33		341.71		341.71
2	Michael Risenhoover	Open Men	165	164.00	29		264.55		264.55
3	Brian Risenhoover	Open Men	165	161.40	31		259.04		259.04
181 Open Men									
1	Ian Smalley	Open Men	181	181.70	30		451.94		451.94
2	Anthony Fregoso	Open Men	181	179.20	30		248.02		248.02
198 Open Men									
1	Sean Yargus	Open Men	198	197.60	30		308.64		308.64

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Place	NAME	DIVISION	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	220 Open Men								
1	Jon Fischbach	Open Men	220	219.40	36		325.18		325.18
2	Daniel Simpson	Open Men	220	220.20	28		225.97		225.97
	242 Open Men								
DQ	Ryan Girard	Open men	242	236.60	32		-715.00		O
DQ	Jonathan Hoffmann	Open men	242	239.00	20		-534.00		O
DQ	John Johnson	Open Men	242	224.20	47		-314.00		O
	275 Open Men								
1	Scott Hoekstra	Open Men	275	261.20	41		606.27		606.27 4th-622
	308 Open Men								
1	Alan Aerts	Open Men	308	276.20	51		451.94		451.94
	132 Master Men 40-49								
1	Michael Wong	Master men	132	131.60	43		220.46		220.46
	242 Master Men 40-49								
DQ	John Johnson	Master men	242	224.20	47		-314.00		O
	275 Master Men 40-49								
1	Scott Hoekstra	Master men	275	261.20	41		606.27		606.27
	308 Master Men 40-49								
1	Fred Sheffield	Master men	308	298.40	40		358.25		358.25
	181 Master Men 50-59								
1	Andy Duke	Master men	181	175.80	51		253.53		253.53
	308 Master Men 50-59								
1	Alan Aerts	Master men	308	276.20	51		451.94		451.94
	181 Master Men 60+								
1	Rudy Lozano	Master men	181	181.00	68		369.27		369.27
DQ	Richard Simon	Master men	181	172.40	76		-260.00		O
	242 Master Men 60+								
1	Larry Negriff	Master men	242	222.60	66		402.34		402.34
	308 Master Men 60+								
DQ	Doug Knapp	Master men	308	277.60	60		-385.00		O

Place	NAME	DIVISION	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
Fit Expo Deadlift Championship									
148 JR Women 16-18									
1	Catherine LaMantia	Junior Women	148	139.20	16			220.46	220.46
132 JR Women 19-23									
1	Morgan Hefley	Junior Women	132	130.80	19			314.16	314.16
114 Open Women									
1	Bonnie Aerts	Open Women	114	113.40	49			217.15	217.15
114 Master Women 40-49									
1	Bonnie Aerts	Master Women	114	113.40	49			217.15	217.15
198+ Open Women									
1	Lisa Lopez	Open Women	198+	218.00	27			264.55	264.55
123 Junior Men 13-15									
1	Jeff Smullen	Junior Men	123	118.20	14			225.97	225.97
132 Junior Men 13-15									
1	Ryan Golgosky	Junior Men	132	132.00	15			231.48	231.48
148 Junior Men 13-15									
1	Matt Ferrell	Junior Men	148	134.80	14			270.06	270.06
2	Richard Garcia	Junior Men	148	139.20	15			259.04	259.04
242 Junior Men 13-15									
1	Robbie Reed	Junior Men	242	227.20	15			358.25	358.25
275 Junior Men 13-15									
1	Josh Rendeiro	Junior Men	275	244.50	15			402.34	402.34
2	Trevor Dowell	Junior Men	275	271.60	15			275.58	275.58
181 Junior Men 16-18									
1	Blaine Whitson	Junior Men	181	172.50	16			424.39	424.39
198 Junior Men 16-18									
1	Cord Andreoff	Junior Men	198	197.10	16			385.81	385.81
198 Junior Men 19-23									
1	Nathan Beckmann	Junior Men	198	196.40	21			540.13	540.13
220 Junior Men 19-23									
1	Lawrence Andrews	Junior Men	220	219.60	21			523.59	523.59
2	Jason Seidman	Junior Men	220	217.20	22			501.55	501.55
275 Junior Men 19-23									
1	Joel Paredes	Junior Men	275	244.80	19			600.75	600.75

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	165 Open Men								
1	Brian Risenhoover	Open Men	165	161.40	31			308.64	308.64
	181 Open Men								
1	Anthony Fregoso	Open Men	181	179.20	30			424.39	424.39
	198 Open Men								
1	Sean Yargus	Open Men	198	197.60	30			451.94	451.94
	220 Open Men								
1	Jens Grau	Open Men	220	212.20	36			666.89	666.89
2	Ed Koo	Open Men	220	205.00	30			600.75	600.75
3	Jon Fischbach	Open Men	220	219.40	36			518.08	518.08
4	Daniel Simpson	Open Men	220	220.20	28			451.94	451.94
	242 Open Men								
1	Brent Howard	Open men	242	235.00	37			728.62	728.62
2	John Johnson	Open men	242	224.20	47			407.85	407.85
	308 Open Men								
1	Alan Aerts	Open Men	308	276.20	51			529.10	529.10
	220 Submaster Men								
1	John Bostick	Submaster men	220	220.20	36			589.73	589.73
	242 Master Men 40-49								
1	John Johnson	Master men	242	224.20	47			407.85	407.85
	181 Master Men 50-59								
1	Andy Duke	Master men	181	175.80	51			402.34	402.34
	308 Master Men 50-59								
1	Alan Aerts	Master men	308	276.20	51			529.10	529.10
	165 Master Men 60+								
1	Roger Hill	Master men	165	153.60	74			418.87	418.87
	181 Master Men 60+								
1	Rudy Lozano	Master men	181	181.00	68			396.83	396.83
	220 Master Men 60+								
1	Howard Myers	Master men	220	216.40	62			523.59	523.59

