

Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
NORCAL Powerlifting Championship								
123 Open Women								
1	Bonnie Aerts	123	116.00	50	176.37	115.74	220.46	512.57
2	Kelly Geoffrey	123	122.50	48	88.18	82.67	187.39	358.25
132 Open Women								
1	Becky Rich	132	131.50	27	264.55	187.39	303.13	755.08
2	Colleen Keating	132	130.50	44	132.28	110.23	225.97	468.48
148 Open Women								
1	Kendal Buffington	148	143.50	22	236.99	159.83	259.04	655.87
165 Open Women								
1	Cara Westin	165	150.80	45	374.78	270.06	369.27	1014.12
198+ Open Women								
1	Janet Loveall	198+	205.50	39	440.92	347.22	429.90	1218.04
198+ Submaster Women								
1	Janet Loveall	198+	205.50	39	440.92	347.22	429.90	1218.04
123 Master Women 40-49								
1	Georgiann Puckett	123	123.00	44	154.32	132.28	253.53	540.13
							4th-259	
2	Kelly Geoffrey	123	122.50	48	88.18	82.67	187.39	358.25
132 Master Women 40-49								
1	Colleen Keating	132	130.50	44	132.28	110.23	225.97	468.48
148 Master Women 40-49								
1	Gayle Arrowood	148	146.00	48	176.37	110.23	220.46	507.06
165 Master Women 40-49								
1	Cara Westin	165	150.80	45	374.78	270.06	369.27	1014.12
2	Martha King	165	153.00	45	137.79	66.14	187.39	391.32
DQ	Gia Blackwell	165	158.00	48	341.71	-203.00		0
123 Master Women 50-59								
1	Bonnie Aerts	123	116.00	50	176.37	115.74	220.46	512.57
181 Master Women 50-59								
1	Karen Parnow	181	173.00	50	214.95	165.35	254.63	634.92

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Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	132 Junior Men 13-15							
DQ	Beau Hershberger	132	127.50	14	187.39	-148.00		O
	132 Junior Men 16-17							
1	Josh Puckett	132	127.00	16	137.79	137.79	242.51	518.08
	181 Junior Men 18-19							
1	Greg Lewis	181	179.00	19	462.97	374.78	501.55	1339.29
						4th-380		
	198 Junior Men 18-19							
1	Jason Cella	198	193.00	18	347.22	231.48	446.43	1025.14
	198 Junior Men 20-23							
1	Matthew Vizcarra	198	196.00	23	435.41	308.64	490.52	1234.58
2	James Doyle	198	194.00	20	407.85	259.04	440.92	1107.81
3	Emil Khalikov	198	184.00	20	297.62	220.46	413.36	931.44
DQ	Chris Waldrum	198	191.50	23	518.08	-402.00		O
	165 Open Men							
1	Jeffrey Stanley	165	162.00	50	314.16	220.46	457.45	992.07
	181 Open Men							
1	Antonio Machuca	181	181.00	28	490.52	308.64	540.13	1339.29
2	Adam Hall	181	170.00	30	363.76	308.64	446.43	1118.83
	198 Open Men							
1	Patrick Madayag	198	191.50	32	540.13	402.34	529.10	1471.57
2	Mike Koufos	198	197.00	48	457.45	292.11	507.06	1256.62
	220 Open Men							
1	Trinity Eriksen	220	205.00	31	551.15	413.36	501.55	1466.06
	242 Open Men							
1	Nick Willis	242	230.50	31	639.33	451.94	600.75	1692.03
2	Pascal Waller	242	242.50	24	523.59	462.97	573.20	1559.75
3	Lawrence Allenger	242	230.50	34	440.92	385.81	551.15	1377.88
4	Bryan Boggs	242	230.00	24	402.34	319.67	473.99	1196.00
	275 Open Men							
1	Bill Newman	275	275.50	24	705.47	518.08	617.29	1840.84
2	Armando Gonzalez	275	273.00	26	644.85	407.85	512.57	1565.27
	308 Open Men							
1	Mark Bell	308	307.50	32	777.12	805.78	722.01	2304.91
2	Dan Harrison	308	290.00	27	705.47	518.08	705.47	1929.03
3	Alan Aerts	308	276.80	52	275.58	424.39	529.10	1229.06
	308+ Open Men							
1	Jake Petersen	308+	338.00	30	738.54	545.64	578.71	1862.89

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Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	220 Submaster Men 35-39							
DQ	Jason Dassel	220	215.00	36	-611.00			O
	198 Master Men 40-49							
1	Michael Healy	198	194.00	48	292.11	308.64	440.92	1041.67
	220 Master Men 40-49							
1	David Vargas	220	216.00	43	567.68	380.29	501.55	1449.52
2	Jerry Amaral	220	209.00	45	512.57	341.71	462.97	1317.25
3	Jerry Blanco	220	215.50	47	490.52	363.76	462.97	1317.25
	242 Master Men 40-49							
1	Robert Ciano	242	237.50	46	562.17	418.87	606.27	1587.31
2	Brad Moberg	242	233.50	44	501.55	363.76	490.52	1355.83
	275 Master Men 40-49							
1	Gregg Inderhees	275	265.50	46	501.55	424.39	501.55	1427.48
	165 Master Men 50-59							
1	Jeffrey Stanley	165	162.00	50	314.16	220.46	457.45	992.07
	181 Master Men 50-59							
1	Joseph Benziger	181	178.50	53	363.76	242.51	396.83	1003.09
	220 Master Men 50-59							
1	Michael Musto	220	219.50	53	611.78	429.90	617.29	1658.96
	308 Master Men 50-59							
1	Alan Aerts	308	276.80	52	275.58	424.39	529.10	1229.06
	181 Master Men 60-69							
1	Roy Taylor	181	176.50	68	297.62	165.35	396.83	859.79
	198 Master Men 60-69							
1	Bert Cheli	198	195.00	69	352.74	253.53	352.74	959.00
2	Deane Knapp	198	195.00	67	242.51	181.88	314.16	738.54
	220 Master Men 60-69							
1	Roy Eriksen	220	219.20	65	501.55	303.13	402.34	1207.02
	242 Master Men 60-69							
1	Ron Pagal	242	225.00	62	385.81	319.67	440.92	1146.39

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Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
NORCAL Benchpress Championship								
123 Open Women								
1	Bonnie Aerts	123	116.00	50		115.74		115.74
2	Kelly Geoffrey	123	122.50	48		82.67		82.67
132 Open Women								
1	Colleen Keating	132	130.50	44		110.23		110.23
198+ Submaster Women								
1	Janet Loveall	198+	205.50	39		347.22		347.22
123 Master Women 40-49								
1	Georgiann Puckett	123	123.00	44		132.28		132.28
2	Kelly Geoffrey	123	122.50	48		82.67		82.67
132 Master Women 40-49								
1	Colleen Keating	132	130.50	44		110.23		110.23
148 Master Women 40-49								
1	Gayle Arrowood	148	146.00	48		110.23		110.23
123 Master Women 50-59								
1	Bonnie Aerts	123	116.00	50		115.74		115.74
181 Master Women 50-59								
1	Karen Parnow	181	173.00	50		165.35		165.35
148 Junior Men 16-17								
1	Marcus Jacobo	148	143.00	17		170.86		170.86
220 Junior Men 16-17								
1	Kenny Wilson	220	220.00	17		374.78		374.78
242 Junior Men 16-17								
1	Devin Murray	242	223.00	17		358.25		358.25
123 Junior Men 18-19								
1	William Garcia	123	120.50	18		276.68		276.68
181 Junior Men 18-19								
1	Greg Lewis	181	179.00	19		374.78		374.78
198 Junior Men 20-23								
1	Emil Khalikov	198	184.00	20		220.46		220.46

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Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	220 Open Men							
1	Jeff Hunter	220	214.00	48		446.43		446.43
	242 Open Men							
1	Juan Laija	242	233.00	39		567.68		567.68
	308 Open Men							
1	Alan Aerts	308	276.80	52		424.39		424.39
	308+ Open Men							
1	Richard Lopez	308+	351.00	37		606.27		606.27
	181 Submaster Men 35-39							
1	Jeremy Nunes	181	176.50	38		325.18		325.18
	220 Submaster Men 35-39							
1	Marc White	220	214.50	36		374.78		374.78
	275 Submaster Men 35-39							
1	Kevin Richards	275	260.50	31		314.16		314.16
	308+ Submaster Men 35-39							
1	Richard Lopez	308+	351.00	37		606.27		606.27
	220 Master Men 40-49							
1	Jeff Hunter	220	214.00	48		446.43		446.43
2	Stacy Dedrick	220	213.00	43		440.92		440.92
	242 Master Men 40-49							
1	Brad Moberg	242	233.50	44		363.76		363.76
	165 Master Men 50-59							
1	Jeffrey Stanley	165	162.00	50		220.46		220.46
	220 Master Men 50-59							
1	Todd Robinson	220	204.00	52		374.78		374.78
	308 Master Men 50-59							
1	Alan Aerts	308	276.80	52		424.39		424.39
	132 Master Men 60-69							
1	Bryan Yager	132	130.50	62		281.09		281.09
	181 Master Men 60-69							
1	David Cummerow	181	181.00	60		347.22		347.22
	275 Master Men 60-69							
1	Dave Van Brocklin	275	272.50	60		407.85		407.85
	275 Master Men 70-79							
DQ	Bob Kehl	275	272.00	71		-462.00		0

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Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
NORCAL Deadlift Championship								
105 Junior Women 13-15								
1	Lexi Senseny	105	103.50	15			115.74	115.74
123 Open Women								
1	Bonnie Aerts	123	116.00	50			220.46	220.46
2	Kelly Geoffrey	123	122.50	48			187.39	187.39
132 Open Women								
1	Colleen Keating	132	130.50	44			225.97	225.97
165 Open Women								
1	Cara Westin	165	150.80	45			369.27	369.27
181 Open Women								
1	Nicolai Stern	181	177.50	41			468.48	468.48
198+ Open Women								
1	Janet Loveall	198+	205.50	39			429.90	429.90
2	Lisa Lopez	198+	217.00	28			286.60	286.60
198+ Submaster Women								
1	Janet Loveall	198+	205.50	39			429.90	429.90
123 Master Women 40-49								
1	Georgiann Puckett	123	123.00	44			253.53	253.53
2	Kelly Geoffrey	123	122.50	48			187.39	187.39
132 Master Women 40-49								
1	Colleen Keating	132	130.50	44			225.97	225.97
148 Master Women 40-49								
1	Gayle Arrowood	148	146.00	48			220.46	220.46
123 Master Women 50-59								
1	Bonnie Aerts	123	116.00	50			220.46	220.46
181 Master Women 50-59								
1	Karen Parnow	181	173.00	50			254.63	254.63
132 Junior Men 16-17								
1	Josh Puckett	132	127.00	16			242.51	242.51
198 Junior Men 20-23								
1	Chris Waldrum	198	191.50	23			562.17	562.17
2	Emil Khalikov	198	184.00	20			413.36	413.36

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Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	165 Open Men							
1	Jeffrey Stanley	165	162.00	50			457.45	457.45
	242 Open Men							
1	Nick Willis	242	230.50	31			600.75	600.75
	308 Open Men							
1	Alan Aerts	308	276.80	52			529.10	529.10
	220 Submaster Men 35-39							
1	Marc White	220	214.50	36			600.75	600.75
	275 Submaster Men 35-39							
1	Kevin Richards	275	260.50	31			507.06	507.06
	220 Master Men 40-49							
1	Jerry Amaral	220	215.50	45			462.97	462.97
	242 Master Men 40-49							
1	Brad Moberg	242	233.50	44			490.52	490.52
	165 Master Men 50-59							
1	Jeffrey Stanley	165	162.00	50			457.45	457.45
	181 Master Men 50-59							
1	Joseph Benziger	181	178.50	53			396.83	396.83
	308 Master Men 50-59							
1	Alan Aerts	308	276.80	52			529.10	529.10
	181 Master Men 60-69							
1	Roy Taylor	181	176.50	68			396.83	396.83
	198 Master Men 60-69							
1	Deane Knapp	198	195.00	67			314.16	314.16
	242 Master Men 60-69							
1	Ron Pagal	242	225.00	62			440.92	440.92

Place	NAME	WT Class	Bdy Wght	Age	Best Squat	Best Bench	Best Deadlift	Total lb
	I would like to say a Huge Thank you to my sponsors:							
	Team Alan & Bonnie Aerts							
	Inzer Advance Designs							
	Huge Thanks to Super Training Gym, Mark Bell, Camilo and Tara Gutierrez, and Cara Westin							
	Huge Thanks to BFC Chuck LaMantia for his excellent music and DJ services! He is the best!							
	Huge Thanks to Steve Matthews for bringing the Combo squat rack and the Deadlift bar lifter.							
	Thanks to our vendors:							
	IronBug Clothing, Curtis Pracht and Bonnie							
	CSS Photo Design, Keith Lemm							
	House of Pain Ironwear, Chris Grantano							
	A Huge Thanks to all our great referees:							
	Steve Matthews, National							
	Alan Aerts, National							
	Steve Denison, International							
	Curtis Pracht, State							
	Mike Koufos, State							
	Jose Hernandez, State							
	Congratulations to New State Referee: Suzanne Hedman							
	Powerlifting Best Lifters:							
	Women: Janet Loveall							
	Junior Men: Greg Lewis							
	Open Men: Mark Bell							
	Master Men: Mike Musto							
	Benchpress Best Lifters:							
	Master Women: Karen Parnow							
	Junior Men: William Garcia							
	Open Men: Juan Laija							
	Master Men: Bryan Yager							
	Deadlift Best Lifters:							
	Women: Nicolai Stern							
	Open/Submaster Men: Marc White							
	Master Men: Roy Taylor							
	Team Awards:							
	1st place: Super Training Gym (Mark Bell, Juan Laija, Kara Westin, Janet Loveall, Bryan Boggs, Bill Newman)							
	2nd place: Team Alan & Bonnie Aerts (Bonnie Aerts, Georgiann Puckett, Roy Taylor, Jerry Blanco, Alan Aerts, Jake Petersen)							
	3rd place: Sonoma Power Team (Martha King, Gayle Arrowood, Karen Parnow, Joe Benziger, Greg Lewis, Antonio Machuca)							
	4th place: Black Ice Power Team (Jeff Stanley, Jerry Amaral, Kelly Geoffrey, Colleen Keating, Brad Moberg)							
	5th place: Freaks & Geeks Power Team (Matt Viscara, Gia Blackwell, Stacy Dedrick, Marcus Jacobo, David Vargas, Nicolai Stern)							