

Powerlifting | OPEN MEN

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat	210	534.5	Joe Cunha	10/17/1981
	Bench	120	323.5	Joe Cunha	7/10/1982
	Deadlift	160	430	Mark Champ	2/21/1976
	TOTAL	525	1223.6	Joe Cunha	4/2/1983
56kg/123.5lb	Squat	220	540	Joe Cunha	5/5/1984
	Bench	130	325.2	Chip Taylor	3/22/1987
	Deadlift	170	496	Glen Shoblock	10/4/1980
	TOTAL	550	1223.6	Joe Cunha	5/5/1984
60kg/132.2lb	Squat	230	518.1	John Carr	2/21/1988
	Bench	140	356	Al Hart	7/8/1978
	Deadlift	180	606.3	John Carr	11/18/1987
	TOTAL	575	1365.7	John Carr	11/18/1987
67.5kg/148.7lb	Squat	240	606.2	Scott Layman	11/11/2009
	Bench	150	420.9	Armington Rafael	5/17/1980
	Deadlift	190	644.8	John Carr	12/7/1985
	TOTAL	600	1521	Scott Layman	10/5/2002
75kg/165.2lb	Squat	250	749.6	Ausby Alexander	2/15/1989
	Bench	160	440.8	Armington Rafael	9/4/1982
	Deadlift	200	716.5	Ausby Alexander	2/21/1988
	TOTAL	625	1835.3	Ausby Alexander	2/21/1988
82.5kg/181.7lb	Squat	260	705	Tom Overholtzer	9/19/1970
	Bench	170	468.5	Armington Rafael	9/14/1985
	Deadlift	210	733	Jim Grudzien	3/13/1982
	TOTAL	650	1862.8	Jim Grudzien	3/13/1982
90kg/198.2lb	Squat	270	788.2	Sly Anderson	7/8/1984
	Bench	180	518	Bud Ravenscroft	2/19/1983
	Deadlift	220	771.6	Sly Anderson	6/3/1984
	TOTAL	675	2000.7	Sly Anderson	5/1/1988
100kg/220lb	Squat	280	837.8	Fred Hatfield	7/8/1984
	Bench	190	523.6	Steve Foster	2/19/1983
	Deadlift	230	788.2	Kevin Fisher	6/3/1984
	TOTAL	700	2066.8	Jack Rose	5/1/1988
110kg/242lb	Squat	290	903.9	Fred Hatfield	4/14/1984
	Bench	200	589.7	Ryan Girard	6/18/2005
	Deadlift	240	832.2	Mike Poretta	3/22/1987
	TOTAL	725	2149.2	Fred Hatfield	7/7/1985
125kg/275lb	Squat	300	959	Alan Best	9/24/2010
	Bench	210	771	Mark Bell	2/20/2010
	Deadlift	250	821.2	Terry McCormick	12/17/1983
	TOTAL	750	2436	Alan Best	9/24/2010
140kg/308.5lb	Squat	310	970	Scott Cartwright	1/24/2009
	Bench	220	810.1	Mark Bell	1/24/2009
	Deadlift	260	804.5	George Brink	11/12/2000
	TOTAL	775	2364.4	Mark Bell	11/13/2009
140+kg/SHW	Squat	320	1025.1	Scott Cartwright	4/26/2009

Bench	230	705.4	Scott Cartwright	4/26/2009
Deadlift	270	826.7	Randy Raney	4/19/1986
TOTAL	800	2469.1	Scott Cartwright	4/26/2009

Powerlifting | SUBMASTER MEN 35 TO 39

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat	160	352.5	Roman Guaderrama	3/19/2005
	Bench	127.5	281.1	Roman Guaderrama	6/18/2005
	Deadlift	160	352.5	Roman Guaderrama	3/19/2005
	TOTAL	447.5	986.6	Roman Guaderrama	6/18/2005
67.5kg/148.7lb	Squat	275	606.2	Scott Layman	11/11/2009
	Bench	180	396.7	Scott Layman	6/28/2008
	Deadlift	235	518	Scott Layman	2/19/2006
	TOTAL	677.5	1493.6	Scott Layman	9/9/2006
75kg/165.2lb	Squat	200	440.7	Bernardo Separa	7/10/2004
	Bench	175	385.7	Matthew Reep	5/29/2010
	Deadlift	237.5	523.5	Steve Winslow	3/29/1997
	TOTAL	595	1311.5	Bernardo Separa	7/10/2004
82.5kg/181.7lb	Squat	247.5	545.5	John Caputo	9/9/2006
	Bench	185	405.6	Rudy Garcia	6/26/2010
	Deadlift	272.5	600.7	John Caputo	5/6/2006
	TOTAL	663	1461.6	John Caputo	5/6/2006
90kg/198.2lb	Squat	277.5	611.7	John Dorsten	5/5/2007
	Bench	215	473.7	Brian Pacheco	3/6/2010
	Deadlift	315	694.2	John Dorsten	5/5/2007
	TOTAL	702.5	1548.5	John Dorsten	5/5/2007
100kg/220lb	Squat	322.5	710.7	Jason Burnell	10/7/2000
	Bench	215	473.9	Mike Laney	2/16/2008
	Deadlift	320	705.4	Mike Laney	2/16/2008
	TOTAL	855	1884.9	Mike Laney	2/16/2008
110kg/242lb	Squat	292.5	644.7	Russell Kitani	10/7/2000
	Bench	242.5	534.5	Russell Kitani	10/7/2000
	Deadlift	332.5	733.2	David Muro	7/4/2009
	TOTAL	797.5	1757.7	Russell Kitani	10/7/2000
125kg/275lb	Squat	332.5	733	Robert Speno	9/13/2008
	Bench	242.5	534.6	Robert Speno	9/13/2008
	Deadlift	305	672.2	Steve Denison	10/4/1997
	TOTAL	862.5	1901.4	Robert Speno	9/13/2008
140kg/308.5lb	Squat	440	970	Scott Cartwright	1/24/2009

	Bench	300	661.3	Scott Cartwright	1/24/2009
	Deadlift	337.5	744.1	Scott Cartwright	8/11/2007
	TOTAL	1057.5	2331.3	Scott Cartwright	1/24/2009
140+kg/SHW	Squat	465	1025.1	Scott Cartwright	4/26/2009
	Bench	320	705.4	Scott Cartwright	4/26/2009
	Deadlift	335	738.5	Scott Cartwright	4/26/2009
	TOTAL	1120	2469.1	Scott Cartwright	4/26/2009