

The 2007 A.D.F.P.F. RECORD BREAKER & QUALIFIER
POWERLIFTING & SINGLE EVENT Competition; Macomb, IL; March 31, 2007

UNEQUIPPED Division POWERLIFTING (* represents ADFPF AMERICAN Records; + Category Record plus OPEN)

Weight Class	NAME City State	Body Wt.	SQUAT 1st	SQUAT 2nd	SQUAT 3rd	Bench Press: 1	Bench Press: 2	Bench Press: 3	SUB-TOTAL	DEAD-Lift: 1	DEAD-Lift: 2	DEAD-Lift 3	Total Place	Record Code	Formula
	WOMEN:														Women
50.5	Kathleen Barclay Macomb, Illinois	48.8	77.5 PASS	80.0 PASS	87.5 * PASS	50.0 * PASS	55.0 FAIL	55.0 FAIL	137.5	70.0 PASS	80.0 PASS	90.0 * PASS	337.5 * 1 st	Junior	2nd Best Lifter
58.5	Laura A. Waller Lake in the Hills, IL	57.6	75.0 PASS	80.0 PASS	90.0 *+ PASS	35.0 PASS	42.5 PASS	47.5 *+ PASS	137.5	77.5 PASS	87.5 PASS	95.0 *+ PASS	232.5*+ 1 st	OPEN P/F/M	3rd Best Lifter
70.0	Lisa MANGOLD Lakewood, WI	65.9	105.0 PASS	110.0 PASS	112.5 * PASS	60.0 PASS	65.0 PASS	67.0 * PASS	180.0	105.0 PASS	115.0 PASS	122.5 * PASS	302.5 * 1 st	OPEN	1st Best Lifter
	MEN:														MEN
67.5	Matthew TAYLOR Macomb, Illinois	64.9	70.0 PASS	80.0 PASS	90.0 * PASS	35.0 PASS	45.0 * PASS	60.0 FAIL	135.0	65.0 PASS	80.0 PASS	95.0 * PASS	230.0 1 st	TEEN 1	
75.0	James ROLAND Macomb, Illinois	72.4	140.0 PASS	150.0 PASS	155.0 * PASS	92.5 PASS	100.0 * PASS	110.0 FAIL	255.0	170.0 PASS	185.0 PASS	190.0 * PASS	420.0 * 1 st	OPEN & P/F/M	4th Best Lifter
75.0	Keith Kowalski Macomb, Illinois	71.5	100.0 PASS	105.0 PASS	110.0 * PASS	80.0 PASS	82.5 * PASS	90.0 FAIL	192.5	140.0 FAIL	150.0 PASS	165.0 * PASS	357.5 * 1 st	Junior	
82.5	Ryan Woodward Geneseo, Illinois	77.8	152.5 PASS	162.5 PASS	171.0 FAIL	117.5 PASS	125.0 PASS	130.0 FAIL	250.0	210.0 PASS	228.5 * PASS	-----	515.0 1 st	OPEN	1st Best Lifter
82.5	Michael WALLER Lake in the Hills, IL	82.4	155.0 PASS	165.0 PASS	170.0 PASS	110.0 PASS	117.5 PASS	122.5 PASS	292.5	190.0 PASS	197.5 FAIL	197.5 PASS	490.0 2 nd	OPEN	2nd Best Lifter
82.5	Daniel DUNCAN Mexico, Missouri	82.1	80.0 FAIL	80.0 PASS	92.5 * PASS	50.0 PASS	57.5 * PASS	65.0 FAIL	150.0	100.0 PASS	112.5 PASS	120.0 * PASS	270.0 * 1 st	TEEN 1	
100.0	Matt BONNAH	91.4	127.5	130.0	132.5	70.0	80.0	95.0*+	447.5	80.0	100.0	115.0	342.5	OPEN	

	Macomb, Illinois		PASS	PASS	PASS	PASS	PASS	PASS		PASS	PASS	PASS	1st		
100.0	Donnie WYNN Macomb, Illinois	90.5	120.0 PASS	125.0 PASS	130.0 * PASS	115.0 PASS	125.0 PASS	127.5 * PASS	257.5	120.0 PASS	140.0 PASS	150.0 * PASS	407.5 * 1st	Masters' 4	
110.0	Daren PHELPS Moline, Illinois	108.3	190.0 PASS	210.0 PASS	225.0 PASS	125.0 FAIL	137.5 PASS	147.5 FAIL	362.5	192.5 FAIL	200.0 PASS	220.0 FAIL	562.5 1st	OPEN	3rd Best Lifter
125.0	Noble Cozy Cozine Winfield, Iowa	123.2	100.0 PASS	150.0 FAIL	150.0 PASS	150.0 PASS	167.5 PASS	-----	317.5	100.0 PASS	-----	-----	417.5 1st	Masters' 3	
125.0	Owen Barbknecht Canton, Illinois	120.0	117.5 PASS	125.0 FAIL	127.5 * PASS	105.0 PASS	112.5 FAIL	120.0 FAIL	232.5	42.5 PASS	-----	-----	275.0 1st	TEEN 2	
145.0	Brent HENRY Canton, Illinois	134.3	125.0 PASS	142.5 PASS	160.0 * PASS	132.5 PASS	142.5 FAIL	152.5 * PASS	312.5	150.0 PASS	1750 * PASS	197.5 FAIL	487.5 * 1st	TEEN 2	
+145	Bill DUNCAN Mexico, Missouri	164.3	150.0 PASS	200.0* PASS+	-----	110.0 PASS	125.0 PASS	130.0 PASS	330.0	175.0 PASS	205.0*+ PASS	-----	535.0*+ 1st	Masters' 3	

CONGRATULATIONS to the following lifters who have QUALIFIED to compete in the 2007 W.D.F.P.F. POWERLIFTING WORLD CHAMPIONSHIPS held in GRANBEMOUTH SCOTLAND on November 17th (UNEQUIPPED Division): Kathleen Barkley, Lisa Mangold, Laura Waller, Ryan W. Woodward, Michael Waller and Brent Henry.

33 AMERICAN RECORDS (14 by the women and 29 by the men) were set in the UNEQUIPPED Division of POWERLIFTING & SINGLE EVENTS.

UNEQUIPPED Division SINGLE EVENT results (* represents ADFPF AMERICAN Records; + Category Record plus OPEN)

WEIGHT CLASS	NAME CITY STATE	BODY WEIGHT	SQUAT 1st	SQUAT 2nd	SQUAT 3rd	TOTAL PLACE	CATEGORY
Women: 70.0	Lisa MANGOLD Lakewood, WI	65.9	100.0 PASS	107.5 PASS	115.0 * PASS	115.0 * 1st	OPEN
WEIGHT CLASS	NAME CITY STATE	BODY WEIGHT	BENCH PRESS 1st	BENCH PRESS 2nd	BENCH PRESS 3rd	TOTAL PLACE	CATEGORY
Men: 100.0	Jim BULTEMEIER Scales Mond, Illinois	97.5	137.5 PASS	145.0 PASS	152.5 * PASS	152.5 * 1st	MASTERS' 1

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EQUIPPED Division POWERLIFTING (* represents ADFPF AMERICAN Records; + Category Record plus OPEN)

Weight Class	NAME City State	Body Wt.	SQUAT 1st	SQUAT 2nd	SQUAT 3rd	Bench Press: 1	Bench Press: 2	Bench Press: 3	SUB-TOTAL	DEAD-Lift: 1	DEAD-Lift: 2	DEAD-Lift 3	Total Place	CATEGORY
70.0	Lisa MANGOLD Lakewood, WI	65.9	120.0 PASS	132.5* PASS	142.5 FAIL	67.5 FAIL	67.5 PASS	72.5 PASS	205.0	112.5 PASS	125.0 PASS	130.0 * PASS	335.0 * 1 st	OPEN
Men 100.	Joseph NUDO Tinley Park, IL	95.9	215.0 PASS	227.5 PASS	235.0 PASS	137.5 PASS	145.0 PASS	155.0 PASS	390.0	227.5 PASS	237.5 PASS	247.0 * PASS	637.5* 1 st	JUNIOR
125	Noble Cozy Cozine Winfield, Iowa	123.2	150.0 PASS	-----	-----	185.0 PASS	195.0 PASS	202.5 PASS	352.5	100.0 PASS	-----	-----	452.5 1 st	MASTERS' 3
145	Chris Forestier Canton, Illinois	142.9	245.0 PASS	260.0 PASS	275.0* PASS+	205.0 PASS	217.5 FAIL	217.5 * PASS+	492.5	272.0 PASS	290.0 PASS	300.0* PASS +	792.5* 1 st +	JUNIOR

CONGRATULATIONS to the following lifters who have qualified to compete in the 2007 W.D.F.P.F. POWERLIFTING WORLD CHAMPIONSHIPS held in GRANGEMOUTH SCOTLAND on November 18 (EQUIPPED Division): LISA MANGOLD, JOSEPH NUDO and CHRIS FORESTIER.

29 A.D.F.P.F. AMERICAN RECORDS were set by the **EQUIPPED LIFTERS**.

EQUIPPED Division SINGLE EVENTS (* represents ADFPF AMERICAN Records; + represents Michigan State Records)

WEIGHT CLASS	NAME CITY STATE	BODY WEIGHT	SQUAT 1st	SQUAT 2nd	SQUAT 3rd	TOTAL PLACE	CATEGORY
WOMEN: 70.0	Lisa MANGOLD Lakewood, Wisconsin	65.9	125.0 PASS	137.5 * PASS	-----	137.5 * 1st	OPEN
WEIGHT CLASS	NAME CITY STATE	BODY WEIGHT	BENCH PRESS 1st	BENCH PRESS 2nd	BENCH PRESS 3rd	TOTAL PLACE	CATEGORY
Men: 82.5	Daniel DUNCAN Mexico, Missouri	82.1	60.0 * PASS	-----	-----	60.0 * 1st	MASTERS' 5
125.0	Noble "Cozy" Cozine Winfield, Iowa	123.2	190.0 PASS	205.0 FAIL	210.0 * PASS	210.0 * 1st	MASTERS' 3
WEIGHT CLASS	NAME CITY STATE	BODY WEIGHT	DEADLIFT 1st	DEADLIFT 2nd	DEADLIFT 3rd	TOTAL PLACE	CATEGORY
Men: +145.0	Bill DUNCAN Mexico, Missouri	164.3	215.0 * + PASS	-----	-----	215.0 * + 1st	MASTERS' 1

All **A.D.F.P.F. Members** who **SUCCESSFULLY COMPLETE** either a **POWERLIFTING** or a **SINGLE EVENT** Competition, have **qualified** for the **2007 W.D.F.P.F. SINGLE EVENT WORLD CHAMMPIONSHIPS** held in **MONTESILVANO, ITALY** on **OCTOBER 12-14th**.