

UNEQUIPPED Division POWERLIFTING: A.D.F.P.F. January 20th, 2007; Six Lakes, Michigan; Gentle Shepherd Church:

Wt Class	Lifter's Name	Body Wt.	D of Birth AGE	Squat 1 st	Squat 2 nd	Squat 3 rd	Bench 1 st	Bench 2 nd	Bench 3 rd	SUB TOTAL	Dead-Lift 1st	Dead-Lift 2 nd	Dead-Lift 3 rd	TOTAL PLACE	Record CODE
55.5	Casey HERMAN Whitehall, MI	55.0	6-8-90 16	<u>52.5</u>	55.0	65.0 * +	30.0	37.5 * +	<u>40.0</u>	102.5	67.5	77.5	90.0 * +	192.5 * + 1 st	T 2
70.0	Carol BURR Hersey, MI	65.0	5-24-58 48	92.5	102.5	105.0 * +	67.5	72.5	<u>75.0</u>	177.5	137.5	147.5	152.5 * +	330.0 * + 1 st	Open & M2
80.0	Jade MAIDWARING Twin Lake, MI	77.0	5-16-90 16	42.5	<u>50.0</u>	55.0 * +	32.5	37.5 * +	<u>45.0</u>	92.5	75.0	85.0	92.5 * +	185.0 * + 1 st	T 2
67.5	Sean BLACK Caledonia, MI	65.7	7-8-90 16	82.5	102.5	110.0	<u>60.0</u>	<u>70.0</u>	<u>70.0</u>	-----	110.0	127.5	132.5	-----	T 2
75.0	Jonathon KRUKOWSKI Twin Lake, MI	73.0	6-21-91 15	110.0	120.0	125.0 * +	70.0	<u>80.0</u>	80.0 * +	205.0	135.0	150.0	160.0 * +	365.0 * + 1 st	T 1
75.0	Jeffery KRUKOWSKI Twin Lake, MI	72.0	6-21-91 15	110.0	<u>120.0</u>	120.0	70.0	<u>85.0</u>	<u>87.5</u>	190.0	135.0	150.0	157.5	347.5 2 nd	T 1
82.5	Ryan VINCENT Whitehall, MI	78.0	11/11/87 14	<u>170.0</u>	<u>177.5</u>	<u>177.5</u>	97.5	105.0	<u>113.5</u>	-----	170.0	182.5	197.5	-----	T 1
90.0	Joshua DECKER Wyoming, MI	86.0	10-8-78 28	215.0	140.0	<u>255.0</u>	155.0	170.0	<u>177.5</u>	410.0	260.0	290.0	302.5 * +	712.5 1 st	OPEN
90.0	Matthew Marsiglia Wyoming, MI	85.5	6-13-84 22	135.0 +	<u>155.0</u>	<u>170.0</u>	95.0	105.0 +	<u>117.5</u>	230.0	200.0	<u>222.5</u>	230.0 +	460.0 + 1 st	Junior
90.0	Michael SOBCZAK Grandville, MI	85.0	8-17-82 24	135.0	150.0	<u>157.5</u>	92.5	100.0	<u>107.5</u>	250.0	165.0	175.0	<u>185.0</u>	425.0	OPEN
90.0	Alex BOHN Caledonia, MI	84.3	5-23-91 15	<u>120.0</u>	120.0	135.0 * +	77.5 * +	<u>87.5</u>	<u>87.5</u>	212.5	165.0	<u>175.0</u>	175.0 * +	387.5 * + 1 st	T 1
100.0	DuWayne BURR Hersey, MI	96.0	8-8-56 50	127.5	142.5	150.0 * +	107.5	117.5 * +	<u>122.5</u>	267.5	172.5	187.5 * +	<u>190.0</u>	450.0 * + 1 st	OPEN & M 3
110.0	William MOSHER Horton, MI	100.5	1-19-59 48	142.5	147.5	160.0 +	112.5	<u>125.0</u>	125.0 +	272.5	192.5 +	<u>222.5</u>	PASS	465.0 + 1 ST	M 2
145.0	Wesley HANNA Lansing, MI	133.5	7-1-65 41	205.0	<u>220.0</u>	220.0 * +	125.0	135.0 +	<u>137.5</u>	355.0	210.0	225.0	235.0 +	590.0 + 1 st	M 1

* A.D.F.P.F. AMERICAN RECORDS

+ A.D.F.P.F. MICHIGAN STATE RECORDS

UNEQUIPPED Division BENCH PRESS: A.D.F.P.F. January 20th, 2007; Six Lakes, Michigan; Gentle Shepherd Church:

Wt Class	Lifter's Name	Body Wt.	D of B AGE	Bench 1 st	Bench 2 nd	Bench 3 rd	TOTAL PLACE	Record CODE
82.5	Jonathan MOKMA Wyoming, MI	81.0	5-30-86 20	95.0	107.5 *+	<u>112.5</u>	107.5 1st	Junior
100.0	Tim ANDREWS Kalamazoo, MI	100.0	3-20-38 68	105.0	115.0	122.5 * +	122.5 1st	M2
110.0	Robert MOLESKI Rockford, MI	104.0	10-3-47 59	140.0	145.0	150.0 * +	150.0 1st	M 4
125.0	Bennie BAYWATER Richland, MI	124.0	7-25-58 48	<u>182.5</u>	<u>182.5</u>	<u>182.5</u>	-----	M 2

EQUIPPED Division POWERLIFTING: A.D.F.P.F. January 20th, 2007; Six Lakes, Michigan; Gentle Shepherd Church:

Wt Class	Lifter's Name	Body Wt.	D of Birth AGE	Squat 1 st	Squat 2 nd	Squat 3 rd	Bench 1 st	Bench 2 nd	Bench 3 rd	SUB TOTAL	Dead-Lift 1sequit	Dead-Lift 2 nd	Dead-Lift 3 rd	Total Place	Record CODE
70.0	Amber HOLLAND Whitehall, MI	69.6	11-9-89 17	<u>100.0</u>	<u>102.5</u>	102.5 * +	60.0	90.0 * +	<u>97.5</u>	192.5	105.0	115.0	125.0 * +	317.5 * + 1st	T 2
67.5	Nicholas DICENZO Whitehall, MI	64.0	8-3-89 17	125.0	<u>137.5</u>	140.0 * +	75.0	<u>80.0</u>	80.0 *	220.0	150.0	160.0 * +	<u>167.5</u>	380.0 * + 1st	T 2
82.5	Robert BATKO Houghton Lake, MI	82.5	1-18-46 61	160.0	177.5	190.0 * +	90.0	95.0	97.5 * +	285.0	202.5	215.0	227.5 * +	512.5 * + 1st	M 1
82.5	Corey PERDARIS Grand Rapids, MI	76.0	5-20-83 23	125.0	145.0	155.0 * +.	97.5	107.5 * +	<u>120.0</u>	262.5	150.0	170.0	182.5 * +	445.0 * + 1st	Junior
82.5	David LORMIE Twin Lake, MI	77.0	2-2-90 16	142.5	160.0	172.5 * +	95.0	102.5 * +	<u>110.0</u>	275.0	125.0	147.5	162.5 * +	437.5 * + 1st	T 2
90.0	Josef STACHOWICZ Whitehall, MI	86.0	12-9-89 17	<u>215.0</u>	215.0 * +	<u>235.0</u>	97.5	135.0 * +	PASS	350.0	215.0	230.0	242.5 * +	592.5 * + 1st	T 2
100.0	James PERDARIS Alto, MI	91.0	6-26-58 48	70.0	90.0	105.0 * +	105.0	120.0 * +	<u>137.5</u>	225.0	90.0	102.5	115.0 * +	340.0 * + 1st	M 2
110.0	Rudy LOPEZ Holland, MI	102.5	4-27-69 37	235.0	260.0	272.5	197.5	<u>235.0</u>	<u>235.0</u>	470.0	255.0	<u>277.5</u>	<u>277.5</u>	725.0 1st	OPEN
125.0	Adrian NINABER Kingsville, Ont. Can.	120.0	1-10-56 51	207.5	<u>230.0</u>	230.0	182.5	<u>190.0</u>	<u>195.0</u>	412.5	217.5	230.0	240.0	652.0 1st	OPEN
125.0	Kyle GRANT Whitehall, MI	114.5	7-19-90 16	175.0	<u>182.5</u>	182.5 * +	102.5	<u>135.0</u>	140.0 * +	322.5	142.5	<u>175.0</u>	185.0 * +	507.5 * + 1st	T 2

* A.D.F.P.F. AMERICAN RECORDS

+ A.D.F.P.F. MICHIGAN STATE RECORDS

EQUIPPED Division BENCH PRESS: A.D.F.P.F. January 20th, 2007; Six Lakes, Michigan; Gentle Shepherd Church:

Wt Class	Lifter's Name	Body Wt.	D of B AGE	Bench 1st	Bench 2nd	Bench 3rd	TOTAL PLACE	Record CODE
82.5	Charles HOUSER Twin Lake, MI	79.0	2-18-65 41	<u>147.5</u>	<u>147.5</u>	<u>147.5</u>	- - - - -	M 1
90.0	Larry DELIS Whitehall, MI	89.0	9-22-66 40	<u>155.0</u>	<u>155.0</u>	<u>155.0</u>	- - - - -	M 1
100	Mark LeCLAIR Twin Lake, MI	97.0	1-23-59 47	<u>205.0</u>	<u>205.0</u>	<u>205.0</u>	- - - - -	M 2

QUALIFICATION for the 2007 WORLD DRUG-FREE POWERLIFTING CHAMPIONSHIPS :

UNEQUIPPED Division QUALIFIERS include: 55.5 kg. Class CASEY HERMAN; 70.0 kg. Class CAROL BURR; 75.9 kg. Class JONATHON & JEFFERY KRUKOWSKI; 90.0 kg. Class JOSHUA DECKER; and ALEX BOHN; 145.0 kg. Class WESLEY HANNA.

EQUIPPED Division QUALIFIERS include:70.0 kg. Class AMBER HOLLAND; 67.5 kg. Class NICHOLAS DiCENZO; 82.5 kg. Class ROBERT BATKO and DAVID LORMIE; 90.0 kg. Class JOSEF STACHOWICZ; 110.0 kg. Class RUDY LOPEZ;125.0 kg. Class KYLE GRAND and reahing the QUALIFYING total for CANADA, ADRIAN NINABER.

CONGRATULATIONS TO EACH OF YOU! The 2007 POWERLIFTING WORLD CHAMPIONSHIPS will be held on NOV. 17TH (UNEQUIPPED Division) & 18th (EQUIPPED Division) in GRANGEMOUTH SCOTLAND!

ALL LIFTERS who totaled in the meet QUALIFIED for the SINGLE EVENT WORLD CHAMPIONSHIPS held in Montesilvaso Italy on October 12th (SQUAT Event starting with the UNEQUIPPED Division followed by the EQUIPPED Division; 13th (BENCH PRESS Event (same format, EQUIPPED, UNEQUIPPED then ENDURANCE BENCH PRESS (men do reps with body weight; women do reps with half body weight); & 14th (DEADLIFT Event, UNEQUIPPED Division followed by EQUIPPED Division).

QUALIFICATION TOTALS MAY BE EARNED IN ANY A.D.F.P.F. Sanctioned event.