

2007 Nor Cal Winter Classic Powerlifting and Bench Press

This years Nor Cal started off on a sad note when longtime lifter and everyone's friend Jeff Stanley tore a quad as he was descending on his opening squat. Jeff is the kind of guy that always greets you with a huge smile and no matter what kind of day you're having he makes it better. So, it was with sadness that we watched him being taken away in the ambulance. Before he left he was already assuring me that he'd be back on the platform next year. No doubt! Heal Fast, Buddy!

Fortunately, the rest of the day held no more such surprises and we made it through intact. Susan O'Neill, made her lifting debut several years ago at this very meet and came back to bench press with us, putting up a nice 88 lbs. Our two teen men Travis Bloomer and Adam Contreras pressed up 275 and 286 lbs respectively. In the men's Open Jason Arnold keeps getting better putting up 275 today. Shawn Dias decided to return to the Iron Game after taking about 3 years off and benched 407 at 165. Nice. Matthew Short entered the open as a teenager and did himself proud by breaking a couple of teenage state records! In the open 220, Shawn Buckley made his debut and had a great day pushing up 380. Steve Pena has been struggling to up his own state record at 220 for a couple of years now and nudged it up a bit from 507 to 512. In the 242s James Hunter had a bit of an off day making only one attempt.... **628** lbs. That's a decent squat for most of us. He just missed a new state record with 644 but I'm sure he'll get it next time. Mel Goodwin put up a beautiful 463 at 275 and Leo Contreras but up a 407 at 275+.

Jim Chaaban made his debut at submaster 242 with a 363. Scott Bloomer, one of our father son pairs pushed up a nice 270 lbs, falling just 5 lbs shy of Travis' 275. That will make for some competitive training sessions in the coming months! Hoddy Fritz, lifting in his first meet benched a nice 259 and told me as he was leaving that he's hooked on the sport. Who can blame him? It got us all! In the 181s Keith Scheissl and Dave Cummerow were in with 330 and 336. Dave has been on the comeback trail after some injuries. Looks like he's getting back in shape as he set a new state record on his third attempt. Keith is part of another of our father/son teams. His other half was coaching this day. At 220 Mike DeGennarro and Mike Murray put up some nice 400+ benches as did Dave Marba at 242. At M2 275 Mel Goodwin put up a sweet 463. At Master 6 275 Mike Bonifield put up a 341. Mike is a great ambassador for the sport and his love for lifting shows and he brings lifters with him wherever he goes. In the masters 275+ Leo Contreras and Frank Beeler closed out the benches with a nice 407 for Leo and huge 573 for Frank.

In the full power meet, the lightest lady lifter, Alexandra Vallejo, had a rough day , making only openers in the BP and DL plus a second in the Squat but she still almost was able to capture the Women's best lifter award. In the Womens 132's Shawna Stains went 7 for 9 and took second. In first was Alison Barnhill, who had the biggest total of all the women. Barbara Behm, had a very nice day going 8 for 9 and finishing with a 297.5 total. Alison, finished out the day as Best Lifter for the Master Women and also won an extremely close battle with Alexandra for Best Lifter in the Open.

In the men's teen/junior division Mark Nelson made his powerlifting debut at 132 and made 3 strong deadlifts to finish well. At 148 Kyle Breaw had a great 8 for 9 day. Dylan Sanders made a 525 kg total at 165 in teen 3. At 198 Mitchell Koufos made 6 lifts en route to a 405 kg total. Teen/Junior Best Lifter Joel Paredes nailed a huge 652.5 kg total bolstered by his strong pulling.

Master's Veteran Homi Shiviae rode some solid lifting to a 7 for 9 day at 123. At M6 165, Robert Mattison had a perfect 9 for 9 day fighting out some tough lifts finishing with a 437.5 total. A surprise entry at M1 181 was former slim guy Lance Slaughter. Lance needed to qualify for Master's Nationals and did it easily with a 9 for 9 day. Keith Schiessl hit a 605 total at M2 181 and Brian Pacheco went 8 for 9 for a 550 total at submaster 198.

Shane O'Neill, posted a 492.5 kilo total at M5 198. At M5 242, Jim Evans took a token attempt in the squat and then went 5 for 6 in his remaining attempts putting up nice numbers in the bench and dead. Robert Exum came to pull and set 2 state deadlift records. Mel Goodwin totaled 700 kg at M2 275.

In the Men's Open 148s, Jason Arnold totaled 380 kgs on 6 for 9 lifting. Frank Harrah had a good start to his powerlifting career with a 422.5 kg total at 165. At 242, Scott Waits came back to Cali to qualify for Masters and did so easily with a 732.5 kg total. Parish Harmon had a 6 for 9 day going 567.5. At 275, Mel Goodwin set hit a big 700 kg total for 2nd place. Rob Meulenberg had a huge day. He's been after the state deadlift record for a few years only to have it literally ripped from his hands. Not this day. He started by ramming a huge 370 kg squat home easily. He followed that with a solid 215 kg bench. His opening DL gave him grip problems and he had to repeat it but he was not to be denied this day. He reversed his over/under grip and ripped up the easiest 733 I think I've ever seen. Impressive doesn't even cover it. Finishing off at 275+, one of my training partners, Armando Gonzales, came to the meet with two goals. Don't bomb. Hit Prs. He bombed out of his first 3 lift meet at the American Open but finished perfectly this day hitting every lift and setting PRs across the board. Way to come back big!

Basics Gym, once again hosted us and allowed us to take over and run this meet. They've been very supportive of our efforts over the years. Thanks Ken! I also have to thank all of the people that make a meet like this possible. Meets simply can't be run without a host of volunteers. We had a great crew and several people called me or emailed me to volunteer their help for this meet. To everyone, the lifters appreciate your help and I, especially, appreciate your help.

Finally, I have to thank our sponsors, Glass Act of Sacramento and Inzer Advance Designs. Without you guys we couldn't keep this ship afloat! Thanks!

BENCH PRESS

Lifter	Division	Weight Class	Kilos	Lbs
Susan O'Neill	M5 women	198+	40	88.18
Travis Bloomer	T1 men	148	125	275.6
Adam Contreras	T3 men	220	130	286.6
Jason Arnold	open men	148	125	275.6
Shawn Dias	open men	165	185	407.9
Matthew Short	open men	181	132.5	292.1
Steve Pena	open men	220	232.5	512.6
Shawn Buckley	open men	220	172.5	380.3
James Hunter	open men	242	285	628.3
Mel Goodwin	open men	275	210	463
Leo Contreras	open men	275+	185	407.9
Jim Chaaban	submaster men	242	165	363.8
Scott Bloomer	M1 men	148	122.5	270.1
Hoddy Fritz	M1 men	181	117.5	259
Keith Schiessl	M2 men	181	150	330.7
David Cummerow	M4 men	181	152.5	336.2
Mike DeGennaro	M1 men	220	187.5	413.4
Mike Murray	M2 men	220	202.5	446.4
David Marba	M4 men	242	197.5	435.4
Mel Goodwin	M2 men	275	210	463
Mike Bonifield	M6 men	275	155	341.7
Leo Contreras	M3 men	275+	185	407.9
Frank Beeler	M3 men	275+	260	573.2

POWERLIFTING										
Lifter	Div	Wt Class	SQ Kilos	SQ Lbs	BP Kilos	BP Lbs	DL Kilos	DL Lbs	Total Kilos	Total Lbs
Alexandra Vallejo	open women	105	75	165.3	62.5	137.79	122.5	270.1	260.0	573.2
Alexandra Vallejo	M1 women	105	75	165.3	62.5	137.79	122.5	270.1	260.0	573.2
Mark Nelson	T2 men	123	92.5	203.9	47.5	104.72	112.5	248	252.5	556.7
Homayoun Shiviae	M4 men	123	135	297.6	80	176.37	150	330.7	365.0	804.7
Shawna Staines	open women	132	85	187.4	65	143.3	120	264.6	270.0	595.2
Alison Barnhill	open women	132	97.5	214.9	65	143.3	145	319.7	307.5	677.9
Alison Barnhill	M1 women	132	97.5	214.9	65	143.3	145	319.7	307.5	677.9
Kyle Breaw	junior men	148	150	330.7	112.5	248.02	167.5	369.3	430.0	948.0
Jason Arnold	open men	148	97.5	214.9	125	275.58	157.5	347.2	380.0	837.7
Dylan Sanders	T3 men	165	180	396.8	130	286.6	215	474	525.0	1157.4
Frank Harrah	open men	165	152.5	336.2	102.5	225.97	167.5	369.3	422.5	931.4
Robert Mattison	M6 men	165	140	308.6	107.5	236.99	190	418.9	437.5	964.5
Barbara Behm	M1 women	181	102.5	226	82.5	181.88	112.5	248	297.5	655.9
Keith Schiessl	open men	181	232.5	512.6	150	330.69	222.5	490.5	605.0	1333.8
Lance Slaughter	M1 men	181	175	385.8	155	341.71	195	429.9	525.0	1157.4
Keith Schiessl	M2 men	181	232.5	512.6	150	330.69	222.5	490.5	605.0	1333.8
Mitchell Koufos	T3 men	198	167.5	369.27	100	220.46	137.5	303.13	405.0	892.9
Brian Pacheco	submaster men	198	182.5	402.3	162.5	358.25	205	451.9	550.0	1212.5
Shane O'Neill	M5 men	198	185	407.9	115	253.53	192.5	424.4	492.5	1085.8
Steve Pena	open men	220	230	507.05	232.5	512.57	100	220.46	562.5	1240.1
Joel Paredes	T2 men	242	200	440.9	182.5	402.34	265	584.2	647.5	1427.5
Parish Harmon	open men	242	192.5	424.4	157.5	347.22	217.5	479.5	567.5	1251.1
Scott Waits	open men	242	295	650.4	165	363.76	272.5	600.8	732.5	1614.9
Robert Exum	M1 men	242					255	562.2		
Jim Evans	M5 men	242	65	143.29	142.5	314.15	180	396.82	387.5	854.3
Mel Goodwin	M2 men	275	235	518.1	210	462.97	255	562.2	700.0	1543.2
Mel Goodwin	open men	275	235	518.1	210	462.97	255	562.2	700.0	1543.2
Robert Meulenberg	open men	275	370	815.7	215	473.99	332.5	733	917.5	2022.7
Armando Gonzalez	open men	275+	237.5	523.6	237.5	523.59	240	529.1	715.0	1576.3

Best Lifters:

Bench Press: Open: James Hunter
Master: Frank Beeler

Powerlifting: Womens Open : Alison Barnhill
Womens Master Alison Barnhill
Mens Open Rob Meulenberg
Men's Master: Robert Mattison
Men's Teen/Junior: Joel Paredes

Spotters: Aaron Pete, Brad King, Troy Richards, Greg Buffinton, Roy Lamont, Craig Saewong,
Score Table: Betty Lee, Cheryl, Burnell, The Legend Dave VanBrocklin, Mike Musto

Expediter: Mike Knight

Cameras: Ava Burnell, Jerry "Bootsy" Pujol, Susan Andrews, Mike Womelsdorf

Trophy Girl: Samantha Burnell

Emergency Problem Solver Girl: Kendal Buffington

Referees: Joseph Randazzo, Will Satterthwaite, Scott Cartwright Steve Denison, Jason Burnell, Lance T Slaughter.