

2005 USAPL Southern California Regionals
Sylmar High School - Sylmar, CA
August 13, 2005
Meet Director: Lance Slaughter

Powerlifting Results

Name	Age	Div	Body Wt	Wt cls	Squat (kg)	Bench (kg)	Deadlift (kg)	Total (kg)
Liz Freel	30	F-O	161	165	160	112.5	195	467.5
Lazara Janet Loveall	36	F-O	215	UNL	157.5	0	0	0
George Pessell	46	M-M2	208	220	250	200	275	725
Ted Stewart	48	M-M2	265.75	275	227.5	150	227.5	605
Lothar Vallot	53	M-M3	196.5	198	102.5	85	125	312.5
Bob Evans	58	M-M4	224	242	207.5	175	160	542.5
Randell Widner	57	M-M4	298.75	UNL	0	107.5	165	0
Larry Manly	69	M-M6	186	198	145	112.5	152.5	410
Jack Kress	75	M-M8	199.25	220	92.5	92.5	140	325
Justin Veloz	22	M-O	132.75	148	115	85	130	330
Allan Franks	30	M-O	162	165	0	0	0	0
Jeff Sykora	20	M-O	195.25	198	230	130	277.5	637.5
Daniel Espinoza	23	M-O	195.5	198	0	177.5	232.5	0
Jason Burnell	40	M-O	197.5	198	272.5	192.5	272.5	737.5
Ace Hudson	25	M-O	202.5	220	172.5	137.5	210	520
Dalen Randa	28	M-O	237.75	242	250	205	250	705
Antoni Patalano	27	M-O	301	UNL	235	170	245	650
Roy Lamont	36	M-O	334	UNL	215	170	220	605
Miguel Hernandez	16	M-T2	194	198	90	70	205	365

Bench Press Only

Name	Age	Div	Body Wt	Wt cls	Bench (kg)
Valerie Crowell	46	F-M2	196.75	198	85
Chuck McGuire	44	M-M1	299	UNL	190
Randell Widner	57	M-M4	298.75	UNL	107.5
Larry Manly	69	M-M6	186	198	112.5
Danny Herrera	68	M-M6	270.5	275	182.5
Jay Hdden	32	M-O	119.75	123	107.5
John Alvarado	36	M-O	208	220	232.5
Steve Brown	51	M-O	285	UNL	0
Jon Hoffman	17	M-T2	207.25	220	165