

**2010 USAPL California State Powerlifting & Bench Press Championships**  
**February 6, 2010**  
**Santa Clarita, CA**

Full Powerlifting	Wt Cls (kg)	Age	Best SQ	Best BP	Best DL	Total	PI-Div- WtCls-Evt
<b>Women</b>							
<b>Raw Masters 60+</b>							
Penney Magrane	52	62	65	32.5	90	187.5	1-F-RM3-52-PL
<b>Raw Masters 50-59</b>							
Valerie Walter	60	58	55	35	75	165	1-F-RM2-60-PL
Karen Parnow	75	51	77.5	52.5	105	235	1-F-RM2-75-PL
Lisa Bullock	75	51	60	42.5	80	182.5	2-F-RM2-75-PL
<b>Raw Masters 40-49</b>							
Gayle Arrowood	67.5	49	70	42.5	92.5	205	1-F-RM1-67.5-PL
Cheryl Crawford	90	41	105	60	135	300	1-F-RM1-90-PL
<b>Raw Teen 16-17</b>							
Chloe Kipnis	75	17	77.5	40	117.5	235	1-F-RT2-75-PL
<b>Raw Open</b>							
Penney Magrane	52	62	65	32.5	90	187.5	1-F-RO-52-PL
Tiffany Martinez-Wright	60	37	57.5	45	95	197.5	1-F-RO-60-PL
Janie Ramirez	67.5	31	85	57.5	130	272.5	1-F-RO-67.5-PL
Chloe Kipnis	75	17	77.5	40	117.5	235	1-F-RO-75-PL
Karen Parnow	75	51	77.5	52.5	105	235	2-F-RO-75-PL
Tracee Patterson	82.5	36	107.5	75	165	347.5	1-F-RO-82.5-PL
<b>Men</b>							
<b>Raw Masters 60+</b>							
Gordon Santee	75	63	131	96	210.5	437.5	1-M-RM3-75-PL
Bob Kinsey	90	67	92.5	65	132.5	290	1-M-RM3-90-PL
Bob Strange	100	73	180	115	210	505	1-M-RM3-100-PL
<b>Raw Masters 50-59</b>							
Steve Heyl	100	50	150	95	182.5	427.5	1-M-RM2-100-PL
Wayne Jandoc	110	52	232.5	157.5	147.5	537.5	1-M-RM2-110-PL
<b>Raw Masters 40-49</b>							
Gary Strassberg	82.5	41	0	107.5	170	0	
Todd Tichonchuk	90	41	140	117.5	155	412.5	1-M-RM1-90-PL
Dave Nelson	90	42	122.5	107.5	155	385	2-M-RM1-90-PL
Jerry Tremblay, Jr.	110	46	220	150	237.5	607.5	1-M-RM1-110-PL
John Johnson	110	49	217.5	157.5	230	605	2-M-RM1-110-PL
David Bultman	110	40	167.5	140	0	0	
James Toland III	125	40	240	207.5	285	732.5	1-M-RM1-125-PL
John Tremblay	125	45	197.5	125	220	542.5	2-M-RM1-125-PL
Mark Byers	125	44	175	150	192.5	517.5	3-M-RM1-125-PL
Robert Speno	125+	41	317.5	0	0	0	
Larry Frame	125+	41	0	0	0	0	

<b>Raw Junior</b>							
Trey Long	60	23	137.5	102.5	182.5	422.5	1-M-RJR-60-PL
Christopher Tremblay	82.5	21	137.5	107.5	150	395	1-M-RJR-82.5-PL
Darvin Bunhor	82.5	20	120	70	167.5	357.5	2-M-RJR-82.5-PL
Bryce Lewis	90	23	235	142.5	285	662.5	1-M-RJR-90-PL
Greg Lewis	90	21	202.5	172.5	205	580	2-M-RJR-90-PL
Kevin Smith	110	21	165	125	0	0	
<b>Raw Teen 18-19</b>							
Luke Eisenhardt	67.5	19	130	95	160	385	1-M-RT3-67.5-PL
Greg Darnell	75	19	130	105	175	410	1-M-RT3-75-PL
Scott Salomon	82.5	19	107.5	75	147.5	330	1-M-RT3-82.5-PL
Ian Gerber	90	18	160	132.5	215	507.5	1-M-RT3-90-PL
<b>Raw Teen 16-17</b>							
Travis Hollis	67.5	17	127.5	87.5	162.5	377.5	1-M-RT2-67.5-PL
Joshua Tremblay	110	16	170	0	187.5	0	
<b>Raw Teen 14-15</b>							
Rylan Ricks	75	15	125	100	175	400	1-M-RT1-75-PL
<b>Raw Open</b>							
Matthew Reep	75	35	172.5	165	202.5	540	1-M-RO-75-PL
Ryan Steffen	82.5	27	167.5	117.5	195	480	1-M-RO-82.5-PL
Deshaun Davis	82.5	28	140	140	200	480	2-M-RO-82.5-PL
Michael Chapdelaine	90	32	187.5	160	227.5	575	1-M-RO-90-PL
Diego Corr	90	31	187.5	147.5	222.5	557.5	2-M-RO-90-PL
John Johnson	110	49	217.5	157.5	230	605	1-M-RO-110-PL
Barrett Marum	110	31	227.5	155	182.5	565	2-M-RO-110-PL
Christopher Frost	110	37	132.5	100	180	412.5	3-M-RO-110-PL
John Planas	125	35	277.5	200	295	772.5	1-M-RO-125-PL
Francis Valdez	125	30	245	182.5	282.5	710	2-M-RO-125-PL
Mario Pacione	125+	28	267.5	245	272.5	785	1-M-RO-125+-PL
Robert Speno	125+	41	317.5	0	0	0	
Larry Frame	125+	41	0	0	0	0	
<b>Masters 50-59</b>							
Michael Wolmesdorf	100	52	150	130	155	435	1-M-M2-100-PL
Greg Baxter	110	55	227.5	155	275	657.5	1-M-M2-110-PL
<b>Masters 40-49</b>							
Ron Garcia	125	46	182.5	172.5	200	555	1-M-M1-125-PL
<b>Junior</b>							
Dean Otsuka	60	22	165	100	200	465	1-M-JR-60-PL
Vithuran Arulmoli	82.5	21	150	92.5	192.5	435	1-M-JR-82.5-PL
Robert Forrest	90	20	0	125	240	0	

<b>Teen 18-19</b>							
William Garcia	56	19	105	142.5	150	397.5	1-M-T3-56-PL
Dustin Peters	110	19	195	150	242.5	587.5	1-M-T3-110-PL
<b>Open</b>							
Nick O'Brien	82.5	26	190	137.5	200	527.5	1-M-O-82.5-PL
Jason Burnell	100	44	237.5	137.5	275	650	1-M-O-100-PL
Shawn Buckley	110	27	295	200	285	780	1-M-O-110-PL
Adam Johnson	125	30	320	155	300	775	1-M-O-125-PL
Ron Garcia	125	46	182.5	172.5	200	555	2-M-O-125-PL
<b>Bench Press Only</b>	<b>Wt Cls (kg)</b>	<b>Age</b>	<b>Best BP</b>	<b>Pl-Div- WtCls-Evt</b>			
<b>Raw Masters 60+</b>							
Robert Pelletier	82.5	62	0				
William Hill	100	67	147.5	1-M-RM3-100-BP			
<b>Raw Masters 50-59</b>							
Alvin Waldon	110	58	187.5	1-M-RM2-110-BP			
David Andrews	125	50	185	1-M-RM2-125-BP			
<b>Raw Masters 40-49</b>							
Sam Graham	100	41	170	1-M-RM1-100-BP			
Ken Thunberg	110	47	0				
<b>Raw Junior</b>							
Eric Smith	125	23	145	1-M-RJR-125-BP			
<b>Raw Teen 16-17</b>							
Slade Rheume	100	16	125	1-M-RT2-100-BP			
<b>Raw Open</b>							
Jay Hadden	56	37	105	1-M-RO-56-BP			
Sam Graham	100	41	170	1-M-RO-100-BP			
Alvin Waldon	110	58	187.5	1-M-RO-110-BP			
Ken Thunberg	110	47	0				
<b>Masters 60+</b>							
Bob Evans	110	63	202.5	1-M-M3-110-BP			
<b>Masters 50-59</b>							
Alvin Waldon	110	58	187.5	1-M-M2-110-BP			
<b>Masters 40-49</b>							
Sam Graham	100	41	170	1-M-M1-100-BP			
Jim Chaaban	125	41	242.5	1-M-M1-125-BP			
<b>Open</b>							
Sam Graham	100	41	170	1-M-O-100-BP			
Alvin Waldon	110	58	187.5	1-M-O-110-BP			
Jim Chaaban	125	41	242.5	1-M-O-125-BP			
Travis Heck	125+	38	210	1-M-O-125+-BP			

**Best Lifter Women Powerlifting:**  
**Best Lifter Men Raw Powerlifting:**  
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**Tracee Patterson**  
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