

**EVENT:** Spring Powerlifting Challenge Northwest

**Date:** March 14th 2009

**Location:** Nelson's Nautilus in Oregon City, OR

Name	AAPF /APF	Division	Bwt (Lb)	WtCls (Lb)	SQUAT				BENCH				SUB Total	PL Total	w/4th Total	Coeff Score	Place			
					1	2	3	4	1	2	3	4								
<b>Men</b>																				
Larry Hook	apf	Open/Masters 40-44	235	242	<del>395</del>	395	427.5	<del>455</del>		265	280	287.5	715	327.5	355	365	<del>375</del>	1080	642	Best Lifter
Chris Duffin	apf/aapf	Open	198	198	345	<del>367.5</del>	367.5		240	255		622.5	272.5	305	335	363	985.5	612	612	1st Place
Steve Peterson	apf	Masters 45-49	269	275	362.5	395	410		210	<del>240</del>	240	650	250	262.5	<del>272.5</del>		912.5	523	523	1st Place
Sam Schultz	aapf	Masters 50-54	237.25	242	282.5	300	320	332.5	65	215	230	550	550	62.5	240	265	815	838	483	1st Place
Joaquin Diaz de leon	aapf	Submaster	383	SHW	295	330	<del>345</del>		160	205	<del>227.5</del>	535	237.5	272.5	<del>285</del>		807.5	437	437	1st Place
Dan Simpson	apf/aapf	Open	179	181	250	<del>272.5</del>	272.5	<del>280</del>	160	<del>182.5</del>		432.5	182.5	205	<del>222.5</del>		637.5	431	431	1st Place
Rudy Kadlub	aapf/apf	Masters 55-59	198	198	<del>227.5</del>	237.5	250		110	165	175	425	210	237.5	242.5		667.5	427	427	1st Place
Alex Whitaker	aapf	Teenage 18-19	282.5	308	<del>317.5</del>	317.5	<del>342.5</del>		182.5	<del>195</del>	195	500	227.5	250	<del>262.5</del>		750	425	425	1st Place
Bob McCabe	aapf	Junior 20-23	214	220	225	242.5	<del>260</del>		150	157.5	162.5	405	260	280	<del>290</del>		685	422	422	1st Place
Mathew Turnquist	aapf	Raw Open	217.5	220	202.5	220	230		130	137.5	<del>147.5</del>	367.5	245	265	<del>275</del>		632.5	387	387	1st Place
Nathan Frenchen	aapf	Raw Open	211	220	155	170	185		85	97.5	<del>107.5</del>	282.5	205	225	240	<del>250</del>	522.5	324	324	2nd Place
Dave Bisers	aapf	Raw Open	161	165	112.5	125	137.5	150	80	87.5	100	225	<del>165</del>	165	165		390	283	283	1st Place
Brian Abers	aapf	Raw Open	180	181	120	135	<del>160</del>	165	80	90	<del>102.5</del>	225	140	145	<del>150</del>		370	250	250	1st Place
<b>Women</b>																				
Kelli Sandoval	aapf	Masters 45-49	178.5	181	175	185	195	<del>205</del>	102.5	<del>115</del>	115	297.5	160	175	182.5		480	436	436	Best Lifter
Sheri Klocke	aapf	Masters 45-49	158	165	125	137.5	147.5		70	117.5	<del>137.5</del>	265	137.5	147.5	160		425	416	416	1st Place
Jill Bortz	aapf	Masters 40-44	218	SHW	67.5	70	75		47.5	50	<del>52.5</del>	125	80	82.5	85	87.5	210	175	175	1st Place
<b>Bench Only</b>																				
Samuelu Aumavae	aapf	Open	271.8	275					295	327.5	340	0					340	194	194	Best Bench
Ben Brizendine	aapf	Submaster	202	220					265	290	<del>300</del>	0					290	184	184	1st Place
Will Rogers	aapf	Open	330	SHW					260	272.5	<del>282.5</del>	0					272.5	151	151	1st Place
Rick King	apf	Masters 45-49	158	165					162.5	173	<del>177.5</del>	0					173	127	127	1st Place
Travis Monteith	apf	Open/Masters 40-44	227	242					155	165	<del>175</del>	0					165	99	99	1st Place
Jay Donkers	aapf	Masters 55-59	241.75	242					160	167.5	<del>172.5</del>	0					167.5	99	99	1st Place
Frank Winbigler	aapf	Open	171	181					<del>135</del>	140	<del>142.5</del>	0					140	97	97	1st Place
John Frost	aapf	Teenage 18-19	262.5	275					<del>142.5</del>	142.5	<del>152.5</del>	0					142.5	82	82	1st Place
Dave O'Niel	aapf	Open	356	SHW					<del>265</del>	<del>317.5</del>	<del>335</del>	0					0	0	0	
Bench Only																	0			
																	0			
<b>Ironman</b>																	0			
Andrew Dunham	apf	Teenage 18-19	152.5	165					100	105	112.5	0	142.5	150	160		272.5	206	206	1st Place
																	0			
<b>Deadlift</b>																	0			
Riley Hershberger	aapf	Teenage 18-19	226	242								0	165	175	182.5		182.5	110	110	1st Place