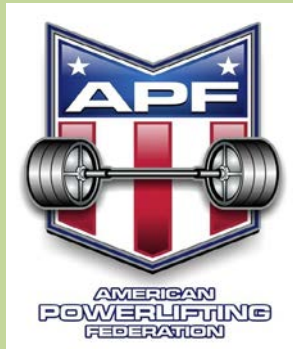


## 2014 APF Senior Nationals

Presented by: Ezra Salmon and  
Michigan APF

Grand Rapids, MI  
June 6-8 2014  
DeVos Place Convention Center



### Divisions

Abbrev	Description
M_OR_APF	Men Open Raw APF
M_OEM_APF	Men Open Equipped Multiply APF
F_OR_APF	Women Open Raw APF
F_OEM_APF	Women Open Equipped Multiply APF

Best Team Award: Team Overkill

06-Jun-14

2014 APF Senior Nationals - Bench Only - kg Results

Name	Age	Div	BWt (Kg)	WCIs (Kg)	Glossbreaker	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI-Div-WCI	Team	Notes
Akers, Corey	39	M_OEM APF	110	110	0.5625	300	-330	-335		300	168.75	0.00	1-M_OEM APF-110	Team Overkill	
Body, Bob	39	M_OR APF	88.6	90	0.6173	-160	-172.5	172.5		172.5	106.48	0.00	1-M_OR APF-90	Team RWB	
Byrd, John	32	M_OEM APF	135.8	140	0.5347	307.5	320	-330		320	171.10	0.00	1-M_OEM APF-140	Team Samson	
Coleman, Marvin	46	M_OEM APF	89	90	0.6157	142.5	-280	280		280	172.40	184.12	1-M_OEM APF-90	Flint Barbell Club	Best Lifter Equipped
Colwell, Rick	40	M_OR APF	116.3	125	0.55475	-160	160	165		165	91.53	91.53	5-M_OR APF-125	Flint Barbell Club	
Conley, Brandon	24	M_OR APF	99.3	100	0.58305	185	-195	197.5		197.5	115.15	0.00	1-M_OR APF-100		
Conner, Colten	22	M_OR APF	73.6	75	0.6983	120	132.5	-140		132.5	92.52	0.00	2-M_OR APF-75		
Dixon, William	36	M_OEM APF	172.9	SHW	0.507255	297.5	-320	-320		297.5	150.91	0.00	1-M_OEM APF-SHW	Exile Barbell	
Draher, John	38	M_OR APF	120	125	0.55095	227.5	232.5	-245		232.5	128.10	0.00	2-M_OR APF-125	Iron House Power	
Durfee, Matthew	23	M_OR APF	73.4	75	0.69975	137.5	142.5	150		150	104.96	0.00	1-M_OR APF-75		
Faber, Bobby	36	M_OR APF	123.5	125	0.5472	227.5	235	242.5		242.5	132.70	0.00	1-M_OR APF-125	Flint Barbell Club	
Francis, Randy	59	M_OEM APF	81.1	82.5	0.65185	193	195	197.5	-200	197.5	128.74	169.29	3-M_OEM APF-82.5	Exile Barbell	
Herring, Jeremy	37	M_OR APF	135.5	140	0.535	-215	227.5	232.5		232.5	124.39	0.00	2-M_OR APF-140	Power Sports Academy	
Hippy, Seth	19	M_OR APF	138	140	0.5328	205	-227.5	-235		205	109.22	0.00	4-M_OR APF-140		
Holdsworth, JL	36	M_OR APF	135.6	140	0.53495	207.5	215	-227.5		215	115.01	0.00	3-M_OR APF-140	The Spot Athletics	
Jimi, Gordon	44	M_OEM APF	96.4	100	0.5908	152.5	215	227.5		227.5	134.41	140.19	1-M_OEM APF-100	Flint Barbell Club	
Johnston, Jeff	35	M_OR APF	107.1	110	0.56695	182.5	190	197.5		197.5	111.97	0.00	2-M_OR APF-110	Michigan Barbell/XXX Powerlifting	
Marinis, Nicholas	51	M_OEM APF	82.3	82.5	0.6456	220	227.5	-235		227.5	146.87	168.46	2-M_OEM APF-82.5	BUSBY	
McDonald, Matt	35	M_OR APF	106.5	110	0.56795	180	190	197.5		197.5	112.17	0.00	1-M_OR APF-110		
Mobley, Harold	48	M_OR APF	113.7	125	0.5577	167.5	-182.5	182.5		182.5	101.78	111.65	4-M_OR APF-125	Exile Barbell	
Mobley, Joseph	18	M_OR APF	88.8	90	0.61645	152.5	160	165	167.5	165	101.71	0.00	3-M_OR APF-90	Exile Barbell	
Morjaj, Dan	36	M_OR APF	147.3	SHW	0.52515	240	257.5	265		265	139.16	0.00	1-M_OR APF-SHW	Power Elite	Best Lifter Raw
Palmer, Robert	43	M_OR APF	103.5	110	0.57355	145	-152.5	160		160	91.77	94.61	4-M_OR APF-110	Exile Barbell	
Robinson, Darius	33	M_OR APF	96.7	100	0.58995	160	172.5	-182.5		172.5	101.77	0.00	2-M_OR APF-100		
Ruelan, Miguel	44	M_OEM APF	80.5	82.5	0.65505	112.5	212.5	227.5		227.5	149.02	155.43	1-M_OEM APF-82.5	Flint Barbell Club	
Rutledge, Jaran	28	M_OR APF	128.6	140	0.5417	230	245	252.5		252.5	136.78	0.00	1-M_OR APF-140	Power Elite	
Shepard, Chad	31	M_OR APF	81	82.5	0.65235	165	172.5	-182.5		172.5	112.53	0.00	1-M_OR APF-82.5	Flint Barbell Club	
Stiverson, Adam	37	M_OR APF	124	125	0.5466	200	210	-220		210	114.79	0.00	3-M_OR APF-125	Flint Barbell Club	
Vensko, Taylor	20	M_OR APF	85	90	0.6326	157.5	165	-170		165	104.38	0.00	2-M_OR APF-90	Flint Barbell Club	
Walker, Erik	36	M_OR APF	108.4	110	0.56485	185	190	-197.5		190	107.32	0.00	3-M_OR APF-110	10414	

06-Jun-14

2014 APF Senior Nationals - Bench Only - lb Results

Name	Age	Div	BWt (Kg)	WCIs (Kg)	Glossbreaker	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI-Div-WCI	Team	Notes
Akers, Corey	39	M_OEM APF	110	110	0.5625	661.38	-727.52	-738.54	0.00	661.38	168.75	0.00	1-M_OEM APF-110	Team Overkill	
Body, Bob	39	M_OR APF	88.6	90	0.6173	-352.74	-380.29	380.29	0.00	380.29	106.48	0.00	1-M_OR APF-90	Team RWB	
Byrd, John	32	M_OEM APF	135.8	140	0.5347	677.91	705.47	-727.52	0.00	705.47	171.10	0.00	1-M_OEM APF-140	Team Samson	
Coleman, Marvin	46	M_OEM APF	89	90	0.6157	314.16	-617.29	617.29	0.00	617.29	172.40	184.12	1-M_OEM APF-90	Flint Barbell Club	Best Lifter Equipped
Colwell, Rick	40	M_OR APF	116.3	125	0.55475	-352.74	352.74	363.76	0.00	363.76	91.53	91.53	5-M_OR APF-125	Flint Barbell Club	
Conley, Brandon	24	M_OR APF	99.3	100	0.58305	407.85	-429.90	435.41	0.00	435.41	115.15	0.00	1-M_OR APF-100		
Conner, Colten	22	M_OR APF	73.6	75	0.6983	264.55	292.11	-308.64	0.00	292.11	92.52	0.00	2-M_OR APF-75		
Dixon, William	36	M_OEM APF	172.9	SHW	0.507255	655.87	-705.47	-705.47	0.00	655.87	150.91	0.00	1-M_OEM APF-SHW	Exile Barbell	
Draher, John	38	M_OR APF	120	125	0.55095	501.55	512.57	-540.13	0.00	512.57	128.10	0.00	2-M_OR APF-125	Iron House Power	
Durfee, Matthew	23	M_OR APF	73.4	75	0.69975	303.13	314.16	330.69	0.00	330.69	104.96	0.00	1-M_OR APF-75		
Faber, Bobby	36	M_OR APF	123.5	125	0.5472	501.55	518.08	534.62	0.00	534.62	132.70	0.00	1-M_OR APF-125	Flint Barbell Club	
Francis, Randy	59	M_OEM APF	81.1	82.5	0.65185	425.49	429.90	435.41	-440.92	435.41	128.74	169.29	3-M_OEM APF-82.5	Exile Barbell	
Herring, Jeremy	37	M_OR APF	135.5	140	0.535	-473.99	501.55	512.57	0.00	512.57	124.39	0.00	2-M_OR APF-140	Power Sports Academy	
Hippy, Seth	19	M_OR APF	138	140	0.5328	451.94	-501.55	-518.08	0.00	451.94	109.22	0.00	4-M_OR APF-140		
Holdsworth, JL	36	M_OR APF	135.6	140	0.53495	457.45	473.99	-501.55	0.00	473.99	115.01	0.00	3-M_OR APF-140	The Spot Athletics	
Jimi, Gordon	44	M_OEM APF	96.4	100	0.5908	336.20	473.99	501.55	0.00	501.55	134.41	140.19	1-M_OEM APF-100	Flint Barbell Club	
Johnston, Jeff	35	M_OR APF	107.1	110	0.56695	402.34	418.87	435.41	0.00	435.41	111.97	0.00	2-M_OR APF-110	Michigan Barbell/XXX Powerlifting	
Marinis, Nicholas	51	M_OEM APF	82.3	82.5	0.6456	485.01	501.55	-518.08	0.00	501.55	146.87	168.46	2-M_OEM APF-82.5	BUSBY	
McDonald, Matt	35	M_OR APF	106.5	110	0.56795	396.83	418.87	435.41	0.00	435.41	112.17	0.00	1-M_OR APF-110		
Mobley, Harold	48	M_OR APF	113.7	125	0.5577	369.27	-402.34	402.34	0.00	402.34	101.78	111.65	4-M_OR APF-125	Exile Barbell	
Mobley, Joseph	18	M_OR APF	88.8	90	0.61645	336.20	352.74	363.76	369.27	363.76	101.71	0.00	3-M_OR APF-90	Exile Barbell	
Morjaj, Dan	36	M_OR APF	147.3	SHW	0.52515	529.10	567.68	584.22	0.00	584.22	139.16	0.00	1-M_OR APF-SHW	Power Elite	Best Lifter Raw
Palmer, Robert	43	M_OR APF	103.5	110	0.57355	319.67	-336.20	352.74	0.00	352.74	91.77	94.61	4-M_OR APF-110	Exile Barbell	
Robinson, Darius	33	M_OR APF	96.7	100	0.58995	352.74	380.29	-402.34	0.00	380.29	101.77	0.00	2-M_OR APF-100		
Ruelan, Miguel	44	M_OEM APF	80.5	82.5	0.65505	248.02	468.48	501.55	0.00	501.55	149.02	155.43	1-M_OEM APF-82.5	Flint Barbell Club	
Rutledge, Jaran	28	M_OR APF	128.6	140	0.5417	507.06	540.13	556.66	0.00	556.66	136.78	0.00	1-M_OR APF-140	Power Elite	
Shepard, Chad	31	M_OR APF	81	82.5	0.65235	363.76	380.29	-402.34	0.00	380.29	112.53	0.00	1-M_OR APF-82.5	Flint Barbell Club	
Stiverson, Adam	37	M_OR APF	124	125	0.5466	440.92	462.97	-485.01	0.00	462.97	114.79	0.00	3-M_OR APF-125	Flint Barbell Club	
Vensko, Taylor	20	M_OR APF	85	90	0.6326	347.22	363.76	-374.78	0.00	363.76	104.38	0.00	2-M_OR APF-90	Flint Barbell Club	
Walker, Erik	36	M_OR APF	108.4	110	0.56485	407.85	418.87	-435.41	0.00	418.87	107.32	0.00	3-M_OR APF-110	10414	

06-Jun-14

## 2014 APF Senior Nationals - Deadlift Only - kg Results

Name	Age	Div	BWt (Kg)	WtCIs (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff	PI-Div-WtCI	Team	Notes
Berlin, Malka	25	F_OR_APF	51.2	52	1.1212	117.5	125	132.5	-138.5	132.5	148.56	0.00	1-F_OR_APF-52	Team F3	Best Lifter Female
Conner, Colten	22	M_OR_APF	73.6	75	0.6983	190	205	212.5		212.5	148.39	0.00	2-M_OR_APF-75		
Gillette, Colby	19	M_OR_APF	67.2	67.5	0.75125	150	162.5	175		175	131.47	0.00	2-M_OR_APF-67.5		
Hinton, Adam	32	M_OR_APF	150	SHW	0.5231	295	-322.5	0		295	154.31	0.00	1-M_OR_APF-SHW	Team Armageddon	
Holdsworth, JL	36	M_OR_APF	135.6	140	0.53495	290	307.5	320		320	171.18	0.00	1-M_OR_APF-140	The Spot Athletics	
Jackson, Billy	28	M_OR_APF	82	82.5	0.64715	195	210	217.5		217.5	140.76	0.00	1-M_OR_APF-82.5	F3 Fitness	
Jeurink, Jim	61	M_OEM_APF	93.8	100	0.5987	190	222.5	-232.5		222.5	133.21	181.97	1-M_OEM_APF-100		
Little, Arthur	59	M_OR_APF	70.4	75	0.7229	237.5	250	-255		250	180.73	237.65	1-M_OR_APF-75	Team Armageddon	Best Lifter Male
Markling, Karen	65	F_OR_APF	64.7	67.5	0.93	142.5	150	155	160	155	144.15	213.34	1-F_OR_APF-67.5		
Pascarella, Mike	49	M_OR_APF	121.4	125	0.5495	220	230	240		240	131.88	146.78	1-M_OR_APF-125	XXX Powerlifting	
Roblyer, Derek	25	M_OR_APF	98.3	100	0.5856	185	0	0		185	108.34	0.00	1-M_OR_APF-100	Team Repz	
Schwartz, Mindy	58	F_OR_APF	92.2	SHW	0.7397	122.5	132.5	-140		132.5	98.01	126.53	1-F_OR_APF-SHW		
Strahl, Evan	24	M_OR_APF	107.3	110	0.56665	292.5	-305	-320		292.5	165.75	0.00	1-M_OR_APF-110	GVSU Strength Club	
Styczynski, Daniel	23	M_OR_APF	65.5	67.5	0.76805	182.5	192.5	202.5	-207.5	202.5	155.53	0.00	1-M_OR_APF-67.5	XXX Powerlifting	

06-Jun-14

## 2014 APF Senior Nationals - Deadlift Only - lb Results

Name	Age	Div	BWt (Kg)	WtCIs (Kg)	Glossbrenner	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Coeff Score	Age & Coeff	PI-Div-WtCI	Team	Notes
Berlin, Malka	25	F_OR_APF	51.2	52	1.1212	259.04	275.58	292.11	-305.34	292.11	148.56	0.00	1-F_OR_APF-52	Team F3	Best Lifter Female
Conner, Colten	22	M_OR_APF	73.6	75	0.6983	418.87	451.94	468.48	0.00	468.48	148.39	0.00	2-M_OR_APF-75		
Gillette, Colby	19	M_OR_APF	67.2	67.5	0.75125	330.69	358.25	385.81	0.00	385.81	131.47	0.00	2-M_OR_APF-67.5		
Hinton, Adam	32	M_OR_APF	150	SHW	0.5231	650.36	-710.98	0.00	0.00	650.36	154.31	0.00	1-M_OR_APF-SHW	Team Armageddon	
Holdsworth, JL	36	M_OR_APF	135.6	140	0.53495	639.33	677.91	705.47	0.00	705.47	171.18	0.00	1-M_OR_APF-140	The Spot Athletics	
Jackson, Billy	28	M_OR_APF	82	82.5	0.64715	429.90	462.97	479.50	0.00	479.50	140.76	0.00	1-M_OR_APF-82.5	F3 Fitness	
Jeurink, Jim	61	M_OEM_APF	93.8	100	0.5987	418.87	490.52	-512.57	0.00	490.52	133.21	181.97	1-M_OEM_APF-100		
Little, Arthur	59	M_OR_APF	70.4	75	0.7229	523.59	551.15	-562.17	0.00	551.15	180.73	237.65	1-M_OR_APF-75	Team Armageddon	Best Lifter Male
Markling, Karen	65	F_OR_APF	64.7	67.5	0.93	314.16	330.69	341.71	352.74	341.71	144.15	213.34	1-F_OR_APF-67.5		
Pascarella, Mike	49	M_OR_APF	121.4	125	0.5495	485.01	507.06	529.10	0.00	529.10	131.88	146.78	1-M_OR_APF-125	XXX Powerlifting	
Roblyer, Derek	25	M_OR_APF	98.3	100	0.5856	407.85	0.00	0.00	0.00	407.85	108.34	0.00	1-M_OR_APF-100	Team Repz	
Schwartz, Mindy	58	F_OR_APF	92.2	SHW	0.7397	270.06	292.11	-308.64	0.00	292.11	98.01	126.53	1-F_OR_APF-SHW		
Strahl, Evan	24	M_OR_APF	107.3	110	0.56665	644.85	-672.40	-705.47	0.00	644.85	165.75	0.00	1-M_OR_APF-110	GVSU Strength Club	
Styczynski, Daniel	23	M_OR_APF	65.5	67.5	0.76805	402.34	424.39	446.43	-457.45	446.43	155.53	0.00	1-M_OR_APF-67.5	XXX Powerlifting	

07-Jun-14

2014 APF Senior Nationals - Men's Heavyweight Full Power - kg Results

Table with columns: Name, Age, Div, BW (kg), WtC (kg), Overall, Squat 1, Squat 2, Squat 3, Best Squat, Bench 1, Bench 2, Bench 3, Best Bench, Sub Total, Deadlift 1, Deadlift 2, Deadlift 3, Best Deadlift, PL Total, Coeff Score, Age & Coef, P-Div-WGI, Team, Notes. Contains results for athletes like Brimer, Matthew, Brock, Steve, Bronkall, Nicholas, etc.

07-Jun-14

2014 APF Senior Nationals - Men's Heavyweight Full Power - lb Results

Table with columns: Name, Age, Div, BW (kg), WtC (kg), Overall, Squat 1, Squat 2, Squat 3, Best Squat, Bench 1, Bench 2, Bench 3, Best Bench, Sub Total, Deadlift 1, Deadlift 2, Deadlift 3, Best Deadlift, PL Total, Coeff Score, Age & Coef, P-Div-WGI, Team, Notes. Contains results for athletes like Brimer, Matthew, Brock, Steve, Bronkall, Nicholas, etc.

08-Jun-14

2014 APF Senior Nationals - Men's Lightweight & Women's Full Power - kg Results

Table with columns: Name, Age, Div, B/W (Kg), W/C (Kg), Squat 1-4, Best Squat, Bench 1-4, Sub Total, Deadlift 1-3, Best Deadlift, PL Total, Coeff Score, Age & Coeff, PFD/W/C, Team, Notes. Lists athletes like Alberto Igoe, Billie Light, Barnabas Matt, etc.

08-Jun-14

2014 APF Senior Nationals - Men's Lightweight & Women's Full Power - lb Results

Table with columns: Name, Age, Div, B/W (Kg), W/C (Kg), Squat 1-4, Best Squat, Bench 1-4, Sub Total, Deadlift 1-3, Best Deadlift, PL Total, Coeff Score, Age & Coeff, PFD/W/C, Team, Notes. Lists athletes like Alberto Igoe, Billie Light, Barnabas Matt, etc.