

**2014
West Michigan Bench Press &
Push-Pull Winter Smash**

Presented by: Ezra Salmon &
Performance Edge

Grand Rapids, MI
January 4th 2014



Divisions			
Abbrev	Description	Abbrev	Description
M_OR_APF	Men Open Raw APF	F_OR_APF	Women Open Raw APF
M_OR_AAPF	Men Open Raw AAFP	F_OR_AAPF	Women Open Raw AAFP
M_OE_APF	Men Open Equipped APF	F_OE_APF	Women Open Equipped APF
M_OE_AAPF	Men Open Equipped AAFP	F_OE_AAPF	Women Open Equipped AAFP
M_TR_1_APF	Men Teen 1 Raw APF: 13-15	F_TR_1_APF	Women Teen 1 Raw APF: 13-15
M_TR_1_AAPF	Men Teen 1 Raw AAFP: 13-15	F_TR_1_AAPF	Women Teen 1 Raw AAFP: 13-15
M_TE_1_APF	Men Teen 1 Equipped APF: 13-15	F_TE_1_APF	Women Teen 1 Equipped APF: 13-15
M_TE_1_AAPF	Men Teen 1 Equipped AAFP: 13-15	F_TE_1_AAPF	Women Teen 1 Equipped AAFP: 13-15
M_TR_2_APF	Men Teen 2 Raw APF: 16-17	F_TR_2_APF	Women Teen 2 Raw APF: 16-17
M_TR_2_AAPF	Men Teen 2 Raw AAFP: 16-17	F_TR_2_AAPF	Women Teen 2 Raw AAFP: 16-17
M_TE_2_APF	Men Teen 2 Equipped APF: 16-17	F_TE_2_APF	Women Teen 2 Equipped APF: 16-17
M_TE_2_AAPF	Men Teen 2 Equipped AAFP: 16-17	F_TE_2_AAPF	Women Teen 2 Equipped AAFP: 16-17
M_TR_3_APF	Men Teen 3 Raw APF: 18-19	F_TR_3_APF	Women Teen 3 Raw APF: 18-19
M_TR_3_AAPF	Men Teen 3 Raw AAFP: 18-19	F_TR_3_AAPF	Women Teen 3 Raw AAFP: 18-19
M_TE_3_APF	Men Teen 3 Equipped APF: 18-19	F_TE_3_APF	Women Teen 3 Equipped APF: 18-19
M_TE_3_AAPF	Men Teen 3 Equipped AAFP: 18-19	F_TE_3_AAPF	Women Teen 3 Equipped AAFP: 18-19
M_JR_APF	Men Junior Raw APF: 20-23	F_JR_APF	Women Junior Raw APF: 20-23
M_JR_AAPF	Men Junior Raw AAFP: 20-23	F_JR_AAPF	Women Junior Raw AAFP: 20-23
M_JE_APF	Men Junior Equipped APF: 20-23	F_JE_APF	Women Junior Equipped APF: 20-23
M_JE_AAPF	Men Junior Equipped AAFP: 20-23	F_JE_AAPF	Women Junior Equipped AAFP: 20-23
M_SMR_APF	Men Sub-Master Raw APF: 33-39	F_SMR_APF	Women Sub-Master Raw APF: 33-39
M_SMR_AAPF	Men Sub-Master Raw AAFP: 33-39	F_SMR_AAPF	Women Sub-Master Raw AAFP: 33-39
M_SME_APF	Men Sub-Master Equipped APF: 33-39	F_SME_APF	Women Sub-Master Equipped APF: 33-39
M_SME_AAPF	Men Sub-Master Equipped AAFP: 33-39	F_SME_AAPF	Women Sub-Master Equipped AAFP: 33-39
M_MR_1_APF	Men Master 1 Raw APF: 40-44	F_MR_1_APF	Women Master 1 Raw APF: 40-44
M_MR_1_AAPF	Men Master 1 Raw AAFP: 40-44	F_MR_1_AAPF	Women Master 1 Raw AAFP: 40-44
M_ME_1_APF	Men Master 1 Equipped APF: 40-44	F_ME_1_APF	Women Master 1 Equipped APF: 40-44
M_ME_1_AAPF	Men Master 1 Equipped AAFP: 40-44	F_ME_1_AAPF	Women Master 1 Equipped AAFP: 40-44
M_MR_2_APF	Men Master 2 Raw APF: 45-49	F_MR_2_APF	Women Master 2 Raw APF: 45-49
M_MR_2_AAPF	Men Master 2 Raw AAFP: 45-49	F_MR_2_AAPF	Women Master 2 Raw AAFP: 45-49
M_ME_2_APF	Men Master 2 Equipped APF: 45-49	F_ME_2_APF	Women Master 2 Equipped APF: 45-49
M_ME_2_AAPF	Men Master 2 Equipped AAFP: 45-49	F_ME_2_AAPF	Women Master 2 Equipped AAFP: 45-49
M_MR_3_APF	Men Master 3 Raw APF: 50-54	F_MR_3_APF	Women Master 3 Raw APF: 50-54
M_MR_3_AAPF	Men Master 3 Raw AAFP: 50-54	F_MR_3_AAPF	Women Master 3 Raw AAFP: 50-54
M_ME_3_APF	Men Master 3 Equipped APF: 50-54	F_ME_3_APF	Women Master 3 Equipped APF: 50-54
M_ME_3_AAPF	Men Master 3 Equipped AAFP: 50-54	F_ME_3_AAPF	Women Master 3 Equipped AAFP: 50-54
M_MR_4_APF	Men Master 4 Raw APF: 55-59	F_MR_4_APF	Women Master 4 Raw APF: 55-59
M_MR_4_AAPF	Men Master 4 Raw AAFP: 55-59	F_MR_4_AAPF	Women Master 4 Raw AAFP: 55-59
M_ME_4_APF	Men Master 4 Equipped APF: 55-59	F_ME_4_APF	Women Master 4 Equipped APF: 55-59
M_ME_4_AAPF	Men Master 4 Equipped AAFP: 55-59	F_ME_4_AAPF	Women Master 4 Equipped AAFP: 55-59
M_MR_5_APF	Men Master 5 Raw APF: 60-64	F_MR_5_APF	Women Master 5 Raw APF: 60-64
M_MR_5_AAPF	Men Master 5 Raw AAFP: 60-64	F_MR_5_AAPF	Women Master 5 Raw AAFP: 60-64
M_ME_5_APF	Men Master 5 Equipped APF: 60-64	F_ME_5_APF	Women Master 5 Equipped APF: 60-64
M_ME_5_AAPF	Men Master 5 Equipped AAFP: 60-64	F_ME_5_AAPF	Women Master 5 Equipped AAFP: 60-64
M_MR_6_APF	Men Master 6 Raw APF: 65-69	F_MR_6_APF	Women Master 6 Raw APF: 65-69
M_MR_6_AAPF	Men Master 6 Raw AAFP: 65-69	F_MR_6_AAPF	Women Master 6 Raw AAFP: 65-69
M_ME_6_APF	Men Master 6 Equipped APF: 65-69	F_ME_6_APF	Women Master 6 Equipped APF: 65-69
M_ME_6_AAPF	Men Master 6 Equipped AAFP: 65-69	F_ME_6_AAPF	Women Master 6 Equipped AAFP: 65-69
M_MR_7_APF	Men Master 7 Raw APF: 70-74	F_MR_7_APF	Women Master 7 Raw APF: 70-74
M_MR_7_AAPF	Men Master 7 Raw AAFP: 70-74	F_MR_7_AAPF	Women Master 7 Raw AAFP: 70-74
M_ME_7_APF	Men Master 7 Equipped APF: 70-74	F_ME_7_APF	Women Master 7 Equipped APF: 70-74
M_ME_7_AAPF	Men Master 7 Equipped AAFP: 70-74	F_ME_7_AAPF	Women Master 7 Equipped AAFP: 70-74
M_MR_8_APF	Men Master 8 Raw APF: 75-79	F_MR_8_APF	Women Master 8 Raw APF: 75-79
M_MR_8_AAPF	Men Master 8 Raw AAFP: 75-79	F_MR_8_AAPF	Women Master 8 Raw AAFP: 75-79
M_ME_8_APF	Men Master 8 Equipped APF: 75-79	F_ME_8_APF	Women Master 8 Equipped APF: 75-79
M_ME_8_AAPF	Men Master 8 Equipped AAFP: 75-79	F_ME_8_AAPF	Women Master 8 Equipped AAFP: 75-79
M_MR_9_APF	Men Master 9 Raw APF: 80+	F_MR_9_APF	Women Master 9 Raw APF: 80+
M_MR_9_AAPF	Men Master 9 Raw AAFP: 80+	F_MR_9_AAPF	Women Master 9 Raw AAFP: 80+
M_ME_9_APF	Men Master 9 Equipped APF: 80+	F_ME_9_APF	Women Master 9 Equipped APF: 80+
M_ME_9_AAPF	Men Master 9 Equipped AAFP: 80+	F_ME_9_AAPF	Women Master 9 Equipped AAFP: 80+

04-Jan-14 2014 West Michigan Bench Press & Push-Pull Winter Smash - Bench Only - Lb Results

Name	Age	Div	BWt (Lb)	WtClis (Lb)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCl	Team
Gottschalk, Sid	26	M_OR_AAPF	242.6	275	0.5625	365	415	440	440	247.5	0	1-M_OR_AAPF-275	Black Iron
Hensley, Jonah	18	M_TR_3_APF	241.4	242	0.5632	-400	400	-425	400	225.28	0	1-M_TR_3_APF-242	-
Thompson, David (bp)	16	M_TR_2_APF	232.2	242	0.5701	245	265	-275	265	151.0765	0	1-M_TR_2_APF-242	Team F3

04-Jan-14 2014 West Michigan Bench Press & Push-Pull Winter Smash - Bench Only - Kg Results

Name	Age	Div	BWt (Lb)	WtClis (Lb)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCl	Team
Gottschalk, Sid	26	M_OR_AAPF	242.6	275	0.5625	165.56	188.24	199.58	199.58	247.50	0	1-M_OR_AAPF-275	Black Iron
Hensley, Jonah	18	M_TR_3_APF	241.4	242	0.5632	-181.44	181.44	-192.78	181.44	225.28	0	1-M_TR_3_APF-242	-
Thompson, David (bp)	16	M_TR_2_APF	232.2	242	0.5701	111.13	120.20	-124.74	120.20	151.08	0	1-M_TR_2_APF-242	Team F3

04-Jan-14 2014 West Michigan Bench Press & Push-Pull Winter Smash - Push Pull - Lb Results

Name	Age	Div	BWt (Lb)	WtCIs (Lb)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Push Pull Total	Coeff Score	Age & Coeff	PI-Div-WtCI	Team
Clancy, Jay	29	M OR AAFP	196.2	198	0.6157	290	305	315	315	-485	-515	515	515	830	511.03	0.00	1-M OR AAFP-198	-
Clark, Garrin	45	M MR 2 AAFP	164.6	165	0.6906	220	225	-230	225	435	450	-470	450	675	466.16	491.79	1-M MR 2 AAFP-165	Team F3
Conner, Colten (jr)	22	M JR AAFP	162.2	165	0.6983	225	265	285	285	350	425	460	460	745	520.23	0.00	1-M JR AAFP-165	-
Conner, Colten (open)	22	M OR AAFP	162.2	165	0.6983	225	265	285	285	350	425	460	460	745	520.23	0.00	1-M OR AAFP-165	-
Galang, Aissa (aapf-open)	35	F OR AAFP	198.2	198	0.74785	160	165	175	175	300	310	320	320	495	370.19	0.00	1-F OR AAFP-198	Team F3
Galang, Aissa (aapf-sub)	35	F SMR AAFP	198.2	198	0.74785	160	165	175	175	300	310	320	320	495	370.19	0.00	1-F SMR AAFP-198	Team F3
Galang, Aissa (apf-sub)	35	F SMR APF	198.2	198	0.74785	160	165	175	175	300	310	320	320	495	370.19	0.00	1-F SMR APF-198	Team F3
Hamilton, Trevor	20	M JR APF	219	220	0.58305	315	335	-355	335	500	545	-560	545	880	513.08	0.00	1-M JR APF-220	Black Iron
Howell, Trent (open)	39	M OR APF	382.4	SHW	0.506865	325	-345	-355	325	315	345	375	375	700	354.81	0.00	1-M OR APF-SHW	Berserker Powerlifting
Howell, Trent (subm)	39	M SMR APF	382.4	SHW	0.506865	325	-345	-355	325	315	345	375	375	700	354.81	0.00	1-M SMR APF-SHW	Berserker Powerlifting
Mosher, William R.	54	M MR 3 AAFP	222.8	242	0.57875	-225	225	275	275	405	450	475	475	750	434.06	522.61	1-M MR 3 AAFP-242	-
Perdaris, Corey	30	M OE AAFP	178.4	181	0.6557	270	290	305	305	415	-465	-500	415	720	472.10	0.00	1-M OE AAFP-181	-
Perdaris, Jim	55	M ME 4 AAFP	200	220	0.6093	240	255	280	280	225	235	270	270	550	335.12	410.52	1-M ME 4 AAFP-220	-
Radala, Magnus	15	M TR 1 APF	170	181	0.6749	185	205	-225	205	330	360	405	405	610	411.69	0.00	1-M TR 1 APF-181	-
Rasmussen, Jesse	22	M JR AAFP	163.6	165	0.694	225	-255	-260	225	405	470	500	500	725	503.15	0.00	2-M JR AAFP-165	Berserker Powerlifting
Richards, Blake	18	M TR 3 APF	172.6	181	0.6676	240	255	275	275	455	485	505	505	780	520.73	0.00	1-M TR 3 APF-181	Team F3
Ruyle, Jon	26	M OR APF	304.6	308	0.53265	335	350	360	360	585	-615	-615	585	945	503.35	0.00	1-M OR APF-308	-
Shipley, G. Cliff	54	M MR 3 AAFP	176.8	181	0.6567	175	205	-210	205	275	315	0	315	520	341.48	411.15	1-M MR 3 AAFP-181	Team Repz
Sirois, Brian	27	M OR AAFP	229	242	0.57375	385	-400	-400	385	500	550	-560	550	935	536.46	0.00	2-M OR AAFP-242	Invictus
Soppelsa, Dain	30	M OR AAFP	274	275	0.54625	350	380	-400	380	530	580	600	600	980	535.33	0.00	1-M OR AAFP-275	Kalamazoo Barbell
Soule, Dennis II	36	M OR APF	241	242	0.5635	350	385	-405	385	550	600	-650	600	985	555.05	0.00	1-M OR APF-242	Berserker Powerlifting
Soule, Jacob	35	M SMR APF	236.6	242	0.56665	325	-340	340	340	445	475	505	505	845	478.82	0.00	1-M SMR APF-242	Berserker Powerlifting
Thompson, David (pp)	16	M TR 2 APF	232.2	242	0.5701	245	265	-275	265	455	500	-525	500	765	436.13	0.00	1-M TR 2 APF-242	Team F3
Toth, Scott	27	M OR AAFP	236.4	242	0.56675	-385	385	-400	385	585	600	0	600	985	558.25	0.00	1-M OR AAFP-242	-

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Name	Age	Div	BWt (Lb)	WtCIs (Lb)	Glossbrenner	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Push Pull Total	Coeff Score	Age & Coeff	PI-Div-WtCI	Team
Clancy, Jay	29	M OR AAFP	196.2	198	0.6157	131.54	138.35	142.88	142.88	-219.99	-233.60	233.60	233.60	376.49	511.03	0.00	1-M OR AAFP-198	-
Clark, Garrin	45	M MR 2 AAFP	164.6	165	0.6906	99.79	102.06	-104.33	102.06	197.31	204.12	-213.19	204.12	306.18	466.16	491.79	1-M MR 2 AAFP-165	Team F3
Conner, Colten (jr)	22	M JR AAFP	162.2	165	0.6983	102.06	120.20	129.28	129.28	158.76	192.78	208.65	208.65	337.93	520.23	0.00	1-M JR AAFP-165	-
Conner, Colten (open)	22	M OR AAFP	162.2	165	0.6983	102.06	120.20	129.28	129.28	158.76	192.78	208.65	208.65	337.93	520.23	0.00	1-M OR AAFP-165	-
Galang, Aissa (aapf-open)	35	F OR AAFP	198.2	198	0.74785	72.58	74.84	79.38	79.38	136.08	140.62	145.15	145.15	224.53	370.19	0.00	1-F OR AAFP-198	Team F3
Galang, Aissa (aapf-sub)	35	F SMR AAFP	198.2	198	0.74785	72.58	74.84	79.38	79.38	136.08	140.62	145.15	145.15	224.53	370.19	0.00	1-F SMR AAFP-198	Team F3
Galang, Aissa (apf-sub)	35	F SMR APF	198.2	198	0.74785	72.58	74.84	79.38	79.38	136.08	140.62	145.15	145.15	224.53	370.19	0.00	1-F SMR APF-198	Team F3
Hamilton, Trevor	20	M JR APF	219	220	0.58305	142.88	151.96	-161.03	151.96	226.80	247.21	-254.01	247.21	399.17	513.08	0.00	1-M JR APF-220	Black Iron
Howell, Trent (open)	39	M OR APF	382.4	SHW	0.506865	147.42	-156.49	-161.03	147.42	142.88	156.49	170.10	170.10	317.52	354.81	0.00	1-M OR APF-SHW	Berserker Powerlifting
Howell, Trent (subm)	39	M SMR APF	382.4	SHW	0.506865	147.42	-156.49	-161.03	147.42	142.88	156.49	170.10	170.10	317.52	354.81	0.00	1-M SMR APF-SHW	Berserker Powerlifting
Mosher, William R.	54	M MR 3 AAFP	222.8	242	0.57875	-102.06	102.06	124.74	124.74	183.71	204.12	215.46	215.46	340.20	434.06	522.61	1-M MR 3 AAFP-242	-
Perdaris, Corey	30	M OE AAFP	178.4	181	0.6557	122.47	131.54	138.35	138.35	188.24	-210.92	-226.80	188.24	326.59	472.10	0.00	1-M OE AAFP-181	-
Perdaris, Jim	55	M ME 4 AAFP	200	220	0.6093	108.86	115.67	127.01	127.01	102.06	106.60	122.47	122.47	249.48	335.12	410.52	1-M ME 4 AAFP-220	-
Radala, Magnus	15	M TR 1 APF	170	181	0.6749	83.92	92.99	-102.06	92.99	149.69	163.29	183.71	183.71	276.69	411.69	0.00	1-M TR 1 APF-181	-
Rasmussen, Jesse	22	M JR AAFP	163.6	165	0.694	102.06	-115.67	-117.94	102.06	183.71	213.19	226.80	226.80	328.86	503.15	0.00	2-M JR AAFP-165	Berserker Powerlifting
Richards, Blake	18	M TR 3 APF	172.6	181	0.6676	108.86	115.67	124.74	124.74	206.39	219.99	229.07	229.07	353.81	520.73	0.00	1-M TR 3 APF-181	Team F3
Ruyle, Jon	26	M OR APF	304.6	308	0.53265	151.96	158.76	163.29	163.29	265.35	-278.96	-278.96	265.35	428.65	503.35	0.00	1-M OR APF-308	-
Shipley, G. Cliff	54	M MR 3 AAFP	176.8	181	0.6567	79.38	92.99	-95.26	92.99	124.74	142.88	0.00	142.88	235.87	341.48	411.15	1-M MR 3 AAFP-181	Team Repz
Sirois, Brian	27	M OR AAFP	229	242	0.57375	174.63	-181.44	-181.44	174.63	226.80	249.48	-254.01	249.48	424.11	536.46	0.00	2-M OR AAFP-242	Invictus
Soppelsa, Dain	30	M OR AAFP	274	275	0.54625	158.76	172.37	-181.44	172.37	240.41	263.09	272.16	272.16	444.53	535.33	0.00	1-M OR AAFP-275	Kalamazoo Barbell
Soule, Dennis II	36	M OR APF	241	242	0.5635	158.76	174.63	-183.71	174.63	249.48	272.16	-294.84	272.16	446.79	555.05	0.00	1-M OR APF-242	Berserker Powerlifting
Soule, Jacob	35	M SMR APF	236.6	242	0.56665	147.42	-154.22	-154.22	154.22	201.85	215.46	229.07	229.07	383.29	478.82	0.00	1-M SMR APF-242	Berserker Powerlifting
Thompson, David (pp)	16	M TR 2 APF	232.2	242	0.5701	111.13	120.20	-124.74	120.20	206.39	226.80	-238.14	226.80	347.00	436.13	0.00	1-M TR 2 APF-242	Team F3
Toth, Scott	27	M OR AAFP	236.4	242	0.56675	-174.63	174.63	-181.44	174.63	265.35	272.16	0.00	272.16	446.79	558.25	0.00	1-M OR AAFP-242	-