

# 2007 Larry Garro Memorial Powerfest

Meet Date: 8/4/2007 Meet Director: Brian Washington Type: Powerlifting, Bench Only, Deadlift Only, PushPull Location: Towson, MD

Best Lifters: Michael Jones & Donna Aliminosa

Best Team: New Jersey's HAMMONTON POWERLIFTING (Coach: Chuck Cloud)

## Meet Statistics

Avg Lifts	Average Squat	Average Bench	Average Deadlift	Average Total	Biggest Lifts	Biggest Squat	Biggest Bench	Biggest Deadlift	Biggest Total
<b>Women</b>	72.8 kg 160.5 lbs	40 kg 88.2 lbs	100 kg 220.5 lbs	211.6 kg 466.5 lbs	<b>Women</b>	111.1 kg 245 lbs	59 kg 130 lbs	149.7 kg 330 lbs	317.5 kg 700 lbs
<b>Men</b>	175.8 kg 387.7 lbs	132.9 kg 293.1 lbs	209.5 kg 461.8 lbs	510 kg 1124.4 lbs	<b>Men</b>	299.4 kg 660 lbs	195 kg 430 lbs	294.8 kg 650 lbs	753 kg 1660 lbs

## Full Powerlifting Results

	Lifter	WtClass	Bwt	Divisions	Squat1	Squat2	Squat3	Bench1	Bench2	Bench3	Deadlift1	Deadlift2	Deadlift3	Total	Wilks	Class
Women	<b>Donna Aliminosa</b>	44.0 kg 97.0 lbs	42 Kg 92.5 Lbs	Open and 55-59 Age 55	86.2 Kg 190 Lbs	93 Kg 205 Lbs	<del>97.5 Kg</del> 216 Lbs	43.1 Kg 95 Lbs	45.4 Kg 100 Lbs	<del>49.9 Kg</del> 110 Lbs	99.8 Kg 220 Lbs	111.1 Kg 245 Lbs	115.7 Kg 255 Lbs	254 Kg 560 Lbs	368.55	Class I
Women	<b>Claryness Martinez</b>	44.0 kg 97.0 lbs	44 Kg 96.75 Lbs	14-15	52.2 Kg 115 Lbs	<del>56.7 Kg</del> 125 Lbs	56.7 Kg 125 Lbs	<del>24.9 Kg</del> 55 Lbs	24.9 Kg 55 Lbs	<del>27.2 Kg</del> 60 Lbs	63.5 Kg 140 Lbs	68 Kg 150 Lbs	72.6 Kg 160 Lbs	154.2 Kg 340 Lbs	217.13	
Women Raw	<b>Karen Poyner</b>	48.0 kg 105.8 lbs	47 Kg 104.5 Lbs	Open and 55-59 Age 55	77.1 Kg 170 Lbs	<del>86.2 Kg</del> 190 Lbs	86.2 Kg 190 Lbs	54.4 Kg 120 Lbs	56.7 Kg 125 Lbs	59 Kg 130 Lbs	113.4 Kg 250 Lbs	117.9 Kg 260 Lbs	<del>122.5 Kg</del> 270 Lbs	254 Kg 560 Lbs	341.6	Class II
Women	<b>Alissa Negron</b>	48.0 kg 105.8 lbs	47 Kg 103.75 Lbs	16-17	<del>52.2 Kg</del> 115 Lbs	52.2 Kg 115 Lbs	54.4 Kg 120 Lbs	27.2 Kg 60 Lbs	29.5 Kg 65 Lbs	<del>34.8 Kg</del> 75 Lbs	77.1 Kg 170 Lbs	81.6 Kg 180 Lbs	83.9 Kg 185 Lbs	167.8 Kg 370 Lbs	225.67	
Women	<b>Michelle Brinn</b>	52.0 kg 114.6 lbs	51 Kg 113 Lbs	16-17	<del>70.3 Kg</del> 155 Lbs	70.3 Kg 155 Lbs	<del>79.4 Kg</del> 175 Lbs	29.5 Kg 65 Lbs	31.8 Kg 70 Lbs	<del>36.3 Kg</del> 80 Lbs	93 Kg 205 Lbs	99.8 Kg 220 Lbs	108.9 Kg 240 Lbs	210.9 Kg 460 Lbs	266.87	Class IV
Women	<b>Haley Filer</b>	52.0 kg 114.6 lbs	51 Kg 113.25 Lbs	14-15	63.5 Kg 140 Lbs	68 Kg 150 Lbs	70.3 Kg 155 Lbs	29.5 Kg 65 Lbs	31.8 Kg 70 Lbs	34 Kg 75 Lbs	77.1 Kg 170 Lbs	79.4 Kg 175 Lbs	83.9 Kg 185 Lbs	188.2 Kg 415 Lbs	238.15	Class IV
Women	<b>Carley Grace</b>	56.0 kg 123.5 lbs	55 Kg 121 Lbs	16-17	65.8 Kg 145 Lbs	<del>70.3 Kg</del> 155 Lbs	<del>70.3 Kg</del> 155 Lbs	31.8 Kg 70 Lbs	34 Kg 75 Lbs	36.3 Kg 80 Lbs	81.6 Kg 180 Lbs	<del>90.7 Kg</del> 200 Lbs	<del>90.7 Kg</del> 200 Lbs	183.7 Kg 405 Lbs	219.21	
Women	<b>Janine Mullen</b>	60.0 kg 132.3 lbs	60 Kg 132.25 Lbs	16-17	<del>65.8 Kg</del> 145 Lbs	65.8 Kg 145 Lbs	<del>68 Kg</del> 150 Lbs	29.5 Kg 65 Lbs	34 Kg 75 Lbs	<del>36.3 Kg</del> 80 Lbs	88.5 Kg 195 Lbs	93 Kg 205 Lbs	99.8 Kg 220 Lbs	199.6 Kg 440 Lbs	222.53	
Women	<b>Cory Shaw</b>	67.5 kg 148.8 lbs	64 Kg 141 Lbs	16-17	63.5 Kg 140 Lbs	<del>65.8 Kg</del> 145 Lbs	<del>70.3 Kg</del> 155 Lbs	29.5 Kg 65 Lbs	31.8 Kg 70 Lbs	36.3 Kg 80 Lbs	77.1 Kg 170 Lbs	81.6 Kg 180 Lbs	86.2 Kg 190 Lbs	186 Kg 410 Lbs	197.4	
Women	<b>Marsha Serre</b>	75.0 kg 165.3 lbs	72 Kg 159 Lbs	60-64 Age 60	95.3 Kg 210 Lbs	104.3 Kg 230 Lbs	111.1 Kg 245 Lbs	47.6 Kg 105 Lbs	52.2 Kg 115 Lbs	56.7 Kg 125 Lbs	131.5 Kg 290 Lbs	142.9 Kg 315 Lbs	149.7 Kg 330 Lbs	317.5 Kg 700 Lbs	309.88	Class III
Men	<b>Daniel Ghebretzadick</b>	75.0 kg 165.3 lbs	74 Kg 163 Lbs	Open	142.9 Kg 315 Lbs	156.5 Kg 345 Lbs	<del>167.8 Kg</del> 370 Lbs	124.7 Kg 275 Lbs	<del>136.4 Kg</del> 300 Lbs	<del>136.4 Kg</del> 300 Lbs	165.6 Kg 365 Lbs	186 Kg 410 Lbs	<del>195 Kg</del> 430 Lbs	467.2 Kg 1030 Lbs	336.06	Class III
Men	<b>Dan Leconey</b>	75.0 kg 165.3 lbs	73 Kg 162 Lbs	16-17	83.9 Kg 185 Lbs	104.3 Kg 230 Lbs	<del>136.4 Kg</del> 300 Lbs	<del>93 Kg</del> 205 Lbs	93 Kg 205 Lbs	99.8 Kg 220 Lbs	145.1 Kg 320 Lbs	156.5 Kg 345 Lbs	<del>161 Kg</del> 355 Lbs	360.6 Kg 795 Lbs	261.94	
Men	<b>Russell James</b>	75.0 kg 165.3 lbs	70 Kg 154.75 Lbs	16-17	93 Kg 205 Lbs	103.2 Kg 227.5 Lbs	108.9 Kg 240 Lbs	72.6 Kg 160 Lbs	79.4 Kg 175 Lbs	83.9 Kg 185 Lbs	117.9 Kg 260 Lbs	129.3 Kg 285 Lbs	138.3 Kg 305 Lbs	331.1 Kg 730 Lbs	248.13	
Men	<b>Shane Smith</b>	82.5 kg 181.9 lbs	80 Kg 177 Lbs	16-17	190.5 Kg 420 Lbs	206.4 Kg 455 Lbs	221.8 Kg 489 Lbs	120.2 Kg 265 Lbs	124.7 Kg 275 Lbs	131.5 Kg 290 Lbs	220 Kg 485 Lbs	233.6 Kg 515 Lbs	249.5 Kg 550 Lbs	602.8 Kg 1329 Lbs	411.53	Class II
Men	<b>Mark Daniel</b>	82.5 kg 181.9 lbs	82 Kg 180 Lbs	40-44 Age 44	199.6 Kg 440 Lbs	204.1 Kg 450 Lbs	210.9 Kg 465 Lbs	145.1 Kg 320 Lbs	<del>154.2 Kg</del> 340 Lbs	<del>154.2 Kg</del> 340 Lbs	181.4 Kg 400 Lbs	197.3 Kg 435 Lbs	213.2 Kg 470 Lbs	569.3 Kg 1255 Lbs	382.8	Class II
Men Raw	<b>Ryan Revie</b>	82.5 kg 181.9 lbs	80 Kg 176 Lbs	Open	170.1 Kg 375 Lbs	183.7 Kg 405 Lbs	190.5 Kg 420 Lbs	120.2 Kg 265 Lbs	129.3 Kg 285 Lbs	<del>131.5 Kg</del> 290 Lbs	204.1 Kg 450 Lbs	226.8 Kg 500 Lbs	<del>233.6 Kg</del> 515 Lbs	546.6 Kg 1205 Lbs	373.16	Class II
Men	<b>Jim Bardsley, Jr.</b>	82.5 kg 181.9 lbs	82 Kg 181 Lbs	45-49	140.6 Kg 310 Lbs	149.7 Kg 330 Lbs	154.2 Kg 340 Lbs	<del>154.2 Kg</del> 340 Lbs	<del>154.2 Kg</del> 340 Lbs	154.2 Kg 340 Lbs	181.4 Kg 400 Lbs	192.3 Kg 424 Lbs	<del>199.6 Kg</del> 440 Lbs	500.8 Kg 1104 Lbs	336.74	Class III
Men	<b>Shawn Pfister</b>	82.5 kg 181.9 lbs	79 Kg 175 Lbs	Open	142.9 Kg 315 Lbs	156.5 Kg 345 Lbs	167.8 Kg 370 Lbs	102.1 Kg 225 Lbs	108.9 Kg 240 Lbs	<del>113.4 Kg</del> 250 Lbs	183.7 Kg 405 Lbs	197.3 Kg 435 Lbs	<del>204.4 Kg</del> 450 Lbs	474 Kg 1045 Lbs	326.21	Class III
Men	<b>Fred Eskridge</b>	82.5 kg 181.9 lbs	77 Kg 170.5 Lbs	14-15	<del>142.9 Kg</del> 315 Lbs	147.4 Kg 325 Lbs	161 Kg 355 Lbs	104.3 Kg 230 Lbs	113.4 Kg 250 Lbs	117.9 Kg 260 Lbs	183.7 Kg 405 Lbs	190.5 Kg 420 Lbs	<del>197.3 Kg</del> 435 Lbs	469.5 Kg 1035 Lbs	328.6	Class IV
Men	<b>Andrew Lebrun</b>	82.5 kg 181.9 lbs	80 Kg 176.25 Lbs	18-19	124.7 Kg 275 Lbs	<del>136.4 Kg</del> 300 Lbs	<del>136.4 Kg</del> 300 Lbs	102.1 Kg 225 Lbs	108.9 Kg 240 Lbs	117.9 Kg 260 Lbs	<del>142.9 Kg</del> 315 Lbs	<del>142.9 Kg</del> 315 Lbs	142.9 Kg 315 Lbs	385.6 Kg 850 Lbs	263.25	
Men	<b>James Carter</b>	90.0 kg 198.4 lbs	87 Kg 191 Lbs	Open	192.8 Kg 425 Lbs	<del>201.8 Kg</del> 445 Lbs	210.9 Kg 465 Lbs	154.2 Kg 340 Lbs	<del>163.3 Kg</del> 360 Lbs	<del>163.3 Kg</del> 360 Lbs	204.1 Kg 450 Lbs	226.8 Kg 500 Lbs	<del>249.5 Kg</del> 550 Lbs	591.9 Kg 1305 Lbs	384.68	Class II
Men	<b>Adam Bigbee</b>	90.0 kg 198.4 lbs	87 Kg 192 Lbs	Open	183.7 Kg 405 Lbs	<del>199.6 Kg</del> 440 Lbs	<del>206.4 Kg</del> 455 Lbs	147.4 Kg 325 Lbs	<del>158.8 Kg</del> 350 Lbs	<del>158.8 Kg</del> 350 Lbs	210.9 Kg 465 Lbs	<del>226.8 Kg</del> 500 Lbs	226.8 Kg 500 Lbs	557.9 Kg 1230 Lbs	362.58	Class III
Men Raw	<b>Andrew Cohn</b>	90.0 kg 198.4 lbs	89 Kg 197 Lbs	20-23	142.9 Kg 315 Lbs	152 Kg 335 Lbs	161 Kg 355 Lbs	115.7 Kg 255 Lbs	122.5 Kg 270 Lbs	127 Kg 280 Lbs	183.7 Kg 405 Lbs	195 Kg 430 Lbs	204.1 Kg 450 Lbs	492.1 Kg 1085 Lbs	315.98	Class IV
Men Raw	<b>John Lawrence</b>	90.0 kg 198.4 lbs	89 Kg 196 Lbs	20-23	129.3 Kg 285 Lbs	142.9 Kg 315 Lbs	152 Kg 335 Lbs	<del>129.3 Kg</del> 285 Lbs	129.3 Kg 285 Lbs	<del>136.4 Kg</del> 300 Lbs	176.9 Kg 390 Lbs	190.5 Kg 420 Lbs	208.7 Kg 460 Lbs	489.9 Kg 1080 Lbs	314.56	Class IV

	Lifter	WtClass	Bwt	Divisions	Squat1	Squat2	Squat3	Bench1	Bench2	Bench3	Deadlift1	Deadlift2	Deadlift3	Total	Wilks	Class
Men	<b>James Dickinson</b>	90.0 kg 198.4 lbs	88 Kg 194.25 Lbs	20-23	142.9 Kg 315 Lbs	149.7 Kg 330 Lbs	<del>158.8</del> Kg <del>350</del> Lbs	97.5 Kg 215 Lbs	<del>104.3</del> Kg <del>230</del> Lbs	<del>104.3</del> Kg <del>230</del> Lbs	174.6 Kg 385 Lbs	186 Kg 410 Lbs	<del>195</del> Kg <del>430</del> Lbs	433.2 Kg 955 Lbs	279.8	Class IV
Men	<b>Michael Jones</b>	100.0 kg 220.5 lbs	95 Kg 209.25 Lbs	Open	256.3 Kg 565 Lbs	281.2 Kg 620 Lbs	299.4 Kg 660 Lbs	188.2 Kg 415 Lbs	195 Kg 430 Lbs	<del>204.4</del> Kg <del>450</del> Lbs	240.4 Kg 530 Lbs	258.5 Kg 570 Lbs	<del>272.2</del> Kg <del>600</del> Lbs	753 Kg 1660 Lbs	468.37	Class I
Men Raw	<b>Will Slade</b>	100.0 kg 220.5 lbs	95 Kg 209 Lbs	40-44 Age 42	183.7 Kg 405 Lbs	<del>192.8</del> Kg <del>425</del> Lbs	<del>192.8</del> Kg <del>425</del> Lbs	122.5 Kg 270 Lbs	131.5 Kg 290 Lbs	<del>133.8</del> Kg <del>295</del> Lbs	183.7 Kg 405 Lbs	199.6 Kg 440 Lbs	<del>208.7</del> Kg <del>460</del> Lbs	514.8 Kg 1135 Lbs	320.21	Class IV
Men	<b>David Kafes</b>	100.0 kg 220.5 lbs	94 Kg 208.25 Lbs	40-44	165.6 Kg 365 Lbs	183.7 Kg 405 Lbs	188.2 Kg 415 Lbs	102.1 Kg 225 Lbs	111.1 Kg 245 Lbs	113.4 Kg 250 Lbs	174.6 Kg 385 Lbs	188.2 Kg 415 Lbs	<del>197.3</del> Kg <del>435</del> Lbs	489.9 Kg 1080 Lbs	306.19	Class IV
Men	<b>Jake Bentsen</b>	110.0 kg 242.5 lbs	105 Kg 232.5 Lbs	16-17	142.9 Kg 315 Lbs	183.7 Kg 405 Lbs	<del>199.6</del> Kg <del>440</del> Lbs	142.9 Kg 315 Lbs	147.4 Kg 325 Lbs	<del>152</del> Kg <del>335</del> Lbs	229.1 Kg 505 Lbs	238.1 Kg 525 Lbs	247.2 Kg 545 Lbs	578.3 Kg 1275 Lbs	345.59	Class III
Men	<b>Jamie Schoffman</b>	125.0 kg 275.6 lbs	123 Kg 271.5 Lbs	20-23	183.7 Kg 405 Lbs	204.1 Kg 450 Lbs	<del>208.7</del> Kg <del>460</del> Lbs	149.7 Kg 330 Lbs	158.8 Kg 350 Lbs	170.1 Kg 375 Lbs	190.5 Kg 420 Lbs	217.7 Kg 480 Lbs	<del>226.8</del> Kg <del>500</del> Lbs	591.9 Kg 1305 Lbs	338.45	Class III

## Bench Only Results

	Lifter	WtClass	Bwt	Divisions	Bench1	Bench2	Bench3	Best Bench	Wilks
Women Raw	<b>Karen Poyner</b>	48.0 kg 105.8 lbs	47 Kg 104.5 Lbs	Open and 55-59 Age 55	54.4 Kg 120 Lbs	56.7 Kg 125 Lbs	59 Kg 130 Lbs	59 Kg 130 Lbs	174.84
Women Raw	<b>Kim Miller</b>	52.0 kg 114.6 lbs	52 Kg 114.25 Lbs	45-49	45.4 Kg 100 Lbs	<del>52.2</del> Kg <del>115</del> Lbs	52.2 Kg 115 Lbs	52.2 Kg 115 Lbs	143.36
Men	<b>Jim Bardsley, Jr.</b>	82.5 kg 181.9 lbs	82 Kg 181 Lbs	45-49	<del>154.2</del> Kg <del>340</del> Lbs	<del>154.2</del> Kg <del>340</del> Lbs	154.2 Kg 340 Lbs	154.2 Kg 340 Lbs	228.62
Men	<b>James Bardsley III</b>	82.5 kg 181.9 lbs	82 Kg 181 Lbs	18-19	142.9 Kg 315 Lbs	147.4 Kg 325 Lbs	<del>158.8</del> Kg <del>350</del> Lbs	147.4 Kg 325 Lbs	218.53
Men Raw	<b>Jason Harrison</b>	82.5 kg 181.9 lbs	80 Kg 175.5 Lbs	Open	102.1 Kg 225 Lbs	113.4 Kg 250 Lbs	<del>124.7</del> Kg <del>275</del> Lbs	113.4 Kg 250 Lbs	170.68
Men	<b>Richard Linardi</b>	90.0 kg 198.4 lbs	83 Kg 183.5 Lbs	Open	149.7 Kg 330 Lbs	156.5 Kg 345 Lbs	<del>158.8</del> Kg <del>350</del> Lbs	156.5 Kg 345 Lbs	230.29
Men Raw	<b>Andrew Cohn</b>	90.0 kg 198.4 lbs	89 Kg 197 Lbs	20-23	115.7 Kg 255 Lbs	122.5 Kg 270 Lbs	127 Kg 280 Lbs	127 Kg 280 Lbs	179.79
Men	<b>Michael Jones</b>	100.0 kg 220.5 lbs	95 Kg 209.25 Lbs	Open	188.2 Kg 415 Lbs	195 Kg 430 Lbs	<del>204.4</del> Kg <del>450</del> Lbs	195 Kg 430 Lbs	267.46
Men Raw	<b>Floyd Hayes</b>	125.0 kg 275.6 lbs	112 Kg 248 Lbs	60-64	129.3 Kg 285 Lbs	138.3 Kg 305 Lbs	<del>142.9</del> Kg <del>315</del> Lbs	138.3 Kg 305 Lbs	178.52

## Deadlift Only Results

	Lifter	WtClass	Bwt	Divisions	Deadlift1	Deadlift2	Deadlift3	Best Deadlift	Wilks
Men Raw	<b>Jason Harrison</b>	82.5 kg 181.9 lbs	80 Kg 175.5 Lbs	Open	142.9 Kg 315 Lbs	165.6 Kg 365 Lbs	<del>181.4</del> Kg <del>400</del> Lbs	165.6 Kg 365 Lbs	249.19
Men	<b>Jared Vestal</b>	90.0 kg 198.4 lbs	88 Kg 194.25 Lbs	20-23	254 Kg 560 Lbs	276.7 Kg 610 Lbs	285.3 Kg 629 Lbs	285.3 Kg 629 Lbs	406.27
Men	<b>Michael Jones</b>	100.0 kg 220.5 lbs	95 Kg 209.25 Lbs	Open	240.4 Kg 530 Lbs	258.5 Kg 570 Lbs	<del>272.2</del> Kg <del>600</del> Lbs	258.5 Kg 570 Lbs	354.54
Men	<b>Bob Vastine</b>	100.0 kg 220.5 lbs	100 Kg 220 Lbs	60-64	<del>158.8</del> Kg <del>350</del> Lbs	176.9 Kg 390 Lbs	190.5 Kg 420 Lbs	190.5 Kg 420 Lbs	255.61
Men	<b>John Ott</b>	110.0 kg 242.5 lbs	105 Kg 232 Lbs	55-59	183.7 Kg 405 Lbs	215.5 Kg 475 Lbs	226.8 Kg 500 Lbs	226.8 Kg 500 Lbs	298.8
Men Raw	<b>Floyd Hayes</b>	125.0 kg 275.6 lbs	112 Kg 248 Lbs	60-64	<del>226.8</del> Kg <del>500</del> Lbs	226.8 Kg 500 Lbs	<del>233.6</del> Kg <del>515</del> Lbs	226.8 Kg 500 Lbs	292.65

## Push-Pull Results

	Lifter	WtClass	Bwt	Divisions	Bench1	Bench2	Bench3	Deadlift1	Deadlift2	Deadlift3	Push Pull Total	Wilks
Men	<b>Michael Jones</b>	100.0 kg 220.5 lbs	95 Kg 209.25 Lbs	Open	188.2 Kg 415 Lbs	195 Kg 430 Lbs	<del>204.4</del> Kg <del>450</del> Lbs	240.4 Kg 530 Lbs	258.5 Kg 570 Lbs	<del>272.2</del> Kg <del>600</del> Lbs	453.6 Kg 1000 Lbs	282.14
Men	<b>James Bufkin</b>	100.0 kg 220.5 lbs	94 Kg 208 Lbs	45-49	124.7 Kg 275 Lbs	136.1 Kg 300 Lbs	<del>149.7</del> Kg <del>330</del> Lbs	263.1 Kg 580 Lbs	283.5 Kg 625 Lbs	294.8 Kg 650 Lbs	430.9 Kg 950 Lbs	269.31
Men	<b>John Ott</b>	110.0 kg 242.5 lbs	105 Kg 232 Lbs	55-59	124.7 Kg 275 Lbs	131.5 Kg 290 Lbs	138.3 Kg 305 Lbs	183.7 Kg 405 Lbs	215.5 Kg 475 Lbs	226.8 Kg 500 Lbs	365.1 Kg 805 Lbs	218.18