

9-Jul-21		Power in the Pines, Wongo's Barbell, Carthage, NC																
Full Power - Kilo Results																		
Name	Age	Div	BWt (Lb)	WtCls (Lb)	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
Emily Gaiser	20	F-JF-R-T	120.6	123	90	-97.5	100	100	55	60	-65	60	160	117.5	130	-142.5	130	290
Kailee Heller - J	23	F-JF-R-T	177	181	92.5	107.5	117.5	117.5	60	70	-77.5	70	187.5	115	127.5	137.5	137.5	325
Brooke Burns	23	F-JF-R-T	164	165	92.5	97.5	107.5	107.5	55	60	65	65	172.5	120	125	127.5	127.5	300
Gabby Bennett	21	F-JF-R-T	126.3	132	70	82.5	-97.5	82.5	30	35	-45	35	117.5	70	92.5	97.5	97.5	215
Vanessa Westbrook-SM	35	F-SMF-RC-	163.8	165	82.5	102.5	105	105	-67.5	67.5	-70	67.5	172.5	115	130	142.5	142.5	315
Ivana Smith	39	F-SMF-R-T	170	181	105	115	120	120	65	70	72.5	72.5	192.5	105	110	115	115	307.5
Melissa Hunt	27	F-OF-RC-T	139.3	148	135	147.5	152.5	152.5	52.5	57.5	-65	57.5	210	125	142.5	-147.5	142.5	352.5
Celeste Kamasa	24	F-OF-R-U	291.9	SHW	142.5	147.5	-160	147.5	65	70	72.5	72.5	220	-142.5	-142.5	-142.5	0	0
Kristin Kitlica	25	F-OF-R-T	132	132	132.5	137.5	145	145	70	75	77.5	77.5	222.5	130	150	155	155	377.5
Elizabeth Pinnix	25	F-OF-R-T	179.4	181	152.5	160	-170	160	75	-82.5	82.5	82.5	242.5	160	175	-182.5	175	417.5
Ife Egbeyemi (E Fa)	28	F-NF-RC-X	165.3	165	115	132.5	145	145	52.5	-67.5	-70	52.5	197.5	120	137.5	145	145	342.5
Stephanie Washington	33	-MPFF-RC-	104.3	105	80	85	87.5	87.5	42.5	45	50	50	137.5	90	95	102.5	102.5	240
Sue Ann Hurlbert	60	F-M6F-R-X	108.9	114	42.5	45	50	50	35	37.5	40.25	40.25	90.25	80.45	84	88.75	88.75	179
Jason Westbrook-SM	37	M-SMF-RC-	241.8	242	200	207.5	227.5	227.5	145	155	-157.5	155	382.5	200	220	235	235	617.5
Vincent Ramos	37	M-SMF-RC-	197.6	198	137.5	155	182.5	182.5	85	97.5	-107.5	97.5	280	192.5	202.5	-210	202.5	482.5
Mason Livingston - SM	39	M-SMF-R-T	262.6	275	227.5	235	-240	235	170	-172.5	-172.5	170	405	227.5	-260	-260	227.5	632.5
Ben Batson	22	M-JF-MP-T	234.6	242	-327.5	327.5	-370	327.5	192.5	-227.5	227.5	227.5	555	257.5	275	-297.5	275	830
Jose Gomez - J	23	M-JF-R-T	154	165	142.5	147.5	152.5	152.5	107.5	117.5	125	125	277.5	155	162.5	175	175	452.5
Connor McHugh	18	M-T3F-R-X	348.6	SHW	192.5	220	-227.5	220	115	127.5	-130	127.5	347.5	230	245	260	260	607.5
Jonah Raydo	24	M-OF-RC-U	247.2	275	275	280	290	290	167.5	-185	185	185	475	267.5	287.5	300	300	775
Kyle Coder	26	M-OF-RC-U	215.6	220	235	252.5	270	270	152.5	165	-175	165	435	235	260	270	270	705
Jason Westbrook-Open	37	M-OF-RC-U	241.8	242	200	207.5	227.5	227.5	145	155	-157.5	155	382.5	200	220	235	235	617.5
Cory Jackson	34	M-OF-RC-T	256.2	275	250			250	182.5	192.5	-200	192.5	442.5	272.5	285	-287.5	285	727.5
Shawn Kratz	31	M-OF-RC-T	204.4	220	150	182.5	-190	182.5	115	-130	-130	115	297.5	145	165	182.5	182.5	480
Vanessa Westbrook-O	35	M-OF-RC-T	163.8	165	82.5	102.5	105	105	-67.5	67.5	-70	67.5	172.5	115	130	142.5	142.5	315
Tyler Pinnix	26	M-OF-R-U	267.4	275	287.5	300	312.5	312.5	177.5	185	-192.5	185	497.5	275	300	-310	300	797.5
Brandon Formyduval	28	M-OF-R-U	211.2	220	190	210	227.5	227.5	142.5	155	-167.5	155	382.5	190	212.5	227.5	227.5	610
Austin Hartgrove	26	M-OF-R-U	165.3	165	120	147.5	-150	147.5	72.5	85	-102.5	85	232.5	145	165	185	185	417.5
Matthew Cavey	27	M-OF-R-U	198	198	135	150	157.5	157.5	102.5	-115	-115	102.5	260	167.5	185	202.5	202.5	462.5
Kyle Childers	24	M-OF-R-T	260.6	275	255	267.5	280	280	162.5	170	-182.5	170	450	235	250	262.5	262.5	712.5

Rashad Gatling - O	34	M-OF-R-T	240.4	242	237.5	242.5	-252.5	242.5	162.5	167.5	175	175	417.5	250	257.5	272.5	272.5	690
Mason Livingston - O	39	M-OF-R-T	262.6	275	227.5	235	-240	235	170	-172.5	-172.5	170	405	227.5	-260	-260	227.5	632.5
Steven Wessman - N	26	M-NF-R-X	229	242	142.5	165	-190	165	112.5	122.5	-127.5	122.5	287.5	182.5	195	205	205	492.5
Donnavon Logan	24	M-NF-R-X	218	220	130	160	172.5	172.5	80	102.5	-112.5	102.5	275	165	185	205	205	480
Ryan Vasquez - N	25	M-NF-R-X	190	198	145	160	-182.5	160	107.5	-115	-120	107.5	267.5	-145	165	177.5	177.5	445
Cole Rescignano	23	-MPFF-RC	196.8	198	245	267.5	277.5	277.5	175	185	-192.5	185	462.5	245	267.5	275	275	737.5
Jared Martin	23	-MPFF-RC	213.8	220	222.5	245	265	265	152.5	-157.5	-160	152.5	417.5	235	250	265	265	682.5
Rashad Gatling - MPF	34	I-MPFF-R	240.4	242	237.5	242.5	-252.5	242.5	162.5	167.5	175	175	417.5	250	257.5	272.5	272.5	690
Robert Heaton - MPF	45	I-MPFF-R	217.4	220	150	175	200	200	147.5	160	170	170	370	185	205	215	215	585
Jose Gomez - MPF	23	I-MPFF-R	154	165	142.5	147.5	152.5	152.5	107.5	117.5	125	125	277.5	155	162.5	175	175	452.5
Steven Wessman - mpf	26	I-MPFF-R	229	242	142.5	165	-190	165	112.5	122.5	-127.5	122.5	287.5	182.5	195	205	205	492.5
Ryan Vasquez - MPF	25	I-MPFF-R	190	198	145	160	-182.5	160	107.5	-115	-120	107.5	267.5	-145	165	177.5	177.5	445
Ted de Ment - M	70	I-M7F-RC	181	181	190	207.5	-227.5	207.5	102.5	107.5	112.5	112.5	320	165	175	-182.5	175	495
Robert Heaton - M2	45	M-M2F-R-X	217.4	220	150	175	200	200	147.5	160	170	170	370	185	205	215	215	585
Roger Pinnix	51	M-M3S-R-X	240	242	227.5	232.5	-240	232.5				WD	WD				WD	WD
John Butler	43	I-M1F-RC	284.6	308	225	250	260	260	160	172.5	-177.5	172.5	432.5	250	265	277.5	277.5	710
Michael DeWitt	28	I-OF-RC	434	SHW	227.5													WD

**Full Power - Pound Results**

Name	Age	Div	BWt (Lb)	WtCls (Lb)	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
Ben Batson	22	M-JF-MP-T	234.6	242	-722	722.01	-815.7	722.01	424.386	-501.55	501.55	501.55	1223.553	567.68	606.27	-655.87	606.27	1829.81
Cole Rescignano	23	-MPFF-RC	196.8	198	540.13	589.73	611.78	611.78	385.805	407.85	-424.39	407.85	1019.628	540.13	589.73	606.27	606.27	1625.89
Tyler Pinnix	26	M-OF-R-U	267.4	275	633.82	661.38	688.94	688.94	391.317	407.85	-424.39	407.85	1096.789	606.27	661.38	-683.43	661.38	1758.16
Jonah Raydo	24	M-OF-RC-U	247.2	275	606.27	617.29	639.33	639.33	369.271	-407.85	407.85	407.85	1047.185	589.73	633.82	661.38	661.38	1708.56
Kyle Coder	26	M-OF-RC-U	215.6	220	518.08	556.66	595.24	595.24	336.202	363.76	-385.81	363.76	959.001	518.08	573.2	595.24	595.24	1554.24
Cory Jackson	34	M-OF-RC-T	256.2	275	551.15	pass	pass	551.15	402.34	424.39	-440.92	424.39	975.5355	600.75	628.31	-633.82	628.31	1603.84
Kristin Kitlica	25	F-OF-R-T	132	132	292.11	303.13	319.67	319.67	154.322	165.35	170.86	170.86	490.5235	286.6	330.69	341.71	341.71	832.236
Jared Martin	23	-MPFF-RC	213.8	220	490.52	540.13	584.22	584.22	336.202	-347.22	-352.74	336.2	920.4205	518.08	551.15	584.22	584.22	1504.63
Kyle Childers	24	M-OF-R-T	260.6	275	562.17	589.73	617.29	617.29	358.248	374.78	-402.34	374.78	992.07	518.08	551.15	578.71	578.71	1570.77
Rashad Gatling - O	34	M-OF-R-T	240.4	242	523.59	534.62	-556.7	534.62	358.248	369.27	385.81	385.81	920.4205	551.15	567.68	600.75	600.75	1521.17
Rashad Gatling - MPF	34	I-MPFF-R	240.4	242	523.59	534.62	-556.7	534.62	358.248	369.27	385.81	385.81	920.4205	551.15	567.68	600.75	600.75	1521.17
John Butler	43	I-M1F-RC	284.6	308	496.04	551.15	573.2	573.2	352.736	380.29	-391.32	380.29	953.4895	551.15	584.22	611.78	611.78	1565.26
Elizabeth Pinnix	25	F-OF-R-T	179.4	181	336.2	352.74	-374.8	352.74	165.345	-181.88	181.88	181.88	534.6155	352.74	385.81	-402.34	385.81	920.420
Brandon Formyduval	28	M-OF-R-U	211.2	220	418.87	462.97	501.55	501.55	314.156	341.71	-369.27	341.71	843.2595	418.87	468.48	501.55	501.55	1344.80
Melissa Hunt	27	F-OF-RC-T	139.3	148	297.62	325.18	336.2	336.2	115.742	126.76	-143.3	126.76	462.966	275.58	314.16	-325.18	314.16	777.121
Mason Livingston - SM	39	M-SMF-R-T	262.6	275	501.55	518.08	-529.1	518.08	374.782	-380.29	-380.29	374.78	892.863	501.55	-573.2	-573.2	501.55	1394.40
Mason Livingston - O	39	M-OF-R-T	262.6	275	501.55	518.08	-529.1	518.08	374.782	-380.29	-380.29	374.78	892.863	501.55	-573.2	-573.2	501.55	1394.40
Jason Westbrook-SM	37	I-SMF-RC	241.8	242	440.92	457.45	501.55	501.55	319.667	341.71	-347.22	341.71	843.2595	440.92	485.01	518.08	518.08	1361.34





<b>Bench Press - Pound Results</b>																				
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Bench 1	Bench 2	Bench 3	Best Bench												
Diana Branton	31	F-OB-R-U	154.7	165	132.28	-165.3	165.35	<b>165.345</b>												
Duncan Hundley	22	M-OB-R-T	275	275	733.03	-788.1	804.68	<b>804.679</b>												
Dustin McClure - O	41	M-OB-MP-T	181.7	181	518.08	-575.4	-606.3	<b>518.081</b>												
Bill Gillespie - O	61	M-OB-MP-T	307.8	308	-1064	-1064	-1064	<b>0</b>												
Duncan Hundley - SP	22	M-OB-SP-T	286.6	308	733.03	-788.1	804.68	<b>804.679</b>												
Dustin McClure - MPF	41	M-MPFB-MP	181.7	181	518.08	-575.4	-606.3	<b>518.081</b>												
Louis Batchelor	30	M-MPFB-R	195.8	198	336.2	347.22	391.32	<b>391.32</b>												
Bill Gillespie - M	61	M-M5B-MP	307.8	308	-1064	-1064	-1064	<b>0</b>												
Mike Kamara	50	M-M3B-R-X	217.6	220	352.74	374.78	391.32	<b>391.317</b>												
Dustin McClure - M	41	M-M1B-MP	181	181	518.08	-575.4	-606.3	<b>518.081</b>												
<b>Deadlift - Kilo Results</b>																				
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift												
Bill Croft-Open	58	M-OP-SP-T	165.3	165	255	265	-275	<b>265</b>												
Duke Dudley-M5	60	M-M5D-R-X	242.2	242	102.5	142.5	182.5	<b>182.5</b>												
Bill Croft-M4	58	M-M4D-SP	165.3	165	255	265	-275	<b>265</b>												
<b>Deadlift - Pound Results</b>																				
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift												
Bill Croft-Open	58	M-OP-SP-T	165.3	165	562.17	584.22	-606.3	<b>584.219</b>												
Duke Dudley-M5	60	M-M5D-R-X	242.2	242	225.97	314.16	402.34	<b>402.34</b>												
Bill Croft-M4	58	M-M4D-SP	165.3	165	562.17	584.22	-606.3	<b>584.219</b>												
<b>Strict Curl - Pound Results</b>																				
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Curl 1	Curl 2	Curl 3	Best Curl												
Louis Batchelor	30	M-MPFB-R	195.8	198	105	125	140	<b>140</b>												
Team Standings:	1) Iron PR 2) Fayetteville Weightlifting Club																			