

## 2024 New Year Power Slam

Fit4Life-Mt. Olive, NC

20-Jan-24

## Results: Kilos

| P |                              |     |     |        |       | Divisi | B/Wgt- | Weight | Squat1  | Squat2K | Squat3K | Best3Squ | Bench1 | Bench2 | Bench3K | Best3Ben | Deadlift | Deadlift | Deadlift | Deadlift4 | Best3Dea |         |         |       |
|---|------------------------------|-----|-----|--------|-------|--------|--------|--------|---------|---------|---------|----------|--------|--------|---------|----------|----------|----------|----------|-----------|----------|---------|---------|-------|
| L | Name                         | Sex | Age | Nation | State | Equip. | on     | kg     | ClassKg | Kg      | g       | g        | atKg   | Kg     | Kg      | g        | chKg     | 1Kg      | 2Kg      | 3Kg       | Kg       | dliftKg | TotalKg | Event |
| 1 | Mona Hope                    | F   | 41  | USA    | NC    | Bare   | M1-T   | 65     | 67.5    | 122.5   | 127.5   | 132.5    | 132.5  | 52.5   | 55      | -57.5    | 55       | 127.5    | 135      | 145       |          | 145     | 332.5   | SBD   |
| 1 | Erin Newman                  | F   | 42  | USA    | NC    | Bare   | M1-T   | 77.8   | 82.5    | 92.5    | -97.5   | 97.5     | 97.5   | 52.5   | 55      | 57.5     | 57.5     | 115      | 120      | 125       |          | 125     | 280     | SBD   |
| 1 | Mona Hope                    | F   | 41  | USA    | NC    | Bare   | O-T    | 65     | 67.5    | 122.5   | 127.5   | 132.5    | 132.5  | 52.5   | 55      | -57.5    | 55       | 127.5    | 135      | 145       |          | 145     | 332.5   | SBD   |
| 1 | Haleigh Batchelor            | F   | 14  | USA    | NC    | Wraps  | O-T    | 61.2   | 67.5    | 82.5    | 102.5   | 110      | 110    | 55     | 57.5    | 62.5     | 62.5     | 82.5     | 92.5     | -102.5    |          | 92.5    | 265     | SBD   |
| 1 | Haleigh Batchelor            | F   | 14  | USA    | NC    | Wraps  | T1-X   | 61.2   | 67.5    | 82.5    | 102.5   | 110      | 110    | 55     | 57.5    | 62.5     | 62.5     | 82.5     | 92.5     | -102.5    |          | 92.5    | 265     | SBD   |
| N | Jourdan Goins                | F   | 30  | USA    | NC    | Wraps  | N-X    |        | 90      |         |         |          |        |        |         |          |          |          |          |           |          |         | NS      |       |
| 1 | Guy McNeill                  | M   | 23  | USA    | NC    | Bare   | J-T    | 76.9   | 82.5    | 185     | 195     | 202.5    | 202.5  | 115    | 125     | 135      | 135      | 210      | 227.5    | 242.5     |          | 242.5   | 580     | SBD   |
| 2 | Devon Mitchell               | M   | 23  | USA    | NC    | Bare   | J-T    | 79     | 82.5    | 197.5   | 207.5   | 215      | 215    | 85     | 97.5    | -107.5   | 97.5     | 220      | -237.5   | 245       |          | 245     | 557.5   | SBD   |
| 1 | Gary Spencer                 | M   | 47  | USA    | NC    | Bare   | M2-T   | 88.2   | 90      | 100     | 105     | 115      | 115    | 110    | 115     | -120     | 115      | -112.5   | 137.5    | 150       |          | 150     | 380     | SBD   |
| 1 | El-Monstro Martinez          | M   | 39  | USA    | NC    | Bare   | MPF-U  | 133.5  | 140     | 170     | 187.5   | 210      | 210    | 105    | 127.5   | -135     | 127.5    | 227.5    | 252.5    | 265       |          | 265     | 602.5   | SBD   |
| 1 | El-Monstro Martinez          | M   | 39  | USA    | NC    | Bare   | N-X    | 133.5  | 140     | 170     | 187.5   | 210      | 210    | 105    | 127.5   | -135     | 127.5    | 227.5    | 252.5    | 265       |          | 265     | 602.5   | SBD   |
| 2 | Michael Lotts                | M   | 23  | USA    | VA    | Bare   | N-X    | 139.1  | 140     | 195     | 205     | 215      | 215    | 110    | 120     | 130      | 130      | 205      | 230      | 240       |          | 240     | 585     | SBD   |
| N | Taylor Matthews              | M   | 35  | USA    | NC    | Bare   | O-T    |        |         |         |         |          |        |        |         |          |          |          |          |           |          |         | NS      | SBD   |
| 1 | Tate Manning                 | M   | 15  | USA    | NC    | Bare   | O-T    | 64.7   | 67.5    | 160     | -172.5  | 175      | 175    | 125    | 132.5   | -136     | 132.5    | 182.5    | 192.5    | -197.5    |          | 192.5   | 500     | SBD   |
| 1 | Jamie Salley                 | M   | 39  | USA    | NC    | Bare   | S-T    | 71.8   | 75      | 102.5   | 115     | 125      | 125    | 82.5   | 92.5    | 95       | 95       | 160      | 170      | 175       |          | 175     | 395     | SBD   |
| 1 | El-Monstro Martinez          | M   | 39  | USA    | NC    | Bare   | S-U    | 133.5  | 140     | 170     | 187.5   | 210      | 210    | 105    | 127.5   | -135     | 127.5    | 227.5    | 252.5    | 265       |          | 265     | 602.5   | SBD   |
| 1 | Tate Manning                 | M   | 15  | USA    | NC    | Bare   | T1-X   | 64.7   | 67.5    | 160     | -172.5  | 175      | 175    | 125    | 132.5   | -136     | 132.5    | 182.5    | 192.5    | -197.5    |          | 192.5   | 500     | SBD   |
| 1 | Natanael Borrero             | M   | 14  | USA    | NC    | Bare   | T1-X   | 72.9   | 75      | 132.5   | 140     | 142.5    | 142.5  | 65     | 75      | 80       | 80       | 152.5    | 162.5    | 167.5     |          | 167.5   | 390     | SBD   |
| 1 | Dustin Spencer               | M   | 15  | USA    | NC    | Bare   | T1-X   | 89.4   | 90      | 165     | -180    | -180     | 165    | 90     | 100     | 107.5    | 107.5    | 197.5    | 207.5    | 212.5     |          | 212.5   | 485     | SBD   |
| 2 | Jake Simmons                 | M   | 15  | USA    | NC    | Bare   | T1-X   | 87.3   | 90      | 145     | 157.5   | -175     | 157.5  | 102.5  | -112.5  | -112.5   | 102.5    | 185      | 205      | -210      |          | 205     | 465     | SBD   |
| 1 | Landon Casstevens            | M   | 18  | USA    | NC    | Bare   | T3-X   | 80.9   | 82.5    | 157.5   | 165     | -175     | 165    | 97.5   | 102.5   | -107.5   | 102.5    | 172.5    | 190      | 200       |          | 200     | 467.5   | SBD   |
| 2 | Colton Fitch                 | M   | 19  | USA    | NC    | Bare   | T3-X   | 79.7   | 82.5    | 135     | 155     | 160      | 160    | 75     | -82.5   | 82.5     | 82.5     | 157.5    | 180      | -195      |          | 180     | 422.5   | SBD   |
| 1 | Francisco Hernandez Martinez | M   | 19  | USA    | NC    | Bare   | T3-X   | 89.5   | 90      | -215    | 215     | 227.5    | 227.5  | 125    | 132.5   | -137.5   | 132.5    | 225      | 245      | 258       |          | 258     | 618     | SBD   |
| 1 | Jonathan Batchelor           | M   | 39  | USA    | NC    | Wraps  | MPF-U  | 124.6  | 125     | 275     | 295     | -310     | 295    | -192.5 | 200     | -215     | 200      | 260      | 275      | 282.5     |          | 282.5   | 777.5   | SBD   |
| N | Anthony Smith                | M   | 35  | USA    | NC    | Wraps  | O-U    |        |         |         |         |          |        |        |         |          |          |          |          |           |          |         |         | SBD   |
| 1 | Jonathan Batchelor           | M   | 39  | USA    | NC    | Wraps  | O-U    | 124.6  | 125     | 275     | 295     | -310     | 295    | -192.5 | 200     | -215     | 200      | 260      | 275      | 282.5     |          | 282.5   | 777.5   | SBD   |
| N | Anthony Smith                | M   | 35  | USA    | NC    | Wraps  | S-U    |        |         |         |         |          |        |        |         |          |          |          |          |           |          |         |         | SBD   |
| 1 | Jonathan Batchelor           | M   | 39  | USA    | NC    | Wraps  | S-U    | 124.6  | 125     | 275     | 295     | -310     | 295    | -192.5 | 200     | -215     | 200      | 260      | 275      | 282.5     |          | 282.5   | 777.5   | SBD   |
| 1 | Todd J King                  | M   | 58  | USA    | NC    | Bare   | M3-T   | 107.8  | 110     |         |         |          |        | 110    | 115     | 122.5    | 122.5    |          |          |           |          |         | 122.5   | B     |
| 1 | Todd J King                  | M   | 58  | USA    | NC    | Bare   | M4-T   | 107.8  | 110     |         |         |          |        | 110    | 115     | 122.5    | 122.5    |          |          |           |          |         | 122.5   | B     |
| 1 | Todd J King                  | M   | 58  | USA    | NC    | Bare   | MPF-T  | 107.8  | 110     |         |         |          |        | 110    | 115     | 122.5    | 122.5    |          |          |           |          |         | 122.5   | B     |
| 1 | Jacob Diamond                | M   | 32  | USA    | VA    | Bare   | O-U    | 73.3   | 75      |         |         |          |        | -125   | -127.5  | 127.5    | 127.5    |          |          |           |          |         | 127.5   | B     |
| 1 | C Scott Jackson              | M   | 32  | USA    | NC    | Bare   | O-U    | 80.1   | 82.5    |         |         |          |        | -165   | 170     | 172.5    | 172.5    |          |          |           |          |         | 172.5   | B     |
| 1 | Jonathan Bachelor            | M   | 39  | USA    | NC    | Wraps  | O-U    | 124.6  | 125     |         |         |          |        | -192.5 | 200     | -215     | 200      |          |          |           |          |         | 200     | B     |
| 1 | Kris J Manning               | M   | 50  | USA    | NC    | Bare   | M3-T   | 87.4   | 90      |         |         |          |        |        |         |          |          | -160     | 170      | 182.5     |          | 182.5   | 182.5   | D     |
| 1 | Daniel Borrero               | M   | 50  | USA    | NC    | Bare   | M3-U   | 125.6  | 140     |         |         |          |        |        |         |          |          | 252.5    | 270      | 282.5     | 285      | 282.5   | 282.5   | D     |

## Results: Pounds

| P   | Name                         | Sex | Age | Nation | State | Equip | Division | B/Wgt-<br>kg | Wgt/Cl-<br>kg | Squat1<br>Lb | Squat2L<br>b | Squat3L<br>b | Best3Squ<br>atLb | Bench1L<br>b | Bench2L<br>b | Bench3L<br>b | Best3Ben<br>chLb | Deadlift<br>1Lb | Deadlift<br>2Lb | Deadlift<br>3Lb | Deadlift4<br>Lb | Best3Dea<br>dliftLb | TotalLb       | Event |     |
|-----|------------------------------|-----|-----|--------|-------|-------|----------|--------------|---------------|--------------|--------------|--------------|------------------|--------------|--------------|--------------|------------------|-----------------|-----------------|-----------------|-----------------|---------------------|---------------|-------|-----|
| 1   | Mona Hope                    | F   | 41  | USA    | NC    | Bare  | M1-T     | 143.3        | 148.8         | 270.1        | 281.1        | 292.1        | 292.1            | 115.7        | 121.3        | -126.8       | 121.3            | 281.1           | 297.6           | 319.7           |                 | 319.7               | <b>733</b>    | SBD   |     |
| 1   | Erin Newman                  | F   | 42  | USA    | NC    | Bare  | M1-T     | 171.5        | 181.9         | 203.9        | -214.9       | 214.9        | 214.9            | 115.7        | 121.3        | 126.8        | 126.8            | 253.5           | 264.6           | 275.6           |                 | 275.6               | <b>617.3</b>  | SBD   |     |
| 1   | Mona Hope                    | F   | 41  | USA    | NC    | Bare  | O-T      | 143.3        | 148.8         | 270.1        | 281.1        | 292.1        | 292.1            | 115.7        | 121.3        | -126.8       | 121.3            | 281.1           | 297.6           | 319.7           |                 | 319.7               | <b>733</b>    | SBD   |     |
| 1   | Haleigh Batchelor            | F   | 14  | USA    | NC    | Wraps | O-T      | 134.9        | 148.8         | 181.9        | 226          | 242.5        | 242.5            | 121.3        | 126.8        | 137.8        | 137.8            | 181.9           | 203.9           | -226            |                 | 203.9               | <b>584.2</b>  | SBD   |     |
| 1   | Haleigh Batchelor            | F   | 14  | USA    | NC    | Wraps | T1-X     | 134.9        | 148.8         | 181.9        | 226          | 242.5        | 242.5            | 121.3        | 126.8        | 137.8        | 137.8            | 181.9           | 203.9           | -226            |                 | 203.9               | <b>584.2</b>  | SBD   |     |
| N/S | Jourdan Goins                | F   | 30  | USA    | NC    | Wraps | N-X      |              | 198.4         |              |              |              |                  |              |              |              |                  |                 |                 |                 |                 |                     |               | N/S   |     |
| 1   | Guy McNeill                  | M   | 23  | USA    | NC    | Bare  | J-T      | 169.5        | 181.9         | 407.9        | 429.9        | 446.4        | 446.4            | 253.5        | 275.6        | 297.6        | 297.6            | 463             | 501.5           | 534.6           |                 | 534.6               | <b>1278.7</b> | SBD   |     |
| 2   | Devon Mitchell               | M   | 23  | USA    | NC    | Bare  | J-T      | 174.2        | 181.9         | 435.4        | 457.5        | 474          | 474              | 187.4        | 214.9        | -237         | 214.9            | 485             | -523.6          | 540.1           |                 | 540.1               | <b>1229.1</b> | SBD   |     |
| 1   | Gary Spencer                 | M   | 47  | USA    | NC    | Bare  | M2-T     | 194.4        | 198.4         | 220.5        | 231.5        | 253.5        | 253.5            | 242.5        | 253.5        | -264.6       | 253.5            | -248            | 303.1           | 330.7           |                 | 330.7               | <b>837.7</b>  | SBD   |     |
| 1   | El-Monstro Martinez          | M   | 39  | USA    | NC    | Bare  | MPPF-U   | 294.3        | 308.6         | 374.8        | 413.4        | 463          | 463              | 231.5        | 281.1        | -297.6       | 281.1            | 501.5           | 556.7           | 584.2           |                 | 584.2               | <b>1328.3</b> | SBD   |     |
| 1   | El-Monstro Martinez          | M   | 39  | USA    | NC    | Bare  | N-X      | 294.3        | 308.6         | 374.8        | 413.4        | 463          | 463              | 231.5        | 281.1        | -297.6       | 281.1            | 501.5           | 556.7           | 584.2           |                 | 584.2               | <b>1328.3</b> | SBD   |     |
| 2   | Michael Lotts                | M   | 23  | USA    | VA    | Bare  | N-X      | 306.7        | 308.6         | 429.9        | 451.9        | 474          | 474              | 242.5        | 264.6        | 286.6        | 286.6            | 451.9           | 507.1           | 529.1           |                 | 529.1               | <b>1289.7</b> | SBD   |     |
| N/S | Taylor Matthews              | M   | 35  | USA    | NC    | Bare  | O-T      |              |               |              |              |              |                  |              |              |              |                  |                 |                 |                 |                 |                     |               | N/S   |     |
| 1   | Tate Manning                 | M   | 15  | USA    | NC    | Bare  | O-T      | 142.6        | 148.8         | 352.7        | -380.3       | 385.8        | 385.8            | 275.6        | 292.1        | -299.8       | 292.1            | 402.3           | 424.4           | -435.4          |                 | 424.4               | <b>1102.3</b> | SBD   |     |
| 1   | Jamie Salley                 | M   | 39  | USA    | NC    | Bare  | S-T      | 158.3        | 165.3         | 226          | 253.5        | 275.6        | 275.6            | 181.9        | 203.9        | 209.4        | 209.4            | 352.7           | 374.8           | 385.8           |                 | 385.8               | <b>870.8</b>  | SBD   |     |
| 1   | El-Monstro Martinez          | M   | 39  | USA    | NC    | Bare  | S-U      | 294.3        | 308.6         | 374.8        | 413.4        | 463          | 463              | 231.5        | 281.1        | -297.6       | 281.1            | 501.5           | 556.7           | 584.2           |                 | 584.2               | <b>1328.3</b> | SBD   |     |
| 1   | Tate Manning                 | M   | 15  | USA    | NC    | Bare  | T1-X     | 142.6        | 148.8         | 352.7        | -380.3       | 385.8        | 385.8            | 275.6        | 292.1        | -299.8       | 292.1            | 402.3           | 424.4           | -435.4          |                 | 424.4               | <b>1102.3</b> | SBD   |     |
| 1   | Natanael Borrero             | M   | 14  | USA    | NC    | Bare  | T1-X     | 160.7        | 165.3         | 292.1        | 308.6        | 314.2        | 314.2            | 143.3        | 165.3        | 176.4        | 176.4            | 336.2           | 358.2           | 369.3           |                 | 369.3               | <b>859.8</b>  | SBD   |     |
| 1   | Dustin Spencer               | M   | 15  | USA    | NC    | Bare  | T1-X     | 197.1        | 198.4         | 363.8        | -396.8       | -396.8       | 363.8            | 198.4        | 220.5        | 237          | 237              | 435.4           | 457.5           | 468.5           |                 | 468.5               | <b>1069.2</b> | SBD   |     |
| 2   | Jake Simmons                 | M   | 15  | USA    | NC    | Bare  | T1-X     | 192.5        | 198.4         | 319.7        | 347.2        | -385.8       | 347.2            | 226          | -248         | -248         | 226              | 407.9           | 451.9           | -463            |                 | 451.9               | <b>1025.1</b> | SBD   |     |
| 1   | Landon Casstevens            | M   | 18  | USA    | NC    | Bare  | T3-X     | 178.4        | 181.9         | 347.2        | 363.8        | -385.8       | 363.8            | 214.9        | 226          | -237         | 226              | 380.3           | 418.9           | 440.9           |                 | 440.9               | <b>1030.7</b> | SBD   |     |
| 2   | Colton Fitch                 | M   | 19  | USA    | NC    | Bare  | T3-X     | 175.7        | 181.9         | 297.6        | 341.7        | 352.7        | 352.7            | 165.3        | -181.9       | 181.9        | 181.9            | 347.2           | 396.8           | -429.9          |                 | 396.8               | <b>931.4</b>  | SBD   |     |
| 1   | Francisco Hernandez Martinez | M   | 19  | USA    | NC    | Bare  | T3-X     | 197.3        | 198.4         | -474         | 474          | 501.5        | 501.5            | 275.6        | 292.1        | -303.1       | 292.1            | 496             | 540.1           | 568.8           |                 | 568.8               | <b>1362.4</b> | SBD   |     |
| 1   | Jonathan Batchelor           | M   | 39  | USA    | NC    | Wraps | MPPF-U   | 274.7        | 275.6         | 606.3        | 650.4        | -683.4       | 650.4            | -424.4       | 440.9        | -474         | 440.9            | 573.2           | 606.3           | 622.8           |                 | 622.8               | <b>1714.1</b> | SBD   |     |
| N/S | Anthony Smith                | M   | 35  | USA    | NC    | Wraps | O-U      |              |               |              |              |              |                  |              |              |              |                  |                 |                 |                 |                 |                     |               | N/S   |     |
| 1   | Jonathan Batchelor           | M   | 39  | USA    | NC    | Wraps | O-U      | 274.7        | 275.6         | 606.3        | 650.4        | -683.4       | 650.4            | -424.4       | 440.9        | -474         | 440.9            | 573.2           | 606.3           | 622.8           |                 | 622.8               | <b>1714.1</b> | SBD   |     |
| N/S | Anthony Smith                | M   | 35  | USA    | NC    | Wraps | S-U      |              |               |              |              |              |                  |              |              |              |                  |                 |                 |                 |                 |                     |               |       | N/S |
| 1   | Jonathan Batchelor           | M   | 39  | USA    | NC    | Wraps | S-U      | 274.7        | 275.6         | 606.3        | 650.4        | -683.4       | 650.4            | -424.4       | 440.9        | -474         | 440.9            | 573.2           | 606.3           | 622.8           |                 | 622.8               | <b>1714.1</b> | SBD   |     |
| 1   | Todd J King                  | M   | 58  | USA    | NC    | Bare  | M3-T     | 237.7        | 242.5         |              |              |              |                  | 242.5        | 253.5        | 270.1        | 270.1            |                 |                 |                 |                 |                     | <b>270.1</b>  | B     |     |
| 1   | Todd J King                  | M   | 58  | USA    | NC    | Bare  | M4-T     | 237.7        | 242.5         |              |              |              |                  | 242.5        | 253.5        | 270.1        | 270.1            |                 |                 |                 |                 |                     | <b>270.1</b>  | B     |     |
| 1   | Todd J King                  | M   | 58  | USA    | NC    | Bare  | MPPF-T   | 237.7        | 242.5         |              |              |              |                  | 242.5        | 253.5        | 270.1        | 270.1            |                 |                 |                 |                 |                     | <b>270.1</b>  | B     |     |
| 1   | Jacob Diamond                | M   | 32  | USA    | VA    | Bare  | O-U      | 161.6        | 165.3         |              |              |              |                  | -275.6       | -281.1       | 281.1        | 281.1            |                 |                 |                 |                 |                     | <b>281.1</b>  | B     |     |
| 1   | C Scott Jackson              | M   | 32  | USA    | NC    | Bare  | O-U      | 176.6        | 181.9         |              |              |              |                  | -363.8       | 374.8        | 380.3        | 380.3            |                 |                 |                 |                 |                     | <b>380.3</b>  | B     |     |
| 1   | Jonathan Bachelor            | M   | 39  | USA    | NC    | Wraps | O-U      | 274.7        | 275.6         |              |              |              |                  | -424.4       | 440.9        | -474         | 440.9            |                 |                 |                 |                 |                     | <b>440.9</b>  | B     |     |
| 1   | Kris J Manning               | M   | 50  | USA    | NC    | Bare  | M3-T     | 192.7        | 198.4         |              |              |              |                  |              |              |              |                  | -352.7          | 374.8           | 402.3           |                 | 402.3               | <b>402.3</b>  | D     |     |
| 1   | Daniel Borrero               | M   | 50  | USA    | NC    | Bare  | M3-U     | 276.9        | 308.6         |              |              |              |                  |              |              |              |                  | 556.7           | 595.2           | 622.8           | <b>628.3</b>    | 622.8               | <b>622.8</b>  | D     |     |

## Curl Results: Pounds

| Pl | Name           | Sex | Age | Nation | State | Equip.  | Division | B/Wgt-lb | WgtCl-<br>lb | Curl1L<br>BS | Curl2LB<br>S | Curl3LB<br>S | Best3Cu<br>rLBS | Best4Cu<br>rLLBS | Event      |    |
|----|----------------|-----|-----|--------|-------|---------|----------|----------|--------------|--------------|--------------|--------------|-----------------|------------------|------------|----|
| 1  | Kris J Manning | M   | 50  | USA    | NC    | Sleeves | M3-T     | 192.6    | 198          | 100          | 120          | 125          | 130             | <b>125</b>       | <b>130</b> | SC |
| 1  | Todd J King    | M   | 58  | USA    | NC    | Sleeves | M3-T     | 237.8    | 242          | 85           | 105          | 115          | <b>115</b>      | <b>115</b>       | SC         |    |
| 1  | Todd J King    | M   | 58  | USA    | NC    | Sleeves | M4-T     | 237.8    | 242          | 85           | 105          | 115          | <b>115</b>      | <b>115</b>       | SC         |    |
| 1  | Todd J King    | M   | 58  | USA    | NC    | Sleeves | MPPF-T   | 237.8    | 242          | 85           | 105          | 115          | <b>115</b>      | <b>115</b>       | SC         |    |
| 1  | Jacob Diamond  | M   | 32  | USA    | VA    | Sleeves | O-U      | 165      | 165          | 110          | 115          | -120         | <b>115</b>      | <b>115</b>       | SC         |    |

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