

USPA PDX Winter Open January 18-19, 2020 Hillsboro, OR

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Powerlifting																	
	56kg Jr 20-23																
1	Jamielee Estrella	WA	56kg	55.1	23	105	115	120	52.5	57.5	57.5	137.5	150	157.5	317.5	378.333	
	48kg Open																
1	Annie Nguyen	WA	48kg	47.4	27	87.5	95	100	45	50.0	52.5	110	120	122.5	272.5	364.251	
	56kg Open																
1	Jamielee Estrella	WA	56kg	55.1	23	105	115	120	52.5	57.5	57.5	137.5	150	157.5	317.5	378.333	
	67.5kg Open																
1	Tanessa Poff	OR	67.5kg	63.8	27	92.5	97.5	102.5	57.5	60.0	62.5	105	112.5	117.5	275	292.545	
	75kg Open																
1	Alexandra Johnson	WA	75kg	73.7	29	105	115	127.5	60	65.0	72.5	120	132.5	140	332.5	319.632	
2	Rosie Wright	WA	75kg	74.9	34	87.5	92.5	97.5	57.5	60.0	62.5	105	112.5	117.5	277.5	264.014	
	82.5kg Open																
1	Tatevik Mazmanyanyan	OR	82.5kg	79	26	105	115	122.5	50	60.0	62.5	115	135	140	325	299.488	
2	Mariama Wilson	OR	82.5kg	81.5	25	80.0	82.5	90	52.5	55.0	55.0	112.5	120	132.5	277.5	251.36	
	90kg Open																
1	Debbie Huang	OR	90kg	87.1	27	140	147.5	155	62.5	67.5	72.5	142.5	155	160	387.5	339.644	
	75kg Submaster																
1	Lauren Plooster	WA	75kg	73.8	36	100	105	110	47.5	52.5	57.5	120	130	137.5	300	288.12	
	67.5kg Master 45-49																
DQ	Sarah Renells	WA	67.5kg	64.3	45	87.5	0	0	55	0	0	120	0	0	0	0	0
	75kg Master 40-44																
DQ	Crystalyn Plattner	OR	75kg	74.1	40	80	85	85	50	50	0	92.5	100	107.5	0	0	0
	SHW Master 50-54																
1	Maureen Weber	OR	SHW	115.8	50	105.0	107.5	110	42.5	47.5	47.5	110	115	125	282.5	227.384	256.944
Men Raw Powerlifting																	
	67.5kg Jr 20-23																
1	Minh Nguyen	OR	67.5kg	64.2	22	125.0	140	155	80	92.5	105	170	190	210	437.5	351.531	
	75kg Jr 18-19																
1	Beckett Lewis	OR	75kg	70.2	18	157.5	167.5	168	107.5	112.5	117.5	192.5	205	220	505.5	378.013	
														4th: 230.5			

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	82.5kg Jr 20-23																
1	John Yang	OR	82.5kg	80.3	20	152.5	162.5	172.5	125	130	137.5	165	175	182.5	492.5	335.442	
	90kg Jr 20-23																
1	Reilly Golden	WA	90kg	83.5	23	135	145	155	77.5	85	92.5	180	192.5	200	447.5	297.632	
	110kg Jr 18-19																
1	Alex Collazo	OR	110kg	107.7	18	185	192.5	202.5	107.5	115	125	247.5	260	272.5	600	355.44	
	110kg Jr 20-23																
1	Brian Navarro	OR	110kg	107.1	21	250	265	265	162.5	175	175	257.5	275	280	702.5	416.934	
	125kg Jr 20-23																
1	Ubba Prangley	WA	125kg	123.9	22	215	227.5	237.5	125	132.5	140	252.5	260	272.5	642.5	366.803	
	60kg Open																
1	Raymond Damasco	WA	60kg	59.9	35	160	172.5	177.5	112.5	122.5	127.5	195	195	207.5	507.5	433.507	
	67.5kg Open																
1	Jose Villa	OR	67.5kg	65.6	24	150	157.5	165	100	102.5	107.5	195	202.5	210	477.5	376.795	
	75kg Open																
1	Karl Jones	WA	75kg	74.5	31	215	227.5	230	132.5	137.5	142.5	287.5	302.5	302.5	652.5	467.125	
2	Brandon Peters	WA	75kg	74.4	26	177.5	195	195	117.5	132.5	132.5	212.5	237.5	252.5	547.5	392.339	
3	Kiran Taj	WA	75kg	73.9	25	130	145	145	115	122.5	122.5	200	215	227.5	480	345.6	
4	Chris Asakawa	OR	75kg	70.7	31	145	155	162.5	75	77.5	82.5	190	195	195	440	327.228	
5	Andrew Murakami	OR	75kg	73.4	32	125	142.5	150	82.5	92.5	92.5	127.5	155	175	397.5	287.591	
	82.5kg Open																
1	Levi Book	WA	82.5kg	81.9	24	227.5	240	252.5	175	185	187.5	265	277.5	282.5	715	481.124	
2	Aaron Woods	OR	82.5kg	82.2	33	220.0	230	235.5	175	182.5	182.5	265	280	296	706.5	474.344	
3	Jason Penrod	OR	82.5kg	80.7	35	190	195	200	110	115	122.5	235	250	262.5	565	383.635	
4	Kelton Busby	WA	82.5kg	78.5	26	145	155	165	115	120	127.5	190	197.5	205	497.5	343.773	
5	Jestoni Gabuyo	WA	82.5kg	80.6	28	160	170	175	117.5	125	125	190	197.5	207.5	485	329.558	
6	Webb Hall	OR	82.5kg	78.9	27	145	155	165	110	115	120	195	202.5	207.5	482.5	332.346	
7	Jeremy Guttman	OR	82.5kg	80.2	26	155	162.5	172.5	105	112.5	117.5	177.5	185	195	480	327.168	
8	Cameron Barnes	OR	82.5kg	76.4	31	147.5	147.5	155	82.5	87.5	92.5	167.5	175	185	417.5	293.753	
DQ	Daniel Rivera	OR	82.5kg	81.1	25	155	155	155	100	0	0	0	0	0	0	0	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	90kg Open																
1	Jordan Talley	OR	90kg	88.7	27	205	215	227.5	140	145	150	275	297.5	307.5	657.5	422.904	
2	Erik Gonzalez	OR	90kg	87.6	23	175	182.5	190	122.5	130	135	180	185	192.5	517.5	335.081	
3	Andrew Elliott	OR	90kg	89.2	42	157.5	165	172.5	92.5	97.5	102.5	205	215	225	495	317.444	323.792
4	Sharif Ibrahim	OR	90kg	89.4	35	135	150	150	82.5	87.5	92.5	160	182.5	192.5	420	269.052	
DQ	Dustin Irelan	WA	90kg	88	27	165	175	175	137.5	137.5	137.5	165	170	185	0	0	
	100kg Open																
1	Allen Chu	OR	100kg	97.5	28	215	230	235	140	152.5	152.5	215	230	242.5	605	372.075	
	110kg Open																
1	David Kinkade	OR	110kg	109.5	27	225	237.5	245	175	180	185	232.5	245	257.5	682.5	402.197	
	125kg Open																
1	Aaron Granum	OR	125kg	122.9	28	215	230	235	142.5	155	160	260	275	282.5	677.5	387.462	
2	Ubba Prangley	WA	125kg	123.9	22	215	227.5	237.5	125	132.5	140	252.5	260	272.5	642.5	366.803	
3	Theo Harris	WA	125kg	121.2	25	195	205	210	127.5	140	142.5	240	245	255	595	341.292	
4	Marc Allen	OR	125kg	115	33	170	177.5	182.5	125	130	132.5	215	230	240	552.5	321.058	
	60kg Submaster																
1	Raymond Damasco	WA	60kg	59.9	35	160	172.5	177.5	112.5	122.5	127.5	195	195	207.5	507.5	433.507	
	90kg Submaster																
1	Sharif Ibrahim	OR	90kg	89.4	35	135	150	150	82.5	87.5	92.5	160	182.5	192.5	420	269.052	
	100kg Submaster																
1	Shawn Spooner	OR	100kg	98.9	36	150	155	157.5	90	92.5	95	180	185	190	440	268.972	
	SHW Submaster																
1	Michael Adams	WA	SHW	141.6	37	182.5	200	210	142.5	155	170	235	250	265	615	343.109	
	Men Raw Powerlifting																
	75kg Master 60-64																
1	Rex Scott	OR	75kg	74.6	63	97.5	102.5	107.5	92.5	100.0	100	137.5	142.5	160	367.5	262.836	373.49
	90kg Master 40-44																
1	Andrew Elliott	OR	90kg	89.2	42	157.5	165	172.5	92.5	97.5	102.5	205	215	225	495	317.444	323.792
	90kg Master 60-64																
1	James Harrington	OR	90kg	88.2	64	165	165	185	105	115	125	170	177.5	190	470	303.197	439.636
													4th: 195				

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Men Classic Raw Powerlifting																	
	67.5kg Jr 20-23																
1	Josh Chesnut	OR	67.5kg	67.1	22	145	157.5	162.5	92.5	97.5	97.5	192.5	212.5	222.5	472.5	366.046	
	75kg Jr 13-15																
1	Eric Orozco	OR	75kg	68.7	15	137.5	150	160	97.5	105	110.0	162.5	182.5	190	460	349.738	
										4th: 112.5			4th: 200				
	100kg Jr 20-23																
1	Brandon Morgan	OR	100kg	99.9	23	262.5	275	292.5	187.5	200	215	275	297.5	310	790	480.952	
	110kg Jr 20-23																
1	Cristian Arana	CA	110kg	107.5	21	282.5	300	310	147.5	160	167.5	300	321	321	791	468.905	
	90kg Open																
1	Brandon Carvahio	WA	90kg	89.5	29	240	255	265	182.5	200	205	250	272.5	280	745	476.949	
2	Anthony Stratton	OR	90kg	89.7	33	207.5	220	227.5	145	155	160	225	240	250	620	396.49	
	100kg Open																
1	Jesse Marvin	OR	100kg	95	27	260	282.5	292.5	170	185	195	270	285	300	772.5	480.495	
	125kg Open																
1	Michael Rangel-Moore	OR	125kg	119.4	33	205	227.5	240	130	142.5	152.5	257.5	275	297.5	645	371.262	
2	Samuel Ionesi	OR	125kg	123.9	28	125	145	162.5	115	130	145	167.5	175	185	477.5	272.605	
	140kg Open																
1	Victor Valenzuela	OR	140kg	130.4	29	245	270	277.5	145	162.5	162.5	240	265	275	680	384.404	
	140kg Submaster																
DQ	Brad Hornback	OR	140kg	139.6	37	227.5	245	262.5	167.5	175	182.5	0	0	0	0	0	
	110kg Master 40-44																
1	Kurt Thornton	OR	110kg	100.1	43	235.5	247.5	255	150	160	165.5	245	260	266	686.5	417.598	430.543
								4th: 260						4th: 272.5			
	125kg Master 40-44																
1	Neil Virnig	WA	125kg	120.3	42	250.0	265	0	180	0	0	222.5	0	0	667.5	383.546	391.216

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Single Ply Powerlifting																	
	75kg Open																
1	Mary Askew	OR	75kg	74.6	50	167.5	182.5	182.5	92.5	97.5	100.0	170	182.5	190	457.5	436.364	493.091
	75kg Master 50-54																
1	Mary Askew	OR	75kg	74.6	50	167.5	182.5	182.5	92.5	97.5	100.0	170	182.5	190	457.5	436.364	493.091
Women Raw Bench Only																	
	56kg Open																
1	Mandy Smith	WA	56kg	55.3	42				52.5	55.0	57.5				57.5	68.327	69.694
	75kg Submaster																
1	Lauren Plooster	WA	75kg	73.8	36				47.5	52.5	57.5				52.5	50.421	
	56kg Master 40-44																
1	Mandy Smith	WA	56kg	55.3	42				52.5	55.0	57.5				57.5	68.327	69.694
	67.5kg Master 40-44																
1	Rena Smith	WA	67.5kg	67.5	41				77.5	82.5	87.5				82.5	84.2	85.041
	90kg Master 55-59																
1	Susie Gutenberger	WA	90kg	85.7	59				27.5	30.0	32.5				32.5	28.701	37.741
Men Raw Bench Only																	
	75kg Open																
1	Chris Asakawa	OR	75kg	70.7	31				75	77.5	82.5				82.5	61.355	
	90kg Open																
1	Miles Weatheroy	OR	90kg	87.9	26				152.5	162.5	168				162.5	105.024	
	75kg Master 70-74																
1	Joseph Graziano	OR	75kg	72.5	73				72.5	75.0	77.5				77.5	56.575	99.346
	90kg Master 55-59																
1	Tim Eastman	WA	90kg	84.3	55				105	115.0	120				120	79.38	97.241
Men Single Ply Bench Only																	
	125kg Master 55-59																
1	Rick Dyer	OR	125kg	110.7	55				147.5	163	170				170	99.858	122.326

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
Women Raw Deadlift Only																	
	75kg Submaster																
1	Lauren Plooster	WA	75kg	73.8	36							120	130	137.5	137.5	132.055	
	67.5kg Master 40-44																
1	Rena Smith	WA	67.5kg	67.5	41							157.5	165	172.5	172.5	176.054	177.814
	SHW Master 50-54																
1	Maureen Weber	OR	SHW	115.8	50							110	115	125	125	100.613	113.692
Men Raw Deadlift Only																	
	75kg Open																
1	Chris Asakawa	OR	75kg	70.7	31							190	195	195	195	145.022	
	82.5kg Open																
1	Aaron Woods	OR	82.5kg	82.2	33							265	280	296	296	198.734	
	90kg Open																
1	Jordan Talley	OR	90kg	88.7	27							275	297.5	307.5	297.5	191.352	
2	Miles Weatheroy	OR	90kg	87.9	26							235	250	267.5	267.5	172.885	
3	Andrew Elliott	OR	90kg	89.2	42							205	215	225	225	144.293	147.178
	82.5kg Master 80+																
1	Paul Hailey	OR	82.5kg	82.3	82							120	127.5	135	135	90.572	194.095
														4th: 138.5			
	90kg Master 40-44																
1	Andrew Elliott	OR	90kg	89.2	42							205	215	225	225	144.293	147.178
	125kg Master 50-54																
1	Joe Fernandez	OR	125kg	118.7	53							242.5	255	265	265	152.746	180.851

Best Lifters

Brian Navarro	Raw Jr Men PL	Record Color Codes:	
Jamielee Estrella	Raw Open Women PL		State
Levi Book	Raw Open Men PL		National
Aaron Woods	Raw Open Men DLO		
Jesse Marvin	Clraw Open Men PL		

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Wilks Total	McC Total
	Team																
	1st Place: DOP																
	Meet Directors:																
	Stephen Do																
	Peter Nguyen																
	Thank you to our officials:																
	National: Alex Stanley, Mike Adelman and Peter Martin																
	State: Brian Park, Holley Boney, Iman Elahi, Jamison Faith, Manny Love, Panna Ong, Peter Nguyen and Stephen Do																
	Practical: Leah Hardesty and Kyle Young																
	Thank you to our sponsors!																
	LiftingLarge.com																
	LiftingLargeMedia																
	Kama'aina																
	Plugable																
	Valdez Insurance Agency																
	Thank you to our spotters and loaders!																
	DJ Brown, Bryan Ayala, Cir Lynch, Coop Early, Miguel Alvarez and Paolo Reyes																
	Thank you to our volunteers!																
	Faye Fong, Ha Nguyen, Hunter Morelli, Jacey Seltzer, Kavan Woodcock, Kevin Guarnes, Kosal Sin, Li Vue, Linda Doan, Mackenzie Morelli,																
	Sofia Arroyo and Sydney Halpenny																