

USPA Shamrock Showdown 4 March 25, 2023 Raleigh, North Carolina

Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting		Junior															
48kg Jr 13-15																	
1	Addy Chambers	NC	48kg	45.4	14	87.5	90	90	50	52.5	52.5	92.5	97.5	100	240	322.777	
52kg Jr 16-17																	
1	Arianna Chambers	NC	52kg	50.5	16	95	95	100	52.5	57.5	60	100	105	115	262.5	326.599	
56kg Jr 16-17																	
1	Adriana Williams	NC	56kg	53.2	17	60	60	62.5	30	32.5	32.5	67.5	72.5	77.5	167.5	200.977	
60kg Jr 18-19																	
DQ	Vanessa Pecora	NJ	60kg	58.4	19	102.5	102.5	102.5	45	47.5	52.5	120	120	120	0	0	
Women Raw Powerlifting		Open															
60kg Open																	
1	Brittanie Sun	NC	60kg	59.5	35	82.5	82.5	92.5	52.5	52.5	52.5	115	125	125	270	300.897	
2	Megan Whitman	NC	60kg	56.1	25	65	70	77.5	42.5	47.5	52.5	112.5	122.5	130	247.5	286.544	
67.5kg Open																	
1	Brooke Mitchell	NC	67.5kg	62.8	33	135	145.0	157.5	90	102.5	112.5	152.5	167.5	182.5	437.5	471.451	
2	Callie Hess	NC	67.5kg	64.4	42	122.5	132.5	137.5	57.5	60	65	132.5	140	147.5	335	355.547	
3	Mariah Williams	NC	67.5kg	65	21	87.5	97.5	105	45	52.5	57.5	90	102.5	107.5	257.5	271.785	
75kg Open																	
1	Amber Madrid	NC	75kg	72.8	25	110	115	120	50	50	55	115	120	127.5	285	282.043	
82.5kg Open																	
1	Brooke Hursey	NC	82.5kg	81	27	80	85	92.5	42.5	47.5	52.5	107.5	117.5	122.5	267.5	250.355	
90kg Open																	
1	Kristin Freeman	NC	90kg	88.8	36	137.5	145.0	150.0	65	70	75	152.5	162.5	182.5	382.5	343.049	
100kg Open																	
1	Barbara Vanvliet	NC	100kg	99.6	46	110	115.0	120.0	47.5	50	52.5	127.5	132.5	137.5	310	264.951	282.968
110kg Open																	
1	Desiree Baenen	NC	110kg	108.1	33	137.5	142.5	145.0	90	97.5	105	175	182.5	187.5	427.5	354.497	
2	Kathleen Gupton	NC	110kg	107.1	25	150	157.5	162.5	67.5	72.5	72.5	155	165	170	395	328.612	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	110+ Open																
1	Amelia Poovey	NC	110+	119.7	37	112.5	117.5	125.0	57.5	60	65	165	172.5	182.5	357.5	287.05	
2	Gussie Quinata	NC	110+	119.1	30	127.5	127.5	137.5	70	72.5	72.5	137.5	142.5	147.5	345	277.41	
	Women Raw Powerlifting																
	67.5kg Submaster																
1	Ladetra Cole	NC	67.5kg	67.3	36	92.5	97.5	105	47.5	50	55	142.5	150	160	320	330.933	
2	Cara Jo	NC	67.5kg	65.2	35	72.5	80	82.5	35	40	45	97.5	105	112.5	240	252.853	
	90kg Submaster																
1	Kristin Freeman	NC	90kg	88.8	36	137.5	145.0	150.0	65	70	75	152.5	162.5	182.5	382.5	343.049	
	110+ Submaster																
DQ	Laura Walters	NC	110+	115.5	36	82.5	85	87.5	50	55	57.5	115	132.5	137.5	0	0	
	Women Raw Powerlifting																
	52kg Master 45-49																
1	Felicia Frame	NC	52kg	51.9	45	62.5	67.5	72.5	37.5	40	40	77.5	82.5	90	200	244.107	257.533
	100kg Master 45-49																
1	Barbara Vanvliet	NC	100kg	99.6	46	110	115.0	120.0	47.5	50	52.5	127.5	132.5	137.5	310	264.951	282.968
	Men Raw Powerlifting																
	60kg Jr 18-19																
1	Caden Troutman	NC	60kg	58.3	18	110	115	115	75	80	80	130	145	165	330	285.284	
	67.5kg Jr 20-23																
DQ	Will Hodges	NC	67.5kg	66.4	21	110	110	112.5	85	85	85	147.5	150	155	0	0	
	75kg Jr 18-19																
1	Christian Sunday	NC	75kg	74.4	19	132.5	132.5	142.5	102.5	105	107.5	190	200	207.5	447.5	322.706	
	75kg Jr 20-23																
1	Maricus Hunt	NC	75kg	73.5	23	180	185	192.5	107.5	110	115	182.5	190	200	500	363.429	
2	Dylan Good	NC	75kg	72.2	20	150	162.5	167.5	87.5	95	100	165	185	190	457.5	336.487	
3	Parker Moritz	NC	75kg	71.7	20	142.5	152.5	165.0	100	105	107.5	152.5	172.5	185	425	314.046	
4	Alex Hodges	NC	75kg	72.5	20	112.5	115.0	115.0	72.5	75	77.5	122.5	127.5	137.5	330	241.82	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	82.5kg Jr 16-17																
1	Tanner Johnson	NC	82.5kg	80.7	17	137.5	147.5	-155.0	77.5	85	92.5	165	180	187.5	427.5	293.28	
	82.5kg Jr 20-23																
1	Mark Walters	PA	82.5kg	82.4	23	215	232.5	237.5	127.5	137.5	140	-227.5	237.5	-242.5	615	416.883	
2	Ethan Good	NC	82.5kg	78.5	20	135	150	160.0	97.5	102.5	-105	155	170	182.5	445	310.333	
	90kg Jr 20-23																
1	Cj Vagnone	NC	90kg	88.7	21	192.5	207.5	-212.5	142.5	-150	-150	237.5	250	-260	600	390.842	
2	Jordan Lester	NC	90kg	89.1	22	172.5	190	202.5	125	-132.5	135	220	235	250	587.5	381.819	
3	Hunter Starets	NC	90kg	85.5	20	-165	170	175	100	115	120	175	190	195	490	325.428	
	100kg Jr 18-19																
DQ	Heath Mace	NC	100kg	92.6	19	-165	-170	-170	112.5	117.5	122.5	187.5	200	-210	0	0	
	100kg Jr 20-23																
1	Porter Richardson	NC	100kg	96	20	262.5	275	-280	-175	175	-182.5	255	270	277.5	727.5	456.016	
2	Ashton Chambers	NC	100kg	97	21	215	232.5	237.5	130	-142.5	-142.5	260	272.5	-282.5	640	399.278	
3	Joshua Adkins	NC	100kg	96.2	20	205	220	230	110	115	120	225	235	-250	585	366.344	
4	Nicholas Hill	NC	100kg	92.2	23	185	200	207.5	105	112.5	120	-195	220	227.5	555	354.598	
	110kg Jr 16-17																
1	Trey Ingram	NC	110kg	106.2	17	195	202.5	-210	117.5	-130	-130	212.5	-240	-240	532.5	319.694	
	110kg Jr 20-23																
1	Brandon Burroughs	NC	110kg	106.1	23	230	247.5	257.5	155	-162.5	162.5	230	250	262.5	682.5	409.901	
	125kg Jr 20-23																
1	Deshawn Owens	NC	125kg	112.8	21	202.5	220	230	130	137.5	145	205	225	-237.5	600	352.074	
2	Joe Blaszak	NC	125kg	110.4	20	202.5	207.5	-215	102.5	110	117.5	215	235	-245	560	331.218	
	Men Raw Powerlifting			Open													
	75kg Open																
1	William Howard	NC	75kg	75	39	217.5	230	-235	177.5	-190	-190	230	-242.5	-242.5	637.5	457.357	
	82.5kg Open																
1	Mark Walters	PA	82.5kg	82.4	23	215	232.5	237.5	127.5	137.5	140	-227.5	237.5	-242.5	615	416.883	
2	Cameron Krueger	NC	82.5kg	75.7	27	-182.5	182.5	-200	145	150	157.5	225	240	-250	580	413.656	
3	Cole Henderson	NC	82.5kg	80.5	30	182.5	185	-187.5	117.5	125	-135	185	195	200	510	350.385	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	90kg Open																
1	Isaiah Long	NC	90kg	89.6	31	242.5	262.5	272.5	162.5	175	185	295	317.5	327.5	775	502.244	
2	Dalton Bragg	GA	90kg	88.9	28	235	247.5	265	157.5	170	180	260	285	297.5	742.5	483.109	
3	Brandon Martin	NC	90kg	88.7	26	220	230	250	140	150	160	265	287.5	295	645	420.155	
4	Austin Joyce	NC	90kg	88.9	25	210	217.5	220	142.5	150	150	255	262.5	265	625	406.657	
5	John Mangino	NC	90kg	88.6	31	187.5	190	202.5	132.5	140	142.5	230	250	265	595	387.81	
	100kg Open																
1	Rex Anderson	NC	100kg	94.1	32	245	252.5	260	157.5	165	172.5	287.5	300	312.5	732.5	463.448	
2	Demetrius Keith	GA	100kg	90.8	28	202.5	220	222.5	142.5	152.5	157.5	262.5	280	292.5	672.5	432.918	
3	Rider Maness	NC	100kg	98.3	28	185	187.5	195	162.5	170	175	275	282.5	287.5	657.5	407.755	
4	Tyler Norman	SC	100kg	98.6	24	202.5	215	222.5	140	147.5	152.5	230	247.5	260	635	393.27	
5	Colin Sledzik	NC	100kg	96.1	29	190	205	220	145	155	162.5	240	250	260	620	388.447	
6	Joshua Adkins	NC	100kg	96.2	20	205	220	230	110	115	120	225	235	250	585	366.344	
7	Adam Nye	NC	100kg	97	29	205	215	215	140	147.5	152.5	220	227.5	240	585	364.965	
8	Azam Shafiullah	NC	100kg	100	27	165	172.5	182.5	115	125	132.5	182.5	192.5	205	520	320.068	
DQ	Heath Mace	NC	100kg	92.6	19	165	170	170	112.5	117.5	122.5	187.5	200	210	0	0	
	110kg Open																
1	Brad Markowski	PA	110kg	107.3	24	260	277.5	290	195	207.5	215	305	332.5	340	837.5	500.771	
2	James Fowler	NC	110kg	109.6	26	275	292.5	307.5	192.5	205	212.5	267.5	290	305	825	489.292	
3	Quintin Long	NC	110kg	106.3	29	230	245	257.5	165	172.5	180	310	325	335	755	453.106	
4	Greg Richardson	GA	110kg	107.9	25	250	265	275	165	185	192.5	250	270	287.5	730	435.548	
5	Austin Hager	FL	110kg	104.8	28	212.5	227.5	232.5	140	152.5	160	237.5	262.5	275	667.5	402.877	
6	Trey Ingram	NC	110kg	106.2	17	195	202.5	210	117.5	130	130	212.5	240	240	532.5	319.694	
	125kg Open																
1	Henry Josph McNeil	NC	125kg	124.8	35	230	237.5	250	140	147.5	155	235	250	260	665	377.084	
	Men Raw Powerlifting																
	75kg Submaster																
1	William Howard	NC	75kg	75	39	217.5	230	235	177.5	190	190	230	242.5	242.5	637.5	457.357	
	125kg Submaster																
1	Henry Josph McNeil	NC	125kg	124.8	35	230	237.5	250	140	147.5	155	235	250	260	665	377.084	
	Men Raw Powerlifting																
	75kg Master 40-44																
1	Ray Rivera	NC	75kg	74	42	160	167.5	167.5	102.5	107.5	110	215	225	225	492.5	356.086	363.208

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	125kg Master 45-49																
1	Dartagnan Wood	NC	125kg	116.4	45	222.5	227.5	232.5	175	177.5	177.5	220	222.5	227.5	635	368.48	388.746
	125kg Master 55-59																
1	Todd Barker	NC	125kg	122	56	230	237.5	242.5	102.5	110	120	232.5	245	255	617.5	352.709	439.475
	Women Classic Raw Powerlifting			Junior													
	110+ Jr 20-23																
1	Katherine Sivulka	NC	110+	117.9	21	155	155	182.5	85	95	100	175	185	190	467.5	377.018	
	Women Classic Raw Powerlifting			Open													
	110+ Open																
1	Katherine Sivulka	NC	110+	117.9	21	155	155	182.5	85	95	100	175	185	190	467.5	377.018	
	Men Classic Raw Powerlifting			Open													
	110kg Open																
1	James Pinet	NC	110kg	104.5	34	275	290	305	165	182.5	182.5	260	272.5	277.5	727.5	439.6	
2	Michael Wilson	NC	110kg	106.1	33	195	200	210	105	112.5	120	205	212.5	222.5	545	327.321	
	Men Classic Raw Powerlifting			Master													
	90kg Master 40-44																
1	Will Hopkins	NC	90kg	87.3	44	200	213	220 (227.5)	150	162.5	170	25	---	---	407.5	267.65	279.159
	Women Raw Bench Only			Open													
	100kg Open																
1	Barbara Vanvliet	NC	100kg	99.6	46				47.5	50	52.5				52.5	44.871	47.922
	Women Raw Bench Only			Master													
	100kg Master 45-49																
1	Barbara Vanvliet	NC	100kg	99.6	46				47.5	50	52.5				52.5	44.871	47.922
	Men Raw Bench Only			Junior													
	82.5kg Jr 20-23																
1	Christos Haramis	NC	82.5kg	82.5	22				52.5	70	75				75	50.804	

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Raw Bench Only				Open													
	75kg Open																
1	William Howard	NC	75kg	75	39				177.5	190	190				177.5	127.342	
	110kg Open																
1	James Fowler	NC	110kg	109.6	26				192.5	205	212.5				212.5	126.03	
2	Michael Wilson	NC	110kg	106.1	33				105	112.5	120				112.5	67.566	
	140kg Open																
1	Dakota Cagle	NC	140kg	132.1	35				222.5	230	---				222.5	123.964	
Men Raw Bench Only				Submaster													
	75kg Submaster																
1	William Howard	NC	75kg	75	39				177.5	190	190				177.5	127.342	
	140kg Submaster																
1	Dakota Cagle	NC	140kg	132.1	35				222.5	230	---				222.5	123.964	
Men Raw Bench Only				Master													
	110kg Master 65-69																
1	Jim Steffel	NC	110kg	106.8	65				160	165	165				165	98.84	146.283
	140kg Master 45-49																
1	Stephen Maynard	NC	140kg	131.1	49				185	192.5	197.5 (200)				197.5	110.284	122.746
Women Raw Deadlift Only				Open													
	100kg Open																
1	Barbara Vanvliet	NC	100kg	99.6	46							127.5	132.5	137.5	137.5	117.519	125.51
Women Raw Deadlift Only				Master													
	100kg Master 45-49																
1	Barbara Vanvliet	NC	100kg	99.6	46							127.5	132.5	137.5	137.5	117.519	125.51
Men Raw Deadlift Only				Junior													
	82.5kg Jr 20-23																
1	Christos Haramis	NC	82.5kg	82.5	22							102.5	115	137.5	115	77.9	

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Name		State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Men Raw Deadlift Only				Open													
	75kg Open																
1	William Howard	NC	75kg	75	39							230	-242.5	-242.5	230	165.007	
	110kg Open																
1	Michael Wilson	NC	110kg	106.1	33							205	212.5	222.5	222.5	133.631	
Men Raw Deadlift Only				Submaster													
	75kg Submaster																
1	William Howard	NC	75kg	75	39							230	-242.5	-242.5	230	165.007	
Men Raw Deadlift Only				Master													
	110kg Master 40-44																
1	Johann Gylfason	NC	110kg	107.3	42							270	-320	-320	270	161.443	164.671
Best Lifters																	
	Name	Equip	Events	Comp	Sex												
	Porter Richardson	Raw	PL	Jr	Men												
	Brooke Mitchell	Raw	PL	Open	Vomen												
	Isaiah Long	Raw	PL	Open	Men												
	Meet Director:	Bethany & George Spohrer															
	Referees																
	International:	Bethany Spohrer, Rob Engelman, George Spohrer															
	State:	Cheryl Willis, Jihan Garland, Shelby Woodbury, Khanh Ngo															
	Spotter/Loaders:	Destini Marshall, Eric Wilberg, Robyn Jeffrey, Marcus Francois, Eric Stanton, Devin Gardner, Tyler Quisenbury															