

USPA PDX Winter Open January 19, 2019 Hillsboro, OR

	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	<b>Women Raw Powerlifting</b>														
	67.5kg Jr 20-23														
1	Jamie Estrella	WA	67.5kg	65.1	22	120	55	150	325	340.57		264.6	121.3	330.7	716.5
2	Rosa 'Lili' Alvarez	OR	67.5kg	65.4	22	90	52.5	105	247.5	258.49		198.4	115.7	231.5	545.6
	75kg Jr 18-19														
1	Jastyn Shilts	OR	75kg	73.6	19	122.5	65	155	342.5	329.52		270.1	143.3	341.7	755.1
	75kg Jr 20-23														
1	Sierra Marshman	OR	75kg	73.2	20	125	72.5	140	337.5	325.86		275.6	159.8	308.6	744.1
	90kg Jr 20-23														
1	Ashley Timmons	OR	90kg	89.4	23	145	82.5	165	392.5	340.1		319.7	181.9	363.8	865.3
	48kg Open														
DQ	Amanda Bartell	OR	48kg	47.6	35	80	0	85	0	0		176.4	0	187.4	0
	52kg Open														
1	Sandra Torres	OR	52kg	49.5	25	113	57.5	140	310.5	401.91		249.1	126.8	308.6	684.5
						4th: 115									
	60kg Open														
1	Belinda Glenz	WA	60kg	59	33	72.5	42.5	85	200	225.9		159.8	93.7	187.4	440.9
	67.5kg Open														
1	Heather Mcconnell	OR	67.5kg	65.5	36	92.5	65	137.5	295	307.74		203.9	143.3	303.1	650.4
2	Nicole Darold	OR	67.5kg	60.7	27	80	42.5	117.5	240	265.18		176.4	93.7	259	529.1
3	Ashlee Litchfield	OR	67.5kg	64.1	24	85	42.5	107.5	235	249.12		187.4	93.7	237	518.1
DQ	Brenda Hart	WA	67.5kg	62	26	122.5	0	125	0	0		270.1	0	275.6	0
	75kg Open														
1	Jastyn Shilts	OR	75kg	73.6	19	122.5	65	155	342.5	329.52		270.1	143.3	341.7	755.1
	82.5kg Open														
1	Kristi Reese	OR	82.5kg	80.5	35	145	97.5	170	412.5	376.16		319.7	214.9	374.8	909.4
2	Elizabeth Hulvalchick	OR	82.5kg	80.6	36	140	95	150	385	350.81		308.6	209.4	330.7	848.8
3	Raechel Charlton	OR	82.5kg	78.5	33	125	72.5	147.5	345	319.09		275.6	159.8	325.2	760.6
	90kg Open														
1	Autumn Howells	OR	90kg	88.6	38	155	77.5	162.5	395	343.57		341.7	170.9	358.2	870.8
	SHW Open														
1	Thu Ngo	OR	SHW	94.7	36	182.5	70	200	452.5	383.4		402.3	154.3	440.9	997.6
2	Ellie Halladay	WA	SHW	105.8	26	172.5	92.5	165	430	352.69		380.3	203.9	363.8	948
3	Jennifer Weedin	OR	SHW	100.2	32	115	60	155	330	274.59		253.5	132.3	341.7	727.5

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	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	48kg Submaster														
DQ	Amanda Bartell	OR	48kg	47.6	35	80	0	85	0	0		176.4	0	187.4	0
	82.5kg Submaster														
1	Kristi Reese	OR	82.5kg	80.5	35	145	97.5	170	412.5	376.16		319.7	214.9	374.8	909.4
2	Elizabeth Hulvalchick	OR	82.5kg	80.6	36	140	95	150	385	350.81		308.6	209.4	330.7	848.8
	90kg Submaster														
1	Autumn Howells	OR	90kg	88.6	38	155	77.5	162.5	395	343.57		341.7	170.9	358.2	870.8
	67.5kg Master 50-54														
1	Terri Specht	WA	67.5kg	65.1	51	92.5	62.5	122.5	277.5	290.79	333.54	203.9	137.8	270.1	611.8
	SHW Master 40-44														
1	Chelsea Barnes	OR	SHW	94.4	42	115	65	157.5	337.5	286.3	292.03	253.5	143.3	347.2	744.1
	SHW Master 45-49														
1	Anysia Derora	OR	SHW	106.4	48	40	52.5	100	192.5	157.68	172.97	88.2	115.7	220.5	424.4
	<b>Men Raw Powerlifting</b>														
	75kg Jr 20-23														
1	Gabriel Kerlegan	OR	75kg	73.9	21	210	125	225	560	403.2		463	275.6	496	1234.6
2	Kordell Cole	OR	75kg	72.5	22	175	105	250.5	530.5	387.27		385.8	231.5	552.3	1169.5
	82.5kg Jr 20-23														
1	Kyle Colquitt	OR	82.5kg	81.7	21	202.5	132.5	215	550	370.65		446.4	292.1	474	1212.5
	90kg Jr 20-23														
1	Bryan Ayala	OR	90kg	83.2	21	142.5	82.5	165	390	259.97		314.2	181.9	363.8	859.8
	67.5kg Open														
1	Tommy Wong	OR	67.5kg	66	30	160	107.5	175	442.5	347.45		352.7	237	385.8	975.5
	75kg Open														
1	Michael Estrella	WA	75kg	69.7	32	225	170	272.5	667.5	501.89		496	374.8	600.8	1471.6
2	Kordell Cole	OR	75kg	72.5	22	175	105	250.5	530.5	387.27		385.8	231.5	552.3	1169.5
	82.5kg Open														
1	Aaron Woods	OR	82.5kg	81.5	32	205	175	250	630	425.19		451.9	385.8	551.2	1388.9
								4th: 272.5							
2	Kyle Colquitt	OR	82.5kg	81.7	21	202.5	132.5	215	550	370.65		446.4	292.1	474	1212.5
	90kg Open														
DQ	Adam Plessner	OR	90kg	88.1	30	0	162.5	182.5	0	0		0	358.2	402.3	0

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	100kg Open														
1	Jordan Nelson	OR	100kg	96.1	24	237.5	165	255	657.5	406.86		523.6	363.8	562.2	1449.5
2	Fritz Oettinger	OR	100kg	95.6	33	172.5	102.5	202.5	477.5	296.19		380.3	226	446.4	1052.7
	110kg Open														
1	Tyler Bellando	OR	110kg	105.2	26	240	175	295	710	424.01		529.1	385.8	650.4	1565.3
2	Tyler York	WA	110kg	107.7	24	210	157.5	265	632.5	374.69		463	347.2	584.2	1394.4
3	Cordell "Cory" Frank	OR	110kg	110	42	235	137.5	255.5	628	369.58	376.97	518.1	303.1	563.3	1384.5
						4th: 240		4th: 260							
4	Adam Balamwalla	OR	110kg	103.7	34	202.5	127.5	210	540	324.11		446.4	281.1	463	1190.5
	125kg Open														
1	Cir Lynch	OR	125kg	123.7	24	275	160	290	725	414.05		606.3	352.7	639.3	1598.3
	90kg Submaster														
1	Minh Nguyen	OR	90kg	89.6	36	210	122.5	240	572.5	366.29		463	270.1	529.1	1262.1
						4th: 215									
2	Scott Cordill	OR	90kg	88.6	39	137.5	85	177.5	400	257.44		303.1	187.4	391.3	881.8
	SHW Submaster														
1	Michael Adams	WA	SHW	145	36	205	165	260	630	350.28		451.9	363.8	573.2	1388.9
	90kg Master 40-44														
DQ	Robert Kukish	OR	90kg	90	40	177.5	132.5	0	0	0	0	391.3	292.1	0	0
	100kg Master 50-54														
1	Scott Specht	WA	100kg	91.7	52	165	117.5	195	477.5	302.02	351.85	363.8	259	429.9	1052.7
	100kg Master 60-64														
1	Michael Lobb	OR	100kg	94.8	64	145	75	175	395	245.93	356.59	319.7	165.3	385.8	870.8
								4th: 185.5							
	110kg Master 40-44														
1	Cordell "Cory" Frank	OR	110kg	110	42	235	137.5	255.5	628	369.58	376.97	518.1	303.1	563.3	1384.5
						4th: 240		4th: 260							
	110kg Master 55-59														
1	Alan Dawson	WA	110kg	109.5	59	220	77.5	230	527.5	310.86	408.78	485	170.9	507.1	1162.9
						4th: 227.5									
	<b>Women Classic Raw Powerlifting</b>														
	67.5kg Jr 16-17														
1	Avery Jesmer	OR	67.5kg	65.8	17	100	45	107.5	252.5	262.52		220.5	99.2	237	556.7
	67.5kg Open														
1	Avery Jesmer	OR	67.5kg	65.8	17	100	45	107.5	252.5	262.52		220.5	99.2	237	556.7

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<b>Men Classic Raw Powerlifting</b>															
	82.5kg Jr 20-23														
1	Devon Smith	WA	82.5kg	82.4	23	195	145	217.5	557.5	373.74		429.9	319.7	479.5	1229.1
	90kg Jr 20-23														
1	Jackson Woods	WA	90kg	88.3	22	240	155	300	695	448.07		529.1	341.7	661.4	1532.2
	100kg Jr 20-23														
1	Zachary Wardle	OR	100kg	99.3	22	210	142.5	245	597.5	364.65		463	314.2	540.1	1317.2
	125kg Jr 20-23														
1	Zackery Monzon	WA	125kg	119.3	22	185	125	227.5	537.5	309.44		407.9	275.6	501.5	1185
	82.5kg Open														
1	Jr Holmdahl	WA	82.5kg	77.9	42	200	107.5	202.5	510	354.2	361.28	440.9	237	446.4	1124.3
	90kg Open														
1	Jackson Woods	WA	90kg	88.3	22	240	155	300	695	448.07		529.1	341.7	661.4	1532.2
	100kg Open														
1	Craig Recore	WA	100kg	98.3	46	245	185	312.5	742.5	455.08	486.02	540.1	407.9	688.9	1636.9
								4th: 320							
	110kg Open														
DQ	Stephen "Louie" Loniewski	WA	110kg	104.3	30	0	0	0	0	0		0	0	0	0
	82.5kg Master 40-44														
1	Jr Holmdahl	WA	82.5kg	77.9	42	200	107.5	202.5	510	354.2	361.28	440.9	237	446.4	1124.3
	100kg Master 45-49														
1	Craig Recore	WA	100kg	98.3	46	245	185	312.5	742.5	455.08	486.02	540.1	407.9	688.9	1636.9
								4th: 320							
	SHW Master 40-44														
1	Danny Wyatt	WA	SHW	167.2	44	252.5	167.5	250	670	364.88	380.57	556.7	369.3	551.2	1477.1
<b>Men Single Ply Powerlifting</b>															
	110kg Jr 20-23														
1	Ryan Aubertin	WA	110kg	108	23	240	195	227.5	662.5	392.13		529.1	429.9	501.5	1460.5
<b>Women Raw Bench Only</b>															
	82.5kg Open														
1	Ashley Fenter	OR	82.5kg	81.4	30		45		45	40.788			99.2		99.2
	67.5kg Master 50-54														
1	Terri Specht	WA	67.5kg	65.1	51		62.5		62.5	65.494	75.122		137.8		137.8



	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	Best Lifters:														
	JR Women Raw	Jamie Estrella													
	Open Men Raw	Michael Estrella													
	Open Women Raw	Sandra Torres													
	Master Men Raw	Alan Dawson													
	Thank you to our referees:														
	National	Peter Martin and Alex Stanley													
	State	Danielle LoGiudice Stanley, Jeanie Shellman, Brad Shellman, Erin Stanton, Jamison Faith, Peter Nguyen and Stephen Do													
	Practical	Manny Love and Cenobia Gonzalez													
	Table:														
		Alyssa Laabs													
	Sponsors:														
	LiftingLarge.com, LiftingLargeMedia, Intel, Plugable, Cerebus Strength USA, The Vitamin Shoppe and Kama'aina Comfort Foods of Hawaii														
	Special thank you to our spotters, plate loaders, announcer, & volunteers:														
	Brian Park, DJ Brown, Faye Fong, Imam Elahi, Jacey Seltzer, Javier Garcia, Kavan Woodcock, Mackenzie Morelli, Miguel Alvarez														
	Pengsee Her, Sean Conway, Sofia Arroyo, Sydney Halpenny, Panna Ong, Ha Nguyen, Joni Texeria and Alex Farias														