

USPA Shamrock Showdown 3 March 12, 2022 Carthage, NC

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
	<b>Women Raw Powerlifting</b>			<b>Junior</b>													
	67.5kg Jr 20-23																
1	Megan Dodd	TN	67.5kg	62.1	23	102.5	110	115	55	60	<del>62.5</del>	<del>137.5</del>	147.5	152.5	327.5	355.347	
	<b>Women Raw Powerlifting</b>			<b>Open</b>													
	56kg Open																
1	Deborah Hawkberry	NC	56kg	55.8	47	<del>85</del>	90	<del>100</del>	<del>47.5</del>	47.5	50	112.5	120	<del>125</del>	260	302.087	326.858
2	Brittany Preston	NC	56kg	55.4	31	55	60	<del>62.5</del>	32.5	35	<del>40</del>	90	97.5	102.5	197.5	230.571	
	60kg Open																
1	Madison French	NC	60kg	60	24	75	80	87.5	<del>55</del>	57.5	<del>62.5</del>	87.5	95	102.5	247.5	274.365	
	67.5kg Open																
1	Rebekah Hartley	NC	67.5kg	61.1	27	125	135	<del>142.5</del>	77.5	82.5	<del>87.5</del>	150	165	177.5	395	432.916	
2	Brooke Mitchell	NC	67.5kg	60.8	32	120	130	137.5	87.5	95	<del>102.5</del>	130	145	155	387.5	426.003	
3	Jamie Hollowell	NC	67.5kg	63.7	42	75	82.5	87.5	50	52.5	<del>55</del>	100	105	112.5	252.5	269.754	275.149
	75kg Open																
1	Naomi Graves	VA	75kg	70.3	23	132.5	140	142.5	72.5	<del>77.5</del>	77.5	132.5	142.5	155	375	378.315	
	82.5kg Open																
1	Corrine Contreras	NC	82.5kg	77.2	40	102.5	<del>115</del>	132.5	57.5	70	<del>72.5</del>	115	132.5	145	347.5	333.392	333.392
														(153)			
	100kg Open																
1	Danielle Hargrove	NC	100kg	99.7	35	102.5	110	117.5	102.5	105	110	170	180	182.5	410	350.282	
	110kg Open																
1	Samantha Pierce	NC	110kg	101.4	37	182.5	185	187.5	82.5	<del>87.5</del>	<del>---</del>	170	175	185	455	386.199	
	<b>Women Raw Powerlifting</b>			<b>Submaster</b>													
	75kg Submaster																
1	Natalie Frey	NC	75kg	68.6	36	87.5	95	102.5	50	55	57.5	100	110	117.5	277.5	283.846	
	100kg Submaster																
1	Danielle Hargrove	NC	100kg	99.7	35	102.5	110	117.5	102.5	105	110	170	180	182.5	410	350.282	
	110kg Submaster																
1	Samantha Pierce	NC	110kg	101.4	37	182.5	185	187.5	82.5	<del>87.5</del>	<del>---</del>	170	175	185	455	386.199	

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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total	
<b>Women Raw Powerlifting</b>				<b>Master</b>														
	56kg Master 45-49																	
1	Deborah Hawknberry	NC	56kg	55.8	47	<del>85</del>	90	<del>100</del>	<del>47.5</del>	47.5	50	112.5	120	<del>125</del>	260	302.087	326.858	
	67.5kg Master 40-44																	
1	Jamie Hollowell	NC	67.5kg	63.7	42	75	82.5	87.5	50	52.5	<del>55</del>	100	105	112.5	252.5	269.754	275.149	
	75kg Master 40-44																	
1	Mishelle Dixon	NC	75kg	69.1	43	90	97.5	100	62.5	67.5	70	117.5	125	137.5	307.5	313.237	322.947	
	82.5kg Master 40-44																	
1	Corrine Contreras	NC	82.5kg	77.2	40	102.5	<del>115</del>	132.5	57.5	70	<del>72.5</del>	115	132.5	145	347.5	333.392	333.392	
	100kg Master 45-49																	
DQ	Barbara Vanvliet	NC	100kg	93.1	45	<del>65</del>	<del>65</del>	65	<del>40</del>	<del>50</del>	<del>50</del>	85	95	105	0	0	0	
	Men Raw Powerlifting																	
	<b>Junior</b>																	
	82.5kg Jr 20-23																	
1	Josiah Cooper	NC	82.5kg	81.1	22	175	180	190	<del>130</del>	135	<del>140</del>	210	227.5	240	565	386.497		
2	Nate Whorton	NC	82.5kg	75.9	23	172.5	185	192.5	105	110	<del>120</del>	210	<del>230</del>	235	537.5	382.708		
	90kg Jr 20-23																	
1	Thomas Bartley	IN	90kg	89	22	102.5	110	115	65	72.5	80	122.5	130	145	340	221.094		
	<b>Open</b>																	
	75kg Open																	
1	Phillip Bennett	NC	75kg	69.8	28	240	247.5	257.5	165	<del>175</del>	<del>175</del>	<del>247.5</del>	257.5	267.5	690	519.328		
	(272.5)																	
2	Michael Conlin	NC	75kg	73.6	30	142.5	150	160	90	97.5	102.5	177.5	190	<del>197.5</del>	452.5	328.611		
	82.5kg Open																	
1	Jared Hurst	WV	82.5kg	82.3	29	215	227.5	<del>232.5</del>	182.5	190	<del>195</del>	215	227.5	245	662.5	449.391		
2	Mark Christiani	NC	82.5kg	80	34	210	220	<del>232.5</del>	140	145	150	210	222.5	235	605	417.176		
3	John Alexander	NC	82.5kg	75.2	28	152.5	<del>157.5</del>	<del>157.5</del>	90	<del>95</del>	95	175	185	<del>195</del>	432.5	309.758		
	90kg Open																	
1	Rex Anderson	NC	90kg	86.4	31	247.5	252.5	<del>257.5</del>	150	157.5	<del>167.5</del>	292.5	297.5	305	715	472.199		
2	Derek Flint	VA	90kg	90	27	190	200	210	130	140	150	227.5	247.5	265	625	404.126		



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	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
<b>Women Classic Raw Powerlifting</b>				<b>Open</b>													
	67.5kg Open																
1	Melissa Ferranto	NC	67.5kg	61.5	34	160	167.5	177.5	85	90	<del>95</del>	162.5	175	187.5	455	496.658	
<b>Men Classic Raw Powerlifting</b>				<b>Open</b>													
	100kg Open																
1	Tate Richards	NC	100kg	91.7	24	185	205	<del>227.5</del>	142.5	157.5	165	230	<del>250</del>	<del>272.5</del>	600	384.369	
2	Peter Lennon	NC	100kg	90.1	33	182.5	192.5	210	132.5	140	145	202.5	<del>222.5</del>	235	590	381.281	
3	Michael Wilson	NC	100kg	95	32	172.5	177.5	190	95	102.5	110	170	180	192.5	492.5	310.212	
4	Bradley White	NC	100kg	91.7	27	<del>160</del>	165	<del>175</del>	115	120	<del>125</del>	175	187.5	200	485	310.699	
DQ	Michael Molinari	NC	100kg	93.3	30	280	285	<del>---</del>	180	<del>186</del>	<del>---</del>	<del>290</del>	<del>295</del>	<del>---</del>	0	0	
<b>Women Raw Bench Only</b>				<b>Open</b>													
	56kg Open																
1	Nicole Diroma	NC	56kg	53.1	34				57.5	60	<del>62.5</del>				60	72.085	
	67.5kg Open																
1	Melissa Ferranto	NC	67.5kg	61.5	34				85	90	<del>95</del>				90	98.24	
	100kg Open																
1	Danielle Hargrove	NC	100kg	99.7	35				102.5	105	110				110	93.978	
	110+ Open																
1	Emma Sternlof	NC	110+	112.3	30				87.5	<del>92.5</del>	<del>92.5</del>				87.5	71.635	
<b>Women Raw Bench Only</b>				<b>Submaster</b>													
	100kg Submaster																
1	Danielle Hargrove	NC	100kg	99.7	35				102.5	105	110				110	93.978	
<b>Women Raw Bench Only</b>				<b>Master</b>													
	100kg Master 45-49																
DQ	Barbara Vanvliet	NC	100kg	93.1	45				<del>40</del>	<del>50</del>	<del>50</del>				0	0	0
<b>Men Raw Bench Only</b>				<b>Open</b>													
	75kg Open																
1	Joseph Diroma	NC	75kg	68.5	37				137.5	142.5	<del>145.5</del>				142.5	108.68	
	100kg Open																
1	Richard Orto	NC	100kg	90.7	35				135	140	145				145	93.394	
2	David Riley	NC	100kg	91.7	63				130	130	<del>147.5</del>				130	83.28	118.341
	110kg Open																
1	Tony Hennis	NC	110kg	106.6	55				170	172.5	<del>175</del>				172.5	103.409	126.676

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<b>Men Raw Bench Only</b>				<b>Submaster</b>													
	75kg Submaster																
1	Joseph Diroma	NC	75kg	68.5	37				137.5	142.5	<del>145.5</del>				142.5	108.68	
	100kg Submaster																
1	Richard Orto	NC	100kg	90.7	35				135	140	145				145	93.394	
<b>Men Raw Bench Only</b>				<b>Master</b>													
	100kg Master 60-64																
1	David Riley	NC	100kg	91.7	63				130	130	<del>147.5</del>				130	83.28	118.341
	110kg Master 55-59																
1	Tony Hennis	NC	110kg	106.6	55				170	172.5	<del>175</del>				172.5	103.409	126.676
<b>Women Raw Deadlift Only</b>				<b>Open</b>													
	67.5kg Open																
1	Melissa Ferranto	NC	67.5kg	61.5	34							162.5	175	187.5	187.5	204.667	
	100kg Open																
1	Danielle Hargrove	NC	100kg	99.7	35							170	180	182.5	182.5	155.918	
<b>Women Raw Deadlift Only</b>				<b>Submaster</b>													
	100kg Submaster																
1	Danielle Hargrove	NC	100kg	99.7	35							170	180	182.5	182.5	155.918	
<b>Women Raw Deadlift Only</b>				<b>Master</b>													
	100kg Master 45-49																
1	Barbara Vanvliet	NC	100kg	93.1	45							85	95	105 (110)	105	92.247	97.32
<b>Men Raw Deadlift Only</b>				<b>Open</b>													
	100kg Open																
1	David Riley	NC	100kg	91.7	63							172.5	<del>210</del>	210	210	134.529	191.166
2	Richard Orto	NC	100kg	90.7	35							205	<del>220</del>	<del>220</del>	205	132.04	
	110kg Open																
1	Tony Hennis	NC	110kg	106.6	55							245	250	<del>252.5</del>	250	149.868	183.588
<b>Men Raw Deadlift Only</b>				<b>Submaster</b>													
	100kg Submaster																
1	Richard Orto	NC	100kg	90.7	35							205	<del>220</del>	<del>220</del>	205	132.04	

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	Men Raw Deadlift Only			Master													
	100kg Master 60-64																
1	David Riley	NC	100kg	91.7	63							172.5	<del>210</del>	210	210	134.529	191.166
	110kg Master 55-59																
1	Tony Hennis	NC	110kg	106.6	55							245	250	<del>252.5</del>	250	149.868	183.588
Best Lifters																	
Rebekah Hartley														Raw PL Open Women		Record Color Codes	
Phillip Bennett														Raw PL Open Men		State	
Meet Director: George Spohrer & Bethany Morse																	
Referees																	
International: George Spohrer, Rob Engelman																	
National: Bethany Morse, Val Rooke, Melody Simpson																	
State: Kristin Armstrong, Anthony Colangeli																	
Spotter/Loaders: Amy Daugherty, Mason Livingston, Wally Fields, Michael Barber																	