

2024 1ST QUARTER POSTAL

We had great participation again with this year's first postal with 23 men and 9 women taking part. Abe Smith topped the men and Sylvia Stockall led the women this Quarter.

Thank you to all that participated.

MEET DETAILS:

January 1 thru March 31, 2024

Lifts are recorded in pounds.

Records are marked with an*.

Bwt: body weight

Wt. Cl.: weight class in Kilograms

Lifts (3): Bench Press—Alternate Grip, Curl—Cheat, 2 Dumbbells, Zercher.

MEET RESULTS:

Men's Division:

Name	Age	Bwt	Wt. Cl.	BP Alt	Curl Ch. 2 dbs	Zercher	Total Lifted	Total Adj. Pts
Abe Smith	42	183 lbs.	85 kg	290*	170*	350	810	784.57
Anthony Hose	54	225 lbs.	105 kg	290*	170*	290	750	723.03
Barry Bryan	66	191 lbs.	90 kg	220*	100	265	585	681.65
Travis Luther	31	170 lbs.	80 kg	225	140	320	685	673.35
Randy Smith	69	194 lbs.	90 kg	135	130*	275	540	657.82
Jeff Wenzel	49	228 lbs.	105 kg	255	160*	300	715	654.52
Nicholas Frieders	23	161 lbs.	75 kg	165	120*	350	635	645.92
Dan Jones	40	200 lbs.	95 kg	209*	134*	303	646	583.07
John Carter	65	185 lbs.	85 kg	130*	90*	250	470	553.41
Anthony R. Lupo	58	233 lbs.	110 kg	260*	110*	160	530	519.13
Spencer Wenzel	16	125 lbs.	60 kg	135*	80*	165	380	506.78
Denny Habecker	81	173 lbs.	80 kg	110*	70*	176*	356	491.04
Dave Hahn	86	139 lbs.	65 kg	105	70	120	295	486.75
Nils T. Larson	64	248 lbs.	115 kg	209*	110*	143	462	460.09
Sanjiv Gupta	52	203 lbs.	95 kg	145	80*	225	450	450.84
LaVerne Myers	79	217 lbs.	100 kg	85*	80*	150	315	414.52
Wade Marchand	54	165 lbs.	75 kg	154	55*	143*	352	405.49
Eric Todd	49	274 lbs.	125 kg	285	170	0	455	379.63
Frank Ciavattone	69	277 lbs.	125+kg	132*	100*	154	386	378.50
Clint Poore	50	240 lbs.	110 kg	275*	110	0	385	346.37
Everett Todd	11	97 lbs.	45 kg	55	40*	75	170	341.23
Bill Clark	91	203 lbs.	95 kg	75	40	65	180	284.06
Phoenix Jackson	9	75 lbs.	35 kg	34*	20*	33	87	231.06
Jarrold Fobes	46	209 lbs.	95 kg	225*	0	0	225	205.93

Women's Division:

Sylvia Stockall	66	150 lbs.	70 kg	135	90	121	346	468.07
Lilly Todd	14	150 lbs.	70 kg	105*	76*	170	351	448.66
RJ Jackson	62	105.4 lbs.	50 kg	101	80	66	247	423.84
Stacy Todd	41	191 lbs.	90 kg	130*	111*	200*	441	412.71
Amber Elder	45	155 lbs.	75 kg	112.5*	80*	160*	352.5	389.42
Phoebe Todd	13	134 lbs.	65 kg	55*	60*	111*	226	325.61
Kim Van Wagner	56	126.3 lbs.	60 kg	70	40	115	225	317.05
Allison Lupo	57	188 lbs.	90 kg	70*	50*	75*	195	212.96
Janet Thompson	66	160 lbs.	75 kg	50*	40*	65*	155	202.68

OFFICIALS:

Lifters with 3 Officials: AnthonyHose, Travis Luther, Dan Jones, Sanjiv Gupta, Jarrod Fobes, Nils Larson, and Frank Ciavattone.

Lifters with 2 Officials: Abe Smith, Wade Marchand, Allison Lupo, Janet Thompson.

Lifters with 1 Official: Barry Bryan, Randy Smith, Jeff Wenzel, Nicholas Frieders, John Carter, Anthony Lupo, Spencer Wenzel, Denny Habecker, LaVerne Myers, Clint Poore, Everett Todd, Lilly Todd, Stacy Todd, Amber Elder, Phoebe Todd, and Phoenix Jackson.

Lifters with no certified Official: Dave Hahn, Eric Todd, Bill Clark, Sylvia Stockall, RJ Jackson, and Kim Van Wagner.