

Bench Press Heptathlon, Rampage ,							
Roman Chair, and Record Day							
Aoril 6-7, 2024 - Clark's Gym.							
MEN					Feet on	Feet in	
Lifter			Bwt	Age	floor	Air	
Tony	Hose		98.1	55	305	315	
Abe	Smith		82.5	42	315	315	
Nic	Davis-Diaz		115.1	34	350	350	
Jeff	Wenzel		102.5	48	305	305	
Tony	Lupo		106.5	58	300	275	
Spencer	Wenzel		57	16	145	135	
Randy	Smith **		89.1	69	175	165	
Toby	Ortega		67.1	43	175	175	
Tony	Cook **		83.8	87	139	110	
Dave	DeForest		82.4	64	170	135	
Sanjiv	Gupta		93	52	185	175	
Everett	Todd		44.5	11	55	55	
Bill	Clark		89.5	91	65	65	
Jarrold	Fobes		94	46	0	0	
WOMEN							
Sylvia	Stockall-Douglass **		68	66	155	145	
RJ	Jackson **		47.26	62	96	101	
Kim	Van Wagner		58	57	95	90	
Janet	Thompson		73.6	66	55	55	
Allison	Lupo		87.6	58	50	55	
Nisha	Gupta		38	15	40	35	
					Hands		
			Reverse	Alternate	Together	Left	Right
Tony	Hose		285	285	225	140	140
Abe	Smith		275	300	195	105	105
Nic	Davis-Diaz		315	340	205	120	135
Jeff	Wenzel		265	265	240	125	115
Tony	Lupo		225	265	180	100	75
Spencer	Wenzel		135	135	115	65	55
Randy	Smith **		145	145	145	55	55
Toby	Ortega		155	155	135	65	65
Tony	Cook **		132	116	127	33	55
Dave	DeForest		135	135	120	45	45
Sanjiv	Gupta		0	145	135	55	55
Everett	Todd		62.5	62.5	50	17.5	17.5
Bill	Clark		55	65	45	22	22
Jarrold	Fobes		0	0	185	100	0

WOMEN							
Sylvia	Stockall-Douglas**		115	115	145	35	35
RJ	Jackson **		96	95	82	45	45
Kim	Van Wagner		85	80	75	35	30
Janet	Thompson		60	55	60	10	10
Allison	Lupo		55	65	50	22	10
Nisha	Gupta		35	35	30	0	15
			Actual		Adjusted		
			Total		Points		
Tony	Hose		1695		1680.87		
Abe	Smth		1610		1565.11		
Nic	Davis-Diaz		1815		1485.94		
Jeff	Wenzel		1620		1476.38		
Tony	Lupo		1420		1384.79		
Spencer	Wenzel		785		1042.76		
Randy	Smith **		885		1039.25		
Toby	Ortega		925		1033.96		
Tony	Cook**		622		982.95		
Dave	DeForest		785		926.69		
Sanjiv	Gupta		750		746.9		
Everett	Todd		320		638.4		
Bill	Clark		339		470.06		
Jarrold	Fobes		285		267.21		
WOMEN							
Sylvia	Stockall-Douglas **		745		1004.84		
RJ	Jackson **		560		865.59		
Kim	Van Wagner		490		689.1		
Janet	thompson		340		394.46		
Allison	Lupo		307		332.96		
Nisha	Gupta		190		298.03		
** means those lifters had no official in attendance.							
Note: The bench press with feet on floor is not an official USAWA lift.							
THE RAMPAGE							
MEN							Adjusted
				weight	reps	total	points
Tony	Hose			100	69	6,900	6850.62
Jeff	Wenzel			100	63	6,300	5741.5
Nic	Davis-Diaz			95	64	6,080	4977.9
Abe	Smith			115	42	4,830	4695.31
Tony	Lupo			100	40	4,000	3900.82

Spencer	Wenzel			65	44	2,860	3800.21
Dave	DeForest			50	58	2,900	3423.42
Randy	Smith			45	61	2,745	3198.63
Toby	Ortega			65	40	2,600	2906.26
Sanjiv	Gupta			95	25	2,375	2365.19
Bill	Clark			45	15	675	928.88
WOMEN							
Sylvia	Stockall-Dougkas			70	50	3,500	4734.81
Kim	Van Wagner			65	17	1,105	1553.99
Allison	Lupo			10	39	390	422.98
ROMAN CHAIR							
MEN					Adusted		
				Weight	Points		
Jeff	Wenzel			200	182.27		
Abe	Smith			165	164.1		
Tony	Hose			145	143.97		
Spencer	Wenzel			75	100.1		
Randy	Smith **			85	99.05		
Toby	Ortega			65	72.65		
Bill	Clark			25	34.44		
WOMEN							
Sylvia	Stockall-Dougkas **			35	47.35		
Allison	Lupo			10	10.85		