

## 2025 Hermann Goerner Deadlift Dozen + 1

Clark's Gym, Columbia, MO

25 – 26 October 2025

\*USAWA Age and Weight Record    \*\* ALL Record    t = tied a previous record (no record)

Name	Age / Class	Weight (lb)	Weight (kg)	Lynch	Age Concern	DL One Hand L, NO Thumb
Lisa Gore	60	226	102.7	0.8352	1.21	145 **
RJ Jackson	63	103.8	47.2	1.4109	1.00	106 **
Jessica Hopps	41	160	72.7	1.0199	1.02	88 *
Allison Lupo	59	196.7	89.4	0.901	1.2	90 **
Jeff Wenzel	50	229	104.1	0.8293	1.11	190
Dan Jones	41	175	79.5	0.9649	1.02	144 *
Toby Ortega	45	153	69.5	1.049	1.06	170 *
Wade Marchand	56	164.2	74.6	1.0034	1.17	133 *
Frank Ciavattone	70	271	123.2	0.7615	1.36	175 *
Riley Wenzel	21	152	69.1	1.054	1	160
Tony Lupo	59	243.5	110.7	0.8033	1.2	150
Nils Larson	66	238	108.2	0.8128	1.28	144 *
Jerome Licini	67	238.8	108.5	0.8116	1.30	100
Logan Wenzel	10	76	34.5	1.9615	1.33	55 **

Name	DL One Hand R, NO Thumb	DL one Hand L	DL One Hand R	DL - 2 Bars	Jefferson DL	DL Heels Together
Lisa Gore	135 **	165	165	190 **	240 **	265 **
RJ Jackson	106 **	121 *	131 *	152 *	146*	181 *
Jessica Hopps	88 *	135 t	135	174 *	176	186
Allison Lupo	90 **	135 **	135*	180 *	175 *	180 *
Jeff Wenzel	203 *	265	305	370	400	400 *
Dan Jones	166	265	301 t	352	310	316
Toby Ortega	160 *	185 *	185	350	315	275
Wade Marchand	133	215	223	252 *	276	226
Frank Ciavattone	175 *	250 *	250*	200 *	250	250
Riley Wenzel	160	160	170	310	300	345
Tony Lupo	150	205	225	350	315	355 *
Nils Larson	144	223 *	213	267	246	301 *
Jerome Licini	100	125	165	200	250	275
Logan Wenzel	55 **	65 **	80**	90	85	85

Name	Hack Lift	Reeves DL	Deadlift, Little	Deadlift, Ring	Deadlift, Middle	Deadlift Index
Lisa Gore	185 *t	185**	65 **	120 **	135	121 **
RJ Jackson	146 *	76**	45	68 *	126 *	96 *
Jessica Hopps	186	165 *	50 *	87 *	131 *	115 *
Allison Lupo	115	55	30	50 t	101 **	80
Jeff Wenzel	355	237	100	150	190	150
Dan Jones	206	325 **	112 *	115 *	215 *	144 *
Toby Ortega	300	205 *	75 *	100 *	150 *	100 *
Wade Marchand	206	266 *	40	99	179	149
Frank Ciavattone	250 *	250 *	110 *	150 *	150	165 *
Riley Wenzel	360	155	65	120	140	120
Tony Lupo	135	185	75 *	120 *	200 *	181 *
Nil Larson	176	301 *	60 *	94 *	127 *	89 *
Jerome Licini	225	113	35	60	85	85
Logan Wenzel						

<b>Name</b>	<b>total (lb)</b>	<b>Points (lb)</b>	<b>Rank</b>
<b>Lisa Gore</b>	2116	2138.41	1
<b>RJ Jackson</b>	1500	2116.35	2
<b>Jessica Hopps</b>	1716	1785.15	3
<b>Allison Lupo</b>	1416	1530.98	4
<b>Jeff Wenzel</b>	3315	3051.53	1
<b>Dan Jones</b>	2971	2924.05	2
<b>Toby Ortega</b>	2570	2857.69	3
<b>Wade Marchand</b>	2397	2814.03	4
<b>Frank Ciavattone</b>	2625	2718.56	5
<b>Riley Wenzel</b>	2565	2703.51	6
<b>Tony Lupo</b>	2646	2550.64	7
<b>Nil Larson</b>	2385	2481.32	8
<b>Jerome Licini</b>	1818	1918.14	9
<b>Logan Wenzel</b>	515	1343.53	10

### **Referees**

**Clark's Gym:** Bill Clark, Jeff Wenzel, Tony Lupo, Allison Lupo

**Frank's Gym:** Frank Ciavattone, Nils Larson, Wade Marchand, Jessica Hopps

### **Record Day – Clark's Gym**

#### **Toby Ortega – Age 45 – Wgt 70 kg**

Abdominal Raise, Roman Chair      28 lb  
Clean and Press, Reverse              95 lb  
Back Extension                              95 lb  
Deadlift, One Leg Left                  125 lb  
French Press                                  78 lb

#### **Tony Lupo – Age 59 – Wgt 115**

Back Extension                              150 lb  
Clean and Push Press, 2 DB            122 lb  
Two Hands Anyhow                        122 lb

Deadlift, Fulton	310 lb
Team Deadlift, 2 Bars	350 lb

**Allison Lupo – Age 59 – Wgt 90 kg**

Deadlift, Fulton	190 lb
Vertical Bars 2", 2 Hands	102 lb
Back Extension	50 lb
Team Deadlift, 2 Bars	350 lb

**Jeff Wenzel – Age 50 – Wgt – 105 kg**

Clean and Push Press, 2 DB	150 lb
Deadlift, Ciavattone L	195 lb
Seated Press from Rack	145 lb
Swing Dumbbell, 2 hands	100 lb
Snatch from the Hang	130 lb

**Travis Luther – Age 33 – Wgt - 80 kg**

Pull-up	27 lb
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**Lisa Gore – Age 60 – Wgt. – 105 kg**

Deadlift, Stiff Legged	150 lb
Deadlift Trap Bar	230 lb
Jerk from Rack	45 lb

**Dave Beversdorf – Age 60 – 125+ kg**

Bent Over Row	245 lb
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**Joe Caron – Age 82 – 90 kg**

Deadlift, 12 inch base 287 lb

**Record Day - Franks Gym**

**Jessica Hopps – Age 41 – Wgt 75 kg**

Bench Press, One Hand L 35 lb

Bench Press, One Hand R 35 lb

Pinch Grip, Left 22 lb

**Wade Marchand – Age 56 – Wgt 75 kg**

Apollons Lift 113 lb

Bench Press Fulton Bar 173 lb

Maxey Press 110 lb

Anderson Press 115 lb

Bench Press, Hands Together 137 lb

**Dan Jones – Age 41 – Wgt 80 kg**

Bench Press – Larson 205 lb

Bench Press (IAWA) 227 lb

Deadlift, One Leg Left 136 lb

Deadlift, One Leg Right 136 lb

Jefferson, Little Fingers 88 lb

**Nils Larson – Age 66 – Wgt 110 kg**

Apollons Lift 113 lb

Bench Press, Fulton Bar 240 lb

Bench Press, Namesake 235 lb

Bench Press, Hands Together 227 lb

Bench Press, Reverse Grip 207 lb

**Frank Ciavattone – Age 70 – Wgt 125 kg**

Finger, Index, Left 160 lb

Finger Middle Left 180 lb

Finger, Ring Left 150 lb

Bench Press, Larson 125 lb

Bench Press, Hands Together 125 lb