

**2026 For Women Only II and Record Day
Clark's Gym, Columbia MO and Remote
23 – 24 May 2026**

*USAWA Age Weight Record **USAWA ALL Record L = Left Hand

Name	Age / Class	Weight (lb)	Weight (kg)	Lynch	Age Concern	Bench Press Feet up	Swing One Hand
Jessica Hopps	42	159	72.3	1.0235	1.03	90	45L**
Allison Lupo	60	196	89.1	0.9027	1.21	65	30*
Janet Thompson	68	164	74.5	1.0042	1.32	65	25L
Dylan Wenzel	7	51	23.2	2.9996	1.33	15**	8**

Name	Hack Lift	Push Press From Rack	Deadlift One Hand	total (lb.)	Points (lb)	Rank
Jessica Hopps	176	80**	135	526	554.51	1
Allison Lupo	130*	60*	140*	425	464.21	2
Janet Thompson	120	40	100	350	463.94	3
Dylan Wenzel	20**	18**	20**	81	323.15	4

Referees

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

Frank's Barbell Club: Wade Marchand, Dan Jones, Nils Larson

Record Day – Clark's Gym

David DeForest 66 yrs 85 kg BWT

Deadlift – Fulton dumbbell left – 120 lb.

Front squat – 150 lb.

Squat – 12-inch base – 200 lb.

Lunge squat – 70 lb.

Bench press – reflex – 145 lb.

Jeff Wenzel 51 yrs 105 kg BWT

Zercher – right arm – 255 lb.

Zercher - left arm - 210 lb.

Deadlift – Fulton dumbbell - left – 185 lb.

Deadlift – Fulton dumbbell – right – 185 lb.

Deadlift - Two Fulton dumbbells – 345 lb..

Tony Lupo 60 yrs 115 kg BWT

Bench Bress, One Hand L 100 lb.

Bench Press, One Hand R 75 lb.

Jackson Press 132 lb.

Phumchaona Lift 940 lb.

Team Deadlift Heels Together 420 lb.

Allison Lupo 60 yrs 90 kg BWT

Swing, DB L 30 lb.

Deadlift, One Hand L 120 lb.

Swing, DB 2 Hands 30 lb.

Jefferson Lift 170 lb.

Team Deadlift Heels Together 420 lb.

Record Day – Frank’s Barbell Club

Frank Ciavattone 71 yrs 120 kg BWT

Deadlift, One Hand L 250 lb..

Deadlift, One Hand R 250 lb..

Pullover and Push Press 140 lb..

Pullover, Straight Arm 50 lb..

Vertical Bars 1” Two Hands 260 lb..