

USAWA 250 for the 250th Challenge
July 2026
Clark's Gym, Columbia, MO and Remote

*No USAWA Referee

Name	Age / Class	Weight (lb)	Weight (kg)	Lynch	Age Concern	Event(s)
Lisa Gore	60	217	98.6	0.8536	1.21	Hip Lift
Jessica Hopps	42	159	72.3	1.0235	1.03	Hip Lift
RJ Jackson*	63	132	60.0	1.1623	1.24	Lurich Lift
Allison Lupo	60	201.8	91.7	0.8926	1.21	Bench Press Feet in Air
Frank Ciavattone	71	263	119.5	0.7730	1.38	Hip Lift
Bill Clark	93	198	90.0	0.8976	1.82	Hip Lift
Sanjiv Gupta*	55	208	94.5	0.8735	1.16	Deadlift
Dan Jones	41	198	90.0	0.8976	1.02	Hip Lift
Nils Larsen	67	236	107.3	0.8163	1.30	Hip Lift
Jerome Licini*	67	235.8	107.2	0.8167	1.30	Hip / Hand & Thigh / Curl
Tony Lupo	60	245	111.4	0.8007	1.21	People's Deadlift
Wade Marchand	56	164	74.5	1.0042	1.17	Hip Lift
Abe Smith	44	188	85.5	0.9243	1.05	Trap Bar DL / Hack Lift
Randy Smith*	71	201	91.4	0.8898	1.38	Hip Lift
Jeff Wenzel	51	233	105.9	0.8219	1.12	Trap Bar DL / Hcknschmdt

Name	Time	Amount (lb)	Repetitions	Weight Moved	Points (lb)	Lynch and Age
Lisa Gore	30 m	250	300	75,000.0	77,464.2	1.0329
Jessica Hopps	10 m	250	250	62,500.0	65,887.8	1.0542
RJ Jackson*	30 s	250	1	250.0	360.3	1.4413
Allison Lupo	29 m	15	250	3,750.0	4,050.2	1.0800
Frank Ciavattone	23 h	525	250	131,250.0	140,009.6	1.0667
Bill Clark	10 m	250	250	62,500.0	102,102.0	1.6336
Sanjiv Gupta*	65 m37 s	150	250	37,500.0	37,997.3	1.0133
Dan Jones	9 m	525	250	131,250.0	120,166.2	0.9156
Nils Larsen	10 m	525	250	131,250.0	139,281.2	1.0612
Jerome Licini*	6m5 s/80m	250/250/25	250/250/25	131,250.0	139,349.4	1.0617
Tony Lupo	65 m12 s	250	250	62,561.0	60,612.0	0.9688

Wade Marchand	11 m	525	250	131,250.0	154,207.5	1.1749
Abe Smith	102 m	255 / 250	125 / 125	63,125.0	61,263.8	0.9705
Randy Smith*	8 m 16 s	550	250	137,500.0	168,839.6	1.2279
Jeff Wenzel	60 m	250	250	62,500.0	57,533.0	0.9205

Referees:

Clarks's Gym: Bill Clark, Allison Lupo, Jeff Wenzel (Meet Director), Abe Smith, Tony Lupo

Franks Barbell Club: Jessica Hopps, Frank Ciavattone, Dan Jones, Nils Larsen, Wade Marchand

Record Day

Frank's Barbell Club

Frank Ciavattone 71y 120 kg class

Clean and Press Behind Neck: 90 lb
Curl, Strict, Dumbbell L: 50 lb
Curl, Strict, Dumbbell R: 50 lb
Seated Press, 2 Dumbbell: 80 lb
Weaver Stick, Back: 9 lb

Jessica Hopps / Dan Jones (Team) 40 y 90 kg class

Deadlift, Ciavattone Grip: 503 lb
Deadlift: 503 lb
Deadlift Heels Together: 431 lb
Deadlift, One Hand L: 407 lb
Deadlift, One Hand R:

Wade Marchand 56y 75 kg class

Jefferson Lift, Fulton Bar: 290 lb
Press, From Rack: 90 lb
Clean and Jerk, Fulton Bar: 108 lb
Lateral Raise Standing: 40 lb
Push Press From Rack: 112 lb

Clark's Gym

Lisa Gore 60y 100 kg

Appollons Lift:	95 lb
Continental Clean and Jerk:	90 lb
Maxey Press:	85 lb
Reflex Clean and Jerk:	75 lb
Reflex Clean and Push Press:	75 lb

Tony Lupo 60y 115 kg

Press, Dumbbell, L:	94 lb
Seated Press, From Rack:	110 lb
Swing, One Arm, Dumbbell L:	81 lb
Swing, One Arm, Dumbbell R:	61 lb
Jefferson Lift, Fulton Bar:	285 lb

Jeff Wenzel 51y 105 kg

Press, Dumbbell, R:	90 lb
Squat, 12 inch base:	375 lb
Snatch from Hang:	200 lb