

AAU AMERICAN WEIGHTLIFTING. LOS ANGELES CA. FEB 7-8

FIRST	LAST	AGE DIV	WT CL	SNATCH	CLEAN AND JERK	TOTAL
DAMIEN	DE LA VEGA	10 Y 10-11	35	17	22	39
ARNEL	MAUSIS	59 M 55-59	85	26	40	66
STEVEN	SMITH	69 M 65-69	114	48	60	108
MARTIN	DRAKE	64 M 60-64	85		66.5	66.5 SINGLE LIFT
NICK	PANN	23 20-23	85	95	115	210
JOSUE	CANO	38 M 35-39	85	90	120	210
ALEXANDER	DUNAEV	38 M 35-39	94	108	129	228
PERRY	MABALOT	31 OPEN	105	70	102.5	172.5
ROCKY	TILSON	52 M 50-54	114	70	95	165
LUIS	ANGUINO	21 20-23	77	77	92	169
JULIE	FOLEY	50 M 50-54	58	50	60	110
ABBY	MC GOYNE	12 T 12-13	12	16	18	34

2015 AAU FIT EXPO MEET RESULTS, Feb. 7-8, 2015

Name	State	Division ^a	Wt Class (lb)	Age Group	Event	Result	Units ^b	Std Wt	Wt Used	+/- Wt Class	Amount relative to SW	Location	Date	AR	WR	NR
Sneider, Sarah	CA	F	105	70-74	Atlas Stones Ascen Wt	2	no./sec	1	1		SW	Los Angeles CA	2/7/2015	X		
Mausisa, Arnel	CA	M	181	55-59	Atlas Stones Ascen Wt	5	no./sec	4	1			Los Angeles CA	2/7/2015			
Weinstock, Bill	CA	M	181	65-69	Atlas Stones Ascen Wt	5	no./sec	4	3			Los Angeles CA	2/7/2015	X		
Nelson, Jesse	CA	M	242	20-23	Atlas Stones Ascen Wt	5/0:31	no./sec	6	7		SW+1 Seq	Los Angeles CA	2/7/2015	X		
Sutardja, Christopher	CA	M	242	OPEN	Atlas Stones Ascen Wt	4	no./sec	6	7		SW+1 Seq	Los Angeles CA	2/7/2015	X		
Stull, Stephen	CA	M	275	35-39	Atlas Stones Ascen Wt	4	no./sec	6	6		SW	Los Angeles CA	2/7/2015	X		
Anderson, Ray	CA	M	275	60-64	Atlas Stones Ascen Wt	5	no./sec	5	5		SW	Los Angeles CA	2/7/2015	X		
Burton, Jordan	CA	MY	181	14-15	Atlas Stones Ascen Wt	5	no./sec	2	4		SW+2 Seq	Los Angeles CA	2/7/2015	X		
Merlo, Michael	CA	MY	220	18-19	Atlas Stones Ascen Wt	5	no./sec	4	5		SW+1 Seq	Los Angeles CA	2/7/2015	X		
Sneider, Sarah	CA	F	105	70-74	Bench Press for Reps (60-sec limit)	7	reps/kg	25	25		SW	Los Angeles CA	2/7/2015	X		
Winkler, Andrea	CA	F	105	70-74	Bench Press for Reps (60-sec limit)	17	reps/kg	25	15			Los Angeles CA	2/7/2015			
Bor, Angelo	CA	M	148	20-23	Bench Press for Reps (60-sec limit)	17	reps/kg	75	75		SW	Los Angeles CA	2/7/2015	X		
Stern, Richard	CA	M	165	65-69	Bench Press for Reps (60-sec limit)	11	reps/kg	70	70		SW	Los Angeles CA	2/7/2015	X		
Mausisa, Arnel	CA	M	181	55-59	Bench Press for Reps (60-sec limit)	9	reps/kg	85	62.5			Los Angeles CA	2/7/2015	X		
Drake, Martin	CA	M	181	60-64	Bench Press for Reps (60-sec limit)	6	reps/kg	80	102.5		SW+20%	Los Angeles CA	2/7/2015	X		
McCann, Mike	CA	M	181	65-69	Bench Press for Reps (60-sec limit)	27	reps/kg	80	35			Los Angeles CA	2/7/2015			
Weinstock, Bill	CA	M	181	65-69	Bench Press for Reps (60-sec limit)	5	reps/kg	80	75			Los Angeles CA	2/7/2015	X		
Kelley, Bruce	CA	M	220	45-49	Bench Press for Reps (60-sec limit)	15	reps/kg	90	90		SW	Los Angeles CA	2/7/2015	X		
Mabalot, Perry	CA	M	220	OPEN	Bench Press for Reps (60-sec limit)	17	reps/kg	105	105		SW	Los Angeles CA	2/7/2015	X		
Santillan, Antonio	CA	MY	165	12-13	Bench Press for Reps (60-sec limit)	20	reps/kg	35	42.5		SW+20%	Los Angeles CA	2/7/2015	X		
Winkler, Andrea	CA	F	105	70-74	Crucifix Hold (sledgehammers)	3:03	min-sec/lb	3				Los Angeles CA	2/7/2015	X		
McCann, Mike	CA	M	181	65-69	Crucifix Hold (sledgehammers)	1:02	min-sec/lb	10				Los Angeles CA	2/7/2015	X		
Weinstock, Bill	CA	M	181	65-69	Crucifix Hold (sledgehammers)	0:17	min-sec/lb	30				Los Angeles CA	2/7/2015	X		
Kelley, Bruce	CA	M	220	45-49	Crucifix Hold (sledgehammers)	0:33	min-sec/lb	30				Los Angeles CA	2/7/2015	X		
Nelson, Jesse	CA	M	242	20-23	Crucifix Hold (sledgehammers)	0:46	min-sec/lb	30				Los Angeles CA	2/7/2015	X		
Stull, Stephen	CA	M	275	35-39	Crucifix Hold (sledgehammers)	0:38	min-sec/lb	30				Los Angeles CA	2/7/2015	X		
Tilson, Rocky	IN	M	275	50-54	Crucifix Hold (sledgehammers)	0:17	min-sec/lb	10				Los Angeles CA	2/7/2015	X		
Anderson, Ray	CA	M	275	60-64	Crucifix Hold (sledgehammers)	0:28	min-sec/lb	30				Los Angeles CA	2/7/2015	X		
Stull, Alex	CA	MY	66	10-11	Crucifix Hold (sledgehammers)	1:04	min-sec/lb	4				Los Angeles CA	2/7/2015	X		
Burton, Jordan	CA	MY	181	14-15	Crucifix Hold (sledgehammers)	0:43	min-sec/lb	15				Los Angeles CA	2/7/2015	X		
Merlo, Michael	CA	MY	220	18-19	Crucifix Hold (sledgehammers)	0:48	min-sec/lb	20				Los Angeles CA	2/7/2015	X		
Winkler, Andrea	CA	F	105	70-74	Deadlift for Reps (60-sec limit)	25	reps/kg	32.5	25			Los Angeles CA	2/7/2015	X		
Mabalot, Justine	CA	F	114	OPEN	Deadlift for Reps (60-sec limit)	19	reps/kg	55	82.5		SW+50%	Los Angeles CA	2/7/2015	X		
Bor, Angelo	CA	M	148	20-23	Deadlift for Reps (60-sec limit)	18	reps/kg	115	115		SW	Los Angeles CA	2/7/2015	X		
Mausisa, Arnel	CA	M	181	55-59	Deadlift for Reps (60-sec limit)	15	reps/kg	120	90			Los Angeles CA	2/7/2015	X		
McCann, Mike	CA	M	181	65-69	Deadlift for Reps (60-sec limit)	19	reps/kg	110	25			Los Angeles CA	2/7/2015			
Weinstock, Bill	CA	M	181	65-69	Deadlift for Reps (60-sec limit)	12	reps/kg	110	142.5		SW+30%	Los Angeles CA	2/7/2015	X		
Kelley, Bruce	CA	M	220	45-49	Deadlift for Reps (60-sec limit)	17	reps/kg	130	157.5		SW+20%	Los Angeles CA	2/7/2015	X		
Tilson, Rocky	IN	M	275	50-54	Deadlift for Reps (60-sec limit)	7	reps/kg	140	142.5		SW	Los Angeles CA	2/7/2015	X		
Burton, Jordan	CA	MY	181	14-15	Deadlift for Reps (60-sec limit)	20	reps/kg	90	90		SW	Los Angeles CA	2/7/2015	X		

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Kupach, Stacy	CA	F	165	OPEN	Log Clean & Press	72	lb					Los Angeles CA	2/7/2015	X		
McCann, Mike	CA	M	181	65-69	Log Clean & Press	65	lb					Los Angeles CA	2/7/2015			
Weinstock, Bill	CA	M	181	65-69	Log Clean & Press	120	lb					Los Angeles CA	2/7/2015	X		
Nelson, Jesse	CA	M	242	20-23	Log Clean & Press	260	lb					Los Angeles CA	2/7/2015	X		
Tilson, Rocky	IN	M	275	50-54	Log Clean & Press	120	lb					Los Angeles CA	2/7/2015	X		
Anderson, Ray	CA	M	275	60-64	Log Clean & Press	180	lb					Los Angeles CA	2/7/2015	X		
Albert, Anthony	CA	M	275	OPEN	Log Clean & Press	245	lb					Los Angeles CA	2/7/2015	X		
Burton, Jordan	CA	MY	181	14-15	Log Clean & Press	135	lb					Los Angeles CA	2/7/2015	X		
Mausisa, Arnel	CA	M	181	55-59	Orangutan Hang	40	sec					Los Angeles CA	2/7/2015	X		
Weinstock, Bill	CA	M	181	65-69	Orangutan Hang	60	sec					Los Angeles CA	2/7/2015			
McCann, Mike	CA	M	181	65-69	Orangutan Hang	24	sec					Los Angeles CA	2/7/2015			
Tilson, Rocky	IN	M	275	50-54	Orangutan Hang	33	sec					Los Angeles CA	2/7/2015	X		
Stull, Alex	CA	MY	66	10-11	Orangutan Hang	34	sec					Los Angeles CA	2/7/2015	X		
Winkler, Andrea	CA	F	105	70-74	Power Clean	11.0	kg					Los Angeles CA	2/7/2015	X		
Mausisa, Arnel	CA	M	181	55-59	Power Clean	50.0	kg					Los Angeles CA	2/7/2015	X		
Drake, Martin	CA	M	181	60-64	Power Clean	66.0	kg					Los Angeles CA	2/7/2015			
Kelley, Bruce	CA	M	220	45-49	Power Clean	97.0	kg					Los Angeles CA	2/7/2015	X		
Winkler, Andrea	CA	F	105	70-74	Strict Curl	15.0	kg					Los Angeles CA	2/7/2015			
Sneider, Sarah	CA	F	105	70-74	Strict Curl	16.0	kg					Los Angeles CA	2/7/2015	X		
Bor, Angelo	CA	M	148	20-23	Strict Curl	52.5	kg					Los Angeles CA	2/7/2015	X		
Stern, Richard	CA	M	165	65-69	Strict Curl	47.5	kg					Los Angeles CA	2/7/2015	X		
Drake, Martin	CA	M	181	60-64	Strict Curl	53.0	kg					Los Angeles CA	2/7/2015			
Weinstock, Bill	CA	M	181	65-69	Strict Curl	46.5	kg					Los Angeles CA	2/7/2015			
McCann, Mike	CA	M	181	65-69	Strict Curl	25.0	kg					Los Angeles CA	2/7/2015			
Nabhani, Hamid	CA	M	198	35-39	Strict Curl	66.0	kg					Los Angeles CA	2/7/2015	X		
Kelley, Bruce	CA	M	220	45-49	Strict Curl	62.5	kg					Los Angeles CA	2/7/2015	X		
Bradley, Geoff	CA	M	308	50-54	Strict Curl	60.0	kg					Los Angeles CA	2/7/2015	X		

Legend:

b Units:

in = inches

ft = feet

lb = pounds

rep/kg = number of reps/barbell weight (kg)

Farmer's Walk: sec/lb = time (sec)/weight of each handle (lb)

Bench Presses for Reps & Deadlift for Reps: reps/kg = number of reps/barbell weight (kg)

SW+20% = 20% above Standard Weight

SW+3C = 3 Standard Weight Increments ("Classes") above Standard Weight

OPEN = Open record in the indicated weight class (i.e. all ages, men or women)

OPEN Unl = Open unlimited record (all weight classes, all ages)

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TA=Turnaround

2015 FIT EXPO RESULTS FOR KING (AND QUEEN) OF MEGA LIFT

EVENT	MEN	WOMEN
1. Bench Press for Reps		
2. Strict Curl (a PL event)	Hamid Nabhani, 66 kg Bruce Kelley, 62.5 kg Geoff Bradley, 60 kg	
3. Atlas Stones Ascending Weights	Jesse Nelson, 5 Stones @ SW+1, 31 sec Ray Anderson, 5 Stones @ SW Jordan Burton, 5 Stones @ SW+2 Michael Merlo, 5 Stones @ SW+1	
4. Power Clean	Bruce Kelley, 97 kg	
5. Orangutan Hang		
6. Deadlift for Reps		Justine Vicaldo Mabalot, 19 reps @ SW+50%
7. Log Clean & Press	Jesse Nelson, 260 lb Anthony Albert, 245 lb Ray Anderson, 180 lb	
8. Crucifix Hold (sledgehammers)	Jesse Nelson, 46 sec @ 30 lb each hand Stephen Stull, 38 sec @ 30 lb each hand Bruce Kelley, 33 sec @ 30 lb each hand	
TOTALS	Jesse Nelson, 3 mega lifts Bruce Kelley, 3 mega lifts Ray Anderson, 2 mega lifts Hamid Nabhani, 1 mega lift Geoff Bradley, 1 mega lift Jordan Burton, 1 mega lift Michael Merlo, 1 mega lift Anthony Albert, 1 mega lift Stephen Stull, 1 mega lift	Justine Vicaldo Mabalot, 1 mega lift
CHAMPION	Jesse Nelson (wins tiebreak with Bruce Kelley--longest time with 30 lb sledgehammers for Crucifix Hold)	Justine Vicaldo Mabalot

Note: The man (and woman) with the meets or exceeds the most standards on this list wins the overall award.

SW = Standard Weight