

## AAU NORTH AMERICAN POWERLIFTING AND WEIGHTLIFTING HARRAHS HOTEL CASINO , LAUGHLIN, NV MARCH 6-8

								WT	WT CO	B SQ	R SQ	B BP	R BP	B DL	R DL	TOT	TOT #		
F	ROCKY	LUEDIKER	60	97 SEDONA	AZ	CURL	RM 60-64										0	0	
F	NINA	SUGAMORI	51	123 LOS ANGELES	CA	DEADLIFT	RM 50-54							97.5		98	214.9		
F	ROCKY	LUEDIKER	60	97 SEDONA	AZ	POWERLIF	RM 60-64			50		32.5		75		158	347.2		
F	DURETTA	WARREN	67	114 LAKE ELSINORE	CA	POWERLIF	RM 65-69			32.5		25		62.5		120	264.6		
F	MELISSA	HOLLOWAY	46	123 KINGMAN	AZ	POWERLIF	R LIFE			67.5		45		120	125	233	512.6		
F	JESSICA	CALDWELL	28	123 LAS VEGAS	NV	POWERLIF	R MIL/LAW			82.5		57.5		107.5		248	545.6		
F	JESSICA	CALDWELL	28	123 LAS VEGAS	NV	POWERLIF	R OPEN			82.5		57.5		107.5		248	545.6		
F	MELISSA	HOLLOWAY	46	123 KINGMAN	AZ	POWERLIF	R OPEN			67.5		45		120	125	233	512.6		
F	NICOLE	PHILLIPS	20	114 ALPINE VILLAGE	CA	PUSHPULL	R J						25	77.5		103	226		
F	ANASTASIA	PEDIGO	9	INDIANAPOLIS	IN	WEIGHTLIF	Y 8-9						10	15		25	55.12	BEST LIFTER WOMENS WEIGHTLIFTING	
F	NINA	SUGAMORI		LOS ANGELES	CA	WEIGHTLIFTING							28.5	26		55	120.2		
M	PAYNE	KUNGEL	15	123 west covina	CA	BENCH	RT 14-15					52.5							
M	GORDON	SANTEE	68	132 REDONDO BEACH	CA	BENCH	LM 65-69					70				70	154.3		
M	GORDON	SANTEE	68	132 REDONDO BEACH	CA	BENCH	M 65-69					70				70	154.3		
M	GORDON	SANTEE	68	132 REDONDO BEACH	CA	BENCH	RLM 65-69					70				70	154.3		
M	GORDON	SANTEE	68	132 REDONDO BEACH	CA	BENCH	RM 65-69					70				70	154.3		
M	MARK	LAUREL	54	165 MURRIETA	CA	BENCH	LM 50-54					138				138	304.2		
M	MARTN	DRAKE	64	165 LAS VEGAS	NV	BENCH	LM 60-64					135				135	297.6		
M	MARTN	DRAKE	64	165 LAS VEGAS	NV	BENCH	M 60-64					135				135	297.6		
M	MARTN	DRAKE	64	165 LAS VEGAS	NV	BENCH	RLM 60-64					135				135	297.6	BEST LIFTER LT WT	
M	MARTN	DRAKE	64	165 LAS VEGAS	NV	BENCH	RM 60-64					135				135	297.6		
M	ANTONIO	SANTILLIAN	12	165 AVOCADO HTS	CA	BENCH	RT 12-13					77.5				78	170.9		
M	JERRY	HOMER	72	181 KINGMAN	AZ	BENCH	M 70-74									0	0		
M	RUBEN	LOPEZ	37	181 FOUNTAIN	CA	BENCH	OPEN					160				160	352.7		
M	RUBEN	LOPEZ	37	181 FOUNTAIN	CA	BENCH	R OPEN					160				160	352.7		
M	HENRY	FULTZ	56	181 ATWATER	CA	BENCH	RLM 55-59					150				150	330.7		
M	HENRY	FULTZ	56	181 ATWATER	CA	BENCH	RM 55-59					150				150	330.7		
M	BRAD	NIMAN	27	198 SPRING CREEK	NV	BENCH	R OPEN					152.5				153	336.2		
M	BRENT	BOOTHE	77	198 MESQUITE	NV	BENCH	RLM 75-79					65				65	143.3		
M	RANDY	CHEATHAM	54	220 KINGMAN	AZ	BENCH	M 50-54					185				185	407.9		
M	GENE	LAWRENCE	75	242 SCOTTSDALE	AZ	BENCH	LM 75-79					100				100	220.5		
M	GENE	LAWRENCE	75	242 SCOTTSDALE	AZ	BENCH	RLM 75-79					100				100	220.5		
M	NICK	HANSEN	34	275 ST GEORGE	UT	BENCH	R OPEN					200				200	440.9		
M	IVAN	KATZ	67	275 LAGUNA WOODS	CA	BENCH	RLM 65-69					153	154.5			153	337.3		
M	MATTHEW	RIVERA	24	148 SURPRISE	AZ	DEADLIFT	R OPEN							155		155	341.7		
M	MAC	SCOTT	62	148 SUN LAKES	AZ	DEADLIFT	RLM 60-64							130		130	286.6		
M	BILL	WEINSTOCK	67	181 SIERRA MADRE	CA	DEADLIFT	M 65-69									0	0		
M	BRAD	NIMAN	27	198 SPRING CREEK	NV	DEADLIFT	R OPEN							247.5		248	545.6		
M	BRENT	BOOTHE	77	198 MESQUITE	NV	DEADLIFT	RLM 75-79							115		115	253.5		
M	TOM	SMITH	68	198 VA BEACH	VA	DEADLIFT	RM 65-69							227.5		228	501.5	BEST LIFTER MIDDLE WEIGHT	
M	GENE	LAWRENCE	75	242 SCOTTSDALE	AZ	DEADLIFT	LM 75-79						140			0	0		
M	GENE	LAWRENCE	75	242 SCOTTSDALE	AZ	DEADLIFT	RLM 75-79						140			0	0		

M CHRISTIAN	TORCH	9	66 KINGMAN	AZ	POWERLIF RY 8-9	45	25	62.5	133	292.1	BEST LIFTER LT WT POWERLIFTING
M JEFF	TORCH II	10	88 KINGMAN	AZ	POWERLIF RY 10-11	57.5	25	80	163	358.2	
M MARK	LAUREL	54	165 MURRIETA	CA	POWERLIF LM 50-54	100	138	137.5	376	827.8	
M MARIA	DAVIS	15	181 KINGMAN	AZ	POWERLIF R 14-15	92.5	45	107.5	245	540.1	
M MIKE	HAIGWOOD	73	181 HENDERSON	NV	POWERLIF RM 70-74	57.5		80	138	303.1	
M JOHN	DOUGHERTY	17	181 KINGMAN	AZ	POWERLIF RT 16-17				0	0	
M BRAD	NIMAN	27	198 SPRING CREEK	NV	POWERLIF R OPEN	155	152.5	247.5	555	1224	
M ALVARO	FRAYRE	17	198 VICTORVILLE	CA	POWERLIF RH 16-17	142.5	102.5	182.5	428	942.5	
M JUAN	APONTE	18	198 VICTORVILLE	CA	POWERLIF RHS 18-19	107.5	107.5	170	385	848.8	
M TONY	RODRIGUEZ	46	198 LAS VEGAS	NV	POWERLIF RLM 45-49 MIL	210	125	245	580	1279	BEST LIFTER MIDDLE WT POWERLIFTING
M RICHARD	WISEMAN	68	198 LAS VEGAS	NV	POWERLIF RLM 65-69				0	0	
M KEITH	MILLER	41	198 GOODYEAR	AZ	POWERLIF RM 40-44	155	92.5	155	403	887.4	
M GREG	MARTINEZ	17	198 KINGMAN	AZ	POWERLIF RT 16-17	155	115	195	465	1025	
M ABEL	CASTANEDA	18	198 VICTORVILLE	CA	POWERLIF RT 18-19	167.5	110	227.5	505	1113	
M JERRY	HOMER JR	52	220 KINGMAN	AZ	POWERLIF M 50-54				0	0	
M GENE	LAWRENCE	75	242 SCOTTSDALE	AZ	POWERLIF LM 75-79	95	100	140	195	429.9	
M JEFF	TORCH	28	242 KINGMAN	AZ	POWERLIF R OPEN	210	137.5	242.5	590	1301	
M DAVID	YANCEY	67	242 CAMPBELL	CA	POWERLIF RLM 65-69	152	125	175	277	610.7	
M GENE	LAWRENCE	75	242 SCOTTSDALE	AZ	POWERLIF RLM 75-79		100	140	100	220.5	
M DAVID	YANCEY	67	242 CAMPBELL	CA	POWERLIF RM 65-69	155	125	175	455	1003	
M JULIO	REYES	17	242 VICTORVILLE	CA	POWERLIF RT 16-17	185	125	215	310	683.4	
M STEVEN	GOLDEN	35	275 HELENDALE	CA	POWERLIF R MIL/LAW	237.5	182.5	245	420	925.9	BEST LIFTER HVY WT POWERLIFTING
M NATE	DOWNING	40	308 KINGMAN	AZ	POWERLIF M 40-44	285	175	275	735	1620	
M STEVEN	GOLDEN	35	308 HELENDALE	CA	POWERLIF R SUB	237.5	182.5	245	665	1466	
M BRAD	NIMAN	27	198 SPRING CREEK	NV	PUSHPULL R OPEN		152.5		153	336.2	
M MARTIN	VOGT	70	220 MURRIETA	CA	PUSHPULL RLM 70-74		70	110	70	154.3	
M MARTIN	VOGT	70	220 MURRIETA	CA	PUSHPULL RM 70-74			110	0	0	
M GENE	LAWRENCE	75	242 SCOTTSDALE	AZ	PUSHPULL LM 75-79		100	140	100	220.5	
M DAVID	YANCEY	67	242 CAMPBELL	CA	PUSHPULL RLM 65-69		125	175	125	275.6	
M WALT	ADKINS	70	242 SAN JOSE	CA	PUSHPULL RLM 70-74		125		125	275.6	
M GENE	LAWRENCE	75	242 SCOTTSDALE	AZ	PUSHPULL RLM 75-79		100	140	100	220.5	BEST LIFTER HEAVY WT
M FRED	MARTINEZ	42	62 ANTHEM	AZ	WEIGHTLIFM 40-44		78	90	168	370.4	
M LEONARD	UBALDE		69 LAS VEGAS	CA	WEIGHTLIFJR		88	110	198	436.5	BEST LIFTER MENS WEIGHTLIFTING
M ERIC	TRAGER	46	69	CA	WEIGHTLIFM 45-49				0	0	
M MUNDO	VELOZ	23	85 LAS VEGAS	NV	WEIGHTLIFJR		92.5	120.4	213	469.4	
M KEITH	MILLER	41	85 GOODYEAR	AZ	WEIGHTLIFM 40-44		75	78	112	187	412.3
M BILL	WEINSTOCK	67	85 SIERRA MADRE	CA	WEIGHTLIFM 65-69				0	0	
M ROCKY	TILSON	52	114 MORRISTOWN	IN	WEIGHTLIFM 50-54		74	76	92.5	167	367.1
M CRAIG	SWANSON	49	85KG EL SEGUNDO	CA	WEIGHTLIFM 45-49		88	90	105	193	425.5

## RESULTS--AAU FOS NORTH AMERICAN CHAMPIONSHIPS IN LAUGHLIN NV, MARCH 6-7, 2015

Name	State	Division <sup>a</sup>	Wt Class (lb)	Age Group	Event	Result	Units <sup>b</sup>	Std Wt	Wt Used	Amount relative to SW	Location	Date	AR	WR	NR
Rodriguez, Tony	AZ	M	198	45-49	2" Axle Clean & Press	224.0	lb				Laughlin NV	3/7/2015	X	X	
Anderson, Ray	CA	M	275	60-64	2" Axle Clean & Press	136.0	lb				Laughlin NV	3/7/2015	X	X	
Holloway, Melissa	AZ	F	132	45-49	2" Axle Deadlift	160.0	lb				Laughlin NV	3/7/2015	X	X	
Anderson, Ray	CA	M	275	60-64	2" Axle Deadlift	224.0	lb				Laughlin NV	3/7/2015	X	X	
Luedeker, Rocky	CA	F	97	60-64	Bench Press for Reps (60-sec limit)	8	reps/kg	27.5	28.0	SW	Laughlin NV	3/7/2015	X	X	
Walker, Ashley	AZ	F	165	Open	Bench Press for Reps (60-sec limit)	12	reps/kg	55	55	SW	Laughlin NV	3/7/2015	X	X	
Davis, Maria	AZ	FY	181	14-15	Bench Press for Reps (60-sec limit)	5	reps/kg	35	42.0	SW+20%	Laughlin NV	3/7/2015	X	X	
Weinstock, Bill	CA	M	181	65-69	Bench Press for Reps (60-sec limit)	5	reps/kg	80	80	SW	Laughlin NV	3/7/2015	X	X	
Kane, Mike "Irish"	CA	M	181	70-74	Bench Press for Reps (60-sec limit)	15	reps/kg	65	65	SW	Laughlin NV	3/7/2015	X	X	
Kane, Mike "Irish"	CA	M	181	70-74	Bench Press for Reps (60-sec limit)	5	reps/kg	65	91.0	SW+40%	Laughlin NV	3/7/2015	X	X	
Kane, Mike "Irish"	CA	M	198	70-74	Bench Press for Reps (60-sec limit)	9	reps/kg	65	80	SW+20%	Laughlin NV	3/7/2015	X	X	
Kane, Mike "Irish"	CA	M	198	70-74	Bench Press for Reps (60-sec limit)	12	reps/kg	65	72.0	SW+10%	Laughlin NV	3/7/2015	X	X	
Tenove, Glen	CA	M	275	55-59	Bench Press for Reps (60-sec limit)	4	reps/kg	130	182.0	HWopen+40%	Laughlin NV	3/7/2015	X	X	
Tenove, Glen	CA	M	275	55-59	Bench Press for Reps (60-sec limit)	6	reps/kg	130	169.0	HWopen+30%	Laughlin NV	3/7/2015	X	X	
Tenove, Glen	CA	M	308	55-59	Bench Press for Reps (60-sec limit)	8	reps/kg	130	156.0	HWopen+20%	Laughlin NV	3/7/2015	X	X	
Tenove, Glen	CA	M	308	55-59	Bench Press for Reps (60-sec limit)	10	reps/kg	130	143.0	HWopen+10%	Laughlin NV	3/7/2015	X	X	
Kungle, Payne	CA	MY	114	14-15	Bench Press for Reps (60-sec limit)	19	reps/kg	35	35	SW	Laughlin NV	3/7/2015	X	X	
Santillan, Antonio	CA	MY	181	12-13	Bench Press for Reps (60-sec limit)	24	reps/kg	45	45	SW	Laughlin NV	3/7/2015	X	X	
Luedeker, Rocky	AZ	F	97	60-64	Deadlift for Reps (60-sec limit)	19	reps/kg	37.5	37.5	SW	Laughlin NV	3/7/2015	X	X	
Holloway, Melissa	AZ	F	123	45-49	Deadlift for Reps (60-sec limit)	23	reps/kg	55	77.0	SW+40%	Laughlin NV	3/7/2015	X	X	
Walker, Ashley	AZ	F	165	OPEN	Deadlift for Reps (60-sec limit)	24	reps/kg	90	90	SW	Laughlin NV	3/7/2015	X	X	
Luedeker, Lee	AZ	M	165	60-64	Deadlift for Reps (60-sec limit)	8	reps/kg	95	133.0	SW+40%	Laughlin NV	3/7/2015	X	X	
Smith, Tom	VA	M	198	65-69	Deadlift for Reps (60-sec limit)	20	reps/kg	110	110	SW	Laughlin NV	3/7/2015	X	X	
Holloway, Melissa	AZ	F	132	45-49	Deadlift Lockout	128	kg				Laughlin NV	3/7/2015	X	X	
Davis, Maria	AZ	FY	181	14-15	Deadlift Lockout	145	kg				Laughlin NV	3/7/2015	X	X	
Anderson, Ray	CA	M	275	60-64	Log Clean & Press	180	kg				Laughlin NV	3/7/2015	X	X	
Anderson, Ray	CA	M	275	60-64	Log Clean (Once) & Press for Reps (60-sec limit)	6	reps/kg	45.36	63.50	SW+40%	Laughlin NV	3/7/2015	X	X	
Holloway, Melissa	AZ	F	132	45-49	Power Clean	40.0	kg				Laughlin NV	3/7/2015	X	X	
Walker, Ashley	AZ	F	165	Open	Power Cleans for Reps (60-sec limit)	23	reps/kg	42.5	35		Laughlin NV	3/7/2015	X	X	
Luedeker, Rocky	CA	F	97	60-64	Standing Long Jump	54.00	in				Laughlin NV	3/7/2015	X	X	
Luedeker, Lee	AZ	M	165	60-64	Standing Long Jump	79.00	in				Laughlin NV	3/7/2015	X	X	
Kungle, Payne	CA	MY	114	14-15	Standing Long Jump	79.75	in				Laughlin NV	3/7/2015			
Santillan, Antonio	CA	MY	181	12-13	Standing Long Jump	62.75	in				Laughlin NV	3/7/2015			
Luedeker, Rocky	CA	F	97	60-64	Strict Curl	16	kg				Laughlin NV	3/7/2015	X	X	
Luedeker, Lee	AZ	M	165	60-64	Strict Curl	45	kg				Laughlin NV	3/7/2015		X	
Weinstock, Bill	CA	M	181	65-69	Strict Curl	45	kg				Laughlin NV	3/7/2015			
Luedeker, Rocky	CA	F	97	60-64	Strict Curls for Reps (60-sec limit)	16	reps/kg	15	10		Laughlin NV	3/7/2015	X	X	
Gillott, Sara	AZ	F	148	55-59	Strict Curls for Reps (60-sec limit)	4	reps/kg	20	20	SW	Laughlin NV	3/7/2015	X	X	
Gillott, Paul	AZ	M	148	65-69	Strict Curls for Reps (60-sec limit)	20	reps/kg	25	25	SW	Laughlin NV	3/7/2015	X	X	

**RESULTS--AAU FOS NORTH AMERICAN CHAMPIONSHIPS IN LAUGHLIN NV, MARCH 6-7, 2015**

Name	State	Division <sup>a</sup>	Wt Class (lb)	Age Group	Event	Result	Units <sup>b</sup>	Std Wt	Wt Used	Amount relative to SW	Location	Date	AR	WR	NR
Drake, Martin	CA	M	181	60-64	Strict Curls for Reps (60-sec limit)	6	reps/kg	30	42	SW+40%	Laughlin NV	3/7/2015	X	X	
Weinstock, Bill	CA	M	181	65-69	Strict Curls for Reps (60-sec limit)	5	reps/kg	30	42	SW+40%	Laughlin NV	3/7/2015	X	X	
Kane, Mike "Irish"	CA	M	181	70-74	Strict Curls for Reps (60-sec limit)	5	reps/kg	27.5	40	SW+40%	Laughlin NV	3/7/2015	X	X	
Kane, Mike "Irish"	CA	M	198	70-74	Strict Curls for Reps (60-sec limit)	5	reps/kg	27.5	38.5	SW+40%	Laughlin NV	3/7/2015	X	X	
Tenove, Glen	CA	M	275	55-59	Strict Curls for Reps (60-sec limit)	7	reps/kg	37.5	58.5	HWopen+30%	Laughlin NV	3/7/2015	X	X	
Tenove, Glen	CA	M	275	55-59	Strict Curls for Reps (60-sec limit)	8	reps/kg	37.5	54	HWopen+20%	Laughlin NV	3/7/2015	X	X	
Tenove, Glen	CA	M	275	55-59	Strict Curls for Reps (60-sec limit)	4	reps/kg	37.5	63.0	HWopen+40%	Laughlin NV	3/7/2015	X	X	

Notes:

WR = World Record. Can be set at any world or international championship, including the AAU FOS Indoor World Championships, Outdoor World Championships, and Junior Olympic Games in 2015.

NR = National Record for the country represented other than USA..

OPEN = Record for anyone age 24-34 and anyone else choosing to compete in the OPEN (age 24-34) age group instead of their own.

OPEN Unl = OPEN Unlimited age weight/age record for either males or females.

Archived\* = Archived record (90-sec time limit). Note: Current records have a 60-second time limit.

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)

TA=Turnaround

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

<b>EVENT</b>	<b>MEN</b>	<b>WOMEN</b>
2" Axle Clean & Press	[Standard=70 kg (154 lb)] <b>Tony Rodriguez, 224 lb</b>	[Standard=45 kg (100 lb)]
2" Axle Deadlift	[Standard=250 lb]	[Standard=150 lb] <b>Melissa Holloway, 160 lb</b>
Bench Press for Reps (60-sec limit)	[Standard=Min 2 reps @ 40% over SW] <b>Glen Tenove, 4 reps @ 182 kg (SW+92%)</b> <b>Mike "Irish" Kane, 5 reps @ 91 kg (SW+40%)</b>	[Standard=Min 2 reps @ 40% over SW] <b>Maria Davis, 5 reps @ 42 kg (SW+20%)</b>
Deadlift for Reps (60-sec limit)	[Standard=Min 2 reps @ 40% over SW] <b>Lee Luedeker, 8 reps @ 133 kg (SW+40%)</b>	[Standard=Min 2 reps @ 40% over SW] <b>Melissa Holloway, 23 reps @ 77 kg (SW+40%)</b>
Deadlift Lockout	[Standard=317.5 kg (700.0 lb)]	[Standard=210 kg (463 lb)]
Log Clean & Press	[Standard=75 kg (165.3 lb)] <b>Ray Anderson, 180 lb</b>	[Standard=50 kg (110.2 lb)]
Log Clean (once) & Press for Reps	[Standard=Min 2 reps @ 40% over SW] <b>Ray Anderson, 6 reps @ 140 lb (SW+40%)</b>	[Standard=Min 2 reps @ 40% over SW]
Power Clean	[Standard=80 kg (176.4 lb)]	[Standard=55 kg (121.3 lb)]
Power Cleans for Reps (60-sec limit)	[Standard=Min 2 reps @ 40% over SW]	[Standard=Min 2 reps @ 40% over SW]
Standing Long Jump	[Standard=100 in]	[Standard=85 in]
Strict Curl	[Standard=57.5 kg (126.8 lb)]	[Standard=40 kg (88.2 lb)]
Strict Curls for Reps (60-sec limit)	[Standard=Min 2 reps @ 40% over SW] <b>Glen Tenove, 4 reps @ 63kg (SW+68%)</b> <b>Mike "Irish" Kane, 5 reps @ 40 kg (SW+45%)</b> <b>Martin Drake, 6 reps @ 42 kg (SW+410%)</b> <b>Bill Weinstock, 5 reps @ 42 kg (SW+40%)</b>	[Standard=Min 2 reps @ 40% over SW]
<b>TOTALS</b>	<b>Glen Tenove, 2 megalifts</b> <b>Mike "Irish" Kane, 2 megalifts</b> <b>Ray Anderson, 2 megalifts</b> <b>Lee Luedeker, 1 megalift</b> <b>Tony Rodriguez, 1 megalift</b> <b>Martin Drake, 1 megalift</b> <b>Bill Weinstock, 1 megalift</b>	<b>Melissa Holloway, 2 megalifts</b> <b>Maria Davis, 1 megalift</b>
<b>CHAMPION</b>	<b>Glen Tenove, Mike "Irish" Kane, &amp; Ray Anderson--King of Mega Lift Co-Champions</b>	<b>Melissa Holloway, Queen of Megalift</b>

Notes:

1. The man (and woman) with the meets or exceeds the most standards on this list wins the overall award.
  2. Maximum of 1 megalift awarded to each competitor for each event.
- SW = Standard Weight (per weight class/age group division)