

6th Annual South Florida Open Powerlifting Championships
 Don Taft University Center Arena -- Nova Southeastern University
 Saturday, June 18, 2011

WT.	NAME	AGE	Gym	STATE	CATEGORY	DIVISION	Squat	Bench	Deadlift	Total	Wilks	Place	
Women -- Powerlifting													
52.00	51.20	Laura Carlton	19	Florida Gulf Coast University / Estero	Florida	Powerlifting	Collegiate	65.00	35.00	92.50	192.50	242.86	1.00
56.00	56.00	Logan Busacca	20	Florida State University / Tallahassee	Florida	Powerlifting	Raw/Unequipped	67.50	42.50	82.50	192.50	226.50	1.00
60.00	58.20	Alexandra Douglas	19	University of Florida / Gainesville	Florida	Powerlifting	Teen 18 - 19	97.50	42.50	112.50	252.50	288.25	1.00
60.00	59.40	Christina Escalante	24	Just Lift Ink / Margate	Florida	Powerlifting	Raw/Unequipped	110.00	65.00	135.00	310.00	348.32	1.00
75.00	70.80	Monique Dudley	15	Lombardi's Gym / Clearwater	Florida	Powerlifting	Open	120.00	45.00	130.00	295.00	291.19	1.00
75.00	70.00	Monique Dudley	15	Lombardi's Gym / Clearwater	Florida	Powerlifting	Teen 14 - 15	120.00	45.00	130.00	295.00	293.47	1.00
90.00+	110.40	Kimberle Easton	41	Beach Street Gym / Daytona	Florida	Powerlifting	Master 40+	0.00	102.50	137.50	0.00	0.00	BMB
90.00+	110.40	Kimberle Easton	41	Beach Street Gym / Daytona	Florida	Powerlifting	Police/Fire/Military	0.00	102.50	137.50	0.00	0.00	BMB
Men -- Powerlifting													
67.50	67.40	Steven Ritucci	32	Nova Southeastern University / Davie	Florida	Powerlifting	Open	185.00	142.50	205.00	532.50	411.04	1.00
67.50	66.90	Kostadin Bahchevanov	33	Lifestyles Fitness / St. Petersburg	Florida	Powerlifting	Open	190.00	137.50	192.50	520.00	403.83	2.00
67.50	63.50	Tyler Mohammed	22	Fit Forever / Bonita Springs	Florida	Powerlifting	Raw/Unequipped	182.50	105.00	227.50	515.00	417.72	1.00
75.00	74.10	John Watson	26	24 HR Fitness / Boyton Beach	Florida	Powerlifting	Open	140.00	95.00	195.00	430.00	309.00	1.00
75.00	71.00	Charles Adderley	17	Playground Fitness / Ft. Lauderdale	Florida	Powerlifting	Teen 16 - 17	122.50	0.00	155.00	0.00	0.00	BMB
75.00	71.20	Justin Pena	21	Powerhouse Gym / Tampa	Florida	Powerlifting	Junior 20 - 23	112.50	117.50	160.00	390.00	288.52	1.00
75.00	73.40	Jordon Berke	22	Florida State University / Tallahassee	Florida	Powerlifting	Raw/Unequipped	177.50	155.00	200.00	532.50	385.26	1.00
75.00	74.10	John Watson	26	24 HR Fitness / Boyton Beach	Florida	Powerlifting	Raw/Unequipped	140.00	95.00	195.00	430.00	309.00	2.00
82.50	79.10	Mark Campbell	39	Just Lift Ink / Margate	Florida	Powerlifting	Raw/Unequipped	125.00	107.50	177.50	410.00	281.92	1.00
82.50	80.90	Joel Feinberg	30	Playground Fitness / Ft. Lauderdale	Florida	Powerlifting	Raw/Unequipped	132.50	0.00	190.00	0.00	0.00	BMB
82.50	0.00	Ryan Dyson	26	Georgia Southern University	Georgia	Powerlifting	Raw/Unequipped	0.00	0.00	0.00	0.00	0.00	DQ
82.50	82.40	Gregory Wright	49	World Gym / East Ft. Lauderdale	Florida	Powerlifting	Master 40+	215.00	152.50	272.50	640.00	429.06	1.00
82.50	80.60	Mark Rowe	81	Fitness on the Cape / Cape Coral	Florida	Powerlifting	Master 80+	82.50	77.50	122.50	282.50	191.96	1.00
82.50	81.10	Nick Israel	22	University of Florida / Gainesville	Florida	Powerlifting	Collegiate	237.50	187.50	247.50	672.50	455.22	1.00
90.00	86.80	Abe Nassar	17	24 HR Fitness / Boyton Beach	Florida	Powerlifting	Teen 16 - 17	202.50	137.50	230.00	570.00	370.90	1.00
90.00	83.10	Adam Sayith	20	911 Cross Fit / Cooper City	Florida	Powerlifting	Junior 20 - 23	140.00	0.00	170.00	0.00	0.00	BMB
90.00	87.90	Gary Levenson	46	Florida Gulf Coast University / Estero	Florida	Powerlifting	Master 40+	172.50	120.00	207.50	500.00	323.15	1.00
90.00	87.50	Mark Goto	50	Naval Air Station / Pensacola	Floirda	Powerlifting	Master 50+	182.50	110.00	205.00	497.50	322.33	1.00
90.00	87.10	Jim Wold	64	Naval Air Station / Pensacola	Florida	Powerlifting	Master 60+	197.50	132.50	227.50	557.50	362.10	1.00
90.00	89.20	Anthony Loreto	24	Just Lift Ink / Margate	Florida	Powerlifting	Raw/Unequipped	237.50	147.50	297.50	682.50	437.69	1.00
90.00	86.00	Carlin White	21	Florida State University / Tallahassee	Florida	Powerlifting	Raw/Unequipped	185.00	137.50	215.00	537.50	351.53	2.00
90.00	88.60	Arian Khamesi	23	Florida State University / Tallahassee	Florida	Powerlifting	Raw/Unequipped	137.50	102.50	192.50	432.50	278.36	3.00
100.00	98.10	Bill Beekley	51	Raw Dawgs / Tampa	Florida	Powerlifting	Master 50+	180.00	105.00	257.50	542.50	332.77	1.00
100.00	93.80	Michael King	32	Playground Fitness / Ft. Lauderdale	Florida	Powerlifting	Raw/Unequipped	177.50	165.00	240.00	582.50	364.47	1.00
100.00	98.70	Andrew Wainer	25	Just Lift Ink / Margate	Florida	Powerlifting	Raw/Unequipped	195.00	127.50	235.00	557.50	341.08	2.00
100.00	93.80	Michael King	32	Playground Fitness / Ft. Lauderdale	Florida	Powerlifting	Collegiate	177.50	165.00	240.00	582.50	364.47	1.00
110.00	108.30	Edward Kinsel	19	University of Florida / Gainesville	Florida	Powerlifting	Teen 18 - 19	150.00	120.00	192.50	462.50	273.52	1.00
125.00	113.90	James Wilson	33	Florida Gulf Coast University / Estero	Florida	Powerlifting	Open	220.00	182.50	217.50	620.00	361.21	1.00
125.00	124.00	Jon Kennedy	37	Sunrise Fitness / Ft. Lauderdale	Florida	Powerlifting	Open	237.50	160.00	215.00	612.50	349.62	2.00
125.00	116.40	Andres Bonelli	32	Lifestyles Fitness / St. Petersburg	Florida	Powerlifting	Raw/Unequipped	220.00	150.00	200.00	570.00	330.14	1.00
125.00+	126.00	Tim Burns	41	Raw Dawgs / Tampa	Florida	Powerlifting	Raw/Unequipped	235.00	150.00	232.50	617.50	351.30	1.00

Women -- Push/Pull

48.00	46.80	Joan Schmidt	71	Commons Club / Bonita Springs	Florida	Push/Pull	Open	0.00	32.50	73.00	105.50	142.32	1.00
48.00	46.80	Joan Schmidt	71	Commons Club / Bonita Springs	Florida	Push/Pull	Master 70+	0.00	32.50	73.00	105.50	142.32	1.00
56.00	55.40	Marla McElroy	42	Margo Fitness / Bloomington	Illinois	Push/Pull	Master 40+	0.00	67.50	112.50	180.00	213.59	1.00
67.50	65.00	Amy Chatfield	32	Playground Fitness / Ft. Lauderdale	Florida	Push/Pull	Raw/Unequipped	0.00	52.50	110.00	162.50	170.48	1.00
82.50	77.60	Maria Pares	79	YMCA / Ocala	Florida	Push/Pull	Master 70+	0.00	20.00	40.00	60.00	55.87	1.00
90.00+	103.40	Peggy Busacca	57	Planet Fitness / Rockledge	Florida	Push/Pull	Master 50+	0.00	80.00	130.00	210.00	173.23	1.00
90.00+	103.40	Peggy Busacca	57	Planet Fitness / Rockledge	Florida	Push/Pull	Raw/Unequipped	0.00	80.00	130.00	210.00	173.23	1.00

Men -- Push/Pull

82.50	81.80	Robbie Burkey	18	Playground Fitness / Ft. Lauderdale	Florida	Push/Pull	Teen 18 - 19	0.00	90.00	142.50	232.50	156.57	1.00
82.50	77.90	Teobaldo Sanchez	41	LA Fitness -- West Palm Beach	Florida	Push/Pull	Master 40+	0.00	122.50	170.00	292.50	203.14	1.00
90.00	82.80	Nicholas Mastrella	28	911 Cross Fit / Cooper City	Florida	Push/Pull	Open	0.00	145.00	227.50	372.50	249.02	1.00
90.00	86.40	Carlos Varon	16	911 Cross Fit / Cooper City	Florida	Push/Pull	Teen 16 - 17	0.00	0.00	130.00	0.00	0.00	BMB
90.00	89.20	Thomas Fleischmann	56	Olympian Gym / Miami	Florida	Push/Pull	Raw/Unequipped	0.00	125.00	127.50	252.50	161.93	1.00
90.00	86.40	Carlos Varon	16	911 Cross Fit / Cooper City	Florida	Push/Pull	Raw/Unequipped	0.00	0.00	130.00	0.00	0.00	BMB
100.00	93.80	Michael King	32	Playground Fitness / Ft. Lauderdale	Florida	Push/Pull	Raw/Unequipped	0.00	165.00	240.00	405.00	253.41	1.00
100.00	93.80	Michael King	32	Playground Fitness / Ft. Lauderdale	Florida	Push/Pull	Collegiate	0.00	165.00	240.00	405.00	253.41	1.00
110.00	104.70	Rcky Germaine	32	Sunrise Fitness / Ft. Lauderdale	Florida	Push/Pull	Open	0.00	145.00	230.00	375.00	224.33	1.00
110.00	108.70	Damon Samson	37	Beach Street Gym / Daytona	Florida	Push/Pull	Police/Fire/Military	0.00	155.00	200.00	355.00	209.70	1.00
125.00	124.00	Jon Kennedy	37	Sunrise Fitness / Ft. Lauderdale	Florida	Push/Pull	Open	0.00	160.00	215.00	375.00	214.05	1.00
125.00+	143.50	Michael Ricker	45	Anytime Fitness / Cape Coral	Florida	Push/Pull	Open	0.00	192.50	277.50	470.00	261.70	1.00
125.00+	143.50	Michael Ricker	45	Anytime Fitness / Cape Coral	Florida	Push/Pull	Master 40+	0.00	192.50	277.50	470.00	261.70	1.00

Women -- Bench Press Only

60.00	59.60	Pat McCarthy	64	Just Lift Ink / Margate	Florida	Bench Press Only	Master 60+	0.00	27.50	0.00	27.50	30.82	1.00
60.00	59.00	Cheryl Naso	48	Just Lift Ink / Margate	Florida	Bench Press Only	Raw/Unequipped	0.00	62.50	0.00	62.50	70.59	1.00
67.50	67.40	Wendy Welch	47	Fitness One / Flagler Beach	Florida	Bench Press Only	Raw/Unequipped	0.00	35.00	0.00	35.00	35.76	1.00

Men -- Bench Press Only

82.50	82.50	Mosbeh Alkinany	42	Just Lift Ink / Margate	Florida	Bench Press Only	Open	0.00	220.00	0.00	220.00	147.38	1.00
82.50	82.50	Mosbeh Alkinany	42	Just Lift Ink / Margate	Florida	Bench Press Only	Master 40+	0.00	220.00	0.00	220.00	147.38	1.00
82.50	77.90	Teobaldo Sanchez	41	LA Fitness -- West Palm Beach	Florida	Bench Press Only	Master 40+	0.00	122.50	0.00	122.50	85.08	2.00
82.50	81.10	Nick Israel	22	University of Florida / Gainesville	Florida	Bench Press Only	Collegiate	0.00	187.50	0.00	187.50	126.92	1.00
82.50	82.50	Joe Hill	35	Powerhouse Gym / Tampa	Florida	Bench Press Only	Raw/Unequipped	0.00	205.00	0.00	205.00	137.33	1.00
90.00	82.80	Nicholas Mastrella	28	911 Cross Fit / Cooper City	Florida	Bench Press Only	Open	0.00	145.00	0.00	145.00	96.93	1.00
90.00	87.00	Jeff Gerardo	37	Fit Forever / Bonita Springs	Florida	Bench Press Only	Open	0.00	25.00	0.00	25.00	16.25	2.00
90.00	89.50	Love Avril	32	Avril Personal Training / Miami	Florida	Bench Press Only	Raw/Unequipped	0.00	208.00	0.00	208.00	133.16	1.00
90.00	88.40	Andrew Cohen	30	Just Lift Ink / Margate	Florida	Bench Press Only	Special Olympian	0.00	75.00	0.00	75.00	48.33	1.00
100.00	96.80	Totyo Ivanov	30	Lifestyles / St. Petersburg	Florida	Bench Press Only	Raw/Unequipped	0.00	170.00	0.00	170.00	104.87	1.00
100.00	93.80	Michael King	32	Playground Fitness / Ft. Lauderdale	Florida	Bench Press Only	Raw/Unequipped	0.00	165.00	0.00	165.00	103.42	2.00
100.00	93.80	Michael King	32	Playground Fitness / Ft. Lauderdale	Florida	Bench Press Only	Collegiate	0.00	165.00	0.00	165.00	103.42	1.00
110.00	108.70	Damon Samson	37	Beach Street Gym / Daytona	Florida	Bench Press Only	Police/Fire/Military	0.00	155.00	0.00	155.00	91.56	1.00
110.00	108.00	James Dundon	46	Fit Forever / Bonita Springs	Florida	Bench Press Only	Master 40+	0.00	180.00	0.00	180.00	106.54	1.00
125.00	125.00	Jim Campbell	44	Lifestyles Fitness / Winter Garden	Florida	Bench Press Only	Open	0.00	177.50	0.00	177.50	101.14	1.00
125.00	124.00	Jon Kennedy	37	Sunrise Fitness / Ft Lauderdale	Florida	Bench Press Only	Open	0.00	160.00	0.00	160.00	91.33	2.00
125.00	125.00	Jim Campbell	44	Lifestyles Fitness / Winter Garden	Florida	Bench Press Only	Master 40+	0.00	177.50	0.00	177.50	101.14	1.00
125.00	119.80	Al Suarez	55	Porky's Gym / Miami	Florida	Bench Press Only	Master 50+	0.00	0.00	0.00	0.00	0.00	BMB
125.00	125.00	Jim Campbell	44	Lifestyles Fitness / Winter Garden	Florida	Bench Press Only	Raw/Unequipped	0.00	177.50	0.00	177.50	101.14	1.00

125.00	119.10	David Brickle	32	LA Fitness / Orlando	Florida	Bench Press Only	Raw/Unequipped	0.00	152.50	0.00	152.50	87.82	2.00
125.00+	125.70	Skip "High Socks" Regan	59	LA Fitness / Port St. Lucie	Florida	Bench Press Only	Master 50+	0.00	0.00	0.00	0.00	0.00	BMB

Men -- Deadlift Only

82.50	74.50	Charles Falcone	66	Playground Cross-Fit / Ft. Lauderdale	Florida	Deadlift Only	Master 60+	0.00	0.00	137.50	137.50	98.44	1.00
82.50	80.90	Joel Fienberg	30	Playground Cross-Fit / Ft. Lauderdale	Florida	Deadlift Only	Raw/Unequipped	0.00	0.00	190.00	190.00	128.80	1.00
90.00	87.50	John Dougherty	28	Playground Cross-Fit / Ft. Lauderdale	Florida	Deadlift Only	Raw/Unequipped	0.00	0.00	200.00	200.00	129.58	1.00
110.00	108.70	Damon Samson	37	Beach Street Gym / Daytona Beach	Florida	Deadlift Only	Police/Fire/Military	0.00	0.00	200.00	200.00	118.14	1.00
110.00	104.70	Rocky Germaine	32	Sunrise Fitness / Ft. Lauderdale	Florida	Deadlift Only	Open	0.00	0.00	230.00	230.00	137.59	1.00
125.00	124.90	Seth Fromberg	38	Heath's Garage Gym / Ft. Lauderdale	Florida	Deadlift Only	Open	0.00	0.00	300.00	300.00	170.97	1.00

Out

90.00	0.00	Mike Zourdos	23	Florida State University / Tallahassee	Florida	Powerlifting	Raw/Unequipped	0.00	0.00	0.00	0.00	0.00	0.00
100.00	0.00	John Larsh	19	West Palm Beach State College	Florida	Powerlifting	Teen 18 - 19	0.00	0.00	0.00	0.00	0.00	0.00
110.00	0.00	Trevor Jaffe	31	LA Fitness / Coral Springs	Florida	Powerlifting	Raw/Unequipped	0.00	0.00	0.00	0.00	0.00	0.00

Best Lifter Awards

<u>Points</u>	<u>Division</u>	<u>Name</u>	<u>Powerlifting Team</u>
70.59	Women's Bench Press	Cheryl Naso	Just Lift Ink Powerlifting Team / Margate
213.59	Women's Push-Pull	Marla McElroy	Margos Fitness / Bloomington, Illinois
348.32	Women's Powerlifting	Christine Escalante	Just Lift Ink Powerlifting Team / Margate
147.38	Men's Bench Press	Mosbeh Alkinany	Just Lift Ink Powerlifting Team / Margate
170.97	Men's Deadlift	Seth Fromberg	Heath's Garage Gym / Ft. Lauderdale
261.70	Men's Push-Pull	Michael Ricker	Anytime Fitness / Cape Coral
455.22	Men's Powerlifting	Nicholas Israel	University of Florida / Gainesville

Team Awards

<u>Place:</u>	<u>Division</u>	<u>Team</u>
1st Place	Collegiate Combined	Florida State University -- Tallahassee
1st Place	Bench Press Combined	Just Lift Ink -- Margate
1st Place	Powerlifting Open	South Florida Powerlifting Club / Playground Cross Fit Center -- Ft. Lauderdale

Note: Corrections, please contact me at: rhk@verizon.net

Thank you. Robert Keller