

2016 West Coast National Results

Name	Home town/state	Division	Wgt	Class	RH	SQUAT/CURL				BENCH				Sub	DEAD LIFT				TOTAL	LBS
						1st	2nd	3rd	4th	1st	2nd	3rd	4th		1st	2nd	3rd	4th		
FULL POWER						SQUAT				BENCH					DEADLIFT					
Rocky Luedeker	Sedona, AZ	60-64	94.3	97		35	40	47.5	56.5	32.5	35	37.5	38	85	62.5	67.5	80	83.5	165	363.8
Chloe Eckard	Prescott, AZ	12=13	110	114		40	42.5	47.5		20	25.5	-26		73	52.5	55	58		131	288.8
Bianca Luedeker	Flagstaff, AZ	open	112.8	114		82.5	87.5	92.5		60	62.5	65		157.5	125	130	133		290.5	640.4
Madison Tuthill	Prescott, AZ	14-15	115.3	123		50	47.5	55	-68	20	30	32.5		87.5	65	72.5	80		167.5	369.3
Erin Burges	Anchorage, AK	30-34	138.2	132		82.5	-90	-90		52.5	55	-57.5		137.5	117.5	130	-137.5		267.5	589.7
Melissa Holloway	Kingman, AZ	45-49	129.2	132		57.5	62.5	65		35	37.5	-45		102.5	107.5	112.5	120		222.5	490.5
Melissa Palmer	Kingman, AZ	40-45	146.1	148		-57.5	57.5	60		45	47.5	-50		107.5	85	87.5	90		197.5	435.4
Sabrina Mitchell	Pheonix, AZ	30-34/open	164.8	165		85	95	-98		57.5	60	-62.5		155	80	85	92.5		247.5	545.6
Rebeca Hall	Abq, NM	25-29	198	198		122.5	132.5	137.5		66	70	-75		207.5	145	150	155		362.5	799.2
Rudi Dickerson	Pheonix, AZ	25-29	206.7	198+		60	67.5	70	77.5	37.5	42.5	47.5		117.5	85	90	97.5		215	474
Jocelyn Simmons	Glendale, AZ	30-34/open	214.9	198+		90	95	100	103	47.5	53.5	57.5		157.5	97.5	102.5	107.5		265	584.2
Sam Handcock	Prescott, AZ	8=9	58	66		30	35	40.5		20	22.5	25.5		66	40	45	47.5		113.5	250.2
Xeriah Blevins	Prescott, AZ	12=13	103.3	105		-50	55	-65		40	47.5	-52.5		102.5	65	80	92.5	-101	195	429.9
Lee Luedeker	Sedona, AZ	65-69	147.1	148		110	117.5	-122.5		100	102.5	-107.5		220	165	182.5	-189.5		402.5	887.4
Chis Trefts	Prescott, AZ	16-17	156.4	165		120	132.5	140.5		85	90	-92.5		230.5	147.5	157.5	-170		388	855.4
Anthony Benitez	Chino Valley, AZ	25-29/PFM	163.3	165		145	160	170		-92.5	97.5	-100		267.5	180	205	215	-228	482.5	1064
Jacob Holley	Prescott, AZ	25-29	152.4	165		120	130	-137.5		77.5	87.5	-90		217.5	145	160	-180		377.5	832.2
William Devito	Prescott, AZ	45-49	152.8	165		95	100	115		82.5	87.5	100		215	130	140	150		365	804.7
Dan Morgan	Prescott, AZ	50-54	164.1	165		125	135	145		95	100	105		250	170	190	-195		440	970
Nathaniel Francke	Prescott, AZ	12=13	166.7	181		82.5	92.5	102.5	118.5	65	75	78		180.5	102.5	115	130		310.5	684.5
Griffen Keim	Scottsdale, AZ	16-17/ spec ath	171.6	181		65	70	78		35	45	-55		123	110	115.5	125		248	546.7
Jacob Goswick	Prescott, AZ	16-17	179.9	181		102.5	110	120		75	82.5	-92.5		202.5	147.5	157.5	172.5		375	826.7
Ty Johnson	Prescott, AZ	25-29	175.3	181		120	122.5	-140		-92.5	-97.5	102.5		225	157.5	170	190		415	914.9
Aaron Trail	Prescott, AZ	25-29	181.2	181		152	157.5	-160		125	130	132.5		290	225	245.5	-247.5		535.5	1181
Joe Phillips	Prescott Valley, AZ	35-39	177.9	181		-125	-130	130		90	97.5	-100		227.5	140	147.5	155		382.5	843.3
Ed Regua	Scottsdale, AZ	65-69	181.1	181		125	130	pass		125	127.5	130.5	132.5	260.5	160	165	pass		425.5	938.1
Grant Richardson	Prescott, AZ	30-34	191.9	198		157.5	172.5	182.5		112.5	-122.5	-122.5		295	192.5	205	220		515	1135
Ethan Ellisor	Pheonix, AZ	30-34/open	196.1	198		212.5	225	232.5	235.5	130	137.5	145		377.5	260.5	277.5	285		662.5	1461
Michael Shannon	Albuquerque, NM	60-64	197.8	198		130	140	145.5		140	145	-150		290.5	145	155	160.5		451	994.3
Brian Trail	Prescott, AZ	25-29	200.3	220		185	190	195		142.5	152.5	157.5		352.5	252.5	260	270		622.5	1372
Kevin Wells	Prescott, AZ	35-39	214.6	220		125	142.5	152.5		85	95	-105		247.5	172.5	192.5	-205		440	970
Mathew Herbert	Santan Valley, AZ	20-24 /sp athlete	239.6	242		-100	100	105		90	95	100		205	190	195	200		405	892.9
Eric Tuthill	Prescott, AZ	40-44	224.6	242		177.5	192.5	205		140	150	152.5		357.5	220	235	-240		592.5	1306
Jeremy Maisenbach	Prescott, AZ	35-35	265.5	275		142.5	160	170		95	105	-117.5		275	162.5	177.5	187.5		462.5	1020
IRONMAN						CURL				BENCH					DEADLIFT					
Lee Luedeker	Sedona, AZ	65-69	147.1	148		47.5	50	pass		100	102.5	-102.5		152.5	165	182.5	-187.5		335	738.5
Griffen Keim	Scottsdale, AZ	spec ath	171.6	181		-22.5	22.5	27.5		35	45	-55		72.5	100	115.5	125		197.5	435.4
Ed Regua	Scottsdale, AZ	65-69	181.2	181		42.5	45	-47.5		125	127.5	130.5	132.5	175.5	160	165	pass		340.5	750.7
Timothy Earl	Tempe, AZ	25-29	186.9	198		50	57.5	62.5		135	137.5	-145		200	225	235	-240.5		435	959
Michael Shannon	Albq, NM	60-64	197.8	198		50	53.5	-55		140	145	-150		198.5	145	155	160.5		359	791.5
Josh Conner *	Prescott, AZ	35-39	209	220		72.5	75.5	-77.5		167.5	175	182.5		258	280	295	305		563	1241

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						1st	2nd	3rd	4th	1st	2nd	3rd	4th		1st	2nd	3rd	4th		
PUSH/PULL										BENCH					DEADLIFT					
Chloe Eckard	Prescott, AZ	12=13	110	114						20	25.5	-26		25.5	52.5	55	58		83.5	184.1
Madison Tuthill	Prescott, AZ	14-15	115.3	123						20	30	32.5		32.5	65	72.5	80		112.5	248
Erin Burges	Anchorage, AK	30-34	138.2	132						52.5	55	-57.5		55	117.5	130	-137.5		185	407.9
Sam Handcock	Prescott, AZ	8=9	58	66						20	22.5	25.5		25.5	40	45	47.5		73	160.9
Dan Morgan	Prescott, AZ	50-54	164.1	165						95	100	105		105	170	190	-195		295	650.4
Mike Saldana	Prescott, AZ	Spec Athlete	162.8	165						55	60	65		65	87.5	95	-105		160	352.7
Aaron Trail	Prescott, AZ	25-29	181.2	181						125	130	132.5		132.5	225	245.5	-247.5		378	833.3
Brian Trail	Prescott, AZ	25-29	200.3	220						142.5	152.5	157.5		157.5	252.5	260	270		427.5	942.5
BENCH ONLY										BENCH										
Susan Daigle-Leach	Prescott, AZ	55-59	145.3	148						55	-57.5	-57.5		55					55	121.3
Scott Craig*	Phoenix, AZ	70-74	164.2	165						130	132.5	140		140					140	308.6
Gary Leach	Prescott, AZ	55-59	175	181						90	92.5	95		95					95	209.4
Bill Cross	Phoenix, AZ	70-74	178.1	181						115	120	-125		120					120	264.6
Dana Lambert	PHX, AZ	40-44/PFM/open	234	242						185	192.5	202.5		202.5					202.5	446.4
Ed Lucas	Mayer, AZ	65-69	297	308						102.5	122.5	132.5		132.5					132.5	292.1
CURL ONLY						CURL														
Rocky Luedeker	Sedona, AZ	60-64	94.3	97		10	12.5	15	-17.5					15					15	33.07
Chloe Eckard	Prescott, AZ	12=13	110	114		15	17.5	21	-22.5					21					21	46.3
Bianca Luedeker	Flagstaff, AZ	open	112.8	114		32.5	-35	35						35					35	77.16
Mellissa Holloway	Kingman, AZ	45-49	127.2	132		15	17.5	20						20					20	44.09
Sam Hancock	Prescott, AZ	8=9	58	66		10	-12.5	12.5						12.5					12.5	27.56
William Devito	Prescott, AZ	45-49	52.8	165		35	40	42.5						42.5					42.5	93.7
Dan Morgan	Prescott, AZ	50-54	164.1	165		45	50	-55						50					50	110.2
Bill Cross	Phoenix, AZ	70-74	188.1	165		45	47.5	50						50					50	110.2
Eric Tuthill	Prescott, AZ	40-44	224.6	242		50	57.5	62.5						62.5					62.5	137.8
Dana Lambert	Phoenix, AZ	40-44/PFM/open	234.7	242		60.5	70	-78						70					70	154.3
ED Lucas	Mayer, AZ	65-69	297	308		35	45	-50						45					45	99.21
DEAD LIFT ONLY															DEADLIFT					
Josh Conner *	Prescott, AZ	35-39	209	220										0	280	295	305		305	672.4