



Southern Open Championships
Jarvisburg Church of Christ
Meet Director: Gene Berry
Feb 9th, 2013

OVERALL BENCH

148 & BELOW

R. Melton	214 M
S. Shores	198
B. Zak	198
K. Rupert	132
J. Newbern	105
J. Zak	99
J. Newbern	94
G. Enderson	88
S. Brickhouse	72
A. Zak	17

165

D. Thomas	248
B. Petit	204
K. Detter	116

181

E. Tipton	325 M
B. McIntyre	309
C. Saunders	303

198

R. Berry	330
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220

A. Stone	270
M. Parker	165

242

N. Givans	353 M
M. Todorov	342 (353) 4 th
D. Biggs	254
308	
R. Biggs	375 M

OVERALL POWER-LIFTING

	<u><i>SQ</i></u>	<u><i>BP</i></u>	<u><i>DL</i></u>	<u><i>TOTAL</i></u>
148 & Below				
R. Melton	254 M	214 M	330	799 M
J. Newbern	193	105	226 (231)4th	523
S. Natole	160	94	193	446
J. Zak	154	99	187	441
G. Enderson	138	88	176	402
A. Zak	32	17	66	114

165

D. Thomas	336 M	248	424	1,009 M
B. Petit	314	204	485 M	1,003

181

B. McIntyre	369 M	309	452	1,128 M
C. Saunders	275	303	452 M	1,031

198

R. Berry	336 M	330	375	1,042 M
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220

A. Stone	391 M	270	457 M	1,115 M
M. Parker	276	165	402	843

242

N. Givans	375	353 M	529 M	1,256 M
M. Todorov	408 M	342 (353) 4th	501	1,251
D. Biggs	369	254	452	1,074

308

R. Biggs	502 M	375 M	474 M	1,351 M
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WOMEN

	<u><i>SQ</i></u>	<u><i>BP</i></u>	<u><i>DL</i></u>	<u><i>TOTAL</i></u>
77 (8-9)				
A. Zak	32\$M	17\$	66\$M	114\$M

114 (55-59)

G. Enderson	138\$M	88\$M	176\$M	402\$M
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123 (30-34)

J. Newbern	193\$M	105\$M	226\$ (231) 4 th	524\$M
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123 (35-39)

S. Natole	160\$	94\$	193\$	446\$
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148 (35-39)

J. Zak	154\$M	99\$	187\$M	441\$M
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MEN

148 (18-19) R. Melton	254	214	330	799
165 (18-19) B. Petit	314	204	485\$	1,003
(20-024) D. Thomas	336	248	424	1,009
181 (25-29) C. Saunders	275	303	452	1,031
(40-44) B. McIntyre	369	309	452	1,128
198 (50-54) R. Berry	336	330\$	375	1,042
220 (16-17) M. Parker	276	165	402	843
(25-29) A. Stone	391	270	457	1,115
242 (20-24) D. Biggs	369	254	452	1,074
242 (Open) N. Givans	375	353	529	1,256
M. Todorov	408	342 (353) 4th	501	1,251
(35-39) M. Todorov	408\$	342\$	501\$	1,251\$
308 (45-49) R. Biggs	502	375	474	1,351
<u>PUSH BULL</u>	<u>BP</u>	<u>DL</u>	<u>TL</u>	
148 (25-29) S. Shores	198	325	524	
165 (12-13) K. Detter	116	204	320	

BENCH

Women

97 (20-24)	
S. Brickhouse	72\$M
148 (40-44)	
K. Rupert	132M
MEN	
148 (40-44)	
B. Zak	198
181 (45-49)	
E. Tipton	325M
D-LIFT (6-7) WOMEN	
B. Zak	27\$
CURL	
148 (18-19)	
R. Melton	105\$
165 (18-19)	
B. Petit	165\$
198 (50-54)	
R. Berry	99\$
220 (25-29)	
A. Stone	116\$
242 (Open)	
N. Givans	143

The 2013 Southern Open was held at the Jarvisburg Church of Christ. All proceeds from the meet and snack bar went to the Jarvisburg Christian Academy. The church was a fantastic venue and drew a high caliber of lifter. By high caliber, I mean the lifters that showed up were all clapping as much for their competitors as for themselves. Ronnie Biggs clapped for Brian McIntyre, afterwards he looked at me and said, "That boy is competing all by himself, he needs some people cheering for him." Yes, that's the kind of lifters we had.

Before I go any further, please excuse any typos. There are a lot of names and numbers and I wanted to convert everything to pounds as it make things easier to read.

In typical fashion, the divisions were broken down by weight classes and ages, but I always like to mention who had the highest total in each weight class. It gives lifters something extra to strive for and it allows you to see how you stack up against the field.

There were eight woman competing at the Southern Open and they set a staggering twenty two state records between them. Yes, the ladies were showing the men how to lift. Shannon Natoloe, Jennifer Zak, and Ginger Enderson all set state records and put up big numbers, but in the end it was Jennie Newbern who set three meet and four state records on her way to a 524 total in the 123 class who earned best lifter honors. Samantha Brickhouse and Kate Rupert broke bench only records and all the ladies were fantastic in supporting our daughters Anna (age-9) and Brooke (age-7). Thanks ladies.

At 148, Robert Melton set three meet records on his way to a 799 total, best of the day at 148. Stephen, "The Sandman", Shores didn't enter the squat, but his bench and dead-lift were very close to Roberts. Next time

both of these young men should go head to head in the full meet, it would be fun to watch. I'd also like to mention that Stephen did a lot of behind the scenes work at the meet as well as announcing. My wife and I left weigh ins talking about Stephen's great personality and work ethic.

One of the best match ups of the day was between Dustin Thomas and Brandon Petitt at 165. Dustin went three for three in the squats to end up with a 336 meet record. Brandon opened with an easy 314, but two attempts at 363 were too much. Dustin used a 248 bench to extend his lead to sixty six pounds and then he pulled a 424 for a 1,009 total. Brandon pulled a monstrous state/meet record 485, but his jump to 501 was too much. In the end Brandon totaled 1,003 which was only six pounds short of Dustin's total. Kai Detter had a nice 320 total in the push pull, which is admirable since he learned to dead-lift about twenty minutes earlier in the warmup room.

At 181 Brian McIntyre set the meet record with a 369 squat and then followed up with a 309 to extend his lead. He finished the meet with a 452 pull that gave him a meet record 1,128 total. Chris Saunders lost too much ground in the squat to overcome, but he matched Brian's 452 dead-lift and as the light lifter earned the meet record in the event. The meet record in the bench was 325 set by Eddie Tipton.

Poor Ray Berry turned a bit green as he lost the final pound to make the 198 class. To make matters worse, he got some weights dropped on him while spotting. None of these things seemed to slow Ray down as he set two meet records and he demolished the (50-54) state bench record with 330. Ray was also the top lifter at 198. Way to stay focused, Ray.

Mason Parker showed great promise with his 843 total at 220. Unfortunately for Mason, he had to contend with Ashley "The Wolf" Stone. My kids said that their grandmother called Ashley the Big Bad wolf, because he growled so loud while squatting. Ashley broke three meet records on his way to a solid 1,115 total. I've known Ashley for a very long time and he's one of the most gifted athletes I know. If Ashley would train for more than three weeks a year he could win a shelf full of best lifter awards.

There isn't a doubt in my mind that the 242 class was the class of the day. Mario Todorov started the day off with a meet/state record (30-34) 408 squat. Neil Givans closed the distance by benching a meet record 353, but this is where things get interesting. Neil was given a fourth attempt to set a record, and he did, hitting a 353. In the dead-lifts, Mario pulled the second best dead-lift of the day with a big 501. And that's when it happened. Neil answered with a meet record 529 dead-lift. It was the biggest dead-lift of the day. When the chalk settled Neil ended up with a meet record 1,256 total, while Mario ended up in second with 1,251. Now for the twist. Fourth attempts don't count towards a lifter's total, so if Mario had benched 353 on his third instead of his fourth attempt he would have taken the title. Still, four state records, one meet record, hard to complain...and there is always time for a rematch next year.

What happens when Ronnie Biggs pulls a muscle in training? Well he still sets four meet records, and he has the biggest squat (502), bench (375), and total (1,351) of the day. Ronnie didn't break the state records, but it doesn't matter as he already holds all of them. Do you know how Ronnie Biggs and Ray Berry warm up for the dead-lifts? They don't.

The day ended with the strict Curls. There were six lifters; Robert Melton, Brandon Petit, Ray Berry, and Ashley Stone all broke the state records. Neil Givans tied the record in his class, which doesn't give him a record, but it tells us it's his to take in the very near future.

There were two great teams with the Jarvisburg Church of Christ and West Side Athletic Club competing. These two teams cheered hard for each other and there wasn't any worrying about who won or lost, each lifter lifted what they could and from there you let the totals fall where they may. I'd like to give Gene Berry special thanks as it takes a tremendous amount of energy to run a meet. Gene was also very accommodating to our scheduling quirks (we own a restaurant) and I am very appreciative for his patience. Yes Gene, your lifters were ready!!!