



New York State Bench/Deadlift/Curl Championships

May 30, 2009

Binghamton, NY

Bench Press

Name	ST	Division(s)	BDWT	WT CLASS	1 st ATT.	2 nd ATT.	3 rd ATT.	4 th ATT.	BEST (INC. 4 th)
Chelsi Byrnes	NY	Female (10-11)	114.1	114	35	45	55		45
Laura Delay	NY	Female OPEN, (30-34)	142.7	148	115	122.5	127.5	130	127.5
Terri Korba	NY	Female (40-44)	144.3	148	95	105	110		105
Michelle Carlsen	NY	Female OPEN, (45-49)	260.8	198+	191.1	200	205		200
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Kevin McEwan	NY	(6-7)	53.9	66	30	40	40		30
Jordan Byrnes	NY	(8-9)	66.0	66	35	35	35		----
Raymond Cortes III	NJ	(10-11)	84.2	88	80	90	90	95	95
Ryan Hladik	NY	(12-13)	106.9	114	45	50	55	60	60
Nicholas Paternoster	NY	(8-9)	117.3	123	70	100	100		70
Michael Nordberg	NY	(12-13)	127.9	132	115	125	130		115
Cody Bartlett	NY	(70-74)	147.5	148	210	215	220	225	225
Robert Legg	PA	OPEN, (55-59), Law/Fire	146.5	148	150	185	200		200
Christopher Byrnes	NY	(40-44)	151.6	165	300	310	316.1	316.1	310
Rickie Young	PA	(16-17)	159.4	165	235	255	275	275	255
Sean Goldrick	PA	(20-24)	159.8	165	215	225	230		225

Jim Van Allen	NY	(55-59)	180.4	181	315	355	370	385	370
Adam Rosario	NY	Law/Fire	173.0	181	315	315	335	335	335
Tom Harris	NY	(45-49)	178.8	181	305	310	310		305
David Laszewski	NY	(55-59)	175.8	181	200	210	220		210
Stephen Fessenden	NY	(50-54)	177.1	181	185	195	205		205
Robert Cseh	NY	(70-74)	165.8	181	200	205	PASS		200
Anthony Campo	NY	OPEN, (20-24)	179.6	181	300	300	300		----
Scott Proudfoot	NY	OPEN	----	181	----	----	----		----
Shawn Bostwick	NY	(35-39)	191.8	198	305	315	330	340	330
David A. Meyers	NY	OPEN	193.1	198	305	325	330		330
Bill Krench	PA	(55-59)	193.7	198	250	270	280	290	290
James Ingram II	NY	OPEN, Law/Fire	198.1	198	255	265	275		275
Paul E. Meyers	NY	(40-44)	191.0	198	205	235	240		235
Andrew J. Aronstam	NY	(20-24)	197.2	198	205	225	245		225
Marshall Dornink	NY	OPEN	197.4	198	375	375	375		----
Reggie Dawson	PA	(35-39)	213.4	220	350	365	365		350
Scott Shales	NY	(60-64), Law/Fire	217.9	220	335	346.1	355		346.1
Tyler Bowman	NY	(16-17)	206.4	220	245	275	285		275
Michael McDonald	NY	(55-59)	204.0	220	215	235	250	260	260
William Wilkinson	NY	(40-44)	208.2	220	205	225	250		225
George Woodbury	NY	Law/Fire	214.9	220	225	235	235		225
Mark Wolcott	PA	(45-49)	241.9	242	250	300	325		325
Andrew F. Aronstam	NY	(55-59)	224.0	242	240	270	285	300	300
Brandon McEwan	NY	OPEN	269.9	275	405	420	430		420
Vaughn Maldfeld	NY	(65-69)	251.8	275	180	195	205		195
Kevin Coughlin	PA	OPEN, (45-49)	450.0	SHW	350	380	395		395

Deadlift

<u>Name</u>	<u>ST</u>	<u>Division(s)</u>	<u>BDWT</u>	<u>WT CLASS</u>	<u>1st ATT.</u>	<u>2nd ATT.</u>	<u>3rd ATT.</u>	<u>4th ATT.</u>	<u>BEST (INC. 4th)</u>
Chelsi Byrnes	NY	Female (10-11)	114.1	114	45	55	65	75	75
Laura Delay	NY	Female OPEN, (30-34)	142.7	148	250	270	286.7		286.7
Michelle Carlsen	NY	Female (45-49)	260.8	198+	305	325	340		325
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Kevin McEwan	NY	(6-7)	53.9	66	50	65	75		75
Jordan Byrnes	NY	(8-9)	66.0	66	25	40	55	55	55
Ryan Hladik	NY	(12-13)	106.9	114	90	100	110	120	120
Nicholas Paternoster	NY	(8-9)	117.3	123	70	100	125	125	125
Michael Nordberg	NY	(12-13)	127.9	132	205	225	245	255	255
Robert Legg	PA	OPEN, (55-59), Law/Fire	146.5	148	225	305.6	PASS		305.6
Rickie Young	PA	(16-17)	159.4	165	405	425	440		425
Adam Rosario	NY	Law/Fire	173.0	181	450	476.1	500	530.6	530.6
Anthony Campo	NY	OPEN, (20-24)	179.6	181	405	455	475		455
Tom Harris	NY	(45-49)	178.8	181	375	425	450		450
Stephen Fessenden	NY	(50-54), Law/Fire	177.1	181	275	285	300		300
Marshall Dornink	NY	OPEN	197.4	198	500	520	520	540	520
James Ingram II	NY	OPEN, Law/Fire	198.1	198	405	425	455		455
David A. Meyers	NY	OPEN	193.1	198	385	425	430		430
Andrew J. Aronstam	NY	(20-24)	197.2	198	315	350	375	400	375
Bill Krench	PA	(55-59)	193.7	198	315	330	350		350
Paul E. Meyers	NY	(40-44)	191.0	198	305	325	345		345
Reggie Dawson	PA	(35-39)	213.4	220	470	490	500		490
William Wilkinson	NY	(40-44)	208.2	220	315	385	410	420	420
Tyler Bowman	NY	(16-17)	206.4	220	285	335	365	390	390
George Woodbury	NY	Law/Fire	214.9	220	265	275	290		290
Brandon McEwan	NY	OPEN	269.9	275	500	550	575		550
Darryl Crans	NY	(55-59)	266.0	275	450	475	483.1	490	483.1
Vaughn Maldfeld	NY	(65-69)	251.8	275	290	310	320		310

Strict Curl

<u>Name</u>	<u>ST</u>	<u>Division(s)</u>	<u>BDWT</u>	<u>WT CLASS</u>	<u>1st ATT.</u>	<u>2nd ATT.</u>	<u>3rd ATT.</u>	<u>4th ATT.</u>	<u>BEST (INC. 4th)</u>
Laura Delay	NY	Female OPEN, (30-34)	142.7	148	52	57	60.2		60.2
Terri Korba	NY	Female (40-44)	144.3	148	49	54	59		59
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Kevin McEwan	NY	(6-7)	53.9	66	19	24.1	24.1	24.1	24.1
Raymond Cortes III	NJ	(10-11)	84.2	88	35	40	45.2	49	45.2
Ryan Hladik	NY	(12-13)	106.9	114	24	30	30		30
Michael Nordberg	NY	(12-13)	127.9	132	39	59	64		64
Robert Legg	PA	OPEN, (55-59), Law/Fire	146.5	148	54	70	70.2		70.2
Rickie Young	PA	(16-17)	159.4	165	126	135.2	145		135.2
Adam Rosario	NY	OPEN, (30-34), Law/Fire	173.0	181	84	110	127	155.2	155.2
Anthony Campo	NY	OPEN	179.6	181	105	115	125		115
Stephen Fessenden	NY	(50-54)	177.1	181	84	94	104		104
Robert Cseh	NY	(70-74)	165.8	181	79	85.2	90		85.2
David A. Meyers	NY	OPEN, (30-34)	193.1	198	114	140	150	161.3	150
Marshall Dornink	NY	OPEN	197.4	198	119	145	150		150
Shawn Bostwick	NY	(35-39)	191.8	198	94	120	130		130
José A. Saavedra	NY	(40-44)	194.6	198	100	110	125		110
Paul E. Meyers	NY	(40-44)	191.0	198	84	104	115		104
Tyler Bowman	NY	(16-17)	206.4	220	125	150	170.2	185	170.2
George Woodbury	NY	Law/Fire	214.9	220	90	100	110		110
William Wilkinson	NY	(40-44)	208.2	220	75	90	105		105
Andrew F. Aronstam	NY	(55-59)	224.0	242	114	130	140		130
Brandon McEwan	NY	OPEN, (30-34)	269.9	275	166	175.2	185		175.2
Vaughn Maldfeld	NY	(65-69)	251.8	275	80.2	94	PASS		80.2

***Red Bold** indicates new National record.

*~~Strikethrough~~ indicates missed weight.

Best Female Bench Presser: Laura Delay

Best Male Bench Presser: Jim Van Allen

Best Female Deadlifter: Laura Delay

Best Male Deadlifter: Adam Rosario

Referees: Jim Roberts, Hunter Claypatch, Wayne Claypatch, & Jim Van Allen

The following lifters passed their drug testes: Michelle Carlsen, Rickie Young, Jim Van Allen, & Brandon McEwan

One lifter failed, and was removed from the results

(5 lifters tested out of 43, or 11.62%)