

2025 Ironman World and US Single Lift Championship York, PA 07/19/2025

Push-pull

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	DL 1	DL 2	DL 3	DL 4	Total	Placing
Monique Brown	Female	26	PA	76.5	82.5/181.8	Open	65	70	75		157.5	162.5	-167.5		237.5	1
Logan Cheramie	Male	17	PA	79.8	82.5/181.8	Teen (16-17)	122.5	125	127.5		180	190	197.5		325	1
Tyler Ozehowski	Male	30	PA	96.2	100/220.4	Open	115	125	130		220	227.5	-250		357.5	1
Christopher Boyer	Male	16	PA	92	100/220.4	Teen (16-17)	92.5	97.5	102.5		190	197.5	207.5		310	1
Malik Penns	Male	27	PA	96.3	100/220.4	Law/Fire/Military	-145	152.5	155		207.5	217.5	-227.5		372.5	1
Jordan Walker	Male	32	PA	115.3	125/275.5	Open	125	135	137.5		220	-222.5	-222.5		357.5	1

Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	Total	Placing
Paulimar Balcom	Female	23	PA	47.1	48/105.8	Junior (20-24)	55	62.5	-65		62.5	1
Grace Balcom	Female	20	PA	65.1	67.5/148.8	Junior (20-24)	57.5	62.5	-67.5		62.5	1
Mona Espinosa	Female	43	NC	87.7	90/198.4	Open	82.5	87.5	92.5	95	92.5	1
Linda Arvey	Female	74	PA	84	90/198.4	Masters (70-74)	65	70	-72.5		70	1
Mona Espinosa	Female	43	NC	87.7	90/198.4	Law/Fire/Military	82.5	87.5	92.5	95	92.5	1
Joseph Anderson	Male	17	NJ	65.9	67.5/148.8	Teen (16-17)	120	130	138.5	140	137.5	1
Rob Lawson	Male	60	WA	73.2	75/165.3	Masters (60-64)	95	97.5	-100		97.5	2
Nathan Betts	Male	33	PA	85.9	90/198.4	Open	175	182.5	190		190	1
Sergio Tijerino	Male	57	Costa Rica	95.2	100/220.4	Masters (55-59)	-72.5	72.5	82.5		82.5	1
Sherm Pensyl	Male	51	PA	107.7	110/242.5	Masters (50-54)	177.5	182.5	187.5		187.5	1
Tom Reumont	Male	60	MD	101.8	110/242.5	Masters (60-64)	152.5	157.5	-162.5		157.5	1
Jeff Oliver	Male	63	PA	108.4	110/242.5	Masters (60-64)	150	155	-157.5		155	2
Gerald Burke	Male	80	PA	100.3	110/242.5	Masters (80+)	85	87.5	92.5	97.5	92.5	1
Jarred Webb	Male	28	PA	128.8	140/308.6	Open	182.5	187.5	192.5		192.5	1
Jeff House	Male	67	GA	128.8	140/308.6	Open	82.5	102.5	105		105	2
Jeff House	Male	67	GA	128.8	140/308.6	Masters (65-69)	82.5	102.5	105		105	1

Deadlift

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	DL 1	DL 2	DL 3	DL 4	Total	Placing
Linda Arvey	Female	74	PA	84	90/198.4	Masters (70-74)	140	147.5	155		155	1
Gary Teeter	Male	61	PA	67.7	75/165.3	Open	155	167.5			167.5	1

2025 Ironman World and US Single Lift Championship York, PA 07/19/2025

Gary Teeter	Male	61	PA	67.7	75/165.3	Masters (60-64)	155	167.5		167.5	1
Sergio Tijerino	Male	57	Costa Rica	95.2	100/220.4	Masters (55-59)	145	155	162.5	162.5	1
Jeff House	Male	67	GA	128.8	140/308.6	Open	102.5	110	135	135	1
Jeff House	Male	67	GA	128.8	140/308.6	Masters (65-69)	102.5	110	135	135	1

Strict Curl

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	SC 4	Total	Placing
Stephanie Costantino	Female	14	PA	50.5	52/114.6	Teen (14-15)	11.5	13.5	-15		13.5	1
Nicole Costantino	Female	46	PA	66.1	67.5/148.8	Masters (45-49)	30	32.5	34.5		34.5	1
Mona Espinosa	Female	43	NC	87.7	90/198.4	Open	39	43.5	45.5	-47	45.5	1
Linda Arvey	Female	74	PA	84	90/198.4	Masters (70-74)	31	32.5	36.5		36.5	1
Mona Espinosa	Female	43	NC	87.7	90/198.4	Law/Fire/Military	39	43.5	45.5	-47	45.5	1
Elmurad Abbasov	Male	24	MN	57.5	60/132.2	Open	42	45	50		50	1
Elmurad Abbasov	Male	24	MN	57.5	60/132.2	Junior (20-24)	42	45	50		50	1
Rob Lawson	Male	60	WA	73.2	75/165.3	Masters (60-64)	-56.5	-57	57.5	58	57.5	1
Eduardo Teixeira	Male	38	PA	79.7	82.5/181.8	Open	63.5	67	68.5		68.5	1
Eduardo Teixeira	Male	38	PA	79.7	82.5/181.8	Sub-Masters (35-39)	63.5	67	68.5		68.5	1
Jeff McQueen	Male	43	VA	80.9	82.5/181.8	Masters (40-44)	50	52.5	55		55	1
Nathan Betts	Male	33	PA	85.9	90/198.4	Open	70	74.5	-77		74.5	1
Tony Villa	Male	69	IN	97.8	100/220.4	Masters (65-69)	51.5	55	-55.5		55	1
Sergio Tijerino	Male	57	Costa Rica	95.2	100/220.4	Masters (55-59)	38	42.5	-45		42.5	1
Jeff Oliver	Male	63	PA	108.4	110/242.5	Masters (60-64)	70	72	-74		72	1
Wesley Wild	Male	56	IN	112.9	125/275.5	Masters (55-59)	55	62.5	-70		62.5	1
James R Slade Jr	Male	66	MD	125	125/275.5	Masters (65-69)					0	
Jeff House	Male	67	GA	128.8	140/308.6	Open	40	43	47.5		47.5	1

Ironman

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	SC 4	Bench1	Bench2	Bench3	Bench4	Total	Placing
Kerry Self	Female	51	VA	55.4	56/123.4	Masters (50-54)	33	35	37	38.5	70	72.5	75	77	112	1
Mona Espinosa	Female	43	NC	87.7	90/198.4	Open	39	43.5	45.5	-47	82.5	87.5	92.5	95	138	1
Linda Arvey	Female	74	PA	84	90/198.4	Open	31	32.5	36.5		65	70	-72.5		106.5	2
Mona Espinosa	Female	43	NC	87.7	90/198.4	Masters (40-44)	39	43.5	45.5	-47	82.5	87.5	92.5	95	138	1
Linda Arvey	Female	74	PA	84	90/198.4	Masters (70-74)	31	32.5	36.5		65	70	-72.5		106.5	1

**2025 Ironman World and US Single Lift Championship
York, PA 07/19/2025**

Mona Espinosa	Female	43	NC	87.7	90/198.4	Law/Fire/Military	39	43.5	45.5	-47	82.5	87.5	92.5	95	138	1
John Self Jr	Male	16	VA	60	60/132.2	Teen (16-17)	-52.5	57	58.5	-61	-87.5	92.5	-97.5		151	1
Romairo Samuel	Male	37	FL	66	67.5/148.8	Sub-Masters (35-39)	66	73	75.5		142.5	145	-147.5		220.5	1
Gary Teeter	Male	61	PA	67.7	75/165.3	Open	55	56	57		100	102.5	-105		159.5	1
John Self Sr	Male	54	VA	71.9	75/165.3	Masters (50-54)	67	70	73		135	145	150	153.5	223	1
Gary Teeter	Male	61	PA	67.7	75/165.3	Masters (60-64)	55	56	57		100	102.5	-105		159.5	1
Stu Levin	Male	80	FL	73.8	75/165.3	Masters (80+)	-34	38	40	41.5	-72.5	75	77.5		117.5	1
John Jaeger	Male	52	NY	81.5	82.5/181.8	Masters (50-54)	66	70.5	73	-73.5	152.5	-160			225.5	1
Jeff McQueen	Male	43	VA	80.9	82.5/181.8	Masters (40-44)	50	52.5	55		85	-87.5	87.5		142.5	1
Nathan Betts	Male	33	PA	85.9	90/198.4	Open	70	74.5	-77		175	182.5	190		264.5	1
Jeff Oliver	Male	63	PA	108.4	110/242.5	Open	70	72	-74		150	155	-157.5		227	1
Jeff Oliver	Male	63	PA	108.4	110/242.5	Masters (60-64)	70	72	-74		150	155	-157.5		227	1
Stephen Kozlowski	Male	67	VA	107.8	110/242.5	Masters (65-69)	68	69.5	71	-73.5	137.5	140	-142.5		211	1
Jeff House	Male	67	GA	128.8	140/308.6	Open	40	43	47.5		82.5	102.5	105		152.5	1
Jeff House	Male	67	GA	128.8	140/308.6	Masters (65-69)	40	43	47.5		82.5	102.5	105		152.5	1