

## 2025 Southern Open Jarvisburg, NC 08/09/2025

### Powerlifting

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Squat1	Squat2	Squat3	Squat4	Bench1	Bench2	Bench3	Bench4	DL 1	DL 2	DL 3	DL 4	Total	Placing
Allison Freeman	Female	37	NC	50.8	52/114.6	Open	96	100			52.5	58	60		117.5	125	130		290	1
Stephanie Branstine	Female	38	NC	49.3	52/114.6	Open	-42.5	45	52.5		20	25	30		65	77.5	85		167.5	2
Allison Freeman	Female	37	NC	50.8	52/114.6	Sub-Masters (35-39)	96	100			52.5	58	60		117.5	125	130		290	1
Stephanie Branstine	Female	38	NC	49.3	52/114.6	Sub-Masters (35-39)	-42.5	45	52.5		20	25	30		65	77.5	85		167.5	2
Jen Zak	Female	49	NC	59.8	60/132.2	Open	87.5	93	-97.5		55	57.5	-58.5		95	102.5	107.5		257.5	1
Mackenzie Taylor	Female	17	NC	90	90/198.4	Open	182.5	195	-200		97.5	105	111	113.5	175	195	-201		500	1
Madison Berry	Female	13	NC	89.2	90/198.4	Open	147.5	-162.5	165		80	87.5	91	-92.5	137.5	150	165		420	2
Stephanie Forman	Female	42	NC	88.5	90/198.4	Open	77.5	82.5	87.5		-47.5	47.5	48.5	-50	92.5	95	97.5		232.5	3
Mackenzie Taylor	Female	17	NC	90	90/198.4	Teen (16-17)	182.5	195	-200		97.5	105	111	113.5	175	195	-201		500	1
Madison Berry	Female	13	NC	89.2	90/198.4	Teen (12-13)	147.5	-162.5	165		80	87.5	91	-92.5	137.5	150	165		420	1
Stephanie Forman	Female	42	NC	88.5	90/198.4	Masters (40-44)	77.5	82.5	87.5		-47.5	47.5	48.5	-50	92.5	95	97.5		232.5	1
Spencer Hankins	Male	6	NC	26.4	48/105.8	Youth 11 and Under	16	18	-20		17	19	-20		27.5	-35			62.5	1
Gary Teeter	Male	60	PA	59.4	60/132.2	Open	112.5	115	120		97.5	-100.5	100.5		157.5	170.5			390	1
Gary Teeter	Male	60	PA	59.4	60/132.2	Masters (60-64)	112.5	115	120		97.5	-100.5	100.5		157.5	170.5			390	1
Ben Zak	Male	55	NC	66.3	67.5/148.8	Open	137.5	147.5	155		100	110	115.5		180	195	198		467.5	1
Ben Zak	Male	55	NC	66.3	67.5/148.8	Masters (55-59)	137.5	147.5	155		100	110	115.5		180	195	198		467.5	1
John Permelia	Male	62	VA	74.2	75/165.3	Open	125	140	150		90	102.5	105		160	172.5	182.5		437.5	1
Aidyn Forman	Male	16	NC	69.3	75/165.3	Open	-105	-105	105		-92.5	95	-100		140	142.5	150		350	2
John Permelia	Male	62	VA	74.2	75/165.3	Masters (60-64)	125	140	150		90	102.5	105		160	172.5	182.5		437.5	1
Aidyn Forman	Male	16	NC	69.3	75/165.3	Teen (16-17)	-105	-105	105		-92.5	95	-100		140	142.5	150		350	1
Easten Binckley	Male	15	NC	79.5	82.5/181.8	Open	197.5	207.5	-212.5		92.5	-102.5			210	227.5	235.5	240	535	1
Johnny Wong	Male	44	CA	78.8	82.5/181.8	Open	142.5	-147.5	150		107.5	120	125		185	192.5	200		475	2
Easten Binckley	Male	15	NC	79.5	82.5/181.8	Teen (14-15)	197.5	207.5	-212.5		92.5	-102.5			210	227.5	235.5	240	535	1
Johnny Wong	Male	44	CA	78.8	82.5/181.8	Masters (40-44)	142.5	-147.5	150		107.5	120	125		185	192.5	200		475	1
Yogi "Hammer" Sumner	Male	76	VA	81	82.5/181.8	Masters (75-79)	35	42.5	47.5		35	42.5	50	55.5	80	90	97.5		195	1
Dalton Fazio	Male	15	NC	87.5	90/198.4	Open	170	182.5	188		87.5	97.5	-107.5		175	190	197.5		482.5	1
Dalton Fazio	Male	15	NC	87.5	90/198.4	Teen (14-15)	170	182.5	188		87.5	97.5	-107.5		175	190	197.5		482.5	1
Austin Brown	Male	30	NC	108	110/242.5	Open	175	195	-205		125	135	-140		197.5	212.5	-228		542.5	1
Stephen Kozlowski	Male	67	VA	108.4	110/242.5	Open					137.5	140	142.5		192.5	197.5	205		0	
Matt Slate	Male	44	NV	136.9	140/308.6	Open	250	272.5	280		195	-200			250	272.5			747.5	1
Matt Slate	Male	44	NV	136.9	140/308.6	Masters (40-44)	250	272.5	280		195	-200			250	272.5			747.5	1

### 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
Mackenzie Taylor	Female	17	NC	90	90/198.4	Open	97.5	105	111	113.5	175	195	-200.5		305	1
Madison Berry	Female	13	NC	89.2	90/198.4	Open	80	87.5	91	-92.5	137.5	150	165		255	2
Mackenzie Taylor	Female	17	NC	90	90/198.4	Teen (16-17)	97.5	105	111	113.5	175	195	-200.5		305	1
Madison Berry	Female	13	NC	89.2	90/198.4	Teen (12-13)	80	87.5	91	-92.5	137.5	150	165		255	1
Addison Chappell	Female	17	NC	84.9	90/198.4	Teen (16-17)	37.5	40	42.5		82.5	90	100		142.5	2
Linda Sutton	Female	49	NC	116.7	90+/198.5+ (F)	Open	50	-55	55		77.5	85	92.5		147.5	1
Linda Sutton	Female	49	NC	116.7	90+/198.5+ (F)	Masters (45-49)	50	-55	55		77.5	85	92.5		147.5	1
Ben Zak	Male	55	NC	66.3	67.5/148.8	Open	100	110	115.5		180	195	198		312.5	1
Stephen Kozlowski	Male	67	VA	108.4	110/242.5	Masters (65-69)	137.5	140	142.5		192.5	197.5	205		347.5	1
Erik Lawson	Male	29	NC	144	140+/SHW	Open	110	117.5	-122.5		150	162.5	-182.5		280	1

### Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	Total	Placing
Allison Freeman	Female	37	NC	50.8	52/114.6	Open	52.5	58	60		60	1
Allison Freeman	Female	37	NC	50.8	52/114.6	Sub-Masters (35-39)	52.5	58	60		60	1
Mackenzie Taylor	Female	17	NC	90	90/198.4	Open	97.5	105	111	113.5	110	1
Madison Berry	Female	13	NC	89.2	90/198.4	Open	80	87.5	91	-92.5	90	2
Mackenzie Taylor	Female	17	NC	90	90/198.4	Teen (16-17)	97.5	105	111	113.5	110	1
Madison Berry	Female	13	NC	89.2	90/198.4	Teen (12-13)	80	87.5	91	-92.5	90	1
Spencer Hankins	Male	6	NC	26.4	48/105.8	Youth 11 and Under	17	19	-20		17.5	1
Ben Zak	Male	55	NC	66.3	67.5/148.8	Open	100	110	115.5		115	1
Tim Garris	Male	56	NC	69.1	75/165.3	Open	105	110	-115		110	1
Tim Garris	Male	56	NC	69.1	75/165.3	Masters (55-59)	105	110	-115		110	1
Barry Capps	Male	58	SC	88.2	90/198.4	Open	107	112.5	-119		112.5	1
Barry Capps	Male	58	SC	88.2	90/198.4	Masters (55-59)	107	112.5	-119		112.5	1
Gene Berry	Male	66	NC	92.8	100/220.4	Open	100	112.5	120		120	1
John Shifflett	Male	63	VA	92.4	100/220.4	Open	87.5	92.5			92.5	2
Gene Berry	Male	66	NC	92.8	100/220.4	Masters (65-69)	100	112.5	120		120	1
John Shifflett	Male	63	VA	92.4	100/220.4	Masters (60-64)	87.5	92.5			92.5	1
Ray Berry	Male	64	NC	109.5	110/242.5	Open	-117.5	127.5	140.5		140	1
Ray Berry	Male	64	NC	109.5	110/242.5	Masters (60-64)	-117.5	127.5	140.5		140	1
Bernie Rhodes	Male	76	VA	109.8	110/242.5	Masters (75-79)	102.5	-107.5	-107.5		102.5	1
Jeremy Wright	Male	45	NC	116.4	125/275.5	Open	157.5	162.5	167.5		167.5	1
Jeremy Wright	Male	45	NC	116.4	125/275.5	Masters (45-49)	157.5	162.5	167.5		167.5	1
Matt Slate	Male	44	NV	136.9	140/308.6	Open	195	-200			195	1
Matt Slate	Male	44	NV	136.9	140/308.6	Masters (40-44)	195	-200			195	1

### Deadlift

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	DL 1	DL 2	DL 3	DL 4	Total	Placing
William Ryan	Male	10	NC	37.5	48/105.8	Youth 11 and Under	42.5	47.5	55		55	1

### Strict Curl

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	SC 4	Total	Placing	
Allison Freeman	Female	37	NC	50.8	52/114.6	Open		34	36.5	38	38	1	
Allison Freeman	Female	37	NC	50.8	52/114.6	Sub-Masters (35-39)		34	36.5	38	38	1	
Susan Kozlowski	Female	57	VA	57.8	60/132.2	Open		28	30	31.5	-32	31.5	1
Susan Kozlowski	Female	57	VA	57.8	60/132.2	Masters (55-59)		28	30	31.5	-32	31.5	1
Mackenzie Taylor	Female	17	NC	90	90/198.4	Open		52.5	54.5	-57		54.5	1
Madison Berry	Female	13	NC	89.2	90/198.4	Open		41	43.5	45.5		45.5	2
Addison Chappell	Female	17	NC	84.9	90/198.4	Open	-30.5		30.5	32.5		32.5	3
Mackenzie Taylor	Female	17	NC	90	90/198.4	Teen (16-17)		52.5	54.5	-57		54.5	1
Madison Berry	Female	13	NC	89.2	90/198.4	Teen (12-13)		41	43.5	45.5		45.5	1
Addison Chappell	Female	17	NC	84.9	90/198.4	Teen (16-17)	-30.5		30.5	32.5		32.5	2
Linda Sutton	Female	49	NC	116.7	90+/198.5+ (F)	Open		29.5	30.5	32		32	1
Linda Sutton	Female	49	NC	116.7	90+/198.5+ (F)	Masters (45-49)		29.5	30.5	32		32	1
Gary Teeter	Male	60	PA	59.4	60/132.2	Open		52.5	54	55		55	1
Gary Teeter	Male	60	PA	59.4	60/132.2	Masters (60-64)		52.5	54	55		55	1
Ben Zak	Male	55	NC	66.3	67.5/148.8	Open		50	53.5	55.5	-56	55.5	1
Ben Zak	Male	55	NC	66.3	67.5/148.8	Masters (55-59)		50	53.5	55.5	-56	55.5	1
Tim Garris	Male	56	NC	69.1	75/165.3	Open		51.5	54	55.5	-56	55.5	1
Tim Garris	Male	56	NC	69.1	75/165.3	Masters (55-59)		51.5	54	55.5	-56	55.5	1
Aidyn Forman	Male	16	NC	69.3	75/165.3	Teen (16-17)	-50		50	-51.5		50	1
Easten Binckley	Male	15	NC	79.5	82.5/181.8	Open		65.5	68	-70		68	1
Johnny Wong	Male	44	CA	78.8	82.5/181.8	Open		59	61	64	-64.5	64	2
Da'Merion Lewis	Male	16	NC	80.4	82.5/181.8	Open		52.5	54.5	56.5		56.5	3
Easten Binckley	Male	15	NC	79.5	82.5/181.8	Teen (14-15)		65.5	68	-70		68	1
Johnny Wong	Male	44	CA	78.8	82.5/181.8	Masters (40-44)		59	61	64	-64.5	64	1
Da'Merion Lewis	Male	16	NC	80.4	82.5/181.8	Teen (16-17)		52.5	54.5	56.5		56.5	1
Yogi "Hammer" Sumner	Male	76	VA	81	82.5/181.8	Masters (75-79)		23	26	28		28	1
Barry Capps	Male	58	SC	88.2	90/198.4	Open		53	56	-60		56	1
Dalton Fazio	Male	15	NC	87.5	90/198.4	Open		47.5	51	-53.5		51	2
Barry Capps	Male	58	SC	88.2	90/198.4	Masters (55-59)		53	56	-60		56	1
Dalton Fazio	Male	15	NC	87.5	90/198.4	Teen (14-15)		47.5	51	-53.5		51	1
John Cooper	Male	50	NC	99	100/220.4	Open		88	91	-96		91	1
John Cooper	Male	50	NC	99	100/220.4	Masters (50-54)		88	91	-96		91	1
John Shiflet	Male	63	VA	92.4	100/220.4	Masters (60-64)		42.5	-45.5			42.5	1
Austin Brown	Male	30	NC	108	110/242.5	Open	-70		75	-80		75	1
Stephen Kozlowski	Male	67	VA	108.4	110/242.5	Open		68	69.5	-71.5		69.5	2
Stephen Kozlowski	Male	67	VA	108.4	110/242.5	Masters (65-69)		68	69.5	-71.5		69.5	1
Bernie Rhodes	Male	76	VA	109.8	110/242.5	Masters (75-79)		41	45.5	-48		45.5	1
Matt Slate	Male	44	NV	136.9	140/308.6	Open		63.5	75.5	-82		75.5	1
Matt Slate	Male	44	NV	136.9	140/308.6	Masters (40-44)		63.5	75.5	-82		75.5	1
Erik Lawson	Male	29	NC	144	140+/SHW	Open		50	-57.5	-57.5		50	1