

2009 USPF Illinois State/Open Full Power and Bench Press Champs!!!

So here are the results for the 2009 Il State/Open Full Power and Bench Press

Bench Only

Women Best Bench

Lisa Miller 198+ Open Il State 115

Michonne Berry 198 Open Il State 115

Men

Joe Somma 181 Masters IL State 190

Bill Taylor 275 Masters Open Meet 250

Full Power

Women Squat Bench Deadlift Total

Jennifer Cowan 148 Open Il State 177.5 92.5 182.5 452.5

Teens

Robert Avalos 132 13-15 Il State 72.5 55 97.5 225

Romello Melqoza 181 13-15 Il State 90 50 120 260

Robert Sylvestrie III 181 16-17 Il State 217.5 127.5 210 555

Clayton Stewart 308 16-17 Il State 245 185 242.5 * 672.5

Juniors

Austin Weinberg 181 20-23 Il State 210 147.5 232.5 590

Ivan Jimenez 198 20-23 Il State 185 102.5 192.5 480

Ricardo Sandoval 198 20-23 Il State 102.5 105 172.5 380

Kyle Stewart 242 20-23 Il State 205 0 0 0

Open Men

Eric Ellison 181 Il State 160 80 152.5 392.5

Bo DePaoli 198 Open meet 227.5 160 240 637.5

Mike Rybinski 198 Open meet 282.5 0 280 0

Larry Brown 242 IL State 222.5 142.5 237.5 602.5

Alexander Cordova 242 IL State 247.5 192.5 255 695

Zak Kroeger 242 Il State 327.5 0 295 0

Greg Butler 242 Open meet 227.5 0 0 0

Joe Scheiber Sr. 275 Il State 285 222.5 245 740

Todd Moore 308 Il State 335 227.5 327.5 890

Lance's write-up

Well I made it thru my first meet! I think everything ran as smoothly as it could. There were a few minor things that werent done and that I personally forgot but I will be better prepared next time around.

We had a lot of new young blood at this meet and I truly believe it was a great experience for them. Some of them were in awe at the strength and power that was being displayed by the more experienced lifters. They served as great role models to these up and coming lifters.

Some of the action was incredible to see. Some of the highlights of the meet was Lisa Millers attempt at an American Bench Record. Big Bill Taylor who opened up with a huge 551 missed it on his first 2 attempts but then came thru and nailed it on his third. Bills bench was the highest bench of the meet! Jen "The Beast" Cowan had an awesome day hitting close to a total of 1000 lbs! Nailing a 402 lb deadlift at 148! Robert Sylvestre III in the 16-17 JR category had an awesome day going 6 for 9 and totalling over 1200 lbs at 181! Austin Weinberg in the 20-23 JR category totalling 1300 plus! Incredible display of strength and a hell of a nice guy as well! Ivan Jimenez in his first meet totalled almost 1100 lbs. Ivans wife just gave birth to their baby girl early in the week!Bo DePauli had a rough go in the squat but nailed it on his third keeping him in the meet. He only got his first attempt in the bench but nailed all three deads! Alex Cordova had a great day totalling over 1500. Joe Scheiber Jr. totalling over 1600 at 275! Clayton Stewart a huge 308 JR 16-17 had a good day and also set an American Record in the Deadlift! The most impressive lifter of the day and probably the crowd favorite was big Todd Moore. Todd squatted a huge 738 in just a belt and knee wraps. He then went on to bench 501 with just wrist wraps and finished up with a huge 722 deadlift. The entire crowd was on their feet to cheer him on for his final pull of the day and a 1900 plus total! There was an awesome display of power and determination on the platform that day.

Now to thank everyone that helped me make this meet go as smoothly as it did. Niko Huslander and Garage Ink both for the use of his equipment and for announcing and keeping the crowd entertained. Nikos boys Noah and Gabe put on a deadllift exhibition for the crowd at the end of the day! Awesome job guys! Pat and Eliseo for taking care of our own lifters. They had 6 of them to worry about. My crew of spotters and loaders were the best! Tony, Pat G. Jim. Greg, Ivan and Genaro, Dennis G Mike Bo, Patrick Cam, Craig. For their first time ever doing something like this they were fast and they were quick to grab a lifter if the weight was goin. These guys also helped clear out the gym and set up and breakdown for the meet. My family and friends for working the score table and the front door. My mom, Irene, Diane, Ashley and Jason B.Thanks to Tim Cochran for comin on over and helping judge the meet. Thanks also to Dean Young and Tim Bergel for judging also! Also a huge Thank you to Fr. Ralph for the use of the parish chairs,tables and wall partitions. I had an awesome day guys and I couldnt have done it without you all!