

# 2007 USAPL NORTH CAROLINA STATE CHAMPIONSHIPS

Name	Age	M	F	BWt	WtCls	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks	
<b>WOMEN</b>																	
<b>WOMEN OPEN</b>																	
Tammy Walker	38	F		159.8	165	<del>209</del>	209	226	176	<b>187</b>	<del>198</del>	254	276	292	705	310.95	*open/submasters records
Jo Anna Wiersma	25	F		145.6	148	105	121	<del>132</del>	88	99	<del>105</del>	204	226	237	457	215.15	
Connie Stevenson	52	F		101.1	106	<b>88</b>	<b>105</b>	<del>116</del>	<b>55</b>	<b>86</b>	<b>72</b>	<b>132</b>	<b>143</b>	<b>160</b>	<b>336</b>	211.18	*masters record
Jennifer Denman	34	F		120.9	123	77	94	105	77	94	<del>105</del>	77	154	<del>220</del>	353	191.37	
<b>MEN</b>																	
<b>MEN'S 123</b>																	
Ben Etringer	14	M		122.9	123	198	220	<del>254</del>	154	171	<del>176</del>	259	287	303	694	288.03	
<b>MEN'S 148</b>																	
Kevin Farmer	19	M		138.8	148	303	325	375	187	<del>209</del>	220	320	<del>364</del>	<del>364</del>	915	339.10	
<b>MEN'S 165</b>																	
Alan Gatewood	30	M		153.5	165	342	369	380	209	226	237	<del>342</del>	342	<del>386</del>	959	327.32	
<b>MEN'S 181</b>																	
Donovan Thompson	41	M		173.7	181	402	435	452	314	336	<del>347</del>	408	457	<del>485</del>	1246	389.50	
John Caliri	39	M		177	181	<del>320</del>	320	325	<del>237</del>	237	<del>248</del>	369	386	397	959	296.31	
Nick Miceli	28	M		181	181	55			<del>408</del>	<del>408</del>	<del>408</del>	408	<del>457</del>				
<b>MEN'S 198</b>																	
Josh Wyatt	21	M		195.7	198	408	435	<del>452</del>	325	347	<del>358</del>	457	474	491	1273	371.30	
Donald Reagan	22	M		191.2	198	331	364	<del>375</del>	265	292	303	331	369	<del>402</del>	1036	305.97	
<b>MEN'S 220</b>																	
Todd Shelton	38	M		204.5	220	529	562	573	<b>413</b>	<b>424</b>	<del>435</del>	<b>606</b>	<b>650</b>	<b>667</b>	<b>1664</b>	474.87	*submaster record/Best Equipped Lifter
Bill Schmidt	47	M		219.5	220	55	402	452	314	336	353	546	<del>604</del>		1350	373.41	
John McDermott	16	M		201.1	220	480	<del>502</del>	<del>502</del>	386	<del>408</del>		463	<del>502</del>	<del>502</del>	1328	382.05	
Ben Kirchhoff	22	M		218.4	220	397	<del>408</del>	408	<del>298</del>	303	314	408	452	<del>474</del>	1174	325.31	
Scot Morrison (VA)	22	M		205.7	220	320	347	375	248	276	<del>298</del>	408	441	474	1124	319.88	
Douglas Kozlik (VA)	22	M		217	220	<del>435</del>	435	<del>507</del>	121			502	551	<del>604</del>	1108	307.79	
Martin Best	50	M		216.4	220	298	325	353	220	<del>234</del>	<del>234</del>	408	463	<del>496</del>	1036	288.22	
Tom Simon	42	M		217.7	220	347	364	<del>386</del>	254	265	276	347	364	397	1036	287.50	
<b>MEN'S 242</b>																	
Thomas Arrington	68	M		239.6	242	419	474	507	<b>303</b>	<b>331</b>	<b>342</b>	419	474	<b>507</b>	<b>1356</b>	363.29	*masters record
<b>MEN'S 275</b>																	
Chris Dennis	24	M		264.7	275	524	<del>557</del>	568	331	358	<del>402</del>	524	562	<del>604</del>	1488	388.02	
Carey Graham	30	M		250	275	474	524	<del>562</del>	331	369	386	474	524	562	1472	410.46	
Jim "Fossil" McCann	64	M		263.3	275	402	-424		320	<del>336</del>	336	402	424	<del>452</del>	1163	303.61	
<b>MEN'S SHW</b>																	
Michael Neal	38	M		360.6	UNL	667	705	733	502	524	540	590	634	656	1929	478.11	
<b>TEEN 14-15</b>																	
Ben Etringer	14	M		122.9	123	<b>198</b>	<b>220</b>	<del>254</del>	<b>154</b>	<b>171</b>	<del>176</del>	<b>259</b>	<b>287</b>	<b>303</b>	<b>694</b>	288.03	*teen record
<b>TEEN 16-17</b>																	
John McDermott	16	M		201.1	220	480	<del>502</del>	<del>502</del>	<b>386</b>	<del>408</del>		463	<del>502</del>	<del>502</del>	1328	382.05	*teen record
<b>TEEN 18-19</b>																	
Kevin Farmer	19	M		138.8	148	<b>303</b>	<b>325</b>	<b>375</b>	187	<del>209</del>	220	320	<del>364</del>	<del>364</del>	<b>915</b>	339.10	*teen record

# 2007 USAPL NORTH CAROLINA STATE CHAMPIONSHIPS

Name	Age	M	F	BWt	WtCls	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks	
<b>JUNIOR 20-23</b>																	
Josh Wyatt	21	M		195.7	198	408	435	<del>452</del>	325	347	<del>358</del>	457	474	491	1273	371.30	
Scot Morrison (VA)	22	M		205.7	220	320	347	375	248	276	<del>298</del>	408	441	474	1124	319.88	
Douglas Kozlik (VA)	22	M		217	220	<del>435</del>	435	<del>507</del>	121			502	551	<del>604</del>	1108	307.79	
Donald Reagan	22	M		191.2	198	331	364	<del>375</del>	265	292	303	331	369	<del>402</del>	1036	305.97	
<b>MASTER'S 40-44</b>																	
Tom Simon	42	M		217.7	220	347	364	<del>386</del>	254	265	276	347	364	397	1036	287.50	
<b>MASTER'S 50-54</b>																	
Martin Best	50	M		216.4	220	298	325	353	220	<del>234</del>	<del>234</del>	408	463	<del>496</del>	1036	288.22	
<b>MASTER'S 60-64</b>																	
Jim "Fossil" McCann	64	M		263.3	275	402	<del>424</del>		320	<del>336</del>	<b>336</b>	402	424	<del>452</del>	1163	303.61	*masters record
<b>MEN'S RAW</b>																	
<b>MEN'S 123</b>																	
Ben Etringer	14	M		122.9	123	198	220	<del>254</del>	154	<b>171</b>	<del>176</del>	259	<b>287</b>	<b>303</b>	694	288.03	*open record
<b>MEN'S 181</b>																	
Donovan Thompson	41	M		173.7	181	<b>402</b>	<b>435</b>	<b>452</b>	<b>314</b>	<b>336</b>	<del>347</del>	408	<b>457</b>	<del>485</del>	<b>1246</b>	389.50	*open/masters records
John Caliri	39	M		177	181	<del>320</del>	<b>320</b>	<b>325</b>	<del>237</del>	<b>237</b>	<del>248</del>	<b>369</b>	<b>386</b>	<b>397</b>	<b>959</b>	296.31	*submaster record
<b>MEN'S 198</b>																	
Josh Wyatt	21	M		195.7	198	408	435	<del>452</del>	325	347	<del>358</del>	457	474	491	1273	371.30	
Donald Reagan	22	M		191.2	198	331	364	<del>375</del>	265	292	303	331	369	<del>402</del>	1036	305.97	
<b>MEN'S 220</b>																	
Bill Schmidt	47	M		219.5	220	<b>55</b>	<b>402</b>	<b>452</b>	<b>314</b>	<b>336</b>	<b>353</b>	<b>546</b>	<del>604</del>		<b>1350</b>	373.41	*open/masters records
Scot Morrison (VA)	22	M		205.7	220	320	347	375	248	276	<del>298</del>	408	441	474	1124	319.88	
Douglas Kozlik (VA)	22	M		217	220	<del>435</del>	435	<del>507</del>	121			502	551	<del>604</del>	1108	307.79	
Martin Best	50	M		216.4	220	298	325	353	220	<del>234</del>	<del>234</del>	408	463	<del>496</del>	1036	288.22	
Tom Simon	42	M		217.7	220	347	364	<del>386</del>	254	265	276	347	364	397	1036	287.50	
<b>MEN'S 275</b>																	
Chris Dennis	24	M		264.7	275	524	<del>557</del>	568	331	358	<del>402</del>	524	562	-601	1488	388.02	
<b>MEN'S SHW</b>																	
Michael Neal	38	M		360.6	UNL	<b>667</b>	<b>705</b>	<b>733</b>	<b>502</b>	<b>524</b>	<b>540</b>	<b>590</b>	<b>634</b>	<b>656</b>	<b>1929</b>	478.11	*open/submasters records/Best Raw Lifter
<b>TEEN 14-15</b>																	
Ben Etringer	14	M		122.9	123	<b>198</b>	<b>220</b>	<del>254</del>	<b>154</b>	<b>171</b>	<del>176</del>	<b>259</b>	<b>287</b>	<b>303</b>	<b>694</b>	288.03	*teen record
<b>JUNIOR 20-23</b>																	
Josh Wyatt	21	M		195.7	198	<b>408</b>	<b>435</b>	<del>452</del>	<b>325</b>	<b>347</b>	<del>358</del>	<b>457</b>	<b>474</b>	<b>491</b>	<b>1273</b>	371.30	*junior record
Scot Morrison (VA)	22	M		205.7	220	320	347	375	248	276	<del>298</del>	408	441	474	1124	319.88	
Douglas Kozlik (VA)	22	M		217	220	<del>435</del>	435	<del>507</del>	121			502	551	<del>604</del>	1108	307.79	
Donald Reagan	22	M		191.2	198	331	364	<del>375</del>	265	292	303	331	369	<del>402</del>	1036	305.97	
<b>MASTER'S 40-44</b>																	
Tom Simon	42	M		217.7	220	<b>347</b>	<b>364</b>	<del>386</del>	<b>254</b>	<b>265</b>	<b>276</b>	<b>347</b>	<b>364</b>	<b>397</b>	<b>1036</b>	287.50	*masters record
<b>MASTER'S 50-54</b>																	
Martin Best	50	M		216.4	220	<b>298</b>	<b>325</b>	<b>353</b>	<b>220</b>	<del>234</del>	<del>234</del>	<b>408</b>	<b>463</b>	<del>496</del>	<b>1036</b>	288.22	*masters record

# 2007 USAPL NORTH CAROLINA STATE CHAMPIONSHIPS

Name	Age	M	F	BWt	WtCls	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks	
<b><u>BENCH PRESS</u></b>																	
<b>WOMEN OPEN</b>																	
Tammy Walker	38		F	159.8	165				176	187	-498				82.60		*open/submasters records
Carol Beth Allen	25		F	263.2	UNL				176	-493	-493				64.03		*open record
Connie Stevenson	51		F	100.1	105				55	66	72				44.79		*open/masters records
<b>MEN'S 123</b>																	
Ben Etringer	14		M	122.9	123				154	171	-476				70.87		
<b>MEN'S 132</b>																	
Glenn Raisin	50		M	128.2	132				-154	-154	-154						
<b>MEN'S 181</b>																	
Donovan Thompson	41		M	173.7	181				314	336	-347				105.13		
William Henderson	47		M	177.6	181				292	314	331				101.96		
Adam Yezer	42		M	167.5	181				-369	-369	-369						
Nick Miceli	28		M	181	181				-408	-408	-408						
<b>MEN'S 198</b>																	
Tyrre Xavier Daye	40		M	194.1	198				325	375	-408				109.77		
Mark Sunter	45		M	198.1	198				364	-397	-449				105.42		
Josh Wyatt	21		M	195.7	198				325	347	-358				101.26		
Allen Davis	52		M	197	198				320	342	-353				99.31		
Lewis Schirloff	42		M	191.9	198				320	336	-347				99.08		
<b>MEN'S 220</b>																	
John McDermott	16		M	201.1	220				386	-408					110.97		Best Equipped Bencher
Bill Schmidt	47		M	219.5	220				314	336	353				97.55		
David Abbott	48		M	216.2	220				314	342	-353				95.09		
Samuel Whitted	53		M	217.3	220				-393	-344	314				87.23		
<b>MEN'S 242</b>																	
Frankie Champion	41		M	228.7	242				314	342	364				99.02		
<b>MEN'S 275</b>																	
Jim "Fossil" McCann	64		M	263.3	275				320	-336	336				87.77		
<b>TEEN 14-15</b>																	
Ben Etringer	14		M	122.9	123				154	171	-476				70.87		*teen record
<b>TEEN 16-17</b>																	
John McDermott	16		M	201.1	220				386	-408					110.97		*teen record
<b>JUNIOR 20-23</b>																	
Josh Wyatt	21		M	195.7	198				325	347	-358				101.26		*junior record
<b>MASTER'S 40-44</b>																	
Tyrre Xavier Daye	40		M	194.1	198				325	375	-408				109.77		*masters record
Frankie Champion	41		M	228.7	242				314	342	364				99.02		
Lewis Schirloff	42		M	191.9	198				320	336	-347				99.08		
Adam Yezer	42		M	167.5	181				-369	-369	-369						
<b>MASTER'S 45-49</b>																	
Mark Sunter	45		M	198.1	198				364	-397	-449				105.42		
William Henderson	47		M	177.6	181				292	314	331				101.96		*masters record
David Abbott	48		M	216.2	220				314	342	-353				95.09		

# 2007 USAPL NORTH CAROLINA STATE CHAMPIONSHIPS

Name	Age	M	F	BWt	WtCls	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOTAL	Wilks	
<b>MASTER'S 50-54</b>																	
Allen Davis	52	M		197	198				320	342	<del>353</del>					99.31	*masters record
Samuel Whitted	53	M		217.3	220				<del>303</del>	<del>314</del>	314					87.23	
Glenn Raisin	50	M		128.2	132				<del>154</del>	<del>154</del>	<del>154</del>						
<b>MASTER'S 60-64</b>																	
Jim "Fossil" McCann	64	M		263.3	275				320	<del>336</del>	336					87.77	
<b>WOMEN RAW</b>																	
Tammy Walker	38	F		159.8	165				176	187	<del>198</del>					82.60	*open/submasters records
Carol Beth Allen	25	F		263.2	UNL				176	<del>193</del>	<del>193</del>					64.03	*open record
Connie Stevenson	51	F		100.1	105				55	66	72					44.79	*open/masters records
<b>MEN'S RAW</b>																	
<b>MEN'S 123</b>																	
Ben Etringer	14	M		122.9	123				154	171	<del>176</del>					70.87	*open record
<b>MEN'S 132</b>																	
Glenn Raisin	50	M		128.2	132				<del>154</del>	<del>154</del>	<del>154</del>						
<b>MEN'S 181</b>																	
Donovan Thompson	41	M		173.7	181				314	336	<del>347</del>					105.13	*open/masters records
William Henderson	47	M		177.6	181				292	314	331					101.96	
<b>MEN'S 198</b>																	
Tyrre Xavier Daye	40	M		194.1	198				325	375	<del>408</del>					109.77	Best Raw Bencher
Josh Wyatt	21	M		195.7	198				325	347	<del>358</del>					101.26	
Allen Davis	52	M		197	198				320	342	<del>353</del>					99.31	
Lewis Schirloff	42	M		191.9	198				320	336	<del>347</del>					99.08	
<b>MEN'S 220</b>																	
Bill Schmidt	47	M		219.5	220				314	336	353					97.55	*open/masters records
David Abbott	48	M		216.2	220				314	342	<del>353</del>					95.09	
Samuel Whitted	53	M		217.3	220				<del>303</del>	<del>314</del>	314					87.23	
<b>MEN'S 242</b>																	
Frankie Champion	41	M		228.7	242				314	342	364					99.02	*open record
<b>TEEN 14-15</b>																	
Ben Etringer	14	M		122.9	123				154	171	<del>176</del>					70.87	*teen record
<b>JUNIOR 20-23</b>																	
Josh Wyatt	21	M		195.7	198				325	347	<del>358</del>					101.26	*junior record
<b>MASTER'S 40-44</b>																	
Tyrre Xavier Daye	40	M		194.1	198				325	375	<del>408</del>					109.77	*masters record
Lewis Schirloff	42	M		191.9	198				320	336	<del>347</del>					99.08	
Frankie Champion	41	M		228.7	242				314	342	364					99.02	*masters record
<b>MASTER'S 45-49</b>																	
William Henderson	47	M		177.6	181				292	314	331					101.96	*masters record
David Abbott	48	M		216.2	220				314	342	<del>353</del>					95.09	
<b>MASTER'S 50-54</b>																	
Allen Davis	52	M		197	198				320	342	<del>353</del>					99.31	*masters record
Samuel Whitted	53	M		217.3	220				<del>303</del>	<del>314</del>	314					87.23	
Glenn Raisin	50	M		128.2	132				<del>154</del>	<del>154</del>	<del>154</del>						

The 2007 USAPL North Carolina State Powerlifting Championships were held August 11th at Bunn High School near Raleigh, NC and were a big success! This is the first time since the mid 1980's in Princeton, NC that a USAPL/ADFPA meet was held near the Raleigh area. Nearly 40 lifters competed for the bragging rights of State Champion in Equipped Full Power & Bench Press and Raw Full Power & Bench Press.

Best Lifters were Michael Neal in the Raw Powerlifting Division with a huge 1929lb. total (SHW), and Todd Shelton in the Equipped Powerlifting Division with a 1664lb, total (220). Michael and Todd displayed great sportsmanship and class through the entire contest, and were inspirational for all spectators and lifters that were present.

Both the Equipped and Raw divisions were populated with lifters of all levels of experience and ability. Many lifters of all ages were there to compete in their first contest, while other USAPL veterans of up to 25 years competed. There were also current and past USAPL National Champions on the platform.

We would like to thank Pete Alaniz of Titan Support Systems for contributing two very cool looking Katana swords and gift certificates for our Best Lifter awards. We would also like to thank everyone who volunteered their valuable weekend time to spot and load, which kept the meet running very smoothly and safely. Jennifer and Donovan Thompson were vital in the success of the meet by providing the equipment and guidance before, during and after the event. The scoring table crew was nearly flawless and the judges were as consistent as you will find. Everyone did a great job!

The Bunn High School Football team provided plenty of food and refreshments throughout the day and was very helpful in coordinating the use of their facilities.

We would like to thank the following sponsors of this event: Food Lion, Dillon Supply, Winstead's Grocery, Clay's Power Equipment, About Skin Care with Jan Rogan, Van Products, CC&I Refurbishing, Powerhouse Fitness Center, Four Brothers Auto, Osbourne Chiropractic, Lake Royale, PPS CPAs, and Waste Industries. Sponsor contributions kept entry fees as low as you will see in any powerlifting organization.

Meet Directors:

Bill Schmidt  
Nick Miceli  
Kent Walton