

**2013 IPA NORTH CAROLINA IRON CHALLENGE  
FULL POWER/IRONMAN/DEAD LIFT ONLY  
MAY 18, 2013  
HICKORY, NC**

DIVISION	SUBDIVISION	NAME	WtCls (lbs.)	BEST SQUAT	BEST BENCH	BEST DEAD	TOTAL	AGE	BWT (lbs.)
<b>FULL POWER</b>									
<b>AMATEUR DIVISIONS</b>									
<b>TEENS</b>									
Am Raw	Teen (up to 13)	Matt Wininger	114	170	110	200	480	13	105.00
Am Raw	Teen (14-15)	Hayden DuPont	114	155	105	210	470	14	109.00
Am Raw	Teen (14-15)	Garret Cultrera	165	365	150	410	925	15	160.00
Am Raw	Teen (16-17)	Austin Hildebrand	148	265	165	375	805	16	148.00
Am Raw	Teen (14-15)	Hunter Walsh	198	355	225	375	955	15	190.00
Am Raw	Teen (18-19)	Micah Ferraro	220	385	295	450	1130	19	215.00
<b>WOMEN</b>									
Am Raw	Teen (18-19)	Jocelyn Parham	132	135	85	200	420	18	129.40
Am Raw	Junior	Sophie Baer	165	220	145	215	580	21	156.00
Am Raw	Open	Aimee Marthinsen	123	175	90	250	515	32	121.75
Am Raw	Open	Angela Reidel	132	250	150	235	635	38	132.00
Am Raw	Open	Drew Mash	148	300	155	345	800	27	148.00
Am Raw	Open	Lisa Gniewek	148	185	100	240	525	43	147.00
Am Raw	Open	Marilyn Malanaphy	148	170	90	220	480	29	147.50
Am Raw	Open	Naamah Trone	165	305	190	365	860	32	165.00
Am Raw	Submaster	Shana Bushman	123	185	95	250	530	36	121.00
Am Raw	Master (50-54)	Betty Polenik	132	165	115	250	530	54	127.00
Am Raw	Master (45-49)	Janine Welborn	148	205	125	240	570	46	139.00
Am Raw	Master (50-54)	Cindy Meeker	165	210	110	185	505	52	150.00
<b>MEN</b>									
Am Equipped	Open	Dakota Cagle	275	850	525	635	2010	25	267.00
Am Raw	Junior	Delvin Allen	165	450	330	520	1300	20	165.25
Am Raw	Junior	Tyler Goins	165	420	280	480	1180	21	154.60
<b>IPA WORLD RECORD</b>									
<b>IPA WORLD &amp; STATE RECORD</b>									
<b>IPA SC STATE RECORD ONLY</b>									

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<b>Amateur Raw Men's Divisions Cont.</b>									
Am Raw	Junior	Brandon Warren	181	390	285	400	1075	22	174.00
Am Raw	Junior	Caleb Tilson	198	465	290	575	1330	21	198.00
Am Raw	Junior	Ryan Daining	198	500	275	450	1225	20	196.25
Am Raw	Junior	Marvin House	220	420	275	535	1230	22	215.80
Am Raw	Junior	Greg Nuckols	242	750	425	710	1885	21	242.00
Am Raw	Junior	Hunter Johnson	242	475	250	445	1170	23	235.80
Am Raw	Open	Daniel Hartley	165	370	295	485	1150	26	164.00
Am Raw	Open	Michael Bayat	181	535	350	565	1450	26	174.50
Am Raw	Open	Dallas Norris	181	525	320	600	1445	32	180.10
Am Raw	Open	Tony DiLiegro	198	600	365	550	1515	39	188.30
Am Raw	Open	Joseph Cook	198	540	355	600	1495	26	197.00
Am Raw	Open	Chris Bright	198	450	335	455	1240	37	196.80
Am Raw	Submaster	Chris Bright	198	450	335	455	1240	37	196.80
Am Raw	Master (60-64)	Bruce Sutta	181	350	170	365	885	60	177.10
Am Raw	Master (45-49)	Barry Holt	220	470	300	520	1290	48	215.00
Am Raw	Master (40-44)	Theron Welborn	242	425	410	450	1285	44	236.10
Am Raw	Police	Jared Griffith	275	530	385	585	1500	26	260.00
<b>PROFESSIONAL DIVISIONS</b>									
Pro Equipped	Junior	Isaac Winkler	198	765	455	535	1755	22	197.00
Pro Equipped	Open	Matt Bouton	308	700	480	700	1880	29	278.00
Pro Equipped	Submaster	Duane Carpenter	220	500	475	550	1525	35	214.80
Pro Equipped	Master (50-54)	Buddy Nichols	220	750	0	0	0	50	203.00
Pro Equipped	Master (40-44)	Richie Anderson	220	545	430	525	1500	41	217.60
Pro Equipped	Master (40-44)	Tyler Mullins	242	810	500	500	1810	42	229.00
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Pro Raw	Women's Open	Jennifer Millican	123	300	170	275	745	30	121.50
Pro Raw	Junior	Steven Lewis	198	460	320	515	1295	21	197.00
Pro Raw	Junior	Greg Nuckols	242	750	425	710	1885	21	242.00
Pro Raw	Open	Jason Winters	198	535	340	530	1405	32	198.00
Pro Raw	Open	Antonio Almeida	220	390	260	420	1070	34	216.40
Pro Raw	Open	Anthony Detomaso	242	560	350	565	1475	30	242.20
Pro Raw	Open	Chad Ingle	242	520	340	575	1435	28	224.50
Pro Raw	Open	Robert Polenik	242	455	355	225	1035	29	240.00
Pro Raw	Open	Mason Tranbarger	242	335	0	450	785	25	237.20
Pro Raw	Open	Jackson Williams	SHW	640	345	640	1625	28	345.00
Pro Raw	Master (40-44)	David Crater	220	520	380	520	1420	40	216.00
Pro Raw	Master (40-44)	Allen Underwood	242	610	430	660	1700	43	238.00
Pro Raw	Master (45-49)	Randy Morelli	242	535	330	650	1515	48	240.40
<b>IRONMAN</b>									
Am Equipped	Men's Open	Ben Hooker	220		500	525	1025	28	218.50
Am Raw	Men's Open	Brian Wietecha	198		250	500	750	29	196.00
Pro Equipped	Women's Master (50-54)	Kate Taillon	148		220	295	515	53	143.00
<b>DEAD LIFT ONLY</b>									
Pro Raw	Men's Junior	Josh Miller	275			625	625	21	254.00
<b>IPA WORLD RECORD</b>									
<b>IPA WORLD &amp; STATE RECORD</b>									
<b>IPA SC STATE RECORD ONLY</b>									
<b>CROSSFIT LIFTERS-NON SANCTIONED, RESULTS DO NOT COUNT TOWARD IPA MEET TOTAL OR RECORDS</b>									
	Female CrossFit/Novice	Melissa Keiffer	165	200	115	275	590	29	162.90
	Female CrossFit/Novice	Karyn Mendoza	148	170	115	240	525	35	142.30
	Female CrossFit/Novice	Erika Scocco	181	200	115	310	625	31	179.20
	Female CrossFit/Novice	Sharon Crook	181	260	155	305	720	36	175.50