

2016 IPA Connecticut Ironman Push/Pull Showdown

April 16, 2016

Inspire Fitness

Shelton, Connecticut

DIVISION	SUBDIVISION	WT CLASS	NAME	BENCH	DEAD	TOTAL	BWT	AGE
WOMEN'S DIVISIONS - PUSH/PULL								
AM RAW	Teen (14-15)	SHW	JESSICA SMITH	120	340	460	213	15
AM RAW	Teen (16-17)	132	MELODY BRYDEN	120	260	380	126	17
AM RAW	Junior	165	CAITLYN OLSEN	140	305	445	152	23
AM RAW	Open	97	ABIGAIL GRICH	105	230	335	96	24
AM RAW	Open	114	ALEXANDRA STRAUB	95	240	335	112.5	24
AM RAW	Open	123	KATIE MILLER	125	265	390	122	38
AM RAW	Open	132	CHRISTINA GUERRA	115	305	420	130.5	24
AM RAW	Open	165	CAITLYN OLSEN	140	305	445	152	23
AM RAW	Open	181	DEANNA CHAPARRO	130	315	445	175	37
AM RAW	Open	198	MARY DAMON	120	285	405	194	59
AM RAW	Master (40-44)	148	LIZ LINEHAN	125	260	385	145	41
AM RAW	Master (45-49)	198	MICHELLE ROBERT	125	250	375	191	47
AM RAW	Master (55-59)	198	MARY DAMON	120	285	405	194	59
AM RAW	Master (65-69)	123	MARY DUFFY	125	255	380	120.5	66
AM EQUIP	Master (45-49)	181	JOANNE RUSSELL	90	240	330	180.5	47
WOMEN'S DIVISIONS - BENCH ONLY								
AM RAW	Teen (16-17)	132	BRIANNA KELLEY	135	0	135	131.5	17
WOMEN'S DIVISIONS- DEADLIFT ONLY								
AM RAW	Open	114	MELISSA ZANELLI	0	285	285	113	24
AM RAW	Open	165	TAMMY SPISTO	0	260	260	157	50
AM RAW	Master (50-54)	165	TAMMY SPISTO	0	260	260	157	50
AM RAW	Master (55-59)	123	DEBORA CARVALKO	0	240	240	116	57
<i>Indicates an IPA World Record</i>								

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MEN'S DIVISIONS - PUSH/PULL								
AM RAW	Up to 13	114	DANNY ZAWALICH	80	165	245	83	12
AM RAW	Up to 13	123	LUCA RACCIO	100	225	325	121	12
AM RAW	Teen (18-19)	181	JUSTIN PERROTTI	265	405	670	176	18
AM RAW	Teen (18-19)	220	BRANDON BUONANDUCCI	275	485	760	200	19
AM RAW	Junior	181	FRANK VOCE	305	535	840	180	24
AM RAW	Junior	181	NICK GODINO	335	490	825	179	20
AM RAW	Junior	198	RYAN TANNER	245	445	690	184	23
AM RAW	Junior	220	LUCAS SMILIOS	355	605	960	214	22
AM RAW	Open	198	JONATHAN GONZALEZ	295	535	830	195	30
AM RAW	Open	198	ROBERT BROWN	275	455	730	197	25
AM RAW	Open	220	ROBERT WHITING	365	560	925	205	26
AM RAW	Open	220	SPENCER HENNES	320	500	820	204	28
AM RAW	Master (40-44)	220	BOB CALABRESE	270	415	685	210	40
AM RAW	Police	242	MICHAEL CROCE	370	585	955	237	28
PRO RAW	Open	242	CHRIS SANSONE	385	655	1040	240	31
PRO RAW	Open	SHW	JOSHUA COLON	450	800	1250	327	28
MEN'S DIVISIONS - BENCH ONLY								
AM RAW	Master	181	JIM MICIK	225	0	225	178	62
MEN'S DIVISIONS - DEADLIFT ONLY								
AM RAW	Up to 13	275	MICHAEL MANCINI	0	300	300	260	13
AM RAW	Master (55-59)	198	RAY LOPEZ	0	535	535	196	56
<i>Indicates an IPA World Record</i>								