

2018 IPA CONNECTICUT STATE POWERLIFTING CHAMPIONSHIPS

October 20, 2018

Powerhouse Gym

New Haven, CT

ONLY CURRENT IPA MEMBERS APPEAR IN THE RESULTS

DIVISION	SUBDIVISION	WT CLASS	NAME	SQUAT	BENCH	4th BENCH	DEAD	TOTAL	4th TOTAL	BWT	
AM RAW WOMEN'S DIVISIONS - FULL POWER											
AM RAW	Open	148	Kirsten Bryce	260	150	0	300	710		136	
AM RAW	Open	148	Kira McCall	255	115	0	245	615		145	
AM RAW	Open	148	Erin McGuire	110	90	0	190	390		136	
AM RAW	Open	165	Gabriel Beard	180	105	0	260	545		157	
AM RAW	Open	165	Krystyn Boone	220	170	0	335	725		161	
AM RAW	Open	198	Kelly Montagna	190	135	0	255	580		192	
AM RAW	Open	SHW	Mary Damon	150	105	0	300	555		217	
AM RAW	Open	SHW	Lisa-Marie Damon	80	90	0	200	370		225	
AM RAW	Submaster(33-39)	148	Kirsten Bryce	260	150	0	300	710		136	
AM RAW	Submaster(33-39)	SHW	Natalie Neptune-Mustafa	280	145	0	255	680		228	
AM RAW	Master(40-44)	123	Katie Miller	150	110	0	260	520		123	
AM RAW	Master(50-54)	165	Tammy Spisto	225	125	0	295	645		163.5	
AM RAW	Master(50-54)	148	Sarah Muir	200	115	0	265	580		136	
AM RAW	Master(60-64)	SHW	Mary Damon	150	105	0	300	555		217	
AM RAW WOMEN'S DIVISIONS - BENCH ONLY											
AM RAW	Master(40-44)	132	Christina Ciambriello	0	110	0	0	110		130	
AM RAW	Master(50-54)	105	Jen Champagne	0	95	100	0	95	100	105	
AM RAW WOMEN'S DIVISIONS - DEADLIFT ONLY											
AM RAW	Teen(16-17)	123	Isabella Urbani	0	0	0	350	350		119	
AM RAW MEN'S DIVISIONS - FULL POWER											
AM RAW	Open	165	Anthony Creatura	640	335	0	585	1560		164.7	
AM RAW	Open	165	Stephen Tipton	435	275	0	495	1205		163.5	
AM RAW	Open	165	Kyle Planchon	385	255	0	505	1145		164.5	
AM RAW	Open	165	Matt Bollaro	320	200	0	480	1000		159	
AM RAW	Open	165	Jonathan Cardinali	260	205	0	385	850		158	
AM RAW	Open	181	Tyler Putnam	450	325	0	502.5	1277.5		177.5	
INDICATES AN IPA WORLD RECORD				INDICATES AN IPA CT STATE RECORD				INDICATES AN IPA WORLD AND CT STATE RECORD			

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AM RAW MEN'S DIVISIONS - FULL POWER CONTINUED											
AM RAW	Open	198	Michael Frizinia	475	300	0	525	1300		197.5	
AM RAW	Open	198	Joseph DiPalma	365	315	0	425	1105		188	
AM RAW	Open	220	Bobby Hume	495	405	0	590	1490		214	
AM RAW	Open	275	Josh Woodin	500	330	0	600	1430		252	
AM RAW	Open	308	Gerald Groff Jr.	405	260	0	355	1020		285	
AM RAW	Submaster(33-39)	165	Kyle Planchon	385	255	0	505	1145		164.5	
AM RAW	Master(50-54)	275	Richard Dow	425	310	0	500	1235		267	
AM RAW	Master(55-59)	148	Anthony Luciano	140	150	0	220	510		146	
AM RAW	Master(55-59)	308	Charles Woodin	355	250	0	530	1135		296	
AM RAW	Master(60-64)	242	William Bergeron	190	155	0	290	635		234	
MEN'S DIVISIONS BENCH ONLY											
PRO RAW	Open	198	Fred Grillo	0	390	0	0	390		197	
PRO RAW	Open	242	Joshua Phipps MD	0	440	0	0	440		241	
PRO RAW	Master(50-54)	198	Fred Grillo	0	390	0	0	390		197	
PRO RAW	Police	242	Joshua Phipps MD	0	440	0	0	440		241	
MEN'S DIVISIONS - DEADLIFT ONLY											
PRO RAW	Open	242	Joshua Phipps MD	0	0	0	660	660		241	
PRO RAW	Police	242	Joshua Phipps MD	0	0	0	660	660		241	
MEN'S DIVISIONS - SQUAT/BENCH ONLY											
AM RAW	Open	181	Zaccary Zambrello	485	265	0	0	750		180	
INDICATES AN IPA WORLD RECORD				INDICATES AN IPA CT STATE RECORD				INDICATES AN IPA WORLD AND CT STATE RECORD			