

**2019 IPA CONNECTICUT STATE POWERLIFTING CHAMPIONSHIPS**

**November 2, 2019**

**Powerhouse Gym**

**New Haven, CT**

**RESULTS REFLECT ACTIVE IPA MEMBERS ONLY**

<b>DIVISION</b>	<b>SUBDIVISION</b>	<b>WT CLASS</b>	<b>NAME</b>	<b>SQUAT</b>	<b>BENCH</b>	<b>4th ATT BENCH</b>	<b>DEAD</b>	<b>TOTAL</b>	<b>BWT</b>
<b>WOMEN'S DIVISIONS - FULL POWER</b>									
AM RAW	Open	132	Sherrie Forgione	145	100		235	480	129
AM RAW	Open	132	Erin McGuire	115	100		200	415	130
AM RAW	Open	148	Kirsten Bryce	270	145		355	770	136
AM RAW	Open	148	Kira McCall	275	145		280	700	136
AM RAW	Open	148	Sarah Sweeny	225	140		255	620	137.5
AM RAW	Open	148	Brianna Mengold	210	115		265	590	145.5
AM RAW	Open	165	Tammy Spisto	185	115		275	575	156.5
AM RAW	Open	SHW	Mary Damon	90	105		250	445	232
AM RAW	Open	SHW	LisaMarie Damon	60	100		200	360	246
AM RAW	Submaster (33-39)	114	Carmen Barrios	175	110		215	500	114
AM RAW	Submaster (33-39)	148	Kirsten Bryce	270	145		355	770	136
AM RAW	Master (40-44)	132	Katie Miller	165	125		265	555	127
AM RAW	Master (40-44)	148	Renata Novotna	245	145		280	670	146.5
AM RAW	Master (50-54)	114	Jennifer Champagne	150	100		225	475	107
AM RAW	Master (50-54)	148	Sarah Muir	180	120		270	570	141
AM RAW	Master (60-64)	SHW	Mary Damon	90	105		250	445	232
AM RAW	Master(65-69)	132	Marcia Walker	200	120		245	565	132
AM RAW	Master (70-74)	123	Mary Duffy	175	125		250	550	121.5
PRO RAW	Master (45-49)	198	Kelly Montagna	155	110		255	520	187

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<b>MEN'S DIVISIONS - AM RAW FULL POWER</b>									
AM RAW	Open	165	Jonathan Cardinali	330	215		470	1015	163.5
AM RAW	Open	181	Matt Nosal	470	310		500	1280	176
AM RAW	Open	275	Josh Woodin	530	350		620	1500	257
AM RAW	Master (50-54)	275	Rich Dow	475	340		525	1340	271
AM RAW	Master (60-64)	220	Lenny Creatura	600	330		605	1535	212
AM RAW	Master (65-69)	242	Bill Bergeron	225	170		280	675	238
<b>MEN'S DIVISIONS - AM EQUIPPED FULL POWER</b>									
AM EQUIP	Open	198	Robert Clark	650	415		585	1650	196
<b>MEN'S DIVISIONS - PRO RAW FULL POWER</b>									
PRO RAW	Open	308	Jake Conaway	550	300		520	1370	294
PRO RAW	Submaster (33-39)	220	David Rice	560	440		600	1600	219
<b>MEN'S DIVISIONS - BENCH ONLY</b>									
AM RAW	Master (55-59)	SHW	Robert Cutts	0	430	440	0	430	410
AM RAW	Police	SHW	Robert Cutts	0	430	440	0	430	410
INDICATES AN IPA WORLD RECORD			INDICATES AN IPA CT STATE RECORD			INDICATES AN IPA WORLD AND CT STATE RECORD			