

**2020 Connecticut Ironman Push/Pull Showdown**

**March 14, 2020**

**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>BENCH</b>	<b>DEAD</b>	<b>TOTAL</b>	<b>BWT</b>
<b>WOMEN'S DIVISIONS - PUSH/PULL</b>							
01-AM Raw	05-Open	148	Kirsten Bryce	140	330	470	133
01-AM Raw	06-SubMaster(33-39)	114	Carmen Barrios	115	230	345	114
01-AM Raw	08-Master(45-49)	114	Jennifer Champagne	105	235	340	110
01-AM Raw	08-Master(45-49)	165	Nicole Barksdale	110	280	390	162
<b>WOMEN'S DIVISIONS - BENCH ONLY</b>							
01-AM Raw	06-SubMaster(33-39)	148	Melissa Leone	115	0	115	143
<b>MEN'S DIVISIONS - PUSH/PULL</b>							
01-AM Raw	12-Master(65-69)	242	Bill Bergeron	300	300	600	232
<b>MEN'S DIVISIONS - BENCH ONLY</b>							
01-AM Raw	12-Master(65-69)	181	James Micik	200	0	200	171
<b>MEN'S DIVISIONS - DEADLIFT ONLY</b>							
01-AM Raw	03-Teen(18-19)	181	Michael Deleon	0	475	475	181
<b>INDICATES AN IPA WORLD RECORD</b>							