

**2022 IPA Strength of Heroes**  
**September 10-11, 2022**  
**Bohemia, NY**

<u>Division</u>	<u>Sub-Division</u>	<u>Weight Class</u>	<u>Name</u>	<u>Squat</u>	<u>Bench</u>	<u>Dead</u>	<u>Total</u>	<u>Body Weight</u>
<b>WOMEN'S DIVISIONS</b>								
RAW_AMATEUR	Women J20-23	165	Megan Uhrynowski	290	140	345	775	160.5
RAW_AMATEUR	Women J20-23	198	Hallie Burke	380	205	430	1015	183.5
RAW_AMATEUR	Women Open	114	Maria Pappa	280	140	325	745	108
RAW_AMATEUR	Women Open	165	Autumn Cussen	270	165	300	735	155.5
RAW_AMATEUR	Women Open	165	Georgia Kral	225	115	315	655	163.5
RAW_AMATEUR	Women Open	198	Hallie Burke	380	205	430	1015	183.5
RAW_AMATEUR	Women Open	220	Brittney Bing	410	155	385	950	215
EQUIPPED_PRO	Women M40-44	148	Kathleen James	540	460	455	1455	144
EQUIPPED_PRO	Women M45-49	148	Melissa Smith	485	205	145	835	137
EQUIPPED_PRO	Women M45-49	198	Shelley Yates	630	370	410	1410	192
EQUIPPED_PRO	Women M55-59	148	Denise Marais	435	340	330	1105	140
EQUIPPED_PRO	Women Open	132	Danyell Anderson	505	275	410	1190	129
EQUIPPED_PRO	Women Open	148	Melissa Smith	485	205	145	835	137
EQUIPPED_PRO	Women Open	181	Margaret Colon	550	270	435	1255	178
EQUIPPED_PRO	Women Open	198	Shelley Yates	630	370	410	1410	192
EQUIPPED_PRO	Women Open	220	Crystal Tate	730	400	600	1730	209
EQUIPPED_AMATEUR	Women Open	97	Jessica Goldstein		180		180	97
<b>MEN'S DIVISIONS</b>								
RAW_AMATEUR	Men T14-15	123	Joey Lamberson	205	140	245	590	121
RAW_AMATEUR	Men M40-44	198	Joe Lamberson	385	330	435	1150	196
RAW_AMATEUR	Men M60-64	220	Mark D'Amico	505	335	560	1400	218
RAW_AMATEUR	Men Open	181	Dallas Kilroy	350	200	400	950	175
RAW_AMATEUR	Men Open	198	Collin McMahon	385	225	455	1065	187
RAW_AMATEUR	Men Open	308	Keith Raposa	635	320	500	1455	286
RAW_PRO	Men J20-23	275	Trae Lounsbury	750	525	725	2000	247
RAW_PRO	Men M40-44	181	Thomas LaRocco	520	345	480	1345	174.5
RAW_PRO	Men M60-64	220	Joe Avigliano	480	270	410	1160	218.5

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<b>MEN'S DIVISIONS - CONTINUED</b>									
EQUIPPED_PRO	Men	J20-23	220	Ben Russo	750	675	700	2125	207.5
EQUIPPED_PRO	Men	M45-49	242	Derrick Benjamin	810	550	715	2075	228
EQUIPPED_PRO	Men	M50-54	220	Andrew Bochenek	700	600	525	1825	214
EQUIPPED_PRO	Men	Open	198	Anthony Hobaica	1010	800	705	2515	191.5
EQUIPPED_PRO	Men	Open	242	Chris Della Fave	1160	875	835	2870	242
EQUIPPED_PRO	Men	Open	242	Derrick Benjamin	810	550	715	2075	228
EQUIPPED_PRO	Men	Open	242	Logan Shady	805	525	605	1935	238
EQUIPPED_PRO	Men	Open	275	Mike Skiba	1005	700	695	2400	265.5
EQUIPPED_PRO	Men	Open	275	Robert Bain	1035	610	655	2300	267.6
EQUIPPED_PRO	Men	Open	275	Allen Pilley	950	635	645	2230	263
EQUIPPED_PRO	Men	Open	308	Brian Cullinan	865	625	665	2155	279
EQUIPPED_PRO	Men	Open	308+	Ryan Critti	1010	650	715	2375	329
RAW_PRO	Men	M50-54	165	Anthony Pinto		215	500	715	154.5
RAW_AMATEUR	Men	M65-69	198	Howard Aaron		335		335	193.5
EQUIPPED_AMATEUR	Men	M65-69	181	Billy McNaughton		225		225	178
EQUIPPED_PRO	Men	M45-49	308	Rich Putnam		1135		1135	304
EQUIPPED_PRO	Men	M60-64	220	Steven R. Dussault		670		670	202
EQUIPPED_PRO	Men	Open	308	Rich Putnam		1135		1135	304
EQUIPPED_PRO	Men	Open	308	Andrew Pfefferle		835		835	293
<b>INDICATES AN IPA WORLD RECORD</b>									
<b>INDICATES AN IPA WORLD RECORD &amp; AN ALL-TIME WORLD RECORD</b>									