

IPA PROJECT MAYHEM

April 29, 2023

Bristol, VA

<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>
WOMEN'S DIVISIONS - FULL POWER								
Multiply_pro	Women's Multiply Pro Junior (20-23)	165	Taylor Shepherd	407.9	242.5	336.2	986.6	160.9
Raw_amateur	Women's Raw Amateur Master (45-49)	198	Sherry Morgan	143.3	77.2	203.9	424.4	195.5
Raw_amateur	Women's Raw Amateur Open	181	Katelyn Flora	352.7	176.4	418.9	948.0	166.4
Raw_amateur	Women's Raw Amateur Open	198	Sherry Morgan	143.3	77.2	203.9	424.4	195.5
WOMEN'S DIVISIONS - DEADLIFT ONLY								
Raw_pro	Women's Raw Pro Open Deadlift Only	148	Amanda Jack			369.3	369.3	146.4
MEN'S DIVISIONS - FULL POWER								
Equipped_amateur	Men's Equipped Amateur Teenage (16-17)	SHW	Terun Wood	485.0	55.1	501.6	1041.7	325.0
Equipped_pro	Men's Equipped Pro Master (55-59)	198	Danny Akers	501.6	391.3	518.1	1411.0	196.7
Equipped_pro	Men's Equipped Pro Open	198	Danny Akers	501.6	391.3	518.1	1411.0	196.7
Equipped_pro	Men's Equipped Pro Open	275	Stephen Slater	1036.2	881.8	705.5	2623.5	274.0
Equipped_pro	Men's Equipped Pro Open	275	Jacob West	749.6	540.1	639.3	1929.0	271.6
Equipped_pro	Men's Equipped Pro Open	SHW	Rodney Woodward	1074.8	804.7	782.6	2662.1	351.2
Equipped_pro	Men's Equipped Pro Military Fire Police	198	Danny Akers	501.6	391.3	518.1	1411.0	196.7
Raw_amateur	Men's Raw Amateur Junior (20-23)	220	Jacob Owens	474.0	264.6	440.9	1179.5	213.8
Raw_amateur	Men's Raw Amateur Junior (20-23)	242	Austin Wyatt	518.1	292.1	501.6	1311.7	231.5
Raw_amateur	Men's Raw Amateur Junior (20-23)	242	Josh Reaves	463.0	237.0	518.1	1218.1	237.2
Raw_amateur	Men's Raw Amateur Junior (20-23)	275	Tyler Hayes	529.1	330.7	545.6	1405.4	267.0
Raw_amateur	Men's Raw Amateur Open	198	Joseph Harmon	385.8	275.6	463.0	1124.4	196.2
Raw_amateur	Men's Raw Amateur Open	220	Nicholas Gilbert	352.7	264.6	440.9	1058.2	218.0
Raw_amateur	Men's Raw Amateur Open	242	Anthony Chandler	529.1	418.9	705.5	1653.5	233.5
Raw_amateur	Men's Raw Amateur Open	242	Mikel Haskins	396.8	347.2	380.3	1124.4	241.2
Raw_amateur	Men's Raw Amateur Sub-Master (35-39)	198	Benjamin Haynes	600.8	363.8	639.3	1603.9	195.1
Raw_amateur	Men's Raw Amateur Teenage (18-19)	220	Elijah Noe	501.6	297.6	529.1	1328.3	220.0
Raw_amateur	Men's Raw Amateur Teenage (18-19)	242	Michael Hill	485.0	292.1	468.5	1245.6	234.1
Raw_amateur	Men's Raw Amateur Teenage (18-19)	275	John Beach	556.7	226.0	551.2	1333.8	248.9
Raw_amateur	Men's Raw Amateur Teenage (18-19)	275	Collin Stephenson	407.9	209.4	413.4	1030.7	255.7
Raw_amateur	Men's Raw Amateur Teenage (18-19)	308	Will Moss	622.8	374.8	534.6	1532.2	304.5
Raw_pro	Men's Raw Pro Junior (20-23)	242	Josh Reaves	463.0	237.0	518.1	1218.1	237.2
Raw_pro	Men's Raw Pro Master (50-54)	242	Brian Barger	600.8	435.4	650.4	1686.5	229.3
Raw_pro	Men's Raw Pro Open	165	Matthew Miles	606.3	402.3	644.9	1653.5	165.0

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Raw_pro	Men's Raw Pro Open	220	Dylan Clawson	584.2	435.4	628.3	1648.0	213.8
Raw_pro	Men's Raw Pro Open	242	Andrew Tindel	733.0	429.9	749.6	1912.5	236.8
Raw_pro	Men's Raw Pro Open	242	Brian Barger	600.8	435.4	650.4	1686.5	229.3
Raw_pro	Men's Raw Pro Open	242	Cody McAllister	617.3	363.8	661.4	1642.4	233.5
Raw_pro	Men's Raw Pro Open	275	Alijah McCray	501.6	286.6	429.9	1218.1	271.2
Raw_pro	Men's Raw Pro Sub-Master (35-39)	198	Matt Ainsworth	418.9	286.6	501.6	1207.0	198.0

MEN'S DIVISIONS - PUSH/PULL

Equipped_pro	Men's Equipped Pro Master (55-59) Push/Pull	198	Danny Akers		391.3	518.1	909.4	196.7
Equipped_pro	Men's Equipped Pro Open Push/Pull	198	Danny Akers		391.3	518.1	909.4	196.7
Equipped_pro	Men's Equipped Pro Military Fire Police Push/Pull	198	Danny Akers		391.3	518.1	909.4	196.7
Raw_amateur	Men's Raw Amateur Master (60-64) Push/Pull	275	Floyd Nesbit		341.7	451.9	793.7	252.9
Raw_amateur	Men's Raw Amateur Open Push/Pull	220	Nicholas Gilbert		264.6	440.9	705.5	218.0
Raw_pro	Men's Raw Pro Master (60-64) Push/Pull	275	Floyd Nesbit		341.7	451.9	793.7	252.9
Raw_pro	Men's Raw Pro Open Push/Pull	242	Clinton Gross		352.7	551.2	903.9	238.1
Raw_pro	Men's Raw Pro Open Push/Pull	275	Ben Jones		424.4	545.6	970.0	274.0

MEN'S DIVISIONS - BENCH ONLY

Equipped_pro	Men's Equipped Pro Master (55-59) Bench Only	198	Danny Akers		391.3		391.3	196.7
Equipped_pro	Men's Equipped Pro Open Bench Only	198	Danny Akers		391.3		391.3	196.7
Equipped_pro	Men's Equipped Pro Military Fire Police Bench Only	198	Danny Akers		391.3		391.3	196.7
Raw_amateur	Men's Raw Amateur Master (40-44) Bench Only	242	Jeremy Elston		396.8		396.8	237.2
Raw_amateur	Men's Raw Amateur Master (45-49) Bench Only	242	Trent Strong		380.3		380.3	231.3
Raw_amateur	Men's Raw Amateur Master (60-64) Bench Only	220	Timothy Richardson		325.2		325.2	216.9
Raw_amateur	Men's Raw Amateur Master (60-64) Bench Only	275	Knight Smith		385.8		385.8	248.2
Raw_amateur	Men's Raw Amateur Open Bench Only	220	Dennis Arnold		440.9		440.9	212.3
Raw_amateur	Men's Raw Amateur Military Fire Police Bench Only	242	Jeremy Elston		396.8		396.8	237.2
Raw_pro	Men's Raw Pro Master (40-44) Bench Only	242	Jeremy Elston		396.8		396.8	237.2
Raw_pro	Men's Raw Pro Master (40-44) Bench Only	308	Chris Moore		380.3		380.3	278.9
Raw_pro	Men's Raw Pro Master (45-49) Bench Only	242	Trent Strong		380.3		380.3	231.3
Raw_pro	Men's Raw Pro Master (45-49) Bench Only	SHW	James Runyon		468.5		468.5	329.1
Raw_pro	Men's Raw Pro Master (60-64) Bench Only	220	Timothy Richardson		325.2		325.2	216.9
Raw_pro	Men's Raw Pro Master (60-64) Bench Only	275	Knight Smith		385.8		385.8	248.2
Raw_pro	Men's Raw Pro Open Bench Only	308	Chris Moore		380.3		380.3	278.9

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Raw_pro	Men's Raw Pro Military Fire Police Bench Only	242	Jeremy Elston		396.8		396.8	237.2

MEN'S DIVISIONS - DEADLIFT ONLY

Equipped_pro	Men's Equipped Pro Master (55-59) Deadlift Only	198	Danny Akers			518.1	518.1	196.7
Equipped_pro	Men's Equipped Pro Open Deadlift Only	198	Danny Akers			518.1	518.1	196.7
Equipped_pro	Men's Equipped Pro Military Fire Police Deadlift Only	198	Danny Akers			518.1	518.1	196.7

INDICATES IPA WORLD RECORD	INDICATES IPA VA STATE RECORD	INDICATES BOTH IPA WORLD & VA STATE RECORD
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