

WNPF NATIONALS & WNPF NEW JERSEY POWERLIFTING CHAMPIONSHIPS, JULY 23, 2016- BORDENTOWN, NJ



WNPF LIFTERS



10 YEAR OLD BRANDON TORANZO, 76 YR OLD JERRY DICKERSON AND 10 YR OLD T.J. FORD

NAME		WT	STATE	DIVISION	SQ	BP	DL	TOTAL	PC	REPS
T.J. FORD		75	GA	9-10 R			150			
T.J. FORD		75	GA	9-10						32
JAIME OROLA		114	NJ	W-O-R	175	110	225	510		
BRANDON TORANZO		132	NJ	9-10 RC	260	115	250	625		
NICOLE VOUDOURIS		132	PA	W-O-R	195	135	285	615		
NICOLE VOUDOURIS		132	PA	W-O-RC	195	135	285	615		
BRIAN NEWMAN		148	NJ	15-16 R	250	165	315	730		
CHELSEA NKWODIMMAH		148	NJ	W-O-R	295	145	340	780		
MESIAH POLYCARPE		148	PA	17-19 R	415	265	475	1155		
ANDREW BARROS		148	NJ	JR-R		180	345	525		
ANDREW BARROS		148	NJ	O-R					110	
AHMED REFATULLAH		165	NJ	JR-R		210	380	590		
BOB LEGG		165	PA	60-64 R		200				
BOB LEGG		165	PA	60-64 R			305			
BOB LEGG		165	PA	60-64					85	
HALSTON BRUCE		165	NY	W-NV-R	250	130	270	650		
JIM WITANEK		165	NJ	JR-RC	380	250	515	1145		
KELLY ROLON		165	NY	W-45-49R		95				
KELLY ROLON		165	NY	W-45-49R			180			
MOMODU SANKOH		165	NJ	O-R		310				
MOMODU SANKOH		165	NJ	O-R			515			
SAM SPOTO		165	NJ	NO SHOW						
TOM CONWAY		165	PA	65-69 E	255	165	425	845		
AMBROSE COOPER		165	NJ	JR-RC						
JACKIE THOMPSON		165	NJ	W-O-R	285	150	325	760		
AMBROSE COOPER		165	NJ	JR-RC	385	OUT				
MARK LEUCHTER		181	PA	40-44 R	320	OUT				17
DARYL DUNCAN		181	NJ	O/SM/P-	440	400	535	1375		

			<i>RC</i>						
<i>DYAN ZBIKOWSKI</i>	<i>181</i>	<i>NJ</i>	<i>W-SM/O-R</i>	<i>300</i>	<i>150</i>	<i>405</i>	<i>855</i>		
<i>LEE LYONS</i>	<i>181</i>	<i>VA</i>	<i>P-R</i>	<i>355</i>	<i>285</i>	<i>460</i>	<i>1100</i>		
<i>JERRY DICKERSON</i>	<i>181</i>	<i>PA</i>	<i>75-79 R</i>	<i>300</i>	<i>225</i>	<i>335</i>	<i>860</i>		
<i>JERRY DICKERSON</i>	<i>181</i>	<i>PA</i>	<i>75-79 RC</i>	<i>300</i>	<i>225</i>	<i>335</i>	<i>860</i>		
<i>JOSH PARK</i>	<i>181</i>	<i>VA</i>	<i>JR-R</i>		<i>OUT</i>				
<i>MICHAEL TORANZO</i>	<i>181</i>	<i>NJ</i>	<i>13-14 RC</i>	<i>320</i>	<i>185</i>	<i>350</i>	<i>855</i>		
<i>NOAH GOMEZ</i>	<i>181</i>	<i>NJ</i>	<i>JR-RC</i>	<i>480</i>	<i>365</i>	<i>565</i>	<i>1410</i>		
<i>MANUEL LOPEZ</i>	<i>198</i>	<i>NJ</i>	<i>O-RC</i>	<i>525</i>	<i>325</i>	<i>545</i>	<i>1395</i>		
<i>JOE UPHOFF</i>	<i>198</i>	<i>PA</i>	<i>40-44 E</i>	<i>325</i>	<i>205</i>	<i>405</i>	<i>935</i>		
<i>VANDEN GRUBE</i>	<i>198</i>	<i>PA</i>	<i>17-19 R</i>	<i>490</i>	<i>250</i>	<i>570</i>	<i>1310</i>		
<i>RONALD SAVAGE</i>	<i>198</i>	<i>NJ</i>	<i>NO SHOW</i>						
<i>CHAD FARRALES</i>	<i>198</i>	<i>NJ</i>	<i>P-R</i>		<i>360</i>				
<i>CHAD FARRALES</i>	<i>198</i>	<i>NJ</i>	<i>P</i>						<i>27</i>
<i>MICHAEL YOGG</i>	<i>198</i>	<i>NJ</i>	<i>O-R</i>		<i>265</i>	<i>455</i>	<i>720</i>		
<i>JEFF HICKS</i>	<i>220</i>	<i>PA</i>	<i>O/55-59 R</i>		<i>135</i>				
<i>JOSH MILUK</i>	<i>220</i>	<i>MD</i>	<i>O-R</i>	<i>450</i>	<i>OUT</i>				
<i>CHRIS WEIRICH</i>	<i>220</i>	<i>NJ</i>	<i>JR-R</i>	<i>455</i>	<i>300</i>	<i>470</i>	<i>1225</i>		
<i>WILLIAM MANCUSO</i>	<i>242</i>	<i>NJ</i>	<i>O</i>						<i>17</i>
<i>ADAM OATMAN</i>	<i>242</i>	<i>PA</i>	<i>JR-R</i>	<i>535</i>	<i>335</i>	<i>605</i>	<i>1475</i>		
<i>DAN CAFFREY</i>	<i>242</i>	<i>NJ</i>	<i>O-R</i>	<i>400</i>	<i>OUT</i>				
<i>ROB LANDOLINA</i>	<i>242</i>	<i>NJ</i>	<i>O/40-44/P-R</i>	<i>585</i>	<i>345</i>	<i>690</i>	<i>1620</i>		
<i>ERIC SPISAK</i>	<i>242</i>	<i>NJ</i>	<i>O-RC</i>	<i>570</i>	<i>330</i>	<i>560</i>	<i>1400</i>		
<i>JOHN VELLUCCI</i>	<i>242</i>	<i>PA</i>	<i>55-59 R</i>		<i>300</i>	<i>425</i>	<i>725</i>		
<i>JONATHAN COLEMAN</i>	<i>275</i>	<i>PA</i>	<i>O-R</i>	<i>410</i>	<i>305</i>	<i>605</i>	<i>1320</i>		
<i>BOB FEENEY</i>	<i>275</i>	<i>PA</i>	<i>60-69</i>					<i>135</i>	
<i>CHAD MICHELITCH</i>	<i>275</i>	<i>NY</i>	<i>NO SHOW</i>						
<i>JAMES ARKUSZEWSKI</i>	<i>275</i>	<i>NJ</i>	<i>O-R</i>	<i>410</i>	<i>300</i>	<i>535</i>	<i>1245</i>		
<i>JOSH BUSH</i>	<i>275</i>	<i>VA</i>	<i>O-RC</i>	<i>640</i>	<i>375</i>	<i>135</i>	<i>1150</i>		

DENNIS ROLON	275	NY	50-54/P-R		400				
DENNIS ROLON	275	NY	50-54/P-R			540			
DENNIS ROLON	275	NY	50-59					155	
DENNIS ROLON	275	NY	50-54/P-R						17
DAVID COOPER	275	MD	45-49 R			725			
ED KILLICH	275	PA	45-49 RC	500	245	400	1145		
JR- JUNIOR, O-OPEN, LT-LIFETIME, SM-SUBS, P-POLICE/FIRE/MILITARY, R-RAW, RC- RAW CLASSIC,									
E-EQUIPPED, W-WOMEN									

BEST LIFTERS- CHELSEA NKWODIMMAH, MICHAEL YOGG, DAVID COOPER, CHAD FARRALES & ROB LANDOLINA

Many, many thanks to all of the lifters that attended this event, all lifters that placed in this meet are now qualified for the WNPf World Championships on November 11-12-13 in Bordentown, NJ. The last qualifier for worlds in the northeast will be the September 18th event in Edison, NJ. Remember all lifters must qualify to lift in the World meet.

We had a lot of first time lifters at this event and unfortunately some of them didn't make it through the event due to starting too high or technical issues. The one thing lifters must understand is that our officials are there to make the correct call to the best of their ability and they are there to help all WNPf lifters, not to discourage! They will not red light a lifter unless there is a reason to do so, lifters will get a call in their favor before they get a red light call, we had many lifts where the bar was going up, back down and up again. This will be red lighted for sure and my spotters are there to look out for the safety of the lifter. We don't want bars falling on our lifters and spotters. We also had a few incidents with bad language, lifters or coaches saying things to our officials, etc. We don't want to DQ a lifter or coach because of these things but were not going to let this happen at another WNPf event. Overall the meet was great, 53 lifters doing a great job and having fun, there were just a couple of minor incidents.

I want to thank Eric Leblanc for stepping up and doing the rules and helping running the event. I also want to thank Adrian Locklear for announcing and doing a great job with running the meet. Thanks to the Missing Link Power Team and Powerhouse Gym Hamilton for providing spotters for the event, these WNPf lifters stepped up for us and we appreciate it. Thanks to Jim Sullivan, Annette, Mark and Barbara Williams for their help also. Again thanks to everyone including the spectators that came to cheer on the lifters. WNPf