

WNPF YOUTH-TEEN-JUNIOR-SUBS AND MASTERS NATIONALS & AMERICAN CUP CHAMPIONSHIPS

PHILADELPHIA, PA

JULY 27, 2014

<u>NAME</u>		<u>WT</u>	<u>DIVISION</u>	<u>SQ</u>	<u>BP</u>	<u>DL</u>	<u>TOTAL</u>	
<u>WOMEN'S</u>								
JULIA FAMIGLIETTI		123	W-O-R	240	140	360	740	
JUDI DEMURO		148	W-50-59 R	155	135	235	525	
SALINA GISONDI		148	W-O-R	115	70	205	390	
ERIN MAYHEW		165	W-O-R	185	105	225	515	
NATALIE SANTILLO		SHW	W-JR-RC	330	135	350	815	
<u>MEN</u>								
BENJAMIN VOSS		60	9-10 R	50	30	120	200	
BLAIR ORR		114	13-16 R	115	75	175	365	
AUGUST GERSHWIN		132	13-16 SP	350	290	360	1000	
AMIR SULIMAN		148	13-16 R	135	80	200	415	
RYAN ONDERDONK		148	JR-R	135	180	235	550	
ANGELO KELLY		165	17-19 R	385	260	485	1130	
BOB LEGG		165	60-69 R		200	300	500	
CHRIS GUILLEN		165	17-19 R	225	170	280	675	
JAMES GISONDI		165	JR-R	255	170	320	745	
MATTHEW WHALEN		165	13-16 R	185	185	435	805	
THOMAS SESTILIO		165	O-R	420	250	465	1135	
BASIL HASSAN		181	17-19 R	330	260	430	1020	
EUGENE SANFORD		181	50-59 R		315	515	830	
JACOB APPELL		181	13-16 R	360	215	450	1025	
MIGUEL SANTANA		181	JR-R	390	280	500	1170	
RICH SADIV		181	50-59 RC	370	275	585	1230	
DAVID MARINO		198	SM (SP)	555	315	580	1440	
DAVID MARINO		198	P/F/M(SP)	555	315	580	1440	
DELROY WILLIAMS		198	50-59 RC	440	330	480	1250	
EMILIO CRESPO		198	JR-R	300	220	330	850	
MICHAEL ROJAS		198	13-16 R	550	285	470	1305	
MOISES TORRES		198	17-19 R	375	280	500	1155	
PETE CATINA		198	50-59 R	330	200	320	850	

SHADY SULIMAN	198	17-19 R	245	215	355	815	
VINNY BILARDO	198	13-16 RC	350	280	425	1055	
DAMIAN VELEZ	220	P/F/M-R	405	240	550	1195	
ELLIOTT CLIFFORD	220	JR-R	135	135	275	545	
ERIK LANG	220	O-R	310	175	400	885	
JAMES ORR	220	17-19 R	405	275	455	1135	
JOHN MISORSKI	220	50-59 R	330	185	335	850	
MATT APPELL	220	JR-R	470	320	570	1360	
JEFF DEIGAN	242	40-49 R	545	365	590	1500	
JOSHUA COLLINS	242	O-RC	455	340	620	1415	
BRIAN ENNIS	275	O-R	480	275	605	1355	
JEREMY ALTAMURO	275	17-19 R	600	340	600	1540	
PETE GISONDI JR	275	50-59 R	515	350	605	1470	
DAVID LINTON	300	40-49 (SP)	560	355	605	1520	
MARIO BARBAGALLO	300	17-19 R	345	195	345	885	
VITO CIRIONI	300	P/F/M-R	420	285	515	1220	
JOSH GRIFFITH	300	O-RC	640	370	665	1675	
<u>DEADLIFT ONLY</u>							
ELIZABETH TORRES	148	W-40-49 R		290			
BOB LEGG	165	60-69 R		300			
FRED OHR	165	60-69 R		255			
MATTHEW WHALEN	165	13-16		435			
RICH SADIV	181	50-59 RC		585			
EUGENE SANFORD	181	50-59 R		515			
DELROY WILLIAMS	198	50-59 R		480			
JOSHUA COLLINS	242	O-RC		620			
BROC TOWNSEND	242	O-R		560			
DAVID COOPER	275	O-R		800			
<u>POWERCURL</u>							
BOB LEGG	165	60-69		80			
JOHN TRINITE	198	40-49		125			
PAT CARR	198	O		160			
PAT ROLLINS	198	50-59		165			
PAT CARR	198	50-59		160			
JOHN BOSLEY	242	50-59		150			
DENNIS ROLON	242	40-49		125			

<u>BENCH ONLY</u>							
RYAN ONDERDONK	148	JR-R		180			
BOB LEGG	165	60-69 R		200			
FRED OHR	165	60-69 R		155			
EUGENE SANFORD	181	50-59 R		315			
JEFF HICKS	220	50-59 R		300			
JOHN MISORSKI	220	50-59 R		185			
JEFF HICKS	220	O-R		300			
DENNIS ROLON	242	P/F/M (SP)		405			
DENNIS ROLON	242	40-49 (SP)		405			
ANTHONY GISONDI	275	50-59 R		280			
BILL KATINOWSKY	SHW	50-59 R		360			
<u>SQUAT ONLY</u>							
JOHN MISORSKI	220	50-59 R		330			
<u>BENCH FOR REPS</u>							
DENNIS ROLON	242	P/F/M		11			
DENNIS ROLON	242	40-49		11			

***Best lifters- Julia Famigletti, Josh Griffith, Jeff Deigan, Dennis Rolon,
David Cooper, Pat Rollins & Jeremy Altamuro***

TEAMS

CHAMPIONS (TEEN-JUNIOR) - NORTH BERGEN P.A.L.

CHAMPIONS- OVERALL- THE MISSING LINK

(All records are posted on the WNPf website at www.wnpf.net)

All lifters qualified at this meet for the 2014 WNPf World Championships.

I want to thank the WNPf staff for putting on another great event at the Clarion Hotel. Thanks to my judges Bob McCloskey, Christy Cooper and Ron Deamicis, also my spotters Lance, Davin, Deion and Perry. My table people- Moms, Danette, Lester, Glenda and TJ. They deserve all of the credit for putting on this event. Thanks to the spectators for coming out and supporting the WNPf lifters, they really appreciate you, you do make a difference. Thanks to Pete Gisondi and the Missing Link team and to Jim Onderdonk and the North Bergen P.A.L. Power team. Thanks to the lifters for giving the WNPf a chance to give you a GREAT atmosphere to lift in, we are a family orientated organization and we cater to our lifters. There is no favoritism, no bad language, etc.

I want to point out some of the great performances of the day. Benjamin Voss set all new WNPf raw records in the youth 9-10 60 lb division, Ben and Blair stole the show during the deadlifts. Blair Orr also set new National records and they are coached by Bob Mcloskey. August Gershwin set new national records also in his division with a 1,000 total. Angelo Kelly also set four new national records in the teenage division. Rich Sadiv pulled a 585 National record in the 181 raw division. Jacob Appell set new records also in the teenage division. Michel Rojas will be someone to watch in the future, this kid squatted 550 lbs raw in the 198 class. Long time WNPf lifter Pete Catina set a new national record. David Marino set records in the submasters and police divisions with a strong squat of 555 and Deadlift of 580. Mario Barbagallo has improved on his total from last year by over 100 lbs, keep up the good work Mario. Bill Katinowsky set a new national record with a 360 bench. Judi Demuro and Salina Gisondi turned in great performances again and they are both members of the Missing Link. Erin Mayhew from DE totaled 515 lbs. Natalie Santillo From NJ had the highest total in the meet at 815 lbs. Julia Famigletti is one strong young lady she totaled 740 @ 123 lbs. Josh Griffith has been in the WNPf since he was around 16 years old and with hard work and no short cuts he finally met his goal of putting up an elite total in the WNPf. Jeff Deigan one of the best master powerlifters in the WNPf posted a 1500 total RAW @ 242. Dennis Rolon battling tendonitis in his shoulders finally won a best lifter award, my man was so happy. Pat Rollins took home the Powercurl best lifter and although some don't believe this lift should be a part of powerlifting, it's here to stay. There are many lifters that are so broken up that this is all they can do to stay on the platform and you have some guys that excel at this lift. Jeremy Altamuro made all of these lifts look so easy, 600 lb squat and 600 lb Deadlift and he's 17 years old. Then the showstopper BIG Dave Cooper pulled an amazing 800 lb Deadlift RAW. How many guys drug free can do that, I'm so proud of Dave for trying it! He is only the 3rd lifter in the history of the WNPf to pull 800 pounds or more. We will see everyone at the next one! (WNPF)