

# SOUTH CAROLINA POWERLIFTING CHAMPIONSHIPS

**FEBRUARY 11, 2017 GREENVILLE, SC (FURMAN UNIVERSITY)**

NAME		WT	AGE	STATE	DIVISION	SQ	BP	DL	TOTAL
<b>POWERLIFTING</b>									
MELANIE BROWN		148	21	SC	JR-R	285	115	295	695
MARY LOU HILL		165	68	SC	65-69RC	100	105	180	385
ANDREW NESBITT		165	26	SC	O-R	425	245	450	1120
ANTHONY MARINO		165	20	SC	JR-R	425	240	425	1090
JAKE FOWLER		198	22	SC	JR-R	375	255	375	1005
KIERNAN WINTER		198	21	SC	JR-R	405	285	460	1150
TRENT CALDWELL		220	28	SC	O-R	515	375	OUT	
ASA KINNUNEN		242	24	SC	NV-R	475	335	505	1315
TOMMY WHITESIDE		242	22	FL	JR-R	405	235	455	1095
<b>BENCH ONLY</b>									
SIMONE ALIMONTE		132	21	SC	JR-R		90		
COLEMAN BRAMLETT		165	21	SC	JR-R		240		
ANTHONY MARINO		165	20	SC	JR-R		250		
JOHN STALEY		181	19	SC	17-19R		265		
JAMES JACKSON		181	19	SC	17-19 R		190		
MATT THOMPSON		198	19	SC	17-19R		275		
BEN LONGNECKER		198	22	SC	JR-R		245		
WILLIAM BLACKWELL		198	18	SC	17-19R		235		
DENNIS REID		220	57	NC	55-59R		415		
MIKE CATERISANO		220	18	SC	17-19R		230		
TRENT CALDWELL		220	28	SC	O-R		375		
BARRY MCCAULEY		308	47	SC	45-49R		295		
JOHN CHARLES McALLISTER		SHW	21	SC	JR-R		185		
<b>DEADLIFT ONLY</b>									
HALEY BRUMMETT		132	19	SC	17-19R		160		
SAHIL GARG		148	18	SC	17-19R		345		
MATT THOMPSON		198	19	SC	17-19R		405		
DENNIS REID		220	57	NC	55-59R		500		



CORY MAGWOOD	242	22	SC	O-R		555		
<b>SQUAT ONLY</b>								
ANTHONY MARINO	165	20	SC	JR-R		425		
ROBERT GRECO	220	20	MA	JR-R		320		
CORY MAGWOOD	242	22	SC	O-R		OUT		
<b>STRICT CURL</b>								
AMANDA POLK	181	30	SC	O		75		
MIKE CATERISANO	220	18	SC	17-19R		100		
ERIC SOBOLEWSKI	242	32	SC	O		140		
<b>BENCH FOR REPS</b>								
DENNIS REID	220	57	NC	55-59		30		
<b>NO SHOW OR INJURED</b>								
EMILY WRIGHT	132	21	SC	NV-R				
NASIR NANTAMBU	165	38	NC	O-R				
DAVID GREENE	220	55	SC	55-59E				
AUSTIN STRIBLING	242		SC	JR-R				
<b>BEST LIFTERS</b>								
MELANIE BROWN								
ASA KINNUNEN								
DENNIS REID								
CORY MAGWOOD								

## **TEAM CHAMPIONS- FURMAN UNIVERSITY**

*Great meet today at one of the best facilities for powerlifting (Furman University), we have to put this place back on the map with a World Championship very soon. We held one World meet here back in 2001 with 270 lifters over four days. Thanks again to Professor Tony Caterisano for allowing us to host WNPF meets there! Thanks to my staff Dan Stephens, Josh Pilz, one of the Furman students and Shannon Burns for spotting. Also thanks to Mitzi Ott, Tom Isbell and Tony Caterisano for judging. Thanks to Mark Jerrell for announcing, Mark is one of the best MC's in the sport! Also thanks to moms for watching the door, at 76 years young she has been with me for 30 years at the door. Tony Greene ran an Advocare booth at the meet, look him up in Greenville for sure.*

*Simone Alimonte benched 90 pounds in her first ever power meet. Haley Brummett pulled 160 lbs in her first meet, Haley couldn't budge 160 on her second but came back strong on her 3<sup>rd</sup> attempt and pulled it easy. Melanie Brown went 8-9 and 695 total in this meet barely missing her last deadlift*



*attempt with a hitch at the top. Mary Lou Hill 68 years young also went 8-9 and did an excellent job with a 385 total. Amanda Polk a 2016 Olympic Gold Medalist in Rio did a 75 lb strict curl.*

*Sahil Garg weighing 142 pulled 345 lbs, he never gave up on this pull, great job Sahil. Anthony Marino always improving totaled 1090 at 165. His new nickname is Quadzilla!!! Coleman Bramlett benched 240 and placed 2<sup>nd</sup>. Andrew Nesbitt totaled 1120 in the 165s with a 425 squat and 450 pull, great job Andrew! James Jackson benched 190 and placed 2<sup>nd</sup>. John Staley benched 265 in the 17-19 raw division. Ben Longnecker benched 245 for a first place. William Blackwell hit a 235 bench for 2<sup>nd</sup> place. Matt Thompson benched 275 and came so close with 300 and he pulled a 405 deadlift. Once Matt gets a little more experience he will be a force! Kiernan Winter totaled 1150 in the 198 lb junior division. Jake Fowler placed 2<sup>nd</sup> to Kiernan with a 1005 total. Robert Greco in his first meet squatted 320 lbs. Dennis Reid from NC made a comeback after a 14 month layoff, Dennis didn't skip a beat. He looked strong as usual making a 415 bench look like 135, he also did 30 reps with 200 lbs and pulled 500 lbs in the deadlift, all at 57 years young. Trent Caldwell the strength coach at Furman was on his way to a great total but had to leave and missed his deadlifts. Trent did win the bench only with a 375 bench. Mike Caterisano the son of Tony Cat benched 230 lbs and strict curl 100 lbs. Cory Magwood missed all of his squats at 495 on depth but came back strong in the deadlift with an EASY 555. Look for Cory on a NFL team in the near future. Tommy Whiteside has been on Furman Team for four years now and has improved every year, he totaled 1095 lbs. Asa Kinnunen lifting in his first meet totaled 1315 and made everything look so easy, he is coached by Tony Greene. Eric Sobolewski strict curled 140 in the 242 class. Barry McCauley lifting in his first WNPF meet benched an easy 295 and John McAllister benched 185 and barely missed 225 lifting in his first power meet. Team Furman is looking for any and all teams to come in April to challenge them! Who's' up for it!!!! (WNPF)*