

2008 USAPL NEW ENGLAND STATES OPEN POWERLIFTING CHAMPIONSHIPS**Saturday, May 17, 2008****One80 Sport & Fitness, Wilmington, MA****Meet Directors: Greg Kostas and Liane Blyn**

<u>Name</u>	<u>Age</u>	<u>Bdwt</u>	<u>Squat</u>	<u>Bench</u>	<u>Deadlift</u>	<u>Total</u>
<u>Special Olympics</u>						
Matt Kardok	-	181	245	190	315	750
Ernie Vandall		218 ½	240	125	225	590
<u>Teenage Womens</u>						
Stephanie Nappa	14	144 ¾	185*	110*	200*	495*
<u>Women's Masters</u>						
Theresa Michaels-Ward	44	118 ½	215	110	255	580
Liz Narkum	45	122 /34	145	185*	250	580
<u>Women's Grandmasters</u>						
Deb Mason	52	161	250	140	285	675
<u>Women's Open</u>						
Liz Narkum		122 ¾	145	185*	250	580
Deb Mason		161	250	140	285	675
Monika Messoro		123	190	105	200	495
<u>Teen I (14-15)</u>						
Zack Bartlett	15	198	405	215	425*	1045*
Kevin Ihlefeld	15	197 ¼	370	235*	390	995
Jad Fadel	15	200 ½	330	190	390	910
Andrew Reynolds	15	155	240	160	305	705
Peter Bettinelli	15	178	225	180	295	700
<u>Teen II (16-17)</u>						
Ryan Moore	16	214	530*	275	510	1315
Corey Bender	17	218 ¼	450	315	540	1305
Emilio Jacintho	16	216 ½	425	325	400	1150
Jack Fadel	16	176 ¼	375	220	415	1010
Matt Winfield	16	171 ½	350	200	400	950
Tom Strachan	16	217	405	210	455	1070
<u>Teen III (18-19) LT</u>						
Luis Jaimes	18	164 ¼	475	300	405	1180
Edward Minelli	19	177 ½	345	255	495	1095
Ryan Quillard	18	148	330	225	350	905
Joseph Puleo	18	148	305	215	385	905
Brian Iozzo	19	163 ½	315	205	375	895
Ryan Chan	18	140 ¼	245	190	335	770
<u>Teen III (18-19) HVY</u>						
John Norcott – BL	19	203	550*	365*	560*	1475*
Benn Johnson-Tatelbaum	19	264	480	305	525	1310
Joshua Crawford	18	260	450	385*	425	1260
Edwin Urrutia	19	217	400	260	480	1140
Thomas Kinney	19	293	375*	255*	440*	1070*
<u>Junior (20-23) LT</u>						
Joseph Caouette	22	171	600*	365	455	1420
Adam Matson	20	148	400	245	440	1085
Brandon Kingsbury	20	144	385	275	375	1035

Daniel Jaffe	23	172	340	305	445	1090
Jake Grigsby	23	161 ¾	350	200	400	950

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<u>Junior (20-23) HVY</u>						
Joseph Nappa	20	192 ¼	550	345	470	1365
Andrew Mangan	20	232 ¼	545	400	510	1455
Patrick Gorman	22	174	425	285	525	1235
Jason Muccino	21	181 ¾	455	340	455	1250
Sean Davitt	21	181 ¾	275	225	450	950
<u>Submasters (35-39)</u>						
George Sousa	35	206	530	340*	560*	1430*
Frank Juszynski	38	193 ½	415	280	505	1200
<u>Masters I (40-44)</u>						
Mark Farnham	43	220	475	365	500	1340
Michael Wadsworth	41	165 ¾	315	215	340	870
Troy Casa	42	203	315	255	400	970
<u>Masters II (45-49)</u>						
Lloyd Weinstein	48	148 ¾	500*	300*	510*	1310*
Kevin Manning	46	166	445	335*	455	1235
<u>Masters III (50-54)</u>						
Paul Mears	54	146 ¾	380	190	420	990
<u>Masters IV (55-59)</u>						
Kevin Conroy	58	192 ¾	370	325	435	1130
Tom Kerrigan	58	234	300	275	350	925
<u>Masters V (60-64)</u>						
Larry Emerson	60	178 ¼	380	225	500	1105
<u>Grandmasters (85-89)</u>						
Fred Archambault	85	157 ½	360*	200*	370*	930*
<u>148 lb. Class</u>						
Paul Mears		146 ¾	380	190	420	990
<u>165 lb. Class</u>						
Steve Ritucci, Jr.		163 ¼	420	330	435	1185
Luis Jaimes		164 ¼	475	300	405	1180
<u>198 lb. Class</u>						
Lauren Cohen – BL		198	660*	445	550	1655
Louis Fiorenzano		187 ½	420	325	405	1150
Kevin Conroy		192 ¾	370	325	435	1130
<u>220 lb. Class</u>						
Kevin Rossi		217	560	490*	490	1540
John Norcott		203	550	365	560	1475
Ryan Keezer		212 ¼	500	350	585	1435
Matt Salokangas		217	485	360	525	1370
Nate Mason		218 ¾	420	285	460	1165

Justin Dearborn	210	420	255	400	1075
Matt Brith	208 ½	350	250	450	1050

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242 lb. Class						
Joseph Ackley		237 ½	345	315	405	1065
Tom Kerrigan		234	300	275	350	925
SHW Class						
Mike Zawilinski		360	700	510	550	1760
Joseph Cappellino		310	625	385	615	1625

*** New England States Records**

NOTE: Any New England meet records that have been omitted please forward them to Eric Cordiero at eccbeast@yahoo.com. New England States Records can only be set at the New England meet held annually in May.

Overall Best Lifter: Session I

John Norcott	19	203	550	365	560	1475
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Overall Best Lifter: Session II

Lauren Cohen		198	660	445	550	1655
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Team Standings:

Next Level Fitness (RI)	1 st
Xavarian Bros. High School (MA)	2 nd
Powerfit (MA)	3 rd
Northeastern University (MA)	4 th
One80 Sport & Fitness (MA)	5 th

The following lifters went 9 for 9:

Ernie Vandall	Lloyd Weinstein
John Norcott	Kevin Conroy
Edwin Urrutia	

Meet Officials:

Greg Kostas: NAT (MA)	Tom Weeks: State (NH)
Liane Blyn: State (MA)	Joe Ascani: State (NH)
Joe Wencus: State (MA)	Eric Cordeiro: State (MA)
Joe Peters: State (RI)	Jennifer Perry: State (RI)
Disa Hatfield State (CT)	

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	<u>AGE</u>	<u>BDWT</u>	<u>SQUAT</u>	<u>BP</u>	<u>DL</u>	<u>TOTAL</u>
Ryan Moore	16	214	530	275	510	1315
Luis Jaimes	18	164 ¼	475	300	405	1180
John Norcott	19	203	550	365	560	1475
Joseph Caouette	22	171	600	365	455	1420
Joseph Nappa	20	192 ¼	550	345	470	1365
George Sousa	35	206	530	340	560	1430
Lloyd Weinstein	48	148 ¾	500	300	510	1310
Fred Archambault	85	157 ½	360	200	370	930
Lauren Cohen		198	660	445	550	1655
Mike Zawilinski		360	700	510	550	1760

Thank you to everyone who assisted and supported us at our recent USAPL event! I want to express my heartfelt gratitude for everyone's support once again. We had a total of 70 lifters (including dual entries) from MA, CT, RI, NH, ME & NY and witnessed some pretty amazing lifting across the board. We were able to present Fred Archambault of NH with a Lifetime Achievement Award which was a moving tribute to Fred, who at 85 years young continues to amaze us with his lifting prowess. Fred is a true gentleman and an inspiration to us all and it is an honor to have him compete in our USAPL events. Tom Kerrigan of CT was kind enough to provide 2 DVD copies of the presentation to Fred of which we have sent one copy to him.

I can't thank Joe A., Tom W. and Joe W. enough for their tireless efforts in the judge's chairs! They were not only consistent but fair throughout the long day. Rene and the Next Level crew were awesome in manning the platform and Liane, Art and the one80 crew did a fantastic job too. Eric continues to provide one of the best state USAPL websites out there and this is a tremendous resource for all of our lifters. My wife Kathy did a fantastic job as always in making sure that the meet program, meet paperwork and lifter gift bags were ready to go come meet day. Each lifter received a gift bag that contained Powerlifting USA magazines as well as Con-Cret and Amino-Activ samples that were provided by Promera Health. Each best lifter received a \$20 gift certificate from our other sponsor, House of Pain.

These meets require not one person, but a "team" of committed, dedicated individuals to ensure that we provide our lifters the best lifting experience possible. I am truly blessed to have all of you helping me to carry the torch and continue the path that my "powerlifting father" Joe Zarella started before me. Joe was NE Powerlifting for over 25 years until I began running events in May of 1979. Our recent event marked my 29th year of organizing and running powerlifting events. I would not have accomplished this feat without everyone who has been generous enough to assist me throughout the years. I look forward to seeing everyone in November on the 22nd. I hope that everyone has a safe and enjoyable summer!

God Bless,

Yours in Powerlifting,

Greg Kostas
USAPL MA State Chairman