

Year in Review

National Meets

Women's Nationals

	WT	Squat	Bench	Deadlift	Total
Donna Aliminosa NH 1 st in M4 4 th in open	97	187	99	214.75	501.5
Jennifer Perry RI 1 st in JR 2 nd in Open	132	352.5	192.75	347	892.75
Liane Blyn MA 1 st in Open	165	480.6	303.1	457.5	1240.1
Sonja Mckinley MA M4 No placing	165		192.75	297.5	
Disa Hatfield CT 1 st in Open	181	468.5	292	413	1173.9

Men's Masters

Eric Kupperstein MA 1 st in M1	132	451.9	264.6	567.7	1284.2
Lloyd Weinstein CT 1 st in M2	148	512.6	292.1	490.5	1295.2
Fred Archambault NH 1 st in M9 (Oldest Lifter-83 yo)	165	S-292.1	B-237.0	D-402.3	T-931.4

Teen/ Juniors

John Norcott MA T2 1 st	198	S-551.5	B-297.5	D-523.5	T-1372.25
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Men's Open

Eric Kupperstein MA 2 nd	132	S-496	B-259	D-257.5	T-1322.75
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International Meets

NAPF

Regional

Jennifer Perry RI 132 S-330.5 B-220.25 D-358 T-909.25
1st

Liane Blyn MA 165 S-490.5 B-275.5 D-462.5 T-1256.5
1st