



## 2009 Results

### Weightlifting

#### Female Masters (35+) Women's 58 kg

7/31/2009

1. TODD TOWELL (ERIE, CO) 78
2. SHIRLEY CALLAWAY (GRAND JUNCTION, CO) 66
3. JANIS MCBEE (GRAND JUNCTION, CO) 38

#### Female Masters (35+) Women's 63 kg

7/31/2009

1. CHRISTINE GALVIN (SANTA FE, NM) 121

#### Female School Age (12-17) Women's 44 kg

7/31/2009

1. CHRISTINA BROWN (COLORADO SPRINGS, CO) 83

#### Female School Age (12-17) Women's 53 kg

7/31/2009

1. JOHANNA CORDOVA (COLORADO SPRINGS, CO) 73

#### Female Senior (21+) Women's 48 kg

7/31/2009

1. LINDSEY LEE (COLORADO SPRINGS, CO) 101

#### Female Senior (21+) Women's 53 kg

7/31/2009

1. JACQUE PAYNE (AURORA, CO) 122

#### Female Senior (21+) Women's 58 kg

7/31/2009

1. STEPHANIE SPENCER (CASTLE ROCK, CO) 149

#### Female Senior (21+) Women's 63 kg

7/31/2009

1. JESSIE HUMESTON (COLORADO SPRINGS, CO) 154
2. KIM PINSKE (COLORADO SPRINGS, CO) 127
3. BRITTANY PENA (PUEBLO, CO) 83

#### Male Masters (35+) Men's 62 kg

7/31/2009

1. CHRIS HUGHES (BRECKENRIDGE, CO) 138

**Male Masters (35+) Men's 69 kg**

7/31/2009

1. MICHAEL PISTONO (LAKEWOOD, CO) 181

**Male Masters (35+) Men's 77 kg**

7/31/2009

1. CHARLIE ALIGAEN (COLORADO SPRINGS, CO) 175

2. ADAM FORD (GRAND JUNCTION, CO) 153

**Male School Age (12-17) Men's 62 kg**

7/31/2009

1. DALTON MCGREGOR (COLORADO SPRINGS, CO) 146

**Male School Age (12-17) Men's 69 kg**

7/31/2009

1. JAMES BYERS (COLORADO SPRINGS, CO) 192

**Male School Age (12-17) Men's 77 kg**

7/31/2009

1. BENTON GRAY (COLORADO SPRINGS, CO) 200

**Male Senior (21+) Men's 77 kg**

7/31/2009

1. RYAN STITT (CASTLE ROCK, CO) 168

**Female Junior (18-20) Women's +75 kg**

8/1/2009

1. MAEGAN SNODGRASS (SOUTH JORDAN, UT) 177

**Female Masters (35+) Women's +75 kg**

8/1/2009

1. JULIET DRAPER (COLORADO SPRINGS, CO) 161

2. KATHY BENNETT (COLORADO SPRINGS, CO) 125

**Female Masters (35+) Women's 75 kg**

8/1/2009

1. JODI STUMBO (SANTA FE, NM) 127

**Female School Age (12-17) Women's 69 kg**

8/1/2009

1. ANJELICA CORDOVA (COLORADO SPRINGS, CO) 78

**Female Senior (21+) Women's +75 kg**

8/1/2009

1. SARAH ROBLES (COLORADO SPRINGS, CO) 215

2. TIFFANY LANCE (SAINT GEORGE, UT) 97

**Female Senior (21+) Women's 69 kg**

8/1/2009

1. VANESSA MCCOY (COLORADO SPRINGS, CO) 184
2. ARLENE WARD (COLORADO SPRINGS, CO) 127
3. JASMINE DEVER (AURORA, CO) 125

**Female Senior (21+) Women's 75 kg**  
8/1/2009

1. KRISTEN OLSON (CENTENNIAL, CO) 123

**Male Junior (18-20) Men's 105 kg**  
8/1/2009

1. DONOVAN FORD (SACRAMENTO , CA) 300

**Male Junior (18-20) Men's 94 kg**  
8/1/2009

1. MICHAEL NACKOUL (CANONSBURG, PA) 283

**Male Masters (35+) Men's +105 kg**  
8/1/2009

1. DREW WINSTON (COLO. SPGS., CO) 137
2. PHILIP ROGERS (COLORADO SPRINGS, CO) 125

**Male Masters (35+) Men's 105 kg**  
8/1/2009

1. DAVID CHIU (PROVO, UT) 244
2. DAVID GOODFELLOW (ENGLEWOOD, CO) 190
3. PHIL HUNTER (LONGMONT, CO) 137

**Male Masters (35+) Men's 85 kg**  
8/1/2009

1. ALLEN HEDRICK (PUEBLO, CO) 207
2. RUSSELL LEABCH (LONGMONT, CO) 161
3. DAVID GRAY (COLORADO SPRINGS, CO) 150

**Male Masters (35+) Men's 94 kg**  
8/1/2009

1. DOUGLAS RUSE (GREENFIELD, IA) 135

**Male Senior (21+) Men's +105 kg**  
8/1/2009

1. RANDY STEWARD (SANTA FE, NM) 205
2. JOHN RIDGE (COLORADO SPRINGS, CO) 200

**Male Senior (21+) Men's 85 kg**  
8/1/2009

1. NICHOLAS CONTINO (COLORADO SPRINGS, CO) 187
2. JAMIE SAVAGE (HOTCHKISS, CO) 173
3. MATT KRUGMAN (BOULDER, CO) 170

**Male Senior (21+) Men's 94 kg**  
8/1/2009

1. KEVIN CORNELL (PITTSBURGH, PA) 270

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