

2011 IronMind Weightlifting Championships

USAW Sanction # 37-11-05 Saturday, December 17, 2011 Creswell, Oregon

Lifter	YoB	Team	Bwt.	Snatch	C&J	Total
Womens						
48						
Rowe O'Rourke	1956	UNat	45.4	27.5#	30#	57.5#
58						
Mary Pond*	1981	Hvyath	56.6	65#	82.5#	147.5#
63						
Holly Arrow	1956	UNat	59.8	40#	55#	95#
69						
Jessica Gee	1984	Hvyath	66	70	92.5	162.5
75						
Beth Smith	1978	PDX	72.4	50	65	115
75+						
Amelia Salzman	1996	Hvyath	85.8	40#	65#	105#
Mens						
62						
Mike Cook	1966	UNat	60.6	80	97.5	177.5
69						
Brandon Tovey	1991	PDX	68	80	115#	195#
77						
Tyler Gibbs	1989	Hvyath	76	102.5	135	237.5
94						
Tyler Spooner	1991	Hvyath	88.6	97.5	125	222.5
Rocky Moses	1995	UNat	88.4	70	75	145
105						
Chris Extine	1980	PDX	100.8	100	127.5	227.5
David Otteman	1969	PDX	103	92.5#	112.5	205#

* Outstanding Lifter: Mary Pond

Oregon State Records

