

# Frank's Barbell Club

## 2024 Walpole Record Breaker Day

Results are as follows:

### 2024 Walpole Record Breaker Day

Frank's Barbell Club, East Walpole, Massachusetts

October 12th, 2024

Meet Director: Frank Ciavattone

Meet Announcer/Score Keeper: Frank Ciavattone

Officials (3 official system used)

Frank Ciavattone, Wade Marchand, Nils Larson, Mark Raymond

All lifts recorded in pounds and kilos

Dan Jones	Age: 40	Weight: 196#	Male	90Kg Class	40+ Masters
Wade Marchand	Age: 55	Weight: 164#	Male	75Kg Class	55+ Masters
Frank Ciavattone	Age: 69	Weight: 285#	Male	125+Kg Class	65+ Masters
Carl Puzin	Age: 67	Weight: 228#	Male	105Kg Class	65+ Masters
Jessica Hopps	Age: 40	Weight: 206#	Female	95Kg Class	40+ Masters

Lifter	Lift	#	Kg	
Dan Jones	Deadlift - One Leg, Left	55	25	
	Hacklift - Little Fingers	55	25	*
	Hacklift - Ring Fingers	55	25	*
	Jefferson Lift - Little Fingers	55	25	
	Jefferson Lift - Ring Fingers	55	25	
	Total		275	125
Wade Marchand	Clean & Press - Alternate Grip	77	35	
	Bench Press - One Arm, Right	45	20.4	
	Bench Press - One Arm, Left	45	20.4	
	Deadlift - One Arm, Ciavattone Grip, Left	97	44	
	Deadlift - Two Barbells	230	104.3	
	Total		494	224.1
Frank Ciavattone	Reverse Rim Lift	165	74.8	*
	Hacklift - One Arm, Left	231	104.8	
	Hacklift - One Arm, Right	253	114.7	

	Hand and Thigh Lift	881	399.6	
	Hip Lift	1910	886.4	
	Total	3440	1580.3	
Jessica Hopps	Finger Lift - Middle, Left	70	31.7	
	Finger Lift - Middle, Right	70	31.7	
	Finger Lift - Ring, Left	39	17.7	
	Finger Lift - Ring, Right	39	17.7	
	Bench Press - Feet On Floor	85	38.5	*
	Total	303	137.3	
Carl Puzin	Reverse Curl - Strict	88	40	
	Total	88	40	

\* Denotes IAWA Lift