

A RECORD DAY FOR A RECORD DAY AT CLARK'S GYM

Following are the results of Clark's Gym Record Day No. 5 (or was it 6?).

Held the weekend of October 11-13 at six spots around the country (and Canada) – a record for a sanctioned record day since the rules allowed such activity.

On the same weekend, Beth Skwarecki's Pittsburgh Lifters also staged a record day and four teams – Clark's, Hers, Kentucky, and Canada – lifted in both record days on the same weekend – setting as many as 10 lifts each for several entrants.

So far, only Beth, Kentucky and Clark's have welcomed lifters from other clubs to their record days.

Here are the lifts done under the Clark's Gym sanction:

(All were done with the single official system). Women are noted following their name with (F).

All lifts are in pounds.

PITTSBURGH, PA. – BETH SKWARECKI, DIRECTOR

DIANA JORDAN. (F) AGE – 36. BWT- 78.5 KG. CLASS - 80 KG.

Hackenschmidt floor press – 175.

Anderson squat – 337.

Finger lift – left, little – 40.

Finger lift – left, middle – 50

Bench press – two dumbbells – 100.

CHRISTOPHER LANSDOWN. AGE – 45. BWT – 99.2 KG. CLASS – 100 KG.

Hackenschmidt floor press – 268.

PIERRE-FRANCOIS LAQUERRE. AGE – 39. BWT – 67.9. CLASS – 70.0 KG.

Hackenschmidt floor press – 209.

Bench press – two dumbbells – 110.

Finger lift – left little – 25.

Finger lift – left middle – 60.

Ziegler clean – 65.

BETH SKWARECKI. (F). AGE – 43. BWT – 64.9 KG. CLASS – 65.0 KG.

Bench press – two dumbbells – 110.

Judd clean and jerk – 77.

Ziegler clean – 52.

Finger lift – left ring – 40.

Finger lift – eight little – 35.

NICOLE TRIMBLE. (F) AGE – 38. BWT – 71.3 KG. CLASS – 75.0 KG.

Finger lift – right little – 35.

Snatch, Kelly – 35.

Judd Clean and jerk – 88.

Ziegler clean – 52.

Bench press – two dumbbells – 100.

Officials were Beth Skwarecki and Christopher Lansdown.

BUFFVILLE GYM – ALBANY, KY.

CLINT POORE. AGE – 51. BWT – 109.5. CLASS – 110.0 KG.

Side press, dumbbell, right – 55.

Side press, dumbbell left – 55.

Bent over row – 275.

Lateral raise, standing – 90.

Clean and push press – two dumbbells – 110.

ASHLEY STEARNS. AGE – 44. BWT – 88.2 KG. CLASS – 90-KG.

Squat, overhead – 65.

Side press, dumbbell, right – 65.

Side press, dumbbell, left – 55.

Pull up – 56.

Lateral raise – lying – 130.

PATRICK HADLEY. AGE – 53. BWT – 98.4 KG. CLASS – 95.0 KG.

Squat, overhead – 65.

Side press, dumbbell, left – 45.

Side press, dumbbell, right – 45.

Seated press, from rack – 135.

Lateral raise, standing – 90.

OFFICIALS – Clint Poore, Patrick Hadley, Ashley Stearns.

WAGMAN GYM, Colorado

DAN WAGMAN. AGE - OPEN. BWT – 175.8. CLASS – 80.0 KG.

Snatch, Fulton – 140.

Pinch grip, strict - left – 65.

Pinch grip, strict – right – 65.

Finger, index, right – 152.

Vertical bar, 1 bar, 1 inch, left – 217.

OFFICIAL – RJ Jackson.

FRAPPIER GYM, ONTARIO, CANADA

KYLE FRAPPIER. AGE – 21. BWT – 225.1. CLASS – 105 KG.

Curl, strict – 85.

CHRIS FRAPPIER. AGE – 59. BWT – 212.15. CLASS – 100 KG.

Vertical bar, two bars, 2-inch - 270.

Deadlift, dumbbell, Inch, left – 82.

Deadlift, dumbbell, Inch, right – 82.

OFFICIALS: Chris and Kyle Frappier.

HIGH COUNTRY VIGOUR GYM, COLORADO

SANJIV GUPTA. AGE – 53. BWT – 203.6. CLASS – 95 KG.

Clean and press – two dumbbells – 108.

Clean and push press – two dumbbells – 114.

Vertical bar, 1 bar, 2-inch, left – 130.

Vertical bar, 2 bars, 2-inch – 200.

ELIJAH CONLEY. AGE 17. BWT – 163. CLASS – 75 KG.

Clean and press – two dumbbells – 109.

Curl, wrist – 80.

JARROD FOBES. AGE 47. BWT – 219. CLASS – 100 KG.

Lateral raise, lying – 70.

Lateral raise, standing – 55.

Bench press, Fulton bar – 226.

Curl, wrist – 155.

OFFICIALS: Sanjiv Gupta and Jarrod Fobes.

CLARK'S GYM, Columbia, Mo.

TONY LUPO. AGE 58. BWT – 237. CLASS – 110 KG.

Clean and push press, Fulton Bar – 142.

Foot press – 1,235.

Clean and press – Fulton Bar – 120.

Side press – left – 90.

Mixed Fulton deadlift with Allison Lupo – 405.

ALLISON LUPO. (F). AGE – 58. BWT – 197. CLASS – 90 KG.

Foot press – 550.

Weaver stick – forward – 2 lb.

Weaver stick – reverse – 2 lb.

Side press – right - 22.

Mixed Fulton deadlift with Tony Lupo – 405.

DAVE DeFOREST. AGE – 64. BWT – 176. CLASS – 80 KG.

Cheat curl – two dumbbells – 100.

Clean and jerk – two dumbbells – 100.

Swing – two dumbbells – 90.

Snatch – two dumbbells – 90

Rectangular fix – 65.

LISA GORE. (F) AGE – 59. BWT – 219. CLASS – 95 KG.

Anderson press – 100.

Anderson squat – 185.

Deadlift – Inch dumbbell – left – 87.

Deadlift – Inch dumbbell – right – 77.

Deadlift – two Inch dumbbells – 134.

JOHN CARTER. AGE - 65. BWT – 186. CLASS – 85 KG.

Foot press – 1,600.

Vertical bar, 2 bars, 2 inch – 250.

Deadlift – Reeves – 215.

Deadlift – three-inch bar – 245.

Harness lift – 1,402.

JEFF WENZEL. AGE 49. BWT – 236. CLASS – 110 KG.

Piper squat – 250.

Clean and press – two dumbbells – 130.

Two hands anyhow – dumbbells – 140.

Bear hug – 206.

Bench dip – 200.

OFFICIALS: Bill Clark, Dave DeForest, Tony Lupo.