

Heavy Gym Garage Record Day
Location: Pittsburgh, PA and remote
Date: October 12, 2024
Meet Director: Beth Skwarecki

LIFTERS ONSITE IN PITTSBURGH, PA

Officials: Beth Skwarecki, Christopher Lansdown. (1-official system)

Diana Jordan - F - age 36 - bodyweight 78.5 kg - 80 kg class

- ZIEGLER CLEAN - 52 lbs
- JUDD CLEAN & JERK - 77 lbs

Christopher Lansdown - M - age 45 - bodyweight 99.2 kg - 100 kg class - 45 yo age group

- ANDERSON SQUAT - 405 lbs
- BENCH PRESS, 2 DUMBBELLS - 218 lbs
- SNATCH, KELLY - 52 lbs
- JUDD CLEAN & JERK - 77 lbs
- ZIEGLER CLEAN - 66 lbs

Pierre-Francois Laquerre - M - age 39 - bodyweight 67.9 kg - 70 kg class

- JUDD CLEAN & JERK - 77 lbs
- SNATCH, KELLY - 63 lbs

Beth Skwarecki - F - age 43 - bodyweight 64.9 kg - 65 kg class - 40 yo age group

- SNATCH, KELLY - 63 lbs

Nicole Trimble - F - age 38 - bodyweight 71.3 kg - 75 kg class

- MANSFIELD LIFT - 156 lbs

Team lifts: Diana Jordan & Pierre-Francois Laquerre - M/F - 80 kg class - open age group

- ANDERSON SQUAT - 501 lbs
- ZIEGLER CLEAN - 66 lbs
- HACKENSCHMIDT FLOOR PRESS - 198 lbs

Team lifts: Beth Skwarecki & Nicole Trimble - F/F - 75 kg class - open age group

- ANDERSON SQUAT - 405 lbs
- ZIEGLER CLEAN - 66 lbs
- HACKENSCHMIDT FLOOR PRESS - 220 lbs
- FINGER LIFT, LEFT LITTLE - 50 lbs

REMOTE LIFTERS - FERGUS, ON, CANADA

Officials: Chris Frappier, Kyle Frappier (1-official system)

Chris Frappier - M - age 59 - bodyweight 213.6 lbs - 100 kg class - 55 yo age group

- CURL, STRICT - 105 lbs
- BAVARIAN DEADLIFT - 500 lbs

Kyle Frappier - M - age 21 - bodyweight 223.8 - 105 kg class

- CURL, STRICT - 65 lbs

REMOTE LIFTERS - CLARK'S GYM

Officials: Bill Clark, Tony Lupo, Dave DeForest (1-official system)

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

- Deadlift – stiff-legged – 245.
- Weaver stick – reverse – right – 6 lbs.
- Thor's hammer – 36.
- Clean and seated press – two dumbbells – 2x65 – 130.
- Clean and jerk – two dumbbells – 2x70 – 140.

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

- Vertical bar – 1 bar – 1 inch - left – 157.
- Vertical bar – 1 bar – 1 inch – right – 207.
- Vertical bar – 2 bars – 1 inch – 314.
- Vertical bar – 1 bar – 2 inch – left – 135.
- Vertical bar – 1 bar – 2 inch - right – 145.

LISA GORE. F. AGE 59. BWT – 219. CLASS – 100 KG.

- Clean and jerk - two dumbbells – 2x40 – 80.
- Clean and jerk – dumbbell left – 45.
- Clean and jerk – dumbbell right – 45.
- Clean and press - two dumbbells – 2x35 – 70.
- Clean and press – two dumbbells – heels together – 2x35 – 70.

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

- Clean and seated dumbbell press – 2x55 – 110.
- Clean and jerk – two dumbbells – 2x 55 – 110.
- Clean and press – two dumbbells – 2 x 55 – 110.
- Two hands anyhow – 2 x 70 – 140.
- Dead lift – one leg – left – 100.

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

- Snatch from hang - 95.
- Cyr press – 110.
- Thor's hammer – 26.
- Reflex clean and jerk – 110.
- Weaver stick – reverse right – 3 lb

REMOTE LIFTERS - BUFFVILLE GYM

Officials: Clint Poore, Ashley Stearns, Patrick Hadley (1-official system)

CLINT POORE - 51 YEARS OLD - BODYWEIGHT(111.40 KILOS) - 115 KILO WEIGHT CLASS

- SIDE PRESS, DUMBBELL, RIGHT 55 LBS
- SIDE PRESS, DUMBBELL, LEFT 55 LBS
- BENT OVER ROW 275 LBS
- LATERAL RAISE, STANDING 90 LBS
- LATERAL RAISE, LYING 50 LBS

ASHLEY STEARNS - 44 YEARS OLD - BODYWEIGHT(90.20 KILOS) - 95 KILO WEIGHT CLASS

- SQUAT, OVERHEAD 65 LBS
- SIDE PRESS, DUMBBELL, RIGHT 65 LBS
- SIDE PRESS, DUMBBELL, LEFT 55 LBS
- PULL UP 56 LBS
- SEATED PRESS, FROM RACK 155 LBS

PATRICK HADLEY - 53 YEARS OLD - BODYWEIGHT(101.3 KILOS) - 105 KILO WEIGHT CLASS

- SQUAT, OVERHEAD 65 LBS
- SIDE PRESS, DUMBBELL, LEFT 45 LBS
- SIDE PRESS, DUMBBELL, RIGHT 45 LBS
- SEATED PRESS, FROM RACK 135 LBS
- LATERAL RAISE, STANDING 90 LBS