



HOWARD COHEN AMERICAN MASTERS / AMERICA'S CUP  
KENTUCKY EXPO CENTER, LOUISVILLE, KY  
DEC 11-14, 2025

[Preliminary Schedule: HERE](#)

NAME		AGE	WT	TOTAL	TEAM		EVENT
Sara	Contente	W70	69	54	UNA		HCAM
Karen	King	W70	77	72	Southside Barbell	Deadlift	HCAM
Mary Sharon	Mau	W70	77	66	RAWW BARBELL		HCAM
Renee	Ferguson	W65	48	62	Team Savannah	Deadlift	HCAM
Luanne	Ormsbee	W65	58	45	UNA		HCAM
Lynn	Paskiewicz	W65	69	88	UNA	Deadlift	HCAM
Monica	Stupke	W65	69	68	Team Savannah		HCAM
Dolores	Triviz	W65	77	95	5150 weightlifting		HCAM
Heather	Kuusela	W65	77	75	Performance One		HCAM
Ljuca	Belsito	W65	86	80	Team Savannah	Deadlift	HCAM
Jaime	Gale	W65	86	75	Performance One		HCAM

Lisa	Riggs	W60	53	86	Eclipse Barbell		HCAM
Amy	Price	W60	63	70	RAWW		HCAM
Sheryl	Soule	W60	69	100	UNA		HCAM
Laura	Ferrara	W60	69	90	Outlaw Barbell		HCAM
Kathleen	Munsey	W60	69	69	Team Savannah	Deadlift	HCAM
CORINNE	GROTENHUIS	W60	69	30	Summit Barbell		HCAM
Maria	Barnabe	W60	77	82	West Coast Weightlifting		HCAM
Eleanor	Mallow	W60	77	73	UNA	Deadlift	HCAM
Michelle	Galloway	W60	86+	110	Boise Barbell		HCAM
Terri	Gartenberg	W55	48	82	Philadelphia Barbell		HCAM
Katrina	Donahue	W55	58	80	Dirty Durham Barbell		HCAM
Michelle	Picking	W55	77	130	Team SAW	Deadlift	HCAM
Ramona	Cadogan	W55	77	123	The Jungle WL		HCAM
Jennifer	Perrier	W55	77	80	JP Weightlifting		HCAM
Susan	Gillson	W55	77	Adap	Team Savannah	Deadlift	HCAM
Patti	Kraisser	W55	86	101	UNA	Deadlift	HCAM
Deborah	Hanscom	W55	86+	140	Boise Barbell		HCAM
Juli	Peterson	W55	86+	110	Team Savannah		HCAM
Pam	Brooks	W55	86+	110	Providence Barbell		HCAM
Sheryl	Cohen	W50	53	78	Team Savannah		HCAM
Elizabeth	Burkhart	W50	58	128	UNA		HCAM
Melany	Kalafut	W50	58	102	UNA	Deadlift	HCAM

Ananda	Wilson	W50	58	100	una		HCAM
Jenny	Clouse	W50	63	150	Perf One		HCAM
Moira	Fauth	W50	63	110	Power & Grace		HCAM
Denise	Abdoo	W50	63	91	Park Hill		HCAM
Katherine	Brown	W50	77	155	UNA	Deadlift	HCAM
Anjanette	Beard	W50	77	126	Bridger Barbell		HCAM
Shelley	Gast	W50	77	120	UNA		HCAM
Lori	Fox	W50	77	99	Paramount Barbell		HCAM
Heather	O'Daniel	W50	86	140	Heroic Barbell		HCAM
Abigail	Manning	W50	86	120	Philadelphia Barbell		HCAM
Kari	Gates	W50	86	82	Appalachian Barbell		HCAM
Pamela	Matthews	W50	86	80	Ong Weightlifting	Deadlift	HCAM
Delores	Hill	W50	86+	145	KC Weightlifting		HCAM
Kristina	Teel	W50	86+	135	Strength Shack		HCAM
Michelle	Baier	W50	86+	110	UNA	Deadlift	HCAM
Angie	Lower	W50	86+	65	UNA	Deadlift	HCAM
Yulia	Kostogorova-Beller	W45	48	74	UNA		HCAM
Lauren	Storck	W45	53	105	Atlanta Performance		HCAM
Jane	Shin	W45	58	125	Philadelphia Barbell		HCAM
Jamie	Holland	W45	58	70	Ong		HCAM
Melissa	Knourek	W45	63	130	Spoon Barbell		HCAM

Erin	Martin	W45	63	130	UNA		HCAM
Jessica	Walters	W45	69	156	Performance One		HCAM
Shawna	Grimm	W45	69	130	UNA		HCAM
Shana	Millspaugh	W45	77	145	ONG weightlifting		HCAM
Alecia	Cotchaleovitch	W45	77	118	Team Savannah		HCAM
Emily	Study	W45	77	118	Ong Weightlifting		HCAM
Renae	Liscano	W45	77	115	UNA	Deadlift	HCAM
Nicole	Shipos	W45	86+	150	East coast gold		HCAM
Heidi	White	W45	86+	125	UNA	Deadlift	HCAM
Valerie	Weeks	W45	86+	50	JP WL	Deadlift	HCAM
Jessica	Cummings	W40	63	145	Providence Barbell	Deadlift	HCAM
Megan	Houk	W40	63	97	Ong Weightlifting		HCAM
Jaquelin	Ong	W40	69	155	Ong WL		HCAM
Megan	Brooks	W40	69	130	Rising Tide		HCAM
Stormy	Weather	W40	69	122	Feel Strong Fitness		HCAM
Kathryn	Mentz	W40	69	120	Dirty Durham		HCAM
Allison	Hall	W40	69	114	UNA	Deadlift	HCAM
Tereka	Clark	W40	77	150	12 Labours Barbell		HCAM
Kristin	Scott	W40	77	125	Dirty Durham		HCAM

Alicia	Hanson	W40	77	100	UNA		HCAM
Natalie	Frey	W40	86	140	UNA		HCAM
Alicia	Macglaughlin	W40	86	130	Philadelphia Barbell		HCAM
Karen	Bustamante	W40	86	115	Tipton Lakes Athletics		HCAM
Melissa	Alderman	W40	86	108	Appalachian Barbell	Deadlift	HCAM
Amy	Drouhard	W40	86	65	UNA		HCAM
Marjorie	Gottier	W40	86+	150	Rising Tide		HCAM
Brandy	Basey	W40	86+	120	Maximum Effort	Deadlift	HCAM
Sian	Griffiths	W40	86+	100	West Coast Weightlifting		HCAM
Holly	Noll	W35	53	110	Team Resilient	Deadlift	HCAM
Cinthia	Amador	W35	58	112	UNA	Deadlift	HCAM
Meagan	Chisholm	W35	58	100	UNA		HCAM
Samantha	Love	W35	63	145	Rising Tide		HCAM
Emma	Schreiber	W35	63	130	Missouri Valley Masters		HCAM
Katelyn	Reuther	W35	63	130	Power & Grace		HCAM
Whitney	Evans	W35	63	111	Paramount Barbel		HCAM
Erica	Schlank	W35	69	145	UNA		HCAM
Nadine	Steinger	W35	69	140	Ong Barbell		HCAM
Megan	Markoff	W35	69	130	Dirty Durham Barbell		HCAM
Brandie	Malone	W35	69	105	Appalachian Barbell	Deadlift	HCAM

Amber	Stephan	W35	69	70	Vehement Masters	Deadlift	HCAM
Minnie	Copp	W35	77	160	Paramount Barbell		HCAM
Lindsay	Perrizo	W35	77	160	UNA		HCAM
CE	Brooks	W35	77	130	Team Aita		HCAM
Ashley	Edwards	W35	77	122	FXT BB		HCAM
Abigail	Dunner	W35	77	110	Trident WL		HCAM
Atinna	Gunawan	W35	77	101	Paramount		HCAM
Erin	Mena	W35	86	145	Dirty Durham Barbell		HCAM
Alexandra	Behrend	W35	86	140	Boise Barbell		HCAM
Carolina	Dimsdale	W35	86	132	Dirty Durham Barbell		HCAM
Lindsay	Watson	W35	86	120	Power and Grace		HCAM
Hanh	Nguyen	W35	86	82	West Coast WL		HCAM
Lizeth	Martinez	W35	86+	90	Alpha Uno	Deadlift	HCAM
Audrey	Reinert	W35(Op)	86+	140			HCAM
Cadie	Bergan	W30	53	75	Rising Tide		HCAM
Amanda	Doran	W30	63	118	Philadelphia Barbell	Deadlift	HCAM
Alexandria	Hewett	W30	77	165	UNA		HCAM
Robert	Southerlan	M85	71	70	Fort Nash	Deadlift	HCAM
David	Lovelace	M80	79	90	East Coast Gold		HCAM
Barry	Lewis	M80	88	110	Valhalla		HCAM
Richard	Sipos	M80	102	109	ECG		HCAM

Jerome	Miller	M75	60	105	UNA		HCAM
Mitchell	Serota	M75	65	83	RAWW		HCAM
Gerard	Dunne	M75	71	95	Lost Battalion Hall	Deadlift	HCAM
Michael	Podkowa	M75	71	85	UNA		HCAM
John	Seppyes	M75	71	84	Sayre Park	Deadlift	HCAM
Art	Donahoe	M75	79	40	Lost Battalion Hall		HCAM
Frank	Barosky	M75	88	100	UNA		HCAM
Arthur	Auwaerter	M75	94	94	UNA		HCAM
Albert	Dunlap	M75	94	70	Paramount Barbell		HCAM
Robert	Gilsdorf	M70	60	110	Missouri Valley Masters		HCAM
Gary	Karkuff	M70	71	100	East Coast Gold		HCAM
Robert	Bondiman	M70	79	130	Sayre Park WLC		HCAM
Jed	Harris	M70	88	110	Spoon BBC		HCAM
John	Ricciardi	M70	88	85	UNA		HCAM
Randy	Reid	M70	94	155	Spoon Barbell		HCAM
David	Meltzer	M70	94	127	Performance One		HCAM
Walter	Warren	M70	102	127	Missouri Val Masters		HCAM
Johnny	Hudson	M70	102	104	Sayre Park	Deadlift	HCAM
Barry	Myers	M65	65	132	Athletic Lab		HCAM
George	Pjura	M65	79	145	TriState		HCAM

Hank	Berger	M65	79	140	pwr Fitness	HCAM
Teddy	Binette	M65	79	130	Team Savannah Deadlift	HCAM
Mark	Schmidtbauer	M65	79	130	UNA	HCAM
Donald	Wasson	M65	79	117	UNA	HCAM
David	Bruzzi	M65	79	92 (AD)	Sayre Park Deadlift	HCAM
Stephen	Powell	M65	88	175	Attitude Nation Deadlift	HCAM
Leslie	Simonton	M65	88	149	East Alabama Weightlifting	HCAM
Kevin	Rogers	M65	94	140	UNA	HCAM
Allen	Yates	M65	102	200	Team Savannah	HCAM
Daniel	Boland	M65	110	120	Lost Battalion	HCAM
George	Fluter	M65	110+	70	Missouri Valley Masters	HCAM
Steven	Meis	M60	60	124	Berkshire Iron Deadlift	HCAM
Mark	Hummel	M60	65	140	Missouri Valley Masters	HCAM
Reginald	Mays	M60	71	185	Atlanta Performance	HCAM
Richard	Sias	M60	71	110	UNA	HCAM
Richard	Condon	M60	79	162	NY Weightlifting Ac	HCAM
Alex	McInnes	M60	79	148	UNA	HCAM
Len	Shibilski	M60	79	131	Philadelphia Barbell	HCAM
Alan	Brown	M60	88	140	FXT Barbell	HCAM
Gene	Rendino	M60	88	138	East Coast Gold	HCAM



Martin	Neher	M60	88	110	East coast gold		HCAM
Robert	O'Day	M60	94	200	UNA		HCAM
Eric	Kupperstein	M55	60	100	UNA		HCAM
Daniel	Gillespie	M55	88		UNA		HCAM
Paul	LaDuke	M55	102	185	East Coast Gold	Deadlift	HCAM
Sean	Clapshaw	M55	102	171	UNA	Deadlift	HCAM
Matthew	Sipos	M55	102	170	UNA		HCAM
Rudy	Chang	M55	110	210	Una		HCAM
Kent	Perrier	M55	110+	120	JP Weightlifting		HCAM
Scott	Tagawa	M50	71	148	ParkHill WL		HCAM
Matthew	Konar	M50	79	167	Heroic Barbell Club		HCAM
Andrew	Hatchett	M50	88	180	Team Savannah		HCAM
Eric	Ebuen	M50	88	171	Category 5 Athletics		HCAM
Marcus	White	M50	94	225	Trident WL		HCAM
Daniel	Smith	M50	94	215	UNA		HCAM
Nathan	Hore	M50	94	215	Performance One		HCAM
James	Rutter	M50	102	200	Philadelphia Barbell		HCAM
Doug	Clouse	M50	110	240	PERFORMANCE ONE		HCAM
Brett	Andrus	M50	110	230	Heroic Barbell		HCAM
Kurt	Roekle	M50	110	180	UNA		HCAM
Travis	Partington	M50	110+	201	UNA		HCAM

Edward	Bowles	M50	110+	170	Team Savannah		HCAM
Brandon	Ecker	M45	79	205	UNA		HCAM
FREDERICK	MACARAEG	M45	79	200	12 Labours Barbell		HCAM
Ray	Martinez	M45	79	180	Ong Weightlifting		HCAM
James	Harmon	M45	79	160	NY Weightlifting		HCAM
Josh	Hodgson	M45	79	160	UNA		HCAM
George	Baindurashvili	M45	88	227	Team Savannah		HCAM
Jason	Earsley	M45	88	140	UNA		HCAM
Raja	Audi	M45	94	230	East Coast Gold		HCAM
Jay	Pierce	M45	94	210	NTR barbell		HCAM
Jermaine	Gestiehr	M45	110+	190	UNA	Deadlift	HCAM
Christopher	Douglas	M40	79	250	Paramount Barbell	Deadlift	HCAM
Justin	Goonan	M40	79	200	UNA		HCAM
Jerry	Banzet	M40	79	200	Ong WL		HCAM
Kyle	Ruth	M40	88	270	UNA		HCAM
Jonathan	Halbreich	M40	88	210	Category 5 Athletics	Deadlift	HCAM
Clayton	Polk	M40	94 (AD)	220	Bexar Barbell		HCAM
Daniel	Herweg	M40	110	220	UNA		HCAM
Justin	Singleton	M40	110+	194	JP Weightlifting	Deadlift	HCAM

Christopher	Oak	M35	79	205	Kathryn		HCAM
Logan	Warlick	M35	79	200	UNA		HCAM
Andy	Nam	M35	79	160	UNA		HCAM
Olban	Calix	M35	88	260	Rising tide		HCAM
Tyler	Henshall	M35	88	200	UNA		HCAM
John	Bell	M35	88	185	FXT Barbell		HCAM
Paul	Henriksen	M35	94	260	Rising Tide		HCAM
Brian	Wilbur	M35	94	215	Team Resilient	Deadlift	HCAM
Jake	Fields	M35	94	200	Paramount Barbell		HCAM
Ryan	Flood	M35	102	250	Iron Wolf Weightlifting	Deadlift	HCAM
Daniel	Russell	M35	110	300	Rising Tide		HCAM
Joshua	Arcona	M35	110	260	12 Labours Barbell		HCAM
Ryan	Burke	M35 (AD)	110+	215	Team Savannah		HCAM
Jordan	Ozosky	M30	79	210	UNA		HCAM
Trevor	Bergan	M30	88	270	Rising Tide		HCAM
Matthew	Helms	M30	94	210	Team Savannah	Deadlift	HCAM
Sharif	Lockett	M30	102	195	Team Savannah		HCAM
Jacob	Mattrella	M30	110	330	All South Barbell		HCAM
Nathaniel	Gresbach	M30	110	200	Ong Weightlifting		HCAM

Dimitri	Albury	M30	110+	330	Rising Tide WL	Deadlift	HCAM
Karen	King	W70	77	72	Southside Barbell	Deadlift	Americas Cup
Renee	Ferguson	W65	48	62	Team Savannah	Deadlift	Americas Cup
Lynn	Paskiewicz	W65	69	88	UNA	Deadlift	Americas Cup
Dolores	Triviz	W65	77	95	5150 weightlifting		Americas Cup
Heather	Kuusela	W65	77	75	Performance One		Americas Cup
Ljuca	Belsito	W65	86	80	Team Savannah	Deadlift	Americas Cup
Jaime	Gale	W65	86	75	Performance One		Americas Cup
Lisa	Riggs	W60	53	86	Eclipse Barbell		Americas Cup
Michelle	Galloway	W60	86+	110	Boise Barbell		Americas Cup
Terri	Gartenberg	W55	48	82	Philadelphia Barbell		Americas Cup
Jennifer	Perrier	W55	77	80	JP Weightlifting		Americas Cup
Susan	Gillson	W55	77	Adap	Team Savannah	Deadlift	Americas Cup
Deborah	Hanscom	W55	86+	140	Boise Barbell		Americas Cup
Juli	Peterson	W55	86+	110	Team Savannah		Americas Cup

Pam	Brooks	W55	86+	110	Providence Barbell		Americas Cup
Jenny	Clouse	W50	63	150	Perf One		Americas Cup
Jessica	Walters	W50	69	156	Performance One		Americas Cup
Katherine	Brown	W50	77	155	UNA	Deadlift	Americas Cup
Anjanette	Beard	W50	77	126	Bridger Barbell		Americas Cup
Heather	O'Daniel	W50	86	140	Heroic Barbell		Americas Cup
Kari	Gates	W50	86	82	Appalachian Barbell		Americas Cup
Michelle	Baier	W50	86+	110	UNA	Deadlift	Americas Cup
Erin	Martin	W45	63	130	UNA		Americas Cup
Nicole	Shipos	W45	86+	150	East coast gold		Americas Cup
Beatriz	Suarez	W40	63	109	Vehement Athletics		Americas Cup
Jessica	Cummings	W40	69	145	Providence Barbell	Deadlift	Americas Cup
Allison	Hall	W40	69	114	UNA		Americas Cup
Alicia	Hanson	W40	77	100	UNA		Americas Cup
Marjorie	Gottier	W40	86+	150	Rising Tide		Americas Cup
Brandy	Basey	W40	86+	120	Maximum Effort	Deadlift	Americas Cup

Sian	Griffiths	W40	86+	100	West Coast Weightlifting		Americas Cup
Sara	Saucedo	W35	48	110	UNA	Deadlift	Americas Cup
Holly	Noll	W35	53	110	Team Resilient	Deadlift	Americas Cup
Cinthia	Amador	W35	58	112	UNA	Deadlift	Americas Cup
Sara	Donis	W35	69	149	Vehement Masters		Americas Cup
Amber	Stephan	W35	69	70	Vehement Masters	Deadlift	Americas Cup
Alexandra	Behrend	W35	86	140	Boise Barbell		Americas Cup
Lindsay	Watson	W35	86	120	Power and Grace		Americas Cup
Lizeth	Martinez	W35	86+	90	Alpha Uno	Deadlift	Americas Cup
Norelle	Justice	W30	58	150	UNA		Americas Cup
Alexandria	Hewett	W30	77	165	UNA		Americas Cup
Carissa	Brady	W30	86+	133	Philadelphia Barbell		Americas Cup
Robert	Southerlan	M85	71	70	Fort Nash	Deadlift	Americas Cup
David	Lovelace	M80	79	90	East Coast Gold		Americas Cup
Jerome	Miller	M75	60	105	UNA	Deadlift	Americas Cup
Gerard	Dunne	M75	71	95	Lost Battalion Hall		Americas Cup

John	Seppy	M75	71	84	Sayre Park	Deadlift	Americas Cup
Robert	Bondiman	M70	79	130	Sayre Park WLC		Americas Cup
Jed	Harris	M70	88	110	Spoon BBC		Americas Cup
John	Ricciardi	M70	88	85	UNA		Americas Cup
Randy	Reid	M70	94	155	Spoon Barbell		Americas Cup
David	Meltzer	M70	94	127	Performance One		Americas Cup
Walter	Warren	M70	102	127	Missouri Val Masters		Americas Cup
Barry	Myers	M65	65	132	Athletic Lab		Americas Cup
George	Pjura	M65	79	145	TriState		Americas Cup
Teddy	Binette	M65	79	130	Team Savannah	Deadlift	Americas Cup
Stephen	Powell	M65	88	175	UNA	Deadlift	Americas Cup
David	Bruzzi	M65	79	92 (AD)	Sayre Park	Deadlift	Americas Cup
Steven	Meis	M60	60	124	Berkshire Iron		Americas Cup
Reginald	Mays	M60	71	185	Atlanta Performance		Americas Cup
Richard	Sias	M60	71	110	UNA		Americas Cup
Alex	McInnes	M60	79	148	UNA		Americas Cup

Alan	Brown	M60	88	140	FXT Barbell		Americas Cup
Eric	Kupperstein	M55	60	100	UNA		Americas Cup
Daniel	Gillespie	M55	88		UNA		Americas Cup
Paul	LaDuke	M55	102	185	East Coast Gold	Deadlift	Americas Cup
Nathan	Hore	M50	94	215	Performance One		Americas Cup
Doug	Clouse	M50	110	240	PERFORMANCE ONE		Americas Cup
Brett	Andrus	M50	110	230	Heroic Barbell		Americas Cup
Kurt	Roekle	M50	110	180	UNA		Americas Cup
Josh	Hodgson	M45	79	160	UNA		Americas Cup
Raja	Audi	M45	94	230	East Coast Gold		Americas Cup
Jermaine	Gestiehr	M45	110+	190	UNA	Deadlift	Americas Cup
Kyle	Ruth	M40	88	270	UNA		Americas Cup
Jonathan	Halbreich	M40	88	210	Category 5 Athletics	Deadlift	Americas Cup
Clayton	Polk	M40	94 (AD)	220	Bexar Barbell		Americas Cup
Brian	Wilbur	M35	94	215	Team Resilient	Deadlift	Americas Cup
Ryan	Flood	M35	102	250	Iron Wolf Weightlifting	Deadlift	Americas Cup



Ryan	Burke	M35 (AD)	110+	215	Team Savannah		Americas Cup
Matthew	Helms	M30	94	210	Team Savannah	Deadlift	Americas Cup
Dimitri	Albury	M30	110+	330	Rising Tide WL	Deadlift	Americas Cup