

2025 Howard Cohen American Masters Start List

Sess	Pfm	Date	Group	Cat	Age	Name	Total	Team	
1	A	Weigh In 7:30 AM	M85	71	87	SOUTHERLAN Robert	70	Fort Nash	DL
				79	80	LOVELACE David	90	East Coast Gold	
				88	82	LEWIS Barry	110	Valhalla	
				102	83	SIPOS Richard	109	East Coast Gold	
				60	76	MILLER Jerome	105	Unattached	DL
			M75	65	75	SEROTA Mitchell	83	RAWW BARBELL	
				78	78	DUNNE Gerard	95	Lost Battalion Hall	DL
				71	76	PODKOWA Michael	85	Unattached	
				78	78	SEPPYES John	84	Sayre Park WLC	DL
				79	75	DONAHOE Art	40	Lost Battalion Hall	
2	A	Start 9:30 AM	W70	88	77	BAROSKY Frank	100	Unattached	
				94	78	AUWAERTER Arthur	94	Unattached	
				79	79	DUNLAP Albert	70	Paramount Barbell Club	
				69	73	CONTENTE Sara	54	Unattached	
				77	71	KING Karen	72	Southside Barbell Club	DL
			W65	77	71	MAU Mary Sharon	66	RAWW BARBELL	
				48	67	FERGUSON Renee	62	Team Savannah	DL
				58	66	ORMSBEE Luanne	45	Unattached	
				69	69	PASKIEWICZ Lynn	88	Unattached	DL
				67	67	STUPKE Monica	68	Team Savannah	
3	A	Start 11:30 AM	W70	77	66	KUUSELA Heather	75	Performance One Weightlifting	
				68	68	TRIVIZ Dolores	94	5150 weightlifting	
				86	68	BELSITO LJ	80	Team Savannah	DL
				66	66	GALE Jaime	75	Performance One Weightlifting	
				60	72	GILSDORF Robert	110	Missouri Valley Masters	
			M70	65	73	TICHENOR Vernon	105	Bowling Green Barbell Club	
				79	74	BONDIMAN Robert	130	Sayre Park WLC	
				88	73	HARRIS Jed	110	Spoon Barbell	DL
				74	74	RICCIARDI John	85	Unattached	
				94	73	MELTZER David	127	Performance One Weightlifting	
4	A	Start 1:15 PM	W60	71	71	REID Randy	155	Spoon Barbell	
				102	72	HUDSON Johnny	104	Sayre Park WLC	DL
				70	70	WARREN Walter	127	Missouri Valley Masters	
				53	63	RIGGS Lisa	86	Eclipse Barbell Club	
				63	63	PRICE Amy	70	RAWW BARBELL	
			W60	69	61	FERRARA Laura	90	Outlaw Barbell	
				60	60	GROTHENHUIS Corinne	30	Summit barbell	
				60	60	SOULE Sheryl	100	Unattached	
				77	62	MUNSEY Kathleen	69	Team Savannah	DL
				63	63	MALLOW Eleanor	73	Unattached	DL

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5	A	Weigh In 2:30 PM	M65	71	66	MYERS Barry	132	Athletic Lab
					68	BERGER Hank	140	PWR Fitness
					65	BINETTE Teddy	130	Team Savannah
				79	68	BRUZZI David M	92	Sayre Park WLC
					69	PJURA George	145	TriState
					65	SCHMIDTBAUER Mark	130	Unattached
					65	WASSON Donald	117	Unattached
				88	67	SIMONTON Leslie	149	East Alabama Weightlifting
				94	65	POWELL Stephen	175	Unattached
					66	ROGERS Kevin	140	Unattached
				102	65	YATES Allen	200	Team Savannah
				110	69	BOLAND Daniel	120	Lost Battalion Hall
				110+	68	FLUTER George	70	Missouri Valley Masters
DEADLIFT		6:30 PM		ALL	15			
6	A	Weigh In 7:00 AM	W55	48	57	GARTENBERG Terri	82	Philadelphia Barbell Club
				58	55	DONAHUE Katrina	80	Dirty Durham Barbell Club
					55	CADOGAN Ramona	123	The Jungle Weightlifting
					58	GILLSON Susan		Team Savannah
				77	58	KRAISSER Patti	101	Unattached
					56	PERRIER Jennifer	80	JP Weightlifting
					56	PICKING Michelle	130	Team Saw
				86+	58	BROOKS Pam	110	Providence Barbell Club
					57	HANSCOM Deborah	140	Boise Barbell
				53	52	COHEN Sheryl	78	Team Savannah
					51	BURKHART Elizabeth	128	Unattached
				9:00 AM	58	KALAFUT Melany	102	Unattached
					50	WILSON Ananda	100	Unattached
7	A	Weigh In 9:00 AM	M60	60	64	MEIS Steven	124	Berkshire Iron
				65	61	HUMMEL Mark	140	Missouri Valley Masters
				71	64	SIAS Richard	110	Unattached
					61	CONDON Richard	162	New York Weightlifting Academy
				79	61	KRAMER Andrew	130	Unattached
					62	MCINNES Alex	148	Unattached
					60	BROWN Alan	140	FXT Barbell
				88	64	NEHER Martin	110	East Coast Gold
					60	RENDINO Gene	138	East Coast Gold
					62	SHIBILSKI Len	131	Philadelphia Barbell Club
					94	O'DAY Robert	200	Unattached
					60	KUPPERSTEIN Eric	100	Unattached
11:00 AM	Start	M55	M55	88	55	GILLESPIE Daniel		Unattached
					57	CLAPSHAW Sean	171	Unattached
				102	58	LADUKE Paul	185	East Coast Gold
					55	SIPOS Matthew	170	Unattached
				110	56	CHANG Rudy	210	Unattached
				110+	56	PERRIER Kent	120	JP Weightlifting

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Sess	Pfm	Date	Group	Cat	Age	Name	Total	Team
8	A	Weigh In 11:45 AM	W50	Fri Dec 12	52	ABDOO Denise	91	Parkhill Weightlifting
					63	CLOUSE Jenny	150	Performance One Weightlifting
					50	FAUTH Moira	110	Power and Grace Performance
				77	52	BEARD Anjanette	126	Bridger Barbell
					50	BROWN Katherine	155	Unattached
					54	FOX Lori	99	Paramount Barbell Club
					51	GAST Shelley	120	Unattached
				86	51	GATES Kari	82	Appalachian Barbell Club
					52	MANNING Abigail	120	Philadelphia Barbell Club
					50	MATTHEWS Pamela	80	Ong Weightlifting
					53	O'DANIEL Heather	140	Heroic Barbell Club
		Start 1:45 PM	86+	53	53	BAIER Michelle	110	Unattached
					50	HILL Delores M	145	KC Weightlifting
					54	LOWER Angie	65	Unattached
					54	TEEL Kristina	135	The Strength Shack
9	A	Weigh In 2:00 PM	M50	Fri Dec 12	71	MAYS Reginald	185	Atlanta Performance
					54	TAGAWA Scott	148	Parkhill Weightlifting
					79	KONAR Matthew	167	Heroic Barbell Club
				88	53	EBUEN Eric	171	Category 5 Athletics
					51	HATCHETT Andrew	180	Team Savannah
				102	52	HORE Nathan	215	Performance One Weightlifting
					51	WHITE Marcus	225	Trident Weightlifting
					53	RUTTER James	200	Philadelphia Barbell Club
		Start 4:00 PM	110+	110	53	ROEKLE Kurt	180	Unattached
					51	ANDRUS Brett	230	Heroic Barbell Club
				110+	52	BOWLES Edward	170	Team Savannah
					53	PARTINGTON Travis	201	Unattached
DEADLIFT		6:00 PM	ALL	15				
10	A	Weigh In 7:00 AM	M45	Sat Dec 13	45	ECKER Brandon	205	Unattached
					47	HARMON James	160	New York Weightlifting Academy
					79	HODGSON Josh	160	Unattached
				48	MACARAEG Frederick	200	12 Labours Barbell	
					49	MARTINEZ Ray	180	Ong Weightlifting
				88	49	BAINDURASHVILI George	227	Team Savannah
					46	EARSLY Jason	140	Unattached
				94	46	AUDI Raja	230	East Coast Gold
					47	MATHER Patrick	180	Philadelphia Barbell Club
					48	PIERCE Jay	210	NTR barbell
					110+	47 GESTIEHR Jermaine	190	Unattached

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Sess	Pfm	Date	Group	Cat	Age	Name	Total	Team
11	A	Sat Dec 13	W45	48	49	KOSTOGOROVA-BELLER Yulia	74	Unattached
				53	47	STORCK Lauren	105	Atlanta Performance
				58	49	HOLLAND Jamie	70	Ong Weightlifting
				47		KNOUREK Melissa	130	Spoon Barbell
				63	45	MARTIN Erin	130	Unattached
				47		SHIN Jane	125	Philadelphia Barbell Club
				69	46	GRIMM Shawna	130	Unattached
				46		WALTERS Jessica	156	Performance One Weightlifting
				47		COTCHALEOVITCH Alecia	118	Team Savannah
				77	47	MILLSPAUGH Shana	145	ONG weightlifting
12	A	Start 10:45 AM	W40	45		STUDY Emily	118	ong Weightlifting
				46		SHIPOS Nicole	150	East Coast Gold
				86+	45	WEEKS Valerie	50	JP Weightlifting
				47		WHITE Heidi	125	Unattached
				43		CUMMINGS Jessica	145	Providence Barbell Club
				63	41	HOUK Megan	97	Ong Weightlifting
				42		MCCAMLEY Melissa	125	Labours Barbell
				41		SUAREZ Beatrice	109	Vehement Masters Athletics
				41		BROOKS Megan	130	Rising Tide Weightlifting
				42		HALL Allison	114	Unattached
13	A	Weigh In 11:00 AM	W40	69	44	MENTZ Kathryn	120	Dirty Durham Barbell Club
				40		ONG Jaquelin	155	Ong Weightlifting
				41		WEATHER Stormy	122	Feel Strong Fitness
				40		CLARK Tereka	150	12 Labours Barbell
				77	41	HANSON Alicia	100	Unattached
				44		SCOTT Kristin	125	Dirty Durham Barbell Club
				43		MACGLAUGHLIN Alicia	130	Philadelphia Barbell Club
				86	43	BUSTAMANTE Karen	115	Tipton Lakes Athletics Club
				43		DROUHARD Amy	65	Unattached
				40		FREY Natalie	140	Unattached
13	A	Start 1:00 PM	W40	86+	42	ALDERMAN Melissa	108	Unattached
				44		BASEY Brandy	120	Maximum Effort
				42		GOTTIER Marjorie	150	Riding Tide
				43		GRIFFITHS Sian	100	West Coast Weightlifting
				48	38	SAUCEDO Sara	110	Unattached
				53	39	NOLL Holly	110	Team Resilient
				39		AMADOR Cinthia	112	Unattached
				58	39	CHISHOLM Meagan	100	Unattached
				37		HARRELL Jacqueline	112	Unattached
				35		EVANS Whitney	111	Paramount Barbell Club
		Start 3:30 PM	W35	63	36	LOVE Samantha	145	Rising Tide Weightlifting

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14	A	Weigh In 3:15 PM	M40	43	BANZET Jerry	200	ONG Weightlifting		
				79	DOUGLAS Christopher	250	Paramount Barbell Club		DL
				43	GOONAN Justin	200	Unattached		
				43	HALBREICH Jonathan	210	Category 5 Athletics		DL
				88	40 POLK Clayton	220	Bexar Barbell		
			M35	40	RUTH Kyle	270	Unattached		
				110	44 HERWEG Daniel	220	Unattached		
				110+	41 SINGLETON Justin	194	JP Weightlifting		DL
				37	NAM Andy	160	Unattached		
				79	35 OAK Christopher	205	Dirty Durham Barbell Club		
15	A	Start 5:15 PM	M35	37	WARLICK Logan	200	Unattached		
				35	WILLIAMS Josh	186	Unattached		
				39	BELL John	185	FXT Barbell		
				88	35 CALIX Olban	260	Rising Tide Weightlifting		
				37	HENSHALL Tyler	200	Unattached		
			W35	ALL	12				
				36	DONIS Sara	149	Vehement Masters Athletics		
				37	MALONE Brandie	105	Appalachian Barbell Club		DL
				69	35 MARKOFF Megan	130	Dirty Durham Barbell Club		
				37	SCHLANK Erica	145	Unattached		
16	A	Weigh In 9:00 AM	M35	39	SCHREIBER Emma	130	Missouri Valley Masters		
				38	STEINGER Nadine	140	Ong Weightlifting		
				37	BARBELL Brightside	130	Team Aita		
				38	COPP Minnie	160	Paramount Barbell Club		
				39	DUNNER Abigail	110	Trident Weightlifting		
			M30	77	35 EDWARDS Ashley	122	FXT BB		
				35	GUNAWAN Atinna	101	Paramount Barbell Club		
				37	PERRIZO Lindsay	160	Performance One Weightlifting		
				36	STEPHAN Amber	70	Vehement Masters Athletics		DL
				39	FIELDS Jake	200	Paramount Barbell Club		
17	A	Start 11:00 AM	M35	94	37 HENRIKSEN Paul	260	Rising Tide Weightlifting		
				39	WILBUR Brian	215	Team Resilient		DL
				102	37 FLOOD Ryan	250	Iron Wolf Weightlifting		DL
				110	35 ARCONA Joshua	260	12 Labours Barbell		
				38	RUSSELL Daniel	300	Rising Tide Weightlifting		
			M30	110+	39 BURKE Ryan	215	Team Savannah		
				79	31 OZOSKY Jordan	210	Unattached		
				88	31 BERGAN Trevor	270	Rising Tide Weightlifting		
				94	30 MATTHEW Helms	210	Team Savannah		
				102	33 LOCKETT Sharif	195	Team Savannah		
18	A	Weigh In 1:00 PM	M30	110	31 GRESBACH Nathaniel	200	Ong Weightlifting		
				34	MATTRELLA Jacob	330	AllSouth Barbell		
				110+	34 ALBURY Dimitri	330	Rising Tide Weightlifting		DL

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Sess	Pfm	Date	Group	Cat	Age	Name	Total	Team
17	A	Sun Dec 14	W35	86	36	BEHREND Alexandra	140	Boise Barbell
					39	DIMSDALE Carolina	132	Dirty Durham Barbell Club
					37	MENA Erin	145	Dirty Durham Barbell Club
					36	NGUYEN Hanh	82	West Coast Weightlifting
					37	WATSON Lindsay	120	Power and Grace Performance
		Weigh In 11:15 AM	W30	86+	35	MARTINEZ Lizeth	90	Alpha Uno athletics
					35	REINERT Audrey	140	USA
				53	30	BERGAN Cadie	75	Rising Tide Weightlifting
				58	32	JUSTICE Norelle	150	Unattached
				69	33	DORAN Amanda M	118	Philadelphia Barbell Club
		Start 1:15 PM	W30	77	30	HEWETT Alexandria	165	Unattached
				86+	34	BRADY Carissa	133	Philadelphia Barbell Club
DEADLIFT		3:00 PM		ALL	7			