

Competition: Redwood Empire Championships
Sanction #: 38-09-03
Location: Cotati, CA
Date: 7/11/2009

Gndr	Div	Wt Class	Name	Year of Birth	Team	Body Snatch				Best Sna	Clean & Jerk				Best C&J	Total
						Wt	1	2	3		1	2	3			
F		48	Anne Lehman	1960	PAL	48.0	43	45	47	47	56	58	60	58	105	
F		53	Mary Wang	1979	FIT	52.7	43	46	49	49	55	60	63	63	112	
F		53	Liz Shockley	1986	MYL	51.2	27	29	31	29	41	44	46	46	75	
F		53	Martha Eble	1954	GBW	51.3	22	24	24	22	32	34	36	34	56	
F		58	Jo Ann Arnold	1970	PAL	54.3	56	58	60	60	76	79	80	80	140	
F		58	Kelly Reinhart	1982	MYL	58.0	56	59	60	59	67	71	74	71	130	
F		58	Kim Kraal	1994	MYL	57.2	30	33	35	35	42	45	47	47	82	
F		63	Sara Flynn	1985	MYL	62.2	61	64	67	67	78	82	82	78	145	
F		63	Tina Kinsley	1968	PAL	60.4	42	42	45	45	53	56	58	58	103	
F		63	Joanna Sapir	1974	UNA	60.6	37	40	42	42	52	54	56	54	96	
F		63	Katie Kraal	1988	MYL	63.0	27	30	32	32	38	41	44	44	76	
F		69	Krisitn Newman	1981	GBW	68.0	58	61	61	61	78	82	82	82	143	
F		69	Diana Fu	1980	PAL	67.2	58	60	62	62	74	77	80	80	142	
F		69	Meshelle Mifsud	1972	TJG	65.3	45	49	49	49	55	60	62	62	111	
F		69	Stephi Halikas	1986	MYL	67.6	28	30	32	32	37	40	43	43	75	
F		75	Jackie Mah	1967	HSF	74.4	65	68	70	68	80	84	87	84	152	
F		75	Jessica Nelson	1981	UNA	69.9	50	55	55	50	60	63	67	63	113	
F		75	May Rodgers	1963	MYL	75.0	25	27	29	29	36	38	40	38	67	
F		75+	Sara Clinkenbeard	1984	UNA	106.1	62	67	72	67	85	90	95	95	162	
F		75+	Heather Galuteria	1980	FIT	87.4	50	53	55	55	70	75	79	79	134	
F		75+	Tristy Taylor	1972	MYL	127.1	36	39	42	42	53	57	60	57	99	
F		63	Julia Jung-Ames	1955	PAL	60.0	33	33	35	35	43	45	47	47	82	
F		63	Kathy Mitchell	1955	PAL	61.1	31	33	33	31	42	44	45	44	75	
F		63	Corey Barnes	1961	TJG	60.2	25	27	30	30	37	41	43	43	73	
F		75	Susan Skillman	1963	UNA	71.0	25	30	30	25	40	44	48	44	69	
M		69	Michael Anthonio	1976	PAL	68.2	78	81	83	83	98	98	101	101	184	
M		69	Kris Pavlov	1991	UNA	65.8	70	75	75	75	95	100	109	100	175	
M		69	Tom Brinkhuis	1980	UNA	66.5	58	58	62	62	78	72	85	85	147	
M		69	Stefan Zechowy	1969	MYL	67.0	50	54	54	54	71	75	75	75	129	
M		77	Chad St. Clair	1972	MYL	75.8	81	85	89	85	104	110	115	110	195	
M		77	Chip Conrad	1970	UNA	75.7	72	75	78	78	95	100	102	102	180	
M		77	Nathan Schadle	1994	FIT	75.9	70	75	78	75	85	90	95	95	170	
M		85	Chris Wong	1976	PAL	83.5	97	100	103	100	128	133	138	133	233	
M		85	John-Logan Coots	1982	MYL	83.9	90	90	96	90	110	115	120	120	210	
M		85	William Barnes	1988	TJG	84.6	85	90	92	90	100	105	105	100	190	
M		85	Franklin Herman	1953	XCL	82.0	65	68	70	68	88	91	94	91	159	
M		85	Sean Dugan	1984	MYL	82.8	60	64	68	64	80	85	88	88	152	
M		85	Colin Rigney	1981	UNA	84.1	95	95	95	0	---	---	---	0	0	
M		94	Freddie Myles	1977	MYL	93.3	130	137	137	137	150	157	163	163	300	
M		94	Thomas DiFilippi, Jr.	1990	NPW	89.9	85	90	95	95	105	115	119	119	214	
M		94	Ian Wilson	1994	HSF	90.9	115	120	125	120	---	---	---	0	0	
M		105	Johathan North	1986	UNA	96.5	135	140	145	140	160	165	170	165	305	
M		105	Cameron Pugh	1991	FIT	97.5	80	83	83	80	110	113	113	113	193	
M		105	Scott Shepherd	1970	MYL	102.0	70	74	78	78	97	103	107	97	175	
M		105	Logan Spilker	1991	UNA	95.6	65	65	68	68	87	95	101	95	163	
M		105+	Donny Shankle	1982	WFW	115.0	155	160	160	155	190	195	200	195	350	
M		105+	Justin Hunter	1974	MYL	182.5	98	103	108	108	123	130	137	130	238	
M		105+	Mark Hazarabedian	1959	PAL	125.2	100	100	105	105	120	120	125	125	230	
M		77	Tom LaFreniere	1950	MYL	75.8	57	57	60	60	76	80	82	82	142	
M		85	Glen Hammack	1949	MYL	84.1	53	55	57	57	73	75	77	77	134	
M		105+	Joe Rodgers	1963	MYL	164.4	75	80	85	80	108	115	120	120	200	
M		77	Derrick Crass	1960	PAL	75.9	57	59	61	59	69	72	76	76	135	
M		77	Rick Restivo	1961	TJG	76.0	40	45	48	45	60	65	65	65	110	
M		94	Steve Borgo	1967	MYL	89.4	50	53	54	54	57	60	62	62	116	