

**2017 Stronglife Push/Pull
Results**

Friends:

It was an awesome day of lifting on this past veteran's day weekend here at Stronglife Tampa Bay. One of the reasons for this was the return of Spero Tshonikidis to the microphone as well as the platform. Spero is a true ambassador of the sport and undoubtedly the most heroic veteran I know. His contributions to the sport are too numerous to mention in this document.

Many federation records fell in the single lift listings. The women's competition contained teens and masters only. Valery Linkenhoker brought the crowd to their feet with a huge 250 pound deadlift for a federation record. Her teammate Kenzie Scott had the big bench of the day for the women at 115 pounds and also walked away with the female best lifter award. Bonnie Thurston led the Stronglife Tampa Bay senior division with a PR 80 pound bench press joined by strong outings from Trudy Daxon, Carmen Gutwirth and the incomparable "E train" Edith Traina.

The men's competition saw quite a few newcomers throw up some very big numbers. Delon Thomas pulled a very impressive 505 deadlift in his first meet but judges had to fail it when in his exuberance he forgot to control it to the floor but much bigger lifts seem to be on his horizon. Also Raymond Hodges crushed a federation record 450 pound bench press on his second attempt. Ray's limitless talent was on display for all to see. Rodney Sharpe and Llando Austin were very impressive in their first outings as well with Llando capturing the 181 senior division record at 355. The intensity rose to another level when Ty Evans took the platform and he crushed a 680 pound deadlift on his second attempt. However Raw United Veterans Josh Whalen and Mike Strom dominated the iron with two federation records each with Mike walking away with the male best lifter trophy.

The platform was handled brilliantly by judges James Jacobs, Virgil Diaz, Ryan Yarcho and Larry Dormerhauser. Spotting and loading was flawless as well thanks to Rick Hoover, Jon Wisenbaker, Larry Dormerhauser with various Stronglife team members filling in as needed. Year end Beasty Bash in Mount Dora is up next then on to 2018.

Tony, Tim and Bill

Women		B	DL	T
132				
Kenzie Scott	16-17	115	200	315 B.L.
148				
Carly Peterson	14-15	62	200	262

Valery Linkenhoker	16-17	82	250 *	332
Makayla Peterson	16-17	55	152	207
Carmen Gutwirth	70-74	60	175 *	235
Bonnie Thurston	75-79	80	185	255
Edith Traina	95-99	55	120	175
165				
Divya Reddy	16-17	72	187	259
Trudy Daxon	85-89	50	135	185
181				
Christina Lawson	14-15	70 *	190*	260
MEN				
165				
Charles Caparella	50-54	215	420 *	635
181				
Llalando Austin	Snr	355*	365	720
Spero Tshontikidis	55-59	207 *	477*	684
198				
Delon Thomas	Snr	285	455	740
Rodney Sharpe	40-44	335	400	735
220				
Thomas Dozier	55-59	320*	430*	750
242				
Joshua Whalen	45-49	410*	575*	985
Larry Dormerhauser	45-49	285	515	800
Ron Squire	55-59	300	570	870
275				
Micheal Strom	Snr	405 *	675 *	1080 B.L.
Ty Evans	40-44	385*	680 *	1065
308				
Raymond Hodges	40-44	450 *	600	1050

• = Raw United Federation Record