

2021 IDAHO STATE CHAMPIONSHIPS



Many thanks to Pacific Northwest Regional Chairman, Dr. Mitch Thornton (center with gold cup) and the members of Disciples Fitness for hosting the 2021 Idaho State Championships in conjunction with our inaugural FEDERATION CHAMPIONSHIPS !!!

Although the turnout for this competition was lower than expected, we were thrilled with the outcome!

We had some strong lifters that came out to World Class Fitness in Lewiston, Idaho to showcase their talent. As always, our teens were a thrill to watch; it's so inspiring to see the future of our sport take the platform.

In the men's division, the standout performance came from 21-year-old Connor Helm. Conner originally intended to compete in the 181s but came in a bit heavy. Nonetheless, competing at 183 pounds in the 198s, Connor walked away with every award: Best Lifter, Best Squat (by % of body weight), Best Bench (by % of body weight), and Best Deadlift (by % of body weight) on lifts of 500, 335, and 600.



L/C Valley teenage lifters

Another outstanding performance came from Connor Wood of Sugar City, Idaho. After nailing a 450 pound squat, 370 pound bench, and a 600 pound deadlift, Connor made a HUGE jump to 700 pounds. Getting the bar moving brought the crowd to their feet, but he was unable to lock it out.

Crystal Paul returned to the platform after taking some time off to compete in bodybuilding events, and she did not disappoint, winning both her class and Best Lifter honors.

On a personal note, I was truly blessed. In my 30+ years of powerlifting, this was the first time my mother was able to watch me compete. Thanks be to God!

Thanks to R.A.W. United Pacific Northwest Regional Chairman Dr. Mitch Thornton for providing the results.

Saturday, July 31

<u>WC</u>	<u>AG</u>	<u>LIFTER</u>	<u>SQ</u>	<u>BP</u>	<u>DL</u>	<u>TL</u>
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Women

123	55-59	Lisa Hoyt	125	135	210	470
148	OPN	Crystal Paul	270	140	305	715



Joey Louis taking it into the hole

Saturday, July 31

WC	AG	LIFTER	SQ	BP	DL	TL
Men						
148	55-59	Mitch Thornton	235	220	320	775
	14-15	Wyatt Cook	210	180	300	690
165	14-15	Joey Louis	265	205	270	740
181	14-15	Cutter Robinson	280	215	460	955
	14-15	Ronin Lysne	325	210	400	935

198	OPN	Connor Helm	500	335	600	1435
	OPN	Dylon Russell	480	300	500	1280
	OPN	Eric Pokorny	425	325	500	1250
	55-59	David Atwood	345	230	425	1000
220	OPN	Connor Wood	450	370	600	1420
	OPN	Beau Marshall	345	275	425	1045
	OPN	Christopher French	380	255	370	1005
275	16-17	Trevor Baune	405	300	595	1300
	50-54	Joe Martin	300	310	350	960
308	OPN	Jeremiah Stockton	250	415	335	1000



Dr. Mitch getting set up

