

2018 METAL MILITIA POWER WARS
April 21, 2018 Adirondack Barbell Club, South Glens Falls NY, USA

LIFTER	M/F	Age Category	Age	Am Pro	Raw / Equip	Weight Act	Class	Squat	Bench	Deadlift	TOTAL	Police & Fire	PL
WOMEN													
Ashley Cook	F	Open	25	Am	Raw	146	148	275	135	275	685		1
Mandy Denis	F	M 40-44	42	Am	Raw	128	128	185	115	250	550		1
MEN													
Mike Guido	M	Teen 16-17	17	Am	Raw	180	181	375	205	425	1005		1
Alden Strattford	M	Teen 16-17	17	Am	Raw	238	242	450	245	500	1195		1
Dominic Nassuvra	M	Teen 18-19	18	Am	Raw	180	181	465	250	500	1215		1
Ben Shpur	M	Teen 18-19	18	Am	Raw	198	198	350	185	500	1035		1
Joseph Drahos	M	Teen 18-19	18	Am	Raw	207	220	400	225	425	1050		2
John Aspland JD	M	Teen 18-19	18	Am	Raw	208	220	540	315	580	1435		1
Jeff Johnson	M	Open	24	Am	Raw	198	198		330	550	880	P&F	1
Nick Rouse	M	Open	24	Am	Raw	261	275		365		365		1
Mike Newton	M	SubMaster	37	Pro	Raw	290	308	525	440	600	1565		1
Scott Cook	M	M 45-49	49	am	Raw	240	242	625	350	500	1475	P&F	1

BEST LIFTERS

Women - Raw - Ashley Cook

Teen - Raw - Amateur - John Aspland JD

Men - Raw - Amateur - Scott Cook

Men - Raw - Pro - Mike Newton