

IPA STRENGTH OF HEROES - AMATEUR

September 6, 2025

Bohemia, New York

Name	Equipment	Division	BodyweightLb	WeightClassLb	Best3SquatLb	Best3BenchLb	Best3DeadliftLb	TotalLb
WOMEN'S DIVISIONS - FULL POWER								
Brianna Desrochers	Multi-ply	Open	165.1	165	580	275	410	1265
Cheryl Keeling (Shelley)	Raw	M70-74	112	114	85	100	100	285
Gabriella Lauria	Raw	Open	147.6	148	200	90	220	510
Kelsea Guckin	Multi-ply	Open	208.5	220	500	305	400	1205
Stephanie Mager	Raw	Open	179.2	181	470	280	470	1220
WOMEN'S DIVISIONS - DEADLIFT ONLY								
Laura Galati	Raw	M45-49	174.6	181			265	265
MEN'S DIVISIONS - FULL POWER								
Antonio Lagana	Unlimited	J20-23	264	275	825	665	540	2030
Gregor Malkasian	Multi-ply	Open	206	220	565	425	470	1460
Gregory Turzer	Raw - Police & Fire	M40-44	219.5	220	550	340	565	1455
Gregory Turzer	Raw - Police & Fire	Open	219.5	220	550	340	565	1455
James Novick	Multi-ply	J20-23	259.7	260	755	480	560	1795
Joe Gargiulo	Multi-ply	M55-59	305	308	660	475	485	1620
Joe Gargiulo	Multi-ply	Open	305	308	660	475	485	1620
Joseph Corsitto	Multi-ply	S33-39	184	198	450	375	400	1225
Kyle Petruzzi	Raw	Open	195.1	198	365	275	440	1080
Louis Imperatrice	Unlimited	Open	153.5	165	525	465	325	1315
Marcos Pimentel	Multi-ply	Open	190.1	198	730	560	565	1855
Marcos Pimentel	Multi-ply	S33-39	190.1	198	730	560	565	1855
Mark DAmico	Multi-ply	M60-64	220	220	820	135	135	1090
Noah Smith	Raw	J20-23	275.1	275	530	325	500	1355
Ryan Ponder	Multi-ply	Open	198.2	198	800	475	610	1885
Ryan Ponder	Multi-ply	S33-39	198.2	198	800	475	610	1885
MEN'S DIVISIONS - BENCH ONLY								
Jeff Johnson	Unlimited	M40-44	350.6	308+		685		685
Jeff Johnson	Unlimited	Open	350.6	308+		685		685
Peter Sessa	Unlimited	M55-59	260.8	275		340		340

INDICATES "ALL-TIME" WORLD RECORD

INDICATES IPA WORLD RECORD

INDICATES IPA NY STATE RECORD

INDICATES BOTH IPA WORLD & NY STATE RECORD