

Frank Kostyo AAPF Powerlifting Meet Results

March 14, 2009

Jacob Sundry set six state records in the 13- to 15-year-old, 148-pound weight class. Sundry squatted 275 pounds and deadlifted 300 pounds to win his category at age 13. He weighed in at 140 pounds. He set the AAPF squat, bench, deadlift and total records as well as the American Powerlifting Federation bench and deadlift records.

Robby Martin, 17, also set six state records in the 16- to 17-year-old, 275-pound weight class. He deadlifted 450 pounds and took first. Martin broke the AAPF squat, bench and deadlift total records and the APF squat and bench records.

Ethan Marquis, 16, earned four state records in the 16- to 17-year-old, 181-pound class. He squatted 425 pounds and followed it up with a deadlift of 480 pounds to take first. He broke the APF squat, bench, deadlift and total records.

Robby Dodds, 17, claimed two state records in the 16- to 17-year-old, 220-pound class. He squatted 470 pounds and closed out the day with a 505 pound deadlift to take first and finish with the highest teenage total. He broke the AAPF and APF deadlift records.

Cory Brossart set four American records in the 16- to 17-year-old, 132-pound class in only his second meet.

Brossart, 16, deadlifted 295 pounds and took first in his category. He set the AAPF raw (unassisted without gloves or wraps) American records for squat, bench, deadlift and total.

Jordan Lauther, 17, recorded two American records in the 16- to 17-year-old, 198-pound class. He deadlifted 515 pounds and took first in his division. Lauther broke the AAPF and APF deadlift record.

Jon Bergmark, 18, captured the 18- to 19-year-old, 275 pound class, helping himself with a bench press of 340 pounds.

Billy Muscatello, 16, weighed into the 16- to 17-year-old, 198-pound class, and won his category lifting at 183 pounds. He squatted 450 pounds and deadlifted 450 pounds.

Dillon Durham, 13, won the 13- to 15-year-old, 132-pound class by squatting 200 pounds.

The team is training to win its third AAU National Championship in Iowa in July.

Several other Lakeland residents also did well.

Jamie Doran captured the women's 114-pound Open title with a total lift of 745 pounds to take first.

Carson Brawley won the men's 181-pound submaster (age 33-39) men's open title with a total of 1,170 pounds.

Lamar Standish placed second in the same class with a total of 1,125 pounds taking second.

Scott Beasley set three state records in the sub master, 114-pound class. He lifted a total of 505 pounds to win his division. He squatted 175 pounds, benched 100 pounds and deadlifted 230 pounds.

Brett Moorehead won the 165-pound submaster class with a 685-pound total. He squatted 145 pounds, deadlifted 145 pounds, and a state record bench lift of 395 pounds, taking first.