



# MOUNTAIN SOUTH WSO RECORDS

## TOP PERFORMANCES



From 1/1/2022 through 12/23/2023

Ranked by SMF from State/WSO Championship, National & International Competitions

Rank	SMF	Cat	First Name	Last Name	State	Age	Team/Club	BW	Snatch	CJ	Total	Date
<b>MASTERS MEN OVERALL - TOP 50 ALL-TIME PERFORMANCES</b>												
1	413.952	73kg	Phil	Johnson	AZ	35	Alee Athletics	71.58	128	155	283	5/27/23
2	399.858	81kg	Thomas	Morga	AZ	41	Perception Weightlifting	80.89	120	154	274	12/7/22
3	389.765	73kg	William	Bybee	NV	40	Las Vegas Barbell	72.65	113	141	254	4/23/22
4	388.204	81kg	James	Ellis	AZ	36	Scottsdale Barbell	79.23	126	153	279	12/9/22
5	383.483	109kg	Matthew	Sheldon	AZ	43	Alee Athletics	109.00	127	167	294	10/9/22
6	381.124	109kg	Doug	Clouse	AZ	50	Performance One Weightlifting	106.10	120	146	266	12/5/22
7	380.553	81kg	Keith	Weitz	AZ	36	Performance One Weightlifting	80.01	120	155	275	10/29/23
8	377.139	73kg	Jesse	Vezina	AZ	38	Vehement Elite Athletics	72.40	110	141	251	4/24/22
9	375.860	+109kg	Shawn	Hanrahan	AZ	49	Unattached	117.25	118	157	275	10/9/22
10	374.984	+109kg	Michael	Higgins	AZ	60	D'Namo Weightlifting Club	128.60	105	130	235	12/3/22
11	372.193	73kg	William	Bybee	NV	40	Las Vegas Barbell	72.87	114	129	243	12/7/22
12	371.092	109kg	Doug	Clouse	AZ	50	Performance One Weightlifting	107.20	115	145	260	10/8/22
13	359.903	73kg	Carlos	Hernandez	NV	41	Calavera Barbell	71.80	105	125	230	4/23/22
14	359.701	89kg	John	Hazdovac	AZ	39	Unattached	88.85	120	145	265	10/8/22
15	355.451	96kg	Beau	Poteet	AZ	35	David L Brown	94.40	130	152	282	10/9/22
16	355.069	73kg	Kevin	Dittler	AZ	58	Scottsdale Barbell	72.89	84	96	180	5/25/23
17	353.866	81kg	Eugene	McDougall	AZ	50	The Jungle weightlifting	81.00	98	120	218	6/10/22
18	350.771	73kg	Darren	Yager	UT	56	Catalyst Masters	72.73	79	105	184	12/3/22
19	345.887	89kg	Christopher	Simmons	NV	36	Las Vegas Barbell	88.85	116	148	264	9/16/23
20	344.217	67kg	Eric	Bramwell	AZ	52	Power & Grace Performance	65.55	81	100	181	4/22/22
21	344.211	81kg	David	Partridge	AZ	57	Kingman Barbell Club	78.15	87	98	185	10/28/23
22	341.730	109kg	Zachary	Brodix	UT	39	Utah Barbell Club	105.20	130	141	271	4/24/22
23	340.917	102kg	Thomas	Greding	UT	55	California Strength	97.13	96	116	212	3/16/23
24	340.007	67kg	Ryan	Dana	UT	43	Zion Barbell	66.00	90	111	201	4/23/22
25	338.906	81kg	Gary	Dinh	NM	37	Strength Academy Weightlifting	80.61	107	136	243	9/17/22
26	338.139	109kg	Joseph	Nicholes	UT	35	Waxman's Gym	107.55	120	163	283	4/24/22
27	335.001	81kg	James	Braun	AZ	43	WestFit Weightlifting	80.05	98	125	223	10/8/22
28	332.606	96kg	Eugene	Shem	NM	35	High Desert Athletic Club	95.30	115	150	265	10/9/22
29	329.266	102kg	Rufe	Bynum	AZ	35	High Desert Athletic Club	102.00	120	150	270	10/29/23
30	325.234	89kg	Samuel	Ornelas	AZ	48	Unattached	88.50	93	122	215	4/22/22
31	324.110	73kg	Jean-Jaques	Cabou	AZ	45	Catalyst Masters	71.90	88	110	198	3/3/22
32	323.059	73kg	Douglas	Perusso	NV	37	Las Vegas Barbell	72.10	100	117	217	4/24/22
33	322.742	96kg	Weston	Winegar	UT	56	Praxis Weightlifting	93.83	83	111	194	12/4/22
34	317.298	+109kg	Austin	Harris	AZ	36	P1 Barbell	123.55	120	155	275	4/24/22
35	317.030	67kg	Christopher	Harney	NM	40	Fortis Weightlifting Club	66.92	91	105	196	10/28/23
36	315.808	+109kg	Francisco	Barrios	AZ	36	WestFit Weightlifting	120.90	118	154	272	4/24/22
37	314.482	89kg	Glenn	Canales	NM	57	Unattached	85.08	80	97	177	5/25/23
38	313.614	81kg	Joseph	Dressler	AZ	41	Relentless Weightlifting Club	79.60	90	123	213	4/23/22
39	313.588	89kg	Keith	Lyons	NV	35	Las Vegas Barbell	88.25	112	129	241	12/9/22
40	311.629	96kg	Curtis	Griffin	AZ	41	Unattached	93.80	100	130	230	4/23/22
41	309.915	89kg	James	Lee	NV	46	Las Vegas Barbell	86.88	90	118	208	3/17/23
42	304.687	102kg	David	Meltzer	AZ	70	Performance One Weightlifting	101.20	63	80	143	6/9/22
43	304.678	96kg	Darnell	Cabana	UT	49	Utah Barbell Club	95.26	91	115	206	12/6/22
44	304.460	+109kg	Chris	Walls	NM	43	CrossFit Fort Vancouver Barbell C	118.45	105	135	240	10/5/23
45	302.904	102kg	Brian	Bond	UT	41	Utah Barbell Club	101.20	96	135	231	11/18/23
46	302.061	81kg	Jimmy	Nguyen	AZ	48	Alee Athletics	78.20	82	105	187	4/22/22
47	302.023	89kg	Joey	Donofrio	AZ	35	D'Namo Weightlifting Club	87.40	106	125	231	10/8/22
48	300.784	102kg	Jeremy	Hale	NM	51	Desert Devil Barbell	97.43	90	110	200	10/5/23
49	300.723	109kg	Brian	Bond	UT	40	Utah Barbell Club	107.90	101	137	238	5/14/22
50	298.951	73kg	Nicholas	Weingarten	NM	71	Miller Weightlifting	69.90	55	58	113	4/21/22