



# MOUNTAIN SOUTH WSO RECORDS

## TOP PERFORMANCES



From 1/1/2022 through 12/10/2022

Ranked by Sinclair from WSO Championship, National & International Competitions

Rank	Sinclair	Cat	First Name	Last Name	State	Age	Team/Club	BW	Snatch	CJ	Total	Date
<b>OPEN MEN OVERALL - TOP 50 ALL-TIME PERFORMANCES</b>												
1	413.941	+109kg	Keiser	Witte	AZ	27	Alee Athletics	147.90	190	220	410	12/4/22
2	378.151	81kg	Nathan	Cerwinske	AZ	22	Performance One Weightlifting	80.96	137	174	311	7/1/22
3	377.213	81kg	Bryan	Cuellar	UT	29	Waxman's Gym	80.33	136	173	309	12/3/22
4	351.975	81kg	Maximillian	Whooley	AZ	24	Union Weightlifting	78.55	127	158	285	6/29/22
5	344.094	73kg	Derek	Nguyen	AZ	33	Alee Athletics	72.70	112	155	267	12/2/22
6	343.802	89kg	Jimmy	Marquez	AZ	27	Alee Athletics	88.50	135	160	295	7/2/22
7	343.500	96kg	Eloi	Ishya	AZ	26	Olympia Weightlifting	96.00	135	170	305	10/9/22
8	343.017	81kg	James	Ellis	AZ	36	Scottsdale Barbell	79.23	126	153	279	12/9/22
9	341.557	89kg	Maximiliano	Bernal	NM	29	High Desert Athletic Club	88.45	127	166	293	7/2/22
10	340.248	+109kg	Justin	Togisala	UT	33	Proven Strength Weightlifting	184.00	145	195	340	12/4/22
11	337.164	81kg	Adam	Willman	NM	28	Star City Barbell	80.22	116	160	276	10/30/22
12	333.308	81kg	Thomas	Morga	AZ	41	Perception Weightlifting	80.89	120	154	274	12/7/22
13	332.979	61kg	Lourence	Cabantog	NV	29	Las Vegas Barbell	60.16	101	128	229	12/1/22
14	331.863	81kg	Dale	Tucker	NV	29	Tahoe Truckee Weightlifting	81.00	123	150	273	10/9/22
15	327.475	+109kg	Xavier	Borde	AZ	29	Alee Athletics	116.50	140	170	310	10/9/22
16	327.470	73kg	William	Bybee	NV	40	Las Vegas Barbell	72.65	113	141	254	4/23/22
17	326.003	81kg	Jackson	Walbye	UT	24	Waxman's Gym	80.30	115	152	267	6/29/22
18	324.246	73kg	Jesse	Vezina	AZ	38	Vehement Elite Athletics	72.40	110	141	251	4/24/22
19	323.603	73kg	Riley	Banez	NM	27	Strength Academy Weightlifting	72.15	110	140	250	12/2/22
20	321.151	73kg	Reed	Hill	UT	29	Praxis Weightlifting	72.60	114	135	249	10/8/22
21	319.736	96kg	Beau	Poteet	AZ	35	Team E3	94.40	130	152	282	10/9/22
22	317.659	81kg	Jonathan Dela	Cruz	NV	20	Las Vegas Barbell	80.20	117	143	260	6/29/22
23	317.470	81kg	Calvin	Barcena	AZ	20	Alee Athletics	79.10	112	146	258	6/29/22
24	316.612	109kg	Matthew	Sheldon	AZ	43	Alee Athletics	109.00	127	167	294	10/9/22
25	312.744	73kg	William	Bybee	NV	40	Las Vegas Barbell	72.87	114	129	243	12/7/22
26	312.510	67kg	Ruskin	Griffith	AZ	22	Alee Athletics	65.70	103	125	228	7/1/22
27	312.371	73kg	Christian	Salas	NV	25	Las Vegas Barbell	72.50	108	134	242	6/28/22
28	310.692	61kg	Anthony	Peralta	AZ	25	SAS Weightlifting Club	59.89	92	121	213	7/1/22
29	308.567	73kg	Mario	Mikha	AZ	32	Olympia Weightlifting	73.00	100	140	240	10/8/22
30	308.296	89kg	John	Hazdovac	AZ	39	Unattached	88.85	120	145	265	10/8/22
31	307.715	81kg	Matthew	Palmer	UT	27	Waxman's Gym	76.69	110	136	246	10/8/22
32	306.667	+109kg	Tyler	Johnson	AZ	28	Performance One Weightlifting	161.75	140	166	306	12/4/22
33	306.056	109kg	Joseph	Nicholes	UT	35	Waxman's Gym	107.55	120	163	283	4/24/22
34	305.550	89kg	Eric	Renner	NM	26	Miller Weightlifting	87.62	113	148	261	10/30/22
35	304.263	81kg	Austin	Prosser	NV	21	Unattached	76.55	108	135	243	3/5/22
36	299.318	96kg	Eugene	Shem	NM	35	High Desert Athletic Club	95.30	115	150	265	10/9/22
37	299.042	81kg	Alexander	Souvall	UT	29	Waxman's Gym	81.00	111	135	246	3/5/22
38	298.558	73kg	Carlos	Hernandez	NV	41	Calavera Barbell	71.80	105	125	230	4/23/22
39	296.178	96kg	Nathaniel	Matos	AZ	27	Unattached	95.10	110	152	262	3/5/22
40	296.118	81kg	Gary	Dinh	NM	37	Strength Academy Weightlifting	80.61	107	136	243	9/17/22
41	295.204	109kg	Zachary	Brodie	UT	39	Utah Barbell Club	105.20	130	141	271	4/24/22
42	293.719	102kg	Michael	McHenry	NM	32	Strength Academy Weightlifting	100.12	120	145	265	10/30/22
43	293.584	96kg	Spencer	Dent	UT	18	Zion Barbell	95.37	120	140	260	10/8/22
44	290.780	81kg	Matthew	Palmer	UT	27	Waxman's Gym	80.20	103	135	238	3/5/22
45	290.008	+109kg	Shawn	Hanrahan	AZ	49	Unattached	117.25	118	157	275	10/9/22
46	289.290	89kg	James	Wollum	AZ	19	Fifty-One Fifty Weightlifting Club	86.00	104	141	245	10/8/22
47	288.940	109kg	Doug	Clouse	AZ	50	Performance One Weightlifting	106.10	120	146	266	12/5/22
48	287.275	73kg	Kolbi	Montoya	NM	18	Strength Academy Weightlifting	72.75	98	125	223	10/30/22
49	286.491	73kg	Jacob	Gravo	NV	19	Las Vegas Barbell	70.86	97	122	219	6/28/22
50	286.292	+109kg	Austin	Harris	UT	36	P1 Barbell	123.55	120	155	275	4/24/22