

2005 National Open Powerlifting Championships

Robinsons Pioneer, Aug 20-21, 2005

NAME	TEAM	BODYWT	SQ	BP	DL	TOTAL
WOMEN						
44 kg						
Jinky Santos	Gold's	43.8	92.5	40	102.5	235
48 kg						
Karen Villanueva	UP	47.4	90	60*	115	265
Yolly Mendigoria	Zest	44.6	115	40	107.5	262.5
52 kg						
Nina Oca	Zest	52	110	67.5 (4th - 70*^)	115	292.5
Elvira Lorenzo	Gold's	51	85	52.5	127.5^	265
56 kg						
Rose Vasquez	Zest	55.8	140*	80 (4th - 85*)	142.5*	362.5*
Michelle Cruz	Gold's	54.8	127.5	70	135	332.5
Jackie Gotangco	Shape Up	54.2	100	47.5	125	272.5
Lemy Palispis	Obsession	55.8	100	52.5	120	272.5
60 kg						
Audrey Ortiz	Base6ix	58.2	137.5	75.5 (4th - 76.5*)	137.5	350
Merly Medina	Zest	59	140	75	117.5	332.5
Monica Cardenas	Base6ix	58.2	82.5!	60!	112.5 (4th 117.5!)	255!
67.5 kg						
Grace Vizmonte	Base6ix	65.6	125	52.5	142.5	320
CJ Junterial	Zest	62.8	110	75	110	295
75 kg						
Kathleen Ong	Base6ix	73.2	135	60#	145	340
Marj Santos	Gold's	67.6	102.5	55	110	267.5
90 kg						
Lily Pecante	Zest	82.6	210*^@	100*^	205*^	515*^
Kristelle Nocom	Base6ix	86.6	80!	42.5!	100!	222.5!
90+ kg						
Jodelyn Darvin	JBC	92.2	115 (4th - 125.5*)	97.5 (4th - 100*)	120 (4th - 130.5*)	332.5*
Best Lifter:		Wilks score		Best Team:		
Lily Pecante	Zest	463.2		Zest	63 pts	
Rose Vasquez	Zest	427.7		Base6ix	53 pts	
Audrey Ortiz	Base6ix	399.6		Gold's	39 pts	

MEN

52 kg

Paul Simon M. Tan	UP	51.4	120	89#	155	362.5
-------------------	----	------	-----	-----	-----	-------

56 kg

Tony Taguibao	Zest	54.4	205	90	170	465
Bong Balatbat	Shape Up	54.6	150	102.5^	190	442.5
Red Bayona	Gold's	55	140	87.5	170	397.5

60 kg

Dino Bustos	Individual	59.8	150	90	170	410
Carlo Macalinao	Zest	59.8	181.5	110		
Alvin Abano	UP	59.8	165	110		

67.5 kg

Richie Rosales	UP	66.8	230.5*	175.5 (4th - 182.5*)	235	640*
Jem Catral	UP	65.6	195 (4th - 205.5#)	112.5	190	497.5
Ariel Valenzuela	Gold's	67	175	130	185	490

75 kg

Kent Estrada	Base6ix	74.6	165	130	202.5	497.5
--------------	---------	------	-----	-----	-------	-------

82.5 kg

Rene Dio	UP	81.2	265	177.5^	257.5	700
----------	----	------	-----	--------	-------	-----

90 kg

Chino Uichanco	UP	88	250	172.5	240	662.5
Joseph Ang	Zest	86	230	160	240	630

100 kg

Eddie Torres	Zest	96.2	315^	180	310^	805^
James Bautista	JBC	93.8	210	175	230	615
Ace Espanola	UP	93.4	220	160	232.5	612.5

110 kg

Nestor Tiglao	Zest	100.4	270	180	235	685
Jim Buen	UP	100.4	220	120	230	570
Patrick Rivera	Individual	100.4	175	127.5	225 (4th - 230\$)	527.5

125 kg

Ronnie Martinez	Zest	116.4	250^&	145^&	230&	625^&
-----------------	------	-------	-------	-------	------	-------

125+ kg

Noel Cacao	UP	159.8	100	100	125	325
------------	----	-------	-----	-----	-----	-----

Best Lifter:

Eddie Torres	Zest	498.0
Richie Rosales	UP	497.6
Rene Dio	UP	473.5

Best Team:

UP	69 pts
Zest	57 pts
Gold's	16 pts

- * Philippine Open record
- # Philippine Junior record
- ! Philippine Sub-Junior record
- ^ Philippine Masters 1 record
- & Philippine Masters 2 record
- \$ Philippine Novice record
- @ World Masters 1 record (unofficial)