

## 2010 Hudson Natural Open

### Open Men 148 lb. Class

NAME	BODY WT.	SQ.	BENCH	DEADLIFT	TOTAL
Justin Nelson	145.9	500	400	500	1400

### Open Men 275 lb. Class

Tony Rootes	266.1	585	415	***	***
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All Women, Master Women, Master Men, Teens and all Raw divisions placed by formula.

### Master Men 50+

Gary Grahn	197.1	420	285	425	1130
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### Master Women

Loretta Lee	158.5	170	105	315	590
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### Open Women

Samantha Broderius	191.9	305	190	305	800
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### Teen Women

Shalyn Kuehnl	160.1	365	195	340	900
Emily Everson	120.9	205	110	240	555

### Teen / male

Dylan Schnese	197.0	550	340	525	1415
Spencer Miller	148.7	450	245	480	1175
Rayn Schoenborn	143.2	375	225	410	1010
Feyd Webb	152.5	295	185	455	935
Ian Barge	247.8	***	365	445	***

### Raw Master Men 40-49

Callistus Schissel	303.7	455	450	550	1455
Eric Maki	194.8	355	370	505	1230
Wade Kish	165.2	350	310	440	1100
Mike LaPoint	146.1	215	210	310	735

### Raw Master Men 50+

Sid Reid	179.1	360	220	430	1010
Gary Edwards	219.4	410	300	515	1225
John Milnes	232.1	375	250	445	1095
Doug Priebe	213.7	420	295	500	1215
John Valpatic	196.8	380	240	450	1070
Bill Miller	181.1	340	300	450	1090

### Raw Master Women

Debra Duffy-Smet	145.9	180	135	295	610
Cheri Schouweiler	219.1	230	140	305	675

**Raw Women**

Erin Walterman	145.2	280	205	355	840
Fawn Friday	123.2	265	110	310	685
Kristi Trussell	120.9	225	150	290	665
Monica Augustine	269.0	370	215	395	980
Debra Duffy-Smet	145.9	180	135	295	610
AJ Matthews	143.9	215	150	300	665
Rachel Warpeha	122.9	195	140	250	585
Coutney Bisinger	161.0	255	120	265	640
Peggy Sue MeyerMiller	162.5	185	135	305	625
Nathali Niedorowski	141.0	115	85	170	370

**Raw Teen /male**

Alex Ringhand	178.2	360	235	430	1025
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**Raw Men**

Kyle Milnes	339.0	775	365	655	1795
Robert Trettin	236.8	605	420	590	1615
Grant Kuehnl	181.8	520	300	540	1360
Steve Reishius	148.7	405	215	435	1055
Ben Puckhaber	162.0	365	275	465	1105
Eric Lohman	184.9	440	285	445	1170
Shane Cameron	140.4	300	230	395	925
Mike Schuelke	178.1	425	225	450	1100
Chris Jones	231.2	455	265	500	1220
Erin Berns	196.7	365	245	505	1115
Dustin Schlichting	207.9	340	225	535	1100
Alex Edwards	240.1	375	260	445	1080
Isaac Ohman	211.0	335	190	420	945
Nick Gagnan	180.3	505	***	535	***
Kirk Will	222.6	545	***	635	***

**Hudson Natural Open Best Lifter 1<sup>st</sup> Session**

Kyle Milnes

**Hudson natural Open Best Lifter 2<sup>nd</sup> Session**

Justin Nelson

The 2010 Hudson Natural Open was a great success. We had novice, first time lifters as well as many veteran lifters. The meet has evolved into more of a Raw competition than a geared competition, with over 70% of the competitors lifting Raw. Because of this, we had to change the way that the Wisconsin/Minnesota Border Battle is determined. Using a percentage

of Raw and a percentage of Geared lifters, Wisconsin came out on top for the Border Battle award.

Kyle Milnes was very impressive on his way to winning the Best lifter award in the first session of lifting. Kyle made a very impressive 775 Squat in the Raw Men's division. I don't even think he wears a belt for Squats, and seems to be one of those people that always has great depth in the lift. Justin Nelson did an outstanding job in earning the best lifter award for the 2<sup>nd</sup> session of lifting. Justin proved to be a force in all three lifts. 400 lb. Bench weighing in at only 145.9 lbs.? Wow!

Sid Ried was the best of the best in the Raw Men Master's age 50 and above division. He is always one of the lifters to watch at a Powerlifting event.

I could go on and on about the great people that make this long running meet a success. Lifters, Judges, Spotters/Loaders, announcers, and the fans in the audience make this a fun event for all. We are already making plans for the 23<sup>rd</sup> annual Hudson Natural Open.

Shawn L. Cain