

Local lifters win Mid America titles

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CHICAGO -- Eight of 13 local entries won championships and three took Best Lifter awards in their divisions of the Mid America Weightlifting championships.

Winners lifting for Team Body Club coached by Jim Dinaso were:

- 10-year-old Aislinn Parish weighing 51 pounds who made lifts of 38 pounds in the snatch and 49 in the clean- and-jerk of 49 pounds;
- Laura Southards, age 14, 100 pounds, with a snatch of 53 pounds and clean-and-jerk of 68 pounds;
- n Shannon Parrish, 15, 90 pounds, with snatch of 55 and clean-and-jerk of 77;
- Riley Parish, 16, 112 pounds, with a snatch of 49 and clean-and-jerk of 77;
- and Wes Parish, 14, 85 pounds, with a snatch of 62 and clean-and-jerk of 88.

Second place winners for Team Body Club were Jenelle Parish, age 9, weight 55 pounds, with a snatch of 24 pounds and clean-and-jerk of 33, and John Southards, age 10 and 58 pounds, with a snatch of 27 and clean-and-jerk of 33.

First place winners from the Charleston Parks & Recreation Department Weightlifting Club were:

- Nathan Sewell, age 10, weighing 73 pounds, with a snatch of 75 pounds and clean-and-jerk of 101;
- Colton Sewell, 13, weight 128, with a snatch of 126 and clean-and-jerk of 161;
- Anna Southards, 18, 110 pounds, with a snatch of 66 and clean-and-jerk of 88;
- and Kari Davis, 16, 165-and-over class, with a snatch of 182 and clean-and-jerk of 238.

Second place winners for the Charleston Rec Department Club were Marc Spurlock, 19, 160 pounds, with a snatch of 148 and clean-and-jerk of 176, and Kevin Roberts, 24, 230 pounds, with snatch of 308 and clean-and-jerk of 347.

Aislinn Parish, age 10, was named the Best Lifter in the girls' 13-and-under division. Parish actually cleaned 55 pounds twice and barely failed to jerk the weight, which was more than her own bodyweight, overhead.

Nathan Sewell was named the Best Lifter for boys 13 and under. Sewell has twice finished second in the US in his weight class for boys 13 and under.

Kari Davis was named Best Lifter for all female lifters aged 20 and under. She is a multi-time national champion in her age group, and has represented the U.S. internationally on 3 occasions.

Dinaso said that he was pleased with the performance of his lifters, all of whom were in their first or second meet.

"Aisleen almost lifting more than her own bodyweight overhead was very impressive," Dinaso said. "I expect for most of the kids to improve as they gain more experience. Most of the kids set personal records here and have improved since the meet."

Marty Schnorf, coach of the Charleston Recreation Department Club, said: "Kari had a pretty decent day, as did Nathan. Kari competes in Arizona next month, and that is a really important national championship for her."

The next meet for the two clubs, other than Davis lifting in Arizona in early December, is in St. Louis in December. After that the young lifters are to compete again in Chicago in February in the big meet of the year for those 17 and under. Next year is the national Schoolage Championships near Atlanta in June.