

# Metro Champions Since 1970

• 1980	Mike Karnish	98lbs
• 1980	Dave Clark	132lbs
• 1981	Steve Jakl	98lbs
• 1983	Dave Samler	185lbs
• 1986	Tyrone Fittje	275lbs
• 1988	Tom Wagner	275lbs
• 1992	Jeff Lovell	140lbs
• 1993	Jeff Lovell	145lbs
• 1994	Randy Johnson	119lbs
• 1996	Logan Hendrickson	171lbs
• 1998	Steve Jakopovic	152lbs
• 1999	Nick Hike	275lbs
• 2000	Brian Storey	103lbs
• 2002	Jay Golwitzer	171lbs
• 2003	Joe Ellenberger	145lbs
• 2003	Jared Erspamer	189lbs
• 2004	Greg Garcia	112lbs
• 2004	Mike Santone	130lbs
• 2004	Aaron Denson	140lbs
• 2004	Josh Magill	160lbs
• 2004	Jared Erspamer	215lbs
• 2005	Jake Muirheid	119lbs
• 2005	Aaron Denson	152lbs
• 2006	Stephen Medina	152lbs
• 2006	Aaron Denson	171lbs
• 2007	Clayden McKim	112lbs
• 2007	Josh Novak	119lbs
• 2007	Morgan Denson	171lbs
• 2007	Mitch Brown	189lbs
• 2008	Jake Miller	103lbs
• 2008	Jimmy Shinkle	152lbs
• 2008	Nate Stender	171lbs
• 2008	Morgan Denson	189lbs
• 2009	Jake Miller	112lbs
• 2009	Jake Besch	135lbs
• 2010	Jake Miller	119lbs
• 2010	Tyler Stender	160lbs

## 2X Champions

Jeff Lovell  
Jared Erspamer  
Morgan Denson

## 3x Champions

Aaron Denson (4x finalist)  
Jake Miller