100% RAW Powerlifting Federation
2015 North Carolina State Powerlifting Championships
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				SQUAT				BENCH					DEADLIFT							
Name	**Division**	**Wgt**	**Class**	**1st**	**2nd**	**3rd**	**4th**	**1st**	**2nd**	**3rd**	**4th**	**Sub**	**1st**	**2nd**	**3rd**	**4th**	**TOTAL**	**LBS**	**Place**	**Coef.**
Brooke Zak	F- Y (11&under)	64.4	66	17	17.5	-25		7.5	12.5	-17.5		30	32.5	42.5	-45		**72.5**	**159.834**	1	2.48
Anna Zak	F- Y (11&under)	88.8	97	27.5	35	-37.5		12.5	17.5	22.5		57.5	40	50	57.5	-62.5	**115**	**253.529**	1	2.86
Dylan Cooper	Youth (11&under)	96	97	27.5	32.5	35		12.5	17.5	22.5		57.5	40	50	57.5	62.5	**115**	**253.529**	1	2.64
John "Buck" Ammons	Teen (14-15)	105	105	60	70	75	-85	52.5	60	-62.5		135	100	105	112.5	117.5	**247.5**	**545.639**	1	5.20
Kayla Johnson	F- Teen (18-19)	110	114	85	-90	-90		55	57.5	-60		142.5	90	100	-105		**242.5**	**534.616**	1	4.86
Lauren Cooper	F- Teen (16-17)	120	123	52.5	57.5	62.5		30	35	-40		97.5	82.5	95	102.5		**200**	**440.92**	1	3.67
Kristyn Champlin	F-Teen (18-19)	132	132	60	70	80		35	42.5	46	47.5	126	85	92.5	-112.5		**218.5**	**481.705**	1	3.65
Kimberly Soltmann	F- Open	140.6	148	80	85	-90		62.5	-70	-70		147.5	130	137.5	142.5	146	**290**	**639.334**	1	4.55
Jennifer Zak	F- Open, F- (35-39)	144.4	148	60	75	80		40	45	-47.5		125	87.5	100	105		**230**	**507.058**	2.1	3.51
Robert Melton	Junior (20-24)	144.6	148	135	155	162.5		90	102.5	107.5		270	142.5	160	-170		**430**	**947.978**	1	6.56
Stephen Shores	LFM	148.6	148	102.5	110	-120		87.5	100	-105		210	142.5	155	-167.5		**365**	**804.679**	1	5.42
Ben Zak	Open, (45-49)	145.6	148	97.5	107.5	115		82.5	90	-92.5		205	142.5	157.5	-165		**362.5**	**799.168**	1,1	5.49
Stephen Andros	Teen (16-17)	144.2	148	70	80	85		52.5	60	65		150	92.5	107.5	117.5		**267.5**	**589.731**	1	4.09
Daniel Del Rossi	Junior (20-24)	158.4	165	-115	115	125		112.5	117.5	-120		242.5	142.5	155	175		**417.5**	**920.421**	1	5.81
Chris Ferranti	Open	153.8	165	170	180	-185		125	132.5	135		315	220	232.5	245		**560**	**1234.58**	1	8.03
Cjong "Kevin" Pham	Open	164.8	165	165	-178	-190		125	142.5	147.5		312.5	185	200	230		**542.5**	**1196**	2	7.26
Dylan Aaron	Open, Teen(18-19)	154.6	165	145	150	0		100	-102.5	102.5		252.5	180	185	-187.5		**437.5**	**964.513**	3,1	6.24
Ronald Brown	Open, Teen(18-19)	150.6	165	110	117.5	120		97.5	100	102.5		222.5	190	192.5	-200		**415**	**914.909**	4,2	6.08
Chase Elliott	Junior (20-24)	181	181	-138	137.5	140		125	132.5	137.5		277.5	192.5	220	-227.5		**497.5**	**1096.79**	2	6.06
Jeremy Muse	Open, Junior (20-24)	171.6	181	175	185	202.5		115	125	-132.5		327.5	205	225	235		**562.5**	**1240.09**	1,1	7.23
Amos Sunday-Nigeria	Open	176	181	160	170	175		140	-150	150		325	200	210	220		**545**	**1201.51**	2	6.83
Khiaro Promise - VA	Open, LFM	176.4	181	175	-183	-183		-135	-135	-135		40	185	202.5	215	222.5	**255**	**562.173**		3.19
Hayden Benshoff	Teen (14-15)	180	181	-100	105	110		60	65	70		180	137.5	147.5	155		**335**	**738.541**	1	4.10
Gary Lindsey	Master (55-59)	185	198	125	140	0		-102.5	-102.5	-102.5		37.5	0	0	0		**37.5**	**82.6725**		0.45
Kevin Woods	Open	187.2	198	215	230	237.5		152.5	165	-177.5		402.5	235	260	275		**677.5**	**1493.62**	1	7.98
Brandon Pettit	Open, Junior (20-24)	185.6	198	190	205	220		105	115	-125		335	230	257.5	-282.5		**592.5**	**1306.23**	2,1	7.04
Brian McIntyre - VA	Open, Master (40-44)	195	198	180	192.5	-203		135	142.5	-150		335	200	222.5	235		**570**	**1256.62**	3,1	6.44

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Katherine Moore	F- Junior (20-24)	202.6	198+	117.5	122.5	137.5		67.5	80	-85		217.5	115	127.5	145	150	**362.5**	**799.168**	1	3.94
Brandi Sneed	F-Open	205	198+	132.5	142.5	-160		75	85	93	-95	235.5	147.5	175	-185		**410.5**	**904.988**	1	4.41
Woody Leonard	Master (50-54)	218.4	220	230	-250	0		-145				85	-265				**0**	**0**		0.00
John Niedzwick	Master (65-69)	210	220	150	162.5	170		107.5	112.5	115		285	167.5	185	192.5		**477.5**	**1052.7**	1	5.01
Nick Hammer	Open	220	220	222.5	-243	242.5		162.5	-177.5	0		405	232.5	260	275		**680**	**1499.13**	1	6.81
Ashley Stone	Open, (30-34)	205	220	182.5	215	-223		130	150	162.5		377.5	227.5	272.5	282.5		**660**	**1455.04**	2,1	7.10
Stacy Chester	Open	210.2	220	165	177.5	195		115	120	-130		315	207.5	232.5	250		**565**	**1245.6**	3	5.93
Ronnie Biggs	Open, Master (50-54)	218.4	220	-173	172.5	195		120	127.5	-137.5		322.5	192.5	212.5	222.5	-227.5	**545**	**1201.51**	4,1	5.50
Gene Berry	Open, Master (55-59)	235.6	242	190	205	215		137.5	145	-155		360	195	215	-229		**575**	**1267.65**	1,1	5.38
Ray Berry	Open, Master (50-54)	231.8	242	150	170	182.5		130	137.5	142.5		325	190	212.5	-227.5		**537.5**	**1184.97**	2,1	5.11
Ira Brooks - VA	Master (65-69)	229	242	122.5	135	137.5		95	100	105		242.5	137.5	147.5	160		**402.5**	**887.352**	1	3.87
Kevin Combs - VA	Master (45-49)	270	275	215	-228	227.5		165	172.5	182.5		410	215	237.5	245		**655**	**1444.01**	1	5.35
Trey Manning	Open, (25-29)	265.2	275	-318	-318	317.5		160	170	-182.5		487.5	307.5	-320	-320		**795**	**1752.66**	1,1	6.61
Dallas Daniels	Open, (25-29)	269.2	275	-275	280	-285		165	-175	0		445	230	250	265		**710**	**1565.27**	2,2	5.81
James Bright	Teen (16-17)	269	275	-143	145	155		72.5	77.5	85		240	150	165	172.5		**412.5**	**909.398**	1	3.38
Mike Yartin	Open, (30-34)	276.8	308	192.5	210	227.5		117.5	130	-137.5		357.5	207.5	232.5	250		**607.5**	**1339.29**	1,1	4.84
Joe Garza	Teen (16-17)	315	SHW	-100	105	107.5		65	75	-90		182.5	140	150	-165		**332.5**	**733.03**	1	2.33
Push/Pull																				
Brooke Zak	F- Y (11&under)	64.4	66	17				7.5	12.5	-17.5		29.5	32.5	42.5	-45		**72**	**158.731**	1	2.46
Anna Zak	F- Y (11&under)	88.8	97					12.5	17.5	22.5		22.5	40	50	57.5	-62.5	**80**	**176.368**	1	1.99
Amanda Dieckhaus	F-Teen (16-17)	97	97					-12.5	12.5	-18.5		12.5	32.5	37.5	42.5	45	**55**	**121.253**	1	0.57
Dylan Cooper	Youth (11&under)	96	97					12.5	17.5	22.5		22.5	40	50	57.5	62.5	**80**	**176.368**	1	1.84
John "Buck" Ammons	Teen (14-15)	105	105					52.5	60	-62.5		60	100	105	112.5	117.5	**172.5**	**380.294**	1	3.62
Kayla Johnson	F- Teen (18-19)	110	114					55	57.5	-60		57.5	90	100	-105		**157.5**	**347.225**	1	3.16
Lauren Cooper	F- Teen (16-17)	120	123					30	35	-40		35	82.5	95	102.5		**137.5**	**303.133**	1	2.53
Kristyn Champlin	F-Teen (18-19)	132	132					35	42.5	46	47.5	46	85	92.5	-112.5		**138.5**	**305.337**	1	2.31
Kimberly Soltmann	F- Open	140.6	148					62.5				62.5	130				**192.5**	**424.386**	1	1.37
Jennifer Zak	F- Open, F- (35-39)	144.4	148					40	45	-47.5		45	87.5	100	105		**150**	**330.69**	2.1	2.29
Robert Melton	Junior (20-24)	144.6	148					90	102.5	107.5		107.5	142.5	160	-170		**267.5**	**589.731**	1	4.08
Stephen Shores	LFM	144.2	148					87.5	100	-105		100	142.5	155	-167.5		**255**	**562.173**	1	3.90
Glenn Raisin	Master (55-59)	146.2	148					75	77.5	-82.5		77.5	122.5	127.5	137.5		**215**	**473.989**	1	1.47
Theopolis Ussery	Open	146.4	148					140	142.5	147.5	-150	147.5	185	195	197.5	-218	**345**	**760.587**	1	2.36

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Ben Zak	Open, (45-49)	145.6	148					82.5	90	-92.5		90	142.5	157.5	-165		**247.5**	**545.639**	2,1	3.75
Stephen Andros	Teen (16-17)	148.6	148					52.5	60	65		65	92.5	107.5	117.5		**182.5**	**402.34**	1	2.71
Cjong "Kevin" Pham	Open	164.8	165					125	142.5	147.5		147.5	185	200	230		**377.5**	**832.237**	2	5.05
Nasir Nantambu	Open, Sub(35-39), PFM	165	165					127.5	-145	-145		127.5	192.5	215	227.5	236	**355**	**782.633**	1,1,1	2.15
Ronald Brown	Open, Teen(18-19)	150.6	165					97.5	100	102.5		102.5	190	192.5	-200		**295**	**650.357**	2,1	4.32
Dylan Aaron	Open, Teen(18-19)	154.6	165					100	-102.5	102.5		102.5	180	185	-187.5		**287.5**	**633.823**	3,2	4.10
Amos Sunday-Nigeria	Open	176	181					140	-150	150		150	200	210	220		**370**	**815.702**	1	4.63
Khiaro Promise - VA	Open, LFM	76.4	181					-135	-135	-135		-135	185	202.5	215	222.5	**80**	**176.368**		2.31
Hayden Benshoff	Teen (14-15)	180	181					60	65	70		70	137.5	147.5	155		**225**	**496.035**	1	2.76
Brian McIntyre-VA	Open, Master (40-44)	195	198					135	142.5	-150		142.5	200	222.5	235		**377.5**	**832.237**	1,1	4.27
Brandon Pettit	Open, Junior (20-24)	185.6	198					105	115	-125		115	230	257.5	-282.5		**372.5**	**821.214**	2,1	4.42
Mike Werner	Open	215.2	220					145	150	-155		150	217.5	230	-240		**380**	**837.748**	1	1.77
Ronnie Biggs	Master (50-54)	218.4	220					120	127.5	-137.5		127.5	192.5	212.5	222.5	-227.5	**350**	**771.61**	1	3.53
Ira Brooks-VA	Master (65-69)	229	242					95				95	137.5				**232.5**	**512.57**	1	1.02
Gene Berry	Open, Master (55-59)	235.6	242					137.5	145	-155		145	195	215	-229		**360**	**793.656**	1,1	3.37
Ray Berry	Open, Master (50-54)	231.8	242					130	137.5	142.5		142.5	190	212.5	-227.5		**355**	**782.633**	2,1	3.38
Kevin Combs-VA	Open, Master (45-49)	270	275					165	172.5	182.5		182.5	215	237.5	245		**427.5**	**942.467**	1,1	3.49
James Bright	Teen (16-17)	269	275					72.5	77.5	85		85	150	165	172.5		**257.5**	**567.685**	1	2.11
Ray Smith	Master (55-59)	315	SHW					-140	-140	-140		-140	0	0	0		**-140**	**-308.64**		-0.44
Joe Garza	Teen (16-17)	315	SHW					65	75	-90		75	140	150	-165		**225**	**496.035**	1	1.57
Bench Press																				
John "Buck" Ammons	Teen (14-15)	105	105					52.5	60	-62.5		60					**60**	**132.276**	1	1.26
Kayla Johnson	F- Teen (18-19)	110	114					55	57.5	-60		57.5					**57.5**	**126.765**	1	1.15
Lauren Cooper	F- Teen (16-17)	120	123					30	35	-40		35					**35**	**77.161**	1	0.64
Kristyn Champlin	F-Teen (18-19)	132	132					35	42.5	46	47.5	46					**46**	**101.412**	1	0.77
Jennifer Zak	F- Open, F- (35-39)	144.4	148					40	45	-47.5		45					**45**	**99.207**	1,1	0.69
Robert Melton	Junior (20-24)	144.6	148					90	102.5	107.5		107.5					**107.5**	**236.995**	1	1.64
Stephen Shores	LFM	144.2	148					87.5	100	-105		100					**100**	**220.46**	1	1.53
Ben Zak	Open, (45-49)	145.6	148					82.5	90	-92.5		90					**90**	**198.414**	1,1	1.36
Stephen Andros	Teen (16-17)	148.6	148					52.5	60	65		65					**65**	**143.299**	1	0.96
Tom Newnam	Masters (70-74)	162	165					120	125.5	-127.5		125.5					**125.5**	**276.677**	1	1.71
Cjong "Kevin" Pham	Open	164.8	165					125	142.5	147.5		147.5					**147.5**	**325.179**	1	1.97
Nasir Nantambu	Open, Sub(35-39), PFM	165	165					127.5	-145	-145		127.5					**127.5**	**281.087**	2,1,1	0.77
Ronald Brown	Open, Teen(18-19)	150.6	165					97.5	100	102.5		102.5					**102.5**	**225.972**	2,1	1.50
Dylan Aaron	Open, Teen(18-19)	154.6	165					100	-102.5	102.5		102.5					**102.5**	**225.972**	3,2	1.46
Steve Poythress	Open, Sub (35-39)	175.6	181					145	152.5	-157.5		152.5					**152.5**	**336.202**	1,1	1.91
Amos Sunday-Nigeria	Open	176	181					140	-150	150		150					**150**	**330.69**	2	1.88

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Hayden Benshoff	Teen (14-15)	180	181					60	65	70		70					**70**	**154.322**	1	0.86
Brian McIntyre-VA	Open, Master (40-44)	195	198					135	142.5	-150		142.5					**142.5**	**314.156**	1,1	1.61
Brandon Pettit	Open, Junior (20-24)	185.6	198					105	115	-125		115					**115**	**253.529**	2,1	1.37
Kristianne Bebout	F-Master (50-54)	299	198+					75	82.5	-85		82.5					**82.5**	**181.88**	1	0.28
Josh Dramis	Open	208.4	220					160	-167.5	-167.5		160					**160**	**352.736**	1	1.69
Nick Hammer	Open	220	220					162.5	-177.5	0		162.5					**162.5**	**358.248**	2	1.63
Ashley Stone	Open, (30-34)	205	220					130	150	162.5		162.5					**162.5**	**358.248**	1,1	1.75
Ronnie Biggs	Open, Master (50-54)	218.4	220					120	127.5	-137.5		127.5					**127.5**	**281.087**	3,1	1.29
Ira Brooks-VA	Master (65-69)	229	242					95				95					**95**	**209.437**	1	0.41
Gene Berry	Open, Master (55-59)	235.6	242					137.5	145	-155		145					**145**	**319.667**	2,1	1.36
Ray Berry	Open, Master (50-54)	231.8	242					130	137.5	142.5		142.5					**142.5**	**314.156**	3,1	1.36
Kevin Combs-VA	Open, Master (45-49)	270	275					165	172.5	182.5		182.5					**182.5**	**402.34**	1,1	1.49
Joe Garza	Teen (16-17)	315	SHW					65	75	-90		75					**75**	**165.345**	1	0.52
Deadlift																				
John "Buck" Ammons	Teen (14-15)	105	105									0	100	105	112.5	117.5	**112.5**	**248.018**	1	2.36
Kayla Johnson	F- Teen (18-19)	110	114									0	90	100	-105		**100**	**220.46**	1	2.00
Lauren Cooper	F- Teen (16-17)	120	123									0	82.5	95	102.5		**102.5**	**225.972**	1	1.88
Kristyn Champlin	F-Teen (18-19)	132	132									0	85	92.5	-112.5		**92.5**	**203.926**	1	1.54
Kimberly Soltmann	F- Open	140.6	148									0	130	137.5	142.5	146	**142.5**	**314.156**	1	2.23
Jennifer Zak	F- Open, F- (35-39)	144.4	148									0	87.5	100	105		**105**	**231.483**	1,1	1.60
Robert Melton	Junior (20-24)	144.6	148									0	142.5	160	-170		**160**	**352.736**	1	2.44
Stephen Shores	LFM	144.2	148									0	142.5	155	-167.5		**155**	**341.713**	1	2.37
Ben Zak	Open, (45-49)	145.6	148									0	142.5	157.5	-165		**157.5**	**347.225**	1,1	2.38
Stephen Andros	Teen (16-17)	148.6	148									0	92.5	107.5	117.5		**117.5**	**259.041**	1	1.74
Brandon Pettit	Open, Junior (20-24)	185.6	198									0	230	257.5	-282.5		**257.5**	**567.685**	1,1	3.06
Brian McIntyre-VA	Open, Master (40-44)	195	198									0	200	222.5	235		**235**	**518.081**	2,1	2.66
Ronnie Biggs	Open, Master (50-54)	218.4	220									0	192.5	212.5	222.5	-227.5	**222.5**	**490.524**	1,1	2.25
Ira Brooks-VA	Master (65-69)	229	242									0	137.5	147.5	160		**160**	**352.736**	1	0.70
Ray Berry	Open, Master (50-54)	231.8	242									0	190	212.5	-227.5		**212.5**	**468.478**	2,1	2.02
Gene Berry	Open, Master (55-59)	235.6	242									0	195	215	-229		**215**	**473.989**	1,1	2.01
Strict Curl	**Division**	**Wgt**	**Class**	**1st**	**2nd**	**3rd**	**4th**													
John "Buck" Ammons	Teen (14-15)	105	105	-32.5	32.5	-35						32.5					**32.5**	**71.6495**	1	0.31
Jennifer Zak	F- Open, (35-39)	144.4	148	15	20.5	23.5	-26.5					23.5					**23.5**	**51.8081**	1,1	0.16
Ben Zak	Open, (45-49)	145.6	148	35	42.5	-45.5						42.5					**42.5**	**93.6955**	1,1	0.29
Nasir Nantambu	Open, Sub(35-39), PFM	165	165	47.5	60	-65						60					**60**	**132.276**	1,1,1	0.36
Dylan Aaron	Open, Teen(18-19)	154.6	165	42.5	52.5	55						55					**55**	**121.253**	2,1	0.36

100% RAW Powerlifting Federation
2015 North Carolina State Powerlifting Championships
February 7 - CrossFit-RDU

				SQUAT				BENCH					DEADLIFT							
Name	Division	Wgt	Class	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th	TOTAL	LBS	Place	Coef.
Khiaro Promise - VA	Open, LFM	176.4	181	-55	55	62.5						62.5					**62.5**	**137.788**	1,1	0.35
Amos Sunday-Nigeria	Open	176	181	50	55	-60						55					**55**	**121.253**	2	0.31
Hayden Benshoff	Teen (14-15)	180	181	-35	35	42.5	-45					42.5					**42.5**	**93.6955**	1	0.24
Katherine Moore	F- Junior (20-24)	202.6	198	25	-27.5	27.5						27.5					**27.5**	**60.6265**	1	0.14
Ronnie Cooper	Master (45-49)	197.8	198	30	45	-50						45					**45**	**99.207**	1	0.23
Bill Robertson - GA	Masters (50-54)	240	242	70	-74	-74						70					**70**	**154.322**	1	0.29
Dallas Daniels	Open (25-29)	269.2	275	65	67.5	72.5						72.5					**72.5**	**159.834**	1,1	0.27
James Bright	Teen (16-17)	269	275	-35	40	45						45					**45**	**99.207**	1	0.17
Brandi Sneed	F-Open	205	198+	32.5	35	-40						35					**35**	**77.161**	1	0.17
Kristianne Bebout	F-Master (50-54)	299	198+	25	30	35	-37.5					35					**35**	**77.161**	1	0.12

Judges:

Paul Bossi
Gene Berry
Ray Berry
Nasir Nantambu
Will Lynch
Jen Zak
John Ammons-Seat Time

Drug Tested:

Nick Hammer
Theopolis Ussery
Chris Ferranti
Cjong "Kevin" Pham
Kevin Woods
Jeremy Muse