100% RAW Powerlifting Federation
North Carolina State Powerlifting Championships
February 5-6, 2016

				SQUAT				BENCH					DEADLIFT							
Name	Division	Wgt	Class	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th	TOTAL	LBS	Place	Coef.
MacKenzie Taylor	F-Youth(8-9)	61.2	66	19.5	24.5	-28		10	12	15.5	16.5	40	35	42	47.5	49.5	87.5	192.9	1	1.43
Brooke Zak	F-Youth(10-11)	73.6	77	20	25	27.5	-32	10	14.5	17	-19.5	44.5	35	42	47.5	-52	92	202.82	1	1.25
Francis Fleming	Youth(10-11)	72	77	30	35	40		20	22.5	25		65	60	65	70		135	297.62	1	1.88
Elizabeth Fleming	F-Teen(12-13)	94.1	97	30	32.5	35		20	22.5	-25		57.5	50	55	57	59.5	114.5	252.43	1	1.22
Ashely Christiansen	F-Teen(16-17)	93.4	97	-32.5	32.5	-37		30	34.5	39.5		72	52.5	54.5	57	62	129	284.39	1	1.38
Anna Zak	F-Teen(12-13)	100.8	105	30	-40	-40		20	22	-27		52	45	54.5	64.5	-69.5	116.5	256.84	1	1.16
John "Buck" Ammons	Open, Teen(16-17)	105.2	105	72.5	-82.5	85	-95.5	52.5	57.5	-62.5		142.5	102.5	107.5	120	-128	262.5	578.71	1,1	2.50
Dylan Cooper	Youth(8-9)	105.8	105	30	35	40	44.5	20	22	-27		62	45	57	67	72	129	284.39	1	1.22
Jennifer Minella	F-Open, Sub(35-39)	132	132	95	102.5	107.5		-57.5	-57.5	60		167.5	102.5	-113	112.5		280	617.29	1,1	2.12
Lindsey Williams	F-Open	142.8	148	82.5	92.5	102.5		52.5	60	-65		162.5	107.5	120	132.5		295	650.36	1	2.07
Lenard Jones	Open	144.4	148	170	182.5	190		132.5	142.5	-147.5		332.5	220	232.5	240	241	572.5	1262.1	1	3.96
Theopolis Ussery	Open	144.8	148	155	165	170		140	147.5	152.5	155	322.5	205	222.5	-230		545	1201.5	2	3.76
Jessica Rossway	F-Open	159.8	165	60	72.5	-87.5		42.5	50	52.5		125	102.5	117.5	122.5		247.5	545.64	2	1.55
Kate Rupert	F-Open,Master (45-49)	149.8	165	85	-95	-95		60	-65	65	-67.5	150	95	102.5	107.5	110	257.5	567.68	1,1	1.72
Jenn Zak	F-Sub(35-39)	150.8	165	72.5	85.5	-90		45	52.5	-53.5		138	97.5	107.5	110.5	114	248.5	547.84	1	1.65
Hanna Holden	F-Teen(14-15)	164.9	165	72.5	85	91.5	-95	40	47.5	53		144.5	100	117.5	122.5		267	588.63	1	1.62
Ben Zak	Open, M(45-49)	149.7	165	100	-115	117.5		87.5	100	105		222.5	142.5	157.5	162.5		385	848.77	1,1	2.57
Stephen Shores	PFM	151.6	165	102.5	112.5	122.5		90	-100	-100		212.5	145	157.5	162.5		375	826.73	1	2.47
Carlita Farmer	F-Junior(20-24)	178.6	181	135	142.5	152.5		67.5	85	90	-92.5	242.5	142.5	167.5	185	187.5	427.5	942.47	1	2.39
Steven Due	Master (45-49)	168.4	181	102.5	112.5	120		-67.5	-70	70		190	142.5	165	177.5		367.5	810.19	1	2.18
Kevin Woods	Open	181.6	181	230	240	247.5		165	-175	175		422.5	265	282.5	285		707.5	1559.8	1	3.90
Jeremy Muse	Open	168.4	181	207.5	215	222.5		125	130	-132.5		352.5	227.5	242.5	-252.5		595	1311.7	2	3.53
Bryan Christopher	Open	191.2	198	165	175	-182.5		120	130	-137.5		305	-205	217.5	-230		522.5	1151.9	1	2.73
Angela Davis-Coleman	F-Open	223	198+	-60	-60	60		-65	70	72.5	75	132.5	102.5	107.5	110		242.5	534.62	1	1.09
DeMarion Farmer	Open	211.6	220	-175	175	182.5		125	142.5	152.5		335	205	227.5	242.5		577.5	1273.2	1	2.73
Ronnie Biggs	Open, Master (50-54)	217.8	220	170	182.5	-192.5		127.5	135	-142.5		317.5	185	207.5	-227.5		525	1157.4	2,1	2.41
Ira Brooks-VA	Master (70-74)	234.6	242	115	122.5	137.5		92.5	102.5	105		242.5	137.5	147.5	160		402.5	887.35	1	1.72
Nick Hammer	Open	240.8	242	240	262.5	-272.5		167.5	182.5	187.5		450	265	287.5	295		745	1642.4	1	3.09
James Clear	Open	229.4	242	167.5	175	180		-103	-112.5	112.5		292.5	205	215	227.5		520	1146.4	3	2.27
Gene Berry	Open, Master (55-59)	239.6	242	195	212.5	-220		142.5	157.5	-162.5		370	200	222.5	230		600	1322.8	2,1	2.50
Mario Todorov	Sub(35-39)	227.2	242	182.5	195	205		142.5	-155	-155		347.5	190	227.5	-242.5		575	1267.6	1	2.53
Kevin Combs - VA	Open, M(45-49)	249.6	275	230	240	-255		160	-167.5	-167.5		400	232.5	245	250		650	1433	1,1	2.60
Push/Pull																				
Marshall Cooper	Youth(8-9)	54	66					10	12	13		13	35	45	47.5		60.5	133.38	1	1.12
MacKenzie Taylor	F-Youth(8-9)	61.2	66					10	12	15.5	16.5	15.5	35	42	47.5	49.5	63	138.89	1	1.03
Brooke Zak	F-Youth(10-11)	73.6	77					10	14.5	17	-19.5	17	35	42	47.5	-52	64.5	142.2	1	0.88
Francis Fleming	Youth(10-11)	72	77					20	22.5	25		25	60	65	70		95	209.44	1	1.32
Elizabeth Fleming	F-Teen(12-13)	94.1	97					20	22.5	-25		25	22.5	50	55	59.5	72.5	159.83	1	0.77
Anna Zak	F-Teen(12-13)	100.8	105					20	22	-27		22	45	54.5	64.5	-69.5	86.5	190.7	1	0.86
John "Buck" Ammons	Open, Teen(16-17)	105.2	105					52.5	57.5	-62.5		57.5	102.5	107.5	120	-128	177.5	391.32	1,1	1.69
Patrick Fleming	Youth(10-11)	103.4	105					22.5	25	27.5		27.5	50	55	60		87.5	192.9	1	0.85

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Dylan Cooper	Youth(8-9)	105.8	105					20	22	-27		22	45	57	67	72	89	196.21	1	0.84
Lauren Cooper	F-Open,Teen(18-19)	138.4	148					40	47.5	-52		47.5	100	115	122.5	123	170	374.78	1	1.23
Fred Wescott	Master (55-59)	147.6	148					95	102.5	105	107.5	105	165	175	-182.5		280	617.29	1	1.90
Kate Rupert	F-Master (45-49)	149.8	165					60	-65	65	-67.5	65	95	102.5	107.5	110	172.5	380.29	1	1.15
Jenn Zak	F-Sub(35-39)	150.8	165					45	52.5	-53.5		52.5	97.5	107.5	110.5	114	163	359.35	1	1.08
Hanna Holden	F-Open,Teen(14-15)	164.9	165					40	47.5	53		53	100	117.5	122.5		175.5	386.91	1,1	1.06
Ben Zak	Open, M(45-49)	149.7	165					87.5	100	105		105	142.5	157.5	162.5		267.5	589.73	1,1	1.79
Stephen Shores	Open, PFM	151.6	165					90	-100	-100		90	145	157.5	162.5		252.5	556.66	2,1	1.67
Yogi Sumner	Master (65-69)	177.2	181					80	85	87.5		87.5	120	125	130		217.5	479.5	1	1.23
Hyacinth Joseph	F-Master (55-59)	193.4	198					70	75	82.5	83	82.5	100	110	122.5		205	451.94	1	1.06
Ronnie Biggs	Open, M(50-54)	217.8	220					127.5	135	-142.5		135	185	207.5	-227.5		342.5	755.08	1,1	1.57
Gary Edwards	M(50-54), PFM	239.2	242					140	147.5	-152.5		147.5	-150	175	177.5		325	716.5	1,1	1.36
Ira Brooks-VA	Master (70-74)	234.6	242					92.5	102.5	105		105	137.5	147.5	160		265	584.22	1	1.13
Gene Berry	Open, M(55-59)	239.6	242					142.5	157.5	-162.5		157.5	200	222.5	230		387.5	854.28	1,1	1.62
Mario Todorov	Sub(35-39)	227.2	242					142.5	-155	-155		142.5	190	227.5	-242.5		370	815.7	1	1.63
Kevin Combs - VA	Open, M(45-49)	249.6	275					160	-167.5	-167.5		160	232.5	245	250		410	903.89	1,1	1.64
Joe Garza	Teen(18-19)	312.4	SHW					75	82	95		95	142.5	157.5	182.5		277.5	611.78	1	0.89
Bench Press																				
MacKenzie Taylor	F-Youth(8-9)	61.2	66					10	12	15.5	16.5	15.5					15.5	34.171	1	0.25
Anna Zak	F-Teen(12-13)	100.8	105					20	22	-27		22					22	48.501	1	0.22
Dylan Cooper	Youth(8-9)	105.8	105					20	22	-27		22					22	48.501	1	0.21
Patrick Fleming	Youth(10-11)	103.4	105					22.5	25	27.5		27.5					27.5	60.627	1	0.27
John "Buck" Ammons	Open, Teen(16-17)	105.2	105					52.5	57.5	-62.5		57.5					57.5	126.76	1	0.55
Mona Espinosa - VA	F-Open, F-PFM, (30-34)	141.6	148					57.5	60	61.5	63.5	61.5					61.5	135.58	1,1,1	0.43
Lauren Cooper	F-Open, F-Teen(18-19)	138.4	148					40	47.5	-52		47.5					47.5	104.72	1	0.34
Jenn Zak	F-Sub(35-39)	150.8	165					45	52.5	-53.5		52.5					52.5	115.74	1	0.35
Hanna Holden	F-Teen(14-15)	164.9	165					40	47.5	53		53					53	116.84	1	0.32
Joseph Sanders	Master (70-74)	163.6	165					102.5	110	-115		110					110	242.51	1	0.67
Aaron Griswell	Open, Junior (20-24)	165.2	165					152.5	157.5	161	-164	161					161	354.94	1,1	0.97
Ben Zak	Open, M(45-49)	149.7	165					87.5	100	105		105					105	231.48	2,1	0.70
Stephen Shores	Open, PFM	151.6	165					90	-100	-100		90					90	198.41	3,1	0.59
Elissa Cooper	F-Master (40-44)	181.2	181					37.5	42.5	-45		42.5					42.5	93.696	1	0.23
John Bessette	Master (55-59)	179	181					130	138	-140		138					138	304.23	1	0.77
Andrea Frederick	F- Master (60-64)	168.4	181					55	60	61.5	65	61.5					61.5	135.58	1	0.37
Steve Poythress	Open, Sub(35-39)	177.8	181					157.5	175	-177.5		175					175	385.81	1,1	0.98
John Cooper	Open, M(40-44)	195.2	198					125	140	-145		140					140	308.64	1,1	0.72
Ronnie Biggs	Open, M(50-54)	217.8	220					127.5	135	-142.5		135					135	297.62	2,2	0.62
Ray Matusko	Open, M(50-54)	218	220					155	-172.5	-172.5		155					155	341.71	1,1	0.71
Gary Edwards	Master (50-54), PFM	239.2	242					140	147.5	-152.5		147.5					147.5	325.18	1,1	0.62
Bernie Rhodes-VA	Master (65-69)	242.2	242					112.5	117.5	-127.5		117.5					117.5	259.04	1	0.49

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Ira Brooks-VA	Master (70-74)	234.6	242					92.5	102.5	105		105					92.5	203.93	1	0.39
Ray Berry	Open, M(50-54)	238	242					137.5	145	155		155					155	341.71	3,1	0.65
Gene Berry	Open, M(55-59)	239.6	242					142.5	157.5	-162.5		157.5					157.5	347.22	2,1	0.66
Josh Dramis	Open, Sub(35-39)	228.2	242					175	-190	-190		175					175	385.81	1,1	0.77
Mario Todorov	Sub(35-39)	227.2	242					142.5	-155	-155		142.5					142.5	314.16	2	0.63
Kevin Combs - VA	Open, M(45-49)	249.6	275					160	-167.5	-167.5		160					160	352.74	1,1	0.64
Chris Senter	Master (50-54)	285.5	308					-160	-167.5	167.5	-182.5	167.5					167.5	369.27	1	0.59
Joe Garza	Teen(18-19)	312.4	SHW					75	82	95		95					95	209.44	1	0.30
Deadlift																				
MacKenzie Taylor	F-Youth(8-9)	61.2	66									0	35	42	47.5	49.5	47.5	104.72	1	0.78
Anna Zak	F-Teen(12-13)	100.8	105									0	45	54.5	64.5	-69.5	64.5	142.2	1	0.64
John "Buck" Ammons	Open, Teen(16-17)	105.2	105									0	102.5	107.5	120	-128	120	264.55	1,1	1.14
Dylan Cooper	Youth(8-9)	105.8	105									0	45	57	67	72	67	147.71	1	0.63
Pantea Dougani	F-Master (50-54)	119.2	123									0	65	70	80		80	176.37	1	0.67
Lauren Cooper	F-Open,Teen(18-19)	138.4	148									0	100	115	122.5	123	122.5	270.06	1	0.89
Jenn Zak	F-Sub(35-39)	150.8	165									0	97.5	107.5	110.5	114	110.5	243.61	1	0.73
Hanna Holden	F-Teen(14-15)	164.9	165									0	100	117.5	122.5		122.5	270.06	1	0.74
Ben Zak	Open, Master(45-49)	149.7	165									0	142.5	157.5	162.5		162.5	358.25	1,1	1.09
Stephen Shores	Open, PFM	151.6	165									0	145	157.5	162.5		162.5	358.25	2,1	1.07
Matthew Holtry	Sub(35-39)	192.2	198									0	-203	202.5	212.5		212.5	468.48	1	1.11
Scott Deuel	Master (45-49)	220	220									0	162.5	182.5	187.5		187.5	413.36	1	0.85
Ronnie Biggs	Open, Master (50-54)	217.8	220									0	185	207.5	-227.5		207.5	457.45	1,1	0.95
Sonny Baltin	Sub(35-39)	217.6	220									0	222.5	232.5	-250		232.5	512.57	1	1.07
Gary Edwards	M(50-54), PFM	239.2	242									0	150	-175	177.5		177.5	391.32	1,1	0.74
Todd King	Master (55-59)	248.4	242									0	150	170	182.5		182.5	402.34	1	0.73
Ira Brooks-VA	Master (70-74)	234.6	242									0	137.5	147.5	160		160	352.74	1	0.68
Mario Todorov	Sub(35-39)	227.2	242									0	190	227.5	-242.5		227.5	501.55	1	1.00
Kevin Combs - VA	Open, Master (45-49)	249.6	275									0	232.5	245	250		250	551.15	1,1	1.00
Joe Garza	Teen(18-19)	312.4	SHW									0	142.5	157.5	182.5		182.5	402.34	1	0.58
Strict Curl	Division	Wgt	Class	1st	2nd	3rd	4th													
MacKenzie Taylor	F-Youth(8-9)	61.2	66	9.5	11	11.5						11.5					11.5	25.353	1	0.19
Caden Cooper	Youth(6-7)	42.8	66	-9.5	-9.5	-9.5						-9.5					-9.5	-20.94	1	-0.22
Marshall Cooper	Youth(8-9)	54	66	10	11.5	13						13					13	28.66	1	0.24
Brooke Zak	F-Youth(10-11)	73.6	77	9.5	10.5	12.5						12.5					12.5	27.558	1	0.17
Cody Poythress	Youth(10-11)	69.4	77	10	12.5	14						14					14	30.864	1	0.20
Anna Zak	F-Teen(12-13)	100.8	97	11	15	-17.5						15					15	33.069	1	0.15
Pinku Manandhar	F-Master (40-44)	100.2	105	12.5	17.5	20						20					20	44.092	1	0.20
Dylan Cooper	Youth(8-9)	105.8	105	11	-15	-15						11					11	24.251	1	0.10
Caleb Surgers	Teen(10-11)	119	123	12.5	15	-22.5						15					15	33.069	1	0.13
Angela Paulovits	F-M(40-44)	129.2	132	20	22.5	-27.5						22.5					22.5	49.604	2	0.17

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Carolee Poythress	F-Open, F-M(40-44)	128.9	132	-19	27.5	29.5	-31					29.5					29.5	65.036	1,1	0.23
Jennifer Minella	F-Open, F-Sub(35-39)	132	132	27.5	30	31	-32.5					31					31	68.343	1,1	0.23
Mona Espinosa - VA	F-Open PFM (30-34)	141.6	148	17.5	20	22.5						22.5					22.5	49.604	1,1,1	0.16
Lauren Cooper	F-Teen(18-19)	138.4	148	25	27.5	31						31					31	68.343	1	0.22
Jessica Rossway	F-Open	159.8	165	20	25	27.5						27.5					27.5	60.627	1	0.17
Jenn Zak	F-Sub(35-39)	150.8	165	21	25.5	-27.5						25.5					25.5	56.217	1	0.17
Hanna Holden	F-Teen(14-15)	164.9	165	25	-27.5	27.5	-28.5					27.5					27.5	60.627	1	0.17
Elissa Cooper	F-Master (40-44)	181.2	181	25	27.5	-30.5						27.5					27.5	60.627	1	0.15
Brooke Black	F-Sub(35-39)	176	181	-22.5	25	27.5						27.5					27.5	60.627	1	0.16
John "Buck" Ammons	Open, Teen(16-17)	105.2	105	35	-37.5	-37.5						35					35	77.161	1,1	0.33
Ben Zak	Open, M(45-49)	147.8	148	42.5	46.5	-47.5						46.5					46.5	102.51	1,1	0.31
Joseph Sanders	Master (70-74)	163.6	165	35	40	-45						40					40	88.184	1	0.24
Nasir Nantambu	Open	160.2	165	52.5	55	-60						55					55	121.25	1	0.34
Trevor Terrell	Teen(16-17)	153.6	165	-32.5	32.5	40						32.5					32.5	71.65	1	0.21
Ronnie Cooper	Master (45-49)	178.2	181	35	40	-45						40					40	88.184	1	0.22
Yogi Sumner	Master (65-69)	177.2	181	35	37.5	40						40					40	88.184	1	0.23
Steve Poythress	Open, Sub(35-39)	177.8	181	52.5	57.5	-60						57.5					57.5	126.76	1,1	0.32
John Cooper	Open, M(40-44)	195.2	198	62.5	70	-73						70					70	154.32	1,1	0.36
Matthew Holtry	Sub(35-39)	192.2	198	45	50	55						55					55	121.25	1	0.29
Aubrey Surgers	Master (45-49)	195.6	198	60	-62.5	-62.5						60					60	132.28	1	0.31
Lorenzo Surgers	Teen(14-15)	197.8	198	-32.5	32.5	-42.5						32.5					32.5	71.65	1	0.16
Michael Sedito	Open, (30-34)	210.6	220	52.5	59	68	73					68					68	149.91	1,1	0.32
Todd King	Master (55-59)	248.4	242	50	55	60						60					60	132.28	1	0.24
Josh Dramis	Open, Sub(35-39)	228.2	242	62.5	67.5	72.5	73					72.5					72.5	159.83	1,1	0.32