100% RAW Powerlifting Federation, Inc.
Ironman Nationals - Zion Crossroads, VA
March 17, 2012

Name	State	Division	WtCls	Flight/ Group		BENCH	DL	KG Total	LB Total
Kim Ryman (F)	VA	45-49	105	Ironman		47.5	130	177.5	391.317
Karen Poyner (F)	VA	55-59	105	Ironman		57.5	117.5	175	385.805
Jamie Potter (F)	VA	Open	148	Ironman		72.5	151	223.5	492.728
Jamie Potter (F)	VA	Fire	148	Ironman		72.5	151	223.5	492.728
Cherokee Widner	VA	12*13	114	Ironman		64	90	154	339.508
Carl Riggleman	VA	SO	165	Ironman		77.5	137.5	215	473.989
Danny Fink	VA	Open	165	Ironman		82.5	125	207.5	457.455
Donald Middleton	VA	16-17	165	Ironman		77.5	137.5	215	473.989
Danny Fink	VA	45-49	165	Ironman		82.5	125	207.5	457.455
Nate Szarmach	VA	16-17	181	Ironman		107.5	177.5	285	628.311
Ed Huffstetetler	VA	Open	181	Ironman		132.5	207.5	340	749.564
Ed Huffstetetler	VA	45-49	181	Ironman		132.5	207.5	340	749.564
Dennis Moss	VA	50-54	181	Ironman		150	165	315	694.449
Dustin Brooks	VA	16-17	198	Ironman		122.5	227.5	350	771.61
Dustin Brooks	VA	Open	198	Ironman		122.5	227.5	350	771.61
David Johnson	MD	45-49	198	Ironman		115	175	290	639.334
Gary Galloway	VA	45-49	220	Ironman		160	250	410	903.886
C.J. Booth	VA	16-17	242	Ironman		102.5	167.5	270	595.242
Matt Cronin	VA	20-24	242	Ironman		182.5	250	432.5	953.49
Stevie Murden	VA	20-24	242	Ironman		140	240	380	837.748
David Stewart	VA	40-44	242	Ironman		152.5	202.5	355	782.633
Tab Brown	WV	30-34	275	Ironman		160	247.5	407.5	898.375
Bradley Phillips	MD	55-59	275	Ironman		142.5	280	422.5	931.444

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Stu Mason	VA	30-34	308	Ironman		165	210	375	826.725
Robert Gains	VA	45-49	308	Ironman		200	262.5	462.5	1019.63
Ted Brooks	MD	50-54	SHW	Ironman		160	208	368	811.293
BENCH						**Kilos**	**lbs**		
Trinity Marrow (F)	NC	Under 11	148	BP		40	88.18		
Diamond Marrow (F)	NC	Under 11	148	BP		37.5	82.67		
Elizabeth Faulk (F)	NC	14-15	198+	BP		45	99.21		
Taliah Jones (F)	NC	16*17	198+	BP		72.5	159.8		
DeAndre Proctor	NC	Under 11	105	BP		52.5	115.7		
Demartez Taylor	NC	Under 11	105	BP		15	33.07		
Xavier Nichols	NC	Under 11	105	BP		37.5	82.67		
Jalen Reid	NC	Under 11	105	BP		30	66.14		
William Hawkins IV	NC	Under 11	105	BP		27.5	60.63		
Darnez Taylor	NC	Under 11	105	BP		25	55.12		
Justin Bassett	NC	Under 11	105	BP		20	44.09		
Dillion Hawkins	NC	Under 11	105	BP		20	44.09		
Kevin Faulk	NC	Under 11	105	BP		20	44.09		
Cherokee Widner	VA	12*13	114	BP		64	141.1		
Zion Copeland	NC	12*13	114	BP		55	121.3		
CJ Lyons	NC	12*13	123	BP		40	88.18		
Lamont Hatcher	NC	14*15	132	BP		62.5	137.8		
J Ortiz	NC	14*15	132	BP		60	132.3		
Desmond Mills	NC	14*15	132	BP		45	99.21		
Smarriues Keith	NC	10*11	165	BP		35	77.16		
Sammy Howard	VA	14*15	181	BP		110	242.5		

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William Douglas	NC	16-17	181	BP		80	176.4		
Jordon Howard	NC	Under 11	198	BP		60	132.3		
Roosevelt Perry	NC	Under 11	220	BP		52.5	115.7		
BENCH						**Kilos**	**Lbs**		
Lisa Hrutkay (F)	WV	50-54	123	BP		62.5	137.8		
Ana Alas (F)	VA	35-39	132	BP		60	132.3		
Jamie Potter (F)	VA	Open	148	BP		72.5	159.8		
Jessica Read (F)	VA	30-34	198+	BP		116.5	256.8		
Jason Leavitt	VA	Open	148	BP		115	253.5		
Danny Fink	VA	Open	165	BP		82.5	181.9		
Danny Fink	VA	45-49	165	BP		82.5	181.9		
Carl Riggleman	VA	SO	165	BP		77.5	170.9		
Timothy McCoy	VA	50-54	181	BP		157.5	347.2		
Bill Lindsey	VA	65-69	181	BP		120	264.6		
Wayne Burrell	VA	35-39	198	BP		172.5	380.3		
John Moore	VA	Open	198	BP		110	242.5		
John Moore	VA	70-74	198	BP		110	242.5		
Henry Banks	VA	65-69	220	BP		145	319.7		
John Shifflett	VA	Open	242	BP		140	308.6		
John Shifflett	VA	50-54	242	BP		140	308.6		
Bernie Rhodes	VA	60-64	242	BP		115	253.5		
Robert Gains	VA	45-49	308	BP		200	440.9		
DEADLIFT							**Kilos**	**Lbs**	
Jamie Potter (F)	VA	Open	148	DL			151	332.895	
Cherokee Widner	VA	12*13	114	DL			90	198.414	

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Michael Rice	VA	Open	165	DL			205	451.943	
Michael Rice	VA	25-29	165	DL			205	451.943	
Danny Fink	VA	Open	165	DL			125	275.575	
Danny Fink	VA	45-49	165	DL			125	275.575	
Doug Morris	VA	55-59	220	DL			182.5	402.34	
Terry Inman	VA	50-54	275	DL			187.5	413.363	
Robert Gains	VA	45-49	308	DL			267.5	589.731	
STRICT CURL									
Karen Poyner (F)	VA	55-59	105	SC			27.5	60.6265	
Jason Leavitt	VA	Open	148	SC			45	99.207	
Danny Fink	VA	Open	165	SC			45	99.207	
Danny Fink	VA	45-49	165	SC			45	99.207	
Casey Bryant	VA	35-39	181	SC			62.5	137.788	
Casey Bryant	VA	Law	181	SC			62.5	137.788	
John Moore	VA	Open	198	SC			40	88.184	
John Moore	VA	70-74	198	SC			40	88.184	
David Stewart	VA	40-44	242	SC			47.5	104.719	
John Bosley	MD	55-59	242	SC			57.5	126.765	
Ted Brooks	MD	50-54	SHW	SC			62.5	137.788	