

**100% RAW Powerlifting Federation**  
**North Carolina State Powerlifting Championships**  
**August 11, 2012 - RTP Fitness Durham, NC**

Name	Division	Wgt	Class	SQUAT				BENCH				DEADLIFT				TOTAL	LBS	Place	Coef.	
				1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd					4th
Zach Seymour-GA	Youth (10-11)	93.2	97	80	-95	-95		55	57.5	-60		137.5	115	125			262.5	578.708	1	2.82
Cameron Lester-NC	Teen (12-13)	102.8	105	75	82.5	87.5		35	40	-42.5		127.5	75	82.5	92.5		220	485.012	1	2.14
Alex Seymour- GA	Teen (12-13)	105.8	114	70	75	-80		-55	-55	55		130	75	82.5	92.5		222.5	490.524	1	2.10
Cherokee Widner-VA	Teen (12-13)	122.6	123	60	72.5	-80		62.5	67.5	-72.5		140	90	97.5	105		245	540.127	1	2.00
Nelda Newton-NC	F-Open, F-Masters(50-54)	132	132	70	75	80		45	52.5	-55		132.5	112.5	117.5	122.5		255	562.173	1,1	1.93
Staci Murphy - NC	F - Open, F-(25-29)	146	148	92.5	100	-115		57.5	-72.5	-72.5		157.5	92.5	105	-115		262.5	578.708	1,1	1.80
Robert Melton-NC	Teen (18-19)	138.6	148	102.5	112.5	-137.5		80	92.5	97.5		210	125	147.5	160		370	815.702	1	2.67
Zachary Johnson-NC	Youth (10-11)	146	148	62.5	75	-90		35	40	-47.5		115	70	90	-100		205	451.943	1	1.40
Mary Tillery-NC	F - Open, F-(25-29)	159.8	165	107.5	-120	120		65	-75	-75		185	125	137.5	145	-163	330	727.518	1,1	2.07
Nicholas Ludlow-NC	Junior (20-24)	162.4	165	150	160	-170		-102.5	110	-115		270	205	217.5	231		501	1104.5	1	3.08
Ronnie Garner-NC	Masters (40-44)	163	165	115	125	-137.5		115	125	127.5		252.5	150	162.5	172.5		425	936.955	1	2.61
Michael Wicker-NC	Masters (50-54)	161.2	165	110	125	137.5		102.5	-110	110		247.5	157.5	165	-180		412.5	909.398	1	2.56
Ron Demery - NC	Masters (50-54)	158.8	165	82.5	-92.5	92.5		70	-80	80		172.5	125	140	147.5		320	705.472	2	2.02
David Teague-NC	Open	159.8	165	152.5	-168	-167.5		107.5	-122.5	-122.5		260	-165				95	209.437		0.59
Alex Medina-NC	Open, (30-34)	164.4	165	127.5	135	145		127.5	135	140		285	175	185	190		475	1047.19	1,1	2.89
Brandon Pettit-NC	Teen (18-19)	161.2	165	132.5	-145	-145		82.5				215	182.5	197.5	207.5		422.5	931.444	1	2.62
Mike Burns-VA	Junior (20-24)	179.2	181	-170				115				-55					-55	-121.25		-0.31
Scott Smith-NC	Masters (55-59)	176.8	181	117.5	127.5	135		80	87.5	-92.5		222.5	152.5	165	-183		387.5	854.283	1	2.19
Ty Hill-SC	Open, (25-29)	178.4	181	205	215	222.5		127.5	140	-145		362.5	227.5	250	265		627.5	1383.39	1,1	3.52
Cristian Narvaja-NC	Teen (18-19), P/F/M	178.2	181	162.5	177.5	187.5		125	137.5	147.5		335	220	232.5	242.5	252.5	577.5	1273.16	1,1	3.24
Josiah Edwards - NC	Junior (20-24)	188.6	198	182.5	192.5	200		117.5	125	127.5		327.5	207.5	217.5	230		557.5	1229.06	1	2.96
Kevin Posey-NC	Open, Masters (40-44)	195.6	198	155	165	175		115	125	-137.5		300	182.5	197.5	-210		497.5	1096.79	1,1	2.54
Charles Wright-NC	Sub Master (35-39)	193.8	198	117.5	145	160		95	-127.5	127.5		287.5	127.5	155	175		462.5	1019.63	1	2.39
Michael Nelms-NC	Masters (45-49)	216.8	220	142.5	147.5	152.5		102.5	105	115		267.5	147.5	165	170		437.5	964.513	1	2.02
William Farrell-NC	Masters (65-69)	220.6	220	125	137.5	141		45	52.5	57.5		198.5	102.5	125	150		348.5	768.303	1	1.58
Greg Nuckols-NC	Open	217.4	220	260	280	295		175	190	-197.5		485	260	282.5	292.5		777.5	1714.08	1	3.58
Johann Gylfason-NC	Open	220.6	220	185	200	-215		135	150	-160		350	200	227.5	250		600	1322.76	2	2.72
Chase Riggins-NC	Open, (25-29)	210.8	220	157.5	-175	175		137.5	145	152.5		327.5	195	217.5	227.5		555	1223.55	3,1	2.63

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Phillip Capps-NC	Open, Masters (50-54)	211.4	220	197.5	205	215		152.5	160	-170		375	142.5	160	175		550	1212.53	4,1	2.60
Ray Berry-NC	Open, Masters (50-54)	220	220	152.5	165	-177.5		142.5	155.5	-161		320.5	162.5	-185	-185		483	1064.82	5,2	2.20
Tra Farrington - NC	Junior (20-24)	231.2	242	150	200	-232.5		150	160	185	202.5	385	227.5	290	317.5		702.5	1548.73	1	3.04
Gene Berry-NC	Masters (50-54)	263.2	275	190	200	210		150	162.5	-167.5		372.5	190	-207.5	207.5		580	1278.67	1	2.20
Max VanZyl-NC	Teen (18-19)	256.2	275	217.5	240	-250		142.5	155	-165		395	217.5	235	250		645	1421.97	1	2.52
Ronnie Biggs-NC	Masters (45-49)	284	308	205	227.5	242.5		160	167.5	172.5		415	197.5	220	230		645	1421.97	1	2.27
Herman Canada III- NC	Masters (40-44)	323.6	SHW	185	192.5	200		162.5	172.5	182.5		382.5	227.5	247.5	255		637.5	1405.43	1	1.97

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<b>Bench</b>																					
Damartez Taylor-NC	Youth (6-7)	53	66					12	15	-22			15					15	33.069	1	0.28
K'Veon Taylor-NC	Youth (8-9)	63.4	66					12	15	22			22					22	48.5012	1	0.35
William Hawkins IV-NC	Youth (6-7)	74.2	77					25	30	32.5			32.5					32.5	71.6495	1	0.44
Sean Miller-NC	Youth (8-9)	73.8	77					37.5	38.5	-40			38.5					38.5	84.8771	1	0.52
Jalin Reid-NC	Youth (8-9)	74.4	77					27.5	32.5	-35			32.5					32.5	71.6495	2	0.44
Chris Miller-NC	Youth (10-11)	73.8	77					25	27.5	-28.5			27.5					27.5	60.6265	1	0.37
Dylan Hawkins-NC	Youth (10-11)	79.2	88					15	-25	-25			15					15	33.069	1	0.19
DeAndre Proctor-NC	Youth (8-9)	88	88					52.5	55	57.5			57.5					57.5	126.765	1	0.65
Xavier Nicholas-NC	Teen (12-13)	96.4	97					32.5	40	-45			40					40	88.184	1	0.41
Kevin Faulk Jr-NC	Youth (10-11)	91.2	97					20	25	-30			25					25	55.115	2	0.27
Zach Seymour-GA	Youth (10-11)	93.2	97					55	57.5	-60			57.5					57.5	126.765	1	0.62
Kamron Sommerville-NC	Youth (10-11)	100.6	105					20	25	-30			25					25	55.115	1	0.25
Alex Seymour- GA	Teen (12-13)	105.8	114					-55	-55	55			55					55	121.253	1	0.52
Darnez Taylor-NC	Youth (8-9)	111	114					25	30	32.5			32.5					32.5	71.6495	1	0.29
Destiny Hawkins-NC	F-Youth (10-11)	118.8	123					20	25	27.5			27.5					27.5	60.6265	1	0.23
Daniel Champagne-NC	Open	120	123					107.5	110	115			115					115	253.529	1	0.96
Cherokee Widner-VA	Teen (12-13)	122.6	123					62.5	67.5	-72.5			67.5					67.5	148.811	1	0.55
Zion Copeland-NC	Teen (12-13)	122.4	123					52.5	57.5	60			60					60	132.276	2	0.49
Kelly Wescott-NC	F - Master (50-54)	132	132					67.5	70	-72.5			70					70	154.322	1	0.53
Diamond Marrow-NC	F-Youth (10-11)		132					0	0	0			0					0	0	1	####
Desmond Mills-NC	Teen (12-13)	134.6	132					42.5	45	47.5			47.5					47.5	104.719	1	0.35
Joseph Ortiz-NC	Teen (14-15)	129	132					52.5	57.5	62.5			62.5					62.5	137.788	1	0.48
Trinity Marrow-NC	F-Youth (10-11)		148					0	0	0			0					0	0	1	####
Tim Metcalf- NC	Masters (50-54)	148	148					90	97.5	102.5			102.5					102.5	225.972	1	0.69
Tom Lloyd-NC	Masters (55-59)	163.6	165					105	107.5	-112.5			107.5					107.5	236.995	1	0.66
SeMarreius Keith-NC	Youth (10-11)	160	165					40	45	-47.5			45					45	99.207	1	0.28

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James Adams-NC	Open		181					0	0	0		0					0	0		####
James Ellis - NC	Open, Master (50-54)	180	181					125	130	137.5		137.5					137.5	303.133	1,1	0.76
William Douglas-NC	Teen (16-17)	179.4	181					82.5	87.5	92.5		92.5					92.5	203.926	1	0.52
Jordan Howard-NC	Teen (12-13)	198	198					52.5	57.5	62.5		62.5					62.5	137.788	1	0.32
J. Tyrre Daye-NC	P/F/M	219.4	220					-160	160	177.5		177.5					177.5	391.317	1	0.81
John Shifflett-VA	Masters (50-54)	233.2	242					132.5	142.5	147.5		147.5					147.5	325.179	1	0.63
Will Whidbee-NC	Open		242					0	0	0		0					0	0		####
Jerry Comstock - NC	Masters (65-69)	245	275					157.5	160	167.5	170	167.5					167.5	369.271	1	0.68
Taliyah Jones-NC	F-Teen (16-17)	209.6	198+					65	70	-72.5		70					70	154.322	1	0.33
Elizabeth Faulk-NC	F-Teen (16-17)	214	198+					37.5	42.5	47.5		47.5					47.5	104.719	2	0.22
<b>Push/Pull</b>																				
Zach Seymour-GA	Youth 11& Under	93.2	97					55	57.5	-60		57.5	115	125			182.5	402.34	1	1.96
Cherokee Widner-VA	Teen (12-13)	122.6	123					62.5	67.5	-72.5		67.5	90	97.5	105		172.5	380.294	1	1.41
Fred Wescott-NC	Masters (55-59)	159.2	165					120	127.5	-130		127.5	167.5	177.5	182.5	187.5	310	683.426	1	1.95
Nasir Nantambu-NC	Open, (30-34)	163.2	165					125	132.5	137.5		137.5	185	195	205		342.5	755.076	1,1	2.10
Chris Bright - NC	Sub Masters (35-39)	180.2	181					145	-150	-150		145	190	-200	-200		335	738.541	1	1.86
Marvin Curtis - NC	Open	190	198					145	150	-175.5		150	182.5	192.5	205		355	782.633	1	1.87
Lewis Schirloff-NC	Masters (45-49)	207.8	220					160	167.5	175		175	192.5				367.5	810.191	1	1.77
Ray Berry-NC	Masters (50-54)	220	220					142.5	155.5	-161		155.5	162.5	-185	-185		318	701.063	1	1.45
Kevin Clark-VA	Sub Masters (35-39)	338	SHW					-170	-170	170		170	200	217.5	237.5		407.5	898.375	1	1.21
<b>Deadlift</b>																				
Zach Seymour-GA	Youth 11& Under	93.2	97									0	0	115	125		125	275.575	1	1.34

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Cherokee Widner-VA	Teen (12-13)	122.6	123								0	90	97.5	105		<b>105</b>	<b>231.483</b>	1	0.86	
Glenn Raisin-NC	Masters (55-59)	130	132								0	120	125	127.5		<b>127.5</b>	<b>281.087</b>	1	0.98	
Nelda Newton-NC	F-Open, F-Masters(50-54)	132	132								0	112.5	117.5	122.5		<b>122.5</b>	<b>270.064</b>	1,1	0.93	
Tim Metcalf- NC	Masters (50-54)	148	148								0	100	0	0		<b>100</b>	<b>220.46</b>	1	0.68	
James Adams-NC	Open, (30-34)		181								0	0	0	0		<b>0</b>	<b>0</b>		####	
Mark Franklin-NC	Open, (25-29)	189	198								0	170	185	195.2	205	<b>195.2</b>	<b>430.338</b>	1	1.03	
William Farrell-NC	Masters (65-69)	220.6	220								0	102.5	125	150		<b>150</b>	<b>330.69</b>	1	0.68	
<b>Curl</b>				<b>Curl</b>																
Cherokee Widner-VA	Teen (12-13)	122.6	123	17.5	<b>-22.5</b>	25					25					<b>25</b>	<b>55.115</b>	1	0.20	
Kelly Wescott-NC	F - Master (50-54)	132	132	25	27.5	<b>-30</b>					27.5					<b>27.5</b>	<b>60.6265</b>	1	0.21	
Nelda Newton-NC	F-Open, F-Masters(50-54)	132	132	22.5	27.5	<b>-30</b>					27.5					<b>27.5</b>	<b>60.6265</b>	1,1	0.21	
Tim Metcalf- NC	Masters (50-54)	148	148	27.5	done						27.5					<b>27.5</b>	<b>60.6265</b>	1	0.19	
Ronnie Garner-NC	Masters (40-44)	163	165	47.5	50	<b>-52.5</b>					50					<b>50</b>	<b>110.23</b>	1	0.31	
Fred Wescott-NC	Masters (55-59)	159.2	165	45	47.5	50					50					<b>50</b>	<b>110.23</b>	1	0.31	
Nasir Nantambu-NC	Open, (30-34)	163.2	165	47.5	<b>-65</b>	<b>-65</b>					47.5					<b>47.5</b>	<b>104.719</b>	1,1	0.29	
Brandon Pettitt-NC	Teen (18-19)	161.2	165	52.5	57.5	<b>-61</b>					57.5					<b>57.5</b>	<b>126.765</b>	1	0.36	
James Ellis - NC	Open, Master (50-54)	180	181	<b>-50</b>	52.5	<b>-57.5</b>					52.5					<b>52.5</b>	<b>115.742</b>	1,1	0.29	
Ray Berry-NC	Masters (50-54)	220	220	42.5	45	47.5					47.5					<b>47.5</b>	<b>104.719</b>	1	0.22	
William Farrell-NC	Masters (65-69)	220.6	220	42.5	45	47.5					47.5					<b>47.5</b>	<b>104.72</b>	1	0.22	
Gene Berry-NC	Masters (50-54)	263.2	275	42.5	45	52.5					52.5					<b>52.5</b>	<b>115.742</b>	1	0.20	