

100% RAW Powerlifting Federation
2013 North Carolina State Powerlifting Championships
Tier 1 Fitness Greenville, NC - July 20, 2013

Name	Division	Wgt	Class	SQUAT				BENCH				DEADLIFT				TOTAL	LBS	Place	
				1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd				4th
Maribeth Lino - Philippines	F-Open, F-(25-29)	97	97	72.5	77.5	-85		35	37.5	40	42.5	117.5	75	82.5	87.5	92.5	205	451.9	1,1
Nelda Newton - NC	F-M(50-54)	136	148	70	75	77.5		45	52.5	55		132.5	112.5	122.5	-125		255	562.2	1
Robert Melton - NC	Open, Teen(18-19)	145.2	148	125	142.5	-150		85	92.5	-110		235	160	172.5	182.5		417.5	920.4	1,1
David Oliver David - NC	Open	164.1	165	157.5	175	-180		102.5	112.5	-120		287.5	210	232.5	-240		520	1146	1
Brandon Pettit - NC	Open, Teen(18-19)	160.1	165	145	167.5	-172.5		85	95	-100		262.5	212.5	242.5	247.5		510	1124	2,1
John Coyle - NY	Open, (25-29)	160	165	160	170	180		90	-95	-95		270	155	165	170		440	970	3,1
Jeremiah Young - NY	Open, (25-29)	161.5	165	105	115	122.5		87.5	92.5	-97.5		215	145	155	165		380	837.7	4,2
Nasir Nantambu - NC	Open		165									0					0	0	
Charles Wright - NC	Submaster(35-39)	165.2	165	145	165	-175		105	115	-120		280	150	170	-182.5		450	992.1	1
Michael Wicker - NC	M(55-59)	159	165	110	-120	120		100	-102.5	102.5	-110	222.5	165	-182.5	-182.5		387.5	854.3	1
Mary Tillery - NC	F-Open	180.5	181	105	112.5	-125		62.5	67.5	-75		180	125	135	-145		315	694.4	1
Michael Ellison - NC	M(45-49)	178.2	181	170	182.5	-187.5		-107.5	-107.5	-110		75	182.5	200	-207.5		275	606.3	
William Farrell - NC	M(65-69)	215.5	220	137.5	145	150	-182.5	90	92.5	95		245	175	182.5	185		430	948	1
Ira Brooks - VA	M(65-69)	232	242	-115	115	125		92.5	-102.5	102.5		227.5	137.5	160	170		397.5	876.3	1
Skyler Woolard - NC	Open	232.2	242	195	207.5	232.5		135	147.5	-157.5		380	235	250	-260		630	1389	1
Gene Berry - NC	Open, M(50-54)	265	275	200	-217.5	-222.5		150	162.5	167.5	-170	367.5	200	220	230		597.5	1317	1,1
Herman Canada - NC	M(40-44)	339.3	SHW	195	202.5	207.5		160	172.5	-182.5		380	227.5	-237.5	-237.5		607.5	1339	1
Push/Pull																			
Nelda Newton - NC	F-M(50-54)	136	148					45	52.5	55		55	112.5	122.5	-125		177.5	391.3	1
Robert Melton - NC	Open, Teen(18-19)	145.2	148					85	92.5	-110		92.5	160	172.5	182.5		275	606.3	1,1
David Oliver David - NC	Open	164.1	165					102.5	112.5	-120		112.5	210	232.5	-240		345	760.6	1
Brandon Pettit - NC	Open, Teen(18-19)	160.1	165					85	95	-100		95	212.5	242.5	247.5		342.5	755.1	2,1
William Farrell - NC	M(65-69)	215.5	220					90	92.5	95		95	175	182.5	185		280	617.3	1
Ira Brooks - VA	M(65-69)	232	242					92.5	-102.5	102.5		102.5	137.5	160	170		272.5	600.8	1
Skyler Woolard - NC	Open	232.2	242					135	147.5	-157.5		147.5	235	250	-260		397.5	876.3	1
Gene Berry - NC	Open, M(50-54)	265	275					150	162.5	167.5	-170	167.5	200	220	230		397.5	876.3	1,1
Ray Smith - NC	M(55-59)	308	308					140	150	-152.5		150	185	197.5	205		355	782.6	1
Herman Canada - NC	M(40-44)	339.3	SHW					160	172.5	-182.5		172.5	227.5	-237.5	-237.5		400	881.8	1

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Bench Press																			
Nelda Newton - NC	F-M(50-54)	136	148					45	52.5	55		55					55	121.3	1
Robert Melton - NC	Open, Teen(18-19)	145.2	148					85	92.5	-110		92.5					92.5	203.9	1,1
Tim Metcalf - NC	M(50-54)	165.2	165					95	105	110		110					110	242.5	1
David Oliver David - NC	Open	164.1	165					102.5	112.5	-120		112.5					112.5	248	1
Brandon Pettit - NC	Open, Teen(18-19)	160.1	165					85	95	-100		95					95	209.4	2,1
Aurthur Gingrande - MA	M(65-69)	178	181					100	102.5	-105		102.5					102.5	226	1
William Farrell - NC	M(65-69)	215.5	220					90	92.5	95		95					95	209.4	1
Ira Brooks - VA	M(65-69)	232	242					92.5	-102.5	102.5		102.5					102.5	226	1
Skyler Woolard - NC	Open	232.2	242					135	147.5	-157.5		147.5					147.5	325.2	2
Lysander Roberson - CA	Open, P/F/M	239	242					207.5	220	-227.5		220					220	485	1,1
Gene Berry - NC	Open, M(50-54)	265	275					150	162.5	167.5	-170	167.5					167.5	369.3	1,1
Herman Canada - NC	M(40-44)	339.3	SHW					160	172.5	-182.5		172.5					172.5	380.3	1
Deadlift																			
Nelda Newton - NC	F-M(50-54)	136	148									0	112.5	122.5	-125		122.5	270.1	1
Robert Melton - NC	Open, Teen(18-19)	145.2	148									0	160	172.5	182.5		182.5	402.3	1,1
David Oliver David - NC	Open	164.1	165									0	210	232.5	-240		232.5	512.6	1
Brandon Pettit - NC	Open, Teen(18-19)	160.1	165									0	212.5	242.5	247.5		247.5	545.6	2,1
Tim Metcalf - NC	M(50-54)	165.2	165									0	125	137.5	150		150	330.7	1
William Farrell - NC	M(65-69)	215.5	220									0	175	182.5	185		185	407.9	1
Ray Berry - NC	M(50-54)	207	220									0	175	-195	-195		175	385.8	1
Ira Brooks - VA	M(65-69)	232	242									0	137.5	160	170		170	374.8	1
Skyler Woolard - NC	Open	232.2	242									0	235	250	-260		250	551.2	1
Gene Berry - NC	Open, M(50-54)	265	275									0	200	220	230		230	507.1	1,1
Herman Canada - NC	M(40-44)	339.3	SHW									0	227.5	-237.5	-237.5		227.5	501.5	1
Strict Curl																			
Nelda Newton - NC	F-M(50-54)	136	148	25	27.5	30	-33					30					30	66.14	1
Aurthur Gingrande - MA	M(65-69)	178	181	-37.5	-37.5	37.5						37.5					37.5	82.67	1
William Farrell - NC	M(65-69)	215.5	220	50	52.5	53.5	-55					53.5					53.5	117.9	1
Ira Brooks - VA	M(65-69)	232	242	35	45	-50						45					45	99.21	1

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