

**100% RAW Powerlifting Federation  
2013 West Coast Single Lift Championships**

# West Coast Single Lift Championships

**curl**

**BENCH**

**DEAD LIFT**

Name	Division	Wgt	Class	RH	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th	TOTAL	LBS	
<b>Curl Only</b>				<b>CURL</b>																
Chloe Eckard	11 & under/open	78	88		10	12.5	15.5						15.5					15.5	34.17	
Rocky Luedeker	55-50	91	97		-17.5	17.5	-20.5						17.5					17.5	38.58	
Savannah Sparkes	12=13/open	99.2	105		15	17.5	-20						17.5					17.5	38.58	
Meghan Merino	25-29/open	105	105		-20	20	25	27.5					25					25	55.12	
Bianca Luedeker	open	114.4	114		20	22.5	25						25					25	55.12	
Lynn Gerald	40-44 / open	118.6	123		25	27.5	-30						27.5					27.5	60.63	
Kathleen Humpherys	25-29	132	132		25	27.5	-30						27.5					27.5	60.63	
Cindy Martin	45-49	129.8	132		22.5	25	-27.5						25					25	55.12	
Ana Frankl.iyn	60-64	131.4	132		15	17.5	-20						17.5					17.5	38.58	
Sara Gillott	55-59	138	148		20	x	x						20					20	44.09	
* Tara Maier	18-19/open	174.6	181		37.5	41	45	-47.5					45					45	99.21	
Sophia Hussary	35-39	175.6	181		27.5	35	-37.5						35					35	77.16	
Susanne Monfort	40-44	178.6	181		15	22.5	-25						22.5					22.5	49.6	
Vahana Dorcis	open	163.5	165		47.5	57.5	60						60					60	132.3	
Rudy Wallstrom	18-19/open	162.6	165		55	-60	-60						55					55	121.3	
Lee Luedeker	60-64 / PFM	150.2	165		45	47.5	-50						47.5					47.5	104.7	
Mike Meadows	45-49	181.2	181		50	-55	-55						50					50	110.2	
Thomas Sharp	20-24	217	220		50	57.5	60						60					60	132.3	
Miguel De La Torre	open	220	220		47.5	55	-60						55					55	121.3	
Josh Connor	30-34/open	210	220		67.5	72.5	-80.5						72.5					72.5	159.8	
Eric Tuthill	35-39	225	242		50	60	-65						60					60	132.3	
Tim Sparkes	45-49/open	228.4	242		62.5	68.5	-70						68.5					68.5	151	
Thomas Matlock	60-64	239.8	242		52.5	58	-60						58					58	127.9	
Terry Ford	70-74	280.2	308		45	47.5	-50						47.5					47.5	104.7	
<b>Bench Only</b>				<b>BENCH</b>																
Chloe Eckard	11 & under/open	78	88						20	22.5	-23		22.5					22.5	49.6	
Rocky Luedeker	55-59	91	97						27.5	30	33.5	-35	33.5					33.5	73.85	
Savannah Sparkes	12=13/open	99.2	105						25	30	-33		30					30	66.14	
Meghan Merino	25-29/open	105	105						30	36	40	-42.5	40					40	88.18	
Bianca Luedeker	open	111.4	114						67.5	70	72.5	-73.5	72.5					72.5	159.8	
* Suzanne Davis	open	119.8	123						60	65	-67.5		65					65	143.3	
Lynn Gerald	40-44 / open	118.6	123						45	47.5	-50		47.5					47.5	104.7	
Kathleen Humpherys	25-29/open	132	132						50	52.5	-55		52.5					52.5	115.7	
Jacquelyn Jensen	25-29/open	129	132						35	42.5	-46		42.5					42.5	93.7	
Cindy Martin	45-49	129.8	132						-52.5	52.5	-55		52.5					52.5	115.7	

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Name	Division	Wgt	Class	RH	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th	TOTAL	LBS
Ana Franklin	60-64	131.4	132						25	30	-32.5		30					30	66.14
Genevieve Betro	open	146.4	148						67.5	72.5	-77.5		72.5					72.5	159.8
Tanya Golden	30-34/open	138	148						52.5	57.5	-62.5		57.5					57.5	126.8
* Tara Maier	18-19/open	174.6	181						90	92.5	-95		92.5					92.5	203.9
Sophia Hussary	35-39/open	175.4	181						70	75	-80		75					75	165.3
Susanne Monfort	40-44	178.6	181						37.5	-45	45		45					45	99.21
Laura McIntyre	55-59	263	198+						50	57.5	60		60					60	132.3
* Luiz F Azeuedo	25-29/open	145.2	148						130	137.5	142.5		142.5					142.5	314.2
Lee Luedeker	60-64	150.2	148						92.5	95	-97.5		95					95	209.4
Andrew Kang (S,Korea)	18-19	154.9	165						55	-57.5	-60		55					55	121.3
Joon Bae (S. Korea)	20-24	165.1	165						120	125	130	-135	130					130	286.6
Phill Hartman (PA)	20-24	165.2	165						135	140	145		145					145	319.7
Michael Hawkings II	25-29/open	154.6	165						77.5	82.5	92.5		92.5					92.5	203.9
Robert Aranda	PFM	164.6	165						82.5	87.5	92.5		92.5					92.5	203.9
Mike Tannenbaum	25-29/open	161.8	165						115	125	-127.5		125					125	275.6
Chad Stencil	25-29/PFM	179	181						117.5	130	137.5		137.5					137.5	303.1
Mike Meadows	45-49	181.2	181						105	115	117.5		117.5					117.5	259
William Deloney	60-64	170	181						122.5	127.5	-132.5		127.5					127.5	281.1
* Perry Bassett	65-69	179.8	181						131	132.5	-136		132.5					132.5	292.1
Abdulaziz Shabra(Saudi)	20-24	198.1	198						110	-115	-120		110					110	242.5
Raul Steve Villarreal	35-39	195	198						142.5	155	160		160					160	352.7
Paul Lipscomb	open	185	198						100	105	-110		105					105	231.5
Michael Johnson	25-29/open	198.6	198						175	177.5	-180		177.5					177.5	391.3
Jim Carroll	80 +	195	198						47.5	52.5	-55		52.5					52.5	115.7
Vince Jones	20-24	215.2	220						122.5	127.5	-135		127.5					127.5	281.1
Joel Garcia	20-24/open/PFM	214.6	220						110	117	122.5		122.5					122.5	270.1
Thomas Sharp	open	217	220						135	-140	-145		135					135	297.6
Miguel De La Torre	open	220	220						102.5	107	112.5		112.5					112.5	248
Christopher Nei	30-34/open	212	220						125	137.5	142.5		142.5					142.5	314.2
Mike Wolf	30-34/open	219.8	220						-135	-135	135		135					135	297.6
Josh Connor	30-34/open	210	220						155	165	170		170					170	374.8
James Lopez	40-44	206.4	220						167.5	175	180		180					180	396.8
Eric Tuthill	35-39	225	242						137.5	147.5	155		155					155	341.7
Tim Sparkes	45-49/open	228.4	242						137.5	-147.5	-147.5		137.5					137.5	303.1
Mike Hawkins	60-64	228.2	242						122.5	-136	pass		122.5					122.5	270.1
Tom Matlock	60-64	239.8	242						105	115	125		125					125	275.6
Gene Lawrence	70-74	240	242						100	-102.5	-102.5		100					100	220.5
Zack Schmitz	18-19/open	247.2	275						172.5	185	190	-192.5	190					190	418.9
Jeremy Maisenbach	30-34/open	250.2	275						92.5	102.5	-110		102.5					102.5	226
Jim Morrow	35-39/open	250.8	275						167.5	182.5	-185		182.5					182.5	402.3
Myron Sawyer	40-44	267.2	275						185	197.5	210		210					210	463
Ed Lucas	65-69	293.6	308						102.5	-125	125		125					125	275.6
Terry Ford	70-74	280.2	308						95	105	-112.5		105					105	231.5

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<b>DEAD LIFT ONLY</b>														<b>DEADLIFT</b>					
Chloe Eckard	11 & under/open	78	88										0	30	35	40		40	88.18
Rocky Luedeker	55-59	91	97										0	47.5	50	-52.5		50	110.2
Savannah Sparkes	12-13/open	99.2	105										0	72.5	80	82.5	-86.5	82.5	181.9
Meghan Merino	25-29/open	105	105										0	85	92.5	100	105	100	220.5
Bianca Luedeker	open	111.4	114										0	110	112.5	117.5		117.5	259
Lynn Gerald	40-44	118.6	123										0	x	x	x		0	0
* Suzanne Davis	open	119.8	123										0	150	155	157.5	-160	157.5	347.2
Courtney Leih (CA)	open		132										0	x	x	x		0	0
Katleen Humpherys	25-29/open	132	132										0	87.5	92.5	-95		92.5	203.9
Jacquelyn Jensen	25-29/open	129	132										0	90	95	-97.5		95	209.4
Cindy Martin	45-49	129.8	132										0	95	97.5	102.5		102.5	226
Ana Franklin	60-64	131.4	132										0	-65	65	67.5		67.5	148.8
Tanya Golden	30-34/open	138	148										0	112.5	120	130		130	286.6
Genevieve Betro	open	146.4	148										0	127.5	135	-140		135	297.6
Elizabeth bartlett	25-29/open	157.4	165										0	127.5	135	-140		135	297.6
* Tara Maier	18-19	174.6	181										0	165	175	-177.5		175	385.8
Sophia Hussary	35-39/open	175.6	181										0	165	-175	-175		165	363.8
Laura McIntyre	55-59	263	198+										0	85	97.5	100		100	220.5
Michael Sparkes	11 & under/open	75.6	77										0	45	-50	50		50	110.2
Diego Elliott	18-19	131	132										0	175	-187.5	-187.5		175	385.8
Andy Phan	20-24/open	129.8	132										0	162.5	177.5	187.5	193	187.5	413.4
Lee Luedeker	60-64	150.2	148										0	150	160	-165		160	352.7
Rudy Wallstrom	18-19/open	162.6	165										0	200	212.5	-215		212.5	468.5
Vahanna Dorcis	open	163.5	165										0	212.5	227.5	-232.5		227.5	501.5
Andrew Kang (S.Korea)	18-19	154.9	165										0	125	135	142.5	147.5	142.5	314.2
Joon Bae (S. Korea)	20-24	165.1	165										0	205	215	222.5	-227.5	222.5	490.5
Robert Aranda	PFM	164.6	165										0	145	152.5	160		160	352.7
Charles Pierce	18-19	180.4	181										0	227.5	-240	240		240	529.1
Mike Tannenbaum	25-29/open	161.8	181										0	147.5	167.5	182.5		182.5	402.3
Chad Stencil	25-29/PFM	179	181										0	172.5	187.5	192.5		192.5	424.4
Mike Meadows	45-49	181.2	181										0	185	197.5	-202.5		197.5	435.4
Zack Pierce	16-17	185	198										0	130	147.5	-160		147.5	325.2
Abdulaziz Shabra(Saudi)	20-24	198.1	198										0	205	210	-220		210	463
Paul Lipscomb	open	185	198										0	192.5	210	-215		210	463
Jim Carroll	80+	195	198										0	80	85	-92.5		85	187.4
Vince Jones	20-24	215.2	220										0	195	205	210		210	463
Joel Garcia	20-24/open/PFM	214.6	220										0	205	217.5	pass		217.5	479.5
Miguel De La Torre	open	220	220										0	200	210	215		215	474
David Zvareck	25-29/open	212.8	220										0	232.5	252.5	-272.5		252.5	556.7
Chad Stencil	25-29/PFM	179	220										0	172.5	187.5	192.5		192.5	424.4
Christopher Nei	30-34/open	212	220										0	205	230	250		250	551.2
Josh Conor	30-34/open	210	220										0	265	-282.5	282.5	-287.5	282.5	622.8

