

2014 NORTH CAROLINA STATE MEET
FEB 8, 2014
CrossFit RDU, Raleigh North Carolina.

OVER ALL/BENCH

114

| | |
|----------------|------|
| B. Sattenwhite | 42.5 |
| W. Hawkins | 38 |
| K. Taylor | 30 |
| B. Rhodes | 25 |
| J. Ragland | 20 |
| D. Taylor | 17.8 |
| B. Zak | 12.8 |
| D. Cooper | 12.8 |
| S. Hargrave | 11 |
| A. Zak | 11 |

123

| | |
|--------------|------|
| R. Rahim | 47.5 |
| T. Kendzulak | 32.5 |

132

| | |
|-----------|------|
| D. Taylor | 37.5 |
| D. Harris | 25 |

148

| | |
|------------|-------|
| C. Smith | 127.5 |
| A. Sykes | 117.5 |
| PJ Connors | 97.5 |
| S. Shores | 97.5 |
| B. Zak | 90 |
| G. Ralsin | 77.5 |
| B. Rehl | 77.5 |
| J. Ortiz | 70 |
| N. Newton | 55 |
| J. Zak | 45 |

165

| | |
|-------------|-----|
| N. Nantambu | 135 |
| M. Mason | 133 |
| F. Wescott | 125 |
| T. Newman | 124 |
| R. Melton | 120 |
| D. Aaron | 105 |
| M. Wicker | 95 |

181

| | | |
|--------------|-----|-----|
| M. Poythress | 145 | |
| D. Gallo | 130 | |
| J. Bessette | 120 | |
| B. Petit | | 115 |
| T. Metcalf | 110 | |
| M. Meech | 80 | |
| S. Keith | 50 | |

198

| | | |
|------------|------|--|
| W. Douglas | 95 | |
| J. Howard | 87.5 | |
| H. Joseph | 70 | |

220

| | | |
|-----------|-------|--|
| A. Stone | 155 | |
| R. Berry | 142.5 | |
| R. Biggs | 127.5 | |
| R. Kolb | 115 | |
| I. Brooks | 97.5 | |
| T. Sneed | 72.5 | |
| T. Jones | 65 | |

242

| | | |
|---------------|-------|--|
| T. Farrington | 205 | |
| L. Corbin | 127.5 | |
| M. Parker | 95 | |

275

| | | |
|------------|-------|--|
| S. Woolard | 165 | |
| G. Berry | 165 | |
| K. Combs | 162.5 | |
| R. May | 157.5 | |
| S. Perry | 142.5 | |

SHW

| | | |
|------------|-----|--|
| S. Gunther | 240 | |
|------------|-----|--|

OVER ALL/POWER-LIFTING

| 114 | SQ | BP | DL | TOTAL |
|----------------|-----------|-----------|-----------|--------------|
| B. Sattenwhite | 80 | 42.5 | 95 | 217.5 |
| A. Zak | 25 | 11 | 42.5 | 78.5 |
| B. Zak | 17.5 | 12.8 | 40 | 70.3 |
| D. Cooper | 25 | 12.8 | 25 | 62.8 |

| | | | | |
|---------------|-----------|-----------|-------------|--------------|
| 123 | SQ | BP | DL | TOTAL |
| R. Rahim | 92.5 | 47.5 | 130 (137.5) | 270 |
| T. Kendzulak | 60 | 32.5 | 92.5 | 185 |
| 148 | SQ | BP | DL | TOTAL |
| PJ Connors | 122.5 | 97.5 | 165 | 385 |
| S. Shores | 117.5 | 97.5 | 165 | 380 |
| B. Rehl | 125 | 77.5 | 170 | 372.5 |
| B. Zak | 112.5 | 90 | 162.5 | 365 |
| N. Newton | 77.5 | 55 | 127.5 | 260 |
| J. Zak | 72.5 | 45 | 97.5 | 215 |
| A Skyes | - | | | |
| 165 | SQ | BP | DL | TOTAL |
| R. Melton | 170 | 120 | 195 | 485 |
| D. Aaron | 147.5 | 105 | 187.5 | 440 |
| M. Wicker | 120 | 95 | 175 | 390 |
| 181 | SQ | BP | DL | TOTAL |
| B. Petit (BL) | 205 | 115 | 235 | 555 |
| D. Gallo | 150 | 130 | 195 | 475 |
| 198 | SQ | BP | DL | TOTAL |
| A. Wakley | | | | |
| 220 | SQ | BP | DL | TOTAL |
| A. Stone | 215 | 155 | 262.5 | 632.5 |
| R. Berry | 172.5 | 142.5 | 217.5 | 532.5 |
| R. Biggs | 190 | 127.5 | 200 | 517.5 |
| R. Kolb | 117.5 | 115 | 165 | 397.5 |
| I. Brooks | 102.5 | 97.5 | 162.5 | 362.5 |
| 242 | SQ | BP | DL | TOTAL |
| L. Corbin | 195 | 127.5 | 227.5 | 550.0 |
| M. Parker | 160 | 95 | 222.5 | 477.5 |
| C. Parker | - | | | |
| 275 | SQ | BP | DL | TOTAL |
| S. Woolard | 237.5 | 165 | 279 | 681.5 |
| R. May | 227.5 | 157.5 | 252.5 | 637.5 |
| G. Berry | 210 | 165 | 235 | 610 |
| K. Combs | 212.5 | 162.5 | 217.5 | 592.5 |

FULL RESULTS

POWER-LIFTING**WOMEN**

(66 LB/Youth)

| | SQ | BP | DL | TOTAL |
|--------|-----------|-----------|-----------|--------------|
| B. Zak | 17.5 | 12.8 | 40 | 70.3 |

(77 LB/Youth)

| | | | | |
|--------|----|----|------|------|
| A. Zak | 25 | 11 | 42.5 | 78.5 |
|--------|----|----|------|------|

(114 LB/20-24)

| | | | | |
|----------------|----|------|----|-------|
| B. Sattenwhite | 80 | 42.5 | 95 | 217.5 |
|----------------|----|------|----|-------|

(123 LB/14-15)

| | | | | |
|--------------|----|------|------|-----|
| T. Kendzulak | 60 | 32.5 | 92.5 | 185 |
|--------------|----|------|------|-----|

(123 LB/20-24)

| | | | | |
|----------|------|------|-----|-----|
| R. Rahim | 92.5 | 47.5 | 130 | 270 |
|----------|------|------|-----|-----|

(148 LB/Open)

| | | | | |
|--------|------|----|------|-----|
| J. Zak | 72.5 | 45 | 97.5 | 215 |
|--------|------|----|------|-----|

(148 LB/35-39)

| | | | | |
|--------|------|----|------|-----|
| J. Zak | 72.5 | 45 | 97.5 | 215 |
|--------|------|----|------|-----|

(148 LB/50-54)

| | | | | |
|-----------|------|----|-------|-----|
| N. Newton | 77.5 | 55 | 127.5 | 260 |
|-----------|------|----|-------|-----|

MEN

(148 LB/Open)

| | | | | |
|------------|-------|------|-----|-----|
| PJ Conners | 122.5 | 97.5 | 165 | 385 |
|------------|-------|------|-----|-----|

| | | | | |
|--------|-------|----|-------|-----|
| B. Zak | 112.5 | 90 | 162.5 | 365 |
|--------|-------|----|-------|-----|

148 (16-17)

| | | | | |
|------------|-------|------|-------|-----|
| PJ Conners | 122.5 | 97.5 | 162.5 | 385 |
|------------|-------|------|-------|-----|

(148 LB/20-24)

| | | | | |
|----------|---|--|--|--|
| A. Sykes | - | | | |
|----------|---|--|--|--|

(148 LB/40-44)

| | | | | |
|--------|-------|----|-------|-----|
| B. Zak | 112.5 | 90 | 162.5 | 365 |
|--------|-------|----|-------|-----|

(148 LB/45-49)

| | | | | |
|---------|-----|------|-----|-------|
| B. Rehl | 125 | 77.5 | 170 | 372.5 |
|---------|-----|------|-----|-------|

(148 LB Police/Fire)

| | | | | |
|-----------|-------|------|-----|-----|
| S. Shores | 117.5 | 97.5 | 165 | 380 |
|-----------|-------|------|-----|-----|

| | | | | |
|----------------------|-------|-------|---------|---------|
| (165 LB/16-17) | | | | |
| D. Aaron | 147.5 | 105 | 187.5 | 440 |
| (165 LB/20-24) | | | | |
| R. Melton | 170 | 120 | 195 | 485 |
| (165 LB/55-59) | | | | |
| M. Wicker | 120 | 95 | 175 | 390 |
| (181 LB/Open) | | | | |
| D. Gallo | 150 | 130 | 195 | 475 |
| (181 LB/20-24) | | | | |
| B. Petit | 205 | 115 | 235 | 555 |
| (198 LB Police/Fire) | | | | |
| A. Wakley | - | | | |
| (220 LB/Open) | | | | |
| A. Stone | 215\$ | 155\$ | 262.5\$ | 632.5\$ |
| (220 LB/45-49) | | | | |
| R. Biggs | 190 | 128.5 | 200 | 517.5 |
| (220 LB/50-54) | | | | |
| R. Berry | 172.5 | 142.5 | 217.5 | 532.5 |
| (220 LB/65-69) | | | | |
| R. Kolb | 117.5 | 115 | 165 | 397.5 |
| I. Brooks | 102.5 | 97.5 | 162.5 | 362.5 |
| (242/16-17) | | | | |
| M. Parker | 160 | 95 | 222.5 | 477.5 |
| (242 50-54) | | | | |
| L. Corbin | 195 | 127.5 | 227.5 | 550.0 |
| (242 LB Police/Fire) | | | | |
| C. Parker | - | | | |
| (275 LB/Open) | | | | |
| S. Woolard | 237.5 | 165 | 279 | 681.5 |
| R. May | 227.5 | 157.5 | 252.5 | 637.5 |
| (275 LB/25-29) | | | | |

| | | | | |
|------------|-------|-----|-----|-------|
| S. Woolard | 237.5 | 165 | 279 | 681.5 |
|------------|-------|-----|-----|-------|

(275 LB/40-44)

| | | | | |
|----------|-------|-------|-------|-------|
| K. Combs | 212.5 | 162.5 | 217.5 | 592.5 |
|----------|-------|-------|-------|-------|

(275 LB/55-59)

| | | | | |
|----------|-----|-----|-----|-----|
| G. Berry | 210 | 165 | 235 | 610 |
|----------|-----|-----|-----|-----|

PUSH/PULL

| | BP | DL | TOTAL |
|--|----|----|-------|
|--|----|----|-------|

WOMEN

(198 LB/55-59)

| | | | |
|-----------|----|-----|-----|
| H. Joseph | 70 | 110 | 180 |
|-----------|----|-----|-----|

(SHW/Open)

| | | | |
|----------|------|-----|-------|
| B. Sneed | 72.5 | 100 | 172.5 |
|----------|------|-----|-------|

MEN

(148 LB/55-59)

| | | | |
|-----------|------|-------|-----|
| G. Raisin | 77.5 | 122.5 | 200 |
|-----------|------|-------|-----|

(165 LB/Open)

| | | | |
|-------------|-----|-------|-------|
| N. Nantambu | 135 | 202.5 | 337.5 |
|-------------|-----|-------|-------|

(165 LB/55-59)

| | | | |
|------------|-----|-----|-----|
| F. Wescott | 125 | 190 | 315 |
|------------|-----|-----|-----|

(181 LB/55-59)

| | | | |
|----------|----|-------|-------|
| M. Meech | 80 | 147.5 | 227.5 |
|----------|----|-------|-------|

(220 LB/65-69)

| | | | |
|-----------|------|-------|-----|
| I. Brooks | 97.5 | 162.5 | 260 |
|-----------|------|-------|-----|

(242 LB/Open)

| | | | |
|---------------|-----|-----------|-----|
| T. Farrington | 205 | 340 (350) | 545 |
|---------------|-----|-----------|-----|

BENCH PRESS

WOMEN

(SHW/18-19)

| | |
|----------|----|
| T. Jones | 65 |
|----------|----|

MEN

(66 LB/5 and under)

| | |
|-------------|----|
| J. Hargrave | 11 |
|-------------|----|

| | |
|----------------|-------|
| (66 LB/7-8) | |
| J. Ragland | 20 |
| D. Taylor | 17.8 |
| (77 LB/8-9) | |
| K. Taylor | 30 |
| (88 LB/7-8) | |
| B. Rhodes | 25 |
| (88 LB/10-11) | |
| W. Hawkins | 38 |
| (132 LB/10-11) | |
| D. Taylor | 37.5 |
| D. Harris | 25 |
| (148/16-17) | |
| J. Ortiz | 70 |
| (148 LB/20-24) | |
| C. Smith | 127.5 |
| A. Sykes | 117.5 |
| (165/Open) | |
| S. Jerkins | 105 |
| (165 LB/?) | |
| T. Newman | 124 |
| (165/40-44) | |
| M. Mason | 132.5 |
| (181/12-13) | |
| S. Keith | 50 |
| (181/30-34) | |
| S. Poythress | 145 |
| (181/50-54) | |
| T. Metcalf | 110 |
| (181/65-69) | |
| J. Bessette | 120 |

| | | |
|-------------|-------|----|
| (198/12-13) | | |
| J. Howard | 87.5 | |
| (198/18-19) | | |
| W. Douglas | 95 | |
| (220/18-19) | | |
| A. Tremblay | 143.5 | |
| (275/16-17) | | |
| S. Perry | 142.5 | |
| (SHW/Open) | | |
| J. Gunther | 240 | |
| CURL | | |
| WOMEN | | |
| (148/55-59) | | |
| N. Newton | 27.5 | |
| MEN | | |
| (165/Open) | | |
| N. Nantambu | 55 | |
| (165/40-44) | | |
| M. Mason | 52.5 | |
| (165/55-59) | | |
| F. Wescott | 50 | |
| (181/Open) | | |
| B. Petit | | 65 |
| D. Gallo | 55 | |
| T. Metcalf | 37.5 | |
| (181/50-54) | | |
| T. Metcalf | 37.5 | |
| (181/55-59) | | |
| M. Meech | 32.5 | |
| (220/Open) | | |
| A. Stone | 52.5 | |

The 2013 state meet had a small turnout, so Paul Bossi decided to move the 2014 meet from summer to winter and the location to the state capital. The turnout was great and the lifting was huge. I want to give two thumbs up to Nasir Nantambu who did a fantastic job promoting the meet. He was one of the first people (if not the first) to set up and he was the guy at the end who was doing the dirty work (cleaning up). Great job Nasir, appreciate all that you're doing.

As with all 100% RAW meets, there were a variety of age groups to accommodate the lifters and each winner is a state champion. What I like to do is take a moment to mention the overall state champions, which is the best lifter in each weight class, regardless of age. It's not an official title, but I think it keeps things interesting and it definitely gives lifters something to shoot for in 2015.

There were four lifters in the 114 and under class, but it was the balanced lifting of Brittany Sattenwhite that would make her the top bencher and power-lifter in her weight class.

At 123, there wasn't much that could stop Raja Rahim who had the best bench and total in her class. Raja's 595 total earned her the best lifter women's award. Notice; watch out for Teen lifter Tatiana Kendzulak. Tatiana has only been training for a few months and she's already totaling 400+. In the 132 class it was Damez Taylor of the Project Lift team who was the top bencher.

Bill Rehl was favored to win the 148 class, but an injury forced him to do the wise thing...he lifted conservatively. Bill still swept the state records and on an easy lifting day he came within twelve pounds of winning the title.

PJ '6 pack' Connors was picked to finish second and without Bill he was favored. PJ squatted 270, which gave him an 11 pound lead over Stephen Shores. The squat ended up meaning everything as PJ and Stephen would both bench 215 and both dead-lift 364 which

would give PJ the eleven pound win. In March these two will have a rematch at the Battle of the Border, which is a push pull meet. Since these two benched and dead-lifted the same weights, the question will be...who can add more to their total!!! The big bench of the class was 281 by Cody Smith.

Robert Melton is the only lifter in the state who has had the best total in his weight class two years in a row. For 2014 Robert moved up to the 165 class and his 1,069 total was easily enough to increase his streak to three. I'll tell you now, the lifter of the future is probably teen lifter Dylan Aaron who totaled 970. The big bench was 298 by Nasir Nantambu. Right now Nasir is the biggest threat to Robert defending his state title in 2015 and I believe both will be clashing at the Battle of the Border.

Fun story: Last year Brandon Petit, who I had never seen lose, finished second overall at the state meet. He was so much lighter than the winner, Brandon ended up being the rare second place lifter who wins the best lifter award. In 2014 Brandon moved up to the 181 class and despite being the smallest lifter his 1,223 total easily won the title and he also won the men's best lifter award for the second consecutive year. The top bench was 320 by Steve Poythress.

The 220 class was a sweep by the Jarvisburg Church of Christ. I assure you that since the top three lifters train together they all knew the outcome. Ashley Stone broke four state records on his way to the top total of 1,394 and the top bench of 342.

At 242 Lynn Corbin totaled 1,212 to capture his first overall state title. Mason Parker is one of those up and coming teens you have to watch out for. The talk of this class was Tra Farrington. Tra's 452 was the big bench of the class, and the crazy part was Tra's 771.5 dead-lift. If Tra had decided to squat, he would have been the state champion.

Not a doubt in my mind, the 275 class was the most talented of the day. Why? Well

you have defending 242 champion Skyler Woolard moving up a weight class. You then add two time overall champion Gene Berry who was ranked #2 in the world (masters/2013). As if that's not enough, we throw in two very strong wild cards named Robert May and Kevin Combs.

Skyler set the pace with a 524 squat, but Robert stayed in sight with a 501. The best bench in the class was matching 364's by both Skyler and Gene. If anyone was hoping for a chance, Skyler's 616 dead-lift and 1,500+ total ended matters. At this point, it looks like the road to the 2015 title goes through Skyler.

In the SHW class Jerry Gunther put on an exhibition with the biggest bench of the day...529. I wish defending state champion, Herman Canada, had shown up as it would have been a fun battle.

There are a lot of women that compete, but not nearly as many as the men. To be fair, I like to say that the top 3 (pound per pound) deserve the title as best overall. The top three women at the NC state meet were Raja Rahim, Nelda Newton, and Brittany Sattenwhite. Nelda deserves an extra thumbs up as she's been in the top three for three consecutive years.

In the team categories there was no doubt that the best youth team was Project Lift out of Henderson North Carolina. The best teen team was Currituck Highschool. And the 2014 state champions...winning their fifth competition in a row...The Jarvisburg Church of Christ.

In my opinion, the only way to be champion is to beat the defending champion. I hope that all the overall champions will return in 2015 to defend their titles. Also, we post NC meet videos on the 100% RAW facebook page, but we will gladly send a link to the video if you email us at jzak16@hotmail.com.