

100% RAW Powerlifting Federation

2014 Southwest Region Powerlifting Championships

2014 Southwest Regional

Name	Division	Wgt	Class	RH	SQUAT/CURL				BENCH				Sub	DEAD LIFT				TOTAL	LBS
					1st	2nd	3rd	4th	1st	2nd	3rd	4th		1st	2nd	3rd	4th		
FULL POWER					SQUAT				BENCH					DEADLIFT					
Gracie Pereira	11& under	66	66	64	8	10	12.5	13	-8	8	10		22.5	17.5	25	30		52.5	115.7
Chloe Eckard	11 & under/open	75	77	1	20	25	30	35	10	15	-20		45	25	30	35	40	80	176.4
Addrianna Pereira	11 & under	89	97	13	12.5	15	17.5		-8	10	15		32.5	25	30	35		67.5	148.8
Savannah Sparkes	12=13	102	105		52.5	55	-60		30	32.5	35		90	82.5	87.5	-90		177.5	391.3
Meghan Merino	open	104.7	105	10	-57.5	57.5	-60.5		37.5	-45.5	-45.5		95	100	-106.5	106.5		201.5	444.2
Bianca Luedeker	open	110.4	114	4	77.5	82.5	85		-67.5	70	-72.5		155	115	120	125		280	617.3
Suzanne Davis *	40-44/open	117.4	123	6	-97.5	97.5	102.5		57.5	65	-68		167.5	145	158	-167		325.5	717.6
Lizette Magana	16-17	120.1	123	8	52.5	57.5	62.5	65	40	45	47.5	50	110	87.5	100	107.5	115	217.5	479.5
Lynn Gerald	40-44/open	117.3	123	6	-52.5	52.5	55	-55.5	42.5	-47.5	-47.5		97.5	80	82.5	85		182.5	402.3
Janine Pereira	35-39	123.4	123	9	70	75	80		45	47.5	-50		127.5	82.5	102.5	-112		230	507.1
Ashley Hoban	14-15	132	132	10	-92.5	-92.5	-92.5		50	-55	55	-57.5	-37.5	122.5	-137.5	-137.5		85	187.4
Kelsey Horton (NM)	20-24/open	132	132	6	85	102.5	108.5	-116	42.5	50	52.5	-56	161	120	137.5	143	145	304	670.2
Kyleen Wolfson	25-29/open	123.1	132	6	52.5	57.5	-62.5		32.5	-40	-40		90	77.5	80	-85		170	374.8
Mariah Sampson (CO)	18-19	142.6	148	8	67.5	-72.5	72.5		37.5	37.5	40	-45	112.5	82.5	85	87.5		200	440.9
Kytlin Eck *	20-24	147	148	14	75	-85	-85		42.5	45	50		125	100	110	117.5		242.5	534.6
Kelli Gubrud	35-39/open	146.3	148	8	-82.5	82.5	-87.5		-47.5	-47.5	47.5		130	102.5	107.5	115		245	540.1
Susan Whitesell	30-34/open	139.1	148	10	87.5	-95	95		40	-42.5	-42.5		135	102.5	112.5	-120		247.5	545.6
Leanne Shumaker	40-44	147.5	148	6	62.5	-67.5	67.5		45	50	-55		117.5	105	-107.5	-107.5		222.5	490.5
Susan Daygle-Leach	50-54	146.5	148	7	32.5	37.5	42.5		47.5	50	52.5		95	72.5	77.5	82.5		177.5	391.3
Lindsay Quinn	25-29/open	165	165		-62.5	67.5	75		35	45	-52.5		120	90	100	115		235	518.1
Amy Tunis	30-34/open	159.7	165	12	70	75	80		52.5	57.5	62.5		142.5	87.5	100	115		257.5	567.7
Courtney Lewis	30-34/open	164.8	165	8	50	52.5	57.5		25	35	-42.5		92.5	67.5	75	82.5		175	385.8
Jenifer A Eli	35-39	161.5	165	7	80	85	-87.5		-57.5	60	62.5		147.5	100	-110	110		257.5	567.7
Melane Chop Frey	35-39	164.6	165	6	55	60	62.5		45	47.5	50		112.5	62.5	65	70		182.5	402.3
Sherri Compton	40-44	161.8	165	14	-47.5	52.5	-60		40	-45	-45		92.5	87.5	97.5	-102.5		190	418.9
Lesli Hanson	open	155.7	165	11	47.5	52.5	57.5		40	-45	-50		97.5	102.5	115	122.5		220	485
Nicole Chavez	16-17	181.4	181	9	115	130	137.5	-138	60	65	67.5	70.5	205	125	137.5	150	153	355	782.6
Susanne Monfort	40-44	177.6	181	9	-77.5	77.5	-87.5		42.5	47.5	-50		125	92.5	102.5	-110		227.5	501.5
Eve McOmber	45-49/open/PFM	173.4	181	11	-97.5	100	107.5	-115	55	57.5	-62.5		165	115	125	-135		290	639.3
Laura Reagle	45-49open	169.5	181	6	87.5	97.5	107.5		52.5	55	-62.5		162.5	105	112.5	120		282.5	622.8
Lori Ann Murray	35-39	194	198	9	-77.5	77.5	-85		45	47.5	52.5		130	100	105	117.5		247.5	545.6
Diann Porter	55-59	215.1	198+	9	-80	80	90	-95	45	50	-55		140	92.5	107.5	117.5	120	257.5	567.7
Chevy Shumaker	14-15	123.3	123		97.5	105	-110		67.5	-70	-70		172.5	137.5	142.5	147.5		320	705.5
Andy Phan	open	135.1	148	8	112.5	122.5	132.5		80	85	92.5		225	172.5	185	195	200	420	925.9
Caleb Callo (HI)	18-19	136.6	148	9	132.5	-137.5	137.5		100	-110	-110		237.5	172.5	175	182.5		420	925.9
Chris Cruz	25-29/open	143.1	148	8	130	142.5	-155		107.5	112.5	-120		255	155	165	185		440	970
Lee Luedeker	60-64	148.2	148	10	-92.5	-92.5	-92.5		92.5	95	100	-101	7.5	-155	160	168.5	-172.5	176	388
Braden Barnett	14-15	152.4	165	13	105	110	-115		65	70	72.5		182.5	132.5	132.5	137.5	-142.5	320	705.5
Anthony Adams	18-19	159.6	165	12	105	125	-132.5		70	80	-90		205	165	180	187.5		392.5	865.3

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Abbas Hussaini (Afganstan)	18-19	160.6	165	12	102.5	120	142.5		70	-97.5	-97.5		212.5	142.5	165	185		397.5	876.3
Tim Lamaster	18-19	162.3	165	8	107.5	115	-132.5		82.5	87.5	92.5		207.5	160	177.5	190		397.5	876.3
Kevin Dong (CA)	20-24	161.6	165	12	125	137	142.5		97.5	107.5	112.5		255	182.5	195	207.5		462.5	1020
Sam Shapiro	20-24	161.8	165	11	150	160	170		105	115	-130		285	165	185	-192.5		470	1036
Johnathan Woodmansee	20-24	161	165	11	185	197.5	-205		130	-140	140	145	337.5	185	195	205		542.5	1196
Anthony Benitez	20-24/PFM	163.9	165	10	145	160	-172.5		92.5	102.5	-105		262.5	182.5	195	205		467.5	1031
Joe Phillips	30-34/open	164.2	165	11	-122.5	122.5	-140		77.5	82.5	-90		205	127.5	137.5	145		350	771.6
Michael Valentino	open	162.3	165	11	110	120	-125		-72.5	72.5	77.5		197.5	140	150	160		357.5	788.1
Vahana Dorcis	open	161.1	165	13	165	182.5	pass		110	125	127.5		310	230	-242.5	-242.5		540	1190
Adrew Lee *	open	158.8	165	10	197.5	-212.5	-212.5		117.5	122.5	-127.5		320	210	227.5	230		550	1213
Steven Foltin	25-29/open/PFM	153.6	165	6	165	-177.5	177.5		105	-115	-115		282.5	-210	210	227.5		510	1124
Keegan Fawley (CO)	18-19	172.9	181	11	150	160	-165		90	105	110	-112.5	270	160	175	185		455	1003
Adam Carpenter (ID)	18-19	180.4	181	11	-152	152	160		117.5	122.5	125		285	207.5	212.5	-215		497.5	1097
Joon Bae (S. Korea) *	20-24/open	180.6	181	11	172.5	182.5	187.5	192.5	130	135	137.5	142.5	325	215	227.5	-230		552.5	1218
Daniel Sawaya *	35-39/open	180.4	181	11	193	-205	-205		132.5	-140	-140		325.5	212.5	220	227.5		553	1219
Sergio Giordini *	40-44/open	180.1	181	10	-187.5	187.5	-193		130	132.5	137.5		325	200	210	217.5		542.5	1196
Jake Brunk	25-29/open	181.6	181	15	150	165	-180		125	140	145		310	195	217.5	227.5		537.5	1185
Jimmy Pham (Vietnam)	18-19	192.5	198	15	125	135	-145		85	95	102.5		237.5	135	142.5	155	162.5	392.5	865.3
Adrain Thomas	open	186.4	198	14	145	-155	-155		102.5	-110	-112.5		247.5	190	197.5	207.5		455	1003
Joseph McGannon	20-24	192.5	198	14	167.5	185	190		112.5	125	127.5		317.5	225	245	252.5		570	1257
Aaron Denogean	20-24	184.9	198	9	200	215	227.5		122.5	-135	135		362.5	210	222.5	-230		585	1290
Timothy Tillich	25-29/open	184.4	198	15	140	145	-155		102.5	110	-120		255	147.5	157.5	-175		412.5	909.4
Michael Shannon (NM)	55-59/PFM	192.2	198	12	-112.5	112.5	-120		135	140	-145.5		252.5	135	140	150		402.5	887.4
Magnus Deysie	16-17	206.3	220	13	-137.5	-147.5	-157.5		95	97.5	105	107.5	-32.5	185	187	200		167.5	369.3
Kyle Ferral (WI)	20-24/PFM	212	220	15	175	180	185	190	-135	137.5	142.5		327.5	205	212.5	220	227.5	547.5	1207
Aaron Boyd *	open	219.8	220	13	240	250	260		150	155	-160		415	295	311	-317.5		726	1601
Cole Townsend	20-24	209.6	220	16	185	-207.5	-207.5		102.5	115	-125		300	237.5	252.5	257.5		557.5	1229
Josh Connor *	30-34/open	211.7	220	9	232.5	245	260		162.5	172.5	180		440	265	282.5	290		730	1609
Christopher Nei	30-34/open	216.8	220	14	175	200	212.5		127.5	145	150	152.5	362.5	212.5	242.5	-247.5		605	1334
Joseph Vrona (NV)	30-34/open/PFM	215	220	16	197.5	205	-215		165	-172.5	-172.5		370	230	-250	-250		600	1323
Adam Ong	35-39	210	220	14	127.5	140	-147.5		87.5	97.5	-102.5		237.5	190	205	217.5		455	1003
Eric Frey	35-39	203.5	220	9	107.5	120	137.5		-92.5	100	105		242.5	160	175	187.5		430	948
Miguel De La Torro	35-39	216.4	220	13	172.5	-185	-185		100	110	117.5		290	215	-227.5	-227.5		505	1113
Joel Garcia	20-24/open/PFM	218.8	220	17	170	182.5	192.5		117.5	130	135		327.5	202.5	220	227.5		555	1224
Sean Flanagan (CA) *	open/PFM	214	220	14	200	215	225		192.5	202.5	207.5		432.5	237.5	250	-267.5		682.5	1505
Bret Courterras	open	236.3	242	18	165	182.5	187.5		125	137.5	142.5		330	250	272.5	-277.5		602.5	1328
Valentin Ramos	25-29/open	241.4	242	11	150	162.5	175		150	160	165		340	165	182	190		530	1168
Everrrt Brill (NM)	open	228.3	242	16	220	235	242.5		142.5	157.5	-162.5		400	250	272.5	282.5	-285	682.5	1505
Clayton Sparkes	40-44/open	231	242	16	-180	180	-194		135	140	-145		320	205	210	222.5		542.5	1196
Tim Sparkes	45-49/open	228.1	242	13	235	pass	pass		138	145	pass		380	295	302.5	305		685	1510
Jacob Hammerly	30-34/open	261.3	275	19	-220	220	227.5		125	132.5	-137.5		360	250	265	-272.5		625	1378
Jim Morrow	35-39/open	253.7	275	13	205	220	227.5		177.5	182.5	-187.5		410	262.5	277.5	285		695	1532
Brad Boyd (VA)	50-54	280.1	275	14	62.5	75	80		110	-117.5	-117.5		190	190	197.5	-205		387.5	854.3

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Tom Matlock	60-64/open	249.3	275	14	170	194	pass		105	110	120		314	215	220.5	-227.5		534.5	1178
Brandon Zermeno	40-44	261.3	275	14	165	172.5	188		110	120	130		318	185	195	215		533	1175
Lincoln Kestner	18-19	300.5	308	13	190	210	-243		-160	170	-180		380	-182.5	182.5	-212.5		562.5	1240
Damian Hagge	35-39	298.7	308	17	-212.5	212.5	227.5		132.5	140	147.5		375	232.5	247.5	-262.5		622.5	1372
Robert McNeeley	35-39	330.4	308	17	190	200	215		145	155	-170		370	242.5	255	275		645	1422

IRONMAN				CURL				BENCH				DEADLIFT							
Chloe Eckard	11 & under/open	75	77	1	10	12.5	15	15.5	10	15	-16		30	25	30	35	40	65	143.3
Rocky Luedeker	55-59	91.6	97		15	17.5	20	20.5	30	32.5	34	35	54	-50	50	52.5	53	106.5	234.8
Kathleen Humpherys	25-29/open	129.2	132		25	-27.5	30	-32.5	-55	-55	-55		-25	-90	90	92.5		67.5	148.8
Anna Franklin (Iceland)	60-64	132.1	132		15	17.5	-20		25	30	-32.5		47.5	62.5	65	67.5		115	253.5
Nada Brewer	80 +	162	165		12.5	15	-17.5		-25	25	27.5		42.5	35	45	47.5		90	198.4
Laura McIntyre	55-59/open	263.4	198+		25	27.5	30	-32.5	52.5	60	-62.5		90	87.5	100	102.5		192.5	424.4
Spencer Coffin	16-17	161.1	165		42.5	47.5	52.5		82.5	90	92.5		145	160	170	180		325	716.5
Nathaniel Luedeker	35-39	157.5	165		50	52.5	-55		127.5	-132.5	136		188.5	130	0	0		318.5	702.2
William Deloney	60-64	179.1	181		37.5	42.5	47.5	52.5	130	135	-140		182.5	147.5	160	170		352.5	777.1
Peter Hodan	16-17	189.2	198		40	45	52.5		82.5	90	95		147.5	165	187.5	-195		335	738.5
Josh Connor *	30-34/open	211.7	220		72.5	75	80.5	85	162.5	172.5	180		260.5	265	282.5	290		550.5	1214
Eric Frey	35-39	203.5	220		37.5	42.5	50	60.5	-92.5	100	105		155	160	175	187.5		342.5	755.1
Jack Walters (CA)	75-79	234.3	242		-40	45	-50	54	-60	60	-65		105	125	130	137.5		242.5	534.6
Tom Matlock	60-64	249.3	275		52.5	57.5	64	70	105	110	120		184	215	220	-227.5		404	890.7

PUSH/PULL								BENCH				DEADLIFT							
Gracie Pereina	11& under	66	66						-8	8	10		10	17.5	25	30		40	88.18
Addrianna Pereira	11 & under	89	97						-8	10	15		15	25	30	35		50	110.2
Amanda Hunsucker	18-19/open	104.3	105						42.5	47.5	48.5	50	48.5	95	100	106	110	154.5	340.6
Ashley Hoban	14-15	132	132						50	-55	55	-57.5	55	122.5	-137.5	-137.5		177.5	391.3
Janine Pereina	35-39/open	123.4	123						45	47.5	-50		47.5	82.5	102.5	-112		150	330.7
Mariah Sampson (CO)	18-19	142.6	148						37.5	37.5	40	-45	40	82.5	85	87.5		127.5	281.1
Martin Branum	18-19	142.8	148						-102.5	112	-120		112	185	200	205		317	698.9
Diego Elliot	18-19	143.8	148						82.5	87.5	-92.5		87.5	172.5	197.5	207.5	214	295	650.4
Lee Luedeker	60-64	148.2	148						92.5	95	100	-101	100	-155	160	168.5	-172.5	268.5	591.9
Abbas Hussaini (Afganstan)	18-19	160.6	165						70	-97.5	-97.5		70	142.5	165	185		255	562.2
Kevin Dong (CA)	20-24	161.6	165						97.5	107.5	112.5		112.5	182.5	195	207		319.5	704.4
Adam Carpenter (ID)	18-19	180.4	181						117.5	122.5	125		125	207.5	212.5	-215		337.5	744.1
Joon Bae (S. Korea) *	20-24/open	180.6	181						130	135	137.5	142.5	137.5	215	227.5	-230		365	804.7
Peter Hodan	16-17	189.2	198						82.5	90	95		95	165	187.5	-195		282.5	622.8
Jimmy Pham (Vietnam)	18-19	192.5	198						85	95	102.5		102.5	135	142.5	155	162.5	257.5	567.7
Brian Trail	20-24	197.4	198						150	-157.5	-157.5		150	-270	-275	0		150	330.7
Jim Carroll	80+	195.5	198						-52.5	52.5	55		55	87.5	92.5	97.5		152.5	336.2

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Magnus Deysie	16-17	206.3	220						95	97.5	105	107.5	105	185	187	200		305	672.4
Kyle Ferral (WI)	20-24/PFM	212	220						-135	137.5	142.5		142.5	205	212.5	220	227.5	362.5	799.2
Sean Flanagan (CA) *	open/PFM	214	220						192.5	202.5	207.5		207.5	237.5	250	-267.5		457.5	1009
Jim Morrow	35-39/open	253.7	275						177.5	182.5	-187.5		182.5	262.5	277.5	285		467.5	1031
Tom Matlock	60-64	249.3	275						105	110	120		120	215	220	-227.5		340	749.6

BENCH ONLY								BENCH											
Savannah Sparkes	12=13	102	105					30	32.5	35		35						35	77.16
Wendy Rodriguez	25-29/open	102.3	105					32.5	37.5	-42.5		37.5						37.5	82.67
Lynn Gerald	40-44/open	117.3	123					42.5	-47.5	-47.5		42.5						42.5	93.7
Cindy Martin	45-49	129.2	132					50	52.5	55		55						55	121.3
Antonio Santillan (CA)	11&under	130.1	132					50	52.5	55	-60	55						55	121.3
Philip Shaughnessy (TN)	25-29/ open	141.6	148					107.5	115	-120		115						115	253.5
Phil Hartman (PA) *	20-24	163.5	165					140	147.5	-150		147.5						147.5	325.2
Adam Carpenter (ID)	18-19	180.4	181					117.5	122.5	125		125						125	275.6
Joon Bae (S. Korea) *	20-24	180.6	181					130	135	137.5	142.5	137.5						137.5	303.1
Phil Hartman (PA)	20-24	168.9	181					147.5	150	-152.5		150						150	330.7
Paul Janoff (CA)	55-59	175.1	181					137.5	145.5	-147.5		145.5						145.5	320.8
Mike "Irish" Kane (CA)	70.-74	178.1	181					90	97.5	102.5		102.5						102.5	226
Michael Johnson *	30-34/open	196.8	198					-167.8	167.5	175	-176.5	175						175	385.8
Ken Thunberg (CA)	55-59/open	194.5	198					165	-182.5	-182.5		165						165	363.8
Alan Foster	65-69	191.2	198					-112.5	112.5	-120		112.5						112.5	248
Mike Wolf	30-34/open	219.3	220					132.5	137.5	-142.5		137.5						137.5	303.1
Brian Trail	20-24	197.4	198					150	-157.5	-157.5		150						150	330.7
Thomas Sharp	20-24	221.8	242					137.5	-142.5	-142.5		137.5						137.5	303.1
Michael Hawkins	60-64	227.3	242					120	126	-130		126						126	277.8
Glen Tenove (CA)	55-59/open	274.9	275					182.5	200.5	pass		200.5						200.5	442
Ed Lucas	65-69	295.1	308					102.5	125.5	-135		125.5						125.5	276.7

CURL ONLY				CURL															
Chloe Eckard	11 & under	75	77		10	12.5	15	15.5					15					15	33.07
Savannah Sparkes	12=13	102	105		15	17.5	18	20					18					18	39.68
Wendy Rodriguez	25-29/open	102.3	105		12.5	-17.5	20	-28					20					20	44.09
Bianca Luedeker	open	110.4	114		25	27.5	30	30.5					30					30	66.14
Lynn Gerald	40-44/open	117.5	123		22.5	27.5	28	-30					28					28	61.73
Kathleen Humpherys	25-29/open	129.2	132		25	-27.5	30	-32.5					30					30	66.14
Cindy Martin	45-49	129.2	132		22.5	25	-30						25					25	55.12
Leanne Shumaker	40-44	147.7	148		17.5	22.5	25	33					25					25	55.12

100% RAW Powerlifting Federation

2014 Southwest Region Powerlifting Championships

Name	Division	Wgt	Class	RH	SQUAT/CURL				BENCH				Sub	DEAD LIFT				TOTAL	LBS
					1st	2nd	3rd	4th	1st	2nd	3rd	4th		1st	2nd	3rd	4th		
Sara Gillott	55-59	140	148		20	22.5	25	26					25					25	55.12
Lindsay Quinn	25-29/open	162.3	165		25	-27.5	27.5						27.5					27.5	60.63
Amy Tunis	30-34/open	159.7	165		25	30	35						35					35	77.16
Michael Sparkes	11 & under	70.5	77		10	12.5	-15						12.5					12.5	27.56
Chevy Shumaker	15-16	123.2	123		-30	30	-40						30					30	66.14
Lee Iuedeker	60-64	148.2	148		45	50	51	52.5					51					51	112.4
Vahana Dorcis	open	161	165		52.5	60	62.5	68					62.5					62.5	137.8
Mike "Irish" Kane (CA)	70-74	178.1	181		45	47.5	52.5	55					52.5					52.5	115.7
Miguel De La Torro	35-39	216.4	220		52.5	-60	60						60					60	132.3
Thomas Sharp	20-24	221.8	242		-52.5	57.5	-68						57.5					57.5	126.8
Tim Sparkes	45-49	228.1	242		65	-69	69	70					69					69	152.1
Glen Tenove (CA)	55-59	274.9	275		67.5	74	0						74					74	163.1
Tom Matlock	60-64/open	249.3	275		52.5	57.5	64	70					64					64	141.1
Ed Lucas	65-69	295.1	308		27.5	47.5	50						50					50	110.2

DEAD LIFT ONLY				DEADLIFT																					
Svannah Sparkes	12=13	102	105															0	82.5	87.5	-90		87.5	192.9	
Meghan Merino	open	104.7	105															0	100	-106.5	106.5		106.5	234.8	
Kathleen Humpherys	25-29/open	129.2	132															0	-90	90	92.5		92.5	203.9	
Michael Sparkes	11 & under	73.5	77															0	52.5	55	-57		55	121.3	
Ben Adams	14-15	93.1	97															0	55	62.5	72.5		72.5	159.8	
Jesse Zelkin	14-15	113.7	114															0	72.5	80	95		95	209.4	
Alan Winger	18-19	121.3	123															0	115	127.5	140		140	308.6	
Jordan Phelps	16-17	145.2	148															0	102.5	115	0		115	253.5	
Dylan Christoff	16-17	147	148															0	107.5	117.5	127.5		127.5	281.1	
John Phelps	18-19	158.9	165															0	135	152.5	162.5		162.5	358.2	
Josh Nelson	18-19	155.3	165															0	130	145	157.5		157.5	347.2	
Garry Leach	55-59	179.4	181															0	90	97.5	102.5		102.5	226	
Tim Sparkes	45-49/open	228.1	242															0	295	302.5	305		305	672.4	
Jack Walters (CA)	75-79	234.3	242															0	125	130	137		137	302	
Tom Matlock	60-64/open	249.3	275															0	215	220.5	-227.5		220.5	486.1	
																		0					0	0	
best female lifter Suzanne Davis																		0					0	0	
best male lifter Josh Connor																			0					0	0
																		0					0	0	