

100% RAW Powerlifting Federation
Illinois State Powerlifting Championships
Bloomington, Illinois - September 18, 2010
Four Seasons Association

Name	Division	Weight	Class	SQUAT				BENCH				Sub	DEADLIFT				TOTAL	Place
				1st	2nd	3rd	4th	1st	2nd	3rd	4th		1st	2nd	3rd	4th		
Cynthia Hochstotler - IL	F Open, Master (55-59)	148	148	175	195	-210		-135	135	145	-155	340	245	265	280	-290	620	1,1
Richard Schreiber - IL	Open, Master (45-49)		165														####	
Eric Ridings - IL	Open, Junior (20-24)	173.8	181	-405	435	-475		275	300	-320		735	500	545	585		1320	1,1
Kevin Varriale - IL	Junior (20-24)	181.6	181	300	385	425		225	300	-315		725	275	405	445		1170	2
Michael Wilson - IL	Open, (25-29)	174	181	-300	300	315		-265	270	280		595	400	420	440		1035	2,3
Randy Hraban - NE	Master (55-59)	176.2	181	365	-385	390		195	215	225		615	405	430	450		1065	1
Adam Dee - NY	Teen (18-19)	177.8	181	365	405	425	-440	250	260	-270		685	365	405	435		1120	1
Harrison May - IL	Teen (18-19)	181.4	181	305	310	315		215	225	-230		540	305	325	350		890	2
Shaun Trimarco - IL	Open, (25-29)	196.2	198	455	500	-525		300	315	-325		815	585	625	-640		1440	1,1
Starkey Hedger - IL	Open, (30-34)	195	198	405	420	435		335	345	-355		780	560	600	-630		1380	2,1
Michael Large - IL	Open, (30-34)	193.8	198	345	375	390		245	-275	-275		635	415	455	465		1100	3,2
Giovanni Giuliano - IL	Open, Master (40-44)	236.8	242	375	405	420		315	335	-365		755	485	535	565		1320	1,1
Jason Headle - IL	Open, (25-29)	223	242	335	360	-375		295	-315	-315		655	460	500	510		1165	2,1
Mike Cooper - IL	Teen (18-19)	244.6	275	405	-505	-505		275	-325	320		725	455	500	-525		1225	1
Charles Hellickson - IA	Master (65-69)		SHW									0					0	
Bench Press																		
Cynthia Hochstotler - IL	F Open, Master (55-59)	148	148					-135	135	145	-155						620	1,1
Andrew Hedrick - IL	Youth (8-9)	64.8	66					50	-60	60	-65	60					60	
Garrett Hostetter - IN	Teen (12-13)		114									0					0	0
Ken Hedrick - IL	Master (40-44)	165	165					320	345	360	370	360					360	1
Chris Woolsey - IL	Open, (25-29)	160.4	165					-315	-315	315	-335	315					315	1,1
Tim Chezem - IL	Open, Junior (20-24)		165					-315	-345	-345		-315					-315	0
Eric Ridings - IL	Open, Junior (20-24)	173.8	181					275	300	-320		300					300	1,1
Kevin Varriale - IL	Junior (20-24)	181.6	181					225	300	-315		300					300	2
Michael Wilson - IL	Open, (25-29)	174	181					-265	270	280		280					280	2,1
Randy Hraban - NE	Master (55-59)	176.2	181					195	215	225		225					225	1
Adam Dee - NY	Teen (18-19)	177.8	181					250	260	-270		260					260	1

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				1st	2nd	3rd	4th	1st	2nd	3rd	4th		1st	2nd	3rd	4th		
Harrison May - IL	Teen (18-19)	181.4	181					215	225	-230		225					225	1
Starkey Hedger - IL	Open, (30-34)	195	198					335	345	-355		345					345	1,1
Shaun Trimarco - IL	Open, (25-29)	196.2	198					300	315	-325		315					315	2,1
Michael Large - IL	Open, (30-34)	193.8	198					245	-275	-275		245					245	3,1
Joe Blessman - IL	Master (40-44)	205	220					350	-375	-375		350					350	1
Richard Temmerman - IL	Master (50-54)	219.8	220					275	285	-290		285					285	1
Henry Conway Sr. - IN	Master (65-69)	213.6	220					225	260	-285		260					260	1
Fred Belcastro - IL	Master (70-74)	223.2	242					225	240	250		250					250	1
Giovanni Giuliano - IL	Open, Master (40-44)	236.8	242					315	335	-365		335					335	1,1
Jason Headle - IL	Open, (25-29)	223	242					295	-315	-315		295					295	2,1
Kevin Hutchinson - IN	Master (55-59)	269.6	275					425	-445	-445		425					425	1
Charles Hellickson - IA	Master (65-69)		SHW									0					0	0
Ironman																		
Andrew Hedrick - IL	Youth (8-9)	64.8	66					50	-60	60	-65	60	-135	-135	-135		-75	0
Jeff Kolski - IL	Teen (16-17)	181	181					240	-265	-265		240	435	-500	-500		675	1
Brendan Ridings - IL	Open, Junior (20-24)	213.2	220					-385	-385	0		0	615	640	-675		640	0
Charles Hellickson - IA	Master (65-69)		SHW									0					0	0
Deadlift																		
Donovan Muldrow - IL	Junior (20-24)	175.8	181										405	450	505		####	1
Brendan Ridings - IL	Open, Junior (20-24)	213.2	220										615	640	-675		####	1,1
BENCH FOR REPS																		
Kevin Varriale - IL		181.6	180	27								27					27	1
Jeff Holzbauer - IL		160	160	35								35					35	2
Joe Blessman - IL		205	220	26								26					26	3