

**100% RAW Powerlifting Federation**  
**American Challenge National Powerlifting Championships**  
**East Longmeadow, Mass - June 21, 2014**

Name	Division	Wgt	Class	RH	SQUAT				BENCH				DEADLIFT				TOTAL	LBS		
					1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd			4th	
Ashee MacRae - MA	F-Open	118.2	123	0	57.5	60	65		35	40	-45		105	80	90	92.5		197.5	435.4085	
Regina Miles - MA	F-PFM	121.6	123	1	70	75	80		52.5	-55	-55		132.5	100	110	120		252.5	556.6615	
Sarah McClelland - MA	F-Submaster (35-39)	143	148	1	52.5	57.5	62.5		45	47.5	-50		110	92.5	-97.5	97.5		207.5	457.4545	
Ben Henson - MA	Open, Teen (18-19)	146.2	148	1	-140	-140	-140		107.5	112.5	115	-118	-25	150	160	167.5		142.5	314.1555	
Davis "AJ" Lee - PA	Teen (12-13)	165	165	1	25				70	75	-77.5		100	102.5	125	-137.5		225	496.035	
David Lyons - NY	Junior (20-24)	168	181	1	-185	185	192.5		150	160	-170		352.5	200	212.5	-220		565	1245.599	
Daniel Steiner - MA	Open	219.8	220	1	185	195	207.5		142.5	152.5	160		367.5	207.5	220	230		597.5	1317.2485	
<b>Push/Pull</b>									1st	2nd	3rd			1st	2nd	3rd				
Ashee MacRae - MA	F-Open	118.2	123	0					35	40	-45		40	80	90	92.5		132.5	292.1095	
Regina Miles - MA	F-PFM	121.6	123	1					52.5	-55	-55		52.5	100	110	120		172.5	380.2935	
Louis Shenker - MA	Teen (14-15)	145	148						75	-85	-87.5		75	137.5	147.5	-165		222.5	490.5235	
Sarah McClelland - MA	F-Submaster (35-39)	143	148	1					45	47.5	-50		47.5	92.5	-97.5	97.5		145	319.667	
Ben Henson - MA	Open, Teen (18-19)	146.2	148	0					107.5	112.5	115		115	150	160	167.5		282.5	622.7995	
Davis "AJ" Lee - PA	Teen (12-13)	165	165	1					70	75	-77.5		75	102.5	125	-137.5		200	440.92	
David Lyons - NY	Junior (20-24)	168	181	1					150	160	-170		160	200	212.5	-220		372.5	821.2135	
Daniel Steiner - MA	Open	219.8	220	1					142.5	152.5	160		160	207.5	220	230		390	859.794	
William Dominguez - MA	Master (40-44)	206.5	220						-102.5	107.5	-115		107.5	130	150	162.5		270	595.242	
<b>Bench Press</b>									1st	2nd	3rd									
Ashee MacRae - MA	F-Open	118.2	123	0					35	40	-45		40	80	90	92.5		132.5	292.1095	
Regina Miles - MA	F-PFM	121.6	123	1					52.5	-55	-55		52.5	100	110	120		172.5	380.2935	
Louis Shenker - MA	Teen (14-15)	145	148						75	-85	-87.5		75	137.5	147.5	-165		222.5	490.5235	
Sarah McClelland - MA	F-Submaster (35-39)	143	148	1					45	47.5	-50		47.5	92.5	-97.5	97.5		145	319.667	
Ben Henson - MA	Open, Teen (18-19)	146.2	148	0					107.5	112.5	115		115	150	160	167.5		282.5	622.7995	
Davis "AJ" Lee - PA	Teen (12-13)	165	165	1					70	75	-77.5		75	102.5	125	-137.5		200	440.92	
Dan Henson - MA	Open, Master (45-49)	170	181						150	-155	157.5		157.5					157.5	347.2245	
David Lyons - NY	Junior (20-24)	168	181	1					150	160	-170		160	200	212.5	-220		372.5	821.2135	
Arthur Gingrande - MA	Master (65-69)	177	181						-102.5	-102.5	102.5		102.5					102.5	225.9715	
Daniel Steiner - MA	Open	219.8	220	1					142.5	152.5	160		160	207.5	220	230		390	859.794	
William Dominguez - MA	Master (40-44)	206.5	220						-102.5	107.5	-115		107.5	130	150	162.5		270	595.242	
<b>Strict Curl</b>						1st	2nd	3rd												
Ben Henson - MA	Teen (18-19)	146.2	148		42.5	47.5	-50						47.5					47.5	104.7185	
Arthur Gingrande - MA	Master (65-69)	177	181		37.5	-40	-40						37.5					37.5	82.6725	
Dan Henson - MA	Master (45-49)	170	181		50	-52.5	52.5						52.5					52.5	115.7415	