

**100% RAW Powerlifting Federation**  
**Battle of the Border**  
**April 4, 2015 - Currituck, NC**

Name	Division	Wgt	Class	BENCH				DEADLIFT				Sub	TOTAL	LBS	Place	Coef.
				B1st	B2nd	B3rd	B4th	D1st	D2nd	D3rd	D4th					
Brooke Zak - NC	F-Youth(8-9)	66	66	7.5	12.5	-17.5		32.5	42.5	-45		55	55	121.25	1	0.83
Marshall Cooper - NC	Youth(8-9)	48.6	66	-7.5	11	14		30	35	37.5		51.5	51.5	113.54	1	1.06
Anna Zak - NC	F-Teen(12-13)	92.4	97	12.5	20	23.5		40	-57.5	-62.5		63.5	63.5	139.99	1	0.69
Dylan Cooper - NC	Youth(8-9)	95.8	97	12.5	20	-23.5		40	57.5	62.5	65	82.5	82.5	181.88	1	0.86
John "Buck" Ammons - NC	Teen(14-15)	105.2	105	-47.5	47.5	60		102.5	110	-120		170	170	374.78	1	1.62
Lauren Cooper - NC	F-Teen(16-17)	123	123	30	-35	37.5		85	100	107.5		145	145	319.67	1	1.18
Brannigan Coleman - NC	PFM	122	123	102.5	-117.5	-117.5		142.5	175	195		297.5	297.5	655.87	1	2.44
Xavier Thomas - NC	Youth(8-9)	120.2	123	25	30	35		-50	50	55		90	90	198.41	1	0.75
Kristyn Champlin -NC	F-Teen(18-19)	129.4	132	37.5	45	-50		80	92.5	100		145	145	319.67	1	1.12
Jerome Etheridge - NC	Teen(14-15)	124.8	132	50	-55	-55		120	127.5	133.5	137.5	183.5	183.5	404.54	1	1.47
Elliott Anderson - VA	Teen(14-15)	140.8	148	82.5	87.5	92.5	-95	125	-135	140		232.5	232.5	512.57	1	1.65
Kim Hodges - VA	F-Open	179.2	165	90	-97.5	97.5		137.5	155	-160		252.5	252.5	556.66	1	1.41
Brandon Smith - NC	PFM	161.6	165	-122.5	125	-130		157.5	167.5	177.5		302.5	302.5	666.89	1	1.87
Larry Rolling - NC	Teen(16-17)	162.2	165	-45	45	47.5		107.5	110	112.5		160	160	352.74	1	0.99
Courtney Aronstam - NY	F-Open, F-(25-29)	179.8	181	62.5	67.5	72.5	-75	62.5	75	85	90	157.5	157.5	347.22	1,1	0.88
Victoria Donelson - NC	F-Teen(14-15)	177	181	32.5	40	-42.5		80	87.5	97.5	100	137.5	137.5	303.13	1	0.78
Sonny Amos - Nigeria	Open	177.8	181	150	155	-160		220	225	230		385	385	848.77	1	2.17
Nasir Nantambu - NC	PFM	173.8	181	137.5	145	-148		195	205	-205		350	350	771.61	2,1	2.01
Ed Woolfolk - VA	Special Olympian	176.8	181	-52.5	55	60		110	127.5	137.5		197.5	197.5	435.41	1	1.12
Brandi Sneed - NC	F-Open	202.6	198	87.5	92.5	94		170	180	182.5	-193	276.5	276.5	609.57	1	1.36
Keil Twiford - NC	Open	185	198	107.5	-112.5	-125		165	172.5	182.5		290	290	639.33	2	1.57
Brian McIntrye - VA	Open, Master(40-44)	195.2	198	135	142.5	-147.5		200	222.5	-240		365	365	804.68	1,1	1.87
Carlos Velazquez - NC	Teen(16-17)	190.2	198	-52.5	-55	-55		165	172.5	175		122.5	122.5	270.06		0.64
Christina Fragnito - NC	F-Submaster(35-39)	223.4	198+	55	60	65		112.5	125	142.5	145	207.5	207.5	457.45	1	0.93
Derek Dickinson - VA	Open	217.8	220	-175	175	-190		265	277.5	-285		452.5	452.5	997.58	1	2.08
Ray Berry - NC	Open, Master(50-54)	217.4	220	125	137.5	145		192.5	212.5	223		368	368	811.29	2,1	1.69
Michael Dudley - NC	PFM	216.4	220	-200	220	-227.5		200	220	-230		440	440	970.02	1	2.03
Chance Henderson -NC	Teen(14-15)	205.4	220	-65	70	75		110	120	125		200	200	440.92	2	0.97
Garland Ferebee - NC	Teen(14-15)	212	220	92.5	97.5	102.5		165	177.5	182.5		285	285	628.31	1	1.34
Ronnie Biggs - NC	Master(50-54)	228.2	242	125	135	145		197.5	217.5	-230		362.5	362.5	799.17	1	1.59
Ira Brooks - VA	Master(65-69)	237.8	242	92.5	102.5	105		137.5	147.5	170		275	275	606.27	1	1.16
Gene Berry - NC	Open, Master(55-59)	235.4	242	137.5	150	155		200	220	-227.5		375	375	826.73	1,1	1.59
Justin Norden - NC	Submaster(35-39)	225.6	242	77.5	80	82.5		132.5	137.5	142.5		225	225	496.04	1	1.00
Reese Rupert - NC	Teen(16-17)	225	242	82.5	90	-95		170	177.5	187.5		277.5	277.5	611.78	1	1.23
Kevin Combs - VA	Master(45-49)	254.8	275	167.5	175	-185		230	237.5	-250		412.5	412.5	909.4	1	1.62
Dallas Daniels - NC	Open, (25-29)	269.8	275	165	175	-182.5		240	255	-267.5		430	430	947.98	1,1	1.59
Makolm Bethea - NC	Open, (25-29)	309	shw	142.5	155	-172.5		185	227.5	-250		382.5	382.5	843.26	1,1	1.24

**100% RAW Powerlifting Federation**  
**Battle of the Border**  
**April 4, 2015 - Currituck, NC**

				<b>BENCH</b>				<b>DEADLIFT</b>								
<b>Name</b>	<b>Division</b>	<b>Wgt</b>	<b>Class</b>	<b>B1st</b>	<b>B2nd</b>	<b>B3rd</b>	<b>B4th</b>	<b>D1st</b>	<b>D2nd</b>	<b>D3rd</b>	<b>D4th</b>	<b>Sub</b>	<b>TOTAL</b>	<b>LBS</b>	<b>Place</b>	<b>Coef.</b>
<b>Bench</b>	<b>Division</b>	<b>Wgt</b>	<b>Class</b>	<b>B1st</b>	<b>B2nd</b>	<b>B3rd</b>	<b>B4th</b>									
Brooke Zak - NC	F-Youth(8-9)	66	66	7.5	12.5	-17.5						12.5	12.5	27.558	1	0.19
Marshall Cooper - NC	Youth(8-9)	48.6	66	-7.5	11	14						14	14	30.864	1	0.29
Anna Zak - NC	F-Teen(12-13)	92.4	97	12.5	20	23.5						23.5	23.5	51.808	1	0.25
Dylan Cooper - NC	Youth(8-9)	95.8	97	12.5	20	-23.5						20	20	44.092	1	0.21
John "Buck" Ammons - NC	Teen(14-15)	105.2	105	-47.5	47.5	60						60	60	132.28	1	0.57
Lauren Cooper - NC	F-Teen(16-17)	123	123	30	-35	37.5						37.5	37.5	82.673	1	0.30
Kristyn Champlin -NC	F-Teen(18-19)	129.4	132	37.5	45	-50						45	45	99.207	1	0.35
Jerome Etheridge - NC	Teen(14-15)	124.8	132	50	-55	-55						50	50	110.23	1	0.40
Alexandra Aronstam - NY	F-Open	146.4	148	52.5	57.5	-60						52.5	52.5	115.74	1	0.36
Courtney Bostwick - NY	F-Junior(20-24)	148.9	165	50	55	-57.5						50	50	110.23	1	0.34
Aaron Griswell - NC	Open, Junior(20-24)	161.5	165	117.5	127.5	-137.5						127.5	127.5	281	1,1	0.34
Victoria Donelson - NC	F-Teen(14-15)	177	181	32.5	40	-42.5						40	40	88.184	1	0.23
Sonny Amos - Nigeria	Open	177.8	181	150	155	-160						155	155	341.71	1	0.87
Nasir Nantambu - NC	Open, PFM	173.8	181	137.5	145	-148						145	145	319.67	2,1	0.83
Axel Anderson - VA	Master(40-44)	197	198	-132.5	132.5	137.5						132.5	132.5	292.11	1	0.67
Mike McDonald - NY	Master(60-64)	193.4	198	107.5	110	-117.5						110	110	242.51	1	0.57
Derek Dickinson - VA	Open	217.8	220	175	175	-190						175	175	385.81	1	0.80
Garland Ferebee - NC	Teen(14-15)	212	220	92.5	97.5	102.5						102.5	102.5	225.97	1	0.48
Chance Henderson-NC	Teen(14-15)	205.7	220	-65	70	75						75	75	165.35	2	0.36
John Shifflett - VA	Master(50-54)	236	242	125	130	0						125	125	275.58	1	0.53
Andrew Aronstam - NY	Master(60-64)	239.8	242	130	137.5	142.5	145					135	135	297.62	1	0.56
Ira Brooks - VA	Master(65-69)	237.8	242	92.5	102.5	105						105	105	231.48	1	0.44
Gene Berry - NC	Open, Master(55-59)	235.4	242	137.5	150	155						155	155	341.71	1,1	0.66
Reese Rupert - NC	Teen(16-17)	225	242	82.5	90	-95						90	90	198.41	1	0.40
Kevin Combs - VA	Master(45-49)	254.8	275	167.5	175	-185						175	175	385.81	1	0.69
<b>Deadlift</b>	<b>Division</b>	<b>Wgt</b>	<b>Class</b>					<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>Sub</b>	<b>TOTAL</b>	<b>LBS</b>	<b>Place</b>	<b>Coef.</b>
David Frederick - NC	Teen(14-15)	130	132					100	105	110		110	110	242.51	1	0.85
Caleb Fontaine - NC	Teen(18-19)	162	165					187.5	202.5	-217.5		202.5	202.5	446.43	1	1.25
Courtney Aronstam - NY	F-Open, F-(25-29)	179.8	181					62.5	75	85	90	85	85	187.39	1,1	0.47
Carlos Velazquez - NC	Teen(16-17)	190.2	198					165	172.5	175		175	175	385.81	1	0.92
Chris Ritter - NC	Teen(14-15)	215.7	220					125	135	140		140	140	308.64	1	0.65
Chance Henderson-NC	Teen(14-15)	205.7	220					110	120	125		125	125	275.58	2	0.61
Ira Brooks - VA	Master(65-69)	237.8	242					137.5	147.5	170		170	170	374.78	1	0.71
Reese Rupert - NC	Teen(16-17)	225	242					170	177.5	187.5		187.5	187.5	413.36	1	0.83

**100% RAW Powerlifting Federation**  
**Battle of the Border**  
**April 4, 2015 - Currituck, NC**

				<b>BENCH</b>				<b>DEADLIFT</b>								
<b>Name</b>	<b>Division</b>	<b>Wgt</b>	<b>Class</b>	<b>B1st</b>	<b>B2nd</b>	<b>B3rd</b>	<b>B4th</b>	<b>D1st</b>	<b>D2nd</b>	<b>D3rd</b>	<b>D4th</b>	<b>Sub</b>	<b>TOTAL</b>	<b>LBS</b>	<b>Place</b>	<b>Coef.</b>
<b>Strict Curl</b>	<b>Division</b>	<b>Wgt</b>	<b>Class</b>	<b>SC1st</b>	<b>SC2nd</b>	<b>SC3rd</b>	<b>SC4th</b>					<b>Sub</b>	<b>TOTAL</b>	<b>LBS</b>	<b>Place</b>	<b>Coef.</b>
John "Buck" Ammons - NC	Teen(14-15)	105.2	105	-32.5	32.5	36	-37.5					36	36	79.366	1	0.34
Alexandra Aronstam - NY	F-Open	146.4	148	17.5	20	25	-27.5					25	25	55.115	1	0.17
Courtney Bostwick - NY	F-Junior(20-24)	148.9	165	22.5	25	27.5	-32.5					27.5	27.5	60.627	1	0.18
Kim Hodges - VA	F-Open	179.2	181	32.5	-40	-40						32.5	32.5	71.65	1	0.18
Courtney Aronstam - NY	F-Open	179.5	181	22.5	30	32.5	35					32.5	32.5	71.65	2	0.18
Victoria Donelson - NC	F-Teen(14-15)	177	181	20	25	25						25	25	55.115	1	0.14
Sonny Amos - Nigeria	Open	177.8	181	50	-60	-65						50	50	110.23	1	0.28
Mike McDonald - NY	Master(60-64)	193.4	198	37.5	40	47.5						47.5	47.5	104.72	1	0.25
Brandi Sneed - NC	F-Open	202.6	198+	32.5	35	37.5	42.5					37.5	37.5	82.673	1	0.19
Garland Ferebee - NC	Teen(14-15)	212	220	42.5	47.5	50						50	50	110.23	1	0.24
Chance Henderson-NC	Teen(14-15)	205.7	220	32.5	37.5	42.5						42.5	42.5	93.696	2	0.21
Chris Ritter - NC	Teen(14-15)	215.7	220	-40	40	-42.5						40	40	88.184	3	0.19
John Shifflett - VA	Master(50-54)	236	242	42.5	-47.5	-47.5						42.5	42.5	93.696	1	0.18
Andrew Aronstam - NY	Master(60-64)	239.8	242	52.5	55	-60	63.5					55	55	121.25	1	0.23
Reese Rupert - NC	Teen(16-17)	225	242	42.5	47.5	-52.5						47.5	47.5	104.72	1	0.21
Kevin Combs - VA	Master(45-49)	254.8	275	50	57.5	67.5						67.5	67.5	148.81	1	0.26