

**100% RAW Powerlifting Federation**  
**Southern Open Powerlifting Championships**  
**August 1, 2015- Jarvisburg, NC**

Name	state	Division	Swatzr	Weight	Class	Squat				BENCH				DEADLIFT				TOTAL	LBS	Place	Coef.	
						1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd					4th
Mackenzie Grace Taylor	NC	Female (6-7)	54.8	54.8	66	15	22.5	25		10	12.5	16		41	20	28.5	35		76	167.55	1	1.39
Marshall Cooper	NC	Youth (8-9)	53.2	53.2	66	20	-25	-25		12.5	15	-20		35	35	40	42.5		77.5	170.8	1	1.46
Brooke Zak	NC	Female (8-9)	70.8	70.8	77	20	25	-30		10	12.5	15		40	30	40	45		85	187.3	1	1.20
Anna Zak	NC	Female (12-13)	100.6	100.6	105	30	35	40		15	20	25		65	42.5	50	57.5	60	122.5	270	1	1.22
John Buck Ammons	NC	Teen (16-17)	104.6	104.6	105	-60	60	70		47.5	55	-60		125	90	105	-117.5		230	507	1	2.20
Dylan Cooper	NC	Youth (8-9)	100.6	100.6	105	27.5	-32.5	32.5		17.5	22.5	25		57.5	50	57.5	60	-67.5	117.5	259	1	1.17
Jennifer Scales	NC	Female, Open	113.6	113.6	114	55	62.5	67.5	-72.5	42.5	47.5	48	-50.5	115.5	60	72.5	80	98	195.5	431	1	1.72
Annie Delane Ammons	NC	Female, (14-15)	123	123	123	37.5	42.5	47.5		20	25	30		77.5	60	80	-92.5		157.5	347.2	1	1.28
Rachel Jordan	NC	Female, (18-19)	122	122	123	80	85	90	92.5	47.5	52.5	55	57.5	145	105	115	120		265	584.2	1	2.17
Brannigan Coleman	NC	Open	121.6	121.6	123	142.5	-152.5	-152.5		115	125	-130		267.5	180	195	-210		462.5	1019.6	1	3.80
Lenard Jones	NC	Open, (18-19), PFM	144.2	144.2	148	130	150	-165		120	127.5	137.5		287.5	182.5	197.5	210	218	497.5	1096.7	1,1,1	3.45
Robert Melton	NC	Open, (20-24)	143	143	148	137.5	155	-165		92.5	102.5	-110		257.5	142.5	157.5	170		427.5	942.4	2,1	2.99
Ben Zak	NC	Open, (45-49)	148	148	148	102.5	115	120		85	92.5	97.5		217.5	150	165	-172.5		382.5	843.2	3,1	2.58
Jennifer Zak	NC	Female, Open 35-39	142.4	142.4	148	60	-75	75		40	47.5	-52.5		122.5	85	100	-112.5		222.5	490.5	1,1	1.56
Jorge Gamboa	NC	Open,(18-19), PFM	161	161	165	-195	-195	-195				0					0		0	0	0	0.00
David Minella	NC	Open, (35-39)	161	161	165	170	175	-182.5		112.5	115	-117.5		290	192.5	195	200		490	1080.2	1,1	3.04
Tania Moon	NC	Female Open	164.8	164.8	165	102.5	115	127.5		57.5	65	70	-75	197.5	142.5	157.5	168		365.5	805.7	1	2.22
Ernie Burt	VA	Masters (60-64)	178.8	178.8	181	155	165	-170		82.5	85	87.5		252.5	155	165	172.5		425	936.9	1	2.38
Brian McIntyre	VA	Open, (40-44)	192.2	192.2	198	175	190	200		137.5	145	-150		345	200	220	227.5		572.5	1041.6	1,1	2.98
John W Niedzwick	VA	Master (65-69)	215.6	215.6	220	167.5	177.5	182.5		117.5	120	-122.5		302.5	185	197.5	202		504.5	1112.2	1	2.34
Nick Hammer	NC	Open, (35-39)	219.8	219.8	220	205	230	-237.5		160	-182.5	-182.5		390	242.5	275	-285		665	1466	1,1	3.03
Ray Berry	NC	Open, Master(50-54)	219.8	219.8	220	174.5	160	-180		130	142.5	-152.5		302.5	192.5	215	-225		517.5	1140.8	2,1	2.35
John Bossi	MA	Open, (18-19)	230	230	242	125	135	142.5	147.5	100	112.5	-115		255	172.5	185	-187.5		440	970	4,1	2.35
Frank Ferchland	VA	Master (45-49)	221.6	221.6	242	102.5	112.5	120		112.5	120	125		245	125	137.5	150		395	870.8	1	1.78
Dallas Daniels	NC	Open (25-29)	242.2	242.2	242	230	242.5	252.5		152.5	162.5	167.5		420	235	-250	Pass		655	1444	1,1	2.70
Ira Brooks	VA	Master (65-69)	228.8	228.8	242	115	122.5	132.5		92.5	97.5	100		232.5	122.5	137.5	160		392.5	865.3	1	1.72
Kevin Combs	VA	Open, Master (45-49)	238.6	238.6	242	215	230	240		167.5	-175	175	-182.5	415	230	237.5	-250		652.5	1438.5	2,1	2.73
Gene Berry	NC	Open, Master (55-59)	238	238	242	-190	190	-210		142.5	-152.5	152.5		342.5	197.5	-220	220		562.5	1240.1	3,1	2.36
Raymond Clasing	MD	Open, (55-59), PFM	268.6	268.6	275	-153	152.5	165	-182.5	170	-175	175		340	200	212.5	-220		552.5	1218	1,1,1	2.06
Joseph Garza	NC	Open, (18-19)	334.8	334.8	308	110	115	-120		80	pass	92.5		207.5	-170	-170	-170		0		0	0.00

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						1st	2nd	3rd	4th	1st	2nd	3rd	4th		1st	2nd	3rd	4th				
<b>BENCH ONLY</b>																						
Nassir Nantambu	NC	Open, (35-39)	165.3	165.3	165					127.5	140	145	-155						145	319.6	1,1	0.88
Steve Poythress	NC	Open	175.6	175.6	181					152.5	165	170							170	374.7	1	0.97
Sandy Flaus	VA	Female, (60-64)	193.4	193.4	198					45	52.5	57.5	60						57.5	126.7	1	0.30
John Cooper	NC	Open, (40-44)	197	197	198					125	130	137.5							137.5	303.1	1,1	0.70
Ray Berry	NC	Open, Master(50-54)	219.8	219.8	220					130	142.5	-152.5							142.5	314.1	2,1	0.65
Michael Dudley	NC	Open	218.8	218.8	220					215	pass	230							230	207	1	1.00
John Bossi	MA	Open, (18-19)	230	230	242					100	112.5	-115							112.5	248	2,1	0.49
Gene Berry	NC	Open, Master (55-59)	238	238	242					142.5	-152.5	152.5							152.5	336.2	1,1	0.64
Ira Brooks	VA	Master (70-74)	228.8	228.8	242					92.5	97.5	100							100	220.4	1	0.44
Bernie Rhodes	VA	Master (65-69)	242	242	242					110	117.5	122.5	126						122.5	270	1	0.51
Raymond Clasing	MD	Open (55-59) FPM	268.6	268.6	275					170	-175	175							175	385.8	1,1,1	0.65
<b>Deadlift ONLY</b>																						
Sara Van Horn	VA	Open	142.4	142.4	148										107.5	115	120		120	264.5	1,1	0.84
GeorgeGreen	VA	Open , (25-29)	176.4	176.4	181										182.5	205	-227.5		205	451.9	1,1	1.16
Ray Berry	NC	Open, Master(50-54)	219.8	219.8	220										192.5	215	-225		215	473.9	1,1	0.98
John Bossi	MA	Open, (18-19)	230	230	242										172.5	185	-187.5		185	407.8	2,1	0.80
Gene Berry	NC	Open, Master (55-59)	238	238	242										197.5	-220	220		220	485	1,1	0.92
Ira Brooks	VA	Master (65-69)	228.8	228.8	242										122.5	137.5	160		160	352.7	1	0.70
Robert Wayne Shirley	VA	Master (60-64)	269.4	269.4	275										180	185	190		190	418.8	1	0.71
<b>Push-Pull</b>																						
Mackenzie Taylor	NC	Female (6-7)	54.8	54.8	66					10	12.5	16			20	28.5	35		51	112.4	1	0.93
Robert Melton	NC	Open, (20-24)	143	143	148					92.5	102.5	-110			142.5	157.5	170		272.5	600.7	1,1	1.91
Ben Zak	NC	Open, (45-49)	148	148	148					85	92.5	97.5			150	165	-172.5		262.5	578.7	2,1	1.77
Jennifer Zak	NC	Female, Open 35-39	142.4	142.4	148					40	47.5	-52.5			85	100	-112.5		147.5	325.1	1,1	1.04
Jorge Gamboa	NC	Open,(18-19), PFM	161	161	165					-112.5	117.5	-125			200	215	-222.5		332.5	733	1,1,1	2.07
Ray Berry	NC	Open, Master(50-54)	219.8	219.8	220					130	142.5	-152.5			192.5	215	-225		357.5	788.1	1,1	1.63
Ira Brooks	VA	Master (65-69)	228.8	228.8	242					92.5	97.5	100			122.5	137.5	160		260	573.1	1	1.14
Gene Berry	NC	Open, Master(55-59)	238	238	242					142.5	-152.5	152.5			197.5	-220	220		372.5	821.2	3,1	1.57
Dallas Daniels	NC	Open (25-29)	242.2	242.2	242					152.5	162.5	167.5			235	-250	Pass		402.5	887.3	2,1	1.57
Kevin Combs	VA	Open, Master(45-49)	238.6	238.6	242					167.5	-175	175	-182.5		230	237.5	-250		412.5	909.3	1,1	1.73
<b>Strict Curl</b>																						
Mackenzie Taylor	NC	Female (6-7)	54.8	54.8	66	10	12.5	-13.5											12.5	27.5	1	0.23
Carolee Poythress	NC	Female, (40-44)	138.2	138.2	148	22.5	27.5	-30											27.5	60.6	1	0.20
Nassir Nantambu	NC	Open, (35-39)	165.3	165.3	165	47.5	60	-65											60	132.2	1,1	0.36
Joseph Sanders	NC	Master (70-74)	164	164	165	35	-40	42.5	43.5										42.5	93.6	1	0.26
Steve Poythress	NC	Open	175.6	175.6	181	50	55	-60											55	121.2	1	0.31
Sandy Flaus	VA	Female, (60-64)	193.4	193.4	198	22.5	25	27.5											27.5	60.6	1	0.14
John Cooper	NC	Open, (40-44)	197	197	198	60	65	67.5	70										67.5	148.8	1,1	0.34
Ray Berry	NC	Open, Master(50-54)	219.8	219.8	220	-40	40	45											45	99.2	1,1	0.20
Gene Berry	NC	Open, Master(55-59)	238	238	242	40	45	52.5											52.5	115.7	3,1	0.22
Kevin Combs	VA	Open, Master(45-49)	238.6	238.6	242	52.5	57.5	65											65	143.2	2,1	0.27
Dallas Daniels	NC	Open (25-29)	242.2	242.2	242	60	67.5	72.5											72.5	159.8	1,1	0.30
Robert Wayne Shirley	VA	Master (60-64)	269.4	269.4	275	40	42.5	-45											42.5	93.6	1	0.16

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						1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd				
Best Lifter Men - Branigan Coleman- NC Wilkes Formula was used to determine Best Lifters																					
Best Lifter Female- Tania Moon - NC																					
Best Lifter Master - Kevin Combs - Va																					
Best Lifter Youth 13 and under - Anna Zak- NC																					
Drug Tested - Yellow Highlighted																					
<b><u>JUDGES</u></b>																					
Paul Bossi																					
Ronnie Biggs																					
Woody Leonard																					
Nassir Nantambu																					
John Ammons																					
Brandon Pettit																					