

100% RAW Powerlifting Federation 2005 World Powerlifting Championships

Name	Division	Wgt	Class	SQUAT/CURL				BENCH				Sub	DEAD LIFT				TOTAL	LBS	
				RH	1st	2nd	3rd	4th	1st	2nd	3rd		4th	1st	2nd	3rd			4th
FULL POWER				SQUAT				BENCH					DEADLIFT						
Deseree Reid	FEMALE open	117.8	123		87.5	-95	-95		45	-50	-50		132.5	85	87.5	92.5		225	496
*Miki Cestnik	FEMALE open	165.26	165		170	177.5	-182.5		82.5	85	87.5		265	185	192.5	200		465	1025
Kelly McArdle	FEMALE open/mast	176.28	181		102.5	112.5	117.5		60	65	67.5		185	142.5	152.5	157.5		342.5	755.1
Ashley Bergman	FEMALE open	141.22	148		70	77.5	90		-55	55	57.5		147.5	-120	120	122.5		270	595.2
Gwendolyn Kamowski	FEMALE open	114.1	114		-65	-65	65		32.5	-35	35		100	97.5	105	-110		205	451.9
Suzanne Ady	FEMALE master 45-	261.4	198+		132.5	138	140		-67.5	70	72.5		212.5	137.5	142.5	147.5		360	793.7
Alicia Simms	FEMALE Jr 20-24	140.22	148		92.5	-100	-100		42.5	52.5	57.5		150	95	102.5	115		265	584.2
Cindy Smith	FEMALE master 50-	122.9	123		65	70	70		-52.5	55	-57.5		125	95	105	112.5		237.5	523.6
													0					0	0
Sammy Hancock	11 & under	57.9	77		30	32.5	-35		12	15	22.5		55	32.5	37.5	40	45	95	209.4
Kyle Nelson	open	193.3	198		-142.5	142.5	-155		-137.5	-137.5	-137.5		5	185	179.5	-205		190	418.9
Tim Blatt	master 50-55	195.3	198		147.5	-172.5	-182.5		-77.5	82.5	92.5		240	147.5	170	185		425	937
Caleb Berglee	open/ 25-29	181.2	181		150	165	175		137.5	142.5	-145		317.5	162.5	167.5	182.5		500	1102
Isaac McCreery	open	237.3	242		187.5	202.5	-212.5		125	-135	135		337.5	195	210	220		557.5	1229
Tom Sly	open	193.3	198		147.5	150	155		-142.5	145.5	-145		300.5	182.5	187.5	192.5		493	1087
Quinn Lindsay	11 & under	206.3	220		75	87.5	95		47.5	55	65	-67.5	160	92.5	107.5	122.5	130	282.5	622.8
CJ Lindsay	Jr 12/13	155.24	165		75	85	95		52.5	60	72.5		167.5	92.5	102.5	117.5		285	628.3
Jason Harmala	open	192.3	198		215	-230	-230		130	137.5	145		360	215	230	245		605	1334
Kevin Coombs	sub-master -35-39	215.3	220		200	-210	-215		155	162.5	-170		362.5	197	230	237.5		600	1323
Joshua Marquez	open	178.2	181		135	142.5	150		90	100	110		260	182.5	200	205		465	1025
Brennan Schram	open/ Jr 20-24	196.3	198		207.5	220	227.5		115	120	125		352.5	195	207.5	217.5		570	1257
Nathan Goodluck	open	321.5	308+		182.5	-185	185		-142.5	-142.5	142.5		327.5	-142.5	142.5	155		482.5	1064
Zachary Rivers	open	179.2	181		147.5	157.5	167.5		87.5	95	100		267.5	160	172.5	180		447.5	986.6
Asher Braaten	open	217.3	220		165	175	-190		115	-125	-125		290	180	192.5	205		495	1091
Coy Trainor	Jr 14/15	180.2	181		105	115	125		-92.5	-92.5	-92.5		32.5	142.5	160	170		202.5	446.4
Rock Henderson	open/ master 40-44	302.4	308		-182.5	183	-192.5		137.5	145	-165		328	190	200	210		538	1186
IRONMAN				CURL				BENCH					DEADLIFT						
River Newman	open	264.4	275		47.5	50	61		155	-162.5	-162.5		216	145	165	180		396	873
PUSH/PULL				BENCH				DEADLIFT											
Adelle Coombs	FEMALE open	145.23	148						40	45	-50		45	-87.5	87.5	97.5		142.5	314.2
Lindsay Lindsay	FEMALE open	169.27	181						42.5	50	57.5		57.5	97.5	107.5	115		172.5	380.3
Carissa Lindsay	FEMALE 11 & unde	95.15	97						9.64	15.64	-22.5		15.64	20	32.5	37.5		53.14	117.2
Celeste Lindsay	FEMALE 11 & unde	67.1	77						9.64	13.14	-19.6		13.14	20	27.5	30.5		43.64	96.21
John Thompson	master 40-44	218.3	220						147.5	152.5	-162.5		152.5	160	180	185		337.5	744.1
Taylor Selis	open	218.3	220						130	140	-142.5		140	237.5	255	-272.5		395	870.8

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Name	Division	Wgt	Class	RH	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th	TOTAL	LBS
BENCH ONLY								BENCH											
Kelly Smith	FEMALE open	309	198+						57.5	60	-65		60					60	132.3
*Barb Armstrong	FEMALE open/ law/	165.2	165						85	90	98	-100	98					98	216.1
Sara Gillott	FEMALE open/Mast	140.2	148						30	37.5	42.5	-50.5	42.5					42.5	93.7
Caleb Berglee	open/ 25-29	181.2	181						137.5	142.5	-145		142.5					142.5	314.2
Greg Srock	open/ law/fire/mil	240.38	242						-125	127.5	-135		127.5					127.5	281.1
River Newman	open	264.4	275						155	-162.5	-162.5		155					155	341.7
Marvin Rodenback	open/ Masters 50-53	281.45	308						-207.5	207.5	212.5	217.5	212.5					212.5	468.5
CURL ONLY				CURL															
*Aubry Roe	FEMALE open/ law/	168.27	181		35	41	46	47.5					46					46	101.4
Sara Gillott	FEMALE open/ mas	140.2	148		15	20	22.5	26.5					22.5					22.5	49.6
Jocelyn Acheson	FEMALE Jr 20-24	155.24	165		25	30	32.5						32.5					32.5	71.65
Kyle Nelson	open	193.3	198		50	55	57.5						57.5					57.5	126.8
Sheldon Brown	Jr 20-24	225.3	242		-55	55	57.5						57.5					57.5	126.8
Caleb Berglee	open/ 25-29	181.2	181		51	53.5	57.5						57.5					57.5	126.8
Tom Sly	open	193.3	198		50	52.5	55						55					55	121.3
Greg Srock	open/ law/fir/mil	240.38	242		51	60	61						61					61	134.5
DEAD LIFT ONLY												DEADLIFT							
Aubry Roe	FEMALE open/ law/	168.27	181										0	125	132.5	137.5	140	137.5	303.1
Jocelyn Acheson	FEMALE Jr 20-24	155.24	165										0	95	102.5	105		105	231.5
Sheldon Brown	Jr 20-24	225.3	242										0	200	210	-220		210	463
Tom Alexander	master 65-69	197.3	198										0	147.5	150	152.5		152.5	336.2
River Newman	open	264.4	275										0	145	165	180		180	396.8
													0					0	0
Overall Best Lifters:													0					0	0
Miki Cestnik													0					0	0
Jason Harmala													0					0	0
													0					0	0
Judges:													0					0	0
Paul Gillott													0					0	0
Sara Gillott													0					0	0
Andy Gentry													0					0	0
Missy Gentry													0					0	0
Marvin Rodenbeck													0					0	0
													0					0	0