

**100% RAW Powerlifting Federation  
2016 IronMan Challenge  
Powerhouse Training July 31, 2016**

Name	State	Age	Division	Wgt	Class	RH	BENCH				Sub	DEADLIFT				TOTAL	LBS	Place	Coef.
							1st	2nd	3rd	4th		1st	2nd	3rd	4th				
<b>Push/Pull</b>																			
Sheldon Duncan	ME	39	Open	128.8	132 Men	0	102.5	-120.5	-120.5		102.50	0.0	0.0	0.0		<b>102.50</b>	<b>225.97</b>		0.80
Gabriel Ting	MA	42	Submasters (40 - 44)	224.0	242 Men	0	-195.0	-195.0	-195.0			0.0	0.0	0.0		<b>0.00</b>	<b>0.00</b>		0.00
Lindsay Ferzoco	MA	31	Open	129.0	132 Women	0	75.0	77.5	-80.0		77.50	142.5	145.0	-147.5		<b>222.50</b>	<b>490.52</b>		1.72
Alex LaRochelle	NH	21	Open	147.4	148 Men	1	120.0	127.5	-135.0		127.50	197.5	215.0	227.5		<b>355.00</b>	<b>782.63</b>		2.41
Troy Langeuin	NH	21	Junior	161.4	165 Men	2	100.0	110.0	117.5		117.50	152.5	165.0	177.5		<b>295.00</b>	<b>650.36</b>		1.83
Steven Mathes	MA	21	Junior (20 - 24)	163.0	165 Men	-	0.0	0.0	0.0			187.5	192.5	-195.0		<b>192.50</b>	<b>424.39</b>		1.18
Pat Gill	MA	28	Open (28)	165.0	165 Men	2	72.5	77.5	85.0		85.00	112.5	122.5	130.0		<b>215.00</b>	<b>473.99</b>		1.30
Michelle Sparrow	MA	28	Open (28)	163.0	165 Women	1	42.5	47.5	52.5		52.50	110.0	122.5	135.0		<b>187.50</b>	<b>413.36</b>		1.15
Ed Vivier	MA	74	Master (70 - 74)	178.4	181 Men	0	65.0	70.0	75.0		75.00	67.5	92.5	-115.0		<b>167.50</b>	<b>369.27</b>		0.94
Ryan Healy	MA	29	Open	180.6	181 Men	1	120.0	-127.5	-127.5		120.00	177.5	185.0	187.5		<b>307.50</b>	<b>677.91</b>		1.70
Mary Kate Mercier	MA	34	Open	176.8	181 Women	0	67.5	72.5	75.0		75.00	142.5	150.0			<b>225.00</b>	<b>496.04</b>		1.27
Shea Lawrie	MA	15	Teen (14 - 15)	174.6	181 Women	-	0.0	0.0	0.0			60.0	80.0	85.0		<b>85.00</b>	<b>187.39</b>		0.49
Phil Najemy	MA	35	Open	195.8	198 Men	0	125.0	135.0	-140.0		135.00	265.0	-277.5			<b>400.00</b>	<b>881.84</b>		2.04
Jackie Zheng	MA	21	Junior (20 - 24) 21	212.0	220 Men	3	105.0	110.0	117.5		117.50	195.0	212.5	227.5		<b>345.00</b>	<b>760.59</b>		1.63
Jay Lawrie	MA	45	Master (45 - 49) 45	241.6	242 Men	-	0.0	0.0	0.0			160.0	177.5	-193.5		<b>177.50</b>	<b>391.32</b>		0.73
Chaz Ruffin	CT	19	Teen (18 - 19) - 19	241.6	242 Men	2	162.5	175.0	182.5		182.50	287.5	305.0	317.5	*WR	<b>500.00</b>	<b>1102.30</b>		2.07
<b>Bench Press</b>																			
Sheldon Duncan	ME	39	Open	128.8	132 Men		102.5				102.50					<b>102.50</b>	<b>225.97</b>		0.80
<b>Deadlift</b>																			
Steven Mathes	MA	21	Junior (20 - 24)	163.0	165 Men							187.5				<b>187.50</b>	<b>413.36</b>		1.15
Jay Lawrie	MA	45	Master (45 - 49)	241.6	242 Men							160.0				<b>160.00</b>	<b>352.74</b>		0.66
Shea Lawrie	MA	15	Teen (14 - 15)	174.6	181 Women							60.0				<b>60.00</b>	<b>132.28</b>		0.34
<b>Strict Curl</b>																			
Jackie Zheng	MA	21	Junior (20 - 24)	212.0	220 Men							40.0	-47.5	-47.5		<b>40.00</b>	<b>88.18</b>		0.19
Pat Gill	MA	28	Open (28)	165.0	165 Men							30.0	35.0	40.0		<b>40.00</b>	<b>88.18</b>		0.24
Mary Kate Mercier	MA	34	Open	176.8	181 Womens							40.0	42.5	45.0	-45.5	<b>45.00</b>	<b>99.21</b>		0.25
Ronald W. Sannicandro	NY	53	Master (50 - 54)	181.6	181 Mens							42.5	-47.5	50.0		<b>50.00</b>	<b>110.23</b>		0.28
Tom hart	VT	74	Masters (70 - 74) age 74	208.4	220 Mens							47.5	52.5	55.5	-58.5	<b>55.50</b>	<b>122.36</b>		0.27
Ryan Healy	MA	29	Open	180.6	181 Men							45.0	52.5	60.0		<b>60.00</b>	<b>132.28</b>		0.33