

100% RAW Powerlifting Federation

2016 Southern Open Powerlifting Championships

Powerlifting					SQUAT				BENCH				DEADLIFT							
Name	St	Division	Wgt	Class	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th	TOTAL	LBS	Place
Jordan Morin	NC	Youth (8-9)	60.2	66	20	-25	25		15	17.5	-20		42.5	30	35	37.5		80	176.368	1
Mackenzie Taylor	NC	F- Youth (8-9)	68.9	77	17.5	30	-35.5		12.5	15	18	19	48	35	45	51	-51.5	99	218.2554	1
Brooke Zak	NC	F- Youth (10-11)	82.8	88	22	32	37	-42	12	17	19.5	22	56.5	44.5	57	59.5	62	116	255.7336	1
Ashley Christiansen	NC	F- Teen (16-17)	96.8	97	32.5	35	40		37.5	42.5	45	46	85	70	75	80		165	363.759	1
Samantha Brickhouse	NC	F- Junior (20-24)	102.4	105	57.5	65	-75		40	42.5	45	-47.5	110	92.5	100	112.5		222.5	490.5235	1
Anna Zak	NC	F- Teen (12-13)	109.4	114	22	34.5	-39.5		14.5	22	24.5	28	59	52.5	62.5	67.5	-69.5	126.5	278.8819	1
John Buck Ammons	NC	Open, (16-17)	114.4	114	70	75	85		45	52.5	-60		137.5	110	120	127.5	137.5	265	584.219	1,1
Branningan Coleman	NC	Open	120.2	123	-142.5	-145	145		112.5	-125	125		270	175	187.5	-202.5		457.5	1008.605	1
Karen Naegel	SC	F- Master (40-44)	131.8	132	62.5	67.5	-82.5		47.5	-52.5	-52.5		115	72.5	80	87.5	92.5	202.5	446.4315	1
Lori K Bailey	NC	F- Open, (45-49)	144	148	70	82.5	87.5	-95.5	57.5	62.5	-67.5		150	95	110	122.5	-127.5	272.5	600.7535	1,1
Chelsea Mendes	VA	F- Open	143.8	148	92.5	97.5	-102.5		45	47.5	50		147.5	92.5	100	105		252.5	556.6615	2
Sara VanHorn	VA	F- Open	133.6	148	72.5	77.5	-82.5		37.5	42.5	45		122.5	115	122.5	-127.5		245	540.127	3
Lenard Jones	NC	Open	146	148	182.5	192.5	197.5		140	147.5	156		353.5	227.5	237.5	247.5		601	1324.965	1
Erin Yow	NC	F- Open, (25-29)	150.6	165	102.5	107.5	112.5		60	65	-70		177.5	107.5	120	130		307.5	677.9145	1,1
Dustin Edwards	NC	Teen (18-19)	164	165	-140	140	145		97.5	105	-117.5		250	175	187.5	-197.5		437.5	964.5125	1
Jeff VanHorn	VA	Sub (35-39) PFM	165.2	165	130	140	145	150	112.5	120	-122.5		265	197.5	207.5	212.5	-217.5	477.5	1052.697	1,1
Brian Stoner	NY	Open, (45-49)	163.6	165	182.5	197.5	205		-122.5	122.5	-125		327.5	227.5	242.5	-245		570	1256.622	1,1
Britt Callahan	NC	Open ,(20-24)	191.8	198	165	-182.5	-182.5		-120	120	127.5		292.5	210	230	237.5	245	530	1168.438	1,1
Brian McIntyre	VA	Open, (40-44)	189	198	167.5	182.5	-190		132.5	137.5	-142.5		320	192.5	207.5	-220		527.5	1162.927	2,1
Ray Berry	NC	Open (55-59)	198.4	198	137.5	150	-160		127.5	140	145		295	175	187.5	-200		482.5	1063.72	3,1
Aaron Pickrell	NC	Master (45-49)	193	198	130	140	145		105	110	115		260	177.5	187.5	197.5		457.5	1008.605	1
Donald Beishl III	PA	Open	212	220	170	182.5	-192.5		130	135	-140		317.5	227.5	237.5	-242.5		555	1223.553	1
Matthew Naegel	SC	Open, (40-44)	209.8	220	147.5	160	170		-130	137.5	150	-155	320	185	-227.5	-227.5		505	1113.323	2,1
Journey Neimann	NC	Open,(16-17)	214.2	220	127.5	130	132.5		102.5	-105	-105		235	160	167.5	175		410	903.886	3,1
Gene Berry	NC	Open,(55-59)	256	275	185	200	-220		145	155	160		360	200	215	227.5		587.5	1295.203	1,1
Raymond Classing, Sr	MD	Open,55-59,PFM	284.6	308	170	pass	pass		170	175	-182.5		345	182.5	205	-220		550	1212.53	1,1,1

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Name	St	Division	Wgt	Class	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th			
Joey Markle	NC	Junior (20-24)	350.2	308+	150	-155	155		100	-105	107.5		262.5	180	195	207.5	216	470	1036.162	1
PUSH-PULL																				
Marshall Cooper	NC	Youth (10-11)	59.2	66					14	15	17.5		17.5	37.5	42.5	47.5	-56	65	143.299	1
Mackenzie Taylor	NC	F- Youth (8-9)	68.9	77					12.5	15	18	19	18	35	45	51	-51.5	69	152.1174	1
Brooke Zak	NC	F-Youth (10-11)	82.8	88					12	17	19.5	22	19.5	44.5	57	59.5	62	79	174.1634	1
Anna Zak	NC	F-Teen (12-13)	109.4	114					14.5	22	24.5	28	24.5	52.5	62.5	67.5	-69.5	92	202.8232	1
Dylan Cooper	NC	Youth (8-9)	116.4	123					14.5	22	24.5		24.5	52.5	-65	-67.5		77	169.7542	1
Lori K Bailey	NC	F-Open, (45-49)	144	148					57.5	62.5	-67.5		62.5	95	110	122.5	-127.5	185	407.851	1,1
Zion C King	NC	Youth (10-11)	152.8	165					27.5	35	-42.5		35	52.5	57.5	60	-62.5	95	209.437	1
Ray Berry	NC	Open, (55-59)	198.4	198					127.5	140	145		145	175	187.5	-200		332.5	733.0295	2,1
Brian McIntyre	VA	Open, (40-44)	189	198					132.5	137.5	-142.5		137.5	192.5	207.5	-220		345	760.587	1,1
Maureen M Hodges	VA	F-Master (50-54)	234	198+					-62.5	62.5	70		70	110	117.5	122.5		192.5	424.3855	1
Gene Berry	NC	Open, (55-59)	256	275					145	155	160		160	200	215	227.5		387.5	854.2825	1,1
BENCH																				
Kevin Outland	NC	Masters (45-49)	161.2	165					127.5	132.5	137.5	-140	137.5					137.5	303.1325	1
Jospeph Sanders	NC	Masters (70-74)	179.2	181					110	115	-120		115					115	253.529	1
Steve Poythress	NC	Open	189	198					165	182.5	-187.5		182.5					182.5	402.3395	1
Alexander Brylev	SC	Open	195	198					127.5	132.5	135		135					135	297.621	3
Ray Berry	NC	Open, (55-59)	198.4	198					127.5	140	145		145					145	319.667	2,1
John Cooper	NC	Open, (40-44)	204	220					130	142.5	-147.5		142.5					142.5	314.1555	2,1
Michael Dudley	NC	Open	220.4	220					227.5	235	236.5		236.5					236.5	521.3879	1
John Shiflett	VA	Master(50-54)	220.4	220					115	120	pass		120					120	264.552	1
Joseph Rascoe	NC	Master (50-54)	228.6	242					-175	175	-180		175					175	385.805	1
Bernie Rhodes	NC	Master (65-69)	240	242					-112.5	117.5	-122.5		117.5					117.5	259.0405	1
Matthew Beickert	NC	Master (45-49)	263.2	275					145	155	-160		155					155	341.713	1
Carl Elliot	NC	Open, (40-44)	275	275					185	192.5	-207.5		192.5					192.5	424.3855	1,1
Gene Berry	NC	Open, (55-59)	256	275					145	155	160		160					160	352.736	2,1
DEADLIFT																				
Lauren Stoner	NY	F-Youth (12-13)	109.4	114									0	45	62.5	75		75	165.345	1
Todd Jerome King	NC	(50-54) PFM	242.4	242									0	175	187.5	192.5		192.5	424.3855	1,1
Bob Shirley	VA	Master (60-64)	270.8	275									0	180	187.5	192.5		192.5	424.3855	1
STRICT-CURL																				
Caden Cooper	NC	Youth (6-7)	43.8	66	7.5	-8	-10						7.5					7.5	16.5345	1
Marshall Cooper	NC	Youth (10-11)	59.2	66	12	13	14	-15					14					14	30.8644	1

