

100% RAW Powerlifting Federation
2016 American Challenge Powerlifting Championships
June 4, 2016 - Currituck, North Carolina

Name	Division	Wgt	Class	RH	SQUAT				4th	BENCH				Sub	DEADLIFT				4th	TOTAL	LBS	Place
					1st	2nd	3rd	4th		1st	2nd	3rd	4th		1st	2nd	3rd	4th				
Brooke Zak - NC	F-Youth 11 & Under	77	97	1	25	30	35		12	14.5	17		52	37.5	50	55		107	235.9	1		
MacKenzie Taylor - NC	F-Youth 11 & Under	68.8	97	14d	20	30	35		12	15	-18			37.5	-47.5	50		100	220.5	2		
Anna Zak - NC	Teen (12-13)	103.6	105	7	30	-40	-45		15	19.5	-24.5		49.5	50	60	65		114.5	252.4	1		
Jessica Smith - NC	F-Open, F-Teen (16-17)	113.8	114	5	75	85	91.5		45	47.5	48	-53	139.5	100	110	117.5	122.5	257	566.6	1,1		
John Buck Ammons - NC	Open, Teen (16-17)	111.4	114	5	75	82.5	92.5		55	-57.5	-57.5		147.5	100	122.5	132.5		280	617.3	1,1		
Allison Broughton - NC	F-Open	122.8	123	12	70	75	-80		40	-42.5	-42.5		115	75	80	85		200	440.9	1		
Rachel Jordan - NC	F-Open, F-Junior (20-24)	131.2	132	10	90	97.5	100		57.5	62.5	67.5		167.5	117.5	125	130		297.5	655.9	1,1		
Kate Rupert - NC	F-Open	147.6	148	15	-85	-95	-95		60	-65	65		-20	95	105	112.5		92.5	203.9			
Lori Bailey - NC	F-Open, F-Master (45-49)	140.2	148	8	80	-87.5	-96		55	60	65.5		145.5	80	92.5	107.5		253	557.8	1,1		
Ben Zak - NC	Open, Master (45-49)	147.8	148		110	123	-130		90	100	-105		223	153	168			391	862	1,1		
Thomas Miele - NC	Teen (16-17)	137.2	148	12	-75	75	77.5		-50	-52.5	-52.5		27.5	100	105	110		137.5	303.1	1		
Hanna Holden - NC	F-Open, F-Teen (16-17)	164	165	15	95	100	-108		50	55	-57.5		155	110	120	127.5	-146.5	282.5	622.8	1,1		
Jenn Zak - NC	F-Open, F-Master (35-39)	154.6	165		72.5	82.5	87.5		45	50	-55		137.5	100	108	115		252.5	556.7	2,1		
Tim Metcalf - NC	Master (55-59)	165.2	165	13	80	92.5	-102.5		92.5	102.5	-110		195	137.5	145	147.5		342.5	755.1	1		
Kevin Outland - NC	Open, Master (45-49)	161	165	3	142.5	152.5	-160		122.5	130	135		287.5	172.5	182.5	190		477.5	1053	1,1		
Andrew Boca - NC	Teen (16-17)	178.8	165	16	-92.5	92.5	100		62.5	65	70		170	140	147.5	157.5		327.5	722	1		
Carlita Farmer - NC	F-Open, F-Junior (20-24)	179.6	181	13	125	142.5	155		82.5	92.5	-97.5		247.5	165	185	192.5	197.5	440	970	1,1		
Allyson Sarnowski - NC	F-Open, F-Teen (16-17)	180.8	181	16	55	62.5	67.5		45	-47.5	-47.5		112.5	100	117.5	127.5		240	529.1	2,1		
Yogi Frank Sumner - NC	Master (65-69)	176	181	6	62.5	80	82.5		70	75	80		162.5	115	120	125		287.5	633.8	1		
Brandon Pettit - NC	Open, Junior (20-24)	179.4	181	6	195	210	227.5		110	120	135		362.5	235	260	285		647.5	1427	1,1		
Aryah Seymore - NC	F-Open, F-Teen (14-15)	190.8	198	10	90	92.5	97.5		60	62.5	65		162.5	125	132.5	137.5		300	661.4	1,1		
Josh Cue - NC	Open	196.8	198	7	165	180	190		122.5	130	132.5		322.5	220	232.5	237.5		560	1235	1		
Mark Garrett - VA	Open	195.6	198	9	165	175	185		127.5	132.5	-137.5		317.5	217.5	227.5	-235		545	1202	2		
Brian McIntyre - VA	Open, Master (40-44)	192.2	198	4	170	-180	180		132.5	137.5	-142.5		317.5	192.5	205	-217.5		522.5	1152	3,1		
DeMarion Farmer - NC	Open	219.8	220	7	185	192.5	202.5		142	152.5	-162.5		355	227.5	240	252.5		607.5	1339	1		
Donald Beishl - NC	Open	212	220	7	180	187.5	-192.5		130	137.5	-137.5		325	225	-237.5	237.5		562.5	1240	2		
Mario Todorov - NC	Open	212.4	220	7	-182.5	-185	185		142.5	-150	-150		327.5	195	-220	-220		522.5	1152	3		
Ray Berry - NC	Open, Masters (55-59)	212.8	220	6	135	145	155		125	132.5	140		295	185	195	200		495	1091	4,1		
Ira Brooks - VA	Open, Master (70-74)	217.6	220	16	115	122.5	-137.5		92.5	-102.5	-102.5		215	137.5	147.5	160		375	826.7	5,1		
Cameron Maxwell - NJ	Open, Teen (18-19)	217.2	220	7	227.5	240.25	-250		-185	-185	-185		55.25	260	-277.5	-277.5		315.3	695			
Chance Henderson - NC	Open, Teen (16-17)	219.8	220	6	-165	-165	-165		92.5	100	-107.5		-65	150	170	185		120	264.6			
Gene Berry - NC	Open, Masters (55-59)	241.2	242	7	190	-200	200		140	145	150		350	195	205	217.5		567.5	1251	1,1		
Nolan Toti - NC	Open, Teen (16-17)	235	242	6	142.5	162.5	190		120	130	142.5		332.5	185	207.5	215		547.5	1207	2,1		
James Bright - NC	Open, Teen (18-19)	281.2	308	5	185	200	205		-100	100	-107.5		305	180	205	-207.5		510	1124	1,1		
Joey Markel - NC	Open, Junior (20-24)	346.4	SHW	16	75	92.5	125		75	80	85		210	150	172.5	182.5		392.5	865.3	1,1		
Push/Pull									1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th					
Ashely Christiansen - NC	F-Teen (16-17)	97	97						37.5	41	44	-46	44	67.5	71.5	78	79.5	122	269	1,		
Marshall Cooper - NC	Youth 11 & Under	56.4	105						13	-16	-16		13	37.5	-47.5	-47.5		50.5	111.3	1		
Jessica Smith - NC	F-Open, F-Teen (16-17)	113.8	114	5					45	47.5	48	-53	48	100	110	117.5	122.5	165.5	364.9	1,1		
John Buck Ammons - NC	Open, Teen (16-17)	111.4	114	5					55	-57.5	-57.5		55	100	122.5	132.5		187.5	413.4	1,1		

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					1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd				4th
Dylan Cooper - NC	Youth 11 & Under	108.2	114						13	19.5	-24.5		19.5	50	-65	65				1
Kelly Wescott - NC	F-Master (55-59)	127.6	132						52.5	57.5	60	61	60	57.5	67.5	77.5	85	137.5	303.1	1
Rachel Jordan - NC	F-Open, F-Junior (20-24)	131.2	132	10					57.5	62.5	67.5		67.5	117.5	125	130		197.5	435.4	1,1
Lauren Cooper - NC	F-Open, F-Teen (18-19)	132.2	132						45	47.5	-52.5		47.5	100	112.5	122.5		170	374.8	2,1
Kate Rupert - NC	F-Open, F-Master (40-44)	147.6	148	15					60	-65	65		65	95	105	112.5		177.5	391.3	1,1
Fred Wescott - NC	Master (60-64)	148	148						85	-92.5			85	170	182.5	-192.5		267.5	589.7	1
Ben Zak - NC	Open, Master (45-49)	147.8	148						90	100	-105		100	153	168			268	590.8	1,1
Thomas Miele - NC	Teen (16-17)	137.2	148	12					-50	-52.5	-52.5		-50	100	105	110		60	132.3	1
Hanna Holden - NC	F-Open, F-Teen (16-17)	164	165	15					50	55	-57.5		55	110	120	127.5	146.5	182.5	402.3	1,1
Jenn Zak - NC	F-Open, F-Master (35-39)	154.6	165						45	50	-55		50	100	108	115		165	363.8	2,1
Kristina-Marie Coleman-VA	F-Teen (18-19)	157.2	165						67.5	77.5	-85		77.5	122.5	147.5	152.5		230	507.1	1
Kevin Outland - NC	Open, Master (45-49)	161	165						122.5	130	135		135	172.5	182.5	190		325	716.5	1,1
Yogi Frank Sumner - NC	Master (65-69)	176	181						70	75	80		80	115	120	125		205	451.9	1
Hyacinth Joseph - NC	F-Master (55-59)	190.4	198						72.5	80	-82.5		80	100	117.5	125	127.5	205	451.9	1
Ray Berry - NC	Open, Masters (55-59)	212.8	220	6					125	132.5	140		140	185	195	200		340	749.6	1,1
Chance Henderson - NC	Open, Teen (16-17)	219.8	220						92.5	100	-107.5		100	150	170	185		285	628.3	2,1
Ira Brooks - VA	Open, Master (70-74)	217.6	220						92.5	-102.5	-102.5		92.5	137.5				230	507.1	3,1
Gene Berry - NC	Open, Masters (55-59)	241.2	242	7					140	145	150		150	195	205	217.5		367.5	810.2	1,1
Nolan Toti - NC	Open, Teen (16-17)	235	242	6					120	130	142.5		142.5	185	207.5	215		357.5	788.1	2,1
Samuel Kurtich - NC	Teen (14-15)	237.5	242						50	52.5	-55		52.5	100	110	125		177.5	391.3	1
James Bright - NC	Open, Teen (18-19)	281.2	308	5					-100	100	-107.5		100	180	205	-207.5		305	672.4	1,1
Joey Markel - NC	Open, Junior (20-24)	346.4	SHW	16					75	80	85		85	150	172.5	182.5		267.5	589.7	1,1
Bench Press									1st	2nd	3rd	4th								
Jessica Smith - NC	F-Open, F-Teen (16-17)	113.8	114	5					45	47.5	48	-53	48					48	105.8	1,1
John Buck Ammons - NC	Open, Teen (16-17)	111.4	114	5					55	-57.5	-57.5		55					55	121.3	1,1
Dylan Cooper - NC	Youth 11 & Under	108.2	114						13	19.5	-24.5		19.5					19.5	42.99	1
Rachel Jordan - NC	F-Open, F-Junior (20-24)	131.2	132	10					57.5	62.5	67.5		67.5					67.5	148.8	1,1
Kelly Wescott - NC	F-Open, F-Master (55-59)	127.6	132						52.5	57.5	60	61	60					60	132.3	2,1
Lauren Cooper - NC	F-Open, F-Teen (18-19)	132.2	132						45	47.5	-52.5		47.5					47.5	104.7	3,1
Kate Rupert - NC	F-Open	147.6	148	15					60	-65	65		65					65	143.3	1
Tim Metcalf - NC	Master (55-59)	165.2	148						92.5	102.5	-110		102.5					102.5	226	1
Ben Zak - NC	Open, Master (45-49)	147.8	148						90	100	-105		100					100	220.5	1,1
Fred Wescott - NC	Open, Master (60-64)	148	148						85	-92.5			85					85	187.4	2,1
Thomas Miele - NC	Open, Teen (16-17)	137.2	148	12					-50	-52.5	-52.5		-50					-50	-110.2	3,1
Kristina-Marie Coleman-VA	F-Open, F-Teen (18-19)	157.2	165						67.5	77.5	-85		77.5					77.5	170.9	1,1
Hanna Holden - NC	F-Open, F-Teen (16-17)	164	165	15					50	55	-57.5		55					55	121.3	2,1
Jenn Zak - NC	F-Open, F-Master (35-39)	154.6	165						45	50	-55		50					50	110.2	3,1
Yogi Frank Sumner - NC	Open, Master (65-69)	176	181						70	75	80		80					80	176.4	1,1
John Cooper - NC	Open, Master (40-44)	196.6	198						137.5	140	142.5		142.5					142.5	314.2	1,1
Ray Matusko - NC	Open, Master (50-54)	217.2	220						150	162.5	-170		162.5					162.5	358.2	1,1

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					1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd				4th
Ray Berry - NC	Open, Masters (55-59)	212.8	220	6					125	132.5	140		140					140	308.6	2,1
Ira Brooks - VA	Open, Master (70-74)	217.6	220						92.5	-102.5	-102.5		92.5					92.5	203.9	3,1
Chance Henderson - NC	Open, Teen (16-17)	219.8	220						92.5	100	-107.5		100					100	220.5	4,1
Gary Edwards - NC	Open, Master (50-54), PFM	240	242						-145	145	150		150					150	330.7	1,1,1
Gene Berry - NC	Open, Masters (55-59)	241.2	242	7					140	145	150		150					150	330.7	2,1
James Clark - NC	Master (60-64)	226.2	242						115	124	125		125					125	275.6	1
Raven Atkins - NC	Teen (14-15)	229.6	242						-72.5	72.5	80		80					80	176.4	1
Samuel Kurtich - NC	Teen (14-15)	237.5	242						50	52.5	-55		52.5					52.5	115.7	2
Chris Ritter - NC	Teen (16-17)	233.6	242						-90	-90	-92.5		-90					-90	-198.4	
Patrick McMillan - VA	Open, Master (40-44), PFM	270	275						190	200	206	210	206					206	454.1	1,1,1
Clifton Burse - VA	Open, Master (55-59)	273.2	275						-197.5	197.5	-206		197.5					197.5	435.4	2,1
Matt Beickert - NC	Open, Master (45-49), PFM	265	275						142.5	152.5	-160		152.5					152.5	336.2	3,1,2
Carl Elliott - NC	Open, Master (40-44), PFM	286.1	308						190	200	205	-210	205					205	451.9	1,1,1
James Bright - NC	Open, Teen (18-19)	281.2	308	5					-100	100	-107.5		100					100	220.5	2,1
Joey Markel - NC	Open, Junior (20-24)	346.4	SHW	16					75	80	85		85					85	187.4	1,1
Deadlift														1st	2nd	3rd	4th			
Marshall Cooper - NC	Youth 11 & Under	56.4	105										0	37.5	-47.5	-47.5		37.5	82.67	1
Jessica Smith - NC	F-Open, F-Teen (16-17)	113.8	114	5									0	100	110	117.5	122.5	117.5	259	1,1
John Buck Ammons - NC	Open, Teen (16-17)	111.4	114	5									0	100	122.5	132.5		132.5	292.1	1,1
Dylan Cooper - NC	Youth 11 & Under	108.2	114										0	50	-65	65		65	143.3	1
Rachel Jordan - NC	F-Open, F-Junior (20-24)	131.2	132	10									0	117.5	125	130		130	286.6	1,1
Lauren Cooper - NC	F-Open, F-Teen (18-19)	132.2	132										0	100	112.5	122.5		122.5	270.1	2,1
Kelly Wescott - NC	F-Open, F-Master (55-59)	127.6	132										0	57.5	67.5	77.5	85	77.5	170.9	3,1
Fred Wescott - NC	Open, Master (60-64)	148	148										0	170	182.5	-192.5		182.5	402.3	1,1
Ben Zak - NC	Open, Master (45-49)	147.8	148										0	153	168			168	370.4	2,1
Tim Metcalf - NC	Open, Master (55-59)	165.2	148										0	137.5	145	147.5		147.5	325.2	3,1
Thomas Miele - NC	Open, Teen (16-17)	137.2	148	12									0	100	105	110		110	242.5	4,1
Kristina-Marie Coleman-VA	F-Teen (18-19)	157.2	165										0	122.5	147.5	152.5		152.5	336.2	1,1
Hanna Holden - NC	F-Open, F-Teen (16-17)	164	165	15									0	110	120	127.5	-147	127.5	281.1	1,1
Jenn Zak - NC	F-Open, F-Master (35-39)	154.6	165										0	100	108	115		115	253.5	2,1
Garrett Hence - VA	Open	179.4	181										0	-292.5	-292.5	-292.5		-292.5	-644.8	
Cameron Maxwell - NJ	Open, Teen (18-19)	217.2	220										0	260	-277.5	-277.5		260	573.2	1,1
Ray Berry - NC	Open, Masters (55-59)	212.8	220	6									0	185	195	200		200	440.9	2,1
Chance Henderson - NC	Open, Teen (16-17)	219.8	220										0	150	170	185		185	407.9	3,1
Ira Brooks - VA	Open, Master (70-74)	217.6	220										0	137.5	147.5	160		160	352.7	4,1
Gene Berry - NC	Open, Masters (55-59)	241.2	242	7									0	195	205	217.5		217.5	479.5	1,1
Nolan Toti - NC	Open, Teen (16-17)	235	242	6									0	185	207.5	215		215	474	2,1
Chris Ritter - NC	Open, Teen (16-17)	233.6	242										0	150	155	-160		155	341.7	3,2
Samuel Kurtich - NC	Open, Teen (14-15)	237.5	242										0	100	110	125		125	275.6	4,1
Bob Shirley - VA	Master (60-64)	265	275										0	175	185	-190		185	407.9	1

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					1st	2nd	3rd	4th	1st	2nd	3rd	4th		1st	2nd	3rd	4th			
James Bright - NC	Open, Teen (18-19)	281.2	308	5									0	180	205	-207.5		205	451.9	1,1
Joey Markel - NC	Open, Junior (20-24)	346.4	SHW	16									0	150	172.5	182.5		182.5	402.3	1,1
Strict Curl																				
					1st	2nd	3rd	4th												
Mackenzie Taylor - NC	F-Youth 11 & Under	68.8	97		11	12	13						13					13	28.66	1
Brooke Zak - NC	F-Youth 11 & Under	77	97		9	11	12.5	13.5					12.5					12.5	27.56	2
Ashely Christiansen - NC	F-Open, F-Teen (16-17)	97	97		22.5	25	27.5	-30.5					27.5					27.5	60.63	1
Ana Zak - NC	F-Teen (12-13)	103.6	105		11	13.5	15	16					15					15	33.07	1
Marshall Cooper - NC	Youth 11 & Under	56.4	105		11	13	-14						13					13	28.66	1
Caden Cooper - NC	Youth 11 & Under	44	105		7.2	7.2	8.2						8.2					8.2	18.08	2
John Buck Ammons - NC	Open, Teen (16-17)	111.8	114		32.5	37.5	40.5	-41					40.5					40.5	89.29	1,1
Jessica Smith - NC	F-Open, F-Teen (16-17)	113.8	114		25	-27.5	-27.5						25					25	55.12	1,1
Dylan Cooper - NC	Youth 11 & Under	108.2	114		11	12	13.5	-15					13.5					13.5	29.76	1
Lauren Cooper - NC	F-Open, F-Teen (18-19)	132.2	132		27.5	30	32	-33					32					32	70.55	1,1
Ben Zak - NC	Open, Master (45-49)	147.8	148		40	42.5	45						45					45	99.21	1,1
Hanna Holden - NC	F-Open, F-Teen (16-17)	164	165		30	32.5	34	-35					34					34	74.96	1,1
Jenn Zak - NC	F-Open, F-Master (35-39)	154.6	165		21.5	24	26	27.5					26					26	57.32	2,1
Tim Metcalf - NC	Open, Master (55-59)	165.2	165		35	42.5	46						46					46	101.4	1,1
Allyson Sarnowski - NC	F-Open, F-Teen (16-17)	180.8	181		27.5	-30	32	-33					32					32	70.55	1,1
Joe Sanders - NC	Open, Masters (70-74)	179.2	181		35	40	45	47.5					45					45	99.21	1,1
Ronnie Cooper - NC	Open, Master (45-49)	177	181		32.5	37.5	42.5						42.5					42.5	93.7	2,1
Yogi Frank Sumner - NC	Open, Master (65-69)	176	181		35	37.5	40						40					40	88.18	3,1
Aryah Seymore - NC	F-Open, F-Teen (14-15)	190.8	198		30	32.5	34	-35					34					34	74.96	1,1
Elissa Cooper - NC	F-Open, F-Master (40-44)	194	198		30	31	31.5	-33					31.5					31.5	69.44	2,1
John Cooper - NC	Open, Master (40-44)	196.6	198		65	71	73	-74					73					73	160.9	1,1
Chance Henderson - NC	Open, Teen (16-17)	219.8	220		47.5	50	52.5						52.5					52.5	115.7	1,1
Ray Berry - NC	Open, Masters (55-59)	212.8	220		40	45	-50						45					45	99.21	2,1
Gene Berry - NC	Open, Masters (55-59)	241.2	242		40	47.5	52.5						52.5					52.5	115.7	1,1
Raven Atkins - NC	Open, Teen (14-15)	229.6	242		40	47.5	-50						47.5					47.5	104.7	2,1
Chris Ritter - NC	Open, Teen (16-17)	233.6	242		-45	47.5	-50						47.5					47.5	104.7	3,2
Nolan Toti - NC	Teen (16-17)	235	242		40	50	52.5						52.5					52.5	115.7	1