

# 100% RAW Powerlifting Federation

## 100% RAW 2016 OBX Open

<b>Full Power</b>								<b>BENCH</b>				<b>DEADLIFT</b>					
Name	Division	Wgt	Class	1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th	TOTAL
Mackenzie Taylor NC	F -Youth (8-9)	75.4	77	17.5	25.0	33.0	36.0	12.5	17.5	19.5		52.5	35.0	45.0	52.5		105.0
Ashley Christian NC	F- Teen (16-17)	97.6	105	-35.0	35.0	-40.0		42.5	44.0	48.0	-49.5	83.0	77.5	80.0	82.0	83.5	165.0
John Buck Ammons NC	Teen (16-17)	113	114	-77.5	77.5	85.0		47.5	57.5	-65.0		142.5	102.5	-125.0	137.5		280.0
Dylan Cooper NC	Youth (8-9)	123.4	123	22.0	34.5	42.0		14.5	24.5	27.0		69.0	52.0	69.5	72.0		141.0
Lauren Cooper NC	F - Open,Teen (18-19)	131.8	132	55.0	65.0	75.0		40.0	47.5	-50.0		122.5	102.5	113.0	125.0		247.5
Karen Naegel SC	F -Master (40-44)	129.6	132	-82.5	85.0	-92.5		52.5	55.0	-57.0		140.0	107.5	112.5	115.0	117.5	255.0
Cameron Lanham VA	Open, Junior (20-24)	131.2	132	127.5	137.5	142.5		110.0	112.5	115.0		257.5	142.5	150.0	-160.0		407.5
Sherry Pridgen NC	F- Master (50-54)	140	148	-72.5	-77.5	80.0	85.0	-45.0	45.0	50.0		130.0	107.5	110.0	112.5		242.5
Kathrine Carrier NC	F -Open	145.2	148	102.5	105.0	110.0		70.0	75.0	-78.0		185.0	142.5	152.5	160.0		345.0
Kevin Outland NC	Open, Master (45-49)	162.4	165	142.5	155.0	160.0		130.0	135.0	137.0	-137.5	297.0	177.5	187.5	192.5	195.0	489.5
Edward TJ Woolfolk VA	Special Olympian	165.2	165	82.5	87.5	90.0		52.5	57.5	60.0		150.0	105.0	110.0	120.0		270.0
Jacob Lassiter NC	Teen (14-15)	158.9	165	112.5	120.0	125.0		-90.0	90.0	-95.0		215.0	160.0	165.0	-167.5		380.0
Donavon Burke NC	Teen (14-15)	164.2	165	92.5	100.0	-107.5		-67.5	-67.5	-67.5		32.5	117.0	122.5	130.0		162.5
Ashley Staley VA	F- Open	157	165	95.0	-100.0	100.0		52.5	57.5	-60.0		157.5	125.0	130.0	137.5		295.0
Hanna Holden NC	F- Teen (16-17)	171.6	181	97.5	110.0	-115.0		47.5	52.5	55.0		165.0	112.5	130.0	137.5		302.5
Allyson Sarnowski NC	F- Teen (16-17)	179.2	181	60.0	70.0	75.0		42.5	47.5	50.0		125.0	110.0	125.0	-137.5		250.0
Kylie Huston NC	F- Teen (16-17)	171	181	-75.0	75.0	92.5		37.5	45.0	-52.5		137.5	97.5	110.0	-122.5		247.5
L W Nash VA	Open, Master (55-59)	173.6	181	160.0	170.0	177.5	182.5	115.0	130.0	132.5		310.0	160.0	177.5	185.0	190.0	495.0
Brian McIntyre VA	Open, Master (40-44)	181.6	181	165.0	177.5	190.0		132.5	137.5	140.0		330.0	195.0	210.0	-217.5		540.0
Amanda Villamor VA	F- Open	198	198	97.5	107.5	-115.0		60.0	62.5	65.0		172.5	112.5	127.5	137.5		310.0
Josh Cue NC	Open, 30-34	197.4	198	180.0	192.5	-200.0		120.0	127.5	132.5		325.0	225.0	235.0	-240.0		560.0
Hayden Benschhoff NC	Teen (16-17)	193.2	198	150.0	-165.0	165.0		95.0	-97.5	pass		260.0	185.0	192.5	200.0		460.0
Joseph Pearson NC	Open	218.4	220	220.0	230.0	235.0		-160.0	160.0	-162.5		395.0	-227.5	235.0	-250.0		630.0
Chad Perry NC	Open, Master (40-44)	219.4	220	-175.0	175.0	182.5		130.0	-135.0	pass		312.5	217.5	227.5	232.5		545.0
Matt Naegel SC	Master (40-44)	212.2	220	167.5	175.0	-185.0		145.0	150.0	152.5	155.0	327.5	200.0	207.5	215.0	-222.5	542.5
Marcus Gregory VA	Master (40-44)	216.6	220	-165.0	175.0	-177.5		100.0	105.0	110.0		285.0	185.0	195.0	202.5		487.5
Journey Niemann NC	Teen (16-17)	220.4	220	122.5	132.5	137.5		102.5	105.0	110.0		247.5	182.5	190.0	195.0		442.5
Ira Brooks VA	Master (70-74)	217.4	220	90.0	100.0	115.0		80.0	92.5	-95.0		207.5	122.5	137.5	-182.5		345.0
Gene Berry NC	Open, Master (55-59)	242.2	242	170	175.0	182.5		130	-145.0	145.0		327.5	185.0	195.0	200.0		527.5
Kevin Combs VA	Open, Master (45-49)	273.8	275	217.5	230.0	240.0		127.5	142.5	150.0		390.0	237.5	255.0	272.5		662.5
Austin Poff NC	Junior (20-24)	263.2	275	147.5	-162.5	162.5		100.0	107.5	110.0		272.5	182.5	197.5	215.0	228.0	487.5
Nathan Daniels NC	Junior (20-24)	299.6	308	142.5	155.0	162.5		110.0	117.5	122.5		285.0	150.0	170.0	187.5		472.5
<b>Push-Pull</b>																	
Marshall Cooper NC	Youth (10-11)	60.4	66					15.0	16.0	17.5		17.5	37.5	45.0	50.0	-61.0	67.5
Mackenzie Taylor NC	F -Youth (8-9)	75.4	77					12.5	17.5	19.5		19.5	35.0	45.0	52.5		72.0
Cathrine Reynolds VA	F Teen (16-17)	125.8	132					55.0	57.5	-60.0		57.5	85.0	97.5	100.0		157.5
Kevin Outland NC	Master 45-49	162.4	165					130.0	135.0	137.0	-137.5	137.0	177.5	187.5	192.5	195.0	329.5
Vonda Martin VA	F- Special Olympian	196.6	198					27.5	-32.5	-32.5		27.5	55.0	60.0	75.0		102.5
Latonia Brown NC	F- Open, 40-44, LFM	217.4	198+					75.0	-82.5	-82.5		75.0	125.0	-138.5	147.5	152.5	222.5

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<b>Name</b>	<b>Division</b>	<b>Wgt</b>	<b>Class</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>Sub</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>TOTAL</b>
Ira Brooks VA	Master (70-74)	217.4	220					80.0	92.5	-95.0		92.5	122.5	137.5	-182.5		230.0
Todd King NC	Master (50-54)	242.2	242					105.0	-112.5	112.5		112.5	175.0	190.0	-200.0		302.5
Samual Kurtich NC	Teen (14-15)	247.6	275					67.5	72.5	77.5		77.5	135.0	142.5	150.0		227.5
Torrey Whitehurst VA	Sub- Masters (35-39)	285.6	308					122.5	145.0	-175.0		145.0	145.0	182.5	227.5		372.5
<b>Bench-Press</b>																	
Cathrine Reynolds VA	F Teen (16-17)	125.8	132					55.0	57.5	-60.0		57.5					57.5
Daryl Taylor VA	Special Olympian	142	148					20.0	-27.5	-27.5		20.0					20.0
Lorie Bailey NC	Open,Master(45-49)	141.6	148					57.5	62.5	65.0	65.5	65.0					65.0
Michelle Woods VA	F - Master (40-44)	150.2	165					57.5	60.0	67.5		67.5					67.5
Tom Newman NC	Master (70-74)	163.2	165					-127.5	-127.5	-127.5		0.0					0.0
Kevin Outland NC	Master (45-49)	162.4	165					130.0	135.0	137.0	-137.5	137.0					137.0
Joesh Sanders NC	Open,Master(70-74)	178.8	181					105.0	110.0	115.0	115.5	115.0					115.0
Aaron Pickrell NC	Master (45-49)	195.2	198					-112.5	112.5	117.5		117.5					117.5
John Cooper NC	Open,Master(40-44)	211.2	198					125.0	132.5	140.0		140.0					140.0
Ira Brooks VA	Master (70-74)	217.4	220					80.0	92.5	-95.0		92.5					92.5
Joseph Roscoe NC	Master 50-54	233.4	242					170.0	175.0	-177.5		175.0					175.0
<b>Deadlift</b>																	
Linda Gottlick VA	F- Master (60-64)	136.6	148									0.0	85.0	97.5	102.5		102.5
Devon Humpreys VA	F - Open	144	148									0.0	125.0	145.0	152.5		152.5
Michelle Woods VA	F- Master (40-44)	150.2	165									0.0	85.0	95.0	100.0		100.0
Chad Perry NC	Master (40-44)	219.4	220									0.0	217.5	227.5	232.5		232.5
Ira Brooks VA	Master (70-74)	217.4	220									0.0	122.5	137.5	-182.5		137.5
Robert Shirley VA	Master (60-64)	274.6	275									0.0	180.0	190.0	-200.0		190.0
<b>Strict-Curl</b>																	
<b>Name</b>	<b>Division</b>	<b>Wgt</b>	<b>Class</b>	<b>1st</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>1st</b>	<b>2nd 2</b>	<b>3rd 3</b>	<b>4th4</b>	<b>Sub</b>	<b>1st5</b>	<b>2nd 6</b>	<b>3rd 7</b>	<b>4th8</b>	<b>TOTAL</b>
Caden Cooper NC	Youth (6-7)	44.4	66	7.2	8.0	8.5	-15.0					8.5					8.5
Marshall Cooper NC	Youth (10-11)	60.4	66	12.0	13.0	14.0						14.0					14.0
Mackenzie Taylor NC	F - Youth (8-9)	75.4	77	7.0	10.5	14.0						14.0					14.0
Anna Zak NC	F - Youth (12-13)	112.6	114	12.0	-14.5	16.5						16.5					16.5
Ashley Christian NC	F- Teen (16-17)	97.6	105	27.5	30.0	-32.0						30.0					30.0
Lauren Cooper NC	F-Teen (18-19)	131.8	132	27.5	28.5	-31.0						28.5					28.5
Lori Bailey NC	F-Open,Master 45-49	141.6	148	22.5	27.5	32.5	-35.0					32.5					32.5
Michelle Woods VA	F- Master (40-44)	150.2	165	20.0	22.0	25.0						25.0					25.0
Suzanne Mackiewicz VA	F Master 45-49	151.4	165	15.0	-18.0	-18.0						15.0					15.0
Aubrey Webb VA	F- Open	156.2	165	35.0	37.5	40.0						40.0					40.0
Allyson Sarnowski NC	F- Teen (16-17)	179.2	181	25.0	32.5	-33.5						32.5					32.5
Hanna Holden NC	F- Teen (16-17)	171.6	181	-27.5	32.5	34.0	35.0					34.0					34.0
Latonia Brown NC	F-Open, 40-44, LFM	217.4	198+	30.0	32.5	34.5	37.5					34.5					34.5





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LBS	Place
231.48	1
363.76	1
617.29	1
310.85	1
545.64	1,1
562.17	1
898.37	1,1
534.62	1
760.59	1
1079.2	1,1
595.24	1
837.75	1
358.25	0
650.36	1
666.89	1
551.15	2
545.64	3
1091.3	2,1
1190.5	1,1
683.43	1
1234.6	1
1014.1	1
1388.9	1
1201.5	2,1
1196	2
1074.7	3
975.54	1
760.59	1
1162.9	1,1
1460.5	1,1
1074.7	1
1041.7	1
148.81	1
158.73	1
347.22	1
726.42	1
225.97	1
490.52	1

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LBS	Place
507.06	1
666.89	1
501.55	1
821.21	1
126.76	1
44.092	1
143.3	1
148.81	1
0	0
302.03	1
253.53	1
259.04	1
308.64	1,1
203.93	1
385.81	1
225.97	1
336.2	1
220.46	1
512.57	1
303.13	1
418.87	1
LBS	Place
18.739	1
30.864	1
30.864	1
36.376	1
66.138	1
62.831	1
71.65	1,1
55.115	1
33.069	1
88.184	1
71.65	2
74.956	1
76.059	1,1,1



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LBS	Place