

100% RAW Powerlifting Federation

2019 Southwest Region Powerlifting Championships

Name	Home town/state	Division	Wgt	Class		1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd	4th
FULL POWER					SQUAT				BENCH				DEADLIFT					
Lyndsay Sullivan	Phoenix, AZ	25-29	132.3	132	F	97.5	101	-105		42.5	-47.5	-47.5		143.5	102.5	107.5	112.5	117.5
Niki Knight	Prescott, AZ	25-29	150.7	165	F	47.5	55	62.5		37.5	45	-50		107.5	55	72.5	77.5	
Mellissa Palmer	Kingman, AZ	40-44	148.2	148	F	55	60	70		50	52.5	-55		122.5	90	92.5	97.5	
Toni Blackwell	Glendale, AZ	2529/open	161.3	165	F	110	-130	-132.5		52.3	57.5	62.5		172.5	132.5	137.5	152.5	
Alyssa, Turose	Phoenix, AZ	30-34/open	150.8	165	F	102.5	115	-118		57.5	62.5	65		180	152.5	162.5	166	170
Berenice Valdez	Phoenix, AZ	25-29	253.2	198+	F	92.5	100	105		52.5	60	-65		165	115	130	145	
Paul Gillott	Prescott, AZ	65-69/PFM/open	131.8	132		25	47.5	pass		100	110	121	-125	168.5	75	100	Pass	
Daniel Gamez	Surprise, AZ	40-44/open	160.8	165		152.5	155	160		102.5	107.5	112.5		272.5	210	220	Pass	
Dr William Devito	Prescott, AZ	45-49	155	165		102.5	105	115		82.5	90	97.5		212.5	125	137.5	145	
Colton Peach	Prescott, AZ	16-17	179.1	181		147.5	155	160		-85	87.5	92.5		252.5	175	Pass	Pass	
* Jason Yanes	Peoria, AZ	20-24	190.5	198		217.5	230	242.5		140	155	-172.5		397.5	225	-242.5	-242.5	
Kyle Zierke	Peoria, AZ	25-29	190.6	198		-165	165	170		110	115	120		290	207.5	217.5	-227.5	
Brian Trail	Prescott, AZ	25-29/open	195.4	198		175	185	192.5	-197.5	130	147.5	-157.5		340	252.5	267.5	275.5	
Eric Tuthill	Prescott, AZ	40-44	220.2	242		215	-222.5	-222.5		153	157.5	162.5		377.5	215	-225	Pass	
* Kelly McKenzie	Goodyear, AZ	4044	255.9	275		185	190	195		145	152.5	160		355	200	207.5	217.5	
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FULL POWER	CLASSIC	RAW				SQUAT					BENCH				DEADLIFT			
Trella Morales	Mesa, AZ	35-39	176	181	F	85	87.5	-90		42.5	52.5	-60		140	110	120	132.5	
Jaycee Clary	Glendale, AZ	20-24	152.5	165		115	130	137.5		92.5	97.5	105		242.5	160	175	182.5	
Raul Ortega	Buckeye, AZ	25-29	165.4	165		147.5	-155	-157.5		100	105	-107.5		252.5	190	197.5	-202.5	
Brian Nebeker	Tempe, AZ	20-24/open	195	198		180	195	-215		115	120	-130		315	215.5	225	-230	
Patric Lesrum	Mesa, AZ	35-39	186.7	198		135	-165	165		110	-120	-120		275	202.5	212.5	220	
Rob Clary	Cave Creek, AZ	50-54/open	192.9	198		165	175.5	-182.5		130	-137.5	-137.5		305.5	210	220	228	
Andy Kersting	Glendale, AZ	30-34	210.4	220		205	215	-220		127.5	-137.5	-137.5		342.5	255	262.5	-277.5	

IRONMAN						CURL					BENCH				DEADLIFT			
Mellissa Palmer	Kingman, AZ	40-44/open	148.2	148	F	17.5	20	22.5		50	52.5	-55		75	90	92.5	97.5	
Paul Gillott	Prescott, AZ	65-69/PFM/open	131.8	132		40	42.5	45	47.5	100	110	121	-125	166	75	100	Pass	
Colton Peach	Prescott, AZ	16-17	179.1	181		42.5	45	47.5		-85	87.5	92.5		140	175	Pass	Pass	
Wesley Aaron	Phoenix, AZ	18-19	189.3	198		37.5	40	45		107.5	-110	112.5		157.5	195	Pass	Pass	
Eric Tuthill	Prescott, AZ	40-44	220.2	242		50	57.5	-60		152.5	157.5	162.5		220	215	-225	Pass	
* Kelly McKenzie	Goodyear, AZ	4044	255.9	275		60	65	70	76.0	145	152.5	160		230	200	207.5	217.5	

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PUSH/PULL										BENCH					DEADLIFT			
Berenice Valdez	Phoenix, AZ	25-29	253.2	198+	F					52.5	60	-65		60	115	130	145	
Dr William Devito	Prescott, AZ	45-49	155	165						82.5	90	97.5		97.5	125	137.5	145	
Brian Trail	Prescott, AZ	25-29	195.4	198						130	147.5	-157.5		147.5	252.5	267.5	275.5	
Rob Clary	Cave Creek AZ	50-54	192.9	198						110	-137.5	-137.5		110	210	220	228	
BENCH ONLY										BENCH								
Dorothy Sosnicki	Buckeye, AZ	50-54/open	227.5	198+	F					70	75	82.5	-87.5	82.5				
Dan Gordon	Calgary, CAN	70-74	169.9	181						92.5	97.5	102.5		102.5				
Donald Askew	Phoenix, AZ	50-54	187.2	198						115	125	140.5	145	140.5				
Chase Folkestad	Glendale, AZ	16-17	210	220						130	140	-150		140				
Dennis Garcia	Phoenix, AZ	40-44	207.4	220						135	142.5	152.5	-180.5	152.5				
CURL ONLY						CURL												
Mellissa Palmer	Kingman, AZ	30-34	148.2	165	F	17.5	20	22.5						22.5				
Dorothy Sosnicki	Buckeye, AZ	50-54/open	227.5	198+	F	-30	35.5	37.5	40.0					37.5				
DR. William Devito	Prescott, AZ	45-49	155	165		35	40	45						45				
Colton Peach	Prescott, AZ	16-17	179.1	181		42.5	45	47.5						47.5				
Eric Tuthill	Prescott, AZ	40-44	220.2	220		50	57.5	-60						57.5				
* Kelly McKenzie	Googyear, AZ	40-44/open	255.9	275		60	65	70	76.0					70				