

**100% RAW POWERLIFTING FEDERATION**  
**2019 NC STATE / OBX OPEN POWERLIFTING CHAMPIONSHIPS**

|                       |    |          |                          |       |      | SQUAT |       |       |       | BENCH |       |       |      | DEADLIFT |       |       |       |       |       |          |       |       |
|-----------------------|----|----------|--------------------------|-------|------|-------|-------|-------|-------|-------|-------|-------|------|----------|-------|-------|-------|-------|-------|----------|-------|-------|
| Name                  | St | Team     | Division                 | Wgt   | Clas | 1st   | 2nd   | 3rd   | 4th   | 1st   | 2nd   | 3rd   | 4th  | Sub      | 1st   | 2nd   | 3rd   | 4th   | TOTAL | LBS      | Place | Coef. |
| Sofia Corridean F     | NC | FitWare  | Open, Youth (6-7)        | 62.6  | 66   | 22.5  | 27.5  | 32.5  |       | 10.0  | 12.5  | 15.0  |      | 45       | 37.5  | 45.0  | 48.0  |       | 93    | 205.0278 | 1,1   | 1.49  |
| Ashley Christiansen F | NC | JCC      | Open, Junior (20-24)     | 90.4  | 97   | 40.0  | 42.5  | 45.0  |       | 40.0  | 42.5  | 45.0  | 48.0 | 90       | 77.5  | 80.0  | 82.5  |       | 172.5 | 380.2935 | 1,1   | 1.91  |
| Brooke Zak F          | NC | JCC      | Open, Teen (12-13)       | 112.2 | 114  | 55.0  | 62.5  | 66.5  | 67.5  | 35.0  | 40.5  | 40.5  | 42.5 | 107      | 80.0  | 92.5  | 100.0 | 105.0 | 207   | 456.3522 | 1,1   | 1.84  |
| Mackenzie Taylor F    | NC | JCC      | Open, Youth (10-11)      | 110   | 114  | 50.0  | 55.0  | 61.0  | 70.5  | 30.0  | 35.5  | 36.5  | 38.0 | 97.5     | 65.0  | 79.0  | 83.0  | 90.0  | 180.5 | 397.9303 | 2,1   | 1.64  |
| Olesya Ramsey F       | VA | FitWare  | Open                     | 120.2 | 123  | 70.0  | 77.5  | 80.0  |       | 35.0  | 37.5  | 40.0  |      | 117.5    | 82.5  | 87.5  | 92.5  |       | 210   | 462.966  | 1     | 1.75  |
| Jen Zak F             | NC | JCC      | Open, Masters (40-44)    | 129.2 | 132  | 65.0  | 72.5  | 77.5  |       | 50.0  | 55.0  | 55.0  |      | 127.5    | 87.5  | 97.5  | 107.5 |       | 225   | 496.035  | 1,1   | 1.74  |
| Corinne Deem F        | NC | CCHS     | Open, Teen (16-17)       | 132   | 132  | 52.5  | 57.5  | 62.5  |       | 35.0  | 40.0  | 40.0  | 42.5 | 102.5    | 90.0  | 100.0 | 110.0 | 118.0 | 212.5 | 468.4775 | 2,1   | 1.61  |
| Addison Hare F        | NC | CCHS     | Open, Teen (16-17)       | 131.2 | 132  | 45.0  | 52.5  | 57.5  |       | 32.5  | 40.0  | 45.0  |      | 97.5     | 75.0  | 85.0  | 92.5  |       | 182.5 | 402.3395 | 3,2   | 1.39  |
| Sherry Pridgen F      | NC | JCC      | Open, Masters (50-54)    | 140.8 | 148  | 77.5  | 85.0  | 85.0  |       | 45.0  | 52.5  | 55.0  | 60.0 | 132.5    | 110.0 | 112.5 | 115.0 |       | 247.5 | 545.6385 | 1,1   | 1.76  |
| Brooke Verne F        | NC | CCHS     | Open, Teen (16-17)       | 158.8 | 165  | 60.0  | 65.0  | 70.0  |       | 35.0  | 40.0  | 40.0  | 42.5 | 110      | 100.0 | 112.5 | 120.0 |       | 230   | 507.058  | 2,1   | 1.45  |
| Jenn Tillet F         | NC | FitWare  | Open, Masters (50-54)    | 161   | 165  | 55.0  | 57.5  | 60.0  |       | 42.5  | 47.5  | 50.0  |      | 107.5    | 90.0  | 100.0 | 110.0 |       | 207.5 | 457.4545 | 3,1   | 1.29  |
| Christie Tankersley F | NC |          | Open, Sub (35-39)        | 153.8 | 165  | 80.0  | 85.0  | 92.5  |       | 42.5  | 45.0  | 47.5  |      | 130      | 120.0 | 130.0 | 135.0 | 136.5 | 265   | 584.219  | 1,1   | 1.72  |
| Michelle Hutt F       | NC | FitWare  | Open, Masters (45-49)    | 162.8 | 165  | 27.5  | 30.0  | 32.5  |       | 27.5  | 30.0  | 32.5  |      | 65       | 65.0  | 67.5  | 70.0  |       | 135   | 297.621  | 4,1   | 0.83  |
| Ashley Knowles F      | NC | FitWare  | Open                     | 195   | 198  | 57.5  | 62.5  | 67.5  |       | 42.5  | 47.5  | 50.0  |      | 117.5    | 90.0  | 100.0 | 110.0 |       | 227.5 | 501.5465 | 1     | 1.17  |
| Andrew Hill           | NC | JCC      | Youth (6-7), Special Oly | 49.2  | 66   | 10.0  | 10.0  | 12.0  |       | 10.0  | 12.0  | 14.0  |      | 24       | 27.5  | 30.0  | 30.5  | 35.5  | 54.5  | 120.1507 | 2,1   | 1.11  |
| Devin Sobota          | NC | JCC      | Open, Youth (6-7)        | 51.2  | 66   | 15.0  | 23.0  | 25.0  | 27.5  | 12.0  | 18.5  | 20.0  |      | 45       | 32.5  | 41.0  | 42.5  | 45.5  | 87.5  | 192.9025 | 2,1   | 1.71  |
| Eli Hanks             | NC | JCC      | Youth (10-11)            | 58.6  | 66   | 17.5  | 22.5  | 27.5  | 32.5  | 20.0  | 25.0  | 27.5  |      | 52.5     | 45.0  | 47.5  | 52.5  |       | 100   | 220.46   | 1     | 1.71  |
| Gavin Hanks           | NC | JCC      | Open, Teen (12-13)       | 96.6  | 97   | 32.5  | 40.0  | 45.0  |       | 37.5  | 40.0  | 45.0  |      | 85       | 62.5  | 70.0  | 80.0  |       | 165   | 363.759  | 1,1   | 1.71  |
| Jose Parra            | NC | CCHS     | Open, Teen (14-15)       | 121.6 | 123  | 82.5  | 92.5  | 97.5  | 107.5 | 52.5  | 57.5  | 60.0  |      | 157.5    | 95.0  | 105.0 | 115.0 |       | 272.5 | 600.7535 | 1,1   | 2.24  |
| Ben Zak               | NC | JCC      | Open, Masters (50-54)    | 131.6 | 132  | 100.0 | 105.0 | 110.0 |       | 82.5  | 90.0  | 92.5  |      | 200      | 142.5 | 150.0 | 155.0 |       | 355   | 782.633  | 1,1   | 2.70  |
| Luke Kuwik            | NC | CCHS     | Open, Teen (14-15)       | 131.6 | 132  | 60.0  | 65.0  | 70.0  |       | 42.5  | 45.0  | 47.5  |      | 117.5    | 85.0  | 100.0 |       |       | 217.5 | 479.5005 | 2,1   | 1.65  |
| Michael Ohse          | NC |          | Open, Junior (20-24)     | 148.6 | 148  | 170.0 | 187.5 | 192.5 |       | 102.5 | 112.5 | 117.5 |      | 300      | 217.5 | 227.5 | 242.5 | 250.0 | 542.5 | 1195.996 | 1,1   | 3.65  |
| Louis Aguirre         | NC | Fit Ware | Open, Sub(35-39)         | 164   | 165  | 122.5 | 137.5 | 140.0 |       | 145.0 | 147.5 | pass  |      | 285      | 142.5 | 155.0 | 170.0 |       | 455   | 1003.093 | 2,1   | 2.77  |
| Dylan Cooper          | NC | JCC      | Open, Teen (12-13)       | 152.4 | 165  | 57.5  | 65.0  | 72.5  |       | 40.0  | 42.0  | 45.0  |      | 114.5    | 90.0  | 102.5 | 115.0 |       | 229.5 | 505.9557 | 6,1   | 1.51  |
| Noah Simpson          | NC | CCHS     | Open, Teen (14-15)       | 161   | 165  | 142.5 | 147.5 | 147.5 |       | 75.0  | 80.0  | 85.0  |      | 222.5    | 160.0 | 175.0 | 182.5 |       | 405   | 892.863  | 5,1   | 2.52  |

# 100% RAW POWERLIFTING FEDERATION

## 2019 NC STATE / OBX OPEN POWERLIFTING CHAMPIONSHIPS

|                        |    |          |                           |                       |       | SQUAT |       |       |       | BENCH |       |       |       | DEADLIFT |       |       |       |       |       |          |       |       |
|------------------------|----|----------|---------------------------|-----------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|----------|-------|-------|-------|-------|-------|----------|-------|-------|
| Name                   | St | Team     | Division                  | Wgt                   | Class | 1st   | 2nd   | 3rd   | 4th   | 1st   | 2nd   | 3rd   | 4th   | Sub      | 1st   | 2nd   | 3rd   | 4th   | TOTAL | LBS      | Place | Coef. |
| Dylan Booth            | NC | JCC      | Open, Teen (16-17)        | 162.4                 | 165   | 122.5 | 122.5 | 135.0 |       | 92.5  | 97.5  | 100.0 |       | 227.5    | 185.0 | 197.5 | 207.5 |       | 435   | 959.001  | 3,1   | 2.68  |
| Mark Dutton            | NC | CCHS     | Open, Teen (16-17)        | 163.6                 | 165   | 125.0 | 140.0 | 145.0 |       | 82.5  | 87.5  | 92.5  |       | 232.5    | 185.0 | 192.5 | 205.0 |       | 425   | 936.955  | 4,2   | 2.60  |
| Kevin Outland          | NC | JCC      | Open, Master (50-54)      | 163.2                 | 165   | 142.5 | 152.5 | 160.0 | 162.5 | 132.5 | 137.5 | pass  |       | 297.5    | 192.5 | 200.0 | 205.0 |       | 502.5 | 1107.812 | 1,1   | 3.08  |
| David Sobota           | NC | JCC      | Open, Sub (35-39)         | 181                   | 181   | 175.0 | 192.5 | 200.0 |       | 107.5 | 120.0 | 125.0 |       | 325      | 205.0 | 227.5 | 232.5 | 238.0 | 557.5 | 1229.065 | 1,1   | 3.08  |
| Nicholas Grady         | NC | JCC      | Open,                     | 197                   | 198   | 190.0 | 200.0 | 217.5 |       | 132.5 | 140.0 | 142.5 |       | 342.5    | 195.0 | 207.5 | 217.5 |       | 560   | 1234.576 | 1     | 2.84  |
| William (Jerry) Hebden | NC | CCHS     | Open, Teen (14-15)        | 183                   | 198   | 90.0  | 100.0 | 105.0 |       | 65.0  | 70.0  | 75.0  |       | 170      | 100.0 | 125.0 | 150.0 |       | 320   | 705.472  | 3,1   | 1.75  |
| Carson Kato            | NC | CCHS     | Open, Teen (16-17)        | 191                   | 198   | 80.0  | 92.5  | 97.5  |       | 55.0  | 57.5  | 75.0  |       | 155      | 130.0 | 150.0 | 172.5 |       | 327.5 | 722.0065 | 2,1   | 1.71  |
| Jack List              | SC | FitWare  | Open, Teen (18-19)        | 213.4                 | 220   | 185.0 | 202.5 | 222.5 |       | 140.0 | 152.5 | 167.5 |       | 375      | 237.5 | 252.5 | 265.0 |       | 627.5 | 1383.387 | 1,1   | 2.94  |
| Terry Napisa           | VA |          | Open, Masters (55-59)     | 216.4                 | 220   | 160.0 | 170.0 | 175.0 |       | 122.5 | 127.5 | 132.0 |       | 307      | 170.0 | 177.5 | 182.5 |       | 489.5 | 1079.152 | 2,1   | 2.26  |
| Donald Beishl          | NC | JCC      | Open,                     | 237                   | 242   | 192.5 | 210.0 | pass  |       | 137.5 | 145.0 | 147.5 |       | 347.5    | 255.0 | 255.0 | 275.0 |       | 602.5 | 1328.272 | 1     | 2.54  |
| Frank Ferchland        | VA | JCC      | Open, Master(50-54)       | 230.6                 | 242   | 142.5 | 150.0 | 162.5 |       | 112.5 | 120.0 | 130.0 |       | 280      | 157.5 | 170.0 | 177.5 |       | 450   | 992.07   | 3,1   | 1.95  |
| Ryan Little            | NC | CCHS     | Open, Teen (14-15)        | 234                   | 242   | 125.0 | 130.0 | 132.5 |       | 82.5  | 82.5  | 87.5  |       | 217.5    | 142.5 | 150.0 | 155.0 |       | 372.5 | 821.2135 | 4,1   | 1.59  |
| Jeffery Kluah          | NC | CCHS     | Open, Teen (14-15)        | 236                   | 242   | 110.0 | 110.0 | 117.5 |       | 70.0  | 75.0  | 80.0  |       | 192.5    | 125.0 | 140.0 | 150.0 |       | 332.5 | 733.0295 | 5,2   | 1.41  |
| Carl Inman             | NC | JCC      | Open,Master (65-69)       | 229.2                 | 242   | 132.0 | 141.0 | 147.5 | 150.0 | 132.0 | 142.5 | 147.0 | 150.0 | 294.5    | 177.5 | 195.0 | 215.0 | 227.5 | 509.5 | 1123.244 | 2,1   | 2.22  |
| Patrick Leonard        | NC | JCC      | Open, Teen (12-13)        | 263.2                 | 275   | 70.0  | 80.0  | 90.0  | 105.0 | 57.5  | 70.0  | 70.0  |       | 147.5    | 112.5 | 127.5 | 142.5 |       | 275   | 606.265  | 1,1   | 1.04  |
| Austin Poff            | NC | Fit Ware | Open,                     | 292.4                 | 308   | 227.5 | 235.0 | 240.0 |       | 142.5 | 155.0 | 157.5 |       | 395      | 242.5 | 272.5 | 292.5 |       | 667.5 | 1471.571 | 1,1   | 2.28  |
| Daniel Corridean       | NC | FitWare  | Open,Master (40-44)       | 311                   | 308+  | 247.5 | 267.5 | 277.5 |       | 167.5 | 180.0 | 182.5 |       | 460      | 275.0 | 295.0 | 300.0 |       | 760   | 1675.496 | 1,1   | 2.44  |
| <b>Push-Pull</b>       |    |          |                           |                       |       |       |       |       |       |       |       |       |       |          |       |       |       |       |       |          |       |       |
| BrookeZak              | F  | NC       | JCC                       | Open,Teen (12-13)     | 112.2 | 114   |       |       |       | 35.0  | 40.5  | 40.5  | 42.5  | 40.5     | 80.0  | 92.5  | 100.0 | 105.0 | 140.5 | 309.7463 | 1,1   | 1.25  |
| MackenzieTaylor        | F  | NC       | JCC                       | Open, Youth (10-11)   | 110   | 114   |       |       |       | 30.0  | 35.5  | 36.5  | 38.0  | 36.5     | 65.0  | 79.0  | 83.0  | 90.0  | 119.5 | 263.4497 | 2,1   | 1.09  |
| Sherry Pridgen         | F  | NC       | JCC                       | Open, Masters (50-54) | 140.8 | 148   |       |       |       | 45.0  | 52.5  | 55.0  | 60.0  | 55       | 110.0 | 112.5 | 115.0 |       | 170   | 374.782  | 1,1   | 1.21  |
| DevinSobota            | NC | JCC      | Youth (6-7)               | 51.2                  | 66    |       |       |       |       | 12.0  | 18.5  | 20.0  |       | 20       | 32.5  | 41.0  | 42.5  | 45.5  | 62.5  | 137.7875 | 1     | 1.22  |
| Ben Zak                | NC | JCC      | Open, Masters (50-54)     | 131.6                 | 132   |       |       |       |       | 82.5  | 90.0  | 92.5  |       | 90       | 142.5 | 150.0 | 155.0 |       | 245   | 540.127  | 1,1   | 1.86  |
| Kevin Outland          | NC | JCC      | Open, Masters (50-54)     | 163.2                 | 165   |       |       |       |       | 132.5 | 137.5 | pass  |       | 137.5    | 192.5 | 200.0 | 205.0 |       | 342.5 | 755.0755 | 1,1   | 2.10  |
| David Sobota           | NC | JCC      | Open, Sub-Masters (35-39) | 181                   | 181   |       |       |       |       | 107.5 | 120.0 | 125.0 |       | 125      | 205.0 | 227.5 | 232.5 | 238.0 | 357.5 | 788.1445 | 1,1   | 1.98  |
| Carl Inman             | NC | JCC      | Open, Masters (65-69)     | 229.2                 | 242   |       |       |       |       | 132.0 | 142.5 | 147.0 | 150.0 | 147      | 177.5 | 195.0 | 215.0 | 227.5 | 362   | 798.0652 | 1,1   | 1.58  |
| Daniel Corridean       | NC | FitWare  | Open, Masters (40-44)     | 311                   | 308+  |       |       |       |       | 167.5 | 180.0 | 182.5 |       | 182.5    | 275.0 | 295.0 | 300.0 |       | 482.5 | 1063.72  | 1,1   | 1.55  |
| <b>BENCH</b>           |    |          |                           |                       |       |       |       |       |       |       |       |       |       |          |       |       |       |       |       |          |       |       |
| Louis Aguirre          | NC | FitWare  | Open, Sub (35-39)         | 164                   | 165   | 145.0 | 147.5 | pass  |       |       |       |       |       | 145      |       |       |       |       | 145   | 319.667  | 1,1   | 0.88  |
| Nassier Nantambu       | NC |          | Open, Masters (40-44)     | 157                   | 165   | 125.0 | 135.0 | 135.0 |       |       |       |       |       | 125      |       |       |       |       | 125   | 275.575  | 3,1   | 0.80  |



