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Hello Lifters and Friends,

We are off and running to another successful year of lifting in the 100% RAW Powerlifting Federation. In this newsletter I am trying a new format that hopefully will be quick and easy to read. I want to inform you of the most current meets coming up. Check out our website as we have made a totally new facelift of it. It is much more user friendly and all the information has been currently updated.

Upcoming Events

- 1. **This weekend in Richmond, VA** area John Shifflett will be hosting the Ironman Nationals. There are currently spots left so if you wish to compete please contact John before Wednesday so he can prepare for you in this event.
- 2. **March 19 in Fayetteville, NY** Wayne & Hunter Claypatch will be running the NY State Powerlifting Championship. Contact them if you wish to still get in this event.
- 3. **March 26 in Currituck, NC** Paul Bossi will be running 11th Battle of the Border. The axe is back with our medieval awards. All lifters will receive mounted maces on plaques or mounted axes on plaques. The overall Best Lifter will receive a 5 foot sword.
- 4. **March 26 in Prescott, AZ** Paul Gillott will be hosting his AZ State Powerlifting Championships. Paul runs a great meet with many lifters. Last year he had 80 lifters in his meet and Paul gives out beautiful awards. He will be presenting the 2010 Arizona lifter of the year awards. In order to be in the running you will need to be in attendance to win this award.
- 5. **March 26**th 100% RAW will be running its **first ever meet** in **South Africa**. Steven Blake the chairman for South Africa will be hosting the Johannesburg Open. Africa has some great lifters so you can expect to start seeing name from this country to appear in our record books.
- 6. **April 3rd in Burlington, VT** Brett Kernoff will be running the Master Nationals. He will be running this meet in conjunction with the New England Championships. So if you're not a master you can still lift in this event.
- 7. April 9th Elizabeth City, NC Paul Bossi will be running the 11th Annual NASF Carolina state Bodybuilding and Figure competition. You do not have to live in Carolina to compete in this event, anyone can compete in this great show. Awesome sculptured awards will be presented to all contestants.
- 8. **April 9th The Quaker Classic in Salem, OH.** This meet will be run by no one other than Lonnie "The Big Show" Atkins. Lonnie ran a great meet last year with awesome awards and great competition for all lifters.
- 9. **April 23rd Southeast Regional's, Estero, FL.** Florida here we come after a few years of not running meets in Florida we will have 2 great meets there this year. The SE Regional's will be a Sanction III event so World records can be broken on this day. This event will also be a world qualifier for the **2011 World Powerlifting Championships October 29-30 in Orlando.**
- 10. **APRIL 30**TH **Henderson Open in Henderson, NC.** It has been 10 years since we have had a meet in Henderson, NC so we are looking for a big turnout at this event. This will be a bench press meet only for all you big benchers in the area we look forward to see what you have.



Award for the "Battle of the Border" on March 26th in Currituck, NC. Some will be mounted with daggers and some with Axes. Pictured is a mace.



New massive Bodybuilding sculpture for NASF Carolina Open April 9th in Elizabeth City, NC. *The overall trophy will be approximately 6 foot tall with 22" Sculpture on top.*

Facebook

100% RAW Powerlifting now has our own Facebook page thanks to Adam Price and Hunter Claypatch. This page is for the use of all state chairmen to use to advertise their events with Facebook and get the updates out to as many lifters as we can for advertising. If you have a Facebook page please go check it out and be added as a friend so we can all grow together. Go to the link below to check it out. If you have any questions you can e-mail Hunter Claypatch or Adam Price.

http://www.facebook.com/#!/group.php?gid=149878595051709

Records

All the National and World records are currently updated. Most state records have been updated and posted on the site. If you see that we have not be updated your state for some time please let us know. If there is anything we missed also please send me an email so we can fix it. State records are update as fast as the state chairmen send them to us. If your records for your state are not updated please e-mail your state chairman and ask him for the update on them. If you have a state with no state chairman then send an e-mail to either rawlifting@aol.com or hclaypatch@hotmail.com

Upcoming events Contacts and Links

March 12, 2011	Ironman Nationals	Zion Crossroads, VA	John Shifflett Contact John	Entry Form
March 19, 2011	New York State Championships	Fayetteville, NY	Wayne Claypatch Contact Wayne	Entry Form
March 26, 2011	Arizona State Championships	Prescott, AZ	Paul Gillott Contact Paul	Entry Form
March 26, 2011	11th Annual Battle of the Border	Currituck, NC	Paul Bossi Contact Paul	Entry Form
March 26, 2011	Johannesburg Open	Johannesburg, RSA	Steven Blake Contact Steven	Awaiting Form
April 03, 2011	Master Nationals	Burlington, VT	Bret Kernoff Contact Bret	Entry Form
April 09, 2011	2011 NASF Carolina Open Body Building & Figure Championships	Elizabeth City, NC	Paul Bossi Contact Paul	Entry Form
April 09, 2011	Quaker Classic	Salem, OH	Lonnie Atkins Contact Lonnie	Entry Form
April 23, 2011	Southeastern Regionals	Estero, FL	Paul Bossi Contact Paul	Entry Form
April 30, 2011	Henderson Open	Henderson, NC	Paul Bossi Contact Paul	Entry Form
June 04, 2011	NC State Powerlifting Championships	Currituck, NC	Paul Bossi Contact Paul	Entry Form

Results

The results from our 5 of 6 meets of the year results are posted on our website. The results from the Elite Invitational are not posted yet. Please contact the meet director Dan Corridean if you would like a copy of the results. The meets that have been run so far are as follows:

January 22, 2011	Minnesota State Championships	Little Falls, MN	Luis Algarin	Meet Results
January 29, 2011	Potomac Open	Woodbridge, VA	John Shifflett	Meet Results
January 30, 2011	Monster Garage Gym	Gurnee, IL	Bill Blackstone	Meet Results
February 12, 2011	Elite Invitational	Elizabeth City, NC	Dan Corridean	Awaiting Results
February 19, 2011	Midwest Regionals	Council Bluffs, IA	Ed Horwitz	Meet Results
February 26, 2011	Toronto Open	Scarborough, ON	Barry McEvoy	Meet Results

Our webmaster is working on reposting the 2010 results. On our website we post the current year's results under the schedule page. The entry form link turns into the results link for faster browsing. At the end of the year we have to convert them over to a separate page under the past results page. This is being worked on now and should be set sometime this week.

The Florida and Maryland records will be updated by this weekend. I know they have not been done in a while but when you don't have a state chairman in those states things do not get done as quickly as we would like. If we have anyone in those states willing to help out in any way, shape or form please let me know so we can talk about how you can help the federation.

The Rings

All 2010 World Championship rings have been mailed out. If for some reason you have not received your ring yet please let me know and I will try to find out the status for you on this.

I know that many lifters wanted to order a ring at the time but with the economy you were reluctant to order. Well if you status has changed and you think you might want a ring for your 2010 World Championship email me and I will see if we can try to get a few more ordered. I cannot promise anything right now but I will make a try to see what I can do for you.

We are currently working on the design for the 2011 World Championship rings. I will post it online as soon as it is finalized which should be sometime in the next month.

<u>Rankings:</u>

The entire Overall and Master rankings are current and posted. We have found there to be a few errors which we are fixing. Please review and let me know if you see an error so I can fix it before the final post is done. I would like to thank Peter Hubbard and Brian Stoner for their efforts this past year in doing them for us. If you are interested in ordering a ranking plaque please go to our awards section on our website and print off an order form there. They are \$20 each.

Awards for records and other accomplishments:

Any lifter can purchase a Record, Ranking or Personal accomplishment plaque from our website by printing off an order form and faxing or e-mail back. E-mail to ectrophy@aol.com or fax it to: 252--338-7669. Please fill out very neatly (prefer typing). Elizabeth City Trophy & Awards accepts Master Card, Visa and Discover. You can send in your form and give a telephone number for them to call you for payment type or you can e-mail or fax the information it if you prefer. The newly created World Championship Plaque is available for any lifter who competed in either World event in 2010. Below is a picture of this plaque.



Newly Created World Championship Plaque March only "Special \$50"

New Chairman:

New Chairmen are making a name for themselves in 2011. We started off the year with "Sweet" Lou Algarin who ran his first meet in Minnesota on January 20th. 1 week later we had Bill Blackstone run his first 100% RAW meet in Gurnee, Illinois @ Monster Garage Gym. Then on February 26 in Toronto, Ontario – Canada Barry McEvoy ran an outstanding event in with 47 lifters in his first meet with 100% RAW Powerlifting Federation. Steven Blake from South Africa will be running his first for the federation on March 26th in Johannesburg, South Africa. People like these guys are why 100% RAW Powerlifting Federation is the fastest growing RAW Powerlifting Federation in the World.

We are currently seeking new chairmen in many states across the USA. If you are interested or know somebody that might be please have them contact us ASAP so we can get the ball rolling. If you have a state that does not run enough meets and want more meets and are interested in running them please contact us. You can be a meet director and not have to be a State Chairman. Here is a link for you to check out if you're interested please print off and read. If you just want to help out in any form we are interested in hearing from you.

http://www.rawpowerlifting.com/pdf/IWantYou.pdf

Videos

Anyone looking to purchase videos from last year's World Championships in Las Vegas please let me know. Or you can order directly from bizvidproductions@yahoo.com We also have many other videos from previous years World and National events. Videos range from \$15 and up. Please add \$5 for shipping. Bench only, full Powerlifting you name it we have it. We have videos dating back to 2005 so please let us know.

International:

This year we will be running events in the following countries thanks to these following chairmen for their countries.

Asia (Turkey, Iran, Armenia) - Arian Salarian **Ukraine - Stanislav Tretyak Brazil - Claudio Jorge Fernandes** Canada (Eastern) - Barry McEvoy Canada (Western) - Adam Price South Africa - Steven Blake Serbia - Damir Ivancic **USA - Multiple Chairmen**

11 other countries are currently in the working on setting up chairmen to take over and start running meets in their respective countries. 2011 is looking to be a huge year for 100% RAW Powerlifting Federation, Inc.

2011 Sponsors













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