

100% RAW Powerlifting Federation

National Bench / Deadlift / Curl Championships

June 28, 2008 - Annapolis, MD

Name	Division	Weight	Class	1st	2nd	3rd	4th	Best	lbs	Place	Coef.
Bench											
Patricia Azlin - VA	F-Open, F-M(55-59)	103.7	105	42.5	0	0		42.5	93.7	1,1	0.41
John Etringer - NC	Open, Teen (12-13)		105								
Rob Marcellino - NJ	Open, Teen (18-19)	112.5	114	67.5	72.5	0		72.5	159.83	1,1	0.64
Hunter Claypatch - NY	Open, Junior	123	123	92.5	97.5	0		97.5	214.95	1,1	0.79
Ben Etringer - NC	Open, Teen (14-15)		123								
Nona Hubbard - NH	F-Master (45-49)	146.9	148	60	65	0		65	143.3	1	0.44
Erika Malkin - MD	F-Teen (16-17)	145.1	148	57.5	0	0		57.5	126.76	1	0.4
Justin Tripodi - NY	Junior	148.7	148	137.5	0	143.5	0	143.5	316.36	1	0.97
Drew Stone - MD	Teen (12-13)	141.9	148	62.5	65	0		65	143.3	1	0.46
Jackson Govatos - GA	Teen (16-17)	148.5	148	117.5	122.5	125	127.5	125	275.58	1	0.84
Matthew Lee - MD	Teen (16-17)	148	148	62.5	70	77.5		77.5	170.86	2	0.52
Matt Foxcroft - MD	Teen (18-19)	145.7	148	75	0	0		75	165.35	1	0.51
Megan Hardesty - MD	F-Submaster	160.7	165	0	47.5	52.5		52.5	115.74	1	0.33
Melisha Andrade - MD	F-Open; (25-29)	153.4	165	52.5	60	62.5	0	62.5	137.79	1,1	0.41

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Deadlift											
Michael Somma - IL	Youth (5-6)	48.9	66	19.5	22	27.5		27.5	60	1	0.56
Patricia Azlin - VA	F-Open, F-M(55-59)	103.7	105	80	90	95	100	95	209.44	1,1	0.92
John Etringer - NC	Open, Teen (12-13)		105								
Ben Etringer - NC	Open, Teen (14-15)		123								
Jim Marchio - VA	Open, Master (50-54)	132	132	180	200	0		200	440.92	1,1	1.52
Nona Hubbard - NH	F-Master (45-49)	146.9	148	117.5	130	0		130	286.6	1	0.88
Erika Malkin - MD	F-Teen (16-17)	145.1	148	92.5	97.5	102.5		102.5	225.97	1	0.71
Justin Tripodi - NY	Junior	148.7	148	190	205	216	0	216	476.19	1	1.45
Drew Stone - MD	Teen (12-13)	141.9	148	115	125	137.5		137.5	303.13	1	0.97
Jackson Govatos - GA	Teen (16-17)	148.5	148	185	192.5	200	0	200	440.92	1	1.35
Matthew Lee - MD	Teen (16-17)	148	148	170	185	0		185	407.85	2	1.25
Matt Foxcroft - MD	Teen (18-19)	145.7	148	137.5	145	152.5		152.5	336.2	1	1.05

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Melisha Andrade - MD	F-Open	153.4	165	85	97.5	102.5		102.5	225.97	1	0.67
Rob Hanners - VA	Junior	165	165	210	227.5	230	230.5	230	507.06	1	1.39
Elijah Cortez - MD	Open, (25-29), P/F/ M	162.8	165	137.5	155	167.5		167.5	369.27	1,1,1	1.03
Joe Somma - IL	Master (40-44)	175.5	181	180	187.5	190		190	418.87	1	1.08
Kevin McCarragher - SC	Master (45-49)	176.4	181	210	225	237.5		237.5	523.59	1	1.35
Dick Jenkins - MD	Master (70-74)	178.4	181	0	185	190		190	418.87	1	1.07
Steven Horwitz - MD	Master (45-49)	188.6	198	227.5	0	0		227.5	501.55	1	1.21
Justin Davis - VA	Open	189.6	198	197.5	215	227.5		227.5	501.55	1	1.2
Matthew Molina - VA	Junior, P/F/M	216.5	220	237.5	245	0		245	540.13	1,1	1.13
Nicholas Arbia - VA	Junior	220.4	220	225	232.5	237.5		237.5	523.59	2	1.08
Derek Willis - MD	Junior	215.1	220	215	227.5	0		227.5	501.55	3	1.06
Tim Henriques - VA	Open	212.1	220	247.5	265	0		265	584.22	1	1.25
Lionel Stull - MD	Teen (16-17)	199.5	220	182.5	197.5	207.5		207.5	457.45	1	1.04
Jefferey Lanouette - MD	Open, (25-29)	228.3	242	220	227.5	237.5		237.5	523.59	1,1	1.04
Pat McMillian - VA	Open, P/F/M	256	275	255	275	0		275	606.27	1,1	1.07

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Curl											
Patricia Azlin - VA	F-Open, F-M(55-59)	103.7	105	17	0	0		17	37.48	1,1	0.16
John Etringer - NC	Open, Teen (12-13)		105								
Ben Etringer - NC	Open, Teen (14-15)		123								
Megan Hardesty - MD	F-Submaster	160.7	165	9.5	17	27	29.5	27	59.52	1	0.17
Joe Somma - IL	Master (40-44)	175.5	181	49.5	59.5	62	0	62	136.69	2	0.35
Kevin McCarragher - SC	Master (45-49)	176.4	181	49.5	59.5	0		59.5	131.17	1	0.34
Mark Wilhelm - MD	Open, Master (40-44)	179.6	181	57	62	64.5	0	64.5	142.2	1,1	0.36
Bob Dahlhamer - MD	Master (70-74)	193.2	198	44.5	0	49.5	0	49.5	109.13	1	0.26
Scott Russell - TN	Open, Master (40-44)	181.8	198	57	62	0		62	136.69	1,1	0.34
Nicholas Arbia - VA	Junior	220.4	220	64.5	0	0		64.5	142.2	1	0.29
Aaron Shorb - PA	Junior	219.4	220	62	0	0		62	136.69	2	0.28

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Rep Challenge		BW	Wgt	Reps				KILO	LBS	Place	
Robert Kibbe, Jr - PA	Open, Junior	165.2	185	39				39	85.98	1	
Jimmie Nastek - MD	Submaster	176.1	185	31				31	68.34	2	
Joe Somma - IL	Master (40-44)	175.5	185	30				30	66.14	3	
Justin Tripodi - NY	Junior	148.7	185	24				24	52.91	4	
Jim Patterson - PA	Open	213.8	225	27				27	59.52	1	
Derek Willis - MD	Junior	215.1	225	21				21	46.3	2	

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Team											
Team Blough - WV	Master Team Champions										
Team Force - VA	Mixed Team Champions										
Team Compass - MD	Open Team Champions										

Best Lifters - Bench

Women - Latoya Parrish - MD
 Master - Jim Van Allen - NY
 Teen - Michael Rossi - MA
 Open Heavy - Aaron Johnson - VA
 Open Light - Mike Binkley - NJ
 P/F/M - Mike Binkley - NJ
 Junior - Mike Binkley - NJ

Best Lifters - Deadlift

Women - Patricia Azlin - VA
 Master - Jim Marchio - VA
 Teen - Jackson Gotvatos - GA
 Open Heavy - Tim Henriques - VA
 Open Light - Kevin McCarragher - SC
 P/F/M - Matthew Molina - VA
 Junior - Justin Tripodi - NY

Best Lifter - Curl

Women - Megan Hardesty - MD
 Master - Mark Wilhelm - MD
 Open - MARK Wilhelm - MD