

**100% RAW Powerlifting Federation
2009 National Powerlifting Championships
Marlowe Heights, MD - June 20th**

Name	Division	Swatrz	Weight	Class					BENCH				DEADLIFT				TOTAL	LBS	Place	Coef.	
					1st	2nd	3rd	4th	1st	2nd	3rd	4th	Sub	1st	2nd	3rd					4th
Nicholas Paternoster - NY	Youth (8-9)	0.95	115	123	0	20	25	30	0	0	40	0	65	47.5	55	60	0	125		1	118.51
Bryan Johns - MD	Open, (25-29)	0.86	126.2	132	70	80	87.5	92.5	70	77.5	0		165	92.5	102.5	115	120	285		1,1	243.85
John Swingle - VA	Master (45-49)	0.68	162.2	165	92.5	102.5	110		0	85	97.5		207.5	145	155	160		367.5		1	248.17
Anthony Yee - MD	Open	0.69	159.1	165	115	127.5	135		125	132.5	137.5		272.5	152.5	170	177.5		450		2	308.57
Larry Dyles - VA	Open	0.67	165	165	205	0	0		160	0	0		365	205	227.5	237.5		602.5		1	401.02
Laura Delay - NY	F-Open, F-(30-34)	0.7	155	165	70	0	0		52.5	55	0		125	125	0	0		250		1,1	175.10
Matthew Lee MD	Teen (16-17)	0.69	159.2	165	125	137.5	0		90	97.5	0		235	185	200	210	0	445		2	305.14
Brendan Didiano - PA	Teen (16-17)	0.69	157.1	165	135	0	142.5		125	127.5	0		270	160	182.5	197.5		467.5		1	323.98
Michael Jones - NJ	Master (50-54)	0.62	180	181	160	0	0		0	85	0		245	100	150	175		420		1	262.00
Stephen Fessenden - NY	Master (50-54), LFM	0.63	174	181	107.5	112.5	117.5		0	90	0		207.5	132.5	140	145		352.5		2,1	223.45
Jerome Penn - VA	Open, Master (45-49)	0.65	171	181	152.5	160	0		120	127.5	132.5		292.5	205	222.5	227.5		520		1,1	336.70
Tom Hughes - NJ	Master (60-64) LFM	0.59	198.2	198	150	165	170	175	85	90	0		260	160	175	0		435		1,2	254.95
Harmanpreet Nagi - MD	Open	0.6	192	198	160	0	0		90	97.5	0		257.5	165	175	190		447.5		3	267.52
Chris Vaccaro - VA	Open, (30-34)	0.59	198.5	198	220	232.5	0		150	160	162.5	0	395	227.5	265	0		660		1,1	386.83
Kevin Dickhut - NC	Open, LFM	0.6	193.1	198	155	162.5	165		145	150	152.5	0	317.5	215	227.5	230		547.5		2,1	323.98
Derek Willis - MD	Junior (20-24)	0.56	213	220	205	0	0		150	0	0		355	227.5	237.5	0		592.5		1	333.58
Amiri Burke - MD	Open	0.57	205.2	220	182.5	195	0		125	132.5	137.5		332.5	227.5	240	0		572.5		1	328.84
Lionel Stull - MD	Teen (18-19)	0.56	216.1	220	177.5	187.5	200		137.5	145	0		345	245	260	0		605		1	338.32
Nick Arbia - VA	Junior (20-24)	0.54	233	242	202.5	212.5	227.5		160	170	0		397.5	255	0	265		662.5		1	359.47
Jeremy J Keith - MD	Teen (16-17)	0.55	222	242	157.5	0	0		0	0	0		157.5					157.5			87.00
Tyler Wilmer - MD	Teen (18-19)	0.53	261.2	275	205	217.5	227.5	0	112.5	0	122.5		350	0	205	227.5		577.5		1	305.15
Chad Larson - OH	Open, LFM	0.52	282.1	308	250	272.5	0		185	190	195	0	467.5	250	0	265		732.5		1,1	379.07
Sabre Schnitzer - NY	M (49-44)																				
Wayne Pappas - NC	Master (55-59)																				
BENCH PRESS																					
Raymond Cortes III - NJ	Youth (8-9)	1.28	85	88					40	42.5	0		42.5					42.5		1	54.41
Megan Brown - NJ	F-Open,F-Teen (18-19)	1.18	96	97					30	0	32.5		32.5					32.5		1,1	38.38
Shauna Marcellino - NJ	F-Open, F-Teen (16-17)	1.02	108	114					30	32.5	0		32.5					32.5		1,1	33.20
Robert Marcellino - NJ	Open, Junior (20-24)	0.99	111.5	114					77.5	82.5	0		82.5					82.5		1,1	81.54
Bryan Johns - MD	Open, (25-29)	0.86	126.2	132					70	77.5	0		77.5					77.5		1,1	66.31
Laura Delay - NY	F-Open, F-(30-34)	0.7	155	165					52.5	55	0		55					55		1,1	38.52
John Swingle - VA	Master (45-49)	0.68	162.2	165					0	85	97.5		97.5					97.5		1	65.84
Anthony Yee - MD	Open	0.69	159.1	165					125	132.5	137.5		137.5					137.5		2	94.28
Larry Dyles - VA	Open	0.67	165	165					160	0	0		160					160		1	106.50
Matthew Lee MD	Teen (16-17)	0.69	159.2	165					90	97.5	0		97.5					97.5		2	66.86
Brendan Didiano - PA	Teen (16-17)	0.69	157.1	165					125	127.5	0		127.5					127.5		1	88.36
Travis Roberts - MD	Master (40-44)	0.62	181	181					125	132.5	140		140					140		1	87.00
Michael Jones - NJ	Master (50-54)	0.62	180	181					0	85	0		85					85		2	53.02
Stephen Fessenden - NY	Master (50-54), LFM	0.63	174	181					0	90	0		90					90		1,1	57.05
Jerome Penn - VA	Open, Master (45-49)	0.65	171	181					120	127.5	132.5		132.5					132.5		1,1	85.79

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David Jones - NC	Teen (18-19)	0.62	181	181					110	120	125		125					125		1	77.68
Shane Kirkwood - NC	Teen (18-19)	0.63	174	181					115	0	120		120					120		2	76.07
Steve Smith - MD	Junior	0.58	196	198					135	140	145		145					145		1	83.80
Matt Wilson - NC	Junior	0.6	193	198					120	125	130		130					130		2	77.40
Bob Dahalhamer - MD	M (70-74)	0.59	195.1	198					110	115	117.5		117.5					117.5		1	69.51
Tom Hughes - NJ	Master (60-64) LFM	0.59	198.2	198					85	90	0		90					90		1,2	52.75
Harmanpreet Nagi - MD	Open	0.6	192	198					90	97.5	0		97.5					97.5		3	58.29
Chris Vaccaro - VA	Open, (30-34)	0.59	198.5	198					150	160	162.5		162.5					162.5		1,1	95.24
Kevin Dickhut - NC	Open, LFM	0.6	193.1	198					145	150	152.5		152.5					152.5		2,1	90.80
Micheal Kay	Open, Teen (14-15)	0.6	193	198					0	0	0		0					0			0.00
Jeff Wilson - NC	Junior (20-24)	0.57	211	220					130	135	137.5		137.5					137.5		2	78.09
Derek Willis - MD	Junior (20-24)	0.56	213	220					150	0	0		150					150		1	84.45
Amiri Burke - MD	Open	0.57	205.2	220					125	132.5	137.5		137.5					137.5		1	78.98
Lionel Stull - MD	Teen (18-19)	0.56	216.1	220					137.5	145	0		145					145		1	81.08
Nick Arbia - VA	Junior (20-24)	0.54	233	242					160	170	0		170					170		1	92.24
Jeremy Wright - NC	Open, 25-29	0.54	230	242					175	185	0		185					185		1,1	100.73
Ray Berry - NC	Open, 45-49	0.57	221	242					150	170	175		175					175		2,1	99.14
Jeremy J Keith - MD	Teen (16-17)	0.55	222	242					0	0	0		0					0		1	0.00
Jeffrey Henderson - NC	Master (40-44)	0.53	255.2	275					0	215	222.5		222.5					222.5		1	118.10
Pete Mayo - MD	Open	0.54	256	275					150	165	175		175					175		2	95.11
Jermaine Jones - NC	Open, Sub (35-39)	0.53	257.1	275					227.5	235	0		235					235		1,1	124.55
Bill Schnepf - MD	Open, Master (55-59)	0.53	268.1	275					0	0	0		0					0			0.00
Tyler Wilmer - MD	Teen (18-19)	0.53	261.2	275					112.5	0	122.5		122.5					122.5		3	64.73
Raymond Clasing, SR - MD	Master (45-49), LFM	0.52	277	308					175	182.5	185	187.5	187.5					187.5		1,1	97.56
Chad Larson - OH	Open, LFM	0.52	282.1	308					185	190	195		195					195		1,2	100.91
Joe Bates - MA	Open, Sub (35-39)	0.52	279	308					175	190	0		190					190		2,1	99.18
Kevin Coughlin - PA	Open, Master (45-49)	0.23	448	SHW					170	0	0		170					170		1,1	39.46
CURL																					
Raymond Cortes III - NJ	Youth (10-11)	1.28	85	88	17.5	0	20	21					21					21		1	26.89
Robert Marcellino - NJ	Open, Junior (20-24)	0.99	111.5	114	32.5	37.5	40						40					40		1,1	39.54
Nicholas Patemoster - NY	Youth (8-9)	0.95	115	123	12.5	0	15						15					15		1	14.22
Laura Delay - NY	(30-34)	0.7	155	165	22.5	25	27.5	28.5					28.5					28.5		1	19.96
Andrew LeBrun - MD	Open, Junior (20-24)	0.67	163.3	165	60	67.5	0						67.5					67.5		1,1	45.36
Brendan Didiano - PA	Teen (16-17)	0.69	157.1	165	55	57.5	60						60					60		1	41.58
Mark Wilhelm - WV	Open, M (45-40)	0.63	178.1	181	60	65	67.5						67.5					67.5		1,1	42.44
Bob Dahalhamer - MD	M (70-74)	0.59	195.1	198	47.5	52.5	55						55					55		1	32.54
Chris Vaccaro - VA	Open	0.59	198.5	198	70	0	0						70					70		1	41.03
John Bosley - MD	M (50-54)	0.56	215.8	220	0	0	62.5						62.5					62.5		1	35.03
Dennis Haywood - MD	Master (55-59)	0.56	217.5	220	42.5	45	47.5						47.5					47.5		1,1	26.51
Raymond Clasing SR - MD	Open, M (45-49), LFM	0.52	277	308	62.5	65	70						70					70		1,1,1	36.42

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					1st	2nd	3rd	4th	1st	2nd	3rd	4th								
DEADLIFT																				
Laura Delay - NY	(30-34)	0.7	155	165									125	0	0		125		1	87.55
Travis Roberts - MD	Master (40-44)	0.62	181	181									200	217.5	235		235		1	146.03
Ryan Massey - MD	Open	0.59	198	198									227.5	250	0		250		1	146.53
Michael Kay - NJ	Open, Teen (14-15)	0.6	193	198									205	0	0		205		2,1	122.06
Dan Corridean - NC	Open	0.52	273	275									237.5	0	0		237.5		1	124.14
Kevin Prosser - MD	Sub (35-39)	0.51	290	308									160	185	205		205		1	105.21

Powerlifting Best Lifters

Larry Dyles - Powerlifting Lightweight
Chris Vaccaro - Powerlifting Heavyweight
Jerome Penn - Master Powerlifting
Lionell Stull - Teen Powerlifting

Bench Best Lifters

JJ Jones - Open Heavy
Larry Dyles - Open Light
Gerald Henderson Master
Brendon Didiano - Teen
Laura Delay - Female

Curl Best Lifters

Brendon Didiano - Teen
Mark Wilhelm - Master
Laura Delay - Female
Andrew LeBrun - Open