

100% RAW Powerlifting Federation

Jacksonville Open Bench / Deadlift Championships

September 13, 2008

| Name | Division | Weight | Class | 1st | 2nd | 3rd | 4th | Best | Place | Coef. |
|--------------------------|---------------------|--------|-------|-----|-----|-----|-----|------|-------|-------|
| Doreen Wofford - NC | F Master (45-49) | 112.6 | 114 | 130 | 140 | 0 | | 140 | 1 | 1.24 |
| | | | | | | | | | | |
| Dawn Olson - NC | Sub (35-39) | 122 | 123 | 130 | 0 | 0 | | 130 | 1 | 1.07 |
| | | | | | | | | | | |
| Glenn Raisin - NC | Master (50-54) | 130 | 132 | 145 | 155 | 0 | | 155 | 1 | 1.19 |
| | | | | | | | | | | |
| Addison Grantham - NC | Teen (16-17) | 143.2 | 148 | 195 | 205 | 0 | | 205 | 1 | 1.43 |
| | | | | | | | | | | |
| Michael Mason - NC | Sub (35-39) | 162 | 165 | 275 | 295 | 300 | | 300 | 1 | 1.85 |
| | | | | | | | | | | |
| Ronald Sarmiento - NC | Master (40-44), PFM | 181.2 | 181 | 0 | 330 | 0 | | 330 | 1,1 | 1.82 |
| Jerry Smith - NC | Master (45-49) | 173.6 | 181 | 250 | 260 | 270 | | 270 | 1 | 1.56 |
| Norman Grantham - NC | Master (45-49) | 179.6 | 181 | 235 | 250 | 270 | | 270 | 2 | 1.5 |
| John Shope - NC | Master (45-49) | 178 | 181 | 260 | 0 | 0 | | 260 | 3 | 1.46 |
| Kevin Dickhut - NC | Open, PFM | 177.4 | 181 | 275 | 0 | 0 | | 275 | 1,2 | 1.55 |
| James Tatum - NC | Teen (18-19) | 176.2 | 181 | 275 | 300 | 305 | | 305 | 1 | 1.73 |
| | | | | | | | | | | |
| Christopher Stilley - NC | PFM | 193.6 | 198 | 260 | 275 | 0 | | 275 | 1 | 1.42 |
| Jacob Braswell - NC | Teen (16-17) | 194.4 | 198 | 200 | 0 | 230 | | 230 | 1 | 1.18 |
| | | | | | | | | | | |
| Rosalyn Fields - NC | F - Submaster | 215.4 | 198+ | 0 | 160 | 0 | | 160 | 1 | 0.74 |
| Joseph Strange - VA | Master (60-64) | 218.4 | 220 | 120 | 0 | 130 | | 130 | 1 | 0.6 |
| Robert Dilley - NC | Teen (18-19) | 199.8 | 220 | 295 | 0 | 0 | | 295 | 1 | 1.48 |

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|----------------------|---------------------|---------------|--------------|------------|------------|------------|------------|-------------|--------------|--------------|
| Scott Deuel - NC | Master (40-44) | 238 | 242 | 310 | 0 | 0 | | 310 | 2 | 1.3 |
| Pete Serra - NC | Master (40-44), PFM | 242 | 242 | 325 | 335 | 345 | | 345 | 1,2 | 1.43 |
| Lynn Corbin - NC | Master (45-49), PFM | 227.4 | 242 | 335 | 0 | 345 | | 345 | 1,1 | 1.52 |
| Ryan Strange - NC | Open | 233.8 | 242 | 320 | 350 | 360 | | 360 | 1 | 1.54 |
| | | | | | | | | | | |
| Herman Canada - NC | Open, Sub | 376.1 | SHW | 450 | 460 | 0 | | 460 | 1,1 | 1.22 |
| | | | | | | | | | | |
| Deadlift | Division | Weight | Class | 1st | 2nd | 3rd | 4th | Best | Place | Coef. |
| Doreen Wofford - NC | F Master (45-49) | 112.6 | 114 | 225 | 235 | 245 | 250 | 245 | 1 | 2.18 |
| | | | | | | | | | | |
| Dawn Olson - NC | Sub (35-39) | 122 | 123 | 245 | 265 | 285 | 0 | 285 | 1 | 2.34 |
| | | | | | | | | | | |
| Norman Grangham - NC | Master (45-49) | 179.6 | 181 | 415 | 435 | 0 | | 435 | 1 | 2.42 |
| Kevin Dickhut - NC | Open, PFM | 177.4 | 181 | 405 | 450 | 0 | | 450 | 1,1 | 2.54 |
| James Tatum - NC | Teen (18-19) | 176.2 | 181 | 510 | 535 | 550 | 0 | 550 | 1 | 3.12 |
| | | | | | | | | | | |
| Robert Herring - NC | Sub (35-39), PFM | 195.6 | 198 | 650 | 705 | 750 | | 750 | 1,1 | 3.83 |
| Jacob Braswell - NC | Teen (16-17) | 194.4 | 198 | 360 | 0 | 0 | | 360 | 1 | 1.85 |
| | | | | | | | | | | |
| Rosalyn Fields - NC | F, Open, Sub | 215.4 | 198+ | 275 | 285 | 300 | | 300 | 1,1 | 1.39 |
| Carson Wood - NC | Teen (18-19) | 218.2 | 220 | 485 | 0 | 0 | | 485 | 1 | 2.22 |
| | | | | | | | | | | |
| Pete Serra - NC | Master (40-44), PFM | 242 | 242 | 515 | 540 | 560 | 570 | 560 | 1,1 | 2.31 |
| Lynn Corbin - NC | Master (45-49), PFM | 227.4 | 242 | 525 | 545 | 0 | | 545 | 1,1 | 2.4 |
| CURL | Division | Weight | Class | 1st | 2nd | 3rd | 4th | Best | Place | Coef. |
| Doreen Wofford - NC | F Master (45-49) | 112.6 | 114 | 45 | 55 | 65 | 0 | 65 | 1 | 0.58 |

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| | | | | | | | | | | |
|-----------------------|--------------|-------|-----|----|-----|---|--|-----|---|------|
| Jeremy Smith - NC | Teen (16-17) | 141.6 | 148 | 95 | 105 | 0 | | 105 | 1 | 0.74 |
| Addison Grantham - NC | Teen (16-17) | 143.2 | 148 | 65 | 75 | 0 | | 75 | 2 | 0.52 |

Bench for Reps

| Lifter | Division | BWT | Wgt | Reps | Place |
|---------------------|-----------------------|-------|-----|------|-------|
| Doreen Wofford - NC | Female Master (45-49) | 112.6 | 55 | 61 | 1 |
| James Tatum - NC | Teen (18-19) | 176.2 | 175 | 24 | 1 |
| Jeremy Smith - NC | Teen (16-17) | 141.6 | 150 | 23 | 2 |
| Robert Dilley - NC | Teen (18-19) | 199.8 | 200 | 15 | 3 |
| Glenn Raisin - NC | Master (50-54) | 130 | 130 | 7 | 4 |

315 Deadlift REP Challenge

| | | |
|--------------------|----|---|
| James Tatum - NC | 31 | 1 |
| Kevin Dickhut - NC | 22 | 2 |

225 Bench Press REP Challenge

| | | |
|-------------|----|---|
| Lynn Corbin | 15 | 1 |
| Scott Deuel | 14 | 2 |

Best Lifters

Bench Press - Michale Mason - Male

Bench Press - Doreen Wofford - Female

Dealift - Robert Herring - Male

Dealift - Dawn Olson - Female

Curl - Jerry Smith - Male

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Curl - Dorren Wofford - Female

Team Champions - Evolution, Wilmington, NC