

**100% RAW Powerlifting Federation
West Coast Single Lift Championships
Las Vegas, NV October 17-18, 2009**

| Name | Division | Wgt | Swtz | Class | 1st | 2nd | 3rd | 4th | Best | lbs | Place | Coef. |
|---------------------------|----------------------|-------|------|-------|-------|-------|-------|-------|-------|--------|-------|--------|
| Ben Henson - MA | Open, Teen (14-15) | 129.1 | 0.83 | 132 | 85 | 90 | 92.5 | | 92.5 | 203.93 | 1,1 | 77.17 |
| Kathy Okerlund - AZ | F-Open, F-M (55-59) | 145.4 | | 148 | 45 | 47.5 | 0 | | 47.5 | 104.72 | 1,1 | 0 |
| Elias Sanchez - AZ | Open, Junior (20-24) | 146.9 | 0.73 | 148 | 90 | 97.5 | 0 | | 97.5 | 214.95 | 1,1 | 71.56 |
| Dennis Cain - NV | M (55-59) | 160.1 | 0.68 | 165 | 105 | 0 | 110 | 112.5 | 110 | 242.51 | 1 | 75.04 |
| Dustin Bingham - WY | Open | 163.8 | 0.67 | 165 | 0 | 122.5 | 0 | | 122.5 | 270.06 | 2 | 81.93 |
| Eric Hatchell - AZ | Open | 165 | 0.67 | 165 | 112.5 | 130 | 0 | | 130 | 286.6 | 1 | 86.53 |
| Larry Lermusiaux - NV | Open, M (55-59) | 162.8 | 0.67 | 165 | 90 | 95 | 0 | | 95 | 209.44 | 3,2 | 63.84 |
| William Falla - MA | Open, M (70-74) | 162.6 | 0.67 | 165 | 70 | 72.5 | 75 | 77.5 | 75 | 165.35 | 4,1 | 50.4 |
| Shane Flanagan - CA | Open, (35-39) | | | 181 | | | | | | 0 | | 0 |
| Daniel Henson - MA | Open, M (45-49) | 177.4 | 0.63 | 181 | 165 | 160 | 165 | 0 | 165 | 363.76 | 1,1 | 104.16 |
| Glenn Miller - AZ | Open, M (55-59) | 181 | 0.62 | 181 | 127.5 | 132.5 | 137.5 | | 137.5 | 303.13 | 2,1 | 85.44 |
| Stuart Downey - AZ | Open, Teen (16-17) | 175.6 | 0.63 | 181 | 0 | 0 | 0 | | 0 | 0 | | 0 |
| Kristina Hawkins - AZ | F-Open, F-M (45-49) | 315 | 0.5 | 198+ | 0 | 0 | 0 | | 0 | 0 | | 0 |
| Rowdy Payne - AZ | Open, Teen (16-17) | 188.4 | 0.61 | 198 | 0 | 85 | 0 | | 85 | 187.39 | 6,1 | 51.48 |
| Michael Hawkins - AZ | Open, M (55-59) | 196 | 0.59 | 198 | 80 | 107.5 | 0 | | 107.5 | 236.99 | 5,1 | 63.39 |
| Alan Dean Foster - AZ | Open, M (60-64) | 192.5 | 0.6 | 198 | 107.5 | 117.5 | 0 | | 117.5 | 259.04 | 4,1 | 69.96 |
| Joe Young - NV | Open, (30-34) | 196.4 | 0.59 | 198 | 130 | 1 | | | 130 | 286.6 | 3,1 | 76.66 |
| Steve Thompson - VA | Open, PFM | 192.2 | 0.6 | 198 | 102.5 | 142.5 | 0 | | 142.5 | 314.16 | 2,1 | 84.84 |
| Jeff Holeyfield - AZ | Open, M (50-54) | 194.4 | 0.59 | 198 | 142.5 | 147.5 | 0 | | 147.5 | 325.18 | 1,1 | 87.54 |
| Matthew Soria - NV | Open, (35-39), PFM | 219.4 | 0.56 | 220 | 140 | 0 | 145 | | 145 | 319.67 | 3,1,1 | 80.56 |
| Clint DeMoss - AZ | Open, M (40-44) | 218 | 0.56 | 220 | 130 | 1 | | | 130 | 286.6 | 4,1 | 72.38 |
| William Hill - CA | Open, M (65-69) | 215.5 | 0.56 | 220 | 145 | 0 | 0 | | 145 | 319.67 | 2,1 | 81.08 |
| Joe Smith - CA | Open, PFM | 206.4 | 0.57 | 220 | 195 | 200 | 0 | | 200 | 440.92 | 1,1 | 114.58 |
| John Johnson - CA | Open, M (45-49) | 231.2 | 0.54 | 242 | 152.5 | 1 | | | 152.5 | 336.2 | 2,1 | 82.98 |
| Alvin Waldon - CA | Open, M (55-59) | 238.4 | 0.54 | 242 | 192.5 | 205 | 0 | | 205 | 451.94 | 1,1 | 110.52 |
| Patrick McMillan Sr. - VA | Open, (35-39), PFM | 262 | 0.53 | 275 | 182.5 | 185 | 190 | | 190 | 418.87 | 1,1,1 | 100.34 |
| Steve Brown - OR | M (55-59) | 279.8 | 0.52 | 308 | 152 | 1 | | | 152 | 335.1 | 1 | 78.83 |
| Dustin Newsom - NV | Open, (30-34) | 287.6 | 0.51 | 308 | 150 | 0 | 0 | | 150 | 330.69 | 2,1 | 77.13 |
| Raymond Clasing, Sr. - MD | Open, M (45-49) | 278.7 | 0.51 | 308 | 182.5 | 187.5 | 0 | | 187.5 | 413.36 | 1,1 | 96.41 |
| Travis Campbell - NV | Open | | | 220 | | | | | | 0 | | 0 |

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| Deadlift | | | | | | | | | | | | |
|----------------------------|----------------------|-------|-------|------|-------|-------|-------|------|-------|--------|-------|---------|
| Dennis Cain - NV | M (55-59) | 160.1 | 0.68 | 165 | 105 | 112.5 | 120 | | 120 | 264.55 | 1 | 81.86 |
| Raymond Cavileer - CA | Open, M (55-59) | 173.2 | 0.64 | 181 | 185 | 185 | 205 | 210 | 205 | 451.94 | 1,1 | 131.61 |
| Ana Suda - MT | F-Open, F-(25-29) | 0.6 | 192.2 | 198 | 102.5 | 110 | 117.5 | 125 | 117.5 | 259.04 | 1,1 | 22583.5 |
| Joe Young - NV | Open, (30-34) | 196.4 | 0.6 | 198 | 182.5 | 197.5 | 210 | | 210 | 462.97 | 2,1 | 124.95 |
| Steve Thompson - VA | Open, PFM | 192.2 | 0.6 | 198 | 207.5 | 0 | 227.5 | | 227.5 | 501.55 | 1,1 | 136.05 |
| Sean Katterle - WA | Open, Sub (35-39) | 219.2 | 0.56 | 220 | 165 | 165 | 182.5 | | 182.5 | 402.34 | 1,1 | 101.4 |
| Gil Greulich - CO | M (50-54) | 224.1 | 0.56 | 242 | 160 | 182.5 | 187.5 | | 187.5 | 413.36 | 1 | 104.25 |
| John Johnson - CA | Open, M (45-49) | 231.2 | 0.54 | 242 | 185 | 195 | 205 | | 205 | 451.94 | 1,1 | 111.54 |
| Patrick McMillan Sr. - VA | Open, (35-39), PFM | 262 | 0.53 | 275 | 260 | 290 | 295 | | 295 | 650.36 | 1,1,1 | 155.76 |
| Nicole Jones - TX | F-Open, F-(30-34) | 228.7 | 0.59 | 198+ | 167.5 | 0 | 177.5 | 185 | 177.5 | 391.32 | 1,1 | 104.17 |
| Johnathan Newby - FL | Open, (25-29) | 312.7 | 0.5 | SHW | 227.5 | 250 | 0 | | 250 | 551.15 | 1,1 | 125.25 |
| Curl | | | | | | | | | | | | |
| Ben Henson - MA | Open, Teen (14-15) | 129.1 | 0.83 | 132 | 35 | 0 | 0 | | 35 | 77.16 | 2,2 | 29.2 |
| Eric Cassetta - AZ | Open, Teen (14-15) | 127.3 | 0.85 | 132 | 37 | 39.5 | 0 | | 39.5 | 87.08 | 1,1 | 33.5 |
| Kathy Okerlund - AZ | F-Open, F-M (55-59) | 145.4 | 0.8 | 148 | 22 | 0 | 27.5 | | 27.5 | 60.63 | 1,1 | 21.89 |
| Elias Sanchez - AZ | Open, Junior (20-24) | 146.9 | 0.73 | 148 | 37.5 | 0 | 0 | | 37.5 | 82.67 | 2,1 | 27.52 |
| Joey Powell - MT | Open, Teen (18-19) | 142.3 | 0.76 | 148 | 35 | 37.5 | 0 | | 37.5 | 82.67 | 1,1 | 28.42 |
| Dennis Cain - NV | M (55-59) | 160.1 | 0.68 | 165 | 37 | 40 | 44.5 | 49 | 44.5 | 98.1 | 1 | 30.36 |
| Eric Hatchell - AZ | Open | 165 | 0.67 | 165 | 45 | 0 | 54.5 | 0 | 54.5 | 120.15 | 1 | 36.28 |
| Paul Gillott - AZ | Open, M (55-59), PFM | 164.7 | 0.67 | 165 | 37.5 | 42 | 47 | | 47 | 103.62 | 2,1,1 | 31.28 |
| William Falla - MA | Open, M (70-74) | 162.6 | 0.67 | 165 | 35 | 40 | 44.5 | 47.5 | 44.5 | 98.1 | 3,1 | 29.9 |
| Daniel Henson - MA | Open, M (45-49) | 177.4 | 0.63 | 181 | 52.5 | 0 | 0 | | 52.5 | 115.74 | 1,1 | 33.14 |
| William Deloney - AZ | Open, M (55-59) | 168.8 | 0.65 | 181 | 42 | 49.5 | 0 | | 49.5 | 109.13 | 2,1 | 32.34 |
| John Winterrowd - MT | M (45-49) | 196.5 | 0.56 | 198 | 47 | 52 | 62 | | 62 | 136.69 | 1 | 34.47 |
| Jeff Holeyfield - AZ | Open, M (50-54) | 194 | 0.59 | 198 | 49.5 | 0 | 0 | | 49.5 | 109.13 | 1,1 | 29.38 |
| Tyler Winterrowd - MT | Teen (16-17) | 196.8 | 0.56 | 198 | 37 | 42 | 52 | | 52 | 114.64 | 1 | 28.91 |
| Travis Campbell - NV | Open | | | 220 | | | | | | 0 | | 0 |
| Eric Tuthill - AZ | Open, (30-34) | 218.8 | 0.56 | 220 | 54.5 | 57 | 62 | | 62 | 136.69 | 3,1 | 34.45 |
| Matthew Soria - NV | Open, (35-39), PFM | 219.1 | 0.56 | 220 | 52.5 | 59.5 | 0 | | 59.5 | 131.17 | 4,1,1 | 33.08 |
| Clint DeMoss - AZ | Open, M (40-44) | 218.3 | 0.56 | 220 | 54.5 | 62 | 0 | | 62 | 136.69 | 2,1 | 34.52 |
| Billy Ray Powell - MT | Open, M (55-59), PFM | 219.1 | 0.56 | 220 | 65 | 0 | 0 | | 65 | 143.3 | 1,1,1 | 36.14 |
| Josh Winterrowd - MT | Teen (18-19) | 222.6 | 0.58 | 242 | 49.5 | 54.5 | 59.5 | | 59.5 | 131.17 | 1 | 34.39 |
| Jamey Woolridge - MT | Open, (25-29) | 242.9 | 0.54 | 275 | 57 | 59.5 | 62 | 69.5 | 62 | 136.69 | 2,1 | 33.24 |
| Raymond Classing, Sr. - MD | Open, M (45-49), PFM | 272.2 | 0.52 | 275 | 0 | 68.5 | 71 | | 71 | 156.53 | 1,1,1 | 37.15 |
| Dustin Newsom - NV | Open, (30-34) | 281.9 | 0.52 | 308 | 0 | 0 | 52.5 | 57 | 52.5 | 115.74 | 1,1 | 27.17 |
| Nicole Jones - TX | F-Open, F-(30-34) | 228.7 | 0.59 | 198+ | 0 | 49.5 | 0 | | 49.5 | 109.13 | 1,1 | 29.05 |