

# 100% RAW Powerlifting Federation

## 2008 Police/Fire/Military Nationals and Ohio State Championships

Name	Division	Wgt	Class	SQUAT				4th	BENCH				4th	Sub	DEADLIFT			4th	TOTAL	Place	Coef.
				RH	1st	2nd	3rd		1st	2nd	3rd	1st			2nd	3rd					
Gina Shubeta (Oh)	40-44 PFM, OPEN	132	132	6	135	160	0		110	120	0		280	185	215	0		<b>495</b>	<b>1,1</b>	3.75	
Jason Wahl (WV)	25-29 PFM, OPEN	237	242	7	500	530	545		315	330	0		875	565	600	620		<b>1495</b>	<b>1,1</b>	6.31	
Derrick McGarvey (Oh)	10-11 (youth), OPEN	274	275	6	100	135	140		100	110	115		255	160	190	0		<b>445</b>	<b>1,1</b>	1.62	
Dennis Herron (Oh)	35-39, Open (PFM)	298	308	8	455	500	525		365	400	0		925	455	500	530		<b>1455</b>	<b>1,1</b>	4.88	
Edward McGarvey (Oh)	40-44 OH, OPEN	294	308	8	370	400	420		310	330	0		750	420	450	0		<b>1200</b>	<b>1,2</b>	4.08	
Josh Short (Oh)	25-29, Open (PFM)	317	SHW	8	455	500	525		335	365	0		890	455	500	0		<b>1390</b>	<b>1,1</b>	4.38	
<b>Bench Only</b>																					
Mike Cagnon (Oh)	12-13 OH, OPEN	113	114						80	95	0		95					<b>95</b>	<b>1,1</b>	0.84	
Quincy Copeland (Oh)	20-24 PFM, OPEN	137	148						115	125	0		125					<b>125</b>	<b>1,1</b>	0.91	
Brad Bennet (Oh)	16-17 OH, OPEN	163	165						250	275	290		290					<b>290</b>	<b>1,1</b>	1.78	
Austin Jensen (Oh)	20-24 OH, OPEN	179	181						270	295	0		295					<b>295</b>	<b>1,1</b>	1.65	
Dave Shutters (Oh)	25-29 PFM, OPEN	185	198						265	0	0		265					<b>265</b>	<b>1,2</b>	1.43	
Don Oliverio (Oh)	35-39, Open (PFM-OH)	196	198						365	405	415	0	415					<b>415</b>	<b>1,1</b>	2.12	
Kathy Wetenhall (Oh)	55-59 OH	186	198						155	0	170		170					<b>170</b>	<b>1</b>	0.91	
Kevin Goolsby (Oh)	50-54 PFM, OPEN	220	220						325	345	0		345					<b>345</b>	<b>1,1</b>	1.57	
Glen Frames (Oh)	40-44 PFM, OPEN	228	242						320	335	0		335					<b>335</b>	<b>1,1</b>	1.47	
Tim Ross (Oh)	45-49 PFM, OPEN	235	242						305	320	0		320					<b>320</b>	<b>1,2</b>	1.36	
Jack Daniels (Oh)	50-54 OH-PFM	269	275						385	405	415	425	425					<b>425</b>	<b>1,1</b>	1.58	
Todd Bisteda (Oh)	35-39 PFM, OPEN	297	308						405	430	0		430					<b>430</b>	<b>1,1</b>	1.45	
Jesse Kosegi (Oh)	30-34 PFM	370	SHW						420	440	0		440					<b>440</b>	<b>1</b>	1.19	
Lonnie Atkins (Oh)	30-34, Open (OH)	502	SHW						0	415	440	0	440					<b>440</b>	<b>1,1</b>	0.88	
Jim Wetenhall (Oh)	50-54 PFM, OPEN	309	SHW						360	375	385	0	385					<b>385</b>	<b>1,1</b>	1.25	
<b>Deadlift Only</b>																					
Brad Bennet (Oh)	16-17 OH, OPEN	163	165										0	315	350	385		<b>385</b>	<b>1,1</b>	2.36	
George Lanier (Mi)	30-34 OH, OPEN	191	198										0	495	585	0		<b>585</b>	<b>1,1</b>	3.06	
<b>Rep Challenge</b>																					
Don Oliverio (PFM)	225 x 21																		<b>1</b>		
Glen Frames (PFM)	275 x 7																		<b>2</b>		
Jim Wetenhall (PFM)	315 x 6																		<b>3</b>		
Tim Ross (PFM)	275 x 5																		<b>4</b>		
<b>Bench For Reps</b>																					
Quincy Copeland (PFM)	65lbs x 40																		<b>1</b>		
Natalie Sines (OH)	65lbs x 37																		<b>2</b>		
Gina Shubeta (PFM)	65lbs x 31																		<b>3</b>		

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<b>Strict Curl</b>																					
Mike Cagnon (OH)	12-13 (OH), OPEN	113	114		40	0	0							40					<b>40</b>	<b>1,1</b>	0.35
Heather Kerr (MI)	Open, 30-34	121	123		40	55	60							60					<b>60</b>	<b>1,1</b>	0.50
Natalie Sines (MI)	Open, 35-39	130	132		45	55	60							60					<b>60</b>	<b>1,1</b>	0.46
Gina Shubeta (OH)	PFM, OPEN	132	132		50	0	0							50					<b>50</b>	<b>1,2</b>	0.38
Austin Jensen (OH)	20-24 (OH)	179	181		120	135	145	<b>155</b>						145					<b>145</b>	<b>1</b>	0.81
Rick Staab (MI)	Open, 60-64	173	181		120	125	135	<b>140</b>						135					<b>135</b>	<b>1,1</b>	0.78
Kathy Wetenhall (OH)	55-59 (OH), OPEN	186	198		70	0	90							90					<b>90</b>	<b>1,1</b>	0.48
Tim Ross (OH)	PFM, OPEN	235	242		120	140	0							140					<b>140</b>	<b>1,1</b>	0.60
Derrick McGarvey (OH)	10-11 (OH), OPEN	274	275		50	55	60							60					<b>60</b>	<b>1,1</b>	0.22