

100% RAW Powerlifting Federation

Bench Press / Deadlift / Curl World Championships

Norfolk, VA November 7-8, 2009

Ty-travon Roberts - NC	Teen (14-15)	121	0.89	123	40	47.5	0		47.5	104.72	1
Nate Jones - NC	Open, Teen (16-17)	123	0.88	123	72.5	77.5	80	82.5	80	176.37	1,1
Glenn Raisin - NC	Open, Master (50-54)	119.8	0.91	123	65	67.5	0		67.5	148.81	2,1
Anecia Wilkerson - NC	F-Teen (12-13)	118		123	30	0	0		30	66.14	1
Nicholas Paternoster - NY	Youth (10-11)	124.6	0.86	132	35	42.5	0		42.5	93.7	1
Tiarrah Small - NC	F-Teen (12-13)	132		132	37.5	42.5	0		42.5	93.7	1
Michelle Downs - MD	F Open, Junior (20-24), PFM			132						0	
Kelly Wescott - NC	F Master (50-54)	129.8	0.87	132	67.5	67.5	70	71	70	154.32	1
Justin Tripodi - NY	Open	146.4	0.74	148	135	140	0		140	308.64	2
Dave Jones -	Open	146.4	0.74	148	90	100	105		105	231.48	5
Jacob Manuel - NC	Open	144.8	0.74	148	100	105	0		105	231.48	4
Tim McCoy - FL	Open, Sub (35-39)	145.6	0.74	148	137.5	0	142.5	143	142.5	314.16	1,1
Wayne Claypatch - NY	Open, Master (50-54)	148	0.73	148	107.5	110	0		110	242.51	3,1
Rick Fecteau - NC	Master (60-64)	143	0.75	148	0	0	85		85	187.39	1
Jason Leavitt - VA	Master (45-49)	139.6	0.77	148	82.5	90	95		95	209.44	1
Ronnie Garner - NC	Master (40-44)	136.6	0.78	148	92.5	97.5	102.5		102.5	225.97	1
Laura Delay - VT	F- Open, (30-34)	142.2	0.81	148	50	55	0		55	121.25	1,1
Colleen Tibollo - NY	F Master (50-54)	136.4	0.84	148	52.5	57.5	0		57.5	126.76	1
Ruthie Meininger - VA	F Master (45-49)	141.8	0.81	148	32.5	40	47.5		47.5	104.72	1
Dusty Nixon - NC	Teen (16-17)	144.8	0.74	148						0	
Aaron Jones - NC	Teen (16-17)	140	0.77	148	72.5	77.5	0		77.5	170.86	1
Christian Thompson - NC	Teen (18-19)	144.6	0.74	148	87.5	92.5	95		95	209.44	1
Edward Wagner - VA	Teen (16-17)	151.6	0.71	165	0	0	0		0	0	
William Douglas - NC	Teen (14-15)	165	0.67	165	20	25	37.5		37.5	82.67	1
John Brown - NC	Open, Sub (35-39)	164	0.67	165	137.5	145	0		145	319.67	3,1
Cody Bartlett - NY	Open, Master (70-74)	159.2	0.69	165	95	102.5	105	107.5	105	231.48	4,1
George Nabeshima - HI	Open, Master (40-44)	163.4	0.67	165	137.5	142.5	147.5		147.5	325.18	2,1
Michael Binkley - NJ	Open	161.3	0.68	165	152.5	160	0		160	352.74	1
Darryl Sylvester - NC	Junior	160.8	0.68	165	120	130	135		135	297.62	1
Donnly Nelson - NC	Junior	164.2	0.67	165	115	125	132.5		132.5	292.11	2
Fred Wescott - NC	Master (50-54)	154.2	0.7	165	117.5	122.5	127.5		127.5	281.09	1
Jeff Fox - NC	Master (45-49)	160.8	0.68	165	112.5	115	0		115	253.53	1

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Tim Metcalf - NC	Master (45-49)	164.2	0.67	165	90	0	100		100	220.46	2
Clara Cseh Miller - FL	F- Master (70-74)	164	0.73	165	0	0	0		0	0	
Shane Kubisty- AR	Teen (16-17)			165						0	
Jim Moore - MI	Sub (35-39)	177.2	0.63	181	130	137.5	142.5		142.5	314.16	1
Dan Henson - MA	Open, Master (45-49)	178	0.63	181	150	167.5	0		167.5	369.27	1,1
George Pluhar - WV	Open, Junior (20-24)	171.8	0.64	181	0	155	160		160	352.74	2,1
Brad Bennett - OH	Open, Teen (18-19)	178.8	0.63	181	0	147.5	0		147.5	325.18	3,1
Brian Thompson - NC	Open, Sub (35-39)	176.4	0.63	181	122.5	127.5	132.5		132.5	292.11	4,2
Vadim Snitkovsky - MD	Open	179.2	0.63	181	112.5	125	127.5		127.5	281.09	5
Jerome Penn - VA	Open, Master (45-49)	167.8	0.66	181	115	117.5	0		117.5	259.04	6,2
Richard Spangler - VA	Master (50-54)	172	0.64	181	110	115	0		115	253.53	1
Bill Lindsey - VA	Master (60-64)	179.6	0.62	181	110	122.5	0		122.5	270.06	1
Barry West - NY	Master (60-64)			181						0	
Robert Cseh - NY	Master (70-74)	172	0.64	181	0	87.5	0		87.5	192.9	1
Matt Wilson - NC	Junior (20-24)	181.4	0.62	181	115	125	132.5		132.5	292.11	3
Gregory Pike - NC	Junior (20-24)	181.4	0.62	181	117.5	137.5	0		137.5	303.13	2
Anna McCloskey - PA	F Open	176.8	0.69	181	75	80	0		80	176.37	1
Mary Blackstone - IL	F- Open, Master (45-49)	180.6	0.68	181	62.5	65	0		65	143.3	2,1
Donna Hadley - NY	F- Master (45-49)	192.6	0.64	198	67.5	0	0		67.5	148.81	1
Victoria Vasquez - MD	F- Teen (12-13)	194.2	0.64	198	50	57.5	60	62.5	60	132.28	1
Gregory Noble - NC	Junior (20-24)	196.2	0.59	198	105	117.5	125		125	275.58	1
Chad Rexrode	Master (40-44)	194	0.59	198	167.5	0	0		167.5	369.27	2
Sylvester Freeman - VA	Master (40-44), PFM	196	0.59	198	162.5	175	0		175	385.81	1,2
George Walker - FL	Master (60-64)	190.4	0.6	198	142.5	147.5	0		147.5	325.18	1
Bob Dahlhamer - MD	Master (70-74)	195.4	0.59	198	110	115	117.5	0	117.5	259.04	1
Mike McHargh - OH	Open	194.4	0.59	198	175	182.5	0		182.5	402.34	2
Tim Henriques - VA	Open	198.4	0.59	198	140	150	155		155	341.71	4
Michael Richards - VA	Open, (25-29)	192.8	0.6	198	150	0	0		150	330.69	5,2
Adonis Kazouris - VA	Open, (25-29), PFM	196.6	0.59	198	175	0	0		175	385.81	3,3
Aaron Johnson - VA	Open, PFM	196	0.59	198	192.5	197.5	0		197.5	435.41	1,1
Michelle Carlsen - NY	F- Open, Master (45-49)	257.4	0.53	198+	90	95	97.5	0	97.5	214.95	1,1
Aliya Jones - NC	F- Teen (14-15)	276	0.53	198+	52.5	60	0		60	132.28	1

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Sheri Jones - NC	F- Teen (14-15)	209	0.53	198+	35	42.5	0		42.5	93.7	2
Joseph Rascoe - NC	Master (45-49)	216	0.56	220	180	185	0		185	407.85	2
Dion Tavius Richards -NC	Teen (12-13)	200.6	0.58	220	35	42.5	0		42.5	93.7	1
Rick Lacombe - NC	Master (60-64)	219	0.56	220	135	0	0		135	297.62	1
Raymond Bernabe - OH	Master (75-79)	216.6	0.56	220	105	112.5	0		112.5	248.02	1
William Blackstone - IL	Open, Master (45-49)	216.4	0.56	220	202.5	0	0		202.5	446.43	1,1
Kris Dulmer - NY	Open, (30-34)	220	0.55	220	0	190	195	200	195	429.9	2,1
Sam Borrego - IL	Open, Junior (20-24)	207.8	0.57	220	160	0	0		160	352.74	3,1
Matt Wilson - NC	Junior	216.4	0.56	220	135	150	152.5		152.5	336.2	2
Jeff Pierce - NC	Junior	218.4	0.57	220	125	135	0		135	297.62	3
Luis Algarin - VT	Open, Sub (35-39)	215.4	0.56	220	0	0	0		0	0	
Keith Cole - NC	Junior (20-24)	241.8	0.54	242	150	152.5	155		155	341.71	3
Nick Arbia - VA	Junior (20-24)	225.8	0.55	242	157.5	0	0		157.5	347.22	2
Chris Campbell - VA	Junior (20-24)	230.8	0.54	242	172.5	182.5	0		182.5	402.34	1
Wes Shropshire - VA	Master (55-59)	234.4	0.54	242	147.5	160	0		160	352.74	2
Craig Perry - VA	Master (55-59)	222.6	0.55	242	152.5	162.5	0		162.5	358.25	1
Gary Fogle - OH	Master (65-69)	225.6	0.55	242	142.5	147.5	0	0	147.5	325.18	1
Paul Bossi - NC	Open, Master (40-44)	241	0.54	242	220	227.5	0		227.5	501.55	1,1
John Franks - PA	Open, (30-34)	239.4	0.54	242	200	210	0		210	462.97	2,1
Sid Zullinser - VA	Open	227.5	0.55	242	160	165	0		165	363.76	3
Ira Brooks - VA	Open, Master (60-64)	241.8	0.54	242	102.5	0	137.5		137.5	303.13	4,1
Ferrel Banks - NC	Open	239.4	0.54	242	115	120	125		125	275.58	5
Bob Muretta - MD	Sub (35-39)			242						0	
Victor Valdivia - NY	Master (45-49)			242							
Corey Rodgers - VA	Open			242							
Wakelin Stoneman - VA	Sub (35-39)	237.2	0.54	242	155	165	0		165	363.76	1
Robbie Rowe - PA	Teen (16-17)	239.6	0.54	242	0	130	0		130	286.6	1
Ben Stavish - NC	Teen (16-17), Spec Oly	230.9	0.54	242	77.5	85	0		85	187.39	2,1
Gregory Hartranft - NY	Junior (20-24)	272.4	0.52	275	192.5	197.5	0		197.5	435.41	1
Rick Bosage - VA	Master (55-59)			275						0	
Bob Feeney - PA	Master (55-59)	263	0.53	275	127.5	137.5	0		137.5	303.13	2
Ronald Beuch - VA	Master (55-59)	272.2	0.52	275	167.5	175	0		175	385.81	1

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Ed Stine - VA	Master (60-64)	247	0.53	275	132.5	137.5	142.5	145	142.5	314.16	1
Sean Kelleher - NY	Open, Master (55-59)			275						0	
Herman Canada - NC	Open, Sub (35-39)	268.6	0.52	275	145	0	0		145	319.67	2,2
Jermaine Jones - NC	Open, Sub (35-39)	259.6	0.53	275	220	227.5	0		227.5	501.55	1,1
Jeffery Henderson - NC	Open			275							
Kyshawn Norman - NC	Open, Teen (16-17)	250.9	0.54	275	85	0	92.5		92.5	203.93	3,1
Raymond Clasing, SR - MD	Open, Master (45-49), PFM	278	0.52	308	182.5	187.5	190	192.5	190	418.87	2,1,1
Joel Anderson - VA	Open, (30-34)	297	0.51	308	207.5	0	0		207.5	457.45	1,1
Thomas Long - VA	Open, (25-29)			308							
Jervis Penn - VA	Open, Master (45-49)	287	0.51	308	152.5	0	0		152.5	336.2	3,2
Todd Jensen - NE	Master (40-44)	339	0.49	SHW	182.5	190	0		190	418.87	1
Thomas Dillard - VA	Master (45-49)	348.6	0.49	SHW	0	210	0		210	462.97	1
Jack Griffin - TX	Master (60-64), PFM	321.4	0.5	SHW	137.5	0			137.5	303.13	1,1
Anthony Davie - VA	Open, (30-34)	317	0.5	SHW	220	0	230		230	507.06	1,1
Kevin Coughlin - PA	Open, Master (45-49)	450	0.46	SHW	170	175	0		175	385.81	2,1
Paul McKirdy Jr - VA	Sub (35-39)	411.4	0.46	SHW	165	175	182.5		182.5	402.34	2
Lee Anderson - VA	Sub (35-39)	324.8	0.5	SHW	0	185	200		200	440.92	1
Ted Brooks - PA	Master (50-54)			SHW						0	
DEADLIFT											
Patricia Azlin - VA	F Master (55-59)	104.8	1.04	105	0	95	0		95	209.44	1
Alexander Vasquez - MD	Youth (6-7)	114	0.96	114	45	50	55	63.5	55	121.25	1
Aniya Simmons - VA	F- Youth (8-9)	107.2	1.03	114	55	0	70	72.5	70	154.32	1
Nate Jones - NC	Open, Teen (16-17)	123	0.88	123	170	175	0		175	385.81	1,1
Glenn Raisin - NC	Open, Master (50-54)	119.8	0.9	123	107.5	112.5	115		115	253.53	2,1
Jim Marchio - VA	Master (50-54)	130.8	0.82	132	175	0	0		175	385.81	1
Nicholas Paternoster - NY	Youth (10-11)	124.6	0.86	132	42.5	55	60	0	60	132.28	1
Laura Delay - VT	F- Open, (30-34)	142.2	0.81	148	105	117.5	130	137.5	130	286.6	1
Brandon Barnt - WV	Junior (20-24)			148						0	
Ronnie Garner - NC	Master (40-44)	136.6	0.78	148	130	137.5	142.5		142.5	314.16	1

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Justin Tripodi - NY	Open	146.4	0.74	148	185	197.5	210	0	210	462.97	1
Dusty Nixon - NC	Teen (16-17)	144.8	0.74	148						0	
Aaron Jones - NC	Teen (16-17)	140	0.77	148	130	137.5	142.5		142.5	314.16	1
Roberta Dearden - VA	F- Master (70-74)	161.8	0.73	165	47.5	55	57.5		57.5	126.76	1
Tim Metcalf - NC	Master (45-49)	164.2	0.67	165	125	132.5	137.5		137.5	303.13	1
Rob Hanners - VA	Open, Junior (20-24)	163.4	0.67	165	240	250	260	275	260	573.2	1,1
Anna McCloskey - PA	F- Open	176.8	0.69	181	182.5	192.5	200		200	440.92	1
Gregory Pike - NC	Junior (20-24)	181.4	0.62	181	200	230	237.5		237.5	523.59	1
Kevin McCarragher - SC	Master (50-54)	180.8	0.62	181	215	230	0		230	507.06	1
Bruce Graser - NC	Master (55-59)	178.8	0.63	181	252.5	272.5	0		272.5	600.75	1
Vadim Snitkovsky - MD	Open, (30-34)	179.2	0.63	181	200	220	230		230	507.06	1,1
Jerome Penn - VA	Open, Master (45-49)	167.6	0.66	181	217.5	0	0		217.5	479.5	1,1
Kyshawn Norman - NC	Open, Teen (16-17)	250.9	0.53	275	190	202.5	207.5		207.5	457.45	1,1
Michelle Carlsen - NY	F- Open, Master (45-49)	257.4		198+	137.5	147.5	155		155	341.71	1,1
Gregory Noble - NC	Junior (20-24)	196.2	0.59	198	0	170	182.5		182.5	402.34	1
Chad Rexrode VA	Master (40-44)	194	0.59	198	197.5	215	227.5		227.5	501.55	1
Tim Henriques - VA	Open	198.4	0.59	198	250	0	0		250	551.15	2
Justin Davis - VA	Open, (25-29)	185.4	0.61	198	205	230	0		230	507.06	3,1
Michael Richards - VA	Open, (25-29)	192.8	0.6	198	200	227.5	0		227.5	501.55	4,2
Aaron Johnson - VA	Open, PFM	196	0.59	198	250	257.5	260		260	573.2	1,1
Roy Andrew - VA	Master (40-44)	218.2	0.56	220	225	235	245		245	540.13	2
Theodore Linn - VA	Open, Master (40-44)	208.6	0.57	220	225	250	262.5	267.5	262.5	578.71	2,1
John Mays - VA	Open, Sub (35-39)	215.4	0.56	220	260	277.5	0		277.5	611.78	1,1
Nick Arbia - VA	Junior (20-24)	225.8	0.55	242	250	260	267.5		267.5	589.73	1
Sid Zullinser - VA	Open	227.5	0.55	242	230	247.5	257.5		257.5	567.68	1
Ira Brooks - VA	Open, Master (60-64)	241.8	0.54	242	125.5	170	195		195	429.9	2,1
Ben Stavish - NC	Teen (16-17), Spec Oly	230.9	0.54	242	152.5	170	0		170	374.78	1,1

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Gregory Hartranft - NY	Junior (20-24)	272.4	0.52	275	307.5	320	0		320	705.47	1
Carl Lyons - VA	Master (45-49)	255.4	0.53	275	227.5	0	0		227.5	501.55	1
Ronald Beuch - VA	Master (55-59)	272.2	0.52	275	215	230	237.5	245	237.5	523.59	1
Ed Stine - VA	Master (60-64)	247	0.53	275	180	192.5	200	207.5	200	440.92	1
Michael Eaton - MD	Open	250	0.53	275	317.5	330	0		330	727.52	1
Jervis Penn - VA	Open, Master (45-49)	287	0.51	308	225	235	240		240	529.1	1,1
Thomas Dillard - VA	Master (45-49)	348.6	0.49	SHW	320	0	0		320	705.47	1
Ted Brooks - PA	Master (50-54)			SHW							
Corey Rodgers - VA	Open	348.8	0.49	SHW	227.5	250	0		250	551.15	1
Paul McKirdy Jr - VA	Sub (35-39)	411.4	0.46	SHW	215	245	0		245	540.13	1
CURL											
Matthias Algarin - VT	Youth (8-9)	74.4	1.28	77	15	17.5	0		17.5	38.58	1
Raymond Cortes III - NJ	Youth (10-11)	86.6	1.28	88	17.5	20	0		20	44.09	1
Beth-el Algarin - VT	Youth (8-9)	95.2	1.13	97	15	17.5	0		17.5	38.58	1
Megan Brown - NJ	F Open			97							
Robert Marcellino - NJ	Open, Junior (20-24)			105							
Shauna Marcellino - NJ	F Open			114							
Nate Jones - NC	Open, Teen (16-17)	123	0.88	123	32.5		42.5		42.5	93.7	1
Theresa Seykora - MN	F Open			123							
Hunter Claypatch - NY	Open, Junior (20-24)			123							
Nicholas Paternoster - NY	Youth (10-11)	124.6	0.86	132	0	15	0		15	33.07	1

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Laura Delay - VT	F Open, (30-34)	142.2	0.81	148	27.5	0	30		30	66.14	1
Ronnie Garner - NC	Master (40-44)	136.6	0.78	148	32.5	37.5	42.5	0	42.5	93.7	1
Justin Tripodi - NY	Open	146.4	0.74	148	47.5	52.5	55	60	55	121.25	1,1
Wayne Claypatch - NY	Open, Master (50-54)	148	0.73	148	42.5	45	0		45	99.21	2,1
Aaron Jones - NC	Teen (16-17)	140	0.77	148	0	37.5	0		37.5	82.67	1
Dusty Nixon - NC	Teen (16-17)	144.8	0.74	148							
Victor Valdivia - NY	Master (45-49)			148							
Andrew LeBrun - MD	Open, Junior (20-24)	165	0.67	165	62.5	0	67.5		67.5	148.81	1
Ed Schemine - OH	Master (45-49)			165							
Anna McCloskey - PA	F-Open, F Teen (16-17)	176.8	0.69	181	0	32.5	0		32.5	71.65	1
Vadim Snitkovsky - MD	Open	179.2	0.63	181	52.5	57.5	60		60	132.28	3
Scott Russell - TN	Open, Master (40-44)	177.4	0.63	181	60	62.5	0		62.5	137.79	2,1
Mark Wilhelm - MD	Open, Master (45-49)	177.4	0.63	181	62.5	67.5	70	71	70	154.32	1,1
Jim Moore - MI	Sub (35-39)	177.2	0.63	181	0	65	0		65	143.3	1
Donna Hadley - NY	F- Master (45-49)	192.6	0.64	198	25	30	32.5		32.5	71.65	1
Kyshawn Norman - NC	Open, Teen (16-17)	250.9	0.53	275	40	45	47.5		47.5	104.72	1,1
Michelle Carlsen - NY	F Open, Master (45-49)	257.4	0.56	198+	0	27.5	30	32.5	30	66.14	1
Tim Henriques - VA	Open	198.4	0.59	198	62.5	67.5	72.5		72.5	159.83	1
Bob Dahlhamer - MD	Master (70-74)	195.4	0.59	198	52.5	55	57.5	58	57.5	126.76	1
Chad Rexrode	Master (40-44)	194	0.59	198	57.5	62.5	0		62.5	137.79	1
John Mays - VA	Open, Sub (35-39)	215.4	0.56	220	60	65	72.5	80	72.5	159.83	1,1
Nick Arbia - VA	Junior (20-24)	225.8	0.55	242	60	67.5	70	72.5	70	154.32	1
Micheal Primak - VA	Master (45-49)	232.8	0.54	242	55	60	0		60	132.28	2
Wes Shropshire - VA	Master (55-59)	234.4	0.54	242	60	0	0		60	132.28	1
Gary Fogle - OH	Master (65-69)	225.6	0.55	242	50	0	0		50	110.23	1
John Franks - PA	Open, (30-34)	239.4	0.54	242	70	72.5	75	80	75	165.35	1,1
Bill Robertson - GA	Open, Master (45-49)	234.2	0.54	242	65	67.5	67.5		67.5	148.81	2,1

100% RAW Powerlifting Federation

Bench Press / Deadlift / Curl World Championships

Norfolk, VA November 7-8, 2009

Ira Brooks - VA	Open, Master (60-64)	241.8	0.54	242	35	45	57.5		57.5	126.76	3,1
Wakelin Stoneman - VA	Sub (35-39)	237.2	0.54	242	60	65	70	72.5	70	154.32	1
Ben Stavish - NC	Teen (16-17), Spec Oly	230.9	0.54	242	35	40	42.5		42.5	93.7	1,1
Joseph McKenna - NH	Master (55-59)			275						0	
Carl Lyons - VA	Master (45-49)	255.4	0.53	275	67.5	70	72.5	75	72.5	159.83	1
Raymond Clasing, SR - MD	Open, Master (45-49), PFM	278	0.52	308	65	70	0		70	154.32	1,1,1
Jervis Penn - VA	Open, Master (45-49)	287	0.51	308	42.5	50	0		50	110.23	2,2
Joel Anderson - VA	Open	297	0.51	308	65	0	0		65	143.3	1
Jack Griffin - TX	Master (60-64), PFM	321.4	0.5	SHW	52.5	65	0		65	143.3	1,1
Ted Brooks - PA	Master (50-54)			SHW						0	