

# WNPF CAN-AM NATIONALS— JULY 20, 2019 ROCHESTER, NEW YORK



	<b>WNPF CAN AM NATIONALS</b>					
	<b>JULY 20 2019</b>					
	<b>ROCHESTER NEW YORK</b>					
	<b>! Denotes state record</b>					
	<b>* Denotes National record</b>					
	<b>BL denotes best lifter</b>					
	<b>WOMENS POWERLIFTING</b>	<b>SQT</b>	<b>BENCH</b>	<b>DLIFT</b>	<b>TOTAL</b>	
	<b>RAW</b>					

<b>132lb</b>						
<b>Open</b>	<b>Danielle Dembrow (BL)</b>	<b>210!</b>	<b>150!</b>	<b>265!</b>	<b>625!</b>	
<b>165lb</b>						
<b>13-14</b>	<b>Lily Stoddard</b>	<b>205! *</b>	<b>115! *</b>	<b>275! *</b>	<b>595!*</b>	
<b>Open</b>	<b>Chelsea Townsend</b>	<b>235</b>	<b>155</b>	<b>260</b>	<b>650</b>	
<b>181lb</b>						
<b>11-12</b>	<b>Julia Llewellyn</b>	<b>205! *</b>	<b>105! *</b>	<b>235! *</b>	<b>545! *</b>	
<b>Open</b>	<b>Jennifer Smith</b>	<b>290!</b>	<b>160!</b>	<b>315</b>	<b>765!</b>	
<b>45-49</b>	<b>Sheila Faura</b>	<b>245! *</b>	<b>110!</b>	<b>255!</b>	<b>610!</b>	
<b>SHW</b>						
<b>15-16</b>	<b>Sharika Alexander</b>	<b>335! *</b>	<b>195! *</b>	<b>355! *</b>	<b>885! *</b>	
	<b>MENS POWERLIFTING</b>					
	<b>RAW</b>					
<b>148LB</b>						
<b>70-74</b>	<b>William Calderone</b>	<b>250! *</b>	<b>135! *</b>	<b>340! *</b>	<b>725! *</b>	
<b>148lb</b>						
<b>13-14</b>	<b>Timothy Faura</b>	<b>145</b>	<b>110</b>	<b>265</b>	<b>520</b>	
<b>165lb</b>						
<b>13-14</b>	<b>Jake Llewellyn</b>	<b>345! *</b>	<b>205! *</b>	<b>380! *</b>	<b>930! *</b>	
	<b>Michael Blenis</b>	<b>315</b>	<b>170</b>	<b>365</b>	<b>850</b>	
<b>17-19</b>	<b>Noah Bufalini</b>	<b>365!</b>	<b>185</b>	<b>355</b>	<b>905</b>	
<b>35-39</b>	<b>Michael Blake</b>	<b>315!</b>	<b>210</b>	<b>405</b>	<b>930</b>	
<b>181lb</b>						
<b>45-49</b>	<b>Ernest Carter (BL)</b>	<b>400</b>	<b>335! *</b>	<b>480</b>	<b>1215</b>	
<b>220lb</b>						

55-59	RL Murray	400	360	450	1210*	
275lb						
40-45	Jacob Bigelow	440!	335	525! *	1300!	
35-39	Austin Crowell	400	385! *	490!	1275!	
	Mens Raw Classic					
220lb						
Open	Thomas Ritz	320	135	460	915	
55-59	RL Murray	400*	360*	450*	1210*	
	Daniel Mandell	380	205	455	1040	
242lb						
40-44	Adam Gaudette	345!	230!	440!	1015!	
	MENS SINGLE PLY					
148lb						
55-59	Phil Difrancisco	415!	240!	400! *	1055! *	
	IRONWOMAN RAW	BENCH	DLIFT	TOTAL		
181lb						
45-49	Shelia Faura	110! *	255! *	365! *		
	IRONMAN RAW					
123lb						
13-14	Zavien Motley	85*	210! *	295*		
148lb						
60-64	Robert Barreca	165! *	310	475		
181lb						
Open	Zach Motley	265!	425!	690!		
220lb						

Open	Ed Carter (BL)	410*	500	910		
SHW						
35-39	John Freer	290	360	650		
	BENCH PRESS RAW	BENCH				
	MEN					
123lb						
13-14	Zavien Motley	85! *				
165lb						
Open	Mike Coppola (BL)	320				
181lb						
35-39	Anthony Pellicano	325! *				
70-74	Phil Campagna	330! *				
198lb						
35-39	Jeremy Barron	310				
220lb						
60-64	Mike Knox	285!				
275lb						
50-54	John Harnisfeger	405! *				
60-64	Alfred Pierce	290!				
	MASTER SLINGSHOT					
220lb						
60-64	Allen Kitching	340! *				
	DEADLIFT RAW	Dlift				
	WOMEN					
114LB						
80-84	Willie Murphy	200! *				

	<b>BENCH FOR REPS</b>					
	<b>WOMEN</b>					
<b>114lb</b>						
<b>80-84</b>	<b>Willie Murphy</b>	<b>22 Reps</b>				
	<b>MEN</b>					
<b>165lb</b>						
<b>Open</b>	<b>Mike Coppola</b>	<b>28 Reps!</b>				
<b>181lb</b>						
<b>Open</b>	<b>Zach Motley</b>	<b>18 Reps!</b>				
<b>198lb</b>						
<b>35-39</b>	<b>Tom Scalzo</b>	<b>28 Reps!*</b>				