

**WNPF UPSTATE NEW YORK  
POWERLIFTING CHAMPIONSHIPS  
MARCH 24, 2018- ROCHESTER, NY**





! Deotes state record					
BL Denotes Best Lifter					
	POWERLIFTING RAW	SQT	BP	DL	TOTAL
	WOMEN				
114lb					
Open	Jillian Ramos	190	120	245	555
40-44	Heidi Supinski	175!	110!	270!	555!
123lb					
35-39	Hillary Cardin (BL)	235	145	320!	700
132lb					
20-23	Danielle Dembrow	205!	135!	245!	585!
165lb					
Open	Claire Stein	155	95	190	440
181lb					
Open	Allison McConnell	240	160!	320!	720!

	MEN				
165lb					
Open	Justin Bradt	430!	300!	535!	1265!
	Jarrid Durham	315	225	415	955
181lb					
Open	Shane Mott	340	240	365	945
198lb					
Open	David Lyons	535!	405!	560!	1500!
	Emery Longan	465	295	575	1335
50-54	James Greene	360	240	420	1020
220lb					
20-23	Brandon Zeh	435!	245	525!	1205
	Carson Beardsley	430	240	455	1125
Open	Cliff McDowell (BL)	575!	430!	650!	1655!
	James Schuler	410	275	460	1145
	Keith Honeycutt	380	235	420	1035
70-74	David Woods	185!	135!	280!	600!
P/F/M	Jonathan Monahan	415!	245!	525!	1185!
275lb					
Open	Cody McConnell	420	275	515	1210
308lb					
Open	Steve Horowitz	455!	325!	535!	1315!
	RAW CLASSIC				
	WOMEN				
148LB					
Open	Julie Arnold	210!	135!	255!	600!

181lb					
Open	Jennifer Smith	270!	145!	310!	725!
SHW					
Open	Amy Lewis	150!	145!	225!	520!
	MEN				
220lb					
Open	Tom Ritz	310	225	435	970
55-59	Gerry Peak	420!	335	420	1175
308lb					
60-64	John Schiemann (BL)	515!	295!	600!	1410!
	SINGLE- PLY				
	MEN				
148lb					
55-59	Phil Defrancisco	395	230	400	1025
	IRONMAIDEN	BP	DL	TOTAL	
114lb					
80-84	Willie Murphy	115!	230!	345!	
132lb					
50-54	Leanne Hitchcock	110	280	390	
	BENCH PRESS RAW	BP			
	WOMEN				
114lb					
80-84	Willie Murphy	115			
	MEN				

148lb					
Open	Paul Teague	210!			
165lb					
65-69	Phil Campagna	330!			
220lb					
55-59	Gerry Peak	335			
308lb					
Open	Jason Coley	545!			
Shw					
Open	James Quackenbush	520			
	SINGLE-PLY				
220lb					
Open	Roberto Cheverez	320!			
55-59	Dave Herbst	350!			
242lb					
45-49	Juan Cheverez	345!			
60-64	Mike Arcarisi	280!			
	DEADLIFT RAW	DL			
	MEN				
148lb					
Open	Jarrid Ringer	500!			
198lb					
Open	Emery Longan	575!			
	SQUAT RAW CLASSIC	SQT			
220lb					

55-59	Gerry Peak	420!			
	STRICT CURL	Curl			
114lb					
80-84	Willie Murphy	55			
	BENCH FOR REPS				
	WOMEN				
114lb					
80-84	Willie Murphy	24 reps			
	MEN				
148lb					
Open	Paul Teague	20 reps			