

# WNPF CAN-AM NATIONALS

## ROCHESTER, NY

### JULY 10, 2018

!Denotes state record					
* denotes national record					
BL denotes best lifter					
	POWERLIFTING RAW	SQT	BP	DL	TOTAL
WOMEN					
114lb					
Open	Jillian Ramos (BL)	205	125	280*!	610
132lb					
20-23	Danielle Dembrow	200*	135*	275*	610*
148lb					
P/F/M	Chelsea Townsend	185*!	145*!	225*!	555*!
181lb					
Open	Jennifer Smith	270!	150*!	310	730!
MENS RAW					
114lb					
13-14	Dominick Fazzary	165*!	105*!	245*!	515*!
148lb					
13-14	Travon Jones	205!	160*!	260	625!
165lb					
35-39	Michael Blake	260	195	410	865
198lb					
15-16	Wyatt Brower	365*!	240*!	435*!	1040*!

Open	Emery Longan	485	330	605!	1420
45-49	Jason LaScolea	275	250	405	930
55-59	R L Murray	405*!	335*!	450	1190
220lb					
Open	Joshua Powell (BL)	600*!	450*!	650!	1700*!
	Keith Honeycutt	375	250	415	1040
242lb					
Open	Jeremy Brown	405	400*!	600!	1405!
	Carson Beardsley	455!	275	460	1190
275lb					
45-49	Marc Brader	325	250	400	975
	RAW CLASSIC				
	WOMEN				
148LB					
Open	Julie Arnold	215!	135	260!	610!
	MEN				
181LB					
65-69	Ralph DiLiberto	265*!	200*!	350*!	815*!
198lb					
55-59	R L Murray	405!	335*!	450*!	1190*!
220lb					
55-59	Daniel Mandell Jr	380*	205	420!	1005
60-64	Allen Kitching	400*	315*	460*	1175*
	MENS SINGLE PLY				
165LB					

55-59	Phil DeFrancisco	385!	255*!	400*!	1040*
	IRONMADEN RAW	BP	DL	TOTAL	
	WOMEN				
114lb					
80-84	Willie Murphy	115	185	300	
132lb					
15-16	Emma Bradshaw	100*!	250*!	350*!	
	IRONMAN RAW				
148lb					
13-14	Cameron Holland	145*!	315*!	460*!	
15-16	Matthew Irwin	135*!	240*!	375*!	
17-19	Sean Holland	160*!	95*!	255*!	
60-64	Robert Barieca	160*!	355*!	515*!	
165lb					
Open	Michael Coppola	320*!	155*!	455*!	
181LB					
20-23	Zachary Motley	270*!	425*!	695*!	
220Lb					
Open	Thomas Ritz	305*!	450*!	755*!	
242lb					
15-16	Boyd Barber	135*	320*	455*	
275lb					
15-16	Wrett Brower	200!*	405*!	630*!	
	BENCH PRESS RAW	BP			
	WOMEN				

114lb					
40-44	Heidi Suspinski	105*!			
	MEN				
132lb					
Open	Paul Teague	185*!			
165lb					
Open	Michael Coppola	320*!			
65-69	Phil Campagna	320*			
181lb					
35-39	Jeremy Barron	315*!			
198LB					
open	Emery Longan	330			
40-44	Scott Shales Jr	330*!			
55-59	R L Murray	335			
275lb					
40-49	John Harnischferger	415!			
	Jacob Bigelow	350!			
	SQUAT ONLY RAW	Squat			
	MEN				
132lb					
Open	Paul Teague	185*!			
	DEADLIFT RAW	DL			
	WOMEN				
148lb					
Open	Sarah Horton	245*			

SHW					
45-49	Sheila Klemann	260!*			
	MEN				
132lb					
Open	Paul Teague	205*			
198lb					
Open	Emery Longan	605!			
	BENCH FOR REPS	REPS			
	WOMEN				
114lb					
81-48	Willie Murphy	30*			
	MEN				
165lb					
Open	Michael Coppola	25!			
181lb					
20-23	Zachary Motley	18*!			
35-39	Tom Scalzo	21*!			
	STRICT CURL	Curl			
	WOMEN				
114LB					
80-84	Willie Murphy	45*			
	MEN				
90lb					
y11-12	Trever Weeden	50*!			

148lb					
60-64	Robert Barieca	75*!			