



WNPF CAN-AM NATIONAL CHAMPIONSHIPS, ROCHESTER, NEW YORK JUNE 25, 2016

	! DENOTES STATE RECORD				
	* DENOTES NATIONAL RECORD				
	(BL) DENOTES BEST LIFTER				
	POWERLIFTING RAW	SQT	BP	DL	TOTAL
	WOMEN				
148lb					
open	Jessica Martin (BL)	285!*	150!	315!*	750!*
165lb					
open	Allison McConnell	195!	125!	280!	600!
Shw					
open	Elyse Wadsworth	240!	140!	305!	680!
	MEN				
148lb					
60-65	Robert Barreca	220!*	175!*	350!*	745!*
165lb					
open	Nick McCormick	340*	260*	405*	1005*

	Jared Durham	260	215	340	815
181lb					
20-23	Kevin Goldsmith	375!	275!	500!	1150!
181LB					
Open	John Hughes III	450!	305!	550!	1305!
	Christopher Maranzino	390	275	470	1135
	Josh Miller	390	225	440	1055
198lb					
open	Zachary Theisem	455	325!*	555!	1335!
	Charles Yarrington	435	245	525	1205
	Chris Smith	335	245	485	1065
198lb					
45-49	James Hull	300	205	370	875
198lb					
P/F/M	Jonathan Monahan	365!	235!	500!	1100!
220lb					
Open	James DeFerio	465!	400!*	535!	1400!
242lb					
50-54	RL Murray	400!	370!*	450!	1220!
275lb					
35-39	James Phenés	435!*	275!*	455!*	1165!*

	RAW CLASSIC				
	WOMEN				
148lb					
45-49	Sherry Gifford	185	130	245!	460
	MEN				
165lb					
open	Christopher Reith	230	185	350	765
198lb					
50-54	Daniel Mandell Jr	400*	215!	460*	1075!*
220lb					
45-49	Marc Brader	370!*	235!*	410!*1	1015!*
220lb					
50-54	Thomas Crego Jr (BL)	475!*	330!*	450!*	1255!*
220lb					
open	Thomas Ritz	310!	225!	425!	960!
242LB					
OPEN	Dan Zahno	505	330	515	1350

	Single ply				
148lb					
55-59	Phil DiFrancisco	135*	135*	135*	405*
	IRONMAN	TOTAL	DL		
	WOMEN RAW				
105lb					
75-79	Willie Murphy	115*	225*	340*	
132lb					
50-54	Leanne Micuchik	110*	280!*	390!*	
148lb					
20-23	Chelsea Townsend	130!*	250!*	390!*	
	MEN RAW				
198lb					
P/F/M	Matthew Lucero	320!*	500!*	820!*	
220lb					
open	Jeremy Brown	380*	570*	950*	
	BENCH PRESS RAW	BP			
	MEN				

165lb					
65-69	Philip Campagna	300!*			
198lb					
35-39	Jeremy Barron	330!*			
220lb					
55-59	Mike Knox	325!*			
	Dr John Rivers	275			
220lb					
70-74	John Hopkins	240!*			
242lb					
open	RL Murray	370*			
242lb					
55-59	James Mitchell Jr (BL)	410!*			
242lb					
45-49	John Harnischfeger	355!*			
275lb					
40-44	Jacob Bigelow	320!*			
	SINGLE PLY				
242lb					
50-54	Steve Rogers	335!			

	BENCH FOR REPS				
	WOMEN				
105lb					
75-79	Willie Murphy	30*			
148lb					
20-23	Chelsea Townsend	37!*			
	MEN				
198LB					
OPEN	Zachary Theisem	22!*			
198lb					
35-39	Jeremy Barron	28!*			
	DEADLIFT	DL			
220lb					
55-59	Dr John Rivers	320!*			
242lb					
20-23	Tiyani Lu	530!*			
	POWERCURL	PC			

