

Updated January 2019

R.A.W. UNITED

MEN'S FULL POWER RECORDS

Find updates online: www.stronglife610.net

Men's Youth

123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	155 A. Asmar	70 A. Asmar	205 A. Asmar	430 A. Asmar
14-15	305 T. Conyers	135 T. Conyers	365 T. Conyers	805 T. Conyers

132 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
14-15	290 T. Conyers	140 J. Kent	360 T. Conyers	790 T. Conyers
16-17	315 T. Conyers	135 T. Conyers	365 T. Conyers	815 T. Conyers

148 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
13-U	150 A. Asmar	77.2 J. Luu	210 A. Asmar	435.4 J. Luu
16-17	330.7 T. Plyler	212 T. Plyler	440.9 T. Plyler	981.0 T. Plyler

165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
16-17	330 B. Felts	240 B. Felts	430 B. Felts	1000 B. Felts
18-19	340 C. Newton	190 C. Newton	365 C. Newton	895 C. Newton

181 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
13-U	273	121	281	676
	S. Ramsey	S. Ramsey	S. Ramsey	S. Ramsey
14-15	137.8	77.2	175	385.8
	B. Nielsen	B. Nielsen	B. Nielsen	B. Nielsen
16-17	320	240	380	940
	P. Donahue	P. Donahue	P. Donahue	P. Donahue
18-19	275	170	340	785
	J. Cano	J. Cano	J. Cano	J. Cano

198 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
16-17	347.2	209.4	385.8	942.5
	A. Hung	A. Hung	A. Hung	A. Hung

220 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
16-17	340	212	400	952
	B. Hung	A. Hung	A. Hung	A. Hung
18-19	395	275	440	1110
	M. Nawn	M. Nawn	M. Nawn	M. Nawn

Men's Junior (20-24)

165 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
JNR	385	295	450	1130
	E. Cotroneo	E. Cotroneo	T. Conyers	E. Cotroneo

181 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
JNR	375	276	495	1110
	J. Reiss	R. Rippy	J. Reiss	J. Reiss

198 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
JNR	430	305	405	1135
	K. Evans	K. Evans	A. Powell	K. Evans

220 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
JNR	480	342	474	1296
	K. Weaver	K. Weaver	K. Weaver	K. Weaver

Men's Open (25-39)

123 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	305	135	365	805
	T. Conyers	T. Conyers	T. Conyers	T. Conyers

132 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	330	205	435	970
	R. Sheehan	R. Sheehan	R. Sheehan	R. Sheehan

148 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	330.7	230	440.9	981.0
	T. Plyler	R. Sheehan	T. Plyler	T. Plyler

165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	611.8	314.2	573.2	1328.3
	B. Benedix	J. Benedix	B. Benedix	B. Benedix

181 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	540	370	615	1525
	P. Pires	P. Pires	P. Pires	P. Pires

198 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	510	360	615	1450
	R. Gutierrez	B. Long	D. Steele	D. Steele

220 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	600	385	675	1655
	G. Takacs	G. Takacs	K. Cavinder	G. Takacs

242 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	615	405	680	1700
	K. Cavinder	K. Cavinder	K. Cavinder	K. Cavinder

275 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	645	470	700	1695
	D. Beswick	A. Carvill	M. Strom	D. Beswick

308 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	600	440	640	1680
	A. Gibson	A. Gibson	A. Gibson	A. Gibson

308+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
OPN	485	395	625	1330
	S. Morgan	D. Kiernan	D. Kiernan	S. Morgan

Men's Master

132 and 148 lb. classes - OPEN

165 lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
40-44	380	290	415	1085
	R. Earle	R. Earle	R. Earle	R. Earle
50-54	255	285	420	900
	C. Caparella	C. Caparella	C. Caparella	C. Caparella
70-74	315	150	420	885
	R. Magers	R. Magers	R. Magers	R. Magers

181 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
50-54	420	285	455	1160
	T. O'Brien	T. O'Brien	T. O'Brien	T. O'Brien
55-59	375	240	440	1055
	D. Brewer	D. Brewer	D. Brewer	D. Brewer

198 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
55-59	405	225	505	1135
	S. Tshontikidis	S. Tshontikidis	S. Tshontikidis	S. Tshontikidis

220 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
40-44	512.6	330.7	562.2	1405.5
	C. Rousch	C. Rousch	C. Rousch	C. Rousch
45-49	545.6	410	600	1460
	G. Prince	J. Whalen	J. Cobb	J. Whalen
50-54	125	190	265	680
	D. Tracy	D. Tracy	D. Tracy	D. Tracy
55-59	540	325	530	1350
	T. Wright	T. Dozier	T. Wright	T. Wright
60-64	375	325	405	1105
	T. Dozier	T. Dozier	T. Dozier	T. Dozier

242 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
40-44	405	290	505	1200
	L. Dromerhauser	L. Dromerhauser	L. Dromerhauser	L. Dromerhauser
45-49	465	290	550	1305
	P. Markle	P. Markle	P. Markle	P. Markle
50-54	450	315	520	1285
	R. McLeod	R. McLeod	R. McLeod	R. McLeod
55-59	435	275	465	1175
	G. Guenther	G. Guenther	G. Guenther	G. Guenther

275 lb. class

<u>Age</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
45-49	450	364	505	1250
	S. Smith	T. Thomas	S. Smith	S. Smith

308 lb. class OPEN

308+ lb. class

Age	SQUAT	BENCH	DEADLIFT	TOTAL
40-44	600	395	625	1640
	D. Kiernan	D. Kiernan	D. Kiernan	D. Kiernan