

Updated January 2019
R.A.W. UNITED
MEN'S SINGLE LIFT RECORDS

Men's Youth (Ages 19 and under)

97 lb. class

Age	Lifter	DEADLIFT
13-U	D. Walcott	70

123 lb. class

Age	Lifter	SQUAT
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13-U A. Asmar 155

14-15 T. Conyers 305

Age	Lifter	BENCH
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13-U A. Asmar 70

14-15 T. Conyers 135

Age	Lifter	DEADLIFT
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13-U A. Asmar 205

14-15 T. Conyers 365

132 lb. class

Age	Lifter	SQUAT
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14-15 T. Conyers 290

16-17 T. Conyers 305

Age	Lifter	BENCH
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14-15 J. Kent 140

16-17 T. Conyers 140

Age	Lifter	DEADLIFT
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14-15 T. Conyers 360

16-17 T. Conyers 380

148 lb. class

Age	Lifter	SQUAT
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13-U A. Asmar 150

16-17 T. Plyler 330.7

Age	Lifter	BENCH
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13-U A. Asmar 135

16-17 T. Plyler 212

Age	Lifter	DEADLIFT
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13-U A. Asmar 210

16-17 T. Plyler 440.9

165 lb. class

Age	Lifter	SQUAT
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16-17 B. Felts 330

18-19 C. Newton 340

Age	Lifter	BENCH
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16-17 B. Felts 240

18-19 K. Clinton 275

Age	Lifter	DEADLIFT
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16-17 B. Felts 430

18-19 C. Newton 365

181 lb. class

Age	Lifter	SQUAT
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12-13 A. Asmar 175

14-15 B. Nielsen 137.8

16-17 P. Donahue 320

18-19 J. Cano 275

Age	Lifter	BENCH
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12-13 A. Asmar 95

14-15 B. Nielsen 77.2

16-17 P. Donahue 380

18-19 J. Cano 170

Age	Lifter	DEADLIFT
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12-13 A. Asmar 270

14-15 B. Nielsen 175

16-17 P. Donahue 380

18-19 J. Cano 340

198 lb. class

Age	Lifter	SQUAT
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16-17 A. Hung 347.2

Age	Lifter	BENCH
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16-17 A. Hung 209.4

Age	Lifter	DEADLIFT
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16-17 A. Hung 385.8

Men's Youth, continued

220 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
16-17	A. Hung	340
18-19	M. Nawn	395
<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
16-17	A. Hung	212
18-19	M. Franke	450

<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
16-17	A. Hung	400
18-19	M. Nawn	440

**242 - 308+ lb. classes -
OPEN**

Men's Junior (Ages 20-24)

148 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
OPEN		
<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
22-23	J. Sedlacek	280
<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
22-23	A. Quinones	335

198 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
22-23	K. Evans	430
<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
22-23	K. Evans	305
<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
22-23	A. Powell	450

165 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
22-23	E. Cotroneo	385
<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
22-23	E. Cotroneo	295
<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
22-23	E. Cotroneo	450

220 lb. class - OPEN

242 lb. class

<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
22-23	J. Dewolfe	255
<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
22-23	J. Dewolfe	465

181 lb. class

<u>Age</u>	<u>Lifter</u>	<u>SQUAT</u>
OPEN	J. Reiss	375
<u>Age</u>	<u>Lifter</u>	<u>BENCH</u>
OPEN	J. Reiss	240
<u>Age</u>	<u>Lifter</u>	<u>DEADLIFT</u>
OPEN	J. Reiss	495

Men's Open

132 lb. class

<u>Lifter</u>	<u>SQUAT</u>
R. Sheehan	330
<u>Lifter</u>	<u>BENCH</u>
R. Sheehan	205
<u>Lifter</u>	<u>DEADLIFT</u>
R. Sheehan	435

148 lb. class

<u>Lifter</u>	<u>SQUAT</u>
T. Plyler	330.7
<u>Lifter</u>	<u>BENCH</u>
T. Plyler	212
<u>Lifter</u>	<u>DEADLIFT</u>
T. Plyler	440.9

165 lb. class

<u>Lifter</u>	<u>SQUAT</u>
B. Benedix	611.8
<u>Lifter</u>	<u>BENCH</u>
J. Benedix	314.2
<u>Lifter</u>	<u>DEADLIFT</u>
B. Benedix	573.2

181 lb. class

<u>Lifter</u>	<u>SQUAT</u>
P. Pires	530
<u>Lifter</u>	<u>BENCH</u>
L. Austin	355
<u>Lifter</u>	<u>DEADLIFT</u>
P. Pires	580

198 lb. class

<u>Lifter</u>	<u>SQUAT</u>
S. Tshontikidis	405
<u>Lifter</u>	<u>BENCH</u>
R. Meyer	390
<u>Lifter</u>	<u>DEADLIFT</u>
K. Mishler	620

(Ages 24-39)

220 lb. class

<u>Lifter</u>	<u>SQUAT</u>
G. Takacs	600
<u>Lifter</u>	<u>BENCH</u>
G. Takacs	385
<u>Lifter</u>	<u>DEADLIFT</u>
G. Takacs	670

242 lb. class

<u>Lifter</u>	<u>SQUAT</u>
K. Cavinder	615
<u>Lifter</u>	<u>BENCH</u>
K. Cavinder	405
<u>Lifter</u>	<u>DEADLIFT</u>
K. Cavinder	700

275 lb. class

<u>Lifter</u>	<u>SQUAT</u>
A. Carvill	550
<u>Lifter</u>	<u>BENCH</u>
A. Carvill	470
<u>Lifter</u>	<u>DEADLIFT</u>
M. Strom	700

308 lb. class

<u>Lifter</u>	<u>SQUAT</u>
A. Gibson	600
<u>Lifter</u>	<u>BENCH</u>
A. Gibson	440
<u>Lifter</u>	<u>DEADLIFT</u>
M. Small	700

308+ lb. class

<u>Lifter</u>	<u>SQUAT</u>
D. Kiernan	600
<u>Lifter</u>	<u>BENCH</u>
M. Cormier	
<u>Lifter</u>	<u>DEADLIFT</u>
M. Cormier	630

Men's Master (Ages 40+)

132 lb. class OPEN

148 lb. class

Age	Lifter	BENCH
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60-64	J. March	232
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Age	Lifter	DEADLIFT
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65-69	G. Shoblock	470
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165 lb. class

Age	Lifter	SQUAT
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40-44	R. Earle	380
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50-54	C. Caparella	255
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70-74	R. Magers	315
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Age	Lifter	BENCH
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40-44	R. Earle	290
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50-54	C. Caparella	225
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60-64	T. Conyers	380
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65-69	T. Spinelli	165
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70-74	R. Magers	150
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Age	Lifter	DEADLIFT
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40-44	R. Earle	415
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50-54	C. Caparella	420
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55-59	T. Conyers	635
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65-69	T. Spinelli	225
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70-74	R. Magers	420
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181 lb. class

Age	Lifter	SQUAT
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50-54	T. O'Brien	420
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Age	Lifter	BENCH
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50-54	M. Sonne	305
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55-59	S. Tshontikidis	207
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Age	Lifter	DEADLIFT
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45-49	J. Brydon	350
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50-54	T. O'Brien	455
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55-59	S. Tshontikidis	477
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198 lb. class

Age	Lifter	SQUAT
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55-59	S. Tshontikidis	405
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Age	Lifter	BENCH
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40-44	R. Meyer	390
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50-54	M. Sonne	285
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55-59	S. Tshontikidis	225
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75-79	T. Tamulevicz	245
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Age	Lifter	DEADLIFT
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50-54	M. Sonne	350
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55-59	S. Tshontikidis	505
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60-65	T. Cochran	380
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220 lb. class

Age	Lifter	SQUAT
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40-44	C. Rousch	512.6
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45-49	G. Prince	545.6
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55-59	T. Dozier	375
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Age	Lifter	BENCH
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40-44	C. Rousch	330.7
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45-49	G. Prince	303.1
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50-54	J. Allen	340
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55-59	T. Dozier	325
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60-64	T. Dozier	320
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65-69	M. Sussman	185
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75-79	T. Tamulevicz	265
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Age	Lifter	DEADLIFT
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40-44	C. Rousch	562.2
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45-49	G. Prince	523.6
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50-54	J. Allen	350
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55-59	B. Beekley	530
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60-64	C. Nelson	450
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65-69	M. Sussman	255
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70-74	M. Keiser	200
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**Men's Master (Ages 40+),
continued**

242 lb. class

Age Lifter SQUAT

40-44 L. Dromerhauser 405

45-49 J. Whalen 450

50-54 R. McLeod 450

Age Lifter BENCH

40-44 J. Whalen 405

45-49 J. Whalen 410

50-54 J. Jacobs 350

55-59 R. Squire 320

60-64 B. Young 225

Age Lifter DEADLIFT

40-44 J. Whalen 580

45-49 J. Whalen 600

50-54 J. Jacobs 650

55-59 R. Squire 605

60-64 B. Young 350

275 lb. class

Age Lifter SQUAT

45-49 S. Smith 375

Age Lifter BENCH

40-44 T. Evans 385

45-49 T. Thomas 360

45-49 S. Smith 305

50-55 T. Holzaphel 440

Age Lifter DEADLIFT

40-44 T. Evans 705

45-49 S. Smith 505

308 lb. class

Age Lifter SQUAT

OPEN

Age Lifter BENCH

40-44 M. Small 385

Age Lifter DEADLIFT

40-44 M. Small 700

308+ lb. class

Age Lifter SQUAT

40-44 D. Kiernan 600

Age Lifter BENCH

40-44 R. Hodges 500

45-49 H. Vanable 350

50-54 E. Francis 265

Age Lifter DEADLIFT

40-44 R. Hodges 650

45-49 H. Vanable 400

50-54 E. Francis 500