

**MEN'S FULL POWER RECORDS:  
R.A.W. UNITED POWERLIFTING  
FEDERATION**



**UPDATED:  
01 SEPTEMBER 2020**

# YOUTH FULL POWER RECORDS, 13-Under

## Men's 66 lb. class

| Age  | SQUAT            | BENCH            | DEADLIFT         | TOTAL             |
|------|------------------|------------------|------------------|-------------------|
| 13-U | 55<br>D. Walcott | 25<br>D. Walcott | 85<br>D. Walcott | 165<br>D. Walcott |

## Men's 77 lb. class

| Age  | SQUAT | BENCH | DEADLIFT | TOTAL |
|------|-------|-------|----------|-------|
| 13-U | OPEN  |       |          |       |

## Men's 88 lb. class

| Age  | SQUAT | BENCH | DEADLIFT | TOTAL |
|------|-------|-------|----------|-------|
| 13-U | OPEN  |       |          |       |

## Men's 97 lb. class

| Age  | SQUAT | BENCH | DEADLIFT | TOTAL |
|------|-------|-------|----------|-------|
| 13-U | OPEN  |       |          |       |

## Men's 105 lb. class

| Age  | SQUAT | BENCH | DEADLIFT | TOTAL |
|------|-------|-------|----------|-------|
| 13-U | OPEN  |       |          |       |

# MEN'S FULL POWER RECORDS, ALL AGES

## Men's 114 lb. class

| <b>Age</b>   | <b>SQUAT</b> | <b>BENCH</b> | <b>DEADLIFT</b> | <b>TOTAL</b> |
|--------------|--------------|--------------|-----------------|--------------|
| <b>13-U</b>  | <b>OPEN</b>  |              |                 |              |
| <b>14-15</b> | <b>OPEN</b>  |              |                 |              |
| <b>16-17</b> | <b>OPEN</b>  |              |                 |              |
| <b>18-19</b> | <b>OPEN</b>  |              |                 |              |
| <b>20-24</b> | <b>OPEN</b>  |              |                 |              |
| <b>OPN</b>   | <b>OPEN</b>  |              |                 |              |

## Men's 123 lb. class

| <b>Age</b>   | <b>SQUAT</b>                    | <b>BENCH</b>                    | <b>DEADLIFT</b>                 | <b>TOTAL</b>                    |
|--------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <b>13-U</b>  | <b>155</b><br><b>A. Asmar</b>   | <b>70</b><br><b>A. Asmar</b>    | <b>205</b><br><b>A. Asmar</b>   | <b>430</b><br><b>A. Asmar</b>   |
| <b>14-15</b> | <b>305</b><br><b>T. Conyers</b> | <b>135</b><br><b>T. Conyers</b> | <b>365</b><br><b>T. Conyers</b> | <b>805</b><br><b>T. Conyers</b> |
| <b>16-17</b> | <b>OPEN</b>                     |                                 |                                 |                                 |
| <b>18-19</b> | <b>OPEN</b>                     |                                 |                                 |                                 |
| <b>20-24</b> | <b>OPEN</b>                     |                                 |                                 |                                 |
| <b>OPN</b>   | <b>OPEN</b>                     |                                 |                                 |                                 |

**Men's 132 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                    | <b>BENCH</b>                    | <b>DEADLIFT</b>                 | <b>TOTAL</b>                    |
|--------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                     |                                 |                                 |                                 |
| <b>14-15</b> | <b>290</b><br><b>T. Conyers</b> | <b>140</b><br><b>J. Kent</b>    | <b>360</b><br><b>T. Conyers</b> | <b>790</b><br><b>T. Conyers</b> |
| <b>16-17</b> | <b>315</b><br><b>T. Conyers</b> | <b>135</b><br><b>T. Conyers</b> | <b>365</b><br><b>T. Conyers</b> | <b>815</b><br><b>T. Conyers</b> |
| <b>18-19</b> | <b>OPEN</b>                     |                                 |                                 |                                 |
| <b>20-24</b> | <b>OPEN</b>                     |                                 |                                 |                                 |
| <b>OPN</b>   | <b>330</b><br><b>R. Sheehan</b> | <b>205</b><br><b>R. Sheehan</b> | <b>435</b><br><b>R. Sheehan</b> | <b>970</b><br><b>R. Sheehan</b> |

**Men's 148 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                     | <b>BENCH</b>                   | <b>DEADLIFT</b>                  | <b>TOTAL</b>                     |
|--------------|----------------------------------|--------------------------------|----------------------------------|----------------------------------|
| <b>13-U</b>  | <b>150</b><br><b>A. Asmar</b>    | <b>77.2</b><br><b>J. Luu</b>   | <b>210</b><br><b>A. Asmar</b>    | <b>435.4</b><br><b>J. Luu</b>    |
| <b>14-15</b> | <b>OPEN</b>                      |                                |                                  |                                  |
| <b>16-17</b> | <b>330.7</b><br><b>T. Plyler</b> | <b>212</b><br><b>T. Plyler</b> | <b>440.9</b><br><b>T. Plyler</b> | <b>981.0</b><br><b>T. Plyler</b> |
| <b>18-19</b> | <b>405</b><br><b>J. Dayan</b>    | <b>245</b><br><b>J. Dayan</b>  | <b>485</b><br><b>J. Dayan</b>    | <b>1135</b><br><b>J. Dayan</b>   |
| <b>20-24</b> | <b>OPEN</b>                      |                                |                                  |                                  |
| <b>OPN</b>   | <b>405</b><br><b>J. Dayan</b>    | <b>245</b><br><b>J. Dayan</b>  | <b>485</b><br><b>J. Dayan</b>    | <b>1135</b><br><b>J. Dayan</b>   |

**Men's 165 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                       | <b>BENCH</b>                      | <b>DEADLIFT</b>                    | <b>TOTAL</b>                        |
|--------------|------------------------------------|-----------------------------------|------------------------------------|-------------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                        |                                   |                                    |                                     |
| <b>14-15</b> | <b>OPEN</b>                        |                                   |                                    |                                     |
| <b>16-17</b> | <b>330</b><br><b>B. Felts</b>      | <b>240</b><br><b>B. Felts</b>     | <b>430</b><br><b>B. Felts</b>      | <b>1000</b><br><b>B. Felts</b>      |
| <b>18-19</b> | <b>340</b><br><b>C. Newton</b>     | <b>190</b><br><b>C. Newton</b>    | <b>365</b><br><b>C. Newton</b>     | <b>895</b><br><b>C. Newton</b>      |
| <b>20-24</b> | <b>385</b><br><b>E. Cotroneo</b>   | <b>295</b><br><b>E. Cotroneo</b>  | <b>450</b><br><b>T. Conyers</b>    | <b>1130</b><br><b>E. Cotroneo</b>   |
| <b>OPN</b>   | <b>611.8</b><br><b>B. Benedix</b>  | <b>314.2</b><br><b>J. Benedix</b> | <b>573.2</b><br><b>B. Benedix</b>  | <b>1328.3</b><br><b>B. Benedix</b>  |
| <b>40-44</b> | <b>380</b><br><b>R. Earle</b>      | <b>290</b><br><b>R. Earle</b>     | <b>415</b><br><b>R. Earle</b>      | <b>1085</b><br><b>R. Earle</b>      |
| <b>50-54</b> | <b>355</b><br><b>J. Wisenbaker</b> | <b>285</b><br><b>C. Caparella</b> | <b>500</b><br><b>J. Wisenbaker</b> | <b>1135</b><br><b>J. Wisenbaker</b> |
| <b>70-74</b> | <b>315</b><br><b>R. Magers</b>     | <b>150</b><br><b>R. Magers</b>    | <b>420</b><br><b>R. Magers</b>     | <b>885</b><br><b>R. Magers</b>      |

**Men's 181 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                      | <b>BENCH</b>                     | <b>DEADLIFT</b>                 | <b>TOTAL</b>                      |
|--------------|-----------------------------------|----------------------------------|---------------------------------|-----------------------------------|
| <b>13-U</b>  | <b>273</b><br><b>S. Ramsey</b>    | <b>121</b><br><b>S. Ramsey</b>   | <b>281</b><br><b>S. Ramsey</b>  | <b>676</b><br><b>S. Ramsey</b>    |
| <b>14-15</b> | <b>137.8</b><br><b>B. Nielsen</b> | <b>77.2</b><br><b>B. Nielsen</b> | <b>175</b><br><b>B. Nielsen</b> | <b>385.8</b><br><b>B. Nielsen</b> |
| <b>16-17</b> | <b>320</b><br><b>P. Donahue</b>   | <b>240</b><br><b>P. Donahue</b>  | <b>380</b><br><b>P. Donahue</b> | <b>940</b><br><b>P. Donahue</b>   |
| <b>18-19</b> | <b>275</b><br><b>J. Cano</b>      | <b>170</b><br><b>J. Cano</b>     | <b>340</b><br><b>J. Cano</b>    | <b>785</b><br><b>J. Cano</b>      |
| <b>20-24</b> | <b>375</b><br><b>J. Reiss</b>     | <b>276</b><br><b>R. Rippy</b>    | <b>495</b><br><b>J. Reiss</b>   | <b>1110</b><br><b>J. Reiss</b>    |
| <b>OPN</b>   | <b>540</b><br><b>P. Pires</b>     | <b>370</b><br><b>P. Pires</b>    | <b>615</b><br><b>P. Pires</b>   | <b>1525</b><br><b>P. Pires</b>    |
| <b>50-54</b> | <b>420</b><br><b>T. O'Brien</b>   | <b>285</b><br><b>T. O'Brien</b>  | <b>455</b><br><b>T. O'Brien</b> | <b>1160</b><br><b>T. O'Brien</b>  |
| <b>55-59</b> | <b>375</b><br><b>D. Brewer</b>    | <b>240</b><br><b>D. Brewer</b>   | <b>440</b><br><b>D. Brewer</b>  | <b>1055</b><br><b>D. Brewer</b>   |

**Men's 198 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                         | <b>BENCH</b>                         | <b>DEADLIFT</b>                      | <b>TOTAL</b>                          |
|--------------|--------------------------------------|--------------------------------------|--------------------------------------|---------------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                          |                                      |                                      |                                       |
| <b>14-15</b> | <b>315</b><br><b>S. Ramsey</b>       | <b>145</b><br><b>S. Ramsey</b>       | <b>340</b><br><b>S. Ramsey</b>       | <b>800</b><br><b>S. Ramsey</b>        |
| <b>16-17</b> | <b>347.2</b><br><b>A. Hung</b>       | <b>209.4</b><br><b>A. Hung</b>       | <b>385.8</b><br><b>A. Hung</b>       | <b>942.5</b><br><b>A. Hung</b>        |
| <b>18-19</b> | <b>OPEN</b>                          |                                      |                                      |                                       |
| <b>20-24</b> | <b>430</b><br><b>K. Evans</b>        | <b>305</b><br><b>K. Evans</b>        | <b>405</b><br><b>A. Powell</b>       | <b>1135</b><br><b>K. Evans</b>        |
| <b>OPN</b>   | <b>510</b><br><b>R. Gutierrez</b>    | <b>360</b><br><b>B. Long</b>         | <b>615</b><br><b>D. Steele</b>       | <b>1450</b><br><b>D. Steele</b>       |
| <b>55-59</b> | <b>405</b><br><b>S. Tshontikidis</b> | <b>225</b><br><b>S. Tshontikidis</b> | <b>505</b><br><b>S. Tshontikidis</b> | <b>1135</b><br><b>S. Tshontikidis</b> |

**Men's 220 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                     | <b>BENCH</b>                     | <b>DEADLIFT</b>                  | <b>TOTAL</b>                      |
|--------------|----------------------------------|----------------------------------|----------------------------------|-----------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                      |                                  |                                  |                                   |
| <b>14-15</b> | <b>OPEN</b>                      |                                  |                                  |                                   |
| <b>16-17</b> | <b>340</b><br><b>A. Hung</b>     | <b>212</b><br><b>A. Hung</b>     | <b>400</b><br><b>A. Hung</b>     | <b>952</b><br><b>A. Hung</b>      |
| <b>18-19</b> | <b>395</b><br><b>M. Nawn</b>     | <b>275</b><br><b>M. Nawn</b>     | <b>440</b><br><b>M. Nawn</b>     | <b>1110</b><br><b>M. Nawn</b>     |
| <b>20-24</b> | <b>480</b><br><b>K. Weaver</b>   | <b>342</b><br><b>K. Weaver</b>   | <b>474</b><br><b>K. Weaver</b>   | <b>1296</b><br><b>K. Weaver</b>   |
| <b>OPN</b>   | <b>600</b><br><b>G. Takacs</b>   | <b>385</b><br><b>G. Takacs</b>   | <b>675</b><br><b>K. Cavinder</b> | <b>1655</b><br><b>G. Takacs</b>   |
| <b>40-44</b> | <b>512.6</b><br><b>C. Rousch</b> | <b>330.7</b><br><b>C. Rousch</b> | <b>562.2</b><br><b>C. Rousch</b> | <b>1405.5</b><br><b>C. Rousch</b> |
| <b>45-49</b> | <b>545.6</b><br><b>G. Prince</b> | <b>410</b><br><b>J. Whalen</b>   | <b>600</b><br><b>J. Cobb</b>     | <b>1460</b><br><b>J. Whalen</b>   |
| <b>50-54</b> | <b>125</b><br><b>D. Tracy</b>    | <b>190</b><br><b>D. Tracy</b>    | <b>265</b><br><b>D. Tracy</b>    | <b>680</b><br><b>D. Tracy</b>     |
| <b>55-59</b> | <b>540</b><br><b>T. Wright</b>   | <b>325</b><br><b>T. Dozier</b>   | <b>530</b><br><b>T. Wright</b>   | <b>1350</b><br><b>T. Wright</b>   |
| <b>60-64</b> | <b>375</b><br><b>T. Dozier</b>   | <b>325</b><br><b>T. Dozier</b>   | <b>405</b><br><b>T. Dozier</b>   | <b>1105</b><br><b>T. Dozier</b>   |



**Men's 242 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                     | <b>BENCH</b>                        | <b>DEADLIFT</b>                     | <b>TOTAL</b>                      |
|--------------|----------------------------------|-------------------------------------|-------------------------------------|-----------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                      |                                     |                                     |                                   |
| <b>14-15</b> | <b>410</b><br><b>C. Palinsky</b> | <b>275</b><br><b>C. Palinsky</b>    | <b>475</b><br><b>C. Palinsky</b>    | <b>1160</b><br><b>C. Palinsky</b> |
| <b>16-17</b> | <b>OPEN</b>                      |                                     |                                     |                                   |
| <b>18-19</b> | <b>OPEN</b>                      |                                     |                                     |                                   |
| <b>20-24</b> | <b>OPEN</b>                      |                                     |                                     |                                   |
| <b>OPN</b>   | <b>615</b><br><b>K. Cavinder</b> | <b>405</b><br><b>K. Cavinder</b>    | <b>680</b><br><b>K. Cavinder</b>    | <b>1700</b><br><b>K. Cavinder</b> |
| <b>40-44</b> | <b>415</b><br><b>T. Dozier</b>   | <b>310</b><br><b>A. Winterstein</b> | <b>580</b><br><b>A. Winterstein</b> | <b>1270</b><br><b>A. Winterst</b> |
| <b>45-49</b> | <b>465</b><br><b>P. Markle</b>   | <b>315</b><br><b>T. Ramsey</b>      | <b>550</b><br><b>P. Markle</b>      | <b>1305</b><br><b>P. Markle</b>   |
| <b>50-54</b> | <b>450</b><br><b>R. McLeod</b>   | <b>315</b><br><b>R. McLeod</b>      | <b>520</b><br><b>R. McLeod</b>      | <b>1285</b><br><b>R. McLeod</b>   |
| <b>55-59</b> | <b>435</b><br><b>G. Guenther</b> | <b>275</b><br><b>G. Guenther</b>    | <b>465</b><br><b>G. Guenther</b>    | <b>1175</b><br><b>G. Guenther</b> |
| <b>60-64</b> | <b>415</b><br><b>T. Dozier</b>   | <b>330</b><br><b>T. Dozier</b>      | <b>460</b><br><b>T. Dozier</b>      | <b>1205</b><br><b>T. Dozier</b>   |

**Men's 275 lb. class**

| <b>Age</b>   | <b>SQUAT</b>                    | <b>BENCH</b>                    | <b>DEADLIFT</b>                 | <b>TOTAL</b>                     |
|--------------|---------------------------------|---------------------------------|---------------------------------|----------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                     |                                 |                                 |                                  |
| <b>14-15</b> | <b>OPEN</b>                     |                                 |                                 |                                  |
| <b>16-17</b> | <b>415</b><br><b>C. Bulnes</b>  | <b>205</b><br><b>C. Bulnes</b>  | <b>460</b><br><b>C. Bulnes</b>  | <b>1080</b><br><b>C. Bulnes</b>  |
| <b>18-19</b> | <b>OPEN</b>                     |                                 |                                 |                                  |
| <b>20-24</b> | <b>425</b><br><b>N. Judkins</b> | <b>325</b><br><b>N. Judkins</b> | <b>500</b><br><b>N. Judkins</b> | <b>1250</b><br><b>N. Judkins</b> |
| <b>OPN</b>   | <b>645</b><br><b>D. Beswick</b> | <b>470</b><br><b>A. Carvill</b> | <b>700</b><br><b>M. Strom</b>   | <b>1695</b><br><b>D. Beswick</b> |
| <b>OPN</b>   | <b>600</b><br><b>A. Gibson</b>  | <b>440</b><br><b>A. Gibson</b>  | <b>640</b><br><b>A. Gibson</b>  | <b>1680</b><br><b>A. Gibson</b>  |
| <b>45-49</b> | <b>450</b><br><b>S. Smith</b>   | <b>365</b><br><b>T. Thomas</b>  | <b>505</b><br><b>S. Smith</b>   | <b>1250</b><br><b>S. Smith</b>   |

**Men's 308 lb. class**

| <b>Age</b>   | <b>SQUAT</b> | <b>BENCH</b> | <b>DEADLIFT</b> | <b>TOTAL</b> |
|--------------|--------------|--------------|-----------------|--------------|
| <b>13-U</b>  | <b>OPEN</b>  |              |                 |              |
| <b>14-15</b> | <b>OPEN</b>  |              |                 |              |
| <b>16-17</b> | <b>OPEN</b>  |              |                 |              |
| <b>18-19</b> | <b>OPEN</b>  |              |                 |              |
| <b>20-24</b> | <b>OPEN</b>  |              |                 |              |
| <b>OPN</b>   | <b>OPEN</b>  |              |                 |              |

**Men's 308+ lb. class**

| <b>Age</b>   | <b>SQUAT</b>                    | <b>BENCH</b>                    | <b>DEADLIFT</b>                 | <b>TOTAL</b>                    |
|--------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|
| <b>13-U</b>  | <b>OPEN</b>                     |                                 |                                 |                                 |
| <b>14-15</b> | <b>OPEN</b>                     |                                 |                                 |                                 |
| <b>16-17</b> | <b>OPEN</b>                     |                                 |                                 |                                 |
| <b>18-19</b> | <b>OPEN</b>                     |                                 |                                 |                                 |
| <b>20-24</b> | <b>OPEN</b>                     |                                 |                                 |                                 |
| <b>OPN</b>   | <b>485</b><br><b>S. Morgan</b>  | <b>395</b><br><b>D. Kiernan</b> | <b>625</b><br><b>D. Kiernan</b> | <b>1330</b><br><b>S. Morgan</b> |
| <b>40-44</b> | <b>600</b><br><b>D. Kiernan</b> | <b>505</b><br><b>R. Hodges</b>  | <b>705</b><br><b>R. Hodges</b>  | <b>1810</b><br><b>R. Hodges</b> |