

## 2020 PURE STRENGTH PUSH / PULL

We are STOKED to welcome Dr. Mitchel Thornton and the great folks of Idaho and Washington to the R.A.W. United family! Mitch will serve as both the Idaho State Chairman and the Regional Chairman for the Pacific Northwest, and we are hoping to coordinate with lifters from Washington to establish a presence in the state.

### WOMEN'S DIVISION WRITE-UP & RESULTS

Six ladies from Idaho and Washington participated in Pacific Northwest's first meet sanctioned by R.A.W. United.

Crystal Paul's 135 bench and 315 deadlift in the 148s topped the class and earned her Best Lifter honors. Amanda Klempel registered a strong 150 pound bench en-route to her 400 pound total and Carrie Silva finished with lifts of 105 and 225 to round out the Open 148s. Master lifter Jen Melberg, also lifting in the 148s, finished with a 270 pound total to set the standard in the Washington State Record Book.

Roseanne Jezerinac and Taylor Carter competed the 181s with Roseanne finishing with a 490 total on lifts of 115 and 375 and Taylor going 95 and 185.



*Ladies of the Pacific Northwest*

## WOMEN

148

OPEN	Crystal Paul	135	315	450
OPEN	Amanda Klempel	150	250	400
OPEN	Carrie Silva	105	225	330
45-49	Jen Melberg	95	175	270

181

OPEN	Roseanne Jezerinac	115	375	490
OPEN	Taylor Carter	95	185	280



## 2020 Pure Strength Push / Pull Classic Best Lifters

*Best Lifters Issac Fleming and Crystal Paul*

## MEN'S DIVISION WRITE-UP & RESULTS

Idaho State Chairman and Meet Director Mitch Thornton led off the men's side with impressive lifts of 245 and 330 in the 148s. Zach Webster also went unopposed in the 165, posting a solid 255 bench and 385 deadlift. Cody Bloomsburg and Chase Spencer battled it out in the 181s, with Cody finishing at 755 and Chase at 630. Steve Carter went 275 and 600 to finish on top in the 198s, followed by Daniel Gonzalez at 745 and Master lifter David Atwood at 645. Brendan Essig and Dylan Russell finished at 784 and 745, respectively, in the 220s, and Master lifter David Atwood posted a 315 single lift bench. 242 pounder Issac Fleming went 385 and 605 to capture Best Lifter honors, and teenage lifter Trevor Baune went 250, 515 in the 275s. Jordan Husted, lifting in his first powerlifting meet, went 235 and 450 in the 308+ class – welcome brother!



*Jordan Husted*

### MEN

#### 148

55-59	Mitch Thornton	245	330	575
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#### 165

OPEN	Zach Webster	255	385	640
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#### 181

OPEN	Cody Bloomsburg	300	455	755
OPEN	Chase Spencer	225	405	630

**198**

OPEN	Steve Carter	275	600	875
OPEN	Daniel Gonzalez	310	435	745
55-59	David Atwood	225	420	645

**220**

OPEN	Brenden Essig	295	490	785
OPEN	Dylan Russell	290	440	745
45-49	Darin Boyd	315	-	-

**242**

OPEN	Isaac Fleming	385	605	990
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**275**

14-15	Trevor Baune	250	515	765
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**308+**

OPEN	Jordan Husted	235	450	685
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*Many thanks to Pacific Northwest Regional Chairman and Idaho State Chairman Dr. Mitchel Thornton for hosting the 2020 Pure Strength Push Pull*