

The 2022 R.A.W. United Northwest Regional Powerlifting Championships were a great success. We opened our day with our Northwest Chaplain Kyle Stevens, IFBB pro body builder, opening us in prayer. After the usual administrative issues were taken care of, we got things moving. We had three flights, the first was our ladies and youth lifters. Let me say, watching the Bowen children do their thing was inspiring for everyone in attendance. Eli Bowen is 5, Canela 8, and Quintin 10. Our ladies once again came with fire in their eyes and performed with passion! Roseanne Jezerinac was the ladies open best lifter, Lisa Hoyt master ladies best lifter and Sydney Martin for the teens and youth.

Flight B was filled with strong men, young and old. We saw some big numbers across the board from 148 lb to 198 lb classes. The standout was our new Washington State Chair Jorden Upton. He posted some huge numbers and tied the state record for squat, set new records in the bench and deadlift. 198 lb was a closely contested weight class with six lifters and all came to slay! Flight C took the stage with some big guys hitting some big numbers. In the 275 lb weight class Trevor Baune ran away with the teen best lifter. 308 lifter Dwayne Nill took the master best lifter posting a 1480 total.

This championship was our first opportunity to give away what we call, "The Lifter's Choice Award". This award is not calculated by points, weight lifted or any other powerlifting standard. It is simply the lifter's chance to vote on who they thought was the most inspirational throughout the day. When I asked the lifters to come forward and cast their votes, I was pleasantly surprised to hear them all say, nope, just give it to the kids. I asked, which one? They said, all of them! That was easy enough since the kids, were the Bowen family children. So, congratulations! Our team competition found the "Disciples Fitness Powerlifting Team" in 1st Place. "Team Bowen" in 2nd Place, and "Through Thick & Thin Fitness" in 3rd. Well done everyone...keep building those teams.

As a whole I thought the entire day went well. We had great competitors, great support, great fans! Many thanks to our support staff, score table, sales table, Judges, and most of all...those guys who lift the most weight at every contest, our spotters and loaders! We look forward to our next contest coming up in June, "2022 Idaho State Championships". Look for details online and by email in the coming weeks.

Men	Category	Age	Weight Class	Squat	Bench	Deadlift	Total	Place	State
Eli Bowen	Youth	5	66	45	35	50	130	1	Idaho
Quentin Bowen	Youth	10	132	115	85	150	350	1	Idaho
Wyatt Cook	Teen 16-17	16	148	255	195	375	825	1	Idaho
Austin Crea	Teen 16-17	16	148	300	190	320	810	2	Idaho
Cohen Keener	Teen 16-17	16	165	355	225	420	1000	1	Idaho
Cody Wimberly	Teen 14-15	15	165	370	180	360	910	1	Idaho
Joey Louis	Teen 14-15	15	181	365	255	350	970	1	Idaho
Cutter Robinson	Teen 16-17	16	198	340	240	520	1100	1	Idaho
Ronin Lysne	Teen 14-15	15	220	385	245	455	1085	1	Washington
Trevor Baune	Teen 16-17	16	275	425	330	645	1400	1	Idaho
Wyatt Cook	Open	16	148	255	195	375	825	1	Idaho
Austin Crea	Open	16	148	300	190	320	810	2	Idaho
Cohen Keener	Open	16	165	355	225	420	1000	1	Idaho
Cody Wimberly	Open	15	165	370	180	360	910	2	Idaho
Joey Louis	Open	15	181	365	255	350	970	1	Idaho
Eric Bowen	Open	35	181		350			1	Idaho
Jorden Upton	Open	30	198	445	310	605	1360	1	Washington
Dylon Russell	Open	26	198	460	295	485	1240	2	Idaho
Steve Carter	Open	29	198	425	250	550	1225	3	Idaho
Damon Cochrell	Open	45	198	315	350	450	1115	4	Idaho
Cutter Robinson	Open	16	198	340	240	520	1100	5	Idaho
David Atwood	Open	56	198	375	230	445	1050	6	Idaho
Ronin Lysne	Open	15	220	385	245	455	1085	1	Washington
Richard Orona	Open	54	220		185			1	Washington
Daniel Gonzalez	Open	36	242	395	375	520	1290	1	Idaho

Bench Only

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Trevor Baune	Open	16	275	425	330	645	1400	1	Idaho
Edward Freysinger	Open	60	275	445	265	460	1170	2	Idaho
Joe Martin	Open	50	275	335	315	405	1055	3	Idaho
Dwayne Nill	Open	47	308	550	355	575	1480	1	Washington
Michael Wilfong	Open	43	308+	500	325	515	1340	1	Idaho
Tracy McLaughlin	Open	46	308+	345	215	375	935	2	Washington
Damon Cochrell	M 45-49	45	198	315	350	450	1115	1	Idaho
David Atwood	M 55-59	56	198	375	230	445	1050	1	Idaho
Richard Orona	M 50-54	54	220		185			1	Washington
Edward Freysinger	M 60-64	60	275	445	265	460	1170	1	Idaho
Joe Martin	M 50-54	50	275	335	315	405	1055	1	Idaho
Dwayne Nill	M 45-49	47	308	550	355	575	1480	1	Washington
Michael Wilfong	M 40-44	43	308+	500	325	515	1340	1	Idaho
Tracy McLaughlin	M 45-49	46	308+	345	215	375	935	1	Washington
Women	Category	Age	Weight Class	Squat	Bench	Deadlift	Total	Place	State
Canela Bowen	Youth	8	88	70	55	70	195	1	Idaho
Sydney Martin	Teen 16-17	17	198	270	95	285	650	1	Idaho
Lisa Hoyt	Open	59	123	160	170	255	585	1	Washington
Kathryn Bowen	Open	32	132	215	150	290	655	1	Idaho
Melissa Painter	Open	30	148	235	135	305	675	1	Washington
Heather Moore	Open	34	165	245	145	245	635	1	Idaho
Roseanne Jezerinac	Open	37	181	270	175	375	820	1	Washington
Sydney Martin	Open	17	198	270	95	285	650	1	Idaho
Karen McLaughlin	Open	48	181	140	145	215	500	2	Washington
Lisa Hoyt	M55-59	59	123	160	170	255	585	1	Washington

Bench
Only

Karen McLaughlin	M45-49	48	181	140	145	215	500	1	Washington
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