

USPA Red, White and Blue Powerlifting Championships October 8, 2022 Waynesville, MO

	Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Women Raw Powerlifting			Open														
	67.5kg Open																
1	Ashley Thomason	MO	67.5kg	66.7	33	107.5	110	112.5	67.5	70	72.5	127.5	130	132.5	312.5	324.862	
2	Ashley Phillips Thomas	AL	67.5kg	64.4	31	82.5	87.5	92.5	55	57.5	60	115	125	127.5	270	286.56	
3	Tammy Browning	MO	67.5kg	65.4	49	80.0	80	52.5	52.5	57.5	60	100	110	117.5	230	241.878	269.21
	75kg Open																
1	Brianna Heyward	MO	75kg	68.9	31	95.0	102.5	112.5	60	65	65	122.5	132.5	137.5	315	321.404	
2	Stephanie Ball	MO	75kg	71.6	34	82.5	87.5	90	57.5	60	62.5	122.5	127.5	137.5	287.5	287.111	
	82.5kg Open																
1	Tabetha Held	MO	82.5kg	75.4	52	157.5	167.5	175	97.5	102.5	106	150	152.5	165	446	433.178	504.652
											(108)			(170)			
2	Nichole Greene	IL	82.5kg	75.1	34	97.5	102.5	112.5	55	60	65	115	127.5	140	312.5	304.154	
Women Raw Powerlifting			Submaster														
	100kg Submaster																
1	Amy Forbeck	IL	100kg	97.3	37	67.5	75	82.5	57.5	60	60	125	155	162.5	305	263.105	
Women Raw Powerlifting			Master														
	67.5kg Master 45-49																
1	Tammy Browning	MO	67.5kg	65.4	49	80.0	80	52.5	52.5	57.5	60	100	110	117.5	230	241.878	269.21
	75kg Master 45-49																
1	Shirlyn Ash	MO	75kg	73.5	47	95.0	100	107.5	45	47.5	52.5	110	120	127.5	287.5	283.05	306.26
	82.5kg Master 50-54																
1	Tabetha Held	MO	82.5kg	75.4	52	157.5	167.5	175	97.5	102.5	106	150	152.5	165	446	433.178	504.652
											(108)			(170)			
	90kg Master 40-44																
1	Zelda Gomez	MO	90kg	84.3	42	122.5	130	135	70	72.5	74	135	140	144	353	324.266	330.751
	100kg Master 50-54																
1	Dyanna Vitale	IL	100kg	97.6	50	92.5	97.5	107.5	57.5	60	62.5	125	132.5	140	310	267.088	301.809
	110kg Master 50-54																
1	Christine Arbeiter	IL	110kg	108.7	50	115.0	125	132.5	62.5	67.5	75	152.5	160	167.5	367.5	304.161	343.702

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Men Raw Powerlifting				Junior													
67.5kg Jr 13-15																	
1	Ricky Taylor	MO	67.5kg	66.2	15	130.0	135	140	77.5	82.5	90	155	-165	-165	385	300.983	
67.5kg Jr 16-17																	
1	Carl Gervacio	MO	67.5kg	66.4	17	140.0	-152.5	155	92.5	102.5	105	175	185	190	450	351.017	
82.5kg Jr 16-17																	
1	David Carr	MO	82.5kg	77.3	17	102.5	-105	105	65	75	85	115	135	145	325	228.786	
82.5kg Jr 18-19																	
1	Landon Francis	MO	82.5kg	81.0	18	205.0	212.5	215	125	132.5	142.5	210	227.5	235	592.5	405.599	
2	Clinton Johnson	MO	82.5kg	80.2	19	175.0	-182.5	-182.5	107.5	110	-117.5	190	200	215	500	344.267	
100kg Jr 18-19																	
1	Justin Floyd	MO	100kg	97.1	18	185.0	200	215	132.5	140	150	225	240	250	615	383.502	
Men Raw Powerlifting				Open													
82.5kg Open																	
1	Landon Francis	MO	82.5kg	81.0	18	205.0	212.5	215	125	132.5	142.5	210	227.5	235	592.5	405.599	
100kg Open																	
1	Matthew Edwards	MO	100kg	97.4	27	220.0	235	245	-140.	155	-175	250	265	282.5	682.5	425.002	
2	James Taylor	MO	100kg	96.1	33	215.0	225	240	130	145	157.5	260	270	275	672.5	421.339	
3	Justin Friend	MO	100kg	96.8	46	227.5	230	232.5	152.5	155	157.5	257.5	267.5	-273	657.5	410.58	438.499
4	Justin Floyd	MO	100kg	97.1	18	185.0	200	215	132.5	140	150	225	240	250	615	383.502	
110kg Open																	
1	Terry Held	MO	110kg	107.8	52	250.0	260	270	195	200	205	280	295	-305	770	459.579	535.409
2	James Kinnard	MO	110kg	110.0	34	227.5	237.5	-250	180	187.5	-190	280	-300	-300	705	417.548	

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Men Raw Powerlifting				Master													
67.5kg Master 40-44																	
1	Robert Ball	MO	67.5kg	67.5	41	147.5	152.5	155	120	125	-----	185	195	212.5	467.5	360.324	363.927
100kg Master 45-49																	
1	Justin Friend	MO	100kg	96.8	46	227.5	230	232.5	152.5	155	157.5	257.5	267.5	273	657.5	410.58	438.499
110kg Master 50-54																	
1	Terry Held	MO	110kg	107.8	52	250.0	260	270	195	200	205	280	295	305	770	459.579	535.409
Women Classic Raw Powerlifting				Open													
90kg Open																	
1	Erika Runge -Berry	IA	90kg	88.1	35	175.0	182.5	192.5	87.5	95	102.5	175	185	195	482.5	434.278	
Women Classic Raw Powerlifting				Submaster													
90kg Submaster																	
1	Erika Runge -Berry	IA	90kg	88.1	35	175.0	182.5	192.5	87.5	95	102.5	175	185	195	482.5	434.278	
Women Classic Raw Powerlifting				Master													
75kg Master 40-44																	
1	Suzette Charfauros	MO	75kg	72.4	41	80.0	87.5	92.5 (97.5)	40	45	47.5	110	120	127.5	267.5	265.518	268.173
Men Classic Raw Powerlifting				Junior													
75kg Jr 16-17																	
1	Cooper Carroll	MO	75kg	72.5	16	140.0	152.5	160	90	95	100	150	170	182.5	442.5	324.556	
75kg Jr 18-19																	
1	Cooper Hogan	MO	75kg	72.9	18	137.5	150	157.5	92.5	97.5	102.5	147.5	165	175	435	317.893	
100kg Jr 20-23																	
1	James Strauss	MO	100kg	100.0	21	250.0	272.5	287.5	137.5	150	152.5	235	255	267.5	692.5	426.245	

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Women Raw Bench Only				Open													
	82.5kg Open																
1	Tabetha Held	MO	82.5kg	75.4	52				97.5	102.5	106				106	102.953	119.94
											(108)						
Women Raw Bench Only				Master													
	82.5kg Master 50-54																
1	Tabetha Held	MO	82.5kg	75.4	52				97.5	102.5	106				106	102.953	119.94
											(108)						
	110+ Master 40-44																
1	Amber Winters	IL	110+	116.9	40				62.5	67.5	67.5				67.5	54.573	54.573
Men Raw Bench Only				Junior													
	75kg Jr 16-17																
1	Cooper Carroll	MO	75kg	72.5	16				90	95	100				100	73.346	
Men Raw Bench Only				Open													
	110kg Open																
1	Terry Held	MO	110kg	107.8	52				195	200	205				205	122.355	142.544
Men Raw Bench Only				Master													
	110kg Master 50-54																
1	Terry Held	MO	110kg	107.8	52				195	200	205				205	122.355	142.544
Men Raw Push-Pull				Junior													
	100kg Jr 20-23																
1	James Strauss	MO	100kg	100.0	21				137.5	150	152.5	235	255	267.5	405	249.284	

Name	State	Class	Weight	Age	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total Kg	Dots Total	McC Total
Best Lifters																
Name	Equip	Events	Comp	Sex								Record Color Codes				
Landon Francis	Raw	PL	Jr	Men								State				
Tabetha Held	Raw	PL	Open	Women								National				
Terry Held	Raw	PL	Open	Men												
Tabetha Held	Raw	PL	Master	Women												
Meet Director: Frankie Murrieta and Sheena Hodges																
Referees																
National: Sheena Hodges, Frankie Murrieta																
State: Darion Kelly, Becky Hammom, Nicole Stone, Chanel Wade																
MCs: Roderick Hodges, Daniel Neville																
Spotter/Loaders: Colton Shultz, Julian Hillmann, Daniel Valentino, Juelz Lavigne, Noah Haubrich, Ammon O'Donald, Bailey Ardnt, Joshua Gomez, Dustin Thomas, Kivell Ruffin, Roman Denisyuk, Nason Emmerson, Chase Evans																