

WNPF NEW YORK STATE POWERFEST 2K14

ROCHESTER, NY

NOVEMBER 22, 2014

NEW YORK STATE
POWERFEST

! State record *- National
record

Powerlifting Raw	SQT	BP	DL	Total
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Women

132lb 35-39

Hillary Cardin	170!*	135!*	225!*	530!*
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148lb 40-44

Sherry Gifford	185	125	275	585
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181lb 20-23

Emily Mrozinski	215*	100*	285*	600*
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SHW OPEN

Lore McSpadden BL	255!*	160!*	310!*	725!*
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MEN

148lb OPEN

Justin Bradt	410!	295!	500!	1205!
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!65lb Open

Shawn Conner	325!	255!	375!	955!
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20-23

Derek Palmerton	375	225	505!	1105!
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181lb 17-19

Jordan Staley	400!*	265!*	425	1090!*
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OPEN

Anthony Hobaica BL	500!*	430!*	585	1575!*
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Thomas Oddo	375	315	500	1190
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198lb 17-19

Colin Ribis	380!	275!*	500!	1155!
OPEN				
Eric Perez	450!	305	570!	1325!
James DeFerio	350	385!	485	1220
220lb 20-23				
Tim Copeland	355!	215!	465!	1035!
OPEN				
Mark Chieco	500	465!*	515	1480!*
Vladimir Sokolov	510!*	330	530	1370
35-39				
Mark Chieco	500!*	465!*	515!*	1480!*
50-54				
R L Murray	400!	380	450!*	1230!*
242lb 20-23				
Patrick Fraccola	530!*	430	525	1485
40-44				
Ronnie Smith	365	315	410	1090
275lb OPEN				
Frank Archetko	550!*	365	600	1515
300lb OPEN				
Jeremy Ruggiera BL	630!	475!*	600!	1705!

POWERCURL

WOMEN

105lb 75-79	
Willie Murphy	60!*
148lb 40-44	
Sherry Gifford	70!*
SHW 50-54	
Jean Stubbings	80*

MEN

220lb 17-19

Joe Newcomb

155!*

Powerlifting Raw Classic

SQT

BP

DL

Total

132lb Open

Frank Barker

295!*

205!*

340!*

840!*

181lb NOVICE

Hector Martinez

335

320!

435

1090

198lb Open

Kristofer Barrett

480!

315

520

1315

220lb 20-23

Matt Lamann

515!

355!

535!

1405!

40-44

R L Murray

420!

380

450

1250!

Michael Spezzanno Sr

430

370!

425

1225

275lb 50-54

Anthony Richardson

505

375

500

1380

SHW 40-44

Patrick McDevitt

550!

285

525!

1360!

IRONMAN

WOMEN

BP

DL

Total

105lb 75-79

Willie Murphy

110

215

325

MEN

220lb 17-19

Joe Newcomb

340!

465

805

BENCH RAW	BP
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WOMEN

105 lb 75-79	
Willie Murphy	110

MEN

165lb 20-23	
Aaron Bennett	285!

220lb OPEN	
Edward Carter	420!*

SINGLE PLY

220lb OPEN	
Andrei Oudovikine	460
40-44	
Andrei Oudovikine	460*

242lb 40-44	
Dave Kingwater	505!*

DOUPLE PLY

242lb 45-49	
Darrell Sterling	465!*

DEADLIFT ONLY	DL
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220lb 14-16	
Hunter Delia	530!

BENCH FOR REPS

WOMEN

105lb 75-79

Willie Murphy	45!*
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MEN

220lb 17-19

Joe Newcomb	19!*
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