

2017 NORCAL POWERLIFTING OPEN

Place	Name/Category	Wt. Class	Division	Age	Squat Kg	Bench Kg	Deadlift Kg	Total Kg	Wilks/McC Total	Best Lifter
Powerlifting Raw - Women										
1	Helen Lau	114	Open	28	110	65	127.5	302.5		Best Open Lifter
1	Meredith Martin	114	M45-49	48	77.5	40	85	197.5		Best Master Lifter
1	Stephanie Paschall	123	Novice	29	97.5	47.5	107.5	252		
1	Bianca Polovina	123	Open	35	87.5	50	120	257.5		
2	Rhea Kaw	123	Open	29	87.5	55	95	237.5		
1	Bianca Polovina	123	Sub-M	35	87.5	50	120	257.5		
1	Christine Lin	132	Open	28	77.5	42.5	110	230		
1	Crystal Bungori	132	Novice	26	100	65	135	300		
1	Irene Sulchu	148	Novice	27	135	70	172.5	377.5		
2	Aysha Pal	148	Novice	27	97.5	67.5	117.5	282.5		
3	Anna Yu	148	Novice	31	87.5	45	117.5	250		
1	Joanne Gutierrez	148	T18-19	18	100	62.5	122.5	285		Best Teen Lifter
1	Shirley Negrón	148	Sub-M	39	90	50	137.5	277.5		
1	Michelle Wan	165	T16-17	16	65	40	87.5	192.5		
1	Alisha Warren	165	Open	26	115	67.5	142.5	325		
2	Mala Thakur	165	Open	26	107.5	42.5	132.5	282.5		
1	Yasmeeen Lopez	181	Junior	23	117.5	55	135	307.5		Best Junior Lifter
1	Georgia Andrews	181	Novice	28	102.5	42.5	110	255		
2	Heather Rasmussen	181	Novice	44	80	47.5	117.5	245		

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1	Christina Campell	181	Sub-M	39	70	47.5	112.5	230		
1	Christal Bundang	198	Novice	29	97.5	50	115	262		
1	Valarie Crowell	198	M55-59	59	67.5	75	100	242		
1	Mary Ann Freitas	275+	Open	29	170	110	172.5	452.5		
Bench Only Raw – Women										
1	Allison Schryuer	198	M50-54	53	---	45	---	45		
Powerlifting Raw – Men										
1	Christian Lopez	132	Novice	24	120	80	145	345		
1	Jonathan Roux	148	T14-15	14	132.5	72.5	152.5	357.5		
2	Kevin Bao	148	T14-15	15	107.5	75	157.5	340		
3	Brandon Er	148	T14-15	15	102.5	92.5	142.5	337.5		
1	Hassan Pathan	148	T18-19	18	130	80	137.5	347.5		
1	Jay Aoieong	148	Novice	26	120	72.5	140	332.5		
1	Anthony Aoienong	165	T18-19	18	112.5	92.5	185	390		
1	Grayson Schultz	165	Open	25	142.5	125	182.5	450		
1	Albert Venzon	165	Sub-M	39	150	105	150	405		
1	Spencer Skaggs	181	T18-19	19	182.5	125	220	527.5		
2	Thomas Thach	181	T18-19	19	122.5	82.5	175	380		
1	Luis Virrueta	181	Junior	20	115	82.5	150	347.5		
1	Marco Zuniga	181	Novice	24	142.5	97.5	175	415		
1	Joshua Morse	181	Open	25	165	117.5	227.5	510		

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1	Justin Vasquez	198	T16-17	17	180	130	205	515		
1	Justin Saelee	198	Junior	22	222.5	147.5	257.5	627.5		
1	Justin Saelee	198	Open	22	222.5	147.5	257.5	627.5		
2	Nathan Patterson	198	Open	31	182.5	175	260	607.5		
3	Indy Singh	198	Open	25	197.5	137.5	217.5	552.5		
4	Suraj Patel	198	Open	24	190	122.5	195	507		
1	Andrew Hudgins	220	Junior	22	195	120	210	525		
2	Joran De Haan	220	Juonor	23	172.5	120	212.5	505		
1	Zachary Paschall	220	Novice	28	140	102.5	182.5	420		
1	Carlos Montoya	220	Open	27	235	157	265	657		
1	Ibrahim Shaheed	242	T18-19	18	227.5	147.5	265	640		Best Teen Lifter
1	Jesse Szwaneck	242	Junior	23	160	92.5	202.5	455		
1	Darnell Simpkins	308	Open	40	137.5	177.5	232.5	547.5		
Push/Pull Raw – Men										
1	Carlos Montoya	220	Open	27	---	157	265	657		
1	Robert Ciano	275	M55-59	55	---	160	245	405		
Bench Only Raw – Men										
1	Nathan Patterson	198	Open	31	---	175	---	175		
1	Carlos Montoya	220	Open	27	--	157.5	---	157.5		
1	Sione Moad	308	Open	40	---	185	---	185		
Deadlift Only Raw – Men										
1	Carlos Montoya	220	Open	27	---	---	265	265		