

NORCAL POWERLIFTING RAW –SUB-MASTER/ MASTER MEN

SUB-MASTER MEN 35-39					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat	107.5	237	Daniel Whittaker	8/1/15
	Bench	75	165.3	Daniel Whittaker	8/1/15
	Deadlift	130	286.6	Daniel Whittaker	8/1/15
	TOTAL	312.5	688.94	Daniel Whittaker	8/1/15
	P/P				
67.5 kg/148 lbs	Squat	142.5	314.16	Nicholas Falcon	4/14/19
	Bench	107.5	237	Nicholas Falcon	10/28/18-4/14/19
	Deadlift	177.5	392.32	Nicholas Falcon	10/28/18-4/14/19
	TOTAL	427.5	943.48	Nicholas Falcon	4/14/19
	P/P				
75 kg/165.2 lbs	Squat	165	363.7	Gabriel Meza	3/20/16
	Bench	115	253.53	Todd Gilchrist	8/6/17
	Deadlift	200	440.92	Todd Gilchrist	8/6/17
	TOTAL	475	1047.19	Todd Gilchrist	8/6/17
	P/P				
82.5 kg/181.7 lbs	Squat	165	363.76	Ben Jackson	11/6/16
	Bench	115	253.53	Felipe Rivera	4/14/19
	Deadlift	212.5	468.5	Jeremiah True	8/1/15
	TOTAL	475	1047.20	Ben Jackson	11/6/16
	P/P	317.5	699.96	Jeremiah True	8/1/15
90 kg/198.2 lbs	Squat	162.5	358.25	Jeremy Steingreber	3/26/17
	Bench	110	242.51	Jeremy Steingreber	3/26/17
	Deadlift	190	418.88	Jeremy Steingreber	3/26/17
	TOTAL	462.5	1019.64	Jeremy Steingreber	3/26/17
	P/P				
100 kg/220 lbs	Squat	195	429.9	Joey Ruffalo	11/15/15

	Bench	167.5	369.2	Randell Gaines	3/20/16
	Deadlift	210	463	Joey Ruffalo	11/15/15
	TOTAL	565	1245.6	Amir Biagi	11/9/14
	P/P				
110 kg/242 lbs	Squat				
	Bench	142.5	314.2	John Belof	7/31/16
	Deadlift	237.5	523.6	John Belof	7/31/16
	TOTAL				
	P/P	380	837.7	John Belof	7/31/16
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
140 kg/308.5 lbs	Squat	250	551.1	Matt Slate	7/22/18
	Bench	202.5	446.4	Matt Slate	7/22/18
	Deadlift	250	551.1	Matt Slate	7/22/18
	TOTAL	702.5	1545.5	Matt Slate	7/22/18
	P/P				
SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER MEN 40-44					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat	130	286.6	Mark Henderson	3/7/15
	Bench	127.5	281.1	Mark Henderson	3/7/15
	Deadlift	172.5	380.3	Mark Henderson	3/7/15
	TOTAL	430	948	Mark Henderson	3/7/15
	P/P				

67.5 kg/148 lbs	Squat	157.5	347.2	Gabriel Meza	11/15/15
	Bench	97.5	214.9	Gabriel Meza	11/15/15
	Deadlift	182.5	402.3	Gabriel Meza	11/15/15
	TOTAL	437.5	964.5	Gabriel Meza	11/15/15
	P/P				
75 kg/165.2 lbs	Squat	177.5	391.32	Gabriel Meza	8/6/17
	Bench	107.5	237	Gabriel Meza	8/6/17
	Deadlift	220	485.02	Gabriel Meza	8/6/17
	TOTAL	505	1111	Gabriel Meza	8/6/17
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat	182.5	402.3	Ian Chapman/Ramiro Ramirez	8/1/15-11/6/16
	Bench	167.5	369.27	Ramiro Ramirez	11/6/16
	Deadlift	235	518.09	Ramiro Ramirez	11/6/16
	TOTAL	585	1287	Ramiro Ramirez	11/6/16
	P/P	325	716.50	Scott Mills	10/28/18
100 kg/220 lbs	Squat	197.5	435.41	Ramiro Ramirez	3/26/17
	Bench	170	374.7	Ramiro Ramirez	3/20/16
	Deadlift	227.5	501.5	Ramiro Ramirez	3/26/17
	TOTAL	592.5	1273	Ramiro Ramirez	3/26/17
	P/P				
110 kg/242 lbs	Squat	212.5	468.5	Sean Gerhardt	2/23/14
	Bench	135	297.6	Sean Gerhardt	2/23/14
	Deadlift	240	529.1	Sean Gerhardt	2/23/14
	TOTAL	587.5	1295.2	Sean Gerhardt	2/23/14
	P/P				
125 kg/275 lbs	Squat	195	429.90	Adrian Garcia	8/6/17
	Bench	140	308.65	Adrian Garcia	8/6/17
	Deadlift	237.5	523.60	Adrian Garcia	8/6/17
	TOTAL	572.5	1259.5	Adrian Garcia	8/6/17
	P/P				
140 kg/308.5 lbs	Squat				
	Bench	172.5	380.3	Ben Klesow	10/13
	Deadlift				
	TOTAL				
	P/P				

SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER MEN 45-49					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat	115	253.5	Joseph Kim	6/14
	Bench	85	187.4	Joseph Kim	6/14
	Deadlift	172.5	380.3	Joseph Kim	6/14
	TOTAL	425	937	Joseph Kim	6/14
	P/P				
82.5 kg/181.7 lbs	Squat	182.5	402.34	Paul Fischer	8/6/17
	Bench	132.5	292.1	Paul Fischer	3/15
	Deadlift	222.5	490.53	Paul Fischer	8/6/17
	TOTAL	532.5	1171.5	Paul Fischer	8/6/17
	P/P				
90 kg/198.2 lbs	Squat	205	451.7	Robert Morrow	3/20/16
	Bench	125	275.5	Robert Morrow	3/20/16
	Deadlift	217.5	479.5	Robert Morrow	3/20/16

	TOTAL	547.5	1207	Robert Morrow	3/20/16
	P/P				
100 kg/220 lbs	Squat	212.5	468.2	Joe Holzchuh	3/20/16
	Bench	170	374.8	Mark Hatfield	6/13
	Deadlift	205	451.9	Mark Hatfield	6/13
	TOTAL	640	1410	Joe Holzchuh	3/20/16
	P/P	375	826.73	Mark Hatfield	6/13
110 kg/242 lbs	Squat	195	429.9	Timothy Plantikow	8/1/15
	Bench	170	374.8	Mark Hatfield	6/13
	Deadlift	225	496.4	Timothy Plantikow	8/1/15
	TOTAL	527.5	1162.9	Timothy Plantikow	8/1/15
	P/P				
125 kg/275 lbs	Squat	227.5	501.55	Dennis Alegra	11/9/14
	Bench	140	308.6	Dennis Alegra	11/9/14
	Deadlift	255	562.17	Dennis Alegra	11/9/14
	TOTAL	622.5	1372.36	Dennis Alegra	11/9/14
	P/P				
140 kg/308.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER MEN 50-54					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				

	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench	135	297.62	Dominick Caserta	8/6/17
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat	227.5	501.55	Tom Pete	6/13
	Bench	155	341.7	Tom Pete	6/13
	Deadlift	222.5	490.52	Tom Pete	6/13
	TOTAL	605	1333.8	Tom Pete	6/13
	P/P				
110 kg/242 lbs	Squat	245	540.13	Jerry Trembley	6/13
	Bench	167.5	369	Mark Rokman	11/6/16
	Deadlift	245	540.13	Jerry Trembley	6/13
	TOTAL	652.5	1438.5	Jerry Trembley	6/13
	P/P				
125 kg/275 lbs	Squat	245	540.13	Dennis Alegra	11/15/15
	Bench	170	374.8	Robert Ciano	11/9/14
	Deadlift	277.5	611.78	Dennis Alegra	11/15/15
	TOTAL	650	1432.99	Dennis Alegra	11/15/15
	P/P	385	848.78	Robert Ciano	3/26/17
140 kg/308.5 lbs	Squat				

	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW					
	Squat	280	617.29	Joe Rodgers	2/23/14
	Bench	175	385.8	Joe Rodgers	2/23/14
	Deadlift	275	606,27	Joe Rodgers	2/23/14
	TOTAL	730	1609.36	Joe Rodgers	2/23/14
	P/P				
MASTER MEN 55-59					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat	197.5	435.4	Keith Schiessl	3/15
	Bench	120	264.55	Joel Korotkin	8/6/17
	Deadlift	205	451.9	Keith Schiessl	3/15
	TOTAL	512.5	1129.9	Keith Schiessl	3/15
	P/P				

90 kg/198.2 lbs	Squat	147.5	325.2	Dennis Cannatero	6/13
	Bench	150	330.7	Dennis Cannatero	6/13
	Deadlift	160	352.74	Joel Korotkin	11/6/16
	TOTAL	445	981	Dennis Cannatero	6/13
	P/P	287.5	633.83	Joel Korotkin	11/6/16
100 kg/220 lbs	Squat	187.5	413.4	Kyle Davis	6/13
	Bench	102.5	226	Kyle Davis	6/13
	Deadlift	195	429.9	Kyle Davis	6/13
	TOTAL	500	1102.3	Kyle Davis	6/13
	P/P				
110 kg/242 lbs	Squat	92.5	203.9	Dale Thorsen	7/22/18
	Bench	87.5	192.9	Dale Thorsen	7/22/18
	Deadlift	122.5	270	Dale Thorsen	7/22/18
	TOTAL	302.5	666.8	Dale Thorsen	7/22/18
	P/P				
125 kg/275 lbs	Squat	130	286.6	Richard Love	7/31/16
	Bench	160	352.5	Robert Ciano	11/5/17
	Deadlift	255	562.18	Robert Ciano	4/14/19
	TOTAL	417.5	920.4	Richard Love	7/31/16
	P/P	407.5	896.5	Robert Ciano	4/14/19
140 kg/308.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER MEN 60-64					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				

	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat	117.5	259	Bruce Ramsey/Jonathan Klein	11/9/14-4/14/19
	Bench	90	198.42	Jonathan Klein	4/14/19
	Deadlift	145	319.7	Bruce Ramsey	11/9/14
	TOTAL	342.5	755.08	Bruce Ramsey	11/9/14
	P/P				
100 kg/220 lbs	Squat	100	220.46	David Morse	3/26/17
	Bench	105	231.49	David Morse	3/26/17
	Deadlift	107.5	237	David Morse	3/26/17
	TOTAL	312.5	688.94	David Morse	3/26/17
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench	150	330.7	Gary White	7/31/16
	Deadlift				

	TOTAL				
	P/P				
140 kg/308.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER MEN 65-69					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat	100	220.46	Cliff Suzuki	10/28/18
	Bench	55	121.25	Cliff Suzuki	10/28/18
	Deadlift	150	330.69	Cliff Suzuki	10/28/18
	TOTAL	305	672.41	Cliff Suzuki	10/28/18
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat	100	220.5	Jeff Grenzke	6/14

	Bench	102.5	226	Jeff Grenzke	6/14
	Deadlift	145	319.7	Jeff Grenzke	6/14
	TOTAL	347.5	347.5	Jeff Grenzke	6/14
	P/P				
90 kg/198.2 lbs	Squat				
	Bench	85	187.4	Mike Tiktinsky	11/9/14
	Deadlift	172.5	380.3	Greg Harper	3/15
	TOTAL	362.5	799.17	Greg Harper	11/9/14
	P/P	215	474	Mike Tiktinsky	11/9/14
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench	122.5	270.07	Gary White	3/26/17
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat	185	407.85		
	Bench	140	308	Gary White	11/6/16
	Deadlift	207.5	457.46		
	TOTAL	510	1122		
	P/P				
140 kg/308.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER MEN 70-74					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				

125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
140 kg/308.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER MEN 75-79					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				

	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat	155	341.7	Gene Satsky	11/9/14
	Bench	105	231.5	Gene Satsky	11/9/14
	Deadlift	165	363.8	Gene Satsky	11/9/14
	TOTAL	425	937	Gene Satsky	11/9/14
	P/P				
110 kg/242 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
140 kg/308.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
MASTER MEN 80-84					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat				

	Bench				
	Deadlift				
	TOTAL				
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
67.5 kg/148 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
75 kg/165.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
82.5 kg/181.7 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
90 kg/198.2 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
100 kg/220 lbs	Squat				
	Bench				
	Deadlift	122.5	270.07	Jack Walters	10/28/18
	TOTAL				
	P/P				
110 kg/242 lbs	Squat				

	Bench				
	Deadlift	142.5	314.2	Jack Walters	11/9/14
	TOTAL				
	P/P				
125 kg/275 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
140 kg/308.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				