

NORCAL POWERLIFTING RAW – OPEN/NOVICE MEN

OPEN MEN					
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	140	308.65	Shaun Agapito	11/6/16
	Bench	127.5	281.1	Mark Henderson	8/1/15
	Deadlift	182.5	402.3	Mark Henderson/S. Agapito	8/1/15-11/6/16
	TOTAL	445	981	Mark Henderson	8/1/15
	P/P				
67.5 kg/148 lbs	Squat	160	352.7	Amir Rana/Adnan Rana	7/22/18-10/28/18
	Bench	102.5	225.97	Adnan Rana	10/28/18
	Deadlift	187.5	413.37	Adnan Rana	10/28/18
	TOTAL	450	992	Adnan Rana	10/28/18
	P/P	332.5	733.04	Brook Ryan	10/28/18
75 kg/165.2 lbs	Squat	215	474	Ken Escobar	6/14
	Bench	140	308.6	Bobby Harrison/C. Sandoval	6/13-11/6/16
	Deadlift	227	501.5	John Adam Sturgis	7/22/18
	TOTAL	557.5	1229.1	Ken Escobar	6/14
	P/P	347.5	766.1	Bobby Harrison	6/13
82.5 kg/181.7 lbs	Squat	242.5	534.62	Richard Pham	11/9/14
	Bench	155	341.7	Laszlo Tallai	7/22/18
	Deadlift	260	573	Justin Saelee	3/20/16
	TOTAL	622.5	1372.36	Richard Pham	11/9/14
	P/P	322.5	710.98	Marcos Ramos	11/15/15
90 kg/198.2 lbs	Squat	255	562.17	Richard Pham	6/14
	Bench	180	396.8	Nathan Patterson	7/22/18
	Deadlift	272.5	600.75	Marc Smith	6/14
	TOTAL	645	1421.97	Richard Pham	6/14
	P/P	370	815.71	Andrew lassen	3/26/17
100 kg/220 lbs	Squat	272.5	600.75	Nick Silvestri	11/15/15
	Bench	172.5	380.30	Carlos Montoya	8/6/17
	Deadlift	305	672.2	Danny Ngo	3/20/16

	TOTAL	702.5	1548.7	Danny Ngo	3/20/16
	P/P	437.5	964.52	Carlos Montoya	8/6/17
110 kg/242 lbs	Squat	277.5	611.7	Carlos Santoliquido	3/20/16
	Bench	187.5	413.4	Carlos Santoliquido	8/1/15
	Deadlift	302.5	666.89	Carlos Santoliquido	8/1/15
	TOTAL	755	1664.4	Carlos Santoliquido	3/20/16
	P/P	442.5	975.5	Carlos Montoya	8/1/15
125 kg/275 lbs	Squat	285	628.31	Ryan Ortiz	11/9/15
	Bench	182.5	402.3	Carlos Santoliquido	6/14
	Deadlift	282.5	622.8	Ryan Ortiz	11/9/15
	TOTAL	740	1631	Ryan Ortiz	11/9/14
	P/P	465	1025.1	Carlos Santoliquido	6/14
140 kg/308.5 lbs	Squat	305	672.4	Ian Strand	7/22/18
	Bench	202.5	446.4	Matt Slate	7/22/18
	Deadlift	272.5	600.7	David Linares	7/22/18
	TOTAL	747.5	1644.5	Ian Strand	7/22/18
	P/P				
SHW	Squat	280	617.29	Joe Rodgers	2/23/14
	Bench	175	385.8	Joe Rodgers	2/23/14
	Deadlift	282.5	622.81	Richard Ibitamuno	8/6/17
	TOTAL	730	1609.36	Joe Rodgers	2/23/14
	P/P				
NOVICE MEN					
Weight	Lift	Kgs	Lbs	Name	Date
52 kg/114.5 lbs	Squat	85	187.4	Jesse Hoop	11/9/14
	Bench	62.5	137.8	Jesse Hoop	11/9/14
	Deadlift	120	264.6	Jesse Hoop	11/9/14
	TOTAL	367.5	810.19	Jesse Hoop	11/9/14
	P/P				
56 kg/123.5 lbs	Squat				
	Bench				
	Deadlift				
	TOTAL				
	P/P				
60 kg/132.2 lbs	Squat	130	286.6	Mark Henderson	3/15
	Bench	127.5	281.1	Mark Henderson	3/15
	Deadlift	172.5	380.3	Mark Henderson	3/15
	TOTAL	430	948	Mark Henderson	3/15
	P/P				
67.5 kg/148 lbs	Squat	160	352.7	Amir Rana/Adnan Rana	7/22/18-10/28/18
	Bench	107.5	237	Nicholas Falcon	10/28/18

	Deadlift	187.5	413.4	Williamson Roasa/Adnan Rana	7/22/18-10/28/18
	TOTAL	450	992.08	Adnan Rana	10/28/18
	P/P	237.5	523.59	Mark Alshale	11/15/15
75 kg/165.2 lbs					
	Squat	187.5	413.4	Jeff Justo	6/13
	Bench	120	264.6	Jeff Justo	6/13
	Deadlift	227.5	501.5	John adam Strugis	7/22/18
	TOTAL	515	1135.4	Jeff Justo	6/13
	P/P	292.5	644.85	Joe Pollack	11/9/14
82.5 kg/181.7 lbs					
	Squat	200	440.9	Phillip Runge	6/14
	Bench	135	297.62	Arturo Becerra	11/6/16
	Deadlift	240	529.1	Alfred Resnigit/Arturo Becerra	8/1/15-11/6/16
	TOTAL	567.5	1248.5	Arturo Becerra	11/6/16
	P/P				
90 kg/198.2 lbs					
	Squat	227.5	501.55	Siha Sokhom	11/6/16
	Bench	150	330.69	Siha Sokhom	11/6/16
	Deadlift	272.5	600.75	Korey Gray	3/15
	TOTAL	622.5	1369.5	Siha Sokhom	11/6/16
	P/P	397.5	876.34	Maurice Mcarn	8/6/17
100 kg/220 lbs					
	Squat	255	562.17	Nick Silvestri	8/1/15
	Bench	177.5	391.2	Benjamin Van Blangan	3/20/16
	Deadlift	247.5	545.64	Mark Esocobar/Jorge H.	2/23/14-3/26/17
	TOTAL	642.5	1416.46	Nick Silvestri	8/1/15
	P/P	422.5	931.4	Dino Del Fiorentino	2/23/14
110 kg/242 lbs					
	Squat	240	529.1	Brett Huth	7/31/16
	Bench	182.5	402.3	Miguel Castellano	8/1/15
	Deadlift	272.5	600.8	Brett Huth	7/31/16
	TOTAL	662.5	1457.5	Brett Huth	7/31/16
	P/P				
125 kg/275 lbs					
	Squat	155	341.7	Nima Harirchian	7/22/18
	Bench	92.5	203.9	Nima Harirchian	7/22/18
	Deadlift	227.5	501.5	Nima Harirchian	7/22/18
	TOTAL	475	1047.1	Nima Harirchian	7/22/18
	P/P				
140 kg/308.5 lbs					
	Squat	200	440.9	Christopher Todd	11/9/14
	Bench	152.5	336.2	Christopher Todd	11/9/14
	Deadlift	215	474	Christopher Todd	11/9/14
	TOTAL	567.5	1251.1	Christopher Todd	11/9/14
	P/P				
SHW					
	Squat				
	Bench				
	Deadlift				

	TOTAL				
	P/P				