

**Carolina Powerlifting and Team Championships
December 8, 2012, Hickory, NC**

Division	Sub-Division	Name	WtCls (Lb)	Best Bench		
BENCH ONLY						
Amateur Divisions - Equipped						
Amateur	Male Master (55-59)	Kurt Hall	242	450		
Raw						
Amateur Raw	Female Open	Cassi Detomaso	181	100		
Amateur Raw	Male Junior	Sergio Hairston	181	410		
Amateur Raw	Male Master (45-49)	Tim Metcalf	148	240		
Pro Divisions - Equipped						
Pro	Male Open	Doug Smithy	275	770		
Pro	Male Sub-Master	Doug Smithy	275	770		
Pro	Male Master (40-44)	Mark Holbrook	220	625		
Pro	Male Master (40-44)	Dan Levesque	220	510		
Raw						
Pro Raw	Male Open	Barry Williams	198	425		
Pro Raw	Male Master (40-44)	Richie Anderson	220	340		
Division	Sub-Division	Name				
BEST LIFTERS						
Bench Press Only Equipped						
Pro	Male Open	Doug Smithy				
Amateur	Male Master	Kurt Hall				
Pro	Male Master	Mark Holbrook				
Bench Press Only Raw						
Amateur	Female	Cassi Detomaso				
Amateur	Male Open	Sergio Hairston				
Pro	Male Open	Barry Williams				
Amateur	Male Master	Tim Metcalf				
Pro	Male Master	Richie Anderson				
Division	Sub-Division	Name	WtCls (Lb)	Best Bench	Best Deadlift	
Deadlift Only						
Pro Divisions - Equipped						
Pro	Male Master (55-59)	John Mattei	275		540	540
Amateur Divisions - Raw						
Amateur	Female Master (50-54)	Nelda Newton	148		275	
Amateur	Male Teen (18-19)	Zach Halsey	198		475	
Amateur	Male Master (45-49)	Tim Metcalf	148		325	
Amateur	Male Master (70-74)	Jeff Guller	181		320	
Division	Sub-Division	Name	WtCls (Lb)	Best Bench	Best Deadlift	Total
IRONMAN						
Pro Divisions - Equipped						
Pro	Female	Monica Dearman Painter	148	225	345	570
Pro	Male Teen (18-19)	Caleb Widener	220	365	515	880
Amateur Divisions - Raw						
Amateur	Female Master (50-54)	Nelda Newton	148	120	275	395
Amateur	Male Master (45-49)	Jeff Pollard	220	350	475	825
Indicates an IPA WR						