

2019 IPA NATIONAL POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

NOVEMBER 23-24, 2019

YORK BARBELL COMPANY

YORK, PENNSYLVANIA

BEST LIFTERS

FULL POWER

RAW LIFTERS

RAW AMATEUR WOMEN'S TEEN

RACHEL ACKERMAN

RAW AMATEUR MEN'S TEEN

NICHOLAS SWEIKERT

RAW AMATEUR WOMEN'S OPEN

SALLY ANDERSEN

RAW PROFESSIONAL WOMEN'S OPEN

ASHLEY FULTON

RAW AMATEUR MEN'S OPEN

DEMETRE FORNEY

RAW PROFESSIONAL MEN'S OPEN

PHILLIP HERNDON

RAW AMATEUR MEN'S MASTER

DOUG KLINE

RAW PROFESSIONAL MEN'S MASTER

BILL HULING

EQUIPPED LIFTERS

EQUIPPED AMATEUR MEN'S OPEN

RODNEY WOODWARD

**EQUIPPED PROFESSIONAL MEN'S
OPEN**

OSO VERVELAKIS

EQUIPPED AMATEUR MEN'S MASTER

DOUG SHADER

**EQUIPPED PROFESSIONAL MEN'S
MASTER**

OSO VERVELAKIS

CHAMPION OF CHAMPIONS

**FULL POWER BY BODYWEIGHT
COEFFICIENT**

OSO VERVELAKIS

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BEST LIFTERS

BENCH ONLY

RAW LIFTERS

RAW AMATEUR WOMEN'S OPEN

CHERYL KEELING

RAW PROFESSIONAL WOMEN'S OPEN

CASSIDY COMLY

RAW AMATEUR MEN'S OPEN

ADAM VARONE

RAW PROFESSIONAL MEN'S OPEN

JOSHUA PHIPPS

RAW AMATEUR MEN'S MASTER

KNIGHT SMITH

RAW PROFESSIONAL MEN'S MASTER

THOMAS PROYA

EQUIPPED LIFTERS

PROFESSIONAL MEN'S OPEN

CHARLES CANNAVINO

AMATEUR MEN'S MASTER

CHRIS LAJOIE

PROFESSIONAL MEN'S MASTER

CHARLES CANNAVINO