

**2003 World Powerlifting Meet Results**  
**Best Lifter Report**  
**October 31 – November 2, 2003**

**Female Lifters**

Raw Open	-	Allyson Amerling
Raw Master	-	Evelyn Newton
Assisted Open	-	Karen Bowers
Assisted Master	-	Debra Jackson

**Male Lifters**

Raw Open	-	Marino Britto
Raw Master	-	Jack Roten
Assisted Open	-	Lazaro Nieves
Assisted Master	-	Ernie Fleischer

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# Virginia Powerlifting Association

## Final Report of Events

### Female Lifters

#### AAU 2003 World Championship-Assisted

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
097	Beruska Morales	Puert	30	95	Open	90.00		52.50		112.50		255.00
105	Cathia Vazquez	Puert	14	101	Teenage (14-15)	57.50		40.00		67.50		165.00
123	Sulmary Rodriguez	PR	20	119	Junior (20-23)	105.00		42.50		122.50		270.00
123	Sulmary Rodriguez	PR	20	119	Lifetime / Open	105.00		42.50		122.50		270.00
123	Debra Jackson	AE	45	121	Masters (45-49)	137.50		67.50		160.00		365.00
123	Debra Jackson	AE	45	121	Military/ Masters (45-49)	137.50		67.50		160.00		365.00
123	Debra Jackson	AE	45	121	Military/ Open	137.50		67.50		160.00		365.00
123	Debra Jackson	AE	45	121	Open	137.50		67.50		160.00		365.00
123	Veronica Collado	Puert	18	121	Teenage (18-19)	102.50		52.50		112.50		267.50
132	Barbara Beasley	VA	48	128	Lifetime / Masters (45-49)	110.00		67.50		132.50		310.00
132	Barbara Beasley	VA	48	128	Lifetime / Open	110.00		67.50		132.50		310.00
132	Barbara Beasley	VA	48	128	Masters (45-49)	110.00		67.50		132.50		310.00
132	Bernadette Bannister	Baha	38	129	Open	137.50		67.50		142.50		347.50
132	Barbara Beasley	VA	48	128	Open	110.00		67.50		132.50		310.00
132	Bernadette Bannister	Baha	38	129	Sub Masters (35-39)	137.50		67.50		142.50		347.50
132	Carla Perez	Puert	13	131	Youth (12-13)	130.00	142.50	57.50		125.00		312.50
148	Anais Velez	Puert	20	142	Junior (20-23)	140.00		60.00	62.50	125.00		325.00
148	Gina Mackey	Baha	38	146	Open	160.00		87.50		190.00	200.00	437.50
148	Allyson Amerling	MA	36	147	Open	130.00		82.50		182.50		395.00
165	Jill Meads	VA	46	158	Lifetime / Masters (45-49)	140.00	142.50	65.00		140.00		345.00
165	Elaina Bolster	FL	60	161	Lifetime / Masters (60-64)	87.50		40.00		92.50		220.00
165	Karen Bowers	NC	32	156	Lifetime / Open	162.50		108.00		202.50		473.00
165	Jill Meads	VA	46	158	Lifetime / Open	140.00	142.50	65.00		140.00		345.00
165	Jill Meads	VA	46	158	Masters (45-49)	140.00	142.50	65.00		140.00		345.00
165	Elaina Bolster	FL	60	161	Masters (60-64)	87.50		40.00		92.50		220.00
165	Karen Bowers	NC	32	156	Open	162.50		108.00		202.50		473.00
165	Lakeshia Rolle	Baha	26	164	Open	137.50		60.00		155.00		352.50
165	Jill Meads	VA	46	158	Open	140.00	142.50	65.00		140.00		345.00
181	Giselle Costas	Puert	22	168	Junior (20-23)	172.50		92.50		215.00		480.00
181	Ellen Trevorah	FL	68	171	Lifetime / Masters (65-69)	92.50		57.50		105.00		255.00
181	Giselle Costas	Puert	22	168	Lifetime / Open	172.50		92.50		215.00		480.00
181	Giselle Costas	Puert	22	168	Open	172.50		92.50		215.00		480.00
198	Alexandria Lindsay	Baha	30	192	Open	165.00		92.50		152.50		410.00
198	Yasmara Alvarado	Puert	16	190	Teenage (16-17)	145.00		75.00		172.50		392.50
198+	Partrice Curry	Baha	37	250	Open	240.00		150.00		227.50		617.50
198+	Partrice Curry	Baha	37	250	Sub Masters (35-39)	240.00		150.00		227.50		617.50



# AAU Powerlifting Association

## Final Report of Events

### Male Lifters

#### AAU 2003 World Championship-Assisted

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Jesus Ocasio	Puert	16	102	Teenage (16-17)	115.00		50.00		112.50		277.50
114	Gabriel Alvarado	Puert	25	113	Lifetime / Open	130.00		90.00		147.50		367.50
114	Gabriel Alvarado	Puert	25	113	Open	130.00		90.00		147.50		367.50
123	Glenn Murphy	MD	44	121	Lifetime / Masters (40-44)	140.00	145.00	95.00	97.50	140.00	142.50	375.00
123	Glenn Murphy	MD	44	121	Lifetime / Open	140.00	145.00	95.00	97.50	140.00	142.50	375.00
123	Ricardo Ortiz	Puert	17	122	Teenage (16-17)	127.50		85.00		172.50		385.00
123	Tanjelo Bonner	IN	13	121	Youth (12-13)	145.00		72.50		150.00	151.00	367.50
123	Anthony McCloskey	PA	12	118	Youth (12-13)	132.50		70.00		150.00		352.50
132	Onix Rivera-Toledo	Puert	40	132	Lifetime / Masters (40-44)	145.00		92.50		195.00		432.50
132	Emmanuel Rodriquez	Puert	18	131	Lifetime / Open	172.50		90.00		192.50	201.00	455.00
132	Onix Rivera-Toledo	Puert	40	132	Masters (40-44)	145.00		92.50		195.00		432.50
132	Onix Rivera-Toledo	Puert	40	132	Open	145.00		92.50		195.00		432.50
132	Emmanuel Rodriquez	Puert	18	131	Teenage (18-19)	172.50		90.00		192.50	201.00	455.00
148	Gregory Campbell	VA	47	148	Masters (45-49)	182.50		110.00		202.50		495.00
148	Howard Millan	Fl	25	148	Open	205.00		122.50		245.00		572.50
148	Gracia Etienne	Baha	36	139	Open	157.50		110.00		162.50		430.00
165	Valentino Newton	Baha	20	154	Junior (20-23)	165.00		107.50		155.00		427.50
165	Larry Eggleston	VA	57	150	Lifetime / Masters (55-59)	165.00		92.50	97.50	187.50		445.00
165	Greg Retz	VA	34	161	Lifetime / Open	227.50		150.00		252.50		630.00
165	Freddy Adderly	Baha	40	163	Masters (40-44)	205.00		145.00		215.00		565.00
165	Larry Eggleston	VA	57	150	Masters (55-59)	165.00		92.50	97.50	187.50		445.00
165	Chris McCool	TX	31	161	Military/ Open	180.00		132.50		172.50		485.00
165	Greg Retz	VA	34	161	Open	227.50		150.00		252.50		630.00
165	Freddy Adderly	Baha	40	163	Open	205.00		145.00		215.00		565.00
165	Valentino Newton	Baha	20	154	Open	165.00		107.50		155.00		427.50
165	Brad Hodgkin	NC	18	160	Teenage (18-19)	210.00		120.00		210.00		540.00
181	David Parsons	FL	61	181	Lifetime / Masters (60-64)	147.50		110.00		137.50		395.00
181	Thomas Trevorah	FL	69	181	Lifetime / Masters (65-69)	137.50		107.50		162.50		407.50
181	Alpheus Russell	Baha	51	170	Masters (50-54)	105.00		70.00		157.50		332.50
181	Michael Scott	VA	59	179	Masters (55-59)	180.00		130.00		230.00		540.00
181	David Parsons	FL	61	181	Masters (60-64)	147.50		110.00		137.50		395.00
181	Ernie Fleischer	SC	66	181	Masters (65-69)	201.00		130.00		195.00		526.00
181	Michael Scott	VA	59	179	Military/ Masters (55-59)	180.00		130.00		230.00		540.00
181	Travis Pardue	NC	32	181	Open	242.50		172.50		267.50		682.50
181	Vandyke Rodgers	Baha	38	180	Open	250.00		152.50		247.50		650.00
181	Vandyke Rodgers	Baha	38	180	Sub Masters (35-39)	250.00		152.50		247.50		650.00
198	Patrick Storr	Baha	41	189	Law/Fire/ Masters (40-44)	215.00		145.00		230.00		590.00
198	Michael Kidd	CA	43	192	Law/Fire/ Masters (40-44)	190.00		142.50		235.00		567.50
198	Michael Kidd	CA	43	192	Law/Fire/ Open	190.00		142.50		235.00		567.50
198	Michael Kidd	CA	43	192	Lifetime / Masters (40-44)	190.00		142.50		235.00		567.50
198	Pat Aulicino	VA	53	191	Lifetime / Masters (50-54)	167.50		167.50		252.50		587.50
198	Dave Mansfield	MA	57	197	Lifetime / Masters (55-59)	255.00		130.00		253.00		638.00
198	Nestor Gregory	Puert	60	193	Lifetime / Masters (60-64)	217.50		137.50		205.00		560.00
198	David Low	MA	43	194	Masters (40-44)	260.00		147.50		252.50		660.00
198	Tommy Holland	VA	44	198	Masters (40-44)	235.00		177.50		227.50		640.00
198	Phillip Capps	NC	42	191	Masters (40-44)	220.00		175.00		240.00		635.00
198	Patrick Storr	Baha	41	189	Masters (40-44)	215.00		145.00		230.00		590.00
198	Michael Kidd	CA	43	192	Masters (40-44)	190.00		142.50		235.00		567.50
198	Eddie White	MO	54	196	Masters (50-54)	235.00		152.50		282.50	290.00	670.00

198	Gary Shanholtz	MD	52	195	Masters (50-54)	235.00		165.00		242.50		642.50
198	Pat Aulicino	VA	53	191	Masters (50-54)	167.50		167.50		252.50		587.50
198	Dave Mansfield	MA	57	197	Masters (55-59)	255.00		130.00		253.00		638.00
198	Nestor Gregory	Puert	60	193	Masters (60-64)	217.50		137.50		205.00		560.00
198	Michael Kidd	CA	43	192	Military/ Masters (40-44)	190.00		142.50		235.00		567.50
198	Michael Kidd	CA	43	192	Military/ Open	190.00		142.50		235.00		567.50
198	Phillip Capps	NC	42	191	Open	220.00		175.00		240.00		635.00
220	Brian Stewart	Baha	33	206	Law/Fire/ Open	237.50		167.50		250.00		655.00
220	Michael Baker	NC	44	210	Lifetime / Masters (40-44)	197.50		145.00		215.00		557.50
220	Jay Henfield	Baha	37	202	Lifetime / Sub Masters (35-39)	205.00		155.00		200.00		560.00
220	Michael Baker	NC	44	210	Masters (40-44)	197.50		145.00		215.00		557.50
220	Delbert Runner	VA	46	218	Masters (45-49)	245.00		145.00		237.50		627.50
220	Jose Ocasio	Puert	49	214	Masters (45-49)	217.50		135.00		245.00		597.50
220	Scott Bixler	MD	50	213	Masters (50-54)	167.50		137.50		202.50		507.50
220	Dennis Allison	NC	34	219	Open	272.50		215.00		305.00		792.50
220	Brian Stewart	Baha	33	206	Open	237.50		167.50		250.00		655.00
220	Romero Archer	Baha	29	213	Open	205.00		145.00		235.00		585.00
220	Jay Henfield	Baha	37	202	Open	205.00		155.00		200.00		560.00
220	Nathan Russell	Baha	25	220	Open	227.50		132.50		187.50		547.50
220	Jay Henfield	Baha	37	202	Sub Masters (35-39)	205.00		155.00		200.00		560.00
220	Nashton Russell	Baha	14	220	Teenage (14-15)	72.50		35.00		85.00		192.50
220	Travis Dallam	MD	19	213	Teenage (18-19)	240.00		183.50	185.00	227.50		651.00
220	Christian Serrano	Puert	19	220	Teenage (18-19)	190.00		115.00		240.00		545.00
242	Leslie Whyte	Baha	22	228	Junior (20-23)	280.00	305.00	205.00		305.00	317.50	790.00
242	Tyrell Carson	AR	21	240	Junior (20-23)	257.50		145.00		220.00		622.50
242	Kenneth James	VA	41	241	Law/Fire/ Masters (40-44)	227.50		135.00		277.50	280.00	640.00
242	Kenneth James	VA	41	241	Masters (40-44)	227.50		135.00		277.50	280.00	640.00
242	Eugene Beckford	Baha	44	240	Masters (40-44)	195.00		172.50		195.00		562.50
242	Tyrell Carson	AR	21	240	Military/ Junior (20-23)	257.50		145.00		220.00		622.50
242	Harold Millan	Puert	28	242	Open	330.00		182.50		302.50		815.00
242	Leslie Whyte	Baha	22	228	Open	280.00	305.00	205.00		305.00	317.50	790.00
242	Jeff Jobes	VA	33	239	Open	287.50		165.00		257.50		710.00
242	Thomas Bonner	IN	15	242	Teenage (14-15)	195.00	205.00	90.00		170.00	182.50	455.00
275	Preston Ailor	VA	22	254	Junior (20-23)	235.00		157.50		265.00		657.50
275	Ray Cross	MA	57	265	Lifetime / Masters (55-59)	200.50		140.00		202.50		543.00
275	Robert King	SC	43	251	Masters (40-44)	255.00		150.00		260.00		665.00
275	Natanael Estrada	Puert	45	262	Masters (45-49)	265.00		177.50		245.00		687.50
275	Jeff Sandersen	VA	46	270	Masters (45-49)	205.00		152.50		210.00		567.50
275	Robert Strauss	NC	50	245	Masters (50-54)	227.50		170.50		210.00		608.00
275	Ray Cross	MA	57	265	Masters (55-59)	200.50		140.00		202.50		543.00
275	Robert King	SC	43	251	Military/ Masters (40-44)	255.00		150.00		260.00		665.00
275	Robert King	SC	43	251	Military/ Open	255.00		150.00		260.00		665.00
275	Lazaro Nieves	Puert	26	274	Open	337.50		215.00		302.50		855.00
275	Gary Emrich	VA	34	265	Open	270.00		170.00		277.50		717.50
275	Robert King	SC	43	251	Open	255.00		150.00		260.00		665.00
319	Gerald Briggs	VA	41	291	Lifetime / Masters (40-44)	317.50		205.00		272.50		795.00
319	Gerald Briggs	VA	41	291	Masters (40-44)	317.50		205.00		272.50		795.00
319	Bernard Rolle	Baha	40	310	Masters (40-44)	272.50		182.50		302.50		757.50
319	Paul Wren	TN	56	305	Masters (55-59)	260.00		140.00		255.00		655.00
319	David Estrada	Puert	35	294	Open	327.50		227.50		307.50		862.50
319	Bernard Rolle	Baha	40	310	Open	272.50		182.50		302.50		757.50
319	David Estrada	Puert	35	294	Sub Masters (35-39)	327.50		227.50		307.50		862.50
SHW	Steven Albert	MO	39	321	Lifetime / Open	305.00		200.00		267.50		772.50
SHW	Steven Albert	MO	39	321	Lifetime / Sub Masters (35-39)	305.00		200.00		267.50		772.50
SHW	Mario Morales	Puert	31	356	Open	295.00		230.00		255.00		780.00
SHW	Steven Albert	MO	39	321	Open	305.00		200.00		267.50		772.50
SHW	Steven Albert	MO	39	321	Sub Masters (35-39)	305.00		200.00		267.50		772.50



# AAU Powerlifting Association

## Final Report of Events

### Male Lifters

#### AAU 2003 World Championship-Raw

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
066	Matt Cavallaris	FL	11	62	Kids (10-11)	60.00		42.50	45.00	82.50		185.00
066	Daniel Delgallo	ME	8	63	Kids (8-9)	47.50		27.50		70.00	75.00	145.00
066	Oswaldo Ortiz	Puert	13	62	Youth (12-13)	42.50		25.00		75.00		142.50
077	Matthew Delgallo	ME	11	71	Kids (10-11)	53.00	55.50	35.00	37.50	75.00	83.00	163.00
097	Jared Fleming	NY	11	97	Kids (10-11)	92.50		50.00		110.00	115.00	252.50
105	Luke Delgallo	ME	14	101	Teenage (14-15)	60.00	65.00	42.50	45.00	80.00	85.00	182.50
123	Mark Schultz	CA	45	122	Masters (45-49)	97.50		90.00		150.00		337.50
123	Vincent Navarre	VA	18	117	Teenage (18-19)	107.50	110.00	87.50		137.50	142.50	332.50
132	Gary Landess	IN	49	132	Lifetime / Masters (45-49)	92.50		77.50		152.50		322.50
132	Gary Landess	IN	49	132	Masters (45-49)	92.50		77.50		152.50		322.50
132	Richard Delgallo	ME	55	129	Masters (55-59)	142.50		85.00		162.50		390.00
132	Michael Oxier	OH	12	131	Youth (12-13)	110.00		72.50		122.50		305.00
148	Paul Griffith	MD	58	148	Masters (55-59)	125.00		105.00	107.50	177.50		407.50
148	Michael Romanello	FL	32	148	Open	182.50		146.00	150.00	200.00		528.50
148	Chris Ballance	NC	17	143	Teenage (16-17)	150.00		107.50		195.00	200.00	452.50
148	Adam Delgallo	ME	13	138	Youth (12-13)	85.00		60.00		125.00		270.00
165	Bum Lee	LA	23	160	Junior (20-23)	200.00	202.50	145.00	147.50	217.50		562.50
165	Jeremy Perkins	MO	24	161	Law/Fire/Military Open	165.00		130.00		207.50		502.50
165	Tim Fletcher	MO	44	164	Lifetime / Masters (40-44)	195.00		125.00		205.00		525.00
165	Robert Barth	NC	42	165	Lifetime / Masters (40-44)	142.50		110.00		192.50		445.00
165	Robert Herbst	NY	45	164	Lifetime / Masters (45-49)	140.00	145.50	132.50		200.50		473.00
165	Rich Hutchison	MD	63	163	Lifetime / Masters (60-64)	160.00		102.50		185.00		447.50
165	Tim Fletcher	MO	44	164	Lifetime / Open	195.00		125.00		205.00		525.00
165	Bob Janjigian	MA	40	164	Masters (40-44)	210.00		145.00		245.00		600.00
165	Tim Fletcher	MO	44	164	Masters (40-44)	195.00		125.00		205.00		525.00
165	Robert Barth	NC	42	165	Masters (40-44)	142.50		110.00		192.50		445.00
165	Ted Hoffman	VA	43	164	Masters (40-44)	165.00		100.00		172.50		437.50
165	Robert Herbst	NY	45	164	Masters (45-49)	140.00	145.50	132.50		200.50		473.00
165	Michael Wicker	NC	46	162	Masters (45-49)	135.00		130.00		180.00		445.00
165	Gordon Santee	CA	57	156	Masters (55-59)	148.00	152.50	115.50	117.50	205.00	210.00	468.50
165	Rich Hutchison	MD	63	163	Masters (60-64)	160.00		102.50		185.00		447.50
165	Bob Janjigian	MA	40	164	Open	210.00		145.00		245.00		600.00
165	Joe Lineman	VA	39	165	Open	170.00		127.50		242.50		540.00
165	Theodore Hunter	OH	22	163	Special/Junior	112.50	120.00	97.50	100.00	182.50	190.00	392.50
165	Joe Lineman	VA	39	165	Sub Masters (35-39)	170.00		127.50		242.50		540.00
165	Mike Garcia	OH	35	161	Sub Masters (35-39)	142.50		115.00		167.50		425.00
165	Harry Pavasko	VA	17	162	Teenage (16-17)	147.50		90.00		175.00		412.50
165	Michael Wilson	VA	13	159	Youth (12-13)	80.00	97.50	60.00		117.50	122.50	257.50
181	Peter Collins	MD	10	172	Kids (10-11)	65.50		37.50		70.50		173.50
181	Joe Formato	VA	46	175	Lifetime / Masters (45-49)	155.00		122.50		202.50		480.00
181	James Alston	VA	51	178	Lifetime / Masters (50-54)	200.00		125.00		257.50		582.50
181	Frank "Yogi" Sumner	NC	54	181	Lifetime / Masters (50-54)	112.50		125.00		157.50		395.00
181	Ramis Bakhshaliyev	Turk	32	179	Lifetime / Open	170.00		155.00		220.00		545.00
181	Joe Formato	VA	46	175	Masters (45-49)	155.00		122.50		202.50		480.00
181	James Alston	VA	51	178	Masters (50-54)	200.00		125.00		257.50		582.50
181	Frank "Yogi" Sumner	NC	54	181	Masters (50-54)	112.50		125.00		157.50		395.00
181	Albert Crenshaw	NC	57	168	Masters (55-59)	137.50		112.50		150.00		400.00
181	Anthony Biasetti	CT	33	178	Open	220.00		142.50		247.50		610.00
181	Ramis Bakhshaliyev	Turk	32	179	Open	170.00		155.00		220.00		545.00

181	Bob Hale	OH	31	178	Special - Open	102.50	105.00	85.00	92.50	130.00		317.50
198	Nate Roten	NC	21	193	Junior (20-23)	235.00		150.00		272.50		657.50
198	Jeff Beeson	VA	22	193	Junior (20-23)	200.00		147.50		245.00		592.50
198	Chris Hollingsworth	NC	20	198	Junior (20-23)	170.00		127.50		162.50		460.00
198	Wes Herlocker	NC	22	198	Junior/Novice	227.50		155.00		250.00		632.50
198	Lou Prestipino	VA	44	196	Law/Fire/Military Masters (40-44)	187.50	190.00	127.50		207.50		522.50
198	Miles Baker	VA	48	198	Lifetime / Masters (45-49)	235.00		155.00	160.00	255.00		645.00
198	Bill Lindsey	VA	57	194	Lifetime / Masters (55-59)	195.00	202.50	155.00	160.00	187.50		537.50
198	Oscar Rickman	VA	61	193	Lifetime / Masters (60-64)	165.00		107.50		200.00		472.50
198	Wallace Barnett, Jr.	VA	62	194	Lifetime / Masters (60-64)	137.50		125.00		202.50	205.00	465.00
198	Tommy Williams	MD	42	194	Masters (40-44)	142.50		142.50		272.50		557.50
198	Lou Prestipino	VA	44	196	Masters (40-44)	187.50	190.00	127.50		207.50		522.50
198	Miles Baker	VA	48	198	Masters (45-49)	235.00		155.00	160.00	255.00		645.00
198	James McDowell	PA	48	196	Masters (45-49)	207.50		125.00		237.50		570.00
198	Martin Gallagher	PA	53	197	Masters (50-54)	207.50		125.00		222.50		555.00
198	Tom Smith	VA	57	198	Masters (55-59)	182.50		120.00		255.00		557.50
198	Bill Lindsey	VA	57	194	Masters (55-59)	195.00	202.50	155.00	160.00	187.50		537.50
198	Oscar Rickman	VA	61	193	Masters (60-64)	165.00		107.50		200.00		472.50
198	Wallace Barnett, Jr.	VA	62	194	Masters (60-64)	137.50		125.00		202.50	205.00	465.00
198	Osman Suleymanov	Turk	31	196	Open	230.00		170.00		265.00		665.00
198	Wayne Pennell	NC	34	193	Open	222.50		157.50		262.50		642.50
198	Tommy Williams	MD	42	194	Open	142.50		142.50		272.50		557.50
220	Craig Hoffman	MA	22	211	Junior (20-23)	172.50		150.00		237.50		560.00
220	Timothy Brien	RI	44	218	Law/Fire/ Masters (40-44)	262.50		155.00		262.50		680.00
220	Timothy Brien	RI	44	218	Lifetime / Masters (40-44)	262.50		155.00		262.50		680.00
220	Bruce Solomon	NC	44	218	Lifetime / Masters (40-44)	205.00		150.00		250.00		605.00
220	Damon McGinty	MA	28	218	Lifetime / Open	242.50		167.50		290.00		700.00
220	Timothy Brien	RI	44	218	Masters (40-44)	262.50		155.00		262.50		680.00
220	T.K. Bowers	MA	54	220	Masters (50-54)	125.00		115.00		155.00		395.00
220	Jack Roten	NC	56	212	Masters (55-59)	242.50	245.00	142.50		260.00		645.00
220	Robert Spiers	VA	62	214	Masters (60-64)	127.50		152.50		145.00		425.00
220	Marino Britto	Puert	26	215	Open	255.00		197.50		302.50	305.00	755.00
220	Russell McDonnell	PA	35	220	Open	280.00		185.00		260.00		725.00
220	Damon McGinty	MA	28	218	Open	242.50		167.50		290.00		700.00
220	Nikeos Rolle	Baha	18	220	Open	185.00		90.00		230.00		505.00
220	Thomas Adams	NC	38	201	Sub Masters (35-39)	262.50		192.50		277.50		732.50
220	Russell McDonnell	PA	35	220	Sub Masters (35-39)	280.00		185.00		260.00		725.00
220	Randy McMillan	NC	36	215	Sub Masters (35-39)	217.50		120.00		210.00		547.50
220	William Hollar	NC	17	202	Teenage (16-17)	157.50		105.00		187.50		450.00
220	Reuben Manny	PA	17	218	Teenage (16-17)	115.00		107.50		160.00		382.50
220	Brian Sands	MA	19	215	Teenage (18-19)	217.50		142.50	146.00	267.50		627.50
220	Nikeos Rolle	Baha	18	220	Teenage (18-19)	185.00		90.00		230.00		505.00
220	Nicholas Bowne	PA	13	200	Youth (12-13)	112.50		70.00		130.00	140.00	312.50
242	Matt Roten	NC	23	239	Junior (20-23)	245.00		152.50		260.00		657.50
242	Russell Yee	MA	26	235	Lifetime / Open	255.00		190.00		310.00		755.00
242	Russell Yee	MA	26	235	Open	255.00		190.00		310.00		755.00
242	Mark Bowne	PA	14	228	Teenage (14-15)	152.50		137.50		177.50		467.50
275	Ben Bowman	VA	23	262	Junior (20-23)	150.00		167.50		145.00		462.50
275	Dalee Thomas	VA	49	270	Lifetime / Masters (45-49)	137.50		137.50		228.50		503.50
275	Ray Cross	MA	57	265	Lifetime / Masters (55-59)	200.50		140.00		202.50		543.00
275	Ray Cross	MA	57	265	Lifetime / Open	200.50		140.00		202.50		543.00
275	Dalee Thomas	VA	49	270	Masters (45-49)	137.50		137.50		228.50		503.50
275	Len McGrane	NH	52	255	Masters (50-54)	205.00		152.50		305.00		662.50
275	Ray Cross	MA	57	265	Masters (55-59)	200.50		140.00		202.50		543.00
275	Tom Dorsey	VA	55	266	Masters (55-59)	182.50		127.50		220.00		530.00
275	Ben Bowman	VA	23	262	Open	150.00		167.50		145.00		462.50
319	Rod Blackwell	NC	42	316	Lifetime / Masters (40-44)	272.50		205.00		280.00		757.50
319	Dan Bescher	VA	42	296	Lifetime / Masters (40-44)	210.00		155.00		210.00		575.00
319	Rod Blackwell	NC	42	316	Masters (40-44)	272.50		205.00		280.00		757.50
319	Dan Bescher	VA	42	296	Masters (40-44)	210.00		155.00		210.00		575.00

319	Baron Dixon	VA	37	308	Open	285.00		197.50		282.50		765.00
319	Baron Dixon	VA	37	308	Sub Masters (35-39)	285.00		197.50		282.50		765.00
SHW	Zeke Wilson	PA	46	418	Masters (45-49)	85.00		160.00		205.00		450.00
SHW	Kenneth Manny	PA	36	327	Sub Masters (35-39)	70.00		90.00		182.50		342.50



# Virginia Powerlifting Association

## Final Report of Events

### Female Lifters

#### AAU 2003 World Championship-Raw

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Rebekah Reynolds	OH	11	105	Kids (10-11)	60.00		37.50		90.00		187.50
105	Evelyn Newton	VA	54	99	Lifetime / Masters (50-54)	55.00		35.00		87.50	92.50	177.50
105	Evelyn Newton	VA	54	99	Masters (50-54)	55.00		35.00		87.50	92.50	177.50
105	Tracy Russell	AR	37	102	Sub Masters (35-39)	50.00		37.50		67.50	72.50	155.00
114	Syndia Fuster Ortiz	Puert	11	108	Kids (10-11)	62.50		42.50		90.00		195.00
114	Stephanie Lavallee	RI	16	114	Teenage (16-17)	107.50		47.50		117.50		272.50
114	Xiomarys Velez Martine	Puert	13	108	Youth (12-13)	72.50		35.00		90.00		197.50
123	Sharon Hoffman	VA	33	122	Open	100.00		52.50		140.00		292.50
123	Jairelis Aristud		14	116	Teenage (14-15)	70.00		37.50		80.00		187.50
123	Cathy Manny	PA	16	123	Teenage (16-17)	62.50		52.50		77.50		192.50
123	Mary Bowers	MA	19	122	Teenage (18-19)	82.50		45.00		92.50		220.00
132	Mary Ballance	AR	35	125	Lifetime / Open	80.00		70.00		110.00	125.00	260.00
132	Mary Ballance	AR	35	125	Lifetime / Sub Masters (35-39)	80.00		70.00		110.00	125.00	260.00
132	Mary Ballance	AR	35	125	Open	80.00		70.00		110.00	125.00	260.00
132	Mary Ballance	AR	35	125	Sub Masters (35-39)	80.00		70.00		110.00	125.00	260.00
148	Florence Wilson	PA	9	144	Kids (8-9)	30.00		20.00		47.50		97.50
148	Allyson Amerling	MA	36	147	Open	130.00		82.50		182.50		395.00
148	Jean Gardella	RI	38	145	Open	115.00		102.50	105.00	132.50		350.00
148	Jean Gardella	RI	38	145	Sub Masters (35-39)	115.00		102.50	105.00	132.50		350.00
148	Connie Wilson	PA	38	137	Sub Masters (35-39)	55.00		52.50		90.00		197.50
148	Yomaira Flores	Puert	19	141	Teenage (18-19)	115.00		50.00		140.00		305.00
165	Janisha Miller	Baha	21	161	Junior (20-23)	72.50		45.00		110.00		227.50
165	Genny Caton	VA	46	155	Lifetime / Masters (45-49)	95.00		67.50		127.50		290.00
165	Genny Caton	VA	46	155	Masters (45-49)	95.00		67.50		127.50		290.00
181	Avis Henderson	VA	52	174	Masters (50-54)	72.50		62.50		107.50		242.50
181	Avis Henderson	VA	52	174	Open	72.50		62.50		107.50		242.50