

2004 AAU WORLD CHAMPIONSHIPS BEST LIFTERS AWARDS:

WORLD BENCH RAW

FEMALE

OPEN – ERIKA MANNING

MASTER – VANESSA HOOD

WORLD BENCH ASSISTED

FEMALE

OPEN – KAREN BOWERS

MASTER- ELLEN TREVORAH

WORLD DEADLIFT – RAW

OPEN- BELVIS CABRERA

MASTER- AVIS HENDERSON

WORLD DEADLIFT – ASSISTED

OPEN – KAREN BOWERS

MASTER – ELLEN TREVORAH

WORLD PUSH/PULL – RAW

OPEN – ERIKA MANNING

MASTER – EVELYN NEWTON

WORLD PUSH/PULL – ASSISTED

OPEN – KAREN BOWERS

MASTER – LYNN NELSON

WORLD BENCH RAW

MALE

OPEN LT –MARK RICHMOND

OPEN HVY – MIKE BELK

MASTER LT- LEWIS BRODIE

MASTER HVY –JOHN KUJAR

WORLD BENCH – ASSISTED

MALE

OPEN LT –TOMMY HOLLAND

OPEN HVY – ANDREW SHIELDS

MASTER LT – LARRY CARDON

MASTER HVY-MIKE BRADLEY

WORLD DEADLIFT – RAW

MALE

OPEN LT – NONE

OPEN HVY –BRIAN PREDIGER

MASTER LT – TOM SMITH

MASTER HVY – RALPH WELHEIM

WORLD DEADLIFT – ASSISTED

MALE

OPEN LT – WILLIAM CROFT

OPEN HVY –TIMOTHY HENRIQUES

MASTER LT –TOM TREVORAH

MASTER HVY –MIKE BRADLEY

WORLD PUSH/PULL – RAW

MALE

OPEN LT –TOMMY WILLIAMS

OPEN HVY –TRIPP BRIGHTWELL

MASTER LT – PAT AUCLINO

MASTER HVY – JACK ROTEN

WORLD PUSH/PULL - ASSISTED

MALE

OPEN LT-SCOTT CHATTIN

OPEN HVY – ANDREW SHIELDS

MASTER LT – THOMAS TREVORAH

MASTER HVY – MIKE BRADLEY

BEST LIFTERS FOR RICHMOND INTERNATIONAL

FEMALE

RAW

OPEN – FRANCES BAEZ

MASTER – SUSAN RENZULLI

ASSISTED

OPEN LT – CARLA PEREZ

OPEN HVY – GISSELLE COSTAS

MASTER – LYNN NELSON

MALE

RAW

OPEN LT – CHAD KERLEY

OPEN HVY – JASON RAUCH

MASTER LT – TOMMY WILLIAMS

MASTER HVY – JACK ROTEN

ASSISTED

OPEN LT – MIKE JONES

OPEN HVY – RICK CHAVEZ

MASTER LT – C. CASTANECO

MASTER HVY – N . GREGORY