

Virginia Powerlifting Association

Final Report of Events

Female Lifters

Assisted Richmond International

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
097	Rosymar Vazquez	PR	16	97	Teenage (16-17)	203.93		77.16		231.48		512.57
105	Cathia Vazquez	Puerto	15	106	Teenage (14-15)	231.48		88.18		225.97		545.64
114	Yairles Aristud	Puerto	15	114	Teenage (14-15)	236.99		99.21		242.51		578.71
123	Xiomarys Velez	Puerto	14	116	Teenage (14-15)	214.95		82.67		248.02		545.64
123	Julissa Quinones	Puerto	17	116	Teenage (16-17)	220.46		99.21		292.11		611.78
123	Veronica Collado	Puerto	19	123	Teenage (18-19)	220.46		110.23		259.04		589.73
132	Carla Perez	Puerto	14	131	Open	325.18	358.25	148.81		319.67	325.18	793.66
132	Carla Perez	Puerto	14	131	Teenage (14-15)	325.18	358.25	148.81		319.67	325.18	793.66
132	Deborah Pagan	Puerto	17	128	Teenage (16-17)	214.95		110.23		270.06		595.24
148	Anais Velez	Puerto	21	148	Junior (20-23)	303.13		132.28		314.16		749.56
148	Patricia Frock	OH	52	146	Masters (50-54)	248.02		159.83		352.74	363.76	760.59
148	Anais Velez	Puerto	21	148	Open	303.13		132.28		314.16		749.56
165	Jessica Pagan	Puerto	21	154	Junior (20-23)	319.67		143.30		352.74		815.70
165	Lynne Nelson	VA	45	159	Masters (45-49)	352.74		203.93	209.44	451.94		1008.60
165	Jessica Pagan	Puerto	21	154	Open	319.67		143.30		352.74		815.70
181	Giselle Costas	Puerto	23	178	Junior (20-23)	407.85		209.44	225.97	476.19		1093.48
181	Giselle Costas	Puerto	23	178	Open	407.85		209.44	225.97	476.19		1093.48
198	Jenitsa Yargas	PR	15	193	Teenage (14-15)	303.13		165.35	170.86	363.76	369.27	832.24
198+	Milianny Santiago-	Puerto	17	215	Teenage (16-17)	363.76		165.35		363.76		892.86
198+	Caroline Pusey	MD	18	244	Teenage (18-19)	319.67		192.90		314.16		826.73

Raw Richmond International

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Evelyn Newton	VA	55	99	Lifetime / Masters (55-59)	121.25		82.67		192.90		396.83
105	Evelyn Newton	VA	55	99	Masters (55-59)	121.25		82.67		192.90		396.83
105	Frances Baez	Puerto	15	104	Open	148.81		93.70		220.46		462.97
105	Frances Baez	Puerto	15	104	Teenage (14-15)	148.81		93.70		220.46		462.97
114	Susan Renzulli	VA	52	108	Masters (50-54)	154.32		82.67		220.46		457.45
114	Regina Moore	VA	37	113	Sub Masters (35-39)	209.44	214.95	143.30		248.02		600.75
123	Sherri Fosdick	VA	38	122	Sub Masters (35-39)	170.86		110.23		203.93		485.01
132	Cynthia Gervais	NC	34	128	Open	132.28		93.70		214.95		440.92
165	Anna McCloskey	PA	11	162	Kids (10-11)	220.46		99.21		220.46		540.13
181	Avis Henderson	VA	53	178	Masters (50-54)	170.86		143.30	145.50	248.02	253.53	562.17
198+	Valerie Crowell	CA	46	212	Masters (45-49)	170.86	181.88	192.90		270.06		633.82

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Final Report of Events

Female Lifters

Assisted World Bench

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
165	Karen Bowers	NC	33	164	Lifetime / Open	0.00		214.95		00.0		214.95
165	Karen Bowers	NC	33	164	Open	0.00		214.95		00.0		214.95
181	Ellen Trevorah	FL	69	172	Lifetime / Masters (65-69)	0.00		132.28	137.79	00.0		132.28
198+	Stephanie Gibson	OH	32	215	Open	0.00		231.48	236.99	00.0		231.48

Raw World Bench

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
114	Belvis Cabrera	Mexic	25	106	Open	0.00		88.18		0.00		88.18
114	Regina Moore	VA	37	113	Sub Masters (35-39)	0.00		143.30		0.00		143.30
132	Cynthia Gervais	NC	34	128	Open	0.00		93.70		0.00		93.70
148	Erika Manning	SC	33	142	Lifetime / Open	0.00		176.37	181.88	0.00		176.37
148	Delores Grimes	VA	31	140	Lifetime / Open	0.00		110.23		0.00		110.23
148	Christina Parker	VA	36	138	Lifetime / Sub Masters (35-39)	0.00		71.65		0.00		71.65
148	Delores Grimes	VA	31	140	Military/ Open	0.00		110.23		0.00		110.23
148	Monique Vaughter	VA	37	136	Military/ Sub Masters (35-39)	0.00		99.21		0.00		99.21
148	Erika Manning	SC	33	142	Open	0.00		176.37	181.88	0.00		176.37
148	Delores Grimes	VA	31	140	Open	0.00		110.23		0.00		110.23
148	Dawn Handy	MD	33	148	Special - Open	0.00		148.81		0.00		148.81
165	Anna McCloskey	PA	11	162	Kids (10-11)	0.00		99.21		0.00		99.21
165	Jennifer Johnson	VA	44	165	Military/ Masters (40-44)	0.00		170.86		0.00		170.86
181	Melanie Robbins	NC	26	176	Law/Fire/ Open	0.00		165.35	181.88	0.00		165.35
181	Vanessa Hood	NC	46	178	Masters (45-49)	0.00		192.90	209.44	0.00		192.90
181	Avis Henderson	VA	53	178	Masters (50-54)	0.00		143.30	145.50	0.00		143.30
181	Jeanette Bell	NC	45	168	Military/ Masters (45-49)	0.00		126.76		0.00		126.76
198	Lucy Hawkins	VA	49	190	Military/ Masters (45-49)	0.00		137.79		0.00		137.79
198+	Valerie Crowell	CA	46	212	Masters (45-49)	0.00		192.90		0.00		192.90

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Final Report of Events

Female Lifters

Assisted World Deadlift

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
165	Karen Bowers	NC	33	164	Lifetime / Open	0.00		00.0		369.27		369.27
165	Karen Bowers	NC	33	164	Open	0.00		00.0		369.27		369.27
181	Ellen Trevorah	FL	69	172	Lifetime / Masters (65-69)	0.00		00.0		380.29		380.29

Raw World Deadlift

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
097	Victoria Vasquez	MD	8	90	Kids (8-9)	0.00		0.00		132.28	139.99	132.28
114	Belvis Cabrera	Mexic	25	106	Open	0.00		0.00		198.41		198.41
132	Cynthia Gervais	NC	34	128	Open	0.00		0.00		214.95		214.95
165	Anna McCloskey	PA	11	162	Kids (10-11)	0.00		0.00		220.46		220.46
181	Vanessa Hood	NC	46	178	Masters (45-49)	0.00		0.00		275.58	314.16	275.58
181	Avis Henderson	VA	53	178	Masters (50-54)	0.00		0.00		248.02	253.53	248.02

Virginia Powerlifting Association

Final Report of Events

Female Lifters

Assisted World Push/Pull

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
148	Patricia Frock	OH	52	146	Masters (50-54)	0.00		159.83		352.74	363.76	512.57
165	Karen Bowers	NC	33	164	Lifetime / Open	0.00		214.95		369.27		584.22
165	Lynne Nelson	VA	45	159	Masters (45-49)	0.00		203.93	209.44	451.94		655.87
165	Karen Bowers	NC	33	164	Open	0.00		214.95		369.27		584.22
181	Ellen Trevorah	FL	69	172	Lifetime / Masters (65-69)	0.00		132.28	137.79	248.02		380.29
198+	Stephanie Gibson	OH	32	215	Open	0.00		231.48	236.99	352.74		584.22
198+	Milianny Santiago-	Puerto	17	215	Teenage (16-17)	0.00		165.35		363.76		529.11

Raw World Push/Pull

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Evelyn Newton	VA	55	99	Lifetime / Masters (55-59)	00.0		82.67		192.90		275.57
105	Evelyn Newton	VA	55	99	Masters (55-59)	00.0		82.67		192.90		275.57
114	Belvis Cabrera	Mexic	25	106	Open	0.00		88.18		198.41		286.60
123	Sherri Fosdick	VA	38	122	Sub Masters (35-39)	00.0		110.23		203.93		314.16
132	Kylie Morris	PA	16	126	Teenage (16-17)	0.00		132.28		336.20		468.48
132	Cynthia Gervais	NC	34	128	Open	0.00		93.70		214.95		308.65
148	Erika Manning	SC	33	142	Lifetime / Open	0.00		176.37	181.88	275.58	303.13	451.94
148	Connie Wilson	PA	39	143	Sub Masters (35-39)	0.00		110.23		220.46		330.69
148	Keshia DuFour	PA	15	146	Teenage (14-15)	0.00		123.46		242.51	259.04	365.96
148	Tabitha Cockrell	PA	16	133	Teenage (16-17)	0.00		110.23		242.51		352.74
181	Florence Wilson	PA	10	172	Kids (10-11)	0.00		66.14		121.25		187.39
181	Jessica Outman	PA	15	173	Teenage (14-15)	0.00		137.79		242.51		380.29
181	Avis Henderson	VA	53	178	Masters (50-54)	0.00		143.30	145.50	248.02	253.53	391.32
198+	Rachael Wilcox	PA	16	336	Teenage (16-17)	0.00		143.30		314.16		457.45
198+	Liz Hannegan	VA	17	200	Teenage (16-17)	00		110.23		248.02		358.25