

Virginia Powerlifting Association

Final Report – 2006 AAU World Championships

Male Lifters

Full Power - Assisted

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Nathan Litowsky	NJ	12	102	Youth (12-13)	225.97		115.74		236.99		578.71
114	Nathan Litowsky	NJ	12	102	Open	225.97		115.74		236.99		578.71
132	Marcus Hughes	WV	11	130	Kids (10-11)	259.04		121.25		250.22		630.52
148	Larry Eggleston	VA	60	148	Lifetime / Masters (60-64)	319.67	336.20	198.41		374.78	407.85	892.86
148	Larry Eggleston	VA	60	148	Military/ Masters (60-64)	319.67	336.20	198.41		374.78	407.85	892.86
165	Michael Wicker	NC	49	160	Lifetime / Masters (45-49)	330.69	341.71	270.06		429.90	440.92	1030.65
165	Michael Wicker	NC	49	160	Masters (45-49)	330.69	341.71	270.06		429.90	440.92	1030.65
181	Eddie White	MO	57	182	Masters (55-59)	523.59		336.20	358.25	628.31	650.36	1488.11
198	Doug Newcomb	VA	50	190	Lifetime / Masters (50-54)	435.41		297.62		418.87		1151.90
198	Thomas Trevorah	FL	72	196	Lifetime / Masters (70-74)	303.13		253.53		402.34		959.00
198	Charles Peters	MA	42	192	Masters (40-44)	523.59		385.81		551.15		1460.55
198	Thomas Trevorah	FL	72	196	Masters (70-74)	303.13		253.53		402.34		959.00
220	Tommy Holland	VA	47	205	Lifetime / Masters (45-49)	565.48	576.50	396.83	426.59	551.15		1513.46
220	Barry Eisenman	MA	54	212	Lifetime / Masters (50-54)	220.46		181.88		347.22		749.56
220	Al Williamson	WI	62	220	Lifetime / Masters (60-64)	540.13		325.18		413.36		1278.67
220	Tommy Holland	VA	47	205	Lifetime / Open	565.48	576.50	396.83	426.59	551.15		1513.46
220	Michael Bennett	MD	45	214	Masters (45-49)	518.08		374.78		677.91		1570.78
220	Barry Eisenman	MA	54	212	Masters (50-54)	220.46		181.88		347.22		749.56
220	Dave Mansfield	MA	60	215	Masters (60-64)	608.47		286.60		540.13		1435.19
242	Robert Bolster	FL	60	242	Lifetime / Masters (60-64)	418.87		253.53		424.39		1096.79
242	Thomas Bowman	NC	40	229	Masters (40-44)	451.94		308.64		589.73		1350.32
242	Robert Bolster	FL	60	242	Masters (60-64)	418.87		253.53		424.39		1096.79
275	Dan Driscoll	MA	41	261	Lifetime / Masters (40-44)	628.31		341.71		606.27		1576.29
275	Michael Bradley	VA	48	262	Lifetime / Masters (45-49)	542.33		413.36		573.20		1528.89
275	Dan Driscoll	MA	41	261	Masters (40-44)	628.31		341.71		606.27		1576.29
275	Preston Dennis	NC	29	272	Open	744.05		540.13		661.38		1945.56

Full Power - Raw

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
088	Braden Griffin	WV	10	78	Kids (10-11)	126.76		77.16		159.83		363.76
114	Josh Grubbs	VA	15	113	Teenage (14-15)	220.46	231.48	148.81		308.64	314.16	677.91
114	Connor Dantzler	MD	12	110	Youth (12-13)	104.72		66.14		176.37		347.22
123	Austin Compton	WV	9	121	Kids (8-9)	115.74	121.25	77.16		154.32	165.35	347.22
123	Glenn Murphy	MD	47	120	Lifetime / Masters (45-49)	264.55	270.06	192.90		308.64		766.10
132	James Marchio	VA	50	132	Masters (50-54)	264.55		203.93		418.87		887.35
148	Larry Eggleston	VA	60	148	Lifetime / Masters (60-64)	319.67	336.20	198.41		374.78	407.85	892.86
148	Larry Eggleston	VA	60	148	Military/ Masters (60-64)	319.67	336.20	198.41		374.78	407.85	892.86
165	Larry Dyles	VA	23	165	Junior (20-23)	402.34		336.20		451.94		1190.48
165	William "Bill" Croft	NC	44	162	Lifetime / Masters (40-44)	451.94		259.04		573.20		1284.18
165	Robert Friedman	KY	52	163	Lifetime / Masters (50-54)	396.83		209.44	214.95	418.87		1025.14
165	Rich Hutchison	MD	66	160	Lifetime / Masters (65-69)	325.18		203.93		402.34		931.44
165	William "Bill" Croft	NC	44	162	Lifetime / Open	451.94		259.04		573.20		1284.18
165	William Brothers	SC	26	164	Lifetime / Open	303.13		292.11		402.34		997.58
165	William "Bill" Croft	NC	44	162	Masters (40-44)	451.94		259.04		573.20		1284.18
165	Paul Pagnato	VA	42	162	Masters (40-44)	253.53		231.48		380.29		865.31
165	Rich Hutchison	MD	66	160	Masters (65-69)	325.18		203.93		402.34		931.44
181	Donald Levesque	NH	74	176	Lifetime / Masters (70-74)	281.09		159.83		418.87		859.79
181	Michael Hanley	NJ	32	181	Lifetime / Open	413.36		270.06		523.59		1207.02
181	Chito Del Rosario	MD	29	181	Lifetime / Open	198.41		286.60		363.76		848.77
181	Chito Del Rosario	MD	29	181	Military/ Open	198.41		286.60		363.76		848.77
181	Cory Martin	OH	20	179	Special - Junior (20-23)	242.51	259.04	165.35		319.67		727.52
198	Bill Lindsey	VA	60	194	Lifetime / Masters (60-64)	402.34	429.90	314.16		407.85		1124.35
198	James Riley	PA	27	190	Lifetime / Open	446.43		380.29		551.15		1377.88
198	Wayne Pennell	NC	37	194	Lifetime / Sub Masters (35-39)	512.57		388.01	402.34	600.75		1501.33
198	Tommy Williams	MD	45	198	Masters (45-49)	402.34		220.46		600.75		1223.55
198	Tom Smith	VA	60	198	Masters (60-64)	374.78		253.53		551.15		1179.46
198	Bill Lindsey	VA	60	194	Masters (60-64)	402.34	429.90	314.16		407.85		1124.35
198	Nate Roten	NC	24	198	Open	534.62		352.74		551.15		1438.50
198	James Riley	PA	27	190	Open	446.43		380.29		551.15		1377.88
198	Travis Pardue	NC	35	198	Open	501.55		303.13		534.62		1339.29
198	Tommy Williams	MD	45	198	Open	402.34		220.46		600.75		1223.55
198	Bob Hale	OH	34	192	Special - Open	259.04	270.06	198.41		325.18		782.63
198	Wayne Pennell	NC	37	194	Sub Masters (35-39)	512.57		388.01	402.34	600.75		1501.33

220	Paul Melby	VA	31	208	Lifetime / Open	402.34	264.55	473.99	1140.88
220	Daniel Finkenstadt	VA	31	213	Lifetime / Open	407.85	303.13	424.39	1135.37
220	Russell Becht	CT	49	220	Masters (45-49)	402.34	225.97	479.50	1107.81
220	James Fuller	ME	34	220	Open	402.34	253.53	523.59	1179.46
242	George "Tommy"Beall	MD	42	238	Lifetime / Masters (40-44)	209.44	236.99	314.16	760.59
242	Frank Panaro	NY	55	239	Lifetime / Masters (55-59)	534.62	314.16	628.31	1477.08
242	Frank Panaro	NY	55	239	Lifetime / Open	534.62	314.16	628.31	1477.08
242	Matt Roten	NC	26	238	Lifetime / Open	540.13	325.18	589.73	1455.04
242	Randy McMillan	NC	39	232	Lifetime / Sub Masters (35-39)	451.94	308.64	479.50	1240.09
242	Joel Yelin	MA	44	231	Masters (40-44)	380.29	314.16	418.87	1113.32
242	George "Tommy" Beall	MD	42	238	Masters (40-44)	209.44	236.99	314.16	760.59
242	Frank Panaro	NY	55	239	Masters (55-59)	534.62	314.16	628.31	1477.08
242	Frank Panaro	NY	55	239	Open	534.62	314.16	628.31	1477.08
242	Matt Roten	NC	26	238	Open	540.13	325.18	589.73	1455.04
242	Randy McMillan	NC	39	232	Sub Masters (35-39)	451.94	308.64	479.50	1240.09
242	Peter Collins	MD	13	241	Youth (12-13)	253.53	264.55	303.13	325.18
275	Timothy Lyons	NJ	28	250	Law/Fire/ Open	708.78	396.83	633.82	662.48
275	Michael Bradley	VA	48	262	Lifetime / Masters (45-49)	542.33	413.36	573.20	1528.89
275	Ray Cross	MA	60	256	Lifetime / Masters (60-64)	391.32	303.13	407.85	1102.30
275	Timothy Lyons	NJ	28	250	Lifetime / Open	708.78	396.83	633.82	662.48
275	Michael Bradley	VA	48	262	Masters (45-49)	542.33	413.36	573.20	1528.89
275	Ray Cross	MA	60	256	Masters (60-64)	391.32	303.13	407.85	1102.30
275	Timothy Lyons	NJ	28	250	Open	708.78	396.83	633.82	662.48
308	Kerry Barnard	VA	35	278	Open	523.59	374.78	600.75	1499.13
308+	Kirt Studevart	VA	36	313	Open	644.85	440.92	777.12	1862.89