

AAU Powerlifting Association

Final Report of Events

Male Lifters

Push/pull-Assisted

* Weights listed in kilograms

Wt	Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadli	4th	Total
165		Daniel Thomas	VA	21	164	ifetime / Open	0.00	155.0	237.5	392.50			

198		Ross Armstrong	VA	28	194	pen	0.00	137.5	205.0	342.50			
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Male Lifters

Push/pull-Raw

* Weights listed in kilograms

Wt	Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadli	4th	Total
181		Tyler Mullineaux	NC	20	181	unior (20-23)	0.00	125.0	215.0	340.00			

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Male Lifters

East Coast Bench-Assisted

* Weights listed in kilograms

Wt	Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadli	4th	Total
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165 Shawn Katz VA 33 165 ilitary/ Open 0.00 155.0 0.00 155.00

220 Richard Reed VA 25 203 pen 182.5 155.0 205.0 542.50

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Male Lifters

East Coast Bench-Raw

* Weights listed in kilograms

Wt Cl Name State Age Weight Catagory Squat 4th Bench 4th Deadli 4th Total

148 Joseph Singleton MD 53 148 ifetime / Masters (50-54) 0.00 121.0 0.00 121.00

148 Joseph Singleton MD 53 148 ifetime / Open 0.00 121.0 0.00 121.00

148 Joseph Singleton MD 53 148 asters (50-54) 0.00 121.0 0.00 121.00

148 Joseph Singleton MD 53 148 ilitary/ Masters (50-54) 0.00 121.0 0.00 121.00

148 Joseph Singleton MD 53 148 ilitary/ Open 0.00 121.0 0.00 121.00

148 Joseph Singleton MD 53 148 pen 0.00 121.0 0.00 121.00

148 Joseph Singleton MD 53 148 aralympic-Masters 50-54 0.00 121.0 0.00 121.00

198 Lewis Schirloff NC 42 195 asters (40-44) 0.00 162.5 0.00 162.50

242 Louis Gray VA 34 238 pen 182.5 185.0 207.5 575.00

275 Michael Bradley VA 50 261 ifetime / Masters (50-54) 212.5 227.5 197.5 272.5 682.50

275 Michael Bradley VA 50 261 asters (50-54) 212.5 227.5 197.5 272.5 682.50

308+ Larry Hicks VA 50 331 ifetime / Masters (50-54) 62.50 145.0 145.0 352.50

308+ Larry Hicks VA 50 331 asters (50-54) 62.50 145.0 145.0 352.50

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Final Report of Events

Male Lifters

Military Nationals-Bench-Assisted

* Weights listed in kilograms

Wt CI Name State Age Weight Catagory Squat 4th Bench 4th Deadli 4th Total
165 Shawn Katz VA 33 165 ilitary/ Open 0.00 155.0 0.00 155.00

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Male Lifters

Military Nationals-Bench-Raw

* Weights listed in kilograms

Wt CI Name State Age Weight Catagory Squat 4th Bench 4th Deadli 4th Total
165 John Trammell VA 46 156 ilitary/ Masters (45-49) 0.00 100.0 0.00 100.00

165 Nick Marchio VA 16 165 eenage (16-17) 0.00 105.0 0.00 105.00
220 Anthony Jones VA 41 201 ilitary/ Masters (40-44) 0.00 167.5 0.00 167.50
220 Jose Medeiros VA 35 214 ilitary/ Sub Masters (35-39) 0.00 115.0 0.00 115.00

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Male Lifters

Military Nationals-Full-Assisted

* Weights listed in kilograms

Wt CI Name State Age Weight Catagory Squat 4th Bench 4th Deadli 4th Total
165 James Lewis VA 30 164 ilitary/ Open 207.5 155.0 222.5 585.00

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Male Lifters

Military Nationals-Full-Raw

* Weights listed in kilograms

Wt Cl Name State Age Weight Catagory Squat 4th Bench 4th Deadli 4th Total
132 James "Jim" Marchio VA 52 132 ilitary/ Masters (50-54) 85.00 95.00 195.0 375.00

198 Jim Coleman VA 40 192 ilitary/ Open 182.5 145.0 233.0 237.5 560.50

242 Louis Gray VA 34 238 ilitary/ Open 182.5 185.0 207.5 575.00

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Final Report of Events

Male Lifters

Triple Crown-Assisted

* Weights listed in kilograms

Wt Cl Name State Age Weight Catagory Squat 4th Bench 4th Deadli 4th Total

105 Connor Coleman VA 11 100 ids (10-11) 47.50 30.00 77.50 155.00

181 Stephen Kidd VA 23 181 unior (20-23) 197.5 137.5 210.0 545.00

181 Stephen Kidd VA 23 181 pen 197.5 137.5 210.0 545.00

198 Tommy Holland VA 48 198 ifetime / Masters (45-49) 212.5 165.0 233.0 250.0 610.50

198 Tommy Holland VA 48 198 ifetime / Open 212.5 165.0 233.0 250.0 610.50

220 Dan Spangler VA 54 220 ifetime / Masters (50-54) 150.0 137.5 175.0 462.50

220 Richard Reed VA 25 203 pen 182.5 155.0 205.0 542.50

242 Matthew Stinson VA 26 230 pen 205.0 130.0 227.5 562.50

275 Eric Barnes MD 39 263 ilitary/ Open 215.0 197.5 215.0 627.50

275 Eric Barnes MD 39 263 pen 215.0 197.5 215.0 627.50

275 Eric Barnes MD 39 263 ub Masters (35-39) 215.0 197.5 215.0 627.50

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Final Report of Events

Male Lifters

Triple Crown-Raw

* Weights listed in kilograms

Wt Cl Name State Age Weight Catagory Squat 4th Bench 4th Deadli 4th Total
148 Jordan Dix VA 17 144 eenage (16-17) 107.5 95.00 100.0 127.5 330.00

165 Tim Titchner VA 27 160 pen 135.0 85.00 180.0 400.00

181 David Parsons FL 66 180 ifetime / Masters (65-69) 137.5 110.0 130.0 137.5 377.50

220 Chris Hudak VA 38 217 ifetime / Open 125.0 172.5 200.0 497.50

220 Chris Hudak VA 38 217 ub Masters (35-39) 125.0 172.5 200.0 497.50

242 Jim Brown NC 45 229 asters (45-49) 242.5 162.5 165.0 250.0 655.00

275 Michael Bradley VA 50 261 ifetime / Masters (50-54) 212.5 227.5 197.5 272.5 682.50

275 Roy Davis Jr. VA 65 258 ifetime / Masters (65-69) 25.00 57.50 145.0 227.50

275 Michael Bradley VA 50 261 asters (50-54) 212.5 227.5 197.5 272.5 682.50

275 Kerry Barnard VA 37 270 pen 242.5 162.5 260.0 665.00

308+ Larry Hicks VA 50 331 ifetime / Masters (50-54) 62.50 145.0 145.0 352.50

308+ Larry Hicks VA 50 331 asters (50-54) 62.50 145.0 145.0 352.50