



AAU Powerlifting Association

Final Report of Events

Male Lifters

East Coast Bench Press-Assist

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
181	Shawn Katz	PA	34	180	Law/Fire/Military Open	0.00		178.00		0.00		178.00
181	Shawn Katz	PA	34	180	Open	0.00		178.00		0.00		178.00



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Male Lifters

East Coast Bench Press-Raw

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Wt Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
123	Josh Grubbs	VA	17	120	Teenage 16-17	137.50	146.00	87.50		185.00		410.00
220	Jose Medeiros	VA	37	212	Law/Fire/Military Submasters 35-39	0.00		130.00		0.00		130.00
275	Ronald Gunton	MD	77	261	Masters 75-79	0.00		92.50		0.00		92.50



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Male Lifters

Triple Crown Classic-Assist

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Wt Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
220	Michael Bennett	MD	47	212	Law/Fire/Military Open	215.00		185.00		307.50		707.50
220	Michael Bennett	MD	47	212	Lifetime Masters 45-49	215.00		185.00		307.50		707.50
220	Michael Bennett	MD	47	212	Masters 45-49	215.00		185.00		307.50		707.50



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Triple Crown Classic-Assisted						* Weights listed in kilograms						
Wt Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
242	Matthew Stinson	VA	27	232	Open	215.00		140.00		225.00		580.00



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Triple Crown Classic-Raw

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Wt Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
114	Joey Dance	VA	15	112	Teenage 14-15	97.50		67.50		112.50		277.50
123	Jameson Kelly	VA	14	121	Teenage 14-15	52.50		50.00		115.00		217.50
123	Josh Grubbs	VA	17	120	Teenage 16-17	137.50	146.00	87.50		185.00		410.00
132	Taylor Powell	VA	13	130	Teenage 12-13	82.50		45.00		95.00		222.50
165	Carrington Wilmer	VA	17	163	Teenage 16-17	115.00		87.50		155.00		357.50
181	James Alston	VA	57	170	Lifetime Masters 55-59	150.00		107.50		195.00		452.50
181	Brad Drummond	VA	44	172	Masters 40-44	115.00		55.00		230.00		400.00
181	James Alston	VA	57	170	Masters 55-59	150.00		107.50		195.00		452.50
198	Marvin Chappell	VA	52	196	Masters 50-54	170.00		122.50		190.00		482.50
198	Thomas Bayer	PA	63	194	Masters 60-64	205.00		102.50		242.50		550.00
198	Marvin Chappell	VA	52	196	Open	170.00		122.50		190.00		482.50
198	Edward (TJ) Woolfolk	VA	38	184	Special Athlete 22 and up	72.50		55.00		110.00		237.50
220	Doug Cox	VA	50	209	Masters 50-54	100.00		97.50		137.50		335.00
220	Clarence Harris	VA	28	220	Open	280.00	281.00	205.00	212.50	280.00		765.00
242	Daniel Clingenpeel	VA	22	238	Junior 20-23	157.50		132.50		217.50		507.50
242	Roy Davis	VA	66	234	Lifetime Masters 65-69	25.00		65.00		147.50	152.50	237.50
275	Doug Mignot	PA	43	267	Law/Fire/Military Masters 40-44	237.50		170.00		227.50		635.00
275	Doug Mignot	PA	43	267	Masters 40-44	237.50		170.00		227.50		635.00
275	Peter Curry	VA	36	254	Special Athlete 22 and up	72.50		77.50		150.00		300.00
275	Ryan Powis	VA	17	259	Teenage 16-17	172.50		132.50		225.00		530.00
308	David Marley	VA	43	292	Masters 40-44	242.50		102.50		272.50		617.50
308	Kerry Barnard	VA	38	284	Open	242.50		160.00		267.50		670.00
308	David Marley	VA	43	292	Open	242.50		102.50		272.50		617.50



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Triple Crown Push-Pull Raw

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Wt Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
148	Daryl Taylor	VA	33	136	Special Athlete 22 and up	0.00		30.00		25.00		55.00
308+	William "Lee" Umphlett	VA	34	364	Special Athlete 22 and up	0.00		65.00		80.00		145.00



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Male Lifters

VA State - Raw

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Wt Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
123	Josh Grubbs	VA	17	120	Teenage 16-17	137.50	146.00	87.50		185.00		410.00
148	Landon Oakes	VA	17	146	Teenage 16-17	120.00		112.50		137.50		370.00
148	Jordan Dix	VA	18	144	Teenage 18-19	115.00		100.00		137.50		352.50
198	Marvin Chappell	VA	52	196	Masters 50-54	170.00		122.50		190.00		482.50
198	Marvin Chappell	VA	52	196	open	170.00		122.50		190.00		482.50
220	Doug Cox	VA	50	209	Masters 50-54	100.00		97.50		137.50		335.00
220	Clarence Harris	VA	28	220	Open	280.00	281.00	205.00	212.50	280.00		765.00
308	David Marley	VA	43	292	Masters 40-44	242.50		102.50		272.50		617.50
308	David Marley	VA	43	292	Open	242.50		102.50		272.50		617.50



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Female Lifters

East Coast Bench Press-Assist

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Wt Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
123	Bridgette Perkins	VA	48	120	Law/Fire/Military Open	0.00		55.00		0.00		55.00



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Wt Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
088	Ashley Caldwell	VA	12	88	Teenage 12-13	0.00		22.50		0.00		22.50
123	Regina Moore	VA	42	118	Masters 40-44	105.00	110.00	70.00	72.50	120.00		295.00
123	Regina Moore	VA	42	118	Open	105.00	110.00	70.00	72.50	120.00		295.00
132	Cierra Boykin	VA	32	132	Law/Fire/Military Open	0.00		47.50		0.00		47.50
132	Kelly Whitaker	VA	39	130	Open	0.00		65.00		0.00		65.00
132	Cierra Boykin	VA	32	132	Open	0.00		47.50		0.00		47.50
181	Avis Henderson	VA	58	176	Masters 55-59	72.50		65.00		117.50		255.00
198	Lucy Hawkins	VA	54	184	Law/Fire/Military Masters 50-54	52.50		55.00		100.00		207.50



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Triple Crown Classic-Raw

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Wt Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
123	Regina Moore	VA	42	118	Masters 40-44	105.00	110.00	70.00	72.50	120.00		295.00
123	Regina Moore	VA	42	118	Open	105.00	110.00	70.00	72.50	120.00		295.00
148	Maggie Rice	VA	46	136	Masters 45-49	82.50		37.50		110.00		230.00
148	Maggie Rice	VA	46	136	Open	82.50		37.50		110.00		230.00
165	Joy Hill	VA	54	159	Masters 50-54	82.50		45.00		112.50		240.00
165	Joy Hill	VA	54	159	Open	82.50		45.00		112.50		240.00
181	Avis Henderson	VA	58	176	Masters 55-59	72.50		65.00		117.50		255.00
181	Melissa Peppenhorst	VA	32	174	Open	87.50		55.00		120.00		262.50
198	Lucy Hawkins	VA	54	184	Law/Fire/Military Masters 50-54	52.50		55.00		100.00		207.50
220	Kavelle Martin	VA	29	205	Special Athlete 22 and up	30.00		32.50		77.50		140.00



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VA State - Raw

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Wt Cl	Name	State	Age	Weight	Catagory	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
123	Regina Moore	VA	42	118	Masters 40-44	105.00	110.00	70.00	72.50	120.00		295.00
123	Regina Moore	VA	42	118	Open	105.00	110.00	70.00	72.50	120.00		295.00
165	Joy Hill	VA	54	159	Masters 50-54	82.50		45.00		112.50		240.00
165	Joy Hill	VA	54	159	Open	82.50		45.00		112.50		240.00
181	Avis Henderson	VA	58	176	Masters 55-59	72.50		65.00		117.50		255.00
181	Melissa Peppenhorst	VA	32	174	Open	87.50		55.00		120.00		262.50
198	Lucy Hawkins	VA	54	184	Law/Fire/Military Masters 50-54	52.50		55.00		100.00		207.50