



AAU Powerlifting Association

Final Report of Events

Female 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
123	Bridgette Perkins	VA	48	120	Law/Fire/Military Open	0.00		55.00		0.00		55.00



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Final Report of Events

Female Lifters

East Coast Bench Press-Raw

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Wt Cl	Name	State	Age	Weight	Category	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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Final Report of Events

Female Lifters

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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Female Lifters

VA State - Raw

* Weights listed in kilograms

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



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East Coast Bench Press-Assist

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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

* Weights listed in kilograms

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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Triple Crown Classic-Assist

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Wt Cl	Name	State	Age	Weight	Category	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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Male Lifters

Triple Crown Classic-Assisted

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Wt Cl	Name	State	Age	Weight	Category	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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Male Lifters

Triple Crown Classic-Raw

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Wt Cl	Name	State	Age	Weight	Category	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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Male Lifters

Triple Crown Push-Pull Raw

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Wt Cl	Name	State	Age	Weight	Category	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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Final Report of Events

Male Lifters

VA State - Raw

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	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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Male Lifters

Push-Pull Raw

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
123	Brandon Becker		15	120	Teenage 14-15	0.00		70.00		117.50		187.50
148	Grayson Mullins		17	148	Teenage 16-17	0.00		117.50		160.00	162.50	277.50
148	Blake Louthan		17	142	Teenage 16-17	0.00		92.50		137.50		230.00
165	Stephen "DJ" Doane		15	164	Teenage 14-15	0.00		82.50		165.00		247.50
165	Frankie Gerloff		15	151	Teenage 14-15	0.00		62.50		150.00		212.50
165	Shane Reynolds		15	155	Teenage 14-15	0.00		65.00		137.50		202.50
165	Devonte Scott		16	161	Teenage 16-17	0.00		92.50		220.00		312.50
165	Justin Becker		17	165	Teenage 16-17	0.00		95.00		182.50		277.50
165	Alvin Butler		17	160	Teenage 16-17	0.00		117.50		160.00		277.50
165	Phillip Hughes		16	159	Teenage 16-17	0.00		105.00		157.50		262.50
165	Brian Walker		17	161	Teenage 16-17	0.00		90.00		132.50		222.50
165	Charles Argenzio		16	160	Teenage 16-17	0.00		92.50		125.00		217.50
165	Chance Stone		16	150	Teenage 16-17	0.00		60.00		137.50		197.50
165	Ryan Nolan		16	154	Teenage 16-17	0.00		75.00		90.00		165.00
181	Chris Patterson		15	176	Teenage 14-15	0.00		97.50		162.50		260.00
181	Michael Bazemore		15	180	Teenage 14-15	0.00		100.00		155.00		255.00
181	Chris Rowe		15	175	Teenage 14-15	0.00		75.00		147.50		222.50
181	Zachary Yates		14	173	Teenage 14-15	0.00		67.50		152.50		220.00
181	Jacob Steines		16	181	Teenage 16-17	0.00		102.50		175.00		277.50
181	William Coalson		16	172	Teenage 16-17	0.00		87.50		185.00		272.50
181	Peter Sutphin		16	176	Teenage 16-17	0.00		85.00		172.50		257.50
181	Dylan Harvey		17	170	Teenage 16-17	0.00		0.00		157.50		157.50
198	Vaughan Robinson		16	196	Teenage 16-17	0.00		160.00		232.50		392.50
198	Will Connerley		16	192	Teenage 16-17	0.00		102.50		217.50		320.00
198	Tyler Smith		17	194	Teenage 16-17	0.00		125.00		192.50		317.50
198	Johnathan Alexander		17	198	Teenage 16-17	0.00		97.50		205.00		302.50
198	Joshua Childress		17	197	Teenage 16-17	0.00		100.00		182.50		282.50
198	Anthony Teta		17	192	Teenage 16-17	0.00		97.50		152.50		250.00
198	Bruno Souza		16	192	Teenage 16-17	0.00		0.00		190.00		190.00
198	Josh Rogodzinski		18	190	Teenage 18-19	0.00		102.50		212.50		315.00
220	Brandon Adkins		15	203	Teenage 14-15	0.00		90.00		157.50		247.50
220	Tucker Walton		17	202	Teenage 16-17	0.00		115.00		210.00		325.00
220	Michael Unholz		17	210	Teenage 16-17	0.00		110.00		207.50		317.50
220	Jacob Wright		17	216	Teenage 16-17	0.00		117.50		177.50		295.00
220	Travis Stallings		16	202	Teenage 16-17	0.00		82.50		145.00		227.50
242	Brandon Robinson		15	222	Teenage 14-15	0.00		120.00		222.50		342.50
242	Cole Stout		14	235	Teenage 14-15	0.00		120.00		202.50		322.50
242	Wesley Tuck		15	222	Teenage 14-15	0.00		100.00		220.00	230.00	320.00
242	Ryan Miller		15	228	Teenage 14-15	0.00		0.00		152.50		152.50
242	Matt Doty		16	236	Teenage 16-17	0.00		122.50		220.00		342.50
242	Kyle Willemin		17	222	Teenage 16-17	0.00		105.00		180.00		285.00
275	Brian Richardson		17	260	Teenage 16-17	0.00		117.50		220.00		337.50
308	Greg Gallop		17	299	Teenage 16-17	0.00		145.00		185.00		330.00
308	Nicholas Acree		18	292	Teenage 18-19	0.00		182.50		262.50	272.50	445.00