

**2003 Richmond International
Best lifter Report
October 31 – November 2, 2003**

Female Lifters

Raw Master - Evelyn Newton
Assisted Open - Jill Meads
Assisted Master - Barbara Beasley

Male Lifters

Raw Open - Baron Dixon
Raw Master - Jack Roten
Assisted Open - Chris McCool
Assisted Master - Nester Gregory



Virginia Powerlifting Association

Final Report of Events

Female Lifters

Richmond 2003 International-Assisted

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
123	Sulmary Rodriguez	PR	20	119	Junior (20-23)	105.00		42.50		122.50		270.00
132	Barbara Beasley	VA	48	128	Lifetime / Masters (45-49)	110.00		67.50		132.50		310.00
132	Barbara Beasley	VA	48	128	Lifetime / Open	110.00		67.50		132.50		310.00
132	Barbara Beasley	VA	48	128	Masters (45-49)	110.00		67.50		132.50		310.00
132	Barbara Beasley	VA	48	128	Open	110.00		67.50		132.50		310.00
165	Jill Meads	VA	46	158	Lifetime / Masters (45-49)	140.00	142.50	65.00		140.00		345.00
165	Jill Meads	VA	46	158	Lifetime / Open	140.00	142.50	65.00		140.00		345.00
165	Jill Meads	VA	46	158	Masters (45-49)	140.00	142.50	65.00		140.00		345.00
165	Jill Meads	VA	46	158	Open	140.00	142.50	65.00		140.00		345.00
181	Giselle Costas	Puert	22	168	Junior (20-23)	172.50		92.50		215.00		480.00
181	Ellen Trevorah	FL	68	171	Lifetime / Masters (65-69)	92.50		57.50		105.00		255.00



AAU Powerlifting Association

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Male Lifters

Richmond 2003 International-Assisted

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
132	Onix Rivera-Toledo	Puert	40	132	Masters (40-44)	145.00		92.50		195.00		432.50
132	Emmanuel Rodriquez	Puert	18	131	Teenage (18-19)	172.50		90.00		192.50	201.00	455.00
165	Chris McCool	TX	31	161	Military/ Open	180.00		132.50		172.50		485.00
181	Thomas Trevorah	FL	69	181	Lifetime / Masters (65-69)	137.50		107.50		162.50		407.50
198	Christopher Hession	VA	37	193	Law/Fire/ Open	190.00		157.50		190.00		537.50
198	Christopher Hession	VA	37	193	Law/Fire/ Sub Masters (35-39)	190.00		157.50		190.00		537.50
198	Pat Aulicino	VA	53	191	Lifetime / Masters (50-54)	167.50		167.50		252.50		587.50
198	Nestor Gregory	Puert	60	193	Masters (60-64)	217.50		137.50		205.00		560.00
220	Delbert Runner	VA	46	218	Masters (45-49)	245.00		145.00		237.50		627.50



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Richmond 2003 International-Raw

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
097	Jared Fleming	NY	11	97	Kids (10-11)	92.50		50.00		110.00	115.00	252.50
123	Vincent Navarre	VA	18	117	Teenage (18-19)	107.50	110.00	87.50		137.50	142.50	332.50
148	Chris Ballance	NC	17	143	Teenage (16-17)	150.00		107.50		195.00	200.00	452.50
165	Shaun Redgate	VA	22	164	Junior (20-23)	177.50		145.00		180.00		502.50
165	Harry Pavasko	VA	17	162	Teenage (16-17)	147.50		90.00		175.00		412.50
165	Michael Wilson	VA	13	159	Youth (12-13)	80.00	97.50	60.00		117.50	122.50	257.50
181	Peter Collins	MD	10	172	Kids (10-11)	65.50		37.50		70.50		173.50
181	Frank "Yogi" Sumner	NC	54	181	Lifetime / Masters (50-54)	112.50		125.00		157.50		395.00
181	Frank "Yogi" Sumner	NC	54	181	Masters (50-54)	112.50		125.00		157.50		395.00
198	Nate Roten	NC	21	193	Junior (20-23)	235.00		150.00		272.50		657.50
198	Chris Hollingsworth	NC	20	198	Junior (20-23)	170.00		127.50		162.50		460.00
198	Oscar Rickman	VA	61	193	Lifetime / Masters (60-64)	165.00		107.50		200.00		472.50
198	Oscar Rickman	VA	61	193	Masters (60-64)	165.00		107.50		200.00		472.50
198	Wayne Pennell	NC	34	193	Open	222.50		157.50		262.50		642.50
198	Chris Hollingsworth	NC	20	198	Open	170.00		127.50		162.50		460.00
220	Jack Roten	NC	56	212	Masters (55-59)	242.50	245.00	142.50		260.00		645.00
220	Anthony Montgomery	VA	24	220	Open	185.00		130.00		205.00		520.00
242	Matt Roten	NC	23	239	Junior (20-23)	245.00		152.50		260.00		657.50
275	Ben Bowman	VA	23	262	Junior (20-23)	150.00		167.50		145.00		462.50
275	Tom Dorsey	VA	55	266	Masters (55-59)	182.50		127.50		220.00		530.00
319	Dan Bescher	VA	42	296	Lifetime / Masters (40-44)	210.00		155.00		210.00		575.00
319	Dan Bescher	VA	42	296	Masters (40-44)	210.00		155.00		210.00		575.00
319	Baron Dixon	VA	37	308	Open	285.00		197.50		282.50		765.00
319	Baron Dixon	VA	37	308	Sub Masters (35-39)	285.00		197.50		282.50		765.00



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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Evelyn Newton	VA	54	99	Lifetime / Masters (50-54)	55.00		35.00		87.50	92.50	177.50
105	Evelyn Newton	VA	54	99	Masters (50-54)	55.00		35.00		87.50	92.50	177.50
181	Betty Odom	VA	47	181	Masters (45-49)	52.50		45.00		102.50		200.00