



Virginia Powerlifting Association

Final Report of Events

Male Lifters

2003 Spring Break Bench-Raw

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
097	Jamnee Terry (bench)	NC	11	96	Kids (10-11)	0.00		30.00		0.00		30.00
097	Hakeem Foster (bench)	NC	14	90	Teenage (14-15)	0.00		27.50		0.00		27.50
105	Donterio Williams (bench)	NC	11	98	Kids (10-11)	0.00		42.50	45.00	0.00		42.50
114	Darnell Floyd (bench)	NC	16	106	Teenage (16-17)	0.00		52.50		0.00		52.50
114	Jonathan Marrow (bench)	NC	12	112	Youth (12-13)	0.00		52.50		0.00		52.50
123	Emmanuel Kearney (bench)	NC	13	118	Youth (12-13)	0.00		52.50		0.00		52.50
132	Curtis Munechika (bench)	VA	43	0	Law/Fire/Military / Masters (40-44)	0.00		0.00		0.00		0.00
132	Carlos Camacho (bench)	VA	39	132	Sub Masters (35-39)	0.00		92.50		0.00		92.50
148	William Turner (bench)	VA	60	148	Lifetime / Masters (60-64)	0.00		111.00	112.50	0.00		111.00
148	William Turner (bench)	VA	60	148	Masters (60-64)	0.00		111.00	112.50	0.00		111.00
148	Jake Carter (bench)	VA	15	144	Teenage (14-15)	0.00		97.50		0.00		97.50
148	Christopher Oliver (bench)	NC	15	143	Teenage (14-15)	0.00		65.00		0.00		65.00
148	Donvan Taylor (bench)	NC	12	138	Youth (12-13)	0.00		77.50		0.00		77.50
148	Kelly Bullock (bench)	NC	13	137	Youth (12-13)	0.00		52.50		0.00		52.50
165	Thomas Dance (bench)	VA	23	162	Junior (20-23)	0.00		125.00		0.00		125.00
165	Savey Alston (bench)	NC	11	156	Kids (10-11)	0.00		42.50		0.00		42.50
165	Thomas Dance (bench)	VA	23	162	Lifetime / Open	0.00		125.00		0.00		125.00
165	Thomas Dance (bench)	VA	23	162	Open	0.00		125.00		0.00		125.00
165	General Grant Marrow (bench)	NC	15	160	Teenage (14-15)	0.00		92.50		0.00		92.50
165	James Kearney (bench)	NC	13	154	Youth (12-13)	0.00		40.00		0.00		40.00
181	Darien Hammett (bench)	VA	30	178	Law/Fire/Military / Open	0.00		125.00		0.00		125.00
181	Richard Spangler (bench)	VA	44	0	Masters (40-44)	0.00		0.00		0.00		0.00
181	Joe Formato (bench)	VA	45	177	Masters (45-49)	0.00		127.50		0.00		127.50
181	Darien Hammett (bench)	VA	30	178	Open	0.00		125.00		0.00		125.00
181	Darin Baldwin (bench)	VA	36	176	Sub Masters (35-39)	0.00		122.50		0.00		122.50
181	Charles Brock (bench)	NC	35	0	Sub Masters (35-39)	0.00		0.00		0.00		0.00
181	Nick Caton (bench)	VA	16	180	Teenage (16-17)	0.00		102.50	105.00	0.00		102.50
198	Jim Hansen (bench)	NC	45	198	Masters (45-49)	0.00		145.00		0.00		145.00
198	Paul Kershner (bench)	VA	54	194	Masters (50-54)	0.00		100.00		0.00		100.00
198	Craig Burgess (bench)	OH	15	193	Teenage (14-15)	0.00		120.00		0.00		120.00
220	Robert Spiers (bench)	VA	61	216	Lifetime / Masters (60-64)	0.00		155.00		0.00		155.00
220	Robert Spiers (bench)	VA	61	216	Lifetime / Open	0.00		155.00		0.00		155.00
220	Ron Tuzzo (bench)	VA	45	219	Masters (45-49)	0.00		0.00		0.00		0.00
220	Robert Spiers (bench)	VA	61	216	Masters (60-64)	0.00		155.00		0.00		155.00
220	Tripp Brightwell (bench)	VA	26	215	Open	0.00		185.00		0.00		185.00
220	Robert Spiers (bench)	VA	61	216	Open	0.00		155.00		0.00		155.00
220	Bruce Miller (bench)	VA	35	202	Sub Masters (35-39)	0.00		160.00		0.00		160.00
220	Adam Caton (bench)	VA	15	209	Teenage (14-15)	0.00		97.50		0.00		97.50
220	Micah Greene (Bench)	VA	17	219	Teenage (16-17)	0.00		155.00		0.00		155.00
242	Anthony Ruffin (Bench)	VA	40	236	Masters (40-44)	0.00		195.00		0.00		195.00
242	Dallas Adams (bench)	VA	39	226	Open	0.00		190.00		0.00		190.00
242	Dallas Adams (bench)	VA	39	226	Sub Masters (35-39)	0.00		190.00		0.00		190.00
242	Randall Abbott (bench)	NC	14	238	Teenage (14-15)	0.00		67.50		0.00		67.50
242	Tyrell Jenkins (bench)	VA	18	242	Teenage (18-19)	0.00		152.50		0.00		152.50
275	Matthew McQuade (bench)	VA	44	246	Lifetime / Masters (40-44)	0.00		180.00		0.00		180.00
275	Alvin Belfield (bench)	VA	40	266	Lifetime / Masters (40-44)	0.00		170.00		0.00		170.00
275	Ray Cross (bench)		56	259	Lifetime / Masters (55-59)	0.00		148.50		0.00		148.50
275	Matthew McQuade (bench)	VA	44	246	Masters (40-44)	0.00		180.00		0.00		180.00
275	Alvin Belfield (bench)	VA	40	266	Masters (40-44)	0.00		170.00		0.00		170.00

275	Ronald Gunton (bench)	MD	71	272	Masters (70-74)	0.00		95.00		0.00		95.00
319	Walter "Truck" Ferguso	NC	47	280	Lifetime / Masters (45-49)	0.00		157.50		0.00		157.50
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SHW	Larry Hicks (bench)	VA	45	346	Masters (45-49)	0.00		172.50		0.00		172.50