

BEST LIFTERS - EAST COAST BENCH PRESS

Raw Open Female - Delores Grimes

Raw Master Female - Jennifer Johnson

Raw Open Male - David Wilson

Raw Master Male - Roger Ernst

Assisted Open Female - Angela Mamola

Assisted Open Male - Adam Mamola

Assisted Master Male - Michael Bradley



AAU Powerlifting Association

Final Report of Events

Male Lifters

East Coast Assisted-Bench Press

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
181	Adam Mamola	VA	26	179	Open	0.00		200.00		0.00		200.00
198	Del Conway	SC	56	186	Law/Fire/ Masters (55-59)	0.00		140.00		0.00		140.00
198	Lewis Brodie	NC	55	185	Lifetime / Masters (55-59)	0.00		160.00	162.50	0.00		160.00
198	Del Conway	SC	56	186	Lifetime / Masters (55-59)	0.00		140.00		0.00		140.00
275	Michael Bradley	VA	46	250	Masters (45-49)	0.00		222.50		0.00		222.50
275	Edward Boyd	VA	47	260	Masters (45-49)	0.00		165.00		0.00		165.00
275	Chris Felix	MD	39	273	Open	0.00		200.00		0.00		200.00
275	Chris Felix	MD	39	273	Sub Masters (35-39)	0.00		200.00		0.00		200.00



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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
132	Evan White	SC	20	128	Junior (20-23)	0.00		55.00		0.00		55.00
148	William Turner	VA	61	148	Lifetime / Masters (60-64)	0.00		110.00		0.00		110.00
148	David Wilson (bench)	VA	46	145	Lifetime / Open	0.00		147.50		0.00		147.50
148	David Wilson (bench)	VA	46	145	Masters (45-49)	0.00		147.50		0.00		147.50
148	David Wilson (bench)	VA	46	145	Open	0.00		147.50		0.00		147.50
165	Thomas Dance	VA	24	165	Lifetime / Open	0.00		115.00		0.00		115.00
165	Ralph Tanksley	VA	43	151	Military/ Masters (40-44)	0.00		102.50		0.00		102.50
165	Thomas Dance	VA	24	165	Open	0.00		115.00		0.00		115.00
165	Jason Lebedz	NJ	17	162	Teenage (16-17)	0.00		130.00	132.50	0.00		130.00
181	Eric Walters	VA	17	180	Teenage (16-17)	0.00		102.50		0.00		102.50
198	Corey Dabney	VA	34	186	Lifetime / Open	0.00		127.50		0.00		127.50
198	Corey Dabney	VA	34	186	Military/ Open	0.00		127.50		0.00		127.50
220	Nate Jamison	MD	34	220	Lifetime / Open	0.00		137.50		0.00		137.50
220	Andre McCullough	MD	27	204	Lifetime / Open	0.00		135.00		0.00		135.00
220	William Thacker	VA	31	204	Military/ Open	0.00		155.00		0.00		155.00
220	Anthony Jones	VA	37	203	Military/ Sub Masters (35-39)	0.00		172.50		0.00		172.50
220	Teddy Russell	VA	37	212	Sub Masters (35-39)	0.00		190.00		0.00		190.00
242	Matthew McQuade	VA	45	242	Lifetime / Masters (45-49)	0.00		175.00		0.00		175.00
242	Harold Davis	NC	50	231	Lifetime / Masters (50-54)	0.00		110.00		0.00		110.00
242	George Prue	DC	57	237	Lifetime / Masters (55-59)	0.00		155.00		0.00		155.00
242	Dallas Adams	VA	40	228	Masters (40-44)	0.00		195.00	196.00	0.00		195.00
242	Matthew McQuade	VA	45	242	Masters (45-49)	0.00		175.00		0.00		175.00
242	Roger Ernst	VA	60	231	Masters (60-64)	0.00		157.50		0.00		157.50
242	Dallas Adams	VA	40	228	Open	0.00		195.00	196.00	0.00		195.00
275	General Marrow Sr	NC	41	259	Lifetime / Masters (40-44)	0.00		130.00		0.00		130.00
275	Shawn Malone	VA	33	250	Open	0.00		155.00		0.00		155.00
308	Walter "Truck" Ferguso	NC	48	286	Lifetime / Masters (45-49)	0.00		160.00		0.00		160.00
308	William Marrow Sr	NC	35	297	Lifetime / Sub Masters (35-39)	0.00		117.50		0.00		117.50
308	Walter "Truck" Ferguso	NC	48	286	Masters (45-49)	0.00		160.00		0.00		160.00



Virginia Powerlifting Association

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Female Lifters

East Coast Assisted-Bench Press

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
114	Angela Mamola	VA	27	106	Open	0.00		67.50		0.00		67.50



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148	Michelle Condrey	VA	21	138	Junior (20-23)	0.00		45.00		0.00		45.00
148	Delores Grimes	VA	30	139	Lifetime / Open	0.00		45.00		0.00		45.00
148	Christina Parker	VA	36	140	Lifetime / Sub Masters (35-39)	0.00		30.00		0.00		30.00
148	Delores Grimes	VA	30	139	Military/ Open	0.00		45.00		0.00		45.00
148	Monique Vaughter	VA	36	136	Military/ Sub Masters (35-39)	0.00		50.00		0.00		50.00
148	Delores Grimes	VA	30	139	Open	0.00		45.00		0.00		45.00
165	Jennifer Johnson	VA	43	163	Military/ Masters (40-44)	0.00		75.00		0.00		75.00
165	Jeanette Bell	NC	44	165	Military/ Masters (40-44)	0.00		45.00		0.00		45.00
165	Tonya Elliott	VA	30	164	Military/ Open	0.00		37.50		0.00		37.50
198	Lucy Hawkins	VA	48	190	Military/ Masters (45-49)	0.00		60.00		0.00		60.00