

2004 Spring Break Classic Bench Press Meet Best Lifters:

Best Female Open Raw -	Kim Wood
Best Male Master Assisted -	Steve Jaffee
Best Male Open Raw -	Dallas Adams
Best Male Master Raw -	William Thacker



Virginia Powerlifting Association

Final Report of Events

Female Lifters

Spring Break Raw Bench 2004

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
132	Kim Wood	VA	18	129	Open	0.00		42.50		0.00		42.50
132	Kim Wood	VA	18	129	Teenage (18-19)	0.00		42.50		0.00		42.50
198	America Marrow	NC	18	190	Teenage (18-19)	0.00		52.50	55.00	0.00		52.50



AAU Powerlifting Association

Final Report of Events

Male Lifters

Spring Break Assisted Bench 2004

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
181	Steve Jaffe	VA	40	181	Masters (40-44)	0.00		160.00		0.00		160.00



AAU Powerlifting Association

Final Report of Events

Male Lifters

Spring Break Raw Bench 2004

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Seth Tavera-Bench	MD	11	104	Kids (10-11)	0.00		25.00		0.00		25.00
105	Hakeem Foster	NC	15	103	Teenage (14-15)	0.00		47.50		0.00		47.50
123	Michael Lewis	NC	10	118	Kids (10-11)	0.00		25.00		0.00		25.00
123	Darnell Floyd	NC	17	118	Teenage (16-17)	0.00		55.00		0.00		55.00
148	Tommy Warren	NC	11	137	Kids (10-11)	0.00		40.00		0.00		40.00
148	Kym Richardson	NC	15	138	Teenage (14-15)	0.00		62.50		0.00		62.50
148	Jonathan Marrow	NC	13	137	Youth (12-13)	0.00		70.00		0.00		70.00
165	Thomas Dance	VA	24	165	Lifetime / Open	0.00		115.00		0.00		115.00
165	Thomas Dance	VA	24	165	Open	0.00		115.00		0.00		115.00
165	Jason Lebedz	NJ	17	160	Teenage (16-17)	0.00		120.00		0.00		120.00
165	General Grant Marrow	NC	16	165	Teenage (16-17)	0.00		105.00		0.00		105.00
165	Christopher Oliver	NC	16	154	Teenage (16-17)	0.00		75.00		0.00		75.00
181	James Gardner	VA	30	176	Military/ Open	0.00		140.00		0.00		140.00
181	Darien Hammett	VA	31	180	Military/ Open	0.00		132.50		0.00		132.50
181	James Gardner	VA	30	176	Open	0.00		140.00		0.00		140.00
181	Darien Hammett	VA	31	180	Open	0.00		132.50		0.00		132.50
198	Peter Collins-Bench	MD	11	184	Kids (10-11)	0.00		40.00	41.00	0.00		40.00
198	William Thacker	VA	31	194	Military/ Open	0.00		160.00		0.00		160.00
198	Anthony Jones	VA	37	195	Military/ Sub Masters (35-39)	0.00		175.00		0.00		175.00
198	Anthony Jones	VA	37	195	Sub Masters (35-39)	0.00		175.00		0.00		175.00
198	Donvan Taylor	NC	13	183	Youth (12-13)	0.00		92.50	95.00	0.00		92.50
198	Kiron Glover	NC	13	186	Youth (12-13)	0.00		52.50		0.00		52.50
220	Ron Tuzzo	VA	46	218	Masters (45-49)	0.00		145.00		0.00		145.00
220	Darius Richardson	NC	13	200	Youth (12-13)	0.00		55.00		0.00		55.00
242	Matthew McQuade	VA	45	235	Lifetime / Masters (45-49)	0.00		167.50		0.00		167.50
242	Dallas Adams	VA	40	226	Masters (40-44)	0.00		190.00		0.00		190.00
242	Matthew McQuade	VA	45	235	Masters (45-49)	0.00		167.50		0.00		167.50
242	Randall Abbott	NC	15	242	Teenage (14-15)	0.00		65.00		0.00		65.00
275	Alvin Belfield	VA	40	268	Lifetime / Masters (40-44)	0.00		172.50		0.00		172.50
275	Alvin Belfield	VA	40	268	Masters (40-44)	0.00		172.50		0.00		172.50
275	Ronald Gunton	MD	72	266	Masters (70-74)	0.00		97.50		0.00		97.50
275	Alvin Belfield	VA	40	268	Open	0.00		172.50		0.00		172.50
308	Walter "Truck" Ferguso	NC	48	285	Lifetime / Masters (45-49)	0.00		160.00	165.00	0.00		160.00
308	Walter "Truck" Ferguso	NC	48	285	Masters (45-49)	0.00		160.00	165.00	0.00		160.00
SHW	Larry Hicks	VA	46	340	Lifetime / Masters (45-49)	0.00		162.50		0.00		162.50
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