

## **2004 Triple Crown Powerlifting Meet Best Lifters:**

Best Female Master Assisted -	Lynn Nelson
Best Female Master Raw -	Evelyn Newton
Best Male Open Assisted -	Michael Neal
Best Male Open Raw -	Tommy Williams
Best Male Master Raw -	James Alston



# Virginia Powerlifting Association

## Final Report of Events

### Female Lifters

#### Triple Crown Assisted 2004

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
165	Lynne Nelson	VA	45	158	Masters (45-49)	150.00		95.00		202.50		447.50



# Virginia Powerlifting Association

## Final Report of Events

### Female Lifters

#### Triple Crown Raw 2004

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
088	Victoria Vasquez	MD	7	88	Kids (6-7)	30.00	32.50	26.00	26.50	35.00		91.00
105	Evelyn Newton	VA	54	100	Lifetime / Masters (50-54)	55.00		37.50		97.50		190.00
105	Evelyn Newton	VA	54	100	Masters (50-54)	55.00		37.50		97.50		190.00
148	Annette Posey	VA	40	139	Masters (40-44)	70.00		47.50		107.50		225.00
148	Genny Caton	VA	47	146	Masters (45-49)	87.50		67.50		132.50		287.50



# AAU Powerlifting Association

## Final Report of Events

### Male Lifters

#### Triple Crown Assisted 2004

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
275	Gary Staley	NC	24	252	Open	205.00		182.50		250.00		637.50
SHW	Michael Neal	NC	35	380	Open	367.50		287.50		300.00		955.00



# AAU Powerlifting Association

## Final Report of Events

### Male Lifters

#### Triple Crown Raw 2004

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Seth Tavera	MD	11	104	Kids (10-11)	30.00		22.50		52.50		105.00
181	John Miller	VA	72	177	Lifetime / Masters (70-74)	47.50		52.50		95.00		195.00
181	Ted Hoffman	VA	43	178	Masters (40-44)	85.00		105.00		195.00		385.00
181	Joe Formato	VA	46	177	Masters (45-49)	160.00		122.50		205.00		487.50
181	James Alston	VA	51	180	Masters (50-54)	202.50		112.50		227.50		542.50
198	Peter Collins	MD	11	184	Kids (10-11)	62.50		37.50		72.50		172.50
198	Wallace Barnett, Jr.	VA	62	189	Lifetime / Masters (60-64)	137.50		115.00		187.50		440.00
198	Tommy Williams	MD	42	194	Masters (40-44)	182.50		145.00		272.50		600.00
198	Wallace Barnett, Jr.	VA	62	189	Masters (60-64)	137.50		115.00		187.50		440.00
198	Tommy Williams	MD	42	194	Open	182.50		145.00		272.50		600.00
198	Charles Bristow	VA	29	195	Open	110.00		107.50		207.50		425.00
198	Thomas Proctor	MD	12	188	Youth (12-13)	27.50		30.00		55.00		112.50
220	Michael Baugham	VA	32	210	Open	170.00		142.50		205.00		517.50
220	Tom Wajack	VA	27	211	Open	195.00		125.00		170.00		490.00
220	Shawn Mills	VA	17	207	Teenage (16-17)	157.50		102.50		182.50		442.50