

## **2004 Virginia State Powerlifting Championships Best Lifters:**

Best Female Open Assisted -	Barbara Beasley
Best Female Masters Assisted -	Barbara Beasley
Best Female Master Raw -	Evelyn Newton
Best Male Open Assisted -	Michael McNulty
Best Male Master Assisted -	Edward Boyd
Best Male Open Raw -	Oscar Rickman
Best Male Master Raw -	Miles Baker



# Virginia Powerlifting Association

## Final Report of Events

### Female Lifters

#### VA State Assisted 2004

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
132	Barbara Beasley	VA	49	128	Masters (45-49)	100.00		70.00		132.50		302.50
132	Barbara Beasley	VA	49	128	Open	100.00		70.00		132.50		302.50



# Virginia Powerlifting Association

## Final Report of Events

### Female Lifters

#### VA State Raw 2004

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
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
123	Sherri Fosdick	VA	38	120	Sub Masters (35-39)	75.00		50.00		82.50		207.50



# AAU Powerlifting Association

## Final Report of Events

### Male Lifters

#### VA State Assisted 2004

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
198	Michael McNulty	VA	37	196	Lifetime / Open	227.50		140.00		260.00		627.50
198	Michael McNulty	VA	37	196	Lifetime / Sub Masters (35-39)	227.50		140.00		260.00		627.50
275	Edward Boyd	VA	47	261	Masters (45-49)	165.00		162.50		220.00		547.50



# AAU Powerlifting Association

## Final Report of Events

### Male Lifters

#### VA State Raw 2004

\* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
097	Jordan Walters	VA	12	90	Youth (12-13)	57.50		30.00		70.00		157.50
148	Jason Walters	VA	12	140	Youth (12-13)	97.50		62.50		137.50		297.50
165	Steve Foster	VA	50	164	Masters (50-54)	132.50		85.00		170.00		387.50
181	Ralph Hague	VA	39	179	Sub Masters (35-39)	162.50		115.00		215.00		492.50
181	Kurt VonBargen	VA	18	178	Teenage (18-19)	167.50		130.00		205.00		502.50
198	Wallace Barnett, Jr.	VA	62	189	Lifetime / Masters (60-64)	137.50		115.00		187.50		440.00
198	Oscar Rickman	VA	61	187	Masters (60-64)	155.00		102.50		197.50		455.00
198	Oscar Rickman	VA	61	187	Open	155.00		102.50		197.50		455.00
220	Miles Baker	VA	49	214	Masters (45-49)	248.50		167.50		272.50		688.50
275	Dalee Thomas	VA	49	270	Masters (45-49)	142.50		147.50		237.50		527.50