



AAU Powerlifting Association

Final Report of Events

Male Lifters

Virginia State-Assisted

* Weights listed in kilograms

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
220	Michael Bennett	VA	43	215	Lifetime / Masters (40-44)	215.00		175.00		317.50	322.50	707.50
220	Kenneth Spitzer	VA	35	216	Lifetime / Open	272.50		210.00		257.50		740.00
220	Kenneth Spitzer	VA	35	216	Lifetime / Sub Masters (35-39)	272.50		210.00		257.50		740.00
242	Brian Self	VA	34	242	Lifetime / Open	310.00		210.00		272.50		792.50
275	Dalee Thomas	VA	50	257	Lifetime / Masters (50-54)	97.50		125.00		207.50		430.00
275	Dalee Thomas	VA	50	257	Masters (50-54)	97.50		125.00		207.50		430.00



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Male Lifters

Virginia State-Raw

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
123	Dustin Eckel	VA	15	122	Teenage (14-15)	105.00		62.50		140.00		307.50
165	Andrew McGowan	VA	18	163	Teenage (18-19)	192.50		112.50		207.50		512.50
181	Michael Wilson	VA	15	172	Teenage (14-15)	145.00		100.00		182.50		427.50
198	Wallace Barnett, Jr.	VA	63	192	Lifetime / Masters (60-64)	65.00		100.00		142.50		307.50
275	David Wood	VA	43	269	Lifetime / Masters (40-44)	215.00		140.00		202.50		557.50