



Virginia Powerlifting Association

Final Report of Events

Female Lifters

Spring Break Bench-Raw

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
123	Jennifer Tossas	VA	26	119	Military/ Open	0.00		104.72	110.23	0.00		104.72
148	Barbara Beasley	VA	50	137	Lifetime / Masters (50-54)	0.00		137.79	143.30	0.00		137.79
148	Barbara Beasley	VA	50	137	Lifetime / Open	0.00		137.79	143.30	0.00		137.79
148	Barbara Beasley	VA	50	137	Masters (50-54)	0.00		137.79	143.30	0.00		137.79
148	Monique Vaughter	VA	37	139	Military/ Sub Masters (35-39)	0.00		121.25		0.00		121.25
148	Barbara Beasley	VA	50	137	Open	0.00		137.79	143.30	0.00		137.79
165	Jennifer Johnson	VA	44	164	Military/ Masters (40-44)	0.00		170.86		0.00		170.86
198	Lucy Hawkins	VA	49	198	Masters (45-49)	0.00		143.30		0.00		143.30
198	Lucy Hawkins	VA	49	198	Military/ Masters (45-49)	0.00		143.30		0.00		143.30
198+	Leontyne Marrow	NC	41	398	Lifetime / Masters (40-44)	0.00		159.83	170.86	0.00		159.83
198+	Ylander Ross	VA	38	226	Sub Masters (35-39)	0.00		176.37		0.00		176.37
198+	America Marrow	NC	19	199	Teenage (18-19)	0.00		132.28		0.00		132.28



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Female Lifters

Triple Crown-Assisted

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
165	Kimberly Walford	NJ	26	150	Open	369.27		248.02		512.57		1129.86



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Female Lifters

Triple Crown-Raw

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Evelyn Newton	VA	55	99	Lifetime / Masters (55-59)	93.70		77.16		192.90		363.76
105	Evelyn Newton	VA	55	99	Masters (55-59)	93.70		77.16		192.90		363.76
114	Heidi Yerby	VA	24	114	Open	192.90		115.74		259.04		567.68
148	Annette Posey	VA	41	138	Lifetime / Open	170.86		104.72		220.46		496.04
148	Ruth Souders	MD	42	142	Masters (40-44)	225.97		126.76		275.58		628.31
165	Danene Washington	VA	48	165	Masters (45-49)	203.93		154.32		303.13		661.38
198	Megan Culver	MD	12	188	Youth (12-13)	137.79		82.67		187.39		407.85
198+	Yvonne Pierrello	VA	35	208	Sub Masters (35-39)	198.41		143.30		303.13	319.67	644.85



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Female Lifters

Virginia State-Raw

* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Evelyn Newton	VA	55	99	Lifetime / Masters (55-59)	93.70		77.16		192.90		363.76
105	Evelyn Newton	VA	55	99	Masters (55-59)	93.70		77.16		192.90		363.76
114	Susan Renzulli	VA	52	108	Masters (50-54)	132.28		77.16		181.88		391.32
114	Heidi Yerby	VA	24	114	Open	192.90		115.74		259.04		567.68
165	Danene Washington	VA	48	165	Masters (45-49)	203.93		154.32		303.13		661.38
198+	Yvonne Pierrello	VA	35	208	Sub Masters (35-39)	198.41		143.30		303.13	319.67	644.85