



# AAU Powerlifting Association

## Final Report of Events

### Male Lifters

#### Spring Break Bench-Assisted

\* Weights listed in Pounds

Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
165	Neil Rigney	NJ	18	162	Military/ Teenage (18-19)	0.00		336.20		0.00		336.20
165	Neil Rigney	NJ	18	162	Teenage (18-19)	0.00		336.20		0.00		336.20



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#### Spring Break Bench-Raw

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
114	Hakeem Foster	NC	16	106	Teenage (16-17)	0.00		126.76		0.00		126.76
114	Thomas "Martell" Ragla	NC	12	106	Youth (12-13)	0.00		60.63		0.00		60.63
123	Derrick Cheese	NC	13	122	Youth (12-13)	0.00		93.70	99.21	0.00		93.70
132	Dominique Harris	NC	13	125	Youth (12-13)	0.00		132.28		0.00		132.28
132	Dominique Richards	NC	12	132	Youth (12-13)	0.00		77.16		0.00		77.16
148	Paul Dubose	NC	59	148	Masters (55-59)	0.00		242.51		0.00		242.51
148	Samuel Talley	NC	14	144	Teenage (14-15)	0.00		143.30		0.00		143.30
148	Corey Cannady	NC	13	145	Youth (12-13)	0.00		93.70		0.00		93.70
165	Ralph Tanksley	VA	44	165	Military/ Masters (40-44)	0.00		242.51	248.02	0.00		242.51
165	Jonathan Marrow	NC	14	164	Teenage (14-15)	0.00		181.88		0.00		181.88
165	Sean Madrid (bench)	PA	16	162	Teenage (16-17)	0.00		192.90		0.00		192.90
165	Christopher Oliver	NC	17	153	Teenage (16-17)	0.00		170.86		0.00		170.86
165	Tommy Warren	NC	13	158	Youth (12-13)	0.00		121.25		0.00		121.25
181	Thomas Dance	VA	25	177	Lifetime / Open	0.00		288.80	300.93	0.00		288.80
181	Vladimir Tarabay	VA	49	181	Masters (45-49)	0.00		325.18		0.00		325.18
181	James Gardner IV	VA	31	181	Military/ Open	0.00		319.67		0.00		319.67
181	James Gardner IV	VA	31	181	Open	0.00		319.67		0.00		319.67
181	Thomas Dance	VA	25	177	Open	0.00		288.80	300.93	0.00		288.80
181	General Grant Marrow,II	NC	17	180	Teenage (16-17)	0.00		225.97		0.00		225.97
198	William Thacker	VA	32	188	Military/ Open	0.00		374.78		0.00		374.78
198	Corey Dabney	VA	35	187	Military/ Open	0.00		303.13		0.00		303.13
198	Corey Dabney	VA	35	187	Military/ Sub Masters (35-39)	0.00		303.13		0.00		303.13
198	Corey Dabney	VA	35	187	Sub Masters (35-39)	0.00		303.13		0.00		303.13
198	Kiron Glover	NC	14	183	Teenage (14-15)	0.00		154.32		0.00		154.32
198	Michael Jones	NC	15	182	Teenage (14-15)	0.00		121.25		0.00		121.25
220	Melvin Lewis	VA	45	208	Masters (45-49)	0.00		314.16		0.00		314.16
220	Anthony Jones	VA	38	206	Military/ Sub Masters (35-39)	0.00		369.27		0.00		369.27
220	Nate Jamison	MD	35	216	Sub Masters (35-39)	0.00		303.13		0.00		303.13
220	Darius Richardson	NC	14	216	Teenage (14-15)	0.00		159.83		0.00		159.83
220	Markell Chavis	NC	13	0	Youth (12-13)	0.00		0.00		0.00		0.00
242	Robert Fleischauer	VA	32	236	Law/Fire/ Open	0.00		341.71		0.00		341.71
242	Dallas Adams	VA	41	228	Masters (40-44)	0.00		418.87		0.00		418.87
242	Timothy Norman	VA	36	224	Military/ Sub Masters (35-39)	0.00		259.04		0.00		259.04
242	Donovan Taylor	NC	14	230	Teenage (14-15)	0.00		259.04		0.00		259.04
275	Alvin Belfield	VA	42	272	Lifetime / Masters (40-44)	0.00		374.78		0.00		374.78
275	Matthew McQuade	VA	46	258	Lifetime / Masters (45-49)	0.00		399.03		0.00		399.03
275	Alvin Belfield	VA	42	272	Lifetime / Open	0.00		374.78		0.00		374.78
275	Alvin Belfield	VA	42	272	Masters (40-44)	0.00		374.78		0.00		374.78
275	Matthew McQuade	VA	46	258	Masters (45-49)	0.00		399.03		0.00		399.03
275	Alvin Belfield	VA	42	272	Open	0.00		374.78		0.00		374.78
308	General Marrow, Sr.	NC	41	282	Lifetime / Masters (40-44)	0.00		325.18		0.00		325.18
308	Walter "Truck" Ferguso	NC	49	286	Lifetime / Masters (45-49)	0.00		352.74		0.00		352.74
308	Walter "Truck" Ferguso	NC	49	286	Lifetime / Open	0.00		352.74		0.00		352.74



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#### Triple Crown-Assisted

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
097	William Wright	NC	14	97	Teenage (14-15)	198.41		104.72		203.93		507.06
181	James Pruitte	nc	31	176	Open	374.78		325.18		440.92		1140.88
220	Michael Bennett	VA	43	215	Masters (40-44)	473.99		385.81		699.96	710.98	1559.75
242	Robert Hickman	MD	29	242	Open	545.64		363.76		551.15		1460.55
242	Nicholas Nickerson	NC	14	242	Teenage (14-15)	347.22		203.93		352.74		903.89
275	Dalee Thomas	VA	50	257	Lifetime / Masters (50-54)	214.95		275.58		457.45		947.98
275	Dalee Thomas	VA	50	257	Masters (50-54)	214.95		275.58		457.45		947.98
275	Robert Dennis	NC	27	274	Open	650.36		501.55		650.36		1802.26



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#### Triple Crown-Raw

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Wt Cl	Name	State	Age	Weight	Category	Squat	4th	Bench	4th	Deadlift	4th	Total Weight
105	Connor Dantzler (105)	MD	11	104	Kids (10-11)	71.65		55.12		154.32		281.09
114	Connor Dantzler (114)	MD	11	104	Open	71.65		55.12		154.32		281.09
123	Dustin Eckel	VA	15	122	Teenage (14-15)	231.48		137.79		308.64		677.91
165	Lee Gaugler	VA	30	163	Lifetime / Open	330.69		281.09		385.81		997.58
165	John Polak	WV	46	164	Masters (45-49)	457.45		330.69		512.57		1300.71
165	Jake Carter	VA	17	162	Teenage (16-17)	369.27		248.02		435.41		1052.70
165	Sean Madrid	PA	16	162	Teenage (16-17)	275.58		203.93		363.76		843.26
165	Andrew McGowan	VA	18	163	Teenage (18-19)	424.39		248.02		457.45		1129.86
181	John Felletter	Ct	47	178	Lifetime / Masters (45-49)	363.76		209.44		429.90		1003.09
181	Michael Wilson	VA	15	172	Teenage (14-15)	319.67		220.46		402.34		942.47
198	David Nixon	VA	52	193	Lifetime / Masters (50-54)	314.16		214.95		347.22		876.33
198	Wallace Barnett, Jr.	VA	63	192	Lifetime / Masters (60-64)	143.30		220.46		314.16		677.91
198	Tommy Williams	MD	43	193	Masters (40-44)	402.34		248.02		314.16		964.51
198	Lou Prestipino	VA	45	196	Masters (45-49)	424.39		292.11		451.94		1168.44
198	Tommy Williams	MD	43	193	Open	402.34		248.02		314.16		964.51
220	Peter Collins	MD	12	217	Youth (12-13)	132.28		110.23		198.41		440.92
220	Thomas Proctor	MD	13	210	Youth (12-13)	126.76		93.70		165.35		385.81
242	Richard Williams	MD	39	238	Military/ Open	402.34		303.13		435.41		1140.88
242	Richard Williams	MD	39	238	Military/ Sub Masters (35-39)	402.34		303.13		435.41		1140.88
242	Mark Bowne	PA	16	241	Teenage (16-17)	369.27		336.20	358.25	473.99		1179.46
275	David Wood	VA	43	269	Masters (40-44)	473.99		308.64		446.43		1229.06



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### Male Lifters

#### Virginia State-Assisted

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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)	473.99		385.81		699.96	710.98	1559.75
220	Kenneth Spitzer	VA	35	216	Lifetime / Open	600.75		462.97		567.68		1631.40
220	Kenneth Spitzer	VA	35	216	Lifetime / Sub Masters (35-39)	600.75		462.97		567.68		1631.40
242	Brian Self	VA	34	242	Lifetime / Open	683.43		462.97		600.75		1747.15
275	Dalee Thomas	VA	50	257	Lifetime / Masters (50-54)	214.95		275.58		457.45		947.98
275	Dalee Thomas	VA	50	257	Masters (50-54)	214.95		275.58		457.45		947.98



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#### 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)	231.48		137.79		308.64		677.91
165	Andrew McGowan	VA	18	163	Teenage (18-19)	424.39		248.02		457.45		1129.86
181	Michael Wilson	VA	15	172	Teenage (14-15)	319.67		220.46		402.34		942.47
198	Wallace Barnett, Jr.	VA	63	192	Lifetime / Masters (60-64)	143.30		220.46		314.16		677.91
275	David Wood	VA	43	269	Lifetime / Masters (40-44)	473.99		308.64		446.43		1229.06