

100% RAW Mid Atlantic Regional Zion Crossroads
23-Sep-17

Name	State/Age	Division	WtCls	Body WT	Squat	Bench Press	Deadlift	Total
Andrea Kawano	MD-37	35-39	114	112.4	90	52.5	122.5	265
Laura Siegle	VA-27	Open	123	120.3	85	50	140	275
Kinsley Heywood	VA-12	12*13	123	122	25	20	45	90
Jennifer Minella	NC-38	Open	132	131.2	117.5	60	132.5	310
Morgan Shetler	VA-28	Open	132	125.9	110	65	117.5	292.5
Heather Collins	MD-34	Open	132	130.3	100	57.5	110	267.5
Jennifer Minella	NC-38	35-39	132	131.2	117.5	60	132.5	310
Nik Thompkins-Flagg	MD-30	Open	148	138.8	110	62.5	125	297.5
Christina Marks	VA-31	Open	148	143.7	97.5	62.5	127.5	287.5
Faith Walker	VA-23	Open	148	142.9	97.5	55	105	257.5
Maria Rojas	VA-29	Open	165	157.2	130	72.5	140	342.5
Sarah Mooney	MD-27	Open	165	161.5	77.5	37.5	102.5	217.5
Myra Luck	VA-40	40-44	165	162.8	112.5	57.5	140	310
Karen Zamostny	MD-49	Open	181	173.5	125	72.5	137.5	335
McKenzie Swinson	VA-17	16-17	181	167.7	72.5	40	80	192.5
Karen Zamostny	MD-49	45-49	181	173.5	125	72.5	137.5	335
Jessica Newcomb	VA-36	35-39	198	185.8	70	45	70	185
Ebony Jones	MD-28	Open	198+	238.3	150	77.5	182.5	410
Hope Lancaster	MD-25	Open	198+	228.3	137.5	60	145	342.5
Venus Lanham	MD-46	45-49	198+	228.2	105	62.5	120	287.5
Name	State/Age	Division	WtCls	Body WT	Squat	Bench Press	Deadlift	Total
Austin Swinson	VA-15	14-15	132	132	75	50	90	215
Kevin Smith	NC-32	Open	132	130.7	95	70	167.5	332.5
David Minella	NC-41	Open	165	163.2	185	115	200	500
Michael Terrero	VA-36	35-39	165	165	152.5	100	155	407.5
David Minella	NC-41	40-44	165	163.2	185	115	200	500
Joshua Christensen	VA-31	Open	181	177.7	152.5	135	195	482.5
Randy Price	VA-52	50-54	181	176.9	137.5	100	192.5	430
Seth Riley	VA-25	Open	198	198.2	187.5	147.5	227.5	562.5
Arthur Gingrande	MA-72	70-74	198	185.1	45	107.5	92.5	245
Derek Dickinson	VA-28	Open	220	218.1	265	195	297.5	757.5
Luis Garcia	VA-34	Open	220	211.6	212.5	127.5	215	555
Austin Heywood	VA-14	14-15	242	226.7	50	60	95	205
Craig Heywood	VA-45	45-49	275	252.7	135	130	192.5	457.5
John Hunter-Cevera	MD-29	Open	308	287.7	220	157.5	272.5	650
Robert Gains	VA-54	50-54	SHW	321.1	227.5	200	255	682.5
Name	State/Age	Division	WtCls	Body WT		Bench Press		
Kristianne Bebout	NC-54	50-54	198	198.1		62.5		
Jason Leavitt	VA-53	50-54	148	145.2		122.5		
George Briggs	VA-24	20-24	198	194.7		140		
Arthur Gingrande	MA-72	70-74	198	185.1		62.5		
Jimmie Winters	VA-36	35-39	220	218.2		125		
Robert Gains	VA-54	50-54	SHW	321.1		200		
Name	State/Age	Division	WtCls	Body WT		Deadlift		
Keri Davis	VA-27	Open	105	100.5		125		
Barrie Zucal	MD-71	70-74	148	147.1		80		
Matthew Holtry	NC-39	Open	198	190.1		245		
Matthew Holtry	NC-39	35-39	198	190.1		245		
John Niedzwick	VA-69	65-69	198	196.4		180		
Bud Koval	VA-70	70-74	198	190.6		200		
Ben Wilson	VA-25	Open	275	267.3		250		
Ben Wilson	VA-25	P/F/M	275	267.3		250		
Bob Shirley	VA-64	60-64	308	281.3		187.5		

