

100% RAW Show of Strength Vienna, Va August 19, 2017

Name	State/Age	Division	Body Wt	Wt Class	Squat	Bench	Deadlift	Total
Female								
Kim Capers	MD-38	35-39	129.70	132	87.50	57.50	130.50	275.50
Kim Radder	VA-59	55-59	132.00	132	55.00	40.00	90.00	185.00
Linda Leightley	VA-72	70-74	132.00	132	75.00	40.00	117.50	232.50
Eman Mahmud	DC-28	Open	154.10	165	87.50	47.50	100.00	235.00
Mona Espinosa	VA-35	35-39	154.10	165	80.00	67.50	125.00	272.50
Brittany Turner	VA-26	Open	179.00	181	92.50	57.50	132.50	282.50
Ogechi Akalegbere	MD-29	Open	193.90	198	185.00	105.00	197.50	487.50
Male								
Al Nie	MD-14	14-15	146.10	148	110.00	60.00	140.00	310.00
Adam Silverman	NY-23	20-24	145.80	148	147.50	107.50	227.50	482.50
Nicholas Holmes	MD-14	14-15	161.50	165	80.00	77.50	132.50	290.00
Shareer Bhatti	VA-17	16-17	173.50	181	195.00	135.00	245.00	575.00
Cory Palumbo	VA-26	Open	239.20	242	227.50	185.00	260.00	672.50
Jim Prendergast	NY -55	55-59	285.00	308	150.00	115.00	192.50	457.50
Name	State/Age	Division	Body Wt	Wt Class		Bench	4th	
Kerry Self	VA-43	40-44	123.20	123		81.50	82.5	
Catherine Reynolds	VA-17	16-17	131.10	132		66.50		
Kim Capers	MD-38	35-39	129.70	132		57.50		
Mona Espinosa	VA-35	35-39	154.10	165		67.50		
Jason Leavitt	VA-52	50-54	150.80	165		115.00		
Colson Bishop	NC-13	12*13	154.40	165		92.50		
Randy Elbert	MD-47	Open	196.10	198		145.00		
Ronald Hughes	VA-23	20-24	195.50	198		125.00		
Randy Elbert	MD-47	45-49	196.10	198		145.00		
Ray Jones	VA-50	50-54	195.10	198		142.50		
Charles Schoenberg	VA-43	40-44	216.00	220		157.50		
Tom Reumont	MD-52	50-54	216.00	220		165.00		
Jerome Odie	VA-36	Open	230.00	242		237.50		
Mike Eaton	MD-41	Open	238.20	242		182.50		
George Lapchak	MD-43	40-44	235.90	242		147.50		
Robert Dillingham	VA-37	35-39	262.00	275		195.00		
Bill Schnepf	MD-64	Open	295.40	308		177.50		
Hakim Shakir	VA-52	50-54	286.20	308		185.00		
Bill Schnepf	MD-64	60-64	295.40	308		177.5		
Name	State/Age	Division	Body Wt	Wt Class		Deadlift	4th	
Ella Antonishek	MD-11	Under 11	80.20	77		67.50		
Alexandra Wilson	MD-13	12*13	93.70	97		55.00		
Chloe Wilson	MD-15	14-15	126.80	132		92.50		
Kim Capers	MD-38	35-39	129.70	132		130.50		
Mona Espinosa	VA-35	35-39	154.10	165		125.00		
Brittany Turner	VA-26	Open	179.00	181		132.50		
Jeff Ennis	VA-49	45-49	139.40	148		229.00	235	
Robert Warfel	VA-22	20-24	185.20	198		260.50		
Ronald Hughes	VA-23	20-24	195.50	198		255.00		
Roy Apseloff	VA-59	55-59	195.70	198		263.50		
George Lapchak	MD-43	40-44	235.50	220		232.50		
Mike Eaton	MD-41	Open	238.30	242		387.50		
Robert Dillingham	VA-37	35-39	235.90	275		227.5		
Hakim Shakir	VA-52	50-54	286.20	308		217.00		
Bill Schnepf	MD-64	60-64	295.40	308		245		

