



IRONMAN NATIONALS / UNITED STATES OPEN
BENCH PRESS AND STRICT CURL 3/13/10
ZION CROSSROADS , VIRGINIA

Lifter	State	Division	Weight Class	BP	DL	Total
Karen Poyner	VA	50-54	48	57.5	115	172.5
Jacqueline Malone	DC	40-44	90+	52.5	110	162.5
Robert Tomasic	NC	14-15	48	50	102.5	152.5
Jake Brinn	VA	14-15	48	50	100	150
				4th	105	
Robert Clark	VA	16-17	60	112.5	177.5	290
William Lewis	VA	40-44	75	117.5	142.5	260
Travis Roberts	MD	O,40-44	82.5	140	235	375
Richard Poland	VA	16-17	90	110	190	300
Chad Rexrode	VA	40-44	90	172.5	237.5	410
Nick Montgomery	NJ	55-59	90	100	182.5	282.5
Ronnie Murray	MD	55-59	90	110	197.5	307.5
Vernell Morris	MD	60-64	90	107.5	207.5	315
Chris Campbell	VA	20-24	110	182.5	205	387.5
Chris Jackson	MD	35-39	110	162.5	255	417.5
Ronald Thomas	MD	40-44	110	192.5	252.5	445
Ed Stine	VA	60-64	110	132.5	197.5	330
Michael James	VA	25-29	125	175	245	420
Brad Phillips	MD	55-59	125	132.5	277.5	415
Ron Armstead	VA	40-44	140	172.5	237.5	410

Bench Press

Kerry Self	VA	35-39	56	75
Darline Buchannon	VA	40-44	60	67.5
Patrick Tomasic	NC	12*13	52	32.5
Darnell Moore	NC	Open	75	172.5
Wayne Claypatch	NY	50-54	75	110
Tyler Drake	VA	20-24	90	142.5
Bob Dahlhamer	MD	70-74	90	115
Georg Shultz	VA	60-64	100	132.5
Ronald Thomas	MD	40-44	110	192.5
Michael James	VA	25-29	125	175
Justin Hugh	VA	14-15	125	110
Guy Greene	VA	30-34	140	127.5

Strict Curl

Darline Buchannon	VA	40-44	60	31.5
Robert Clark	VA	16-17	60	44
Wayne Claypatch	NY	50-54	75	46.5
Chad Rexrode	VA	40-44	90	61.5
Nick Montgomery	NJ	55-59	90	41.5
Bob Dahlhamer	MD	70-74	90	56.5
Chris Campbell	VA	20-24	110	74
Michael James	VA	25-29	125	69