



Ironman Nationals

Zion Crossings, VA – March 12,

<u>Name</u>	<u>State</u>	<u>Division</u>	<u>Class</u>	<u>Event</u>	<u>Bench</u>	<u>Deadlift</u>	<u>Total</u>
Karen Poyner	VA	O, 55-59	105	Ironman	57.5	120	177.5
George James	PA	Open	148	Ironman	102.5	205	307.5
Jerome Penn	PA	45-49	181	Ironman	105	205	310
David Howell	NC	12*13	220	Ironman	85	167.5	252.5
Jervis Penn	VA	45-49	275	Ironman	137.5	205	342.5
Ted Brooks	MD	50-54	UNL	Ironman	172.5	200	372.5
Mark Moyer	PA	40-44	198	BP	152.5		
Keith Harbaugh	PA	55-59	198	BP	145		
Bob Dahlhamer	MD	70-74	198	BP	117.5		
Dwain Koser	PA	40-44	220	BP	160		
Conner Dantzler	MD	16-17	198	DL		115	
<u>Strict Curl</u>							
Karen Poyner	VA	55-59	105	SC			32.5
Jerome Penn	PA	45-49	181	SC			50
Conner Dantzler	MD	16-17	198	BP			32.5
Keith Harbaugh	PA	55-59	198	SC			64
Bob Dahlhamer	MD	70-74	198	SC			57.5
David Howell	NC	12*13	220	SC			35
Jervis Penn	VA	45-49	275	SC			50
Ted Brooks	MD	50-54	UNL	SC			62.5

OFFICIALS

Paul Bossi

WILLIAM THACKER

SCOTT KUZMA

JOHN SHIFFLETT

Thank you to all the lifters for coming to the contest. Thank you to our meet staff Rudy, Jeremy, Cole and Ziba for doing a great job at the contest.

The American Challenge for Virginia will be held June 4 at the Best Western in Zion Crossroads make your plans to attend now and see how you stack up across the nation.