

**100% RAW MID ATLANTIC OPEN**

**Powhatan, VA August 22, 2020**

Lifter	State/Age	Division	Wt Call	Body Wt	Squat	Bench	Deadlift	Total
Kristen Ross	VA-44 (F)	Open	198+	245	122.5	75	160	357.5
Kristen Ross	VA-44 (F)	40-44	198+	245	122.5	75	160	357.5
Adam Taylor	MD-13	12*13	105	95.3	67.5	50	92.5	210
Gary Teeter	PA-55	55-59	148	148.3	120	110	140	370
Nathan Coleman	VA-16	16-17	165	164.2	77.5	75	117.5	270
Shane Shifflett	VA-15	14-15	181	179.2	80	67.5	127.5	275
Kurtis Bosh	VA-56	55-59	242	231.9	165	120	215	500
Daniel Hall	VA-15	14-15	308	276.1	160.5	125	200	485.5
Kyle Bushong	VA-20	20-24	308	291.2	260	157.5	225	642.5

Lifter	State/Age	Division	Wt Call	Body Wt	Bench	..	...
Alison Bullock	VA-43 (F)	40-44	105	101.3		37.5	
Sherry Rowe	VA-54 (F)	50-54	132	130.6		42.5	
Jillian Puorro	VA-35 (F)	35-39	165	158.7		55	
Jillian Puorro	VA-35 (F)	P/F/M	165	158.7		55	
Christine Boczoar	VA-49 (F)	45-49	181	174.5		63	
Mary Hodge	VA-51 (F)	Open, 50-54	198	185.1		70.5	
Crystal Bridgforth	VA-42 (F)	40-44	198	196.3		70.5	
Guy Ha	SC-68	Open, 65-69	148	147.2		130	
Cody Sears	MD-28	Open	198	197.9		155.5	
James Garndner	VA-47	45-49	198	193.2		162.5	
Joe Cotton	VA-55	55-59	220	209.3		134	
Chris Bresnahan	VA-62	60-64	220	217.9		120	
Tim Durrett	VA-46	45-49	242	237.7		157.5	
John Shifflett	VA-58	Open, 55-59	242	220.6		115	
Craig Perry	FL-67	Open, 65-69	242	231.2		145	
Bernie Rhoades	VA-71	70-74	275	255.6		100	
Baron Dixon	VA-53	50-54	308	296		147.5	

Lifter	State/Age	Division	Wt Call	Body Wt	Deadlift	..	...
Alison Bullock	VA-43 (F)	40-44	105	101.3		95	
Sherry Rowe	VA-54 (F)	50-54	132	130.6		115	
Irene Girgente	VA-30 (F)	Open	165	162.8		82.5	
Jillian Puorro	VA-35 (F)	35-39	165	158.7		107.5	
Jillian Puorro	VA-35 (F)	P/F/M	165	158.7		107.5	
Crystal Bridgforth	VA-42 (F)	40-44	198	196.3		135	
Joe Cotton	VA-55	55-59	220	209.3		182.5	
Tim Durrett	VA-46	45-49	242	237.7		222.5	
James McClanahan	MD-20	20-24	275	248		275	
Baron Dixon	VA-53	Open, 50-54	308	296		250	

Lifter	State/Age	Division	Wt Call	Body Wt	Strict Curl	..	...
Krystal Brown	VA-50 (F)	Open, 50-54	123	118		36.5	
Kristen Ross	VA-44 (F)	Open, 40-44	198+	245		36.5	
Jillian Puorro	VA-35 (F)	35-39, P/F/M	165	158.7		36.5	
Adam Taylor	MD-13	12*13	105	95.3		22.5	
Gary Teeter	PA-55	55-59	148	148.3		55	
Nathan Coleman	VA-16	16-17	165	164.2		41	
Shane Shifflett	VA-15	14-15	181	179.2		27.5	
Cody Sears	MD-28	Open	198	197.9		65	
Jeff Searfoss	VA-47	45-49	198	194.4		54.5	
Brian Rogers	VA-50	50-54	198	196.2		56	
Joe Cotton	VA-55	55-59	220	209.3		61.5	
John Shifflett	VA-58	Open, 55-59	242	220.6		45.5	
Tim Durrett	VA-46	45-49	242	237.7		55	
James McClanahan	MD-20	20-24	275	248		57.5	
Chris Allen	VA-46	Open, 45-49	275	271.2		69.5	
Bernie Rhoades	VA-71	70-74	275	255.6		41	
Daniel Hall	VA-15	14-15	308	276.1		54.5	
Baron Dixon	VA-53	Open, 50-54	308	296		76.5	

Officials							
William Thacker							
Randy Price							
Catherine Garcia							
Rudy Garcia							
Krystal Brown							