

Ironbuilt 804 Classic Ashland, VA 02/24/2024

Powerlifting

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Squat1	Squat2	Squat3	Squat4	Bench1	Bench2	Bench3	Bench4	DL 1	DL 2	DL 3	DL 4	Total	Placing
Katherine Lizarraga	Female	30	VA	51.4	52/114.6	Open	97.5	-105	-113		42.5	52.5	-57.5		102.5	115	127.5		277.5	1
Vicki Giorgi	Female	60	MD	52	52/114.6	Masters (60-64)	37.5	-40	40		-40	40	-45		60	80	-82.5		160	1
Laura Siegle	Female	33	VA	55.6	56/123.4	Open	100	110	115		60	-65	65		152.5	162.5	-171		342.5	1
Alison Bulluck	Female	47	VA	52.2	56/123.4	Masters (45-49)	55	60	65		37.5	42.5	-46		92.5	97.5	102.5		210	1
Sonya Jones	Female	65	VA	80.4	82.5/181.8	Masters (65-69)	-37.5	52	-57		27.5	37.5	45		60	85	-103		180	1
Tomi Dement	Female	36	VA	85.5	90/198.4	Law/Fire/Military	105	110	112.5		65	70	-75		140	150	160		342.5	1
Charlotte Baker	Female	55	VA	114.1	90+/198.5+ (F)	Open	107.5	115	122.5		-67.5	70	-73.5		147.5	155	158		350	1
Charlotte Baker	Female	55	VA	114.1	90+/198.5+ (F)	Masters (55-59)	107.5	115	122.5		-67.5	70	-73.5		147.5	155	158		350	1
Crystal Bridgforth	Female	46	VA	98.1	90+/198.5+ (F)	Masters (45-49)	110	120	-127		70	75	77		136	145	-155		340	1
Charlotte Baker	Female	55	VA	114.1	90+/198.5+ (F)	Law/Fire/Military	107.5	115	122.5		-67.5	70	-73.5		147.5	155	158		350	1
Gary Teeter	Male	18	PA	62.8	67.5/148.8	Teen (18-19)	100	105	115		92.5				145	-175	-175		352.5	1
Kevin Castillo	Male	26	VA	87.4	90/198.4	Open	182.5	195	-205		-117.5	-120	-120		215	230	240		0	
William Max Tanner	Male	15	VA	86.4	90/198.4	Teen (14-15)	125	140	150		72.5	80	-82.5		172.5	187.5	-200		417.5	1
Edward Brown	Male	40	VA	98.7	100/220.4	Masters (40-44)	180	192.5	202.5		132.5	142.5	-150		225	-240	-248		570	1
Jason Lizarraga	Male	34	VA	98.7	100/220.4	Law/Fire/Military	202.5	222.5	232.5		142.5	160	-170		240	-265	-265		632.5	1
Michael Oliver	Male	23	MD	106.9	110/242.5	Open	227.5	240	252.5		145	152.5	-160		295	310	322.5		727.5	1
Jamon Coulter	Male	34	VA	117.7	125/275.5	Open	210	230	235		185	190			215				640	1
Toby Jones	Male	62	VA	113.9	125/275.5	Masters (60-64)	137.5	155	170		-125	130	-140		147.5	175	190		490	1
Christopher Fry	Male	53	VA	129.8	140/308.6	Masters (50-54)	-192.5	200	-215		175	180	-185		215	220	230		610	1
Jack Robinson	Male	51	VA	135.5	140/308.6	Masters (50-54)	135	145	165		100	102.5	107.5		180	205	-215		477.5	2
George Herring	Male	47	VA	130.6	140/308.6	Masters (45-49)													0	

Push-pull

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	DL 1	DL 2	DL 3	DL 4	Total	Placing
Jo Hendon	Female	65	VA	56	56/123.4	Masters (65-69)	45	47.5	-52.5						0	
Willie Trebach	Male	36	MD	71.5	75/165.3	Open	137.5	142.5	145		212.5	222.5	235		380	1
Ethan Binckley	Male	18	NC	75	75/165.3	Open	125	132.5	-144		210	220	227.5		360	2

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Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	Total	Placing
Kimberly Ortiz	Female	14	VA	50.7	52/114.6	Teen (14-15)	-27.5	37.5	42.5		42.5	1
Patricia Fedoryk	Female	63	VA	67.5	67.5/148.8	Masters (60-64)	30	35	37.5		37.5	1
Mona Espinosa	Female	41	VA	83.6	90/198.4	Masters (40-44)	65	70	77.5		77.5	1
Mona Espinosa	Female	41	VA	83.6	90/198.4	Law/Fire/Military	65	70	77.5		77.5	1
Guy Ha	Male	72	SC	66.7	67.5/148.8	Masters (70-74)	115	125	-127.5		125	1
Bill Lindsey	Male	77	VA	82.2	82.5/181.8	Masters (75-79)	107.5	112.5			112.5	1
Sarkou Azadikhah	Male	33	VA	85.7	90/198.4	Open	90	95	97.5		97.5	1
Stiven Rivas	Male	25	VA	106.1	110/242.5	Open	155	162.5	-170		162.5	1
Stephen Kozlowski	Male	66	VA	120.4	125/275.5	Masters (65-69)	167.5	172.5	175		175	1
Bernie Rhoades	Male	75	VA	113.9	125/275.5	Masters (75-79)	117.5	-122.5	-122.5		117.5	1

Deadlift

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	DL 1	DL 2	DL 3	DL 4	Total	Placing
Alexandra Bulluck	Female	17	VA	48.4	52/114.6	Teen (16-17)	80	85	90		90	1
Kimberly Ortiz	Female	14	VA	50.7	52/114.6	Teen (14-15)	67.5	75	-80		75	1
Erica Rojek	Female	43	MD	99.8	90+/198.5+ (F)	Open	162.5	170	177.5		177.5	1
Nikola (Nick) Lucas	Male	81	VA	62.5	67.5/148.8	Open	82.5	92.5	-102.5		92.5	1
Nikola (Nick) Lucas	Male	81	VA	62.5	67.5/148.8	Masters (80+)	82.5	92.5	-102.5		92.5	1
Nikola (Nick) Lucas	Male	81	VA	62.5	67.5/148.8	Handicapped	82.5	92.5	-102.5		92.5	1
Sarkou Azadikhah	Male	33	VA	85.7	90/198.4	Open	157.5	160	165		165	1
Bernie Marcoccia	Male	62	VA	91.1	100/220.4	Masters (60-64)	125	137.5	147.5		147.5	1
Bruce Knox	Male	38	MD	103.1	110/242.5	Open	277.5	292.5	307.5		307.5	1

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Strict Curl

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	SC 4	Total	Placing
Vicki Giorgi	Female	60	MD	52	52/114.6	Masters (60-64)	22	23.5	26		26	1
Mariela Olivares	Female	47	MD	54.8	56/123.4	Open	30.5	32	-33.5		32	1
Jo Hendon	Female	65	VA	56	56/123.4	Masters (65-69)	23	25.5	-32		25.5	1
Reagan Charlton	Female	19	NC	59.9	60/132.2	Open	34.5	36	-37		36	1
Reagan Charlton	Female	19	NC	59.9	60/132.2	Law/Fire/Military	34.5	36	-37		36	1
Patricia Fedoryk	Female	63	VA	67.5	67.5/148.8	Masters (60-64)	19.5	21	23		23	1
Linda Lee	Female	64	VA	71.1	75/165.3	Masters (60-64)	40	41	-44		41	1
Gwen Bailey	Female	70	MD	87.3	90/198.4	Open	31	-33	-33		31	1
Mona Espinosa	Female	41	VA	83.6	90/198.4	Masters (40-44)	35	39	41		41	1
Mona Espinosa	Female	41	VA	83.6	90/198.4	Law/Fire/Military	35	39	41		41	1
Gary Teeter	Male	18	PA	62.8	67.5/148.8	Teen (18-19)	55	57			57	1
Willie Trebach	Male	36	MD	71.5	75/165.3	Open	63.5	66	68		68	1
Ethan Binkley	Male	18	NC	73.5	75/165.3	Teen (18-19)	70	73	76.5		76.5	1
JEREMY BULLUCK	Male	47	VA	78.8	82.5/181.8	Masters (45-49)	-45	50	56		56	1
Ray Jones	Male	57	VA	88.5	90/198.4	Open	86.5	-89	-89		86.5	1
Ray Jones	Male	57	VA	88.5	90/198.4	Masters (55-59)	86.5	-89	-89		86.5	1
Michael Dalton	Male	49	VA	97.4	100/220.4	Masters (45-49)	52.5	57	64		64	1
Michael Oliver	Male	23	MD	106.9	110/242.5	Open	87.5	91	94.5		94.5	1
Bruce Knox	Male	38	MD	103.1	110/242.5	Open	87.5	91	-94.5		91	2
Ronnie Sellner	Male	54	MD	108.9	110/242.5	Open	72.5	-75	-75		72.5	3
Reno Birt	Male	61	FL	107.6	110/242.5	Open	62.5	67	71		71	4
Ronnie Sellner	Male	54	MD	108.9	110/242.5	Masters (50-54)	72.5	-75	-75		72.5	1
Reno Birt	Male	61	FL	107.6	110/242.5	Masters (60-64)	62.5	67	71		71	1
Ronnie Sellner	Male	54	MD	108.9	110/242.5	Law/Fire/Military	72.5	-75	-75		72.5	1
Reno Birt	Male	61	FL	107.6	110/242.5	Law/Fire/Military	62.5	67	71		71	2
Jamon Coulter	Male	34	VA	117.7	125/275.5	Open	60	-75			60	1
Stephen Kozlowski	Male	66	VA	120.4	125/275.5	Masters (65-69)	74	76	77.5		77.5	1
Robert Turner	Male	80	VA	112.5	125/275.5	Masters (80+)	20	26	-30.5		26	1
Christopher Fry	Male	53	VA	129.8	140/308.6	Masters (50-54)	72.5	75	-78		75	1
Journey Niemann	Male	23	NC	129.9	140/308.6	Junior (20-24)	65.5	72.5	-74.5		72.5	1