

2024 Shenandoah Open

Woodstock, VA 08/24/2024

Powerlifting

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Squat3	Bench3	Bench4	DL 3	Total
Sonya Jones	Female	65	VA	177.9	82.5/181.8	Masters (65-69)	60	47.5		117.5	225
Sonya Jones	Female	65	VA	177.9	82.5/181.8	Law/Fire/Military	60	47.5		117.5	225
Rob Lawson	Male	60	WA	162	75/165.3	Masters (60-64)	122.5	97.5		145	365
Nicholas Marchio	Male	32	VA	194.4	90/198.4	Open	207.5	130		182.5	520
Richard Dean	Male	45	VA	201.7	100/220.4	Masters (45-49)	227.5	145		227.5	600
Toby Jones	Male	62	VA	250.1	125/275.5	Masters (60-64)	190	142.5		212.5	545
Toby Jones	Male	62	VA	250.1	125/275.5	Law/Fire/Military	190	142.5		212.5	545

Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench3	Total
Amanda Dellinger	Female	44	VA	311	90+/198.5+ (F)	Masters (40-44)	42.5	42.5
Jacob Williams	Male	50	PA	190.6	90/198.4	Masters (50-54)	192.5	192.5

Deadlift

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	DL 3	Total
Charlotte Baker	Female	55	VA	252.2	90+/198.5+ (F)	Masters (55-59)	172.5	172.5
Amanda Dellinger	Female	44	VA	311	90+/198.5+ (F)	Masters (40-44)	137.5	137.5
Charlotte Baker	Female	55	VA	252.2	90+/198.5+ (F)	Law/Fire/Military	172.5	172.5
Jim Marchio	Male	68	VA	128.2	60/132.2	Masters (65-69)	187.5	187.5
Frank Cinclair	Male	80	VA	217.8	100/220.4	Masters (80+)	97.5	97.5

Strict Curl

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 3	Total
Linda Eggleston	Female	57	NY	143.2	67.5/148.8	Masters (55-59)	35	35
Gary Teeter	Male	59	PA	125.4	60/132.2	Open	60.5	60.5
Gary Teeter	Male	59	PA	125.4	60/132.2	Masters (55-59)	60.5	60.5
Rob Lawson	Male	60	WA	162	75/165.3	Masters (60-64)	55.5	55.5
Brian Brindle SR	Male	78	VA	160.4	75/165.3	Masters (75-79)	45.5	45.5
Don Silveus	Male	59	VA	180.4	82.5/181.8	Masters (55-59)	41	41
Richard Dean	Male	45	VA	201.7	100/220.4	Masters (45-49)	72.5	72.5
Tom Reumont	Male	59	MD	215	100/220.4	Masters (55-59)	64.5	64.5