

Virginia State Open Woodstock, VA 01/18/2025

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
Gary Teeter	Male	60	PA	59.8	60/132.2	Masters (60-64)	100	105	107.5		92.5	97.5	100		145	155	165		372.5	1
John T Wong	Male	44	CA	74.4	75/165.3	Masters (40-44)	140	142.5	-155		102.5	110	-122.5		180	195	-202.5		447.5	1
Julian Miller	Male	15	DC	89.67	90/198.4	Teen (14-15)	145	155	165		110	117.5	-122.5		165	172.5	182.5		465	1
Brian Hershler	Male	35	VA	108.1	110/242.5	Open	225	240	250		150	160	162.5		310	0	-318		722.5	1

Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	Total	Placing
Mona Espinosa	Female	43	NC	88	90/198.4	Open	77.5	82.5	85	87.5	85	1
Mona Espinosa	Female	43	NC	88	90/198.4	Masters (40-44)	77.5	82.5	85	87.5	85	1
Zachary Krise	Male	26	PA	81.8	82.5/181.8	Open	155	160	162.5		162.5	1
Nathan Betts	Male	33	PA	88.6	90/198.4	Open	172.5	182.5	187.5		187.5	1
Anthony Brigidini	Male	60	VA	88.2	90/198.4	Masters (60-64)	142.5	175.5	182.5		182.5	1
Julian Miller	Male	15	DC	89.67	90/198.4	Teen (14-15)	110	117.5	-122.5		117.5	1
John Shifflett	Male	63	VA	91	100/220.4	Masters (60-64)	85				85	1
Bradley Beach	Male	56	VA	109.6	110/242.5	Masters (55-59)	142.5	167.5	-175		167.5	1
Wayne Smith	Male	59	FL	123	125/275.5	Masters (55-59)	160	167.5	-172.5		167.5	1

Strict Curl

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	SC 4	Total	Placing
Mona Espinosa	Female	43	NC	88	90/198.4	Open	36	38.5	41.5	43	41.5	1
Mona Espinosa	Female	43	NC	88	90/198.4	Masters (40-44)	36	38.5	41.5	43	41.5	1
Mona Espinosa	Female	43	NC	88	90/198.4	Law/Fire/Military	36	38.5	41.5	43	41.5	1
Gary Teeter	Male	60	PA	59.8	60/132.2	Open	55.5	56.5	58		58	1
Gary Teeter	Male	60	PA	59.8	60/132.2	Masters (60-64)	55.5	56.5	58		58	1
John Wong	Male	44	CA	74.4	75/165.3	Open	59.5	-62.5	62.5	-64	62.5	1
John Wong	Male	44	CA	74.4	75/165.3	Masters (40-44)	59.5	-62.5	62.5	-64	62.5	1
Zachary Krise	Male	26	PA	81.8	82.5/181.8	Open	-57	60.5	64		64	1
Donald W Silveus	Male	60	VA	82.4	82.5/181.8	Masters (60-64)	35	38.5	42.5		42.5	1
Nathan Betts	Male	33	PA	88.6	90/198.4	Open	69.5	74	-77.5		74	1
Reno Birt	Male	62	FL	99.29	100/220.4	Open	66	67.5	69		69	1
Reno Birt	Male	62	FL	99.29	100/220.4	Masters (60-64)	66	67.5	69		69	1
John Shifflett	Male	63	VA	91	100/220.4	Masters (60-64)	43	-45.5	-45.5		43	2
Reno Birt	Male	62	FL	99.29	100/220.4	Law/Fire/Military	66	67.5	69		69	1

Stevie Murden	Male	38	VA	139.6	140/308.6	Sub-Masters (35-39)	59	69.5	75	75	1
Stevie Murden	Male	38	VA	139.6	140/308.6	Law/Fire/Military	59	69.5	75	75	1

Ironman

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	SC 4	Bench1	Bench2	Bench3	Bench4	Total	Placing
Linda Lee	Female	65	VA	68.2	75/165.3	Masters (65-69)	35	39.5	41.5	-42	57.5	62.5	66		107.5	1
John Shifflett	Male	63	VA	91	100/220.4	Masters (60-64)	43	-45.5	-45.5		85				128	1
Zachary Krise	Male	26	PA	81.8	82.5/181.8	Open	-57	60.5	64		155	160	162.5		226.5	1
Nathan Betts	Male	33	PA	88.6	90/198.4	Open	69.5	74	-77.5		172.5	182.5	187.5		261.5	1