

2025 Shenandoah Open

Woodstock, VA 08/23/2025

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
Debra Valentin	Female	66	PA	59.9	60/132.2	Masters (65-69)	85	-97.5	97.5	102.5	40	45	-47.5		120	-130	-130		262.5	1
Lisa Klaus	Female	54	IL	81.6	82.5/181.8	Masters (50-54)	87.5	97.5	-102.5		72.5	77.5	-82.5		130	145	147.5		322.5	1
Sonya Jones	Female	66	VA	84.2	90/198.4	Masters (65-69)	57.5	70	-72.5		45	-55	-55		112.5	-135	-135		227.5	1
Sonya Jones	Female	66	VA	84.2	90/198.4	Law/Fire/Military	57.5	70	-72.5		45	-55	-55		112.5	-135	-135		227.5	1
Elmurad Abbasov	Male	24	MN	65.1	67.5/148.8	Open	75	80	85		80	82.5	85		100	115	-130		285	1
Elmurad Abbasov	Male	24	MN	65.1	67.5/148.8	Junior (20-24)	75	80	85		80	82.5	85		100	115	-130		285	1
John Wong	Male	44	CA	75	75/165.3	Open	142.5	150	155		110	122.5	-125		190	200	205		482.5	1
John Wong	Male	44	CA	75	75/165.3	Masters (40-44)	142.5	150	155		110	122.5	-125		190	200	205		482.5	1
Seth Whetzel	Male	17	WV	69.8	75/165.3	Teen (16-17)	115	125	-132.5		67.5	75	77.5		120	130	137.5		340	1
Randolph Guthrie	Male	65	VA	70.7	75/165.3	Masters (65-69)	-92.5	97.5	102.5		-70	-75	75		125	137.5	142.5		320	1
Allen Smith	Male	61	WV	82.2	82.5/181.8	Masters (60-64)	160	175	182.5		140	-150	150	-158	172.5	185	200		532.5	1
Nicholas Marchio	Male	33	VA	89.7	90/198.4	Open	187.5	205	217.5		120	130	-137.5		170	185	200		547.5	1
Jared Stiltner	Male	31	VA	88.2	90/198.4	Open	170	185	-218		120	-130	-130		150	175	-205		480	2
Brett Pendry	Male	35	VA	100	100/220.4	Open	152.5	157.5	165		100	110	-117.5		155	165	170		445	1
David Riha	Male	60	VA	93.1	100/220.4	Masters (60-64)	97	105	112.5		87.5	95	102.5		123.5	135	147.5		362.5	1
James Paul Mingle Jr	Male	57	PA	123.4	125/275.5	Masters (55-59)	185	205	220		130	135	140		185	210	230		590	1
Toby Jones	Male	63	VA	110.3	125/275.5	Masters (60-64)	145	-197.5	-197.5		135	-142.5	-142.5		210	220	-228		500	1
James Paul Mingle Jr	Male	57	PA	123.4	125/275.5	Law/Fire/Military	185	205	220		130	135	140		185	210	230		590	1
Toby Jones	Male	63	VA	110.3	125/275.5	Law/Fire/Military	145	-197.5	-197.5		135	-142.5	-142.5		210	220	-228		500	2
Tim Rabbitt	Male	65	MD	126.2	140/308.6	Masters (65-69)	112.5	122.5	127.5		110	120	-122.5		157.5	165	170		417.5	1

Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	Total	Placing
Linda Lee	Female	65	VA	72.6	75/165.3	Open	62.5	67.5	70.5	72.5	70	1
Linda Lee	Female	65	VA	72.6	75/165.3	Masters (65-69)	62.5	67.5	70.5	72.5	70	1
Lisa Klaus	Female	54	IL	81.6	82.5/181.8	Masters (50-54)	72.5	77.5	-82.5		77.5	1
Noah Felts	Male	15	MD	61.8	67.5/148.8	Teen (14-15)	62.5	-70	-70		62.5	1
John Jackson	Male	56	MD	74.8	75/165.3	Masters (55-59)	120	-125	125		125	1
Bill Cross	Male	79	AZ	72.8	75/165.3	Masters (75-79)	90	100	-102.5		100	1
Gary Whetzel	Male	35	WV	80.2	82.5/181.8	Sub-Masters (35-39)	125	132.5	137.5		137.5	1
Jason Delp	Male	44	MD	82.4	82.5/181.8	Masters (40-44)	115	-117.5	-117.5		115	1
Bill Lindsey	Male	79	VA	83.1	90/198.4	Masters (75-79)	82.5	87.5	0		87.5	1
Michael Felts	Male	44	MD	90.7	100/220.4	Masters (40-44)	102.5	120	127.5		127.5	1

Deadlift

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	DL 1	DL 2	DL 3	DL 4	Total	Placing
Lia Marquina-Rocha	Female	9	VA	38.8	44/97.0 (F)	Youth 11 and Under	40	45	52.5		52.5	1
Rikkia Hicks	Female	34	DC	61.4	67.5/148.8	Open	80	92.5	102.5		102.5	1
Lisa Klaus	Female	54	IL	81.6	82.5/181.8	Masters (50-54)	130	145	147.5		147.5	1
Jonathan Aviles	Male	35	MD	104.8	110/242.5	Sub-Masters (35-39)	200	210	215		215	1

Strict Curl

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	SC 4	Total	Placing
Lisa Klaus	Female	54	IL	81.6	82.5/181.8	Masters (50-54)	25	30	35		35	1
Elmurad Abbasov	Male	24	MN	65.1	67.5/148.8	Open	50	52	55		55	1
Elmurad Abbasov	Male	24	MN	65.1	67.5/148.8	Junior (20-24)	50	52	55		55	1
Noah Felts	Male	15	MD	61.8	67.5/148.8	Teen (14-15)	21	25	-30		25	1
John Wong	Male	44	CA	75	75/165.3	Open	59	-64	64	-64.5	64	1
John Wong	Male	44	CA	75	75/165.3	Masters (40-44)	59	-64	64	-64.5	64	1
John Jackson	Male	56	MD	74.8	75/165.3	Masters (55-59)	50	-55	-55		50	1
Bill Cross	Male	79	AZ	72.8	75/165.3	Masters (75-79)	41	-47	-47		41	1
Allen Smith	Male	61	WV	82.2	82.5/181.8	Masters (60-64)	64	71	-73.5		71	1
Jason Delp	Male	44	MD	82.4	82.5/181.8	Masters (40-44)	50	54.5	59		59	1
Reno Birt	Male	62	FL	98.97	100/220.4	Open	65	-66	-66.5		65	1
Reno Birt	Male	62	FL	98.97	100/220.4	Masters (60-64)	65	-66	-66.5		65	1
Michael Felts	Male	44	MD	90.7	100/220.4	Masters (40-44)	37.5	-53	-69		37.5	1
Reno Birt	Male	62	FL	98.97	100/220.4	Law/Fire/Military	65	-66	-66.5		65	1
Bob Feeney	Male	72	PA	110.6	125/275.5	Masters (70-74)	45	46	47		47	1