

Golds Gym Classic

Richmond, VA 04/11/2026

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
Payton LaCoste	Female	7	MD	21.2	44/97.0 (F)	Youth 11 and Under	15	18	20.5		11.5	-13	13		25	29.5	31.5		62.5	1
Madison Allen	Female	21	VA	68.7	75/165.3	Junior (20-24)	65	72	80		37.5	-42.5	42.5		92.5	100	107.5		230	1
Marie Palisano	Female	39	VA	70	75/165.3	Sub-Masters (35-39)	-47.5	47.5	52.5		35	-40	-40		87.5	92.5	102.5		190	1
Kristen Corson	Female	42	VA	77.2	82.5/181.8	Open	90	95	100		85	87.5	90		100	110	120		310	1
Elise Weisenberger	Female	25	VA	76.4	82.5/181.8	Open	90	97.5	100		42.5	47.5	-50		115	120	127.5		275	2
Kristen Corson	Female	42	VA	77.2	82.5/181.8	Masters (40-44)	90	95	100		85	87.5	90		100	110	120		310	1
Corbin LaCoste	Male	10	MD	40	48/105.8	Youth 11 and Under	57.5	65	67.5		35	-40	-40		67.5	72.5	-77.5		175	1
Donald Langenbach	Male	39	OH	59.4	60/132.2	Open	80	87.5	-92.5		70	-72.5	-72.5		115	137.5	140		297.5	1
Donald Langenbach	Male	39	OH	59.4	60/132.2	Sub-Masters (35-39)	80	87.5	-92.5		70	-72.5	-72.5		115	137.5	140		297.5	1
Anthony Veal	Male	30	VA	74.6	75/165.3	Open	185	190	-205		152.5	160	-170		220	235	245		595	1
Gary Teeter	Male	61	PA	68.8	75/165.3	Masters (60-64)	100	105	110		90	97.5	100		150	160	162.5		372.5	1
Jared Stiltner	Male	32	VA	88.6	90/198.4	Open	195	200	-210		127.5	130	-137.5		210	-215	-215		540	1
Jared Stiltner	Male	32	VA	88.6	90/198.4	Law/Fire/Military	195	200	-210		127.5	130	-137.5		210	-215	-215		540	1
Riad Abifaraj	Male	34	VA	98.7	100/220.4	Open	155	165	175		-132.5	-132.5	132.5		-193	200	207.5		515	1
Thomas Corson	Male	56	VA	97.8	100/220.4	Masters (55-59)	-110	110	127.5		110	-120	120		127.5	140	150		397.5	1
Evan Sisto	Male	33	VA	105	110/242.5	Handicapped	62.5	-72.5	72.5		47.5	-52.5	-55		85	92.5	100		220	1
Chris Allen	Male	52	VA	125	125/275.5	Masters (50-54)	182.5	195	205		155	167.5	-182.5		217.5	235	250		622.5	1

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
Natasha Beasley	Female	43	VA	71.9	75/165.3	Open	67.5	-75	82.5		132.5	147.5	157.5		240	1
Thomas Corson	Male	56	VA	97.8	100/220.4	Masters (55-59)	110	-120	120		127.5	140	150		270	1

Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	Total	Placing
Natasha Beasley	Female	43	VA	71.9	75/165.3	Open	67.5	-75	82.5		82.5	1
Jason Ramsland	Male	23	MD	74.6	75/165.3	Junior (20-24)	145	155	165	170	165	1
Bill Lindsey	Male	80	VA	84.1	90/198.4	Masters (80+)	87.5	100	105		105	1
Devin Kyle	Male	23	VA	97.4	100/220.4	Junior (20-24)	152.5	-165	172.5		172.5	1
Thomas Corson	Male	56	VA	97.8	100/220.4	Masters (55-59)	110	-120	120		120	1
Davone Scott	Male	49	VA	114.5	125/275.5	Masters (45-49)	-202.5	202.5	-216		202.5	1

Deadlift

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	DL 1	DL 2	DL 3	DL 4	Total	Placing
Keisha St.John	Female	47	VA	85.9	90/198.4	Open	140	147.5	155	-160	155	1

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Keisha St.John	Female	47	VA	85.9	90/198.4	Masters (45-49)	140	147.5	155	-160	155	1
Thomas Holton	Male	33	VA	56.2	60/132.2	Open	127.5	132.5	135		135	1
Jim Marchio	Male	70	VA	58.8	60/132.2	Masters (70-74)	165	183	185		185	1

Strict Curl

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	SC 4	Total	Placing
Donald Langenbach	Male	39	OH	59.4	60/132.2	Open	45.5	48.5	-50		48.5	1
Donald Langenbach	Male	39	OH	59.4	60/132.2	Sub-Masters (35-39)	45.5	48.5	-50		48.5	1
Jackson Beasley	Male	15	VA	73.3	75/165.3	Open	47.5	51	53	-62.5	53	1
Gary Teeter	Male	61	PA	68.8	75/165.3	Masters (60-64)	53	55	-56.5		55	1
Jackson Beasley	Male	15	VA	73.3	75/165.3	Teen (14-15)	47.5	51	53	-62.5	53	1
Jared Stiltner	Male	32	VA	88.6	90/198.4	Open	55	60	65.5		65.5	1
Robert Duncan	Male	69	VA	89.9	90/198.4	Open	45.5	48	49		49	2
Robert Duncan	Male	69	VA	89.9	90/198.4	Masters (65-69)	45.5	48	49		49	1
Jared Stiltner	Male	32	VA	88.6	90/198.4	Law/Fire/Military	55	60	65.5		65.5	1
Tim Durrett	Male	52	VA	109.4	110/242.5	Open	53.5	56.5	59.5		59.5	1
Tim Durrett	Male	52	VA	109.4	110/242.5	Masters (50-54)	53.5	56.5	59.5		59.5	1
Chris Allen	Male	52	VA	125	125/275.5	Masters (50-54)	55	61	65		65	1
Marketus Baker	Male	38	VA	131.7	140/308.6	Sub-Masters (35-39)	70	77.5	78.5	-83.5	78.5	1