

Fitness Warehouse Bench and Curl Championships

Elizabeth City, NC 07/11/2026

Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	Total	Placing
Karen Poyner	Female	70	VA	43.4	44/97.0 (F)	Open	40	42.5	45	47	45	1
Madison Freeman	Female	9	NC	24.6	44/97.0 (F)	Youth 11 and Under	7	9	9.5		7.5	1
Allison Freeman	Female	38	NC	62.3	67.5/148.8	Open	50	52.5	55		55	1
Leah Steger	Female	33	VA	71.9	75/165.3	Open	55	57.5	-60		57.5	1
Madison Berry	Female	14	NC	81.2	82.5/181.8	Open	85	87.5	90.5		90	1
Rachael Lincoln	Female	51	NC	79.2	82.5/181.8	Open	45	48.5	-52.5		47.5	2
Rachael Lincoln	Female	51	NC	79.2	82.5/181.8	Masters (50-54)	45	48.5	-52.5		47.5	1
Cannon Furlong	Male	10	VA	34.1	48/105.8	Youth 11 and Under	20	-25	-25		20	1
Ben Zak	Male	56	NC	67.5	67.5/148.8	Open	105	112.5	-116		112.5	1
Isac McReedy	Male	25	NC	69.1	75/165.3	Open	105	110	-112.5		110	1
Yogi Sumner	Male	76	NC	79	82.5/181.8	Open	45	50	53		52.5	1
John M Cooper	Male	51	NC	99.3	100/220.4	Open	150	157.5	162.5		162.5	1
John M Cooper	Male	51	NC	99.3	100/220.4	Masters (50-54)	150	157.5	162.5		162.5	1
Rickie Dozier	Male	32	NC	109.6	110/242.5	Open	227.5	230	-235		230	1

Strict Curl

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	SC 4	Total	Placing
Karen Poyner	Female	70	VA	43.4	44/97.0 (F)	Open	17.5	20	22.5	23.5	22.5	1
Madison Freeman	Female	9	NC	24.6	44/97.0 (F)	Youth 11 and Under	8.5	9	9.5		9.5	1
Allison Freeman	Female	38	NC	62.3	67.5/148.8	Open	32	34	35		35	1
Leah Steger	Female	33	VA	71.9	75/165.3	Open	22.5	25.5	26		26	1
Madison Berry	Female	14	NC	81.2	82.5/181.8	Open	42	44	45.5	46.5	45.5	1
Rachael Lincoln	Female	51	NC	79.2	82.5/181.8	Open	27	29.5	30.5	32	30.5	2
Carly D Cooper	Female	14	NC	79.5	82.5/181.8	Teen (14-15)	32	-33			32	1
Rachael Lincoln	Female	51	NC	79.2	82.5/181.8	Masters (50-54)	27	29.5	30.5	32	30.5	1
Cannon Furlong	Male	10	VA	34.1	48/105.8	Youth 11 and Under	13.5	16.5	-19.5		16.5	1
Ben Zak	Male	56	NC	67.5	67.5/148.8	Open	55	58.5	-59.5		58.5	1
Isac McReedy	Male	25	NC	69.1	75/165.3	Open	56.5	59	-61.5		59	1

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Yogi Sumner	Male	76	NC	79	82.5/181.8	Open	23	23.5	24	24.5	24	1
John M Cooper	Male	51	NC	99.3	100/220.4	Open	91	94.5	-100.5		94.5	1
John M Cooper	Male	51	NC	99.3	100/220.4	Masters (50-54)	91	94.5	-100.5		94.5	1
Rickie Dozier	Male	32	NC	109.6	110/242.5	Open	79	85	91		91	1