

2026 Shenandoah Open

Woodstock, VA 08/22/2026

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
Marcia Anderson	Female	77	VA	53.7	56/123.4	Masters (75-79)	80	86			47.5	48.5	-50		102.5	-108.5	108.5		240	1
Curtis Broyles	Male	26	VA	78.1	82.5/181.8	Open	155	162.5			92.5	102.5	-107.5		147.5	152.5	160		425	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
Marcia Anderson	Female	77	VA	53.7	56/123.4	Masters (75-79)	47.5	48.5	-50		102.5	-108.5	108.5		155	1
Ishara Mayarata	Male	23	MD	58.2	60/132.2	Junior (20-24)	77.5	87.5	92.5		127.5	145	155		247.5	1

Bench

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	Bench1	Bench2	Bench3	Bench4	Total	Placing
Marcia Anderson	Female	77	VA	53.7	56/123.4	Masters (75-79)	47.5	48.5	-50		47.5	1
Stephanie Forman	Female	43	NC	71.6	75/165.3	Masters (40-44)	35	40	-42.5		40	1
Bill Lindsey	Male	80	VA	81.4	82.5/181.8	Masters (80+)	87.5	95	-102.5		95	1
Brett Brezeale	Male	28	SC	88.6	90/198.4	Open	142.5	-147.5	150		150	1
Richard Cash	Male	63	VA	101	110/242.5	Masters (60-64)	142.5	155	160.5		160	1
Lloyd Penberthy	Male	65	WV	109.5	110/242.5	Masters (65-69)	110	120	122.5		122.5	1

Deadlift

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	DL 1	DL 2	DL 3	DL 4	Total	Placing
Marcia Anderson	Female	77	VA	53.7	56/123.4	Masters (75-79)	102.5	-108.5	108.5		107.5	1
Linda Lee	Female	66	VA	79.4	82.5/181.8	Masters (65-69)	127.5	138	142.5	150	142.5	1
Brady Whitehead	Male	17	WV	72.5	75/165.3	Teen (16-17)	185	197.5	215		215	1

Strict Curl

Name	Gender	Age	Residence	Body wgt	Wgt Class	Division	SC 1	SC 2	SC 3	SC 4	Total	Placing
Linda Lee	Female	66	VA	79.4	82.5/181.8	Masters (65-69)	32.5	37	-42.5		37	1
Ishara Mayarata	Male	23	MD	58.2	60/132.2	Junior (20-24)	39.5	44	48		48	1
Victor Shaffer	Male	76	PA	66.2	67.5/148.8	Masters (75-79)	36.5	39.5	42.5	44	42.5	1
Curtis Broyles	Male	26	VA	78.1	82.5/181.8	Open	40	45	47.5		47.5	1
Bill Lindsey	Male	80	VA	81.4	82.5/181.8	Masters (80+)	25	27	30		30	1
Brett Brezeale	Male	28	SC	88.6	90/198.4	Open	57	61	63.5		63.5	1

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Ronnie Sellner	Male	57	MD	109	110/242.5	Masters (55-59)	66	68.5	70.5	70.5	1
Ronnie Sellner	Male	57	MD	109	110/242.5	Law/Fire/Military	66	68.5	70.5	70.5	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
Katina R James	Female	53	VA	84.9	90/198.4	Masters (50-54)	-33	34	35.5		47.5	52.5	55		90.5	1
John Jackson	Male	58	MD	79.8	82.5/181.8	Masters (55-59)	52.5	56	-57		125	132.5	135		191	1
Rudy Gonzalez	Male	37	VA	110	110/242.5	Sub-Masters (35-39)	-52.5	52.5	57.5		102.5	117.5	-137.5		175	1