

Event:		Weightlifting										
Women Rfeced Holders												
	Body Wt				Back	Press	Deadlift	Total				
	Class				Squat							
55-59	76kg	Tatiana Molyanova	Leesburg	155	65	205	425	2022*				
60-64	87kg	Doncella Young	Alexandria	225	105	300	630	2022*				
75-79	59kg	Beth Baynes	Alexandria	70	50	115	235	2022*				
List of Participants 2022												
		<b>Body Wt</b>							<b>Results (lbs)</b>			
<b>Sex</b>	<b>Age Group</b>	<b>Category</b>	<b>Place</b>	<b>Age</b>	<b>Body Wt</b>	<b>Firstname</b>	<b>Lastname</b>	<b>City</b>	<b>BACKSQUAT</b>	<b>PRESS</b>	<b>DEADLIFT</b>	<b>TOTAL (lbs)</b>
F	55-59	76kg=167lbs	Gold	57	165	Tatiana	Molyanova	Leesburg	155	65	205	425
F	50-54		DNP	54		JT	Thomas	Alexandria				
F	60-64	87kg=191lbs	Gold	63	186	Doncella M	Young	Alexandria	225	105	300	630
F	60-64	87kg=191lbs	Silver	61	170	Margaret	Binzer	Mason Neck	205	70	195	480
F	75-79	59kg=129lbs	Gold	76	123	Beth	Baynes	Alexandria	70	50	115	235
Men Record Holders												
	Body Wt.				Back	Press	Deadlift	Total				
	Class				Squat							
55-59	89kg	Jerome Schmitt	Falls Church	195	105	220	520	2022*				
55-59	96kg	Magdi Amin	McLean	307	186	405	898	2022*				
55-59	109kg	Brian Franklin	Woodbridge	255	85	285	625	2022*				
60-64	96kg	Slawomir Olender	McLean	200	115	285	600	2022*				
65-69	89kg	Mark Williams	Springfield	230	115	335	680	2022*				
80-84	67kg	Herbert Rose	Arlington	105	70	165	340	2022*				
80-84	81kg	Herb Levitan	Arlington	80	60	115	255	2022*				
List of Participants 2022												
		<b>Body Wt</b>							<b>Results (lbs)</b>			
<b>Sex</b>	<b>Age Group</b>	<b>Category</b>	<b>Place</b>	<b>Age</b>		<b>Firstname</b>	<b>Lastname</b>	<b>City</b>	<b>BACKSQUAT</b>	<b>PRESS</b>	<b>DEADLIFT</b>	<b>TOTAL (lbs)</b>
M	50-54	81kg=178lbs	DNP	53	162	Edgar	Hahn	Alexandria				
M	55-59	89kg=196lbs	Gold	58	181	Jerome	Schmitt	Falls Church	195	105	220	520
M	55-59	96kg=211lbs	Gold	56	210	Magdi	Amin	McLean	307	186	405	898
M	55-59	109kg=239lbs	Gold	58	238	Brian	Franklin	Woodbridge	255	85	285	625
M	60-64	96kg=211lbs	Gold	63	202	Slawomir	Olender	McLean	200	115	285	600
M	65-69	89kg=196lbs	Gold	69	187	Mark	Williams	Springfield	230	115	335	680
M	70-74	109+=238+	DNP	71	270	David	Nolan	Arlington				
M	80-84	67kg=147lbs	Gold	82	143	Herbert	Rose	Arlington	105	70	165	340
M	80-84	81kg=178lbs	Gold	83	165	Herb	Levitan	Arlington	80	60	115	255
M	80-84	81kg=178lbs	Silver	83	165	Carlos	Rodriquez	Dumfries	25	35	40	100