Event: Weight Lifting-Power Lifting

Women Record Holders

WEIGHT LIFTING – WOMEN (New in 2022)

	Body Wt Class			Back Squat	Press	Deadlift	Total	
50-54	50kg	Brooke Gaynor	Arlington	148	88	213	449	2026*
	56kg	Whitney Colella	Alexandria	70	45	125	240	2026*
	65kg	Miki Wellck	Falls Church	113	48	138	143	2026*
55-59	63kg	Bondy Gibson-Learn	Manassas	203	73	213	489	2026*
	76kg	Tatiana Molyanova	Leesburg	155	65	205	425	2022
60-64	84kg+	Doncella Young	Alexandria	225	105	300	630	2022
65-69	84kg+	Doncella Young	Alexandria	250	105	325	680	2026*
70-74	63kg	Regina Boule	Reston	130	43	200	375	2026*
	69kg	Christine Arrington	Chantilly	120	75	190	385	2026*
75-79	59kg	Beth Baynes	Alexandria	70	50	115	235	2022
80-84	56kg	Desiree Fey	Arlington	30	28.7	130.7	189	2026*

List of Participants 2026 — Medals awarded to those facing competition in same age/weight class

Sex	Age Group	Body wt Class	Place	TOTAL Lifted lbs	Age	Firstname	LastName	City	Back Squat	Press	Deadlift
F	50-54	50 kg	Gold	449*	52	Brooke	Gaynor	Arlington	148	88	213
F		56 kg	Gold	240*	51	Whitney	Colella	Alexandria	70	45	125
F		65 kg	Gold	299*	52	Miki	Wellck	Falls Church	113	48	138
F		69 kg		DNP	52	Marni	Miller	Fairfax Station			
F		84 kg+		DNP	50	Andrea	Browne	Lorton			
F	55-59	63 kg	Gold	489*	57	Bondy	Gibson-Learn	Manassas	203	73	213
F	65-69	45 kg		DNP	66	Donna	Loop	Arlington			
F		84 kg+	Gold	680*	67	Doncella	Young	Alexandria	250	105	325
F		84 kg+	Silver	530	65	Margaret C	Binzer	Lorton	235	80	215
F	70-74	63 kg	Gold	375*	70	Regina	Bouie	Reston	130	45	200
F		69 kg	Gold	385*	73	Christine	Arrington	Chantilly	120	75	190

F	80-84	56 kg	Gold	189.4*	82	Desiree	Fey	Arlington	30	28.7	130.7
	Men Record Holders										

WEIGHT LIFTING – MEN (new in 2022)

	Body Wt. Class			Back Squat	Press	Deadlift	Total	
50-54	120kg	Jason Browne	Lorton	345	185	360	890	2026*
55-59	89kg	Jerome Schmitt	Falls Church	195	105	220	520	2022
	96kg	Magdi Amin	McLean	307	186	405	898	2022
	105kg	Brian Claar	Fairfax	365	160	360	885	2026*
60-64	74kg	Jeff Farr	Vienna	205	225	285	715	2026*
	93kg	Magdi Amin	McLean	305	185	375	865	2026*
	105kg	Michael Macrina	Fairfax Station	315	175	335	721	2026*
65-69	83kg	Michael Horrigan	Sterling	285	125	311	721	2026*
70-74	66kg	Steven Vito	Reston	175	85	225	485	2026*
80-84	66kg	Herbert Rose	Arlington	105	70	165	340	2022
	74kg	Herb Levitan	Arlington	80	60	115	255	2022
80-84	83kg	Gary Hopkins	Dumfries	90	60	185	335	2026*

	List of Participants 2026										
	Age	Body wt		TOTAL					Back		
Sex	Group	Class	Place	Lifted lbs	Age	Firstname	LastName	City	Squat	Press	Deadlift
M	50-54	120 kg	Gold	890*	54	Jason	Browne	Lorton	345	185	360
M	55-59	105 kg	Gold	885*	56	Brian	Claar	Fairfax	365	160	360
M	60-64	74 kg	Gold	715*	64	Jeff	Farr	Vienna	205	225	285
M		93 kg	Gold	865*	60	Magdi	Amin	Mclean	305	185	375
M		93 kg		DNP	64	William	Maurice	Manassas Park			
M		105 kg	Gold	825*	60	Michael	Macrina	Fairfax Station	315	175	335
M		105 kg		DNP	63	Henry	Sobieski	Centreville			
M	65-69	83 kg	Gold	721*	67	Michael	Horrigan	Sterling	285	125	311
M		93 kg		DNP	66	Jon	Berglund	Springfield			
M	70-74	66kg	Gold	485*	72	Steven	Vito	Reston	175	85	225

M		66 kg	Silver	480	73	David	Kravitz	Arlington	170	65	245
M	75-79	66 kg	Gold	375*	78	David	Saah	Fairfax	135	60	180
M		66 kg		DNP	75	Nathan	Granger	Sterling			
M		66 kg		DNP	77	Carl	Josefson	Reston			
M	80-84	83 kg	Gold	335*	81	Gary	Hopkins	Dumfries	90	60	185
M	85-89	59 kg		DNP	87	Rey	Aponte	Herndon			
M	85-89	105 kg		DNP	87	Carlos	Rodriguez	Dumfries			
			Medals awarded to those facing competition in same age/weight class								