

	Men Record Holders										
			WEIGHT LIFTING – MEN (new in 2022)								
			Body Wt.			Back	Press	Deadlift	Total		
			Class			Squat					
			50-54	120kg	Jason Browne	Lorton	345	185	360	890	2026*
			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	105kg	Brian Claar	Fairfax	365	160	360	885	2026*
			60-64	93kg	Magdi Amin	McLean	305	185	375	865	2026*
			60-64	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
			80-84	74kg	Herb Levitan	Arlington	80	60	115	255	2022
			80-84	83kg	Gary Hopkins	Dumfries	90	60	185	335	2026*
	List of Participants 2026										
		Body wt		TOTAL					Back		
Sex	Age Group	Class	Place	Lifted (lbs)	Age	Firstname	LastName	City	Squat	Press	Deadlift
M	50-59	120 kg		890	54	Jason	Browne	Lorton	345	185	360
M	55-59	105 kg		885	56	Brian	Claar	Fairfax	365	160	360
M	60-64	74 kg		715	64	Jeff	Farr	Vienna	205	225	285
M		93 kg		865	60	Magdi	Amin	McLean	305	185	375
M		93 kg		DNP	64	William	Maurice	Manassas Park			
M		105 kg		825	60	Michael	Macrina	Fairfax Station	315	175	335
M		105 kg		DNP	63	Henry	Sobieski	Centreville			
M	65-69	83 kg		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		375	78	David	Saah	Fairfax	135	60	180
M		66 kg		DNP	75	Nathan	Granger	Sterling			
M		66 kg		DNP	77	Carl	Josefson	Reston			

