



## Meet Results (In pounds)

**Meet: The 2009 Richmond Open (sanction 4-09-4)**

**Location: Atlee high School, Atlee, VA 23116**

**Meet Date: April 11, 2009**

**Nick Minneti, Meet Director**

Lifter's Name	Division		Wt. Class	Squat	Bench	Deadlift	Total
Armstead, Ronnie	Mens	Police Fire/40-44 Masters	275+	485.0	NA	NA	NA
Armstring, Ross	Mens	Open	198	485.0	325.2	490.5	1300.7
Benedict, Doug	Mens	Masters 50-54 Raw	190	314.2	424.4	463.0	1201.5
Beuch, Ronald	Mens	Masters 55-59 Bench Only	275	NA	NA	NA	NA
Bostick, Romaine	Mens	Open	242	606.3	496.0	551.2	1653.5
Brayton, Anthony	Mens	Masters 40-44	165	325.2	220.5	391.3	937.0
Brecht, Charles (Hap)	Mens	Junior Raw	198	248.0	248.0	369.3	865.3
Cohn, Andrew	Mens	Open Raw	220	451.9	314.2	540.1	1306.2
Corallo, Rebecca	Mens	Open Raw	148	242.5	154.3	281.1	677.9
Curry, Peter	Mens	Open (Spec. Oly.) Raw	275	198.4	154.3	352.7	705.5
DeMayo, Jason	Mens	Open	198	NA	NA	NA	NA
Doucette, Kelsey	Wom	Junior Raw	114	198.4	115.7	253.5	567.7
Doyle, Charles	Mens	Junior Raw	198	451.9	226.0	551.2	1229.1
Durrett, Tim	Mens	Open Bench & Push/Pull	242	NA	424.4	589.7	1014.1
Evans, Timothy	Mens	Masters 45-49 Raw	148	253.5	187.4	330.7	771.6
Everit, Kelvin	Mens	Open SubMasters	220	440.9	352.7	440.9	1234.6
Ferrari, Danny	Mens	Open Raw	165	347.2	237.0	407.9	992.1
Frazier, Codie	Mens	Teen 14-15	123	253.5	154.3	303.1	711.0



Lifter's Name	Division		Wt. Class	Squat	Bench	Deadlift	Total
Slade, Will	Mens	Masters 40-44 Raw	220	507.1	314.2	507.1	1328.4
Taylor, Daryl	Mens	Open (Spec. Oly.) Raw Push/Pull	148	NA	55.1	77.2	132.3
Thomas, Ronald	Mens	Masters 40-44 Push/Pull	242	NA	446.4	584.2	1030.7
Umphlett, Lee	Mens	Open (Spec. Oly.) Push/Pull	275+	NA	115.7	165.3	281.1
Vance, Jesse	Mens	Teen 14-15	148	319.7	192.9	380.3	892.9
Varani, Joe	Mens	Open Raw	198	402.3	253.5	485.0	1140.8
Willett, Langston	Mens	Open Push/Pull	275	NA	496.0	633.8	1129.9
Williams, Michael	Mens	Open Raw	242	402.3	308.6	429.9	1140.8
Woolfolk, Edward (TJ)	Mens	Open (Spec. Oly.)	198	181.9	104.7	242.5	529.1
Zullinger, Sid	Mens	Open Raw	242	418.9	325.2	501.5	1245.6

## **Special Awards**

**Best Lifter Overall: Romaine Bostick (443.4)**

**Best Total Overall: Romaine Bostick (750 KG, 1653.5 LB)**

The 2009 Richmond Open once again was a great success. There was some great lifting throughout the day through a wide range of experience levels. This was the first time the meet was sold out -- we were sold out a month in advance – and this was the biggest Richmond Open, yet.

There were several American Raw Records set along with more than a dozen various state records, too. Rebecca Corallo set all the female 148 Raw American Records: 110 KG Squat, 70 KG Bench and 127.5 KG Deadlift. Kesley Doucette had some great lifting and set the squat and deadlift weights for Junior American Raw, 90 KG and 115 KG, respectively. Lucas Highsman was able to set the 181 marks for squat and deadlift at 217.5 KG and 147.5.

Our meet memorializes the lifetime of contributions to Powerlifting from our dear departed friends Phillip Battle and Big Paul Jones. The Best Total Award is named in honor of Phillip and the Best Lifter by overall wilks score is named in honor of Big Paul. This year, the award was won by the same lifter – Romaine Bostick of Washington, DC. Congratulations to Romaine on his outstanding lifting: he hit a 750 total and earned a 443.4 wilks formula number, the best of the meet.

Congratulations to all our lifters and a special thanks goes to all the officials, helpers and Atlee High School for contributing to the event. Also the Richmond Open would like to thank the Richmond Area Marine Recruiter Office for donating their time to spot and load for us.

Nick Minneti

Richmond Open Meet Director