



POTOMAC OPEN

JUNE 6, 2009 WOODBRIDGE, VA

Name	State	Weight Class	Division	Bench Press
Nick Marchio	VA	181	16-17	275*
Will Liles	VA	198	18-19	275
Chris Hoffman	VA	220	Open	395
John Svalina	VA	242	Open	375
Nick Arbia	VA	242	20-24	365
David Stewart	MD	275	35-39	365
Carl Lyons	VA	275	45-49	360 *

Name	State	Weight Class	Division	DEAD LIFT
(F) Roberta Dearden	VA	165	70-74	120 **
Will Liles	VA	198	18-19	410
Carroll Clark	VA	220	50-54	460
Nick Arbia	VA	242	20-24	580
Ed Stine	VA	242	60-64	460 **

The Powerhouse Gym in Woodbridge was a great host to the 2009 Potomac Open Bench Press and Deadlift. The gym has a lot of room and weights and a really nice lifting platform and area for the competition.

The lifting was very good highlights. Nick Marchio getting a new state record in the 16-17 181 class with 275. Will Liles in his second meet did a nice 275 at 198 18-19 class. Will also deadlifted getting a nice 410 pound lift.

Chris Hoffman had the top bench press of the meet with a nice 395 weighing in at only 201 pounds.

John Svalina did a nice job benching with a reverse grip getting 375 weighing in at only 225.

Nick Arbia just gets better each time out getting a nice 365 bench press and PR deadlift of 580. He is one of the top 20-24 lifters in 100% Raw.

David Stewart from Maryland was strong nailing a easy 365 lift in the 275 class.

Carl Lyons got the state record in the 275 45-49 class getting a hard fought 360.

The star of the whole day was 72 year young Roberta Dearden. She set a national record in the 70-74 deadlift with 120 pounds. She had the whole gym cheering with her great effort.

Carrol Clark lifting in his home gym gave a good effort at 490 for National record but was just short but pulled a nice 460 with ease.

Ed Stine lifting for the first in while after being in Iraq came in the 242 class and set the National Record with a nice 460 winning the 60-64 class.

A very special thank you to Jim Roberts and Scott Kuzma for judging and Jim Marchio and Ziba Dearden for spotting/loading. The judges and spotters both did excellent jobs.

Elizabeth City Trophies provided the nice sculptured eagles for the contest.

We are looking forward to more contests in the Northern Virginia area. Many of the local lifters were getting ready for a bodybuilding show next month look for a good turnout in the fall meet.

State Record lift *

National record lift **