



Meet Results  
(Results in Kilos)

Name of Meet: **Richmond Open**  
 Place of Meet: **Atlee High School Mechanicsville, VA**  
 Date of Meet: **4/10/2010**  
 Coordinator: **Gary Emrich, Tricia Emrich, Mitch Hayes**

Lifters Name	Division	Wt. Class	Squat	Bench	Deadlift	Total
Karen Poyner	Raw Open/M2	47.64	85	57.5	122.5	265.00
Beka Ruse	Raw Open	58.82	92.5	52.5	112.5	257.50
Zachary Kruchten	Raw Teen 14-15	59.36	-	70	-	70.00
Daryl Taylor	Raw S.O.	61.1	-	25	-	25.00
Hunter Lewis	Raw Open	64.5	120	80	157.5	357.50
Cathrine Laprada	Raw M1	66.91	-	45	-	45.00
Ann Hayward	Raw Open	67.36	95	45	115	255.00
Dondre Jackson	Raw Teen 18-19	67.5	115	97.5	165	377.50
Kathryn Larson	Raw M2	70.64	-	57.5	-	57.50
Abram Pastore	Raw Teen 16-17	71	102.5	87.5	142.5	332.50
Seth Young	Equipped Junior 20-23	72.6	-	-	227.5	227.50
Mike Punaro	Raw M2	74.18	125	80	170	375.00
Demetrius Maoury	Equipped Open	74.45	-	-	-	0.00
Jerome Penn	Raw Open/M1	77.3	155	110	217.5	482.50
Micheal Hurd	Raw M2	80.64	-	112.5	-	112.50
Nun Amen-Ra	Raw Open	80.73	160	145	282.5	587.50
TJ Woolfolk	Raw S.O.	81.73	82.5	50	112.5	245.00
Rebecca Myers	Raw Junior 20-23	82.09	122.5	72.5	130	325.00
Jason Beck	Raw Open	85	227.5	142.5	252.5	622.50
Christopher Krutchen	Raw M1	87.18	-	152.5	-	152.50
Jackie Payne, Jr	Raw M1	87.64	192.5	140	210	542.50
Javier Armendariz	Raw M1	89	170	112.5	190	472.50
Gino Colombo	Assisted open	90	-	185	-	185.00
Kavelle Martin	Raw S.O.	91.27	25	-	-	25.00
Andrew Cohn	Raw Open	94.64	212.5	142.5	260	615.00
Joe Varani	Raw Open	94.73	197.5	120	250	567.50
Sean O'Brien	Raw Teen 18-19	98.45	182.5	130	227.5	540.00
Micheal Reed	Raw Open/ M1	98.64	245	117.5	242.5	605.00
Savonte Chappell	Raw Teen 12-13	99.36	70	50	95	215.00
Henry Gerard	Raw Open	99.82	250	165	250	665.00
Mike Richards	Raw Open	100.18	142.5	175	227.5	545.00
Mike Williams	Raw Open	102.45	190	142.5	210	542.50
Josh Blake	Raw Teen 18-19	104.73	192.5	125	205	522.50
Timmy Durrett	Equipped Open	106.64	297.5	220	280	797.50
Mike Nichols	Equipped M3	108.73	182.5	125	217.5	525.00
Brandon Gillespie	Raw Junior 20-23	109	150	142.5	167.5	460.00
Mike Hill	Equipped M1	111.45	-	205	237.5	442.50
Kieran Wilkerson	Equipped Teen 16-17	111.82	80	70	115	265.00
JJ Jermaine Jones	Raw Open	120.91	-	227.5	-	227.50
Alvin Belfield	Equipped M1	132.64	-	215	-	215.00
Robert Gains	Equipped M1	136.36	230	192.5	227.5	650.00
Randon Key	Raw Teen 18-19	139.36	220	142.5	245	607.50
Lee Umphlett	Raw S.O.	164.64	-	62.5	85	147.50