



2010 POTOMAC OPEN WOODBIDGE, VA 1-30-10

Name	State	Weight Class	Division	Bench Press
Kerry Self (F)	VA	123	Open	160
Kelly Matthews (F)	VA	132	Open	150
Darline Buchannon (F)	VA	148	40-44	150
Jordan Lasica	VA	132	20-24	220
Jason Leavitt	VA	148	Open 45-49	240
Clayton Norwood	VA	165	30-34	300
Anthony Yee	MD	165	30-34	280
Steve Price	VA	165	30-34	250
Matt Nicastro	PA	165	35-39	300
John Rennish	VA	165	45-49	265
Nick Apseloff	VA	181	16-17	350
Dasan Hollaway	MD	181	25-29	295
John Self	VA	181	Open	390
Tyler Drake	VA	198	20-24	325

Colin Haller	MD	198	Open	385
Nick Mercorelli	VA	198	40-44	430
Ken Tuohey	VA	198	45-49	300
Ryan Kalbaugh	MD	220	Law/Fire 20-24	375
Dallas Cooley	VA	220	25-29	325
John Jackson	MD	220	40-44	390
Josh Smith	MD	242	20-24	420
Bryan Hall	VA	242	20-24	385
Gary Kurlick	MD	242	20-24	385
Nick Arbia	VA	242	20-24	370
Bob Muretta	MD	242	35-39	375
Charlie Hightower	VA	242	45-49	340
Justin Hugh	VA	275	14-15	250
Bob Feeney	PA	275	55-59	315

Name	State	Weight Class	Division	Deadlift
Kelly Zimmerman (F)	VA	165	25-29	155
Kathy Roberts (F)	VA	198	Open, 30-34	410
Jim Marchio	VA	132	50-54	450
Joe Pizzoferrato	CT	165	20-24	425
Anthony Yee	MD	165	30-34	425
Steve Price	VA	165	30-34	405
Matt Nicastro	PA	165	35-39	480
Nick Apseloff	VA	181	16-17	425
Dasan Hollaway	MD	181	25-29	515
Colin Haller	MD	198	Open	465
Ken Tuohey	VA	198	45-49	475
Dallas Cooley	VA	220	25-29	315
Nick Arbia	VA	242	20-24	590
Charlie Hightower	VA	242	45-49	475

Name	State	Weight Class	Division	Strict Curl
Darline Buchannon (F)	VA	148	40-44	70
Kelly Zimmerman (F)	VA	165	25-29	50
Steve Price	VA	165	30-34	120
Josh Wood	VA	181	25-29	125
Dallas Cooley	VA	220	25-29	115
Nick Arbia	VA	242	20-24	160
Gary Kurlick	MD	242	20-24	140
Justin Hugh	VA	275	14-15	105
Bob Feeney	PA	275	55-59	115

A special thank you to Powerhouse Gym for being a great host and having a great crowd for the meet. If you live in the Northern Virginia area this is a great place to train go by and see them.

Great job by all of the lifters who all came out even with the heavy snow storm in the area.

To the meet staff that worked the meet THANK YOU . We did it with a very heavy heart after the passing of our dear friend Will Morris.

Ronny Bench- Judge-spotter loader

Jim Pope -Judge-spotter loader

Scott Kuzma - Judge and scoring table

Jim Roberts- Judge

William Thacker- Judge

Ziba Dearden- Spotter loader