

**2018 Edith Traina Inspirational  
March 31, 2018**

**Here are the results for the 2018 Edith Traina Inspirational. We apologize for the delay in sending out this note. It was a great day of lifting with competitors ranging in age from 12 to 96. The women's competition included a fierce battle in the 132 open division between Champion Valerie Wolf and Jassmine Thomas. We were blessed by another strong outing from the senior division of Stronglife Tampa Bay including the contest's namesake. To top it all off two time IPF world champion Suzanne LaForge was on hand to capture the female best lifter title.**

**The men turned in some inspiring performances of their own. Sixty eight year old Glenn Shoblock returned to the platform after an 18 year layoff and brought the crowd to their feet with a 470 pound deadlift on his third attempt. Jonathan Strickland took the male best lifter award with a very impressive total of 1615.**

**Many thanks to the Stronglife Tampa Bay family for the efficient platform work. Ty Evans, Jon Wisenbaker, Tiffany Conyers, Ryan Yarcho and several others that I know I am forgetting. Thanks and God Bless.**

**Tony, Tim and Bill**

<b>Wt. Class</b>	<b>Age</b>	<b>Lifter</b>	<b>SQ.</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>
<b>97</b>	<b>75</b>	<b>Susan Bohling</b>		<b>30</b>	<b>90</b>	<b>120</b>
<b>132</b>	<b>37</b>	<b>Valerie Wolf</b>	<b>225</b>	<b>145</b>	<b>280</b>	<b>650</b>
	<b>27</b>	<b>Jassmine Thomas</b>	<b>225</b>	<b>105</b>	<b>270</b>	<b>600</b>
	<b>58</b>	<b>Suzanne LaForge</b>	<b>295</b>	<b>160</b>	<b>415</b>	<b>870</b>
	<b>76</b>	<b>Janet Reynolds</b>		<b>95</b>	<b>200</b>	<b>295</b>
	<b>77</b>	<b>Bonnie Thurston</b>	<b>85</b>	<b>75</b>	<b>185</b>	<b>345</b>
<b>165</b>	<b>86</b>	<b>Trudy Daxon</b>		<b>47</b>	<b>150</b>	<b>197</b>
	<b>96</b>	<b>Edith Traina</b>		<b>60</b>	<b>130</b>	<b>190</b>
<b>181</b>	<b>66</b>	<b>Paula Winans</b>		<b>67</b>	<b>175</b>	<b>242</b>

**MEN**

<b>Wt. Class</b>	<b>Age</b>	<b>Lifter</b>	<b>SQ</b>	<b>BP</b>	<b>DL</b>	<b>TOT</b>
132	16	Tykius Conyers	315	135	365	815
148	12	Aiden Asmar	150	70	210	430
	68	Glenn Shoblock			470	
165	30	Kurtis Enzian	325	230	450	1005
	28	Kevin Heidenreich	335	300	XXX	
	28	Darius Conyers	450	265	500	1215
	37	Juan Restrepo	280	205	400	885
	52	Scott Grant		235	370	605
	53	Charles Caparella	255	285	420	900
181	48	Jeb Brydon			335	
198	28	Delon Thomas	390	300	500	1190
	22	Austin Powell	235	245	405	885
220	59	Thomas Dozier	360	320	435	1115
242	27	Jonathan Strickland	605	370	640	1615
	45	Adam Reninger	415	250	435	1100
	54	Ron Squires		305	550	855
275		Steve Smith	450	325	475	1250

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**2018 Masters Spring Fling with Lake County Senior Games  
Fitness CF Mount Dora, April 7, 2018**

**19 lifters went all out in the Masters Spring Fling. Everyone won their age and weight class! Many lifters are members of RAW United, who sanctioned the Lake Senior Games again this year. Eight lifters set federation records - see below.**

**Thanks for the mentoring and help, Mr. Bill Beekley! Congrats to all!  
- Suzanne LaForge**

**Records set, April 7, 2018**

**MEN's Master**

**165 lb. class**

**65-69 Tony Spinelli**

**Bench: 165 lbs**

**Deadlift: 225 lbs**

**198 lb. class**

**50-54 Marvin Sonne**

**Bench: 285 lbs**

**Deadlift: 350 lbs**

**220 lb. class**

**65-69 Mitchell Sussman**

**Bench: 185 lbs**

**Deadlift: 255 lbs**

**75-79 Thomas Tamulavicz**

**Bench: 265 lbs**

**275 lb. class**

**45-49 Terrence Thomas**

**Bench: 360 lbs**

**WOMEN's Master**

**114 lb. class**

**45-49 Kim Roberts**

**Bench: 110 lbs**

**Deadlift: 230 lbs**

**148 lb. class**

**45-49 Aivin Diaz**

**Deadlift: 205 lbs**

**60-64 Cher Myers**

**Bench: 75 lbs**

**Deadlift: 190 lbs**