

**CONTEST RESULTS:  
2020  
FLORIDA STATE MEET**



*"Be strong in the Lord and the power of His might"  
Ephesians 6:10*

# **2020**

# **FLORIDA STATE MEET**

**Saturday, August 22**  
**STRONG LIFE Tampa Bay**

**The 2020 Florida State Meet was low in numbers due to the Corona virus, but the energy level was pumping throughout the day as the Records Books were shattered in every division!**

**Before we get started, however, many thanks to Bill Beekley and Tony Conyers for hosting the event and keeping powerlifting alive in the state of Florida! And, most important, thanks to Bill and Tony for keeping our Lord and Savior Jesus Christ in charge of it all!**

**From my end at the score table, it was great to see everyone again and meet so many great folks! Thanks so much to all of you for supporting Natalie both on and off the platform, and Natalie and I are STOKED to be back in our great sport and look forward to hosting all of you at future events in our brand new gym at Viera Charter School – more to come!**

**Many more thanks to Bill, Tony, James Jacobs, Burl Morgan, Everton Frances, Tiffany Mitchell, and Caleb Vance for officiating, spotting, and loading throughout the day – without these folks, meets just don't happen!**

**And more thanks to Suzanne LaForge and Tony Conyers for presenting Bill Beekley with his most-deserved Appreciation awards – Bill is without a doubt one of the sport's greatest ambassadors!**

**And finally, thanks and praise to the Maker and Creator of all things, our source of TRUE STRENGTH - Jesus Christ!**

**And now to the lifting ...**

# **WOMEN'S DIVISION**

## **WRITE-UP & RESULTS**

**Eleven-year-old Natalie Norcross, who will be Team Captain of the recently revived "Girls Gone Strong" team now headquartered at Viera Charter School in Melbourne, Florida, started things off by breaking records across the board in the 77 pound class.**

**Val Wolfe of Tampa buried a 250 pound squat and went to total 670 pounds in the 132s and capture Best Lifter honors. Dr. Tanya Gold of Strong Life Tampa Bay finished at 410 while providing free bone density scans to lifters and spectators.**

**Sierra Ramone of Tampa went 245, 115, 265 to top the 148s, and Strong Life Tampa Bay lifters Janet Reynolds (78) and Bonnie Thurston (80) rounded out the Master's class with 430 and 360 totals, respectively.**

**Mary Verardi, representing 24 Hour Fitness in Sanford, won the 165s with her 505 pound total, and took home Best Lifter Honors in the Masters division. Heidi Christiansen of Tampa was right behind Mary, with lifts of 165, 110, and 205, while 90 year old Trudy Daxon of Strong Life Tampa Bay went 30 and 115 in the push-pull.**

**Brandie Bennett of Valrico nailed an awesome 265 pound squat en route to a record breaking 735 pound total to win the 181s. Thirteen-year-old Evelyn Haner, also representing 24 Hour Fitness in Sanford, broke all the Youth Records in the 181s with lifts of 175, 110, and 190 to set a new standard in the Youth division. Powerlifting phenom Taylar Stallings was back on the platform to grip it and rip it as well, and she didn't disappoint, pulling a strong 500 pound deadlift!**

**And Master lifter Lou Ann Petersen of 24 Hour Fitness in Sanford closed out the women's competition, with a 305 pound total.**

# WOMEN

## 77

<b>13-U</b>	<b>Natalie Norcross</b>	<b>87</b>	<b>50</b>	<b>125</b>	<b>262</b>
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## 132

<b>OPEN</b>	<b>Val Wolfe</b>	<b>250</b>	<b>135</b>	<b>285</b>	<b>670</b>
<b>45-49</b>	<b>Tanya Gold</b>	<b>120</b>	<b>100</b>	<b>190</b>	<b>410</b>

## 148

<b>OPEN</b>	<b>Sierra Romero</b>	<b>245</b>	<b>115</b>	<b>265</b>	<b>625</b>
<b>75-79</b>	<b>Janet Reynolds</b>	<b>125</b>	<b>100</b>	<b>205</b>	<b>430</b>
<b>80-84</b>	<b>Bonnie Thurston</b>	<b>105</b>	<b>65</b>	<b>190</b>	<b>360</b>

## 165

<b>50-54</b>	<b>Mary Verardi</b>	<b>165</b>	<b>115</b>	<b>225</b>	<b>505</b>
<b>45-49</b>	<b>Heidi Christiansen</b>	<b>165</b>	<b>110</b>	<b>205</b>	<b>480</b>
<b>90-94</b>	<b>Trudy Daxon</b>	<b>n/a</b>	<b>30</b>	<b>115</b>	<b>145</b>

## 181

<b>40-44</b>	<b>Brandie Bennett</b>	<b>265</b>	<b>165</b>	<b>305</b>	<b>735</b>
<b>13-U</b>	<b>Evelyn Haner</b>	<b>175</b>	<b>110</b>	<b>190</b>	<b>475</b>
<b>OPEN</b>	<b>Taylor Stallings</b>	<b>n/a</b>	<b>n/a</b>	<b>500</b>	<b>n/a</b>

## 198+

<b>65-69</b>	<b>Lou Ann Peterson</b>	<b>75</b>	<b>80</b>	<b>150</b>	<b>305</b>
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# **MEN'S DIVISION**

## **WRITE-UP & RESULTS**

**On the men's side, Baskal Korkis of Strong Life Tampa Bay went 375, 275, and 455 to capture the 181s before heading to the airport to catch a flight – safe travels, brother!**

**Delon Thomas of Strong Life Tampa Bay finished with an impressive 1240 total to win both the 198 pound class and Best Lifter honors. Stanley Domino of Titusville (50-54) and John Bertalan of Tarpon Springs (70-74) both pushed Master's records in the bench with lifts of 345 and 167, respectively.**

**Virgil Diaz, also from Strong Life Tampa Bay, got the crowd fired up on every lift, going nine for nine and a 1260 total in the 220s.**

**Adam Winterstein of South Daytona, coached by Master's legend Larry Russell, finished on top of the 242s with lifts of 380, 310, and 560. Dr. Thomas Dozier of Strong Life Tampa Bay (60-64) posted incredible numbers to tally a 1205 total, and teammate Chris Dunbar finished at 1095. James Allen of Jacksonville nailed a 365 pound record bench in the 50-54 year old age group, and United States Marine Corps and Iraqi war veteran Jbo Harrison pulled an impressive 585 pound deadlift – thanks for your service, brother!**

**Strong Life Tampa Bay Master lifter Raymond Hodges finished out the day with lifts of 600, 505, and 705 to take home the title in the 308+ class and Best Lifter honors in the Master's division.**

# MEN

**181**

**OPEN**      **Buskal Korkis**      **375**      **275**      **455**      **1105**

**198**

**OPEN**      **Delon Thomas**      **420**      **315**      **505**      **1240**  
**50-54**      **Stanley Domino**      **n/a**      **345**      **n/a**      **n/a**  
**70-74**      **John Bertalan**      **n/a**      **167**      **n/a**      **n/a**

**220**

**55-59**      **Virgil Diaz**      **470**      **265**      **525**      **1260**

**242**

**40-44**      **Adam Winterstein**      **315**      **310**      **580**      **1205**  
**60-64**      **Thomas Dozier**      **415**      **330**      **460**      **1205**  
**OPEN**      **Chris Dunbar**      **370**      **275**      **450**      **1095**  
**50-54**      **James Allen**      **n/a**      **365**      **n/a**      **n/a**  
**OPEN**      **Jbo Harrison**      **n/a**      **n/a**      **585**      **n/a**

**308+**

**40-44**      **Raymond Hodges**      **600**      **505**      **705**      **1810**

