

2023 GRIP IT & RIP IT

Sanctioned by R.A.W. UNITED

Hosted by

STRONG LIFE TAMPA

WOMEN

WC	Age	Lifter	Deadlift
148	52	Amanda Uhl	225
198+	13	Lisa Foster	200

MEN

WC	Age	Lifter	Deadlift
181	25	Jamie Cano	375
220	37	Baskal Korkis	500
	60	Rick Hoover	465
	37	Chris Dunbar	445
242	16	Vinny Chiellini	460
	61	Robert Boisclair	450
SHW	45	Raymond Hodges	750
	38	Jesse Foster	580

