



## 2024 Powerlifting Results

Medalists for the inaugural MSO powerlifting competition, held Oct. 20 at White Oak Community Center in Silver Spring.

### Squat

#### Women

55-59

**148.1 – 165.2 lbs.**

*Gold*—Tina King-Pemberton (Pittsburgh, Pa.),  
115 lbs.

#### Men

55-59

**220.41-242.4 lbs.**

*Gold*—Paul Heiss (Westminster), 285 lbs.

65-69

**165.21-181.8 lbs.**

*Gold*—Steven White (Woolford), 310 lbs.

75-79

**132.21-148.8 lbs.**

*Gold*—Myron Segal (Silver Spring), 135 lbs.

### Bench Press

#### Women

55-59

**148.1—165.2 lbs.**

*Gold* — Tina King-Pemberton (Pittsburgh, Pa.),  
140 lbs.

#### Men

55-59

**220.41-242.4 lbs.**

*Gold*—Paul Heiss (Westminster), 260 lbs.

60-64

**220.41-242.4 lbs.**

*Gold*—Neil Tress (Annapolis), 365 lbs.

65-69

**165.21-181.8 lbs.**

*Gold*—Steven White (Woolford), 230 lbs.

**242.41-275.4 lbs.**

*Gold*—Bill Parks (Fort Washington), 200 lbs.

75-79

**132.21-148.8 lbs.**

*Gold* — Myron Segal (Silver Spring), 120 lbs.

80-84

**148.81-165.2 lbs.**

*Gold*—Nelson Polun (Bel Air), 175 lbs.

### Deadlift

#### Women

55-59

**148.1 – 165.2 lbs.**

*Gold*—Tina King-Pemberton (Pittsburgh, Pa.),  
230 lbs.

60-64

**165.21-181.8 lbs.**

*Gold*—Isobel Parks (Fort Washington), 200 lbs.

65-69

**123.41-132.2 lbs.**

*Gold*—Sherri Bale (Chevy Chase), 175 lbs.

#### Men

55-59

**220.41-242.4 lbs.**

*Gold*—Paul Heiss (Westminster), 300 lbs.

65-69

**165.21-181.8 lbs.**

*Gold*—Steven White (Woolford), 340 lbs.

75-79

**132.21-148.8 lbs.**

*Gold*—Myron Segal (Silver Spring), 150 lbs.