



2026 Powerlifting Results

Results and medalists for the MSO powerlifting competition,
held Oct. 10 at the Community College of Baltimore County in Essex

Squat

Women

198.41 – 220.4 lbs.

55-59

Gold — Holly Hovermale (Rocky Ridge), 270 lbs.

181.81 - 198.4 lbs.

55-59

Gold — Melissa Simkins (Baltimore), 155 lbs.

165.21 - 181.8 lbs.

60-64

Gold — Tina King-Pemberton (Pittsburgh, Pa.), 125 lbs.

105.81 - 114.6 lbs.

65-69

Gold — Alice Bowman (Laurel), 115 lbs.

165.21 - 181.8 lbs.

65-69

Gold — Barbara Grofic (Glenn Dale), 165 lbs.

123.41 - 132.2 lbs.

70-74

Gold — Sherri Bale (Chevy Chase), 125 lbs.

Squat

Men

181.81 – 198.4 lbs.

50-54

Gold — Doran Flowers (Bethesda), 185 lbs.

220.41 - 242.4 lbs.

50-54

Gold — Craig Rice (Darnestown), 360 lbs.

220.41 - 242.4

55-59

Gold — Paul Heiss (Westminster), 205 lbs.

165.21 – 181.8 lbs.

60-64

Gold — Jeff Farr (Vienna, Va.), 235 lbs.

132.21 - 148.8 lbs.

65-69

Gold — Michael Maddox (Middle River), 65 lbs.

165.21 - 181.8 lbs.

70-74

Gold — Stephen Hull (Silver Spring), 140 lbs.

181.81 - 198.4 lbs.

70-74

Gold — Steven White (Woolford), 335 lbs.

165.21 - 181.8 lbs.

85-89

Gold — Carl Cuneo (Perry Hall), 185 lbs.

Bench Press

Women

198.41 – 220.4 lbs.

55-59

Gold — Holley Hovermale (Rocky Ridge), 155 lbs.

181.81-198.4 lbs.

55-59

Gold — Melissa Simkins (Baltimore), 115 lbs.

165.21 - 181.8 lbs.

60-64

Gold — Tina King-Pemberton (Pittsburgh, Pa.), 125 lbs.

105.81 - 114.6 lbs.

65-69

Gold — Alice Bowman (Laurel), 70 lbs.

123.41 – 132.2 lbs.

65-69

Gold — Jane Handelsman (College Park), 100 lbs.

165.21 - 181.8 lbs.

65-69

Gold — Barbara Grofic (Glenn Dale), 95 lbs.

Silver — Francine Goode (Hanover), 50 lbs.

181.81 – 198.4 lbs.

65-69

Gold — Isobel Parks (Ft. Washington), 80 lbs.

123.41 - 132.2 lbs.

70-74

Gold — Sherri Bale (Chevy Chase), 75 lbs.

Men

181.81 – 198.4 lbs.

50-54

Gold — Doran Flowers (Bethesda), 155 lbs.

220.41 - 242.4 lbs.

50-54

Gold — Craig Rice (Darnestown), 260 lbs.

181.81 – 198. lbs.

55-59

Gold — Paul Alvaran (Columbia), 290 lbs.

220.41 - 242.4

55-59

Gold — Paul Heiss (Westminster), 245 lbs.

165.21 – 181.8 lbs.

60-64

Gold — Jeff Farr (Vienna, Va.), 215 lbs.

132.21 - 148.8 lbs.

65-69

Gold — Michael Maddox (Middle River), 100 lbs.

148.81 - 165.2 lbs.

65-69

Gold — Gregory Burns (Eldersburg), 150 lbs.

242.41 - 275.4 lbs.

65-69

Gold — William Parks (Ft. Washington), 215 lbs.

165.21 - 181.8 lbs.

70-74

Gold — Harry Huang (Potomac), 155 lbs.

Silver — Stephen Hull (Silver Spring), 110 lbs.

181.81 - 198.4 lbs.

70-74

Gold — Steven White (Woolford), 220 lbs.

Silver — Mike Bush (Hydes), 170 lbs.

148.81 – 165.2

80-84

Gold — Nelson Polun (Bel Air), 165 lbs.

165.21 - 181.8 lbs.

85-89

Gold — Carl Cuneo (Perry Hall), 85 lbs.

Deadlift

Women

198.41 – 220.4 lbs.

55-59

Gold — Holley Hovermale (Rocky Ridge), 310 lbs.

181.81-198.4 lbs.

55-59

Gold — Melissa Simkins (Baltimore), 245 lbs.

165.21 - 181.8 lbs.

60-64

Gold — Tina King-Pemberton (Pittsburgh, Pa.), 275 lbs.

105.81 - 114.6 lbs.

65-69

Gold — Alice Bowman (Laurel), 160 lbs.

123.41 – 132.2 lbs.

65-69

Gold — Jane Handelsman (College Park), 200 lbs.

165.21 - 181.8 lbs.

65-69

Gold — Barbara Grofic (Glenn Dale), 255 lbs.

Silver — Francine Goode (Hanover), 105 lbs.

181.81 – 198.4 lbs.

65-69

Gold — Isobel Parks (Ft. Washington), 220 lbs.

123.41 - 132.2 lbs.

70-74

Gold — Sherri Bale (Chevy Chase), 185 lbs.

Men

181.81 – 198.4 lbs.

50-54

Gold — Doran Flowers (Bethesda), 135 lbs.

220.41 - 242.4 lbs.

50-54

Gold — Craig Rice (Darnestown), 465 lbs.

220.41 - 242.4

55-59

Gold — Paul Heiss (Westminster), 265 lbs.

165.21 – 181.8 lbs.

60-64

Gold — Jeff Farr (Vienna, Va.), 315 lbs.

132.21 - 148.8 lbs.

65-69

Gold — Michael Maddox (Middle River), 100 lbs.

148.81 - 165.2 lbs.

65-69

Gold — Gregory Burns (Eldersburg), 235 lbs.

242.41 - 275.4 lbs.

65-69

Gold — William Parks (Ft. Washington), 145 lbs.

165.1 - 181.8 lbs.

70-74

Gold — Harry Huang (Potomac), 285 lbs.

Silver — Stephen Hull (Silver Spring), 170 lbs.

181.81 - 198.4 lbs.

70-74

Gold — Steven White (Woolford), 400 lbs.

Silver — Mike Bush (Hydes), 350 lbs.

165.21 - 181.8 lbs.

85-89

Gold — Carl Cuneo (Perry Hall), 205 lbs.