



## VA Records Raw Male PL

Squat	Bench	Deadlift	Total
<b><u>123 Male-Open</u></b>			
M. Granger- 200 lbs	M. Granger -165 lbs	M. Granger-300 lbs	M. Granger – 665 lbs
<b><u>132 Male</u></b>			
<b><u>Open</u></b>			
J Sine-347	J Sine-231	J.Marchio-440 lbs	J Sine-970
<b><u>20-23</u></b>			
J Sine-347	J Sine-231	J.Sine-391 lbs	J Sine-970
<b><u>College</u></b>			
J Sine-347	J Sine-231	J.Sine-391 lbs	J Sine-970
<b><u>50-54</u></b>			
J.Marchio-281 lbs	J.Marchio-203 lbs	J.Marchio-440 lbs	J.Marchio-925 lbs
<b><u>148 Male</u></b>			
<b><u>16 -17</u></b>			
A.Proctor-181 lbs	A.Proctor-154 lbs	A.Proctor-258 lbs	A.Proctor-589 lbs
<b><u>18 -19</u></b>			
T.Custalow-280 lbs	T.Custalow-185 lbs	T.Custalow-365 lbs	T.Custalow-830 lbs
<b><u>Open</u></b>			
D.Largo-285 lbs	D.Largo-165 lbs	D.Largo-350 lbs	D.Largo-800 lbs
<b><u>45 -49</u></b>			
T. Evans-253 lbs	T. Evans-187 lbs	T. Evans 330 lbs	T. Evans-771 lbs

<b><u>50-54</u></b>			
Jim Marchio- 275 lbs	Jim Marchio-215 lbs	Jim Marchio -430 lbs	Jim Marchio -920 lbs
<b><u>165 Male</u></b>			
<b><u>Open</u></b>			
L.Dyles-485 lbs	L.Dyles-358 lbs	L.Dyles-530 lbs	L.Dyles-1350 lbs
<b><u>College</u></b>			
L.Highsman-501 lbs	L.Highsman-330lbs	L.Highsman-501 lbs	L.Highsman-1273 lbs
<b><u>14 -15</u></b>			
B. Holland- 195 lbs	B. Holland- 205 lbs	B. Holland- 265 lbs	B.Holland- 665 lbs
<b><u>16 -17</u></b>			
C.Garrett-245 lbs	C.Garrett -195 lbs	C.Garrett-375 lbs	C.Garrett -815 lbs
<b><u>18-19</u></b>			
C.Garrett- 225 lbs	C.Garrett -215 lbs	C.Garrett-340 lbs	C.Garrett -780 lbs
<b><u>20-23</u></b>			
L.Highsman-501 lbs	L.Highsman-330lbs	L.Highsman-501 lbs	L.Highsman-1273 lbs
<b><u>40 -44</u></b>			
M. Clarke – 315 lbs	M. Clarke – 275 lbs	M. Clarke – 455 lbs	M. Clarke – 1045 lbs
<b><u>45-49</u></b>			
C.Kozub-303 lbs	C.Kozub-260 lbs	C.Kozub-352 lbs	C.Kozub-914 lbs
<b><u>50-54</u></b>			
M. Punaro – 275.6 lbs	R.Giles – 209 lbs	M. Punaro-375.4 lbs	M. Punaro- 826.7 lbs
<b><u>181 Male</u></b>			
<b><u>Open</u></b>			
L Dyles-405 lbs	L. Dyles-365 lbs	K.Henderson-600 lbs	L.Dyles-1295 lbs
<b><u>College</u></b>			
J. Dalton - 386 lbs	J. Dalton - 320 lbs	C.Aldridge - 410 lbs	J. Dalton - 1102 lbs
<b><u>14-15</u></b>			
J. Clayton- 240 lbs	J. Clayton- 140 lbs	J. Clayton- 300 lbs	J. Clayton- 680 lbs
<b><u>40-44</u></b>			
J Listopad- 374 lbs	J. Penn- 300 lbs	J. Penn- 450 lbs	W. Bogue - 1060 lbs

<b><u>45-49</u></b>			
J. Penn - 352 lbs	J. Penn - 290 lbs	J. Penn - 490 lbs	J. Penn - 1129 lbs
<b><u>55-59</u></b>			
J. Alston - 363 lbs	J. Alston - 237 lbs	J. Alston -440 lbs	J. Alston – 1040 lbs
<b><u>65-69</u></b>			
P. Miller- 275 lbs	P. Miller- 165 lbs	P. Miller- 365 lbs	P. Miller – 805 lbs
<b><u>198 Male</u></b>			
<b><u>Open</u></b>			
R.Jones-505 lbs	R.Jones-335 lbs	R.Jones-585 lbs	R.Jones-1425 lbs
<b><u>14-15</u></b>			
J. Clayton - 330 lbs	J. Clayton - 195 lbs	J. Clayton - 363 lbs	J. Clayton - 885 lbs
<b><u>16-17</u></b>			
R.Poland- 315 lbs	R.Poland- 240 lbs	R.Poland- 413 lbs	R.Poland- 945 lbs
<b><u>18-19</u></b>			
Collin EK - 395 lbs	Collin EK – 320 lbs	Collin EK - 485 lbs	Collin EK - 1290 lbs
<b><u>20-23</u></b>			
B. Maloney - 440 lbs	Collin EK – 319 lbs	B. Maloney - 529 lbs	B. Maloney - 1245lbs
<b><u>40-44</u></b>			
J. Listopad - 400 lbs	J. Shifflett - 300 lbs	J. Listopad - 405 lbs	J. Listopad - 1070 lbs
<b><u>50-54</u></b>			
K. Cassell - 452 lbs	M. Baker - 286 lbs	M. Baker - 512 lbs	K. Cassell - 1240 lbs
<b><u>55-59</u></b>			
A. Harmon -319 lbs	A. Harmon -292 lbs	A. Harmon -462 lbs	A. Harmon -1074 lbs
<b><u>60-64</u></b>			
B. Lindsey -405 lbs	B. Lindsey -305 lbs	B. Lindsey -405 lbs	B. Lindsey -1115 lbs
<b><u>220 Male</u></b>			
<b><u>Open</u></b>			
C. Weatherford-544.5 lbs	J.Krauss-425 lbs	J.Krauss-675 lbs	J.Krauss-1640 lbs
<b><u>16-17</u></b>			
N.Berry- 435 lbs	N.Berry- 320 lbs	N.Berry- 500 lbs	N.Berry- 1255 lbs

<b><u>18-19</u></b>			
J. Blake-347 lbs	J. Blake-231 lbs	J. Blake-440 lbs	J. Blake-1019 lbs
<b><u>20-23</u></b>			
C. EK – 415 lbs	C. EK – 315 lbs	C. EK – 500 lbs	C. EK – 1230 lbs
<b><u>College</u></b>			
D Kozlik-505 lbs	M. Meaaer –BP 320	B. Jardine-610 lbs	D Kozlik-1375 lbs
<b><u>40-44</u></b>			
H. Gerard - 545 lbs	H. Gerard - 380 lbs	E. Shrader - 474 lbs	H. Gerard -1399 lbs
<b><u>45-49</u></b>			
E.Shrader-440 lbs	J. Shifflett 320 lbs	E.Shrader-429 lbs	E.Shrader-1151 lbs
<b><u>50-54</u></b>			
D.Morris-340 lbs	D.Morris-190 lbs	D.Morris-450 lbs	D.Morris-980 lbs
<b><u>55-59</u></b>			
M.LaMartina-250 lbs	M.LaMartina-235 lbs	M.LaMartina-335 lbs	M.LaMartina-820 lbs
<b><u>242 Male</u></b>			
<b><u>Open</u></b>			
J Ferguson - 617 lbs	J Ferguson - 430 lbs	J.Ferguson-704 lbs	J Ferguson -1703 lbs
<b><u>16-17</u></b>			
B. Gillespie 331 lbs	B. Gillespie 320 lbs	B. Gillespie 380 lbs	B. Gillespie 1031 lbs
<b><u>20-23</u></b>			
S. Murden - 501 lbs	S. Murden - 347 lbs	S. Murden - 457 lbs	S. Murden - 1305 lbs
<b><u>40-44</u></b>			
C Amstone - 455 lbs	C Amstone - 345 lbs	Frank Beckers- 518 lbs	C Amstone - 1300 lbs
<b><u>45-49</u></b>			
J.Cole- 440 lbs	J.Cole- 330 lbs	J.Cole- 510 lbs	J.Cole-1280 lbs
<b><u>55-59</u></b>			

R.Beuch- 380 lbs	R.Beuch- 350 lbs	R.Beuch- 475 lbs	R.Beuch- 1205 lbs
<b><u>60-64</u></b>			
I .Brooks- 275lbs	I .Brooks- 253 lbs	I .Brooks- 402 lbs	I .Brooks- 931lbs
<b><u>275 Male</u></b>			
<b><u>Open</u></b>			
K.Ryder-550 lbs	M. Kimener-577.5 lbs	K.Ryder-710 lbs	K.Ryder-1710 lbs
<b><u>40-44</u></b>			
K.Ryder-550 lbs	K.Ryder-450 lbs	K.Ryder-710 lbs	K.Ryder-1710 lbs
<b><u>45-49</u></b>			
K.Ryder-529 lbs	K.Ryder-429 lbs	K.Ryder-672 lbs	K.Ryder-1631 lbs
<b><u>55-59</u></b>			
R. Beuch - 424 lbs	R. Beuch - 385 lbs	R. Beuch – 512 lbs	R. Beuch -1322 lbs
<b><u>Super Males</u></b>			
<b><u>Open</u></b>			
N. Minnetti - 775 lbs	N. Minnetti - 475 lbs	N. Minnetti - 785 lbs	N. Minnetti - 2035 lbs
<b><u>16-17</u></b>			
J.Caridad - 440 lbs	J.Caridad - 310 lbs	J.Caridad - 475 lbs	J.Caridad -1225 lbs
<b><u>18-19</u></b>			
R. Key- 460 lbs	R. Key- 315 lbs	R. Key – 505 lbs	R. Key – 1280 lbs
<b><u>40-44</u></b>			
R. Armstead - 550 lbs	R. Armstead - 369 lbs	R. Armstead –525 lbs	R. Armstead -1416 lbs
<b><u>45-49</u></b>			
J. Pope - 633 lbs	J. Pope – 429 lbs	J. Pope - 711 lbs	J. Pope - 1769 lbs

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