



## 2009 VIRGINIA OPEN

Stanardsville, VA

2-28-09

| Lifter          | Division             | Wt. Class | Squat | Bench | Deadlift | Total |
|-----------------|----------------------|-----------|-------|-------|----------|-------|
| Patricia Azlin  | Raw<br>Open<br>55-59 | 123       | 185*  | 100*  | 225*     | 510*  |
| Erika Trubic    | 65-59                | 123       | 160   | 85    | 190      | 435   |
| Amanda Galliday | Raw<br>16-17         | 132       | 170   | 95    | 225      | 490   |
| Lynne Nelson    | 50-54                | 165       | 305   | 170   | 380      | 855   |
| Men             |                      |           |       |       |          |       |
| Sharif Gray     | College              | 148       | 375   | 255   | 395      | 1025  |
| Josh Gerardo    | College              | 148       | 340   | 250   | 365      | 955   |
| Kelly Haskins   | Raw<br>14-15         | 165       | 155*  | 140*  | 240*     | 535*  |
| Jason Luster    | 16-17                | 165       | 415   | 300   | 450      | 1165  |
| Ray Kirchner    | College              | 165       | 400   | 270   | 430      | 1100  |
| James Clayton   | College              | 165       | 315   | 240   | 370      | 925   |
| Caleb Gibson    | Raw<br>College       | 165       | 225   | 170   | 350      | 745   |
| Matt Jones      | Raw<br>College       | 165       | 200   | 185   | 315      | 700   |
| Christian Kozub | Raw<br>45-49         | 165       | 270*  | 260*  | 340*     | 870*  |
| Martin Clarke   | 40-44                | 165       | 315   | 275   | 455      | 1045  |
| Larry Dyles     | Raw<br>Open          | 165       | 450*  | 355*  | 530*     | 1335* |
| Josh Bookwalter | College              | 165       | 330   | 235   | 340      | 905   |

|                    |                      |     |      |      |             |            |
|--------------------|----------------------|-----|------|------|-------------|------------|
| Owen Troutman      | College              | 181 | 435  | 275  | 485         | 1195       |
| Jarrett Bennett    | College              | 181 | 440  | 285  | 450         | 1175       |
| Jay Katzman        | 70-74                | 181 | 330  | 230  | 410         | 970        |
| Richard Poland     | Raw<br>16-17         | 198 | 315* | 240* | 390*        | 945*       |
| Wes Foster         | Raw<br>20-23         | 198 | 400  | 265  | 450         | 1115       |
| Aaron Baez         | Raw<br>College       | 198 | 330  | 240  | 420         | 990        |
| Nicholas Harrelson | College              | 198 | 405  | 305  | 470         | 1180       |
| Matthew Radi       | College              | 198 | 365  | 260  | 400         | 1025       |
| Justin Davis       | Raw<br>Open          | 198 | 430  | 300  | 530         | 1260       |
| Vadim Snitkorsky   | Raw<br>Open          | 198 | 350  | 285  | 490         | 1125       |
| James Downs        | 45-49                | 198 | 325  | 235  | 365         | 925        |
| Bill Lindsey       | Raw<br>60-64         | 198 | 405* | 305* | 405*        | 1115*      |
| John Mays          | Raw<br>Open          | 220 | 430  | 350  | 585         | 1365       |
| TimHenriques       | Raw<br>Open          | 220 | 145  | 355  | 585         | 1085       |
| Deranda Mason      | Raw<br>Open          | 242 | 555  | 400  | 645         | 1600       |
| Jarrett Ferguson   | Raw<br>Open          | 242 | 550  | 370  | 610         | 1530       |
| Eric Neil          | Raw<br>Open          | 242 | 555  | 300  | 500         | 1355       |
| Carl Amstone       | Raw<br>Open<br>40-44 | 242 | 455* | 345* | 500         | 1300*      |
| Mike Williams      | Raw<br>Open          | 242 | 420  | 285  | 425         | 1130       |
|                    |                      |     |      |      | <b>Iron</b> | <b>Man</b> |
| Damon Etheridge    | Raw<br>Open          | 181 |      | 300  | 420         | 720        |
| Zac Hill           | Raw<br>Youth         | 220 |      | 100  | 260         | 360        |

|                  |               |        |  |      |              |              |
|------------------|---------------|--------|--|------|--------------|--------------|
| TimHenriques     | Raw<br>Open   | 220    |  | 355  | 585          | 940          |
| Mike Jones       | Open          | 220    |  | 440  | 550          | 990          |
| John Ott         | Raw<br>50-54  | 242    |  | 300  | 425          | 725          |
|                  |               |        |  |      | <b>Bench</b> | <b>Press</b> |
| Jeff Hafhlemeyer | College       | 148    |  | 360  |              |              |
| Mike Jones       | Open          | 220    |  | 440  |              |              |
| Carl Amstone     | Raw<br>Open   | 242    |  | 345* |              |              |
| Monte Sparkman   | Raw<br>Open   | Supers |  | 450* |              |              |
| Bill Gillespie   | Open<br>45-49 | Supers |  | 700  |              |              |
| Mike Godsil      | Open          | Supers |  | 600  |              |              |
|                  |               |        |  |      | <b>Dead</b>  | <b>Lift</b>  |
| Robert Mackey    | Raw<br>20-23  | 132    |  |      | 315          |              |
| Mike Jones       | Open          | 220    |  |      | 550          |              |
| John Mays        | Raw<br>Open   | 220    |  |      | 585          |              |

- New Virginia State records

A very special Thank You to all the lifters for coming and for everyone who pitched in to help the at meet, Ziba Deardan, Jeremy Shifflett, Brian Rochefort and family, Jesse Sheckler, Mike Nichols, Gary and Trisha Emrich, Bill and Ruth Lindsey, Team Force, VMI and The Gym of Woodstock.

Bill Gillespie was flawless with a easy 700 pounds and a very close miss at 730. The meet had some really big numbers put up raw Bill Lindsey set American Records in Squat and bench press, Mason 1600 @ 242 with much more to come. Ferguson over 1500 weighing in @ 222. Larry Dyles went 1335 @ 165 and was not close to his best. Just wait until the USAPL RAW Nationals in July!

Thank the Lord for good safe day.

John Shifflett  
Will Morris  
Championship Directors