



VIRGINIA STATE BP/DL/STRICT CURL
 JANUARY 17, 2009
 STANARDSVILLE, VA

Name	Weight Class	Division	Bench Press
Tiarra Small	105	10-11	75 **
Niki Wilkerson	114	12-13	75**
Aliyah Jones	198 plus	12-13	125 **
Kathy Roberts	181	Open	232.5 **
Xavier Nichols	66	8-9	45
DaMonte Southerland	66	9-10	45
Desmond Mills	77	8-9	62.5 **
Kyle Rochefort	77	10-11	55 **
Chauncey Foster	88	12-13	70 **
Trenrell Williams	97	12-13	65
Saquan Marrow	114	12-13	75
Michael Henderson	181	14-15	125
Quiheen Foster	181	12-13	135
Larry Dyles	181	25-29	375
Monte Evans	198	14-15	125

Mike Petty	198	20-24	275
Josh Dunbar	198	20-24	260
Bob Dahlhamer	198	70-74	265
Chris Devol	198	30-34	405
Joe Galloway	275	20-24	345
Mike Madigan	SUPERS	50-54	410
			DEADLIFT
Kyle Rochefort	77	10-11	150
Conner Dantzler	148	14-15	200
Joe Galloway	242	20-24	600
			STRICT CURL
Conner Dantzler	148	14-15	60
Bob Dahlhamer	198	70-74	125 **
Dennis Haywood	220	55-59	105

** National Record

It was the youth day at the Virginia State single lift Championships with a huge number of National records being set. Special thank you goes Jim Roberts for head judging the event and Jeremy Shifflett and Ziba Dearden for spotting and loading.

The event was highlighted by Project Lift who had 12 kids in the meet all did a wonderful job lifting. Coach Hawkins and team were well prepared!