



2010 VIRGINIA OPEN STANARDSVILLE, VA 2-27-10

Lifter	Division	Wt. Class	Squat	Bench	Deadlift	Total
Kim Ryman	Open 45-49	105	185	125	285	595
Jean Gutierrez	Raw Open	132	165	155	235	555
Lee Hafheemeyer	College	148	445	365	465	1275
Brenden Holland	Raw 14-15	165	195	205	265	665
Abram Pastore	Raw 16-17	165	220	195	305	720
Kelly Haskins	Raw 16-17	165	215	160	325	700
Curtis Garrett	Raw 18-19	165	255	215	340	810
Seth Young	Raw 20-23	165	440	225	485	1150
Robert Stockman	College	165	370	335	440	1145
Mike Strobo	College	165	375	325	405	1105
Caleb Clubb	College	165	370	310	395	1075
James Clayton	College	165	350	245	365	960
Nathan Iseman	College	165	275	240	375	890
Stuart Roy	Raw O,40-44	165	290	215	360	865
Mike Punaro	Raw 50-54	165	245	165	285	695
Pete Miller	Raw 65-69	181	275	165	365	805

Caleb Gibson	College	181	400	240	455	1100
John Rivas	College	181	420	300	525	1245
Tomas Mecelis	College	181	400	315	510	1225
Josh Greene	Raw Open	181	275	200	300	775
Carl Riggleman	SO	181	265	180	300	745
Ben Rowe	Open	198	635	410	600	1645
Patrick Sweeney	College	198	455	260	550	1265
Nathan Berry	Raw 16-17	220	435	320	500	1255
Mike Sidwell	Raw Open	220	420	275	475	1170
Dan Johnston	40-44	220	455	355	505	1315
Ziba Dearden	Raw 50-54	220	365	260	395	1020
Ben Ashooh	College	242	480	410	460	1350
Kelson Hurley	College	242	345	325	335	1005
Ranolon Key	Raw 18-19	UNL	460	315	505	1280
Lifter	Division	Wt. Class				Bench
Catherine LaPrade	Raw 45-49	148		100		
Kathryn Larson	Raw 50-54	165		115		
Demtrius Maoury	Open 40-44	165		440		
Carl Brendlinger	Raw 45-49	181		290		
Carl Riggleman	SO	181		180		
Tim Durrett	Open	242		465		

This was the first contest since we lost our dear friend Will Morris. It was very hard day for me but the lifters at the Virginia Open were so wonderful and encouraging. The meet went very well the American Legion PA system was missing a connection and we had to go without a mic but it did not slow the meet at all. Great lifting at the contest we had a lot of young lifters and many first time we were done lifting at 3:30 pm.

The 25th Annual USAPL Virginia State meet will be in honor of Will Morris. He was the co meet director for the first 24 and loved this contest. The meet will be at the new Best Western Crossroads Inn in Zion Crossroads, VA. It is right on I 64 exit 136 it is 12 miles from Charlottesville and 50 miles from Richmond. This will be the host venue for most of state and regional contests.

A special THANK YOU to a great meet staff.

Judges

William Thacker- National
John Shifflett - National
Gary Emrich - State
Trica Emrich – State
Doug Currence- State

Spotter Loaders/Platform

Brian Shifflett
John Almquist
Ron Beuch

Table

Jeremy Shifflett
Elliot Currence
Doug Currence
John Shifflett