

## VA Records Male

### 114 lb Class

Squat	Bench	Deadlift	Total
<b>OPEN</b>			
H.Garcia-425 lbs	H.Garcia-245 lbs	H.Garcia-425 lbs	H.Garcia-1095 lbs
<b>14-15</b>			
C. Frazier--300 lbs	C. Frazier-160-lbs	C. Frazier-325 lbs	C. Frazier-785 lbs
<b>16-17</b>			
J.Siddons-250 lbs	J.Siddons-155 lbs	J.Siddons-275 lbs	J.Siddons-650 lbs
<b>18-19</b>			
W.George-200 lbs	W.George-165 lbs	W.George-300 lbs	W.George-665 lbs
	<b>Single Lift Bench Press</b>		
<b>OPEN</b>			
<b>14-15</b>	J.. Nuteman – 100 lbs		
	A. Johnson – 135 lbs		
	C. Stiltner – 135 lbs		

### 123 lb Class

Squat	Bench	Deadlift	Total
<b>OPEN</b>			
H.Garcia-435 lbs	D. Weiss – 286 lbs	D. Weiss – 513 lbs	D. Weiss – 1179 lbs
<b>14-15</b>			
T.Angle-210 lbs	M. Granger – 165 lbs	M. Granger – 300 lbs	M. Granger -665 lbs
<b>16-17</b>			
J.Siddons-250 lbs	J.Siddons-160 lbs	J.Siddons-285 lbs	J.Siddons-685 lbs
	<b>Single Lift Bench Press</b>		
<b>40-44</b>	B. Elibal -200 lbs.		

### 132 lb Class

Squat	Bench	Deadlift	Total
<b>OPEN</b>			
D.Weiss-430 lbs	D. Weiss – 310 lbs	D. Weiss – 540 lbs	D. Weiss – 1280 lbs
<b>14-15</b>			
J. Bowers -270 lbs	J. Bowers -165 lbs	J. Bowers -285 lbs	J. Bowers -710 lbs
<b>16-17</b>			
J. Fleming-270 lbs	J. Fleming-185 lbs	J. Fleming 290 lbs	J. Fleming-745 lbs
<b>18-19</b>			
J. Sine-335 lbs	J. Sine-210 lbs	J. Sine-350 lbs	J. Sine-895 lbs
<b>20-23</b>			
J. Sine-400 lbs	J. Sine-250 lbs	J. Sine-415 lbs	J. Sine-1065 lbs

<b>40-44</b>			
J.Ringi-429 lbs	J.Ringi-259 lbs	J.Ringi-413 lbs	J.Ringi-1102 lbs
<b>50-54</b>			
S.Hall-400 lbs	S.Hall-270 lbs	S.Hall-400 lbs	S.Hall-1070 lbs
	<b>Single Lift Bench Press</b>		
<b>OPEN</b>	A. Lovell-305 lbs		
<b>14-15</b>	J. Bower-165 lbs		
<b>16-17</b>	J. Lytton -145		

## 148 lb Class

Squat	Bench	Deadlift	Total
<b>OPEN</b>			
D. Kimble – 595 lbs	D. Beatty -352 lbs	G. Blevins – 610 lbs	W. Meyers-1487 lbs
<b>14-15</b>			
G. Kirby-315 lbs	J. Dunbar -210 lbs	G. Kirby -375 lbs	G. Kirby -850 lbs
<b>16-17</b>			
J. Bowers-374 lbs	J. Bowers – 231 lbs	A. Momola-370 lbs	J. Bowers -959 lbs
<b>18-19</b>			
S. Franklin -570 lbs	S. Franklin -300 lbs	S. Franklin -450 lbs	S. Franklin -1410 lbs
<b>College</b>			
L. Hafhemeyer-405 lbs	L. Hafhemeyer-300 lbs	L. Hafhemeyer-400 lbs	L. Hafhemeyer-1145 lbs
<b>20-23</b>			
P. Loconti -425	W. Johnston -275 lbs	P. Loconti -450 lbs	P. Loconti -1125 lbs
<b>40-44</b>			
C. Gee – 465 lbs	C. Gee – 300 lbs	C. Gee – 510 lbs	C. Gee – 1245
<b>45-49</b>			
L. Eggleston-375	D. Wilson-314 lbs	D. Wilson -507 lbs	D. Wilson – 1173 lbs
<b>50-44</b>			
J. Harrop – 430 lbs.	J. Harrop – 236 lbs	J. Harrop – 501 lbs	J. Harrop- 1168 lbs
<b>55-59</b>			
J. Harrop -405 lbs	J. Harrop -230 lbs	J. Harrop-435 lbs	J. Harrop-1070 lbs
<b>16-17</b>	J. Lytton -145		
	<b>Single Lift Bench Press</b>		
<b>OPEN</b>	D. Wilson – 314 lbs		
<b>14-15</b>	J. Dunbar – 215 lbs		
<b>16-17</b>	A. Hincker-255 lbs		
<b>COLLEGE</b>	J. Nakovich-290 lbs		
<b>20 -23</b>	J. Nakovich-290 lbs		
<b>40-44</b>	S. Zerbe-305 lbs		
<b>45-49</b>	D. Wilson – 314 lbs.		

## 165 lb Class

Squat	Bench	Deadlift	Total
<b>OPEN</b>			
J. Hansford- 580 lbs	R. Atkins – 380 lbs	G. Blevins – 650 lbs	W. Meyers – 1535 lbs
<b>14-15</b>			
J. Vance – 370 lbs	R. Holmes – 230 lbs	J. Vance – 400 lbs	J. Brothers – 975 lbs
<b>16-17</b>			
D. Svor – 400 lbs	J. Dalton – 275 lbs	J. Brothers -430 lbs	J. Dalton -1045
<b>18-19</b>			
J. Devereux -490 lbs	J. Devereux-369 lbs	J. Devereux -505 lbs	J. Devereux – 1349 lbs
<b>College</b>			
A. Hellems – 460 lbs	S. Henien – 330 lbs	S. Henien -540 lbs	S. Henien -1270 lbs
<b>20-23</b>			
R. Howell – 450 lbs	S. Henien – 330 lbs	S. Henien -540 lbs	S. Henien – 1270 lbs
<b>40-44</b>			
M. Short – 525 lbs	T. Asseline – 340 lbs	M. Short – 565 lbs	M. Short – 1370 lbs
<b>45-49</b>			
J. Alston – 480 lbs	T. Asselin – 345	J. Alston – 575 lbs	J. Alston – 1360 lbs
<b>50-44</b>			
C. Donald – 420 lbs	L. Cardon – 325 lbs	C. Donald – 500 lbs	C. Donald – 1220 lbs
<b>55-59</b>			
J. Harrop -445 lbs	L. Cardon -360 lbs	J. Harrop – 545 lbs	J. Harrop -1190 lbs
<b>65-69</b>			
W. Breeden – 150 lbs	W. Breeden -190 lbs	W. Breeden – 360 lbs	W. Breeden – 700 lbs
	<b>Single Lift Bench Press</b>		
<b>OPEN</b>	D. Maoury – 425 lbs		
<b>COLLEGE</b>	S. Henien – 330 lbs		
<b>16-17</b>	R. Still – 285 lbs		
<b>20 -23</b>	A. Mamola – 410 lbs		
<b>40-44</b>	D. Maoury – 425 lbs		
<b>45-49</b>	T. Asselin - 345		
<b>50-54</b>	P. Nadeau – 235 lbs		
<b>55-59</b>	L. Cardon – 360 lbs		

## 181 lb Class

Squat	Bench	Deadlift	Total
<b>OPEN</b>			
C. Payne – 677 lbs	C. Lawyer – 413 lbs	C. Payne – 705 lbs	C. Payne -1763 lbs
<b>16-17</b>			
B. Lewis – 490 lbs	G. Walters – 300 lbs	J. Atkins – 540 lbs	B. Lewis – 1275 lbs
<b>18 -19</b>			
S. Francese -550 lbs	J. Krauss – 365 lbs	J. Krauss -580 lbs	J. Krauss – 1445 lbs

<b>20-23</b>			
S. Francese – 585 lbs	R. Howell – 370 lbs	S. rancese – 574 lbs	S. Francese -1522 lbs
<b>College</b>			
S. Francese – 584 lbs	S. Francese -341 lbs	S. Francese -573 lbs	S. Francese – 1488
<b>40-44</b>			
S. Johnson -515 lbs	D. Pierece – 352.50 lbs	J. Medley – 600 lbs	M. Baker – 1370 lbs
<b>45-49</b>			
M. Baker – 525 lbs	M. Baker – 360 lbs	J. Alston – 600 lbs	M. Baker – 1410 lbs
<b>50-54</b>			
S. Butor- 505 lbs	D. Smith – 325 lbs	S. Butor – 550 lbs	S. Butor – 1320 lbs
<b>55-59</b>			
P. Johnson – 505 lbs	H. Gutnick – 315 lbs	M. Scott – 525 lbs	P. Johnson -1315 lbs
<b>55-59</b>			
J. Harrop -405 lbs	J. Harrop -230 lbs	J. Harrop-435 lbs	J. Harrop-1070 lbs
<b>60-64</b>			
E. McCullough – 330 lbs	J.Kiser 250 lbs	E. McCullough – 375 lbs	E. McCullough – 925 lbs
<b>65-69</b>			
W. Breeden – 320 lbs	W. Breeden -210 lbs	W. Breeden -420 lbs	W. Breeden -930 lbs
<b>70-74</b>			
E. McCullough – 319 lbs	W. Breeden – 220 lbs	W. Breeden – 420 lbs	E. McCullough-935 lbs
	<b>Single Lift Bench Press</b>		
<b>OPEN</b>	A. Mamola – 573 lbs		
<b>College</b>	M. McCoy -360 lbs		
<b>40-44</b>	S. Jaffee – 370 lbs		
<b>45-49</b>	S. Burke – 325 lbs		
<b>50-54</b>	D. Smith – 325 lbs		
<b>55-59</b>	H. Gutnick – 295 lbs		
<b>70-74</b>	W. Breeden – 220 lbs		

### 198 lb Class

<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>	<b>Total</b>
<b>OPEN</b>			
H. Herard – 690 lbs	J. Lewis – 525 lbs	T. Henriques – 700 lbs	H. Gerard -1790 lbs
<b>14-15</b>			
J. Clayton – 365 lbs	J. Clayton – 210 lbs	C. Fagan -395 lbs	J. Clayton -965 lbs
<b>16-17</b>			
T. Hyatt – 415 lbs	T. Hyatt – 285 lbs	T. Hyatt – 430 lbs	T. Hyatt – 1130 lbs
<b>18-19</b>			
L. Mullins – 500 lbs	B. Ring – 365 lbs	S. Roman – 575 lbs	S. Roman – 1390 lbs
<b>College</b>			
G. Walters – 610 lbs	G. Walters – 440 lbs	G. Walters – 550 lbs	G. Walters – 1600 lbs
<b>20-23</b>			
G. Walters – 610 lbs	G. Walters – 462 lbs	G. Walters – 633 lbs	G. Walters – 1667 lbs
<b>Police &amp; Fire</b>			
G. Stang – 430 lbs	G. Stang – 380 lbs	G. Stang – 460 lbs	G. Stang – 1270 lbs
<b>40-44</b>			

T. Linn – 585 lbs	M. Lichtenberger – 460 lbs	T. Linn – 675 lbs	T. Linn – 1575 lbs
<b>45-49</b>			
S. Johnson – 534 lbs	M. Lichtenberger – 465 lbs	J. Hannah – 580 lbs	M. Lichtenberger – 1520 lbs
<b>50-44</b>			
B. Lindsey – 460 lbs	P. Aulicino – 370 lbs	J. Hannah – 570 lbs	P. Aulicino -1355 lbs
<b>55-59</b>			
P. Johnson – 515 lbs	B. Lindsey – 380 lbs	P. Johnson -535 lbs	P. Johnson -1380 lbs
<b>60 -64</b>			
B. Groves-505 lbs	B. Lindsey – 379.5 lbs	F.Lange – 475 lbs	B. Lindsey -1243 lbs
<b>65-69</b>			
F. Lange – 415 lbs	F. Lange – 235 lbs	F. Lange -500 lbs	F. Lange – 1170 lbs
	<b>Single Lift Bench Press</b>		
<b>OPEN</b>	T. Brown – 470 lbs		
<b>COLLEGE</b>	M. McCoy -335 lbs		
<b>14 -15</b>	S. Dennis – 205 lbs		
<b>16-17</b>	B. Carson -335 lbs		
<b>18-19</b>	G. Walters -440 lbs		
<b>20 -23</b>	R. Smith -390 lbs		
<b>40-44</b>	Mark Lichtenberger - 460 lbs		
<b>45-49</b>	Mark. Lichtinberger – 450 lbs		
<b>50-54</b>	B. Lindsey – 380 lbs		
<b>55-59</b>	B. Lindsey – 402.5 lbs		
<b>60 -64</b>	B. Lindsey -379.5 lbs		

### 220 lb Class

Squat	Bench	Deadlift	Total
<b>OPEN</b>			
J. Beck -810 lbs	J. Beck -584.2 lbs	F. Littlejohn-760 lbs	J. Beck -2127 lbs
<b>Police &amp; Fire</b>			
G. Stang-475 lbs	G. Stang -410 lbs	G. Stang -515 lbs	G. Stang – 1400 lbs
<b>14-15</b>			
T. Werz-300 lbs	T. Werz -185 lbs	T. Werz-390 lbs	T. Werz – 875 lbs
<b>16-17</b>			
D. Carlson – 423.5 lbs	T. Hyatt – 281 lbs	D. Carlson -434.5 lbs	T. Hyatt – 1102 lbs
<b>18-19</b>			
L. Mullins -550 lbs	N. Conyer – 375 lbs	L. Mullins – 580 lbs	D. Hierholzer – 1320 lbs
<b>College</b>			
G. Walters – 716 lbs	G. Walters – 529 lbs	G. Walters – 645 lbs	G. Walters 1890 lbs
<b>20-23</b>			
G. Walters – 716 lbs	G. Walters – 529 lbs	G. Walters – 645 lbs	G. Walters – 1890 lbs
<b>40-44</b>			
W. Link – 715 lbs	H. Gerard – 520 lbs	C. Smith – 665 lbs	H. Gerard -1818 lbs

<b>45-49</b>			
R. Thompson – 580 lbs	G. Mendoza – 425 lbs	R. Thompson – 600 lbs	R. Thompson -1505 lbs
<b>50-44</b>			
W. Link – 550 lbs	K. Christian – 380 lbs	R. Coppins – 570 lbs	C. Lilly – 1375 lbs
<b>55-59</b>			
H.D. Campbell -505 lbs	B. Lindsey -385 lbs	R. Coppins -565 lbs	B. Lindsey-1370 lbs
<b>60 -64</b>			
B. Thompson -470 lbs	B. Thompson -330 lbs	B. Thompson -550 lbs	B. Thompson -1350 lbs
<b>65-69</b>			
F. Lange – 420 lbs	F. Lange – 245 lbs	F. Lange -475 lbs	F. Lange – 1140 lbs
	<b>Single Lift Bench Press</b>		
<b>OPEN</b>	H. Gerard – 578 lbs		
<b>14 -15</b>	B. Carson – 280 lbs		
<b>16-17</b>	B. Talber – 385 lbs		
<b>18-19</b>	T. Keim -300 lbs		
<b>COLLEGE</b>	K. Kenyon – 475 lbs		
<b>20 -23</b>	N. Miller – 405 lbs		
<b>40-44</b>	H. Gerard -578 lbs		
<b>45-49</b>	H. Gerard – 523 lbs		
<b>50-54</b>	S. Morris -480 lbs		
<b>55-59</b>	K. Christian – 400 lbs		
<b>60 -64</b>	B. Thompson – 340 lbs		
<b>65 – 69</b>	T. Amiss – 205 lbs		

### 242 lb Class

<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>	<b>Total</b>
<b>OPEN</b>			
B. Luck – 750 lbs	D. Mason – 496 lbs	F. Littlejohn-730 lbs	B. Gillespie – 1900 lbs
<b>Police</b>			
B. Rochefort – 550 lbs	B. Rochefort- 400 lbs	B. Rochefort-530 lbs	B. Rochefort – 1480 lbs
<b>14-15</b>			
R. Douglas -205 lbs	R. Douglas – 180 lbs	R. Douglas -330 lbs	R. Douglas – 715 lbs
<b>16-17</b>			
J. Cooper – 500 lbs	J. Cooper – 325 lbs	J. Cooper – 500 lbs	J. Cooper -1325 lbs
<b>18-19</b>			
J. Clayton– 550 lbs	T. Keim – 365 lbs	J. Clayton– 475 lbs	T. Keim – 1345 lbs
<b>20-23</b>			
T. Keim – 550 lbs	T. Keim – 385 lbs	R. Miller – 600 lbs	R. Miller – 1520 lbs
<b>40-44</b>			
W. Link -725 lbs	R. Rogers – 490 lbs	B. Phillips – 700 lbs	W. Link -1765 lbs
<b>45-49</b>			
J. Gregory – 617 lbs	G. Mendoza – 425 lbs	J. Gregory – 655 lbs	J. Gregory – 1658 lbs
<b>50-44</b>			
J. Gregory -610 lbs	W. Morris – 390 lbs	J. Gregory -645 lbs	J. Gregory – 1625 lbs
<b>55-59</b>			
B. Thompson – 585 lbs	W. Morris – 404 lbs	R. Thompson – 615 lbs	B. Thompson -1570 lbs

<b>60-65</b>			
M. Nichols – 407 lbs	W. Morris – 407 lbs	M. Nichols – 507 lbs	M. Nichols -1207 lbs
	<b>Single Lift Bench Press</b>		
<b>OPEN</b>	J. Crocker – 540 lbs		
<b>16-17</b>	K. Kirk – 360 lbs		
<b>18-19</b>	B. Tabler – 515 lbs		
<b>COLLEGE</b>	K. Kenyon – 495 lbs		
<b>20 -23</b>	J. Heglar – 400 lbs		
<b>40-44</b>	R. Rogers – 490 lbs		
<b>45-49</b>	G. Bunch – 430 lbs		
<b>50-54</b>	A.C. Burke – 330 lbs		
<b>55-59</b>	R. Beuch – 405 lbs		
<b>60 -64</b>	B. Thompson – 340 lbs		
<b>70 -74</b>	E. Jones – 275 lbs		
<b>75-79</b>	E. Jones – 260 lbs		

### 275 lb Class

<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>	<b>Total</b>
<b>OPEN</b>			
R. Stead -775 lbs	K. Ryder – 551 lbs	J. Leonard – 725 lbs	B. Luck – 1935 lbs
<b>Police</b>			
A. Lewis – 573 lbs	B. Rochefort – 400 lbs	A. Lewis -584 lbs	A. Lewis -1526 lbs
<b>14-15</b>			
J. Miller – 340 lbs	J. Miller – 240 lbs	J. Miller – 380 lbs	J. Miller – 960 lbs
<b>18-19</b>			
B. Miller – 520 lbs	N. Gamble – 425 lbs	D. Armstrong – 545 lbs	B. Miller – 1330 lbs
<b>College</b>			
R. Miller – 625 lbs	J. McKelvey -430 lbs	R. Miller – 610 lbs	R. Miller – 1660 lbs
<b>20-23</b>			
P. Battle – 660 lbs	P. Battle – 450 lbs	J. McKelvey -615 lbs	P. Battle – 1710 lbs
<b>40-44</b>			
K. Ryder – 660 lbs	K. Ryder – 551 lbs	K. Ryder – 710 lbs	K. Ryder – 1900 lbs
<b>45-49</b>			
B. Bajsert-600 lbs	P. Patton – 400 lbs	B. Bajsert – 700 lbs	B. Bajsert – 1670 lbs
<b>50-44</b>			
W. Morris – 556 lbs	R.Beuch – 410 lbs	D. Duesberry – 600 lbs	W. Morris – 1543 lbs
<b>55-59</b>			
W. Morris – 606 lbs	W. Morris -441 lbs	W. Morris – 557 lbs	W. Morris – 1604 lbs
<b>60 -64</b>			
W. Morris – 573 lbs	W. Morris – 429 lbs	W. Morris – 545 lbs	W. Morris -1547 lbs
	<b>Single Lift Bench Press</b>		
<b>OPEN</b>	B. Gillespie – 660 lbs		
<b>14 -15</b>	J. Schwartz – 280 lbs		
<b>18-19</b>	C. Gillespie – 445 lbs		
<b>COLLEGE</b>	K. Kenyon – 530 lbs		
<b>40-44</b>	K. Ryder – 551 lbs		

<b>45-49</b>	B. Gillespie – 660 lbs		
<b>50-54</b>	R. Beuch -445 lbs		
<b>55-59</b>	R. Beuch – 463 lbs		
<b>60 -64</b>	R. Ewers – 350 lbs		
<b>65 – 69</b>	J. Delulio -270 lbs		

### Supers Class

<b>OPEN</b>			
N. Minneti -840 lbs	S. Slaughter – 606 lbs	N. Minneti – 780 lbs	N. Minneti -2204 lbs
<b>20-23</b>			
E. Cline – 693 lbs	E. Cline – 550 lbs	J. Wehrman-600 lbs	J. Wehrman – 1785 lbs
<b>40-44</b>			
J. Pope – 730 lbs	K. Ryder – 530 lbs	J. Pope -755 lbs	J. Pope -2000 lbs
<b>45-49</b>			
J. Pope – 661 lbs	J. Pope – 501 lbs	J. Pope – 727 lbs	J. Pope -1890 lbs
<b>50-54</b>			
R. Beuch – 405 lbs	R. Beuch – 465 lbs	R. Beuch – 465 lbs	R. Beuch – 1335 lbs
<b>55-59</b>			
R. Beuch – 475 lbs	R. Beuch – 455 lbs	R. Beuch – 507 lbs	R. Beuch – 1430 lbs
<b>60 -64</b>			
B. Ewers – 145 lbs	B. Ewers – 350 lbs	B. Ewers – 145 lbs	B. Ewers – 640 lbs
<b>65- 69</b>			
W. Morris – 600 lbs	W. Morris – 418 lbs	W. Morris – 496 lbs	W. Morris – 1499 lbs
	<b>Single Lift Bench Press</b>		
<b>OPEN</b>	B. Gillespie – 727 lbs		
<b>18-19</b>	Mike Godsill—445 lbs		
<b>40-44</b>	K. Ryder – 530 lbs		
<b>45-49</b>	B. Gillespie – 727 lbs		
<b>50-54</b>	R. Beuch -485 lbs		
<b>55-59</b>	R. Beuch – 468 lbs		
<b>60 -64</b>	B. Ewers – 350 lbs		

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