

## VA RECORDS FEMALE

<b><u>97 lb class</u></b>			
<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>Open</b>			
J.Kennedy-230 lbs	J.Kennedy-155 lbs	M.Manning-215 lbs	J.Kennedy-52 5lbs
<b>14 - 15</b>			
H.Schmoyer-185 lbs	H.Schmoyer-100 lbs	H.Schmoyer-280 lbs	H.Schmoyer-505 lbs
<b>55-59</b>			
E.Newton-110 lbs	E.Newton-80 lbs	E.Newton-205 lbs	E.Newton-395 lbs
<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b><u>105 lb Class</u></b>			
<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>Open</b>			
S.Hartwig-264 lbs lbs	S.Hartwig-172 lbs lbs	S.Hartwig-303 lbs lbs	S.Hartwig-740 lbs
<b>14- 15</b>			
L.Eggleston-105 lbs	L.Eggleston-60 lbs	L.Eggleston-150 lbs	L.Eggleston-315 lbs
<b>44-44</b>			
K.Ryman-245 lbs	K.Ryman-135 lbs	K.Ryman-295 lbs	K.Ryman-655 lbs
<b>45-49</b>			
K.Ryman-215 lbs	K.Poyner-130 lbs	K.Ryman-265 lbs	K.Ryman-595 lbs
<b>50-54</b>			
K.Poyner-200 lbs	K.Poyner-105 lbs	K.Poyner-260 lbs	K.Poyner-580 lbs

<b>55-59</b>			
E. Newton – 110 lbs	E. Newton – 75 lbs	E. Newton – 185 lbs	E. Newton – 370 lbs
<b>Single Lift Bench</b>			
<b>Open</b>	A. Mamola – 150 lbs		
<b>20-23</b>	A. Mamola – 120 lbs		
<b>45 -49</b>	K. Poyner – 130 lbs		
<b>50-49</b>	K. Poyner – 130 lbs		
<b><u>114 lb. Class</u></b>			
<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>Open</b>			
S. Hartwig – 281 lbs	L. Haines-175 lbs.	Anne Sommers – 303 lbs	S. Hartwig – 720 lbs
<b>20-23</b>			
A.Sommers-215 lbs	A.Sommers-115 lbs	A.Sommers-220 lbs	A.Sommers-550 lbs
<b>40-44</b>			
K.Ryman-225 lbs	L. Haines-175 lbs	K.Ryman-265 lbs	L. Haines-640 lbs
<b>50-54</b>			
S.Renzulli-140 lbs	S.Renzulli-85 lbs	S.Renzulli-205 lbs	S.Renzulli-430 lbs
<b>Single Lift Bench</b>			
<b>OPEN</b>	L. Haines – 175		
	L. Wright – 150 lbs		
<b>Junior</b>	L. Wright - 150		
<b>40-44</b>	L. Haines – 175 lbs		

<b><u>123 lb. Class</u></b>			
<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>Open</b>			
T.Williams-300 lbs	L.Haines-181.5 lbs	G.Manuel-335 lbs	T.Williams-760 lbs
<b>COLLEGE</b>			
G.Manuel-230 lbs	G.Manuel-100 lbs	G.Manuel-285 lbs	G.Manuel-615 lbs
<b>18-19</b>			
A.Judd-200 lbs	A.Judd-90 lbs	A.Judd-215 lbs	A.Judd-505 lbs
<b>20-23</b>			
A.Rammel-215 lbs	A.Rammel-105 lbs	A.Rammel-275 lbs	A.Rammel-595 lbs
<b>40-44</b>			
L.Haines-248 lbs	L.Haines-181.5 lbs	B.Beasley-300 lbs	L.Haines-682 lbs
<b>50-54</b>			
K.Schmeets - 225 lbs	K.Schmeets - 132 lbs	K.Schmeets - 275 lbs	K.Schmeets - 633 lbs
<b>55-59</b>			
S.Abrams-185 lbs	S.Drach-135 lbs	S.Abrams-250 lbs	S.Abrams-540 lbs
<b>65-69</b>			
E Trubic-150 lbs	E Trubic-85 lbs	E Trubic-185 lbs	E Trubic-420 lbs
<b>Single Lift Bench</b>			
<b>OPEN</b>	L. Haines – 170 lbs		
<b>18-19</b>	S. Jones – 90 lbs		
<b>40-44</b>	L. Haines – 170 lbs		
<b>45-49</b>	L. Haines – 170 lbs		

<b><u>132 lb. Class</u></b>			
<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>Open</b>			
B.Altizer-446 lbs	B.Altizer-265 lbs	B.Altizer-418 lbs	B.Altizer-1107 lbs
<b>16-17</b>			
C.Harrop-255 lbs	C.Harrop-140 lbs	C.Harrop-255 lbs	C.Harrop-620 lbs
<b>18-19</b>			
K.Kiser-130 lbs	T.Goodnough-110 lbs	K.Kiser-205 lbs	K.Kiser-420 lbs
<b>College</b>			
A.Corbitt-240 lbs	A.Corbitt-130 lbs	A.Corbitt-265 lbs	A.Corbitt-635 lbs
<b>40-44</b>			
J.Wood-275 lbs	L.Haines-160 lbs	J.Wood-305 lbs	J.Wood-710 lbs
<b>50-54</b>			
K.Schmeets-225 lbs	K.Schmeets-135 lbs	K.Schmeets-300 lbs	K.Schmeets-675 lbs
<b>55-59</b>			
P.Buresh-155 lbs	P.Buresh-85 lbs	P.Buresh-205 lbs	P.Buresh-675 lbs
<b>Single Lift Bench</b>			
<b>Open</b>	B. Altizer – 265 lbs		
<b>40-44</b>	L. Hanes – 170 lbs		
<b><u>148 lb Class</u></b>			
<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>Open</b>			
B.Altizer-451 lbs	B.Altizer-253 lbs	W.Ford-450 lbs	B.Altizer-1107 lbs

<b>14-15</b>			
A.Perry-160 lbs	A.Perry-80 lbs	A.Perry-200 lbs	A.Perry-440 lbs
<b>16-17</b>			
S.Gannon-200 lbs	S.Gannon-130 lbs	S.Gannon-265 lbs	S.Gannon-595 lbs
<b>18-19</b>			
S.Malkasian-240 lbs	A.Murdock-130 lbs	S.Malkasian-240 lbs	S.Malkasian-570 lbs
<b>College</b>			
A.Corbitt-245 lbs	A.Corbitt-135 lbs	A.Corbitt-285 lbs	A.Corbitt-665 lbs
<b>40-44</b>			
L.Nelson-303 lbs	L.Nelson-176 lbs	L.Nelson-479 lbs	L.Nelson-959 lbs
<b>50-54</b>			
L.Zingg-240 lbs	L.Zingg-135 lbs	L.Zingg-270 lbs	L.Zingg-645 lbs
<b>Single Lift Bench Press</b>			
<b>Open</b>	A. Tallarico – 195 lbs		
<b>College</b>	D. Rimes – 110 lbs		
<b>40-44</b>	A. Kellogg-185 lbs		
<b><u>165 lb Class</u></b>			
<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>Open</b>			
L.Nelson-341 lbs	L.Nelson-220 lbs	L.Nelson-462 lbs	L.Nelson-1025 lbs
<b>14-15</b>			
N/a	B. Haines-132 lbs	B. Haines-204 lbs	N/A
<b>16-17</b>			

N.Greenwood-220 lbs	B. Haines - 120 lbs	B. Haines - 225 lbs	B. Haines - 549 lbs
<b>40-44</b>			
J. Meade-315 lbs	B. Hayes-195 lbs	B. Hayes-355 lbs	B. Hayes-820 lbs
<b>45-49</b>			
L.Nelson-350 lbs	L.Nelson-220 lbs	L.Nelson-462 lbs	L.Nelson-1025 lbs
<b>50-54</b>			
G.Leader-255 lbs	G.Leader-170 lbs	G.Leader-280 lbs	G.Leader-705 lbs
<b>Single Lift Bench Press</b>			
<b>Open</b>	M.Fadeley-180 lbs		
<b>16-17</b>	N.Greenwood-115 lbs		
<b>40-44</b>	T.Wilkes-160 lbs		
<b>45-49</b>	L.Face mire-100 lbs		
<b>55-59</b>	C.Braun-125 lbs		
<b><u>181 lb Class</u></b>			
<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>Open</b>			
K.Jones-345 lbs	K.Jones-240 lbs	K.Jones-400 lbs	K.Jones-980 lbs
<b>16-17</b>			
S.Malkasian-285 lbs	S.Malkasian-145 lbs	S.Malkasian-320 lbs	S.Malkasian-750 lbs
<b>20-23</b>			
J.Smithson-250 lbs	J.Smithson-135 lbs	J.Smithson-320 lbs	J.Smithson-705 lbs
<b>College</b>			
J.Smithson-250 lbs	J.Smithson-150 lbs	J.Smithson-325 lbs	J.Smithson-725 lbs

<b>45-49</b>			
M.McLean-280 lbs	M.McLean-135 lbs	M.McLean-355 lbs	M.McLean-775 lbs
<b>60-64</b>			
M.Anspach-185 lbs	M.Anspach-145 lbs	M.Anspach-215 lbs	M.Anspach-545 lbs
<b>Single Lift Bench Press</b>			
<b>Open</b>	L. Parrish - 250 lbs		
<b>20-23</b>	L. Parrish - 250 lbs		
<b>College</b>	L. Parrish - 250 lbs		
<b>14-15</b>	B.Haines-115 lbs		
<b>55-59</b>	G.Leader-170 lbs		
<b><u>198 lb Class</u></b>			
<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>Open</b>			
K.Roberts-350 lbs	K.Roberts-260 lbs	K.Roberts-420 lbs	K.Roberts-1020 lbs
<b>20-23</b>			
M.Fadeley-225 lbs	M.Fadeley-160 lbs	M.Fadeley-325 lbs	M.Fadeley-710 lbs
<b>40-44</b>			
B.Hart-315 lbs	B.Hayes-204 lbs	B.Hayes-375 lbs	B.Hayes-892 lbs
<b>45-59</b>			
J.Matkins-235 lbs	J.Matkins-150 lbs	J.Matkins-250 lbs	J.Matkins-635 lbs
<b>50-54</b>			
G.Leader-170 lbs	G.Leader-145 lbs	G.Leader-195 lbs	G.Leader-510 lbs
<b><u>198 Plus lb Class</u></b>			

<b>SQUAT</b>	<b>BENCH</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
<b>Open</b>			
H.Schoffstall-400 lbs	H.Schoffstall-180 lbs	H.Schoffstall-350 lbs	H.Schoffstall-930 lbs
<b>18-19</b>			
B.Pendleton-295 lbs	B.Pendleton-135 lbs	B.Pendleton-300 lbs	B.Pendleton-730 lbs
<b>20-23</b>			
B.Pendleton-295 lbs	B.Pendleton-140 lbs	B.Pendleton-315 lbs	B.Pendleton-750 lbs
<b>40-44</b>			
B.Hart-265 lbs	B.Hart-160 lbs	B.Hart-365 lbs	B.Hart-790 lbs
<b>45-49</b>			
S.Zabawa-225 lbs	S.Zabawa-185 lbs	S.Zabawa-350 lbs	S.Zabawa-800 lbs
<b>Single Lift Bench Press</b>			
<b>OPEN</b>	L.Fahringer-185 lbs		
<b>50-54</b>	C.Braun-170 lbs		

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