



Virginia State Bench Press Records August 23, 2009

Women

<u>88 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
12-13	44.9	Nicole Gambonie		NOV 2008
<u>105 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	140	Linda Richard	Richmond, VA	July 2007
40-44	140	Linda Richard	Richmond, VA	July 2007
45-49	130	Karen Poyner	Norfolk, VA	April 2005
50-54	132.5	Karen Poyner	Norfolk, VA	Nov. 2006
55-59	93.7	Patrica Azlin	Vienna,VA	June 2008
<u>123 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	180	Kerry Self	Leesburg, VA	Oct. 2006
20-24	110	Michelle Daniels	Ft. George Mead, VA	Sept. 2003
45-49	115	Leigh Haines	Arlington, VA	July 2007
<u>132 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	180	Kerry Self	Leesburg, VA	April 2007
30-34	140	Molly Brown		April 2007
Law/Fire/Military	99	Delores Grimes	Ft. Belvoir, VA	Nov. 2005
<u>148 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	150	Cynthia Smith	Seabrook, VA	Sept. 2003
14-15	100	Kelli Taylor	Chatham, VA	April 2001
16-17	110	Kelli Taylor	Chatham, VA	Oct. 2003
18-19	90	Heather Knupp	Bristol, VA	Oct. 2003
25-29	120	Martha Clipson	Chesapeake, VA	April 2008
45-49	140	Cozetta Penn	Richmond, VA	June, 2008
Law/Fire/Military	110	Delores Grimes	Ft. Belvoir, VA	Nov. 2005
<u>165 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	205	Lynne Nelson	Winchester, VA	Oct. 2006
Under 11	100	Megan Dishman	Abington, VA	Oct. 2003
14-15	85	Abby Loop	Winchester, VA	Oct. 2006
16-17	100	K. Taylor	Chatham, VA	Sept. 2002
20-24	110	Madison Fox	Stephenson, VA	March 2008
45-49	205	Lynne Nelson	Winchester, VA	Oct. 2006
Law/Fire/Military	180	Michelle Bertrand	Virginia Beach, VA	Nov. 2002
<u>181 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	230	Kathy Roberts	Alexandria, VA	March 2007
16-17	95	Brooke Haines	Arlington, VA	July 2007
20-24	235	LaToya Parrish	Richmond, VA	Dec. 2007

<u>198 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	270	Latoya Parrish	Richmond, VA	May 2008
20-24	270	Latoya Parrish	Richmond, VA	May 2008
50-54	132.3	Lucy Hawkins	Alexandria, VA	March 2007
Law/Fire/Military	132.3	Lucy Hawkins	Alexandria, VA	March 2007

<u>198+ lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	165.3	Patricia McCauley	Ft. Myer, VA	March 2007
35-39	165.3	Patricia McCauley	Ft. Myer, VA	March 2007
45-49	130	Shelley Crichton	Norfolk, VA	Sept. 2003
Law/Fire/Military	165.3	Patricia McCauley	Ft. Myer, VA	March 2007

Men

<u>66 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Under 11	52.5	Matt Campo	Forest, VA	March 2007

<u>77 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
10-11	55	Kyle Rochefort	Broadway	Jan 2009

<u>105 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	105	Evan Roank	Bristol, VA	Oct. 2003
Under 11	80	Josh Campo	Forest, VA	April 2005
12-13	100	Mo Pollack	Manassas, VA	March 2008
14-15	107.5	Jake Brinn	Chesapeake	August 2009

<u>114 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	200	Tony Ostrum	Chesapeake, VA	Sept. 2003
Under 11	55	E. Cole	Chatham, VA	April 2001
14-15	145	Josh Grubbs	Chesapeake, VA	Nov. 2006
35-39	200	Tony Ostrum	Chesapeake, VA	Sept. 2003

<u>123 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
16-17	205	Robert Clark	Chesapeake	August 2009
Open	205	Robert Clark	Chesapeake	August 2009
Handicap	120	Travis Lilly	Stuarts Drafts, VA	June 2007

<u>132 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	210	Wes Smith	Stephens City, VA	April 2006
12-13	180	Coy Wimer	Stuarts Drafts, VA	Dec. 2006
16-17	230	Josh Browne	Spotsylvania, VA	Aug. 2007
18-19	250	Josh Browne	Spotsylvania, VA	April 2008
20-24	195	Morris DeBoise	Fredericksburg, VA	March 2008
50-54	205	Jim Marchio	Manassas, VA	July 2007

<u>148 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	320	David Wilson	Chesapeake, VA	Nov. 2005
12-13	190	Coy Wilmer	Stuarts Draft, VA	Jan. 2007
14-15	210	Kevin Boston	Manassas, VA	June 2008
16-17	190	Nick Marchio	Manassas, VA	Dec. 2007
18-19	255	Jacob Fox	Virginia Beach, VA	Sept. 2003
20-24	265	James Donegan	Leesburg, VA	June 2007
30-34	235	Floyd Keller	Hampton, VA	April 2004
35-39	315	Danny Transfiguration	Chesapeake, VA	March 2001
45-49	320	David Wilson	Chesapeake, VA	Nov. 2005
55-59	155	Charles Waggoner	Norfolk, VA	Oct. 2004

60-64	160	Charles Waggoner	Norfolk, VA	Nov. 2005
<u>165 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	369	Larry Dyles	Fredericksburg, VA	Nov. 2007
14-15	240	Coy Wilmer	Stuarts Draft, VA	March 2008
16-17	300	Jason Luster	Orange, VA	March 2009
18-19	335	Adam Crider	Paris, VA	April 2006
20-24	369	Larry Dyles	Fredericksburg, VA	Nov. 2007
35-39	360	John Self	Leesburg, VA	Nov. 2005
45-49	355	Corky Baggett	Virginia Beach, VA	Nov. 2002
50-54	325	Corky Baggett	Virginia Beach, VA	Nov. 2008
25-29	350	Larry Dyles	Fredericksburg	March 2009
<u>181 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	405	John Self	Leesburg, VA	June 2008
Under 11	65	Wade Turner	Hays, VA	April 2006
14-15	305	Nicholas Apseloff	Arlington, VA	Jan. 2008
16-17	275	Nick Marchio	Manassas	June. 2009
18-19	363	Andre DeCastro	Chesapeake	Nov. 2008
20-24	360	Larry Dyles	Fredericksburg, VA	June 2007
25-29	375	Larry Dyles	Fredericksburg, VA	Jan 2009
30-34	340	James Gardner	Chester, VA	July 2007
35-39	390	John Self	Leesburg, VA	July 2006
40-44	315	William Bogue	Gloucester	March 2009
45-49	330	Stanley Burke	Manassas	May 2009
55-59	270	Howard Gutnick	Virginia Beach, VA	Sept. 2003
60-64	264.5	Wayne Rammell	Norfolk, VA	Nov. 2008
70-74	225	Walker Breeden	Stanardsville, VA	March 2008
Law/Fire/Militray	340	James Gardner	Chester, VA	July 2007
<u>198 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	420	John Krauss	Richmond, VA	May 2004
16-17	355	Andy Kadick	Woodberry Forest, VA	April 2007
18-19	405	Andre DeCastro	Chesapeake	May 2009
20-24	413	Aaron Johnson	Norfolk, VA	June 2008
25-29	360	Mike Richards	Manassas	May 2009
30-34	420	John Krauss	Richmond, VA	May 2004
35-39	405	John Self	Leesburg, VA	Dec. 2006
40-44	385	Sylvester Freeman	Chesapeake, VA	Nov. 2005
45-49	410	Arthur Patterson	Northern, VA	Oct. 2006
50-54	380	Pat Aulicino	Chesapeake, VA	Sept. 2006
55-59	335	Bill Lindsey	Roanoke, VA	Jan. 2005
60-64	325	Bill Lindsey	Roanoke, VA	Nov. 2006
75-79	245	John Sheehan	Virginia Beach, VA	March 2004
Law/Fire/Military	385	Sylvester Freeman	Chesapeake, VA	Nov. 2005
<u>220 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	490	Kenny Burkett	Bristol, VA	Nov. 2002
12-13	170	Justin Hugh	Nokesville, VA	March 2008
16-17	280	Brian Ruebush	Verona	August 2009
18-19	380	Andy Kadick	Esmont, VA	Aug. 2007
20-24	425	Aaron Johnson	Norfolk, VA	June. 2008
25-29	425	Justin Vorrasi	Warrenton, VA	March 2008
30-34	405	Chris Devol	Gainesville, VA	Jan. 2009
35-39	490	Kenny Burkett	Bristol, VA	Nov. 2002
40-44	415	Daniel Smith	Fredericksburg, VA	Jan. 2007

45-49	360	Mark Robb	Stuarts Draft, VA	Dec. 2008
50-54	380	Todd Campo	Forest, VA	Sept. 2005
60-64	330	Robert Spiers	Dinwiddie, VA	Sept. 2003
65-69	280	Gus Holzmilller	Virginia Beach, VA	April 2007
Law/Fire/Military	440	Aaron Johnson	Norfolk, VA	Nov 2008

<u>242 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	450	Albert Proctor	Virginia Beach, VA	Nov. 2002
14-15	250	Robert Crawford	Ruckersville, VA	April 2005
18-19	330	Kyle Ryan	Stanardsville, VA	Feb. 2006
20-24	350	Nick Arbia	Springfield	August 2009
25-29	445	Justin Tooley	Ruckersville	March 2008
30-34	435	David Hall	Madison Heights	August. 2009
35-39	445	Albert Proctor	Virginia Beach, VA	April 2001
40-44	450	Albert Proctor	Virginia Beach, VA	Sept. 2003
45-49	337.5	John Shifflett	Ruckersville, VA	Aug. 2007
50-54	370	Frank Leech	Waynesboro, VA	April 2006
55-59	345	Craig Perry	Moseley	August 2009
60-64	340	Robert Spiers	Dinwiddie, VA	Nov. 2002
Law/Fire/Military	450	Albert Proctor	Virginia Beach, VA	Nov. 2002

<u>275 CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	520	Scott Kuzma	Haymarket, VA	Oct. 2006
14-15	200	Bryan Kerns	Virginia Beach, VA	July 2007
16-17	285	Wayne Savage	Hamilton, VA	Dec. 2007
18-19	347	Daniel Trang	Fairfax, VA	Nov. 2007
20-24	350	Ben Bolden	Harrisonburg, VA	March 2007
25-29	475	Michael Traub		June 2007
35-39	467.5	Scott Kuzma	Haymarket, VA	April 2005
40-44	520	Scott Kuzma	Haymarket, VA	Oct. 2006
45-49	360	Carl Lyons	Fredericksburg	June 2009
50-54	352.7	Ricky Moomau	Staunton	Nov 2008
55-59	385	Ron Beuch	Manassas	May 2009
60-64	330	Will Morris	Stanardsville, VA	July 2007
Law/Fire/Military	440	Anthony Roberts	Suffolk, VA	Nov. 2002

<u>308 lb. CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	510	Scott Kuzma	Haymarket, VA	Dec. 2006
18-19	350	Daniel Trang	Fairfax, VA	July 2007
20-24	450	Steve Dellinger	Leesburg, VA	Oct. 2006
25-29	465	Steve Dellinger	Leesburg, VA	March 2007
30-34	487.5	Joel Anderson	Urbanna	August 2009
35-39	500	Roscoe Ware	Fredericksburg, VA	Nov. 2005
40-44	510	Scott Kuzma	Haymarket, VA	Dec. 2006
45-49	375	Pat Brody	Roanoke, VA	Dec. 2006
50-54	405	Ron Beuch	Manassas, VA	Oct. 2004
Law/Fire/Military	386	John Myers	Leesburg, VA	Nov. 2007

<u>SHW CLASS</u>	<u>WEIGHT</u>	<u>NAME</u>	<u>RESIDES</u>	<u>DATE SET</u>
Open	510	Nick Minnetti	Richmond, VA	Dec. 2005
30-34	500	Nick Minnetti	Richmond, VA	May 2004
35-39	450	Lee Anderson	Urbanna	May 2009
40-44	330	John James	Centerville, VA	Sept. 2003
45-49	485	Thomas Dillard	Chesapeake, VA	July 2007
50-54	405	Mike Madigan	Potomac Falls, VA	Janu 2009
Law/Fire/Military	340	Morgan Turner	Hays, VA	April 2004

