



Virginia State Powerlifting Records

Updated November 16, 2009

Women

<u>105 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	162 K.Ryman	125 K. Poyner	270 K Ryman	534 K.Ryman
45-49	162 K.Ryman	125 K. Poyner	270 K Ryman	534 K.Ryman
50-54	190 K. Poyner	130 K. Poyner	265 K. Poyner	585 K. Poyner
<u>123 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	190 P Azlin	100 P Azlin	240 P Azlin	530 P Azlin
55-59	190 P Azlin	100 P Azlin	240 P Azlin	530 P Azlin
<u>132 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open				
<u>148 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	105 R. Meninger	95 R. Meninger	155 R. Meninger	355 R. Meninger
14-15				
16-17				
45-49	105 R. Meninger	115 C. Penn	205 C. Penn	355 R. Meninger
Law/Fire/Military				
<u>165 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	165 T. Geer	100 T. Geer	175 T. Geer	440 T. Geer
Under 11				
14-15	165 T. Geer	100 T. Geer	175 T. Geer	440 T. Geer
16-17				
45-49				
Law/Fire/Military				
<u>181 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open				
<u>198+ lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open				
45-49				
Men				
<u>66 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open				
Under 11	66 A Vasquez	49 A Vasquez	100 A Vasquez	203 A Vasquez
<u>77 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
11-12				
<u>88 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
11-12	105 K Rochefort	55 K Rochefort	155 K Rochefort	315 K Rochefort

<u>114 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open				
Under 11				
14-15				
35-39				
<u>123 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	275 R. Clark	225 R. Clark	363 R. Clark	848 R. Clark
16-17	275 R. Clark	225 R. Clark	363 R. Clark	848 R. Clark
<u>132 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	347 J. Sine	242 J. Sine	440 J. Marchio	920 J. Marchio
16-17	290 R Clark	210 R Clark	305 R Clark	805 R Clark
20-23	347 J Sine	242 J Sine	418 J Sine	992 J Sine
50-54	275 J. Marchio	205 J. Marchio	440 J. Marchio	920 J. Marchio
<u>148 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	360 D. Wilson	320 D. Wilson	475 D. Wilson	1140 D. Wilson
12-13				
14-15	195 S Swint	130 S Swint	260 S Swint	585 S Swint
16-17	185 A Pastor	195 C. Geer	275 C. Geer	645 C. Geer
18-19	230 Y Rahman	235 Y Rahman	390 Y Rahman	855 Y Rahman
20-24				
35-39				
40-44				
45-49	360 D. Wilson	320 D. Wilson	475 D. Wilson	1140 D. Wilson
55-59				
60-64				
<u>165 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	340 J. Dunbar	245 J. Dunbar	320 J. Dunbar	905 J. Dunbar
16-17	340 J. Dunbar	245 J. Dunbar	320 J. Dunbar	905 J. Dunbar
18-19				
20-24				
35-39				
40-44				
45-49				
50-54				
<u>181 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	350 J Penn	350.5 M. Berby	440.9 M. Berby	1126.6 M. Berby
Under 11				
14-15				
16-17				
18-19				
20-24	435 L. Dyles	350 L. Dyles	450 L. Dyles	1235 L. Dyles
35-39				
40-44				
45-49	350 J Penn	260 J Penn	480 J Penn	1090 J Penn
50-54				
55-59				
60-64				

Law/Fire/Military

<u>198 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	530 J. Krause	420 J. Krause	595 J. Krause	1545 J. Krause
16-17				
18-19	330 J. Peachey	260 J. Peachey	410 J. Peachey	1000 J. Peachey
20-24				
35-39				
40-44				
45-49				
50-54				
55-59	420 B. Lindsey	335 B. Lindsey	405 B. Lindsey	1130 B. Lindsey
60-64	400 B. Lindsey	315 B. Lindsey	430 B. Lindsey	1145 B. Lindsey
75-59				

Law/Fire/Military

<u>220 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	330 D. Morris	190 D. Morris	435 D. Morris	955 D. Morris
16-17				
18-19				
20-24	410 M. Makara	350 M. Makara	625 M. Makara	1385 M. Makara
35-39				
40-44				
45-49				
50-54	350 Z Dearden	260 Z Dearden	435 D. Morris	990 Z Dearden
60-64				

Law/Fire/Military

<u>242 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	480 N Arbia	375 M. Robb	600 J Wahl	1525 J Wahl
14-15				
18-19				
20-24	480 N Arbia	360 N Arbia	575 N Arbia	1415 N Arbia
35-39				
40-44				
45-49	455 M Robb	375 M Robb	555 M Robb	1385 M Robb
50-54				
55-59	275 J. Sheckler	285 J. Sheckler	400 J. Sheckler	960 J. Sheckler
60-64	375 I. Brooks	275 I. Brooks	402 I. Brooks	1050 I. Brooks

Law/Fire/Military

<u>275 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	425 D. Trang	350 D. Trang	545 S Smith	1295 S Smith
18-19	425 D. Trang	350 D. Trang	460 D. Trang	1235 D. Trang
30-34	405 S Smith	345 S Smith	545 S Smith	1295 S Smith
35-39	562 P. McMillian	418 P. McMillian	650 P. McMillian	1631 P. McMillian
40-44				
45-49	325 C Lyons	330 C Lyons	520 C Lyons	1175 C Lyons
55-59	395 E. Stine	305 E. Stine	420 E. Stine	1120 E. Stine
60-64	425 W. Morris	330 W. Morris	455 W. Morris	1210 W. Morris
Law/Fire/Military	562 P. McMillian	418 P. McMillian	650 P. McMillian	1631 P. McMillian

<u>308 lb. CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	350 Jervis Penn	340 Jervis Penn	500 Jervis Penn	1190 Jervis Penn
20-24				
35-39				

40-44				
45-49	350 Jervis Penn	340 Jervis Penn	500 Jervis Penn	1190 Jervis Penn
50-54				
<u>SHW CLASS</u>	<u>SQUAT</u>	<u>BENCH</u>	<u>DEADLIFT</u>	<u>TOTAL</u>
Open	800 N. Minneti	510 N. Minnetti	790 N. Minneti	2100 N. Minneti
20-24				
30-34	725 N. Minneti	500 N. Minneti	800 N. Minneti	2025 N. Minneti
40-44	340 J. Sheets	330 J. James	605 J. Sheets	1320 J. Sheets
Law/Fire/Military				