



**POWERLIFTING FEDERATION IRONMAN NATIONALS/UNITED STATES
OPEN BENCH PRESS/STRICT CURL. 3-15-08**

Lifter	Division	Wt. Class	Bench Press	Dead Lift		Total
IRONMAN						
Shanice Harrison	20-24	114	90	185		275
Madison Fox	20-24	165	110	225		335
Mo Pollack	12-13	105	100	155		255
Conner Dantzler	14-15	123	75	185		260
Morris DeBoise	20-24	132	195	305		500
Larry Dyles	20-24	181	360	500		860
George Hatzigeorgio	25-29	181	260	455		715
Dasan Hollaway	25-29	181	240	375		615
Wayne Rammell	60-64	181	240	360		600
Robert Ayala	25-29	198	340	425		765
Tim Henriques	Open	220	325	605		930
John Hargett	40-44	220	320	510		830
Carroll Clark	50-54	220	210	445		655
Justin Tooley	25-29	242	445	585		1030
Bob Muretta	35-39	275	355	420		775
BENCH PRESS						
Travis Lilly	Handicap	123		115		

Jake McCormick	14-15	132		155		
Xavier Escala	14-15	132		145		
Kevin Boston	14-15	148		195		
Coy Wimer	14-15	165		240		
Gino Colombo	Open 35-39	165		350		
Brett Morgan	Open 35-39	165		327.5		
Justin Davis	Open 25-29	181		325		
John Self	Open 35-39	181		370		
Walker Breeden	70-74	181		225		
Brian Kelleher	25-29	198		265		
Bob Dahlhamer	70-74	198		255		
Justin Hugh	12-13	220		170		
Justin Vorrasi	25-29	220		425		
Aaron Johnson	25-29	220		385		
Shannon Wimer	35-39	220		370		
John Jackson	40-44	220		370		
Randy Williams	40-44	220		315		
Monte Tucker	25-29	242		390		
Henry Banks	60-64	242		340		
Wes McGlothin	Open 40-44	275		410		
Tim Patterson	45-49	275		305		
Lifter	Division	Wt. Class		Dead Lift		

Deadlift						
Zoshonda Ware	16.17	148		260		
John Cook	40-44	165		320		
Doug Morris	50-54	220		430		
Dick Oprison	65-69	220		400		
Gary Brown	35-39	275		400		
Lifter	Division	Wt. Class			Strict Curl	
Strict Curl						
Shanice Harrison	20-24	114			55	
Madison Fox	20-24	165			57.5	
Mo Pollack	12-13	105			57.5	
Conner Dantzler	Open 14-15	123			50	
John Cook	40-44	165			115	
Justin Davis	25-29	181			142.5	
Brian Kelleher	25-29	198			125	
Bob Dahlhamer	70-74	198			110	
Tim Henriques	Open	220			165	
Justin Vorrasi	25-29	220			155	
Dennis Haywood	50-54	220			105	
Dick Oprison	65-69	220			130	
Gary Brown	35-39	275			155	

A special thank you for all the lifters that competed in the Ironman Nationals. Without the many wonderful lifters our sport would not exist.

Thank you to our referees Paul Bossi, Will Morris , Jim Roberts, Kerry Self, Doug Morris. Spotter Loaders Jeremy Shifflett, Roscoe Ware, Jake McCormick, Xavier Escala, Shannon Wimer and Coy Wimer. Table Jeremy Shifflett, Jessi Kennedy.

Special thank you to Carl Seeker for outstanding awards.

Our next meet is April 26 The 100% Raw Virginia State meet.

100% Raw continues to grow and many new records were set.