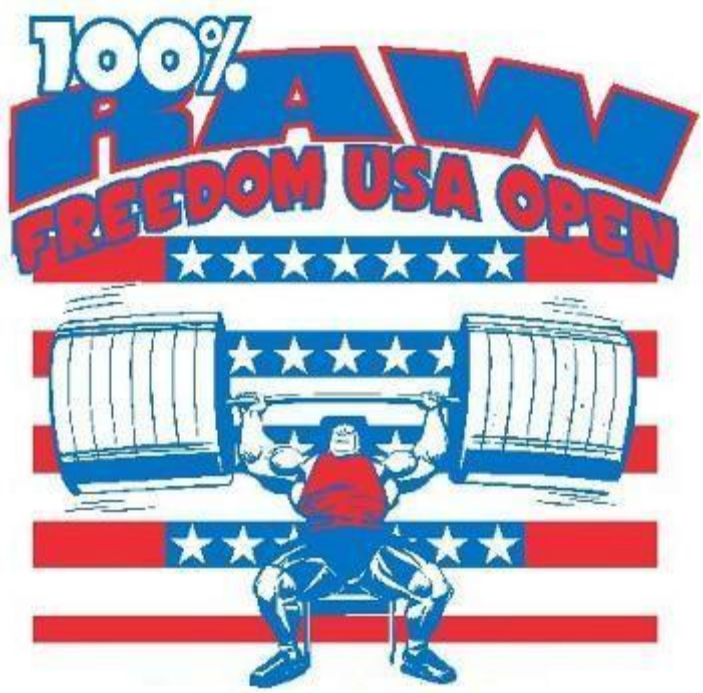

Name	State	Weight Class	Division	Bench Press
Kerry Self (F)	VA	132	35-39	175
Megan Hardesty (F)	MD	165	35-39	105
Kathy Roberts (F)	VA	181	30-34	225
Zack Kruchten	VA	132	14-15	160
Jeff Kepler	VA	165	25-29	320
Mark Moyer	PA	198	40-44	315
Arthur Patterson	VA	198	45-49	380
Chuck Mulligan	MD	198	65-69	305
Bob Dahlhammer	MD	198	70-74	260

John Moore	VA	198	70-74	220
Matthew Cronin	VA	220	18-19	350
John Jackson	MD	220	40-44	370
Craig Perry	VA	220	Open 55-59	370
Brooke Blough	MD	220	65-69	260
Brian Ruebush	VA	242	16-17	320
John Svalina	PA	242	Open	380
Bob Muretta	MD	242	35-39	365
Joe Adams	VA	242	45-49	300
Lee Stewart	MD	275	40-44	375
Rick Bosarge	VA	275	55-59	320
Lee Anderson	VA	UNL	35-39	450

Name	State	Weight Class	Division	STRICT CURL
Megan Hardesty (F)	MD	165	35-39	70
Bob Dahlhammer	MD	198	70-74	130
John Moore	VA	198	70-74	95
Michael Primak	VA	242	45-49	150
Dennis Haywood	MD	242	55-59	100
Bob Muretta	MD	242	35-39	130
Lee Stewart	MD	275	40-44	140

The 2010 100% Raw Freedom USA Open was held at the Gold's Gym in Leesburg, VA on May 22.

The meet had great lifting with many new National and State Records set. Thanks to Gold's Gym, John and Kerry Self for having the third annual show in Leesburg. We will have a larger lifting area next time we lift there.

Thank you to the spotter loaders Ziba Dearden and Ken Tuohey. Guy Loretta who handed off for many of the lifters.

Judges were John Shifflett, William Thacker and John Self.