

## The Fitness Warehouse Challenge Meet Results February 6th 2010

### F 132 Open/20-24

Holly Stewart S 100 B 50 D 135 T 285

### F 165 Open/20-24

Brittany Mizelle S 115 B 85 D 190 T 390

### M 181 Open/20-24

Greg Pike S 350 B 290 D 505\* T 1145\*

### M 198 Open/20-24

Greg Noble S 325 B 285 D 430 T 1040

### M 220 Open/30-34

Ryan Massey S 500 B 385 D 565 T 1450

### M 275 Open, P,F,M

Patrick McMillan Sr. S 525 B 415 D 650 T 1590

### M 308 Open/30-34

Daniel Corridean S 605\* B 420\* D 675\* T 1700\*

### M 308 Open/35-39

Kevin Prosser S 405 B 315 D 475 T 1195

### M SHW Open/18-19

Matthew Hurdle S 225 B 290 D 430\* T 945

### M SHW Open/20-24

Edwin Ward S 425\* B 305\* D 475\* T 1205\*

### Bench Only

### M 181 60-64

Joseph Sanders B 230\*

\* = State Record

This was suppose to be a 25 lifter meet but due to the nearly 3 feet of snow that fell in Va. and Md. we had a lot of cancellations understandably. Either way we had some impressive lifting going on from the ones who were able to make it. Our two ladies that lifted for the very first time showed a lot of promise for the future considering they just started powerlifting about a month ago. The 181's had state record holder Greg Pike who did not disappoint with his big 505 deadlift at a bodyweight of 174 and ended up with another state record total of 1145. In the 198's Greg Noble with no one to push him put up impressive numbers as well for a first timer with a fine 1040 total. Look for much bigger squats from Greg because this guy looks like he was born to squat. The 220's had national and world champion Ryan Massey put up an easy 1,450 total with much more in the tank as he is on the way to making a comeback. The 275's had Pat McMillan a fast rising star in the 100% raw federation who won the 09 worlds with a 1,632 total. Pat was looking strong but his squat seemed to be off this day so had to settle with just his opener but went on to pull a big 650 and total 1,590, not bad for an off day and Im sure the next time we see Pat he will make his elite total that he has been training hard for. The 308's saw the return of multi time world champion and world record holder Dan Corridean. Although he only had 6 weeks of training after a year long lay off Dan went on to erase all the state records by hitting 605, 420, 675, 1700. Big Dan has gone over 1800+ a few times so Im sure we will see much bigger numbers soon from him. 2nd in the 308's was Big Kevin Prosser who recently dropped 50 pounds so once his body adjusts to weight loss I'm sure his numbers will be back up there but still nearly a 1200 total for Big Kevin was not too bad. SHW saw huge Matt weighing in at 385 and pulling a state record 430 with only his second time deadlifting so I look foward to seeing some big things from Big Matt. Also at SHW Ed Ward erased all the 20-24 records with lifts of 425, 305, 475, 1205. Last but not least we had Joe Sanders who benched only put up an easy 230 to set a new state record and looked good for more. Joe is 64 years old and just started lifting again after several years off so I look foward to seeing what he can do in the near future and proves again that age is

just a number. I would like to thank my judges who made it possible, Paul "I bench more than you" Bossi, Mark "Mr Jersey Shore" Schied, and Big Jeremy Wright. Thank you guys so much for coming out to this meet and making it possible for us to put on a show.