



VIRGINIA STATE SINGLE LIFTS
 STANARDSVILLE, VA OCT 9, 2010

Lifter	Division	Wt. Class	State	Bench Press
Bobby Parks	Open	198	MD	347.2
John Moore	70-74	198	VA	228.1
Kirk Hubbard	Law/Fire	220	VA	308.6
John Jackson	40-44	220	MD	369.3
David Hall	Open	242	VA	413.4
				Deadlift
Dylan Pusey	Under 11	97	MD	137.8
Kirk Hubbard	Law/Fire	220	VA	529.1
Dean Pusey	Open	220	MD	479.5
Frank Sowa	50-54	220	VA	540.1
				Strict Curl
John Moore	70-74	198	VA	100.3
Bobby Parks	Open	198	MD	154.3
Dean Pusey	Open	220	MD	143.3

With the 100% Single Lifts Worlds just four weeks out in Virginia Beach the turnout was low but the lifting was very good.

Dylan Pusey lifting in his first contest at 10 years old pulled a nice 137 pound lift at 94 pounds.

John Moore continues get better each meet he moved his state record in the Bench Press to 228.2 and the Strict Curl to 100.3 in the 70-74 198 pound class. Bobby Parks from Maryland doing his first contest lifted well going 347 in the Bench Press and had the top Strict Curl with a nice 154 pound effort winning the 198 Open Class.

In the 220 pound class Kirk Hubbard had a good day getting 308 in the Bench Press and Pulling a nice 529. Dean Pusey lifting in his first contest in a decade pulled a nice 479 to take 220 open Deadlift. John Jackson got in good 369 pound lift in the master 40-44 Bench Press.

David Hall got 413 to win the 242 pound class in the Bench Press. Frank Sowa in his first meet ever pulled the day's best Deadlift with a good 540 pound lift.

Thanks to my kids John and Jeremy for doing a great job spotting and loading. My son Shane was at his first meet ever working the table with dad. William Thacker did a great job as head judge.