

**2011 100% RAW VIRGINIA STATE CHAMPIONSHIPS  
DEC 10, 2011 ZION CROSSROADS, VA**

<b>Name</b>	<b>State</b>	<b>Division</b>	<b>WtCls</b>		<b>Squat</b>	<b>Bench</b>	<b>Deadlift</b>	<b>Total</b>
Kim Ryman	VA	45-49	105	FP	82.5	47.5	112.5	242.5
Ana Sikvua Alas (F)	VA	Open	132	FP	92.5	55	105	252.5
Dana Anderson	VA	20-24	132	FP	100	62.5	130	392.5
Darlene Buchanon	VA	40-44	148	FP	95	65	135	295
Jamie Jackson (F)	VA	Open	165	FP	135	77.5	160	372.5
Kimberly Liman (F)	VA	25-29	165	FP	100	47.5	110	257.5
Jim Marchio	VA	55-59	132	FP	125	87.5	197.5	410
JJ Barry	VA	35-39	148	FP	177.5	70	152.5	350
Jake Bowers	VA	20-24	165	FP	167.5	132.5	192.5	492.5
David Necessary	VA	Open	165	FP	137.5	115	160	412.5
David Necessary	VA	40-44	165	FP	137.5	115	160	412.5
Larry Dyles	VA	Open	181	FP	240	170	227.5	637.5
Adolfo Riveron	VA	20-24	181	FP	160	102.5	195	457.5
Larry Dyles	VA	25-29	181	FP	240	170	227.5	637.5
Casey Bryant	VA	35-39	181	FP	157.5	135	197.5	490
Casey Bryant	VA	LAW	181	FP	157.5	135	197.5	490
David Chadwick	VA	LAW	198	FP	165	110	200	475
Dustin Brooks	VA	16-17	198	FP	180	122.5	215	517.5
Colin McGrath	VA	16-17	220	FP	212.5	135	235	582.5
Tim Lester	VA	Open	220	FP	227.5	142.5	277.5	647.5
Bryan Shifflett	VA	20-24	242	FP	237.5	172.5	272.5	682.5
Brad Davis	VA	20-24	242	FP	207.5	137.5	230	575
David Dashiell	VA	LAW	242	FP	230	182.5	252.5	665
Ed Stine	VA	60-64	275	FP	172.5	140	205	517.5
Ron Simmons	VA	50-54	308	FP	145	150	185	480
Jacob Everhart	VA	25-29	Supers	FP	182.5	185	227.5	595

**BENCH**

Jessica Read (F)	VA	Open	198+	BP		107.5		
Jason Leavitt	VA	Open	148	BP		120		
Jeremy Fleming	VA	20-24	165	BP		120		
Michael Rice	VA	20-24	165	BP		105		
Ronnie Watson, Sr	VA	45-49	165	BP		137.5		
Dennis Moss	VA	Open	181	BP		147.5		
Dennis Moss	VA	50-54	181	BP		147.5		
John Moore	VA	Open	198	BP		100		
John Moore	VA	70-74	198	BP		100		
Craig Perry	VA	Open	220	BP		177.5		
Craig Perry	VA	55-59	220	BP		177.5		
Georg Shultz	VA	60-64	220	BP		145		
Robert Gains	VA	45-49	308	BP		195		

**DEADLIFT**

Darby Nelson (F)	VA	16-17	148	DL				150
Darby Nelson (F)	VA	Open	148	DL				150
Michael Rice	VA	20-24	165	DL				210

Jack Richardson	VA	30-34	165	DL	190
Tim Lester	VA	Open	220	DL	277.5
Chris Walter	VA	60-64	242	DL	120

#### STRICT CURL

Jason Leavitt	VA	45-49	148	SC	53.5
Jake Bowers	VA	20-24	165	SC	50
Jeremy Fleming	VA	20-24	165	SC	52.5
David Necessary	VA	Open	165	SC	52.5
John Moore	VA	Open	198	SC	46
John Moore	VA	70-74	198	SC	46
Tim Lester	VA	Open	220	SC	60
Tim Henriques	VA	Open	220	SC	73.5
Tim Henriques	VA	35-39	220	SC	73.5

#### 2011 100% Raw CHRISTMAS CLASSIC DEC 10, 2011

Name	State	Division	WtCls		Squat	Bench	Deadlift	Total
Amer Jeter (F)	MD	20-24	123	FP	107.5	52.5	122.5	282.5
Nelda Newton (F)	NC	Open	132	FP	77.5	50	112.5	240
Nelda Newton (F)	NC	45-49	132	FP	77.5	50	112.5	240
Lena Aboulhouda (F)	VA	20-24	148	FP		57.5	115	172.5
Ian Burgess	MD	65-69	132	FP	90	72.5	125	287.5
Larry Eggleston	VA	65-69	148	FP	137.5	85	166	388.5
Milton Detty	DC	Open	181	FP	125	90	145	360
Stephen Truban	VA	16-17	181	FP	180	105	205	490
Andri Zhmud	NH	20-24	198	FP	225	137.5	255	617.5
Tim Lester	VA	Open	220	FP	227.5	142.5	277.5	647.5
Ian Lyle	DC	Open	220	FP	165	135	205	505
Jancarlo Perez	MA	20-24	220	FP	170	145	190	505
Brad Davis	VA	20-24	242	FP	207.5	137.5	230	575
David Dashiell	VA	Open	242	FP	230	182.5	232.5	665
Michael Abbruzzese	NY	Open	308	FP	205	170	235	610

#### BENCH PRESS

Tyler Grossman	VA	Open	165	BP	102.5
Dwain Koser	PA	45-49	181	BP	147.5
John Ferrell	PA	50-54	181	BP	130
John Moore	VA	Open	198	BP	100
Tim Andrews*	VA	20-24	198	BP	145
Mark Moyer	PA	45-49	198	BP	155
John Moore	VA	70-74	198	BP	100
Brooke Blough	MD	65-69	220	BP	102.5
Kirk Hubbard	VA	45-49	242	BP	130
Barry Shatzer	MD	50-54	242	BP	132.5
Chris Felix	MD	45-49	275	BP	170
Robert Gains	VA	45-49	308	BP	195
Ronny Balboa	MA	20-24	308	BP	120

					<b>DEADLIFT</b>
Brooke Hymas (F)	VA	30-34	132	DL	127.5
Jon Felix	MD	12*13	105	DL	80
Tyler Grossman	VA	Open	165	DL	185
Dick Jenkins	MD	75-79	181	DL	152.5
Tim Andrews*	VA	20-24	198	DL	210
Kirk Hubbard	VA	45-49	242	DL	245

					<b>STRICT CURL</b>
Nelda Newton (F)	NC	Open	132	SC	27.5
Nelda Newton (F)	NC	45-49	132	SC	27.5
Andri Zhmud	MA	20-24	198	SC	65
John Moore	VA	70-74	198	SC	46
John Moore	VA	Open	198	SC	46
John Bosley	MD	55-59	242	SC	62.5
Chris Felix	MD	45-49	275	SC	65

We had a great day at the Virginia State and Christmas Classic. There was a huge number of State and National records set. We had 70 lifters and were done at 4 pm. Great job meet staff and officials.

We have a great 100% Raw schedule set for 2012 with at least 6 events all set for next year. Merry Christmas and Happy New year to everyone.