

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

Name	State	Division	WtCls		Squat	Bench	Deadlift	Total
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

					DEADLIFT
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

					STRICT CURL
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.