100% RAW MID ATLANTIC REGIONAL							
SEPTEMBER 19, 2015 ZION CROSSROADS, VA							
				SQUAT	BP	DL	TOTAL
Nicole Thompkins-Flagg	VA- 28	Open	123	75	45	100	220
Anja Henderson	VA-23	Open	148	80	45	105	230
Laura Henderson	VA-52	Open	148	87.5	50	112.5	250
Kourtney Colley	VA-23	20-24	148	100	75	122.5	297.5
Linda Lopez	VA -25	Open	198	75	67.5	125	267.5
Karen Hansen	VA- 67	65-69	198	60	45	132.5	237.5
Lynette Ritchie	IL-50	50-54	198+	102.5	65	140	307.5
Isaiah Woo	VA- 14	14-15	132	95	62.5	110	267.5
Kourtney Colley	VA-23	20-24	148	100	75	122.5	297.5
Max Peak	VA-19	18-19	148	165	90	185	440
Christian Hoogerheyde	VA- 26	Open	165	167.5	92.5	170	430
John Pernelia	VA-52	Open	165	150	125	185	460
Cherokee Widner	VA-16	16-17	165	100	112.5	160	372.5
John Pernelia	VA-52	50-54	165	150	125	185	460
Jim Wight	VA-63	60-64	165	97.5	77.5	117.5	292.5
Wallat Bazid	VA-17	16-17	181	120	110	182.5	412.5
Anil Singh	VA-23	20-24	181	160	112.5	200	472.5
Gerry Funkhouser	VA-33	Open	198	170	100	227.5	497.5
Colton Cassell	VA-25	Open	198	180	135	227.5	542.5
Jeff Simmons	VA-24	20-24	198	147.5	122.5	245	515
Troy Gordon	VA-20	20-24	198	200	150	227.5	577.5
Matthew Smith	PA-29	Open	198	205	115	260	580
Alex Brown	NC-30	Open	198	172.5	132.5	210	515
Derek Dickinson	VA- 26	Open	220	240	190	272.5	702.5
Nate Fleming	VA- 35	Open	220	182.5	142.5	215	540
Nate Fleming	VA- 35	35-39	220	182.5	142.5	215	540
Garrett Hartzog	VA-38	35-39	220	162.5	110	175	447.5
John Niedzwick	VA-67	65-69	220	185.5	120	200	505.5
Brian Hershler	VA-26	Open	242	235	160	285	680
John Cale	VA- 37	Open	242	182.5	135	250	567.5
John Flagg	VA- 31	Open	242	240	167.5	245	652.5
Jeffrey House	GA-57	55-59	275	75	120	137.5	332.5
Alden Eldredge	VA- 40	40-44	308	195	170	245	610
Robert Gains	VA-52	50-54	308	240	190	272.5	702.5
Shane Green	MD-35	35-39	SHW	197.5	127.5	252.5	577.5
Maureen Hodges	VA-50	50-54	198	IRONMAN	67.5	112.5	180
Ahmed Alqutri	VA-17	16-17	165	IRONMAN	92.5	172.5	265

				BENCH			
Rebecca Breeden	VA-25	P/F/M	114	60			
Beth Permelia	VA-49	45-49	123	45			
Esperanza Espinosa	VA-34	Open	148	55			
Esperanza Espinosa	VA-34	P/F/M	148	55			
Kourtney Colley	VA-23	20-24	148	75			
Jason Creswell	VA-32	P/F/M	165	127.5			
Cherokee Widner	VA-16	16-17	165	112.5			
Jim Wight	VA-63	60-64	165	77.5			
Robert Jenkins	VA-25	P/F/M	181	117.5			
Pete Miller	VA-72	70-74	198	77.5			
Anthony Jewell	VA-31	Open	242	152.5			
Rodd Ramey	VA-50	50-54	242	145			
Lloyd Pierson	VA- 75	75-79	242	97.5			
Jeffrey House	GA-57	55-59	275	120			
Ron Simmons	VA-54	50-54	308	160			
Chris Harris	VA-34	Open	UNL	192.5			
				DEADLIFT			
Rebecca Breeden	VA-25	P/F/M	114	120			
Beth Permelia	VA-49	45-49	123	115			
Jordan Kennamer	VA- 21	20-24	148	120			
Karen Hansen	VA- 67	65-69	198+	132.5			
Jason Creswell	VA-32	P/F/M	165	190			
Cherokee Widner	VA-16	16-17	165	160			
Jim Wight	VA-63	60-64	165	117.5			
Robert Jenkins	VA-25	P/F/M	181	195			
Roy Apseloff	VA 57	55-59	198	227.5			
Pete Miller	VA-72	70-74	198	175			
Anthony Jewell	VA-31	Open	242	237.5			
Jeffrey House	GA-57	55-59	275	137.5			
				STRCIT CURL			
Craig Curtis	VA-49	45-49	148	50			
Jason Creswell	VA-32	P/F/M	165	50			
Cherokee Widner	VA-16	16-17	165	42.5			
Rodd Ramey	VA-50	50-54	242	65			
Lloyd Pierson	VA- 75	75-79	242	40			
Jeffrey House	GA-57	55-59	275	57.5			
Officals							
Gene Berry							
Ray Berry							
Kevin Combs							
William Thacker							
Scott Kuzma							
Belinda Hayes							
Ernie Burt							
Jason Leavitt							
Ron Simmions							
John Shifflett							