

<b>100% RAW VIRGINIA STATE</b>						
<b>ZION CROSSROADS, VA DEC 12, 2015</b>						<b>BENCH PRESS</b>
Lauren Rodriquez	VA-22	State	20-24	105		55
Jennifer Coffee	VA-37	State	35-39	123		65
Natasha Beasley	VA-33	State	Open	132		70
Mona Espinosa	VA-34	State	Open	148		55
Krystal Tester	VA-28	State	Open	148		42.5
Mona Espinosa	VA-34	State	P/F/M	148		55
Sherry Chaffin	VA-45	State	45-49	148		57.5
Linsey Hammersley	VA-30	State	Open	165		60
Terri Wemple	VA-38	State	35-39	165		62.5
Alicia Kindred	VA-34	State	Open	181		50
Kristel Barber	VA-37	State	35-39	198		57.5
Drew Meincke	VA-37	State	35-39	132		52.5
Steve Davis	VA-50	State	50-54	165		100
T.J. Mosley	VA-32	State	Open	181		192.5
Jeff Hammond	VA-17	State	16-17	181		112.5
D.J. Latham	VA-35	State	35-39	198		112.5
Brian Brindle	VA-69	State	65-69	198		97.5
Pete Miller	VA-72	State	70-74	198		85
Scott Beitzell	VA-27	State	Open	242		210
Joseph Wenger	VA-17	State	16-17	242		105
Joseph Wenger	VA-17	State	16-17	242		105
Fred Wenger	VA-28	State	Open	275		110
Michael Acton, JR	VA-33	State	Open	275		165
Alexander Brown	VA-25	State	Open	308		182.5
Jason Harlow	VA-37	State	Open	308		187.5
Jason Harlow	VA-37	State	35-39	308		187.5
Ken James	VA-43	State	40-44	308		157.5
<b>100% RAW VIRGINIA STATE</b>						<b>DEADLIFT</b>
Lauren Rodriquez	VA-22	State	20-24	105		110
Jennifer Coffee	VA-37	State	35-39	123		145
Natasha Beasley	VA-33	State	Open	132		142.5
Krystal Tester	VA-28	State	Open	148		102.5
Sherry Chaffin	VA-45	State	45-49	148		140
Linsey Hammersley	VA-30	State	Open	165		120
Terri Wemple	VA-38	State	35-39	165		112.5
Alicia Kindred	VA-34	State	Open	181		97.5
Kristel Barber	VA-37	State	35-39	198		142.5
Drew Meincke	VA-37	State	35-39	132		117.5
Mike Galazkiewicz	VA-28	State	Open	181		228
Jeff Hammond	VA-17	State	16-17	181		210
Mike Galazkiewicz	VA-28	State	35-39	181		228
Brian Brindle	VA-69	State	65-69	198		185
Pete Miller	VA-72	State	70-74	198		170
Abed Abu-Sakoul	VA-31	State	Open	220		320
Pat Hall	VA-40	State	40-44	242		205
Scott Beitzell	VA-27	State	Open	242		282.5
Joseph Wenger	VA-17	State	16-17	242		205
Fred Wenger	VA-28	State	Open	275		210
Matthew Heppner	VA-50	State	Open	275		222.5
Michael Acton, JR	VA-33	State	Open	275		247.5
Malcolm Stidham	VA-17	State	16-17	275		202.5
Bob Shirley	VA-62	State	60-64	275		185
Alexander Brown	VA-25	State	Open	308		245
Jason Harlow	VA-37	State	Open	308		272.5
Jason Harlow	VA-37	State	35-39	308		272.5
Ken James	VA-43	State	40-44	308		220

<b>100% RAW VIRGINIA STATE</b>					<b>STRICT CURL</b>
Natasha Beasley	VA-33	State	Open	132	35
Krystal Tester	VA-28	State	Open	148	22.5
Sherry Chaffin	VA-45	State	45-49	148	25
Terri Wemple	VA-38	State	35-39	165	30
Alicia Kindred	VA-34	State	Open	181	25
Ben Watkins	VA-22	State	20-24	181	62.5
Brian Brindle	VA-69	State	65-69	198	52.5
Malcolm Stidham	VA-17	State	16-17	275	50
Michael Acton, JR	VA-33	State	Open	275	70
Bob Shirley	VA-62	State	60-64	275	42.5
Ken James	VA-43	State	40-44	308	60
<b>100% RAW CHRISTMAS CLASSIC</b>					<b>BENCH PRESS</b>
Kimberly Beitzell	MD-33	Classic	Open	132	82.5
Amber Marcum	DC-24	Classic	Open	148	47.5
Mona Espinosa	VA-34	State	Open	148	55
Mona Espinosa	VA-34	State	P/F/M	148	55
Regina Wilson	MD-30	Classic	Open	165	57.5
Kristel Barber	VA-37	Classic	35-39	198	57.5
April Spilde	DC-29	Classic	Open	165	75
Alicia Kindred	VA-34	Classic	Open	181	50
Diesel Koser	PA-10	Classic	Under 11	97	40
Jason Bumgarner	VA-32	Classic	Open	148	97.5
Guy HA	VA-63	Classic	60-64	148	120
Thomas Li	MD-17	Classic	16-17	165	95
Joseph DeSimone	MD-23	Classic	20-24	165	117.5
Robert Lowery	MD-23	Classic	20-24	198	147.5
David Krouse	PA-19	Classic	18-19	220	177.5
Bruce Knox	MD-30	Classic	Open	242	182.5
Kevin Ward	VA-36	Classic	35-39	275	155
<b>100% RAW CHRISTMAS CLASSIC</b>					<b>DEADLIFT</b>
Kimberly Beitzell	MD-33	Classic	Open	132	142.5
Amber Marcum	DC-24	Classic	Open	148	85
Regina Wilson	MD-30	Classic	Open	165	137.5
April Spilde	DC-29	Classic	Open	165	140
Kristel Barber	VA-37	Classic	35-39	198	142.5
Alicia Kindred	VA-34	Classic	Open	181	97.5
Diesel Koser	PA-10	Classic	Under 11	97	84
Jason Bumgarner	VA-32	Classic	Open	148	152.5
Thomas Li	MD-17	Classic	16-17	165	140
Joseph DeSimone	MD-23	Classic	20-24	165	187.5
Graham Bartholomew	MD-57	Classic	55-59	198	200
Jason Adkins	VA-20	Classic	20-24	220	180
David Krouse	PA-19	Classic	18-19	220	264
Kevin Ward	VA-36	Classic	35-39	275	207.5

<b>100% RAW CHRISTMAS CLASSIC</b>						<b>STRICT CURL</b>
Alicia Kindred	VA-34	Classic	Open	181		25
Diesel Koser	PA-10	Classic	Under 11	97		20
Jason Bumgarner	VA-32	Classic	Open	148		50
Bruce Knox	MD-30	Classic	Open	242		70
Kevin Ward	VA-36	Classic	35-39	275		82.5
<b>Judges</b>						
William Thacker						
Ron Simmons						
Scott Kuzma						
John Shifflett						
Jim Marchio						
Jason Leavitt						
Belinda Hayes						
Graham Bartholomew						