

100% RAW VIRGINIA STATE SINGLE LIFTS					
10-Dec-16 ZION CROSSROADS ,VA					
Lifter	State/Age	Division	Wt. Class	Body WT	Bench Press
Jen Clements	VA-27	Open	123	120.1	62.5
Laura Siegle	VA-26	Open	123	117.3	45
Anne Kim	VA-23	20-24	148	147.1	55
Vonda Martin	VA-51	SO50-54	198	198	30
Girvester Thompson	VA-44	SO-40-44	198+	218	32.5
Alicia Kindred	VA-35	35-39	198	195.4	60
Guy HA	VA-65	Open	148	147	125
Guy HA	VA-65	65-69	148	147	125
Wes Clements	VA-28	Open	165	163.9	130
Matthew Stanton	VA-23	20-24	165	165.1	122.5
Spenser Conner	VA-20	20-24	165	154	120
Jason Leavitt	VA-52	50-54	165	148.3	122.5
Ken Silvia	VA-61	60-64	165	164.6	92.5
Daryl Taylor	VA-41	SO40-44	165	146.2	28
TJ Woolfok	VA-44	SO40-44	165	164	60
Jason Creswell	VA-33	P/F/M	165	164.7	125
Jason Adams	VA-32	Open	181	168.7	142.5
Kohl Yourkovich	VA-18	18-19	181	179.8	127.5
Max Quintana	VA-22	20-24	181	176.9	160
Lucas Pribble	VA-20	20-24	181	178.8	150
Jacob French	VA-17	16-17	220	218.4	167.5
Craig Heywood	VA-44	45-49	220	216.9	120
Bernie Rhoades	VA-68	65-69	275	245.3	117.5
Anthony Jewell	VA-33	Open	275	260.1	170
Jacob Corbin	VA-20	20-24	308	308	150
Lifter	State/Age	Division	Wt. Class		Deadlift
Jen Clements	VA-27	Open	123	120.1	130
Laura Siegle	VA-26	Open	123	117.3	125
Vonda Martin	VA-51	SO50-54	198	198	67.5
Girvester Thompson	VA-44	SO-40-44	198+	218	45
Wes Clements	VA-28	Open	165	163.9	195
Matthew Stanton	VA-23	20-24	165	165.1	212.5
Ken Silvia	VA-61	60-64	165	164.6	170
Jason Creswell	VA-33	P/F/M	165	164.7	190
TJ Woolfok	VA-44	SO40-44	165	164	122.5
Kohl Yourkovich	VA-18	18-19	181	179.8	200
Frank Sowa	VA-59	55-59	220	214.8	250
Joe Gregory	VA-67	65-69	242	233.4	235
Anthony Jewell	VA-33	Open	275	258.4	240
Brian Bajsert	VA-58	55-59	275	258.4	285
Bob Shirley	VA-63	60-64	308	277.2	200
Lifter	State/Age	Division	Wt. Class		Strict Curl
Vonda Martin	VA-51	SO50-54	198	198	20
Alicia Kindred	VA-35	35-39	198	195.4	27.5

Matthew Stanton	VA-23	20-24	165	165.1	57.5
Jason Leavitt	VA-52	50-54	165	149.3	54.5
Ken Silvia	VA-61	60-64	165	164.6	52
Daryl Taylor	VA-41	SO40-44	165	146	20
Max Quintana	VA-22	20-24	181	176.9	68.5
Craig Heywood	VA-44	45-49	220	216.9	56
John Shifflett	VA-55	55-59	220	220.1	47
Joe Gregory	VA-67	65-69	242	233.4	58

100% RAW CHRISTMAS CLASSIC SINGLE LIFTS

Lifter	State/Age	Division	Wt. Class		Bench Press
Diesel Koser	PA-11	Under 11	105	103.7	40
Adam Silverman	DC-22	20-24	165	152.6	112.5
Jason Creswell	VA-33	P/F/M	165	164.7	125
Aaron Pickrell	NC-47	45-49	198	191.4	117.5
Brian Hershler	VA-27	Open	220	209.1	152.5
Jordan Bohlander	VA-29	Open	220	219.1	120
Dennis Arnold	TN-30	Open	275	270.5	227.5

Lifter	State/Age	Division	Wt. Class		Deadlift
Diesel Koser	PA-11	Under 11	105	103.7	72.5
Adam Silverman	DC-22	20-24	165	152.6	209
Mitchell Hoenig	MD-23	20-24	165	161.9	210
Jason Creswell	VA-33	P/F/M	165	164.7	190
Mitchell Hoenig	MD-23	Open	165	161.9	210
Brian Hershler	VA-27	Open	220	209.1	287.5
Jordan Bohlander	VA-29	Open	220	219.1	210
Dennis Arnold	TN-30	Open	275	270.5	300

Lifter	State/Age	Division	Wt. Class		Strict Curl
Diesel Koser	PA-11	Under 11	105	103.7	22.5
John Shifflett	VA-55	55-59	220	220.1	47

Officials					
William Thacker					
Belinda Hayes					
Randy Price					
Jason Leavitt					
Rudy Garcia					
Catherine Garcia					
John Shifflett					