A promotional graphic for the 2010 Single Lift World Championships. It features the RAW logo on the left and the event details on the right. The background shows a silhouette of a lifter with a barbell in front of a coastal cityscape.

**2010
SINGLE LIFT
WORLD
CHAMPIONSHIPS**
NOVEMBER 6-7, 2010
VIRGINIA BEACH, VIRGINIA

www.rawpowerlifting.com

Meet Director: Paul Bossi, (252) 339-5025 rawlifting@aol.com

Hello Lifters and Friends,

The end of the Powerlifting year is here and it will not end without a bang. We have the Single lift World Championships this coming weekend in Virginia Beach, VA on November 6-7th. Lifting will start each day at 9:00am. Saturday will host the female and all lifters 181 and below. Sunday will entertain the 198 thru heavyweights. We will have the honor of seeing lifters from the Ukraine, Canada, Poland, Denmark, Nigeria and the USA. There are 190 lifters schedule to compete in 1 or all of the 3 lifts (The bench press, Deadlift and Curl). This venue is extremely nice located right on the Water with the beach, pool, sauna, Jacuzzi, weight room with exercise equipment and a restaurant/lounge.

Friday and Saturday night we will be having a meet and greet in the restaurant/lounge. The hotel has put together a special buffet style meal for us at a special price. After the coupon it will be \$15.95 which includes a drink. We will be able to eat and socialize as well as have the vendors/sponsors speak about their products. This will be a really fun time to meet new people and lifters from other countries. Great time to take those precious pictures as well for your own photo album or Facebook.

Speaking of Facebook, 100% RAW Powerlifting now has our own Facebook page thanks to Adam Price and Hunter Claypatch. This page is for the use of all state chairmen to use to advertise their events with Facebook and get the updates out to as many lifters as we can for advertising. If you have a Facebook page please go check it out and be added as a friend so we can all grow together. Go to the link below to check it out.

<http://www.facebook.com/#!/group.php?gid=149878595051709>

Records.

The following state records have been updated and posted on the site. California, Iowa, North Carolina. These states have not be updated for some time so go check them out and let us know if there are anything we missed. Most of our regular states are updated or being updated this week as we prepare for the World event.

Many state records have been updated and we update them as fast as the state chairmen send them to us. If your records for your state are not updated please e-mail your state chairman and ask him for the update on them. If you have a state with no state chairman then send an e-mail to either rawlifting@aol.com or hclaypatch@hotmail.com

Upcoming events

November 07, 2010	Old School Iron Wars Full Powerlifting	Burlington, VT	Bret Kernoff Contact Bret	Awaiting Form
December 11, 2010	Christmas Classic	Stanardsville, VA	John Shifflett Contact John	Entry Form

John and Bret will finish out the year with these last 2 events.

Results

All results are posted and current. Last month we had meets in Las Vegas, Ukraine and Armenia. The Brazilian Nationals are scheduled for December 19th.

The Rings

I know everyone is asking what about the rings this year. Yes we will have an all new World Championship ring available for any lifter who wins his or her age/weight division. This years rings are absolutely gorgeous. These rings are larger in size than last years ring and very stunning. They will be available in Virginia Beach on November 6-7.

If you lifted in Las Vegas and did not get a chance to fill out your paper work for a ring send me an email and I will make sure you get the form as it is not too late for you to order your ring.

Rankings:

All master rankings are done and updated thank you to Peer Hubbard. The regular rankings are being worked on by Brian Stoner and we hope to have them posted this week before the World event.

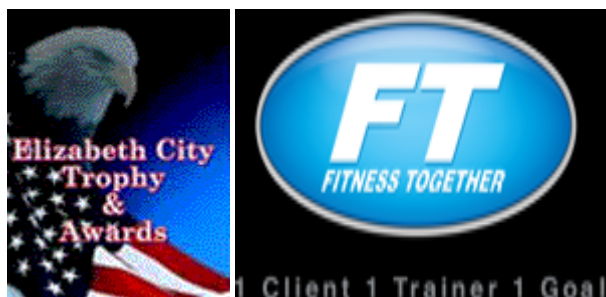
Awards for records and other accomplishments:

Any lifter can purchase a record plaque from our website by printing off an order form and faxing or e-mail back. E-mail to ectrophy@aol.com or fax it to: 252--338-7669. Please fill out very neatly (prefer typing). They accept master card, Visa and Discover. You can send in your form and give a number for them to call you for payment type or you can e-mail that info or fax it if you prefer.

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