

USAPL VIRGINIA STATE POWERLIFTING 12-9-06

NAME	CLASS	SQUAT	BENCH	DEADLIFT	TOTAL
Kim Ryman	105 Open, 40 -44	215	127	187	529
Karen Schmeets	123 50-54	243	138	276	656
Amanda Corney	123 RAW Open	176	94	254	568
Dawn Hanson	132 Open	248	176	254	678
Elaine Rupp	132 RAW Open	182	110	237	529
Gloria Updyke	148 RAW 40-44	182	105	248	535
Josh Dalton	181 College, 20 - 23 Raw	386	320	397	1102
Dale Pierce	181 40 -44	441	331	424	1196
Charles McCollough	181 45 - 49, Raw	281	237	402	920
Dana Smith	181 50 - 54	457	314	380	1152
Rob Maggi	181 Open	380	353	397	1130
Jimmy Clayton	198 14 - 15, Raw	292	171	320	783
Kent Cassell	198 50 - 54, Raw	452	281	507	1240
John Intihar	198, Open, Raw	452	254	463	1168
Garrett Walters	220, College, 20 - 23	716	529	645	1890
Matt Makara	220, 20 - 23	457	342	606	1405
Doug Kozlik	220, College, Raw	502	298	568	1367
Mark Mezzner	220, College, Raw	369	320	485	1174
Terry Mitchell	220, 40 - 44	502	452	408	1361
Greg Stang	220, 45 - 49	480	413	452	1345
H.D. Campbell	220, 55 - 59	441	254	474	1168
Jarrett Ferguson	242, Open, Raw	617	430	656	1703
Andy Rozewicz	242, Open	491	419	601	1510
Romaine Bostrick	242, Open	584	364	502	1450
Greg Mendoza	242, 40 - 44, Raw	452	331	424	1207
Rudy Shiley	242, 45 - 49	408	320	457	1185
Mike Nichols	242, 60 - 64	380	298	485	1163
Brian Rochefort	242, Police	573	408	579	1560
Ken Ryder	275, Open, 45 - 49	623	402	700	1725
Allen Lewis	275, Police	573	369	584	1527
Josh Wehrmann	Supers, Open	672	573	601	1846
Scott Slaughter	Supers, Open	661	524	518	1703
Ron Armstead	Supers, 40 - 44, Raw	524	369	524	1416

USAPL VIRGINIA OPEN - OUT OF STATE

Ryan Ondedonk	114, 14 - 15	99	83	138	320
Jean Paul Mora	132, 14 - 15	243	127	226	595
Anthony Vavasa	148, 14 - 15	320	165	380	865
Marlon Mora	181, 18 - 19	457	342	529	1328
Harman Nagi	198, Open, Raw	347	226	441	1014
Mike Jones	220, Open	584	413	557	1554
Doug Currence	220, 45 - 49	601	452	573	1626
Carlos Martinez	242, 14 - 15, Raw	303	176	358	838
Reimier Cala	242, 20 - 23	524	375	551	1450
Bryan Walsh	242, Open, Raw	535	402	606	1543
Mike Hill	242, 40 -44	502	402	524	1427
Brian Behe	275, 20 - 23, Raw	474	358	502	1334

**USAPL VIRGINIA STATE BENCHPRESS
2006**

NAME	CLASS	BENCH
Teri Konieczny	123, Raw	121.253
Dawn Hanson	132, Open	176.368
Adam Mamola	181, Open	435.409
Terry Mitchell	220, 40 - 44	451.943
Tom Amiss	220, 65 - 69, Raw	209.437
Jeff Chumley	242, 40 - 44	325.179
Jesse Sheckler	242, 55 - 59	347.225
Will Morris	275, 60 - 64	424.386
Matt Roberts	Supers, 20 - 23	451.943
Phillip Battle	Supers, Open	529.104
Todd Slaughter	Supers, Open	462.966

USAPL VIRGINIA OPEN BENCHPRESS -OUT OF STATE

NAME	CLASS	BENCH
Colin Meara	165, 16 -17, Raw	159.834
Jon Mouzon	165, Open	451.943
Josh Jahn	181, 18 - 19, Raw	248.018
Steve Appell	181, Open, Raw	314.156
Mike Jones	220, Open	413.363

IRONMAN/IRONWOMAN

NAME	CLASS	BENCH DEADLIFT TOTAL		
Karen Schmeets	123, 50 - 54	138	276	413
Dawn Hanson	132 Open	176	254	678
Jeff Lafferty	198, Open	347	435	783
Mike Crist	198, Open, Raw	303	430	733
Jordan Peachey	198, 18 - 19, Raw	265	430	694
Wayne Jordan	275, Open	402	513	1003