

| <b>35<sup>th</sup> Annual W. VA. STATE POWERLIFTING CHAMPIONSHIPS</b> |                                  |              |              |                 |              |
|---|----------------------------------|--------------|--------------|-----------------|--------------|
| <b>2010 / United States Powerlifting Federation</b>                   |                                  |              |              |                 |              |
| <b>Held Saturday April 10, 2010</b>                                   |                                  |              |              |                 |              |
| <b>South Charleston High School</b>                                   |                                  |              |              |                 |              |
| <b>South Charleston, W. VA</b>  |                                  |              |              |                 |              |
| <b><u>WOMEN</u></b>   |                                  |              |              |                 |              |
| <b>Wt. Class/Name</b>   | <b>Division</b>                  | <b>Squat</b> | <b>Bench</b> | <b>Deadlift</b> | <b>Total</b> |
| <b><u>123</u></b>   | <b><u>Master (40-44)</u></b>     |              |              |                 |              |
| <b>Jennifer Walters</b>   |                                  | <b>187</b>   | <b>137</b>   | <b>242</b>      | <b>566</b>   |
| <b><u>123</u></b>   | <b><u>Master (55-59)</u></b>     |              |              |                 |              |
| <b>Deb Barnette</b>   |                                  | <b>214</b>   | <b>110</b>   | <b>292</b>      | <b>616</b>   |
| <b><u>132</u></b>   | <b><u>Master (45-49)</u></b>     |              |              |                 |              |
| <b>Lynn Rodriquez</b>   |                                  | <b>151</b>   | <b>143</b>   | <b>220</b>      | <b>514</b>   |
| <b><u>148</u></b>   | <b><u>Women's Collegiate</u></b> |              |              |                 |              |
| <b>Katelin Calvin</b>   |                                  | <b>132</b>   | <b>104</b>   | <b>242</b>      | <b>478</b>   |
| <b><u>MEN</u></b>   |                                  |              |              |                 |              |
| <b>Wt. Class/Name</b>   | <b>Division</b>                  | <b>Squat</b> | <b>Bench</b> | <b>Deadlift</b> | <b>Total</b> |
| <b><u>181</u></b>   | <b><u>Teenage (15-16)</u></b>    |              |              |                 |              |
| <b>Zack Trembly</b>   |                                  | <b>352</b>   | <b>275</b>   | <b>485</b>      | <b>1112</b>  |
| <b><u>181</u></b>   | <b><u>Master (45-49)</u></b>     |              |              |                 |              |
| <b>Bobby Hughes</b>   |                                  | <b>385</b>   | <b>325</b>   | <b>451</b>      | <b>1161</b>  |
| <b><u>198</u></b>   | <b><u>Men's Collegiate</u></b>   |              |              |                 |              |
| <b>Rudy Nagy</b>  |                                  | <b>402</b>   | <b>407</b>   | <b>429</b>      | <b>1238</b>  |
| <b><u>198</u></b>   | <b><u>Men's Submaster</u></b>    |              |              |                 |              |
| <b>Brandon Walters</b>  |                                  | <b>352</b>   | <b>281</b>   | <b>468</b>      | <b>1101</b>  |
| <b><u>198</u></b>   | <b><u>Master (40-44)</u></b>     |              |              |                 |              |
| <b>Sam Atassi</b>   |                                  | <b>220</b>   | <b>165</b>   | <b>402</b>      | <b>787</b>   |
| <b><u>198</u></b>   | <b><u>Master (55-59)</u></b>     |              |              |                 |              |
| <b>Paul Sutphin</b>   |                                  | <b>507</b>   | <b>292</b>   | <b>534*</b>     | <b>1333</b>  |
| <b>Don Walters</b>  |                                  | <b>325</b>   | <b>303</b>   | <b>435</b>      | <b>1063</b>  |
| <b><u>198</u></b>   | <b><u>Master (60-64)</u></b>     |              |              |                 |              |
| <b>Don Hall</b>   |                                  | <b>143</b>   | <b>165</b>   | <b>303</b>      | <b>611</b>   |
| <b><u>220</u></b>   | <b><u>Teenage (15-16)</u></b>    |              |              |                 |              |
| <b>Max Lilly</b>  |                                  | <b>137</b>   | <b>253</b>   | <b>143</b>      | <b>533</b>   |
| <b><u>242</u></b>   | <b><u>Raw Master (50-54)</u></b> |              |              |                 |              |
| <b>Doug Currence</b>  |                                  | <b>540</b>   | <b>375</b>   | <b>551</b>      | <b>1465</b>  |
| <b>* Indicates <u>New</u> Official WV State Powerlifting Record</b>   |                                  |              |              |                 |              |

| <b>2010 USPF W. VA. STATE SQUAT CHAMPIONSHIPS</b>                           |                              |                    |
|---|------------------------------|--------------------|
| April 10, 2010  |                              |                    |
| South Charleston, W. Va.  |                              |                    |
| (Page 2)  |                              |                    |
| <b>Wt. Class/Name</b>   | <b>Division</b>              | <b>Squat</b>       |
| <u>181</u>  | <u>Men's Master (45-49)</u>  |                    |
| Bobby Hughes  |                              | 375                |
| <u>198</u>  | <u>Men's Master (55-59)</u>  |                    |
| Paul Sutphin  |                              | 507                |
| <u>198</u>  | <u>Men's Master (60-64)</u>  |                    |
| Don Hall  |                              | 143                |
| <b>2010 USPF W. VA. STATE DEADLIFT CHAMPIONSHIPS</b>                        |                              |                    |
| April 10, 2010 @ South Charleston, W. Va.                                   |                              |                    |
| <b>Wt. Class/Name</b>   | <b>Division</b>              | <b>Deadlift</b>    |
| <u>181</u>  | <u>Men's Master (45-49)</u>  |                    |
| Bobby Hughes  |                              | 451                |
| <u>181</u>  | <u>Men's Teenage (15-16)</u> |                    |
| Zack Trembly  |                              | 485                |
| <u>198</u>  | <u>Men's Master (55-59)</u>  |                    |
| Paul Sutphin  |                              | 534*               |
| <u>198</u>  | <u>Men's Master (60-64)</u>  |                    |
| Don Hall  |                              | 303                |
| <u>220</u>  | <u>Men's Law / Fire</u>      |                    |
| John Casey  |                              | 424                |
| <u>308</u>  | <u>Men's Teenage (15-16)</u> |                    |
| Logan Armstrong   |                              | 473                |
| <b><u>Bench Press Division</u> April 10, 2010 @ South Charleston, W.Va.</b> |                              |                    |
| <b>Wt. Class/Name</b>   | <b>Category</b>              | <b>Bench Press</b> |
| <u>275</u>  | <u>Men's Master (40-44)</u>  |                    |
| Richard Woods   |                              | 402                |
| <u>275</u>  | <u>Men's Law / Fire</u>      |                    |
| Jonathan Woods  |                              | 363                |
| <u>308</u>  | <u>Teenage (15-16)</u>       |                    |
| Logan Armstrong   |                              | 374                |

