

**USPF WV STATE SINGLE PLY DIVISION 1 FULL POWER**

**MEN - OPEN**

| Weight         | Lift     | Kgs    | Lbs    | Name             | Date |
|----------------|----------|--------|--------|------------------|------|
| 52kg/114.5lb   | Squat    | 227.2  | 507.0  | Chuck Dunbar     |      |
|                | Bench    | 142.2  | 314.0  | Chuck Dunbar     |      |
|                | Deadlift | 222.3  | 490.0  | Phil Hile        |      |
|                | TOTAL    | 443.9  | 1199.0 | Phil Hile        |      |
| 56kg/123.5lb   | Squat    | 181.4  | 400.0  | Chuck Dunbar     |      |
|                | Bench    | 249.9  | 295.0  | Chuck Dunbar     |      |
|                | Deadlift | 197.3  | 435.0  | Cork Hall        |      |
|                | TOTAL    | 508.0  | 1120.0 | Chuck Dunbar     |      |
| 60kg/132.2lb   | Squat    | 212.3  | 468.0  | Dan Palmateer    |      |
|                | Bench    | 152.4  | 336.0  | Acie Simmons     |      |
|                | Deadlift | 217.3  | 479.0  | Dan Palmateer    |      |
|                | TOTAL    | 539.8  | 1190.0 | Dan Palmateer    |      |
| 67.5kg/148lb   | Squat    | 249.9  | 551.0  | Allen Smith      |      |
|                | Bench    | 179.6  | 396.0  | Acie Simmons     |      |
|                | Deadlift | 269.9  | 595.0  | Paul Sutphin     |      |
|                | TOTAL    | 672.2  | 1482.0 | Paul Sutphin     |      |
| 75kg/165.2lb   | Squat    | 277.1  | 611.0  | Don Hundley      |      |
|                | Bench    | 184.6  | 407.0  | Donald Robbins   |      |
|                | Deadlift | 302.1  | 666.0  | Don Hundley      |      |
|                | TOTAL    | 728.0  | 1605.0 | Jack Wilson      |      |
| 82.5kg/181.7lb | Squat    | 297.1  | 655.0  | Paul Sutphin     |      |
|                | Bench    | 194.6  | 429    | Dan Lass         |      |
|                | Deadlift | 307.1  | 677.0  | Paul Sutphin     |      |
|                | TOTAL    | 789.7  | 1741   | Paul Sutphin     |      |
| 90kg/198.2lb   | Squat    | 348.8  | 769.0  | Roger Estep      |      |
|                | Bench    | 222.3  | 490.0  | Roger Estep      |      |
|                | Deadlift | 312.1  | 688.0  | Doug Currence    |      |
|                | TOTAL    | 880.0  | 1940.0 | Roger Estep      |      |
| 100kg/220lb    | Squat    | 332.5  | 733.0  | Steve Uhas       |      |
|                | Bench    | 284.9  | 628.0  | Josh Stottlemire |      |
|                | Deadlift | 349.3  | 770.0  | Brett Russell    |      |
|                | TOTAL    | 712.1  | 1570.0 | Brett Russell    |      |
| 110kg/242lb    | Squat    | 374.7  | 826.0  | Scott Warman     |      |
|                | Bench    | 272.2  | 600.0  | Allen Baria      |      |
|                | Deadlift | 349.3  | 770.0  | Brett Russell    |      |
|                | TOTAL    | 947.1  | 2088.0 | Brett Russell    |      |
| 125kg/275lb    | Squat    | 377.8  | 833.0  | Allen Baria      |      |
|                | Bench    | 339.7  | 749.0  | Allen Baria      |      |
|                | Deadlift | 337.5  | 744.0  | Allen Baria      |      |
|                | TOTAL    | 1055.1 | 2326.0 | Allen Baria      |      |
| 140kg/308.5lb  | Squat    | 347.5  | 766.0  | Brian Siders     |      |
|                | Bench    | 302.1  | 666.0  | Brian Siders     |      |
|                | Deadlift | 347.5  | 766.0  | Brian Siders     |      |
|                | TOTAL    | 997.4  | 2199.0 | Brian Siders     |      |
| 140+kg/308+lb  | Squat    | 417.3  | 920.0  | Brian Siders     |      |
|                | Bench    | 297.1  | 655.0  | Brian Siders     |      |
|                | Deadlift | 367.4  | 810.0  | Brian Siders     |      |
|                | TOTAL    | 1081.8 | 2385.0 | Brian Siders     |      |

**F AMERICAN ABSOLUTE RAW SUBMASTER - MEN AGE 35-39**

| Weight         | Lift     | Kgs   | Lbs    | Name             | Date      |
|----------------|----------|-------|--------|------------------|-----------|
| 52kg/114.5lb   | Squat    |       |        |                  |           |
|                | Bench    |       |        |                  |           |
|                | Deadlift |       |        |                  |           |
|                | TOTAL    |       |        |                  |           |
| 56kg/123.5lb   | Squat    |       |        |                  |           |
|                | Bench    |       |        |                  |           |
|                | Deadlift |       |        |                  |           |
|                | TOTAL    |       |        |                  |           |
| 60kg/132.2lb   | Squat    |       |        |                  |           |
|                | Bench    |       |        |                  |           |
|                | Deadlift |       |        |                  |           |
|                | TOTAL    |       |        |                  |           |
| 67.5kg/148lb   | Squat    | 194.6 | 429.0  | Greg Jackson     | 3/14/1992 |
|                | Bench    | 147.4 | 325.0  | Greg Jackson     | 3/14/1992 |
|                | Deadlift | 222.3 | 490.0  | Greg Jackson     | 3/14/1992 |
|                | TOTAL    | 564.7 | 1245.0 | Greg Jackson     | 3/14/1992 |
| 75kg/165.2lb   | Squat    | 645.9 | 424.0  | Chris Mirallotta | 3/14/1992 |
|                | Bench    | 124.7 | 275.0  | Chris Mirallotta | 3/14/1992 |
|                | Deadlift | 189.6 | 418.0  | Chris Mirallotta | 3/14/1992 |
|                | TOTAL    | 502.1 | 1107.0 | Chris Mirallotta | 3/14/1992 |
| 82.5kg/181.7lb | Squat    |       |        |                  |           |
|                | Bench    |       |        |                  |           |
|                | Deadlift |       |        |                  |           |
|                | TOTAL    |       |        |                  |           |
| 90kg/198.2lb   | Squat    | 269.9 | 595.0  | Doug Currence    | 3/28/1998 |
|                | Bench    | 177.4 | 391.0  | Doug Currence    | 3/28/1998 |
|                | Deadlift | 294.8 | 650.0  | Doug Currence    | 3/28/1998 |
|                | TOTAL    | 742.1 | 1636.0 | Doug Currence    | 3/28/1998 |
| 100kg/220lb    | Squat    | 297.1 | 655.0  | John Messinger   | 3/20/1993 |
|                | Bench    | 189.6 | 418.0  | Bob Krupinski    | 3/29/1997 |
|                | Deadlift | 279.9 | 617.0  | John Messinger   | 3/20/1993 |
|                | TOTAL    | 759.8 | 1675.0 | John Messinger   | 3/20/1993 |
| 110kg/242lb    | Squat    | 292.1 | 644.0  | John Messinger   | 5/19/1991 |
|                | Bench    | 240.0 | 529.0  | Ron Harbert      | 3/31/2007 |
|                | Deadlift | 282.1 | 622.0  | John Messinger   | 5/19/1991 |
|                | TOTAL    | 764.8 | 1686.0 | John Messinger   | 5/19/1991 |
| 125kg/275lb    | Squat    | 309.8 | 683.0  | John Messinger   | 5/17/1992 |
|                | Bench    | 192.3 | 424.0  | John Messinger   | 5/17/1992 |
|                | Deadlift | 284.9 | 628.0  | John Messinger   | 5/17/1992 |
|                | TOTAL    | 787.4 | 1736.0 | John Messinger   | 5/17/1992 |
| 140kg/308.5lb  | Squat    |       |        |                  |           |
|                | Bench    |       |        |                  |           |
|                | Deadlift |       |        |                  |           |
|                | TOTAL    |       |        |                  |           |
| 140+kg/ SHW    | Squat    | 319.8 | 705.0  | Troy McNett      | 3/28/1998 |
|                | Bench    | 227.2 | 501.0  | Troy McNett      | 3/28/1998 |
|                | Deadlift | 304.8 | 672.0  | Troy McNett      | 3/28/1998 |
|                | TOTAL    | 851.8 | 1878.0 | Troy McNett      | 3/28/1998 |