

**POLICE & FIRE
USPF WV STATE SINGLE PLY DIVISION 1 FULL POWER**

MEN - OPEN

Weight	Lift	Kgs	Lbs	Name	Date	Dept.
52kg/114.5lb	Squat					
	Bench					
	Deadlift					
	TOTAL					
56kg/123.5lb	Squat					
	Bench					
	Deadlift					
	TOTAL					
60kg/132.2lb	Squat		385.0	DANNY AKERS	3/28/1998	
	Bench		259.0	DANNY AKERS	3/28/1998	
	Deadlift		473.0	DANNY AKERS	3/28/1998	
	TOTAL		1017.0	DANNY AKERS	3/28/1998	
67.5kg/148lb	Squat		462.0	TONEY PAULEY	3/25/2000	
	Bench		363.0	TONEY PAULEY	3/25/2000	
	Deadlift		424.0	TONEY PAULEY	3/25/2000	
	TOTAL		1249.0	TONEY PAULEY	3/25/2000	
75kg/165.2lb	Squat					
	Bench					
	Deadlift					
	TOTAL					
82.5kg/181.7lb	Squat		578.0	TIGE PRATT	3/25/2000	
	Bench		402	TIM BURNS	3/27/1999	
	Deadlift		628.0	TIGE PRATT	3/25/2000	
	TOTAL		1575	TIGE PRATT	3/25/2000	
90kg/198.2lb	Squat					
	Bench					
	Deadlift					
	TOTAL					
100kg/220lb	Squat		479.0	JOHNRUBENSTEIN	3/14/1992	
	Bench		347.0	JOHNRUBENSTEIN	3/14/1992	
	Deadlift		523.0	JOHNRUBENSTEIN	3/14/1992	
	TOTAL		1245.0	JOHNRUBENSTEIN	3/14/1992	
110kg/242lb	Squat					
	Bench					
	Deadlift					
	TOTAL					
125kg/275lb	Squat					
	Bench					
	Deadlift					
	TOTAL					
140kg/308.5lb	Squat					
	Bench					
	Deadlift					
	TOTAL					
140+kg/308+lb	Squat					
	Bench					
	Deadlift					
	TOTAL					

SUBMASTER - MEN AGE 35-39

Weight	Lift	Kgs	Lbs	Name	Date
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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 Bench Deadlift TOTAL			
75kg/165.2lb	Squat Bench Deadlift TOTAL			
82.5kg/181.7lb	Squat Bench Deadlift TOTAL			
90kg/198.2lb	Squat Bench Deadlift TOTAL			
100kg/220lb	Squat Bench Deadlift TOTAL	402.0 259.0 413.0 1074.0	MIKE WEISS MIKE WEISS MIKE WEISS MIKE WEISS	3/25/2000 3/25/2000 3/25/2000 3/25/2000
110kg/242lb	Squat Bench Deadlift TOTAL	143.0 374.0 385.0 902.0	JAY HENRY JAY HENRY JAY HENRY JAY HENRY	10/7/2000 10/7/2000 10/7/2000 10/7/2000
125kg/275lb	Squat Bench Deadlift TOTAL	253.0 315.0 215.0 821.0	JESSE BAILES JESSE BAILES JESSE BAILES JESSE BAILES	3/27/1999 3/27/1999 3/27/1999 3/27/1999
140kg/308.5lb	Squat Bench Deadlift TOTAL			

140+kg/ SHW
 Squat
 Bench
 Deadlift
 TOTAL

MASTER - MEN 40-44					
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				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat		225.0	DAVID GARRETT	3/28/1998
	Bench		203.0	DAVID GARRETT	3/28/1998
	Deadlift		220.0	DAVID GARRETT	3/28/1998
	TOTAL		648.0	DAVID GARRETT	3/28/1998
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
100kg/220lb	Squat		187.0	BRIAN REYNOLDS	3/27/1999
	Bench		275.0	BRIAN REYNOLDS	3/27/1999
	Deadlift		435.0	BRIAN REYNOLDS	3/27/1999
	TOTAL		898.0	BRIAN REYNOLDS	3/27/1999
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat				
	Bench				
	Deadlift				
	TOTAL				

140kg/308.5lb Squat
 Bench
 Deadlift
 TOTAL

140+kg/ SHW Squat
 Bench
 Deadlift
 TOTAL

MASTER - MEN 45-49

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
 Bench
 Deadlift
 TOTAL

75kg/165.2lb Squat
 Bench
 Deadlift
 TOTAL

82.5kg/181.7lb Squat
 Bench
 Deadlift
 TOTAL

90kg/198.2lb Squat
 Bench
 Deadlift
 TOTAL

100kg/220lb Squat 529.0 JIM RUBENSTEIN 10/7/2000
 Bench 336.0 JIM RUBENSTEIN 10/7/2000
 Deadlift 524.0 JIM RUBENSTEIN 10/7/2000
 TOTAL 1388.0 JIM RUBENSTEIN 10/7/2000

110kg/242lb Squat 143.0 BRIAN REYNOLDS 10/7/2000
 Bench 341.0 BRIAN REYNOLDS 10/7/2000
 Deadlift 501.0 BRIAN REYNOLDS 10/7/2000

	TOTAL	947.0	BRIAN REYNOLDS	10/7/2000
125kg/275lb	Squat	143.0	BILL RECTENWALD	10/7/2000
	Bench	424.0	BILL RECTENWALD	10/7/2000
	Deadlift	424.0	BILL RECTENWALD	10/7/2000
	TOTAL	991.0	BILL RECTENWALD	10/7/2000
140kg/308.5lb	Squat			
	Bench			
	Deadlift			
	TOTAL			
140+kg/ SHW	Squat			
	Bench			
	Deadlift			
	TOTAL			

MASTER - MEN 50-54					
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				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
100kg/220lb	Squat				
	Bench				

Deadlift
TOTAL

110kg/242lb	Squat	501.0	JIM RUBENSTEIN	3/27/2004
	Bench	319.0	JIM RUBENSTEIN	3/27/2004
	Deadlift	551.0	JIM RUBENSTEIN	3/27/2004
	TOTAL	1343.0	JIM RUBENSTEIN	3/27/2004

125kg/275lb	Squat			
	Bench			
	Deadlift			
	TOTAL			

140kg/308.5lb	Squat			
	Bench			
	Deadlift			
	TOTAL			

140+kg/ SHW	Squat			
	Bench			
	Deadlift			
	TOTAL			