

# USPF W.VA. MEN'S POWERLIFTING RECORDS

## MEN'S NOVICE DIVISON

UPDATED:4/2/08

<u>WEIGHT CLASS</u>	<u>Lift</u>	<u>Name</u>	<u>Pounds</u>	<u>Date</u>
114	SQUAT	GREG YORK	286	02/24/00
	BENCH PRESS	MARK SARGENT	253	03/14/92
	DEAD LIFT	MARK SARGENT	336	03/14/92
	TOTAL	MARK SARGENT	801	03/14/92
123	SQUAT	JOE VUKOVICH	270	03/24/91
	BENCH PRESS	JOE VUKOVICH	225	03/24/91
	DEAD LIFT	JOE VUKOVICH	352	03/24/91
	TOTAL	JOE VUKOVICH	848	03/24/91
132	SQUAT	JEEF KIRK	336	03/22/86
	BENCH PRESS	PAUL ARMENTROUT	264	03/14/92
	DEAD LIFT	PAUL ARMENTROUT	402	03/14/92
	TOTAL	PAUL ARMENTROUT	970	03/14/92
148	SQUAT	STUART BREEDING	435	03/28/86
	BENCH PRESS	GREG JACKSON	314	03/24/91
	DEAD LIFT	JAMES TURNER	468	03/24/91
	TOTAL	GREG JACKSON	1146	03/24/90
165	SQUAT	DAVID JONES	479	03/14/92
	BENCH PRESS	DAVID LWELLYN	347	03/14/92
	DEAD LIFT	TONY GERDES	523	03/22/86
	TOTAL	TONY GERDES	1245	03/22/86
181	SQUAT	SCOTT GRIGSBY	556	04/8/95
	BENCH PRESS	MATT CARCELLO	380	04/11/87
	DEAD LIFT	DOUG BURNS	611	03/11/89
	TOTAL	FRANK ADKINS	1405	03/14/92
198	SQUAT	RANDO COYLE	600	03/06/88
	BENCH PRESS	DAVE LEWELLN	407	04/9/95
	DEAD LIFT	TONY GERDES	606	03/12/89
	TOTAL	TONY GERDES	1543	03/06/88
220	SQUAT	GABE KING	628	03/31/12
	BENCH PRESS	GABE KING	468	03/31/12
	DEAD LIFT	PAUL GENTRY	628	03/24/91
	TOTAL	GABE KING	1647	03/31/12
242	SQUAT	ALLEN BARIA	650	03/25/00
	BENCH PRESS	ALLEN BARIA	584	03/25/00
	DEAD LIFT	ALLEN BARIA	639	03/25/00
	TOTAL	ALLEN BARIA	1873	03/25/00
275	SQUAT	BRIAN SIDERS	650	03/28/98
	BENCH PRESS	BRIAN SIDERS	523*	03/28/98
	DEAD LIFT	BRIAN SIDERS	655	03/28/98
	TOTAL	BRIAN SIDERS	1828	03/28/98
SHW	SQUAT	CHARLES ASHCRAFT	639	04/14/85
	BENCH PRESS	MIKE CAIN	545	03/29/97
	DEAD LIFT	PHIL PFISTER	639	03/28/98
	TOTAL	ERIC NEJUS	1647	03/12/59

## MEN'S SENIOR (OPEN) DIVISON

<u>WEIGHT CLASS</u>	<u>Lift</u>	<u>Name</u>	<u>Pounds</u>	<u>Date</u>
114	SQUAT	CHUCK DUNBAR	507	11/07/80
	BENCH PRESS	CHUCK DUNBAR	314	11/07/80
	DEAD LIFT	PHIL HILE	490	07/29/94
	TOTAL	PHIL HILE	1199	04/8/95
123	SQUAT	CHUCK DUNBAR	460	05/06/73
	BENCH PRESS	CHUCK DUNBAR	295	03/30/80
	DEAD LIFT	CORK HALL	435	03/26/83
	TOTAL	CHUCK DUNBAR	1120	03/30/80
132	SQUAT	DAN PALMATEER	468	06/04/83
	BENCH PRESS	ACIE SIMMONS	336	03/26/83
	DEAD LIFT	DAN PALMATEER	479	03/26/83
	TOTAL	DAN PALMATEER	1190	06/04/83
148	SQUAT	ALLEN SMITH	551	03/14/92
	BENCH PRESS	AICE SIMMONS	396	03/22/86
	DEAD LIFT	PAUL SUTPHIN	595	07/17/79
	TOTAL	PAUL SUTPHIN	1482	07/14/79
165	SQUAT	DON HUNDLEY	611	04/13/85
	BENCH PRESS	DONALD ROBBINS	407	04/11/87
	DEAD LIFT	DON HUNDLEY	666	03/31/87
	TOTAL	JACK WILSON	1605	12/10/78
181	SQUAT	PAUL SUTPHIN	655	03/22/86
	BENCH PRESS	DAN LASS	429	04/08/95
	DEAD LIFT	PAUL SUTPHIN	677	03/22/86
	TOTAL	PAUL SUTPHIN	1741	03/22/86
198	SQUAT	ROGER ESTEP	769	12/10/78
	BENCH PRESS	ROGER ESTEP	490	12/10/78
	DEAD LIFT	DOUG CURRENCE	688	03/23/86
	TOTAL	ROGER ESTEP	1940	12/10/78
220	SQUAT	STEVE UHAS	733	04/11/87
	BENCH PRESS	JEFF WRIGHT	512	04/14/85
	DEAD LIFT	BRET RUSSELL	770	04/25/82
	TOTAL	BRET RUSSELL	1570	04/25/82
242	SQUAT	SCOTT WARMAN	826	07/11/82
	BENCH PRESS	ALLEN BARIA	600	06/25/00
	DEAD LIFT	BRET RUSSELL	859	11/02/86
	TOTAL	BRET RUSSELL	2088	05/11/86
275	SQUAT	MARK OLENICK	760	04/24/88
	BENCH PRESS	ALLEN BARIA	683	03/22/08
	DEAD LIFT	HERB FITZSIMMONS	740	04/22/79
	TOTAL	MARK OLENICK	1980	04/24/88
SHW	SQUAT	BRIAN SIDERS	920	6/03/04
	BENCH PRESS	BRIAN SIDERS	655	6/03/04
	DEAD LIFT	BRIAN SIDERS	810	6/03/04
	TOTAL	BRIAN SIDERS	2385	6/03/04

MEN'S TEENAGE (AGES 14 THROUGH 19) DIVISION

<u>WEIGHT CLASS</u>	<u>LIFT</u>	<u>NAME</u>	<u>POUNDS</u>	<u>DATE</u>
114	SQUAT	GREG YORK	320	04/21/90
	BENCH PRESS	DAVE TALBOTT	231	06/05/82
	DEAD LIFT	CORK HALL	380	03/30/80
	TOTAL	DAVE TALBOTT	914	06/05/82
123	SQUAT	DORIAN MURPHY	341	04/23/83
	BENCH PRESS	SCOTT STEELE	214	03/31/84
	DEAD LIFT	CORK HALL	424	03/28/81
	TOTAL	DORIAN MURPHY	920	04/23/83
132	SQUAT	EDDIE WALSH	413	04/08/89
	BENCH PRESS	EDDIE WALSH	265	04/08/89
	DEAD LIFT	RUSTY GREENE	445	05/02/92
	TOTAL	MO KINZER	1091	04/23/83
148	SQUAT	JASON OSBORNE	415	05/02/92
	BENCH PRESS	DONALD ROBBINS	360	04/26/86
	DEAD LIFT	DONALD ROBBINS	485	04/26/86
	TOTAL	DONALD ROBBINS	1230	04/26/86
165	SQUAT	BOBBY LEWIS	475	05/02/92
	BENCH PRESS	DONALD ROBBINS	407	04/11/87
	DEAD LIFT	TIM BONNETT	523	04/23/83
	TOTAL	DONALD ROBBINS	1350	04/11/87
181	SQUAT	SCOTT COLLIAS	611	08/01/87
	BENCH PRESS	TOM WARREN	374	06/05/82
	DEAD LIFT	MIKE KING	555	04/26/86
	TOTAL	SCOTT COLLIAS	1471	08/01/87
198	SQUAT	SCOTT COLLIAS	622	07/10/88
	BENCH PRESS	SCOTT COLLIAS	352	07/10/88
	DEAD LIFT	MARSHALL MOORE	622	06/05/82
	TOTAL	SCOTT COLLIAS	1532	07/10/88
220	SQUAT	MARSHALL MOORE	600	04/23/83
	BENCH PRESS	SEAN BYRD	473	03/30/81
	DEAD LIFT	MARSHALL MOORE	617	04/23/83
	TOTAL	GREG WEAVER	1593	06/05/82
242	SQUAT	ANDY MEADOWS	655	07/14/91
	BENCH PRESS	ANDY MEADOWS	435	07/14/91
	DEAD LIFT	MIKE DUFFIELD	611	06/05/82
	TOTAL	ANDY MEADOWS	1653	07/14/91
275	SQUAT	BRIAN SIDERS	650	03/28/98
	BENCH PRESS	BRIAN SIDERS	523*	03/28/98
	DEAD LIFT	BRIAN SIDERS	655	03/28/98
	TOTAL	BRIAN SIDERS	1828	03/28/98
SHW	SQUAT	JASON RED MAN	650	02/15/92
	BENCH PRESS	SEAN BONNER	440	04/26/86
	DEAD LIFT	JEFF MAYNARD	545	03/06/88
	TOTAL	JASON REDMAN	1488	02/15/92

### MEN'S COLLEGIATE DIVISION

<u>WEIGHT CLASS</u>	<u>LIFT</u>	<u>NAME</u>	<u>POUNDS</u>	<u>DATE</u>
114	SQUAT	CHUCK BEAL	292	04/19/86

	BENCH PRESS	JOE VUKOVICH	220	03/14/92
	DEAD LIFT	JOE VUKOVICH	369	03/14/92
	TOTAL	JOE VUKOVICH	876	03/14/92
123	SQUAT	ROGER SALSER	390	05/12/79
	BENCH PRESS	ROGER SALSER	255	05/12/79
	DEAD LIFT	ROGER SALSER	380	05/12/79
	TOTAL	ROGER SALSER	1025	05/12/79
132	SQUAT	ROGER SALSER	415	01/05/80
	BENCH PRESS	ROGER SALSER	285	04/27/80
	DEAD LIFT	PAUL ARMENTROUT	430	05/02/92
	TOTAL	ROGER SALSER	1125	04/27/80
148	SQUAT	PAUL SUTPHIN	470	02/14/76
	BENCH PRESS	CHRIS BAILEY	303	03/05/88
	DEAD LIFT	PAUL SUTPHIN	490	04/03/76
	TOTAL	PAUL SUTPHIN	1245	02/14/76
165	SQUAT	GREG PREY	518	03/19/82
	BENCH PRESS	DANA BEE	325	05/14/78
	DEAD LIFT	O CLEAVENGER	520	05/14/78
	TOTAL	GREG PERRY	1339	03/19/82
181	SQUAT	A. KWITAKOWSKI	562	03/15/03
	BENCH PRESS	MATT CARDELLO	413	03/05/88
	DEAD LIFT	DOUG BURNS	633	03/24/90
	TOTAL	MATT CARDELLO	1482	03/05/88
198	SQUAT	SCOTT COLLIAS	628	08/22/92
	BENCH PRESS	JOE LEE	402	04/19/86
	DEAD LIFT	SCOTT COLLIAS	578	08/22/92
	TOTAL	SCOTT COLLIAS	1570	05/02/92
220	SQUAT	MARSHALL MOORE	705	05/11/86
	BENCH PRESS	RONNIE HARBERT	457	03/24/91
	DEAD LIFT	MARSHALL MOORE	716	05/11/86
	TOTAL	MARSHALL MOORE	1829	05/11/86
242	SQUAT	WILLIAM JACKSON	660	05/02/92
	BENCH PRESS	JOHN LILLY	451	03/06/88
	DEAD LIFT	DAN SEDNEY	589	03/06/88
	TOTAL	ANDY MEADOWS	1653	07/14/91
275	SQUAT	MARK OLENICK	760	04/24/88
	BENCH PRESS	BRIAN SIDERS	534	03/27/99
	DEAD LIFT	MARK OLENICK	700	04/24/88
	TOTAL	MARK OLENICK	1980	04/24/88
SHW	SQUAT	JEFF COOK	705	05/11/86
	BENCH PRESS	MARK OLENICK	501	03/06/88
	DEAD LIFT	JEFF COOK	782	03/23/86
	TOTAL	JEFF COOK	1918	05/11/86

### MEN'S SUB-MASTERS DIVISION AGES (AGES 35 THROUGH 39)

<u>WEIGHT CLASS</u>	<u>LIFT</u>	<u>NAME</u>	<u>POUNDS</u>	<u>DATE</u>
114	****	*****	*****	*****

123	****	*****	*****	*****
132	****	*****	*****	*****
148	SQUAT	GREG JACKSON	429	03/14/92
	BENCH PRESS	GREG JACKSON	325	03/14/92
	DEAD LIFT	GREG JACKSON	490	03/14/92
	TOTAL	GREG JACKSON	1245	03/14/92
165	SQUAT	CHRIS MIRAGLIOTTA	424	03/14/92
	BENCH PRESS	CHRIS MIRAGLIOTTA	275	03/20/93
	DEAD LIFT	CHRIS MIRAGLIOTTA	418	03/20/93
	TOTAL	CHRIS MIRAGLIOTTA	1107	03/14/92
181	****	*****	*****	*****
198	SQUAT	DOUG CURRENCE	595	03/28/98
	BENCH PRESS	DOUG CURRENCE	391	03/28/98
	DEAD LIFT	DOUG CURRENCE	650	03/28/98
	TOTAL	DOUG CURRENCE	1636	03/28/98
220	SQUAT	JOHN MESSINGER	655	03/20/93
	BENCH PRESS	BOB KRUPINSKI	418	03/29/97
	DEAD LIFT	JOHN MESSINGER	617	03/20/93
	TOTAL	JOHN MESSINGER	1675	03/20/93
242	SQUAT	JOHN MESSINGER	644	05/19/91
	BENCH PRESS	RON HARBERT	529	03/31/07
	DEAD LIFT	JOHN MESSINGER	622	05/19/91
	TOTAL	JOHN MESSINGER	1686	05/19/91
275	SQUAT	JOHN MESSINGER	683	05/17/92
	BENCH PRESS	JOHN MESSINGER	424	05/17/92
	DEAD LIFT	JOHN MESSINGER	628	05/17/92
	TOTAL	JOHN MESSINGER	1736	05/17/92
SHW	SQUAT	TROY MCNETT	705	03/28/98
	BENCH PRESS	TROY MCNETT	501	03/28/98
	DEAD LIFT	TROY MCNETT	672	03/28/98
	TOTAL	TROY MCNETT	1878	03/28/98

## MEN'S MASTERS DIVISION (AGE 40 THROUGH 49)

<u>WEIGHT CLASS</u>	<u>LIFT</u>	<u>NAME</u>	<u>POUNDS</u>	<u>DATE</u>
114	****	*****	*****	****
123	****	*****	*****	****
132	SQUAT	CARMEL HUGHES	336	03/14/92
	BENCH PRESS	KEN WOODSELL	270	03/20/93
	DEAD LIFT	KEN WOODSELL	374	03/20/93
	TOTAL	KEN WOODSELL	925	03/20/93
148	SQUAT	CARMEL HUGHES	363	07/10/88
	BENCH PRESS	KEN WOODSELL	292	03/14/92
	DEAD LIFT	DENNIS PRATT	407	03/24/91
	TOTAL	DENNIS PRATT	1003	05/16/92
165	SQUAT	DON HUNDLEY	611	04/13/85
	BENCH PRESS	GENE UNDERWOOD	374	03/27/99
	DEAD LIFT	*DON HUNDLEY	*666	03/31/84
	TOTAL	*DON HUNDLEY	*1537	03/31/84
181	SQUAT	TONY MAGNONE	523	04/09/96
	BENCH PRESS	J. O'LAUGHLIN	385	03/27/04
	DEAD LIFT	JOHN BAYLISS	562	03/11/89
	TOTAL	JOHN BAYLISS	1388	03/11/89
198	SQUAT	VINCE WHITE	600	10/16/83
	BENCH PRESS	DAVE JEFFERY	385	03/20/93
	DEAD LIFT	PAUL STUPHIN	573	04/08/95
	TOTAL	PAUL STUPHIN	1493	04/08/95
220	SQUAT	DON HALL	644	07/10/83
	BENCH PRESS	DOUG CURRENCE	451	03/31/07
	DEAD LIFT	DOUG CURRENCE	611	03/31/07
	TOTAL	DOUG CURRENCE	1673	03/31/07
242	SQUAT	JOHN MESSINGER	677	04/8/95
	BENCH PRESS	JOHN SILVEY	451	03/05/88
	DEAD LIFT	HERB FITZSIMMONS	680	05/06/78
	TOTAL	HERB FITZSIMMONS	1775	05/06/78
275	SQUAT	HERB FITZSIMMONS	740	04/01/79
	BENCH PRESS	JOHN MESSINGER	468	03/25/00
	DEAD LIFT	HERB FITZSIMMONS	740	04/22/79
	TOTAL	HERB FITZSIMMONS	1920	04/01/79
SHW	SQUAT	LIKE IAMS	749	05/14/89
	BENCH PRESS	MIKE CAIN	545	03/29/97
	DEAD LIFT	MIKE CAIN	606	03/28/98
	TOTAL	MIKE CAIN	1768	03/28/98

**MEN'S MASTERS DIVISION (AGE 50 AND OVER)**

<u>WEIGHT CLASS</u>	<u>LIFT</u>	<u>NAME</u>	<u>POUNDS</u>	<u>DATE</u>
114	****	****	*****	****
123	****	****	*****	****
132	****	****	*****	****
148	****	****	*****	****
165	*SQUAT	*DON HUNDLEY	*584	12/13/86
	BENCH PRESS	DON HUNDLEY	270	12/13/86
	*DEAD LIFT	*DON HUNDLEY	*628	04/11/87
	TOTAL	DON HUNDLEY	1477	12/13/86
181	SQUAT	HAROLD FRANK	363	03/25/00
	BENCH PRESS	BILL BLANKENSHIP	270	05/06/78
	DEAD LIFT	HAROLD FRANK	363	03/25/00
	TOTAL	HAROLD FRANK	968	03/25/00
198	SQUAT	CHUCK GRANDSTAFF	562	04/08/95
	BENCH PRESS	ERNE NAGY	345	05/13/79
	DEAD LIFT	CHUCK GRANDSTAFF	529	04/08/95
	TOTAL	CHUCK GRANDSTAFF	1394	04/08/95
220	*SQUAT	*DON HALL	*551	03/26/99
	*BENCH PRESS	*ERNIE NAGY	*413	03/31/84
	DEAD LIFT	ERNIE NAGY	573	03/31/84
	*TOTAL	*ERNIE NAGY	*1532	03/31/84
242	SQUAT	AUSTIN MILLER	400	10/28/79
	BENCH PRESS	MIKE HIGHFIELD	347	03/23/02
	DEAD LIFT	MIKE HIGHFIELD	512	03/23/02
	TOTAL	MIKE HIGHFIELD	1350	03/23/02
275	SQUAT	JOHN MESSINGER	600	03/27/04
	BENCH PRESS	JOHN MESSINGER	402	03/27/04
	DEAD LIFT	JOHN MESSINGER	600	03/27/04
	TOTAL	JOHN MESSINGER	1602	03/27/04

... SENIOR DIVISION \*\*\*\*\* ADDITIONAL RECORDS\*\*\*\*\*

308	SQUAT	BRIAN SIDERS	766	03/23/02
	BENCH PRESS	BRIAN SIDERS	666	03/23/02
	DEAD LIFT	BRIAN SIDERS	766	03/23/02
	TOTAL	BRIAN SIDERS	2199	03/23/02

... MEN'S MASTER DIVISION 40 - 49 \*\*\*\*\* ADDITIONAL RECORDS\*\*\*\*\*

308	SQUAT	JOHN MESSINGER	722	03/27/99
	BENCH PRESS	JOHN MESSINGER	451	03/27/99
	DEAD LIFT	JOHN MESSINGER	628	03/27/99
	TOTAL	JOHN MESSINGER	1802	03/27/99

\*\*\* MEN'S COLLEGIATE DIVISION\*\*\*

308	SQUAT	BRIAN SIDERS	766	03/23/02
-----	-------	--------------	-----	----------

BENCH PRESS	BRIAN SIDERS	666	03/23/02
DEAD LIFT	BRIAN SIDERS	766	03/23/02
TOTAL	BRIAN SIDERS	2219	03/23/02

- INDICATES AMERICAN RECORD 20-23

## WEST VIRGINIA USPF LAW ENFORCEMENT/FIRE FIGHTER STATE POWERLIFTING RECORDS

### WOMEN'S OPEN DIVISION

<u>WEIGHT CLASS</u>	<u>LIFT</u>	<u>NAME</u>	<u>POUNDS</u>	<u>DATE</u>
114	SQUAT	TRACY LANDIS	93	03/28/98
	BENCH	TRACY LANDIS	93	03/28/98
	DEAD LIFT	TRACY LANDIS	143	03/28/98
	TOTAL	TRACY LANDIS	329	03/28/98

### MEN'S SENIOR DIVISON

<u>WEIGHT CLASS</u>	<u>LIFT</u>	<u>NAME</u>	<u>POUNDS</u>	<u>DATE</u>
148	SQUAT	DANNY AKERS	385	03/28/98
	BENCH	DANNY AKERS	259	03/28/98
	DEAD LIFT	DANNY AKERS	473	03/28/98
	TOTAL	DANNY AKERS	1017	03/28/98
198	SQUAT	TONEY PAULEY	462	03/25/00
	BENCH	TONEY PAULEY	363	03/25/00
	DEAD LIFT	TONEY PAULEY	424	03/25/00
	TOTAL	TONEY PAULEY	1249	03/25/00
220	SQUAT	JOHN RUBENSTEIN	529	10/07/00
	BENCH	JOHN RUBENSTEIN	336	10/07/00
	DEAD LIFT	JOHN RUBENSTEIN	551	03/31/07
	TOTAL	JOHN RUBENSTEIN	1388	10/07/00
275	SQUAT	TIGE PRATT	578	03/25/00
	BENCH	TIM BURNS	402	03/27/99
	DEAD LIFT	TIGE PRATT	628	03/25/00
	TOTAL	TIGE PRATT	1575	03/25/00

### MEN'S SUB-MASTER DIVISON

<u>WEIGHT CLASS</u>	<u>LIFT</u>	<u>NAME</u>	<u>POUNDS</u>	<u>DATE</u>
198	SQUAT	MIKE WEISS	402	03/25/00
	BENCH	MIKE WEISS	259	03/25/00
	DEAD LIFT	MIKE WEISS	413	03/25/00
	TOTAL	MIKE WEISS	1074	03/25/00
220	SQUAT	JAY HENRY	143	10/07/00
	BENCH	JAY HENRY	374	10/07/00
	DEAD LIFT	JAY HENRY	385	10/07/00
	TOTAL	JAY HENRY	902	10/07/00



242	SQUAT	JESSE BAILES	253	03/27/99
	BENCH	JESSE BAILES	315	03/27/99
	DEAD LIFT	JESSE BAILES	215	03/27/99
	TOTAL	JESSE BAILES	821	03/27/99

## LAW FIRE USPF RECORDS CONTINUED

### MEN'S MASTER DIVISION 40-44

<u>WEIGHT CLASS</u>	<u>LIFT</u>	<u>NAME</u>	<u>POUNDS</u>	<u>DATE</u>
181	SQUAT	DAVID GARRETT	225	03/28/98
	BENCH	DAVID GARRETT	203	03/28/98
	DEAD LIFT	DAVID GARRETT	220	03/28/98
	TOTAL	DAVID GARRETT	648	03/28/98
220	SQUAT	BRIAN REYNOLDS	187	03/27/99
	BENCH	BRIAN REYNOLDS	275	03/27/99
	DEAD LIFT	BRIAN REYNOLDS	435	03/27/99
	TOTAL	BRIAN REYNOLDS	898	03/27/99

### MEN'S MASTER DIVISION 45-49

<u>WEIGHT CLASS</u>	<u>LIFT</u>	<u>NAME</u>	<u>POUNDS</u>	<u>DATE</u>
220	SQUAT	JIM RUBENSTEIN	529	10/07/00
	BENCH	JIM RUBENSTEIN	336	10/07/00
	DEAD LIFT	JIM RUBENSTEIN	524	10/07/00
	TOTAL	JIM RUBENSTEIN	1388	10/07/00
242	SQUAT	BRIAN REYNOLDS	143	10/07/00
	BENCH	BRIAN REYNOLDS	341	10/07/00
	DEAD LIFT	BRIAN REYNOLDS	501	10/07/00
	TOTAL	BRIAN REYNOLDS	947	10/07/00
275	SQUAT	BILL RECTENWALD	143	10/07/00
	BENCH	BILL RECTENWALD	424	10/07/00
	DEAD LIFT	BILL RECTENWALD	424	10/07/00
	TOTAL	BILL RECTENWALD	991	10/07/00

### MEN'S MASTER DIVISION 50-54

<u>WEIGHT CLASS</u>	<u>LIFT</u>	<u>NAME</u>	<u>POUNDS</u>	<u>DATE</u>
242	SQUAT	JIM RUBENSTEIN	501	03/27/04
	BENCH	JIM RUBENSTEIN	319	03/27/04
	DEAD LIFT	JIM RUBENSTEIN	551	03/31/07
	TOTAL	JIM RUBENSTEIN	1343	03/27/04