

# 365 Strong World Powerlifting Federation

## Virgina State Overall Division Leaders - by Weight Class

**Last Update: 6/20/26**

### Open Raw & Raw Classic Females

| State    | Division | Class | Gender | Wgt. Class     | Lift     | Athlete          | LB's | Record Date |
|----------|----------|-------|--------|----------------|----------|------------------|------|-------------|
| Virginia | Open     | RawCL | Female | 52kg/114.5lb   | Squat    | NYKISHA GARLAND  | 253  | 10/17/2020  |
| Virginia | Open     | RawCL | Female | 52kg/114.5lb   | Bench    | NYKISHA GARLAND  | 116  | 10/17/2020  |
| Virginia | Open     | RawCL | Female | 52kg/114.5lb   | Deadlift | NYKISHA GARLAND  | 253  | 10/17/2020  |
| Virginia | Open     | RawCL | Female | 52kg/114.5lb   | TOTAL    | NYKISHA GARLAND  | 622  | 10/17/2020  |
| Virginia | Open     | Raw   | Female | 52kg/114.5lb   | Squat    | ANDRIA ALLMOND   | 154  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 52kg/114.5lb   | Bench    | ANDRIA ALLMOND   | 94   | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 52kg/114.5lb   | Deadlift | ANDRIA ALLMOND   | 220  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 52kg/114.5lb   | TOTAL    | ANDRIA ALLMOND   | 468  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 56kg/123.5lb   | Squat    | JOSZLYN DREWS    | 149  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 56kg/123.5lb   | Bench    | JOSZLYN DREWS    | 88   | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 56kg/123.5lb   | Deadlift | JOSZLYN DREWS    | 226  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 56kg/123.5lb   | TOTAL    | JOSZLYN DREWS    | 463  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 75kg/165.3lb   | Bench    | KARI DESHAZO     | 231  | 11/20/2021  |
| Virginia | Open     | Raw   | Female | 82.5kg/181.8lb | Squat    | JESSICA MITCHELL | 325  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 82.5kg/181.8lb | Bench    | JESSICA MITCHELL | 220  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 82.5kg/181.8lb | Deadlift | JESSICA MITCHELL | 353  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 82.5kg/181.8lb | TOTAL    | JESSICA MITCHELL | 898  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 90kg/198.4lb   | Squat    | ALLISON WHITE    | 391  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 90kg/198.4lb   | Bench    | MONA ESPINOSA    | 204  | 1/22/2022   |
| Virginia | Open     | Raw   | Female | 90kg/198.4lb   | Deadlift | ALLISON WHITE    | 468  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 110kg/242.5lb  | Squat    | EMMA KOLAR       | 259  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 110kg/242.5lb  | Bench    | EMMA KOLAR       | 176  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 110kg/242.5lb  | Deadlift | EMMA KOLAR       | 248  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 110kg/242.5lb  | TOTAL    | EMMA KOLAR       | 683  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 125kg/275.5lb  | Squat    | JESSICA GUILBEAU | 275  | 6/6/2026    |
| Virginia | Open     | Raw   | Female | 125kg/275.5lb  | Bench    | JESSICA GUILBEAU | 121  | 6/6/2026    |
| Virginia | Open     | Raw   | Female | 125kg/275.5lb  | Deadlift | JESSICA GUILBEAU | 331  | 6/6/2026    |
| Virginia | Open     | Raw   | Female | 125kg/275.5lb  | TOTAL    | JESSICA GUILBEAU | 727  | 6/6/2026    |
| Virginia | Open     | Raw   | Female | 140kg/308.6lb  | Squat    | JESSICA ROSNEY   | 187  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 140kg/308.6lb  | Bench    | JESSICA ROSNEY   | 149  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 140kg/308.6lb  | Deadlift | JESSICA ROSNEY   | 237  | 4/26/2025   |
| Virginia | Open     | Raw   | Female | 140kg/308.6lb  | TOTAL    | JESSICA ROSNEY   | 573  | 4/26/2025   |

### Virginia State Records

### Open Raw & Raw Classic Males

|          |      |       |      |                |          |                 |      |            |
|----------|------|-------|------|----------------|----------|-----------------|------|------------|
| Virginia | Open | RawCl | Male | 75kg/165.3lb   | Squat    | MATTHEW CHAPMAN | 315  | 10/11/2025 |
| Virginia | Open | Raw   | Male | 75kg/165.3lb   | Bench    | LACROY NIXON    | 303  | 11/21/2020 |
| Virginia | Open | RawCl | Male | 75kg/165.3lb   | Deadlift | MATTHEW CHAPMAN | 342  | 10/11/2025 |
| Virginia | Open | RawCl | Male | 75kg/165.3lb   | TOTAL    | MATTHEW CHAPMAN | 910  | 10/11/2025 |
| Virginia | Open | RawCL | Male | 82.5kg/181.8lb | Squat    | THOMAS LAROCCO  | 562  | 10/11/2025 |
| Virginia | Open | Raw   | Male | 82.5kg/181.8lb | Bench    | THOMAS LAROCCO  | 353  | 10/19/2024 |
| Virginia | Open | RawCL | Male | 82.5kg/181.8lb | Deadlift | THOMAS LAROCCO  | 545  | 3/1/2024   |
| Virginia | Open | RawCL | Male | 82.5kg/181.8lb | TOTAL    | THOMAS LAROCCO  | 1444 | 10/11/2025 |
| Virginia | Open | Raw   | Male | 82.5kg/181.8lb | Squat    | JUSTIN WOODY    | 545  | 4/26/2025  |
| Virginia | Open | Raw   | Male | 82.5kg/181.8lb | Deadlift | JOHNNY DREWS    | 551  | 4/26/2025  |
| Virginia | Open | Raw   | Male | 82.5kg/181.8lb | TOTAL    | JUSTIN WOODY    | 1427 | 4/26/2025  |
| Virginia | Open | Raw   | Male | 90kg/198.2lb   | Squat    | JOHN HUDERSON   | 601  | 10/22/2022 |
| Virginia | Open | Raw   | Male | 90kg/198.2lb   | Bench    | TODD CAMPO      | 391  | 6/27/2020  |
| Virginia | Open | Raw   | Male | 90kg/198.2lb   | Deadlift | JOHN HUDERSON   | 705  | 10/22/2022 |
| Virginia | Open | Raw   | Male | 90kg/198.2lb   | TOTAL    | JOHN HUDERSON   | 1681 | 10/22/2022 |
| Virginia | Open | Raw   | Male | 100kg/220.4lb  | Squat    | RYE PERKINS     | 452  | 4/26/2025  |
| Virginia | Open | Raw   | Male | 100kg/220.4lb  | Bench    | TODD CAMPO      | 386  | 12/21/2019 |
| Virginia | Open | Raw   | Male | 100kg/220.4lb  | Deadlift | RYE PERKINS     | 512  | 4/26/2025  |
| Virginia | Open | Raw   | Male | 100kg/220.4lb  | TOTAL    | RYE PERKINS     | 1317 | 4/26/2025  |

|          |      |       |      |                 |          |                 |      |            |
|----------|------|-------|------|-----------------|----------|-----------------|------|------------|
| Virginia | Open | Raw   | Male | 110kg/242.5lb   | Squat    | DOUGLAS PEYER   | 562  | 4/26/2025  |
| Virginia | Open | Raw   | Male | 110kg/242.5lb   | Bench    | SAM COOLEY      | 402  | 3/13/2021  |
| Virginia | Open | Raw   | Male | 110kg/242.5lb   | Deadlift | DOUGLAS PEYER   | 584  | 4/26/2025  |
| Virginia | Open | Raw   | Male | 110kg/242.5lb   | TOTAL    | DOUGLAS PEYER   | 1510 | 4/26/2025  |
| Virginia | Open | Raw   | Male | 110kg/242.5lb   | Squat    | BOB MCCLURE     | 468  | 10/23/2022 |
| Virginia | Open | Raw   | Male | 110kg/242.5lb   | Bench    | SAM COOLEY      | 402  | 3/13/2021  |
| Virginia | Open | Raw   | Male | 110kg/242.5lb   | Deadlift | OLIVER GEORGE   | 525  | 12/7/2023  |
| Virginia | Open | Raw   | Male | 110kg/242.5lb   | TOTAL    | BOB MCCLURE     | 1262 | 10/23/2022 |
| Virginia | Open | Raw   | Male | 125kg/275.5lb   | Bench    | CALEB MARTIN    | 474  | 3/13/2021  |
| Virginia | Open | Raw   | Male | 140kg/308.7lb   | Bench    | DUNCAN HUNDLEY  | 601  | 11/21/2020 |
| Virginia | Open | Raw   | Male | 140kg/308.7lb   | Deadlift | EUGENE BAZEMORE | 716  | 3/5/2022   |
| Virginia | Open | Raw   | Male | 140+kg/308.7+lb | Bench    | BILL GILLESPIE  | 523  | 12/18/2021 |
| Virginia | Open | RawCl | Male | 82.5kg/181.7lb  | Squat    | THOMAS LAROCCO  | 529  | 6/25/2022  |
| Virginia | Open | RawCl | Male | 82.5kg/181.7lb  | Bench    | THOMAS LAROCCO  | 342  | 6/25/2022  |
| Virginia | Open | RawCl | Male | 82.5kg/181.7lb  | Deadlift | THOMAS LAROCCO  | 501  | 6/25/2022  |
| Virginia | Open | RawCl | Male | 82.5kg/181.7lb  | TOTAL    | THOMAS LAROCCO  | 1372 | 6/25/2022  |

#### Virginia State Records

#### Open Singleply, Multiply, Unlimited Males

| State    | Division | Class | Gender | Wgt. Class      | Lift     | Athlete        | LB's | Record Date |
|----------|----------|-------|--------|-----------------|----------|----------------|------|-------------|
| Virginia | Open     | SP    | Male   | 75kg/165.2lb    | Bench    | DUSTIN MCCLURE | 408  | 4/20/2018   |
| Virginia | Open     | SP    | Male   | 82.5kg/181.7lb  | Bench    | DUSTIN MCCLURE | 430  | 10/28/2017  |
| Virginia | Open     | MP    | Male   | 82.5kg/181.7lb  | Bench    | DUSTIN MCCLURE | 518  | 7/10/2021   |
| Virginia | Open     | MP    | Male   | 82.5kg/181.7lb  | Deadlift | DUSTIN MCCLURE | 441  | 7/10/2021   |
| Virginia | Open     | SP    | Male   | 90kg/198.2lb    | Bench    | LUCAS PRIBBLE  | 551  | 10/17/2020  |
| Virginia | Open     | SP    | Male   | 100kg/220.4lb   | Bench    | JACOB FRENCH   | 562  | 3/13/2021   |
| Virginia | Open     | MP    | Male   | 100kg/220.4lb   | Bench    | LUCAS PRIBBLE  | 733  | 1/22/2022   |
| Virginia | Open     | MP    | Male   | 140kg/308.6lb   | Squat    | DUNCAN HUNDLEY | 1135 | 12/4/2021   |
| Virginia | Open     | MP    | Male   | 140kg/308.6lb   | Bench    | BILL GILLESPIE | 1053 | 3/13/2021   |
| Virginia | Open     | MP    | Male   | 140kg/308.6lb   | Deadlift | DUNCAN HUNDLEY | 672  | 12/4/2021   |
| Virginia | Open     | MP    | Male   | 140kg/308.6lb   | TOTAL    | DUNCAN HUNDLEY | 2712 | 12/4/2021   |
| Virginia | Open     | MP    | Male   | 140+kg/308.7+lb | Bench    | BILL GILLESPIE | 1130 | 1/22/2022   |

#### Virginia State Records

#### Juniors All Gear Females & Males

| State    | Division | Class | Gender | Wgt. Class     | Lift     | Athlete        | LB's | Record Date |
|----------|----------|-------|--------|----------------|----------|----------------|------|-------------|
| Virginia | Juniors  | Raw   | Female | 56kg/123.5lb   | Squat    | JOSZLYN DREWS  | 149  | 4/26/2025   |
| Virginia | Juniors  | Raw   | Female | 56kg/123.5lb   | Bench    | JOSZLYN DREWS  | 88   | 4/26/2025   |
| Virginia | Juniors  | Raw   | Female | 56kg/123.5lb   | Deadlift | JOSZLYN DREWS  | 226  | 4/26/2025   |
| Virginia | Juniors  | Raw   | Female | 56kg/123.5lb   | TOTAL    | JOSZLYN DREWS  | 463  | 4/26/2025   |
| Virginia | Juniors  | Raw   | Female | 82.5kg/181.7lb | Bench    | REBEKAH KEMPER | 138  | 11/21/2020  |
| Virginia | Juniors  | Raw   | Male   | 75kg/165.2lb   | Bench    | LACROY NIXON   | 303  | 11/21/2020  |
| Virginia | Juniors  | SP    | Male   | 82.5kg/181.8lb | Squat    | JOHNNY DREWS   | 485  | 4/26/2025   |
| Virginia | Juniors  | SP    | Male   | 82.5kg/181.8lb | Bench    | JOHNNY DREWS   | 325  | 4/26/2025   |
| Virginia | Juniors  | SP    | Male   | 82.5kg/181.8lb | Deadlift | JOHNNY DREWS   | 551  | 4/26/2025   |
| Virginia | Juniors  | SP    | Male   | 82.5kg/181.8lb | TOTAL    | JOHNNY DREWS   | 1361 | 4/26/2025   |
| Virginia | Juniors  | Raw   | Male   | 90kg/198.4lb   | Bench    | JON BAER       | 276  | 9/23/2023   |
| Virginia | Juniors  | Raw   | Male   | 90kg/198.4lb   | Deadlift | JON BAER       | 452  | 9/23/2023   |
| Virginia | Juniors  | Raw   | Male   | 100kg/220.4lb  | Bench    | CONNOR MURPHY  | 204  | 11/21/2020  |
| Virginia | Juniors  | Raw   | Male   | 125kg/275.5lb  | Bench    | CALEB MARTIN   | 474  | 3/13/2021   |
| Virginia | Juniors  | Raw   | Male   | 140kg/308.7lb  | Bench    | DUNCAN HUNDLEY | 601  | 11/21/2020  |
| Virginia | Juniors  | SP    | Male   | 140kg/308.6lb  | Bench    | DUNCAN HUNDLEY | 926  | 10/16/2021  |
| Virginia | Open     | MP    | Male   | 140kg/308.6lb  | Squat    | DUNCAN HUNDLEY | 1135 | 12/4/2021   |
| Virginia | Open     | MP    | Male   | 140kg/308.6lb  | Bench    | DUNCAN HUNDLEY | 904  | 12/4/2021   |
| Virginia | Open     | MP    | Male   | 140kg/308.6lb  | Deadlift | DUNCAN HUNDLEY | 672  | 12/4/2021   |
| Virginia | Open     | MP    | Male   | 140kg/308.6lb  | TOTAL    | DUNCAN HUNDLEY | 2712 | 12/4/2021   |

#### Virginia State Records

#### Submasters All Gear Females & Males

| State | Division | Class | Gender | Wgt. Class | Lift | Athlete | LB's | Record Date |
|-------|----------|-------|--------|------------|------|---------|------|-------------|
|-------|----------|-------|--------|------------|------|---------|------|-------------|

|          |      |     |        |                |          |                  |      |            |
|----------|------|-----|--------|----------------|----------|------------------|------|------------|
| Virginia | SubM | Raw | Female | 56kg/123.5lb   | Bench    | TIFFANY LEE      | 83   | 9/23/2023  |
| Virginia | SubM | Raw | Female | 56kg/123.5lb   | Deadlift | TIFFANY LEE      | 187  | 9/23/2023  |
| Virginia | SubM | Raw | Female | 82.5kg/181.8lb | Squat    | JESSICA MITCHELL | 325  | 4/26/2025  |
| Virginia | SubM | Raw | Female | 82.5kg/181.8lb | Bench    | JESSICA MITCHELL | 220  | 4/26/2025  |
| Virginia | SubM | Raw | Female | 82.5kg/181.8lb | Deadlift | JESSICA MITCHELL | 353  | 4/26/2025  |
| Virginia | SubM | Raw | Female | 82.5kg/181.8lb | TOTAL    | JESSICA MITCHELL | 898  | 4/26/2025  |
| Virginia | SubM | SP  | Male   | 75kg/165.2lb   | Bench    | DUSTIN MCCLURE   | 408  | 4/20/2018  |
| Virginia | SubM | SP  | Male   | 82.5kg/181.8lb | Bench    | DUSTIN MCCLURE   | 430  | 10/28/2017 |
| Virginia | SubM | SP  | Male   | 90kg/198.2lb   | Bench    | DUSTIN MCCLURE   | 408  | 7/15/2017  |
| Virginia | SubM | Raw | Male   | 100kg/220.4lb  | Squat    | RYE PERKINS      | 452  | 4/26/2025  |
| Virginia | SubM | Raw | Male   | 100kg/220.4lb  | Bench    | RYE PERKINS      | 353  | 4/26/2025  |
| Virginia | SubM | Raw | Male   | 100kg/220.4lb  | Deadlift | RYE PERKINS      | 512  | 4/26/2025  |
| Virginia | SubM | Raw | Male   | 100kg/220.4lb  | TOTAL    | RYE PERKINS      | 1317 | 4/26/2025  |
| Virginia | SubM | Raw | Male   | 110kg/242.5lb  | Squat    | DOUGLAS PEYER    | 562  | 4/26/2025  |
| Virginia | SubM | Raw | Male   | 110kg/242.5lb  | Bench    | DOUGLAS PEYER    | 364  | 4/26/2025  |
| Virginia | SubM | Raw | Male   | 110kg/242.5lb  | Deadlift | DOUGLAS PEYER    | 584  | 4/26/2025  |
| Virginia | SubM | Raw | Male   | 110kg/242.5lb  | TOTAL    | DOUGLAS PEYER    | 1510 | 4/26/2025  |

### Virginia State Records

### Masters All Gear Females & Males

**Masters Divisions: M1/40-44, M2/45-49, M3/50-54, M4/55-59, M5/60-64, M6/65-69, M7/70-74, M8/75-79, M9/80-84, ETC.**

| State    | Division | Class | Gender | Wgt. Class     | Lift     | Athlete          | LB's | Record Date |
|----------|----------|-------|--------|----------------|----------|------------------|------|-------------|
| Virginia | M1       | Raw   | Female | 52kg/114.5lb   | Squat    | ANDRIA ALLMOND   | 154  | 4/26/2025   |
| Virginia | M1       | Raw   | Female | 52kg/114.5lb   | Bench    | ANDRIA ALLMOND   | 94   | 4/26/2025   |
| Virginia | M1       | Raw   | Female | 52kg/114.5lb   | Deadlift | ANDRIA ALLMOND   | 220  | 4/26/2025   |
| Virginia | M1       | Raw   | Female | 52kg/114.5lb   | TOTAL    | ANDRIA ALLMOND   | 468  | 4/26/2025   |
| Virginia | M1       | Raw   | Female | 90kg/198.2lb   | Squat    | ALLISON WHITE    | 391  | 4/26/2025   |
| Virginia | M1       | Raw   | Female | 90kg/198.2lb   | Bench    | MONA ESPINOSA    | 204  | 1/22/2022   |
| Virginia | M1       | Raw   | Female | 90kg/198.2lb   | Deadlift | ALLISON WHITE    | 468  | 4/26/2025   |
| Virginia | M1       | Raw   | Female | 110kg/242.5lb  | Squat    | EMMA KOLAR       | 259  | 4/26/2025   |
| Virginia | M1       | Raw   | Female | 110kg/242.5lb  | Bench    | EMMA KOLAR       | 176  | 4/26/2025   |
| Virginia | M1       | Raw   | Female | 110kg/242.5lb  | Deadlift | EMMA KOLAR       | 248  | 4/26/2025   |
| Virginia | M1       | Raw   | Female | 110kg/242.5lb  | TOTAL    | EMMA KOLAR       | 683  | 4/26/2025   |
| Virginia | M1       | Raw   | Female | 110.1+/242.6+  | Squat    | JESSICA GUILBEAU | 275  | 6/6/2026    |
| Virginia | M1       | Raw   | Female | 110.1+/242.6+  | Bench    | JESSICA ROSNEY   | 149  | 4/26/2025   |
| Virginia | M1       | Raw   | Female | 110.1+/242.6+  | Deadlift | JESSICA GUILBEAU | 331  | 6/6/2026    |
| Virginia | M1       | Raw   | Female | 110.1+/242.6+  | TOTAL    | JESSICA GUILBEAU | 727  | 6/6/2026    |
| Virginia | M4       | RawCl | Male   | 75kg/165.2lb   | Squat    | MATTHEW CHAPMAN  | 315  | 10/11/2025  |
| Virginia | M4       | Raw   | Male   | 75kg/165.2lb   | Bench    | MATTHEW CHAPMAN  | 253  | 10/11/2025  |
| Virginia | M4       | RawCl | Male   | 75kg/165.2lb   | Deadlift | MATTHEW CHAPMAN  | 342  | 10/11/2025  |
| Virginia | M4       | RawCl | Male   | 75kg/165.2lb   | TOTAL    | MATTHEW CHAPMAN  | 910  | 10/11/2025  |
| Virginia | M5       | Raw   | Male   | 75kg/165.2lb   | Squat    | DARYL MAYS       | 265  | 10/11/2025  |
| Virginia | M5       | Raw   | Male   | 75kg/165.2lb   | Bench    | DARYL MAYS       | 242  | 10/11/2025  |
| Virginia | M5       | Raw   | Male   | 75kg/165.2lb   | Deadlift | DARYL MAYS       | 331  | 10/11/2025  |
| Virginia | M5       | Raw   | Male   | 75kg/165.2lb   | TOTAL    | DARYL MAYS       | 838  | 10/11/2025  |
| Virginia | M1       | MP    | Male   | 82.5kg/181.7lb | Bench    | DUSTIN MCCLURE   | 518  | 7/10/2021   |
| Virginia | M1       | MP    | Male   | 82.5kg/181.7lb | Deadlift | DUSTIN MCCLURE   | 441  | 7/10/2021   |
| Virginia | M1       | RawCl | Male   | 82.5kg/181.7lb | Squat    | THOMAS LAROCCO   | 546  | 10/19/2024  |
| Virginia | M1       | RawCl | Male   | 82.5kg/181.7lb | Bench    | THOMAS LAROCCO   | 353  | 10/19/2024  |
| Virginia | M1       | RawCl | Male   | 82.5kg/181.7lb | Deadlift | THOMAS LAROCCO   | 545  | 3/1/2024    |
| Virginia | M1       | RawCl | Male   | 82.5kg/181.7lb | TOTAL    | THOMAS LAROCCO   | 1427 | 10/19/2024  |
| Virginia | M7       | RawCl | Male   | 82.5kg/181.7lb | Squat    | TED DE MENT      | 457  | 7/10/2021   |
| Virginia | M7       | RawCl | Male   | 82.5kg/181.7lb | Bench    | TED DE MENT      | 248  | 7/10/2021   |
| Virginia | M2       | RawCl | Male   | 82.5kg/181.7lb | Squat    | THOMAS LAROCCO   | 562  | 10/11/2025  |
| Virginia | M2       | Raw   | Male   | 82.5kg/181.7lb | Bench    | THOMAS LAROCCO   | 353  | 10/19/2024  |
| Virginia | M2       | RawCl | Male   | 82.5kg/181.7lb | Deadlift | THOMAS LAROCCO   | 540  | 10/11/2025  |
| Virginia | M3       | Raw   | Male   | 82.5kg/181.7lb | Deadlift | THOMAS LAROCCO   | 545  | 3/1/2024    |
| Virginia | M2       | RawCl | Male   | 82.5kg/181.7lb | TOTAL    | THOMAS LAROCCO   | 1444 | 10/11/2025  |
| Virginia | M7       | RawCl | Male   | 82.5kg/181.7lb | Deadlift | TED DE MENT      | 386  | 7/10/2021   |

|          |    |       |        |                 |          |                |      |            |
|----------|----|-------|--------|-----------------|----------|----------------|------|------------|
| Virginia | M7 | RawCl | Male   | 82.5kg/181.7lb  | TOTAL    | TED DE MENT    | 1091 | 7/10/2021  |
| Virginia | M8 | RawCl | Male   | 82.5kg/181.7lb  | Squat    | TED DE MENT    | 413  | 6/6/2026   |
| Virginia | M8 | RawCl | Male   | 82.5kg/181.7lb  | Bench    | TED DE MENT    | 226  | 6/6/2026   |
| Virginia | M8 | RawCl | Male   | 82.5kg/181.7lb  | Deadlift | TED DE MENT    | 331  | 6/6/2026   |
| Virginia | M8 | RawCl | Male   | 82.5kg/181.7lb  | TOTAL    | TED DE MENT    | 970  | 6/6/2026   |
| Virginia | M8 | Raw   | Male   | 82.5kg/181.7lb  | Deadlift | PETE MILLER    | 347  | 10/17/2020 |
| Virginia | M4 | Raw   | Male   | 90kg/198.2lb    | Bench    | RICK CASH      | 353  | 11/21/2020 |
| Virginia | M5 | Raw   | Male   | 90kg/198.2lb    | Squat    | ROY APSELOFF   | 380  | 10/17/2020 |
| Virginia | M5 | Raw   | Male   | 90kg/198.2lb    | Bench    | ROY APSELOFF   | 231  | 10/17/2020 |
| Virginia | M5 | Raw   | Male   | 90kg/198.2lb    | Deadlift | ROY APSELOFF   | 584  | 1/22/2022  |
| Virginia | M5 | Raw   | Male   | 90kg/198.2lb    | TOTAL    | ROY APSELOFF   | 1179 | 10/17/2020 |
| Virginia | M6 | Raw   | Male   | 90kg/198.2lb    | Deadlift | ROY APSELOFF   | 513  | 10/11/2025 |
| Virginia | M6 | RawCl | Male   | 90kg/198.2lb    | Squat    | TED DE MENT    | 529  | 3/21/2020  |
| Virginia | M6 | RawCl | Male   | 90kg/198.2lb    | Bench    | TODD CAMPO     | 391  | 6/27/2020  |
| Virginia | M6 | RawCl | Male   | 90kg/198.2lb    | Deadlift | TED DE MENT    | 408  | 3/21/2020  |
| Virginia | M6 | RawCl | Female | 90kg/198.2lb    | TOTAL    | TED DE MENT    | 1190 | 3/21/2020  |
| Virginia | M6 | SP    | Male   | 90kg/198.2lb    | Bench    | TODD CAMPO     | 457  | 4/24/2021  |
| Virginia | M6 | MP    | Male   | 90kg/198.2lb    | Bench    | TODD CAMPO     | 463  | 4/24/2021  |
| Virginia | M4 | Raw   | Male   | 100kg/220.4lb   | Bench    | RICK CASH      | 369  | 3/13/2021  |
| Virginia | M5 | Raw   | Male   | 100kg/220.4lb   | Bench    | RICK CASH      | 353  | 10/12/2025 |
| Virginia | M6 | Raw   | Male   | 100kg/220.4lb   | Bench    | TODD CAMPO     | 376  | 11/21/2020 |
| Virginia | M6 | SP    | Male   | 100kg/220.4lb   | Bench    | TODD CAMPO     | 479  | 6/5/2021   |
| Virginia | M6 | MP    | Male   | 100kg/220.4lb   | Bench    | TODD CAMPO     | 479  | 6/5/2021   |
| Virginia | M7 | Raw   | Male   | 100kg/220.4lb   | Bench    | TODD CAMPO     | 331  | 10/20/2024 |
| Virginia | M7 | SP    | Male   | 100kg/220.4lb   | Bench    | TODD CAMPO     | 442  | 10/20/2024 |
| Virginia | M7 | MP    | Male   | 100kg/220.4lb   | Bench    | TODD CAMPO     | 452  | 10/20/2024 |
| Virginia | M3 | RawCl | Male   | 110kg/242.5lb   | Squat    | KENT WILSON    | 562  | 10/12/2025 |
| Virginia | M3 | Raw   | Male   | 110kg/242.5lb   | Bench    | KENT WILSON    | 364  | 10/12/2025 |
| Virginia | M3 | RawCl | Male   | 110kg/242.5lb   | Deadlift | KENT WILSON    | 535  | 10/12/2025 |
| Virginia | M3 | RawCl | Male   | 110kg/242.5lb   | TOTAL    | KENT WILSON    | 1460 | 10/12/2025 |
| Virginia | M4 | Raw   | Male   | 110kg/242.5lb   | Deadlift | OLIVER GEORGE  | 525  | 12/7/2023  |
| Virginia | M5 | Raw   | Male   | 110kg/242.5lb   | Squat    | BOB MCCLURE    | 468  | 10/23/2022 |
| Virginia | M5 | Raw   | Male   | 110kg/242.5lb   | Bench    | BOB MCCLURE    | 287  | 4/24/2022  |
| Virginia | M5 | Raw   | Male   | 110kg/242.5lb   | Deadlift | BOB MCCLURE    | 512  | 10/23/2022 |
| Virginia | M5 | Raw   | Male   | 110kg/242.5lb   | TOTAL    | BOB MCCLURE    | 1262 | 10/23/2022 |
| Virginia | M1 | Raw   | Male   | 140kg/308.7lb   | Bench    | CHAD CLARK     | 391  | 3/13/2021  |
| Virginia | M2 | Raw   | Male   | 140kg/308.7lb   | Bench    | CHAD CLARK     | 402  | 9/23/2023  |
| Virginia | M4 | MP    | Male   | 140kg/308.7lb   | Bench    | BILL GILLESPIE | 904  | 10/16/2019 |
| Virginia | M5 | MP    | Male   | 140kg/308.7lb   | Bench    | BILL GILLESPIE | 1053 | 3/13/2021  |
| Virginia | M6 | Raw   | Male   | 140+kg/308.7+lb | Bench    | BILL GILLESPIE | 523  | 12/18/2021 |
| Virginia | M6 | MP    | Male   | 140+kg/308.7+lb | Bench    | BILL GILLESPIE | 1130 | 1/22/2022  |

### Virginia State Records

### M/P/F All Gear Females & Males

| State    | Division | Class | Gender | Wgt. Class     | Lift     | Athlete         | LB's | Record Date |
|----------|----------|-------|--------|----------------|----------|-----------------|------|-------------|
| Virginia | M/P/F    | Raw   | Female | 90kg/198.4lb   | Squat    | ALLISON WHITE   | 391  | 4/26/2025   |
| Virginia | M/P/F    | Raw   | Female | 90kg/198.4lb   | Deadlift | ALLISON WHITE   | 468  | 4/26/2025   |
| Virginia | M/P/F    | SP    | Male   | 75kg/165.2lb   | Bench    | DUSTIN MCCLURE  | 408  | 4/20/2018   |
| Virginia | M/P/F    | RawCl | Male   | 75kg/165.2lb   | Squat    | MATTHEW CHAPMAN | 315  | 10/11/2025  |
| Virginia | M/P/F    | Raw   | Male   | 75kg/165.2lb   | Bench    | MATTHEW CHAPMAN | 253  | 10/11/2025  |
| Virginia | M/P/F    | RawCl | Male   | 75kg/165.2lb   | Deadlift | MATTHEW CHAPMAN | 342  | 10/11/2025  |
| Virginia | M/P/F    | RawCl | Male   | 75kg/165.2lb   | TOTAL    | MATTHEW CHAPMAN | 910  | 10/11/2025  |
| Virginia | M/P/F    | SP    | Male   | 82.5kg/181.7lb | Bench    | DUSTIN MCCLURE  | 430  | 10/28/2017  |
| Virginia | M/P/F    | MP    | Male   | 82.5kg/181.7lb | Bench    | DUSTIN MCCLURE  | 518  | 7/10/2021   |
| Virginia | M/P/F    | MP    | Male   | 82.5kg/181.7lb | Deadlift | DUSTIN MCCLURE  | 441  | 7/10/2021   |
| Virginia | M/P/F    | RawCl | Male   | 82.5kg/181.7lb | Squat    | THOMAS LAROCCO  | 562  | 10/11/2025  |
| Virginia | M/P/F    | RawCl | Male   | 82.5kg/181.7lb | Bench    | THOMAS LAROCCO  | 353  | 10/19/2024  |
| Virginia | M/P/F    | RawCl | Male   | 82.5kg/181.7lb | Deadlift | THOMAS LAROCCO  | 545  | 3/1/2024    |
| Virginia | M/P/F    | RawCl | Male   | 82.5kg/181.7lb | TOTAL    | THOMAS LAROCCO  | 1444 | 10/11/2025  |

|          |       |     |        |               |          |               |      |            |
|----------|-------|-----|--------|---------------|----------|---------------|------|------------|
| Virginia | M/P/F | Raw | Male   | 90kg/198.4lb  | Squat    | JOHN HUDERSON | 601  | 10/22/2022 |
| Virginia | M/P/F | Raw | Male   | 90kg/198.4lb  | Bench    | TODD CAMPO    | 391  | 6/27/2020  |
| Virginia | M/P/F | Raw | Male   | 90kg/198.4lb  | Deadlift | JOHN HUDERSON | 705  | 10/22/2022 |
| Virginia | M/P/F | Raw | Male   | 90kg/198.4lb  | TOTAL    | JOHN HUDERSON | 1681 | 10/22/2022 |
| Virginia | M/P/F | SP  | Male   | 90kg/198.4lb  | Bench    | TODD CAMPO    | 457  | 4/24/2021  |
| Virginia | M/P/F | MP  | Male   | 90kg/198.4lb  | Bench    | TODD CAMPO    | 457  | 4/24/2021  |
| Virginia | M/P/F | Raw | Male   | 100kg/220.4lb | Squat    | GREG PASCASIO | 424  | 4/26/2025  |
| Virginia | M/P/F | Raw | Male   | 100kg/220.4lb | Bench    | GREG PASCASIO | 259  | 4/26/2025  |
| Virginia | M/P/F | Raw | Male   | 100kg/220.4lb | Deadlift | GREG PASCASIO | 446  | 4/26/2025  |
| Virginia | M/P/F | Raw | Male   | 100kg/220.4lb | TOTAL    | GREG PASCASIO | 1130 | 4/26/2025  |
| Virginia | M/P/F | SP  | Female | 100kg/220.4lb | Bench    | TODD CAMPO    | 479  | 6/5/2021   |
| Virginia | M/P/F | MP  | Female | 100kg/220.4lb | Bench    | TODD CAMPO    | 452  | 6/5/2021   |

#### Virginia State Records

### KC, Youth & Teenage All Gear Females & Males

Kids Club (10 & Under), Youth (10-12), Teen-1 (13-15), Teen-2 (16-17), Teen-3 (18-19)

| State    | Division | Class | Gender | Wgt. Class    | Lift     | Athlete         | LB's | Record Date |
|----------|----------|-------|--------|---------------|----------|-----------------|------|-------------|
| Virginia | Teen-3   | Raw   | Female | 110kg/242.5lb | Squat    | MEKENZIE GROVER | 270  | 4/26/2025   |
| Virginia | Teen-4   | Raw   | Female | 110kg/242.5lb | Deadlift | MEKENZIE GROVER | 237  | 4/26/2025   |
| Virginia | Teen-2   | Raw   | Male   | 100kg/220.4lb | Bench    | CAMDEN GOOD     | 386  | 11/21/2020  |
| Virginia | Teen-3   | Raw   | Male   | 100kg/220.4lb | Bench    | MAX ROTHE       | 231  | 11/21/2020  |
| Virginia | Teen-2   | Raw   | Male   | 110kg/242.5lb | Bench    | CAMDEN GOOD     | 386  | 3/13/2021   |
| Virginia | Teen-3   | Raw   | Male   | 110kg/242.5lb | Bench    | SAMUEL MORELAND | 209  | 11/21/2020  |
| Virginia | Teen-3   | Raw   | Male   | 140kg/308.6lb | Squat    | ANDREW NELSON   | 446  | 2/20/2021   |
| Virginia | Teen-3   | Raw   | Male   | 140kg/308.6lb | Bench    | ANDREW NELSON   | 303  | 11/21/2020  |
| Virginia | Teen-3   | Raw   | Male   | 140kg/308.6lb | Deadlift | ANDREW NELSON   | 557  | 2/20/2021   |
| Virginia | Teen-3   | Raw   | Male   | 140kg/308.6lb | TOTAL    | ANDREW NELSON   | 1284 | 8/12/2017   |

#### Virginia State Records

### Male & Female Strict Curl

|          |      |     |      |                |      |                 |        |            |
|----------|------|-----|------|----------------|------|-----------------|--------|------------|
| Virginia | Open | Raw | Male | 67.5kg/148.8lb | Curl | JACOB DIAMOND   | 130    | 1/17/2024  |
| Virginia | Open | Raw | Male | 75kg/165.2lb   | Curl | JACOB DIAMOND   | 115    | 4/23/2023  |
| Virginia | M4   | Raw | Male | 75kg/165.2lb   | Curl | MATTHEW CHAPMAN | 110    | 10/11/2025 |
| Virginia | MPF  | Raw | Male | 75kg/165.2lb   | Curl | MATTHEW CHAPMAN | 110    | 10/11/2025 |
| Virginia | M8   | Raw | Male | 75kg/165.2lb   | Curl | BRIAN BRINDLE   | 100    | 10/19/2024 |
| Virginia | Open | Raw | Male | 82.5kg/181.7lb | Curl | THOMAS LAROCCO  | 132.25 | 10/21/2023 |
| Virginia | MPF  | Raw | Male | 82.5kg/181.7lb | Curl | THOMAS LAROCCO  | 132.25 | 10/21/2023 |
| Virginia | Open | Raw | Male | 110kg/242.5lb  | Curl | OLIVER GEORGE   | 150    | 6/16/2023  |
| Virginia | M4   | Raw | Male | 110kg/242.5lb  | Curl | OLIVER GEORGE   | 150    | 6/16/2023  |
| Virginia | M4   | Raw | Male | 125kg/275.5lb  | Curl | OLIVER GEORGE   | 155    | 10/12/2025 |
| Virginia | MPF  | Raw | Male | 125kg/275.5lb  | Curl | OLIVER GEORGE   | 155    | 10/12/2025 |
| Virginia | Open | Raw | Male | 125kg/275.5lb  | Curl | OLIVER GEORGE   | 155    | 10/12/2025 |
| Virginia | M3   | Raw | Male | 140kg/308.6lb  | Curl | CHAD CLARK      | 140    | 5/27/2024  |