

**These records are now WNPF HISTORICAL RECORDS,**

**This means they cannot be set or broken anymore. The**

**WNPF is starting a new chapter, divisions, records and rules**

**In 2016. Be a part of the new WNPF and set a record! Check**

**out the new WNPF records page in 2016. New WNPF Historical**

**Record certificates are available for all lifters with records.**

| <b>WEST VIRGINIA STATE RECORDS</b> |          |     |            |     |       |
|------------------------------------|----------|-----|------------|-----|-------|
| POWERLIFTING                       |          | SQ  | BP         | DL  | TOTAL |
| 165                                |          |     |            |     |       |
| OPEN RAW (C)                       | WALKER   | 295 | 155        | 395 | 845   |
| 55-59 RAW                          | PHILLIPS | 290 | 240        | 405 | 935   |
|                                    |          |     |            |     |       |
|                                    |          |     |            |     |       |
| SHW                                |          |     |            |     |       |
| OPEN (SP)                          | JONES    | 510 | 395        | 525 | 1430  |
|                                    |          |     |            |     |       |
| BENCH PRESS                        |          |     | DEADLIFT   |     |       |
| 181                                |          |     | SHW        |     |       |
| 55-59 RAW                          |          |     | SUBS RAW   |     |       |
| PHILLIPS                           | 265      |     | JONES      | 550 |       |
| 55-59 (SP)                         |          |     |            |     |       |
| PHILLIPS                           | 290      |     |            |     |       |
|                                    |          |     |            |     |       |
|                                    |          |     | POWERCURL  |     |       |
| 220                                |          |     | SHW        |     |       |
| 65-69 RAW                          |          |     | JONES      | 155 |       |
| BLOUGH                             | 270      |     |            |     |       |
|                                    |          |     |            |     |       |
| 242                                |          |     | SQUAT ONLY |     |       |
| 65-69 RAW                          |          |     | 165        |     |       |

|          |     |  |                  |     |  |
|----------|-----|--|------------------|-----|--|
| BLOUGH   | 280 |  | OPEN RAW         |     |  |
|          |     |  | PHILLIPS         | 300 |  |
| SHW      |     |  | 55-59 RAW        |     |  |
| SUBS RAW |     |  | PHILLIPS         | 300 |  |
| JONES    | 405 |  |                  |     |  |
| 40-44 SP |     |  | 181              |     |  |
| JONES    | 405 |  | 50-54 RAW<br>(C) |     |  |
|          |     |  | PHILLIPS         | 330 |  |