

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.

(SP)-SINGLE PLY, RC- RAW CLASSIC					
VIRGINIA STATE RECORDS WOMEN		SQ	BP	DL	TOTAL
105					
OPEN RAW RC		195-POYNER	130-POYNER	265-POYNER	590-POYNER
50-54 RAW RC		195-POYNER	130-POYNER	265-POYNER	590-POYNER
132					
NOVICE RAW		160 SEGAL	110 SEGAL	215 SEGAL	485 SEGAL
165					
40-44		275	180	350	805
181					
33-39		275	175	355	805
BENCH PRESS WOMEN		DEADLIFT WOMEN			
105		105			
50-54 RAW	130-POYNER	50-54 RAW	265-POYNER		
148					
LIFETIME RAW	160-CORALLO				
BENCH FOR		POWERCURL			

REPS					
132		WOMEN			
WOMEN'S LIFETIME	38-CORALLO	148			
148		OPEN			
WOMEN'S LIFETIME	41-CORALLO	CORALLO	85		
MEN					
100					
11-12 RAW RC		170 CAMARCA	90 CAMARCA	185 CAMARCA	420 CAMARCA
114					
11-12 RAW RC		181 CAMARCA	71 CAMARCA	209 CAMARCA	485 CAMARCA
123					
13-16 RAW RC		230 CAMARCA	115 CAMARCA	235 CAMARCA	580 CAMARCA
148					
OPEN RAW RC		355	305	480	1140
45-49 RAW RC		355	305	480	1140
17-19 RAW RC		265-JACKSON	200-JACKSON	400-JACKSON	865-JACKSON
13-16 RAW RC		285 CAMARCA	150 CAMARCA	315 CAMARCA	750 CAMARCA
165					
13-16 RAW RC		200-HASKINS	175-HASKINS	335-HASKINS	710-HASKINS
17-19 RAW RC		415 HOPKINS	250 HOPKINS	420 HOPKINS	1085 HOPKINS
OPEN RAW RC		335 LEVY	225 LEVY	405 LEVY	965 LEVY
181					
17-19 RC		370 CAMARCA	195 CAMARCA	405 CAMARCA	970 CAMARCA
40-44		515	340	550	1350
60-64 (SP)		370-KISER	260-KISER	350-KISER	980-KISER
				495	
198					
JUNIOR RAW LIFETIME		450 BUSH	300 BUSH	530 BUSH	1280 BUSH
OPEN RAW RC		525	300	550	1375
		460	350	450	1260
SUBS (SP)		555 MARINO	315 MARINO	580 MARINO	1440 MARINO
					1250
SUBS RAW		440 TAPIA	295 TAPIA	525 TAPIA	TAPIA
NOVICE RAW RC		460	350	450	1260
				415 CARMARC A	1120 CARMARC A
45-49 RC		430 CARMARCA	275 CARMARCA		
POL/FIRE/MILT (SP)		555 MARINO	315 MARINO	580 MARINO	1440 MARINO
220					
17-19 RAW RC		350	255	510	1115

JUNIOR RAW		495 MARLEY	335 MARLEY	570 MARLEY	1400 MARLEY
JUNIOR RAW RC		525 COOK	295 COOK	545 COOK	1365 COOK
LIFETIME		610	450	550	1610
OPEN		485	325	525	1335
OPEN (SP)		600 MARINO	330 MARINO	600 MARINO	1530 MARINO
OPEN RAW RC		455 TAPIA	305 TAPIA	520 TAPIA	1280 TAPIA
SUBS SP		600 MARINO	330 MARINO	600 MARINO	1530 MARINO
SUBS		525	390	530	1395
SUBS RAW RC		405	330	455	1190
242					
17-19		500	275	475	1250
JUNIOR RAW RC		405	365	455	1225
LIFETIME		745	430	600	1775
OPEN		660	405	560	1625
40-44		525	390	570	1485
275					
13-16		500	270	480	1250
LIFETIME		570	380	610	1560
LIFETIME RAW RC		500	420	225	1145
OPEN RAW		615 BUSH	470 BUSH	715 BUSH	1780 BUSH
SUBS		700	420	630	1750
POLICE/FIRE/MILT		700	420	630	1750
40-44		575	380	530	1485
SHW					
17-19 RAW RC		470-KEY	350-KEY	550-KEY	1370-KEY
LIFETIME RAW RC		510 JONES	395 JONES	525 JONES	1430 JONES
OPEN		850 KNOWLES	500 KNOWLES	750 KNOWLES	2100 KNOWLES
SUBS		650 KNOWLES	450 KNOWLES	550 KNOWLES	1650 KNOWLES
OPEN (SP)		777 KNOWLES	451 KNOWLES	705 KNOWLES	1934 KNOWLES
SUBS (SP)		777 KNOWLES	451 KNOWLES	705 KNOWLES	1934 KNOWLES
BENCH PRESS		DEADLIFT		SQUAT	
MEN		MEN			
148		148		MEN	
OPEN RAW	315	OPEN RAW	495		
45-49 RAW	315	45-49 RAW	495		
				SHW	
		181		OPEN	705-KNOWLES
165		JUNIOR RAW	540		
17-19 RAW	255				
JUNIOR RAW	275				
SUBS	260				
	275				
OPEN RAW	BRENDLINGE	198			

	R				
45-49 RAW	275 BRENDLINGE R	40-49 RAW	650		
		POL/FIRE/MIL T. RAW	535		
181					
20-23 RAW	270	SHW			
		OPEN	705 KNOWLES		
198					
40-44 (SP)	407 BEECHY				
POLICE/FIRE (SP)	407 BEECHY				
220					
LIFETIME RAW	365				
SUBS	360	POWERCURL			
		165			
		40-49	150- BRENDLINGE R		
BENCH FOR REPS					
165					
45-49	27- BRENDLINGE R				