

365 Strong World Powerlifting Federation

Virginia State Overall Division Leaders - by Weight Class

Last Update: 01/01/25

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	Raw	Female	56kg/123.5lb	Bench	TIFFANY LEE	83	9/23/2023
Virginia	Open	Raw	Female	56kg/123.5lb	Deadlift	TIFFANY LEE	187	9/23/2023
Virginia	Open	RawCL	Female	52kg/114.5lb	TOTAL	NYKISHA GARLAND	622	10/17/2020
Virginia	Open	Raw	Female	75kg/165.2lb	Bench	KARI DESHAZO	231	11/20/2021
Virginia	Open	Raw	Female	82.5kg/181.7lb	Bench	REBEKAH KEMPER	138	11/20/2021
Virginia	Open	Raw	Female	90kg/198.2lb	Bench	MONA ESPINOSA	204	1/22/2022

Virginia State Records

Open Raw & Raw Classic Males

Virginia	Open	Raw	Male	75kg/165.2lb	Bench	LACROY NIXON	303	11/21/2020
Virginia	Open	RawCL	Male	82.5kg/181.7lb	Squat	THOMAS LAROCCO	546	10/19/2024
Virginia	Open	Raw	Male	82.5kg/181.7lb	Bench	THOMAS LAROCCO	353	10/19/2024
Virginia	Open	RawCL	Male	82.5kg/181.7lb	Deadlift	THOMAS LAROCCO	545	3/1/2024
Virginia	Open	RawCL	Male	82.5kg/181.7lb	TOTAL	THOMAS LAROCCO	1427	10/19/2024
Virginia	Open	Raw	Male	82.5kg/181.7lb	Deadlift	PETE MILLER	347	10/17/2020
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	Bench	TODD CAMPO	386	12/21/2019
Virginia	Open	Raw	Male	100kg/220.4lb	Deadlift	ROY APSELOFF	518	12/17/2022
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 Equipped & Geared 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	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/181.7lb	Bench	RYAN BOVE	281	11/21/2020
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	SP	Male	75kg/165.2lb	Bench	DUSTIN MCCLURE	408	4/20/2018
Virginia	SubM	SP	Male	82.5kg/181.7lb	Bench	DUSTIN MCCLURE	430	10/28/2017
Virginia	SubM	SP	Male	90kg/198.2lb	Bench	DUSTIN MCCLURE	408	7/15/2017
Virginia	SubM	ALL	M/F	All Other Classes		NONE		

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	90kg/198.2lb	Bench	MONA ESPINOSA	204	1/22/2022
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	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	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	508	10/19/2024
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	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	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	SP	Male	75kg/165.2lb	Bench	DUSTIN MCCLURE	408	4/20/2018
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	546	10/19/2024

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	1427	10/19/2024
Virginia	M/P/F	Raw	Male	90kg/198.2lb	Squat	JOHN HUDERSON	601	10/22/2022
Virginia	M/P/F	Raw	Male	90kg/198.2lb	Bench	TODD CAMPO	391	6/27/2020
Virginia	M/P/F	Raw	Male	90kg/198.2lb	Deadlift	JOHN HUDERSON	705	10/22/2022
Virginia	M/P/F	Raw	Male	90kg/198.2lb	TOTAL	JOHN HUDERSON	1681	10/22/2022
Virginia	M/P/F	SP	Male	90kg/198.2lb	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	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-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	
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	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	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	M3	Raw	Male	140kg/308.6lb	Curl	CHAD CLARK	140	5/27/2024