

Brute Strength Gym's Halloween Howl's SPF Powerlifting Meet was a Ghoulish, Gut-wrenching, good time. With 62 lifters, a packed house full of loud spectators, and our spectacular MC Yuri Azoy it was high Energy all day. Of course the outstanding Athletes kept everyone on the edge of their seats. It was nice to see several Juniors and Masters competing throughout the weight classes. Caleb Osborne in the Men's Open 123 class was entertaining with his energetic approach to all his lifts; He totaled 915 for the day. It was Jaime Jackson's first powerlifting meet and she walked away with first place in the 165 women's division as well as Overall Raw Female lifter. Dana Shealey is an inspiration to all that has the pleasure of meeting her and watching her lift. Dana competes in Full Powerlifting with a prosthetic leg. She is proof that if you really want something you will not let anything stop you. I believe she made all the lifters try a little harder that day. Paul Nguyen is always an impressive lifter in the 165 raw class, he had a big squat, with 505lbs and a 620lb deadlift. The 220 Raw class was big, with a new powerlifter Lewis Lester taking first place with a 1445 total. Drew Hall in the 242 class pulled a big 700lb deadlift and took first place. The most improved athlete would be 62 yr old Ed Stine. He just keeps getting better each time we see him compete. Thomas Dillard in the SHW Raw division was just 20lbs shy of a 2000lb total. I am sure he will get it next time. Rodney Woodward in the Multiply 308 class thrilled the audience with an impressive 805 squat. And the most exciting lifter of the day was Matthew Minuth in the multiply 242 class. Weighing in at 232 he benched a Record 835lbs. I want to thank our incredible Brute Family Members for the tremendous job spotting loading, and score keeping. With that many lifters they were on point. The judges kept everything fair across the board. Of course I want to thank our sponsors who helped make this an amazing event, Eagle Security Solutions, Applied Health Chiropractic, Eclipse Tinting, and Garner Auto Sales (who raffled off a 42" Flat screen TV), which one of our lucky spectators took home with them that night. Please log onto to our website for more information about our sponsors and also for more

exciting meets to come. Our next Powerlifting Meet will be at the HAMPTON VA SPORTS EXPO. FEB 19TH. It will be a Bench and Push Pull Meet. This is an even bigger venue with more excitement. If you have ever wanted to lift in a big event with more spectators this is the one for you. Details to follow.

www.brutestrengthgym.net

LIFT HEAVY AND STAY STRONG

Stella Krupinski

General Manager Brute Strength Gym

And SPF VA State Chairman