Southern Steel Barbell

1st Annual Helping Hands Meet Results

Mens Junior:

165 Ryan Thompson dl 415

181 Craig Criss B 405

198 1st place Ryan Bean B 240 dl 460

 2nd place Derek Bowles B265 dl 385

Mens Open

198 James Green B 295 dl 485

Mens Open Raw

198 Travis Powers dl 400

275 1st place Leslie Woodard B 415

 2nd place Nate Estes B 365

Mens Sub Master

242 Mark Lankford B450

Mens Master

242 Dennis Board B 380 dl 585

308 Terry Oden B 450

Best Deadlift- Ryan Thompson

Biggest Bench- Craig Criss

Best Lifter- Dennis Board