

Strongman Results

Hometown

Women:

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| 1 Nia Llenas | Roanoke |
| 2 Carol Anne Corbin | Roanoke |
| 3 Andrea Long | Roanoke |

Men's Novice:

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| 1 Will Dougherty | North Chesterfield |
| 2 Brian Short | Roanoke |

Men's LW

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| 1 Steve Hoprich | Salem |
| 2 Adam Troutt | Roanoke |
| 3 Andrew Jones | Roanoke |

Men's HW

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| 1 Troy Bennett | Townsend, DE |
| 2 Danny Linkous | Christiansburg |