

SUNDAY, March 22nd, 2009, AT 1:15 PM, PT

Results From Squared Circle Promotions & Valley Fight League Present

"VFL 16"

March 21st, 2009 - Winchester, Virginia, USA

- **WHO:** Squared Circle Promotions & Valley Fight League
- **WHERE:** Best Western - Lee Jackson Winchester, Virginia, USA
- **WHAT:** ISCF Amateur MMA
- **ISCF Representative:** Jennifer Linton & Ron Thomas
- **ISCF Referee:** Gary Crim & Paul Luttrell
- **ISCF Judges:** Pitcock, Mike Moler, Paul Luttrell, and Gary Crim.
- **Event Doctor:** Dr. Veltman, MD
- **ISCF PROMOTER:** Mr. Lionell Royer at (304) 283-3053 or squaredcircle1@msn.com
- **ON THE WEB:** www.VFLMMA.com

By ISCF Event Representative Ron Thomas: Squared Circle Promotions, Valley Fight League, promoter **Lionell Royer**, hosted his 16th MMA promotion, "VFL 16", at the Best Western in Winchester, Virginia. Due to the overwhelming response from the community in Winchester, Squared Circle Promotions - Valley Fight League continues to return to this area, and by the appearance of the crowd at this event ... I'm sure that they will be back in the near future. The event was recorded for TV production and internet viewing. The tele-commentators from Philadelphia, PA were Promoter **Ed Shu** and co-commentator and MMA fighter, **Kasheem Peterson**. We really appreciated them taking the time to come to the show and make this an even more special event for these dedicated fighters.

As most ISCF Representative are responsible for, ISCF Representative, **Jennifer Linton** managed all of the logistics, weigh-ins, and the laborious job of ensuring all of the event and fighters' paperwork was in order for the event.

Ring Announcer, **Henry "discombobulating" Jones**, was as entertaining and professional as always, his voice demands attention and he surely kept this crowd entertained between bouts. The DJ, **Alex Thomas**, kept the spectators and fighters motivated with some great music; **Irvin Barb** brought a great audio system with him, it sounded great and the fighters never had to wait for their music to start; Thanks **Alex** and **Irvin!** Judges, **Scott Pitcock**, **Mike Moler**, and alternating judges **Paul Luttrell** and **Gary Crim**, had their hands full with this event.

The fights were extremely well matched, in the instances where a decision had to be rendered, they were extremely close in scoring. Referees, **Paul Luttrell** and **Gary Crim** kept the action moving and ensured that safety was first priority; there were no major injuries in the cage! It was apparent that these two referees have been doing this for some time - great job!

Ring Physicians, **John Veltman**, and the Winchester EMS crew from South End Fire and Rescue, **Jeff Martin**, **Jamie Martin**, and **Jesse Downey**, did a fantastic job getting all of the fighters' examinations completed prior to the event. The South End EMS examined the fighters one last time after their individual bout. Finally, the staff of the Best Western, managed by **Jeff Manor**, did a magnificent job getting the ballroom prepared for this event, Thanks ;-)!

Well, it's time to reveal the results of this action packed event, but first ... the "Fighter of the Night" went to Umar Haq, and the "Sportsman of the Night" went to Derek Holmes; congratulations warriors!!! What a great night of Mixed Martial Arts!!! The battle between Umaer Haq and Joe Finneran was for the Valley Fight League's Championship, which was five complete rounds of pure action; this was an incredible battle and one for the record books. If you want to see one of the best fights ever, find this one on video.

1. **AMATEUR MMA 170**

Mike Drescher (Nancy Glo, Pennsylvania, USA) VS **Dave Monteith** (Leesburg, Virginia, USA)
WINNER: Dave Monteith by TKO at 1:02 of round 2.

Mike Drescher was issued a 30 day medical suspension for his TKO.

2. **AMATEUR MMA 265**
Mike Zemrose (*Frederick, Maryland, USA*) **VS** **Jonathan Monninger** (*Armagh, Pennsylvania, USA*)
WINNER: John Monninger by opponent Mike Zemrose not be able to return after the 2nd round (Quit).
 - Monninger: Card Dec.
3. **AMATEUR MMA 155**
Rob Castellano (*Satellite Beach, Florida, USA*) **VS** **Matt Dean** (*Middlebury Center, Pennsylvania, USA*)
WINNER: Matt Dean by split Decision, Judges Ricky Pitcock 28-29, Mike Moler 29-28, and Gary Crim 28-29.
4. **AMATEUR MMA 145: David Bates** (*Frederick, Maryland, USA*) **VS** **Matt Moyer** (*Green Castle, Pennsylvania, USA*)
WINNER: Matt Moyer by TKO due to Opponent injuries. Opponent unable to return after 2nd Round. David Bates was issued a 30 day medical suspension.
5. **AMATEUR MMA 185**
Alex Robb (*York, Pennsylvania, USA*) **VS** **Ali Green** (*Green Castle, Pennsylvania, USA*)
WINNER: Alex Robb by KO at 2:50 of round 3.
Ali Green was issued a 45 day medical suspension.
6. **AMATEUR MMA 135**
Bret Thomas (*Nancy Glo, Pennsylvania, USA*) **VS** **Lewis Cassner** (*Hagerstown, Maryland, USA*)
WINNER: Brett Thomas by Tap Out from Triangle Choke at 1:13 of Round 3.
7. **AMATEUR MMA 205: Zack Rygol** (*Satellite Beach, Florida, USA*) **VS** **James Kearns** (*Green Castle, Pennsylvania, USA*)
WINNER: James Kearns by submission (Guillotine Choke) at :22 of round 1.
 - The Pro bout on Zack Rygol's record was an Amateur bout and a mistake by the MMA Database.
8. **AMATEUR MMA 170**
Cory Popanz (*Inwood, West Virginia, USA*) **VS** **Steve Roberts** (*Fairmont, West Virginia, USA*)
WINNER: Cory Popanz by KO at :33 of round 2.
Fighter Steve Roberts was issued a 45 day medical suspension.
 - The Pro bout on Cory Popanz's record was an Amateur bout and a mistake by the MMA Database.
9. **AMATEUR MMA 135**
Derek Holmes (*Gerrardstown, West Virginia, USA*) **VS** **Tom Desmond** (*Hagerstown, Maryland, USA*)
WINNER: Tom Desmond by submission (Arm Bar) at :32 of round 1.
10. **AMATEUR MMA 170**
Tim Depetris (*Inwood, West Virginia, USA*) **VS** **Fred Markley** (*Gerrardstown, West Virginia, USA*)
WINNER: Tim DePetris Jr. by submission by Triangle Choke at 1:16 of round 1.
 - The Pro bout on Tim Depetris' record was an Amateur bout and a mistake by the MMA Database.
11. **AMATEUR MMA 170**
David Forsyth (*Fairmont, West Virginia, USA*) **VS** **Craig Hight** (*Green Castle, Pennsylvania, USA*)
WINNER: Craig Height by submission by Rear Naked Choke at 1:12 of round 2.
12. **AMATEUR MMA 135**
Umar Haq (*Alexandria, Virginia, USA*) **VS** **Joe Finneran** (*Martinsburg, West Virginia, USA*)
WINNER: Umar Haq by split decision, Judge Mike Moler 48-47, Ricky Pitcock 48-47, and Paul Luttrell 47-48.
13. **AMATEUR MMA 145**
Brent Hess (*Alexandria, Virginia, USA*) **VS** **Brandon Horner** (*Fairmont, West Virginia, USA*)
WINNER: Brent Hess by Unanimous Decision, all three judges scored the bout 30 - 27.

