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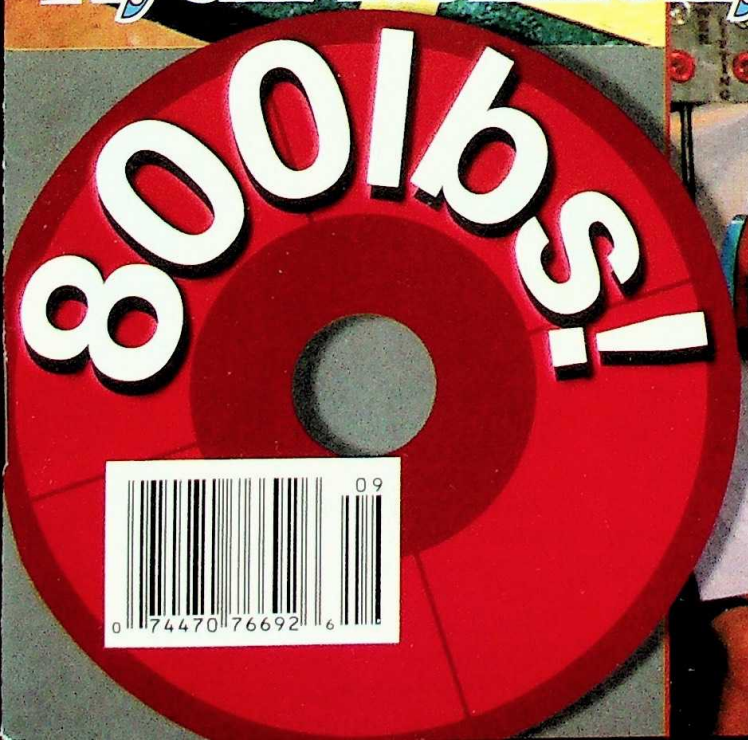

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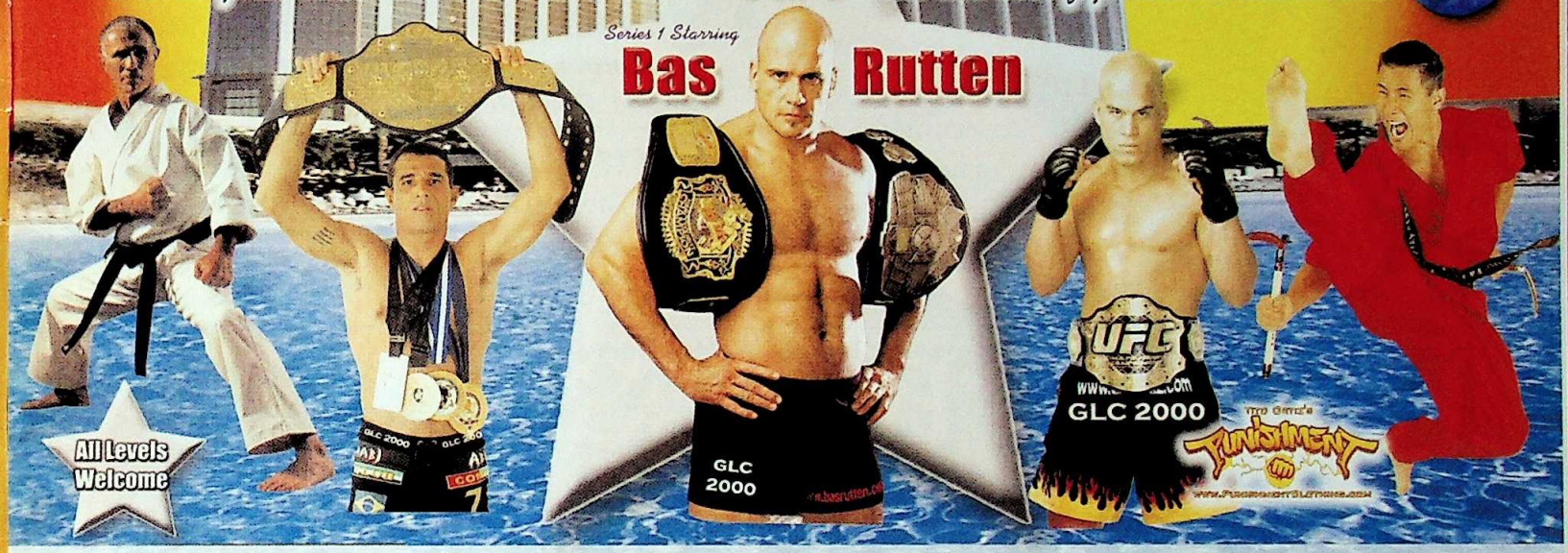

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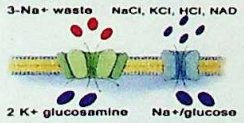

Conversion HCl,-KCl,+NaCl,NAD Ester Glucosamine 6 Phosphate

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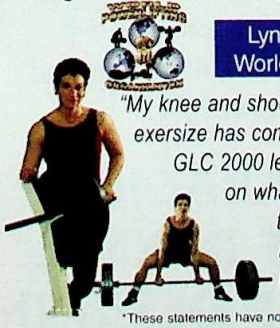

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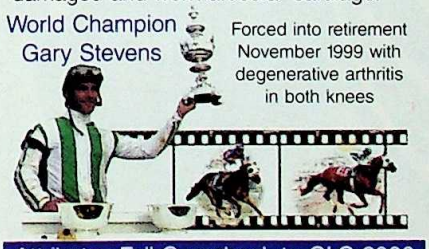

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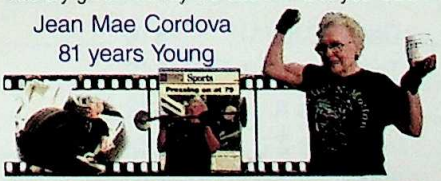
Jean Mae Cordova
81 years Young



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Patrick Hall

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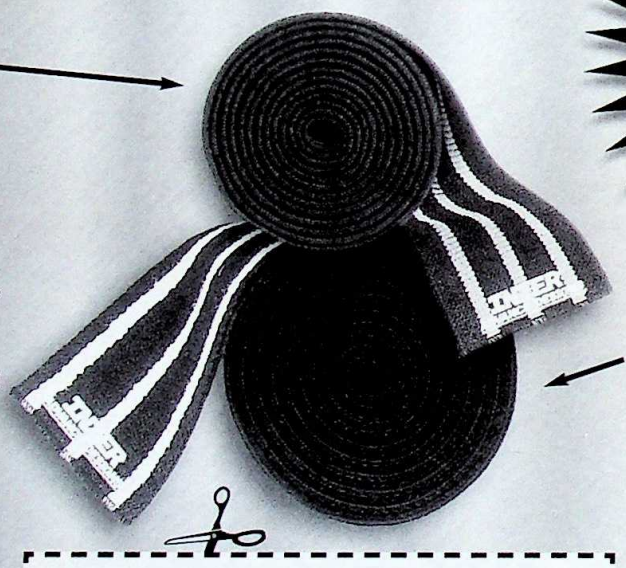

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MUSCLE MENU

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ON THE COVER .... Ryan Kennelly benches 800 at the WABDL Monster Muscle.com North Americans. (Christine Goroza)

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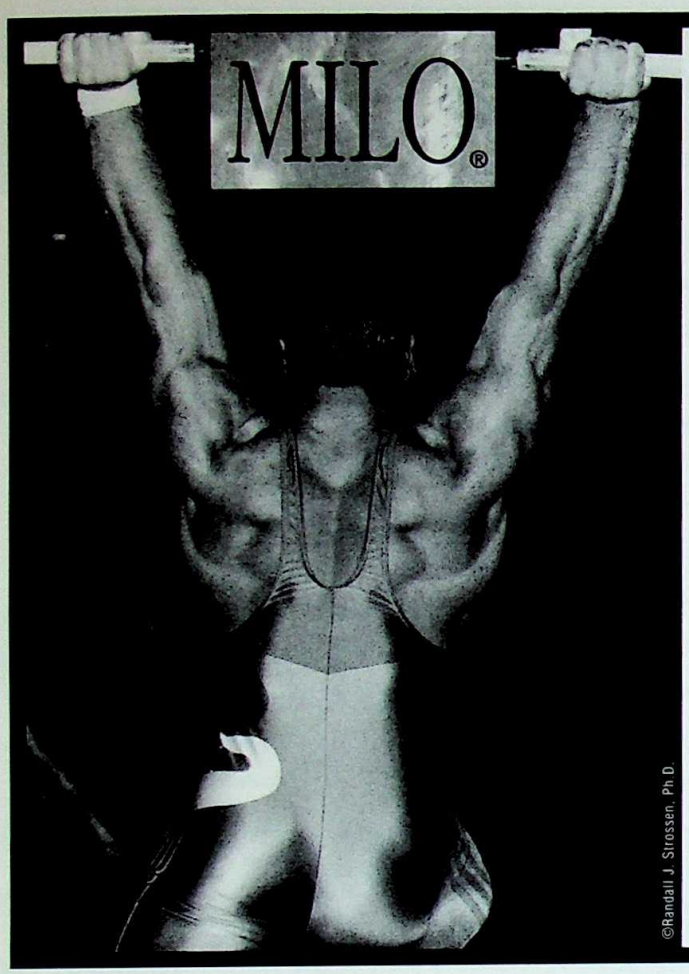

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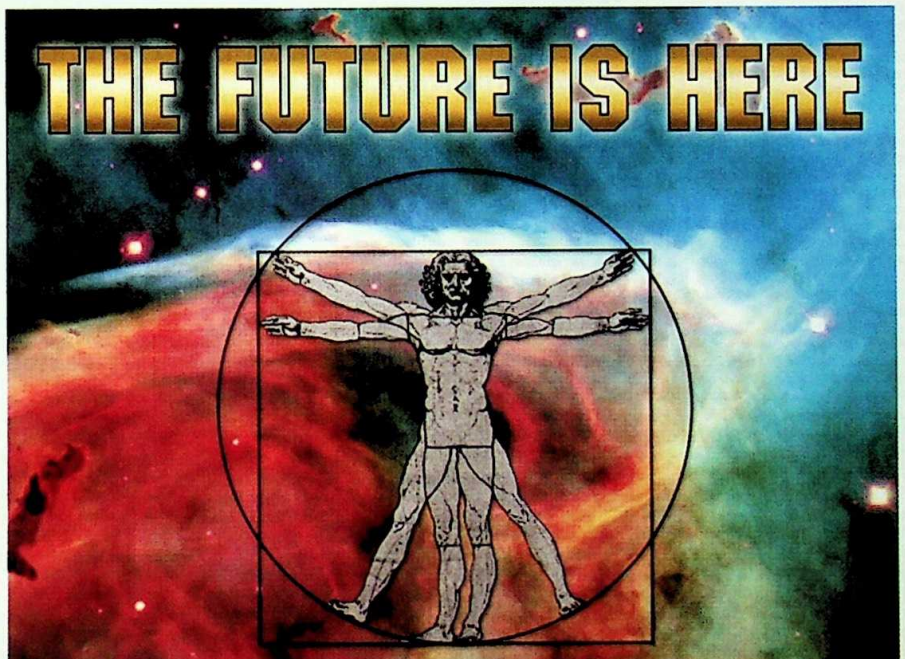

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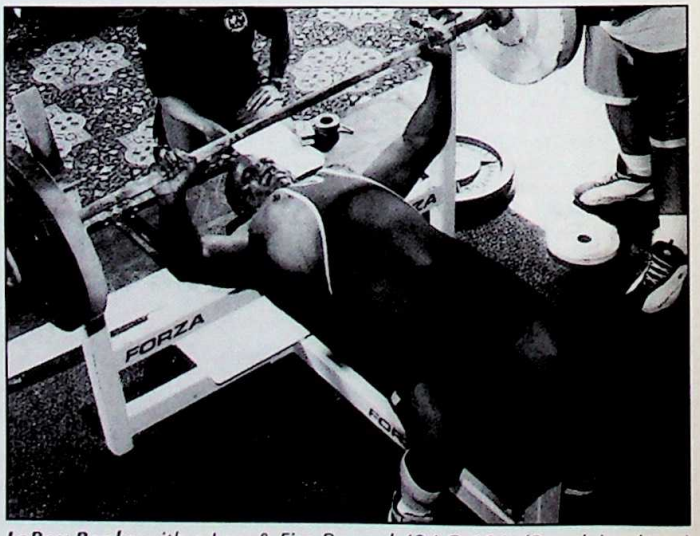
199+
Lindy Eubanks 154

There were 123 lifters. In Womens deadlift Jennifer Taylor Set an Oregon State record in Submaster 181 with 363, only 11# off the World Record. At 198 Submaster Kelli Sandoval set an Oregon State record with 347. In Junior Women Stacey Hammar, a track and field athlete in high school, set an Idaho State record with 336. In Teen women 16-19 198+ Jana Prothman set a Washington State record with 353. In Open Women 148 Vicotria Reese pulled 380, the highest deadlift by a women in the contest. In master women Barb Anderson set a WR 54-60 148 with 281. In master 54-60 198+ Adele Ullman set a WR with 270. In Open men Jerrad Capello set an Oregon State record with a huge 705 at 220 weighing only 209. Andy Medak pulled 705 at 308. In Submaster men Joe Fernandez was named outstanding lifter with 699 at 275. In master men Jerry Capello set a WR 744 in master 40-46 242. Paul Ratsch set a world record 644 in 40-46 308. JR Hill set a World Record at 54-60 Super with 567. In Class I Men Garrett Langmead set an Oregan State record 429 at 148. Donovan Boell pulled 545 at 220. In Law/Fire Open George Sutton pulled 551 at 275 for best lifter. In teen men 13-15 97# Jordan Fernandez pulled 148 for an Oregon state record. In Junior Men Jerrad Capello pulled a large 705 for an Oregon State record. Travis Osborne pulled 661 for an Oregon State record at 275. Now, onto the bench press. Ryan Kennelly, lifting as a guest lifter, was able to bench press 800# weighing 295. The lift was done on a certified York Barbell kilo set which was weighed on a $600 digital scale, certified one week before the contest. The configuration of the plates was (on each side) 1 - 45 kg, 4 - 25 kg, 1 - 20 kg, 1 - 2 1/2 kg, 1 - 1 1/4 kg + 500 gram chips that weighed 1.1 # total - so the called weight 362.5 kg 799# + the chips = 800.1#. Ryan opened with 683, went to 738, then 782 + chips or 783.6 and then 800.1. The 783.6 had 3 white lights, and the 800.1 had 2 white lights from the side judges with the head judge turning it down for uneven extension, which was very slight. Ryan Kennelly is the greatest bencher of all time. About 450 spectators witnessed the historic event. In master men bench Freddie Evangelista did a very impressive 402 at 148 at age 43. George Nelson keeps on trucking - the world's greatest master bencher put up 540 at age 57 weighting 242. He also locked out 566. Bill Gillespie smoked 650 and just missed 673 at 308 and age 42. Jim Cunningham put up 622 and locked out 633 at 308. 40-46 best lifter lightweight was Freddie Evangelista and heavyweight was George Nelson. In Law/Fire 40-47 LeRoy Banks of Joliet, Illinos Set a WR 424 w/o a bench shirt weighing only 179. Jeff Jones, a Police Sergeant from Sparks, Nevada, set a Nevada state record of 429 at 220 master 40-47. In junior men Travis Osborne set a world record of 518 at Junior 275. Adrian Carson put up 501 at 242. In class I bench Jody Cranston set a Canadian Record with 341 at 181#. Brandon Relkoff was best lifter with a Washington state record at 308 with 451. In open men Gustavo Warrington was best lifter lightweight with 534 at 198 and Bill Gillespie was best lifter heavyweight with 650 at 308. Blane Stussy put up 551 at 275. In Women's Bench in Teenage, 13-15, 105 Joleen Buckingham put up a World Record 111#. In Master women the outstanding lifter was Sheri Klocke with 165 at 165. In Open women Christie Hansen put up 205 at 148. In Junior Women Christie Hansen put up 205 at 148 and Stacey Hammar set an Idaho state record of 176 at 165. In Submaster women Kelly Mahoney was outstanding lifter with 159 at 165. I want to thank our sponsors Wes Kampen of MonsterMuscle.com and the Powerlifting Superstore. Rick Brewer of the House of Pain, Neal Spruce and Jim Starr of Apex and Ergogen, Mike Lambert of *Powerlifting USA*, Giorgio USAi of Forza Strength Systems, Don Buehl of Vital Foods, Dave Weber of Papa's Pizza, Wolfe Werner of Budweiser. (thanks to Gus Rethwisch for this report)



LeRoy Banks with a Law & Fire Record 424 @ 181. (Baertlein photo)

WABDL ThermaLink National BP/DL
26,27 JUL 02 - Houston, TX

DEADLIFT
W Junior
105
Kelly LaCour 226
165
Melissa DeVeau 248
W L/F Open
123
Karen Gordon 341
W L/F MST
114
Dana Deutsch 253
W L/F Open
Melissa DeVeau 248
W MST
114
Dana Deutsch 253
132
M. Morris 203
148
Bonnie Betz 121
Sue Clark 176
181
Linda Dunn 281
W Open
123
Laci Livingston 352
132
Noelia Renfore 270
W SUB M
123
Lisa Brown 253
132
Josie Jackson 272
181
Cyndi Crossland 374
W Teen
114
Sarah Ojeda 214
148
Mandy Proctor 286
165
Nikki Williams 266
Ashley Wirt 314
181
Jessica Mayberry 281
SHW
Amy Moses 429
L/F MST
242
Michael Irwin 606
L/F Open
308
Tim Johnson 479
Teen
114
Justin Kees 303
George Jackson 407
123
Josue Manzano 286
132
Cory Johnson 380
148
Adam Castleman 236
165
Coty Lane Hargett 358
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Marcus Romero 308
Kevin Bowen 473
Tom Emmite 457
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David Rogers 485
Eric BLanson 529
B. Lee-Faulk 429
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Rabun Proctor 402
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Andrew Hrenchir 270
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A. Fernandez 374
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Joe Ojeda 468
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Pablo Arriaga 501
Keith Rains 462
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Mark Pearce 573
Frank Powell 451
Cecil Wood 424
220
Scott Deal 633
242
Cody Colchado 622
Buddy McKee 567
308
Brett Fleak 578
John Williamson 617
Spec Olm
181
Adam Markham 270
Disabled
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Cody Colchado 622
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Omar Sanchez 440
Junior
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Stanley Mendez 402
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Joe Ojeda 468
181
Ken Torres 507
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Chad Mathews 650
Brandon Chamras 578
Benjamin Bownas 628
242
Nick LaChappelle 540
Master
148
Ted Feight 352
165
Marlo Mosley 440
James Christian 440
Dennis Berry 358
181
Enrique Diaz 529
S. Campagna 474
John Tyree 584
Ron McNeely 562
R. Contreras 534
Bob Hochstein 518
William Watts 391
Don Dreyer 203
198
George Herring 738
David Gomez 474
Ronald Proctor 507
Rocky Gingg 545
Jamey Mauldin 468
Cecil Wood 424
Jim Sondgrass 418
Tom Barth 435
220
Rick Garcia 611
D. Burlingame 556
Charlie Turco 551
Steve Rosenberg 523
Harold Bodden 429
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Michael Irwin 606
Buddy McKee 567
McElvin Pope 573
Hal Hudson 418
275
Jimmy Duckett 380
308
Doug Lowrey 600
Open
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Andrew Hrenchir 270
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George Herring 738
Willis Smith 600
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Class 1
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Brett Fleak 391
David Dunn 507
Rob Ferr 532
John Williamson 451
Disabled
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Jose Valtierra 319
Spec Olm
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Adam Markham 170
Disabled
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Cody Colchado 418
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Omar Sanchez 385
L/F MST
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George Baker 446
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Lee Roy Banks 418
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Michael Overbey 374
L/F Open
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Pablo Arriaga 336
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Jeff Waters 391
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Joe Guerra 457
Michael Overbey 374
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Jason Jackson 624
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Jeremy Murrell 462
Keith Wilkerson 457
Larry Mooney
L/F Open
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Tim Johnson 387
Teen
105
Trent Corey 126
114
Jacob Tyree 88
Mitchelle Ellis 126
Jon Flemming 104
123
Kyle Burge
132
Cory Johnson 203
Jeremy Duncan 225
148
Drew McKeefer
Adam Castleman 132
165
Coty Hargett 187
Damon Fabacher 264
Andrew Scherer 336
181
Josh Devereux 203
Kevin Brown 275
Jared Hall 352
198
Elijah Owens 253
Dujuan Calvo 198
Kevin Bowen 192
Tom Emmite 336
220
Ian Ward 170
David Rogers 319
Edmundo Juarez 347
B. Lee-Faulk 440
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Jason Bowie 363
SHW
Terrance Gainous 214
W Teen
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Mandy Proctor 121
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Nikki Williams 143
Ashley Wirt 126
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Alexandria Calvo 110
ULM
Amy Moses 187
W Junior
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M. Kennelly 126
165
Millissa DeVeau 165
W L/F MST
114
Dana Deutsch 121
W L/F Open
123
Karen Gordon 148
W MST
105
Betty Lafferty 137
123
Toni Opplinger 143
132
M. Morris 82
148
Bonnie Betz 126
Sharon O'Brien 126
Sue Clark 88
181
Linda Dunn 132
198
Hilary Reeh 99
W Open
105
Betty Lafferty 137
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Laci Livingston 154
W SUBM
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Shelley Ellis 99
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Cyndi Crossland 259
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Cheryl Williams 137
MEN
Class 1
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Kyle Burge 181
Andrew Hrenchir 209
Danny Dickey 242
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A. Fernandez 245
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Joe Ojeda 319
Damon Matlock 242
181
Ben Baker 385
Lavell Williams 402
Pablo Arriaga 336
198
Jeff Waters 391
Frank Powell 374
Robert Reynolds 330
Cecil Wood 275
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Raul Perez
D. Burlingame 341
David Callas 347
242
Cody Colchado 418
Buddy McKee 440
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Jeremy Murrell 462
Roman Miranda 429
Randall Ward 385
Wayne Sonnier
Junior
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Hugo Hernandez 259
Stanley Mendez 259
165
Jessus Hernandez 325
Joe Ojeda 319
Zach Jones 237
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Tim Tyson 374
Ben Baker 385
Ken Torres 303
198
Brandon Chamras 374
Leroy Cedillo 352
James Williamson 319
Chad Matthews
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Richard McKeefer 451
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Eric Wright 501
Master
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Andrew Bates 259
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Randall Wrye 319
Ted Feight 203
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George Baker 446
S. Weingust 402
Marloe Mosley 253
Dennis Berry 214
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Lee Roy Banks 418
Kevin Haley 402
Eric Bergman 341
Ron Jones 231
R. Contreras 314
Bob Bochstein
Don Dreyer 154
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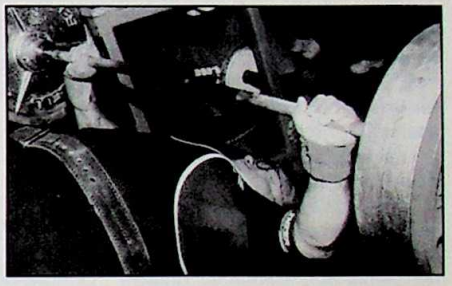
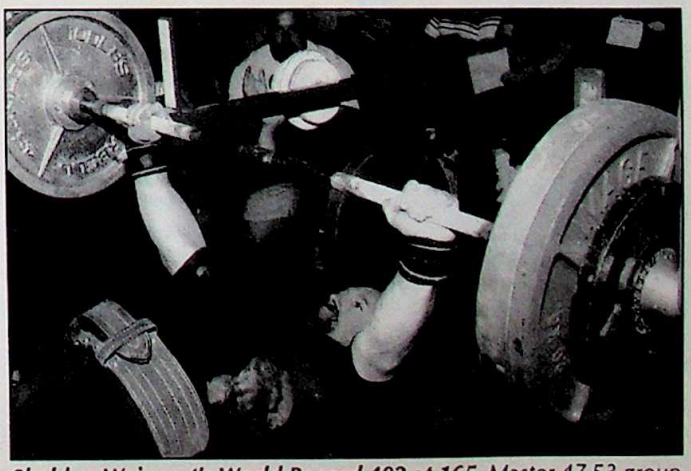
Robert Reynolds 330
David Gomez 270
Rocky Gingg 456
Jamey Mauldin 341
Ronald Proctor 319
Cecil Wood 275
Dan Swift 360
Dan Bell 352
Jim Snodgrass
Tom Barth 275
Joe Cantu 347
220
Tracy Ward 446
Charlie Turco 369
David Callas 352
D. Burlingame 341
Steve Rosenberg 319
Jim Leitner 303
Byron Sanford 281
Jim Parham 341
Harold Bodden 336
Ken Anderson 429
Jack Puccio 325
242
Buddy McKee 440
Kenneth Malone 435
Gregory McCoy 468
McElvin Pope 380
Hal Hudson 220
275
Robert Jackson 380
Charles Lively
Austin Webb 416
Bob Garza 529
Jimmy Duckett 325
Mike Hamby 518
Burt Tyree 474
SHW
T. McKinney 534
L. Barrett 418
Carl Rosborough
Open
123
Danny Dickey 242
Andrew Hrenchir 209
132
Hugo Hernandez 259
148
Evan Davidson 402
Randall Wrye 319
165
Jesus Hernandez 325
181
Kevin Brown 286
198
Rocky Gingg 456
Darrell Harvey 429
Hoss Rhoton
220
Patrick Thomas 490
Joe Guerra 457
Joe Thierry
242
Jason Jackson 625
Steven Ross 479
Dan Flunker 418
J. McCullough 374
275
Tiny Meeker 622
Jason Robinson 468
Keith Wilkerson 457
Larry Mooney 369
308
Ryan Kennelly 749
David Dunn 507
SUB MST
148
P. Arcot 242
181
Greg Bullington 363
Don Moser 336
198
Tyler Hobson 314
220
Rodney Womack 341
242
Bob Vessells 451
275
John Stewart 622
Randall Ward 385
308
Bobby Leitz 628
Rob Ferr 523

Ryan Kennelly was 1 inch from lockout of 801 1/2 and ended up with 749 - weighing only 296 - a week later in Portland, weighing 295, he did 783 and 800 to become the greatest bencher of all time. In women's bench Dana Deutsch set a master 40-47 Law/Fire WR 132 at 114. Cyndi Crossland set a WR 275 in Submaster 181. Linda Dunn set a Texas State record of 132 in Master 47-53 181 and Sharon O'Brien set a Texas State record of 126 at master 54-60 148. Melissa Deveau set an Oklahoma State record in Junior 165 with 165. Amy Moses set a Texas state record of 181 at 198+ in teen 16-19 and Ashley Wirt set a Texas teen 16-19 bench record of 126 at 165. Bonnie Betz set a Texas state record in master 40-46 148 with 126. In open men Jason Jackson set a WR of 625 at 242. Jason is one of the best benchers in the world and has passed 3 drug tests. At 198 Rocky Gingg of Arizona was the winner with 456. At 220 Patrick Thomas has been on a roll of late and won with 490. At 275 Tiny Meeker weighing only 254 benched 622. In submaster Greg Bullington of Arkansas set an Arkansas state record with 363 at 181. Tyler Hobson won at 198 with 314. At 220 Rodney Womack won with 341. At 242 Bob Vessels of Alabama won with 451. At 275 John Stewart who holds the WR of 639 did 622 and came close to 650. Bobby Leitz broke Bill Gillespie's WR in Submaster 308 with 630. In Class 1 165 Joe Ojeda set a Texas State record of 325 bench. In 181 Dinky Williams set a Texas state record of 407. At 242 Cody Colchado, who is blind, set a Texas state record with 424. At 275 Jeremy Murrell set an Oklahoma Record with 462. At 308 Rob Ferr set a Louisiana state record with 529. In master 40-46 165 George Baker set a WR of 446 which broke the old record by 30. At Super big Thomas Mckinney set a Texas record with 534. In Master 47-53 Sheldon Weingust set a WR 402 at 165. Sheldon has made very steady progress over the last 4 years. He also helped judge and was helpful in other areas of running the meet with Bob Garza. In master 54-60 meet director Bob Garza became the 1st man in history to bench over 500 at age 60 with 529. In master 61-67 Ken Anderson benched a World Record 429 at 220 at age 63. Other noteworthy lifts in masters - LeRoy Banks benched 418 at 181 without a shirt. Rocky Gingg benched 456 at 198 at age 48. Tracy Ward set an Arkansas state record 446 at 40-46 220. Buddy Mckee benched 440 for an Alabama state record at master 40-46 242. Mike Hamby set an Oklahoma state record 518 at 40-46 308 and Austin Webb set an Arkansas state record of 429 at 47-53 275. In teen 13-15 Cory Johnson was outstanding lifter with 203 at 132 and Andrew Scherer set a Texas State record at teen 16-19 165 with 374 and was outstanding lifter for teen 16-19. In law/fire master 40-47 181 LeRoy Banks set a WR 418 and Jason Jackson set a WR 625 at law/fire open 242. Jeremy Murrell set an Oklahoma record 462 at law/fire 275 open. George Baker 49047 165 and Pablo Arriaga set a Texas state record 336 in law/fire open 181. In the deadlift in master 40-46 198 George Herring set a World Record of 738. George puts on a show and has been around for 25 years. At 220 Duane Burlingame set an Illinois state record with 556. At 40-46 181 Enrique Diaz set a Texas State record 529. At 47-53 181 John Tyree pulled 584. Ron McNeely of Alabama was 2nd with an Alabama state record 562. At 220 Rick Garcia set a Texas state record 611. At 308 Doug Lowery set an Arkansas state record with 600. At master 54-60 Ted Feight set a Michigan state record with 352 at 148. Roberto Contreras set a Texas state record at 181 with 534. In Junior men at 198 Chad Matthews pulled a big 650. At 132 Stanley Mendez pulled a 402 Texas record. In Open George Herring pulled a WR 738 at age 42. Scott Deal of Virginia won the 220 with 633 and a Virginia state record. At 242 Charles Brown won with 600. At 308 Mark Philips set a Tennessee State record with 611. In Submaster 181 Nathan Andrus pulled a WR 650 with impeccable form. At 242 Bob Vessels pulled a WR 710. In Class 1 Mark Pearce was outstanding lifter with 573 at 198. Cody Colchado Jr. set Texas state and disabled WR with 622 at 242. In Teen 13-15 114 Justin Kees set a World Record 314 and in 16-19 114 George Jackson set a WR 424. In women Amy Moses set a WR in teen 16-19 198+ with a whopping 435 - very impressive. In teen women 13-15 at 148 Mandy Proctor set a WR with 286 and Nikki Williams at 165 set a WR 270 both coached by George Herring. In 16-19 165 Ashley Wirt coached by John Tyree set a WR 325. At 13-15 114 Sarah Ojeda set a WR 214. In junior women 105 Kelly Lacour set a WR 225 and in law/fire open and master 40-47 Dana Deutsch set WR of 253 at 114. Bob Garza and his wife Edi were meet directors and had outstanding trophies for 1st through 4th. 3 column 36" high. They did a great job and the ballroom was packed. Great t-shirts. The judges were Don Broseman, Charlie Turco, Jim Snodgrass, Ken Anderson, Gus Rethwisch, Cyndi Crossland, Ken Sweet, and Larry Prince. The M.C.s were Charlie Turco and Larry Prince who both did a great job. Platform manager was Ken Sweet. Weigh - in managers were Ken Anderson and Sheldon Weingust, on the STAFF were Christina Porreca, Jackie Lee, Velma Nealy, Toni Engelhardt, A.J. Garza, Hope Garza and Melissa DeVeau. A special thanks to the sponsors Dave Silver and Scott Mischnick or ThermaLink, Wes Kampen of Powerlifting Superstore, Rick Brewer of House of Pain, John Inzer of Inzer Advance Designs, Neal Spruce and Jim Starr of Apex Fitness Group, Johnny Anderson of Advocare, Rick Crain of Crain's Muscle World, and Giorgio Usai of Forza Strength Systems. In the team competition, John Tyree's Team America, George Herring's Georgia Team, and Bob Garza's Houston Team all tied for first. (thanks to Gus Rethwisch for providing these meet results)



Bob Garza breaks the 500 lb. barrier at 60!



Sheldon Weingust's World Record 402 at 165, Master 47-53 group

Budweisers 2002 American Strongman Championships

as told to PLUSA by NASS's IL State Chairman Tony Soucie

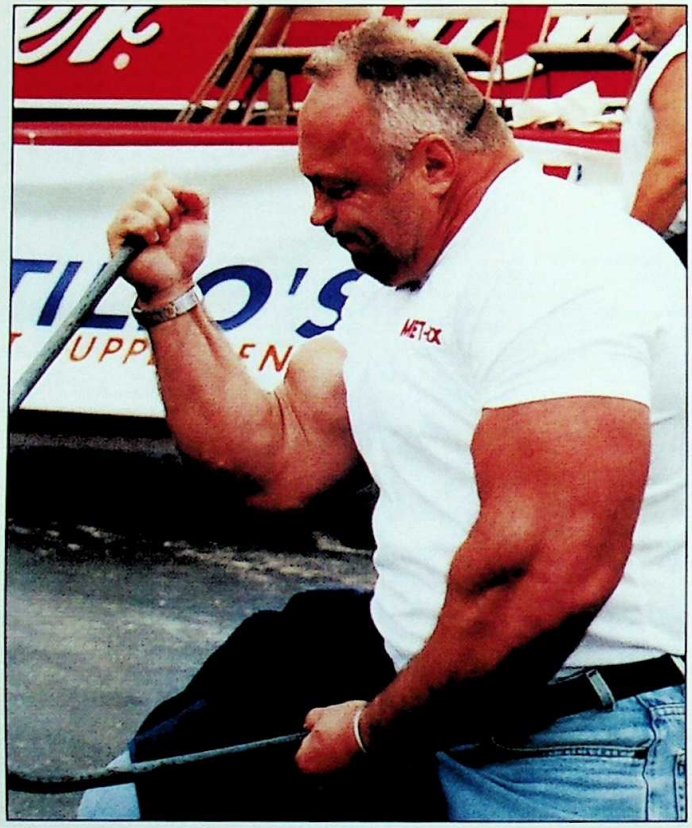
St. Louis, MO was the site of this year's American qualifier for the World's Strongest Man competition. Jim Davis and his crew put on one hell of a show. Through the Strongman contests Jim has held, he has been able to raise close to $100,000 for the Children's Miracle Network. Keep it up, guy. The world needs more people like you.

Thursday, July 18th, found our athletes at the West Port Plaza in St. Louis, MO. Only two events would be contested this day. The first event was the Axel Press, sponsored by Atillo's Discount Supplements. The event consisted of a 2 1/2" thick bar with two sizable tires attached to each end. Competitors had to clean the bar by whatever method they saw fit and press the 300 pound monster overhead for as many reps as possible. The clear winner in this event was Indiana native Brian 'Schoonie' Schoonveld with 16 reps. Brians pressing ability is phenomenal. Right on Brian's heels was relative newcomer Jesse Marunde of Washington State with 15 reps. In contrast to Brian's brute power, Jesse used a split/jerk style.

Each competitor had his own style of cleaning and pressing the Axel. Most hitched the bar on their belt before shouldering it. Shawn Smith, in a unique style all his own, Zerchered the bar to his shoulders, which seemed to expend a lot of energy. It sure looked tough, but worked for him.

Poor Shawn had been ill both days of the contest. Illness and injuries plagued many competitors, most notably Phil Phister. Phil, of West Virginia, had been given medication 3 weeks prior the contest for a medical condition. Phil has been to the Worlds a number of times and has gotten bigger and stronger each time. This contest however would find Phil struggling, finishing 9th overall, killing his chances at this years Worlds Strongest Man contest. The medication Phil was put on had an adverse affect on his overall strength. Just plain bad luck. Phil will be back and stronger than ever next year. Good luck, Phil, and get well soon.

***Brian 'Schoonie' Schoonveld** Axel pressing for 16 reps (all photographs courtesy of Tony Soucie)*



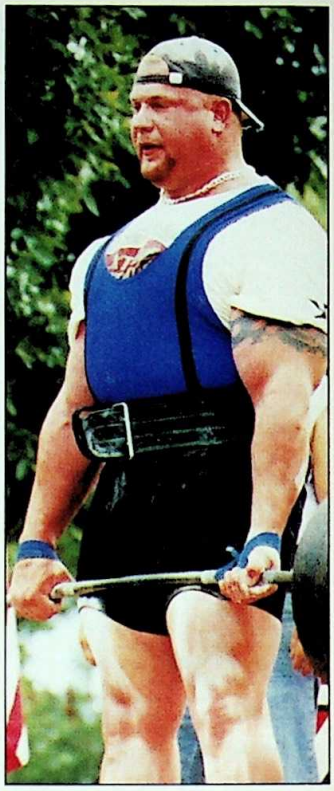
***Bill Kazmaier**, 3 time World's Strongest Man bending 1" thick steel rod*

Between events Bill Kazmaier, 3 time World's Strongest Man (and the last American to hold the title) and member of the Omega Force Team, performed some classic Strongman feats such as tearing phone books in half, then quarters and bending 1" thick steel rods. If Bill ever decided to compete again he'd make many of the guys nervous. What about it Bill? Shoot for the title one more time?

The 2nd event of day one was the Harrah's Deadlift. The bar height was 15", not your standard deadlift plus the competitors were able to use straps. USAPL National Record holder, Pat McGettigan, dominated this event with a pull of 980 lbs which looked to be a warm up for him. WSM veterans Mark Phillipi and Ken Brown were right behind Pat, however, both failed at their attempts of 980lbs. Ken Brown holds the World Record in the Silver Dollar Deadlift with a pull 1062lbs and was one of the favorites going into the deadlift event. Look for Pat McGettigan to make a name for himself in Strongman. The guy's got POWER. He lifted the bar with such speed and force I was unable to focus and get a shot of him.

Grant Higa of Hawaii had great form in the deadlift, but ended with a lift around 800lbs. The only competitor to fore go using the straps on his first attempts was 6'6" 350lb Johnny Perry. The man is thick, sporting 25" arms.

Between attempts WSM competitor Whit Baskin of Durant, OK made a guest appearance. A number of months ago Whit was involved in an automobile accident that left him pretty banged up without much hope of a full recovery. Through shear hard work, dedication, and faith in himself Whit has recovered almost fully and has begun to compete once more. Way to go, Whit!



***Johnny Perry** in the Harrah's DL*

You are an inspiration to us all.

Another special guest was Mark Henry of WWF fame. Kaz announced Mark as the 'World's Strongest Man'. No disrespect to Mr. Henry, however, to earn such a title one has to qualify, compete, and win the WSM competition. 'Nuff said. Mark had recently cleaned and pressed the Thomas Inch Dumbbell a feat not many have duplicated. Bill Kazmaier a number of years ago attempted and succeeded, yet I know of no others to do the same. If you are not familiar with the Inch Dumbbell you cannot fully understand such a feat of strength. The thing's a beast. 170 plus pounds of solid steel globes with a handle about 4.5" long and over 2.5" thick. I guess I really need to watch more TV because I didn't realize Mark Henry had been sitting right next to me until Kaz made his announcement.

The competitors would rest Friday and do some charitable work at the local children's hospital. All these guys are a class act and have hearts of gold.

The second day of the contest, July 20th, was held at Harrah's Casino in St. Louis, MO.

Whoever came up with air-conditioning should be considered for sainthood. It was HOT, HOT, HOT! The announcer said the heat was around 125-130 degrees. Sure didn't help to have the events on the asphalt parking lot. Hardly any breeze and you could drown in the humidity. Being a spectator was one thing,

but to actually compete in such conditions really tells you about the character of these guys. What amazes me most was head referee Douglas Edmunds, promoter of the WSM. The guy always seems to wear black. Hat, shirt, pants, shoes ... black. The WSM contests have been in quite warm climes the past number of years. Las Vegas, Morrocco, South Africa, Zimbabwe, etc.... Yet, he's in black. On the plus side, it keeps the wardrobe simple and stains aren't as evident. My vote is to have the WSM back in Iceland.

Event one of day two was the Ford Hercules Hold. This tested the grip to the utmost. The athlete stood between two Ford Explorers set on ramps. Handles were attached to the vehicles and handed to the competitors, who, upon the signal had to prevent the vehicles from rolling down the ramps. A true grit event for sure.

Johnny Perry held on for 31.33 seconds for the win. Johnny was the only person that day that I seen pull the vehicles 'towards' him. Bryan Neese, a middle school science teacher, came in second place with 28.59 seconds followed by Brian Schoonveld with a 28.35 second hold. Sneaking up on everybody was Steve Kirit with a 4th place finish.

***Shawn Smith's** Atlas Stone # 4*

The handles did not have any knurling whatsoever and only chalk was permitted. Many of the guys could hardly speak after their attempt. The pain was evident on all their faces.

The MetRx Stones are up next. 5 stone spheres weighing 265, 300, 330, 365, 385, had to be placed on to a 54" platforms. Usually, tacky is put on the forearms and hands to be able to get a better purchase on the stones. The stones had been sitting in the hot MO sun for so long the tacky became fluid and slippery. Most of the guys opted for chalk.

*600 lb. bench presser **Steve Kirit** traveling 174 feet for the win in the Conan's wheel*

A personal favorite of mine in this event was Chad Coy, whom I have seen load a 410 stone. Chad is the Indiana Chairman for the North American Strongman Society and holds some top notch strongman competitions. He has become a master at this event, however, was only able to load the 4th stone. I learned later that Chad had been nursing an injured bicep.

The only person to load the 5th stone was Karl Gillingham, brother of USAPL Champ Brad Gillingham and son of Green Bay Packer Hall of Famer Gale Gillingham. Throughout the whole contest Karl had laid low and kept to himself, however not this time. After loading the 385 lb. beast, Karl celebrated by running around the arena yelling. It was nice to see some emotion.

The 24 hour Fitness Conan's Wheel had the athletes carrying a custom Harley Davidson around a track using a pole assembly. The pole had to held in the crook of the arms and carried for a maximum distance. One of the first up was Art McDermott, promoter of the Northeast Strongman Showdown and a Highland Games competitor, who made a 51 foot carry before injuring his lower leg. That injury would effect his performance for the rest of the contest.

The last couple of years Mark Phillipi has had a run of bad luck with injuries, blowing out both knees in two separate WSM contests. One knee on a Car Flip event and the other knee on an event such as the one contested. Mark is definitely not a quitter. Most people would have thrown in the towel a long time ago with similar injuries. Phillipi made a carry of 56 feet without incident. Texas native Chad 'Turtle' Smith made a carry 138 ft. Don't let the nickname of 'Turtle' fool you. Chad is one of the fastest 340 lb.ers I have ever seen.

From the shadows came 600 lb. bench presser, Steve Kirit. Steve made a winning carry of 174 ft just beating Karl Gillingham's mark by about a foot.

A special thanks should go out to the Jim Davis crew for doing an excellent job of setting up, resetting, and dismantling each event in a timely manner. These guys deserve congratulations for a job well done. To get the crowd fired up 'Wild Wily', the owner of the Harley, rode his hog out of the arena only to spill the bike with a little bit of drama. Luckily, the only injuries were a skinned knee and bruised ego.

The Bud Girl Squat was the 4th event of the day. More of a backlift than a squat, the athletes had to lift the bar and platform a total of 9" to sound a horn to indicate a 'good' lift. Young ladies, small children and even cases of Budweiser were used as weights. Helping the Bud Girls up on the platform was 4 time World's Strongest Man Magnus ver Magnuson. I'm sure it was a tough job but Magnus, being the true champion he is, did his duty.

The weights were not announced during the squat so the actual poundage used is bit of a mystery. Last year Johnny Perry had injured his lower back on this event and many people considered him to be 'gun shy'. Couldn't prove it by me. Perry looked very strong, making a lift with 5 girls. Beating out Perry was Walt Gogola with 5 and a half girls and Chad Smith with 6 girls. By this time the contest had been going on for over 4 hours and cases of heat exhaustion were popping up. One of the weights (aka Bud Girl) started to get quite sick. Medics were on hand and treated each case with care.

There was some controversy on this event. Jarod Spybrook who had put everything he had into each event became a bit upset when his squat attempt was considered 'no good' because he failed to sound the horn. Only a fraction of an inch was needed.

The 5th and final event was the Car flip and Wheelbarrow sponsored by the Carpenters Dist. Council of Greater St. Louis/ Floor Layers Local 1310/ FIC/ Install. 3 Ford Escorts had to be flipped on to their sides and a S-10 Pick-up wheelbarrowed 60ft. Unfortunately my wife and I had to leave before the event got under way. Both of us had to work the next day and we were facing a 4.5 hour drive. It was reported to me that Brian Schoonveld had a 'full body cramp' from heat exhaustion. Brett Latta of Ohio finished the course in 47.34 seconds. Look to see this fellow in the future. A number of guys got a time under 30 seconds, namely Karl Gillingham, Jesse Marunde, Phil Phister. There may be a future for these guys as valets.

Here are the top 16 places. The top five qualify to go to Malayisa this fall.

1. Steve Kirit 32.5pts
2. Johnny Perry 40pts
3. Karl Gillingham 40.5pts
4. Brian Schoonveld 46.5 pts
5. Jesse Marunde 50pts
6. Chad Smith 52pts
7. Walt Gogola 61 pts
8. Mark Phillipi 62.5
9. Phil Phister 64pts
10. Matt Methany 68pts
11. Ken Brown 71.5pts
12. Bryan Neese 75.5pts
13. Pat McGettican 77.5pts
14. Jarod Spybrook 87.5pts
15. Brett Latta 91 pts
16. Art McDermott 95.5pts

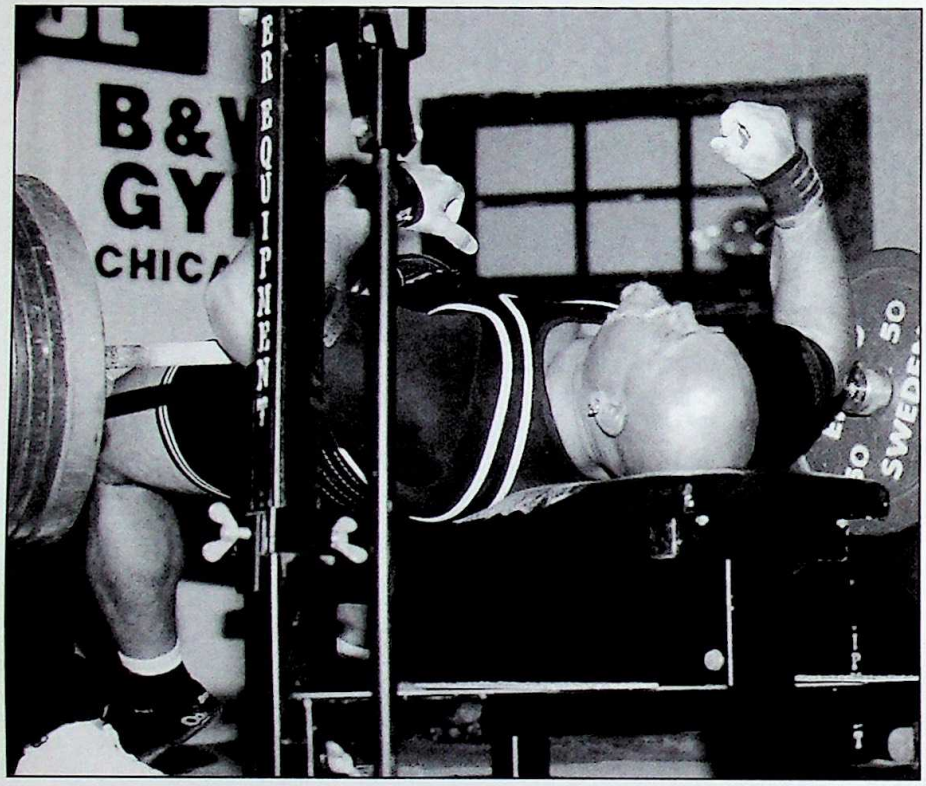
This years World's Strongest Man Contest is said to be "heavier" than years past so it should be interesting. It's only a matter of time before the title comes back home. Good luck guys, we're proud of you!

NUTRITION

What is Powerlifting Nutrition?

by Anthony Ricciuto B. Phed. C.F.T. S.P.N. S.W.N. F.T.

When I say the words "Powerlifting Nutrition", I get some funny stares. "Did you just say *powerlifting nutrition*," is the reply. "Is there such a thing?" Now, this is bad when it comes from someone outside the sport, but it's even worse when it's one of us. The fact is a large majority of powerlifters are leaving pounds on the platform simply because they are not nutritionally fulfilling their needs to help them accomplish their goals. My mission in writing the sports nutrition section for *Powerlifting USA* is to change this mentality. Like it or not, your nutritional plan plays a major role in your performance in the gym and on the platform. I have seen average lifters become excellent lifters by altering their nutritional regimen. The purpose of this article is to give you a little insight into what powerlifting nutrition is, and what it can do for you.



***Van Hatfield** did not actually rip his bench shirt at the USAPL Men's Nationals. The bar fell out of his hands and "buried" itself in his chest, and the shirt was cut off while he laid on the platform, but he has recovered and is back training hard again. (Photo is courtesy of Mike Lambert.)*

WHAT IS IT?

Powerlifting nutrition is specific nutritional protocols that are customized for the strength athlete. No, it's not the same thing as bodybuilding nutrition. Powerlifting nutrition also isn't mainstream "look good in 30 days" type dieting either. Nor is it a diet plan geared at helping the chronically obese. Powerlifters need specific nutrients at specific times and in specific amounts to reach their optimal performance. During my time here with *Powerlifting USA* magazine, I have received hundreds of e-mails from powerlifters looking to improve their nutritional plan. One thing that I have realized with many powerlifters is that their meal planning is their weakest link. As they say, *"You are only as strong as your weakest link!"* I hate to say this but the majority of the powerlifters writing in to me don't follow any set pattern of eating, nor do they have any idea what types or amounts of macronutrients to consume. If this is you, don't worry, because I am here to help you. These individuals basically eat what they want, when they want, and as much as they want. If today you feel like having sausage and ice cream for breakfast, then that's what it will be. If you feel like having a greasy cheeseburger with curly fries covered in gravy and washing it down with a double banana split and a nice diet cola to even things out, then that's "Powerlfiting Nutrition" for that day. By the way, it's has to be a diet cola because there are way too many calories in regular soda. Ha Ha! I know this may sound funny, but if you could only see some of the powerlifting nutritional diaries that I have worked with, you would be surprised. Believe me, I am not recommending bodybuilding or marathon runner nutritional regimens. Believe it or not, I can fully understand that when it's time to have a cheat day ... it's going to be a cheat day for sure. The problem with many powerlifters is, every day is a cheat day, and this will do nothing but hinder your performance.

We as powerlifters must get out of the mentality that the nutritional aspect of our sport is a joke. I have heard this several times from lifters. Some actually believe that if you eat a boatload of junk or you eat a serious power nutritional plan, the results would be the same. It is this type of misinformation that will hold back your progress. It is these same lifters that have that bench shirt tweaked just right several times before their contest, or they are the ones getting that pair of briefs taken in that little extra in the hips to get the most out of their squat. It is these same individuals that can be seen on contest day eating candy bars and drinking sugar loaded soda. I am not talking about a post victory treat. I am talking about during their attempts and between lifts!

Bodybuilders and many other performance athletes have a good understanding about how nutrition affects the way they look and how it will affect their performance. The majority of powerlifters on the other hand, don't have the understanding how a serious nutritional plan can take their performance to new heights. This is in part due to the fact that there isn't a lot of information about powerlifting nutrition, and the general powerlifting mentality is that nutrition is only important to bodybuilders and not powerlifters. I have found that with a large population of powerlifters, they know everything there is to know about training. They understand and can draw graphs about how Soviet training theories are better than American theories. They know which material will give you the best bang for your buck to get the most from your bench press shirt. They know and use the latest gadget to get their knee wraps on tighter. Yet they don't have a clue what they should be eating on a daily basis. This is putting the carriage before the horse, since nutrition plays a significant role in your powerlifting progress. Powerlifters have ignored their nutritional planning for too long, but it's not too late.

MAJOR NUTRITIONAL MISTAKES

Contest day nutrition is one of the most important aspects for your performance. Your nutritional program for that day will make you or break you! The fact that most lifters don't use the right fuels on the most important day of the year is something that could be easily avoided. Just remember, if you are leaving your competition day nutritional plan to the "I'll grab something at the meet" mentality, then you better be ready to take second place.

Another major mistake I see with lifters is the way they try to lose weight for a contest. First off, the majority of lifters that I have had contact with, wait until the last 48 hours to get the job done. WHY?

From a performance standpoint, don't you think that it would be better to try to lose those last 10 pounds starting 8 weeks before the show instead of trying to sweat them all off for hours in a sauna the morning of the meet? The fact that the majority of what will be lost will be water, muscle, and valuable electrolytes and not fat, should make you think how it will affect your performance in the coming hours. Powerlifting nutrition shouldn't be a hit and miss game. Your performance on the platform is too important and precious to just guess and hope that you did the right thing. Just think of all those endless hours of blood and sweat in the gym. Think of all the sacrifices you made, avoiding all those late nights out with the boys. Calculate all the money that you have invested in your contest entry forms, organization memberships, supplements, endless amounts of powerlifting gear... bench shirts, wrist and knee wraps, suits, chalk, squat shoes, singlets, deadlift slippers and on and on. What about the air fare, hotel accommodations, car rentals, and all the other costs that go into stepping on the platform. To throw your performance out the window just because of your nutritional miscalculation and wrong judgements in the last weeks and day of the big show, would be the biggest waste of all. Don't let this happen to you! You have worked way to hard, sacrificed too much, and have invested way too much money into your contest preparation, only to lose it all because you were too busy to get your nutritional plan on track.

THE SPECIMEN

I run a private nutritional consulting practice out of Toronto, Canada. I mainly work with nationally ranked strength athletes as well as professional athletes from a variety of other sports. I have also worked with several World Champion and World Record holders in powerlifitng. I will give you a story about one of my experiences working with one of my powerlifters. One day sitting in my office, I get a call from a gentleman in regards to my nutritional consulting services. He told me he was a powerlifter and was in desperate need to get his nutritional plan on track. I told him that it would be at least a 2 week wait for him to get to see me for consulting since I have a very busy schedule. He pleaded and begged and whined, until I finally gave in to see him after my normal hours. I guess I did it out of the goodness of my heart, or it could be that he invited me out for a steak dinner at the best steakhouse in town to discuss what we could do with his program. During the consultation he laid out his nutritional diary to me from the previous month. As I went through the pages, I couldn't believe my eyes. Could this really be what this guy eats? To put it politely, his diet was atrocious! I know that may seem a little harsh, but it really isn't considering what I was reading. Let me lay out some of things he had on the day of the consultation. He got up around 9 A.M. and guess what? He skipped his breakfast. What ever happened to eating the 'breakfast of champions'? Well, around 12:30 he decided to have his first meal of the day. Here he had 2 bologna sandwiches with extra mustard, a chocolate cupcake and washed it down with 16oz of cola. Ok, this was a nice start to fuel him for the rest of the day. Sugar, refined carbohydrates, processed meat, nitrates, preservatives, fillers, binders, caffeine, corn syrup, food coloring, sodium and did I forget, more sugar. A beautiful start for a beautiful day. At around 6 P.M. he decided to have his next meal. Here he had a frozen dinner with another 16 oz. of cola and 4 chocolate chip cookies. All this 1 hour before hitting the gym. I guess his concept of pre-workout nutrition and mine vary quite differently. In his journal he even made a side note that he felt sluggish during his workout and slightly bloated. GO FIGURE! If I inhaled that much grease and sugar an hour before training I would be looking for the nearest emergency room to get my stomach pumped, not the closest squat rack to bang out some heavy lifts. After his workout he devoured a pint of Double Fudge ice cream. When I asked him why he had this directly after his workout, he said because *"he deserved it"*, he trained hard that day. If I decided to have a pint of ice cream every time "I deserved it" I would have about 70% bodyfat by now. OK, here I am thinking maybe there was some scientific basis for his meal design, but guess what ... there wasn't! Who am I fooling? This guy's nutritional plan couldn't get much worse ... or could it? Before bedtime he snacked on some pepperoni sticks and some potato chips. When I inquired about the pepperoni sticks he informed me that they are an excellent source of protein. I guess I must have missed that day at the University. As he dropped a nutrition revelation upon me, I looked at him with amazement. I was taught that pepperoni was one of the lowest quality proteins available and was loaded to the brim with saturated fat, cholesterol, nitrates and preservatives among a variety of other nice additives. As I was sitting there pouring over his nutritional diary, it hit me. Maybe one of the major supplement companies can take this guy's advice and come out with a 100% Pepperoni Protein powder. Now, that sounds delicious - NOT! So, as I looked at his journal entry with disgust on my face, he looks up at me and says, "I need a little fine tuning with my plan, eh?" I shake my head and tell him that his plan needs a lot more than a little fine tuning, it needs a TOTAL RECONSTRUCTION!!! Now get this, he looked a little shocked that I said that. Did he actually think he was eating like superstar? After some time discussing his mistakes and numerous shortcomings, we decided he needed some serious help to get his plan on track. We set up another appointment, but it was only after one stipulation. He had to follow exactly what I prescribed, and he promised that he wouldn't waste my time. He was dead serious on getting his nutritional plan optimized and I would be the guy to get the job done! After the initial consultation, I saw this gentleman once a week to monitor his progress and to make sure he was sticking with the plan. We did a complete assessment with him before we started the nutritional program. I measured his bodyfat and lean tissue percentages. We also took before and after photos. We took his maxes on all three of his powerlifts and other major assistance exercises. He had a blood test done by his doctor so we could monitor his cholesterol, blood pressure, thyroid function, as well as his blood sugar level. Since he had a case of borderline high blood pressure, this was one major consideration for his nutritional program.

After one month of following my plan we did another assessment to see his progress. First let's take a look at the most important thing ... his strength on the powerlifts. In the one month period, the weights he was using for 3x2 now miraculously became the same weight he was now using for 5x5 in all three of the powerlifts. I looked at him with shock on my face. I asked him if he was using any different equipment, supplements or other goodies that may have caused such a remarkable increase in his strength in such a short period of time. He listened to my instructions and didn't change any other variable except for his new nutritional plan. Next we measured his bodyfat percentage and his lean to fat ratio. As he took off his shirt I could see a noticeable difference in his bodyfat level since the last time I did the assessment one month prior. He measured in at 16%, down from 22%. I know we are not bodybuilders, but almost all lifters like to look leaner while being stronger. He also had some positive results with his blood sugar level and his blood pressure rating as well. I now had a 'believer'. He understood how proper nutritional planning can not only make a big difference in your overall health, but your strength and performance level on the platform! This would be just the beginning in a long career of success. This gentleman's performance was taken to new heights. During his time under my nutritional guidance, he has won 4 World Championships and 2 National titles as well. Before this time he competed mainly at the state level. The progress he has made under my guidance has been spectacular. He has even set several drug free World Records in the masters division. This client not only became one of my star subjects, but a close friend as well. The purpose of this example is not to make fun of his past nutritional habits, but to show you that you can make a huge difference on your performance when you follow the right nutritional plan!

WHAT IS THE FUTURE FOR POWERLIFTING NUTRITION?

The main purpose for my writings in *Powerlifting USA* is that I want to educate you on how to eat like a true strength athlete. I have reviewed diet plans of some nationally ranked powerlifters and after digesting their nutritional diaries, I can only imagine what they could be accomplishing and what their totals would be, if they optimized their nutritional plan. After fine tuning my athlete's meal plan, the results that they see are incredible. The lean muscle tissue starts to increase. Their bodyfat level, no matter their weight class, begins to decrease. Their strength steadily increases, and their recovery between their workouts is shortened. Their overall energy level is drastically improved and their endurance and volume workload in the gym takes a huge step forward. There are so many areas in powerlifting that can be affected by your nutritional plan. If you have neglected your power meal plan, it is now time to throw down those Twinkies and pepperoni sticks, and start treating your body like a power machine that will be fuelled for strength and power like never before. There is no time better than now to take powerlifting nutrition into the millennium, and take our totals to a new level! If ignoring your nutritional plan was something you have been guilty of in the past, it's not too late to change. Get your powerlifting nutritional plan on track and watch your total soar!

For questions or comments in regards to this article email me at aricciuto@x-tremepower.com. You can also visit my website at www.X-tremePower.com

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TRAINING

Organization of Training: Part 1

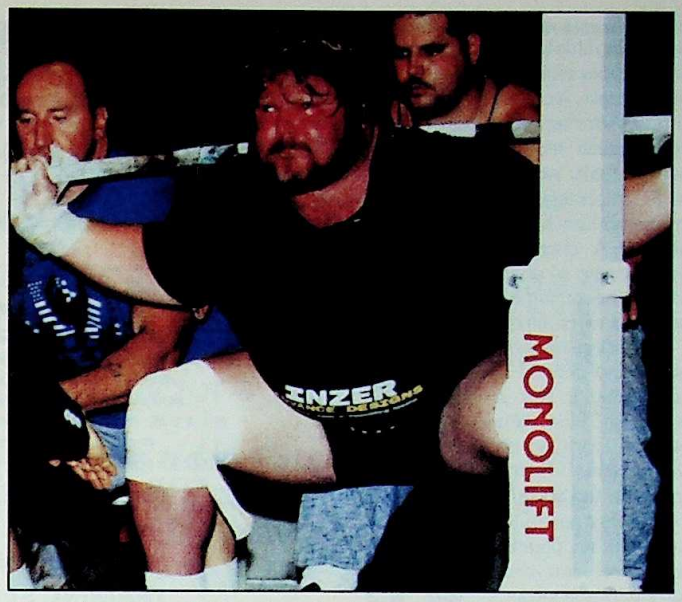
as told to Powerlifting USA by Louie Simmons

When planning training, one must not plan for the next meet, but rather the next year or even longer. The following are some issues to consider.

* Weight gain or loss
* Improving form on competitive lifts or special exercises
* Raising work capacity and improving general fitness
* Gaining general training knowledge
* Testing character and courage
* Learning how to use legal equipment

The effectiveness of your training is based on all of these considerations.

Weight gain or loss. First, you must be in the correct weight class. If you are 6 ft tall and weigh 180 lbs, you need to gain weight. A lifter like this should increase his protein and calorie intake, or he cannot compete with the top 181s of the world.



***Matt Dimel** won APF Senior after he ruptured his patella tendons*

To solve the problem, on max effort day do max 3's up to max 6's. This will build extra muscle mass while also building absolute strength. At Westside we recommend doing only a total of four exercises per workout. To gain weight, add two exercises to add muscle mass. When you gain up to the proper weight class, drop back to the original four exercises, not counting abs. As far as food intake, skip the chocolate milk and cookies and learn about proper nutrition. Buy a book or two and read and learn.

You have gained too much if your deadlift goes backward. Your waistline will get too big and your hands will become too fat. I know. It happened to me. You must be disciplined. It might take 5 years of hard training to build yourself to the right weight class.

Improving form. Improving form is a necessity, but it is sometimes difficult. At Westside we have people who are very good in all lifts. To teach a new lifter, we place them in one of our groups. By interacting with that group, they are taught good form through watching and listening. We never criticize, but rather analyze. We always tell the truth to each other and especially to visitors, because many of them don't have the luxury of great training partners to watch over them.

Special exercises will play a large role in perfecting top form in all three lifts by doing exercises for whatever muscle group is lagging. This in itself will help perfect your form. If only stands to reason if you have a weakness in a muscle group, it can destroy your form. A word of caution: If you are starting out, start out right.

Matt Dimel always had a triceps problem, but year after year he

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would gain little by little, and his poorest lift, the bench press, would increase. After rupturing both patella tendons, he eventually won the APF Seniors again. His improved bench press helped. A champion will become a champion by becoming better at his worst lift.

Raising work capacity and general fitness. Why is this so important? First, we all need to work on our weaknesses. Sometimes it is the ability to train at a fast pace. During a workout, your energy level can drop quickly. Some experts say at 45 minutes. Therefore, one must train at a fast pace to ensure the most important work is completed in 45 minutes. This involves lactic acid tolerance training. That is, le training, a pump in the hips lower back will occur while atting and doing back work. To k that one must fully rest be- en sets is old thinking, to say the t. If you do a work task and fully ver and then repeat the same k, you will use the very same cle fiber. You gain nothing by ing this way. But, by enlisting ter and shorter rest intervals een work sets, i.e., the interval hod, the work will be far more nse, involving more muscle fi- You will find that the last half of speed sets will be more explo- , and the last set, the most osive of all. When lactic acid is oduced, so is growth hormone.

If you have a high work capacity, a high-volume, high-intensity workout is not as tiring for you, as it would be for someone out of shape. This enables you to train a little heavier and longer and a little faster than your enemies. This requires one to do small, roughly 20-minute, workouts during the week. The workouts are directed toward any particular weakness you have. It could be a muscle group, flexibility, conditioning, and even concentration, through meditation, or restoration, through massage, saunas, ice baths, back adjustments, or even watching films.

To raise general fitness to a high degree may take years. A lifter's goal should be to raise his classification ranking from class 4 to USPF standard Elite. At Westside we have developed 56 Elite lifters, starting out with nothing. Some who have achieved all-time world record performances are Chuck Vogelpohl, Kenny Patterson, and Rob Fusner, to mention a few. They continually raised their work capacity. As they became stronger, their ability to recuperate, perfect form, concentrate, and raise volume increased.

Chuck and I do about 14 workouts a week. We will do a couple sets of dumbbell presses to failure or timed sets with some lat and ab work before squatting. We may do sled work and glute/ham raises before a bench workout. You can even do sled work or the Reverse Hyper machine before a squat or deadlift workout with no adverse effects when you are in top condition.

By doing a lot of sled work of all types your work capacity will greatly improve. On max effort day the heaviest sled work is performed. It may involve pulling up to six 45-pound plates on a flat steel sled. The sled is pulled in two ways: with the strap hooked to the back of your belt or holding the strap in your hands between your legs with an upright posture and with your arms straight. The amount of weight is reduced throughout the week until possibly a weight of roughly 60 pounds is used. The weight is lowered, but the length of pulling is greater: 600 feet for the heaviest work and up to 2000 feet for light work. For upper body work, I have dragged for 2 miles nonstop.

I sometimes do a lot of box jumps as a replacement for some of the sled pulling. Light fireman's carry can also be done. We also throw a medicine ball for a set time, usually 3-15 minutes with a ball weighing 10-40 pounds. Light powercleans are also very beneficial for conditioning. Do them in one of two ways: First, drop to a hang clean and do powercleans with the interval method. A set can be done every 60, 45, or 30 seconds, depending on your level of fitness. A second variety is to add a push jerk or push press with each set. The sets should last 5-20 minutes. This is a tough one. Dumbbells can be done in a very slow fashion, for up to 8 minutes. Use the shortest time, 2 minutes, with the heaviest bells. For example, use 50-pound dumbbells continuously for 5 minutes, keeping track of the reps.

Walking lunges can also be done. But whatever exercise you do, it should slowly increase in intensity and volume as years pass.

Ease into the work, but always aim to increase the amount of work. The better condition you're in, the faster your new records will come.

There is much to learn if you are to succeed, and it takes time. You must gain mentally, technically, and physically. So be patient; it will come.

Part 2 will cover gaining training knowledge, testing character and courage, and learning how to use equipment.

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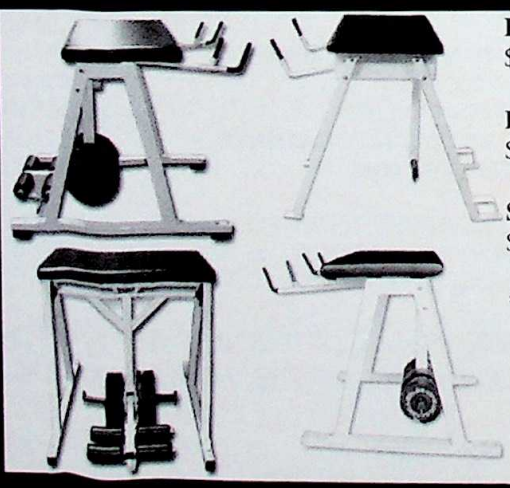

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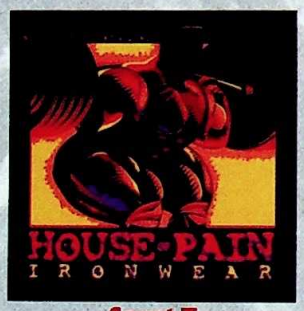

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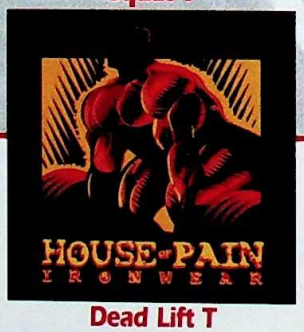
Bench Press T



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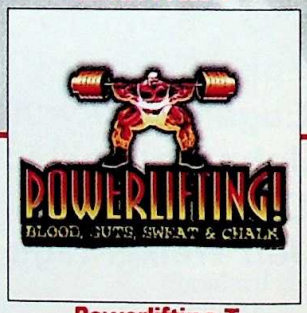

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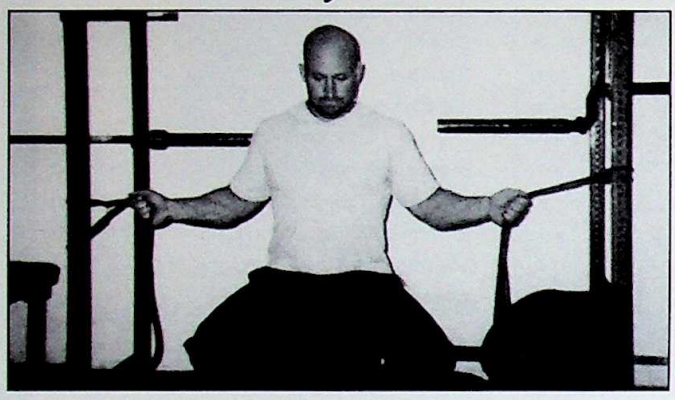
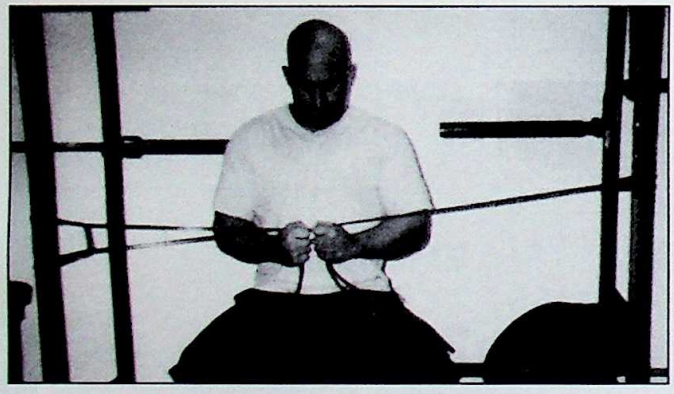
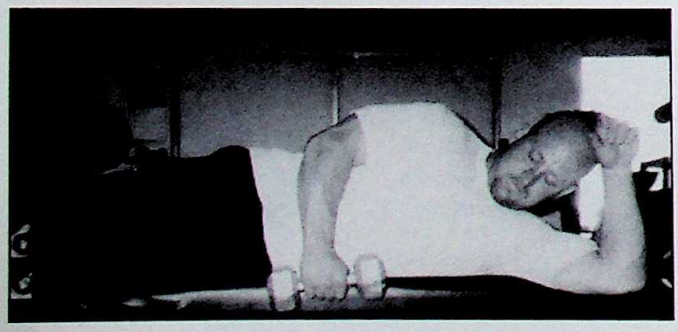
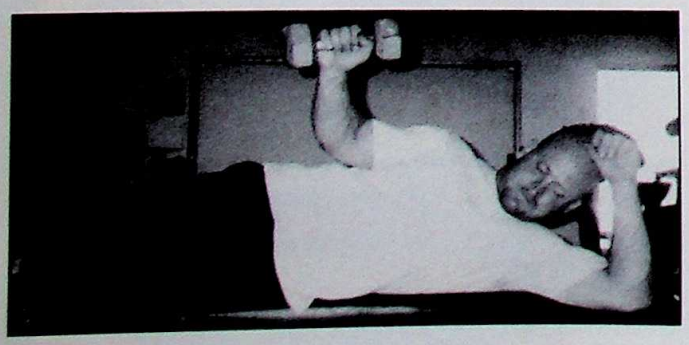


(above) Start - elbows tucked into body. (below) Finish - Elbows tucked into body. (All photographs are courtesy of George Halbert)





(above) Start - (below) Finish - be sure to force elbows into your sides



Let me start by telling you this article won't put 25 pounds on your bench in one month. The purpose of this article is to insure the longevity of your lifting career. The area of "preventive maintenance" that this article will deal with is the rotator cuff. The rotator cuff gets very little direct strength training in most bench press programs and as one becomes stronger and stronger in the delts, pecs, lats and triceps the stresses on the rotator cuff become greater and greater and an imbalance in the body will result. It is then only a matter of time before an injury sets in and rotator damage is a very time consuming injury to overcome. So, let's build a stronger rotator cuff.

There are 4 sets of exercises that I will show you that work the four areas of rotation of the rotator. Now these are not the only 4 exercises, but once you learn these exercises and realize their distinct purposes you will be able to come up with your own exercises using the same principles to better suit the equipment available to you. I personally recommend doing these exercises as a second workout. The reason for this is it will not detract from your primary workout and you will be able to focus directly on the task at hand ... stronger rotators. Now, I understand that not everyone is able to get in a second workout, so it is ok to put this in with your main workout. It is most important that you do not neglect your rotators or they will neglect you. You should train your rotators 1-2 times a week, I recommend you start with once a week and work up to twice a week and then from there decide for yourself which works best for you. I recommend that you do 2-3 sets per each exercise (remember, total of 4 exercises) for

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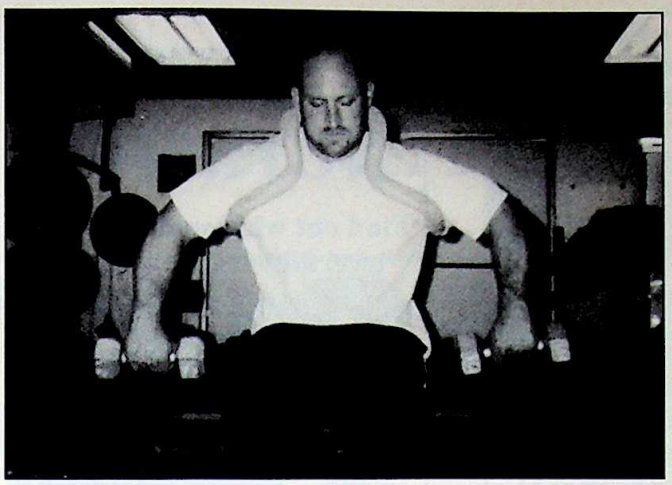
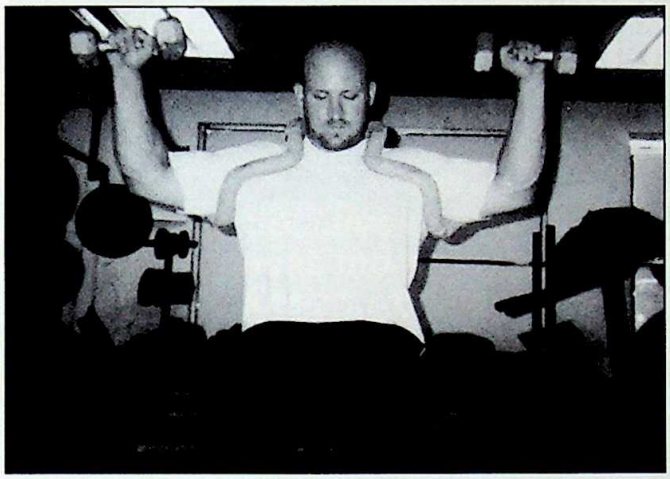


(above) Start Position - (below) Finish position of the Shoulder Horn

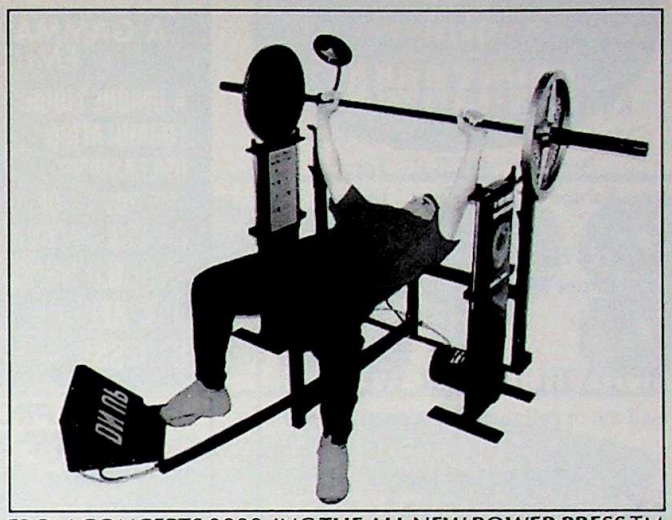


12-15 reps. It is crucial that you use strict form and do not swing or use momentum in any way. Let me use the shoulder horn exercise as an example. Let's say you decide that 2 sets per exercise works best for you. You will start with 15 pound dumbbells for 2 sets of 12. Let's say you are able to perform both sets for 12 reps. The next time you perform this workout you will attempt 15 pound dumbbells for 2 sets of 13. If successful the next workout you would try 15 pound dumbbells for 2 sets of 14. If successful the next workout you would try 15 pound dumbbells for 2 sets of 15. Finally if successful for 2 sets of 15 the next workout you will move up to 20 lb dumbbells and drop back to sets of 12 trying once again to progress upwards in reps and then in weight. This is a form of progressive overload training. It is important to remember, with this type of training, not to move up if you are unable to complete the all the reps and they must be performed correctly and strictly. Also realize over time that your progress will stall in your rotator work using just strictly progressive overload training and that other training methods will become necessary to continue your improvement, but this will get you well on your way to very healthy rotators and a very long career in benching. For those of you not familiar with other types of training other than progressive overload I will cover more in future articles, but this will get you started.

... "The rotator cuff gets very little direct strength training in most bench press programs and as one becomes stronger and stronger in the delts, pecs, lats and triceps the stresses on the rotator cuff become greater and greater and an imbalance in the body will result."

Remember your rotators are your lifting career. Your rotators handle a high amount of stress from your primary muscles and from the weights you lift. Protect and strengthen your rotators and they will protect your lifting career.

New Product



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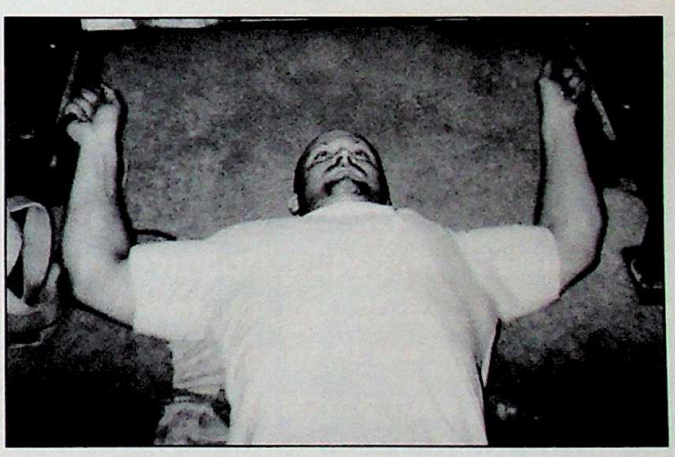

(above) Start - (below) Finish - always keeping the elbows stationary

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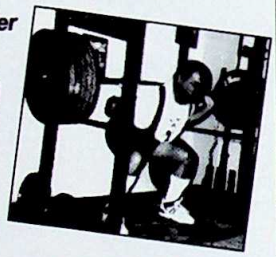

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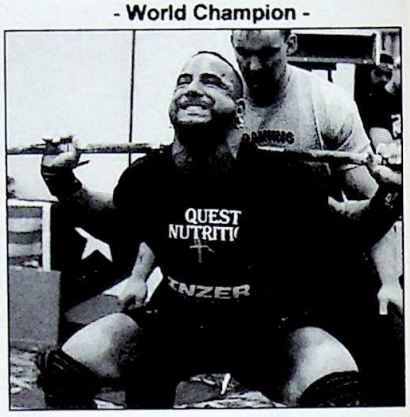

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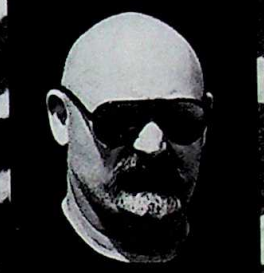

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Dr. JUDD

No Mas! No Mas! *by Judd Biasiotto Ph.D.*

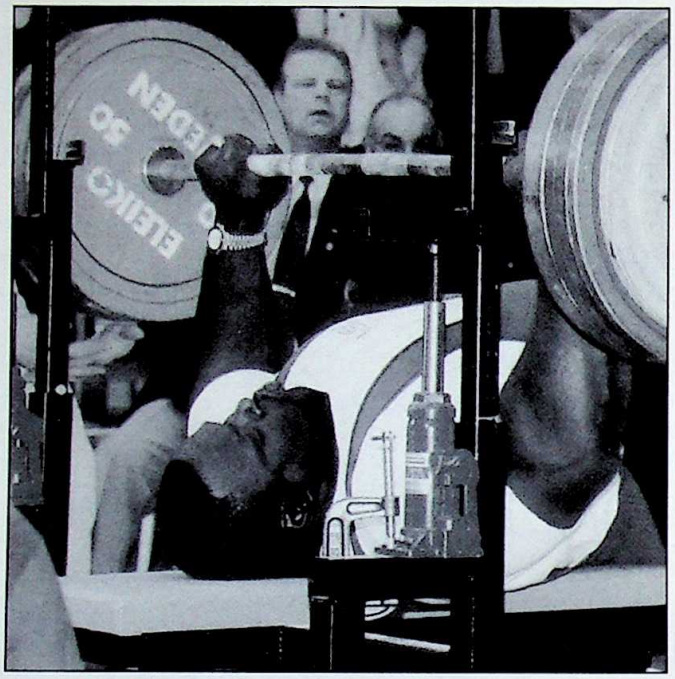
Recently, Magnus Ver Magnusson of Iceland (former World's Strongest Man contest winner) came to the US for a strength symposium. There were athletes and researchers from all over the globe, with a wealth of information to share. Amazingly, though, what a lot of the people came to the seminar for was to see an exhibition in which a 198 pound lifter was going to attempt a bench press of 700 pounds.

You would think that most people would be interested in learning something to improve their own performance, rather than watching someone else perform. Still, I have to admit I was curious. This isn't something you see every day. Even Magnus, who has competed against the greatest strength athletes to walk the earth, was excited. When it came time for the exhibition, we joined the throng of inquisitive spectators.

This was an international audience that holds strength athletes with the same esteem that Americans have for football and baseball players. A European witnessing a guy weighing 198 pounds bench pressing 700 pounds would be analogous to an American seeing Barry Bonds cracking five home runs in a single game. Magnus wanted to see the guy up close and personal. Before taking our seats in the audience, we went behind the scenes to meet him.

When we got backstage, the guy was warming up with 315 pounds. After he pumped out ten easy reps he stood up and looked our way. The guy had a huge chest and deltoids, and his arms were absolutely massive for a guy weighing 198 pounds. Yet, with all that upper body mass, he didn't exactly look like a guy who could bench press 700 pounds. To be honest, the only guy I had ever witnessed bench pressing that much weight was James "Hollywood" Henderson, and James weighed every bit of 400 pounds when he did it. I knew Anthony Clark and a number of other guys had lifted even more, but they too weighed close to 400 pounds. Heck, I met the best bench pressers in the world when I wrote my book *The Bench Press - The Training Techniques of the Worlds Greatest Bench Pressers*, and everyone one of those athletes were significantly bigger than this guy. Then, too, I have witnessed guys like Mike McDonald, who looked like they didn't have a muscle on their body, make lifts that were inconceivable. So, I wasn't really sure if he could do it or not.

The guy realized who Magnus was, and walked over and introduced himself. After some small talk, he told us he would see us later and started walking back to the warm-up area. As he was walking away, he suddenly turned back and, as if an afterthought, yelled over to Magnus, "You are looking at a future World's Strongest Man. You don't want any of me." He was smiling as he said it, but somehow I felt the comment was in poor taste. Magnus acknowledged his proclamation with a smile of his own, but I could tell that he was a little taken aback by the guy's boldness. In all candor, I didn't like the way the guy handled the situation. He just came off as being a little too arrogant, which was unfortunate, because I could tell he was actually a good person.



James Henderson's bench presses were done right. (Hiro Isagawa)

For his next warm-up the guy took 425 pounds. The first repetition went up relatively easy, but the next four reps were pretty tough. After seeing that, I thought there was no way in the world this guy could even come close to bench pressing 600 pounds, let alone 700. He just didn't have the explosive power.

What transpired next was rather peculiar. One of the lifter's spotters came over and asked us to leave. He said that Magnus and I were distracting him. The first thing that ran through my mind was that if we were distracting him what was an auditorium full of people going to do to his concentration? I was willing to comply with the request, but, ominously, Magnus informed the guy that he wasn't going to leave. There is an old cliche that states "Where does 1200 pound gorilla sit? (The answer being) -- anywhere he wants too." The spotter immediately turned, without saying a word, and went back to his business.

It didn't take us long to find out why he wanted us to leave. First, they taped a good three inches of padding to the lifter's upper back. I assumed they did that so that he could get a better arch when he was bench pressing. After they had the padding taped to him good and tight, they crammed him into a three-ply denim lifting shirt. Once in the shirt he had to walk around with his arms extended straight in front of him. The shirt was so tight that he couldn't separate his hands more than six inches apart. His outfit may have looked lampoonish, but boy was it effective.

He took one more warm-up with 525 pounds. Amazingly, he could barely get the weight to his chest with all of that equipment on, but once he did, he drove the weight back up with relative ease. I couldn't believe how easy he made that lift especially after seeing him struggle with 425 pounds. I looked over at Magnus. He was shaking his head. I knew exactly what he was thinking ... "This is a joke."

It got worse. He opened up on stage with 600 pounds. Once again he had trouble getting the weight to his chest. This time, however, he had trouble getting it back up. In fact, the lift would have stalled a good inch below his sticking point if it weren't for his spotter, helping him up with it. I am serious, it was like he was doing a forced rep with the spotter lifting half the weight. Surprisingly, when they got the weight back into the rack, he jumped up and acted as if he actually made the lift.

He did 650 pounds exactly the same way, with the spotter assisting him from his chest right up into the rack. After that lift Magnus turned to me and said, "This is the best two man lifting I have seen in my life." Magnus was right, one guy was benching the weight and the other guy was deadlifting it. It was embarrassing to watch. To add insult to injury, they went on to attempt 700 pounds. Thank God, they *both* missed the weight this time.

After he missed the 700 pounds, he grabbed the microphone and apologized to the audience for missing the lift. He should have apologized for insulting their intelligence. Heck, he should have apologized for making a farce out of the sport.

After that exhibition, a lot of people were wondering out loud about the legitimacy of powerlifting records. I am sure Magnus is back in Iceland telling everyone this story and explaining how Americans establish such mindboggling lifts. Let me tell you this too ... because of my profession, I am around a lot of professional and world class athletes in other sports and they routinely raise the ethics issue concerning drugs and equipment and how the sanctity of powerlifting records have been compromised.

I would like to think that all of the lifts in powerlifting are legitimate. I would like to believe that all lifters perform naturally and that their strength is the product of hard work and not drugs or gimmicks. When you achieve something, it should be because you worked hard to achieve it. Unfortunately, I know better. There are more and more stories like the aforementioned circulating throughout the powerlifting community. More and more athletes are being accused of cheating or using gimmicks to make lifts. We know this is wrong, yet nobody does anything about it. Someone has got to stand up and say, *"No Mas!, No Mas!"*

Judd Biasiotto Ph.D.

MEN'S ELEVEN TIMES BODYWEIGHT CLUB

PL	X BWT.	LIFTER	NAT	BWT.	KG.	LB.	DATE
1	12.3328	SIVOKON, A.	73KAZ	67.30	830.0	1829.8	16NOV00
2	12.0401	MCNAMARA, GERALD	63IRE	59.80	720.0	1587.3	09SEP00
3	12.0000	GANT, LAMAR	57USA	60.00	720.0	1587.3	08APR88
4	11.9327	SUTRISNO, DARIMIN	INA	59.50	710.0	1565.3	15NOV01
5	11.9065	CONYERS, ANTHONY	59USA	67.40	802.5	1769.2	31MAY96
6	11.8065	OLECH, JAROSLAW	74POL	66.70	787.5	1736.1	16NOV01
7	11.7916	BRADLEY, JOE	USA	60.00	707.5	1559.7	27MAR82
8	11.7088	PAVLOV, KONSTANTIN	73RUS	55.30	647.5	1427.5	28FEB02
9	11.6279	STANASZEK, ANDRZEJ	71POL	51.60	600.0	1322.5	13MAY99
10	11.6060	BELL, GENE	56USA	82.50	957.5	2110.9	08APR88
11	11.5757	BRIDGES, MICHAEL	57USA	82.50	955.0	2105.4	10JUL82
12	11.5641	ALEXANDER, AUSBY	56USA	73.93	855.0	1885.0	02APR89
13	11.5185	AUSTIN, DANIEL	58USA	67.50	777.5	1714.1	08APR88
14	11.5018	HU, CHUN-HSIUNG	74TPE	55.60	639.5	1409.8	31OCT97
15	11.4305	CRAIN, RICKEY	53USA	75.00	857.3	1890.0	23NOV96
16	11.3666	GAUGLER, RICK	54USA	75.00	852.5	1879.4	13MAR82
17	11.3636	INABA, HIDEAKI	44JPN	51.70	587.5	1295.2	12NOV87
18	11.3333	ANDRUKHIN, M.	70RUS	60.00	680.0	1499.1	08MAY02
19	11.3150	FURASHKIN, VIKTOR	69RUS	74.90	847.5	1868.4	09MAY02
20	11.3063	SAHU, KRISHNA	67IND	55.50	627.5	1383.4	99
21	11.3034	BERARDINELLI, ANGELO	65USA	74.84	845.9	1865.0	18FEB98
22	11.2994	COAN, EDWARD	63USA	88.50	1000.0	2204.6	03MAR85
23	11.2222	JACKSON, JESSE	USA	67.50	757.5	1670.0	28JUL90
24	11.2184	ELYN, WM	63BEL	59.50	667.5	1471.6	14NOV96
25	11.1886	LUCKETT, LARRY	USA	67.50	755.2	1665.0	17APR88
26	11.1668	LU, SHIH-WU	75TPE	54.85	612.5	1350.3	04MAY01
27	11.1666	LAINE, JARMO	66FIN	75.00	837.5	1846.4	24FEB02
28	11.1607	THIOS, DENNIS	69INA	56.00	625.0	1377.9	08NOV92
29	11.1556	HOOPER, WADE	70USA	74.85	835.0	1840.8	24FEB02
30	11.1481	PEREZ, JOSE	USA	67.50	752.5	1658.9	05MAR90
31	11.1130	HEATH, DOUG	55USA	60.00	666.8	1470.0	14MAR92
32	11.1057	ZHURAVLYEV, SERGEY	60RUS	52.00	577.5	1278.7	29FEB92
33	11.0912	HSIEH, TSUNG-TING	82TPE	55.90	620.0	1366.9	11SEP01
34	11.0894	GORBUNOV, V.	75RUS	51.40	570.0	1256.6	21JUN98
35	11.0600	LEE, YUNG-CHANG	60TPE	59.90	662.5	1460.6	03NOV97
36	11.0576	DEGOVETS, ALEXANDER	66UKR	52.00	575.0	1267.7	01JUL95
37	11.0315	DUNBAR, CHARLES	57USA	51.20	565.0	1245.6	07JUL84
38	11.0215	BARANOV, VIKTOR	67RUS	74.40	820.0	1807.8	29SEP00
39	11.0000	PRIMICH, NEVILLE	RSA	75.00	825.0	1818.8	06NOV94

WOMEN'S NINE TIMES BODYWEIGHT CLUB

PL	X BWT.	LIFTER	NAT	BWT.	KG.	LB.	DATE
1	9.8379	TESLEVA, SVETLANA	75RUS	43.20	425.0	937.0	25MAY00
2	9.6993	NIKOLAENKO, S.	81RUS	51.55	500.0	1102.3	27FEB02
3	9.5578	WEISBERGER, AMY	65USA	56.00	535.2	1180.0	20FEB00
4	9.5173	BOUDREAU, CARRIE	67USA	54.90	522.5	1151.9	21JUL95
5	9.4476	BELOVA, OKSANA	75RUS	51.60	487.5	1074.8	26DEC99
6	9.3974	GIBSON, VANESSA	GBR	55.60	522.5	1151.9	09NOV96
7	9.2857	ABRAMOVA, IRINA	74RUS	59.50	552.5	1218.1	02DEC00
8	9.2465	AVIGLIANO, NANCE	56USA	58.40	540.0	1190.5	14JUN02
9	9.2399	KUDINOVA, MARINA	77RUS	67.10	620.0	1366.9	20AUG01
10	9.2255	KOSKINEN, RAIJA	63FIN	43.90	405.0	892.9	21NOV98
11	9.2046	FILMONOVA, INNA	76RUS	55.95	515.0	1135.4	27FEB02
12	9.1964	HYSER, VICKY	RSA	56.00	515.0	1135.4	09NOV01
13	9.1826	JEFFREY, MARY	60USA	52.00	477.5	1052.7	21NOV87
14	9.1726	CHAN, CIEN-MING	76TPE	55.60	510.0	1124.4	99
15	9.1276	NELUBOVA, VALENTINA	66RUS	55.60	507.5	1118.9	25MAY01
16	9.1148	SHAPOVALOVA, N.	83RUS	47.45	432.5	953.5	27FEB02
17	9.1023	JERUMBO-WARMAN, M.	58USA	59.60	542.5	1196.0	09NOV96
18	9.0780	SHAFER, RUTH	59USA	63.95	580.6	1280.0	22NOV85
19	9.0277	CHEN, CHUN-JU	82TPE	43.20	390.0	859.8	99
20	9.0000	FOMINA, ELENA	69RUS	60.00	540.0	1190.5	02MAR01

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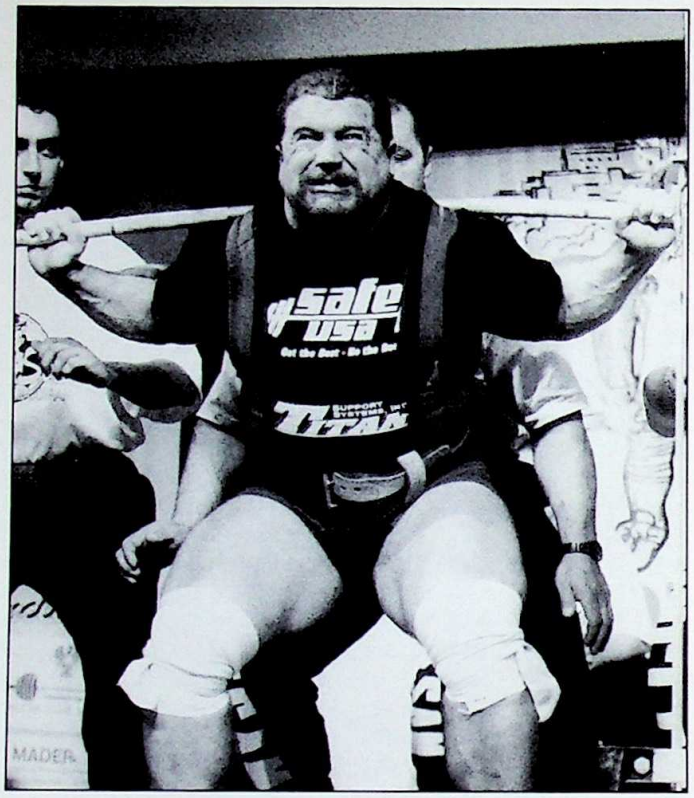
ATTITUDE NUTRITION FITNESS

"Things Will Try To Kill You"

as told to Powerlifting USA by Mark Daniel

It's a fact; as you read this writing thousands of situations exist capable of causing you an immediate release from this world. This is a dangerous, chaotic, violent reality we live in. Don't believe it? Cross the road, wearing dark clothes, when the bars let out in a college town. Go to a Snoop Dogg show in a KKK uniform, unarmed, alone. Date an NBA star. Drink the water in Third World countries. Just holding still in most parts of the Middle East can cause a quick end to your long-term investment plans. The fact that this is a high-risk world is made much more valid when combined with familiarity of nature's uneven distribution of survival factors. We, presuming the reader to be human (or a lawyer), got: self-awareness, and cool thumbs and wrists; other critters got exoskeleton armor, the ability to fly, run 65 miles an hour, horns, claws, fangs, incredible sensory capabilities, freedom from telemarketers, poison, and some don't even mate for life (or 5 minutes for that matter). As a Biologist that is also obsessed with strength and power, well, I quickly saw that we were ripped off (except for Brad Gillingham). Barring almost no exception we are the most FRAGILE organisms on this planet, pound for pound. Please imagine, if you will, an 80 pound Praying Mantis. This example would be smaller than the lightest weight category in powerlifting, by far. Yet even Big Brad G. would be at a loss to defend against such a creature. As I understand it, this 'bug' would be able to tip over pick-up trucks, fly 50 miles per hour, slice steel, and repel bullets. Still too glamorous an example? Keep in mind a 70 pound moth will be about as dangerous. Likewise for ladybugs, frogs, heck - who wants to see a 20-pound mosquito? If we switch to our own branch of life we discover that even as mammals we are the laughingstock of the party. Not counting the claws and fangs stuff, we are many times weaker per pound than the next most frail of mammals. Some are 7-9 times 'stronger' per bodyweight than healthy humans. Reliable evidence has shown baby apes to be VERY physically (and often intellectually) superior to adult human athletes. Dr. Judd has a great story of picking a fight with a small chimp, resulting in bruises where his insurance does not cover. What is my point in all this? In general, our only hope is to get stronger. Sure many other factors aid in survival, but don't bank on brains being the big winner in nature. Knowledge, information - yes. Just don't count on your great human ability to think making the difference in cold, hard nature. You won't get any slack from sharks, hyenas, timber wolves, etc. even if you have good SAT scores and can fix any automotive problem. Nope, it'll come down to force, I reckon. I know that many would ponder the lack of a mention for flexibility and cardio-vascular endurance. Well, actual range of motion is helpful, but will not be the deciding factor when an adult grizzly bear is attacking. So, on to endurance!



***Kirk Karwoski** would happily damage any bus that dared to hit him.*

Allow me to recall a story from my dozen or so," highly productive" years of college. Fact is, I wasn't the most 'goal-oriented' student around, but as an Exercise Physiology/Kinesiology major I did get the pleasure of being SURROUNDED by fit, wellness-oriented scholars (in other words: skeletons that could move for long periods of time, with nice running shoes). These folks saw large muscles as impediments; thought-disrupting tissues designed to hide insecurities, at best. I had many a lively debate with these classmates, and even with 'instructors'. My favorite opponent was a Phd. Candidate I will refer to herein as "Cecil" (his real name is much sillier). "Cecil" was a real-live ENDURANCE ATHLETE. If you don't know, these are the really competitive skeletons, with the nicest running shoes, and are able to do pointless, repetitive activities for hours, even without Ritalin. "Cecil" was of the very common belief that, since I could bench press much more then I weighed, I was 1) an idiot; 2) on drugs; and best of all 3) ill suited to survive! I know enough not to contest anybody on issue #1. I have been drug tested quite a bit for being so weak a powerlifter, so #2 is a compliment. But #3 was unacceptable. Sure, "Cecil" was basically in control of my grades for this course, but I could not let such a slur from this 'Ally Mcbeal' looking geek pass uncontested. Seeing as how "Cecil" was about the same length, weight, and width, of an IPF legal knee wrap (only more flexible), one would assume he would see himself as at risk in the deadly realm of nature. Not so. He loudly and vigorously contended that an endurance athlete was better suited to 'survive' than a 'power' athlete, even if skill and body composition were identical! His primary assertion was simple; he would run away. In nature this is absurd. I challenge ANYBODY to come up with a group of creatures that hunt and kill at a JOG! Find a creature that will run fast AND far. Face it, good reader, if the bear hasn't caught you in about 40 seconds, he'll find other entertainment. Why would any animal burn hundreds of calories to obtain a few hundred more, especially while risking injury? Fact is, the FASTEST eat/escape, the rest die. Okay, not too extraordinary so far. Here is the catch, where "Cecil" and his brethren strike me as insane: what propels the organism through the environment? In my life, I have never found out the mysterious answer that the enemies of strength believe. Science has shown for decades that only muscular force can be used to allow animals to move faster, all other things being similar. I STILL can't believe that there are maniacs that think that LOSING weight will INCREASE strength, as many wrestlers and some other athletes think. Would these guys rather tussle with Ray Benemerito than Allen Iverson (even unarmed)? Bigger engine - more propulsion, within reason. So, "Cecil" putters away, I use superior short-term acceleration to catch him, and possibly snap his cellphone antenna of a neck. End of story? Not so. He stated that his fantastic mobility would allow for evasion beyond my 'clumsy' ability. As this is an assumption based on the premise that LESS tissue allows for MORE agility, we'll just let it go. Next is the famous "my greater athleticism(?) will allow me to fashion a spear to toss at you" statement. Of course, I'll use a bigger projectile, throwing it harder and faster. Still, the uninformed see any muscular size as causing the amazing 'muscle-bound' effect. These people really need to see the upper bodies on male gymnasts, etc. - and there are as many scrawny inflexible klutzes as massive ones, I am sure. But "Cecil" might say he could scamper up a tree! Oh my, what is the strength athlete to do? Well, shake the tree, knock it down, or wait at the bottom, living off of greater body mass. It just makes sense; outrun, jump, swim, hit, and so on: the stronger creature can propel itself through the atmosphere harder and faster. One last thing "Cecil" and I disagreed on was more easily seen to most. If a bus hits Kirk Karwoski and the world's greatest marathoner with equal force, will the result be the same? Come on now. If he plants his feet Kirk may damage the bus! A larger, stronger animal will survive trauma better than a similar one with fantastic cardiovascular endurance. Come to think of it, endurance ain't gonna win much in nature. If a boxer knocks your head off in the first round, will anyone care that you WOULD have still been fresh in the twelfth? Nope. Things will try to kill you, and you'll have plenty of time to be bony after your funeral. Last I heard, "Cecil" got his Ph.D., but was permanently injured when it was dropped on his left leg. Train to be strong AND healthy, and more than just survive.

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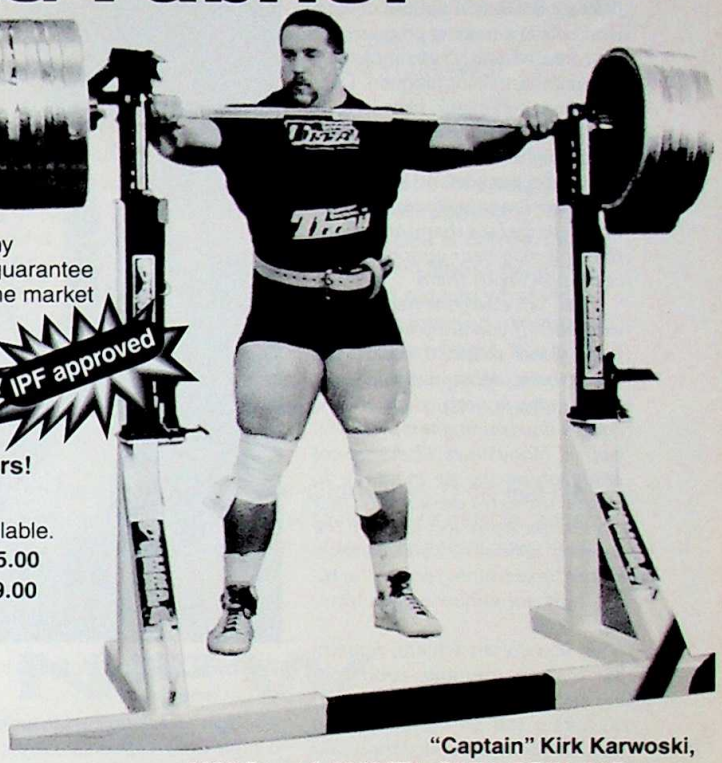

"Captain" Kirk Karwoski,
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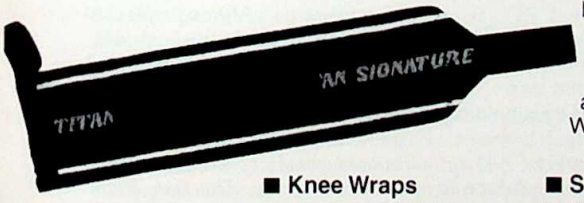

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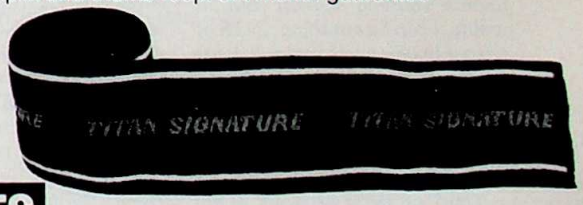

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FORCE TRAINING

by Dave Tate of Elite Fitness Systems

Question: My question is concerning extra workouts. I've read several different articles on the use of extra workouts in a training program and am confused as to how to implement them into my training program. Does everyone need them? How long do they need to be? How do you determine weight % and reps per set for these extra workouts?

Answer: *I'm going to clarify extra workouts (as I see them) and I hope that this may clear up some of the confusion about them.*

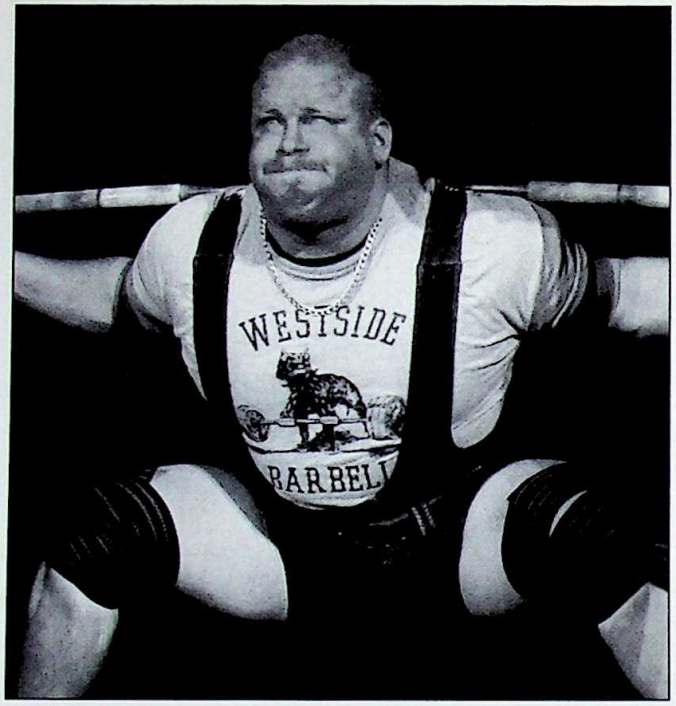
First, not everyone needs extra workouts. If you are young and in fairly good shape, I doubt you need them. Most people, especially novices, can stick to the basic 4 day training template and be fine. Many times, lifters are not ready physically or mentally to handle the extra workouts. Their work capacity is too low for the training volume. This causes a state of over training and will actually hurt not enhance your training.

If you are an athlete, remember that the running, conditioning, fieldwork, specialty work, etc. all take a toll on the body. You need to focus on restoration and rest: not hitting the weight room. Your mind needs a rest also, and just getting out of the training environment will do wonders.

Second, the term workout needs to be looked at differently. Most of the time it is seen as an intense training session. But in reality it can be anything. 2x15 of reverse hypers and some pull down abs could be a workout. In my Force Training seminar people are always amazed when I list band good mornings and stretching as a workout.

Third, an extra workout, in my opinion, is anything that helps you get ready for the big 4 sessions of the week. This could be some extra stretching at night, some light sled dragging to get rid of soreness, sitting on your couch eating pizza, or getting a nap in. Everything should be geared to making those workouts better. If you are doing triceps pushdowns every day, and your elbows are killing you and your ME work is down, what benefit are you truly getting from the extra workout?

Fourth, extra workouts need to be added in gradually. Don't do something just because someone else does. It takes years to develop a high work capacity. Take your time and be patient. Remember this; too many people are trying to do too much and make this system complicated.



Westside Training Methods *have become more prevalent nationwide.*

Question: What do you guys do to prevent elbow pain? My triceps strength is going up, but several days after a workout they still ache. I don't want to stop training, but feel like I may start going backwards if I can't get rid of this pain. Please help!

Answer: *This has been a complaint of many powerlifters over time and isn't unique to any one thing. What one person can do without pain can set another lifter back several weeks. The trick is finding what exercises and movements hurt and simply stop doing them. There is always an alternative; it's just up to you to find what that is. I have talked about this issue with many lifters and here are some remedies that have helped various people over the years.*

1. Make sure you warm-up properly. This may mean that you need to take 10-20 more minutes than your training partners before a workout to get ready or it may mean that you need to progress slower to your working weight.

2. Use liniment. There are various liniments that can be applied topically that will help with the pain.

3. Wear neoprene elbows sleeves when training. This will help keep the elbows warm.

4. Take an anti-inflammatory before you train.

5. Ice after training.

6. Have ultra-sound done to your elbows.

7. Move your grip out when squatting.

8. Use glucosamine/MSM.

9. Try Active Release Therapy

Try any combination of the above and see what happens. The important thing to remember is that you are not going to be stronger if you are hurt, so you have to find a way around the pain until it fully heals.

Question: I got into a debate with a strength coach that wanted to take the bands off the bar after DE day and work up to a single. I told him it wasn't a good idea, but he insisted that his athletes do it. I know you've made some references to it before but I couldn't remember them. Is it detrimental to take the bands off during a session?

Answer: *Yes. Here is why. The bands allow the bar to drop faster than gravity. This is called accelerated eccentrics. The faster the bar moves on the way down, the faster it will come up. Of course, the eccentric phase must still be controlled and strong; this is not an invitation for every lifter to lose form and hurt themselves. Having said that, by taking the bands off of the bar during a session, the eccentric portion of the lift will be slowed significantly and thus the concentric (the raising of the bar) will be slower. Louie did an informal experiment with Matt Smith that he detailed in his article "Training Methods." Here is a quote from the article, "With 550 pounds of only weight on the bar, the eccentric portion took 0.9 seconds and the concentric 1.35 seconds. With a combination of weight and bands (375 lbs. + 175, 550 at the top and 375 at the bottom) the eccentric phase was 0.55 seconds and the concentric 0.76 seconds. When only bands were used (750 at the top and 550 at the bottom), the eccentric phase was 0.53 seconds and the concentric 0.57. Bands work like muscle and connective tissue; they lengthen and contract in addition to absorbing kinetic energy." Although this was not a formal study, it shows why the bands shouldn't be taken off of the bar. All one really needs to do is try it themselves. Perhaps if your strength coach actually trained what he coached, he would understand why. This is the main reason why I constantly preach that coaches should have some education under the bar and not just at a desk. Every guy in our gym would tell you to keep the bands on the bar. They may not know the exact science or reasoning behind it, but they are experienced enough to know that the bar speed would significantly decrease.*

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Ask the Doctor

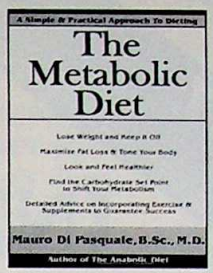
This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send $15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I have two quick questions for you regarding the Metabolic Diet. I am already through the assessment phase and everything is going well. I know you are very busy so I will keep the questions short as possible. 1 - At the back of the book in the food tables, using steak as example, it gives values regarding fat, carbs, protein and calories, but when it says per 3 oz. does it mean raw or after cooking, as I know the meat will weigh less cooked? 2 - I am getting most of my protein through fish and lean meats and protein powders. I am getting at least 25% of my fats from good fats, but the rest is from dairy fats such as double cream and cheese. I know these are very high in saturated fats, but are not heated or processed in any way. Is my health at risk? I am taking lots of flax seed oil and GLA and EPA, etc. Thank you so much for having the time to read and hopefully answer my e-mail. I did E-mail you last week congratulating you on your brilliant book. I will not bother you again. Yours faithfully **Rob.**

Dear Robert: *3 oz is for the raw food. That's the only real way to measure foods since the amount they shrink depends on how they are cooked. I've found that most people on the Metabolic Diet don't run into any significant adverse changes to their serum cholesterols, especially if they take in a reasonable amount of good fats such as the omega three and omega six EFAs (flax - ALA and LA, fish oils - EPA and DHA, GLA, etc.) and the monosaturates like the oleic acid from olive oil. If you're at all worried, have your serum cholesterol levels done and even compare them to what they were before you went on the diet. As far as bothering me again, it's OK. Let me know how you get along and if you decide to check your cholesterol, what your values are. All the best,* ***Mauro***

DEAR MAURO: I've been on the Metabolic Diet for a few months and I think its fantastic. I've put on muscle mass and dropped body fat at the same time. I've got to squeeze down to 165 for a powerlifting contest coming up. I am currently not dieting, just hoping to maintain my current weight of about 180. Is this a good way (the Metabolic Diet) to get down to a realistic weight, so I can cut the rest the day before weigh-ins? I need every bit of strength I can get, and I'm trying not to lose any. I appreciate your time, and you did a great job with the book. Several of my friends have tried it with much success as well (the losing bodyfat bit, while retaining muscle). Thanks for your time, **Mark**

Dear Mark*: The Metabolic Diet is an excellent way to cut back to say around the 172 lb. mark, plus or minus a few pounds, over several weeks so it won't significantly effect your strength. Then drop the rest of the weight within 48 hours prior to the weigh in, getting much of it back, and usually a lot more if you're been following the Metabolic Diet, before you get into the serious lifting. BTW, I'm just finished writing an e-book, the Anabolic Solution for recreational and competitive Powerlifters. It ties in the Metabolic Diet with phases of training and nutritional supplement use. It also includes extensive information on making weight and what to do prior to weighing in, after you've weighed in and during the competition to maximize your functional bodyweight and strength. After all, the more muscle you have at any given weight class, the more weight you can lift. This was shown (as if we really need scientific proof) in a recently published study (Brechue WF, Abe T. The role of FFM accumulation and skeletal muscle architecture in powerlifting performance. Eur J Appl Physiol 2002 Feb;86(4):327-36.) The Anabolic Solution has over 220 pages of information that will allow to increase your strength and lean body mass while at the same time cutting back on your body fat, and get into the best competition shape of your life, competition after competition, and year after year. The Anabolic Solution is all about manipulating the body's anabolic and the catabolic hormones and growth factors to give you the anabolic edge as far as your training and competitions. You can order the Anabolic Solution for Powerlifters from www.MetabolicDiet.com, and if you enter the special PL USA discount code you'll get an automatic 10% off anything you order from the store. Best of luck with the competition.* ***Mauro***



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Mauro DiPasquale, M.D.

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Also check out my other major site, www.CoachSOS.com for powerlifting information and articles. If you're confused as to what kind of diet you should be following, join the club, because you're not alone. Just about anybody who is serious about sports and exercise is bombarded by claims made by all the diet gurus and fitness experts. After a while it gets pretty hard to sort out just what kind of diet is best for maximizing muscle mass and minimizing body fat. Should you do high carbohydrates, low fat, low carbohydrates, high fat, low protein, high protein, or maybe just cycle them all and hope that something works?

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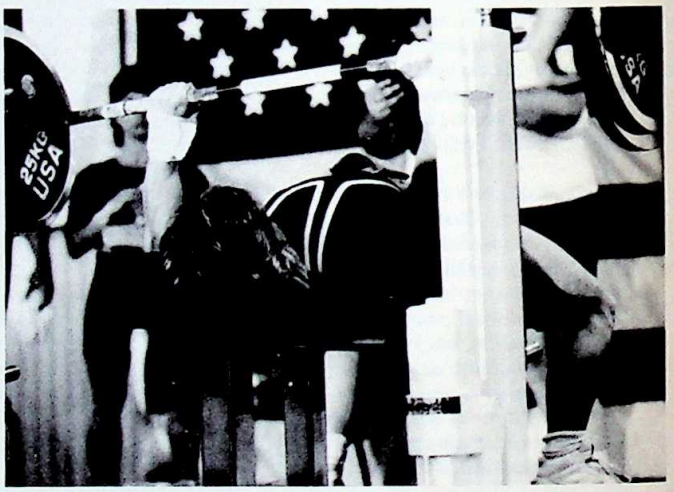

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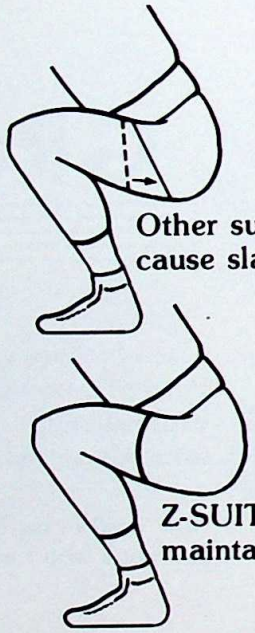

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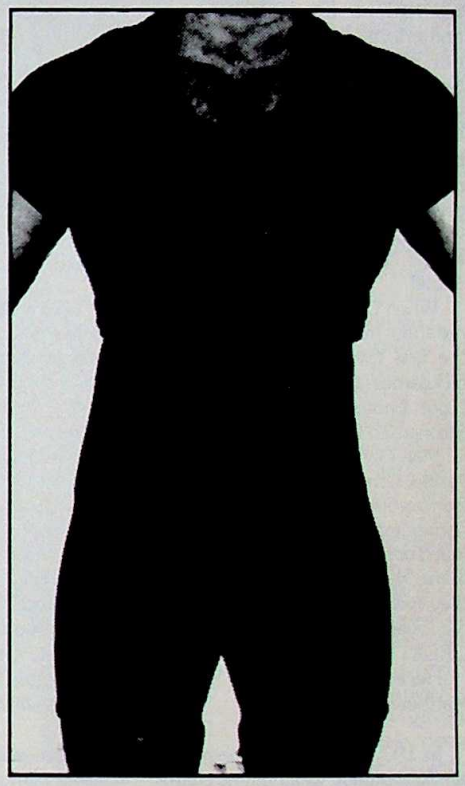

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HARD CORE GYM #15

"Modern Alchemy Gold into Iron"

as told to PL USA by Rick Brewer, of House of Pain

I once heard that there is a fine line between "hobby" and "mental illness". People usually say something like this to criticize me for my iron obsession, and I never try to explain anything to them. But to you, I'll explain that anything worth doing - is worth doing to excess! I can't stand "well-rounded individuals;" send the mentally ill fanatics to me instead. They're more fun!

Real lunatics have nicknames, and that is one way to check the authenticity of an asylum. Some of the more interesting people I've worked out with include: Hillbilly Bigs, Hippy Jeff, The Bulgarian Brothers, Animal, Big Billy, Ed (not his real name), and so forth. (You get the idea.) Some people want to go to a bar "where everybody knows your name." Fine, but give me gym where everyone knows my nickname!

*Strongman **Ron Fortin** is training to be run over by a truck*

When Dan Matthews contacted me about Ironworks gym in Florida, the first thing I noticed was the nicknames (and the Monster Truck). I got photos of Kamikaze Dan, Strongman Ron, Henry the Czech, G. Man Gary, and Tom the Transvestite. Oh wait, that last photo was from another stack. Anyway, these names intrigued me - and then I found out they do Powerlifting meets there, they have Strongmen, and they even have a guy "training to be run over by a truck!" IS THIS A GREAT GYM OR WHAT?!

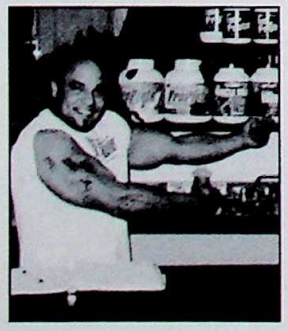
Here's the story, as told by Dan Matthews:

In 197.5, Rafael Guerrero, Cuban fighter pilot, weightlifting champion, acrobat, international weightlifting coach, strength statistician and historian, opened Gold Coast Gym in North Lauderdale, Florida. Rafael built most of the equipment himself, so there is no chrome and lots of aluminum paint. Five years ago he sold the gym to Gary and Leigh Anne McCartney who changed the name to Ironworks. Rafael, then in his 70's, got married and now travels the world with his bride as international representative for York Barbell Company.

The gym was intended as a haven, for the many serious athletes who live or visit in South Florida. Gary and Leigh Anne have continued that tradition. Ironworks is located in the shade of an overpass. The parking lot looks like a warm-up room for monster trucks, where the super-heavyweight champion is Gary's silver growling mastodon with Ironworks painted on the side.

Inside, there is a racket: guys laugh, shout and bang plates with Def Leopard and Spanish rap rattles the windowpanes. There is a juice bar with no juice, but Pan American Champ Jimmy Burgos whips up 1000 - calorie protein shakes complete with bananas and Yoo-Hoo. The place smells like Icy-Hot, ammonia, and sweat on iron. There are no Otomix, but lots of work shoes and Chuck Taylor's, no spandex, but lots of meet shirts and competition gear. And there is chalk

There is always a crowd at the floor platform (complete with DJ jack), power rack and a jack-up squat racks, where there is also a 10 - inch box to keep everybody honest. Guys are doing THG-raises, reverse hypers,



*Pan American Champ **Jimmy Burgos** is bold enough to shoot an Arnold (photographs by Dan Matthews)*

and Roman chair sit-ups, squatting with safety squat bars and pulling with trap bars and bending bars with partials and lockouts; and doing floor presses, board presses, and cambered presses. Men and women both do high pulls, power snatches, and power cleans. Somebody is always working with stretch bands, chains, or bungi cords. The heavy bags are constantly thumping. There is no sauna, but the heavy bag room is un - ventilated. New England's Strongest Man Ron Fortin, who is training to be run over by a truck likes to lie on the floor and stake plates on his stomach. A couple of guys hang their heels to raise their blood pressure for big lifts. There is a bowling ball if any one wants to play catch. There is even an arm wrestling pulley.

Since there is no place for dance aerobics, Tai-Bo or spinning, there are no certified fitness twinkies on the payroll. But Gary, Leigh Anne, and Jimmy are always available to help newcomers. There are seven world champion powerlifters who train here along with about 30 up-and-coming competitors. Ron has recruited 5 or 6 strongman competitors, who have an annex which includes beer kegs, boulders, a Conan's wheel, and a truck to drag around Detroit Lions Oscar Smith, the friendliest T-Rex on the planet, holds court in the gym every afternoon. Independent professionals, like strength coach Kamikaze San Matthews (NASA World Champ) and Joe Kozma (Collegiate National Bodybuilding Champ), bring their clients here to train. So Ironworks is alive with training tips and inspiration, and is such a friendly place that youngsters and novices are quickly adopted.

Ironworks produces champs in many sports. In just 6 weeks this Spring t he Ironworks power team took home 11 first place trophies and the team championship at WNPF Pan-American Championships. Jeff Lawson set an AR 410 bench at 165.

Jindrich Cervenka (Henry the Czech) took 3rd place at the St. Louis Strongmen II, only 2 weeks after his Pan-American win at 242. Heath Allison was 5th and Ron was 9th.

Rob Keller went to Russia for the IPF Collegiate World's. No results yet.

WNPF World Champ Lance Mosley won the APF State Championship with an elite 1789 @ 198. Lance has been training for 2 years. This qualifies him for the WPO Money Meets.

Undefeated Thai boxer and 3rd generation soccer goalie Doug Almeida led the Coral Springs Strikers to their league championship.

And owner Gary, the G-man himself, who has posted 1725 and a 515 bench at 238lbs., won 1st place and best poser in the Super Natural Bodybuilding Championships.

The high point of ironworks year is the South Florida Bench-off and Deadlift competition, held every October. This meet is held in the sun, in the parking lot outside the gym, and usually attracts about 80 lifters. Local fans get to see some big iron move: deadlifts go past 700, and middleweight AAU World Champ Greg Wright always does 6 plates and change. There is also a max rep bench press event, where 30+ bodyweight reps will get you in the contest and 40 will win.

In May, IPA World Champ Adam Rubin moved here from Iron Island Gym. We now have two members who are benching 400+ pounds at 165. There are some, gyms who can boast of 1 or 2 superstars in their membership, but very few have the depth and diversity of Ironworks.

Many people think a gym like Ironworks is not commercially feasible, but the gym has never advertised, and our membership renewal rate is about 75%.

Another note: And why not?! Who wouldn't renew with all this fun and excitement going on? Gym owners - take note! Put on strength events, cultivate fanatics - and THEY WILL COME! Heck, I want to go to Ironworks, and I live in Texas! OK, I better get back to work. (I just got a shipment of the new Monster Mini Bands, and I'm dying to try them out.)

Remember: if at first you don't succeed, skydiving is not for you. No, no; what I meant to say is that if you train real hard - you might be able to be run over by a truck someday too!

Hard Core gym info? Comments?

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INTERVIEW

Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

Brent Mikesell

interviewed for PL USA by Bruce Citerman

BC: BRENT, GIVE US SOME PERSONAL BACKGROUND ON YOURSELF.

BM: *Well, I'm 35 years old. I work full time as a teacher and coach. I've been married for 9 years to my wife Connie and have three wonderful children, Shelbie, Kalli and Maximus. I was born in the small town of Sand Point, ID and moved to Spokane, WA at the age of 6.*

BC: WHAT IS YOUR ATHLETIC BACKGROUND?

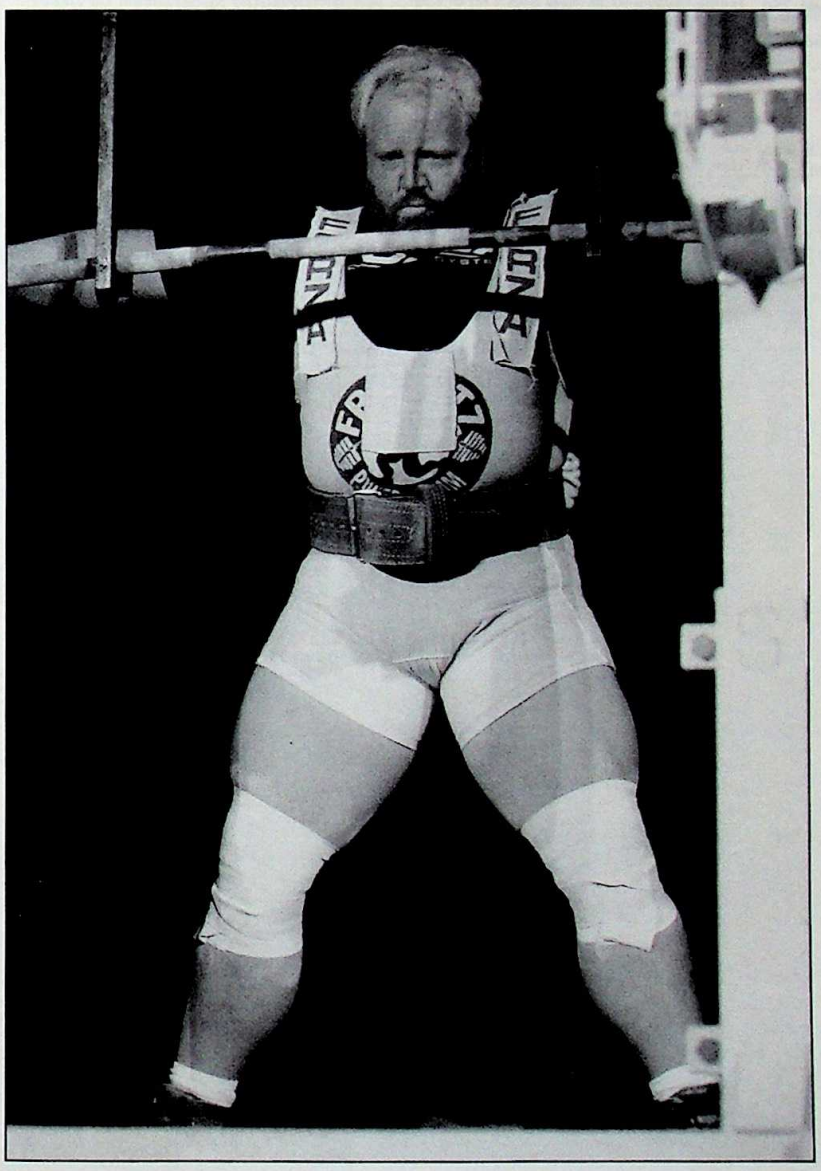
BM: *I played soccer, baseball, football, track, and basketball when I was real young, but found in high school that I liked football and track best. I played football at the University of Montana under former head coach, Don Read.*

BC: HOW DID YOU GET INTO WEIGHTLIFTING AND COMPETING?

BM: *I started competing in Powerlifting in my junior year in high school and soon found out that I enjoyed that competition more than football. I won my first ever meet and got best lifter. I found strength fascinating at an early age. My football coach at the time was very serious about us lifting weights and that attitude carried through to me. He inspired me to start and gave me inspiration to compete. After college, however, I took 7 years off to do other things before I got serious again.*

BC: WHAT ARE SOME OF THE MAJOR CONTESTS YOU HAVE ENTERED AND WHAT WERE THE RESULTS?

BM: *APF SENIOR NATIONALS '98 4TH PLACE; APF SENIOR NATIONALS '99 3RD PLACE; APF SENIOR NATIONALS '00 2ND PLACE; WPC WORLD'S '99 - SUBMASTER SHW 1ST PLACE; WPC WORLD'S '00-SHW OPEN 2ND PLACE. My best competition lifts are squat 1074.5, bench press 601, and deadlift 788. The squat is the all time world record and will be entered in the Guinness Book this fall unless it is broken again soon. My best three-lift total is 2430, which is the 7th highest total of all time in the sport of Powerlifting. My deadlift would be much higher, probably around 850, but my grip is bad on one hand due to a missing index finger from a gun accident when I was 5 years old.*



Will Big Brent Break *the 1100 barrier in the squat at Bruce Greig's North Americans?*

BC: TELL US ABOUT YOUR TRAINING VIDEO.

BM: *Well, I spent a year filming, editing, clipping, and putting together a video of me training, speaking, and competing. It emphasizes the squat, but also includes tips for the bench and deadlift. It comes with a complete training routine that I used to break the world record in the squat as well as routines for the dead and bench. It has me narrating and instructing on technique and training. It also shows lifters how to use bands and chains for those who have never used them. Finally, the video has 7 1000+ lb. squats on it (including the world record). You can order it through my website at www.brentmikese11.com or even order pictures from my site too.*

BC: WHAT IS YOUR TRAINING ROUTINE?

BM: *I train 4 days a week: on Monday, Wednesday, Friday and Saturday. Monday is bench and assistance, Wednesday is squat and assistance, Friday is a max bench day, and Saturday is lower back and squat assistance. Monday: Bench 3-4 warm ups sets of 5, heavy double, heavy single. Decline 2 heavy sets of 5. Lockouts - Power Rack 2 sets of 2-3 reps. Pushdowns 3 sets of 10. Seated Rows 3 sets of 8. Military Press 2 sets of 8. Hammer Curls 2 sets of 8. Wednesday: Squat 5-6 warm up sets of 5, heavy triple, heavy single. Reverse Hypers 2 sets of 8. Leg Curls 2 sets of 10. Smith Machine Squats 2 sets of 5. Friday: Floor Press warm-up in sets of 3, max out until failure. Skull Crushers 3 sets of 10. Pulldowns 3 sets of 10. Plate Raises 3 sets of 10. Reverse Curls 3 sets of 8. Saturday: Good Morning Ham Machine 2 sets of 6. Seated Calves 2 x 10*

BC: WHAT KINDS OF VITAMINS OR SUPPLEMENTS DO YOU TAKE?

BM: *I like to use whey protein made by EAS and glutamine and creatine supplied from GNC. I take glutamine 6 days a week, 2 servings of protein drinks a day and creatine only for 4 weeks prior to a contest.*

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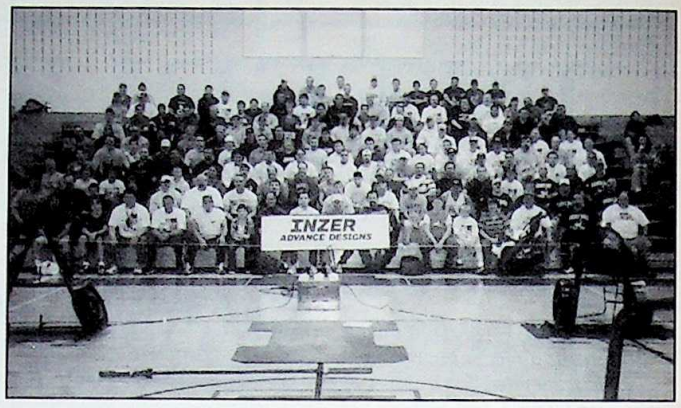
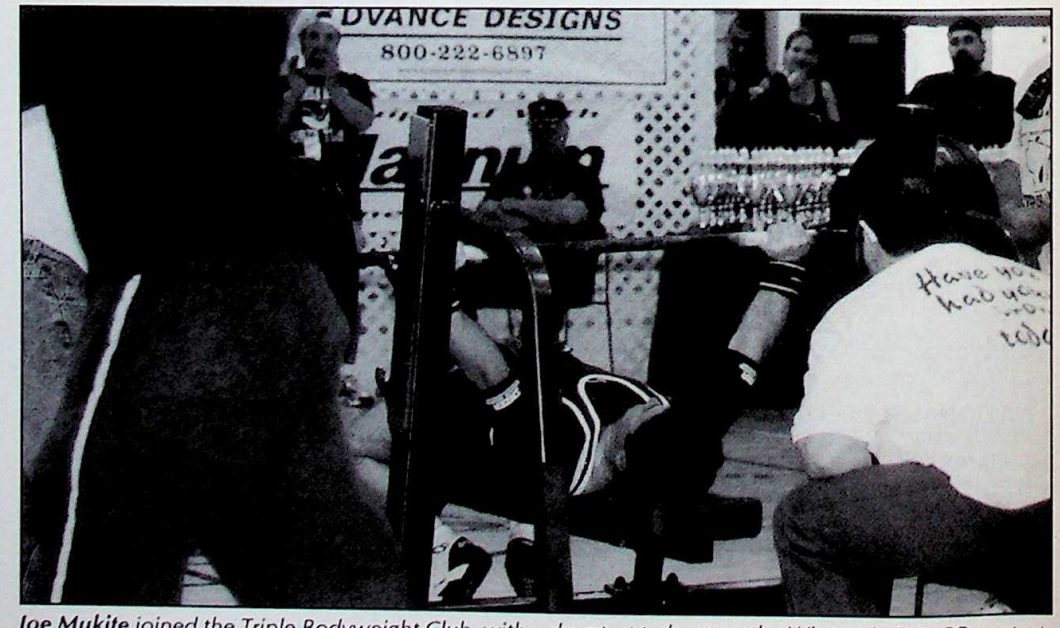
Johnson, Stuart 290
Snyder, Steve 195
Rundquist, Josh 100
shwt
Hinker, Jamie 335
Open Men
148
Mukite, Joe 450
4th 455
Feaster, Charlie 265
Nordloy, Larry 260
165
Sullivan, Pat 350
Stinson, Todd 360
Kegler, Brent 330
Malyuk, Matt 320
Drager, Dave 310
Adamson, B. 300
Harmon, Kevin 280
181
Madsen, C. 375
Nielson, Redgie 350
Ogle, Ben 325
Sfeller, Keidi 300
198
Hanneman, B. 385
Jaberi, Joby 300
Dotson, Cierald 250
220
Leverance, Eric 410
Hager, Curt 405
Larson, Nick 365
Kaczmarski, B. 355
Jacob, Drew 300
242
Pechmiller, Bill 540
Becker, Shawn 490
Niles, Kel 450
Buchman,lban 420
Pagel, Mike 420
Kester, John 410
Draxler, Mike 405
Kulig, Kevin 400
Welfzien, Darin 370
275
Herrmann, Karl 425
Easterly, John 405
308
Flint, Ray 500
Soley, Tim 405
Bromeisl, Scott 400
Riggs, Jon 300
Masters 1
165
McCredie, Al 305
181
Sullivan, Tim 365
Woodman, L. 250
198
Jenkins, Mark 405
Kaminski, Steve 385
Phillip, Ricky 350
Kim, Joe 330
True, Michael 330
Schmitt, Barry 280
220
George, Dennis 340
Maloney , Mark 310
Polus, Keith
242
Rasmussen, V. 385
Glowacki, Dan 355
275
Fronk, Steve 435
308
Brust, Jeff 500
shwt
Wojciechowski,J 405
Masters II
148
Feaster, Charlie 265
181
Goldsmith, Bob 280
Spalding, Roger 270
242
Seeman, Kurt 340
275
Brodt, Bob 310
shwt
Nelson, Tom 350
Masters III
181
Rotter, Chris 200
198
Briggs, Brian 310
220
Dingfelder, Bob 325
McGinley, R. 320
275
Murphy, Don 270
Police/Fire
181
Smith, Paul 325
198
Kaminski, Steve 385
242
Becker, Shawn 490
Submaster
181
Smith, Paul 325
198
Jensen, Andrew 345
220
Hager, Curt 405
242
Wahl, Scott 350
275
Reiter, Daniel 400

On April 13th, Wisconsin's Best Bench Press had 140 athletes enter its 4th annual contest. People came from all over the Midwest to compete in this benefit for the Athletic Department for Independence High School. We would personally like to thank all the lifters, judges, spotters, announcers, Independence High School, our concession workers, volunteers, and our head table workers who helped make this event a success, In the Pre-teen division, at 123 lbs. it was Josiah Woodman with a lift of 110 pounds to take first over Austin Russett who finished second with a bench of 85 lbs. In the women's category we had eleven lifters all unopposed in the weight classes or divisions. Those taking first in the Teen division were, Jennie Docken 97 lb. class with a lift of 130, Beth Miemietz 132 lb. class, 105 pounds, Dianna Klinger in the 148's lifting 110 pounds and Amber Steinberger in the 165's took home a 160 pound press. In the open division 148's Amie SayKally put up 145, Jolyn LaFavor in the 165's hit a nice 160 1b. bench and on an off day Charity Hovre in the heavyweight class still put up 215. Sandy Meyer in the sub-master 165 class benched 170. In the Masters I Dorothy Goldsmith put up 110, along with Sue Grohn in the 181's hitting 150. In the masters 11 newcomer and recent grandmother in her first meet, Georgette Hovind benched 65 lbs. In the Teen 114 class newcomer Jason Bechel took first with a 180 lb. press. In the 132's Chad Wintrone dominated with a big 275 1b. bench besting his class by more than 100 pounds. The 148's again belonged to Dan Pope who notched a beautiful 301 lb. lift to take first by 351 lbs. over Derek Knopps. The 165 teen class was the biggest ever as it had 15 entries within. When it was over Josh Cady and Brian Kundert both hit 300, but Cady took first based on body weight. The 181's for the 2nd year in a row were won by A.J. Jones who hit a 330 bench, beating Cory Schneider by 15 and Jeremy Kramolis by thirty. The 198's saw Chris Ritscher blow by everyone with a 335 lb. press, the next closest was Mike Powers at 280. The 220's was our tightest battle with the top three being separated by a total of 5 pounds. Matt Hund Placed first with 295, followed by Justin Jeffrey, and Kyle McMartin finishing with 290. In the 242 lb. class, Nick Martin put up a 3lO, with Jake Vamer taking second with a 250. The 275's saw Pat Osborn distance himself from the others by 30 pounds as he hit a big 350 lb. press. The 308's had Stuart Johnson bench 290 for first place, and in the heavyweight class BIG Jamie Hinker blew up 335 pounds, In the open division, we have made a little history here in Independence. Joe Mukite, from Elgin, IL rocked the auditorium with a triple body-weight 450 lb. third attempt, then added a 455 lb. fourth attempt to take first by 185 pounds. This guy is really something, he is simply guts and determination! The 165's had a nice battle between Todd Stinson and Pat Sullivan, but in the finish it was Stinson by 10, with a 360 pound press. The 18l's had Christian Madsen take first with a 375, with Redgie Nielson taking second with a 350 pound bench. Brad Hanneman took the 198's with force, and notched a 385 1b bench. The 220 open class had a tremendous battle with Eric Leverence and Curt Hager trying for the top spot. Eric prevailed with a 5 pound victory over Curt by putting up 410 lbs. The 242's was a bunch of meat eaters, with eight of the nine entries hitting 400 or more. Bill Pechmiller, the veteran, stole the show today with an awesome 540 bench at 237 pounds body weight. Shawn Becker was second with a 490, but did manage a 500 on his fourth attempt. The 275's had Karl Hermann beating out John Easterly, when they went 425, and 405 respectively. The 308 class belonged to Ray Flint who muscled up a nice 500, and notched a 520 fourth attempt. First time lifter Tim Soley was second with a 405 press. In the sub-masters, we had five entries all unopposed in their weight classes. Paul Smith at 181, hit 325. Andrew Jensen benched 345 in the 198's, as well as Curt Hager pounding up a 405 in the 220's The 242's had Scot Wahl nail a 350, and Daniel Reiter in the 275's rack 400. In the masters I division, Al McCredie was the lone entry in the 165's hitting 305. The 181 lb class had Tim Sullivan beating out Leonard Woodman by benching 365, to Woodman's 250. The 198's had long time lifter Mark Jenkins rack a smooth 405, taking first over Steve Kaminski who pressed 385. Taking third was the wild man Ricky Phillips, with a 350 bench. The 220's had Dennis George benching 340 for first, followed by Mark Maloney taking second with a 310, and then Keith Polus taking third. Keith injured his tricep on his first attempt, and had to have medical attention, with surgery to follow. Our wishes go out to Keith as he rehabs the injury. The 242's had Vicious Verlyn Rasmussen from the Iron Fists Gym take first with a 385, followed by Dan Glowacki thirty pounds behind, taking second with a 355. The 275's lone entry was a very good friend Steve Fronk busting up 435 for first. Jeff Brust hit 500 again to take first in the 308's, and newcomer John Wojciechowski taking 405 to the top in the heavyweight class. Both Brust and John were alone in their classes. In the masters 11 division, Charlie Feaster was all alone in the 148's and hit a nice 265 lb. press. The 181's belonged to Bob Goldsmith as he edged out Roger Spalding by 10, with a bench of 280. Kurt Seeman at 242, Bob Brodt at 275, and Tom Nelson at heavyweight were lone entries in their classes and put up 340, 310, and 350. The masters III had Chris Roffler put up 200 in the 18l's, Brian Briggs racked a nice 310 in the 198's. The 220's had Bob Dingfelder squeak out the win over Richard McGinley by five pounds. Bob with a 325 and Richard with 320. In the newly added Police and Fire division we had three entries, all unopposed at 181, Paul Smith drilled 325, Steve Karninski made the long trip again to put up 385, and Shawn Becker blasted a cool 490, and 500 attempt. Again, thanks so much for all the help with the meet. Special thanks goes to Inzer Advance Designs, and PowerLifting USA for all there help. Our motto is to make this a "weightlifter's meet"! (thanks to Brandon Gray and Glen Woychik, Co-meet directors for these results).



A Competition Sponsored by Inzer *... competitors at the Wisconsin's Best Bench Press tournament. (thanks to Glenn Woychik for photos)*



Joe Mukite *joined the Triple Bodyweight Club, with a drug test to boot, at the Wisconsin Best BP contest.*

Dear Mike: *I will be sending you some photos from my recent meet at Wisconsin's Best Bench. It was not sanctioned but they seem to follow APF rules. Glen Woychik ran the meet and did a great job, in comparison to other meets I've attended. He is big on promoting teens into the sport. The photos are not of great quality, but they show the lift. I am also doing some photo shoots for "House of Pain", which will probably be better quality. I'll send some of those in addition to my drug test from Ernie Frantz.*

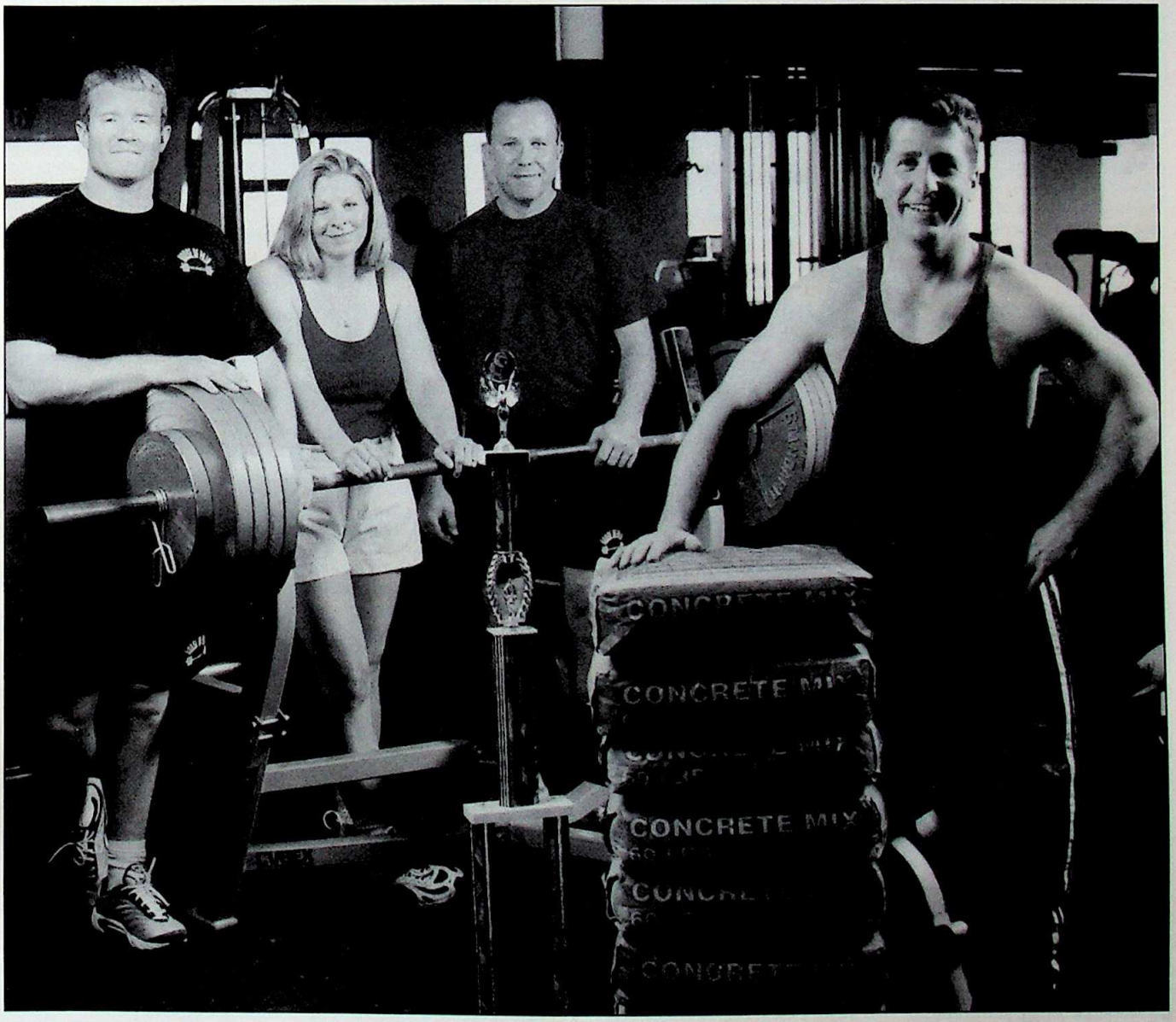
I just got back into lifting 2 years ago. I had shoulder surgery 5 years ago and the doctor told me I'd never lift again. I guess miracles do happen because I put up 455 @ 147.5 at the Wisconsin's Best Bench. My goal is to break 500 pounds and doing it drug free. I am emphatic about my methods and believe that heart and mind are the true way to the top. I have nothing against non-tested lifters - a lot of techniques I have learned come from non-tested lifters - I just think they don't believe in themselves enough. Hopefully, someday, I can make believers out of the same people. My training program even works for the beginner. I have helped friends who lift (w/o competing) and they have made 100 pound gains in one year. I personally have made a 100 pound gain in the last 18 months from 353 to 455 and I'm not done. When I do blocks - I have hit 525 for two with 5 blocks. I have no lid on my jar and, God willing, I will keep making gains. I believe we get out of life what we put into it. I think the key word there is "believe."

I am speaking at our High School's Sport Banquet this year and hope to pass on what I have learned in my quest to be the best. I plan on helping local area sports with weight training to develop power. I am going to continue my quest to be the best drug free bencher ever and "500 Pounds."

I do plan on lifting in other drug free divisions wit different gear. I recently talked to Lance Slaughter to get his views on it all. I kind of fell into the AAPF since I am from Illinois but am open to lifting in all divisions. I do have to say that I will miss Ernie Frantz since he is semi-retiring. He is one of the few guys that will invite you into his club and teach you what he knows, he'll take your phone call and he doesn't care who you are - he just wants to help people interested in the sport. And ... he never wants anything in return.

Mike, keep your eye on me. I will answer anyone's questions and have nothing to hide. And with the exception of you / my wife / and our local newspaper - I do not brag about myself nor will I ever gloat on what I have done.

Thanks for listening, ***Joe Mukite***



Joe Mukite *(front) benched 455 weighing only 147.5, virtually equivalent to the 8 bags of concrete shown above, at the Wisconsin Best Bench meet, in this photo that was taken for the House of Pain catalog. (in the rear are Garrett Tershel, Joe's wife Marily Mukite, and Joe Hummel).*

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified by 1.2 (600 divided by 500)

"BACK TO BASICS" DEADLIFTING DOs

as told to PL USA by Robert Karacson

A few months ago I returned to Powerlifting. I had always enjoyed lifting, but I could never keep motivated for more than six months. Six years had passed since the last time I had lifted regularly. Entering my mid-thirties, I wanted to reclaim some of my lost youth. I decided that I was going to return to Powerlifting. I had always been a good deadlifter, but these months back in the gym have been exciting. At 210 pounds, I took my deadlift from 500 to 700 pounds, naturally! No illegal substance here. Just hard work and right eating. In a recent deadlifting workout, I pulled 605 for a set of five, doubled 650, and pulled 675 for a single. I anticipate pulling 730 in the next few months.

I don't claim to be an expert. I just want to tell you what works for me. This article was written for the beginning lifter. The more advanced lifter might scoff at my approach; but if you are new to the sport and experiencing difficulty deadlifting, I believe that this information will be of help to you. Give it a try; you might find yourself deadlifting a lot more than you thought possible!

Robert Karacson *of Rockwood, Michigan, pulling 650 for reps while training in the gym.*

If you have spent any time in the gym, you have probably had the concept of "form" preached to you. Everyone stresses form, but so few truly practice it. Bad form will hinder your progress and increase your risk of injury. The first thing we have to do when deadlifting is to think of it as one fluid movement. Each muscle should be working in unity with other muscle groups. Muscles are in unity when the legs lock out, hips drive forward, and the shoulders roll back -- all at the same time. If any of these muscle groups lock out before the others, you have a form problem. If your form is off, decrease the weight and correct it. Each muscle group should reach lock out at the same time.

When approaching the bar, foot placement is crucial. Whether you use a conventional (narrow) stance or sumo (wide) stance, your shins should just lightly touch the bar. Be careful not to get too close to the bar as you move into position. If you move too close, you create frictino against the bar increasing the difficulty of the lift. Move Back! The less friction you create, the better. If you sumo lift, your shins should be about an inch away from the bar. As you bend over to take hold of the bar, your shins will naturally move forward and lightly touch the bar. If you use a conventional stance, you will have to stand back 2-3 inches form the bar. Like the sumo stance, your shins will move gently against the bar when you move into position.

Next, look at your hand and feet positions. You should use a reverse grip and tightly grip the bar. If you use a sumo stance, your hands will rest inside your thighs and extend straight down from your shoulders. Your feet will be slightly to moderately turned out. If you use a conventional stance, your arms will extend on the outside of your thighs and your feet should be facing straight ahead.

When you descend to grip the bar, get your hips (butt) down — only raising them gradually as the bar moves into the lockout position. In the sumo position, your thighs should be slightly above parallel. If you use a conventional position, your legs will be in a high squat position. If you are in the right position, this will help give you the drive to lift the bar off the ground. The greatest mistake that deadlifters make is raising their hips and locking out their legs too early. This will move the weight too far out in front and places tremendous stress on the back. The legs and back must drive *simultaneously*. Because legs are typically stronger than the back, they have a tendency to lock out earlier. Remember, all muscle groups need to work together. If your legs are stronger, use them to create momentum for you back. But be careful, though, if your legs ahead of your back, you've just increased the likelihood of a missed attempt.

To keep your legs from getting ahead of the rest of your body, keep your back flat or slightly arched. A lifter gets into trouble when his back rounds. Once your back is rounded, it is very difficult recover. Lifters can avoid this problem by looking ahead or slightly upward. Look in the direction you want the bar to go. If you are looking down, that is where the bar will stay -- down! In a good deadlifting position, the lifter is leaning forward. If you are too upright, you will eliminate the use of your back muscles. A slight to moderate lean will maximize the lifter's use of back muscles.

If your form is correct, the bar should move up in a straight line. Read that *again*! The bar should move up in a *straight line*. If I were standing at your side, I shouldn't see the bar move toward or away from your body. I should be able to draw a line perpendicular to the resting bar position to the completed lift. If the bar moves from that path, you have a problem. Chances are the problem rests with one of those issues already mentioned. Go back, isolate the problem, and make the necessary changes.

Deadlifting is more than a pull; it is an explosion! Many deadlifters fail because they lack explosiveness - not strength. When training for the deadlift, begin slowly and lightly, but as you warm up, use greater speed. You want that bar to "snap" as you lift the weight off the floor. Work on speed during your intermediate sets. Don't wait for poundage to increase; fire that bar up

throughout your workout. Speed is crucial in moving the weight. If you lack speed, your effectiveness as a deadlifter will be hindered.

Unlike the squat and bench, there is no lowering of the weight in deadlifting. When you lower the bar in the other strength movements, you store up energy for the push. In the deadlift, there is no energy storage phase or negative movement. The bar only moves in one direction — UP! Granted, the bar comes down, but only after the lift is complete. Because the bar moves in only one direction there is no wasted energy. Maximal energy can be used to drive those hips and throw those shoulders back.

I know that the current trend in deadlifting is *not* to deadlift; but for the beginning deadlifter, this is a mistake. I work from this simple principle: "If you want to be a good deadlifter, then *deadlift*!" It is difficult to develop good deadlifting form if you are doing "good mornings" and and other movements all the time. If after several years of training you hit a plateau, then you can incorporate more advanced and assistance training. Until that point, there is no substitute for deadlifting.

I personally find that my body responds best to sets of five. I begin light, but work myself up to one heavy set of five and then I go down in weight. For example, I usually take 3-4 sets at 135 to get a good stretch. Then I do one set of five at 225, 315, and 405. Then I usually do a single at 495 to prepare my body for my heavy set. My last heavy set of five is 585. After completing five at 585, I go down to 495 for a set of five. My last set of five is at 405. In all my previous sets, I use a sumo stance. In my final set, I use a conventional stance.

When working out, listen to you body. If it is hurting or excessively sore, back off! Give your body time to recuperate. There have been many times when I have gone to the gym expecting to lift big weights only to return home after a few sets. Lift heavy sets of five for 3-4 weeks, and then lighten up. The rest your body receives will empower you for your next phase of deadlift training.

Lastly, what to do about those nasty calluses? Many a good deadlifting workout has been brought to a halt because of torn calluses. I have found that the easiest way to remove calluses was to take a hot bath. After letting your calluses soak for a while, use your finger nail to scrap away the dead skin. If you've soaked it long enough, the dead skin should come off in layers. There is no reason for calluses to affect your next training session, if you follow this tip.

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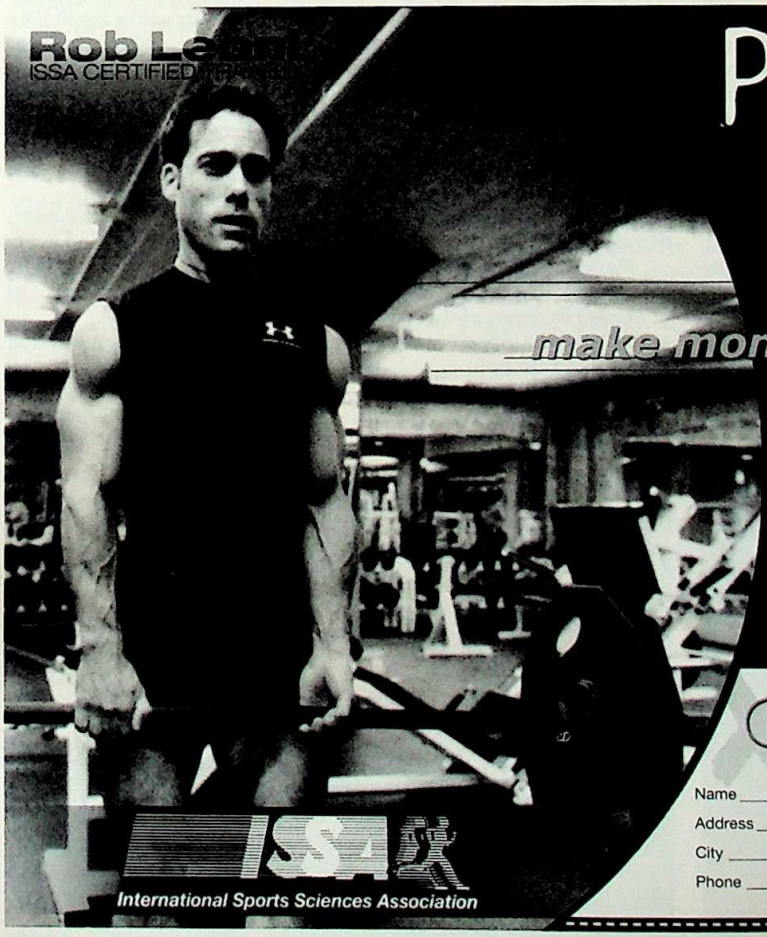

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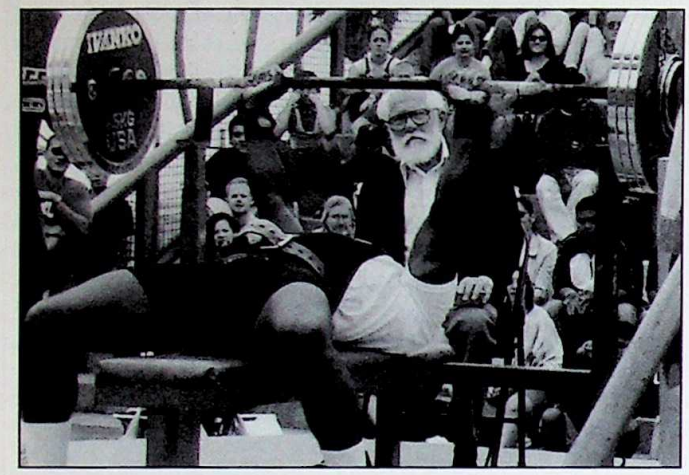
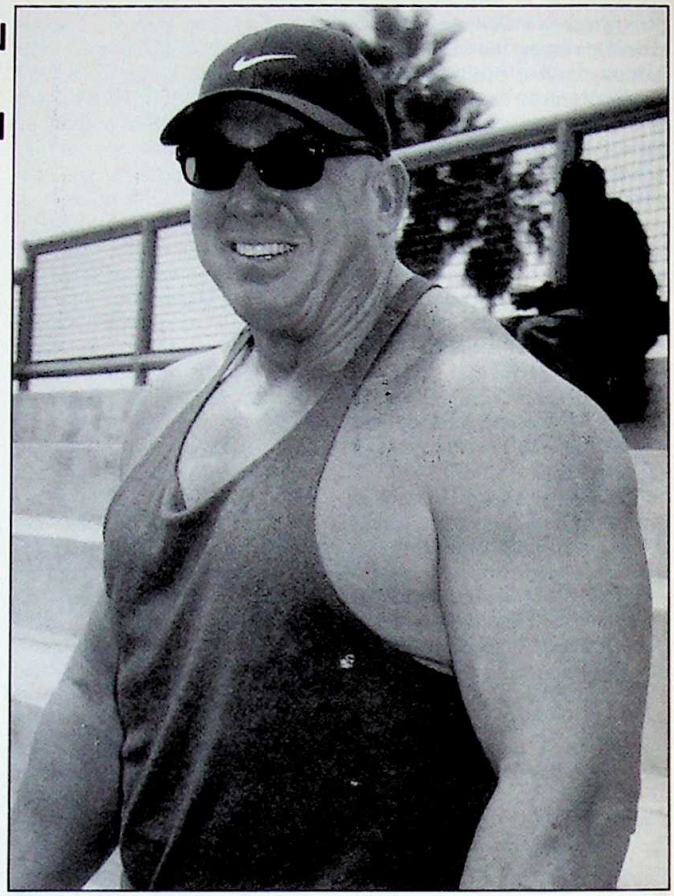


Ken Tate *in action at Venice's Muscle Beach, hitting a 380 at 181.*



Big George Brink *is looking lean these days (N. Low photographs)*

Power Scene hopes you've been having, a fun, and strong, summer. Out here in sunny Southern California, in addition to all the other summer fun, summer means powerlifting at Venice's Muscle Beach. *Power Scene* was there to catch the action at a couple of the beachside meets.

June's bench press contest drew overcast skies, along with 38 lifters and lots of friends, coaches, and spectators. Scott Marcinek hit a successful opener of 407, weighing 198; he does his training at the Lake Forest World Gym. The American Eagle Gym's Ken Tate, who's been training for ten years, hit a 380 at 181.

We caught up with Ken and American Eagle Gym owner Sherry Houston, and they've got a bench meet coming up on October 6th, the Mid-Cities BP. American Eagle Gym is now in its 15th year, and you can get hold of them at 562-863-1308.

As for Muscle Beach, it's holding the APF West Coast Bench Press Championships on September 14th. For info on that meet, or any of the various Muscle Beach events, call 310-399-2775.

Announcing the meet were Brenda Reyes and Chuck LaMantia; Chuck has been a fixture at Muscle Beach for over a decade. (He may have been there longer than some of the palm trees.) Chuck was a competitive powerlifter from the late 1970s through the early 1990s, and had PRs of 575 SQ, 400 BP, and 575 DL.

Chuck was back at the announcer's table for July's deadlift competition, where John Ford ripped a big 710, and James Kegrice took Best Lifter honors with a 661 at 198. Kevin Meskew did his usual fine job as meet director.

In the crowd was star deadlifter George Brink, who was looking great at 265 lbs. George had dieted down from 331, and is thinking about doing the Tournament of Champions bodybuilding show later this year, then coming back to powerlifting next year in the 275 lb. class.

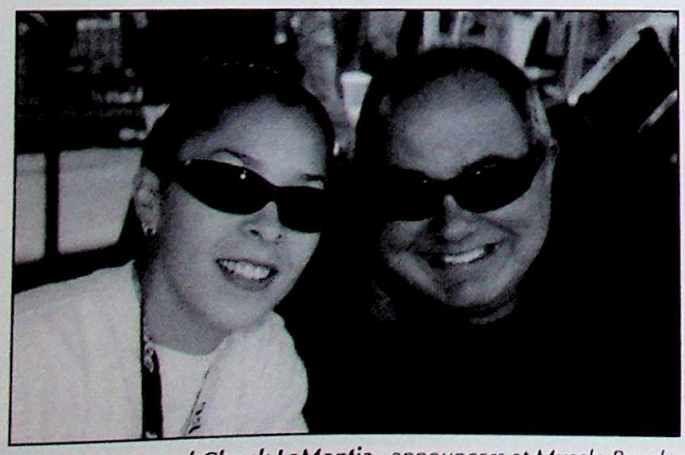
Finally, in doing our own training, we visited the Angel City Fitness Gym in Marina del Rey, and we came across Marie Sandstrom Escamilla, a very talented young woman who came here from Sweden eight years ago.

Marie covers the bodybuilding and strongman scene for a variety of magazines, many of them overseas. Here in the U.S. she writes for graphicmuscle.com and IRONMAN; in Sweden she has a monthly column in B+K. You can check it out at www.b-ksportsmag.se

Marie also writes for FLEX's German edition, and for Body Fitness, which appears in Spain and France. And she speaks over a half dozen languages, and competes in figure competitions, and was on the Nike performance team in Europe, and does fitness modeling.

Marie is also currently doing a lot of personal training, and working on a training video (in English). You can contact her at simplyfitinc@aol.com

September means the end of summer, and back to school, and back to the gym if you've been taking the summer off. 'til next time, stay strong and healthy. *NED LOW*



Brenda Reyes and Chuck LaMantia *- announcers at Muscle Beach.*

Maria Sandstrom Escamilla *at Angel City Fitness in Marina Del Rey*

STARTIN' OUT

A special section dedicated to the beginning lifter

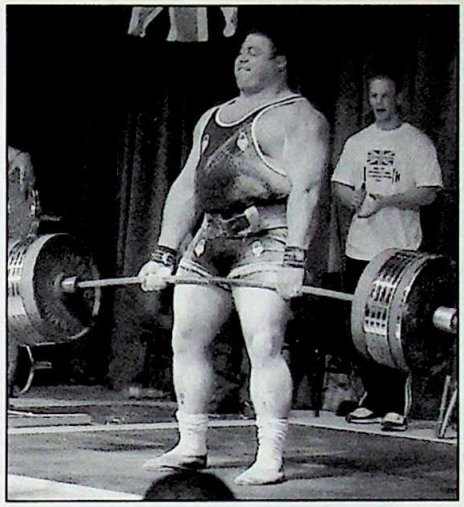
Novice Specialization

as told to Powerlifting USA by Doug Daniels

In the last two decades or so, it seems every discipline has developed it's own group of specialists. This applies to medical doctors, oil and telecom creative financial gurus, and to the guys at the Home Depot. Powerlifting too has always had its specialists, lifters who excelled or concentrated their efforts on one of the three lifts. In the last few years we have witnessed an explosion of bench press specialists that have seemed to rewrite the record book in every issue of *PL USA*. What makes powerlifting so much different than many other endeavors, is that each lift is so unique, compared to the others. Some lifters seem better suited for one powerlift over the others. Only an elite few rank at or near the top in all 3 events. A decision many lifters make is whether to specialize in a certain lift they prefer or have relatively better body structure for, or place equal emphasis on each lift for a balanced total. In order to make this decision; a lifter must examine the factors involved.

The first factor is body structure. If you remember my past series of articles on body structure and each of the lifts, you know body structure can not be altered. If you have long arms, this will tend to favor the deadlift and be detrimental in the bench. Shorter legs would be a plus in the squat, while shorter arms would be a boost in the bench. Of course, varying grip, stance, etc. can partially compensate for most shortcomings. In the end, your body structure will be the ultimate physical limitation on each lift. That is, no matter how hard or smart you work your bench, if you have NBA basketball player arm length, don't expect to make the *PL USA* Top Five list in the bench. By the same token, this doesn't mean that you should not train the bench hard, nor that you can not improve, however, if you do have a body structure that favors a lift that would be an important factor in your decision to specialize.

Another factor is self-fulfilling prophecy. If you favor one lift over the others, it could very likely show the most progress over time. Just looking at this, a lifter might say that this lift should be the one that should receive specialization or priority in training. Again, this should be balanced with how hard and consistently you have trained the other lifts. Some lifters do a lot of benching and little squatting and even less deadlifting. These two lifts require much more energy to train and some lifters are just plain guilty of being too lazy to train them hard enough. Not to be forgotten is inefficient lifting technique. It could be very possible your lagging lift could be caused by bad lifting style. Consult an experienced lifter for a critique of your lifting techniques. This could reveal some untapped power you never knew you had.



Not a Novice, and Not a Specialist ... but ... *"On the 28th July, at the BPC British Championships, Andy Bolton pulled a world record 420 kg deadlift, 926 lbs. Take a long hard look at the picture above, think of the last time you ever saw someone deadlifting anywhere near this kind of weight so proficiently, comfortably and, of more importance, undeniably. This is how a finished deadlift should look; the lifter stood erect, with knees locked and shoulders back. At the 2000 WPC Worlds, in Vegas, Bolton pulled 407.5 kg, deleting the long-standing 140 kg class record of 402.5 kg, by South Africa's Gerrit Badenhorst. The following year, at the nationals, he upped this mark to 410 kg. At the 2001 Worlds, he came in as a super-heavy and pulled 418 kg, to take Heisey's WPC record. At the Arnold Classic earlier this year, Andy and man-mountain, Mark Henry, gave us history's greatest ever display of deadlifting prowess, when both men went head to head in a contest for reps with 402.5 kg (887 lbs)!!! Andy emerged the victor, with three reps to Mark's two! His recent 926 should now establish him as history's greatest deadlifter, but there is plenty more left in this man. His attempt came up so fast that it was blatantly clear he was probably around 15-20 lbs short of his maximum! The icing on the cake for Andy was that his WR deadlift also gave him a new record total of 1128 kg. - 2487 lbs. Andy had been nursing a shoulder injury and was holding things back for the upcoming worlds. He turned up at the nationals not really knowing how strong he was (he had only gone to 320 kg on the deadlift), hence his 9 for 9 performance. His 440 kg squat was deep and explosive, as he smiled his way to the top. He was refereed by three international referees of different nationalities in a high caliber international competition (England, Scotland and Wales)"* Brian Batcheldor

An overlooked factor is bodyweight. Changes in bodyweight have different effects on each of the lifts. A general rule of thumb is the bench is most effected by any bodyweight change, followed by the squat, then the deadlift. As a lifter increases in bodyweight, the lift that was once your strong suit may not improve as well another. This could change the lifter's whole training strategy, including specialization. Your bench could really take off when you move up in bodyweight, and your once relatively strong deadlift may increase fractionally in comparison. In this case, your current bodyweight may determine your stronger lifts. This would indicate that your stronger lift might not always remain the same over your career. This could greatly effect how you view your goals, strengths and weaknesses. This, of course, could apply in reverse in the event of weight loss. A weight loss could spell a drop in your bench, all things being equal.

Injury may effect your choice to specialize. Back or knee problems may limit training volume in the squat, thus leaving the bench press as the lift of choice. Shoulder problems could limit your benching, but could have no effect on your ability to train the squat or deadlift.

Next, we should examine goals. There are primarily two types of meets, 3-lift meets and bench press meets. There are very few meets that feature either the squat and/or the deadlift. The large amount of bench meets provides an avenue for bench specialists to compete. This could be a justification for bench specialization. Some 'bench-only' men do lift at 3-lift meets in order to be eligible for state and national records, which may be required by various organizations to be set at 3-lift meets. In this situation, many take token squats and deadlifts just to make the necessary total. Very few big bench men seem to dominate important 3-lift meets. What this indicates is that the other two lifts may be more critical in the final total. This could provide clues as to the best attack in the long run for the 3-lift competitor.

Sometimes in order to get a lagging lift in line with the others, a lifter may choose to specialize on that lift. This could mean more sets of assistance work and/or more sets of the actual lift. This could lead to overtraining that lift and actually cause a decrease in it. As always, let common sense be your guide. Listen to your body for signs of overtraining, like unusual amounts of soreness and decreasing strength. Before you consider doing extra work, again evaluate your technique for flaws or give thought to moving up a weight class. This makes even more sense if you struggle to make weight for meets. Let your body grow and perhaps your lagging lift will grow with you.

My recommendation to novice lifters is to train all three lifts with equal concentration and dedication for at least a year or two. Do not expect to be equally as proficient in each lift, but don't let that be an excuse to not train them hard. Better training, lifting technique, mental focus and changes in bodyweight are all factors in your long-term progress. Specialize in increasing your overall total and your future goals will be more obvious.

Doug Daniel's Web address:
members.aol.com/ddanil12345/default.htm

G.N.C. NUTRITION UPDATE

"Gaining Mass with MEGA MRP" *by Jeff Stout, PhD*

Judging by millions of Americans, you would think that gaining weight is easy. Just take a look around any public place, and it's a given that you'll probably see enough obese individuals to give you sensory overload. In fact, according to the U.S. Surgeon General's office, about one of every two adults in the United States is overweight (www.surgeongeneral.gov/topics/obesity/). And although this should come as no shock to anyone when you consider our fast-food society, keep in mind that these people aren't even trying to gain weight!

That's the problem. While there are enough obese people to take over the entire McPlanet, those dedicated individuals who are earnestly trying to pack on lean mass simply can't do it. It seems simple enough - just hit the weights and take in more calories than you expend, right? Actually, there's more to it than that. Basically, unless you have Arnold's genetics, you will likely fall into one of two unfortunate categories.

The first is the "no-gainer." This poor individual's metabolism is so sky high that his body uses all those extra calories for bodily processes, not sparing a bit towards gaining muscle. But the other category may be even worse. While this second individual may be able to gain weight, it usually only contributes to the growing spare tire that sits about his waist. Again, gaining lean body mass is the tantalizing prize that sits just out of reach.

***Dr. Jeffrey Stout** – is the Director of Sports Science for G.N.C. Inc.*

But relax, my friends, there is hope. In essence, years of painstaking research have been the driving force behind the latest crucial discoveries in the quest for new lean mass. As we've found, the answer goes beyond simply adding calories and loading up on protein. If it were that simple, we could list an abundance of ways to obtain a power-packed, nutritious meal. For instance, egg whites are a great source of protein, lean meat is fantastic for delivering needed amino acids, and many carbohydrate foods are solid energy boosters. But interestingly, most meal replacement powders are no better than these foods. What separates MEGA MRP, both from traditional meals and other powders, is a formula that utilizes the complex delivery of the precise amount and combinations of key nutrients that prime the body for protein synthesis while avoiding unwanted fat. (Try getting that from everyday foods!) It's this research-driven combination of ingredients that makes MEGA MRP so distinguished, and it's why GNC scientists have made it the preeminent formula on the vast meal replacement market.

So who should take it? Well, obviously anyone looking to pack on lean mass, but let's not narrow the scope of the product's genius. Because of the precise ratio of protein and carbohydrates, as well as the host of powerful ingredients (we'll get to those later), it's an ideal powder for any fitness enthusiast. With new lean mass you also improve your metabolism and general health, which is important for football players and ballet dancers alike. Plus, it doesn't hurt that it's convenient and tastes like a smoothie.

Now, the ingredients. MEGA MRP contains a premium protein blend, creatine, glutamine, BCAAs, and Aminogen(R) and Carbogen(R). Here's a closer look:

Whey + Egg + Casein proprietary protein blend

Gaining mass is impossible without first achieving positive nitrogen balance. This is accomplished when your body takes in more nitrogen (proteins are made up of amino acids, which contain nitrogen) than it eliminates as waste. So, taking in enough protein is crucial, but the types and amounts are equally important.

The combination of protein in MEGA MRP is specifically designed to produce both a quick rise in amino acids (from the whey protein) and a slow, sustained increase (from the egg and casein). All contained nicely in a convenient package!

Creatine

By now, creatine is world-renowned in its ability to improve high-intensity exercise performance. It's a natural component of muscles and is present as free creatine and creatine phosphate. Creatine phosphate is the primary high-energy fuel of skeletal muscle during intense weight training, so including it in MEGA MRP is an obvious choice.

Glutamine

Glutamine can be thought of as the ultimate amino acid. Not only is it one of the most abundant amino acids found in muscle, it also serves as fuel for the immune system, provides an anti-catabolic effect, and is involved in protein synthesis. And, since high-intensity exercise can deplete glutamine levels, it makes sense to supplement glutamine in the diet through MEGA MRP.

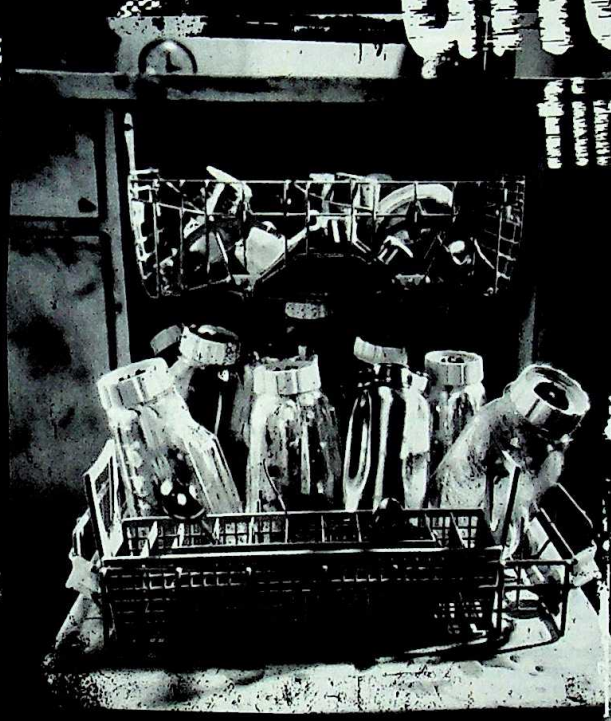
BCAAs

Together, the amino acids leucine, isoleucine, and valine (the Branched-Chain Amino Acids) compose 30-35% of muscle tissue and provide 70% of free nitrogen to the body. Without a doubt, these are the Big Boppers, and study after study has indicated their involvement in achieving positive protein balance. They can also spare the loss of glycogen, thus fueling intense workouts. It's no surprise then that they are the most depleted amino acids during training, making their supplementation all the more crucial. Of course, MEGA MRP is loaded with them, especially within the whey protein, which contains a high BCAA content.

Of course, MEGA MRP would not be complete without a flawless array of vitamins, minerals, and carbohydrates. It never hurts to be healthy when packing on the pounds.

"While there are enough obese people to take over the entire McPlanet, those dedicated individuals who are earnestly trying to pack on lean mass simply can't do it. It seems simple enough - just hit the weights and take in more calories than you expend, right? Actually, there's more to it than that."

SUPERIORITY cannot be defined but it can be GROUND into a fine powder AND EATEN.



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- ✓ CONVENIENT PRE-MEASURED SINGLE-SERVE PACKETS

THE BEST TIME TO TAKE MEGA MRP™ IS RIGHT BEFORE GOING TO BED, BECAUSE HIGH QUALITY FAST AND SLOW ABSORBING PROTEINS IN THIS BLEND MAY PROVIDE IMPORTANT AMINO ACIDS TO YOUR BODY DURING DOWN TIME. PLUS, IT'S EASIER TO ABSORB SLOW PROTEIN WHILE YOU SLEEP.

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ADAU MEN'S PA STATE OPEN
18 MAY 02 - Erie, PA

97	SQ	BP	DL	TOT
12-13				
Doug Perhacs	160	90	205	455
		4th	95	
105				
14-15				
Brad Pataky	170	145	270	585
		4th 200		
123				
12-13				
Chris Michalak	160	85	215	460
14-15				
Dustin Crissey 210		170	280	660
16-17				
Jake Reed	240	145	340	725
		4th	255	
148				
Open				
Ramone Cruz	415	280	470	1165
Joe Martucci	330	245	445	1020
16-17				
JJ Tomasino	305	210	355	870
Kyle Motherwell	280	180	370	830
18-19				
Jason Munch	245	165	395	805
165				
Open				
Joe Dibello				
14-15				
Mike Artise	250	160	350	760
Tom Davis	200	115	300	615
16-17				
Justin Boland	220	140	315	675
181				
Open				
Matt Catalino	520	365	560	1445
Rob Saxton	340	255	410	1005
16-17				
Mark Schroder	335	200	395	930
18-19				
Jim Folmar	440	250	530	1120
Adam Hersperger	380	310	500	1190
198				
Open				
Josh Ferraro	450	275	540	1265
D. Grandinetti	420	335	500	1255
14-15				
Greg Hallstrom	200	165	275	640
16-17				
Ben Mills	385	260	515	1160
18-19				
Mike Fiorelli	405	270	515	1190
Ben Kuchta	385	230	430	1045
Junior 20-23				
Scott Reicbard	315	230	470	1015
220				
OPEN				
Pat Hakola	550	400	550	1500
Bart Wood	450			
16-17				
Rickie Thompson	400	260	500	1160
Jon Kutterna	305	200	400	905
275				
16-17				
Steve Laskowski	360	205	470	1035
18-19				
Tank Byerly	465	270	525	1260
319				
16-17				
Scott Mchenry	410	350	500	1260
MEN				
132				
Jeff Davis	270	235	310	875
18-19				
Jeff Davis	210	235	370	875
148				
Ramone Cruz	415	280	470	1165
40-44				
Ramone Cruz	415	280	470	1165
198				
D. Grandinetti	420	335	500	1255
John Kmetz	430	280	500	1210
R. Breckinridge	345	235	500	1080
16-17				
John Kmetz	430	280	500	1210
40-44				
R. Breckinridge	345	235	500	1080
242				
Greg Hopkins	470	345	600	1415
319				
Terry Wallick	400	260	300	960
Scott Galbraith	145	435	155	735
Sub Master 35-39				
Scott Galbraith	145	435	155	735
55-59				
Terry Wallick	400	260	300	960

CHAMPION OF CHAMPIONS Men-Matt Catalino. Lt. Wt. teen-Jake Reed. Hvy. Wt. teen -Adam Hersperger. TEAM CHAMPIONS Men's team - Joe's Gym of Erie Teen team -Northeast High School. CHAMPION OF CHAMPIONS: Ramone Cruz Thanks to the many volunteers that showed up, once again, to help with tire contest. They are the ones that make it work. With out them the meet directors would probably cancel the contest and go fishing. What a great group of people the ADAU members are. They show up on time, all the time, and stay until everything is cleaned up. Thank you - Many more lifters qualified for the Nationals in July and many new records were set; starting with 12-year-old Doug Perhacs at 97 pounds in the 12-13 year old class. He gets better at every contest and what a gentleman. Doug won the title and set all new teen American records. Newcomer Brad Pataky won the 14-15 105 class with all new records and will be DYNAMITE at the nationals. Chris Michalak, Dustin Crissey and Jake Reed were the top teens in the 123 class with Reed setting three new teen records in the 16-17 year old division and winning the teenage lightweight Champion of Champions award At 148, master lifter Ramone Cruz dominated once again and will be defending his national title in Pittsburgh- Teens, JJ. Tomasino and Jason Munch were GOLD winners and will be heading for Pittsburgh, too. Matt Catalino used this contest for a primer for July and won the 181 class and the Champion of Champions award- Teens Mark Schroder and Jim Folmar won their divisions with Adam Hersperger on Folmar's tail after missing making weight for the 165 class. Herspergers 1190 total at 167 bodyweight gave him the heavy weight teen Champion of Champions title. Josh Ferraro and Dave Grandinetti battled it out for the title at 198 with Ferraro pulling a nice 540 dead lift to win. Also in this class the top teens were Hallstrom (14-15), Mills (16-17) and Fiorelli (18-19). A big battle was forecast in the 220s between Pat Hakola and Bart Wood, but Hakola came out the winner after Wood pulled a quad muscle on his second squat and had to drop out. He went on to coach his Northeast team to win the Teenage State team title- At 275, teenager Tank Byerly had a great day and set all new teen state record, with teammate Scott McHenry winning the 319 teen title. In the Open Championships, Jeff Davis from Ohio won the 132 class while setting two teen American records and Ramone Cruz won the 148's and the Champion of Champions award. Dave Grandinetti won the 198 class with teenager John Kmetz placing second & setting the teen sq and tot records. Yours Strongly, Drug Free, and Raw Joe Orengia "Success is simply a matter of luck- Ask any failure"... -Earl Wilson.

Joe's Gym - The A.D.A.U. Pennsylvania open team champs - (back row - left to right) Adam Hersperger, Matt Catalino, Jason Munch, Dave Grandinetti, coach Joe Orengia. (front row - left to right) Ramone Cruz, Chris Michalak, Doug Perhacs. (Photo courtesy of Joe Orengia)

Best of the Southwest "Natural Raw"
28 OCT 01 - McMurray, PA.

BENCH		CORY WALKER	500
W. MASTER		MARK BRODY	425
T. ANTOINETTE	115	J. MEDVAN	365
W . GRANDMASTER		DEADLIFT	
CAROL KOCH	100	TEEN LIGHT (14-16)	
TEEN LIGHT (14-16)		S. ANTOINETTE	400
ERIC HAHN	200	W. HEAVYWEIGHT	
S. ANTOINETTE	170	VICKI RIZZO	155
TEEN LIGHT (I 7-19)		WOMENS	
ROSS HUGHES	235	MASTER	
MENS MASTER		T. ANTOINETTE	255
C VENTURELLA	330	W. GRANDMASTER	
M. SCHWARTZ	300	N. SCHUCHERT	270
Men Grand Master		K. OBERST	260
B.SIMANOVICH	400	MENS MASTER	
TONY SIKORSKI	250	M. SCHWARTZ	545
132		D. SPHAR	325
K. STEVENSON	250	MEN GRANDMASTER	
148		TONY SIKORSKI	350
C. VENTURELLA	330	132	
CHRIS TARR	260	K. STEVENSON	400
RICK NEUROHR	230	148	
165		RICK NEUROHR	465
J. WILLIAMS	390	CHRIS TARR	375
MIKE HART	290	165	
B.CARMICHAEL	240	MIKE HART	560
198		J. WILLIAMS	410
B. ZEMAITIS	380	198	
T.SIMANOVICH	345	ADAM GAVLAK	600
ADAM GAVLAK	335	BOB DICKSON	550
220		T.SIMANOVICH	550
B.SIMANOVICH	350	220	
TOM SIWIAK	335	B.SIMANOVICH	660
242		242	
JIM WOODS	490	GREG OLIVER	640
TERRY GIBSON	465	S. PALUCKA	560
S. PALUCKA	410	275	
275		RON VILLANI	475
RON VILLANI	360	R. HENNINGS	425
MIKE ROSS	355	HEAVYWEIGHT	
R. BENNINGS	350	MARK BRODY	545
HEAVYWEIGHT		JOE MEDVAN	500

OUTSTANDING LIFTERS TEENAGE; STEVE ANTOINETTEWOMENS; TERRI ANTOINETTE MENS ; MIKE HART. (thanks to Bodytorium Fitness Center, McMurray, PA, and Meet Director Steve Siwiak for providing the results.)

International Powerlifting Association
"Lifting for Lifters"

Application for Registration

Last Name _____ First _____ Initial _____ New _____ Renewal _____

Street Address _____ City _____

State or Province _____ Zip Code _____ Country _____

Telephone _____ Date of Birth _____ Age _____ Sex _____ Pro _____ Am _____ Elite Am _____

Sign if above answers are correct. Parents sign if under 18 years. _____ Date _____

Registration Fee: Adult $25 ~ High School and Special Olympics $15

Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.

Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

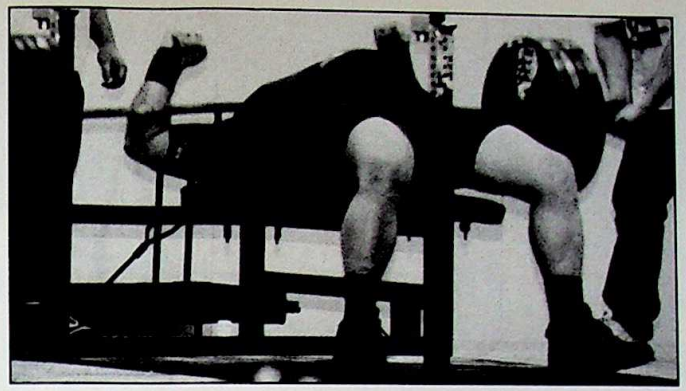
2nd Annual USAPL BP Competition
08 JUN 02 - Gillette, WY

114		123	
T 14-15		Verla Nicholas	165
Josh Craig	132	Men Master 50-54	
148		Steve Hill	242
Colby Wilson	143	220	
165		Men Master 40-44	
Joey Sairl	165	Randy Lang	429
T-16-17		165	
Donia	143	Ken Aragon	270
181		OPEN	
M. Renner	154	148	
148		Adam Komrad	248
Medina	198	165	
165		Todd Craig	237
Gonzalas	154	Ken Aragom	270
198		Phil Spizzing	292
Davis	226	Jeff Hernandez	281
148		Jay Opp	325
Adam Kamrad	248	181	
198		Jim Miller	319
Matt Ullrick	297	C. Marchiando	330
275		220	
Strickland	303	Randy Lang	430
242		242	
Alex Dickinson	413	Alex Dickson	413
148		275	
W		Jason Whitaker	286
Therese Chaulk	121	SHW	
165		Rob Lester	573
Melanie Mosley	171	Todd Koenig	408

(Thanks to USAPL for providing meet results)

4th OK STATE BP/DL (WABDL)
16 MAR 02 - McAlester, Ok.

Bench
Youth Development
148
Brian Mincher 185
Teen/114
A. Hrenchin 170
123
Bart Noriss 160
132
Jimmy Forehand 290
Charles Johnson 230
148
Brian Morris 250
Shawn Blevins 195
Clayton Pinson 165
Floyd Jackson III 140
198
Brandon Ward 300
242
Terry Austin 255
275
Josh Quickle 330
Junior/181
Breck Berry 340
198
Richard McKeefer
405
Ben Baker 360
Mike Bivin 290
220
Brad Neal 405
242
Ryan Myers 485
275
Jeremy Murrell 435
Novice
165
John McBride 270
Gene Collier 195
181
Jeff Dombek 340
Luke Ellsworth 315
198
K. Loudermilk 405
Ben Baker 360
Frank Powell 355
Jeffrey Landers 295
Floyd Jackson Jr. 210
220
Patrick Huddle 335
242
Terry Putnam 360
N. LaChappelle 330
Jerry Linder 285
275
Steve Morgan 440
Jeremy Murrell 435
Anthony Davis 400
308
Brett Fleak 340
Masters
165
George Baker 405
Dennis Berry 215
198
Roy Weaver 350
Greg Bersche 330
Lawson Essex 315
T.C. Lewis 275
220
Billy Lumpkin 345
W. Hollecker 295
242
Ken Anderson 420
Jimmy Harper 345
Jim Schulz 260
275
Ron Hood 530
Russell Morton 375
Jimmy Duckett 300
308
Mike Hamby 515
Austin Webb 415
Submasters
165
Bobby Lee 290
181
Greg Bullington 340
220
D. Chesmore 400
242
Ron Harlow 400
Terry Putnam 360
275
Ray Elliott 405
SHW
Ron Richter 530
Law/Fire/242
Jason Jackson 600
R. Muhammad 470
David Lewis 430
275
Kelly West 450
Jeremy Murrell 435
SHW
Ron Richter 530
Open/165
George Baker 405
Larry Bradham 360
198
Patrick Thomas 440
Randy Moore 385
220
Chad Henry 430
242
Jason Jackson 600
David Lewis 430
275
Kelley West 450
Jeremy Murrell 435
308
Mike Hamby 515
SHW
Ron Richter 530
Women's
123
Karen Gordon 150
165
Masters (47-53)
Marlane Welch 225
DEADLIFT
Youth Development
148
(10yrs.Old)
BrianMincher 185
Teen
132
Charles Johnson 330
148
Brian Morris 375
Floyd Jackson III 240
220
Pierre Ngo 535
John Bowen 415
Junior
181
Breck Berry 540
198
Barry Dotson 525
Novice
148
Craig Trantham 335
165
Gene Collier 350
181
Luke Ellsworth
198
Frank Powell 405
Floyd Jackson Jr. 250
220
Patrick Huddle 550
242
Terry Putnam 530
N. LaChappelle 525
Jerry Linder 390
275
Anthony Davis 505
308
Brett Fleak 565
Masters
165
Dennis Berry 355
181
William Watts 410
275
Russell Morton 665
Jimmy Duckett 300
308
Doug Lowrey 580
Submasters
165
Joe Stone 405
181
Greg Bullington 450
242
Ronald Harlow 670
Terry Putnam 530
Law/Fire Submasters
242
R. Muhammad 620
Law/Fire Masters
Michael Irwin 615
Open
198
Randy Moore 540
220
Chris Bogart 655
Womens
123
Karen Gordon 335



***Ken Anderson** dropping 448 lbs. on his chest, tho the spotters caught it before it really hurt him (Photograph courtesy of Kim Brownfield)*

What a meet!!!!!!!! There were 119 of the finest lifters in the Midwest on this day. How about the 290 lb. WABDL teenage world record set by Jimmy Forehand of Krebbs, Ok. Marlane Welch made her return to lifting and is as strong as ever with a 225 lb. Bench. Jason Jackson became only the 4th lifter from Oklahoma to legitimately lift 600 lbs. in the state. Jason just keeps getting stronger. The masters lifting was incredible with the master himself Ron Hood returning to competition with a very impressive 530 lb. bench. Ron is now 54 yrs. old and his lifts always are very impressive. Ken Anderson made the journey from Dallas and had a new master world record but upon locking it out it slipped from his hands and 447 lbs. Hit him square on the chest. The spotters stopped the sudden mishap from becoming a deadly one. Ken got up from the bench and walked away. What a tough guy. He did later on find out he had a broken thumb. Mike Hamby and Ron Richter just keep on getting stronger and stronger. They both lifted very well. The Illinois Crew took home some hardware also. Karen Gordon won overall lifter awards in the Bench and the Deadlift. Ron Harlow had the biggest dead lift for the day with a 670 lb. Dead lift and an outstanding lifter award. 700 was a very near miss. Michael Irwin who is a favorite among the crowd in Oklahoma lifted a new Law/Fire record of 615 lbs. Chris Bogart did some impressive Dead lifting by hoisting a new Ok. State record of 655 lbs. In the 220 lb. Class. Russell Morton also lifted a very impressive dead lift of 665 lbs. The teenage lifting was very outstanding with Pierre Ngo lifting an impressive 535 lb. Dead lift. In closing I would like to thank Sheila and Larry from the Gym for assisting us in putting on by far the most successful lifting meet we have ever had. Their grandchildren were also very helpful. We are definitely going to do it again next year in McAlester. I would also like to thank all of my spotters and loaders along with the judges of this meet. You guys are great. The crowd was huge this year and the lifters were awesome. Thank You to every one for supporting me and I think the world of each and everyone of the lifters who I have had the privilege of getting to know my last 24 years of competing. (results courtesy Kim Brownfield.)

MID-SOUTH RAW BP & DL
08 JUN 02 - Glenwood, AR

WOMEN	BP	DL
97		
20-23		
Alisha Doucet	95	
148		
40-49		
Anita LePitre	100	
165 50-59		
Rose Taylor		200
MEN:		
148		
16 &Under		
Sage Pruett	155	250
165		
16 & Under		
Bobby LePitre	210	
16 & Under		
Stuart Thomas	165	315
275		
16 & Under		
Drew Dickerson	160	
114		
17-19		
Jacob Fumeaux	195	225
165		
17-19		
Matt Brown	330	
220		
17-19		
John Lane	265	510
165		
Open		
Robert Matlock	320	
198		
Open		
Quion Brock	335	
David Seewald		500
220		
Open		
Ken Jordan	250	405
242		
Open		
Jeremy Poe	365	550
242		
Open		
Chris Marlin		440
275		
Open		
Scott Shaw	480	
165		
30-39		
Justin Tumey	255	410
Mark Fitzhugh	245	440
220		
30-39		
Neil Robinson	415	
Don White, SR.		530
242		
30-39		
Shawn Whited	325	605
275		
30-39		
John Sappington	365	
Mike Erby		600
319 30-39		
Randy Wickson		540
242		
40-49		
Charles Lee	400	
165		
50-59		
Daniel Singleton	245	
220		
50-59		
Rusty Stopp	370	
Bill Taylor	270	345
242		
50-59		
Al Harris	315	
Larry Brown	225	
165		
60-69		
Harold Hager	200	

(Thanks to Dan Singleton for the meet results.)

WABDL

Application for Registration
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

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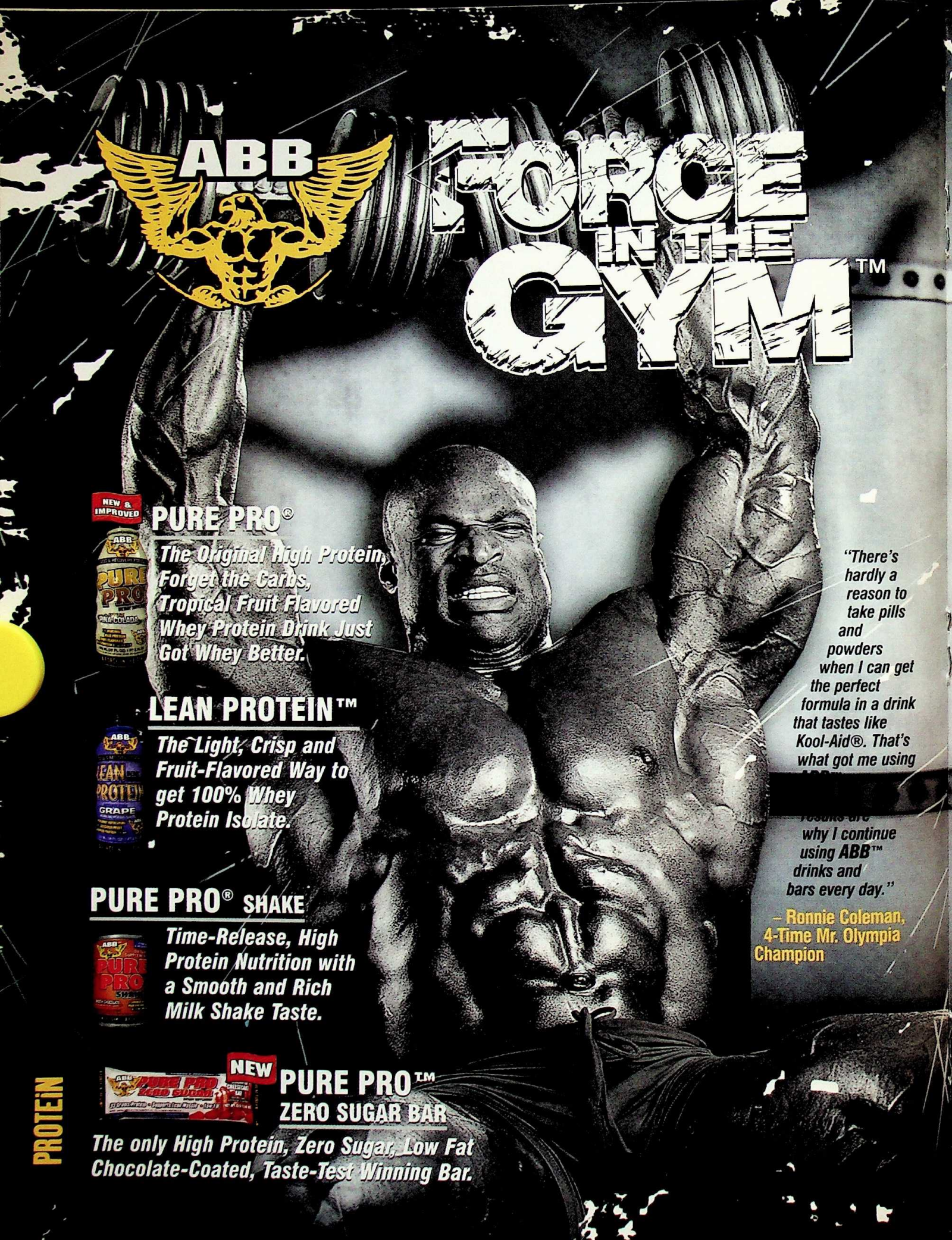
P.O. Box 90305
Portland, OR 97290

If under 18, have parent initial _____

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature_____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SOUTH FLORIDA SPRING BP BLAST
27 APR 02 - Lantana, FL

WOMEN
Teen 13-16
132:
V. Vasquez 82
198:
Alicia Stanley 77
Teen 17-12
114:
S. Mackey 66
132:
Deborah Toby 137
148:
F. Napa1itano 88
Submaster
198:
June Herzog 115
MALE
Teen 13-16
148:
S. Guarnieri 159
Luke Backus 159
165:
Nicholas Dubay 192
Miguel Benitez 170
Joey Rothrock 165
Bryant C1emmons 154
Eric Gonzalez 148
181:
Jordan Hymel 170
Archie Rose 165
198:
John Perez 181
David Rosser 154
220:
Matt Desiderio 214
242:
A. Gonza1ez 137
275:
Garrett Urban 203
Teen 17-19
148:
Long Nguyen 308
Devin Dobson 192
165:
Matthew Sapyla 225
Robert Stevens 203
275:
Lee McClelland 264
308:
Bill Frisch 479
Junior
Anthony DeFa1co 402
148:
Brandon Ward 248
181:
Rich Daniels 407
Sal D 358
198:
Derek Penkava 429
220:
Julian Ulvang 446
Lance Mosley 446
Mark Savin 374
242:
Michael Hummel 551
D. Wiesenfeld 440
Aaron Ward 440
Dave Sharkey 407
Jim Cotton 407
Coleman Hodapp 402
275:
Marcus Kinsey 473
G. Strickland 429
Eric Martin 336
308:
Mike Necolettos 529
WoodyHurley 429
Submaster
181:
Sal D 358
242:
Michael Hummel 551
Darren Thompson 402
Masters (45-49)
242:
Patrick Neary 413
Masters (55-59)
Richard Conover 341

Special thanks to our sponsors: Inzer Advance Designs (800-222-6897), Elite Fitness Systems (www.elitefts.com /888-854-8806), and Thomas Incledon (www.thomasincledon.com). Thanks to all the referees, spotters, loaders, scorers, and announcers: Jay Mac, Richie, Brian Schwab, Doug Hollis, Dave Sharkey, Tom Incledon, Greg Larkins, Brandon Ward, Mike Necolettos, Derek Penkava, Lance Mosley, Graham Strickland, Dwayne Kouf, Tracey Kouf, Ed Rectenwald, Cynthia Gefvert and the National Honor Society students from Santaluces. The strong team from Santaluces High School highlighted the teens. They all lifted well and have a great Coach in Dwayne Kouf. Long Nguyen hit a big 308.5 at only 148 pounds. Bill Frisch came to bench and hit very strong 479.5 and gave 501.5 a heck of a ride. Bill will bench 500 as a teenager. The females saw big PRs hit by Deb Toby and Fran Napalitano. June Herzog was in her first meet and had a great showing with 115.5.
The males also had a great day. In the Juniors Tony DeFalco benched 402.2 without a bench shirt. Rich Daniels had a good day and hit 407.7 in the 181 Open. Rich was coming back off a shoulder injury he suffered in a meet last year. Julian Ulvang won on bodyweight over Lance Mosley with both benching 446.2. Mike Hurnrnel dominated the 242s. Mike benched a hard fought 551. Mike will be trying to qualify for the WPO in June. In the 275s we saw the return of Marcus Kinsey. He had a great day for his first meet back and benched a strong 473.7. Marcus, no more of that other sport for you! Mike Necolettos won the 308s with an easy 529. We hope everyone had a great time and we look forward to seeing you at our future meets. We will be having the South Florida Summer Bench Blast on August 17th. The Halloween Bench Blast will be in late October. For more information call Bob Youngs at 561-718-9877 or email us at southsidebarbell@hotmail.com. (thanks to Southside Barbell Club for providing the results.)

PPL Georgia Drug Free Meet
20 APR 02 - Augusta, GA

BENCH
148
OPEN
SETH SCHUBER 300
165
NOVICE
M. HUNTER 225
181
50-59
MILLER NORRIS 180*
SUBS
KENNY MARTIN 395*
220
RAW
GREG BARTLEY 395
33-39
D. REYNOLDS 370
50-59
PHIL NEWSOME 390*
242
RAW
SHAWN REID 540*
275
33-39
LAMAR SMITH 510*
SHVV
NOVICE
R. GONZALEZ 335
DEADLIFT
148
OPEN
SETH SCHUBER 300

IRON MAN 148 (FEMALE) NOVICE	BP	DL	TOT
BECCKY REIMER 275 33-39	105	325	430
ALBERT HARRIS FULL POWER FEMALE 148	375	565	940

148 NOVICE	SQ	BP	DL	TOT
BECKY RIENIER 40-49	185	105	270	560
S. WALKER 148 NOVICE	240	115	305	660
J. LEAL OPEN & 17-19	265	145	250	660
ADAM ROWELL OPEN	315	240*	410*	955*
SETH SCHUBER 165 NOVICE	275	300	300	875
J. EVANGELISTA	335	205	345	885
DAVID EMEOTT 181	410	255	425	1080
A. JERNIGAN NOVICE	315	265	435 4TH	1115 450*
K. EVANGELISTA 198 17-19	265	190	315	770
JOSH BIGBY SM/OP	315	270	315	910
JOHN GOETHE OPEN	500	350	525	1375
J. STREETMAN OPEN	465	350	440	1255
DOUG REIMER 220 14-16				
TIM LAWRENCE 70+	300*	195*	395*	890*
M. BRANHAM OPEN	275*	275	440	990
GREG CAMPBELL	700	545*	610	1855*
MARK PHILLIPS 17-19	700*	440	680	1835
J. HEUANGPANGA 40-49	435*	285*	460*	1180*
BRUCE BRIDGES 242 NOVICE	350	300	435	1055
JASON AMMONS 17 -19	425	375	525	1325
ROBBY ASLINGER 275 33-39	285	235	385	905
KARL TILLMAN 50-59	740*	415	605	1760*
ROBERT MONEY RAW	455	365	475	1295
NED WILLIAMS SHW OP/SM/RAW	595*	425*	580*	1600*
BILLY WILSON	500*	370	500	1370*

BEST TEEN LIFTER - ADAM ROWELL * BEST LEGENDS LIFTER - MACK BRANHAM * BEST OVERALL LIFTER - MARK PHILLIPS * HIGHEST TOTAL - GREG CAMPBELL * BEST BENCH - GREG CAMPBELL * BEST BENCH - GREG CAMPBELL * BEST DEADLIFT - MARK PHILLIPS * BEST RAW BENCH - SHAWN REID * BIGGEST DEADLIFT - MARK PHILLIPS * * - NEW PYTHON RECORDS. WHAT DID YOU DO THIS SPRING? MOW THE LAWN? GO ON A PICNIC? GO FISHING? WELL THE IRON WARRIORS OF THE PYTHON POWER LEAGUE DECIDED TO STRAP UP AND HAVE A NO HOLDS BARRED MUSCLEHEAD THROW DOWN! WAS IT ROUGH? HOW ABOUT A 740 POUND SQUAT BY "KILLAH" KARL TILLMAN, A 545 LB BENCH PRESS BY GREG "DA HEAD" CAMPBELL, A 680 DEADLIFT BY MARK PHILLIPS AND A TOTAL DOMINATION OF THE TEENAGERS BY ADAM "BIG RAL " ROWELL ? THESE WERE JUST A FEW OF THE HIGHLIGHTS OF THESE CHAMPIONSHIPS! THIS WAS TRULY A SHOWDOWN AMONGST IRON WARRIORS AND THE RESULTS WERE TRULY WORTH BRAGGING ABOUT, BUT AS THEY SAY IT AIN'T BRAGGING WHEN YOU CAN BACK IT UP! GREG "DA HEAD" CAMPBELL AND "MARKY" MARK PHILLIPS HAD 220 LB. CLASS SHOWDOWN THAT WAS CONTESTED UNTIL THE LAST LIFT! THESE TWO HAD TWO OF THE HIGHEST TOTAL EVER IN THE PPL WITH THE HIGHEST TOTAL EVER IN THE PPL GOING TO GREG CAMPBELL WITH 1855 LBS! WHO IS THIS GUY "BIG RAL" ADAM ROWELL OF THE TEENAGE DIVISION? HE IS THE GUY THAT TOLD ME HE WAS THE "NEW" MAN IN THE TEENAGE DIVISION AND HE PROVED IT, SO LOOK OUT "THIN" BEN MARTIN OF ALABAMA - HE'S HERE! WE WELCOME THE NEW "RAW" BENCH PRESS KING "BIG SEXY" SHAWN REID WHO BENCH PRESSED 540 POUNDS AT 234 LBS BODYWEIGHT! I'D LIKE TO THANK "MELLIE MEL", "NI NI", "SHAYLA", "PEPPAH", "JASMINE", "SOUPBONE", "BIG C", "DANNY MORATES", "IKE 'DA WARRIOR' SCOTT", "JEREMIAH 'JUKEBOX' SMITH", "TONY", "T .J." AND ANYONE ELSE WHO HELPED WITH THIS MEET. WITHOUT YOU WE COULD NOT HAVE THESE COMPETIONS. THANKS! UNTIL I SEE YOU AGAIN ... STAY CLEAN, STAY STRONG AND I'LL SEE ON THE PLATFORM! (TEE "SKINNY MAN" MEYERS).

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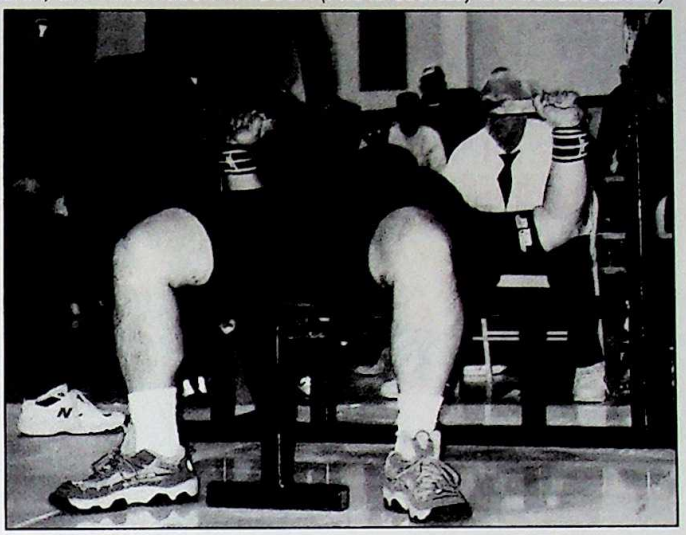
Mark Waldspurger of Lansdale, PA, benched 500 pounds at a body weight of 258. He placed 1st in the 275 men's open division. One year ago, when he benched 405, he set a goal of 500 - one year later he reached it - through hardwork, research, and information in PLUSA (Photo courtesy of Michelle Landis)



LARRY FREDERICK JR Memorial BP
2 MAR 02 - Lansdale, PA

OPEN		M. Bickelman	140
148		Karen Mayer	160
Terrance Pinkett	395	WOMEN A	
W. Romanelli	275	D. Musselman	115
C. Ramirez	210	WOMEN B	
181		Ellen Lonnberg	105
Terry Dickey	415	WOMEN C	
John T. Long	325	Elaine Mazack	55
Jesse Evans	270	TEENAGER A	
198		Brandon Henn	315
Steve Lewis	365	L.J. Piperato	200
Jason Devlin	335	B. McGonagle	165
Todd Evangelista	330	TEENAGER B	
220		J. Musselman	260
Chris Morris	435	C. Ramirez	210
Monte Lesser	415	Daniel Iwaniuk	240
Don Ratchford	390	SPECIAL OLYMPICS	
242		Nelson Baynes	80
Hugh Sharkey	465	Erica Dillon	190
Mark Hoffman	440	Eaton Evans	150
Rich McAllister	410	Andrew Wilson	155
275		Tim Herman	170
M. Waldspurger	500	Craig Zelner	160
Matthew Mann	450	Brian Quinn	145
Jim Piperato	415	Scott Renk	140
MEN A		M. Pauliwsia	135
Hugh Sharkey	465	Dan Miller	135
Monte Lesser	415	Bobby Johnson	120
Larry Butz	345	Glenn Weaver	125
MEN B		Justin Griffith	125
Paul Kane	340	Kevin Kleiner	100
John Hansberry	305	Doug Lawson	100
Randy Axe	385	Mary Konesky	75
MEN C		Annette Lurquin	75
Richard Durante	225	Michael Guerin	80
Gary Bechtel	240	Jason Nowlan	75
Larry Federick	240	M. Harrison	70
WOMEN open		John Ortiz	70
J. Rodenbaugh	155	S. Dougherty	55

Best Lifter: Terrance Pinkett- 395 @145. Team Division- 1st North Pen YMCA. 2nd Coast to coast. 3rd Phillipsburg. 4th Dog Pound. 5th Musselman. (results courtesy of North Penn Y)

USAPL WASHINGTON STATE
18 MAY 02 - Seattle, WA

W Open	SQ	BP	DL	TOT
97				
C. Loukprasong	110	55	135	300
16-17				
132 W				
Omoshade Idowu	135	80	225	440
132 M				
Lance Lucas	245			
Damian Lewis	300	235	365	900
Jr. W 132				
Trisha Vickrey	200	95	265	560
Open W 148				
R. Churchward	275	135	320	730
Open M				
Pete Kunjara	440	270	445	1155
132				
50-54 W				
Marji Lykke	155	90	235	480
55-59 W				
Faith Ireland	190	120	240	550
60-64 W 132				
Sharee Olson	210	70	210	490
16-17 M				
148				
Bryan Wlaker	250	210	350	810
Anthony Lucas	320	250	420	990
18-19 M				
Ben Ingels	350	235	405	990
50-54 W 148				
Bonnie Cromwell	255	135	300	690
18-19 M 165				
Mike Asher	465	225	435	1125
Jr. M 181				
Jonathon Tcruz	475	305	510	1290
40-44 M 165				
Dan Marxheimer	45			
50-54 W 165				
Cathy Chapman	205	125	260	590
55-59 W 165				
Dana Backiel	205	120	265	590
14-15 W 181				
Jennifer Triplett	335	135	335	805
Open M 181				
Eric Dodd	330	215	410	965
Tony Ruggiero	515	315	555	1385
Open/Master 181				
Leamon Woodley	675	350	650	1675
45-49 W 181				
Leah Smith	240	145	245	630
Open M 198				
Joel Legard	565	335	605	1505
Shawn Miller	480	275	535	1290
Ryan McGoughy	540	350	510	1400
40-44 W 198				
Jill Arnow	335	165	360	860
Open W 198+				
Kireen Ellis	350	225	415	990
Sheri Wyatt	325	230	400	955
16-17 M 220				
Greg Brown	400	250	450	1100
Open M 220				
James Meullion	500	420	530	1450
Harland Barrett	415	265	455	1135
55-59 M 220				
Brian Davenport	300	190	270	760
18-19 M 275				
DeShaun Milliken	600	505	640	1745
Open M 275				
Anthony Frazier				
45-49 M 275				
Roger Hendrix	715	465	675	1855
Police/ Fire 275				
Tom Ovens	550	420	550	1520
Open M SHW				
Vince Eldridge	600	440	680	1720

The 2002 USAPL Washington State Championship was held May 18th at Garfield High School in Seattle. Thirty- nine lifters competed and several hundred spectators showed up to watch as 38 state records and 13 American records (pending authentication) were set. Record performances include the following: Damian Lewis set state records in the 16-17 year old 132 division. He squatted 300, benched 235, pulled 365 and totaled 900. 132 lb. open lifter Pete Kunjara came out of retirement and set a state squat record with 440. Faith Ireland had a fine day at 132 lbs, 55-58. Her 120 bench, 240 deadlift, and 540 total are new state records. 60-64 master Sharee Olson broke her own American squat record with 200 and then broke it again with a great effort of 210 lbs. I've seen thousands of squats and this one had the most heart (it took over 10 seconds to complete). Her 210 deadlift and 490 lb. total are new state records. Congratulations Sharee! Anthony Lucas pulled 420 and totaled 990 for new state records at 16-17, 148 lb. men. 18 year old Ben Ingels benched 235 for a state record. At 148 lbs Bonnie Cromwell had a great day. Her 255 squat, 300 deadlift and 690 total are all American records in the 50-54 masters category. Bonnie is getting better ever time she competes. Great job girl! Jennifer Triplett impressed everyone by breaking the 14-15 year old 181 lb. squat record (American) with 315 on her second attempt. She broke her own record on the third attempt with 335. She set two more American records with a 335 deadlift and an 805 lb. total. Look for big things in the future form this teenager. Veteran lifter Leamon Woodley had the meet of his life. Leamon won the 181 lb. open and masters division with a 1675 total. His second attempt squat of 655 looked like 315 and broke the existing Masters American Record. He went to hit 675 for another American record. He looked good for at least 700. His 350 bench and 650 deadlift are new state records at 181, 45-49 age group. Leah Smith added to her own record collection with a 145 lb bench press (state) in the 45-49 181 lb division. Shawn miller lifted raw and went 480, 275, 535 at 198. A collection was taken to buy him equipment for the next meet. It's great to see some old school purists still at it! First time lifter Jill Armnow set two new American squat records. She had to take her opener over to get her first record of 315 lbs. She got in the groove and finished with 335 in the 198 lb 40-44 masters group. Greg Brown's total of 1100 at 200 is a new 16-17 year old state record. DeShaun Milliken broke all existing 18-19 year old 275 lb state records. He went 600 squat, 505 bench, 640 deadlift and 1745 total. He just missed a 520 bench which would have been an American record. He holds the 18-18 year old WABDL World Record with 518. Look for him this fall in a U. of Oregon football uniform Great job big D! Master lifter Roger Hendrix set new state records at 45-49, 275 lbs with a 675 lb deadlift and an 1855 total. Tom ovens set new state Police / Fire records at 275 lbs. He had a perfect 9 for 9 day with a 550 squat, 420 bench, 550 deadlift and 1520 total (all records). Great performance by all and powerlifting is alive and well in Washington. (Thanks to Todd Christensen, Meet Director, for the meet results)

USAPL ALL MIDWEST BP/DL
08 JUN 02 - Chicago, IL (kg)

WOMEN 67.5 bench		Master 40-49	
Deana Parsons	45	Tony Horvath	157.5
Open dead lift		Kelly Parsons	100
Deana Parsons	102.5	d/l Open	
75 bench		Dan Morris	242.5
Patricia Shutter	60	master 40-49	
Open d/l		Kelly Parsons	175
Patricia Shutter	122.5	110 Open	
82.5 bp		Raoul Donati	237.5
Sherri Stamper	120	Stan Kramer	202.5
MEN 67.5 Open bp		Dave Barbuvak	167.5
Todd Greenman	125	Scott Schoen	142.5
Open d/l		dl Open	
Todd Greenman	192.5	Mark Phillips	142.5
Masters 40-49		Dave Barbuvak	265
Jim Marchio	200	275 bp open	
75 Open bp		Scott Schoen	230
Rob Langwell	162.5	Nectar Kirkiris	202.5
Junior		16-17	
Nicholas Deluise	167.5	Michael Devries	175
82.5 bp		Masters 40-49	
Dean Young	117.5	Brain Martin	160
Masters 40-49		dl open	
Bob Fabiano	167.5	Scott Schoen	240
Open DL		Nectar Kirkiris	320
Dean Young	210	teen 16-17	
Masters 40-49		Michael Devries	272.5
Bob Fabiano	245	master 50+	
90 bp Junior		Rich Sadowski	222.5
Brad Whatley		Men Unlimited Open	
Master 40-49		G. Lealifrano	240
Stephen Vollmer	162.5	Dion Rhodes	260
Master 50+		Clint Dewald	222.5
W. Wuczerewicz	130	Dave Meservey	202.5
d/l Master 40-49		Master 40-49	
Stephen Vollmer	225	Dave Meservey	170
100 bp Open		dl open	
Dan Morris	157.5	Clint Dewald	285

BEST LIFTERS- BENCH PRESS : MEN'S OPEN - GEORGE LEALIFRANO, RAOUL DONATI, DION RHODES. TEEN - MICHAEL DEVRIES. JUNIOR - NICHOLAS DELUISE. MASTERS BRIAN MARTIN. WOMEN- SHERRI STAMPER. DEADLIFT - MEN'S OPEN SCOTTSCHOEN, CLINT DEWALD, NECTAR KIRKIRIS, TEEN: MICHAEL DEVRIES. MASTERS - BOB FABIANO. WOMEN - PATFJCIA SHUTTER. (Thanks to USAPL for providing these results.)

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2202 Huge Iron Powerlifting Schedule

11-02-02 AAPF Southern States Powerlifting Championships

11-10-02 WPO Bench Bash for Cash

11-8,9 -02 WPO Powerlifting Semi-Finals (New Orleans, Louisiana)

11-30-02 APF Southern States Powerlifting Championships (light day)

12-01-01 APF Southern States Powerlifting Championships (heavy day) (qualifier for APF Senior Nationals)

All contests will be held in Daytona Beach, Florida
unless otherwise specified.

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Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested in your meet.

14 SEP, *USAPL Michigan Hall of Fame PL, Bob Fabiano, 5660 W. Clark Rd., Lansing, MI 48906, 517-668-8068*

14 SEP, *Harbor Days Bench Press Contest, Randy Gallan, (760) 724-3947, rgallan@vusd.k12.ca.us, www.benchpressproductions.com*

14 SEP, WABDL 9th Mad Dog BP (Muskogee, OK - open, teen, masters, jr., submasters, law/fire, women) Ron Hood, 918-681-1112

14 SEP (NEW DATE), WNPF Lifetime National PL, BP, DL, SQ & Sarge McCrary BP/DL (single lift or combined) & Power Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

14 SEP, APA California State PL, BP, DL (Sacramento, CA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

14 SEP, APA Nevada State PL, BP, DL Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

14 SEP, APA Oregon Staet PL, BP, DL, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

14 SEP, United we Stand BP (Touch 'n Go- Men + Women - New Castle, PA - Open, Novice, 14-16, 17-19, 20-23, 33-39, 40-49, 50+, Police/Fire. 24" Trophies 1st-5th, $100 - Best lifter 97-181 + 198- SHW. Portion of Proceeds Donated to help families of 9/11 tragedy.) Charles 724-654-4117

14 SEP, Pittsburgh Legends of the Platform BP & DL, Jamie Harris, 412-384-5051 Ext 1, OATJEZ@AOL.COM

14 SEP, Muscle Beach/APF West Coast BP Championships (open, masters, juniors, spec. olympians - t-shirts & medals to all participants) Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

14 SEP (correct state), YMCA Challenge 1st annual Open BP, 19550 N. 10th St., Covington, LA 70433, Linda, 985-893-4800

14 SEP, SLP Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

14 SEP, Iron Boy Bench Press Classic (Winston-Salem, NC) Keith Payne, 336-766-3347, keith@ironboyenterprises.com

14 SEP, WABDL Washington State BP & DL (drug tested - Hoguiam, WA) Don Bell, 360-533-5711

15 SEP, *USAPL Slippery Rock Bench Bash, Jason Beck, One Good Place #1, Portersville, PA 16051, 724-368-8932*

15 SEP, Midwest Open Drug Free PL, BP, DL, Fitness Lifestyles, 641 W. Stevenson St., Freeport, IL 61032, 815-233-2292

15 SEP, 4th Deadlift on the River, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

15 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press Championships II (open men & women, native, youth & teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, 716-673-4613, Jay.Toth@Fredonia.edu

21 SEP, *Barbarians Strongman Challenge, 50 Hamptonburg RD, Campbell Hall, NY, Ben 845-590-6236, or 201-996-7238*

21 SEP, *1st Bartlesville Classic, Gilkeys Karate and Fitness @ 5701 SE. Adams Blvd, Bartlesville 74006, Jim Duree, 5619 Pawnee Ave, Kansas City, KS 66106, (913) 596-7326, JDuree7086@aol.com*

21 SEP, 3rd Lynch Mob Shirtless Bench Press (Circleville, OH) John Weaver, 740-477-6847, or Jon Elick, 740-420-3063, antman517@aol.com

21 SEP, NASA New Mexico Regional, Mike Adelmann, Box 44651, Rio Rancho, NM 87174, 505-301-3887

21 SEP, 4th Sci-fit of Georgia BP (Georgia State Farmers Market) Joe DeVerville, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005

21 SEP, SLP Open National Powerlifting Championships (Hoopeston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

21-21 SEP, *USAPL Nevada State PL & BP, Jim Kralich, 150 Chris Ave, Elko, NV 89801, 775-777-7591*

22 SEP, *USAPL Wyoming Open PL & BP, Ron Erickson, 11214 Blazer Rd, Cheyenne, WY 82009, 307-778-2043*

22 SEP, ADAU Connecticut Raw Drug Free PL & BP, Robert De La Vega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548

22 SEP, SLP Wisconsin State BP/DL (Burlington, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 SEP, *ABF Monster Bench Tour (Atlanta, GA) Rusty Irby, (352) 793-8796, P.O. Box 2335 Bushnell, FL 33513, Kineticstrength.com*

38 SEP, *USAPL World Gym's ID State BP & DL, Cindy Kynoch, 1515 Northgate Mile, Idaho Falls, ID 83402, 208-529-8254*

28 SEP, USAPL Squat & Deadlift Nationals, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

28 SEP, *USAPL Colorado Open Bench Press, Daniel Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366*

28 SEP, 9-11 Bench Press (N. Carroll H.S., Hampstead, MD - all wt. classes, age groups, divisions - men & women) Coach David Dodson, 717-359-9594

28 SEP, APA Southeast Coast BP, DL (Winter Park, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

28 SEP, USPF Florida State PL, Bill Beekley, 4215 Carmen St., Tampa, FL 33609, 813-289-3063

28 SEP, SLP National 'Raw' Powerlifting Championships (Rolla, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 SEP (additional contest, change in designation), USBF BP Nationals & USPC Power Curl Nationals (open, masters, teen, police/fire, military - wraps & belts allowed) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

28 SEP, NASA Wisconsin Regional PL, BP, PS (Marshfield, WI) SQPBDL@aol.com

28,29 SEP, IPA Pennsylvania State/ Northeast Regional PL & BP, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

5 OCT, *Ottumwa YMCA Strength Team presents the Budweiser Octoberfest Bench Blast, Top Lifter - $500 CASH, Jared Beard, 611 N. Hancock St., Ottumwa, IA 52501, (641) 684-6571*

5 OCT, *USAPL Indiana State BP & PL, Ervin Gainer Sr., 6449 Waterloo Ln., Indianapolis, IN 46268, 317-379-1613*

5 OCT, 2nd annual Fall Classic BP and/ or DL (teen, raw, open, women, submaster, masters) John & Kayleen Blackstone, Muscle Bound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840

5 OCT, Central California PL & BP (open men, teen, 20-23, 35-39, master, women) Lisa & Steve Denison, 5012 Rogue Water Ct., Bakersfield, CA 93313, 661-664-7724, pwrlftrs@powerliftingca.com, www.powerliftingca.com

5 OCT, 100% Raw Nationals, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

5 OCT (date determined), NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283,

12 October 2002

APF Northern California Open Powerlifting & Bench Press (San Francisco, CA)

John Ford

650-757-9506

7 December 2002

APF 49th Annual Iron Man Open Powerlifting & Bench Press Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658-5437, 322-6805

gvhl@wirefire.com

5 OCT, APA Bay State Open BP, DL (Northampton, MA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

5 OCT, SLP Fall Bench Press/Deadlift Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

5 OCT, 2nd annual Record Breakers Meet, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

5 OCT, NASS North American Strongman Championships (St. Louis, MO) Willie Wessels, 314-609-6031, dwes370162@msn.com

5 OCT, NASA Ohio Regional PL, BP, PS (Springfield, OH) SQPBDL@aol.com

6 OCT (NEW DATE), SLP Iowa State BP/DL (Coralville, IA) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9-13 OCT, IPF World Masters (Argentina)

12 OCT, *WNPF Palmetto Classic BP/DL (Greenville, SC), Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418*

12 OCT, *USAPL PA Ironman & Ironwoman BP/DL, Dennis Hulslander, 6 Church St., Stewartstown, PA 17363, 7171-993-8000*

12 OCT, *ABF Monster Bench Press Tour (St. Pete, FL) Rusty Irby, (352) 793-8796, P.O. Box 2335 Bushnell, FL 33513, Kineticstrength.com*

12 OCT, WPL World Championships (open, women, masters, teenage - Holiday Inn Midtown - Savannah, GA) Ann or Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4574 or 660-1006, e.leverett@att.net

12 OCT, ADAU Raw North Country Open BP & DL (Saranac H.S.) Dr. John Cerruti, 83 River St., Lake Placid, NY 12946, 518-523-7173

12 OCT, WPA World Bench Press Championships (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

12 OCT, APA Northwest Region BP (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

12 OCT (NEW DATE & phone number correction), Olympus Gym Open BP & DL (raw & assisted - men/women open - novice, teen, jrs., submasters, masters, police, fire, military) Vernell Morris, 5470 St. Barbarus Rd., Oxon Hill, MD 20745, 301-505-2255

12 OCT (revised date), APF N. California Open PL & BP (San Francisco, CA) John Ford 650-757-9506

12 OCT, 8th APF Wolverine Open PL & IronMan, Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharbourne@comcast.net

12 OCT, 4 Seasons Association Fall Bench Press, Kevin Deming, The Four Seasons Association, 904 Four Seaons Rd., Bloomington, IL 61701, 309-663-2022 ext 34 or kevin@4-seasons-club.com

12 OCT, SLP Arkansas State BP/DL (Paragould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

12 OCT, NASA Tennessee Regional PL, BP, PS (Nashville, TN) SQPBDL@aol.com

13 OCT, APA Northwest Region DL (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

13 OCT, WPA World Deadlift Championships (Kennewick, WA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

13 OCT, White's Truck Stop YMCA BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

13 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

19 OCT, *USAPL Thunder Mountain Open, Maj. Wm. Wheeler, 115 Madden Circle, Ft Huachuca, AZ 85613, 520-538-4328/533-3180*

19 OCT, The Boardwalk Gym Fall Classic BP (Winona, MN), DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693 or 507-452-7133

19 OCT, Walker's Gym BP Classic (open & raw -men, women, master, teen, police, military, fire - 5 places) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

19 OCT, Ashtabula YMCA BP Touch 'n Go (Ashtabula, OH) Lonnie Anderson, 440-964-3013

19 OCT, Thunder Mountain Open (Barnes Fieldhouse Gym, AZ 85613) Maj. William Wheeler, 520-538-4328, & Kathy Gray 520-533-3180

19 OCT, 11th Muscle Beach Special Olympics Power Lift-Off, Venice Beach Rec. Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

19 OCT (updated), Bob Hafner Championship (PL, BP, DL - open, women, teen, master, special olympian) Bob Hafner, 12105 Lake Louise Dr., Gretna, LA 70056, 504-393-9521 or ottohaf@aol.com

19 OCT, USBF Maryland State Bench Press, BAAC, 658 Boulton St., Bel Air, MD 21014, Dave Capozzoli or L.D. Augustilus, 410-515-1607, Gtrdave99@aol.com

19 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

19,20 OCT (additional day), 6th Pennsylvania Power Challenge (BP/DL - 19th, PL - 20th) Gene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

19,20 OCT, NASA Iowa Regional PL, BP, PS (Des Moines, IA) SQPBDL@aol.com

20 OCT (tentative), East Coast Strongman Challege (Virginia Beach, VA) Gayle Schroeder, strength@exis.net, www.powerandstrength.com

20 OCT, SLP Pecatonica Fitness Fall BP/DL Classic (Pecatonica, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

25 OCT (new address & terms), AAU Richmond International Bench Press (cap of 100 benchers), VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, Barbara 804-233-9570, barbbeeez@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810

25-27 OCT, WNPF World PL & SQ Championships (Youngston, OH - lifters must qualify at a WNPF national or major championship) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

26 OCT, *USAPL Central USA PL/BP, Michael Cissell, 1296 Henke RD, Lake St. Louis MO 63367, 636-561-1242*

26 OCT (date assigned), South Florida Halloween Bench Blast, Bob Youngs 561-718-9877, southsidebarbell@hotmail.com

26 OCT, IPA Nazareth Barbell Bench Dead Bash, Mike Miller or Deb Ames, 610-746-7000, nazbar@enter.net, www.bigbenchpress.com

26 OCT, APA Bench Press Nationals (St. Petersburg, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

26 OCT, NASA Big River Classic (Blytheville, AR) Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094

26 OCT, INSA / INSAA World Championship (Plano, TX) David Newingham, 4347 Floramar Terrace, New Port Richey, FL 34652, 727-781-0417, Strouds Fitness - 817-268-3488

26 OCT, 1st annual PPL USA Championships, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

26 OCT, 20th ADAU "Central PA Open" (open and all age groups for both men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

26 OCT, ANPPC Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

26,27 OCT (new address & terms), AAU Raw & Assisted Worlds - (cap of 350 lifters, NO EXCEPTIONS, FIRST COME FIRST SERVE) VA Powerlifting Association, 1811 Southcliff Rd, Richmond, VA 23225, Barbara 804-233-9570, barbbeeez@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810

26,27 OCT (new address), AAU Richmond International Open Meet VA Powerlifting Association, 1811 Southcliff Rd., Richmond, VA 23225, Barbara 804-233-9570, barbbeeez@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810

26,27 OCT, NASA North Carolina Regional PL, BP, DL, PS (Hickory, NC) SQPBDL@aol.com

27 OCT, *SLP Central Illinois Open BP/DL Championships (Hillsboro, IL) Dr. Darrell Latch, 122 W. Sale St. Tuscola, IL 61953 (217) 253-5429 www.sonlightpower.com*

27 OCT, APA Deadlift Nationals (St. Petersburg, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

OCT, NASA PA Regional Qualifier PL, BP, PS, Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283

OCT, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

2 NOV, 2nd Body Structure Bench Press (touch and go, 24" trophies 1st-5th, men & women, open, novice, 20-23, 33-39, 40-49, 50+, 14-16, 17-19 - no formulas) Chuck Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117

2 NOV, USPF Texas Cup (Austin, TX - men/women - open, below I, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

2 NOV, SLP Illinois State BP/DL, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

2 NOV, AAPF Southern States PL (Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

2 NOV (added category), USBF Eastern Regionals Raw & Assisted Bench Open, USPC Power Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

3 NOV, CPA Championnat Quebecois PL (Marcel St. Laurent, 457, 7 ieme Avenue Nord #1, Sherbrooke, Qc. J1E 2S2, 819-346-9466, marcelstlaurent@sympatico.ca

3 NOV, USA "Raw" Bench Press Federation Grand Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8,9 NOV (NEW DATE), WPO Powerlifting Semi-Finals (New Orleans, LA - Ernest Morial Convention Center) 877-HUG-IRON, hugeiron@logicalcity.com

9 NOV, *Gold's Gym BP Challenge (touch and go) Greg or Buffy Gordon, 1630 N. Main St., Morton, IL 61550, 309-444-9955*

9 NOV, *NASA WV Regional Qualifier PL, BP, PS, (Ravenswood, WV) Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283*

9 NOV, *USAPL Michigan State Meet & Great Lakes Open, Mike Poirier, 1279 103rd Ave, Plainwell MI 49080, 269-685-5614*

9 NOV, *USAPL Hawaii State, Tony Lelato, 3036A Kahaloa Dr., Honolulu, HI 96822, 808-988-6378*

9 NOV, USAPL Maryland State PL (Laurel Sr. H.S) Mark Daniel, 9413 Squires Ct., Laurel, MD 20723, mdaniel55@comcast.net

9 NOV, APA Longhorn Open PL/BP (Brenham Fitness Center - Brenham, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

9 NOV, 11th Mon Valley Fitness Center

BP Classic (BP, DL, BP for reps) MVFC, Box 567, Dunlevy, PA 15432, 742-483-2438, MVFC@zcominternet.net

9 NOV, NASA Illinois & Indiana Regional PL, BP, PS (Flora, IL) SQPBDL@aol.com

9 NOV, SLP Fitness One Fall Classic BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9,10 NOV, USAPL New Jersey State PL, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

10 NOV (NEW DATE), WPO Bench Bash for Cash (New Orleans, LA - Ernest Morial Convention Center) 877-HUG-IRON, hugeiron@logicalcity.com

10 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 NOV, Iowa/Midwest Open BP, DL, Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

12-17 NOV 02, IPF World Men's (Bratislava, Slovakia)

14-17 NOV, 100% Raw World Championships (all ages, wt. classes, 5 yr. drug testing period, 10/19 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

14-18 NOV, WABDL World BP & DL Championships (drug tested - Peppermill Hotel, Reno, NV) Gus Rethwisch, 503-762-5066, FAX 503-762-5067

15-17 NOV, IPA Nationals (Holiday Inn Worthington) Elite Fitness Systems, 1695 Itawamba Tr., London, OH 43140, 888-854-8806, www.elitefts.com

***16 NOV,** Lake Holcombe BP (male/female - teen, open, masters - Lake Holcombe H.S.) Brian Briggs, 27140 240th Ave., Holcombe, WI 54745, 715-239-0411*

***16 NOV,** NASA PA Regional Qualifier PL, BP & PS (Uniontown, PA) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com*

16 NOV, SLP Kentucky State BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

***17 NOV,** Rhode Island State PL + BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, T_Isabella@msn.com*

17 NOV, SLP Rhino's Fitness BP/DL Classic (Roscoe, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

22-24 NOV (new location), 1st WNPF Drug Free for Life World Powerlifting, BP, DL, SQ, and Ironman Championships (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

***23 NOV,** USAPL Idaho State/Open, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035*

23 NOV, Planet Fitness APA Winter Classic (PL, P/P, BP, DL) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, iowaapachair@apa-wpa.com

23 NOV, USAPL Mass/Atlantic States Open (Warwick, RI) Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714 (8-10PM)

23 NOV, Eastern American BP (Holiday Inn - Forsyth, GA - I-75 / Exit 186 - Open - Over 40 - Women - Novice - Teen - Police/Fire, Submasters) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 302, 770-474-2633

23 NOV, Omaha Open (full meet, BP, DL, Push-Pull) 4808 Cass, Omaha, NE 68132, Keith Machulda 402-444-5596

23 NOV, USAPL Police & Fire Nationals PL & BP, Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King

23 NOV, USPF Pan American Bench Press Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

23 NOV, USPF Pan American Deadlift Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

24 NOV, APF Pine Tree State Open + National Qualifier, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

24 NOV, USAPL Ohio State PL & BP (2 contests - open mens and women, mens and women raw, mens master, mens masters raw, police & fire, mens teen) Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King.

30 NOV (NEW DATE & INFO), APF/AAPF IronDawg Open PL, BP, (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, lbbaker@irondawg.com

30 NOV, 100% Raw Bench Press Worlds, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004

30 NOV, APA Mississippi Open BP, DL (Vicksburg, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

30 NOV, CPA Championnat Quebecois BP & DL, Push & Pull, Curl (Montreal) Marcel St. Laurent, 457, 7 ieme Avenue Nord #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466, marcelstlaurent@sympatico.ca

30 NOV, APF Southern States (light day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

30 NOV, 1 DEC, 2nd annual YESPA Powerlifting & Bench Press Nationals (Fruitland, MD) 410-749-9101 or 742-9201, ask for Trend or Fred

1 DEC, The Best of the BP/DL Raw #6 (sculptured trophies) Body Fitness Center, McMurry, PA, Steve 724-941-7270

1 DEC, New England Raw PL/BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728

1 DEC, APF Southern States (heavy day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

5-8 DEC 02, IPF World Bench Press (Luxembourg)

***7 DEC,** ISA presents Full Power II, PL, Push/Pull, BP, 24- Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, $400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117*

***7 DEC,** 19th Annual SE Cup PL and BP, Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, day - (229) 896-3988, night - (229) 896-3989, bduke@alltell.net*

7 DEC, APA Patriot Open (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

7 DEC, APF 49th Iron Man Open PL & BP Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658-5437, 322-6805

7 DEC, MPA Miller Chevrolet Christmas BP Classic (19 & under, open - non-residents welcome, masters, police/fire/military, 40+ police/fire/military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)

7 DEC, USAPL New York State BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, http://www.geocities.com/bruceswan500/index.html

7 DEC, SLP Christmas For Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7,8 DEC, AAU World BP, Push-Pull, DL (River Palms Casino - Laughlin, NV - open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

7,8 DEC 02, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

***8 DEC,** APA Nutmeg State Open BP & DL (Norwich, CT) Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, (860) 546-2091, djslaga@yahoo.com*

8 DEC, 10th Raw ADAU "Coal Country" Classic (separate BP & DL contests, open & all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

***14 DEC,** 15th Elkhart BP Classic, Jon Smoker, 30907 CR 16 W., Elkhart, IN 46516, 219-674-6683*

***14 DEC,** ABF Monster Bench Tour (Orlando, FL) Rusty Irby, (352) 793-8796, P.O. Box 2335 Bushnell, FL 33513, Kineticstrength.com*

***14 DEC,** USAPL Michigan State Open BP & DL, Mike Poirier, 1279 103rd Ave, Plainwell, MI 49080, 269-685-5614*

14 DEC, CPA Championnat Regional PL & BP (Granby, Quebec) Benoit Brodeur, 450-378-7666, 450-372-0087

14 DEC, Christmas Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

15 DEC, WNPF Sarge McCray BP, DL + Ironman (Bordentown, NJ) Troy Ford, Box 142347, GA 30214, 770-996-3418

28 DEC, SLP The Last One! BP/DL Classic, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

18 JAN (NEW DATE), 3rd APF Michigan Bench for Cash, State BP Championships (cash prizes 1st-5th based on Reshel Formula - $1000 for 1st place) Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharbourne@comcast.net

18 JAN, APA Texas State (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

24-26 JAN, USAPL 2003 Women's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

***25 JAN,** White's Truck Stop/YMCA Winter Bench Press and Deadlift, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com*

JAN, PPL Augusta Open Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

1 FEB, APA Houston Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

8 FEB, APF West Coast Push Pull (San Mateo, CA - Stark's Gym) John Ford, 650-757-9506

***9 FEB,** AAU MO State PL, X-Treme Fitness, 607 North Highway 47, Union, MO, 63084, (636) 583-1179, Darin Gilley, 2820 Old Gray Summit Rd, Pacific, MO 63069, (636) 742-4537 daringilley@aol.com*

***15-16 FEB,** NASA OH State HS & Teen World Record Breakers PL, BP & PS (Springfield, OH) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com*

1 MAR, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

1 MAR, USPF/AAU Oklahoma State PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

***8 MAR,** USAPL Battle of the Great Lakes VI PL/BP (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com*

***8 MAR,** USAPL Virginia Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com*

8 MAR, All Church Contest (open to all church members and church sponsored teams) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

21-23 MAR, USAPL High School Nationals, James Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

22 MAR, ADAU Great Lakes Championship (National Qualifier - Open + All Age Groups, Men and Women) Joe Orengia, 4468 W. 26th st., Erie, PA 16506 814-833-3727, www.pikitup.com

23 MAR, USPF Rhode Island State PL + BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921 T_Isabella@msn.com

***29 MAR,** NASA VA State Championships, PL, BP & PS (Charlottesville, VA) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com*

29 MAR, APF/AAPF Georgia State Open PL & BP (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, www.irowdawg.com

***12 APR,** ISA Superman (Clean & Jerk,*

BP, and DL), Push/pull, BP contest, 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, $400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

12 APR, White's Truck Stop/YMCA Spring BeP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

12,13 APR, Power Palooza V PL, BP, DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-=7823

25 APR, 25th anniversary Met-Rx USPF Women's Sr. National Powerlifting Championship (cash prizes - Wayfarer Inn Convention Center, Bedford, NH) Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-6226-5489, www.americanpowerlifting.com, davefollansbee@aol.com

26 APR, 9th Annual Dungeon Powerworks Slam Bench & Deadlift, Drug Free Only, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042 (616) 435-7586 or Tyrone Ward (616) 273-1092

26-27 APR, NASA WV State Championships, PL, BP & PS (Ravenswood, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

APR, PPL Georgia State "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com

APR, Laughlin's River Run BP (Laughlin, NV - men, women, masters - book early!!!) Chris Kostas, 1854 Pineridge Rd,. Frazier Park, CA 93225, 661-215-0115, kostas@frazmtn.com

2-4 MAY, USAPL Masters Nationals, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-753-8586

3 MAY, NASA KY State Championships, PL, BP & PS (Lexington, KY) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

10 MAY, Old Dominion BP and Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

17 MAY, USAPL New England States Open, Greg Kostas, 113 Linden St., Whitman, MA 02382, 781-477-6714

17 MAY, ADAU "NO druggies Allowed" Squat - Bench- Deadlift Championships (No total - single lift national qualifier - open + all age groups - men + women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, www.pikitup.com

29 MAY - 1 JUN, APF National Championships (Seniors Open, Masters, Teen, Juniors men and women - Holiday Inn, Marietta, GA. WPC World Qualifier for WPC Worlds in Darwin, Australia) L.B. Baker, Box 40, Bogart, GA 30622, 770-725-6684, www.IronDawg.com

7 JUN, USAPL Pete Lenzi Memorial BP (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com7

JUN, Strawberry Fest. Strongman/woman, RAW BP Outside, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

7 JUN, USPF/AAU Sooner State Games, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

12 JUL, Independence BP & Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

18-20 JUL, USAPL Men's Nationals, Steve Howard, 2107 Arrow, Rapid City, SD 57702, 605-348-4039

JUL, ISA Presents 5th Annual Limestone Classic Bench Press and Push/Pull Contest, to be held at the Boys Club in Bedford, Indiana, (866) push-pull, (770) 739-0184, or (770) 838-1009, ISA, 951 Maple Street, Carrollton, GA 30117

JUL, PPL Southeastern "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com

9 AUG, Blue Ridge Strongman/Woman, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

16 AUG, USAPL Mid Atlantic Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

23 AUG, ISA Presents Full Power III, Powerlifting, Push/Pull, And Bench Press Championships, 24- Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, $400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

6 DEC, USAPL Virginia State PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

13 DEC, ISA Presents Superman of the Century, Superman, Powerlifting, Superman of the Century, Push/Pull, And Bench Press Nationals (SMC consists of total full powerlifting + clean and jerk), 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, $400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

13 DEC, Christmas BeP Classic/Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

P.S. when writing include a Stamped, Self-Addressed Envelope. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

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no entry fee

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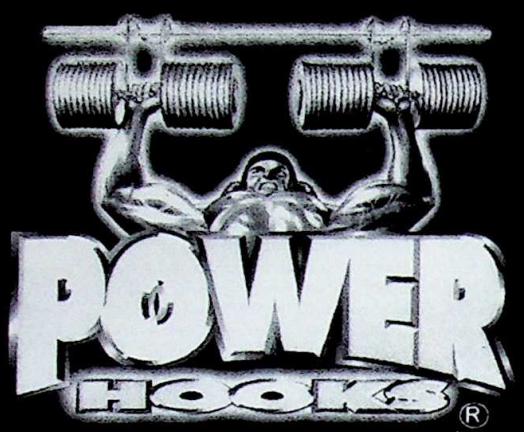

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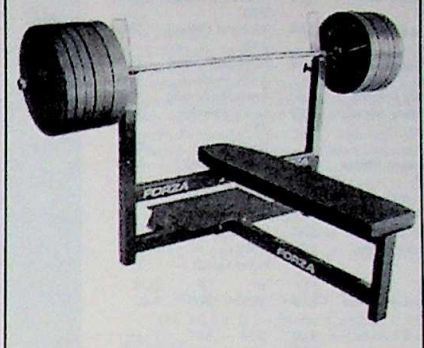

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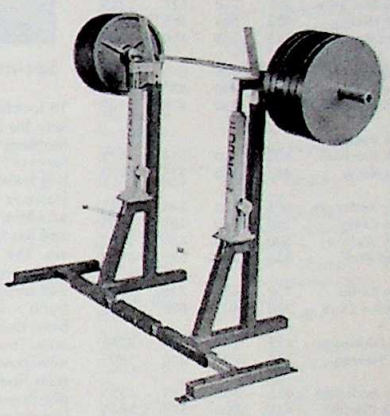

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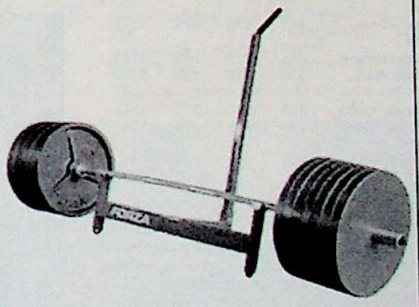

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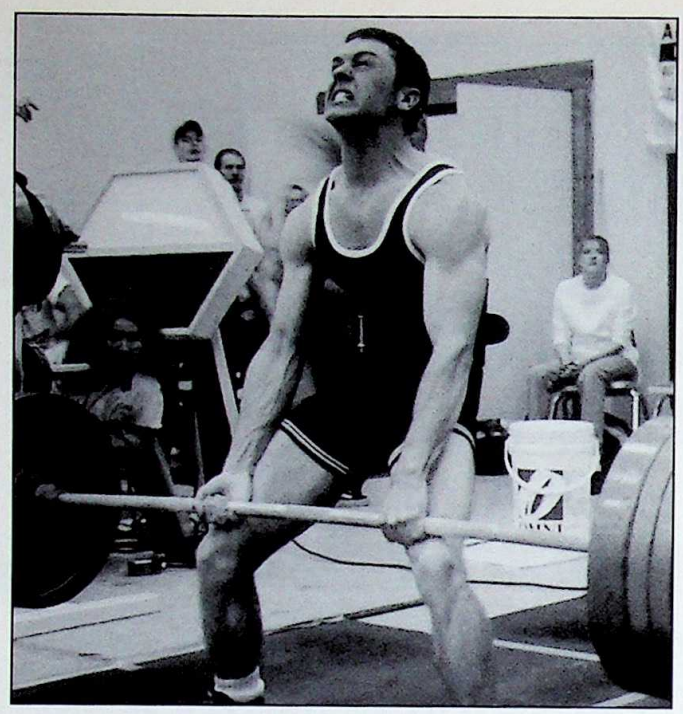
11 MAY 92 Polatello, ID

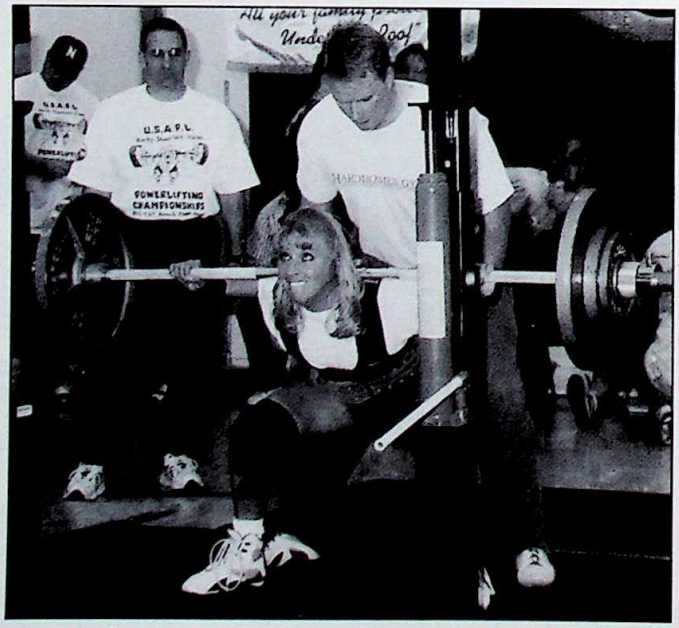
BENCH		Scott Jenne	245
Women		Mike Haynes	
123		198	
Frannie Taylor	125	Doug Clayton	400
132		Bob Baker	345
Suanne Casey	130	Darren Jacobs	330
148		220	
Eula Compton	150	Richard Oliver	380
165		242	
Hannah Cowgill	135	Alex Dickinson	405
198		Andy Watson	400
Holly Oxford	220	Andy Anderson	385*
Kristina Sowder	120	Marc Sowder	340
Men		275	
132		Carl Rogers	475
Spencer Myers	225*	Tyvan Schmitt	440
148		Chris Carlin	420
Adam Davis	270	Scott Berger	335*
165		319	
Tony Hutchins	365	J. Schermerhorn	540
Kenny Rothe	290	SHW	
		Peter Herdt	315

132	SQ	BP	DL	TOT
Spencer Myers	310	225	405	940
148				
David Edmonson	420	250	485	1155
Adam Davis	370	270	400	1040
Craig Sutton	355	205	385	945
165				
Jerry Bourquin				
Robert Wright	510	365	625	1500
Tony Hutchins	425	365	475	1265
Kenny Rothe	420	290	480	1190
Joel Weiss	325	225	400	950
181				
Dave McCarthy	490	310	525	1325
Mike Hudson	485	305	485	1275
Justin Barrett	345	225	490	1060
198				
Doug Clayton	475	400	570	1445
Andy Scardino	425	290	485	1200
Darren Jacobs	350	330	420	1100
220				
Ryan Ragain				
Scott Mecham	505	420	550	1475
Jim Lukens	465	330	475	1270
242				
Andy Anderson	605	385	545	1535
Mike Casey	560	360	585	1505
Andy Watson	500	400	485	1385
David Wolf	480	335	520	1335
275				
Chris Carlin	750	420	720	1890
Brandon Clark	700	405	620	1725
242				
Alex Dickinson	425	405	450	1280
Trey Stevens	350	220	370	940
242				
Andy Anderson	605	385	545	1535
Doug Clayton	475	400	570	1445
165				
Tony Hutchins	425	365	475	1265
Dave McCarthy	490	310	525	1325
198				
Andy Scardino	425	330	485	1240
148				
David Edmonson	420	250	485	1155
220				
Jim Lukens	465	330	475	1270
181				
Mike Hudson	485	305	485	1275
David Wolf	480	335	520	1335
123				
Frannie Taylor	185	125	275	585
Suanne Casey	210	130	220	560
123				
Meredith Ruland	220	110	255	585
165				
Holly Oxford				
Hannah Cowgill	245	135	270	650
Kristina Sowder	195	120	225	540

(Thanks to USAPL for providing the meet results) Fitness Inc., of Pocatello, Idaho hosted the 11th Annual Rocky Mountain States Powerlifting Championships, in which 31 powerlifters along with 26 benchers participated with competitors coming from Idaho, Montana, Nevada, Utah, and Wyoming. A sizable contingent from Bullet Gym in Missoula Montana also participated. The Rocky Mountain States meet is held each year in Pocatello, Idaho on the 2nd Saturday in May. The most impressive male lifter was Chris Carlin, age 29, from Billings, Montana, who won first place among the open 275 weight class with a total of 1,890. Chris has been I if ting for six years and aspires to compete at the USAPL Men's Nationals in 2003. The most impressive female lifter was Frannie Taylor, age 27, from Blackfoot, Idaho, 123 class, who squatted 185, benched 125, and deadlifted 275 for a 585 total in only her first full meet. The most inspiring lifter was Darren Jacobs, age 29, in the men's open 198 class. In June 2000, Darren who is a truck driver based in Pocatello, injured himself in a 13 foot fall from his truck. By blocking his fall with his hands he broke both wrists with 12 fractures in each wrist. This injury laid him up for over 15 weeks interrupting his own powerlif ting training which started in 1997. This was Darren's first full power meet following the accident. Darren is the coach of Frannie Taylor and has helped train other aspiring powerlifters. The most impressive bencher was Jim Schermerhorn from Utah, age 38, who benched 540 in the 319 class. This meet normally attracts some very competitive seasoned lifters from throughout the Rocky Mountain States area. This year we also had a large number of new powerlifters, seven for whom this was their first full threelift power meet, including one teenaged competitor as well as two new benchers. One Team Fitness member, Spencer Myers, in the men's 132 class qualified for participation in the USAPL Men's Open Notionals and planned to compete in this July 2002 Men's Open Notionals. Thanks to the commitment of time, energy, and personal resources shown by such people as meet directors Bill and Nancy Travis, as well as by their excellent crew of scorers Nancy Davis and Janet Wright, announcers (Carroll Klinger and Brandi Bird), referees (Jim Lukens, Jeff Klinger, Mike and Danielle Hudson, Brad Compton, Eula Compton, and Bill Davis) and spotters and loaders, and other volunteers, and others like them in communities throughout the nation, ordinary lifters have the opportunity to enjoy the sport of powerlifting. Also we would like to thank our many sponsors including Pack Brewer's House of Pain, which provided shirts, caps, and water-hotters for spotters, loaders, and as door prizes. To Scott Safe at Safe USA who donated two competition lifting belts presented to the best overall male and female powerlifters. Other sponsors who generously supported the meet included American Family Insurance, Coors Lite, Frito-Lay, Econo-Lodge, New Bay Products & Resources, Pizza Hut, Pepsi, Taco Bell, Warbonnet Electric, and our local media, especially KOOL 94.5 FM and KirK-TV, for their support and coverage of this event. (The meet write-up by Sean Anderson)



Spencer Myers attempting a 435 lb DL (All photographs by Wayne Rhoden)



Frannie Taylor, at the 11th Annual Rocky Mountain States, demonstrating beauty and strength while completing a squat being spotted by Darren Jacobs

USAPL Hermantown Meet
FEB 02 - Hermantown, MI

WOMEN	SQ	BP	DL	TOT
165				
18-19 teen				
Peri Sharpe	250	160	300	710
148				
40-49 masters				
Judy Drenth	240	145	305	690
MEN				
123				
14-15 teen				
Travis Friedsam	200	120	265	585
132				
Spencer Sharpe	255	135	325	715
148				
16-17 teen				
Rob Parrott	275	160	375	810
165				
Mike Giddings	355	160	375	890
Frank Dusek	290	165	375	830
18-19 teen				
David Lerach	425	250	460	1135
Neil Wedel	300	200	405	905
181				
16-17 teen				
Cory Nelson	405	280	415	1100
Ben Deering	320	210	370	900
18-19 teen				
Matt Lucas	400	250	415	1065
198				
16-17				
teen				
Ryan Boiler	340	210	420	970
18-19 teen				
Nate Armstrong	430	250	460	1140
Joe Lofaid	350	235	450	1035
220				
16-17 teen				
Robert Klein	240	165	275	68*d
242				
Ryan Carlson	405	225	450	1080
275				
Dan Kennedy	605	365	505	1475
JeffreyStevenson	425	305	420	1150
165				
20-23				
jr.				
Tony Williams	485	280	450	1215
275				
Kenneth Andrs	575	260	545	1380
181				
40-49 masters				
James Klein	475	290	475	1240
David Aldrich	370	285	390	1045
50-59 masters				
Sid Reid	460	270	525	1255
198				
40-49 masters				
Gary Grahn	420	290	490	1200
220				
50-59 masters				
Joel Bemtson	530	360	560	1450
Tom Haggenmiller				
60-69 masters				
Philip Markert	325	200	350	875
242				
40-49 masters				
Rick Kolbeck	600	380	585	1565
50-59 masters				
Brian Hudyma	610	405	595	1610
275				
40-49 masters				
Dan Rgnonti	625	400	660	1685
Steve Johnson	510	410	535	1455
50-59 masters				
Roy Simmons	550	400	600	1550
181				
novice				
Derrick Gieske	390	380	515	1285

The Hermantown crew headed up by Joe Cooper & myself put on this annual event again in fine fashion in Hermantown Minnesota which has become the mecca of Powerlifting in Minnesota. This event every year not only brings out the best in Masters lifting, it also brings new lifters into Powerlifting. Some noteworthy lifting that I saw was Judy Drenth setting a new women's master deadlift record of 305. Tony Williams setting a new state record squat of 485. Joel Bernstsen setting 3 master state records, in Squat, Bench and Deadlift., Dan Kennedy a 275 lbs. in 16-17 division squatted 605 and totaled 1475 simply outstanding, he's got great potential to become one of the best. Thanks to all that lifted you did an outstanding job and gave the spectators an awesome show, also thanks to all that helped judge, spot & load without you guys there wouldn't be meets! Thanks again, Rick Stanius. (Thanks to USAPL for providing the meet results and the report)

APA CT Open Bench Bash
03 MAR 02 - Canterbury, CT

Women		Gerry Beals	275*
123 lbs.		Men's Master 70+	
Jaymie Piper	125!	Austin Myers	210
4 th	135!	Men's Open	
Darlene Cowee	100	123 lbs.	
132 lbs.		Vincent Pichay	240*
Jenn Trayner	120	148 lbs	
WM 40+ (formula)		Bob Gittleman	330
Tanya Lucas	170$	Jason Strucinski	275
Carla McComb	140	Nathan Tarr	250
Cris Carl	140	165 lbs.	
Men		Brett Moorehead	360$
Teen 13-16 (formula)		Michael Marzik	320
Michael Marzik	320*	Dean Warrender	300
Ben Kuehn	340*	Robert Rawn	290
Fred Bonheim	210*	Ryan Clough	290
Teen 17-19 (formula)		Eric Quintin	265
Don Rivers	375!	181 lbs	
Dan Rivers	390*	Allen Donovan	385
A. Exarhoulias	285	Rich Podlenski	325
J.Mioduszewsk	275	198 lbs.	
JR 20-23 (formula)		Jonathan Saber	455
Bryan Hitchcock	330	Gabriel Ting	405
Eric Boehner	370	Ken Mattson	400
Tim Gardiner	370*	Daniel Driscoll	390
Jeff Vynalek	300*	David Swinburne	380
Sub 33-39 (formula)		220 lbs.	
Elwin Paskell	580!	Erik Cormier	480
Brendan Ford	490	Jason Knobler	475
Glenn Jackson	450	Curtis Clapp	430
Luis Cruz	350	Craig Plante	400
Robert Rawn	290	242 lbs.	
Master 40-49(formula)		Elwin Paskell	580
Jonathan Saber	455	Justin Hardgrove	460
Billy Tucker	510	Jason Kegler	405
Bob Gittleman	330	Eric Boehner	370
Curtis Clapp	430	John Beirne	370
D. Montembault	430	275 lbs.	
Ken Mattson	400	Brian Sisk	550
Jay McNulty	350	James Toland	480
Vincent Pichay	240!	James Bourgault	475
Jeff Milne	370	Glenn Jackson	450
David Wilcox	365	308 lbs.	
Master 50-59 (formula)		Vincent Dizenzo$	655!
Roland Cote	420$	Billy Tucker	510
Art Nixon	250	Joe Maningas	445
Master 60-69 (formula)		SHW	
		Brendan Ford	490

! - APA / WPA World Record. * - CT State Record. $ - Best Lifter . 5 World and 11 CT State records were set. Thanks to sponsors World Gym - Norwich for a great meet site and Crain's Muscle World for the terrific gift certificates. To Gary Larson, Janet Arel, Lynn Cannamela, Dawn and Lon Baker, Michelle and Mikel Brockway and my terrific husband Mark, I've gotten many compliments on our meets and that is due to all your hard work. You guys are the best. This meet was very well attended and had a huge and very supportive crowd, continuing our trend of ever larger meets. 15 yr. old Jaymie Piper of MA got us off to a great start winning the lightweight women's division and setting a 4th attempt World Record. Jenn Trayner won the women's middleweight division with a fine 120 and I expect to see more from her soon. 53 yr. old Tanya Lucas from RI proved you don't get older, just better, winning the women's master division with a solid 170 lbs. All 3 teens entered in the 13-16 division set CT state records. Michael Marzik came out on top with 320 at only 156 lbs. Ben Kuehn and Fred Bonheim weren't about to be outdone and set CT state records of their own. The teen 17-19 division was a battle between 17 yr. old twin brothers Dan and Don Rivers. Don came out on top this time setting a new World Record with a nice 375. Dan wasn't far behind setting a CT state record with an impressive 390. Bryan Hitchcock won the Junior division but not before Tim Gardiner and Jeff Vynalek got their names in the CT record books with some fine lifting. The men's Submaster division was won by MA lifter Elwin Paskell. Elwin had a shirt rip on him but still got a very impressive World Record of 580 at only 235 lbs. bodyweight. The men's Master 40-49 division was a huge class with 10 lifters. Jonathan Saber came out on top with a terrific 455 at only 189 lbs. 49 yr. old Vincente Pichay also lifted in this class and smashed his own World Record with a whopping 240 at only 122 lbs. Perennial winner Roland Cote took the Master's 50-59 division with style. Gerry Beals came to add some pounds to his CT state record in the 60-69 division and did just that with an easy 275 lbs. The Master 70+ division was won by Austin Myers. Austin currently holds 3 CT state records in the bench and I expect to see another addition soon. In the Men's Open division, Vincente Pichay added to his World Record in the master division with a CT state record in the open 123 lb. class. Bob Gittleman won the 148 lb. class with a solid 330. Brett Moorehead came from ME and made it count with an impressive 360. Brett unfortunately tore his shirt on his opening attempt so we never got to see what he really had in him. Next time. Allen Donovan gutted out some tough lifts to take first in the 181's. Jonathan Saber, the 40-49 Master's champ, took the 198 lb. class as well. 220 lb. winner Erik Cormier edged Jason Knobler for the win. Erik locked out a new state record but got turned down on a technicality. Look for that record and more to fall soon. Our Submaster division winner Elwin Paskell won the 242 lb. class as well. Elwin is still trying to find the right shirt and when he does, look out. Brian Sisk just continues to improve. He made a nice 550 in the 275 lb. class and came close with a new CT state record. 295 lb. Vincent Dizenzo stole the show. With Glen Chabot on hand to lend support, Vincent left us speechless. He opened with 605 lbs. and is the most explosive lifter I've ever seen. If you blinked you missed it, it was that fast. 655 was equally as fast, effortless. The magic 700 was called for and Vincent came ever so close, no more than 1" from lockout. Expect for him to join the 700 club soon. Brendan Ford was our SHW champ having a great 3 for 3 day. He ended with 490 but looked good for at least 20 lbs. more. Thanks to all the lifters for a great show of sportsmanship, you make all the effort we put into our meets worthwhile! (Results from Donna Slaga.)

Vin Dizenzo came close with 700 lbs. (photo by Donna Slaga)

USPF BARBEE CLASSIC
27 JUL 02 - Seguin, TX

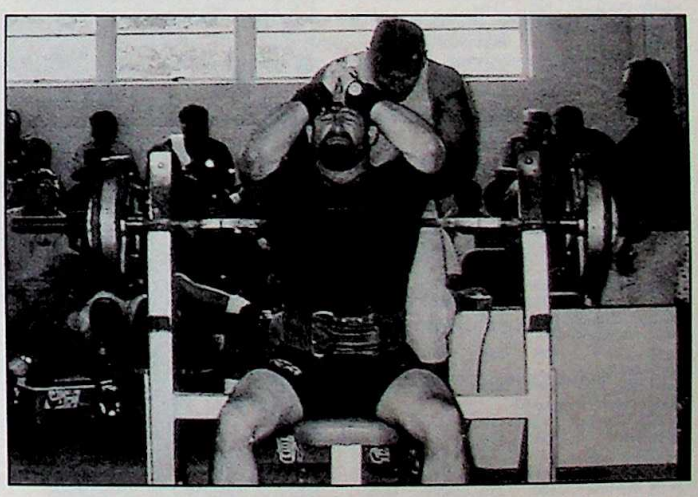
NOVICE WOMENSQ		BP	DL	TOT
148				
Stacy Urso	314	165	402	882
181				
Dana Woods	220	171	254	645
MASTERS WOMEN 60-64				
198				
Dorothy Rawe	121	72	193	386
WOMENS BENCH PRESS				
132				
Kimberly Vasquez		165		
198				
Dorothy Rawe		72		
SUBMASTER WOMEN 35-39				
165				
Diana Weatherly	402	276	413	1091
JUNIOR WOMEN				
97				
Carin Stocks	127	55	132	314
114				
Amanda Silvas	254	149	298	700
123				
Stephanie Williams		259	116	292
667				
148				
M. Eikenburg	243	116	2*54	612
148				
Patricia Medina	165	83	220	468
OPEN WOMEN				
165				
Diana Weatherly	402	276	413	1091
181				
Susan Hartley	176	116	209	502
SHW				
Lisa Yeager	320	160	281	761
WOMENS DEADLIFT				
123				
Latisha Harrison			353	353
132				
lorena Rodarte		265	265	
BELOW CLASS 1 MEN				
148				
Timothy Lamando	441	270	485	1196
148				
Eric Gonzalez	336	281	397	1014
198				
Adam Upson	501	336	551	1389
220				
Joe Vargo	463	342	540	1345
220				
Billy Cooper	480	342	424	1246
242				
Shawn Hartley	424	358	424	1207
MASTERS MEN 75-79				
198				
Adolph Hoffman	254	132	308	694
MASTERS MEN 60-63				
198				
CliffManis	270	215	386	871
MASTERS MEN 45-49				
308				
Barry Gresham	705	430	661	1797
MASTERS MEN 40-49				
181				
Robert Blount Jr	408	265	551	1224
198				
Jesse Vasquez	662	391	573	1527
242				
Stephen Witt	579	353	496	1427
SUBMASTER MEN 35-39				
198				
Dan Lamamann	397	314	496	1207
242				
Scott Pritchard	402	314	518	1235
JUNIOR MEN 20-23				
148				
Timothy Lamando	441	270	485	1196
165				
Trenton Wade	474	336	507	1317
220				
Jeff Allen	501	303	629	1334
JUNIOR MEN 18-19				
148				
Jason Lopez	386	182	413	981
220				
Michael Laird	491	342	540	1372
JUNIOR MEN 16-17				
123				
G. Witherspoon	254	116	303	672
148				
James Reid	303	176	314	794
148				
Wesley Johnson				
165				
Zach Decker				
181				
Drew Rossi	386	237	480	1102
198				
Chris Quails	386	259	325	970
198				
Nick Witherspoon				
242				
Kelby Eddleman	501	243	485	1229
275				
Jonathan Garcia	452	303	474	1229
JUNIOR MEN 13-15				
148				
Stephen Ramos	314	176	380	871
165				
Vance Guerra	165	138	254	557
220				
James Latka	408	226	424	1058
220				
Stephen Kramm	424	203	358	987
OPEN MEN				
198				
Adam Upson	501	336	551	1389
220				
Jeff Weatherly	601	380	623	1604
242				
James Baldwin	601	3*63	628	1582
MASTERS BENCH PRESS				
275				
Ernie Surell		375		375
220				
John Hendrix		364		364
JUNIOR BENCH				
165				
Zach Decker		243		243
OPEN BENCH				
181				
Kenneth Rice		391		391
220				
Coby Washburn		457		4*67
220				
John Hendrix		364		364

BEST LIFTERS: BEST LIFTER MEN - Barry Gresham Masters 308. BEST BENCH MEN - Coby Washburn Open Men 220. BEST SQUAT MEN - Barry Gresham Masters 308. BEST DEADLIFT - Timothy Lamando Junior 20-23 148. BEST LIFTER JUNIOR MEN - Timothy Lamando Junior 20-23 148. BEST LIFTER WOMEN - Diana Weatherly Open Women 165. BEST BENCH WOMEN - Diana Weatherly Open Women 165. BEST SQUAT WOMEN - Diana Weatherly Open Women 165. BEST DEADLIFTER WOMEN - Amanda Silvas Junior Women 114. BEST LIFTER JUNIOR WOMEN - Amanda Silvas Junior 13-15 114s. (Results from Seguin Fitness.)

Body Structure Fitness BP
04 MAY 02 - New Castle, PA

WOMEN		181	
132 Novice		RonJohnson	350
April Kordish	105	Jeff Badger	230
Open		Juniors 20-23	
Yvette Vlack	180	181	
Submaster 33-39		Ben Moran	300
Yvette Vlack	180	Dj Memo	265
MEN		220	
Open		Josh Johnston	370
123		308	
Zach Simons	150	Adam Bulfone	355
165		Men's Novice	
JimRiccisano	320	165	
181		Max Zeigler	250
Ron Johnson	350	181	
198		Ben Moran	300
Jefferurdyn	330	220	
W. Valintine	225	Lou Pullia	380
220		Josh Johnston	370
Donald Johnston	450	242	
Monte Lesser	400	Bill Antoun	350
Lou Pullia	380	308	
242		Joe Medvan	400
Ron Antoun	400	Adam Bulfone	355
275		SHW	
Dan Swope	510	Dave Champ	260
308		Submaster 33-39	
Nate Rolle	380	220	
Teen		Lou Pullia	380
14-16		275	
123		James Smith	440
Chuck Greco	145	Master 40-49	
181		198	
Nick Dichicko	345	W. Valintine	225
Pat Turko	200	220	
198		Monte Lesser	400
Doug Mangino	265	308	
Teen		Nate Rolle	380
17-19		GrandMaster 50+	
165		275	
Seth McBurney	190	Ted Peggy	300
198		308	
Jason Chiappini	340	Bob Bowyer	325
220		GrandMaster	60+
Kurt Decker	235	242	
Police & Fire		Bill Antoun	350

(Thanks to Charles Venturella for these results.)



***Sheldon Weingust** set a new USPF American Record and Texas State Record of 402 lbs. in the 45-49 age group, 165 lb. class. It was a new PR for him and he also won Best Master Bencher of the South Texas Championships (photograph provided by courtesy of Sheldon Weingust)*

10 th Annual Senior Olympics BP
16 JUN 02 - Arcadia, CA

55-59		Haskvitz, Allen	205
LW		HW	
Sneider, Sarah	75	Sneider, Harry	400
MW		Spankle, Tom	200
Jones, Louise	105	Williams, Wayne	150
Connelly, Arline	95	65-69	
65-69		LW	
HW		Mora, Manny	180
Roncelli, Bingo	80	Mighell,John	130
MW		MHW	
70-74		Johnson, Edward	275
Martin, Louise	70	HW	
50-54		Cronin, Douglas	210
HW		Roncelli, Gino	190
DiPietra, John	315	75-79	
55-60		MW	
LHW		DiSessa, Robert	205
Weinstock, Bill	195	HW	
Manjikian, Haig	150	Bonnell, Robert	210
MHW		80-84	
Lynch, Jack	34 0	LHW	
Patchen, Ray	180	Malin, Eugene	130
HW		HW	
Connelly, Robin	205	Glosser, Isadore	140
60-64		85-89	
LHW		LW	
Morgan, Robert	200	Cowell, Alfred	100
MWH		90-94	
Acosta, Carlos	223	LHW	
Alshiller, Arthur	210	Manjikian, Joe	45

LW - Light weight. MW - Middle Weight. LHW - Light heavy weight. MHW - Mid heavy weight. HW - Heavy Weight. The Senior Olympics is a rapidly growing organization with over 600,000 athletes participating In the United States. Powerlifting is a very popular event in Southern California. This year we had the first ever 92 year old participate in this very exciting bench press competition. The highlight of the competition was an oustandinf lift by Robert DiSessa who at age 76 and weighing 166 lbs put up 205 lbs. Robert was the co-winner of the best lifter award along with Dr. Harry Sneider. Louise Martin, age 74, pumped up 70 lbs and got the best lifter award for the women in the competition. Louise Jones from San Marino California was able to put up 105 lbs in her second competition and is training for a national AAU championship. Jack Lynch put up a very impressive 340 lbs and hopes to enter international events very soon. Harry Sneider, who has won numerous world and national championships put up a very easy 400 lbs. Those who may be looking for some good old fashioned fun, fellowship, and great competition can contact Dr. Harry Sneider at 115 Loralyn Dr., Arcadia, California 91006 or give him a call at 626-355-8964 for further details on how one can participate In this very enjoyable event for those 50 years of age and older. (Thanks to Harry Sneider for providing these meet results and the meet report.)

APA BATTLE OF THE BADASSES
03 AUG 02 - CLAYTON, NC

Bench - Men 40-49		242	
Gunn, Bob	445	Belcher, Ken	420
Wicker, Mike	270	275	
Bench - Men's Junior		Turner, Rudy	460
Wesley, Scott	475 s	Jones, Antonio	440
Stanley, Brian	290	308	
4th:	300s	Thomas, Chad	
Bailey, Philip	245	SHW	
Bench - Men's Open		Prosser, Michael	
165		Bench - Men's	
Stanley, Brian	290	Peterson, Jon	530
181		Submaster	
Gullie, Chad	285	Turner, Rudy	460
181		Bench - Women's	
Harrington, Phil		Open	
198		123	
McVicar, Jeff	560	Lane, Rebeka	170
220		Malonic, Jenny	130
Peterson, Jon	530s	165	
220		Scanlon, Julie	330s
Lewis, Douglas	435	198	
		Poulnott, Rebekah	220

Power - Men's 40-49				
Hines, Stewart	585s	380	550s	1515s
Moore, Jack	375s	240s	405s	1020s
Wicker, Mike	260	270	340	870
Power - Men's 50-59				
Burton, Coley	405	250	400s	1055
Men's Junior				
Robertson, Kyle	550s	455s	575s	1580s
Power - Men's Submaster				
Ceasar, Clarence	515	450	455	1420
Slate, Rusty	485	350	525	1360
Hemplepp, Mike	405	360	450	1215
Power - Men'sTeen age				
Pratt, Mathew	420	270	450	1140
		4th	455s	1145
Van Dyke, Chad	405	250	430	1085
Power Women's Junior				
Vaughan, Amy	405	235	405	1045
4th	435!as	242s	420!as	1097!as
Power Women's Teenage				
Simpson, Becky	315s	175!s	315	805
4th			323!	813!s
Power Men's Open				
198				
McVicar, Jeff	685	560!	615	1860a
Hodges, Lynn	475	365	485	1325
220				
Mash Travis	820s	525	695	2040!a
308				
Brookman, Mike	630	400	540	1570
Power - Womens Open				
148				
Vaughan, Amy	405	235	405	1045
4th	435!as	242s	420!as	1097!as

S - State Record. a - American Record. ! - World Record. The APA Battle of the Badasses Championships were held this past Saturday, August 3rd. The competition was incredible, sportsmanship fantastic, and the atmosphere was one of the best I have ever seen at a meet. Lifters from several states attended. Special thanks to the sponsors: Universal Chevrolet, Quality Towing, Chiropractic Partners, Wendell Auto Brakes, Spellman's Transmission, Mimi's Tanning Shak, Kai's Sports Bar & Grill, and National Discount Nutrition. The lifters were very happy the cash prizes that were distributed among the best lifters. Unfortunately, we had 3 bomb-outs, we had several State, American and World records set. The atmosphere was great and this added to the multitude of records set. Special thanks to Planet Fitness for providing a great meet site and special thanks to it's owner Kevin for setting up a DJ station and making announcements with music provided for each lifter. Some highlights from the meet were 16 year old Becky Simpson totalling 813 for a WPA World record, Amy Vaughan's squat of total of 1097 winning best woman lifter with World records in the Squat, Deadlift, & total, Jeff McVicars total of 1860 at 193 lb. bodyweight, and freaky 560 bench which gave him Men's Best Lifter in the bench press, Travis Mash winning men's best lifter at bodyweight 220 and a total of 2040 for an American record in the total Julie Scanlons incredible 330 bench and 2 near lifts of 350 only to be red lighted for her butt coming off the bench to win Women's Best Lifter in the Bench Press. Spotting was fantastic with Strongman competitor Johnny Perry as center spotter as well as Capt. Kirk Karwoski spotting many of the lifters. I would like to commend the spotters/loaders and all meet staff for doing an excellent job and referee's John Demchak, Jerry Tancil, & Randy Smith. Unfortunately, I lost my complete list of helpers so I know I am forgetting a few names but thank you especially to the beautiful ladies who helped me out at the scoretable (they did all the work). Stay tuned as the APA returns to Clayton, NC this December for yet another exciting event. The equipment was great, the meet staff was very organized, the trophies were outstanding. What an incredible meet it was. (Thanks to Scott Taylor for providing these meet results and the meet report.)

Left to Right *... Sr. Olympics Meet Director Dr. Harry Sneider with gold medal winner Joe Manjikian, age 92, and Sarah Sneider, gold medalist in the women's division. (courtesy Sneider's Family Fitness)*

Battle Winner *... Jeff McVicar took the Men's Open Bench and Powerlifting in Clayton, North Carolina. (photo courtesy Scott Taylor)*

World Gym Bench Press Meet
29 JUN 02 - Lake Orion, MI

181 Master		220 Open	
54(Women)		Tony Butson	425
Sandy Britton*	95	Bob Hillier	370
181 Teenage		242 Open	
Brett Hewitt	305	Robert Lipinski*	500
198 Master 45-49		Jeff Campion	435
Joe Burd 250		275 Open	
198 Master 60-64		Kevin Wood	315
Ron Hemenway	330	275 Master 60-64	
198 Open		Ralph Soffredine	350
Bo Schumacher	315	Super Heavy Weight	
Tom Pecheniuk	245	Joe Pecheniuk	400
198 Teenage			
Adam Paulsen	315		

*Best Female. **Best Male. It was a light turnout for the first World Gym Lake Orion bench press meet, but there was no shortage of enthusiasm. Most of the lifters were first timers and were a little nervous. However, once the lifting started, excitement replaced nervousness. The meet was held in the World Gym of Lake Orion and our thanks to the owners Bo Schumacher and Camilla Denison. Thanks to our judges/spotters, Dan Kozar, Hany Miller, Richard Allen and lifting legend Kenny Richardson. A special thanks to Tony Butson for the use of his bench and power bar. Trophies supplied by John Smoker. (Results are courtesy Lydia & Les Hasler, meet directors).

USAPL BIG BENCH BLOWOUT
30 JUN 02 - Denver, CO

148		Chris Mann	363
Teen 18-19		Blake Hutchison	374
Deanne Gertner	170	275	
165		Norm Prewitt	429
Schlachtnhoven	148	181	
123		40-44 Masters	
Teen 14-15		James Shires	270
Jason Trudell	181	Dan Sheahen	297
Teen 16-17		198	
Dane Karras	198	Jeff Miller	347
Open		Masters 60-64	
132		Bill Helmich	303
Troy Kibel	198	220	
165		Masters 65-69	
Nick Arguello	347	Bill Bradley	303
198		70-74 Masters	
Lance VanDyke	314	Ernie Tauck	281
Jeff Miller	347	242	
Fred Prutch	347	Masters 60-64	
Steve Heyl	358	Bob Fleming	303
Russel Clark	363	275	
220		Masters 65-69	
Todd Ruppert	330	H. Blackman	374
Mike Ota	462	SHW	
165		Masters 55-59	
Teen 14-15		Gip Duggon	418
Mike Sell	187	Masters 65-69	
Open		John McIntyre	347
242			
John Klemob	341		

Outstanding Lifters: Open Mens - Mike Ota. Master Men - Jon McIntyre. Teen Men - Dane Karras. Teen Womens - Deanne Gertrer. 2 state records Women's teen - Deanne Gertrer 170 bench. Masters 65-69 Hooard Blackmon 374 bench. Mike Ota missed what would have been his 3rd state record at 3 different weight classifications. He failed to wait for the bench press 'start' command form the head referee. He did the weight easily & probably cannot wait for the next bench meet. (Thanks to USAPL for providing the reuslts to *Powerlifting USA*.)

CHICKAHOMINY YMCA BP
20 APR 02 - Sandston, VA

132		O	
O		Bobby Vincent	350
Bev Crocket	110	H. Prosise	350
JoAnn Rossi	105	220	
148		O	
T 16-17		Kevin Jones	430
Bennett Barlowe	165	M 45-49	
J 20-23		Paul Sutphin	315
Emmanuel Urban	210	242	
O		T 15	
Melvin Webb	250	Andrew Conner	185
165		O	
T 18-19		Chris Ayers	285
Jeffrey Ladd	195	M 45-49	
181		Carroll Lucas	350
O		M 40-44	
Tremel Collier	225	WM. Wansickum	265
M		275	
55-59		A. Harrison	375
Paul Smith	220	SHW	
O		M 45-49	
William Waller	385	G. Engleheart	370
Chris Gregory	245	O	
198		Jeff Pierce	460
M 40-44		D. Thompson	
Rick Edwards	275	Tom Woodson	335

The 2nd annual Chickahominy YMCA Bench Press Contest drew a record number of 24 lifters. Some of the highlights of the meet were William Waller's 385 bench press @ 181 which was done "Raw" and Kevin Jones' 450 @ 220 bench press which was also a double body weight assisted bench. Special thanks goes out to Chickahominy YMCA staff and volunteers. Without them this meet would not have been possible. (Thanks to meet director Phillip Battle.)

Chickahominy YMCA Bench winners: (Left to right) Front Row - Tremel Collier, Kevin JOnes, William Waller, Bobby Vincent, Phillip Battle, Chris Gregory, Carrol Lucas. Middle Row - Gene Engleheart, Ashberry Harrison, Jeffrey Ladd, Tom Woodson, Rich Edwards, Bev Crocket, Chick Nickleson. Back Row - William Van Sickle, Jeff Pierce, Andrew Conner, and Brandon Fisher. (This photograph was courtesy of Phillip Battle.)

USAPL Colorado Bench Press
10 FEB 02 - Parker, Colorado

WOMEN OPEN		STEVE HEYL	
165		242	
C. KROEKER	94	J. ONORATO	507
WOMEN MASTERS		ROBERT LEWIS	407
198		242	
A. MCTIGHE	198	BILL MAJOR	391
MENS-TEEN		B. FINCH	374
242		JON KLEMOLA	341
A. DICKINSON	374	275	
MENS OPEN		JAY TAMSETT	418
13 2		J. EHRHARDT	418
LUKE HANIFEN	308	SHW	
148		BOB BURCHAM	518
RON FRY	352	MENS MASTERS	
DAVID JOSEPH		J. MCINTRYE	380
165		JOHN LUJAN	396*
ROBERT AUDAY	314	R. FLEMING	292*
181		R. MINSHEW	352*
JOE FRANKLIN	418	H. BLACKMON	330
220		R. MARTINEZ	352
MICHAEL PEEK	203	JEFF MELLER	341
220		JIM SHIRES	264
JEFF BROWN	363	DAN HARTMAN	248
J. ROSTVEDT	352	GUEST LIFTER	
TODD RUPPERT	352	B.SHALKOWSKI	451

* STATE RECORD. (results courtesy of USAPL)

USAPL TEXAS / REGION 8
18,19 MAY 02 - Arlington, TX

WOMEN	SQ	BP	DL	TOT
123				
T 14-15				
Y. Miranda	231	110	270	611
K. Ramirez	209	104	203	518
T 16-17				
J. Bohannon	225	137	242	606
M. Lopez	214	110	236	562
132				
T 14-15				
H. Whited	214	126	220	562
Open				
J. Ray	358	231	363	953
Novice				
H. Hughes	248	143	319	722
148				
D. Ryan	203	132	253	589
181				
Open				
M. Baum	325	192	385	903
198				
T 16-17				
L.. Burdick	259	148	253	661
198+				
B. Brittany	253	143	236	633
MEN				
123				
T 16-17				
J. Brown	341	187	303	826
T 18-19				
J. Scrubbs	380	225	429	1047
Open				
T. Fair	330	181	347	859
132				
Novice				
A. Muntz	303	192	352	848
M 40-44				
R. White JR	314	231	347	920
148				
14-15				
C. Hargett	303	198	369	870
A. Shelton	259	143	264	666
W. Tooker	248	115	242	606
Novice				
E. Gonzales	303	292	391	1003
Open				
B. Chason	336	225	396	959
D. Dansby	264	203	314	782
Master 40-44				
P. Alaniz	374	253	374	1003
Bench				
G. Zenick		176		176
165				
T 14-15				
J. Devereux	253	181	330	766
Open				
J. Vasquez	518	336	479	1333
I. Charra	451	275	446	1173
N. Gutierrez	440	248	413	1102
181				
Master 40-44				
T. Hambric	451	352	529	1333
Master 55-59				
R. Contreras	402	286	501	1410
Bench				
K. Rice		402		402
198				
T 16-17				
P. Chaney	325	231	358	936
T 18-19				
C. Wofford	507	297	507	1311
D. Claton	501	270	440	1212
T. Emmite	446	314	424	1184
P. Chaney	468	253	407	1129
Novice				
A. Upson	446	308	540	1295
D. Crotzer	473	330	462	1276
Open Master 40-44				
Novice				
B. Tacket	424	253	446	1124
Master 55-59				
J. Yakubosky	457	303	462	1267
Master 50-54				
M. Madison	363	187	462	1014
Open				
M. Stokes	683	413	705	1802
R. Parnell	628	358	589	1576
S. Griffin	578	363	540	1499
R. Cummings	469	363	501	1333
W. Smith	462	281	551	1295
Open Bench				
G. Martin		397		391
G. Kaiser		385		385
220				
T 16-17				
J. Jordan	523	253	611	1388
T 18-19				
C. Clark	473	330	473	1278
Novice				
A. Bonelli	496	314	473	1284
C. Ruiz Jr	325	259	380	964
K. Morton	451	341	402	1196
M 45-49				
S. Rosenberg	137	308	523	970
Open				
E. White	606	485	652	1741
A. Myakon	551	308	639	1499
D. King	551	336	562	1499
Bench				
E. White		485		485
C. Washburn		451		451
D. Bida		330		330
C. Colchado	501	369	523	1394
R. Shelton	418	264	429	1113
D. Broseman	633	319	501	1455
M. Ellison		319		319
J. Abraria	473	374	523	1372
B. Poronsky	341	264	462	1069
C. Walk	429	231	446	1107
W. Ferguson	644	468	600	1752
M. Ringer	650	391	650	1692
W. Wakefield	573	402	545	1521
W. Wakefield		501		501
O. Sanchez	275	330	330	936

(Thanks to USAPL for providing these results.)

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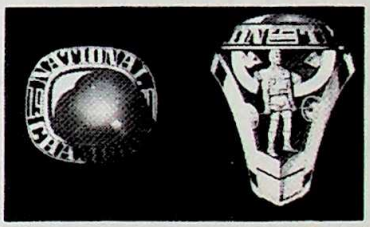

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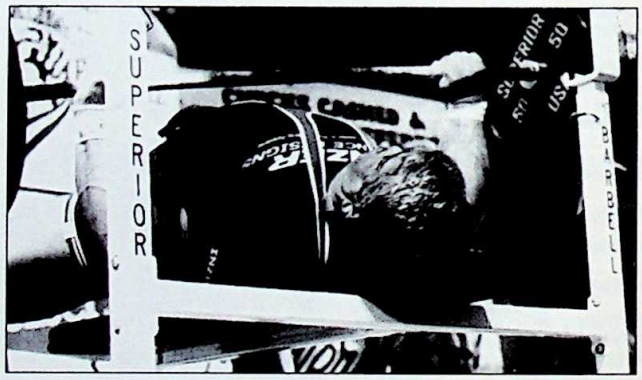

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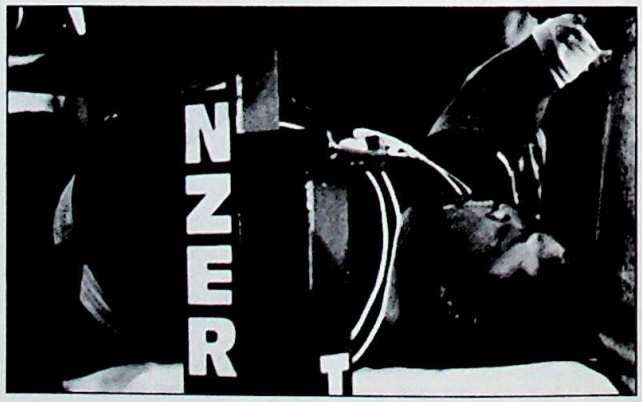

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10 Years Ago in PL USA ... winners at the USPF Seniors in Raleigh, NC included Ann Leverett (97 - 771), Glynnis Bierria (105 - 766), Mary Jeffrey (114 - 1008), Carrie Graffam (123 - 1058), Rachel Mathias (132 - 1047) with Bettina Altizer 2nd with 1036, Vickie Steenrod (148 - 1168) with Andrea Sortwell 3rd at 948, Sarah Robertson (165 - 1118), Veronica Mercer (181 - 854), Shelby Corson (198 - 1240), Juanita Trujillo (SHW - 1311) and for the men it was Phil Hile (114 - 1173), Tim Taylor (123 - 1267), Lamar Gant (132 - 1498), Dan Austin (148 - 1713) followed by Tony Conyers' 1565, Dave Ricks (165 - 1713), Greg Jones (181 - 1747) with Dan Wagman in 4th at 1658, Sly Anderson (198 - 1807) with Scott Waits 6th at 1675, Steve Goggins (220 - 1973) with Ed Coan guest lifting to 2292, Dave Jacoby (242 - 2077), Kirk Karwoski (275 - 2248) followed by Paul Fletcher's 1763, and Harold Collins (SHW - 2176) with Shane Hamman in 3rd at 2011. At the APF Seniors Cheryl Finley won the 123s with 920, followed by Amy Weisberger's 876, Ashley Boyce won the 132s with 925, Mariah Brock (Liggett) won the 148s with 1162, Laura Dodd won the 165s with 1262, and Tamara Grimwood took the 181s with 1218, and Maris Sternberg won the SHWs with 810. In the Men's division, Mark Hartmann won the 123s with 1218, Doug Heath won the 132s with 1317, and Jesse Jackson the 148s with 1515. Matt MacLean was the 165 winner with 1603 (followed by Angelo Berardinelli's 1559), and Rich Ludy won the 198s with 1818. Jesse Kellum won the 220s with 2082, and Brian Nester the 242s with 2171. Scott Warman won the 275s with 2314, and John Ware won the 308s with 2243, followed by Kieran Kidder's 2066, and the late Matt Dimel won the SHWs with 2287. Herb Glossbrenner detailed his eye witness account of the shocking and tragic death of his friend and fellow master lifter Dr. Ken Sommer during their trip to Las Vegas for the NASA World Championships. We dedicated this issue of PL USA to Ken as well as ADFPA stalwart Lee Marsh. TOP lifts on the TOP 100 SHW list were Jim Mersberg's 942 squat, Anthony Clark's 700 bench, Gary Heisey's 925 deadlift, and John Ware's 2303 total. We had Craig Tokarski's Workout Of The Month after he broke through the 700 barrier (703) putting 120 lbs. on his bench in 8 months. A new videotape was introduced, called "The Strongest Man in Recorded History" by Larry Coleman about the late, great Paul Anderson. Our Power Research section had an intriguing article by Thomas Fahey Ed.D. on how to cut weight without losing muscle. We had an article on the Glen Mills Bulls high school program, after their win at the NASA High School Nationals. Dr. Judd Biasiotto picked his Greatest PLers of all time (114 - Inaba, 123 - Gant, 132 - Bradley, 148 - Dan Austin, 165 - Ausby Alexander, 181 - Mike Bridges, 198 - Larry Pacifico, 220 - Coan, 242 - Kuc, 275 - Dave Pasanella, SHW - Reinhoudt. The WNPF took out a full page ad promoting the first 100% drug tested World Championships (via "lie detection, unrinalysis, and blood testing") In our ADFPA TOP 20 ranking for the 181s, the top lifts were a 655 squat by C. Kantor, a 450 bench by Jim Stone, a 685 deadlift by Tee Meyers, and a 1719 total by Greg Jones.

APPLICATION FOR REGISTRATION
American Powerlifting Association

Last Name First Name Initial Date of App.

Street Address City State or Province

Country Zip Code Telephone Number

Date of Birth Age Sex *Mail and make checks payable to*

APA
P.O. BOX 27204
EL JOBEAN, FL 33927

Social Security Number

Registration Fee: $20 High School Athlete: $10

Parents Initial
If Under 18 yrs.

I Certify that
the above answers
are correct

X

APA Springfield Open
11 MAY 02 - Springfield, OH

Teen under 16	SQ	BP	DL	TOT
M. Welcheck	370t	215	375T	960t
Teen 16-19				
J. Ashworth	405t	255	450T	1100t
C. Warvel		300t		
13-16				
TJ Owens		245t		
Master 60+				
G. Keesey	320	310M	415M	1050M
148				
J. Hunt	300#	250#	320#	870#
165				
T. James		375$		
198				
B. Adams	480	295	500	1275
J. O'Brien	420	305	420	1145
R. McNutt		500$#		
N. Ashbrook		345		
220				
A. Ashbrook		325		
242				
T. O'Reilly			480M	
275				
R. Rhoades				

Judges: J.M. Blakley Edwards, Bruce Stotler, Scott Taylor. * denotes best lifter. M denotes Ohio Master Record, t denotes Ohio Teenage Record, # denotes Ohio Submaster Record, $ denotes Ohio Record. Several state records were set at the APA Springfield Open Championships held at the YMCA of Springfield Ohio. Secial thanks to Jim O'Brien who put a lot of effort into making this event happen and of corse tot he spotters and referee's for doing an excellent job. The teenagers were incredible considering thier ages and the numbers they were putting up. (Thanks to Scott Taylor - APA President for providing the meet results to *PLUSA*.)

POLICE & FIRE Nationals
06 APR 02 - Topeka, KS (kg)

55	SQ	BP	DL	TOT
youth				
Kristen Maloney			20	20
66				
Gabrielle Maloneey			20	20
55				
Ty Kennedy	50	25	60	135
138.8				
inter				
Laura Hodgson	125	55	140	320.0
154.3				
SM-2				
Kevin Cauley	175	115	167.5	457.5
170.8				
SM-1				
Matt Cairns	187.5	135	170	492.5
187				
Novice				
RussellFleming	160	122.5	175	457.5
M-5				
Doug Mounkes	220	160	207.5	587.5
187				
Pure				
Eli Buller	200	137.5	220	557.5
Inter.				
Eli Buller	200	137.5	220	557.5
205				
SM-1				
Shawn Farris	235	132.5	227.5	595.0
205				
SM-2				
Chuck Fanagan	175	127.5	227.5	529.5
227				
SM-1				
Michael Banner	252.5	187.5	272.5	712.5
Shane Chambers	227.5	130	240	561.5
M-1				
Leonard Lewis	227.5	175	237.5'	640.0
SM-1				
Darryl Brown	250	192.5	250	692.5
250.2				
NickRathwell	240	167.5	230	637.5
Jeff George	250		250	
280				
Inter.				
Joseph Hodgson	265	190	257.5	712.5
SM-2				
Jim Mellon	275	152.5	275	702.5
Stewart Venable	250	200	2*85	735
315				
Al Myers	290	205	182.5	682.5
315				
Pure				
John Kennedy	182.5	117.5	190	490.0
POLICE POWER LIFTING				
154.3				
SM-2				
Kevintauley	175	115	167.7	457.5
187				
Novice				
Russell Fleming	160	122.5	175	457.5
205				
SM-1				
Shawn Farris	235	132.5	227.5	595.0
M-2				
Eddie White	250	162.5	285	697.5
SM-2				
Chuck Flanagan	175	137.5	227.5	530.0
227				
SM-1				
Michael Banner	252.5	187.5	272.5	712.5
M-1				
J. Gaszewshi	207.5	130	210	547.5
SM-1				
ShaneChambers	227.5	130	240	597.5
SM-2				
James Warring	215	167.5	205	587.5
250.2				
SM-1				
Nick Rathwell	240	175	230	645.0
280				
M-5				
Rick Newton	200	115	205	520.0
M-2				
Al Mobley		102.5	172.5	275.0
POLICE POWER BENCH & DEADLIFT				
280				
SM-2				
Sgt- Brian Holmes		200	247.5	447.5
POWER SPORTS				
250.2				
Juniors				
David Guiledge	227.5	165	227.5	620
280				
M-5				
Rick Newton	200	115	205	520
FIRE FIGHTER POWER BENCH				
187				
Inter.				
G Matz	170			
187				
M-2				
John Adcox	122.5			
170.8				
Juniors				
Lucus Johnson	102.5			
187				
Pure				
Nick Scott	142.5			
205				
SM-1				
Matt Gangi	195			
SHW				
M-5				
Robert Maxey	187.5			
POLICE POWER SPORTS BENCH				
250.2				
Pure				
Bill Cookson	160			
POWER SPORTS CURLS				
170.8				
Juniors				
Lucus Johnson	47.5			
187				
Pure				
Nick Scott	65			

I would like to thank all those lifters especially the police and firefighters, this meet is centered around these fine people who serve and protect us. There was a lot of good lifting the youth, special olympian . Some of the lifters for special mention were Stewart Venable with the highest total 735 kg., Eddie White out standing police lifter full meet, Darryl Brown outstanding lifter in the open , G Matz outstanding fire fighter bench, Sgt Brian Holmes outstanding lifter police bench, Nick Scott outstanding special Olympian Matt Gangj for best sq, bp, dl & total in the raw division. I would like to just say that every, one that came to the meet was an outstanding lifter. (thanks to James Duree for providing the meet results)

USAPL COYOTTE CLASH
07 APR 02 - Chambers, NE

181	SQ	BP	DL	TOT
HS-BP				
HS				
Strong, Michael		310		
Nielsen, Jared		255		
HS-PL				
148				
Hart,Ryan	270	200	350	820
220				
Myrick, Jon	325	195	405	925
F-1 14				
VanMeveren, C.	185	85	230	500
181				
Nielsen, Jared	275	255	400	930
198				
Miller, James	340	230	405	975
Jarecki, Brian	410	220	350	980

(Thanks to USAPL for providing these results.)

USAPL Missouri State (kg)
4 MAY 02 - St. Louis, MO

BENCH					
Women 105 45-49					
Nacy Bloom	37.5				
123 Open					
Jami Williams	50				
123 16-17					
Natasha Hill	27.5				
132 16-17					
Richelle Dorsey					
132 50-54					
P. Cashman	45				
148 Open					
Kathy Jones	92.5				
Iwona Szubert	40				
148 40-44					
Kathey Jones	92.5				
165 16-17					
Stefanie Huston	30				
181 16-17					
Lindsay Pledger	57.5				
165 Open					
Maureen Post	85				
165 45-49					
Maureen Post	85				
Terri Smith	60				
181 60-64					
Buella Bishop	45				
198 16-17					
Danielle Hill	75				
198+ Open					
Sabrina Pledger	62.5				
198+ 16-17					
Jayna Pate	40				
132 Open					
Tim Taylor	152.5				
Kevin Otte	100				
198 Open					
Phil Marti	192.5				
Roger Petzoldt	172.5				
Greg Ludwig	170				
Coby McGinty					
220 Open					
Kevin Hazlett	195				
Dave Noonan	170				
Matt Bauman	157.5				
165 Open	SQ	BP	DL	TOT	
WOMEN					
Kelly Glueck	95	57.5	122.5	275	
165 16-17					
Stefanie Huston	62.5	30	50	132.5	
165 45-49					
Terri Smith	30	60	75	165	
181 16-17					
Lindsay Pledger	137.5	57.5	140	335	
181 60-64					
Buella Bishop	82	45	102.5	230	
198+					
Sabrina Pledger	165	75	175	415	
MEN					
132 Open					
John Hunn	125	97.5	170	392.5	
Kevin Otte	112.5	100	137.5	350	
148					
Rick Bertel	140	97.5	182.5	420	
181					
Dennis Riney	227.5	177.5	230	635	
David Hyatt	182.5	145	205	532.5	
Roger Petzoldt	220	172.5	255	642.5	
Greg Ludwig	235	170	225	630	
BruceSchmidt	182.5	125	240	547.5	
Kerry Glueck	175	95	205	487.5	
Steve Reando					
Bob Boyles	260	160	270	685	
Mathew Bauman	270	157.5	247.5	675	
Billy Mitchell	250	155	225	630	
Thomas Nuzum	197.5	135	217.5	550	
Chad Holmes	305	192.5	320	817.5	
N. Kannady	142.5	145	217.5	492.5	
275					
Travis Rubey	332.5	215	320	867	
Scott Mckelvey	237.5	155	207.5	600	
Eric Cozine	200	155	227.5	600	
Billy Mitchell	155				
John Mueller	147.5				
242 Open					
John Boyce	155				
N. Kannady	145				
275 Open					
Pat Dennis	220				
Dr. Mike Hartle	217.5				
Shawn Deal					
165 50-54					
G. Schoonmaker	97.5				
181 40-44					
Rodney Scholz					
181 45-49					
Michael McNairy	115				
198 40-44					
Greg Kudwig	170				
Bruce Schmidt	125				
198 50-54					
Bill Harris	120				
220 40-44					
Gene King	150				
220 50-54					
Jim Bourisaw	172.5				
242 50-54					
Greg Chrun					
275 40-44					
Eric Cozine	172.5				
275 45-49					
John Vosler	150				
SHW 40-44					
Jerry Pledger	182.5				
148 18-19					
M. Stricklan	125				
165 14-15					
Jon Adams	102.5				
165 16-17					
Robert Schmitt	42.5				
181 16-17					
Denver Brown	147.5				
Joseph Daniels	97.5				
220 16-17					
Justin Pender	80				
SHW 16-17					
Joshua Bauer	92.5				
SHW					
Jerry Pledger	300	182.5	250	715	
Brad Manion	240	185	245	670	
Brian Mitchell	200	150	232.5	575	
Men 165 50-54					
G. Schoonmaker	150	105	197.5	445	
Chuck Lauritzen	115	122.5	160	397.5	
198 40-44					
Greg Ludwig	235	170	225	630	
Bruce Schmidt	182.5	125	240	547.5	
Rodney Scholz	102.5	120	182.5	405	
198 60-64					
Lance Bargatze	182.5	117.5	200	500	
220 40-44					
Bob Boyles	260	160	270	685	
242 50-54					
Greg Chrun	70	227.5	70	297.5	
SHW 40-44					
Jerry Pledger	300	182.5	250	715	
SHW 45-49					
Ed Finnell	65	182.5	232.5	480	
165 14-15					
Jon Adams	177.5	102.5	177.5	457.5	
165 18-19					
Robert Schmitt	62.5	42.5	70	175	
181 16-17					
Joseph Daniels	87.5	97.5	102.5	287.5	
198 14-15					
L. Stendebach					
Justin Pender	80	80	125	285	
Dustin Farrar	205	130	210	545	
D. Fankhouser	247.5	135	210	592.5	
WOMEN					
97					
Tonya Smith	47.5				
114 Open					
Jessica Ray	107.5	62.5	127.5	297.5	
16-17					
Jessica Ray	107.5	62.5	127.5	297.5	
148					
Barbie Bishop	60	40	92.5	192.5	
148 40-44					
Kathleen Jones	55	95	92.5	240	
165 16-17					
W. Ditterline	65	32.5	80	177.5	
165 45-49					
Maureen Post	102.5	85	137.5	325	
181 16-17					
Lindsay Pledger	137.5	57.5	140	335	
181 60-64					
Buella Bishop	82.5	45	102.5	230	
198+ Open					
Sabrina Pledger	165	75	175	414	
14-15					
Whitnee Grimes	42.5	27.5	97.5	167.5	
16-17					
AnnMarie Buren	115	75	110	300	
MEN					
123 Open					
Allen Whigham	177.5	105	230	532.5	
132					
Tim Taylor	210	152.5	250	612.5	
181					
Tom Scagliarini	245	147.5	220	612.5	
Kelly Dickson	200	130	212.5	542.5	
198 Open					
Rocky Horrighs	227.5	150	240	682.5	
Roger Petzoldt	220	172.5	255	642	
Greg Ludwig	235	170	225	630	
Steve Reando					
220 Open					
Rodney Lawary	307.5	195	305	807.5	
Rick Fowler	285	175	267.5	712.5	
Kevin Hazlett	260	195	235	690	
Billy Mitchell	250	155	225	630	
275					
Dr. Mike Hartle	272.5	217.5	240	730	
SHW					
Dion Rhodes					
165 50-54					
G. Schoonmaker	150	105	197.5	445	
198 40-44					
Greg Ludwig	235	170	225	630	
Bruce Schmidt	182.5	125	240	547.5	
198 60-64					
Lance Bargatze	182.5	117.5	200	500	
220 40-44					
Bob Boyles	260	160	270	685	
242 45-49					
Joe Smolinksi	220	165	250	642.5	
148 Novice					
Eric White	110	70	160	340	
165 Novice					
David Rogers	185	127.5	190	502.5	
Anthony Harper	135	142.5	190	467	
David Watts	145				
181 Novice					
David Hyatt	182.5	145	205	532.5	
Doug Hepburn	182.5	142.5	212.5	527.5	
David Adamson	185	120	212.5	517.5	
Craig Covington	182.5	105	172.5	482.5	
198 Novice					
Jason Hiatt	215	142.5	197.5	555	
Kerry Glueck	175	107.5	205	487.5	
Rob Kukuljan	142.5	125	210	477.5	
Jeremy Raber	195				
220 Novice					
Dustin Farrar	205	130	210	545	
242 Novice					
Avery Adams	277.5	195	272.5	745	
Jordan Martin	197.5	142.5	217.5	557.5	
N. Kannady	142.5	145	217.5	492.5	
275 Novice					
Jeff Wooldridge	192.5	115	197.5	505	
SHW Novice					
Marcus Knight	190	140	210	540	
148 18-19					
Ross Accardi	165	100	187.5	452.5	
165 14-15					
Jon Adams	177.5	102.5	177.5	457.5	
220 18-19					
Dustin Farrar	205	130	210	545	
242 16-17					
Chris Gabbert	227.5	142.5	227.5	592.5	
275 14-15					
Corey Zirbel	157.5	115	202.5	475	
275 18-19					
D. Fankhouser	210	135	210	592.5	
SHW 14-15					
Justin Newsome	257.5	130	257.5	645	

(Thanks to USAPL for providing the meet results)

4th MICHIANA MEET
20 APR 02 - Winneconne, WI

Girls Teen 14-18	SQ	BP	DL	TOT
E. Hasber 144	245	110	290	645
D. Doan 148	255	165	265	685
Amy Hasner 143	285	130	305	720
Hitchcock 122	300	150	340	790
Boys Teen 14-18				
Bob Diehn 227	315	235	375	925
Chris Locke 222	460	255	455	1215
J. Mathy 220	475	335	455	1265
J.Betzinger 197	500	280	500	1280
C. Cornelius 221	390	335	400	1125
K. Parrson 198	350	205	375	930
Open 198				
Tristan Neely	325	285	550	1160
Kelly Parison	350	205	375	930
Jacob Wolter	540	390	500	1430
John Maccanelli	500	315	500	1315
Josh Hudson	285	235	360	880
David Impula				
165				
Greg Opahle	395	260	450	1105
242				
Darin Heyerdahl	540	380	580	1500
Matt Gunville	585			
Matthew Pagel				
275				
Brett Salscheider	700	405	660	1765
Scott Schoen	550	430	625	1605
Luke Peters	375	260	425	1060
220				
Open				
Jim Busalacchi	485	400	520	1405
B. Luedtke	475	295	570	1340
M. Burton 127	230	135	325	690
E. Anderson 142	245	120	290	655
T. Schutte 151	205	95	235	535
P. Banister 128	165	95	260	465

(Thanks to USAPL for providing these results.)

Application for Registration
UNITED STATES POWERLIFTING FEDERATION
(801) 776-2300 • FAX (801) 776-4600

Last Name | First Name | Initial | Renewal Y N | Current Card # (if Renewal)

Street Address | Club Name

City | State | Zip | Area Code/Telephone

Current USPF Classification: Elite Master I II III IV | Referee Status: IPF Cat 1 Cat 2 Nat State | Current High School Y N | Special Olympian Y N | Inmate Y N

Current Collegiate Y N | U.S. Citizen Y N | Date of Birth / / | Sex M F | Today's Date / / | Card Issued By

Registration Fee $25.00
Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P.O. Box 650
Roy, Utah 84067

If Under 18 have Parent Initial _____

NOTE: $10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment, and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

In recognizing the need for drug-usage detection, I agree to submit to any testing procedures deemed appropriate by the USPF or its agents and shall accept the results and consequences of such tests.

Signature _____

20 Years Ago in PL USA .... E. J. Kreis' National Cup meet in Nashville, TN saw winners Joan Fruth (97 - 584), Mike Cross (123 - 1107), Diane Frantz (132 - 1025), Fran Ruettiger (148 - 1455), George Herring (165 - 1703), Vinson Keyhea (181 - 1725), Walter Thomas (198 - 1857), Jim Cash (220 - 1973), Mark Dimiduk (242 - 1912), Dave Shaw (275 - 2105), and Gus Rethwisch (SHW - 2154). At the Teenage Nationals in Greensburg, PA, Ed Coan placed second to Lloyd Kee in the 18-19 165s (1647 - 1642), and other notable winners included Joe Ladnier at 198 (1763), Scott Edmiston at 220 (1774), and Dave Pasanella at 275 (2050). USPF President Conrad Cotter discussed different modes of drug testing (lie detector versus urinalysis) after attending a meet in Mobile, Alabama jointly sanctioned by the ADFPA and USPF, with testing administered by Brother Bennet, Robert Crawford, and Lucian Gillis. The TOP 100 123 lb. list had best lifts of 515 squat (Chuckie Dunbar), 320 bench (Dunbar), 500 deadlift (Bob Lech), and a 1383 total by Lamar Gant.

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

[illegible]/94... USPF/ADFPA Collegiates, USPF [illegible] IPF World Bench Press, Bud[illegible]ord Breakers, Fluids, TOP 100 [illegible] TOP 20 148s

[illegible]A Natural Nationals, WPA [illegible] Record Breakers, Bill [illegible]icking Points in the Squat, [illegible]DFPA TOP 165s

[illegible]ational Masters, Rickey [illegible]er Back Training, Mike [illegible]ch Legacy, TOP 100 [illegible]P 20 181s

[illegible]s, Paula Suzuki Inter[illegible]nman Squat Workout, [illegible]ouie Simmons, TOP 100 [illegible]OP 20 198s.

[illegible]PA Men's, USPF Men/ [illegible]s., Relieve Pain With Aloe, [illegible]s, Phytochemicals, TOP 100 [illegible]DFPA TOP 20 220s.

[illegible]94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... TRIPLE SENIORS ISSUE ADFPA/ APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

Jun/96... WPA Worlds, ADFPA Womens, Subtotal Supermen, HMB, KIC, LEUCINE, Homeopathic Testosterone, All Time Records, Lifting Belts, TOP 100 SHWs

Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

Why Buy *... a back issue of POWERLIFTING USA? ... the information found in previous issues of PL USA ... interviews, profiles, power research articles, meet results, ranking lists, ... these all put what you read in new issues of the magazine into proper context. With the richer perspective you get from reading these PL USA "gems", current affairs will have much more relevance to you. Also, a great training article or Workout of the Month, that you haven't read already, could well be just as valuable to you now, as it might have been if you had read it long before. Check out the synopses of these issues, and remember, we give you a better price on multiple orders because the shipping charges are spread over several issues.*

Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s

Jan/97... IPF Men's Worlds, WPC Worlds, Step by Step Trainnig by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s

Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

Apr/97... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.

Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s

Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, *NEW* Mineral Orotates, Progressive Overload, TOP 100 132s.

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.

Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gau-

USAPL 20TH ANNUAL VIKING OPEN
19 MAY 02 - Chicago, IL (kg)

WOMEN	SQ	BP	DL	TOT
48				
Gale Sampson	105	47.5	102.5	225
56				
April Marlatt	105	60	125	290
60				
Angie Overdeer	170	97.5	190.5	457.5
Erin Walterman	120	65	142.5	327.5
Sarah Nettis	70	65	130	265
67.5				
Ruth Welding	142.5	82.5	170	395
Shelly Murawski	140	70	150	360
Amy Hasner	135	55	137.5	327.5
Devon Doan	122.5	75	127.5	325
Emily Hasner	122.5	42.5	130	295
Adrian Potter	97.5	52.5	132.5	282.5
75				
Rebecca Haas	100	57.5	100	257.5
Unlimited				
Sue Hallen	170	125	150	445
MEN				
52				
Open				
Jeremy Meyer				
Teen 14-15				
Dan Niteken	100	55	112.5	267.5
Jeremy Meyer				
56				
Open				
Sam Meadows	165	107.5	210	482.5
Teen 14-15				
B. Hatfield	135	65	160	360
Teen 16-17				
Nick Trzaskas	150	80	167.5	397.5
60				
Teen 14-15				
David Norris	130	70	135	335
Teen 16-17				
C. Blesinger	142.5	82.5	160	385
67.5				
Open				
C. Carter	175	100	167.5	442.5
Steve Wielgos	145	105	170	420
Teen 16-17				
A. Shuarksman	155	90	182.5	427.5
Teen 18-19				
C. Carter	175	100	167.5	442.5
Master 50+				
John Loftus	110	70	115	295
75				
Open				
Erick Nickson	252.5	172.5	287.5	712.5
Manuel Rivera	210	155	215	580
A. Maldonado	170	107.5	190	467.5
Chris Ranzy	137.5	85	170	392.5
Teen 16-17				
Blake Dedas	175	110	200	485
Teen 18-19				
A. Maldonado	170	107.5	190	467.5
Junior				
Tad Metzger	175	97.5	230	502.5
NicholasDeluise	40	167.5	40	247.5
Masters 40-49				
Manuel Rivera	210	155	215	580
Duane Young	205	112.5	215	532.5
Bernie O'Connel	192.5	145	185	522.5
Michael Tetrick	65	132.5	65	262.5
Master 50+				
Dan Zager	142.5	105	200	447.5
82.5				
David Wiley	280	152.5	242.5	675
Troy Crigger	232.5	152.5	272.5	657.5
John Maccanekki	222.5	150	227.5	600
John Figarelli	142.5	102.5	150	395
Greg Zweig	230			
Teen 14-15				
Levi Jungbluth	182.5	112.5	222.5	517.5
Joseph Tronzo	167.5	107.5	182.5	457.5
Philip Whalen	125	72.5	160	357.5
Teen 16-17				
Jeff Eberenz	187.5	115	197.5	500
Manuel Aponte	122.5	95	160	377.5
Teen 18-19				
Louis Heimbrock	137.5	95	170	402.5
Junior				
Dan Weingart	197.5	140	217.5	555
Masters 40-49				
David Wiley	280	152.5	242.5	675
90				
Open				
Jim Morchlewitz	267.5	185	250	702.5
Jim Prusha	260	152.5	255	667.5
Tyrone Ward	227.5	142.5	272.5	642.5
Brett Masouka	192.5	140	215	547.5
Reggie Anglin	205	125	215	545
Teen 14-15				
Vincent Abrego	180	112.5	190	482.5
Teen 18-19				
Ross Grady	267.5	145	267.5	680
Wayne Literal	220	150	227.5	597.5
Brett Ziebarth	197.5	132.5	215	545
Masters 40-49				
Tyrone Ward	227.5	142.5	272.5	642.5
Jim Thompson	182.5	137.5	65	385
Master 50+				
Jim Rouse	217.5	157.5	240	615
100				
Chad Crigger	295	170	285	750
Miguel Salazar	227.5	182.5	250	660
John Valpatic	217.5	132.5	235	585
Teen 14-15				
Alex Reid	160	102.5	180	442.5
Mark Tawfik	147.5	90	165	402.5
Teen 16-17				
Joseph Mathy	230	155	207.5	592.5
Marcus Tabani	185	125	192.5	502.5
Junior				
Lauren Cohen	285	185	265	735
110				
Jay Leinfelder	312.5	197.5	295	805
Richard Auxer	297.5	190	312.5	800
Pete Andrich	287.5	185	287.5	760
Andy Nettis	260	177.5	165	702.5
Ahmad Atef	212.5	172.5	250	635
Teen 18-19				
Emmanuel Buck	185	165	205	555
125				
Open				
Scott Lade	350	260	290	900
Abdul Weslowski	320	177.5	320	817.5
E. Lilliebridge	272.5	187.5	282.5	742.5
Richard Haas	265	195	227.5	687.5
Teen 14-15				
Tommy Gleason	215	135		
Junior				
Ryan Benson	250	152.5	250	652.5
Master 40-49				
Patrick Diggins	242.5	142.5	257.5	642.5

Masters 50+				
Rich Sadowski	200	120	230	550
Men Unlimited				
Open				
John Magee	250	210	200	660
Danuel Coyter	222.5	170	252.5	645
Teen 18-19				
Nick Slusher	227.5	107.5	200	535
Junior				
Michael Norwood	222.5	170	267.5	660
Master 40-49				
Rob Keyes	270	192.5	280	742.5
Kirth Vance	227.5	142.5	272.5	642.5
Master 50+				
John Magee	250	210	200	660

Best lifters - Open: Scott Lade, Erick Nickson, Jay Leinfelder. Women: Angie Overdeer. Teen: Ross Grady. Junior: Lauren Cohen. Master: Jimm Rouse. Best Squat: Scott Lade. Best Bench: Scott Lade. Best Dead Lift: Erick Nickson. Team B & W Gym, Lake View. Meet highlights: Angie Overdeer - American deadlift record - 190.5- Erin Walterman- American teen deadlift record - 142.5 - Devin Doan - American Teen Bench press record - 75 - Levi Jungbluth - American teen deadlift record - 222.5 - Michael Tetrick - Illinois Master Bench Press Record - 132.5 (Thanks to USAPL for providing the meet results)

USAPL Nebraska State
25 MAY 02 - Blair, NE

	SQ	BP	DL	TOT
97				
Barb Sieps	148s	83s	170s	402
Annette Axt	214	99	225	540
Teen				
Annette Axt	214	99	225	540
Open				
105				
Erin Crapo	242oj	126	242	611
BENCH				
97				
Open				
Barb Sieps	83s			
132				
Anna Hadley	88			
Master				
Linda Birman	94m			
148				
Rita Calson	115m			
165				
Open				
Rachel Swanson	203			
132				
Teen				
Ryan Hart	192t			
148				
Matt Hafenbrack	170			
181				
Master				
Ben Scherer	352mp			
198				
Teen				
John Petersen	292			
Master				
Jim Putz	314m			
114				
C. VanMeueren	176	99	231	507
Teen				
C. VanMeueren	176	99	231	507
132				
Lindesy Hartman	264a	94	286t	644
Open				
Michelle James	259	115	336	710
Master				
Linda Birman	181	994m	187m	462m
148				
Rita Carlson	165	115m	248m	529
220				
Open				
Joe Secord				
Master				
Mike Taylor	429			
John Probasco	402			
Charles Belknan				
242				
Open				
R. Donscheski	407			
Buck Holman	242			
SHW				
John Bolger	501			
105				
Open				
Stef Silva	66			
123				
Karlynn Eslick	110			
148				
Rita Carlson	115			
165				
Richard Davis	352			
181				
Robert Farley	336			
SHW				
John Bolger	501			
Steve Logan	396			
165				
Open				
Rachel Swanson	259	203o	347o	810
SHW				
Teen				
Jessica Klein	303x	143x	358x	804x
SO				
Jessica Klein	303x	143x	358x	804x
123				
Open				
Mike Hafenbrack	341t	181	402t	925
Teen				
Mike Hafenbrack	341t	181	402t	925
Open				
132				
Ryan Hart	264	192	358	815
148				
Matt Hafenbrack	314	170	374	870
Teen				
Matt Hafenbrack	314	170	374	870
Master				
Monte Lofing	457m	270	457m	1184
181				
Open				
Danny Thurman	501	424o	501	1427
Matt James	407	253	479	1140
Teen				
Seth Holcomb	369	170	501t	1041
198				
Open				
Mark Elbert	479	352	473	1306
James Hart	462	286	529	1278
Teen				
Eric Petersen	380	270	473	1124
Master				
James Hart	462	286	529	1278
220				
Open				
Buck Holman				
Teen				
Jon Myrick	330	203	413	947
242				
Open				
Bill Sindelar	523	303	501	1328
Master				
Bill Sindelar	523	303	501	1328
Doyle Conroy	308	314	435	1129
275				
Open				
Steve Davenport	644	501	666	1813
SHW				
Master				
Rick Cech	551m	440m	556m	1548m
WOMEN				
105				
Stef Silva				
148				
Rita Carlson	165	115m	248m	529m
Teen				
Cody Clearwater				
Open 148				
Jim Balomenos	308	203	429	942
Open 165				
Richard Davis	385	352	501	1240
Open 220				
David Berger	473	413	501	1388
Mike Geesaman	457	358	490	1306
Daivd Tipon	242	192	275	710
Open				
242				
Bryan Getchell	551	429	628	1609
Buck Holman				
Open SHW				
Steve Logan	600	396	600	1598

M - Master Record. S - Submaster Record. T - Teen Record. X - Special Olympian Record. O - Open Record. P - Police & Fire Record. (Thanks to USAPL for providing these results to *Powerlifting USA*.)

gler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage

Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.

May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s.

Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.

Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.

Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.

Dec/98 ... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.

Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.

Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs

Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie SImmons, TOP 100 123s

Sep/99 ... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s

Oct/99 ... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s

Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s

Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons

Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s

May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.

Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.

Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s

Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s

Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.

Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights

Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies

Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s

Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP

Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s

May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's

Jun/01 ... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s

Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s

Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

Oct/01 ... World Games, TomManno Interview, Jamie Harris Interview, John Corsello Jr. Interview 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.

Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s

Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success , Jill Mills, Rich Salvagni, TOP 181s

Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s

Feb/002 ... WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s

Mar/02 ... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method"

Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Turtiainen Interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s

May/02 ... Brent Mikesell's 1074 Squat Plyometrics, Finnish DL Secrets, TOP 100 Benchers (Schwartz/Wilks), Jennifer Maile Workout of the Month, TOP 100 275s.

Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs.

Jul/02 ... Kennelly Benc hes 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.

Aug/02 ... APF Seniors, USAPL Men's Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Recods by Louie, Your Bench Shirt by Halbert, TOP 123s.

LIST THE ISSUES YOU WAN (AND ALTERNATES), MAKE OUT A CHECK ($5 PER ISSUE) AND SEND IT TO *POWERLIFTING USA, BACK ISSUES,* POST OFFICE BOX 3238, CAMARILLO, CALIFORNIA 93011, USA.

AAU TRIPLE CROWN/VIRGINIA STATE/DOMINION BENCH PRESS
10-12 MAY 02 - Richmond, VA

Old DominionBench				
Females				
123				
Masters 45-49				
Risa Montgomery	135**			
Masters 55-59				
Carolyn McCoy	70**			
132				
Open				
Amy Robie	110			
Lifetime Masters 45-49				
Barbara Beasley	145**			
148				
Youth 12-13				
Teresa Geer	85**			
181				
Sue Pack	185**			
198				
Masters 40-44				
Monika Krisinski	200**			
Male				
Open				
Tyler Hines	400			
Reginald Tate	365			
220				
Open				
Paul Bossi	515			
4th	530			
Curtis Bryant	475*			
Sub-Masters 35-39				
Kevin Jones	455*			
242				
Open				
Michael Bradley	460			
Langston Willett	445			
Ronald Thomas	415			
Sub-Masters 35-39				
Ronald Thomas	415			
Masters 40-44				
Michael Bradley	460			
275				
Open				
Kurtis Calloway	485			
Masters 50-54				
Tom Dorsey	260**			
Masters 55-59				
Ray Cross	325			
Lifetime Masters				
Ray Cross	325			
SHW				
Sub-Masters 35-39				
Mike Ange	440			
66				
Kids 8-9				
Tyler Rudacille	50**			
4th	55**			
97				
Youth 14-15				
Darnell Floyd	85**			
114				
Youth 12-13				
Kelly Bullock	70			
132				
Teenage 14-15				
Chris Geer	165*			
Masters 40-44				
Curtis Munechika	260**			
148				
Junior 20-23				
Emmauel Urbano	200*			
Teenage 14-15				
Trevon Hayes	185			
TRIPLE CROWN	SQ	BP	DL	TOT
WOMEN				
97				
Open				
Caitlin Miller	210	90	240	540
148				
Lynne Nelson	305	170	400	875
Youth 12-13				
Teresa Geer	140**	90**	160**	390**
Masters 40-44				
Lynne Nelson	305*	170*	400**	875**
Lifetime Open 40-44				
Lynne Nelson	305**	170**	400**	875**
Lifetime Masters 40-44				
Lynne Nelson	305**	170**	400**	875**
165				
Masters 40-44				
Belinda Hayes	290*	170*	345**	805*
		4th	355**	
Catherine Garcia	155	115	235	505
181				
Masters 60-64				
Sue Pack	220**	205**	250**	675**
198				
Open				
Karen Phillips	335*	235*	435*	1005*
Sub-Masters 35-39				
Karen Phillips	335*	235*	435*	1005*
198+				
Masters 60-64				
Suci Stinnett	90*	110*	155*	355*
66				
Kids 10-11				
Kendra Miller	145**	85**	180**	410**
88				
Michelle Caton	80*	55*	115*	250*
97				
Open				
Marci Lineman	145*	90*	200	435*
105				
Masters 40-44				
Maureen Cahill	75**	75**	180**	330**
123				
Open				
Sherrie Fosdick	170	110*	260*	540*
S. Burkhold er	185*	85	255	525
Sub-Masters 35-39				
Sherrie Fosdick	170	110*	260*	540*
132				
Masters 40-44				
Rosie Gilbert	140	90	160	390
148				
Open				
MeredithHayes	165	110	245	520
Open				
Stephanie Renick	180	125	200	505
Sub-Masters 35-39				
Sonja Lewczyk	150*	90*	205*	445*
165				
Masters 45-49				
Genny Cayton	165*	155*	205*	525*
Lisa Facemire	105	95	145	345
Lifetime Masters 45-49				
Genny Cayton	165**	155**	205**	525**
198				
Masters 40-44				
Monika Krisinski	135	205	225	565
MEN				
132				
Open				
Jason Helms	325*	225*	400*	950*
Law/Fire/Military Open				
Jason Helms	325**	225**	400**	950**
148				
Open				
M. Callaghan	450	230	420	1100
165				
Open				
Luis Bermudez	545	390	565	1500
Teenage 18-19				
Joel Roberts	375	250	410	1035
Sub-Masters 35-39				
Steve Jaffe	425		420	
181				
Masters 55-59				
Howard Gutnick	410	270	510*	1190*
Micheal Scott	400	230	490	1120
Masters 60-64				
David Parsons	300	270	325	895
Law/Fire/Mil. Masters 55-59				
Micheal Scott	400**	230**	490**	1120**
Howard Gutnick	410**	270**	510**	1190**
198				
Open				
Jim Coleman	500	385	525	1410
Tony Benedict	500	300	550	1350
Sub-Masters 35-39				
Adham Ramses	405	235	450	1090
Masters 40-44				
Tommy Holland	525	390**	545	1460
4th	545*			
Law/Fire/Military Open				
Jim Coleman	500**	385**	525	1410
Tony Benedict	500	300	550**	1350
Roger Johnson	455	365	520	1340
220				
Open				
Rob Eckart	460	375	530	1365
220				
Teenage 14-15				
Brett Sweitzer	420*	270*	460*	1150*
Masters 40-44				
Chip Hasty	505	315	415	1235
Rudy Garcia	380**	275**	380**	1035**
Masters 45-49				
Paul Sulphin	625	350	575	1550
Lifet. Law/Fire/Mil. Masters 40-44				
Rudy Garcia	380	275	380	1035
242				
Open				
Jeff Jobes	600	400	560	1560
Masters 40-44				
Kenneth James	500	300	550	1350
Masters 55-59				
Roger Ernst	45	45	75	165
Law/Fire/Mil. Masters 40-44				
Kenneth James	500**	300**	550*	1350**
275				
Open				
PhillipBattle	670	450	625*	1745

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Sub-Masters 35-39				
A. Goodman	700*	460	700*	1860*
Open				
Chris Semmel	550	365	550	1465
Masters 50-54				
Tommy Dorsey	325**	260*	405**	990**
Law/Fire/Mil. Sub-Masters 35-39				
A. Goodman	700**	460**	700**	1860**
319				
Masters 40-44				
Gerald Briggs	675*	475	550*	1700*
105				
Teenage 14-15				
Gene Allgood	210**	115**	245**	570**
123				
Teenage 14-15				
Tyler Carter	205*	130*	255*	590*
132				
Teenage 14-15				
Christopher Geer		160	245	
Teenage 16-17				
Ryan Green	215*	130*	255	600
148				
Open				
Joe Lineman	340*	250*	500*	1090*
Open				
Wayland O'Brier	235	250	350	835
Teenage 14-15				
Jake Carter	280	190	330*	800*
Teenage 16-17				
Josh Tyler	300	210*	400*	910*
Graham Kirby	315*	170	385	870

Teenage 18-19				
R. Sannasardo	305	235	470	1010
Junior 20 -23				
Emmauel Urbano	145*	185*	145*	475*
Sub-Masters 35-39				
Joe Lineman	340*	250*	500**	1190*
masters 55-59				
Larry Eggleston	305*	205*	385*	895*
Law/Fire/Military Open				
Perry White	165**	120**	280**	565**
Lifetime Open				
Wayland O'Brier	235**	250**	350**	835**
165				
Open				
Scott Gay	405*	315	435	1155
Chris Lawyer	345	330*	440	1115
Brian Blackman	245	255	345	845
Youth 12-13				
Riley Wasson	145*	90*	190*	425*
Teenage 14-15				
C. Balance	325	215	365	905
Teenage 16-17				
B. Bumgardner	320*	210*	430*	960*
Jared Shope	320	210	415	945
Masters 40-44				
Ted Hoffman	305*	215*	400*	920*
Ricky Young	250	250	325	825
Masters 45-49				
Steve Foster	300*	170	325	795
Masters 70-74				
John Miller	135**	130**	250*	515**
Law/Fire/Military Open				

Brian Blackman	245*	255*	345*	845*
Lifetime Masters 45-49				
Steve Foster	300**	170**	325**	795**
Lifetime Masters 70-74				
John Miller	135**	130**	250**	515**
181				
Open				
Mark Drinkard	500*	360*	590*	1450*
Mark Light	475	360	500	1335
Derrick Byrant	340	310	425	1075
William Waller	505			
Teenage 16-17				
Preston Bowers	300	170	375	845
Sub-Masters 35-39				
Nathaniel Kadle	425	300	550	1275
Masters 40-44				
Mark Light	475*	360*	500*	1335*
Masters 45-49				
Philip Orr			415	
Masters 50-54				
James Alston	380*	250*	500*	1130*
Masters 60-64				
Oscar Hickman	350*	235*	375*	960*
David Parsons	300	270	325	895
Lifetime Masters 60-64				
Oscar Hickman	350**	235**	375**	960**
198				
Open				
Mike Barcelone	500	325	510	1335
Teenage 14-15				
MikePilgram	315*	255**	405*	975*
Junior 20 -23				

Kevin McCloskey	500**	385*	540*	1425*
James Cowan	430	360	575	1365
Nicholas Daliessio	465	340	550	1355
Sub-Masters 35-39				
Barptist Nupieri	405	280	505	1190
Masters 40-44				
Rusty McNamara	440*	335	550*	1325*
Masters 45-49				
Miles Baker	460**	320**	520	1300**
	4th	325**		
James Hannah	455	265	475	1195
Wally Spicer	415	250	500	1165
Masters 55-59				
Bill Lindsey	430**	340**	405	1175
4th	460**			
Masters 60-64				
Wallace Barnett	325*	270*	425	1020*
Masters 70-74				
Peter Jensen	245	225**	360	830
Lifetime Masters 45-49				
James Hannah	455**	265*	475*	1195**
Lifetime Masters 45-49				
Wally Spicer	415*	250*	500**	1165*
Lifetime Masters 70-74				
Peter Jensen	245**	225**	360**	830**
220				
Open				
Brian Daliessio	420	310	500	1230*
Bobby Taylor	405	350	460	1215
KimBougher	350	285	420	1155
Teenage 18-19				
Jake Taylor	380	255	465	1100
Masters 40-44				
Kenny Sauer	135*	300*	145*	580*
Masters 45-49				
John Martin	500	300	500*	1300
Law/Fire/Mil. Sub-Masters 35-39				
Joey Thompson	310**	190**	425**	925**
4th	340**			
242				
Open				
Bryant Garnett	520	365	545	1430
Bruce Miller	465	375	540	1380
Paul Wilson	430	300	485	1215
Sub-Masters 35-39				
William Wigmore	480	375	625	1480
Masters 55-59				
Robert Bolster	420	225	450	1095
275				
Open				
Scott Odom	600	455	640	1695
Baron Dixon	625*	405	550	1580*
M. Cangelosi	490	350	475	1315
David Wood	465	320	435	1220
Junior 20-23				
Matthew Green	450	280	480	1210
Sub-Masters 35-39				
Baron Dixon	625*	405*	550*	1580*
Masters 40-44				
David Wood	465*	320*	435*	1220*
Dan Beacher	145	135	145	425
Masters 50-54				
Tom Dorsey	325	260	405	990
Lifetime Masters 40-44				
David Wood	465**	320**	435**	1220**
Dan Beacher	145	135	145	425
319 Open				
Nick Minneti	750**	440*	775*	1965*
Teenage 16-17				
Mathew Miller	500*	270*	575**	1345**
SHW				
Masters 40-44				
Rod Blackwell	500	440**	600	1540
Virginia State Championship				
Female				
96				
Open				
Marci Lineman	145	90	200	435
123				
Open				
Sherrie Fosdick	170	110	260	549
Sub-Masters 35-39				
Sherrie Fosdick	170	110	260	549
Male				
220 Teenage 14-15				
Brett Sweitzer	420*	270*	460*	1150*
165 Sub-Masters 35-39				
Steve Jaffe	425		420	
105				
Teenage 14-15				
Gene Allgood	210	115	245	570
123				
Tyler Carter	205	130	255	590
132 Teenage 16 -17				
Ryan Green	215	130	255	600
148				
Open				
Joe Lineman	340	250	500	1090
Wayland O'Brier	235	250	350	835
Masters 55-59				
Larry Eggleston	305	205	385	895
165 Teenage 16-17				
B. Bumgardner	320	210	430	960
181 Masters 60-64				
Oscar Rickman	350	235	375	960
198				
Open				
Miles Baker	460	320	520	1300
Masters 60-64				
Wallace Barnett	325	270	425	1020

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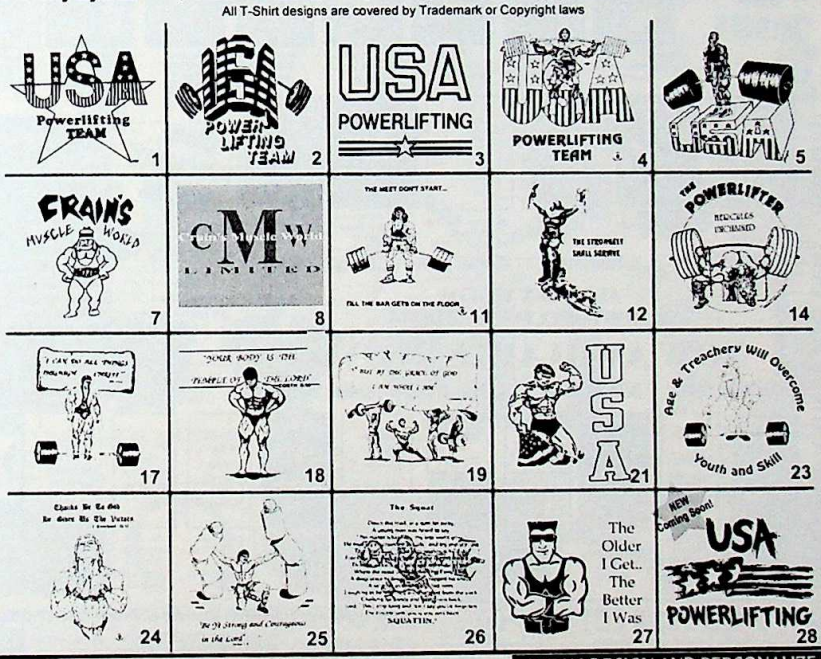

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275				
Open				
Baron Dixon	625	405	550	1580
David Wood	465	320	435	1220
Sub-Masters 35-39				
Baron Dixon	625	405	550	1580
Masters 40-44				
David Wood	465	320	435	1220
Dan Bescher	145	135	145	425
Lifetime Masters 40-44				
David Wood	465	320	435	1220
Dan Bescher	145	135	145	425

** - American record. * - Virginia Record. Well the AAU and the East Coast are up and running with another set of big and successful meets. On the weekend of May 10-12 the Women of Steel promoted three AAU events, the Triple Crown Classic (world qualifier), the Virginia State Championship and the Old Dominion Bench Press Contest. The meet was held at the Showplace Annex in Richmond, Virginia. The Triple Crown Classic was the AAU world qualifier for the East Coast and we had an amazing turnout of 125 lifters who traveled from as far away as Florida, Wisconsin, Michigan, Massachusetts and Tennessee. Twelve states were represented. The lightweight day started with the 66-181 weight class. In the assisted open women's division, 11 year old Catlin Miller lifted 210, 90, 240 with a big total of 540. In the women 198 open & submaster division, Karen Phillips did a 335, 235, 435 for a grand total 1005. Also Lynn Nelson in open and masters division of 148: 305, 170, 400 for total of 875 which were all American & V.A. Records. The women's raw divisions started with 66 lb. 10 year old Kendra Miller with a 145, 85, 180 and total of 410 and all were American records. Also in the 123 open and submaster new comer Sherrie Fosdick with a 170, 110,260 and total 540 and with Sharon Burkholder close behind with 525 total. In the Men's assisted division, 165 open Luis Bermudez lifted 545, 390, 565 and total 1500. Truly a grand lifter to watch. In the master 55-59 age group it was a close neck to neck with Howard Gutnick 410, 270, 510 with a total of 1190 and Michael Scott 400, 230, 490 – 1120 which for both were American records. Howard in lifetime and Michael in military. In the raw male division, youth 105 lb. 14-15 age Gene Allgood set all American records with 210, 115, 245 – 570. In the 165 open was a close race with Scott Gay and Chris Lawyer with Scott Gay finishing first. The 181 open class was won by Mark Drinkard 500, 360, 590 – 1450 and Mark Light taking second but finishing first in the master 40-44 with a 475, 360, 500 – 1335. On the second day, two of Walker's Gym 15 year old teenagers walked away with records, Brett Sweitzer finished with all V.A. Records in the assisted division and Mike Pigram with all VA. Records and one American record for the bench in the raw division. In the assisted 198, Jim Coleman 500, 385, 525 – 1410 placed first with second to friend and fellow marine Tony Benedict with 1 – 1350. In the masters 40-44 Tom Holland won with 545, 390, 545 – 1 - 1460. Great lifting Tom. Masters lifter Paul Sutphin in the 45-49 came away with big numbers: 625, 350, 575 – 1550. 242 open was won by Jeff Jobes 600, 400, 560 – 1560. Now the 275 submaster was won by Anthony Goodman: 700, 460, 700 – 1860. In the raw 198 junior, Kevin McCloskey 500, 385, 540 – 1425. Miles Baker finished first in the 198 master 45-49 American record in both s - 460, and b - 325. Bill Lindsey also had American records in s - 460 and b - 340 in master 55-59. In the 275, Tennessee Scott Odom won with a 600, 455, 640 – 1695. And one of our favorite lifters, Baron Dixon in submaster won and set of V.A., records with 625, 405, 550 – 1580. Mathew Miller was a new comer to the sport with grand totals of 500, 270, 575 – 1345 at 275 youth and 16 years old. The day finished with big Nick Minneti in the open division with three American records: 750, 440, 775 – 1965 in open 319 class. Congratulations to all the winners. Now on Friday night we held the Old Dominion Bench Press contest with 61 benchers. The women's division for assisted was won by master 45-49 Risa Montgomery with 135 and American record. In the raw women's all women, Carolyn - 70, Amy - 110, Barbara - 145, Teresa - 85, Sue - 185 and Monika - 185 all set American records. In the men's assisted the big bench was from Paul Bossi with a 530 in the open 220. And Curtis Bryant registered both raw and assisted totaled 475. 275 open Kurtis Calloway benched 485. The raw division was led off by 8 year old 66 lb. Tyler Rudacille with an American record of 55. 14 year old Damell Floyd also won and set an American record with 85 in the 97 lb. class. In the 132 master 40-44 Curtis Munechika won and set an American record with 260. Jonath Goode benched 340 in 165 class. 70 year old Morris Skelton benched 300 at 220 class. In the 275 masters 50-54 Wayne Thompson benched 365 and broke the American record along with good friend, Walter Ferguson at 319 benched 360. The SHW was won by newcomer and big man on the block, Jeff Pierce with a 500. I expect to see close to 575 from him in the near future. Last lifter was SHW Larry Hicks with a 350 and American record in master 40-44. The team trophies were: 1 -Mike's Gym, 2 - Mike's Gym, 3 - Team NSR - Weight Room and 4 - Tayouns Power team. The Old Dominion Bench Press team trophy went to Project Lift out of Henderson NC and run by William Hawkins. William and his men have taken a lot of time with this team of 10 young men. They deserve a hand for all their efforts and time they have put into training these new and young athletes. The boys did a great job in their lifting and you can just feel the team spirit in the group. We the Women of Steel would like to thank all our good friends, referees, volunteers and family for helping us put on these three meets. Our special thanks to Fred "Dr. Squat" Hatfield for his wonderful and informative lecture on squatting. And to Chris Lawyer owner of the Weight Room for the loaner of the weights. The Women of Steel : Judy Wood, Jill Meads and Barbara Beasley really owe a great amount of our success to Steve Wood, Judy's husband. For without him and his support and helping hands this meet would have never taken off. Steve put endless hours of work into helping all of us but most of all for putting up with three compulsive disordered women. We look forward to see you all in October 25-27 for the AAU 2002 World Championship, Richmond International Open and Richmond International Bench Press. Train hard and train heavy. Barbara, Judy and Jill, the Women of Steel. We also presented a trophy in memory of one of Virginia's finest masters lifters who passed away this year, Fred Lange. Fred was a long time member of Mike's Olympic Gym in Mechanicsville, V.A. He has won numerous trophies and still holds the records in AAU and USAPL in the masters division and as well as the American records. The powerlifting world will miss Fred and his smiling face and his tons of encouragement and support he gave to each of the fellow powerlifters over the years. We honored our good friend Fred by presenting the Fred Lange Memorial Award to be given to a fellow powerlifter for his sportsmanlike spirit, his helping to support and promote powerlifting here in Virginia and for his kindness and willingness to help others. The award was presented to Dave Wood of Mike's Gym. Dave has been a great person not only in helping support the sport of powerlifting here in Virginia and AAU but also he is known for his kindness and willingness to help others in training, at meets, helping to keep up our VA records and in everyday life. Congratulations Dave. (Thanks to Barbara Beasley for results)

25th Junior Europeans (kg)
20-23 JUN 02 - Balatonelle, Hungary

JUNIOR W	SQ	BP	DL	TOT
44 kg				
N.Krikunova	135	72.5	132.5	340
Sanna Apuli	115	57.5	130	302.5
Made Durk	70	47.5	92.5	210
48 kg				
Natalia Tokareva	155*	65	120	340
H. Rantala	11 7.5	70	120	307.5
Ines Tronke	120	62.5	115	297.5
Angela Vizi	60	35	70	165
52 kg				
V. Dieudonne	130	82.5	125	337.5
B. Szabone	75	45	105	225
Agnes Feher	80	37.5	100	217.5
56 kg				
Kira Pavlovskaja	170	92.5	185	447.5
Elodie Farque	140	65	160	365
A. Wilczynska	110	72.5	130	312.5
Zsuzsa Graner	105	70	115	290
Z. Detki	102.5	72.5	110	285
60 kg				
A. Sukhacheva	187.5	85	185	457.5
Katka Feckova	140	80	170	390
A. Leszczynska	155	60	150	365
Anne Domer	132.5	92.5	135	360
Linda Hoiland	145	65	150	360
67.5 kg				
Chepushtanova	215	125	197.5	537.5
A. Jakovleva	210	115	200	525
Zhanna Ivanova	207.5*	110*	200*	517.5*
Juliana Toth	150	72.5	175	397.5
Romy Schreiber	137.5	67.5	157.5	362.5
Dora Vari-Szabo	140	70	140	350
S. Lefevre	130	72.5	110	312.5
75 kg				
Yana Petrenko	212.5	117.5	222.5	552.5
E. Mazailova	215	120	217.5	552.5
N. Toropovska	200	110	190	500
N. Szucs	130	70	142.5	342.5

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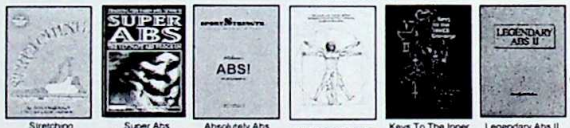

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1999 USPF Men/Women Senior Nationals - Dallas, TX - 2 tapes
1999 USAPL Men National Championships - Saint Louis, MO - 3 tapes
1999 WABDL Bench Press / Deadlift World Championships - Portland, OR - 3 tapes
1999 WPF World Championships - Las Vegas, NV - 2 tapes

2000
2000 Texas State High School Championships - Fort Hood, TX - 2 tapes
2000 USPF Oklahoma Open / Bench Press / Deadlift - Oklahoma City, OK - 1 tape
2000 USAPL Teenage / Junior Nationals - Fort Hood, TX - 2 tapes
2000 USAPL Women National Powerlifting Championships - Fort Hood, TX - 2 tapes
2000 USPF Spring Classic BP/ DL Championships - Seminole, OK - 1 tape
2000 USPF Sooner State Games - OKC, OK - 1 tape
2000 USAPL Bench Press Nationals - St. Louis, MO - 2 tapes
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2000 WPL World Powerlifting and Bench Press - Corpus Christi, TX - 2 tapes
2000 IPF Men's World Powerlifting Championships - Akita, JAPAN - 5 tapes

2001
2001 USAPL Military Nationals - Fort Hood / Killeen, TX - 1 tapes
2001 Texas State High School Girls Championships - Fort Hood / Killeen, TX - 2 tapes
2001 USAPL High School Nationals - Fort Hood / Killeen, TX - 2 tapes
2001 USAPL Masters National Championships - Fort Hood / Killeen, TX - 2 tapes
2001 USAPL Texas State Powerlifting Championships - Fort Hood / Killeen, TX - 2 tapes
2001 USPF/APF/AAPF Oklahoma State Powerlifting Championships - OKC, OK - 1 tapes
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2002
2002 USPF Oklahoma State Powerlifting / BP/ DL Championships - Stillwater, OK - 1 tape
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82.5 kg				
V. Sheglova	225	130	190	545
K. Boroday	210	120	195	525
Dziewiczkiewicz	170	95	180	445
Jana Sedlackova	160	82.5	195	437.5
Marie Thornton	175	75	170	420
Emese Gal	170	87.5	157.5	415
Kristin Blinnikka	142.5	92.5	157.5	392.5
Nikoletta Nanasi				
90 kg				
Yulia Kurina	252.5#	117.5	215	585$
Ganna Lytvyn	222.5	120	190	532.5
Anna Sliwinska	205	117.5	192.5	515
90+ kg				
V. Olentnytsa	217.5*	125	217.5*	560*
K. Kravchenko	205	117.5	182.5	505
H. Hugdal	205	107.5	187.5	500
R. Buckner	160	70	160	390
Ildiko Kelemen	105	35	130	270
JUNIOR MEN				
52 kg				
S. Fedosienko	205	135	205	545
T. Zemnbrzycki	155	77.5	155	387.5
D. Kowalski	137.5	82.5	155	375
Gergo Toth	80	62.5	100	242.5
56 kg				
Dmitry Alekseev	230	120	215	565
Dmitrij Jakoviev	170	115	190	475
G. Kepczynski	175	100	180	455
Chad Mitchell	165	90	172.5	427.5
Rafal Kurowski				
60 kg				
A. Gromov	250	167.5$	210	627.5
V. Pogrebnyy	242.5	160	205	607.5
S. Dyachenko	220	130	200	550
Vince Schlakta	190	132.5	210	532.5
Pawel Bucior	170	100	205	475
Oliver Szikora	160	105	172.5	437.5
67.5 kg				
O. Borysov	240	155	257.5	652.5
Niklas Jonson	245	187.5	200	632.5
Karel Jirousek	225	127.5	237.5	590
Tomas Andersen	215	140	215	570
Mastrolorenzo	210	127.5	222.5	560
Jan Matej	215	132.5	192.5	540
Vladimir Christo	190	90	245	525
B. Szymkowiak	220	100	200	520
T. Jarosiewicz	220			
75 kg				
Aleksei Osokin	260	200$	265	725
W. Skorlutowski	230	155	250	635
Joakim Bjerke	240	175	210	625
Jan Lenart	222.5	147.5	235	605
Bjorn Tue	205	145	250	600
Tomas Lacko	232.5	145	212.5	590
Regis Favre	220	120	240	580
Peter Vadaz	215	170	190	575
Daniel Hennel	235			
82.5 kg				
Alexei Svarikin	330#	180	290	800
Sergiy Naleykin	320	190	272.5	782.5
Peter Rick	255	190	320	765
Michal Wilk	280	185	290	755
Gary Bowman	275	175	275	725
A. Kirketeig	270	172.5	270	712.5
M. Lindholm	280	152.5	272.5	705
R. Loricourt	265	150	277.5	692.5
Mare Zak	270	160	260	690
C. Lichtenauer	270	150	247.5	667.5
G. Servofte	270	167.5	230	667.5
Michael Jensen	245	150	245	640
Maik Hellwig	220	122.5	265	607.5
A. Marazzini	215	125	225	5 6 5
Pavel Ozerov				
Roland Kanya				
Anton Yatskov	300			
90 kg				
Ivan Freydunn	335	235	330	900
D. Likchanov	315	200	317.5	832.5
A. Nikolov	295	195	280	770
Francesco Virzi	285	182.5	280	747.5
Stefan Jamroz	272.5	210	265	747.5
E. Bernetsyan	285	170	280	735
Oliver Hadicke	245	185	235	665
Zsolt Sinka	240	165	250	655
Karol Kopienka				
A. Myronenko	300	185		
Christoph Senn	180	130		
100 kg				
Nikolai Suslov	375	230	335	940
O. Rokochyy	355	217.5	315	887.5
T. Lenarciak	255	220	272.5	747.5
Frode Fjogstad	285	175	265	725
Linas Palivonas	250	160	265	675
Markus Erlacher	230	165	245	640
A. Harutyunyan	250	115	240	605
Florina Sauerer				
Ivailo Christo	350	225		
110 kg				
M. Barkhatov	355	240	345	940
Igor Medvedev	350	240	332.5	922.5
R. Voroshylin	340	200	310	850
Jan Mestari	285	175	250	710
Jan Pedersen	277.5	182.5	250	710
Zsolt Molnar	240	177.5	290	707.5
S. Avagyan	245	175	265	685
Norbert Toth	250	190	245	685
Hansa Ozdemir	220	190	255	665
125 kg				
Y. Yarymbash	345	245	317.5	907.5
Jorn Hoyset	335	207.5	340	882.5
Sergei Marinin	330	190	340	860
A. Hoffmann	355	202.5	300	857.5
J. Kondraschow	300	205	225	730
Mario Novak	230	200	240	670
A. Petrosyan	260	180		
125+ kg				
Vliy Papazov	400	267.5	360	1027.5
K. Tallqvist	360	215	300	875
Tamas Hajdu	310	222.5	320	852.5
Bela Kathi	312.5	260	275	847.5
Vitalij Golder	295	170	300	765

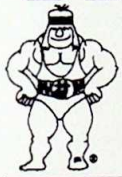
- European Record. $ - World Junior Record. * - World Sub-Junior Record. WOMEN - Best Lifter : Jul Chepushtanova, Kira Pavlovskaja, Yana Petrenko. Team Points: Russia - 72-12+12+12+12+12+12. Ukraine - 58-12+12+9+9+8+8. Hungary - 45-9+8+7+7+7+7. Poland 32 - 8+8+8+8. France - 25-12+9+4. Ireland 22- 9+9+4. Germany 21-8+7+6 . Great Britain 21-8+7+6. Slovakia 16-9+7. Norway 14-8+6. MEN - Best Lifter: Vitaliy Papazov, Ivan Freydunn, Nikolai Suslov. Team Points: Russia-72-12+12+12+12+12+12. Ukraine - 66 - 12+12+12+12+9+9.Poland 49-9+9+8+8+8+7. Hungary - 42-8+8+7+ 7+7+5. Norway - 35-9+8+7+6+5. Germany - 31-7+7+6+6+4+1. Finland - 29-9+9+7+4. Sweden 15-9+6. Czech Republic 15-8+5+2. France 15-6+4+3+2. Denmark 14-7+6+1. 12 Great Britain 13-7+6. Armenia 13-5+ 4+4 . Bulgaria 12-8+4. Slovakia 12-7+5. Austria 10-5+5. Lithuania 6-6. Belgium 1-1. Italy 1-1. (thanks to Thomas Klose for the meet results)

BODY FACTORY BP/DL
15 JUN 02 - Bangor, PA

Teen	BP	DL	TOT
Mike Ferguson 161	290	470	760
Kris Hicks 148	225	375	600
Dan Tillman 140	160	375	535
Matt Blessing 148	210	350	560
WOMEN			
Shannon Parrish 114	175	350	525
Jennifer Benns 138	135	245	380
J. McCaulan 251	110	280	370
Rae Lee Fiore 112		270	
MEN			
148			
Tom O'Donnell	265		365
165			
Joe Mazza	500		500
Pat Curley	350	575	925
181			
Rudy Hillyard	400		400
Andy Franks	260		260
198			
Zeke Cruz	350	620	970
Pete Grohoski	470		470
220			
Pat Delvey	440	660	1100
Dick Crane	425	530	955
Luke Dalton	315	550	865
Ryan Baldwin	250	360	610
242			
Tim Parrish	450	665	1115
Mark Hoffman	485	585	1070
Blane Rundle	450	590	1040
Ryan DeFacco	405		405
275			
Dan Rundle	335	430	765
John Mannind	500		500
SHW			
Gene Rychlak	640	585	1225
Gary Benedetti	465	570	1035
James Grove	285	460	745
Masters 40 +			
Gerry Barsky	275	560	835
Tom Nolf	250	370	620
Masters 80+			
P. Eberhardinger		200	200

(Thanks to The Body Factory for these results.)

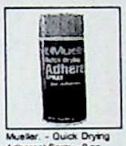
POWERLIFTING
PARAPHERNALIA



DMSO - 3 oz. roll on 90% Strength 100% Pure $12.00

Ammonia Inhalant Capsules - 10 count / box $6.00

Nose Tork Smelling Salts - bottle $6.00


Mueller - Quick Drying Adherent Spray - 8 oz. $10.00

Cramer Cloth Backed Tape - roll $2.50

Heat - Pain Relieving Liniment w/ applicator 2.33 oz. $15.00

Chalk - 8 2 oz. blocks(1 lb.) $10.00
Chalk Bag $10.00

Pool Cone Chalk (Talc for deadlifting) $6.00

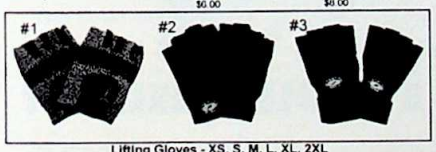
Padded Training Straps w/ neoprene $8.00

Training straps Style #2 (1 1/2" - 2") cotton or nylon $6.00

Mega Power Hooks / padded - pair $19.95

Pump Time Clock (GREAT for the gym wall) $20.00

Crain's Muscle World Ltd. Sports Towel - 26" x 44" $8.00



Lifting Gloves - XS, S, M, L, XL, 2XL
Style #1 (Leather w/ webbed back) $ 9.00
Style #2 (Spandex Cabretta Leather) $14.00
Style #3 (Leather-Spandex w/ wrist wrap) $19.00

Autographed Color Picture Of Rickey Dale Crain (8 x 10) $7.00

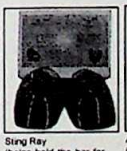
Ridgeview /Hanes Color Coordinated Lifting Socks red, black, navy blue, royal blue $5.00

Ridgeview Sloppy Socks white only $7.25

Crain's Muscle Wold, Limited Sports Bag (assortment of colors) $40.00

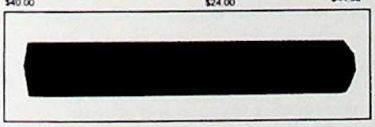
Deluxe Tricep Rope Attachment $24.00

Manta Ray (helps hold the bar for high back squats) $44.00


Sting Ray (helps hold the bar for front squats) $59.90

Arm Blaster (helps you do a perfect curl) $36.00

Ab Wheel (helps you get a strong, lean abs) $9.95


Neoprene Bar Pad w/ leatherette covering $20.00

The Organizer #550 (holds 1500 tablets) $9.95

The Seven Pack #570 (holds 175 tablets) $3.95

The VitaMinder Drink Mixer (High-powered portable blender) $12.00

Leather Head Harness $39.00

Leather Ankle Strap $21.95

Style 1 - Full Dip Belt $7.50

Style 2 - Dip Belt w/ Loop & chain $24.95

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17 MAR 02 - Cranston, RI

BENCH PRESS		123	
TEENAGE		STEVE COSTA	140*
132		132	
S. LAZZARESCHI	210	S. LAZZARESCHI	210
242		148	
CRAIG LACROIX	315	JERRY CELIO	365*
SUB-MASTER		165	
220		M. DINOBILE	350
ED FLORI	460	181	
275		N. PAOLELLO	360
TED J. ISABELLA	425	198	
SHW		J. SABER	435
TOM MANCINI	435	J. CARREIRO	385
198		220	
L. MARINELLI	320	A. BACCARI	440
242		220	
BOB DELAMARE JR.		A. TRIDENTI JR.	415
MASTER'S DIVISION		242	
275		C. DEBARTOLO	475
LAZZARESCHI JR.	550*	242	
198		B. DELAMARE JR.	
J. SABER	435*	275	
275		G. LAZZARESCHI	550
J. BOURGUALT	480	J. BOURGAULT.	480
220		T. ISABELLA	425
A. TRIDENTI JR.	415*	308	
220		BILLY TUCKER	
DONABEDIAN	245	GUEST LIFTER'S	
242		181	
RAY DAME	375	BOB MASELLO	460
308		198	
BILLY TUCKER		CRIS TABULINA	410

MEN'S DIVISION:

TEENAGE:	SQ	BP	DL	TL
132				
S. LAZZARESCHI	270*	210	315*	795*
308				
W. STANTON	415*	355*	580*	1350*
242				
C. LACROIX	430	315	480*	1225*
198				
MIKE BAIROS		375		
SUB-MASTER'S DIVISION:				
308				
JOE REEVES	800*	525*	760*	2085*
275				
TED J. ISABELLA	765	425	740	1930
198				
BOB DUCHARME	655*	400*	600*	1655*
242				
JOEACCIARDO	550	380	540	1470
198				
L. MARINELLI	460	320	375	1155
242				
S. MICHELSON	500	300	500	1300
242				
MIKE TARRO	635*	415	145	1195
MASTER'S DIVISION:				
242				
MONTEMBAULT	660*	450*	550*	1660*
275				
J. BOURGUALT	620*	480	600*	1680*
198				
ALFRED IRBY JR.	455	300	500	1255
KEVIN ROSSI	440	420	420	1280
MEN'S DIVISION :				
132				
S. LAZZARESCHI	270	210	315	795
165				
S. BARATTINI	315	260	375	950
181				
N. PAOLELLO BL	520	360	520	1400
198				
BOB DUCHARME	655	400	600	1655
198				
JOE TA VARES	525	340	630	1495
198				
J. CARREIRO	555	385	515	1455
242				
MARK D'IORIO	700	440	760	1900*
MONTEMBAULT	660	450	550	1660
MIKE TARRO	635	415	145	1195
275				
TED J. ISABELLA	765	425	740	1930
J.BOURGUALT	620	480	600	1680
308				
JOE REEVES (BL)	800*	525	760*	2085*
GUEST LIFTER'S				
105				
A. SCUDDER	185	110	300	595
181				
ELI GHITMAN	320	165	390	875
198				
GEORGE SOUSA	520	370	545	1435

First and foremost, as always, I would first like to thank all my sponsors, SPINE TECH, a.k.a Dr. Robert A L'Europa, Ocean State Gym, Reeves Nutrition, Michael Tarro Law Associates, Avenue Grille, Providence Auto Ignition & Marine Comp, Eagle "1" Painting, Bayside Auto Repair, A & D Pest Control, Motor Medic MD. Without them I would not be able to put on this contest each year. I would like to also thank all my judges, spotters, loaders, scorekeepers and my announcers who helped out this year. As always, they all were a big help in making this year's Championships a successful one. On a personal note, it was another really tough year for my family with illness and I almost was not able to run this year's meet. If it was not for the help of Joe Reeves, it would have been very difficult to have a successful meet. Joe helped in getting all the sponsors for the contest, putting up all the posters and helping me send out applications. Without his help, I don't know how this meet would have came off. Thanks Joe. This year's contest was another great one. We had a lot of state records set this year. As in the past we had another good representation of lifters in the Teenage, Submaster & Masters divisions, with new and old faces competing for their state championship. In the teenage division we had a newcomer to competing, but not to the sport of Powerlifting. Sloan Lazzareschi went from spectator and son of longer time competitor George Lazzareschi Jr., to competitor and state champion himself this year. Sloan set state records in the squat, dead & total on his way to winning the both the teenage and open divisions. On a personal note, I have had the honor and pleasure of watching Sloan grow up since he was a baby. His dad would take him to the gym to watch him lift and to play and joke around with us at Ocean State gym. I was one of the lucky ones that got to know Sloan and watch him grow up and become the young man he is today, but outside of his dad, I was one of the proudest men in that room, watching Sloan destroy those records in the 132 lb. weight class. I am so very proud of you my friend, Congratulations. We also had another newcomer to the sport, William Stanton, competing raw in the 308 lb. weight class. With the 308s as a new division last year, William set all new records for the class, along with setting the standard for what future lifters have to beat. William shows some tremendous potential in this sport and I hope he continues on his path of Powerlifting. In the Submaster division, we had Larry Marinelli returning to competing. Larry tried competing a few years earlier, but had to drop out due to injury, but he is back and healthy and he had a hell of a day for himself. Larry hit a number of PRs on his way to 7 for 9 day. In the Masters division we had Alfred Irby Jr. competing again this and still hanging in there, even with a torn-up knee. He is still put up good numbers for his age group and weight class, even with his injury. Just think what he could do on a healthy knee. Hope you get that fixed soon. In the 165 lb. weight class we had another newcomer to the state championships, Steven Barattini. He also competed raw and put up some good numbers, for his weight. Steve is going to continue competing raw until he hits goals for each lift, before he starts using equipment. Good luck, Steve. This year, in the 181 lb. weight class, Norman Paolello dropped down from the 198s to compete in the 181s. Norman started out rocky in the squat, but finished strong with a good total and the lightweight best lifter award. Next we have Bob Duchrame, moving up from the 181s of last year, to the 198s for this year. Bob came out with some strong goals in mind and looking to break some records. Bob came out with a PR second attempt in the squat of 655, looking to break the open men's record of 675. Bob took a 680 third attempt, but unfortunately the lifter before Bob dropped the bar and was injured. With the delay and already being wrapped, Bob just decided to pass on his last attempt. However, his lift was still good enough to set new submaster squat record. Bob went on to finish his day with two more PR lifts, a 400 bench and a 600 deadlift, to also set the rest of the submaster 198 lb. records for a clean sweep of them all. Bob won his weight class and came in third in the submasters. Mark D'Iorio came back again this year, in the 242s, as a guest lifter for a new squat record and a 1900 lb. total. He started out a little rocky in the squat, missing his record attempt of 725, but came back with a improved bench of 440 and a strong pull of 760 to finish the day with a 1900 lb. total and a new total record. Dennis Montembault moved up to the 242s this year, just breaking into the division by a 1/4 of a pound. Dennis came into the meet with some goals in mind, one of which was a 700 lb. squat. He was credited with a strong 660, along with a 450 bench and a 550 deadlift, which got him a second place in the class, first place in the masters division, and all new records in the masters division. I myself (Ted Isabella), competed again this year looking to finally squat that elusive 800 lb. squat. I took 805 for a ride on my second attempt, but set up all wrong and blew the lift. I came back

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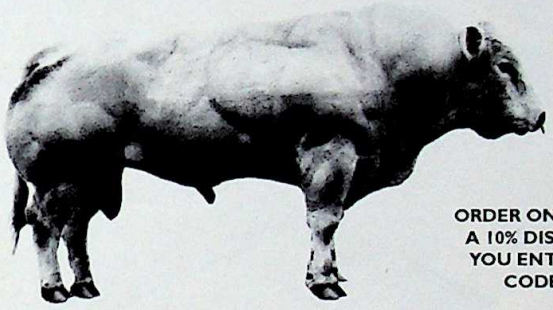
on my third attempt, determined to not let this weight beat me again, and took it for a long ride back up to the top, but unfortunately the judges called me on depth for the first time in my eighteen years of competing. I did not fare to well in the bench with an injury to my left arm, but I did finish out the day with a PR deadlift, total, and winning my open class and a second in the submaster's. James Bourgault Sr., my long time 242 & 275 competitor (he just seem to follow me everywhere in this sport), came out this year with PR lifts all around. Those lifts gave Jimmy a second place in his class, second place in the masters division and 3 new masters state records on top of it. Joe Reeves finishes out our open division competitors, lifting in the 308 lb. class. Joe show a lot of determination and strength this year, competing on a shortened training program, due to having pneumonia for 6 weeks during training. He hit some big numbers on his way to setting all new squat, deadlift and total records in the open 308s. His strong showing got him first place in the open class, first in the submasters, all new records in the submasters division and best lifter for the heavyweight division. In our bench portion of the contest, we had some more impressive lifting. In the 148 lb. class we had Jerry Celio come back, after a few years off, to try and break his own bench record. On his second attempt, Jerry popped up 365 lbs. to break the record, just missing 370 lbs. on his third attempt. He won first place in his class and Best Lifter for the Lightweight division. Next we had Albert Tridenti Jr. competing in the 220 lb. class and the Master division. He to was looking to break his existing Master record of 405 lbs. Albert went right after his old record with an opening attempt of 415 lbs. His missed on his first, but not on his second, and set a new state record. He than tried to better that with a third attempt of 425 lbs, but he was just short on the lock out. In the 242 lb. class we had another lifter chasing after another state record. Bob Delamare came to the meet looking to, as he said, "to smash the 525 lb. state record". He had a large cheering section, with signs and picture, to support him. Bob came to the meet with an aggressive approach. He wanted open up with 530 lbs. to break the record right off the bat, which turned out to be a little too aggressive. With three failed attempts, each a little harder than the last, Bob bombed out of the meet. I'm sure he will get it next year. In the 275 lb. class, George Lazzareschi came out to better his own state record of 575 lbs. George opened up with an easy 550 lbs. and jumped right to 580 lbs., for the record. Unfortunately, he just missed on both his second and third attempts. However, he still walked away with first place in his class, the Masters and Best Lifter for the Heavyweights. I would just like to thank all my competitors for coming out and making this years show another great one. Hope to see everyone next, bigger better and chasing more records. Take care. (Thanks to Ted Isabella for the meet results.)

USPF West Virginia High School
23 FEB 02 - South Charleston, WV

FEMALE		BP	DL	TOT
132 F				
Leah Craver		70	170	240
220 S				
Lashawna Moss		165	250	415
114				
F				
Josh Lambert		75	165	240
So.				
Zane Tucker		145	155	300
J				
Matt Dunn		120	200	320
123				
F				
Cody Gallagher		90	205	295
So.				
Troy Goins	195	290	485	
132 F				
Brandon Riffee		175	325	500
Carl Frankovich		190	290	480
Hank Weese		85	215	300
Dylan Griffith		85	195	280
So.				
Eric McCoy		190	305	495
J				
Nick Farthing		130	290	420
S				
Jacob Brezenski		165	350	515
MS				
CameronAlderman		110	265	375
148				
F				
Mark Loudermilk		145	300	445
So.				
Josh Edens		155	315	470
Jason Brooks		160	300	460
J				
Steve Martin		265	350	615
Matt Pickens		220	300	520
T.Dibartholomew		250	250	500
Kevin Hamm		175	325	500
S				
John Vaught		265	420	685
Jason Fowler		165	410	575
J. Pennington		185	355	480
165				
F				
Brent Brown		155	315	470
So.				
Elliot Griggs		315	380	695
Adam Hill		185	325	510
JD Arnold		210	230	440
J				
Seth Amos		265	420	685
Herb Maynard		235	425	660
Nick Barb		230	290	520
David Asbury		180	330	510
Eric Bowan				
S				
Luke Lynch		225	350	575
181				
F				
J. Shrewbury		160	355	515
181				
So.				
Tyler Fink		220	400	620
Will Haynes		175	350	525
Roy Cale		215	300	515
181				
J				
Jimmy Hebb		220	285	505
181				
S				
Justin Good		200	385	585
Clinton Reese		190	375	565
198				
F				
Jeremy Estep		120	300	420
S				
Nathan Haynes		225	400	625
Andrew Crawford		250	325	575
220				
F				
A. Higgonbotham		215	380	595
So.				
Eric O'Dell		250	500	750
Matt Wright		230	375	605
J				
Adan Lough		250	405	655
S				
Kemp Peterson				
242				
So.				
Jeremy Owens		185	300	485
J				
Brandon Davis		150	305	455
S				
PhilHaynes		360	450	810
275				
F				
Jeremy Statts		205	365	570
So.				
Ryan Dibacco		175	275	450
J				
CharlieMatthews		280	490	770
Jacob Roberts		325	400	725
Darren Wilburn		255	450	705
S				
Rick Kinzer		275	350	625
Justin Walker		145	320	465
308				
F				
Jay Estill		135	380	515
S				
Bill Knight		290	450	740
MS				
Jeff Johnson		180	325	505
SHW				
S				
Jeff Helmick		375	425	800
Gary Davis		235	315	550

MS - Middle School F - Freshman So. - Sophomore S - Senior The Championships this year were held at South Charleston High School and was run by the Holley Strength system. As in past years the contest proved to be another success. South Charleston High was our freshman state champions. Pikeview won the sophomore and senior title. Tucker County was our junior Champion, Thanks to all our competitors and coaches. Thanks also to all the folks that came out to help make or contest a success. We look forward to seeing everybody again next year. (Thanks to John Messinger for providing these meet results.)

HERE'S THE BEEF!



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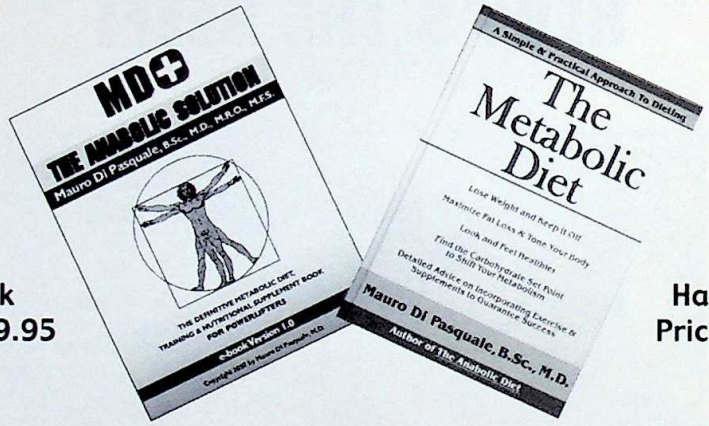
20-23		Travis Acevedo	230
Zachary Simon	175	20-23	
132		Roger Vensel	275
17-19		Open	
Shawn Heffner	225	Dessie Cheers	420
165		33-39	
Open		Mark Keyser	315
C. Venturella	360	Rick Buletko	275
Lee Thomas	335	40-49	
17-19		Steve Popovich	340
Jarad Clark	220	242	
40-49		M. RexRoad	280
C. Venturella	360	L. Crawford	280
181		Open	
17-19		Terry Gibson	480
Tyrus Klasonsky	205	33-39	
20-23		Terry Gibson	480
Ben Moran	280	40-49	
Open		Ronald Antoun	420
Ben Moran	280	John Vega	395
198		275	
17-19		Open	
M. Panamarczuk	225	Mike Stanec	455
Open		SHW	
Ken miller		40-49	
50-59		Bill Lenzi	500

THIS YEAR'S BENCH PRESS CONTEST WAS ONCE AGAIN A SUCCESSFUL AND ENJOYABLE ONE WITH MANY FIRST TIME LIFTERS ENTERING THE CONTEST. IN THE 123LB CLASS ZACHARY SIMON DID AN EASY FIRST TIME LIFT TO WIN THE OPEN AND JUNIOR DIVISIONS. IN THE 132LB CLASS FIRST TIME LIFTER SHAUN HEFFNER DID A STRONG LIFT WINNING HIS DIVISION. IN THE 165LB CLASS CHARLES VENTURELLA AND LEE THOMAS BATTLED FOR FIRST WITH VENTURELLA EDGING OUT THOMAS AND ALSO WINNING THE MASTERS CLASS. TEEN LIFTER JARAD CLARK RETURNED DOING A FINE LIFT TO WIN HIS DIVISION. IN THE 181 LB CLASS TRYUS KLASONSKY DID A STRONG LIFT IN HIS FIRST CONTEST AND BEN MORGAN PUT UP A STRONG LIFT TO WIN THE JUNIOR AND OPEN DIVISION. IN THE 198LB CLASS FIRST TIME LIFTER MIKE PANAMARCZUK DID AN EASY LIFT IN THE TEEN DIVISION AND KEN MILLER AND JOHN PHILLIPS PUT UP STRONG LIFTS TO WIN THEIR DIVISIONS. 220LB LIFTERS TRAVIS ACEVEDO AND ROGER VENSEL DID NICE LIFTS WINNING THEIR DIVISIONS AND DESSIE CHEERS PUT UP A STRONG LIFT WINNING HIS DIVISION. TWO FIRST TIME LIFTERS MARK KEYSER AND RICK BULETKO BATTLED IN THE SUBMASTER CLASS, BOTH PUTTING UP STRONG LIFTS. FATHER STEVE POIOVICH ONCE AGAIN DID A STRONG LIFT IN THE MASTERS DIVISION AND WAS A GREAT HOST ONCE AGAIN. IN THE 242LB CLASSES TEEN LIFTERS MICHAEL REXROAD EDGED OUT LANNY CRAWFORD WITH BOTH PUTTING UP STRONG LIFTS.IN THE MASTERS DIVISION RONALD ANTOUN AND JOHN VEGA BATTLED FOR FIRST WITH ANTOUN EDGING OUT VEGA.TERRY GIBSON PUT UP THE SECOND HIGHEST BENCH OF THE DAY WINNING THE OPEN AND SUBMASTERS CLASSES. 275LB LIFTER MIKE STANEC DID AN EASY LIFT WINNING THE OPEN DIVISION. IN THE SHW DIVISION BILL LENZI TOOK THE MASTERS DIVISION PUTING UP THE HIGHEST BENCH OF THE DAY. ONCE AGAIN MY THANKS GO OUT TO ALL THE VOLUNTEERS WHO HELP PUT ON THIS MEET AND ALL THE LIFTERS WHO ALWAYS HELP MAKE THIS A GREAT MEET. (RESULTS BY RON DEAMICIS.)

AAU RAW NATIONALS (kg)
29,30 JUN 02 - Boston, MA

66	SQ	BP	DL	TOT
6-7				
D.DELGALLO	37.5	25	55	117.5
10-11				
M.DELGALLO	45	30	62.5	137.5
77				
S.MARROCCO	45	25	57.5	127.5
97				
OPEN				
M.SOUZA	75	32.5	102.5	210
45-49				
M.SOUZA	75	32.5	102.5	210
105				
10-11				
A.McGLOSKEY	90	50	120	260
114				
A. DELGALLO	75	45	95	215
14-15				
S. LAVALLE	85	40	100	225
18-19				
M.BOWERS	75	37.5	87.5	200
132				
45-49				
B.BEASLEY	87.5	62.5	137.5	287.5
OPEN				
J.SOUZA	85	52.5	130	267.5
JR				
J.SOUZA	85	52.5	130	267.5
COLL.				
J.SOUZA	85	52.5	130	267.5
148				
45-49				
J.WOOD	80	52.5	122.5	255
SM				
A.AMERLING	137.5	82.5	167.5	387.5
J.GARDELLA SM	115	152.5	152.5	362.5
OPEN				
A.AMERLING	137.5	82.5	167.5	387.5
J.GARDELLA	115	95	152.5	362.5
165				
18-19				
C.COOK	107.5	52.5	140	300
114				
16-17				
R.SOSA	82.5	82.5	132.5	297.5
123				
50-54				
A.FARRAR	60	20	142.5	222.5
132				
R.DELGALL0	150	85	165	400
OPEN				
E.KUPPERSTEIN	212.5	110	250	572.5
148				
16-17				
D.CENTENO	135	92.5	145	372.5
14-15				
A.MERCADO	107.5	85	137.5	330
15-16				
J.BYRNE	147.5	72.5	170	390
18-19				
B.OREILLY	170	125	227.5	522.5
OPEN				
ROMANELLO	182.5	137.5	195	515
DIMAURO	155	82.5	197.5	435
R.HOULE	182.5	72.5	202.5	490
40-44				
R. HOU LE	182.5	72.5	202.5	490
55-59				
P.GRIFFITH	177.5	90	175	442.5
165				
16-17				
R.MERCAD0	137.5	75	175	387.5
18-19				
D.SLIWINSKI	125	140	160	425
165				
OPEN				
C.HURD	212.5	140	245	597.5
MOSES	207.5	122.5	215	545
K.DUBE	210	102.5	215	527.5
D.MOSES SM	165	207.5	215	545
40-44				
R.HERBST	150	130	205	485
K.DUBE	210	102.5	215	527.5
50-54				
S.BROWN	195	207.5	217. 5	540
60-64				
R.HUTCHISON	160	102.5	192.5	455
65-69				
L.McCRARY	85	62.5	142.5	290
181				
15-16				
J.DZERKACZ	182.5	92.5	182.5	457.5
16-17				
B.HEISER	187.5	102.5	187.5	477.5
18-19				
P.NOONAN	182.5	125	200	507.5
OPEN				
A.BASETTI	215	142.5	245	602.5
40-44				
C.MARTIN	192.5	110	227.5	530
45-49				
D.SCHUMAN	215	140	217.5	572.5
45-49				



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J.FORMATO	135	122.5	190	447.5
45-49LT				
J.FORMATO	135	122.5	190	447.5
60-64				
D. PARSONS	137.5	120	147.5	405
198				
16-17				
B.MERCED	160	115	180	455
18-19				
B.SANDS	188	125	237.5	550
45-49				
J.McDOWELL	210	125	237.5	572.5
50-54				
J.MONTI	175	122.5	182.5	487
70-74				
D.LEVESQUE	150	92.5	212.5	457
P&F				
T.RIDLON	185	130	207.5	522.5
OPEN				
C. ELA	205	130	237.5	572.5
C.FABRIZIO	215	142.5	282.5	640
220				
18-19				
F.DZERKACZ	232.5	130	232.5	595
JR				
G.HOFFMAN	162.5	147.5	215	525
SM				
J.BUCKLES	155	125	197.5	477.5
R.McDONNELL	265	190	282.5	737.5
40-44				
T.BRIEN	272.5	155	255	682.5
45-49				
G.PARIGIAN	237.5	122.5	52.5	612.5
K.MARSHALL	137.5	97.5	197.5	432.5
J.BYRNE	157.5	145	227.5	530
50-54				
T.BOWERS	185	122.5	217.5	525
55-59				
D.MANSFIELD	202.5	107.5	205	515
65-69				
B.SPIEGELBERG	147.5	102.5	18 2.5	432.5
OPEN				
R.GIUGGIO	207.5	142.5	205	555
F.DZERKACZ	72.5	130	232.5	595
G.PARIGIAN	237.5	122.5	252.5	612.5
C.FARRELL	262.5	160	265	687.5
D.McGINTY	245	175	292.5	712.5
R.McDONNELL	265	190	282.5	737.5
P&F				
T.BRIEN	272.5	155	255	682.5
NOV				
R.GIUGGIO	207.5	142.5	205	555
242				
JR				
D.HENRY	220	145	260	625
JR				
Protomastro	287.5	190	295	772.5
45-49				
J.WENCUS	197.5	160	20	607.5
OPEN				
G.HOLMES	235	145	237.5	617.5
C. Shedrick	247.5	152.5	240	670
Protomastro	287.5	190	295	772.5
275				
14-15				
B.BEAUDOIN	160	102.5	180	442.5
SM				
B.BEAUDOIN	160	102.5	180	442.5
50-54				
L.MCGRANE	230	167.51	275	672.5
55-59				
R.CROSS	185	145	202.5	532.5
OPEN				
M.AMBROSE	230	145	240	615
B.BIRNBAUM	237.5	147.5	295	680
319				
OPEN				
A.BAKER	265	232.5	272.5	770
E.MALINOWSKI	295	147.5	290	732.5
16-17				
E.MALINOWSKI	295	147.5	290	732.5
SHW				
16-17				
T.DELPHIA	125	70	142.5	337.5
46-49				
K.NYHOLM	295	195	277.5	767.5
OPEN				
R.DELEON	285	207.5	272.5	765
K.NYHOLM	295	195	277.5	767.5

The 2002 AAU RAW NATIONAL POWERLIFTING CHAMPIONSHIPS were held on June 29 and 30, 2002 in Woonsocket RI at the Holiday INN There were 83 Lifters ranging from 6 yrs old to 70 yrs old. 40 American records were set by 19 different Lifters. The BIGGEST Squat was 650.25 lbs by 17yr E.Mailinowski, BIGGEST Bench Press was 512.5 lbs by Tony Baker and the BIGGEST deadlift was 660 lbs by Damon McGinty. The Team Trophies went to MEN'S 1ST. BORDER PATROL, 2nd PUTNAM POWERLIFTING, 3RD MUSCLE MILL MASTER WOMEN'S Fist Place, WOMEN OF STEEL BEST LIFTERS DAY ONE. WOMEN'S OPEN - A.Amerling. WOMEN MASTER –B.Beasley. MEN'S OPEN –E.Kupperstein. MEN'S MASTERS –S.Brown. YOUTH — A.McGloskey. BEST LIFTERS DAY TWO. MEN'S OPEN — S.Protomastro. MEN'S MASTERS –D.Levesque. POLICE & FIRE — T.Brien. TEEN — E.Mailinowski. Special thanks to Bob Souza Thanks to Baystate Athletics, Power Shack Gym Tim Brien AAU RI State chairman, HOLIDAY INN EXPRESS, COCA-COLA Bottling of RI, Marlien at MR Trophy, Spotters Loaders Judgers Table help and the Lifters for making this Meet a BIG success. (Thanks to Ray Cross AAU National Sec. for providing the meet results.)

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USAPL State Bench Press / Deadlift Championships - 16 MAR 02

Women	BP		
L.. Loughney	215		
Men's Junior Bench			
M.Hufnage	390		
M. Lohman	290		
S.Naspinsk	290		
J.Trevis	255		
Mike.Marispini	165		
Men'sOpen			
165			
B.Kegler	325		
J.Sinkel	275		
181			
E.Alter	300		
181			
Masters			
J.Marispini	395		
I.Kasdan	335		
198			
Masters			
T. Lohman	430		
Dan.Perich	395		
D. Lux	305		
220			
Masters			
C. Payne	410		
S.Weatherhead	375		
242			
Masters			
R.Schubert	335		
275			
Masters			
Don Perich	450		
Supers Open			
Chad Wolter	350		
BENCH/DEADLIFT			
Women's	BP	DL	
M.Shuttleworth	155	225	
C.Bang	130	270	
Men's Junior			
K.Chiodo	255	410	
D.Chido	270	410	
Marc.Marispini	290	375	
Men's			
Open	BP	DL	TOT
165			
P.Wong	375	500	875
T.Williams	295	500	795
J.Mitchell	290	460	750
181			
Masters			
J. Unger	250	420	670
198			
S.Timonen	360	625	985
220			
OPEN			
M.Edelstien	420	575	995
220			
Masters			
G.Edwards	340	500	840
T.Haggenmitter	315	505	820
242			
Open			
J.Kaczor	540	560	1100
B.Durham	380	630	1010
R.Buckles	405	520	925
275			
Open			
D.Voth	440	610	1050
C. Moeckly	380	570	950

(thanks to USAPL for providing these results)

P.S.C.P.A. STATE HIGH SCHOOL
04 MAY 02 - Glen Mills Schools

114 J. V.				
JEFF BUCKLEY	170	125	210	505
114 VARSITY				
J. DRUMMOND	355	190	420*	965*
PAO KHANG	395	190	375	960
DEKOVEN KERR	360	160	405	925
123 J. V.				
DWON HUNTER	405	205	450	1060
J. CLACANO	275	155	300	745
JAMES HOWKINS	200	140	245	585
123 VARSITY				
JEREMY SHAULIS	275	190	375	840
132 J.V.				
R. STEVENSON	390	205	395	990
JEVON MATEO	345	185	450	980
C. RAYMOND	340	170	370	880
CHRIS STOHL	300	180	320	790
DAN FLANNERY	180	145	225	550
132 VARSITY				
D. NORTHERN	455	255	490*	1200*
DAVID HILL	390	210	460	1060
TODD ZELIZNIK	390	220	410	1020
JOE BEEZUP	340	180	400	920
J. DECHELBOR	305	185	305	795
148 J.V.				
O. WHITAKER	415	210	455	1080
JIMMY MCVEIGH	300	200	380	880
TONY BEAMER	250	205	395	850
MATT VERNA	300	145	325	770
R. MOUSSEAU	250	155	275	680
148 VARSITY				
JAMES SWEET	620*	290	540*	1450*
BJ AHMADAZEH	540	295	530	1365
S. BRISCOE	455	275	440	1170
D. BUCHANAN	450	230	460	1140
T. KNEPPER	385	240	460	1085
LUKE HALLMAN	400	200	430	1030
JOE PEREZ	325	215	365	905
ERIC GISKOWSKI	315	200	380	895
JOHN BUCKLEY	215	180	270	665
165 J.V.				
M. COSGROVE	415	255	425	1095
KEVIN RILEY	375	220	475	1070
JULIUS DAVIS	400	215	455	1070
DICK STROHL	350	210	450	1010
MIKE FERGUSEN	275	250	410	935
DAN RIMBEY	350	200	375	925
D. CROISETTE	315	210	350	875
J. HERRMAN	280	170	400	850
NATHAN SINKO	290	200	360	850
M. SOUCHAK	300	190	335	825
RAY GRIFFITHS	185	135	250	570
JOSH HARDING	305		385	690
JIM NAUM		120	170	290
165 VARSITY				
DURANBEEKS	510	355	550	1415*
MATT NOCTOR	500	280	560	1340
DUSTINKEEL	505	275	500	1280
LEWIS ADKINS	525	275	475	1275
JAMES CLOSE	500	265	420	1045
AJ WILLOUER	345	200	405	950
C. MOUSSEAU	300	190	350	840
RYAN BENNICK	270	210	325	805
MATT TAYLOR	300	175	285	760
JOHN KING	175	175	350	750
181 J.V.				
JASON THOMPSON		515*	245	490
1250				
B. SHIHINSKI	430	265	430	1125
JUSTIN YOUNG	350	220	460	1030
DAVE WILLOUER	360	195	400	955
M. KIRKPATRICK	300	180	365	845
BLAKE WATCHER	290	220	345	845
RYAN CONLEN	280	150	365	795
DOUG BABBITT	300	165	315	780
SCHMITTINGER	265	170	335	774
P. LUKASEVICH	250	165	275	690
181 VARSITY				
RICARDO MEEKS	500	300	550	1350
KEITH FOX	490	270	515	1275
DANNICE	450	300	480	1230
G. SCHWARTZ	270	160	375	805
198 J.V.				
JAMES SISSON	400	205	460	1065
T. JACKSON	285	150	325	760
SHANE SPENCER	225	180	320	725
V. MARSHALL	310		390	700
SHAWN BROWN		205	425	620
R. CUMMINGS	200	115	225	540
198 VARSITY				
EUGENE MOORE	585	290	640	1515
J. HABERMAN	480	320	460	1260
G. MARINELLI	430	345	465	1240
RICHARD WILLIS	475	285	465	1225
J. RYAN KOLB	425	250	475	1185
LEON TEET	415	260	505	1180
MARK WALLACE	370	280	360	1020
PAT KREIDLER	450	285		735
MIKE SLOTCOFF		205	380	585
220 J.V.				
G. GRANLAND	505	265	440	1210
KEITH LYNN	470	255	455	1180
RYAN ESCHBACH	400	230	465	1095
M. CICCIMARO	365	245	435	1045
JAKE HEYDT	335	225	425	985
C. COTTRJL	300	205	410	915
JOHN LUCAS	300	205	400	905
JTKING	300	155	325	780
MIKE MCFADDEN		355	350	705
DONMARSTELLER		210	350	560
CHRIS ROBERTS		160	315	475
220 VARSITY				
T. BEASLEY	560	400	560	1520
N. RAISON	535	355	540	1430
JAMES HELMS	525	315	515	1380
S.STANISLAV	440	330	520	1290
D. HOWARD	490	265	465	1220
242 J.V.				
HOLLIN FISHER	425	270	500	1195
BRYAN SMITH	435	220	480	1145
ABU CLARK	405	290	445	1140
PHILLIP YANONE	350	275	420	1045
242 VARSITY				
RYAN ARROYO	615	285	575	1475
F. CARPENTER	490	285	500	1275
NAIM MCCLAIN	450	250	460	1160
KYLE DEVENNEY	350	225	450	1025
275 JV				
C. BRIGHT	500	315	585*	1400*
DAVE VUKOVIC	460	305	490	1255
DON GILMORE	375	215	425	1015
WES HARPEL	350	200	400	950
MIKE CHAMBERS	330	225	355	910
275 VARSITY				
WILL ZIMPFER	500	230	510	1240
BRAD BAVER	470	285	480	1235
NATE HARPEL	300	230	510	1040
MATT ALLEN	350	275	410	1035
SHW J.V.				
IAN WERTMAN	540*	285	500	1325
L. JONES	440	225	400	1065

MOST OUTSTANDING LIFTER - VARSITY JAMES SWEET - GLEN MILLS SCHOOLS. MOST OUSTANDING LIFTER - JV DWON HUNTER - GLEN MILLS SCHOOLS. TEAM RESULTS BIG SCHOOL-GLEN MILLS 1ST PLACE. CHELTENHAM 2ND. PLACE PARKLAND 3RD PLACE. SMALL SCHOOL - UPPER PERKIOMEN 1ST PLACE. JIM THORPE 2ND PLACE MINORSVILLE 3RD. (Thanks to J.C. Hill for providing the results of this meet)

James Sweet, at the P.S.C.P.A. State High School Championships, psyching up for his 3rd DL (This photograph is courtesy of J.C. Hill)

USAPL TEENAGE/ JR. NATIONALS
14-16 JUN 02 - Killeen, TX (kg)

114	SQ	BP	DL	TOT
14-15				
Jeremy Meyers	117.5	72.5	147.5	332.5
Bryan Prescott	102.5	57.5	122.5	282.5
Dan Nitzken	87.5	55	112.5	255
16-17				
Mike Hafenbrack	155	82.5	180	417.5
JR				
Marc Barbier	107.5	92.5	167.5	367.5
123				
14-15				
Brandon Hatfield	142.5	70	147.5	360
16-17				
V. Niedoliwka	182.5	112.5	220.5	515.5
Dane Karras	137.5	87.5	162.5	385
Nick Trzaskus	137.5	80	160	377.5
18-19				
Jeremy Scruggs	172.5	107.5	212.5	492.5
JR				
Herve Harvey	170	107.5	195	472.5
132				
14-15				
Ryan Hart	122.5	87.5	167.5	377.5
David Norris	130	65	100	295
16-17				
Ryan Smith	162.5	97.5	195	455
Charles Blessinger	152.5	95	167.5	415
Rory Bogan	142.5	87.5	167.5	397.5
JR				
Trey Cunningham	205	122.5	210	537.5
Micah Kiletico	192.5	122.5	217.5	532.5
Luke Hanfen	157.5	132.5	172.5	462.5
Spencer Myers	145	95	172.5	412.5
148 14-15				
Jason Thomas	142.5	82.5	157.5	382.5
Caleb Williams	250	137.5	237.5	625
148				
16-17				
Loren Mangino	175	127.5	227.5	530
Daniel Lepert	175	107.5	187.5	470
Anthony Lucas	150	115	187.5	452.5
A. Schvartsman	167.5	102.5	170	440
Jon Norwood	167.5	112.5	157.5	437.5
Adam Nagela	167.5	87.5	182.5	425
N. Pinkgrman				
148				
18-19				
David Kibler	237.5	125	230	592.5
David Hammers	212.5	137.5	220	570
JR				
M. Rodriguez	197.5	105		
165				
14-15				
Jake Ragusa	187.5	105	217.5	510
Jeremy Auerbach	130	115	165	410
16-17				
Colby Larson	200	127.5	187.5	507.5
Blake Dedas	177.5	112.5	200	490
Paul Bunce	192.5	92.5	195	482.5
Robbie Roybal	165	112.5	192.5	470
Shane Oakley	177.5	95	197.5	470
18-19				
William Lubeck	195	137.5	192.5	525
Benjamin Brooks	190	110	210	510
Ryan Nagele	180	107.5	205	492.5
Nicholas Gutigraz				
JR				
Todd Straub	215	145	250	625
Ryan Snelling	207.5	145	262.5	615
Eric Walton	215	145	257.5	600
Clay Grubbs	225	130	237.5	592.5
Clint Edwards	227.5	142.5	212.5	582.5
Tony Williams	230	132.5	220	582.5
181				
14-15				
Joesph Tronzo	172.5	107.5	190	470
Justin Young	160	95	215	462.5
16-17				
Ryan Keathley	227.5	150	230	592.5
Cory Saltzman	207.5	117.5	242.5	567.5
Dan Papesh	170	95	200	465
18-19				
C. Nasser	215	127.5	252.5	595
Greg Dennison	170	105	240	515
JR				
David Zaworski	242.5	175	240	657.5
Dan Fletcher	215	152.5	272.5	630
Nicholas Piazza	225	155	250	630
Scott McManus	212.5	137.5	252.5	602.5
Kevin Gwin	197.5	160	222.5	580
198				
16-17				
Ryan Meniniga	215	120	227.5	562.5
Simon Michell	197.5	107.5	217.5	515
Jeff Eberent	195	117.5	202.5	510
Brandon Clark	170	130	195	495
18-19				
Jeremy Hartman	245	170	272.5	687.5
Casey Wafford	245	137.5	242.5	625
Way ne Literel	227.5	145	217.5	582.5
JR				
Shawn Geernaert	265	192.5	292.5	750
Lauren Cohen	272.5	185	270	727.5
Seth Abrams	210	207.5	220	637.5
220 14-15				
Alex Reid	157.5	105	197.5	445
18-19				
S. Kouimanis	277.5	182.5	255	715
Joseph Harris	190	147.5	242.5	510
Adam Dyce	235	147.5	240	622.5
16-17				
M. McFarlane	217.5	137.5	250	605
Brian Lemay	227.5	135	222.5	585
Carles Rallis	195	132.5	245	572.5
JR				
J. Townsend	245	180	267.5	707.5
242				
16-17				
N. Rasmussen	250	130	278	642.5
18-19				
Drew Traub	262.5	157.5	302.5	722.5
Rob Camfield	240	167.5	227.5	635
275				
16-17				
Chris Sands	272.5	182.5	262.5	717.5
Justin Graham	205	105	222.5	512.5
Mario Westbrook	235	147.5	230	612.5
Darren Gay	220	137.5	242.5	600
Henry Thomason	355	187.5	305	847.5
Matt Wenning	325	210	295	830
Thomas Ruszala	327.5	210	272.5	810
Jerry Pritchett	250	190	295	735
Shane Newark	300	222.5	265.5	785
Adam Schauble	290	192.5	297.5	780
Wendel Edwards	260	172.5	305	737.5
SHW				
14-15				
Mike Heche	227.5	127.5	215	570
16-17				
Chris Bischoff	260	157.5	205	622.5
18-19				
Ryan Risner	252.5	202.5	247.5	702.5
JR				
Randall Harris	370	250	332.5	952.5
Jason Christus	325	227.5	290	842.5
Emilio Saldierna	337.5	200	255	792.5

(Thanks to the USAPL for providing the results.)

USAPL NEW ENGLAND STATES
18 MAY 02 - Warwick, RI

Special Olympics	SQ	BP	DL	TOT
Kevin Bligh	355	305	350	1010
G. Nothnagle	185	165	275	625
Bench press				
Seth Reardon		205		205
Women's				
Liane Blyn	375*	225*	380*	980*
Melissa Beliveau	270**	135**	300**	705**
Sheila Sullivan	280**	140**	315**	735**
Donna Aliminosa	205	95	220	520
Women's Grandmasters				
Donna Alirninosa	205	95	220	520
Florette Ruggiero	225**	125**	300**	650**
Teenage				
Ben Puccio	420	240	425	1085
Michael Campbell	480**	320**	500**	1300**
Patrick Noonan	460	280	395	1135
Chris Simister	525	225	475	1225
Patrick Cleary	385	230	465	1080
James Salabert	350	255	370	975
Shane Reilly	365	190	400	955
Michael Rossi	280	205	305	790
Junior				
Timothy Lyons	705	405	635	1745
Louie Morrison	550	380	550	1480
C. Lentini	470	300	450	1220
M. Campagnone	430	240	430	1100
Dan Poulos	335	225	440	1000
Keith Gilbert	350	240	415	1005
Joe Peters				
Submaster				
Gene Marshall	495	345	495	1335
Rick Johnson	560	305	600	1465
Andrew Miller	550	525	580	1655
Joe Pontes	555**	300	525	1380**
Arthur Molligi	425	255	400	1080
Joe Koldoff	550**	345**	520	1415**
Saul Michelson	525	310	525	1360
Master's				
Kevin Rossi	480**	440**	440	1360**
Michael Rainey	500	430	600	1530
Bob Connell	525	410	450	1385
David DiRienzo	475	425	475	1375
Daniel Wiswell	520	330	580	1430
Bruce Topol	410	370	440	1220
Grandmaster's				
Kevin Iskierski	405**	250**	475**	1130**
John Nesbitt	345	200	470	1015
Clyde Parker	375	330	420	1125
Butch Troiano	300**	380**	435**	11 15**
132 Lb.				
Eric Kupperstein	500	265	565*	1330*
148 Lb.				
Jason Roy	425	360	475	1260
Herman Ho	430	280	430	1140
Mike Callahan	450	230	425	1105
165 Lb.				
Steve Beaupre	565	385	530	1490
Sean DiCataldo	525**	350	575	1450
Gene Marshall	495	345	495	1335
Emile LaCerte, Jr.	425	290	470	1185
Chris Gifford	325	220	415	960
181 Lb				
Jason Nickerson	590	370	525	1485
Louie Morrison	550	380	550	1480
Eric Cordeiro	525	280	425	1230
M. Carnpagnone	430	240	430	1100
Les Greene	525			
198 Lb.				
George Sousa	525	355	540	1420
Rene Moyen	500	330	520	1350
Frank Juszynski	430	300	515	1245
C. Lentini	470	300	450	1220
220				
Bill Avery	585	385	605	1575
M. Laliberte	650	375	545	1570
Joe Pontes	555**	300	525	1380
Aaron Czysz	455	355	505	1315
M. Jon Galicki	510	240	530	1280
242 Lb.				
Tim Lyons	705	405	635	1745
Lance Reardon	655	375	565	1595
Joe Peters	530			
275 Lb.				
Patrick Johnson	725	500	625	1850
Scott Gagnon	600	375	625	1600
Dan Wiswell	520	330	580	1430
Joe Kildoff	550	345	520	1415
Super				
Anthony Saunders	830	500	670	2000
4th	905			
Andrew Miller	550	525	580	1655

**RHODE ISLAND STATE RECORDS. *MASS STATE RECORDS . BEST LIFTER: Eric Kupperstein. 132 lb. Division, 1330 Total. BEST LIFTER STANDINGS: 1. Eric Kupperstein, 1330 at 131 lbs. 2. Steve Beaupre, 1490 at 163 lbs. 3. Patrick Johnson, 1850 at 269 lbs. 4. Sean DiCataldo, Jr., 1450 at 164 1/2 lbs. 5. Tim Lyons, 1745 at 241 lbs. TEAM STANDINGS: 1st Next Level Fitness (RI) 35 pts. 2nd Maine Powerlifting All Stars (Me) 30 pts. 3rd Powerzone (NH) 13 pts. 4th Raynham Ultimate Warriors (MA) 10 pts. OFFICIALS: Joe Wencus, William McLaughlin, Beth Street, Greg Kostas. Once again, Rene Moyen and the members of next Level Fitness did a tremendous job in hosting and organizing this contest! The meet was very well run, the spotting was excellent, and the judging was fair and consistent throughout the day! These were some of the comments that I heard about this event. It did run a little long, but we are already taking steps to shorten the contest and have it run more efficiently. One suggestion was to switch to an easier, more manageable style of collars. This one change could cut approximately 1 - 1 1/2 hours off of the meet time! We welcome all positive feedback and constructive criticism. These are your meets and we want to make them better for you - the lifter. Brand new squat racks were purchased by Rene and Mike of Northeast and these were a definite plus! Travis Regan and GCI Sports designed some very unique and outstanding awards that were a big hit with all of the lifters. As one can see by the results, the lifting was phenomenal at this event! Lifters came from Maine, New Hampshire, Massachusetts, Connecticut, and Rhode Island to take part in this year's New Englands. Many records were set by both men and women of all ages. Some of the many notable lifts were as follows: Eric Kupperstein lifting 1330 at 131 lbs., Tony Saunders squatting 905 lbs. on a 4th attempt after struggling with 830 on his opener and 2nd attempts. Tony also benched 500 lbs. Patrick Johnson squatted 725 lbs. and also benched 500 lbs. Tim Lyons squatted 705 lbs while Andrew Miller benched 525 lbs! Michael Campbell, Rick Johnson, Andrew Miller, Kevin Rossi, David DiRienzo, Jason Roy, and Scott Gagnon were able to complete all of their attempts successfully! In closing, I would personally like to thank everyone involved in this event. The sponsors, loaders and spotters, officials, table help, admissions, concessions, Rene Moyen, Mike Macchioni, Next Level Fitness members - for again, without everyone's help we could not have hosted such a successful event! Most of all, thank you to all of the lifters who competed and supported our USAPL event. Without your support there would be no event! These meets will always be for you, and I look forward to seeing everyone in November for the USAPL Mass/Atlantic States. (Thanks to Greg Kostas for providing the meet results and report for this contest.)

Anthony Saunders on the way up with a successful 905 lb squat in the SHW division (All photographs are courtesy of Gregory Kostas)

USAPL MARCH MADNESS (BP/DL)
30 MAR 02 - East Greenbush, NY

BENCH		198	
TEENAGE 181		George Weber	410
S. Tangredi	300	John Payette	315
Clay Crossman	125	220	
WOMEN		Fred Engel Jr	340
Faydra Geraghty	135	242	
SuzannsJohnson	120	Ben White	550
Carol Busco	130	275	
Masters BENCH		Kevin Johnson	520
319		Geoff Plante	475
Fred Dini	510	319	
275		Chip Everett	435
Bruce Newell	300	Brian Laudadio	
198		SHW	
M. Makofskey	325	Dale Taggert	465
181		DEADLIFT WOMEN	
Patrick Carroll	340	148	
242		Carol Bosco	265
Michael Murphy	355	MASTERS 242	
220		C. Slaybaugh	600
Ricky Greenspan	350	MEN'S OPEN	
198		220	
Robert Pancaldo	315	Cary Solyna	
Men's Open BENCH		242	
148		C. Slaybaugh	600
Robert Walsh	275	Jim Regan	575
165		275	
Ted Carotta	340	Matt Conroy	470
181		Special Olympian	
Micah Geraghty	415	Diesel DeCamp	315

Teen- IronMan	BP	DL	TOT
148			
Darren Eckles	265	385	650
198			
Dan Pozzouli	265	470	735
165			
Barrett Hacock	205	320	525
Women- Ironwoman			
148			
Carol Bosco	130	265	395
Masters- Ironman			
165			
Kyle McNeil	400	475	875
Kenneth Buddle	215	500	715
242			
John O'Brien	265	360	625
Men's Open			
165			
Kyle McNeil	400	475	875
Kenneth Buddle	215	500	715
181			
Micah Geraghty	415	475	890
Tom Piazza	350	540	890
220			
Tom Hallenbeck	355	565	920
242			
TR Perna	435	600	1035
Dennis Holder	295	520	815
275			
Art Eastman	345	545	890
Jeff Zindle	310	450	760
SHW			
EC Stumpf	505	650	1155

(Thanks to USAPL for Providing these results.)

USA Powerlifting™ *(formerly ADFPA)* Membership Application • 124 W. Van Buren St., Columbia City, IN 46725
(219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in *Powerlifting USA*, or any other publication that USAPL so chooses.

SIGNATURE: _____ **If under 21 yrs., Parent Initial:** _____ **Date:** _____ Prior Reg. # _____

Name: _____ Phone: (_____)_____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

Membership Prices: *(please circle one)* • Adult - $40.00 • High School Division (Full year; any meet) - $30.00 • Special Olympian - $10.00
• High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - $15.00 • Upgrade from current HS Seasonal to HS Div. Full year - $15.00

Competing Divisions: *(please circle all that apply)* Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May31 Special Olympian

USAPL Merchandise: *(please circle choices)* •T-Shirt - $15.00 (size ___ qty. ___)*(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)*
•Polo Shirt - $35.00(s-xl) $37.00(xxl & up) (size ___ qty. ___)*(colors: navy, white)* •Navy Sweatshirt - $30.00(s-xl) $32.00(xxl & up) (size ___ qty. ___)
•White Referee Designation Polo - $30.00(s-xl) $32.50(xxl & up) (size ___ qty. ___) •Logo Patch - $5.00 (qty. ___) (Shpg for patch: .50)
•Lifter Classification Patch - $5.00 (qty. ___) *(must provide meet results)* •Hats - $15.00 (qty.___)*(colors: white, navy, black)*

Check/Money Order # _____
Credit Card: *Visa-Mastercard-Discover* Exp. Date: _____
Card # _____ - _____ - _____ - _____
Cardholder Signature: _____
All memberships expire 12 months from date of purchase.

U.S.A. POWERLIFTING™

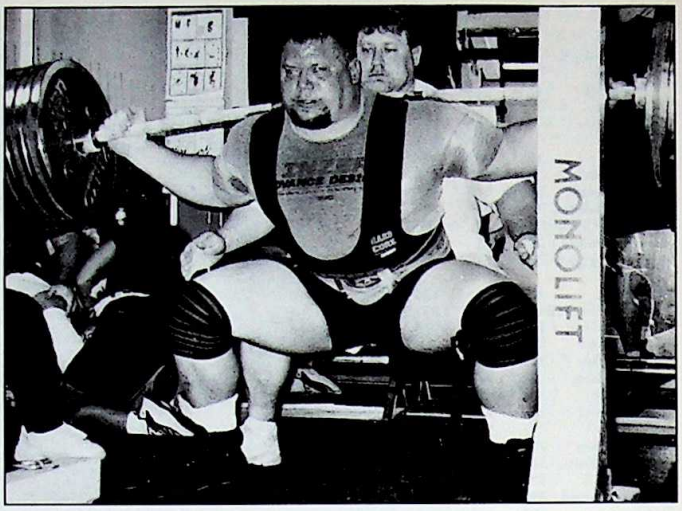
Membership Price: $ _____
Merchandise Total: $ _____
Merchandise Shipping: $4.00
Total Purchased: $ _____
(White Original – National Office • Yellow – Seller's Copy • Pink – Lifter's Copy)

APF West Coast Open
29 JUN 02 - Newport, Oregon

BENCHPRESS				
Women				
181				
(18-19)				
R. NYLANDE	231			
Men				
165				
NOVICE				
CASEY FLORES	275			
(45-49)				
MARK RICHTER	314			
181				
OPEN				
BILL LOVE	380			
220				
(40-44)				
BRUCE READ	429			
JEFF HOLLOWAY	418			
242				
(55-59)				
G. NELSON	540			
SHW				
(50-54)				
R. PATTERSON	617			
OPEN MEN	SQ	BP	DL	TOT
165				
JASON HANSEN	402	253	462	1118
181				
G. OLSON	584	303	601	1488
198				
IAN MCKAY	611	314	589	1492
220				
EVAN ARNTZEN	699	402	628	1730
220				
PHIL CICERO	540	352	556	1448
NATHAN ELLER	451	319	457	1228
242				
BRADY CYPHERT	727	391	551	1647
275				
T. FANNON	771	534	639	1945
308				
JOSH BRYANT	848	601	705	2154
C. SYMONS	710	451	639	1801
SHW				
BRENT MIKESELL	1047	601	782	2430
VINCE ELDRIDGE	606	446	705	1757
JR MEN				
242				
BRADY CYPHERT	727	391	551	1647
SUBMASTER MEN (33-39)				
165				
GERALD FIGARD	325	225	418	969
ROBBY FISHER	270	253	402	925
181				
ERIC FOX	562	341	542	1434
JERRY RILEY	501	380	501	1383
220				
KEVIN ELLER	529	303	562	1394
275				
LUKE HARRIS	755	485	672	1912
SHW				
VINCE ELDRIDGE	606	446	705	1757
TEEN MEN				
148				
C. FIELD-EATON	325	225	402	924
198				
IAN MCKAY	611	314	589	1492
275				
FIELD-EATON	705	429	661	1795
Novice				
220				
GARRETT SALLEE	545	380	534	1459
DENNIS GASKILL	402	270	352	1024
C. GILLESPIE	242	507		
275				
GORDON CRISP	391	264	462	1118
OPEN WOMEN				
165				
PRISCILLA RIBIC	485	275	485	1245
MASTER MEN				
165				
(40-44)				
ROBERT STRAKER	374	220	418	1013
181				
(50-54)				
G. OLSON	584	303	601	1488
(75+)				
WARD CHURCH	148	115	225	473
198				
(40-44)				
TERRY WILSON	562	347	545	1454
DEAN WILSON	451	376	462	1289
(45-49)				
GERALD BROWN	479	352	540	1371
C. MCFARLAND	429	308	540	1277
(50-54)				
JON WOLBERS	457	352	562	1371
242				
(40-44)				
JOHN LAGRILL	551	358	551	1460
TYLER KOPTA	540	352	556	1448
JAY DONKERS	73	352	440	1258
275				
ADALSTEINSSON	832	473	710	2017

DEAD LIFT	
Women	
132	
55-59	
JO WALKER	391
165	
OPEN	
S. FAULHABER	203
Men	
181	
OPEN	
DUANE TRAVIS	672
BILL LOVE	507
198	
(16-17)	
D.MCFARLAND	451
220	
(40-44)	
JEFF HOLLOWAY	551
275	
OPEN	
J. MCGRATH	479

The 22nd annual West Coast Open Powerlifting Championships was held by Rick McClung at Big Bear's Gym in Newport, Oregon on June 29, 2002. This is Rick's 3rd year hosting the meet, and it was the best one yet. Big Bear's Gym moved to a larger location a few months before the meet, and instead of holding the meet in a hotel again, it was instead held in the gym. With the gym equipment set aside, there was more than enough room for both lifters and spectators. Many lifters commented on how much they liked having the meet in the gym as compared to a hotel. The night before the meet was cold, rainy and stormy, but in the morning, all the bad weather had cleared up which helped the BBQ held outside the gym during the meet go smoothly. BBQ food was available to the lifters throughout the day, with proceeds going to charity. As always, Charlie Symons, Evan Arntzen and Skip Sandberg brought down the MonoLift from Richland, WA, an 8 hour drive to Newport. Thanks guys. The lifting started with numerous state records being shattered in the first flight alone. Colin Field Eaton went 325 225 402 924 at the mere bodyweight of 141 lbs and at age 15! All of Colin's lifts were state records. His older brother Cam posted some incredible lifts himself with 705 429 661 1795 weighing 268 and only 19 years old! Cam recently competed at the APF Jr. Nationals in Fresno, CA and did well there. Another lifter fresh off the Jr/Master Nationals was Gordon Olson. Gordon had set the new open 165 lb. squat record for Oregon with a 605 lb squat at the Nationals. The previous record had stood for 20 years. Up a weight class at 181, weighing 175, Gordon went 584 303 601 for 1488 total. All but the squat were new Oregon APF Master records. Gordon also earned the best lifter award for master men. Although the women were sparse in the 3 lift portion of the meet, the quality made of for lack of quantity. Priscilla Ribic came in as a guest lifter and blew everyone away with her deep squats, ending with a new pr and APF WA state record of 485. 500 is just around the corner. She also PR'd in the bench press with an easy 275 lb. lift. Priscilla is used to IPF rules which require the lifter to wait for a start signal on the bench. Well, she forgot that the APF doesn't have a start signal, only a press signal, and gave her friends a good chuckle as she held the bar waiting for a signal. I think Agnar finally said "Go!". And in what she calls "the longest pull of her life", Priscilla again PR'd, this time in the deadlift with a 485 lb lift. She took home a proud 1245 lb. total, set all new APF WA state records, and best of all, had a blast doing it. Priscilla also took home the coveted open class best lifter award for the women, a silver barbarian sword with dragon's head handle. There was some good competition on the men's open, master and submaster classes. Eric Fox set a new submaster 181 lb. record in the dead lift with a 542 lb. lift. Jon Wolbers flew down from British Columbia to compete, and set a new Canadian record in the dead lift with a 562 lb lift in the 50-54, 198 lb class. Charles McFarland and Gerald Brown battled it out in the 198 (45-49) class. Gerald set new OR state records with a 479 squat, 352 bench and 1371 total. Charles set the deadlift record at 540 lb. Gerald also dead lifted 540 lbs., but Charles weighed lighter than Gerald. Dean Wilson and Teny Wilson went at it in the 198 (40-44) class. They both took home records. Dean claimed the bench press with a 376 lb. lift, and Terry took the squat, dead lift and total with 562 545 1454, respectively. But the 220 open men's class was the fullest class, with Evan Arntzen, Phil Cicero and Nathan Eller up against each other. Nathan and his brother Kevin both competed in the 220s, but the latter went in the submaster class. Evan, an experienced powerlifter who still holds APF WA state records from 1990, led the pack and finished with a fine 1730 total. Phil came in second and Nathan took third. Robert Straker had a great day with new pr's in the 165 (40-44) class: 374 220 418 for a 1013 total. Robert came surprisingly close to locking out 468 on a 4th attempt deadlift for the record. He'll get it next time for sure. Robert was quite pleased to finally break the 1000 lb. mark in the total. The oldest lifter of the meet was Ward Church, who lifted in the 181 class at age 75. He set all new state records with his lifts and even jogged up to the trophy area to receive his award at the end of the day. Now there's an example of how lifting keeps you young! Besides the teen phenoms - brothers Cam and Cohn Field-Eaton, Newport locals Ian McKay and Brady Cyphert made a strong showing and just keep getting way stronger every year. Ian has been competing in the APF WCO since it came to Newport in 2000, where as a 15 year old he totaled 1206 in the 181's. Ian went up to the 198's in 2001 and totaled 1355. This year, still in the 198's and having just turned 18 the day before the meet, Ian set all new teenage Oregon state records with 611 314 589 for a 1492 total, and best lifter in the teens. He's adding about 150 lbs. to his total every year! Brady impressed the crowd going 727 391 551 for a 1647 total at 242, age 20. How many 20 year olds do you know who can squat 700 lbs? The 242 (40-44) class was close. John Lagrill just beat out Tyler Kopta for the win with his 1460 total to Tyler's 1448. Jay Dankers had a great day and took home some records to boot. Jay went 474 352 440 1258 in the 242 (50-54) class. Jay weighed in at 224; all of his lifts were new masters OR state records. Part of Brent Mikesell's "Spokane Crew", Agnar Adalsteinsson finally broke 2000 going 832 474 710 for a 2017 total in the 275 (40-44) class. Luke Harris, another of Brent's crew, was pleased with his performance in the 275 submaster class. Luke went 9 for 9 with 755 485 672 for a 1912 total, weighing only 261. Luke also took home the best lifter award for the submasters. Another awesome lifter from WA state who came all the way to Newport was Tommy Fannon. Tommy showed everyone just how strong you can be after serious injury. Less than two years ago, Tommy had a bad pec tear and had it repaired. He has since had a full recovery and blew away the crowd with impressive lifts: 771 534 639 for a 1945 total at 275 open. The heavyweight classes just keeps getting better. Big lifter Josh Bryant came up from CA to lift, weighing in at 308 on the dot. Josh posted some mind-boggling lifts for a mere 21 year old: 848 601 705 for a 2154 total. Josh is on his way to a tremendous lifting career. Keep your eyes on this "kid"! Taking second to Josh was Charlie Symons. Charlie made some great gains from last year and ended with 710 451 639 for an 1801 total. The SHW class was the part of the show no one missed! Everyone in the lifting world knew that Brent Mikesell had sustained a small tear to his quad just prior to the APF Sr. Nationals which took place on June 15th. Brent really wasn't sure how he would feel in the WCO meet. After carefully warming up, Brent opened with 903 in the squat, the same number he ended with at Sr's. Everything feeling good, he went on to squat 1008 and 1047. The 1047 was easy and deep! Brent will squat 1102 in the near future! Brent also



Josh Bryant with a 848 squat @ 308 open at 21 years old(photo by APF)

Membership Application

AMERICAN POWERLIFTING FEDERATION

A.P.F./A.A.P.F.

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | DATE OF APPL

CITY | STATE | ZIP CODE

ZIP CODE MUST BE PRESENT

AREA CODE | TELEPHONE NO | DATE OF BIRTH MO DAY YR | AGE | SEX | U.S. CITIZEN YES NO

REGISTRATION FEE $30.00 | MASTERS YES NO | CLUB MEMBER | NAME OF CLUB YOU REPRESENT

ATHLETES, fill out card completely and mail with fee to:

MAKE CHECK PAYABLE TO: **A.P.F. Headquarters**
62 S. BROADWAY
AURORA, IL 60505 (630) 892-1491

IF UNDER 18 HAVE PARENT INITIAL

I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF

SIGNATURE X

had a great day in the bench press, finally breaking the 600 lb. barrier with a 601 lb. lift. He finished the meet with an easy 782 deadlift and a PR total of 2430. It is no surprise that Brent easily took home the best lifter trophy in the open men, a silver barbarian sword just like Priscilla's. Vince Eldridge came in 2nd to Brent and was all smiles about the PRs he'd set. He squatted an easy 606, benched 446 and finished with an effortless 705 pull to total 1757. Vince was particularly pleased with his 705 pull, as his hamstring had been bothering him off and on since the bench presses. The total was a PR for him as well. That concludes the 3 lifters. The single lift meet, which was originally scheduled for Sunday, was mixed in with the Saturday meet for simplicity. The women in the single lift meet put on a good show. Rachel Nylander impressed everyone with a strong bench press of 231 lbs in the 181 class. Rachel is only 19 years old! Stacia Faulhaber had a great day and pulled a 203 dead lift in the 165 open class. This was Stacia's first meet she was very pleased at how supportive the other lifters were. She'll be back for more! Deadlifting phenom Jo Walker is back on track with her deadlifts. A bit of a hiatus last year due to a shoulder injury meant that Jo had to work her way back up on the deads. Well, it's obvious she's back up there, because she pulled a strong 391 dead lift weighing only 130 lbs. and at age 58! Jo is the premier master female deadlifter in the world! Jo took home best lifter in the open deadlift class, as well, beating all the guys. Dustin McFarland set a new state record in the 198 lb (16-17) class with a 451 lb dead lift. Duane Travis set a new APF WA state record in the open 181 lb. weight class with an incredible 672 lb. lift weighing only 180 lbs! You don't see something like that every day! George Nelson went head to head with Randy Patterson on the bench for best lift award in the bench press. George ended the day with a 540 lb. lift in the 242 lb. class, age 57. Randy ended the day with a 617 lb. lift in the SHW class at age 54. Randy's second attempt of 606 lbs. was dedicated to the late Doyle Kenady. Randy just squeezed out George for best lifter in the bench press. Great lifting all around, guys. Altogether, six lifters qualified for the APF Sr. Nationals with their totals. The people that made this meet happen are not to be overlooked. The loaders and spotters worked harder than the lifters and never complained. We'd like to thank Don Taylor, Larry Hollywood Johnson, Jason Jones, and Mark Ross for doing an awesome job of loading and keeping the lifters safe with great spotting. Don's wife Michelle did a great job announcing, and we really appreciate her helping out with that. Thanks also to Kris Varela for helping with scorekeeping, your efforts are invaluable. Rick and Anna McClung did a ton of work to make this meet happen as well. Rick is the guy who gets all the helpers together, and Anna is the one who makes sure things happen on meet day. Without you two this meet wouldn't exist. Thanks also to Brice Gimble, who judged all day without complaint, and to Tod Becraft and Julie Havelka. Tod did head judging all day and had to be on his toes for that. He is consistent and fair - a great head judge and invaluable to the meet. Thanks also to Lou Andrews and Levi Serrao who stuck around and helped with trophies and just general morale at the meet. (Thanks to Julie Havelka for results.)

Ian Mckay 589 deadlift @198 teen during the APF West Coast Open

B. Bruneau	400	300	440	1140
C. Dore	340	275	400	1015
G. Forman	360	175	380	915
220				
S. Newman	450	390	500	1340
K. Mountjoy	450	290	560	1300
J. Knowles	375	350	430	1155
P. Bennett	340	205	430	975
242				
T. Enquist	655$	440$	660$	1755$
D. Miles	505	310	440	1255
J. Fellows	585	420	625	1630
G. Lander	600	365	535	1500
A. Antoniou	475	415	555	1445
J. Wheeler	505	360	525	1390
M. Drouin	400	360	555	1315
A. Felipe	260	320	350	930
SHW				
T. Saunders*	930	530	670	2130

$ - Denotes state record. * - denotes best lifter. Meet Director: Jamie Fellows Score Keepers: Rodney Roy and Paul Mancini N.E. State Chair: Dave Follansbee. On January 19, 2002, the NH State Prison hosted the Winterfest Full Power Meet, and although anxieties were high for the year's first competition there were only two DQs. Unfortunately, we only had one female competitor, Dianne Kelecy in the 35 to 39 year-old 116 lb. class. Dianne did a 135 lb. squat, 95 lb. bench, and 190 lb. deadlift for a 420 lb. total. She won first place in her class, and with such an outstanding performance we encourage more women lifters to attend future power meets. J. O'Connell was the only 148 lb.. male competitor, and with a smooth squat of 200 lb.., bench of 180 lb.., and easy 345 deadlift we hope to have some competition for him at future meets. Mike Cannon took First Place in the 165 lb. class, and did one hell of a job with a 375 lb. squat, 260 lb. bench, and big 530 lb. deadlift. Lee Walch won second place. He did a fine job with a 925 lb. total. In the 181 lb. class Ray "Hollywood" Fowler – pardon the pun – stole first place with a 425 lb. squat, 300 lb. bench, and pulled an easy 580 lb. deadlift. Paul Kulas ran off with first place in the 198 lb. class after a 480 lb. squat, 330 lb. bench, and a 475 lb. deadlift. He also took the second place Submasters trophy with a 1285 lb. total. Yusuf Torres settled for Second Place in the 198 lb. class. He did a great job with a 475 lb. squat, 305 bench, and 500 lb. deadlift. In the 220 lb. class Steve Newman scooped first place with a 450 lb. squat, 390 lb. bench – a state record – and a 500 lb. deadlift for a happy total of 1340 lb. Keith Mountjoy won second place after a 450 lb. squat, 290 lb. bench, and a 560 lb. deadlift. Third place went to Jon Knowles with a 375 lb. squat, 350 lb. bench, and a 430 lb. deadlift for a 1155 total. For his final prison competition, Thomas Enquist dominated the 242 lb. class. He won first place and set state records across the board for his impressive 1755 lb. total and easy 665 lb. squat, a big 440 lb. bench, and a 660 lb. deadlift. We wish Tom the best as he rejoins the world as a focused and disciplined individual in great part due to dedicated weight training. Dewayne Miles won second place in the 242 lb. class. He pushed a 505 lb. squat, a 310 lb. bench, and pulled a 440 lb. deadlift. Meet Director Jamie Fellows won the 275 lb. class after an easy 585 lb. squat, 420 lb. bench, and closed the day with a 625 lb. deadlift. His total for the day: a sweet 1630 lbs. Garth Lander won second place: 600 lb. squat, 365 lb. bench, and a 535 deadlift. Andreas Antoniou made personal bests across the board, and completing a successful day of competition won third place in the 275 lb. class with a 475 lb. squat, big 415 lb. bench, pulled a 555 lb. deadlift, and totaled 1445 lb.. The Super-heavyweight Class was won by Tony Saunders, a big man with a big heart and a big personality that ignites meets. Tony set state records across the board with an incredible 930 lb. squat, 530 lb. bench, and capped his day with a 675 lb. deadlift for an awesome total of 2,130 lb.. Before closing, the following individuals set state records: Jeff Wheeler in the Masters Class set state records for his 505 lb. squat, 360 lb. bench, and 1,390 lb. total. Masters Class Mark Drouin set a state record for his 555 deadlift, and Bob Bruneau – a 189 lb. Grand Masters - - set state records across the board with a 400 lb. squat, 300 lb. bench, 440 lb. deadlift, and 1140 lb. total. All in all, the Winterfest Meet was a success and the competitors did a great job. The spectators were encouraging and supportive and we look forward to bigger meets during the rest of the year. Finally, thanks to the loaders and spotters, Dave Follansbee, Jamie Fellows, and to our judges and scorekeepers Rodney Roy and Paul Mancini. Until next meet, make the lifts count (thanks to Andreas Antoniou for the results).

New Hampshire USPF Winterfest
19 JAN 02 - Concord, NH

Juniors	SQ	BP	DL	TOT
J. Laudarowicz	450	345	505	1300
M. Cannon	375	260	530	1165
J. Knowles	375	350	430	1155
Sub Masters				
T. Saunders	930$	530$	670$	2130$
P. Kulas	480	330	475	1285
S. Newman	450	390$	500	1340
Masters				
J. Wheeler	505$	360$	525	1390$
M. Drouin	400	360	555$	1315
R. Powers	375	280	460	1115
Grand Masters				
P. Bennett	340	205	430	975
B. Bruneau	400$	300$	440$	1140$
Women				
D. Kelecy	135	95	190	420
148				
J. O'Connell	200	180	345	725
165				
M. Cannon	375	260	530	1165
L. Walch	350	175	400	925
S. Runkle	285	200	415	900
D. Stone	300	170	415	885
G. Peck	300	230	350	880
181				
R. Fowler	425	300	580	1305
J. Laudarowicz	450	345	505	1300
G. Monaney	345	325	475	1145
R. Powers	375	280	460	1115
M. Lowman	260	200	315	775
198				
P. Kulas	480	330	475	1285
Y. Torres	475	305	500	1280
D. Beatty	450	260	485	1195

USAPL EASTERN BENCH PRESS
15 JUN 02 - Charlotteville, Virginia

Open		Steve Horton	360
40-44		Tim Kontos	310
Leigh Haines	140	198	
Men		20-23	
165		Scott Chattin	345
16-17		45-49	
Josh Dunbar	230	M. Lichtenberger	450
165		220	
20-23		College	
College		Jimmy Myers	310
Rory Duley	300	60-64	
181		Earl Robinson	310
35-39		242	
Bill Mears	320	College	
55-59		Andrew Ballinger	260
Jim Shoaf	290	319	
198		55-59	
Open		John Blackman	435

(Thanks to John Shifflett for these meet results)

Membership Application

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AMERICAN AMATEUR POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | DATE OF APPL

CITY | STATE | ZIP CODE

ZIP CODE MUST BE PRESENT

AREA CODE | TELEPHONE NO | DATE OF BIRTH MO DAY YR | AGE | SEX | U.S. CITIZEN YES NO

REGISTRATION FEE $30.00 | MASTERS YES NO | CLUB MEMBER | NAME OF CLUB YOU REPRESENT

ATHLETES, fill out card completely and mail with fee to.

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AURORA, IL 60505 (630) 892-1491

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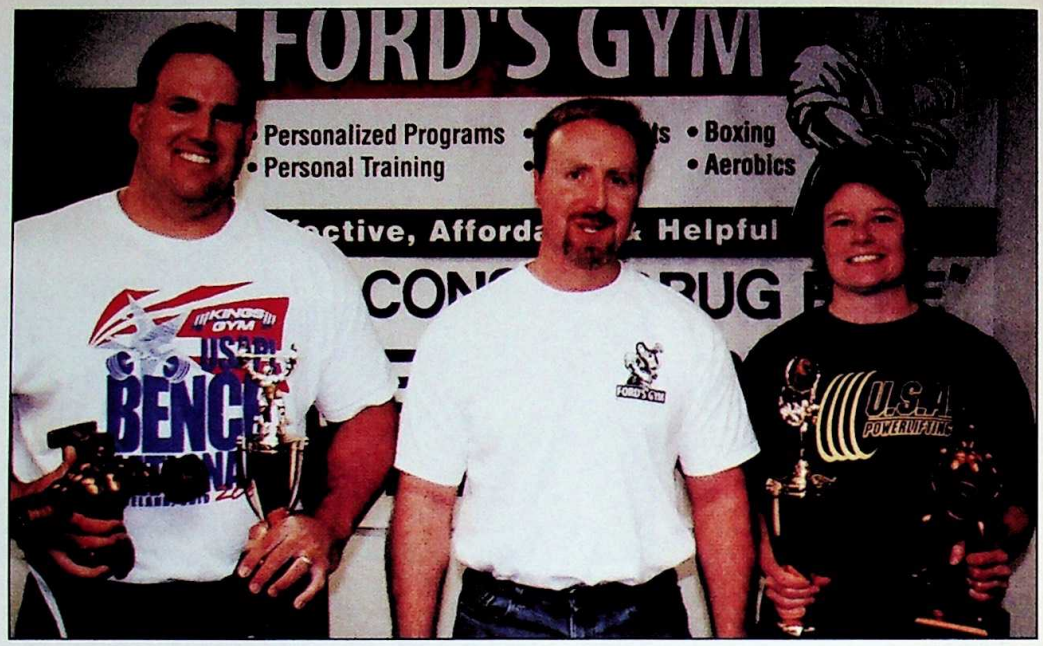
SIGNATURE x

WISCONSIN STATE BP CHAMPS
04 MAY 02 - Madison, WI

TEEN MALE:		Kevin Bonde	430
148		242	
Dan Pope	310	Cal Cornelius	360
132		165	
Chad Wintrone	255	Al McCredie	300
242		SHW	
J. Edwards	330	Dave Meservey	365
165		Open Men's	
Ryan Hansel	260	148	
132		Jason Reeves	305
Boon Xiong	205	Dave Aldag	240
148		Michael Guetzke	
D. Pierstorff	215	165	
181		Bret Funk	345
Taylor Rose	245	James Overland	305
148		Al McCredie	300
Dustin Fuller	155	181	
Women's Masters		Jonah Roberts	462
165		Steve Heathman	410
Pam Zangle	160	198	
198		Brian Wright	440
Royal Johnson	130	John Shields	355
Open Women's		Chad Hoitink	350
148		Jon Deitrich	300
Kathy Wolfgram	175	220	
165		Michael Banda	420
Laura Styrlund*	220	David Johnson	
Lisa VanBuskirk	220	242	
MEN		Patrick Rohde	415
Masters		John Rublein	325
181		Ryan Eckert	300
Ron Elkendier	325	SHW	
220		Mike Hodge	620
Brian Briggs	305	Dave Martin*	600
SHW		Dave Meservey	365

* Best lifter (Thanks to Ford's Gym for these results)



*2002 Wisconsin State Bench Press Championships (left to right) Men's Best Lifter - **Dave Martin**. Meet Director - **Ford Sheridan** and Women's Best lifter - **Laura Styrlund** (Photograph courtesy of Ford's Gym)*

2002 European Union Cup (kg)
20-21 JUL 02 - Arnhem, Netherlands

	SQ	BP	DL	TOT
44kg Women				
L. Hernandez	127.5*	67.5	130	325*
Marie Durk	70	50	95	215
48kg				
Raija Koskinen	172.5*	80*	167.5*	420*
52kg				
M. Rantamaki	152.5*	82.5	170	405*
Dagmar Wang	130	80$	147.5	357.5
S. Guihomat	135	67.5	137.5	340
56kg				
Laura Locatelli	160*	85	195$	440$
Allison Seabright	122.5	72.5	137.5	332.5
A.Sagrario	120	55	125	300
K. Vestergaard	115			
60kg				
Marvi Sirkia	152.5	90	172.5	415
Isabelle Fabre	160	85	160	405
Aly Keizer	147.5	82.5$	170	400
Susanne Cunat	100	80*	122.5	302.5
67.5 kg				
vanderMeulen	155	85$	170*$	410
Sabine Zangerle	135	67.5	140	342.5
75kg				
Paivi Haapoja	200*	92.5	197.5	490
Jackie Blasberry	160	90	190	440
82.5 kg				
Ielja Strik	205*	130*	205	540*
S. Mogensen	177.5*	95	200	425
Rosemarie Beer	170	110$	170	450
Marie Thornton	180*	77.5	1*80	437.5
90kg				
Leila Duhem	192.5	137.5*	187.5	517.5*
Katariina Nokua	210*	107.5	195	512.5
vanderMeulen	182.5	122.5	162.5	467.5
Jean Maton	165	100	180	445
90+ kg				
Joanne Schaefer	217.5*	130*	205	552.5*
Wilna Monte	180	107.5	185	472.5
MEN				
John Maxwell	185	112.5	210	507.5
60kg				
Frederic Tinebra	230	130	205	565
J. Nemeth	195	100	220	515
67.5 kg				
Sami Nieminen	230	155	290*	675*
Max Riviere	270*	150	235	655
Mark Woodcock	230	122.5	235	587.5
75kg				
A. Rodriguez	270	170	262.5	702.5
A. Zeilinger	255	192.5*	252.5	700
Erik Rasmussen	235	177.5	215	627.5
Arnaldo Gruzza	190	127.5	215	532.5
82.5 kg				
G. Grossbeck	270	190	265	725
Pjotr vd Hoek	265	170	277.5	712.5
Frode Berentsen	277.5	185	245	707.5
M. Lindholm	275	152.5	277.5	705
G. Servotte	275	170	240	685
Shane Brody	262.5	155	260	677.5
Joe Bullock	257.5	157.5	260	675
Ayman Kichi	235	137.5	252.5	625
Georg Thomas	195	135	215	545
90kg				
Anibal Coimbra	320*	202.5	317.5	840*
Seppo Sohlman	285	205.5*	345*	835
Herve Recule	282.5	177.5	290	750
Nick Milner	257.5	152.5	270	680
Bass Roessen	262.5	152.5	240	655
100 kg				
Jarmo Sohlman	315	220	325	860*
Orhan Bilican	300	200	270	770
E. Bontekoning	275	145	287.5	707.5
M. Oszwald	260	147.5	260	667.5
Roger Piron	250	162.5	235	647.5
110 kg				
Stephan Vorup	350*	182.5	297.5	830
Asbjbrn Randen	320	195	315	830
T. Omland	322.5	207.5	297.5	827.5
Lars Soerige	307.5	217.5	287.5	812.5
Jorge Gonzales	310	207.5	280	797.5
Rudi Kuster	295	120	295	710
Bram Haz	270	167.5	270	707.5
Cor Hilgersom	280	170	245	695
Marco Oliva	255	110	262.5	627.5
Mark Neele	332.5			
125 kg				
Clive Henry	387.5*	220	320	92*V.5
Morten Soerig	330	212.5	297.5	840
Henry Larsen	327.5	205	295	827.5
Jean-Luc Collart	320	195	272.5	787.5
125+ kg				
F. Veldeman	320	255	302.5	877.5
Niels Staerkjaer	342.5*	277.5*	255	875

* - EU Cup Record $ - World Masters Record Best Lifter: 1 - Raija Koskinen. 2 - Laura Locatelli. 3 - Mervi Rantamaki. Team Points: Finland 48–12+12+12+12. Netherlands 45– 12+12+12 +9. France 41–12+12+9+8. Great Britain 34–9+ 9+9+7. Austria 33 – 9+9+8+7. Italy 12–12. Denmark 9–9. Spain 8–8. Best Lifter: 1 - Anibal Coimbra. 2 - Clive Henry. 3 - Jarmo Sohlman. Team Points: Finland 40–12+12+9+7. Great Britain 39 – 12+12+8+7. Denmark 38 – 12+9+9 +8. Austria 37 – 12+9+9+7. Belgium 34–12+9+7 +6. Norway 33–9+8+8+8. France 29–12+9+8. Netherlands 23–9+8+6. Spain 21 – 12+6+3. Luxembourg 20–12+6+2. Italy 7–7. Germany 7–5+2. Netherlands 7–4+3. Ireland 5–5. (European Powerlifting Federation gave results.)

W. P. O.™
World Powerlifting Organization™
YEAR 2000
Membership Application

PLEASE PRINT CLEARLY * COMPLETE ALL BLANKS

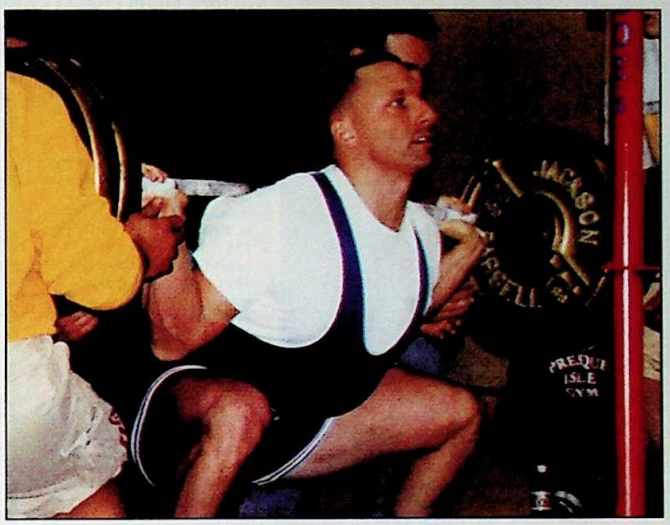
Last Name	First Name		Initial
Street Address/P. O. Box			
City	State	ZIP	
Telephone Number	Date of Birth	Age	Sex
Social Security Number	Occupation	Date of Application	
IF UNDER 18 PARENT MUST INITIAL	BY SIGNING THIS APPLICATION I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE W.P.O.™ SIGNATURE x_____		

YEAR 2000 Membership Registration Fee: $ 25.00

Mail Application & Check To: Huge Iron Production, Inc.
910 S. Atlantic Avenue
Ormond Beach, FL 32176

ADAO Northeast Championships
15 JUN 02 - Northeast, PA

WOMEN	SQ	BP	DL	TOT
OPEN				
105 CLASS				
Benita Steffan	160	90	250	500
		4th	260	
123 CLASS				
Becky Skal	180	155	315	650
	4th	156 1/4		
132 CLASS				
Shanna Kaizer	165	100	205	470
Lucinda Hawes	135	80	225	440
TEEN				
16-17				
132 CLASS				
Shanna Kaizer	165	100	205	470
SUB-MASTER 35-39				
105 CLASS				
Benita Steffan	160	90	250	500
		4th	260	
MASTER				
40-44				
132 CLASS				
Lucinda Hawes	135	80	225	440
MEN				
OPEN				
114 Class				
Zack George	115	95	175	385
148 CLASS				
Ramone Cruz	425	275	470	1170
4th	447 1/2			
165 CLASS				
J.J. Tomasino	315	195	405	915
Kyle Motherwell	300	190	335	825
Tom Davis	190	110	275	575
181 CLASS				
Jim Folma*r	455	265	540	1260
Tim Lesondak	380	210	425	1050
Tom Fafinski				
198 CLASS				
Josh Ferraro	450	275	535	1260
D. Grandinetti	415	340	490	1245
Mike Fiorelli	420	270	510	1200
Al Mangini	330	185	405	920
220 CLASS				
Jeremy Green	430	330	515	1275
Rick Thompson	370	260	505	1145
Jon Kutterna	305	190	410	905
242 CLASS				
Terry Johnson	475	305	470	1250
Jon Stewart	420	320	440	1180
275 CLASS				
Rick Emefick	600	395	605	1600
Rich Goodenow	335	245	460	1040
Larry Huff	225	345	375	945
319 CLASS				
Tony Byerly	490	270	525	1285
Scott McHenry	425	345	450	1220
YOUTH				
12-13				
105 CLASS				
Zack George	115	95	175	385
TEEN				
14-15				
165 CLASS				
Tom Davis	190	110	275	575
TEEN				
16-17				
165 CLASS				
J.J- Tomasino	315	195	405	915
Kyle Motherwell	300	190	335	825
181 CLASS				
Tim Lesondak	380	210	425	1015
220 CLASS				
Rick Thompson	370	260	505	1145
Jon Kuttema	305	190	410	905
242 CLASS				
Jon Stewart	420	320	440	1180
319 CLASS				
Scott McHenry	425	345	450	1220
TEEN				
18-19				
181 CLASS				
Jim Folmar	455	265	540	1260
198 CLASS				
Mike Fiorelli	420	270	510	120-0
319 CLASS				
Tony Byerly	490	270	525	1285
MASTER				
40-44				
148 CLASS				
Ramone Cruz	425	275	470	1170
4th	447 1/4			
MASTER				
45-49				
198 CLASS				
Al Mangini	330	185	405	920
MASTER				
50-54				
275 CLASS				
Larry Huff	225	345	375	945



Rick Emerick with a 600 squat in the 275 pound class, this meet was used in preparation for the Nationals (photo courtesy of Joe Orengia)

CHAMPION OF CHAMPIONS WOMEN: Becky Skal. MEN: Ramone Cruz. TEEN: Jim Folmar. TEAM CHAMPIONS OPEN: Joe's Gym Of Erie. TEEN: Northeast High A big thank you to coach Bart Wood and the North East High team for holding a great contest on this beautiful summer day. Consistent officiating by the Siegels, Al and Brenda, Matt Catalino, Adam Hersperger and yours strongly as more records were set or attempted. Benita Steffen had a great day while setting all new sub-master American records for her Gold medal at 105. Becky Skal won the Womens Champion of Champions award with her efforts at 123 pounds. Her 650 RAW total included a new open American record in the bench of 156 1/4. Sixteen year old Shanna Kaizer and forty two year old Lucinda Hawes keep improving at each contest and both won their age group at 132 pounds. Zack George, brother of the infamous George sisters and son of World Champion Carol George, competed in his first contest and won the open and age group titles. At 148, Champion of Champions, Ramone Cruz used this contest for a primer for the A.D.A.U. Nationals and set a new open and masters squat record with 447 1/2. Teenage Champion of Champions, Jim Folmar was the 181 pound winner with a great 1260 RAW total while Josh Ferraro and Dave Grandinetti battled it out at 198, with teenager Mike Fiorelli right on their tail. Jeremy Greene pulled out a nice first place at 220 and Terry Johnson did the same at 242. They, along with 275 winner, Rick Emerick used this contest for a primer for the Nationals. Nice lifting ladies and gentlemen - See you in Pittsburgh in July. (Thanks to Joe Orengia for providing the competition results and report)

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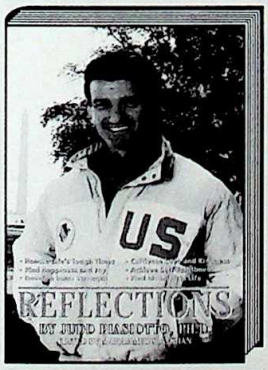

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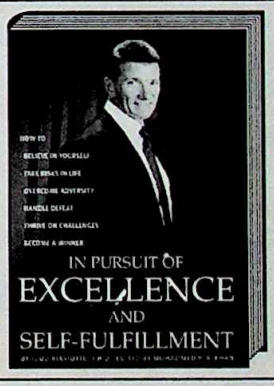

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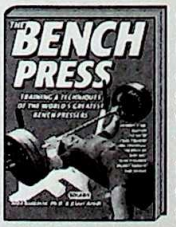

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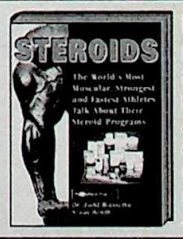

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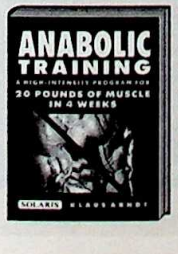

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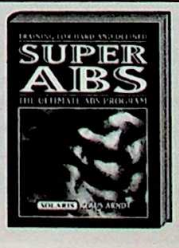

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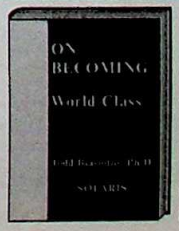

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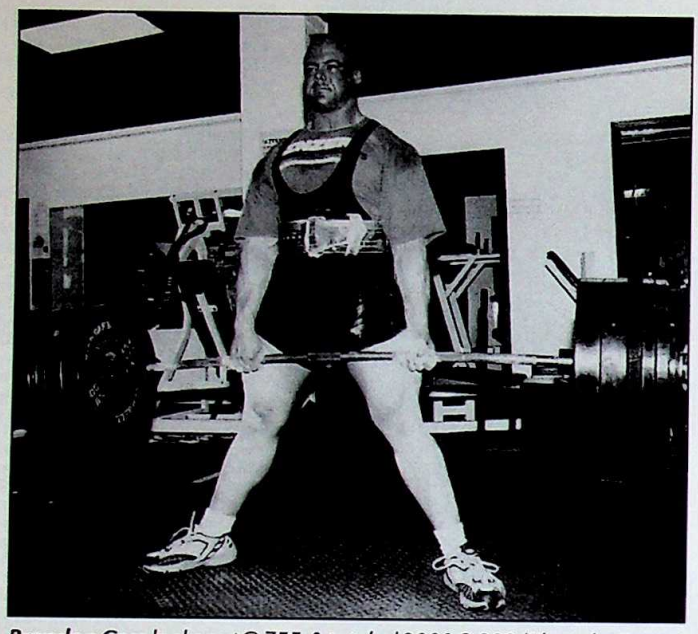
11 MAY 02 - Burlington, IA

	SQ	BP	DL	TOT
WO				
123				
C. Gassmann	210	90	230	540
T1				
165				
J. Appenzeller	360	265	375	1000
T3				
181				
R. Anderson	425	230	400	1055
O				
242				
B. Cass		755	490	755
2000				
198				
C. Engel	200			
220				
P. Thomas	365	520	885	

This meet was small but was a great place for Jerrod Appenzeller to get his fee wet in competition. In his first ever competition Jerrod totaled 1,000, and set 2 world records in the 165lb division at the age of 15. Jerrod's squat and dead lift each established a new IA state records. Big show of the meet was Brandon Cass who totaled 2,000 at 229 pound body weight via 755, 490, 755! Brandon is a young man and may very well be one of the world's greatest Powerlifters some day. Lots of state records were broken and established. All of Crystal Gassmann's lifts established solid state records for the women's 123 open. In the teen 18-19 Ryan Anderson broke his own state records in all 3 lifts plus the total. Pat Thomas set a good solid single lift state record in the dead lift for the men's open 220s. Carolee Engel went with the bench as a single list and established a state record 20lbs higher then her previous performance. And of course Brandon Cass established Missouri sate records, which will stand a long time in the 242s. Many thanks to all who helped me with running this meet; particularly Joe Garcia who drove up from Kansas City and provided the referee lights. Also thanks goes to Paul and Holly Armstrong, owners of Planet Fitness Gym, for providing he equipment and venue to run the meet. (thanks to Roger Broeg for the results.)



***Brandon Cass** locks out @ 755 & totaled 2000 @ 229 (Photo by Broeg)*

USAPL South Dakota Championship
27 APR 02 - Sioux Falls, SD

	SQ	BP	DL	TOT
Teen				
Women				
148				
Cari Payne	181	137	220	540
Ashley Blake	181	110	231	523
Teen				
Men				
Josh Craig		132		132
Jon Christensen	259	154	259	627
Open				
Women				
N. Griesenbrook		132		132
123				
Angie Engel	231	176	281	688
132				
Master				
Brenda Howard	253	143	281	677
165				
Teen				
Men				
16-17				
Colby Larson	413	253	429	1096
Brendan Hurley	303	214	314	843
220				
Brian LeMay	479	297	507	1284
Open				
Master				
148				
40-49				
Monte Mason	462	275	429	1168
165				
40-49				
Ron Cox			314	
314				
Mike Dowling		369		369
242				
Larry Bitz		341		341
275				
Mike Bridge		418		418
181				
50-59				
Ken Leisinger	220	270	341	832
Harlan Payne	231	203	253	688
60-69				
Jerry Ochs	319	121	391	832
18-19				
Riley McManigal	429	303	446	1179
Ryan Telling	374	314	485	1173
275				
J. Christensen	529	347	562	1438
OPEN				
123				
Peter Wong	413	308	407	1129
181				
Put Bezenk		336		336
148				
Andrew Priebe	391	220	391	1003
165				
Brad Rilling	451	325	490	1267
181				
Jon Dalen	369	314	497	1091
Dan Cheeseman				
Curt Marchiando		330		330
198				
Joe Rueter	275	209	314	799
181				
Todd Craig	435	253	501	1190
198				
Jeff Blindauer	512	424	551	1488
Troy Knebel	562	374	545	1482
John Bokker	562	374	551	1488
Chris Blair				
198				
Carey Mitzel	507	396	534	1438
Mike Jorgensen		330		330
Ed Wendel	584	374	683	1642
Brad Leisinger	529	391	617	1537
Brad Slining		418		418
Jona Leo	600	501	573	1675
Joe Kunzman	540	358	545	1444
198				
Dale Pearce		358		358
Jerry Leisinger		402		402

Jeff Blindauer was the coordinator (Thanks to USAPL for providing the meet results to *PLUSA*)

WNPF WESTERN PA
04 MAY 02 BeaverFalls, PA

BENCH ASSISTED				
FEMALE				
123				
35-39				
Lee Ann Hillard	110			
MEN				
181				
Lifetime				
Tim Richards	390			
35-39				
Mike Ciletti				
40-49				
Tim Richards	390			
198				
40-49				
Dave Vargo	315			
242				
Lifetime				
Fred Brown	485			
Isaac Thomas	475			
35-39				
Fred Brown	485			
Isaac Thomas	475			
50-59				
Chuck Evans	345			
SHW				
Lifetime				
James Jennings	500			
35-39				
James Jennings	500			
40-49				
Jerry Wilson	340			
Police/Fire				
James Jennings	500			
Bench Press Raw				
Youth				
132				
9-11				
ASSISTED	SQ	BP	DL	TOT
Teen				
132 14-16				
Dallas White	260	145	300	705
198				
Tyler Stevenson	300	135	350	785
275				
Matt Dutro	325	180	405	910
FEMALE				
123 60-69				
C. Winkelblech	180	85	270	535
181 14-16				
Beth Schuster	225!	90	225	540
MEN				
181Natural				
Don Graham	455	145	505	1105
35-39				
Mike CiLetti	415	335	450	1200
Greg Foy	405	250	400	1055
40-49				
Don Graham	455	145	505	1105
198 Lifetime				
William Evans	550	370	500	1420
40-49				
Pete Catina	525	290	550	1365
220 70-79				
Meluin Huff	365	240	400	1005
242				
Lifetime				
Kenny Mox	475	225	225	925
275				
Bill Beck	500	350	500	1350
40-49				
Tom Stevenson	475	275	450	1200
RAW				
Youth				
80				
9-11				
Matt Misorski	125	65	155	345
R. Stevenson	100	45	115	260
100				
C. Stevenson	95	60	115	270
141				
12-13				
Matt Lyden	150	95	215	460
Steve Stevenson	125	60	160	345
FEMALE				
105				
Lifetime				
S. Hennebert	75	75	115	265
123 40-49				
Rose Nail	125	115	180	420
165 35-39				
RondaHernon	220	110	215	545
MEN				
181				
NATURAL				
Jon Rock	425	315	500	1240
220				
Lifetime				
Josef Schaffer	445	400	500	1345
Don Taylor	430	320	550	1300
40-49				
Kurt Brenkus	400	260	425	1085
242				
Lifetime				
Eric Kelly	300	240	400	940
275				
Lifetime				
Dennis DeLauter	100			
Teen				
181				
17-19				
Ronald Narog JR	240			
MEN				
220				
40-49				
Brian Weaner	360			
275				
Lifetime				
Brad Nennebert	315			
181				
Natural				
John Rouc	315			
Deadlift Raw				
Youth				
123				
9-11				
RJ Cook	200			
Teen 17-19				
181				
Ron Narog JR	350			
Deadlift Assisted				
FEMALE				
123				
35-39				
Lee Ann Hillard	220			
Teen 17-19				
198				
Steve Masura	450			
Squat Raw				
165				
Jordan Blinn	400			
Squat Assisted				
17-19				
198				
Steve Masura	575			
275				
Brad Hennebert	530	315	600	1445

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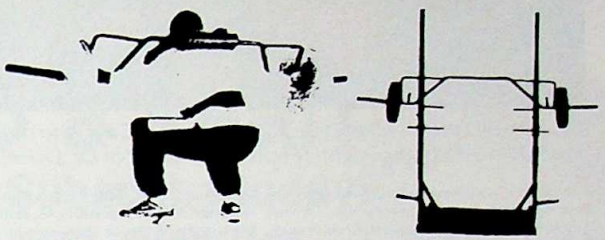

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Teams: The Firm 1st, 2nd Stevenson's Gym. BLACK HAWK HIGH SCHOOL WAS ONCE AGAIN THE LOCATION FOR THE W.N.P.F. WESTERN PA POWERLIFTING MEET. THIS YEAR THE MEET HOSTED 45 LIFTERS WHO CAME FROM SEVERAL STATES TO QUALIFY FOR THE NATIONALS IN JUNE AND AUGUST. IN POWERLIFTING, ASSISTED DIVISIONS TEEN LIFTERS DALLAS WHITE, TYLER STEVENSON, AND MATT DUTRO DID SOME FINE LIFTING WINNING THEIR WEIGHT CLASSES. IN THE WOMENS DIVISIONS BETH SCHUSTER SET A NEW AMERICAN RECORD IN THE TEEN DIVISION WHILE BEST LIFTER CAROL WINKELBLECH PUT TOGETHER A FINE TOTAL IN THE MASTERS DIVISION. IN THE MENS DIVISIONS DON GRAHAM DID SOME NICE LIFTS WINNING BOTH THE NATURAL AND MASTERS DIVISION IN THE 181 LB. CLASS WHILE LIFTERS MIKE CILETTI AND GREG FOY BATTLED FOR THE SUBMASTERS CLASS. IN THE 198 LB. CLASS PETE CATINA DID SOME STRONG LIFTS IN THE MASTERS DIVISION AND WILLIAM EVANS DID SOME EASY LIFTS ON HIS WAY TO WINNING THE LIFETIME DIVISION AND BEST LIFTER. 220 LB. CLASS MASTER LIFTER MELVIN HUFF SET ALL NEW AMERICAN RECORDS WINNING HIS DIVISION AND AS ALWAYS WAS A PLEASURE TO HAVE AROUND. NEW LIFTER KENNY MOX HAD A GOOD FIRST MEET IN THE 242 LB. CLASS AND BILL BECK AND TON STEVENSON DID SOME STRONG LIFTS WINNING THEIR DIVISIONS IN THE 275 LB. CLASSES. IN THE RAW DIVISIONS YOUTH LIFTERS MATT MISORSKI AND RANDOM STEVENSON BATTLED WITH MISORSKI WINNING THE DIVISION SETTING A NEW AMERICAN RECORD IN THE BENCH. THE SAME TYPE BATTLE OCCURRED IN THE 114 LB. YOUTH DIVISION BETWEEN MATT LYDEN AND STEVE STEVENSON WITH LYDEN EDGING OUT STEVENSON AND ALSO SETTING A NEW AMERICAN RECORD IN THE BENCH. CULLEN STEVENSON DID SOME EASY LIFTS IN THE 100 LB. CLASS. IN THE WOMENS DIVISION SHAUNNA HENNEBERT DID HER FIRST FULL MEET AND DID SOME NICE LIFTS WINNING THE 105 LB. CLASS. ROSE NALL AND RONDA HERNON BOTH SET ALL NEW AMERICAN RECORDS WHILE WINNING THEIR DIVISIONS. IN THE MENS DIVISIONS JON ROCK DID SOME STRONG LIFTS IN THE 181 LB. CLASS AND JOSEF SCHAFFER AND DONN TAYLOR HAD A CLOSE BATTLE IN THE 220 LB. CLASS WITH SCHAFFER EDGING OUT TAYLOR AND SETTING A NEW AMERICAN RECORD IN THE BENCH. MASTER LIFTER KURT BRENKUS DID SOME STRONG LIFTS IN THE MASTERS DIVISION AND ERIC KELLY IMPROVED OVER HIS FIRST MEET A FEW MONTHS AGO WINNING THE 242 LIFETIME DIVISION. BRAD HENNEBERT DID SOME STRONG LIFTS WINNING THE 275 LB. CLASS AND FINALLY GOT HIS 600 IN THE DL AND A SMOOTH LIFT IT WAS. IN THE BENCH PRESS ASSISTED FEMALE LIFTER LEE ANN HILLARD DID A STRONG LIFT AND ALSO PULLED A STRONG DEADLIFT. TIM RICHARDS PUT UP A STRONG LIFT WINNING BOTH THE LIFETIME AND MASTERS DIVISIONS IN THE 181 LB. CLASS AS DID MIKE CILETTI IN THE SUBMASTERS CLASS. DAVE VARGO DID AN EASY LIFT WINNING IN THE 198 LB. CLASS AND FRED BROWN AND ISSAC THOMAS BATTLED IN BOTH THE LIFETIME AND SUBMASTERS DIVISIONS WITH BROWN EDGING OUT THOMAS AND ALSO WINNING BEST LIFTER. MASTER LIFTER CHUCK EVANS DID AN EASY LIFT IN THE MASTERS DIVISION AS DID JERRY WILSON IN THE SHW CLASS. JAMES JENNINGS DID A STRONG 500 WINNING THREE DIVISIONS IN THE SHW CLASS. IN THE RAW BENCH YOUTH AND TEEN LIFTERS DENNIS DELAUTER AND RONALD NAROG PUT UP SOME NICE LIFTS WITH NAROG PULLING A STRONG DEADLIFT ALSO. 220 LB. MASTER LIFTER BRIAN WEAVER DID A STRONG LIFT WINNING HIS DIVISION AS DID BRAD HENNEBERT AND JON ROCK. IN THE DEADLIFT TEEN LIFTERS R.J. COOK AND STEVE MASURA PULLED THEIR WAY TO WINNING THEIR DIVISIONS AND MASURA ALSO SET A NEW AMERICAN RECORD IN THE SQUAT. TEEN LIFTER JORDAN BLINN ALSO SET A NEW AMERICAN RECORD IN THE SINGLE SQUAT. TWO TEAMS COMPETED WITH THE FIRM OUT OF AKRON, OHIO EDGING OUT STEVENSONS GYM FROM NEW YORK. A SPECIAL THANKS TO ALL THE LIFTERS AND MY CREW OF SPOTTERS AND JUDGES WHO MAKE ALL THE MEETS SUCESSFUL AND ENJOYABLE. THANKS TO MR FULLEN AND THE BLACK HAWK SCHOOL DISTRICT FOR THE USE OF THE HIGH SCHOOL. (THANKS TO RON DEAMICIS FOR PROVIDING THE MEET RESULTS)

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I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away fromcompetition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

14th Elkhart Bench Press Classic
8 DEC 01 - Elkhart, IN

BENCH PRESS
junior women
97
Alisha Doucet 100*
master women 40-44
114
Terry Morris 105
teenage men 13-15
181
Shay Ehchardt 200*
198
Jeff Bailey 275*
shw
Jonathan Vick 330*
teenage men 16-17
220
Jason Jones 285
teenage men 18-19
198
Jason Hobbs 285*
4th 295*
junior men
165
Jonathan Harris 260*
198
Bobby Boothe 375*
Derek Formon 360
submaster men
165
Parrish Morris 245*
198
Bruce Stevens -
275
D. D. Nichols 675*
master men 50-54
148
Harry Wakefoose 205*
165
Daniel Singleton 240*
198
Rusty Stopp 380
open men
165
Glen Thomas 350
165
Lay Khoan 340
165
Lance Greer 315
181
Chris Sorrentino 330*
198
Ricky Coggins 430*
Wade Talley 415
220
Keith Pardsh 510*
Terry Venable 475
4th 500
Bruce Head 350
242
Jim King 525*
Brandon Cass 490
275
Mark Austin 425
DEADLIFT
master women 40-44
114
Terry Morris 225
open women
132
Tonya Simmons 185*
4th 200*
teenage men 13-15
132
Daniel Young 290*
165
Craig Brandon 425*
181
B. Hardwick315*
4th 330*
198
Josh Hamlett 315*
4th 330*
220
Mark Cumpton 185*
4th 225*
242
Shane Wade 365*
4th 405*
shw
Jonathan Vick 605*
submaster men
165
Parrish Morris 325
open men
165
Glen Thomas 475*
220
Terry Venable 550*
242
Brandon Cass 760*
Shane Lancaster 485 *
275
Jim Tidd 550*

The Son Light Power Heath Clifton Memorial Bench Press/Deadlift Championship was held March 16, 2002 at Pro Fitness in Paragould, Arkansas. Heath was a local gym owner and

Dr. Darrell Latch *with Best deadifter* ***Brandon Cass*** *who pulled 760 pounds at 232 bodyweight! (Photo is courtesy of Dr. Darrell Latch)*

champion bench presser who passed away two years ago at the age of twenty-nine. A very special thanks to Heath's cousin, Kevin French, owner of Pro Fitness, for hosting this event once again. In the bench press competition Alisha Doucet won the women's junior 97 class with a solid 100, which established a new state record there. Terry Morris, tied her own state record at master 40-44/114 with 105, just missing her final attempt with 110. In the teenage 13-15/181 class first time competitor Shay Ehrhardt won with a state record 200. Jeff "Bettle" Bailey won at 13-15/198 with 275, another state record. Then at shw was Big Jonathan Vick who finished the day with a state record 330. In the 16-17 age division Jason Jones won at 220 with a state record 285. Jason Hobbs also had a great day, setting the state record at 18-19/ 198, finishing with a 285 third followed by a 295 fourth attempt. Junior 165 winner was Jonathan Harris who finished with a state record 260. At 198 it was Bobby Boothe, who finished with a state record 375, after missing a pr third attempt with 400. Derek Formon was second at junior 198 with a personal best 360. Parrish Morris took the submaster 165 class with 245, setting the state record there. Bruce Stevens, who had injured his shoulder a few weeks earlier, was unable to get his opener of 400 in at 198. We all hope Bruce has a speedy recovery. Then at submaster 275 it was the great D. D. Nichols. Opening with an easy 600 D. D. moved next to a personal best 650, which seemed almost as easy. Taking a final attempt with a new state record 675, D. D. locked it out with no problem. Using only an older Inzer double ply polyester shirt, can you imagine what he could do with a stronger shirt? This may be the greatest weight ever lifted in the submaster division! Well, at least there was no question as to who would take the best lifter trophy! In the master division we had three lifters in the 50-54 group, all of whom set new state records in their respective classes. At 148 it was Harry Wakefoose, who finished with 205. Daniel Singleton won at 165 with 240 and Rusty Stopp set the record at 198 with 380. In the open division there was a close one at 165 between Glen Thomas and Lay Khoan. Glen came out the winner with 350 after Lay's 365 was turned down, leaving him with 340. Lance Greer was third with 315. Chris Sorrentino got a new pr and broke his own state record at 181 with 330. Ricky Coggins upped his state record to 430 with his win at 198 over second place finisher Wade Talley, who finished with 415. Keith Parrish broke the state record at 220 with his second attempt of 510, taking the win over Terry Venable, who finished with 475, but came back with a successful fourth of 500. Third place at 220 went to Bruce Head, who finished with 350. Bruce was lifting in his first competition. Jim King finished with 525 and a new state record at 242 with his win there. Brandon Cass was second with 490, just missing a personal best of 500 for his final attempt. Mark Austin won at 275, making just his opener of 425. In the deadlift event Terry Morris depended her title at master 40-44/114 again, finishing with 225. First-time competitor Tonya Simmons seemed to get stronger with each attempt, finishing with a state record 200 for the win in the open 132 class. Daniel Young won at teenage 13-15/132 with a state record 290. Craig Brandon won at 13-15/165 with 425, another state record. At 181 it was Brandon Hardwick with a 315 third followed by a 330 fourth attempt for the win and the state record there. Josh Hamlett did the same, finishing with a state record 330 at 198. Mark Cumpton got a 185 third and a 225 fourth for the record and win at 220. At 242 it was Shane Wade with 365 and 405, setting new state records there. Then at shw it was fifteen year old wonder Jonathan Vick, finishing the day with 605! Fifteen years old and already pulling over 600! Winning at submaster was Parrish Morris who finished with 325. In the open classes Glen Thomas broke the existing record at 165 with a solid 475 final pull. Terry Venable, lifting in his first competition, won at 220 with a state record 550. One on the top pullers in the country, Brandon Cass, won at 242, as well as best lifter, with a strong 760. With a more solid platform Brandon could have pulled 800! Second place at 242 went to Shane Lancaster, who pulled a personal best 485. Our final competitor was Jim Tidd, who won at 275 with a new state record 550. A very special thanks goes out to coaches Shane Lancaster and Jim Tidd who brought many of the teenage lifters from Kennett, Missouri. We appreciate all you have done with these fine young men. Thanks also to the spotters and loaders and to my son Joey for all he does. (thanks to Dr. Latch for providing these results)

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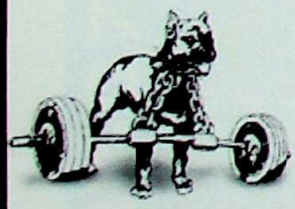

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WNPF DAYTON OPEN PL CHAMPS
23 MAR 02 - Dayton, OH

BENCH ONLY
WOMEN
165
LIFETIME RAW
BEASLEY 210
OPEN RAW
BEASLEY 210
123 14-16 RAW
NAPIER 110
148
LIFETIME RAW
TINKHAM 155
40-49 RAW
TINKHAM 155
165
17-19 RAW
WARVEL 265
OPEN RAW
TYLER 315
GILLUM 255
LIFETIME RAW
TYLER 315
181
LIFETIME RAW
ROCK 325
50-59 RAW
FREEMAN 325
198
LIFETIME
SIMPSON 425
LIFETIME RAW
DURANT 380
35-39
KIGHT 480
DALTON 420
OPEN RAW
DALTON 385
50-59 RAW
HYMAN 260
220
17-19 RAW
BUTLER 315
40-49 RAW
BOYER 345
GONZALEZ 340
242
WOMEN SQ BP DL TOT
SHW 14-16
QUEEN 250 110 300 660
MEN
123 14-16 RAW
NAPIER 185 110 250 545
132
LIFETIME RAW
LANDESS 215 170 335 720
40-49 RAW
LANDESS 215 170 335 720
165
60-69
DODSON 340 170 400 910
181
17-19 RAW
DESTAFANO 425 265 500 1190
LIFETIME RAW
ROCK 405 325 560 1290
50-59 RAW
MC ORKLE 400 205 400 1005
LIFETIME
COLLINS 470 265 455 1190
242
40-49
BRAMMER 530
275
HUGG 530 385 545 1460
35-39
BECK 525 440 540 1505
OPEN
FERGUSON 600 340 135 1075
40-49 RAW
POUNDS 585 400 575 1610
IRONMAN
198
40-49
SIMPSON 425 530 955
275 35-39
BECK 440 540 990

OPEN RAW
COOKE 415
LIFETIME RAW
COOKE 415
OPEN
TAYLOR 310
OPEN RAW
SIMPSON 455
NOVICE
BUTLER 300
SHW
40-49 RAW
RAMEY 325
LIFETIME
LOUALLEN 600
DEADLIFT ONLY
132
12-13
BECK 190
181 LIFETIME RAW
ROCK 560
242 70-79 RAW
CRUSE 315
SQUAT ONLY
132 12-13
BECK 205
POWER CURL
132 40-49
LANDESS 90
181 60-69
CURLEY 125
198
40-49
SIMPSON 180
35-39
KNIGHT 170
220
40-49
GONZALEZ 125
242 OPEN
TAYLOR 95
275 OPEN
HOPKINS 170
SHW
50-59
BAYLESS 125

(Thanks to Troy Ford for providing the results.)

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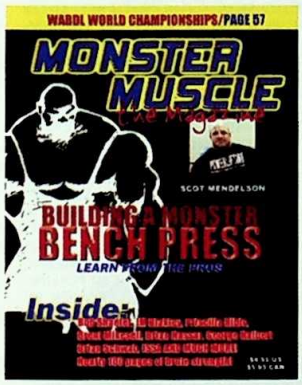

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Picture taken after a perfect 768lb bench press at the Monster Muscle World Cup.

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MEN'S BENCH PRESS	
148	
Lifetime	
C. Venturella	355
David Rippee	270
35-39	
Frank Ranelli	310$
40-49	
C. Venturella	355!
181	
Lifetime	
Tim Richards	370
35-39	
Mike Cletti	325
40-49	
Tim Richards	370
Joe Fiumara	360$
60-69	
Stoney Curley	350$
198	
Lifetime	
Scott Rowe	445
220	
20-25	
Bud Felty	530!
14-16	
Shawn Stanislaw	305!
40-49	
Steve Popovich	345
242	
Lifetime	
Paul Vargo	530
Issac Thomas	465
35-39	
Issac Thomas	465
50-59	
Ralph Brown JR	425$
275	
Lifetime	
Jeff Peshek	620!
SHW	
40-49	
Jerry Wilson	320
MEN'S BP RAW	
148	
17-19	
Michael Ross	260!
165	
Lifetime	
Larry Tyler	320$
35-39	
Larry Tyler	320$
Mark Guillam	255
17-19	
Bill Wharry	365!
50-59	
Ron Karkoska	260$
181	
14-16	
Mike Kristoff	205
50-59	
Ed Freeman	320
198	
Lifetime	
Christian Durant	385
Nick Catsoles	370
40-49	
Dave Vargo	330$

242	
Lifetime	
Terry Gibson	455
Steve Cooke	440
Police/Fire	
Ed Dibari	405
SHW	
40-49	
Tom Ramey	410$
132	
17-19	
Shawn Heffner	235!
RAW SQUAT	
Youth 12-13	
Kevin Beck	95!
198	
17-19	
Steve Mosura	465!
242	
Lifetime	
Tom Kustoff	640
40-49	
Brad Lovejoy	500!
SQUAT ASSISTED	
148	
40-49	
John Dye	385!
165	
Lifetime	
Allen McVaney	570$
198	
17-19	
Derek Baker JR	575!
220	
Lifetime	
Scott Rowe	635!
D. Fryberger	540
275	
35-39	
Bill Beck	530!
114	
12-13	
Kevin Beck	195!
198	
17-19	
Steve Mosura	420
242	
40-49	
Brad Lovejoy	480
70-79	
Thomas Cruz	315$
275	
35-39	
Bill Beck	525$
DEADLIFT ASSISTED	
148	
35-39	
Frank Ranelli	405$
165	
Lifetime	
Allen MeVaney	570!
220	
14-16	
Shawn Stanislaw	530!
242	
40-49	
Eric Leblanc	605
SHW	
35-39	
Palmo Aracri	570

Youth 8 - 9	SQ	BP	DL	TOT
80				
R. Stevenson	65	45	105	215
10-11 Raw				
100				
Cullen Stevenson	75	60	115	250
12-13 Raw				
114				
Steven Stevenson	95	60	135	290
132				
Mike Giesey	200	140$	230$	570$
Kevin Beck	210$	95	195	500
Teen				
198				
14-16				
Tyler Stevenson	315	135	335	785
275				
Matt Sutro	355	175	390	920
198				
17-19 Raw				
Steve Masoura	465	255	420	1140
FEMALE ASSISTED				
123				
35-39				
Lee Ann Hillard	135$	105$	225$	465$
60-69				
C. Winkelolech	180	85	270	535
148				
17-19				
Sarah Schaffer	235!	130$	250$	615$
20-25				
Aerika Gay	310$	180!	305$	795$
181				
14-16				
Beth Shuster	275!	110$	250$	635!
SHW				
Clara Queen	300$	120$	300$	780

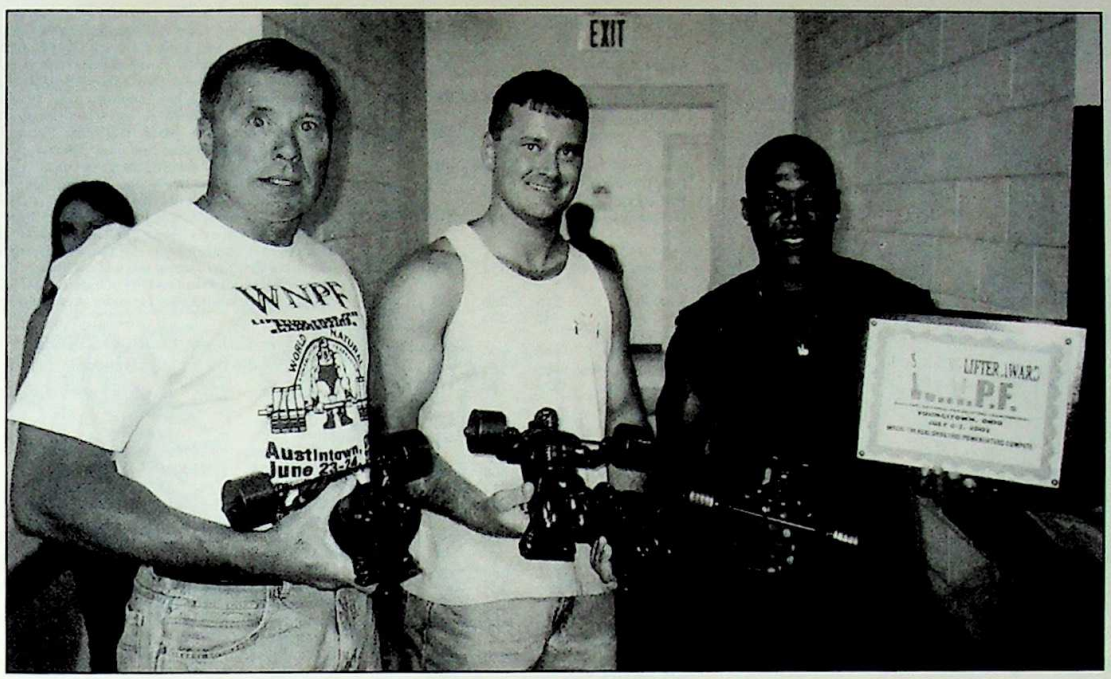
*Teen Lifter **Derek Baker JR** setting a squat record of 575 pounds in the 198 17-19 division (All photographs are courtesy of Ron Deamicis)*

FEMALE RAW				
105				
Liftetime				
S. Hennebert	90$	85$	135$	310$
123				
40-49				
Rose Nall	160!	120!	230!	570!
148				
17-19				
Jessica Kramb	195$	95$	215$	505
MEN ASSISTED				
148				
40-49				
John Dye	385$	235$	380$	1000$
165				
Liftetime				
Allen McVaney	570$	340$	570$	1480$
Russ Metivier	425	275	475	1175
40-49				
Russ Metivier	425	275	475	1175
60-69				
John Klein	245$	185$	315$	745$
181				
Lifetime				
Don Graham	455	250	505	1210
33-39				
Mike Ciletti	420	325	425	1170
40-49				
Don Graham	445$	250$	505$	1210$
Police/Fire				
Greg FOy	430	260	375	1065
198				
Lifetime				
Scott ROwe	635	445	575	1655
50-59				
John Phillips	495	360	495	1350
Daniel Stellfoy	405	270	405	1080
220				
Liftetime				
Dave Polis	570	370	580	1520
35-39				
Dave Polis	570$	370$	580$	1520$
James Perry	545	370	600	1515
Thomas Chaffin	450	335	500	1285
50-59				
Bill Schaffer	450$	315$	435$	1200$
60-69				
Paul Manion	430	260	485	1175
70-79				
Melvin Huff	350	240	400	990
242				
Lifetime				
Tom Krustoff	640	400	605	1645
40-49				
Eric Lebunc	515	410	605	1530
Brian Brammer	475$	330$	450$	1255$
50-59				
Ralph Brown JR	525!	425!	505$	1455$
Chuck Evans	235	325	235	795
275				
35-39				
Harold Mobley JR	620	445	550	1615
Jeff Peshek	350	620$	315	1250
40-49				
Ranoy Hugg	495	365	535	1395
Lifetime				
Kenneth Howard	740	380	780!	1900
Dave Coleman	650	575	665$	1830
SHW				
Lifetime				
Ron Graham	705	405	625	1735
35-39				
Palmo Aracri	590	490!	510	1590
165				
50-59				
Steve Thard	350!	250!	425!	1025!
181				
70-79				
B. McClelland	185!	200!	285!	670!
198				

Lifetime				
Mike McNinch	500	365$	450	1315
220				
Lifetime				
Gary Tisevich	490$	355	555$	1400$
Josef Schaffer	450	420$	570	1380
Donn Taylor	455	310	540	1305
40-49				
Kirk Brenkus	360$	265$	435$	1060$
242				
20-25				
Doug Koch	500!	335	565!	1400!
Lifetime				
Dave Kingwater	420	420!	445	1285
Natural				
Tom Krustoff	640	400	605	1645
35-39				
Tom Krustoff	640	400	605	1645
40-49				
Pete Primeau	565!	450!	600$	1615!
Brad Lovejoy	500	360	480	1340
242				
Police/Fire				
Ed Dibari	480	405	470	1355
275				
Lifetime				
Ken Howard	740!	380	780!	1900!
Brad Hennebert	500	390$	575	1465
40-49				
Rich Luklan	530	385	580	1495

*Lifters from the **Firm Gym:** (front row left to right) Shaunna Hennebert, BL Rose Nall. (back row) B. Hennebert, Donn Taylor*

($) - STATE RECORD. (!) - NATIONAL RECORD. GREAT LIFTERS, SPECTATORS AND OF COURSE MY EXCELLENT CREW HELPED MAKE THIS YEARS NATIONALS IN YOUNGSTOWN THE BEST EVER. NINETY-FIVE LIFTERS CAME TO THE NATIONALS TO CHALLENGE THE AMERICAN RECORDS WITH MANY NEW AMERICAN AND STATE RECORDS BEING SET. IN THE YOUTH DIVISIONS THE STEVENSON BOYS CAME DOWN FROM NEW YORK AND DID SOME FINE LIFTING WINNING THEIR DIVISIONS. MIKE GIESEY AND KEVIN BECK BATTLED IN THE 132 LB. YOUTH DIVISION WITH BOTH LIFTERS SETTING NEW STATE RECORDS. IN THE TEENAGE DIVISIONS TYLER STEVENSON DID SOME FINE LIFTS WINNING THE 198 LB. CLASS AS DID MATT DUTRO IN THE 275 LB. CLASS. STEVE MASOURA TURNED IN THE BEST TOTAL IN THE TEEN DIVISIONS WINNING HIS DIVISION AND BEST TEEN LIFTER. IN THE FEMALE DIVISIONS LEE ANN HILLARD SET ALL NEW STATE RECORDS AS DID SARAH SCHAFFER WITH SCHAFFER SETTING AN AMERICAN RECORD IN THE SQUAT, BOTH WINNING THEIR DIVISIONS. LIFTERS ERIKA GAY, BETH SCHUSTER, AND CLARA QUEEN ALL SET NEW STATE RECORDS WINNING THEIR DIVISIONS ALONG WITH AMERICAN RECORDS BEING SET BY SCHUSTER AND GAY WITH GAY WINNING BEST LIFTER IN THE ASSISTED DIVISION. RAW LIFTERS SHAUNNA HENNEBERT, ROSE NALL, AND JESSICA KRAMB SET NEW STATE RECORDS IN THE RAW DIVISIONS WITH NALL SETTING ALL NEW AMERICAN RECORDS AND WINNING BEST LIFTER. MASTER LIFTER CAROL WINKELBLECH TURNED IN A FINE TOTAL WINNING HER DIVISION. ALL THE FEMALE LIFTERS DID SOME GREAT LIFTING AND WERE VERY INTENSE AND COMPETITIVE DURING THE MEET. IN THE MEN'S ASSISTED DIVISIONS JOHN DYE SET ALL NEW STATE RECORDS IN THE 148 LB. CLASS. IN THE 165 LB. CLASS ALLEN MCVANEY SET ALL NEW STATE RECORDS ON HIS WAY TO WINNING HIS DIVISION AND ALSO BEST LIFTER. MASTER LIFTERS RUSS METIVIER AND JOHN KLEIN PUT UP SOME FINE LIFTS WINNING THEIR DIVISIONS WITH KLEIN SETTING ALL NEW STATE RECORDS. DON GRAHAM ONCE AGAIN DID SOME FINE LIFTING WINNING THE LIFETIME AND MASTERS DIVISIONS IN THE 181 LB. CLASS SETTING NEW STATE RECORDS IN THE MASTERS DIVISION. MIKE CILETTI AND GREG FOY ALSO DID SOME FINE LIFTING WINNING THEIR DIVISIONS. IN THE 198 LB. CLASS SCOTT ROWE TOOK THE LIFETIME DIVISION ALONG WITH BEST LIFTER TURNING IN A STRONG TOTAL. IN THE MASTERS DIVISION JOHN PHILLIPS EDGED OUT DAN STELLFOX WITH JOHN TURNING IN ANOTHER STRONG TOTAL. IN THE 220 LB. CLASS THREE LIFTERS BATTLED IN THE SUBMASTER DIVISION WITH DAVE POLIS EDGING OUT JAMES PERRY AND THOMAS CHAFFIN TO WIN THE DIVISION. POLIS SET ALL NEW STATE RECORDS BREAKING HIS OLD RECORDS AND HE ALSO WON THE LIFETIME DIVISION. MASTER LIFTERS PAUL MANION AND MELVIN HUFF TURNED IN FINE TOTALS WINNING THEIR DIVISIONS WITH MELVIN HAVING TO PULL HIS LAST DEADLIFT TO STAY IN THE MEET. MELVIN APPROACHED THE BAR KNOWING HE NEEDED THE LIFT AND GAVE IT A GREAT FIGHT PULLING THE LIFT. MASTER LIFTER BILL SCHAFFER RETURNED TO WIN HIS DIVISION ONCE AGAIN SETTING ALL NEW STATE RECORDS. ITS ALWAYS A PLEASURE TO HAVE BILL AT A MEET AND HE IS ALWAYS A GREAT HELP. MANY THANKS ONCE AGAIN BILL! IN THE 242 LB. CLASS TOM KRISTOFF HAD AN OFF DAY BUT STILL TURNED IN A GREAT TOTAL WINNING THE LIFETIME DIVISION ALONG WITH THE SUBMASTERS AND NATURAL RAW DIVISIONS. MASTER LIFTERS ERIC LEBLANC AND BRIAN BRAMMER TURNED IN FINE TOTALS WITH BRAMMER SETTING NEW STATE RECORDS AND ERIC WINNING THE DIVISION. IT WAS GREAT TO HAVE ERIC BACK AFTER TAKING SOME TIME OFF. MASTER LIFTERS RALPH BROWN JR. AND CHUCK EVANS COMPETED IN THE 50-59 DIVISIONS WITH BROWN SETTING ALL NEW STATE RECORDS AND A NEW AMERICAN RECORD IN THE BENCH WINNING THE DIVISION. CHUCK HAS SEEN BETTER DAYS HAVING TO GO LIGHT BECAUSE OF A BACK INJURY. IN THE 275 LB. CLASSES SUBMASTERS HAROLD MOBLEY JR. AND JEFF PESHEK BATTLED WITH MOBLEY WINNING THE DIVISION THIS YEAR. PESHEK PUT UP A SUPER BENCH SETTING A NEW STATE AND AMERICAN RECORD. GREAT JOB JEFF. SPECIAL THANKS TO JEFF'S WIFE CARLI WHO AGAIN THIS YEAR KEPT THE LIFTERS AND SPECTATORS FED BY SERVING HER DELICIOUS HOME COOKING. MASTER LIFTER RANDY HUGG TURNED IN A FINE TOTAL WINNING HIS DIVISION FINISHING WITH A STRONG DEADLIFT. IN THE LIFETIME DIVISION A GREAT BATTLE WAS SEEN BETWEEN KEN HOWARD AND DAVE COLEMAN WITH HOWARD TAKING THE DIVISION ALONG WITH WINNING BEST LIFTER IN THE RAW DIVISIONS AND TYING FOR BEST LIFTER IN THE ASSISTED DIVISIONS. BOTH HOWARD AND COLEMAN RETURNED AFTER TAKING SOME TIME OFF AND IT WAS GOOD TO HAVE THEM BACK BECAUSE THEY'RE TWO GREAT GUYS WHO DO SOME GREAT LIFTING. IN THE SHW DIVISIONS RON GRAHAM AND PALMO ARACRI PUT UP SOME STRONG NUMBERS WINNING THEIR DIVISIONS WITH PALMO SETTING A NEW AMERICAN RECORD IN THE BENCH. IN THE RAW DIVISIONS STEVE THARP SET ALL NEW AMERICAN AND STATE RECORDS WINNING THE 165 LB. MASTERS DIVISION AND ALSO BEST LIFTER. MASTER BLADEN MCCLELLAND CAME DOWN FROM MICHIGAN TO SET ALL NEW AMERICAN RECORDS AND TO GIVE US THE PLEASURE OF HIS FINE COMPANY. MIKE



Top lifters in the Bench Press: (from left to right) ***Ed Freeman, Mark Gullium, and overall Best Lifter Larry Tyler***

MCNINCH ONCE AGAIN WON THE 198 LB. LIFETIME DIVISION PUTTING UP SOME STRONG LIFTS SETTING A NEW STATE RECORD IN THE BENCH. IN THE 220 LB. LIFETIME DIVISION THREE LIFTERS HAD A CLOSE BATTLE WITH GARY TISEVICH WINNING THE DIVISION SETTING THREE NEW STATE RECORDS. JOSEF SCHAFFER SET A NEW STATE RECORD IN THE BENCH COMING IN A CLOSE SECOND. DON TAYLOR ROUNDED OUT THE FIELD RAVING ANOTHER GOOD DAY. MASTER KIRK BRENKUS SET ALL NEW STATE RECORDS WINNING HIS DIVISION. DAVE KINGWATER DID SOME FINE LIFTING SETTING A NEW BENCH RECORD WINNING THE 242 LB. LIFETIME DIVISION. DOUG KOCH SET THREE NEW AMERICAN RECORDS WINNING THE JUNIOR DIVISION. IN THE MASTERS DIVISION PETE PRIMEAU SET ALL NEW STATE RECORDS AND THREE AMERICAN RECORDS EDGING OUT BRAD LOVEJOY TO WIN THE DIVISION AND ED DIBARI TURNED IN A FINE TOTAL WINNING THE POLICE/ FIRE DIVISION. 275 LB. LIFTERS BRAD HENNEBERT AND KEN HOWARD DID SOME GREAT LIFTING BOTH SETTING NEW RECORDS. MASTER LIFTER RICH LUKLAN ALSO TURNED IN A STRONG TOTAL WINNING HIS DIVISION AGAIN. IN THE ASSISTED BENCH PRESS DIVISIONS CHARLES VENTURELLA AND FRANK RANELLI SET NEW RECORDS WITH CHUCK WINNING BEST LIFTER. TIM RICHARDS TOOK THE LIFETIME AND MASTERS DIVISION IN THE 181 LB. CLASS FOLLOWED CLOSELY BY JOE FIUMARA WHO SET A STATE RECORD. MIKE CILETTI AND SIDNEY CURLEY PUT UP SOME STRONG LIFTS WINNING THEIR DIVISIONS AND SIDNEY SETTING A NEW STATE RECORD. BUD FETTY AND SHAWN STANISLAW SET NEW AMERICAN RECORDS IN THE 220 LB. CLASS AND STEVE POPOVICH HAD ANOTHER GOOD LIFT WINNING HIS DIVISION. PAUL VARGO DID A STRONG LIFT EDGING OUT ISSAC THOMS IN THE 275 LB. LIFETIME DIVISION WITH THOMAS WINNING THE SUBMASTERS. SHW JERRY WILSON DID A NICE LIFT WINNING THE MASTERS DIVISION AGAIN THIS YEAR. RALPH BROWN JR. AND JEFF PESHEK SET NEW RECORDS WITH PESHEK HAVING THE BIGGEST BENCH OF THE DAY. IN THE RAW BENCH LARRY TYLER PUT UP A STATE RECORD WINNING THE LIFETIME AND SUBMASTER DIVISIONS IN THE 165 LB. CLASS AND ALSO BEST LIFTER. TEENS MICHAEL ROSS, BILL WHARRY, MIKE KRISTOFF, AND SHAUN HEFFNER DID SOME GREAT LIFTS WITH WHARRY, ROSS, AND HEFFNER SETTING NEW RECORDS. MASTER LIFTER ED FREEMAN ONCE AGAIN TOOK HIS DIVISION, AS DID SHW TOM RAMEY WHO SET A NEW STATE RECORD. IN THE 198 LB. CLASS CHRISTIAN DURANT EDGED OUT NICK CATSOLES IN THE LIFETIME DIVISION WITH CATSOLES WINNING THE SUBMASTERS. MASTER DAVE VARGO SET A NEW STATE RECORD WINNING HIS DIVISION. IN THE 242 LB CLASSES TERRY GIBSON EDGED OUT STEVE COOK IN THE LIFETIME DIVISION WITH STEVE WINNING THE SUBMASTER. BOTH LIFTERS PUT UP STRONG LIFTS AS DID ED DIBARI IN THE POLICE/FIRE. SEVERAL NEW RECORDS BOTH STATE AND AMERICAN WERE SET IN THE SINGLE SQUAT AND DEADLIFT DIVISIONS WITH THE HEAVIEST SQUATS GOING TO TOM KRISTOFF, SCOTT ROWE, AND TEEN DEREK BAKER JR. TOP LIFTS IN THE DEADLIFT BELONGED TO ERIC LEBLANC AND ALLEN MCVANEY FOLLOWED CLOSELY BY BILL BECK AND SHAUN STANISLAW. ONCE AGAIN THANKS TO ALL THE LIFTERS AND HOPEFULLY WE WILL SEE YOU AT THE WORLDS. THANKS TO MY GREAT CREW AND TO THE AUSTINTOWN BOARD OF EDUCATION AND MR KENNY FOR THE USE OF THE MEET SITE. AND HEY TROY AND PIT, THANKS FOR COMING. (THANKS TO RON DEAMICIS FOR PROVIDING THE MEET RESULTS.)

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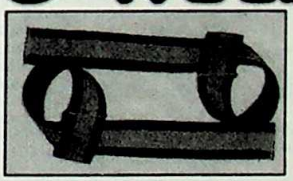

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Evgueniy Popov , team KSV Bochum, with a 340 kg SQ @ 153.1 body wt. at the German Bundesleage (Photograph courtesy of Thomas Klose)

GERMAN BUNDESLEAGE
24 APR 02 - Bochum. KG

114	SQ	BP	DL	TOT
KSV Bochum				
Peter Hillebrand	235	165	270	670
Evgueniy Popov	340	230	350	920
Valeriy Kraus	262.5	140	292.5	695
A. Kwaschny	300	220	310	830
Ulrich Rambow	325	190	290	805
Cemnitzer P.S.V.				
Uwe Hase	290	217.5	282.5	790
Wolfgang Bzdok	255	162.5	250	667.5
G. Schooner	280	165	287.5	732.5
Marco Sura	292.5	165	260	717.5
T. Marhoffer	247.5	160	260	667.5
Power Gym WSB				
Andy Doerner	345.5	175	300	820
Andreas Koch	350	225	305	880
Marcus Hinz	280	170	260	710
Andreas Fenzel	265	142.5	300	707.5
Manfred Georg	255	200	245	700

Winner was KSV Bochum. Andy Doerner of Wiesbaden set a German Record (242) in the squat with 345.5 kg. around 763 lbs. The highest total belonged to Evgueniy Popov at 920 kg./ 2030 lbs. (Thanks to Hermann Korte for results)

USAPL STAR CITY SUMMER OPEN
22 JUN 02 - Lincoln, NE

242	SQ	BP	DL	TOT
M PL				
Mark Coe				
198				
M				
PL				
Jim Hart				
181				
T PL				
Steve Huffman		125		
Dave Huffman	165			
242				
O				
PL				
Allen Roelfs	172.5	135	195	502.5
220				
M				
PL				
Howard Huffman	145	140	190	475
T Pl				
Aaron Matzke	165	172.5	215	552.5
OB				
Tim Anderson				
198				
D. Geistlinger		177.5		177.5

(Thanks to USAPL for providing the meet results.)

USAPL ZUMBRO VALLEY OPEN PL
27 APR 02 - KASSON, MN

WOMEN	SQ	BP	DL	TOT
132 OPEN				
Christy Bang	230	125	250	605
132 MASTER				
Angela Simons	275	225	315	815
148 Master				
Judy Drenth	245	145	320	710
Coty Ginsberg	240	115	270	625
198 OPEN				
Deb Anderson	270	130	260	660
MEN				
165 OPEN				
M. Schultenover	535	335	490	1360
181 OPEN				
Tony Reid	515	380	575	1470
Joe Cooper	440	270	505	1215
181 NOVICE				
Cory Nelson	440	300	435	1175
David Adamson	405	265	435	1105
Ben Deering	375	200	410	985
181 MASTER				
Sid Reid	450	290	520	1260
Bob Sainati	345	220	465	1030
198 OPEN				
J. Merchlewitz	605	400	545	1550
Blake Hanson	530	310	520	1360
JeffJohnson	475	275	450	1200
198 Master				
Gary Grahn	400	280	450	1130
198 MASTER +				
Ed Krall	375	270	450	1095
Jerry Donatell	390	290	405	1085
220 OPEN				
Eric McGowen	465	360	500	1325
220 MASTER				
Gary Edwards	440	350	520	1310
220 MASTER +				
T. Haggenmiller	340	275	480	1095
Phil Markert	330	210	355	895
242 OPEN				
Mark Budensiek	670	420	650	1740
Brian Durham	640	370	620	1630
Jason Murphy	575	340	575	1490
Brain Becker	520	300	610	1430
242 NOVICE				
George Callahan	535	345	525	1405
242 MASTER				
Greg Steele	585	340	580	1505
275 OPEN				
Greg Wagner	780	505	665	1950
Brad Madvig	690	445	700	1835
Antonio Holley	600	435	560	1595
275 NOVICE				
Jeff Stevenson	430	310	390	1130

"The 2002 Zumbro Valley Open Powerlifting Championship" was held in the Kasson- Mantorville High School gymnasium on Saturday, April 27 with 33 Men and Women lifters. Greg Wagner, had a fine day lifting in the Squat 780, the Bench 505, and in the Dead lift 665 for a Total of 1950. The Women's top lifter was Angela Simons lifting 225 in the Bench for a Masters National Women's Record. Meet Director Steve Johnson would like to thank the lifters for coming, and the following people who assisted in making the meet a success: REFEREES: Dennis Green, Bob Sainati, Brian Hudyma, Dan Rgnonti, Mark Rodacker, Eric Alter, Joe Cooper, Rick Stanius, Brad Gillingham, Shawn Cain, Angela Simons, and Keith Hare. SPOTTERS and LOADERS: Jeff Rendler, Scott Rendler, GaryGlawe, Jerry Unger, Mike Tully, Derek Tuly, Bruce Rahlf, Charlie Bradford, Archie Langdon, John Lynch, Billy Gullickson, Nick Fitch, Dean Tlougan, Don Coughlon, and Nate Nord. HELPERS: Jim and Marlene Coughlon, Curt and Tess Johnson, Bill Omundson, John Kreidermacher, and Larry Smith. ANNOUNCER: Scott Safe—best in the business! SCHOOL: Kasson- Mantorville High School. MOST OF ALL MY WIFE, Dawn Johnson! All of these people were there the entire day. I truly thank you all for the incredible job you do! To all thanks! The success of the meet assures this will continue as an annual event. (Thanks to STEVE JOHNSON, Meet Director of Zumbro Valley Open for these results)

Erie College Football BP/DL
18 MAY 02 - Orchard Park, NY

BENCH		Vip Peterson	530*
WOMEN		BENCH	
Open		148	
C. Dillenburg	140*	Andre Jackso	390
Peg Scanlon	145	Mike Panzarella	
Teen 16-17		165	
B. Labushesky	125	Tom Graham	335
Jenna Gane	135	181	
Master		Woodley Hazzan	335
Benda Kelly	140	Dan Gould	365
MEN		198	
18-19		Vinson Moore	335
Dart Larson	385	Mike Dwyer	
Brad Myers	350	Paul Klatman	385
Paul Safy	275	220	
Marc Scarlata	225	Trent Drake	340
Dan Rodda	185	Mike Egnote	355
Sub Master		Rhyreef Patton	385
Tom Schmidt	485	Matt Mosher	380
Paul Tout	300	242	
Masters Light		Wayne Carroll	385
P. DeFrancisco	310	David Bowen	475
Dennis Brochey	260	275	
Paul Trusso	285	Fank Vicks	
Tom Graham	335	John Watkins	470
Walt Bartlett	235*	M. Malisiewicz	345
Juan Collazo	295*	Tony Egnoto	330
Master Heavy		Matt Schimpf	325
Wayne Carroll	385	Joe Pisarski	405
Vip Peterson	305	DEADLIFT	
Warren Kelly	330	148	
Regan Ward	400	Andre Jackson	450
Don Boardman		181	
Scott Shales	385	Woodley Hazzan	485
John Stellrecht	350	198	
Larry Huff Sr.	365	Vinson Moore	550
Maurice Harling	420	Trent Drake	
DEADLIFT		Pau! Klatman	405
Women		220	
148		Nike Egnote	
Sarah Chaffee	250	Rhyreef Patton	600*
Teen		Matt Mosher	550
18-19		Trent Drake	475
Brad Myers	585	275	
Paul Safy	425	M. Malisiewicz	515
Master		Tony Egnoto	600
P. DeFrancisco	440	Joe Pisarski	500
Juan Collazo	415	Matt Schimpf	485
Dennis Brochey	345	Super	
Jack Toy 475		Jeff Miller	620

Erie Community College Football's 1st Annual Bench and Dead lift Championship contest had forty-five bench contestants and twenty-five dead lift contestants. The meet directors were Head Football Coach Dennis Greene and National USPF referee Chuck Wuest. The referees were headed by Mike Walenski the North East Chairman for the USPA. Four New York State records were set in bench. Carol Dillenburg, 57 in the 181 lb. Class did 140 lb. Tom Schmidt 35, in the 220 lb. Sub Masters did 485 lb. Juan Collazo 65 in the 181 lb. Masters did 295. Walt Bartlett 65 in the 165 lb. Masters did 235 lb. in his first bench contest. Andre Jackson 148 lb. won the Best Bench Award with a lift of 390 lb. Dave Bowen 272 lb. was close with a lift of 475 lb. A Dead lift State Record was set in the 198 lb. masters by Yip Peterson, 56, with a lift of 530 lb. Yip has been competing in power for 37 years. The award for Best Dead lift went to Vinson Moore 198 lb. with a lift of 550 lb. Rhyreef Patton 220 lb. was close with a lift of 600 lb. The contest proceeds will benefit the ECC Football Booster Club. The coaching staff and 3 players provided the loading and spotting. Coach Greene hopes to run the contest again in May of 2003 (Thanks to Dennis Greene for providing these meet results.)

USAPL Elite Fitness
26 MAY 02 - BEDFORD HTS, OH

	SQ	BP	DL
Full Meet			
MEN			
Phil Hile	365	250	455
Greg Dennison	385	240	510
Mark Jesenovec	425	335	505

(Thanks to USAPL for providing the results.)

ASSOCIATION OFFICE COPY

- This is a membership application form. Complete all areas and return Part One to the address shown.
- For information on registration and program, call 1-800-AAU-4USA.
- AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES

	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports:	10.00	12.00

Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

	Regular Fee	"AB" Fee
Adult Athletes in the Following Sports:	20.00	23.50
Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting		
Adult Athletes in the Following Sports:	20.00	25.00
Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling		
Adult Athletes in the Following Sports:	Not Available	25.00
Chinese Martial Arts, Judo, Jujitsu, and Karate		
Adult Tae Kwon Do Athletes	20.00	Not Available
Adult Powerlifting Athletes	30.00	35.00

AAU National Headquarters
c/o The Walt Disney World Resort
PO Box 10,000
Lake Buena Vista, FL 32830

SPORT CODE ____ ____ ASSOCIATION CODE ____ ____

MEMBERSHIP CATEGORY *CHECK ONE:* ___ Athlete ___ Coach ___ Official ___ Volunteer

CHECK ONE: ___ Youth Program ___ Adult Program **Added Benefit** ___ Yes ___ No

Club No.: Club Name: E-Mail

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Date of Birth | Age | Sex ☐Male ☐Female | Application Date | Social Security Number

First | Middle | Last

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County | Phone (With Area Code)

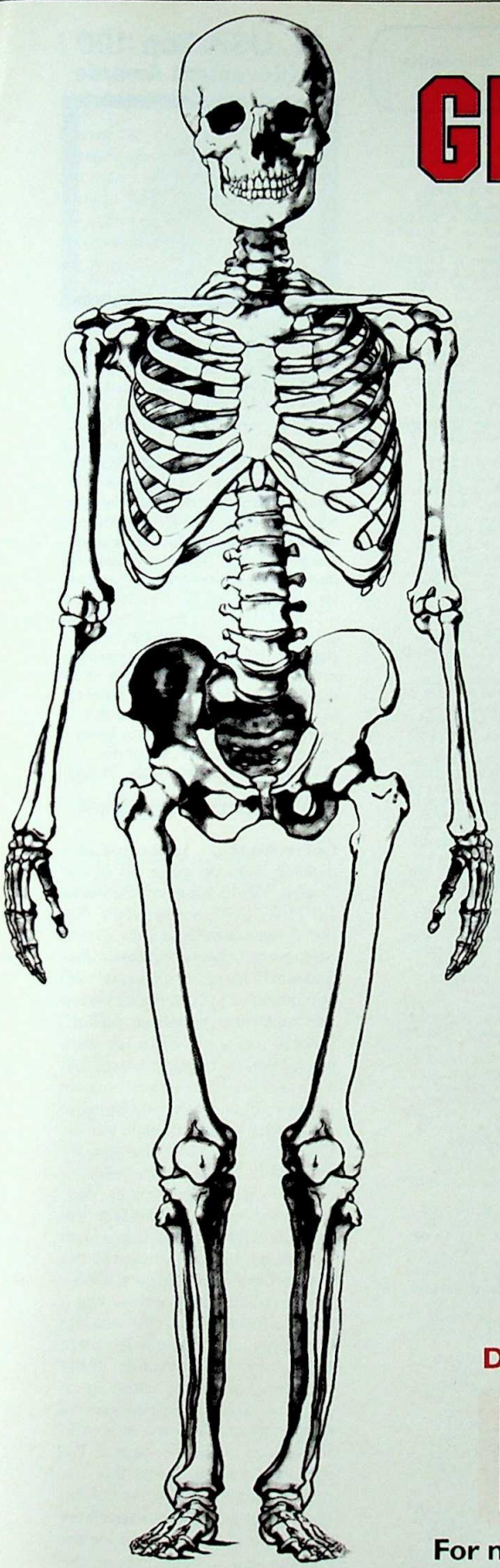
I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature _____

Parent/Guardian Signature _____

GET TO THE JOINT



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TOP 100

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	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	600 Washington, H..6/1/02	446 Clark, A..8/12/01	606 Taylor, T..8/12/01	1466 Washington, H..6/1/02
2	529 Kupperstein, E..4/6/02	365 Byrnes, C..9/15/01	567 Williams, M..4/13/02	1460 Clark, A..8/12/01
3	523 Clark, A..8/12/01	350 Petrencak, S..11/11/01	565 Kupperstein, E..5/18/02	1438 Taylor, T..8/12/01
4	520 Williams, M..2/2/02	347 Rinehart, T..2/23/02	540 Washington, H..8/12/01	1350 Williams, M..2/2/02
5	507 Avigliano, N..6/14/02	341 Hatch, N..5/25/02	534 Whigham..8/12/01	1330 Kupperstein, E..5/18/02
6	500 Villafranca, D..3/23/02	341 Washington, H..6/1/02	534 Carr..10/19/01	1300 Cunningham, T..7/14/01
7	496 Taylor, T..8/12/01	336 Taylor, T..7/14/01	529 Cunningham, T..7/14/01	1262 Whigham..8/12/01
8	485 Cunningham, T..7/14/01	330 Smith, J..2/24/02	525 Rorex, G..4/27/02	1250 Weisberger, A..11/17/01
9	485 Leverett, C..8/12/01	330 Knight, E..3/2/02	510 Kiletico, M..2/2/02	1223 Edralin, D..12/8/01
10	475 Whigham, A..7/15/01	319 Lippert, J..11/15/01	500 Scott, J..3/23/02	1223 Leverett, C..6/14/02
11	465 Weisberger, A..11/17/01	315 Weisberger, A..11/17/01	490 Clark, A..8/12/01	1215 Kiletico, M..2/2/02
12	460 Williams, C..7/28/01	308 Edralin, D..12/8/01	490 Northern, D..5/4/02	1200 Northern, D..5/4/02
13	455 Pharr, C..3/23/02	308 Hanifen, L..12/9/01	485 Edralin, D..12/8/01	1195 Carr..10/19/01
14	455 Northern, D..5/4/02	300 Mattis, J..10/20/01	480 Williams, C..7/28/01	1195 Pharr, C..3/23/02
15	451 Smith, T..8/11/01	300 DeCarlo, C..6/22/02	480 Pharr, C..3/23/02	1195 Villafranca, D..3/23/02
16	450 Kuhns, M..4/6/02	297 Corsello, J..5/4/02	480 Ortega, L..3/23/02	1190 Avigliano, N..6/14/02
17	440 Hernandez, C..3/23/02	292 Young, A..7/28/01	479 Leverett, C..6/14/02	1180 Williams, C..7/28/01
18	435 Kiletico, M..2/2/02	292 Miller, B..9/22/01	473 Weisberger, A..2/23/02	1146 Smith, T..8/11/01
19	435 Lorenz, K..3/23/02	290 Forehand, J..3/16/02	465 Semidey..7/22/01	1140 Hernandez, C..3/23/02
20	435 Dean, D..3/23/02	286 Cunningham, T..7/14/01	462 Hansen, S..3/23/02	1135 DeCarlo, C..6/24/02
21	429 Edralin, D..12/8/01	281 Thompson, J..12/6/01	462 Avigliano, N..6/14/02	1115 Scott, J..3/23/02
22	424 Young, G..7/14/01	280 Nakano, R..3/23/02	460 Meadows, S..4/6/02	1105 Mattis, J..10/20/01
23	420 Marks, B..3/23/02	278 Nguyenm, Q..4/27/02	460 Hill, D..5/4/02	1086 Corsello, J..5/4/02
24	420 Bui, L..3/23/02	275 Newman, C..7/28/01	451 Smith, T..8/11/01	1085 Semidey..7/22/01
25	418 Marchand, B..3/16/02	275 Rudel, D..11/17/01	451 Garcia, H..11/15/01	1085 Jordan, J..12/9/01
26	410 Moore, T..3/23/02	275 Imamura, J..12/1/01	450 Ervin, Q..3/23/02	1085 Marks, B..3/23/02
27	410 DeCarlo, C..6/22/02	275 Duncan, M..12/9/01	450 Mateo, J..5/4/02	1085 Lorenz, K..3/23/02
28	407 Carr..10/19/01	275 Marcak, P..3/16/02	446 Rosen..10/19/01	1080 Ortega, L..3/23/02
29	405 Scott, J..3/23/02	275 Goelz, B..3/23/02	445 Sanchez, T..3/23/02	1080 Dean, D..3/23/02
30	405 Caseres, J..3/23/02	275 Wintrone, C..4/13/02	440 Smith, R..3/16/02	1070 Moore, T..3/23/02
31	400 Altizer, B..12/8/01	270 Verrett, D..7/7/01	440 Caseres, J..3/23/02	1060 Caseres, J..3/23/02
32	400 Jordan, J..12/9/01	270 Murray, E..9/8/01	435 Marks, B..3/23/02	1060 Bui, L..3/23/02
33	400 Hill, D..2/9/02	270 Kiletico, M..2/2/02	435 Russo, R..6/22/02	1060 Hill, D..5/4/02
34	400 Ortega, L..3/23/02	270 Altizer, B..2/9/02	430 Mattis, J..10/20/01	1058 Ehresman, J..2/16/02
35	400 Diamond, M..4/29/02	270 Villafranca, D..3/23/02	430 Jordan, J..12/9/01	1052 Rosen..10/19/01
36	396 Rosen..10/19/01	270 Hernandez, C..3/23/02	430 Kibler, T..2/2/02	1050 Meadows, S..4/6/02
37	396 Ehresman, J..2/16/02	265 Schlangat, P..11/12/01	430 Hernandez, C..3/23/02	1050 Diamond, M..4/29/02
38	395 Welden, B..3/23/02	265 Williams, M..2/2/02	430 Diamond, M..4/29/02	1045 Ervin, Q..3/23/02
39	390 Ervin, Q..3/23/02	265 Kupperstein, E..5/18/02	430 Beaudoin, M..6/23/02	1041 Young, G..7/14/01
40	390 Tompkins, D..3/23/02	264 Teeter, G..4/6/02	425 Bellmon, R..2/9/02	1030 Sanchez, T..3/23/02
41	390 Zeliznik, T..5/4/02	264 Bates, A..4/19/02	425 Allen, C..3/15/02	1030 Hansen, S..4/20/02
42	390 Stevenson, R..5/4/02	264 Vo, D..4/27/02	425 Villafranca, D..3/23/02	1025 Welden, B..3/23/02
43	385 Tucker, T..3/2/02	264 Leverett, C..6/14/02	425 Dean, D..3/23/02	1025 Carpenter, D..5/25/02
44	380 Semidey..7/22/01	260 Whigham ..7/15/01	425 Bui, L..3/23/02	1020 Reinitz, C..8/25/01
45	375 Mattis, J..10/20/01	260 Marquinez, F..11/11/01	425 DeCarlo, D..6/22/02	1020 Zeliznik, T..5/4/02
46	375 Bellard, S..3/23/02	260 Pharr, C..3/23/02	424 Ehresman, J..2/16/02	1019 Smith, R..3/16/02
47	375 Reinitz, C..4/6/02	260 Moore, T..3/23/02	420 Reinitz, C..8/25/01	1019 Hanifen, L..6/15/02
48	375 Green, R..4/29/02	260 Kuhns, M..4/6/02	419 Overdeer, A..5/19/02	1015 Altizer, B..12/8/01
49	375 Howard, Z..6/1/02	260 Munechika, C..5/10/02	418 Shivae, H..11/15/01	1014 Marchand, B..3/16/02
50	374 Sisti, A..11/17/01	255 Coisson, B..7/28/01	418 Marroquin, S..11/15/01	1014 Melancon, S..4/13/02
51	374 Smith, R..3/16/02	255 Loat, A..8/6/01	418 Raymond, D..11/17/01	1010 Bellmon, R..2/9/02
52	374 Overdeer, A..5/19/02	255 Surita, D..9/23/01	418 Hynes, C..3/10/02	1010 Kuhns, M..4/6/02
53	369 Velasquez, J..11/3/01	255 Jordan, J..12/9/01	418 Corsello, J..5/4/02	1008 Overdeer, A..5/19/02
54	369 Mobley, S..2/9/02	255 Jones..4/20/02	415 Zak, B..12/01	1003 Tucker, T..3/2/02
55	369 Corsello, J..5/4/02	255 Northern, D..5/4/02	413 Lippert, J..11/15/01	1000 Mateo, J..2/9/02
56	365 Hansen, S..4/20/02	253 Darling, J..9/22/01	413 Ochoa, N..11/15/01	997 Sisti, A..11/17/01
57	365 DelGallo, R..4/27/02	253 Carr..10/19/01	413 Marchand, B..3/16/02	992 Ware, V..6/14/02
58	363 Holmes, A..3/16/02	253 Bobrovitz, G..11/15/01	413 Carpenter, D..5/25/02	990 Tompkins, D..3/23/02
59	360 Bellmon, R..2/9/02	253 Carpenter, D..5/25/02	410 Maez...7/28/01	990 Stevenson, R..5/4/02
60	360 Nash, A..3/8/02	248 Calhoun, B..8/25/01	410 Vallot, B..12/1/01	986 Velasquez, J..11/3/01
61	358 Ray, J..5/18/02	248 Garcia, H..11/15/01	410 Burns, G..3/23/02	985 Burns, G..3/23/02
62	358 Carpenter, D..5/25/02	248 Mendez, S..11/15/01	410 Patino, M..3/23/02	985 Bellard, S..3/23/02
63	358 Ware, V..6/14/02	245 Decker..7/22/01	410 Zeliznik, T..5/4/02	985 Emig, S..3/23/02
64	355 Mateo, J..2/9/02	245 Sheppard, C..8/11/01	407 Tucker, T..3/2/02	985 Green, R..4/29/02
65	355 Belen, A..6/1/02	245 Lorenz, K..3/23/02	407 Holmes, A..3/16/02	981 Dirienzo, T..11/17/01
66	352 Raymond, D..11/17/01	245 Rogers, B..5/4/02	405 Devers, G..12/30/01	981 Holmes, A..3/16/02
67	352 Gunn, R..3/16/02	245 Brent..5/19/02	405 Lorenz, K..3/23/02	975 Maez..7/28/01
68	350 Sanchez, T..3/23/02	242 Smith, T..8/11/01	405 Bellard, S..3/23/02	975 Goelz, B..3/23/02
69	350 Burns, G..3/23/02	242 Velasquez, J..11/3/01	405 Myers, S..5/11/02	960 Belen, A..6/1/02
70	350 Emig, S..3/23/02	242 Dirienzo, T..11/17/01	402 Dirienzo, T..11/17/01	959 Raymond, D..11/17/01
71	350 Meadows, S..4/6/02	242 Balke, P..11/17/01	402 Bareng, J..12/8/01	955 Patino, M..3/23/02
72	347 Hanifen, L..6/15/02	240 Semidey..7/22/01	402 Thomas, D..4/13/02	955 Howard, Z..6/1/02
73	345 Sutton, C..11/17/01	240 Williams, C..7/28/01	402 Ware, V..6/14/02	953 Thomas, D..4/13/02
74	345 Jones, T..3/15/02	240 Maez..7/28/01	400 Stevenson, K..10/28/01	953 Ray, J..5/18/02
75	341 Kawasaki, N..8/11/01	240 Reinitz, C..8/25/01	400 Beezup, J..2/9/02	950 Helms, J..5/10/02
76	341 Aguila, V..2/9/02	240 Sheperd, T..12/15/01	400 Moore, T..3/23/02	942 Bareng, J..12/8/01
77	341 Nero, C..4/13/02	240 Jones, T..3/15/02	400 Tompkins, D..3/23/02	942 DelGallo, R..5/4/02
78	341 Melancon, S..4/13/02	240 Welden, B..3/23/02	400 Emig, S..3/23/02	940 Myers, S..5/11/02
79	340 Beezup, J..5/4/02	240 Meadows, S..4/6/02	400 Helms, J..5/10/02	936 Mobley, S..2/9/02
80	340 Raymond, C..5/4/02	240 Hayes..5/4/02	396 Imamura, J..12/1/01	931 Vallot, B..4/13/02
81	336 Strickland, W..3/16/02	240 Rataj, C..6/23/02	396 Sisti, A..4/13/02	931 Nero, C..4/13/02
82	336 Vallot, B..4/13/02	236 Ehresman, J..2/16/02	395 Lepart, D..2/2/02	930 Nash, A..3/8/02
83	336 Blessinger, C..6/15/02	236 Thomas, D..4/13/02	395 Romeo, J..3/9/02	925 Kibler, T..2/2/02
84	335 Mesik, A..10/27/01	235 Alaniz, J..7/28/01	395 Stevenson, R..5/4/02	925 Quave, S..3/16/02
85	335 Mullins, K..3/15/02	235 LaMott, T..12/1/01	391 Young, G..7/14/01	925 Jones..4/20/02
86	335 Patino, M..3/23/02	235 Sanchez, T..3/23/02	391 Gantz, H..11/15/01	925 Brent..5/19/02
87	330 Wily, M..12/1/01	235 Emig, S..3/23/02	391 Walker, J..6/29/02	920 Lepart, D..2/2/02
88	330 Oliva..1/6/02	235 Lewis, M..3/30/02	390 Welden, B..3/23/02	920 Balke, P..4/13/02
89	330 Zahrte, D..3/8/02	235 Gee, S..4/27/02	385 Boston, M..7/14/01	920 Beezup, J..5/4/02
90	330 France, G..3/16/02	235 Lewis, D..5/18/02	385 Lomax, J..11/17/01	920 White, R..5/18/02
91	330 Burgess, I..5/4/02	235 Davis, J..5/18/02	385 Salem, N..12/9/01	915 Sutton, C..11/17/01
92	325 Maez..7/28/01	235 Russo, R..6/22/02	385 Mobley, S..2/9/02	915 Bailey, J..3/15/02
93	325 Rey, J..10/27/01	231 Melrose..10/27/01	385 Jones..4/20/02	915 Jones, T..3/15/02
94	325 Lomax, J..11/17/01	231 Sisti, A..11/17/01	385 Green, R..4/29/02	914 Hynes, C..3/10/02
95	325 Kibler, T..2/2/02	231 Otte, K..11/17/01	380 Mendez, S..11/15/01	914 Blessinger, C..6/15/02
96	325 Lepart, D..2/2/02	231 Overdeer, A..2/9/02	380 Bailey, J..3/15/02	909 Kawasaki, N..8/11/01
97	325 Edgren, G..3/8/02	231 Ray, J..5/18/02	380 Quave, S..3/16/02	905 Oliva..1/6/02
98	325 Quave, S..3/16/02	231 White, R..5/18/02	380 Nero, C..4/13/02	900 Lewis, D..5/18/02
99	325 Phillips, A..3/16/02	231 Ware, V..6/14/02	380 Bogan, R..4/20/02	898 Burgess, I..5/4/02
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NEXT MONTH... TOP 148s

Corrections... Lance Koehler's deadlift, seen on page 63 of the August 2002 issue of *POWERLIFTING USA*, at the WNPF Nationals was actually a New Jersey State record. We recognize the fact that we do make errors in our own compilation of the various ranking lists and meet resultswe publish, however, in some cases we were not (as yet, perhaps) able to obtain a copy of the results from the meet director, and occasionally the meet results themselves contain errors. Often times the meet directors are exhausted by thesheer effort it takes to put on a powerlifting contest, and they are not - at that critical moment after the contest has been completed - always attuned to the notion that they should get the meet results published Once there was a national meet that got over very late and everyone went out for pizza and some sleep afterwards. In the meantime, a janitor came in to clean up and in the process, he threw away all the cards and scoresheets -- stuff happens. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to "PL USA ERRORS", Box 467, Camarillo, California 93011.

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The response to our offer of the new book **MUSCLETOWN USA** by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. (432 pages, 70 illustrations). Paperback edition is $23.50 plus $4 shipping and handling per book hardbound books in stock - $65 plus $4 s/h). Send orders for MUSCLETOWN USA payable to PL USA, Box 467, Camarillo, CA 93011.

USAPL Kansas St/Sunflower Open
20 APR 02 - Lawrence, KS

KANSAS STATE				
BENCH				
OPEN				
242				
Waldori, Bob		460		
Limper, Jim		415		
PL				
Master 275+				
Stout Tom	135	135	640	910
198				
Open				
York, Todd				
Stout, Steve	440	380	535	1355
275				
Williams, Tamo	750	525	700	1975
Wilczak, Adam	485	335	450	1270
275+				
Ufford, Ken	660	485	700	1845
Bowman Bobby	600	500	680	1780
SUNFLOWER OPEN				
BENCH				
Master				
F-132				
Birman, Linda		85		
123				
Open				
Jasper, Chad		305		
F-105				
Sieps Barb		80		
198				
Teen				
Hancock, David		300		
PL				
220				
Master				
Bovles, Bob	550	360	570	1480
F-132				
Birman, Linda	185	85	185	455
132				
Open				
Hansen, Scott	365	225	440	1030
181				
Howell, Daniel	380	280	475	1135
198				
Johnson, Lane	340	270	475	1085
Stapleton, Ty				
220				
Ortiz, David	365	300	400	1065
242				
Reeves, Kurt	400	290	455	1145
275				
Johnson, Scott	355	225	425	1005
F-105				
Sieps, Barb	150	80	185	415

Meet Directors: James C. Hart, Todd York. (Thanks to USAPL for providing the meet results to *PLUSA*.)

USAPL LA KEMESSE FESTIVAL
23 JUN 02 - Biddeford, ME

Women's Bench		275		
Linda Burgess	185	Watter Sabine		420
Teen Bench		Dan Botthby		385
Joe Frask	240	SubMaster Bench		
Derrock Frask	265	198		
220		David Babeode		305
Mike Dube	395	220		
Brian Cote	350	Brian Cote		350
242		Grandmaster Bench		
Mike Katter	415	Bob Ayers		145
		Shorty Ayers		200
Teen Open	SQ	BP	DL	TOT
15 year old				
Derrock Frask	270	265	315	850
17 year old				
Justine Clough	330	315	405	1050
Nathan Clough	330	315	405	1050
19 year old				
Lorne Fairbanks	465	230	500	1195
Junior Open				
Brian Lanoue				
Open Division				
181				
Jason Nickerson	555	365		
Randy Pushard	385	315	490	1190
198				
Eric Fortin	525	395	610	1530
220				
Michael Dule	475	395	520	1390
Mike Ridge	550	375	575	1500
275				
Jamie Fellows	640	400	600	1640
275+				
Jason Pouliot	600	320	550	1470
Guy Ziriak				
SubMasters Division				
Mike Dule	475	395	520	1390
Mike Ridge	550	375	575	1500
Masters				
Dan MacRead	575	335	565	1475
Richard White	485	275	485	1245

(Thanks to USAPL for providing these results.)

TRI-SERVICE MEET (kg. totals)
09 FEB 02 - Colorado Springs, CO.

MEN		Clark, Cody	535
123		220	
Bjurback, Jesse	297.5	Baumgartner, T.	660
132		Sanford, Ryan	602.5
Sisti, Anthony	422.5	Lawrence, Lewis	590
Balke, Peter	400	Braune, Justin	530
Lomax, James	395	Stanfield, Robert	530
Hadley, Brett	355	Beck, Matt	405
148		Redman, Gary	350
Morris, James	532.5	Bush, Brian	270
Portis, Stoney	532.5	242	
Wolf, Masey	502.5	Falk,Brian	565
Yee, David	350	275	
Coleman, Mike	262.5	Hay, Stephen	590
165		WOMEN	
Garza, Ricardo	610	97	
Sweger, Joseph	597.5	Bernadette	167.5
Hockridge, T.	560	105	
Zwicker, C.	630	Braud, Allison	207.5
Chin, Edwin	525	123	
Bogusky, Rick	490	Kageyama, K.	270
Ghazal, Tawofik	480	132	
Nguyen, Duc	442.5	Coffee, Cynthia	
Yee, Alan	410	148	
Downing, Ryan	237.5	Knutson, C.	350
181		Serra, El-Len	347.5
MacGillis, S.	647.5	Harmon, S.	320
Hillery, Robert	632.5	Odom, Rachel	312.5
Mroszczyk, Joe	585	Tan, Mariclair	280
Simmons, James	572.5	Pederson, P.	297.5
Cohn, Clayton	567.5	Ouellette, Anne	250
Wergeland, B.	555	165	
Curry, Derek	552.5	Loya, Julia	447.5
Pitts, Boczak	535	Cartus, Kristen	272.5
Hancock,John	492.5	198+	
198		Mansfield, E.	325
Caprari, Andrew	690		
Horton,Nicholas	600		
Duff, Thomas	587.5		
Newton,Mitchell	570		
Stegeman, Tyler	567.5		
Kerns,Heath	545		

(thanks to USAPL for providing these results)

12th annual Winter BP Classic
24 FEB 02 - Granger, IN

Drug Tested		275	
181		R. Buckley	440
G. Mendez		J.Jacobs	375
198		Master	
A. Reed	472*#	198	
A. Cancel	385	F. Stokes	340
S. Outman	300	D. Hom	332.5
220		220	
C. Lambersie	305	M. Mellinger	385
242		T. Ward	340
M. Johnson	470	Master 50+	
275		148	
T. Macik	430	M. Wider	225
308		220	
S. Jarausch	500	G. Fay	330
Novice		242	
242		T. Frick	345
R. Michalek	380	G. Washington	342.5

*Meet record. #Central Bench Press League record. Best lifter, $200 - Al Reed. Special thanks to Randy Hull, Steve Wider, Mike Wider, Lynne Boshoven and the Reed Brothers. With 15 years of hard work and competing under his lifting belt, Al Reed had the day of his life, getting two PRs, the second of which, 472.5, was his first CBPL league record, eclipsing Isiah Jackson's. And he topped it all off by copping the best lifter prize of $200. Also getting his first quarter ton, was his teammate and training partner, Steve Jarausch. Also getting a PR in the men's division was Tony Macik with a 430. In the novice division we had a couple of outstanding winners; Ray Michalek with a 380 in the 242's, and Rubin Buckley with 440 in the 275's In the masters Fred Stokes must feel his teammate breathing down his neck as Darrell Horn got yet another PR, 332.5 to come very close to Fred's 340. In the 220's, Mark Mellinger came away with the win at 385, but his partner, Tyrone Ward got the PR with 340. In the 50 and over, Mike Wider began his 31st year of competition by getting 225 at 148, a lift he hasn't made in several years. And the in 242's the closest battle of the meet was staged, with George Washington getting nipped by the closest of margins by Terry Frick, 345 to 342.5. (results via J. Smoker)

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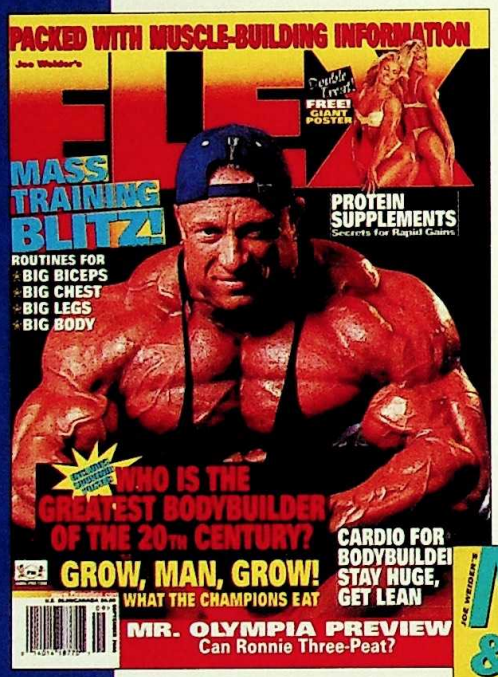

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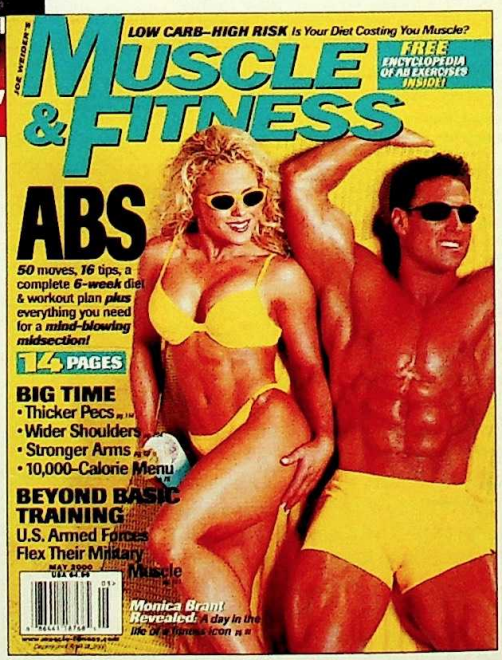

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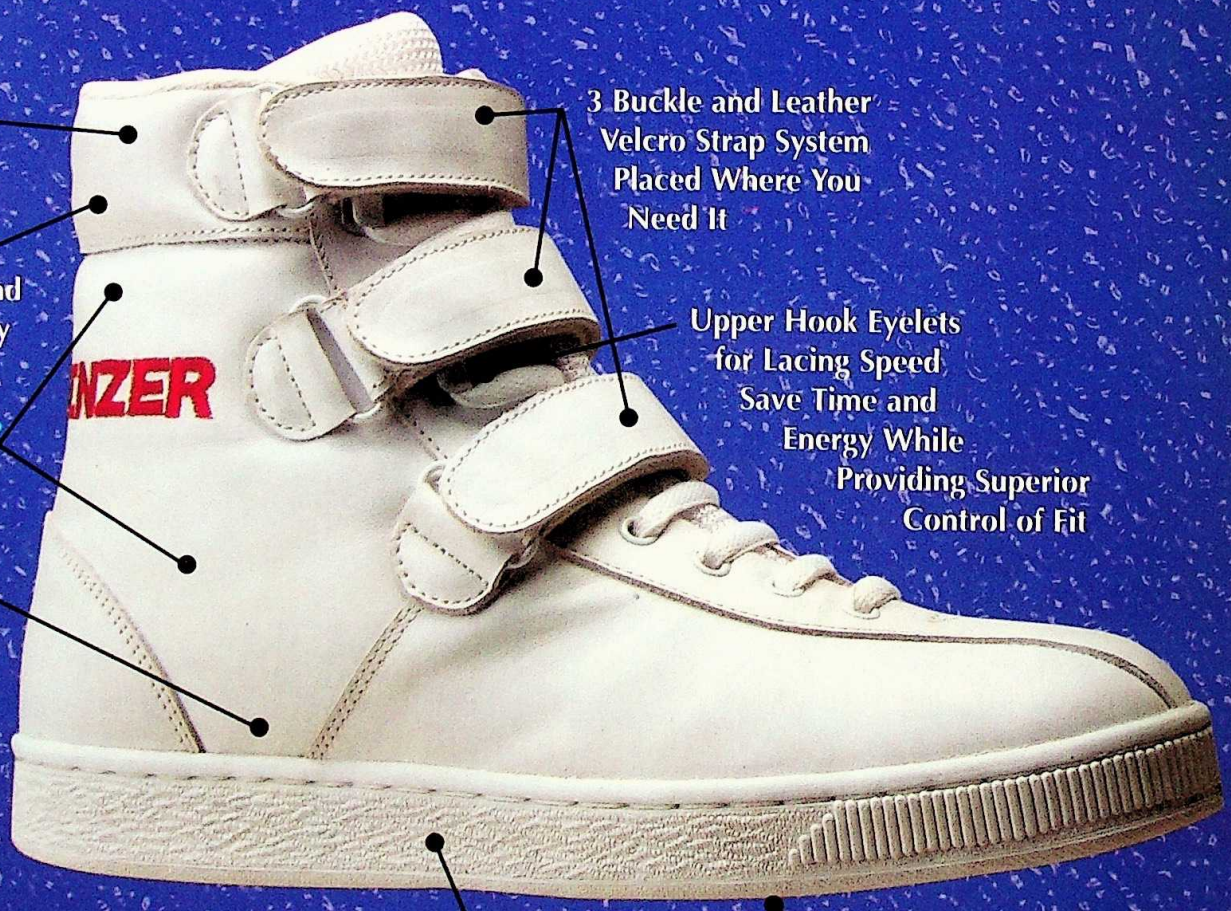

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