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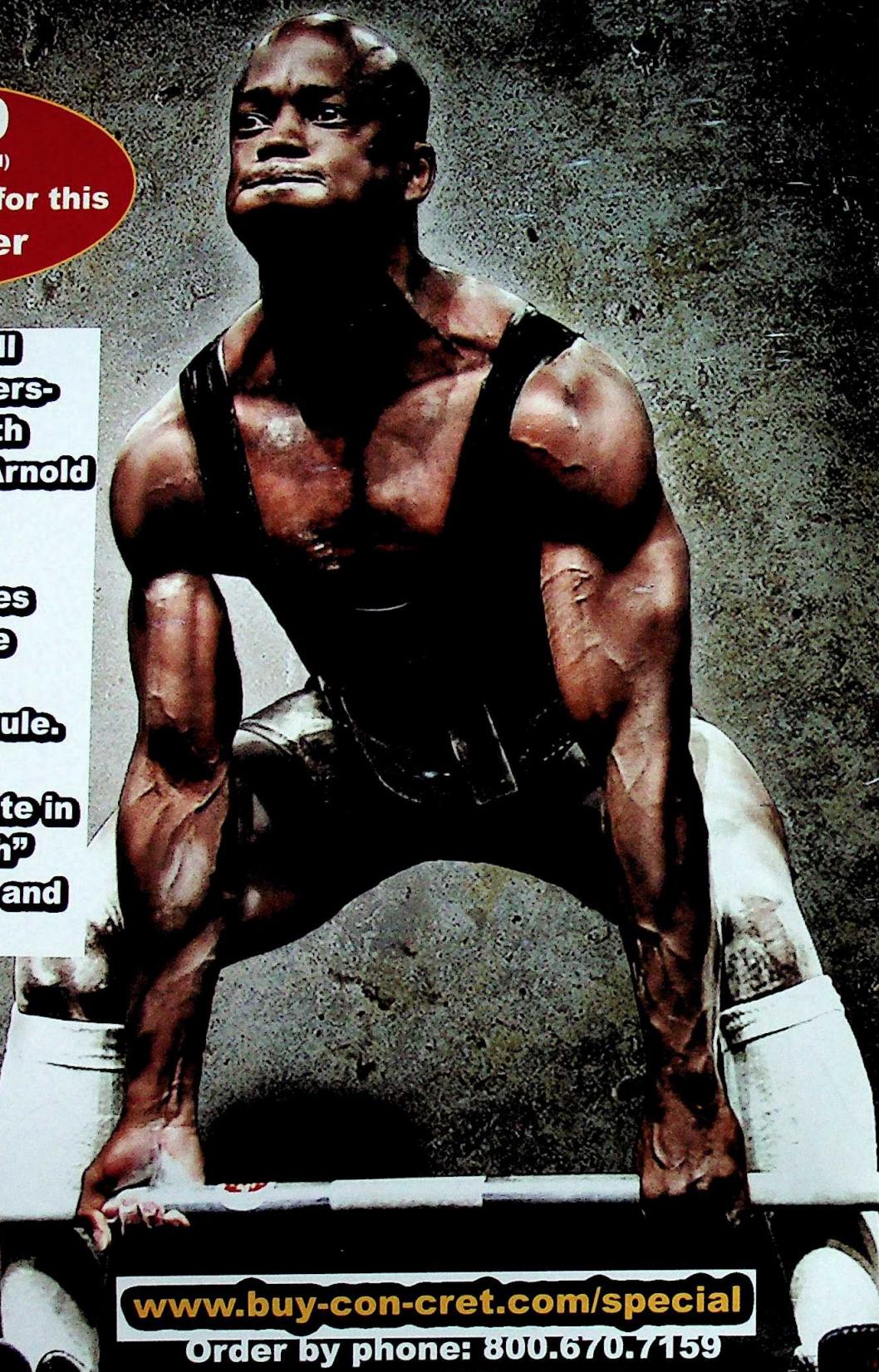
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Powerlifting USA

Post Office Box 467
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Publisher Mike Lambert

"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, through their own love for the sport.... this is their magazine."

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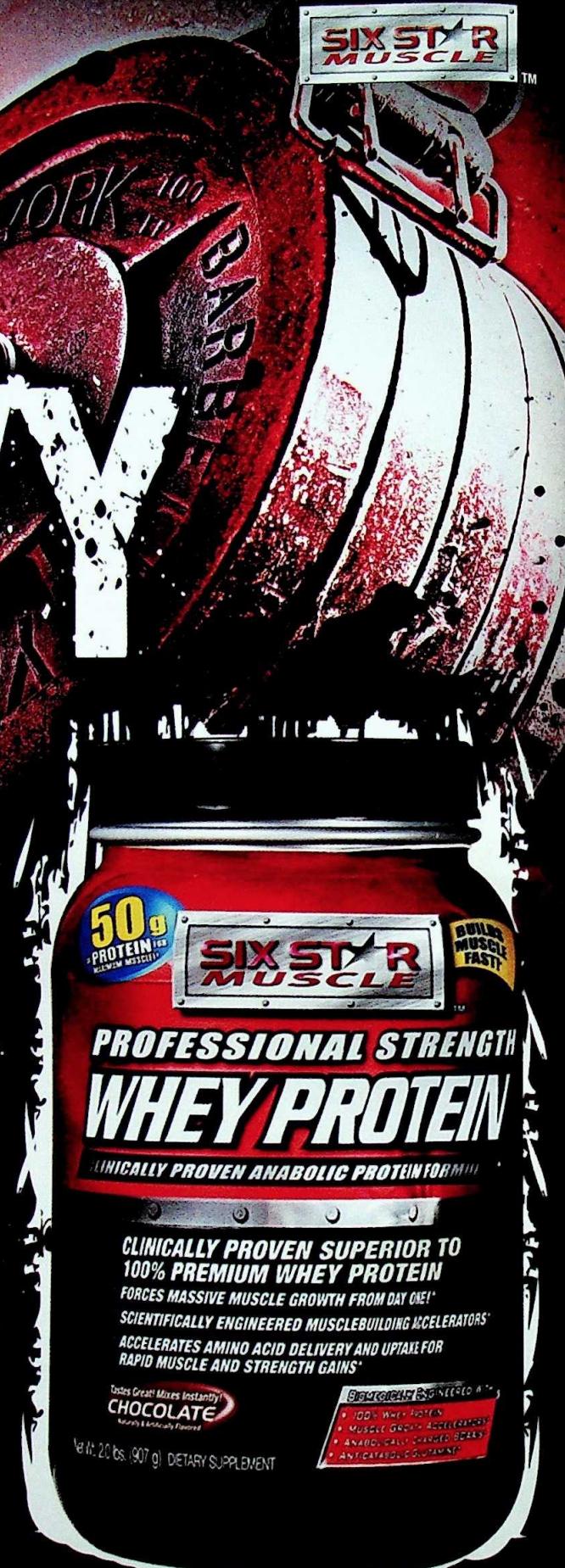


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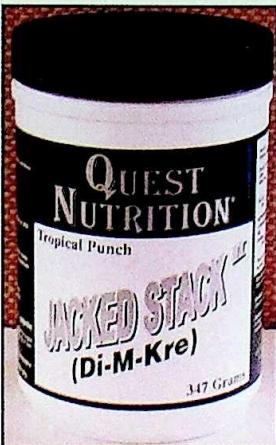
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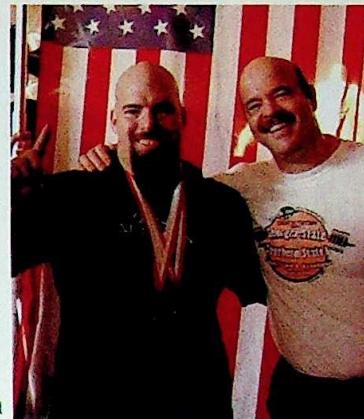
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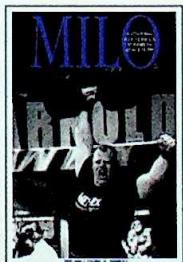


IPF World Champion Tony Cardella
with USA Men's Coach Sherman Ledford

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This



led to this

We won't say that it's 100% perfect, but it is true that *MILO* has something of a crystal ball when it comes to sensing what's about to happen in the strength world—which is why we put Phil Pfister on the cover of our June issue last year, predicting that it might be his year to win the World's Strongest Man contest. Phil went on to win—the first American since Bill Kazmaier—and Phil, bless his soul, made no bones about what fired him up to win the big one . . . it was our cover!

We can't guarantee you'll make the cover of *MILO*, or that even if you do, you'll win the World's Strongest Man contest—but we can guarantee that if you read *MILO*, you'll be better equipped to win at whatever you do and instead of throwing your money away, you'll have bought something worth collecting.

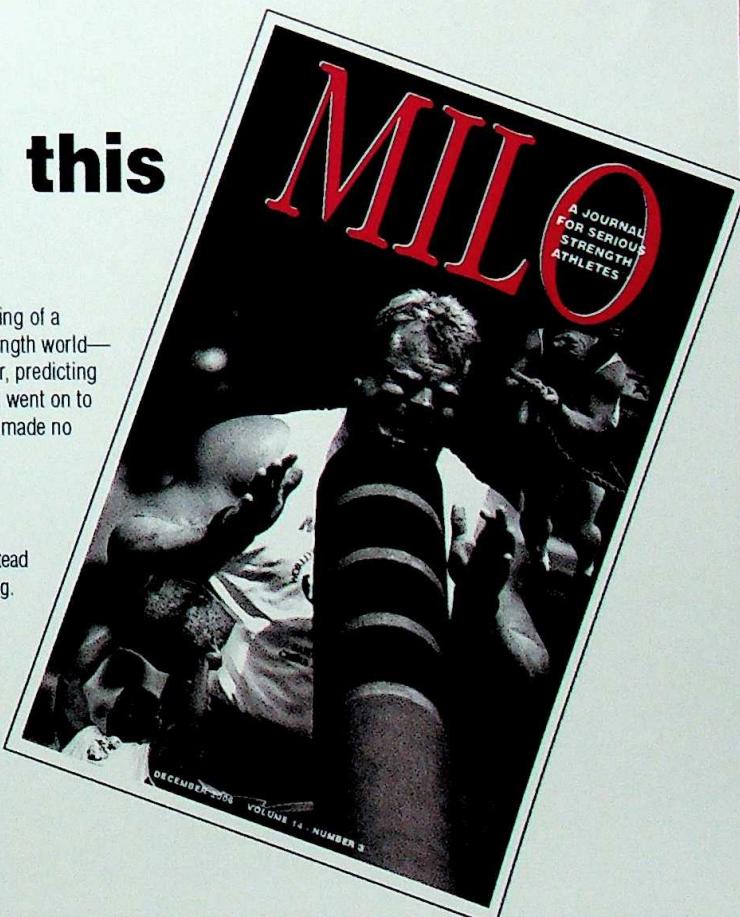
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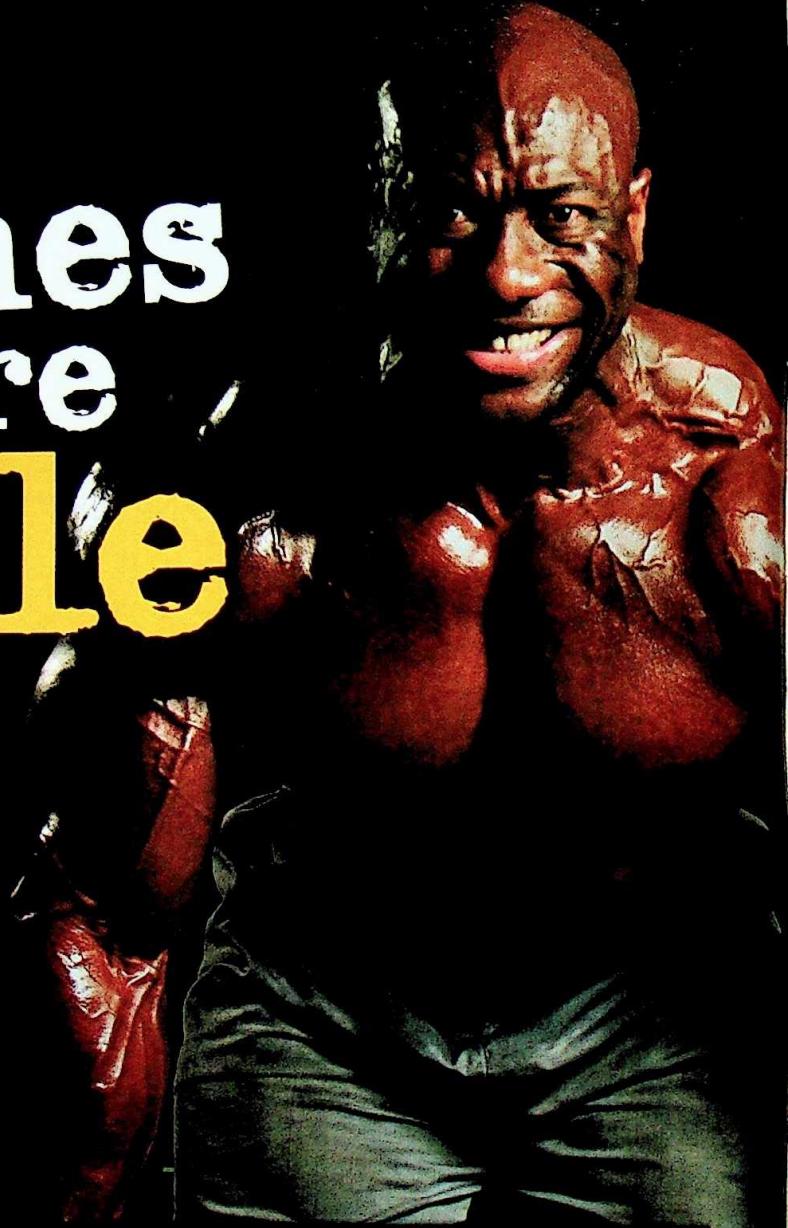
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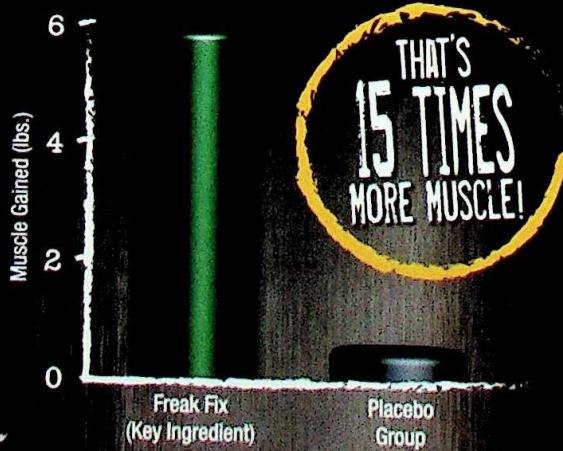
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in only six weeks as precisely calculated through a 7-point skinfold assessment (5.88 lbs. vs. 0.37 lbs.)!

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Freak Fix is Made With 100% Ultra-Pure Whey Protein Unlike Inferior Milk Protein.

happen, MAP scientists collaborated with leading flavoring experts, analyzed and reviewed multiple flavoring technologies, employed aggressive taste testing protocols and developed countless prototypes until they achieved their goal. This process alone took many months. That's why even the fat sources are engineered with a strategically calculated dose to dramatically enhance taste and help improve the musclebuilding process.

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Best Tasting Protein – Guaranteed.

formula is undeniable, as no other protein in existence has been designed to work the way Freak Fix does. With this scientifically superior formula, you'll experience massive muscle growth and an overwhelming increase in strength. Freak Fix is the choice of bodybuilding extremists willing to do whatever it takes to get BIG.

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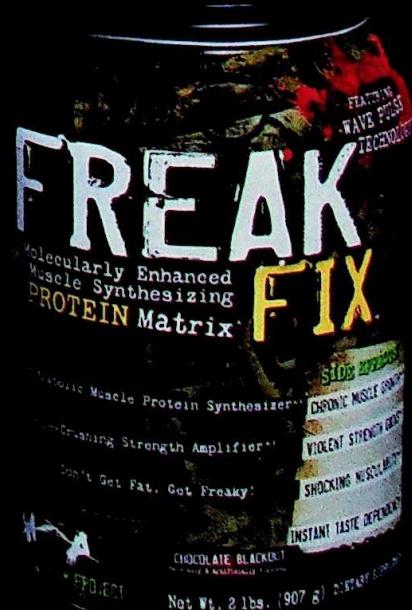


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Witness the shocking muscle transformation triggered by the daily administration of Freak Fix, which allowed amateur bodybuilder Shaun Crump to pack 2.3 inches onto his chest in 13.5 weeks.

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Shaun Crump also used other MAP products and has been remunerated.

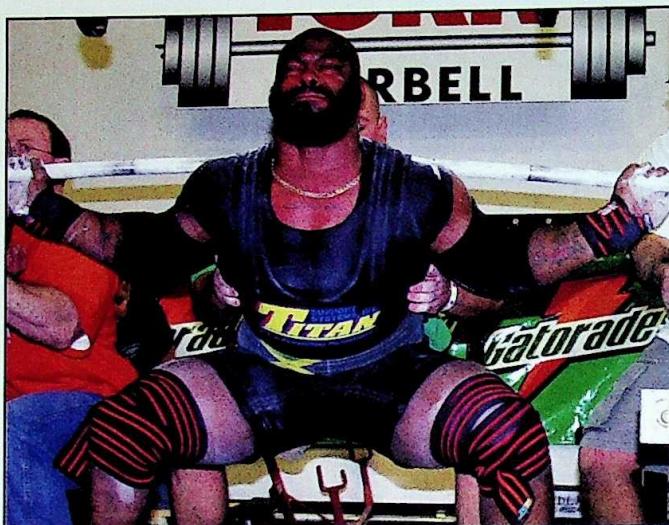
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| | | |
|----------------|--------------------|----------------------|
| BENCH | B. Norris | 590 |
| WOMEN | 308 lbs. | |
| Amateur | B. Ernst | 570 |
| Teen (16-17) | Master (40-44) | |
| 105 lbs. | 242 lbs. | |
| S. McCaslin | 150* | J. Utermahlen 475 |
| Open | | Master (45-49) |
| 123 lbs. | | 198 lbs. |
| R. Kilts | 215 | S. Dussault 565* |
| Open Raw | | 242 lbs. |
| 132 lbs. | | J. Dibble 510 |
| M. Butler | 175* | 275 lbs. |
| Professional | B. Norris | 590 |
| Open | L. Short | 435 |
| 105 lbs. | Master (45-49) Raw | |
| T. Kuznetsova | 220 | 275 lbs. |
| 181 lbs. | L. Short | 435* |
| N. Stern | 250 | Master (60-64) |
| Master (40-44) | | 220 lbs. |
| 181 lbs. | M. Pope | 325 |
| N. Stern | 250* | Elite Amateur |
| MEN | Open | |
| Amateur | 275 lbs. | |
| Teen (16-17) | R. Yard | 805 |
| 114 lbs. | Professional | |
| T. Dussault | 220 | Open Raw |
| Teen (18-19) | | 275 lbs. |
| 198 lbs. | J. Farina | 470 |
| M. Holdren | 435* | Submaster |
| Junior | 242 lbs. | |
| 220 lbs. | D. Levesque | 500 |
| B. Hartlaub | 385 | Master (40-44) |
| Open | 242 lbs. | |
| 220 lbs. | R. Robinson | 625* |
| P. Chase III | 405 | 275 lbs. |
| B. Stanley | 360 | B. Bellery 500* |
| 198 lbs. | Master (55-59) Raw | |
| S. Dussault | 565* | 220 lbs. |
| 275 lbs. | T. Sheehan | 315* |
| R. Putnam | 700 | Master (50-54) |
| Powerlifting | SQ | BP DL TOT |
| WOMEN | | |
| Amateur | | |
| Teen (14-15) | | |
| 114 lbs. | | |
| S. Welcheck | 240* | 100 230* 570 |
| 181 lbs. | A. McCloskey | 235* 430* 1200* |
| Open | | |
| 132 lbs. | H. Cox | 150 115 185 450 |
| 148 lbs. | R. West | 405 235 360 1000 |
| 165 lbs. | G. Blackwell | 350 205 305 860 |
| S. Walls | 275 165 265 705 | |
| Submaster | | |
| 148 lbs. | R. West | 405* 235* 360* 1000* |
| Master (45-49) | | |
| 165 lbs. | G. Blackwell | 350 205 305 860 |
| Professional | | |
| Open | | |
| 105 lbs. | T. Kuznetsova | 385* 220 340* 945* |
| E. Grimwood | 330 180 300 810 | |

I.P.A. SENIOR NATIONALS



Jason Cox never disappoints the crowd with his huge squats. At 240 lbs. he made 1050 lbs. and took 1090 lbs. for a ride on his 3rd try.

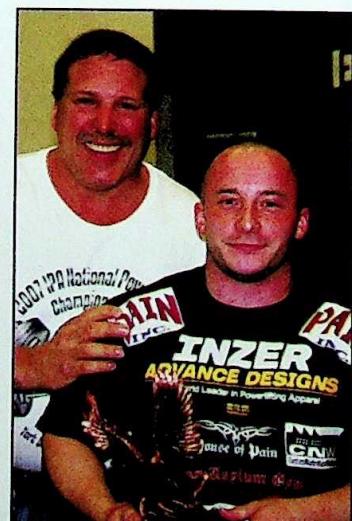


Taisia Kuznetsova (UKR) stole the show with a 945 total at 103 lbs.

| | | | | |
|--------------------|-----|------|------|---|
| Master (40-44) Raw | | | | |
| 220 lbs. | | | | |
| J. Howell | — | — | 500* | — |
| Police | | | | |
| 198 lbs. | | | | |
| J. Shaughnessy | 675 | 485* | 520 | |
| 1680 | | | | |
| 4th-SQ-725* | | | | |

275 lbs.
T. Forbes 900* 510 700 2110*
*=IPA Records. Best Lifters Bench Only: Women's Teen-Sarah McCaslin. Amateur Women-Robin Kilts. Professional Women-Taisia Kuznetsova. Men's Teen-Mark Holdren. Amateur Men's Open-Richard Putnam. Professional Men's Open-Joe Ceklovsky. Amateur Men's Master-Steve Dussault. Professional Men's Master-Randy Robinson. Best Lifters Full Power: Women's Teen-Anna McCloskey. Amateur Women-Rheta West. Professional Women-Taisia Kuznetsova. Men's Teen-Sebby Buccheri. Amateur Men's Lightweight-Michael Welcheck. Amateur Men's Heavyweight-Donnie Thompson. Amateur Men's Master-Sam Glover, Sr. Professional Men's Master-Jim Hoskinson. Prize Money: Women's Best Lifter by Coefficient \$250.00 Taisia Kuznetsova. Biggest Squat \$1,000 Donnie Thompson. Biggest Bench \$1,000 Donnie Thompson. Biggest Deadlift \$1,000 Donnie Thompson. Athletes from across the country hopeful to push up some big numbers converged at York Barbell Company. York Barbell is quickly becoming known as the home of the IPA through its support of powerlifting and the IPA. Many thanks from the IPA and the lifters for York Barbell's continued generosity in allowing our lifters to compete on its legendary platform. In fact, some of this year's lifters earned the right to be added to the list of legendary performances seen at York Barbell. Thank you to all of our sponsors for helping support

(article continued on page 82)



Mark Chaillet congratulates Joe Ceklovsky for his record 560 BP.



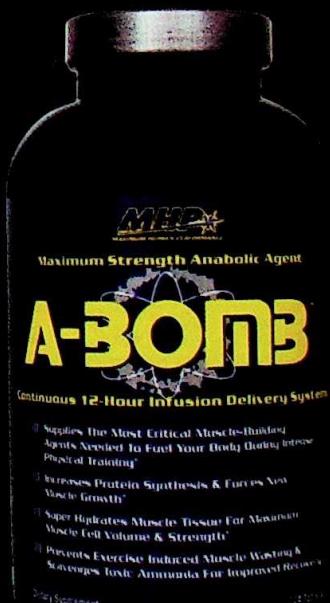
Ryan Kennelly -Team MHP Member
World Record Bencher
1036 lbs.

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Bubba Dowling benched a huge 710 at the Disneyworld facility.

(continued on page 88)



Nice Lifting Suit - on this lifter



Brian Siders -Team MHP Member
World Record Total
2,575 lbs.

THERE'S STRONG... THEN THERE'S MHP STRONG!

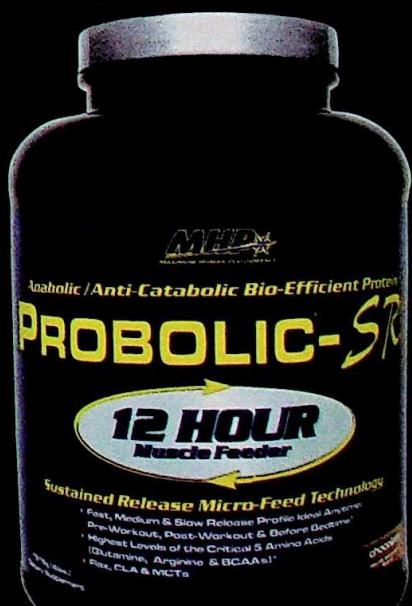
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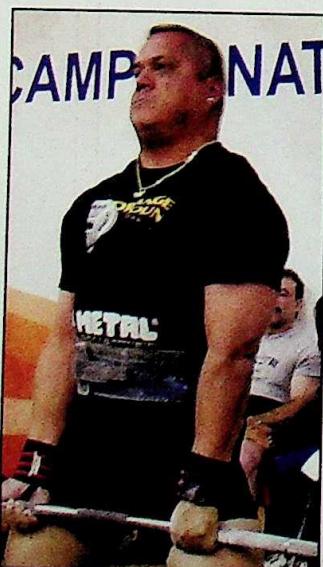
Greg Butler .. USA's youngest.

World Championships

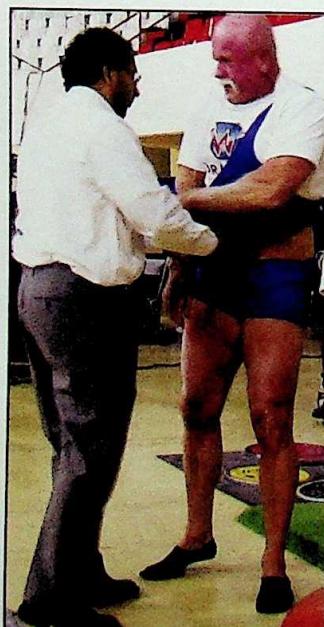
22, 23 NOV 07 - Torreon, MEX

| | | | | | | | |
|-------------------|----------------|-------------------|-------------------|-----|-----|-----|------|
| BENCH | Valencia-MEX | 363 | Guido-MEX | 451 | 297 | 507 | 1256 |
| 115 lbs. | Munoz-MEX | 308 | Open | | | | |
| Junior (to 23) | Florres-MEX | 286 | Melgosa-MEX | — | — | — | — |
| Chapparo-MEX | 121* | Master (40+) | Teen (Under 19) | | | | |
| Master (45+) | Villegas-MEX | 264 | Anchond-MEX | — | — | — | — |
| Aerts-USA | 99 | Master (45+) | 148 lbs. | | | | |
| Master (50+) | Gomez-MEX | 442* | Junior (Under 23) | | | | |
| Puente-MEX | 154 | Horst-GER | Rascon-MEX | 374 | 231 | 453 | 1059 |
| 123 lbs. | Master (50+) | 319 | Master (40+) | | | | |
| Open | Winklareth-GER | 446* | Sorenson-USA | 490 | 341 | 507 | 1339 |
| Carreon-MEX | 143 | Master (55+) | Master (60+) | | | | |
| Fausto-MEX | 209 | Birring-ENG | SANTEE-USA | 297 | 220 | 407 | 925 |
| 132 lbs. | Master (65+) | 363 | Teen (Under 19) | | | | |
| Open | Moncayo-MEX | — | Chacon-MEX | 418 | 242 | 396 | 1058 |
| Rodriguez-MEX | 143 | Open | 165 lbs. | | | | |
| Melgosa-MEX | 209 | Roman-MEX | Master (45+) | | | | |
| Guido-MEX | 286 | Quintana-MEX | Green-ENG | 490 | 308 | 440 | 1240 |
| Teen (19) | — | 220 lbs. | Master (60+) | | | | |
| Birring-ENG | 297 | Junior (to 23) | Castaned-MEX | 286 | 231 | 319 | 837 |
| 148 lbs. | Pantoja-MEX | 363 | Master (65+) | | | | |
| Junior | Butler-USA | 485 | Garcia-MEX | 314 | 237 | 336 | 887 |
| Magallanes-MEX | 264 | Master (40+) | Master (70+) | | | | |
| Open | Beniston-ENG | 446 | Catrelio-MEX | 297 | 132 | 352 | 782 |
| Perez-MEX | 198 | Master (55+) | Open | | | | |
| Matthews-USA | 198 | Torres-MEX | Zamudio-MEX | 396 | 242 | 485 | 1124 |
| 165 lbs. | — | Open | Vicenten-MEX | 451 | 297 | 507 | 1256 |
| Junior (to 23) | Solis-MEX | 429 | Moreno-MEX | 463 | 286 | 540 | 1289 |
| Perez-MEX | 220 | Pardo-MEX | Karius-GER | 463 | 363 | 485 | 1311 |
| Rascon-MEX | 242 | Hooyos-MEX | Schuman-GER | 485 | 297 | 485 | 1267 |
| Master (45+) | Wiemann-GER | 485 | Hernand-MEX | 518 | 308 | 490 | 1317 |
| Moz-MEX | 176 | 242 lbs. | 165 lbs. | | | | |
| Master (60+) | Master (40+) | Junior (Under 23) | Palomres-MEX | 330 | 231 | 396 | 959 |
| Uribe-MEX | 132 | Hoekstra-NED | Magalla-MEX | 374 | 286 | 396 | 1058 |
| Castaneda-MEX | 231 | Master (45+) | delaTorri-MEX | 418 | 209 | 407 | 1036 |
| Master (65+) | Goldberg-USA | 540* | Lopez-MEX | 474 | 308 | 490 | 1273 |
| Garcia-MEX | — | Master (70+) | Teen (Under 19) | | | | |
| Master (70+) | Bradley-USA | 275 | Espinosa-MEX | 374 | 220 | 385 | 981 |
| Castrellon-MEX | 154* | Open | 181 Lbs. | | | | |
| Open | Rodriguez-MEX | 374 | Teen (Under 19) | | | | |
| Bialostki-GER | 165 | 275 lbs. | Montoya-MEX | 286 | 143 | 330 | 760 |
| Karius-GER | 330 | Master (40+) | | | | | |
| Rodriguez-MEX | 352 | Fennema-NED | | | | | |
| Garcia-MEX | 314 | Master (55+) | | | | | |
| Hernandez-MEX | 330 | Esparza-MEX | | | | | |
| Moreno-MEX | 259 | Open | | | | | |
| 181 lbs. | Lozano-MEX | 451 | | | | | |
| Junior (to 23) | 308 lbs. | | | | | | |
| Eghoyan-ENG | 374 | Master (40+) | | | | | |
| Master (40+) | Potts-USA | 562* | | | | | |
| Rodiger-GER | 314 | Master (50+) | | | | | |
| Krauss-MEX | 259 | Aerts-USA | | | | | |
| Open | 308+ lbs. | | | | | | |
| Bouziouris-GER | 330 | Master (45+) | | | | | |
| 198 lbs. | Palomino-MEX | 363 | | | | | |
| Junior (to 23) | | | | | | | |
| Powerlifting | SQ | BP | DL | TOT | | | |
| FEMALE | | | | | | | |
| 105 lbs. | | | | | | | |
| Open | | | | | | | |
| Gonzale-MEX | 297 | 143 | 319 | 760 | | | |
| 114 lbs. | | | | | | | |
| Junior (Under 23) | | | | | | | |
| Chaparr-MEX | — | — | — | — | | | |
| Master (45+) | | | | | | | |
| Aerts-USA | 148 | 99 | 214 | 463 | | | |
| Master (50+) | | | | | | | |
| Puente-MEX | 220 | 159 | 253 | 633 | | | |
| 123 lbs. | | | | | | | |
| Open | | | | | | | |
| Carreon-MEX | — | — | — | — | | | |
| 132 lbs. | | | | | | | |
| Junior (Under 23) | | | | | | | |
| Rodigue-MEX | 214 | 88 | 253 | 556 | | | |

Jose Hernandez pulls hard while



Jose Hernandez pulls hard while **Bob Gaylor** gets the ref check.

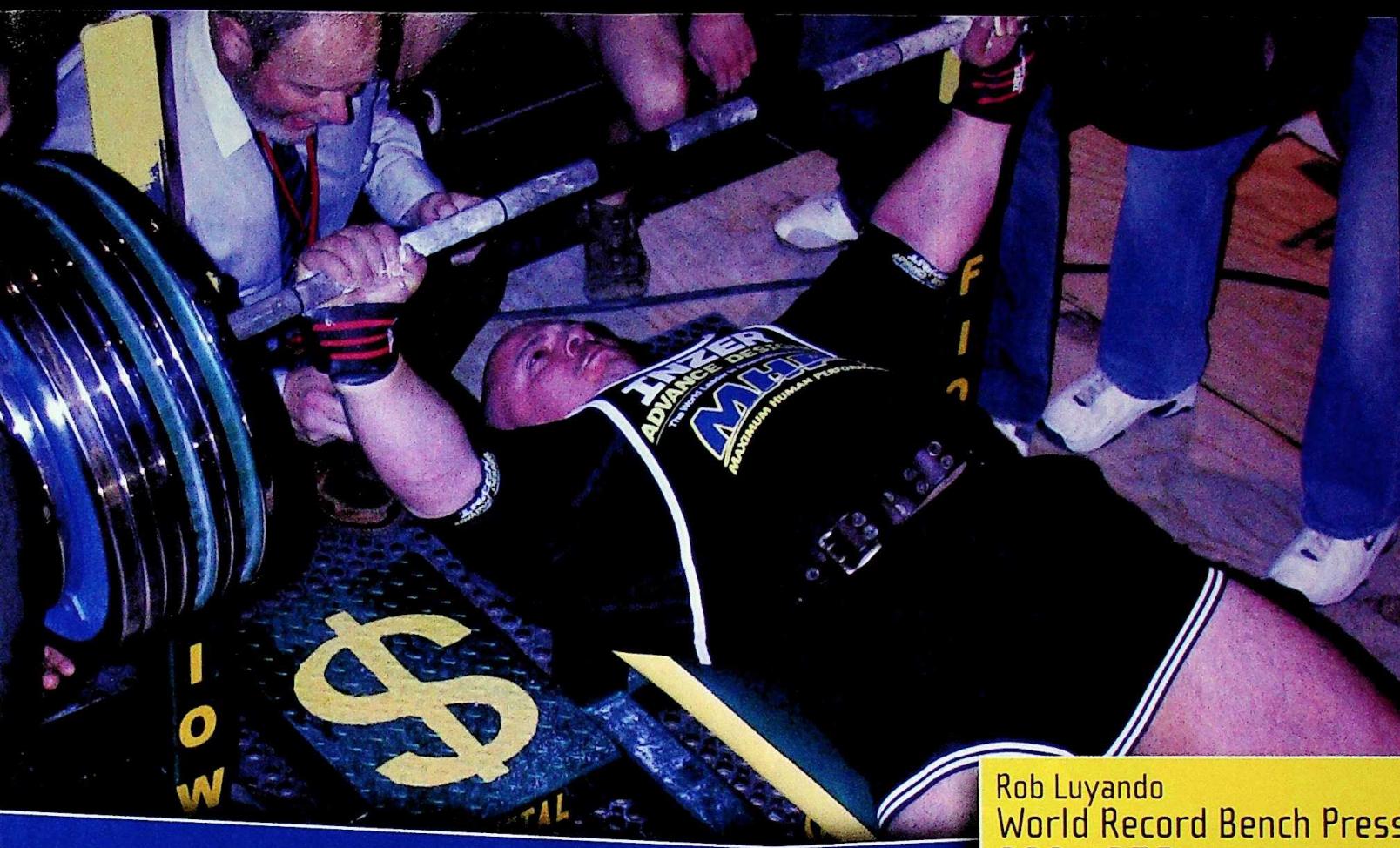


Karen Matthews - USA winner

| | | | | |
|--------------------------------------|-----|-----|-----|------|
| 242 lbs. Open | | | | |
| Torres-MEX | 463 | 264 | 529 | 1256 |
| Rodrigue-MEX | 573 | 385 | 573 | 1532 |
| Matus-MEX | 705 | 418 | 595 | 1719 |
| Aguirre-MEX | 848 | 518 | 661 | 2028 |
| 275 lbs. Master (40+) | | | | |
| Cardona-MEX | 440 | 286 | 463 | 1190 |
| Menslag-USA | 595 | 374 | 562 | 1532 |
| Master (45+) | | | | |
| Belchers-ENG | 529 | 308 | 551 | 1388 |
| Esparza-MEX | 407 | 308 | 440 | 1157 |
| Open | | | | |
| Loom-MEX | 573 | 352 | 440 | 1366 |
| Salazar-MEX | 529 | 297 | 463 | 1289 |
| 308 lbs. Master (40+) | | | | |
| Fennema-HOL | — | — | — | — |
| Gomez-MEX | 683 | 242 | 440 | 1366 |
| Master (45+) | | | | |
| Palomino-MEX | 485 | 385 | 407 | 1278 |
| Master (50+) | | | | |
| Aerts-USA | 363 | 446 | 501 | 1311 |
| Master (60+) | | | | |
| Carter -ENG | 705 | 391 | 738 | 1835 |
| GB Perspective: British powerlifters | | | | |

GB Perspective: British powerlifters traveled 24 hours to arrive at Torreon, Mexico to participate in the 2007 World Powerlifting Championships, to take on the best athletes in World. They all returned successful with seven gold medals in their respective classes. Maurice Green won the Master 45+ 75 kg. class, Arram Eghoyan won the Junior 82 kg. with a WR bench; Paul Murphy won the Open 82 kg.; Dean Drury won the Master 40+ 90 kg. class; Phil Benison won the 100 kg. Master 40+ class with a WR squat; David Belcher won the Master 45+ 125 kg. class; David Carter won the Master 60+140 kg. class with WR squat, bench, dead lift and total. He also won the overall Master Classes Champion of Champions. In addition, these athletes formed part of the GB team which amounted points to put the GB Powerlifting team on top of the world to win the Best World team title, putting Mexico in second position and USA third. British bench pressers took third in the team award to USA first and Germany second. Gurnaik Birring won the 60 Teenager class with a WR 135 kg.; Arram Eghoyan won the Junior 82 kg. class; Phil Beniston won the 100 kg. Master 40+ class and Jarnail Birring took silver in the 90 kg. Master 55+ class. GB athletes team captain Dean

(continued on page 98)



Rob Luyando
World Record Bench Press
909@275

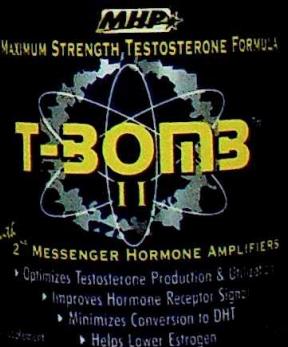
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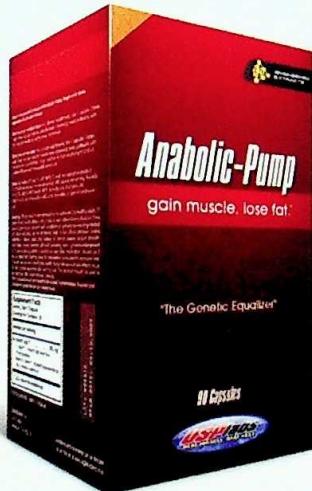
"I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is hard to tell due to the bicep tendonitis hampering my lifting so much, but when the tendonitis was at its worst it hurt like hell to do a couple reps with 515. Now, after the USPLabs stack, I am back to doing 675 with a long pause, and it doesn't really hurt at all."

I strongly recommend every powerlifter use these three effective products from USPLabs."

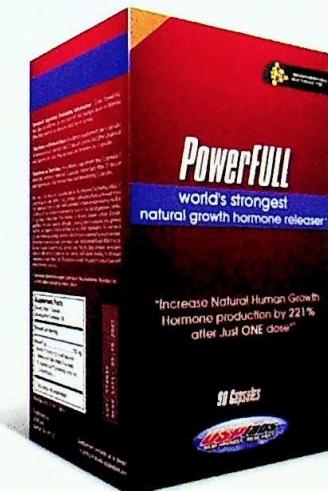
- Nick Winters

NERB champion bencher - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competition 675lbs, 2 APA world records.

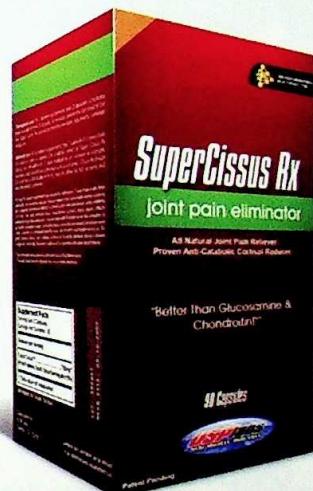
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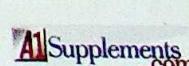
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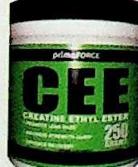


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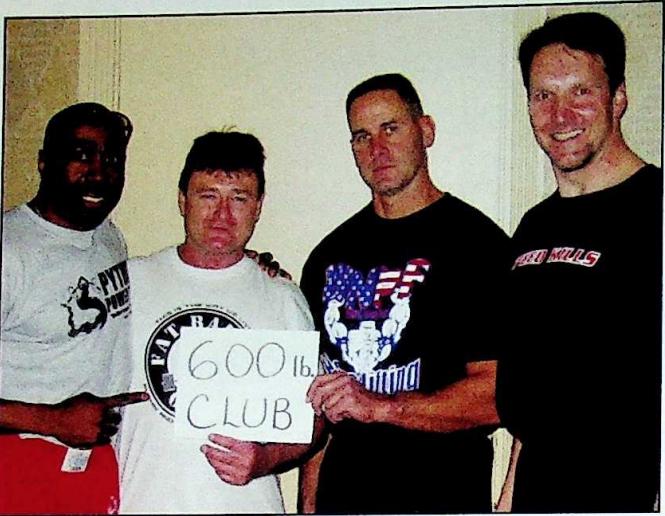


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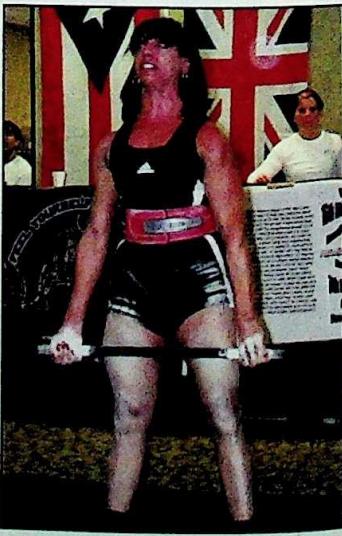
| | |
|-----------------|------------------|
| BENCH | (20-23) Raw |
| FEMALE | Watson 314* |
| 60 lbs. | Lifetime Raw |
| (9-10) Raw | Harper 391 |
| Ford 50* | 4th-396* |
| 80 lbs. | Moroni 286 |
| (9-10) Raw | Lifetime U |
| Parker 55* | Ryan 485 |
| 105 lbs. | Subs Raw |
| (20-23) Raw | Harper 391* |
| Grossnickle 82* | 4th-396* |
| (40-49) Raw | Open Raw |
| Mondragon 82* | Shales 369 |
| 114 lbs. | (40-49) Raw |
| Lifetime Raw | O'Malley 341* |
| Adams 110* | Carr 248 |
| Monteiro 55 | (40-49) (SP) |
| Open Raw | Wellton 325* |
| Adams 110* | (50-59) Raw |
| (60-69) Raw | Bertolletti 220 |
| Adams 110* | Kerkhof 209 |
| 132 lbs. | Police/Fire |
| (40-49) Raw | Raw |
| Kuciak 55 | Kerkhof 209 |
| (13-16) Raw | 220 lbs. |
| Wilcox 137* | Lifetime (SP) |
| 148 lbs. | Feehan# 518* |
| Lifetime Raw | Open (SP) |
| Feehey# 159* | Feehan 518* |
| 165 lbs. | (40-49) (SP) |
| (20-23) Raw | Feehan 518* |
| Miller 165* | Lifetime Raw |
| MALE | Renfroe 391 |
| 80 lbs. | Moore 385 |
| (11-12) | Dalcorno 242 |
| Padgett 115* | Binotti 275 |
| 114 lbs. | Open Raw |
| (13-16) Raw | Vepkhadze 363 |
| Petrik 92* | Dalcorno 242 |
| Wilcox 77 | (40-49) Raw |
| 123 lbs. | Mitchell 385 |
| Lifetime Raw | Binotti 275 |
| Peang 242* | (50-59) Raw |
| 132 lbs. | Lhota 369 |
| (40-49) Raw | Ramos 474 |
| Oyler 226* | Caterisano 325 |
| 148 lbs. | Harris — |
| (13-16) Raw | (60-69) Raw |
| Szwank 143 | Shales 319 |
| Adair 143 | Blough 270 |
| Lifetime Raw | (60-69) (SP) |
| Lazzarotto 259 | Plummer 281* |
| Lifetime (SP) | (60-69) Raw |
| Albert# 363* | Plummer 331* |
| Subs | Shw |
| Albert 363* | Police Raw |
| Lifetime Raw | Shales 319 |
| Patton 275 | Police/Fire |
| 165 lbs. | Shales 369* |
| (13-16) Raw | 242 lbs. |
| Wagner 187* | (17-19) Raw |
| (17-19) Raw | Ecker 292* |
| Wilcox# 281 | Open Raw |
| Lifetime Raw | Ergenidize 441 |
| Paige 352 | Lifetime (SP) |
| (40-49) (SP) | McKinney 429* |
| Artur 352* | Open (SP) |
| (50-59) Raw | McKinney 429* |
| Gayton 248 | Subs (SP) |
| (50-59) | Gayton 429* |
| Gayton 286* | Lifetime U |
| (50-59) U | McKinney 496 |
| Gayton — | Subs U |
| 181 lbs. | McKinney 496 |
| (20-23) Raw | (40-49) Raw |
| Gold 292 | Monroe 418 |
| Rice 187 | Eddins 336* |
| Lifetime Raw | (Bwt.) |
| Erlod 391 | (60-69) (SP) |
| Lifetime (SP) | Churchman 380* |
| Brandoao 396 | (60-69) |
| Desbesel 154 | Churchman 385 |
| Open (SP) | Lifetime |
| Brandoao 396* | Arboleda 286* |
| Subs Raw | (20-23) Raw |
| McCurley 226 | Fambrough 352 |
| (40-49) Raw | Lazzarotto |
| Peters 341 | Lifetime U |
| Wilcox 314 | Wood 551 |
| (40-49) U | Open Raw |
| Foltz 352* | Artur |
| (50-59) Raw | Chincharauli 385 |
| Wagner! — | 181 lbs. |
| 198 lbs. | (20-23) |
| (13-16) Raw | Chavchanidze 331 |
| Chambers 137 | Gold |
| (17-19) Raw | 25* |
| Colon 286 | Lifetime |
| Adair 226 | U |
| | 187 |
| | 300 lbs. |
| | Lifetime (SP) |
| | Cawley 551* |
| | Peters 28* |
| | Open (SP) |
| | 198 lbs. |
| | Cawley 551* |
| | (20-23) |

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| | | |
|--------------------------------|--------------|----------------|
| O'Malley | 158 | SHW |
| Brown | 147 | Open |
| Spear | 125 | Jmukhadze 191* |
| (50-59) | SQUAT | |
| Bertolletti | 163* | FEMALE |
| Kerkhof | 119 | 165 lbs. |
| 220 lbs. | Lifetime Raw | |
| Open | Gaylon | — |
| Vepkhadze# 185* | (50-59) Raw | |
| Azariashvili 174 | Gayton | — |
| Dalcorno 108 | Lifetime | |
| Turi 86 | Gayton | 396* |
| (40-49) | Open | |
| Binotti 169* | Gayton | 396* |
| Feehan 169 | (50-59) | |
| Robertson 158 | Gayton | 396* |
| (50-59) | Lifetime U | |
| Caterisano 141* | Gayton | 418* |
| Harris 130 | (50-59) U | |
| (80-89) | Gayton | 418* |
| Brandt 92* | 198 lbs. | |
| 242 lbs. | (40-49) (SP) | |
| (17-19) | Yeargin | 606* |
| Ecker 147* | 275 lbs. | |
| Open | (20-23) Raw | |
| Monroe# 231* | Fambrough | 650* |
| Casagrande 180 | 4th-661* | |
| Mazanishvili 174 | Lifetime U | |
| (50-59) | Wood# 881* | |
| Bosley 169* | SHW | |
| 300 lbs. | Open (SP) | |
| Open | Knowles | 777* |
| Lewis 215* | | |
| Ironman | BP | TOT |
| FEMALE | | |
| 80 lbs. | | |
| (9-10) Raw | | |
| Parker 55 | 104 | 159 |
| MALE | | |
| 80 lbs. | | |
| (9-10) (SP) | | |
| Padgett 115 | 209 | 325 |
| 114 lbs. | | |
| (13-16) Raw | | |
| Wilcox 77 | 187 | 264 |
| 148 lbs. | | |
| (13-16) Raw | | |
| Adair 143 | 303 | 446 |
| Lifetime Raw | | |
| Lazzarotto 259 | 441 | 700 |
| 165 lbs. | | |
| (13-16) Raw | | |
| Sykes 237 | 352 | 589 |
| (17-19) Raw | | |
| Wilcox 281 | 413 | 694 |
| (50-59) (SP) | | |
| Gayton 286 | 457 | 744 |
| Lifetime (SP) | | |
| Gayton 285 | 457 | 744 |
| 181 lbs. | | |
| Lifetime | | |
| Desbesel 154 | 402 | 507 |
| (40-49) Raw | | |
| Wilcox 314 | 523* | 837 |
| (13-16) Raw | | |
| Chambers 137 | 523 | 281 |
| (17-19) Raw | | |
| (article continued on page 86) | | |



Maria Spano deadlifting 374 lbs.

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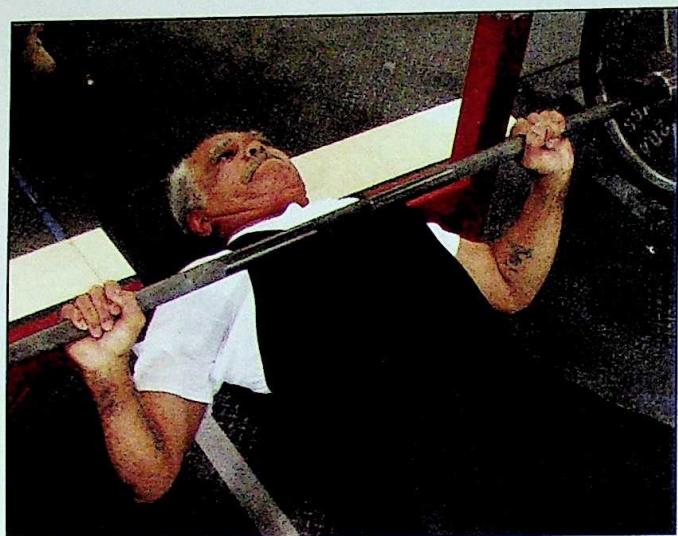
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1-2 DEC 07 - Melbourne, FL

WOMEN SQ BP DL TOT

| | | | | |
|---------------------|------|------|------|------|
| 77 lbs. (10-11) | | | | |
| Montgomery | — | 50* | 115* | 165 |
| (12-13) | | | | |
| K. Thompson | 80* | 45* | 115* | 240* |
| 88 lbs. (12-13) | | | | |
| M. Douglas | 82* | 50* | 127* | 259* |
| 97 lbs. (12-13) | | | | |
| C. Koceski | 100 | 70* | 25 | 195 |
| 105 lbs. (12-13) | | | | |
| A. Graham | 150* | 72* | 190* | 412* |
| 114 lbs. (12-13) | | | | |
| D. Dermelev | 132* | 55 | 155 | 342 |
| 123 lbs. (12-13) | | | | |
| S. Shores | 137* | 65 | 195* | 397* |
| (14-15) | | | | |
| E. Newport | — | — | — | — |
| (16-17) | | | | |
| N. Scardino | 115 | 90 | 200 | 405 |
| (45-49) | | | | |
| L. Watson | — | 115 | 140 | 255 |
| (50-54) | | | | |
| K. Rayburn | — | — | — | — |
| 132 lbs. (14-15) | | | | |
| B. Kissel | 150* | 80 | 185 | 415 |
| (20-24) | | | | |
| J. Shultis | — | — | — | — |
| (40-44) | | | | |
| M. Stein | 205* | 135* | 245* | 585* |
| (50-54) | | | | |
| E. Stein | 275* | 140* | 335* | 750* |
| 148 lbs. (16-17) | | | | |
| N. Heck | 145 | 80 | 215 | 440 |
| (35-39) | | | | |
| M. Pritzl | — | — | — | — |
| (45-49) | | | | |
| N. Hubbard | 210* | 140* | 300* | 650* |
| (50-54) | | | | |
| M. Quinn | 95* | 100* | 180* | 375* |
| 165 lbs. (30-34) | | | | |
| H. Matsykur | — | — | — | — |
| (45-49) | | | | |
| Montgomery | — | 145 | 340* | 485 |
| 181 lbs. (30-34) | | | | |
| S. Wyatt | 225* | 115* | 270* | 610* |
| 198 lbs. (40-44) | | | | |
| K. Sabin | 310* | 215* | 400* | 925* |
| MEN | | | | |
| 97 lbs. (10-11) | | | | |
| Montgomery | — | 65 | 160 | 225 |
| 114 lbs. (12-13) | | | | |
| P. Moran | 125 | 65 | 160 | 350 |
| 123 lbs. (16-17) | | | | |
| F. Ramos | 175 | 130 | 280 | 585 |
| Vijayvargiya | 145 | 125 | 230 | 500 |
| 132 lbs. (14-15) | | | | |
| G. Pena | 160 | 125 | 245 | 530 |
| J. Douglas | 140 | 95 | 215 | 450 |
| (20-24) | | | | |
| R. Mayer | 270* | 210* | 415* | 895* |
| (70-74) | | | | |
| S. Smith | — | 165 | 265* | 430 |
| 148 lbs. (12-13) | | | | |
| J. Wadzinski | 200 | 145 | 245 | 590 |
| C. Baker | 135 | 85 | 165 | 385 |
| (14-15) | | | | |
| D. Cioppa | 240 | 165 | 300 | 705 |
| (16-17) | | | | |
| Tshontikidis | 315 | 185 | 415 | 915 |
| J. Schill | 235 | 215 | 345 | 795 |
| Vann-Campbe | 255 | 195 | 340 | 790 |
| A. Miller | 250 | 175 | 300 | 725 |
| (18-19) | | | | |
| J. Manuel | 327* | 230 | 455 | 1012 |
| R. Splain | 270 | 180 | 330 | 780 |
| (35-39) | | | | |
| R. Manso | 410* | 280 | 495 | 1185 |
| T. Roselli | 360 | 265 | 440 | 1065 |
| (45-49) | | | | |
| D. Daube | 195 | 200 | 320 | 710 |
| (60-64) | | | | |

100% Raw World Championships



Noble Carr, 75, with his 260 pound world record bench (Spero T)



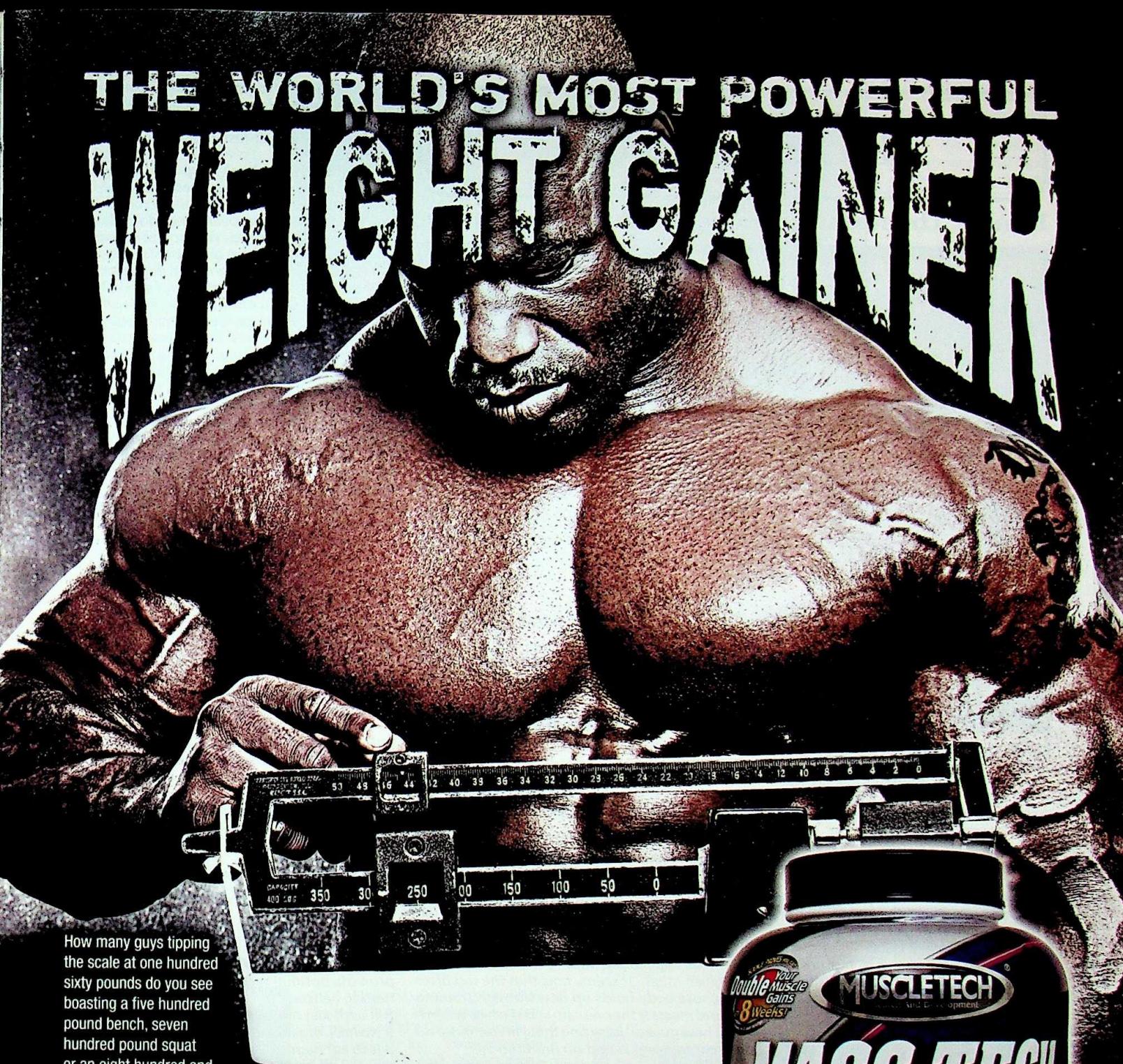
Ellen Stein and her WR 315 DL

| | | | | |
|----------------------|------|------|------|-------|
| (45-49) | | | | |
| R. Hoover | 480 | 305 | 450 | 1235 |
| B. Rippolone | 245 | 225 | 385 | 855 |
| (55-59) | | | | |
| L. Buccchioni | 385* | 225 | 505* | 1115 |
| R. Young | 340 | 315* | 340 | 995 |
| (60-64) | | | | |
| G. DeRise | 400 | 225 | 430 | 1055 |
| 275 lbs. (30-34) | | | | |
| J. Yuhas | 415 | 365 | 600 | 1380 |
| (35-39) | | | | |
| T. Burns | 500 | 365 | 485 | 1350 |
| (45-49) | | | | |
| J. Rooney | 590* | 420* | 500 | 1510 |
| (65-69) | | | | |
| R. Cerrato | 455* | 360* | 540* | 1355* |
| 308 lbs. (30-34) | | | | |
| D. Corriveau | 620 | 400 | 700 | 1720 |
| (45-49) | | | | |
| B. Kissel | 505* | 405* | 575* | 1485* |
| 308+ lbs. (16-17) | | | | |
| A. DiBiase | 445* | 270 | 475* | 1190 |
| (20-24) | | | | |
| C. Yager | 650* | 440* | 700* | 1790* |
| (40-44) | | | | |
| B. Moore | 725 | 540 | 700 | 1965 |

*=World Records. Women's Champion of Champions: Ellen Stein. Women's Teenage Best Lifter: Amanda Graham. Women's Open Best Lifter: Marci Stein. Women's Masters Best Lifter: Kari Sabin. Men's Champion of Champions: Rolando Manso. Men's Teenage Best Lifter: Jacob Manuel. Men's Open Best Lifter: Robert Samsa. Men's Masters Best Lifter: Tony Conyers. Men's Team Champions: Florida Raw Dogs. Overall Mixed Team Champions: Wildcat Powerlifting. Open Mixed Team Champions: Power in the Blood. Master's Mixed Team Champions: Melbourne Beach Fitness. Venue: West Shore Junior/Senior High School II. Hosted by: Power in the Blood and Wildcat Powerlifting. First let me say "Praise God!" The 2007 "100% Raw" World Powerlifting Championships were an overwhelming success! Over 100 athletes participated, 68 lifters and four teams captured world titles, 123 world records were shattered, and my very good friend, Brian Kissel 45-49/308 broke four world records and won his class. Brian is a member of the Power in the Blood contest staff and team, and is going in for back surgery on December 5th. Please keep Brian and his family in your prayers. The 2007 Worlds were run in four sessions over two days. The 220s, 242s, 275s, 308s, and SHWs invaded the platform on Saturday morning with a vengeance. Junior lifter Robert Samsa of Shadyside, OH, was flawless, going ten for ten en route to his world title. Robert shattered the record books in all three lifts and won Best Lifter honors in the Open division, totaling 7.78 times his bodyweight. Steve Rydor of Power in the Blood went without a belt in the submasters and broke all four Ironman records in his world title win. Master lifter (40-44) Woody Leonard of Leland, NC, went nine for nine in his world title bid, breaking world records in the squat 555, bench 340, and total 1460. In the 242s, Nick Hammer (25-29) of Edgewater, FL destroyed the record books with his 1665 total. Michael Eaton (30-34) of Hanover, MD represented Polak Made Hard ore Gym Equipment and finished with a 1730 total that included an awesome 700 deadlift! Master lifter James Jacobs of Clearwater, FL, lifting with the Florida Raw Dogs, broke all four records in his class, nailing lifts of 650, 430, and 700 to take the win. Master lifters John Rooney (45-49) of Huntingtown, MD and Richard Cerrato (65-69) of Tampa, FL posted huge numbers in the 275s in their world title wins. John tallied world record lifts in the squat 590 and bench 420, and Richard ran the table, going 455, 360, and 540. Odenton, Maryland's Dan Corriveau, also representing Polak Made Hard ore Gym Equipment, joined Brian Kissel in the 308s, taking the 30-34 age group with his 700 deadlift (without a belt) and 1720 total. Finally, three athletes competed in the SHWs and each won their respective age group. Sixteen year-old Anthony

(continued on page 80)

THE WORLD'S MOST POWERFUL WEIGHT GAINER



How many guys tipping the scale at one hundred sixty pounds do you see boasting a five hundred pound bench, seven hundred pound squat or an eight hundred and fifty pound deadlift? None. To lift big, you have to be big. The key to jacking up your size and strength gains is by pounding back the calories and supplying your muscles with potent musclebuilding compounds from a scientifically formulated weight gainer. But for true, hardcore powerlifters not just any weight gainer is going to cut it. You need the world's most powerful weight gainer – Mass-Tech®. Just two servings of Mass-Tech adds a whopping 2,000 calories to your massbuilding diet. Mass-Tech® shocks muscles into mind-blowing growth by saturating your system with clinically proven anabolic compounds. Fortified with a monster dose of whey protein along with glutamine and key BCAA's, this potent massbuilder will force the massive muscle growth to your chest and arms necessary to throw around the heavy iron.



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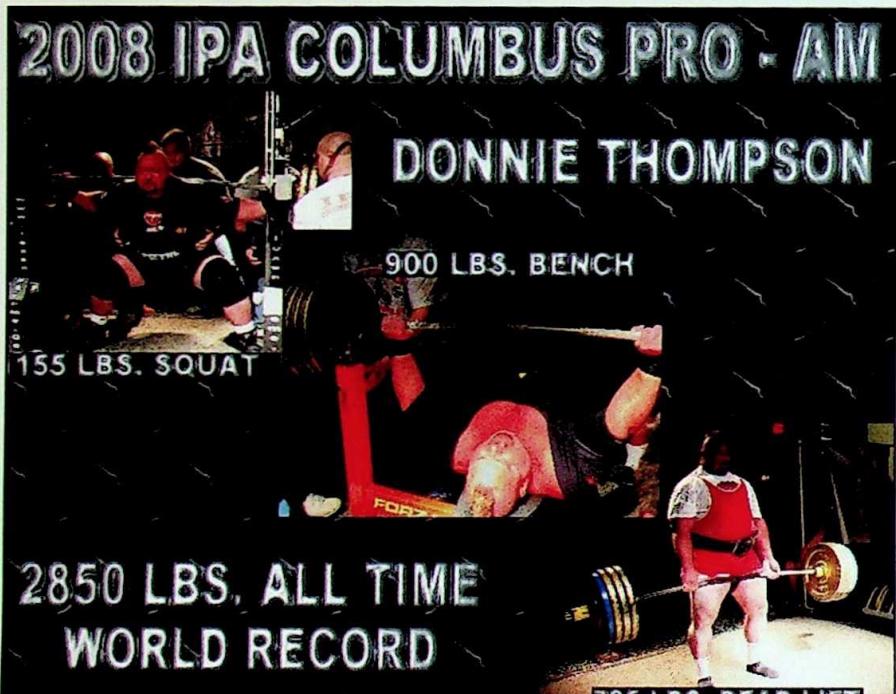
An 8-week study examined the addition of 2,000 calories (the amount of calories found in two servings of Mass-Tech, each mixed with two cups of skim milk) to a high-protein diet containing approximately 2,300 calories and a weightlifting program. On average, subjects gained 6.2 pounds of muscle along with 1.2 inches on their chests and 0.5 inches on their arms. Control subjects gained only 3.1 pounds of muscle. All trademarks are owned by their respective trademark owners. © 2008. For more information on Mass-Tech, visit MuscleTech.com™.

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INTERVIEW

Donnie Thompson interviewed by Chris Mason



Donnie setting the ALL-TIME record total of 2,850 lbs. at the IPA Columbus Open!!!

Donnie Thompson is inarguably one of the world's strongest men. A lofty claim, yes, but eminently true if one considers lifting the heaviest load for a single repetition through a full range of motion while minimizing the skill component to be the true test of strength. By this definition, **powerlifting as a sport is the only true competitive test of strength**. Ergo, the strongest powerlifter is the competition proven strongest man or woman on the planet in his or her respective weight class.

Donnie set the all-time highest powerlifting total January the 20th at the LexenXtreme IPA Columbus Pro-Am in Columbus, Ohio. His lifts and total:

Squat: 1,155 lbs
Bench: 900 lbs
Deadlift: 795 lbs
Total: 2,850 lbs!!!

The following is a brief Q&A session I had with Donnie following his record setting performance:

CM: Donnie, how does it feel to be the strongest powerlifter on the planet?

DT: Thank you for the compliment, but I don't feel I am the strongest, just one of the strongest. Today's top lifters are pushing the bar to the freaking limit! There are a number of us capable of upping the record at any given meet. It seems now that the top lifter whose body holds up best through training and meets is the one who sets the new record. These guys all have one thing in common, no fear of weights and no limitations!

CM: You had narrowly missed setting the record in recent meets. To what do you attribute your recent assault on the record books?

DT: I attribute it somewhat to luck. The strength has been there for some time, I just

needed to put it all together in one meet. For instance, I came close two times before with a 2,770 lbs and 2,775 lbs total. The difference in those meets was just missing a few 3rd attempts.

At the risk of seeming like captain obvious, my training also played a huge role. Everyone at my level trains heavy, but not everyone trains for recovery like I do. I do a tremendous amount of recovery work with bands and kettlebells. A unique twist I use is training the same body part the day after a heavy session. The following day I work the same area for about an hour and a half using recovery promoting exercises. I truly believe this method makes a **HUGE** difference and that it is the glue which holds me together. Sitting idle is not in my repertoire.

CM: Donnie, there was some chat online about your total and the fact you had a relatively low pull. Can you tell us what happened? Were you fried from the monster squats and benching?

DT: My record almost didn't happen. My back was tweaked prior to the meet and I literally had trouble putting on my shoes and socks in the warm-up area. The bed I was sleeping on at my hotel didn't help matters and it really killed my L-4 and L-5 vertebrae. The back pain definitely hampered my deadlift. I am still having trouble walking today 6 days after the meet!

By the way, I don't care about what negative things people have to say on the net (I do appreciate the well wishes). When they are online gossiping, I am in my compound training 4-5 hours at a click. I would have a lot more competition if the strong would stick to training and not keyboard warfare...

CM: I understand, the anonymity of the net definitely allows people to do and say things they would never even consider in real life encounters.

Donnie, I know you are not a supplement junkie and you are very selective about what you use. Your AtLarge (www.atlargenutrition.com) supplement of choice is MAXIMUS™. What, if anything, do you feel supplementing with MAXIMUS™ has done for your training?

DT: I weigh around 375 lbs all year long. I simply can't eat the quantity of food that I need to maintain my body weight and promote optimal recovery. You may find it hard to believe from a 375 lbs man, but I get full with just one average size plate of food. It is a heck of a lot easier to drink calories than it is to eat them. MAXIMUS™ lets me hit my target daily caloric intake with quality protein and carbs. In addition, I feel its unique ingredients like Microlactin® and inulin

(continued on next page)



Donnie squatting a massive 1,155 lbs!!!



Donnie benching a rare full-meet 900 lbs!!!



375 lb. Donnie pulling 795 to set the record

provides an ergogenic benefit. Bottom line, I really like the stuff and when I ran out over the holidays my training stamina was way off and I felt like I was on a diet!

CM: Yep, consuming sufficient calories to fuel increased size and strength can be a real problem. There are a lot of young men out there who think they are "hard gainers" when they are really under-eaters. Drinking a high calorie MAXIMUS™ shake packed with quality protein and carbs as well as the ergogenic ingredients you mentioned can really be the ticket to new growth and success in the gym.

Donnie, let's switch gears and move back to training. You demonstrate your prodigious strength both equipped and raw. What are your feelings on each form of training and competing? Do you feel one helps the other?

DT: I think my longevity in the sport gives me a unique perspective on geared vs. raw training. I have been training since 1979 and never even knew what gear was until 1998. To clarify, raw to me is training with just a belt. Single ply lifting is not raw.

I feel gear helps raw lifting tremendously. I think that is a misunderstood fact. If I squat over 1,150 lbs with gear, how in the world would squatting 900 pounds raw scare me? The overloads afforded by geared lifting make raw lifting seem easier psychologically and aid physically. Much like training with partials,

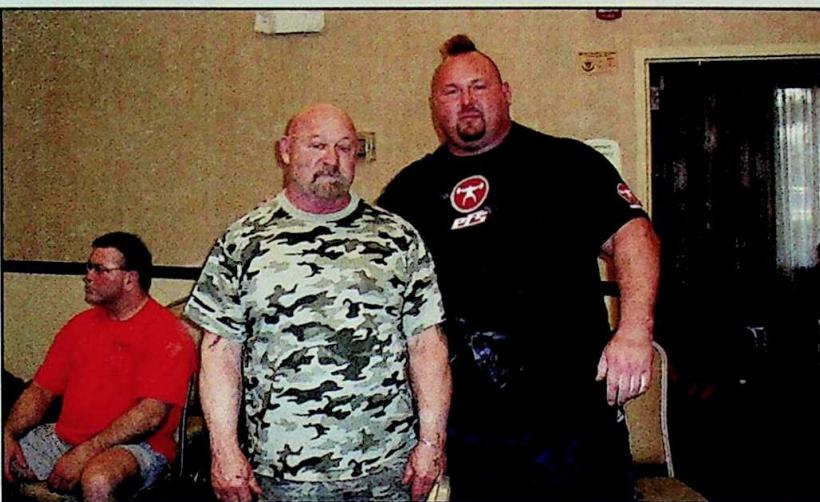
the massive loads from geared training strengthens your body in such a way as to carry over to raw lifting. Geared lifting is also a form of conjugate variation in that it has a whole different feel to it.

An interesting fact about me is that I only wear gear for the squat and bench. I ALWAYS deadlift raw. To my knowledge, I am the only one doing that in multi-ply meets.

CM: I agree completely that gear aids raw lifting. I have never used a squat suit or bench shirt, but when I was younger I used a belt and knee wraps for squatting. I can remember that my squat really jumped with or without the knee wraps once I started incorporating them regularly into my training. The knee wraps helped me in the hole when squatting and allowed me to use much heavier loads which then translated to a big increase in my squat even without the wraps.

for my will and determination. I truly don't feel I am an all-time or even a current great. I hope that people will (and do) respect my work ethic and the fact I was willing to go to almost any length to realize and maximize my strength potential. Powerlifting for me is more than a sport or hobby; it is my life and my obsession. I live and work in a training facility. Some people find Jesus in a wooden church. I find him in a steel weight room. I do a lot of praying when I am about to get crushed by 1,000+ lbs. There are no atheists in a foxhole as the saying goes. That is what separates me and people like me from the rest of the pack!

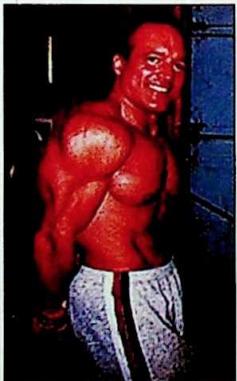
CM: Donnie, I appreciate your humility, but I think you don't give yourself enough credit. I truly believe you are one of the all-time greats and that has and will continue to be proven out in the years to come. Thanks for taking the time to chat!



Donnie Thompson and powerlifting and strength coaching legend **Louie Simmons**

INTERVIEW

Vince Anello interviewed by Chris Mason



Vince Anello is a living powerlifting legend. He was the first man in history to pull over 800 lbs at a bodyweight of less than 200 lbs! Vince competed over the course of 3 decades during what might be considered a golden age in the sport when mastodons like Casey, Reinhoudt, Kuc, Williams, Cole and many others ruled the platform. A tremendous all-around lifter, Vince's legacy as one of the all-time great deadlifters is etched in the annals of powerlifting history.

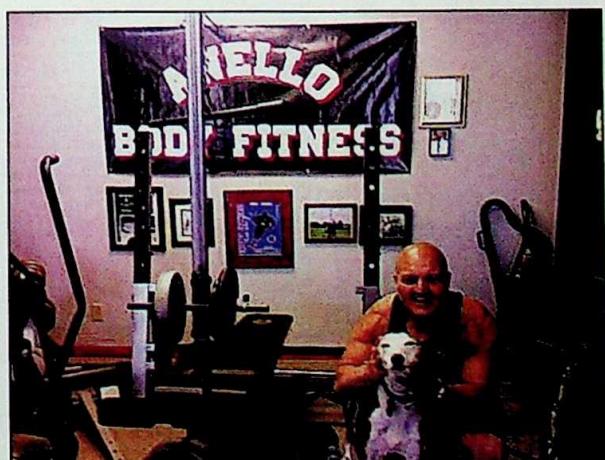
CM: Vince, first, I want to thank you for agreeing to this interview. From the first time I read about you in Fred Hatfield's *The Complete Guide to Power Training* I have always been

in awe of your deadlifting prowess. My goal with this interview is to pay homage to your tremendous accomplishments in the sport of powerlifting and to deadlifting in particular. I want to introduce you to a whole new generation of powerlifters and to remind those who know of you just how great you were.

To that end I would like to start this interview with you providing a brief highlight of your powerlifting career to include some of your amazing accomplishments.

VA: Thank you Chris. My competitive powerlifting career spanned 3 decades. Below is a list of some of the highlights (in reverse order):
1998 Inducted into the Strength Hall of Fame (York, Pa.)
1988 Drug Free N.A.S.A. National Champion, Open Division
1987 National and World Champion, Masters Division
1980 Senior National Champion and World Champion

(continued on page 68)



You can contact Vince at www.americanstrengthlegends.com

I said this was a brief Q&A so let's wrap it up with a little look into the future. What is your next goal in powerlifting? How much longer do you plan to compete?

DT: I feel that I am in my prime, and I don't have any definitive plans relative to my retirement from the sport as of now. I can tell you that my career thus far has been very satisfying. I have met or exceeded every goal I have ever set in the sport. I think very few people in any discipline can say that.

When I do retire, I want to be remembered for my will and determination. I truly don't feel I am an all-time or even a current great. I hope that people will (and do) respect my work ethic and the fact I was willing to go to almost any length to realize and maximize my strength potential. Powerlifting for me is more than a sport or hobby; it is my life and my obsession. I live and work in a training facility. Some people find Jesus in a wooden church. I find him in a steel weight room. I do a lot of praying when I am about to get crushed by 1,000+ lbs. There are no atheists in a foxhole as the saying goes. That is what separates me and people like me from the rest of the pack!

CM: Donnie, I appreciate your humility, but I think you don't give yourself enough credit. I truly believe you are one of the all-time greats and that has and will continue to be proven out in the years to come. Thanks for taking the time to chat!

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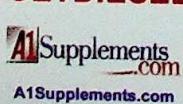
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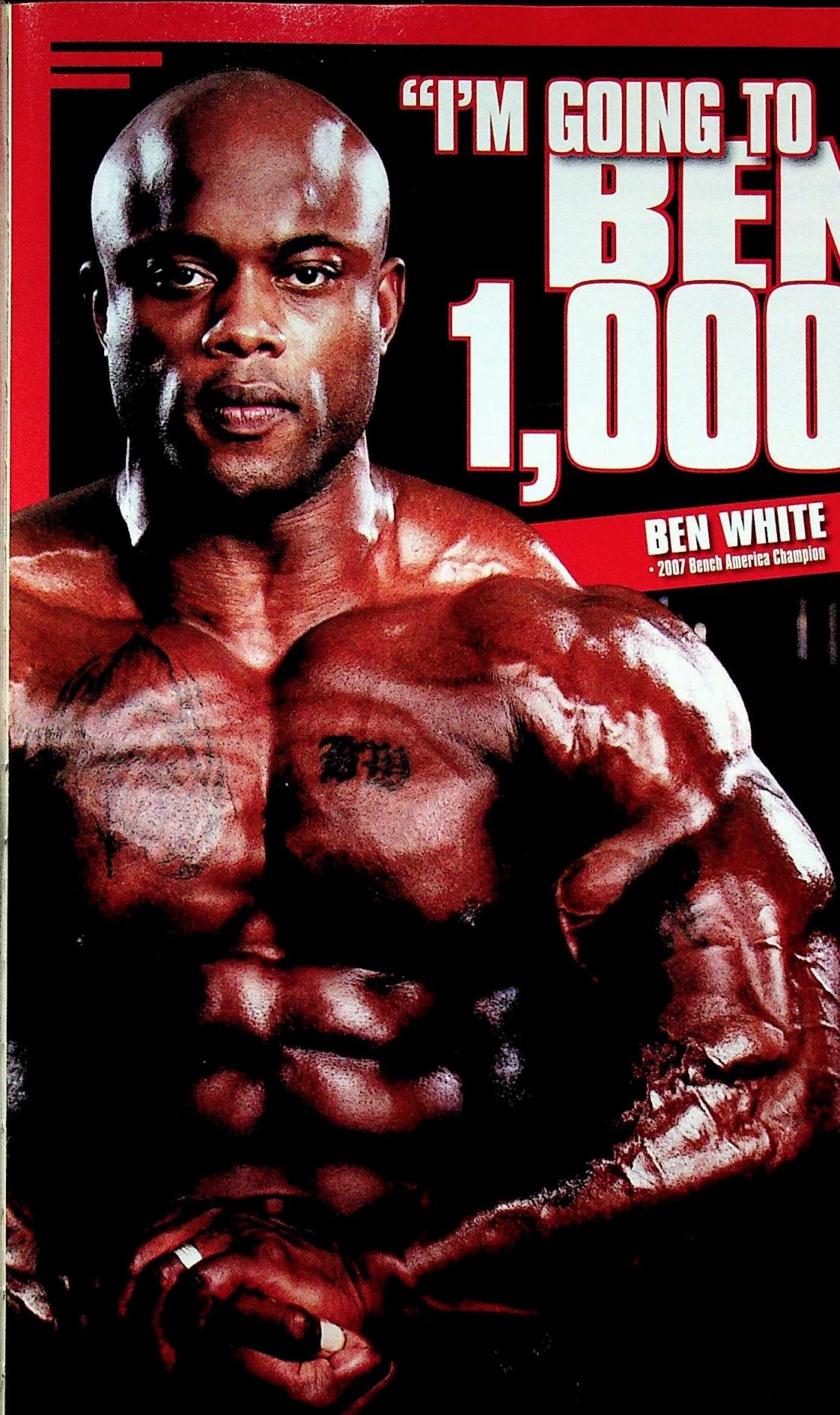


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"I'M GOING TO BENCH 1,000 LBS!"

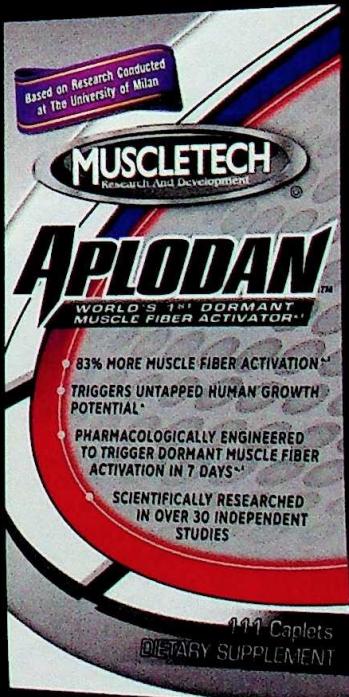
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HARD CORE GYM #71

**HardCore Gym with Guns and Guards
(Gym #71 is in Afghanistan!!!)
as told to Powerlifting USA by Rick Brewer**



The Crew ... these guys work, work out, live and die with each other.

Last month, we visited Brute Strength Gym in Norfolk, where High School lifters, powerlifters, and strongest-man competitors peacefully coexist without friction. But would they still get along if they all carried AK-47's in the gym and swore to kill each other? A famous man once said that an armed society is a polite society, and I do believe that guns often keep the peace. But most gym environments would be a little different with loaded AK-47's in every corner; in fact—they might be just like our Gym # 71, which is in Afghanistan. As you may know, there are many American diplomatic security forces all over the mid-east. Most of these guys are ex-military, all are heavily armed, and certainly all are muscular and hopefully dangerous. But where do they train? Let's ask our friend **Greg Richard**, who is on one of these security teams in Afghanistan:

"Besides military installations - which require Department of Defense and installation IDs - there are very few gyms for American, British and other expatriates to use. Currently we are living in the local economy - trying to blend in; building hearts and minds. The gyms in Afghanistan are very spartan, but they do have the basic essentials: freeweights, flat benches, and squat racks. (There are no other accessories.) We currently train at the Hindu Kush Gym Club."

Hindu Kush is the Afghanistan National Bodybuilding Champion's gym. He has over 200 clients, but only makes \$4 US for each personal training session. (Wow; no wonder there are not more Afghani bodybuilders in the NPC!! Rick) Your recent donations (from HOP) will publicize the good-natured spirit of US companies towards poor Afghan lifters. As we enter the

HOUSE OF PAIN products because they are simply the best.

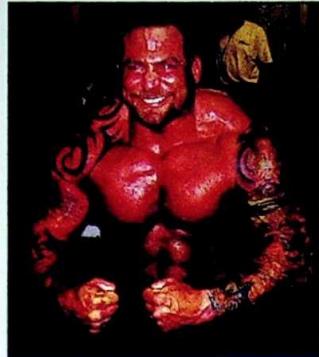
I have contacted other hardcore powerlifting companies, but no response... you are the first to respond. I'm excited about the photo shoot and article. I'm glad that you took first chance to get in on it. I may write a powerlifting article, complete with photos showing the standards and hardships of lifting - in the iron sport - in a war torn country. Maybe we'll take more black and white photos of the gym, training, AK-47's and Americans punishing themselves hardcore in the gym.

Here in Hindu kush there are American lifters, Brits, Australians, Canadians, and many Afghani lifters."

**GREG RICHARD
US DIPLOMATIC SECURITY SPECIALIST**

How many of you Personal Trainers want to work for \$4 per hour? How many NPC champs want to earn \$4 an hour? As I talked to Greg over a few months, we learned more about his guys, got cool photos of lifters – and even found a US military powerlifting meet there in Afghanistan for Americans. *Because Blackwater was a similar private diplomatic security force, I had also asked Greg about the accusations against that particular organization.. You may recall that Blackwater is a US-based private diplomatic security force that recently drew criticism for everything from unjustified shootings to steroid abuse. Greg's crew seems stable in comparison, and I naturally wondered what he thought about

I will continue to support



Bodybuilding even in Afghanistan

the Blackwater crew. Back to Greg for his various responses:

"There is a Military Powerlifting meet 30 Nov, 2007. The US military men and women have been busting their butts for this contest, but there are very few rewards, if any. However, for publicity it will be aired on TV, by AFN (Armed Forces Network), and will appear in the Army Times news paper.

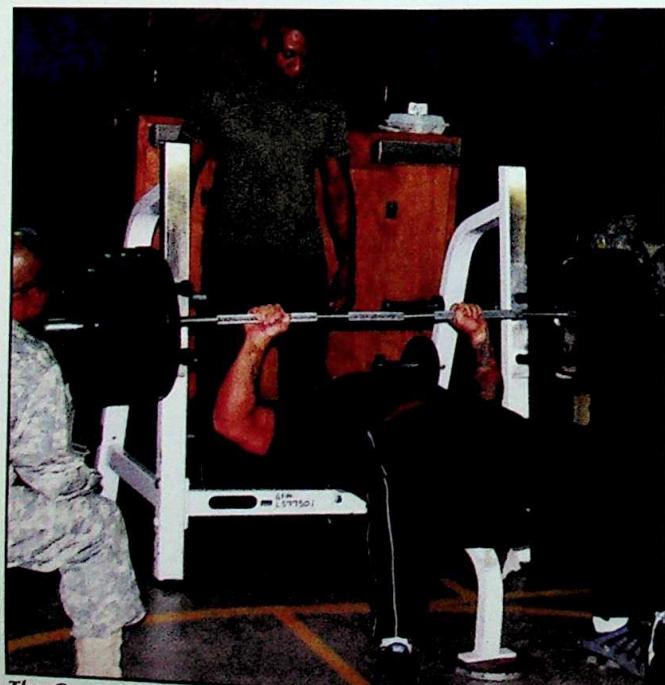
We go on missions daily and, of course, I can not break operation security, but I see no reason why you couldn't run a hardcore gym session of US and Afghans busting their guts in the gym. I hear you loud and clear on the down low.... no worries. The gym is unique fully armed guards with AK-47's and all the bells and whistles. They let us keep one of our own men in full kit as well in case s*** hits the fan!

My guys will absolutely love this most are hardcore lifters, MMA fighters, Thai boxers (one guy trains in Thailand every 8 weeks for a month), and we have a bad ass boxing trainer who works us out 3-4 times a week, but I'm primarily the weightlifter. I love House of Pain gear, and when we are decked out in HOP - we do a good Afghan gym session with heavy weights and guns. Sometimes we throw a fight or two in there (over plates)!

Hey thanks for the response.... over here a little goes a long way!

*I feel bad for Black Water, it is a huge organization. They have done some good things. But when you get that big, vetting isn't properly done, and you get s*** like this that effects us all.*

My team consists of 2 USA Army Rangers, 3 US Special Forces, 5 British paratroopers, 1 Australian, 3 South Africans, 1 British Royal Marine, 4 Canadian JTF2 (SF) and 2 British SAS. These are GOOD

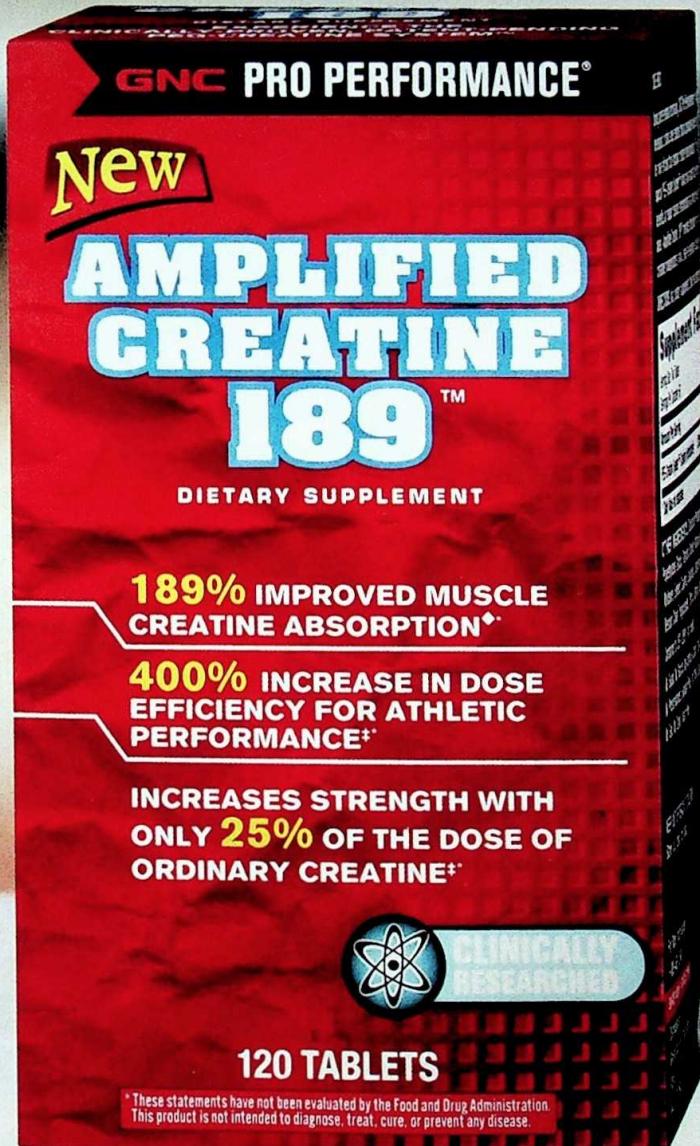


The Camp Eggers Bench Press Meet ... that's 485 lbs. on the bar.

NEW

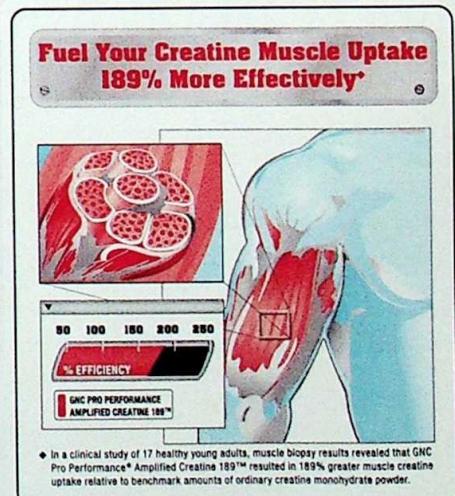
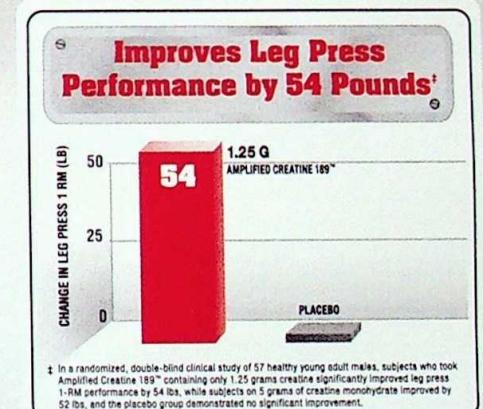
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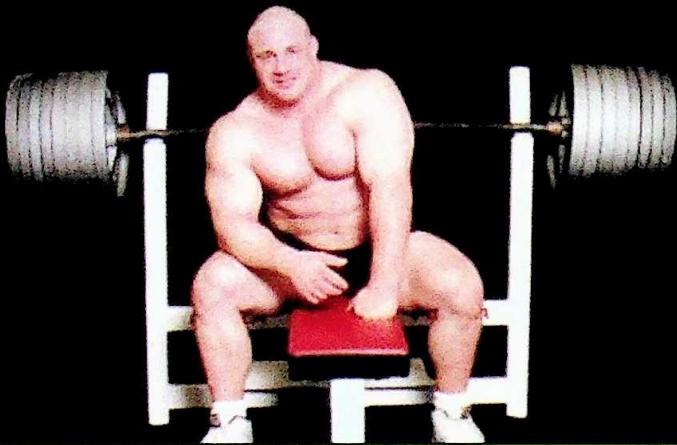
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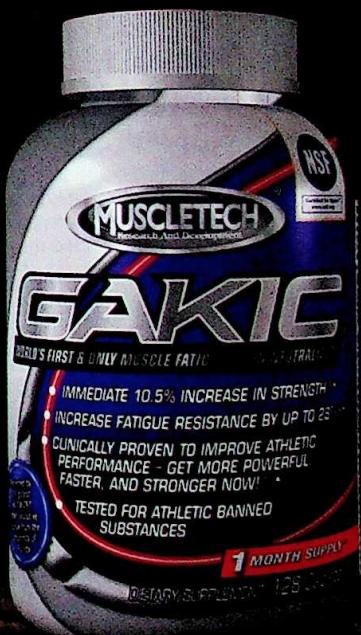


With blood coursing through your veins and your adrenaline maxed, you desperately struggle for one last rep. But when you're at the brink of muscular failure, and with the iron threatening to defeat you, you've gotta do more than just dig deep. You've gotta defeat the destructive forces within – forces trying to cripple your strength and prevent you from moving the iron. These nasty forces are fatigue toxins such as ammonia and they will paralyze your strength in an instant! The more you bang out the reps, the more these toxins set in and inevitably shut your muscles down. But when failure is not an option, there's

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POWER - RESEARCH

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Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (N.J.) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

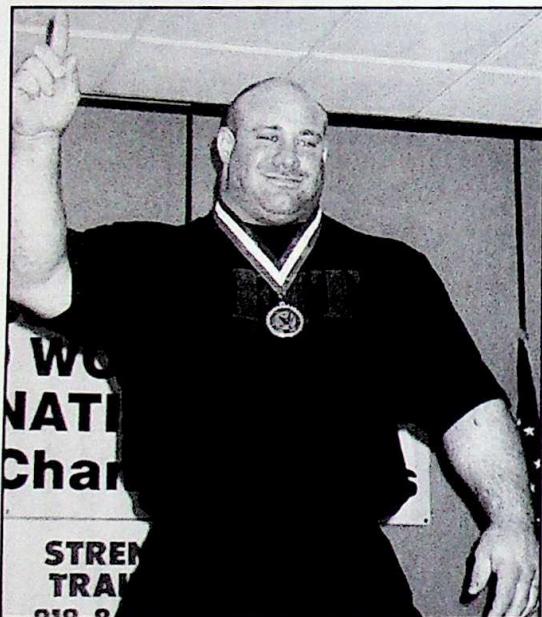
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca^{++}) from the sarcoplasmic reticulum in the muscle.

5) The calcium contracts the contractile machinery of the muscle (actin and myosin), and muscle contraction

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PL USA by Timothy Ferris, ACSM



Scot Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron.

In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Incledon, president of Human Performance Specialists, a sports pharmaceutical

consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect.

That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as BodyQUICK.

(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

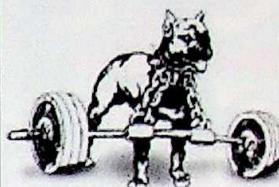
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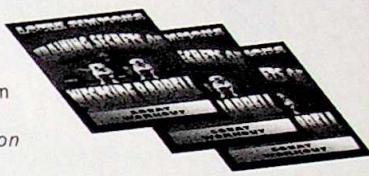


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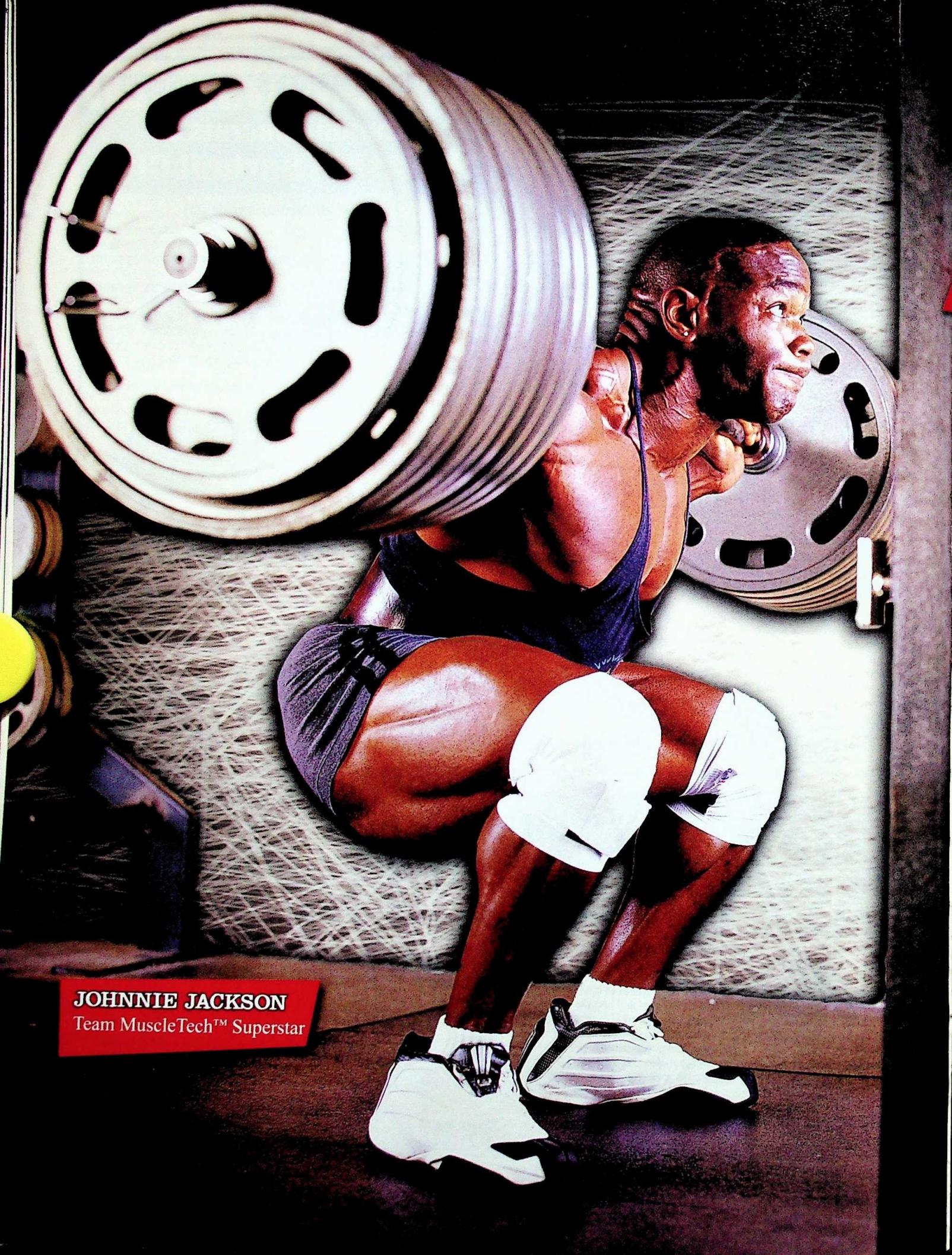
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PLEASE HELP ME!

Q: I really like your column each month but there is one problem; I don't follow your advice. The reason is because I eat a ton of junk food and a large percentage of my meals are fast food. I do exactly the opposite of what you recommend. I want to get my diet plan on track but it seems I have no will power. On top of that it seems like a pain prepping all the meals and taking supplements throughout the day. I was wondering if you could give me some ideas to get me started. I know this may seem like a very basic question but the reality is I need it. I know for a fact there are a lot of other powerlifters out there just like me, but they won't admit to it. Please help me out as my latest blood readings from my doctor are really bad. My bad cholesterol is through the roof, and my good cholesterol... where the hell is it? It's so low that my doctor said that I am a prime candidate for heart attack in the coming years. I have four beautiful children and I really want to be around long enough to see them get married and have children of their own. I would hate to think that my eating habits will cut valuable years off my life. Please help me out. I really want you to set me straight and give me that push I so desperately need!

Sincerely, **Salvatore Diprofettis**

A: I know exactly what you are going through. You see, the majority of the North American population is going through the same thing. Even elite athletes in our sport fight with the same. Starting and actually sticking to a healthier eating plan is something a lot of people fail at and that is why America has one of the highest rates of obesity in the world. What I am going to is give you some basic tips and also some words of encouragement that will hopefully get you out of the nutritional slump that you are in. I am going to layout some very basic tips below for you but remember you need to walk before you can fly. So we have to start right from the bottom and work our way up.

You have to make up your mind once and for all ...

This is the first and the most important point I am going to make. Eating clean and getting your nutrition on track is a mindset for victory. If you are serious about taking on your health conditions and becoming the best powerlifter that you can be then this is reality. A lot of people won't like to hear this, but this is what separates the men from the boys. If you are totally focused on what you want to accomplish, there is very little to

NUTRITION

Power Nutrition Q & A

by Anthony Ricciuto, B.Ped. C.F.T. S.P.N. S.W.M. F.T.

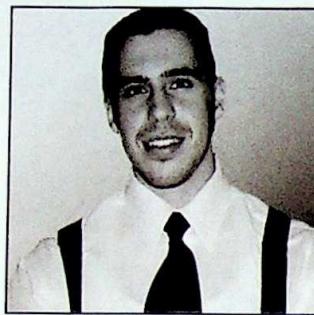
stop you. I consult with all types of world class athletes. The main thing that the best all have in common is the mindset of a champion in all aspects related to their sport. This is the case even if one of those aspects is something they don't like or even hate. If you are determined to be a champion then no matter what you have to do to get to the top, it shouldn't be a problem for you to work on. Of course, I don't want you to go out and break the legs of the guy in your class that keeps whipping you in the squat. Your mind is the strongest muscle you have and if it's programmed to fail then that is what is going to happen. If it's programmed for victory then it's only a matter of time before the gold is yours!

Make a game plan ...

Here is another very important point. You need a plan of action that is going to get you on track. When you are planning a contest outing, you lay out a complete game plan for all your workouts. You figure out all the weights that must be hit in each workout before the contest. At the contest, don't you determine your attempts in advance to make sure that you break that record? Of course you do and this is what I am talking about. The problem is most powerlifters don't put his kind of preparation into their supplementation planning. Remember this - if you fail to plan then you are planning to fail. Get a plan written down on paper and organize it to best suit your goals. You should also keep a daily journal - this is something I do with all my athletes whether they like it or not. This record will keep you on track and if you screw up you will see it right in front of your face. This way you are accountable for everything you put in your mouth.

Stick to your game plan ...

Now that you have a game plan worked out, the next part of the equation is to stick to it. Once the game plan is dialled in, it's time to implement it, day by day, week by week until you accomplish what you want to do. Don't think just because you have designed your plan of action that you can't make adjustments to it to make it best suit your needs. I am talking about



Anthony Ricciuto - the food guru behind www.NutritionXP3.com

altering it because of a legitimate reason that will help you improve. This is not to say that if you don't feel like eating your second meal of chicken and brown rice for the day it would be just fine for you to switch to a double fudge brownie sundae with whipped cream and diced nuts on top. This has to be for a legit reason and not so you can make things easier, which will be your first step backwards. If you do take that first step backwards then what will happen is you will take another. Once you have taken that one you will find it so much easier to take another. Then, before you know it, the whole game plan is down the drain and you are eating like a panhandler at the local fair.

Seek out help ...

Here is something a lot of people don't do because they think that they know everything. This is the wrong mentality because you will stop yourself from learning. When you think you know everything, this is when you truly know nothing. A true expert in any field will tell you the same. Just when they think they know everything there is to know about a certain topic someone pops up and opens their eyes to something they never even thought possible. It's not a problem to simply ask as many questions as you need to, and you shouldn't ever feel stupid for doing so. If I am designing a training plan I don't feel stupid to ask an expert like Louie Simmons or Matt Wenning about how to get the most out of bands or how to do advanced circa max training. The reason is because they are experts in the field. They are guys who have done their homework with text books and in the gym. We are talking

about decades of studied knowledge and as much if not more of application in the gym and on the competition platform. They know more about training than most lifters could dream of. If you need help to figure out how you are going to lose 50 pounds and maintain your strength, get help! Don't be shy, and don't be arrogant, because there is always someone smarter out there!

Start slowly don't rush it ...

If you are one of those over enthusiastic teenagers that wants to do as much as you can all at once, take a step back. If you are one of the middle age overweight guys who hates eating clean as much as getting his teeth pulled, take it slow. Rome wasn't built in a day and neither are the world champions of this sport or any other. For the teenager who is running on jet fuel in terms his love of training he may try and do everything under the sun all at once without realizing he is doing more harm than good. If 8 sets of 3 reps is good for benching then he will do 16 sets of 8 reps. More is better, right? WRONG! The same thing will go for his nutrition plan. They may try and go from eating three meals per day to ten because they read this is what Garry Frank did to set his All Time Total record. Or they will start taking 20 different nutritional supplements with many of them overlapping each other and wasting a lot of money in the process. Start with the basics and go from there. You won't lift what Gary does after a year of powerlifting, so why try and eat like him. Everyone is different when it comes to their training and nutritional needs and abilities so you have to do what is best for you, not what you may think is best for you.

Prepare your meals in advance ...

You may not like the sound of this but it is a must. That is unless you live in a 20 million dollar home in Dubai, and have maids and master chefs that prepare all your meals for you at your beck and call. Most likely, you are lucky if you can get your wife to heat you up some two week old macaroni and cheese left over from the kids. And that's on a good day. Prepping your meals in advance will be the best way for you to stick to your game plan. There is nothing like not having you meal prepared ahead of time to destroy your dedication. It goes like this: "Oh it looks like Shirley forgot to pack my lunch of chicken and asparagus. I guess I will just stop by KFC for a family size bucket of greasy chicken and wolf down a double pack of French fries." Heck, it was Shirley's fault anyways. It was because of her that I had to go out and devour 8000

"... Your mind is the strongest muscle you have and if it's programmed to fail then that is what is going to happen. If it's programmed for victory then it's only a matter of time before the gold is yours!"

calories of fat and grease. Heck, she even made sure that I got a regular cola and not a diet. Man, what that women does to me! I have heard stories like this over and over. The reality is when they tell me these stories they really believed it wasn't their fault.

Bring a cooler bag to work

You have to take responsibility for your meals and there is no better way to make sure they are always with you. If you have your cooler bag loaded with your meals and healthy snacks then it is a lot harder to throw it to the side and go and eat a pound of grease eased down with some sugary goodies. The more you tie

yourself to your plan, the better the chances are you will stick with it. At the beginning it's not going to be fun. While your friends are going out and eating all those heart clogging burgers it can be tempting. Or when they go on gluttonous rampages at an "All you can Eat" buffet at lunchtime, it can be disheartening to sit there with some whole wheat pasta and turkey meat balls. Believe me, I know what you are dealing with, but in the end you are the one that is going to have to deal with the consequences. If that means heart disease or diabetes is on your plate, remember, your friends won't be there when you are taking 5 injections of Insulin every day for the rest of your life just so you can exist. With Powerlifters getting them to go to the gym is not a hard task, as they all seem to love to hit the iron. On the other side of the coin trying to get them to take responsibility for their health and following a proper nutrition plan is tough. It's like I am asking them to give me their first born child. All the while they aren't doing it for me; they are doing it for themselves!

Reward Yourself ...

You heard that right, I said reward yourself. What I mean by that is that you need to take note when you are doing well with your

plan. Let's say that you have just completed the first three weeks of your plan and you haven't broken down once. That is great and you should be happy you had the will power to not touch all the junk you were known for shovelling down your throat on a daily basis. This means you should schedule yourself a cheat meal. Yep, it's time to go out and have a little fun. I didn't say go have a crazy night out with the boys eating and drinking everything in sight, only to awaken in a frothy pool of your own vomited ninety-nine cent cheese dogs and peach schnapps, in some gothic girls apartment that you have never met before. That may have been a little extreme but you get the point. It's time for you to go out and enjoy whatever you want - for one meal. If you have been craving a juicy steak or a cheeseburger with a slice of cheesecake, go for it. Try your best to keep it under control a little. Don't wolf back 20 White Castle Jalapeno burgers and an entire 2 pound coffee cake at one sitting. I know a lot of you boys can do that easily so don't go overboard, but enjoy. Remember you shouldn't have to get your stomach pumped every time you do a cheat meal. Moderation is the key!

Stay the Course ...

Alright, this is not a State of

the Union Address or any other Presidential rambling. What I will say to you is that you do have to stay dedicated to what your goal is no matter what. If you want to make a difference in your training or your health it will not happen overnight. To increase your squat or add 200 pounds to your total, it doesn't just happen magically in a couple days. If you want to accomplish your goal you have to get down in the trenches and make it happen. And the way to make it happen is to tough it out even when you don't feel like it. Actually the time when you don't feel like doing it is the time you should really kick yourself in the ass and force it. This shows your true inner determination. This isn't something anyone else can give you. It's all you baby. Remember it's easy to start something hard but the true victor is the one that stays the course and makes it happen under all circumstances, no matter what barriers stand in your way. That is the hallmark of a champion not only in Powerlifting, not only in sports, but in life!

If you have any questions or comments you can contact me at:

Arriciuto@NutritionXP3.com
Or check out my website at:
www.NutritionXP3.com

drjudd.net

Your Inside Source

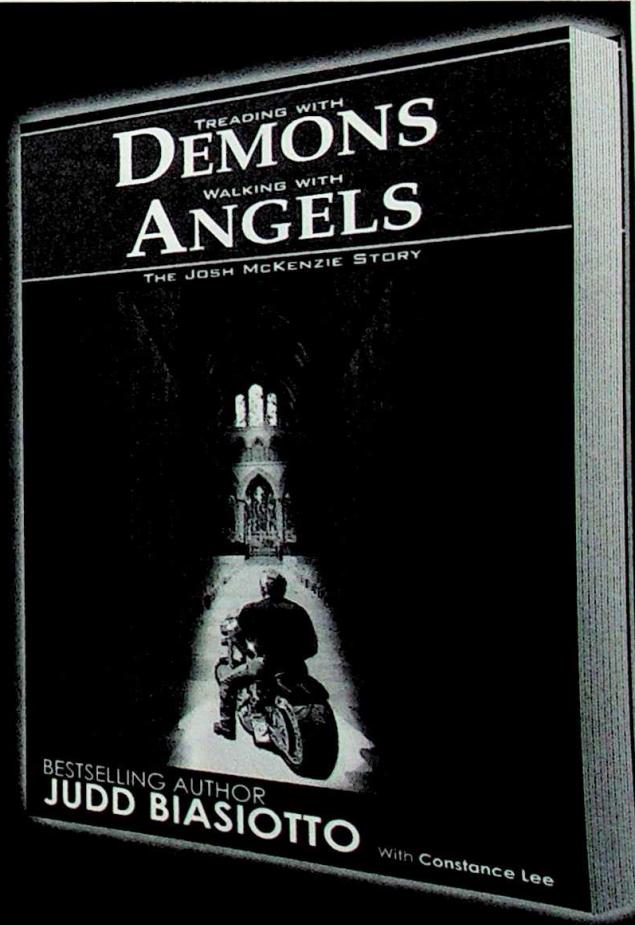
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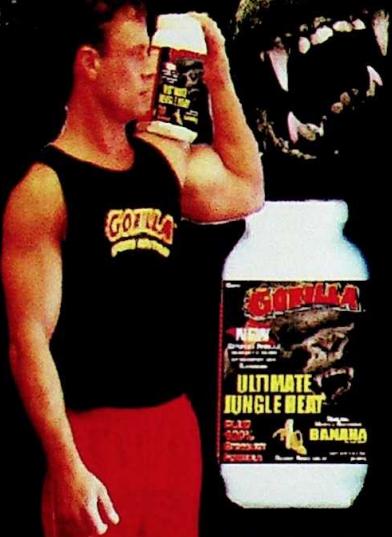
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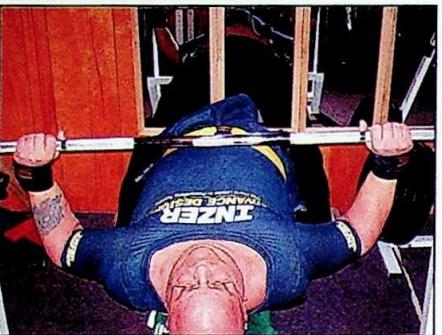
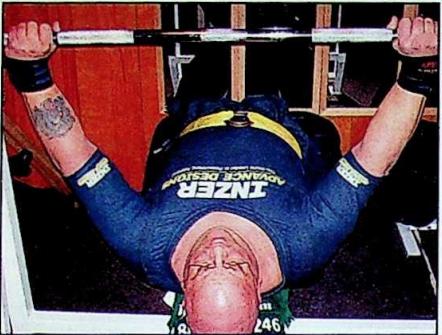
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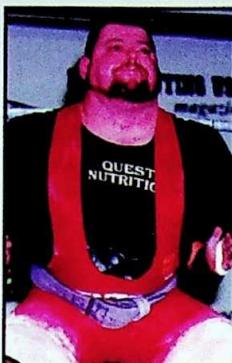


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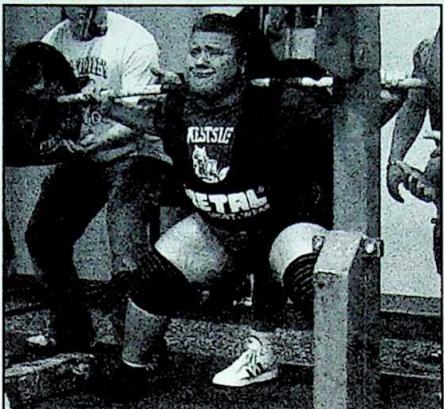


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WESTSIDE TRAINING

TEEN LIFTING as told by Louie Simmons



Dave "Neutron" Hoff in action. (D. Simmons)

There has been much said about lifting and age. Everyone has their viewpoint. The United States, for the most part, will start young, 8-10 years old, in a particular sport such as football, baseball, basketball, boxing, and wrestling. It's almost always sports specific. That is, they participate in the sport with no prior general physical preparedness (GPP).

In the old Soviet countries, there were sport institutes that prepared the youth age 12 and above for sports but not by playing a certain sport, but by a well-prepared process of GPP. This is general mobility, flexibility, dexterity, endurance, hand/eye coordination, balance, and strength. For example, pushups, pull-ups, rope climbing, medicine ball work, kettle bell work, and some running and short sprints are done. They produced the model athlete for their sports system. Children were chosen for the sport that suited their physical, mental, and emotional qualities. Neither the child nor the parents were able to pick the sport.

Here in the United States, football is huge. Go to any park and a million kids are playing football. Of course, only a small percentage will go on to play college ball, and even fewer will go on to the NFL. But all that sprinting, jumping, and agility drills formed the GPP for power lifting.

Kenny Patterson started lifting at Westside at 14 years old and became the youngest to bench press over 700 pounds and hold an open world record at 22 years old with a 728 bench at 275 body weight. Mike Brown benched 735 at 19 years old, still the biggest bench by a teen. Mike has gone on to

total over 2500. Dave "Neutron" Hoff, at 16, squatted 805, benched 515, and deadlifted 650 at 220. Now at 19 years old Neutron has made a 1005 squat, a 680 bench, and a 745 deadlift, to total 2430. This is the largest and only 1000-pound squat by a teen and the biggest total by any teen at any weight.

How did Kenny Patterson, Mike Brown, and now Neutron make the lifts they did? When they came to Westside, each was placed in a group of advanced lifters. Instead of one coaching many, many coached one. Bob Coe and Gritter Adams oversaw everything Neutron did. He was surrounded by top 10 lifters to help in his development. He could easily handle the physical work, but more important to me was the fact he could cope with the mental process of learning the methods and with the never-ending expectations placed on him. Like those that preceded him, Neutron has the most advanced methods at his disposal.

Like Mike Brown, Neutron uses a lot of foam box squatting, lowering his regular box and placing a 7-inch foam pad on top. This makes box squatting very taxing on the muscles. It feels like there is no bottom in the squat. This causes better balance and feels somewhere between a regular squat and a box squat. On max effort day he does rack pulls with and without bands, good mornings with a variety of bars, Zercher squats, front squats, or Manta Ray squats. When he feels fatigued, he will do only hypers, glute/ham raises, lat work, sled work, and abs. There are many exercises to choose from on max effort day. He will do 3 or 4 exercises and rotate them according to his needs. By switching exercises frequently, the central nervous system is never fatigued. The max effort exercises are rotated weekly. The special exercises are rotated whenever

progress slows or boredom sets in.

Neutron does very little special exercises after the main workout. He is biomechanically suited to squat, bench, and deadlift; thus his training is geared toward that fact. Pavel would say that Neutron is a model athlete.

On speed squat day bands and chains are used 95% of the time. Occasionally he will use free weights while squatting on foam. He will stand on foam and sit on foam about 25% of the time. About 60% of the workouts are done sitting on foam only, but always sitting on some kind of a box. He will warm up in gym shorts, then groove briefs, and will use what gear it takes on very heavy work days.

His bench workout looks the same, but he never uses a bench shirt on speed day. Nine sets of 3 reps with three different grips are used. Mini-bands, monster mini-bands, or 2 or 3 sets of 5/8 inch chains are used to accommodate resistance in many combinations. Triceps extensions with dumbbells or barbells are done every workout and with as high volume and high intensity as possible. The lats are second on his list. He then does pull-downs, rows with barbells or dumbbells, chest-supported rows, upper back, rear and side delts, and some hamstrings and curls to end the workout.

On max effort bench day the workout changes each week. The following can be done: floor press with just bar weight, with chains, or bands, regular bench with chains or bands, incline or decline press, weight releasers, ultrawide-grip or close-grip bench, and dumbbell press at different angles. This is the conjugate system.

Changing the rate of bar speed on dynamic day, changing the amount of bands or chains on the bar, or adding a hanging kettle bell to the bar causes a chaotic state. The lightened method with overhead bands of different strength can also be done.

Science tells us that doing the same exercise for 3 weeks with a weight of 90% or greater will cause progress to stop. By switching the main core exercise each week, you can continue to make progress indefinitely. How? By not negatively affecting the CNS. This holds true for speed day as well. By switching the a c c o m m o d a t i n g resistance, one can avoid the speed barrier. This is when one feels he cannot move the bar any faster regardless of how hard they try.

As you can see, we train a teen like an advanced lifter, just by training by percents and picking the correct special exercises to complement his weaknesses. Only time will tell how far he can go, but so far there's no stopping Neutron.

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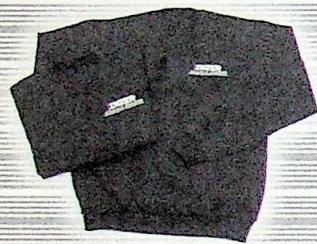
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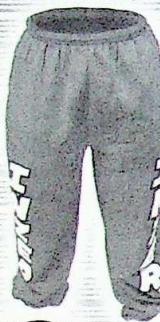
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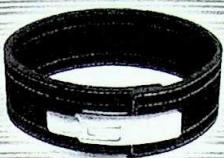
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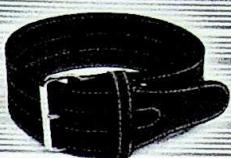
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ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to Mauro Di Pasquale M.D. at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days of receiving your email.

Dr. Di Pasquale: Last Wednesday I tore my left pectoral for the second time in ten years. I was going a bit heavier on bench presses than I had in the past, and it tore again. It appears to be about 20-30% torn, and my doctor advised I can start training chest again in about eight weeks. This was the same course of action I took for the first one. My question is twofold. First, do you recommend any treatment during the eight weeks? Also, do you think substituting Hammer Strength Bench Presses for barbell bench presses would reduce the chance for future injury? Thank you, **Alex**

Hi Alex: My usual recommendation for tears like yours is to let it heal without any drastic intervention in the form of various growth factors. The one thing I could recommend is my Joint Support (have a look at <http://www.mdplusstore.com/pdfs/jointsup.pdf>) not because it's one of my products but because it's the only supplement on the market that provides the matrix and also supports the healing environment for musculoskeletal injuries. I have several therapists and orthopedic surgeons who prescribe Joint Support for their trauma and surgical patients. The only other supplement I would consider and which could be stacked with Joint Support is GHboost (see <http://www.mdplusstore.com/pdfs/ghboost.pdf>) as it will increase tissue levels of IGF-I and GH and thus aid in the healing process.

As far as substituting hammer strength bench presses for barbell I think it would be a good idea to spread the work load between the two and see how your body responds. I've had some issues myself with my bench presses and that's what I do to ease the overall stress that benching puts on the muscles involved in the bench press. Best regards, **Mauro**

Dear Dr. Mauro:
I just have a question, How many grams of sugar of will create an insulin spike? Thank you, **David**

Hi David: If you take it alone as little as a teaspoon will cause a spike with the amount of insulin secreted proportional to the

amount of sugar you take in. Insulin response to glucose, other sugars, amino acids, fatty acids, and nutrients is complex. Some of the confusion arises when extrapolating from murine studies. I've copied the citation and abstract below, and attached a paper that you may find useful and that will help answer some of the questions you may have. Best regards, **Mauro**

DIABETES. 2006 DEC;55(12):3470-7. NUTRIENT CONTROL OF INSULIN SECRETION IN ISOLATED NORMAL HUMAN ISLETS. HENQUIN JC, DUFRANE D, NENQUIN M.

Pancreatic islets were isolated from 16 nondiabetic organ donors and, after culture for approximately 2 days in 5 mmol/l glucose, were perfused to characterize nutrient-induced insulin secretion in human islets. Stepwise increases from 0 to 30 mmol/l glucose (eight 30-min steps) evoked concentration-dependent insulin secretion with a threshold at 3-4 mmol/l glucose, K_m at 6.5 mmol/l glucose, and V_{max} at 15 mmol/l glucose. An increase from 1 to 15 mmol/l glucose induced biphasic insulin secretion with a prominent first phase (peak increase of approximately 18-fold) and a sustained, flat second phase (approximately 10-fold increase), which were both potentiated by forskolin. The central role of ATP-sensitive K⁽⁺⁾ channels in the response to glucose was established by abrogation of insulin secretion by diazoxide and reversible restoration by tolbutamide. Depolarization with tolbutamide or KCl (plus diazoxide) triggered rapid insulin secretion in 1 mmol/l glucose. Subsequent application of 15 mmol/l glucose further increased insulin secretion, showing that the amplifying pathway is operative. In control medium, glutamine alone was ineffective, but its combination with leucine or nonmetabolized 2-amino-bicyclo [2.2.1]-heptane-2-carboxylic acid (BCH) evoked rapid insulin secretion. The effect of BCH was larger in low glucose than in high glucose. In contrast, the insulin secretion response to arginine or a mixture of four amino acids was potentiated by glucose or tolbutamide. Palmitate slightly augmented insulin secretion only

at the supraphysiological palmitate-to-albumin ratio of 5. Inosine and membrane-permeant analogs of pyruvate, glutamate, or succinate increased insulin secretion in 3 and 10 mmol/l glucose, whereas lactate and pyruvate had no effect. In conclusion, nutrient-induced insulin secretion in normal human islets is larger than often reported. Its characteristics are globally similar to those of insulin secretion by rodent islets, with both triggering and amplifying pathways. The pattern of the biphasic response to glucose is superimposable on that in mouse islets, but the concentration-response curve is shifted to the left, and various nutrients, in particular amino acids, influence insulin secretion within the physiological range of glucose concentrations.

Dear Mauro: Does glutamine need to be cycled? Thanks, **Chris**

Hi Chris: That's a good question and the answer you get depends on who you're asking. If you ask someone who doesn't believe we need supplements, just the right food, then the answer might be not to take the glutamine in the first place. If you're asking someone in the supplement business, the answer might be to take it year round as your body will

determine what it will do with the glutamine, i.e. use it for replenishing depleted states, turning it into glucose (gluconeogenesis), synthesis of glutathione, involvement in ureagenesis and ammoniagenesis, protein synthesis, or simply oxidizing it as a cellular fuel.

My answer would be that it's a good idea to cycle all supplements, except perhaps for your basic one a day, antioxidants, and essential fatty acids as these act as foundation supplements. The reason behind the cycling is that I'm not sure just how the constant long term use of one or more supplements will affect the body in the long term. As such, I tend to advise people to use supplements when you need it the most and cut back when you don't. In the case of glutamine's useful in all forms of stress, since trauma, surgery, burns, ischemia, infections, fasting, malnutrition and of course exercise, all deplete the body, including the gut, immune system and muscles, of glutamine. So I would use the glutamine under more stressful conditions such as when you're training hard, especially if you're overreaching, rather than at times when you're either taking a break from training or just coasting. I hope this information is useful. Best regards, **Mauro**

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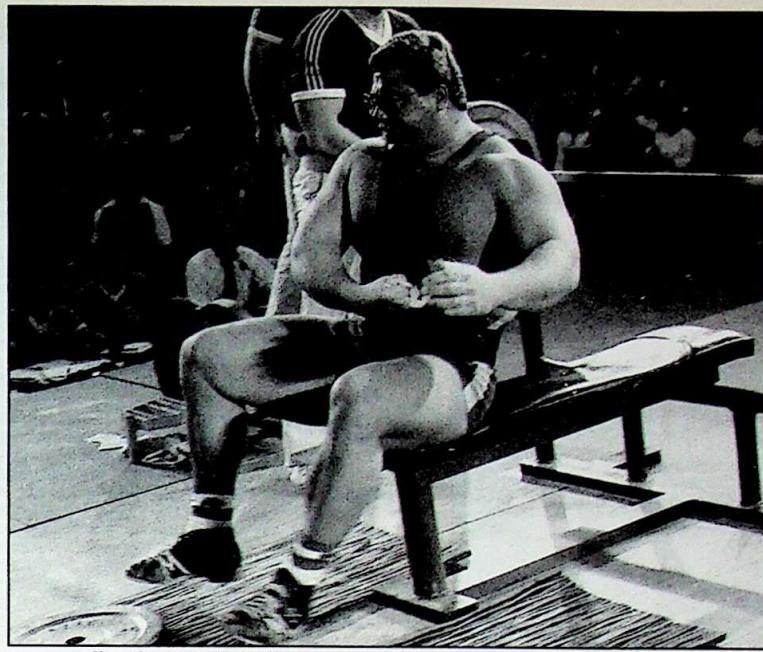
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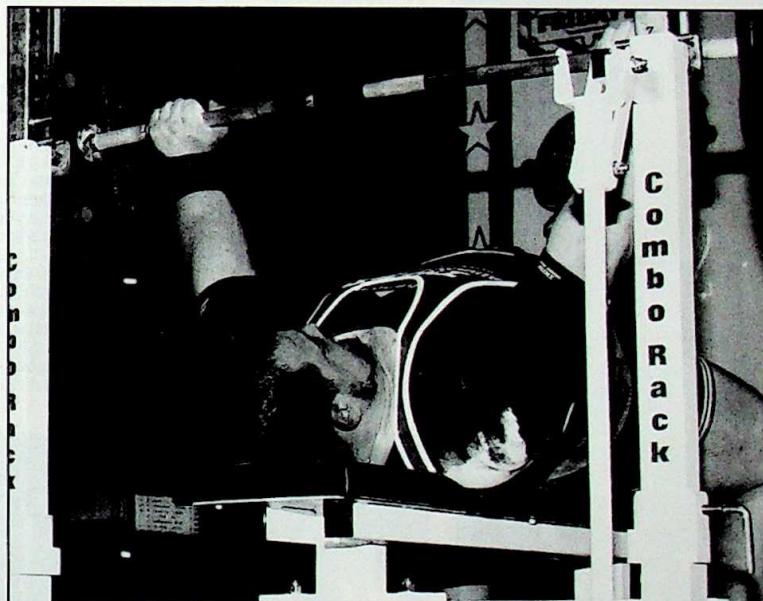
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IPF Men's Worlds 600 lb.+ Bench 1971-2007 by Brad Gillingham

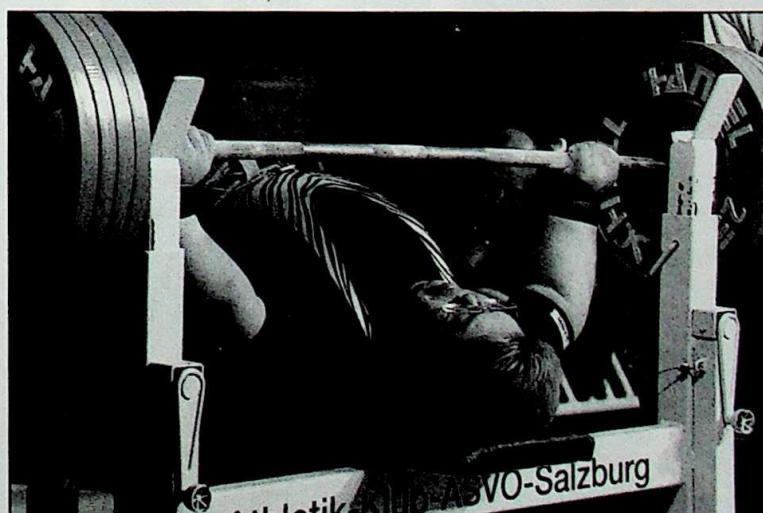
| Rank | Name | Class | KG | LB | Place | Year |
|------|-----------------------|-------|-------|-----|--------------------|------|
| 1 | Midote-Japan | 125+ | 350.5 | 772 | Miami, USA | 2005 |
| 2 | Siders-USA | 125+ | 337.5 | 744 | Capetown S. Africa | 2004 |
| 3 | Sandvik-Finland | 125+ | 337.5 | 744 | Miami, USA | 2005 |
| 4 | Svensson-Sweden | 125+ | 330 | 727 | Solden, Austria | 2007 |
| 5 | Yarymbush-Ukraine | 125 | 325 | 716 | Miami, USA | 2005 |
| 6 | Svensson-Sweden | 125+ | 322.5 | 710 | Miami, USA | 2005 |
| 7 | Mirowski-Poland | 125 | 320 | 705 | Miami, USA | 2005 |
| 8 | Wahlqvist-Sweden | 125+ | 320 | 705 | Solden, Austria | 2007 |
| 9 | Siders--USA | 125+ | 317.5 | 699 | Vejle, Denmark | 2003 |
| 10 | Lehto-Finland | 125+ | 317.5 | 699 | Solden, Austria | 2007 |
| 11 | Midote-Japan | 125+ | 315 | 694 | Solden, Austria | 2007 |
| 12 | Lehto-Finland | 125+ | 312.5 | 688 | Stavanger, Norway | 2006 |
| 13 | Sandvik-Finland | 125+ | 310 | 682 | Capetown S. Africa | 2004 |
| 14 | Midote-Japan | 125 | 310 | 682 | Stavanger, Norway | 2006 |
| 15 | Williams-USA | 110+ | 306.1 | 675 | York, USA | 1971 |
| 16 | Midote-Japan | 125+ | 305 | 666 | Trenčín, Slovakia | 2002 |
| 17 | Yarymbush-Ukraine | 125 | 300.5 | 662 | Capetown S. Africa | 2004 |
| 18 | Midote-Japan | 125+ | 300 | 661 | Sotkamo, Finland | 2001 |
| 19 | Midote-Japan | 125+ | 300 | 661 | Vejle, Denmark | 2003 |
| 20 | Williams-USA | 110+ | 299.4 | 660 | Harrisburg, USA | 1972 |
| 21 | Muravlev-Ukraine | 125+ | 297.5 | 655 | Miami, USA | 2005 |
| 22 | Midote-Japan | 125 | 295 | 650 | Akita City, Japan | 2000 |
| 23 | Staerkjaer-Denmark | 125+ | 292.5 | 644 | Vejle, Denmark | 2003 |
| 24 | Muravlev-Ukraine | 125+ | 290 | 639 | Capetown S. Africa | 2004 |
| 25 | Sedmik-Czech Rep. | 125+ | 290 | 639 | Capetown S. Africa | 2004 |
| 26 | Svensson-Sweden | 125+ | 290 | 639 | Capetown S. Africa | 2004 |
| 27 | Papazov-Ukraine | 125 | 290 | 639 | Capetown S. Africa | 2004 |
| 28 | Freydun-Ukraine | 100 | 290 | 639 | Miami, USA | 2005 |
| 29 | Lehto-Finland | 125 | 287.5 | 633 | Vejle, Denmark | 2003 |
| 30 | Svensson-Sweden | 125+ | 287.5 | 633 | Vejle, Denmark | 2003 |
| 31 | Freydun-Ukraine | 100 | 287.5 | 633 | Capetown S. Africa | 2004 |
| 32 | Bowring-Great Britain | 125 | 287.5 | 633 | Stavanger, Norway | 2006 |
| 33 | Bondarenko-Russia | 125+ | 285 | 628 | Miami, USA | 2005 |
| 34 | Harris-USA | 125+ | 285 | 628 | Stavanger, Norway | 2006 |
| 35 | Krymov-Ukraine | 90 | 285 | 628 | Solden, Austria | 2007 |
| 36 | Mardell-Canada | 125+ | 285 | 628 | Solden, Austria | 2007 |
| 37 | Kazmaier-USA | 110+ | 282.5 | 622 | Dayton, USA | 1979 |
| 38 | Cardella-USA | 125 | 282.5 | 622 | Capetown S. Africa | 2004 |
| 39 | Suslov-Russia | 110 | 282.5 | 622 | Miami, USA | 2004 |
| 40 | Staerkjaer-Denmark | 125+ | 280 | 617 | Trenčín, Slovakia | 2002 |
| 41 | Sedmik-Czech Rep. | 125+ | 280 | 617 | Trenčín, Slovakia | 2002 |
| 42 | Papazov-Ukraine | 125+ | 280 | 617 | Vejle, Denmark | 2002 |
| 43 | Tallqvist-Finland | 125+ | 280 | 617 | Vejle, Denmark | 2003 |
| 44 | Thompson-Gt. Britain | 125+ | 280 | 617 | Capetown S. Africa | 2004 |
| 45 | Gayanov-Kazakhstan | 125 | 280 | 617 | Miami, USA | 2005 |
| 46 | Bondarenko-Russia | 125+ | 280 | 617 | Solden, Austria | 2007 |
| 47 | Randen-Norway | 125 | 280 | 617 | Solden, Austria | 2007 |
| 48 | Gillingham-USA | 125+ | 277.5 | 611 | Trenčín, Slovakia | 2002 |
| 49 | Svensson-Sweden | 125+ | 277.5 | 611 | Vejle, Denmark | 2003 |
| 50 | Kupcsik-Hungary | 100 | 277.5 | 611 | Capetown S. Africa | 2004 |
| 51 | Suslov-Russia | 110 | 277.5 | 611 | Capetown S. Africa | 2004 |
| 52 | Gillingham-USA | 125+ | 277.5 | 611 | Solden, Austria | 2007 |
| 53 | Papazov-Ukraine | 125+ | 275 | 606 | Trenčín, Slovakia | 2002 |
| 54 | Siders-USA | 125+ | 275 | 606 | Trenčín, Slovakia | 2002 |
| 55 | Arvai-Hungary | 125 | 275 | 606 | Capetown S. Africa | 2004 |
| 56 | Bowring-Great Britain | 125 | 275 | 606 | Capetown S. Africa | 2004 |
| 57 | Gillingham-USA | 125+ | 275 | 606 | Capetown S. Africa | 2004 |
| 58 | Malanichev-Russia | 125 | 275 | 606 | Miami, USA | 2005 |
| 59 | Cardella-USA | 125 | 275 | 606 | Miami, USA | 2005 |
| 60 | Harris-USA | 125+ | 275 | 606 | Miami, USA | 2005 |
| 61 | Randen-Norway | 125 | 275 | 606 | Stavanger, Norway | 2006 |
| 62 | Barkhatov-Russia | 110 | 275 | 606 | Solden, Austria | 2007 |
| 63 | Spingl-Czech Republic | 125+ | 275 | 606 | Solden, Austria | 2007 |
| 64 | Kuc-USA | 110+ | 272.5 | 600 | Harrisburg, USA | 1972 |
| | Hedlund-Sweden | 110+ | 272.5 | 600 | Dayton, USA | 1979 |
| | Moran-USA | 125+ | 272.5 | 600 | Dallas, USA | 1984 |
| | Collins-USA | 125+ | 272.5 | 600 | Jönköping, Sweden | 1993 |
| | Gillingham-USA | 125+ | 272.5 | 600 | Akita City, Japan | 2000 |
| | Arvai-Hungary | 125 | 272.5 | 600 | Vejle, Denmark | 2003 |
| | Fedorenko-Russia | 110 | 272.5 | 600 | Miami, USA | 2005 |
| | Cardella-USA | 125 | 272.5 | 600 | Stavanger, Norway | 2006 |



Lars Hedlund (SWE) held the IPF World Bench Press Record in the early years.



Brian Siders (US) will likely take over the lead on this list at his next IPF Worlds.



Kenneth Sandvik (FIN) interviewed by BPgreat Markus Schick.

Daisuke Midote (JPN) has been prolific as a big time bencher at the Worlds.



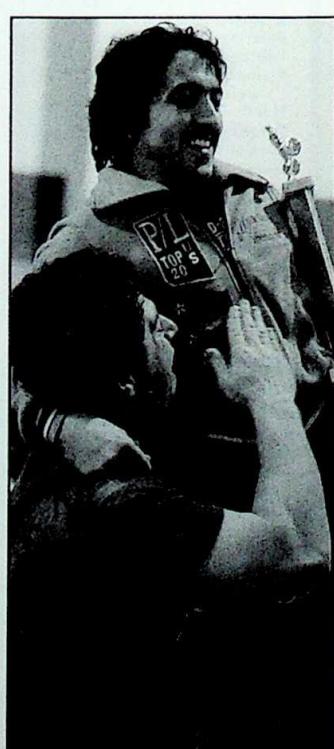
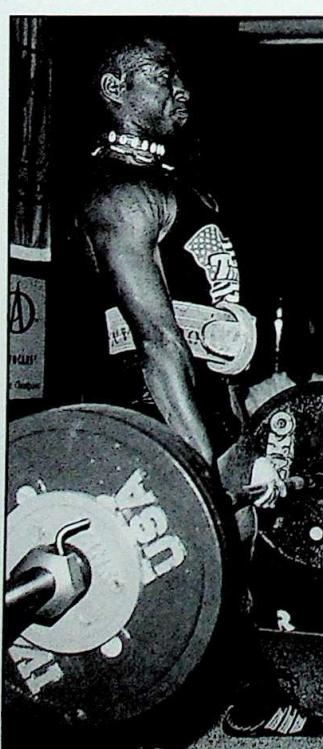
Alan Whigham won his class at 2002 USAPL Men's National Championships in Chicago, IL



Jim Morgan won the '85 USPF SRs, **Mike Ewoldsen** dominated in NASA, as **Doc Holloway** has done in USAPL, and **Ralph Caputo** won Y Nats.

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 123 Pound (56 Kilogram) Weight Division -- TOTAL

| Total | X-Bwt | American | Male Lifter/ | YOB/ | Date/ | Actual Weight/ | Exact Bodyweight/ | Location/ | Federation |
|------------|---------|---------------|-------------------------|---------|---|---|--------------------------------|-------------|------------|
| 1. 1455.1 | (660.0) | 11.79X | Richard Hawthorne | /84 | 4/17/04 | (265.0+135.0+260.0=660.0 kg.) | (Baton Rouge, Louisiana) | (APF) | |
| 2. 1383.4 | (627.5) | *11.21X | Lamar Gant | /57 | 7/10/82 | (200.0+137.5+290.0=627.5 kg. @ 56.0 kg.) | (Dayton, Ohio) | (USPF/IPF) | |
| 3. 1383.4 | (627.5) | Mike Ewoldsen | /65 | 2/13/05 | (230.0+137.5+260.0=627.5 kg. @ 122.5 lb.) | (Oklahoma City, OK) | (NASA) | | |
| 4. 1366.9 | (620.0) | *11.07X | Damarrio "Doc" Holloway | /80 | 4/30/01 | (220.0+137.5+262.5=620.0 kg. @ 56.0 kg.) | (GA) | (USAPL) | |
| 5. 1317.3 | (597.5) | 10.67X | Bobby Adams | /3/89 | (215.0+142.5+240.0=597.5 kg.) | (Fort Hood, Texas) | (USPF) | | |
| 6. 1306.2 | (592.5) | *10.68X | Erwin Gainer | /66 | 10/15/07 | (220.0+142.5+230.0=592.5 kg. @ 55.5 kg.) | (Soelden, Austria) | (USAPL/IPF) | |
| 7. 1300.7 | (590.0) | 10.54X | Tim Taylor | /66 | 10/28/89 | (200.0+135.0+255.0=590.0 kg.) | (Hills Air Force Base, Utah) | (NSM) | |
| 8. 1300.7 | (590.0) | 10.54X | Dave Pataway | /59 | 7/28/90 | (230.0+107.5+252.5=590.0 kg.) | (Pittsburgh, Pennsylvania) | (APF/WPC) | |
| 9. 1295.0 | (587.4) | 10.49X | Joe Bradley | /56 | 5/13/78 | (455.0+315.0+255.0=1295.0 lb.) | (Port Edwards, Wisconsin) | (USPF) | |
| 10. 1295.0 | (587.4) | 10.49X | Herb Blake | /58 | 12/9/89 | (500.0+275.0+520.0=1295.0 lb.) | (Adel, Georgia) | (USPF) | |
| 11. 1270.0 | (576.1) | *10.54X | Ernesto Milian | /47 | 11/21/97 | (485.0+265.0+520.0=1270.0 lb. @ 120.5 lb.) | (Washington, D.C.) | (IPA) | |
| 12. 1267.7 | (575.0) | 10.27X | Clarence Fielder | /73 | 1/31/92 | (200.0+137.5+237.5=575.0 kg.) | (Raleigh, North Carolina) | (USPF) | |
| 13. 1267.7 | (575.0) | 10.27X | Wil Taylor | /69 | 3/29/98 | (222.5+130.0+222.5=575.0 kg.) | (Denver, Colorado) | (USAPL) | |
| 14. 1267.7 | (575.0) | *10.34X | Jeremy Scruggs | /83 | 9/11/05 | (210.0+130.0+235.0=575.0 kg. @ 55.6 kg.) | (Fort Wayne, IN) | (USAPL/IPF) | |
| 15. 1262.1 | (572.5) | 10.22X | Bob Lech | /72 | 8/20/80 | (220.0+125.0+227.5=572.5 kg.) | (Madison, Wisconsin) | (USPF/IPF) | |
| 16. 1258.8 | (571.0) | 10.20X | Lance Mays | /45 | 9/2/92 | (231.0+112.5+227.5=571.0 kg.) | (Dallas, Texas) | (NASA) | |
| 17. 1256.6 | (570.0) | *10.65X | Mike Booker | /81 | 3/9/02 | (250.0+170.0+150.0=570.0 kg. @ 118.0 lb., w/o SQ suit/BP shirt) | (CA) | (AAU) | |
| 18. 1251.1 | (567.5) | 10.13X | M. Long | /23 | 8/88 | (210.0+125.0+232.5=567.5 kg.) | (Dallas, Texas) | (USPF) | |
| 19. 1250.0 | (567.0) | *10.68X | Chuck Dunbar | /57 | 3/26/83 | (520.0+315.0+415.0=1250.0 lb. @ 117.0 lb.) | (Chamblee, Georgia) | (USPF) | |
| 20. 1240.1 | (562.5) | 10.04X | Dave Buterbaugh | /87 | 10/10/96 | (250.0+165.0+147.5=562.5 kg.) | (Las Vegas, Nevada) | (APF/WPC) | |
| 21. 1234.6 | (560.0) | *10.09X | Jim Morgan | /76 | 8/5 | (217.5+127.5+215.0=560.0 kg. @ 55.5 kg.) | (Chicago, Illinois) | (USPF) | |
| 22. 1234.6 | (560.0) | 10.00X | David Ramsey | /2 | 7/17/88 | (225.0+127.5+207.5=560.0 kg.) | (El Tora, California) | (USPF) | |
| 23. 1234.6 | (560.0) | 10.00X | Roman Garcia | /84 | 12/4/04 | (220.0+110.0+230.0=560.0 kg.) | (Harlingen, Texas) | (APF) | |
| 24. 1230.0 | (559.7) | 9.96X | Hien Nguyen | /77 | 10/24/92 | (500.0+285.0+445.0=1230.0 lb.) | (Omaha, Nebraska) | (NASA) | |
| 25. 1223.6 | (555.0) | 9.91X | Joe Cunha | /59 | 5/5/84 | (245.0+142.5+167.5=555.0 kg.) | (Mission San Jose, California) | (USPF/ADFP) | |
| 26. 1218.1 | (552.5) | 9.87X | Mark Hartman | /73 | 7/25/92 | (217.5+115.0+220.0=552.5 kg.) | (Pittsburgh, Pennsylvania) | (APF/WPC) | |
| 27. 1218.1 | (552.5) | *9.97X | Alan Whigham | /73 | 7/13/02 | (217.5+115.0+220.0=552.5 kg. @ 55.4 kg.) | (Chicago, Illinois) | (USAPL/IPF) | |
| 28. 1218.1 | (552.5) | *10.05X | Peter Wong | /78 | 4/10/04 | (192.5+157.5+202.5=552.5 kg. @ 55.0 kg.) | (FL) | (USAPL/IPF) | |
| 29. 1212.5 | (550.0) | *9.82X | Russ Steinhouser | /76 | 8/5 | (200.0+122.5+227.5=550.0 kg. @ 56.0 kg.) | (Chicago, Illinois) | (USPF) | |
| 30. 1212.5 | (550.0) | 9.82X | Sinh Connolly | /12 | 1/17/94 | (205.0+117.5+227.5=550.0 kg.) | (Kailua-Kona, Hawaii) | (ADFP) | |
| 31. 1212.5 | (550.0) | *9.84X | Ken Snell | /59 | 11/11/00 | (210.0+122.5+217.5=550.0 kg. @ 55.9 kg.) | (Ormond Beach, Florida) | (AAPF) | |
| 32. 1210.0 | (548.8) | *10.13X | Dino Raposo | /10 | 30/88 | (15.0+235.0+460.0=1210.0 lb. @ 119.5 lb.) | (Lindenhurst, New York) | (ANPPC) | |
| 33. 1203.3 | (545.8) | 9.75X | Allen Clark | /51 | 2/19/72 | (—,+—,+—=548.25=1203.3 lb.) | (Texas) | (AAU) | |
| 34. 1202.6 | (545.5) | *10.01X | August Clark | /62 | 7/10/99 | (182.5+168.0+195.0=545.5 kg. @ 54.5 kg.) | (Daytona Beach, FL) | (APF/WPC) | |
| 35. 1201.5 | (545.0) | 9.73X | Eric Kupperstein | /66 | 3/6/04 | (190.0+105.0+250.0=545.0 kg.) | (Plymouth, Massachusetts) | (USAPL) | |
| 36. 1200.0 | (544.3) | 9.72X | Terrence Winters | /21 | 8/88 | (435.0+285.0+480.0=1200.0 lb.) | (Spokane, Washington) | (NSM) | |
| 37. 1190.5 | (540.0) | 9.64X | Ralph Caputo | /1 | 8/83 | (220.0+120.0+200.0=540.0 kg.) | (Columbus, Ohio) | (USPF) | |
| 38. 1185.0 | (537.5) | 9.60X | Norb Paterniti | /12 | 15/84 | (205.0+117.5+215.0=537.5 kg.) | (Weirton, West Virginia) | (USPF) | |
| 39. 1180.0 | (535.2) | 9.56X | Joseph Bernazzani | /10 | 9/71 | (415.0+280.0+485.0=1180.0 lb.) | (San Bernardino?, California) | (AAU) | |
| 40. 1180.0 | (535.2) | 9.56X | Julio Nunez | /43 | 3/3/79 | (410.0+275.0+495.0=1180.0 lb.) | (Denver, Colorado) | (AAU) | |
| 41. 1180.0 | (535.2) | 9.56X | Vince Tolisano | /3 | 27/82 | (420.0+295.0+465.0=1180.0 lb.) | (Tampa, Florida) | (USPF) | |
| 42. 1179.5 | (535.0) | *9.55X | Mark Ferrera | /76 | 8/5 | (187.5+155.0+192.5=535.0 kg. @ 56.0 kg.) | (Chicago, Illinois) | (USPF) | |
| 43. 1179.5 | (535.0) | 9.55X | Jon Arenberg | /61 | 2/22/90 | (195.0+130.0+210.0=535.0 kg.) | (Reno, Nevada) | (USPF) | |
| 44. 1179.5 | (535.0) | 9.55X | Dave Weiss | /69 | 6/15/96 | (175.0+130.0+230.0=535.0 kg.) | (Saint Louis, Missouri) | (ADFP) | |
| 45. 1179.5 | (535.0) | *9.59X | Trey Cunningham | /79 | 1/15/00 | (200.0+115.0+220.0=535.0 kg. @ 55.8 kg.) | (Chia Yi, tw) | (USAPL/IPF) | |
| 46. 1175.0 | (533.0) | 9.52X | Mike Kuhns | /86 | 10/26/03 | (475.0+330.0+370.0=1175.0 lb.) | (Albany, New York) | (USAPL) | |
| 47. 1170.0 | (530.7) | 9.48X | Miguel Castro | /11 | 19/88 | (400.0+230.0+540.0=1170.0 lb.) | (Schererville, Indiana) | (ADFP) | |
| 48. 1170.0 | (530.7) | 9.48X | Jay Sutherland | /3 | 8/97 | (450.0+260.0+460.0=1170.0 lb.) | (Ocala, Florida) | (ADFP) | |
| 49. 1168.4 | (530.0) | 9.46X | Joe Lusk | /5 | 11/85 | (192.5+120.0+217.5=530.0 kg.) | (Dallas, Texas) | (USPF) | |
| 50. 1167.5 | (529.6) | 9.46X | Dave Moyer | /34 | 6/5/70 | (477.5+240.0+450.0=1167.0 lb.) | (NJ) | (AAU) | |

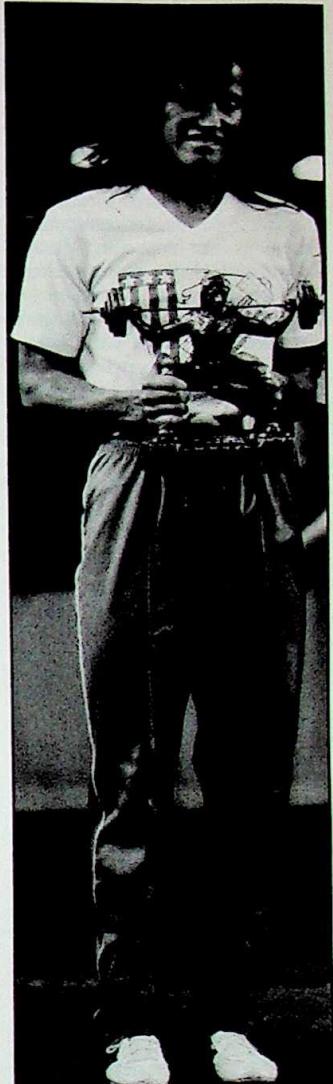


(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; Email Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.

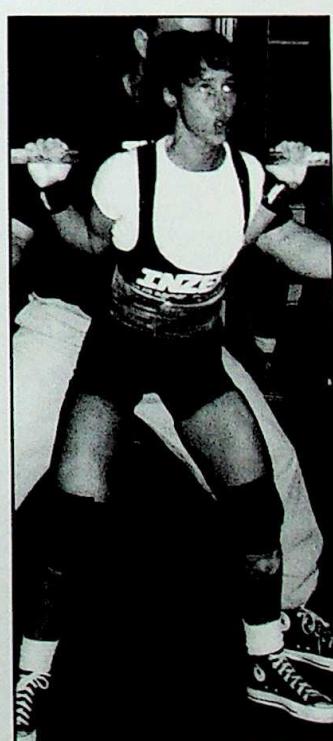
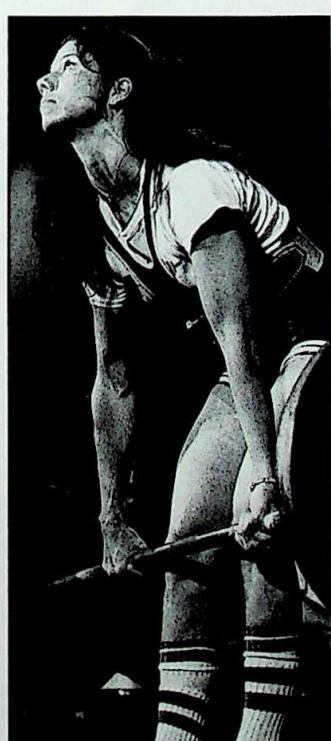
ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 105 Pound (48 Kilogram) Weight Division -- TOTAL

| | Total | X-Bwt | Female | American Lifter/ | YOB/ | Date/ | Actual Weight/ | Exact Bodyweight/ | Location/ | Federation |
|-----|--------|---------|---------|-----------------------------------|----------|--|------------------------------|-------------------|-----------|------------|
| 1. | 1052.7 | (477.5) | *10.01X | Margaret Kirland/63 | 8/4/07 | (210.0+95.0+172.5=477.5 kg. @ 47.7 kg.) | (Illinois) | (AAPF/APWC) | | |
| 2. | 948.0 | (430.0) | *8.98X | Jennifer Maile/84 | 9/25/02 | (160.0+90.0+180.0=430.0 kg. @ 47.9 kg.) | (Chia I, Chinese Taipei) | (IPF) | | |
| 3. | 887.4 | (402.5) | *8.40X | Doris Simmons/52 | 7/28/90 | (155.0+95.0+152.5=402.5 kg. @ 47.9 kg.) | (Pittsburgh, PA) | (APF/WPC) | | |
| 4. | 876.3 | (397.5) | 8.28X | April Delmore/67 | 12/7/96 | (145.0+100.0+152.5=397.5 kg.) | (Adel, Georgia) | (USPF) PA (IPA) | | |
| 5. | 341.7 | (155.0) | *3.24X | Doris Simmons/52 | 7/28/90 | (155.0 kg. @ 47.9 kg.) | (Pittsburgh, Pennsylvania) | (APF/WPC) | | |
| 6. | 859.8 | (390.0) | *8.13X | Majik Jones/53 | 5/19/84 | (147.5+65.0+390.0=859.8 kg. @ 48.0 kg.) | (Santa Monica, CA) | (USPF/IPF) | | |
| 7. | 851.0 | (386.0) | 8.02X | Elizabeth "Ann" Leverett/54 | 6/22/02 | (146.0+82.5+157.5=386.0 kg.) | (Chester, West Virginia) | (USPF) | | |
| 8. | 848.8 | (385.0) | *8.16X | Lynne Fuller-Barlow/59 | 11/7/98 | (152.5+87.5+145.0=385.0 kg. @ 104.0 lb.) | (Lewiston, Maine) | (APF) | | |
| 9. | 848.8 | (385.0) | 8.02X | Ashley Matherne/83 | 4/16/05 | (135.0+95.0+152.5=385.0 kg.) | (Baton Rouge, Louisiana) | (USAFL) | | |
| 10. | 840.0 | (381.0) | *8.08X | Ashley Hudson-Robbins/77 | 7/14/01 | (335.0+180.0+325.0=840.0 lb. @ 104.0 lb.) | (Marietta, GA) | (USPF) | | |
| 11. | 832.2 | (377.5) | *7.87X | Jeanna Pacyga | 7/16/88 | (142.5+85.0+150.0=377.5 kg. @ 105.75 lb.) | (Columbus, Ohio) | (APF/WPC) | | |
| 12. | 823.4 | (373.5) | *7.86X | Paula Kovachik/53 | 10/4/97 | (137.5+77.5+158.5=373.5 kg. @ 47.5 kg.) | (Wilkes-Barre, PA) | (USAFL) | | |
| 13. | 815.7 | (370.0) | 7.71X | Suzanne "Sioux-Z" Hartwig-Gary/68 | 2/27/99 | (147.5+77.5+145.0=370.0 kg.) | (NE) | (USAFL/IPF) | | |
| 14. | 810.2 | (367.5) | *7.72X | Diana Rowell/57 | 1/29/83 | (135.0+60.0+172.5=367.5 kg. @ 47.6 kg.) | (Chicago, Illinois) | (USPF) | | |
| 15. | 810.2 | (367.5) | 7.66X | Claudia Valdiviez/34/93 | 3/4/93 | (150.0+75.0+142.5=367.5 kg.) | (Dallas, Texas) | (NASA) | | |
| 16. | 810.0 | (367.4) | *7.71X | Beth Fisher-Street/65 | 11/21/92 | (315.0+170.0+325.0=810.0 lb. @ 105.0 lb.) | (Whitman, MA) | (USPF) | | |
| 17. | 805.0 | (365.1) | *8.05X | Kate Washburn | 10/30/99 | (315.0+150.0+340.0=805.0 lb. @ 100.0 lb.) | (Troy, New Hampshire) | (APF) | | |
| 18. | 804.7 | (365.0) | 7.60X | Peggy Box | 7/16/88 | (150.0+70.0+145.0=365.0 kg.) | (Austin, Texas) | (USPF) | | |
| 19. | 804.7 | (365.0) | 7.60X | Ellen Chaillet | 4/22/89 | (365.0 kg.) | (Athens, West Virginia) | (APF) | | |
| 20. | 800.0 | (362.9) | 7.56X | Glynis Ramirez-Bierria/63 | 12/88 | (300.0+180.0+320.0=800.0 lb.) | (Anchorage, Alaska) | (USPF) | | |
| 21. | 800.0 | (362.9) | *7.58X | Janet Farone/67 | 6/22/02 | (275.0+215.0+310.0=800.0 lb. @ 105.5 lb.) | (Nazareth, Pennsylvania) | (IPA) | | |
| 22. | 799.2 | (362.5) | *7.57X | Caitlin Miller/90 | 2/5/05 | (142.5+67.5+152.5=362.5 kg. @ 47.9 kg.) | (Saint Louis, MO) | (USAFL/IPF) | | |
| 23. | 799.2 | (362.5) | *7.60X | Amber Denmon/86 | 5/14/05 | (150.0+82.5+130.0=362.5 kg. @ 47.7 kg.) | (Round Rock, Texas) | (APF) | | |
| 24. | 788.2 | (357.5) | *7.73X | Cheryl Jones/51 | 3/31/85 | (140.0+77.5+140.0=357.5 kg. @ 102.0 lb.) | (Lakeland, Florida) | (USPF) | | |
| 25. | 782.6 | (355.0) | 7.40X | Sherri "Renee" Burns | 1/30/84 | (125.0+67.5+162.5=355.0 kg.) | (Austin, Texas) | (USPF) | | |
| 26. | 782.6 | (355.0) | *7.63X | Cheryl Anderson/75 | 2/16/07 | (127.5+77.5+150.0=355.0 kg. @ 46.5 kg.) | (Louisiana) | (USAFL/IPF) | | |
| 27. | 777.1 | (352.5) | *7.49X | Terry Dillard-Blanchard/53 | 2/20/82 | (142.5+57.5+152.5=352.5 kg. @ 47.06 kg.) | (Auburn, AL) | (USPF) | | |
| 28. | 777.1 | (352.5) | *7.47X | Sue Streze-Bentorf | 12/12/87 | (130.0+67.5+155.0=352.5 kg. @ 104.0 lb.) | (Columbus, Ohio) | (APF) | | |
| 29. | 766.1 | (347.5) | 7.24X | Judith Gedney/40 | 11/29/86 | (127.5+77.5+142.5=347.5 kg.) | (Saint Louis, Missouri) | (ADFPA) | | |
| 30. | 766.1 | (347.5) | 7.24X | Shirley Gutierrez | 5/31/87 | (135.0+70.0+142.5=347.5 kg.) | (Perth, Australia) | (USPF/IPF) | | |
| 31. | 760.0 | (344.7) | *7.45X | Renee Brown | 12/3/05 | (280.0+180.0+300.0=760.0 lb. @ 102.0 lb.) | (Bay City, Michigan) | (APA) | | |
| 32. | 755.1 | (342.5) | *7.14X | Cheryl Finley | 3/8/86 | (132.5+72.5+137.5=342.5 kg. @ 48.0 kg.) | (Canton, Ohio) | (APF/WPC) | | |
| 33. | 755.1 | (342.5) | *7.16X | Nan Trowbridge | 4/5/86 | (127.5+65.0+150.0=342.5 kg. @ 105.5 lb.) | (Boston, Massachusetts) | (ADFPA) | | |
| 34. | 755.1 | (342.5) | 7.14X | Mary Ann Price/51-05 | 5/17/86 | (125.0+80.0+137.5=342.5 kg.) | (Newport, Virginia) | (USPF) | | |
| 35. | 755.1 | (342.5) | 7.14X | Lori Ferrero | 7/21/95 | (117.5+77.5+147.5=342.5 kg.) | (Baton Rouge, Louisiana) | (USPF/IPF) | | |
| 36. | 749.6 | (340.0) | 7.08X | Lynn Pitts/61 | 2/22/90 | (115.0+82.5+142.5=340.0 kg.) | (Reno, Nevada) | (USPF) | | |
| 37. | 749.6 | (340.0) | *7.14X | Kendra Miller/92 | 2/16/07 | (140.0+70.0+130.0=340.0 kg. @ 47.6 kg.) | (Louisiana) | (USAFL/IPF) | | |
| 38. | 745.0 | (337.9) | 7.04X | Janet Belton | 10/13/85 | (270.0+150.0+325.0=745.0 lb.) | (North Miami Beach, Florida) | (USPF) | | |
| 39. | 738.5 | (335.0) | 6.98X | Delcy Palk | 7/14/89 | (130.0+62.5+142.5=335.0 kg.) | (Las Vegas, Nevada) | (USPF/IPF) | | |
| 40. | 738.5 | (335.0) | 6.98X | Jill Harrison | 6/19/92 | (137.5+52.5+145.0=335.0 kg.) | (Las Vegas, Nevada) | (NASA) | | |
| 41. | 735.0 | (333.4) | *7.08X | Stephanie McMillian/79 | 10/28/00 | (300.0+135.0+300.0=735.0 lb. @ 103.75 lb.) | (Louisiana) | (USAFL) | | |
| 42. | 733.0 | (332.5) | 6.93X | Pam Booth | 8/5/84 | (127.5+62.5+142.5=332.5 kg.) | (Chillicothe, Ohio) | (USPF) | | |
| 43. | 733.0 | (332.5) | 6.93X | Naomi Prince | 12/13/86 | (117.5+70.0+145.0=332.5 kg.) | (Columbus, Ohio) | (USPF/APF) | | |
| 44. | 733.0 | (332.5) | 6.93X | Tammy Martin | 9/17/93 | (120.0+75.0+137.5=332.5 kg.) | (Rockville, Maryland) | (USPF/IPF) | | |
| 45. | 733.0 | (332.5) | *7.17X | Erin Dickey/84 | 2/16/07 | (130.0+72.5+130.0=332.5 kg. @ 46.4 kg.) | (Louisiana) | (USAFL/IPF) | | |
| 46. | 730.0 | (331.1) | 6.90X | Tina Carder/84 | 11/5/05 | (265.0+185.0+280.0=730.0 lb.) | (Ruston, Louisiana) | (USAFL) | | |
| 47. | 727.5 | (330.0) | *7.12X | Michelle Evrin | 2/20/82 | (120.0+77.5+132.5=330.0 kg. @ 46.32 kg.) | (Auburn, Alabama) | (USPF) | | |
| 48. | 727.5 | (330.0) | *6.93X | Laurie Greene | 1/28/84 | (130.0+62.5+137.5=330.0 kg. @ 105.0 lb.) | (Monroe, Louisiana) | (USPF) | | |
| 49. | 722.0 | (327.5) | 6.82X | Laura Conti | 11/21/91 | (127.5+60.0+140.0=327.5 kg.) | (Las Vegas, Nevada) | (APF/WPC) | | |
| 50. | 722.0 | (327.5) | 6.82X | Susan Rinn/63 | 11/8/97 | (115.0+75.0+137.5=327.5 kg.) | (Austin, Texas) | (USPF) | | |

(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Glynis Ramirez-Bierria from AK.



Margaret Kirland DDS leads the list which includes Terry Dillard from Iowa, Elaine Grimwood from PA, and Jeanna Pacyga lifting out of IL.

Recently, I was asked by a student in my weightlifting class at Albany State University, "Who is the greatest bench presser of all-time?" What he was really asking was, "Who is the greatest superheavyweight bench presser of all-time?" which would seem a lot easier to answer. WRONG! I pondered the question for five solid minutes, but couldn't come up with an answer. Then he asked me who the best superheavyweight bench presser in the world was today. I mulled over that question for a good five minutes and couldn't come up with that answer. Finally, he asked who the best superheavyweight bench presser in the world was when I competed. Not only could I answer that question right off the top of my head, but I could also tell him who the best bench presser was in every weight class, without much forethought.

When I got home that night, I started thinking about the initial question that my student asked, "Who is the greatest (superheavyweight) bench presser of all-time?" My mind constantly wrestled with that question until ten o'clock when Beyoncé's MTV videos came on.

The next day when I got to my office I looked up Michael Soong's rankings of the Top 100 bench pressers of all-time. Talk about adding chaos to confusion, there was no less than 15 powerlifting organizations on the list whose governing rules I can't keep up with. I am not even sure if some of these organizations even have written rules.

Obviously, the first name on the list was Ryan Kennelly who recorded a mindboggling 1050 pound bench press. Of course, Kennelly used a bench press shirt to accomplish the feat. I was told by a number of authorities in the sport that the shirt he was wearing when he did the 1050 pound bench gave him between 300 and 400 pounds. I was also told that the shirts that produced many of these otherworldly bench presses are so tight that the lifter literally has to pull the weight to his chest and then the weight springs up past his sticking point. Consequently, the lifter is basically doing a lock-out. Now for a lifting shirt to enhance an athlete's bench press by more than 30 percent is in itself astonishing and a little scary. To be honest, the first thing that ran through my mind was "How safe is that?" If the shirt allows an individual to lift 30 percent more than his maximum, what happens if the shirt blows out? I would think that would lead to a serious injury, which I believe is contrary to what the shirts were initially designed for... safety. That is just a thought in passing and a discussion for a later date.

The real issue for me at the time was Kennelly's 1050 bench press. For a human being, I am assuming Kennelly is a human being, to unrack 1050 pounds, lock it out, lower it to his chest and then drive it back up to a locked-out position is absolutely incredible. I don't care what he was wearing. The feat almost defies human comprehension. I doubt seriously if there are a handful of superheavyweights who could even lock-out 1050 pounds let alone bench press it. I would also venture to say that you could wrap every one of them in a pallet of Kevlar and denim and they couldn't duplicate that lift. When I was in the best shape of my life, I couldn't roll 1050 pounds across the gym. Although, I really don't like the use of equipment that is designed to enhance performance, I would have to say that Kennelly's accomplishment is one of the greatest feats of strength in the history of man. I won't say it was a great bench; I will say it was an incredible feat. Either that or I am missing something.

Now, if it is true he was getting 300 pounds on his lift, (that sounds like a lot but a number of people told me that) I would assume he could bench press

DR. JUDD

Who Is The Greatest Bench Presser of All-Time? as told to Powerlifting USA by Judson Biasiotto Ph.D.

750 pounds raw which would still make him the greatest bench presser of all-time since the record without a shirt is Scot Mendelson's 715 pounds.

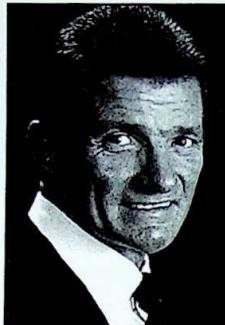
However, if he were getting as much as 400 pounds from the shirt, which is hard for me to believe, his raw lift would not even put him in the top ten. If that were the case, Mendelson would be the best bencher of all-time except for the fact that I was told other guys on the list such as Gary Frank, Gene Rychlak, Anthony Clark and Jamie Harris used shirts that gave them significantly less of an advantage on the bench. How much less? From the people I talked to the estimates ranged from as little as 50 pounds to as much as 300 pounds depending on the shirts they were wearing. This just made the issue more perplexing.

The more I researched the matter the more it became quite clear that because of the equipment used from one organization to another and the difference in rules from one organization to another it was impossible to really know who was the greatest of all-time. For instance, some organizations allow one ply shirts, others two ply and others unlimited number of plies. The material which is allowed to make the shirts also varies from federation to federation which makes things even more confusing. Some shirts are made of denim, others canvas, and some polyester. The federation you lift under determines what type of shirt you can use. It goes without saying that a bench press recorded under the rules in one federation can not be compared to a bench press recorded under the rules of another federation.

What does all this mean? I guess it means that being ranked number one on the all-time list doesn't necessarily mean you are number one. It could mean you are actually... well, number five, or number ten or number fifty. And being number ten really might not mean you are number ten, you may actually be... well, number one, number thirty or number seventy. And fifty could be seven, and seven could be four and four could be fifty and so on and so forth. Who can figure?

One thing that bothers me most about the rankings is that a guy like James Henderson is not even ranked in the top 50 on Soong's all-time top hundred. Now, I may be biased because James is a good friend of mine, but I doubt seriously if there are 2 or 3 guys better than James in the bench press, and there is certainly not 50 guys better than him. Actually, James just might be the best of all-time. One thing I will say is that the lifts he recorded were all done wearing only a T-shirt and with strict officiating.

What bothers me most though about all of this is the factionalism it is causing in our sport. Let me say straight out that I am all for equipment if it is designed for safety. Let me also say that I have nothing against someone using a ten ply denim shirt laced with Kevlar if the organization he is lifting in sanctions such equipment. If I were lifting in a federation that allowed such equipment, I would use



Judson Biasiotto Ph.D.

it too. I would be a fool not to. (I know I am stretching it a little with the ten ply thingy.) And I certainly don't think that the guys who lift in such federations are not great athletes. It is obvious that some of them are the best in the world. Still, all these organizations and all of this equipment that is designed to enhance performance by 20 and 30 percent are destroying the sport. I didn't say hurting the sport. I said destroying the sport. To be quite candid, I also think it is hurting the lifters because many people in and out of the sport think that their lifts are bogus. Consequently, these great athletes, instead of getting credit for their athletic ability, are looked at by many people as phonies and their lifts cartoonish, which is sad to me. If you don't believe me, do an independent study on that.

The International Powerlifting Federation (IPF) president Norbert Wallauch made some rather poignant comments about the bench press shirts on the market that I would like to share with you. He said:

"The increasing number of no-lifts in this discipline, along with the many bomb-outs and the dangerous situations lifters and spotters often meet; please let us consider implementing necessary changes to avoid Bench Pressing that becomes more and more ridiculous. When you watch lifters not being able to touch their chest with the bar due to a much too tight a shirt, or when spotters have to thank God that nothing serious has happened when a lifter is slipping the bar onto his chest or his shirt has blown up. From a sporting fight for strong people, the Bench Press has moved to a fight of manufacturers who challenge each other by producing fabrics which are thicker and less stretchable... It is often not the lifters who achieve new records but mostly the material they use. I want to say it frankly: Some manufacturers have outrun our rules, and on the other hand some of our approval staff has in the past been much too broad-minded. But shall we now keep it as it is and wait until our sport is completely destroyed? I say no, and I expect from the manufacturers that their interest should not only be to make business, but also to serve the sport."

Other federation's lifters may use what they want - multiply denim or even armours out of leather and metal - but we want to preserve Powerlifting as a serious sport which shall have a chance to once become a recognized member of the Olympic Movement. Let us walk this way together."

Actually, he was only talking about single ply shirts here. I can only imagine what he thinks of unrestricted use of shirt materials and plies. Still, I have to agree totally with Wallauch. I wish that one day powerlifting will once again unite as one solid entity the way it was initially. I know that maybe be a little idealistic, but that is my wish. In order for that to happen, there most likely would have to be compromise... if that means using one or even two ply shirts so be it... but if the sport is to survive, there has to be unity and consistency. Also, athletes (and the manufacturers of equipment as Wallauch suggests) will have to start doing what is best for the sport rather than what is best for them. In the long run, though, what is best for the sport will be best for them because if all of this continues the way it is going powerlifting will be reduced to rubble... when that happens no one will give a damn who the best bench presser in the world is.

DR. JUDD BIASIOTTO

STARTIN' OUT

SQUAT GEAR

as told to PL USA by Doug Daniels

Several years ago I got adventuresome and took scuba diving lessons. One of the drills was to throw all our scuba gear such as mask, air tank, flippers, etc. into the deep end of the swimming pool and then dive in and put all of it on while under water and come up with it all on. There was a certain order that you would follow in putting on the gear. The first thing you did was put the mouth-piece from the air tank in your mouth to breathe. Then you proceeded to put the rest of your gear on in the prescribed fashion. I believe using squat gear in competition and training should also follow a prescribed method by which each piece of gear should be added. There are numerous opinions on how this can best be done. Some believe a lifter will get best results when a full complement of gear is used throughout the contest training cycle. There are others who believe that by using it sparingly during training, best results will be achieved. I guess I'm just a middle of the road guy on a lot of things and the use of squat gear in training is one of them. To accomplish this, you must have a plan to incorporate squat gear into your routine as the meet nears. The best way to illustrate what I mean is to lay out an 8 week cycle leading up to a contest.

Before I get to the contest training routine, I suggest that during the time prior to your contest training cycle, which I call the 'off season', a lifter limit his squat gear to a light belt for the top set. During this off-season period, the goal is to build strength, not to demonstrate it. At one of my company's safety meetings, the use of a lifting belt at the work place was brought up. Some companies supplied workers who lifted heavy objects on the job with a type of lifting belt. This was seen as a way to decrease back injuries. What these companies found out was instead of a decrease in back injuries; there was an increase. In reality, the belts substituted for strong abdominal muscles and the workers lost strength in their abs. When they lifted objects off the job without the belt, they suffered back injuries due to weakened torso muscles. By minimizing the use of a belt and other gear, your supportive muscles will be forced to strengthen.

When we begin the 8-week contest phase, we can start to add squat gear into our routine. In this example, we cut our reps on our heavy days down to 5's for the first 3 weeks. We would use a belt and add knee wraps on the third week of the heavy sets. The sets and weights might look something like this: 135 x 8, 225 x 5, 315 x 5, 355 x 5, 335 x 5, 315 x 5.

On the third set, add a thin belt, the fourth and fifth sets add wraps, and on the last down set, use only the belt. I would strongly suggest not using any gear at all on your light day, but if you must, limit it to using a light belt on the heavy sets.

By adding equipment in this manner, you'll get an extra kick from each piece of gear. This will make the weight seem easier because of the support each piece of gear contributes.

The next 3 weeks concentrate on heavy sets of 3's. During this period we would add an older or less tight squat suit. If you do not have

an older suit, use what you have. The progression goes like this: 135 x 8, 225 x 5, 315 x 3, 355 x 2, 395 x 3, 375 x 3, 345 x 5.

On the third set add a thick belt, add knee wraps on the fourth, and then add a squat suit with the straps down on the fifth. On the last two sets use only knee wraps and a belt. This gradual introduction of the squat suit will provide the previously mentioned 'kick' while slowly accustoming you to the use of the squat suit.

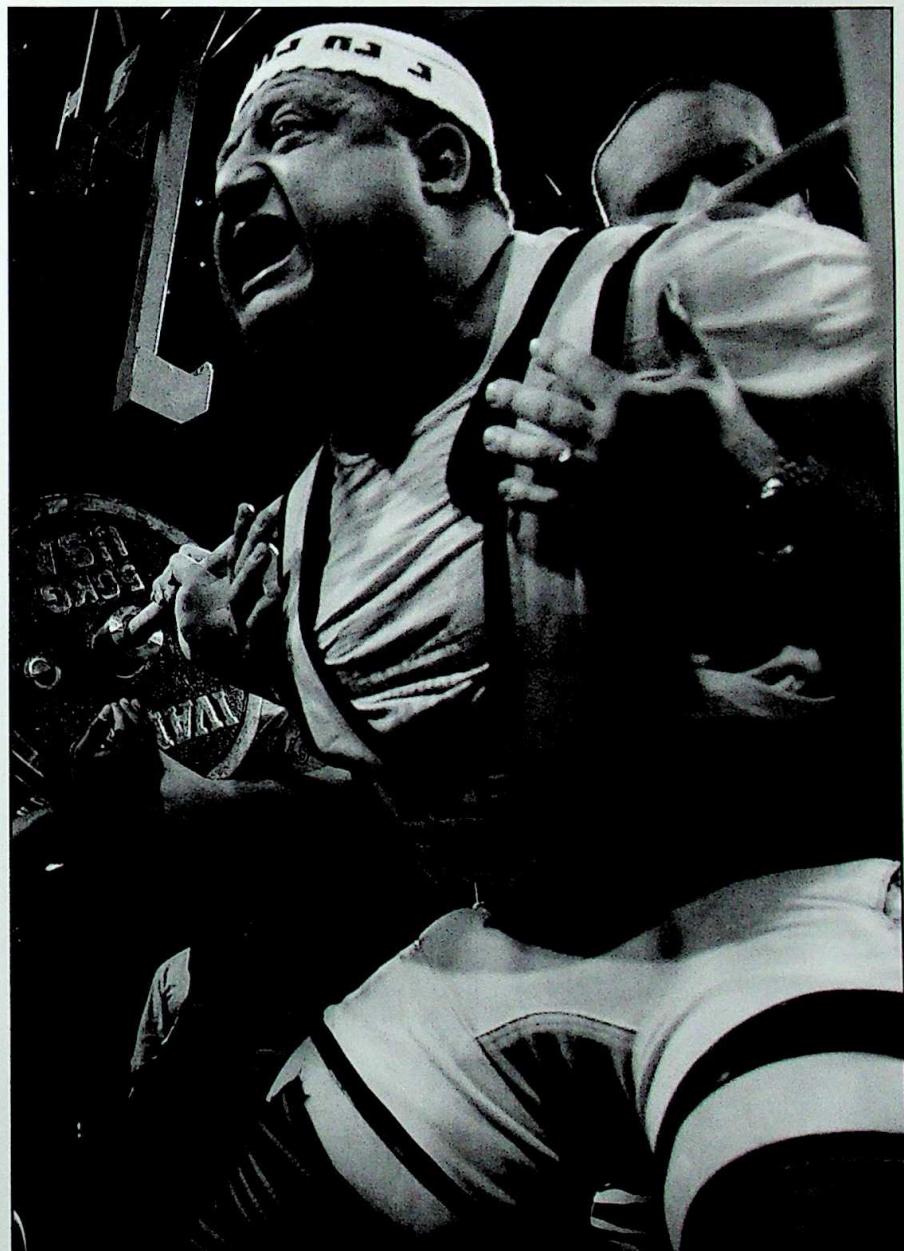
During the final 2 weeks we would use full squat gear on the top sets. But again, each piece of gear is added progressively as the weight increases. Here we would attempt a single: 135 x 8, 225 x 5, 315 x 3, 355 x 1, 395 x 1, 435 x 1, 415 x 1, 355 x 5.

On the third set, use a thick belt and knee wraps. On the fourth, add your competition squat suit with straps down. On the fifth and sixth sets, pull up the squat suit straps. For the last set, lower the straps to finish. The light day would be eliminated, and you would squat once a week. This helps to reduce the chance of over

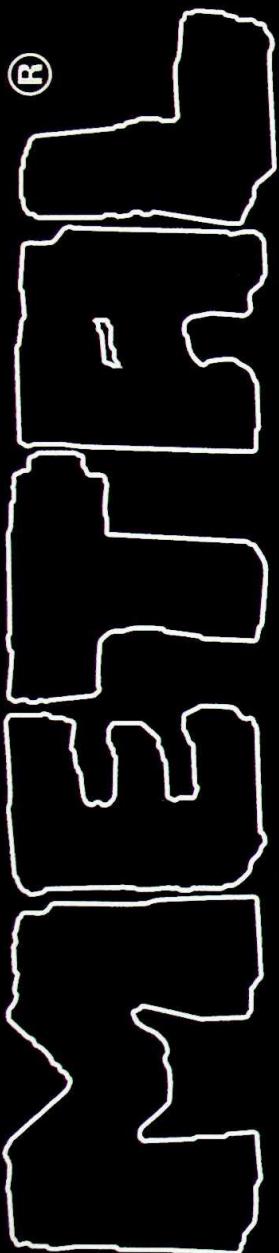
training so close to the contest.

I feel that a lifter needs time to get used to the feel of squat gear. This is especially important to a newer lifter who has had little experience using squat gear. Each piece of gear has a distinct impact on the feel and the execution of the squat. More experienced lifters have a better idea of what to expect and may not need such a gradual process of adding gear. By progressively introducing squat gear through the contest training period, as well as each training session, you will continue to build strength and acclimate yourself to your competition gear. This will also add to your confidence, which is key to lifting to your capabilities.

When a lifter competes, he should be using all the squat gear that the rules and his budget allow. He must also be familiar with their effects during a competition squat attempt. Just like in scuba diving, there is an optimal order in which to put on your squat gear. Your use of squat gear is as integral factor to your success in the squat as is your training methods and nutrition.



Vlad Alhazov squatted a new all time world best 1250 lbs. at the IPA Columbus Open



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| A. Gonzales | — | |
| Push Pull | BP | DL TOT |
| 165 lbs. | | |
| P. Lemone | 248 | 485 733 |
| Powerlifting | SQ | BP DL TOT |
| FEMALE | | |
| 105 lbs. | | |
| L. Barnes | 270 | 187 308 766 |
| MALE | | |
| 181 lbs. | | |
| B. Conant | 606 | 369 451 1427 |
| L. Ivy | 501 | 374 501 1377 |
| R. Buxbaum | 418 | 226 440 1085 |
| 198 lbs. | | |
| D. Bertier | 440 | 336 540 1317 |
| 220 lbs. | | |
| S. Bartlett | 683 | 507 562 1752 |
| C. Jackson | 650 | 457 556 1664 |
| J. Hallikain | 451 | 330 551 1333 |
| P. Schwab | 341 | 286 435 1063 |
| M. Wild | — | — |
| 242 lbs. | | |
| K. Kim | 705 | 468 644 1818 |
| H. Gomez | 622 | 413 633 1670 |
| D. Varela | 731 | 220 606 1558 |
| F. Pahlew | 551 | 292 474 1317 |
| J. Richie | — | 545 551 1096 |
| D. Randa | — | — |
| 275 lbs. | | |
| A. Zavela | 1003 | 677 639 2320 |
| J. Burdick | 777 | 534 711 2022 |
| R. Higgins | 705 | 606 705 2017 |
| S. Flaming | 782 | 485 650 1918 |
| M. Montalvo | 749 | 523 584 1857 |
| E. Baum | 711 | 534 501 1747 |
| A. Gallagher | 683 | — 683 |
| 308 lbs. | | |
| M. Bell | 1003 | 793 705 2502 |
| A. Roberts | 1003 | 705 705 2414 |
| G. Beckham | 804 | 573 600 1978 |
| D. Saldivar | 804 | — 804 |
| S. Burgess | — | 705 705 |
| S. Mesias | — | — |

Best Lifter Bench Only: John Saldivar. Best Lifter Push Pull: Peter Lemone. Best Female Lifter Overall: Linda Barnes. Best Male Lifter Overall: Mark Bell. It's been several years since California has had a highly competitive state championship meet. All that changed on December 1st with the inaugural UPA California State Meet. Lifters came from all over the state as well as Nevada and Washington. Big Chad Aich's rolled in to help out and support his teammates. AJ Roberts from Iron Gladiators came to town with some great young and disciplined lifters. Big weights were being hit all day including a top ten all-time total, five totals over 2000, numerous open elite totals and back to back to back 1003 lb. squats! Bench Only: Eight competitors entered the bench only division with only three making a successful lift. Jerry Wood and Ernie Anderson both entered the meet but decided not to lift. Sixteen year old John Laija lifted in the 181 lb. class making a nice 369 bench. Jared Bachmeir had his sites set on huge numbers opening with 749 at 220. Jared had to cut a significant amount of weight and it looked like it caught up with him on meet day as he was not able to get a bench in. In the 275s Anthony Gonzales bombed with 501 and Jim Evans missed all three tries at 485. John Saldivar made a solid opener of 677 before missing 705 twice. Young Chris Carter didn't have the day he wanted but made a solid 518 at SHW. Pete Lemone entered the meet in the Push Pull division going 248 BP and 485 DL at 165. Two tries at 529 DL were just short of lockout. Full Power: There was only one entry in the women's division this time. Diablo's Linda Barnes worked through a shoulder injury to put together the day she has been working toward the last two years. 270-187-308 for 766 which is elite at 105! This is Linda's first open division elite and she is 58 years old. On to Nationals for Linda. Third place in the 181 lb. class went to Robert Buxbaum with a 1085 total. Second place went to Larry Ivy with 1377. Eighth

teen year old Brad Conant totaled a strong 1427 for first place including a huge 606 squat. Robert and Brad made the drive down from Washington to represent the Iron Gladiators team. David Bertier was the lone participant in the 198 lb. class and he made it count going 9 for 9 and hitting some pr's en route to his 1317 total. David seemed to pick up steam as the day went on and let out a big yell with his last deadlift. Marcus Wild came in looking to lift some big weights and go after the state title at 220 but couldn't convert any of his squat attempts at 661. Looked like he may have opened a little too heavy. Marcus pulled this weight in the last UPA meet so he's plenty strong for it. He'll be back. Team Super Training newcomer Paul Schwab lifted in his first meet and finished with 1063. This was Jason Hallikain's first meet as well. Jason is a newcomer to the sport and lifted raw going 451-330-551 for 1333. Another first timer, Diablo's Chris Jackson, was in this division as well. Chris

came to us about 7 months ago and couldn't lift anything. With a ton of hard work Chris did an admirable job hitting 650-451-556 for 1664 and second place. I expect 2000+ out of Chris within a year if he can stay focused. Steve "Hayward" Bartlett continues to make great strides and went 1752 for the win. He had a great 705 squat that looked plenty deep (in my opinion) but got red lighted for depth. This seems to happen to Steve every meet and he just comes back stronger. I know he wants his elite and plans on making that happen at UPA Nationals. In the 242's a couple of contenders bombed. Dalen Randa couldn't get his squats in and Jordan Ritchie looked like he opened too heavy. Dalen is a national caliber lifter and Jordan is improving by leaps and bounds. Look for both of these guys to be back early 2008 to hit big lifts. Fritz Pahlew lifted in his first meet and had a good outing with 1317. This was the second time Fritz put on a squat suit and

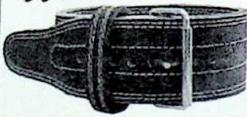
he benched raw so I'm sure we'll see Fritz continue to improve upon his numbers. Long time Diablo stand out and world record holder in the bench Dan Varela came in with a shoulder injury that left the door open for Henry Gomez. Dan managed a 733 squat and 606 pull but had to token bench 220. We saw Henry in his first meet a few months back and he's made some great improvement. 1669 was Henry's total on this day which earned him second place. Ken Kim had a rough start only managing a 705 squat but came back with small PRs on his bench and deadlift to total 1818 for the win. Ken is another guy who is coming up on his first elite in this sport and just needs to get a little stronger to reach his goal. Things really started to heat up in the 275lb class with 3 totals over 2000 and 2nd and 3rd place coming down to the last lift. Andreas Gallagher wasted a huge PR squat of 683 when his shirt exploded on his opener. Iron Gladiator Elliot Baum put up some



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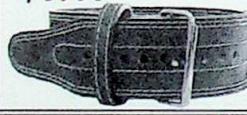
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great numbers with 711-534-501 for 1747. This kid is only 18 years old, when his deadlift catches up he'll go over 2000. Mario Montalvo spent the last two weeks before the meet sick as a dog but still managed to finish the day with 1857. I know Mario had plans of going over 2000 but it will have to wait until next time. Steve Flaming is another Diablo lifter climbing his way toward elite. Steve came out of the gate strong going 3 for 3 in the squat ending with a huge PR of 782. A persistent shoulder problem plagued his benching leading up to the meet and reared its head here as he only managed 485. Steve made a 650 DL and two close misses at 705. This is a number that continues to elude him. It seems like every meet he finishes by missing 705. Let's see if he solves this puzzle at nationals. Steve's 1918 was just short of elite and capturing the bronze medal. The battle for second place went down to the wire between Team Super Training mem-

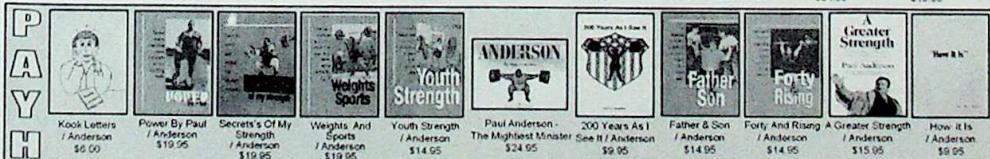
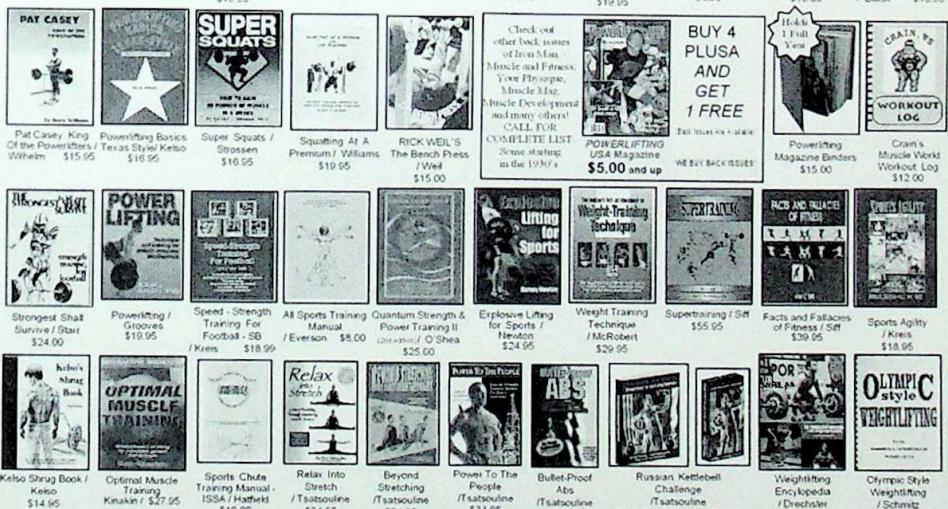
ber Ryan Higgins and Diablo's Jesse Burdick. Ryan had a little trouble to start but made a strong 705 on his 3rd to get in the meet. Jesse is still trying to figure out his squat after losing almost 50lbs of bodyweight and missed his first two as well before settling down and nailing 777. Ryan made a great bench of 606 to best Jesse's 534 effort. At subtotal it was tied. Both men opened at 633 and then they both jumped to 684 with success. Still tied going into thirds! Ryan put in for 705, with Ryan being the lighter man Jesse had to take 711. Both made their thirds going 3 for 3 in the deadlift with Jesse coming out on top by only 5 lbs. Jesse's 711 was also the biggest pull of the meet. Great showing by both guys. Andy Zavala came into this meet with plans to get his first 1000 lb. squat and that is exactly what he did. Andy actually missed it on his second and had to grind out his third to reach his goal. That lift was one of three consecutive 1000 lb. squats on this day (Andy, AJ

Roberts and Mark Bell). Andy benched a nice 677 but only pulled 639 due to a nagging injury to his butt. If Andy ever wants to compete for a top spot at 275 he's going to have to find a way to get this fixed. 2320 capped off Andy's big day for first place. Coming into the meet the 308 class looked stacked. Shane Mesias couldn't negotiate a 501 bench and was out. David Saldivar wanted to total over 2200 and got in the meet by squatting 804 and then forgot how to bench missing 633 all three times and was done. We'll see David pull it together at nationals. We saw Chad Aich's training partner Scott Burgess make one of the best 1000 lb. squats ever earlier in the year at Diablo. Scott didn't look like himself on this day and couldn't get 1025 to pass. On the right day Scott is a guy who could go 2500. Hopefully we'll see him back in February. That left 3 competitors. George Beckham is coming up fast and hit some big PRs on this day starting with 804 in the squat. Add

a 573 bench and 606 pull and you get 1978, good for the bronze. AJ Roberts and Mark "Jackass" Bell went back and forth all day. Both men squatted 1003. Mark then benched an enormous 793 to AJ's 705. After seeing AJ's 705 second attempt I thought he'd hit at least 750. Mark called it after pulling 705. He came in with the goal of breaking 2500 and 705 did it. AJ crushed 705 and called for 750 which he made and dropped seemingly right at the down command. AJ looked like a machine all day and if things had gone just a little differently he would have had 2500 as well. I think this guy is just scratching the surface and is going to be challenging for the top spot in the near future. What can be said about Mark Bell? I've never seen anyone go so far so fast. Mark did his first 3 lift contest at Diablo about 2.5 years ago and went 1900. I remember thinking at the time that he had some potential but would probably destroy his body on the way up. Well Mark's still kicking and good lord, 2500!! Mark has his sights set on even bigger numbers and wants the all time bench record in a three lift meet. Count me in as one of the believers. When this guy puts his mind to something it happens. All in all this was a great meet and stepping stone for the UPA. The next UPA meet at Diablo is February 23rd then on UPA Nationals 4/19 and 4/20. I hope all these great competitors and more will turn out for another tremendous event! Special thanks to Jody Woods for bringing the lights and Deric Stockton for bringing an extra monolith, squat bar and forza bench. The meet happened because of the effort of these people: Spotters & Loaders: Dog Murray, Achim Albrecht, Tony Axelson, KC Keyton, Andy Bushhom, Dayan Neely, Opie Irion, Tim Bartlett. Score Table: Suzette Lake, Cap Harper, Hillary Harper, Rich Berendsen, Todd Reeves. Judges: Dave Van Brocklin, Kenny Patterson, Rob Muelenberg, Charlie Telesco, Ted O'Neill. (from Ted O'Neill)

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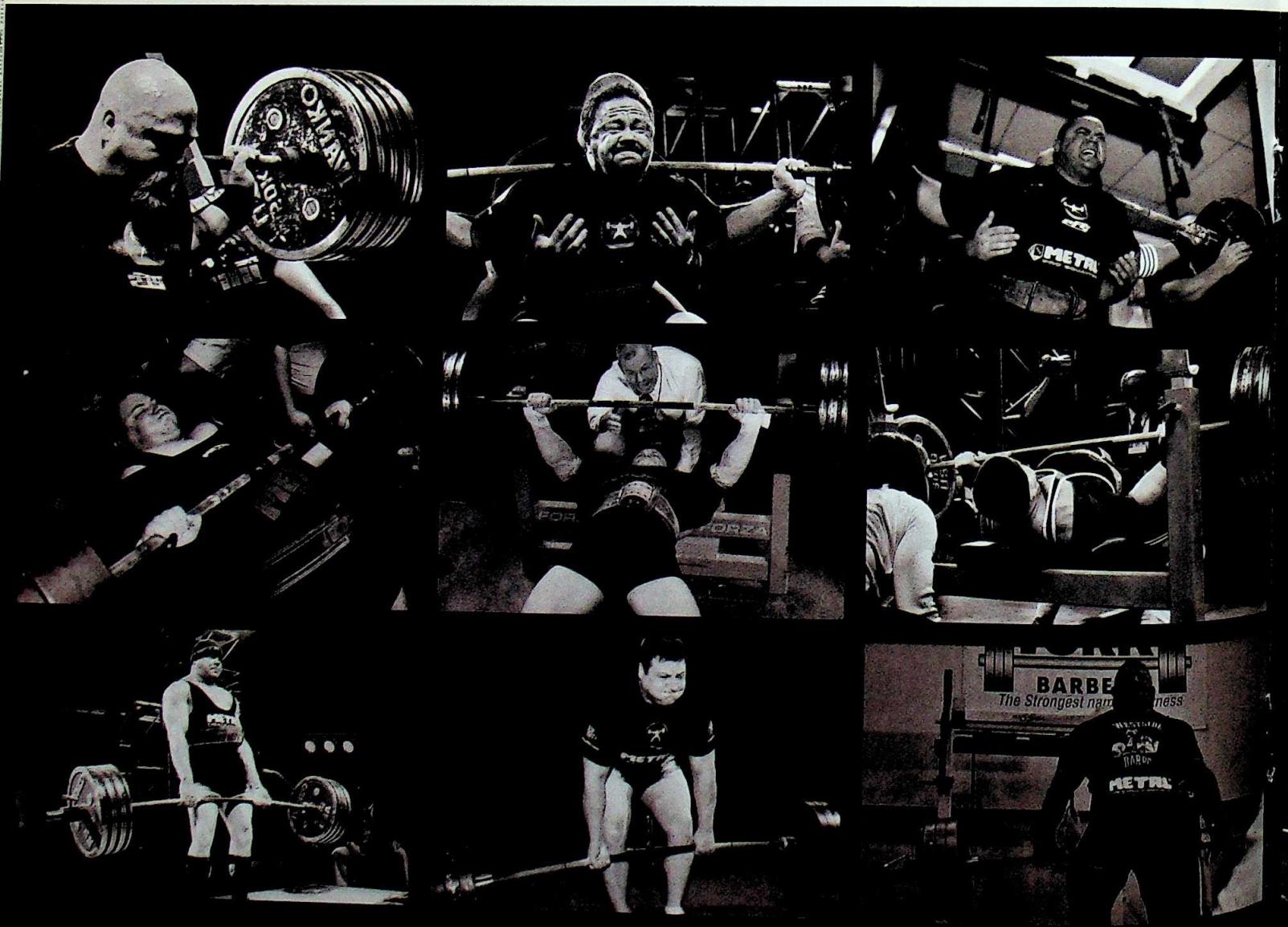
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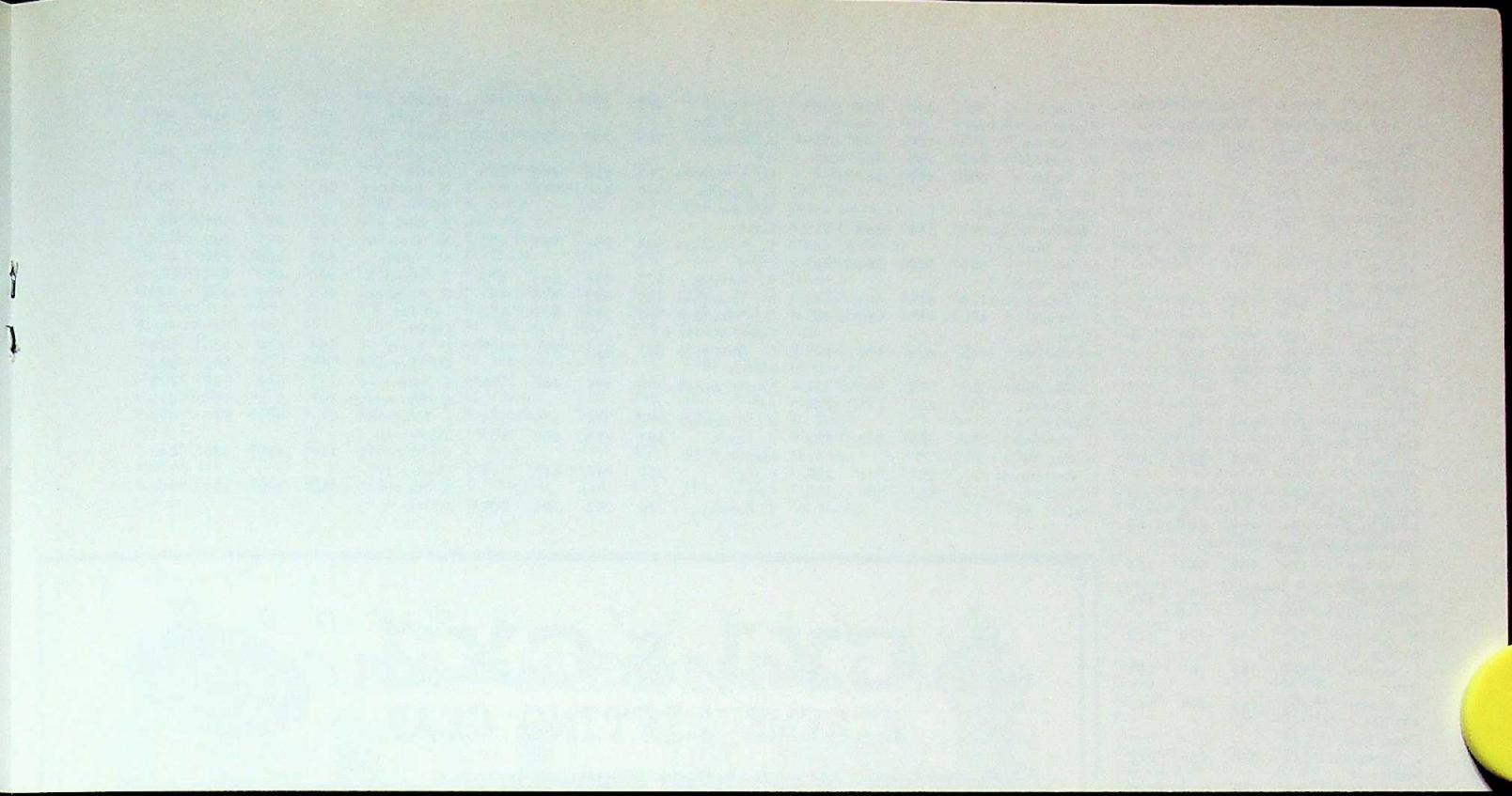
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2nd Southern Colorado Push Pull 8 DEC 07 - Pueblo, CO

| | Push Pull | BP | DL | TOT |
|--|-----------|------|-----|-----|
| 123 lbs. | | | | |
| E. Rivera | 145 | 155 | 300 | |
| 148 lbs. | | | | |
| M. Coombs | 210 | 330 | 540 | |
| N. Orona | 135 | 260 | 395 | |
| P. Ortega | 125 | 240 | 365 | |
| 165 lbs. | | | | |
| T. Baca | 225 | 4325 | 650 | |
| R. Phelps | 185 | 275 | 460 | |
| 181 lbs. | | | | |
| D. Jackson | 305 | 475 | 780 | |
| M. Quintana | 350 | 405 | 755 | |
| S. Yarberry | 275 | 405 | 680 | |
| J. Reyes | 265 | 405 | 670 | |
| R. Mack | 175 | 305 | 480 | |
| L. Montoya | 135 | 225 | 360 | |
| 198 lbs. | | | | |
| B. White | 350 | 500 | 850 | |
| B. Helm | 395 | 405 | 800 | |
| D. Bevsek | 355 | 405 | 760 | |
| M. Magnone | 275 | 425 | 700 | |
| S. Cullen | 255 | 405 | 660 | |
| 220 lbs. | | | | |
| R. Bevsek | 405 | 500 | 905 | |
| R. Strubel | 315 | 405 | 720 | |
| 242 lbs. | | | | |
| M. Alaniz | 425 | 550 | 975 | |
| 275 lbs. | | | | |
| D. Muckel | 330 | 600 | 930 | |
| M. Smith | 335 | 550 | 885 | |
| J. Balestrieri | 210 | 465 | 675 | |
| D. Taylor | 235 | 335 | 570 | |
| 275+ lbs. | | | | |
| E. Bustillos | 320 | 610 | 930 | |
| Best Female Lifter: Naomi Orona. Best Male Lifter: Marcelo Alaniz. Best Bench: Brad Helm. Best Deadlift: Eddie Bustillos. Thanks to James & Lana for use of the facilities at World Gym, Pueblo, CO. Appreciation to Head Judge Bill Clousey, Side Judges Robert Pacheco & Dr. Kent Hill, and the excellent and smooth work by MC James Sena. Thanks also to Brad Ogle, who ably assisted at the table and helped keep things moving smoothly. Meet Director: Robert Mack. Masters by Wilkes Formula: 1st-Jay Balestrieri, 2nd-Ray Phelps, 3rd-R. Mack. (from Robert Mack) | | | | |

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|--|-----|-----|-----|------|--|--|
| BENCH | BP1 | BP2 | BP3 | Best | | |
| WOMEN | | | | | | |
| 105 lbs. | | | | | | |
| Open | | | | | | |
| Shuttleworth | 165 | 170 | 187 | 170 | | |
| Open | | | | | | |
| E. Dickey | 137 | 154 | 170 | 137 | | |
| 114 lbs. | | | | | | |
| Masster III Raw | | | | | | |
| D. Nelson | 148 | 154 | 159 | 154 | | |
| Open | | | | | | |
| J. Smith | 148 | 159 | 159 | 148 | | |
| H. Patel | 226 | 226 | 226 | — | | |
| J. Hollier | 237 | 237 | 237 | — | | |
| 123 lbs. | | | | | | |
| Open | | | | | | |
| T. Adelmann | 237 | 248 | 248 | 248 | | |
| Open Master IV | | | | | | |
| H. Sauer | 209 | 214 | 231 | 209 | | |
| Open | | | | | | |
| G. Benton | 187 | 203 | 209 | 203 | | |
| Master II LT | | | | | | |
| K. Hughes | 187 | 192 | 198 | 198 | | |
| Open Master I Raw | | | | | | |
| P. McKee | 170 | 181 | 187 | 181 | | |
| Master III | | | | | | |
| J. Harms | 159 | 176 | 176 | 176 | | |
| Master I | | | | | | |
| M. Cencich | 137 | 154 | 170 | 170 | | |
| Master II | | | | | | |
| L. Haines | 165 | 187 | 187 | 165 | | |
| Raw | | | | | | |
| H. Ruelan | 132 | 143 | 154 | 143 | | |
| 132 lbs. | | | | | | |
| Open Raw | | | | | | |
| J. Thompson | 248 | 270 | 286 | 270 | | |
| Master II | | | | | | |
| A. Simons | 198 | 209 | 220 | 209 | | |
| Master I | | | | | | |
| C. Semple | 110 | 126 | 137 | 126 | | |
| Master II Raw | | | | | | |
| B. Tatulinski | 104 | 115 | 124 | 115 | | |
| J. Strouse | 137 | 137 | 137 | — | | |
| 148 lbs. | | | | | | |
| Open | | | | | | |
| J. Gaudreau | 203 | 214 | 231 | 231 | | |
| L. Koepke | 137 | 143 | 154 | 154 | | |
| Open Master II | | | | | | |
| D. Marts | 192 | 214 | 237 | 214 | | |
| 165 lbs. | | | | | | |
| Open | | | | | | |
| P. Ribic | 281 | 308 | 330 | 308 | | |
| K. Lambert | 269 | 209 | 226 | 226 | | |
| A. Miller | 203 | 214 | 220 | 220 | | |
| Open Master III | | | | | | |
| M. Sora | 203 | 214 | 226 | 214 | | |
| Master II Raw | | | | | | |
| C. York | 170 | 192 | 203 | 192 | | |
| 181 lbs. | | | | | | |
| Open Junior | | | | | | |
| D. Doan | 297 | 319 | 341 | 341 | | |
| Open Master I | | | | | | |
| B. Behm | 203 | 220 | 226 | 226 | | |
| 198 lbs. | | | | | | |
| Master II | | | | | | |
| H. Oxford | 237 | 237 | 248 | 248 | | |
| UNL | | | | | | |
| Open Master I | | | | | | |
| D. Ferrell | 352 | 391 | 407 | 391 | | |
| Open | | | | | | |
| S. Dzurnak | 292 | 308 | 330 | 308 | | |
| Open Master IV | | | | | | |
| A. McGtige | 220 | 231 | 242 | 242 | | |
| Master II PF AF | | | | | | |
| P. Calhoun | 214 | 237 | 237 | 237 | | |
| MEN | | | | | | |
| 123 lbs. | | | | | | |
| Open | | | | | | |
| H. Pham | 275 | 286 | 297 | 297 | | |
| 132 lbs. | | | | | | |
| Open | | | | | | |
| S. Petranck | 303 | 308 | 314 | 308 | | |
| Open Master I | | | | | | |
| B. Miller | 292 | 303 | 314 | 303 | | |
| J. Helms | 270 | 292 | 308 | 270 | | |
| Master II | | | | | | |
| R. Coisson | 231 | 242 | 248 | 248 | | |
| Master III | | | | | | |
| C. Mangra | 198 | 209 | 220 | 220 | | |
| Master VI | | | | | | |
| M. Lawson | 203 | 242 | 242 | 203 | | |
| Master IX | | | | | | |
| G. Norton | 77 | 88 | 88 | 88 | | |
| 148 lbs. | | | | | | |
| Open | | | | | | |
| J. Smith | 440 | 446 | 463 | 463 | | |
| T. Collins | 407 | 440 | 446 | 407 | | |
| Teen I | | | | | | |

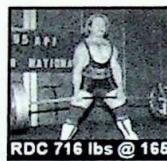
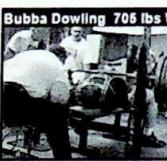
| | | | | | | | | | | |
|-----------------|-----|-----|-----|-----|---------------|-----|-----|-----|-----|--------------|
| B. Jarak | 203 | 209 | 214 | 209 | G. Curtis | 281 | 297 | 314 | 297 | Master I |
| Open Teen I Raw | | | | | Teen II Raw | 209 | 237 | 253 | 237 | H. Fritz |
| B. Witten | 148 | 159 | 170 | 159 | A. Johnson | 209 | 237 | 253 | 237 | Master III |
| K. Pebbles | 165 | 165 | 165 | — | AF | | | | | P. Carroll |
| R. McLaren | 330 | 347 | 347 | — | D. Schleiden | 203 | 226 | 248 | 226 | Master IV |
| 165 lbs. | | | | | L. Hanifan | 440 | 446 | 446 | — | N. Backous |
| Open Master III | | | | | 181 lbs. | | | | | Master IX |
| Constantineau | 303 | 319 | 325 | 319 | Guest | | | | | A. Reel Jr. |
| Open Master II | | | | | V. Narolsky | 501 | 551 | 551 | 551 | M. Dowling |
| M. Hara | 518 | 540 | 562 | 562 | Open | | | | | M. Smith |
| Open Master I | | | | | A. Mamola | 479 | 523 | 540 | 479 | T. Cencich |
| D. Fronzaglia | 424 | 446 | 463 | 463 | M. Ciupinski | 451 | 490 | 490 | 451 | B. Antoniou |
| T. Ricket | 402 | 413 | 413 | 402 | D. Paliamis | 363 | 374 | 402 | 402 | 198 lbs. |
| Open | | | | | Open Master I | | | | | Open |
| M. Ruelan | 463 | 490 | 490 | 463 | D. Thompson | 407 | 424 | 429 | 429 | D. Cieri |
| Master II | | | | | Master IV | | | | | D. Thurman |
| L. Slaughter | 363 | 374 | 380 | 374 | Klostergaard | 380 | 391 | 402 | 380 | T. Stroshine |
| M. Rickett | 187 | 203 | 226 | 226 | AF | | | | | B. Hanselman |
| Master V | | | | | R. Schleidan | 297 | 314 | 336 | 314 | J. Townsend |
| D. Bultman | 275 | 303 | 303 | 303 | K. Lewis | 181 | 198 | 209 | 181 | Master III |
| Master VI | | | | | F. Agos | 314 | 347 | 347 | 314 | Rosenzweig |
| J. McDermott | 286 | 297 | 308 | 297 | Raw | | | | | Master IV |
| B. Beamer | 275 | 303 | 303 | 275 | R. Robson | 226 | 292 | 308 | 308 | S. Harms |
| Teen II | | | | | | | | | | Master V |



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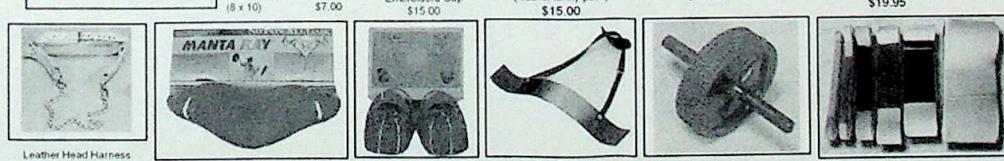
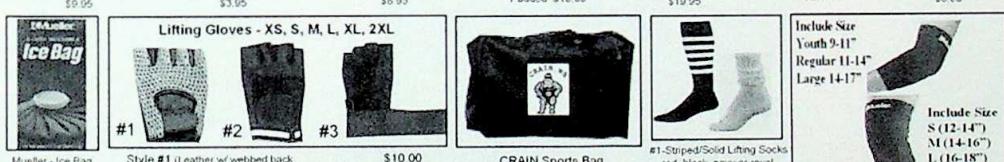
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| | | | | | | | | | | | | | | | |
|------------------|-----|-----|-----|-----|----------------|-----|-----|-----|-----|---------------|-----|-----|-----|-----|---|
| B. Lindsey | 363 | 363 | 363 | 413 | J. Albritton | 418 | 446 | 463 | 463 | Van Buckley | 226 | 242 | 242 | 242 | Open Master II |
| Master VI | | | | | AF | | | | | C. Tallman | 446 | 446 | 446 | — | D. Gaudreau |
| B. Phillips | 402 | 418 | 426 | 402 | M. Gourges | 286 | 297 | 303 | 303 | H. Blackmon | 391 | 424 | 457 | — | 628 |
| Open Master II | | | | | Raw | | | | | J. Bogart | 562 | 562 | 600 | — | 644 |
| R. Clark | 402 | 446 | 463 | 402 | L. Weismann | 259 | 275 | 286 | 275 | K. Mayer | 625 | 625 | — | — | Open Master III |
| AF | | | | | Master VI Raw | | | | | 275 lbs. | | | | | J. Ray |
| R. Lee | 181 | 192 | 209 | 192 | B. Hogg | 220 | 242 | 264 | 242 | Open Master I | | | | | 584 |
| L. Kirchner | 584 | 606 | 633 | — | 242 lbs. | | | | | B. Nichols | 611 | 639 | 650 | 639 | Master III |
| 220 lbs. | | | | | Open | | | | | B. Gillespie | 606 | 633 | 644 | 606 | Master IV |
| Open Police Fire | | | | | S. Carradine | 540 | 551 | 556 | 556 | G. Plante | 595 | 617 | 644 | 617 | Master VII |
| T. Anderson | 573 | 578 | 597 | 578 | B. Cardoza | 451 | 501 | 540 | 451 | K. Stephens | 606 | 633 | 633 | 606 | J. Telljohn |
| Open | | | | | M. Skelton | 402 | 440 | 463 | 440 | Raw | | | | | Junior |
| S. Spinelli | 534 | 545 | 578 | 545 | Master I Raw | | | | | B. Eaton | 253 | 286 | 303 | 286 | B. Sumner |
| B. Radulovich | 440 | 451 | 468 | 468 | D. Johnson | 418 | 435 | 451 | 435 | Master III | | | | | K. Wannebo |
| Master II | | | | | G. Chrunc | 523 | 540 | 558 | 540 | B. Klinger | 573 | 584 | 610 | 584 | A. Gonzalez |
| M. Newton | 407 | 440 | 440 | 440 | R. Beuch | 413 | 413 | 451 | 413 | Master VII | | | | | Best Lifter Women Overall: Deborah Ferrell. Best Lifter Men Lightweight: Dennis Cierrri. Best Lifter Men Heavyweight: Dave Doan. Best Lifter Men Masters Overall: Bill Phillips. Teams Bench Only First Place: Core 24 Gym #1. Second Place: Core 24 Gym #2. Full Power First Place: Young Olympians. Outstanding Lifters Male Open: William Brothers. Master: Gary Bolton. Teen: Neil Bolling. Female Overall: Aslynn Halvorson. (courtesy of Daniel Gaudreau) |
| Master III | | | | | Master V | | | | | D. Smith | 187 | 187 | 187 | 187 | Best Lifter Women Overall: Deborah Ferrell. Best Lifter Men Lightweight: Dennis Cierrri. Best Lifter Men Heavyweight: Dave Doan. Best Lifter Men Masters Overall: Bill Phillips. Teams Bench Only First Place: Core 24 Gym #1. Second Place: Core 24 Gym #2. Full Power First Place: Young Olympians. Outstanding Lifters Male Open: William Brothers. Master: Gary Bolton. Teen: Neil Bolling. Female Overall: Aslynn Halvorson. (courtesy of Daniel Gaudreau) |
| C. Turco Jr. | 479 | 479 | 496 | 496 | Master VII Raw | | | | | R. Scott | 573 | 573 | 573 | — | Junior |
| P. DarBouze | 463 | 479 | 479 | 463 | J. Jones | 418 | 418 | 424 | 424 | H. Lane | 700 | 700 | 700 | — | B. Sumner |
| Master V | | | | | C. Doggett | 248 | 281 | 281 | 281 | UNL | | | | | K. Wannebo |
| S. Caldwell | 325 | 341 | 363 | 341 | Guest | | | | | Open | | | | | A. Gonzalez |
| Master VII | | | | | | | | | | M. Hodge | 655 | 672 | 705 | 672 | Best |
| S. Chatis | 308 | 319 | 319 | 319 | | | | | | | | | | | Lifter Women Overall: Deborah Ferrell. Best Lifter Men Lightweight: Dennis Cierrri. Best Lifter Men Heavyweight: Dave Doan. Best Lifter Men Masters Overall: Bill Phillips. Teams Bench Only First Place: Core 24 Gym #1. Second Place: Core 24 Gym #2. Full Power First Place: Young Olympians. Outstanding Lifters Male Open: William Brothers. Master: Gary Bolton. Teen: Neil Bolling. Female Overall: Aslynn Halvorson. (courtesy of Daniel Gaudreau) |
| Junior | | | | | | | | | | | | | | | Best |

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WNPF Sub/Masters P/F Nationals 27 OCT 07 - Atlantic City, NJ

| | |
|--------------|---------------------|
| BENCH | (40-49) |
| 181 lbs. | Edgerton |
| Subs SP | DEADLIFT |
| Ross! | 479 |
| (20-23) Raw | 148 lbs. |
| Ervin | 319 |
| (40-49) Raw | Subs Raw |
| Passman | 341 |
| (60-69) Raw | 181 lbs. |
| Crawford | 281 |
| Foster | 248 |
| 198 lbs. | (80-89) |
| (40-49) | Weiss |
| Beechy | 407* |
| Police/Fire | 220 lbs. |
| Beechy | Lifetime Raw |
| (40-49) Raw | Hashemiyoon |
| Bachmayer! | 457 |
| 220 lbs. | M. Burne |
| (60-69) Raw | 507 |
| Davis | 374 |
| 242 lbs. | Sp. Olympian |
| (40-49) Raw | Raw |
| Edgerton | 297 |
| 275 lbs. | Crawford |
| Sp Olympian | 429 |
| REPS | SQUAT |
| 181 lbs. | 198 lbs. |
| Junior | Lifetime Raw |
| Ervin | Burne |
| (40-49) | 402 |
| Passman! | 507* |
| (60-69) | 507* |
| Crawford | 220 lbs. |
| 242 lbs. | Open |
| Powerlifting | Hashemiyoon |
| SQ | 140 |
| (40-49) Raw | BP DL TOT |
| Larson | 126 82 242 451 |
| MEN | |
| 148 lbs. | |
| (60-69) SP | |
| Wolff | 275* 176* 374* 826* |
| 165 lbs. | |
| Lifetime Raw | |
| Deppenschmi | 336 281 424 1041 |
| (40-49) SP | |
| Donnelly | 303* 214* 369* 887* |
| 198 lbs. | |
| Lifetime Raw | |
| Burne | 402 297 446 1146 |
| 220 lbs. | |
| Lifetime SP | |
| Lair | 413 429* 507* |
| 1350* | |
| M. Burne | 507* 303 507 |
| 1317* | |
| (40-49) SP | |
| Lair | 413 429 507 1350 |
| 242 lbs. | |
| Open Raw | |
| Ambrose! | 600 407 661 1670 |

*=WNPF National Records, !=Best Lifters. Although this meet was small we had a great time with everyone. It was good to see Jack Weiss back in the WNPF. Jack is 80 years young and pulled an impressive 303 lbs. See everyone in April next year for the WNPF Bench, Deadlift and Curl Nationals in Atlantic City, NJ. (by WNPF)



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MEET DIRECTORS ... a listing here is a **FREE** service. Send details, preferably at least 3 months prior to your event, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice.

23 FEB, WABDL Karl Tyler Montana State BP (Ruby's Inn, Missoula, MT) Gus Rethwisch 763-545-8654 or 503-901-1622
23 FEB, SLP Bluegrass Open BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
23 FEB, ADAU Emmanuel Single Lift Open, Sam Contakos, Box 1084, Johnstown, PA 15907, paworkout@aim.com
23 FEB, 2nd Annual Barno/ Newman Classic & IPA Qualifier (Full power, BP - Ashton, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com
23 FEB, APA Louisiana Record Breakers (Natchitoches, LA - PL, BP, DL, PP, SC) Ryan Cidzik, 3 1 8 - 6 6 3 - 0 0 7 7 , rcidzik@yahoo.com, www.apa-wpa.com
23 FEB, APF Orlando Barbell BP/DL Classic (University of Central Florida, Orlando, FL) Brian Schwab, Meet Director, 407-678-2447, lightweightpower@aol.com
23 FEB - WNPF 2nd All Raw World Cup PL, BP, DL, PC (Raw only - Bordentown, NJ) Troy Ford 678 817-4743, wnpf@aol.com
23 FEB, Indiana High School & State Open Meet (Indianapolis) Job Hou-Seye, Meet Director, 1-888-JOB-HOUSEYE
23 FEB, SPF Tennessee State (Chattanooga, TN) Jesse Rodgers, 4 2 3 - 3 4 4 - 7 1 6 1 , rodgersmadmax@bellsouth.net, www.southernpowerlifting.com
23 FEB, West Virginia High School Powerlifting (South Charleston High School, South Charleston, WV) John Messinger, school 304-766-0352, home 304-744-2475
23 FEB, WV VA BP (Beckley, WV) Donald Robbins, 304-320-9072
23-24 FEB, USAPL Florida State Open (Miami) Robert Keller, Box

281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridasapl
24 FEB, UPA Battle of the Bench Press, Jon Elick, 8226 Stoutsville Pike, Circleville, OH 43113, 740-412-1177, antman517@aol.com
24 FEB, 18th Winter BP/DL Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jjrcsmoker@hotmail.com
29 FEB - 2 MAR, 20th Anniversary Arnold Classic, www.arnoldsportsfestival.com, 614-431-3600
1 MAR, APC California State, Bob Packer, 555-322-6805
1 MAR, Police & Fire Nationals (Kansas City, KS) JDuree@aol.com
1 MAR, USAPL California State (Hemet, CA) Mike Womelsdorf, usaplchair@aol.com
1 MAR, Dutch International PL/BP, Fitness Centrum Butzelaar, Bouwerskamp 21, 8301 AE Emmeloord, Holland, www.wplpowerlifting.com
1 MAR, NPA Midwest Open Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292
1 MAR, USPF National Qualifier (Norfolk, VA) Brute Strength Gym 757-893-9111, 757-650-5410, schroeder_gayle@yahoo.com, www.powerandstrength.com
1 MAR, Macomb Salvation Army ADFPF Record Breaker & International Qualifier (unequipped, equipped, PL/ Single - Macomb, IL) Tim Piper & Judith M. Gedney 309-837-2111, www.adfpf.org
1 MAR, SPF Kentucky State PL/BP (Mt. Washington, KY) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com
1 MAR, APF/AAPF Dog Pound Dog Fight PL/BP/DL (Mexico, MO) Bill Duncan, 410-474-1071
1 MAR, SLP Memphis Open BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429 .

sonlightgym@verizon.net, www.sonlightpower.com

1 MAR, WABDL California State BP & DL (Holiday Inn, Chico, CA) Gus Rethwisch 763-545-8654 or 503-901-1622

1 MAR, NASA BP Nationals & Power Sports Equipped & Unequipped BP & Pro Qualifier (Denver, CO) 405-527-8513, Rich Peters, Box 735, Noble, OK, 73068, SQBPD@aol.com

2 MAR, APA Maine Winter Games BP, DL, PP, Overhead Presss, SC, Strength Sports (New Gloucester, ME) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247,

scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

2 MAR, New Jersey High School Drug Free PL (high school only) Paul Sacco, 609-567-0046, paulsacco567@comcast.net

2 or 9 MAR - WNPF Ohio State (Youngstown, OH) Ron Deamicis 330-792-6670, powerl@aol.com

7-8 MAR, USAPL Military Armed Forces Nationals, James Henderson-Coffey, 2490 Hallmark Dr., Pensacola, FL 32503, 850-748-7565
8 MAR, NASA Police, Fire & Military Nationals, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (KC, KS) Jim Duree, JDuree7086@aol.com

8 MAR, NASA Southeastern States, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Bristol, VA/TN) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283,

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APF/AAPF WPO Schedule

23 FEB, Orlando Barbell BP/DL Classic

1 MAR, APF/AAPF Dog Pound Dog Fight PL/BP/DL

8 MAR, APF John H. Reagan PL

15 MAR, APF Charleston, SC

15 MAR, AAPF 12th Annual Frank Kostyo Meet

15-16 MAR, APF/AAPF Illinois State

15-16 MAR, APF/AAPF Alabama State

16 MAR, APF California State

29 MAR, APF/AAPF Michigan State

29 MAR, APF Hawg Farm BP

5-6 APR, APF/AAPF Snake River PL/BP/DL

12 APR, APF Gulf Coast Open

12-13 APR, AAPF Nationals

3-4 MAY, APF Master, Teen & Junior Nationals

5 MAY, APF Bench Press Meet

30-31 MAY, APF Senior Nationals

JUN, APF/AAPF Chicago Summer Bash 5

16 AUG, APF Push Pull Meet

23 AUG, APF/AAPF High Country Push/Pull

OCT, APF/AAPF Snake River

OCT, APF Halloween Monster Bench Bash

8 NOV, APF Bench Press

NOV, WPC World PL/BP

Dates subject to change Call 886-389-4744 for info.
 (worldpowerlifting.org) (worldpowerliftingcongress)

greg@vhepower.com
8 MAR, New York State High School PL (19 & under) James Howell, 607-330-2665, jh198@hotmail.com

8 MAR, USAPL Virginia Open (PL/BP/DL/Ironman, raw, assisted) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com

8 MAR, USAPL MO State & Ozark Open, Harold Gaines, 2 Tristan Ter., St. Charles, MO 63303, 314-805-2044

8 MAR, WABDL Iron Gladiator World Record Breakers (Red Lion Hotel, Pasco, WA) Gus Rethwisch 763-545-8654 or 503-901-1622

8 MAR, Bench on the Bayou VI (master, teen, female, open - Lafayette, LA) Travis Werner, 337-280-6969,

www.angelfire.com/theforce/ragincajuns

8 MAR, APF John H. Reagan PL (John H. Reagan High School, Houston, TX) Tom McCullough, tom.mccullough@texaspowerscene.com, www.texaspowerscene.com/m e e t s / 2 0 0 8 / ReaganChampionships.html

8 MAR, IBP FirstHealth BP Classic (Roddingham, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

8 MAR, USA "RAW" Bench Press Federation Spring Nationals & SLP Illinois Open BP/DL Classic, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

9 MAR, ADFP/AAPF Illinois Open State/Credo/Raw (Bolingbrook, IL) Frantz Sports Center, 62 S. Broadway, Aurora,

NASA Powerlifting & Power Sports

March

1st - BP Nationals & Western States PS & PP Open, Denver, CO
8th - Police/Fire/Military Nats (KC, KS)
8th - Southeastern States (Bristol, TN)
15th - Power Sports Nationals, Oklahoma City, OK
16th - 1st Annual Pro Power Sports Championships, OKC
22nd - Tennessee State Championships, Pickwick State Park, TN
29-30th - High School Nationals, OKC

April

5th - Arizona High School (Mesa, AZ)
5th - Illinois State, Niles, IL (David Oyler)
12th - Kansas State Championships, Salina, KS
19th - Ohio State Championships, Lancaster, Ohio
19th - The "Damned Large One", Madison, WI (Job Hou-seye)
26th - W. Virginia State (Ravenswood, WV)
26th - Iowa State Championships, Des Moines, IA
26th - New Mexico St., Rio Rancho, NM (Mike & Teale Adelmann)

May

3rd - Western State Nationals, Mesa, AZ
3rd - Oklahoma State Championships, OKC, OK
10th - West Texas State, Hereford, TX
17th - Colorado State Championships, Denver, CO.
24th - South Texas Open, Alvin, TX
31st - Arkansas State, Russellville, AR

June

14th - East Texas Open, Tyler, TX
21, 22nd - USA Nationals, Lancaster, Ohio

July

5th - East Coast Nationals (N. Carolina)
12th - Youth Nationals (Ravenswood, WV)
12th - W. Virginia Open (Ravenswood, WV)
19th - Grand Nationals (Sheboygan, WI)
26th - South Texas Classic (Alvin, TX)

August

2,3 AUG - World Cup (OKC, OK)

September

6th - New Mexico Regional (Rio Rancho, NM)
20th - Ohio Regional
27th - Arkansas Regional (Russellville, AR)

October

4th - East Texas Regional (Tyler, TX)
18th - Unequipped Nationals (OKC, OK)
19th - 1st Pro Equipped Nationals (OKC, OK)
25th - Iowa Regional (Des Moines, IA)

November

1st - Masters/Submasters Nationals (Mesa, AZ)
15th - Colorado Regional (Loveland, CO)
22nd - Kansas Regional (Salina, KS)
29th - Oklahoma Open

December

6th - Missouri Regional
13th - West Texas Regional
20th - Illinois Christmas Regional

Coming Events/ Entry Forms at: www.nasa-sports.com

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March 1st, 2008

(Fresno, CA) Bob & Kim Packer

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IL 60505, erniefrantz@aol.com, 630-897-2582

9 MAR, 100% RAW Masters National BP/SC, 100% RAW/AAU New England BP/SC, AAU (YMCA, Burlington, VT) Bret Kernoff, 802-865-2747, vermontpowerlifting.com, bret@vermontpowerlifting.com
15 MAR, AAU Bench Press Nationals (Clyde, NY - Donselaar's Partyhouse) Steve Rogers, 315-365-3377, seepser67@tds.net

15 MAR, Walker's Gym Bench Press for St. Jude's Hospital (Walker's Gym, Hopewell, VA) BarryWalker, 804-458-7918

15 MAR, 100% Raw Ironman Nationals/United States Open BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
15 MAR, NASA Power Sports Nationals (Un/Equipped/PS/BP/PP - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

15 MAR, USAPL NJ State High School BP, Mark Sandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-6125, www.strengthcondition.com
15 MAR, APA New England Regional BP, DL, PP, SC (Wallingford, CT) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

15 MAR, NASA Power Sports Natioanls, Power Sports, Un-equiped PL, BP and Push Pull & Pro Qualifier (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
15 MAR, APF/AAPF PL & BP (Scottish Rite Center - Charleston, SC) Will Millman, shelter223@aol.com

15 MAR, USAPL Battle on the Border BP & PL (Greater YMCA of Charlotte, NC) Jon Mouzon & Jennifer Tompson, 864-844-0083, Mouzonchckhawk99@aol.com
15 MAR, USAPL Alaska State, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-277-8212

15 MAR, AAPF 12th annual

Frank Kostyo Meet (Lakeland, FL) Ken Snell, 863-687-6268

15 MAR, Allentown YMCA/YWCA BP/DL, Mike Macharsky or Bonnie Benner, 425 S. 15th St., Allentown, PA 18102, 610-434-9333

15 MAR, SLP Michigan Open BP/DL (Ionia, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

15 MAR, SSA War Town Challenge (Edge Fitness, Warner Robbins, GA) Jerry Vincent, 111 Sunnymeade Dr., Warner Robbins, GA 31093, Jerry.Vincent@perdue.com, 478-447-4440

15 MAR, WABDL National Teenage (Radisson Hotel, Denver, CO) Gary Gertner 720-394-6657, gertner@mullenhighschool.com
15-16 MAR, APF/AAPF Illinois State Meet (Willowbrook, IL) Eric Stone, 630-794-0594

15-16 MAR, APF/AAPF Alabama State, Buddy McKee, 3516 Park Lane, Rainbow City, AL 35906, mastermonster@comcast.net, 256-305-2380, 256-613-2753 3-5pm

16 MAR, APF California State (Sherman Oaks, CA) Scot Mendelson, 818-399-0905

16 MAR, USPF Rhode Island State, State High School, State Police & Fire PL/BP, Bob Connell Jr., Bob@ripl.org, www.ripl.org, 401-743-5739

16 MAR, WNPF Ohio State (Youngstown, OH) Ron, 330-792-670 or 330-819-3078

16 MAR, Welsh & England PL, BP, DL, Four Seasons, Trallwn Road, Llansamlet, Swansea, Ken Williams (07970 625946) Nigel Wilding (07814 939047)
www.wpfpowerlifting.com

16 MAR, NASA 1st Annual Pro Power Sports (Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

22 MAR, IBP WNC Barbell Push Pull (Asheville, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

22 MAR, SLP Arkansas State BP/DL (Conway, AR) Darrel Latch,

UPCOMING SLP COMPETITIONS

23 FEB, SLP Bluegrass Open BP/DL (Louisville, KY)

1 MAR, SLP Memphis Open BP/DL (Memphis, TN)

8 MAR, USA "RAW" Bench Press Federation Spring Nationals

15 MAR, SLP Michigan Open BP/DL (Ionia, MI)

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22 MAR, IPA Bench Armageddon Biggest Bench in Allentown (Allentown, PA) Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, Bench_a_grand@yahoo.com

22 MAR, NASA Tennessee State Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Pickwick Park - Savannah, TN) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

22 MAR, USAPL New Jersey State BP & PL (Atlantic City, NJ) Robert Keller, 954-790-2249, r_h_k@verizon.net , www.njpowerlifting.com

22 MAR, APA Best in the West PL, BP, DL, PP (Sacramento, CA) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, [www.apa-wpa.com/entryforms.htm](http://www.apa-wpa.com/)

22 MAR, 100% Raw Nebraska State PL/BP/PP, AV Sorenson, 4808 Cass St., Omaha, NE 68132, DJ Satterfield 402-592-1243, dnejchair@yahoo.com

22 MAR, 1st Support Your Troops Strongman Challenge, Dan Belanger, Box 2050, Pace, FL 32571, 850-995-1290, dbpowersports@bellsouth.net

22 MAR, USPF West Virginia Powerlifting & Holley Open (South Charleston, WV) John Messinger, home 304-744-2475, school 304-766-0352

22 MAR, USAPL SD PL/BP, Jeff Blindauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411

28-30 MAR, 100% RAW/RAW United Submasters & Masters Nationals and Elementary/Middle/High School/Collegiate Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, March 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 3 2 1 - 5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us

28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI

29 MAR, USAPL Police/Fire Nationals (Scranton, PA) Steve Mann, 845-485-1574

29 MAR, USAPL MS Invitational Brother Bennett PL Meet, Ted Longo, 799 Ewa St., Diamondhead, MS 39525, 228-324-1473

29 MAR, USAPL Alabama State Open, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2198

29 MAR, USAPL The Battle of the Great Lakes XI, Gary Kanaga, 591 Cornell Dr., Broadview Hts., OH 44147, 440-717-9624

29 MAR, USAPL Bare Fitness PP/BP (Frank J. Panaro, 839 Route 52, Walden, NY 12586, 8 4 5 - 7 7 8 - 1 8 8 4 , fpanaro@hvc.rr.com)

29 MAR, ADAU Great Lakes BP, Joe Oregia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727

29 MAR, ADAU Open Pennsylvania PL, Joe Oregia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727

29 MAR, SSA Lattimer's Jersey Iron Classic (Thorofare, NJ) Shawn Lattimer, Meet Director, 856-981-5981, slattimer@yahoo.com, www.strengthalliance.com

29 MAR, SSA West Coast Spring Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

29-30 MAR, USAPL Pennsylvania State (Scranton, PA) Steve Mann, 845-485-1574

29-30 MAR, USPF California State PL/BP/DL (Bakersfield, CA) Steve Denison, 661-333-9800, pwriftrs@msn.com,

www.powerliftingCA.com

29,30 MAR, NASA High School Nationals (Un/Equipped, PL, PS, PP, BP Only - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

30 MAR, 9th Pittsburgh Monster BP/DL (men/women, all classes, cash prizes, Pittsburgh Airport Crowne Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996

30 MAR - WNPF Lifetime Single Lift National BP/DL/PC Championships (Philadelphia, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

30 MAR - WNPF American Cup Open Subs, Masters & Youth, Teen & Junior Nationals PL, BP, DL, PC (Philadelphia, PA) Troy Ford 678-817-4743, wnpf@aol.com

MAR, NASA Kentucky (PL, PS, PP, BP Only -) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

MAR, PPL Augusta Open Strong Man & Woman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 - 7 9 0 - 3 8 0 6 , pythongym@aol.com

MAR, USAPL California State (Hemet, CA) Mike Womelsdorf, usaplcachair@aol.com

5 APR, Spring Bash Push/Pull Challenge (Tuscon, AZ) Balance Fitness, 520-292-2100 or Chris Lomuto, 520-907-3258

5 APR, IL State & YMCA Great Lakes, David Oyler & Cheryl Targos, Leaning Tower YMCA, 6300 W. Touhy Ave., Niles, IL 60174, 847-828-8964.

5 APR - WNPF Lifetime Georgia PL, BP, DL, PC Championships (Atlanta, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpfifetime@aol.com

5 APR, NASA Arizona State High School, Power Clean & BP & Pro Qualifier (Mesa, AZ) Walt Sword, coachsword@mchsi.com

5 APR, APA Fairhaven Fitness Power Wars, Fairhaven Fitness, 8 Main St., Fairhaven, VT 05743, Jamie Matta, 802-265-3470

5 APR, SLP Land of Lincoln BP/DL (Athens, IL) SLP, 122 West Sale St., Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 , sonlightgym@verizon.net

5 APR-WNPF Tri-State Challenge GA, vs TN, AL (The winning WNPF state chair will take home the championship trophy so come out and represent your state, PL, BP, DL, PC - Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com

5 APR - WNPF Western PA Championships (Beaver Falls, PA) Ron Deamicis 330-792-6670, powerlift103@aol.com

5 APR, USAPL Richmond Open PL/BP (sculptured awards - Mechanicsville, VA) Phillip Battle 8 0 4 - 3 0 1 - 2 1 9 6 , p_battle@hotmail.com

5 APR, ADFPF Single Lift Nationals & WDFPF World Qualifier (equipped, raw, men,

WNPF EVENTS

WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS. EQUIPMENT-RAW, SINGLE PLY AND UNLIMITED DIVISIONS PL-Full Powerlifting meet, BP-Bench Press, DL-Deadlift, PC-Powercurl

FEBRUARY 23
2ND ALL RAW WORLD CUP PL, BP, DL, PC
(For RAW lifters only)
Bordentown, NJ

MARCH 30
WNPF AMERICAN CUP OPEN
Subs and Masters Championships & Youth, Teen & Junior Nationals Philadelphia, PA

APRIL 5
Tri-State Challenge (GA vs TN, AL)
(Atlanta, GA)

Contact Troy Ford 678 817-4743 or wnpf@aol.com

WNPF LIFETIME DRUG FREE EVENTS
(FOR THE LIFETIME DRUG FREE LIFTER)
WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS. EQUIPMENT - RAW AND SINGLE PLY ONLY (NEW RECORDS AND A NEW BEGINNING FOR THE LIFETIME DRUG FREE LIFTER)

MARCH 30
WNPF LIFETIME DRUG FREE SINGLE LIFT NATIONALS - BP/DL/PC
Philadelphia, PA

APRIL 5
WNPF LIFETIME GEORGIA - PL/BP/DL/PC
Fayetteville, GA

Contact Troy Ford at 678 817-4743 or wnpfifetime@aol.com

women, open, 3 teens, 10 masters, police/fire/military - S. Bend, IN) Dick VanEck & Jon Smoker 309-837-2111, www.adpf.org

5,6 APR (NEW DATE), APF/AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) 2 0 8 - 5 2 0 - 8 7 7 3 , snakeriverp@yahoo.com

12 APR, SLP National Raw BP/DL (Sallisaw, OK) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

12 APR, USPF Works Fitness PL, BP, DL (Works Fitness World, New Martinsville, WV) Power Promotions, Matt McCase, Director, 210 Gilbob St., Fairmont, WV 26554, mccase@yahoo.com, 304-376-2432

12 APR, WABDL Northwest Regional BP & DL (Medford, OR) Dan Guches 541-890-3258 or Sam Peckolt 541-210-2026

12 APR, WABDL Heart of America BP/DL (Gateway Center, Collinsville, IL) Erica Haislar 618-530-5402

12 APR, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080

12 APR, APF Gulf Coast (New Port Richey, FL) Rick Lawrence, 727-376-1707 or Bart 727-919-4738

12-13 APR, AAPF Nationals (Lake George, NY) Sam Luciano, 518-747-3242

13 APR- WNPF Upstate NY II (Buffalo, NY) Ron Deamicis 330-792-6670, powerl@aol.com

19 APR, Bartlesville Classic (Bartlesville, OK) JDuree@aol.com

19 APR, Kern County High School Meet (Bakersfield, CA) Steve Denison, 661-333-9800, p w r l f t r s @ m s n . c o m, www.powerliftingCA.com

19 APR - WNPF Lifetime All American Bench Press, Deadlift & Powercurl Championships (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

12 APR, APA West Coast Iron Wars PL, BP, DL, PP (Kennewick, WA) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/ entryforms.htm

12 APR, 5th Super Bench, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

12 APR, 18th Weightlifting Unlimited BP (Winchester, VA) Randy Brooks, 540-667-6288, or Randy R. 304-283-6059

12 APR, NASA Kansas State Equipped & Unequipped PL& BP and Power Sports & Push Pull & Pro Qualifier (Salina, KS) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

12 APR, UPA South Carolina Battle of the Beasts (PL, BP - 5820 Augusta Rd., Greenville, SC) Bart Kelley, 864-286-0532, ktaillon@hotmail.com

19 APR, PPL Georgia State Drug Free PL, PPL, 2250 Lumpkin

POWERLIFTING OB

AAU USA

AAU JUNIOR OLYMPIC GAMES

Bench Press Meet - Detroit, MI

July 26, 2008

Schedule: Weigh-Ins Saturday, July 26 from 4:00 pm to 5:30 pm.

Competition starts at 6:00 pm.

Divisions: All male and female weight and age classes.

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308 SHW

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198 HWT

Teen (11 & under) (12-13) (14-15) (16-17) (18-19) Junior (20-23)

Sub-master (35-39) Masters (40-44) (45-49) (50-54) (55-59)

(60-64) (65+) (OPEN) (RAW)

Membership: All participants must be members of the AAU.

Fee: \$40 per athlete for Bench Press meet

Deadline: Register online by July 11, 2008.

More Info: A Full Power World meet is also being

held July 26-27.

FOR MORE INFO VISIT WWW.AAUJROGAMES.ORG

687-6268

19 APR, USPF "Lock N' Load Buckaroo!" PL/BP/DL (Cold Iron Gym, Tombstone, AZ) 520-457-3955, www.coldirongym.com

19 APR, NASA Ohio State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Lancaster, OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

19 APR, Pride Pro-Am BP & DL (single, raw, equipped) Judy Sverchek, 401 N. 2nd St., Coeur d'Alene, ID 83814, 208-964-5066, www.pridepowerlifting.com

19 APR, APA Thunder Bay Open PL, PP, BP, DL (Tampa, FL) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/ entryforms.htm

19 APR, WABDL Florida BP/DL (Lakeland, FL) Louis Baltz 863-

19 APR, 13th Dungeon Powerworks Slam BP/DL (3 Rivers, MI) Mark Mellinger, 369-435-7586, 15681 Featherstone, Constantine, MI 4+053.

19 APR, 100% Raw Maryland State PL/BP Open Invitational (open to all states) Dan Corriveau, 2 4 0 - 4 1 7 - 2 2 2 9 , Bdan1745@aol.com

19 APR, SLP Wisconsin State BP/DL (Delavan, WI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , sonlightgym@verizon.net, www.sonlightpower.com

19-20 APR (NEW DATE), UPA Powerlifting & BP Nationals (Columbus, OH) Kenny Patterson, Meet Director, 614-3 3 5 - 5 1 8 1 , Kpatterson@unitedpowerliftingassociation.com, www.unitedpowerliftingassociation.com

19, 20 APR, Powerpalooza 10 (Full power, BP, DL - Leesport, PA)

Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com

19, 20 APR, BPO British PL, BP, DL (University of Bath, Claverton Down, Bath, Somerset) Greg Ashford (01373 859997) www.wpfpowerlifting.com

25 APR, IBP Raw Bench Press & Strict Curl (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

26 APR, IBP Tarheel State PL (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

26 APR, 29th Raw ADAU Power Day Classic (separate BP and DL, open and all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

26 APR, SLP National BP/DL, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

26 APR, 100% Raw Virginia State BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

26 APR, ADFPF 3rd Massachusetts State DL Invitational (unequipped, equipped - SETS, Hingham, MA) Meet Director, Saul Shocket, www.adpf.org, shocketa@aol.com

26 APR, ADFPF Michigan State & Open PL/Single (unequipped, equipped - Lansing Community College, Lansing, MI) Meet Director Jeff Buchin, www.adpf.org, gedney@logonix.net

26 APR - WNPF Lifetime North American PL, BP, DL, PC Championships (Kissimmee, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

26 APR - WNPF 9th Elite Nationals & Subs/Masters National (PL, BP, DL, PC - Kissimmee, FL) Troy Ford 678-817-4743, wnpf@aol.com

26 APR, Brute Strength Strongman (Norfolk, VA) Brute Strength Gym 757-893-9111, 7 5 7 - 6 5 0 - 5 4 1 0 , schroeder_gayle@yahoo.com, www.powerandstrength.com

26 APR, NASA NM State (PL/BP/PS) mike@liftinglarge.com, www.liftinglarge.com

26 APR, NASA Iowa State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Des Moines, IA) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

26 APR, NASA West Virginia State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Ravenswood, WV) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, greg@vhepower.com

26 APR, USA Southern Open "Bash on the Beach" (St. George Island, FL) Tim Whitehead, 850-670-4205 or George Herring 770-963-6300, bbga2000@bellsouth.net

26 APR, CREDO Texas State High School Age Group BP & DL for Reps (Plano, TX) Ernie Frantz, www.frantzpowerlifting.com

26-27 APR, USAPL Florida State BP & DL & Florida State High School BP & PL (Ft. Lauderdale) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, r_h_k@verizon.net, www.geocities.com/floridausapl

26-27 APR, 100% Raw Y Nationals Sports Weekend & Texas State (Holiday Inn Express, Plano, TX) Kirk Stroud, 512-329-8528, www.ymcanationals.com

26-27 APR, IPA Iron House Classic PL & BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at www.ironhousezanesville.com

26,27 APR, AAU Triple Crowne Classic, Law/Fire Nationals, Military Nationals, East Coast Bench Press Classic (Richmond, VA) Judy & Steve Wood, 804-559-4624, vapowerlifting@aol.com

2-4 MAY (NEW DATE), USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249

3 MAY, Central California Open & Novice PL/BP

3 MAY - WNPF Lifetime Palmetto PL, BP, DL, PC Championships & Collegiate Challenge (Clemson, SC) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

3 MAY, NASA Western States Nationals, Equipped & Unequipped Powerlifting & BP and Power Sports & Push Pull & Pro Qualifier (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

3 MAY, NASA Oklahoma State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Norman or OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

3 MAY, NASA Oklahoma State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Norman or OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

3 MAY - WNPF 11th Carolina State PL, BP, DL, PC & Collegiate Challenge (Clemson, SC) Troy Ford 678-817-4743, wnpf@aol.com

3 MAY, ADFPF Open PL/BP Challenge, Jason Peck, South Gallia High School, Gallipolis, OH, gedney@logonix.net

3 MAY, IPA Virginia State & National Qualifier (Fredericksburg, VA) Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, bench_a_grand@yahoo.com

3 MAY, WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Don Bell 360-533-6620

3, 4 MAY, (NEW DATES) USPF San Diego Open PL/BP/DL, Steve Denison, 661-333-9800, p_w_r_l_f_t_r_s @ m_s_n . c_o_m , www.powerliftingCA.com

3, 4 MAY (NEW DATES), USPF Collegiate Nationals, (Modesto Junior College, Modesto, CA) Steve Denison 661-333-9800, p_w_r_l_f_t_r_s @ m_s_n . c_o_m , www.powerliftingCA.com

3, 4 MAY, (NEW DATES) USPF

Military Nationals (San Diego, CA) Steve Denison 661-333-9800, p_w_r_l_f_t_r_s @ m_s_n . c_o_m , www.powerliftingCA.com

3, 4 MAY, WPC Austria Nationals, Harald Selsam, kapoun@aon.at

3-4 MAY, APF Master, Teen & Junior Nationals & WPC World Qualifier (Baton Rouge, LA) Garry Frank, 225-241-8154

4 MAY - WNPF Flatline Classic (PL, BP, DL, PC - Richmond, KY) Evan Claunch or Mike Watkins, 859-582-9744, 606-271-0037, www.flatlinepowerlifting.com/w_n_p_f / 2008_FPC_ENTRYFORM.pdf

5 MAY, APF Bench Press Meet (Phoenix, AZ) J.R. Bolger, 602-281-6489, azapf@cox.net

10 MAY, NASA West Texas State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Hereford, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

10 MAY, APA Delaware Power Classic (raw, equipped - New Castle, DE) Kate Baird, 302-381-0040, powerfolkate@comcast.net

10 MAY, WABDL Texas BP/DL (Houston, TX) Tiny Meeker 832-423-7662

10 MAY, Lifetime Natural Powerlifting Nationals, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 MAY, APA Fit For Life Power Palooza (Shreveport, LA - PL, BP, DL, PP, SC) Ryan Cidzik, 318-663-0077, rcidzik@yahoo.com, www.apa-wpa.com

10 MAY, Mr. T's Freak Show II (strongman, powerlifting - New London, WI) Tom Theama 920-359-0432, ttheama@charter.net

16-17 MAY, USAPL Texas State, Hector Munoz, 108 S. 18th, Carrizo Springs, TX 78834, 361-813-9691

16-18 MAY (New DATE/NAME), 100% RAW/RAW United Florida State (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, May 10) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

17 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) SLP, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net

17 MAY, NASA Colorado State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Denver, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

17 MAY, Chickahominy Family YMCA BP Classic (sculptured awards, raw, assisted - Sandston, VA) Phillip Battle, 5401 Whiteside Rd., Sandston, VA, 804-737-9622

17 MAY, Atilis Gym BP, Chris Lambert, 3015 Pacific Ave., Wildwood, NJ 08260, 609-729-2050

17 MAY, WABDL USP Labs National BP/DL (Wisconsin Dells, WI) Gus Rethwisch 763-545-8654 or 503-901-1622

17 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

17 MAY, San Jose Open PL/BP/DL, Steve Denison, 661-333-9800, p_w_r_l_f_t_r_s @ m_s_n . c_o_m , www.powerliftingCA.com

23-25 MAY, WPC European Cup (Vienna, Austria) Harald Selsam, kapoun@aon.at

24 MAY, ADAU Raw Pittsburgh PL & Kumite Classic, Monroeville Expomart, www.pghfitness.com, monsters_unlimited@msn.com, 412-335-7569

24 MAY, NASA South Texas State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Alvin, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

24 MAY, IPB SC State BP & Strict Curl (Core 24 Gym - Seneca, SC) Keith Payne, 336-251-8704, keith@ironboypowerlifting.net

30-31 MAY 1 JUN, APF Senior Nationals (1-3 qualities for WPC Worlds - Omaha, NE) Rick Hussey/Becca Swanson, www.bigrongym.com

31 MAY, 3rd USPF Summerfest BP/DL (Wavetech Park) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mcase@yahoo.com

31 MAY, WABDL Golden State BP/DL (Doubletree Hotel, Modesto, CA) Mike Womack 209-

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303-4105

31 MAY, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironsylumgym.com

31 MAY - WNPF Lifetime Elite PL, BP, DL, PC Nationals (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnplifetime@aol.com

31 MAY - WNPF Raw Nationals & 9th Pan-American Equipped (USA, Canada, Puerto Rico - Ephrata, PA) Troy Ford 678-817-4743, wnpf@aol.com

31 MAY, NASA Arkansas State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Russellville, AR) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

31 MAY, Team Weber YWCA Push Pull (Trap Bar - YWCA, Clinton, IA) Bob Weber Jr., 563-259-8690, Dan Phipps, 563-249-4075

MAY - WNPF USA vs. Brazil (Caxias do Sul, Brazil) Troy Ford 678-817-4743, wnpf@aol.com

MAY '08, WDFPF European Single Event (Como, Italy)

www.wdfpf.cc

1 JUN, New England Raw PL/BP/DL, NE Training Ctr., 25 Coronado Rd., Warwick, RI 02896, Joe Reeves, 401-952-9166, www.motonutracing.com

6 JUN, SPF Nationals PL/BP (Gatlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

7 JUN, NPA Central States Open Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

7 JUN, WADL National Push Pull (Sheraton Crescent Hotel, Phoenix, AZ) Gus Rethwisch 763-545-8654 or 503-901-1622

7 JUN, 6th USAPL Pete Lanzi Memorial PL, IM, BP (Cleveland, OH) Gary Kanaga, 440-717-9-6-2-4, www.BIGKSPOWERMEETS.com

7 JUN, 1st Carroll County Power Day Challenge (SQ, BP, DL or PL,

all weights, men & women - Powerhouse Gym, Westminster, MD) Chaz Riddle, 410-857-1232.

7 JUN, SLP Missouri Open BP/DL (Chesterfield, MO) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

7-8 JUN, Immaculate Heart of Mary Festival BP/DL Ironman & Strongman (Youngstown, OH) Ron, 330-792-6670 or 330-519-3078

7-8 JUN, USAPL NJ State HS PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 9-0-8-8-7-4-6-1-2-5, www.strengthcondition.com

13 JUN, USAPL Sunshine State Games BP & PL (Lakeland/Tampa, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

14 JUN, NASA East Texas State,

AMERICAN DRUG-FREE POWERLIFTING FEDERATION

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E-mail: gedney@logonix.net or jm-gedney@wiu.edu

or Jon G. Smoker
(1-800-760-3257)

E-mail: jjrcsmoker@hotmail.com

Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

14 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

14 JUN, WABDL Rocky Mountain Regional BP/DL (Hampton Inn, Salt Lake City, UT) David Edgett 81-721-5438

13-14 JUN, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

13-15 JUN, USAPL Men's, Teen, Junior Nationals, Johnny A. Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

14 JUN, USPF Muscle Beach BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrfltrs@msn.com, www.powerliftingCA.com

21 JUN, WADL Northeastern Regional BP/DL (Newport, ME) Al Stork 207-223-5915

21 JUN, Sonny's 4th WABDL Push Pull (Sheraton Waikiki Hotel, Honolulu, HI) Mike Saito 808-221-0129, Jocelyn Ronolo 808-387-8776, Levana Furtado 808-368-6727

21 JUN, USA Raw Bench Press Federation Summer Nationals (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953,

26 St., Erie, PA 16506, 814-833-3727

28 JUN - WNPF 17th New Jersey PL, BP, DL, PC (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

28 JUN - WNPF Lifetime Raw Nationals & Powerfest 2K8 (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnplifetime@aol.com

28 JUN, 100% Raw Freedom USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

28 JUN, WABDL 12th Alki Beach BP/DL (Seattle, WA) Bull Stewart 206-725-7894

28, 29 JUN, USPF Multi-Nationals (Men, Women, Junior, Masters, Police & Fire, BP & DL, Sheraton-Providence Airport Hotel, Warwick, RI) Ted J. Isabella, 401-946-5350, uspf-ri@cox.net, www.ripl.org

JUN, APF/AAPF Chicago Summer Bash 5 (Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com

JUN - WNPF Lifetime Pan-Americans PL, BP, DL, PC Champs (Nanuet, NY) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnplifetime@aol.com

JUN - WNPF Powerfest 2K8 PL, BP, DL, PC (Nanuet, NY) Troy Ford 678-817-4743, wnpf@aol.com

JUN, USPF Multi-National Junior, Senior, Masters PL/BP/DL Championship (Providence, RI) Ted Isabella, uspf-ri@cox.net, Matt McCase mccase@yahoo.com

JUN, APC National PL/BP (Las Vegas)

3-5 JUL, IBSA/USAPL World BP & Powerlifting Championships for the Blind and Visually Impaired (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

5 JUL, NASA East Coast Nationals & Pro Qualifier, Equipped & Unequipped PL & BP and Power Sports & Push Pull (includes qualifier for all NASA Pro events - NC) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

5 JUL, SLP Samson's Gym Open BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

6 JUL, USAPL U.S. Open BP & DL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

12 JUL, Monster Muscle Record Breakers BP & DL (single lift, raw, equipped) Judy Sverchek, 401 N. 2nd St., Coeur d'Alene, ID 83814, 208-964-4506, www.pridepowerlifting.com

12 JUL, Nebraska Strongest Man Strongman Competition

(American Legion, 230 W. Lincoln Rd., Papillion, NE 68046) DJ Satterfield 402-592-1243, djnechair@yahoo.com

12 JUL, NASA Youth Nationals & WV Open BP, PP & PS (Ravenswood, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com
12 JUL, USPF Fresno Open PL/BP/DL, Steve Denison, 661-333-9800, pwrlfrs@msn.com, www.powerliftingCA.com
12 JUL - WNPF North Americans PL, BP, DL, PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com

12 JUL - WNPF Lifetime USA PL, BP, DL, PC Championships (Atlanta, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

12 JUL, ANPPC World Cup PL, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5 4 2 9 , sonlightgym@verizon.net, www.sonlightpower.com

12 JUL, WABDL Midwest Regional BP/DL (Marriott Hotel, Minneapolis West, MN) Gus Rethwisch 763-545-8654 or 503-901-1622

12-13 JUL (NEW DATE), UPA Power Weekend, Bench Bash for Cash, Pro Powerlifting, Amateur Strongman, Amateur Bench Press, Bill Carpenter 563-599-1390, Kenny Patterson 614-563-0279

19 JUL, PPL Southeasterns, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

19 JUL, SLP Northwest Arkansas Open BP/DL Classic, 479-636-0996, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

19 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch 763-545-8654 or 503-901-1622

19 JUL, USAPL Mid Atlantic Open (PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com

19 JUL, Grand Nationals Meet (Sheboygan, WI) Rich Peters, Meet Director, 405-527-8513

19-20 JUL - WNPF Drug Free Nationals & Team Ford vs. Team Deamicis (PA) Troy Ford 678-817-4743, wnpf@aol.com or Ron Deamicis 330-792-6670, powerlift103@aol.com

26 JUL, APC Northern California PP/BP/DL

26 JUL, 4th Vermont State Open Raw BP, All American Fitness, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068, 802-9 9 9 - 7 8 4 5 , www.allamericanfitnessvt.com

26 JUL - WNPF Lifetime Youth, Teen, Junior, Subs, Masters & Police/Fire Nationals & Summer Classic (PL, BP, DL, PC - Kissimmee, FL) WNPF

Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 , wnpflifetime@aol.com

26 JUL - WNPF 16th Florida State & USA Championships (Kissimmee, FL) Troy Ford 678-817-4743, wnpf@aol.com

26 JUL, SSA West Coast Summer Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

26 JUL, SLP YMCA of Kansas City Push/Pull Classic (Kansas City, KS) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-2 5 3 - 5 4 2 9 , sonlightgym@verizon.net, www.sonlightpower.com

26 JUL, NASA Tri-State Regional, Lindell Smith, lesmitty@speedy.com, 681-662-3413

26 JUL, Granite State BP & Rip the Grip DL, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26 JUL, NASA South Texas Classic, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Alvin, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

26-27 JUL, AAU Junior Olympics/AAU Bench Press (Detroit, MI) Judy & Steve Wood, Jill Meads, 804-559-4624, vapowerlifting@aol.com
26-28 JUL, USAPL Raw National Championships (St. Louis, MO) Harold Gaines 3 1 4 - 8 0 5 - 2 0 4 4 , www.usaplnationals.com

27 JUL, APA Maine Iron Bash PL, BP, DL, PP, SC (Freeport, ME) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.w w . a p a - w p a . c o m / entryforms.htm

27 JUL, WNPF Drug Free Nationals (Youngstown, OH) Ron, 330-792-6670 or 330-519-3078

1-3 AUG, AWPC World PL/BP (Oakbrook, IL) Kieran Kidder/ Amy Jackson, 866-389-4744, amyljackson@cox.net

30 JUL-3 AUG, AWPC/WPC Eurasian Championships (Chelyabinsk, Russia) Vladimir Chadkov, wpc@wpc-wpo.ru

1-3 AUG, 100% RAW/RAW United Women's Nationals and Kids / Youth / Teenage Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, July 12) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 3 2 1 - 5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us

2 AUG, USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlfrs@msn.com, www.powerliftingCA.com

2 AUG, SSA Backyard Bench/Deadlift/Iron Man (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com
2 AUG, WABDL Iron Gladiators Great Northern BP/DL (Red Lion Hotel, Olympia, WA) Gus Rethwisch 763-545-8654 or 503-

901-1622

2, 3 AUG, NASA World Cup, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

3 AUG, SLP Vince Soto Memorial/Ohio State Fair BP/DL (Columbus, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

9 AUG, N. Virginia Raw PL/BP (VA) John James 703-475-9885, www.northernvirginiarawpower.com

9 AUG, ADAU SQ, BP, DL Nationals (Bigler, PA) Al Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pitkitup.com

9 AUG, Fall Classic (Bartlesville, OK) JDuree@aol.com

9 AUG, WABDL Southern Regional BP/DL (Crown Plaza Hotel, Dallas, TX) Gus Rethwisch 763-545-8654 or 503-901-1622

9 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 AUG - WNPF Lifetime 1st World Cup BP, DL, PC Championships (Philadelphia, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

10 AUG - WNPF Single Lift Nationals & Ironman Nationals (BP, DL, PC - Philadelphia, PA) Troy Ford 678-817-4743, wnpf@aol.com

16 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

16 AUG, USAPL Northern California PL (West Coast Muscle Athletic Club - Yuba City, CA) Mike Womelsdorf, 909-880-2948, usaplcachair@aol.com

16 AUG, WABDL World Cup (120 Miles NW of Helsinki, Tampere, Finland) Sakari Selkainaho 011-358-505-354-106

16 AUG, APF Push Pull Meet (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net

17 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

23 AUG, 100% Raw Eastern USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

23 AUG, APF/AAPF High Country Push/Pull (Brigham City, UT) Jon Cunningham, 801-985-4031

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23 AUG, IBP Mountain Bench Bash & Strict Curl (Asheville, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

23 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

30 AUG, 2nd USPF Works Outdoor BP/DL (New Martinsville, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com

30 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova, Sacramento, CA) Jody Woods 916-524-0914
6 SEP, NASA NM Regional (PL/BP/PS), mike@liftinglarge.com, www.liftinglarge.com

6 SEP - WNPF Lifetime Southern States (Fitzgerald, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

6 SEP - WNPF 2nd Jake the Hammer Classic BP, DL, PC (Fitzgerald, GA) Troy Ford 678-817-4743, wnpf@aol.com

6 SEP, WABDL United We Stand BP/DL (New Castle, PA) charles Venturella 724-654-4117

6 SEP, WABDL Southwest Classic BP/DL (Houston, TX) Tiny Meeker 832-423-7662

6 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

7 SEP, WNPF Upstate New York II (Rochester, NY) Ron, 330-792-6670 or 330-519-3078

12-13 SEP, USPAL Bench Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624

13 SEP, NPA National Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

13 SEP, USA Raw Bench Press Federation Fall Nationals (Holland, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

16 AUG, USAPL Northern California PL (West Coast Muscle Athletic Club - Yuba City, CA) Mike Womelsdorf, 909-880-2948, usaplcachair@aol.com

16 AUG, WABDL World Cup (Kamiloiki Elementary School, Waimanalo, HI) Keith Ward, 808-375-8700

13 SEP, WABDL Greater Seattle Classic BP/DL (TBA, Seattle, WA) Bull Stewart 206-725-7894

13,14 SEP, USPF Muscle Beach PL/BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlfrs@msn.com, www.powerliftingCA.com

20 SEP, WABDL National Collegiate BP/DL (Gateway Center, Collinsville, IL) John Hudson 217-377-4640

20 SEP (NEW DATE/LOCATION), ADFPF Bill Beckwith Memorial PL/Single Lift, Rich Van Eck (Grand Rapids, MI) rvaneck@bpc-bci.com, 269-521-4031

20 SEP, SLP Bodyworks Gym

Spears Foundation Benefit BP/DL Classic (Dry Ridge, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

20 SEP, Supreme Fitness Challenge II 100% Raw & AAU PP/BP/SC (Supreme Fitness, Brattleboro, VT) Meet Director Bret Kernoff, 802-865-2747, Vermontpowerlifting.com, bret@vermontpowerlifting.com

20 SEP, NASA Ohio Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

20 SEP, WABDL National Collegiate BP & DL (Gateway Convention Center, 10 min. NE of St. Louis - Collinsville, IL) John Hudson, 217-377-4640, HudsonJ@uhd.edu, www.wabdlcollegatenationals.info
20 SEP, APC National Qualifier (Brute Strength Gym, Norfolk, VA) 757-893-9111, 757-650-5410, schroeder_gayle@yahoo.com, www.powerandstrength.com

26 SEP, IPB 8th Bench Press Classic & Strict Curl (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

27 SEP, APA North American BP, DL, PP, SC (Brewer, ME) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

27 SEP, USPF 1st Tom Eldridge Top Gun PL/BP/DL (Cold Iron Gym, Tombstone, AZ) 520-457-3955, www.coldirongym.com

27 SEP, NASA Arkansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Russellville, AR) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

27 SEP (NEW DATE), USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwrlfrstrs@msn.com, www.powerliftingCA.com

27 SEP, IPB Regional PL (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

27 SEP, SLP Nationals Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953,

217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

27 SEP - WNPF 20th Lifetime Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

27 SEP - WNPF Lifetime New Jersey (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

28 SEP - WNPF Lifetime Pennsylvania State (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

28 SEP - WNPF 17th Penn States Open PL, BP, DL Champs (Ephrata, PA) contact Troy Ford 678-817-4743, wnpf@aol.com

★ 2008 ★

AAU POWERLIFTING MEETS

Below is a list of meets being offered by the AAU Association
AAUSports.org

February 16 AAU Wisconsin State & Midwest Regional Bench Press, Deadlift & Push-Pull Championship Germantown, WI Guy Powell - Meet Director Application can be downloaded from website: aausports.org

March 15 AAU Bench Press Nationals Clyde, NY - Donselaar's Partyhouse Steve Rogers - 315-365-3377 email: seepser67@tds.net

March 9 AAU New England Bench Press Championship Burlington, VT - YMCA Bret Kernoff - 802-865-2747 Email: bret@vermontpowerlifting.com

April 26-27AAU Military Nationals – Full Power AAU Military Bench Press Nationals

AAU Triple Crown Classic East Coast Bench Press Championship Richmond, VA - Brooklyn Middle School Judy & Steve Wood, Jill Meads - 804-559-4624 Email: vapowerlifting@aol.com

July 26-27 AAU Junior Olympics (World Meet for ages 5-23 years)

AAU Bench Press Meet (All ages- Men, Women & Children)
Bench Press meet will follow the full power meet on Saturday Detroit, MI Judy & Steve Wood, Jill Meads - 804-559-4624 Email: vapowerlifting@aol.com

November AAU World Military Full Power / World Bench Press Meet AAU World Full Power Meet AAU International Bench Press, Deadlift, Push-Pull Championship Location: Virginia Judy & Steve Wood, Jill Meads - 804-559-4624 Email: vapowerlifting@aol.com Date and location to be announced

December AAU World Bench Press Championship AAU World Push-Pull Championship Location: Nevada Martin Drake - 951-928-4797 Email: naturalpower@earthlink.net Date and location to be announced

28 SEP, UK Open PL, BP, DL (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wpfpowerlifting.com
29 SEP-**4 OCT**, IPF Masters Worlds (Palm Springs, CA) Lance Slaughter, 310-995-0047, www.powerlifting-ipf.com, www.usapowerlifting.com
3-5 OCT, 100% RAW/Raw United Armed Forces Nationals and North American Open (open to active duty soldiers, reservists, guardsmen, and veterans, all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, September 13) Spero Tshontikidis, 4353

Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

4 OCT, NASA East Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

4 OCT, SPF/WBPLA World PL/BP (Gaitlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net

4 OCT, SLP Tennessee State BP/DL (Lexington, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10-12 OCT, WDFPF Single Event Worlds (equipped, raw, men, women, Open, teen, masters, police/fire/military - Antwerp, BEL) Wim Backelant, 309-837-2111, www.adfpf.org

11 OCT - WNPF 9th Palmetto PL, BP, DL, PC (Clemson, SC) Troy Ford 678-817-4743, wnpf@aol.com

11 OCT - WNPFL Lifetime Carolina State BP, DL, PC Championships (Greenville, SC) WNPFL Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

11 OCT, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

18 OCT, SLP Monon Fitness BP/DL (Indianapolis, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429,

sonlightgym@verizon.net,
 www.sonlightpower.com
18 OCT, PPL Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
18 OCT, USPF Monster Beach & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 8 1 8 - 8 9 9 - 7 5 5 5 , warrior01@earthlink.net, www.powerliftingCA.com
18 OCT, APC Northern California Open PL/BP, John Ford 650-303-7518
18 OCT, NASA Unequipped Nationals, Unequipped Powerlifting, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
19 OCT, NASA 1st Annual Pro Unequipped Championships, Unequipped Powerlifting, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
25 OCT, 4th Westminster Family Center BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452
25 OCT, SSA West Coast Fall Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com
25 OCT, 26th Raw ADAU Central PA Open PL (open, all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
25 OCT, NASA Iowa Regional, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP Only (Des Moines, IA) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
25 OCT, USPF Pro Performance Strongman/PL (Morgantown, WV) Matt McCase, 210 Gilbow St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com
25 OCT, ANPPC National Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , sonlightgym@verizon.net, www.sonlightpower.com
25-26 OCT - WNPF Lifetime 1ST International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 8 1 7 - 4 7 4 3 , wnpflifetime@aol.com
OCT, APF/AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434
OCT, APF Halloween Monster Bench Bash (Eagle Nest, NM) Anita Ramsey/Churtis Schultz, 505-377-3099
1 NOV, USA Raw Bench Press Federation World Championship, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , sonlightgym@verizon.net, www.sonlightpower.com
1 NOV, NASA Masters &

Submasters Nationals, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
8 NOV, SLP Ohio State BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-2 5 3 - 5 4 2 9 , sonlightgym@verizon.net, www.sonlightpower.com
8 NOV, Regionals (Kansas City, KS) JDuree@aol.com
8 NOV, APF Bench Press (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net
8 NOV, USAPL Florida Collegiate State BP & PI (Miami) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl
9 NOV, USAPL Southeastern USA Regional BP & PL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net , www.geocities.com/floridausapl
12-17 NOV, WABDL World BP/DL (Riviera Hotel, Las Vegas, NV) Gus Rethwisch 763-545-8654 or 503-901-1622
13-16 NOV, WPF World PL, BP, DL (Austragungsort, Jedlersdorferstrasse 94, A1210, Wien, Austria, Gerhard Holleitner, www.wpfpowerlifting.com
15 NOV, SLP Kentucky State BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
15 NOV, N. Virginia Raw PL/BP, John James 703-475-9885, www.northernvirginiarawpower.com
15 NOV, NASA Colorado Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Loveland, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
22 NOV, NASA Kansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Salina, KS) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
22-23 NOV - WNPF Lifetime 1st All-Raw World Cup Powerlifting, BP, DL & PC (Atlanta, GA or Orlando, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
22-23 NOV - WNPF 17th WNPF World PL BP, DL & PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com
29 NOV, NASA Oklahoma Open, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
NOV, AAU World Military PL/World Bench Press/World Full Power/International BP, DL, Push-Pull (Virginia) Judy & Steve Wood, Jill Meads, 804-5 5 9 - 4 6 2 4 , vapowerlifting@aol.com

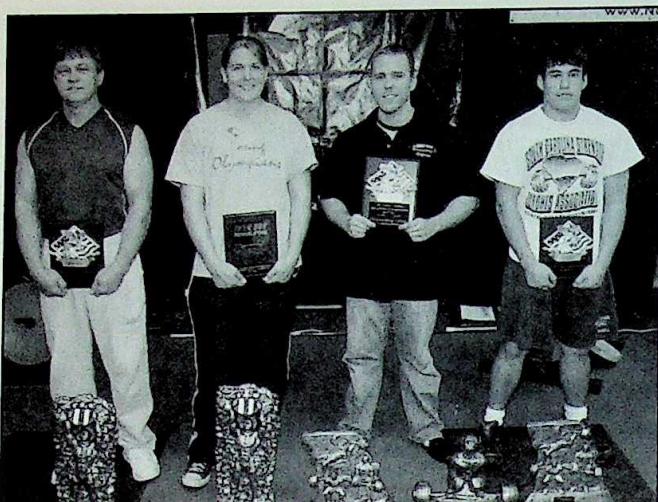
NOV, WPC World PL/BP, Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744
5-7 DEC, 100% RAW/RAW United Worlds (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 3 2 1 - 5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us
6 DEC, NASA Missouri Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
6 DEC, APC Iron Man (Fresno, CA) Bob & Kim Packer, 595-322-6805, 595-323-3892
6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com , www.powerliftingCA.com
6 DEC, USAPL Virginia State (PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shiflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com , www.virginiausapl.com
6 DEC - WNPF McCray/Peace Memorial BP, DL, PC & Police/Fire/Military Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com
6 DEC - WNPF Lifetime Ironman Nationals & East Coast BP, DL, PC (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, Wnpflifetime@aol.com
7 DEC - WNPF 7th Eastern USA PL, BP, DL, PC (Seaford, DE) Troy Ford 678-817-4743, wnpf@aol.com
6 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

7 DEC, 16th Raw ADAU Coal Country Classic (separate SQ, BP, DL, open and all age groups, men and women - Bigler, PA) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
7 DEC, BPO British BP & DL Record Breakers (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wpfpowerlifting.com
13 DEC, SLP Arkansas BP/DL (Rogers, AR) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
13 DEC, 100% Raw Christmas Classic BP/CR, John Shiflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com , www.rawpowerlifting.com
13 DEC, Golden Bear Bench Press Classic (WI) Steve Fronk, 715-736-7560, unitedag@chibardun.net
13 DEC, NASA West Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
20 DEC, NASA Illinois Christmas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com
27 DEC, SLP The Last One! BP/ DL (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-2 5 3 - 5 4 2 9 , sonlightgym@verizon.net, www.sonlightpower.com
DEC, AAU World Bench Press, World Push-Pull (Nevada) Martin Drake, 951-928-4797, naturalpower@earthlink.net
DEC, USAPL Florida Senior State Games BP & DL (Age 50+ - Ft. Myers/Cape Coral, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net , www.geocities.com/floridausapl

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IBP South Carolina Championships
27 OCT 07 - Seneca, SC

| | |
|--------------------------|--------------------|
| BENCH | & Military Raw |
| FEMALE | J. Connors 345 |
| 165 lbs. | Master (60-64) |
| Open | B. Goodell 250 |
| T. Walker 215 | 220 lbs. |
| 198+ lbs. | Novice Raw |
| Junior (20-23) Raw | B. Keefer 260 |
| A. Marrow 225 | 242 lbs. |
| MALE | Master (40-44) |
| 148 lbs. | T. Isbell 500 |
| Teen (18-19) Raw | Intermed. (24-34) |
| C. Foster 285 | Raw |
| Junior (20-23) Raw | B. Gibbs 345 |
| B. Vaughn 225 | Master (60-64) Raw |
| 165 lbs. | K. Bayard 240 |
| Teen (16-17) Raw | 275 lbs. |
| C. Long 215 | Intermed. (24-34) |
| Teen (18-19) Raw | Raw |
| C. James 190 | T. Brinston 320 |
| Novice Raw | DEADLIFT |
| M. Moore — | 165 lbs. |
| Submaster (35-39) | Open Raw |
| Raw | M. Ticknor — |
| M. Moore — | 198 lbs. |
| 181 lbs. | Junior (20-23) Raw |
| Intermed. (24-34) | G. Marrow II 500 |
| Raw | 242 lbs. |
| J. Connors 345 | Teen (18-19) Raw |
| Police/Fire | B. Dagenhart 585 |
| Full Power | SQ BP DL TOT |
| FEMALE | |
| 132 lbs. | |
| Youth (12-13) Raw | |
| M. Partlow 95 | 65 145 305 |
| 165 lbs. | |
| Teen (16-17) Raw | |
| J. Walker 140 | 105 240 485 |
| 198 lbs. | |
| Teen (14-15) Raw | |
| T. Sisk 125 | 140 260 525 |
| Teen (16-17) Raw | |
| A. Halvorson 185 | 155 340 680 |
| 198+ lbs. | |
| Teen (16-17) Raw | |
| N. Okwara 45 | 135 275 455 |
| MALE | |
| 132 lbs. | |
| Intermediate (24-34) Raw | |
| B. Campbell 240 | 260 315 815 |
| 4th-BP-280 | DL-350 |
| 148 lbs. | |
| Youth (12-13) Raw | |
| K. Francis 200 | 100 225 525 |
| 4th-DL-235 | |
| Teen (16-17) Raw | |
| J. Rochester 265 | 210 335 810 |
| 4th-BP-215 | |
| Intermediate (24-34) Raw | |
| C. Cummings 255 | 275 365 895 |
| Teen (16-17) Raw | |
| N. Bolling 385 | 275 425 1085 |
| 181 lbs. | |
| Teen (14-15) Raw | |
| J. Bolton 185 | 185 250 620 |
| Teen (16-17) Raw | |
| H. Graham 225 | 145 410 780 |
| Intermediate (24-34) Raw | |
| W. Brothers 355 | 315 435 1105 |
| Open Raw | |
| W. Brothers 355 | 315 435 1105 |
| Master (50-54) Raw | |



Outstanding Lifters at the IBP South Carolina Championships included Gary Bolton, Aslynn Halvorson, William Brothers, and Neil Bolling. (photograph courtesy of Meet Director Keith Payne)

| | |
|--|------------------|
| Open Raw | |
| Miller | 425 360 500 1285 |
| Subs Raw | |
| Miller | 425 360 500 1285 |
| (40-49) Raw | |
| Ramberger! | 500 365 535 1400 |
| Hemperly | 360 320 455 1135 |
| !=Best lifters. Team Champions: Ephrata Recreation Center. (results from WNPF) | |

SPF Record Breakers

| | |
|---|-----------------|
| 1 DEC 07 - Chattanooga, TN | |
| BENCH | D. Haro 315 |
| WOMEN | Masters (50-54) |
| 165 lbs. | SHW |
| M. Maddox 210 | J. Bible 470 |
| MEN | Masters (55-59) |
| 242 lbs. | 275 lbs. |
| M. Wood 475 | B. Aycox 365 |
| SHW | Masters (65-69) |
| C. Dennis 675 | 220 lbs. |
| Submasters | K. Rowans 300 |
| 181 lbs. | DEADLIFT |
| W. Stover 290 | MALE |
| 308 lbs. | Masters (40-44) |
| C. Stenson 480 | 220 lbs. |
| SHW | J. Ray 610 |
| K. Crump 405 | Masters (45-49) |
| Police/Fire | 198 lbs. |
| & Military | J. Evans 570 |
| SHW | Raw |
| S. Baker 450 | Masters (60-64) |
| Masters (40-44) | 132 lbs. |
| 275 lbs. | M. Cross 315 |
| B. Gardner 525 | STRICK CURLS |
| Masters (50-54) | MALE |
| C. Smith 355 | Masters (65-69) |
| Raw | 242 lbs. |
| MEN | P. Crane 130 |
| 198 lbs. | |
| Push Pull | BP DL TOT |
| MEN | |
| 198 lbs. | |
| J. Codner 475 | 600 1075 |
| Raw | |
| Teen (18-19) | |
| 198 lbs. | |
| K. Chamblee 280 | 445 725 |
| SHW | |
| J. Mills 340 | 550 890 |
| Juniors | |
| 165 lbs. | |
| K. Suria 305 | 455 760 |
| 220 lbs. | |
| C. Vanburen 390 | 520 910 |
| Powerlifting | SQ BP DL TOT |
| WOMEN | |
| 220 lbs. | |
| A. Suter 245 | 185 315 745 |
| SHW | |
| M. Garrett 550 | 400 455 1405 |
| 4th-BP-420 | |
| MEN | |
| 198 lbs. | |
| B. Stevens 465 | 275 505 1245 |
| 220 lbs. | |
| K. Shulz 655 | 485 575 1715 |
| 242 lbs. | |
| M. Wood 605 | 475 600 1680 |
| 275 lbs. | |
| D. Hoard 830 | 640 660 2130 |
| G. Williams 755 | 525 635 1915 |
| 308 lbs. | |
| C. Janek 900 | 675 680 2255 |
| Submasters | |
| 242 lbs. | |
| T. Johnson 545 | 385 480 1410 |
| Police/Fire/Military | |
| 275 lbs. | |
| G. Williams 755 | 525 635 1915 |
| Masters (45-49) | |
| 198 lbs. | |
| J. Evans 520 | 285 570 1375 |
| Raw | |
| 275 lbs. | |
| B. McKee 500 | 385 600 1485 |
| Masters (50-54) | |
| 275 lbs. | |
| B. McKee 500 | 385 600 1485 |
| Best Lifter Single Lift: Curt Dennis. Best Lifter Powerlifting: Chris Janek. We want to take time to thank everyone that took part in this event, the lifters, workers, Officials, and even the people that took time to come and watch. Thanks you everyone. The Officials were, Sam Byrd, Rick Posey, Nicky Peppers, Derek Minor, Justin Abnee, Victoria Rodgers and the meet Director was Jesse Rodgers. (Thanks to SPF President Jesse Rodgers for results) | |

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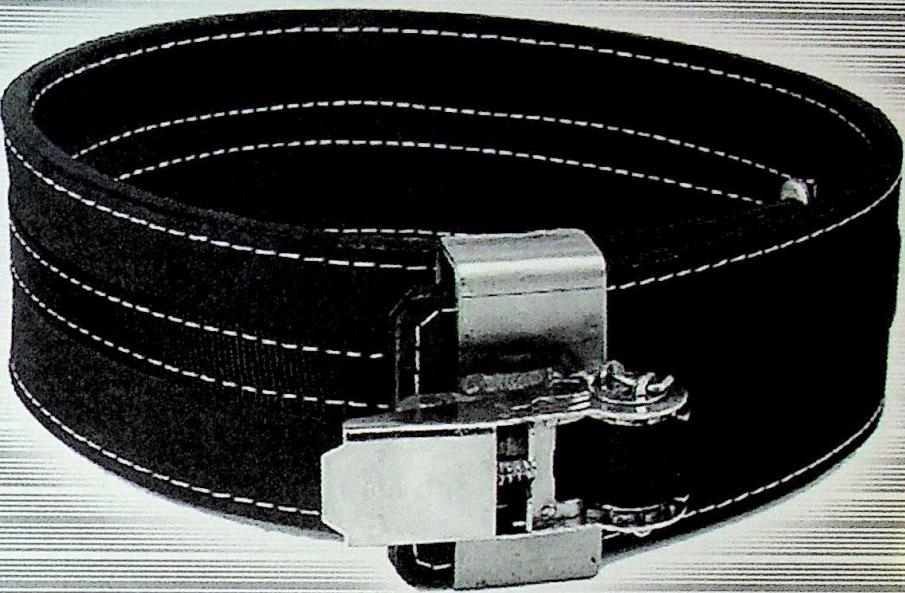
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ADVANCE DESIGNS

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(continued from page 23)

1979 Third Place World Championship (Dayton, Ohio)
1978 Hawaii Invitational Champion, Senior National Champion and World Champion (Turku, Finland)
1977 Senior National Champion and World Champion (Perth, Australia)
1976 Senior National Champion, 2nd Place World Championship, Pan American Champion
1975 National YMCA Champion, Pan American Champion Became First man under 200 to pull over 800lb

1974 National YMCA Champion

1973 National YMCA Champion
1972 World Champion, Light Heavyweight Division (York, PA)

1971 National YMCA Champion

1970 Broke World Deadlift Record - National Champion

1970 National Collegiate Champion

My best unofficial pull was 880 lbs at 200 lbs body weight. In competition, my best pulls were:

- 821.2 lbs in the 198 class
- 811.3 lbs in the 220 class
- 750.5 lbs in the 181 class

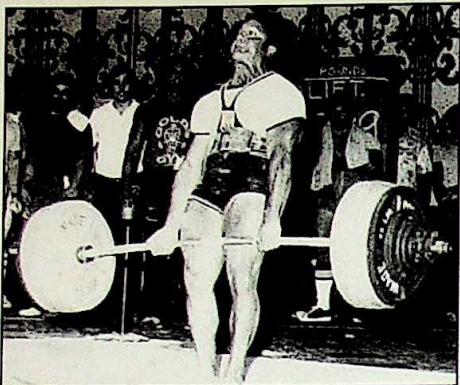
CM: You had a very unique deadlifting style. Tell us a bit about that and how you developed your technique.

VA: You know, I was never one to over-analyze my training technique. My particular style was something that came naturally and felt best and strongest for me. I always felt the KISS (Keep it Simple Stupid) principle was best. On the opposite end of the spectrum, I had a training partner who was very methodical in his approach. He studied and analyzed every nuance of his form. This guy truly had the potential to be one of the strongest men in the world, but I felt he cheated himself out of that chance with paralysis by analysis.

CM: Vince, everything about powerlifting training was different when you were at your peak. The gear (bench shirts, suits etc.) were either non-existent or dramatically different than the gear of today. The training equipment was different as well; chains and bands were not part of the repertoire back then. With that said, yourself and the best of your generation were able to build absolutely awe-inspiring strength and set some records which still stand today. Tell us a bit about your training. What methods did you find worked best? Do you have any "secrets" that can help the strength trainees of today?

VA: Chris, I have always kept my training fairly simple. There are many different training methodologies these days and there have been champions from each camp. In the end, heavy progressive resistance training coupled with recovery is what makes you bigger and stronger. The "secret", if there is one, is the bulldog mindset! You set a goal and you don't let go of it until you have achieved it. The best of the best in any endeavor all share that common trait, dogged determination!

CM: Vince, your point is well taken. I definitely think there is a place for the conjugate method and various other training modalities and



Vince pulls at the 1977 Senior Nationals in LA.

apparatus, but the end-game is heavy and hard. A current strength **freak** that comes to mind who exemplifies this is Jeremy Hoornstra. To my knowledge, his training routine is much like that of a bodybuilder, yet the guy is probably the strongest bencher ever having done well over 600 lbs raw at only 242 lbs.

Vince, this talk about hard and heavy training has me curious, was your training influenced at all by the great Bob Peoples?

VA: Well, I did not pattern my training after that of Bob's per se, but I had and have a tremendous amount of respect for the man. When I first was coming to prominence he was a living strength legend. In fact, I had read about him in junior high and to this day have a book he wrote.

Actually, I have an interesting Bob Peoples story. I was the first man to pull over 800 lbs at under 200 lbs of body weight. The first time I did it in competition was at the 1975 Senior Nationals. After the pull, this older gentleman approached me to congratulate me. Surprise, surprise, it was Bob Peoples! I wanted so badly to get a picture taken with him, but as things go I got sidetracked speaking with other lifters and by the time I tried to find him for the picture he was gone.

CM: I have that same book Vince! It is titled *Developing Physical Strength*, no? Bob was an absolutely amazing strength athlete. For our uninformed readers, Bob was a powerlifter before the term existed. In fact, he pulled 725 lbs at roughly 185 lbs body weight using a hook grip and no other supportive apparatus in **1949!!!**

Vince, I think you and Bob were cut from the same cloth when it comes to being master deadlifters. To me, you are the living deadlift legend that Bob was to you.

VA: Thank you Chris. I don't think of myself in those terms, but if you or anyone else feels that way I am truly flattered.

CM: Please provide us the specific deadlifting routine you followed prior to your all-time best pull.

VA: I worked my way up to heavy singles. I would warm-up with sets of 10, 8, and 6 reps. I would then start my singles with 80% of my estimated or tested 1 rep maximum (1RM). Next, I would do a single with 90% and then a final one with 95%.

The readers may find it interesting that I almost never pulled

from the floor. I did what I call "negative accentuated" pulls. I would take the bar from the rack and emphasize the eccentric portion of the movement by slowly lowering it to the ground. I would allow the bar to come to a dead stop. I would then perform an explosive positive.

Partials from varying heights were also regularly included in my

training. I was able to move some pretty crazy weight with the partials. I once got 1050 lbs from mid-knee level.

CM: There is a saying that great men stand on the shoulders of giants. If we want to be great, we must build on the foundation laid by the giants of the past. Thus, I am always excited to pick the brain of someone who has done something I aspire to do (in your case pull over 800 lbs at less than 220 lbs). I firmly believe in learning from the experience (sometimes the mistakes) of others. What, if anything, would you do differently relative to your strength training if you could do it all over again?

VA: I wouldn't really change the way I trained per se. As I mentioned above, I once pulled 880 lbs at 200 lbs body weight in training. About my only regret is that I did not cycle my training to hit that peak in a meet!

CM: You competed with and against some of the greatest powerlifters in the history of the sport. In your opinion, who was the greatest powerlifter you ever encountered?

VA: I hate these questions because I don't want to leave anyone out. If I do, please forgive me. The names that jump into my head are Don Reinhoudt, Larry Pacifico, Roger Estep, Jerry Jones, and Ricky Dale Crain.

CM: Did you adhere to any special dietary practices?

VA: When trying to make weight I would use a low carbohydrate diet. It is funny, my former dietary practices are a case of I wish I knew then what I know now. Actually, your question brings to mind a story. I was in Perth (Australia) in 1977 for the Senior

Nationals. I used my

low carbohydrate approach to make weight. I was under weight the night before the weigh-in and had a terrible craving for some candy. Needless to say I went out at 3 A.M. and bought

some candy bars. I ate them, but drank nothing. Later that morning I made weight. I then went and drank a bunch of water. Wow! In short order the sugar drove the water into

my muscles and they just blew up! My strength went through the roof! I had inadvertently carb-loaded. I had no idea what carb-loading was, but man, I knew what it did! Lol, like I said, I wish I knew then what I know now.

CM: Vince, tell us another story. I am sure you have a ton of them.

VA: Ok, I think this is a good one. Back in 1977 I roomed with my buddy Lamar Gant [editor's note: Lamar was an incredible lifter in his own right, still holding the record for the deadlift in the 123 lbs class with 639.3 lbs!] while competing at the World's in Perth (Australia). Lamar had won his class the day before and had gone out to celebrate. Lamar and I both liked to chase the ladies back in those days.

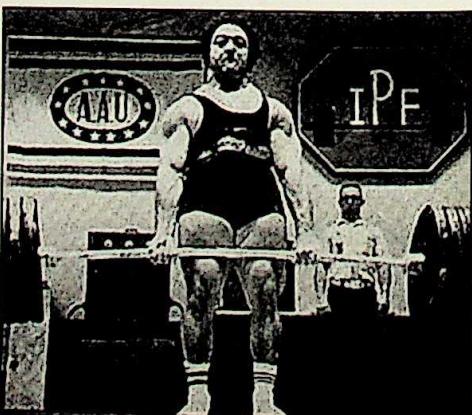
I had gone to bed and was awakened in the middle of the night by a knock at my door. I opened the door and was surprised to see Lamar with 5 women! Needless to say, he brought them to party and they came in and instantly started getting amorous with me. Lol, I have to tell you that at that point I did the hardest thing I ever had to do in my life. I had to throw them all out of my room to get my rest as I was competing the next day. I hadn't come half way around the world just to fool around with some women. How's that for dedication?

In the end it was worth it as I won my class and pulled a new world record of 810 lbs in the 198s. All was not lost on the female front either as Lamar rewarded me by bringing one of the women back to go out and celebrate my victory. Lamar, his woman, me and my woman all proceeded to have one heck of a wild 3 days!!! Things were so crazy we almost missed our flight back to the US. We literally arrived at the airport 2 minutes prior to takeoff!

Our teammates had their tour of Australia and we had ours. You guess which was better!

CM: Vince, that is GREAT stuff! Lol, I can imagine your thoughts as you tossed 5 women out of your room!

I want to say thank you again for taking the time to do this interview with me. I am sure the readers of Powerlifting USA will find it a compelling read and I am very happy to be a part of introducing you to a whole new generation of strength athletes. I wish you the best of luck in all of your future endeavors!



Vince pulls at the IPF World Championships



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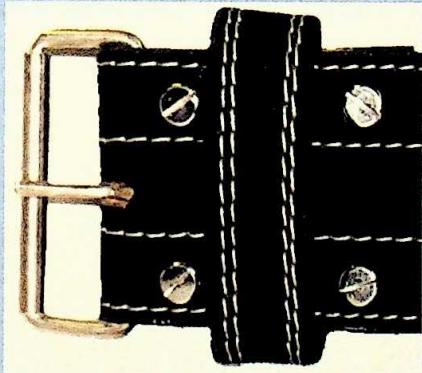
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ADAU Coal Country Classic
9 DEC 07 - Clearfield, PA

| | | | | |
|-------------------|----------------|--------------|----------------|---------|
| BENCH | 105 lbs. | G. James | 370 | 4th-355 |
| FEMALE | Open | Teen (18-19) | Master (55-59) | |
| 105 lbs. | R. Snyder | 165 | D. Stonge | 245 |
| Open | 123 lbs. | 4th-275 | T. Cinelli | 225 |
| R. Snyder | Master (50-54) | 165 lbs. | Junior (20-23) | |
| 121 | V. Weaver | 195 | G. Collis | 250 |
| 198 lbs. | Open | N. Theodorou | 400 | |
| Teen (16-17) | 132 lbs. | 181 lbs. | 242 lbs. | |
| C. Fohringer | Open | Open | Open | |
| 120 | A. Neff | 340 | Protomastro | 585 |
| 4th-125 | | | | |
| MALE | 165 lbs. | | | |
| 77 lbs. | Teen (16-17) | | | |
| Youth (8-9) | S. Kakraba | 245 | | |
| A. Barrett | Hwt. | | | |
| 70 | Junior (20-23) | | | |
| 148 lbs. | L. Kline | 280 | | |
| Teen 918-19) | MALE | | | |
| 235 | 4th-290 | | | |
| 181 lbs. | 77 lbs. | | | |
| Teen (16-17) | Open | | | |
| J. Minnis | Youth (8-9) | | | |
| 290 | A. Barrett | 160 | | |
| Open | 181 lbs. | | | |
| A. Susmarski | Teen (16-17) | | | |
| 235 | D. Swingle | 220 | | |
| D. Kelly | J. Minnis | 505 | | |
| 175 | Open | | | |
| Master (55-59) | D. Swingle | 475 | | |
| T. Cinelli | A. Susmarski | 440 | | |
| 215 | Master (55-59) | | | |
| 198 lbs. | J. Stopiro | 310 | | |
| Open | T. Cinelli | 305 | | |
| Master (60-64) | 198 lbs. | | | |
| J. McNeill | Open | | | |
| 275 | J. Stopiro | 430 | | |
| Master (65-69) | F. Romano | 415 | | |
| J. Monk | M. Neziri | 405 | | |
| 235 | Junior (20-23) | | | |
| 220 lbs. | S. Protomastro | | | |
| Open | G. Collis | 380 | | |
| A. Barrett | 242 lbs. | | | |
| 380 | Open | | | |
| Master (45-49) | J. Deigha | 705 | | |
| Open | S. Protomastro | | | |
| M. Pyne | 650 | | | |
| 360 | Master (55-59) | | | |
| Master (65-69) | J. Herbein | 225 | | |
| J. Herbein | 242 lbs. | | | |
| 225 | Open | | | |
| Protomastro | B. Hill | 495 | | |
| 405 | 275 lbs. | | | |
| Master (45-49) | Master (55-59) | | | |
| Open | D. Crans | 475 | | |
| B. Sisko | 4th-485 | | | |
| 340 | J. Clicardi | 350 | | |
| Master (70-74) | SQAT | | | |
| A. Siegel | 130 | | | |
| 4th-135 | FEMALE | | | |
| 275 lbs. | 114 lbs. | | | |
| Teen (18-19) | Open | | | |
| N. Seiner | J. Neziri | 200 | | |
| 450 | 165 lbs. | | | |
| Master (40-44) | Teen (16-17) | | | |
| D. Mignot | S. Kakraba | 225 | | |
| 375 | 4th-230 | | | |
| Submaster (35-39) | E. Parker | 160 | | |
| D. Wayland | 123 lbs. | 90 | | |
| 330 | Teen I | 160 | | |
| Maser (55-59) | E. Kreuzar | 140 | | |
| J. Alicardi | 148 lbs. | 75 | | |
| 325 | Open Raw | 165 | | |
| 4th-335 | J. Varner | 245 | | |
| DEADLIFT | 148 lbs. | 120 | | |
| FEMALE | Open | 345 | | |



**REFEREE
STATUS:**

National Referee _____

State Referee _____

| | |
|----------|------------|
| Club No. | Club Name: |
|----------|------------|

Membership good for 1 year from date of application.
For information on registration and program, call your State Chairman or 814-833-3727.
A.D.A.U. membership provides each member with an opportunity to participate in
A.D.A.U. events.

Adult 25.00 Youth 15.00

MEMBERSHIP APPLICATION:

ANTI-DRUG ATHLETES UNITED, INC.

| | | | | |
|---------------|-----|---|------------------|------------------------|
| Date of Birth | Age | Sex <input type="checkbox"/> Male <input type="checkbox"/> Female | Application Date | Social Security Number |
|---------------|-----|---|------------------|------------------------|

First Name _____ Middle Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

E-mail _____ Phone (With Area Code) _____

I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature _____

Parent/Guardian Signature _____

For more information, contact:

Allan Siegel, President, CFO
304 Daisy Street • Clearfield, PA 16830

Phone or Fax: 814-768-9400

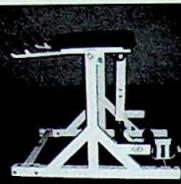
E-mail: al@pikilup.com • Website: www.pikilup.com

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Shipping This new reverse hyper works the complete back. Use it with table set straight for the same effect you get on all our reverse hypers, allowing for dynamic strength development in the concentric phase, while serving as a rehabilitation mechanism in the eccentric phase by gently stretching and depressurizing the spinal column with spinal fluid and the low back muscles with blood. Use it with table tilt down toward front and feel the stretch and decompression like never before into the complete thoracic area. When you tilt the machine down toward the rear it works like a 45 degree hyper highly stimulating the erectors and the gluts.



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REVERSE HYPER**

\$1,440 Including
Shipping within USA



**ULTRA PRO
REVERSE HYPER**

\$1,995 Including
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Phone (614) 801-2060

| | | | | | | | | | | |
|---------------|----------------|----------|------------|----------|------------|----------------|----------------|----------------|-----------|----------|
| Master II Raw | C. Burr | 250 | 160 | 355 | 765 | D. Nealy | 305 | 155 | 345 | 805 |
| 132 lbs. | 165 lbs. | Master I | P. Jurado | 115 | 155 | 245 | 500 | Teen II | McCormick | 350 |
| Teen II | Master I | BP | T. Allred | 181 lbs. | Master VI | B. Foddrill | 390 | 245 | 485 | 1095 |
| Open | SHW | DL | P. Jurado | 148 lbs. | Master VII | Teen I | 300 | 160 | 350 | 810 |
| B. Foddrill | 242 lbs. | TOT | N. Landgon | 198 lbs. | Male | D. Roblyer | 315 | 215 | 315 | 845 |
| 148 lbs. | Master III Raw | | 130 | 115 | 330 | C. Mossman | Open Junior | Niedoliwka | 565 | 375 |
| Teen I | Master I | | 755 | | | K. Kennedy | 165 lbs. | 165 lbs. | 590 | 1530 |
| Teen II | Master I | | | | | Open Master II | Open Master II | Open Master II | 65 | 350 |
| Open | Master I | | | | | A. Sharpe | 135 | 335 | 315 | 785 |
| B. Foddrill | 181 lbs. | | | | | 181 lbs. | 181 lbs. | 181 lbs. | | |
| 148 lbs. | Master VI | | | | | Teen I | B. Gable | 355 | 245 | 480 |
| Teen I | Master VI | | | | | Teen II | Open | 355 | 205 | 375 |
| Open | Master VI | | | | | Open | S. Distel | 355 | 270 | 445 |
| B. Foddrill | 198 lbs. | | | | | Master III | J. Mumaw | 495 | 260 | 515 |
| 148 lbs. | Teen I | | | | | Master III | A. Little | 610 | 275 | 625 |
| Teen I | Teen I | | | | | Master III | R. Batko | 450 | 215 | 505 |
| Open | S. Lamb | 370 | 160 | 300 | 840 | 198 lbs. | 198 lbs. | 198 lbs. | 198 lbs. | 198 lbs. |
| B. Foddrill | 123 lbs. | Teen II | | | | Teen III Raw | T. Thompson | 475 | 310 | 275 |
| 148 lbs. | Male | | | | | Open | C. Terry | 705 | 360 | 760 |
| Teen II | 123 lbs. | | | | | Master III Raw | D. Burr | 300 | 250 | 420 |
| Open | Teen II | | | | | 220 lbs. | 220 lbs. | 220 lbs. | 220 lbs. | 220 lbs. |
| B. Foddrill | 198 lbs. | | | | | Teen II Raw | C. Perez | 405 | 275 | 545 |
| 148 lbs. | Teen II | | | | | Junior | T. Birchmeier | 425 | 255 | 525 |
| Teen II | Teen II | | | | | Open | C. Kennedy | 525 | 380 | 485 |
| Open | Open | | | | | Out of State | D. Butler | 365 | 265 | 375 |
| B. Foddrill | Open | | | | | Master I Raw | D. Butler | 365 | 265 | 375 |
| 148 lbs. | Open | | | | | Teen II Raw | P. Pohlman | 280 | 140 | 335 |
| Teen II | Open | | | | | 1005 | 1005 | 1005 | 755 | 755 |

242 lbs.
 Teen II
 A. Shields 430 250 430 1110
 Open Raw
 S. Tooley 325 235 455 1115
 Open
 M. Peraaki 465 335 470 1265
 Master II
 B. Birchmeier 545 330 500 1375
 Master III Raw
 J. Zintmaster 360 340 475 1175
 Master IV
 S. Cohle 450 350 555 1355
 275 lbs.
 Open
 P. Andrich 700 480 625 1805
 Master II
 M. Marcotte 535 350 550 1435
 SHW
 Junior Open
 B. Kovach 835 510 555 1930
 Master II
 M. Casey 575 450 500 1525
 (Thanks to Tod Miller for the meet results)

USPF Muscle Beach Championship
8 SEP 07 - Venice, CA

| | | | | |
|----------------|----------------|----------------|----------------|-------------|
| BENCH | D. Robideau | 352 | | |
| WOMEN | Master (50-59) | | | |
| Open | 198 lbs. | | | |
| 114 lbs. | P. Dyer | 220 | | |
| B. Aerts | 99 | 220 lbs. | | |
| 181 lbs. | J. Neher | 159 | | |
| L. Hislop | 110 | 308 lbs. | | |
| 198+ lbs. | A. Aerts | 440 | | |
| J. Jessie | — | Master (60+) | | |
| Master (40-49) | 181 lbs. | | | |
| M. Sparango | 264 | L. Manly | 214 | |
| B. Aerts | 99 | 220 lbs. | | |
| A. Zeinun | 82 | L. Negriff | 374 | |
| Master (60+) | 275 lbs. | | | |
| H. Tropp | 93 | D. Herrera | 303 | |
| MEN | P. Crawford | 281 | | |
| Junior (13-15) | DEADLIFT | | | |
| 114 lbs. | WOMEN | | | |
| H. Hernandez | 132 | Open | | |
| Junior (19-23) | 114 lbs. | C. Cei | 529 | |
| 181 lbs. | B. Aerts | D. Gustafson | 507 | |
| B. Castaneda | 220 | B. Littlefield | 468 | |
| 220 lbs. | 181 lbs. | A. Kaminsky | 440 | |
| B. Jones | 330 | D. Willets | — | |
| 242 lbs. | 198+ lbs. | J. Tremblay | 584 | |
| J. Hoffmann | 507 | 220 lbs. | Master (50-59) | |
| Open | Master (40-49) | A. Harris | 617 | |
| 198 lbs. | 114 lbs. | P. Andrews | 716 | |
| B. Mendoza | 485 | M. Borunda | 507 | |
| B. Littlefield | 435 | A. Aerts | 512 | |
| B. Drew | 424 | 308 lbs. | Master (60+) | |
| A. Kaminsky | 330 | A. Aerts | 512 | |
| H. Fritz | 292 | Master (40-49) | 165 lbs. | |
| 242 lbs. | H. Tropp | R. Hill | 413 | |
| C. Dexter | 655 | 148 lbs. | 181 lbs. | |
| 275 lbs. | Junior (16-18) | M. Schultz | 413 | |
| R. Girard | 672 | 165 lbs. | R. Taylor | 352 |
| E. Delatorre | 507 | WOMEN | SQ | BP DL TOT |
| D. Reneau | 473 | Junior (13-15) | 148 lbs. | |
| M. Robles | 435 | C. LaMantia | 115 | 77 203 396 |
| M. Borunda | — | Open | 148 lbs. | |
| 308 lbs. | 165 lbs. | M. Sparango | 319 | 264 365 950 |
| R. Gutierrez | 501 | Master (40-49) | 132 lbs. | |
| A. Aerts | 440 | C. Marciales | 385 | 181 lbs. |
| Master (40-49) | 198 lbs. | C. Marciales | 385 | 198 lbs. |



Application for Registration
UNITED STATES POWERLIFTING FEDERATION

| | | | | |
|--------------------|------------------------------|---------------------|------------------|-----------------------------|
| Last Name | First Name | Initial | Renewal | Current Card # (If Renewal) |
| | | Y N | | |
| Street Address | | City | | |
| State | Zip | Area Code/Telephone | | |
| Email | Referee Status | Current High School | Special Olympian | Inmate |
| | IPF Cat. 1 Cat. 2 Nat. State | Y N | Y N | Y N |
| Current Collegiate | U.S. Citizen | Date of Birth | Sex | Today's Date |
| Y N | Y N | / / | M F | / / |

Registration Fee \$30.00

Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION

NATIONAL HEADQUARTERS

P.O. Box 650

Roy, Utah 84067

NOTE: \$15 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.

If Under 18 have Parent Initial _____

Signature _____

White: USPF Office Yellow: Member Pink: Meet Director

| | | | | | | | | | | | | | |
|----------------|----------------|----------------|----------------|----------------|----------|-----|-----|---|-----------|-----|-----|------|------|
| C. Cei | 529 | D. Gilliland | 451 | T. Marquez | 148 | 115 | 220 | 485 | J. Kelske | 501 | 402 | 639 | 1543 |
| D. Gustafson | 507 | 198 lbs. | Master (60+) | D. Brazil | 473 | 402 | 622 | 1499 | | | | | |
| B. Littlefield | 468 | D. Robideau | 457 | S. Myers | 424 | 330 | 501 | 1256 | | | | | |
| A. Kaminsky | 440 | 220 lbs. | H. Tropp | 115 | 93 | — | — | D. Simpson | 314 | 264 | 429 | 1008 | |
| D. Willets | — | J. Tremblay | 584 | J. Campbell | 248 | 220 | 396 | 865 | | | | | |
| 220 lbs. | Master (50-59) | 220 lbs. | MEN | 242 lbs. | | | | | | | | | |
| J. Jessie | — | Junior (16-18) | 181 lbs. | R. Ryan | 407 | 325 | 501 | 1234 | | | | | |
| Master (40-49) | 181 lbs. | 181 lbs. | 275 lbs. | 275 lbs. | | | | | | | | | |
| M. Sparango | 365 | P. Andrews | 716 | C. Tremblay | 314 | 231 | 418 | 1835 | | | | | |
| B. Aerts | 192 | 308 lbs. | Junior (19-23) | R. Speno | 705 | 518 | 611 | 1835 | | | | | |
| B. Castaneda | 220 | A. Aerts | 512 | R. Girard | 457 | 672 | 606 | 1736 | | | | | |
| 220 lbs. | 181 lbs. | Master (60+) | L. Andrews | E. Paez | 633 | 380 | 606 | 1620 | | | | | |
| B. Jones | 330 | 220 lbs. | 402 | Master (40-49) | 165 lbs. | | | | | | | | |
| 242 lbs. | 198+ lbs. | 220 lbs. | 341 | D. Gilliland | 418 | 270 | 451 | 1140 | | | | | |
| J. Hoffmann | 507 | Master (60+) | 462 | R. Robideau | 429 | 352 | 457 | 1240 | | | | | |
| Open | Master (40-49) | 220 lbs. | 1207 | M. Tronske | 573 | 451 | 578 | 1603 | | | | | |
| 198 lbs. | 114 lbs. | Junior (19-23) | L. Andrews | S. Hamilton | 440 | 402 | 501 | 1344 | | | | | |
| B. Aerts | 192 | Junior (16-18) | 314 | D. Hester | 473 | 407 | 523 | 1405 | | | | | |
| B. Mendoza | 485 | 181 lbs. | 236 | M. Menslage | 584 | 391 | 573 | 1548 | | | | | |
| B. Littlefield | 435 | 181 lbs. | 462 | Master (50-59) | 198 lbs. | | | | | | | | |
| B. Drew | 424 | 181 lbs. | 1014 | K. Croxdale | 473 | 358 | 529 | 1361 | | | | | |
| A. Kaminsky | 330 | 105 lbs. | 308+ lbs. | E. Lewis | 451 | 253 | 402 | 1107 | | | | | |
| H. Fritz | 292 | H. Tropp | 181 lbs. | L. Vallot | 253 | 225 | 314 | 793 | | | | | |
| 242 lbs. | MEN | 148 lbs. | 1510 | 198 lbs. | | | | | | | | | |
| C. Dexter | 655 | Junior (16-18) | Open | J. LaMantia | 93 | 715 | 154 | 716 | | | | | |
| 275 lbs. | 181 lbs. | 114 lbs. | 319 | 181 lbs. | | | | | | | | | |
| R. Girard | 672 | C. Tremblay | 418 | L. Sparango | 485 | 369 | 485 | 1091 | | | | | |
| E. Delatorre | 507 | Junior (19-23) | 396 | C. Marciales | 314 | 192 | 385 | Best Lifter Powerlifting Women: Monica Sparango. Best Lifter Powerlifting Junior: O'Neil. Best Lifter Open: Ryan Girard. Best Lifter BP Master: Larry Negriff. Best Lifter BP Open: Phil Andrews. Best Lifter DL Master: Roger Hill. Meet Director/Computer: Steve Denison. Meet Promoter: Joe Wheatley. International Referee: Bill Ennis. National Referees: Scott Layman, Jim Merlino, Lisa Wheeler, Kevin Meskew, Steve Denison, Chuck LaMantia and Joe Dentice. State Referees: Dr. David Fostee and Kelli LaMantia. Announcer: Chuck LaMantia. Scorekeepers: Kelli LaMantia, Steve Denison and Tom Miller. Spotters/Loaders: Phoenix House. (Steve Denison) | | | | | |
| D. Reneau | 473 | 220 lbs. | 396 | C. LaMantia | 93 | 715 | 154 | 303 | | | | | |
| M. Robles | 435 | B. Jones | 457 | 181 lbs. | | | | | | | | | |
| M. Borunda | — | Open | 396 | L. Sparango | 485 | 369 | 485 | | | | | | |
| 308 lbs. | 165 lbs. | 148 lbs. | 1339 | C. Marciales | 314 | 192 | 385 | | | | | | |
| R. Gutierrez | 501 | D. Gilliland | 451 | 198 lbs. | | | | | | | | | |
| A. Aerts | 440 | Master (40-49) | 950 | J. Blair | 402 | 314 | 407 | Scorekeepers: Kelli LaMantia, Steve Denison and Tom Miller. Spotters/Loaders: Phoenix House. (Steve Denison) | | | | | |
| Master (40-49) | 198 lbs. | 132 lbs. | 1124 | D. Gustafson | 347 | 231 | 507 | | | | | | |
| C. Marciales | 385 | C. Barnhill | 220 | 220 lbs. | | | | | | | | | |
| 198 lbs. | 198 lbs. | 137 | 650 | M. Tronske | 573 | 451 | 578 | | | | | | |
| | | 292 | | J. Tremblay | 578 | 402 | 584 | Scorekeepers: Kelli LaMantia, Steve Denison and Tom Miller. Spotters/Loaders: Phoenix House. (Steve Denison) | | | | | |
| | | 650 | | 1565 | | | | | | | | | |

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**BENCH SHIRTS
WRAPS AND STRAPS**

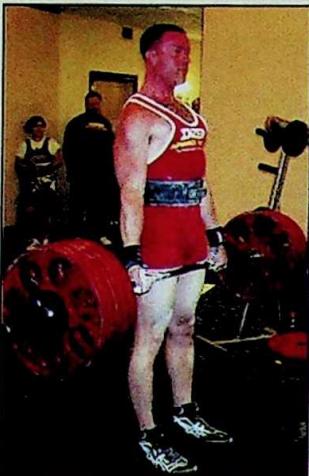
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TRAINING AIDS**

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WNPF Lifetime Drug Free
15 SEP 07 - Bordentown , NJ

| BENCH | BENCH REPS | | | | |
|---------------|--------------|-----|-----|-----|------|
| All Lifters | WOMEN | | | | |
| 114 lbs. | 114 lbs. | | | | |
| (60-69) Raw | Subs | | | | |
| Adams 115 | Longshore | 42* | | | |
| Lifetime Raw | MEN | | | | |
| Adams 115 | 198 lbs. | | | | |
| 148 lbs. | Junior | | | | |
| Lifetime Raw | Townsend | 24 | | | |
| Feeaney! 130 | 242 lbs. | | | | |
| MEN | (40-49) | | | | |
| 100 lbs. | Edgerton | 16 | | | |
| (9-10) Raw | 300 lbs. | | | | |
| Benanti 60 | Lifetime | | | | |
| 165 lbs. | Lewis | 28 | | | |
| (17-19) | DEADLIFT | | | | |
| Smith! 415 | 114 lbs. | | | | |
| Junior Raw | Lifetime | | | | |
| Amato 275 | Ullman | 355 | | | |
| Subs UNL | 181 lbs. | | | | |
| Zimmerman 355 | Lifetime | | | | |
| (50-59) Raw | Olsen | 545 | | | |
| Hoxworth 225 | 198 lbs. | | | | |
| (60-69) Raw | Lifetime Raw | | | | |
| Robinson 215 | Reed! | 555 | | | |
| 198 lbs. | Subs Raw | | | | |
| Lifetime Raw | Luciani | 545 | | | |
| McCoy 385 | POWER CURL | | | | |
| 220 lbs. | | | | | |
| (40-49) Raw | 165 lbs. | | | | |
| Howard 315 | Robinson | 110 | | | |
| 242 lbs. | 198 lbs. | | | | |
| Lifetime | Open | | | | |
| Haley 470 | Townsend! | 160 | | | |
| (40-49) | Reed! | 425 | 285 | 555 | 1265 |
| Haley 470 | Spear | 130 | | | |
| Sharkey 465 | 220 lbs. | | | | |
| (50-59) Raw | (40-49) | | | | |
| Wylie 320 | Howard | 150 | | | |
| 275 lbs. | 242 lbs. | | | | |
| Lifetime Raw | (50-59) | | | | |
| Schneph 375 | Wylie | 160 | | | |
| (50-59) Raw | 275 lbs. | | | | |
| Schneph 375 | (50-59) | | | | |
| 300 lbs. | Grossman | 160 | | | |
| Lifetime Raw | SQUAT | | | | |
| Lewis! 500 | 242 lbs. | | | | |
| SHW | Subs Raw | | | | |
| (50-59) Raw | Johnson | 460 | | | |
| Summers 350 | (40-49) Raw | 475 | | | |
| Powerlifting | SQ | BP | DL | TOT | |
| WOMEN | | | | | |
| 114 lbs. | | | | | |
| Subs Raw | | | | | |
| Longshore 130 | 110 | 175 | 415 | | |
| 132 lbs. | | | | | |
| Lifetime Open | | | | | |
| Rocha! 265 | 150 | 275 | 690 | | |
| MEN | | | | | |
| 114 lbs. | | | | | |



Brian Reed pulling 545 at the WNPF Lifetime Nationals. (photograph courtesy of Troy Ford)

| | | |
|---|----------------|-------------------|
| 242 lbs. | 275 lbs. | 242 lbs. |
| Morgan 246 | Dunn 366 | Mistris 416 |
| Master (50-54) | SHW | Lowery 281 |
| 181 lbs. | Tabarlet 203 | Wylie 485 |
| Hall 212 | Master (40-44) | 275 lbs. |
| Master (65-69) | 220 lbs. | Brown 466 |
| 220 lbs. | Nickell 272 | Murrow 463 |
| Bassman 213 | Master (45-49) | May 378 |
| Police/Fire | 181 lbs. | Clark 394 |
| 220 lbs. | Blevins 289 | Knight 384 |
| Hartfield 299 | SHW | Godby 369 |
| DEADLIFT | Tabarlet 203 | Hill 393 |
| WOMEN | Master (50-54) | SHW |
| Open | 181 lbs. | Bowden 384 |
| 181 lbs. | Hall 287 | Junior (13-15) |
| Keller 377 | SQUAT | 114 lbs. |
| MEN | Open | Carolan 173 |
| Open | 114 lbs. | 165 lbs. |
| 114 lbs. | 220 lbs. | Romine 283 |
| Carolan 179 | Bishop 313 | Norton 189 |
| 181 lbs. | Master (40-44) | Junior (16-17) |
| Goyes 344 | 220 lbs. | Fisher 291 |
| 198 lbs. | Nickell 269 | Perry 172 |
| Kiser 363 | Master(45-49) | Junior (20-23) |
| 220 lbs. | 181 lbs. | Bishop 316 |
| Bishop 316 | Blevins 314 | 220 lbs. |
| 242 lbs. | Master (50-54) | Patterson 381 |
| Patterson 363 | 181 lbs. | Submaster (33-39) |
| Luburich 303 | Hall 294 | 181 lbs. |
| Powerlifting | SQ | Garcia 287 |
| WOMEN | BP | 171 |
| Open | DL | 280 |
| 105 lbs. | TOT | 739 |
| LaCour 263 | | |
| 123 lbs. | | |
| Boutte 309 | 131 | |
| 132 lbs. | 269 | |
| Bennett 293 | 313 | |
| 148 lbs. | 813 | |
| Delaiden 250 | 165 | |
| 181 lbs. | 236 | |
| Gathright 288 | 257 | |
| 176 | 722 | |
| Keller 401 | — | |
| Master | — | |
| 132 lbs. | 401 | |
| Clark 176 | 90 | |
| 165 lbs. | 233 | |
| O'Reilly 176 | 499 | |
| MEN | 453 | |
| Open | | |
| 148 lbs. | | |
| Mijares 349 | — | |
| 181 lbs. | — | |
| Cagnolatti 426 | 333 | |
| 220 lbs. | 361 | |
| Hejl 411 | 1120 | |
| 198 lbs. | 269 | |
| Coker 484 | 429 | |
| 220 lbs. | 326 | |
| Pigeon 414 | 1240 | |
| 181 lbs. | 272 | |
| Green 296 | 343 | |
| 220 lbs. | 1030 | |
| Kiser 396 | 841 | |
| 220 lbs. | — | |
| Ramsey 374 | 396 | |
| 230 lbs. | — | |
| Allen 368 | 978 | |
| 230 lbs. | 349 | |
| Vraspier 208 | 932 | |
| 181 lbs. | | |
| Yancy 391 | 228 | |
| 220 lbs. | 332 | |
| Nickell 269 | 953 | |
| 171 | 272 | |
| Heasley 308 | 713 | |
| Christopher 274 | 216 | |
| Wylie 458 | 290 | |
| Master (45-49) | 235 | |
| 181 lbs. | 458 | |
| Blevins 314 | 835 | |
| 220 lbs. | | |
| Nesuda 402 | 835 | |
| 242 lbs. | | |
| Brockelman 356 | 302 | |
| Master (50-59) | 905 | |
| 181 lbs. | | |
| Hall 294 | 794 | |
| 198 lbs. | | |
| Boutte 329 | 802 | |
| 242 lbs. | | |
| Mistris 416 | 1077 | |
| Master (60+) | | |
| 148 lbs. | | |
| Kling 163 | 454 | |
| 220 lbs. | | |
| Price 279 | 758 | |
| 275 lbs. | | |
| Allen 237 | 606 | |
| Below Class I | | |
| 181 lbs. | | |
| Venn 302 | 804 | |
| Korenke 257 | 708 | |
| 198 lbs. | | |
| DeLeon 329 | 879 | |
| Veron 239 | 731 | |
| 220 lbs. | | |
| Siemantel 335 | 801 | |
| Nunnalee 235 | 716 | |
| Brooks 180 | 547 | |
| 242 lbs. | | |
| Luburich 285 | 285 | |
| 275 lbs. | | |
| May 378 | 970 | |
| Scott 250 | 731 | |
| 158 | 322 | |
| 181 & Below: Devin Cagnolatti. | | |
| 198 & Up: Jason Coker. | | |
| Best Lifter Men | | |
| Best Lifter Women: Aleene Bennett. | | |
| Best Lifter Masters Men: Larry Mistris. | | |
| Best Bench Press Men: Jason Coker. | | |
| (Results courtesy Seguin Fitness) | | |

**World Natural Powerlifting Federation (WNPF)
Membership Registration**

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ DATE OF BIRTH: _____

AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

REGISTRATION FEE

\$10.00 SPECIAL OLYMPICS

\$20.00 HIGH SCHOOL

\$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
 WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____
 DATE _____ (memberships are valid for one year)

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 from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

| APA Southeast Coast 10 SEP 07 - Georgetown, SC | | | |
|---|---------------|---------------|------|
| BENCH | Drug Tested | | |
| 165 lbs. | 165 lbs. | | |
| Teen Raw | Submaster Raw | | |
| J. Miller | 210 | J. McElveen | 155 |
| Submaster Raw | Open Raw | | |
| J. McElveen | 330 | B. McRavin | 175 |
| 181 lbs. | Submaster Raw | | |
| Master II Gear | S. Berry | | 150 |
| F. Allen | 325 | 242 lbs. | |
| 198 lbs. | Submaster Raw | | |
| Junior Raw | F. Rodriguez | | |
| R. Woods | 290 | 275 lbs. | |
| 220 lbs. | Submaster Raw | | |
| Open Raw | K. McFadden | 205 | |
| B. McRavin | 420 | DEADLIFT | |
| 242 lbs. | Drug Tested | | |
| Open Gear | 165 lbs. | | |
| J. Etling | 385 | Submaster Raw | |
| Master II Gear | J. McElveen | | 405 |
| G. Abdon | 455 | 220 lbs. | |
| CURL | Junior Raw | | |
| | M. Brown | 500 | |
| Push Pull | BP | DL | TOT |
| Drug Tested | | | |
| 220 lbs. | | | |
| Submaster Raw | | | |
| S. Berry | 335 | 370 | 705 |
| 242 lbs. | | | |
| Open Raw | | | |
| J. Lufborow | 300 | 500 | 800 |
| 275 lbs. | | | |
| Submaster Gear | | | |
| K. McFadden | 525 | 575 | 1100 |
| Best Lifter Curl: Kenneth McFadden. Best Lifter Bench: George Abdon. Best Lifter Push Pull: McFadden. Best Lifter Deadlift: Marcus Brown. Referee's: Jerry Tancil, Alan Bremner, and Scott Taylor. Meet Site: Winyah Fitness Center, Georgetown, South Carolina. A very special thanks to Alan Bremner for putting on a great event and providing many very good spotters and loaders as well as a great facility to run this event. We look forward to the next event which will be held in early 2008. (from Scott Taylor, APA President) | | | |

| Monster BP/Return of Living DL 20 OCT 07 - Chatsworth, CA | | | |
|--|----------------|----------------|-----|
| BENCH | 165 lbs. | | |
| WOMEN | M. Nguyen | 325 | |
| Junior | SubMaster | | |
| 148 lbs. | 220 lbs. | | |
| C. LaMantia | 88 | J. Fishbach | 308 |
| Master | Police/Fire | | |
| SHW | 242 lbs. | | |
| M. Tawzer | 121 | K. Tawzer | 380 |
| MEN | DEADLIFT | | |
| Open | WOMEN | | |
| 165 lbs. | Junior | | |
| R. Garcia | 319 | 148 lbs. | |
| 198 lbs. | C. LaMantia | 181 | |
| D. Robideau | 374 | Master | |
| S. Yargus | 352 | SHW | |
| 220 lbs. | M. Tawzer | 248 | |
| J. Campbell | 259 | MEN | |
| 242 lbs. | Open | | |
| K. Tawzer | 380 | 198 lbs. | |
| 275 lbs. | D. Gustafson | 523 | |
| M. Robles | 501 | D. Robideau | 429 |
| J. Dentice | 418 | 198 | |
| SHW | S. Yargus | 418 | |
| C. Tawzer | 396 | A. Fregoso | 407 |
| Master (45-49) | 220 lbs. | | |
| 198 lbs. | J. Bostick | 650 | |
| M. Brown | 270 | J. Campbell | 418 |
| Master (55-59) | 242 lbs. | | |
| 181 lbs. | A. Harris | 600 | |
| A. Fu | 336 | 275 lbs. | |
| 242 lbs. | J. Dentice | 567 | |
| K. Tawzer | 380 | Master (45-49) | |
| Master (60-64) | 198 lbs. | | |
| 242 lbs. | M. Brown | 413 | |
| B. Evans | 424 | Master (55-59) | |
| Master (70-74) | 181 lbs. | | |
| 198 lbs. | A. Fu | 440 | |
| F. Irons | 253 | 198 lbs. | |
| Master (75-79) | E. Lewis | 451 | |
| 181 lbs. | Master (70-74) | | |
| R. Simon | 259 | 165 lbs. | |
| Junior (13-15) | R. Hill | 402 | |
| 123 lbs. | 198 lbs. | | |
| C. LaMantia | 71 | F. Irons | 402 |
| Junior (16-17) | Master (75-79) | | |
| 220 lbs. | 181 lbs. | | |
| K. Wilson | 363 | R. Simon | 341 |
| Junior (18-19) | Junior (13-15) | | |

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



| | | | |
|------------------|----------------|----------------|--------------|
| First Name | Last Name | Middle Initial | Today's Date |
| Street Address | City | State | Zip Code |
| Telephone Number | E-Mail address | Date of Birth | |

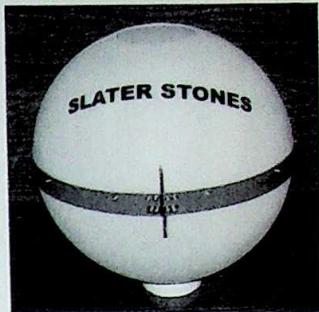
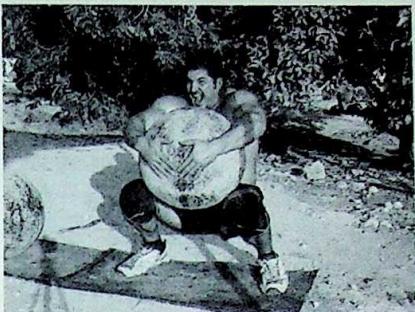
Sex Social Security Number Signature (Parent if under 18 years old)
 \$25 Adult Membership \$15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

| Cutting Edge Spring Classic 10 NOV 07 - Albany, NY | | | |
|---|-------------|---------|------|
| | SQ | BP | DL |
| Powerlifting | TOT | | |
| FEMALE | | | |
| Junior (18-19) | | | |
| Teen (18-19) | | | |
| R. Mayer | 358* | 183* | 308* |
| | 4th-BP-216* | DL-321* | 849* |
| MALE | | | |
| Special Olympics | | | |
| 114 lbs. | C. Vooy | 191 | 137 |
| Youth (8) | | 178 | 506 |
| 114 lbs. | J. Warren | 61* | 58* |
| Open | | 135* | 254* |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |
| Full Power | SQ | BP | DL |
| WOMEN | TOT | | |
| 181 lbs. | | | |
| Open | | | |
| D. Gordon | 160 | 105 | 190 |
| 220 lbs. | | 455 | |
| MALE | | | |
| (40-49) | R. Holden | 265 | |

| | | | | |
|---|-----|-----|-----|------|
| S. Marcum | 622 | 402 | 600 | 1625 |
| PowerSports | CR | BP | DL | TOT |
| MALE | | | | |
| 165 lbs. | | | | |
| Master II | | | | |
| McGonagle | 99 | 203 | 341 | 644 |
| 198 lbs. | | | | |
| Submaster I | | | | |
| S. Schweiger | 137 | 303 | 363 | 804 |
| 220 lbs. | | | | |
| Teen | | | | |
| T. Sams | 132 | 253 | 396 | 782 |
| 242 lbs. | | | | |
| Master III | | | | |
| M. Brown | 148 | 352 | 374 | 876 |
| Submaster II | | | | |
| P. Stallworth | 165 | 393 | 501 | 1060 |
| (Thanks to Rich Peters for these results) | | | | |

SLATER'S HARDWARE STONE MOLDS



- Make spherical concrete stones continuously in a multitude of sizes.

- Easy to make, hard to break. Our molds are constructed of Heavy duty Polystyrene and Lexan for ease of making stones and time after time uses.

- Currently available in 8, 10, 12, 14, 16, 18, 20, 21 and 24 inch diameter sizes with complete easy to follow instructions.

- Increase Mass and Strength in the entire Back, Biceps, Forearms, Hamstrings, Chest and Hip areas unlike any other exercise.

- Place stones in your gym to attract new members.

- Great training for Football, Wrestling, Powerlifting, Bodybuilding, Ultimate Fighting or any type of Heavy Athletic Sport.

| | | |
|-----------|----------------------------|----------|
| ST120 8" | Diameter apx weight 23lbs | \$50.00 |
| ST120 10" | Diameter apx weight 42lbs | \$55.00 |
| ST120 12" | Diameter apx weight 72lbs | \$59.00 |
| ST140 14" | Diameter apx weight 116lbs | \$79.00 |
| ST160 16" | Diameter apx weight 175lbs | \$99.00 |
| ST180 18" | Diameter apx weight 240lbs | \$109.00 |
| ST200 20" | Diameter apx weight 335lbs | \$135.00 |
| ST210 21" | Diameter apx weight 354lbs | \$149.00 |
| ST220 22" | Diameter apx weight 400lbs | \$169.00 |
| ST210 24" | Diameter apx weight 476lbs | \$169.00 |

For further information or to order
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please contact

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www.slatershawdware.com

| | | | | | |
|--------------------------|-----------|-------------|------|-----|-----|
| NASA Colorado Regional | | | | | |
| 10 NOV 07 - Loveland, CO | | | | | |
| BENCH | | | | | |
| FEMALE | Submaster | Pure | | | |
| 114 lbs. | K. Weaver | 341 | | | |
| Open | | | | | |
| H. Patel | 233 | T. Trujillo | 303 | | |
| Pure | | D. Peterson | 220 | | |
| H. Patel | 233 | Master | Pure | | |
| Submaster II | | T. Trujillo | 303 | | |
| H. Patel | 233 | 220 lbs. | | | |
| Submaster Pure | | Master IV | | | |
| H. Patel | 233 | C. Doggett | 259 | | |
| 123 lbs. | | 242 lbs. | | | |
| Master I | | Master III | | | |
| M. Cencich | 165 | H. Blackmon | 341 | | |
| K. Hughes | 198 | 308 lbs. | | | |
| Master Pure | | Open | | | |
| K. Hughes | 198 | J. Ehrhardt | 509 | | |
| Open | | PS BENCH | | | |
| K. Hughes | 198 | W. Balzan | 264 | 176 | 319 |
| Pure | | MALE | | | 760 |
| K. Hughes | 198 | 165 lbs. | | | |
| SHW | | Junior | | | |
| Master II | | 148 lbs. | | | |
| A. McTighe | 226 | High School | | | |
| Master Pure | | A. Herrera | — | | |
| A. McTighe | 226 | Master I | | | |
| Pure | | S. Erickson | 319 | | |
| A. McTighe | 226 | Master II | | | |
| Raw | | C. Price | 297 | | |
| 165 lbs. | | Novice | | | |
| Pure | | S. Erickson | 319 | | |
| J. Blystone | 93 | 242 lbs. | | | |
| MEN | | Master I | | | |
| 181 lbs. | | R. Cundiff | 358 | | |
| Master I | | PS CURL | | | |
| T. Cencich | — | MALE | | | |
| 220 lbs. | | 165 lbs. | | | |
| Master IV | | Master Pure | | | |
| C. Doggett | 255 | K. Kaiser | 165 | | |
| Submaster II | | 220 lbs. | | | |
| C. Rainbolt | 352 | High School | | | |
| 242 lbs. | | A. Herrera | 71 | | |
| Master I | | Master I | | | |
| R. Strang | 385 | S. Erickson | 154 | | |
| Novice | | Master II | | | |
| L. Foscesco | 347 | C. Price | 137 | | |
| 275 lbs. | | PS DEADLIFT | | | |
| Master I | | FEMALE | | | |
| J. Lynn III | 440 | 165 lbs. | | | |
| Open | | Novice | | | |
| J. Lynn III | 440 | J. Blystone | 209 | | |
| Raw | | MALE | | | |
| 148 lbs. | | 165 lbs. | | | |
| High School | | High School | | | |
| R. Lucero | 203 | B. Knoll | 303 | | |
| 181 lbs. | | Master Pure | | | |
| Push Pull | | K. Kaiser | 369 | | |
| FEMALE | | BP DL TOT | | | |
| 148 lbs. | | | | | |
| Novice | | | | | |
| M. Herrera | 88 | 198 | 286 | | |
| MALE | | | | | |
| 132 lbs. | | | | | |
| Master III | | | | | |
| R. Trillo | 248 | 435 | 683 | | |
| 198 lbs. | | | | | |
| Master IV | | | | | |
| T. O'Keefe | 209 | 308 | 518 | | |
| Pure | | | | | |
| R. Byars | 385 | 485 | 870 | | |
| 215 lbs. | | | | | |
| Submaster Pure | | | | | |
| C. Rainbolt | 352 | BP | DL | 953 | |
| Powerlifting | SQ | | | | |
| FEMALE | | | | | |
| 132 lbs. | | | | | |
| High School | | | | | |
| L. Tyson | 187 | 115 | 275 | 578 | |

Application for Registration in the Natural Athlete Strength Association

First Name - _____ Last Name - _____ Date - _____

Mailing Address - _____ City - _____

State - _____ Zip - _____ Phone - _____

Date of Birth - _____ Age - _____ E-mail Address - _____

Keep Copy Of This Card For Your Records - Memberships Are Kept On Computer File And Are Not Mailed

I compete in - _____ Powerlifting _____ BP Only _____ Power Sports _____

Please Circle Below

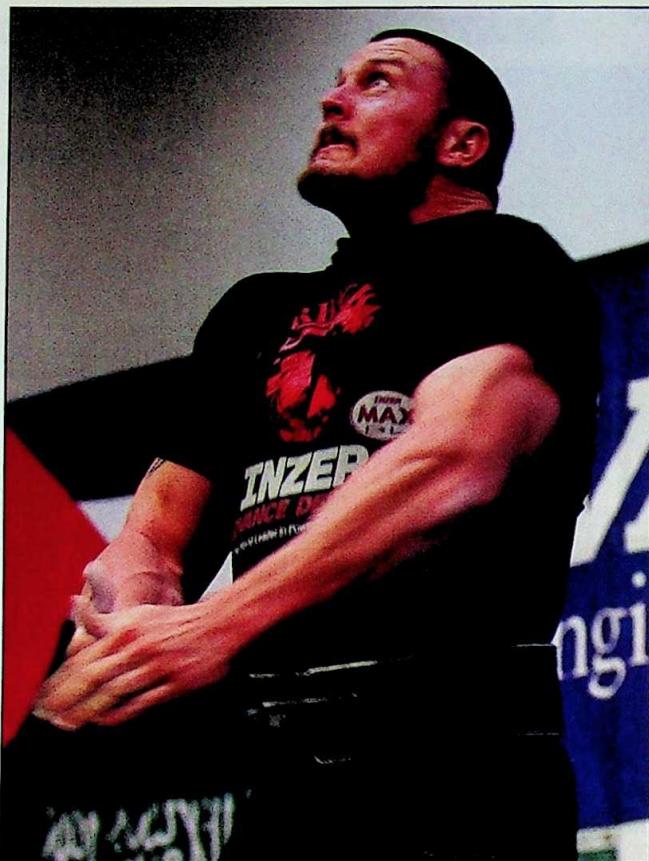
High School \$15.00

Adult \$30.00

NASA, P.O. Box 735, Noble, OK. 73068 Phone- 405-527-4589 www.NASA-SPORTS.COM

WABDL World Cup
11 AUG 07 - Manchester, TN

| | |
|----------------|-----------------------|
| BENCH | Law/Fire |
| WOMEN | Master (48-55) |
| Junior | 242 lbs. |
| 132 lbs. | B. Tindull 535!* |
| A. Rhodes | 121* Law/Fire Open |
| Master (40-46) | 309+ lbs. |
| 181 lbs. | W. Watts 639* |
| C. Williams | 203 Master (40-46) |
| | 4th-209* |
| Master (47-53) | K. Poitevint 341* |
| 181 lbs. | 148 lbs. |
| C. Weber | 225 J. Gardner 363 |
| Teen (18-19) | C. Phillips — |
| 987 lbs. | 220 lbs. |
| N. Williams | 154! T. Matchen 374 |
| MEN | T. Womack 451* |
| Class I | 275 lbs. |
| 165 lbs. | P. Holloway 650* |
| J. Colon | 343 308 lbs. |
| | 4th-347* |
| B. Reed | 319 K. Overby 628 |
| 181 lbs. | Master (47-53) |
| R. Cwoozinski | 402* A. Traylor 391 |
| F. Klein | 391 220 lbs. |
| S. Miller | 418* M. Frizzell 570* |
| 198 lbs. | B. Reed 314* |
| W. Foster | 451* 242 lbs. |
| D. Millrany | 385* M. Patrick 473* |
| 242 lbs. | B. Tindull 535* |
| C. Hill | 402 Master (54-60) |
| 259 lbs. | 242 lbs. |
| J. Murphy | 473 G. Chrun 551* |
| R. Zareck | — Master (61-67) |
| 275 lbs. | 181 lbs. |
| J. Brown | — J. Shoaf 253 |
| Junior (20-25) | 220 lbs. |
| 148 lbs. | J. Parham 347 |
| A. Ramos | 325* 4th-374* |
| 165 lbs. | 259 lbs. |
| P. Duke | 363* R. Zareck — |
| 181 lbs. | Master (68-74) |
| S. Miller | 418* 220 lbs. |
| 198 lbs. | C. Green 308* |
| B. Smith | 325 Open |
| 220 lbs. | 148 lbs. |
| J. Wells | 391 K. Poitevint 341 |
| | 165 lbs. |
| 4th-402* | B. Reed 319 |
| Law/Fire | |
| Master (40-47) | 181 lbs. |
| 309+ lbs. | R. Cwoozinski 402* |
| W. Watts | 639* 198 lbs. |



Jerry Pritchett had one of the big DLs at the WABDL World Cup.

| | | | | | | | |
|-------------|----------|------------|--------------|----------|-----------|-------------------|-----|
| D. Militana | 486* | 4th-568* | P. Holloway | 650 | K. Overby | 628 | |
| C. Phillips | — | 242 lbs. | J. Pritchett | — | 309+ lbs. | 628 | |
| | 220 lbs. | M. Patrick | 473 | J. Ross | 606 | L. Ruffin | 424 |
| B. Bishop | 551 | 275 lbs. | | 308 lbs. | | Submaster (33-39) | |

| | | | |
|----------------|-----------|-----------------|------|
| 165 lbs. | 309+ lbs. | | |
| J. Colon | 343 | L. Ruffin | 567* |
| | 4th-347* | Disabled | |
| 220 lbs. | | 198 lbs. | |
| B. Bishop | 551 | G. Gibson | 308* |
| | 4th-568* | Junior (20-25) | |
| 242 lbs. | | 148 lbs. | |
| E. Eaton | 451 | A. Ramos | 440* |
| R. Thomas | 479 | 165 lbs. | |
| J. Murphy | 473* | P. Duke | 507* |
| 275 lbs. | | c. Gray | 451 |
| J. Brown | — | J. Naylor | 473 |
| Teen (12-13) | | 181 lbs. | |
| S. Miller | | S. Miller | 457 |
| 114 lbs. | | Law/Fire | |
| W. Thompson | 143* | Master (56+) | |
| 165 lbs. | | T. Butler | 534 |
| C. Luttrell | 121* | Master (40-46) | |
| 198 lbs. | | 275 lbs. | |
| M. Farris | 270* | P. Holloway | 771* |
| 220 lbs. | | T. Putman | 677* |
| K. Hickerson | 143* | Master (47-53) | |
| Teen (14-15) | | 181 lbs. | |
| 165 lbs. | | T. Meyers | 716 |
| R. Thompson | 187 | 4th-745!* | |
| Teen (16-17) | | 242 lbs. | |
| 198 lbs. | | M. Patrick | 507 |
| K. Collins | 281* | Master (54-60) | |
| 259 lbs. | | 242 lbs. | |
| G. Roper | 358!* | E. Morgan | 640* |
| Teen 918-19) | | 275 lbs. | |
| 165 lbs. | | T. Morgan | 534 |
| M. Mayhall | 352* | Master (61-67) | |
| 198 lbs. | | 181 lbs. | |
| J. Payne | 385 | J. Shoaf | 336 |
| | 4th-402* | Open | |
| 220 lbs. | | 165 lbs. | |
| D. White | 303* | M. Colter | 551* |
| 309+ lbs. | | 198 lbs. | |
| C. Farmer | 462* | J. Wilsey | 611* |
| DEADLIFT | | 242 lbs. | |
| WOMEN | | R. Colton | 562 |
| Junior | | 275 lbs. | |
| 132 lbs. | | P. Holloway 771 | |
| A. Rhodes | 198* | J. Pritchett | 771 |
| Master (47-53) | | T. Putman | 677* |
| 181 lbs. | | Teen (12-13) | |
| C. Weber | 374 | 114 lbs. | |
| Teen (18-19) | | W. Thompson | 286 |
| 105 lbs. | | 4th-292!* | |
| K. Ramey | 176* | 148 lbs. | |
| MEN | | B. Smith | 303* |
| 181 lbs. | | 165 lbs. | |
| C. Luttrell | 225* | C. Luttrell | 225* |
| S. Miller | 457 | Teen (14-15) | |
| 198 lbs. | | 165 lbs. | |
| W. Foster | 633* | R. Thompson | 347 |
| D. Millrany | 534 | 181 lbs. | |
| J. Wilsey | 611* | C. Hamner | 451* |



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 |
| Elite Mater I II III IV | World National | Y N | | M F |

Registration Fee: \$35.00

Teenagers, Disabled,
& Special Olympians: \$25.00

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WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS
PO Box 27499
Golden Valley, MN 55427

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 _____



Mike Frizzell benched 507 at 220, 47-53 at the Manchester, Tennessee WABDL World Cup.

Wesley Thompson set a world record dead in 12-13/114 with 292 lbs. as well as a Tennessee record. Patrick Holloway pulled 771.5 lbs. and beat Jerry Pritchett on bodyweight. Pritchett pulled the same 771.5 lbs. but Patrick tore his bicep. In Master 54-60/242, Eddie Morgan pulled an Arkansas record 640.3 lbs. In Open 198 lbs. Jared Wilsey pulled a Tennessee record 611.7 lbs. In the Master 40-46/275 class Terry Putnam set an Oklahoma record with 677.7 lbs. and in Class I/198 William Foster set a Tennessee record 633.7 lbs. In Teen 18-19/181 Colby Hamner set an Alabama record 451.7 lbs. In the bench press, world records were set by Blane Tindall of Alabama with 535.6 lbs. and in Law/Fire Master 48-55. Mathew Farris set a world record 270 lbs. at 12-13/198. Gary Roper set a world record 358 in Teen 16-17/259 and Nikki Williams set a world record 154.2 lbs. in Teen 19/97, her 7th world record in seven different weight classes in 18-19. Wayne

Watts set Georgia records in Law/Fire Master 40-47 and Law/Fire Open Super with 639.2 lbs. Patrick Holloway bench pressed 650.2 lbs. for an Arizona record in Master 40-46/275. Ken Overby put up 628 lbs.. Ken is from Alabama and weighs 304.6 lbs. Greg Chrun set a Missouri record in Master 54-60/242 with 551 lbs. and the "Professor" Brant Bishop got an Alabama record 568.6 lbs. in Open 220, and also in Submaster 220. In the 275 Open there were three lifters benching over 600 lbs., Holloway from Arizona at 650 lbs., Overby from Alabama at 628 lbs., and Justin Ross of Alabama with 606.2 lbs. In Teen 18-19/Super Cody Farmer of Alabama put up 462.7 lbs. for a state record. Ken Milliany was the meet director and did an excellent job. His girl friend Vicki was the scorekeeper. Jim Daly was the MC. The judges were Gus Rethwisch, Brant Bishop, Ken Milliany, Mark Phillips, and Charles Phillips. (Thank you to Gus Rethwisch for these results)

MCI Shirley Rawer Than Raw II

13-15 NOV 07 - Shirley, MA

| Powerlifting | SQ | BP | DL | TOT |
|--------------|-----|-----|-----|------|
| 165 lbs. | | | | |
| K. Reed | 400 | 225 | 550 | 1175 |
| A. Teague | 355 | 275 | 435 | 1065 |
| S. Harding | 335 | 225 | 455 | 1015 |
| T. Cox | 225 | 190 | 405 | 820 |
| 181 lbs. | | | | |
| Cunningham | 325 | 295 | 500 | 1120 |
| A. Pitter | — | — | — | — |
| K. Asar | — | — | — | — |
| 198 lbs. | | | | |
| B. Anderson | 550 | 330 | 575 | 1455 |
| N. Griffith | 365 | 295 | 455 | 1115 |
| W. Allen | 315 | 275 | 475 | 1065 |
| J. Colon | 315 | 275 | 455 | 1045 |
| S. Bannon | 380 | 200 | 420 | 1000 |
| J. Keefe | 225 | 255 | 405 | 885 |
| D. Boone | 245 | 295 | 315 | 855 |
| 220 lbs. | | | | |
| D. MacKinnon | 500 | 310 | 600 | 1410 |
| P. Johnson | 365 | 330 | 590 | 1285 |
| C. Beaulieu | 415 | 290 | 565 | 1270 |

| | | | | |
|--------------|-----|-----|-----|------|
| R. Rogers | 350 | 305 | 500 | 1155 |
| W. McNeil | 315 | 250 | 425 | 990 |
| J. Drake | — | — | — | — |
| 242 lbs. | | | | |
| J. Gonzalez | 237 | 455 | 365 | 630 |
| 1450 | | | | |
| V. Nuzzolito | 455 | 355 | 505 | 1315 |
| S. Braggs | 375 | 375 | 550 | 1300 |
| W. Gauthier | 405 | 305 | 565 | 1275 |
| L. Gravina | 430 | 270 | 560 | 1260 |
| M. Jackson | 405 | 325 | 500 | 1230 |
| 275 lbs. | | | | |
| M. Andino | 285 | 300 | 500 | 1085 |
| D. Williams | — | — | — | — |
| B. Proposki | — | — | — | — |
| SHW | | | | |
| G. Acevedo | 225 | 410 | 500 | 1135 |

Best Lifter: Bruce "The Troll" Anderson. RTR2 saw some great lifting this time out, with seven weight classes represented with a few perennial winners and a few surprises, and we even had chalk! Hopefully, next time we'll be using the "rounds" system so we can cut it down a day. Starting off, the 165 division had the makings for a good battle between Adrian Teague and Sean Harding, who, though fan favorite Karter Reed, who, though lifting below his best, pulled a decisive win. Eric Cunningham ended up alone in the 181 class, but still lifted like he was being chased with a big stick. The 198 class had the largest field of lifters, many first timers. That didn't stop them from letting it all hang out, however. Ultimately, Bruce "the Troll" Anderson, lifting in the stratosphere, took the highest total of the meet, along with "Best Lifter" honors, keeping his masters points in his pocket so as not to add insult to injury. What can you say about this guy? He came within an elite raw total at 56 years old! (he didn't know another 20 lbs. would have done it until afterwards. He says, "Next time!") What's his secret? He defies age and gravity, lifting like a juiced-up teen, smiling and encouraging others and leading an excellent example of how it's done. I just don't know; I hate people like that! (kidding, buddy) Yay, Brucie! Danny Mac lead the way into the 220 deadlifts, where there was a dogfight for the top, Chris Beaulieu missing a good crack at 580 lbs. on a hitch, Patrick Johnson pulling an easy 590 lbs., but finally missing at 610. Troll note: Danny's too modest to mention it, so I will. He not only won the DL, but PR'd across the board, all while coaching, training, and running around helping everybody and anybody! He was also first runner-up, Karter second runner-up, overall. The 242 division looked tight up until the deadlifts. Steven Braggs edged out Billy for a spot on the podium. Vito and Jay were neck and neck with only a ten pound separation, but Jay's monster deadlift a 615 lb. prison record, followed by a huge 630 lbs., in only his first meet, left us wondering what's next for this tall, nice guy. Another big, nice guy, Miguel Andino, ended up alone in the 275 lbs., showing some smooth, solid lifting in his first meet, as well. SHW Gio Acevedo carried a really nonchalant approach to some big benches and easy lifting. We'd like to thank our loaders and spotters for all their hard work, and especially Wagner, Carl, Murphy, and Bruno of the recreation staff, who did an excellent job of officiating. If you didn't earn it, they didn't pass it, in only their second time around. They made it a smooth, fun ride for all, with lots of excitement! (courtesy Daniel MacKinnon)

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Walker's Gym Deadlift Meet 1 DEC 07 - Hopewell, VA

| DEADLIFT | Master (60-69) |
|----------------|-------------------|
| All Lifters | 220 lbs. |
| 198 lbs. | P. Battle 285 |
| T. Harrell | 500 Police |
| 242 lbs. | 275 lbs. |
| D. Mason | 650 J. Hunter 410 |
| SHW | Teen |
| P. Battle | 600 0-148 lbs. |
| Master (40-49) | A. Wagner 325 |
| 275 lbs. | S. Wagner 325 |
| J. Hunter | 410 198 lbs. |
| | J. Blake 375 |

(Thanks to Barry Walker for the results)

American Powerlifting Committee (APC)
www.americanpowerliftingcommittee.com

P O Box 40
 Bogart, Ga. 30622

As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

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SPF Irontoberfest
10 NOV 07 - Hartford, AL
BENCH Juniors
 Masters (40-44) 242 lbs.
 M. Smith 420 SHW
 Raw R. Wilkerson 545
 Teen (13-15) Deadlift
 123 lbs. Raw
 S. Smith 140 Teen (16-17)
 Teen (18-19) 132 lbs.
 220 lbs. E. McBride 245
 A. Dead 245 4th-255
 Push Pull BP DL TOT
 Masters (50-54)
 242 lbs.
 T. Squerson 340 500 840
 Raw
 Teen (13-15) 165 lbs.
 B. Buholz 180 430 610
 Teen (18-19) 4th-DL-435
 198 lbs.
 J. Johnson 325 435 715
 4th-DL-340
 Powerlifting SQ BP DL TOT
 FEMALE Raw
 Teen (13-15) 114 lb. lbs.
 L. Smith 225 75 230 530
 4th-DL-245
 Teen (16-17) H. Faulkner 155 75 215 460
 123 lbs.
 P. Slaughter 210 100 245 555
 4th-DL-260
 148 lbs.
 (16-17) L. Howell 225 105 275 605
 MALE
 181 lbs.
 A. Bowen 570 365 585 1520
 Raw
 Teen (16-17) 148 lbs.
 C. Lowery 315 165 385 865
 165 lbs.
 N. Stevenson 315 185 350 850
 Teen (18-19) 181 lbs.
 D. Gillen 325 280 450 1055
 4th-DL-470
 275 lbs.
 D. Olesen 500 225 470 1195
 Open
 165 lbs.
 W. Tindall 315 290 430 1035
 259 lbs.
 C. Senese 635 500 605 1740
 SHW
 C. Coaker 605 430 405 1440
 Police/Fire/Military
 242 lbs.

T. Helms 375 420 405 1200
 We want to thank everyone for coming out and taking part in this event. Also want to take time to thank Bobby and Carol Ann Myers for coming out and taking time to help judge and also thank all the Spotters and loaders for doing a great job. The SPF also thanks Scotty and Heather Cox for putting on this event and doing the great job they always do. Thanks everyone. (results from SPF President Jesse Rodgers)

18th Summer Push/Pull Meet
10 JUN 07 - Granger, IN
BENCH D. Whitehead 430
 Masters (45+) M. Myers 365
 SHW 198 lbs.
 D. Stouder 450 K. Warstler 535*
 Masters (60+) 242 lbs.
 198 lbs. M. Harrison 275
 R. Cuny — 275 lbs.
 Natural T. Macik 430
 165 lbs. Novice

| | | | | |
|--------------|-------------|--------------|----------|-----|
| 275 lbs. | L. Boshoven | 500 | | |
| R. Ford | 400 | Novice | | |
| Teen (16-17) | 275 lbs. | R. Ford | 530 | |
| C. Fawley | 160 | Teen (16-17) | | |
| 165 lbs. | 131 lbs. | C. Fawley | 290 | |
| E. Eastway | 225 | E. Eastway | 345 | |
| DEADLIFT | 165 lbs. | Natural | | |
| Youth | 242 lbs. | S. King | 200 | |
| 115 lbs. | 242 lbs. | WOMEN | C. Mow | 600 |
| S. King | 242 lbs. | M. King | 165 lbs. | 535 |

*=Central Bench Press League records.

Kory Wartzler came back with a vengeance after bombing out of his previous meet, getting not one, but two CBPL records on his first and second attempts, 515 and a whopping 535, which should land him in the top 50 in the country, quite an achievement. He wisely passed his third attempt as he had already had a meet of epic proportions. Dustin Whitehead had cut down to 165 with an eye on Rich Salvagni's legendary CBPL record of 475. But unbelievably just a few days before the meet, he had his bag with all his gear stolen. He scrambled around to find a couple replacements shirts, but they both left something to be desired. He still managed a great, top 50, 430, leaving everyone to wonder what might have been. And I had to feel for Matt Myers who's an excellent athlete who did a great, close to the top 100 bench of 365, but had to settle for 2nd. Ryan Ford was also impressive, getting a 400 in his first meet ever. In the deadlift, young Stephen King impressed everyone, getting his 1st 200 at just 115. Again Ryan Ford did a great job for a first timer, getting two pr's and finishing with 530. Both 16 year olds in the meet did a good job; Cameron Fawley getting 290 at 132, and Ethan Eastway making 345 at 165. Crowd favorite Chris Mow made 600 at 242 and with the crowd behind him he made a valiant effort at a pr 650 but it just wasn't quite there. Special thanks to Lynne Boshoven for supplying the deadlift bar. (Jon Smoker)

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USAPL Orange County/NYS
27-28 OCT 07 - Pine Bush, NY

| | |
|---------------|-------------------|
| BENCH | Masters V |
| Open | 242 lbs. |
| 165 lbs. | W. Giggy |
| T. Albano | 485 DEADLIFT |
| C. Parody | 395 Raw |
| Masters II | 242 lbs. |
| 132 lbs. | C. y Solonya 550 |
| C. Mangra | 200 Open |
| Masters V | 242 lbs. |
| 181 lbs. | C. y Solonya 550 |
| B. West | 290 BP DL TOT |
| FEMALE | |
| 148 lbs. | |
| Teen (14-15) | |
| S. Blincoe | 75 195 270 |
| 132 lbs. | |
| Teen (14-15) | |
| R. Degennaro | 90! 230 320 |
| MALE | |
| Masters I | |
| 198 lbs. | |
| R. Landman | — — — |
| Raw | |
| 198 lbs. | |
| J. Montero | 315 570 885 |
| Raw | |
| 220 lbs. | |
| R. Hanington | 290 515 805 |
| Powerlifting | SQ BP DL TOT |
| FEMALE | |
| Youth (10-11) | |
| 114 lbs. | |
| A. Sexton | 115 60 140 315 |
| 123 lbs. | |
| A. Sexton | 115* 70 140 325* |
| (12-13) | |
| 123 lbs. | |
| E. Sexton | 125 60 150 335 |
| Teen (16-17) | |
| 132 lbs. | |
| S. Kane | 170! 110 235 515! |
| Junior | |
| 132 lbs. | |
| N. Relyea | 170 100 225 495 |
| Masters I Raw | |
| 132 lbs. | |

| | | | | |
|--------------|-----|-----|-----|------|
| O. Ceresnak | 235 | — | 285 | — |
| 181 lbs. | | | | |
| E. Brown | 225 | 120 | 325 | 670 |
| Masters II | | | | |
| 123 lbs. | | | | |
| C. Anderson | 170 | 90 | 265 | 525 |
| MALE | | | | |
| Teen (14-15) | | | | |
| 148 lbs. | | | | |
| T. Decamp | 155 | 100 | 250 | 505 |
| Junior | | | | |
| 148 lbs. | | | | |
| M. Mangra | 280 | 205 | 325 | 810 |
| Raw | | | | |
| 165 lbs. | | | | |
| C. Dejoy | 325 | 335 | 400 | 1060 |
| C. Rose | 325 | 285 | 425 | 1035 |
| Masters III | | | | |
| 165 lbs. | | | | |
| K. Buddle | 450 | 210 | 500 | 1160 |
| Masters V | | | | |
| 165 lbs. | | | | |
| J. Jacobs | 440 | 270 | 500 | 1210 |
| Masters VII | | | | |
| 132 lbs. | | | | |
| D. Maier | 280 | 145 | 350 | 715 |
| Out of State | | | | |
| 198 lbs. | | | | |
| R. Landman | 315 | — | — | — |
| Masters I | | | | |
| 198 lbs. | | | | |
| T. Gibson | 575 | 485 | 650 | 1710 |
| Open | | | | |
| 198 lbs. | | | | |
| R. White | 490 | 345 | 515 | 1350 |
| Masters V | | | | |
| 198 lbs. | | | | |
| R. Stahura | 330 | 145 | 330 | 805 |
| Raw | | | | |
| 220 lbs. | | | | |
| M. Schwartz | 570 | 305 | 600 | 1470 |
| R. Hanington | 440 | 290 | 515 | 1240 |
| C. Lorendo | 310 | 220 | 470 | 1000 |
| Open | | | | |
| 220 lbs. | | | | |
| F. Ball | 560 | 470 | 630 | 1660 |
| R. Brunck | 610 | 470 | 550 | 1630 |
| R. Hanson | 600 | 370 | 655 | 1620 |

AFPF/AAPF Membership Application

Check the box that applies below



American Frantz Powerlifting Federation

Amateur American Frantz Powerlifting Federation

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| Area Code | | Telephone Number | | Date of Birth | | Age | Sex | U.S. Citizen | | |
| | | | | | | | | YES | NO | |
| Registration Fee (Circle Appropriate Fee) | | | | Registration Number | | | Email Address | | | |
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| Ernie Frantz, Chairman/Founder Email: Erniefrantz@aol.com | | | | | | | | | | |
| If under 18, have parent initial here | | | | I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFPF or AAFPF | | Signature X | | | | |

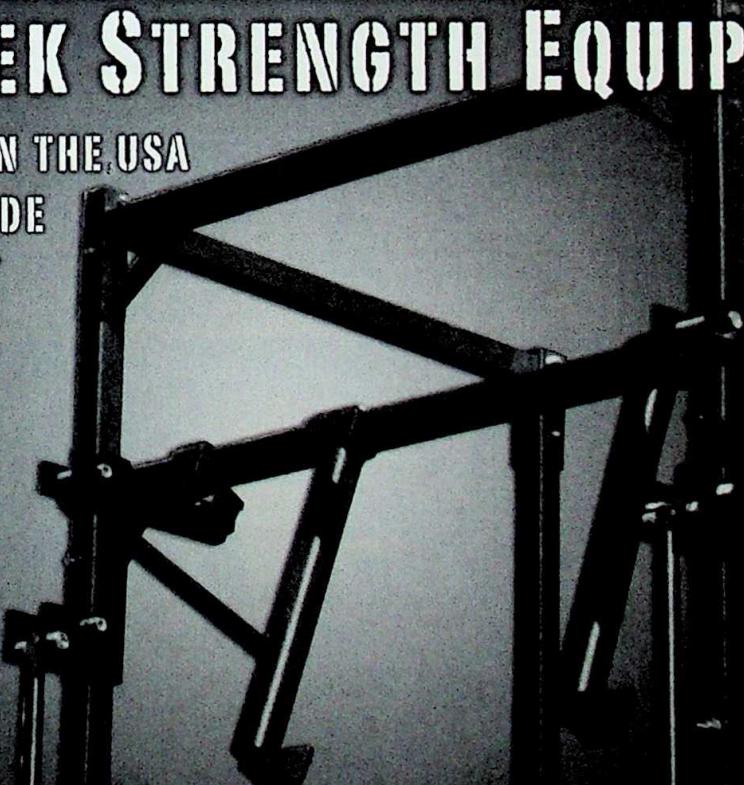
| | | | | Masters II | | | | A. Sterner | | | | |
|-------------|--------|-----|------|----------------------|------|--------------|------|---|----------|-----|-----|------|
| | | | | 242 lbs. | | | | 455 305 510 1270 | | | | |
| | | | | T. Middleton — — — — | | | | Junior | | | | |
| | | | | Raw | | | | 275 lbs. | | | | |
| 1 0 lbs. | Brunk | 610 | 470 | 550 | 1630 | 242 lbs. | | A. Sterner | 455 | 305 | 510 | 1270 |
| en | | | | | | T. Middleton | — | Junior | | | | |
| 2 lbs. | Bogart | 540 | 565* | 555 | 1635 | Raw | — | | 275 lbs. | | | |
| bmasters | | | | | | 242 lbs. | — | A. Sterner | 455 | 305 | 510 | 1270 |
| 2 lbs. | Bogart | 540 | 565* | 555 | 1635 | J. Deigan | 590 | Open | | | | |
| | | | | | | Raw | 390 | C. Celustka | 600 | 465 | 640 | 1705 |
| | | | | | | 275 lbs. | 645 | *American Records. | 455 | 305 | 510 | 1270 |
| | | | | | | P. Gisondi | 1630 | =NYS Records. | | | | |
| | | | | | | 455 | 370 | (Thanks to Sharon Panaro for the results) | | | | |
| | | | | | | 515 | 1340 | | | | | |

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(continued from page 20)

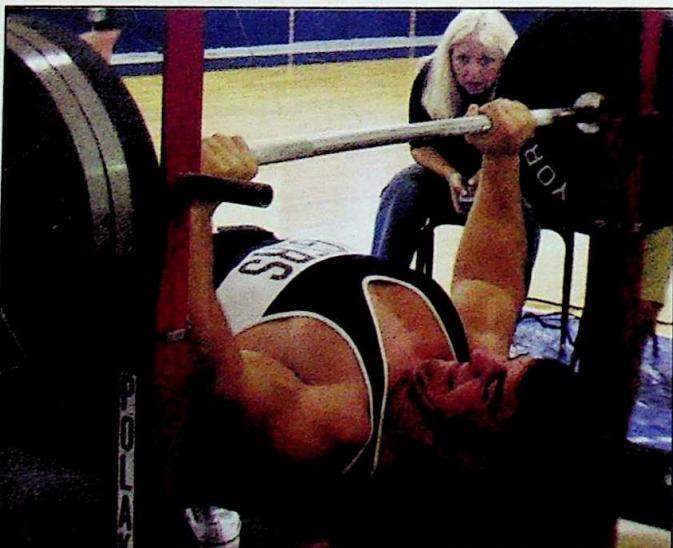
DiBiase of Wildcat Powerlifting competed for the first time on a "1000-10 Raw" platform and secured world records in the squat 445, deadlift 475, and total 1190. Junior phenomenon Cody Yager of Ridge Manor, FL, another member of the Power in the Blood contest staff and team, went 650, 440, and 700 to shatter the record books and win his class. And last, but certainly not least, was master lifter and "Jesus Believer" Beau Moore of Indian Shores, FL. Lifting with the Florida Raw Dogs, Beau posted the meet's biggest lifts (725, 540, 700) and total 1965 to retain his world title. On Saturday afternoon, the ladies took the platform along with several of the lighter men's classes and kept the adrenaline pumping. Youth lifters Samantha Montgomery of Power in the Blood, 77/10-11, Katrina Thompson 77/12-13 of Wildcat Powerlifting, and Moriah Douglas 88/12-13 of Wildcat Powerlifting kept the crowd alive with their world record lifts. Thirteen year-old Amanda Graham of Wild at Powerlifting was the meet's top teen lifter, posting world record lifts of 150, 72, and 190 to win the 105s and lead the Wildcats to the Overall Mixed Team title. Daria Dermelev of Estonia nailed a 132 world record squat to win the 12-13/114s, and Samantha Shores of Wildcat Powerlifting posted world record lifts in the squat 137 and deadlift 195 to win the 123/12-13 group. In the 132s, Brianna Kissel of Wildcat Powerlifting took the teen honors 1415 with her world record squat of 150. Marci Stein flew down from New York and went ten for ten, shattering the record books and taking Best Lifter honors in the open division with lifts of 205, 135, and 255. Marci's coach and training partner Ellen Stein totaled nearly six times her bodyweight to capture both the Champion of Champions award and a world title in the 132s. Ellen's lifts of 275, 140, and 335 were impressive to watch, and her 750 total is bound to stay in the records books until she sets foot on the platform again! Nona Hubbard (45-49) of Raymond, NH took the 148s with world record lifts of 210, 140, 300, and Simone Wyatt (30-34) of Gulf Shores, AL was equally impressive with her world record lifts of 235, 115, and 280 to take the 181s. Master lifter Kari Sabin (40-44) of Auburndale, FL ended out the women's lifting in the 198s, going nine for nine and posting world record lifts 310, 215, 400 across the board. Samantha's (Montgomery) twin brother, Paul, led the men's charge on Saturday afternoon, nailing a 160 deadlift at a bodyweight of 94 pounds to get things started. Patrick Moran (12-13) of Wildcat Powerlifting took the 114 title, and teammate Gustaf Pena (Dominican Republic) secured the 132 title in the 14-15 age group. Tony Conyers of the Florida RAW Dogs had a ministry commitment (Praise God again!) that led him to the platform on Saturday. Competing in the 45-49/165 class, Tony nailed a 500 squat on his second attempt to shatter the world record. In his descent on his third attempt, Tony pulled a hamstring and was unable to make the lift. He came back to the platform, however, and hit a 365 world record bench and a 450 stiff-legged deadlift to win his class. Tony also totaled 7.99 times his bodyweight (injured!) to take Best Lifter honors in the masters. We wish Tony a quick recovery, and look forward to his healthy return to the platform! Estonia's Sergey Dermelev, competing alongside daughter Daria, broke all the records in the 45-49/181s without a belt! Sergey hit lifts of 462, 330, and 530 en route to his 1322 total. Master lifters Steve Smith (70-74) of Oviedo, FL and Peter Hubbard 65-69/181, Nona's husband, closed out the day's lifting. Both Steve and Peter competed in the push-pull category. Steve hit an impressive 265 world record deadlift in the 132s, and Peter's 265 bench and 300 deadlift were both good for world records. Sunday morning saw the 198 class on the platform, as well as the members of Paul Bossi's Currituck High School team. Currituck's Jacob "Pablo" Manuel (Mexico) started things off, nailing a 327 world record squat in the 18-19/148s. Jacob won his class as well as Best Lifter honors in the



100% RAW Founder and contest director Dr. Spero Tshontikidis (left) with Brian Kissel (right) and their world champ protege Cody Yager

teen division totaling 1012 (7.25 times his bodyweight!). Jacob's teammate David Jones (18-19) was also impressive on the platform, with lifts of 385, 260, and 450 to take the 165s. Currituck 181 pounder Tugboat "Pr" Wheeler (16-17) was the platform favorite. Tugboat won his class in the 181s with personal bests of 330, 235, and 420 in his "100% Raw" debut. Junior lifters Justin Pannucci and Jameson Fullick of Melbourne Beach Fitness continued to keep the crowd revved up in their "100% Raw" debut. Justin went 455, 325, 505 and Jameson hit lifts of 415, 345, and 505 to go one and two in the juniors. Patrick McCauley of Edgewater, Maryland registered the morning's second largest total at 1275 in the 30-34 age group, while master lifter George Walker (60-64) of Sebring, FL nailed the morning's biggest bench at 350 en route to his world title. George has been diagnosed with leukemia but refuses to let it keep him from the platform. George will be starting another round of chemotherapy next month; please keep him in your prayers! Finally, 75 year old Noble Carr of Palm Bay, FL was the crowd favorite, setting world records across the board (255, 260, 330) and destroying yours truly in the bench. I know I speak for all those present on Sunday morning in saying, "Noble, you are the man!" Sunday afternoon's lifting saw competitors from the 123, 132, 148, 165 and 181 classes close the meet in a grand fashion. Wildcat lifters Frankie Ramos and Kern Vijayargya (India) started things off going one, two in the 16-17/123s. Frankie's 30 second, 130 lb. bench got the crowd off their feet and junior lifter Robert Mayer of Coram, NY electrified the platform with world record lifts of 270, 210, and 415. At a light 128, Robert totaled 6.99 times his bodyweight to win the 132s and was awarded the "Coolest Deadlift Technique" title by the Power in the Blood contest staff. Wildcat lifters Dominick Cioppa (14-15) and Yanni Tshontikidis (16-17) won their age groups in the 148s; Dominick totaled 705 in his second meet and Yanni's 915 total (6.22 times his bodyweight) gave him the strongest teenage total without a belt. 148 master lifter Paul Griffith of Gettysburg, PA nailed a 375 world record squat before injuring his shoulder; we wish Paul a speedy recovery and look forward to seeing him on the platform at the Masters Nationals in March! In the 165s, teenage lifter Rocco Rippolone (16-17) of Melbourne Beach Fitness and Al Annunziato (60-64) of Melbourne, FL lifted strong in their "100% Raw" debuts; Rocco's 205 bench was the heaviest in his class and Al hit world record lifts of 225, 235, and 355 to capture his first world title. 181 master lifter Patriac Currey (60-64) of Palm Harbor, FL exhibited picture perfect technique in each of the three lifts, finishing with world records across the board in his world title win. 242 pounder Mike Harrigan of Power in the Blood kept the crowd screaming throughout his 45 second bench at 155 lbs.; Mike is paralyzed from the chest down as a result of an automobile accident and has found his niche in drug free powerlifting! Finally, incredible lifting was performed by submasters Rolando "Rollo" Manso of Altamonte Springs, Florida and Tom Roselli of West Kingston, Rhode Island. In addition, master lifter John Polak (45-49) from Seven Valleys, PA joined Rollo and Tom to keep the crowd off their feet. Tom totaled 7.19 times his bodyweight to register the second strongest total (1065) in the submasters, while John hit lifts of 450 in the bench, 320 in the bench, and 500 in the

deadlift (7.69 times his bodyweight). Rollo was the weekend's top lifter, totaling 8.00 times his bodyweight! His 410 squat was good for a world record, and his 1185 total won the 148s, the Champion of Champions award, and Elite total status. More importantly, Tom, John, and Rollo supported the teenage athletes that competed on Sunday afternoon, offering both technical advice and encouragement. Simply stated, their character and demeanor was more impressive than their lifting, and it was an honor to serve them in my capacity as the contest director. With the lifting behind us, it is time pay tribute to those that made the 2007 "100% Raw" World Powerlifting Championships the overwhelming success that it was: First, many thanks to the brave men and women of the United States Armed Forces for defending our nation and making it possible for drug free athletes to compete on a raw platform in the greatest country on earth! May God grant you both safety and success in all you do! Second, not enough can be said for the performance of the Power in the Blood contest staff, but one competitor's e-mail speaks volumes: "I just wanted to thank you for a great experience. I completely enjoyed the meet and the incredible people that attended... I was very impressed with the entire meet and I look forward to attending another one of your functions in the not too distant future. Please keep doing what it is you do. I think you are making a big difference in the powerlifting community." With that said, hats off to: Georg & JP Baker (concessions), Larry Buccchioni (spotting, loading, judging), Don Daube (spotting, loading, judging), Sam Gough (scoring), Denise Graham (announcing), Brian Kissel (spotting, loading, judging), Jon Landau (spotting, loading, judging), Dave Lhota (spotting, loading, judging), Ian Montgomery (spotting, loading, judging), Mel Perez (spotting, loading, judging), Kelly Quinn (photography), MJ Quinn (photography), Steve Ryder (spotting, loading, judging), Micki Thompson (concessions), Bill Tinkler (scoring), Caryn Tshontikidis (Gudging), Sava Tshontikidis (concessions), and Cody Yager (lifting HUGE weight). Third, thanks and congratulations to the members of Wildcat Powerlifting, their families, and the staff at West Shore Junior/Senior High School. The kids did an outstanding job helping with weigh-ins, setting up on Friday night, working on the platform Saturday and Sunday, and cleaning up Sunday night. In addition, seventeen Wildcats secured world titles and broke nineteen world records during the two-day event. Thanks to Rick Fleming (principal), Jim Melia (facilities administrator), Gary Neff (custodian), and coaches Tony Riopelle and Greg Eller for their support. Finally, thanks to the Wildcat parents for their support of the team and drug free powerlifting. Fourth, thanks go out to "100% Raw" President Paul Bossi for judging, "Doc Junkins" coaching on the bench, and the awesome awards (Elizabeth City Trophy); John Polak (Polak Made Hardcore Gym Equipment) for the awesome platform equipment; Lee Nessel (Sports Editor) of Florida Today for her Awesome coverage of Raw powerlifting; Brian Howe for an awesome job managing the platform and spotting on Saturday; and Woody Leonard for awesome judging on Sunday. Fifth, thanks to all those folks who helped out over the weekend and I failed to mention. Please accept my most sincere apology and grateful thanks! Before I close, here's some good news: Brian's surgery was successful, and he is recovering well. Tony's hamstring is still painful, but the swelling is receding and he hopes to get back in the gym next week. Paul's shoulder remains injured, however, he told me that it is healing as expected. World Champion Larry Buccchioni also injured his shoulder during the bench; he reports that he can open a tube of toothpaste without pain, so he's heading to the WNPF Single-Lift Nationals this month! Good news deserving of an Amen! And finally, thanks to our Lord and Savior Jesus Christ. He is the source of our true strength, and it is because of Him that we can stand Redeemed Among the World. Thanks and God Bless. (Courtesy Spero Tshontikidis)



Robert Samsa of Shadyside, Ohio pushing a 440 lb. record bench.



The Crew... travels incognito to the gym, but carries some surprises.



(continued from page 26)

DAMNGUYS! We also trained our own Afghan and Nepalese fighters and shooters.

GREG RICHARD

It sounds like Greg has a really good team, and they look like they are ready for business in the photos. Here at HOUSE OF PAIN, we were all very excited about the Afghan powerlifting meet! But it's a rough game over there, and before the meet arrived - Greg hit a snag on the personal front:

"The power meet was 30 Nov 07, then we did a photo article at the Afghanistan national bodybuilding champion's gym. It had armed Afghan side-by-side with armed Americans; pulling security while the iron brotherhood jacked heavy steel. We were in our HOP clothing damn good publicity!"

Unfortunately, I was injured just before the powerlifting competition and spent over 2 weeks in the hospital. To date, I've had 4 surgeries. I wasn't present for the competition, but here are a few pictures and a certificate of

appreciation for all your support."

**GREG RICHARD
SECURITY SPECIALIST**

Thanks to Greg Richard for this cool update on Afghan lifting conditions, and our hat is off to the whole crew for keeping up their weight training. Some of the personal details are suppressed for the security of those involved, but the photos give readers some idea of the Afghan flavor! These private security forces are necessary for the safe conduct of many important international affairs, and stronger is always better!

Just over 1600 years ago, a Roman military writer said; "Si Vis Pacem, Para Bellum." (If you want peace, prepare for war.) This military axiom is no less true today, and we are glad there are well-prepared security forces all over the world; both military and non-military. Thanks to the military for the broad strokes, and also to Greg and his crew for doing their part! Carry on!

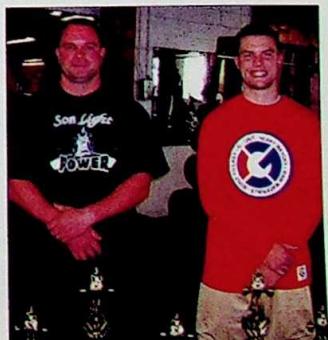
Next month, we'll see if we can train without automatic weapons or turbans.

**Rick@houseofpain.com
HOUSE OF PAIN
P.O. Box 333
Fate, TX 75132**

SLP Monon Fitness Open 20 OCT 07 - Indianapolis, IN

| | | |
|-------------------|------------------|--|
| BENCH | 242 lbs. | |
| WOMEN | M. Engle 425* | |
| Raw | 4th-440* | |
| Teen (13-15) | SHW | |
| 105 lbs. | J. Thompson 170* | |
| J. Singel 80* | Master (50-54) | |
| 148 lbs. | 198 lbs. | |
| J. Alexander 95* | J. Cumedy 255* | |
| Master (40-44) | 4th-265* | |
| 148 lbs. | Master (60-64) | |
| B. Singel 120* | 242 lbs. | |
| Master (55-59) | E. Geiger 420* | |
| 132 lbs. | C. Ruemler 205 | |
| M. Hampton 60* | 4th-210 | |
| Open | Master (65-69) | |
| 198 lbs. | 181 lbs. | |
| A. Alexander 120* | D. Vogler 240* | |
| MEN | Master (70-74) | |
| Junior | 220 lbs. | |
| 220 lbs. | G. Good 275 | |
| M. Lutkewitte 330 | Open | |
| Submaster | 181 lbs. | |
| 242 lbs. | Lewkowicz 325 | |
| D. Smith 585 | 220 lbs. | |
| Master (40-44) | K. Herron 430 | |
| 220 lbs. | R. Chambers 400 | |
| M. Hinders 440 | 275 lbs. | |
| Master (45-49) | I. Robie 315 | |
| 242 lbs. | DEADLIFT | |
| K. Piper 310 | WOMEN | |
| Master (55-59) | Teen (13-15) | |
| 181 lbs. | 105 lbs. | |
| S. Miscoi 260 | J. Singel 190* | |
| 4th-275 | 4th-200* | |
| Master (70-74) | Master (40-44) | |
| 220 lbs. | 148 lbs. | |
| W. Mehafey 175 | B. Singel 225* | |
| Open | 4th-235* | |
| 242 lbs. | Master (55-59) | |
| D. Smith 585 | 165 lbs. | |
| Raw | M. Harmon 265* | |
| Novice | MEN | |
| 148 lbs. | Novice | |
| R. Schrock 245* | 148 lbs. | |
| 4th-260* | R. Schrock 410* | |
| 198 lbs. | 4th-450* | |
| S. Stafford 300 | Teen (18-19) | |
| 220 lbs. | 165 lbs. | |
| J. Lantz 275* | M. Rincker 480 | |
| Teen (18-19) | Junior | |
| 165 lbs. | 198 lbs. | |
| M. Rincker 250* | L. Ruiz 530 | |
| Adamopoulos 230 | Master (45-49) | |
| 181 lbs. | 242 lbs. | |
| J. Wangercyn 265* | K. Piper 420 | |
| 4th-270* | 4th-440 | |
| Junior | SHW | |
| SHW | J. Thompson 215 | |
| K. Eldred 315* | 4th-225 | |
| Submaster | Master (60-64) | |
| 198 lbs. | 242 lbs. | |
| L. Wolz 355* | B. Donovan 430 | |
| 242 lbs. | Master (70-74) | |
| K. Phillips 425 | 181 lbs. | |
| Master (40-44) | J. Palumbo 250* | |
| 275 lbs. | Open | |
| K. Alexander 320 | 220 lbs. | |
| Master (45-49) | R. Chambers 430 | |
| | 220 lbs. | |
| | J. Lantz 410 | |

*=SLP Indiana Record. Best BP Raw: Keith Herron. Best BP: Dennis Smith. Best DL: Michael Rincker. Team Champs: Cardinal Fitness. It was great being back at Monon Fitness after about four years, with new owners Cedric Johnson and LeBron Grimes. In the raw BP we had two fine teen lady lifters, both in the 13-15 division. Taking the win at 105 was Jenna Singel who finished with a new state record of 80. Jodi Alexander, current state record holder at 148, raised her record there to 95. For the master women's 40-44/148 class it was Becky Singel with a new state record of 120. Then in 55-59/132 it was Mary Ann Hampton, still nursing that broken foot, but still competing. Mary finished with a new state record of 60. Rounding out the lady lifters was open 198 winner Amy Alexander, who finished with a new state record 120. Great job, girls! In the novice men's division Ryan Schrock won at 148 with state record 245 followed by a successful fourth of 260. Seth Stafford won at 198 with 300 while Jeff Lantz set the state mark at 220 with 275. At 18-19 it was Michael Rincker with a new state record of 250 and Alex Adamopoulos finishing second with 230. J.T. Wangercyn



Monon Best Lifters: Dennis Smith & Michael Rincker. (DL)



Rheta West blew away all the IPA Submaster Women's records and won Best Amateur Woman Lifter (article continued from pg. 8)

powerlifting and the athletes. Gatorade provided drinks for all the athletes, Westside Barbell, C.A. Weber, and Reliable Equipment put up \$1,000 each toward the Biggest Three Lifts Challenge, Byer's Tires pitched in \$250 for the best female lifter, and Outback Steakhouse kept us well fed. Full Power Results: Saturday started with a memorable collection of tremendously strong women lifters. In the women's teen division, both girls were record breakers with Sarah Welcheck breaking two of her own records with a 240 squat and a 230 deadlift; at all of 109 lbs. and 14 years-of-age! Just when you thought 14 year-old Anna McCloskey (181 class) couldn't be more impressive, she smashed all the records with a 535 pound squat, 235 pound bench, and a 430 pound deadlift, totaling a 1200 pound IPA record which earned her the Women's Teen Best Lifter Award. The Amateur and Professional women were no less impressive. Rheta West joined us for the first time and stole the



376 lb. **Donnie Thompson** won \$3000 and almost totaled 2810

Amateur Women's Best Lifter Award with a 405 pound squat, 235 pound bench, 360 deadlift, totaling 1000 pounds. Rheta's numbers broke all the 148 pound Women's Submaster records. Among the Professional Women, our Ukrainian friend Taisia Kuznetsova took two Best Lifter Awards home for the Women's Open Full Power and the Bench Only meets, plus a bonus \$250 for the best overall woman lifter based on coefficient. Taisia weighed-in at a mere 103.1 pounds and mopped up the competition with jaw-dropping lifts. She broke the squat record with a 385 squat, a 220 bench, broke another record with a 340 deadlift, rounding out her day with a record 1000 total; nearly 9.7 times her body weight. IPA favorite, Elaine Grimwood (105 pound class) joined us after a hiatus since 2005. Elaine took a little time off from the weights to run some long distance races. A quick 12-week training cycle had Elaine back in tip-top shape squatting 330, benching 180, and deadlifting 300. Cheryl Clodfelter lifting in the 198 pound class pulled an IPA record-breaking 510 pound deadlift, congrats! Lynne Boshoven, lifting in the 165 pound Women's Master 50-54 division proved herself an IPA record

breaker with three records 500 squat, a 465 deadlift and a 1225 total. Amateur Men's Divisions: In the Amateur Men's Teen division, Sebby Buccheri 181/14-15 went home with the gold and a Best Lifter award with a 475 squat, 275 pound bench, 440 pound deadlift for an 1190 total. The Amateur Men's Junior division was dominated by Michael Welcheck whose 725 pound squat was a record in both the Men's Open and Junior divisions. Michael's stellar lifting earned him the Amateur Men's Lightweight Best Lifter Award. You're awesome, Michael! There was stiff competition leaving Adrian Griffin and James Adam tied for first in the Amateur Men's Open 198 class. First place went to Adrian Griffin by less than one pound bodyweight at 196.4 to Adam James' 197.3. Both lifters totaled 1755. Chris Del Preore owned the Amateur Men's 220 class with an IPA record-breaking 1950 total. Chris' exceptional performance won him the coveted Amateur Men's Heavyweight Best Lifter Award. In the Amateur Submaster Division, Eric Winter broke the existing IPA record with a 770 pound squat in the 242 weight class winning him first place in his division. Our Master lifters were no less impressive. IPA's loyal follower and all-around nice guy, Sam Glover, Sr. won the Amateur Men's Master Best Lifter award with a 460 pound squat, 365 pound bench, and a 400 pound deadlift at age 64. James Shaughnessy lifted and broke records in both the Master (40-44) and the Police Divisions. James' fourth attempt squat of 725 pounds and 1730 pounds fourth attempt total broke the record in both divisions, while his 485 bench smashed the existing Police Division record. Ted Forbes



Sam Glover Sr. earned Amateur Men's Master Best Lifter honors.

gave us a performance worth noting in the 275 Police Division with an IPA record-breaking 900 pound squat and a 2110 total. In the Elite Amateur Division, Brian Crowe broke his own bench record with 505 pounds; and Brian's records are hard to break! Professional Men's Divisions David Kirschen posted the biggest coefficient number winning the Professional Men's Lightweight Best Lifter Award. While David's numbers broke no records, they clearly earned him the lead with a 750 pound squat, 530 pound bench, 580 pound deadlift, for a winning 1860 total in the Open Men's 181 weight class. Ricardo Ingravera edged out Brett Rapp by a mere five pounds on the total with Ricardo finishing with 1665 pounds in the 198 pound Open class. Rapp squatted an impressive 835 pounds Jason Mink won the 220 pound Open class by 65 pounds leading James Howell who finished with a 1700 pound total. In the 242 pound class, big squatter Jason Cox squeezed out a 45 pound lead over Jim Laird winning with a 2200 pound total. Jason wowed the crowd with his trademark BIG SQUAT of 1050 pounds. Big Jim Hoskinson won both his 308 pound divisions Master (40-44) Open with a 2485 pound total winning him the Professional Men's Master Best Lifter Award. Jim's 2485 pound total and 1085 pound squat are new IPA Records in both the Men's Open and Master (40-44) divisions. Clearly the guy who won the show, again, was Donnie Thompson. Donnie's performance was nothing less than spectacular with an 1140 pound squat, trying 1175 pounds on a third attempt. Donnie followed-up with an 830 pound bench, missing 870 on a third attempt, finishing with an 805 pound deadlift. The crowd erupted when Donnie took an 840 pull to his knees, which had he been successful would have broken the existing All-time Record. Donnie won all



Application for Registration

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|-------------------|---------------|---------------|------------|---------|-----------|
| Last Name | First | Initial | New Member | Renewal | Exp. Date |
| Street Address | City | | | | |
| State or Province | Zip Code | Country | | | |
| Telephone | Email Address | Date of Birth | Age | Sex | |
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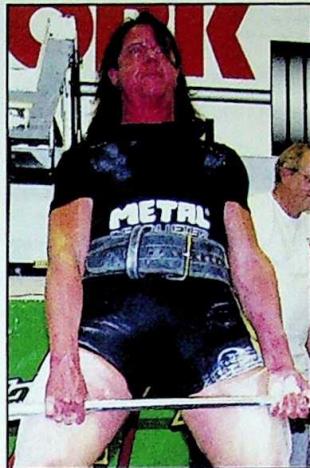
Sign if above answers are correct. Parents sign if under 18 years.

Date

Registration Fee: Adult \$30 ~ High School and Special Olympics \$25

Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404

the cash for the biggest of all three lifts and won the Professional Men's Heavyweight Best Lifter Award. Congratulations! In the Professional Men's Open Raw 275 Division, Luke Edwards re-wrote the records with a 700 pound squat and an 1850 pound total. Scott Rowe was another multiple IPA record-breaker in the Professional Men's Submaster 220 division with a huge 905 lb. squat, a 610 pound bench and an 1850 total. Bench Only Results: Amateur Men's Divisions: Mark Holdren, competing in the Men's Teen 18-19/198 smashed a record with a 435 bench winning him the Men's Teen Best Lifter Award. Sarah McCaslin at 105 lbs. and age 16 benched a new record 150 pounds in the Women's Teen Division and took home the Teen Best Lifter Award. Robin Kilts (123 pound class) came to York to bench, and bench she did with a 215 pound bench press winning the Amateur Women's Best Lifter Award. Taisia Kuznetsova squarely earned her second best lifter award with a 220 pound bench in the 105 Professional Women's Open Division. Meghan Butler lifting in the 132 pound class, won first place with her record-breaking 175 pound bench press in the Amateur Women's Open Raw Division.



Cheryl Clodfelter made a 510 DL on a 4th. (DiPanfilis photos)

Steven Dussault, broke both the 198 pound Men's Open and Men's Master (45-49) bench record with a big 565 pound bench winning his divisions and the Amateur Men's Master Best Lifter Award. Ronald Yard (275 pound class) never disappoints benching a mammoth 805 pounds in the Elite Amateur Division. In the 275 Men's Master (45-49) Raw Division, Lawrence Short re-wrote the record book with a 435 pound bench press. Also lifting in the 275 class benching an award-winning 700 pounds was Richard

Putnam. Richard won the Amateur Men's Open Best Lifter Award. Professional Men's Divisions: The man of the hour, and the biggest record-breaker of the entire meet was Joe Ceklovsky who at a body weight of 148.4 benched 560 lbs., breaking the All-Time Record by 30 pounds on his opening attempt! I guess it's no surprise that Joe took home the Professional Men's Open Best Lifter Award. Notable benches were seen from all the Men's Open lifters weight classes 220 SHW with benches ranging from 500 by Bill Cox to 725 pounds by Zane McCaslin. There were a couple of new IPA records set among the Men's Masters' divisions. Randy Robinson, lifting in the 242 (40-44) group, benched a record 625 lbs., winning him the Professional Men's Master Best Lifter Award! Bob Bellerby benched a huge 500 pounds as a 275 pounder in the 60-64 age group. Bob says 500 pounds earns him the title as the first to accomplish this milestone at the age of 62 years. Many thanks are extended to all of the lifters who support the IPA and our events. Without the help of all our volunteers and the lifters these tremendous events wouldn't take place. Thanks to our scorekeepers and announcer, Michelle and



Mike Welcheck squatted a new IPA record of 725 lbs. @ 181!!

Glen Bahn, our all-around guy Bill Schlag who can make anything work, Tracey Reever and Maureen Schlag for taking care of the main entrance and helping to set-up, Gene and Ame Rychlak who provide some of the excellent equipment on the platform and in the warm-up area, Ethel for keeping our bellies full, Ame Rychlak for tirelessly updating the website, to those who helped set-up and spotters & loaders: Al Haun, Derrick Byer, Vinnie Cooke, Richard Safran, Bill, Paul Martin, Smoke, Stacey Bond, Andy, Kyle Reever, Nick. To all our judges: Gene Rychlak, Sharon Batiste, Tom Levering, Mark Dimiduk, and Bob Grimwood. Thanks to you all! (Report courtesy provided by Ellen Chaillet)

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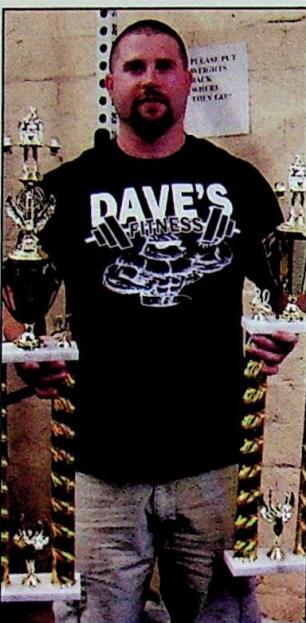
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| | |
|---------------------|---------------------|
| WOMEN | 242 lbs. |
| AAF | Master (50-54) |
| 148 lbs. | D. Murphy 556* |
| Sub | Shwt |
| P. Carter | 141* D. Lewis — |
| Master (45-49) | APF |
| D. Damminga | 198 lbs. |
| Shwt | Master (40-44) |
| Sub | D. Reiman 586* |
| R. Nutter | 336 220 lbs. |
| MEN | Teen (18-19) |
| AAF | T. Kinsella 376 |
| 148 lbs. | Open |
| Teen (18-19) | T. James 551 |
| S. Madisen | — Master (60-64) |
| Master (40-44) | L. Kollauf 326 |
| C. Morris | 336* 242 lbs. |
| 198 lbs. | Open |
| Sub | C. Akers — |
| D. Ross | 436 308 lbs. |
| M. Hibbing | 331 Open |
| 220 lbs. | E. Lilliebridge 461 |
| Teen (18-19) | Shwt |
| Z. Zenzen | 481* G. Riggs 526 |
| E. Lilliebridge | 471* Shwt Sub |
| Open Master (50-54) | C. Kadrik 636 |
| D. Zenzen | 306 Master (40-44) |
| | S. Nutter 626 |

=AR. On a cold and stormy Minnesota Saturday twenty-two of the best benchers in the area came to Montgomery, Minnesota to show their stuff. Twenty-four American Record attempts were made only ten were successful. Many State Records were also set. On her second attempt Patti Carter set a Submaster record in the 148 class lifting 141. In the 148 Master 45-49 class Debbie Damminga broke her own American Record with a lift of 196. SHW Rachel Nutter who was suffering from a training injury went three for three ending with a 336. Seaver Madison started with an American Record but was unable to get credit for the attempts and got no lift. Master Bencher Chuck Morris set an American record on his second attempt with 336. Submaster Bencher Dave Ross went two for three and was credited with a 436 in the 198 class. Second place went to Mark "Bama" Hibbing with 331. In the 220 Teenage 18-19 class Zach Zenzen and Ernie Lilliebridge had a real battle. Ernie (the lighter of the two) took his second attempt and set a new American Record only to have Zach attempt five pounds more with success. On third attempts Ernie took 471 with success only to have Zach go 481 for the win and the new American Record. Very nice benching by both lifters. In the 220 Master 50-54 Class Multi-World Champion Dick "The Body" Zenzen who recently had a shoulder replaced benched a 306. Master Bencher Dave Murphy set an American Record with a successful 556. Shwt. Dave Lewis could not get a lift in. In the APF Division 198 Master 40-44 Bencher Dean Reiman got a third attempt of 586. Not only was this triple body weight but it was also an American Record. In the Teenage 18-19 220 class Tyler Kinsella was only successful with his 376 opener. In the 220 Open class Timothy James who traveled up from Florida was successful with his 551 opener. Master 60-64 Bencher Larry Kollauf benched a raw and very easy 326. Corey Akers Open 242 Bencher could not get a lift in. Erne Lilliebridge Sr also could not get a lift in the 308 Open class. Scott "Beef" Riggs only got his opener of 526. Charlie Kadrik lifting Sub-Master Shwt was credited with the biggest bench of the day with a second attempt of 636. Shwt Master 40-44 Bencher Scott Nutter went two for three getting credit for a 626. Not bad for a guy that did all the set up work for this event. All monies taken in from this event went directly to the Rick Hussey Benefit. Our goal was to raise \$1000 we hit \$1200. Rick has already received the check and a 8x10 picture of all the lifters from this event is hanging on the wall at Big Iron Gym. Special thanks to judges Jerry Gnerre, Mike Anderson, and John Wood. Spotters Trent Hettke, Todd Hettke, Zoey Zorn, and Tyler Hettke. Desk workers Manley Nutter, Deb Johnson, and Don Crump. Special thanks to Scott Nutter for all the



Kevin Loudermilk - Best Lifter at the SLP Oklahoma Open (Latch)

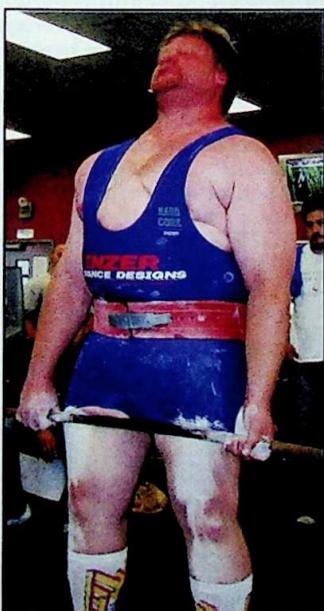
| | | | | | |
|---|--|-----|-----|-----|------|
| Submaster I | K. George | 176 | 330 | 529 | 1036 |
| | 220 lbs. | | | | |
| Submaster Pure | T. Lyon | 187 | 380 | 440 | 1008 |
| | (Thanks to Richard Peters for the results) | | | | |
| (Thanks to Richard Peters for the results) | | | | | |

APF Louisiana Open
22 SEP 07 - St. Francisville, LA

| | | |
|------------|----------------|-------------------|
| BENCH | | 242 lbs. |
| MEN | J. Sharp | 402 |
| Open | | 275 lbs. |
| 220 lbs. | C. Senese | — |
| E. Downey | — | SHW |
| J. Phelps | 473 | S. Hawkins 545 |
| Full Power | SQ | BP DL TOT |
| WOMEN | | |
| Teen | | |
| 90 lbs. | R. Jordan | 512 303 418 1234 |
| MEN | | |
| Open | | |
| 181 lbs. | B. White | 540 — — 540 |
| 198 lbs. | K. Kirby | 738 380 606 1725 |
| 220 lbs. | K. Soilean | 705 402 661 1769 |
| 242 lbs. | S. Prosek | 925 534 672 2133 |
| 255 lbs. | G. Green | 501 661 501 1664 |
| 275 lbs. | M. Downing | 606 429 545 1581 |
| 290 lbs. | A. Mehan | 1102 644 733 2480 |
| 308 lbs. | B. Delaughter | 744 490 617 1851 |
| 325 lbs. | G. Theriot | 964 — 804 1769 |
| 340 lbs. | R. Wilkerson | 854 540 599 1994 |
| 355 lbs. | Master (40-44) | |
| 220 lbs. | H. Fletcher | 854 501 639 1995 |
| 240 lbs. | D. Favre | 810 556 595 1962 |
| 255 lbs. | B. Phillips | 859 551 633 2044 |
| 270 lbs. | B. White | 1190 — — 1190 |
| 285 lbs. | T. Buckley | 688 451 551 1692 |
| 300 lbs. | Master (51-54) | |
| 275 lbs. | B. McKee | 804 529 573 1907 |
| 290 lbs. | M. McDaniel | 925 55 633 1614 |
| 305 lbs. | | |
| 320 lbs. | | |
| 335 lbs. | | |
| 350 lbs. | | |
| 365 lbs. | | |
| 380 lbs. | | |
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NASA Kansas State
10 NOV 07 - Kansas City, KS

| | | |
|-----------------------------|----------------|---|
| BENCH | Raw | 242 lbs. |
| 165 lbs. | 132 lbs. | Inter |
| Submaster II | Junior | R. Hauser 429 374 501 876 |
| D. Hiatt 264 | Z. Denny 259 | 318 lbs. |
| 181 lbs. | Pure | J. Roach 424 485 540 1025 |
| Master I | Z. Denny 259 | Raw |
| D. Hoag 363 | 220 lbs. | 181 lbs. |
| 220 lbs. | Pure | Open |
| Inter | T. Strong 380 | D. Stafford 315 231 380 611 |
| J. Hammond 440 | PS CURL | 220 lbs. |
| Master I | 220 lbs. | Submaster I/Open |
| P. Bonsignore 264 | Junior | Droegemeier 485 330 479 810 |
| Pure | T. Sharo 125 | 242 lbs. |
| T. Strong 380 | 242 lbs. | Submaster I |
| 242 lbs. | Master I | E. Todd 501 363 512 876 |
| Inter | S. Philpot 175 | (Thanks to Jim Duree for these results) |
| R. Hauser 374 | PS DEADLIFT | |
| Submaster Pure | 242 lbs. | |
| T. Meeker 529 | Master I | |
| Open | S. Philpot 644 | |
| J. Nichols 451 | Open | |
| Push Pull | S. Philpot 644 | |
| 198 lbs. | BP DL TOT | |
| Junior | | |
| C. Nelson 474 | 595 1069 | |
| 220 lbs. | | |
| Junior | | |
| T. Sharo — 446 446 | | |
| Open | | |
| B. Marselus 346 | 485 831 | |
| 275 lbs. | | |
| Master I | | |
| J. Chaney — 551 551 | | |
| Power Sports CR | BP DL TOT | |
| 198 lbs. | | |
| Master II | | |
| M. Todd 55 82 137 275 | | |
| Submaster I | | |
| V. Braswell 115 — 303 418 | | |
| 220 lbs. | | |
| Submaster II | | |
| T. Prati 164 380 512 1057 | | |
| 275 lbs. | | |
| Pure | | |
| M. Hauser 148 341 507 997 | | |
| Powerlifting SQ BP DL TOT | | |
| 114 lbs. | | |
| Pure | | |
| M. Pence 226 99 231 330 | | |
| 148 lbs. | | |
| Master II | | |
| D. Kennedy 352 237 308 545 | | |
| 165 lbs. | | |
| TN | | |
| B. Meeker 308 214 270 485 | | |
| 220 lbs. | | |
| Inter | | |
| B. Marselus 429 347 485 832 | | |



Tom Guiney - with a State Record 610 DL for 40-44 SHW at the SLP Oklahoma State. (D. Latch)

| | | |
|-------------------|----------------|---|
| BENCH | Raw | 242 lbs. |
| 165 lbs. | 132 lbs. | Inter |
| Submaster II | Junior | R. Hauser 429 374 501 876 |
| D. Hiatt 264 | Z. Denny 259 | 318 lbs. |
| 181 lbs. | Pure | J. Roach 424 485 540 1025 |
| Master I | Z. Denny 259 | Raw |
| D. Hoag 363 | 220 lbs. | 181 lbs. |
| 220 lbs. | Pure | Open |
| Inter | T. Strong 380 | D. Stafford 315 231 380 611 |
| J. Hammond 440 | PS CURL | 220 lbs. |
| Master I | 220 lbs. | Submaster I/Open |
| P. Bonsignore 264 | Junior | Droegemeier 485 330 479 810 |
| Pure | T. Sharo 125 | 242 lbs. |
| T. Strong 380 | 242 lbs. | Submaster I |
| 242 lbs. | Master I | E. Todd 501 363 512 876 |
| Inter | S. Philpot 175 | (Thanks to Jim Duree for these results) |

BPO Record Breakers
1 DEC 07 - Bath, GBR

| | |
|-----------------------------|-------------------|
| BENCH | MALE |
| FEMALE | 148 lbs. |
| 132 lbs. | Master (40+) |
| Open | Willis-SE 551* |
| J. Nichols 451 | Scullion-Mid 88 |
| Push Pull | Open |
| 198 lbs. | MALE |
| Junior | 148 lbs. |
| C. Nelson 474 | Master (40+) |
| 220 lbs. | Teen (15-19) |
| Junior | Willis-SE 253 |
| T. Sharo — 446 446 | Nicholas-Wls 564* |
| Open | Open |
| B. Marselus 346 | 165 lbs. |
| 275 lbs. | Wild-N 457 |
| Master I | Davies-SE 198 |
| J. Chaney — 551 551 | 181 lbs. |
| Power Sports CR | Junior |
| 198 lbs. | 165 lbs. |
| Master II | Teen (15-19) |
| M. Todd 55 82 137 275 | Brain-Wls 534 |
| Submaster I | Wild-N 187 |
| V. Braswell 115 — 303 418 | Jenkins-Wls 684* |
| 220 lbs. | 181 lbs. |
| Submaster II | Open |
| T. Prati 164 380 512 1057 | Knight-Mid 352 |
| 275 lbs. | Smith-Mid 639 |
| Pure | Derbyshir-SW639 |
| M. Hauser 148 341 507 997 | Knight-Mid 672 |
| Powerlifting SQ BP DL TOT | Hough-SE 297 |
| 114 lbs. | 220 lbs. |
| Pure | Open |
| M. Pence 226 99 231 330 | Master (40+) |
| 148 lbs. | Derbyshir-SW253 |
| Master II | Nicholas-Wls 683 |
| D. Kennedy 352 237 308 545 | 220 lbs. |
| 165 lbs. | Boyer-SE 628 |
| TN | Master (40+) |
| B. Meeker 308 214 270 485 | Master (50+) |
| 220 lbs. | Boyer-SE 341 |
| Inter | Master (50+) |
| B. Marselus 429 347 485 832 | Wilding-Wls 672 |

*=British Records. H=Home. Wls=Wales.

Best Overall Bench: Tony Brown. Best Overall Deadlifter: Delroy McQueen. Referees: Bob Campbell, Allison Seabright and David Carter. Venue: University of Bath. (Thanks to David T. Carter, British Powerlifting Organization for the results)

SLP Oklahoma State
13 OCT 07 - Tulsa, OK

| | |
|-------------------|-------------------|
| BENCH | R. Rodich 330* |
| WOMEN | 4th-335* |
| Master (45-49) | Master (50-54) |
| 181 lbs. | 220 lbs. |
| C. Crossland 300* | N. Dwinell 430 |
| MEN | Open |
| Junior | 198 lbs. |
| 148 lbs. | L. Ellsworth 530* |
| D. Clark 210* | 220 lbs. |
| 4th-220* | K. Loudermilk 510 |
| 220 lbs. | 242 lbs. |
| A. Eller 330 | J. Harland 440 |
| 242 lbs. | Raw |
| F. Crapse 380* | Teen (13-15) |
| Submaster | 242 lbs. |
| 242 lbs. | C. Hankins 235* |
| R. Johnson 540* | Teen (16-17) |
| Master (40-44) | 181 lbs. |
| 198 lbs. | A. Brower 225* |
| S. Smith 435* | Junior |
| Master (45-49) | 148 lbs. |

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HotStuffWorld.com
20 YEARS AND STILL GOING STRONG!

Brewer broke the state record at 181 with 440. Weighing in at just 172, Phillip was awarded the best lifter trophy for the raw competition. Our final raw lifter was first time competitor Phillip Strawn who won at 275 with a new state record of 440. In the assisted division Cyndi Crossland broke the state record at 45-49/181 with 300, making just her opener. Moving to a heavier shirt, Cyndi just never quite hit her groove again. In the junior division Dustin Clark broke the state record at 148 with his 210 final attempt, followed by his successful fourth attempt with 220. Andrew Eller won at 220 with 330 while Fred Crapse took the 242's with 380, another state record for Fred! Roger Johnson had a good day, capturing the title at submaster 242 with a personal best and new state record of 540. Sammy Smith upped the state record at 40-44/198 to 435 while Roger Rodich broke the state record at 45-49/198 with 335. Nick Dwinell came close with a new state record 505 @ 50-54/220, but had to settle with his opener of 430. In the open division best lifter Luke Ellsworth won at 198 with a state record 530 at a 192 bodyweight! Kevin Loudermilk won at 220 with 510, but did make a run at the heaviest weight of the day, 615! At 242 it was John Harland with 440. For the deadlift competition it was Zach Dwinell with the win at 16-17/181. Just turned 16 and out of his broken arm cast, Zach showed he hadn't lost his great pulling ability, setting new state and personal records with his 310 third and 325 fourth attempts! Big Tom Guiney won at 40-44/shw with a strong 610 state record while Justin Voyley broke the state record at police & fire/submaster 275 with a personal best 405. Thanks again to everyone who helped with the meet. See you all again next year. (from Dr. Darrell Latch)



(article continued from pg. 18)

| | | | | | | | | | |
|---|------|------|------|--|-------|------|------|-------|--|
| Adair (40-49) (SP) | 226 | 402 | 628 | Brown (50-59) Raw | — | — | — | — | |
| Welton 242 lbs. (17-19) Raw | 325 | — | 325 | Walmer (40-49) Raw | 435* | 231* | 374 | 1041* | |
| Ecker Lifetime (SP) | 292 | 402 | 694 | Spear (40-49) | 286 | 242 | 413 | 943 | |
| Casagrande# Subs (SP) | 264 | 705 | 969 | Fuller U! 220 lbs. (20-23) Raw | — | — | — | — | |
| Casagrande 275 lbs. (17-19) Raw | 264 | 705 | 969 | Azariashvili Open Raw | 441* | 385* | 441* | 1311* | |
| Arboleda Powerlifting FEMALE 105 lbs. (40-49) Raw | 286 | 424 | 711 | Orkodashvili Open U | 451 | 308 | 529 | 1289 | |
| Keel (40-49) Raw | SQ | BP | DL | Shetler (40-49) (SP) | 413 | 270 | 435 | 1118 | |
| Hall! 114 lbs. (35-39) Raw | 181* | 115* | 253* | Newman# 242 lbs. Lifetime Raw | 639* | 501* | 650* | 1791* | |
| Longshore 123 lbs. (40-49) Raw | 143* | 99* | 231* | Miller Open Raw | 429 | 352 | 441 | 1267 | |
| Larson (60-69) (SP) | 115* | 110* | 203* | Miller Subs Raw | 429 | 352 | 441 | 1267 | |
| Calais 132 lbs. (40-49) RAW | 132 | 93 | 259 | Miller (40-49) Raw | 429 | 352 | 441 | 1267 | |
| Mitchell | 154 | 99 | 248 | Tondo Hemperly (40-49) (SP) | 413 | 330 | 463 | 1207 | |
| 148 lbs. Lifetime Raw | | | | Fambrough 275 lbs. Lifetime U | 738* | 529* | 611* | 1879* | |
| Spano# Leisey (50-59) Raw | 242 | 154 | 374* | Wood# (40-49) (SP) | 881* | 551* | 650 | 2083* | |
| Spano 165 lbs. (40-49) Raw | 143 | 104 | 214 | Ostrom (50-59) (SP) | 501* | 391* | 523* | 1416* | |
| Voegeli (40-49) Raw | 242* | 154* | 374* | Alsup Police/Fire (SP) | 584* | 374* | 650* | 1609* | |
| Baxter! SHW (40-49) Raw | 215* | 137* | 292* | Alsup SHW | 584* | 374* | 650* | 1609* | |
| Greer MALE 114 lbs. Lifetime (SP) | 242* | 143* | 303* | Lifetime (SP) | Davis | 672* | 551* | 562 | |
| Cohn 165 lbs. (17-19) Raw | 374* | 259* | 396* | Open (SP) | 672* | 551* | 562 | 1785* | |
| Wilcox# (20-23) Raw | 463 | 281 | 413 | Knowles Subs (SP) | 777* | 451* | 705* | 1934* | |
| Carmichael Open | 347 | 264 | 501 | Knowles Lifetime (SP) | 777* | 451* | 705* | 1934* | |
| Artur# Open Raw | 529* | 352* | 606* | *=WNPF World records. #=Best lifters. SP=Single Ply Division. U=Unlimited divisions. !=International Cuplifters. Team Champs Powerlifting: 1st- Furman, 2nd-Ephrata, 3rd- SportsGym, 4th-Merritt Island, Teen-Merritt Island. Team Champs Bench Press: 1st-Merritt Island, 2nd-Furman, Teen- Merritt Island. Bench for Reps: Furman, Deadlift-Merritt Island, Deadlift Teen: Merritt Island, Squat-Merritt Island, Ironman Teens-Merritt Island, Powercurl- Furman, Powercurl Teens-Merritt Island. I must say thanks to the following people first before I begin my article about the 2007 Worlds. Thanks to Python Gym, Alan Thomas at APT Wraps, Quest Nutrition and Sherman Ledford. | 1487* | | | | |
| Lewis#! Gayton (40-49) (SP) | 424 | 303 | 529 | Gayton Lifetime (SP) | 518 | — | — | 518 | |
| Artur (40-49) U | — | — | — | Gayton (50-59) (SP) | 396* | 286* | 457* | 1139* | |
| Monk (50-59) Raw | 529* | 352* | 606* | Gayton Lifetime U | 396 | 286* | 457* | 1139* | |
| Gayton Lifetime (SP) | 518 | — | — | Gayton (50-59) U | 418 | — | — | 418 | |
| Wright (13-16) Raw | — | — | — | Gayton 181 lbs. (17-19) Raw | 418 | — | — | 418 | |
| Eisen Lifetime (SP) | 402 | 242 | 402 | Marr! (40-49) Raw | 418 | 281 | 424 | 1123 | |
| Portwood! | 474 | 347 | 606* | 402 | 242 | 402 | 1047 | 1426* | |
| Eisen (40-49) Raw | 490 | 358* | 490 | 402 | 242 | 402 | 1047 | 1339 | |
| Wilcox (40-49) (SP) | 518 | 314 | 523 | Wilcox (40-49) (SP) | 512 | 380 | 578 | 1471 | |
| WRIGHT 198 lbs. Lifetime Raw | 474* | 347* | 606* | Walmer Open Raw | 435 | 231 | 374 | 1041 | |
| Bishop# Open Raw | 474* | 347* | 606* | Walmer Open (SP) | 435 | 231 | 374 | 1041 | |
| Yeargin (40-49) | 606* | 407 | 639* | Yeargin (40-49) | 606* | 407* | 639* | 1653* | |
| Yeargin (SP) Brown Lifetime (SP) | 606* | 407* | 639* | Yeargin (SP) Brown Lifetime (SP) | — | — | — | 1653* | |

out to cheer everyone on and a big thank you to the lifters that came from 18 states and six countries to make this a World event. Thanks to the Brazilian team and the Republic of Georgia team that came fourteen and ten strong. Twenty-eight drug test were done with one failure to report. This lifter will not be able to lift in WNPF events for three years, all records will be removed and he cannot promote the WNPF in any way for the next three years. We will not publish the name of the lifter that failed the test because it is embarrassing enough to get caught. Onto the World results, the women did a fabulous job again, all 26 of them. The one thing that I like to see in the WNPF is how the lifters are pulling for each other even though they are competing against each other. Jeri Keel lifting in her first WNPF Worlds set several records and won her division. I heard that this was going to be her last meet I hope not because Jeri is one of our favorite lifters out of South Carolina. Charlotte Hall from Georgia did very well switching over from bodybuilding to powerlifting. Ms. Longshore from Pennsylvania set new records and also won her first WNPF title. Ruth Ann Calais the oldest female lifter totaled 639 pounds, how many 60 year old women can do that. Cathi Mitchell from Pennsylvania came to set the World deadlift record and that she did on a fourth attempt. Maria Spano is not doubt the top raw female lifter in the WNPF and it showed once again at the 2007 world championships. Voegeli, Baxter and Greer all did a wonderful job of lifting. There were two female lifters from Brazil that came to show their skills, we could tell that they were new to the sport but they had the courage to step onto the platform and show everyone what they were made of. My

daughter Brianna Ford opened up with 40 pounds, then went to 50 and smoked it and then I made a mistake and pushed her up to 60 when she should have went to 55 but I am so proud of her for pressing 50 pounds and weighing 57 pounds. Kady Parker, the other nine year old, pushed 55 pounds up in the 80 pound class for a new record. Grossnickle from Indiana won her first WNPF World title in the 105 pound class. Mondragon and Wilcox out of Florida set new records with 82 and 137 pound lifts. Jean Adams the other 60 year old from New Jersey set new records in her class also. Laura Feeney from Pennsylvania hit 159 pounds raw. She took off several years of lifting and came back this year and she is almost up to her equipped weight from years ago. She lifted with us when she was 16 years old and now she is 25 and she still looks the same. Miller had the highest bench of the contest with a 165 pound lift. David Cohn from Georgia set all new world records and he is the top 114 pound lifter in the WNPF and don't worry David we will never get rid of the 114 pound class. Wilcox, Carmichael and Artur showed out. Mike hit a 462 pound squat, Hugh deadlifted a personal best 501 pounds and Carlos from Brazil posted a 1487 pounds total and the best lifter award. Johnny Gayton came to sets some records and that he did going home with seventeen WNPF World records. John Monk from Pennsylvania had an off day but I'm sure he will be back stronger than ever in the 165 pound division. Marr and Eisen did extremely well for a couple of teenage kids and they will improve I'm sure. Greg Wright from Florida won the lifetime and masters divisions in the 181 pound division. Willy Wilcox won the masters raw class, set a few records and coached a bunch of kids on his team. I give this guy a lot of credit for what he did all



Team Merritt Island, from FL, was the "Honors Group" at the Worlds.

weekend. Willy is a great coach and lifter. Portwood from GA set a new world record in the 181 pound lifetime division. Mike Bishop from Tennessee totaled 1471 pounds raw and won the best lifter in the raw division. Steve the old man Yeargin showed out with a 1653 pound total and Dennis Walmer another WNPF favorite set new squat, bench and total records in the master's 50-54 age division. In the 220 pound junior raw division Azariahsvili had a great day with a 1311 pound total. Newman totaled 1791 pounds in the masters 220 pound class and he also won the best lifter award. Pedro Tondo out of Canada won by over 200 pounds over Hemperly. The other Newman brother almost hit a 1900 pound total with single ply equipment on, this is one strong dude. Fambrough from Furman U hit a 650 pound squat with no knee wraps and he also set a new world record deadlift in the 275 pound class. Wayne Alsup won the 50-59 and police divisions. Wayne pulled a bicep on his last deadlift attempt we can only hope that he will recover soon and step back on the WNPF platform in 2008. Jason Wood from Arizona is a squatting machine! His first squat was right at parallel and got red lighted, his second and this squats were perfect and easy. He has 900 pounds in his sights and it won't be too long before he hits that. He had the highest total in the meet with a 2083 pounds. This is the highest total in the 275 pounds class ever in the WNPF and the third highest total ever in the WNPF. Jamie Davis had an off day and still totaled almost 1800 pounds. Chad Knowles is the first man to hit a 2100 pounds total in the WNPF. He is making his comeback to the WNPF and he totaled 1935 pounds, he just missed a 750 pound deadlift which would have put him closer to 2000 pounds. "Little Big Man" Austin Padgett set world records in both the bench press and deadlift. Petrik from Florida hit 92 pounds in the 114 class. Peang from Rhode Island made a 242 pound bench in the 123 pound class raw. Alan Oyler from Florida did his a personal best 226 pounds and won his division. Szwanki and Adair tied in the teenage division with 143 pounds but Szwanki won on bodyweight. Brian Albert from Georgia on the 148 pound lifetime and subs division with a 363 pound lift. Eddie Patton Gooch and Charlie Paige both from Georgia won their first WNPF title in the lifetime raw division. Matt Elrod spotted on Friday and still benched 391 pounds, very



New Inductees to the WNPF Hall of Fame: Lester Fields and Ron DeAmicis with Hall of Famers Roy Maxwell and Annette Schneidmiller.

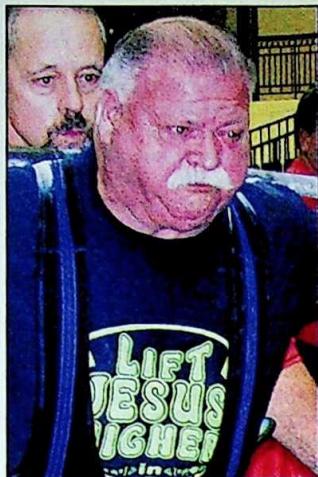
impressive. Brandao from Brazil won both the open and lifetime divisions with a 396 pound lift. Dennis Foltz won the masters 181 pound class with a 352 pound bench. Dave Harper won both the lifetime and subs raw division with a 391 pound attempt and then pushed 396 pounds up for another new World record. John Feehan from England won all three divisions in the single ply 220 pound class with a 518 pound bench; he also took home the best lifter award. John took off a few years due to health reasons and came back just as strong as he was a few years ago. Leo Ryan hit 485 pounds and missed 512 pounds in the 198 class. Michael Renfroe from Georgia defeated Jonathan Moore from Tennessee and Dalcorno and Binotti from Brazil. The upstate New York crew Mitchell, Shales Jr. and Sr. won their divisions. Brooke Blough from West Virginia placed second in the raw division and won his first WNPF title in the single ply division. Herb Brandt the oldest male competitor in the contest made a 165 pound bench in the 220 division. Impressive lifting from Ergemlidze representing the Republic of Georgia. Brian McKinney won five divisions in the 242 pound class. Charles Eddins one of the nicest guys in the league won his division for

his first title. Michael Churchman from Florida won both the single ply and unlimited 60-69 divisions. Buddy Cawley won six divisions with lifts of 551 and 700 pounds. Bill Lewis has the biggest arms in the WNPF used them to his advantage benching 551 and 507 pounds. He beat Cornell Raynor and Shaq Ramos in the highly contested 300 pound lifetime class. Big Charles Register missed his first two lifts and just barely missed 804 pounds on his third. He came so close to making this lift which would have been the biggest bench in WNPF history, next year for sure big Charles. Rasia from Brazil made an impressive 396 pounds in the 132 class for the win. Rich Sadiv from New Jersey made 694 and tried 700 pounds and missed it. Tee Meyers from Georgia hit 738 pounds on his third attempt and then went to 760 pounds on a fourth. I wish people in the audience could see themselves when the Skinny Man comes to the platform. It seems as though everyone in the audience just comes forward to get the best spot for pictures and to see this man lift. Tee came out, shouted "I'm the strongest grand daddy in the world" and with everyone screaming for him he pulled 760 pounds so easy he could have easily pulled 771 pounds. Lou Eleuteri from Pennsylvania took off almost ten years and came back and pulled 529 pounds, good for you Lou and its good to have you back. Charlie Kirtsner from Pennsylvania pulled a world record 325 pounds in the over 70 age division. In the 242 class Casagrande from Brazil pulled a 705 pounds opener and missed his other attempts. Rick Padgett lifting in his first world meet in years pulled world records of 551 and 622 pounds. Terry Sherk was so excited to be at this meet and I was glad he was there. Terry pulled 308 pounds for a new world record. Big Chad Braden was so happy to pull 650 pounds and he will pull 700 pounds by the next world championship. Big Dean Nichols and I do mean BIG pulled an easy 760 pounds. Dean will pull 800 pounds at the 2008 worlds mark this down. In the rep division Longshore and Feeney both hit over 40 reps with Feeney winning the best lifter award. Brandao won the best lifter award after a drug test disqualification. Evandro Casagrande totaled 969 with a token bench press and still won the best lifter award. Maria Spano and Miller tied with the highest lift in the women's curl with 76 pounds Rick Staab from Michigan won the masters and open divisions in the 165 pound class. Rick has the most impressive looking biceps and he uses them well in the curl event. Dave Harper and Pat Carr tied at 163 pounds with Harper coming out the winner. Vepkhvadze from Georgia curled 185 pounds in the 220 class for the win. Binotti from Brazil beat Feehan from England and Robertson from the U.S. Leo Monroe from South Carolina had the highest curl in the meet with 231 pounds. This year we inducted the following people into the 2007 WNPF Hall of fame on Saturday night - Barry Lafoy, Ralph Peace - Coach, Joe Garcia, Jule Dolci, Lester Fields - Announcer, and Ron Deamicis - Meet director. The top 2007 WNPF lifters were Rachel Wilcox, Maria Spano, Mike Wilcox, Zaur Javakhishvili, Leo Ryan, Carlos Artur, Richard Ambrose, Evandro Casagrande, Buddy Cawley, Johnny Gayton, Scott Shales, Herb Brandt, Jason Wood, Dennis Cieri, Tee Meyers and Leo Monroe. Next year Atlanta again (November 2008) and we hope to have all of you back with more countries in attendance. We are starting up a lifetime drug free league called WNPF LIFETIME and we will host a world championship meet in New Jersey in October 2008. (Thank you to Troy Ford of the WNPF for providing these results)



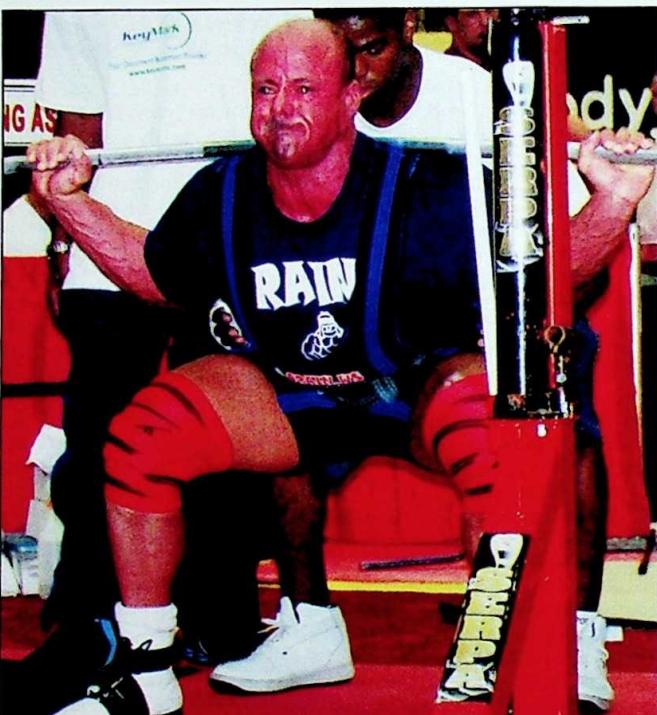
All the Women competitors at the WNPF Worlds with their awards.

(continued from page 10)

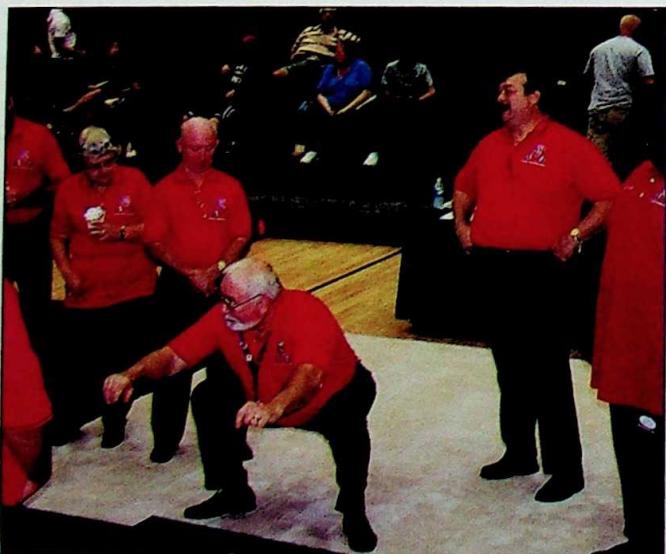


Paul Wrenn a masterful master

| | 4th-SQ-126 | | DL-181 | |
|-------------------------|------------|-----|--------|------|
| 165 lbs. | | | | |
| Lifetime Master (60-64) | | | | |
| E. Bolster | 126 | 77 | 165 | 369 |
| Master (60-64) | | | | |
| E. Bolster | 126 | 77 | 165 | 369 |
| Open | | | | |
| C. Rebman | 297 | 143 | 319 | 760 |
| Submaster (35-39) | | | | |
| T. Walker | 226 | 187 | 314 | 727 |
| Teen (18-19) | | | | |
| C. Rebman | 297 | 143 | 319 | 760 |
| 181 lbs. | | | | |
| Master (55-59) | | | | |
| A. Henderson | 176 | 144 | 276 | 597 |
| | 4th-SQ-181 | | | |
| 198 lbs. | | | | |
| Lifetime Open | | | | |
| J. Langdon | 248 | 165 | 275 | 688 |
| | 4th-SQ-259 | | | |
| Military/Master (50-54) | | | | |
| L. Hawkins | 93 | 126 | 220 | 440 |
| Open | | | | |
| J. Langdon | 248 | 165 | 275 | 688 |
| | 4th-SQ-259 | | | |
| 198+ lbs. | | | | |
| Lifetime Open | | | | |
| H. Biddle | 242 | 132 | 275 | 650 |
| Open | | | | |
| H. Biddle | 242 | 132 | 275 | 650 |
| Teen (16-17) | | | | |
| H. Biddle | 242 | 132 | 275 | 650 |
| MALE | | | | |
| 114 lbs. | | | | |
| Open | | | | |
| N. Litowsky | 248 | 137 | 259 | 644 |
| Youth (12-13) | | | | |
| N. Litowsky | 248 | 137 | 259 | 644 |
| 132 lbs. | | | | |
| Junior (20-23) | | | | |
| N. Lenhart | 385 | 303 | 485 | 1173 |
| | 4th-DL-501 | | | |



Brandon Cass was another of the big name lifters at this contest.



Referee's Clinic before the lifting. (photographs courtesy J. Wood)

| | | | N. Lenhart | 385 | 303 | 485 | 1173 |
|----------------------|------------|-----|--------------------------------|------------|-----|-----|------|
| | | | | 4th-DL-501 | | | |
| Military Open | | | Lifetime Open | 385 | 303 | 485 | 1173 |
| J. Bowers | 292 | 176 | N. Lenhart | 385 | 303 | 485 | 1173 |
| 148 lbs. | | | | 4th-DL-501 | | | |
| Master (45-49) | | | Master (45-49) | | | | |
| P. Burnett | 231 | 170 | A. Grier | 275 | 248 | 275 | 799 |
| 198 lbs. | | | 148 lbs. | | | | |
| Teen (14-15) | | | Law/Fire Master (45-49) | | | | |
| A. McCloskey | 336 | 226 | D. Edmondson | 518 | 275 | 518 | 1311 |
| Teen (18-19) | | | Law/Fire Open | | | | |
| T. Maloun | 319 | 187 | D. Edmondson | 518 | 275 | 518 | 1311 |
| Raw | | | Lifetime Master (40-44) | | | | |
| 105 lbs. | | | R. Wess | 440 | 270 | 474 | 1185 |
| Master (45-49) | | | Lifetime Master (45-49) | | | | |
| K. Awada | 115 | 82 | D. Edmondson | 518 | 275 | 518 | 1311 |
| 123 lbs. | | | Lifetime Master (60-64) | | | | |
| Teen(14-15) | | | L. Eggleston | 303 | 192 | 396 | 892 |
| Zimmerman | 170 | 104 | | 4th-SQ-319 | | | |
| Teen (16-17) | | | Lifetime Open | | | | |
| L. Kutner | 226 | 148 | D. Edmondson | 518 | 275 | 518 | 1311 |
| | 4th-SQ-231 | | Lifetime Open | | | | |
| 148 lbs. | | | R. Wess | 440 | 270 | 474 | 1185 |
| Lifetime Open | | | Master (40-44) | | | | |
| S. Biddle | 192 | 126 | R. Wess | 440 | 270 | 474 | 1185 |
| Master (40-44) | | | Master (45-49) | | | | |
| J. Gardella | 264 | 214 | D. Edmondson | 518 | 275 | 518 | 1311 |
| Open | | | Military Master (60-64) | | | | |
| J. Gardella | 264 | 214 | L. Eggleston | 303 | 192 | 396 | 892 |
| S. Biddle | 192 | 126 | | 4th-SQ-319 | | | |
| Teen (14-15) | | | Open | | | | |
| S. Biddle | 192 | 126 | D. Edmondson | 518 | 275 | 518 | 1311 |
| Youth (12-13) | | | 165 lbs. | | | | |
| M. Dudley | 121 | 66 | | | | | |

| | | | | | | | | | | | | | | | | | |
|-------------------------|--------|-----|-----|------|--|---|--------------|-----|--------|------|---|---|--------------|-----|------|------|------|
| Master (45-49) | | | | | | B. Dowling | 821 | 711 | 700 | 2232 | Lifetime Master (45-49) | | | | | | |
| R. Yearwood | 429 | 281 | 529 | 1240 | | Teen (18-19) | 677 | 369 | 578 | 1625 | R. Garofalo | 518 | 352 | 132 | 1003 | | |
| 4th-SQ-435 | DL-534 | | | | | J. Jefferson | | | | | Lifetime Master (60-64) | C. McDonald | 319 | 187 | 407 | 914 | |
| Teen (18-19) | | | | | | Raw | 66 lbs. | | | | Lifetime Master (75-79) | D. Levesque | 264 | 154 | 407 | 826 | |
| R. Crain | 45 | 220 | 446 | 712 | | Kids (6-7) | | | | | Lifetime Open | B. Kiraly | 380 | 325 | 551 | 1256 | |
| N. Israel | 501 | 363 | 492 | 1358 | | A. Ellis | 90 | 44 | 93 | 228 | G. Doherty | 413 | 264 | 529 | 1207 | | |
| 198 lbs. | | | | | | 4th-BP-50 | | | DL-100 | | C. DelRosario | 264 | 286 | 363 | 914 | | |
| Lifetime Master (60-64) | | | | | | B. Dowling | 114 lbs. | | | | Master (40-44) | E. Bell | 352 | 242 | 418 | 1014 | |
| D. Mansfield | 584 | 281 | 518 | 1383 | | Teen (16-17) | 165 | 104 | 242 | 512 | Master (45-49) | R. Garofalo | 518 | 352 | 132 | 1003 | |
| Master (40-44) | | | | | | D. Greeley | | | | | Master (55-59) | M. Brady | 424 | 281 | 523 | 1229 | |
| C. Peters | 523 | 399 | 562 | 1484 | | Youth (12-13) | 203 | 132 | 275 | 611 | Master (75-79) | D. Levesque | 264 | 154 | 407 | 826 | |
| Master (45-49) | | | | | | D. Swan | 4th-BP-140 | | | | Military Open | B. Kiraly | 380 | 325 | 551 | 1256 | |
| D. Harney | 479 | 330 | 507 | 1317 | | G. Dudley | 126 | 93 | 187 | 407 | B. Kiraly | 380 | 325 | 551 | 1256 | | |
| Master (50-54) | | | | | | 123 lbs. | | | | | C. Davis | 363 | 363 | 501 | 1229 | | |
| A. Reiss | 457 | 341 | 418 | 1218 | | Walker | 275 | 165 | 358 | 799 | C. DelRosario | 264 | 286 | 363 | 914 | | |
| Master (60-64) | | | | | | B. Etringer | 231 | 159 | 308 | 700 | Open | G. Davis | 363 | 363 | 501 | 1229 | |
| D. Mansfield | 584 | 281 | 518 | 1383 | | Teen (14-15) | 231 | 159 | 308 | 700 | Special Olympian Junior | J. Riley | 479 | 402 | 578 | 1460 | |
| Master (75-79) | | | | | | Teen (16-17) | | | | | C. Perez | 391 | 336 | 496 | 1223 | | |
| B. Remley | 352 | 275 | 402 | 1030 | | J. Rein | 319 | 170 | 341 | 832 | G. Doherty | 413 | 264 | 529 | 1207 | | |
| Military Open | | | | | | Walker | 275 | 165 | 358 | 799 | R. Garofalo | 518 | 352 | 132 | 1003 | | |
| J. Bowers | 617 | 391 | 584 | 1592 | | 132 lbs. | | | | | Special Olympian Submaster | R. McDonnell | 529 | 374 | 573 | 1477 | |
| Open | | | | | | Lifetime Master (45-49) | M. Schultz | 264 | 198 | 385 | 848 | Special Olympian Submaster | C. Martin | 292 | 181 | 347 | 821 |
| J. Bowers | 617 | 391 | 584 | 1592 | | M. Schultz | 264 | 198 | 385 | 848 | Special Olympian Submaster | E. Woolfolk | 110 | 82 | 226 | 418 | |
| Teen (18-19) | | | | | | 148 lbs. | | | | | 198 lbs. | W. Pennell | 518 | 380 | 578 | 1477 | |
| B. Franklin | 474 | 330 | 474 | 1278 | | Junior (20-23) | J. Rein | 319 | 187 | 402 | 909 | Lifetime Submaster (35-39) | R. McMillan | 474 | 297 | 479 | 1251 |
| 220 lbs. | | | | | | Lifetime Master (60-64) | L. Eggleston | 303 | 192 | 396 | 892 | Military Master (60-64) | W. Andrews | 99 | 181 | 402 | 683 |
| Junior (20-23) | | | | | | 4th-SQ-319 | | | | | Master (40-44) | R. Andrews | 99 | 181 | 402 | 683 | |
| C. Wichtl | 529 | 380 | 551 | 1460 | | Military Master (60-64) | L. Eggleston | 303 | 192 | 396 | 892 | Master (50-54) | J. VanAllen | 474 | 402 | 525 | 1402 |
| Law/Fire Open | | | | | | 4th-SQ-319 | | | | | Master (75-79) | N. Hammer | 562 | 429 | 639 | 1631 | |
| M. Pratt | 617 | 402 | 540 | 1559 | | Open | J. Adair | 341 | 214 | 440 | 997 | W. Leedy | 303 | 226 | 402 | 931 | |
| C. Melanson | 551 | 391 | 485 | 1427 | | J. Golec | 562 | 523 | 1466 | | Open | N. Roten | 545 | 325 | 578 | 1449 | |
| Lifetime Master (50-54) | | | | | | C. Melanson | 551 | 391 | 485 | | J. Pardue | 479 | 325 | 600 | 1405 | | |
| K. Tillman | 507 | 303 | 485 | 1295 | | J. Richardson | 457 | 363 | 485 | | J. Fuller | 374 | 226 | 501 | 1102 | | |
| Lifetime Master (60-64) | | | | | | Open | T. Scott | 341 | 253 | 369 | 964 | D. Gustafson | 347 | 231 | 523 | 1102 | |
| A. Williamson | 518 | 330 | 457 | 1306 | | Jean (14-15) | Teen (18-19) | 330 | 198 | 369 | 898 | Special Olympians Submaster | B. Hale | 264 | 214 | 325 | 804 |
| Lifetime Open | | | | | | J. Golec | 562 | 523 | 1466 | | R. Curry | 132 | 110 | 176 | 418 | | |
| J. Golec | 562 | 380 | 523 | 1466 | | C. Melanson | 551 | 391 | 485 | | Submaster (35-39) | W. Pennell | 518 | 380 | 578 | 1477 | |
| C. Melanson | 551 | 391 | 485 | 1427 | | Teen (14-15) | J. Pratt | 617 | 402 | 540 | 1559 | Special Olympian Submaster | B. Jones | 518 | 297 | 573 | 1388 |
| Teen (14-15) | | | | | | 165 lbs. | J. Gayton | 330 | 253 | 463 | 1047 | R. Parker | 418 | 292 | 501 | 1212 | |
| T. Scott | 341 | 253 | 369 | 964 | | Lifetime Master (45-49) | C. DeJoy | 314 | 336 | 413 | 1063 | Teen (18-19) | K. Studevant | 650 | 418 | 722 | 1791 |
| 242 lbs. | | | | | | M. Emerald | 463 | 380 | 518 | 1361 | J. Herbst | 314 | 281 | 424 | 1019 | | |
| Law/Fire Master (50-54) | | | | | | Lifetime Master (45-49) | J. Gayton | 330 | 253 | 463 | 1047 | Teen (18-19) | T. Langdon | 479 | 347 | 534 | 1361 |
| M. Hogan | 501 | 319 | 496 | 1317 | | R. Bolster | 451 | 253 | 402 | 1107 | R. Herbst | 314 | 281 | 424 | 1019 | | |
| Law/Fire Open | | | | | | Lifetime Open | J. Gayton | 330 | 253 | 463 | 1047 | Teen (18-19) | T. Langdon | 479 | 347 | 534 | 1361 |
| D. Sansom | 385 | 363 | 463 | 1212 | | 4th-SQ-336 | C. DeJoy | 314 | 336 | 413 | 1063 | Open | K. Barnard | 556 | 363 | 606 | 1526 |
| Lifetime Master (45-49) | | | | | | Lifetime Master (50-54) | R. Herbst | 314 | 281 | 424 | 1019 | 308 lbs. | | | | | |
| M. Emerald | 463 | 380 | 518 | 1361 | | Master (45-49) | R. Yearwood | 429 | 281 | 529 | 1240 | Open | | | | | |
| Lifetime Master (60-64) | | | | | | 4th-SQ-435 | R. Yearwood | 429 | 281 | 529 | 1240 | K. Studevant | 650 | 418 | 722 | 1791 | |
| R. Bolster | 451 | 253 | 402 | 1107 | | DL-534 | | | | | Teen (16-17) | M. DiBiase | 380 | 259 | 440 | 1080 | |
| Lifetime Open | | | | | | Open | J. Gayton | 330 | 253 | 463 | 1047 | 4th-DL-451 | | | | | |
| R. Chavez | 611 | 358 | 551 | 1521 | | J. Gayton | 330 | 253 | 463 | 1047 | Venue: Disney Wide World of Sports. Meet | | | | | | |
| 4th-BP-374 | | | | | | Open | J. Gayton | 330 | 253 | 463 | 1047 | Directors: Judy & Steve Wood, Jill Meads. | | | | | |
| M. Ferris | 589 | 490 | 600 | 1681 | | J. Gayton | 330 | 253 | 463 | 1047 | Meet Stats: Total Competitors: 214. Total | | | | | | |
| 4th-DL-622 | | | | | | Open | J. Gayton | 330 | 253 | 463 | 1047 | Women Competitors: 18. Total Men Competing: 144. Total Children/Teens Competing: 41. Total Special Athletes Competing: | | | | | |
| Master (45-49) | | | | | | J. Gayton | 330 | 253 | 463 | 1047 | 11. Youngest Competitor: Age six. Oldest Competitor: Age 77. Full Power Teams: 1st-Big Iron Powerlifting, MA, 2nd-Virtus Gym, CO, 3rd-North Star Pride, NC, 4th-Rickey Crain, OK. Bench Press Team 1st: Army National Guard, Washington, DC. Deadlift Lift Team 1st: Power to the People. Countries Competing: USA, Austria, Ontario, Turkmenistan. Full Power Heaviest Lifts Women: Squat Assisted-Anna McCloskey. Squat Raw-Chelsea Rebman. Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Deadlift Assisted-Available Henderson. Deadlift Raw-Available Henderson. Bench Press Heaviest Lifts Women: Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Heaviest Lifts Women: Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Full Power Heaviest Lifts Men: Squat Assisted-Bubba Dowling. Squat Raw-Kirt Studevant. Bench Assisted-Bubba Dowling. Bench Raw-Jean Gardella. Push Pull Heaviest Lifts Women: Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Push Pull Heaviest Lifts Men: Bench Assisted-Guy Powell. Bench Raw-Louis Gray. Deadlift Assisted-Dan Driscoll. Deadlift Raw-Kerry Barnard. Bench Press Heaviest Lifts Men: Bench Assisted-Randy James. Bench Raw-Keith Mackey. Deadlift Heaviest Lifts Men: Deadlift Assisted-Darren Flagg. Deadlift Raw-Terry Putman. (courtesy Judy Wood) | | | | | | |
| M. Ferris | 589 | 490 | 600 | 1681 | | J. Gayton | 330 | 253 | 463 | 1047 | 11. Youngest Competitor: Age six. Oldest Competitor: Age 77. Full Power Teams: 1st-Big Iron Powerlifting, MA, 2nd-Virtus Gym, CO, 3rd-North Star Pride, NC, 4th-Rickey Crain, OK. Bench Press Team 1st: Army National Guard, Washington, DC. Deadlift Lift Team 1st: Power to the People. Countries Competing: USA, Austria, Ontario, Turkmenistan. Full Power Heaviest Lifts Women: Squat Assisted-Anna McCloskey. Squat Raw-Chelsea Rebman. Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Deadlift Assisted-Available Henderson. Deadlift Raw-Available Henderson. Bench Press Heaviest Lifts Women: Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Heaviest Lifts Women: Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Full Power Heaviest Lifts Men: Squat Assisted-Bubba Dowling. Squat Raw-Kirt Studevant. Bench Assisted-Bubba Dowling. Bench Raw-Jean Gardella. Push Pull Heaviest Lifts Women: Bench Assisted-Guy Powell. Bench Raw-Louis Gray. Deadlift Assisted-Dan Driscoll. Deadlift Raw-Kerry Barnard. Bench Press Heaviest Lifts Men: Bench Assisted-Randy James. Bench Raw-Keith Mackey. Deadlift Heaviest Lifts Men: Deadlift Assisted-Darren Flagg. Deadlift Raw-Terry Putman. (courtesy Judy Wood) | | | | | | |
| Master (40-44) | | | | | | Open | J. Gayton | 330 | 253 | 463 | 1047 | 11. Youngest Competitor: Age six. Oldest Competitor: Age 77. Full Power Teams: 1st-Big Iron Powerlifting, MA, 2nd-Virtus Gym, CO, 3rd-North Star Pride, NC, 4th-Rickey Crain, OK. Bench Press Team 1st: Army National Guard, Washington, DC. Deadlift Lift Team 1st: Power to the People. Countries Competing: USA, Austria, Ontario, Turkmenistan. Full Power Heaviest Lifts Women: Squat Assisted-Anna McCloskey. Squat Raw-Chelsea Rebman. Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Deadlift Assisted-Available Henderson. Deadlift Raw-Available Henderson. Bench Press Heaviest Lifts Women: Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Heaviest Lifts Women: Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Full Power Heaviest Lifts Men: Squat Assisted-Bubba Dowling. Squat Raw-Kirt Studevant. Bench Assisted-Bubba Dowling. Bench Raw-Jean Gardella. Push Pull Heaviest Lifts Women: Bench Assisted-Guy Powell. Bench Raw-Louis Gray. Deadlift Assisted-Dan Driscoll. Deadlift Raw-Kerry Barnard. Bench Press Heaviest Lifts Men: Bench Assisted-Randy James. Bench Raw-Keith Mackey. Deadlift Heaviest Lifts Men: Deadlift Assisted-Darren Flagg. Deadlift Raw-Terry Putman. (courtesy Judy Wood) | | | | | |
| D. Driscoll | 633 | 435 | 617 | 1686 | | J. Gayton | 330 | 253 | 463 | 1047 | 11. Youngest Competitor: Age six. Oldest Competitor: Age 77. Full Power Teams: 1st-Big Iron Powerlifting, MA, 2nd-Virtus Gym, CO, 3rd-North Star Pride, NC, 4th-Rickey Crain, OK. Bench Press Team 1st: Army National Guard, Washington, DC. Deadlift Lift Team 1st: Power to the People. Countries Competing: USA, Austria, Ontario, Turkmenistan. Full Power Heaviest Lifts Women: Squat Assisted-Anna McCloskey. Squat Raw-Chelsea Rebman. Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Deadlift Assisted-Available Henderson. Deadlift Raw-Available Henderson. Bench Press Heaviest Lifts Women: Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Heaviest Lifts Women: Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Full Power Heaviest Lifts Men: Squat Assisted-Bubba Dowling. Squat Raw-Kirt Studevant. Bench Assisted-Bubba Dowling. Bench Raw-Jean Gardella. Push Pull Heaviest Lifts Women: Bench Assisted-Guy Powell. Bench Raw-Louis Gray. Deadlift Assisted-Dan Driscoll. Deadlift Raw-Kerry Barnard. Bench Press Heaviest Lifts Men: Bench Assisted-Randy James. Bench Raw-Keith Mackey. Deadlift Heaviest Lifts Men: Deadlift Assisted-Darren Flagg. Deadlift Raw-Terry Putman. (courtesy Judy Wood) | | | | | | |
| Open | | | | | | J. Gayton | 330 | 253 | 463 | 1047 | 11. Youngest Competitor: Age six. Oldest Competitor: Age 77. Full Power Teams: 1st-Big Iron Powerlifting, MA, 2nd-Virtus Gym, CO, 3rd-North Star Pride, NC, 4th-Rickey Crain, OK. Bench Press Team 1st: Army National Guard, Washington, DC. Deadlift Lift Team 1st: Power to the People. Countries Competing: USA, Austria, Ontario, Turkmenistan. Full Power Heaviest Lifts Women: Squat Assisted-Anna McCloskey. Squat Raw-Chelsea Rebman. Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Deadlift Assisted-Available Henderson. Deadlift Raw-Available Henderson. Bench Press Heaviest Lifts Women: Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Heaviest Lifts Women: Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Full Power Heaviest Lifts Men: Squat Assisted-Bubba Dowling. Squat Raw-Kirt Studevant. Bench Assisted-Bubba Dowling. Bench Raw-Jean Gardella. Push Pull Heaviest Lifts Women: Bench Assisted-Guy Powell. Bench Raw-Louis Gray. Deadlift Assisted-Dan Driscoll. Deadlift Raw-Kerry Barnard. Bench Press Heaviest Lifts Men: Bench Assisted-Randy James. Bench Raw-Keith Mackey. Deadlift Heaviest Lifts Men: Deadlift Assisted-Darren Flagg. Deadlift Raw-Terry Putman. (courtesy Judy Wood) | | | | | | |
| P. Dennis | 804 | 518 | 617 | 1940 | | Open | J. Gayton | 330 | 253 | 463 | 1047 | 11. Youngest Competitor: Age six. Oldest Competitor: Age 77. Full Power Teams: 1st-Big Iron Powerlifting, MA, 2nd-Virtus Gym, CO, 3rd-North Star Pride, NC, 4th-Rickey Crain, OK. Bench Press Team 1st: Army National Guard, Washington, DC. Deadlift Lift Team 1st: Power to the People. Countries Competing: USA, Austria, Ontario, Turkmenistan. Full Power Heaviest Lifts Women: Squat Assisted-Anna McCloskey. Squat Raw-Chelsea Rebman. Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Deadlift Assisted-Available Henderson. Deadlift Raw-Available Henderson. Bench Press Heaviest Lifts Women: Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Heaviest Lifts Women: Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Full Power Heaviest Lifts Men: Squat Assisted-Bubba Dowling. Squat Raw-Kirt Studevant. Bench Assisted-Bubba Dowling. Bench Raw-Jean Gardella. Push Pull Heaviest Lifts Women: Bench Assisted-Guy Powell. Bench Raw-Louis Gray. Deadlift Assisted-Dan Driscoll. Deadlift Raw-Kerry Barnard. Bench Press Heaviest Lifts Men: Bench Assisted-Randy James. Bench Raw-Keith Mackey. Deadlift Heaviest Lifts Men: Deadlift Assisted-Darren Flagg. Deadlift Raw-Terry Putman. (courtesy Judy Wood) | | | | | |
| Youth (12-13) | | | | | | J. Gayton | 330 | 253 | 463 | 1047 | 11. Youngest Competitor: Age six. Oldest Competitor: Age 77. Full Power Teams: 1st-Big Iron Powerlifting, MA, 2nd-Virtus Gym, CO, 3rd-North Star Pride, NC, 4th-Rickey Crain, OK. Bench Press Team 1st: Army National Guard, Washington, DC. Deadlift Lift Team 1st: Power to the People. Countries Competing: USA, Austria, Ontario, Turkmenistan. Full Power Heaviest Lifts Women: Squat Assisted-Anna McCloskey. Squat Raw-Chelsea Rebman. Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Deadlift Assisted-Available Henderson. Deadlift Raw-Available Henderson. Bench Press Heaviest Lifts Women: Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Heaviest Lifts Women: Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Full Power Heaviest Lifts Men: Squat Assisted-Bubba Dowling. Squat Raw-Kirt Studevant. Bench Assisted-Bubba Dowling. Bench Raw-Jean Gardella. Push Pull Heaviest Lifts Women: Bench Assisted-Guy Powell. Bench Raw-Louis Gray. Deadlift Assisted-Dan Driscoll. Deadlift Raw-Kerry Barnard. Bench Press Heaviest Lifts Men: Bench Assisted-Randy James. Bench Raw-Keith Mackey. Deadlift Heaviest Lifts Men: Deadlift Assisted-Darren Flagg. Deadlift Raw-Terry Putman. (courtesy Judy Wood) | | | | | | |
| J. Scott | 270 | 170 | 303 | 744 | | 308 lbs. | J. Gayton | 330 | 253 | 463 | 1047 | 11. Youngest Competitor: Age six. Oldest Competitor: Age 77. Full Power Teams: 1st-Big Iron Powerlifting, MA, 2nd-Virtus Gym, CO, 3rd-North Star Pride, NC, 4th-Rickey Crain, OK. Bench Press Team 1st: Army National Guard, Washington, DC. Deadlift Lift Team 1st: Power to the People. Countries Competing: USA, Austria, Ontario, Turkmenistan. Full Power Heaviest Lifts Women: Squat Assisted-Anna McCloskey. Squat Raw-Chelsea Rebman. Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Deadlift Assisted-Available Henderson. Deadlift Raw-Available Henderson. Bench Press Heaviest Lifts Women: Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Heaviest Lifts Women: Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Full Power Heaviest Lifts Men: Squat Assisted-Bubba Dowling. Squat Raw-Kirt Studevant. Bench Assisted-Bubba Dowling. Bench Raw-Jean Gardella. Push Pull Heaviest Lifts Women: Bench Assisted-Guy Powell. Bench Raw-Louis Gray. Deadlift Assisted-Dan Driscoll. Deadlift Raw-Kerry Barnard. Bench Press Heaviest Lifts Men: Bench Assisted-Randy James. Bench Raw-Keith Mackey. Deadlift Heaviest Lifts Men: Deadlift Assisted-Darren Flagg. Deadlift Raw-Terry Putman. (courtesy Judy Wood) | | | | | |
| 308 lbs. | | | | | | Law/Fire Master (40-44) | J. Myers | 429 | 413 | 507 | 1350 | 11. Youngest Competitor: Age six. Oldest Competitor: Age 77. Full Power Teams: 1st-Big Iron Powerlifting, MA, 2nd-Virtus Gym, CO, 3rd-North Star Pride, NC, 4th-Rickey Crain, OK. Bench Press Team 1st: Army National Guard, Washington, DC. Deadlift Lift Team 1st: Power to the People. Countries Competing: USA, Austria, Ontario, Turkmenistan. Full Power Heaviest Lifts Women: Squat Assisted-Anna McCloskey. Squat Raw-Chelsea Rebman. Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Deadlift Assisted-Available Henderson. Deadlift Raw-Available Henderson. Bench Press Heaviest Lifts Women: Bench Assisted-Anna McCloskey. Bench Raw-Jean Gardella. Deadlift Heaviest Lifts Women: Deadlift Assisted-Anna McCloskey. Deadlift Raw-Jean Gardella. Full Power Heaviest Lifts Men: Squat Assisted-Bubba Dowling. Squat Raw-Kirt Studevant. Bench Assisted-Bubba Dowling. Bench Raw-Jean Gardella. Push Pull Heaviest Lifts Women: Bench Assisted-Guy Powell. Bench Raw-Louis Gray. Deadlift Assisted-Dan Driscoll. Deadlift Raw-Kerry Barnard. Bench Press Heaviest Lifts Men: Bench Assisted-Randy James. Bench Raw-Keith Mackey. Deadlift Heaviest Lifts Men: Deadlift Assisted-Darren Flagg. Deadlift Raw-Terry Putman. (courtesy Judy Wood) | | | | | |
| Law/Fire Master (40-44) | | | | | | Day 1 - All Male Juniors & Male Adults up to 198 lb class | | | | | 11. Youngest Competitor: Age six. Oldest Competitor: Age 77. Full Power Teams: 1st-Big Iron Powerlifting, MA | | | | | | |

USA Powerlifting Virginia State
8 DEC 07 - Stanardsville, VA

| | | |
|----------------|--------------|--------------------------|
| BENCH | Open | Raw |
| FEMALE | C. Amstone | 355 |
| 132 lbs. | (45-49) | |
| Open | J. Chumley | 300 |
| D. Lawyer | 155 | |
| 148 lbs. | Supers | |
| (45-49) Raw | (45-49) Raw | |
| C. Penn | 130 | |
| MALE | DEADLIFT | |
| 148 lbs. | FEMALE | |
| College Raw | 148 lbs. | |
| W. Klos | 250 | |
| 181 lbs. | (45-49) Raw | |
| Out of State | C. Penn | 170 |
| (40-44) Raw | 165 lbs. | |
| D. Ray | 265 | |
| Open Raw | 181 lbs. | |
| J. Duke | 245 | |
| (40-44) Raw | (40-44) Raw | |
| J. Penn | 270 | |
| 198 lbs. | J. Penn | 320 |
| Open Raw | 198 lbs. | |
| T. Russo | 350 | |
| Spec. Olympian | K. Ryman | |
| C. Rigglemen | 220 lbs. | |
| 235 | (65-69) Raw | |
| 242 lbs. | E. Trubic | 75 |
| College | 132 lbs. | |
| D. VonSchuch | 580 | |
| Ironman | K. James | |
| FEMALE | J. Eger | 430 |
| 148 lbs. | (45-49) | |
| (45-49) Raw | D. Lawyer | 235 |
| C. Penn | 148 lbs. | |
| MALE | (45-49) Raw | |
| 181 lbs. Raw | J. Penn | 450 |
| Open | BP DL TOT | |
| W. Coyner | 130 | 170 300 |
| 181 lbs. | M. Fadeley | 185 |
| (40-44) | 181 lbs. | 145 265 595 |
| Raw | J. Sine | 335 |
| J. Penn | 181 lbs. | 210 350 895 |
| 198 lbs. | J. Bowes | 325 |
| Open Raw | 148 lbs. | 215 325 865 |
| J. Lafferty | 325 | 470 795 |
| 198 lbs. | J. Fleming | 325 |
| (55-59) | 181 lbs. | 215 370 910 |
| J. Harman | 310 | 425 735 |
| 242 lbs. | Al. Bowers | 335 |
| Open | Hafhemeyer | 405 |
| A. Harman | 165 lbs. | 300 440 1145 |
| 275 lbs. | College | |
| Out of State | M. Long | 335 |
| Open | (45-49) Raw | 275 350 960 |
| W. Jordon | C. Kozub | 260 |
| Supers | Open (55-59) | 250 325 835 |
| (45-49) Raw | J. Harrop | 445 |
| J. Penn | 181 lbs. | 200 545 1190 |
| Powerlifting | Out of State | Teen (14-15) |
| SQ | BP DL TOT | J. Kozub 385 215 375 975 |



| | | | | | | |
|---------|------------------|-----|-----|-----|------|---|
| College | R. Phillips | 350 | 260 | 385 | 995 | (55-59) Raw |
| | (18-19) Raw | | | | | R. Beuch |
| | J. Walker | 300 | 190 | 385 | 875 | (60-64) |
| | (40-44) | | | | | M. Nichols |
| | J. Penn | 260 | 270 | 320 | 850 | 275 lbs. |
| | (20-23) Raw | | | | | (18-19) |
| | J. Jahn | 405 | 275 | 405 | 1085 | S. Murden |
| | Out of state | | | | | Open Raw |
| | M. Kozub | 425 | 330 | 485 | 1240 | M. Belby |
| | Open Raw | | | | | Supers |
| | J. Preskar | 375 | 265 | 490 | 1130 | (40-44) |
| | (50-54) | | | | | Police Raw |
| | D. Smith | 425 | 325 | 350 | 1100 | R. Armstead |
| | 198 lbs. | | | | | (45-49) |
| | (14-15) | | | | | R. Gains |
| | C. Fagan | 285 | 145 | 395 | 825 | (45-49) Raw |
| | (16-17) | | | | | J. Penn |
| | J. Clayton | 390 | 225 | 400 | 1015 | Open |
| | A. Bowers | 275 | 225 | 375 | 875 | J. Wehrmann |
| | (18-19) Raw | | | | | College |
| | J. Pope | 315 | 225 | 360 | 900 | B. Bryant |
| | College | | | | | (Thanks to John Shiflett for these results) |
| | D. Feltes | 410 | 330 | 450 | 1190 | |
| | T. Farley | 365 | 300 | 475 | 1140 | |
| | Spec | | | | | |
| | Olympic | | | | | |
| | C. Rigglemen | 300 | 235 | 275 | 810 | |
| | Open Raw | | | | | |
| | J. Lafferty | 455 | 325 | 470 | 1250 | |
| | (40-44) Raw | | | | | |
| | J. Listopad | 400 | 265 | 405 | 1070 | |
| | Open | | | | | |
| | D. Moran | 370 | 305 | 415 | 1090 | |
| | 220 lbs. | | | | | |
| | (20-23) | | | | | |
| | M. Mellon | 450 | 340 | 500 | 1290 | |
| | Open | | | | | |
| | J. Kuhns | 600 | 500 | 530 | 1630 | |
| | A. Rozewicz | 425 | 405 | 570 | 1400 | |
| | College Raw | | | | | |
| | B. Kozlik | 505 | 300 | 570 | 1375 | |
| | College | | | | | |
| | C. Cole | 250 | 185 | 405 | 840 | |
| | (20-23) | | | | | |
| | C. Bowers | 455 | 375 | 500 | 1330 | |
| | Out of State Raw | | | | | |
| | J. McDonald | 405 | 315 | 460 | 1180 | |
| | (40-44) | | | | | |
| | E. Shrader | 500 | 350 | 500 | 1350 | |
| | (45-49) | | | | | |
| | G. Stang | 430 | 415 | 485 | 1330 | |
| | 242 lbs. | | | | | |
| | (18-19) | | | | | |
| | Z. Chestnut | 445 | 285 | 500 | 1230 | |
| | (20-23) | | | | | |
| | J. Fields | 500 | 405 | 500 | 1405 | |
| | Open Raw | | | | | |
| | C. Amstone | 500 | 355 | 505 | 1360 | |
| | M. Baugham | 455 | 325 | 530 | 1310 | |

NASA West Texas Regional
8 DEC 07 - Hereford, TX

| | |
|--------------|-----------------|
| BENCH | Open |
| MALE | R. James |
| 220 lbs. | 181 lbs. |
| Master I | Master III |
| T. Garcia | 435 |
| SHW | J. Werner |
| Police/Fire | C. Lynn |
| R. James | 474 |
| Push Pull | 220 lbs. |
| FEMALE | Novice |
| 165 lbs. | I. Alonso |
| Int | BP DL TOT |
| D. James | 192 325 518 |
| MALE | |
| 181 lbs. | |
| Open | |
| C. Golden | 418 540 959 |
| 242 lbs. | |
| Open | |
| G. Alvarado | 446 540 986 |
| 275 lbs. | |
| Submaster I | |
| G. Vigil | 352 418 771 |
| Powerlifting | SQ BP DL TOT |
| FEMALE | |
| 165 lbs. | |
| Int | |
| D. James | 303 192 325 821 |
| MALE | |
| 165 lbs. | |
| Master II | |
| M. Stroud | 281 137 341 760 |
| Novice | |
| A. Rodriguez | 380 281 319 981 |

USA Powerlifting™ (formerly ADFPA) Membership Application • PO Box 668, Columbia City, IN 46725

(260) 248-4889 • (260) 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) - \$30.00 • Special Olympian - \$10.00 • Youth (10-13) - \$15.00

• High School Seasonal (6 mo. Only 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** **Youth (10-13 yrs.)** **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 - May 31** **Special Olympian**

USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ____ qtly ____)(colors: Navy and black, gray) • Sweatshirts (Crewneck, zipper or hooded) - see e.store

• Women's T-Shirt - \$18.00 (size ____ qtly ____)(colors: Black, gray and white) • Kids T-Shirts and hooded sweatshirts - see e.store on website

• White Referee Designation Polo - \$30.00 (size ____ qtly ____) • Logo Patch - \$5.00 (qty. ____) (Shpg for patch: .50) • Tanks - see e.store on website

• Lifter Classification Patch - \$5.00 (qty. ____) (must provide meet results) • Singlets - see e.store • Caps and Beanies - \$15.00 (qty. ____)(colors: Navy)

Check/Money Order # _____ **Membership Price:** \$ _____

Credit Card: Visa-Mastercard-Discover **Exp. Date:** _____ **Merchandise Total:** \$ _____

Card # _____ **Merchandise Shipping:** **\$5.85**

Cardholder Signature: _____ **Total Purchased:** \$ _____

All memberships expire 12 months from date of purchase.



(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

181 lbs.
 Master III
 C. Lynn 242 253 286 782
 Open
 C. Golden 562 418 540 1521
 220 lbs.
 Master I
 R. Michelotti 402 259 501 1162
 242 lbs.
 Junior
 K. Nite 501 424 589 1515
 Open
 G. Alvarado 545 446 540 1532
 Pure
 K. Nite 501 424 589 1515
 Submaster II
 G. Alvarado 545 446 540 1532
 Submaster Pure
 W. Tolliver 363 275 — 639
 275 lbs.
 Submaster
 Pure
 S. Powers 578 — 622 1201
 Raw
 165 lbs.
 High School
 C. Fowler 259 137 319 716
 Novice
 Z. Sedino 385 242 429 1058
 220 lbs.
 Int
 G. Lewis 407 314 463 1185
 275 lbs.
 Novice
 A. Guerra 479 374 424 1278
 308 lbs.
 Submaster II
 T. Foster 534 330 622 1488
 Power Sports CR BP DL TOT
 MALE
 148 lbs.
 Junior
 C. White 77 55 319 451
 242 lbs.
 Master I
 N. Eddins 181 374 611 1168
 275 lbs.
 Master II
 T. Jonas 121 220 314 655
 Submaster II
 G. Vigil 143 352 418 914
 (Thanks to Rich Peters for these results)



APF/AAPF Membership Application

Check the box that applies below

- AMERICAN POWERLIFTING FEDERATION
 AMATEUR AMERICAN POWERLIFTING FEDERATION
PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES



| | | | |
|--|------------------|--|----------------|
| LAST NAME | FIRST NAME | INITIAL | |
| STREET ADDRESS | | | |
| CITY | | STATE | |
| AREA CODE | TELEPHONE NUMBER | MO DATE OF BIRTH YEAR | |
| APF \$30 | AAFP \$30 | APF & AAFP \$40 | |
| REGISTRATION FEE (CIRCLE APPROPRIATE FEE) | | REGISTRATION NUMBER | E-MAIL ADDRESS |
| 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 OR AAPF | |
| | | SIGNATURE X _____ | |

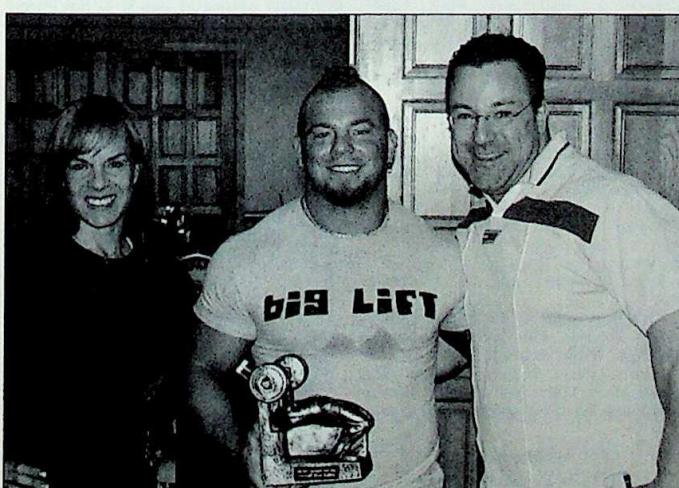
ATHLETES, fill out card completely, make check payable to and mail with fee to: APF/AAPF
 ARE YOU A PREVIOUS APF OR AAPF MEMBER? YES NO
 505 Westgate Drive
 Aurora, IL 60506
worldpowerliftingcongress.com • 1-866-389-4744

APF New England Bench Press 3 Nov 07 - Manchester, NH

| BENCH | MEN | WOMEN | (40+) |
|--------------|---------|---------------|-------|
| Master I | | | |
| N. Eddins | 181 | 374 | 611 |
| 275 lbs. | | | 1168 |
| Master II | | | |
| T. Jonas | 121 | 220 | 314 |
| Submaster II | | | 655 |
| G. Vigil | 143 | 352 | 418 |
| Barrett | 210 | 500 | 914 |
| Open | (33-39) | | |
| C. Barrett | 210 | S. Comier | 500 |
| L. Steele | 175 | C. Stoe | 375 |
| D. Alimino | 105 | G. Guilbeault | 405 |
| C. Barret | 210 | B. Blake | 275 |
| C. Barret | 210 | S. Comier | 500 |
| L. Steele | 175 | C. Stoe | 375 |
| D. Alimino | 105 | G. Guilbeault | 405 |
| J. Casey | 95 | D. Osgood | 605 |

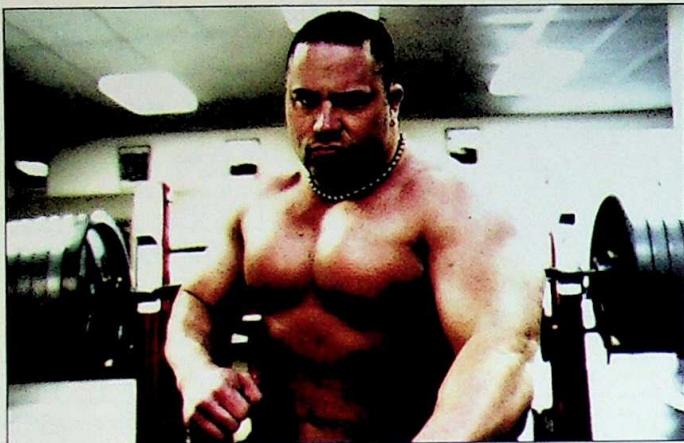
| KCF Meet | | | | |
|--------------------------|----------|----------|----------|-------|
| 8 DEC 07 - Kincheloe, MI | | | | |
| Powerlifting | SQ | BP | DL | TOT |
| 198 lbs. | 500 | 325 | 450 | 1275 |
| 242 lbs. | 450 | 250 | 470 | 1170 |
| Master I | | | | |
| 165 lbs. | 198 lbs. | 165 lbs. | 165 lbs. | |
| 220 lbs. | 200* | 200* | 200* | 1025* |
| Duke | 252 | 250 | 405 | 1180 |
| 242 lbs. | | | | |
| Magnuson | 650 | 370 | 620* | 1640* |
| Raw | | | | |
| 148 lbs. | 148 lbs. | 148 lbs. | 148 lbs. | |
| Reid | 285 | 185 | 420 | 890 |
| Renaud | 245 | 185 | 405 | 835 |
| 165 lbs. | | | | |
| Adams | 325 | 285 | 415 | 1025 |
| Ross | 255 | 220 | 365 | 840 |
| 181 lbs. | | | | |
| Brown | 450 | 320 | 525 | 1295 |
| Dow | 405 | 265 | 515 | 1185 |
| Yeltaw | 375 | 295 | 500 | 1170 |
| Varnado | 350 | 310 | 430 | 1090 |
| Hemp | 250 | 255 | 455 | 960 |
| Cobb | 205 | 225 | 405 | 835 |
| 198 lbs. | | | | |
| Williams | 405 | 320 | 555 | 1280 |
| Aikens | 350 | 300 | 450 | 1100 |
| Allyn | 315 | 290 | 485 | 1090 |
| Trapp | 315 | 235 | 405 | 955 |
| 220 lbs. | | | | |
| Kurilik | 435 | 315 | 500 | 1250 |
| Angeles | 295 | 155 | 365 | 765 |
| 242 lbs. | | | | |
| Cadwell | 540* | 405 | 605* | 1570* |
| Moore | 315 | 285 | 405 | 1005 |
| Master I | | | | |
| 181 lbs. | | | | |
| Robinson | 325* | 310* | 440* | 1075* |
| 198 lbs. | | | | |
| Stockard | 315 | 275 | 410 | 1000 |

*=KFC Records. Once again we had a very good turn out for our winter meet. We had three lifters come in from the streets to lift with us, but only one of them lifted in this meet. Thanks for coming in Cooper, and put in get down with us. We hope to see you again this summer. Also, Mike Morgan came in with a friend (I forgot your name, sorry). Next time you come in, you need to lift with us so I remember your name). We hope you will be back for our summer meet in July. Back to the meet. There were 30 lifters this time around, so we had two



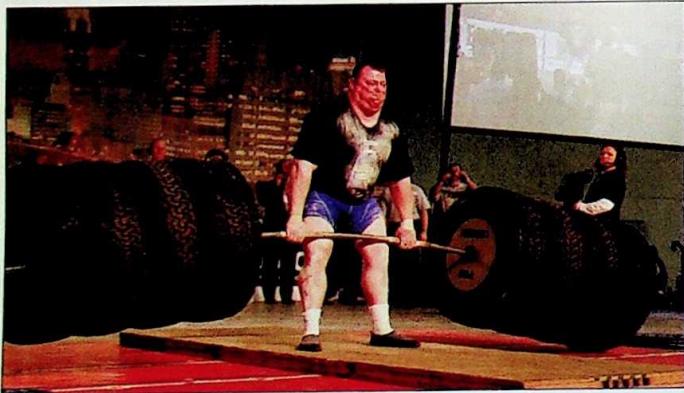
At the APF New England Bench Press ... Best Lifter (center) Damian Osgood is flanked by Dave Follansbee and IFBB Pro Fitness Competitor and Maggie Blanchard (photograph provided courtesy Maggie)

flights. All but four lifters finished the meet. We had some records set in the Raw class. First time lifter Cadwell came in and did a great job setting three new records. Masters raw and assisted divisions set some KCF records as well. Magnuson beat his deadlift record. We had seven lifters over the age of 40 this meet. A lot of the older guys are getting gin these meets now. One is never too old to get started in powerlifting. We welcome everyone to come here and participate in the meets that are held here. We are always looking for some outside lifters to come to our meets. We have a push pull meet coming up in March, a full meet coming up in July, a bench press meet in September, and the last meet of the year in December, which is a full meet. That is our 2008 meets. If you are interested in participating in one of these meets, call this facility at 906-495-2282 and ask for Dave Mascaw, Recreation Directors, here at Kinross Correctional Facility, or you can write me: Michael Toler #321827, Kinross Correctional Facility, 16770 WaterTower Dr., Kincheloe, MI 49788. If you are reading this and would like to come in and lift with us, give us a try. We do have a very good gym. We just bought a hydraulic squat rack from Crain's. It doesn't matter if it's your first meet or your 100th. How many of you can say that you have been to the joint to participate in a powerlifting meet? Does your gym have a powerlifting team? Bring the whole team in. If any of you can give advice on where to find an organization that will work with s, please write me and let me know. We are still trying to find someone out there in the free world we can work with. We have about 100 active members in the club. We put on four meets a year. I know that we are prisoners, but most all us are going home and plan to take powerlifting to the streets with us. We're not asking for a handout. We would like to be under some federation. Lastly, I want to thank every one for coming out to this meet. I want to thank our judges, head judge Jerry, "Red Light" Al, Chuckie, and "Old Head" Sal, for doing a great job. There where a lot of red lights at this meet. I want to thank Dave Mastaw and Special Acts Director, Mr. Oberly, for their help with running the meet. We couldn't do it without you. We hope to see you at the next meet. (Thanks to Michael Toler for results)



Team MHP Shatters 2 More World Records!!!

In powerlifting, the two world records that hold the most prestige are the Bench Press and the Total (bench, squat, deadlift). No one had ever broken the 1,000 bench barrier until then-MHP athlete Gene Rychlak blasted up 1,005 lbs. back in 2004. Then current MHP athlete Ryan Kennelly went on to up the mark and set a new world record with 1036 lbs. Recently, Ryan surpassed his own world record with an amazing 1050 lbs., putting an end to the chance of anyone breaking his record and reign as the World's Greatest Bencher ever! As Ryan was making history, so was another fellow MHP Power Team Member, Brian Siders. After breaking Bill Kazmaier's long standing world record total with 2575 in 2006, Brian recently broke his own record with a mind-blowing 2601. This feat has many of the Iron Game insiders considering Brian Siders to be the best powerlifter ever! Team MHP is on a record-breaking tear. Their team is so far superior that it seems the only World Records left to break are their own!!! (by April Matera/MHP).



USAPL Anchorage Fall Classic 10 NOV 07 - Anchorage, AK

| BENCH | | | | | |
|-----------|------------|-----|-----|-----|------|
| Open | | SQ | BP | DL | TOT |
| 148 lbs. | B. Ward | 220 | | | |
| FEMALE | | | | | |
| Open | | | | | |
| 181 lbs. | V. Raynor | 269 | 203 | 319 | 792 |
| 198 lbs. | V. Baxter | 335 | 264 | 330 | 929 |
| MALE | | | | | |
| Open | | | | | |
| 165 lbs. | J. Betts | 363 | 242 | 407 | 1012 |
| 181 lbs. | L. Maile | 572 | 407 | 550 | 1529 |
| 220 lbs. | E. Keib | 451 | 352 | 500 | 1303 |
| 242 lbs. | R. Schmidt | 500 | 341 | 506 | 1347 |
| Master I | | | | | |
| 275 lbs. | C. Werda | 550 | 319 | 561 | 1430 |
| Master II | | | | | |
| 181 lbs. | L. Maile | 572 | 407 | 550 | 1529 |
| Master VI | | | | | |
| 165 lbs. | B. Brent | 319 | 187 | 451 | 957 |

(Thank you to USAPL for providing results)

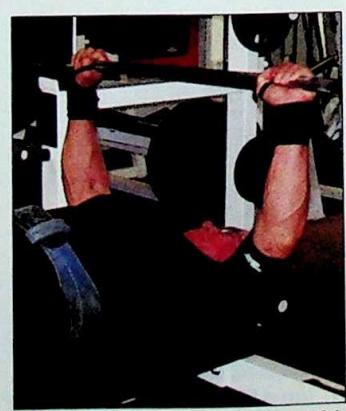
SSA Winter Assault 8 DEC 07 - Fitzgerald, GA

| BENCH | | | | |
|-------------------|----------------|--------------|-----|--|
| All Lifters | Single Ply | Youth (8-10) | | |
| 181 lbs. | K. Padgett | 125 | | |
| Unlimited | 79 lbs. | | | |
| Master (40-44) | | | | |
| Richardson | 365 | | | |
| 198 lbs. | A. Padgett | 215 | | |
| Standard Raw | | | | |
| Master (40-44) | | | | |
| B. Lindsey | 340 | | | |
| 220 lbs. | J. Burnette | 115 | | |
| standard raw | | | | |
| Open | | | | |
| 220 lbs. | C. Revels | 440 | | |
| M. Renfroe | 405 | | | |
| DEADLIFT | | | | |
| All Lifters | Master (50-59) | | | |
| 59 lbs. | J. Walker | 500 | | |
| Single Ply | | | | |
| W. Alexander | 100 | | | |
| 69 lbs. | | | | |
| Ironman | R. Padgett | 650 | | |
| All Lifters | BP | DL | TOT | |
| 148 lbs. | | | | |
| Single ply | | | | |
| Teen (14-15) | | | | |
| A. Moore | 200 | 315 | 515 | |
| 181 lbs. | | | | |
| Single Ply | | | | |
| Submaster (33-39) | | | | |

| | | | | | |
|---|-----|-----|------|----------------|----------|
| N. Wilson | 325 | 455 | 780 | Submaster | 242 lbs. |
| Single ply | | | | C. Norwood | 385* |
| Master (50-54) | | | | Master (45-49) | |
| G. Brown | 300 | 500 | 800 | 308 lbs. | |
| 198 lbs. | | | | K. Brown | 420* |
| UNL | | | | Master (60-64) | |
| Open | | | | 220 lbs. | |
| M. Driggers | 500 | 675 | 1175 | B. Taylor | 255* |
| Single Ply | | | | 4th-275 | |
| Junior (20-23) | | | | | |
| K. Fulghum | 350 | 510 | 860 | J. Turner | 355 |
| Standard Raw | | | | | |
| Teen (18-19) | | | | | |
| S. Jones | 280 | 465 | 745 | | |
| 220 lbs. | | | | | |
| Single Ply | | | | | |
| Junior (20-23) | | | | | |
| S. Strickland | 305 | 475 | 580 | | |
| Single Ply | | | | | |
| Open | | | | | |
| W. Kelley | 420 | 575 | 995 | | |
| 275 lbs. | | | | | |
| Standard Raw | | | | | |
| Teen (18-19) | | | | | |
| Z. Moates | 325 | 430 | 755 | | |
| Best Lifter: Mark Driggers. Bench press | | | | | |
| rep off: Austin Padgett. (Thanks to Chris | | | | | |
| Kite for providing these contest results) | | | | | |

USAPL Thunderdome Classic 10 NOV 07 - N. Anson, ME

| BENCH | | | | | |
|--|-------------|------|------|------|-------|
| MEN | | SQ | BP | DL | TOT |
| 265 lbs. | L. Beaulieu | 350 | | | |
| 275 lbs. | S. Garbiel | 505* | | | |
| 275 lbs. | D. Barbeau | 450 | | | |
| Powerlifting | SQ | | BP | DL | TOT |
| WOMEN | | | | | |
| Teen (14-15) | | | | | |
| 148 lbs. | R. Kaplan | 315* | 185* | 325* | 825* |
| Teen (16-17) | | | | | |
| 198 lbs. | A. Plunkett | 255 | 155 | 300 | 710 |
| Teen (18-19) | | | | | |
| 123 lbs. | S. Mueller | — | 110 | — | — |
| Open | | | | | |
| 148 lbs. | R. Crapo | 315 | 210* | 345 | 870 |
| J. Murphy | 315 | 145 | 365 | 825 | |
| MEN | | | | | |
| Teen (14-15) | | | | | |
| 198 lbs. | A. Lane | 265* | 245* | 265* | 875* |
| Teen (16-17) | | | | | |
| 181 lbs. | G. Johnson | 405 | 265 | 385 | 1055 |
| 275 lbs. | S. White | 525 | 475* | 485 | 1495* |
| 275 lbs. | J. Rolfe | 525 | 405 | 525 | 1455 |
| Teen (18-19) | | | | | |
| 165 lbs. | A. Waring | 245 | 335 | 350 | 930 |
| Teen (18-19) | | | | | |
| 165 lbs. | M. York | 470* | 290* | 480* | 1240* |
| 181 lbs. | P. Iodice | 400 | 205 | 335 | 940 |
| 220 lbs. | J. Hughes | 620 | 425* | 500 | 1545 |
| Junior (20-23) | | | | | |
| 165 lbs. | C. Murray | 410* | 340* | 465 | 1215* |
| 275 lbs. | P. Goodness | 225 | 185 | 335 | 745 |
| Para Olympian | | | | | |
| 181 lbs. | C. Popper | — | 250* | — | — |
| Open | | | | | |
| 220 lbs. | G. Sousa | 500 | 350 | 550 | 1400 |
| SHW | | | | | |
| T. Blakeslee | 400 | 340 | 565 | 1305 | |
| *=State Records. This meet was held at Carrabec High School. Best Overall Women's Lifter: Rebecca Crapo. Best Overall Men's Lifter: Josh Hughes. (Thanks to Jack Kaplan for providing the results) | | | | | |



T.C. Lewis benches 265 at 181/70-74 at the SLP Arkansas Open

| SLP Arkansas Open | | | | |
|-------------------|--|-----------|------|--|
| BENCH | | S. Morris | 100* | |
| WOMEN | | 198 lbs. | | |
| Raw | | P. Shaw | 105* | |
| Open | | 4th-115* | | |
| 132 lbs. | | MEN | | |

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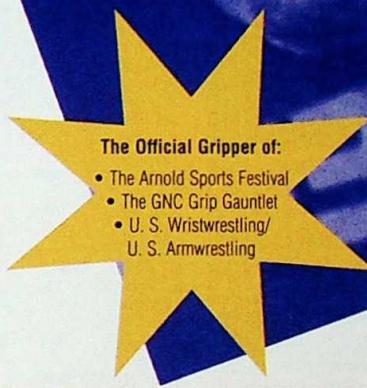
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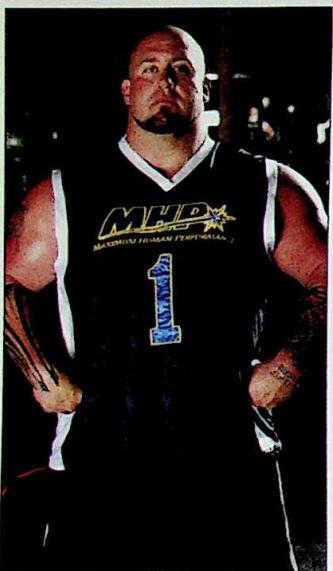
- The Arnold Sports Festival
- The GNC Grip Gauntlet
- U. S. Wristwrestling/
U. S. Armwrestling

POWERLIFTING USA READER POLL

1. What is your primary powerlifting goal? _____
2. Do you currently use any sports nutrition supplements? (Yes _____) (No _____)
3. If Yes, what supplements do you use?
a) Creatine _____, b) Protein _____, c) Nitric Oxide _____, d) Others _____
4. Do you feel sports nutrition supplements play a significant role in helping you reach goals?
(Yes _____) (No _____)
5. Why/Why Not? _____
6. Aside from improving your powerlifting abilities, do you have specific bodybuilding goals?
(Yes _____) (No _____)
7. If Yes, what specifically? _____
8. How would you most like to improve your physique?
a) By adding muscle, b) By adding size, c) By adding strength, d) By losing fat
9. How would you most like to improve your performance?
a) By adding explosive power, b) By increasing endurance
c) By increasing mental focus, d) Other _____

(Send completed results to Powerlifting USA Magazine Reader Poll, Box 467, Camarillo, CA 93011 and receive the upcoming issue free for newsstand readers or an extra issue on your subscription for subscribers)

MHP's Big MIKE MILLER Hits the Big Screen with Mickey Rourke



MHP Sponsored Athlete, Big Mike Miller hits the big screen. Superhuman Strongman, World Record Powerlifter, Trainer of Elite Athletes Turned Professional Wrestler, Mike Miller has done it all in the world of strength sports. From being the first man to squat 1,200 lbs and holding the current record of 1,220 lbs to competing as a professional wrestler, Mike has now turned his skills and big attitude toward the big screen. While training under the tutelage of WWE Hall of Fame Inductee Afa Anoai, a.k.a. Afa Wild Samoan, Mike was asked to audition for the Movie "The Wrestler" featuring big screen star Mickey Rourke. Mike will be playing the part of Lex Lethal and filming is scheduled to start this January. To keep up with all of the exciting information you can, go to Mike's myspace page at <http://www.myspace.com/mule2625>. The actors are currently training under Afa's watchful eye. Afa currently operates the Wild Samoan Training center and The World Extreme Wrestling Federation in Allentown, Pennsylvania and has been training Mike since October of 2006. You can meet Mike at MHP's booth at the Arnold Classic. Mike has been working with MHP and using MHP products for the past 7 years and attributes his great strength and his 140 lb. weight loss to their quality products. When asked what his favorite MHP supplement is, Mike says, "All of their products are great, but for cranking up testosterone, nothing is a powerful as T-BOMB. DREN is insane - no fat burner in the world like it."

IBP NC State/Gateway 10 NOV 07 - Henderson, NC

| | | | | | |
|--------------------------|--------------------|-------------------|-----|------|--|
| BENCH | Master (45-49) Raw | | | | |
| FEMALE | Henderson | 325 | | | |
| 198+ lbs. | 4th-335 | | | | |
| Master (40-44) | Master (50-54) | | | | |
| L. Marrow | 210 | S. Durham | 390 | | |
| 4th-220 | Master (50-54) Raw | | | | |
| Master (45-49) | S. Richardson | 235 | | | |
| M. Boyles | 160 | Novice Raw | | | |
| 4th-165 | R. Creech Jr. | 305 | | | |
| MALE | 220 lbs. | | | | |
| 77 lbs. | Master (50-54) Raw | | | | |
| Youth (8-9) | S. Whitted | 320 | | | |
| C. Batchelor | 60 | Novice Raw | | | |
| 105 lbs. | J. Riggan | 385 | | | |
| Youth (12-13) Raw | Submaster (35-39) | | | | |
| V. Ragland II | 85 | Raw | | | |
| 132 lbs. | J. Riggan | 385 | | | |
| Master (50-54) Raw | 275 lbs. | | | | |
| G. Raisin | 155 | Master (50-54) | | | |
| Open Raw | R. Terry | 425 | | | |
| G. Raisin | 155 | Novice Raw | | | |
| 148 lbs. | A. Kearney | 390 | | | |
| Intermediate (24-34) | 4th-395 | | | | |
| Raw | Open Raw | | | | |
| M. Perry | 315 | B. Jones | 555 | | |
| Teen (14-15) Raw | Police/Fire | | | | |
| J. Rogers | 115 | & Military Raw | | | |
| 165 lbs. | A. Kearney | 390 | | | |
| Youth/Teen (12-13) | 4th-395 | | | | |
| Raw | 308 lbs. | | | | |
| G. Dale Jr. | 165 | Submaster (35-39) | | | |
| 181 lbs. | Raw | | | | |
| Intermediate (24-34) | R. Tinnin | 308 | | | |
| Raw | 308+ lbs. | | | | |
| D. Jefferson | 300 | M. Neal | 510 | | |
| Novice Raw | Novice Raw | | | | |
| R. Creech | 290 | L. Williams | 410 | | |
| 181 lbs. | DEADLIFT | | | | |
| Police/Fire | MALE | | | | |
| & Military Raw | 165 lbs. | | | | |
| R. Creech | 290 | Teen (14-15) Raw | | | |
| 198 lbs. | B. Fererro | 240 | | | |
| FEMALE | SQ | BP | DL | TOT | |
| 97 lbs. | | | | | |
| Teen (14-15) Raw | | | | | |
| A. Browder | 100 | 75 | 170 | 345 | |
| 132 lbs. | | | | | |
| Youth/Teen (12-13) Raw | | | | | |
| M. Partlow | 125 | 70 | 155 | 350 | |
| 165 lbs. | | | | | |
| Teen (16-17) Raw | | | | | |
| J. Walker | 125 | 110 | 250 | 485 | |
| 181 lbs. | | | | | |
| Open Raw | | | | | |
| T. Walker | 225 | 195 | 290 | 710 | |
| 198 lbs. | | | | | |
| Teen (16-17) Raw | | | | | |
| A. Halvorson | 235 | 170 | 340 | 745 | |
| 4th-BP-180 | | | | | |
| 198+ lbs. | DL-360 | | | | |
| Junior (20-23) Raw | | | | | |
| A. Marrow | 285 | 230 | 360 | 865 | |
| Master (40-44) Raw | | | | | |
| L. Marrow | 305 | 210 | 325 | 840 | |
| 4th-BP-220 | | | | | |
| Master (45-49) Raw | | | | | |
| M. Boyles | 125 | 160 | 175 | 460 | |
| 4th-BP-165 | | | | | |
| MALE | DL-185 | | | | |
| 148 lbs. | | | | | |
| Novice Raw | | | | | |
| R. Garner | 185 | 225 | 285 | 695 | |
| 4th-BP-235 | | | | | |
| Submaster (35-39) Raw | | | | | |
| R. Garner | 185 | 225 | 285 | 695 | |
| 4th-BP-235 | | | | | |
| 181 lbs. | DL-305 | | | | |
| Intermediate (24-34) Raw | | | | | |
| W. Brothers | 360 | 320 | 435 | 1115 | |
| Junior (20-23) Raw | | | | | |
| K. Fererro | 250 | 150 | 375 | 775 | |
| 4th-SQ-270 | | | | | |
| 198 lbs. | | | | | |
| Junior (20-23) Raw | | | | | |
| G. Marrow II | 400 | 290 | 550 | 1240 | |
| Teen (16-17) Raw | | | | | |
| J. Marrow | 300 | 320 | 420 | 1040 | |
| 4th-SQ-325 | | | | | |
| 220 lbs. | BP-325 | | | | |
| Master (45-49) Raw | | | | | |
| B. Jones | 450 | 315 | 405 | 1170 | |
| L. Marrow | 250 | 225 | 290 | 765 | |
| 308 lbs. | | | | | |
| Master (40-44) Raw | | | | | |
| Marrow Sr. | 405 | 355 | 430 | 1190 | |
| 4th-BP-365 | | | | | |
| 308+ lbs. | | | | | |
| Master (40-44) Raw | | | | | |

| | | | | | |
|---|------------|--------|-----|------|--|
| W. Marrow | 350 | 355 | 515 | 1220 | |
| | 4th-SQ-375 | BP-360 | | | |
| Outstanding Lifter Full Power Female: | | | | | |
| America Marrow. | | | | | |
| Power Male: General Marrow II. | | | | | |
| Outstanding Lifter Bench Only Females: | | | | | |
| Maria Boyles. | | | | | |
| Outstanding Lifter Male: Ben Jones. | | | | | |
| Outstanding Team Full Power 1st Place: | | | | | |
| North Star Pride (Henderson Chapter). | | | | | |
| Outstanding Team Bench Only 1st Place: | | | | | |
| Hercules Power Team. (from Keith Payne) | | | | | |

| | | | | | |
|-----------------|-----|-----|-----|------|--|
| J. Milnes | 410 | 345 | 475 | 1230 | |
| J. Valpatic | 475 | 290 | 500 | 1265 | |
| D. Priebe | 470 | 320 | 515 | 1305 | |
| G. Grahn | 440 | 290 | 450 | 1180 | |
| Teen by formula | | | | | |
| K. Hinz | 450 | 240 | 525 | 1215 | |
| N. Jacobson | 470 | 285 | 500 | 1255 | |
| D. Fuller | 420 | 260 | 410 | 1090 | |
| Musielewicz | 350 | 240 | 375 | 965 | |
| T. Foss | 450 | 225 | — | — | |

| | | | | | |
|-------------|-----|-----|-----|------|--|
| Open | | | | | |
| 148 lbs. | | | | | |
| Schwallbach | 480 | 305 | 520 | 1305 | |
| 165 lbs. | | | | | |
| G. Kuehni | 550 | 310 | 495 | 1355 | |

| | | | | | |
|-------------|-----|-----|-----|------|--|
| 181 lbs. | | | | | |
| M. Nardozzi | 400 | 250 | 450 | 1100 | |
| D. Fuller | 420 | 260 | 410 | 1090 | |
| E. Elm | 400 | 225 | 435 | 1060 | |
| 198 lbs. | | | | | |

| | | | | | |
|-------------|-----|-----|-----|------|--|
| D. Young | 515 | 330 | 585 | 1430 | |
| M. Badenhop | 340 | 260 | 440 | 1040 | |
| S. Aguilar | — | — | 430 | — | |
| 220 lbs. | | | | | |
| M. Becker | 500 | 420 | 550 | 1470 | |

| | | | | | |
|-------------|-----|-----|-----|------|--|
| A. Welborn | 510 | 325 | 465 | 1300 | |
| J. Valpatic | 475 | 290 | 500 | 1265 | |
| 242 lbs. | | | | | |
| S. Born | 530 | 355 | 630 | 1515 | |
| M. Vinopal | — | — | — | — | |

| | | | | | |
|--------------|-----|-----|-----|------|--|
| 275 lbs. | | | | | |
| B. Peterson | 650 | 455 | 660 | 1765 | |
| J. Bierman | 585 | 470 | 545 | 1600 | |
| K. McCusker | 660 | 335 | 550 | 1545 | |
| K. Brashears | 500 | 350 | 500 | 1350 | |

Raw by formula

| | | | | | |
|-------------|-----|-----|-----|------|--|
| K. Milnes | 680 | 385 | 650 | 1715 | |
| J. Cahill | 620 | 420 | 660 | 1700 | |
| B. Leonard | 450 | 300 | 520 | 1270 | |
| S. Reishus | 315 | 205 | 380 | 900 | |
| C. Mathison | 450 | 310 | 465 | 1225 | |
| M. Sampson | 355 | 275 | 455 | 1085 | |
| M. Baade | 300 | 235 | 335 | 870 | |
| M. Bedard | 285 | 300 | — | — | |

Raw Master by formula

| | | | | | |
|--|-----|-----|-----|------|--|
| T. Fonder | 445 | 320 | 510 | 1275 | |
| J. Dorsher | 470 | 270 | 560 | 1300 | |
| R. Magnuson | 285 | — | — | — | |
| Best Lifter: Ben Peterson. (Thanks to Shawn Cain, Meet Director, for the meet results) | | | | | |

USA Power Open

8 DEC 07 - Feasterville, PA

| | | | | | |
|--------------|--------------|--------------|-----|--|--|
| BENCH | Master (40+) | | | | |
| FEMALE | Bachmayer | 375 | | | |
| L. Feeney | 160 | T. Sanford | 275 | | |
| M. Matthews | 130 | Master (50+) | | | |
| P. Spauenta | 110 | H. Aaron | 350 | | |
| S. Hartnett | 135 | G. Hyatt | 335 | | |
| MALE | H. Vaughn | 265 | | | |
| Teen (16-19) | R. Sohn | 295 | | | |
| Starovoytov | 180 | DEADLIFT | | | |
| FEMALE | V. Read | 205 | | | |
| B. Peacock | 250 | S. Hartnet | 185 | | |
| 198 lbs. | | MALE | | | |
| R. Alston | 480 | Teen | | | |
| Bachmayer | 375 | J. Gordon | 350 | | |
| H. Aaron | 350 | Open | | | |
| T. Sanford | 275 | 181 lbs. | | | |
| 242 lbs. | | B. Gavril | 405 | | |
| B. Brady | 430 | 242 lbs. | | | |
| M. Oakes | 365 | M. Oakes | 605 | | |
| 275 lbs. | | | | | |
| M. Thompson | 420 | E. Killich | 430 | | |
| E. Killich | 340 | M. Bolduc | 365 | | |
| M. Bolduc | 255 | | | | |

(Thanks to Dave West for these results)

Children's Christmas Classic

2 DEC 07 - Celina, OH

| | | | | | |
|----------|---------------|-----|--|--|--|
| BENCH | G. Kachar | 360 | | | |
| Children | A. Bellingham | 330 | | | |
| S. Mills | 60</td | | | | |

| | | | |
|---------------|----------|-----------|-----|
| D. Bergman | 340 | J. Brown | 450 |
| J. Clemens | 320 | E. Lewis | 445 |
| D. Oliver | 300 | J. Langer | 420 |
| Open Heavywts | M. Allen | 405 | |
| J. McNett | 610 | P. Wesson | 360 |
| J. Leonhardt | 600 | H. Billy | 315 |
| J. Maxwell | 560 | | |
| S. Vickery | 500 | | |

The meet was a great success we raised over \$1100 and a trailer full of toys for needy children during Christmas. The event was held with the combined efforts of Mike Wolfe his crew and OUR Family Resources located in Celina, Ohio. The money and toys were donated to the Angel Tree Foundation and will be passed out throughout the county the week prior to Christmas. We had 42 lifters coming to compete with guys coming in from as far as Wisconsin and New Jersey. There was plenty of big benching with numerous guys hitting over the 600 pound mark. We also had some Professional guest lifters come in and put on a strength exhibition. George Halbert, Nick Winters, and Jason Fry all came in a hit some good numbers. George hit a easy raw 560 pound bench at a 198 pound bodyweight. Nick Winters smoked 650 pounds raw and looked like he must off weighed 400 pounds. Must be all that Indiana Corn. Jason Fry did a board press exhibition working up to 650 pounds off of a one board wearing his bench shirt. The event was Hugely sponsored by: At Large Nutrition, who supplied a bunch of supplements for awards and raffles, Inzer Advance Designs, who sent a ton of t-shirts and wrist wraps for awards and raffles, Get Diesel, supplied Supplements for Raffle give-aways, House of Pain Ironwear supplied two large gear bags for best lifter and raffle drawing, Westside Barbell supplied two solid silver westside logo pendants and a gift certificate for awards, Skullptures By Seeker supplied all of the sculptured awards and plaques for placings, Celina Walmart donated two bicycles for the Angel Tree, Grand Lake Tent Rental supplied all of the Seating, St. Mary's Kroger supplied water for the lifters, Common Ground Rock Band supplied the rocking sound system, John and Heather Martinez supplied the Powerade for all the lifters, Powerlifting USA supplied plenty of reading material for the lifters to take home.

The event was judged by three very good judges with Police Sgt. Randy Houseworth manning the Head Judging Chair. Randy is a three time World Order of Police Bench Press Gold medalist with a Masters APF American Record. The side judges were Nick Winters, no need to say anymore you all know him. And the other side was judged by John "Dirty" Martinez. John holds a AAPF American bench record and is one of the Worlds best lockout technicians. (Results courtesy from Mike Wolfe)

SLP Samson's Gym
7 JUL 07 - Hamilton, OH

| | |
|---------------------|-----------------------|
| BENCH | 165 lbs. |
| WOMEN | B. Wheeler 350 |
| Novice | 220 lbs. |
| 165 lbs. | S. Sizemore 445 |
| C. Clark | 105* 242 lbs. |
| Teen (13-15) | M. Meadows — |
| 148 lbs. | SHW |
| A. Streacker | 150* J. Leonhardt 605 |
| Master (55-59) | D. Nieman 570 |
| 132 lbs. | 4th-600 |
| M. Hampton | 65* Raw |
| Master (60-64) | Novice |
| 148 lbs. | 198 lbs. |
| E. Reece | 140* B. Karwisch 290* |
| Master (65-69) | 220 lbs. |
| 181 lbs. | T. Lowe 335* |
| J. Berry | 130* Teen (13-15) |
| Open | 165 lbs. |
| 132 lbs. | C. Becker 205* |
| E. Olszewski | 198 lbs. |
| MEN | B. Rader 265* |
| Novice | Teen (18-19) |
| 148 lbs. | 198 lbs. |
| G. Collins | 240* R. Carman 275* |
| Junior | M. Flum 215 |
| 198 lbs. | Submaster |
| Z. Sandlin | 405 181 lbs. |
| 4th-425* | D. Jeffers 265* |
| Master (45-49) | 220 lbs. |
| 198 lbs. | J. Weigel 405* |
| S. Watts | 520* 275 lbs. |
| Master (55-59) | C. Breedon 340* |
| 181 lbs. | Master (50-54) |
| D. Sparks | 385* 148 lbs. |
| Police/Fire (40-44) | M. Evans 235* |
| 308 lbs. | Master (60-64) |
| P. Newton | 465* 220 lbs. |
| 4th-475* | P. Carman 305 |
| Open | 4th-310* |

| | |
|----------------|--------------------|
| Open | 220 lbs. |
| 242 lbs. | J. Weigel 555* |
| J. Mabry | 385 275 lbs. |
| DEADLIFT | C. Breedon 470 |
| WOMEN | Master (40-44) |
| Teen (13-15) | 242 lbs. |
| 148 lbs. | M. Carman 315 |
| A. Streacker | 290* 4th-325 |
| Master (55-59) | Master (50-54) |
| 181 lbs. | 148 lbs. |
| M. Harmon | 260* M. Evans 455* |
| Master (60-64) | Master (65-69) |
| 148 lbs. | 242 lbs. |
| E. Reece | 225* T. Hall 465 |
| 4th-245* | Open |
| Open | 148 lbs. |
| 132 lbs. | M. Evans 455* |
| E. Olszewski | 305* 165 lbs. |
| MEN | W. Hemp 500* |
| Teen (13-15) | B. Wheeler 450 |
| 165 lbs. | S. Blue 405 |
| C. Becker | 325 4th-420 |
| Teen (18-19) | 181 lbs. |
| 198 lbs. | E. Felts 575 |
| M. Flum | 325 242 lbs. |
| Submaster | M. Meadows 535 |

*=Son Light Power Ohio state records. Best Lifter Bench Women: Alison Streacker. Best Lifter Bench Men: Steve Watts. Best Lifter Deadlift Women: Erin Olszewski. Best Lifter Deadlift Men: Eric Felts. The Son Light Power Samson's Gym Open Bench Press & Deadlift Championship was held at Samson's Gym. We always have great competitions here, due to the efforts of owners Darris & Cathy Sparks and their staff. In the bench press event we had several great lifters, all but one getting an Ohio state record for their respective classes. For the novice 165 class it was Cyndi Clark with 105. Alison Streacker upped her effort from last fall by 50 lbs. to finish with a new record of 150 at 13-15/148. Mary Ann Hampton, who came to the meet in a wheelchair (due to a broken leg) broke her own record at 55-59/132 with a personal best 65! Eva Reece looked strong at 60-64/148, taking the win there with 140. Another Indiana native, Janet Berry, won at 65-69/181 with 130. Erin Olszewski was the only lady failing to get in an opener, missing 205 three times. This gave Alison Streacker her first ever best lifter award. Moving to the men, let's begin with the novice division. Taking the win at 148 was Garrett Collins, who finished with 240. Brian Karwisch got 290 at 198 while Tim Lowe won at 220 with 335. Both Tim and Brian were lifting raw and all three set new state records for their classes. Cody Becker won at 13-15/165 with 205 while Brandon Rader did the same at 198 with 265. Both were new Ohio state raw records. For the 18-19 age group Rick Carman won at 275, setting the state record along the way. Matt Flum was second with 215. Both were competing in the raw division. Zat Sandlin won big at junior 198, finishing with 405 before returning for a successful fourth at 425, another state record! Dan Jeffers took the submaster 181 class with 265 while John Weigel won at 220 with 405. Our final submaster lifter was 275 winner, Chad Breedon who finished with 340. All set new Ohio state raw records. Best lifter Steve Watts broke the state record for the 45-49/198 class with a great 520, just missing 530 for his final attempt. Up next was Kentucky's favorite son, Mark Evans, winner of the 50-54/148s. Mark, who weighed in at a mere 138, finished with a new state record of 235. Two other master records were broken as well. Darris Sparks won at 55-59/181 with 385 while Paul Carman did it at 60-64/220 with 310. Paul Newton, lifting at police & fire/40-44/308, broke his own state record there with a personal best 475. In the open division Bryan Wheeler won at 165 with 350 while Steve Sizemore took the 220's with 445. In the 242 class Jeff Mabry ended up the winner with 385 since Mike Meadows failed with his opener of 450 three times. Then at shw we had another great match-up with state record holder Dave Nieman going up against Jason "Sissy-Boy" Leonhardt. Well, this time the cards were stacked in favor of Jason, who finally got that 600 bench he had been working on for so long with his 605 final attempt. Dave finished with 570 before a strong 4th of 600 closed out the

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SLP Samson's Gym Open Best Lifters: (left to right) Steve Watts, Alison Streacker, Erin Olszewski. (photo courtesy Dr. Darrell Latch)

competition. In the deadlift event Alison Streacker won her second title of the day along with her second state record with a personal best 290 at 13-15/148. Marianne Harmon broke her own state record at 55-59/181 with 260 while Eva Reece won at 60-64/148 with 225. A fourth with 245 was also good. Both were new Ohio state records. The best lifter trophy for the ladies went to open 132 winner Erin Olszewski, who finished with a new state record of 305! Cody Becker won again at 13-15/165 with 325 while 18-19/198 winner Matt Flum won his first event with 325. John Weigel tied the state record at submaster 220 with 555 while Chad Breedon took the submaster 275's with 470. Mike Carman got a new personal record at 40-44/242 with his 325 4th attempt. Mark Evans won at both 50-54 and open 148 with a great 455 pull, which actually landed him in second place for best lifter honors! Mark also set the state records for both divisions as well. Tom Hall, always a crowd favorite, won at 65-69/242 with an easy 465 opener. In the open division we had a battle at 165. But after the dust had settled Wes Hemp came out on top, matching the current state record there with 500. Bryan Wheeler was second with 450 while Steve Blue rounded out the field with 420. Best lifter Eric Felts won at 181 with 575 after a final attempt with a new state record of 605 stalled at the top. Rounding out the pullers was Mike Meadows, who won at 242 with 535. Thanks to the staff at Samson's and others who helped out. See you all this fall for the SLP Ohio State BP/DL Championships! (courtesy of Dr. Darrell Latch)

Ken Eyre,
49, was a Salt
Lake County
Sheriff's
Deputy for
20 years,
retiring in



2003. He had been with the gang unit, narcotics, SWAT and various others. One incident that Ken was extremely proud of and one that made him a hero, was when a five year old girl went missing from an apartment complex one night. An apartment to apartment search was conducted. At one apartment a male answered the door. Ken noticed he was unusually nervous and not answering his questions appropriately. His instincts kicked in and he asked if he could search the apartment. The male agreed, but nothing was found in his apartment. Ken was not satisfied and noticed a small closet outside on the balcony. He opened the door. Inside a box on the bottom he found the little girl bound with duct tape over her mouth. She was safe, but the suspect admitted that he was going to rape and kill her. Ken was chasing a 500 lb. bench press as a drug free master lifter, and had attained it several times in training but never in a meet. At the 2003 Worlds in Las Vegas, Ken won the Law/Fire Master 40-47 with 429. In the 2004 Worlds he finished 2nd at 275 in the Law/Fire Master 40-47 with 468.2. In the 2005 Worlds Ken won the Master 47-53/275 class with 451.7. In the 2006 Worlds he came in 2nd in the Master 47-53/275 with 440.7. Utah state records that Ken holds are in the deadlift Master 47-53/275 with 518, Law/Fire Master 40-47/275 with 556, Law/Fire Master 48-55/275 with 473.7, and Law/Fire Master 48-55/308 with 473.7. Utah records in the bench press by Ken Eyre are Master 47-53/275 with 468.2, Master 47-53/308 with 468.2, and Law/Fire 40-47/275 with 468.2. Ken lifted weights his entire adult life. He felt powerlifting defined who he was. He tried bodybuilding but felt it was a fallacy. Ken may have felt powerlifting is what defined him, but what really defined him is that he would help lifters in his own flight at a meet. He had a shy smile for everybody he met, and he was very soft spoken. He was the type of guy that you would meet for coffee on a Saturday morning if you had a bad week. After a couple of cups Ken would have you calmed down. I will miss Ken. He said he liked WABDL because it was accessible and would go out of my way to help lifters and didn't hide in the background. Well, Ken was also very accessible and kind

to people. I gave a couple of deadlift seminars that Ken attended. I always tried to impress upon him that the key attribute for a deadlifter is to be able to fire up and get the "killer instinct." Ken could never quite get there because he was so mellow. "Ken, I'm a better person just for having known you." (Gus Rethwisch, WABDL Pres.)

• • • • •
Powerlifting pioneer,
Thomas Trevorah,
passed away on
Friday, January
4th, 2008,



at the age of 73. He would have been 74 in March of this year. Originally from the Norristown, PA area, Tom and his wife Ellen moved to Florida over thirty years ago. Tom had a heart condition, which recently worsened with the complication of bronchitis. With fluid in his lungs, he was rushed to the hospital from his doctor's office. There he underwent open heart surgery, with the finding of complete or near complete closure of his arteries. Under medical care, he survived until Friday the 4th. Tom Trevorah started as a weightlifter and began his adventure with powerlifting about 1960. He progressed in his career from the 132 to 198 class and became a dominant figure in the masters division. Tom supported the ADFPA anti-drug movement in its early years and made contributions in many aspects: lifter, coach, trainer, meet director, national committee member, and international referee. He had won numerous meets, titles and championships, setting many records along the way. Despite his successes, he chose to help when needed, rather than seek the limelight. Tom never hesitated to help at a meet, regardless of affiliation, organization, personalities, drug free, RAW or equipped. His contributions, while unknown to many, helped the sport grow, especially in his adopted state of Florida. Tom is survived by his caring wife Ellen, his sons Carl and Kent, their wives Renee and Dreana. He also had four grandchildren: Heather 29, Steel 27, Cory 22 and Tony Angel 19. Tom will be well remembered by the many friends he made over the years and all the lives he had touched. Should you wish to

remember Tom, his family asks that you make a donation in his memory to: Robert Haven Care Center 6400 St. John's Ave Palatka, FL 32177 Tom, we will remember you well. Til we meet again in God's Gym, peace. (Jumpin' Jersey Joe Pyra)

• • • • •
Charles Siddle of
Baton Rouge, LA
died February
17, 2007 at
the age of 49.



He was the only competitive lifter in the world with a liver transplant, which he received on December 2, 1999. He won two WABDL world titles in the disabled division and held Louisiana state records in disabled in the deadlift with 281 at 220 and 382 at 242. He also held records in the bench press with 275 at 220 and 314 at 242. He was an animal lover and conservationist and served as president of the Friends of the Baton Rouge Zoo. Soon after his transplant he began training at Foxy's Gym and his health and strength seemed miraculous. He was a devoted member of Healing Place Church and was a Vice President with Piccadilly Cafeterias for more than 20 years. Charles you were an inspiration to all WABDL members you came in contact with. (WABDL President Gus Rethwisch)

• • • • •
Richard Zareck,
out of
Pensacola,
Florida,
had set a
WABDL
world
record



bench press of 457 in 61-275 July 2006. While warming up at a WABDL meet on October 13, 2007, he got a blood clot in his leg and died. Richard and wife Katherine were married at the WABDL Worlds in Reno, on November 17, 2005. He lifted on a Monday and they were married on a Wednesday. His wife said, "Even though we were married only a short time, never has a man loved me more." The most important things in his life were his wife and powerlifting. His goal was to bench 500 lbs. at the 2007 WABDL Worlds. Born in

1942, he was a proud veteran and served in the US Army during Viet Nam war. Growing up in Pittsburgh, he was an avid Steeler fan. He had two sons and a daughter. He had been a welder and had a lengthy sales career in that field. He never held a grudge or passed judgement on anyone. He really enjoyed the WABDL Worlds. He won in 2005 and 2006 and set world records three times. What I remembered most about him was his passion for lifting and the energy that resonated when he talked about lifting. WABDL will miss you Richard. (Gus Rethwisch, WABDL)

• • • • •
Ed Sheets
died of
cancer on
November
16, 2007.
He was 67.
He received



a Bachelor of Science degree in Agricultural Engineering from Purdue University in 1963 and then earned his MBA from the University of Illinois. He married Beverly Buntin in June 4, 1961 and she survives. He served in Viet Nam as a Lieutenant in the Army. He worked for International Harvester in Hinsdale, Illinois from 1965 until retiring as Chief Engineer in 2003. He held several US Patents. He had two daughters, Brenda and Kim, and a son Brett. He had a WABDL Indiana state record in the deadlift of 250 and the bench press of 303 in SHW, 61-67. He competed in WABDL for three years and his biggest thrill was competing at the Worlds in 2005 at the Reno Hilton in a 33,000 square foot ballroom with 660 lifters, the 'biggest party he had ever been to'. (Gus Rethwisch, WABDL Pres.)

• • • • •
Wilbur E. Streeter,
born August
2, 1918,
passed away
on Dec. 28,
2007. Few



people know Mr. Streeter and fewer still knew of his feats in powerlifting. You see, Wilbur was incarcerated for 42 years of his adult life. In the 1950s, he was ahead of his time, squatting 565 lbs., bench

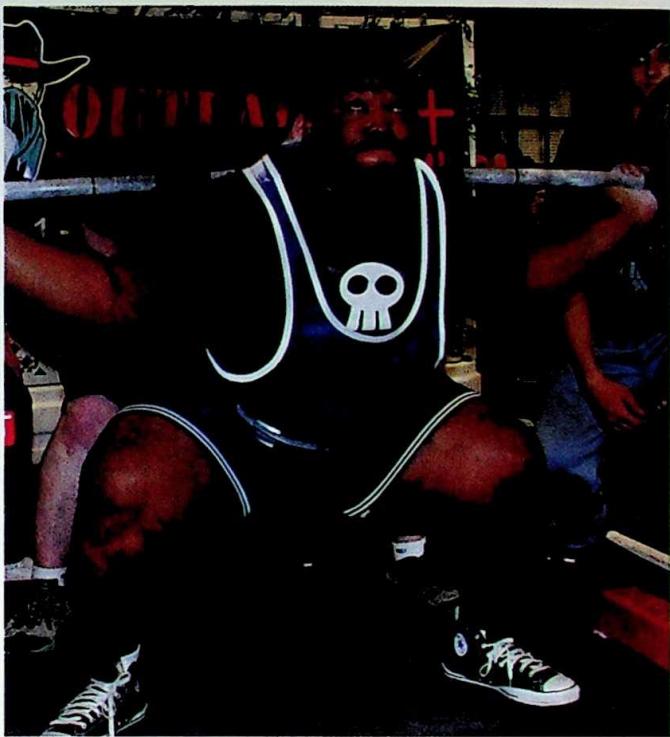
pressing 365 lbs., and deadlifting 695 lbs., and his attire was t-shirt, gym shorts, and typical inmate shoes - no wraps, belt, or other equipment. He devised an 8 day training regimen that he used to accomplish those lifts. Wilbur was a brilliant man with a high IQ, although it was sadly misused. At some of the facilities he was at, he designed the benches, squat racks, barbells, dumbbells, and made them himself. I was a pen pal of Mr. Streeter for 25 years, and his training tips were invaluable. I met the man twice, after his parole. Bill Clark put on meets in the prisons and he knew Wilbur for 45 years. As Wilbur himself would say "Now I am in the Big Gym in the Sky". To a great friend and man, God Bless (Lee Gesbeck)

• • • • •
Adeline Dentice,
82, the
mother of
Joe 'Hail
Caesar'
Dentice,
passed away
on January



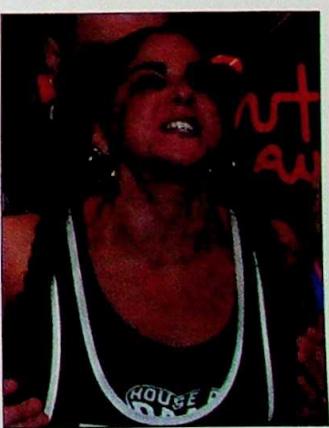
10th, 2008. Adeline was well known to many lifters at the meets she attended. She often displayed her sense of humor when talking to them. At the USPF Nationals in Las Vegas (August 2007) Ed Coan took a moment to visit with "Mom". Ed asked her "Isn't he (her son Joe) going to let you lift today?" Mom said "No, so I'm going to have a drink instead." At another meet, after watching her son complete a successful deadlift, someone in the audience said to her "I bet you could do that". Her answer was "I'm the one that taught him". The last meet she attended was Kevin Meskew's Monster BP/Return of the Living DL, October 20th, 2007, where she was presented with the "Number One Fan" award. That evening she got to see Bobby Vinton in concert for the 35th and last time. Anyone who talked to her knew she was a huge Bobby Vinton fan. After that, her health began to fail rapidly. She was born in Milwaukee, WI on March 25th, 1925, and had been a resident of Las Vegas for 31 years. She is survived by her loving family, sons Joe and Scott, daughter-in-law Lori, her most beloved and only grandchild Matthew; sisters Dolores Zachara of Las Vegas and Elaine Bykowski and her husband Norman of Milwaukee, brother-in-law Mickey Ligman and his wife Dale of Milwaukee, as well as numerous nieces, nephews, and cousins. (Joe Dentice)

| APF/AAPF Alabama Open | | | | | | |
|---------------------------------|------|-------------|-----|------|--|--|
| 17-18 MAR 07 - Rainbow City, AL | | | | | | |
| BENCH PRESS | | | | | | |
| Women | | Baker | 242 | 424 | | |
| Suter 198 | 148 | MM | | | | |
| Mika 148 | | Womack | 220 | 435 | | |
| Teen 18-19 | | Breux | 220 | 445 | | |
| Farmer 308 | 435 | Harden | 275 | 529 | | |
| Teen 16-17 | | MJ | | | | |
| Dearman | 314 | Zuchelli | 198 | 330 | | |
| Submaster | | Steenberger | 292 | | | |
| Eaton 242 | 440 | Pierce | 242 | 600 | | |
| Raw | | Holmbeck | 220 | 413 | | |
| Zuchelli 198 | 330 | Guest Raw | | | | |
| Gooch 142 | 275 | Simmons | 242 | 573 | | |
| Moss 275 | 451 | Guest | | | | |
| MO | | Green | | | | |
| Barnes 275 | 413 | Luckett | 198 | 551 | | |
| Tew 275 | | DEADLIFT | | | | |
| Holmbeck | 242 | MM | | | | |
| Burns 242 | | Breux | 220 | 589 | | |
| Micka 308 | 683 | MN | | | | |
| MN Raw | | Baker | 242 | 573 | | |
| Zuchelli 198 | 330 | MO | | | | |
| Kyllo 242 | 270 | Nelson | 242 | 551 | | |
| Petras 198 | 253 | WNR | | | | |
| MN | | Culp | 114 | 209 | | |
| Altoret 220 | 292 | MN | | | | |
| Tucker 198 | 330 | Hernandez | 314 | | | |
| Pacheito 181 | 330 | MN/R | | | | |
| Rider 275 | 551 | Petras | 198 | 407 | | |
| MM 40-44 | 5Q | BP | DL | TOT | | |
| 198 | | | | | | |
| A. Massie | 650 | 341 | 479 | 1471 | | |
| M. Strickland | 435 | 336 | 451 | 1223 | | |
| MM 45-49 | | | | | | |
| 181 | | | | | | |
| B. White | 556 | 374 | 485 | 1416 | | |
| 220 | | | | | | |
| T. Buckley | 683 | 468 | 578 | 1730 | | |
| T. Womack | 468 | 435 | 512 | 1416 | | |
| MM 55-59 | | | | | | |
| 242 | | | | | | |
| R. Harrison | 507 | 407 | 573 | 1488 | | |
| MM60-64 | | | | | | |
| 220 | | | | | | |
| V. Breux | 358 | 446 | 551 | 1355 | | |
| T. Butler Gst | 573 | 352 | 584 | 1510 | | |
| MO AAPF | | | | | | |
| 198 | | | | | | |
| D. Millraney | 562 | | | | | |
| 220 | | | | | | |
| K. Taylor | 705 | 407 | 584 | 1697 | | |
| D. Gable | 644 | 451 | 501 | 1598 | | |
| 242 | | | | | | |
| S. Johnson | 650 | 402 | 512 | 1565 | | |
| 275 | | | | | | |
| C. Senese | 760 | 705 | 639 | 2105 | | |
| J. Reese | 523 | 435 | 600 | 1559 | | |
| 308 | | | | | | |
| L. Fox | 744 | 523 | 457 | 1725 | | |
| SHW | | | | | | |
| C. Coaker | 705 | 551 | 661 | 1918 | | |
| MO APF | | | | | | |
| 165 | | | | | | |
| R. Blunschi | 503 | 303 | 473 | 1278 | | |
| F. Klein | 275 | 314 | 452 | 1041 | | |
| 198 | | | | | | |
| M. Bishop | 551 | 485 | 551 | 1587 | | |
| J. Hackett | 600 | 402 | 501 | 1504 | | |
| A. Massie | 650 | 341 | 479 | 1471 | | |
| 220 | | | | | | |
| L. Mosley | 821 | 573 | 677 | 2072 | | |
| J. McCracken | 804 | 600 | 600 | 2006 | | |
| S. Radford | 805 | 529 | 666 | 2000 | | |
| A. Guice | 551 | 418 | 551 | 1521 | | |
| S. Peed | 512 | 407 | 540 | 1460 | | |
| 242 | | | | | | |
| S. Dwelle | 804 | 617 | 628 | 2050 | | |
| W. Carter | 953 | 501 | 589 | 2044 | | |
| 275 | | | | | | |
| D. Hoard | 854 | 628 | 655 | 2138 | | |
| J. Ross | 903 | | 606 | 1510 | | |
| M. Downing | 573 | 385 | 545 | 1504 | | |
| 308 | | | | | | |
| C. Stutes | 964 | 722 | 705 | 2391 | | |
| B. Phillips | 804 | 562 | 666 | 2033 | | |
| J. McCormick | 622 | 407 | 551 | 1581 | | |
| C. Dennis Jr. | 832 | | | | | |
| D. Brown | | 501 | 677 | 1179 | | |
| J. Brandon | 876 | 523 | 644 | 2044 | | |
| P. Key | 132 | 672 | 132 | 936 | | |
| SHW | | | | | | |
| M. Beatty | 760 | 562 | 683 | 2006 | | |
| G. Frank | 1041 | | | | | |
| R. Hodge | 66 | | | | | |
| SM | | | | | | |
| 220 | | | | | | |
| A. Guice | 551 | 418 | 551 | 1521 | | |
| 275 | | | | | | |
| D. Hoard | 854 | 628 | 655 | 2137 | | |



Robert Wilkerson, 25, squatted 826 lbs. raw in his first competition.

Women Teen 16-17
198
R. Jordan 501 275 418 1195
Women Open
132
A. Olive 236 154 248 639
S. Jones 148 93 198 440
165
A. Jaskiewicz 363 170 369 903
198
A. Suter 259 148 270 677
Women Master 40-44
132
A. Wright 275 159 308 744
A. Olive 236 154 214 606
S. Jones 148 93 198 440
MT 16-17
148
C. Ward 297 187 358 843
MO RAW
R. Wilkerson 826 584 595 2006
MM RAW 40-44
275
S. Caine 402 303 462 1168
MJ
308
T. Duffy 705 314 622 1642
Woman Guest
148
K. Bohigian 534 413 418 1366
The 3rd Annual APF/AAPF Open
Powerlifting, Bench press, and Deadlift
Championships started with a packed
house for both days of the two day event!
Professional Guest lifters included Garry
Frank(the world's strongest powerlifter),
Kara Bohigian Smith(The All-time record
holder at women's 148 and 165 lb. weight
classes!), Gunny Green(USMC and new
WPO Pro Bench Presser), Christian
Simmons and Mike Luckett(two of the
USA's top competitors at 242 and 198 lb.
class respectively)! This great lineup put
on a great show of strength for the crowd
over the two days, hi-lited by Kara Bohigian
Smith's 413 all-time 148 lb. women record
bench press and APF (American
Powerlifting Federation) records 534 lb.
squat and 1367 lb. total! There were
plenty more monstrous lifts among the
97 competitor; including many National
and World class lifters! The crowd
cheered with excitement both days as an
unbelievable 13 lifters posted 2000+ lb.
totals! 5 of these were over 2100 lbs. and a
huge 2391 lbs. by heavy weight 'Best
Lifter' Craig Stutes! The light weight 'Best
Lifter' Lance Moseley of Florida(WPO
Raider semi-pro football player) won the
masters 50-54 275 class with a bench of
529 lbs.; while Justin Ross started strong
with a 903 lb. squat then struggled at 639
on the bench and failed to lock it out on
all three attempts and he was out of the
meet. He'd locked over 700 in the gym
just 2 weeks earlier. Frequent Gold's
Gym guest from Birmingham Curtis Dennis
Jr. (operator of the 'Metal Rage' Forum)
and Drew Gable also competed. Curtis
began confidently with an 832 best squat
but tripped up with a usually easy 501
opening bench twice and then missing
again at 523 and he was out of the 308
open's. Drew Gable, another frequent
visitor at Gold's was 2nd at AAPF 220 Full-
power Open with a 644 squat- 452 bench
and a 501 deadlift for a 1598 lbs. total.
Some other standout performances
included Alabama's veteran Ted Butler at
60 years old AAPF 220's with a big 1510
lb. total smashing 60-64 AAPF records by
50-100lbs. on practically every lift! They
include a 573 squat, a 352 bench and a 584
deadlift. 47 year old Terry Buckley of
Mississippi had a fine day with a 1730
total at APF 220 (45-49) highlighted by a
big 683 squat. Tn. Superheavy Mike
Beatty put up a 2006 total. Bob Phillips of
Louisiana totaled 2032 lbs. at 308. Steve
Dwelle went 2050 and William Carter
went 2044 to take 1st and 2nd in a very tight
242 battle! In Bench Only Dean Pierce
nailed a 600 bench at 242. John Micka
benched 683 at a very muscular 308 to
take Best Bencher and in AAPF Raw Bench
Only Darryl Zuchelli, a State Trooper
from Alabama; benched 330 at 198's in his
1st meet! 61 year old Vince Breux totaled
1355 at APF 220 Masters (60-61), including
a 551 deadlift to take the Deadlift Only
win as well. 42 year old Angie Olive
totaled 639 lbs. to win at 132 masters 40-
44. Leighann Jaskiewicz won the 165
women's open with a 903 total. Sixteen
APF/AAPF American records were broken
at this meet! Unbelievable! There were
also a total of forty-four Alabama records
broken! That's the caliber of lifters that
this meet has a reputation of drawing in
just three short years! After 3 years of
rapid growth, next year's APF/AAPF
Alabama Open Powerlifting - Bench Press
- and Deadlift Championships will move to
the much larger 'Activities Center' at
Gadsden's 'River Country Camp Grounds'.
This year's meet drew 97 lifters over 2
days! Thanks to Stace Beecham (co-
promoter and owner / manager of Gold's
Gym) and Pam McKeel(scorekeeper and
secretary for APF Alabama), all of the
staff and crew(the meet wouldn't be
possible without you), and the judges!
And a very special thanks to the 'World's
Famous' Gold's Gym Spotting Crew! Your
dedication to lifter safety is appreciated
by literally hundreds of lifters across the
country! Original members and Captains
of this crew are Steve Moats, Jerome
Vaughn and Leon Trammell who put
together a great crew each year! (Written
by Meet Founder and Co-Promoter Buddy
McKee, APF Alabama Chairman)



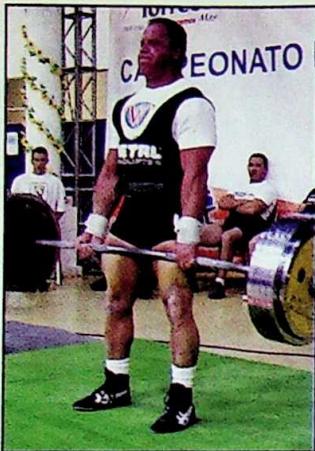
Kara Bohigian-Smith squatted an AR 534 lbs.. (Ken's Power Shots)

(continued from pg. 12)

Drury said, "It was a great honor to represent their country. The huge success of the team was due to team spirit, commitment and cameradie". The GB team manager David Carter put GB success down to good long distance travel planning, preparation and athlete's positive approach to all their lifts. GB were very pleased to rekindle WPF relationships with the USA athletes, along with all other Nations; and look forward to meeting up with you all on platform in 2008.

WPF Worlds USA Wins Gold!

The USA Team is proud to bring home 16 Golds, two Silver medals, and 13 World Records! It all started in Las Vegas in August 2007 at the USPF Nationals. Participation on the World Team was by invitation. Team members were selected by their Las Vegas Performances. The WPF Worlds started off with the women and lightweight men on Thanksgiving Day. The competition was held at Auditorio Municipal De Torreon. A huge auditorium in the round, featuring a dome roof. The opening ceremonies featured performances by Folklorico dancers, a Mexican Military band and precision marching units. To watch their fellow dancers, about 100 school children came to watch the opening ceremony and the beginning of the women's Competition. The women started off the day with an impressive 17 women lifters. Two were Americans from California, Bonnie Aerts (M45+, 114 weight class) and Karen Matthews (open, 148 weight class). Bonnie Aerts won Gold in her weight class and age group. Bonnie brought home the Gold for the USA in the Powerlifting. Karen Matthews put in a clutch performance with a gutsy 4th attempt 369 Squat for a potential WR only to have the record dashed by problems in the bench. After the women came the lightweight men. Lifting in this class was Kevin Meskew (50+ 123 weight class) and Gordon Santee (60+ 148 weight class). Both of these men received Multiple World Records and won Golds. Kevin Meskew started off his trip with lost luggage his whole trip. Meskew still had an 11 for 11 day! He went for a World Record 4th attempt squat and a World Record 4th attempt deadlift, and went home with a World Record in all three lifts and the total, as well as a Gold. Gordon Santee's records were amazing despite the fact that his flight into Torreon had been cancelled. On that flight were USA Lifters Bob Gaynor, Matt McCase, Greg Baxter, Fred Goldberg and his son, Ethan and Bob Benedix. However Santee was due to lift the next day. After a few hours sleep, no sight of their lost luggage, the USA team arrived in Torreon. Santee arrived after weigh-in's were finished and was told he was not allowed to lift. However, on the same cancelled flight was WPF President Eric Butzelaar. Butzelaar granted Santee permission to lift, knowing of his circumstances. So with little sleep, no food and virtually no warm up, he finished with two perfect squats, a World Record 4th attempt in the bench, and a World Record 4th attempt on his Deadlift and another Gold. Last light weight lifter for the 1st day was Dan Sorenson (M40+, 148 weight class) Sorenson finished off the day with a perfect World Record Deadlift and brought home Multi-world records in all lifts and the total and a Gold for the USA. Bob Benedix M45+, 181 weight class) edged out his competitor from Mexico. With his great numbers for the day, Benedix also received Gold in his weight Class. California lifter Jose Hernandez (Open, 181 weight class) finished off the second day of Powerlifting. Hernandez had two great squats, three perfect benches and two great deadlifts bring in Silver for the USA Team. Greg Baxter (M50+, 220 weight class) started off his day a little rough, missing his 2nd and 3rd squat. However, Baxter pulled ahead



Bob Benedix .. smooth success.

of his Dutch competitor by performing out standing in his bench and Deadlift and pulling ahead and winning the Gold. Matt McCase (Open, 220 weight Class) was ready for his competition. McCase finished with an impressive 698 lb World Record in the Deadlift and McCase received Silver in his weight class. Courtney Stanley (M60+, 242 weight class) came in strong and received two World Records for his 584 Squat and 1526 Total. Courtney brought home another Gold for the USA Team. Mark Menslage (M40+, 275 weight class) started his day looking worried, missed his first two squats. However, Manslage was able to get a strong total of 1529 lbs, to win Gold in his class. Finishing of the Powerlifting Competition for the USA was Alan Aerts (M50+, 308 weight class) was there with his wife Bonnie Aerts. They were the only husband and wife team at the Worlds. Alan started strong in the squat and nailed his second bench for a World Record. However, on his 3rd attempt, Aerts was finishing his bench when there was a loud ripping sound. He had torn his shoulder. Despite his shoulder injury, Aerts continued on and pulled a smooth 500 lbs deadlift and a total of 1309 lbs, winning him another Gold. After a long three days of Powerlifting, the lifters were treated to a celebration party at the Christa de Noas. The restaurant was located above the city of Torreon. The scenery was breath taking as we ate our dinner and relaxed outside in the open air restaurant. It was a great time to visit with other lifters from other countries. With the power lifting competition behind us, it was a lot of fun to relax and joke with fellow lifters. We meet many great lifters from Holland, Mexico and Germany and made new friends from England. Dave Carter, President of British Powerlifting Organization, Goodwill Ambassador, Paul Murphy, Dean Dury, Phil Benisten, and David Belchers to name a few of the British Team. But we couldn't stay out to late as some lifters were lifting in the World Bench Press Competition the next day, Sunday. A total

of seven lifters represented the USA Bench Press Team. The USA Team won Gold in the Bench. On Sunday, the two women from California started off the day with two Golds. Bonnie Aerts benched in the World Bench Press Competition despite the wrist injury she had occurred on Thursday during the powerlifting competition and brought home another Gold for herself. Matthews made a come back and got back under the bench after having 192 lbs fall on her jaw during her powerlifting competition on Thursday. Matthews pulled it together and won the Gold in the Bench Worlds on Sunday and also helped bring the USA Team the Gold. Greg Butler, our youngest competitor at 23 years-old, benched an impressive World Record 484 lbs in the 100kg's, putting him in first place over his junior competitor from Mexico. He had a lot of support from his mom, who was there to cheer him on. Fredrick Goldberg (M40+ 242 weight class) brought along his son Ethan. Ethan was a big help to the USA Benchers. With the help of his son, Goldberg received a World Record for his 539 lbs bench winning him a Gold. Bill Bradley, our nicest and oldest competitor at M70+, 242 weight class. He ended up benching a perfect 275 lbs, earning him a second well deserved World Record and a Gold for 1st place. Alan Aerts (M50+, 308 weight class) showed up to the warm up room with a bag of ice strapped to his shoulder from his previous injury in the bench the day before. After spending 30 min. trying to get on his bench shirt with the help of "Cool Katz" Mike, Alan was finally ready to bench. Putting aside his pain, Aerts benched through it all and still received a Gold. Last but not least, JW Potts, aka Thunder (M40+, 308 weight class) dominated the bench press day for the USA and sealed the deal by benching a World Record of 561 lbs. Bring home a Gold for the USA Team. Of course I can not forget Dave Jeffery, President of the USPF and California State Chairman Steve Denison, President of the British Powerlifting Organization, Dave Carter and WPP President Eric

Butzelaar for their contributions to making this a successful meet. I would also like to recognize and Congratulate Steve Denison USA, Dean Drury England, Francisco Gomez, Mexico and Mario Hernandez, Mexico for receiving their WPF International Judging Certificates. The next WPF Competition will be held in Vienna, Austria, for 2008. The 2009 World Powerlifting, Bench Press and Deadlift Competition will be held in fabulous Las Vegas. (WPF World Championships article written by KAREN MATTHEWS)



The Aerts' .. Alan and Bonnie

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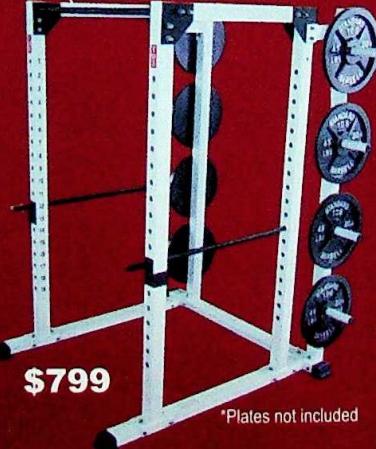


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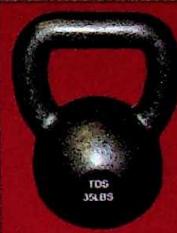
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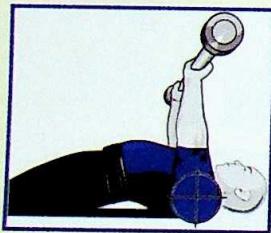
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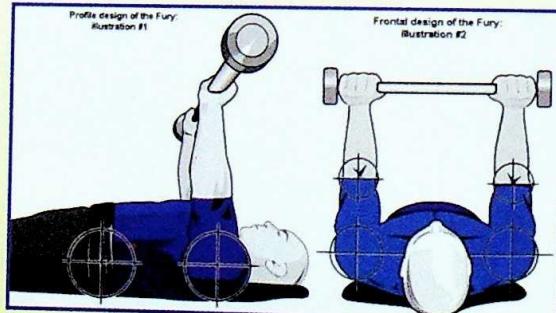
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If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit the ADFPF and the WDFPF to publish my name as a suspended member and/or member who is suspended for testing positive for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

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TOP 100

For standard 165 lb./75 Kg. USA lifters in results received from NOV/06 through NOVEMBER/07

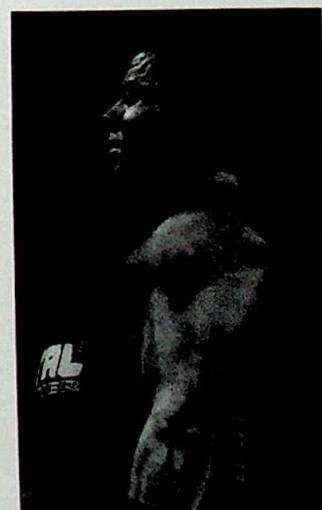
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NEXT MONTH... TOP 181s

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Jason McElroy No. 1 in the DL

| SQUAT | BENCH | DEADLIFT | TOTAL |
|----------------------------------|------------------------------|-----------------------------|--------------------------------|
| 1 782 Petrillo, D..3/2/07 | 633 Mazza, J..7/15/07 | 661 McElroy, J..3/2/07 | 1973 Petrillo, D..3/2/07 |
| 2 777 Berardinelli..11/2/06 | 573 Schwab, B..3/2/07 | 650 Talmant, E..3/2/07 | 1929 Schwab, B..6/16/07 |
| 3 777 Schwab, B..6/16/07 | 562 Hara, M..11/17/07 | 644 Caslow, A..4/28/07 | 1912 Tincher, B..3/2/07 |
| 4 771 Tincher, B..3/2/07 | 556 Petrillo, D..3/2/07 | 644 Cayer, A..5/5/07 | 1864 Hooper, W..7/13/07 |
| 5 766 Hooper, W..11/6/06 | 523 Berardinelli..3/2/07 | 633 Petrillo, D..3/2/07 | 1857 Caslow, A..4/28/07 |
| 6 760 Conyers, T..6/30/07 | 520 Tom, T..7/14/07 | 633 Nickson, E..7/13/07 | 1829 Berardinelli..11/2/06 |
| 7 750 Hardy, M..1/27/07 | 518 Kim, A..11/19/06 | 630 Hill, B..3/24/07 | 1774 McElroy, J..3/2/07 |
| 8 749 McElroy, J..3/2/07 | 518 Tincher, B..3/2/07 | 628 Hollenbeck, A..6/9/07 | 1765 Crowe, B..11/11/06 |
| 9 749 Caslow, A..4/28/07 | 518 Hickman, R..3/24/07 | 622 Tincher, B..3/2/07 | 1720 Conyers, T..6/30/07 |
| 10 725 Crowe, B..11/11/06 | 518 Hooper, W..10/17/07 | 622 Snelling, R..11/16/07 | 1700 Cayer, A..9/15/07 |
| 11 699 Dunn, J..8/07 | 507 Davila, A..11/19/06 | 611 Fleming, M..3/10/07 | 1692 Talmant, E..3/2/07 |
| 12 655 Cayer, A..9/15/07 | 505 Crowe, B..11/17/07 | 611 Stanley, M..3/24/07 | 1680 Hardy, M..1/27/07 |
| 13 650 Talmant, E..11/2/06 | 500 Miller, L..6/2/07 | 611 Franks, A..7/28/07 | 1647 Nickson, E..7/13/07 |
| 14 650 Valenza, A..4/7/07 | 485 Caslow, A..8/19/07 | 606 Owens, T..5/26/07 | 1635 Valenza, A..4/7/07 |
| 15 633 Vaughn, E..1/27/07 | 485 Ruelan, M..10/27/07 | 606 Schwab, B..6/16/07 | 1603 Hammers, D..7/13/07 |
| 16 630 Beaupre, S..11/17/07 | 485 Albano, T..10/27/07 | 606 Spencer, R..7/13/07 | 1600 Beaupre, S..11/17/07 |
| 17 625 Wilcox, D..5/12/07 | 485 Baker, G..11/5/07 | 606 Artur, E..11/10/07 | 1559 Derstine, M..3/24/07 |
| 18 617 Derstine, M..3/24/07 | 481 Luther, J..3/24/07 | 600 Benezera, J..11/16/06 | 1548 DiGironomo, J..4/14/07 |
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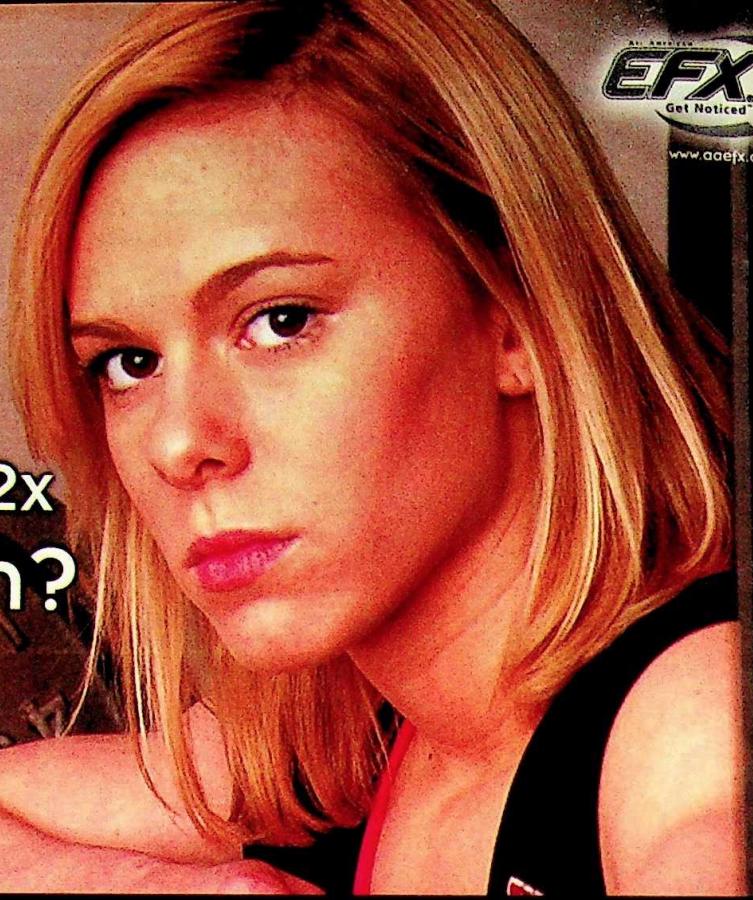
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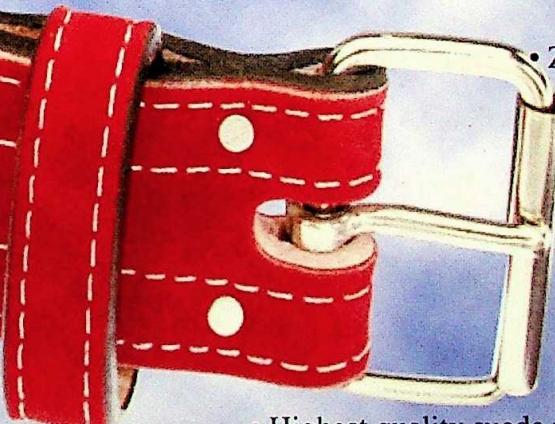
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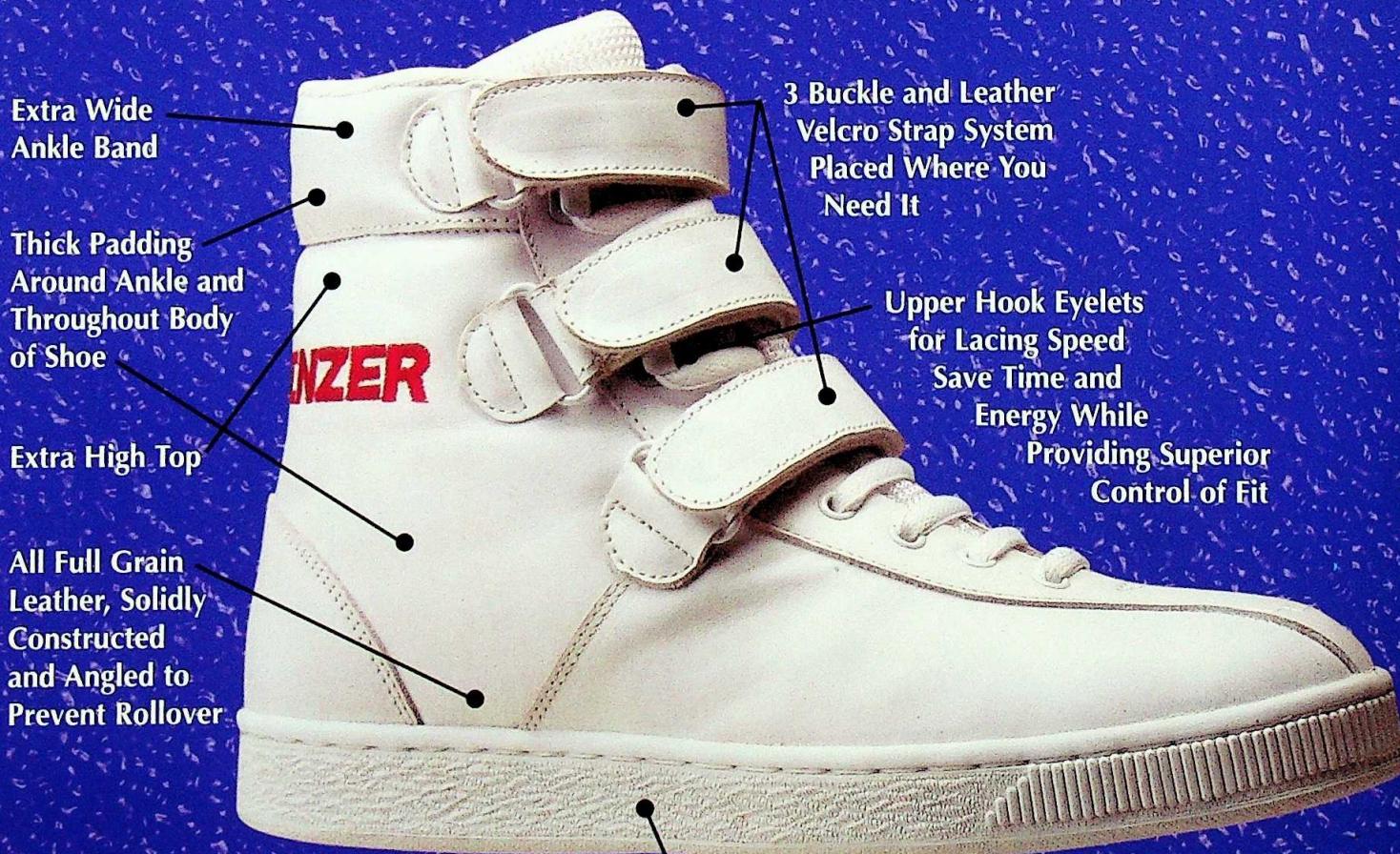


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