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ON THE COVER.... all three of Garry Frank's individual lifts that produced his spectacular 2500 lb. total. (Lambert photos)

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Garry Frank Smashes the 2500 lb. Barrier!

Superman and Superwoman II Strengthfest, Burbank, CA, December 2,3, 2000, *as reported by Herb Glossbrenner, PL USA Statistician*

The first National 5 lift Strength Quintathlon was staged last year at the Body Fitness H.E.A.T Fitness Center in Terre Haute, IN. The event was appropriately called SUPERMEN OF THE CENTURY and was sanctioned by Jim McCarty's W.E.P.O.F (World Elite Power Olympic Federation). This was a group with a new scope of competition which combined the skill of the overhead lifts (snatch, clean & jerk) along with the 3 powerlifts to see who, in the various categories, could stake claim as the all-round best strength athlete in America. Everyone had a great time competing in this grueling two day event; doing the two overhead lifts on the first day and the three powerlifts the second day for a 5 lift combined total. See *PL USA* - March 2000, page 71 for a full report of that contest.

Joe and Nance Avigiliano came to that first event from California, along with myself. Joe surprised everyone by competing in all 5 lifts, along with me. Avigliano outlifted everyone in the overhead lifts on the first day, and then established personal bests Sunday in the powerlifts. Top notch SHW powerlifter Tom Waddle of Columbus, OH came to lift and brought the Monolift. Tom wowed the crowd with a huge 3 lift TOT at 308: 950 SQ, 550 BP and 760 DL for 2260. After his debut, Joe made a commitment to run the SUPERMAN II in 2000, and that is how this meet came to be. Everyone hoped that WEPOF President Jim McCarty would be able to attend this one. Unfortunately, Jim had to undergo foot surgery and couldn't be present.

This year's SUPERMAN/SUPERWOMAN II competition, Weightlifting, Powerlifting and Bench Press Championships were held at the spacious 6000 square foot (former) Coast Footwear building located at 1607-1611 Verdugo Blvd.

***Diana Fuhrman** did well in her first ever powerlifting competition.*

***Amy Weisberger** slowly drove up a great 4th attempt 310 lb. bench*

in Burbank, CA. All Superman/Superwoman lifters, Olympic lifters and the Bench Press only division lifted at 9:30 A.M. on Saturday, Dec. 2nd. The Olympic Lifting was sanctioned by W.E.P.O.F, while the bench press division was sanctioned by the American Powerlifting Federation (APF). The overhead lifting is comprised of two events. The first is the snatch where the weight is brought from the floor fully overhead in one movement, either splitting or squatting the legs underneath. This lift is a test of speed, explosiveness, agility, flexibility and coordination. The clean and jerk requires more strength. The barbell is brought to the shoulders before it is rammed aloft, splitting the legs fore and aft or squatting underneath. The "Olympic lifts" are difficult and a lot of technique and athleticism is required. The Aviglianos, Joe and Nance, had planned all year for this event despite a demanding schedule. Joe had held the APF California State PL Championships in April along with the Los Angeles Lifting Club's Summer Bench Blast in August. All of this took place along with his regular duties of running the gym, coaching teammates, etc. Joe himself lifted in the National Qualifier in IL, as well as the APF Seniors in June and most recently the WPC Worlds in Las Vegas. Nance won her 2nd Sr. National 123 title, totaled Elite, and nabbed the Women's Open silver medal at 123 at the recent WPC Worlds in Las Vegas. It had already been a busy year for them.

At the meet site, a huge blue backdrop tarp separated the competition area from the 'backstage' area, which had a Monolift for squat warm ups; brought to this event thanks to Tony Pasterello of the Huge Iron facility in Las Vegas. Behind the lifting platform, attached to the backdrop, was a large INZER ADVANCE DESIGNS banner promoting the World's leading manufacturer of quality PL gear. A large scoreboard was manned both days. Kilogram bumper plates were used on the first day for the weightlifting competition, while the World's most famous iron discs (Ivanko) were used for the bench press event and the powerlifting competition on Sunday. There was plenty of breathing room and not a bad seat in the house.

Three women ran the quintathlon gauntlet and they must be lauded for their endurance, resolve and determination. Susan Waits, 32, of Las Vegas, displayed good technique in her overhead endeavors. She's just getting started in weightlifting, and at 132 she snatched 88 lbs. and lifted 110 above her head in the clean and jerk as a warm up for her powerlifting the following day. Amy Weisberger was fresh from winning her 8th WPC World PL Championships only two weeks before in Las Vegas, NV. The happy, helpful, smiling massage therapist from Worthington, OH attributes her success to the coaching expertise of her mentor, Louie Simmons of the famous Westside Barbell Club. She came out earlier in the week as a guest of the Aviglianos to visit and help with setting up for the competition on Friday. They've developed a real friendship and camaraderie during the past couple of years. Amy believes WL will help her powerlifting, by keeping her flexible and explosive. She displays good form in the full squat positions, but reverted to doing the lifts "power style" on the platform, leading to a SN of 110 as well as a 138 C&J (almost got 154). The star of the ladies the first day was Diana Fuhrman, 37, a Van Nuys, CA school teacher. She's competed in WL for 20 years under the watchful eye of national coach Bob Takano. In Baton Rouge, LA on 20 MAR, 1992, Diana won the U.S. Women's National WL title ,blowing her closest competition away by a whopping 104 lbs! There she established Women's American Records of 205 snatch (93.0 kg.), 253.5 in the clean and jerk (4th), and a TOTAL of 205 KG. (451.9) in the 148 bwt, class. Diana finished 4th at the 1989 Women's Worlds in Germany, only 16 lbs. away from winning a bronze medal there. Just this past July at the 2000 Olympic Games Trials, she was competing against others 10-16 years younger. As the lightest of the Middleweight contenders (158.3) she finished 3rd, lifting a 187 snatch and 231 in the clean and jerk. She didn't make the Olympic team, but actually ranked 5th among 18 contenders for the outright highest TOT (418.9 lbs). Not having trained the overhead lifts for 5 months, she did remarkably well at the WEPOF meet, reducing back to 148, and snatching 171 and clean and jerking 209. Diana had 220 overhead, narrowly missing to hold it on a 3rd - ditto on a 4th. Herb Glossbrenner, 58, 156 lbs., tried his hand even though he

***Sensational Senior**... Bob Strange*

hasn't practiced the overhead lifts in 10 years. Back in the eighties, Herb won the National Masters Championships 5 times in his age group (40-44) and became the World Masters Champ at 148 in Salinas, Puerto Rico in 1987. That was the first year the Championships were held and recognized by the IWF (International Weightlifting Federation). Herb hadn't recuperated from winning the WPC World Bench Press and World Powerlifting Championships in his age group (55-59) only two weeks earlier, but flipped up 143 in the Power Snatch and Clean and Jerked 171 relatively easily, with a power clean and push jerk. He tried 187, easily power cleaned it, but got the bar out front overhead just enough to severely hamper his PL effort the following day, especially in the bench press. Gintas Smagurauskas, 44, from Nevada, brought his little daughter, and served as her baby-sitter and did all 5 lifts too. He's formerly from Lithuania, yet speaks remarkably good English for being in this country only 2 years. At 177 bwt. he displayed considerable skill, having no trouble lifting 176 in the snatch and 253 in the clean and jerk. Scott Waits, 35, took top honors in his 220 class following his wife's earlier example. He had the biggest lifts of the day, with a 253 SN and 319 CJ. Joe Mancini, 22, and 217 lbs. bodyweight, earned tops in the Junior Division (20-23) 220 lb. class. He put up lifts of a 148 SN and 187 CJ to warm himself up for the next day. The star of the men's division was Bob Strange, 63. Back in September this Californian become the IWF World Masters Champ in WL. Competing in the 206 lb. class in Glasgow, Scotland, he did a 198 SN and 253 CJ for the victory. Bob weighed 198 here, and zapped up a 187 SN and 253 CJ with ease. You'd think he was fibbing about his age the way he effortlessly handled the barbell.

BENCH PRESS OPEN DIVISION: Only 5 contested in the APF Bench Press Open Contest held Saturday afternoon directly following the Olympic lifting competition. What it may have lacked in quantity it more than made up with quality with 7 state records being blown away. Lance Slaughter, 37, a member of the L.A. Lifting Club used this meet as a tune-up before leaving for the IPF World Bench Press Championships the following weekend in the Czech Republic. Lance squeezed himself into his site 44 Inzer E.H.P.H.D. single ply shirt and proceeded to demolish the APF State Record held by Rick Couch. At 148 he broke the mark on his opener with 385, and followed up by breaking it twice more with personal bests of 410, and then 415 lbs. He was opposed by Jim Lawrence, of Arizona, a national level competitor who is now 41. Jim, 147, came in with a shoulder injury, and made his 335 opener in the "chicken wing" style (elbows out), then missed 340 and called it a day. Jim made 362 @ 132 back in 1990 and did 374 in 1999 @ 148. He has designs on doing 400 in the future. Amazing is a good word to describe William Gent, another lifter who broke a state mark. Bill, who holds the 60-64 age group 165 record, had just turned 65. He took advantage of this opportunity to establish a high standard. At 157 bwt., he exceeded the record twice; lifting 275, and then 290 lbs, before failing his 3rd w/ 300. Mike Ludovico, 33, opened at 530, then busted Tom Burns' State Record of 540 by pressing 545 on a 2nd attempt. He tried a huge 580 on his last try not to be today. You can bet that some big numbers are on Dr. Ludovico's agenda for 2001. Last, but not least, was the powerful newcomer Scott Mendelson, 31, who was coming off his big win at the WPC World BP Championships just a few weeks back. There he'd BPed 644 in the 308 division; weighing barely over the 275 class limit. Scott did lift 275 here, and busted his own state mark of 600 with an opener of 610. He went straight to 650, got it up, but was turned down for hip raise. Next he tried 660, but that wouldn't go either. He should break Sam Samaniego's State Record of 655.9 set back in April 1988 sometime during 2001 in the 308 class.

***John Planas** put together a nice total to take first place in the 275s.*

The powerlifting competition took place on Sunday. The featured attraction was Garry Frank, 35, the BAD DUDE from BATON ROUGE, who came in with a barrier busting objective in mind. He was here to attempt to become the first man in PL History to officially total 2500 lbs! The atmosphere was absolutely electric. All the participants in this competition put forth their best efforts leading up to the main event. The exciting climax would be seeing the 6'4" 375 lb. LOUISIANA LEVIATHAN in action! The powerlifting contest was sanctioned by the APF. National APF Referee Kevin Meskew, who promotes meets at famous Muscle Beach in Venice, CA, was joined on the side by Brian Delgado of the LALC (an eagle eyed scrutinizer), and head ref was the knowledgeable Gordon Santee, who walks the walk as well; recently winning his 50-54 165 age group in the AWPC World PL Championships.

Susan Waits lifted her way to a 2nd place finish in the Superman Division 132 class. She SQ'd 255 (2nd), missed 270; but got all her benches (145). She raised 265 on her 2nd DL, then missed her 280 final pull - TOT 665. Her combined two day 5 lift TOT was 863 lbs. Amy Weisberger opened her SQ with 385. With that formality out of the way, she tried 420 and 440 - both for misses. In the BP, she stroked her 260 opener easily, but misgrooved 290. She increased to 300 for her final lift - a splendid success. Then on a 4th attempt succeeded with 310. She's taking aim at the Women's 132 All Time World Best lift of 319 held by Tina Rinehart, a BP specialist. Doing all three lifts makes the task more difficult, but Amy is up to the challenge. Weisberger looked sharp in the DL and pulled 400, 430, and finally a PR 460 for an 1145 TOT. She wanted 1200, but her missed SQ attempts foiled that plan. Amy's combined TOT of 1393 for the two days gave her first place in the SUP division at 132. At 148, Diana Fuhrman made her PL debut. She's only been PLing for two months under the direction of Joe Avigliano at the L.A. Lifting Club. She SQ'd 320, 345, and finally 365 in great form. This was a new Ladies Submaster and Open state record, surpassing the 363 held by Norma Garcia of Sacramento. Diana, having never done a bench press in her life previously, made 167 on a second attempt, narrowly missing 172 on her 3rd try. In the DL, she beat the record belonging to Garcia twice, hoisting 345 and then 367 on a final attempt, looking good for more. This gave her a 900 TOT, a terrific first PL outing total, and it gave her a two day aggregate of 1280 to win the 148 Superwoman title. Vince Tanabe, 38, from San Gabriel, CA missed his 440 2nd SQ try, but bravely increased to 455 - it was a success for a new 33-39 APF CA State Record. He posted a 240 BP (2nd), and pulled 475 - also a 2nd attempt - for an 1170 TOT. Herb Glossbrenner broke four of his own state records in his 55-59 age bracket with SQs of 320, and 335, a DL of 345 and TOT 915. Competing in the Superman Div., he won the 165s OPEN for the second year in a row with an aggregate of 1229 lbs! Pedro Ayala, 22, captured the 20-23, 165 PL title. He SQ'd a 440 2nd attempt, then missed a state record try with 455. Pedro BP'd 310, then hurt himself, trying a personal best 322. He kept an ice bag on his injured shoulder for the remainder of the contest, but came out and pulled 3 token DLs for his win - 1155 TOT. Gintas Smagurauskas took the 40-44 age group 165 Superman title with his 1157 TOT. Gintas missed only his last BP try with 307. He made all his other lifts: 395 SQ, 297 BP and 465 DL. His 5 lift combined TOT was 1587! At 198, 63 year old Bob Strange took the Superman title: SQ - 440, BP - 310, along with a state record DL of 510. His 1260 PL TOT gave him a two day combined lift of 1700! Is that Bob amazing or what? Justus Owens, 41, got his start in lifting in 1978 with Jim McCarty back in Terre Haute, IN. This maintenance mechanic from Los Angeles took the 40-44, 198 powerlifting title, and showed excellent form. He dunked 525, 550,

then a great 570. He must've just been getting warmed up as he looked good for the Big Sixer. He used his custom fitted INZER DOUBLE DENIM EHDHP velcro backed shirt to maximum capacity and hit 380 and 395, before just failing to lock out 405. He hit a 2nd round 500 DL, but let his 525 get just a little bit out front - TOT 1460 for the PL win. The weights were getting heavier as the bigger men mounted the platform. Joe Mancini, 22, took the 20-23 age group division in the Superman event hitting a 1210 PL TOT for his two day 1546 combined TOT. Scott Waits missed his 660 SQ opener, jumped to 685, and waved his 3rd following a gutsy success. Scott hit a 440 BP before he missed at 455. Then he hit 3 good deadlifts (660) for a 1785 TOT. His 2358 5 lift aggregate topped all other performers. Dan Jesolva, 35, of the L.A. Lifting Club tore his bicep back in May at the Aurora World Qualifier. He'd worked hard through 7 months of rehabilitation and hard training for this contest. He improved all his best lifts by a huge margin here. Dan went 8 for 8 with no misses, but lost his last DL try (610) when the clock expired. SQ - 570, 600, 615. BP - 405, 420 & 427. DL - 570, 600 for a 1642 TOT. This gave him first place in the OPEN 220. His coach and mentor, Joe Avigliano, 41, shed 20 some lbs. since competing 2 weeks prior at the WPC Worlds. Joe put his huge quads to work going after the 40-44 State SQ record held by Dusty Caldwell (699.9). After a ridiculously EZ 670 opener, he went right to it - 702. He got it, but the side judges thought it was a tad shy. Undismayed, Joe repeated. No doubt this time. Joe wanted to raise the record higher and took a 4th with 720. I've never seen Joe strain that hard before, but he gutted it out for yet another record. In the bench, Joe did 300 sans shirt to test his tender elbow (he had successful arthoscopic surgery to remove bone fragments from his football days three days after this meet), then he put on his INZER DOUBLE DENIM and stroked 385 and finally 405 - and actually looked good for more. In the DL, he took a page from the Bill Starr textbook (he hadn't done them for a month), and it seemed to work as he did 570, then 595, and finally a PR 615 for a 1722 TOT. That's an improvement of 272 lbs. from the PR TOT he hit at the SUPERMAN meet last Dec. Joe practices what he preaches, that's for sure. The L.A. Lifting Club's motto is: THERE ARE NO LIMITS!! Bill Harris, 44, had been lifting against Joe in the 40-44, 220 division, but missed all his SQ tries. It was a 3 way battle for the 275 OPEN. John Planas, 26, and 245 from the L.A.L.C went against Tony Pasterello of the Huge Iron connection. Testing them both was Bob Phillips, 37, Garry Frank's big spotter and training partner from Baton Rouge. Bob's done over 1900 a few years back, until he got a hernia. He's coming back now. Pasterello, 29, managed to get his 650 SQ an a second attempt. Phillips opened with a hard 710, but stayed down twice with 755. Planas showed what a SQ should look like, burying all three of his lifts in textbook style: 680, 705 and 725. Phillips fell by the wayside, missing a 440 BP thrice. Pasterello managed 430, then failed with 460. Planas opened with 480 and shot it right up. Unbelievably, John missed two tries at 500 which should have been a toy for him. Tony managed to pull a 550 opening DL, but couldn't handle 590 nor 600 - TOT 1630, 2nd place. Planas pulled 605, then 625, but missed out with 640 - TOT - 1830, a personal best for BIG JOHN and first place. Brian Meek one of the most durable veterans around, looked like a mini Mack track. At 54, he got all his SQs (720) and looked good for more. Competing in the 308 category but weighing light, Brian popped up a state record 510 on his 3rd BP, and pulled a 670 DL 2nd, before he passed his 3rd - TOT - 1900; good lifting. Brian does more meets in a year than some do in a lifetime. One year he lifted in 36 competitions. It would be a safe guess to say he has way over 500 trophies in his collection (maybe a whole lot more) and most are first places! Pasterello and Meek enjoyed sweet revenge, as Pasterello had zeroed at the AWPC Worlds while Brian laid the goose egg at the WPC Worlds.

All this set the stage for Garry Frank and his assault on the 2500 Total barrier! Like his predecessors (Reinhoudt and Kazmaier) he's dominating the Superheavy division now like no other. You'd have to see Garry in person to fully appreciate his enormous size. He's a living, breathing phenom, a futuristic cyborg - half machine -- half human. The ease in which he handles enormous poundages is utterly astounding. His reputation proceeds him. In a feature article in *PL USA*, I'd earlier profiled Garry - who has finally come into his own. After retiring from the pro football wars, he has resumed another battle, to lift more in the three powerlifts than any man has done before him. There are specialists who've done more than Garry on each of the individual lifts, however, when it comes to the sum of all three - forget it. He now reigns supreme. Garry posted the highest PL TOT of all time only two weeks before, capturing his 2nd WPC World Powerlifting title (2469 lbs.) There was no secret that he was aiming here to become the first man in Powerlifting history to hit the magic 2500 lbs.! I'd bugged Garry all year to come here and finish the year with a bang. He promised to do so and was good as his word. At 6'4" and 375 solid lbs., he was an intimidating sight. The crowd was getting restless, waiting impatiently. A big storm was brewing and everyone was waiting for it to strike. I gave Garry a reassuring pat an his cannonball delt backstage as he began warming up for the squat. "Today is the day, I said, I feel it in my bones!" "I hope you're right", he replied, "I feel good!" Garry opened up at 880 in the squat. He sat deep and popped right up - like nothing! He took 925 for a second attempt and handled it just as easily. But - no - 2 reds flashed on as the side officials thought he needed to go one tick lower. He decided to take it over, but I convinced him he should go to 940. It would be necessary for him in order to reach his goal. I'd just seen him handle 942 on his 3rd attempt at the Worlds for 3 white lights. He went for it, tromped out and wedged himself under the bar. He took it into the hole and reversed gears. It was a little out of the groove ascending and it slowed, momentarily, as he straightened up and 3W. No doubt about it. It had looked uncharacteristically tough for him. It dawned on me that perhaps he wasn't fully recuperated from the Worlds. Two weeks isn't much time. Next came the BP. He warmed up to 635 without a shirt backstage. Then he squeezed his beef into his custom fitted INZER EHDHP special and came out for 650. Garry's BPs are like snowflakes - no two are alike. He'll be the first to admit that he hasn't learned how to use the bench shirt to his full advantage. If he hits his groove, he'll obliterate the lift. If not, he misses outright. At the APF Seniors last June he, after struggling, made the best of the bunch on a 4th WR try where he beat Arcidi's 15 year old mark, blasting up 711 in perfect form. He's struggled on the BP since then, getting only (I use the word only in the comparative sense) 650 at the Worlds, missing 694 there and a WR 4th try at 727. Garry came out for his 650 opener and put it right up - EZ as pie. He went to 670, but misgrooved it. Things weren't working out the way he'd hoped. He returned for his final try. This time he rammed it straight up showing a surplus of strength. He wouldn't waste his time with a record try on a 4th, but would save himself for the final labor - the deadlift! Garry has a unique and unorthodox method of

***Joe Avigliano** squatted a major league PR 720 on a fourth attempt..*

(article continued on page 81)

W.P.C. Worlds, Part 1

as told to Powerlifting USA by Herb Glossbrenner

***Leslie Watson** of GBR. (photos by Glossbrenner except where noted)*

The WPC World Powerlifting and World Bench Press Championships were held the week of Nov. 13-19 at the Plaza Downtown Hotel in Las Vegas, NV. The meet director was Tony Pasterello of the Las Vegas branch of Huge Iron Productions. Huge Iron is a gym with its headquarters in Daytona Beach, FL run by WPO President and Founder Kieran Kidder. The doorway to WPO is the APF/WPC whose founder and President is Ernie Frantz of Aurora, IL. WPO is the brainchild of Kidder who is offering HUGE Cash Awards to lifters. This may turn out to be the biggest boon to Powerlifting in its 35 years of official existence. Cash awards were awarded here for the TOP 5 Women's totals overall as well as TOP 5 for the men. I'll cover the main event first in this issue and will follow up with Part 2 in the March 2001 issue of *PL USA*, which will cover the WPC World Bench Press Championships as well as the WPC Championships for Teens, Juniors, Sub-Masters and Masters. The Women unveiled their talents beginning Friday afternoon including the Open Men through the 148 division. In this report I'll be discussing the lifting in pounds. The tabular results will be in kilograms only. This event was a continuation of championship lifting because the previous week the Amateur World Powerlifting Congress (AWPC) conducted their event. I've elaborated fully regarding the venue, equipment, and warm-up area in my AWPC report in the Jan issue. It's great for lifters and officials alike to have the opportunity to have lodging and lifting in the same facility. The official weigh-in scale was available for everyone to check weight during this competition. (Although I'm told that wasn't the case during the AWPC event)! The room where the lifting took place was huge, and the warmup area was also gigantic. Nobody felt like a sardine packed into a can. A newly designed version of the original Monolift made it's debut here. It's huge and completely hydraulic. The lever arms holding the barbell extend forward rather than backwards. Feedback from the lifters (pro and con) was about 50-50. Some found the absence of the support legs before them disturbing, as they were used as a focal point for many. This resulted of some lifters becoming disoriented and loosing their balance. Powerlifters are an adaptable lot and nearly everybody was able to adjust. A huge scoreboard was continuously monitored. The athlete, his bodyweight, attempts, country, etc. were all tabulated on a big plastic sheet with a grease pen so it could easily be changed. A roller mechanism, employed by hand, made it easy to roll up and over to the group in the next flight. A kg./lb. weightboard let you know what was currently on the bar. The same popular British crew of loaders and spotters that were used last year in Calgary were brought over. Maris Sternberg worked diligently and did the scoresheets by hand (no computers allowed) and kept the meet moving along smoothly, rousing the crowd if they got too complacent. Bill Nichols helped out on the mic and would've have been a great USA Team Coach had he had been cloned. A few minor problems with platform stability were remedied with a hammer and nails. The back room had two Monolifts plus warmup benches. A shortage of smaller weights caused a last minute change for many in their warmups. Everything started pretty much on time and moved rapidly. A runner – to and from the warmup area – would've been helpful as you couldn't hear your name called from the back area. Some got caught by surprise. One official was verbally chastised by his superior for harassing contestants, giving too long of a BP pause (5-6 seconds at most / 3-4 with regularity). Officials cannot be perfect but should give the lifter the benefit of the doubt when scrutinizing him or her and treat them with the dignity and respect he'd expect in return. For the most part the officiating was fair and consistent. There will always be some bad calls, but remember it's all in the eye of the beholder (especially if you have to hold 'er up to 5 seconds before getting the press signal!). I give this year's event 4 stars for excellence of execution. It was a monsterous undertaking and may go down in the WPC History books as one of the greatest events ever!

WOMEN'S OPEN: There were 3 lifting the Ladies' 48 kg. (105 lb.). Lynn Barlow, 40, looked like a sure winner on paper. The officials thought she was a tad shy on her 319 SQ opener, likewise for her two tries with 330. This left two British girls to vie for the title. Leslie Watson, 45, was last year's champ. Her teammate Julie Schroeder proved to be too strong to defeat. WATSON GOT SOME (5 attempts good) for 545 TOT - the silver. SCHROEDER SHOWED HER: 253 SQ, 104 - BP and 264 DL- TOT 622 and a 1-2 GBR finish. At 114 Karen Wilcox, also of ENG, was unopposed. Last year's champ Kim Sommers, USA, was absent. I'm told she's retired. Karen's final 297 DL gave her a 661 TOT. At 123 we had two American ladies double teaming Jayne Thomas of GBR. If there had been a special award for losing the most weight and suffering the most hell it would've have easily gone to Nance Avigliano, 44, of Burbank, CA. Nance shed a whopping 30 lbs. bodyweight and ended up overshooting her goal, coming in at 118 lbs. She survived this strenuous ordeal, but paid the price. Amy Weisberger, 35, last year's 123 World Champ, had to drop weight too. She cut it the last few days, the easy way. Avigliano won her 2nd APF Sr. National title at 123 just this past June in Warren, MI and totaled ELITE. Weisberger was aiming to win her 8th WPC World Title. After the SQ, Nance was tied with Thomas at 352. Avigliano led her, being lighter, and had looked good for much more. Weisberger opened with 396 in her wide stance style. Twice denied on depth, she was getting desperate. She put Joe Avigliano, Nance's husband and coach, on the spot – asking if he'd call her depth on the last attempt. Unselfishly he did so and she did so too – good lift. Talk about being a good sport, with both ladies being competitors and all. In the bench, Thomas made all 3 (to 176). Avigliano got her big opener (193), but that's all, missing 198 twice. Weisberger looked sharp. She pressed her 259 opener, then likewise a WR 281 - perfectly. A try with 303 was too heavy. In the DL, Thomas raised 369 as her best effort - TOT 898. Avigliano was cramping in the warmup room. It was too late to drop her opener - 391. No matter, she came out and pulled it right up. A 402 try was glued to the platform - TOT 936, great considering everything - silver medal. Weisberger put the title on ice by hoisting 396 on her initial effort. She next made 424, but missed a 457 PR try. TOT 1102 - World Champ. Amy says this is her last contest at 123 - she'll be a featherweight (132) henceforth.

132 - A 3 way contest. Vanessa Ware, USA, was the defending WC. She was to oppose Melanie Diamond, this year's Sr. National champ, as well as Vikkie Huyser, the South African strongirl. Diamond tried her best. Three times she took 380 down and up. The judges SHOWED THEIR STUFF - said IT WASN'T LOW ENOUGH! She'll bounce back like a rubber ball - I'm sure of it! Now it was Vanessa Ware vs. Vikkie Huyser. Ware squeezed out her 374 SQ 3rd. Huyser, looking strong as a bull, dunked 396 for a 22 lb. lead - then tried a huge 429 (no soap)! Vanessa hoped to get the lead back in the bench, but didn't. Ware made 214, twice missing 231. Huyser got all 3 - 220, and now led by 27! The RSA lady DLed 352, and 374, before failing 396 - and had a 992 TOT. Ware pulled 352, then 380, and had one try to win. She gave 413 a valiant effort - not to be. Vanessa the champ

***Friends and Competitors at 123:** Nance Avigliano and Amy Weisberger*

***Vikkie Huyser** (132 lbs.) of R.S.A.*

was dethroned and got silver. Vikkie Huyser of RSA is now the reigning queenpin!

No surprise at 148. Mariah Liggett and Nancy Dangerfield placed 1-2 for the USA with Sharon Downie, CAN, capturing 3rd. You should know that Mariah from Columbus, OH is the winningest lifter in WPC History -- man or woman. She wrapped up her 14th world title here in a ho-hum manner. She's the most composed lifter I've ever seen. She goes about her business in a distinguished deliberate manner. As a World class competitor she ranks head and shoulders above everyone else. She once told me that she doesn't want to be on the cover of PL USA. Now that is REAL HUMILITY. Mariah opened smart. She sank a 446 SQ. With that out of the way, she rode 485 down and up. Never once complaining about having to satisfy the judges who were looking for her to go even lower with her ultra wide stance, she repeated - good this time. She took a WR 529 on a 4th, and -- lo and behold -- she made it - magnificent! Looking good in the BP too, she popped a big 292. Lastly Mariah pulled back to back 407, and 424 to wrap up an early Christmas present for herself. Dangerfield didn't have the razor's edge she'd had at the Seniors, making a safe 385 SQ start. Nancy failed to get 424 by the judges, BPed 220, and then pulled a 457 opener to TOT 1063 - silver. A 4th attempt WR DL try at 525.8 refused to budge at all. Sharon Downie totaled 733 and won a bronze medal for Canada.

165 - Absent from the middleweight lineup hero was Stefanie VanDeWeghe, the defending champ. She's been sidelined with injury since her victory last year in Calgary. This put Julie Scanlon, 24, of Glen Burnie, MD securely in the driver's seat. Julie locked up the USA Srs. title in June and was a shoe-in to capture her first WPC World title here. There was only one other entry - Joyce Tacktill, 46, a relative newcomer from Oceanside, NY, who took 2nd in Michigan. She's thriving under the tutelage of big bencher Chris Taylor. Julie made her opener 451 SQ (powerfully executed) and a big 3rd attempt 314 BP. She pulled 429 for the win (1196 TOT) but lacked the incentive to complete either of her two tries with 474. Tacktill, who has the perfect build for powerlifting, upped a 363 SQ and almost got 402 registered. No misses in the BP - 264. Then came a 385 2nd hoist DL (1014 TOT) for silver.

At 181, two of the top guns weren't here to fire their bullets. USA champ Krista Ford is preparing for the 2002 Winter Olympic Games at Salt Lake, UT in the bobsled. Coral Blair, 35, the stocky black Austrian lady and defending 181 WPC World champ was also absent. This left clear sailing for Jeanette Miller, GBR, and Christine Rainer, AUS. No entries for USA. Rainer got the silver medal to take "down under": 363 SQ, 176 BP, 380 DL, 920 TOT. Miller looked strong and fortified it with a 9-9 performance. At a light 175.7 bwt. she cranked off her lifts in automated fashion: SQ - 363, 418, 463 BP - 242, 253, 270. Her DL was very impressive: 440, 474, and a finally 507 - TOT 1218. She joined teammates Schroeder and Wilcox in claiming the 3rd gold medal for Great Britain. Tarja Rantanen, FIN, lifted sans opposition as she had last year. She gave us concern, missing 396 twice before finally coming through. She also DLed 440 and gave a World Masters Record 470.6 a hearty heave ho on her last try - not good. Her BP was her shining lift - as she racked up all 3 - 319, 330, and finally 341. This broke her own World Record. TOT 1179.

SUPERHEAVYWEIGHT - A couple of powerhouses faced each other in the +198 class. Mirinda Van Dyke from RSA with her flowing black hair and sturdy frame was reminiscent of an Amazon. She faced Dorothy Shaw, 37, and 227.3 lbs. from Merry Ole England. Dorothy possesses an unreal muscular build with strength to match. Shaw won

***Dorothy Shaw** of Great Britain, - wheeled about by her daughter*

the '97 Worlds in Blackpool and had hopes of winning again here. At the recent British Championships she posted astounding lifts: 617 SQ, 352 BP, 606 DL - 1576 TOT. The youthful looking VanDyke SQed 496 solidly, following a missed 2nd. She waited to see what Dorothy would do. Shaw opened (conservatively) with 529, and handled it like a toy. She went to 573, making that equally as easy. On her 3rd, Dorothy jumped to an incredible 630.5 (286 kg.) attempting to break the long standing WPC WR of 628.4 held by the USA's Lorraine Costanzo. Shaw took the weight down deep. Suddenly an audible noise was heard as both knees buckled, snapping the patella tendons. She pitched forward in panic trying to dump the weight behind her. The alert spotters grabbed the barbell, but the damage was already done as she collapsed to the floor. No one thought to carefully remove her knee wraps except Joe Avigliano, who turned whiter when he gently unwrapped them and saw the extent of the damage. Both knee caps had moved down the tendons having been ripped from the bone attachment. She was in terrible pain. Ice bags were immediately applied and 911 was called. The paramedics arrived and transported her to a local hospital. She appeared the next day in a wheelchair with casts on both legs pushed about by her teen daughter, who'd been as traumatized as much as anyone by this serious tragedy. She had surgery as soon as she returned to England. I believe you'll see her back as good as ever once again. A collection was taken up at the meet to defray her medical expenses, which came up with $300, a figure matched by the Aviglianos with a check from the LA Lifting Club owners. After the competition resumed, VanDyke went on to win the gold medal by forfeit succeeding with a 259 BP and 440 DL - TOT 1196.

MEN'S OPEN - It was just three short years ago that Florida lawyer Ernesto Milian became the first USA lifter to TOT 10 times his own bodyweight past the age of 50. This followed in the footsteps of the great one himself - JPN's Hideaki Inaba. Ernesto has become one of our best and most durable champions with a career that began way back when PL became a recognized sport. Now 55, he hasn't lost any of his resiliency. At 5'7" and 120.6, he can still outdo men his size who are half his age. He captured the WPC Worlds Open 123 title here, reliving moments of past glory: SQ - 402 - blew it way. He hit 446 also - down and up fast - but jumped the gun (beat the signal) no lift. Flawless in BP ,he did all 3 (248). Ernie posted two DLs, 402 & 479 with strength to spare - and almost finished 501! TOT 1124 - a World Champ once again.

At 132, Reno Karkuschke, 32, GER, was a new face. He had no

***Ernesto Milian** - keeps winning!!*

trouble whatsoever beating Steve Grey, 32, the British fill-in for their absent defending champ Gary Simes. Karkuschke had a 7 of 9 good lift output - TOT 992. Grey's modest TOT (815) gave him silver. What Steve lacks in strength, he makes up with persistence.

148 - Sakari Seilkainaho, 38, the friendly FINN, was a bit under his performance level of one year ago, but nevertheless easily won his 3rd straight Worlds gold medal. He may have been more inspired if USA's Tony Conyers had lifted against him. Conyers performed outside the official competition, as a guest - shooting for WPO cash money. Conyers, who's past 40, set the WPC WR standard 4 years ago - at the time the biggest 148 TOT all time (1785). That year he copped best lifter award twice winning the USA Nationals in both the APF and ADFPA. He was here to take a crack at his WPO WR of 699.9 in the deadlift that he'd made earlier this year in his homestate of FL. Not at his best here, Conyers toyed with his lifts: SQ - 617, BP - 407. His 501 DL was a joke (for him), but still gave him a 1526 TOT which outdid Seilkainaho's official winning sum by 16. Tony jumped to a huge 701, which would nab two grand in cash for the WR in the DL and TOT also (1726). He didn't make it, but got it nearly to his knees. Tony was a crowd rouser, but that should take nothing away from the performance of Sakari who registered 1510 TOT with 4/9 lifts: SQ - 573, BP - 385, DL - 551 for the win. He struggled all day, missing tries twice with a 606 SQ and ditto with a 584 last DL attempt. Tim Judge, 42, from Harbor Oak, OH claimed the silver medal behind Sakari as he did last year in Calgary. Tim got a 485 SQ and lifted 512 on a 3rd, a lift that appeared good, but the officials said no. BP - 352, and with a 474 DL he finally got following a miss - TOT 1311. Steve Cook, 28, GBR had claimed silver last year @ 165, but got bronze this time - TOT 1146, far below his best, but he pulled 507 to finish off his day for bronze.

165 - unlike last year in CAN

***T. Conyers** was there for the cash*

where only 2 contested at middleweight this year 5 men with respectable abilities put forth their best. Could anyone offer a challenge to the reigning champ, Angelo Berardenelli of the USA? The undercard saw 4 fighting for the bronze medal. They were Frank Manka, 35, RSA; Lee Gordan, 30, GBR; Joey Almodovar, 35, USA; and wily veteran David Mannering, 40, also from GBR. They were all bunched closely following the SQ. Almodovar, the chiseled American, led the quartet with 650 on his 2nd. Time expired which prevented Joey from trying his 672 3rd. Manka got 2W for his 644 3rd and was in good position. Gordon, the British duo backup man, made 628 on a 3rd following a miss. Mannering had the most platform savvy and dunked 617. He also got up with 661 on a 3rd, but was insufficient depth-wise. Almodovar had assumed there'd be a USA team coach. There wasn't, and without a handler his tactics were a stab in the dark. Joey blasted up 369 on his opening bench, then went for broke and missed 402 twice. Mannering proved his BP prowess was a big asset. He distanced himself from the others, nailing a gutsy hard fought 440 on his last lift. Manka raised 573, missing twice at 589 - TOT 1576 - 6th place. Lee Gordon claimed 5th lifting 595 on his 2nd. A desperation try with 639 to claim the bronze proved futile - 1587. Mannering and Almodovar dueled for the bronze. David got 573 up, then failed 600 - TOT- 1631. Almodovar, on a comeback trail from a sidelining auto accident, had 38 1/2 lbs. to make up. He pulled 578, then 600, and was within 11. The 3rd attempt SQ he never got to try would have made this lift unnecessary. He gave the 622 everything he had, but it was too much, too late - 4th place. Now the battle for gold: Angelo Berardinelli, 35, USA faced a formidable opponent this year - Jarmo Laine, 34, a FINN who was short and stocky and had the strength to match his looks. Jarmo opened at 661, Angelo uncorked 672; both good. Laine made 699, and got the nod 2-1! He then missed 716. Berardinelli took 722 down and up and was twice denied. The FINN led by 27! Jarmo pushed 391, then Angelo pulled out all the stops. His BP prowess blasted him 62 into the lead now: 424, 462, and finally 479. Angelo wanted to bust the magic 500 barrier, and took a futile try at 501 on a 4th. The DL is Angelo's Achilles' heel, but be made all his lifts count. The FIN camp thought he got a fast down signal with 600 on his 3rd with his grip slipping. The lift was good. Earlier on the USA camp thought Jarmo's lift was an early Christmas gift. TOT 1752 for Angelo. Now we'd see if the FINN could WIN! Jarmo DLed 617, then raised 650 and had 2nd place in the bag - 1741. He set himself up for the winning try - 661! It would be a tie with the victory determined on lighter bodyweight. Up it came, but it stalled out. Angelo had his 3rd WPC World title.

181 - The lightheavy division had two guns with awesome firepower, but a man whom no one considered to be a threat had a big surprise in store. Neville Primich, 33, the South African superman, had the majority of pre-lift votes based on his track record, experience, and awesome numbers. Arnold Coleman, 35, seemed to be the USA's only hope for a USA upset. The marvel from Blacklick, OH had the musculature of a modern day Sergio Oliva! The other USA man, Joe Dougherty, 29, OH, was figured to get the bronze, but no more. This was a big class of 9. The supporting cast played their best hands, before finally folding. Neil Arnold, 35, GBR - TOT - 1521 in 8th. Ashley Hearn, 29, GBR was a solid 7th - 1532! Two Canadians: Cory Evans, 30, and Steve Molnar, 29, engaged each other - close. Molnar took a 55 SQ lead (639 to 584) into the BP, where Evans turned it into a 16 advantage of his own (440 - 369). Evans had no misses since his SQ opener and finished 8/9 with 1620 after pulling 595. Molnar lifted 606 for 1614, with two tries at 639 to beat his teammate, but didn't! Evans - 5th, Molnar - 6th! Rohan Archibald, 27, RSA, knew his abilities and went 8 for 8 ending up 4th: 617 SQ, 424 BP and 655 DL for 1697. Eric Athias from France lifted impressively to earn bronze: 699, 402, 650 for 1752. Now the major players: Dougherty, USA, looked like he didn't know his own strength. He made all SQs with room for more - 705. Coleman did 699, a strong opener. He also lifted 749, and then 760 easily as well, but was shy on depth - leading to wasted efforts. PRIMETIME PRIMICH lifted big. He aced his 749 opener, and barreled up with 793 as well. He went straight to a Bridge's weight - 826, but got stuck in the hole. Primich led by almost a hundred. Now comes the shocker. Neville opened with what seemed a safe bench - 446. Miss! He failed his 2nd attempt, but maintained his calm demeanor, and went up to 462 - missed again. HE'S OUT! Primich believes he may have hurt himself trying that big SQ, but offered no excuses. Someone suggested that perhaps his homemade shirt worked against him. Now left to challenge each other for the gold was the GRUESOME TWOSOME! Both Coleman and Dougherty's BP was their strongest lift. Dougherty continued his hot streak, and cranked off all 3 with no misses: 468, 501, and finally 523. Coleman came out and did him one better. His upper body physique is phenomenal and his shirt didn't look all that tight. He blasted up a 501 opener with ridiculous ease. Then, 523 which duplicates a personal best, was also smoked. A final effort of 540 showed room for more. So he tried more. On a 4th he came out for what was called a WR attempt with 551 (although Chris Confessore holds the official WPC World Record at 562 established July 17, 1988)! Arnold manhandled the weight with great deliberation. It's still the best lift in the World this year. Going into the deadlift Coleman led with an 1146 subtotal to 1124 for Dougherty. After Coleman hoisted a 650 DL opener, he dropped his guard. The deadlift was not a weapon that Joe was known for. Arnold as well as everyone else believed he wouldn't threaten. Coleman wanted the kilo equivalent of 675. Instead of getting 305 kg. (672), 306.5 was loaded on the bar for his 2nd attempt, which is 675.8. The record small discs were added to make this amount. Odd kilos are only allowed for World Record attempts, but this wasn't a record. Arnold missed this weight twice and was done. I rushed back and lodged a protest on his behalf. The irony of it all is that nobody caught it: not the scoretable, expeditor, nor Arnold himself. He got the 3rd attempt over - loaded correctly this time to 672. It made no difference in the outcome. Arnold had lobbied for a coach, but the appointed designee was someone who didn't have the slightest clue about strategy. Some suggested he'd been deliberately sabotaged, but the fact of the matter remains we are responsible for ourselves. Dougherty, who could do no wrong this day, came out and pulled 600, 650, and finally 666 - looking good for more. Dougherty was the winner: 1895 to 1890 over Coleman. With the performance of a lifetime, Dougherty basked in his gold medal moment.

***Angelo Berardinelli** took the 165s. (photograph courtesy of Angelo)*

***Arnold Coleman** with the muscle it takes to bench 551 at 181 lbs.*

198 - Tony Butson, 35, from Trenton, MI, was 2nd at USA Sr. Nats, but evidently relinquished his World team berth here. This left the way clear for the defending World Champ Jesse Kellum, 35, to participate. Jesse had missed the Senior Nats because he and girlfriend Carol got married. Jesse didn't care about winning the World Title, which was a foregone conclusion. He was lifting for the prize money offered in the WPO for the biggest TOT in their Middleweight division (198-220-242) of the WPO competition within the WPC World competition. The current USA Sr. champ Mike "Maddog" Andrus out of Clinton Twp, MI was in the lineup here as the other USA rep.

(article continued on page 77)

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I.P.A. NATIONALS

as told to PL USA by Dave Tate, Elite Fitness Systems

***Chuck Vogelpohl** - a 900 Squat*

This years IPA nationals were held at the Radison Airport Hotel in Columbus, Ohio. The venue was huge and allowed plenty of space for lifters and spectators. This three day event went off without a hitch. The warm up area was complete with two monolifts, okee deadlift bars, squat bars, you name it we had it. The lifting platform was also complete with all the best equipment. The women class were slim this year but complete with great lifting. In the 132 class Ann Case benched 125. Brook Wessler took the 165 class with a 345 squat, 220 bench and 375 deadlift. In the SHW class Karen Sizemore had a great day with an easy 550 squat. Karen also benched the biggest bench in the history of women's powerlifting with a 410. She completed the day with a 430 deadlift and 1390 total. The teenagers also showed up to lift with Michael Welcheck totaling 695 in the 114 14-15 age class. James Michael also pulled a good 500 in the 181 16-17 division. Mark Furman posted a 505, 325, and 560 to take the 198 18-19 class. The Amateur Junior division saw records broke by Lewie Einfalt with a 580 squat and 585 deadlift in the 181 class while Ryan Martucci posted a record 615 squat in the 198 division. The Pro Junior class also had some great lifting with Jessie Augenstein setting records with a 650 squat and 650 deadlift in the 220 class. The Police Division saw great lifting from Joseph Alessandro

***Karen Sizemore** - a 410 bench*

with a record 595 deadlift in the 198 class while Robert Esparza making the trip from Texas totaled a 1730 to take the 242 class. The highlight of the Police Division was the record 625 bench set by Mike Barravecchio. In the amature division Derek Mallace squatted a record 640 in the 198 amature division. Phil Halliwell squatted a 715 and totaled 1695 to take the 220 class. David Oliver ended the day with an 1825 total to take the supers. The amature masters division saw some fine lifting as well. Fred Piermattei squatted a record 601.1 in the 181 40-44 division while Milton cross benched a record 440 in the 220 45-49 division. Danny Burton came all the way from Oklahoma to squat an easy 850 and a 1750 total to take the 275 55-59 division. John Gengo won the AM open 148 division with a 1195 total with Dane Campbell not very far behind with a 1175 total. Brian Crow had a great day in the 165 with a 620 squat, 450 bench and 575 dead. His 1645 total was good enough to give him the best lifter award. Joseph Alessandro took the 198 class with an easy 705 squat and 1705 total. Chris Young took the 220's with an 1835. The 242 class was one of the biggest classes of the Amature open division. Ron Dayton took the class with an 1805 total with Berni Arrington not far behind with an 1785. The biggest total of this division was posted by Michael Olmo in the 275 class with an 1900 total. The Pro's - Doug Heath started off the Pro Divison in the 148 division. Doug had a fine day with a 535 squat, 440 bench, and 525 deadlift to round out

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a 1500 total. Tony Kamand easily took the 181 class with a 805 squat, 415 bench and 560 deadlift to end the day with a 1925 total. This total was also good enough to give Tony the best lifter award in the light division. Tom Levelle finished second with a 1660 total. Mark Burrows took the 198's with a 1670 total. Chuck Vogelpohl was back on the platform in the 220's after a hard couple years of injuries. Chuck had a great squat of 900 pounds followed by a 480 bench and a 720 deadlift. He finished the day with a 2100 total, good enough to win the class. Joe Bayles took the 242's with a 1955 total followed by Chris Focht and Ed Clark. The 275's had a good match up between Edward Owens and John Green. John started the day with a 900 squat while Edward squatted a 805. This put John ahead going into the benches by 95 pounds. Edward benched a 485 that bested John's 480. Going into the deadlift Edward had to make up 90 pounds. This turned out to be no problem as Edward pulled 775 to win the class. Edward ended his day with a 2065 total while John was right behind with a 2060. John Stafford in the 308's had the day he has been waiting and those at Westside knew he was good for. John started the day with an easy 910 squat, followed by a 570 bench and an 800 deadlift. John finished the day going 9 for 9 and a 2280 total. Right behind John was Paul Childress. Paul also joined the 900 club with a 930 squat. Paul finished his day with a 2200 total. In the SHW division we saw some great lifting by a number of lifters. Terry Bryen in his first meet and unsure of what he could lift opened his squat at 700. After he smoked that he decided to jump to 900. Once again he smoked it and jumped to 1000 for the third. This looked just as easy as the 900. How would you all like to squat a grand in your first meet?

***Terry Bryan's** 1000 lb. squat. (photos by Kelly Sports)*

Terry ended the day with a 2150 total. Dan Kovacs stole the spotlight from the rest of the supers with a 915 squat, 675 bench and 830 deadlift. Dan was looking for 2500 but ended his day at 2420. A great day in any ones book! Mike Ruggiera had a bit of an off day on his squats with a 900. He had a hard time getting stable with 1000 pounds. Mike did set a pr bench with a 555 and ended the day with a 2235. Billy Mimaugh also squatted in the 900's with a solid 905 and took the submasters class with a 2200 total. Steve Brodsky finished behind Billy with an 865 squat and 2100 total. Big JR Hunt took the Masters 40-44 class with a 950 squat, 635 bench and 700 deadlift. I would like to thank all the lifters for their support throughout the meet. Many stayed to help spot and load after they were done lifting. Many others stayed to support all the other lifters. This is always great to see. The IPA was founded on the theme Lifters for Lifters and that motto is still very strong and supported in all their meets. I also want to thank all those who help make this possible:

***Dan Kovacs** - an 830 lb. Deadlift*

Mark and Ellen Chailett, Judy and Mike Arnold, Michelle and Stuwart Crain, Karrie and Bruce Mendes, Lori and Wes Nutter, Doug Bordon, Vince Anello, Rob Capazzola, John Bott, Lewis Jennell, Louie Simmons, Karren Sizemore, Danny Degg, Dr. Dave, Kelly Sports Video, Biotest and Testostrone Magazine, all our spotters and loaders and Traci Tate. We'll see ya next year! (Thanks to Dave Tate for providing the results of this contest to PL USA).

IPA Nationals
17-19 NOV 00 - Columbus, OH

BENCH				
OPEN				
132				
S. Fellows	275			
181				
C. Brandt	350			
D. Kyser	320			
J. Onysko	240			
198				
R. Munn	400			
B. Duvall	410			
220				
S. Lewis	550			
WOMEN	SQ	BP	DL	TOT
AM				
132				
A. Case		125		
165				
B. Wessler	345	220	375	940
PRO				
SHW				
K. Sizemore	550	410	430	1390
MEN				
Teen 14-15				
114				
M. Welcheck	280	145	270	695
Teen 16-17				
132				
C. Smith	260	200	300	760
148				
M. Martin		325		
181				
J. Michael	400	245	500	1145
Teen 18-19				
198				
M. Furman	505	325	560	1390
A. Troutt	520	290	495	1305
AM Junior				
165				
M. Freeman	475	350	405	1230
181				
L. Einfalt	580	400	585	1565
198				
R. Martucci	615	335	500	1450
Pro Junior				
198				
J. Murphy	630	325	580	1535
220				
J. Augenstein	650	450	650	1750
242				
R. Shaffer III	450	345	450	1245
S. Pollard				495
L. Gerczak				440
J. Cash				425
242				
J. Obradovic				580
T. Willow				400
G. Potkovick				
275				
S. Pagtakhan				615
J. Graube				520
308				
S. Kirt				650
G. Chabot				
SHW				
J. Harris				
308				
M. Wilson	700	450	550	1700
Police				
198				
J. Alessandro	705	405	595	1705
242				
R. Esparza	650	475	605	1730
275				
M. Barravecchio		625		
AM Submaster				
198				
D. Wallace	640	370	525	1535
220				
P. Halliwell	715	430	550	1695
C. Martino	550	325	485	1360
242				
B. Arrington	675	475	635	1785
G. Simmers	705	395	590	1690
SHW				
D. Oyler	770	390	665	1825
AM Master 40-44				
165				
R. Hamsher	430	315	445	1190
181				
F. Piermattei	601	365	565	1531
220				
W. Welcheck	505	380	565	1450
242				
D. Moore	645	405	570	1620
275				
L. Deutsch	670	535	500	1705
SHW				
N. Delan	650	457	600	1707
AM Master 45-49				
220				
M. Cross	530	440	505	1475
Dr. P. Accordino	520	365	525	1410
AM Master 50-54				
220				
E. Fink	600	240	600	1440
AM Master 55-59				
275				
D. Burton	850	300	600	1750
AM Master 60-64				
148				
R. Dodson	330	170	380	880
AM Open				
148				
J. Gengo	400	305	490	1195
D. Campbell	425	330	420	1175
R. Dodson	330	170	380	880
165				
B. Crowe	620	450	575	1645
181				
S. Morrow	550	375	565	1490
198				
J. Alessandro	705	405	595	1705
S. Kerschner	510	470	575	1555
D. Wallace	640	370	525	1535
H. Reece	460	275	470	1205
220				
C. Young	720	480	635	1835
R. Taylor	680	400	620	1700
M. Bartley	700	425	575	1700
P. Halliwell	715	430	550	1695
P. Dick	650	455	570	1675
T. Alanender				
242				
R. Dayton	770	385	650	1805
B. Arrington	675	475	635	1785
J. Rooney	750	425	600	1775
T. Clausen	700	375	620	1695
G. Simmers	705	395	590	1690
E. Collaku	660	400	605	1665
R. Tonini	620	455	580	1655
J. Manly	625	385	625	1635
D. Moore	645	405	570	1620
B. Eastham	605	430	545	1580
S. Mckimmie	415			
275				
M. Olmo	825	425	650	1900
L. Deutsch	670	535	500	1705
B. Saunders	600	435	500	1535
308				
R. Gaydos	750	425	650	1825
C. Therman	725	440	625	1790
D. Bosler	615			
SHW				
D. Oyler	770	390	665	1825
N. Delan	650	457	600	1707
Elite Amateur				
181				
S. Cuevas	630	460	510	1600
Pro Submaster				
SHW				
B. Mimnaugh	905	540	755	2200
S. Brodsky	865	535	700	2100
Pro Master 40-44				
181				
T. Kamand	805	415	705	1925
198				
G. Clayman	600	450	550	1600
242				
E. Ruquet	685	455	615	1755
SHW				
JR Hunt	950	635	700	2285
Pro Master 45-49				
198				
J. Cositto	655	285	560	1500
Pro Master 50-54				
220				
M. Lindsay	200	425	600	1225
Pro Master 55-59				
220				
B. Arnold	315	375	510	1200
Pro Open				
148				
D. Heath	535	440	525	1500
165				
M. Vallone	510	380	475	1365
181				
T. Kamand	805	415	705	1925
T. Lavelle	650	450	560	1660
D. Blankenship	650	405	590	1645
M. Maxwell	680	355	565	1600
198				
M. Barrows	660	410	600	1670
K. Ferrara	75	400	700	1175
J. Adams	700			
220				
C. Vogelpohl	900	480	720	2100
E. Patterson	750	500	650	1900
D. Karam	770	460	620	1850
G. Scott	675	535	640	1850
M. Hill	735	490		
C. Maxwell				
W. Tomko III				
242				
J. Bayles	700	555	700	1955
C. Focht	730	515	645	1890
E. Clark	720	510	585	1795
E. Ruquet	685	455	615	1755
T. Larrapino				
275				
E. Owens	805	485	775	2065
J. Green	900	480	680	2060
B. Kyle	775	530	710	2015
D. Thompson	800	485	725	2010
B. Youngs	770	480	650	1900
K. Sellers	700	530	600	1830
J. Ritchie	750	565		
A. Klest	780			
A. Spencer				
308				
J. Stafford	910	570	800	2280
P. Childress	930	550	720	2200
SHW				
D. Kovacs	915	675	830	2420
M. Rugglera	900	555	780	2235
B. Mimnaugh	905	540	755	2200
M. Smith	850	555	760	2165
T. Bryen	1000	500	650	2150
K. Holshuer	825	565	710	2100
T. Musser	880	475	665	2000

(thanks to Dave Tate/Elite Fitness for the results)

WORKOUT of the Month

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Donald Robbins Jr.
BENCH PRESS ROUTINE

Hello My Fellow Benchers: My name is DONALD ROBBINS JR. I am 32 years old and live in Bluefield, WV. I work full time at Krogers as a meat cutter and have three children ages 7, 9 & 11. I have been lifting since I was 16 and hold several American records in the teen and open classes. In 1994 I went to Finland with the USA team for the world bench press championships. I finished 4th with a bodyweight of 165 lb. and a lift of 407 lbs. In my last meet (Dec. 16, 2000) I benched 555 lbs. in the 181 lb class. I say all this to make the point that you can have a family and a full time job and still succeed in lifting. I could not be where I am today if it were not for the support of my family and friends.

I work out 5 times a week, Monday through Friday usually about 1 1/2 hours a day. Monday and Thursday are chest and triceps days. Tuesday and Friday are legs and biceps. Wednesday is back and shoulders. I have set up a routine to help a 500 lb. bencher increase 25 lbs. or more in ten weeks. In addition to the bench workout my routine includes the use of the incline, decline, overhead press and tricep work. I do 5 sets of incline, decline and overhead and 10 sets of triceps each work out. In WEEKS 1-5 I do 10 reps for each set of the above exercises. In WEEKS 6-9 I do reps of 5. Please note I ALWAYS warm up with light weight before beginning. I have included my 10 week bench workout in more detail. Mondays are my heavy days while Thursdays are my light days. Two keys of improvement to remember are: 1) All light weight sets should be "Explosive Movements". 2) Always try to push out the extra reps when needed on the program.

If you would like more information please write to Donald Robbins Jr., Rt. 5 Box 451D, Bluefield, WV 24701 or Phone (304) 327-5072.

Thank You - Donald Robbins

Donald Robbins Jr. *preparing to bench 525 at the GBCC Memorial Championships on May 27th, 2000. (photo courtesy Donald Robbins)*

Week #1: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 20; Set 2: 225 Reps 20; Set 3: 225 Reps 20; Set 4: 225 Reps 20.

Week #2: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 11; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 21; Set 2: 225 Reps 21; Set 3: 225 Reps 21; Set 4: 225 Reps 21.

Week #3: HEAVY DAY - Set 1: 225 Reps 10; Set 2: 315 Reps 10; Set 3: 365 Reps 12; Set 4: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 22; Set 2: 225 Reps 22; Set 3: 225 Reps 22; Set 4: 225 Reps 22.

Week #4: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 405 Reps 5; Set 5: 225 REP OUT; LIGHT DAY - Set 1: 225 Reps 23; Set 2: 225 Reps 23; Set 3: 225 Reps 23; Set 4: 225 Reps 23.

Week #5: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 405 Reps 6; Set 5: 225 REP OUT; LIGHT DAY - Set 1: 315 Reps 15; Set 2: 315 Reps 15; Set 3: 225 REP OUT.

Week #6: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 365 Reps 10; Set 4: 405 Reps 7; Set 5: 225 REP OUT; LIGHT DAY - Set 1: 315 Reps 16; Set 2: 315 Reps 16; Set 3: 225 REP OUT.

Week #7: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 5; Set 4: 425 Reps 3; LIGHT DAY - Set 1: 315 Reps 17; Set 2: 315 Reps 17; Set 3: 225 REP OUT.

Week #8: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 5; Set 4: 425 Reps 4; Set 5: 225 REP OUT; LIGHT DAY - Set 1: 315 Reps 18; Set 2: 315 Reps 18; Set 3: 225 REP OUT.

Week #9: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 1 with shirt; Set 4: 500 Reps 1 with shirt; Set 5: 515 Reps 1 with shirt; LIGHT DAY - Set 1: 315 Reps 19; Set 2: 315 Reps 19; Set 3: 225 REP OUT.

Week #10: HEAVY DAY - Set 1: 225 Reps 15; Set 2: 315 Reps 10; Set 3: 405 Reps 1 with bench shirt; Set 4: 500 Reps 1 with bench shirt; Set 5: 525 Reps 1 with bench shirt.

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POW!ER SCENE

Welcome, once again, to the wide and wonderful world of powerlifting. In covering the power scene, we try to present interesting and timely stuff. Sometimes, because this is all written at least a few weeks before it's read, we're a little behind the curve.

Last month we wrote about Jamie Harris hoping to hit a big bench at the Arnold Classic in early March. Since we wrote this, our friend Jamie was not put on the preliminary list of lifters for the Arnold. Well, Jamie wasn't very happy about this, and said a lot of things, particularly on the www.goheavy.com web board. Without repeating his postings, or those of the many other posters, let's just say I don't think Jamie is going to be in the Arnold for a while.

Big Jamie remains committed to making a PL comeback, and is now aiming at two meets in Pennsylvania, one on March 17 – the Mon Valley Fitness Center BP Classic – and one on April 1 (yes, we know that's April Fool's Day) – the Pittsburgh Area Monster BP.

As for the Arnold Classic, defending champion Glen Chabot will be there to defend his title. Last year Glen had both the biggest bench – 722 lbs. – and the biggest bench by formula, even though only the biggest bench by formula was awarded prize money. This year the prize money has been increased, and there will be awards for both biggest bench and biggest bench by formula.

The Westside Barbell Club's Kenny Patterson and George Halbert, two great benchers, should be there and in competition for prize money, and Willie Williams, who benched 705 in both the 1999 and 2000 contests and is always a crowd favorite, will be a major contender.

***Richard Schoenberger** (right) and training partner **Chris Sestito** (left)*

George Nelson, Kim Brownfield, and many other top benchers will also be competing in front of the thousands of screaming fans, so if you're anywhere near Columbus, Ohio on the first weekend of March, come check out the action. For those of you who won't be there, we'll have a first hand report, and POW!ERLIFTER Video will be there covering all the action.

One big bencher who won't be at the Arnold is California's Richard Schoenberger, whose PR is 612. Big Richard, who's currently weighing in around 365, is finally about fully recovered from an injury, and ready to go after a new PR soon. We caught up with Richard and his training partner Chris Sestito when we went to Lakewood to videotape Richard and Chris' BP training. Boy, do these guys do a lot of assistance exercises.

We shot them doing lat pulldowns, two kinds of bicep curls with an emphasis on grip strength, two kinds of machine bench presses, front and back military presses, and more. Wow! Richard's been doing serious bench pressing for eight years, and he's developed a terrific understanding of the need for proper assistance work, proper technique, and a good training partner.

Coach Bernie Gagne has been focusing on proper lifting techniques for many years, well, actually, many decades. We recently shot with Bernie for segments on the deadlift and squat, and no matter how many times we work with him, we always learn something new. This time Bernie showed us how to design a squat shoe, with the proper ramp to support your squat and help you not lean forward as you come out of the hole. Bernie also shared his analysis of proper and improper SQ and DL techniques, and how lifters of different body types must lift differently to attain their full potential.

Finally, we ran across a new powerlifter at the Fitness Forum Gym in Marina Del Rey, CA. 54 year old Sheila Mann has been powerlifting training for three months now, under the tutelage of (retired) powerlifter Kurt Elder. Sheila had been weight training for 27 years, and decided to become a powerlifter. She's aiming to compete, and do so in all three lifts. Sheila says the squat has been the hardest to pick up so far. In the meantime, she's eating more calories and cutting back on cardio. Sounds like she's got that part right.

Good luck Sheila, with your lifting, and to all powerlifters, good luck with your lifting. 'til next month, we'll see you on video.

NED LOW

***Bernie Gagne** practicing what he preaches (Ned Low photographs)*

***Kurt Elder** and **Sheila Mann** at the Fitness Forum in Marina Del Rey*

POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

How Brad Gillingham Won the IPF World Meet

as told to Powerlifting USA by Marty Gallagher, Washington Post On Line Columnist

On Sunday November 19, 2000 in Akita, Japan, Brad Gillingham became the first United States superheavyweight powerlifter to win an International Powerlifting Federation world title since Mike Hall won way back in 1989. This amazing accomplishment happened despite the fact that Brad had a less then optimal training cycle. "My preparation had gone really well." Brad said, "I had gotten my body weight up to 328 pounds and the iron was flying; then things got messed up." In preparation for this contest Brad had squatted a deep and explosive 840 pounds, bench pressed 625 and deadlifted 845 on two separate occasions. "I thought, based on my training lifts, that I could post a 2300 pound total at the world championships. But I injured my shoulder three weeks prior to leaving for Japan." It happened while squatting, "all of a sudden what felt like a bolt of electricity shot down my arm and into my fingers. I thought I might have ripped a rotator cuff." As it turned out, he'd "popped three ribs" and seriously strained his deltoid. It was a quandary as to what course of action to take for the remainder of the cycle. "My friends and training partners said I should lay off benching altogether until the contest. I didn't like that idea at all."

Oddly (and thankfully) he could still squat and deadlift without pain, but bench pressing was another matter. "I'm a long-armed lifter who relies heavily on initial explosion to generate enough momentum to aide my triceps in locking out my benches. As a result of the shoulder injury I lost my explosion." Brad is also the type of lifter that needs to stay in touch with the technical aspects of the bench: "If I don't bench every week, I lose my groove and my performance deteriorates." He decided to continue his regular bench session before leaving for Japan. "I pushed through the pain and benched on each of my regular training days leading up to the meet, but I did so carefully, non-explosively and with far less then with my scheduled training poundage." It was a bad end to a previously great cycle and weighed heavily on his mind. "I felt my best ever training cycle had been derailed and my bench press and total would suffer as a result. How much it would affect me was anyone's guess, but it was messing with my mind something fierce."

***Brad** kept hopes alive with conservative attempts in the squat. (Kelso)*

The trip itself was nightmarish. "I left on Tuesday and it took 29 hours for me to arrive at the Japanese hotel. I didn't sleep a wink the entire trip. In fact, I hadn't slept the night before I left Minnesota, tossing and turning and worrying about an ice storm in my hometown that threatened to shut down the local airport." The 13.5 hour plane ride from Chicago to Tokyo was murderous and upon arrival in Japan he had to ride a bus for a two hour drive to a second airport and then catch another plane north to Akita, Japan. "By the time I got some solid rest I had gone 60 hours without sleep and lost fifteen pounds of bodyweight." Per usual, Brad had packed enough food to stock a 7-11 store. "You never know the quality of food in a foreign country so I packed dozens of packets of Ramen noodles, cans and cans of tuna and several containers of Sport Pharma protein powder." Which was fortuitous, Japanese meals are incredibly expensive and the portions disappointingly small. After arriving the first order of business was to shake off the jet lag and regain as much bodyweight as possible.

Brad traveled with his dad, former Green Bay Packer all pro Gale Gillingham, Brad's brother, his mother and her husband, an uncle and a cousin. His wife stayed home very much pregnant with their second child. After the long, seemingly endless journey, there was good news: the hotel was first rate, the natives extremely friendly, and the meet facilities excellent. "This was the finest of four world championship I've competed in. The organizational aspects were run with clockwork precision, the platform and warm-up area clean and spacious and the hotel facilities were first rate." After arriving Brad ate as much as humanly possible in order to regain lost muscle mass and took in much of the lifting. "They started the competition on Wednesday, so I missed the first day but I saw just about all of the lifting on Thursday, Friday and Saturday." Asked who among the foreign lifters had impressed him the most, Brad shook his head and said, "It is impossible to pick out any one lifter. There were so many great ones that it is virtually impossible to single any one out. Sivokon squatted 700, benched 473 and totaled 1829 weighing 148, which was more then the winner at 165. He is awesome and deservedly won the champion of champions trophy." The American lifters: Hooper, Ricks and McGettigan, took 3rd, 2nd and 3rd place respectively and Brad was right there, cheering them on, lending a hand when needed.

On Sunday the superheavyweights weighed in at 11am and the lifting commenced at 1pm. The stage was set and it was time to get down to business. This would be a fast paced contest: seventeen superheavyweights were split into two flights of nine and eight, which meant that the lifting would occur at a break neck pace. Is it any wonder that six lifters bombed out? Brad described how he felt going into the competition, "I weighed in at 319 and knew it was going to be a dogfight. The superheavyweight winners from the last four years were all in attendance, the best of the best: Fomin and Gurianov from Russia, Naleikin of the Ukraine, the Hungarian Meszaros and hottest young lifter in the world, Savickas from Lithuania. I knew my chances to win were no better than 50-50 at best." It was go time. "I felt slightly off in the warm-up room, my bodyweight was down and physically I knew I was not 100%." Brad said, "Psychologically, though, I was on top of my game."

Gillingham's psychological mind set got a shock when his effortless opening squat 782 received two red lights. "What a mind blower! I purposefully set down way deep and actually paused at the bottom before firing the weight back to lockout effortlessly. When two red lights appeared, I was flabbergasted. It was a rude shock, especially since I was by far the weakest squatter of the contenders and I needed every single pound." In a gutsy move he jumped to 793 rather then follow conventional wisdom and repeat his opener. "I had plenty of strength, that was not the issue. On my second attempt squat I took the

weight out of the racks, sat down even deeper than the first and again stood up with it easily. This lift was passed 2-1." He was in the game.

Brad had hoped to uncork between 832 and 837 and he thought about jumping to 832 on his final squat, but a close miss or two red lights would be catastrophic. A quick conference was called among his coaches, handlers and advisors. A conservative, split-the-difference weight of 815 was called for. It was crunch time. In the forefront of everyone's mind was the simple math: if he made this lift he had a chance, if he failed Brad could kiss the gold medal good bye. Brad had to think this lift through; it could not be a wild, emotional effort, as any technical glitch would garner red lights. "The lift was slow, precise, controlled and powerful; I made the poundage with strength to spare, strength was not the issue, red lights were the issue." Everyone exhaled a simultaneous sigh of relief when two white lights appeared. Brad still had a chance, albeit a slim one.

Meanwhile, the Russians lifters Fomin and Gurianov squatted 903 and 826 respectively. Naleikin from the Ukraine squatted 881 while Savickas blasted up 903 and Meszaros made 859. The Europeans had opened up seemingly insurmountable leads. Gillingham was behind the proverbial 8-ball and needed to make every single remaining lift if he were to have a chance at winning. Plus, he needed some help; he needed the leaders to miss some lifts. If he made all his remaining attempts and they made all their remaining attempts, he would come up short. It was time to regain some ground. Brad opened higher in the bench press than anyone else finished, 584 pounds. It was a smoker and garnered three white lights, his first unanimous decision of the day. He called for 600 pounds on his second attempt and Gillingham needed this weight if he was to make a run at the gold in the deadlift. "It was nerve-racking, I had a ball-of-tension in the pit of my stomach." he related. Brad got an excellent handoff and pushed the ponderous poundage to completion. It was "medium hard." Three whites greeted this crucial attempt and Brad was back in the mix. His 611 third attempt was an anticlimactic no-go, "I lost the lift at the top, and to tell the truth I wasn't surprised; I was real pleased to make 600 and admittedly lost some of my edge on 611."

At the subtotal Brad was in 4th place. One serious competitor, World Champion Victor Naleikin, bit the dust and was out of the competition. Still, the three men ahead of Brad had all deadlifted

***Brad's** dramatic win ended an 11 year drought for USA SHWs. (Kelso)*

800 pounds or more and things looked bleak. The platform was hot as hell from the blazing TV lights and the competition was moving lightning fast. This was working in Brad's favor for though he weighed 315, his bulk was spread over a 6'5" frame; he was nearly a foot taller then most of his competitors and the pace and heat was grinding the shorter, thicker lifters down. "I lost 10 pounds of bodyweight during the competition and since I was light already, this adversely affected me. I was drained as we started the deadlifts, but backstage these guys were looking a hell-of-a-lot worse then me." Brad opened his deadlifts with 793 for a three white light success. After the opening deadlifts, Brad was in third place and had pretty much secured at least a bronze medal. He jumped to 821 on his second attempt and destroyed the weight; it was as effortless as his opener and again received three white lights. He felt good for more. The bronze medal was in the bank and it was time to win this sucker with a monster pull.

A powerlifting miracle occurred on the second attempt deadlifts, one that opened the door for Brad Gillingham and allowed him a shot at the gold medal: every single one of the other contending superheavyweight lifters missed their second attempt deadlifts. "It was incredible, in turn each of the contenders missed his second attempt and all of a sudden I had a real chance. The key was to make my third deadlift. I needed a big pull and could not afford a miss. It was all on the line." Brad remembered the excitement preceding this attempt, "I needed to pull a big deadlift in order to tie the Russian Fomin and move ahead on bodyweight. He had posted a 2254 total by making his opening lift with 793." Brad's lift had to be a clean, crisp pull without a hint of pause or hitch – otherwise it would be turned down. These thoughts raced through his head as Brad watched incredulously as the other top lifters continued to miss their third attempt deadlifts. Had anyone of the leaders made their 3rd deadlift it would have forced Brad to increase his 837 attempt. "I don't know if it was the heat, the pace, or the bar, but each lifter in turn missed their final lift."

"Meszaros missed all three of his pulls and was out of the contest. Fomin pulled 815 off the floor like a rocket on his third and had the bar over his knees and almost locked out when both is hands flew off the barbell and up into the air like someone had said, 'stick'em up!' Two half-dollar size chunks of skin flew into the air. It was gross." Now it was Gillingham's turn at bat. Nolan Crabbe started humming the Star Spangled Banner and Brad's Dad, brother and coaches surrounded him, imploring him, exhorting him. It was a tense, electric moment. His Dad cinched his power belt and Big Brad, the favorite of the packed house, strode to the chalk box like Alan Ladd striding out to gun down Jack Palance in *'Shane'*. He carefully and methodically applied the white magnesium powder to each and every digit and turned to face the bar, the audience, and the judges. The high drama of the moment was amplified as the normally reserved Japanese audience rose as one to exhort their champion. It was one of those monumental moments when all the chips are pushed to the center of the felt table on the final hand, winner-take-all.

Big Brad ambled onto the platform and up to the barbell, he looked down and centered his feet, he stooped and enfolded the bar with his monster hands, first the left hand, then the right, using his patented double-overhand hook grip. He dipped his hips, tensed and with adrenaline coursing through his body in torrents, ripped the bar off the platform. In the blink of an eye the bar flew up his shins and over his knees, Gillingham kicked in his python-like erectors for the long march up his thighs and to eventual lockout. After a slow smooth pull he heard the head referee yell "down!" He held the bar aloft for an extra few seconds and then gently replaced the barbell; he spun and stared at the light board. After what seemed an eternity, three whites appeared and pandemonium ensued. Brad was mobbed. He had captured the gold medal for the US and the sweetness of the moment was magnified by the dramatic manner of his triumph. "After completing the lift, my memories are a blur. I remember being on the top rung of the podium and the National anthem was playing. It was surreal, I thought I was dreaming."

Immediately after the award ceremony the meet director came and with great solemnity indicated that Brad should accompany him. "I thought I was being led away to the drug test." Instead, Brad was led into a huge banquet hall packed with formally dressed Japanese. "I was led onstage and the Mayor of Akita introduced me to the packed auditorium as the 'new super heavyweight powerlifting champion of the world.' The crowd erupted into applause and flashbulbs began popping. I felt like I was in an episode of the *'Twilight Zone.'* Autograph seekers besieged the slightly dazed Gillingham. "It was overwhelming but it kept getting better; within the hour the post meet banquet began. Much celebrating and laughter with the other lifters, coaches, friends and family. I was glowing inside."

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TRAINING

Building Strength and Power With COMPLEX TRAINING

as told to Powerlifting USA by Kenny Croxdale, B.A., C.S.C.S. and Tom Morris, M.S., C.S.C.S.

Strength, speed and technique are the most important components in cranking more weight. You have to be strong enough to lift the weight, fast enough to push it quickly through your sticking point, and as Dr.Tom McLaughlin, a biomechanist said, "Technique is everything." Complex training is a way to develop all three aspects simultaneously.

For years, the focus of powerlifting was the development of brute/absolute strength. Louie Simmons' innovative methods have demonstrated that speed is essential to elevating more weight. Simmons has put the "power" in powerlifting, as well as emphasizing technique.

Power/speed training is schooling for your neuromuscular system, teaching it to fire faster. You want to outrun your sticking point with speed. Think of moving a heavy weight through a sticking point as driving your car through a mud hole. Ever stop in a mud hole? You sit there, spinning your wheels. What you want to do is have enough speed that the momentum carries you through the mud hole, i.e., your sticking point. The more speed you have going into the mud hole, the greater chance you have of making it through. The same thing applies with your squat, bench and deadlift. You want to blow past the "Bermuda Triangle" of your lift, that point where it gets lost.

Before discussing how complex training can improve your powerlifting, let's take a look at what complex training is. Pavel Tsatsouline defined complex training in his book, Beyond Stretching, as "[t]he plyometric/weight lifting sequence". More specifically, complex training involves the performance of an explosive plyometric movement followed by a strength movement. Tsatsouline definitely felt like it worked. He explained that since preceding a strength movement with a similar, explosive plyometric movement allows for greater weight to be used during that strength movement, a greater training effect is elicited. He gave the example that Dr. Fred Hatfield would, during competition, precede his squat with a vertical jump and his deadlift with a depth jump.

Canadian strength coach Charles Poliquin, although not mentioning complex training by name, describes its use in his 1-6 Principles. Poliqin was introduced to the theory by Dragomir Cioroslan, 1984 Olympic bronze medalist in Olympic weightlifting, at the National Strength and Conditioning Association Convention in San Diego in 1991. Poliquin applied his 1-6 Principles (complex training) with great success to bobsledders, lugers, skiers, and speed skaters preparing for the 1992 Olympic Games. Poliquin mentioned how other top athletes used what is now being called complex training successfully in their training programs. "For instance, Olympic gold medallist Valery Borsov and Ben Johnson would squat a 3RM load ten minutes before their record-smashing performances in the sprint." Borsov and Johnson performed a strength movement, a set of 3RM squat, prior to their speed movement, their sprint. This is an example of a preceding strength movement improving a speed/power movement.

***Kenny Croxdale** has been making some great PRs as a Master lifter, often in NASA meets. (photo provided courtesy of Kenny Croxdale)*

Although Poliquin's 1-6 Principle program is designed to increase strength, he states that this type of training will also increase power. "If you do a 6RM [the maximum load you can lift for 6 reps] load within 3-10 minutes of doing a max single, you can use a greater weight than you could have if you hadn't done the 1 RM set." In other words, the 1RM somehow stimulated the neuromuscular system, causing it to perform a heavier than usual 6RM.

Dr. Donald Chu defines complex training a bit differently. "Complex training matches pairs of exercises from two sources: a resistance training pool and a plyometric [power/speed] pool." According to Chu, "[b]y itself, strength training will produce results, but not to the same level" as training simultaneously with a similar, explosive plyometric movement.

William Ebben and Dr. Phillip Watts, in their article entitled "A Review of Combined Weight Training and Plyometric Training Modes: Complex Training", which appeared in the October 1998 Journal of Strength and Conditioning, define complex training as "alternating biomechanically comparable high-load weight training and plyometric exercises in the same workout".

Additional data presented in the 1998 Journal of Strength and Conditioning article "Acute Enhancement of Power Performance from Heavy Loaded Squats" reveals that "performing a heavy half-squat prior to loaded countermovement jump testing can enhance jumping performance".

Therefore, for the purpose of this article, complex training will be defined as utilizing a strength movement followed by a similar, explosive plyometric movement or utilizing a plyometric movement followed by a related strength movement. In either case, it appears that the power and/or strength movement will be increased, i.e., greater than if the two different movements were not performed consecutively.

Although the mechanisms by which complex training works are not well understood, a number of possible factors have been identified. Ebben and Watts identify these factors as follows: neuromuscular, hormonal, metabolic, myogenic and/or psychomotor. These authors do suggest that neuromuscular adaptations seem to best account for the increased performance associated with complex training. "High-load weight training increases motorneuron excitability and reflex potentiation, which may create optimal training conditions for subsequent plyometric exercise. Also, the fatigue associated with high-load weight training may force more motor units to be recruited during the plyometric phase, possibly enhancing the training state."

Is utilizing complex training to improve one's powerlifting performance a new concept? To answer this question, one only need to look at what Louie Simmons is doing. There are definite similarities between Simmons' program and complex training. Simmons' program is "unidirectional" which means that you focus on only one thing at a time. Simmons' twice weekly training sessions focus on strength (using heavy weights and grinding it out) one day and speed (blowing it through the roof at 50-60% of maximum) on the other day.

Complex training applies the same basic concept, with a twist. Complex training combines strength training and speed/power training in the same workout, whereas Simmons trains those same components on different days. The end result of Complex Training is an increase of power and strength.

Performing a strength movement followed by a power movement elicits a neurological response that enables you to develop more power, thereby allowing for a greater training effect. In other words, performing a strength set followed by a power set will enable you to perform that power set more explosively with more speed.

Baseball players are a great example of the use of this concept. Prior to going to the plate, some attach a weight to the end of the bar

and take practice swings with the bat. When using a heavier bat, their warm up set becomes their strength set. Their next set at the plate is their power set. The batter generates more power/speed at the plate. The batter hammers the ball harder. This is complex training!

It is exactly what you want to do with your squat, bench and deadlift, generate more power. Only instead of hammering the ball, (the ball being the sticking point for the batter) you want to hammer your sticking point. You want to rip through your sticking point just as Mark McGwire does with the ball.

So, now let's take a look at the recommended exercises, reps, sets, and rest periods when implementing Complex Training. Think of complex training as a super set of two exercises for the same muscle group. Exercise one being your strength set, while exercise two is your power set.

A great way of increasing your Bench Press would be doing heavy weighted dips (or a similar movement that involved the same muscle group as the bench press) for your strength movement. Taking a rest period and then doing a set of the Bench Press for your power movement.

Your strength sets need to be close to your maximum. Your power sets should be kept between 30-60% of your 1RM.

Repetitions for complex training need to be kept low for both your strength and power exercises. Repetitions should be in the 1-5 range for both your strength and power exercises. Sets should range between 5-9 per exercise with rest periods of 3 minutes or longer between sets.

An example of a Complex Training Program for the Bench would be: Exercise One/Strength - Heavy Weighted Dips X 3 Reps - Rest Period of 3+ minutes. Exercise Two/ Power - Bench Press (30-60% of your max single) X 3 Reps. Rest Period of 3+ minutes. You need to repeat the sequence above for a minimum 5 Sets of each Heavy Dips and 5 Sets of the Power Bench. Then do your auxiliary exercises.

Complex training worked for one of the authors, Kenny Croxdale. In a year and a half, Croxdale's deadlift jumped from a hard pull with 560 to an easy 595. Complex training will work for you, if you employ it correctly. The extent to which complex training will work for you depends on your commitment to the program. We guarantee it will never work if you never try it. Any questions about Complex Training can be emailed to *KennyCrox@aol.com*

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STARTIN' OUT

A special section dedicated to the beginning lifter

RE-LOOK AT YOUR SQUAT

as told to Powerlifting USA by DOUG DANIELS

A periodic review of your lifting technique and practices should be a mandatory aspect of your training plan. This should apply to lifters of all levels of strength and experience, as we should leave no stone unturned in our effort to continually improve. For that matter, this review should be on a constant basis. If you are suffering from undue red lights at meets, some of my suggestions may help shed a different color light on the subject. This time around let's take a re-look at the execution of the squat.

There is no one correct way to squat that fits everyone. Of all the lifts, the squat has had the most variations that have produced records. Records have been set with picture perfect technique, wide and close stance styles as well as techniques that make you think a back surgeon should be summoned to the platform as soon as the lifter racks the bar. Factors such as body structure, flexibility and plain old 'got used to doing it that way' are some of the reasons for these variations, but there are some basics of the squat that can be applied to many of these styles.

Let's start literally at the top by examining how the head and chest should be held. Most experts agree the head should be held high with chest out to keep the spine in an erect position. Some lifters keep their head looking forward or up during the lift, some look straight ahead during the downward part of the squat, and at the bottom, look upward to completion. If your head and chest are not in the proper position during the squat, your leverage position could be compromised. If the head loses proper position, the back will follow and vice-versa.

Except for extremely upright squatters, the bar would be best positioned low on the traps, just above the rear deltoid. This position allows the bar to be located over the hips, normally a position for best leverage. Leverage is critical. If the bar is positioned too high on the back, it may result in the bar being too far in front of the hips, which could cause the lifter to lean forward, in a poor leverage position. Upright squatters like the legendary, John Kuc, were able to maintain an erect position with the bar held high on the back. Many lifters start squatting with the bar held high like this and need a towel to pad that area on the traps and neck. That habit is sometimes continued even though it may not be optimal in the long run. At the meet it's not an option to use the padding, so I would look at finding this particular spot on your back. Many novice lifters I have dealt with have trouble finding the 'spot' at first, but they eventually do so. Take my word for it, that spot is there. Rearranging your form to allow proper placement on your back could mean extra poundage, almost immediately.

***Pat McGettigan** prepares to squat at the IPF Worlds. (Paul Kelso photo)*

If you experience pain in the shoulders, elbows or wrists during the squat, it may be due to the bar slipping down your back during the squat. Keep the head held high with the chest out and shoulders back. Maintain this form and concentrate on keeping the bar stationary during your squats. This will help prevent the bar from slipping down your back. If the bar does slip down as you rep out over a set, rack the weight to prevent further pain and take the set again with more concentration to keep the bar in its proper place for the entire set.

Too fast of a descent may not be desirable. Many lifters feel dropping down fast gives them more rebound on the way up, but I disagree. The opposite may actually be true. Not only does this practice create a greater chance for injury, but you may lose your best position from which to effectively rebound from the low position. It may be harder to rebound from the bottom because of the extra downward force created by the speed of the descent and that's just plain physics. Make all your squats in training and at the meet descend smoothly with precise control. Human tissue doesn't bounce as well as a basketball. One method worth trying is to descend smoothly until just above parallel, then speed the descent, and rebound up. Decreasing the distance of the fast descent until just before the bottom reduces the forces you have to reverse to go up.

Many novice lifters tend to bow their knees inward when they come out of the bottom of the squat. This may be due to lack of leg strength or concentration. Obviously, having your knees bow inward does not provide the best power transfer from your squatting muscles. The knees should be straight up and down for optimum results and power transfer. If you have this problem, lower the weights a bit and squat with keeping the knees outward and straight ahead. Some machines exist that work the inner and outer thigh and can also be useful. These are not 'girls only' exercises, guys have muscle there too. Concentrate on keeping the knees outward during all your squats and leg press-type exercises and this problem will soon be history. The first key is to become aware that you squat like this. In many cases the lifter has no idea and must rely on knowledgeable training partners and coaches.

Failure to reach proper depth is the major reason lifters don't get their squats passed. I've seen too many lifters lean forward near the bottom of the squat trying to get more depth. Most end up reducing the depth they are able to reach. Leaning forward causes the hips to come up and this actually may result in squatting higher. Proper depth is not best reached by leaning forward, but by trying to keep as upright as possible with the back as straight as possible. Sink back into your squats like sitting into a chair, not by leaning forward.

I strongly suggest lifters relook at their lifts on both a periodic and constant basis, especially the squat. Over time, form and technique can change or deteriorate. This could be due to injury, bodyweight or strength change or a lack of attention. There is no single 'right way' to squat, but there are many wrong ways. A knowledgeable and alert training partner or coach can help with first hand critiques. Videotape is also a great option. You may not even be aware you are guilty of some technique flaws and sometimes seeing is believing. This re-look process might reveal that you are currently performing optimally, but stick with the process. These relooks can often help shed some white lights on the subject.

Doug's Web address: members.aol.com/ddan12345/default.htm

Dr. JUDD

Lose With Grace - Win With Dignity

as told to PL USA by Judd Biasiotto Ph.D.

***"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in moments of challenge amid controversy." -* Martin Luther King Jr.**

When I was growing up, the athlete that I disliked the most was Muhammad Ali. Now I know that Ali is one of the greatest athletes of the millennium, and without question he is the greatest heavyweight boxer of all time. Even as a small boy I understood Ali's greatness. I knew that he was something very special, an athlete unlike any other I had ever witnessed. Still I loathed him with a passion. And my dislike for him had nothing to do with his religious beliefs or his refusal to be inducted into military. It was about him as an athlete.

He was just so brash and bold... so arrogant. He wouldn't just defeat his opponent, he would taunt and belittle them. He took great pride in humiliating competitors who were not in his class, often mocking their lack of talent and skill. He had no empathy or compassion for his opponents even after he had defeated them soundly. In effect, he exhibited a total lack of respect for everyone and everything that was associated with his sport. He displayed absolutely no style or class. He certainly didn't understand, or chose not to understand, the concept of winning with dignity and humility. In my opinion, he was the antithesis of what the true spirit of sport was all about. He went against everything that I was taught to honor and respect in sports. Naturally, I detested him. I knew he was a great athlete, but I had no desire to support him, and - in fact - I couldn't wait until Ali got his butt beat but good.

Well, that day finally came in 1971 against Joe Frazier. Before the fight Ali demeaned Frazier, calling him stupid and ugly. He said that Frazier was such a bad boxer that if he beat him he would get on his hands and knees and crawl across the ring and kiss Frazier's feet. He even said he would leave the country for good if Frazier beat him. Frazier wasn't impressed. When the bell to start round one rang Frazier came out "smoking", raining blows to Ali's head and midsection. I knew right then that Ali would lose. Here was the first man to really stand up to the great Muhammad Ali. I loved it. In the third round Ali bellowed to Frazier, "Joe you can't beat me. Don't you understand - God is with me." Frazier, undaunted, responded, " Well, then God and you are going to get an ass whoopin' tonight." True to his word, Frazier put a good whoopin' on Ali. In the fifteenth round Frazier floored Ali with a thunderous left hook. It was a blow that would have crumbled a brick wall. Amazingly, Ali regained his feet before the count of ten. He survived the rest of the round, but it was clear that he was a defeated man.

Gold Medal or Silver *- David Ricks has been one of the USA's greatest IPF World competitors, above in Akita at the 2000 Worlds. (Kelso)*

After the fight, Ali sat in his corner, his face bruised and swollen from the terrible beating he took. In his eyes you could see that his heart was weighted down by the defeat. I loved every second of it. I just couldn't wait until the post fight press conference. I knew Ali would have to eat his words. And I knew the press was going to be really hard on him. After all, he had humiliated so many other people in the past. Now it was going to be his turn to eat crow.

Well, I was partially right. The press "hammered" him unmercifully, but Ali handled the situation with such grace and dignity that he actually inspired me, and I am sure millions of other people who were watching the event. Although he had not boxed in three and a half years prior to the fight, he never used that as an excuse. In fact, he never made any excuses. He took sole responsibility for the loss and he gave Frazier all the credit that was due him. He talked about how great Frazier was as a fighter and a man. He was so gracious in defeat that you couldn't help but admire him. Ali may never have won with humility, but he certainly knew how to lose with grace. Everyone talks about how great a winner Ali was, but in my opinion he was a great loser. He certainly taught me a lot about the experience of losing.

Let's face it; life is tough. It's an endless series of ups and downs, yet it is through the process of facing and overcoming difficulties that life really has meaning. Certainly the way we deal with setbacks goes a long way in distinguishing how successful we will be in life. Failure arouses our determination and wisdom. Because of this, many people facing failure have been pretty surprised to find that the impending loss actually created courage, determination, and a new found wisdom. In basic terms, it's synonymous with that trite old cliche, "Every black cloud has a silver lining." Failure teaches us. Or as Ben Franklin said, "Those things that hurt, instruct." If we get burned, we learn not to play with matches. If we make a mistake, we learn not to do it again. Nobody can avoid failure all of the time. Even Muhammad Ali tasted failure.

Many times the difference between a good athlete and a world class athlete is whether or not he can learn from failure, whether he can use it or whether he will be eaten up by it. Martin Luther King Jr. said, *"The true measure of man is not how well he does during times of comfort and convenience, but during times of trials and tribulations."* Look at a man who has handled defeat and setbacks well, and you will see a man with character. People who can rise from the ashes, who can handle defeat and adversity are the champions of life. Ali never let defeat defeat him. That is why he is ALI - THE GREATEST OF ALL TIME!

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TRAINING

Powerlifting & Athletics

as told to Powerlifting USA by LARRY TRAUB

In 1976 a team of powerlifters came from Lincoln, Nebraska to the campus of Concordia College in Seward, Nebraska to give a powerlifting demonstration at the halftime of a college basketball game. At this demonstration a lifter named Roger Benjamin, whom I discovered later was famous for being the perennial runner up to Larry Pacifico, deadlifted an amazing 600 lbs. I was a senior at Concordia and weeks away from completing my college wrestling career and knew immediately I had found an outlet for my competitive spirit that I could take into my adult life.

Twenty four years later powerlifting is still a part of my life and I am enjoying it more than ever. My one regret is that I was introduced to powerlifting after I had completed my high school and college athletic endeavors.

I am absolutely convinced that I would have been a much better athlete if I had been a competitive powerlifter through my high school and college years. I know for a fact that in some areas I have more athletic ability now than I did my senior year in college.

Strength is an obvious area of improvement that contributes to one's athletic ability. I would have loved to have my present strength levels as a college wrestler, but there are other factors of athletic performance that are not so easily measured.

The intensity level of an athlete is one of these areas. I feel that this an area of tremendous improvement for me and other powerlifter/athletes I have worked with. The motivation of powerlifting causes the athlete to push beyond normal pain thresholds and this ability shows up in other athletic endeavors. The result is an athlete that is capable and willing to push his body to new limits.

In the ninth grade I gave up organized basketball and went out for the high school wrestling team. I didn't do this willingly but I realized I had some physical limitations that were going to keep me from excelling in basketball (height, speed, and coordination would be a partial list).

Being from Indiana, I am still required, by law, to love the game of basketball and, of course, worship the ultimate basketball deity Bobby Knight. Actually, I have continued to play the game recreationally throughout my life and because of this I am very aware of the impact powerlifting has had on my athletic performance.

As a college senior, before I ever did my first set of squats, I was several inches short of being able to touch the rim. Today, providing I am properly warmed up and reasonably free of muscle soreness, I can usually get a couple knuckles over the rim and securely grab the rim. I realize that there is nothing particularly astounding about a 5' 9" athlete being able to grab the rim, but I feel that it's somewhat interesting that at the age of 46 I can jump 4-5" higher than I could when I was 21 even though I'm 25-30 pounds heavier.

The Results of the Traub Family competitions in the year 2000: *Larry (right) won his 6th Masters Nationals title and the outstanding heavyweight lifter award, while competing in the 198 lb. class. Kristin (center) did not compete in the Women's Nationals because it conflicted with her basketball commitments, but she was a guest lifter at the Teenage Nationals and pulled a 402 American Record Deadlift in the 18-19 year old division, 165 lb. class. Drew (left) finished 2nd at the Teenage Nationals in the 15-16 year old division, 220 lb. class, and had an American Record 611 lb. deadlift well above his knees before it stalled. (photograph provided by courtesy of Larry Traub)*

So, squatting makes you stronger, and stronger muscles help you jump higher, run faster, and do other things that require athletic ability. This is probably a basic truth that you've already accepted if you are reading this magazine, but I really don't think it's quite that simple.

Every day thousands of basketball coaches send their players to the weightroom to do squats and get little or no results. So why does one athlete go to the weightroom with the goal of increasing his maximum squat and come away with a significant increase in athletic performance and the other athlete goes to the weightroom with the goal of increased athletic performance and comes away with next to nothing?

The answer is motivation.

There are a lot of factors that contribute to increases in strength but I would argue that the most important factor, by far, is intensity. The powerlifter goes to the squat rack determined to do more weight and/or reps than he did in his previous workout. The properly coached basketball player may have the same goal in mind but the motivation is totally different. The powerlifter knows that his goals will directly affect his ability to succeed in his sport. The basketball player is thinking that his ability to achieve his workout goals might have some affect on his overall game.

The motivation is not the same. The intensity is not the same. The results are definitely not the same. I have worked with many athletes that support my theory but the most dramatic example would be my daughter Kristin.

Kristin is a 20 year old Jr. at Quincy University playing Division II basketball on an athletic scholarship. When Kristin was 9 or 10 years old she went to a volleyball clinic sponsored by the local high school in which she competed with other local girls her same age. On the last day there was an award to be given to the outstanding player based on the following criteria: serving, bumping and running an agility course for time. If memory serves me correctly Kristin finished first in one of the skill areas and second in the other and going into the agility run she looked to be in contention for the camp award. In the agility run she was not even in the top 50% of the field and she fell completely out of the running for the award.

Her failure to win the award was not due to any lack of volleyball skills or anything else that was worked on during the course of the camp. Instead she fell out of contention because of a lack of raw athletic ability, something we might consider to be primarily genetically determined and something that many feel can't be developed to any great degree.

Not too many years later I convinced Kristin that lifting weights would help her in the game she truly loved, basketball. She worked hard at lifting and her athletic ability improved. After a period of time I suggested that because of the progress she had made lifting that she should try powerlifting. At that point her motivation to lift became stronger, her intensity increased, and her athleticism increased at a much faster rate.

At the age of 20 Kristin has 5 American records and a national championship under her belt, but this is the more interesting part. Last fall, prior to her sophomore year of college basketball, the women's basketball team went through a series of tests to evaluate speed, agility, jumping ability, etc. Kristin finished at the top, or close to it, in most every category.

She had gone from being somewhere in the middle of a group of very average athletes to being one of the top girls in a very elite group of athletes when tested in the same area.

What caused this to happen? I would suggest that her increase in body strength was the primary fac-

tor.

Could a well informed strength coach have designed a program more suitable for basketball? Should the program target the specific muscle groups used for various basketball skills and take into account the use of different types of muscle fibers, etc.?

Theoretically this sounds great and I consider myself quite capable of designing such a program, but I didn't design such a program for my daughter. Instead I pushed her into a powerlifting program and I am quite certain that this route gave her superior results.

The motivation to do high intensity exercise generally gets lost as the program becomes more specific and as a result there is less muscular growth.

So, should all athletes become powerlifters?

I would go so far as to say that any athlete could benefit from powerlifting. I say this because I feel that powerlifting can provide excellent motivation to work the major muscle groups with a high level of intensity and also target the type 2B (explosive) muscle fibers.

I would also readily admit that the concept is impractical. If a basketball coach has a 6'6" post player who desperately needs to add muscular body weight, then competitive powerlifting is going to provide more embarrassment than motivation.

The answer for this athlete may not be competitive powerlifting, but a powerlifting mentality is essential. A smart coach would probably attempt to simulate powerlifting with some sort of testing and recognition of the gains made.

Competition is the drive behind every athlete. Powerlifting makes use of that competitive spirit to push the athlete to greater levels of strength development.

This whole argument assumes that powerlifting training consists of an intelligently designed program of progressively overloading the muscles and not showing up in the gym periodically to see how much weight you can lift.

It also assumes that the athlete stay relatively lean and doesn't add fat to his body to gain leverage in his lifting.

The athlete must go to the weightroom determined to do more weight and/or reps than he did in his previous workout without sacrificing form.

If this principle is applied to the powerlifts or whatever exercise the athlete chooses to do, then the athlete has a real opportunity to add a significant amount of muscle to his frame and increase his athletic ability.

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1003 SQUAT

Jesse Jackson
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HARD CORE GYMS

The Quest Begins in Texas ... *as told to POWERLIFTING USA by Rick Brewer, of House of Pain*

Did you ever envy the "Cheers" cast their easy familiarity - the fact that everyone really did know their name? A good gym is like that. It's a place to be accepted - without question. In a good hardcore gym, anything goes and eventually does. Do you know of a gym like that? If so, you need to drop everything and go there NOW. Real hardcore gyms are suffering the dinosaur's fate - but they are worth fighting for. Join one today, or re-up your membership if it's about to expire. You have to drive a long way? It's worth it!

I decided to look around and see how many "real gyms" are left. There are a lot more hard core lifters than hard core gyms. I can respect the serious lifter who trains alone, in a cosmopolitan hell - but who wants to read about that?

What started the quest? Well, I guess a full stomach and heavy legwork actually started it. Let's go back in time, to the first "fitness facility" I ever joined. I won't mention its name - but I will tell you that when I vomited on leg day, I was not encouraged to return. This was twenty years ago, and that is when I began my quest for gym nirvana. Almost immediately, I scored.

In the summer of 1980, a new gym opened in East Dallas. It was simply called "TEXAS GYM." I went and saw the bare concrete floors and primitive equipment, and immediately joined. Over the years, as the facility moved from one location to another in the same East Dallas neighborhood - I was a regular. The only luxuries were air conditioning and a toilet.

When someone punched a hole in the wall, we remembered the missed attempt rather than whining about the hole. When we drew on the walls and floors - it stayed = ART. When a barefoot pro-wrestler moved through the gym on his workout - plates still rolled and dumbbells fell. His feet got tough in a hurry. (I would've hated to walk barefoot on the filthy floor even if no one dropped weights. I saw what go spit onto it)

*Texas Gym Owner - **KIM JONES***

***The Texas Gym** ... an exterior shot of a "House of Pain" style outfit.*

***Young and Old** train together at Texas Gym. (Rick Brewer photos)*

I remember the early powerlifting teams, and our primitive training methods. Back when steroids could be legally obtained through a "Sports Doctor," I remember syringes in the trash cans. I remember "E" who got condiments at the 7-11 freebie counter and "S" who had seizures running home from the gym until he was so cut up he looked like he'd been in a car wreck. "G" who died, due to a volatile mix of diabetes and supplements. "V" who went on to pro-bodybuilder status. "F" who got slung around like a rag doll and called a "hippy" when he tried to break up a fight. The "Bulgarian Brothers" who flung heavy weights around Olympic style - even while training to powerlift. "Z" who was superstrong, and went on to become a cop. I remember a lot, and most of it is good.

Some of it is hilarious. Once we were deadlifting, and a new lifter came back and asked a question. We helped him join our DL workout, and gave him tips and pointers along the way. He had never deadlifted before in his life, so we were loudly congratulating him on his set with 365 when another young powerlifter (We'll call him "S") came in. "S" was pretty strong, and very loud and egotistical. He came over and berated the new lifter on his apparent weakness. We tried to explain that it was his first DL workout, and therefore very respectable - but he scoffed at that. He walked up to the bar in his street loafers (no socks: preppie) and lifted the 365 sumo style - no warm up, of course. Unfortunately, for him, his street shoes were very slick and his right foot slid about 8" to the right as he pulled the weight. This left the plates over his feet. A look of panic appeared on his formerly arrogant face as he stood holding the weight - trying to figure out how to get rid of the bar. We began talking amongst ourselves and walked away. After a minute or so, there was a crash - and he limped out with a bloody right foot. We didn't see him for a while after that. The new guy did pretty well, though!

Great lifters are still born in TEXAS GYM, and it's still in East Dallas. Heavy dumbbells and plates are easy to find. If you're looking for chrome, don't waste your time, but if you need a hard - core home in the Dallas area, this is it! Ask for Kim Jones, who is still the owner after all this time. The partners are history. A whole bunch of partners have come and gone, but TEXAS GYM is still the same. Whenever I walk into a new gym in some strange town, I mentally compare it to TEXAS GYM. Most don't do well in the comparison.

(Continue to send info and photos to: House of Pain, Box 333, Fate, TX 75132)

to: **Rick@houseofpainironwear.com.** "My gym is so lame. I toss my cookies pretty often on leg day, or any day that follows hard drinking and partying. They get on me like my mom! Once, I just walked in and vomited on the front desk - right on all the paperwork! Then I turned around and staggered out to my old Mustang. 'Course I was still kind of hung over. Had to get my workout later, no problems. But anyway, get this: my lame-o weenie gym wants me to carry a little sack around to vomit in! Or, they will make me clean it up! Who do they think they are - my mother?! So bro', how goes the search for the Real gyms? Find me one!" **"Spew Factory"**

*to **"Spew,"** "I am not your bro! While I have occasionally lost my lunch on a leg day, it's not something that happens every year. And I always made it to a trash can or toilet. I always clean up after myself, and I can't imagine the gym that would let you vomit all over the place and then just leave your beer-soaked crusties everywhere! I don't even want to imagine it! Lighten up on your drinking, and tear that vomit merit badge off your little high school jacket. For info on REAL gyms, stay tuned to the PL USA series."* ***Rick@houseofpainironwear.com***

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TRAINING

Developing Special Strengths

as told to Powerlifting USA by Louie Simmons

If you are to excel at sports, then you must develop special strength qualities that pertain to your sport's activities. There is a problem in this country of generalizing strength, that is, believing that you are either weak or strong, fast or slow. However, you may be strong and slow, or weak and fast. Some also believe that there is only one way to weight train, not recognizing that an individual needs special activities to increase his speed or maximal strength. It seems that many people think that a very strong person would be slower than a man of average strength or would lack endurance. I hope to dispel many of these myths.

MAXIMAL STRENGTH First let's talk about maximal strength. This is the basis of all types of strength. No one can do multiple reps (10-12) with 400 pounds in the squat if his best single is 420. But if his squat was 550, then 400 for reps would be quite possible. Similarly, a long - distance runner who can squat 100 pounds for 100 reps will perform better than a long - distance runner who can squat only 50 pounds for 100 reps. A stronger person can have greater endurance, particularly strength endurance.

STRENGTH ENDURANCE What is strength endurance? Strength endurance is the ability to perform a lengthy display of muscular tension with minimal loss of work capacity. There are two forms of strength endurance: static and dynamic.

To develop strength endurance, one must consider the intensity or speed of execution. Middle - distance runners could do 1 rep per second for 60 seconds, then rest long enough to bring the pulse rate to normal. Then repeat. Your GPP would determine how many sets as well as the rest between sets. You may feel that you have good endurance for, let's say, running only, but you may be unable to box for three rounds. You must look at exercise specificity to excel at your sport.

Repetitions to failure is one method of building strength endurance. Submaximal weights are used. This method is not intended for weights above 75% of a 1-rep max, which would constrain one to develop mostly strength, not endurance. Although hypertrophy is a by-product of strength training in general, the repetition to failure method can raise volume, but at low intensity levels, and be responsible for adding muscle mass, which may or may not be desirable, depending on if you are trying to maintain your weight class or move up. It is very important to adhere to the correct percentages. For sports using strength in conditions of speed, the weight percent to failure is 30-50%, for weight lifters, 50-75%, and for sports where stamina is used, 50-80%.

Dr. T. Ajan and Prof. L. Baroga suggest 9-12 sets per session. This is very taxing, but fast and efficient. Results come quickly. Because this method is mentally and physically taxing, we suggest using it for two consecutive weeks, at most.

SPEED STRENGTH Powerlifting and weight lifting are speed strength types of activities. Each requires one to execute a lift at full speed as well as strength. You must lift near-limit weights to develop quick strength. We include two types of training to achieve this goal: (1) a dynamic day, where weight at 60% is used to increase force production, and (2) a maximum effort day, where very heavy weights are used in special exercises.

When using the dynamic method, submaximal weights are used. Although loads of 66-85% with a rep range of 3-6 is recommended by some, we have adjusted the loads for squatting to 50-60% using 2 reps per set. At least 6 sets of 2 reps should be done by novices, not to exceed 12 sets of 2 reps with just weight. This is based on a just -below- parallel box, and the 50-60% max is based on an actual contest max.

In the bench press, the training weight is 60% of a 1-rep max without a bench shirt, 8 sets of 3 reps. Both squat and bench sets should be done every 60 seconds or less. It is important to use maximum speed.

Strength speed is the ability to move heavy weights as fast as possible. To develop strength speed, we use the method of maximum effort. On this day, one must make a maximal effort, with weights at 100% plus. When a weight is made over 100%, this is referred to as overmaximal. One or two reps are employed. When powerlifting, three lifts work best: one at 90% and one or two lifts that are more than your previous max.

For weight lifting, use exercises such as pulls with a snatch or clean grip, 4-10 lifts, as long as the proper height is maintained.

When using 90% and above for more than 3 weeks, one's progress will cease. To avoid this, switch the maximal effort exercises each week. This is referred to as the conjugate method: using exercises that resemble the classical lift. This method is used to perfect technique.

EXPLOSIVE STRENGTH Explosive strength is the ability to use the muscles and central nervous system to achieve maximum force as quickly as possible after an intense muscular stretch. Research by Frolov and Levshunov (1979) showed that high - skilled weight lifters who have high results in the jerk from the chest performed the half-squat quickly and instantaneously switch to thrusting the barbell.

The following are methods to develop explosive strength.

Explosive strength is developed after a strong stretch that builds kinetic energy during the lowering phase in different forms. Shock training builds explosive strength. Examples include (1) hang cleans or hang snatches; (2) depth jumps; (3) push jerks; and (4) box squats, box squats with bands, chains, or weight releasers.

Whereas depth jumps provide a reactive movement through using the momentum of a falling body, a hang clean or snatch and box squatting enable one to direct the body in more favorable angles to prestretch the muscles. Regardless of the height of the box, the landing angles stay close to the same in plyometrics. But hang pulls can be done at varying heights to catch the bar before starting the pull. Box squatting also can be done from many different heights.

Plyometrics are just one type of shock training. Maximal eccentrics, forced reps, all contrast methods mentioned above, ani restricted range of motions to max (partials) are just a few.

ACCELERATING STRENGTH To ensure the development of accelerating strength, bands or chains should be employed while using a bar or dumbbells. I believe this can prolong the rate of maximal force production during an exertion. This simply means one is accommodating resistance, making barbell training more productive.

These are just some of the things to think about if you want to reach the top.

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***Combining** the fundamentals of special strengths contributed to a 900 pound squat in the 220 class for Chuck Vogelpohl. (The photograph provided by Diane Black).*

Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send $15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: What's the difference between your Anabolic Diet and your Metabolic Diet? **Tom W.**

DEAR TOM: The Anabolic Diet *was meant for competitive bodybuilders so they could get down to very low levels of body fat while at the same time maintaining as much of their muscle mass as possible. As such it was set up to be a very low carb diet for 5 days of the week and a higher carb diet (much more socially acceptable) on the weekends.*

I wrote The Metabolic Diet *for anyone who exercises and wants to look good and perform better.* The Metabolic Diet *is not as restrictive with dietary carbs as* The Anabolic Diet. *In fact the idea behind* The Metabolic Diet *is to individualize the diet by finding the lowest optimum level of dietary carbohydrates.* ***Mauro Di Pasquale M.D.***

DEAR MAURO: Last summer my right quadricep started hurting and it soon got worse. I ended up with a knot on my leg that will probably be there for the rest of my life. Lately, my left quad has been hurting like my right quad used to. I stretch it all the time. What can I do to strengthen it and prevent the knot from forming? **Ben M.**

DEAR BEN: *It's unusual to have a knot show up like that and last. It's possible that you tore the muscle to some extent. As such it sounds like you're overtraining and leaving yourself open for injuries. In order to really figure out what's going on you should see a sports therapist/chiropractor and let him have a look at your quads.* ***Mauro Di Pasquale M.D.***

DEAR MAURO: I started back weightlifting 2 months ago after a 12 year layoff and am having trouble with what I believe is rotator cuffs. I was a quarterback in high school and remember always having some pain toward the rear shoulder when warming up and it has never really left. Now my left shoulder tinges as well. It does not ache and does not hurt when I do most exercises such as dumbbell presses, but it does ache when I move a certain way. For example: the other day I put a 20 lb. curl bar behind my head to do lunges and felt a sharp, knifing pain. If I am sitting at a desk and simply reach my arm across my chest and stretch I feel the same kind of pain. I know I am getting stronger based on the weight I can lift when doing presses. I noticed, though, that I have not improved much at all in lateral side raises or front raises. What can I do to strengthen the rotator cuffs as my current program might be building strength in some places, but not where I apparently need it. **Carl T.**

DEAR CARL: *It's sometimes difficult to determine whether or not you have a rotator cuff problem. You can kind of tell if your shoulder hurts as you go to the 90 degree position when you raise your arms laterally with your thumb down.*

In any case, the way to fix any shoulder problem is to cut out any exercises that hurt and stick to the ones that you can do without any pain. That means you have to experiment with machines, dumbbells, grip etc. to find out what works best.

I'd cut back on using the bar for bench presses and use dumbbells for a while. Make sure you use a relatively light weight and go as low as you can -- really stretching, but not straining -- the pec-delt tie in. Also, doing more back work really helps since in many cases the back muscles are less developed than the chest and this leads to problems. I especially recommend that you do some bent over rowing with bar and/or dumbbells. Cable rows and chins, in front and not behind the neck, are also useful.

You might also want work the rotators directly. The Shoulder Horn Harness, available on several exercise sites, is a good piece of equipment that will help you isolate and work the often neglected external rotators, the infraspinatus and teres minor. Of course there are a number of exercises that will also do the trick. To show you just what to do and how to do it, I'd suggest you get The 7 minute Rotator Cuff Solution *by Jerry Robinson. It's available from Health For Life at http://www.healthforlife.com/html/cuffprog.htm.*

There are certain exercises I would keep away from, including upright rows and anything behind the neck (lat pulldowns, press behind the neck), since they put your shoulder in a vulnerable position and can cause rotator cuff problems. Also keep away from any exercises that are painful to do. This might include incline bench pressing, bench pressing using a wide grip or bench pressing to the neck, and dips.

If things don't improve or if you're worried about what's going on I'd recommend that you see a sports therapist for both treatment and advice. ***Mauro Di Pasquale M.D.***

Publications by Mauro G. Di Pasquale, B.Sc., M.D., MRO, MFS - *New for 2000 - The Metabolic Diet* - If you're confused as to what kind of diet you should be following and how best to use the bewildering array of nutritional supplements that's out there, join the club because you're not alone. Just about anybody who is serious about sports and exercise is bombarded by claims made by all the diet gurus and supplement manufacturers. After a while it gets pretty hard to sort out just what kind of diet and supplements are best for maximizing strength and muscle mass, and minimizing body fat. But there is a solution. The Metabolic Diet is the only diet and nutrition book you need in order to maximize muscle mass and strength, and decrease body fat. It encompasses all the various diets that are carbohydrate conscious, those that are champions of low dietary carbohydrate intake to one degree or another such as my Anabolic Diet, and those that follow the more conventional high complex carbohydrate, lower fat approach. Not only that but The Metabolic Diet also covers everything you need to know about how to use the present crop of nutritional supplements so that you'll get maximum results from your hard training. The Metabolic Diet is based not only on my experiences but also on all the available medical and scientific research. That's what makes it the ultimate diet book. It takes into account our genetic and environmental differences and allows everyone to find the right diet and nutritional supplement stack for them. The Metabolic Diet is a one-stop solution to the age-old dieting and nutritional supplement dilemmas. Don't miss out. Order a copy right now. You won't be disappointed. The Metabolic Diet, Hardcover, 512 pages. Order from www.allprotraining.com or call 1-800-519-4094.

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IPF World BP Championships

as told to PL USA by Lance Slaughter of TEAM USA

The 11th IPF World Bench Press Championships were held December 8-9, 2000 in Frydek-Mistek, Czech Republic. Frydek-Mistek is a small town approximately 200 miles east of Prague close to the Polish border. This year's USA National Bench Team was comprised of a close-knit group of eighteen lifters led by a coaching staff of three-time National Bench Team Head Coach Dr. Michael Hartle and multi-IPF world champion Gene Bell. With several family members and friends of team members traveling the 4,000-6,000 miles to provide invaluable support, the USA contingent totaled thirty people. Team USA also benefited from the generous support of Inzer Advance Designs, who supplied team members with lifting gear and custom screened USA Powerlifting singlets, and Powerlifting USA who provided underwriting for team uniforms.

One of the great benefits of competing at an IPF world championship is that it provides the powerlifting athlete the opportunity to compete in venues all over the world. IPF world championships in 2000 were held in Argentina, Taiwan, Japan, and the Czech Republic. Without exception, these unique opportunities provide the lifter with exceptionally enriching experiences - both competitively and culturally. Additionally, they can also pose interesting challenges. For example, although many former Eastern Bloc countries have developed significantly in recent years due to economic and political reforms, when traveling to smaller towns and cities like Frydek-Mistek, Americans in particular will quickly recognize the absence of many modern conveniences in hotels and other public facilities, which we readily take granted here in the US. The Hotel Centrum served as the official meet hotel. Although it was reasonably well maintained and clean, rooms only had rotary dial telephones so calling card access was close to impossible unless you headed to the lobby pay phones, of which there were only two. It also interesting to note that, even in small towns, the world is a much smaller place with internet access available at internet cafes typically located in the town main square.

The meet venue was a large theatre-style complex with great lighting and stage backdrops. Again however, at the meet venue, many lifters discovered the absence of certain conveniences. Simple things: like toilet seats and toilet paper in the bathrooms. Later, I found it comforting to learn that I was not the only one who experienced the rather embarrassing task of having to climb out of the bathroom stalls because the latches to open the door from the inside were broken. These minor inconveniences notwithstanding, the primary benefit of an IPF world championship, of course, is the depth and quality of international competitors. And this IPF Bench Worlds did not disappoint one bit.

OurTEAM USA for the 2000 IPF Bench Worlds *(front row, l-r) Lance Slaughter, Jill Darling, Deb Ferrell, Steve Petrencak, Bettina Altizer; (middle row,l-r) Leonard McCormick, Sandra Perron, Misi Inoke, Jennifer Thompson, Gene Bell, Tammi Callahan, Mike Hara; (back row, l-r) Mike Hodge, Dennis Cieri, Collin "Poohbear" Rhodes, Dr. Mike Hartle, Ralph Young, Dave Doan. (not pictured – Andrea Sortwell)*

The competition began on Friday immediately following the opening ceremonies, which included the parade of countries and several dignitaries, including IPF President Norbert Wallauch, the Czech Powerlifting Federation President and the Mayor of Frydek-Mistek, welcoming the competitors and declaring the championships officially open.

The Women's Open competition had eighty-five competitors. In the 44 kg. class, last year's silver medalist and the 2000 European Bench Press champion, Eva Svjantaekova of Slovakia, was clearly at the top of this class of seven women, outdistancing second place finisher, Germany's Marion Friedrich, by 7.5 kg. with an official lift of 87.5 kg. Svjantaenova then went to successfully achieve a fourth attempt 95 kg.

The 48 kg. class may have provided the biggest world championship debut of the women's competition. In her first Bench Worlds appearance, Japan's Yukako Fukushima, utilized her extensive arch and wide grip technique to a world record of 112.5 kg. on her second attempt. She missed getting 117.5 kg. on her third. 1999 gold medalist Hanna Svahn of Denmark returned to capture second with a 92.5 kg. press ahead of Germany's Gabi Hirner who duplicated last year's bronze medal performance.

In the 52 kg. class, Irina Krylova of Russia last year took second to her compatriot, Tamara Podpalnaya, in a very close competition in which both achieved world record lifts. This year, she was not pressed at all establishing a new world mark on her third attempt of 113 kg. She finished the day smashing that world record by lifting 120 kg. on a fourth attempt. The battle for second developed into a very competitive contest with three of the next four competitors going three for three and ending with marks within 5 kg. of each other. Svetlana Nikolaenko provided Russia it's first 1-2 finish taking the silver with a 102.5 kg. bench press. The final battle for third was very close. Kuan-Ting Chen of Chinese Taipei matched Japan's Syoko Sakurai press of 100 kg. but earned the bronze weighing in much lighter 48.7 kg. Li-Ming Lin also made a run for the bronze but fell short ending with a 97.5 kg. press.

The 56 kg. class provided a rematch of last year's top three finishers, gold medalist Tamara Althaus of Germany, silver medalist Luba Belova of Belarus and bronze medalist Maki Wada. This year, Tamara was in a class by herself establishing a world record with her second attempt of 125 kg. and finishing by improving

IPF Bench Press Open World (kg)
7-10 DEC 00 - Frydek-Mistek, Czech

BENCH	
WOMEN	
Open	
44	
Svjantekova -SLO	87.5
Friedrich - GER	80
Kleszczynska-POL	75
Chapovalova -RUS	72.5
Wanko -AUT	67.5
Kozdryk -POL	62.5
Iwasaki -JAP	
48	
Fukushima -JAP	112.5
Svahn -DEN	92.5
Hirner -GER	87.5
Illeditsch -GER	82.5
Dobal -HUN	62.5
52	
Krylova -RUS	112.5*
Nikolaenko -RUS	102.5
Chen - TAI	100
Sakurai -Jap	100
Lin -TAI	97.5
Braun - AUT	95
Sirkia -FIN	90
Kleszczynska-POL	85
Prudmikova -BEL	85
Podhcrodcka-POL	75
Liimattainen-SWE	
56	
Althaus -GER	127.5*
Wada -JAP	120
Belova -BEL	110
Lin -TAI	105
Chou -TAI	100
Wang -AUT	87.5
Florczyk -POL	85
Krebs -AUT	82.5
Sims -RSA	8/0
Liptakova -SLO	80
Hykova -CZE	80
Glogarova -CZE	72.5
60	
Fomina -RUS	127.5*
Thompson -USA	122.5
Hahn -GER	120
Matejova -SLO	120
Altizer -USA	112.5
Komi -JAP	112.5
Zhylskaya -BEL	112.5
Aoki -JAP	105
Villwok -GER	97.5
Nagy -HUN	90
Novotna -CZE	80
Hankeova -CZE	80
67.5	
Danilevich -RUS	132.5
Koulechova -RUS	127.5
Cieslak -POL	122.5
Chang -TAI	120
Levytska -UKR	112.5
Stehlikova -CZE	112.5
Narovnigg -AUT	107.5
Stoep -HOL	105
Darling -USA	97.5
Takacova -CZE	97.5
Callahan -USA	90
Katoh -JAP	
75	
Miklasevich- RUS	160*
Kubinova -CZE	130
Bahriy -UKR	127.5
Penisson -GER	110
Perron -USA	105
Witt -GER	105
Stumpfova -CZE	95
Ouellet -CAN	55
82.5	
Terenteva -RUS	142.5
Wernig -AUT	135
Hung -TAI	130
Nanasi -HUN	130
Duhem -FRA	125
Gums -GER	115
Sortwell -USA	115
Halvarsson -SWE	105
90	
Kistenmacher-Ger	132.5
Sliwinska -POL	107.5
Meulen -HOL	97.5
90+	
Chao -TAI	172.5
Ferrel -USA	152.5
Ganenko -UKR	140
Petrova -BEL	140
Saksa -FIN	125
Lee -TAI	120
Gorecka -POL	
MEN	
Open	
52	
Stanaszek-POL	172.5*
Rudulis -LAT	160
Vatyuk -UKR	132.5
Wrona -POL	130
Klein -GER	112.5
Wu -TAI	112.5
Yanagida -JAP	
56	
Owsiani -POL	155
Hsieh -TAI	152.5
Jancar -HUN	150
Sledz -POL	150
Petrencek -USA	140
Miyazaki -JAP	
60	
Parnian -HOL	185
Kawakami -JAP	180
Celin -SWE	165
Hermann -POL	165
Radzevich -LAT	155
Alessandro -ITA	125
Isagawa -JAP	
67.5	
Sivokon -KAZ	217.5*
Itoh -JAP	215*
Ossokine -RUS	192.5
Cucuzella -FRA	180
Bogdanov -RUS	180
Chennyshov -UKR	180
Juhasz -HUN	172.5
Siedlecki -POL	172.5
Bohm -CZE	155
Landeck -GER	155
Slaughter -USA	
Vecera -CZE	
75	
Hara -USA	212.5
Tchadkov -RUS	210
Wegiera -POL	207.5
Chestnakov -RUS	205
Fermin -SPA	192.5
Schlieter -GER	185
Konye -HUN	182.5
Deepak -IND	145
Rheaume -CAN	137.5
Takahashi -JAP	
82.5	
Vorobiev -RUS	237.5
McCormick -USA	232.5
Cieri -USA	227.5
Zubriks -LAT	222.5
Grabski -POL	215
Bruck -LUX	212.5
Kortge -GER	202.5
Dimov -BUL	200
Schulz -GER	192.5
Putten -HOL	190
Sabathy -AUT	177.5
Cola -ITA	150
Otani -JAP	
Kati -CZE	
90	
Kupcsik -HUN	247.5
Lekomzev -RUS	237.5
Kishimoto -JAP	232.5
Krokkee -HOL	225
Yang -TAI	220
Compain -FRA	220
Hubacek -CZE	217.5
Theuser -CZE	217.5
Jacob -GER	217.5
Takei -JAP	215
Orel -RUS	215
Luftinger -AUT	205
Singer -AUT	200
Green -GBR	200
Williams -RSA	170
Erasmus -RSA	165
Gumienniczak-POL	
Valdecir -BRA	
Hegedus -HUN	
100	
Onozo -HUN	265*
Ponomarnko -Ukr	252.5
Young -USA	240
Pfeifenroth -HUN	240
Nygren -SWE	235
Dahlstrom -SWE	235
Furmanek -POL	235
Raskin -GER	225
Kircher -GER	222.5
Lewis -GBR	210
Poradek -CZE	210
Zeellie -RSA	195
Gossain -IND	110
110	
Kruk -POL	267.5*
Khuazhev -RUS	265
Mattson -SWE	257.5
Kobr -CZE	250
Kastaneer -HOL	240
Roch -GER	240
Kovalev -BEL	237.5
Doan -USA	237.5
Rhodes -USA	237.5
Nemeth -HUN	225
Gayanov -KAZ	225
Faber -HOL	225
Sarik -CZE	217.5
Royer -CAN	202.5
Rosslee -RSA	195
Kirkbride -CAN	160
Saitoh -JAP	
Schafer -GER	
125	
Midote -JAP	285*
Isakov -RUS	275
Inoke -USA	262.5
Gusev -BEL	255
Solomon -NZ	240
Tselyuryk -UKR	235
Boras -HUN	227.5
Chudej -CZE	222.5
Ratchev -BUL	215
Heerden -RSA	200
Halvas -GER	
Vana -CZE	
125+	
Kases -AUT	280
Wiklund -SWE	267.5
Timofeev -RUS	265
Gadiev -RUS	255
Hodge -USA	255
Mikus -SLO	247.5
Pelov -BUL	245
Sednik -CZE	240
Hajdu -HUN	

* denotes world record. In the women's competition there were 85 competitors. In the men's competition there were 127 competitors. (Thanks to Lance Slaughter for providing these meet results and all the photographs used in the report).

that mark with a third attempt 127.5 kg. Japan's Wada switched placings with Belova improving to second with 120 kg. and Belova finishing third with 110 kg.

The 60 kg. class provided the American women's team their first chance to get on the lifting platform. Team USA was fortunate to have two fine lifters - Bettina Altizer of Virginia and Jennifer Thompson of North Carolina. Multi-powerlifting and bench press national champion Bettina Altizer returned to IPF competition for the first time since her silver medal performance at the 1997 IPF Bench Worlds. Bettina found it difficult to find her groove this day ending up with her opening attempt of 112.5 kg. Nonetheless, she proved even on an "off" day she is still world class earning a fifth place finish. Jennifer Thompson has clearly "arrived" as one of the USA's rising stars in powerlifting. Jennifer began competing in 1999 and in that very short time has finished as a runner-up in the last two USAPL Bench Nationals and earned a bronze medal in her first IPF Bench Worlds last year. This year, Jennifer came to this year's Bench Worlds with a confidence and competitive fire that belied her relative inexperience, but did she ever back it up. After getting her opener, Jennifer made easy work of her second attempt of 122.5 kg., positioning her just ahead of last year's silver medalist, Simone Hahn of Germany. Hahn's failed second and third attempts secured the silver for Jennifer who now was making a run for gold. To do that, she would to match Russia's Elena Fomina's successful second attempt world record lift of 127.5 kg. With 127.5 kg on the bar, Jennifer exploded the bar off her chest, but just got it enough out her groove to miss it. In the end, it was pretty exceptional lifting for this relative newcomer. 1999 - Bronze, 2000 - Silver, 2001- ???? Fomina came back to the lifting platform to take on 130 kg for a fourth attempt and successfully set a new standard for the world record.

Team USA also had two lifters competing in the 67.5 kg class - Alaska's Jill Darling and California's Tammi Callahan. These two women came to this year's team from very different perspectives but ended up having very similar results on this day. Jill Darling has earned a fine reputation as one of our top young female powerlifters as a 3-time member of Team USA competing at IPF Junior Worlds. With a 105 kg bench to her credit, Jill was invited to the team as our 56 kg. lifter. When it appeared she would have difficulty making weight at that class, Jill was forced eat up to become eligible to lift in the 67.5 class because we had filled the two lifter limit at 60 kg. Unfortunately, Jill just had "one of those days" and was forced to be satisfied with her opening attempt of 97.5 kg. Tammi Callahan, in her first year of competitive lifting, has had quite an eventful year. After winning the California State powerlifting title, Tammi went on to win the Bench Nationals and earn a trip to the Bench Worlds. But like Jill, she was forced to accept her opening call of 90 kg. However, Tammi will certainly benefit from the competing at this level. Ironically, this class was left wide open with the unfortunate absence of 1999 gold medalist, France's Clara Kasbarian, whose passport was apparently not accepted by Czech authorities. Russia took full advantage going 1-2 again led by Tatiana Danilevich's impressive lift of 132.5 kg and Elena Koulachova close behind with a 127.5 kg bench.

60 Kg. Medal Winners *(l-r) Germany's Simone Hahn (Bronze), Russia's Elena Fomina (Gold), USA's Jennifer Thompson (Silver). (L. Slaughter)*

The 75 kg class had the best lifter of the day. Russia's Svetlana Miklasevisch dominated her class with a monster 160 kg bench. Her closest competitor was crowd favorite Andrea Kubinova of the Czech Republic who pressed a PR 130 kg, just edging out the Ukraine's Tamara Bahrily. USA National Bench Team veteran Sandra Perron of Minnesota, who also served as Team Manager in addition to our unofficial international ambassador, returned from her third consecutive IPF Bench Worlds with a solid fifth place finish.

The 82.5 kg class had a number of great lifters including USA's Andrea Sortwell. Andrea, who resides in Colorado, returned to IPF competition overcoming a number of personal obstacles including lost/delayed luggage and a case of the flu. Nonetheless, Andrea demonstrated veteran experience to post a PR lift of 115 kg on her second attempt and just barely missed locking out a hard fought third attempt of 117.5 kg. Interestingly, the battle of this weight class took place between two 75 kg lifters who moved up to avoid a match up with Miklasevich. Last year's 75 kg class gold medalist, Claudia Wernig of Austria, is an exceptionally athletic-looking lifter who improved last year's mark with a strong 135 kg second attempt. However, she was no match for Russia's Anna Terenteeva who finished with a very solid 142.5 kg. The most controversial lifter of the women's competition was third place finisher Min-Chu Hung of Chinese Taipei. With Hung's extensive arch, thick trunk and ultra wide grip, the bar, at fully extended arms length began and ended less than one inch from her chest. In fact, the head judge literally had to stand above her to confirm the bar was not touching her chest at the start. This style of benching did not sit very well with the audience as Hung received scattered boos from the crowd after she successfully completed her first two lifts. Following the women's session, there was some discussion among IPF officials about how to address the almost impossible task of reconciling the existing rules with the public's perception about what the lift should look like.

Team USA had no one in the 90 kg class that was vacated by last year's champion Ukraine's Ganna Ganenko who opted to compete up in the 90+ class. This left last year's silver medalist, Germany's Rita Kistemmacher who pressed 132.5 kg to win gold ahead of Poland's Anna Sliwinska and Brenda Muelen of the Netherlands.

For years it seems, whether it is the IPF Women's Worlds or Bench Worlds, the 90+ class is a two-woman battle between USA's Deborah Ferrell and Chinese Taipei's Chen-Yeh Chao. For the last three years, there has been only one woman on the planet that is capable of beating Deborah,

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and that woman happens to be Chen-Yeh. It is clear that when Deb passes Chen-Yeh, Deb will need to be at her best. Unfortunately, this just wasn't going to be that day. Still nursing an injured shoulder, Deb was not able to match or improve on her incredible 165 kg lift at Bench Nationals just getting in her opener of 152.5 kg. Well short of Chao's 172.5 kg but still head and shoulders above the rest of the field including 1999 90 kg champion Ganna Gananko of Ukraine who finished third with a 140 kg effort.

Russia dominated the women's competition with five gold medals to secure the women's team title followed by Germany and Chinese Taipei. The US women's team finished in sixth place

The Men's Open competition began on Saturday morning with 127 lifters competing over two days. In the 52 kg class, IPF Hall of Fame lifter Andrzej Stanaszek maintained his stronghold on this class taking gold setting a new world championship record with a 172.5 kg bench. Andris Rudulis repeated last year's silver medal performance finishing with 160 kg. Japan's Kuzuya Yanagida, who was also expected to make a run for medal, could not get his call for 155 kg passed. This unexpected a turned out to be ominous sign for the Japanese team, heavily favored to contend for the men's team title, as six of their ten lifters bombed out. That left the door open for Sergiy Vatyuk of Ukraine to edge out Poland's Jacek Wrona with a 132.5 kg lift.

The 56 kg class also had unexpected drama. With Sweden's Jonas Celin not making weight and having to move up, Yuji Mayazaki of Japan appeared to be the prohibitive favorite to win the IPF crown, but he also failed to get a lift in allowing Krzysztof Owsiani of Poland to outlift Chinese Taipei's Tsung-Ting Hsieh by 2.5 kg for the gold - 152.5 to 150 kg. This surprise gold medal would ultimately provide the difference in giving Poland its first Men's team title. Last year's bronze medalist, Sandor Jancar of Hungary, also benefited from this unexpected turn of events allowing him to repeat with a third place finish on bodyweight with 150 kg. Steve Petrencak of Ohio ended up just behind that lift finishing in fifth place with his second attempt lift of 140 kg. Appearing in his first IPF Bench Worlds, Steve lifted exceptionally well, just barely missing lock out on his third attempt of 145 kg.

The 60 kg class provided an exceptional battle with the top two lifters both posting triple bodyweight benches. Tagy Parnian of the Netherlands, still in peak form following his gold medal performance at the Paralympic Games in Sydney, won his first Men's Open gold medal with 185 kg. Toshihiro Kawakami of Japan lifted himself into second place, also with a triple bodyweight 180 kg., finishing ahead of Sweden's Celin Jonas. Jonas second attempt lift of 165 kg. lift tied Miroslaw Hermann of Poland, but he benefited from his lighter bodyweight.

***The USA's Mike Hara** brings home the gold medal in the 75 kg. class*

The 67.5 kg class began a string of one - on - one match-ups between marquee lifters battling for gold. In this class, it was IPF powerlifting world champion Aleyey Sivokan of Kazahkstan and Japan's Kimihisa Itoh. Both men came into this meet with lifts this past year far exceeding the triple bodyweight benchmark, most notably Sivokan's world record bench of 215 kg at the IPF Men's Powerlifting World Championships in Japan. After Sivokon and Itoh successfully made openers of 205 kg and 215 kg respectively, Sivokan called for 217.5 kg. for his second attempt, a new world championship record. It seems almost incomprehensible how he made the lift look quicker and stronger than his opener. Itoh came back and called for 222.5 kg. Yes, you read this correctly - 222.5 kg weighing in at 67 kg. Itoh is another one of the great lifters from Japan who use the technical expertise of an extensive arch to his advantage. He appeared to set up well, but the bar dropped slightly on the way. On third attempts, both lifters, hoping to establish new world marks, called for 225 kg. But each fell short this day with Itoh's rear coming off the bench and Sivokan failing to lock it out. Yours truly lifted for the USA in this class. Returning to my third consecutive IPF Bench Worlds, I decided early on that I would utilize a conservative approach with attempts with the goal of going 3 for 3 and placing as high as I could for team points. Talk about unrealized expectations. I was disqualified for the first time in six years. OUCH. In the midst of what was obviously a disappointing performance, I also received one of the most heartwarming experiences in my powerlifting career. As I chalking up for my third attempt to stay in the meet, and my name was being called by the PA announcer, I saw a large, and loud, group of Team USA lifters come to the front of the lifting stage to provide me encouragement. Now I've experienced crowd support before, but when it is your own countrymen, in another country 5000 miles away, fighting their way to the front of the venue, just to support you getting a lift in, that folks, to me, is the definition of team spirit and pride.

The next marquee match up was in the 75 kg. class between the USA's Mike Hara of California and Japan's Keisuke Takahashi. Takahashi unfortunately caught the same bomb-out bug many of his Japanese teammates had at this meet missing on attempts of 220 kg and 222.5 kg. Much has been written about the Japanese benchers' well-earned reputation for combining strength with a high level of technical expertise. The dividend of this approach has paid off ten-fold as they are putting up some of the biggest benches on the international platform. The downside is that there is very little room for error, so a bad day can turn disastrous very quickly. Mike took a steady, more conservative approach getting his opening lift of 205 kg then easily making his second attempt of 212.5 kg to lock up his first, and well-deserved, IPF world championship title. For years, Mike has been, pound for pound, one of our best benchers, distinguishing himself first as one of the USA's all-time 148s and just now beginning to grow into the 165s. He has very few limits in front of him. After missing his third attempt of 215

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kg, Vladamir Tchadkov of Russia fell to second with 210 kg and perennial medal winner Jan Wegiera of Poland taking third with a 207.5 kg lift.

The 82.5 kg class presented a unique situation in that it not only presented a match up that involved one top American lifter but two. Leonard McCormick of Georgia and Dennis Cieri of New Jersey represented USA's one-two punch that would do battle with Russia's Alexei Vorobiev and returning world champion and record holder Susumu Otani of Japan. Again, Otani continued Japan's string of misfortune never appearing to settle in and get comfortable with the weight or his groove. Dennis and Leonard took similar strategic paths, with both easily getting their opening lift of 220 kg. Both again made similar calls of 227.5 kg for second attempts. Dennis got his handily, but Leonard suffered his first setback when his bench shirt blew out. By the third attempts, Vorobiev was in front, having made 232.5 kg. on his second. Both Leonard and Dennis then made a call that would win gold provided Vorobiev missed his third attempt. Although Leonard had missed his second, he confidently made the jump to match Vorobiev's 232.5 because he had bodyweight advantage. He smoked it. Dennis was up next, having to take 235 kg because he weighed heavier than both Leonard and Vorobiev. The weight exploded off his chest but extended unevenly, the consequence of a lingering left elbow injury. Vorobiev's third attempt at 237.5 kg went as easy as his opener to lock up the gold, with Leonard securing silver and Dennis earning his first IPF Bench Worlds medal with a bronze.

California's Bob DeCourt, considered a strong favorite to medal at 90 kg. and contend for his first gold medal since 1995, was unable to make the trip. Bob, who is employed in the film industry, had secured a work contract that required he relocate to Chicago the same week of Bench Worlds. This allowed last year's 82.5 kg silver medalist and current 90 kg European champion, Laszlo Kupcsik of Hungary to dominate what was a very strong class. Kupscik finished with a 247.5 kg bench tying fellow countryman Szabolcz Onozo's world record mark set in 1999. 1996 world champion Alexander Lekomzev of Russia improved last year's fourth place finish by two spots with 237.5 kg to win his third Bench World silver in front of Japan's Yoichi Kishimoto, who ended the day with a 232.5 kg bench.

The 100 kg class provided an exceptional group of lifters including the USA's Ralph Young of Ohio, 1999 silver medalist Vitaly Ponomarenko of Ukraine and Hungary's 1998 silver medalist Tamas Pfeifenroth and two-time 90 kg world

***Team USA Head Coach Dr. Mike Hartle** guides his third National Bench Team at the IPF Worlds*

champion Szabolcz Onozo. Ralph Young, coming off of an outstanding performance at Bench Nationals, returned to his second consecutive IPF Bench Worlds with a very clear goal of winning his first IPF world championship medal. Ralph easily made his opening attempt of 230 kg and then went on attack 235 kg. After missing it on his second attempt, Ralph came back strong with a strategic jump to 240 kg on his third and secure the bronze medal over Hungary's Pfeifenroth on bodyweight. That left first and second place to be decided between Ukraine's Ponomarenko and Hungary's Onozo. Ponomarenko did his best but could not keep pace with Onozo getting 252.5 kg on his third attempt behind Onozo's 265 kg world record lift. Both called for a world record try of 266 kg on fourth attempts. With a strong even push, Onozo made the lift with room to spare while Ponomarenko couldn't

***Japan's Gold Medal Winning Duo** of 125 kg. Daisuke Midote and 48 kg. Yukako Fukushima*

finish to extension, giving Onozo the record and his third consecutive gold medal.

The 242 kg class featured a rematch of last year's top two finishers, four-time world champion Yuri Khuazhez of Russia and Poland's 1999 silver medalist Wieslaw Kruk. Forty-two year old Kruk struck quickly and decisively. He opened with a world record 267.5 kg and made the lift fairly easily, although there was some controversy about whether he achieved full extension of his arms. Kruk's two attempts at 270 kg failed but his strategy paid off as Khuazhev could not improve on his 265 kg lift. Kenneth Mattson repeated last year's third place finish with a 257.5 kg bench. Team USA had two lifters in this class - National Champion Dave Doan of Wisconsin and Collin "Poohbear" Rhodes of New Mexico. Dave made his second trip to Bench Worlds planning to improve on his tenth place finish in 1998 and make a run at a medal. With the great vocal support of his family, Dave got his opening lift of 237.5 kg and just missed on two tries at 245 kg., but improved two places by finishing in eighth. Collin made good use of his first IPF World championship, getting his opener, missing his second attempt of 237.5 kg., but returning to make it on his third to finish just behind Dave in ninth on bodyweight.

The 125 kg class was a classic clash of the titans that featured three exceptional benchers - 2000 Men's Powerlifting world champion and bench press record holder Daisuke Midote of Japan, 2000 European Bench Press champion Eduard Isakov of Russia, and 1998 silver medalist Misi Inoke of USA. Taking 1999 off due to injury, Misi Inoke, of Spanish Fork, UT, made a successful return to the IPF world championship platform getting his opening lift of 262.5 kg. Isakov followed suit getting his opening lift, but Midote missed his world record opening attempt of 285 kg. For round two, Misi called for 270 kg, which he pressed easily, but he hitched the bar slightly on the right side at extension and was red lighted. Isakov, deciding on a strategy that would not try to chase Midote but instead stay one step ahead of Misi, called for 272.5 kg and got it. Midote returned to make good on 285 kg and got it easily, establishing a new world record and securing the gold medal. Misi, having bodyweight advantage on Isakov and already assured of a bronze medal, decided on the 2.5 kg jump to 272.5 and match Isakov's successful second attempt. Again, he had another explosive push that just failed inches before lockout. Isakov, took his third attempt of 275 kg having already been assured of second, and made it handily. Midote then reached for the stars and called for a monster 297.5 kg on his third attempt, but couldn't get the bar to full extension.

With the absence of perennial world champion James Henderson and last year's champion, Kosicz Czongor of Hungary, the Supers class was a wide open battle that featured former 125 kg world champion Reinhold Kases of Austria, current European bench press champion Ulf Wikland of Sweden and the USA's Mike Hodge of Wisconsin. Although this was Mike's first IPF Bench Worlds, he arrived with solid credentials - having posted a 600+ lb. bench earlier this year. After getting his opener of 255 kg, he selected 267.5 kg to place in him in solid medal contention, but Mike just didn't appear to get a good push on the weight and missed on second and third attempts. Ulf Wikland finished with 267.5 kg to earn the silver ahead of Russia's Evegeniy Timofeev who got the bronze with a 265 kg bench. Rising to the top of this year's battle was Austria's Reinhold Kases. Kases has been a long time top 125 kg competitor having won the bronze in 1994 and world titles in '96 and '97. After taking 1999 off due to an illness in his family, Kases returned to the IPF platform with a perfect three for three performance finishing with a PR 280 kg and his third gold medal.

Poland took advantage of three gold medal performances to take the Men's team title with Russia and the USA finishing in second and third place respectively.

The 11th IPF Bench Worlds closed with the banquet held at the Hotel Centrum. A buffet was provided with complimentary wine and the Czech Republic's excellent beer or "pivo". The banquet, and the world championship experience in general, also provides a wonderful opportunity for lifters to reacquaint themselves with old friends from other nations and establish new ones. On Saturday evening, many on the USA women's team and some of the US lightweight men joined lifters from the Netherlands, Hungary and Germany at the local disco and on Sunday night, after the banquet festivities, Collin Rhodes sister, Kerry got the dancing started with an impromptu a cappella rap saluting Team USA.

Next year's IPF Bench Press Championships will take place in the beautiful port city of Christchurch, New Zealand. New Zealand should provide a welcome break from the winter weather of December since it is summer there due to its location in the southern hemisphere. It was also encouraging to see the meet promoters of next year's championship travel all the way from New Zealand with promotional kits in hand and taking note of what works and what doesn't to ensure an exceptional world championship experience.

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FLAVORS

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2-4 FEB, 100% Raw Eastern Regional (men & women, all age/wt. groups) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

3 FEB, NASA Bench Press Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 FEB, USPF Steel City Fitness BP for the Key 4 PKU Foundation (open, class II, masters, women, high school) Jeff Green - Chris Key, 2728 19th Pl. South, Birmingham, AL 35209, 205-870-5438

3 FEB, APA Alabama Open BP & DL (Montgomery) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

3 FEB, WABDL BP/DL Championships (Holiday Inn, Mesa, AZ) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037

3 FEB, Ladies Night Out (women only - PL, BP, DL) Rick Hussey, 8902 Grant, Omaha, NE 68134, 402-392-2446

4 FEB, NASA Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

4 FEB, SLP Iron House Open PL/BP/DL Classic (Hoopeston, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

4 FEB, WNPF Ohio Championships National Qualifier, Ron DeArnicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm

4 FEB, Pump Total Fitness Open BP (teen, open, women, masters) Jeff Davis, 2352 N. US 27, St. Johns, MI 48879, 517-224-2441

***10 FEB,** USAPL SWT Invitational (Strahan Colisseum - San Marcos, TX) Isaac Chapa, 512-393-3209, IC47561@swt.edu*

***10 FEB,** USAPL Nebraska BP Open (Fremont, NE) Tim Anderson, 402-426-0665, www.NebraskaPowerlifting.com*

***10 FEB,** USAPL 3rd Bill Beckwith Memorial BP/DL (Wayland, MI) Dick Van Eck, 616-521-4031*

10 FEB, AAU Missouri St./Bill Clark Classic (Raw & equipped) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537

10 FEB, ADAU Drug Free Raw 13th East Coast Classic & Raw BP Meet & deadlift, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

10 FEB, SLP Mason-Dixon Open BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

10 FEB (new date), USAPL Rhode Island State PL & BP (deadline 1/27/01) David Roderick, 126 Chestnut St., Rehoboth, MA 02769, DR705@mediaone.net

10 FEB, RAW Inc. Central VA Meet, Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-537-5941

10 FEB, 10th New Castle BP Championships, Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529

10 FEB, APF/AAPF Iron Island Classic PL & BP (open m/f, masters m/f - limited to 1st 60 PLer, 1st 30 BPers) Iron Island Gym, 516-594-9014, or jtb2040@aol.com

***10 FEB,** APF Nevada State PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-610-4749 (new phone)*

10 FEB, NASA Virgina State PL, BP, PS (Charlottesville, VA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

11 FEB, APA Florida Open (Orlando) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

11 FEB, Open Bench Press Meet, Frank Paino, Oswego State Univ., Oswego, NY 13126, 315-341-2405

11 FEB, WNPF Arizona State/Open PL (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

***17 FEB,** Eagle Gym PL/BP/DL, Rick King & Willie Wessels, 2551 Woodson Rd., Overland, MO 63114, 314-423-2525, dwes370162@aol.com*

17 FEB, WABDL Texas & Louisiana State BP & DL (Clarion Hotel, Houston, TX - deadline 2/3/01) Bob Garza, 281-820-5923

17 FEB, NASA Wisconsin State (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 FEB, USA 'RAW' Bench Press Federation Winter Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

17 FEB, APA Maryland Open (Glen Burnie) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

17 FEB, Northeast Strongman Showdown (pro/am, 3 wt. classes) Art McDermott, 978-474-1718, highlandstrength@mediaone.net

17 FEB, Iron Society's Budweiser WABDL California State BP/DL, Matt Lamarque, Box 1992, Monterey, CA 93942, 831-277-IRON

17,18 FEB, NASA National High School PL Boys & Girls Team Championship (Fr., So., Jr., Sr. divisions) Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45368, 937-568-9116

17,18 FEB (new date), WePumpUUp.com IPA New York State Full Power and Bench Meet (all classes, m/f) Joe Giuliano, 14 Stevens Ct., Saratoga Springs, NY 12866, 518-583-7539

18 FEB, Shiawassee Area YMCA BP (open, master, women, teen) YMCA, 515 W. Main St., Owosso, MI 48867, 517-725-8136

18 FEB, WNPF Fayetteville Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

18 FEB, King Fitness Pound for Pound (most reps/total tonnage) Matt Kelly 3253 Hwy 35 N., Hazlett, NJ 07730, 732-335-0911, www.kingfitnessgym.com

***24 FEB,** The Gym Bench Classic, The Gym, 5061 Jefferson Davis Hwy., Fredericksburg, VA 22408, 540-710-9500*

24 FEB, APF Mountaineer Barbell PL/BP, Mike Hill, 304-344-1928, 545-2664, 727-2593 or Chad Miller 304-344-9314 or 419-5626

24 FEB, Body Factory Power Challenge/BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-893-1090

24 FEB, NASA Ohio State (Springfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

24 FEB, SLP Southern Illinois Open BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

24 FEB, 11th Winter Classic, (new contact) Jon Smoker, 30907 Co. Rd. 16, Elkhart, IN 46516, 219-674-6683

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24 FEB, WNPF Maryland State/Open PL (Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
24 FEB, USPF Florida State, Bill Beekley, 4215 Carmen St., Tampa, FL 33609, 813-289-3063
24 FEB, USPF Oklahoma State & Classic PL/BP/DL, Rickey Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689
***24,25 FEB,** USPF New York State (Buffalo, NY) Mike Wlosinski, Box 1693, Williamsville, NY 14231, 716-688-0575, bigski@localnet.com or Jim Jones 716-668-4987*
***24-25 FEB,** USAPL Pennsylvania St. (State College, PA) StevenTMann@yahoo.com or 845-473-5230 (updated e-mail and phone no.)*
25 FEB, WNPF 3rd Northeastern BP/DL & Ironman (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
FEB, AAU Home of the Champions Bench Press Classic (National Qualifier, Richmond, VA) AAU PCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com
2,3 MAR NASA Natural Nationals (PL, BP, PS - Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513
***3 MAR (new date & phone # correction),** AAU BP & PL Open Virginia State (Richmond, VA - National Qualifier) AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com*
3 MAR, Arnold Classic World Record Bench Press Competition, Classic Productions Inc., 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600
3 MAR, East Coast Push/Pull Meet (Woodstock, GA - BP and/or DL, women, jr., teen, open) Stack's Gym, 2375 Hwy 92, Acworth, GA 30102, 770-974-5986
3 MAR, Walker's Gym Bench Press Classic (raw & open - teen, men, women, masters, police, military, fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918
3 MAR, 4th Dave Swiniarski BP, John Flynn, 59 Lake St., W. Peabody, MA 01960, 978-535-1533
3 MAR, 10th North Penn YMCA Larry Frederick Jr. Memorial Bench Press Challenge (Lansdale, PA) Steven Unrath, 215-368-1601 ext 230
***3,4 MAR,** WABDL Pepsi Northwest Regional BP & DL (Doubletree Inn, Springfield (Eugene), OR) Gus Rethwisch, 541-389-0600, FAX 541-388-1122*
4 MAR, USAPL Military Nationals PL/BP (Killeen, TX) Johnny Graham, 254-526-0779, Jtruck52@hotmail.com
4 MAR, Northern Illinois Open Drug Tested Championships PL & BP & DL, Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 60132, 815-233-2292
4 MAR, New Jersey High School Drug Free Championships (Hammonton, NJ) Paul Sacco, 609-567-0046 or 704-2400 Ext. 112
9-11 MAR, USAPL Collegiate Nationals (Holiday Cenvention Center, Alexandria, LA) Duane Urbina, 318-473-4567
***10 MAR,** 7th Snake River BP & DL, Meet Directors Mike & Linda Higgins @ YMCA 208-523-0600 5-7 MWF, 155 N. Corner Ave., Idaho Falls, ID 83402, apf_id_mhiggins@yahoo.com*
***10 MAR,** Chief PL Invitational, Santaluces High School, 6880 Lawrence Rd., Lantana, FL 33462, Dwayne Kouf, 561-642-6200 ext 6457*
10 MAR, 1st annual Hopewell BP (1 Feb 01 deadline - no entry free - guest speaker) Steve Warren, 4620 Grey Oak Tr., Gainesville, GA 30507, 770-535-0193
10 MAR, NASA Missouri State HS (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513
10 MAR, SLP March Madness BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
10 MAR, WNPF Dayton Open BP/DL & Ironman (Dayton, OH) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
10 MAR, All Church Powerlifting Championships (open to all church members and church sponsored teams) Pastor Tony Karlik, Bethany LBC, 233 Westcott Blvd., Staten Island, NY 10314.
10 MAR, APF Bike Week Bench Bash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
10,11 MAR, USAPL California State, Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464
10,11 MAR, USAPL Virginia Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
***11 MAR,** Illinois High School (men & women, varsity & frosh-soph) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692*
***11 MAR,** USAPL Washington County Open (Ft. Calhoun, NE - PL, BP, DL) Tim Anderson, 402-426-0665, www.NebraskaPowerlifting.com*
11 MAR, SLP Pecatonica Fitness BP/DL Classic (Pecatonica, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
***17 MAR,** NASS Metroplex Strongman Challenge (open, teen, masters, men & women - Euless, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net*
***17 MAR,** USAPL Michigan's Elite Qualifier (limited to Michigan's Elite strength athletes - national qualifier) Mike Lawrence, 248-813-9866*
***17 MAR,** Drug Free World Record Breakers BP Challenge, WABDL OK. St. BP/DL, 2 Man DL Challenge, Eastern OK Bodybuilding (cash prizes - all divs. - Muskogee, OK) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059*
***17 MAR,** 2nd Ron's Gym BP Contest, Ron's Gym, 5131 E. Calla Rd., New Middletown, OH 44442, 330-542-2355*
17 MAR, 7th Mon Valley Fitness Center Bench Press Classic BP/DL & BP for reps, MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, mfvc@dp.net
17 MAR, SLP Heath Clifton Memorial BP/DL Classic (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
17 MAR, USAPL Illinois State / Great Rivers Open PL/BP (open, masters, teenage, collegiate, police & fire, d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
17 MAR, AAU National BP & DL, Carroll County H.S. BP, & BP, Curl, Chinup meet (men, women, fire, police, spec. olympics) G. Murphy Jr., Box 1013, Westminster, MD 21158, 301-759-4707
17 MAR, WNPF Alabama State, Pedro Hollingsworth, 3500 McFarland Blvd., Northport, AL 35473, 205-333-9952
17,18 MAR, IPA World Cup BP & DL Championships, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506
***18 MAR,** APF/AAPF Maine St., Scott Blanchard, 41 Cassell St., Lewiston, ME 04240, 207-795-0016*
18 MAR, APA CT Open Bench Bash, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com
18 MAR, WNPF Western New York (Niagara Falls) national qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm
18 MAR, WNPF Northeastern PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch, NZ, www.supergames2001.co.nz, info@supergames2001.co.nz
***24 MAR (new date),** APA East Coast PL (Chincoteague, VA) Gayle Schroeder, strength@exis.net, 757-481-6963, www.powerandstrength.com*
24 MAR, I.S.A. Nationals (BP/DL & BP Bodywt. for reps - Douglasville (GA) Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299
***24 MAR,** NASA Kentucky State PL, BP, PS (Lexington, KY) Greg Van Hoose, RT 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com*
24 MAR, IPA High School Nationals, David Bradshaw, McDonough H.S., 7165 Marshall Corner Rd., Pomfret, MD 20675, 301-934-2944
24 MAR, AAU All-South Classic & N.C. State Masters/Submasters PL/BP, Sandy Lemonds, Box 704, Randleman, NC 27317
24 MAR, USPF WV PL/USPF WV Single Lift SQ & DL/Holley Open BP and/or DL (3 separate contests) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475
24 MAR, USAPL Battle of the Great Lakes IV (PL & BP - Cleveland, OH - men & women: open, HS (fr-so) & (jr-sr), 20-23, masters, collegiate, police, military, fire, novice) Gary Kanaga, 6346 Chestnut Hills Dr., Parma, OH 44129, 440-884-7608, bench500@msn.com
***24 MAR,** USPF New Hampshire State (residents only) & New England Open PL/BP (all lifters welcome) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com*
24 MAR, USAPL Iron Man Bench, Deadlift and Record Breaker, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
24 MAR, NASA Texas State (Longview)

WESTSIDE SEMINARS

Columbus Dates

2001

Jan. 20 Westside Seminar
Jan. 21 Mastering the Bench
Feb 24 Westside Seminar
Feb. 25 Mastering the Squat
April 7 Westside Seminar
April 8 Mastering the Bench
May 26 Westside Seminar
May 27 Mastering the Squat
June 9 Mastering the Squat
Mastering the Bench
July 14 Westside Seminar
July 15 Mastering the Bench
Aug. 25 Westside Seminar
Aug. 26 Mastering the Squat
Oct. 6 Westside Seminar
Oct. 7 Mastering the Bench
Nov. 3 Westside Seminar
Nov. 4 Mastering the Squat
Dec. 8 Westside Seminar
Dec. 9 Mastering the Bench

On Site Seminars

Albany, NY
Jan. 27 Cutting Edge Sports Science
West Palm Beach, FL
Feb 10 Santaluces High School
Spring, TX
Feb. 3 Powerhouse Gym
Lock Haven, PA
March 3 Lock Haven University
Tallahassee, FL
March 10 Fahey's Gym
Seattle, WA
March 31 Gold's Gym
Ontario, Canada
April 28 Good Life Fitness
Lexington, SC
May 12 Waites Fitness
Tulsa, OK
July 21 Eastside Gym
Sacramento, CA
Aug 11 24 Hour Fitness
Reno, NV
Sept 22 Fitness Factory

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Jamie Harris
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NASA, Box 735, Noble, OK 73068, 405-527-8513

24 MAR, SLP Missouri State 'Raw' PL/BP/DL, (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

24 MAR, Oregon APF Rage for Records BP/DL (state/national)+, Big Bear's Gym 136 SE 1st, Newport, OR 97365, 541-574-4507, dozer2000@hotmail.com

24 MAR, WNPF S.C. State/Open PL (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

24 MAR, NASA Police & Fire Nationals, James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326

24,25 MAR, APF California State PL/BP (Fresno, CA) Bob Packer, 559-439-4394

24,25 MAR, USAPL Oregon State (Open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570

24,25 MAR, ADAU Great Lakes PL (men & women - all ages - all wt. classes) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

25 MAR (NEW DATE), *USPF Rhode Island Championships (PL/BP), Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728*

25 MAR, WNPF Charlotte Open BP/DL & Ironman (Charlotte, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

30 MAR, *Immaculate Heart of Mary Spring BP, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670*

30 MAR - 1 APR, USAPL High School Nationals PL (Ft. Hood, TX) Johnny Graham, 254-526-0779, Jtruck52@hotmail.com

30 MAR - 1 APR, 100% Raw BP Nationals (men & women, all age/wt. groups) Dave Lhota, 250 Peninsula Dr. Indian Lake, Central City, PA 15926, 814-754-8306

31 MAR, (verified date) *Immaculate Heart of Mary Spring Bench Press, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670*

31 MAR, *21st APR Central Ohio Open BP (open, masters, teen, women) Doug Glitt, 9955 Shepherd Rd. #F-9, Lockbourne, OH 43137, 614-492-0856*

31 MAR, *Bench Press for the Sky (Big Rock, IL) Wayne Shadix, 630-892-6715, wayne_lety@msn.com*

31 MAR (NEW DATE), *USPF North Jersey High School, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-1260, uspfehorton@aol.com*

31 MAR (NEW DATE), *USPF New Jersey State, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-1260, uspfehorton@aol.com*

31 MAR (new date), *WNPF Virginia State/Open PL (Richmond, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com*

31 MAR (NEW DATE & TITLE), *Lawrence Garro Memorial WNPF BP/DL & USPC Power Curl Championships, Brian Washington, Box 20042, Baltimore, MD 21284, ecpower@bellatlantic.net, 410-265-8264*

31 MAR, *USPF Georgia State PL (residents only) & Deep South Open BP (Forsyth, GA - Holiday Inn) Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (w), after 7 pm 896-3889, bduke@surfsouth.com*

31 MAR, SLP Powerhouse Open BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

31 MAR, 3rd Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608

1 APR (new date & contact) 12th Cabin Fever DL & BP, Jon Smoker, 30907 CR 16 W., Elkhart, IN 46516, 219-674-6683

1 APR, 2nd annual Pittsburgh Area Monster BP and/or DL (men & women - all classes/divs. - cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Springwater Ct. Moon, PA 15108, 724-457-2708

3,4 APR, IPF World Masters BP (Luxembourg)

7 APR, *Iron Warriors Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com*

7 APR, *11th annual Weightlifting Unlimited BP, Randy Brooks, 525 Whitacre St., Winchester, VA 22601, 540-667-6288 6-9pm*

7 APR, *Slamfest 2001 BP Meet, Cimmerian Gym, 412 S. Mitchell St., Cadillac, MI 49601, 231-779-4961 (Tom Skiver)*

7 APR, *4th AAU Hawaii State PL/BP (world qualifier) Keith Ward, 41-857 Kalanianaole Hwy, Waimanalo, HI 96795, 808-259-5266*

7 APR, *NASS Dino Day VII (open, teen, masters, men & women - Columbus, OH) Nick Osborne, 614-481-9839, nao@care.net*

7 APR, *USAPL 4th Capital City Push/Pull Classic (Lansing CC, Lansing, MI) Jeff Buchin, 517-483-1227, 669-9368 (eve)*

7 APR, USA 'RAW' Bench Press Federation Spring Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

7 APR, WNPF Pennsylvania State/Open PL (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

7-8 APR, *Beast from the East Bench Press Wars, Johnny Griffith, 2306 Glascock St., Raleigh, NC 27616, 919-833-9493 or 919-872-6648, www.mdacow@aol.com*

7,8 APR, NASA High School Nationals (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

7,8 APR, WPA Worlds (Lancaster, PA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

7,8 APR, Power Palooza (PL, BP, DL - all div./wt. classes) Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

8 APR, *New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com*

8 APR, SLP Primetime Fitness Spring BP/DL Classic (Crestwood City, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

14 APR, *NASS Delta Upsilon's Tri-State Strongman (novice & open, 225 & under and over 225 - Canton, OH) Pete Hettinger, 217-231-7076*

14 APR, *IPA 1st annual Woodmen Open BP, Woodmen of the World Bldg., 272 Power House Rd., Moncks Corner, SC 29461, Floyd Powe, 843-875-1434, Kyonte13@aol.com*

14 APR, NASA Tennessee State (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 APR, *9th Red Baron BP, Corning Community College - Attn: Intramural & Recreation, 1 Academic Dr., Corning, NY 14830, Deb Prutsman, 607-962-9476*

21 APR, *The Training Center's 5th Strongman Contest, John Green, 102 Beaver Court East, Bear, DE 19701, 302-322-0926, JSmith3287@aol.com*

21 APR, ADAU PA State (men's open, teen, jrs.) Nick Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

21 APR, NASA Indiana State (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 APR, SLP Effingham Open BP/DL Classic (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

21 APR, USPF Alabama State PL, Southeastern Regional PL & BP, Alabama High School PL, Alabama Special Olympics for Keys 4 PKU Foundation (open, class II, masters, women, high school) Jeff Green/Chris Key, 2728 19th Pl. South, Birmingham, AL 35209, 205-870-5438

21 APR, WNPF Western Pennsylvania (Black Hawk High School, Beaver Falls, PA) national qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-

HUGE IRON Powerlifting Schedule YEAR 2001

February 24, 2001 - WPO (TM) Qualifier (Universal Studios, Orlando, FL)

June 6,7, 2001 - AAPF National Champions (Las Vegas, NV)

June 23,25, 2001 - APF Senior Nationals (Ormond Beach, FL)

July 21, 2001 - WPO (TM) Semi-FInalsQualifier (Universal Studios, Orlando, Florida)

August 6, 2001 - Police & Fire Nationals (Las Vegas, NV)

November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando, FL)

All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue, Daytona Beach, FL 32176, (904) 677-4000

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6670 after 5pm

21 APR, USAPL Missouri State/Ozark Open PL/BP (men & women - full meet - open, master, teen, novice; BP - open, master, teen) Mike Cissell, 15 Lakeside Dr. Lake St. Louis, MO 63367, 636-625-1225 ((8-10pm) mcis904082@aol.com

21 APR, Spring Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

21 APR, Iowa/Midwest Open BP/DL, Trap DL (Open, Novice, Teen, Submaster, Master, Women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

21 APR, WPO (TM) Qualifier (location tba), Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

21,22 APR, *Monster Muscle.Com World Record Breakers (Doubletree Hotel, Pasco, WA) Gus Rethwisch, 541-389-0600, fax 541-388-1122*

21,22 APR, *Budweiser WABDL World Record Breakers (Doubletree Hotel, Pasco, WA) Gus Rethwisch, 541-389-0600, FAX 541-388-1122*

27-29 APR, AAPF Nationals and APF Police & Fire Nationals, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-610-4749

27-29 APR, 100% Raw Elementary, Middle, High School, Collegiate Nationals (men & women, all youth & jr. age groups & wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

28 APR, *22nd Raw Drug-Free "Powerday" BP & DL Classic (separate meets, no total - open, teen, jr. submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com*

28 APR (new date), *IPA E. Coast BP & DL Nationals, Competitive Edge, 33501-A Lake Rd., Avon Lake, OH 44012, Drew Lindsley, 440-930-2272, lindsley@apk.net*

28 APR, *USPF Montana State Open, James Greene, 1903 Kensington, Missoula, MT 59801, 406-542-7002*

28 APR, USAPL Heavy Metal Classic Full Meet, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

28 APR, NASA North Carolina State (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

28 APR, SLP National BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

28 APR, APF/AAPF Iron Island Spring BP & DL (separate meets - open m/f, masters m/f - limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com)

28 APR, USPC Spring Classic Push Pull BP/DL (Seminole, OK) Shane Williams, RT. 1, Box 149, Wewoka, OK 74884

28,29 APR, *NASA West Virgina State PL, BP & PS, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com*

28,29 APR, AAU USA BP & DL (Best Western Image Suites - Moreno Valley, CA - World BP qualifier - open, lifetime, masters, life masters, jr., submasters, law/mil, physically challenged for men and women, all classes - raw & equipped, youth teen raw only. Entry deadline 4/1/01) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, NTRLPWER@PE.NET

28,29 APR, WNPF Pan-AM PL (West Palm Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

29 APR, *USAPL All-American Invitational BP, Power Gym (Taylor, PA) Joe Moceyunas 570-562-3642, Bob Granko 570-342-0668*

29 APR, *AAU New York State, Tom Gunthorpe, 512 Stone St., Oneida, NY 13421, 315-363-2171 or Mark Kodya 315-363-6084*

APR, PPL Spring Classic Drug Free PL, Tee Meyers, 2250 Lumpkin Rd., Augusta, CA 30906, 706-790-3806, pythongym@aol.com

4-6 MAY, *USAPL National Masters (Killeen, TX) Johnny Graham, 254-526-0779, Jtruck52@hotmail.com*

5 MAY, *USAPL 5th Detroit Rock City PL (Total or Stay Home - Powerlifters Only - Specialists Not Allowed - Detroit, MI) Mike Lawrence, 1175 W. South Blvd., Troy, MI 48098, 248-813-9866*

5 MAY, *ADAU 19th Drug Free New Jersey Raw PL & Raw BP/DL & Raw 2 Lift for Total, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695*

5 MAY, *Southern States BP (open, women, teen, novice, masters, police & firefighters) Weightlifting Equipment of GA, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633*

5 MAY, *Busybodies Fitness BP/DL (North Bend, OR) Dave Cheek, 541-751-9505*

5 MAY, *2nd Spring Bench Press, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158*

5 MAY, *USAPL Maine State Open PL & BP (Union, ME - men & women open, submaster, grandmaster, teen, police & fire) Mark Clevette, Box 506, Warren, ME 04864, MJclevette@cs.com*

5 MAY, *Clarion Barbell's Pennsylvania State Open PL/BP, Mark Watts, 105 Crestmont Dr., Shippenville, PA 16254, 814-227-2041, mjwatts53@hotmail.com*

5 MAY, NASA Missouri State (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

5 MAY, SLP Indiana State BP/DL (Frankfort, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

5 MAY, APA Great Lakes Open BP, DL, Push-Pull (Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

5 MAY, WNPF BP/DL & Ironman Nationals (Las Vegas, NV) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

5,6 MAY, *Strongest Man in New York (The Bronx) Marc Seda, 800-322-0766, strongman1nyc@aol.com*

6 MAY, SLP Southeast Iowa BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

6 MAY, G.B.C. Barbell's 8th "No Druggies Allowed BP" (equipped & raw) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620

12 MAY (new date), *Blue Ridge Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com*

12 MAY, NASA Kansas State (Wichita) NASA, Box 735, Noble, OK 73068, 405-527-8513

12 MAY, SLP Cross County Mall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

12 MAY, APF Venice Beach Strict Curl, Venice Beach Rec. Ctr., 310-399-2775

12 MAY, WNPF American PL Championships (Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

12 MAY, AAPF Florida State PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

12 MAY, USPF Collegiate Nationals (Beaver College - Glenside, PA - open to full time graduate and undergraduate college or university students) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net

12,13 MAY, *Strongest Man in New York (Queens) Marc Seda, 800-322-0766, strongman1nyc@aol.com*

12,13 MAY, WABDL Twin Lab North American BP & DL (Holiday Inn Select North, Dalls (Irving) TX) Gus Rethwisch, 541-389-0600, fax 541-388-1122

12,13 MAY, TwinLab North American BP & DL (Holiday Inn Select North, Dallas (Irving), TX) Gus Rethwisch, 541-389-0600, FAX 541-388-1122

12,13 MAY, USPF Master & Submaster Nationals (location tbd) Steve Denison, 661-664-7724, email - pwrlftrs@dellnet.com, www.powerliftingcalifornia.com, Chris Kostas - 661-245-0115, Kostas@frazmtn.com

13 MAY, 6th USPF American Open BP & PL (Beaver College - Glenside, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net

18-19 MAY, *WABDL Alabama St. BP & DL (Gadsden, AL) Rich Hagedorn, 256-442-1271*

18-20 MAY, NAPF North American Championships (Minneapolis, MN) Steve Gavin, 612-207-4796, stevegavin@hotmail.com

18-20 MAY, APF Master, Submaster, Junior, Teenage Nationals, Russ Barlow, 175 Kennebec TR., Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180

19 MAY, Canadian PL/BP Championship (LCC Barn, Lethbridge Community College, Letheridge, Alberta, Bruce Greig, 403-938-3067, FAX 403-

2001 USPF Master and Submaster National Powerlifting Championships
May 12 & 13, 2001
Plaza Hotel & Casino - Las Vegas, Nevada
For more information call Steve Denison 661-664-7724, Email: pwrlftrs@msn.com. Chris Kostas 661-245-0115. Get entry form by going to www.powerliftingca.com

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Carroll County Heritage Foundation
"Pocket Samson" Post Office Box 1013, Westminster, Maryland 21158-1013, 301-759-4707

938-0489

19 MAY, *NASS Missouri Strongman Contest, Willie Wessels, Rick King & Jim Davis, 2551 Woodson Rd., Overland, MO 63114, 314-609-6031, dwes37016@aol.com*

19 MAY, 2nd Firehouse Strongman contest, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com

19 MAY, 10th USAPL Rocky Mountain States PL & Big Cat BP, Fitness Inc., 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

19 MAY, NASA New Mexico State (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

19 MAY, Lifetime Natural Powerlifting Society Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

19 MAY, WNPF Mid-NY State BP/DL & Iron Man (Binghampton, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

19,20 MAY, AAU National Powerlifting Combined Championships (teen, open, submaster, master, youth - equipment & raw) Larry Kye, 114 Chickasaw Pl., Jacksonville, AR 72076, 501-982-7668

19,20 MAY, *Strongest Man In New York (Manhattan) Marc Seda, 800-322-0766, strongman1nyc@aol.com*

20 MAY, *19th USAPL Viking Open (men, women, teen, jr., master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692*

20 MAY, SLP Hard Core Gym BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

20 MAY, WNPF Lifetime Drug Free National BP/DL & Ironman & New England States BP/DL/Ironman (Danbury, CT) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

23-27 MAY, IPF Women's Worlds (Usti Nad Labem, CZ)

see www.usapowerlifting.com for meet information

26 MAY, *WABDL Capitol City BP & DL (Gold's Gym - Sacramento, CA) Jody Woods, 916-431-5503*

26 MAY, NASA East Texas State (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513

26,27 MAY, *Strongest Man In New York (Brooklyn) Marc Seda, 800-322-0766, strongman1nyc@aol.com*

MAY, *NASA Pennsylvania State PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com*

2 JUN, *6th AAU Suburban North YMCA BP/DL Classic (Catasqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-8714, Snace@hotmail.com or Nick Theodorou (610-258-1894)*

2 JUN, *Minnesota St. BP/DL (open, teen 915 & under, 16-17, 18-19), masters (40-49, 50-59, 60+) men & women - non-residents allowed, The Gym In Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064*

2 JUN, WNPF Teen, Jr., Submaster, Masters Nationals & Texas State PL (Dallas, TX) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

2 JUN, APF Florida State Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

2,3 JUN, *Strongest Man In New York (Staten Island) Marc Seda, 800-322-0766, strongman1nyc@aol.com*

2,3 JUN, NASA Masters & Submasters, BP only & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

6,7 JUN, AAPF National Championship (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com

8,9 JUN, WNPF American BP & DL (men, women, masters, junior, teen) Brian Washington, BOX 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net

8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wpfg.org.

9 JUN, *NASS Tennessee State Strongman (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubba@aol.com*

9 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

9 JUN, APF Venice Open BP, Venice Beach Rec. Ctr., 310-399-2775

9 JUN, WNPF Tennessee State/Open PL (Nashville, TN) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

10 JUN, SLP Wisconsin Open BP/DL (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

16 JUN, *WABDL N. Dakota & Minnesota State BP & DL, Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764, 361-1141*

16 JUN, INSA USA Championship (Plano, TZX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness 817-268-3488

16 JUN, 2nd Raw Summertime DL, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com

16 JUN, USA 'RAW' Bench Press Federation Summer Nationals (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429,

A.A.U. NATIONAL POWERLIFTING COMBINED CHAMPIONSHIPS

Event Date: May 19-20, 2001
Site: Little Rock Air Force Base, 6th Street Building 1220, Jacksonville, Arkansas
Meet Director: Larry Kye (501) 982-7668
Entry Fee: $45.00 per lifter/$45.00 per team
Entry Deadline: Postmarked by May 10, 2001 ($15.00 fee for late entries)
Mail Entry: ATT: Larry Kye, 114 Chickasaw Place, Jacksonville, AR 72076
Eligibility: AAU Lifters - Teens, Open, Submasters, Masters, Youth
Weigh-in: 6:00PM to 7:00 PM Fri., May 18; 7:00AM to 8:00AM Sat., May 19; 6:00PM to 7:00PM Sat., May 19; 7:00AM to 8:00AM Sun., May 20
Rules Meeting: 8:30AM Saturday, May 19, 2001. 8:30AM Sunday, May 20, 2001
Starting Time: 9:00AM - Saturday (Wt. 97-198.4) and Sunday (Wt. 220.5-319.7)
Rules: A.A.U. Rules - Equipment & Raw

Little Rock Airport to Meet Site

Distance approximately 23 miles Approximate Travel Time 33 minutes

		Miles			Miles
1)	Turn right onto Airport Road	.1	8)	Take US-67 N/US-167 N	10.7
2)	Take the I-440 West ramp	.8	9)	Take exit 11, towards AIR FORCE BASE	0.0
3)	Merge onto I-440 W.	2	10)	Merge onto TP White Drive	1
4)	Take the I-30 EAST/US-65 NORTH/US-167 NORTH exit number 138A towards DOWNTOWN	.4	11)	Turn Left	0.0
5)	Merge onto I-30 E	4.1	12)	Turn slight left onto Evans St/Vandenberg Blvd.	.1
6)	Take the US-67 N/US-167 N/I-40 exit, exit number 143B, towards MEMPHIS	.4	13)	Stay straight to go onto Vandenberg Blvd.	1.6
7)	Merge onto I-40 E/US-67 N/US-167 N.	1.1	13)	Turn Left onto Arnold Drive	.8

Recommended Hotel: CRANBURY INN 2110 JOHN HARDIN DR. JACKSONVILLE, AR (501)985-7666
$48.88 plus tax

Sonlight@netcare-il.com
16 JUN, USAPL Eastern USA Open BP, **USAPL National Squat,** John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
23 JUN, *NASA WV Open PL, BP, PS (Buckhannon, WV) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com*
23 JUN, APF Central California Open & Novice PL/BP (Fresno, CA) Bob Packer, 559-439-4394
23 JUN, WNPF Roanoke Open PL (Roanoke, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
23,24 JUN, USAPL Men's Teen & Jr. Nationals B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692
23,24 JUN, TwinLab World Cup BP & DL Championships (Holiday Inn Airport Hotel, Portland, OR) Gus Rethwisch, 541-389-0600, FAX 541-388-1122
23,24 JUN, AAU World BP (Rancho Buena Vista Performing Arts Center, Vista, CA - open, lifetime, masters, life masters, jr., submasters, law/mil, physically challenged for men and women. All classes for raw and equipped. Youth teen raw only. Entry deadline 5/30/01) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, NTRLPWR@PE.NET
23,24 JUN, APF Senior Nationals, Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com
23,24 JUN, WNPF Lifetime Nationals, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm
23,24 JUN, West Coast Open (Ocean Front Hallmark Resort) Big Bears Gym, 136 SE 1st, Newport, OR 97498, 541-574-4507, dozer2000@hotmail.com
24 JUN, NASS Thick Bar Worlds (open, teen, masters, men & women - Hurst, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net
24 JUN, *WNPF Ralph Peace Memorial BP/DL & IronMan, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com*
30 JUN, Intl. Bavaria Cup DL (women,men, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany 0871-77575, greka@t-online.de
JUN, *I.S.A. Intl. Strength Challenge Power Clean/BP/DI & State BP, I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.comor Keith 770-949-9299*
7 JUL, NASA Tennessee Classic (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513
7 JUL, WNPF USA BP/DL & Ironman (Bordentown or Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
7 JUL, APF Florida Push/Pull in Memory of Lawrence Monberg, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
7,8 JUL, Twin Lab WABDL World Cup BP & DL (Holiday Inn Airport Hotel, Portland, OR) Gus Rethwisch, 541-389-0600, fax 541-388-1122
8 JUL, WNPF Can-AM PL (Detroit, MI) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
12-15 JUL, USAPL Men's Nationals (Omaha, NE), James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672
13,14 JUL, *Strongest Man in New York Finals, Marc Seda, 800-322-0766, strongman1nyc@aol.com*
14 JUL, *3rd Summer Slam Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158*
14 JUL, *NASS SW USA Strongman Challenge (open, teen, masters, men & women - Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, e-mail wwillyh@swbell.net*

2001 A.A.U. World Bench Press Championships June 23-24 2001

Rancho Buena Vista Performing Arts Center Vista, Ca.
A 600 seat theatre with raised stage
Men and Women - Open, Lifetime, Masters, Life Masters, Jr., Submasters, Law/Mil, Physically Challenged. All classes for Raw and Equipped. Except Youth and Teen - - Raw only
Entry Deadline 5/30/01

Martin Drake, Natural Power, PO Box 108, Nuevo, CA 92567
909-928-4797
NTRLPWR@PE.NET

14 JUL, ANPPC World Cup (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
14 JUL, APF Venice Beach Open DL, Venice Beach Rec. Ctr., 310-399-2775
15 JUL, *17th Raw Drug Free "No Boys Allowed" (Pennsylvania - women's men submaster, men master state PL meet - residents only, plus open meet - same categories) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com*
15 JUL (new date), WNPF USA PL Championships (Atlanta, GA) *& Atlanta Open BP/DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com*
21 JUL, *NASA Tri-State Natural (Monolift for squats, no entry fee for special olympians, PL, BP, PS) Smitty, 508 E. 5th St., Flora, IL 62839, 618-662-3413 1-8pm CST*
21 JUL, *USAPL 4th BP & DL Battle on the Beach (BP, DL, IronMan - Metro Beach, Mt. Clemons, MI) Mike Lawrence, 248-813-9866*
21 JUL, NASA Grand Nationals (Hickory, NC) NASA, Box 735, Noble, OK 73068, 405-527-8513
21 JUL, WPO (TM) Semi-Finals Qualifier (location tba) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
27-28 JUL, TwinLab WABDL National BP & DL Championships (Sheraton Hotel, Birmingham, AL) Gus Rethwisch, 541-389-0600, FAX 541-388-1122
27-29 JUL, 100% Raw Sr. Nationals (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528
28 JUL, *NASS Minnesota State Strongman (open, teen, masters) Jeff Bissonnette, 14733 60th St. N., Stillwater, MN 55082, 651-430-9594. Jackie__jeff1@msn.com*
28 JUL, SLP Frankfort Hotdog Festival BP/DL (Frankfort, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
28 JUL, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
28 JUL, WNPF Raw Nationals & North American Championships (Anaheim, CA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
28,29 JUL, Twin Lab WABDL National BP & DL (Sheraton Hotel, Birmingham, AL) Gus Rethwisch, 541-389-0600, fax 541-388-1122
JUL, *Powermania Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com*
JUL, *I.S.A. 3rd Limestone Classic BP/DL (Bedford [IN] Boys Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Steve 812-279-3187*
JUL, Madison Co. Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
4 AUG, SLP Ohio State Fair BP/DL (Columbus, OH) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
4 AUG, APF Vench Beach Push/Pull PL, Venice Beach Rec. Ctr., 310-399-2775
4 AUG, WNPF New Jersey State/Open PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
5 AUG, WNPF Newark Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
6 AUG, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com
10,11 AUG, WABDL Twin Lab National BP/DL (Sheraton Hotel, Birmingham, AL) Gus Rethwisch, Box 5295, Bend, OR 97708, 541-389-0600
11 AUG, *WABDL Alki Beach BP & DL & Strongman Contest, Bull Stewart, 206-723-4698*
11 AUG, INSA North American Championships (Mesa, AZ - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness 817-268-3488
(Columbus, OH) Nick Osborne, 614-481-9839, nick@phostraining.com
11 AUG, *WABDL Alki Beach BP & DL & Strongman Contest, Bull Stewart, 206-723-4696*
11 AUG, USAPL N.J. Bench Press Open, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
11 AUG, Green County Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
11,12 AUG, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513
12 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
17-21 AUG, IPF World Games PL (Akita, Japan)
18 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
18 AUG, WNPF Central SC Open BP/DL & IM (Columbia, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
18,19 AUG, *8th AAPF/APF Snake River PI & BP, Mike & Linda Higgins c/o YMCA, 155 W. Corner Ave., Idaho Falls, ID 83402, MWF 5-7, 208-523-0600, apf_id_mhiggins@yahoo.com*
19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
19 AUG, WNPF Tarheel Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
25,26 AUG, USAPL Lifetime Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
26 AUG, WNPF Grand Canyon Open BP/DL & Ironman (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
25,26 AUG (date and location update), AAU Raw Nationals & North American BP (Radisson Hotel, San Bernardino, CA) - open, lifetime, masters, life masters, jr., youth, teen, submasters, law/mil, physically challenged for men and women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, NTRLPWR@PE.NET
AUG, *NASS Dino Day VIII - Ohio Valley Strongman (Columbus, OH) Nick Osborne, 614-481-9839, nick@phostraining.com*
AUG, AAU Nevada/California & Utah High School PL & BP Regionals on Friday before AAU Raw Nationals (youth, teen (14-15, 16-17, 18-19)) Mike Grajek, 702-498-9867, grajek@sisna.com
2 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
8 SEP, *WABDL N. California BP & DL (San Francisco, CA) John Ford, 650-757-*

9506

***8 SEP,** WABDL Northern California BP & DL (San Francisco, CA) John Ford, 650-757-9508*

8 SEP, USAPL Deadlift Nationals (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

8 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

8 SEP, APF Venice Beach W. Coast Open BP, Venice Beach Rec. Ctr., 310-399-2775

8 SEP, WPO (TM) Bench Bash for Cash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

12-16 SEP, IPF World Juniors (Sofia, Bulgaria)

***15 SEP,** USAPL Michigan Hall of Fame (BP, DL, PL) Dick Van Eck, 616-521-4031*

15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513

15 SEP, SLP Village Square BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

16 SEP, SLP Iowa State BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

21-23 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes) Dave Lhota, 250 Peninsula Drive Indian Lake, Central City, PA 15926, 814-754-8306

22 SEP, 1st Fall Strongman Challenge, Graham Barthlolomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com

22 SEP, NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

22 SEP, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

22,23 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

***29 SEP,** WABDL Washington State BP & DL (Hoquiam, WA) Don Bell, 360-533-5711*

29 SEP, NASA West Texas Regional (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513

30 SEP, SLP NATIONAL 'RAW' POWERLIFTING CHAMPIONSHIPS (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

***SEP,** I.S.A. Regional BP & BP bodyweight for resps (Douglasville [GA] Boys & Girls) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299*

SEP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513

SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

***6 OCT,** 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158*

6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513

6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

16-21 OCT, IPF World Masters (Moose Jaw, Canada)

***20 OCT,** 19th Raw Drug Free "Central PA Open" (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com*

20 OCT, NASA East Texas Regional (Longview) NASA, Box 735, Noble, OK 73068, 405-527-8513

20 OCT, SLP Fall BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

27 OCT, INSA World Championship (Plano, TX- PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness, 817-268-3488

27 OCT, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com

27,28 OCT, NASA North Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

27,28 OCT, ANPPC NATIONALS (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

***OCT,** 1st Southeastern Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com*

OCT, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

OCT???, NASA Big River Classic (Blytheville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513

OCT???, NASA W.V. Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

OCT???, NASA PA Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

OCT 2001, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

***3 NOV,** USAPL State of Michigan Championships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031*

3 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 NOV, SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

3 NOV, WNPF Eastern Regional & Maryland State BP & USPC Eastern Regional Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 3cpower@bellatlantic.net

3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

4 NOV, USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

10 NOV, NASA Wisconsin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

10 NOV, SLP Illinois State BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

10,11 NOV, USAPL N.J. State PL, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

***11 NOV,** I.S.A. Gold's Gym BP Challenge BP Regionals (Amarillo, TX) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Teresa 806-359-5438*

11 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

11 NOV, USAPL Ohio PL & BP State Championships (open men & women, men teen & masters & police & fire, raw men & women, raw masters) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King

13-18 NOV, IPF World Mens (Sotkamo, Finland)

15-19 NOV, 24 Hr. Fitness WABDL World BP & DL Championships (Reno, NV) Gus Rethwisch, 541-389-0600, fax 541-388-1122

17 NOV, NASA Arizona Regional (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 NOV, SLP Kentucky State BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

NOV, USAPL National Police & Fire PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

***1 DEC,** "Miller Chev" Christmas BP Classic (open, teen, women, masters) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064*

1 DEC, NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

1 DEC, SLP Son Light Winter Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

1,2 DEC, NASA Novice Nationals???, NASA, Box 735, Noble, OK 73068, 405-527-8513

5-9 DEC, 100% Raw World Championships (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

6-9 DEC, IPF World Bench Press (Taupo, New Zealand)

8 DEC, SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

8 DEC, APF 48th Iron Man Open PL & BP, Mr. & Ms. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packer, 559-439-4394

8,9 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

***9 DEC,** 9th Raw Drug Free "Coal Country" BP & DI Classic (separate meets - no total - open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com*

15 DEC, 16th Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

30 DEC, SLP The Last One! BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

***DEC,** I.S.A. Two Worlds Collide BP/Clean & Jerk - Individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299*

***JAN,** Augusta Open Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com*

29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany)

10-15 SEP 02, IPF World Juniors (Venezuela)

9-13 OCT 02, IPF World Masters (Cordoba, Argentina)

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

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

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

P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

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Farris Open BP/DL
04 NOV 00 - N. Charleston, SC

BENCH		Pro	
AM		Men's Open	
Women's Open		275	
114		B. Lever	480
A. Carr	110*	DEADLIFT	
Men		AM	
Open		Women's Open	
165		114	
B. Gaughan	320*	A. Carr	95*
198		Submaster	
M. Medlin	265	181	
C. Ray	230	D. Scarborough	450
220		Men	
D. Lunsford	330	Open	
242		198	
C. Warthan	405	M. Medlin	510
Submaster		C. Ray	400
181		220	
D. Scarborough	300	D. Lunsford	570
220		242	
C. F. Griggs	350*	C. Warthan	600
242		Submaster	
G. Turner	370	220	
198		C. F. Griggs	405
Master 50-54		242	
D. Conway	310*	G. Turner	705
Police		275	
D. Conway	310*	Master 45-49	
275		D. Duesberry	650*
Master 45-49		Master 55-59	
D. Duesberry	335	J. Powell	510*
Master 55-59		Police 55-59	
J. Powell	365*	J. Powell	510*
Police 55-59		Pro	
J. Powell	365*	Men's Open	
		275	
		B.Lever	750

(Thanks to Floyd Powe for providing these results).

"Rothgery PL" Outdoor BP/DL
05 AUG 00 - Elyria, OH

BENCH		Masters	
132		K. Knisely	420
Submaster		275	
Y. Vlack	205	Novice	
148		T. Landino	380
Teen		Masters	
A. Robinson	225	B. Lenzi	450
165		T. Landino	380
Open		DEADLIFT	
G. Madison	325	148	
181		Women	
Open		B. Wessler	380
M. Baumgartner	315	165	
198		Teen	
Masters		M. Lenzi	330
J. Bartlome	215	Open	
220		M. Lenzi	330
Open		181	
M. Landino	470	Open	
D. Cheers	430	M. Baumgarter	405
D. Meek	385	Masters	
242		198	
Open		J. Bartlome	450
D. Swope	540	275	
K. Mayer	530	B. Lenzi	500

(Thanks to Powerlifting USA, Dave Hopkins (Owner of American Fitness aka The Meet Site), Judges - Jamie Schupbach, Pat Keenan, Dave Minnich, Don Rothgery, Spotters/Loaders - Don Rothgery, Mic Fairbanks, Dave Minnich, Tony Schwarz and all other helpers at this meet including our family for all of their support. (These results by Don Rothgery).

***Brooke Wessler** deadlifted 380 at the Rothgery Outdoor BP/DL meet. (photo by Don Rothgery)*

***Dan Swope benches 540** at the Rothgery Outdoor Meet. (Rothgery)*

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

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

Big River Classic (kg)
14 OCT 00 - Blytheville, AR

BENCH		Pure		
154		Jenkins		115
Pure		Submaster II		
N. McLean	117.5	Richardson		165
Fultz	100	Master I		
Teenage		Jenkins		115
Davis	75	250		
Gossett	70	Pure		
205		Burditt		165
Submaster II		Teenage		
L. McLean	152.5	Dowell		95
Master II		280		
Tumminello	175	Pure		
227		Wages		172.5
Natural		Submaster II		
Richardson	165	Wages		172.5
Powerlifting	SQ	BP	DL	TOT
Women				
110				
MASTER I				
Andes	105	42.5	112.5	260
138				
Submaster I				
Hall	82.5	62.5	95	240
170				
W				
Wheeler	115	55	120	290
Men				
154				
PURE				
Russell	165	112.5	192.5	470
170				
PURE				
Singer	105	105	137.5	347.5
187				
NATURAL				
Papish	175	150	215	540
PURE				
Ezell	227.5	142.5	227.5	597.5
Berger				
Submaster II				
Locke	192.5	122.5	220	535
MASTER I				
Ezell	227.5	142.5	227.5	597.5
Jackson	187.5	115	195	497.5
Conley	165	110	207.5	472.5
MASTER II				
Watts	137.5	95	160	392.5
Berger				
205				
NATURAL				
Carey	242.5	172.5	257.5	672.5
PURE				
Huber	192.5	140	227.5	560
Westrich	187.5	130	205	522.5
Kaufman	182.5	102.5	170	455
Submaster II				
Carey	242.5	172.5	257.5	672.5
Beccue	240	147.5	255	642.5
MASTER I				
Gill	230	142.5	255	627.5
Dresbach	192.5	157.5	262.5	612.5
MASTER II				
Kaufman	182.5	102.5	170	455
227				
SUBMASTER II				
Winter	260	180	230	670
MASTER I				
Coll	227.5	150	217.5	595
Rodriquez	227.5	142.5	215	585
MASTER II				
Tabaka	242.5	115	227.5	585
250				
MASTER I				
Morgan	262.5	160	305	727.5
280				
MASTER II				
Smith	230	110	195	535

The 18th annual Big River Classic is in the books. In this NASA Regional competition, Eddie Morgan, of Jonesboro, was the outstanding lifter in the full meet. Leon McLean, of Harrison, was the outstanding lifter in the Bench Only portion of the meet. The Team trophy went to The Gym of Flora, Illinois. Our sincere thanks to all of our lifters, with special appreciation to our Expeditors: Stephanie Miller and Linda Jillian. Within 5 minutes after the last lifter has completed their lift, Stephanie has the results ready for announcing. Thanks goes to Lindell and Mable Smith for their constant support. Mable is the Referee chair for the entire meet. It is a known fact that NASA spotters and loaders are second to none and ours are no exception. Thank you to Randy Miller, John Shipley, J.D. Harris and James Hodges. He would, also, like to thank Amiee Richardson for handling the door and T-shirt sales. As always, Jim McClain did an outstanding job announcing the meet. Special thanks to Mississippi County Community College for the use of their audio-visual equipment. (Thanks to Dr. Daryl and Tobey Johnson for providing these meet results).

***Lindell Smith of Flora, Illinois** with a NASA Americ an Record squat of 534 lbs. in the Masters II division, bodyweight 280, at the Big River Classic. (photograph provided courtesy of Meet Directors Dr. Daryl and Tobey Johnson)*

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Division "B"	SQ	BP	DL	TOT
132				
Simona	365	200	405	970
Oritz	350	175	400	925
148				
Pogo	360	275	400	1035
Colletta	315	270	400	985
Fogarty	350	225	400	975
Cruz	255	225	375	855
165				
Pedroza	500	315	450	1265
Quinones	450	225	450	1125
Hobson	345	280	425	1050
Figureroa	315	265	405	985
Smith	365	225	365	955
Cintron	305	225	300	830
Jackson	200	315	250	765
181				
Coleman	550	315	510	1375
Evans	405	285	500	1190
Pillot	460	275	425	1160
Sprogan	355	265	465	1085
Correa	315	335	435	1085
Minter	325	305	450	1080
Moore	315	335	405	1055
Ramos	225	295	475	995
Bender	275	255	375	905
Scott	315	255	315	885
198				
Dominguez	705	360	415	1480
Veneziano	495	345	605	1445
Galloway	375	330	500	1205
Burstine	385	265	540	1190
Gutierrey	450	365	350	1165
Morgan	405	265	475	1145
Thompson	365	315	405	1085
Black	315	275	375	965
220				
Harris	555	305	505	1365
Medina	500	275	500	1275
Adams	405	365	505	1275
Biscaglia	455	275	505	1235
Franklin	405	315	500	1220
Gallagher	355	315	465	1135
242				
Peace	640	475	626	1741
Cuervo	430	400	580	1410
Smith	500	350	525	1375
Rose	500	335	520	1355
O'Neal	505	345	495	1345
275				
Milton	600	430	570	1600
Nelson	550	475	540	1565
Foy	250	405	505	1160
UNL				
Hansen	450	405	565	1420
Abdullah	440	350	530	1320

Well folks, the results are in!! After four months of tallying scores throughout the state, its now all written in stone! This year's New York State (Division B) DOC 22nd Postal Powerlifting competition attracted a lot of old and new competitors this year. (ADFPA rules apply). Representing Altona Correctional Facility in the 132s was the first place winner, Maximo Simona. This was his first time ever training with weights and competing. Weighing in at 131 lbs., he proved to be a big force in a small package! He buried 365 lbs. on his third attempt in the squat and then stood up with it like there was no weight there at all! He could've done more, but due to his lack of experience, he remained conservative in choosing his weights. The bench press didn't go as good, with a 200 lb. opener and a miss with 230 lbs. on his second and third attempt. But he didn't give up and pulled a personal record of 405 lbs. in the deadlift on his third attempt. (How about that for a 40+ year old?) Simona went 7 for 9 and totaled 970 lbs. In the 148s, representing Altona was second place winner and also a rookie, Colleta. His 146 lb. frame blasted up a conservative 315 lb. squat on his third attempt that clearly showed he could have done more. He pushed through all three attempts in the bench press and ended up with a 270 lb. press on his third attempt. Colletta's deadlift was on the money as he breezed through his first 2 attempts and then pulled 400 lbs. on his third for a big personal record. (Not bad for a guy who only had 3 weeks to prepare). Colleta went 9 for 9 and totaled 985 lbs. The 181s saw two representatives from Altona. They were David Evans (179 lbs.) and Kevin Scott (173 lbs.), both of which are also rookies on the platform. Evans went 6 for 9 in his debut. He opened with a conservative 315 lbs. squat, then jumped to 405 lbs. on his next attempt, which he exploded off of the floor with; he went so low. On his 3rd, he attempted 500 lbs., but due to lack of experience with using wraps and a z-suit, he didn't quite get low enough, so his lift was lighted. Scott stepped up on the platform after Evans, and on his third attempt, he crept up a surprising 315 lbs., which is his personal record. In the bench press, Evans opened with a strong 245 lbs. and a 285 lbs. on his second. He attempted 315 lbs. on his third but it wasn't moving for him on this day. Scott opened with a 225 lbs. and the 255 lbs. on his second. But like Evans, 315 lbs. on his 3rd attempt wasn't happening today. The deadlift really separated these two iron warriors. Evans pulled 500 lbs. on his second attempt but missed 510 lbs. on his third. Scott opened with 315 lbs., but missed 365 lbs. on his second and chose to call it a day due to not being able to hold the bar. (He has a handicapped right hand). Evans went 6 for 9, totaled 1190 lbs. and placed second. Scott went 5 for 9, totaled 885 lbs. and placed 10th respectfully. And finally, the 242s saw Frank "Lexus" Peace, the veteran and 2 time DOC 242s defending champ. Lex weighed in at 232 lbs. and went 5 for 9. He opened up with an explosive 610 lb. squat, and then a strong 640 lbs. second attempt. 700 lbs. was calling him, so he tried it for his third but just missed extending his knees after recovering from a bad descent. In the bench press, Lex opened with 450 lbs. Just when everyone thought he was done, he rocked 475 lbs. on his second attempt!! His third attempt was 500 lbs., and again, he just missed lock - out! The deadlift was a big disappointment for the big fella. He opened with 626 lbs. and pulled it explosively! On his second attempt, he tried 641 lbs., but couldn't stand up all the way. So, he called it a day. Lex totaled 1741 lbs. and placed first, once again in the 242s. First I'd like to thank all the competitors who trained and competed unselfishly even though we only had 5 weeks notice to get ready. (In some people's cases, two weeks and in one case, two days). But they gave it what they had even though they weren't ready. (We lost our powerhouses due to transfers to other facilities). I'd also like to thank the facility for putting up with our noise in the gym (smile), and to our rec. civilians, J. Arthur and T. Lacey, for making this happen! And I can't forget to thank Big Mike and Big Dave from Powerhouse and NSCA for their guidance and support. Ott and Kim Sanders from Inzer Designs for helping with the equipment! Thank you so, so, so much! Powerlifters Prayer: God, grant me: the power to overcome all obstacles; the strength and courage to never stop pushing or pulling; and the wisdom to know the difference between serious pain, and just plain good ole fashioned HURT!! Despite our efforts, Altona placed fourth in team points. Shawanqunk Correctional Facility won the team championship. (Thanks to Frank Peace for providing these results).

Altona Correctional Facility's Powerlifting Team and spotters: *(left to right, bottom) D. Rattigan, Henry (Big Hank) Cole, Lenny LaPlante, and 2nd place 181 pounder David Evans; (left to right, top) 10th place 181er Kevin Scott, 242 lb. 2 time state champ Frank "Lexus" Peace, 132 lb. state champ Maximo "El Matro" Simono, 2nd place 148er Colletta, and spotter Chris Henderson. (photo courtesy Peace)*

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12th Annual Indian Summer Open
14 OCT 00 - Goshen, IN

BENCH				
Teen				
165				
J. Daviena	315			
Novice				
220				
C. Phillips	375			
242				
B. Stears	425			
275				
J. Marsala	220			
Natural Open				
148				
R. Langwell	280			
220				
M. Slancik	390			
G. Lealilfano	520			
D. Forstner	405			
Master				
165				
G. Foley	310			
220				
M. Mellinger	370			
Master				
50+				
T. Striverson	500			
60+				
J. Marsala	220			
220				
N. Schoenebeck	475			
Powerlifting	SQ	BP	DL	TOT
Women				
123				
B. Ward	155	100	240	495
148				
M. Slaughter	180	80	250	510
Men				
165				
R. Salvagni	620	450	580	1650
198				
T. Ward	550	315	570	1435
242				
K. Slaughter	470	335	560	1365
275				
E. Cunnane	555	470	405	1420
Masters 50+				
148				
M. Wider	415	205	405	1025

Special thanks to Barb Harris, Mike Schroen, Mike Wider, Al Reed, Mark Harris, Brendan Yoder, and Rob Reed. First the good news: Rich Salvagni goes 10 times bodyweight with a 1650. The bad news: actually the same thing, and then, only if you're a middleweight. On his march to true powerlifting greatness, Rich Salvagni had to take care of an inevitable benchmark: the ten times bodyweight thing, and he did it easily. He started with a career - tying squat of 620 which he had to repeat, and then he took a big jump to 680, which he just couldn't quite push through at the sticking point, and will probably get at his next meet. In the bench he jumped from a 2nd attempt of 450 to a pr CBPL record of 470, which he also couldn't quite negotiate. In the deadlift he went right to a pr 580 on his 2nd attempt to become the first athlete from Elkhart County to total 10 times, easily eclipsing the 9 times bodyweight recorded by Jon Smoker 17 years previously. He proved that he is more than capable of 1700, as conservative attempt selection would have given him 650-460-590-1700; so the next goals are a Sr. National Championship and top spot in the rankings. We'll have to see how this all pans out, but on the old rankings he would have come in at 4th on total. In other news, the Ty Ward/ Ken Slaughter tandem continues to pay big dividends as they both hit numerous pr's. Ty got a pr in the squat and total of 550 and 1435 and possibly the bench, because I've certainly never seen him do better than 315. And Ken hit all - time marks in the squat, deadlift and total via 470, 560 and 1365. And Mike Wider proved once again that he can still hang with the best 50 and over lightweights in the country, getting an excellent 415 in the squat to go with a 405 deadlift to give him a 1025 total. In the bench press Ted Striverson was the star, going away. I don't want to accuse Ted of sandbagging in the previous CBPL meets that he's done, but let's just say that he lifted well within his capabilities. But at this meet peer pressure finally forced him to try a 1/4 ton in the over 50 masters; and the way that he negotiated it, he still left people scratching their heads in wonderment as to what he could do if he really pushed himself. At the other end of the spectrum, Jason Daviena was most impressive in the teen division, getting a 315 while only weighing 154. We also had a couple very impressive Novice lifters: Chris Phillips who got a 375 weighing only 211; and Brian Stears, who made a 425 in the 242's. Neil Schoenebeck was also very impressive, getting a pr in the Masters 220 with a 475. 500 may be in the cards for him yet. (results courtesy Jon Smoker).

WNPF Lifetime Drug Free World PL
12 AUG 00 - Daytona Beach, FL

BENCH	
Women	
165 Open	
Lewis	225*
Men	
165	
Open	
Waites	
20-23	
Barfield	315
Open Raw	
Lara	350
Tyler	285
17-19 Raw	
Kelly	290*
181	
20-23	
Kelly	405
Open	
Lewis	390
40-49	
Dunn	320
70-79	
Berard	250*
198	
14-16 Raw	
Olsavsky	260*
40-49 Raw	
Gaskin	335*
40-49	
Conaway	365
220	
Open	
White	400
242	
17-19 Raw	
Hernandez	290*
Open	
Martin	485
33-39 & Open Raw	
Cooke	435
40-49 Raw	
Jackson	450*
Police	
McBride	290

Powerlifting	SQ	BP	DL	TOT
Women				
123				
Open				
Riley (BH)	180	105	230	515
165				
Open				
Munnings (BH)				
50-59				
Bolster				
SHW				
Open & 33-39				
Newbold (BL)	400	240	350	990
Men				
100				
Youth				
Darling (BL)	155*	85	190	430
148				
Junior				
Evans (BL)	335	235	450	1020
Open				
Brown	510	255	480	1245
Evans	335	235	450	1020
40-49 & Police				
Brown	510*	255*	480*	1245*
165				
20-23				
Caprari	605*	365*	650*	1620*
Tillman	430	350	500	1280
Open				
Caprari (BL)	605	365	650*	1620*
33-39 & Police				
Adderley	425	265	460	1150
181				
Open Raw				
Reeves	440*	350*	545*	1335*
Open				
Catina	500	295	475	1270
Sweeting (BH)	375	275	480	1130
Sands	185	220	370	775
40-49				
Catina	500	295	475	1270
Dunn	400	320	485	1205
198				
Open & 33-39 Raw				
Weippert	480*	335*	530*	1345*
Open				
Friday	575	395	585	1555
Stathopoulos	385	270	455	1110
220				
50-59 & Open				
Darr	335	335	415	1085
60-69				
Branham	315	290	450	1055
242				
Police				
Aziz	575	400	575	1550
275				
Open				
Ferrell	680	360	700*	1740
Robbins	575	450	575	1600
33-39				
Robbins	575	450	575	1600
33-39 Raw				
Brooks (BL)	635*	440*	705*	1780*
Edinger	615	350	605	1570
SHW				
17-19 Raw				
Miller	550	365	460	1375
Open Raw				
Jeffries	700*	400	600	1700
Open				
Rolle	800	460	700	1960

* denotes New WNPF World Record; r – denotes raw record. BH-Bahamas, EC-Ecuador, PR-Puerto Rico. If you have any other questions for the WNPF, just drop us an e-mail at WNPF@AOL.COM. (Thanks to Troy Ford for providing the results to this meet).

275	
Open Raw	
Rainor	440
SHW	
Open & 33-39	
Ferguson	465
Open Raw	
Washington	505
DEADLIFT	
Men	
165	
60-69	
Blondin	385
Open	
Rijos-Soto (PR)	590
198	
Open	
Stathopoulos	455
220	
20-23	
Amick	570r
Open	
White	615
Jimenez (EC)	460
33-39	
Constante (EC)	500
60-69	
Branham	450
242	
33-39	
Aziz	575
Open	
Martin	625
275	
Open	
Ferrell	700
33-39	
Wells	550
SHW	
Open	
Washington	565r
SQUAT	
242	
33-39	
Aziz	575*

Gary MacPherson Memorial PL
23 SEP 00 - Kincheloe, MI

PL-RAW	SQ	BP	DL	TOT
138				
BRUCE	260	170	300	730
PURE				
154				
HUGHES	375	250	500	1125*
RAW				
GREEN	245	155	325	725
PURE				
170				
JAMES	420 *!	230	505!	1155
JANCAR	390	210	425	1025
DIXON	325	215	385	925
RAW				
BYRD	315	275	425	1015
CARACCI	325	200	400	925
CLAY				
PURE				
187				
KIBBLE	580	380	600*	1560
CUSHMAN	455	285	475	1215
PASSINO	360	300	400	1060
McDOWELL	315	280	350	955
RAW				
CHEGWIDDEN	455	300	525	1280
CRUZ	335	275	425	1035
GARCIA	315	275	410	1000
DROLLINGER	315	205	450	970
DOST	345	255		
205				
MAGNUSON	405	280	530	1215
RAW				
MACHACHEK	450	325	500	1300
FAULKNER	405	260	465	1130
TATE	225	285	525	1035
PURE				
227				
HURLEY	600	355	500	1455
PURE				
250				
DOZEMAN	575	360	550 !	1485*!
HURKMANS	510	290	530	1330
MAZZOLA				
INTERMEDIATE				
170				
JAMES	420 !	230!	505!	1155!
250				
DOZEMAN	575 !	360!	550 !	1485!
NATURAL				
170				
JAMES	420!	230!	505!	1155!
250				
DOZEMAN	575	360!	550!	1485!
PURE NOVICE				
170				
JAMES	420 !	230	505!	1155 !
250				
DOZEMAN	575	360	550 !	1485 !
MASTERS I				
227				
HURLEY	600 !*	355 !*	500	1455!*

!– N.A.S.A. MICHIGAN STATE RECORD; * – K.C.F. RECORD. MEET Director: Jim Stevenson; Meet Coordinator: Dave Mastaw. Gary "Mac" Macpherson was a K.C.F. Powerlifting member since 1990 working our score table at many meets. Mac passed away just before this meet and he was missed by all of us but not forgotten. I thought of him often during the meet and I'm sure he was watching us. A newly added "Raw Division" at this meet which sparked interest for past 170 lb. Champ Mike Chegwidden to make a return to the platform at one pound over the 170 lb. limit to take the 187 lb. weight class with lifts of 455-300-525 and finished with a nice 1280 total. 44 year old David Kibble who had been on a extended vacation for 13 months was the outstanding lifter of this competition at 187 lbs. An inch too high with a 600 squat didn't pass but, three solid benches lead to 380. He finished the day in frenzy, pulling a 600 Pound Deadlift to set a K.C.F. Record. James and Dozeman opened up the Intermediate Division Record Books in the 170 and 250 pound weight classes and between them set 20 N.A.S.A. State Records. Tri-Athlete Chris Machachek lifted raw for the first time and took the 205 pound weight class with crisply executed lifts of 450-325-525 with a 1300 Total. Second Place went to 56 Year old Roy Faulkner who appeared to be in his best shape ever weighing in at a light 200 Pounds. As for the number one spot on the 227 pound Totem Pole belongs to Mike Hurley, a hard fought 600 squat I thought was the most impressive lift of the meet, it also was a N.A.S.A. Masters 1 Record as was his total of 1455. Another hard day at the office for Sal Mazzola, got up in the squat with 655 only to lose balance at the top, two tries at 700 pinned him down but not out because we all know his thirst remains yet unquenched, he will be back. I need to give thanks to all my workers who did a fine job. Brown-El, Greek, Loco, L.A., P-Rock, Geno, Gary Robertson and Chuck Saches. You all were a big help, almost forgot "ButterBean" also. (Thanks to Jim Stevenson for providing the meet results to *Powerlifting USA*).

Mike Hurley *with a Masters Class I State Record in the 227 lb. class at the Gary Macpherson Memorial contest. (courtesy of Jim Stevenson)*

Clocktower Fitness Night Owl BP
22 OCT 00 - Sidney, NY

BENCH		275	
MEN		K. Johnson	510
Open		Master 45-49	
132		198	
C. Byrnes (BL)	382.5	E. George	330
165		Teen 16-17	
P. Armlin	300	220	
181		C. Babcock	300
D. Riegel	365	Novice	
220		275	
J. Bogart	350	B. Hall	250
242			
R. Loiselle	335		

(The results by Phyllis Lakin of Clocktower Fitness).

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

Wisconsin Open BP/DL/SC
17 SEP 00 - Burlington, IA

BENCH PRESS		DEADLIFT	
teenage men 16-17		junior men	
220		181	
Dennis Miller	320*	Mike Strom	430*
junior men		4th	450*
181		submaster men	
Mike Strom	340	242	
4th	350*	Ryan Eckert	585
Kelly Brandt	330*	master men 40-44.	
220		165	
Sean Corbett	310	JeffBrewer	485
submaster men		198	
242		Dan Cole	550
David Walker	500	220	
4th	515*	Kim Long	585
Paul Carreon	425*	242	
master men 40-44		Stuart Coogan	530
220		master men 75-79	
Steve Korff	400	165	
master men 65-69		Robert Stephen	335
275		4th	340*
Jack Twet	330	165	
4th	340	P. McCormack	440*
132		4th	460*
Hector Rosario	200	181	
165		Michael Glade	405 *
P. McCormack	275	198	
198		Jeff Douglas	600*
Jim Widmor	380	242	
Dana Pitel	350	Ryan Eckert	585
Jon Deitrich	300	Stuart Coogan	530
220		STRICT CURL	
Marty Becker	430	middleweight	
242		Mike Strom	145*
David Walker	500	Jon Deitrich	140
4th	515*	heavyweight	
275		David Walker	180
Guy Powell	450*	4th	190
4th	475 *	Guy Powell	175

*personal record. Best Lifter: BP - DAVID WALKER; DL - Jeff Douglas. The Son Light Power Wisconsin Open Bench Press / Deadlift / Strict Curl Championships were held September 17, 2000 in Burlington, Iowa. Many thanks to Dave and Jeanne Walker for all the efforts they made to provide a great facility for the event. Also thanks to Mike Strom and Sean Corbett for their help with the equipment, loading and spotting. We also had two young men who loaded and spotted all day, Eric Naselius and Cory Martin, and we especially thank them for their efforts. Also thanks, to Jeanne for announcing and helping at the table. This was our first sanctioned competition in Wisconsin, and the beginning of what we hope will be a great experience for all the lifters. We had a very responsive crowd and everyone seemed to have a good time. In the bench press competition, lone teenager Dennis Miller took the 16-17, 220 class in style, finishing with a personal record 320 for the win. His only miss came on a fourth attempt with 330, which would have gone had he not had that big ole cast on his right foot! In the junior men's division, Mike Strom took the 181 class with great lifting, finishing at 340 for his third and a pr 350 fourth attempt. Kelly Brandt was second at 181 with 330, another personal record! In the 220 junior men's class Sean Corbett settled with 310, though 325 was actually locked out. A slight dip with the left hand caused a disqualification. No matter, 350 will go next time! In the submaster division, David Walker begun what would be his best day of benching to date. David got his opener of 470, then missed 500, again, though he locked out, had dipped the bar on the left side. But Dave came back strong for his third and even stronger for a fourth at a new personal record of 515. At a bodyweight of 225, David took best lifter honors as well as the open 242 class. Second place went to Big Paul Caffeon, who finished with a personal best 425. Steve Korff ripped his shirt with 380, but came back with 400 to win the master 40-44, 220 title. Sixty-six year old Jack Twet continues to prove his timelessness, as he blew up 330, then 340 on a fourth to take the master 65-69 class. Jack had just recently won the NASA World Powerlifting Championships title for his age and weight. In the open division Hector Rosario took the 132's with an easy 200, just missing his final attempt with 225. Patrick McCormack won at 165, making 275, then missing his final attempt with a personal record of 300. Jim Widmor won the 198 title, getting just his opener of 380. Jim locked out 405 but was called for dipping the bar. Second place at 198 was Dana Pitel with 350. Jon Deitrich was third with his opener of 300. Marty Becker won at 220 with an easy 430, just missing his final attempt with a pr 460. Then at 275 was great lifter with a great attitude, Guy Powell. Guy finished a great day of lifting with two personal records, a 450 third and a 475 fourth attempt. In the deadlift competition Mike Strom continued to rewrite his own record book with a 430 third and a strong 450 fourth for the junior men's 181 title. Ryan Eckert took both the submaster and the open 242 class with a great 585 pull. Ryan lost his grip at the top with 630 on his second attempt, then almost got it locked out on his third before pulling his fight biceps. Hate to see that. Hope Ryan gets healed up and back competing again real soon. In the master 40-44 group, Jeff Brewer took the 165 class with a big 485. Jeff came close with a pr 525 twice, pulling just short of lockout both times. Dan Cole won at 198, getting just his opener of 550. At 220 it was Kim Long, finishing with 585, missing only a final with 605, Stuart Coogan took the 242 title with a great long pull of 530 on his second attempt. Stuart also placed second in the open 242 class behind Ryan Eckert. Our last master was seventy-nine year old Robert Stephan, who pulled 335 on his third attempt, to match his personal best. He then called for 340, which he pulled easier than any of his previous attempts. Weighing in at a mere 165, this man pulled a personal best 340, at age 79! In the open division Patrick McCormack won the 165's with two new personal bests, 440 and a fourth with 460. This guy has great form. At 181 it was the Kenosha Kid, Michael Glade, finishing with a personal best 405. This was a slow pull, but Mike never gave up. Good job! At 198 it was Jeff Douglas, ending up with a personal best 600 for the win. This pull also gave Jeff the best lifter title for the meet. Moving to the strict curl competition, we had two classes. In the middleweight class it was Mike Strom again with the win and a new pr with 145. Second place went to Jon Deitrich who finished with 140. At heavyweight it was David Walker, finishing with 180 and a fourth at 190. Second to Dave was Guy Powell with 175. Thanks again to all the lifters, spectators and helpers who made this such a fun meet. (These results by Dr. Darrell Latch)

Best Lifter David Walker *locks out a PR 515 @ 242 at the SLP Wisconsin Open. (photograph provided courtesy of Dr. Darrell Latch)*

APA PA State Championships
21 OCT 00 - Lancaster, PA

BENCH					Pro Open	
181 AM					C. Seeker	500
R. Dippner	280				275	
198					AM Open	
Master AM 60-69					M. Coulter	570
J. Miozza	235				AM Sub	
220					J. Kleinsmith	450
AM Open					SHW	
E. Hall	480				Pro Open	
K. Buckbee	380				P. Hilliard	425
Pro					Master Pro	
R. Miller	490				T. Grover	375
242					Guest Lifter	
Master AM					165 AM	
B. Auker	430				B. Crowe	450
Powerlifting	SQ	BP	DL	TOT		
AM						
97						
E. Grimwood	320	145	310	775		
114						
W. Walk	270	135	315	720		
165						
K. Stowe	165	120	225	510		
D. Musser	375	220	380	975		
181						
R. Dippner III	425	280	435	1140		
198						
P. Kirstner	405	275	475	1130		
Heavyweight Ladies						
C. Fleming	150	70	230	450		
220						
L. Conen	525	425	525	1475		
M. Mullen	450	360	440	1250		
242						
J. Walk	670	380	600	1650		
AM/Master						
198						
R. Trowbridge	465	300	475	1240		
J. Miozza	270	235	260	765		
275						
G. Rutter	475	265	425	1165		
AM/Sub						
275						
J. Kleinsmith	590	150	470	1510		
Pro						
242						
C. Seeker	705	500	730	1935		
J. Steel	650	400	650	1700		
275						
J. Grosser II	765	525	660	1950		

Thanks to all the spotters and loaders. There were no misloads or injuries to lifters. Great job guys! The judging was excellent - fair & consistent - all a lifter could ask for. Special congratulations to Elaine Grimwood. She squatted on all time National Record 320 lbs. and in my eyes, has room to grow. If you look at her other numbers, you will see she is not a one dimensional lifter. Way to go Elaine. Wendy Walk and Denise Musser, also had fine days as they continue to rewrite the APA record book. The men's lifting was tremendous from first time lifter Rob Dippner right through to the veterans and Masters. Thank to the Lancaster Y for a great venue. Everyone competed hard and behaved admirably. Comaderie and sportsmanship were displayed all day long. Special thanks to Sue Mason who took home our Sportsmanship Award. Her time and efforts are greatly appreciated as in all she does. Thanks again and see you next year. (Results by Mike Potter, meet director).

Elaine "SCRAPS" Grimwood *squats 320 lbs. at 97 lbs. bodyweight, for an all time national record at the APAPennsylvania State Powerlifting Championships. (photo courtesy of Mike Patton)*

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APF/AAPF Iron Island Halloween Bench Press/Deadlift
28 OCT 00 - Oceanside, NY

BENCH		DEADLIFT	
AAPF		AAPF	
WOMEN		WOMEN	
114		114	
I. Gruenwald	105	I. Gruenwald (BL)	260
123		123	
K. Caggiano (BL)	140	K. Caggiano	235
MEN		MEN	
148		123	
V. Centauro	250	R. Green	380
165		148	
D. Kirschen	355	V. Centauro	405
S. Glick	285	R. Patrick	360
J. Silano	275	165	
220		D. Kirschen	525
M. Ferlito	300	J. Silano	390
242		181	
L. Savino	470	J. Remiglio	510
R. McDaniels	440	J. Johnson	460
P. Contini	425	198	
R. Lopez	390	W. Fahrenfeld	620
R. Falcone	380	R. Mier	540
M. Gruder	375	D. Noriega	510
275		D. Wetzel	450
M. Rawlinson (BL)	505	220	
T. Osborne	350	B. Fahrenfeld (BL)	675
Masters		D. Levy	560
275		R. Saez	550
R. Lopez	390	E. Mancini	550
M. Gruder	375	B. Weiss	550
APF		M. Ferlito	445
MEN		242	
181		R. Lopez	630
T. Tischler	300	R. Falcone	450
Guest Lifter		Masters	
J. Almadovar	380	242	
198		R. Lopez	630
A. Posca (BL)	425	APF	
K. Garcia	410	MEN	
275		181	
C. Anderson	425	Guest Lifter	
J. Milazzo	370	J. Almodovar	575
		198	
		T. Posca (BL)	645
		275	
		C. Anderson	625
		J. Seifert	605
		J. Milazzo	500

Teams: World Gym, Shelton, CT.; Team Torque, Iron Island Gym, Oceanside, NY. The report of this meet would not be complete if I did not thank the many people who worked so hard to make it a great success. Thank you: all the lifters because without you, there is no meet! Thank you: Ralph and Michelle Raiola for providing a venue for all of the meets and for supporting the sport of powerlifting throughout the years. Thank you: all the members of the Iron Island Gym Powerlifting team who helped set up, spot/load, judge, and break down the meet site. Let's stick together and continue to promote the sport of powerlifting through our own lifting accomplishments, as well as by providing a positive environment for newcomers to grow and develop in the sport we all love! Thank you: Tom Levering, Dean Moore, and Brad from R & A's Gym is New Holland, PA. These men drove 3 hours to help announce, expedite, and spot/load. Why? Because they are our friends and they love the sport of powerlifting! The 2001 Meet Schedule is: 2/10/01 Iron Island Classic Powerlifting and BP Championships, 4/28/01 Iron Island Spring BP and DL Championships; 10/27/01 Iron Island Halloween BP and DL Championships. Contact: Iron Island Gym @ 516-594-9014 or e-mail JTB2040@aol.com. (Thanks to John Bott for providing these results).

APF/AAPF Region 6 PL Meet (Kg)
26 AUG 00 - Aurora, IL

APF BENCH				
Open				
110				
P. Rodriguez	195			
125				
R. Burke	245			
Master 40-44				
T. Ross	115			
APF	SQ	BP	DL	TOT
Junior				
110				
J. Garcia	340	210	295	845
Master 40-44				
S. Lumpe	215	137.5	205	770
Master 45-49				
B. Kelly	272.5	142.5	245	660
Master 50-54				
M. Nigro	250	127.5	182.5	560
AAPF				
Open				
82.5				
C. Rodriguez	240	147.5	207.5	595
125				
B. Nichols	382.5	225	320	962.5
Submaster				
75				
E. Chang	192.5	170	210	572.5

Master 45-49		
S. Thoms	115	
Master 55-59		
W. Anczerewicze	130	
AAPF		
Open		
82.5		
C. Gruchow	140	

Master 40-44				
M. Rivera	240	160	230	630
T. A. Black	142.5	125	139.5	342.5
F. Rivera	182.5	122.5	160	465
45-49				
C. Hansen	147.5	100	175	422.5

This meet was basically a warm up for the WPC World Championships in Las Vegas this November. Lifters had an opportunity to try out the new monolift squat machine, designed by Ernie Frantz that will be used. As of this writing, the bugs have all been worked out and it looks like this new rack will give the sport of powerlifting a brand new, exciting look. Thanks to Ernie and the entire staff of Frantz Sports. (Results by Maris Anne Sternberg).

APF Pine Tree State Open
28 OCT 00 - Turner, ME

MEN AAPF	SQ	BP	DL	TOT
A. Connors	628	501	628	1758
C. Weirs	611	600	650	1862
T. Goode	507	347	462	1316
J. Wagner	451	236	407	1095
J. Keith	429	264	424	1117
R. Ingrisano	485	275	501	1262
W. White	429	253	407	1089
MEN Jr.				
J. Silva	633	512	705	1851
S. Blanchard	584	429	600	1613
J. Wagner	451	236	407	1095
A.Scopton	429	314	468	1211
MEN Master (40-49)				
S. Worthing	462	314	551	1427
K. Inman	451	308	496	1256
MEN Master (50+)				
B. Lamb	435	248	429	1112
MEN Open				
132				
D. Osgood	385	248	418	1052
148				
J. Wagner	451	236	407	1095
165				
R. Pushard	424	303	485	1212
181				
T. Goode	507	347	462	1316
C. Kanavas	473	314	529	1316
J. Keith	429	264	424	1117
P. Cyrus	286	192	407	886
198				
G. Sotirakos	501	435	578	1515
J. Connors	595	275	529	1399
L. Maida	424	303	352	1079
220				
S. Cote	722	347	584	1653
S. Worthing	562	314	551	1427
R. Bickford	540	352	523	1416
R. Ingrisano	485	275	501	1262
D. Herbert	374	270	402	1047
242				
J. Silva	633	512	705	1851
A. Connors	628	501	628	1758
S. Burke	551	363	584	1498
B. Howard	154	143	722	1019
T. Kerina	270	248	325	843

Steve Cote (220) goes 722 347 584 1653 at the APF Pine Tree State Open. (photograph provided courtesy of Russ Barlow)

308				
C. Weirs	611	600	650	1862
MEN teen				
D. Osgood	385	248	418	1052
M. Purington	143	132	319	595
P. Cyrus	286	192	407	886
WOMEN AAPF				
S. Cottle	176	121	253	551
WOMEN Master				
L.Lonsdale	248	115	292	655
WOMEN Open				
132				
S. Cottle	176	121	253	551
Guest Lifters				
Women 114				
L. Barlow	341			341
Men 220				
S. Smith		479		479
Men SHW				-
R. Barlow		523		523

TEAM Results: Hardcore - Steve Cote (Men Open 220) 7; Liz Lonsdale (Women Master) 7; Chris Weirs (Men Open 308) 7; Scott Worthing (Men Master 40-49) 7; Scott Blanchard (Men Jr.) 5; Jack Keith (Men Open 181) 3. Ultimate Fitness - Sue Cottle (Women Open 132) 7; Tim Goode (Men Open 181) 7; Andrew Connors (Men AAPF) 7; Josh Wagner (Men Open 148) 7; Jason Connors (Men Open 198) 5; Kevin Inman (Men Master 40-49) 5; Roland Ingrisano (Men Open 220) 2. Team: Ultimate Fitness Center, Best Lifter Male: Jeff Silva; Best Lifter Female: Sue Cottle. I would like to take this opportunity to thank the people of Bath, Maine for their constant support of powerlifting, Shane McKenna and the people of Universe Gym, my table Chad Curtis, Michelle Curtis, Dan Levasseur, Monique Cote, Norm Guay, Erica Blanchard, my

DON'T TRAIN ALONE - ALWAYS USE SPOTTERS. - DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR

judges: Steve Smith, Beau Boyle, Al Cyr, "Iron" Mike Scott, Lynne Barlow and all the spotters and loaders for without your help there would be no Pine tree State Open. Stay Hardcore. (Thanks to Russ Barlow for providing the results of this meet).

APF/AAPF Powerstation Meet
21 OCT 00 - Tulsa, OK

BENCH				
MEN AMATEUR				
Open				
198				
T. Davis	430			
242				
J. Van Winkle	510			
Powerlifting	SQ	BP	DL	TOT
WOMEN				
Amateur				
Open				
123				
K. Vaughn	200	135	225	560
148				
T. Moran	135	130	210	475
181				
T. Frizell	240	130*	280	700
APF				
Open				
165				
C. Crossland	255	250	300	805
MEN				
Amateur				
Open				
165				
J. Richardson	375	170	425	970
181				
E. Vaughn	555	325	525	1405
SHW				
T. Guiney	520	380	630	1530
APF				
Open				
198				
S. Baker	575	370	450	1395
220				
C. Bogart	630	440	630	1600
Masters				
220				
T. Barth	410	275	420	1105

275			
M. Hamby	430		
Masters			
198			
P. Radmilovich	315*		

* denotes state record. (Results provided by COTM).

oray!!! Cyndi Crossland pulls first 300 lb. deadlift, (D. Latch)

followed by a 500 fourth attempt. Great job, girl! Tom Barth also pulled a new pr, to finish with 405 and take the master 60-69 class. At 198 it was John Davidson, who came from Florida for the win. John pulled a great 480 pr on his second attempt, just missing a third with 500. Texan Dan Flunker captured the 220's with a strong 580 opener, missing a pr 600 twice. But it was close! It was James Schenck's first competition, and he showed lots of natural strength and potential! James

Ramstein took the 275's uncontested. Team awards saw Ramstein AB edge out Spangdahlem AB followed by Mannheim in third place. I would like to take this time to thank two individuals who volunteered their time and energy spotting and loading all day none stop. SSG Patrick Booker, the USAREUR Provost Marshal's office and SSG Robbie Kubiak from the Mannheim's Military Police Investigation Team- Thanks guys you made this event take place. (Thanks to Zeke Brown, CFT for these meet results).

E DEMANDS OF TODAY'S ATHLETES

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USPF Texas Cup Powerlifting
04 NOV 00 - Seguin, TX

BENCH PRESS				
MEN				
Submaster				
220				
A. Fortunato	402			
J. Campbell	391			
Open				
165				
L. Schuahart	308			
198				
J. Medina	407			
J. Waters	380			
220				
J. Clark	451			
A. Irrgang	429			
A. Sneed	413			
A. Fortunato	402			
S. Massella	402			
R. Olivarez	242			
242				
E. Molina	402			
G. Dzuris	231			
Powerlifting	SQ	BP	DL	TOT
MEN				
Masters 40-49				
181				
P. Wainscott	402	352	534	1289
S. Smith	352	264	407	1025
198				
J. Casey	402	292	463	1157
220				
L. Mistric	656	418	623	1697
R. Nosuda	573	325	601	1499
M. Hanlon	545	374	573	1493
B. Wright	507	363	523	1394
G. Pendergrass	451	369	441	1262
M. McDaniel	633	418	601	1653
M. Breslin	562	319	529	1410
G. Dzuris	188	231	374	794
Master 50+				
198				
B. Johnson	567	242	451	1262
220				
O.Guzman	451	314	429	1196
308				
C. Wahl	314	209	353	876
Open				
165				
S. Gallegos	501	303	485	1289
181				
P. Wainscott	402	352	534	1289
198				
E. Milfield	55	44	606	705
220				
C. Billings	661	413	639	1714
L. Mistric	655	418	623	1697
R. Nesuda	573	325	601	1499
242				
M. McDaniel	634	418	601	1653
G. Dzuris	188	231	374	794
275				
H.Thomason	804	402	611	1818
L. Neef	651	424	634	1709
Submaster				
181				
H. Thomason	402			
P. Guerrero	396			
308				
L. Polk	573			
SHW				
F. Lopez	496			
Masters				
220				
M. Hanlon	374			
242				
K. Kobayashi	474			
G. Dzuris	231			
275				
T. Bruner	476			
308				
J. Crum	501			
SHW				
T. Knighton	402			
WOMEN 148				
M. Sisneroz	170			
G. Brinker	126			
T. May	501	242	518	1262
E. Garcia	358	214	445	1019
R. McCarry	137	407	165	711
198				
C.Beall	441	286	479	1207
220				
E. Carpenter	501	331	501	1334
P. Bedner	391	286	523	1201
242				
B. Moore	534	341	584	1460
275				
R. Boynton	567	441	512	1521
Teenage				
123				
P. Datner	286	189	308	783
Below Class I				
181				
J. Woodard	407	276	424	1108
T. Dugan	391	259	402	1053
198				
M. Dugan	512	352	501	1367
R. Felux	485	314	501	1301
A. Jones	485	314	491	1289
A. Torres	424	264	402	1091
220				
E. Rocha	551	386	540	1477
M. Nomura	496	363	501	1361
G. Womack	402	331	441	1174
M. Candia	374	264	463	1102
242				
M.Christian	529	441	540	1510
D. Hughes	501	413	551	1466
B. Moore	534	341	584	1460
C. Delarosa	501	363	501	1366
T. Valdez	418	341	386	1146
G. Dzuris	189	231	375	795
275				
W. Bacon	463	319	407	1190
308				
G. Gibbs	601	451	601	1653
SHW				
D. Griffin	501	331	463	1295
WOMEN				
Open				
123				
S. Rinn	325	226	292	843
B. Coody	281	137	308	727
148				
J. Cowan	314	181	380	876
C. Anderson	253	165	319	738
Masters				
148				
J. Cowan	314	181	380	876
D. Linnartz	203	105	231	539
Novice				
148				
S. Amman	253	115	331	700
Teenage				
123				
D. Bartek	246	121	292	661

Best Lifter: Open Men - Henry Thomason; Below Class I - Gary Gibbs; Masters Men - Larry Mistric; Teenage Men - Paul Daitner; Submaster Men - Randy Boynton. Best: Bench Men - Lance Polk; Squat Men - Henry Thomason; Deadlift Men - Eric Milfield; Lifter Women - Susan Rinn; Squat Women - Susan Rinn; Bench Women - Susan Rinn; Deadlift Women - Jill Cowan. Records Established: Tim Bruner - Masters 40-44 American Record Single Lift Bench – 476; Tim Bruner - Master 40-44 State Record Single Lift Bench – 476; Jill Cowan - Masters 40-44 State Record Bench Press – 181; Jill Cowan - Masters 40-44 State Record Deadlift – 380; Jill Cowan - Masters 40-44 State Record Total – 876; Joe Crum - Masters 40-44 State Record Single Lift Bench – 501; Henry Thomason - Junior Men 20-23 State Record Squat – 804; Ralph McCarty - Submaster Men 35-39 American Record Bench – 407; Susan Rinn - Submaster Women 35-39 State Record Squat – 325; Susan Rinn - Submaster Women 35-39 State Record Bench – 226. (Thanks to Seguin Fitness for providing the results of this contest).

17th Annual Fall BP/DL Classic
07 OCT 00 - Mattoon, IL

BENCH PRESS			
teenage men			
Jerry Amsbury	225*		
Victor Munoz	300*		
junior men			
Matt Coartney	300		
master men 40-49			
Loren Betzer	300		
165			
James.Amsbury	275		
220			
Steve Zelmer	275*		
242			
James Ewing	250		
shw			
Loren Betzer	300		
police & fire			
Loren Betzer	300		
DEADLIFT			
teenage men			
Mark Rice	215*		
junior men			
Matt Coartney	450*		
master men 40-49			
Loren Betzer	475		
220			
Steven Zelmer	450*		
242			
James Ewing	520		
shw			
Loren Betzer	475		
police & fire			
Loren Betzer	475		

*personal record Best Lifter (BP) - JAMES AMSBURY; Best Lifter (DL) - JAMES EWING. The seventeenth annual Fall Bench Press/Deadlift Classic was held October 7, 2000 at the Mattoon Cross County Mall in Mattoon, Illinois. This is where it all began with my first competition in 1983. The first annual Fall Bench Press Classic (as it was called then) had fifty competitors and about three hundred spectators cheering them on. Of course, it was the first time anyone had seen a powerlifting meet so they stayed for the whole competition, completely jamming the mall with people! With more than fifty competitions held at the mall since that time, we have ranged from about a dozen lifters to over sixty per event. One thing for sure is that we always have a good time and we always have lots of new personal records being set. Thanks once again to the Mall Association for their continued support. In the bench competition Jerry Amsbury came up from Southern Illinois with his dad, James, to take the teenage class with a new personal record of 225. Jerry, who just turned seventeen, continues to lift in the 132 lb. class. In second place was first-time competitor, Victor Munoz, who finished with 300. Victor weighed in at 218. Taking the junior division was Matt Coartney, who only got his opener of 300, before moving to 345 where he failed to lockout twice. This boy has a lot of potential, though, having gotten as much as 405 in the gym! Loren Betzer returned from Kansas again, taking the master, open shw and police & fire classes with 300. By the way, Loren just lifted in a powerlifting meet in Wyoming, making that the fiftieth state in which he has competed. I wonder if anyone else has ever competed in all fifty states before? Some kind of a record I would say! At 165 open was best lifter James Amsbury finishing with 275 @ 150. James had lost eight pounds in the past three weeks and had been doing lots of cardio, so it's no wonder he had an off day (his previous best was 305 at this year's Illinois State Fair), but it was still good enough for best lifter! At 220 was another first time competitor, Steven Zelmer. Steven had some problems with his opener, but was finally able to come through with 275. Mr. "Roto-Rooter Man" himself, James Ewing, the most eligible bachelor in Coles County, Illinois, was up next at 242. James finished with 250, after missing his final attempt with a personal best 275. In the deadlift competition, Mark Rice won his first teenage title with a great 215 personal record performance. This thirteen year old, who weighed in at 107, is already a national olympic lifting champion. Mark is coached by Jim Dinaso, owner of The Body Club of Charleston, Illinois. Taking his second title at junior was Matt Coartney with a strong 450 pull. Boy, with a little coaching this kid will be someone to reckon with! Loren Betzer continued his collection of titles by taking the master, open shw and police & fire awards with 475. Steven Zelmer won at 220 with a strong 450, just missing the lockout with 500! At 242 it was James Ewing with the biggest pull of the day, 520. Weighing in at 240, this lift gave Jim the best lifter award for the competition. First best lifter award in seventeen years of competing for Jim! Congratulations, Jim! Thanks to the lifters, to my son Joey and Jim Dinaso for all their help. (Thanks to Dr. Darrell Latch for these results).

Jim Ewing locks out 520 for the win at 242 at the Fall BP/DL Classic. (photo courtesy Darrell Latch)

lifting with two personal records, a 450 th
a 475 fourth attempt. In the deadlift comp
Mike Strom continued to rewrite his own
book with a 430 third and a strong 450 fo
the junior men's 181 title. Ryan Eckert to
the submaster and the open 242 class with
585 pull. Ryan lost his grip at the top with
his second attempt, then almost got it lock
on his third before pulling his fight biceps. I
see that. Hope Ryan gets healed up an
competing again real soon. In the master
group, Jeff Brewer took the 165 class wit
485. Jeff came close with a pr 525 twice, j
just short of lockout both times. Dan Cole
198, getting just his opener of 550. At 220
Kim Long, finishing with 585, missing only
with 605, Stuart Coogan took the 242 title
great long pull of 530 on his second attempt.
also placed second in the open 242 class b
Ryan Eckert. Our last master was seventy-nin
old Robert Stephan, who pulled 335 on his
attempt, to match his personal best. He then
for 340, which he pulled easier than any
previous attempts. Weighing in at a mere 16
man pulled a personal best 340, at age 79!
open division Patrick McCormack won the
with two new personal bests, 440 and a fourt
460. This guy has great form. At 181 it wa
Kenosha Kid, Michael Glade, finishing with
sonal best 405. This was a slow pull, but Mike
gave up. Good job! At 198 it was Jeff Do
ending up with a personal best 600 for the wi
pull also gave Jeff the best lifter title for the
Moving to the strict curl competition, we ha
classes. In the middleweight class it was
Strom again with the win and a new pr wit
Second place went to Jon Deitrich who fin
with 140. At heavyweight it was David W
finishing with 180 and a fourth at 190. Seco
Dave was Guy Powell with 175. Thanks again
the lifters, spectators and helpers who mad
such a fun meet. (These results by Dr. Darrell

6th Border Classic Bench Press
JUL 00 - Brownsville, TX

MEN		B. Abrham	275
165		148	
M. Gutierrez	215	B. Morgan	355*
220		165	
A. Barra	250	E. Garcia	230
P. Ortiz	225	242	
C. Villarreal	195	S. Lambaria	360
242		O. Valdez	340
O. Lucio	340*	Submasters	
C. Zarate	240	165	
Novice		E. Garcia	230
148		C. Garcia	180
E. Lozano	195	242	
165		A. Mendez	315
G. Flores	285	Master	
R. Ramos	235	181	
C. Garcia	180	P. Ramirez	355*
181		220	
P. Ramirez	355	R. Garcia	340
198		Law Enforcement	
M. Blackwell	290	242	
220		S. Lambaria	360
R. Garcia	335*	J. Rangel	320
C. Villarreal	195	WOMEN	
242		Masters	
O. Valdez	340	148	
J. Rangel	320	G. Mendez	155*
275			
S. Brown	315		
Open			
132			

* denotes O.L. New Record. (Thanks to Tito's Gym for providing the results of this meet to PL USA).

1st Annual Joey Simpson BP Festival
30 SEP 00 - Lima, OH

Women		80-90	
110		187	
T. Troyer	70	C. Lee	225
170		Open	
M. Beasly	170	127	
187		T. Douce	195
T. Douce	100	154	
Men		B. Whipps	325
Master 40-49		E. Grover	240
138		187	
L. Williams Jr.	170	J. Simpson	400
205		T. Ehrsan	325
K. Davis	315	M. Miller	245
250		227	
S. Witaker	385	D. Shepard	410
T. Hartman	375	M. Raines	380
50-59		C. Holtz	380
170		J. Jackson	380
M. Miron	210	250	
SHW		G. Hessling	475
60-69			
J. Telljohn	375		

Best Lifter Light - Joey Simpson; Heavy - Gary Hessling. Team Award - 1st H & D; 2nd - Lima YMCA. (Thanks to Charles Lee for these results).

Ozark Open III BP/DL Classic
30 SEP 00 - Poplar, MO

BENCH PRESS		Dan Flunker	365
women		242	
Cyndi Crossland	255	Jay Hicks	325
submaster men		shw	
Kevin Tucker	340*	Chris Rannals	460
master men 60-69		DEADLIFT	
Tom Barth	300	women	
148		Cyndi Crossland	285*
Albert Pyland	315	4th	300*
165		master men 60-69	
Chis Sorrentino	320*	Tom Barth	405
John Walters	260*	*	
4th	270*	198	
181		John Davidson	480*
Quentan Rogers	345	220	
198		Dan Flunker	580
Glenn Pitts	360	242	
Ricky Coggins	335	James Schenck	380*
Chris Schubert	290	4th	420*
220		shw	
Matt Witworth	380	Chris Rannals	700

Best Lifter (BP) - ALBERT PYLAND; Best Lifter (DL) - CHRIS PANNALS *personal record. The Ozark Open III Bench Press/Deadlift Classic was held September 30, 2000 at Coliseum Health & Fitness in Poplar Bluff, Missouri. This was a smaller competition, with only twenty entries, but it was represented by five states, Missouri, Arkansas, Oklahoma, Florida and Texas. Thanks to Dave Miller for once again hosting this competition. In the bench press competition, Cyndi Crossland and Tom Barth came from Muskogee, Oklahoma to compete. Cyndi won the open women's class with an easy 255. Cyndi's attempts just kept getting easier as she went along, where she could have easily matched her previous best of 260. Tom just turned sixty years of age, but you could never tell it by the way he looks or the way he lifts. Weighing in at 196, Tom got all three of his lifts, finishing with a strong 300. Kevin Tucker got a new pr in his winning of the submaster class, getting 340 for his final attempt. Kevin weighed in at 218. Up next was the best lifter and winner of the 148 class, Albert Pyland. Albert weighed in at 143 and finished with 315. All this without a shirt; raw! Great form and great strength. At 165 it was Chris Sorrentino, with a new shirt and a new personal record for the win. Chris got a strong 320, but has the potential for 350 once he gets used to his shirt. Second at 165 was Jon Walters, who got two new prs, with a 260 third and a 270 fourth attempt! Quentan Rogers took the 181's with 345, weighing in at 172. The winner at 198 was Glenn Pitts, who only got his opener in at 360, coming close with 380 twice. Ricky Coggins was second with 335, coming close with 360 to challenge for the win. Chris Schubert was third at 198 with 290. This was Chris's first competition. Matt Witworth took the 220's with a strong 380 second attempt. A pr attempt with 390 came just short of lockout. Dan Flunker came all the way from Houston, Texas to take second at 220 with a lift of 365. Dan had been having some problems with his shoulder, so he only took his opener. At 242 it was Jay Hicks with 325, getting all three of his attempts with ease. Last up was Chris Rannals, who hasn't competed since his 800 deadlift at the Tennessee State meet a year and a half ago. Chris finished with a strong 460 to take the shw class. In the deadlift competition Cyndi Crossland captured her second title of the day with some great pulling. Lifting in her first deadlift competition, Cyndi pulled a strong 285 pr third, followed by a 300 fourth attempt. Great job, girl! Tom Barth also pulled a new pr, to finish with 405 and take the master 60-69 class. At 198 it was John Davidson, who came from Florida for the win. John pulled a great 480 pr on his second attempt, just missing a third with 500. Texan Dan Flunker captured the 220's with a strong 580 opener, missing a pr 600 twice. But it was close! It was James Schenck's first competition, and he showed lots of natural strength and potential! James pulled four times, getting each, to finish with a personal best 410 at 242. Once again it was Chris Rannals for best lifter, taking the shw class with his 700 opener. Chris came close with 750, but it was a good meet back for Chris. Thanks to all who helped. See you all next year. (Thanks to Dr. Darrell Latch for providing these results to *PL USA*).

Joey Simpson *bench pressing 400 at the 1st annual Joey Simpson Bench Press Festival. (photograph provided courtesy of Charles Lee)*

Hooray!!! *Cyndi Crossland pulls her first 300 lb. deadlift, (D. Latch)*

Mannheim Invitational PL
11 JUN 00 - Mannheim, Germany

PL TOTAL (kg.)		181	
WOMEN		D. Waddell	540
123		A. Nasshan	512.5
D. Jackson	360	198	
132		R. Baxter	740
M. Ott	245	G. Washington	602.5
75		220	
Christie	185	D. Johnson	732.5
MEN		M. Long	695
123		L. Thomas	687
M. Brookshire	282.5	242	
148		D. Evans (OL)	810
C. Bossung	457.5	F. Richardson	740
J. Benninger	382.5	J. Pearson	682.2
M. Kral	375	275	
165		C. Barron	680
M. Green	555		
T. Price	512.5		

OL: Outstanding Lifters. This was the Mannheim community first ever full Powerlifting event. There were a total of 20 lifters competing here from as far away as Belgium. In the women's division Debra Jackson took the 123's with some nice lifting. This lifter has only two years of Powerlifting under her belt and is headed to her first worlds in Oct. She will claim many more titles in the very near future. Michele Ott from Spangdahlem AB took the 132's with some balance lifting as well as Christine Christie from Spangdahlem in the 165's. In the men's category Matthew Brookshire of Spangdahlem AB took the 123's with some good lifting, and Mannheim's very own Clay Bossung did some nice lifting in the 148's edging out Michael Kral from Belgium followed by Joshua Benninger from Spangdahlem. Mark Green of Mannheim took the 165's beating out Travis Price from Belgium. I'm pretty sure these two will meet again at the Giessen Invitational in November. Dennis Waddel of Belgium took the 181's over Arno Nasshan of Ramstein with some balanced lifting. The 198 class saw many times Armed Forces/ All Army Champion Ray Baxter of Stuttgart put on a lifting clinic with some very nice lifts beating out up and coming Glen Robinson from Hohenfels. I'm looking for some big lifts in the future from Glen. Dewon Johnson of Ramstein took the 220's with a very nice total followed very closely by Matt Long of Heidelberg. Lorenzo Thomas of Ramstein finished out the 220's. Big Darrell Evans of the Ramstein team took the 242s with a nice 810 kg. total. I look for this young lifter to total 900+ kg. in the very near future - Watch out 242's. Finnie Richardson of Mannheim had a very nice 740 kg. total and John Pearson of Hohenfels finished out the 242's. Look for all three of these big guns to be in Giessen in November (Sparks will fly). Cedric Barron of Ramstein took the 275's uncontested. Team awards saw Ramstein AB edge out Spangdahlem AB followed by Mannheim in third place. I would like to take this time to thank two individuals who volunteered their time and energy spotting and loading all day none stop. SSG Patrick Booker, the USAREUR Provost Marshal's office and SSG Robbie Kubiak from the Mannheim's Military Police Investigation Team- Thanks guys you made this event take place. (Thanks to Zeke Brown, CFT for these meet results).

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BENCH		
Senior Female		
105		
S. Burger	120	
114		
S. Burger	120	
132		
Open Female		
E. Monteith	120	
Open Male		
V. Tyus	230	
148		
Open Male		
M. Olvera	320	
J. Bodnar	260	
Master		
E. Ankrom	315	
165		
Open Female		
S. Fletcher	205	
Open Men		
R. Strollo	255	
Senior Female		
T. Singletary	135	
Senior Master Men		
R. Robinson	230	
Golden Master Men		
G. Young	270	
Grand Master Men		
D. Hray	205	
181		
Open Men		
R. Richardson	325	
B. Barth	305	
Senior Men		
J. Rennie	365	
J. Barron	360	
R. Vass	340	
Master Men		
G. Miles	330	
D. Newell	305	
A. Jones	280	
Golden Master Female		
K. Wetenhall	200	
Golden Master Men		
R. Hall	345	
T. Humbert	340	
Grand Master Men		
C. Muehling	265	
J. Reiring	225	
198		
Open Men		
G. Tarr	460	
M. Cleaveland	335	
P. Segur	335	
Senior Men		
C. Darrell	375	
T. Sansbury	365	
W. Leon	345	
Master Men		
P. Langston	360	
N. Estvanik	340	
R. Glazer	335	
Senior Master Female		
W. Smith-Hdedan	125	
Senior Master Men		
R. Haury	285	
C. Cassell	275	
Golden Master Men		
D. Yourkvitch	315	
Ultra Master Men		
P. Wilder	310	
220		
Senior Men		
B. Lachner	510	
C.Smith	405	
P. Brooks	305	
Master Men		
R. Jordan	380	
M. Burns	360	
M. Massie	340	
Senior Master Men		
E. Burton	385	
D. Egan	305	
Golden Master Men		
R. Verdi	360	
D. Dougherty	320	
M. Ruffin	275	
Grand Master Men		
D. Jones	315	
Ultra Master Men		
R. Rees	240	
242		
Senior Men		
K. Mayer	515	
R. Porter	360	
R. Sherman	330	
Master Men		
C. Edwards	420	
Senior Master Men		
D. Horvath	400	
Ultra Master Men		
G. Fogle	365	
C. Pongracz	260	
Powerlifting	**SQ**	**BP DL TOT**
132		
Open Female		
E. Monteith	195	120 245 560
Open Men		
V. Tyus	230	230 300 760
165		
Senior Master Men		
R. Robertson	255	230 305 790
181		
Senior Men		
J. Rennie	545	365 515 1425
R. Vass	525	340 505 1370
Master Men		
J. Newswick	320	265 345 930
Senior Master Men		
R. Hall	460	345 550 1355
Grand Master Men		
J. Reiring	235	225 350 810
198		
Open Men		
M. Cleaveland	500	335 465 1300
Senior Men		
T. Sansbury	605	365 560 1530
Master Men		
B. Lickliter	490	350 500 1340
N. Estvanik	420	340 470 1230
D. Casasanta	385	275 375 1035
Senior Master Men		
D. Yourkvitch	355	315 425 1095
Ultra Master Men		
P. Wilder	445	310 365 1220
220		
Open		
J. Spencer	425	
S. Nunez	420	
B. Mackey	320	
Senior Men		
P. D. Bryant	440	
D. Whatmore	435	
M. Miller	400	
Master Men		
M. Zupko	525	
M. Reese	435	
H. Torrens	400	
Senior Master Men		
D. Horton	440	
M. Bahnsen	400	
M. Semer	255	
Golden Master Men		
J. Wetenhall	420	
Grand Master Men		
E. Odom	385	
SHW		
Senior Men		
J. Kimble	450	
K. Davis	440	
Master Men		
Glen Burch	405	
C. Watts	345	
Senior Master Men		
M. Bitterman	380	
DEADLIFT		
132		
Open Female		
E. Monteith	245	
Open Men		
V. Tyus	300	
148		
Master Men		
E. Ankrom	475	
165		
Open Female		
S. Fletcher	405	
Senior Master Men		
R. Robinson	305	
181		
Senior Male		
J. Rennie	515	
R. Vass	505	
Senior Master Men		
R. Hall	550	
Grand Master Men		
J. Reiring	350	
198		
Open Men		
M. Cleaveland	465	
Senior Men		
T. Sansbury	560	
F. Costanzo	485	
Master Men		
N. Estvanik	470	
Sen Mas Female		
C. Smith-Hdedan	170	
Golden Master Men		
D. Yourkvitch	425	
Ultra Master		
P. Wilder	465	
220		
Senior Men		
C. Smith	405	
Master Men		
M. Burns	515	
R. Jordan	450	
B. Eggers	350	
Senior Master Men		
D. Egan	490	
4th		500
E. Burton	475	
Golden Master Men		
M. Ruffin	420	
Ultra Master Men		
R. Rees	135	
242		
Master Men		
L. Darrow	560	
Senior Master Men		
D. Horvath	515	
Ultra Master Men		
C. Pongracz	350	
275		
Open Men		
J. Spencer	575	
B. Mackey	450	
Senior Men		
A. Spencer	500	
Master Men		
H. Torrens	615	
M. Reese	610	
N. Lopez	360	
Senior Master Men		
M. Semer	435	
SHW		
Senior Men		
M. Bitterman	500	
Master Men		
C. Watts	450	

Open Men				
Keith Curtin	500			500
Senior Men				
C. Smith	425	405	405	1235
Master Men				
M. Burns	500	360	515	1375
R. Jordan	435	380	450	1265
B. Eggers	360	300	350	1010
Senior Master Men				
E. Burton	450	385	475	1310
D. Egan	475	305	490	1270
M. Ruffin	450	285	425	1160
Golden Master Men				
M. Ruffin	430	275	420	1125
242				
Master Men				
L. Darrow	605	350	560	1515
Senior Master Men				
D. Horvath	480	400	515	1395
Ultra Master Men				
C. Pongracz	375	260	350	1060
275				
Open Men				
B.Mackey	450	320	450	1220
Senior Men				
A. Spencer	460	320	500	1280
Master Men				
M. Reese	640	435	630	1705
H. Torrens	525	400	615	1540
M. Zupko	610	525		1135
Senior Master Men				
M. Bahnsen	470	400	470	1340
M Semer	450	255	435	1140
Golden Master Men				
M. Combs	650	320	520	1490
SHW				
Senior Men				
M. Bitterman	460	380	500	1340

(Thanks to Bill Lachner for providing these results).

4th Annual Missouri State "RAW"
05 AUG 00 - Fulton, MO

"RAW" Powerlifting				
Women	**SQ**	**BP**	**DL**	**TOT**
16-17				
198+				
Jordan Sipes	115	100	265	480
Men				
114				
12-13 yrs.				
Chris McClain	135	120	215	470
18-19 yrs.				
275				
Joe Lane	530	330	580	1440
Open				
181				
Brandon Doster	490	310	580	1380
198				

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S. Killingworth	315	215	480	1010
220				
Brandon Cass	610	375	675	1660
Kent Muldock	490	360	570	1420
242				
Shawn Kite	510	350	550	1410
275				
Frank Gant	525	400	635	1560
Submasters				
165				
Darin Gilley	435	300	500	1235
Masters 40-44				
165				
Tim Fletcher	430	285	450	1165
198				
Fitz Fitzgerald	390	290	450	1130
Kevin Heavner	320	220	365	905
Bill Clark "RAW"Open				
Women				
198+				
Jordan Sipes	115	100	265	480
Men				
Open				
220				
Brandon Cass	610	375	675	1660
Submaster				
181				
J. Sensenbaugh	415	305	485	1205
Masters 40-44				
165				
Tim Fletcher	430	285	450	1165
45-49				
181				
Charles Wade	375	255	465	1095
242				
Ron Summers	485	330	500	1315
"RAW" Bench Meet		65-69		
Women		275		
16-17 yrs		Bill Fellows		200
198		"RAW"Open Bench Meet		
Jordan Sipes	100	Women		
Men		198		
181		16-17 yrs.		
13-14 yrs.		Jordan Sipes		100
Nathan Gentges	215	Men		
17-18 yrs.		18-19		
Zac Cooper	310	181		
275		Zac Cooper		310
Open		Open		
Brian Holmes	375	275		
Masters		Brain Holmes		375
60-64		Masters 60-64		
242		242		
Frank Ortolani	300	Frank Ortolani		300

On 8-5-00 22 lifter's gathered at Westminster College in Fulton, Missouri for our 4th annual championships. A big thanks to all who assisted in making the meet a success. Special thanks to Joe Garcia, Pam Fitzgerald, Darin Gilley, and Kerry Clark for serving as officials. Brandon Chisholm and James Foster are commended for loading the duration of the meet. Thanks to Bill Clark for letting us use Clark's Gyms weights. Best overall lifter was Brandon Cass. Best Women lifter was Jordan Sipes. Best submaster was Darin Gilley 40-44 lifter was Tim Fletcher, 45-49 Ron Summers, Best teenage lifter Joe Lane, Best teenage Bench Zac Cooper, Best overall Bench Frank Ortolani. (Thanks to David DeForest for providing these meet results).

"Iron Warriors PL Championships"
22 APR 00 - Augusta, GA

FULL POWER	SQ	BP	DL	TOT
WOMEN				
105				
OP/SB/NV				
JERRI KEEL (BL)	160	105*	220!	485
123				
OP/NV				
AMY HITCH	215	120	235	570
132				
NOVICE				
DENISE POTTER	125	95	155	375
TRACEE RAGAN	150	130	240	520
OPEN				
T. HENTGES	175	120	175	470
40-46				
S. WALKER	240	100	275	615
165				
OP/NV				
DIANNE VOGEL	245	160	260	665
MEN				
85				
10-13				
ROY FOWLER	90	50	140	280
132				
47-53				
MILLER NORRIS	240	160	315	715
165				
OPEN				
M. JUDGE (BL)	450	315	500!	1265
RAW & NV				
D. WILSON	325	290	365	980
RAW				
J. BLANKENSHIP	315	225	440	955
17-19				
BRIAN COLEMAN				
OPEN				
JACK TILLMAN	360	330	450	1140
181				
17-19				
T. NEWBERRY(BL)	350	200	450	1000
198				
14-16				
JOSH BISBY	230	190	255	675
PFM				
DOUG GURTH	356	325	430	1110
40-46				
ALBERT KELLUM	460	300	425	1185
220				
40-46				
BRUCE BRIDGES	390	320	405	1115
SUB				
ANDY FOWLER	450	300	450	1200
OPEN				
GREG CAMPBELL	530	500*	500	1530
242				
SUB				
P. CIARMELLO	425	305	640	1270
275				
NOVICE				
T. MOORE	BOMB			
54-60				
BOB MONEY	BOMB			

BENCH PRESS		NOVICE	
WOMEN		PAUL DUNCAN	420
132		RAW	
Subs		GREG BARTLEY	405
DONNA REID	105	242	
123		68+ PFM	
47-53		M. BRANHAM	290
B. COOTER	105	275	
165		SUBS	
PFM		ALBERT HARRIS	355
KAREN GURTH	90	DEADLIFT	
181		148	
61-67		PFM &RAW	
D. RUMBOLD	90	W. CLARKE	435*
MEN		165	
132		17-19	
10-13		B. COLEMAN	475
JASON BRIDGES	105	10-13	
148		P. WHITE	240
OPEN		198	
TRAVIS DOVER	235	NOVICE	
165		GEORGE BLACK	505
10-13		220	
MONTGOMERY	115	68+	
220		DON BLONDIN	385
10-13		242	
TJ TILLETT	100	68+ PFM	
47-53		M. BRANHAM	470
GARY JONES	340		

* denotes Best Bench; ! denotes Best Deadlift. You should have been there! We had over 40 lifters from GA, SC, FL and AL. We had a 500 lb. bench, 500 plus lbs. in the deadlift and 500 plus lbs. in the squat. Everyone who was tested passed and most importantly WE HAD FUN! Records were shattered as lifters pushed themselves to the limit but the most surprising thing were the LADIES! We had 12 ladies from "Team Morates", "DEHR Powerlifting Team", "The Python Power Team", "City Boy Powerlifting" and "The Godfather's House of Power." It just goes to show you can be strong, lift like an animal and look beautiful! These ladies did just that with "Big Mama" having the "Heaviest Bench Press", Sandra "Cocoa" Walker having the "Heaviest Deadlift" but it was the "Gnat" Jerri Keel who stole the show! At 102 lb. bodyweight, her 160 lb. squat, 105 lb. bench & 220 lb. deadlift gave her first place, "Best Bench", "Best Deadlift" and "The Best Lifter" award. 18 year Terrence "Terminator" Newberry showed once again he is the "Best Teenage" Lifter with a 450 lb. deadlift! Greg "Da Head" Campbell astonished everyone as he entered a "Full Power" meet and had the "Heaviest Squat", "Best Bench" and "Biggest Bench" awards along with first place in his division but once again it was Marvin "Big Red" Judge who took home the "Championship Belt" for the "Best Lifter" award. It seems there is no one that can stop him. All in all it was a great show and we appreciate the lifters that came out and supported the "Python Power League." Stay Clean, Stay Strong and I'll see ya on the platform! E - mail me! pythongym@aol.com and I will "hyperlink" to our Web Page! (fromTee Meyers).

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N. Tylina	117.5	60	115	292.5
N. Krikunova	110	57.5	122.5	290
G. Timofejeva	107.5	57.5	110	275
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A. Aleksejeva	100	52.5	100	262.5
I. Grinova	102.5	47.5	110	260
K. Korelina	85	52.5	102.5	240
48				
T. Eltsova	165	87.5	152.5	405
O. Legotkina	145	65	150	360
L. Achtiamova	120	55	125	300
N. Michailova	112.5	60	120	292.5
T. Basileva	105	57.5	117.5	280
A. Abasova	95	50	105	250
N. Burtzeva	85	50	107.5	242.5
52				
I. Ajugina	175	87.5	177.5	440
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O. Yurtchenko	150	60		
67.5				
M. Kudinova	245	135	227.5	607.5
N. Magula	210	107.5	200	517.5
O. Tchumincheva	190	110	195	495
I. Sacharova	195	100	185	480
M. Ananeva	165	85	195	445
D. Maschtchenka	170	95	150	415
N. Mirsoeva	150	85	155	390
E. Korsunova	160	77.5	150	387.5
N. Rastorgueva	160	80	145	385
N. Bogatova	155	82.5	145	382.5
T. Kudriyaschova	145	70	160	375
E. Fedortzova	150	77.5	140	367.5
Y. Epichina	140	60	152.5	352.5
L. Zhtepina	137.5	85	130	352.5
G. Tsoukanova	127.5	60	137.5	325
L. Yurinskaya				
E. Sheverdina				
A. Yudinzeva				
O. Prokufeva				
75				
S. Dudulia	237.5	155	215	607.5
A. Terenteva	210	135	200	545
M. Panferova	172.5	85	155	412.5
C. Korbeinikova	145	95	162.5	402.5
S. Makarova	145	102.5	142.5	390
S. Gobatchenko	150	82.5	152.5	385
O. Agejeva	150	70	152.5	372.5
82.5				
N. Rumyantseva	230	155	220	605
O. Rytchkova	230	130	230	590
I. Naskripniak	155	112.5	142.5	410
E. Baskakova	165	70	162.5	397.5
Y. Metvejeba	152.5	80	135	367.5
E. Ignatenkova				
90				
A. Chatimchenko	215	137.5	257.5	610
Y. Kurina	230	100	190	520
S. Liseko	110	55	125	290
90+				
N. Payusova	240	157.5	243	640
G. Karpova	245	145	215	605
E. Avilkina	255J	125	205	585J
Xodchamkulova	210	130	200	540
E. Kurbakova	195	130	160	485
G. Dubova	130	90	135	355

In the competition were participating 109 women. Regionpoints: 1. Xabarovskaya - 53 pts. 6 lifters = 12-12-9-9-6-5; 2. Kemerowskaya - 46 pts. 6 lifters = 12-9-7-6-6-6; 3. Ulianowskaya - 37 pts. 4 lifters = 12-9-9-7; 4. Kranojarskii - 34 pts. 5 lifters = 12-8-7-6-1. Champ of Champions: 1. Marina Kudinova (77) Altaiskii-621.35; 2. Irina Abramova (74) Baschkortostan-618.80; 3. Svetlana (75) Xabarovskaya-580.95.

MEN	SQ	BP	DL	TOT
52				
S. Zhuravliev	215	110	210	535
I. Artemiev	172.5	130	182.5	485
V. Kurbatov	180	110	152.5	442.5
V. Borisob	160	87.5	155	402.5
D. Alexeev				
D. Cilaev				
56				
K. Pavlov	240	170	220	630
J. Tcholovky	220	117.5	210	547.5
S. Savinich	200	130	205	535
O. Artemjev	197.5	142.5	185	525
V. Laljagov	215	120	182.5	517.5
D. Panin	195	115	200	510
E. Melechov	197.5	115	187.5	500
Y. Karasov	180	97.5	205	482.5
R. Asisov	190	107.5	185	485.5
D. Smirnov	160	100	170	430
60				
A. Zviagintsev	232.5	167.5	215	615
F. Mukhiamatov	245	172.5	195	612.5
A. Proskurin	235	127.5	230	592.5
G. Sayapin	220	125	225	570
I. Kokorfev	200	127.5	225	552.5
J. Kuimov	200	130	220	550
I. Teplich	212.5	107.5	190	510
S. Voronov	165	132.5	195	492.5
Tchadaevidris	155	115	160	430
67.5				
E. Dolgov	277.5	162.5	270	710
I. Muler	280	135	280	495
R. Araslanov	240	177.5	270	687.5
M. Andriuchin	265	147.5	272.5	685
A. Sidorov	260	185	240	685
A. Artemjev	242.5	137.5	255	635
D. Dudnik	245	155	235	635
A. Marenok	250	150	232.5	632.5
S. Averyanov	240	135	240	615
M. Matveev	235	135	225	595
G. Volkov	215	120	250	585
A. Petrov	225	157.5	200	582.5
M. Schiryaev	200	155	195	550
D. Staroverov	180	120	210	510
V. Bogdanov	260	192.5		
I. Kaliya				
S. Lebedev				
A. Osokin				
V. Magomadov				
A. Jakovlev	237.5	160		
S. Petruchin				
75				
V. Baranov	315	182.5	322.5	820
V. Furashkin	312.5	205	302.5	820
V. Sokolov	295	180	290	765
R. Vostrikov	300	177.5	287.5	765
A. Bugaiskiy	375	190	282.5	747.5
A. Ermilov	280	175	270	725
Y. Sadoroschniy	275	157.5	285	717.5
A. Alekseev	267.5	177.5	265	710
A. Saidov	270	160	272.5	702.5
P. Oserov	265	182.5	252.5	700
E. Titov	260	167.5	272.5	700
V. Tchernov	272.5	155	272.5	700
S. Koschkin	255	170	265	690
V. Tchadkov	247.5	200	235	682.5
D. Oglenko	250	175	240	665
A. Saforian	230	137.5	245	612.5
M. Mamedov	230	130	250	610
A. Sabolotniy	220	140	200	560
E. Mamedov	260	170		
82.5				

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S. Mor	320	222.5	325	867.5
S. Gordeev	320	195	310	825
A. Charayasov	312.5	200	305	817.5
I. Tchestakov	332.5	185	295	812.5
R. Bitchenko	300	187.5	320	807.5
A. Grushinskiy	305	192.5	295	792.5
V. Usanov	270	180	305	755
A. Svarikin	287.5	172.5	295	755
T. Polsha	262.5	167.5	322.5	752.5
B. Redyuk	270	190	285	745
D. Lubtchenkov	282.5	175	280	737.5
A. Kokornov	300	187.5	250	737.5
M. Epifanov	285	170	280	735
Novokreschtenov	270	190	257.5	717.5
R. Shafeev	265	165	280	710
V. Grishaev	285	175	245	705
Y. Kusnetzov	270	150	285	705
S. Bolschak	275	160	250	685
A. Aliev	250	150	270	670
V. Kachula	220	170	230	620
A. Pavlov				
V. Manishin	240			
A. Alekseev				
A. Makarov	250	150		
D. Vasilenko	300	175		
A. Onofrionko	285			
P. Maliqin	285			
S. Guschtchin				
90				
Y. Federenko	327.5	195	330	852.5
G. Tsmagilov	320	207.5	320	847.5

A. Sorokin	315	210	307.5	832.5
A. Malunin	300	210	320	830
A. Bagdanov	310	200	295	805
M. Barchotov	305	200	300	805
I. Alikberov	300	195	300	795
S. Matrusevich	297.5	185	302.5	785
K. Otavin	280	192.5	300	772.5
V.Tchernich	285	185	300	770
A. Durkin	270	197.5	297.5	765
A. Corbatchev	290	205	270	765
D. Riskalenko	292.5	207.5	265	765
S. Xaritov	285	175	295	755
V. Sedov	285	190	280	755
E. Bokov	295	190	260	745
D. Kurbanov	290	175	280	745
A. Butov	290	170	280	740
S. Malischev	255	170	305	730
A. Tcheremkin	240	180	307.5	727.5
V. Smakotin	280	167.5	245	692.5
G. Tchichradse	250	140	255	645
V. Nikishin	260	175		
P. Mitin				
E. Shukov	295	175		
D. Shekalis	255	185		
100				
V. Smishchenko	335	240	325	900
D. Fedenko	345	222.5	315	882.5
A. Kusnetzov	330	210	320	860
E. Gratchev	337.5	192.5	325	855
A. Babikov	340	202.5	310	852.5
A. Ushakov	320	212.5	310	842.5

K. Emetz	295	222.5	320	837.5
V. Kotkov	320	195	315	830
Tchernomoretz	342.5	195	290	827.5
S. Saloshkov	330	180	280	790
V. Vargin	310	200	260	770
V. Sholudev	280	180	290	750
V. Selenov	290	190	260	740
S. Anatzki	305	170	260	735
A. Elisarov	265	195	260	720
A. Litvinov	242.5	205	250	697.5
E. Bagrayatzov	250	200	240	690
D. Borisenko	225	175	260	660
S. Apasov	275	237.5		512.5
D. Polikarpov				
E. Grebenkiy				
A. Petrov				
M. Frolov	310			
110				
V. Piskunov	405	190	310	905
I. Medvedev	345	225	320	890
A. Malyarenko	330	220	332.5	882.5
A. Tchebotarev	320	240	305	865
L. Akimov	315	215	330	860
D. Sapatov	330	220	310	860
M. Michailov	330	227.5	300	857.5
M. Novikov	325	205	325	855
A. Samsonov	305	245	292.5	842.5
E. Kurtzev	332.5	215	287.5	835
S. Bisultanov	300	190	310	800
Tchevernoshenko	315	192.5	280	787.5
S. Sidenko	300	200	285	785

I. Balakshin	290	185	280	755
A. Kashlinov	280	170	300	750
A. Eqinov	290	190	270	750
D. Permjakov	275	195	270	740
D. Gresnev				
A. Rudenko				
V. Maksimov				
E. Birun				
I. Gagin				
O. Teslikov	277.5	177.5		
125				
A. Gankov	370	250	370	990
A. Malanichev	385	225	340	950
S. Burmistrov	367.5	237.5	300	905
V. Karch	320	235	280	835
S. Grinyajev	330	200	305	835
A. Tschukin	330	195	305	830
V. Kishkunov	330	210	290	830
S. Volkov	315	195	290	800
V. Chindarov	290	192.5	300	782.5
O. Manuilov	295	195	280	770
G. Ribin	307.5	190	272.5	770
S. Ovsiannikov				
M. Bulichev				
125+				
Y. Fomin	408	260	385	1052.5
O. Gagin	385	242.5	310	937.5
N. Gurianov	350	210	345	905
A. Topilskiy	345	217.5	280	842.5
A. Vasnetzov	330	190	300	820
S. Ryschkov	325	210	260	795
V. Aksenov	262.5	162.5	280	705
A. Sirotkin				
M. Gurianov				
A. Morós	330			
I. Nastinov				

In the competition 189 Men were participating. Regionpoints: 1. Moskovskaya - 55 pts. 6 lifters – 12-12-9-8-7-7; 2. Vladimirksya - 53 pts. 6 lifters – 12-12-9-9-8-3; 3. Baschkortostan - 51 pts. 6 lifters – 12-12-9-7-7-4. Champ of Champions: 1. Viktor Baranov (67) Vladimirksya - 587.61; 2. Yuriy Fomin (69) Moskovskaya - 584.03; 3. Sergey Mor (69) Baschkortostan - 582. | – world record junior. Heiner Koberich, "that was a very good meet with big results as you can see and the banquet after better then a lot of World's banquets. In only 5 days 298 lifters were lifting in good organized meet and never after midnight". (Results by Thomas Klose).

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BENCH		M. Magnusson	285
Women		198	
Open		E. Moore	390
144		M. Lloyd	375
M. Madore	125	C. Kienzle	340
181		220	
L. Look	245	P. Leighton	405
K. Grant	145	D. Groder	325
198		275	
S. A. Saletta	145	N. Doucette	475
Submasters		B. Bruno	450
S.A. Saletta	145	Teen	
Men		P. Laite	250
Open		S. Flood	285
165		T. Mitchell	160
D. Sqrio	290	Submasters	
181		M. Plourde	370
B. Shores	385	C. Kienzle	340
J. Cronkite	345	Grand masters	
		D. Rafuse	260
		G. Duckworth	235

	BP	DL	TOT
Women			
Open			
181			
K. Grant	145	290	435
198			
S. A. Saletta	150	235	385
Submasters			
S. A. Saletta	150	235	385
Men			
Open			
181			
T. Morton	235	435	670
J. Orcutt	275	395	670
198			
M. Lloyd	375	540	915
J. Flaherty	275	550	825
220			
M. Laliberty	375	520	895
Teen			
T. Mitchell	160	320	480
Masters			
J. Flaherty	275	550	825

Men's Best Lifter BP: Noel Doucette; Women's Best Lifter BP: Leslie Look; Men's BP Team Champions: Point Lookout - MBNA; Women's BP Team Champions: Champions Fitness Center. Men's Best Lifter Push/Pull: Mark Lloyd; Women's Best Lifter Push/Pull: Kerish Grant; Team Champions Push/Pull: Champions Fitness Center. The meet directors were Mark Clevette and Lynn Atheam. We would like to thank John Mathieu and Sonia, Amy Clevette, Donn Spearin, Mike Eugley, and also www.k2bh.com for covering the meet. (Results of this competition were provided to *POWERLIFTING USA* by Meet Director Mark Clevette).

USAPL Lifetime Drug Free Nationals
7,8 OCT 00 - Newark, NJ (kg)

WOMEN	SQ	BP	DL	TOT
165 lb.				
Andrea Sortwell	160	112.5	175	447.5
181 lb				
Linda Schaefer	130	75	195.5*	400.5
MEN				
123 lb.				
AlDiDonato	152.5	102.5	197.5	452.5
148lb				
Mark Sigala	222.5	150	280	652.5
Brad Olsen	220	145	215	580
165lb				
Greg Simmons	230	157.5	257.5	645
Greg Retz	230	140	259.5	629.5
David Kirschen	227.5	160	237	624.5
Mike Cagliola	230	170	222.5	622.5
Joe DeMatteo	200	177.5	210	587.5
Matthew Vail	182.5	155	197.5	535
181 lb				
Gary Beck	255	155	272	682
Kenny Davis	245	177.5	247.5	670
Les Greene	227.5	165	267.5	660
John D'Allessio	227.5	165	245	637.5
George Sousa	227.5	152.5	245	625
Tom Riffe	200	155	252.5	607.5
Ron Falcone	205	160	220	585
Tom Piazza				
DAY 2				
198lb.				
Mike Willett	285	177.5	300	762.5
Sean Malecha	275	180	287.5	742.5
Jerry Dally	240	150	247.5	637.5
Andrew Heaphy	232.5	140	255	627.5
220 lb				
Donald Teets	302.5	190	282.5	775
Julian Ulwang	282.5	192.5	280	755
Ray Brunk	245	205	250	700
Don Broseman	272.5	157.5	262.5	692.5
242 lb				
Ken Howard	302.5	162.5	345	810
Steve Mann	327.5	200	280	807.5
Doug Ballard	302.5	180	302.5	785
Joe Hirsch	282.5	215	272.5	770
Tom Lamoreux	272.5	220	262.5	755
Jason Shoopman	272.5	180	287.5	740
Sid O'Bryant	310	155	272.5	737.5
Jim McElwee	250	200	250	700
275 lb				
Willy Croner	355	227.5	325	907.5
Kelvin Hayes	355	210	235	800
Dave Villeneuve	300	207.5	282.5	790
Mike O'Donnell	300	200	282.5	782.5
Darren Nemow	292.5	217.5	255	765
Phillip Battle	295	205	262.5	762.5
SHW				
Dan Gaudreau	350	255	300	905
Dennis Huslander	320	230	320	870
Jim Weiss	295	165	302.5	762.5
Rocco Coppocia	282.5	172.5	275	730
Chad Aichs	307.5	205		

BEST LIFTERS: Women - Andrea Sortwell , Mens light - Mark Sigala , Mens Heavy - Willy Croner. TEAMS: 1st Place - Indiana, 2nd Place - Colorado, 3rd Place - New Jersey. * – American Record.

Dan Gaudreau *with the biggest bench of the meet. (Safran photos)*

SHW Jim Weiss*-Team New Jersey*

Newark, New Jersey. Say those words and many of us think of the airport and crowded city streets. Well, on October 7th and 8th 2000, the city of Newark was transformed into a powerlifting haven for lifetime drug free lifters nationwide as the USAPL Lifetime Drug Free Nationals rocked Jersey! Three teams - one from Colorado, Indiana, and the hometown team New Jersey - each boasted some of their best lifters to battle out for the team win. In the end, Team Indiana was crowned USAPL's drug free best!

In the women's class, National champion Andrea Sortwell came back after missing her opening squat to have a successful day. Andrea came close to setting American records, but still went home with Best Female Lifter trophy. Linda Schaefer pulled an American Masters Record on her opening attempt.

National competitor Al DiDonato went unopposed in winning the 123s. Look out for Al at this year's nationals! The 148s was a battle between two long-time National competitors. In the end, Mark Sigala, with a huge deadlift, came away with the win over Brad Olsen. Sigala also took home Best Lifter for the first day of lifting.

The 165s was a hard fought class. When all was done, National competitor Greg Simmons (up from the 148 class) was victorious with balanced lifting. Second place with the highest deadlift in the class was Greg Retz. Coming in third and fourth, in a close race, was David Kirschen and Mike Cagliola. In fifth place, yet with the biggest bench in the class, was Joe DeMatteo.

The 181s was another hard fought class. Long-time National Masters competitor Gary Beck came out on top. National competitor Kenny Davis was close to locking out the winning deadlift, but instead went home with second. Close by in third was Les Greene who came back to finish the meet strong after injuring himself in the squat. In fourth place, with balanced lifting, was John D'Allessio.

Day 2 started with the 198s and when the chalk settled, two Indiana lifters took home the top two places: National competitor Mike Willett in first over teammate and Junior National competitor Sean Malecha. In third place was Jerry Dally who tore his bicep while taking his second deadlift. We hope for a speedy recovery!

The top three in the 220s were Donald Teets, Julian Ulvang and Ray Brunk. With the biggest squat and deadlift was first place winner Teets. Ulvang showed fine balance in all his lifts, and Brunk had a big bench.

The 242s came down to the final deadlift. In the end, Ken Howard, who lifted raw and pulled an impressive 760, took first place. In second, with a big squat of 722, was Steve Mann, who had a strong performance at the last Men's Nationals. In third place was Doug Ballard.

The 275s were a two-horse race. Both World Team member Willy Croner and National competitor Kelvin Hayes squatted 782. After the squat, Croner took the lead with a 501 bench. He finished the meet off with a 716 deadlift. This gave him the win and also Best Lifter for the day. Hayes, who tweaked himself in the squat, had to take light deadlift attempts in order to finish the meet.

The SHW was a battle between National competitors and in the end Dan Gaudreau came out victorious over Dennis Huslander. Both lifters fired up the crowd, plus, they both had strong performances coming off the Men's Nationals.

Special thanks to our sponsors Titan, Inzer, Universal Nutrition, MHP, Academy Bus, Kicker Speakers, and ProFitness Gym. The meet would have not been possible without the help of the entire ProFitness/Team New Jersey gang. (thanks to Craig Safran for results and report of this meet)

198 lber ***Jerry Dally*** *tore a bicep*

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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.

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(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

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"100% RAW" Deadlift Nationals
17 SEP 00 - Rockville, MD

Deadlift		114	
Women		14-15	
66		E. Banks	250
6-7		4th	270
A. Haukland	60	132	
10-11		14-15	
O. Childers	125	T. Lyons	315
105		148	
14-15		16-17	
K. McKenzie	225	J. Boyd	370
16-17		D. Thau	205
M. Vaugeois	225	33-39	
30-34		V. Aybar	490
S. Aybar	200	4th	500
114		165	
14-15		14-15	
Y. Ward	160	G. Childers	345
4th	180	C. Balance	345
R. Taylor	105	4th	350
123		16-17	
14-15		D. Nelson	400
R. Childers	195	J. Polanco	275
16-17		20-24	
S. Lhota	195	C. McGrail	455
C. Ward	185	181	
S. Gilberg		14-15	
20-24		S. Lee	150
G. Manuel	245	40-44	
132		S. Tshontikidis	555
14-15		45-49	
S. Fatemi	105	J. Alston	580
20-24		198	
J. Akroush	275	40-44	
148		S. Horwitz	550
14-15		220	
T. Antigone	180	14-15	
K. Denison	125	J. Pierce	460
16-17		16-17	
R. Hawkins	285	M. Walker	575
4th	300	4th	600
L. Syphax	220	A. Nyange	200
N. Levinson	195	20-24	
165		S. Stewart	375
12-13		30-34	
L. Taylor	135	R. Soto	550
16-17		S. Bashar	510
K. Cox	245	35-39	
A. Seales	230	B. Wrabley	575
35-39		242	
C. Tshontikidis	245	16-17	
181		G. Greml	400
16-17		C. Starks	235
K. Whitaker	285	35-39	
R. Kraft	250	W. McDonald	520
198+		40-44	
14-15		G. Bartholomew	660
R. Goiton	165	275	
MEN		18-19	
66		J. Desi	500
5-under		30-34	
S. Tshontikidis	35	G. Emrich	605
10-11		H. Haukland	425
G. Banks	100	L. Stewart	405
77		35-39	
6-7		L. Szymanski	640
J. Haulkand	90	40-44	
8-9		B. McGeorge	670
Y. Tshontikidis	175	45-49	
88		B. Phillips	640
8-9		SHW	
J. Haukland	120	18-19	
97		L. Isenberg	415
12-13		35-39	
K. Medva	155	J. James	690

Special thanks to the Good Lord who was watching over the Washington Gateway Hotel this past Sunday as 50 single - lift records were established at the first Deadlift Nationals sanctioned by Redeemed Among the World, Inc. Proceeds from the contest were utilized to "pay-off" recent platform and warm-up area equipment purchases and powerlifting's newest sports ministry is once again "in the black!" In addition, funds were distributed to Brenda and Nicholas' family (our sponsored children in South America) and to Rivers of the World (a medical ministry that heals people in remote jungle areas of River Blindness)! So lets take the time to thank God for our growth and good fortune! And more thanks to our friends Graham Bartholomew, Dave Lhota, Wardell Sewell, Steve Horwitz, Sabrina Lhota, Paul Bossi (awesome awards!), Jerry Shockley (all lifters tested were drug free!), Anita Kellog, Steve Ogelthorpe, Alan & Teresa Kelly (Kelly Sports!), and everyone who helped out! God Bless you all! Now the lifting ... The women's team from Wilson Senior High School in Washington, D.C. dominated the platform, registering 11 individual titles and records. Wilson's Robin Hawkins was the top teenage lifter with a 285 pound deadlift in the 148s (Robin was successful at 300 on her fourth attempt as well!), and teammate Krystle McKenzie's 225 pound deadlift in the 105s won her overall top honors. Fairfax, Virginia's Jumana Akroush was the top senior lifter with her 275 pound effort in the 132s. On the men's side, Wilson's Yanni Tshontikidis was the top KIDSTRONG lifter posting a 175 pound deadlift in the 77s. Matt Walker of the Thunderbird Power Team (Indian Lake, Pennsylvania) was the top teenage lifter with a 575 pound deadlift in the 220s; Matt was successful at 600 on his fourth attempt as well! Maryland lifter Victor Aybar won his second National title in "100% RAW" and captured top honors in the senior division with his 490 pound deadlift in the 148s (Victor successfully pulled 500 on his 4th attempt as well!). Finally, John James posted the meet's biggest deadlift at 690 pounds. On the family end, Heath Haukland (dad) and his kids - Allie, Jacob, and Jared - all competed together on Sunday. In addition, Caryn (awesome 245 pound deadlift, sweetie!) and I enjoyed lifting with Yanni and Sava for the first time as well. Husband and wife team Victor and Sheri Aybar both posted individual wins, Dave Lhota (dad) successfully coached daughter Sabrina to another title and record - setting day, and Russ Manuel (husband) coached his wife Grayce to her first National title. Congratulations to all of the lifters on their efforts and accomplishments, and welcome to all of our new members! Our next contest is the 2000 World Championships. Contest packets will be mailed out to all qualified athletes at the end of this month. Caryn and I thank you for your friendship, support, and encouragement this year, and we look forward to seeing you at the Worlds! (Thanks to S. Tshontikidis for the results).

Finnish Team BP Championship
17 SEP 00 - Tampere (kg)

1. - HVV		P. Tammisto	200
J. Paavilainen	202.5	A. Tiainen	220
J. Borgman	185		735
T. Parvlainen	195	6. - La Vo No	
H. Toivanen	225	J. Silanen	152.5
	807.5	H. Nystrom	152.5
2. - Tap. Era		T.Pusa	200
J. Riekkinen	150	K. Pakarinen	210
J. Ornberg	197.5		715
J. Tuononen	195	7. NoVo	
E. Jantunen	212.5	K. Savonen	210
	755	J. Saarinen	162.5
3. - MKK PT		H. Savola	160
A. Savolainen	167.5	R. Kannisto	170
R. Pantsukov	177.5		702.5
J.Linden	195	8. - PCV-94	
J. Keinanen	212.5	J. Kvist	162.5
	752.5	J. Haapasalo	145
4. - JVK		A. Niskanen	182.5
K. Veld	185	E. Haapalainen	205
H. Hagfors	177.5		695
J. Kalho	180	(out of competition)	
J. Ruokonen	207.5	SalVo	
	750	J. Suomela	152.5
5. - Valtti		P. Heino	230
O. Rantanen	160	K. Laakso	195
J. Antilla	155	J. Ruohonen	192.5
			770

(thanks to Heikki Orasmaa for providing results)

St. Marys Bench & Deadlift Meet
23 SEP 00 - St. Marys, PA

BENCH		MASTERS	
AMATEUR		T. Donahue	390
Women		R. Hoover	235
129		T. Tullio	185
E. Ferra	150	DEADLIFT	
Men		TINY TOT & JR.	
123		Jared Meinert	35
W. Heverley	190	Jeffrey Meinert	55
148		K. Ferra	120
J. Brown	290	AMATEUR	
G. Ginther	230	Women	
T. Tullio	185	129	
165		E. Ferra	330*
M. Maroni	370	Men	
181		123	
T. Donahue	390	W. Heverley	230*
S. Burnside	350	148	
E. Reynolds	300	L. Zmitravich	450
198		T. Tullio	285
J. Meckler	425	181	
A. Dornisch	420	S. Burnside	430
M. Pyne	380	198	
220		A. Dornisch	575*
S. Pollard	475	220	
P. Parks	410	J. Howell	550
E. Barr	385	E. Howell	550
D. Martin	375	242	
242		C. Seeker	700
C. Seeker	545	SUBMASTERS	
R. Miller	500	J. Howell	550
SHW		MASTER	
P. Hilliard	415	T. Tullio	285
SUBMASTERS		Guest Lifter 242 Pro	
M. Maroni	370	Bench	
P. Parks	410	C. Seeker	545
M. Pyne	380	Deadlift	
J. Howell	390	C. Seeker	700

* denotes State Record. Reynoldsville Chiropractic Team: Mike Pyne, Ellen Ferra, Terry Donahue, Reggie Hoover, Leonard Zmitravich, John Brown, Wes Heverley. The 4th annual St. Marys Bench & Deadlift Meet was a big success from the bench to the Deadlift. I would like to thank Carl Seeker and all the other judges and table help along with the spotters and plate loaders. We look forward to seeing you at the next meet. (Thanks to Ken Mountain for providing the results of this competition).

2nd Annual Deadlift on the River
17 SEP 00 - Elkhart, IN

Deadlift		Masters 60+	
Women		M.Miller	375
L. Boshoven	500	198	
Men		Open	
50		T. Ward	580
Youth 5-56		S. Mendel	555
D. Robinson	55	A. Robinson	445
70		A. Cancel	415
Youth 7-8		220	
A. Robinson	85	Teen 16-17	
105		B. Miller	420
Youth 12-13		Open	
J.G. Smoker	175	G. Bult	650
148		J. Wagner	515
Master 50+		242	
M. Wider	400	Open	
181		K. Slaughter	540
Open			
R.Palmer	600		

Special thanks to: Mike Wider, Carol Smoker, Rachael Smoker, Al Robinson and Lynne Boshoven, whose deadlift bar was the centerpiece of a most successful meet. A very nice turnout for the Deadlift on the River meet was rewarded with perfect weather with predictable results... fantastic lifting! Former USPF State Chair, Al Robinson, competed for the first time in well over 10 years and managed a 445 in the 198s. It's not like he hasn't been busy in the meantime; getting a Black Belt in karate, playing semi-Pro football and fathering a couple of sons, both of whom lifted in their first meet. But he found himself in the toughest class of the meet, as Tyrone Ward came into the meet in the shape of his life. Using his usual impeccable form, the owner of the Power Works Gym polished off a very smooth 580. He had a 605 up with great effort, which is the best lift I've ever seen him make, but his grip gave way just before he got the down signal. Steve Mendel took second with a 555 although he did try for the win with a 580 since he was lighter than Ty, but it just wasn't there. And although he had to settle for 4th in the 198s, Angel Cancel still managed a pr 415. Not to be outdone, both of his teammates hit pr's also: Brandon Miller made 420 at 15 and 205, and his Dad, Mike (Gramps) Miller made 375 at 181 at age 63! At age 12 Jon Gabriel Smoker weighed in at 100 for the first time and hit a pr 175. He pulled 185 strongly and would have made it if he hadn't lost his balance forward. In the 220's John Wagner also joined the pr hit parade with a 515, which isn't surprising as the great George Rorex is his coach. The winner at 220 was personal trainer, Gerrit Bult, who came in at a well conditioned 203 and pulled a beautiful 650. His attempt at 700 was a no go, but that was by far the most he's attempted at such a light bodyweight and something in between 650 and 700 would have been there, but he went for broke and one certainly can't fault a guy for doing that. It beats seeing someone sand - bag their way thru a meet. In the 242's veteran Ken Slaughter had a pr 560 to just above his knees but couldn't finish it. He and Ty Ward trained together for this meet and obviously they must've had a good effect on each other. Ron Palmer won the 181's with a 600 and certainly couldn't be faulted for not trying a 3rd attempt as he had made a 615 the previous day at another meet. Hopefully this meet has established itself now as a great venue for hitting your best lifts and having a great time in the process. I cant promise the weather will always be a breezy 72, but I can promise the meet will always be fun. (Thanks to Jon Smoker for providing the meet results to *PL USA*).

USPF Nickel City Classic DL
25 MAR 00 - Buffalo, NY

220	
S. Helmicki	640
Ramanchandan	360

Thanks to the Referees who braved the Blizzard to help out with such a small meet (Big Ski, Froggy, Kenny "Amherst's strongest cop"). This was a comeback meet for Steve Helmicki after rupturing his right biceps tendon in 1998. It was also Mohan's first time in a meet. Only openers for both lifters were achieved. Helmicki is missed 660 twice and Ramanchandan missed 400 twice. Hopefully this coming year of competition will bring Helmicki back to Elite and the top twenty and Ramanchandan the elusive 400. (Thanks to S. Helmicki for results).

Ellen Ferra *with a Women's Amateur APA Pennsylvania State Record of 150 pounds in the bench press, and she also pulled a 330 DL. (photograph provided by courtesy of St. Mary's Health & Recreation)*

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Report from Larry Maile, NAPF Vice President (North America), USA Powerlifting Vice President - A number of interesting things have occurred in the past several months in USA Powerlifting and IPF lifting. The first of these is the chartering of the North American Powerlifting Federation under the IPF banner. The IPF constitution mandates that there be regional federations in each of the five major regions, which include Europe, Asia, South America, Africa, and Oceania (Australia, New Zealand, the Pacific Islands). The purpose of these federations is not to replace or compete with national federations, but to provide another avenue for international competition, and to forge unity among the regions. Each national federation may have a regional championship, to which all member nations are invited. Records may be established. Perhaps the best model for this is the European Powerlifting Federation, which holds separate championship meets, one for every division, i.e. women, masters, men's and women's open, etc. Some of the best lifters from each country compete, but those who are aspiring world competitors also have the opportunity to represent their respective countries in international competition. Each open regional championship also includes a congress which provides a forum for the discussion of regional and development issues.

The first North American Championships are scheduled for May 18th, 19th, and 20th in Minneapolis, Minnesota. Mr. Steve Gavin and his associates will be hosting this meet. Our plan is to offer this meet to another country in this region for it's second year. Speaking for the lifters from the far north, someplace warm would be nice. This meet will include both men's and women's Open, Junior and Master divisions. Several of the member nations from this region have indicated that they will attend. The competition format will be similar to an IPF world championships. This meet will also include an open competition, which will be similar to the previously held ADFPA Open North American Championships, which were formerly held in Wilkes-Barre, Pennsylvania. This will give lifters the opportunity to compete in a large, international format meet with international competition. Lifters are being invited from each of our regional member nations, and guest lifters may attend from other IPF member nations. The invitations for the international competition, and entry forms for the North American Open will be available from Mr. Gavin in the next few weeks. He may be reached by phone at (612) 207-4796, or by email at stevegavin@hotmail.com.

One of the most exciting things happening on the USAPL/IPF lifting scene is the high level of participation, and success of U.S. lifters and officials attending IPF world championships. While you may think that this is a "closed shop" and only the few elite athletes may attend, that hasn't been true recently. Almost 100 lifters traveled overseas this year to compete, and we were invariably represented by full coaching staffs, often number five or more per team. Family members and supporters equaled the number of lifters at several meets. As an example, our contingent for Jr. Worlds was 42 people, all representing the best of America. Over the next year, two world championships are being added as well as additional age groups for masters. In March, the first Master's Bench World Championships will be contested in Hamm, Luxemburg, and the first Sub-Junior World Championships will be held in St. Petersburg, Russia. Lifters for the Master Bench Worlds will be selected from the master divisions of our (USAPL) Nationals and Bench Nationals over the past year. For the first time, there will be two age divisions for women, 40-49, and 50+, with all weight classes represented. Men's Master competition will include all weight classes and the 40-49, 50-59, and 60+ age divisions.

The Sub-Junior Worlds is for lifters from 14-18 years of age, inclusive. Selection will be from the Teen Divisions of Women's Nationals, High School Nationals, and the teen divisions of men's Teen/Jr. Nationals. Our high school programs have been very strong over the past several years with large teams in Wisconsin, Michigan, Louisiana, and lifters and smaller teams for many other states. Most of the lifters in this age group have not had the opportunity to attend a world championship meet in the past because of the difficulty in qualifying against more seasoned Junior lifters. This barrier is removed this year, and there will be many competent and gifted young competitors who will have entree' to the world stage.

Our lifters and teams have placed well this year in international competition. Our women's open team placed third at the Women's Worlds in Argentina, our women's Junior team, third, and our men's team, second in Taiwan. Our Master's women won the World Team Championship in Czechia. Our Men's Master I (40-49) placed second. Our Men's Open Team placed third in Akita City, Japan, and our Men's Bench team brought home the third place cup. We had several individual world champions this year: Jennifer Maile, Julia Loya, Tony Caprari, and P.J. Chovanec from the Jr. Worlds, Harriet Hall, myself, and Shawn Cain from Master Worlds, Brad Gillingham from Men's Open worlds, and Mike Hara from Bench Worlds. One thing that distinguished our champions from those of other federations and championships is the ability to perform in heavy traffic. No IPF world championship is gotten in an uncontested class and none is easily won. Lifters from the USA are proving that we can perform under pressure with poise and can produce when it counts. There has not been one drug test failure in international competition from a U.S. competitor.

Several bids have been entered on behalf of the United States for world championships. The 2nd Masters World Bench Press championships are to be held in Texas in 2002. Women's worlds in 2003 will be in Chicago, and World Juniors in 2004 will be in the U.S. We have entered bids for the Bench Press Worlds and World Master's championships for 2004, but these must be decided at the next IPF congress. We have also gotten permission from the IPF to hold cup matches between IPF member nations here in the U.S. The first Pacific Cup was held in December in Hawaii, with small attendance due to the short notice given. Planning is underway for next year and nations from the Pacific Rim have already been invited.

In addition, lifters from IPF member nations have been invited to compete as guests in local, state, and national level competition here in the U.S. There is great interest in coming to the U.S. on the part of our friends internationally, and they offer knowledge and experience that our lifters, coaches, and officials could benefit from. Some of them may require financial and administrative assistance getting here, but the chance for exchange makes it worth it.

To close, the future for international competition by U.S. lifters looks bright. Many more lifters, coaches, officials, and fans have the chance to participate. The IPF has been referred to recently as "the Big Show." It truly is, and the "Big Show" is open to everyone.
Larry Maile

Additional Comments from Jim Ford: Yes, it is an exciting time for the evolution and popularity of the sport of POWERLIFTING. I echo the statements made by the other gentlemen here; we have seen much progress in the last year. At long last we will begin to see IPF World Championships in the USA again! We have made many friends as we traveled to many nations over the last years; and now we welcome the opportunity to let the lifting world come to the US and be our guests. Two of the first meet promoters to step up and take on the challenge of putting on the "Big Show" are two of our finest; Steve Gavin in Minnesota and Johnny Graham in Texas. Steve is already hard at work in preparations for the North Americans. Johnny will travel to Europe soon, just to scout out this year's competition, and be ready for 2002.

This would be an excellent opportunity for US corporate sponsors and individuals to come together and help us to really put out the "welcome mat" for the worlds best in our sport. There are already firm commitments from the major PL'ing companies to sponsor these events; but there is plenty of opportunity for other businesses to get there message out there to the public. What company or corporate enterprise wouldn't benefit from being associated with the "World's Strongest Sport"? Contact North American VP Larry Maile for details.

Good lifting to you all ..... *Jim Ford/Dec. 2000*

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BENCH
Teenage 13-15
148
Hayward Blake 220
Adam Contreras 99
181
Mike Minahan 220
Teenage 16-19
220
Daniel Puder 275
Law/Fire Open
220
James Hutchins 363
242
Mike Smeyser 390
Open
165
Mark Laurel 325
Brian Ridolfi 319
Nick Erbe 303
181
Lee Jones 462
220
Dr. M. Ludovico 573
Jim Hutchins 363
242
Cody Smith 413
Mike Smeyser 390
308
Tom Manno 633
Submaster
165
Mark Laurel 324
198
Steve Ughe 368
242
Delbert Shay 368
Dave Hatfield 341
Master Men 40-46
165
Manuel Tinoco 170
181
Mark Reifkind 380
198
David Bertier 308
308
Tom Manno 633
Master Men 47-53
220
D.J. Jamerson 291
242
Fred Kendall 352

Super
Leo Contreras 407
Master Men 54-60
198
Doc Hilger 308
Master 61-67
242
Omar Bruce 347
Master Men 68-74
198
Bill Peckham 248
Open women
132
Judy Rodriguez 143
DEADLIFT
Teenage 13-15
148
Hayward Blake 352
Adam Contreras 176
181
Mike Minahan 325
Teenage 16-19
220
Daniel Puder 402
Law/Fire Master 40-47
308
John Minahan 539
Open Men
165
Brian Ridolfi 456
242
Mike Smeyser 518
Cody Smith 379
Submaster
198
Steve Ughe 495
242
Delbert Shay 501
Master 40-46
181
Rich Cirigliano 562
198
David Bertier 529
242
David Glahn 567
Gary Stevens 550
Master 47-53
165
Gordon Santee 534
Super
Leo Contreras 451
Master 61-67
242
Omar Bruce 523

In teenage bench in 13-15 age group Adam Contreras put up 99 lbs. to finish second to Hayward Blake who tied the world record with 220 lbs. in the 148 lb. class and had to settle for a California state record. At 181, Mike Minahan set a California state record with 220. In teenage 16-19 220 lb. class Daniel Puder set a California state record with 275. In law/fire master 40-47 John Minahan set a California state record with 473 at 308 but couldn't handle 500. Bruce Sabin was second with 423. In law/fire open Mike Smeyser won 242 with 390. At 220, James Hutchings set a California state record with 363. In open men at 165, Mark Laurel did 324 to edge out Brian Ridolfi 319. Nick Erbe was third wtih 302. At 181 Lee Jones from Chico put up an above average 462. At 220, Dr. Mike Ludovico one of the finest chiropractors in the world did a 573 and left 10 pounds on the platform. Jim Hutchins was second with 363. At 242 Cody Smith of Iron Gym on the west coast did a 412. Mike Smeyser was second with 390. At 308 Tom Manno opened with a smoked 595, went to 616 which was just as easy, and then on to a 633 which was also a master world record 40-46 age group. The old record was held by Bill Gillespie at 589. The 633 by Manno is the highest bench ever in WABDL by a master lifter. The previous high was 610 by George Nelson who at 55 is 13 years older than Manno. In submaster Bench at 165 Mark Laurel pushed up 324. At 198, Steve Ughe the Guru of Palace Gym in Burlingame did a 368 to beat Dave Hatfield's 341. In master men 40-46 Manuel Tinoco set a California state record of 170 pounds at 165. At 181, Mark Reifkind set a California state record of 380 with authority. He slammed his lifts up. At 198 Keith Kanemoto put up 445, shy of his California state record of 451. David Bertier was second with 308. At 308, Tom Manno was the show with 595, 616, and 633 all of them world records! Tom is out of Phoenix, AZ and played in the NFL with the Cowboys. In master 47-53 Leo Contreras rammed up 407 for a California state record at Superheavy. Fred Kendall set a California state record of 352 at 242. D.J. Jamerson won the 220 class with 291. Dan Waters won 198 with 253 lbs. In master 54-60 Doc Hilger set a California state record of 308 at 198 lbs. In master men 61-67 a very fired up Omar Bruce set a California state record of 347 at 242 and Bill Peckham set a California state record of 248 at 198 in master 68-74. In open women bench Judy Rodriguez did a 143 at 132 lbs. Outstanding lifters in the bench lightweight was Keith Kanemoto - Heavyweight Tom Manno. In the deadlift teenage 13-15, Hayward Blake set a California state record at 148 with 352. Mike Minahan set a California state of 325 at 181. In teenage 16-19 220 Dan Puder set a California state record of 402. In law/fire master 40-47 John Minahan set a California state record of 539 at 308. In open men at 165 Brian Ridolfi did a nice 456 - that's good weight for 165. At 242, Mike Smeyser hauled in 517. Cody Smith was second with 379. In submaster Delbert Shay set a California state record of 501 at 242. Steve Ughe did 495 at 198. In master 40-46 198 David Bertier set a California state record with 529. At 242, David Glahn pulled a hard 567 for a California state record. Gary Stevens was second with 550. At 181, Rick Cirigliano pulled a huge California state record of 562. In master 47-53 Gordon Santee tied a world record 534 at 165 and Leo Contreras pulled a California state and world record 451 at super. In master 61-67 Omar Bruce ripped up a world record 523 at 242 lbs. and was named the outstanding deadlifter for heavyweights. Rick Cirigliano was the outstanding deadlifter for lightweights. Iron Island Gym of Alameda won the team competition. I want to thank John and Nancy Ford for staging this contest held at the Gym Magnifique in Daly City. After the contest John had a banquet featuring lasagna and chicken and apple pie and ice cream that was magnificent. I also want to thank John and Nancy for their judging as well as Gordon Santee and Gus Rethwisch. I also want to thank Jane Yuster for a good job of scorekeeping and MCing. (Thanks to Gus Rethwisch for results).

Art Ramsey (left) with Tom Manno, *who benched 633 at the WABDL Northern California Meet (photo courtesy of Gus), where* ***Dr. Michael Ludovico*** *(below, left) benched a new PR and California State record 573 at 220 (photograph courtesy of Dr. Ludovico)*

WABDL

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Signature_____

USAPL New Jersey BP Open
12 AUG 00 - Rockaway, NJ (kg)

Women (formula)		**B. Newell**	**127.5**
L. Stiegler	72.5	**Open**	
L. Harris	55	**165**	
Raw (formula)		**W. Lee**	**170**
J. Bongiovanni	157.5	J. Caliguari	145
A. Bishop	160	S. Glick	
D. Lupardo	167.5	**181**	
A. Haas	110	J. Bongiovanni	157.5
J. Fitzpatrick	110	K. Kubat	155
Teens (formula)		R. Leonard	142.5
M. Abramson	105	**198**	
Juniors (formula)		B. Dunado	180
M. Ciupinski	147.5	B. Burritt Sr.	170
Submasters (formula)		J. Poggioli	145
C. Neal	192.5	**242**	
Masters (formula)		L. Saviano (BL)	227.5
S. Krawczyk	150	R. Scandle	182.5

BL- Best Lift (by formula). (The results by USAPL).

(article continued from page 11)

Andrus was the lightest among the field at 193. He finished strong in DL (633) for 1614 TOT and 4th place. Bronson Brown, 28, of RSA hoisted 661 on his last DL for 1675 and the bronze. Although Martin Donvan, 31, GBR was no match for Kellum (who is?) he produced a fine performance: 716 SQ, 485 BP, 716 DL, a 1918 TOT with no misses. Kellum, of Mandeville, LA, had an incredible day last year in Calgary making an incredible 2138 TOT, the 2nd highest All Time. Jesse had designs on beating that number sometime down the road, but this wouldn't be the day. Kellum chastised himself for having "a bad day". He chalked up a 2055 TOT making only 4 of his 9 attempts: his 821 SQ opener was destroyed. He misgrooved 854 and lost it on balance, and failed again on a 3rd. He got 2 benches - 578 and 595 - but missed 606. Jess pulled 639 on his opener, but couldn't find his pulling groove with either 666 nor his last try at 683. His 6th WPC World title was a CAKEWALK. But, Jess looked at it as CASH LOST! He did win WPO prize money for finishing 3rd, matched against heavier opponents in the next highest category.

220 - The 220 class featured the hottest competition of the whole meeting. Three of them were former World Champs, with a powerful newcomer who figured he could take them all being newcomer Harold Selsam, 33, the German destroyer. Matt Zweng, 28, of Michigan had moved South to pursue a career as a Chiropractor. He was the 198 WPC World Open Champ in 1998 in Graz, AUT. Matt, belabored with his work had originally announced his retirement from PL, but was lured into making this event his swan song. Kevin Hammerton of Brighton, England was the defending champ. He and Matt battled for the bronze as it turned out. Hammerton, I was told, had dunked an incredible 411 Kg. at the British Nats (906 lbs). I believe it, having seen his enormous SQ strength on several occasions. This wasn't Kevin's day. After posting 782 as his opening lift, he went up to 837, a weight he squatted twice, but the judges said "Nope!" Zweng repeated his missed 2nd 799 lift on a final go. Hammerton continued to struggle, BPing 485, and missing 501 twice. Matt put up 512, then 534 strongly, before missing his 545 final. Zweng was only 5 lbs. behind the leader Selsam, GER, going into the deciding phase. Matt's 683 deadlift duplicated Hammerton's 2017 TOT, which the Brit had established by lifting 705 on his 2nd round. By virtue of lighter weight, Zweng got the silver medal, when Hammerton failed 749 going for a do or die try. The two leaders slugging it out proved to be the German Harold Selsam and the bionic backed Austrian, Gerhard Depner,

Winners in the WPO Cash Prize Division up to 100 kg. *- (seen left to right) 5th - Hammerton GBR - 915; 2nd Selsam GERMANY 935; 1st Depner AUSTRIA 940; 3rd Kellum USA 932.5; 4th Zweng USA 915.*

42. Depner had been champ in '98, and is handicapped by a missing finger. Gerhard took 793 down into the hole - and was twice denied. He went to 815, and went lower and ground it up using his powerful back as a fulcrum. This time it was good! Selsam proved he didn't come to America to see the sights; he smoked 749, and then went straight to 826 - miss. On a final try it was a good lift. No more misses for the DETERMINED GERMAN! BP (512) and a final 722 DL led to a TOT of 2061. Depner raised all three: 705, 749, 760 with the greatest of ease. He's done right at 800 and could've pulled that much, if needed, here. Now he's a 2 time champ for Austria. Fifth place went to Mike Fessenden, 33. He had an off day getting an 810 SQ, 440 BP, and 644 DL for 1895, way under his best. Depner's 2072 TOT earned him WPO cash to take home, not to mention the World title.

242 - The 242s had a big lineup with 10 men present. Keith Thompson, 33, GBR, must've been hurt warming up. He didn't come out. Then AUT's Hannes Winkler, 24, missed all his 716 SQ attempts. Johan Nel was at the bottom of the heap with 2nd attempts all good - 1609. His teammate Pieter Appelcrum, 29, took 7th with 1763. Jarmo Veisala was sandwiched between the two Brits - Mark Cullimore, 34, and Steven Middleton in 5th spot with 1895. He got 705 SQ & DL openers along with 3 BPs (485). Middleton was 6th @ 1846 going 8/9. Cullimore ended up in 4th via his 771 SQ, 479 BP and 694 DL - 1945 - with only 5 lifts. Paul Urchik, 41, out of Southgate, Michigan pulled off the THREEPEAT, his 3rd consecutive Worlds gold medal. He grunted through his 876 2nd attempt SQ before failing 903. He was red hot in the BP, getting all 3 and a new PR - 551. A bit of drama in the DL! Urchik had a momentary lapse of concentration, missing his 716 opener but came back to clinch the title. His heart wasn't in his 771 try and it hardly moved. Paul smiled sheepishly and waved to the crowd as he exited. It was nip and tuck to see who'd get silver and bronze between USA's burly backup Dennis Muratori, 34, from Huron, OH and Michael Weiler of Austria. Dennis had a fitful time getting his SQ on the board. He began at 815 with balance problems, then missed again. On his 3rd he was arising when the spotters grabbed the bar as he was twisting to the right. This nullified the lift. A protest was lodged and he was granted his 3rd and final attempt over. To the relief of everyone he finally got it. Weiler, looking powerful, wrapped up his 837 2nd try, then made a quantum leap to 903 - he missed! After Weiler finished with a 490 BP; this gave Dennis the opportunity to strike. He did with 512, to tie, but Weiler was still ahead as lighter man. Muratori pushed Weiler to 3rd, outpulling him 711 to 705. Muratori TOT - 2044, Weiler - 2033.

275 - Five men contested here for top honors. Rufat Agayev, AZE, @ 254 stayed in the mix with his 793 final SQ. After benching 485, he tore a pectoral muscle trying 507 and was out of the meet and off to the hospital. David Clements, GBR, and 266, had SQ depth problems. He stayed

Al Mehan's *beautiful squat style.*

in the medal hunt getting his final 793 try. Dave punched up a 462 BP, but couldn't negotiate 496 despite two brave tries. Clements pulled well, raising a 738 DL 2nd. TOT - 1995 - 4th place. Steve Wisemon of CAN proved his strength in his Worlds debut. He handled a 749 SQ - no problem. His 804 was wishful thinking. Steve made powerful presses and finished with 529 - good. His pulling ability was impressive indeed. He yanked up 727, then a big 782, before missing 804. TOT 2072 - third place. Bill Nichols, 42, from Naperville, IL is still one of the best around. He overcame balance problems early on to blow away 859, after a missed SQ opener of 832. He jumped big and put 926 in the hole and cranked it right up - good. Bill, with a reoccurring shoulder problem, was forced to stroke 474 twice to get approval. He added a good 716 DL, popping it right up in his wide stance sumo. He couldn't get 749 to stay in the groove. TOT 2116 - a silver medal for a nice guy. Ano Turtianen, the broad backed, 33 year old FINN dominated decisively. His display was scintillating - 881, then 914 SQ - pass 3rd. He began his BP with 551, missed twice at 573. His 793 DL opener looked ridiculously effortless. He went to 859 and raised that right up. Up to 887 he went, seeking to beat his own WPC WR of 881. He missed it, but came back on an extra try, and ripped it right up. TOT 2325 - three times now the World Champion. Who - if anyone - can beat him next year?

308 - This has become a very popular class. Not every Superheavyweight wants to weigh 350 or more. This year the 308s were loaded with talent. Last year's champ, Scott Warman, had returned from injury and semi-retirement to nab his 8th World Title. Will we ever see him again? This year the USA was represented by Craig Gallo, 28, Ann Arbor, MI. Craig was the surprise '98 WPC World Champ @ 275, and was this year's Seniors champ. His backup man was Russ Barlow, 40. Also in the mix was Allen Mehan, Canada. The British powerhouse Andy Bolton had his own designs on the gold medal! Holger Kuttrof, GER, @ 305.5 used a close stance and sat ultra deep. He powered up with 815, but got pinned with 859 - hurt himself - and dropped out. Mike Robertson, RSA, 297, handled 815. He made a big increase to 881 - too much. TOT 1796 - and he finished 7th. IN 6TH TODAY - IT'S UWE FREY. At 286 the best German made all his attempts with the exception of his final 529 BP try: 771 SQ, 507 BP, 650 DL for 1929. The backup Brit was Andrew Bowman (290). He made 3 good SQs (859) plus openers - 507 BP and 672 DL for 2039 and fifth position. USA's Russ Barlow had a splendid day: SQ 821, 551 BP and a strong 782 2nd DL - TOT 2155 - 4th

The Incredible Upper Pulling Apparatus of Finland's ***ANO TURTIAINEN***

place. It was nip and tuck between Allen Mehan of Canada and the USA's Brahama Bull Craig Gallo. Gallo had no misses and motored up all 3: 942 - a big lift. Mehan lost his EZ 892 start due to balance. He obliterated that weight on a repeat. He went way up to a sky high 981 and absolutely destroyed it. Way down and he roared up like a freight train. He wanted to break the WR of 992 owned by RSA's Gerritt Badenhorst, a World's Strongest Man competitor. Allen called for 458.5 kg. (1010.8). He descended, hit the hole, and rose back up. Yes, it was good! Meanwhile GBR's ANDY BOLTON did some DANDY STROKIN' of his own. He barreled through 837, 881, and finally a British Record 926! Things were heating up! Mehan was much improved in BP. He popped up 529 - his best ever. Bolton ran into a brick wall. He needed all three tries to make his 540 opener. Gallo was on a roll. He completed them all (556) and exceeded his own PR! Mehan's DL was good. He pulled 711 on his final round - TOT 2221. Gallo had to hoist 744 on his second lift to win silver - 2243. Three competitors represented the WPO outside the competition and added excitement. WPO founder and promoter Kieran Kidder, a former WPC World Champ himself, came in at a streamlined 297 and really looked good having shed some 50 lbs. Kieran dunked 903 deep and easily. He twanged his hamstring attempting 953. This left him hobbling and forced him to forgo attempts in the other lifts. Beau Moore from FL weighed 306 and gave a good account of himself: 788 SQ, 655 BP (temporarily a WPO WR - taking 3 tries to get it), 733 DL, for a 2177 TOT. That's with very little preparation in training all 3 lifts (2-3 mos.). Rob Fusner from the famous Westside Barbell Club is an incredible powerhouse. He came to prove he is the REAL DEAL, and did so in a most convincing manner. Weighing 294.7 he SQ'd 903, BP'd an unbelievable 688 (the highest of the whole meet and a WPO WR). Rob raised 766, a personal best, in the DL for an astounding TOT of 2358! This inspired Andy Bolton, the British Bulldog, to reveal his devastating deadlift ability. We knew he was a powerful puller, but never expected what we were about to witness! Andy opened with 837. It looked so easy we thought surely it must've been a hundred lbs. lighter misload - but with 2303 he'd won; just like that. Next he advanced to 881, and yanked it up with no visible effort - TOT 2347 - a WR aggregate. He reserved his final lift for a WR try with 898. This would surpass Badenhorst's 892 set back in the late 80s. He pulled it up so ridiculously easy we could scarcely believe our eyes. He held it a long time, turning his head from side to side to glare at the judges, and roaring his defiance like a enraged lion. This lift gave him an incredible aggregate of 2364. Not only did this better his still smoldering TOT mark, but put him 5 lbs. better than outsider guest Fusner. Wow! Bolton was also registered with the WPO, and in the hunt for cash as well as Fusner. But wait! It wasn't over. Bolton, backstage, had worked himself up into a near frenzy. He wanted to hoist the biggest weight of all time. That was a tall order as the record was held by the 6'7" 320 lb. Gary Heisey at a mind boggling 925 lbs!! Andy called for 420 kg. (925.941 lbs). The bar was loaded and he attacked it. The load of iron cleared the deck, and was going up. It was above the knees; but then came to a dead stop. What an exciting class.

SUPERHEAVYWEIGHT - No one in the rest of the World showed up this year to mount a challenge to the reigning WPC World Superheavyweight champ. I've dubbed him the MILLENNIUM MAN in previous writeups because he has risen in the last two years to became the most dominant SHW powerlifter as we have crossed the threshold into the 21st century. Garry Frank, 35, was - a few short years ago - like a big locomotive: his engine was revved up to full throttle, but he sat there his wheels spitting sparks, unable to get traction. Then came the boost of confidence that was all that he needed. A former pro football player, Garry is now a teacher and head high school football coach. This Louisiana Leviathan stands 6'4" tall and tips the scale at 374 lbs. Despite his intimidating size and strength, he has a quiet, affable demeanor, but nonetheless he maintains a serious persona resolute in his objective. Garry posted a 2453 TOT in winning the USA Srs. Only the great Ed Coan had totaled more (2463). Garry had aims to surpass that aggregate. Would today be the day? The only other man in his class was Brent Mikesell, 24. He's 6'1" and 336, and hit a sky high 2342 TOT as runner-up to Garry at the APF Senior Nationals in Michigan. There Brent smashed the thousand lb. barrier in the SQ (1003) deep and powerfully. Third there and an WPO extra lifter here was a man equal to Garry in size! Jim Voronin of El Paso, TX. Voronin had a disappointing day here struggling to get his 871 SQ, a weight he handled easily on a 3rd, finally conquering his balance and depth problems. Big Jim ran into a brick wall in the BP, failing 3 times to lift his big 655 start weight. He sat on the sidelines and offered his encouragement to his SHW comrades. Mikesell, who'd hit a 600 BP in training, had hurt himself doing so, and was not in the best of condition. Brent began with a 936 SQ, but couldn't get low enough. His canvas suit seemed to hamper rather than help him. Brent got the weight up on his 2nd. Mikesell went straight to 1003, a weight he'd done officially - twice! He got it, but struggled - unlike his easy deep lift at the Seniors. A safe 440 BP to get on the board was followed by big misses with 562, and then 573. Brent pulled 711 to assure 2nd place (2155), but missed 771 badly. It was a tough day for Brent. This set the stage for the BAD DUDE from BATON ROUGE! Garry appeared like a monster in a fairy tale. He's big as a mountain and bandies big barbells about like they're play toys! Frank had no difficulty in getting his SQs low and roared right up: 865, 909, and finally 942 which seemed the easiest of all. He was out of sync in the BP. He succeeded with his 650 opener, but that was all! He increased to 694. A single handoff from training partner Bob Phillips works for him. The side spotters were told not to assist. This must've fell on deaf ears as one handler picked up on the right side which tilted him badly. A re-rack would have been best move. In such a case another opportunity would've been given. Garry tried it anyway, resulting in a miss. On his 3rd, his shirt ripped. Garry changed to his Inzer double denim and took a

Andy Bolton *of Great Britain with his easy DL attempt with 881 pounds.*

4th with 727. He seemed to never get it down, but finally touched, too low, and it wouldn't go. Garry never warms up for the deadlift. He opened with 837 - just came out and yanked it right up - 2430 TOT - right off the bat. Seeking to register the highest legitimate TOT of all time, he called for a PR 876 going for 2469.17 lbs! This would also be a WPC WR, beating his own mark of 2453! Out he came like a charging rhino. Poised over the bar he crouched and pulled. The load literally exploded from the grasp of Earth's gravity, moved up rapidly, and was locked out cleanly on both sides, perfectly level. It got 3W, including that of Vanessa Gibson of GBR, who is a very tough scrutinizer. He'd done it - the highest official TOT of all time. But wait! Garry wasn't through yet. He went up to 412.5 kg for his final try (909.4 lbs.) He yanked this up above his knees, but it stopped dead. What a fitting climax to an outstanding competition. Most people agreed with me on one thing. Ernie Frantz will be remembered a long tine for this. He really outdid himself! Next month-Part 2 of the WPC Worlds (Teens, Juniors, Sub-Masters, Masters)

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WOMEN	NAT	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
Open												
48												
J. Schroeder	GBR	46.8	100	110	115	47.5	~~55~~	~~55~~	110	120	~~130~~	282.5
L. Watson	GBR	45	80	90	~~95~~	57.5	~~60~~	~~60~~	90	100	~~105~~	247.5
L. Barlow	USA	47.5	~~145~~	~~150~~	~~150~~							NIL
52												
K. Wilcox	GBR	51	80	90	100	60	65	~~70~~	110	120	135	300
56												
A. Weisberger	USA	55	~~180~~	~~180~~	180	117.5	127.5*	~~137.5~~	180	192.5	~~207.5~~	500
N. Avigliano	USA	53.6	152.5	~~160~~	160	87.5	~~90~~	~~90~~	177.5	~~182.5~~	~~182.5~~	425
J. Thomas	GBR	55.4	~~150~~	160	~~170~~	75	77.5	80	160	167.5	~~170~~	407.5
60												
V. Huyser	RSA	59.8	160	180	~~195~~	85	95	100	160	170	~~180~~	450
V. Ware	USA	59.8	150	170	~~180~~	97.5	~~105~~	~~105~~	160	172.5	~~187.5~~	440
M. Diamond	USA	58.8	~~172.5~~	~~172.5~~	~~172.5~~							NIL
67.5												
M. Liggett	USA	66.8	202.5	~~220~~	220	125	~~132.5~~	132.5	185	192.5	~~197.5~~	545
4th		240.5										
N. Dangerfield	USA	65.5	175	~~192.5~~	~~192.5~~	92.5	100	~~105~~	207.5	Pass	~~238.5~~	482.5
S. Downie	CAN	65.9	~~117.5~~	117.5	~~137.5~~	65	~~75~~	~~75~~	120	132.5	150	332.5
75												
J. Scanlon	USA	74	205	~~217.5~~	~~217.5~~	125	132.5	142.5	195	~~215~~	~~215~~	542.5
J. Tacktill	USA	72.6	~~165~~	165	~~182.5~~	102.5	112.5	120	150	175	~~189~~	460
82.5												
J. Miller	GBR	79.7	165	190	210	110	115	122.5	200	215	230	552.5
C. Rainer	AUS	79.5	~~165~~	165	~~180~~	70	80	~~85~~	150	160	172.5	417.5
90												
T. Rantanen	FIN	85.3	~~180~~	~~180~~	180	145	150	155*	180	200	~~213.5~~	535
90+												
M. Vandyke	RSA	100.6	205	~~225~~	225	110	117.5	~~117.5~~	200	~~207.5~~	~~207.5~~	542.5
D. Shaw	GBR	103.1	240	260	~~286~~							NIL
MEN												
Open												
56												
E. Millan	USA	54.7	182.5	~~202.5~~	~~202.5~~	100	107.5	112.5	182.5	215	~~227.5~~	510
60												
R. Karkuschke	GER	58.7	140	~~160~~	160	105	115	~~120~~	140	165	175	450
S. Grey	GBR	59.2	125	~~135~~	~~142.5~~	90	100	~~105~~	130	140	145	370
67.5												
S. Seikainano	FIN	67.5	260	~~275~~	~~275~~	165	~~170~~	175	~~250~~	250	~~265~~	685
T. Judge	USA	67	205	220	~~232.5~~	147.5	160	~~165~~	202.5	~~215~~	215	595
S. Cook	GBR	67.5	180	~~200~~	~~200~~	100	110	~~120~~	220	230	~~235~~	520
Guest WPO												
A. Conyers	USA	67.5	242.5	~~280~~	280	155	~~185~~	185	227.5	~~310~~	~~310~~	692.5
75												
A. Berardinelli	USA	74.9	308	~~327.5~~	~~327.5~~	192.5	210	217.5	250	267.5	272.5	795
J. Laine	FIN	74.8	300	317.5	~~325~~	170	175	177.5	280	295	~~300~~	790
D. Mannering	GBR	74.2	265	280	~~300~~	195	~~200~~	200	245	260	~~273.5~~	740
J. Almodovar	USA	73.5	277.5	295	~~305~~	167.5	~~182.5~~	~~182.5~~	262.5	272.5	~~282.5~~	735
L. Gordon	GBR	74.1	270	~~285~~	285	152.5	160	165	~~270~~	270	~~290~~	720
F. Manka	RSA	74.6	~~280~~	280	292.5	152.5	157.5	162.5	260	~~267.5~~	~~267.5~~	715
NOV 18												
82.5												
J. Dougherty	USA	82	277.5	300	320	212.5	227.5	237.5	272.5	295	302.5	860
A. Coleman	USA	80	317.5	~~340~~	~~345~~	227.5	237.5	245	295	~~306.5~~	~~306.5~~	857.5
4th						250*						
E. Athlas	FRA	81.6	~~302.5~~	302.5	317.5	172.5	182.5	~~187.5~~	275	285	295	795
R. Archibald	RSA	80.4	260	280		180	187.5	192.5	260	275	297.5	770
C. Evans	CAN	81	~~265~~	~~265~~	265	185	195	200	245	260	270	735
S. Molnar	CAN	81.1	290	~~320~~	~~320~~	167.5	~~182.5~~	~~182.5~~	275	~~290~~	~~290~~	732.5
A. Hearn	GBR	80.5	~~235~~	235	275	167.5	~~175~~	175	245	~~250~~	~~250~~	695
N. Arnold	GBR	81.7	260	275	~~280~~	~~170~~	170	~~175~~	245	~~252.5~~	~~252.5~~	690
N. Primich	RSA	81.7	340	360	~~375~~	~~202.5~~	~~210~~	~~210~~				NIL
90												
J. Kellum	USA	89.9	372.5	~~387.5~~	~~387.5~~	262.5	270	~~275~~	290	~~302.5~~	~~310~~	932.5
M. Donovan	GBR	88.3	300	315	325	200	210	220	280	300	325	870
B. Brown	RSA	89.4	~~280~~	280	310	150	~~170~~	~~170~~	270	300	~~300~~	760
M. Andrus	USA	87.5	265	~~287.5~~	~~287.5~~	172.5	177.5	~~190~~	267.5	280	290	732.5
C. Blake	GBR	87.8	285	~~295~~	~~295~~	155	162.5	~~167.5~~	252.5	~~270~~	~~272.5~~	705
P. Schwarz	AUT	89.1	240	265	275	140	150	152.5	240	260	~~272.5~~	687.5
R. Lahtinen	FIN	88.6	250	255	265	180	~~190~~	190	220	~~232.5~~	~~232.5~~	675
100												
G. Depner	AUT	99.8	~~360~~	~~360~~	370	212.5	220	225	320	340	345	940
H. Selsam	GER	99	340	~~375~~	375	220	227.5	232.5	290	315	327.5	935
M. Zweng	USA	94.7	352.5	~~362.5~~	362.5	232.5	242.5	~~247.5~~	300	310	~~315~~	915
K. Hammerton	GBR	97.5	355	~~380~~	~~380~~	220	~~227.5~~	~~227.5~~	305	340	~~360~~	915
100												
D. Warren	GBR	98.7	320	~~335~~	~~335~~	207.5	~~220~~	220	310	325	337.5	877.5
M. Fessenden	USA	99.6	~~345~~	345	367.5	200	~~207.5~~	~~207.5~~	292.5	~~312.5~~	~~312.5~~	865
K. Pontinen	FIN	99	300	~~310~~	~~310~~	205	~~217.5~~	~~217.5~~	290	305	~~310~~	810
E. Bitek	RSA	97.9	300	~~320~~	~~320~~	215	~~225~~	~~225~~	260	275	~~290~~	790
K. Kruger	RSA	98.6	~~300~~	~~320~~	320	160	170	177.5	280	~~290~~		777.5
M. Jordan	GBR	98.6	~~270~~	270	~~290~~	160	175	182.5	250	280	~~290~~	732.5
NOV 19												
110												
P. Urchik	USA	107.9	380	397.5	~~410~~	235	242.5	250	~~325~~	325	~~350~~	972.5
D. Muratori	USA	109.7	~~370~~	~~370~~	370	215	227.5	232.5	317.5	322.5	~~325~~	925
M. Weiler	AUT	109.5	~~300~~	380	~~410~~	210	217.5	222.5	290	320	~~325~~	922.5
M. Cullimore	GBR	109.6	340	~~350~~	350	210	217.5		315	~~325~~		882.5
J. Veisala	FIN	108	320	~~340~~	~~340~~	210	217.5	220	320	~~335~~	~~335~~	860
S. Middleton	GBR	106.3	~~320~~	320	350	200	202.5	207.5	290	300	310	837.5
P. Appelcrum	RSA	100.2	300	320	330	~~185~~	185	190	280	~~290~~	~~290~~	800
J. Nel	RSA	101.4	250	260	~~290~~	185	195	~~200~~	270	275	~~290~~	730
H. Winkler	AUT	106	~~325~~	~~325~~	~~325~~							NIL
K. Thompson	GBR	107.6										NIL
125												
A. Turtianen	FIN	124.5	400	415		250	~~260~~	~~260~~	360	390	~~402.5~~	1055
4th										402.5*		
B. Nichols	USA	122.1	~~377.5~~	390	420	215	~~325~~	~~255~~	325	~~340~~	~~340~~	960
S. Wiseman	CAN	123.1	~~345~~	345	~~365~~	~~227.5~~	227.5	240	330	355	~~365~~	940
D. Clements	GBR	120.8	~~360~~	~~360~~	360	210	~~225~~	~~225~~	320	335	~~345~~	905
R. Agayev	AZE	115.2	~~340~~	340	360	220	230	INJURED				
140												
A. Bolton	GBR	136.5	380	400	420	245	~~245~~	~~245~~	380	400	407.5*	1072.5
C. Gallo	USA	133.8	400	415	427.5	235	247.5	252.5	320	337.5	~~347.5~~	1017.5
A. Meehan	CAN	129	~~405~~	405	445	215	240	~~250~~	290	315	322.5	1007.5
4th			458.5*									
R. Barlow	USA	140	342.5	362.5	372.5	240	~~250~~	250	332.5	335	~~367.5~~	977.5
A. Bowman	GBR	131.6	350	370	390	230	~~240~~	~~240~~	305	~~315~~	~~315~~	925
U. Frey	GER	130.4	320	340	350	220	230	~~240~~	270	285	295	875
M. Robertson	RSA	135	370	~~400~~	~~400~~	210	225	~~230~~	320	~~330~~	~~330~~	815
H. Kuttroff	GER	138.6	370	~~390~~	INJURY							
R. Fusner	USA	133.7	375	~~410~~	410	~~285~~	292.5	312.5	320	337.5	347.5	1070
B. Moore	USA	139	335	357.5	~~367.5~~	~~197.5~~	~~297.5~~	297.5	305	332.5	340	987.5
K. Kidder	USA	135.3	410	~~432.5~~		INJURED						
140+												
G. Frank	USA	169.8	392.5	412.5	427.5	295	~~315~~	~~315~~	380	397.5	~~412.5~~	1120*
4th						330						
B. Mikesell	USA	152.7	~~425~~	425	455	200	~~255~~	~~260~~	322.5	~~350~~		977.5
Guest Lifter WPO												
J. Voronin	USA	172.5	~~395~~	~~395~~	395	~~297~~	~~297.5~~	~~297.5~~				NIL

Team Champion USA, 2nd GBR. Best Lifters - (Teen) Women - Priscilla Giddings (USA), Men - Stanley Duplessis (RSA), (Junior) Women - Anne Dorner (GER), Men - Light - Ray Miskell (USA), Men - Heavy - Mark Fanone (USA), (Submaster) Women - Liz Allworth (RSA), Men - Light - Vince Graham (CAN), Men - Heavy - Brent Tracey, (Master) Women - Nadine Baker, (Master) Men - Frank Richey, Open Women - Mariah Liggett, Open Men Lt. Angelo Berardenelli, HVY - Garry Frank.

South Florida BP and DL
14 OCT 00 - N. Lauderdale, FL

BENCH	
Women	
B. Lemus (105)	135
D. Ortiz (136)	110
M. Barba (148)	105
Men	
132	
J. Osorio	240
148	
W. Holloway	260
P. Schaugat	
165	
B. Schwab	365
G. Wright	350
K. Norwood	335
Sal D	325
A. Yezer	315
181	
R. Daniels	390
K. Yates	345
T. Houke	320
A. Sniadowski	305
198	
G. Rubin	430
S. Pullaro	350
A. Morzella	345
M. Brown	305
220	
S. Schuler	420
Walker	415
ley	405
r	405
	350
	330
	315
	515
	500
	455
	440
	430
	425
	600
	525
	525
	480
	450
	425
	365
g	365
on	

Masters	
A. Natal (239)	470
G. Walker (208)	415
M. Quinn (319)	450
M. Fries (250)	420
Sanfilippo (226)	405
V. Donofrio (191)	375
S. Pullaro (195)	350
J. Clark (241)	375
Armstrong (196)	315
J. Hudak (216)	275
Teenage	
B. Hopper (193)	365
D. Davis (172)	315
T. Jenkins (117)	210
DEADLIFT	
Women	
M. Barba (148)	260
B. Lemus (105)	200
Men	
148	
W. Holloway	475
165	
G. Wright	580
B. Schwab	550
J. Crowell	430
181	
P. Chang	500
R. Fichera	500
198	
M. Dexter	570
M. Brown	420
220	
J. Cevero	635
K. Middler	
242	
S. Gissing	600
H. Allison	560
J. Calloway	525
SHW	
S. Fromberg	650
J. Bivens	585
S. Knowles	550
M. Ryan	550
M. Schwagel	480
Masters	
A. Natal (239)	620
M. Ramsey (213)	575
V. Donofrio (191)	525
M. Fries (250)	575
C. Staskey (208)	500
Armstrong (196)	405
J. Hudak (216)	405
Teenage	
B. Hopper	525

Meet promoter: Gary McCartney. Special thanks to head judge: James McGlynn, side judges Ron Fortin and Dave Sharky, spotters and loaders Sal, Seth, Chris and others that helped, Ken Mike, Jimmy, Paula, my wife Leigh Anne, and Arianna. I would also like to thank our sponsors American Body Building, and Dynamic Nutrition. Last years competition was just a bench meet with 29 lifters, this year the deadlift was added also and the competitors grew to over 80! In the bench, Brenda Lemmus benched 135 at 105 lbs. to win the women's class. Brian Hopper won the teenage class with a 365 at 193. Jorge Osorno won the 132 lb. class with a 240 lift, and Willy Holloway took the 148 lb. class with a 260. Brian Schwab hit a big 365 at 156 and Richard Daniels won the 181 lb. class with 390. Gary Rubin won the 198 lb class with a 430 and Scott Schuler won the 220 lb. class with 420. Jason Keene hit a big 515 at 228. Jesse Green and Andrew Collura both hit 525 in the SHW class with no bench shirts and Andrew went on to an easy 550 in a 4th. Big masters class, with Alex Natal taking the class with a 470 at 239. George Walker was second with 415 at 208 and 54 years old. But best lifter award went to Miguel Rodriguez in the SHW class with a 600 lb. bench, Miguel went on to an easy 610 on a 4th. In the deadlift, Willy Holloway pulled 475 at 147. In the 181 lb. Class, both Paul Chang and Rob Fichera pulled 500 but the win went to Paul with a 2 lb. lighter body weight! Michael Dexter pulled 570 at 192 and a big 630 by Jeff Cevero at 212. Sam Gissing won the 242 lb. class with 600 and Seth Fromberg pulled an easy 650 to win the SHW class. Masters class once again went to Alex Natel with 620 pull. Melvin Ramsey pulled an easy 600 on a 4th at 51 years of age. In the women class, Margaret Barba won with a 260 lb. pull and teenager Brian Hopper was very impressive with a 525 lb. lift. Best lifter went to the 165 lb. class winner, Greg Wright with a lift of 580 lbs. at 163. Thanks to all the lifters and the enthusiastic crowd that was on hand to cheer on the lifters, and thanks to *POWERLIFTING USA* for posting the results. (Results provided by Gary McCartney, Ironworks Gym).

Greg Wright won Best Lifter *in the Deadlift with this 580 at 163 bodyweight at the South Florida Bench Off and Monster Pull. (photo courtesy Ironworks Gym)*

Best Lifters at the Chicagoland Open *were (left to right) Chris Therman for his 625 lb. deadlift in the 308 lb. class, and Craig Hansen for his 500 lb. bench press in the 220 lb. class. (photograph by Latch)*

ChicagoLand Open BP/DL
15 OCT 00 - Chicago, IL

BENCH PRESS	
MEN	
teenage	
Jason Daviera	335*
master 40-49	
Greg Foster	475
Craig Gordon	450
police & fire	
Greg Foster	475
160	
Joe Gaffin	405
4th	415*
Jesus Feliciano	265
198	
Sal Medina	385*
220	
Craig Hansen	500
Noel Castillo	405*
242	
Phil Thomason	470
4th	485*
308	
Dan Cotter	360

shw	
Luis Gonzales	350*
DEADLIFT	
submaster	
Rick Roberts	500*
master 40-49	
Jesus Feliciano	425*
165	
Tony Corona	425
198	
Yohance Lacour	370*
4th	405
*	
220	
Jeff Archer	445
Vic Shenberg	—
242	
Nectar Kirkiris	585
308	
Chris Therman	625

* personal best. Best Lifters: Bench - Craig Hansen; Deadlift - Chris Therman. The Chicagoland Open Bench Press/Deadlift Classic was held at the Hard Core Gym. Thanks to owners and hosts Harry Zaras and Kym Kmeic for their continued support. In the bench press competition Jason Daviera had a great day, finishing with a personal best 335 @ 154 for the title at teenage 18-19. Greg Foster was getting ready for the AAPF Worlds in Vegas and came to see where he was at! Taking both the master men 40-49 and police & fire classes, Greg got an easy opener of 475. Weighing in at 211, Greg missed his next two attempts with 500, but is feeling better with that weight. Good luck at Vegas! Craig Gordon got his opener of 450, then blew out his shirt with 475! New shirt, ripped right down the middle! Boy if that guy can ever get his shirts straight maybe he'll finally get that 500 he deserves! At 165 it was Joe Gain with four strong lifts. Joe finished with 405, then came back for a 415 pr fourth attempt! Jesus Feliciano was second at 165 with 265. Sal Medina was lifting in his first competition, where he took the 198 lb. class, finishing with a personal best 385. Craig Hansen might as well not even used his shirt, for all that he got out of it, but he did finish with a strong 500 for the title at 220. Craig was also close with a 525 fourth, but had gotten 500 raw in the gym the week before. Craig, who weighed in at 216, also captured the best lifter award for the competition. Second place at 220 went to Noel Castillo, who was also competing for the first time. Noel finished with a personal best 405 at a 205 bwt. Phil Thomason took the 242's with some strong lifting, finishing with a personal best 485 fourth attempt. At 308 it was Dan Cotter with 360, after failing with his final attempt of 370, which would have been a new pr for him. SHW winner was Luis Gonzales, who got all three of his attempts to finish with 350. In the deadlift competition Rick Roberts looked strong in his win at submaster. Rick finished with a personal best 500, weighing in at 232. Jesus Feliciano pulled a new personal record on his third attempt with 425 for the win at master 40-49. Jesus weighed in at 154. Tony Corona had a tough day at 165, getting just his opener of 425. Tony is a great lifter, but like us all, we have those off days every so often. Competing for the first time ever was Yohance Lacour at 198. With his win here, Yohance finished with a pr second attempt of 370, then nailing a 405 fourth. Jeff Archer just competed in a full meet about two weeks ago, so he struggled with his deadlift, getting just his opener of 445. But with Vic Shenberg failing to get his opener of 475 in, Jeff was the victor at 220. Vic had been out of competition for a while and just started a little too high. Nectar Kirkiris pulled a strong 585 opener for the win at 242 before missing 625 twice. His opener left him just short of the best lifter title when Chris Therman got that same weight at 308. Chris also came close with his final attempt, a pr 650, missing just short of lockout. At a bwt. of 300 Chris finished with 625, the title at 308 and the best lifter award. Thanks to all who helped with the competition. (Thanks to Darrell Latch for results).

FOR REVIEW .... issue 31 of *POW!ERLIFTER Video Magazine* is now available and it starts out with footage from the recent IPA Nationals (covered in this issue of *POWERLIFTING USA* as well) with video footage of lifters like Brian Crowe, Karen Sizemore (with her all time female world record bench of 410!!!), Doug Heath, Chuck Vogelpohl's 900 lb. squat, Dan Kovacs' 830 deadlift, Paul Childress' 930 squat, J. R. Hunt's 950 lb. squat, and Terry Bryan's 1000 lb. squat in his meet ever (EXTREMELY IMPRESSIVE), followed by an in-depth segment on the fundamentals of the squat and deadlift by Coach Bernie Gagne and his daughter Vick Hembree. Bar placement is discussed in great detail (some material is actually repeated twice in our sample of the tape) — with some great analogies by Bernie on stress on the low back and the right kind of shoes to squat in. Next up is tape of a recent Julie Havelka and Ryan Kennelly bench pressing exhibition, with Ryan literally "banging" up reps - like 600x2 without a shirt. Then it's off Rich Schoeneberger and his training partner Chris Sestito, who provide all kinds of workout information - how about reverse curls to work the grip. Rich, who is way over 300 lbs., demonstrates some remarkable cardiovascular fitness by never seeming to run out of breath despite virtually non-stop dialogue throughout the training session. From there it's on to a brutal Glen Chabot training session profile — not many reps, and huge 90 lb. jumps to some awesome poundages. J.M. Blakley's new competition bench press technique videotape is highlighted, and J.M. claims you can gain 40 lbs. in the first year according to the tape, just by emphasizing technique. Every detail J.M. could possibly think of is in there - plus some exciting contest footage. From there, it's down the road to the Deep Tissue Center for some help with Vick's shoulder - Daniel Rosales provides a quick diagnosis and gets into some deep tissue massage right away. There's some great expression on Vick's face as she gets a workover from Rosales. Next up is footage of the APA Nationals, including some lifters you saw in the coverage of that meet in *PL USA*: Tony Vellake's benching makes the TOP 100 list this month, and Jeff McVicar's 470 4th attempt at 198 on the tape is a lift that didn't make the TOP 100 last month, as it wasn't noted on the results. There's a training tip finale to this edition of *POW!ERLIFTER VIDEO* as they head back to its back to analysis of different deadlift techniques for various body types with Coach Gagne and Vick. (If you want to order this tape or a subscription to *POW!ERLIFTER Video*, see their ad on page 2 of this issue of *POWERLIFTING USA*) ——————Mike Lambert, *PL USA*

***Garry Frank** gets ready to finish the history making total portrayed on the cover of this month's PL USA.*

(article continued from page 7)

warming up for the deadlift. Backstage, Phillips was giving Garry a massage to the back of his thighs. He lay there purring (it was more like a low rumbling) like a tiger. Everybody waited to watch him warmup with the weights, but nothing happened. "When is he going to warm up?" asked the inquisitive "Pink Panther" - LALC's question man. "That's his secret. He doesn't warm up" I explained. Believe it or not, it's true. Garry does no DL warmups. He figures by the time he gets to it he's already warmed up. Garry, much to the crowd's excitement, opened his DLs with 840. Ordinarily he secures his grip, pushes the bar forward, then pulls it back into his shins, dips into his crouch position, and pulls. He didn't get the bar pulled in properly in this try, and being almost a foot out in front of him it only moved a few inches from the floor. Everybody felt a big letdown. It looked like Garry wouldn't make the grade today. Our hearts sank. He took the weight over. This time with better form the bar came up and he locked it out cleanly, but it lacked his usual explosiveness. Garry had his work cut out for him. To reach his goal he needed 890! That is 50 more lbs., and his 840 hadn't looked that easy. It appeared that lifting only two weeks earlier had taken it's toll on the big man. As the bar awaited his 3rd try, Garry was backstage trying to get himself worked up. Maybe there was still a flicker of hope. The volume was turned up on the music. As Garry charged out to the bar, everyone was shouting encouragement. He was trembling like a giant turbine engine at idle. The awesome power within was reaching a crescendo, peaking for one tremendous outbursts. His eyes were glaring as he secured his grip, prancing from foot to foot like a nervous horse. As he stopped to assume his pulling position, the bar having been pulled into his shins, I thought of the ominous words from the sci-fi movie classic - *2010, a Space Odyssey* - a cryptic forecast: SOMETHING WONDERFUL IS GOING TO HAPPEN. The monstrous load of iron exploded from the deck as he released his tremendous pent up energy, and the pull that would make history began. It moved up rapidly, without hesitation, and slowed only for the last few inches, when it was locked out completely and perfectly level. He held it there a few seconds to make sure and returned the load to the platform. Three white lights came on! With absolutely not the slightest question in any one's mind - HE'D DONE IT. GARRY FRANK HAD TOTALED 2500 LBS!

In case you're curious about Garry's gear, he wore the INZER single ply HARDCORE SUIT for the SQUAT with one pair of the INZER high-cut single ply briefs worn beneath. In the BP, he wears the INZER single ply shirt. As for the deadlift, he doesn't wear a special deadlift suit, just a belt. How's that for STRICT & LEGIT? It was a moment in History. Thanks to the Aviglianos & the LALC for staging this incredible contest. I witnessed it all, something that will never be forgotten. Garry believes he will do 2600 in 2001. His best official lifts in competition are: 965 SQ (done in 1988 before he hurt his knees playing football and having them both scoped), a 711 BP (WPC WR at the 2000 APF Seniors, and an 890 DL here. That's best official lifts totaling 2566 right now. Garry wasn't at his best today, but rose to the occasion!! Figure for 2600 he needs a 980 SQ, 720 BP, and a 900 DL. Only 15 more in the SQ, 9 more in the BP and 10 more on the DL, and - BINGO - IT'S A DONE DEAL!

Thanks to all the people who made this meet a great success: Referees: WL: Dr. John Garhammer, Timmy Chin, Gordon Santee, Tony Pasterello and Bryan Delgado. Referees for PL were: Gordon Santee, head, with Kevin Meskew, and Bryan Delgado (sides). Expeditor Deanne Miller. Scoreboard Dan DeSolva and Sean McMunn. Scorekeepers: Jo Rodefer and Nance Avigliano. Announcers: Nance and Joe Avigliano. Loaders and Spotters: Dan Madagan, Michael Javanovic, Walt Cracknell and Teddy Grant.

Garry Frank's 2500 TOT has been submitted with paperwork complete to APF Headquarters and will be recognized as a new APF American Record! Congrats Garry for giving us all a great Christmas present. What a bang-up way to end the first year of a new Century! Garry wants to thank the Aviglianos for providing him the perfect environment in which to make this historic total and especially to JOHN INZER OF INZER ADVANCE DESIGNS for providing him with the best powerlifting gear manufactured on the planet. He feels without it this would never have been possible.

HERB GLOSSBRENNER

WEPOF/APF Superman/Superwoman II Powerlifting and Bench Press
2-3 December 00 - Burbank, CA

WOMEN	DIV	CL	SN	CJ	TOT	SQ	BP	DL	TOT	CO. Tot
A. Weisberger	Open	132	110	138	248	385	300	460	1145	1393
S. Waits	Open	132	88	110	198	255	145	265	665	863
D. Fuhrman	Open	148	171	209	380	365	167	367	900	1280
MEN										
H. Glossbrenner	Open	165	143	171	314	335	235	345	915	1229
G. Smagurauskas	40-44	181	176	253	429	395	297	465	1157	1587
B. Strange	60-64	198	187	253	440	440	310	510	1260	1700
S. Waits	Open	220	253	319	573	685	440	660	1785	2358
J. Mancini	20-23	220	149	187	336	440	310	460	1210	1546
BENCH PRESS	DIV	CL	1	2	3					
L. Slaughter	Open	148	385*	410*	415*					
J. Lawrence	40-44	147	335	~~340~~						
M. Ludovico	Open	220	530	545*	~~580~~					
W. Ghent	65-69	157	275*	290*	~~300~~					
S. Mendelson	Open	275	610*	~~650~~	~~660~~					

Powerlifting	DIV	CAT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
WOMEN												
A. Weisberger	SUP	132	385	~~420~~	~~440~~	260	~~290~~	300	440	430	~~460~~	1145
4th							4th	310				
S. Waits	SUP	132	225	255	270	120	140	145	245	265	280	665
D. Fuhrman	SUP	148	320	345	365*	160	167	172	315	345	367*	900*
MEN												
V. Tanabe	33-39	148	415	~~440~~	455*	225	240	~~250~~	435	475	~~490~~	1170
H. Glossbrenner	SUP	165	320*	335*	~~345~~	235	~~245~~	~~255~~	315	345*	~~360~~	915*
P. Ayala	20-23	165	425	440	~~455~~	295	310	~~322~~	330	355	405	1155
G. Smagurauskas	SUP	157	350	375	395	285	297	~~307~~	400	440	465	1157
J. Owens	40-44	198	525	550	570	380	395	~~405~~	450	500	~~525~~	1465
B. Strange	SUP	198	335	440	~~450~~	285	310	~~320~~	475	500	510*	1260
S. Waits	SUP	220	~~660~~	685		415	440	~~455~~	615	650	660	1785
J. Avigliano	40-44	220	670	~~702~~	702*	300	385	405	570	595	615	1722
4th					720*							
D. Jesolva	Open	220	570	600	615	405	420	427	570	600	~~610~~	1642
J. Mancini	SUP	220	410	~~440~~	440	310	~~330~~	~~330~~	420	440	460	1210
B. Harris	40-44	220	~~375~~	~~410~~	~~410~~							NIL
J. Planas	Open	275	680	705	725	480	~~500~~	~~500~~	605	625	~~640~~	1830
T. Pasterello	Open	275	610	650	~~675~~	420	430	~~460~~	550	~~590~~	~~600~~	1630
B. Phillips	Open	275	710	~~735~~	~~735~~	~~440~~	~~440~~	~~440~~				NIL
B. Meek	Open	308	625	680	720	450	490	510	585	670		1900
B. Meek	50-54	308	625	680	720	450	490	510*	585	670		1900
G. Frank	Open	SHW	880	~~925~~	940	650	~~670~~	670	840	~~840~~	890	2500!

*** denotes APF state Record. ! denotes APF American Record. Referees W/L Dr. John Garhammer, Timmy Chin, Gordon Santee, Tony Pasterello, Bryan Delgado. Referees P/L Gordon Santee, Bryan Delgado, Kevin Meskew. Expeditor Deanne Miller, Scoreboard Sean McMunn, Dan Desolva, Scorekeepers Jo Rodefer, Nance Avigliano, Announcers Joe and Nance Avigliano, Loaders and Spotters Dan Madagan, Michael Jovanvic, and Teddy Grant, Walt Cracknell. (thanks to Herb Glossbrenner for these results)**

John Troxel won Best Lifter at the APA Illinois Push/Pull (Scott Taylor)

APA Illinois Open BP/DL
30 SEP 00 - Waukegan, IL

BENCH		DEADLIFT	
Women		Women	
Open		Open	
T. Brewton	140*s	J. Durbin	250*s
Men		Men	
Open		Open	
220		198	
T. Mull (BL)	450*!	D. Cole (BL)	555*
J. Hull	405	242	
Junior		N. Kirkiris	585*
I. Hernandez	275j	Submaster	
		P. Olsen	515
		4th	535s
		Junior	
		I. Hernandez	415j

*denotes a state record; ! denotes master state record; s denotes submaster state record; j denotes junior state record; BL denotes best lifter. (Thanks to APA for providing these competition results).

APA CT Open Fall Classic Bp/DL
05 NOV 00 - Canterbury, CT

BENCH		242	
WOMEN		M. Slaga	400
114		M. Mitchell	400
D. Baker (BL) (M)	107.5!	275	
165		T. Lamoureaux	485
L. Cannamela	120	J. Toland	460
4th	130*	T. Toland	415
MEN		308+	
Teenage (formula)		V. Paoletti	
13-16		Non - Tested Open	
D. Rivers	250*	formula	
17-19		Up to 132	
J. Beaudry	280	C. Byrnes	340
Submaster (formula)		133-181	
33-39		D. Altieri	340
A. Murray	450	182-242	
C. Audibert	330	G. Beinstein (BL)	530
Master (formula)		DEADLIFT	
40-49		WOMEN	
M. Slaga	400	165	
D. Corsi	260**	L. Cannamela	245
50-59		4th (BL)	255*
J. Landrette	325	MEN	
R. Altieri	335	Teenage (formula)	
A. Speach	320**	J. Beaudry	485
B. Paoletti		4th	500*
Drug tested Open		B. Lanoue	535
123		4th	545!
V. Pichay (M)	205	Master 40-49 (formula)	
J. Dugas	180	J. Copland	485
132		Open	
C. Byrnes (BL)	340	148	
165		D. Corsi (BL)	500**
D. Altieri	340	275	
198		J. Toland	625
A. Speach (M)	320**	T. Lamoureux	550
220			
A. Murray	450		

* denotes CT state record; ** denotes NY state record; ! denotes APA world record. The APA CT Open Fall Classic Bench Press & Deadlift Championships were held at the Willimantic YMCA Health & Fitness. Thanks to Harry Carboni for hosting this event and many thanks to Janet Arel, Gary Larson, Roland Cote, Bill Grim, Mark Slaga, Lon & Dawn Baker, John Dugas, Lynn & Mario Cannamela and Andy Mecteau for all their help. In the bench press competition, 50 year old Dawn Baker continues to impress with a new Master's World Record of 107.5 and Best Lifter honors. Lynn Cannamela set a new CT state record of 130 in her first bench press meet. In the men's teenage division, 16 year old Dan Rivers also set a new CT state record with a fine 250 in his very first meet. Jay Beaudry dropped a weight class and took home first place with a nice lift of 280. Submaster Alan Murray came down from MA and had a great day to win both the submaster and 220 lb. class with a rock solid 450 and looked good for more. Mark Slaga had a tough day and only made his opener but won the Master's 40-49 and 242 lb. class with a lift of 400. David Corsi set a new NY state record in the Master's 50-49 class with a nice lift of 260. The Master's 50-59 division was a tough battle with all the competitors lifting over 300 lbs.! Joe Landrette came away with the win and Al Speech set a NY state record with an easy 320. Al, you looked good for 20 lbs. more! Vincente Pichay came through under pressure after missing his first and second attempts to get the win on his third with a nice 205. Chris Byrnes amazed everyone with a 340 at only 129 lbs. to win Best Lifter honors. Even more impressive is that this was an off day for Chris. Can't wait to see him on a good day! Daren Altieri won the 165 lb. class with a great double bodyweight plus lift of 340. Tom Lamoureaux was another MA lifter that joined us and he won the 275 lb. class with a nice 485 and just missed 500. You will get it next time Tom! Gordon Beinstein got the crowd buzzing and took home Best Lifter honors in the heavyweight class with 530 and came very close with 575. Gordon is already the CT state record holder with a 570 on the books, so we can expect to see him rewrite that record soon. A number of records, both World and State, fell during the deadlifting meet. Lynn Cannamela got things started with a new CT state record of 255, a 30 lb. PR! Jay Beaudry dropped a weight class and added the 165 lb. CT state record to the 181 lb. record he set at the last meet. The amazing thing is that there is only a 5 lb. difference between records. Brian Lanoue had his heart set on pulling a new teenage APA world record and he stormed the platform and made a fine pull of 545 to get it. Not bad for only his second meet! Jeff Copland, the APA NY state chairman, came down and made a nice 485 for the win in the Master's division and gave a 515 NY record a ride. I'll expect to see it next time Jeff. David Corsi, another NY and master lifter himself, had a great day. He kept telling me his deads felt slow. Well, he pulled a "slow" 500 for a PR, a NY state record and Best Lifters honors. So much for "slow"! James Toland told me he hadn't been deadlifting but entered at the last minute. How does 625 for a guy, NOT deadlifting sound? Nice job James and... uhh... kind of scary! I'd like to thank all of the lifters for coming out and showing their support. We had 8 state records and 2 world records set, as well as a large number of personal records. My goal is to provide the best environment possible so that the lifters can perform at their bests. Judging by the number of records set at both this and the last meet, we are headed in the right direction. Many thanks to my husband Mark for the spiffy carpeted platform he built for the meet. I received many compliments from the lifters about it. Hope everyone has a good holiday and we'll see you all early next year! (Thanks to Donna Slaga for the results).

USAPL Wyoming State
24 SEP 00 - Cheyenne, WY

Teenage	SQ	BP	DL	TOT
148				
M. Jarret	370	260	410	1040
Open				
132				
T. Bishop	315	180	365	860
148				
C. Hughs	470	330	510	1310
M. Jarret	370	260	410	1040
165				
C. Brown	535	290	510	1335
M. Herrmann	415	315	475	1205
V. Rodriguez	400	300	525	1225
181				
R. Erickson	500	295	550	1345
A. Hahl	450	350	500	1300
L. Sanchez	480	280	530	1290
198				
R. Clark	615	345	565	1525
M. Sharpe	470	345	520	1345
D. Barkee	450	375	475	1300
220				
M. Matthew	520	325	580	1425
S. Heyl	490	375	505	1370
R. Lang		405		405
B. Fleming	350	250	440	1040
242				
B. Hutchinson	425	330	485	1240
275				
B. Leonard	465	460	475	1400
R. Minshew		315		315
K. Linde	405	355	600	1360
SHW				
G. Duggan		390		390
T. Koenigs		405		405
L. Betzer		275		275
Masters Light				
T. Bishop 63	315	180	365	860
M. Cucinella 50	375	265	405	1045
R. Erickson 47	500	295	550	1345
Masters Heavy				
D. Barkee 49	450	375	475	1300
L. Betzer 44		300		300
B. Fleming 62	350	250	440	1040
J. Miller 40	395	345	415	1155
P. Predecki 62	355	295	415	1065
D. Worley 51	570	250	540	1360
Special Olympics				
Masters Heavy				
J. Handley 46	300	145	380	825

Place of meet: Body by Design; Coordinator: Ron Erickson. (Thanks to USAPL for the meet results).

Matt Weber (18) prepares for an attempt at the APA Bay State Bench Press . (Scott Taylor photograph)

APA Bay State Open BP & DL
08 OCT 00 - Worcester, MA

BENCH		T. Daniels	430
Women		D. Whalen	400
Open		T. Matheos	365
L. Proulx	135	275	
Men		J. Toland	470
Teenage		308	
13-15		K. Gleason	540
K. Mullen	230*	A. Fornaro	500
W. Faust	215*	DEADLIFT	
16-19		Women	
M. Weber	275	Open	
Special Olympics		L. Proulx	180
S. Curtis	125	Men	
Junior 20-23		Teenage 13-15	
T. Matthews	365	W. Faust	305
S. Curtis	125	4th	315*
Submaster 33-39		Teenage 16-19	
E. Paskell	550	M. Weber	460
A. Fornaro	500	Junior 20-23	
A. Murray	410	S. Curtis	315
D. O'Rourke	425	Special Olympics	
J. Bourgault	425	S. Curtis	315
Master 40-49		Submaster 33-39	
W. Savage	380	J. Bourgault	590
D. Montembault	365	Master 40-49	
D. Chrismer	270	D. Montembault	560
Master 50-59		W. Savage	500
P. Henderson	340	J. Piper	475
Master 60-39		Open	
E. Mard	290	220	
Open		M. Galante	530
165		J. Gardner	520
M. Farrell	235	M Rampino	485
181		S. Colby	425
B. Napierata (BL)	430	242	
M. Martins	340	D. Whalen	600
220		T. Daniels	585
A. Murray	410	275	
J. Gardner	375	J. Toland	600
M. Rampino	325	308	
M. Galante	315	K. Gleason (BL)	660
242			
E. Paskell (BL)	550		

* denotes a record; BL - Best Lifter. Special thanks to Paul Henderson for organizing this great event and to Gold's Gym of Worcester, Massachusetts for providing a great meet site and great equipment. I would especially like to thank the spotters, loaders, referee's, and scorekeeper who put in a long hard day making this meet a quality event that was enjoyed by all. (Thanks to Scott Taylor, APA President, for providing these competition results).

APPLICATION FOR REGISTRATION
American Powerlifting Association

Last Name _____ First Name _____ Initial _____ Date of App. _____

Street Address _____ City _____ State or Province _____

Country _____ Zip Code _____ Telephone Number _____

Date of Birth _____ Age _____ Sex _____

Social Security Number _____

Mail and make checks payable to
APA
P.O. BOX 27204
EL JOBEAN, FL 33927

Registration Fee: $20 High School Athlete: $10

Parents Initial _____ If Under 18 yrs.

I Certify that the above answers are correct

X _____

Tom Richardson (63) got 2 new PRs, a 270 Bench and 305 Deadlift at the Greater Indianapolis meet.

Greater Indianapolis BP/DL
08 OCT 00 - Indianapolis, IN

BENCH PPESS
teenage men
Allen Hinders 200*
junior men
Eric Allen 265
submaster men
Mike Hinders 400*
master men 40-49
Tom Blacketer 500
Jim Helsley 460
master men 60-69
Gaylord Good 315
4th 325
Tom Richardson 270*
148
Ephraim Shields 345*
181
Mitchell Allen 290*
198
Marty Mills 460*
4th 470*
Mike Gugino 380
242
Christen Allen 475 *
Mark Struck 380*
275
Jim Helsley 460
DEADLIFT
master men 40-49
Tom Blacketer 550
Mike Boyer 500
master men 60-69
Tom Richardson 305*
198
Mike Gugino 465
242
Mark Struck 550*
4th 580*
275
C. Steenburgen 660*

* personal best. Best Lifter (BP) - MARTY MILLS; Best Lifter (DL) - CHARLES STEENBURGEN. Team Championships - POTTSY'S FITNESS. The Greater Indianapolis Regional Bench Press/Deadlift Classic was held at World Gym Indianapolis North on October 8, 2000. Many thanks and appreciation to owner and world champion bench presser Richard Erickson for providing the facility for the competition. Also thanks to our loaders and spotters William Lee, P. J. Tavarczky and Brooks Johnson for their help. Thanks also to my son Joey for all his help. In the bench press competition sixteen year old Allen Hinders did well, winning the teenage class with a personal best 200. Allen opened with a pr 185, got 200 for his second attempt, then failed on his lockout with 225. Eric Allen was lifting in his first competition, where he captured the junior title with a personal best 265. Weighing in at 185, Eric came close with his final attempt of 285. Mike Hinders, Allen's dad, finally got that 400 that had been eluding him for so long. Getting all three of his attempts, Mike even locked out a 405 fourth attempt but was called for dipping the bar, on his way to winning the submaster title. Congratulations, Mike! In the master 40-49 class Tom Blacketer took top honors over Jim Heisley 500 to 460. Weighing in at 235, Tom got 500 with ease, but stalled with his final attempt of 520. Tom was using a new shirt he had just gotten and was wearing for the first time. Once he gets used to the shirt he'll get 550 with ease! Jim was having some problems with his arm and just never quite got comfortable, though he did come close with 475. Jim did, however, take the title at 275 with his solid 460. Two great guys at master 60-69! An individual I had never met before, Gaylord Good, took the title with 315, following that with a strong 325 fourth attempt. I had a few minutes to visit with Gaylord and found him to be a very interesting man. It's always great to meet new lifters; that's what I really like about promoting competitions. Another great guy, who I met in the past year, is Tom Richardson. Tom placed second to Gaylord with a personal best 270 second attempt. Great job, Tom. Both of these men are great positive role models for all of us younger lifters. In the open classes, Ephraim Shields took the 148 class with a personal best 345. Weighing in at 142, this gave Ephraim a sixty-one pound over double bodyweight lift! Mitchell Allen looked strong on all of his attempts, finishing with a personal record 290, to take the 181, title. Mitch came within inches of locking out a 300 fourth attempt. At 198 it was best lifter Marty Mills for the win. Marty missed a personal record 460 on his second attempt, but came back strong to get it on his third. Taking a fourth, Marty powered up his second pr of the day with an even stronger 470! Second place went to Mike Gugino, who settled with 380, having one of those off days. Mike's previous best was 410. Christen Allen started off with an easy personal best 475 at 242. Moving next to the 500 he wanted on this day, he failed twice, even though he came within inches of locking it out on his final attempt. There's no doubt he will get 500 in his next competition. Second at 242 was Mark Struck who came to get 380 and did just that on his final attempt. Great lift, Mark! In the deadlift, I was looking forward to seeing Keith Warren pull his first 600 @ 198, but he suffered a slight back injury warming up and wisely backed out of the competition. In the master 40-49 class, Tom Blacketer won his second title of the day with a strong 550 pull. A second attempt with a 600 pr would have gone, but the bar drifted forward on Tom halfway up the pull. Mike Boyer finished second with a hard - fought 500, which took him three attempts to get. Just a little off on this day! He'll be back! Tom Richardson got his second pr of the day with a strong 305 for the win at master 60-69. Tom could have gotten more, but had been pulling with his head down a little, causing some minor stress on his lower back, so he passed on his third attempt. Mike Gugino only got his opener of 465 for the win at 198, missing a pr 495 twice. This guy's built like a block of cement! What potential! Mark Struck wasn't satisfied with his pr in the bench, so he got three pr's in the deadlift! I made him take his hat off, so he stayed mad at me the rest of the meet, but he worked through his lifts of 530, 550 and 580 just like he knew what he was doing! A great day of lifting for Mark! Up next was a great natural puller, Charles Steenburgen. Opening with an easy 635 pr, followed with another easy pull of 660. Charles then called for 700, which I had no doubt he could pull. Both times Charles let the bar get too far out in front of him and missed the attempts, but he certainly has the strength to get that weight and more! Charles not only took the open 275 class, he also won best lifter honors for the deadlift competition. Well, everyone seemed to have a good time, and I always appreciate all the lifters, in the effort they put forth, their sportsmanship and the camaraderie we all share as competitors. Thanks again, everyone! (Thanks to Dr. Darrell Latch for providing the results for this meet).

Mark Struck locks out a 550 Personal Record Deadlift on his way to another 580 PR in the 242 lb. class at the Greater Indianapolis Regional BP/DL. (photos by Dr. Darrell Latch)

Snake River Championships (kg)
19, 20 AUG 00 - Idaho Falls, ID

BENCH
Women
Teen 18-19
82
C. Rovnak 248
Open
90
A. Taylor 132
Men
Teen
13 yrs.
56
J. Angelo 77
14-15
67
R. Rizhie 176
16-17
62
M. Preslar 231
75
J. Ritchie 275
90
R. Nixon
135
R. Erquiaga 303
18-19
75
J. Hurd 215
Woolsteinhulme
90
S. Long 315
Open
75
J. Cunningham 369
82
C. Chandler 380
90
J. Weber 325
100
J. Gray 352
110
D. Fortner 440
125
K. Kreimann 396
140
G. Brower 468
+140
M. Chase 402
Novice
75
J. Bedow 264
100
B. Woodbury 315
Submasters
75
J. Cunningham 369
110
R. Podgorney 319
140
G. Brower 468
Masters
40-44
67
J. Smith 203
75
M. Adamson 325
4th 330
70-74
100
J. Miller 236
APF BENCH
Teen
16-17
60
B. Hoff 181
4th 187
67
J. Walthers 225
75
N. Pasek 265
4th 275
Open
75
J. Cunningham 369
90
J. Hernandez 440
Submasters
75
J. Cunningham 369
90
J. Hernandez 440
Masters
50-54
100
C. Douglas
125
B. Packer
70-74
100
J. Miller 236
AAPF BENCH
Teen
14-15
52
D. Young 165
56
R. Diede 165*
16-17
60
B. Hoff 187*
67
M. Preslar 231
J. Walthers 225
75
N. Pasek 265
4th 275*
Open
52
D. Young 165
56
R. Diede 165
60
D. Olson 270
75
J. Cunningham 369
Jeff Hernandez 214
90
John Hernandez 440
100
D. Skidmore 424
Submasters
60
D. Olson 270*
75
J. Cunningham 369
90
John Hernandez 440
100
D. Skidmore 424
Masters
40-44
67
J. Smith 203
75
M. Adamson 325
4th 330*
50-54
100
C. Douglas
70-74
100
J. Miller 236
Women
Masters 45-49
100
W. L. Cadavone 165

Powerlift	SQ	BP	DL	TOT
Youth				
8 yrs				
30				
P. Skidmore	83	55	105	243
D. Penny	25	30	83	138
11 yrs.				
52				
P. Ward	115	77	154	346
13 yrs.				
67				
M. Ward	176	83	220	479
Teen Female				
16-17				
60				
K. Sargent	165	72	192	429
18-19				
82				
C. Rovnak	245	192	405	842
4th		203		
Teen Men				
14-15				
67				
J. Richie	165	176	253	594
16-17				
90				
T. Hernandez				
100				
R. Diehl				
125				
R. Erquiaga	396	303	493	1192
18-19				
75				
J. Hurd	330	214	374	918
90				
S. Long	341	314	468	1123
Novice				
60				
D. Johnson	198	181	270	649
4th			303	
75				
J. Cunningham	330*	369	363	1062
4th			391	
18-19				
110				
R. Ward	424	325	512	1261
Junior				
82				
A. Karenke	451	259	451	1161
Open				
75				
J. Cunningham	330	369	363	1062
4th			391	
82				
K. Penny	518	270	617	1405
110				
E. Davis	501	336	512	1349
Submasters				
75				
J. Cunningham	330	369*	363	1062
Masters				
45-49				
110				
A. Anderson	551	358	529	1438
125				
T. Wood	303	352	352	1007
50-54				
110				
D. Ward	512	352	523	1387
70-74				
100				
J. Miller	374	236	501*	1111
4th	402			
B. Woodbury	325	314	424	1063
J. Findley				
110				
K. Korenke	352	275	440	1067
Open				
82				
C. Chandler	518	381	518	1417
125				
J. Thompson	600	424	628	1652
Masters				
70-74				
100				
J. Miller	374	236	501	1111
4th	405			
APF Powerlift				
Female Teen				
16-17				
82				
P. Giddings	330	170	363	863
4th	352			
Submasters				
75				
K. Pfeiffer	369	148	330	847
Open				
75				
J. Cunningham	330	369	363	1062
4th			391	
100				
T. Mash	722	462	699	1883

Thanks again to our sponsors for making the competition a huge success. We are building stronger and greater character values in the youth. Thanks to : Orthopedics of Jackson, Teton Outpatient Services, Eastern Idaho Regional Medical Center, Idaho Surgical Assist Associates, Anderson Lumbar, and Outback Steakhouse!! *(From Co - Meet director Mike Higgins).*

125				
A. Adalsteinson	744	424	672	1840
Joe Thompson	650	424	666	1740
Jim Thompson	600	424	628	1652
+140				
B. Mikesell	936	507	771	2214
Submasters				
75				
J. Cunningham	330	369	363	1062
4th			391	
125				
Joe Thompson	650	424	666	1740
Masters				
50-54				
B. Packer				
70-74				
100				
J. Miller	374	236	501*	1111
4th	402*			
AAPF Powerlift				
Female				
Teen				
60				
K. Sargent	165*	72	192	429
67.5				
A. Ward	170*	83*	214*	467
Submasters				
45-49				
75				
M. Ward	115	83*	165*	363
40-44				
100				
W. Cadavona	253*	165*	319*	737
Teen Men				
16-17				
67				
J. Walthers	231	225	281	737
75				
J. Ritchie	231	275*	341	847

* denotes Record-AAPF/APF; BL-best lifter Just when you think you entries are down, they're up just at the last minute! Another great turn out and more importantly another rewarding experience! Coach Del Olson, of the Wyoming Boys School, best put it this way: The SPORT of powerlifting has many benefits to offer to all people, from the young to the old (if their old and powerlifting 'looks are deceiving'). But more importantly, powerlifting benefits go beyond just the development of strength and lifting accomplishments, but also teaches. It teaches lessons in life and the values of life. As a prime example of these values of life, try reading the values that are taught in the articles written by Dr. Judd, entitled "In Pursuit of Success", within Powerlifting USA. The powerlifting programs have provided my students avenues of success where failure prevailed. It replaces laziness with motivation, self-hate with self-confidence, and a pessimistic attitude with an optimistic attitude toward life. Rance Diede, Nick Pasek, Jesse Walthers, David Young and Bryon Hoff personified those traits, which Coach Olson spoke of. They were great role models and champions who deserved the "Best Team Bench Award!" Joe Angelo, son of sponsor Rick 'Godfather' Angelo, helped set ups all Friday and still did some nice benching in the teen competition. Saturday's "Best Bencher" Jon Cunningham took the 165's in every bench event and had a trunk full of rattler's to prove it!! (Trophies were gold, silver, bronze sculptured colloid rattlesnakes with barbells in their mouth) Chris Chandler (Jerome Fitness, 'Mr. Idaho') did a nice 380 lb. bench at 181 lbs. Jim Weber had his mind on a 350 lb. bench, but a sore shoulder made him settle for 325 lbs. Dave Fortner made his intended 440 lb. bench. These competitions get Dave training because he has improved 100 lbs. in two years, and the big '500 Club" will be next. Keith Kreimann (125 kg.) made 396 lbs. and was happy but not content. Lifters always want more! More weight, more food, more rest, more__, more __, etc. Keith had done 420 lbs. in training; probably time for new shirt?? Those heavy weights must stretch the shirts quickly. Returning to the platform after years off was Michael "Buck" Chase. Mike managed a 402 lb. 'raw' bench after taking a week of for a event at Sturgis, North Dakota! Rob Podgorney increased to 320 lbs. after helping with the coefficient's. The Wyoming teen boys or "young men" come from the "Wyoming Boys School" and received the first team trophy at the championships! Coached by Del Olson; Byron Hoff, Rance Diede, Nick Pasek, Jesse Walthers, and David Young all were light weights lifting heavy metal! And that's all it takes when it comes to the coefficient calculation. Byron (16-17 yrs. 60 kg.) got them started with almost a 200 lb. bench. Jesse took the 67 kg. teen class with over 200 lbs. Nick (75 kg.) almost benched 300 lbs., making 275 lbs. with ease. Also at 52 kg. was David Young with a 165 lb. bench, just missing 170 lbs. Coach Del hadn't just been coaching either! At 60 kg., with no leg drive at all, Del made 270 lbs.! Parker Ray Skidmore (8 yrs.) coached father Dale to a nice 424 lb. bench. Caleb Douglas, still looking for the magic 400 bench, is still en route by wagon train from Casper, WY. The youth power event during lunch is always entertaining. Parker Ray and David Penny were great competitors! Parker took the lead with his 83 lb. squat. David, whose father Keith took best deadlifter in March, was not concerned because they "love to deadlift". However, Parker Ray's 25 lb. advantage on the bench, and 20 lb. advantage on the deadlift won him first honors. Annie Ward after fighting and losing the making weight battle, was up early to get the Ward family lifting. Patrick and Matt followed with great composure. Margaret Ward (mom) even lifted and after she got over the butterflies enjoyed herself. The novice lifters had a good showing. Derrick Johnson (60 kg.) came to pull 300 lbs and did! Kirk Korenke joined brother Adam for some growling lift's. Kirk's 352 lb. squat was perfect for his first time, and he just missed 380 lbs. Travis Mash (Colorado Springs, Co.) has a new look since his last attendance in 1998. His wife Carey and daughter Bailey were doing the camera work, while a big 220 lb. lifter went to work. Travis began Friday night with a clean & jerk seminar. Then Sunday morning the Olympic trainer turned heads! "Olympic athletes can't powerlift, hogwash!" With only a month powerlifting cycle, Travis went 722-462-699! His 760 squat only lacked depth, and the 699 lb. pull was solid! Erik Davis (open 110 kg.) brought some excitement to the platform. This was Erik's first trip to the Snake River Championships, and with the pr's he set; he'll be back! Katii "The Sarg" Sargent took the teen 60 kg. class and broke a squat record while doing it. It was her first competition and she loved it! She will notice a big strength

The Powerlifting Ward Family ... (left to right) Douglas, Patrick, Margarent, Annie, Robert. (photos provided courtesy of Linda Higgins)

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***The Wyoming Boys School**, Best Team Benchers at the Snake River Meet: (left to right) Rance Diede, Nick Pasek, Jesse Walters, Coach Olson, Daivd Young, and Byron Hoff - Michael and Linda Higgins standing.*

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Improvement in basketball this year. Christine Rovnak broke the 200 lb. bench barrier, with a 203 lb. fourth attempt. She just missed a 300 squat, which would have put her in the 900 lb. total club! You probably feel the all-nighter travel syndrome in the squat the most. Heck, you don't have to be up all night to feel anything when it comes to "squatting!" Priscilla Giddings, Wilma Cadavonia, and Kim Pfeiffer were competing with Christine for best "power girl" overall honors. When "schools out for the summer", Priscilla must have "school's in for training!" She broke her teen 16-17 yr. World squat record by 12 lbs.; 352 lbs.! Wilma broke the squat record with a 253 lb. squat. Then broke the bench record with a 165 lb. bench, and finished with a record 319 lb. deadlift! Kim Pfeiffer was the "power girl" overall best female lifter of the meet; with 369-148-330 lb. lifts! She will be something at the worlds, especially with Bob at her side! Brothers Justin and Jaden Ritchie did some nice lifting. Justin also broke the teen 75 kg. Teen bench record with a 275 lb. bench. Ryan Erquiaga (Teen 125 kg.) walked in sleepy eyed Sunday morning to sign up, but that was just a look. Ryan went 8 for 9 missing only a 319 lb. bench. His 396 lb. squat and 496 lb. deadlift looked very strong! Super - heavy weight Brent Miksell was best lifter of the day. With a loose training suit his 936 lb. squat left no questions! Brent's 'raw' 507 lb. bench was light, and he just missed a 804 lb. deadlift on "grip!" When the master's come on , all the audience could say was; "Go Joe, Go Joe Miller!" Joe at 72 yrs. has been on the western scene maybe 3 yrs. He broke the Masters 70-74 100 kg. squat record with a 402 lb. squat. Then after some warm up deadlifts broke the deadlift record with a 501 lb. lift! Joe bought a nice pick-up truck while in Idaho Falls, and I bet he "laid in the back all the way back to Barstow, California!!" Ha!Ha! I think mighty Joe will max out in Las Vegas, cause this lift were no trouble at all! "Professor" Andy Anderson jumped in at the last minute, but missed his 606 squat? Andy said the new squat suit pulled him forward causing him to miss his usual groove. Andy went 3 for 3 on the bench and finished with 358 lbs. Tom Wood (Masters 45-49 125 kg.) was awesome with the computer work both day's. This was Tom's first full meet and he'll get that bench record next time! Douglas Ward (50-54 yrs 110 kg.) closed the meet for the Ward family. Doug's 512 lb. squat showed a 50% improvement in technique over the last outing. With more improvement Doug will be close to 551 lbs. by world's! Much gratitude and praise must go out to the platform crew and sponsors! Doctors Peter Rork, James Champa, and Brian Smith were major sponsors and were instrumental in another successful competition. Katii Sargent sure tested Dr. Rork's knee repair, even against my advice "not to do another attempt!" (Her knee buckled slightly on, her second attempt). Keith Penny was just happy to bench close to 300 lbs again following a Champa shoulder repair. The "Best in Idaho Falls" restaurants sponsored some great gift certificate's and food. The Brownstone, Outback Steakhouse, Snake Bite, Domino's, and Papa Kelsey's sure keep everyone happy. (Thanks to Michael and Linda Higgins for providing the results of this contest).

***Mighty Joe Miller** with a 501 DL.*

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4	782 Maxwell, C..6/11/00	600 Lawrence, R..8/26/00	749 Henderson, R..5/13/00	2000 Hammond, C..2/20/00
5	782 Harris, T..11/18/00	585 Yearby, A..8/26/00	734 McCoy, W..11/18/00	1984 Fessenden, M..6/11/00
6	780 Hammond, C..2/20/00	575 Kelkum, J..5/6/00	730 Anguish, D..11/11/00	1910 Maxwell, C..2/20/00
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9	770 Karam, D..11/19/00	556 McAuliffe, J..11/19/00	700 Hammond, C..2/20/00	1900 Fields, B..6/17/00
10	750 Patterson, E..11/19/00	551 Zweng, M..3/11/00	700 Case, B..3/18/00	1900 Patterson, E..11/19/00
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12	735 Hill, M..2/20/00	550 Fields, B..6/17/00	699 Mash, T..8/20/00	1884 Mash, T..8/20/00
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14	725 Young, C..2/20/00	550 Lewis, S..11/19/00	690 Whitman, B..4/29/00	1851 Zwaanstra, S..7/9/00
15	722 Mash, T..8/20/00	545 Chellino, M..3/26/00	688 Chovanec, P.J..6/11/00	1850 Scott, G..11/19/00
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17	720 Maroscher, E..7/8/00	545 Young, R..7/9/00	685 Bell, J..4/2/00	1835 Young, C..11/19/00
18	720 Burlingame, D..10/29/00	535 Scott, G..11/19/00	683 Fessenden, M..6/11/00	1825 Burbank, S..9/24/00
19	715 Teets, D..12/11/99	530 Barrett, P..8/12/00	683 Frank, Q..7/9/00	1824 Frank, Q..7/9/00
20	715 Fields, B..6/17/00	529 Dunham, B..8/27/00	683 Zweng, M..11/18/00	1818 Succarotte, T..12/5/99
21	715 Halliwell, P..11/19/00	529 Ferrantelli, M..11/10/00	683 Stratton, D..11/18/00	1813 Henderson, R..5/13/00
22	705 Henderson, A.J..5/21/00	525 Anderson, J..3/25/00	680 Saunders..5/6/00	1807 Waits, S..4/16/00
23	705 Black, J..5/21/00	525 Vellake, T..9/3/00	677 Terman, M..5/7/00	1807 Ferrantelli, M..11/10/00
24	705 Burnell, J..6/25/00	523 Beaudoin, S..2/12/00	677 Drueppel, M..7/16/00	1802 Smith, S..6/11/00
25	705 Ferrantelli, M..11/10/00	520 Yaroparaso, M..12/5/99	675 King, M..12/4/99	1800 Cadotto, C..5/7/00
26	700 Burbank, S..1/15/00	520 Hammond, C..2/20/00	675 Young, C..3/26/00	1790 Bell, J..4/2/00
27	700 Mann, S..2/27/00	518 Succarotte, T..12/5/99	675 Heck, B..4/15/00	1785 Case, B..3/18/00
28	700 Cadotto, C..5/7/00	518 Lamarque, M..6/10/00	675 Thomas..5/6/00	1785 Burnell, J..6/25/00
29	700 Szudarek, M..5/13/00	515 Hill, M..2/20/00	675 Jarrett, M..8/5/00	1785 Maroscher, E..7/8/00
30	700 Cox..6/18/00	515 Erb, R..4/15/00	675 Fahrenfeld, B..10/28/00	1780 Meyer, R..6/3/00
31	700 Impastato, R..7/23/00	515 Miller, R..6/10/00	672 Gerard, H..7/9/00	1779 Whittle, D..3/25/00
32	700 Frank, Q..11/18/00	515 Allen, C..11/12/00	670 Leland, E..12/11/99	1774 Gerard, H..3/25/00
33	700 Bartley, M..11/19/00	510 Stec, A..4/29/00	670 Machin, C..2/6/00	1768 Lawary, R..4/8/00
34	699 Gerard, H..3/25/00	510 Lachner, B..6/16/00	670 Dover, D..3/18/00	1768 Lawrence, R..5/20/00
35	699 Fields, G..6/3/00	510 Lord..7/26/00	670 McDonnell, R..6/17/00	1760 Sierplen, D..12/12/99
36	695 Steen, J..10/21/00	507 Leaven, B..12/4/99	670 Bradsher, J..8/13/00	1760 Burlingame, D..7/8/00
37	690 King, M..12/4/99	507 Hudak..12/12/99	670 Edmondson, S..8/15/00	1750 Mann, S..2/27/00
38	690 Taylor, R..9/9/00	507 Shura, J..4/16/00	666 Hasler, L..3/11/00	1750 Augenstein, J..11/19/00
39	688 Succarotte, T..12/5/99	507 Miller, N..6/4/00	666 Rogers, c..5/21/00	1747 Chovanec, P.J..6/11/00
40	688 Roberts, S..10/21/00	505 Carroll, D..12/12/99	665 Cadotto, C..5/7/00	1745 Cox..6/18/00
41	685 Bianchi, A..4/22/00	505 Luchner, B..12/12/99	663 Kaspka, K..5/6/00	1741 Branham, J..4/9/00
42	685 Reape, J..10/28/00	505 Pochiba, B..3/26/00	661 Burnell, J..3/19/00	1741 Pessell, G..5/21/00
43	683 Jones, L..3/25/00	505 Campbell, G..9/9/00	661 Branham, J..4/9/00	1741 Swan, E..6/11/00
44	683 Gahagan, C..4/19/00	501 Plummer, J..4/30/00	661 Bostick, J..4/9/00	1741 Pierce, R..10/28/00
45	683 Zwaanstra, S..7/9/00	501 Gregory, B..5/21/00	661 Pessell, G..5/21/00	1740 Bianchi, A..4/22/00
46	680 Carter, J..4/2/00	501 Meyer, R..6/3/00	661 Ruiz, L..5/21/00	1730 Teets, D..12/11/99
47	677 Branham, J..4/9/00	501 Nightingale, C..6/3/00	661 Fritz, A..6/10/00	1730 Lorentz, P..2/5/00
48	677 Meyers, T..8/13/00	501 Anderson, T..7/16/00	661 McCahon, P..11/11/00	1730 Hasler, L..3/11/00
49	675 Klayhold..6/3/00	501 Harrison, R..8/13/00	655 Burlingame, D..4/2/00	1730 Roberts, S..5/7/00
50	675 Dwyer, J..8/10/00	500 Walker, D..3/12/00	655 Yee, R..4/22/00	1730 Ferro, B..10/29/00
51	675 Scott, G..11/19/00	500 Roberts, L..4/1/00	655 Maroscher, E..7/8/00	1719 Focht, C..3/11/00
52	672 Chovanec, P.J..4/16/00	500 Stitt, D..4/2/00	655 Musto, M..10/28/00	1715 Gibson, C..12/4/99
53	672 Smith, S..6/11/00	500 Poore, C..9/9/00	655 Wells, V..11/12/00	1715 Heck, B..4/15/00
54	672 Pincock, S..7/9/00	500 Burbank, S..9/24/00	650 Campbell, T..12/5/99	1714 Jones, L..3/25/00
55	672 Borgo, B..11/11/00	500 Hansen, C..10/15/00	650 Burbank, S..1/15/00	1714 Billings, C..11/4/00
56	670 Sierplen, D..12/12/99	500 Patterson, E..11/19/00	650 O'Reilly, J..2/5/00	1705 Whitman, B..4/29/00
57	670 Heck, B..4/15/00	496 Whittle, D..3/25/00	650 Hill, M..2/20/00	1705 Funaro, A..8/13/00
58	670 Pernell, G..4/29/00	495 Cox..6/18/00	650 Crum, E..2/26/00	1705 Reape, J..10/28/00
59	668 Rothgery, D..3/11/00	495 Pollard, S..11/19/00	650 McIntyre, F..2/29/00	1703 Dover, D..3/18/00
60	666 Magoon, D..4/1/00	490 Wilson, A..4/29/00	650 Mullins, R..3/4/00	1703 Rogers, C..5/21/00
61	665 Ulvang, J..4/2/00	490 Capriotti, M..5/6/00	650 Cole, G..4/15/00	1700 Crum, E..2/26/00
62	661 Alessandro, J..3/18/00	490 Smith, S..6/11/00	650 Coleman, D..4/16/00	1700 Taylor, R..11/19/00
63	661 Delsignore, M..3/25/00	490 Winters..7/8/00	650 Bianchi, A..4/22/00	1700 Bartley, M..11/19/00
64	661 Lawary, R..4/8/00	490 Bell, G..9/17/00	650 McGlynn, J..5/7/00	1697 Onorato, J..2/13/00
65	661 Billings, C..11/4/00	490 Foster, G..9/23/00	650 Massey, J..5/13/00	1697 Mistric, L..11/4/00
66	660 Conklin, T..1/22/00	490 Will, M..11/18/00	650 Dwyer, J..6/4/00	1695 Grohoski, P..4/2/00
67	660 Case, B..3/18/00	485 Gibson, C..12/4/99	650 Jones, L..6/25/00	1695 Steen, J..10/21/00
68	660 Ferro, B..10/29/00	485 Onorato, J..2/13/00	650 Succarotte, T..7/9/00	1695 Halliwell, P..11/19/00
69	655 Enquist, T..1/15/00	485 Thompson, J..2/19/00	650 King, A..7/22/00	1692 Falbo, T..4/9/00
70	655 Burrows, M..3/11/00	485 Barber, G..3/18/00	650 Panora, G..8/13/00	1692 Fields, G..6/3/00
71	655 Mistric, L..11/4/00	485 Nip, N..7/22/00	650 Bult, G..9/17/00	1692 McAuliffe, J..11/19/00
72	655 Murphy, V..11/12/00	485 Malcomson, L..9/17/00	650 Pierce, R..10/28/00	1690 King, M..12/4/99
73	650 Thompson, D..2/20/00	485 Pauley, R..11/11/00	650 Patterson, E..11/19/00	1690 Carter, J..4/2/00
74	650 Jones, D..3/18/00	482 Rowton, S..2/19/00	650 Augenstein, J..11/19/00	1690 Ulvang, J..8/10/00
75	650 Ellis, S..4/15/00	480 Scott, C..3/25/00	645 Owens, J..3/11/00	1686 Henderson, A.J..5/21/00
76	650 Coleman, D..4/16/00	480 Bell, J..4/2/00	645 Zukowski, M..3/25/00	1681 Pincock, S..7/9/00
77	650 Clark, B..5/20/00	480 Rhodes, Z..4/2/00	644 Falbo, T..4/9/00	1680 Howard, B..4/1/00
78	650 Avigliano, J..6/11/00	480 Decato, S..5/13/00	644 Clark, D..5/7/00	1680 Magoon, D..4/1/00
79	650 Arntzen, E..6/17/00	480 Eckart, B..6/10/00	644 Swan, E..6/11/00	1680 Simmers, G..6/17/00
80	650 Pedigo, J..6/17/00	480 Sanders, M..6/17/00	640 Hall, D..12/4/99	1675 Burrows, M..3/11/00
81	650 Weaver, J..7/23/00	480 Ehrhardt..7/8/00	640 Szudarek, M..12/12/99	1675 Griggs, J..3/25/00
82	650 Augenstein, J..11/19/00	480 Keene, J..7/22/00	640 Funaro, A..2/27/00	1675 Dwyer, J..6/4/00
83	650 Dick, P..11/19/00	480 McMillan..7/26/00	640 Keleman, N..3/25/00	1675 Dick, P..11/19/00
84	645 Becker, M..1/22/00	480 Hall, E..10/21/00	640 Helmicklik, S..3/25/00	1670 Brown, J..12/4/99
85	645 Hurlbut, L..2/27/00	480 Austin, G..11/11/00	640 Best, L..6/10/00	1665 Hengst, D..1/22/00
86	644 Hasler, L..3/11/00	480 Landino, M..11/12/00	640 Ferro, B..10/29/00	1665 O'Reilly, J..2/5/00
87	644 Griggs, J..3/25/00	480 Stevenson, D..11/18/00	640 Scott, G..11/19/00	1665 Pernell, G..4/29/00
88	644 Swan, E..6/11/00	480 Vogelpohl, C..11/19/00	639 Meyer, R..6/3/00	1664 Coleman, D..4/16/00
89	644 Pessell, G..11/16/00	480 Young, C..11/19/00	639 King, B..6/3/00	1664 Downing, J..6/17/00
90	640 Anderson, B..12/4/99	479 Rechtenwald, E..3/4/00	639 Smith, S..6/11/00	1660 Carroll, D..12/12/99
91	640 Kuhn, K..1/15/00	479 Focht, C..3/11/00	639 Pincock, S..7/9/00	1660 Conklin, T..1/22/00
92	640 Hengst, D..1/22/00	479 Gerard, H..3/25/00	639 Billings, C..11/4/00	1660 Murphy, V..11/12/00
93	640 McIntyre, F..2/29/00	479 Larsen, A..3/26/00	639 Hansen, R..11/19/00	1660 Keleman, N..11/12/00
94	640 Grohoski, P..4/2/00	475 Young, M..12/5/99	635 Brown, J..12/4/99	1658 Titus, G..2/27/00
95	639 Titus, G..2/27/00	475 Grohoski, P..4/2/00	635 Poinsett..3/12/00	1658 Gotlied, J..4/1/00
96	639 Falbo, T..4/9/00	475 Hepner, J..4/29/00	635 Claybaugh, C..3/18/00	1658 Ruiz, L..5/21/00
97	639 Ruiz, L..5/21/00	475 McIntosh, R..5/20/00	635 Tremblay Jr., J..5/20/00	1658 Avigliano, J..6/11/00
98	639 Meyer, R..6/3/00	475 Montgomery, J..5/20/00	635 Zweig, A..5/21/00	1655 Campbell, G..9/9/00
99	639 Downing, J..6/17/00	475 Leventry, M..6/10/00	635 Fields, B..6/17/00	1653 Meyers, T..8/13/00
100	635 Brown, J..12/4/99	475 Schaefer, J..6/10/00	635 Delgan, J..7/30/00	1653 Cote, S..10/28/00

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NEXT MONTH... TOP 20s

Corrections... Leonard Lense did not receive credit for his 606 lb. squat in the TOP 100 listing for the 198 lb. class. Scott Albano's squat of 707, bench of 462, and total of 1771 were not listed on the TOP 100 198 lb. class list as well. Jeff McVicar's 470 bench press was not listed on the TOP 100 198 lb. list either. In the report of the AWPC World Championships, Greg Foster should have been listed in the 45-49 age group, rather than 40-44. Willie Wessels has indicated that his wife Dione qualified for the AWPC World Championships as an alternate, when the opportunity for an alternate to compete in her specific weight division arose. We do make errors in our compilation of the various ranking lists we publish, however, in some cases we were not able to obtain a copy of the necessary meet results from the meet director, and occasionally the meet results contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, regardless of the source of the problem, and we encourage you to please send any corrections to "PL USA ERRORS" Department, Box 467, Camarillo, California 93011. (Sometimes, it takes a while to verify the correction before it is published)

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