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ON THE COVER.... Brad Gillingham pulling his winning 837 at the IPF Worlds, (left) Garry Frank going for the 2500 lb. total, (right) Rose Bowl bound Washington Huskies Strength Coach Bill Gillespie benches 639 at the WABDL Worlds (Baertlein)

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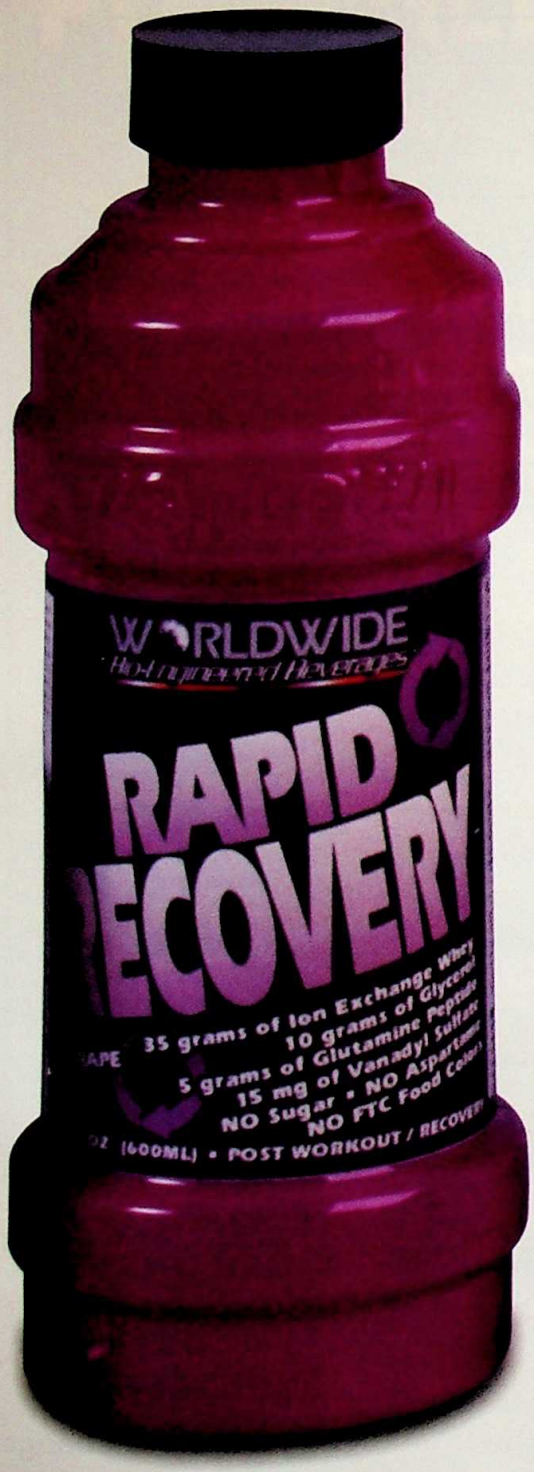

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IPF Men's World Championships

as told to Powerlifting USA by Paul Kelso

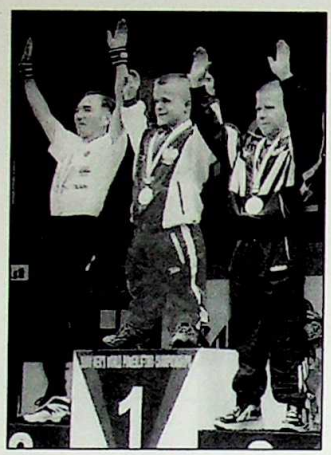
Never mind the rule changes! Who cares who resigned! This was the Show! The Taikai-no-Ichiban! The number one world championship in the rising sport of powerlifting, displaying itself in the Land of the Rising Sun.

Samurai swordsmen whacking heavy, fiber poles into pieces the size of beer cans were awesome in their exhibition, but "awesome" won't describe the effort Ivanenko of Russia put into his world record 920 lb. squat in the 242 lb. class. The delicate minyo folk-singers delighted all with their mincing, but 275 pounder Midote benching a WR 650 was dumbfounding.

Traditional dancers glided across the platform before lifting began, their movements telling stories of lost loves and ghostly hauntings. But when a pale, dark-eyed Sivokon took the stage to blast out three world records the audience wondered if something supernatural had, indeed, happened.

SHW Brad Gillingham gave us the impossible story-book ending the affair deserved. His all-the-marbles last deadlift on the last day vaulted him into a tie with Fomin of Russia and into the gold medal on bodyweight. What tale spinner invented that cliff hanger?

Lifting overshadowed the magnificent venue and splendid organization of the 30th Mens' World Championship of the International



Inaba, Stanaszek, and Zhuravliev *(l-r) with their squat medals (Shibuya)*

Powerlifting Federation in Akita, Japan, November 14-19. Held in the Akita City Culture Hall, the facilities included a large lower lobby featuring photo displays of sports to be presented at the Akita World Games (GAIS) in August, next year. Two large TV sets ran action videos of trampoliners, bodybuilders, ballroom dancers and aerobics teams from the twenty-odd activities to be contested. All-time great Hideaki Inaba was spotlighted on a separate video about his training, personal accomplishments and private life. Akita is his home town.

A small platform in this lobby was set up for benching; demonstrations were held each day and many spectators gave the lift a try, including giggling schoolgirls. Booths sold World Games t-shirts, Japanese pastries and dried fish snacks. An upper lobby contained ticket sellers and peddlers of the sharp contest t-shirts while Peter Thorne held court in his Inzer booth half-hidden by an immense jumbled pile of squat suits, bench shirts and other gear.

The plush auditorium seated perhaps 2500 persons before a large stage with wide wing space. Scoreboards were to the left and contest announcers and scorekeepers to the right in an enclosed booth. Ample warmup rooms, dressing rooms and showers were downstairs, and backstage was a judges room, a medical clinic, an officer's room and even a VIP room (this *is* Japan). A press room featured computers, fax and copy machines and a staff that pumped out a stream of class-by-class results for the press as the meet progressed.

And, boy!, did it ever progress! Two flights in each class hit the boards beginning at one p.m., finishing around seven each day. Plenty of morning time for meetings, taking care of the this-and-that, and just sleeping in.

Everybody woke up real quick when the eight man 114 lb. class opened the show. Stanaszek of Poland produced the meet-best squat and bench press to take first. That 595 lb. squat is 25 lbs. over five times bodyweight! His bench of 374 and 308 DL gave him a 1278 total. Anbu of India trailed only 33 lbs behind. His Plastic-Man arms helped him to a 540 lb. DL and second place. He's seven years younger and will challenge Stanaszek soon.

Zhuravliev of Russia took third with a well-balanced 1212, followed by Inaba, Gainer of the USA and Hsu of Taiwan. Inaba cranked up an over four times bodyweight squat and deadlift for - what? - the twenty-fourth time in World competition, but it is apparent that the 54 year old legend is beginning to slow. He announced that he will retire from open competition, but will continue in Masters and the Akita World Games in 2001. Who is going to tell him he can't?

Gainer needed six more pounds to catch Inaba. I had no chance to talk to Ervin, but he has got to have the nicest parents in Indiana, with whom I chatted in the lobby.

Norbert Wallauch moved stealthily on bare feet, with a two handed grip on the 250 year-old samurai sword of exquisite design. Dressed in traditional costume, he slashed the "katana" forward and cleanly sliced the top off a post made of tightly rolled tatami matting.

A guest performer during an exhibition of classic sword fighting techniques before the lifting on Day Five of the World Championships, one wonders if Wallauch wishes he could have carried that sword with him during the turbulence in IPF internal affairs such as the controversy over the IAD/IPF agreement and a threatened no-confidence motion against himself and General Secretary Heiner Koeberich. I checked to see if he had his sword on hand before I began this interview.

President of the International Powerlifting Federation since last November, Austrian Norbert Wallauch has a deep sports background. Starting as a sportswriter in his teens, he threw the hammer and competed in weightlifting for 24 years. From 1961-67, he also gave early odd-lift contests and powerlifting a go. After a long period in which there was no PL in Austria, Wallauch founded the

Norbert *swings his sword (Kelso)*

Austrian powerlifting organization in 1982.

Norbert has reported sports for forty-two years, most of that time for the *Kronen Zeitung* (Crown Newspaper) in Vienna. The hundred year-old paper has a daily circulation of one million and claims a readership of 2.8 million. He also functions as a sports ombudsman, mediating grievances and disputes between athletes and organizations.

Wallauch strikes one at first as a Hollywood stereotype of a friendly Bavarian innkeeper, but behind the jolly exterior and the grand moustache is a shrewd mind. He has dealt with movers and shakers in many sports and may be the only person in powerlifting with access to the International Olympic Committee (IOC).

Upbeat about the future of the IPF, Wallauch cites his recent meeting with the President of the IOC, Juan Antonio Samaranch, on October 28, in Monte Carlo. There is an understanding, in the form of handshakes and memos, that the IOC will use the World Games (GAIS) as a demonstration venue to try out provisional sports seeking IOC recognition. The year 2001, will be the first time the World Games will be under the IOC flag. Samaranch told Wallauch he hoped that the World Games will become the "third leg" of the IOC program - with the Summer Games in 2000, the World Games in 2001, and the Winter Games in 2002, for example.

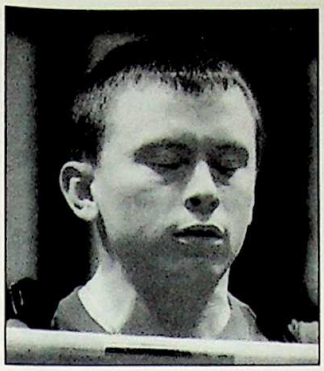
Olympic acceptance also requires a new sport to be in good financial shape: Norbert's optimism in this regard is based on the settlement of the IAD/IPF problem, the cash infusion from the now-defunct World Sports internet company, and contracts signed with a growing number of suppliers. These contracts require suppliers to provide equipment to contest organizers, which will be a boost for growing programs worldwide.

The notorious "Inzer Agreement" has been settled in full, according to Wallauch. He states there will be no favoritism toward IAD, and that the terms of the agreement will extend to and effect other manufacturers equally. There may still be bugs to work out, but Wallauch insists the playing field is level. He is excited about the IPF returning to the USA, as were the great majority present in Japan.

The agreement was approved by the Congress on a 19-8 vote. Voting against were the USA, Australia, Canada, Norway, South Africa, Brazil, Britain and Mexico, if I have that right. Wallauch noted that some of these countries may have voted against the use of bench shirts (for one thing) in the past and their vote here may have been against gear in general rather than the IAD/IPF agreement specifically.

He sees a bright future for the IPF and expects the next five years to bring great things for the organization and the game.

- Paul Kelso, Akita, Japan.



***Pavlov** of Russia at 123 (Shibuya)*

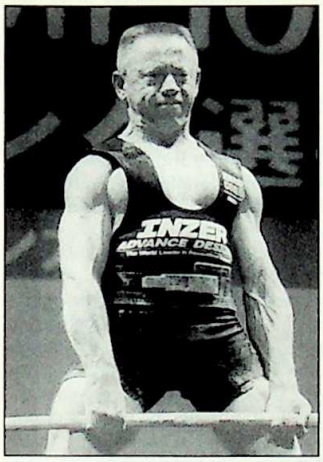
Pavlov of Russia ran off with the 123 lb. class; hitting a 1388 total with Hsieh of Taiwan second at 1317, but it was tight at 132 lbs., with only 22 lbs. between winner Andruchin and Elyn of Belgium. Lee of Taiwan hoisted a monster 606 lb. DL to tie Tim Taylor of the USA, and take third on bodyweight. Tim calls himself the "Buffalo Bill" of powerlifting, always on target, ten national titles running and consistent high placings at World Championships. A church group from Misawa Air Force base in Japan drove over to support Deacon Tim, complete with Taylor t-shirts.

Champion of Champions Alexey Sivokon is from another planet, not Kazakhstan, which is remote enough. The gaunt 27 year-old claimed three new world records, 696 lbs. in the squat, 473 lbs. in the BP and an 1829 lb. total. He attempted a 699 to surpass his 697 DL WR as well, but his feet slipped out to each side as he began. He stood erect and found that the head ref still had his hand raised! Sivokon rolled the bar to the back of the platform and tried again, failing at mid-point.

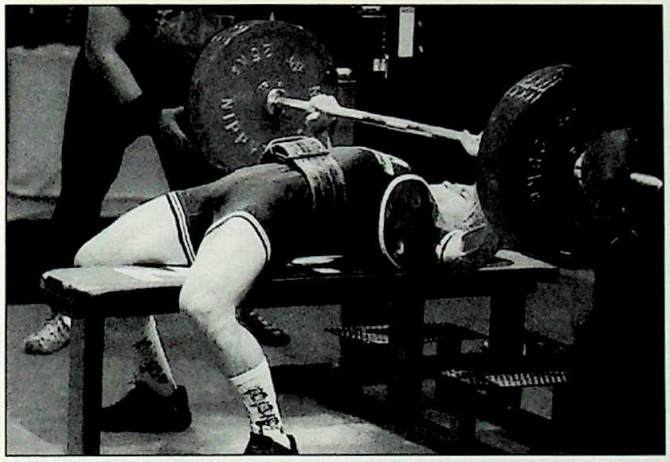
I'm a little steamed. Every time Sivokon wins a chorus warbles that he is on the juice. Yes, he was suspended for a violation six years ago. Coach Korzov and others insist that he took an over-the-counter product, sold by an well-known American bodybuilding promoter, which proved tainted when tested. Word is that Sivokon has internal problems such as ulcers, which rule out any possibility of his taking performance drugs as they would ruin his health. I wondered if there is something wrong when I saw him; his skin seemed yellowish and his eyes dark. Let's give him a break till we find out more. Olech of Poland grabbed second, actually out deadlifting Sivokon by five pounds with an excellent 666.

***165 winners**... (l-r) Baranov, Furashkin, Hooper (Shibuya)*

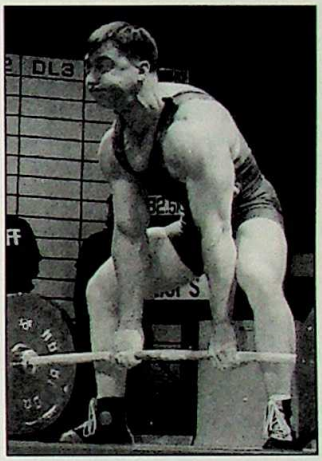
Wade Hooper of the USA led the 165s nicely at sub-total, with a 705 squat and 446 BP, but the DL he needed to hang on to wasn't



***Elyn** of Belgium at 132 (Shibuya)*



***Sivokon** with a world record bench press of 473 at 148. (Shibuya)*



***Mor** (RUS) won the 181s (Kelso)*

IPF Men's World Championships
14-19 NOV 00 - Akita, Japan

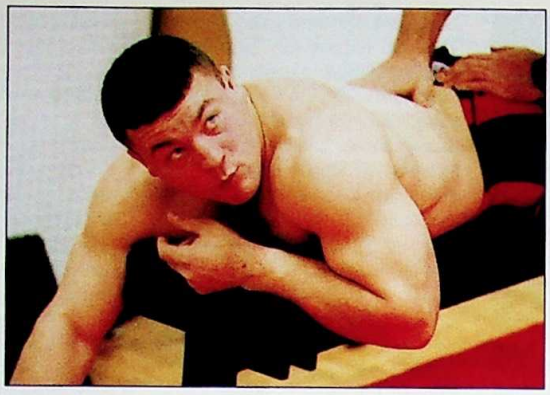
114 lb. wt. class	SQ	BP	DL	TOT
Stanaszek POL	595	374	308	1278
Anbu IND	473	231	540	1245
Zhuravliev RUS	490	248	473	1212
Inaba JPN	496	198	485	1179
Gainer USA	418	275	479	1173
Hsu TAI	424	242	485	1151
Nabe JPN	424			
Vith DEN	380	253		
123 lb.				
Pavlov RUS	551	369	468	1388
Hsieh TAI	462	319	534	1317
Francis IND	457	270	534	1262
Koike JPN	457	292	496	1245
Nemeth AUT	429	259	507	1195
Garcia VEN	402	242	352	997
Loganathan IND				
132 lb.				
Andruchin RUS	562	297	573	1432
Elyn BEL	556	330	523	1410
Lee TAI	496	286	606	1388
Taylor USA	468	341	578	1388
Tromp HOL	523	286	485	1295
Yang TAI	374	220	529	1124
148 lb.				
Sivokon	696!	473!	661	1829!
Olech POL	672	369	666	1708
Dolgov RUS	606	363	611	1581
Arias USA	573	363	600	1537
Chiu TAI	573	325	622	1521
Elbeghiti FRA	551	314	622	1488
Koiwai JPN	518	385	578	1482
Wilczynski POL	562	319	595	1477
Kuzhakhmetov	551	336	578	1466
Huang TAI	485	363	600	1449
Sawant IND	518	336	595	1449
Hernan VEN	540	325	507	1372
Luu AUS	479	225	562	1267
Rosales PHI	275	314	473	1063
Koo KOR	396	220	396	1014
165 lb.				
Furashkin RUS	694	440	661	1796
Baranov RUS	683	391	666	1741
Hooper USA	705	446	562	1714
Turakhanov KAZ	644	369	672	1686
Takahashi JPN	595	435	562	1592
Harris AUS	490	325	507	1322
Hong KOR	462	275	407	1146
Lee KOR	440			
Bazaev UKR				
181 lb.				
Mor RUS	716	496	705	1918
Ricks USA	694	462	672	1829
Soloviov UKR	694	485	639	1818
Gandner FRA	650	413	666	1730
Valentinsen NOR	639	396	606	1642
Bruggink HOL	600	396	622	1620
Kobayakawa JPN	617	396	606	1620
Gomez MEX	540	352	661	1554
Hsieh TAI	573	308	617	1499
King NZ	540	308	573	1421
Leung CAN	507	319	584	1410
Kelepouros AUS	556	292	529	1377
Kalin SWI	462	319	584	1366
Balderrama MEX	451	297	485	1234
Turesson SWE				
198 lb.				
Tarasenko RUS	771	540	738	2050
Freydun UKR	733j	490	710	1934j
Theuser CZE	733	479	683	1895
Benemerito USA	694	485	705	1884
Rashidov KAZ	677	440	738	1857
Wagner USA	733	446	666	1846
Kalic FRA	666	396	644	1708
Nitta JPN	683	396	622	1703
Hausburg GER	650	380	672	1703
Krokkee HOL	639	490	573	1703
Weng TAI	496	308	473	1278
Akhtar PAK	319	253	374	947
Desachy FRA	650	424		
Szymkowiak POL				
220 lb.				
Suslov RUS	826	512	738	2077
Romanenko UKR	837	462	694	1995
Makrushin UKR	744	507	727	1978
Panfilov KAZ	744	512	699	1956
Calderini LUX	699	424	705	1829
Hiragushi JPN	639	462	606	1708
McKenzie CAN	628	369	661	1658
Weaver NZ	628	402	611	1653
Lin TAI	650	429	551	1631
AlEmiry UAE	551	485	573	1609
Inglese AUS	661	352	595	1609
Armendariz MEX	606	330	628	1565
Mihaljevich AUS	589	347	606	1543
Papazov BUL	540	396	595	1532
Budd PAK	418	286	440	1146
Harris USA	782	451		
Torres PHI	330	220		
Ceglarek POL				
242 lb.				
Ivanenko UKR	920!	4798	733	2132
Ljungberg SWE	815	512	782	2110
Soloviov UKR	826	540	716	2083
Arval HUG	727	529	749	2005
Pomana NZ	771	468	749	1989
Mainka GER	705	518	650	1873
Nishimura JPN	683	496	644	1824
Parashkevov BUL	683	402	705	1791
Neele HOL	694	440	655	1791
Pronier FRA	705	429	639	1774
Logan AUS	705	396	666	1769
Lousich NZ	683	490	578	1752
Yoshida JPN	661	462	628	1752
Bontekoning HOL	661	380	677	1719
Chen TAI	551	402	595	1548
Singh IND	440	286	529	1256
Christoffersen NOR				
275 lb.				
Midote JPN	892	650	661	2204
Papazov UKR	826	562	710	2099
McGettigan USA	782	468	788	2039
Pomana NZ	782	523	628	1934
Sommerset NOR	749	440	694	1884
Krendl AUT	727	424	710	1862
Dorner GER	771	374	617	1763
Conrado BRA	716	385	562	1664
Gomez MEX	396	242	396	1036
Jonsson ICE	826			
Stawowy POL	760	485		
Yussupov KAZ				
SHW				
Gillingham USA	815	600	837	2254
Fomin RUS	903	556	793	2254
Savickas LIT	903	551	793	2248
Gurianov RUS	826	573	804	2204
Sedmik CZE	793	540	727	2061
Culnan USA	738	540	738	2017
Kyneb DEN	771	473	755	2000
Kossen HOL	760	523	705	1989
Reeves GB	705	545	727	1978
Naude RSA	793	462	661	1918
Hsieh TAI	639	308	639	1587
Abdullah AUS	165			
Naleikin UKR	881			
VandenBerg RSA				
Dudkins LAT	738	485		
Meszaros	859	485		
Orobets UKR				

Teams: Russia 72, Ukraine 55, USA 51, Japan 41, Taipei 35, Kazahkstan 34, Poland 24, India 19, New Zealand 18, Holland 18, France 17, Czech Republic 14, Norway 12, Austria 11, Germany 11, Australia 10, Sweden 9, Belgium 9, Lithuania 8, Hungary 7, Mexico 7, Luxembourg 6, Venezuela 6, Korea 5, Canada 5, Denmark 4, Bulgaria 4, Brazil 3, G. Britain 2, Pakistan 2, Republic of South Africa 1, Philippins 1, Switzerland 1, United Arab Emirates 1. Champion of Champions: Sivokon - (Kaz) - 641.50, Tarasenko - Russia - 593.71, Mor - Russia - 584.11. Best Squat: Stanaszek - Poland - 267.651, Ivanenko - Ukraine - 245.991, Sivokon - Kazahkstan - 244.236. Best Bench: Stanaszek - Poland - 168.521, Midote - Japan - 168.150, Sivokon - Kazahkstan - 166.474. Best Deadlift: Anbu - India - 241.398, Lee - Taipei - 236.335. Olech - Poland - 234.074.

there, dropping him to the bronze. Furashkin and Baranov of Russia were first and second.

1999 181 lb. champ Dave Ricks trailed Sergey Mor at subtotal by 55 lbs. and Soloviov of the Ukraine by 22. Dave got only his opener DL of 672, which pulled him into second place overall, but needed 760 to win, a weight he can do. Not to be, as the bar rose half-way and seemed to tear itself down and away. Ricks said he was technically off all day, never quite in the grooves he wanted. Mor totaled 1918, Ricks 1829 and Soloviev 1818, twice missing the 666 he needed for the silver.

Tarasenko of Russia wanted that last DL, he was already eight for eight and well ahead of the 198 lb. class pack, and Mike Bridges' twenty year old total record of 2066 hung just out of reach. Mr. T took the 760 DL needed, but hung up, leaving him eight for nine for a fine 2050 score. All of nineteen and looking like the old comic book character "Bullet Man", Ivan Freydun of the Ukraine finished at 1934 with 1895. Ray Benemerito was just 5 kilos back in fourth. Freydun's 733 490 710 is well balanced lifting, and that 733 squat and 1934 total are new Junior WRs. Talk about seeing the future!



***Tarasenko** of Russia gets a rub-down (Nozomu Shibuya)*

And here the future is. Suslov of Russia is twenty-one. The 100 kg./220 lb. class may be his indefinitely. He beat second place man Romanenko of Ukraine by 91 lbs and third placer Makrushin by 99. 18 men started with three being disqualified, most notably Tony Harris who could not Theuser of the Czech Republic at

A Coup That Failed? - THE STRANGE QUEST OF MAURO DIPASQUALE *by Paul Kelso*

Faxes invaded my home in Japan at three a.m, telephones rang, emails stacked up and the Internet blazed with accusations and paranoia for over a year. What in the world - or in the IPF - was it all about? Justified or not, somehow the complex issues became personified by one name, that of Mauro DiPasquale.

The five or six dozen of communications and documents I have on these matters would take an entire issue of the magazine to present. Many incidents and anecdotes will be omitted. Instead I'll sketch what I see as the crucial elements.

When the IPF VP for North America position became vacant about two years ago, Mauro was appointed to the slot by then President Grahame Fong. Mauro dreamed of a Pan American Powerlifting Federation to include all lifting nations in North and South America. Never minding that IPF North and South American regional bodies already existed, Mauro proceeded and named himself President. That he was both IPF VP and PAPF prez raised the question of whether his position would supersede existing IPF structures or leave the So. American VP wondering to whom he should answer. The IPF leaders took a dim view of this.

Putting a proposed 1999 PAPF contest on hold, Mauro and sidekick Mike Armstrong of Canada, then assistant to IPF General Secretary Heiner Koeberich, turned to helping Mr. Fong in his IPF reelection campaign. (Mike ran against the "autocratic" Koeberich for Gen-Sec and lost). Both Mauro and Mike have written me that Fong and certain members of the EC assured them, before the Trento election, of their support for recognizing the PAPF as an IPF regional body.

In fairness to DiPasquale and Armstrong, both men have written to me that it was never their intention to establish a personal power-base, but that the PAPF was intended to promote the sport and lend aid to So. American affiliates. After recognition, the PAPF "would be turned over to the IPF." However, after Wallauch's election Mauro could gain no ground toward recognition. Mauro's perceived attempt to stack the 1999 Congress with PAPF-associated delegates pledged to Fong would not be forgotten.

Wallauch's Feb., 17th, announcement of the settlement of the contract dispute with Inzer Advanced Designs caused an uproar. IAD agreed to drop it's $400,000-plus judgement in the Frantz suit against the IPF in return for recognizing the 1993 equipment contract signed by then VP Fong and President Vierthaler. Opponents saw the settlement as caving in to IAD.

Soon after, a letter reputed to have been signed by many of the VPs appeared on the IPF website disavowing the settlement. The letter proclaimed that Wallauch and Koeberich acted unconstitutionally without consulting the EC or putting the matter to the vote of the Congress. Mauro and Mike began demanding the resignations of Wallauch and Koeberich.

Armstrong posted this letter without permission of his employers. This perceived tendency to assume authority he did not have irritated Koeberich in several matters and became a point of contention.

In April the PAPF staged its Chicago contest. Mike Overdeer of the USAPL was elected a VP with P.J. Couvillion as doping control officer. Armstrong became Gen-Sec.

Pre-meet publicity clearly implied affiliation with the IPF and Mauro's position as North American VP was prominently displayed. Lots of lifters showed up and some USA records were set.

Was there anyone present who did not believe they were at an IPF approved contest? Brad Gillingham and Ray Benemerito told me in Akita they believed it was. Didn't all present believe the PAPF would be a democratically run organization? Were not elections held?

Months later people began asking about the drug tests. Mauro had removed Couvillion from his newly elected position as unqualified and handled the sample collection himself. A new officer from Canada was appointed by Mauro some time after the contest.

How can this happen in a democratically run outfit? I'll tell you how. Mauro wrote to me on Oct., 16, saying that the PAPF is owned in its entirety by himself and always has been. "I am the Law." Therefore, to condense a long explanation from Mauro, the Chicago meet was an "exhibition" contest and the drug testing merely "exhibition drug tests."

The testing was done outside normal channels at Aegis Labs, says Mauro. I have seen half a dozen communications to and from Aegis. The Lab's stock reply is to refer everyone to Mauro as MRO. He insists all tests were negative. In an astonishingly forthright email to me, which I have his permission to use, Mauro said that he would have been in a desperate situation had positives been published; to release such results would have made him vulnerable to lawsuits personally as he is the sole PAPF owner and that the PAPF had/has no constitution or bylaws.

Were the tests run and were they all negative? It's difficult to feature Drs. Black and DiPasquale risking their professional reputations for a lie. But in the end, as long as no results are released publicly, we have only Mauro's word.

More important than the testing squabble, the sad thing is that a lot of people were misled as to the true nature of the event. Meanwhile, Big Brad G., one of those tested, wonders what an "exhibition drug test" is, and waits in vain for recognition of his American record set at Chicago.

Why did Mauro proceed with the contest without recognition from the IPF? Perhaps he had already invested too much of his personal fortune in it to back down, and hoped an IPF nod could still be negotiated. Did Mauro and Armstrong believe that opposing the IAD agreement and calling for the leadership's ouster would somehow force the IPF to make a deal to recognize the PAPF, as some claim?

I find myself musing whether these circumstances became a runaway train for Mauro, with no place to jump off.

In the fall the controversy sank into name-calling and threats. Unsubstantiated charges of corruption were made against the IPF. Mauro proposed a no confidence motion against Wallauch and the "dictator" Koeberich. In a bizarre twist, Mauro sent letters to the top IPF leaders asking for a reconciliation. In the same time period, he also circulated a letter to others deriding Wallauch and Koeberich as "stooges" and other insults.

Instead of the EC being in Mauro's pocket, a statement attributed to Mauro by several, some of the signers of the "VP" letter Armstrong posted disassociated themselves with Mauro after conference calls with Wallauch and the EC and conciliatory talks between principals. The EC vote swung to 5-3 in favor of the IPF/IAD agreement months before Akita.

When the effort to unseat the leadership or defeat the agreement appeared lost, Armstrong announced he would skip Akita due to a new job and wearying of the politics. Finally, Mauro also begged off, citing ill-health and a biking injury to his son.

At the Akita EC meeting Nov., 14, the agreement was approved 19-8. The EC demanded Mauro produce the Chicago test results within seven days or face expulsion. Mauro resigned.

He immediately announced the formation of the "uncorrupted" International United Powerlifting Federation, with himself as President and trademark and copyright holder, to be open to all and democratically run. He will appoint "interim" officers soon. I had to read that twice myself.

The IPF may have seen the last of Mauro: but he rises from the ashes, forges new agendas, darkly predicts lawsuits to come, and declares he has no bad feelings toward anyone while trashing his enemies, real and imagined. Generations from now, when we all have gone to that strongmans' banquet in the sky, I wonder if Mauro will be found at a lower table, seated between King Lear and Richard Nixon.

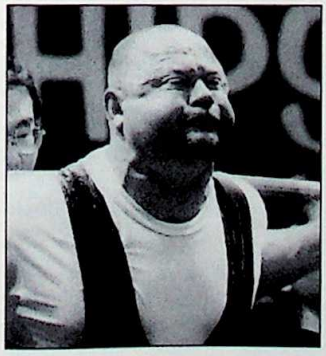
***220 winner Suslov**..... (Shibuya)*

get his opening DL of 738 up in three tries. It would have given him the bronze. Tony hurt his back during the squat, wrecking his DL chances, but a scan assures us he'll be back on the platform before long.

A new rule is that in the future "token lifts" must be a minimum of double bodyweight. Small, human stories make powerlifting the grand game it is. Eddie Torres of the Philippines, the Asian DL record holder, wanted to be the first from his country to win anything at a Worlds and so took a token squat and bench aiming at a DL medal. I had never seen or heard of such before. Token lifts are for benchers, right? The ploy was within his ability, but he tore a hamstring and was out.

People had been screwing around long enough. The balding Ivanenko stalked out and jammed up a 920 WR squat to take a 105 lb. lead in the 242s. A good thing he did, as tall, lean Ljungberg of Sweden came right back to out-bench and out-pull the Ukrainian. Ivanenko, age 45, hung close to win by 22 lbs, with yet another Soloviev from the UKR in third with 2083.

Who were those guys? When Derek Pomana of New Zealand came out to lift, a couple of zealots danced and sang a Maori war chant in the aisle in front of the stage. That woke up a tired bunch of spectators.

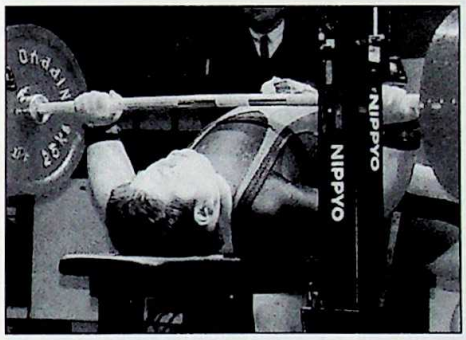


***Ivanenko** got a 920 WR at 242*

On Sunday the biggest crowd of the contest appeared. Teams of already finished lifters appeared to see their big boys go at it. Not only was it a day off for most Japanese, but a large number of his countrymen had come to see the strongest man in Asia do his stuff.

I first saw Daisuke Midote eight years ago at a small contest near Tokyo. Then twenty, the blocky ex-judoist looked strong but clueless. Today he is a champion of the World in powerlifting. Looking trim and fit at 273 lbs., he squeezed up 892 in the squat and then headed for the bench, the event most waited for.

Going after his own WR with on his opener, he terrified the Japanese present when he missed. The second attempt went up easier with but one red light for a new WR. The third WR effort of 650 went smooth and even and it looked like a lot more was there.



***Midote's** World Record 650. (Paul Kelso photo)*

Midote is criticized by some because of his relatively low deadlift. He has small hands and often has third attempts jump out of his grip, as happened here. But when you are 154 pounds ahead at sub-total, it would take some pull to be overtaken. It didn't happen; Midote went 892 650 661 for a 2204 total to the Ukrainian Papazov's 2099. Pat McGettigan of the USA, whose name Japanese announcers could not pronounce, posted a stylish 2039 to finish third by a 105 lb. margin over fourth place brother Wayne Pomana, who was cheered on again by the Maori warriors. The IPF ought to hire those guys; they're fun and get the crowd going.

Get out the Thesaurus. Where do you find the words for what happened next? So there we were in the Supers, with Fomin of Russia leading with 2254 lbs. after the second attempt deadlifts, Savickas of Lithuania at 2248, the Russian Gurianov at 2204 and the uncancelled Czech Sedmik at 2061. Sean Culnan of the USA hung in at 2017, and every man jack of them had a shot at a medal going into the last deadlift. The Dane Kyeb followed with 2000, Kossen of Holland at 1989 and Jamie Reeves of Great Britain huffed along at 1978.

They all missed their third attempts, every man in the flight – except one.

And Big Brad Gillingham of the USA, his father's son, with dad Gale Gillingham from the legendary National Football League world champions Green Bay Packers looking on, called for 837 in an attempt to jump from his third place position to his own world title.

Everybody in the hall knew the contest rode on this last effort, the final lift of the entire contest. Brad lined it up, clinching his double overhand hook grip into the bar, almost alone in the USA or even most countries to try that style, and began pulling, under control, with the slightest wobble mid-way, gutting it on out to the top to tumultuous applause.

The judges played it for all it was worth. There was a long, long pause before the lights came up. What choice did they have? Lynching if they posted reds? Ritual suicide (this is Japan) if they turned the lift down? All whites!

Brad says he has learned much from watching lifters from Russia and the Ukraine, adding their form techniques to his bag of tricks as well as the overhand grip.

When the Star Spangled Banner played during the medal ceremony for Brad's victory, I found myself bemused, the old expatriate, having lived out of country longer than some of the readers of this magazine have been around, a stinging behind my eyes, wondering who I was, when I heard a clear second tenor behind me singing the American national anthem for all it was worth.

***Susumu, Brad G. & Fomin** at the news conference*

Afterwards, I walked over to singer Mike Overdeer, prez of the USAPL, and said: "I haven't heard anybody haul off and unashamedly sing our country's song like that in a lot of years. Good for you!"

"No shame for me it isn't," Mike said. Good for him. There wasn't a dry American eye in the auditorium.

Oh, yes, there were other moments, like when the B class of supers began squatting and side judge Rudy Kuster of Germany called about 15 red lights in a row in the squat, making the Russian coaches scream so loud that the meet ground to a halt for what looked like a mini clinic. Were there many complaints about the strict judging? Sure. You can't have an IPF World Championship without them.

Three TV networks covered this contest. After every flight a news conference with the top lifters was attended by ten or twenty media types. Susumu Yoshida and the gang outdid themselves organizing the contest, and all agreed the Japanese spotters and loaders were the best ever.

The thing about an IPF World Championship is when you go there - the world is there. P.J. Couvillion, the new media officer, wished every lifter in America could have seen this show: they would come over to the USAPL in droves to have a chance to be in the next one, said he. If the IOC-World Games (GAIS) hookup goes through and powerlifting gets on world-wide TV next August, that re-ordering may become a landslide.

Ray Benemerito has his own thoughts on what makes the IPF World special. It's the competition: "Where else can you go and miss an attempt and drop two places?" Lifting ruled; most of the lifters present seemed to have no interest in the political wars of the last months.

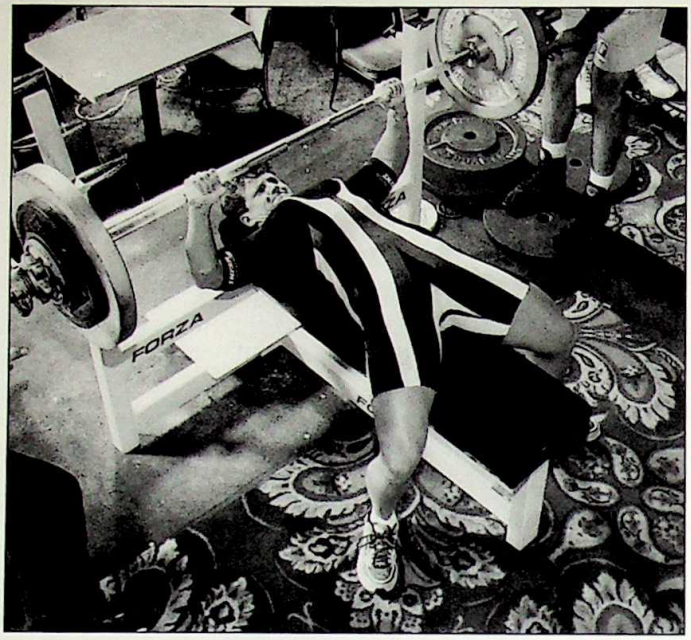
The after-contest banquet had more food and drink than even the 140 lifters and alternates could handle. No one went hungry, but a few exotic local dishes stopped some. "Egzguse me, Mr. Paul, but vot iz these stoff?" I lied a lot.

I'll be taking a hiatus from powerlifting for the next few months. Teaching commitments, re-issuing the old shrug book and flogging my novels to publishers will keep me busy. But I'll be back next year at the World Games. I want to check out those ballroom dancers.

WABDL World Championships

as told to Powerlifting USA by Gus Rethwisch

The 4th Annual 24 Hour Fitness WABDL World Championships had 562 lifters and 770 benchers and deadlifters from 31 states and 11 countries with USA, Canada, Brazil, Germany, France, Sweden, India, Guatemala, New Zealand, Ireland, and Ecuador being represented. In the master division bench press in age group 40-46, Glenn Murphy of Maryland set a world record at 123 lbs. with 220. At 132, Allen Yung of Arkansas put up 297 for the world championship. At 148, Sheldon Weingust of Texas rammed up 363 for the world title. He was shy of the world record with a close attempt at 381. At 165, Clyde Higa of Hawaii did 391 off his world record of 407. Dan Marxheimer of Washington State was second with 358 and Richard Davidson was third with 236. At 181, Jeff Jones of the Bay area put up 402 for the gold and a California State Record. Bill Cox was second with 363 and Francisco Ventilari of Brazil was third with 286. At 198, George Herring of Georgia set a world record with 534. George is an old timer still pushing the big time weight. Darris Piggee was second with 485. Byron Beebe was third with 485 and the heavier man. Both Darris and Byron have set numerous world records. In fourth place was Keith Kanemoto of San Jose with 435. Keith isn't used to losing very often so I'm sure his game will improve. In fifth was Bruce Hines with 363. Paul Radmilovich was sixth with 336 and Ken Wilson of Hawaii was seventh with 264. At 220, David Callas of Georgia won the worlds with 336, and a Georgia State Record. At 242, Arthur Thompson Jr. won with a huge 540 and a California state record - only 12 lbs. off the world record. In second was Doug Mulder of Medford, Oregon with 479. Third was Mike Lutz with 451 and a California State Record. Fourth was Joe Harms with 440. Arthur Clayton was fifth with 402 followed by Michael Moore with 374 and Gary Stevens at 286. At 275, we had one of the biggest battles of the tournament. Phil Andrews of California set a world record with 523. For the world championship, Carroll Moon of Oregon ended up with the world record with 524 on a fourth and Don Frosland Jr. also set a world record with 513, but finished third. Kurt Sacher was fourth with 473, but almost made 507. Johann Hofmeister of Germany was fifth with 462. Mario Ceccarelli was sixth with 451 and Thomas Di Filippi was seventh with 242. At 308, we had a good old fashioned on the street at high noon shoot out with two undefeated 308 pounders. Tom Manno an ex NFL Football star from Phoenix, Arizona and Bill Gillespie the strength coach of the Rose bowl Bound Washington Huskies. They both opened big and easy - 611! Manno went to 635 to break his current world record of 633 and locked it out unevenly and was turned down. Gillespie smoke 639, Manno missed 635 again and Gillespie missed 650 twice. A great match up of two great lifters and both of them perfect gentlemen. They will shoot it out again no doubt about that. In third place at 308 40-46 was Gary Brower of Idaho who did 462 and an Idaho state record. Paul Ratsch was fourth with 435 and Corey Huwe was fifth with 402. At super heavy, Art Ramsey of Alameda, California beat Randy Young 551 to 518. David Chase of Florida was third with 457. Brian Rehberg of Washington was fourth with 440. Best lifter lightweight was George Herring and heavyweight was Bill Gillespie. In master 47-53, Homi Shivaie of San Jose won the worlds at 132 with 192. John Tyree of Texas won at 165 with 363. At 181, Leonard McAllister set a world record of 418 and almost got 440. He is coached by Terry Luehrs and they're both from Salem, Oregon. Terry had numerous other lifters who set world records. In second place was Richard Hagedorn of Alabama with 336. Dan Bell was third with 308 and Gene Alexander and Mick Stevens of Bull Stewarts Gateway Athletic Club Team of Seattle were fourth and fifth with 303 and 286. At 198, Warren Orbaugh of Guatemala won the world championship with 402. Emmanual Howard of Louisiana was second with 385 and a Louisiana state record. Raineer Gessman of Germany was third with 352 and Nick Santora of Seattle was fourth with 314. At 220 lbs. Sean Finegan of Texas won the worlds with 424. Steve Ramey of Georgia, the favorite to break Bill Sekermestrovich's record of 473, opened to high to break the record and bombed out. Ronnie Edwards was second with 385. Richard Dunn was third with 336. DJ Jamerson was fourth with 303 and Harold Barett was fifth with 242. At 242, Fred Kendell won with 418 and had room to spare. At 275, Bennie Dooley won his third consecutive world championship with 485. In second place was Colin Bonneau from Canada who is a human replica of the Cookie Monster - wide, intimidating but jovial - he did 418. In third was Austin Webb of Arkansas with 413 - an Arkansas state record. In fourth was Tom Ekenberg of Texas with 358 only 2 lbs. shy of the Texas state record. In 5th was Eddie "Off day" McConnell of Alabama with 314. Eddie is the object of playful kidding from a 181 pounder named Hagedorn who out benched him. At 308, Randy Patterson, an old timer on the Comeback trail for about the fourth time won with a 529 and a near miss with 551. Not bad for 51 years old. Randy has totaled 2240 in powerlifting with a 914 squat. He's been there and done that. David McCreary was second with a PR 440 and Obbie Hampton was third with 352. Obbie is recovering from an injury and normally is capable of 470-500 lbs. He will be back in a year or so. At super, Carl Rosborough won with 451 and Leo Contreras was second with 429. In third was Keith Ward from Hawaii with a state record of 396 with no shirt. Keith has a local food place in Waimanalo called Keneke's that has the best Kalua Pig on the planet. Outstanding lifter lightweight was Leonard McAllister - Leonard usually wins this award - and heavyweight was Randy Patterson. In master 54-60, Ron Matheson of Arizona won the world's over stiff competition with 385 at 198 lbs. He is the current world record holder with 397 in 220 lb. class. In second place, Rick Tsutsui of California set a California state record with 374. Terry Camp of Oregon was third with the same weight. Terry is the world record holder with 418. In fourth was Olicio de Santos of Brazil with 325. Wait till we talk about the guy's deadlift. The highest coefficient in the world. In fifth was Gerard Larue of France with 325. In 6th place was "Doc" Hilger with 319 and in seventh was Godfrey Holzinger with 297. At 220, Bill Sekermestrovich shattered Ron Matheson's world record of 397 with 440. He is coached by Terry Luehrs. In second place was Toe Preston with 369. Toe has helped me tremendously over many years in Hawaii. He has done a 440 bench. Jon Paggett of Spokone was third with 363. Jon is your ultimate biker type with a great looking Harley right out of Easy Rider. Skip Hall was fourth with 225. Skip had a bad hand incurred from fighting at his martial arts school in the Birmingham, Alabama area. In the 242 lb. class, Daniel Smith III of Los Angeles won the worlds with 418. He was off his game because he did 451 in August. The venerable old man Dennis Cone came in second with 358. Terry Bunch of Eugene, Oregon was third with 330 and Jimmy Duckett the gentleman and humorist from Oklahoma did 253 for fourth. At 275, George Nelson opened with 562 and missed because of his nemesis, the butt rise, but he came back at 589 and did it clearly at age 56. The best master bencher in the world - he only weighed 260. He came close with 611 and has done 610 and 600 in two different meets. Pedro Velazco of Guatemala was second with 413. Pedro is a gentleman and very much in love with this sport. Thomas Lucas was third with 264. At 308, Robert O. Smith (actor, humorist, cartoonist, and the man of many voices - he does voiceover for Disney Studios) was the world champion in 308 with 435 about 20 lbs. off the world record. At super Donald Jones, the world record holder with 468, did 440 for the world championship. At 165, Larry Cardon a lawyer from Virginia won the worlds with world record 348 and then another one on a fourth with 352 to beat Wayne Paola's record. Larry has won world and national titles in at least three different federations and has set numerous world records. In second place was Moses Timbol of Hawaii with 303, a Hawaii State record. In third was Christian Brenol of France with 220. At 181, Mitch Sperling of California won with 325 off his California state record of 336. In second was Ritchie Creevy with 314 and third was Jerry McCamman with 303. Don Covello was fourth with 259. Ritchie Creevy used to put on some big Malibu extravaganza bench contests where Ken Lain has benched 722 and a near miss with 749. Mitch Sperling is a grand old man of the game and has been around a long time. Outstanding lifter for lightweight 54-60 was the lawyer, Larry Cardon. Heavyweight outstanding lifter was George Nelson. In master 61-67, Precious McKenzie of New Zealand set a world record of 253 at 132 lbs. Precious is a Member of the British Empire and has set over 70 world records in olympic lifting and powerlifting. He started competing in 1954 and is really Thee Grand Old man of the Iron Game. He's called Precious for a reason - a very precious commodity in the sport called continuity. When great lifters retire, whether it be Pacifico, Kuc, Reinhoudt, Walter Thomas, Mike MacDonald, Jeff Magruder or Fred Hatfield, it's like a death in the family. We have lost Doyle Kenady, Wayne Bouvier, Matt Dimel, O. D. Wilson, etc. for real. But if you're just retired it's still like a death because the result is the same - you usually never see them again. With Precious McKenzie, he gives you the assurance that you can lift forever and you never think of death. Precious is the link - the one variable that keeps all of us going and just maybe we won't die - we will lift forever. Thank you Precious! Moving on to 148, Lindy Blas of Hawaii beat Richard Gidcumb of Arizona with a 220. Gidcumb did the same for an Arizona state record. At 165, George Johnson of Corpus Christi, Texas set a world record of 332. Hans Nagerl of Germany was second with 297, and Richard Abbott was third with 225. Hans gave me a mini keg of Bavarian dark Beer called Klosterberg that was to die for. I would love to have about ten of those kegs and some old timers in the sport, like Hatfield, Pacifico, Kuc and Magruder and some of my new acquaintances like Ken Anderson, George Nelson, Art Ramsey, Jeff Jones, Terry Luehrs, and all the Hawaiians, Rich Hagedorn, Steve Ramey, Matt LaMarque, Ron Hood, Kim Brownfeild, Bob Garza, Bull Stewart, John Tyree, Rene Phillips, Carl Rosborough, and Howard Lavin and sit around and tell stories and about half would be true but who would care. That's my idea of heaven. Moving on. At 61-67 181 in the bench press Rudy Lozano set a world record of 338. Jerry Gladson was second with 242. Rudy has set numerous world records in four different federations. At 198, Pete Wilson beat Bernie Miller 336 to 303. Pete is another lifter who has been around forever and has set numerous California and world records in at least 4 different federations. At 220, Harold Smith of Montana beat Richard Yoshida of Hawaii 319 to 270. They were both Montana and Hawaii state records respectively. At 242, Ken Anderson set a world record with 418 and Omar Bruce was second with 314. Ken has put on the WABDL Nationals the last three years. The 2001 Nationals, by the way, are in Birmingham, Alabama at the downtown Sheraton Hotel on July 27 and 28. The Nationals are sponsored by Powerhouse Gym. At 275, David Johnson of Washington set a Washington state record of 380 and won the worlds with ease. At 308, J.P. Krachunis beat Gary Johnson 353 to 303. J.P. set a world record in the process. The outstanding lifter in 61-67 was Precious McKenzie of New Zealand. Moving on to 68-74, Jim Schall put up 203 at 165 for the Gold. Kiyoshi Koki of Hawaii set a world record of 336 at 181. Ross Phillips was second with 242. At 198, Joe Cantu set a world record of 385 at age 70 - that's spectacular! Even more spectacular as we got into 75-79. Sonny Ronolo of Hawaii at age 78 did 319 at 165. Sonny has helped me in Hawaii while he managed Bret's Gym in Kailua with loading weights, selling tickets and recruiting lifters. We have set out in front of Bret's Gym on more than one occasion and watched a Hawaiian sunset with a couple cans of Budweiser while we talked about powerlifting. Dr. Donald Dreyer of Louisiana was the winner in 75-79 181 with 143. Dr. Dreyer went through medical school at age55-57 and is still a general practitioner, full time at age 79. Otis Whitehead of Idaho set a world record of 221 at 198 and Victor Starkel of Montana who owns a 5,000 acre ranch, has 12 kids and rides a Harley 100 miles an hour at age 77 - benched 292 at 242. Jack Heizelman at age 83, the oldest competitor in the meet, benched 176 at 148 lbs. for a world record. Outstanding lifter for 68+ was Sonny Ronolo. In junior men age 20-25 at 148 pounds, Shane Kido set a world record of 352. In second place was Patrick Schiffner of Germany at 330. In third was Daniel Martinez at 319. Fourth was Roger Sanchez at 319. Fifth was Ryan Snelling of Missouri with 314 and sixth was Donnyn Engles with 314. At 165, Joe Luther from Outlook, Washington set a world record of 441 for the world championship. In second place was Randy Kawabata with 374. In third was Lee Luther with 352. In fourth was Spencer Sequin of Hawaii with 352. Duane Travis of Kennewick, Washington was fifth with 325. Michael Moore was sixth with 275 and Gabe Ramos was seventh with 181. At 181, John Korn III won easily with 473. John is from Mississippi. In second was Richard McKeefer of Oklahoma with 358. In third was Jake Thomas of Coos Bay, Oregon with 330. At 198, Ernie Mil-Homens of Canada won the worlds with 451 over Hoss Rhoton of Texas who did 440. Chad Matthews was third with 402 and John Anthony was fourth with 314. At 220 lbs., Eric Wright of Houston, Texas won the worlds with 457. Don Goldsworthy of Spokane was second with 424. Troy Charley was third with 402. Joshua Schrag of North Bench, Oregon was fourth with 363. At 242, Kevin Rose did 479 to beat Travis Osborne who did 435 and Cody Smith was third with 418. Jason McCullough of Texas was fourth with 385 followed by Backstrom and Adam Gruver of Oregon with 369 and 352 respectively. At 275, Joel Thiessen of Canada won the gold with 462, followed by Cody Sacher with 440 and Andrew Snider with 413. Outstanding lifter for the lightweight was Joe Luther and heavyweight was Kevin Rose. In the open divi-

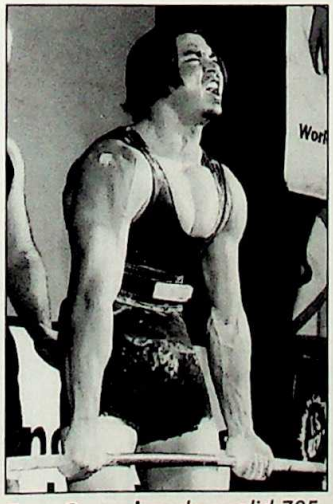


Jerri Lynn Lippert *bench pressed fantastically! (Brian Baertlein photos)*

Valerie Tyree *was so impressive.*

sion, Enrique Noj of Guatemala won the 114 lb. class with 259. Herbeth Garcia of Guatemala, the 123 World Championship with 209 lbs. At 132, Kerwin Unten of Hawaii won the worlds with a 363. He has done 396 and holds the world record at 123 with 374. At 148, Monte Hokoana won the class with 363. Kimo Luna was second with 347. They're both from Hawaii. Mike Montoya was third with 281. At 165, Sean Kaneshiro set a world record with 447. Sean used to compete in powerlifting at some of my state championships in Hawaii where he was even one of the best lifters. He used to beat David Ricks back in the late 80's. In second place at 165 was Joe Luther at 441. In third was Jason Yoshimura at 435. Jason held the world record at 446 until this meet. These three ought to have more battles in the future, and I feel sorry for any other 165 lb. lifter that tries to mix it up with these guys. Jesse Romero was a distant fourth with 347. In the 181 lb. class, Lee Jones of Chico, California beat out 10 other lifters with a 479. John Korn III of Mississippi was second with 473. He holds the world record with 491. In third was Todd Scott of Moses Lake, Washington with 462. In fourth was Jonny Hernandez of Idaho with 451. In fifth was Allen Berry of Spokane, Washington with 451 and in sixth was Phil Cannizzaro with 429 and Patrick Thomas of Texas was seventh with 418. Outstanding lifter of the lightweight open was Lee Jones. In open 198, Gustavo Warrington, a lifetime free drug free lifter, coached by Terry Luehrs put up a huge world record of 557 to beat George Herring of Georgia who did 534. Byron Beebe was third with 485 and Hoss Rhoton was fourth with 440. Mike Desrosiers of Arizona was fifth with 429, and Phil Davi of Seaside, California was sixth with 407. At 220, Mike Ludovico who had done 573 on September 30 in San Francisco was off his game with 551, but it was still enough for the world championships. Mike is a 600 lb. bencher waiting to happen. He's out of the Bay area and was part of The Palace Gym Team for Burlington, California. In second place was Matt LaMarque of Seaside, California with 501. In third was Craig Nightingale of Houston, Texas with 496. In fourth was Roderick Rogers of Alabama with 424. At 242 there were 10 contestants and the winner was Shane McShane of Hawaii with 584 and a close miss with over 600 lbs. Arthur Thompson Jr. was second with 540 and Larry Birgado of Hawaii was third with 523. Larry did 584 at last years worlds. Jeremy Biewer of Minnesota was fourth with 512. Casey Gallagher of Oregon was fifth with 507. Jimmee Fullerton of Texas was sixth with 502 and a Texas State Record. Jan Sjogren of Sweden was seventh with 496 and Tajinder Singh of India was eighth with 440. The outstanding lifter for the middle weight open was Gustavo Warrington. Terry Luehrs ended up coaching three Oregon lifters to outstanding lifter awards - Leonard McAllister, Gus Warrington, and George Nelson. In the open 275, Tiny Meeker of Humble, Texas put up a huge 656 world record to beat Ryan Kennelly's old record of 655. George Nelson, at age 56, was second with 589. Bob Vessels, of Alabama, was third with 501. Jason Robinson was fourth with 468, and Steve Khader, of Alabama, was fifth with 374. Pete Marcoff of Seattle was sixth with 369. At 308, Bill Gillespie, the strong coach for the Rose Bowl Bound Washington Huskies, put up 639 for his second world title of the day. He had earlier won the masters 40-46 308 with a world record 639. In second place, was Steve Wong who formerly held the world record with 661. Wong opened with 633 and missed 672. Tom Manno was third with 611. At super, Mark Ned of Louisiana put up 639 and came close with 700. Tony Lualemaga of Las Vegas weighed in at 452 and without a shirt did 573, and almost made 600. Brian Jackson did a PR 562 and an Oregon state record. Thomas McKinney of Texas was fourth with 501. Thomas is a very personable guy. Keith Ward of Hawaii was fifth with 374. Outstanding lifter was Tiny Meeker. In submaster bench at 165, Sean Kaneshiro of Hawaii set a world record with 447 to beat Steve Ward of Los Angeles who did 413. Steve is the former world record holder in this division with 413. Vilmar Oliveira, of Brazil, was third with 363. At 181, Johnny Hernandez tied with Allen Berry the world record holder. Berry's record is 457 and they both did 451, but Hernandez was the lighter man and won on bodyweight. Johnny's lift was an Idaho state record. Kingston Lee of Los Angeles was third with 418. Kingston is capable of at least 435 on a good day. Edgar Bravo, of Guatemala, was fourth with 374. At 198 lbs. Ed Sim, who has never lost in this category, won with a mediocre 468 for him. He has done 504, but then had to have wrist surgery a year ago. Wendall Omura, of Hawaii, was second with 457. Wendall has been entering my meets for years, going back to the Hawaii Record Breakers and Hawaii State Powerlifting Championships. I put on the Hawaii Record Breakers or Budweiser World Record Breakers or Pan America Championships as that meet was known by its various sponsors from 1977 to 1995 or 19 years. In 1978, we had the biggest attendance ever for a powerlifting meet with 4026 under one roof. It was a one day meet. We had NBC televise it. In 1979, we had 3380 and CBS televised it for half and hour and paid $25,000 for the rights fees. Wendall was either competing in those meets or in the audience watching them. I put on the Hawaii State Powerlifting Championships from 1980 to 1995 and Wendall was competing in the majority of them. Wendall is one of many Hawaii Powerlifters that supported me in those days along with Sonny Ronolo, Toe Preston, Frank Wakakuwa, and Sean Kaneshiro; all of whom were at this world championships. Moving on, Fill Dena III was third with a Nevada state record of 418. Gordie Fraser was fourth with 413. At 220, Jason Jackson of Muskogee, Oklahoma won easily with a 545. Jason was undefeated in boxing and tough man competitions for 14 years. Kenneth Millrany was second with 435. Roderick Rogers of Alabama was third with 424. David Bradshaw of Bakersfield, California was fourth with 402. At 242, Russell Kitani of San Jose put upa big 567 for the gold and a California state record. Russell will bench 600 lbs. within one year - maybe 18 months. He did 545 in February in Monterey. Bobby Leitz of Texas was second with 518 and Jan Sjogren of Sweden was third with 496. Ken Malone of Texas was fourth with 429. At 275, John Stewart hit a big 628 for a world record. John hit a 622 at the Nationals in Texas in June so he has found his groove. John, also drug tested at this meet and passed. That was his second test he passed. Kendall Walden, a newcomer from Oregon in only his second meet, did 545 for second. Bob Vessels was third with 501, and William Pontius was fourth with 424 and a Washington Class I state record. At 308, Jim Cunningham got a PR 606 and an Oregon state record for the title. He dedicated this meet to his brother who has Lou Gehrig's disease. Jim started as a nose guard at the University of Utah for three years and was signed by the Raiders, but broke a bone in his neck that ended his pro career. Julian Erevia was second with 462 and Jon Wooner was third with the same weight. At super, Thomas McKinney beat George Niualiku 501 to 440. Two Hawaiians, Rany Shepard and Malcolm Ahlo, had injury problems and bombed. The outstanding lifter lightweight was Sean Kaneshiro who has won outstanding lifter every meet he's been in. Jason Jackson was outstanding lifter in the middle weight and John Stewart was outstanding lifter in heavyweight. In Teenage Men 13-15, bench press Johnny Hernandez Jr. set a world record with 101 lbs. in the 105 lbs. class. Rocky Hernandez won the 114 lb. class with 82. At 123, Jesse Chavez set a world record, his second in two meets of 188 at 123 lbs., to beat Clayton Pinson who did 115. At 148, Hayward Blake coached by John Ford broke the world record three times and ended up with 264 - very good weight for a 148 lb. fifteen year old. Michael Enloe was a distant second with 170 and Andy Munsey was third with 126, and Adam Contreras was fourth with 99 lbs. At 165, Michael Minahan put up 203. At 220, Keenan Browne of the Washington School for the blind won the worlds with 170 lbs. At 242, Nick Heppner won with 314. Nick is ably coached by Sam Pecktol and the Superior Fitness Center of Medford, Oregon, who won the Team title by the way. At 275, Brandon Weston, also of Pecktols Team, won with 253. Outstanding lifter was Hayward Blake. In teenage 16-19, Stefen Hudson of the Washington School for the blind put up a world record of 82 lbs. In the 105 lb. class. At 132, Gary Remiticado won his fourth straight world championship with 248 lb. At 148, Adam Parker of Skip Hall's Gym won with 286. Travis Godawa of Louisiana was second with 248 and Herbie Allen was third with 99 lbs. At 165, Luke Bevill of Texas beat Jesse Kim coached by Bull Stewart 309 to 225. At 181, Anthony Palombo beat Ryan Ford 352 to 176. Palombo is the state record holder in Louisiana. At 198, Phil Davi, a phenomenal deadlifter, beat Scott Hoffman 407 to 286. At 220, Daniel Puder won with 248. At 275, the world record holder in teenage 13-15, Jordan Cam finished second to De Shaun Milliken 407 to 413. Cam is only 16, Milliken is 17. Milliken is the top high school running back in Washington with 4.4 speed in the 40 and Alabama, Notre Dame, USC, UCLA, Nebraska, and Oklahoma trying to recruit him. Lee Taylor was third at 275 with 270. At super, Scott McDaniel from Oklahoma set a world record with 402. McDaniel is being heavily recruited by Oklahoma as an offensive lineman. Outstanding lifter was Phil Davi. In open men law/fire bench press, Bob Bish coached again by Terry Luehrs beat Erick Kuskie 352 to 347 in a close one. Joe Sermeno was third with 303. At 181, Kirk Nakamura of Hawaii beat Richard McKeefer of Oklahoma 380 to 358. McKeefer set an Oklahoma state record with his 358. At 220, Craig Bowen did 413 to win handily. At 242, Sunday Sims II set a California state record to beat out 3 other lifters with a nice 462. Steve Ross, who holds the Texas state record with 462, could only manage 435 for second. In third was Mike Smyser of California with 402 and Keith Wilkerson was fourth with 402. At 275, Frank Wakakuwa of Hawaii benched 600 to easily beat Mike Camlin and Walt Faulkner who did 451 and 407 respectively. Frank holds the world record with 633 and had a near miss with 650 weighing only 252. He has benched over 600 in 11 meets since 1994. At 308, Malcolm Ahlo Jr. did 501. He's nursing an injury and did 589 last July. At super, Mark Ned of Louisiana beat Tony Lualemaga 639 to 573. Tony just missed 600 without a shirt. Outstanding lifter was Frank Wakakuwa. In submaster men law/fire, Bob Bish won at 165 with 352. At 181, AJ Agamao shattered the world record of 413 which he held with an impressive 446. At 198, Ed Sim won with 468. At 220, Jason Jackson broke the existing world record by 130 pounds with 545. Kenneth Millrany was second with 435 and Craig Bowen was third with 413. At 275, Jamie Tovar coached by Matt LaMarque and his Iron Society broke the world record twice with 469 and 479. Darryl Ng was second with 451. At 308, Frederick Nelson tied the world record on an opener at 451 and missed twice at 473. Outstanding lifter was Jason Jackson. In master men law/fire 40-47 165, Joe Sermeno broke Robert Straker's world record with 303 and relegated Straker to second place. At 198, Michael Godawa broke his Louisiana state record with 352. At 220, Mike McKenzie of Colorado who holds the world record with 457 had to settle for 440 and the world championship. Jeff Allen Jones, my first workout partner back in Hawaii in 1972, finished second with 374. Jeff is from Sparks, Nevada and lives about two miles from the hotel. He is the one that first suggested the Nugget for the meet site. Great suggestion Jeff!! At 242, Arthur Clayton did 402 for the gold but well off of Duane Fuss's world record. At 275, Walt Faulkner pushed up 407 for first place and claim to world's best. At 308, John Minahan broke Al Bond's world record twice with 501 and 512. John has a lot left in him - 534 is right around the corner. Bruce Sabin was second with 451. In law/fire 48+, Emanuel Howard beat his own world record and Louisiana state record as well with 385. At 220, Patrick Fay beat Jack Rhyne 336 to 275. At 275, Ron Hood broke the world record by 140 pounds and ended up with 529. Ron is the perfect gentleman and one of the best master lifters even. He is 55 and to be still benching 529 and a near miss with 540 is a credit to this sport. Pedro Velazco of Guatemala was second with 413. He, also, set a world record since the old one was 391. At 308, Randy Patterson did 529 just shy of his world record of 534. Randy is 51 and still going strong. I think he will bench 600 within a year. At super, Bill Lobins of Houston, Texas, who is an Arson investigator and holds the world record with 512, had to settle for 479 and a world championship. Outstanding lifter for master law/fire was Ron Hood. In class I, where state records can be set but not world records, Oscar Martinez set a Washington state record of 281 at 132. At 148, Donny Engles set a Washington state record with 314. At 165, Joseph Withers set a Washington state record with 374. Lee Luther was second with 352. Steve Hauger was third with 347 and Erick Kuskie set a California state record and was fourth with 347. Brian Ridolfi was fifth with 308 and Luke Bevill was sixth with 303 with Joe Ojeda bringing up the rear with 297. At 181, Jayce Picking shattered the state record in Oregon by 60 pounds with 380. Kirk Nakamura also did 380, but was heavier, and he ended up with the Hawaii state record. Jake Thomas was third with 330 and Michael Rainey from Georgia was fourth with 325. Todd Birkhead of Arkansas state record of 270 and had to settle for fifth. At 198, Steve Ughe, the captain of the Palace Gym Team for Burlingame, California, took the 198 with a California state record 374. Palace Gym ended up third in the team standing. At 220, Troy Charley won with 402 over six other competitors. Ronnie Edwards, of Georgia set a state record with 385. James Hutchings was third with 369 and a California state record. Joshua Schrag was fourth with 363, and Joseph LaSalle was fifth with 363. At 242, Doug Mulder did a huge 479 and is now in open division, never to look back. He got an Oregon state record. Mike Lutz was second with a California state record of 451. Mike Smyser was third with 402. James is a member of The Marines Elite Mountain Warfare unit. At 275, Darryl Ng of Hawaii won the world championships with 451 and a Hawaii state record. Mike Camlin was second with a Washington state record 451. Bill Pontius was third with 424, Greg Ramsdell was fourth with 391, and Tom Ekenberg was fifth with a Texas state record

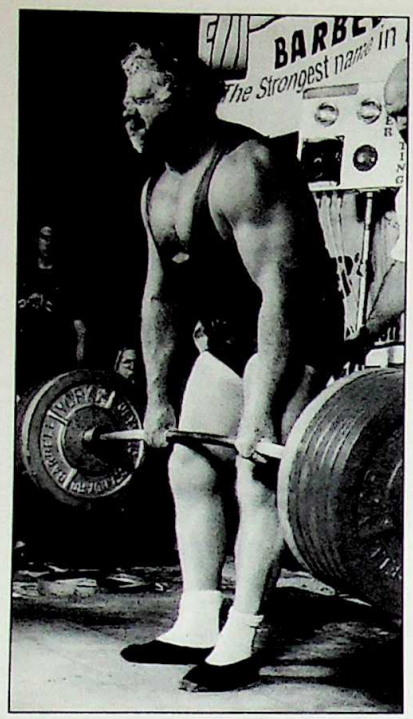
***Olicio dos Santos** ... pulled 700 lbs. and produced a monstrous Schwartz/Foster coefficient.*



***Tony Caprari** made a solid 705.*

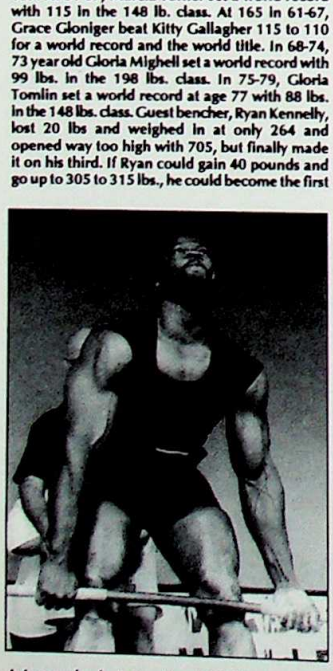
*Unstoppable **Precious McKenzie***

of 358. At 308, Julian Erevia set an Oregon state record with 462, and edged Gary Brower of Idaho for the world championship. Brower set an Idaho state record with 462, but was the heavier man. Bruce Sabin was third with a California state record of 451. Corey Huwe was fourth with 402. At super, David Chase of Florida set a Florida state record with 457 to beat Leo Contreras of California who did 429 and a California state record. Outstanding lifter for lightweight was Joseph Withers and heavyweight was Doug Mulder. In women's open bench, there was some phenomenal lifting. In the 105 lbs. class, Vickie McNeely of Alabama beat Carmela Baqui of Hawaii with 121 lbs. Carmela did the same weight but was heavier. Mary Pederson was third with 88. At 114, Valerie Tyree put up a huge 203 for a world record. At 123, Jill Remiticado who is only 18 put up 203. That was a Teenage world record. Beth Higginbotham, of Arizona, was second with 132. At 132, Jerri Lynn Lippert of Tarentum, Pennsylvania did an unbelievable 303 on a third and a world record 314 on a fourth. Her old record was 275. She passed a drug test and as far as I'm concerned, she is the greatest female bencher ever!! Any woman that wants to go up against her and take a drug test and beat her on coefficient, give me a call. Maybe I'll put on a all time women's best bench contest. Judy Rodriguez was second with a respectable 160. Azure Skellington of Hawaii was third at 143. Moving on to the 148 lb. class, Katy Haller set a Washington state record with 225, a very good lift. There are probably 10 million 148 lb. men in this country that can't bench 225 at any weight. She is coached by Bull Stewart. Bull brought about 15 lifters to this meet and did a great job coaching them. Suzanne Williams, of Alabama, came in second with 154 and Cindy Cameron as third with 148. At 165, some great umbers were put up. Linda Blackburn is another 'etime drug free lifter, who beat Bonny Priest's orld record in June with a 304, had to settle for)7. There has to be 40 million men in this untry that can't bench 297. Linda is from uskogee, Oklahoma. In second place was Mary cobson of Alameda who is probably the world's ongest master women lifter. She did 248 and so pulled a world record deadlift of 382. Mary 46, still going head to head with the "in their ime" women. In third place was Mariam Power om Canada, a very beautiful young woman and e did 242. In fourth place, Gina Anderson did 5, which was a California state record in both pen and law/fire. In fifth place was Linette asquez with 203 and sixth was Betty Ann eriford with a PR 181. Betty is in the 47-53 age oup. At 198, Sandra Lonn, of Sweden, set a orld record with 253. In the unlimited division, mberly Pitts put up a world record 336 and one the highest benches ever. She is a doctor of teopathy and is a very attractive big woman. er lift is the highest ever in WABDL. Outstand- g lifter lightweight was Jerri Lynn Lippert and avyweight was Linda Blackburn. In teen women ench in 13-15 age group, Lisa Garcia set a Washington state record of 71 at 97 lbs. At 114, Emily Schneider set a world record of 132 lbs. surpassing her old record by 17 lbs. At 132 lbs., Azure Skellington of Hawaii set a world record of 143 lbs., beating the old record of 70 lbs. In teenage women 16-19, Jill Remiticado did a very impressive 203 at 123 for a world record. At 148, Julie Waltenbaugh did 77 lbs. At unlimited Rachel Malone set an Oregon state record of 170. Outstanding lifter was Jill Remiticado, who I assure you will bench 240-250 at 123 some day. In junior women, Donna Gagliardi set a Texas state record of 154 at 114 lbs., but finished second to Tamara Coulombe, who set a world record of 170 at well as a Washington state record. At 123, Beth Higginbotham set an Arizona state record of 132 for the world championship. At 132 lbs., Erin Moore only tied the Oregon state record of 132, but was good enough for the world championship. At 165, Rebecca Plant put up a huge 225 for a world record as well as a Hawaii state record. Outstanding lifter was Rebecca Plant. In master women bench 40-46 age group, Vickie McNeely won with 121, 5 pounds shy of the world record held by Chenger Mehmedbasich of Colorado. At 123, Carol Patterson did 159, 11 pounds shy of the world record held by Anna James but still enough for the main goal - World Champion. At 132, Sandy Gomez - Leon set a world record with 225. At 148, Cindy Cameron won with 148. At 165, Mary Jacobson won with 248. She holds the world record with 254 and she will bench 300 within 18 months at age 47! At 198, Laura Feusi set 3 world records and ended up with an easy 220 lbs. She, also, will bench 300 lbs. someday. Outstanding lifter was Sandy Gomez Leon. In submaster women law/fire, Linda Blackburn did 297 at 165. In master women law/fire Camellia Luprete did 159 to tie the world record at 148 lbs.



Phil Andrews *broke a Bull Stewart record*

In submaster women bench at 105, Vicki Paton did 126 only 6 pounds shy of the world record. At 123, Julie Green set a world record and Nevada state record with 148. At 132, Dr. Jennifer Souders did 132 for the world championship. Dr. Souders also rides Harleys and used to own a Tiger stripped Harely that was orange and black. She is a very talented woman. At 148, Katy Haller set a Washington state record with 225. At 181, Sharon Allen tied the world record her own world record with 203 for the world championship. At unlimited, Taunya Malone benched 314 and won best lifter for submaster women. She should bench 325-336 in the next year. In master women bench 47-53 age group, Heidi Taubmann, of France, set a world record of 170 lbs at 123 and was named outstanding lifter. At 148, Camelia Luprete won with 159. At 165, Betty Ann Heriford did 181 for the world championship. Georgianna Ramey set a Georgia state record of 154 and Cathy Chapman was third with 115. In master women 54-60, Gloria Camp won at 123 with 126. At 181, Joyce Hamblin set a world record with 187. At 61-67, Marcia Turner set a world record with 115 in the 148 lb. class. At 165 in 61-67, Grace Gloniger beat Kitty Gallagher 115 to 110 for a world record and the world title. In 68-74, 73 year old Gloria Mighell set a world record with 99 lbs. in the 198 lbs. class. In 75-79, Gloria Tomlin set a world record at age 77 with 88 lbs. in the 148 lbs. class. Guest bencher, Ryan Kennelly, lost 20 lbs and weighed in at only 264 and opened way too high with 705, but finally made it on his third. If Ryan could gain 40 pounds and go up to 305 to 315 lbs., he could become the first



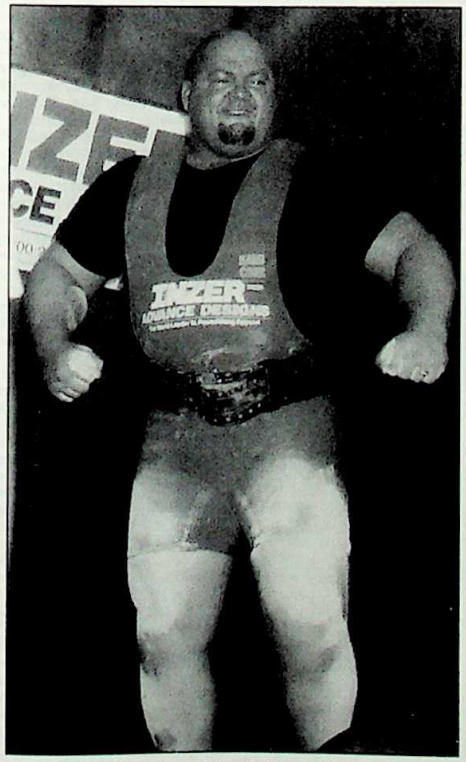
Muscularly Massive ***Willie McCoy***

man in the world to legitimately bench 800 lbs. Gaining weight is a tough row to hoe. It's going to take 36 eggs a day, 2 gallons of milk a day, and 4 pounds of hamburger a day for starters and I'm not sure he wants to pay that price. In submaster men, the world record of 391 held by Joe Walker of Texas was massacred by Walker of Texas, Richard Wideman of Georgia, and Mark Freedman of Canada. It was broken a total of 10 times. Walker had to settle for third with a world record 424. Wideman was second with a world record 473 and Freedman was the world champion with the final world record of 479 - 90 pounds more than the old record. I love all these records being broken - its better than sex. This meet had the best drug free lifting I had ever seen. Its like going to an old loggers strong man show out in the back woods, and everybody is the best in their neck of the woods - but in the big woods among the big redwoods, some egos get bruised. Somebody has to win, somebody has to lose. Its like in one of my favorite movies "Tombstone" with Kurt Russell playing Wyatt Earp and Val Kilmer playing Doc Holiday in the shootout at the end of the movie. At the end of the movie, when Johnny Ringo thinks he's going to face Wyatt Earp and out of the shadow steps Doc Holiday who Ringo knows he can't beat - Holiday says "Why Johnny Ringo, it looks like someone just walked all over your grave." I played baseball with Kurt Russell in Los Angeles in a professional winter league for minor league ball players, and Kurt Russell told me then his dream was to make a movie about Wyatt Earp. His son's name is Wyatt and his father knew Wyatt Earp who died in Los Angeles in 1924. Kurt Russell signed a major league contract and played minor league baseball right here in Bend, Oregon (where I live) in 1971. Moving on in submaster 165, Vilmar Oliveira won the world championships with a 440 deadlift. At 181, Johnny Hernandez beat Nery del Cid of Guatemala 523 to 507. At 198, Gordie Fraser won with a 540 - he's capable of over 600 on a good day. At 220, Jason Jackson pulled 600 for the win with Daniel Flunder of Texas in second with 589. Randy Etsell, of Canada, was third with 573 and Rick Kornis was fourth with 501. At 242, Joe Garcia is the world champion with 501. At 275, Bob Vessels pulled a world record 755 - that is some big time weight. Bob is out of Alabama. Bill Pontius was second with 573, and Leo Harju was third with the same weight. Ron West was fourth with 551, and Steve Khader was fifth with 551. At 308, Malcolm Ahlo Jr. did 622 for a Hawaii state record and the world championship. Malcolm and the Hawaiians dropped so much money at the craps tables along with Ken Anderson and the Texans, that John Ascuaga, the owner of the Nugget personally contacted me and said they put life into the hotel and had all of their meals free for five days. Jason Yoshimura was up and down as much as $20,000 in craps. If you're looking for fun and a party, just look for the Hawaiians - Malcolm Ahlo, Jason Yoshimura, Mike Saito, Kerwin Unten, etc. and Ken Anderson and his Dallas wild bunch - and you won't be disappointed, I assure you. That's what I enjoyed the most about this meet. Everybody had a good time. It was a party atmosphere all the way. Next year will be even better. I had three hours sleep a night for a week, and spent $38,000 on this meet to make it work for everybody. I just wished I had the time to join in. Moving on in superheavy, 410 pound Vince Eldridge, did 710, and S.J Taylor was second with 633 and a Washington state Class I record. Outstanding lifter was Mark Freedman of Canada in lightweight and Bob Vessels in heavyweight. In junior men at 148, Ryan Snelling of Missouri broke the world record of 485, held by Carlos Dos Santos of Brazil with a huge 530 which also broke the open world record of 529. Patrick Schiffner, of Germany, was second with a German National Record of 462, and Sam Kabat was third with a California state record of 457. At 165 pounds, Duane Travis broke the world record with a world class 600 - nobody was anywhere near him - he's probably one of the top ten deadlifters in the world. Christopher McGrail of Ft. Leonard Wood, Missouri was second with 473 and Michael Moore of Hawaii was third with 473 which broke his own Hawaii state record by 100 pounds. Joe Ojeda was fourth with a Texas state record of 451, and Gabe Ramos and Alex Woods from the Washington school for the blind was fifth and sixth respectively with 330 and 286 pounds. I think its a credit to those lifters Woods and Ramos and their coach, Rob Peck, that they don't want to lift in the handicapped division, but straight up with the other junior lifters. As Rob Peck says, they don't feel handicapped so why should they lift handicapped. At 181, Tony Caprari, is on another planet - 705 weighing only 174. I know my opinion doesn't necessarily count for much, but he's the best deadlifter in the world today and the best I've seen since John Kuc. Andrew Corson was second with a Washington state record of 551, which broke Anthony Carillo's record of 545 set 3 1/2 years ago. Richard McKeefer of Oklahoma tied his state record for third. Steve McMillon of Georgia was fourth with 413. At 198, Ernie Mil-homens brought home the bacon with 600 for Canada. In second was Chad Matthews from Texas who also did 600, but was the heavier man. In third was Alexander Geitner from Germany who did 523. At 220, Don Goldsworthy did 501 unopposed. At 242, Travis Osborne beat Kevin Rose 606 to 551. At super, Joel Thiessen put up 611 to beat Andrew Snider and bring home the gold for Canada. Snider pulled 507. Outstanding lifter lightweight was Tony Caprari and heavyweight was Ernie Milhomens. In open men's deadlift, Herbeth Garcia of Guatemala was first in 123 with 402. Oscar Martinez of Washington was first with 424. Oscar is the former world record holder. At 148, Monte Hokoana from Hawaii broke his world record of 529 with a big jump to 551. Ryan Snelling of Missouri was second with 530 and Richard Wideman was third with 473. Kimo Luna from Hawaii was fourth with 457. At 165, Richard Cirigliano broke the California state record by 120 pounds with 551 to win the worlds. Chris McGrail was second with 473 and Brian Ridolfi was third with 468. At 181, Tony Caprari set a world record with 705 and was named best lifter fro open lightweight. Richard House of Klamath Falls, Oregon was second with 584. Josh Trewin was third with 529. Kirk Nakamura was fourth with 518. Kirk holds the Hawaii state record with 523. Nathan Turk and Shawn Miller were fifth and sixth respectively with 501 and 485. In open men's 198, Anders Wahlund of Sweden beat Phil Davi of Seaside, California 617 to 606. Davi is only 19 and took a fourth for a teenage world record of 623. In open 220, Willie McCoy of Omaha, Nebraska set his fourth world record in the last year with 734 to easily beat Dan Flunker who did 589. Parveen Khenna, from India, did 440 for third. At 242, Brent Howard from Maine blew the 706 world record away with 744, but Willie McCoy still beat him for outstanding lifter in the middleweight. Jerry Capello was second with 690 and Bobby Driskill was third with 650 and an Alabama state record. Capello's 690 was an Oregon state record. Calvin Mock Jr. was fourth with 628 and David Glahn was fifth with 600. In open 275, Phil Andrews beat Bull Stewart's world record of 805 with 810. Phil is 46 years old. He's one of the best, and any time you beat one of Bull Stewart's records is a tremendous accomplishment. Bob Vessels of Alabama was second with 755 and Mike Camlin was third with 738. Steve Khader was fourth with 551 and Pete Marcoff was fifth with 529. At 308, Rick Russell from Crescent City, California won with 677. Rick has done 700 and had only pulled twice in the last two months. He could easily be a 800 pound deadlifter if he quit his job, left his family - just kidding. He will be an 800 pound deadlifter some day. At super, Dean Munsey edged Vince Eldridge 716 to 710. Keith Ward was third with a Hawaii state record 462. Outstanding lifter heavyweight was Phil Andrews. In master men 40-46 in 148 pound, Bryan Uyeoka did a big 496 for a California state record. J.D. Carr holds the world record with 551. At 165, Richard Cirigliano took a shot at John Tyree's world record of 578, but had to settle for a California state record of 551. At 181, Francisco Ventilari of Brazil won with 330 pounds. He's not a great deadlifter, but he is a world champion in Judo and is trained by the Gracie Brothers in Rio. At 198, Mark Byrant won with 485. Ken Wilson was second with 429. At 220, Willie McCoy of Nebraska pulled a world record 734 with room to spare. Willie just may pull 800 in a couple of years. David Stratton of Tacoma, Washington was second with a very good 683 and a Washington state record. David is making his move - 700 coming up. In third place was David Rodgers of Oregon with 529. At 242, Jerry Capello set a world record 690 and almost made 710. Bobby Driskill from Alabama was second with 650 and an Alabama state record. Duane Fuss from Canada was third with 600 and David Glahn of California set a California state record of 600, but was heavier than Fuss. Michael Moore was fifth with 578 and Gary Stevens was sixth with 545. Arthur Clayton was seventh with 518. At 275, Tom Brooks of Canada won the gold with 661. Ted Stewart of Nevada was second with 600 and a Nevada state record. Mario Cecarelli was third with 545 and Di Filippi was fourth with 501. At 308, Sam Pecktol pulled 650 but couldn't get the 700+ he was looking for. It didn't matter, he got a world championship. He's won 3 other worlds in ADFPA, as well as one other in WABDL. Gary Brower of Idaho was second with a 578 and an Idaho state record. Barry Duncan of Tennessee set a Tennessee state record of 529 and was third. Cory Huwe of Washington was fourth with 479. At super, Brian Rehberg, of Washington,

(article continued on page 77)

News and Previews

"The 2500 BARRIER FALLS!!!! .... Garry Frank came to Burbank, California on a 75 degree December 3rd, Sunday to try to become the first man to total 2500 lbs. in powerlifting competition by competing at the WEPOF (World Elite Powerlifting Olympic Federation) Championships. Garry wanted to break the record in front of the likes of Herb Glossbrenner, so there would be no question about the authenticity of his performance. ... The Sunday powerlifting competition was APF sanctioned for those who were not competing in the WEPOF 5 lift format, which Garry was not doing. Ironically, on the same day, and - as noted in the last issue of *POWER HOTLINE* - perhaps at almost the same moment - Ed Coan was in Texas at the USPF World meet, also trying to do the same thing - break the 2500 barrier. ... He opened with an 880 squat that was done like it was 440 lbs. - extremely easy. He then went to 920, which was not passed by the judges who were comprised of Gordon Santee, Kevin Meskew, and Brian Delgado (until the latter flight of deadlifters when Kevin had to leave and was replaced by Scott Velliquette). The power to do the weight was certainly there, but Garry was a bit forward with the weight, and it was likely a little high. He jumped to 940 and dipped deeper and under control to get the white lights. In the bench press, Garry opened with 650, but he is having trouble getting used to his single thickness Inzer shirt and the lift was none too easy. A conservative jump to 670 saw Garry have difficulty getting the bar to his chest and then it was awkward to get the bar moving upward again. The lift was red-lighted and concern about making the 2500 was evident. Garry took 670 again on his 3rd attempt, and handled the weight more readily for a success. In the deadlift, Garry shocked everybody on his first attempt, when he started up with 840 and the bar just jumped out of his grip. Normally, he rolls the bar into himself when he starts, but on this effort, the bar was still too far out in front when he started up on this try. A repeat with the same weight on his 2nd attempt was strong, but he still required 50 more lbs. to break 2500. 890 is a realm where hardly any man has ventured, but that is what Garry called for and that is what Garry totally ripped up on his final try, to break the epochal barrier. ... This final attempt was easier than the 840. Knowing that Coan might be attempting to break the record at, potentially, the same time, I checked my watch. Garry made his lift and the first 2500 lb. total at 3:43 PM. As it turns out, Ed ran into some difficulties with the squat bar at the USPF meet and had to pass his final squat attempt after making 992, and that put him off pace for the 2500 total, as he ended up with a 562 bench and an 848 deadlift for just over 2400.



***Garry Frank** shows his elation after becoming the first man to break the 2500 lb. total mark*

Garry Frank is huge (6'4", 375 lbs.), seriously athletic, reverent of Powerlifting and its history, yet surprisingly humble. After his monumental acheivement, he just sat down on a chair, soaked in sweat, and talked with whomever wanted to talk. ... This guy was a world class track and field athlete (throwing the shot 69 ft. 2 in. - see Herb's article on Garry in the June 2000 edition of *PL USA*) and a successful professional football player, but when he would call into the *PL USA* offices periodically over the years, he would just want to talk powerlifting - that's what he really cared about, and now that he has put football behind him and is starting to get the muscle fibers firing in his legs again after ACL surgery on both knees, his PL dreams are starting to come true. Lifting in several different federations over the years, always with modest lifting equipment, he is a man whose mission was postponed, but never forgotten.

Garry had just lifted at the WPC Worlds ... but he knows how to recover quickly from such an effort and reported that he felt good ("quick" he said) before the meet started. There were a few canvas squat suits in evidence at the contest, but Garry just had a single thickness lifting suit on. He is SCARY STRONG. The way he handled 880, 920, 940 in the squat was indicative of a man who routinely handles over 1000 in training. ... In the bench press, he has done 680 without a shirt, and would like to be able to say he can do 700 that way as well. With a shirt, he is still learning the ropes, so to speak, and likely will do more pre-meet work with the shirt in the future ... In the deadlift, he wants to break the all time record, and the way he yanked 890, a pull deep into the 900s is definitely in the cards. 2500 - heck - we should actually be talking 2600 when it comes to Garry Frank. He has such potential - his third attempts at this meet were his strongest, most explosive lifts - he gets stronger as the weight goes up. Though the temptation of strong man competition lurks in the future, Garry is still a powerlifter at heart. It took more than 25 years from the time 2400 was broken by Don Reinhoudt for the 2500 mark to fall. If Garry Frank keeps his blue eyes of the tiger focused on powerlifting, 2600 could fall a lot quicker." (this material was excerpted from *POWER HOTLINE*, a full report from Herb Glossbrenner is scheduled for the next issue of *Powerlifting USA*)

WPC Open World Highlights ... Amy Weisberger won at 123, and Mariah Ligget took her 14th(!?!) world title at 148 with 1201, making a 529 squat on a 4th. Ernesto Milian took the 123s, and Angelo Berardinelli took the 165s. Joe Doherty won the 181s via 705 523 672 1901, and Jesse Kellum the 198s with 826 595 639. Depner of Austria took the 220s with a 940 kg. total and Paul Urchick the 242s with 972.5. At 275, Ano Turtiainen squatted 914, benched 551, deadlifted 793, 859, missed 887, and then came back on a 4th attempt to get 887 for a WPC World Record. At 308, Andy Bolton of Great Britain squatted 925, took three tries to get a 540 bench in, then deadlifted 837, 881, 898 easily, but then missed a 4th attempt at 925, though he did get the massive weight above his knees. In the WPO competition Rob Fusner pushed him by going 903 688 766 for 2358. Garry Frank took the Supers via 865, 909, 942 in the squat, 650 and then two misses at 694 in the bench, followed by a success at 727 on a 4th, then he pulled 837 and 876, before missing 909 above the knees. Frank won the WPO 1st place cash, followed by Bolton and Fusner. In the bench press competition, we heard that Markus Schick got 540 at 151 bodyweight. (look for Herb Glossbrenner's in depth report in the next issue of *Powerlifting USA*).

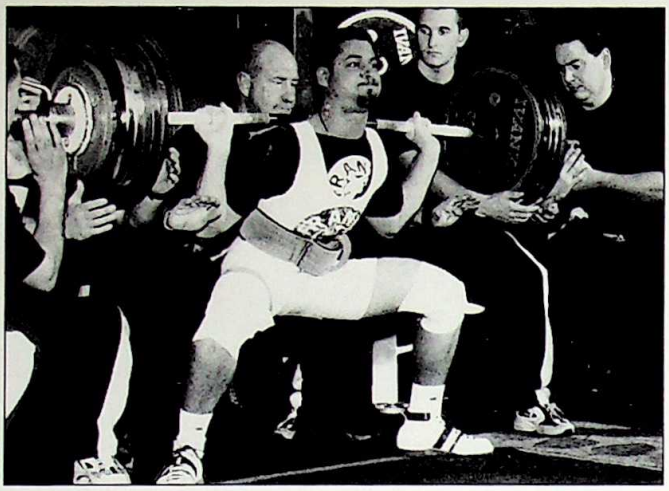
Doug Hepburn Dies ... the 1953 World Weightlifting Champion and pioneer of powerlifting, particularly the bench press, passed away in Vancouver, British Columbia at age 74, from a perforated ulcer. He was a man of many talents beyond the world of strength and he had called *PL USA* only a couple of weeks before his passing to enthusiastically talk about his plans to set new strength standards in his eighties . Born with a club foot, he overcame his physical difficulties to become arguably the strongest in the world in his prime, and he used that same tenacity to become a "seminal" influence on lifters in Canada and beyond. Condolences have come in from around the world. In tribute to Doug, Ulf Savin of Sweden recalled Earle Liederman's words about the passing of Eugene Sandow: "So gently does he set his sandal down, that only when he passes can be seen the mighty footprints where his foot has been". Several hundred packed Doug's service on Dec. 9th. There is a great website documenting Doug's life and thoughts at www.doughepburn.com. We dedicate this issue of PL USA to Doug Hepburn's memory.

***Doug Hepburn's** trademark pose*

AWPC World Championships
as told to Herb Glossbrenner, PL USA

AWPC World PL/BP Championships
9-12 NOV 00 - Las Vegas, NV (kg)

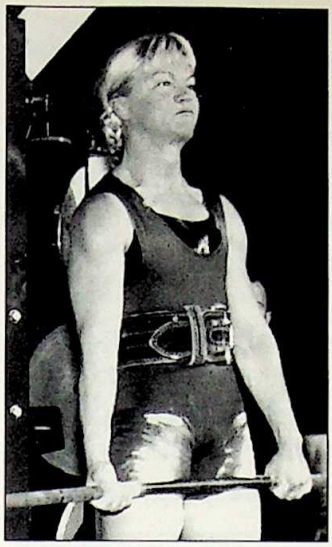
WOMEN					
48					
40-44					
C. Krochmal	55				
52					
40-44					
K. Heindl (AUT)	45				
C. Spaletto					
56					
Open					
D. Damiani	60				
40-44					
C. Quinell (AUS)	75*				
D. Huset					
60					
65-69					
H. Krivanek (AUT)	48*				
67.5					
13-15					
S. Brandau	90*				
82.5					
20-23					
J. Licata	85*				
90					
45-49					
W. Cadavona	70				
90+					
50-54					
M. Clonce	60*				
MEN					
56					
33-39					
J. Chavez	107.5*				
60					
33-39					
D. Olson	117.5*				
67.5					
Open					
J. Mukite	165*				
4th	170*				
33-39					
B. Johnson	137.5				
40-44					
J. Yu	160*				
45-49					
M. Heindl	128*				
50-54					
S. Dhah	65				
60-64					
E. Trichlin	95				
75					
18-19					
L. Bevill	140				
45-49					
T. Cosentino	150				
50-54					
F. Haar (AUT)	140				
82.5					
33-39					
Powerlifting	SQ	BP	DL	TOT	
Women					
Juniors					
67.5					
A. Weinberg	135*	57.5*	137.5	330	
4th		60.5*			
82.5					
J. Licata (CAN)	122.5*	75	147.5	345	
4th	140.5*				
Masters 40-44					
52					
C. Quinell (AUS)	120*	72.5*	135	327.5	
56					
P. Casper	105	67.5	130	302.5	
82.5					
T. Annblack	157.5*	62.5	145	365	
Masters 45-49					
60					
P. McCatamney	90	45	110	245	
90					
W. L. Cadavona	127.5*	75	147.5	350	
Masters 50-54					
48					
C. Brigham	87.5*	55	85	222.5	
82.5					
K. Polansky	120*	57.5*	142.5*	320*	
Masters 70-74					
90+					
B. Tenorio	77.5	40	117.5*	252.5	
Open					
52					
K. Heindl (AUT)	90	40	95	225	
60					
D.Wessels	167.5*	65	168*	395.5*	
R. DeFelice	137.5	70	127.5	335	
MEN					
Juniors					
60					
Godjiyev (AZE)	180	120	200	500	
75					
K. Dhah	137.5	90	160	387.5	
82.5					
A. Faratov (AZE)	230	170	242.5	642.5	
A. Korenke	210	115	230	555	
90					
M.Jarafov (AZE)	220	120	230	570	
Teen 13-15					
52					
L. Banks	185				
N. Gormas	175				
50-54					
S. Craig	175				
90					
20-23					
M. Maass (AUT)	150				
Open					
F. Modliba (AUT)	160				
45-49					
J. Pircon	150				
60-64					
F. Krivanek (AUT)	92.5				
65-69					
B. Rosenfield	145				
100					
33-39					
R. Darosh	142.5				
40-44					
G. Foster	95.5				
70-74					
H. McAvoy	105				
Open					
K. Wentworth	187.5				
110					
20-23					
Zeynakov (AZE)	220				
A. Rivera	170				
33-39					
E. Ross	205				
K. Cofield	195				
45-49					
J. Hurtado	167.5				
50-54					
R. Harrison	155				
D. Ward	155				
P-F					
K. Phelps	165				
125					
Open					
R. Agayev (AZE)	230				
33-39					
J. Johnson	217.5				
S. Meyers	212.5				
40-44					
M. Frizzell					
50-54					
J. Wicker	170*				
4th	175.5*				
140					
20-23					
Namazov (AZE)	165				
Open					
Q. Aucoin	215				
140+					
50-54					
K. Bivens	220*				
4th	227.5*				
J. Magee	195				
R. Crowder	77.5	32.5	75	185	
Teen 16-17					
75					
M. Mendoza	215*	137.5*	207.5*	560*	
4th		142.5*			
125					
F. Aspuru	285*	185*	250*	720*	
Margetts (CAN)	170	130	182.5	482.5	
Teen 18-19					
67.5					
D. Damiano Jr.	162.5	110*	190	462.5	
75					
L. Bevill	200	125	180	505	
82.5					
R. Schaffer	217.5	135	215	567.5	
90					
T. Orwoll	192.5	150	202.5	545	
100					
S. Wagner	250	145	242.5	662.5	
Submasters					
60					
R. Leoni	125	92.5*	142.5*	360	
4th			152.5*		
75					
D. Naughton	212.5*	165	190	567	
E. Chang	190	160	210*	560	
4th			212.5*		
82.5					
B. Johnson (CAN)	220	110	230	560	
90					
L. Welch	295	155	280	730	
100					
M. Ferrantelli	320	227.5	272.5	820	
4th		240*			
R. Dixon	235	145	237.5	617.5	
125					
R. White	302.5	195	315	812.5	
4th		197.5*			
140					
E. Rios	210*	175*	220*	605*	
4th		182.5*	227.5*		
Masters 40-44					
60					
D. Harris	80	45	117.5*	242.5	
75					
M. Rivera	225	167.5*	225	617.5	
M. Larson	172.5	82.5	180	435	
82.5					
R. Dexter	165	142.5	175	482.5	
90					
R. Lynch	255	155	270	680	
4th			275*		
T. Frein	230	172.5	242.5	645	
100					
D. Thomas (GBR)	190	110	205	505	
D. Burlingame					
125					
M. Frizzell	300	230*	265	795	
Masters 45-49					
67.5					
M. Heindl (AUT)	180	127.5	190	497.5	
75					
C. Hanson	175*	95	177.5	447.5	
82					
5					
R. Ruettiger	227.5	147.5	227.5	602.5	
90					
J. Mauldin	185	142.5	190	510	
100					
D. Zenzen	255	147.5	210	597.5	
110					
W. Cracknell	262.5	150	260	672.5	
125					
G. Villanueva	215	170	217.5	625	
Masters 50-54					
S. Dhah	70	80	130	280	
75					
C. Wodraska	250*	120	222.5	592.5	
82.5					
M. Nigru	220	60	197.5	477.5	
90					
D. Solon	175	157.5	265	597.5	
100					
D. Damiano	245*	177.5*	277.5*	700	
110					
R. Harrison	237.5	160	240	6852.5	
D. Ward	230	157.5	237.5	625	
125					
D. Vanbrocklin	227.5	150	200	577.5	
140+					
J. Magee					
Masters 55-59					
75					
J. Lamboley	182.5	137.5*	180	500	
82.5					
E. Angstrom	187.5	147.5	190	530	
L. Cramer	205*	132.5	187.5	525	
90					
D. Lloyd (GBR)	165	102.5	230*	497.5	
110					
J. Hinson					
125					
M. Brown (GBR)	190	105	230*	535	
140+					
C. Clonce	227.5	148*	232.5*	655.5	
Masters 60-64					
67.5					
R. Gidcomb	115	90	115	320	
75					
R. Flores	230*	130*	240	600*	
90					
B. Bassman	195	137.5	207.5	540	
110					
E. Davis	235	127.5	235	597.5	
Masters 65-69					
100					
T. Conkle	200*	107.5*	197.5*	505*	
Masters 70-74					
60					
N. Kawasaki	140	106*	184*	430	
Masters 75-79					
75					
J. Upton	100	97.5	122.5*	320*	
Open					
60					
T. Smith	202.5*	110	197.5*	510	
75					
C. Moore					
82.5					
B. Figola	280	160	292.5	732.5	
N. Digiacamo	232.5	167.5	242.5	642.5	
90					
D. Spitale	320*	172.5	250	737.5	
W. Smith	215	122.5	260	597.5	
T. Tzavaras (CAN)	180	120	175	475	
100					
A. Zweig	267.5	182.5	265	715	
M. Bearden	282.5	152.5	242.5	677.5	
110					
T. C. Roesch	322.5	177.5	287.5	787.5	
S. Matthewson	302.5	192.5	265	760	
125					
M. Darrah	320	175	295	770	
140+					
G. Snelgrove	290	200*	192.5	680	
Police and Fireman					
82.5					
R. Ruettiger	245	150	242.5	637.5	
S. Gawlik	257.5	142.5	227.5	627.5	
90					
J. Gatronica	255	167.5	275	697.5	
J. Rouse	235	182.5	227.5	645	
110					
M. Cross	250	137.5	232.5	620	
T. Pastorello					
125					
B. Nichols					



Open Men's Outstanding Lifter was ***Bryan Figola.*** *(photos by Thoms)*

This year's Amateur (drug tested) World Powerlifting Congress World Powerlifting Championships were held at the Plaza Hotel Downtown In Las Vegas, Nevada. The dates were November 9-12, 2000 for the PL Championships. The AWPC World Bench Press championships was held right after, on November 13th in the morning flights! For the organizer, promoters and volunteers who worked so diligently to make this a great contest it must have seemed like a never ending marathon. On the afternoon of November 13th following the conclusion of the AWPC Bench Pressers, the WPC World BP Championships commenced. On Tuesday the 14th the WPC World Powerlifting Championships began. As a journalist for PL USA I would have loved to have attended this event and been present for every session. This was impossible due to the fact that I'd be covering the WPC Worlds for PL USA as well as lifting twice that week. One week for me was jam packed enough, which resulted in exhaustion, burnout, and a whole week afterward to recuperate, as it was for most participants. The reason both these championships were held together was for several reasons according to AWPC, WPC President Ernie Frantz. (1) defrayed costs for running two separate meets. (2) to generate interest and encourage participation in the amateur event for foreigners (3) to make it easier for foreigners to obtain visas and make one trip rather than two to defray their costs and expenses. It worked out alright and both meets came off splendidly, however the symptoms of fatigue became evident during the second week. A few misloads and scorekeeping errors did occur as well as the judging got a bit in consistent on occasion. Hopefully, next year both meets will be held at different times enabling the full media coverage that both events deserve. The NEW MONOLIFT that was used is a monstrous piece of equipment, with everything run by hydraulics. The major difference is that the supporting beams are BEHIND rather than in FRONT. The weight supporting hooks go FORWARD rather than BACK like the earlier models. This makes it excellent for photographers for taking pictures without being obstructed. A few complained about finding a focal point, but nearly everyone adapted. This new improved piece of equipment, I believe, will revolutionize PL. I'll go out an a limb to say that perhaps in a few years ALL MAJOR FEDERATIONS will be using one in their Championships. The gold, silver and bronze medallions awarded to the champion and placers were of a high quality - beautiful! It was a huge spacious venue. The warmup room was gigantic with two benches and two Monolifts (the regular variety back there). Excellent and accurate weigh-in scales were available at all times to check your weight and not prohibited for use. I note only 6 bombouts out of the 95 lifters who participated in the PL. In the BP competition, there were only 3 out of 40 lifters. This tells me nearly everyone lifted smart and adapted well to excellent conditions. The lifting was held in the same hotel where everyone stayed. The superb British crew of loaders and spotters, who came for both weeks, were sharp and alert. Maris Sternberg wanted me to be sure and mention that she diligently did all scorekeeping by hand without the aid of a computer. I received all the results before returning home which makes it much easier to execute the reports with expediency. Everyone was easily identified by their badges.

Without further ado on to the lifting: Thurs., Nov. 9, A.M. Men and Women Teen & Juniors. There were only 2 female Juniors (20-23). Jackie Licata, USA, at 181 set WR 4ths with 308 SQ & 341 DL for a win with a 760 total. At 148, Alissia Weinberg (USA) posted WR's with a 297 SQ along with 4th attempt 133 BP, earning best lifter. In the Male Jrs. (20-23) there were 3 participants from Azerbaijan who snagged gold medals. Mushvig Godjivev at 132 did 396, 264, 441 for 1102, a great result. He also tried a 476.5 DL, a WR 4th, but missed. Akbar Faratov of AZE topped Adam Korenke, USA, 1416 to 1223. K. Dhah, USA of Fresno, CA, captured the 165 division, and Mukarem Jafarov also from AZE got the victory at 198. He gave a 551 DL the ole college try, but didn't get it. Only 3 male teens contested. Little Ryan Crowder of Dallas, TX at 4'6", 97.6 lbs. and age 13 ran the iron gauntlet, and made father Greg (The Texas Viking) proud when he won his AWPC fleaweight gold. Keep truckin' Ryan. Mark Mendoza was tops in 16-17 165s with a WR sweep (9 in all): 474 SQ, 303 BP (plus 314 4th) and DL's of 386, 435 & 457. His only miss all day was a 501 SQ try. J.D. Margetts, CAN, weighed 260, a big boy and also in the 16-17 group. He prevailed handily in the 275s.



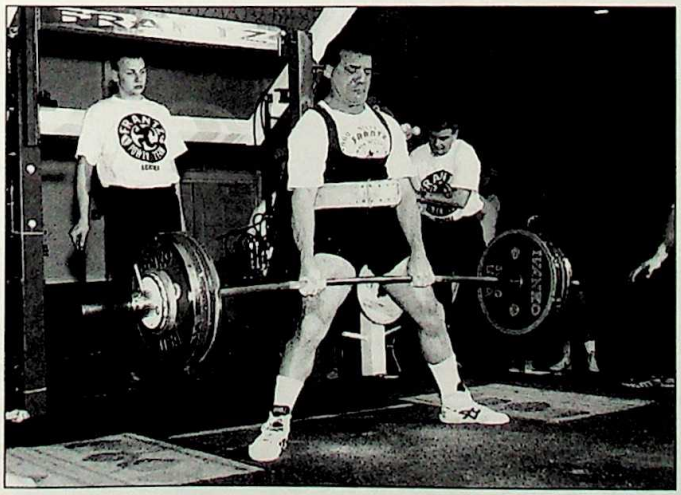
Coral Quinell, 43, from Australia

In the 18-19 group, David Damiano Jr., began the USA 5 man gold sweep. In the 148s, he set a WR 242 BP. Luke Bevill won the 165s. Ryan Schaffer captured the 181 18-19 title, trying a WR 308 BP unsuccessfully. Tyson Orwoll, of CA, got the gold for dear old dad at 198. Finally, Stephen Wagner, weighing 206 took stage. He SQ'd 551, missing two WR attempts with 606. He pushed 319, but the WR 352 eluded him. He pulled 534 before failing a 551 3rd - TOT 1460, and earned himself best Teenage Male Lifter award.

Thurs. NOV 9, P.M. Men's Submaster's (33-39). At 132 Rob Leoni, USA, established WR's with a 204 BP, 314 & 336 DL. Dyke Naughton, 160, made 468 on a 3rd, for a WR TOT of 1251. Second to him at 165 was Erwin Chang, USA, 1235 TOT. He salvaged some glory with 463 & 467 WR pulls. At 181, Brian Johnson, CAN, TOT'd 1234 for his Lone Ranger day at 181. Leo Welch got his do - or - die 650 3rd SQ to stay alive. Later he hoisted 617 for a 1609 TOT. He went for 661 DL WR twice to add spice to his pie. At 220, Rick Dixon USA claimed silver with 1361 aggregate. He was overshadowed by the outstanding SM performer of these championships. Mike Ferrantelli, USA, was one hot potato. Mike started out with a 705 SQ; went on set a WR BP 501 on a 3rd. He lept to a huge 540 on a 4th. Wham! He broke his own WR big time. He did make a DL of 600 for 1807, a great result. Randy White, USA, @ 275 spelled victory with a big 1791 TOT. He SQ'd 606, on a 2nd; set the WR BP on his 3rd attempt (429); then jacked it higher (435) on an extra try outside the competition. He DLed a big 694 and gave a WR 722 a hearty try. Eladio Rios, USA, weighed 278 and had a free wheelin' day at 308. He broke a bunch of AWPC submaster WR's: 463 SQ, 386 & 4th 402 BP, 485 DL & 4th 501 for 1333 TOT yet another WR. Whatta day!

FRI. NOV 10, at 9 A.M. sharp: THE WOMEN'S MASTERS: Coral Quinell, 43, was the only non USA lifter (AUS). At 114 she smashed WR's: SQ w/ 253 & 264, BP another record (159) and hoisted 297 for 722. She missed 2 attempts going for the WR pull with 314. Pat Casper, 41, USA waltzed her way to the 123 win. Terrie Ann Black, 40, took the 131 40-44 title with a record 347 SQ for an 804 TOT. At 45-49, Peggy McCatamney, 48, grabbed the 132 division. Wilma Lee Cadavona produced a WR 281 SQ at 198. Chris Brigham had no peers in her 105 50-54 class division. She SQ'ed 193 for a brand new WR on her way to victory. Karen Polansky established a WR of her own at 181, same 50-54 bracket. In fact, she set a slew of new marks: 264 SQ, 126 BP, 314 DL and 705 TOT at her 176 bwt. Betty Tenorio, 70 years young, proves that age is no deterrent to being strong and vibrant. She made a 171 SQ, 88 BP - a WR, and a DL of 281 at 199 bwt.

FRI. NOV 10, 2 PM MASTER'S MEN - A big group of 39! The 40-44 group had a lot of good lifting. There were nine in this age bracket, and only one was non-USA. That was David Thomas (not the Wendy's hamburger tycoon), 40, from GBR! Dave got the 220 win when favorite Duane Burlingame must have hurt himself in the warmup room, because he didn't mount the platform. Dan Harris, 40, started the winning ways for the USA at 132. Dan pulled a WR 259. Manuel Rivera, 40, was the victor at 165 with a 1361 TOT. His 369 BP was a new WR. Mike Larson, 41, took the middleweight runner-up spot. Rick Dexter, 44, had a early Christmas present when Robert Lynch, 44, was 200 grams over the 181 class limit. An error on the scoresheet had Lynch winning this class, but he weighed in at 82.7. Therefore Tracy Frein, 42, finished 2nd at 198 rather than winning. The actual official 198 40-44 champion should be Robert Lynch, who cinched the gold with two back to back WR deadlifts; his 595 3rd was followed by a 4th attempt outside the competition with 606. Mike Frizzell, 43, certified the 275 victory setting a big WR bench of 507! At 45-49 there were 7 lifters. Martin Heidl, AUT, husband of Karin (also here and lifting for a gold) got the 148 title once again. At 165, Craig Panson, 46, tagged a WR 386 SQ and won also. Rudy Ruettiger, 46, a true PL original took the 181 division, hardly working up a sweat. Jamey Mauldin, 49, had his way at 198. Then at 220, back in action and once again a World Champ was Dick Zenzen, 48, an Illinois boy. Dick suffered a terrible accident a couple of years ago falling from a house roof. His injuries were almost critical. Unbelievable is his story of determination and courage to climb back up the mountain again. Walt Cracknell, 49, from California aced the win at 242 posting some very decent numbers although I'm sure he wasn't totally pleased. Gil Villaneuva, 46, deserved his championship gold at 275, and promises even more next year. Next came the 50-54 Masters. Surrinder Dhah, 52, from Fresno, CA came in the competition severely injured. He toughed it out and got the gold he so richly deserved. Few know that Dhah formerly was the Indiana Bantamweight (123) National Open Weightlifting Clempion back in the late Sixties. He lifted 286 lbs. above his head and was top ranked in the Commonwealth countries. Charles Wodraska, 54, set a World Record 551 SO at 165 (159 bwt) and TOT 1306 - good job! Mario Nigu, 50, won the 181 class while Dave Solon, 52, bested the test at 198. At 220, Dave Damiano, 51, was on a record blitzkreig run: 540 SQ, 391 BP, 611 DL for 1554. Doug Ward yielded the 242 gold to Rex Harrison, 53, A 242. They fought tooth and nail, but Rex prevailed 1438 to 1377. Dave Van Brocklin, 52, had his way at 275. At SHW, John Magee, 51, of Northern Indiana weighed in for this contest, but decided instead to lift in the BP division the final day, therefore missing a sure gold. The 55-59 lifters were truly a most impressive group. John Lamboley, 59, of the Aurora, IL Frantz team repeated his win from the past two years at 165. John TOT'd 1102 (500 kg) and powered up a WR 303 BP for frosting on his victory cake. A real tight battle took place at 181. Eddie Angstrom, 59, was strongly tested by Les Cramer, also 59, and a wiley ole veteran from FL. Les hosted the Teenage Nationals in 1974 at Erie, PA, and he was Editor and Publisher of *POWERMAN* magazine back in the middle 70s. Coach, lifter and pot stirrer - that's Les. Angstrom SQ'd 413 and BP'ed a big 325. Cramer destroyed the WR SQ with 451, and added a 292 BP. Les had a small lead going into the DL, and hoisted a great 413 for an 1157 TOT. Les is lifting more now than in his heyday. Angstrom was forced to pull the fat from the fire with 418 - did it - and won in a close one TOT 1168. That is competition at it's best. Darrel Lloyd, 56 and a Brit, yanked up a WR 507 DL capturing the 198 class. James Hinson, 57, had the 242 class alone and his for the taking and will be kicking himself for not capitalizing on it. There were two Brits - the other being Michael Brown, 58, who also DLed a WR 507 for 275 honors. Last in the 55-59 group was Charles "Santa" Clonce weighing 277. He looked sharp setting a WR 148 BP and 512 DL. He hung around to go for the WPC title as well the following week. At 60-64 an old warhorse, Rich Gidcomb, 64, put another world title on his resume, but appeared to be a bit beat up coming in. It was a truly superlative performance from Richard Flores, 62. Would you believe at 165 bwt. a 507 SQ (WR, of course), and another WR with a 286 BP plus a huge 540 DL for a 1322 TOT. Always a gentleman, Bob Bassman, 62, a powerful local, chalked up his umpteenth title with the greatest of ease at 198. Earl Davis, 62, established a winning trend taking the 242s. Sole man at 65-69 was Tony Conkle, 65, who smoked some World Records himself: 441 SQ, 232 BP, 435 DL - splendid lifting. Nori Kawasaki, a Las Vegas superstar, beat out Rich Flores for best Master lifter. It would take one helluva performance to pull off that feat but Nori's story is all glory! At 72, he zapped WRs of a 233 BP after a "mere" (for him) 308 SQ. His 405 1/2 DL obliterated his own WR. Oh, yes he weighs just 132. Is this out of this world or what? Last but not least, was the oldest youngster. I'm speaking of John Upton, 77. He weighed 160 and did a 220 SQ, 214 BP, and DL'd a WR with 270. This gave him a 705 TOT, yet another World Record. Amazing is the resiliency and strength of these mighty masters who send the raving free radicals packing.



Richard Flores is lifting 'young' at age 62: 507 SQ, 286 BP, 529 DL.

Mike Ferrantelli benched 529 on fourth attempt, at Submaster 220

OPEN WOMEN - 11 NOV: Austria's Karin Heindl nabbed the 114 Women's Open Title (496 TOT). At 132, Renata DeFelice earned her World Team berth by winning the AAPF Nationals, however, Dione Wessels showed up and was allowed to compete. She set WRs with a 369 SQ, 370.3 DL & 871.9 TOT. Renata felt she'd been dealt a bad hand, and ended up with the silver medal. After this fiasco hubby Dan was smoking like an old wood stove on a winter day in Michigan.

OPEN MEN - 11 NOV: This was a suprisingly small group of 13, all USA except two from Canada. Taso Tzavaras, CAN, finished a distant 3rd @ 198 while big Glen Snelgrove (340) pocketed the SHW gold and also set a WR BP @ 441. The USA took first @ 132 with Tim Smith breaking two WRs with a 446 SQ and 435 DL for 1124 TOT. Christian Moore allowed the 165 title to elude him because he missed all his squat attempts at 429. He'll be back next year, stronger and wiser. Dan Spitale and Willis Smith placed one - two respectively at 198. Dan established a great WR SQ with 705! Alex Zweig and Mark Bearden weighed identically (219.35). Alex yielded to Mark's SQ superiority (589 to 622), but blew the challenge away with his 402 BP to Mark's best of 336. Zweig's big DL of 584 won him the victory (1576) surpassing Beardon's 1493 sum. T.C. Roesch and Scott Mattheson contested at 242. Roesch took the lead early on by dunking 711 to Scott's 666 and had a 44 lb. advantage. Scott played catch-up, and trailed by a mere 5, prevailing in the BP 424 to 391. T.C. pulled 633 EZ, to seal the win - 1736 to 1675. Mike Darrah, 264.6, cinched the 275s with a 705 SQ (and tried 727), BPed 386, then missed two huge jumps to 474. In the DL he got a 2nd attempt 650 before missing 666. Earning the Open Men's Outstanding lifter award was Bryan Figola (1614) who outstripped Nick Diglacamo in the 181 division.

POLICE & FIRE - 12 NOV: Rudy Ruettiger won his 2nd gold medal here; and lifted more than he'd done earlier on. He had to do it with Steve Gawlik nipping at his heels all the way. John Gatronica stuck a feather in his hat, pulling away from legendary Jim Rouse in the 198 class. Jim had a good excuse for his defeat, claiming too much smoke inhalation. Mike Cross (not the former 123er from TN) had his way at 242 when Tony Pastorello missed all his 617 squats. Big Bill Nichols had equilibrium problems at 275 and bombed with a 903 SQ, ordinarily a 'cheez whiz' weight for him. He would bounce back the next week at the WPC Worlds.

With the powerlifting portion of the 3rd WPC Worlds forever etched in the history books, the Bench Pressers took center stage the following morning (NOV. 13th) to bring this competition to a close. The PL section had 95 lifters altogether from 6 Nations: USA (81), CAN(4), AUT(3), GBR (3), AZE (3), AUS(1)

AWPC WORLD BENCH PRESS CHAMPIONSHIPS: WOMEN - A nutshell review, 11 women from 4 countries: USA (7), AUT (2), AUS(1), CAN(1). Coral Quinell, 43, from Australia in the 40-44 123 group posted a 165 lift World Record. At 132 Hermine Knimanek, 65, AUT weighing 126.3 established a World standard - 105.8. Any of you Grandmas in the World have a better stroke than that? Don't sing it - bring it! Several other winners set WRs as well: Stephanie Brandau, only 15, USA pressed a perfect 198 at 138 bwt., but wasn't satisfied so she did 203.9 on a 4th. Jackie Licata aced 187, a World best in the Juniors. Margaret Clonce, 54, from Oklahoma in the unlimited div. had a WR best effort of 132.3 in her 50-54 Master division. Her and Hubby Charles may have to build a new room on to their bungalow to accommodate their collection of trophies. MEN - 40 benchers from 3 countries came in bold to claim the gold: USA (31), AUT (6), AZE (3). Ten World Records were established. At 148, Joe Mukite (USA) broke the WR twice: 363, then 374 on an extra try. Bruce Johnson in the submasters pressed a WR 321 4th. Joseph Yu, 40, USA lifted 352 @ 148 while Martin Heindl, 45, AUT busted the standard in the 45-49 group with his 283 push. Following his 50-54 Masters victory at 275, USA's Jerry Wicker, 52, upped 387 on a 4th. Big 348 lb. Karl Bivens, 50, sealed his SHW win by elevating 485 for a new mark. He then smashed up 501 on an extra attempt. For all the workers and volunteers it was necessary to take a deep breath to get their second wind because the WPC World Bench Championships came into action that afternoon followed by the WPC World Powerlifting Championships the next day which would kick off the 2nd week of activity here. The Plaza Hotel gift shop quickly sold out of NO-DOZ. No need to worry because Anthony Clark, the Strongest Bencher of All-time, was on hand with a booth. He had plenty of his PERFORM AND PROTECT Sports Nutrition capsules with vitamins, antioxidants and protection from free radicals, and it helps increase muscle power and energy production. Lit me up like a Christmas Tree. I highly recommend it.

This was a great meet, but needs to be held in August or September next year. Otherwise two Worlds in two weeks is just too much of a good thing. Next Month's Article: the WPC World Championships

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Rubber Bands for All Sports

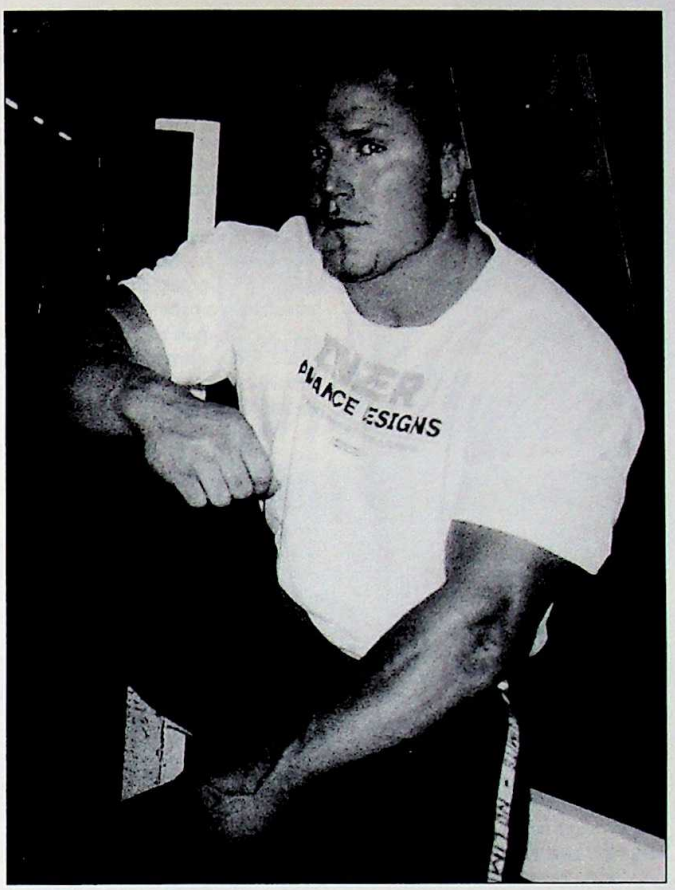
POW!ER SCENE

Happy 2001!! Okay, the holiday shopping is over, and the holiday parties and family get-togethers, so that can only mean one thing, right? It's time to get back in the gym and set some serious plans for powerlifting success in the coming years.

Jamie Harris and Glen Chabot didn't finish up 2000 the way they wanted to. Neither one made any attempts at the IPA Nationals in November amidst controversy about the height of the bench used at the meet. For both of these mighty benchers, their sights are now set on the upcoming Arnold Classic, where Glen is the defending champion.

This year's Arnold Classic weekend runs from March 2 through March 4 in Columbus, Ohio and features much more beyond the big annual bench meet. Top level competitions in bodybuilding, fitness, martial arts, and arm wrestling, plus demonstrations and exhibitions at all kinds of cool stuff will occur. Over 40,000 people attended last year's expo and that was the one little problem. The aisles got really, really crowded.

***Jamie Harris** is hoping for another shot at the Arnold Classic.*



***Glen Chabot** didn't end 2000 the way he wanted to. (Low photo)*

But other than the crowding, it's a great event, and where else can you see thousands of fans screaming for powerlifters, as they compete for a title and prize money?

POW!ER SCENE and *POW!ERLIFTER Video* will make their annual trip to Columbus to cover all the action, and if you're interested in attending, the phone number for information is 614-431-2600.

One man who should be happy about how he finished up 2000 is Garry Frank. Garry posted a huge 2469 total at the WPC's, hitting 942, 650, and 876, and we just heard that he hit 2500 in Burbank on December 3rd, with lifts of 940 670 890. Congratulations!!!

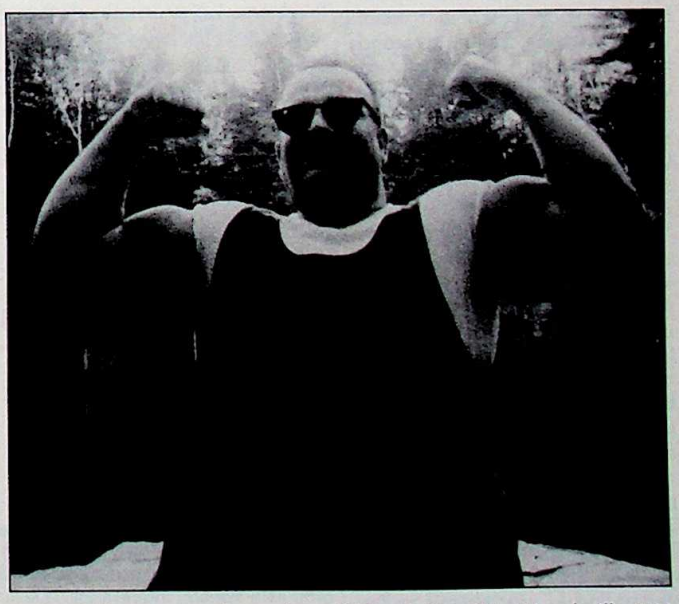
Anthony Clark finished up the year by bringing out his new Sports Nutrition Product Line, in conjunction with TeraForma Health. Anthony's products include mass gainer, whey master protein, power cell creatine, and many combination products, designed to enhance performance, and reduce recovery time.

Our loyal viewer and reader Mike Blake finished up the year by injuring himself, and having to avoid deadlifting for a while. But Mike, a true powerlifter, only missed one bench workout and one squat workout, and he's aiming for some new PR's in 2001.

Another loyal reader (but not yet *POW!ERLIFTER* viewer) is James Taber of New Hampshire. James writes that when he got out of the military, there wasn't a gym around for 50 miles, until "The Railyard" opened up in Woodsville, NH. Its "great attitude" and "charged atmosphere" got James lifting again after a seven year layoff. That was five years ago, and James vows he will never stop lifting again. That's what we like to hear.

To James and Mike and Garry, and Glen and Jamie, and every powerlifter out there, we wish you a great year of fun training, strength gains, new PR's and no injuries. *NED LOW*

***OUCH!!!** Mike Blake hardly let this finger injury hold his training back.*



***James Taber** - a proud member of "The Railyard" in Woodsville, NH*

Dr. JUDD

IF YOU BELIEVE ... THEN IT IS SO

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

There is magic in believing. If you think you can, or you think you can't, you're right. You are what you think you are, and you become what you think you will become. - *Unknown*

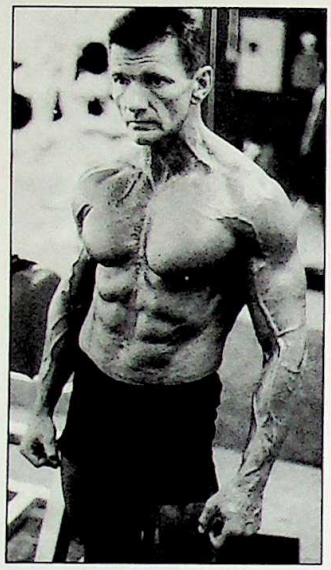
When I was working for the Pittsburgh Pirates baseball team, I had the opportunity to meet a clinical psychologist named Dr. Charles Dement. At the time, Dement was in the process of writing a book about biological rhythms and athletic performance. The major premise of the book was that biorhythms could be used to predict human behavior. This may be a little complicated, but stick with me here for a second.

According to Dement and/or biorhythm theory, each individual has three body cycles: a 23-day physical stamina cycle, a 28-day emotional cycle, and a 33-day intellectual cycle. These cycles are assumed to be prefixed at birth and to be invariant throughout life. According to the theory, the cycles have the following effects: During the positive phase of the 23 day physical cycle, we are stronger, have greater endurance, and are more resistant to disease. During the negative phase, the reverse is true. Similarly, during the positive phase of the 28-day cycle of emotional sensitivity, we feel more positive, optimistic, and creative; whereas we are most irritable, withdrawn, and pessimistic during the negative phase. With respect to the 33-day intellectual cycle, thinking is clearer and more decisive during the positive phase; whereas the opposite is true during the negative phase.

These biorhythm cycles have the patterns of sine waves. Since they have different durations, they coincide at times, but are in opposition at other times. The so-called critical days for each cycle occur at the beginning and middle of each cycle, when the phase changes direction from positive to negative, or vice versa. On these days we are in a transition state. Consequently, we are extremely vulnerable at this time. We are weaker, more likely to become emotionally disturbed, and make more mistakes.

Dement claimed that an individual could use this knowledge of what phase he was in to compensate for low periods. That is, he could be more careful, undertake less demanding tasks, or avoid strenuous activities during that time. On the other hand, he could take advantage of his peaks by scheduling appropriately challenging activities.

The idea of using biorhythms to predict athletic success was intriguing to the Pirates coaching staff. They reasoned that if the method was valid, they could use it to select starting lineups, pinch-hitters, and a pitching rotation. Of course, I was looking at it from a lifting standpoint. I figured that if the method was valid I could schedule my workouts and competitions around my rhythms. For instance, I could arrange my lifting cycle so that I would peak during the positive phase of my biorhythms. Naturally, if biorhythms really worked there were all sorts of implications for using them in sports, business, medicine, and so forth.



Dr. Judd *believed he could be a successful bodybuilder and did so!*

The real question, at least in my mind, was whether or not biorhythms were a valid method for predicting human behavior and performance. With respect to athletics, Dement attempted to show that people who were successful were at a biorhythmic high point, and that those who failed were at a critical time in their cycle. Actually, he presented some interesting cases to support this theory. For instance, he pointed out that when Ken Norton broke Muhammad Ali's jaw on March 31, 1973, Ali's biorhythms were near critical for both his physical and emotional cycles. The reverse was true when Ali met Joe Frazier on May 25, 1976 in the "Thriller in Manila." In that fight Ali was on a physical high, while Frazier was at his lowest physical point. Consequently, according to Dement, Frazier's defeat was more related to his biorhythms then to Ali's superiority as a fighter. Interestingly, Dement also presented some convincing cases in the sports of baseball, basketball, football, and even one in weightlifting.

After listening to Dement for a few hours, he had the Pirate staff and me extremely curious as to the effectiveness of biorhythms as a predictor of human performance. Was there really something behind the theory of biorhythms? We decided to find out.

We conducted a neat little study using AAU powerlifters. The reason we used weightlifting was because it was a more objective measure than baseball performance. Let's face it - you either lift the weight or you don't. There is not too much that is subjective about that.

In the study, we had 24 novice powerlifters calculate their own biorhythms, and then we correlated these rhythms with their daily performance. The results of the study revealed an extremely high relationship (.89) between the lifter's rhythms and their lifting performance. Just as encouraging was the fact that when we interviewed the athletes after each of their workouts they felt that their performance was consistent with their rhythms. Without question this finding suggested that the biorhythms were a valid predictor of weight lifting performance.

Needless to say we were extremely excited. In fact, we thought we had discovered something major. We immediately set up another study. This time, we had 31 novice powerlifters, but instead of letting them calculate their own biorhythms, we computed them. Actually, we tricked them this time. We calculated two sets of rhythms, a true set and a pseudo-set for each lifter. The pseudo-biorhythms were computed so that they would read directly opposite of the true rhythms. When the lifter's true rhythms indicated a high physical period, the pseudo-rhythms indicated a low physical period. We gave the lifters what they believed were their real rhythms; in reality, they were the pseudo-rhythms. The lifters were unaware that two sets of rhythms existed, and that their performance was forecast based on the pseudo-rhythms. Pretty sneaky right? After three months we ran an analysis on both sets of rhythms and the lifters daily workouts. Guess what we found? The results revealed a high correlation for the pseudo-biorhythms (.89) and only a moderate correlation (.61) for the true biorhythms. Not only that but when we interviewed the lifters after their workouts, they felt like their performance was consistent with their pseudo-rhythms. In other words, they actually felt and performed good when they should have been feeling like hell biorhythmically. And they performed like hell when they should have felt and performed good, biorhythmically speaking. It seemed quite clear from the study that what was occurring was a type of placebo effect. In short, the pseudo-biorhythms had caused the subjects to lift poorly on days when they were supposedly at their physical peak. The rhythms also caused the subjects to lift well when they were supposedly at a physical low. In other words, the belief in rhythms had caused the fluctuation in performance. It was the subject's own mind that brought about the changes in performance, not their rhythms.

This just goes to show you that you get what you expect in life. How you think determines what you are, what you can achieve, and what you can become. Actually there is magic in believing. If you believe you are going to fail - you will. Conversely, if you believe you are going to succeed - you will. In short, if you think you can't or you think you can, you are right.

As individuals we consistently perform in accordance to the way we perceive ourselves. I am convinced that what we accomplish in life is not so much contingent upon our physical ability as it is our mindset. The body serves the mind. It is not the other way around. If you have a strong mind your body will follow. This is an extremely important concept to be aware of. When you say you can't do something, you're closing your mind to it. There is not anything that you can't do. You are limitless. You have the power to do anything or be anything that you want to be. Only your mind can limit you. As our Lord said, "As a man thinketh in his heart so is he."

I like what Leo Buscaglia say's about this very issue, he says:

"We've got to rid ourselves of 'nevers.' We've got to rid ourselves of 'I can'ts.' We've got to rid ourselves of 'no's' - what a negative word! We've got to rid ourselves of 'impossible' - nothing's impossible. We've got to rid ourselves of 'hopeless' - nothing's hopeless. These are words for fools, not intelligent people. Wipe them out of your vocabulary. Never say 'never! Impossible?' Of course it's possible

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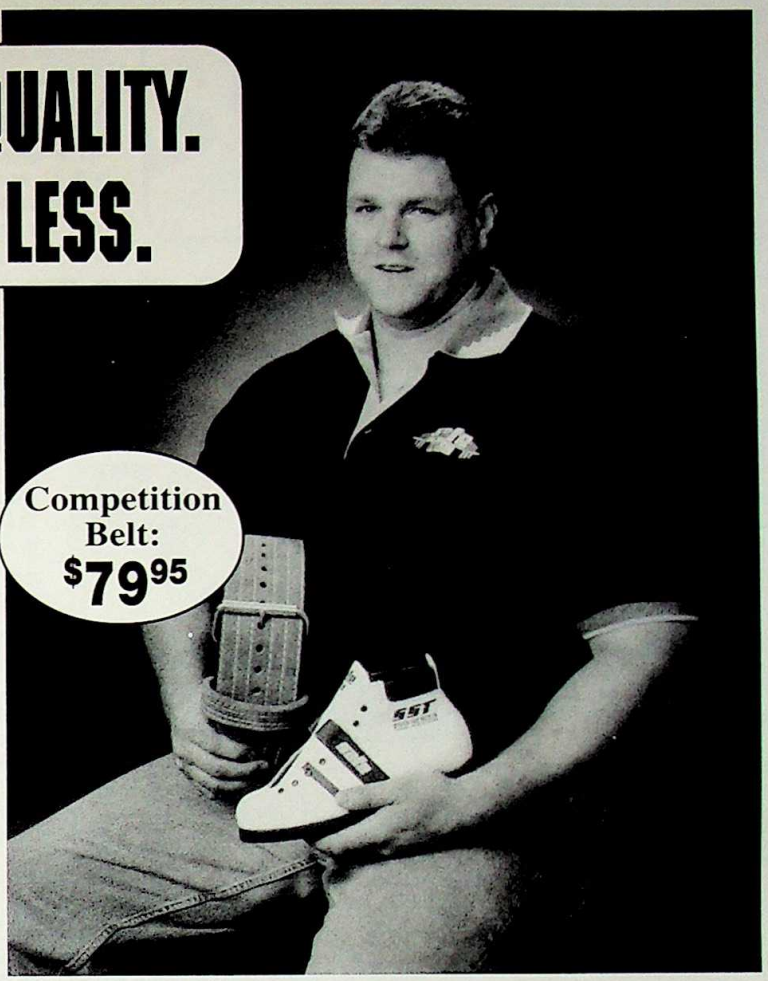

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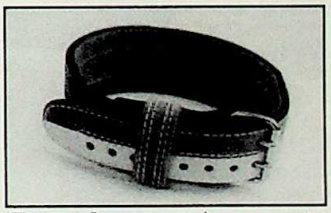

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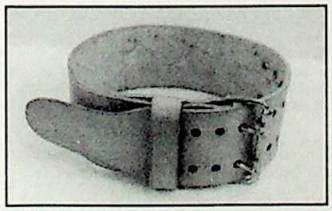

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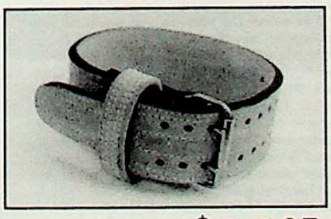

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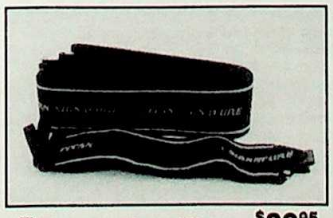

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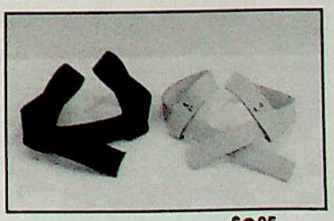

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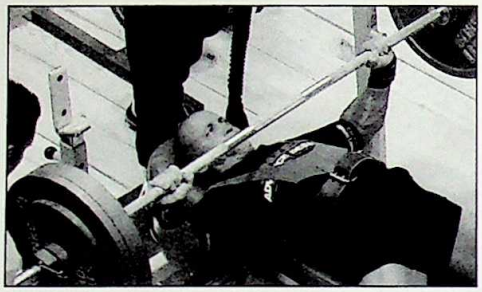
ROY FOKKEN's
BENCH PRESS ROUTINE

Fellow Powerlifters: My name is ROY FOKKEN. I am from York, PA (Home of York Barbell and Harley Davidson). I am 31 years old and have trained at Unique Physic Fitness Center in York since 1994. When I began my training I wanted to bodybuild. I competed in bodybuilding for about 3 1/2 years. At my first contest I took 2nd, the next four - 1st place. I wasn't concerned with strength until I saw my first powerlifting meet. I saw guys much smaller than me, but much stronger. This made me realize I wanted to be strong and not just big. I started talking to a fellow lifter about training technique and routines. I did some of my own research also and came up with a good routine. Not long after I started I had an injury, a dislocation of three discs. I thought this was the end of my quest. I couldn't squat or deadlift for some time and this wasn't good. A friend said to me "why don't you do bench meets instead?" OK.... The first meet I weighed in at 148 lb. class and broke a record. I decided to go down to 132 lb. weight class where I thought I would have higher "per pound" numbers. I was right. After competing for two years I broke the All Time World Record of my friend Doug Heath, who helped me train to break this record. My plans are to do a 460 lb. bench weighing 132 lbs. - this I know will happen very soon. I will eventually go back up to a 148 weight class and there put up some big numbers too. I use a training routine coming from several different quality lifters and I have adjusted it to make it my own. This is what works best for me... I train my upper body very hard and I only bench once a week. My Bench days are Monday. I follow up my bench workout with my triceps. So, we have Monday - Chest and Triceps... Tuesday - Off... Wednesday - Back and Biceps... Thursday - Off... Friday - Shoulders and Abs.



***Roy Fokken** benches 429 at athe Beast of the East*

This Workout will increase your bench approximately 20-30 lbs. in 10 weeks. This workout is based on a 300 lb. max. My warmups are always the same and they are .. 3 sets of 135 lbs. @ 10 reps, 1 set of 185 lbs. @ 6 reps, 1 s/o 225 lbs. @ 3 reps, 1 s/o 275 lbs. @ 1 rep.

I DO SEVERAL STRETCHING EXERCISES. Remember: Take only Two Minute Rest Periods between sets; Have A Spotter; Drink Water; Warm up properly.

My 10 Week Workout Schedule is as follows...

Week 1 and **Week 3**: Warm up... 2 minute breaks (very important)... have a spotter. 1 set of 290 lbs. @ 2 reps; 280 @ 3; 270 @ 4; 260 @ 5; 250 @ 6; 240 @ 7; 230 @ 8. Follow this with Triceps... Close Grip Bench; 3 sets (hands and shoulders width) Cable Push Downs or Skull Crushers - 3 s/o whatever you can handle.

Week 2 and **Week 4**: Warm up... 2 minute breaks (very important)... have spotter. 6 sets of 285 lbs. @ 3 reps. Decline Bench - 6 s/o whatever you can handle. Skull Crushers - Cable Push Downs - 3 s/o each exercise @ whatever you can handle.

Week 5 and **Week 7**: Warm up (remember two minute rest between sets) 1 s/o 295 lbs @ 2 reps; 285 @ 2; 275 @ 4; 265 @ 5; 255 @ 6; 245 @ 7; 235 @ 8. Close Grip Bench and Skull Crushers 3 s/o each exercise.

Week 6 and **Week 8**: 1 s/o 300 @ 2 reps; 5 s/o 285 @ 3 reps. Decline Bench - 3 s/o whatever you can handle. Skull Crushers - Cable Push Downs 3 s/o each exercise (whatever you can handle).

Week 9: Warm up routine - don't forget 2 minute rest between sets. 1 s/o 300 @ 2 reps; 290 @ 3; 280 @ 4; 270 @ 5; 260 @ 6; 250 @ 7; 240 @ 8. Decline Bench - 3 s/o whatever you can handle. Skull Crushers and Cable Push Downs 3 s/o whatever you can handle.

Week 10: This is your week to set a new max. This max should be between 320 to 330 lbs. Don't forget to warm up and stretch.

I would like to thank John Inzer and Inzer Advance Design for providing me with the best gear in Powerlifting. Also and John and Ann of Unique Physic Fitness Center and Doug Heath for his advice and help. I would also like to thank Louis Simmons, Paul Yoder, Steve and Linda Newport and my special thanks to my fiance, Melissa Emig, for her advice and guidance in Competitive Fitness Nutrition. For more information on training or nutrition contact Roy or Melissa at E-mail ninevahcore@aol.com or 1-717-845-7209. God Bless and Best of Luck,

Roy Fokken

2000 Beast of the East (kg.)
16 SEP 00 - Ocean City, MD

WOMEN	BP	DL	TOT
132			
Special Open			
D. Handy	52.5		
Amateur Open			
L. Hahn	47.5		
BP/DL			
148			
Amateur Master			
L. Nelson	72.5	160	235.5
198+			
Special Open			
F. Dennis	57.5	110	157.5
MEN			
132 Pro Open			
R. Faulken	195*		
165			
Special Teenage			
D. Page	85		
Amateur Master Open			
181			
M. Witmer	107.5		
220			
B. Shafer	145		
242			
J. Derwart	207.5		
F. Nelson	152.5		
308			
Amateur Open			
T. Dasheill	185		
Amateur Submaster Open			
C. Richardson	207		
BP/DL			
148			
Teenage			
S. White	90	147.5	237.5
Special Open			
D. L. Hatfield	57.5	97.5	155
181			
Special Open			
C. White	80	197	277.5
Amateur Open			
J. Russo	145	240	385
198			
Amateur Open			
J. Gibson	142.5	190	332.5
220			
Pro Open			
B. Avery	172.5	255	440
Special Open			
J. Wood	92.5	177.5	285
242			
Amateur Open			
S. Vickery	157.5	215	385
275			
Amateur Master Open			
B. Carmack	157.5	222.5	380
Pro Master			
F. Callender	185	260	445
308			
Amateur Master Open			
F. Adler	137.5	172.5	310

Well the O.C. Beast of the East was a sight to behold. Ocean City was sunny bright and inviting to all who lifted this third annual event. The YES Inc. Powerlifting Association sanctioned this year's event with all proceeds going to the YES Inc. Sports and Condidtioning Center. The funds are used to defray the training cost for some 300 developmentally disabled and "at - risk" youth and young adults. The meet was judged by head referee, the mighty Jr. Hunt IPC Champion, SSU Powerlifting Coach and IPA champion Dave Nettles, Tyronc Young and meet director and founder of YES Inc. Powerlifting Fred A. Vanderveen. The Beast of the East (BOE 2000) hosted developmentally disabled athletes from all over Maryland and non - disabled lifters from Maryland, Virgina, Pennsylvania and Massachusetts. The big attraction was the lifting of Mr. Roy Folken. Roy, an eight - year native of York, Pennsylvania walked into the weigh - ins at 131.5 lbs. with an opening attempt of 182.5 kg. (402 lbs.). If this was not enough roy upped his second attempt to 187.5 kg. (413 lbs.). with three green lights. Roy waved to the crowd, which showed their approval by screams and shouts. When the cheers and screams became bearable, Roy gave his final attempt of 195 kgs. YES you read it right, 195 kg. (429 lbs.). The O.C. convention center went wild!!!!! when all three lights flashed greeen. Just think of it a human in tremendous physical shape with a bodyweight of 131 lbs. working and training to the point of lifting 3.2x his bodyweight. This was a hard act to follow but the lifters and thelifting went on. Our Special athletes put on quite a show with Dawn Handy winning top honors in the 132 division with a 115 bench. Not bad for a young lady who refuses to use a wheel chair now that she has the strength to walk with crutches. Along with Dawn, the ever - popular Dominic "The Dominator" wheeled up to take charge of the bar. Sporting an injured rotator, Dominic pushed a strong 85 kg. (187 lbs.) bench. The Pennsylvania connection was well represented with Buck and the boys. Buck pushed an pulled his way to a 380 kg. total (837 lbs.) while Stephen bested his last years total, in the teenage division, by 20 kg. in the bench and 17.5 kg. in the deadlift with a combined total of 257.5 kg. (567 lbs.). The great state of Massachusetts was not to be out done. She sent Fred Callender, a solid 275er and Bill Avery representing the 220 class. Bill pushed and pulled his way to a combined total of 440 kg. (970 lbs.) with his partner totaling 445 kg. (981 lbs.). Our athletes love to see Fred come and compete. He is a pleasure to see interact with our athletes. All inall the O.C. Beast of the East was a great success. We are pleased with the level of competition and the comradely developed between all the lifters regardless of physical ability. YES Inc. Powerlifting will be hosting several events over the coming year. Any athletes interested in competing in a totaly inclusive powerlifting organization and willing to share their energy and love of lifting with others contact Fred A. Vanderveen. % YES Inc. Powerlifting, P.O. Box 279, Fruitland, MD 21826. (410) 742-9201 or yes@ezy.net. Special thanks to Franz for his additional support of the YES Inc. Scholarship program. (Thanks to meet director Fred Vanderveen for providing these results and the photograph to *PL USA*).

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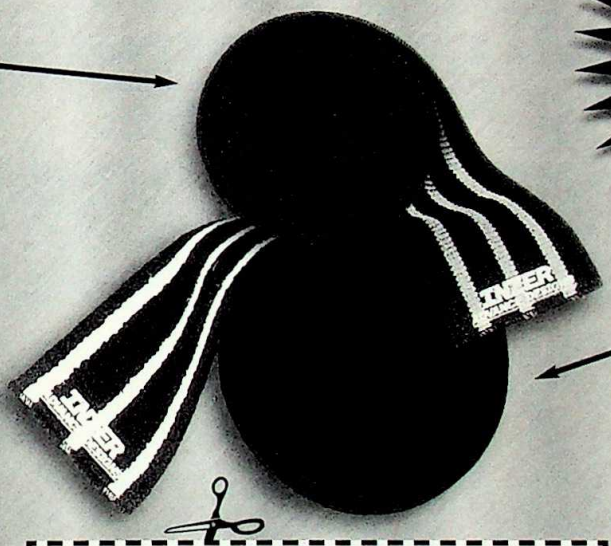

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TRAINING

Eccentric and Concentric Training

as told to Powerlifting USA by Louie Simmons

The powerlifts require many special strength qualities. Two of these are the ability to lower eccentric work and raise concentric work. In benching there is a pause at the meet, but in training a pause is not done because the stretch reflex is stored internally for most lifters 2 seconds and for the highly trained athlete up to 4 seconds (as reported by Wilson, 1998). Because the bench and the squat require eccentric work followed by concentric work, both must be worked.

The deadlift does not require the ability to lower a weight, only to raise it concentrically. To overcome inertia, a great amount of starting strength is required. At Westside we do good mornings about 70% of the time on max effort day, once every 7 days. This day is for both squatting and deadlifting. Half of the good mornings on this day are done concentrically by supporting the bar in heavy - duty chains. Chains are used instead of a rack to allow the bar to swing freely front to back and left to right. This builds greater stability. With this exercise, as in the deadlift, one must overcome inertia without the aid of the stretch reflex from the lowering, or eccentric, phase. This is very physically demanding, but this type of strength is needed exclusively in the deadlift. We will use several different bars that change the distance between the lower back and the center of the bar. About four different heights are used, to ensure strength development in the entire range of motion. This is very awkward and represents only strength work, not technical work.

This supported chain method works well for bench pressing also. This method of training will overcome a minimax, commonly referred to as a sticking point. A sticking point occurs when the body's leverages are poorest and the resistance is greatest, causing one to fail at that point. If a maximum weight, say 400 lbs., stops 6 inches above your chest, why doesn't 350? The 400 lbs. stops when zero velocity occurs at the minimax. But momentum carries the bar through the minimax. Momentum is the product of the mass of an object and its velocity, that is, if the velocity of the bar is more than zero. Training at or near your minimax is one solution.

A second solution is concentrating on bar velocity, which consists of an acceleration phase and a deceleration phase. The latter can be greatly reduced by adding bands or chains to the bar. Many think of resistance as the amount of weight on a bar, but every lift is related to time. For example, if a lifter can exert maximal force for only 3.5 seconds and the course of the bar is not completed in that amount of time, he will fail. So learn to build acceleration. Bar speed is critical. Our experiments, together with Verkhoshansky's studies, show that training at 60% will produce the greatest amount of force. We devote 120 lifts a month to the development of max force by doing 3 reps in the bench press and 2 reps in the squat.

If two lifters use the dynamic method to develop their squat, a weak man who can squat only 2 times bodyweight, e.g., 200 lb. bodyweight with a 400 max, and a 200 lb. man who squats 800, there is no comparison in force production because the second man is moving twice the load at the same speed. 60% of 400 = 240 and with max acceleration 400 pounds of force is generated; 60% of 800 = 480 and with max acceleration 800 pounds of force is generated. The training is proportional to the external load.

A common misconception is that the weaker lifter is moving the weight faster than his stronger and more powerful counterpart. The 800 lb. squatter is moving the bar just as fast.

What about eccentric work? Eccentric work has never been found to make one stronger, but it has been shown to cause most muscle soreness related to weight training. Also, it has been found to produce most muscle growth: 40% more work is done in the eccentric phase. But it also causes many injuries.

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Strength training books often state a warning of the potential danger as the bar gains speed near the chest or bottom of a squat. The bodybuilding community lowers weight slowly for mass, not strength. A big mistake is to lower weights slowly and to raise them slowly. This may be therapeutic but will not build great strength. This method defies the logic behind doing Olympic or power lifts explosively and completely contradicts plyometrics.

So what is the answer? Through many experiments at Westside, we have coupled many methods of training. Most of our eccentric resistance comes from heavy - duty rubber bands, a small amount of weight, and a considerable amount of chain on weight releasers attached to the bar, which is a reactive method (see photo). What must be considered as a training effect is not the load in the concentric phase but the speed and acceleration.

The bands work much like the muscles and connective tissue, and they accommodate resistance and the strength - curve deficiencies of the body.

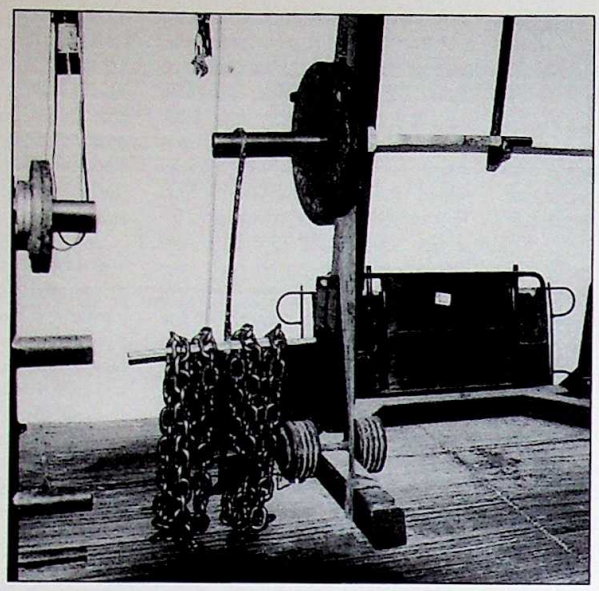
The weight releasers serve two purposes when horizontal bars have been welded onto the vertical portion (see photo): (1) to load chains that we deload to your strength level, at the bottom, and (2) to act as a contrast method, ridding the lifter of much of the load.

We performed a test on six men all world or national champions, with squats ranging from 900 to 975. First the bar was loaded with 640 lbs. of band tension at the top part of the squat. At the bottom, sitting on a just - below - parallel box, the band tension was 470. The bands were added slowly as a warmup. Then bar weight was added until 285 was on the bar. That equals 925 at the top and 755 at the bottom. All six lifters performed a single rep, which was timed on a video camera. Then 80 lbs. of chain was placed on the weight releasers. The bar was lowered fairly fast, 1.5 seconds. After the 80 lbs of chain was deloaded at the bottom the lifters recovered faster concentrically than without the additional chains. The lift represents 1005 at the top, which was reduced to 755. Again 80 lbs. more of chain was added to the weight releasers. The weight at the top was 1085 and again 755 at the bottom. The concentric phase speed of the lifters was even faster. When 80 lbs more of chain was added, to total 1165 at the top and again 755 at the bottom, the bar speed increased again.

An explosive start, acceleration, and a decrease in the deceleration phase are what we are after, as are jumpers, sprinters, and ball players. Everyone has a method. We combine all methods into a basic training philosophy that links together the training of all athletes.

One huge advantage of using the bands and chains in the deloading process is that the lifter can control the bar speed eccentri-

cally. Note that most of the resistance is provided by the bands. With just the force of gravity, the bar would travel at 32 feet per second. With bands causing overspeed eccentrics, the bar travels much faster than with gravity alone. This kinetic energy is transferred into the muscles and connective tissue and causes a great stretch reflex. This will cause a very strong concentric start, producing a strong acceleration phase. In addition, because the bands remain on the bar to accommodate resistance, the deceleration phase is almost eliminated. This process combines a contrast and a reactive method.



***Specially** designed weight releasers for chains. (D. Black)*

Charlie Francis used a contrast method for sprinters: heavy weight lifting in the morning and sprinting in the afternoon. It worked, but the method presented above is more systematic. For sprinters or jumpers I recommend 18 lifts at 60%, 2 reps per set, once a week, and 3 lifts at 90-100+% per week. This represents 72 lifts at 60% in a monthly plan; 12 lifts at 90-100+%, in a monthly plan is two workouts separated by 72 hours, one for force training and one for max strength.

The eccentric work method should be used no more than 2 weeks in a row and only once every 12-14 weeks. A benefit of this style of training is that it will automatically increase your pulling strength without doing any pulls.

I must remind you that this is very demanding on the athlete, and this is only one method used on maximal effort day, which is performed on Monday. (Our dynamic day is Friday.) We use several special squats, good mornings, and pulls on max effort day. We will switch each week to a new core exercise. This allows us to make or attempt weights that are over 100% each week throughout the year. I am sure it will help you, as it has helped us at Westside Barbell. Remember, weight training is merely combining math, physics, and biomechanics.

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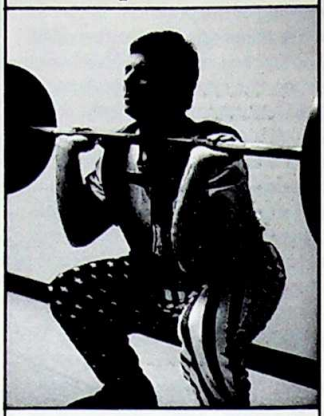

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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send $15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 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: How can I decrease catabolic activity? **Seth G.**

DEAR SETH: *That's a good question. By "catabolic" we mean forces that break down muscle and use it for energy. When existing muscle is broken down, your body will lose its tone and may become flabby. The Metabolic Diet, accompanied by proper exercise actually results in the body producing higher levels of testosterone and IGF-1, anabolic hormones, and lower levels of cortisol, a hormone secreted by the adrenal glands that leads to catabolism. By increasing anabolism and lessening catabolism we insure that the body retains important muscle mass and tone while you lose weight.*

It has been shown that the carb-loading phase of the diet results in decreased cortisol levels. In one experiment the hormonal effects of muscle carbohydrate loading manipulations followed by a carb poor diet were studied. Carb loading provided decreased levels of cortisol not only during the carb loading phase but also in the following carb-poor time period. Also the higher fat levels and red meat that are allowed in the diet both lead to increased levels of testosterone, the most anabolic hormone in our bodies. ***Mauro Di Pasquale M.D.***

DEAR MAURO: Thanks for all of your great feedback. It has helped me a lot in my training for the triathlons I compete in. I had a question about glutamine, what is the best way to take the powder - with water, fruit juices? I have heard that it's ingested quicker when it's taken with soda (cola) **Ken T.**

DEAR KEN: *The best way to take glutamine is in peptide form. It's absorbed quicker, less of it gets "eaten up" by the gut and liver and gets to the muscles, and it has more biological effects in peptide form than as free glutamine. I formulated all of the products in the APT Nutrition line with glutamine peptides including our MRP LoCarb, LoCarb Sports bars, Myosin Protein, Electrosol, Power Drink, Creatine Advantage, and Amino.*

Glutamine is not really ingested any quicker if taken alone or taken with soda. I'm not sure where that came from unless it was being confused with creatine where taking in simple carbs increases it's utilization because of the insulin increase. Even in the case of creatine, however, that's not strictly true. Anything that increases insulin, including using certain amino acids, glutamine peptides, alpha lipoic acid and several other compounds, will work just as well if not better than simple sugars as far as enhancing the absorption and utilization of creatine by skeletal muscle. ***Mauro Di Pasquale M.D.***

DEAR MAURO: The question is: If I want to gain mass and muscle how much protein and calories should I intake per day as well as carbs? **Ross G.**

DEAR ROSS: *The answer is quite variable depending on your metabolism. The usual generic answer is that you should take in 1 gram per lb of body weight and enough calories to make sure you make steady weight gains without too much of an increase in body fat. The amount of carbs you need can be figured out if you go on the Metabolic Diet. By following the steps as outlined on our site you can determine just how much carbs fits your metabolism best.*

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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Drug Use And Detection In Amateur Sports - New, Expanded and Revised Edition - Available March, 2001. Price $29.95 (U.S. funds) or $45.95 Can plus $3.00 P&H. After March, 2001, $36.95. THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances), and the available techniques for drug detection.

Beyond Anabolic Steroids - New, Expanded and Revised Edition - Available March, 2001. Price $21.95 (U.S. funds) or $31.95 Can plus $2.00 P&H. After March, 2001, $26.95. An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive - since most cannot be detected - and non-competitive athletes) or to enhance the effects of anabolic steroids.

Anabolic Steroid Side Effects - Fact, Fiction And Treatment - New, Expanded and Revised Edition - Available March, 2001. Price $21.95 (U.S. funds) or $31.95 Can plus $2.00 P&H. After March, 2001, $26.95. This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, cancer, gynecomastia, acne, hirsutism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

If you want to gain muscle mass you should eat five to six times a day so that you get a constant intake of protein. By doing that you'll get less protein catabolism and an overall increase in protein synthesis. Although it's hard to eat properly six times a day you can use an MRP and/or some protein powder to fill in the gaps between your meals. ***Mauro Di Pasquale M.D.***

DEAR MAURO: The question is: please tell me the difference between body building vs. weight lifting. **Robin S.**

DEAR ROBIN: *Bodybuilding, weightlifting and powerlifting all use weights to increase strength and muscle mass. It's the emphasis that's different. Bodybuilding is concerned with maximum muscle mass and symmetry along with minimal body fat. It's an esthetic sport in that the look of the body is the most important issue rather than strength. Olympic weightlifting and powerlifting are both concerned with strength and as such lifting the most weight possible for a single attempt. In order to do either of the two you have to build strength which at the same time increases muscle mass although the increase in muscle mass is usually a secondary consideration.* ***Mauro Di Pasquale M.D.***

The TAO of Competition Pt. II

as told to Powerlifting USA by J.M. Blakley

PRACTICING THE TAO - Some of these concepts may sound too abstract and esoteric for the real world of cold hard steel, sweat and blood. But by distilling them down to some solid practical strategies their inherent value and validity can be brought into clear focus. Look closely! This is stuff you can use!

FINDING THE BATTLE - First you *must* acknowledge that your true goal is to conquer yourself, your fears, your doubts, and your own weakness. By accepting this you accept the responsibility and access the authority to command yourself and act. This acceptance lets you choose actions that effect internal factors and free you from wasting time and energy choosing actions that effect only external factors. You must fight the *right* battle! Put your energy where it counts! To do this you must know what counts and *what* doesn't. The first barrier is turning to face the real battle - this means turning inward and having the courage to face yourself. Remember, you are the competition. You must compete with yourself, not others. You'll find the battle inside.

EXERCISE: OWN UP - One way to begin the process of facing the inner battle is to consciously accept responsibility for your actions and their outcomes. Strengthen the bond between what you do and what happens next. A very clear example of this is describing your performance at a meet to your peers *without bringing external events into the conversation*. How many times have you heard someone recount the details of a meet and never even mention their own involvement in it? You've heard it. They were sick. They were under weight/ over weight. The scale was off. The meet was run poorly. Their suit didn't fit right. The platform was wet / slippery / tilted / chalky / or in some way defective. Their training was interrupted. There was too much / too little time between lifts. Or to paraphrase *the sun was in their eyes!* STOP WITH THE EXCUSES! If you listen closely you'll find that most, if not all, of the recounts of the meet will involve factors that seem to be external to the excuse-maker's control (especially if they didn't do so well).

Aside from being pathetic this shifts responsibility and implies that they would have done better BUT... . To look deeper one might ask the question what things were you doing or not doing that may have been involved with you becoming sick? Were you getting enough rest? Were you eating right? Were you handling your stress well? In short acknowledge *your part* in becoming sick. See the factors within your control that you may have neglected. THEN MAKE A MENTAL NOTE OF IT, AND LEAVE IT *OUT* OF THE CONVERSATION!

Relate your story to others based on internally controlled actions and leave out the bulls**t. If mistakes were made keep them in perspective of your responsibility. For example: "I lifted abc and placed 2nd. My goal was xyz, though. I was not pleased with my last week of preparation and I'm planning to modify my diet, rest cycle, vitamins and limit outside stresses before my next meet. I think this will help me come in stronger and get that xyz." Instead of: "I lost, but I could have got xyz. I had the flu and felt like crap. My weight was down and the meet was run so slow I was tired out just waiting around to lift." Get it now? Keep your "reasons" for poor performance to yourself and relate to the actions that got you where you are. Concentrate on seeing your role in what occurs. With practice, you'll find you've got more to do with it than you thought.

EXERCISE: SEE YOUR ROLE - Another way to clarify your role in events that seem outside your control is to list them. I make a list with three columns for any event. The 1st column lists "things I have TOTAL control over". The 2nd is for "things I have at least SOME control over". And the 3rd is for "things I have ZERO control over". As an example: Getting Sick, In the TOTAL column: What I eat, Vitamins taken, Rest, Controlling stress, Washing my hands, Changing the bed sheets, Rubbing my eyes, Using public phones, Getting fresh air in my workplace, Exercising aerobically, Avoiding crowds and young children, Keeping a positive attitude, Seeing a doctor at first sign of symptoms, Getting a flu shot each year, Avoiding drugs and other compounds known to lessen immune system, Using germicide on work surfaces frequently during cold season, Etc. On the SOME list: Personal contact with fellow workers and friends, Handling money, Job stress, Family stress, Training stress, Emotional stress, Work environment, Outside tasks taken on, Etc. In the ZERO column: Coming into contact with a virus or bacteria, and ... ? My point is that when you really look at things, many more factors lie at least somewhat inside our control and relatively few are completely outside our control. No, we can't avoid all contact with germs. In fact, we encounter them daily, but we can partially control how our immune system deals with them and our likelihood of being put down by them.

This is an admittedly incomplete example but please see the concept behind it - that is that you have more control over what happens to you than you are aware of MAKE YOURSELF AWARE! Write it down. You can at least try to bend the odds in your favor by acting on the things in the controllable columns. If you fail to control factors that are yours to influence, then you'll have to just take what you get!

This is also a good way to see how much you can do to influence your outcome and gets you focused on internal involvement. You should be busy!

The next time you hear a fellow lifter telling a tale of his last meet, see how many events are really attempts to excuse the outcome by using external influences as the scapegoat, in effect saying "I would have done better if it weren't for those meddling kids (external factors)", to borrow from Scoobie-Doo. And vow to guard against relating your performance in any terms other than those you assume personal responsibility for. Face yourself and accept your role in *causing what occurs*.

Interestingly, note how the account changes to all internal responsibility when things go well for most lifters - instead of "the sun was in my eyes" you get "I made the play". Negative outcomes are relayed in externals (it's not my fault) and positives are relayed in internals (it's my doing). Get free of this and ALWAYS relate to what actions have come from yourself to influence the outcomes, whether good or bad.

Did you get a flu shot this year? It doesn't guarantee anything, but it may make all the difference and it's under your direct control.

EXERCISE: ALL YOU, BABY - Another technique that helps you focus on the inner battle and shed the burden of all the external distractions is the visualization that the meet has been put on solely for you! Imagine that the meet director called you up and asked you when you would be peaking and what date would be best. Pretend that all the people had gone to all the trouble just so you could have a chance to better yourself. View the other competitors as being there only to watch

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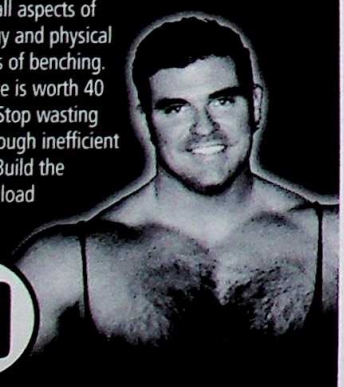

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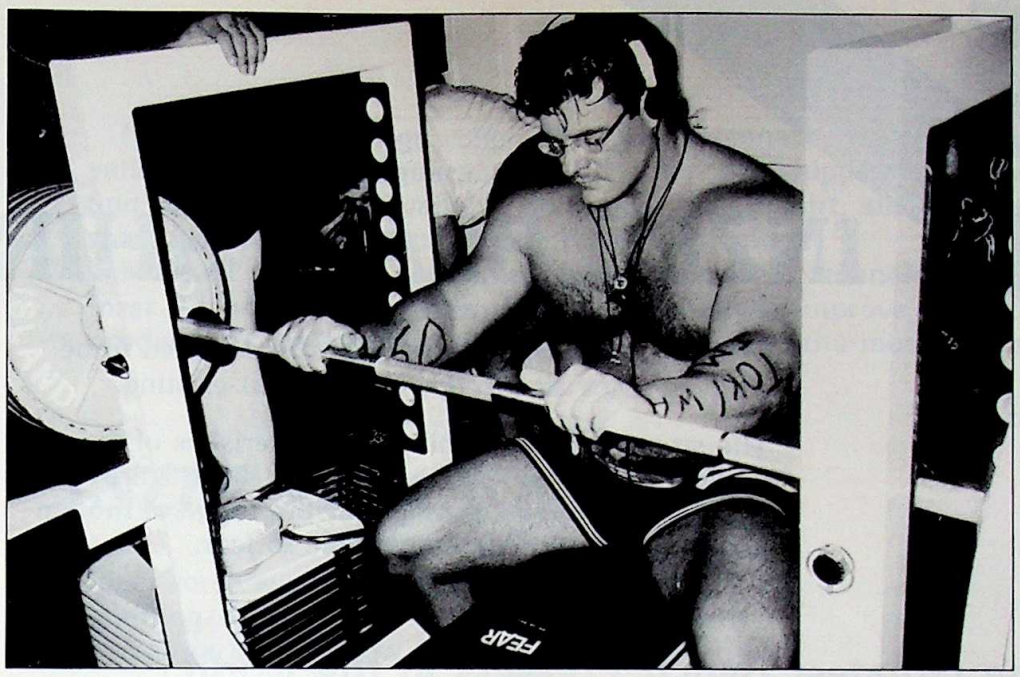

***J. M. Blakely** putting some of the principles first discussed last month in Part I of this article and described in Part II into practice. (photograph by J. Alkire, taken at the '96 IPA Iron Island New York State meet)*

you have this opportunity to improve. Forget all the chaos, the big lifts, the novices, the hub-bub and disassociate from it. Consider it a privilege and honor that you have been extended this chance.

PERSONALIZE THE EVENT! - Make it your own. It is very easy to get caught up in the confusion and activity that occurs during the contest. This can really drain your energy and blunt your edge. To keep sharp and avoid becoming softened by worry and nervousness that can arise when you lose focus, pay attention only to your job. Quit concerning yourself with other's activities. Don't allow yourself to become distracted. Remember why you are there. Act as if this was your own private meet.

DON'T MISINTERPRET - what I'm saying to mean copping an egotistical attitude and walking around like you want special treatment. That's not it. Just make the event personal for you, and attend to *your own preparations*. This is just like your teacher told you in 2nd grade. Don't worry what Johnny is doing, take care of your own concerns. In the words of the oldest woman in the U.S. when answering a question about why she had lived so long (108 yrs.), she simply said, "Mind your own business"!

The benefits of doing this show themselves by producing a more relaxed state. Absolutely ALL the peak performance experts agree that a state of CALM AWARENESS is optimal for top output. By personalizing the event and tending to your own business, you lessen the external pressure and deal only with the internal pressure you create for yourself for motivation. This has the effect of inducing a calmer state, more focused on the details that you need to control, and frees you from attempting to control and worry about details you can't control. The goal is not to make you act like an arrogant jacka**, but rather a calm, intensely focused man *who means business*!

What do you do when you mind your own business? Remember the three-fold list? Remember all the factors under your control? Focus on them. Pay attention to details which you can control that will affect your chances for success. For example: What is my flight? How far down am I? How fast is each flight running? When do I need to begin to warm-up? Try out the bench, check the rack height, scope out the warm up room, plan your warm up progression, double check your equipment, review your goals, mentally rehearse your lifts, have a plan B for anything that goes wrong (i.e. shirt tear), listen to music that calms or motivates you (whichever you need) without getting you too excited too early - save it!, etc., etc., etc. As you can see there is *plenty* to do!

When it is time to lift, it really is your meet after all (for a short time)! You stand alone and everyone *does* watch you! So it isn't such a stretch to take the view of personalizing the meet. Keep your focus and keep it close to home.

BEGIN YOUR PRACTICE - Start by relating your performances free of excuses and free of external rationalizations. Re-tell your stories in terms of what you were responsible for and search the events to find the part you played. To help you see how few the truly uncontrollable factors are, and how many things are within your influence, write it down. Make a three-fold list; when you see it written down it makes you realize that you are in the driver's seat. - YOU MUST HOLD YOURSELF RESPONSIBLE!!! Others won't always do it. Take the initiative! Remember the meet is there for you to challenge yourself to improve and don't bother with what others are doing.

These three techniques (talking about your performance in terms of self-responsibility, awareness of factors under your control with the three-fold list, and minding your own business by personalizing the event) all help to keep you focused on mastering yourself and teach you to practice right action. The rewards of doing so do not always present themselves outwardly, but rest assured continued practice begins to permeate your entire life and all those who know you will slowly become aware of a change in the *quality* of the things you do. And over time, you will find that if you keep achieving internal victories, external rewards will align themselves with you very consistently. But hopefully, by then you will view this as a side effect of proper living, and see that the major effect and reward is in living well. Remember: Strive for excellence in action, not perfection in outcome. If you take care of the proper action, the proper outcome will take care of itself.

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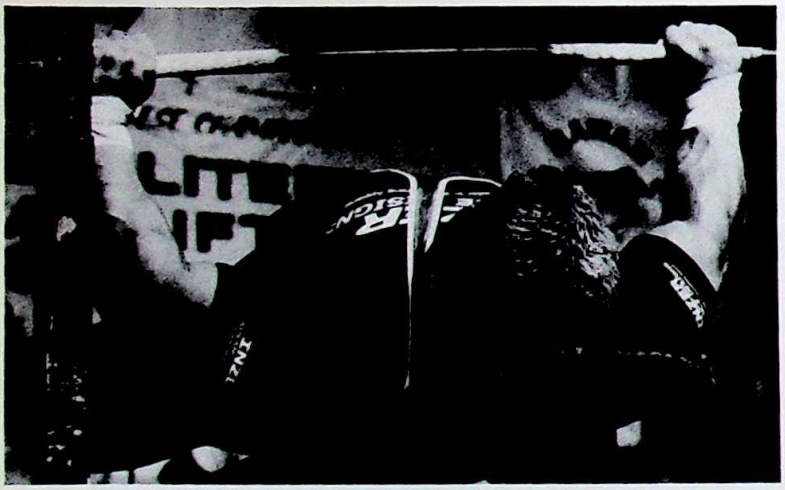

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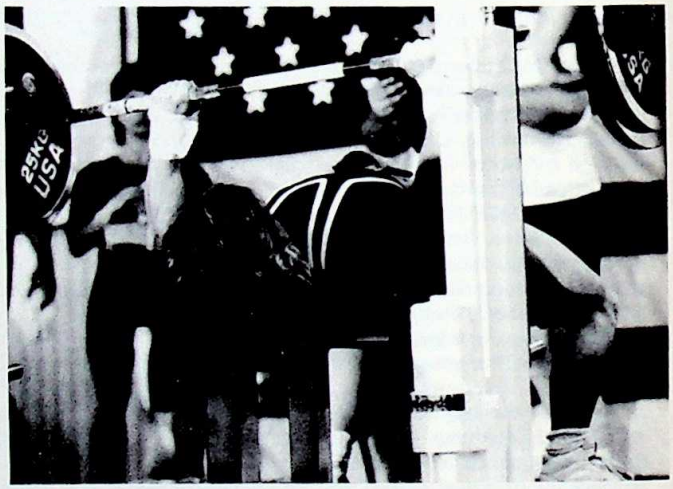

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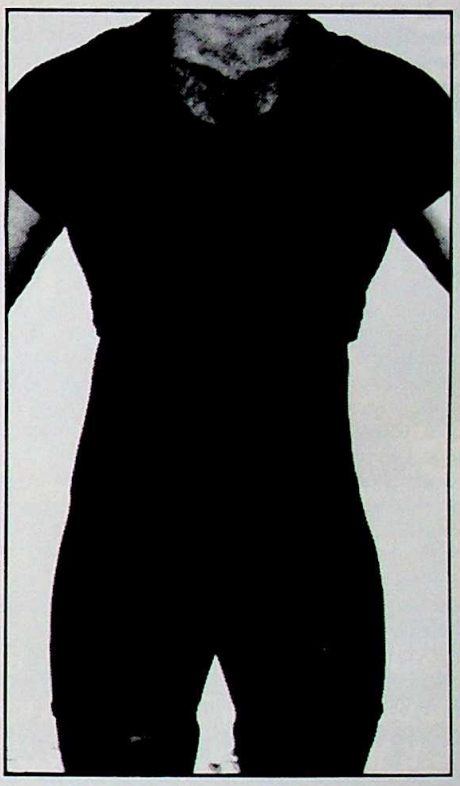

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STARTIN' OUT

A special section dedicated to the beginning lifter

POWERLIFTING 101

as told to Powerlifting USA by DOUG DANIELS

Articles on specific topics like bench routines, squat set-up and shoulder shrugs are valuable to our readers, but articles that integrate topics have their value too. This type of "Powerlifting 101" approach can really benefit the novice lifter, who has pieces to a jig saw puzzle but no overall notion to use as a guideline to assemble it. In this article, I would like go over issues involving your overall training and how things can fit together, for improved long-term results.

As I have stated in previous articles, training for powerlifting is simple, basic training, no frills, just heavy basic exercises. Let's start with what a typical weekly schedule would look like. It really doesn't matter if you are competitive or not. The powerlifter can flourish on a max of 3 workouts per week and as little as 2. For example, a 2 times per week routine could look like this:

Day 1: Squat and bench
Day 2: Deadlift

Space these workouts out about 3-4 days apart. Monday could be the squat and bench; Thursday would be the deadlift. You can do some assistance work in spite of the limited days for exercise. For the squat, you're out of luck, just can squat. Leg curls and extensions are a waste of energy. If you work your squat hard enough, you will have no desire to do anymore leg work. Rest a while, then start hitting the bench. The best assistance exercise is the close (shoulder width) bench press. These can follow your benches. Do strict curls, calves, abs, and some stretching to finish. The deadlift can be complemented with shrugs for the traps and either rows or pull-downs for the lats. Again, finish with calves, abs and stretching.

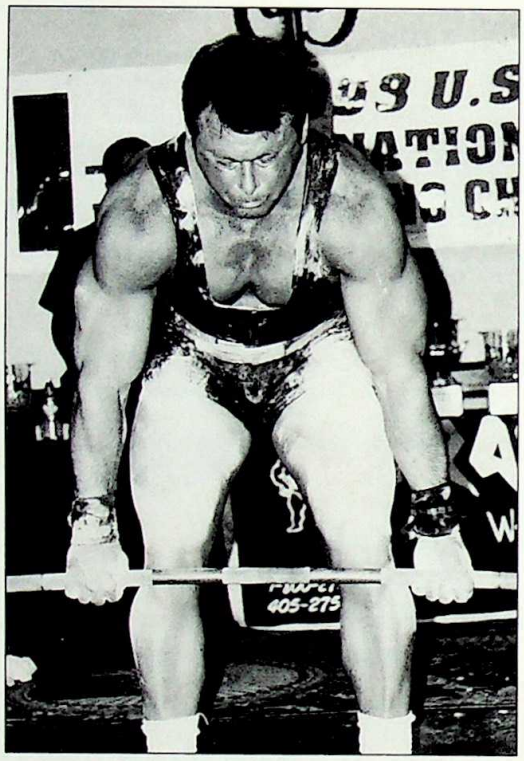
A 3 times per week routine could look like this:

Day 1: Squat
Day 2: Bench
Day 3: Deadlift

Again, some assistance work can be added. On squat day, squats are about all you need, but throw in rows or pulldowns and finish with strict curls. On bench day, add close grips and a few sets of overhead presses, barbell or dumbbell. On deadlift day, add shoulder shrugs. Calves, abs and stretching should be done each day.

Which routine you follow depends on several factors. One is how much time you have to train. Another is if you're gaining on a routine or not. If you're put off by benching or squatting once per week, I say give it a try before you blow it off. You can gain with less training. The key is consistency and intensity. If you absolutely must bench twice a week, take your second workout using 75% of the weights of your heavy day. Don't do assistance work on the light day. Add the light benches to another day that you are working out. Be sure to at least take 2-3 days rest between bench workouts.

Training tempo is another thing I'll touch on. Most of the 'muscle' magazines stress the 'blitzing-bombing' methods with little rest between sets. This may or may not be great for 'cuts', but to build power, your tempo or rest between sets should be longer. I would rest at least 2-10 minutes between heavy, max sets. This is especially important as you get closer to the actual meet. Don't worry about getting a pump. You need that time to recuperate between sets so you can exert maximum effort to move those big weights. In a phrase, slow down and get stronger.



***A Sucessful Meet**, like Tim Bruner had at the '99USPF Sr. Nationals, requires the integration of many aspects of training. (photo provided courtesy of D. Mojden)*

We writers always say 'lift heavy'. The problem is most readers don't know what 'heavy' means. I define heavy as using a weight for a set, regardless of reps performed, that causes you to expend substantial, if not maximal, effort to complete it. Doing a set of 30 with 100 pounds is 'heavy' if you really have to bust butt to get 'em done. I also add the phrase 'in good form' to this definition. Doing exercises sloppily will usually give sloppy results. Target the muscles you wish to work and execute your exercises properly. Also perform the actual powerlifts to contest specs. High squats in training usually turn into premature rides home from the contest.

Recuperation should always be a concern. I've read about a lot of methods available that can enhance your ability to recuperate. Some of them require access to millions of dollars to purchase some of the top of the line equipment and services. That's just unrealistic. One of the best methods you can use is to cool down gradually at the end of your workout. Research has shown that recuperation can be enhanced by brisk walking, slow stationary biking, or a similar activity after a hard workout. 10-20 minutes should do it, I've gotten good results from showering, alternating warm and medium warm water three times for a minute each. Don't go to any temperature extremes here. Whirlpools can help too. If you suffer a severe pull or strain, ice may be the answer. If you're in doubt, consult a medical professional - pronto. Many experts doubt the benefit of supplements, but a vitamin and mineral supplement can at least add insurance that your body will have what it needs. Don't go overboard; stick with the basics. Eating 50 grams of carbs as soon as possible after your workout will speed recovery. Fluid intake throughout the day is also critical. The recommendation is 8 glasses of water a day. Look for more on nutrition in a future article.

One subject that causes a lot of controversy is what amount of reps are best. I'll give you the answer; there is no 'best' rep scheme. The best results can be achieved by exploiting all that the different rep schemes can give and it's simple too. It can be done by dividing a 12 week period into 4 different - 3 week phases. Every 3 weeks, alter the rep scheme that is used. The first 3 weeks would concentrate on reps of 12s. The second 3 weeks would concentrate on 8s. The next 3 weeks would be 5s, the last 3 weeks would be 3s. By varying your rep scheme during this twelve-week period, your body will never get a chance to adjust or become complacent. It will constantly be required to adjust and grow to survive. This simple varying of reps can be the one big change that can make a world of difference in your progress. After the 12 weeks are up, take a week off and start again. Competitive lifters may want to start at 8s and end up at singles to prepare for a contest. One note on this method; this is for the work sets. You still should use moderate weight and reps to warm up.

Integrating the many facets of power training is critical to get the best results at contest time. Similar to a jig saw puzzle, these pieces must be put together with a plan and purpose, otherwise you could end up with less than desired results. For that reason, "Powerlifting 101" should be a required course for all lifters.

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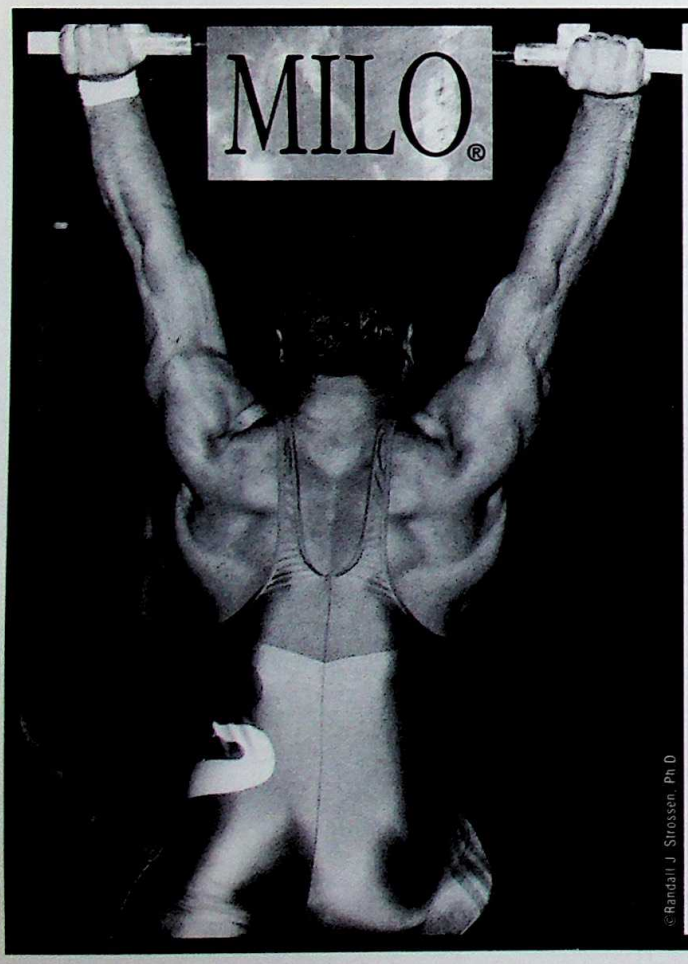

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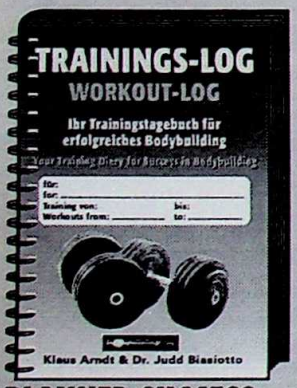

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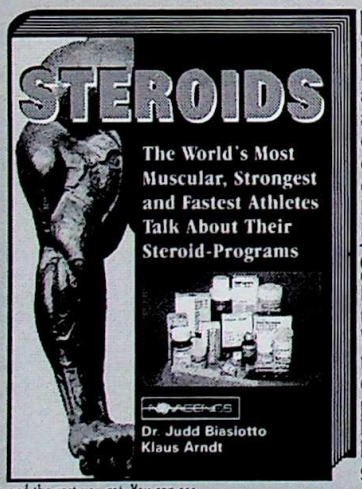

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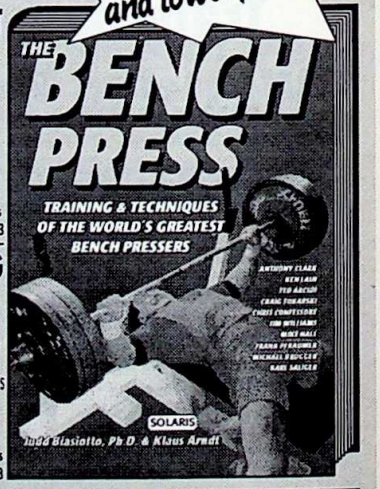

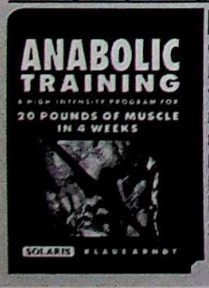

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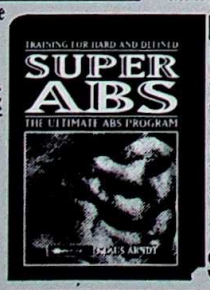

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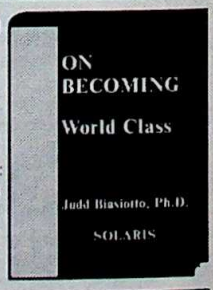

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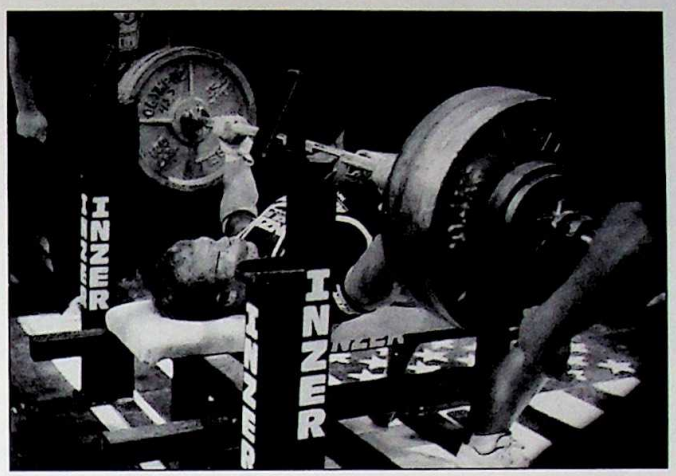
148lb. class as ranked by Herb Glossbrenner



***Greg Warr** was a spectacular phenomenon in the world of benching*

SQUAT

711	JACKSON, J	28 JUL 90
700	LUCKETT, L	24 FEB 88
685	CONYERS, A	12 DEC 92
683	PEREZ, J	05 MAR 90
672	HOOPER, W	12 NOV 98
661	WAHL, R	23 JUL 83
K655	AUSTIN, D	08 APR 88
K650	BRADLEY, J	02 OCT 82
K650	HOERNER, T	08 APR 00
650	DIAL, C	23 MAR 91
	(10)	
630	HODGES, T	23 APR 93
644	ALEXANDER, A	23 MAR 86
633	SARDO, D	29 JUL 90
630	FINCH, J	07 OCT 82
628	CRAIN, R	17 NOV 80
622	BRIDGES, M	02 NOV 78
622	WODRASKA, C	16 MAR 91
611	LEWIS, D	22 JUL 89
611	PERKINS, T	17 MAR 94
611	SIEGEL, S	21 JUN 97
	(20)	
606	WRIGHT, C	10 JAN 81
606	MCCARTY, J	25 APR 82
605	BRIDGES, B	11 NOV 84
605	DERMO, R	14 MAR 92
K600	WARNER, J	10 JAN 81
K600	ROSCIGLIONE, J	11 JUN 81
K600	MORISHIMA, E	05 APR 83
K600	KELLUM, J	01 JUN 85
K600	LAWSON, C	18 NOV 87
K600	WOLFORD, T	10 DEC 88
	(30)	
K600	T Y, M	15 FEB 89
600	THURM, J	15 MAY 88
600	KEA, R	11 SEP 88
600	SHACKLEFORD, N	28 APR 91
600	LEEPER, C	28 SEP 91
600	SUTTLES, T	04 DEC 94
600	PAGE, G	20 APR 97
600	TAYLOR, D	10 APR 99
K595	OKONKWO, C	04 JUN 83
K595	BEAUMASTER, P	15 JUL 95
	(40)	
595	KIMBLE, D	25 NOV 89
590	CLARK, A.	04NOV94
589	CONTRERAS, D	05 DEC 87
589	DEES, P	23 OCT 93
584	VAUGHN, E	16 JUL 95
584	BOLEN, K	07 JUN 86
584	BRUNSON, P	05 SEP 81
580	JACKSON, W	23 MAR 91
580	RIVERA, W	28 MAY 94
578	MINTZ, L	03 MAR 84
	(50)	

***Jessie Jackson** - Super Squatter!*

BENCH PRESS

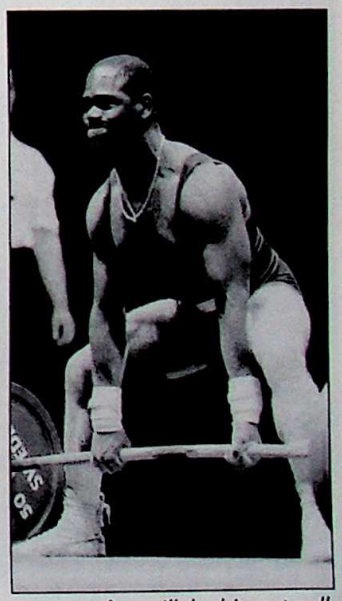
473	WARR, G	22 FEB 97
470	BULLOCK, D	25 APR 92
464	ITO, D	28 APR 95
455	HEATH, D	25 JUN 99
K447	MORISHIMA, E	03 SEP 88
435	POKU, A	13 JAN 90
435	CONYERS, A	25 MAR 95
430	MATHIS, A	28 NOV 87
430	DEMATTEO, J	08 MAR 92
429	HARA, M	19 SEP 99
	(10)	
424	BRADLEY, J	16 NOV 81
424	PEREZ, J	05 MAR 90
424	HOOPER, W	12 NOV 97
K421	RAFAEL, A	17 MAY 80
420	TAMOYOSE, J	17 OCT 95
418	SARDO, D	16 JUL 88
418	SENSEMAN, K	15 DEC 90
418	MILLER, L	92
415	SCHACHTE, C	01 JAN 83
413	MANICCHIA, P	11 DEC 88
	(20)	
413	MILLHOUSE, G	23 MAR 91
413	O'HORA, M	05 NOV 99
K410	GORUMBA, R.	14 JUL 79
410	RADCLIFF, S	08 FEB 92
410	SCALZO, J	22 FEB 97
407	OKONKWO, C	04 JUN 93
407	CONTRERAS, D	13 DEC 86
407	SLAUGHTER, L	25 JUL 98
405	LUCKETT, L	13 MAY 86
405	FELDHAUS, M	05 NOV 89
	(30)	
405	SATTERFIELD, T	08 SEP 90
403	THOMAS, G	22 OCT 94
405	LABAR, S	27 MAR 99
402	BRIDGES, M	02 NOV 78
402	GILL, G	11 JUN 81
402	FAISON, D	16 FEB 89
402	COUCH, R	24 NOV 90
402	PONNIER, J	21 NOV 92
402	AUDIA, J	01 OCT 94
402	ARMSTEAD, M	30 APR 95
	(40)	
402	FRONZAGLIA, D	26 JUL 97
402	DAVIDSON, E	19 JUN 99
402	CORPUS, F	09 JUL 00
400	DOBSON, J	23 APR 87
400	MORRISON, E	02 APR 89
400	THOMAS, C	04 JUL 89
400	MOPPINS, J	08 MAY 93
400	GRABOWSKI, J	10 SEP 95
400	JOHNSON, B	18 NOV 95
400	THOMPSON, A	03 FEB 96
	(50)	

DEADLIFT

K705	AUSTIN, D	12 JUL 92
699	CONYERS, A	20 MAY 00
683	BRIDGES, B	06 JUL 85
677	ALEXANDER, A	23 MAR 87
661	CRAIN, R	08 NOV 80
650	SIGALA, M	12 SEP 99
650	BRYANT, T	25 MAR 00
645	HICKS, T	21 APR 79
644	MCCARTY, J	25 APR 82
644	FINCH, J	06 JUL 85
	(10)	
644	CARR, J.D	07 DEC 85
640	EDWARDS, E	87
639	JACKSON, J	16 JUL 88
633	CAVALIER, B	05 JUN 82
630	LUCKMAN, R	JUL 75
630	FACTAEU, M	16 DEC 79
630	ROANE, T	21 MAR 98
628	WAHL, R	23 JUL 83
625	ALLEN, R	18 FEB 84
624	BLUE, D	02 FEB 74
	(20)	
622	TERRY, J	40
622	NIESYTY, G	03 APR 82
620	TOINS, F	14 SEP 85
620	MURPHY, P	20 MAR 99
617	ALICEA, L	12 JUL 80
617	SCHOLZ, P	12 DEC 87
617	HOERNER, T	10 JUN 00
615	LAWSON, C	09 MAR 85
611	BRIDGES, M	26 AUG 78
611	BENEMERITO, J	24 SEP 94
	(30)	
611	SIEGEL, S	21 JUN 97
610	RHODES, J	MAR 75
610	GAUGLER, R	78
610	JONES, D	11 AUG 79
610	SCOTT, W	30 JUN 84
610	RICHARDSON, W	31 MAR 90
610	CASTRO, M	08 JAN 95
610	JACKSON, F	13 APR 96
606	WRIGHT, C	19 APR 80
606	WARNER, J	10 JAN 81
	(40)	
606	WONYETYE, M	16 DEC 85
606	WEINSTEIN, L	15 JUL 95
605	KEAMMERER, J	10 NOV 72
605	BELL, J	73
605	WAUFORD, L	11 JUN 88
604	DOPSON, T	25 OCT 86
K600	GANT, L	18 AUG 79
K600	GRAY, D	06 MAY 81
K600	BRUNSON, P	13 JUN 81
K600	HOFFMAN, H	02 AUG 81
	(50)	

TOTAL

1769	CONYERS, A	31 MAY 96
1714	AUSTIN, D	08 APR 88
1703	ALEXANDER, A	23 MAR 87
1669	JACKSON, J	28 JUL 90
1665	LUCKETT, L	17 APR 88
1658	PEREZ, J	05 MAR 90
1642	HOOPER, W	10 JUL 97
1625	BRADLEY, J	02 OCT 82
1609	BRIDGES, M	02 NOV 78
1609	CRAIN, R	08 NOV 80
	(10)	
1600	BRIDGES, B	11 NOV 84
1598	MCCARTY, J	23 APR 82
1592	WAHL, R	23 JUL 83
1592	FINCH, J	23 JUL 83
1587	SARDO, D	28 JUL 90
1587	HOERNER, T	08 APR 00
1581	MORISHIMA, C	05 APR 83
1575	SUTTLES, T	04 DEC 94
1559	SEIGEL, S	07 NOV 97
1543	ROSCIGLIONE, J	11 JUL 82
	(20)	
1543	OKONKWO, C	04 JUN 83
1537	CONTRERAS, D	03 DEC 88
1537	TAOY, M	15 FEB 89
1535	HANSOR, C	28 APR 84
1532	WRIGHT, C	19 APR 80
1532	BENEMERITO, J	15 JUL 95
1526	FARRI, V	15 AUG 87
1526	BENEMERITO, R	25 FEB 89
1526	LEWIS, D	22 JUL 89
1521	GAUGLER, R	20 AUG 77
	(30)	
1521	DIAL, C	23 MAR 91
1520	SHACKLEFORD, N	28 APR 91
1515	MANICCHIA, P	11 DEC 88
1510	CARR, J.O	07 DEC 85
1504	SCHOLZ, P	06 JUN 87
1504	SIGALA, M	07 DEC 97
1500	FACTEAU, M	16 DEC 79
1500	KEA, R	21 NOV 85
1500	MACLEAN, M	21 APR 88
1500	JOHNSON, S	18 NOV 95
	(40)	
1500	PAGE, G	20 APR 97
1499	WOLFORD, T	10 DEC 88
1499	ARIAS, J	15 APR 00
1495	ROANE, T	21 MAR 98
1493	STAPLETON, T	28 MAR 87
1493	INGRAM, M	15 AUG 88
1488	KELLUM, J	01 JUN 85
1488	BOLEN, K	07 JUN 86
1488	BEATTY, D	16 JUL 94
1485	CROWE, B	26 APR 97
	(50)	



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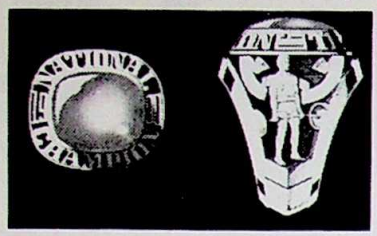

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For Review .... Issue Number 30 is the 2nd ever swimsuit edition of *POW!ERLIFTER VIDEO* Magazine, but that's hardly the main emphasis of this issue, which starts out with in-depth footage from the "Bastion of the Bench", the Westside Barbell Club. This time Louie Simmons takes his crew through "max effort" day - the first time this specific training day has been publicly shown. There are huge benchers erupting with unadulterated strength (Kenny Patterson's speed is just amazing). Next up is a video presentation on the J.M. Press, by it's inventor - J.M. Blakley. J.M. wrote a great article on the movement for *POWERLIFTING USA*, along with some photos to go along with his explanation, but - it has been said before - if a picture is worth a thousand words, then a good video is worth a million. J.M. is so good at expressing himself that there is no chance for confusion about this productive exercise variation, that effectively eliminates shoulder drive and functionally isolates the triceps. You have to start out light with this movement, but enormous gains can be the result - J.M. has worked up to as high as 535x3! The next segment is highlights of the lifting at the York Strength Spectacular - where you can see such monster lifts as Louie Simmons' 920 squat, Rob Fusner's 700 bench and 2335 total, and Mike Ruggiera's 975 squat. From there, it's back to Louie at Westside for more work with chains, and variations on using the bands with dumbbells and triceps pushdowns that you may never have considered before. Throughout the segment, there are hard core tips and recommendations from Louie. From that point, it's on the recent footage of Jamie Harris, demonstrating the Power Hook device from Hawaii, which we have been advertising in *PL USA* for a long time - and once again, a good video can be worth a million words and a lot of pounds on your lifts. From there, it's on to Gus Rethwisch's WABDL meet in Los Angeles and a great deadlift world record attempt by Rich Abbot, 490 @age 64 and bodyweight 164. The scene then switches Joe DeAngelis punching out 20 reps with 500 in the squat, and then using his superb cardiovascular ability to do as many as he can with 585. Very timely is the video interview from Germany with Markus Schick, who speaks English so well, along with a workout sequence, showing how he was obviously born to bench, and the velcro shirt doesn't hurt either. To order *POW!ERLIFTER VIDEO* Magazine see their ad across from the contents page or call 1-800-BARBELL

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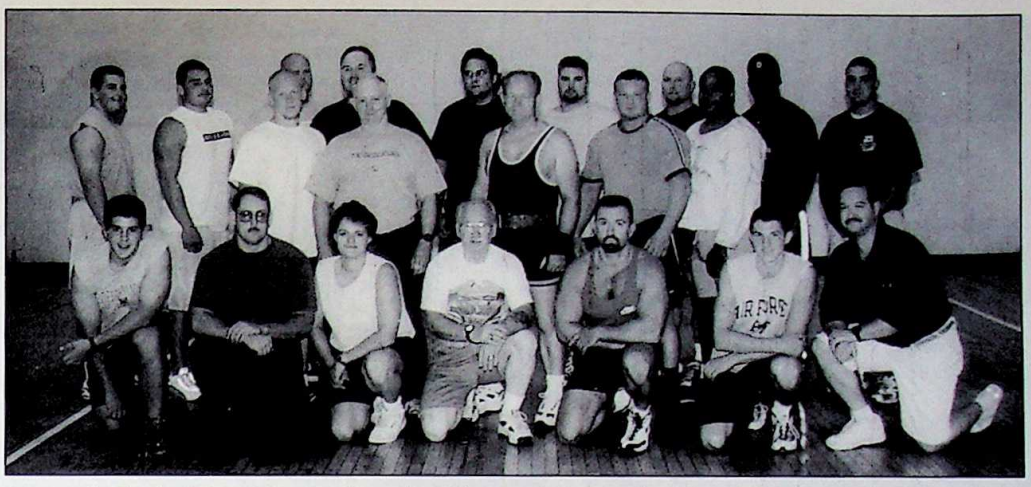
2000 Mountain Festival BP
29 MAY 00 - Bluefield, WV

BENCH		242	
OPEN		Krag Kirk	330
148		Robert Suttle	240
Jared Prol	205	275	
165		Eric Parks	225
David Day	270	MASTERS	
181		Age (40 - 49)	
Donald Robbins	525*	220	
220		Mike Helton	360
Chris Young	480	242	
Mike Helton	360	David Callahan	405
Mike Horton	350	(Age 60 & Over)	
242		181	
Lee Angle	380	D. Robbins, Sr.	250*
John Muncy	305	198	
SHW		Bill Bostic	260
Joe Ball	305	220	
HIGH SCHOOL		Joe Gibson	240
148		WOMEN	
Jared Prol	205	132	
165		G. Quesenberry	85
David Day	270	181	
198		Lori Helton	100
Steve Keim	215	GUEST LIFTER	
220		242	
Tom Keim	300	Chad Miller	385

* - Indicates WV ALL-TIME BEST BENCH PRESS RECORD. MEET DIRECTORS: Paul Sutphin, George Simons. OFFICIALS: Paul Sutphin, Joe Ball, Mike Hill, Kyle Croye. CONTEST SPONSORS: Greater Bluefield Community Center and friends along with it's contributors. HIGHLIGHTS & CONTEST REPORT: This Bench Press Championship, in addition to other lifting events held in WV in recent years, has produced some of the most spectacular performances in the history of Powerlifting, not to mention state and national record. Personally, I have great respect for the achievements of *all Powerlifters*, regardless of the organization of which the lifts are made. Most all Lifters demonstrate their talents and abilities in a number of meets throughout the country sanctioned by a variety of organizations, many of which have no affiliation. In recognition of the *minor variations* of the rules (mostly pertaining to equipment) synonymous to the lifting association of which the meet(s) are sanctioned, the objective of most every Powerlifter is to lift more weight than their opponents) and/or to set or break existing records in their prospective weight classes or categorical classifications. *Subjective Measurement, Observation, and Assessment of each lift made by the referee* are a few of the ingredients that result in the adjudication of the three powerlifts, whether it be the Squat, the Bench Press, or the Deadlift. Knowledge of the rules are obviously essential in rendering decisions that are fair and impartial. The INTEGRITY of the officiating is most often determined by the overall CHARACTER of the individual and NOT the federation of which he represents. Yes indeed, CHARACTER counts! Wouldn't you agree, John? Conclusively, it doesn't take a "rocket scientist" to figure out when factoring the "pound for pound" Sshwartz or Foster's formula [*Best Lifter coefficient rating*] that a 1730 Total @ 220 beats, an 1805 @ 270, and a Bench Press of 525 @ 180 tops a 600 BP @ 290! So, among those of us "Hall of Famers" who have *TOTALED ELITE recently and many times over the past 23 years*, there are no "PRETENDERS" or cowards here, buddies! This year's contest brought forth another group of the state of West Virginia's BEST BENCH PRESSERS along with a few from Virginia as well. What this meet did produce was the absolute TOP PERFORMANCE of any West Virginia Bench Presser! DONALD ROBBINS lifting in the 181 lb. class at a bodyweight of 181, lifted a weight on the Bench Press of 525 lbs! Robbins, who has lifted in 3 Bench Press meets since April 15th, took all 3 of his attempts successfully. Donald's opening lift at 500 was easy, his second attempt at 520 was a personal record, and his final lift at 525 should secure the #1 spot in USA Bench Press rankings for the year 2000 in the 181 Lb. class. Donald's age is 32 and he is one of only a few West Virginians who made the TOP 200 listing in *Herb Glossbrenner's Booklet, USA TOP 200 BENCHERS.* The Women's Division winners included GBCC Aerobics instructor, GRETA QUESENBERRY, lifting a weight of 85 and LORI HELTON of Princeton lifting 100 lbs. The High School division, KRAG KIRK of Graham High School led the field with a lift of 330 weighing only 232. TOM KEIM of Graham lifted 300 weighing 215 and his brother STEVE KEIM lifted 215, weighing 187 at the age of 14. Bluefield High School's Freshman, JARROD PROL, lifted 205 at a bodyweight of 151. Princeton High School running back DAVID DAY lifted 270 at a bodyweight of 165. Other winners included Bluefield High School linemen ROBERT SUTTLE and ERIC PARKS. *PLEASE NOTE: THE HIGH SCHOOL LIFTERS WERE NOT PERMITTED TO USE THE SUPPORTIVE BENCH PRESS SHIRTS. ALL LIFTS WERE DONE "RAW."* At the age of 62, JOE GIBSON of Pocahontas, VA lifted 240 weighing 200. BILL BOSTIC was the winner in the 198 Lb. class in the Master's Division of age 60 and over. American Record Holder, DONALD ROBBINS, SR., set another state record in the 181 Lb. class with a lift of 250 at the age of 66! CHRIS YOUNG of Charleston won the 220 Lb. class with a lift of 480, lifting as guest lifter. MIKE HILL of the WV Westside Barbell served as coach and as an official of the event. Other lifters from the Kanawha Valley included LEE ANGLE, winning the 242 Lb. class with a lift of 380 and CHAD MILLER lifting 385. McDowell county lifter DAVID CALLAHAN lifted 405 to capture 1st Place in the Master's Division, weighing 225 and his partner MIKE HORTON lifted 350. Other lifters were MIKE HELTON, winning the 220 Master's Division with a lift of 360, JOHN MUNCY lifting 320 and Greater Bluefield Community Center's staff member and daytime trainer, JOE BALL. Joe lifted 305 to win the Heavyweight Division. On behalf of GEORGE SIMONS, GBCC Executive Director and PAUL SUTPHIN, Supervisor and contest director; we thank everyone who attended and participated in the 2000 lifting event. (Thanks to Paul Sutphin for providing the extensive meet report and the competition results to *PL USA*).

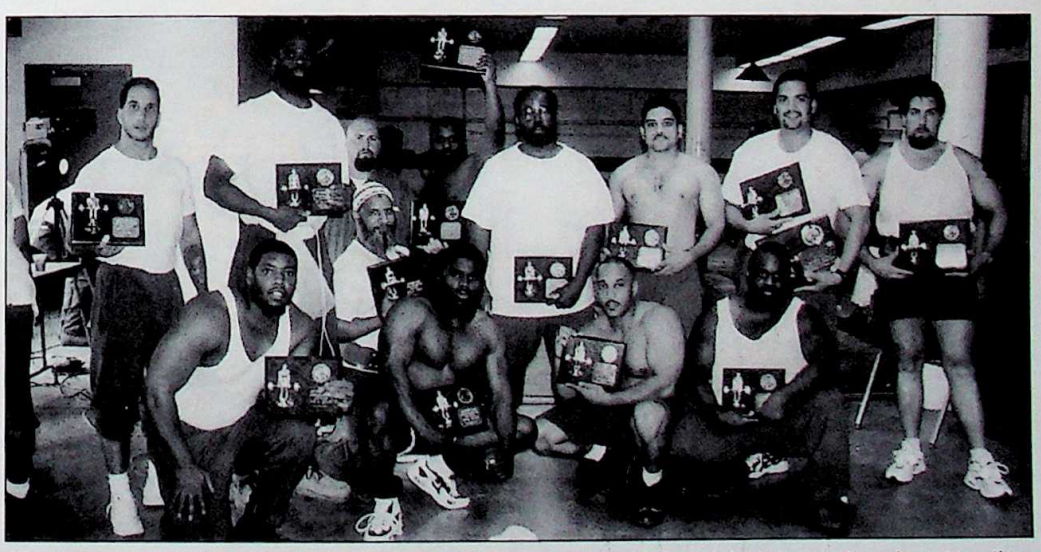


Mountain Festival Bench Press Championships Participants: *(kneeling, left to right) Steve Kein, Mike Helton, Lori Helton, Don Robbins Sr., Don Robbins Jr., Jared Prol, Coach Paul Sutphin; 2nd row; Tom Kein, Krag Kirk, David Day, Joe Gibson, Bill Bostic, Mike Hall & Dave Callahan; 3rd row: Chad Miller, Joe Ball, John Muncy, Lee Angle, Chris Young, Mike Horton, Kyle Croye. (photograph supplied by Paul Sutphin)*

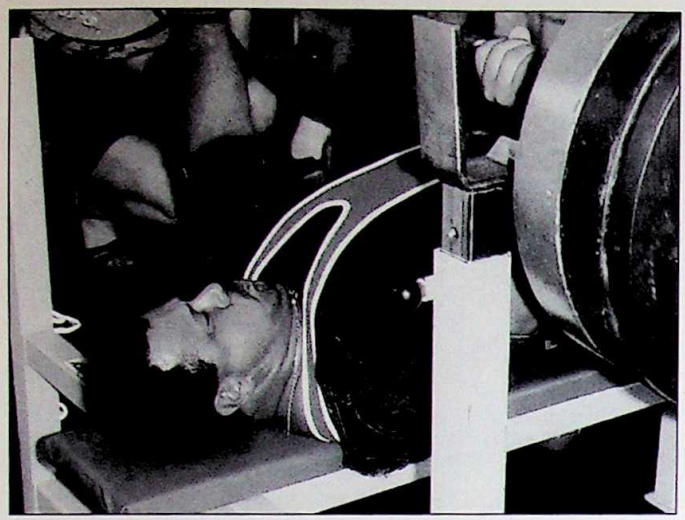
SCI Waymart Judgement Day
16 JUL 00 - Waymart, PA

123	SQ	BP	DL	TOT
Toro	175	165	275	615
132				
Semidey	315	220	400	935
Robinson	BMB	225	410	635
148				
Gomez	485W	300W	515W	1300W
Vasquez	340	275	435	1050
Weand	375	225	410	1010
165				
Peterson	480	300	515	1295
Dale	430	310	475	1215
Rivas	415	275	420	1110
Hunt	340	280	440	1060
181				
Mercer	480	320	475	1275
Hamilton	375	315	450	1275
Kennedy	380	250	495	1125
Delacruz	390	265	450	1105
Pannner	225	150	350	725
198				
James	605W	390W	610W	1605W
4th	640			
Fambro	430	325	520	1275
Gonzales	365	325	465	1155
Peters	245	300	400	945
226				
Fitten	540	400	600	1540
Thompson	475	355	525	1355
Dixon	445	320	470	1235
Mateyak	375	225	470	1070
242				
Sniffer**	650	450	715	1815
Tennant	645W	360	675W	1680
A.Warren	360	365	400	1125
McCray	310	250	415	975
Sanfilippo	340	265	360	965
275				
Eisenhour	540	390W	580	1510
Pernsley	500	350	550	1400
Taft	400	175	365	940
SHW				
J.Warren	350	325	500	1175
Moore	350	275	500	1125

**- Outside Community Exhibition Lifter; W- Waymart Record. This year's SCI Waymart In - House Powerlifting Team Qualifier was the largest ever. Highlights of the competition were: In the 123 class Elvin Toro totalled 615 to win the class. The 132's saw another first time competitor, Jose Semidey, coming out on top with a 935 total. In the 148 class it was all Vic Gomez setting new Waymart Records across the board. Vic squatted 485, benched 300, and pulled a big 515 to total 1300. In the 165 class Tyrone Peterson was victorious with a 1295 total. In the 181 class it was newcomer Ivan Mercer with the win. The 198 class was dominated by Darryl "Hassan" James. Hassan set new Waymart Records across the board. He squatted 605 with a successful 640 4th attempt, benched 390, and pulled 610 to total 1605. In the 220 class Tyrone Fitten was triumphant with a 1540 total. The 242 class saw outside exhibition lifter Don Shiffer total a huge 1815. Waymart's Mike Tennant took first place among the In - House competitors. Mike set a Waymart squat record of 645 and a deadlift record of 675. He had called for 700 but the bar was misloaded and he ended up pulling 675. The 275 class had Donnie "Big Daddy" Eisenhour coming out victorious in a battle with Karl Pernsley. The SHW's saw newcomer Jermaine Warren come out on top in a close one with Darrell "Big Pun" Moore. The "Outstanding Lightweight" Award goes to Vic Gomez. The "Outstanding Heavyweight" Award goes to Darryl "Hassan" James. All the lifters would like to thank: Activities Manager Jerry Matous and Powerlifting Coach Robert Pegula for providing a well run meet. A special thanks goes to the officials who came in for a long day: Claude Welcome, Scott Pentasuglio, Mike Welcome, and Sam Soliman. Also thanks go to the Loaders and Spotters: Wayne Johnson, Thad Hampton, Charles Brodnax, and Darnell Williams. Announcer: Wilson "Comedian" Harvey. Cameramen: Joel Duprey and Andres Pabon. Activities Clerk Specialist: Nicholas "Big Duke" Duca. Gym Equipment Manager: Victor Ferree. (Report by D. Eisenhour provided to *Powerlifting USA* courtesy of R. Pegula)



Participants in the Waymart Judgement Day Meet *... (kneeling, left to right) Warren, Broadnax, Hamilton, Gonzales, Dixon; standing - Weand, Kennedy, Taft, Peterson, McCray, Toro, Maldonado, and Eisenhour.*



Rick Lawrence benched 600 *to win heavyweight Best Lifter honors and a submaster world record in the 220 lb. class at the APA Thunder Bay BP/DL meet. (photograph was provided courtesy of Scott Taylor)*

APA Thunder Bay BP and DL
26 AUG 00 - St. Petersburg, FL

BENCH		M. Coach	600
WOMEN		S. Beckwith	525
S. Brandon	190*	B. Quinn	515
MEN		J. Zinny	500
Submaster (formula)		D. Hollis	375
R. Lawrence	600!	B. Youngs	360
S. Beckwith	525	E. Martin	325
E. DePalma	375	SHW	
Master 40-49 (formula)		B. Moore	660
A. Yearby	585	DEADLIFT	
G. Boldissar	420	WOMEN	
S. Pullaro	365	Open	
S. Van DeBoe	310	S. Butler	305
Master 50-59 (formula)		MEN	
B. Grey	325	Special Olympics	
J. May	340	N. Cafaro	330
W. Roberts	300	Teenage	
J. Donohue	250	S. Laver	365
Master 60-69		Submaster (formula)	
L. Barry	315	D. Robertson	500
Open		M. Hendley	505
165		Master 40-49 (formula)	
B. Schwab (BL)	380	B. Beekley	600
H. Rule	370	D. Poucher	610
J. Brecce	300	Master 50-59 (formula)	
H. Griffin		W. Roberts	400
181		Open	
R. Frazier	405	123	
B. Highnote	370	J. Sutherland (BL)	440
R. Daniels	370	165	
S. Rutsis	285	B. Schwab	550
T. Hoake		J. Brecce	410
N. Hewitt		181	
C. Turner		S. Rutsis	445
198		C. Turner	390
N. Vavoulis	460	198	
J. brandau	425	J. Brandeau	535
T. Schembri	420	N. Vavoulis	515
B.Grey	325	T. Schembri	460
220		J. Wisenbaker	
R. Lawrence(BL)	600	220	
A. Yearby	585	M. Hendley	505
J. Keene	480	R. Meyer	
R. Meyer		275	
242		J. Jacobs (BL)	705
E. Rectenwald	480	J. Zimmy	635
E. Jackson	475	B. Quinn	600
J. Macartney	440	E. Martin	585
G. Boldissar	420	SHW	
D. Nichols		Guest lifter	
275		B. Moore	725

* denotes teenage record and ! denotes submaster world record. BL- best lifters. This event was held at Fergs Sports Bar and Grill and was run outdoors under Fergs Pavilion which featured an outdoor restaurant and bar. Special thanks to Fergs for providing a great meet site and to 54th Ave Gym for bringing some great equipment and meet staff. Special thanks, also, to the Pasco Power Team who provided some great help at this meet. I would also like to thank Tom O'Donnel and Jim Sicuro who spent many hours judging the event. Special thanks to all referee's and spotters for doing an excellent job. The event was also live fed unto the internet so many people in different areas of the country (and world) got to see it first hand. The results speak for themselves and show why more lifters are competing APA (where the real competition is in Florida). All competitors were top quality and it was the toughest meet ever held in the State of Florida. I would especially like to thank Stephanie Brandau for taking over as announcer when my voice started to give out. We had one injury... Bill Beekly dislocated his biceps while attempting a 630 deadlift. We wish Bill a speedy recovery. Stay tuned for the next meet at Fergs. It is scheduled for January 13, 2001 and will be even bigger and better. (Thanks to Scott Taylor for providing the results to this meet).

3rd APA World Gym Summer PL
30 JUL 00 - Hamden, CT

BENCH				
Women				
148				
R. Calabrese	120*			
Men				
242				
P. Canzanella	285			
275				
J. Perez	275			
Powerlifting	SQ	BP	DL	TOT
Women				
148				
16-17				
R. Calabrese#	225*	120*	225*	570*
Men				
181				
55-59				
Open				
181				
N. Wellins	205			
198				
J. Steele	250			
242				
M. Hogan	300			
P. Canzanella	285			
275				
R. Rohmer#	326*			
J. Perez	270			
N. Wellins	200	205	225	630
198				
45-49				
J. Steele	340	250	375	965
242				
45-49				
M. Hogan	475	350	500	1325
275				
Open				
J. Perez	250	225	275	750*

denotes world record. # denotes best lifter. Head Judge: Joseph Steele; side judges: Neal Wellins and Mark Hogan; announcer: Neal Wellins. The 3rd Annual A.P.A. World Gym Summer Powerlifting went very well with a total of five lifters taking part in the powerlifting division and 13 lifters took part in the Bench Press division who set a total of five World Records set. In the Women's Division, Randi Calabrese who is 17 years old and a high school senior. She plays outside linebacker on the Hamden High School football team. Randi lifting in her first contest, set four World Drug free records. Her first squat was high, but finished with a 225 lb. squat, a 120 lb. bench press, a strong 225 lb. deadlift and a great 570 lb. total. Randi won the 148 lb. class and was the Best Women Lifter. In the Men's Division, Ron Rohmer age 69 won the 275 lb. class, set a new Masters (65-69) age group record and was Best Lifter with a 326 lb. record. In the College Division football player Paul Canzanella from Mass. Maritime Academy won the 242 lb. class and was Best Lifter with a 285 lb. lift. (Results by Joseph Steele).

Randy Calabrese *set 4 world records at the APA World Gym Summer Powerlifting Championships. She also plays outside linebacker on the Hamden High School football team. (photowas provided courtesy of Joe Steele)*

Kareena Hogan (daughter) and Mark Hogan (father) *won 1st place in the Father/Daughter bench press division at the APA World Gym Strong Person contest. (photo courtesy of Joe Steele)*

1st APA World Gym Strong Person
29 JUL 00 - Hamden, CT

Father - Daughter BP		Two-Man Deadlift	
1) Mark Hogan	400	1)Mark Hogan	625
Kareena Hogan	45	Jose Perez	
2) Joseph Steele	275	2)Paul Canzanella	600
Kara Steele	55	Tom Wilson	
3) Neal Wellins	225	3)Joseph Steele	575
Eileen Wellins	100	Neal Wellins	
4) Andy Bram	200	4) Olando Garcia	525
Alison Bram	125	Angle Rivera	

Meet Director: Joseph Steele; Head Judge: Joseph Steele; Side Judges: Neal Wellins and Mark Hogan; Announcer: Neal Wellins; Sponsor: World Gym of Hamden, CT and the N.E.O.A. MEET REPORT: The 1st Annual A.P.A. World Gym Strong Person Contest, went very well with a total of 13 lifters taking part in the contest. There was two divisions. First was the Father/D Bench Press Division. With four Father/Daughter teams taking part. Teams best lift from each lifter was totaled and the heaviest total took first place. In this division, the team of Mark and Kareena Hogan took first place with a total of 445 lbs. In the two-man Deadlift Division, had four teams taking part. The heaviest lift from each team was how the teams placed. The team of Mark Hogan and Jose Perez had a 625 lb. lift for first place. The meet was sponsored by the Narcotic Enforcement Officers Association. Lifters Joseph Steele, a teacher, and Mark Hogan, a police officer, both members of the N.E.O.A. gave a short lectures to the youngsters at the meet. The topic included the dangers of violence and drugs, beyond drug education the value of patriotism, respect veterans and remember former prisoners of war and soldiers missing in action. Each young person was given a package on drug education and the history of the American Flag. (Results by Joseph Steele).

APPLICATION FOR REGISTRATION
American Powerlifting Association

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

Street Address _____ City _____ State or Province _____

Country _____ Zip Code _____ Telephone Number _____

Date of Birth _____ Age _____ Sex _____

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

Social Security Number _____

Registration Fee: $20 High School Athlete: $10

Parents Initial _____ If Under 18 yrs.

I Certify that the above answers are correct

X _____

APA Longhorn Open PL
29 JUL 00 - Waco, TX

	SQ	BP	DL	TOT
Teenage				
Z. Womack	535	315	525	1375
4th			550*	
Submaster				
M. Harris	625!	360	505	1490
Submaster				
D. Rickel				
Open				
181				
Z. Womak	535	315	525	1375
198				
A. Lorenz (BL)	565	365	550	1480
W. Smith	450	265	560	1275
C. Washburn (BP)		410		
A. Lorenz (BP)				
308				
M. Harris	625	360	505	1490
SHW				
R. Dolenger	600	405	500	1505
D. Rickel				

* denotes Teenage World Record; ! denotes Texas Record; BP - bench press only; BL - best lifter. (Thanks to Scott Taylor for providing these results).

World Powerlifting Organization

NEW PROFESSIONAL POWERLIFTING FEDERATION

WPO

Qualify On

February 24th, 2001

To Advance To The Semi-Finals July 21st

Eligibility: Men's Open: Must Have Competed In IPF or WPC Competitions or USA, IPA,USPF or APF Nationals Within The Last 5 Years. Qualify at any Huge Iron meet prior to the semi-finals.

Meet Location: Huge Iron Gym
Starting Time: 10 AM

Qualifying Totals

Wt.Class	Qlfy Total	Wt.Class	Qlfy Total
0-132	1159	220	1752
148	1322	242	1810
165	1450	275	1856
181	1581	308	1898
198	1664	SWH	1912

Register Online

At www.hugeiron.com or call for more information.

WORLD POWERLIFTING ORGANIZATION

Huge Iron Fitness Center
910 S. Atlantic Ave.
Ormond Beach, FL 32176
904-677-4000
877-HUG-IRON
www.hugeiron.com

USPF Virginia State Open/HS
6-7 MAY 00 - Chincoteague Isl., VA

BENCH				
MEN				
165				
T. Derring	107.5			
181				
L. Hickman	107.5			
D. Laube	150			
J. Williams	117.5			
Powerlifting	SQ	BP	DL	TOT
Women				
97.5				
High School				
S. Standcliff	67.5	27.5	80	175
T. Timm	55	27.5	72.5	155
Teenage				
S. Standcliff	67.5	27.5	80	175
T. Timm	55	27.5	72.5	155
Youth				
A. Ledden	42.5	20	60	122.5
105				
High School				
T. Shumaker	80	40	100	220
L. Woodsmall	75	42.5	97.5	215
Open				
T. Shumaker	80	40	100	220
114				
High School				
J. Cook	90	40	92.5	222.5
Teenage				
M. Hare	77.5	37.5	102.5	217.5
123				
High School				
A. Wilmot	100	50	112.5	262.5
Teenage				
A. Wilmot	100	50	112.5	262.5
132				
High School				
E. Outland	95	32.5	97.5	225
C. Early	82.5	40	100	222.5
Teenage				
E. Outland	95	32.5	97.5	225
C. Early	82.5	40	100	222.5
165				
Masters				
R. Birch	60	42.5	100	202.5
Open				
D. Kabler	85	37.5	97.5	220
181				
High School				
N. Greenwood	100	47.5	100	247.5
Teenage				
N. Greenwood	100	47.5	100	247.5
Men				
97.5				
Teenage				
J. Ledden III	95	40	95	230
123				
High School				
J. White	102.5	50	135	287.5
Teenage				
J. White	102.5	50	135	287.5
148				
High School				
J. Hanger	157.5	85	175	417.5
220				
C. Brooks				
242				
C. Ricks				215
C. Shaver				185
275				
S. Cornick				227.5
S. Curtis				200
K. Sharikas	125	70	165	360
C. Stalter	90	45	115	250
Open				
J. Glasscock	125	102	175	405
Teenage				
K. Sharikas	125	70	165	360
C. Stalter	90	45	115	250
165				
High School				
M. Applegate	145	97.5	182.5	425
T. Derring	152.5	107.5	165	425
Masters				
J. Ledden	175	125	182.5	482.5
Open				
W. Mouton	220	135	220	575
K. Garber	165	102.5	222.5	490
M. Applegate	145	97.5	182.5	425
Teenage				
M. Applegate	145	97.5	182.5	425
T. Derring	152.5	107.5	165	425
181				
High School				
C. Runnels	200	130	192.5	522.5
L. Hickman	147.5	107.5	177.5	432.5
Masters				
J. Mahoney	200	85	227.5	512.5
Open				
D. Laube	197.5	150	205	552.5
S. Battista	180	127.5	222.5	530
Teenage				
C. Runnels	200	130	192.5	522.5
L. Hickman	147.5	107.5	177.5	432.5
198				
High School				
G. Ramos III	145	80	175	400
Masters				
W. Spicer	182.5	87.5	215	485
Open				
F. Schuetz	245	177.5	240	662.5
J. Downs	167.5	112.5	182.5	462.5
Teenage				
G. Ramos III	145	80	175	400
220				
High School				
J. Walton	137.5	72.5	140	350
C. Brooks	200			
Teenage				
J. Walton	137.5	72.5	140	350
C. Brooks	200			
242				
High School				
M. Scott	237.5	125	215	577.5
Open				
C. Shaver	287.5	185	280	752.5
C. Ricks	190	215	230	635
275				
Open				
S. Curtis	305	200	250	755
SHW				
Open				
M. Caniff	337.5	205	305	847.5

Angela Wilmot: women's high school/teenage Best Lifter, Toni Shumaker: women's open Best Lifter, Romona Birch: women's masters Best Lifter. Mike Scott: high school/teenage Best Lifter, Mark Caniff: men's open Best Lifter, Jack Ledden, Sr.: men's masters Best Lifter. Single Lift Results: S. Comick 1st, C. Ricks 2nd, S. Curtis 3rd, C. Shaver 4th. I would like to extend my appreciation to all the sponsors, staff, spotters & loaders. A special thanks to all the athletes who competed and supported this event. Last and most important to me, is my sincere apology for the late posting of your results. (The results by Gayle Schroeder, co-meet director).

USPF Submasters/Masters Natls.(kg)
15-16 APR 00 - Chincoteague, VA

WOMEN	SQ	BP	DL	TOT
105				
Masters 45-49				
A. Leverett	140	82.5	155	377.5
148				
Masters 40-44				
L. Nelson	127.5	67.5		195
MEN				
148				
Masters 55-59				
J. "Red" Hart	45	115	45	205
165				
Masters 35-39				
G. Wright (BL)	210	160	260	630
Masters 40-44				
D. Butler				
Masters 50-54				
D. Pittman	182.5	132.5	215	530
Masters 55-59				
T. J. Fleming	190	82.5	207.5	480
181				
Masters 40-44				
R. Rolle	215	117.5	227.5	560
Masters 45-49				
E. Burt	222.5	120	232.5	575
Masters 50-54				
E. Leverett (BL)	227.5	145	210	582.5
J. Kiser	190	130	192.5	512.5
H. Gutnick	167.5	127.5	215	510
Masters 55-59				
M. Casatelli	187.5	132.5	195	515
M. Scott	182.5			182.5
198				
Masters 45-49				
T. Mitchell	250	145	227.5	622.5
Masters 50-54				
D. Smith	150	95	170	415
F. Sumner	100	137.5	142.5	380
220				
Masters 35-39				
T. Schepper	237.5	177.5	272.5	687.5
P. Capps	260	177.5	220	657.5
H. Gerard	317.5	217.5		535
Masters 40-44				
H. Ross (BL)	250	172.5	260	682.5
P. Mueller	202.5	145	215	562.5
M. Deisignore	300	190		490
Masters 50-54				
H. D. Campbell	247.5	132.5	227.5	607.5
B. Lindsey	210	172.5	200	582.5
R. Dicenso	162.5	110	187.5	460
242				
Masters 40-44				
J. Byrne	200	135	215	550
Masters 55-59				
R. Rood	240	162.5	235	637.5
W. Brooks	192.5	152.5	212.5	557.5
B. Denston	187.5	147.5	182.5	517.5
275				
Masters 45-49				
R. Ceriani (BL)	292.5	202.5	257.5	752.5
R. Morgan	200	117.5	182.5	500
Masters 55-59				
W. Morris (BL)	257.5	185	247.5	690
308				
Masters 55-59				
C. Clonce	265	145	227.5	637.5
SHW				
Masters 45-49				
R. Wheeler				

I would like to take this opportunity to apologize for the late posting for the USPF Submasters & Masters National Powerlifting Championship, April 15th & 16th, 2000. A special thanks to Inzer Advance Designs & Island Resort Gym for their support and sponsorship. For my staff, spotters and loaders, thank you. Without your help and hard work my meets could not be a success. Once again, I send my sincere apologies to the lifters. Great job! (Results by Gayle Schroeder, co - meet director).

Ron Palmer PRs 610 *at the Southern Indiana Meet. (Latch photo)*

Rotty's Southern Indiana SQ/BP/DL
16 SEP 00 - Paoli, IN

SQUAT		165	
165		Ron Palmer	380
Anthony Tabor	300*	220	
BENCH PRESS		Bob Wall	315*
junior		308	
Matt Ritter	310	"Hoss" Harbour	375
master 40-44		shw	
Brad Glenn	365*	David Callaway	500
148		DEADLIFT	
Ephriam Shields	340	165	
		Ron Palmer	610*

* personal record Best Lifter - Bench Press: Ephriam Shields. Rotty's Southern Indiana Squat, Bench Press & Deadlift Championships were held September 16, 2000 at Rotty's Gym in Paoli, Indiana. The turnout was much less than we had anticipated, but it was a beautiful day to be anywhere but inside lifting weights; which is where the rest of the lifters must have been. Aside from that, we all had a great time, with some new lifters and a few new personal records being set. In the squat competition, first - time lifter Anthony Tabor did well, finishing with a personal best 300 for the win at 165. Anthony just missed 330, but showed the potential for much more once he gets his form down. In the bench press competition, junior class winner Matt Ritter finished with 310. Matt missed his final attempt with 325, a personal best lift at the recent Indiana State Fair Bench Press Championships, which marked his first competition. A new competitor, Brad Glenn, looked strong in his win at master 40-44 with a personal best 365. Lifting "raw" Brad will be over 400 real soon. At 148 it was Ephraim Shields, a great lifter from Ft. Wayne, Indiana. Ephraim weighed in at only 140, but finished with 340 for the win and best lifter. That's two hundred pounds over his bodyweight; sixty pounds over double bodyweight! At 165 was Ron Palmer, another great "raw" bencher. Ron nailed 380 @ 164, finishing just behind Ephraim for best lifter. Another first - time competitor, Bob Wall, finished with a personal best 315 for the win at 220. Hoss Harbour returned to competition after a year and a half off, capturing the 308 class with 375. A little disappointed with his performance, Hoss had problems with his shirt; but will be back over 400 in no time. The big man, though, was David Callaway, who took the shw class with his opener of 500, weighing in at 310. David, who was lifting without a shirt, missed 525 twice due to a minor shoulder injury. Imagine what this guy could do when he's healthy and a good shirt! We only had one deadlifter, but he was a good one! Ron Palmer, at 165, opened with 425, went to 500, then called for a personal best 610. With a mighty pull and with grim determination (this guy just wouldn't give up!), Ron pulled the weight to lockout! Wow, 610 @ 164! Great pull, Ron! Thanks to the owners at Rotty's and to all who helped spot and load. See you next year! (Maybe it'll rain.) (Thanks to Dr. Darrell Latch for providing the results to this meet).

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

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

Street Address	Club Name

City	State	Zip	Area Code/Telephone

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

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

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

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

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

If Under 18 have Parent Initial _____

Signature _____

WNPF East Coast Powerlifting
17 SEP 00 - Philadelphia, PA

BENCH				
Women				
165				
40-49 Raw				
Petrella	70			
Eustace				
50-59 Raw				
Hartnett	115*			
Men				
148				
17-19				
Wentworth	220			
165				
40-49				
Sieger	245			
50-59 Raw				
Lane	245*			
60-69 Raw				
Reich	235*			
Novice Raw				
Lane	245			
181				
20-23				
Dowlin	295			
50-59 Raw				
Freed	300			
198				
Open				
Carricuto	315			
Barbarino				
33-39 Raw				
Blocker	340			
Novice Raw				
Reid				
220				
33-39 Raw				
Johnson	315			
Open				
Hall	425			
33-39				
Hall	425			
40-49				
Rocco	275			
242				
40-49 Raw				
Hicks	315			
Open Raw				
Hicks	315			
33-39 Raw				
Johnson	390			
Erb	340			
Powerlifting	SQ	BP	DL	TOT
Women				
132				
Open Raw				
Kelly	165	120	170	455
165				
40-49 Raw				
Petrella	75	70	145	290
50-59 Raw				
Hartnett	95*	115*	155*	365*
181				
Novice Raw				
McLean	215	125	235	575
Men				
165				
50-59 Raw				
Fleming	315*	50*	405*	770*
181				
17-19 Raw				
Destafano	440*	260	525*	1225*
Yates	315	245	375	935
20-23 Raw				
Olsen	350	165	450	965
Open				
Barber	540	315	505	1360
Neiman				
40-49				
Roth	455	320	455	1230
Police				
Barber	540	315	505	1360
198				
33-39				
Blocker	450	340	560	1350
Lombardo	405	330	440	1175
40-49 Raw				
Mascio	400	320	460	1180
220				
40-49				
Pope	405			
242				
Open Raw				
Ferirhella	400	325	525	1250
33-39 Raw				
Gallagher	440	365	500	1305
275				
Open Raw				
Nolan	590	390	620	1600
Brooks	455	335	545	1335
33-39 Raw				
Nolan	590	390	620	1600
40-49				
Brown				

* denotes WNPF American record, many lifters set new Penn. state records and congrats to all of the new record holders. Thanks to Lee Zimmerman for helping us with the facility and with all of his help during the meet. Thanks to the lifters, spectators and the WNPF staff, once again a job well done. (Thanks to WNPF for providing these meet results).

33-39				
Johnson	440			
Novice Raw				
Karaman	285			
275				
Police Raw				
Green	415			
SHW				
33-39 Raw				
D'Anotnio	440			
DEADLIFT				
Women				
165				
40-49 Raw				
Petrella	145*			
50-59 Raw				
Hartnett	155*			
Men				
148				
17-19				
Wentworth	360			
181				
Open				
Neiman	525			
33-39				
Kadle	535			
198				
Open				
Carricuto	500			
33-39				
Blocker	560			
220				
33-39				
Johnson	500			
242				
33-39				
Erb	515			
Novice				
Karaman	405			
275				
40-49				
Brown	440			
SQUAT (men)				
181				
33-39				
Kadle	450			
40-49				
Roth	455			
275				
Open Raw				
Nolan	590*			

WNPF Falls Natural
17 SEP 00 - Niagara Falls, NY

BENCH				
Assisted				
148				
17-19				
J. Dern	235			
181				
40-49				
J. Beal	340			
198				
17-19				
J. Smith	300			
220				
33-39				
T. Schmidt	445			
40-49				
D. Marinkovic	425			
242				
40-49				
E. LeBlanc	425			
SHW				
20-23				
L. Halley III	500			
Lifetime				
J. Miller	505			
RAW				
148				
Lifetime				
S. Garrett	185			
165				
50-59				
R. Karkoska	245!			
181				
40-49				
J. Beal	340!			
198				
Lifetime				
J. Daubler	365			
Powerlifting	SQ	BP	DL	TOT
Assisted Mens				
132				
Lifetime				
N. Costanzo	260	185	325	770
148				
Lifetime				
D. Brochey	345	250	345	940
165				
Lifetime				
J. Elsberry Sr.	400	355	450	1205
40-49				
J. Elsberry Sr.	400	355	450	1205
181				
14-16				
R. Babbit	420	245	450	1115
220				
Lifetime				
P. Dick	625	415	540	1580
R. Pearo	525	315	560	1400
70-79				
M. Huff	375	235	425	1035
242				
Lifetime				
G. Hopkins	570	370	595	1535
M. Rydelek	550	370	550	1470

220				
40-49				
G. Andrew	380!			
B. Misorski	250			
Police & Fire				
G. Andrew	380			
242				
40-49				
S. Popovich	330			
Police/Fire				
J. Begue	375			
DEADLIFT				
198 Assisted				
40-49				
T. Welton	455			
220 Raw				
40-49				
B. Misorski	400			
242 Assisted				
40-49				
E. LeBlanc	600			
SQUAT				
Assisted				
242				
40-49				
E. LeBlanc	535			
Police/Fire				
J. Begue	350!			
198				
Lifetime				
S. Xlailey	505			
RAW				
275				
Lifetime				
T. Kristoff	650			
30-39				
T. Kristoff	650			

WNPF People *... New York's Alisha "Danger" Granger (left) and Ohio's Sarah "Short Fuse" Schaffer (right) both won first place awards at the WNPF Lifetime Nationals. (photo provided courtesy Will Bill Schaffer)*

J. Jones	460	375	510	1345
40-49				
E. LeBlanc	535	425	600	1560
275				
33-39				
M. Torrie	155	440	155	750
RAW				
198				
Lifetime				
W. Evans	425	350	550	1325
50-59				
R. Doll	285!	175!	350!	810!
220				
40-49				
B. Misorski	360	250	400	1010

! denotes American Records. Niagra Falls, New York was the scene for the WNPF Falls Natural and once again several quality lifters showed up to make this another successful meet. In the assisted powerlifting Nick Costanzo, Dennis Brochey, and John Elsberry Sr. turned in fine totals to win their weight classes with Elsberry also winning the masters division in his weight class. Teenager, Robert Babbit, posted a fine total to win the 181 lb. teen class. In the 220 lb. lifetime division, Patrick Dick and Ronald Pearo battled with Dick taking the division. 70 year old Melvin Huff once again captured his class again posting a super total. In the 242 lb. lifetime class three strong lifters battled with Greg Hopkins taking the class followed closely behind by Matt Rydelek. In the master's division, Eric LeBlanc posted an even higher total and also took first places in the separate bench, deadlift, and squat. Injuries prevented Michael Torrie and Sean Hailey from posting the high totals they usually do, but Torrie had a strong bench and Hailey pushed up a strong squat, both winning first place. In the Raw Divisions, William Evans, Robert Doll, and Bill Misorski posted fine totals winning their divisions with Doll setting New American Records in the 50/59 Masters Division. In the assisted bench, Larry Hailey III and Jeff Miller posted the highest presses of the day with both lifters hitting the 500 lb. mark. Strong benches were also done by Tom Schmidt, Dennis Marinkovic to win the classes. Teen Justin Smith and John Dern also did strong benches in the teen divisions as did Master lifter John Beal. In the Raw bench New American Records were set by Ron Karkoska, John Beal, and Gary Andrew with Andrew having the highest bench for the day followed behind by Jeffrey Begue. Steve Garrett, John Daubler, and Steve Popovich also pushed up nice lifts to win their divisions. In the separate deadlift and squat competition, Jeffrey Begue set a new American record in the police/fire division, and raw lifter, Tom Kristoff turned in another huge squat. Tim Welton did a nice deadlift in the master's division and also gets credit for the lifter who traveled the furthest to lift coming all the way from Colorado. Once again, a special thanks to all the spotters, judges, and other special people who helped make this a successful meet. (Results of this competition provided to *Powerlifting USA* by Ron Deamicis).

World Natural Powerlifting Federation (WNPF)
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CITY, STATE, ZIP _____

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SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ _____ _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

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

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- Hyper- thermogenic formula
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WHY

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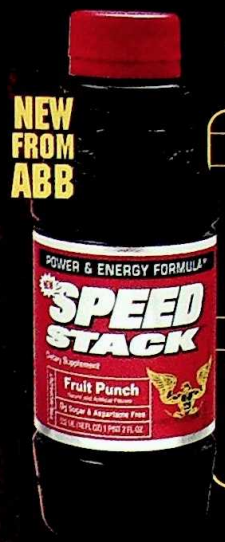
FLAVORS

- Fruit Punch
- Orange
- Grape
- Pink Grapefruit
- Lemon Lime



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THE PROFILE

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- 200 mg caffeine
- ASPARTAME FREE

WHY

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FLAVORS

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- Grape

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THE PROFILE

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FLAVORS

- Fruit Punch
- Grape
- Orange

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THE PROFILE

WHAT

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WHY

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FLAVORS

- Fruit Punch
- Grape

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3rd USAPL Battle on the Beach
22 JUL 00 - Mt. Clemons, MI

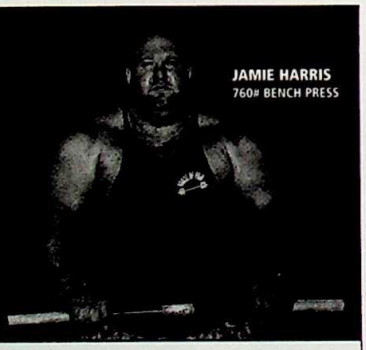
BENCH		
Open		
181		
M. Stack	245	
MEN		
Open		
132		
J. Claramitaro	225	
165		
J. Smith	260	
181		
J. Johnston	340	
D. Horn	305	
198		
K. Adelson	390	
K. Jennings	385	
Rock Soles	380	
B. Lennon	315	
220		
Rick Soles	410	
B. Omey	395	
R. Robinson		
M. Williams		
242		
C. Soles Jr.	410	
275		
M.Warner	465	
J.Martinez		
319+		
J. Griffin		
Masters 40-44		
132		
M. Freecorn	180	
148		
J. Scribner	280	
165		
E. Cargor	340	
K. Hudson	290	
IRONMAN		
WOMEN		
Masters 40-44		
132		
D. Rogers		
148		
R. Nielsen		
Open		
132		
J. Grden		
MEN		
Open		
148		
M. Covyaw		
181		
D. Lukasik	270	
198		
K. Cribbs	335	
319		
B. Edwards	490	
Masters 45-49		
148		
K. Romo	225	
242		
R. Rogers	315	
275		
R. Hilbert	405	
Masters 50-54		
165		
G. Bartotti	300	
220		
J. Brodski	285	
242		
G. Washington	340	
Masters 60-64		
220		
C. Soles	375	
DEADLIFT		
Masters		
40-44		
165		
K. Hudson	480	
55-59		
220		
A. King	650	
J.Durazo	460	
60-64		
181		
R. Ringewold	475	
70-73		
220		
J. Gould	195	

	BP	DL	TOT
B. Proxmire	250	350	600
181			
M. Fillmore	300	460	760
198			
J. Soule	390	570	960
K. Adelson	390	510	900
M. Huotari	300	500	800
220			
R. Abfalter	385	565	950
J. Williams			
275			
M. Raffin	345	575	920
SHW			
K.Hilliard	210	450	660
Masters 40-44			
165			
B. Wahl	290	600	890
181			
B. Fabiano	370	530	900
198			
D. Nickelson	270	470	740
242			
B. McIntyre	455	605	1060
Masters 45-49			
242			
R. Rogers	315	460	775
Masters 55-59			
220			
A. King	315	650	965
J. Durazo	270	460	730
Masters 65-69			
220			
W. McNaughton	100	200	300
Masters 70-74			
165			
B. Creech	100	210	310
242			
J. Gould	115	195	310
Teen 18-19			
275			
S. Miller	330	635	965

*Battle on the Beach Meet Directors **Tony DiCicco** (left) and **Mike Lawrence** (right) with WWF wrestling superstar **Dan "The Beast" Severn**. (photograph provided to PL USA courtesy of Tony DiCicco)*

The 3rd Annual Battle on the Beach drew its largest lifter attendance this year with over 2500 spectators throughout the day, and over 70 lifters registered. For the 3rd year in a row we were blessed with excellent weather and numerous sponsors (Golds Gym of Madison Hts, Wate-Man of Warren, Metro Beach, Metro Parks, Michigan Sports Camps and Action Party Rentals) without their generosity this event could not be possible. This years event sported a number of superstars with the likes of Alfred King the deadlifting star who easily pulled 650 in the masters division, Bruce McIntyre benched 455 and pulled 620 for a massive 1060 total in the 220 masters division, also in the masters division was Bruce Edwards who pushed up the Big Boy weights in the 319 class with a big 490 bench. The women's division had a light turnout but the quality was anything but light. Marry Stack blew away the spectators with her new state record bench in the 181 class with a mind boggling 245 lb. bench going 3 for 3 and having strength to spare, look for some national level lifting from this gal! Diane Roger also woke up the crowd with her bodybuilding like physique and 300 lb. deadlift. The men's open division was loaded with great lifters with the ever improving Jesse (The Body) Soule this guy is built and can also move the big weights, Jesse rocketed his deadlift ability to a fine 570 lb. (PR) pull. Young and hungry Brain Proxmire pushed a solid 250 and surprised himself with a 350 pull at 148 for his powerlifting debut, a good 600 total, but not enough to pass Michael Covyaw with his big 480 pull in the 148's. Thank you to all the Judges, Spotters, Loaders, Score Table Personal, Handlers and Set-Up Personal, Sponsors and Metro Beach. We'd also like to give a special thanks to Mike Szudarek for giving USAPL Michigan his whole day to support this event. These meet wouldn't be possible without your support! (Thanks to USAPL Michigan for providing the meet results).

SHOW EM YOU'RE SERIOUS



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USAPL VA Commonwealth Games
15 JUL 00 - Vinton, VA

3 Lift Meet (only totals were made available)	Total
Women	
Open	
114	
K. Ryman	615
181	
J. Smithson	705
Junior	
181	
J. Smithson	705
Collegiate	
181	
J. Smithson	705
Men	
Open	
165	
G. Retz	1360
K. Clinevell	1205
B. Perlmutter	
181	
J. Elliott	1160
198	
D. Silveus	1015
242	
F. Galya	1610
Master	
45-49	
220	
D. Morris	1010
50-54	
181	
B. Brindle	910
Junior	
198	
S. Chattin	1085
242	
N. Wright	
Collegiate	
165	
B. Perlmutter	
181	
J. Elliott	1160
198	
S. Chattin	1085
242	
N. Wright	
Teenage 16-17	
242	
K. Capelety	
BENCH	
Women	
Open	
114	
K. Ryman	120
132	
S. Lawson	135
Men	
Open	
165	
G. Wilkerson	275
J. Snider	225
181	
M. Basqier	285*
J. Elliott	285
D. Silveus	245
198	
K. Burkett	425
M. Cumbee	350
T. Henriques	335
220	
B. Martin	425
C. Moon	400
J. Shifflett	370
A. Harman	305
242	
F. Galya	415
A. Everett	400
R. Peck	370
K. Hubbard	325
275	
D. Reynolds	435
M. Critzer	400
275+	
A. Shields	535
T. Penn	360
C. Wright	350
Master	
40-44	
198	
M. Hurd	340
R. Loy	265
R. Peck	370
45-49	
220	
D. Morris	220
275+	
Dr. Carl Whorley	
50-54	
181	
J. Harman	300
B. Brindle	240
60-64	
220	
R. Boothe	200

70-74	
242	
E. Jones	275
Junior	
198	
R. Smith, Jr.	390
T. Henriques	335
S. Chattin	305
242	
N. Wright	335
Collegiate	
181	
M. Basqier*	285
J. Elliott	285
198	
S. Chattin	305
220	
K. Kenyon	460
A. Harmon	305
242	
N. Wright	335
275+	
C. Wright	350
Teenage	
14-15	
148	
J. Dunbar	190
275	
J. Schwartz	280
16-17	
242	
K. Capelety	250
18-19	
A. Everett	400
DEADLIFT	
Women	
open	
114	
K. Ryman	270
Men	
Open	
165	
B. Perlmutter	425
J. Snider	380
G. Wilkerson	380
181	
M. Basqier	500
J. Elliott	425
D. Silveus	405
198	
T. Henriques	590
M. Cunbee	450
220	
N. Phillips	540
D. Morris	450
A. Harman	455
242	
F. Gayla	600
K. Hubbard	580
A. Everett	515
Super	
T. Penn	430
Masters	
40-44	
198	
M. Hurd	450
220	
R. Loy	540
D. Williams	530
45-49	
220	
D. Morris	450
Super	
Dr. Carl Whorley	235
50-54	
181	
J. Harman	450
B. Brindle	420
60-64	
220	
R. Boothe	450
Junior	
198	
T. Henriques	590
S. Chattin	400
Collegiate	
165	
B. Perlmutter	425
181	
M. Basqier	500
J. Elliott	425
198	
S. Chattin	400
220	
A. Harman	435
Teenage	
14-15	
148	
J. Dunbar	275
242	
16-17	
K. Capelety	475
18-19	
A. Everett	515

(Thanks to USAPL for providing the meet results).

AAU DL & Fitness Depot Open BP
SEP 00 - Plymouth, NC

Deadlift		R. Williams	250
148		R. Young	225
B. Zak	400	198	
181		T. Huber	355
J. Nesbit (BL)	455	V. Armstrong	355
R. Young	300	A. Cabarrus	325
198		J. Hansen	320
V. Armstrong	300	J. Johnson	290
220		T. Bell	220
K. Barber (BL)	375	220	
Bench		P. Bossi (BL)@	460
132		K. Barber	305
C. Biggs	145$	J. Pierce	270
T. Lyons	130	242	
165		A. Proctor	455
K. Lacy (BL)	295	R. Moore@	375
D. Nelson	185	319	
C. Balance	170	B. Simpson	405
181		D. Mitchell	330
E. Patrick	305$	SHW	
A. Crenshaw	265	D. Allen@	430
		M. Ange	375$

@ - Assisted; All other lifter RAW. Plymouth NC was host to the Fitness Depot bench press meet, and the first ever NC deadlift state championship. Before I go any further I want to say thank you to the Judges, Victor Armstrong, Jennifer Zak, and Ricky Young. The table help did a great job, and this is a credit to first time announcers Mike Price and Kathy Bateman. We also want to thank Mike Ange and James Johnson, because they have the hardest job of being plate loader/spotters. Finally I want to thank the meet director Ricky Young because he has the two essential qualities of a great meet director. He's a fun person to work with, and he loves the sport. Well onto the weights John Nesbit pulled a 455 masters 40+ state record at 170 body weight to win best lifter 294-290 over Ben Zak who pulled 400 at 148. In the heavy weights first time lifter Kenny Barber pulled a 375 to win Best Lifter Heavy. In the bench press the battle started early as Charles Biggs would use a state record (35-39) 140 to out distance Timmy Lyons who benched 130. Kenneth Lacy would bench 295 to be the class act at 165. Donnely Nelson made a valiant attempt at 195, and I fully expect him to bench the 200 next time I see him. At 181, Elivin Patrick benched a state record (35-39) 305 to win the 181 class. At 198, we had a great battle between two submasters Victor Armstrong and Todd Buber for the top spot. Victor took three attempts to get his 355 passed. Todd Huber went 340, 355, and missed his third at 365 which meant it would come down to body weight... the second time in the last twelve months for Victor. Todd would end up winning by a lifter heavy award. At 242, Robert Proctor once again visited from Virgina, and easily out distanced the competition with a 455. At 319, Bobby Simpson benched 405 like it was shot out of a cannon, but was unable to lock out subsequent attempts of 450 and 455. Donnell Mitchell finished second, benching a (45-49) state record. We had two heavy weights competing, but in the Dan Allen's 430 bench was the top of the class, but Mike Ange can be proud of setting the open RAW state record. In the women's competition we had three women competing. Finishing first at 105 and winning best lifter, as always, was multiple state record holder Karen Becerra. At 181, we had another multiple state record holder in Vanessa Cherry who benched 160, and made a valiant attempt at breaking her own state record with 165. Finally we had Becky Olson who crushed the SHW bench record with a 175 making all three of our ladies current state record holders. Way to go!!! In the team competition 1999 state champions Fitness Depot had little trouble in winning both the deadlift and bench press title, and looked poised to make a strong run in November to capture back to back state titles!!! (Thanks to Ben Zak for providing the meet results).

AAU Mid Atlantic State III
07 OCT 00 - Elizabeth City, NC

BENCH		C. Adams		265
Women		198		
132		H. Williams		350
K. Westcott	150	A. Cabarrus		340
148		T. Bell		240
J. Zak	115	220		
Men		K. Mallory		400$
148		D. Young		365
Transfiguracion	320	242		
B. Zak	205	A. Proctor		465
165		R. Staten		355$
K. Lacy	315$	275		
J. Barnes	210	C. Elliot		525
181		M. White		425
E. Patrick	300	319		
A. Crenshaw	265	B. Simpson		455
Powerlifting	SQ	BP	DL	TOT
114				
B. Carver	115	70	200	385
A. Adamas	105	85	180	370
R. Vu	95	95	155	345
I Wallace	85	69	145	290
M. Saul	85	45	135	265
G. Saunders	35	50	180	265
J. Reeves	55	45	115	225
123				
S. Glasper (F)	135	75	170	370
J. Goodman	105	60	140	315
J. Carson	95	60	140	295
132				
T. Lyons	185	150	285	620
R. Staffeli	125$	80	160$	365$
148				
D. Sylvester	275	195	400	870
K. Bayslor	145	95	200	440
165				
C. Ballance	275	170	360	815
R. Barnes	225	175	410$	810
J. Riddick	215	175	315	715
J. Lee	160	200	315	675
A. Stanley	175	175	300	660
J. Weeks	170	170	375	625
181				
N. Deslodge	325	240$	425$	990$
R. Allsbrook	225	185	400	810
R. Young	225$	235	325$	785$
D. Luff (F)	135	85	200	420
S. Williams (F)	80	90	195	365
198				
V. Armstrong	300	350$	450	1100
220				
J. Pierece	275	275$	460	1010
J. Jones	255	250	400	905
G. Holzmiller	250	275	375	900!
J. Hood	240	190	350	780
S. Young	175	150	275	600
275				
B. Strauss	500	315$	465$	1280
319				
J. Pendelton	350$	295	405$	1050$
K. Cole	310$	305$	330$	945$

$ – breaks an existing RAW state record; ! – breaks an existing Assisted state record. Wow can it be our third AAU Mid - Atlantic State already. The 2000 Mid-Atlantic states was held in the new Pasquotank High School in Elizabeth City, and the warm up facility is amazing. If you're a teen athlete, this school would be a dream come true. Well before I go any further I want to thank the staff, because they have the hardest, and often thankless portion of working the meet. Our spotters were Travis Levesque, Joe Wood, Matt (should be competing) Wilson, and Ray Burnham. The judges were Carl Elliot, Ricky Young, Jenn Zak, Paul Bossi, Tom Houlroyd, and Tim Lyons. Finally I want to thank our announcer Dawn Nelson. Dawn is AWESOME at what she does, and her voice is so easy to understand over the loudspeakers that I wish we could pack her up and take her to all the AAU meets. Well onto the meet. As always, Awards are given out in a multitude of divisions and age groups, but since we don't have space to recognize every winner, I want to mention the top overall lifter in each class, and mention any new state records. The fun started at 114 as Antonio Adams would pull 180 to total 370, but Bryan Carver trailing by five would answer with a 200 pound deadlift and a 385 total. We had a major surprise in the 123 class as a lady would be the top lifter for the first time ever. Sharonda Glasper not only won, but out totaled the rest of the pack by sixty five pounds. State champion Time Lyons moved up, and dominated the 132 class. Ronald Staffelli can be proud as he not only won the (10-11) age group, but had one competitor. Daryl made the best of things by winning his class, out totaling everyone in the class above him, and either tying or coming within five pounds of breaking all four state records held by the legendary Cordette Clay. Watch out for Daryl at the state championships. In the 165 class we had six lifters, but it quickly became a battle between Chris Ballance and Robert Barnes. Robert has tremendous natural strength, but lack of experience caused him to get stuck with battle back, and he ended the day with a (16-17) 410 deadlift state record and a five pound loss... which is pretty impressive. The 2000 165 state champion Nathon Delodge has grown nicely into the 181 class and his 990 was good enough for top lifter. Ricky Young had a fine day as he set three submaster state records. At 198, we had another new powerlifter in Victor Armstrong. Victor was the only one in his class, but his 350 bench was still a submaster state record, and his other lifts aren't far off either. In the 220 class, Jeffrey Pierce used a teen state record 275 bench to earn top honors. Jeffrey is a great lifter, but unfortunately most of the state records in his class are held by the legendary Johnathon "Sleepy" Gordon. Greg Holzmiller had a little trouble with his first squat, but after that had a great day ending with a 55-59 total state record. In the 275 class, Bob "Crazy old nut" Strauss used two RAW (45-49) state records to remind us that the masters can still compete with the teens. Bob's goal is to be the most prolific record holder in the state. One of the most exciting classes of the day was at 319. Jamell Pendleton is just a huge kid, that's never competed before, and really doesn't know his own strength. His squat was an easy 225, 275, and a slight sweat at 350. Jamell ended up with a 1050 total three state records, and the exciting part is he hasn't even tapped into his potential yet. Not to be over looked has to be Keith "buffet" Cole who broke four state records in the 14-15 age group, and whose biggest problem is getting his huge legs to break parallel. Keith's cheery personality always makes him one of my favorite lifters. In the bench we had some great talent starting with a 150 bench at 132 by Kelly Wescott. At 148, Danny Transfiguracion ruled with a 320. At 165, Kenneth Lacy showed strong improvements as his 315 was a 35-39 state record. Kinta Mallory broke the 220 (20-23) state record with a 400. Rick Staten made a return appearance to set a 45-49 state record 355 at 242. In the middle school division, River Roads continued it's winning ways, winning the Mid - Atlantic States for the third time. In the high school division, Pasquotank high school captured their first title, and I doubt anyone is going to beat them at the state championships. The open division was probably the most exciting part of the meet as Ricky Youngs Fitness Depot battled cross town rivals NC Bench Warriors headed by David Young. It was a close contest, but Fitness Depot would win the title by a slime 57-54, but I truly hope to see both teams battle at the state championships in Henderson. Finally I want to say that coach Paul Bossi turned Riverroads into a state power in wrestling and football, and his Powerlifting team was undefeated in the state, and has won two Junior Olympic titles in three years. Paul is the new coach at Pasquotank, he's a very smart coach, and he pushes strength training through powerlifting. My point? Paul probably won't win many football games this season, and next season he may have an average season, but in his third season I predict his team will start a long streak of dominating the conference... and I'm sure the other coachers in the area know the danger that awaits them. (Thanks to Ben Zak for providing the results of this meet).

One KILOGRAM equals 2.2046 Pounds - For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

AAU Elizabeth City BP/DL
08 JUL 00 - Elizabeth City, NC

BENCH		D. Lawrence	360
Women		275	
181		J. Powell	350*
V. Cherry	165*	319	
D. Luff	85*	D. McCotter	400
Men		SHW	
88		M. Ange	365
J. Reeves	45*	DEADLIFT	
114		Women	
K. Houlroyd	100	181	
148		D. Luff	175*
J. Barnes	200*	Men	
181		88	
D. Floyd	335*	J. Reeves	125
L. Lamb	330	114	
198		K. Houlroyd	240*
V. Armstrong	360	181	
A. Cabarrus	335	L. Lamb	350
T. Bell	220	220	
220		B. Freethy	375
G. Holzmiller	280!	G. Holzmiller	350
B. Freethy	260*	275	
242		J. Powell	480
S. Reid	500		

(Thanks to Ben Zak for providing the meet results).

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- This is a membership application form. Complete all areas and return Part One to the address shown.
- For information on registration and program, call 1-800-AAU-4USA.
- AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

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Volunteer or Official	12.00	Not Available
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Adult Powerlifting Athletes	30.00	35.00

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6 JAN, APA Iron Warrior Open BP, DL, Push/Pull (Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

13 JAN, APA Gulf Coast Open BP & DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

13 JAN, NASA Ohio State BP (W. Liberty H.S., W. Liberty, OH) Dick Cordial, 937-653-5504, squat@foryou.net

13 JAN, PPL Drug Free BP/DL or PL, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

14 JAN, Winter Blues Meet (PL, BP, DL; Grand Rapids, MI) Jon Smoker, 30907 CR16W, Elkhart, IN 46576, 219-674-6683

19-21 JAN, USAPL Women's Nationals (all age divisions) Dr. Mike Hartle, 3835 W. Jefferson Blvd., Ft. Wayne, IN 46804, 219-456-8485

20 JAN, *NASA E. Texas Open (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513*

20 JAN, *SLP A Cold Day In Tuscola BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com*

20 JAN, APA California Open BP/DL (Modesto, CA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

20 JAN, WNPF New York St./Open BP/DL & IronMan (Armonk, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

20 JAN, USAPL Louisiana State (plus out of state division) Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-753-8586

20 JAN, APF Michigan Bench for Cash (cash division: 1st-3rd on Reshel Formula - $1000 total, subject to increase. open division plus jr., submaster, master by formula) Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114 (after 3pm EST), jimharabourne@home.com

20 JAN, Tri-City BP & DL, Tom Corazzini, Albany YMCA, 274 Washington Ave., Albany, NY 12203, 518-449-7196 ext 16

21 JAN, *USAPL Rockland County BP/DL, R.A.T.C., Box 445, Trallman, NY 10982, 843-369-7282*

21 JAN, Durand Fitness Center Winter Classic BP/DL, Steve Isom, DFC, 217 E. South St., Durand, IL 61024, 815-248-3709

21 JAN, WNPF Delaware State/Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

27 JAN, *NASA Illinois State (Fairview Hts.) NASA, Box 735, Noble, OK 73068, 405-527-8513*

27 JAN, *SLP Maroscher/Carnaghi Illinois Open BP/DL, (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com*

27 JAN, APF West Coast Push/Pull/PL (Fresno, CA) Bob Packer, 559-439-4394

27 JAN, WNPF Florida State/Open BP/DL & Ironman (Lake City, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

27 JAN, WABDL Southeastern USA BP/DL, Belanger Power Sports, Box 173, Century, FL 32535, 850-327-6016

27 JAN, Mid Virginia BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

28 JAN, World Gym Winter Push/Pull, Jeff Butler, 2500 Miracle Ln., Mishawaka, IN 46545, 219-254-0460

JAN, AAU Northern Virgina BP & Jr. Olympics Qualifier, AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com

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 DeAmicis, 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, *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*

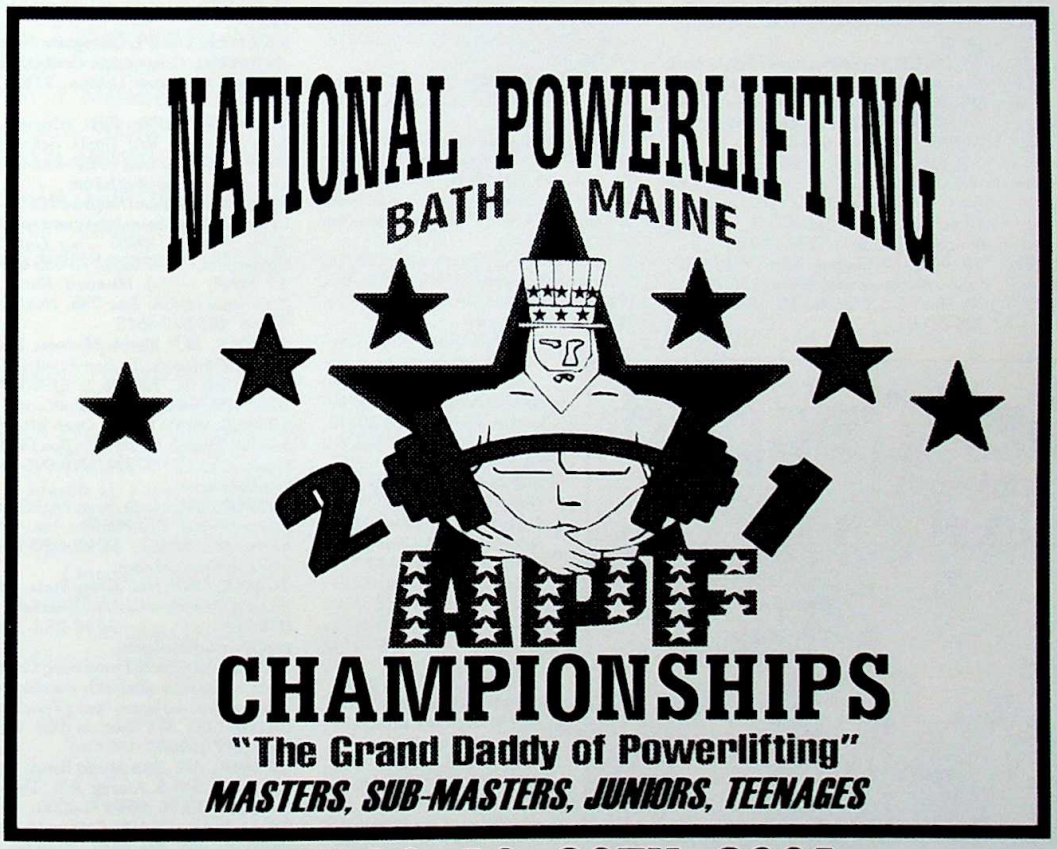
10 FEB, *SLP Mason-Dixon Open BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com*

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-



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10 FEB, APF Nevada State PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825
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,** 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, WNPF Virginia State/Open PL (Richmond, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
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,** 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*
24 FEB, 1st WPO (TM) Qualifier (Universal Studios - Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com
24 FEB, APA BP & DL Judgement Day, St. Marys Health & Recreation, 499 Spruce St., Suite 13, St. Marys, PA 15857, 814-834-9222, drmtn@penn.com
24 FEB, USPF Kentucky State & Pikeville Open BP, Don Fields, 1243 S. Lake Dr., Prestonsburg, KY 41653, 606-886-8604, profitnes@multisports.net
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, USAPL Pennsylvania St. (State College, PA) Steven T. Mann@yahoo.com or 914-473-5230
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,** 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 (new date), AAU BP & PL Open Virginia State (Richmond, VA - National Qualifier) AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 203-397-0534, aaupcva@cox.rr.com
3 MAR, 10th North Penn YMCA Larry Frederick Jr. Memorial Bench Press Challenge (Lansdale, PA) Steven Unrath, 215-368-1601 ext 230
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 Convention Center, Alexandria, LA) Duane Urbina, 318-473-4567
***10 MAR,** APA East Coast PL (Chincoteague, VA) Gayle Schroeder, strength@exis.net, 757-481-6963, www.powerandstrength.com*
***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,** USPF North Jersey High School, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 9098-282-1260, uspfehorton@aol.com*
***10 MAR,** USPF New Jersey State, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 9098-282-1260, uspfehorton@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,** 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*
11 MAR, WNPF Buckeye Open PL (Toledo, OH) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
***17 MAR,** 7th Mon Valley Fitness Center*

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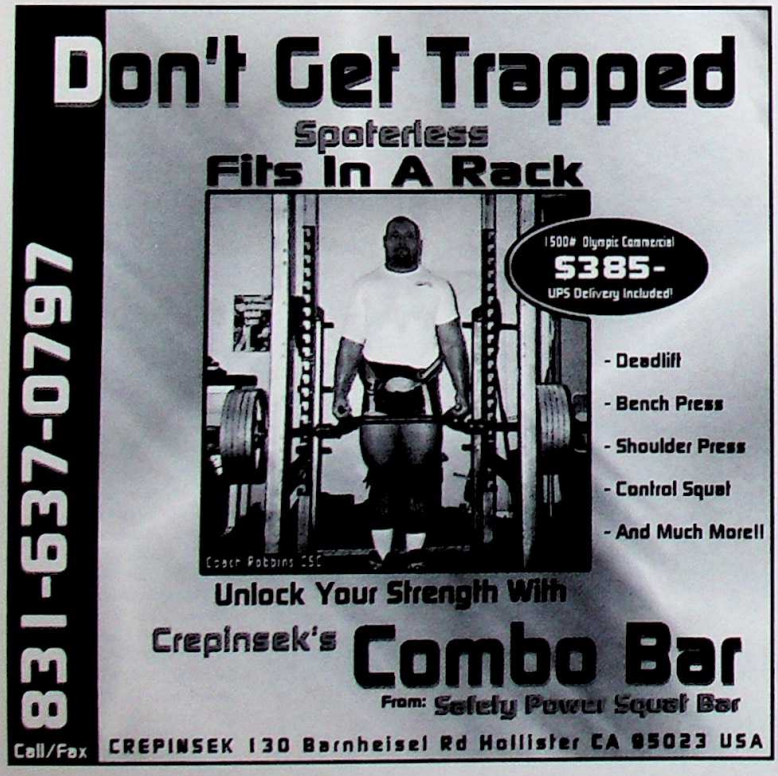

WESTSIDE SEMINARS

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

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

Elite Fitness Systems
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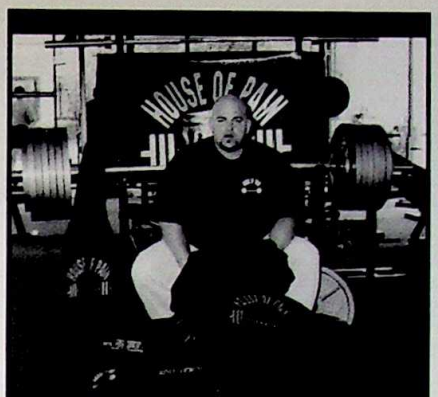
London, Ohio 43140
888*854*8806



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

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

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

***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

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

***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, 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, 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,** 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*

8 APR, WNPF Northern Virginia BP/DL & Ironman (Quantico, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

***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*

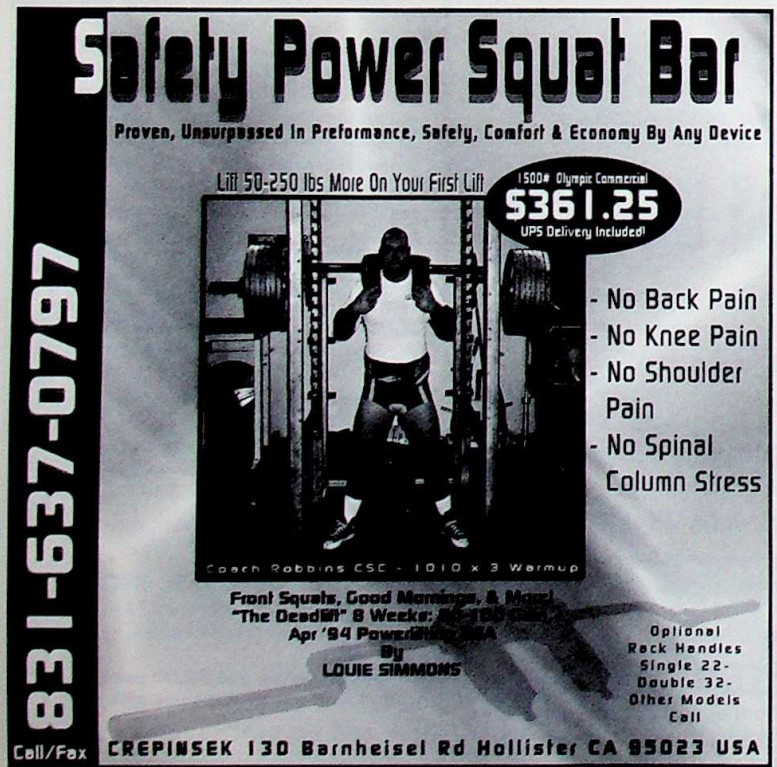
***21 APR,** NASA Indiana State (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513*

***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, 330-792-6670 after 5pm

21 APR, USAPL Missouri State/Ozark Open PL/BP (men & women - full meet -



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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

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, *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, 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

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

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

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

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

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, *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, Lawrence Garro Memorial WNPF 2000 Maryland Championships, Brian Washington, Box 20042, Baltimore, MD 21284, ecpower@bellatlantic.net

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

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

18-20 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, *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 MAY, Blue Ridge Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

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)

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

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, 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, *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, *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, 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, 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, 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, WNPF North Carolina State/Open PL, 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

7 JUL, *NASA Tennessee Classic (Nashville) NASA, Box 735, Noble, OK 73068,*

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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

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, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

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

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

27-29 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,** 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

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,** 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*

12 AUG, WNPF USA PL Championships (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.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

***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

AUG, AAU Raw Nationals (Casablanca Resort/Virgin Valley HS, Mesquite (Las Vegas area), Nevada - 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,** 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@slsna.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, 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,** 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, *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???, *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, *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, *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, 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???, *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, *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, *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)

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, O 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, *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

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*

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

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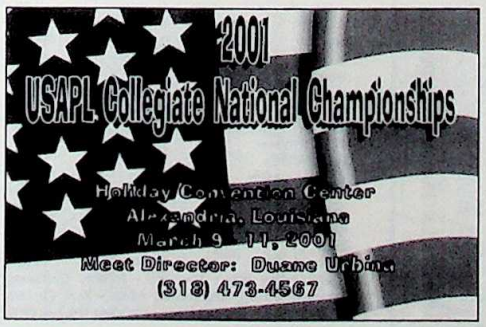

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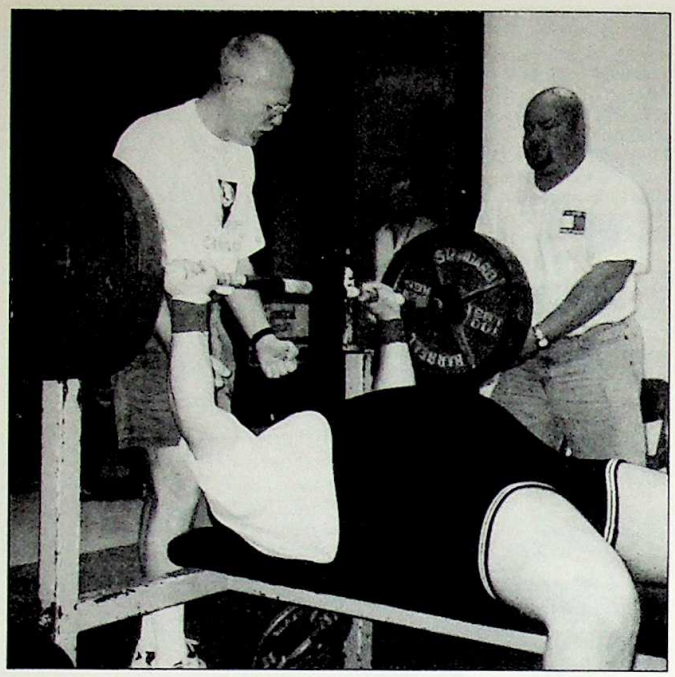
Village Square BP/DL Championship
02 SEP 00 - Effingham, IL

BENCH PRESS		Mark Wittler	325
teenagemen		Loren Betzer	325
Eric Resor	230	4th	345*
Matt Mongeon	190	master men 50-59	
132		Ken Allen	240*
Matt Mongeon	190	police & fire	
148		Loren Betzer	325
Eric Resor	230	4th	345*
220		DEADLIFT	
Tony Nixon	450	148	
242		Bo Harrison	400*
Greg Chrun	500	shw	
275		Loren Betzer	550
Tim Wilson	430	police & fire	
shw		Loren Betzer	550
Earl Yingst	490	master men 40-49	
Loren Betzer	325	Loren Betzer	550
4th	345*	master men 60-69	
master men 40-49		Darrel Sidwell	270*
Greg Chrun	500		

personal record Best Lifter (BP) - GREG CHRUN. The Village Square Bench Press/Deadlift Championships were held at the Village Square Mall in Effingham, Illinois on September 2, 2000. Thanks once again to the mall for its continued support of the sport of powerlifting. In the bench competition we had two teenagers fairly new to the sport. Both trained by Ed Clark, they did well in just their second competition. Taking first, by formula, in the teenage class was Eric Resor, weighing in at 143 and finishing with 230. Eric also took the 148 open title. Second to Eric was Matt Mongeon with 190, weighing in at 125. Matt won the open 132 title as well, just missing a 200 pr third attempt. At 220 it was Tony Nixon, who finished with an easy 450. 475 looked like it would go just as easy, but Tony lost his balance twice and filled to lock it out. Greg Chrun returned to competition after about a year and a half, looking just as strong as ever. All three of his attempts seemed easy, finishing with 500. A fourth with a pr 520 fill just short of lockout. At a 242 bwt. Greg took both the open 242's and the master 40-49 class as well as the best lifter title for the competition. Tim Wilson had some problems locking out his left side with 455, having to settle with his opener of 430, on his way to the title at 275. In the shw class, big Earl Yingst opened and closed with 490 to take the win. This matched his personal best, but was all he had on this day missing a pr 500 on his final attempt. Second at shw was Loren Betzer who had come all the way from Leavenworth, Kansas to compete. Loren had a great day, finishing with a personal best 345 on his fourth attempt. Loren also finished third in the master 40-49 while winning the police & fire division. Mark Wittler was second at master 40-49 with 325, just missing 335 on his final attempt. Ken Allen competed for the first time, finishing with a personal best 240, to take the master 50-59 class. In the deadlift competition 148 lb. winner Bo Harrison had the best lift of the day, pound for pound, with a personal best 400 pull. This sixteen year old showed lots of potential, lifting in just his second competition ever. Sixty-five year old Darrel Sidwell competed for the first time in a deadlift competition, locking out a personal best 270 at a 155 bwt. Loren Betzer took the remaining three classes, pulling 550 to take first in the open shw, master 40-49 and police & fire. Loren just missed the lockout on a personal best 575 fourth attempt. Thanks to my wife Susie and Ed Clark for their help. (Thanks to Dr. Darrell Latch for providing results).



Loren Betzer *locks out a PR 345 for 1st place in the Police/Fire division at the Village Square Championships. (Darrell Latch photo)*

Georgia Games Powerlifting
22, 23 JUL 00 - Marietta, GA

WOMEN	SQ	BP	DL	TOT
Open				
132				
Tracy Hentges	200	130	200	530
165				
Anne Frazee	200	115	225	540
MEN				
148				
Junior 20-23				
Armond Honore	315	255	365	935
Open				
Armond Honore	315	255	365	935
165				
Junior 20-23				
Seth Davis	365	285	425	1075
Master 40-43				
Greg Kiser	575	385	670	1630
Open				
Greg Kiser	575	385	670	1630
Levi Alday	600	400	600	1600
Robert Barradas	540	430	570	1540
Kent Davis	415	285	540	1240
Chris Milton	385	300	450	1135
Steve Banks	280	205	365	850
Junior 18-19				
John Ridley	425	265		DNQ
Master 45-49				
Kent Davis	415	285	540	1240
181				
Junior 13-15				
Trey McAfee	275	265	495 *	1035
Junior 16-17				
Jim Smith	350	365	425	1040
Open				
David Williams	525	365	510	1400
Submaster				
Alton Cotton	225	185	385	795
Master 45-49				
Garry Glenn	225	300	360	885
198				
Open				
Doug Gurth	450	340	500	1290
T. Youngblood	240	260	430	930
220				
Open				
Greg Campbell	600	490	530	1620
Ricco Impastato	700	475	315	1480
Submaster 35-39				
Jeff Weaver	650	355	605	1610
242				
Junior 20-23				
Maco Williams	240	200	460	900
Open				
Kevin Thomas	650	465	640	1755
Guest Lifter				
John Neel	475	350	530	1355
Law Enforcement				
Kevin Thomas	650	465	640	1755
275				
Open				
Deron Rogers	740	405	740	1885
Pat Anderson	660	405	635	1700
D. Williamson	135	600	405	1105
308				
Open				
Leon Barry	750	560 *	750 *	2060 *
Master 40-44				
Ray Pelis	530	440	600	1570
SHW				
Junior 20-23				
Ronnie Britt	260	245	445	950 *

* denotes New American Record. BEST MALE LIFTER: Greg Kiser; BEST FEMALE LIFTER: Traci Hentges. The prize awarded was one airline ticket to any destination within The Continental United States. SPORTSMANSHIP AWARD: Women's 165 Class - Ms. Anne Frazee; Men's Lightweight Division - Mr. John Ridgely; Men's Heavyweight Division - Mr. Kevin Thomas. The three lifters listed above were awarded the Sportsmanship Award for dedicating their time in helping with the Meet and showing a professional attitude towards their fellow competitors. The Georgia Games Powerlifting Championships were held on July 22 & 23 at Life University's Wellness Center. The meet had many excellent lifters and a few newcomers to the sport that showed some great potential in the years to come in powerlifting. When a director prepares a powerlifting meet it takes many volunteers to make it successful, as was the case for this meet. I must give special thanks to Buddy Duke of Adel, Georgia. Powerlifting is very fortunate to have such a professional and truly hard working individual in the sport. Without Buddy Duke this meet would not have been as successful as it was. Buddy has been helpful in several of the meets that I have put on. He is always willing to give his time to assist the directors and help any lifter who needs any advice. Buddy Duke exemplifies true class when it comes to the good of powerlifting and being a great individual. Nancy and Ben Parker are also two individuals who bring class to the sport of powerlifting, and without them it would not have been quite a success. They both are hard working, friendly, and care tremendously about the sport of powerlifting. Thank you Nancy and Ben Parker for your professionalism and your patience. The meet began on Saturday with the women's division and men's lightweights. In the 132 lb. class, Tracy Hentges captured first place with a 9 for 9 day and 530 lb. total. Tracy appeared to have a lot more left than her total showed. Tracy also won the best lifter in the women's division and won a free flight to anywhere in the United States. Anne Frazee took the 165 lb. class with a 540 total. In the 148 lb. class for men, Armond Honore captured first place. The men's 165 open was tremendous with Levi Alday, Greg Kiser, and Robert Barradas battling for top honors. Levi Alday had one of his best days ever, totaling 1600 lbs. With a 600 lb. squat, 400 lb. bench press, and 600 lb. deadlift. Barradas was right behind with a 430 lb. easy bench and a 1540 total. The 165 overall champion was Greg Kiser to put on a display of raw power. Kiser squatted 575, bench 375, and deadlifted 670 lbs. Kiser said that his goal would be to deadlift 700 lb. by the Georgia State Championships. The men's junior champ was Seth Davis at 1075 lb. total. The men's 13-15 age group saw a newcomer of Trey McAfee. He is 14 years old. Trey had a great day by deadlifting 495 for a new American Record. Trey held back in his other lifts so he could set the record in the deadlift. Trey was selected the Georgia games athlete of the year. Trey will be competing in the state championships in December. Sundays lifting featured some great lifting with Jeff Weaver totaling 1610 lbs., and capturing first place in the 220 submaster division and Greg Campbell winning the 220 open with a total of 1620. Kevin Thomas had a great day, winning the 242 class with a 1755 total. Deron Rogers, fresh off his U.S.P.F. National Championships had a near perfect day going 8 for 9 and totaling 1885. The men's open 308 lb. class displayed a newcomer Leon Barry, 24 years old and only in his third meet. Leon was suffering from a hamstring strain that occurred 3 weeks prior to the event; he was deadlifting 810 lbs. for reps in the gym at the time. Leon attained an American Record on Sunday, deadlifting 750 lbs. Leon also broke the American record in the bench and total. Leon plans on competing in the Georgia State Championships in December and he is capable of totaling 2300 lbs. in only his fourth meet. Leon has a great future ahead of him in the sport of powerlifting. The overall best men's lifter was Greg Kiser, who won a round trip airline ticket to anywhere in the US. I want to thank David Spring and Ray (Rock) Hemmings, for all of their help during the meet. Without them, this meet would not have been a success. Also thanks to Rico Impastato, Jennifer Harris, Eric Lajiness, Mike Banks, Kevin Hoy, Todd Crowe, Levi Alday, J.L. Palmer, Leon Barry, Greg Kiser, Todd Youngblood, Deric Beaudoin, Kevin Thomas, Ken Hartzog, Dr. Mike Siano, Pat Kalb, Pat Anderson, Brad Ammons, Beth Battaglia and Phyllis Butler. Thanks to everyone for a great meet. (Thanks to David R. Hall for providing the results).

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Best of the Southwest III
25 JUN 00 - McMurry, PA

BENCH		Master	
MEN		D. Radke	85
Teen		GrandMaster	
Heavy 14-16		N. Flores	100
J. Childers	205	DEADLIFT	
Light 17-19		MEN	
A. Bugno	290	Teen	
R. Zadrozny	280	Light 14-16	
Open		S. Antoinette	340
148		Heavy 14-16	
M. Booth	340	J. Childers	350
C. Venturella	320	Heavy 17-19	
C. Tarr	275	M. Raczkowski	515
165		J. Sever	545
O. Bey	400	JR Wysocki	400
J. Chimile	305	Open	
T. Brown	300	132	
181		K. Stevenson	400
B. Thompson	315	S. Antoinette	340
A. Gavlak	300	148	
198		C. Tarr	300
K. Kupczynski	395	165	
J. Schaffer	380	K. Cyprowski	470
Z. Childers	335	G. James	415
220		181	
M. Smith	445	A. Gavlak	520
B. Dankanich	415	M. Raczkowski	515
R. Carter	400	B. McDermott	475
242		198	
G. Edmondson	480	J. Sever	545
R. Hennings	350	T. Simanovich	525
J. Siwiak	320	W. Donaldson	510
275		220	
J. Woods	475	R. Carter	620
J. Crotty	340	B. Simanovich	550
HWT		242	
P. Brown	550	J. Siwiak	525
Master		275	
P. Brown	550	B. Jelinek	600
R. Carter	400	Master	
R. Giacomantinio	330	R. Carter	620
Grandmaster		D. Radke	325
F. Gallagher	320	WOMEN	
B. Simanovich	350	Open Light	
J. Kuth	300	T. Antoinette	185
WOMEN		Master	
Open		D. Radke	220
Light		Grandmaster	
T. Antoinette	105	N. Schuchert	215

Outstanding lifter: Teenage - Jeremy Childers; Women - Terri Antoinette; Men - Ron Carter. (Thanks to Steve Shwiak for providing the results).

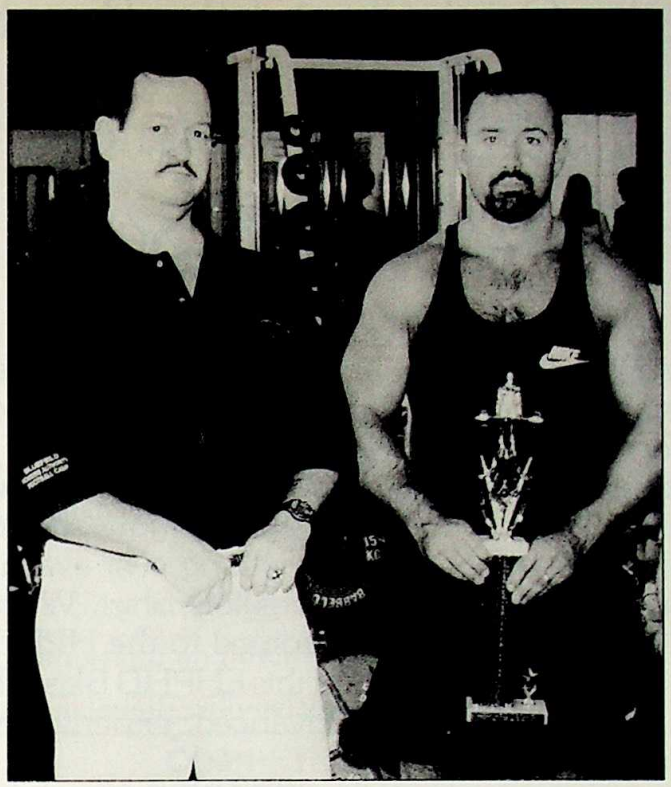
1st APF Strength Beyond BP/DL/IM
09 SEP 00 - Paw Paw, MI

BENCH		BP exhibition		
Masters 45+		Master SHW		
181		R. Turner		525
G. Folley	305	Deadlift		
Open		Open		
181		181		
J. Cuciurean		J. Cuciurean		500
Ironman		BP	DL	TOT
Teen 14-15				
181				
T. Jones		175	335	510
Open				
181				
R. Palmer		370	500	870
198				
M. Fanone		430	650	1080
242				
J. Conley		350	470	820
308				
J. Cantler		350	600	950

Special thanks to Dan DeFelice, Cameron Hull, Brad Picardat, Paul Osbon, Aaron DiPrima and Mike Newell. First time promoters Mike Newell and Aaron DiPrima did a nice job on their first meet and hopefully they weren't too disappointed by the turnout and will do another one, because it can only get better. The meet itself produced some very good lifting. In the bench only, Master lifter Gary Folley hit a personal best of 305 in the 181's. John Cuciurean lifted in the same weight class in the open div. and opened with a State record of 450! He looked strong down bringing it down, only to have his shirt blow out about an inch from his chest. He went to 465 on his second and it was just short of a lockout, which leads me to believe he would have made the 450. The outstanding lifters in the Iron Man were Ron Palmer and Mark Fanone. Ron weighed 170 and benched 370 without a shirt! He also made a great 605 deadlift but was called for unlocked knees. Mark lifted in the 198's and benched a great 430; however his deadlift of 650 was really outstanding. And in the deadlift James Cantler from Rugby, England pulled off that rarest of feats, getting a deadlift after missing it once. I thought he was wasting his time, but he surprised me when he came back to make a good 600 in be 308 class. And winding things up was Rocky Turner who treated everyone to a demonstration of raw power when he made a fairly easy 525 without a bench shirt. With his shoulder healed up, he's looking forward to bigger things later on this year. (Thanks to Jon Smoker for providing these results).

Mountaineer Invitational
APF West Virginia PL & BP
09 SEP 00 - South Charleston, WV

BENCH		198		
132		G. Combs		410
D. Young	270	220		
181		S. Massey		350
D. Robbins	550*	S. Knighton		260
MEN	SQ	BP	DL	TOT
181				
K. Samples		225		
198				
G. Combs		410		
220				
P. Sutphin	455	255	505	1215
Teenage				
220				
S. Knighton		260		
Open				
181				
D. Robbins		550*		
220				
S. Massey		350		
242				
L. Angle	715	415	630	1760
Open				
132				
D. Young		270	400	
165				
M. Vallone	500	380	320	1200
181				
A. Troutt	515	280	485	1280
198				
S. Kerchner	500	430	570	1500
R. McNutt	450	410	500	1360
220				
R. Taylor	690	385	600	1675
G. Austin	550	455	530	1535
242				
J. Bayles	740	540	660	1940
B. Arrington	735	490	625	1850
L. Angle	715	415	630	1760
275				
S. Mount	810	500	635	1945
A. Beech	650	530	640	1820
D. Beversdorf	730	470	575	1775
D. Dague	650	450	650	1750
S. Brooks		510	700	
308				
B. Coe	650	400	650	1700
Teenage				
181				
A. Troutt	515	280	485	1280



***Paul Sutphin**, 25 time West Virginia Powerlifting Champion and Elite lifter and **Donald Robbins** (right) triple bodyweight bench presser (550@181), as they were inducted into the Powerlifting West Virginia Hall of Fame. Eligibility standards require the lifter to have totaled Elite or other outstanding achievements. (photo courtesy of Mike Hill)*

I want to begin by thanking everyone who chose to lift and participate in this year's APF WV STATE CHAMPIONSHIP and the MOUNTAINEER INVITATIONAL as it was a great success with 23 lifters. In admittance to the cat that we are somewhat selective in regard to our attendance, the quality of the lifting can only be outdone by a few, none of which I am familiar with locally. There were at least 2 ELITE TOTAL's made along with a TRIPLE BODYWEIGHT BENCH PRESS and several lifters benching over 500! Prior to beginning the report of the lifting, we are very proud of the first selections of the WEST VIRGINIA POWERLIFTERS HALL OF FAME. In order to be inducted into this prestigious realm of achievers, one must have totaled elite... first and foremost, made a significant contribution to the sport, or achieved something in another category that is unrivaled. One of the first inductees is Paul Sutphin. Paul has totaled elite more times than I can count, including a ten times bodyweight total at 148 in 1979 that copped the JUNIOR NATIONAL TITLE and captured the #5 spot of the TOP 10 POWERLIFTERS OF THE CENTURY (thru 1999). *He has totalled elite in 5 weight classes along with numerous other achievements. His record goes on and on and his lifting continues. NO OTHER WEST VIRGINIAN HAS ACCOMPLISHED THESE FEATS!* Paul has also worked diligently for the sport for many years in the area of meet promotions, officiating, and serving as State Chairman. DONALD ROBBINS is the other inductee to the WV POWERLIFTING HALL OF FAME. Donald has been lifting for nearly 18 years and stands alone with the TRIPLE BODYWEIGHT BENCH PRESS. He has won several Teenage WV State Championships. Donald is the only Bench Presser to be inducted and many of his marks have yet to be broken in the Mountain State. DOUG CURRENCE was not present to be honored. Future inductees include: *Herb Fitzsimmons, Doug Currence, Mike Hill, the late Ernie Nagy... just to name a few.* An official ceremony is planned in conjunction with a major event in order to recognize those who have literally wrote the book and pioneered WV powerlifting. Now for the lifting. The West Virginia Division was a good test as Lee Angle put together some good lifting at 242 including some PR's. Ken Samples is truly a gentleman as he is always around to set a bench mark in the age 60 and over category in the 181 lb. class. Gary Combs from Parkersburg will definitely exceed the WV State Master's record on the BP at 198 very soon in the 40-44 age group. Gary was a great help to us at the contest. Paul Sutphin came to lift but was saddened to learn that he had not a challenge for the Master's Division... anywhere in any class... so decided to take token lifts and assisted me with the contest. I want to thank Phillip Battle of Richmond, VA as he was also a great help and a real CLASS ACT. Last and not least, I will give thanks to my father, Bob Hill as he has been a great help to me with the contests of which I have held. In the 132 lb. class for the Mountaineer Invitational, David Young of VA did a 270 BP and a 400 DL at 132. Mike Vallone of Ohio performed great at 165 even though he was frustrated with his total and declined to deadlift heavy. Sonny Kerchner of Ohio was impressive in the 198's with his 430 bench and 570 deadlift. At 220, Robert Taylor was strong with a 1675 total. At 242, Joe Bayles totalled Elite with a 1940 and was also winner in the junior age group. Bernie Arrington totalled 1850 for an impressive finish of second place while Lee Angle was third. Scott Mount totalled Elite at 275 with lifts of 810 SQ - 500 BP - and a 635 DL via 1945 total. All of Mount's lifts were easy. My friend Bob Coe of the *Westside Barbell* made a strong comeback after being seriously injured in last year's event. Bob tore his tricep at the 1999 contest and has made a remarkable comeback as he went 650-400-650 for 1700! Bob and all of the other Westside guys who train at Louie Simmon's really made this years contest again as quality lifting is mandatory at Westside. So, for those of you in West Virginia who attended, my hat is off to you. As for WESTSIDE BARBELL of Columbus, Ohio, THANK YOU, THANK YOU, AND THANK YOU again!!! I will see everyone again next year! (These results by Mike Hill).

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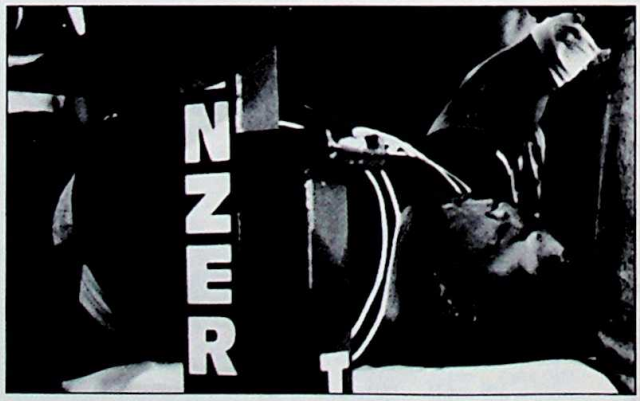

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STATE FAIR Powerlifting

Vince Soto Memorial - Ohio State Fair BP/DL
05 AUG 00 - Columbus, OH

BENCHPRESS
Teenage Women
Jackie Brown 120
Kathy Toth 135
Veronica Vaughn 120
Open Women
Ryan Mobley 190*
Ashley Owens 120
Teenage Men 13-15
Chad Warvel 210*
Andy Brennan 230
P. J. Terrill 180
Teenage Men 16-17
148
Tim Monaghan 235*
165
A. McDaniel 250*
4th 265*
198
Jimmy Steinberg 365
4th 380*
Mark Furman 350*
Dave Schmitz 340*
4th 350*
Matt Beck 260
220
Matt Burk 305
242
Tom Golden 430*
Teenage Men 18-19
Shane Gibson 380
Mike Blubaugh 310*
4th 320*
Brian Bradford 350*
Justin Wood 315
Junior Men
Jonathan Brown 390
Mike Jones 425
Steve Snyder 365
R. Hennings 365
4th 370*
J. Tompkins Jr. 340
Jason Voelkel 315
Submaster Men
Dean Wall 525
Randy Merryman 405
Jeff Ritzler 425*
Kirk Bardos 425*
4th 435*
Scott Kinemond 325
Bernard Smith 340
Master Men 40-49
Joseph Yu 360*
4th 370*
Dan Dague 500*
Kurt Hall 360
S. Welsheimer 240
Mike Garrity 250
Rick Hamsher
Master Men 50-59
Lane Clark 380
Sam Glover 305*
4th 310*
Ken Howell 230*
Master Men 60-69
Ron Bishop 270
C. Workman 250
Open Men
123
Jason Bernath 195
148
Chris Collins 385*
4th 400*
Joseph Yu 360*
4th 370*
Joe Usberghi 300
Frank Ranelli 300
Maurice Beals 300
165
Chris Vancheri 380
Jacob Williams 330
Adam Tatusko 295
181
Lane Clark 380
198
Eric Felts 390
Mike Plummer 320
Sonny Kershner
220
Scott Lewis 500
Mike Jarret 450
Jeff Ritzler 425*
Todd Readman 400*
4th 405*
242
Jerry Obradovic 600
4th 620
Todd Fellure 475
R. Hennings 365*
4th 370*
Lynn Halter 365*
275
Chad Shortland 600*
Jeff Peshek 570
Jim Hoskinson 500
4th 525*
Jim Danison
DEADLIFT
Teenage Women
Jackie Brown 300*
Veronica Vaughn 300
Ashley Owens 300
Open Women
Ryan Mobley 400
4th 410*
Teenage Men 13-15
Andy Brennan 400
P. J. Terrill 400
4th 410*
Teenage Men 16-17
Mark Furman 580*
Dave Schmitz 460*
Junior Men
J. Tompkins, Jr. 520
4th 530*
Jason Voelkel 500*
4th 510*
Steve Snyder 470
Submaster Men
Mark Wilder 515*
William Snapp 450
4th 475*
William Lee 425
Kirk Bardos 425
Master Men 40-49
Rick Hamsher 500
4th 510*
Mike Plummer 540*
Dan Dague 600
Mike Garrity 375*
Master Men 50-59
Sam Glover, Sr. 410*
4th 420*
Master Men 60-69
Paul Wilder 480
Open Men
148
Frank Ranelli 400
4th 415*
165
Jacob Williams 260
181
Brad Bishop 620*
Washington Arias 405
198
Eric Felts 600
Chad James 425
220
Mike Jarret 675
Todd Readman 585
Gino Santiago
242
Jerry Obradovic 700
Todd Fellure 630
Sam Glover, Jr. 505
4th 525
Bryon Lannon 500
275
Chad Shortland 700
ManWoman
Master
70-79
B. & L. Creech 255
80-89
R. & J. Merrell 250
2-Man Master
Creech -McNghtn 400
Man-Woman
Plummer -Mobley 850
2-Man Open
Ritzler -Readman 900
Plummer - Lee 900
Wilder - Wilder 830
Brennan - Schmitz 700

* denotes a personal record. Best Lifters (BP): Lightweight - Chris Collins; Heavyweight - Jerry Obradovic. Best Lifters (DL): Lightweight - Brad Bishop; Heavyweight - Mike Jarrett. Team Championship: Club Champions - 84; Iron Smith Gym - 58.

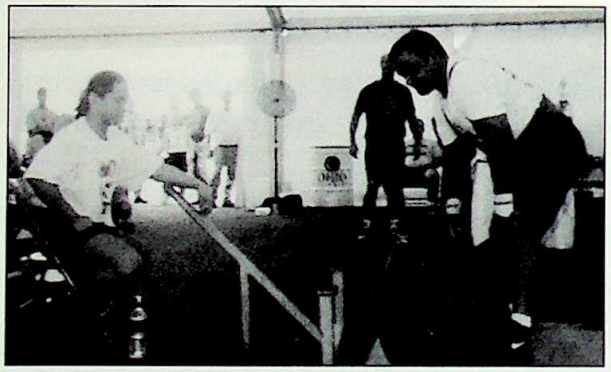
The Ohio State Fair Bench Press/Deadlift Championships were held August 5, 2000 on the fairgrounds at the Cardinal Convention Center in Columbus, Ohio. We had a fantastic turnout, with 113 entries and a day filled with great lifting and camaraderie. This year the event was dedicated to the memory of Vince Soto, who passed away on September 5, 1999 at the age of 22. Vince was a great powerlifter, usually lifting at 123, who won his class here two years ago, and served as head judge last year. Vince's love of the sport and the lives he touched will be remembered by all who knew him. In the opening ceremonies Vince's family was awarded a beautiful plaque commemorating this great competition. In the bench press event we had three women in the teenage class. Finishing in first place was Jackie Brown, who benched 120 at a 115 bwt. Second place went to Kathy Toth, who got just her opener of 135, but who weighed 140. Veronica Vaughn was third with 120, also getting just her opener in. Veronica weighed in at 170. In the open women's class, Ryan Mobley got a personal best 190, just missing a fourth with 200 for the win. Second place went to Ashley Owens, who settled with her opener of 120. All good lifters with plenty of potential! At teenage 13-15, Chad Marvel took the title with a pr 210 @ 130. Andy Brennan was second with 230 @ 146. P. J. Terrill was third with his opener of 180. The teenage men's 16-17 class was so big I divided it by weight classes so everyone could get a nice award. At 148, Tim Monaghan took the title with a personal best 235, just missing a fourth with 240. Andrew McDaniel got two prs, a 250 third and a 265 fourth attempt in his win at 165. Jimmy Steinberg took the 198's with 365, followed with a 380 pr fourth attempt. Mark Funnan was second with all new pr's, finishing with 350. In third place was Dave Schmitz with 340 and 350, both new prs for him. Matt Beck finished in fourth place with 260 @ 190. Matt Burk took the 220's, finishing with 305. Tom Golden was the biggest lifter in the division and the one who lifted the most. Tom took the 242's with a great pr 430, just missing a 450 fourth attempt. In the teenage men's 18-19 class, Shane Gibson was the big winner, finishing with 380 @ 212. A fourth attempt with a pr 400 failed just short of lockout. Second place went to Mike Blubaugh, who got two prs, a 310 third attempt and a 320 fourth. Mike weighed in at 163. Brian Bradford also got a new personal record, ending with 350 @ 211 for third place. Justin Wood was fourth with 315. We also had a big junior men's class with six lifters. Finishing first was Jonathan Brown, who benched 390 at a 181 bwt. Second place went to Mike Jones who finished with 425, though weighing in at 249. Steve Snyder was third with 365 @ 220. Ramone Hennings was fourth with 365 and a personal best 370 fourth attempt. James Tompkins, Jr. was fifth, getting 340, while Jason Voelkel finished in sixth place with his opener of 315. At submaster it was Dean Wall for the win with a big 525. Dean weighed in at 236, just missing a pr 535 on his last attempt. Randy Merryman was second with 405 @ 198. Right behind Randy was Jeff Ritzler with a personal best 425, weighing in at 218. Kirk Bardos was fourth , having a great day with two new prs, a third attempt with 425 and a fourth with 435. Scott Kinemond finished in fifth place with just his opener of 325. Bernard Smith was sixth at 340. In the master men's 40-49 age group, Joseph Yu took the title with an amazing 360 pr at a 145 bwt. Joseph followed that with a pr fourth attempt 370. Second place went to Dan Dague, who at a 262 bwt. got his first 500 bench. Dan was even close with a 525 fourth attempt. Kurt Hall was third with 360, getting all three of his attempts. In fourth place was Steve Welsheimer with 240 @ 155. Mike Garrity was fifth with 250, while Rick Hamsher failed with his opener of 320. Lane Clark came all the way from Carbondale, Illinois to take the master 50-59 class finishing with 380 @ 180 Sam Glover was second with prs at 305 and 310. Ken Howell was third with a personal best 230. In the master 60-69 class Ron Bishop came away the winner, getting all three of his lifts and finishing with 270. Charles Workman, last years winner, was runner-up with 250. In the open 123 class Jason Bernath was the winner with a strong 195. A big tough class at 148! Chris Collins came out on top with a pr 385 @ 148 for the win. A

IN MEMORY ... "Vince Soto was a team leader for World Gym of Columbus, Ohio and an elite member of the Top 100 list in two different weight categories. I, along with many others, had the privilege of his leadership, motivation, and knowledge of the sport. He was a dedicated trainer, personal friend and the man responsible for introducing me to powerlifting. Vince, for reasons no one can explain, took his own life. While many feel that such an act is selfish, he was never selfish in life. He always found time to offer the right advice, organize the team for the next meet, help with equipment, and still found time to compete and be among the very best. He also found time to judge when asked. He was only 22 years old when he died, but carried the knowledge and dedication of someone twice that age.

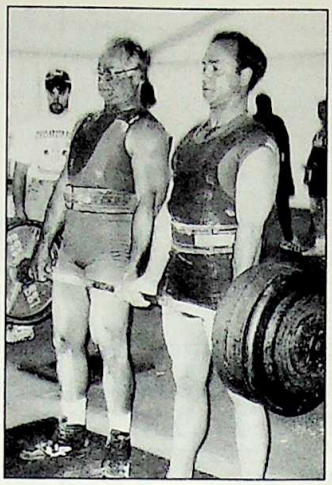
Frank Ranelli, Team leader, World Gym

Vincent Soto
March 30, 1977 to September 5, 1999

* Member of, and employed by, World Gym of Columbus, Ohio, team leader
* Certified personal trainer N.S.C.A., I.S.S.A., A.C.E.
* Top 100 list for 114 lb./52kg. In deadlift (July 1998 issue)
* Top 100 list for 123 lb./56kg in deadlift (August 1999 issue)
* Top 100 list for 123 lb./56kg in bench press (August 1999 issue)
* Member of A.P.F.
* Under his direction, team took 1st place at Ohio State Fair bench press and deadlift championships in 1998.



Vince Soto *overseeing the deadlift championship at the Ohio State Fair meet of 1999. (photograph courtesy Frank Ranelli)*

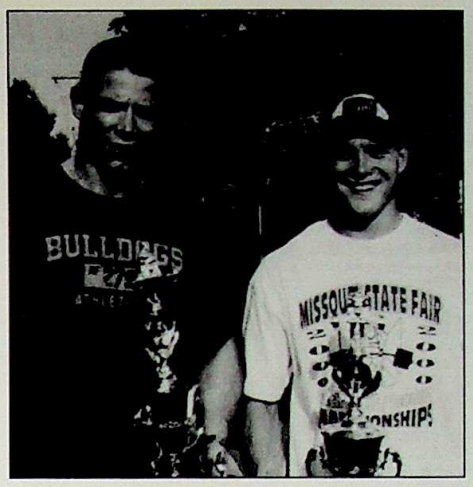


Like Father - Like Son *... Paul and Martine Wilder lock out 830 for 3rd place at the Ohio State Fair competition. (Darrell Latch photo)*

Jerry Obradovic *locks out 620 at 242 (Dr. Darrell Latch photograph)*

STATE FAIR Powerlifting

successful fourth with 400 also went; his second pr of the day! Joseph Yu was second with his 360 pr followed by a strong 370. Joe Usberghi was third with 300, winning on bodyweight over Frank Ranelli and Maurice Beals, who also got 300. Chris Vancheri won at 181 with a strong 380, just making 400 on his final attempt. Jacob Williams vas second with 330 missing 385 for the win on his last attempt. Adam Tatusko was third with 295, missing a pr with 300 for a fourth attempt. Lane Clark, winner of the master 50-59 class, also won here at 181 with a solid 380. Eric Felts looked strong at 198, taking that class with 390, coming close with a pr 405 fourth. Mike Plummer placed second at 198 with 320, while Sonny Kershner failed to get his opener in at 400. At 220 it was Scott Lewis with a big 500 opener for the win. Scott went on to try 530 and 550 for his last two attempts, falling short of lockout both times. In second place was Mike Jarrett with 450. Jeff Ritzler was third with his pr 425, followed by Todd Readman, who got all four of his attempts, ending with a personal best 405. Jerry Obradovic started with 520, missed 560 for his second attempt, got a 600 third, then nailed a strong 620 fourth attempt. Great lifting for the win at 242, Jerry! Todd Fellure only got his opener of 475, but that was good enough for second place. Ramone Hennings was third with 365 and his pr fourth of 370. Lynn Halter rounded out the field with a personal best performance of 365. At 275 it was Chad Shortland with a personal best 600 for the win. It's always great to see a lifter reach a new level of performance. Great job, Chad! Second place went to last years winner, Jeff Peshek, who struggled with his opener of 570, getting it for his second attempt, then missing 600 for his final attempt. Jim Hoskinson was third with 500, followed with a personal best 525 fourth attempt. Jim Danison struggled with 545 and 580, failing to get an opener in. Best lifters for the competition were Chris Collins, who at a 148 bwt. finished with 400 for the lightweight title, and Jerry Obradovic who got a big 620 at 242 for the heavyweight title! Moving on to the deadlift competition, the girls were up first. Taking her second title of the day was Jackie Brown, who at a 116 bwt. pulled a great 300 pr! Second place went to Veronica Vaughn, who also pulled 300, weighing in at 170. Ashley Owens pulled 300 to, missing 325 for the win. Ryan Mobley had the biggest pull of the day for the women with a fantastic 400 third attempt, followed by a personal best fourth with 410! Ryan took the open women's title. Andy Brennan won the teenage men's 13-15 age title, pulling 400 at a bodyweight of 146. P. J. Terrill was second with 400, coming back to get a 410 pr fourth attempt. P. J. weighed in at 188. Mark Furman took the 16-17 class with a big pr of 580 on his second pull. A great pull for a kid weighing only 194! Dave Schmitz was second with 460, which was also a new pr for him. James Tompkins, Jr. came back strong in the deadlift to take the junior men's class with 520. A fourth with a personal best of 530 was also good. In second place was Jason Voekel who pulled prs at 500 and a fourth with 510. Steve Snyder finished third with 370 @ 220 in a closely contested class. (Try to say that three times fast!) Mark Wilder won at submaster, finishing with a personal best 515, weighing in at only 181! William Snapp was second with 450, coming back with a 475 pr fourth at a 195 bwt. William Lee was third, finishing with 425, followed by Kirk Bardos who also pulled 425. Rick Hamsher came back strong after his disappointment in the bench to take the master 40-49 class. Rick pulled 500 on his final attempt, but then came back to get a 510 pr on a fourth attempt. Mike Plummer got a big pr with his 540 pull for second place. In third place was Dan Dague, who only got his opener of 600, after jumping to 700 on his second attempt and scratching this third. The top three were within 10 lbs. of each other by formula. Mike Garrity rounded out the field with a pr 375 for fourth place. Sam Glover, Sr. took the 50-59 class with two new prs, a 410 third and a 420 fourth attempt, weighing in at 214. Paul Wilder won the master 60-69 class with a big pull of 480, just missing a personal best 500 for his final attempt. In the open class Frank Ranelli had a great day of pulling, going 4 for 4 to finish with a personal best 415 @ 145 for the win. Jacob Williams won at 165 with his opener of 260. At 181 Brad Bishop took the win with a great 620 pr pull. Weighing in at only 178, this was 86 lbs. over triple bwt.! Brad took best lifter honors for the lighter classes. Washington Arias was second with 405. At 198 it was Eric Felts for the win, taking his second title of the day. Eric finished with a clean 600, just missing a 630 fourth attempt. Chad James was second with 425, missing 450 twice. Mike Jarrett got a really great pull with 675 weighing in at only 213. This not only gave Mike the win at 220, but also best lifter honors for the heavier lifters. Todd Readman was second with 585, weighing in at a light 202. Eric Santiago failed to get his opener of 440. Jerry Obradovic proved he was a great all around lifter by taking the 242 class in the deadlift as well as the bench with a strong 700 pull. Jerry came close with a 750 third attempt. Todd Fellure was second with a great 630 pull. Sam Glover, Jr. got all four of his attempts to finish with 525 and third place. Bryon Lannon took fourth with 500. Chad Shortland finished out the field with his win at 275, pulling a strong 700. In the two-person pulls we all had a great treat with the arrival of the Seniors from Michigan, Ben & Lori Creech, Roger & Josie Merrell and Bill McNaughton, who ranged in age from 65 to 80. Up first was the team of Ben & Lori Creech. Both in their seventies, they won the man-woman 70-79 class with 255! Roger & Josie Merrell pulled an easy 250 for the win at 80-89. Josie is 78 and Roger, a retired Methodist minister, is 80. Ben Creech then pulled with Bill McNaughton to take the 60-69 class with 400! What an inspiring bunch of kids! Mike Plummer and Ryan Mobley took the man-woman open class with a great 850 pull. In the open men's class Jeff Ritzler and Todd Readman took the title with a 900 pull at a combined bwt. of 420. Mike Plummer and William Lee were a close second also pulling 900, but weighing in at 425. Third place went to Paul and Martin Wilder who finished with 830. The team of Andy Brennan and Dave Schmitz finished in fourth place with 700 at a combined weight of 343. Team honors went to Club Champions with Iron Smith Gym taking second place. A very special thanks to my wife Susie for all her help and to Glenn Clayman, who served as head judge and did everything else during the meet. Thanks also to the Ohio State Fair Special Events crew and everyone else who helped make this event a continued success. See you all again next year! (These results by Dr. Darrell Latch).



Best Lifters in the Deadlift at the Missouri State Fair BP/DL were (left to right) Jake Bradsher, and Ryan Snelling. (Darrell Latch photograph)

Missouri State Fair BP/DL
13 AUG 00 - Sedalia, MO

BENCHPRESS		181	
master women 40-49		Brian Wood	325*
D. Withington	125	Scotty Jones	320*
Theresa Begley	125	Brian Beanland	310
submaster women		198	
Cindy Crossland	250	Dave Newman	450*
open women		Scott Marshall	410*
Jennifer Ross	130*	Jake Shull	370
Emily Bradley	120	Darren Smith	330
Sarah Davis	100*	220	
teenage men 13-15		Keith Parish	455
Nathan Gentges	255*	4th	470
Nick Lastrada	260	Stephen McGill	365
4th	270*	242	
Jason Adams	185	Ron Ogle	505
Cole May	135	Kevin Hahn	475
teenage men 16-17		Jim King	470
Brett Arney	190	Gene Beler	430
Brandon Straube	225	4th	485*
Jack Tankersley	210	275	
teenage men 18-19		Martin Lincoln	440*
Zach Cooper	365	4th	450*
Chis Lastrada	330	J. Troutman	400
junior men		308	
Nick Young	420	C. Cantwell	505
Brent Alpers	350*	police & fire	
David Dougan	315*	Elliot Smith	450
master men 40-49		DEADLIFT	
165		master women 40-49	
John Kessler	320	D. Withington	280
Roger Bridges	215	Theresa Begley	250
181		teenage men 13 -15	
Rob Furey	385	Nick Lastrada	405*
Curtis Evans	305	Nathan Gentges	355
Floyd Ouderkirk	225	Jason Adams	300
198		teenage men 16-17	
Dave Newman	450*	Brett Arney	375*
Gene Bauer	330*	Brandon Straube	425
4th	340*	teenage men 18-19	
Jim Spalding	320*	Zac Cooper	445
Curt Poling	290*	junior men	
220		Ryan Snelling	520*
Jim Braithwait		master men 40-49	
242		181	
Gene Beler	430	Rob Furey	505*
4th	485*	Curtis Evans	400*
Charlie Martin	350*	198	
308		Dave Newman	520
Ed Finnell	400	Jim Spalding	500*
master men 50-59		242	
Lonnie Kirby	375	Gene Beler	575
Tom Barth	300	Rick Ford	555
Greg Stacherski	285	181	
Bill Harris	265	Brian Wood	475*
master men 60-69		198	
Ken DeBoer	175*	Zach Alyea	540*
148		Jack Shull	425
Ryan Snelling	315*	220	
165		Jake Bradsher	670
Bruce Stevens	330	275	
John Kessler	320	Martin Lincoln	580

The Missouri State Fair Bench Press/Deadlift Championships were a great success, with seventy-four competitors and a great crowd of spectators. A special thanks to the staff of the Special Events for helping promote and set up this competition. In the bench press competition we saw the return of Debbie Withington, this time to claim the title at master women over Theresa Begley in a close one. Both women finished with 125, though Debbie weighed in at 130, seven pounds less than Theresa. Both also missed their final attempts with 135. Cindy Crossland came up from Muskogee, Oklahoma to compete and win the submaster women's class. Weighing in at a solid 155, Cindy pressed an easy 250 to arm's length, coming close with a personal best 270. In the open women's class we had three good lifters. Finishing first was Jennifer Ross, who got a pr 130 on her second attempt, just missing 135 for her final attempt. Second place went to Emily Bradley who finished with her bodyweight of 120. Sarah Davis, in her first competition, only got her opener of 100, but it was a pr for her also. Nathan Gentges took the teenage men's 13-15 class with a 255 pr at a 171 bwt. A fourth with 265 stalled just short of lockout. Nick Lastrada, last year's winner, was second with 260, followed by a 270 personal record fourth attempt. Jason Adams, weighing in the lightest of the class, finished third with 185, just missing a pr third attempt with 200. Cole Kirby was fourth, getting just his opener to match his bodyweight of 135. Brett Arney took the 16-17 class with 190, weighing in at 131. Brett missed his final attempt with 200, which would have been a new pr for him. Brandon Straube also missed his final lift to settle with 225 and second place. Jack Tankersley was third, making just his opener of 210. Zach Cooper, a great young competitor, got a great 365, weighing just 178 for the 18-19 year old title. Zach even came close with a 375 pr third attempt, stopping just short of lockout. Chris Lastrada moved up a notch from last year to finish second with 330. Nick's a big boy, tipping the scales at 263. How'd you like to feed that kid?! Nick Young, fresh off his ANPPC World Cup win, took the junior men's class with little trouble and an easy 420. Nick, who just turned twenty, weighed in at 181, and could have just as easily taken the open class as well. Brent Alpers finished second and did well for his first competition with a 350 pr lift. David Dougan was third with 315, a personal best for him also. John Kessler successfully defended his title at master 40-49 in the 165 lb. class. John finished with 320 to Roger Bisqes' 215. This was Roger's first competition where he only got his opener. At 181 Rob Furey gained his first State Fair title with an easy 385. Rob tried a 400 pr twice, both times just short of lockout. Second at 181 was Curtis Evans with an easy 305, though a final with 325 was a little too much on this day. Floyd Ouderkirk finished third in his first competition with 225. Dave Newman came all the way from Springfield, Illinois to take the 198 class, finishing with a personal record 450. Gene Bauer was second with a 330 third and 340 pr fourth attempt. This was Gene's first meet. Jim Spalding also got a pr with 320, also competing for the first time, to finish third. Rounding out the field was Curt Poling with 290, making it unanimous, all 198 lifters got new pr's on the day! At 220, Jim Braithwait failed to get his opener of 360 in. Moving to the 242 class, Gene Beler had some problems with his bench shirt, struggling to get his 430 opener. Frustrated, Gene took off his shirt to get an easy 485 fourth attempt. Second at 242 was Charlie Martin with a pr third attempt of 350. The last lifter in this big master 40-49 class was 308 winner Ed Finnell. Weighing in at 282, Ed got an easy 400, just missing a 420 pr for his final attempt. The "Great One" takes another title! Lonnie Kirby weighed in at a trim 224 to finish with an easy 375 for the win at master 50-59. Lonnie tried a third with 400, but was just about ten pounds too much on this day. (Never forget rule no. 1). Second at 50-59 was Tom Barth. Tom was another first timer, but finished with a personal best 300 @ 194. Greg Stacherski, along with his eagerly cheering wife, finished with 285 for third. Finishing in fourth place was Bill Harris with 265, getting all three of his lifts with ease. In the master 60-69 class Ken DeBoer took the win with a 175 pr lift. This was Ken's first competition and he did well. In the open class it was Ryan Snelling for the win at 148. Ryan finished with a personal best 315. At 165 Bruce Stevens was the winner over master champ John Kessler, 330 to 320. Bruce came close with a pr 350 third attempt, while John dropped out at 330. Brian Wood had a good day at 181, ending with a pr 325 for the win. Brian returned as last year's champion at 181. Second place went to Scotty Jones, who finished with a pr 320. Bryan Beanland was third with 310. Dave Newman, master champion at 198, also won here in the open class with his 450 pr lift. Second at 198 was Scott Marshall with 410. This was Scott's first competition and his 410 was a new pr for him. Jack Shull was third with 370, while Derran Smith finished fourth a 330 opener. Keith Parrish had a good day at 220, getting a 455 second attempt, missing 470 for his third, then coming back and getting that same weight with ease for a fourth. Stephen McGill was runner - up with 365, coming close with a pr third attempt of 365. Weighing in at 237, Ron Ogle got a big 505 on his second attempt for the win at 242. Ron's lift also gave him best lifter honors for the heavier classes. Kevin Hahn, who is flirting with 500, finished with 475 after missing that weight for his final attempt to finish second. Another big lifter, Jim King, got a pr 470 with room to spare. Finishing fourth was Gene Beler with 430, though he did get 485 for a fourth. Martin Lincoln, Jr. got four near - perfect lifts in, the last three prs, to finish with 450 and the title at 275. Jeremiah Troutman was second with 400, a personal record for him also. Christian Cantwell, the heaviest lifter of the meet, also matched the heaviest weight lifted, 505 to win the 308 title. Our last bencher, Elliot Smith, weighed in at 181, lifted in the police & fire division to finish with 450, the win and best lifter honors for the lighter lifters. In the deadlift competition Debbie Withington continued her winning ways with a victory in the master women's class with a strong 280, weighing in at 130. Debbie came close with a pr 300 on her final attempt. Second place in the master women's class went to Theresa Begley, who finished with 250. Nick Lastrada took the teenage men's 13-15 age group, pulling a personal best 405 for the win. Second place went to Nathan Gentges who finished with 355. Jason Adams was third with 300, weighing in at only 132. Brett Arney won the 16-17 class with a great pull of 375, at a 131 bwt. Brett's lift was a personal best for him. Brandon Straube was second with 425 @ 187. Zac Cooper won his second tale in the 18-19 class with a great 445 pull. This guy just won't stop; he just pulls his heart out! Ryan Snelling got a personal best 520, getting all three of his attempts in style, all at a 147 bwt. That's 79 lbs. over triple bwt.! Ryan was awarded best lifter in the lighter classes. In the master's class we had six lifters in the 40-49 age group, so we divided them by weight classes. At 181 Rob Furey was the winner with a great 505 personal record pull. Second place went to Curtis Evans, who finished with a personal best 400. Dave Newman won his third title of the day with his win at 198. Dave pulled a solid 520 for the win, with plenty to spare. Jim Spalding was second with 500, a personal best for him. At 242 there was a battle going on, with Gene Beler taking the win with 575. Gene had missed that same weight for his second pull, but came back successfully for his third. Second place went to Rick Ford, who finished with 555. Brian Wood got a pr at 181 with 475 for his win there. At 198 it was Zach Alyea with a personal best 540 on his final pull for the win. Jack Shull was second with 425. Up next was the big gun, Jack Bradsher. Jake opened with an easy 640, then moved to an equally solid 670. A third attempt with a personal best of 730 came up to the knees as the crowd went wild, but failed to lockout. Jake won best lifter honors for the heavier classes. Martin

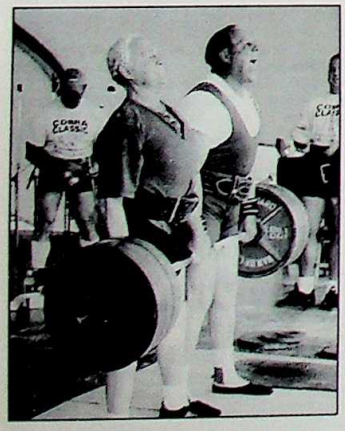
Lincoln took the 275 title, unopposed, with a strong 580. Thanks to my wife Susie and son Joey for their help. Also a very special thanks to Charles Kelley, Chris Lastrada, Jeremiah Troutman and especially to Martin Lincoln, Sr. for all their help spotting and loading. See you all next year! (Thanks to Dr. Darrell Latch for these results).

Indiana State Fair BP/DL
19 AUG 00 - Indianapolis, IN

BENCH PRESS	
open women	
Lynn Tompkins	135*
teenage men 16-17	
Cody Martin	340
Matt Burk	310
teenage men 18-19	
Justin Tomich	360
4th	375*
Josh Hiles	320*
Darren Collins	185
Mike Jesse	460*
Ross Aton	450*
4th	470*
Rich Wehrman	385
Nick Abel	400*
Nick Harris	365*
Matt Ritter	315*
4th	325*
submaster men	
G. Lealiifano	540
master men 40-44	
Jeff Cardinal	350
M. Wigglesworth	360*
Brett Kramer	340*
4th	350*
master men 45-49	
K. Hutchinson	500*
Jeff Fidler	435*
master men 50-59	
Ted Striverson	510
W. Smallwood	350*
Ron Cuny	325
master men 70-79	
Allen Glass	250
police & fire	
Bill Ardery	280
132	
Dan Prince	240
148	
Ephraim Shields	345
Rendell Miller	280
165	
Joe McGowen	320*
Shawn Cook	300
Micah Hiles	290
181	
Ron Palmer	390*
David Brock	345*
Steve Watts	340
198	
Marty Mills	445*
4th	455*
220	
Danny Brock	405
Shawn Jacks	350*
Clint VanTress	
Aaron Dashiell	
242	
George Lealiifano	540
Mike Murphy	480
Derrick Clore	470*
Terry Mansfield	460
Mark Wynn	340
275	
Jim Hoskinson	520
Dave Williams	460*
308	
Jason Orick	515
shw	
Dave Callaway	540
4th	550
Chad Berryman	490
DEADLIFT	
teenage women	
Renee Brown	210*
submaster women	
Shaunna Duncan	235*
teenage 16-17	
Ben Aaron	390*
Kris Robbins	440
Brian Burns	380
teenage men 18-19	
Justin Tomich	460*
master men 40-44	
Steve Retherford	400
master men 45-49	
Mike Boyer	500
Robert McElroy	300
master men 70-79	
Harry Landers	365
police & fire	
Bill Ardery	500*
148	
Rendell Miller	435*
Ephraim Shields	430*
181	
Ron Palmer	550*
198	
Leo Kemna	600
Keith Warren	570*
Steve Mendel	555*
220	
Aaron Dashiell	545*
4th	555*
242	
Mike Matson	555
Mike Jesse	550
308	
Ross Aton	670*
Hank Carson	605
Jason Orick	600
2-man	
master	
Landers/Glass	650
open	
Palmer/Walton	1000
Weiss/Archer	865

* personal record. BP Best Lifters: Lightweight: Ephraim Shields; Heavyweight: George Lealiifano. DL Best Lifters: Lightweight: Ron Palmer; Heavyweight: Leo Kemna. The Indiana State Fair Bench Press/Deadlift Championships were held at the Fairgrounds in Indianapolis on August 19, 2000. With about seventy-five entries and a large, enthusiastic crowd, the competition ran smoothly, with a lot of great lifting. Thanks to Keely and the Special Events staff for all their assistance in making this event a continued success. In the bench press competition Lynn Tompkins took the open women's class with a strong personal best 135. A third attempt with 150 failed at lockout. In the teenage men's 16-17 class Cody Martin finished ahead of Matt Burk 340 to 310. Cody weighed in at 205, missing his final attempt with 360, while Matt, who weighed in just one pound less, got all three of his attempts. Justin Tomich won the teenage men's 18-19 class, with a strong 360, but followed that with a personal best fourth attempt with 375. Josh Hiles was second with a personal best 320, while Darren Collins was third with 185. In the junior men's division Mike Jesse was the big winner in a big class of six lifters. Weighing in at 242, Mike finished the day with a personal best 460. Ross Aton was second, getting a third attempt with 450 and a fourth with 470. Both of these were pr's for the 286 lb. lifter. Rich Wehrman was third with 385, while Nick Abel was fourth with a personal best 400. Nick Harris also got a new pr with his 365 and fifth place finish. Matt Ritter rounded out the field with all new personal records in his first competition, finishing with 325. The biggest lift of the day came from George Lealiifano, who once again captured the submaster, open 242 and best lifter awards for the heavier classes. George finished with 540, just missing a personal best 560 third attempt. Jeff Cardinal took the master 40-44 class with a strong 350 @ 203. Second place went to Mike Wigglesworth, who finished with a pr 360, competing at a 242 bwt. Third place went to Brett Kramer, who got three new prs to finish with a 350 fourth attempt. At 45-49 it was Kevin Hutchinson with some big numbers, ending with a great 500 third attempt. Weighing in at 256, Kevin just missed a fourth with 510. Jeff Fidler was second with 435, just missing 450, but another pr for Jeff. Big Ted Striverson looked strong, as usual, making all of his attempts with ease, to finish with 510 and take the master 50-59 class. Wayne Smallwood was second with a personal best 350. Ron Cuny was third with 325. The eternally youthful Allen Glass, at the age of seventy-two, continues to amase everyone, as he once again wins his class with three perfect lifts, finishing with 250. Allen is an inspiration to us all. Bill Ardery took the police & fire division with 280, just missing a personal record of 305 for his final attempt. Dan Prince continues to dominate the 132's, here winning with a solid 240 at a 126 bwt. Ephraim Shields got a big lift at 148, nailing 345, though coming really close with a pr 360. Weighing at the top of the class, Ephraim captured the best lifter title for the lighter classes. Second place at 148 went to Rendell Miller, who finished with 280. In his first competition, Joe McGowan had a perfect day of lifting, finishing with a personal best 320 for the win at 165. Shawn Cook was second with 300, weighing in at 154. Third place went to Micah Hiles who finished with a pr 290. Ron Palmer showed plenty of raw strength while capturing the 181's, ending up with a personal record of 390, all at a 172 bwt. David Brock also got a new pr with his 345 opener for second place. Steve Watts was third with 340. Marty Mills had a great day with his win at 198, posting a 445, followed by a 455 pr fourth attempt. Danny Brock only got his opener of 405, but that was good enough for the title at 220. Shawn Jacks also only got his opener of 350 for second. There must have been something about this class, because between the four competitors only two attempts were made. Clint VanTress failed to get his opener of 410, due to a minor back injury, and Aaron Dashiell missed his opener with 330. Finishing second to George Lealiifano at 242 was Mike Murphy with a big 480, just missing a pr 500 for his final attempt. Derrick Clore, lifting in his first competition, got new personal records with each lift, finishing with 470 for third. Terry Mansfield was fourth with 460 and Mark Wynn fifth at 340. Big Jim Hoskinson took the 275 lb. class with a big 520, missing only his final attempt with a personal best 540. Dave Williams was second with 460, a new personal record for him. Another great lifter, Jason Orick, was alone at 308, but that didn't stop him from going an easy 515, coming close with a pr 550. Dave Callaway went 4 for 4 at shw, finishing with the heaviest lift of the day, 550, for the win there. Chad Berryman was second with his opener of 490, missing 520 twice. In the deadlift competition Renee Brown did well in her first competition, finishing with a personal record 210 to take the teenage women's class. Shawnna Duncan also won her first competition, lifting in the submaster women's class, ending up with a 235 pr. Ben Martin took the teenage men's 16-17 age group, pulling a personal best 390 at a 140 bwt. Second place went to Kris Robbins, who pulled 440 @ 181. Brian Burns was third with 380, pulling at a 164 bwt. Justin Tomich took the 18-19 class with a personal best 460 @ 210. Steve Retherford won the master 40-44 class with 400. The forty - one year old weighed in at 150. Mike Boyer took the master 45-49 class with 500, missing a 550 fourth attempt. Second place went to Robert McElroy who finished with 300 in his first competition. Seventy year old Harry Landers showed the youngsters what deadlifting was all about, taking his class with a strong 365, weighing in at a 185 bwt. Harry, who has practiced martials arts for years, can still do side leg splits! Bill Ardey got a new pr with his win at police & fire, pulling 500 for the first time ever, weighing in at 183. It was a close one at 148, both lifters weighing the same and both posting new personal records for the class. Rendell Miller came out on top with 435 to Ephraim Shields 430. A good day of lifting for both! At 181 it was Ron Palmer with a strong 550 personal record, coming in at 172. That's more than thirty pounds over triple bodyweight! Naturally, Ron received best lifter honors for the lighter classes. Leo Kemna pulled a big 600 for the win at 198 and best lifter for the heavier classes. Leo's victory made it even more of special day, having his father present to watch him lift. Second place went to Keith Warren, who continues to improve with each new competition. Keith pulled a pr 570, even coming close with a 600 fourth. Battling with Keith for second was Steve Mendel, another potentially great puller, who finished with a personal best 555, just missing the lockout with 575 to overtake Keith. Aaron Dashiell had a great day with two new prs on his third and fourth attempts at 545 and 555 for the win at 220. At 242 it was Mike Matson over Mike Jesse 555 to 550. Both tried and failed, with 600 for the win. Ross Aton pulled the "big one" at 670 for the win in the 308 class. This was a personal best for Ross, who only weighed in at 286. Hank Carson was second at 308 with 605 just missing the lock out with a pr 625. In third place was Jason Orick with an easy 600. In the team pull, master lifters Harry Landers and Allen Glass pulled 650 to take their class. With a combined age of 142(!) these boys have a lot of experience behind them! Ron Palmer and E. J. Walton won the open team competition with a big 1000 pull at a 332 1b. combined bwt! Second place went to Larry Weiss and Jeff Archer, who finished with 865. In the team competition Pottsy's Underdogs took the title with team members Bill Ardery, Leo Kemna, Mike Boyer, Ross Aton, Mike Jesse and Brian Bums. Thanks to my wife Susie and son Joey for their help and to the lifters and others who helped with the competition. (Thanks to Dr. Darrell Latch for providing results).

Best Lifter in the DL at the Indiana State Fair meet, ***Leo Kemna, with his father.*** *(Darrell Latch photo)*



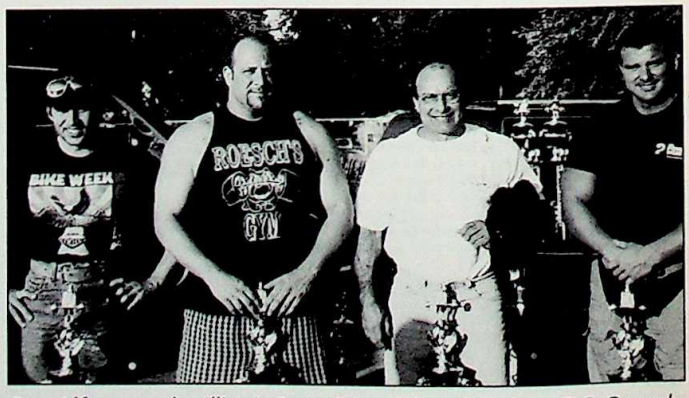
Harry Landers (70) and Allen Glass (72) *lock out 650 at the Indiana State Fair BP/DL (photo provided by Dr. Darrell Latch)*

STATE FAIR Powerlifting

Illinois State Fair BP/DL
20 AUG 00 - Springfield, IL

BENCH PRESS	
open women	
Miranda Scott	200*
teenage men 16-17	
Jerry Amsbury	215*
Matt Yarnell	285*
Antony Ramirez	190
Wes Kauffman	210
Mark Rose	485*
Harley Sharp	360*
4th	375*
master men 40-44	
Dave Newman	465*
Gene Beler	485
4th	500*
Tom West	375
Mark Aydt	410*
4th	425*
James Amsbury	305*
master men 45-49	
Randy Egli	450
Eddie Poole	410
master men 50-59	
Jerry VVood	425
4th	430*
Scott Craig	385
4th	405*
submaster men	
Ron Walsh	580
148	
Nick Clatfelter	275*
4th	290*
Matthew Allen	160*
Jason Carson	420
Scott Craig	385
4th	405*
W. Anderson	345
Mike Pacha	315
Bill Kalin	200
181	
Tom West	375
Paul LeJeune	315*
198	
Dave Newman	465*
James Hall	455
Bryan Tribble	300*
220	
Bill Carpenter	615*
4th	630*
Luis Martinez	415*
Doug Trier	385
Craig Hardwick	295*
242	
Gene Beler	485
4th	500*
Steve Parkhurst	460*
Todd Rohrs	420
Brandon Taylor	410*
Brian Smith	300
275	
Jake Faulkner	
shw	
Robert Perrine	435*
4th	450*
DEADLIFT	
teenage men 13-15	
Rick Gregory	350*
teenage men 16-17	
Wes Kauffman	365*
4th	390*
Matt Yarnell	370*
4th	400*
junior men	
Greg Burge	330*
submaster men	
Andy Look	505*
master men 40-44	
Dave Newman	550*
Gene Beler	575
Bruce Johnson	470
master men 45-49	
Randy Egli	550
master men 60-69	
John Bressner	400*
4th	425*
148	
Mike Rollings	455*
165	
Edward Bridges	520
John Whalen	460*
Bill Kalin	405*
181	
Joe Malek	450
198	
Dave Newman	550*
Bryan Tribble	455*
4th	505*
220	
Tom Oberle	555*
Doug Trier	550*
4th	560*
242	
T. C. Roesch	700
Steve Parkhurst	665*
Sean Rea	665
Todd Rohrs	650
Brian Smith	550*
man-woman	
R./J.Merrell	270*
2-man	
Irwin/ Harlow	1205*
Bridges/Obede	750

* personal record. Best Lifters (BP) - Lightweight: Randy Egli; Heavyweight: Bill Carpenter. Best Lifters (DL) - Lightweight: Edward Bridges; Heavyweight: T.C. Roesch. Team champions: Rosech's Gym, Muscle Corporation. The Illinois State Fair Bench Press/Deadlift Championships were held August 20, 2000 at the Fairgrounds in Springfield, Illinois. A special thanks to Sandy Myers and her Special Events staff for all their help once again. With about seventy - five competitors, this was the biggest turnout we have had since resuming the competition at the fair three years ago. Absent were some of the old standbys, such as Doug Pool, Brent Uhlig and Tom Denton, but we did have several new lifters, which is always good to see.



Best Lifters *at the Illinois State Fair - Edward Bridges, T.C. Roesch, Randy Egli, Bill Carpenter. (Photograph provided by Darrell Latch).*

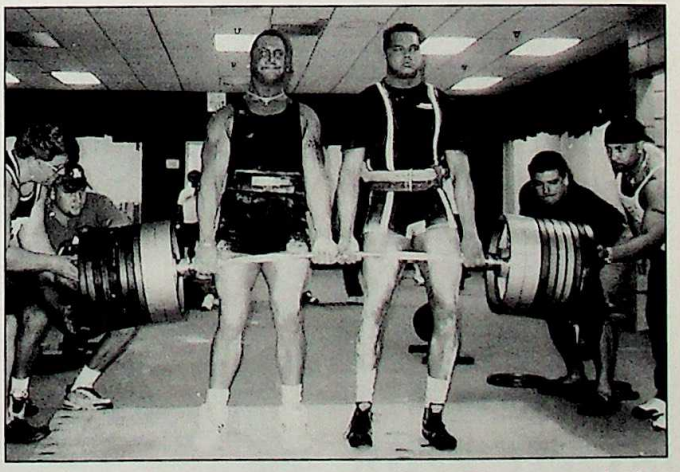
Hope to have those "old pros" back again next year. In the bench press competition first-time competitor Miranda Scott took the open women's class with a strong 200, just missing a pr 215 on her last pull. In the teenage men's 16-17 age group Jerry Amsbury came all the way up from Southern Illinois to claim the title. At a 135 bwt. Jerry finished with a personal best 215. Second place went to Matt Yarnell with 285 at a bodyweight of 191. Anthony Ramirez was third with 190 @ 132 and Wes Kauffman fourth with 210 at a 172 lb. bodyweight. In the junior men's class Mark Rose came in strong to finish with a personal best 485. Weighing in at 275, Mark came close with 500, just short of lockout. Harley Sharp was second with two new pr's, a third attempt with 360 and a fourth with 375. Harley weighed in at 198. Ron Walsh was looking for a big lift, after slimming back down to the 220 lb. class, but couldn't quite find the groove on this day. Ron, looking fit and stronger than ever, could only manage his opener of 580, weighing in at 217. At master 40-44, Dave Newman came in stronger than ever to finish with 465, a new personal record for him. At a 192 bwt. Dave easily took the class. Second place went to team member Gene Beler, who had a great day, finishing with a pr 485 then calling for a 500 fourth attempt. Just like clock work Gene got down on the bench and did the lift. Another 500 bencher! Third place went to Tom West with 375 @ 177, and fourth place to Mark Aydt, who had a great day, with pr's on his third (410) and fourth (425) attempts. In fifth place was James Amsbury, who is coming back from carpal tunnel surgery, but who got a new personal record with 305 at a 150 lb. bodyweight. At 45-49 it was all Randy Egli, getting all three of his attempts with ease to finish at 450 and the title. Weighing in at just 181, Randy's lift also gave him best lifter honors for the lightweight competitors. Eddie Poole was second at 45-49, getting just his opener of 410. Jerry Wood took the master 50-59 age group, retaining his title from last year, with 425, followed by a pr 430 fourth attempt. Jerry, who has come back from heart problems, continues to be one of the very best benchers in the world in his weight (181) and age class. Scott Craig was second at 50-59 with a strong 385 and 405 pr fourth. In the open classes, Nick Clatfelter looked strong in his win at 148, getting his third attempt with at personal best 275. Nick then called for and got a fourth with 290, and at a 145 bwt. This gave him a great double bodyweight lift! Second place went to Matthew Allen, who finished his first competition with a 160 pr. At 165 it was Jason Carson with 420 for the win. Second place went to Scott Craig with his great 385/405 effort. Not bad for a man in his mid-fifties! William Anderson was third with 345, another good lifter! Mike Pacha was fourth, getting just his opener of 315, after missing 355 twice. In fifth place was Bill Kalin, who settled with 200, after having problems with his opener. Tom West captured the 181 class with that strong 375 over Paul LeJeune's 315 effort. It was Paul's first competition and he did well, getting two new personal records in the process. Dave Newman took the 198s along with his win at master 40-44, with his big 465 pr. Second place went to James Hall, who continues to get stronger, finishing here with 455. A fourth with a pr 475 came just short of lockout. Bryan Tribble, lifting in his first competition, was third with 300. Up next was the star of the show, Bill Carpenter. With a bodybuilder's physique and weighing in at the 220 lb. limit, Bill simply destroyed the weight. With each lift seeming lighter than the last, he went from 575 to 600 to 615 and finally to 630, the last two being new pr's for Bill! With perfect form and lifts which would pass anywhere, Bill took both the class and best lifter awards for the heavyweight classes. Second at 220 was Luis Martinez, who finished with a personal best 415. Doug Trier was third with 385 and Craig Harwick fourth, finishing with a personal best 295. We had a big class at 242 with five strong lifters. After the smoke had settled, Gene Beler came out on top with 485/500 pr's for the win. Second place went to Steve Parkhurst, who finished with a strong 460 pr. Todd Rohrs was third with an easy 420, just missing a pr 450 third attempt. Brandon Taylor got a new pr with 410 for fourth place and fifth went to Brian Smith with 300. At 275 Jake Faulkner had some major problems with his shirt and failed to get his opener of 465. At shw Robert Perrine had a good day getting a pr on both his third (435) and fourth (450) attempts. Robert was good for at least twenty more pounds. In the deadlift competition fourteen year old Rick Gregory pulled a great 350 pr at a 145 bwt. for the win at 13-15. In the 16-17 age group Wes Kauffman was the winner with a 365 pr third attempt, followed by a 390 pr fourth. A great pull for a 172 lb. teenager! Second place went to Matt Yarnell, who also got a pair of prs at 370, and 400 on a fourth attempt. Greg Burge took the junior men's class with a strong 330 pr. weighing at a 130 bwt. In the submaster competition, a slimmed down Andy Look pulled a great 505 pr to lockout at a bwt of 190. Dave Newman continued his winning ways with another personal record, this time in the master 40-44 deadlift competition. Dave took the class with a strong 550 pull at a 192 bwt. over Gene Beler, who finished with 575, weighing in at 242. Third place went to Bruce Johnson who finished with 470, weighing in at 172. Randy Egli took the master 45-49 class with an easy 550, then putted a bicep tendon on his final attempt with a pr 575. We all hope Randy heals quickly. The master 60-69 class hailed the return to competition sixty-two year old John Bressner. John is now lifting better than ever, as is evident with the three prs he set, 380, 400, and 425 on his fourth attempt. All this at a trim 176! Good to have you back, John! In the open class Mike Rollings pulled a big 455 pr in his win of the 148 lb. class. At 165 it was best lightweight lifter Edward Bridges with 520 @ 160. That's forty pounds over triple bodyweight! Second at 165 was John Whalen who pulled a personal best 460. John is a very accomplished drug free bodybuilder, having won both national and world level competitions. But we might just about have won him over! Bill Kalin was third, finishing the day with a personal record of 405. Joe Malek took the 181s unopposed with his easy opener of 450. Dave Newman won his fourth title of the day with his win at 198, wile Bryan Tribble was second with personal marks of 455 and a fourth attempt with 505. There was quite a battle at 220 between Tom Oberie and Doug Trier, with Tom taking the title by five pounds, pulling a pr 555 to Doug's 550. Doug did come back and pull a new pr also, this time with 560. T. C. Roesch was the big puller of the day at 242, finishing with a strong 700 pull. (The boy had 720 in him). At a 240 bwt. this earned T. C. best lifter honors for the heavy lifters. Steve Parkhurst finished second with a new personal best of 665, just missing 700 on a fourth attempt. Sean Rea is another great puller who finished here with a strong 665, just missing the lockout with a pr 705. Any one of these three are capable of a 700 pull. Another one who will be close to 700 before you know it is Todd Rohrs, who finished in fourth place with 600. A third with a pr 630 should have gone; just a little out of the groove. Brian Smith was fifth with a pr 550. In the man and woman pull Roger and Josie Merrell came down from Michigan to win that title with a personal best 270 pull. That might not seem like a lot of weight to pull, but you must remember, Josie is seventy-eight and Roger is eighty years of age! Now if that's not impressive! Good to have you both there! In the two-man, Mike Irwin and Ron Harlow came just for this pull. With a combined weight of 275, this team locked out a massive 1205 pr for the win over the team of Eddie Bridges and Tom Oberle. Eddie and Tom opened with 750, but couldn't quite lock out 1000 on their second attempt. In the team competition Roesch's Gym came away the winner with Muscle Corporation a close second. I would like to take this opportunity to express my appreciation to T. C. Roesch and Dave Newman, who brought the two teams represented in the competition. Each brought ten lifters to the competition, several of them new competitors, and we all know how hard it is to help your team members and compete. I hope their team members appreciate all their help because we want T. C. and Dave to know how much it means to us. Thanks to everyone who helped with the competition, especially Butch and Anne Davis, my wife Susie and son Joey. See you all next year! (Thanks to Dr. Darrell Latch for providing results).

STATE FAIR Powerlifting

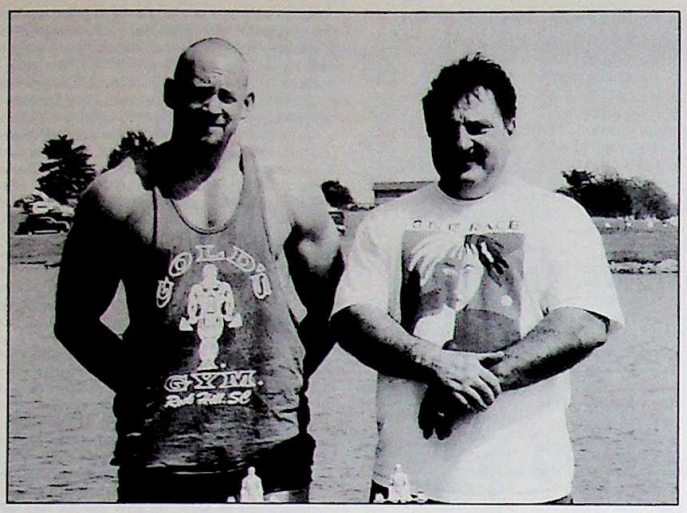
Kentucky State Fair BP/DL
26 AUG 00 - Louisville, KY

BENCH PRESS		Frances Baker	255*
master women 50-54		4th	265*
Gayle Paff	65	master women 50-54	
open women		Gayle Paff	160
Agnes Kulmer	115*	open women	
teenage men 13-15		Diana Grieco	245*
Joshua Barnes	135	teenage men 13-15	
teenage men 16-17		Joshua Barnes	260*
Chuck Hires	215*	4th	300*
4th	225*	teenage men 16-17	
Justin Robertson	215	Chuck Hires	330
P. J. Paff	240	4th	350*
4th	255*	Justin Robertson	275
teenage men 18-19		teenage men 18-19	
R. Lesshaftt	215	Smitty Lancaster	345
Kyle Snider	225	R. Lesshafft	300*
junior men		junior men	
Brandon Rose	375	Brandon Rose	425
Josh Stone	335	submaster men	
submaster men		David Anguish	670
David Anguish	425	Bruce Thomas	550*
Jeg Parks	415	master men 40-49	
Bruce Thomas	300	Mike Plummer	520
master men 40-49		4th	545*
Haywood Lee	300	Haywood Lee	350
Charles Sprinkles	320	master men 50-59	
Mike Plummer	320	Jim Snodgrass	450
master men 50-59		Butch Adams	450
W. Smallwood	365*	165	
Butch Adams	370	Lewis Oliveros	410*
165		4th	430*
Troy Tingle	405	181	
Chris Winnecke	280	Jay Sikes	350
Lewis Oliveros	250	198	
181		Bruce Thomas	550*
Steve Watts	350	220	
198		David Anguish	670
Dewayne Nealy	585*	242	
T. Thompson	335	Bryon Kelley	425
Bruce Thomas	300	275	
242		Kris Magnusen	600
Keith Conrad	460*	Randy Richey	500
Jack Jesse	405	308	
275		Brian King	625*
Dave Woods	475	4th	645*
Kris Magnusen	450	2-woman	
Kyle Onan	405	Cockrill/Shea	475*
DEADLIFT		2-man	
submaster women		Woods/Magnusen	1165*

The Kentucky State Fair Bench Press/Deadlift Championships were held in Louisville, Kentucky on August 26, 2000 at Glen's Gym. Many thanks to owner Glen McMullen for being a gracious host once again. Thanks also to all the lifters who helped out with the competition. In the bench press competition Gayle Paff took the master women's 50-54 age class, finishing with 65, making all three of her attempts. Agnes Kulmer took the open women's class with 115, getting just her opener. This was Agnes's first competition. At teenage men 13-15, Joshua Barnes finished with 135 for the win. This was Joshua's first competition also, where he came close with a pr 145 three times. Chuck Hires got two new pr's with third and fourth attempts at 215 and 225 for the win at teenage 16-17. Second place went to Justin Robertson with 215 @ 184. P. J. Paff was third with a strong 240, followed by an even stronger 255 pr fourth attempt. It was a close one at 18-19, where Raymond Lesshaftt edged out Kyle Snider 215 to 225. Raymond weighed in at just 139 to Kyle's 155. In the junior division, Brandon Rose came out on top, winning with just his opener of 375 @ 182. Second place went to Josh Stone who finished with 335 @ 196. David Anguish retained his submaster title from last year's competition, finishing with a strong 425. Second place went to Jeff Parks, who finished with 415, just missing a lockout with 420 for his final attempt. Bruce Thomas was third with his opener of 300. At master 40-49 Haywood Lee took the title, locking out 300 at a bodyweight of only 146. Haywood had missed that weight on his second attempt, but came back strong for his third. Second place went to Charles Sprinkles who finished with 320 @ 193. Mike Plummer also finished with 320, but at a 194 bwt. for third place. Mike did come close with a pr 335 for his final attempt, At 50-59 Wayne Smallwood got a new pr in his win with 365. Wayne weighed in at 190. Not a bad lift for a man who will turn sixty in January! Second place went to Butch Adams, who finished with 370. A fourth attempt with a pr 405 failed to lockout. In the open division, Troy Tingle took the 165's with a great 405. Even though Troy failed with 425 on his second and third attempts, his efforts were still good enough for best lifter honors for the lightweight division. Second place at 165 went to Chris Winnecke with 280, which matched his previous best. Lewis Oliveros was third with 250, after struggling with his opener. Steve Watts took the 181's with a strong showing, finishing with 350 at a 174 bwt; a double-bodyweight lift! Big, thick Dewayne Nealy had to settle with a personal best 585 after the bar was misloaded for 600. But he just took it in stride, knowing he has 600 in him. Dewayne took the 198 class as well as best lifter for the heavier classes. Second at 198 was Trapper Thompson with 335, getting just his opener. Bruce Thomas was third with 300, after missing his last two attempts with 325. Keith Conrad had a great day of lifting in his first competition to finish with a pr 460 and the win at 242. Jack Jesse was second with 405, just missing a fourth with 425. Dave Woods took the 275's with his opener of 475 over Chris Magnusen, who finished with 450, and Kyle Onan with 405. Dave came close with 500, Chris missed 475 twice and Kyle had to come back on his third to get his 405. Tough lifters! In the deadlift competition Frances Baker took the submaster women's class in style. In her first competition Frances pulled 255 on her third attempt and a great 265 fourth. Gayle Paff got 160 for the win at master 50-54, just missing a personal best 175 for her final pull. Another first - time competitor, Diana Grieco, took the open division with a pr 245. A final attempt with 255 failed to lockout. Joshua Barnes got his pr with a strong 260 pull to win the teenage 13-15 class, then went on to pull 300 for a fourth, all at a 147 bwt. Chuck Hires took the 16-17 age group with 330 followed by a pr 350 fourth attempt. Chuck weighed in at 165. Second place at 16-17 went to Justin Robertson who finished with 275. Smitty Lancaster won at 18-19 on his opener alone, pulling 345 @ 146. Raymond Lesshaftt was second with a personal best 300, weighing in at just 139. Brandon Rose won his second junior men's title of the day with his strong 425 pull. David Anguish also took his second submaster title with a big 670 pull. David also captured the open 220 title along with best lifter for the heavier classes. David, who owns Showtime Gym in Henderson, Kentucky, is not only a multi-national and world champion, he has also trained many champions as well, as is evident by the large team he always brings to the competitions. Bruce Thomas took second in the submaster class with a great pr pull of 550. Bruce also captured the 198 open title with his efforts. Mike Plummer avenged his loss in the bench to Haywood Lee with a 520 pull for the win at master 40-49. Mike then came back to pull a personal record 545 fourth attempt. Haywood finished with 350 at a 146 bwt. for second. In the master 50-59 class Jim Snodgrass came up from Dallas, Texas for the win with a great pull of 450. Butch Adams also pulled 450 though he out - weighed Jim by almost eighty pounds. In the open division Lewis Oliveros came back strong from his disappointing bench to pull two new personal records at 165. Lewis locked out cleanly a 410 third and a great 430 fourth attempt pull for the win and best lifter honors for the light weight lifters. Jay Sikes finished the day with 350 to take the 181 class. Jay had missed that weight on his second attempt before coming back on his third. Bryan Kelley took top honors at 242 with 425. A fourth with 440 was a little too much on this day. Kris Magnusen took the 275 class over Randy Richey 600 to 500. Kris only got his opener, missing 675 twice. Randy had one of those off days, having problems with his grip. Randy is the founder of Omega Force, a Christian power team from Scottsville, Kentucky which touches the lives of many people each year. If you ever get a chance to watch these dedicated men, don't pass up the opportunity. At 308 Brian King got two new pr's with a third attempt of 625 and a fourth with 645. In the two - woman pull first timers Angela Cockrill and Jennifer Shea pulled three good ones, finishing with 475 for the win there. Our only other team was the two - man with Dave Woods and Kris Magnusen. Together they pulled a strong 1165 and would have gone over 1200 if we could have gotten more weight on the bar (and if Dave would have pulled his share) ....just kidding! Showtime Gym



At the Kentucky State Fair BenchPress/Deadlift meet they had to hold the plates on to get 1165 lbs. on the bar for Dave Woods and Kris Magnusen. (photo provided courtesy of Darrell Latch to PL USA).



Best Lifters at the Duquoin State Fair *meet - Ron Harlow, Bob Walker. (Photograph was provided courtesy of Dr. Darrell Latch to PL USA).*

took the team title with members, Brandon Rose, P. J. Paff, Gayle Paff, Smitty Lancaster, Chuck Hires, Frances Baker, Bruce Thomas and David Anguish. Thanks to everyone who helped out loading, spotting and judging, including Kristen Plummer, aka. photographer, trophy girl, etc. See you all next year. (Thanks to Dr. Darrell Latch for these results).

Duquoin State Fair BP/DL
03 SEP 00 - Duquoin, IL

BENCH PRESS			
police & fire women		Robert Rath	475*
Karen Gordon	160	DEADLIFT	
teenage men 13-15		police & fire women	
Matt Garofolo	165*	Karen Gordon	300*
4th	180*	teenage men 13-15	
submaster men		Matt Garofolo	280*
David Lowe	370*	4th	300*
master men 45-49		police & fire men	
Bob Walker	555	Larry Best	630
165		Mike Irwin	600
Bob Schubert	320	220	
4th	330*	Larry Best	630
220		Lloyd Edwards	480*
Lloyd Edwards	400*	242	
242		Ron Harlow	675*
Shawn Hankins	460*	2-man	
275		Harlow/Irwin	1150

* personal record. Best Lifter (BP) - BOB WALKER; Best Lifter (DL) - RON HARLOW. The DuQuoin State Fair Bench Press/Deadlift Championships were held September 3, 2000 at the fairgrounds in DuQuoin, Illinois. Thanks to Stephanie Reeder and the special events staff for all their help. Thanks also to my wife Susie, son Joey, Bob Walker, Shawn Hankins, Jeff Garofolo, Ron Harlow and Mike Carbonaro for all their help loading, spotting and judging. In the bench press competition Karen Gordon was our lone women's competitor, lifting in the open police & fire division. Weighing in at only 118, Karen finished with a strong 160 for the win, after missing that same weight on her second attempt. In the teenage class it was first - time lifter Matt Garofolo for the win. Matt finished with 165, then went on to get a 180 pr for a fourth attempt. David Lowe took the submaster men's class with a personal best 370, after missing his final attempt with 405. This was David's first competition also, with the potential to be a 450 bencher soon, once he gets used to his shirt. Best lifter once again was Bob Walker, who won again at master 40-49 with a conservative 555 weighing in at 255. A third attempt with a 570 pr was just a little off the groove. I need to talk a little about Bob at this time. Bob was the past owner of Walker's Gym in Fairfield, Illinois, and several years ago started working with special olympians in the sport of powerlifting. Since then, Lyndell and Mabel Smith of Flora have continued that work and now are more involved with special olympic athletes in powerlifting than anyone in the sport. But Bob Walker must be credited with starting this movement; and just think of the lives that have been touched since then. So not only does Bob have a big bench, he also has just as big a heart. Good job, Bob! At 165 it was Bob Schubert, finishing with 320, but going on to get a pr 330 on a fourth attempt. This was a great effort for Bob, who only weighed in at 161. Lloyd Edwards took the 220's with another strong showing, finishing with a personal best 400. Lloyd even came close with a fourth attempt of 420. Lloyd weighed in at 214. Shawn Hankins has made great strides since last year, getting all new personal marks to end with 460 and the title at 242.

Karen Gordon, *at the Duquoin State Fair BP/DL, locks out a PR 300. (Photo by Dr. Darrell Latch).*

Shawn's last two attempts with 480 and 500 failed only because he lost his footing. This boy will be pushing 550 by next year! Robert Rath also got a new pr, lifting in the 275's, finishing with a strong 475. A fourth with a pr 500 should have gone, but failed at lockout. In the deadlift competition Karen Gordon won her second title of the day with a great 300 pr. Karen missed this weight on her second attempt, but came back strong for her final attempt and nailed it! Matt Garofolo got two new pr's in his win at teenage, gong 280 and 300 for his fourth attempt. This fifteen year old already weighs in at 220. How'd you like to feed that one! Larry Best took the police and fire division finishing with 630 to Mike Irwin's 600. Larry came close with a 675 third attempt, which would have been a new personal record for him. Larry also won the open 220 class. Great lifting for a forty-nine year old. Mike also lifted well just missing a 625 pr for his third attempt. Lloyd Edwards got his new pr with a final pull of 480 to place second to Larry at 220. But it was Ron Harlow taking best lifter and first at 242 who pulled the biggest weight of the meet. Ron got a strong 675 pr on his third attempt, just missing a 700 fourth! A great pull at a 235 bwt. In he two-man event, Ron Harlow and Mike Irwin finished the day with a great 1150 pull to lockout. They had done 1200 in the gym, but I'm sure that was not after they had both maxed out in the single lift. Thanks again to all who helped out, hopefully next year will have a much larger turnout. (Thanks to Dr. Darrell Latch for providing the results of this contest to *PL USA*).

STATE FAIR Powerlifting

Tennessee State Fair BP/DL
09 SEP 00 - Nashville, TN

BENCH PRESS		308	
teenage men 13-15		Steve Branham	550
Chris Buck	160*	Terrance Tinsley	440*
junior men		police & fire	
Matt Warren	455	Doug Sanders	400*
submaster men		4th	410*
Hunter Allen	510	DEADLIFT	
4th	525*	master men 50-54	
Jack Brown	400*	Bruce Beerman	450
master men 50-54		4th	465*
Bruce Beerman	360*	master men 60-64	
master men 55-59		Larry Dacey	230
Dwight Hooper	330	master men 70-74	
Allen Buck	210*	Joe Miller	475
master men 60-64		4th	490
Larry Dacey	200	148	
master men 70-74		Ricky Griggs	435*
Joe Miller	225	181	
148		Billy Parish	460*
Ricky Griggs	225*	198	
181		Gary Shackelford	470*
Todd Maggart	400*	4th	500*
D. Robertson	395*	242	
4th	405*	Jim Gerhardt	575
Billy Papish	365*	John Maggart	480
198		4th	500*
Gary Shackelford	300*	275	
220		John Hamiliton	485*
Anthony Vellake	525	4th	500*
Clint Poore	485	shw	
4th	500*	Larry Forsythe	670
242		man-woman	
John Maggart	465	Miller/ Savage	500*
Jim Gerhardt	440	2-man	
275		Forsythe/Gerhardt	1220*
Hunter Allen	510	Allen/Foster	1050
4th	525*	Warren/Waldron	900

The Tennessee State Fair Bench Press/Deadlift Championships were held September 9, 2000 at the fairgrounds in Nashville. Thanks again to the Special Events people at the fair for providing the Sports Arena and the help in setting up for the competition. In the bench press event, lone teenager Chris Buck lifted and won his first competition with a personal best 160. This fifteen year old only weighed in at 119, just missing a fourth attempt with 165. Junior men's winner Matt Warren opened with an easy 455, missing his next two at 480 and a pr 500. Matt, who weighed in at 244, did lock out these last two attempts, but was called for dipping the bar both times. At submaster it was Hunter Allen, looking stronger than ever, and proving it with his lifting. Hunter opened with 475, missed 505, but then came back with 510 and a personal best 525 for a fourth attempt. Second at submaster was Jack Brown, who also had a great day, getting his first 400 bench. Weighing in at 172, Jack came close with his final attempt of 415. Bruce Beerman got a pr in his win at master 50-54. At a 216 bwt. Bruce finished with 360. Master 55-59 marked the return of the late great Dwight Hooper, taking the title with a strong 330. Dwight, who is definitely a "legend in his own mind", was one of the greatest benchers at 181 in the 1980's (his wife paid me to say that). Second at master 55-59 was Alen Buck who finished with a personal best 210 Allen, from nearby Brentwood, Tennessee, was lifting in just his second competition. Sixty-four year old Larry Dacey came all way from Florida to take his master's class, finishing with 200. A good lift for a man who only weighed in at 147. Joe Miller took the 70-74 class, getting all three of his attempts to finish with 225. Joe flew in from California to compete. In the open division, it was Ricky Griggs at 148 with 225. This was a personal best for Ricky, who weighed in at 145. We had a full class at 181, with Todd Maggart taking the title over Dontay Robertson and Billy Papish. Todd finished with a personal best 400. Dontay was second, lifting in his first competition, with 395. Dontay came back with a pr 405 fourth attempt. Billy Papish was third with 365, another personal record. At 198 it was Gary Shackelford. This was Gary's first competition, where he finished with a personal record 300. Anthony Vellake matched his personal best of 525 in his win at 220. Weighing in at only 212, Anthony's lift also gave him best lifter honors for the competition. Second at 220 was Clint Poore, who finished with 485, but went on to lock out a personal best 500 for a fourth attempt. John Maggart took the 242's with a strong 465, just missing a pr 485 fourth attempt. Second at 242 was Jim Gerhardt with 440. Jim, who has put on just a few (?) pounds since last year, missed his final attempt with 455, which would have been a new pr for him. (Does getting fatter make you more stronger?) At 275 it was Hunter Allen with that big 525 pr fourth attempt. I think he had 540 in him! Steve Branham won the 308 class with a strong 550. His final attempt with 585 could have gone, as will 600 soon. Second at 308 was Terrance Tinsley with a personal best 440. Terrance was close with a 460 fourth. Our final lifter was Doug Sanders, who took the police & fire division. Doug got all four of his attempts, finishing with a personal best 410, weighing in at 204. In the deadlift competition Bruce Beerman continued his winning ways at master 50-54. Bruce finished a great day of lifting with a personal best 465 on his fourth attempt. Larry Dacey pulled an easy 230 for the win at 60-64, just missing a big jump to 300 for his final attempt. It was great to meet Larry and have him compete with us. Another great lifter was seventy-one year old Joe Miller. Now this boy's a puller! Joe got all four of his lifts, finishing with an unofficial world record 490! There's a lot of lifters one-third Joe's age who couldn't begin to pull that kind of weight! Good job, Joe! In the open classes, Ricky Griggs won his second title of the day at 148 with another personal record, this time with 435. Billy Papish took the 181's with 460, his second pr of the day. This was also Billy's first competition. Gary Shackelford won the 198's, as he did in the bench, and as with the bench Gary posted new personal records with a 470 third and 500 fourth attempts. Chubby Jim Gerhardt took the 242's pulling an easy 575, then passing on a third to save it for the two - man. Second at 242 was John Daggart with 480 and a personal best 500 fourth attempt. This was John's first competition also. At 275 it was John Hamilton, another Troy Hicks protege. John did well in his first competition, finishing with 485 and a personal best fourth with 500 for the win. Then at shw it was big Larry Forsythe, who only pulled what it took for best lifter, 670. Larry was also saving himself for the two-man, and once you know who his partner is, you will know why. In the man-woman pull, California's own Joe Miller teamed up with a real beauty, Gail Savage, for the win. Joe and Gail finished with 500, this being Gail's first time even touching a bar. Up next was the two-man pull, always a crowd pleaser. Finishing first was the team of Larry Forsythe and Jim Gerhardt with a big 1220 pull! Of course, as always, Larry was pulling about 900 lbs. while Jim was dragging up the rest. Nothing's changed since last year but Jim's bodyweight. Second place went to Hunter Allen and William Foster, who just couldn't quite get in the groove, but who pulled 1050. Matt Warren and W. C. Waldron were third with 900. Thanks to all who helped with the competition; my sons Joey and D. C., Anthony Vellake and Troy Hicks, head judge. See you all next year! (Thanks to Dr. Darrell Latch for providing results).

At the Tennessee State Fair BP/DL *- Dr.Darrell Latch, Troy Hicks and Dwight Hooper. (This photograph provided by Dr. Darrell Latch).*

1st Annual World Gym Labor Day Cook Out and Bench Press
04 SEP 00 - New Haven, CT

BENCH		242	
Women		M. Hogan	275
97		275	
K. Steele	85	R. Rohmer	300
123		M. Maryland	225
E. Steele	60	Submasters	
Submasters		148	
97		50-59	
35-39		S. Cannady	200
K. Steele	80*	181	
Men		45-49	
148		J. Steele	225
S. Cannady	200	55-59	
181		N. Wellins	185
J. Steele	225	242	
N. Wellins	185	45-49	
198		M. Hogan	275
B. McLean	225	275	
		65-69	
		R. Rohmer#	300*

Meet director: Joseph Steele; Head Judges: Neal Wellins and Mark Hogan; Announcer: Neal Wellins: Sponsor: World Gym of Hamden, CT and Connie Steele. # denotes best lifter; * denotes heaviest lifter. The 1st Annual APA World Gym Labor Day Cook - Out and Bench Press Championships went very well. The contest was held with the Annual World Gym Labor Day Cook - Out. This was the 30th Annual Labor Day World Gym / Pumping Iron Cook - out with the 1st Annual Bench Press Contest held with it. The weather was great, the bench press and Cook - out was held at Connie Steele's house. With over 100 people attending the cook - out and bench press contest. In the Men's Division, Ron Rohmer was the best lifter in the contest with a 300 lb. lift in the 275 lb. class. This was the Heaviest Lift in the meet. In the Women's Division, Kim Steele was the Best Lifter in the contest with a 85 lb. lift in the 97 lb. class. After the contest, Ron Rohmer was given the 2000 World Gym Powerlifter of the Year Award. He has set two World Records in the 65-69 age group in the 275 lb. class. Ron has lifted in six meets, after his comeback in June 2000. Ron had a heart attack last year and now is doing better than ever. (Thanks to Joseph Steele for the meet results).

WNPF Teen-Junior, Submaster & Master Nationals & American
17-18 JUN 00 - Baltimore, MD

BENCH				
132				
14-16				
GIAMBALVO	205			
148				
OPEN RAW				
HENDERSON	320			
40-49 RAW				
HENDERSON	320*			
60-69 RAW				
BARTLETT	230*			
165				
20-23				
BARFIELD	325			
OPEN				
BARFIELD	325			
33-39				
BRAVARD	260			
33-39 RAW				
ALPERT	310			
181				
40-49 RAW				
WITMER	240			
198				
20-23				
COFFMAN	345			
OPEN				
HANDLIN	420			
OPEN RAW				
NO	415			
33-39				
LOMBARDO	350			
220				
OPEN				
BARRET-BL	505			
33-39				
BARRETT	505			
40-49				
RAWLS	360			
40-49 RAW				
HICKS	300			
WOMEN	SQ	BP	DL	TOT
123				
14-16				
AVYLLA				
17-19				
PENDLEBURY	210	85	250	545
33-39				
PIPPERT				
132				
33-39 RAW				
O'DONALD	170	105	195	470
14-16				
DURPAS	200	115	235	550
165				
OPEN RAW				
HICKS	300			
50-59				
COTE	420			
50-59 RAW				
DAVIS	315			
242				
40-49				
DOWERS	480			
40-49 RAW				
NAGLE	405			
D'ALESSANDRO	380			
MONICK	265			
275				
OPEN				
WASHINGTON	440			
40-49				
WASHINGTON	440			
33-39 RAW				
GREEN	385			
40-49 RAW				
SEMMONS				
DEADUFT				
165				
33-39				
BRAVARD	450			
198				
11-13				
FERRELL	200			
220				
OPEN RAW				
THOMAS	645			
33-39 RAW				
THOMAS	645			
OPEN				
THOMAS-BL	645*			
242				
40-49 RAW				
NAGLE	475			
50-59 RAW				
BUCCHIONI	525			
17-19				
STAPLES	175*	95*	215*	485*
40-49				
HAYES-BL	250	185*	360*	795
MEN				
123				
14-16				
SIMONSON	260	140	325	725
KACHMARSKY	220	135	315	670
132				
17-19				
NIXON	260	100	285	635
148				
14-16				
PENDLEBURY	315	180	370	865
SWANSON				
17-19				
THIFAULT	350	160	460	970
165				
17-19				
CHIASSON	385	245	410	1040
17-19 RAW				
THOMAS	325	205	420	950
33-39				
KINGURE	485	320	450	1255
33-39 RAW				
ALPERT	355*	310	450	1115
181				
14-16				
KRAMER	300	220	435	955
CORMIER	295	190	400	885
OPEN RAW				
ROMBERGER-BL	405	315	535	1255
OPEN				
CATINA	455	290	455	1200
40-49				
CATINA	455	290	455	1200
JACKSON				
198				
17-19 RAW				
STAUFFER	475	275	475	1225
17-19				
KOULOPOULOS	485	250	640*	1375
MILANI	350	215	405	970
YOUTH 11-13				
FERRELL	125	110	200	425
20-23 RAW				
CALDWELL				
OPEN				
BROWN- BL	565	365	625	1455
PEARO	500	315	560	1365
33-39				
PEARO	600	315	550	1365
40-49				
BROWN	665	365	525	1455
220				
17-19				
GUILLET	490	285	485	1260
20-23				
DOUGHERTY	500	325	500	1325
OPEN RAW				
ZIMMERMAN	610	360	550	1510
OPEN				
COX	700	495*	550	1745
GARDNER	560	355	530	1465
33-39 RAW				
QUINN	450	325	600	1375
40-49				
MENENDEZ	525	320	575	1420
40-49 RAW				
BLEE	500*	335*	550*	1385*
JONES	405	300	500	1205
50-59				
COTE	55	420*	525*	1000
242				
14-16				
BARRY	440	245	500*	1185
MANNING	400	205	405	1010
20-23 RAW				
ANICITO	415*	400*	455	1270
20-23				
BOWMAN	540	370	600	1510
33-39				
FONIO	645	445	615	1705
40-49				
HARDIE	450	320	500	1270
50-59 RAW				
BUCCHIONI	405*	275*	525*	1205*
THORNBURGH	280	155	320	755
275				
17-19				
ANDRADE	565	360	540	1465
20-23				
WALTERS	515	370	480	1365
33-39 RAW				
BROOKS	625	435*	640*	1700*
OPEN RAW				
BROOKS- BL	625*	435*	640*	1700*
40-49				
SMITH	550	350	630*	1530
SHW				
17-19				
HEINRICHER	540	280	540	1360
BURKHOLDER	400	245	400	1045
40-49				
WHEELER	725	435	605	1765
17-19 RAW				
MILIER	540*	355*	540*	1425*

*New WNPF American/ National meet record. BL- Best lifter. Team champs- Powerline IV Teenage Champions, Overall Champs- Mascio's Gym. (Thanks to WNPF for providing these meet results).

SCID Powerlifting Meet
27 MAY 00 - Dallas, PA

123	SQ	BP	DL	TOT
Ouch	315	210	365	890
132				
Le	325	205	398	925
165				
Roane	455	265	605	1325
181				
Brinson	405	260	540	1205
Gonzalez	450	300	400	1150
King	305	250	350	905
Lines*	275	235	305	815
198				
Sandford	475	360	520	1355
Watt	460	385	505	1350
Andrews	400	365	560	1325
Jones, B.*	305	245	365	915
Fortune	265	155	430	850
242				
Glover	660	400	710	1770
Izzo	425	315	505	1245
SHW				
Brown*	605	525	510	1540

*Denotes those individuals lifting in the Master Lifters division. Nathaniel Glover for E Block was awarded the "Best Lifter" from the heavyweight platform. He was alson awarded the best overall lifter of the contest. Tyheed "Shorty" Roane from J Block was awarded the "Best Lifter" from the lightweight platform. Special thanks is given to the Judges: Rober Granko, Paul Duffy, Edward McIntyre, John Svalina, Joseph Moceyunas, and Vito Moceyunas. The Gym Staff of S.C.I. Dallas: C.A.M. Thomas Rovinski, C.P.M. Norm Demming, and C.A.S. Louise Cicerchia. Security Dept.: Capt. Davenport and Culinary Manager "DOC." Cameraman: Nate Moore, Audio Specialist: Paul Schluter , Gym Clerk: Kevin Cannady, Set Up Crew: Chuck Haas, Steve Fredericks, Announcer: Joey D., Score Keepers: Owen Williams, Sidney Coolbaugh, Chuck Jones, Hubble, Safwat Davis, Spotters and Loaders: Chalie "Bo" Crenshaw, Richard "Big Willie" Williams, Jubilee McGee, Mark "Wizard" Robinson, J. "Crackerman" Grimes and Tony Sandor. Thank you again for your participation! Special attention should be given to the men in the 198 lb. weight class. For them, it was a real nail biter until the very end when Mr. Sanford won on his last dead-lift attempt by a mere 5 lbs. They say that the meet doesn't start until the weight hits the floor!!! After a two year lay-off, "The Spirit of Powerlifting" has been rekindled here at S.C.I. Dallas. On behalf of the Activities Department we would like to congratulate and thank all of the lifters for their participation. We would also like to express our appreciation to everyone who contributed their time and efforts in assisting with this year's event. (Thanks to Nathaniel Glover for providing results).

Coach Joe Steele presents Ron Rohmer *with his awards at the Labor Day Cookout Meet: A) Best Lifter Award, B) Heaviest Lift Award, C) World Gym Powerlifter of the Year Award 2000. (Joe Steele photo)*

Labor Day 2000 Meet
04 SEP 00 - Rahway, NJ

Lightweight	SQ	BP	DL	TOT
Anderscavage	455	345	455	1255
Heavyweight				
Chambers	585	435	635	1655
Thompson	495	385	545	1425
Master				
Sonntag	495	295	475	1265
Walker	405	325	495	1225

On Labor Day 2000, we had a full powerlifting contest in the big yard. You only got two lifts on the squat, bench, and deadlift. If you missed your opening lift and did not get it on your second attempt, the contest was over for you. In the lightweight division coming in first place was Anderscavage. He squatted 455, benched 345, and deadlifted 455 for a 1255 total weighing 171 lbs. Good lifting! In the heavyweight division coming in first place was Chambers. He squatted 585, benched 435, and deadlifted 635 for a 1655 total weighing 318. I came in second place and this is my first 3 lift powerlifting contest. I squatted 495, way below parallel. I benched 385 and deadlifted 545 for a 1425 total weighting 236 lbs. lifting RAW! I want to thank L. Little and D. Carson two powerlifting champions who have helped me over the last couple of years to learn about powerlifting. In the master's class, in first place is Sonntag who squatted 495, benched 295, and deadlifted 475 at 41 years of age and it was his first powerlifting contest and he lifted RAW. Thanks to the spotters, judges, and East Jersey State Prison Recreation Department. (Thanks to Patrick Thompson for the results).

Patrick Thompson *went 495 385 545 to come in second in the heavyweights at the Labor Day 2000 meet. (photograph provided courtesy of Patrick Thompson)*

APA Nutmeg Open BP & Strict Curl
15 JUL 00 - Durham, CT

BENCH		J. Matla	375
Teen (formula)		242	
J. Syc	295*	B. Sisk	480
G. Bayea	275	J. Milausky	450
C. Bozzi		M. Slaga	420
Junior		275	
J. Vynalek	250	J. Toland	470
Submaster		T. Toland	
J. Silano	270	308	
Master		A. Mecteau	420
40-49		Strict Curl	
M. Slaga	420	Open	
50-59		148	
R. Cole	435!	B. Moorehead	135
Masters 60+		198	
A. Myers	210	L. Cortezzo	195
Open		220	
148		J. Vynelek	160
B. Moorehead	310	242	
J. Silano	270	R. Lopez	205
198		308	
B. Swanson (BL)	485	A. Mecteau	185

Repetition w/bodyweight

B. Swanson	37 reps with 195 lbs.
B. Moorehead	36 reps with 145 lbs.
J. Syc	30 reps with 145 lbs.
J. Silano	23 reps with 150 lbs.
G. Bayea	21 reps with 160 lbs.
J. Vynalek	12 reps with 200 lbs.

*Denotes CT Record; !Denotes Master Record. The APA Nutmeg Open Bench Press was held at Cognichaug High School in Durham, Connecticut. Special thanks to Gary Larson, Donna Slaga, Roland Cote, and Janet Arel for a fine job judging the event. Special thanks also to the spotters and loaders for doing a fine job. After the regular bench meet ended we threw a repetition with bodyweight bench meet and a curl meet for the fun of it. The meet ran smoothly. Awards were made out of silver and went over great. Much more APA action to come in Connecticut. (Thanks to Scott Taylor for providing the results for this competition to *PLUSA*).

USAPL Battle of the Great Lakes III
25 MAR 00 - Macedonia, OH

BENCH		165	
MEN		J. Hixon	430
Open		181	
114		A. Solomon	395
T. Distaulo	155	198	
123		D. Grega	430
S. Petrencak	265	HS (Fr./So.)	
D. Miller	145	123	
148		D. Miller	145
G. Page	315	(Jr./Sr.)	
165		165	
M. Vail	385	Z. Goldsmith	265
T. Isaac	350	181	
L. Miller		J. Beaudry	300
181		Novice	
A. Soloman	395	J. DeLeone	500
T. Richards	360	T. Richards	360
198		D. Stuck	420
S. Spinelli	480	E. King	315
G. Tarr	460	J. Wells	360
M. Crawford	450	J. Koplin	315
M. Landino	445	R. Morales	325
220		Grandmasters	
R. Young - BL	531	R. Goldsmith	315
C. Scott	480	Greatgrands	
B. Hennebert	350	R. Klocek	310
242		C. Lee	230
K. Mayer	520	P - M -L	
P. Vargo	480	G. Tarr	460
T. Lamoureux	450	M. Crawford	450
275		R. Goldsmith	315
J. Peshek	560	M. Zupko	
F. Palmer	450	Raw	
SHW		C. Ward	370
W. Likens	545	E. King	315
J. DeLone	500	K. Wright	
G. Goodrick	455	Novice	
Juniors		P. Vargo	480
165		A. Solomon	395
J. Hixon	410	G. Goodrick	455
D.Newell	330	D. Findley	340
198		J. Caputo	255
M. Karlovic	350	WOMEN	
220		Open	
D. Callanan	335	114	
A. Cook	390	T. Distaulo	155
242		123	
S. Mendenhall	355	B. Fazio	100
275		148	
B. Karlovic	530	L. Krages	150
SHW		B. Muratori	130
T. Mendenhall	400	Raw 123	
Collegiate		B. Fazio	100

Powerlifting	SQ	BP	DL	TOT
MEN				
open				
165				
J. White	520	335	600	1455
A. McVaney	515	295	540	1350
A. Raffaele	480	305	510	1295
M. Vail	445	385	460	1290
G. Foy	345	240	415	1000
181				
D. Sustin	490	300	430	1220
198				
D. Waterman	520	320	570	1410
J. Selby	520	325	530	1375
220				
N. Keleman	575	425	640	1640
C. Scott	585	480	575	1640
M. Zukowski	560	370	645	1575
R. Bluck	550	385	565	1500
T. Hale	405	275	505	1165
R. Young	145	510	145	821
B. Hennebert				
242				
T. Lamoureux	550	450	575	1575
M. Watts	550	410	520	1480
275				
B. Helmer -BL	800	515	750	2015
S. Fair	545	335	525	1405
T. Clary	530	340	500	1345
SHW				
J. Wallace	550	505	645	1660
W. Likens	600	545	145	1290
E. Schendal	375	265	475	1115
Juniors				
165				
J. Hixon	450	410	475	1335
275				
S. Fair	545	335	525	1405
Collegiate				
165				
J. Hixon	450	410	475	1335
181				
A. Solomon	450	395	475	1300
HS (Fr./So.)				
165				
S. Baker	280	155	265	700
181				
J. Beaudry	340	300	465	1005
220				
D. Baker	450	215	405	1070
Masters				
J. Cook	565	400	635	1600
G. Beck	500	340	580	1420
M. Terman	555	335	600	1490
J. Koplin	450	315	450	1215
S. Zedella	415	275	525	1215
S. Goff	340	210	415	965
R. Ramirez	400		425	800
K. Lanci	145	135	425	705
J. Register	145	145	145	435
Grandmasters				
J. Cash	595	410	575	1475
C. Evans	415	340	415	1155
R. Goldsmith	365	315	355	935
D. Yanoscik	135	135	135	405
Greatgrands				
D. Lindsley	145	250	145	525
P -M -F				
D. Sustin	490	300	430	1220
Sgt. J. Reese	405	275	550	1230
G. Foy	345	240	415	1000
R. Goldsmith	365	315	355	935
Raw				
J. Ross	415	305	525	1245
J. Sensenbaugh	405	305	485	1195
S. Goff	340	210	415	965
Novice				
D. Schuck	550	400	660	1610
D. Sustin	490	300	430	1220
B. Alley	430	305	530	1265
J. Fry	470	360	525	1355
D. Wallace	400	375	550	1325
D. Griffin	350	285	430	1065
Sgt. R. Haywood	300	225	415	940
S. Herrick	325	240	365	930
WOMEN				
Open				
148				
L. Krages	185	150	300	635
165				
B. Wessler - BL	275	200	365	840
Collegiate				
S. Tomechko	225	155	225	605

Best Lifter Female Full Meet: Brooke Wessler - 165 lbs.; Best Lifter Full Powerlifting Meet: Brett Helmer - 275 lbs.; Best Lifter Bench Press Tournament: Ralph Young - 220 lbs. 1st Place Bench Team: King's Gym (Ed & Frank King); 2nd Place Bench Team: Sunsation Fitness; 1st Place Full Power Meet: Pierce Construction Team; 2nd Place Full Power Meet: King's Gym (Ed & Frank King). The 1999 *BATTLE

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OF THE GREAT LAKES III" Full Powerlifting Meet and/or Separate Bench Press Tournament was held at Nordonia High School in Macedonia, Ohio. The meet was a bigger success than last years meet. Over 100 lifters from Ohio, Pennsylvania, Indiana, Kentucky, New York and as far away as Quebec, Canada came to compete in this event. All were barring for the three coveted 47 - inch long "Conan the Barbarian Swords". Due to the growing size of our meet we had to go to two platforms and will continue in that fashion for years to come. Fans from every aspect of the lifting realm saw some great lifting. This tournament was exciting and at times hard fought. Each of the lifters sacrificed and trained very hard for this meet. Some attained American Records, and some attained Personal Records. Some won First Place and some finish Second. When all was said and done ... All walked away Champions, giving it their all. Top Lifting honors went to *Brooke Wessler* in the 165 lb. Full Powerlifting Meet, *Big Bad Brett Helmer* in the 275 lb. Full Powerlifting Meet and *Ralph Young* in the 220 lb. Bench Press Tournament. Our Top lifters won an engraved, 47 inch long "Conan the Barbarian Sword and Display Rack. In the Team Race, Pierce Construction, led by Brett Helmer walked away with the Full Power Meet Team Title. Finishing in 2nd Place in the Full Power Meet was King's Gym. King's Gym really flexed their muscle in the bench as they took Top Honors in the Bench Press Tournament. Finishing in 2nd Place in the Bench Press Tournament was Sunsation Fitness. I would like to thank some very special people, who without, this meet would not have been made possible. First of all Dr. Bench Press himself, Our Head Official, Lifter Dr. Larry Miller. Your help and assistance was invaluable. I greatly appreciate and respect you, thank you. A special Thank you to our Judges Joe Fyda, Ben Sustan, Greg Page, Lori Babb and Jason Ross. To Ed and Frank King of "King's Gym"... you guys are a "Class Act". To my wife Stacy, thank you for your patience and support in running this meet. Thank you, Mike Toth for all your support in setting flights and scoring. Every year you donate your help and it is greatly appreciated. You are truly a great friend. Thank you, to my father Glenn Kanaga and his wife Julie for running the ticket counter. Thank you, to my sister Sarah Kanaga for T-shirt sales. Thank you Dan and Lori Verlinger, Together Leather in Northfield, Tom Valenti and Rob Merhar for all your help in getting sponsors! You are incredible! Thank you, Janelle Gravette for your help in scoring the meet. Thank you to Ms. Barb Crysler and Pat Grace for all you help and assistance. To Bob "Bob Dog" Reszler and Wood Pride in North Royalton, thanks for making our platforms, they were perfect. Thank you Al Siegel and "Siegel Engraving" (1-800-64-TROPHY) for the trophies and plaques ... They were awesome. Thank you to all our sponsors and supporters of this meet, especially the Macedonia, Northfield, and Sagamore Hills Buisness District. Thank you to the Nordonia Hills Athletic Boosters Club and Kathy Baraga for running our concession stands and believing in us. Thank you to the Knights Wrestlers for all your help setting up and breaking down. I would like to extend a very special thank you to two important people. First, Kelly "The Lovely Announcer" Toth. You took over the task of being our announcer for the past three years and you've made our meets run very smoothly. I've said it before and I'll say it again, I think the lifters come just to see Kelly and hear her lovely voice. It was a difficult task running a two - platform meet but you made it a success. There are no worries when your in charge of something! Thank you. And finally I wish to thank the Sgt. Wilder and The United States Army Paratrooper's Unit for providing 12 Class Act spotters/loaders for the day. Theirs was a very hard job! These guys were professionals and sharp in every aspect. They showed up in camo pants and black paratrooper T-shirts. They were quite a sight to see on the platform. Thank you to all my support staff. I am planning on possibly two meets next year. I have talked with Larry Miller about trying a Team USAPL Bench Press Meet. Any USAPL Team may enter provided they are registered. I will award a HUGE Trophy to the top 5 Teams as well as HUGE Individual Medals in respected weight classes. This will be a TEAM ENTRY FEE ONLY! Our Goal is to see who is the best of the best, Team Wise, in the Bench Press. Along with this meet will be "The Battle of the Great Lakes IV" in the winter/spring around February or March. So if you want A Great Drug Tested Meet, Huge Trophies, A Full Service Concession Stand and a Plaque and 47 Inch Long "Conan the Barbarian Sword" For the Best Lifter, come to the meet that is destine to become one of the best, "The Battle of the Great Lakes IV" next year! I hope to see you there. Lift Drug Free, Good Luck and God Bless You! Gary "Big K" Kanaga (Thanks to USAPL for these results).

USAPL Northwest Regional Teen PL
20 MAY 00 - Seattle, WA

Deadlift		220		
16-17		L. McCraney		400
181				
P. Melegrito	380			
Bench/Dead		BP	DL	TOT
14-15				
198				
E. Daikoku		165	300	465
18-19				
165				
T. McKinney		185	355	540
WOMEN	SQ	BP	DL	TOT
16-17				
132				
C. Tran (BP)	225	110	240	575
198				
R. Rudometkin	290	140	280	710
MEN				
14-15				
132				
D. DeHart	280	145	260	685
F. Merida	205	130	245	610
165				
L. Pendergraft	235	165	275	675
181				
G. Brown	245	195	300	740
198				
J. Schmid	305	180	350	835
16-17				
132				
T. Uomoto	200	175	275	650
148				
K. Herzik	215	190	305	710
165				
J. Kim	275	185	315	775
198				
T. Myers	365	240	420	1025
220				
W. Williams	315	275	450	1040
242				
T. Smith	425	375	500	1300
275				
D. Milliken (BP)	505	425*	525	1455
D. Paine	225	235	375	835

*New American Record - unofficial (Thanks to USAPL for providing the results for this contest).

Beloit Riverfest Bench Press
08 JUL 00 - Beloit, WI

Exciting music, delicious food, good times spent with good friends - these are the hallmarks of Beloit, Wisconsin's annual RIVERFEST. The festival's annual lineup of over 50 acts bring national headlining favorite, regional crowd - pleasers and local talent to the festival's four stages. This year, located on the beautiful Rock River in newly revitalized scenic Riverside Park, adjacent to the serenity of the lagoon, the calming sounds of water fountains, and the occasional calls of the wildlife which inhabit the area, the first RIVERFEST Bench Press Championship meet was held. The platform, situated on an outcropping of land into the lagoon, provided an excellent view for spectators surrounding the area. All lift - offs were conducted by 5 time Masters Bench Press Champion, Mike Sweeney. While some of the lifters were accustomed to the use of bench shirts, all lifters opted to go RAW at this meet. Sixteen year old, Mike Spradling of Belvidere, IL took FIRST PLACE in the 75 kg., teenage 16-17 class, opening with a successful 105 kg. He followed up with a splendid 114 and just missed 119 on his third attempt. Eighteen year old, Dan Finnegan of Beloit, WI took FIRST PLACE in the 125 kg., teenage 18-19 class. Dan opened with a successful 145.5 kg., but failed to advance to 163.5. Forty - nine year old, Terry Turner of Hillpoint, WI took FIRST PLACE in the 100 kg., masters 45-49 class. Opening with a successful 134.5 kg., Terry struggled and missed his second lift of 145.5. Twenty - seven year old, Robert Norman of Beloit, WI took FIRST PLACE in the 90 kg., men's open. Robert opened with an easy 163.5 kg. and smoked 175 with his second attempt. Robert finished with 186 and a title: BEST LIFTER. Beloit RIVERFEST has grown since its birth in 1988, becoming one of the largest music festivals in Wisconsin and one of the state's premiere summer events boasting crowds in excess of 20,000. Adding the Bench Press Championships to its list of activities in 2000, RIVERFEST and its sponsors look forward to seeing this competition grow in the future. Congratulations and thank you to all participating lifter. (Thanks to Craig Hanson, meet director, for the results).

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CPA NORD-EST Canadian BP
29 JUL 00 - Matane, Canada

BENCH	
WOMEN	
114	
T18-19	
A. M. Allard	120q
Open	
B. Thibault	130
4th	135q
132	
Junior	
M. Guilbault	135*
148	
Junior	
M. H. Chisholm	175*
MEN	
165	
M40-44	
C. Dallaire	315
M75-79	
G. LaBrecque	310
181	
Open	
J. St. Pierre	420
Sub	
S. Hebert	300
198	
Sub	
S. Ross	310
220	
Junior	
A. Pelletier	300q
M45-49	
R. Gagne	
242	
open	
F. Plamondon	375
Sub	
F. Plamondon	375
M. Plourde	
DEADLIFT	
WOMEN	
132	
Junior	
M. Ghilbault	320
4th	325*
MEN	
165	
Open	
C. Dallaire	636
M40-44	
C. Dallaire	636
181	
Open	
J. St. Pierre	450
198	
Open	
S. Ross	490
Sub	
S. Ross	490q
220	
M45-49	
R. Gagne	625*
242	
Open	
J. Francoeur	551
F. Plamondon	430
Sub	
F. Plamondon	430
S. Santerre	620

*Denotes world record; q = Quebec records. Best lifter: BP - Jacky St- Pierre; DL - Claude Dallaire. Head Referee - Marcel St - Laurent; side referee - Kim St - Laurent and Marc Rioux; Statistician - Diane Roy. (Results courtesy of Marcel St-Laurent).

USAPL Cornhusker State
16 JUL 00 - Lincoln, NE

BENCH	
MEN	
Junior	
110	
M. Rathjen	385
Master 40-49	
67.5	
D. Anderson	275
75	
S. Marshall	260
110	
B. Sindelar	385
Master 50+	
75	
D. Goodwin	170
90	
D. Mertes	214
100	
C. Garmong	286
125	
R. Kubat	374
125+	
R. Ruffcorn	424
Open	
67.5	
D. Anderson	275
75	
R. Worden	281
S. Marshall	260
82.5	
B. Scherer	292
85.2	
D. Peplinski	319
90	
M. Elbert	363
100	
M. Waszgis	407
M. Summers	369
110	
R. Donscheski	451
M. Rathjen	385
POL/FF	
75	
S. Marshall	260
82.5	
B. Scherer	292
90	
M. Elbert	363
100	
T. Anderson	501
D. Young	380
110	
C. Nelson	259
125	
R. Giesselman	374
125+	
T. Lamb	435
Special Olympian	
67.5	
T.J. Vrba	187
Submaster	
100	
J. Probasco	380
R. Krupicka	
125	
R. Giessleman	374
Teen	
52	
M. Hafenbrack	148
56	
J. Dexter	93
67.5	
J. Owen	181
75	
J. Kempf	325
82.5	
M. Strong	281
WOMEN	
Open	
52	
T. Brenneman	115
Master	
48	
S. Hammers	99
Junior	
67.5	
E. Peterson	
POL/FF	
60	
B. Anderson	104
67.5	
E. Peterson	
DEADLIFT	
Master	
100	
R. Erb	529
110	
B. Sindelar	551
Open	
60	
J. Engel	402
90	
M. Little	567
125+	
B. Busteed	666
Teen	
52.5	
M. Hafenbrack	330
110	
C. Streblow	501
WOMEN	
Open	
60	
M. James	308
Submaster	
52	
L. Spath	181

Ironman	BP	DL	TOT
MEN - Master			
67.5			
M. Lofing	270	424	694
82.5			
S. Stickney	308	440	749
110			
B. Sindelar	385	551	909
110			
M. Coe	292	369	661
Open			
75			
M. James	236	446	683
R. Worden	281	347	628
100			
M. Drueppel	457	677	1135
110			
R. Ruhs	308	402	710
Raw			
75			
R. Worden	281	347	628
T. Mason	225		225
Teen			
52			
M. Hafenbrack	148	330	479
60			
J. Engel		402	402

Full Power WOMEN	SQ	BP	DL	TOT
Teen 18-19				
60				
M. Divine	253	170	264	688
90+				
S. Greenup	451	225	402	1080
Open				
60				
M. James	203	93	308	606
MEN				
Master				
67.5				
M. Lofing	413	270	424	1107
90				
T. Grindstaff	385	303	413	1102
H. Huffman	363	259	429	1052
100				
B. Miller	3352	275	485	1113
110				
M. Coe	341	292	369	1003
B. Sindelar	501	358	551	1410
Open				
60				
J. Engel	275		402	677
100				
J. Himmelrick	501	352	551	1405
125+				
R. Ruffcorn	518	440	496	1455
J. Bolger	600	451	551	1603
POL/FF				
125+				
C. White	463	418	567	1449
J. Bolger	600	451	551	1603
Raw				
90				
I. Sicheneder	363	209	402	975
100				
B. Miller	352	275	485	1113
Spec. Oly.				
100				
R. Bishop	165	148	214	529
J. Gertin	198	121	209	529
110				
K. Daily	231	126	303	661
125				
J. Boctock	286	154	319	760
125+				
R. Carper	281	203	303	788
Teen 14-15				
52				
M. Hafenbrack	270	148	330	749
56				
S. Huffman				
Teen 16-17				
75				
J. Kempf	363	214	402	981
D. Huffman	292	248		540
82.5				
D. Anderson	374	242	369	986
100				
J. Miller	286	167	369	865
Teen 18-19				
82.5				
B. Michael	529	292	490	1311
90				
A. Beil	529	336	545	1410

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I. Sicheneder	363	209	402	975
110				
C. Streblow	446	259	501	1207

(Thanks to USAPL for providing the meet results).

German Nationals (kilos)
11 SEP 00 - Kropelin, Germany

WOMEN	SQ	BP	DL	TOT
-44				
M. Friedrich	112.5	75	115	302.5
-48				
I. Tronke	110	57.5	117.5	285
-52				
U. Fschenasy	122.5	65	135	322.5
M. Traute	92.5	42.5	110	245
P. Kopf	80	52.5	107.5	240
-56				
S. Korte	157.5	75	180	412.5
I. Naarmann	95	55	110	260
S. Fuchs	85	65	107.5	257.5
-60				
B. Fischer	175	85	210	470
4th			214*	
A. Thimm	137.5	77.5	172.5	387.5
4th	142.5			
R. Schreiber	130	55	150	335
-67.5				
E. Bachmeier	140	107.5	187.5	435
M. Nafe	157.5	90	172.5	420
D. Muller	142.5	70	152.5	365
-75				
D. Sell	205	130	230	565
J. Schrievers	175	92.5	172.5	440
E. Dogruoz	157.5	82.5	175	415
B. Schonke	140	85	150	375
A. Peters	125	72.5	135	332.5
-90				
M. Trum	160	90	155	405
+90				
T. Schipke	180	75	172.5	427.5

Women overall: Sell, Daniela AC Marburg 538.66, Fischer, Birgit FGV Zahna 528.09, Korte, Sandra KSV Bochum 488.07

MEN				
-52				
C. Klein	180	105	180	465
-60				
M. Tronke	232.5	147.5	170	550
I. Richter	220	115	190	525
A. Vogler	155	125	160	440
-67.5				
K. Rooch	180	177.5	220	577.5
M. Riesch	227.5	100	235	562.5
F. Bock	202.5	145	210	557.5
D. Schumann	177.5	115	192.5	485
M. Jockel				
-75				
T. Marhoffer	242.5	155	265	662.5
J. Muller	240	140	210	590
M. Mette				
-82.5				
C. Brauer	300	165	280	745
A. DiMarco	275	170	262	707.5
A. Schulz	255	197.5	255	707.5
S. Leihbecher	267.5	165	240	672.5
M. Marossow	235	170	240	645
R. Hampel	250	140	250	640
T. Prohl	230	175	235	640
M. Schonitz	227	155	235	617
-90				
F.Hausburg	280	172.5	315	767.5
K. Burghardt	275	187.5	275	737.5
M. Ziege	270	185	260	715
S. Rogalski	260	190	260	710
S. Sporl	280	170	250	700
B. Friedrich	250	175	275	700
M. Hinz	265	165	240	670
A. Stanik	235	165	250	650
T. Beier				
-100				
U. Haase	290	226	275	790
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O. Knyrim	285	180	295	760
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B. Hoidn	262.5	165	255	682.5
M. Simpig				
-110				
T.Mainka	315	227.5	300	842.5
A. Kwaschny	290	225	312.5	827.5
J. Breitzke	330	200	290	820
M. Schroder	255	220	305	780
U. Rohde	305	187.5	280	772.5
W. Nestler	270	205	265	740
T. Imbeck	270	172.5	277.5	720
T. Guhde	295	170	245	710
M. Fischer	250	162.5	287.5	700
J. Tiedtke	265	180	255	700
M. Verhoff	260	162.5	250	672.5
C. Ewald				
-125				
J. Herchenhein	360	220	345	925
A. Koch	330	210	280	820
J. Lother	300	190	270	760
S. Schafer	260	230	260	750
+125				
A. Dorner	375	180	310	865
M. Jager	300	180	335	815
M. Kleidt	300	200	260	760
K. Haasler	240	210	270	720

Men Overall: Herchenhein, Jorg Powergym Wiesbaden 530.11, Brauer, Christian Kropeliner, SV 502.80, Mainka, Torsten ACLauchhammer 495.81. (Thanks to Thomas Klose for the results).

Muscle Bound Fitness Push/Pull
09 JUL 00 - Lafayette, OH

BENCH		275	
148		Raw Open	
Teen 13-16		T. Lahna	325
A. Rovan	215	Open	
165		J. Prater	500
Teen 13-16		DEADLIFT	
M. Schott	185	123	
Teen 17-19		Teen 17-19	
R. Pace	205	S. Kenner	365
181		165	
Teen 13-16		Teen 13-16	
A. Hicks	275	M. Schott	350
Open		Teen 17-19	
M. Maxwell	350	R. Pace	315
198		181	
Raw Teen		Open	
A. Plunkett	250	M. Maxwell	560
Teen 17-19		198	
A. Plunkett	260	Teen 13-16	
Open		Z. Miller	330
A. Stillman	285	Teen 17-19	
J. Ankrom	360	A. Plunkett	420
220		Open	
Submaster Raw		J. Murthy	560
B. Dotson	335	A. Stillman	435
Raw Open		242	
M. Lahna	380	Masters	
Open		C. Walters	385
R. Young	545	Open	
242		E. Whitmore	435
Raw Open		C. Walters	385
E. Whitmore	320	SHW	
		K. Holshver	700

Best lifter in the bench press was Ralph Young; best lifter in the deadlift was Mike Maxwell. Meet directors - John and Kayleen Blackstone. Thanks to judges - Dave Roof, Scott Stoffer and Lonnie Ridenbaugh. Spotters - Jason Dempsey, Avery Dotson, Gerry Griffith, and Greg Eikenberry. Rick Williamson was at the score table. (Thanks to John Blackstone for providing us with the meet results).

Who's Got The Biggest Bench?
24 JUN 00 - LaCrosse, WI

BENCH		Herber	375
Teen Boys		275	
165		Brodt	350
Ausen (15)	250	308	
275		Woychik	550
Dinfickler (17)	255	Master 181	
Teen Girl		40-45	
165		Peterson	245
Robie (14)	135	46-50	
Women		Goldsmith	260
148		55+	
Gardner	190	Mattson	175
Men		Master 198	
Open		56+	
132		Dingfelder	315
Poellinger	205	Roffler	170
148		Master 220	
Micheal	205	45-50	
165		Barum	265
Stinson	370	Master 275	
Wells	315	51-55	
198		Brodt	350
Kronebusch	250	Master 308	
220		40-45	
Neilson	405	Brust	520
Weltzien	350	Submaster 242	
242		Kaufman	430
Franco	450	Belisle	415
Herman	400	Jacobs	270

(Thanks to Glen Woychik for providing the results).

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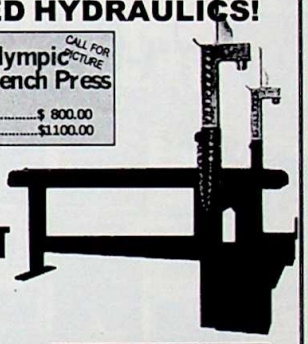

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Big Bench Shootout II
13 MAY 00 - Keene, NH

BENCH		Formula	
MEN		Junior 20-23	
165		S. Decato	480
J. Stabile	380	S. Swiderski	240
R. Longdin	355	D.J. Larose	325
P. Soto	310	Submaster 33-39	
H. Decato	275	J. Stabile	380
181		J. Romano	445
B. Masello (BL)	475	C. Brien	340
B. Samson	360	S. Casey	360
C. Brien	340	F. Engel Jr.	300
C. Kanavas	300	Master 40-44	
198		K. Mattson	420
K. Mattson	420	P. Thomsen	350
G. Sotirakos	415	Master 45-49	
F. Engel Jr.	300	D. Jarvis Sr.	330
220		Master 50-54	
S. Decato (BL)	480	R. Beaulieu	300
P. Thomsen	350	Master 55-59	
242		P. Soto	310
S. Van Brunt	450	Novice	
J. Romano	445	P. Thomsen	350
R. Boise	365	R. Fitzgerald	330
275		WOMEN	
D.J. Larose	325	Open	
308		114	
K. Schofield	420	J. Shand (BL)	135
SHW		123	
H. Magoon	325	P. Juyo	85
Teen 18-19		165	
165		W. Wolfe	130
H. Decato	275	Submaster 33-39	
198		165	
K. Fisk	245	W. Wolfe	130

Highlights were James Stabile's 380 at 163 bodyweight. Bob Masello won the 181 class and Best Light Lifter doing 475 at 175. Bob will nail 500 soon. Ken Mattson dropped to 198 and still managed 420 to win the open and masters. Ken is 43 and is from Foxboro, MA. At 220, Shane Decato made 480 look easy. He easily won the open and Jr. 20-23 divisions. Shane has a big future. He also squats over 700 and deadlifts well over 600 lbs. Shane was also the Heavyweight Best Lifter. Master lifter, Peter Soto weighed 161 at 55 years old. He put 310 up and took third in the men's 165 class and won Best Lifter in the Men's Masters. Roland Beaulieu weighed 218 and got his first 300 bench at 54 years old and this after only a few weeks of rehab after a knee operation. Meet director - Louie LaPoint; Table - Bill Durant; Head Judge - Joe Romano; Side Judges - Joe Carrigan, Jim Supry; Spotters and Loaders - Joe Coppo, Lionel Fisk. (Thanks to Louie LaPoint for providing the results).

USPF 2000 WV State BP
07 MAY 00 - Parkersburg, WV

WOMEN		65-69	
132		D. Robbins	248*
20-23		198	
J. Robertson	181*	Open	
MEN		B. Samples	314
148		Region IV	
Open		D. Lass	435
F. Lupis	330	Region IV Submaster	
Submaster		M. Tonkovich	352
D. Jarvis	181	50-54	
45-49		B. Samples	314
F. Lupis	330*!	220	
165		Open	
Open		M. Hartzell	325
J. Rinker	385	Submaster	
K. Samples	225	J. Henry	369
Submaster		Law Enforcement	
J. Rinker	385*	A. Pauley	374*
55-59		242	
K. Samples	225	Open Law Enforcement	
60-64		C. Phillips	402*
R. Cseh	231	Submaster Law Enforce.	
20-23		J. Bailes	330
M. McCase	319	275	
181		Open	
18-19		J. Watson	429
R. McMellan	402*	Submaster	
Open		J. Watson	429*
D. Robbins	518*!	Law Enforcement	
Submaster		B. Rectenwald	385
L. Ramsey	330	308	
		20-23	
		K. Kappas	330

* denotes WV state record; ! denotes American Record. The WV State Bench Championships was held at Parkersburg South High School auditorium. The meet was highlighted by eight WV state records and two American records. The American Records were set by 148 lb. Frank Lupis of Martinsburg, WV in the 45-49 age group. Frank benched 330 lbs. The 181 lb. American open record was broken by Bluefield, WV lifter Donald Robbins. Donald made 518 lbs. on his second attempt and barely missed 534 on his third attempt. Donald reported he is going after 600 lbs. and perhaps he will do 3 times bodyweight. Jennifer Robertson set a WV State Junior Record in the 132 lb. class with a 181 lb. bench. James Rinker made a comeback in the 165 class by winning the open and setting a new submaster state record with a 385. Dan Lass also returned to the platform after a long layoff. He made an easy 435 at a 183 lb. bodyweight and won the Region IV division. John Watson set a new submaster record in the 275 lb. class with a 429 bench. John also won the open division. Chris Phillips and Anthony Pauley set Law Enforcement records with Anthony going 402 in the 242s and Chris benching 374 at 220. I would like to thank Rich Deem of Parkersburg South for making the school available. Referees were Roger Kyle, Bill Kyle, David Kyle, Lori Jeffrey, Mary Jeffrey, John Messenger, Ken Wooddell, and Rick Yates. (Thanks to Dave Jeffrey for the meet results).

Body Factory Challenge
12 AUG 00 - Pen Argyl, PA

BENCH		S. Lewis	
Light Division		Heavy Wt. Division	
K. Stefanan	115	B. Aulisio	400
Middle Wt. Division		J. Sualina	485
J. Mazza	400	P. Bowlby	445
4th	415	M. Pascoe	390
B. Kaiser	325	J. Mink	375
R. Hluyard	330	J. Border	400
B. Moran	260	B. Smith	390
D. Polak	300	R. D'Antonio	460

Power Meet	SQ	BP	DL	TOT
WOMEN				
T. Falcone	280	155	370	805
R. L. Flore	165	115	230	510
MEN				
148				
P. Curley	370	270	450	1090
165				
S. Larrisey	500	265	475	1240
J. Martin	355	250	400	1005
T. Yohey	375	200	400	975
181				
C. Colondrillo	350	300	505	1155
198				
B. Rundle	500	295	530	1325
C. Bentzoni	405	365	470	1240
R. Claclak	375	310	520	1205
B. Klink	450	280	450	1180
T. Nichols	385	285	500	1170
R. Zavacky	335	280	405	1020
D. Rundle	355	195	400	950
220				
K. Brown	315	230	360	905
242				
J. Parrish	575	400	625	1600
R. Duff	380	275	390	1045
275				
B. Agliano	530	315	500	1345
SHW				
C. Riedy	675	425	540	1640
J. Grove	385	270	425	1080

(Thanks to Jim Parrish for providing these results).

ISA 2nd annula Limestone Classic
01 JUL 00 - Bedford, IN

BENCH		B. Wall	290
148		40-44	
Teen		B. Kramer	300*
B. Short	140*	242	
181		Open	
Open		T. White	425
D. Shershel	260	45-49	
198		M. Murphy	475
Open		T. Blacketer	460
M. Phillips	380*	K. Hutchinson	450
M. McLaughlin	240	275	
40-44		Open	
J. Fidler	425*	J. Dilbert	460
220		J. Lowder	425
Open		45-49	
B. Magnus	360	J. Helsley	350*

Push/Pull	BP	DL	TOT
Open			
181			
D. Schershel	260	300	560*
198			
M. Phillips	380	680	1060*
M. McLaughlin	240	400	640
220			
M. Lewis		430	430
275			
J. Lowder	425	630	1055*
45-49			
T. Blacketer	460	560	1020*

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Fourth Attempts		
45-49		
242		
T. Blacketer		480*
Open		
198		
M. Phillips		700*
275		
J. Lowder		655*

(Thanks to Mark Phillips for providing the results).

Pendleton's Powerman 2000
26 JUL 00 - Pendleton, IN

Open	SQ	BP	DL	TOT
132				
Cobbs	240	245	385	870
148				
Hazzard	315	250	405	970
Warren	270	205	365	840
Suggs		215	275	490
165				
Keith	295	265	390	950
Grienez	295	235	380	910
VanDuyn	270	205	385	880
Heavarn		185	335	670
181				
Page	405	315	445	1165
Palmer	405	205	455	1065
Anderson	315	290	450	1055
Johnson	235	350	400	985
Hetterchet	270	230	385	885
Hargett		205	315	520
198				
Brown	405	365	455	1225
Sholar	350	310	430	1090
Solang	300		425	725
220				
Stouers	405	350	550	1325
White	315	330	445	1090
Hornbeak	275	295	415	985
242				
Owens!	600*	400	605*	1605*
Branch	500	405	540	1445
Houston	410	370	515	1295
Stevens	405	315	450	1170
Dorsey	345	340	450	1135
275				
Harrison	500	400	500	1400
White	405	245	500	1150
SHW				
Wise	550	405	500	1455
Allen	425	455*	470	1350
Williams	425	340	440	1205
Jones	325	335	405	1065

! Best lifter, * best lift. All lifts were done in RAW fashion. Only some cheap knee wraps and small lifting belts were used. (Thanks to David Owens for providing the results to *POWERLIFTING USA*).

USPF Summer Blast
15 JUL 00 - Concord, NH

Juniors	SQ	BP	DL	TOT
C. Carlson	375	285	245	905
C. Overlock	300	250	420	970
Sub Masters				
J. Bourque	415	315	495	1225
F. Paulitz	440	330	565	1335
T. Gove	465	330	485	1280
Masters				
P. Bennett	385	180	400	965
R. Renshaw	425	310	440	1175
Open				
165				
C. Carlson	375	285	245	905
181				
R. Fowler	475	300	555*	1330
J. Miller	300	275	350	925
198				
T. Enquist (BL)	630*	370	560	1560*
A. Welch	475	315	500	1290
J. Bourque	415	315	495	1225
R. Renshaw	425	310	440	1175
R. Lemleux	380	285	440	1105
P. Kulas				
K. Hitchcock				
J. Gilbert				
220				
D. Upshaw	525	425	550	1500
C. Overlock	300	250	420	970
P. Bennett	385	180	400	965
T. Davis				
242				
F. Paulitz	440	330	565	1335
T. Gove	465	330	485	1280

* Denotes state record; BL denotes best lifter. Meet director: Jamie Fellows, Score keepers: Paul Mancini, Rodney Roy. The iron pile was ablaze with adrenaline and anticipation this weekend during the full power meet at the New Hampshire State Prison, and the competition left the lifters in awe of one man. Pete Bennet, 62 years old totaled 965 lbs: 385 squat, 180 bench press, and a 400 deadlift, making him the first place master and a third place in the 220 open. Not bad, for what he characterized as a bad day. Keep up the good work Pete, you give us youngsters a good view of our Golden Years. for the most part the meet progressed without a hitch: Four guys DQed and had to take the benches on the sidelines, while the rest of us competitors moved the weight, but they nonetheless cheered us on. Next time, guys, always remember to open with a lift you know you can get for at least four reps. This strategy allows you to meet the first hurdle and compete in the competition. Carl Carlson, the only 165 lb. class competitor did a nice 375 squat but hurt his back in the process. He went on to make a 285 bench - his personal best - and his back only allowed him a 245 deadlift registering a 905 total, first place in the juniors, and first place for the 165 open. The 181s class had only two lifters, but Ray "Hollywood" Fowler broke a state record with a 555 deadlift, followed his record lift with a 300 bench, a 475 squat, totaled 1330, and won first place. The 198 class was packed with eight lifters (three DQed) and five proceeded. Tom "Tree Trunks" Enquist opened with an easy 630 squat and broke the state record by a 70 pound jump. He passed on his third squat, made a 370 bench, a 560 deadlift, and totaled 1560. His performance earned him a second state record, first place and best lifter status. Second place went to Tony Welch who delivered a 475 squat, 315 bench, and a 500 deadlift earning him a personal best of 1290. John Bougue took third place with a 415 squat, 315 bench, and a 495 deadlift. He totaled 1225 and won the first place as a submaster. The 220 class consisted of four lifters. One competitor DQed. The action, however, was on Derik Upshaw - at a ripped 218 he delivered the goods - with an easy 525 squat, 425 bench, and 550 deadlift. Totaling 1500 he won first place. Carl Overlock won second place with the following lifts: 300 squat, 250 bench, and a 420 deadlift for a 970 total, which also earned him second place as a junior. Pete Bennet had a little trouble with his opening squat but nailed his third attempt. Indeed, 385 gives 20 year old's trouble on good days, but this 62 year old athlete is an example of excellence who delivered a remarkable display of strength. The 242 class had only two lifters. Fred Paulitz took first place with a 440 squat, 330 bench, and a 565 deadlift for a 1335 total - all personal bests. He also earned second place as a submaster. Second place went to Thomas Gove who made a 465 squat, a 330 bench, and 485 deadlift. The 1280 total for a first - time competitor is encouraging, please come again. Special thanks to Rodney Roy, Director of the NH State Prison Rec. Dept, as well as Paul Mancini for score keeping. Having spotted and loaded for an entire power meet myself, I know what a trying and thankless job that is, so big respect and thanks go out to Jason "The Hulk" Carrol, Charles Dranis, Al Eason, Kurt Costello, and Kyle Decoff. You all did a great job and secured the safety of the competitors. Finally, we all thank Meet Director Jamie Fellows, David Fellanbsbee, and Paul "the stump" Walsh for a great job judging the meet. (from Jamie Fellows and Rodney Roy)

USAPL East Coast Deadlift
27 AUG 00 - Newburgh, NY

Special Olympics		R. Batista	535
181		R. Jeffords	350
D. DeCamp	310	220	
Women		C. Slaybough	630
181		D. Ronga	580
E. Brown	265	L. Faniel	530
Master		NJ Guest	
181		40-44	
50–54		M. Tiano	510
B. Todd	380	PF-Mil	
198		F. Harris	565
45-49		242	
J. Reardon	485	F. Panaro	650
50-54		Novice/Sub	
R. Jeffords	350	M. Brown	475
Open		Master	
148		45-49	
D. Corsi	485	F. Panaro	650
165		55-59	
C. McGrail	455	J. Dusenbury	540
181		275	
D. Picard	565	18-19	
Submaster		J. Furnell	565
D. Picard	565	SHW	
198		Novice	
C. Slaybough	610	T. Graham	450

(thanks to the USAPL for providing these results).

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Son Light Power Open PL/BP
23 SEP 00 - Tuscola, IL

Powerlifting	SQ	BP	DL	TOT
BENCH				
open women				
123				
Karen Gordon	170*			
master men 40-44				
220				
Greg Foster	490*			
master men 50-54				
submaster women				
123				
Susan Decker	205*	110*	260*	575*
132				
Susie Blackwell	125*	115*	225*	465*
master women 45-49				
148				
Barb Blackwell	135*	95*	230*	460*
master women 50-54				
123				
Donna Catron	170*	135*	200*	505*
submaster men				
242				
Ron Harlow	600*	405*	675*	1680*
275				
Brad Saunders	575*	415*	550*	1540*
4th		430*		1555*
master men 45-49				
220				
Dan Hale	465*	260*	400*	1125*
master men 50-54				
220				
Larry Weiss	535*	315	545*	1395*
220				
Gary Catron	510	360*	480	1350
master men 55-59				
198				
Dave Lawrence	610*	315*	540*	1465*
police & fire				
181				
Steven Gawlik	565*	335*	540*	1440*
open men				
181				
Steven Gawlik	565*	335*	540*	1440*
198				
Dave Lawrence	610*	315	540*	1465
220				
Jeff Archer	425	355	465	1245
4th			475	1255
275				
Richard Auxer	635*	425*	675*	1735*
275				
Scott Kellerhals	525	405	520	1450
220				
Gary Catron				360*
police & fire				
220				
Greg Foster				490*
open men				
198				
Ed Temn				325

Best Lifters at the Son Light Power Open Nationals *were (left to right) Richard Auxer - Men's Overall, Susan Decker - Women, Greg Foster - Bench Press. (photograph provided courtesy of Darrell Latch)*

The first annual Son Light Power Open National Powerlifting/Bench Press Championships were held September 23, 2000 at Son Light Power Gym in Tuscola, Illinois. We had a good turnout of lifters, plenty of help loading and spotting, and some very good judging to make the contest run smoothly. Everyone seemed to have a great time, as we enjoyed some great lifting with numerous personal and national records being set. In the full power division, Susan Decker won her first national title with some great lifting in the submaster women's division. Lifting in the 123 lb. class and weighing in at 116, Susan finished with a 205 squat, a 110 bench and a 260 deadlift for a 575 total. Susan actually locked out with 300 on her final attempt, but was called for hitching by both side judges. Tough break, but still a great day of lifting, with all new national records, which also earned Susan best lifter honors among the women. Our other submaster lifter was Susie Blackwell, who took the 132 lb. class. Susie seemed to struggle throughout the day, settling with her opener squat of 125, getting a 115 bench, but pulling a strong 225 deadlift to total 465. Susie's lifts were also new national marks at 132. Susie's mother-in-law, Barb Blackwell, also won her first national title, lifting in the master women 45-49 division of the 148 lb. class. Barb got new prs in the squat (135), deadlift (230) and total (460), while settling with 95 in the bench. Barb's lifts were all new national records at 148. A real surprise was fifty - three year old Donna Catron, who just began competing within the last six months. Weighing in at just 123, Donna attacked the squats, getting all three of her attempts to finish with 170. Strong in the bench, she nailed 135, just missing a pr 145 for her final attempt. Never having pulled more than 135, Donna pulled a personal best 200 for a great 505 total! Another title for Iron House Gym, together with all new national records again! (All three of the last lifters, Susie, Barb and Donna train at Iron House in Hoopeston, Illinois). In the submaster men's division Ron Harlow captured his first national title with a big 1680 total at 242. know Ron was a little disappointed with his performance, and Ron is indeed capable of an 1800 total, but it was his first competition, and we all know how that can go! Still, Ron had a great day, squatting 600, with a near miss at 650, benching 405 and pulling a strong 675 deadlift. A final attempt with 700 in the deadlift stalled halfway up. All new records for Ron! Our second submaster competitor was Brad Saunders, a dairy farmer from Wisconsin. Brad had a great day, squatting 575, benching 415 (with a fourth at 430), and a 550 pull for a 1555 total. These were all new personal marks for Brad, as well as new SLP national records at 275. In the master men's 45-49 division, Iowa's own Dan Hale took the 220 lb. class in style. Dan started by nailing all three of his squats, finishing with 465. In the bench Dan got 260, to go with his 400 deadlift, for a 1125 total. With god form in all his lifts, Dan walked away with his first national title and four national records to his credit. At master 50-54, Larry Weiss won at 220 over Iron House co - owner, Gary Catron. Larry had his best day of lifting in fifteen years, as he went 535-315-545-1395 for the title. All of Larry's lifts were national records except the bench, which Gary took with 360. Gary finished with a 510 pr squat and a 480 deadlift for a 1350 total and second place. This was Gary's first national competition, so you better watch out for him next year, Larry! At 55-59 was the master's master, Dave Lawrence. Also from Iowa, Dave has numerous titles to his credit, and it certainly showed in his lifting. Weighing in at 191, Dave went eight for nine, missing only his final lift of the day by failing to lockout his 560 deadlift. The strongest squatter, pound for pound, Dave finished with a great 610! A 315 bench and a 540 deadlift gave Dave a 1465 total with all new records at 198. Dave also took the open 198 class, setting new open records in the squat and deadlift. Another double-winner was Steven Gawlik, who won at 181 in both the police & fire and open divisions. Steven had his greatest day of lifting ever, with all new personal and national records in both divisions! At a 181 bwt. Steven squatted 565, benched 335 and pulled 540 for a great 1440 total! Great job, Steven! Jeff Archer won his first national title in the open 220 class. It's great to see someone like Jeff improve so much since his first competition a little over a year ago. With all new personal records, Jeff went ten for ten, starting with a 425 squat. A great 355 bench was next, followed by a 465, then a strong 475 fourth attempt deadlift, for a 1255 total. Congratulations Jeff, you deserved it! Up next was one of the nicest guys in the sport, Richard Auxer. How he got out of the house is anyone's guess, but we're glad he did! Richard set all new national records, captured the title at 275 open, and earned the best lifter award for the men's division. Richard finished with a personal best 635 squat, followed that with an easy 425 bench, then pulled an easier 675 deadlift for a 1735 total. Richard's only miss was his final attempt deadlift with a personal best 710. Great having you here, Richard! Second place at 275 went to Scott Kellerhals. Scott got a pr squat with 525, a strong 405 bench, and a 520 pull for a 1450 total. In the bench press competition first up was another little dynamo, Karen Gordon, all 116 lbs. of her. But don't let her size fool you, for Karen nailed a 170 bench to take the open women's 123 lb. class with another new national record. Greg Foster, undoubtedly one of the strongest natural benchers at 220, finished with 490 for the win at master 40-44, 220 and the police & fire 220 classes. Greg came so close with 500, and will probably get that weight and more at the AAPF Worlds in Las Vegas next month. Both were nationals SLP records and at a 210 bwt. earned Greg best lifter honors for the bench competition. Gary Catron took the master 50-54 220s with his national mark of 360. Gary even came close with a pr 380 final attempt. Ed Teran, also from Iron House Gym, finished the day with his best ever 335 for the win at 181 open. Ed had missed 325 on his second attempt, but then came back to get it on his third, before nailing 335 on his fourth attempt! Thanks to Linda Middleton and Leslie Dodd (both multi-national & world powerlifting champions) for doing an excellent job judging, and to my sons Joey and D.C. for loading and spotting. Thanks to everyone else who helped in any way, also. See you all next year! (Thanks to Dr. Darrell Latch for providing these meet results).

Mid Atlantic Bench Press
19 AUG 00 - Stanardsville, VA

148		Ryan McMillian	415
Open		40-49	
Frank Lupis	315	Al Statman	315
13-19		50-59	
Josh Brothers	180	Warren Brothers	255
20-23		242	
B.J. O'Bien	250	20-23	
181		Ben Bowman	330
Open		40-49	
Scott Gay	300	Marvin Durrette	440
13-19		50-59	
Steve Payne	235	Jerry Pool	310
50-59		275	
Oscar Rickman	260	35-39	
198		David Wood	390
Open		Female	
Craig Palmer	450	165	
13-19		Bonnie Graube	150

(Thanks to John Shifflett for providing the result).

Get Fit Health Club, Inc. BP/DL
13 MAY 00 - Beaver Dam, WI

BENCH		J. Housel	315
MEN		2ND Place	
Teen 14-19		J. Christian	245
Heavyweight		Heavyweight	
166-181		Champion	
E. O'Brick	270	K. Wannabo	425
I. Nelson	200	2ND Place	
199-220		T. Rozinski	400
D. Miller	300	WOMEN	
B. Bradley	250	Lightweight	
221-242		149-165	
J. Achterberg	340	M. Cigelske	110
J. Baldwin	250	Heavyweight	
243-275		149-165	
J. Jacobs	285	S. Stegner	140
B. Purpus	270	199-220	
Age 20-34		S. Woychik	115
Heavyweight		DEADLIFT	
182-198		MEN	
M. Amobia	375	Teen 14-19	
199-220		I. Nelson	335
K. Reese	360	199-220	
221-242		B. Bradley	470
T. Rozinski	400	D. Miller	390
243-275		Age 20-34	
K. Wannebo	425	182-198	
Age 35+		M. Amobia	455
Lightweight		199-220	
149-165		S. Coogan	540
J. Housel	315	221-242	
J. Christian	245	T. Rozinski	610
Heavyweight		Age 35+	
166-181		149-165	
A. McCredie	310	J. Christian	330
D. Wilerson	300	166-181	
J. Raether	285	B. Goldsmith	450
B. Goldsmith	270	182-198	
182-198		D. Dixon	450
D. Dixon	290	D. D. Marcelle	400
M. Disch	260	199-220	
D. Rabe	225	S. Coogan	540
221-242		221-242	
R. Vivier	385	R. Vivier	575
243-275		243-275	
M. Glomski	365	M. Glomski	565
276+		276+	
B. Sutton	300	B. Sutton	525
Lightweight		Champion	
Champion		T. Rozinski	610

(Thanks to Marie Cigelske for these meet results).

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1st USS Escanaba Memorial PL/BP
12 AUG 00 - Grand Haven, MI

BENCH				
MEN				
Open				
148				
M. Evans	341*			
181				
J. McDermutt	352			
220				
D. Richard	424			
S. Imkamp				
275				
E. Palmer	407			
SHW				
J. Harrison	424			
Teen 14-15				
148				
J. Kuzyk	192*			
Teen 16-17				
198				
D. Schmitz	325*			
Powerlifting	SQ	BP	DL	TOT
MEN				
Open				
165				
A. Vigil	507	281	507	1295
B. Creech	203	99	209	512
181				
C. Huey	440	352	451	1245
198				
S. Kuderick	573	385	551	1510
J. Campbell	523	319	551	1394
J. Jester	485	325	485	1295
220				
M. Szudarek	55	55	622	733
242				
D. Fortin	771	435	661	1868
J. Simonovich	639	347	600	1587
275				
A. Beach	628	507	600	1736
D. Vontom	573	374	501	1449
J. Harbourne	474	352	402	1229
308				
R. Johnson	688	501	589	1780
P. Sazy	661	501	600	1763
Teen 14-15				
P. Sazy	661	501	600	1763
165				
T. Jones	352*	176*	330*	859*
Teen 16-17				
198				
D. Schmitz	402*	325*	413*	1140*
Junior 20-23				
275				
C. Horton	551	391	600	1543
Submaster 33-39				
181				
J. Mumaw	501	275	540	1317
242				
D. Fortin	771*	435	661*	1868*
308				
R. Johnson	688*	501	589	1780
Master 40-44				
198				
D. Anderson	507	286	507	1300
242				
J. Simonovich	639*	347	600	1587
SHW				
K. Luczkowski	165*	396*	429*	992*
Master 45-49				
181				
G. McMillian	474*	292	507	1273*
C. Huey	440	352*	451	1245
198				
M. Plummer	474*	281	523*	1275*
Master 65-69				
220				
B. McNaughton	159	143	220	523
Master 70-74				
165				
B. Creech	203*	99*	209*	512*
Novice				
165				
J. Doty	413	325	440	1179
181				
J. Mumaw	501	275	540	1317
J. Proce	402	319	413	1135
198				
D. Anderson	507	286	507	1300
B. Helfst	468	358	474	1300
M. King	429	226	424	1080
220				
B. Hislop	463	402	540	1402
Z. Butler	451	402	534	1388
Dr. S. Cohle	363	330	501	1196
242				
T. Kollers	501	352	556	1411
275				
D. Vontom	573	374	501	1449
Z. Bowling	501	341	507	1350
J. Harbourne	474	352	402	1229
SHW				
K. Luczkowski	165	396	429	992
WOMEN				
Open				
123				
L. Wilson	286	167*	297	751

I would like to thank, right off the top, a number of people who made the whole meet possible. Spotter / loaders Dr. James Chantlier, Wes Hanna, Drayton Hardy, Ben Guinn, and Jim Hinze. Referees Mike Andres, Bob Spaulding, John Maddox, and Les Hassler. The scoring table was run by Renatta DeFelice, Alex O'Brien, and Kim O'Brien. My family all pitched in to get the event set up and ready to roll very early Saturday morning. Big Danny DeFelice helped out with all the details that make his meets so great! Our sponsors were Powerhouse Gym of Grand Rapids, Busy Body Home Fitness, Crain's Muscleworld, Motor City Barbell, Visionary Business Systems, Wiegen Mack of Detroit, and the Tri-Cities YMCA. Now for the lifting!! The weather was beautiful for this outdoor event in downtown Grand Haven, MI, held to honor the memory of those lost when the USS Escanaba was sunk. The USS Escanaba was a Coast Guard ship stationed in Grand Haven, sunk during World War 2, losing all but two crewmen. Every year there is a celebration for the Coast Guard here in Grand Haven, now the best the APF has to offer can be a part of this celebration! Best bench went to Mike Evans with a 342 @ 148. Best women's open was Laura Wilson with 751 @ 123. Best master was Greg McMillan with 1273 @ 181. Best open lightweight was Scott Kuderick with 1510 @ 198. Best open heavyweight was Dante Fortin with an inspiring 1868 @ 242. The best team was Team Strength Online by a close margin (TSO:40 - Powerhouse Gym:36). State records are indicated with a *. Congratulations to all who set a record, state or personal!! (Thanks to Tom O'Brien for the results).

Late Date Change ... the USPF new Jersy State and North Jersey High School meets have been changed from March 10th to March 31st. Contact Eddie Horton at 908-282-1260 or USPFehorton@aol.com for further information

USAPL Nebraska Bench Press
12 AUG 00 - Columbus, NE

BENCH				
Women				
B. Anderson 132	115			
E. Peterson 148	181jp			
Teen				
114				
J. Beckerich	176			
123				
M. Hafenbrack	148			
148				
J. Kempf	319t			
Open				
S. Auxier	308			
S. Runyan	248			
181				
D. Thurman BL	440n			
B. Taake	325			
B. Scherer	314			
198				
M. Elbert	352			
220				
J. Larchick	440m			
C.Nelson	275			
242				
B.Getchell	440			
R. Donscheski	440			
275				
C. White	413p			
R. Geisselman	374			
SHW				
T. Lamb	451p			
Masters				
L. Tierney 275	501m			
B. Sindelar 242	363m			

n - open state record, m - master state record, p - police & fire state record, t - teenage state record, j - junior state record. (thanks to the USAPL for providing these meet results to Powerlifting USA)

Powerlifting West Summer Benchfest
25 JUN 00 - Denver, CO

WOMEN				
Open				
E. Anderson (120)	165			
C. Barba (118)	155			
O. Sage (109)	130			
S. Tracey (95)				
Master 40-49				
A. McTighe (187)	200*			
MEN				
Teen Light				
L. Hanlfen (140)	275*			
M. Jarrett (145)				
Submaster				
J. Schermerhorn	530			
D. Brown (224)	465			
B. Collins (255)	480			
G.L. Clark (224)				
T. Rickett (177)				
Master 40-49				
Light				
P. Prado (143)	275			
G. Pratt (167)	255			
Anderson (148)	165			
S. Harms (178)				
Heavy				
G. Gertner (357)	515*			
B. Gillock (310)	470*			
F. Surber (242)	440*			
Arnsdorf (220)	410			
J. Miller (196)	355			
J. Hundley	155			
Master 50-59				
Light				
T. Byington (164)	250			
Heavy				
G. Duggan (304)	385			
Blackman (228)	325			
R. Minshew (264)	340*			
J. Lynn (202)	285			
Master 60+				
Light				
J. Mcintyre (285)	390			
Decesare (197)	325*			
J. Carter (196)	285			
Open				
132				
T. Kibel	185			
148				
R. Fry	345*			
P. Prado	275			
M. Jarrett				
165				
J. Opp	320			
D. Dunn	315			
N. Rodriguez	300			
S. Iannetta	285			
181				
T. Rickett				
198				
J. Miller	355			
220				
J. Mlone	425			
B. Hunt	340			
242				
D. Brown	465			
J. Whitbread	420			
275				
B. Collins	480			
C. Hundley	385			
319				
J. Schermerhorn	530*			
SHW				
D. Gaudreau	565*			
T. Koenigs	460			

* denotes state records. All state records are single-lift bench press records. (Thanks to Andrea Sortwell for providing the results to this meet to *PL USA*).

King of the Beach Meet
20 MAY 00 - Pensacola, FL

BENCH				
MEN				
Teen				
165				
R.Davis	300			
198				
J. Dedon	280			
275				
H. Strickland	490			
Open				
148				
D. Weekley	305			
165				
C. McMullen	340			
181				
D. Cagnolatte	375			
M. Clark	320			
C. Meredith	265			
198				
T. Medina	375			
D. Butler	340			
220				
J. Montgomery	475			
J. Reinhart	470			
R. Sanders	305			
242				
C. Mapoles	475			
275				
R. Bush	435			
MEN		BP	DL	TOT
Teen				
114				
M. Campbell		85	225	310
123				
C. Bordelon		155	275	430
132				
C. Melacon		220	370	590
C. Busch		150	275	425
148				
D. Hutchinson		135	315	450
T. Smith		160	275	435
D. Neal		165	250	415
165				
K. Bello		180	400	580
181				
B. Hotard		260	450	710
B. Cashio		230	405	635
S. Mougeot		220	375	595
198				
S. Chenevert		110	230	340
220				
J. Doucet		225	385	610
242				
L. Jones		215	450	665
Open				
181				
D. Belanger		405	600	1005
J. Robles		325	500	825
198				
N. Criteser		315	405	720
220				
J. Henderson-Coffey		360	555	915
242				
C. Chatman		365	520	885
J. Kipp		325	555	880
N. Leask		315	445	760
275				
J. Powers		450	550	1000
308				
C. Coaker		460	650	1110
Submasters 35-39				
220				
J. Henderson-Coffey		360	555	915
WOMEN				
Teen				
105				
K. Reed		75	185	260
114				
A. Allen		105	225	330
123				
E. Chapman		90	160	250
132				
N. LaCour		90	225	315
165				
M. Bemeiser		120	250	370
C. Wells		100	250	350
A. Angelloz		85	200	285
181				
B. Marchive		80	225	305
198+				
L. Atkinson		120	275	395
Open				
165				
T. Pisciottie		130	245	375

Best Lifter: Men - D. Belanger; Women - A. Allen. Imagine lifting in paradise - outdoors, under a thatched roof, with a view of the Gulf of Mexico and Hooters Girls. That was the setting for the 2nd annual "KING OF THE BEACH" contest held by Chip Holston and James Kober of Chip's 24 Hour Fitness Center at Bamboo Willie's on Pensacola Beach, Florida. This year's contest was a Push and Pull Contest with over 60 lifters from all over the Southeast, including 20 lifters from Louisiana Tech who came with Coach Redd Bueche. Many thanks to everyone who helped make this meet a success especially the Judges: Robert Hughes, Mel Ferguson and Joe DeStefano; Marion Hughes, Debbie and Rhonda Hughes and all the loaders, and Bamboo Willies and Hooters for their sponsorship and generous discounts for the lifters! Join us in Paradise for next year's KING OF THE BEACH CONTEST!! (Results by Chip's 24 Hour Fitness Center).

10th Annual Endless Summer BP/DL
26 AUG 00 - Goshen, IN

BENCH			
Novice			
148			
R. Langwell	270		
165			
E.J. Walton	265		
220			
D. Lamaster	225		
J. Marsala	235		
Open			
165			
R. Palmer	370		
181			
A. Cancel	330*		
L. Bontrager	265		
220			
M. Johnson	430		
275			
G. Leallifano	500		
R. Reed	460		
S. Tucker	460		
Master 40+			
181			
G. Foley	275		
275			
T. Werblo	350		
Master 45+			
220			
T. Horvath	320		
242			
H. Lamaster	400		
Master 50+			
148			
M. Wider	195		
275			
T. Striverson	440		
Master 55+			
220			
J. Tafelski	225		
Master 60+			
J. Marsala	235		
DEADLIFT			
Women			
181			
L. Boshoven	490		
Novice			
165			
E.J. Walton	500		
Open			
165			
R. Palmer	600		
Master 50+			
148			
M. Wider	400		

* denotes a new meet record. Those who saw this year's Endless Summer Bench Press meet got to witness one of those rare from - out - of - the - blue performances that are just jaw - dropping in the potential revealed. I assume that Ron Palmer is fairly new to the game based on his lack of equipment and some of the questions he asked, and yet he made some lifts that pretty good veterans could only dream of. Wearing only a T-shirt and demonstrating less than perfect technique, he still managed a lift that should land him in the TOP 100 for 165s, a nice 370 bench press! But that was only the beginning: in the deadlift he hit another likely Top 100 lift on his second attempt, 555, with room to spare. So on his third he went for broke and while it was very very hard, he never gave up and 600 was his, a lift that will land him in top 25 in the United States easily! This is a young man who's now standing at the crossroads; did he light up Goshen like a comet that will soon be gone, or will he seize this moment to go on to bigger and greater things, so that one day we'll all be remembering when he first burst upon the scene? I wish I had the magic words that would cause him to go for broke until all his potential is exhausted many years down the road, because if he doesn't, it will be a terrible waste. But I've seen a few of these performances in my time, and they can go either way. Second best performance in the bench was Angel Cancel. He steadily gets better and in winning the 181s, he set a meet record of 330. Also lifting their best ever, were a couple of Master lifters: Tim Werblo got his PR as a light 275 with a 350, and Tony Horvath made a 320 in the 220, 45 and over. Apparently some of the ultra high reps he has been doing have paid off big time, which should come as no surprise to Ken Leistner or myself, since both of us have long recommended doing this type of training from time to time. Ted Striverson just toyed with everyone in the bench, doing 3 of the most laughably easy attempts I've ever seen, finishing with a 440 in the 275, 50 and over, leaving everyone wondering what he could have done. And in the 220's Elkhart's Mike Johnson came in, in great shape and also hit a PR 430. Novice Rob Langwell was impressive for a first-timer, getting a nice 270 at 148. And veteran Rob Reed went for all the marbles with a PR 530 which would have also won the 275's, but he couldn't quite lock it out. Also in the deadlift Ron Palmees partner, E. J. Walton, made a very good 500 deadlift as a Novice. This was the most successful meet yet for the Goshen Fitness Center and hopefully this is a trend that will continue, because they are doing a great job with their promotions. (Thanks to Jon Smoker for providing the results from this competition to *POWERLIFTING USA*).

USAPL Missouri State (kg)
8 APR 00 - St. Louis, MO

Ozark Bench Press				
Women Open				
165				
D. Hicks	60			
SHW				
S. Pledger	75			
Women Masters				
148				
M. Post	85			
Women Teenage				
165				
L. Pledger	45			
SHW				
S. Pledger	75			
Men Open				
114				
D. Cohn				
165				
G. Dolci	165			
181				
D. Rosenzweig	175			
T. Scagliarini	150			
198				
R. Petzoldt	175			
K. Ruble	172.5			
K. Hazlett	170			
G. Ludwig	160			
R. Schulz	137.5			
J.Scalziti	117.5			
220				
M. Metheny	175			
L. Tiexeira	175			
242				
G. Chrun	205			
275				
B. McDonough	237.5			
B.Dolan	217.5			
J. Schroeder	155			
J. McGee	152.5			
Men Masters				
181				
40-44				
D. Rosenzweig	175			
WOMEN	SQ	BP	DL	TOT
Open				
148				
L. Bartko				
165				
D. Hicks	115	60	120	295
Teen				
165				
L. Pledger	107.5	45	117.5	270
MEN				
Open				
114				
D. Cohn	145			
181				
B. Doster	232.5	142.5	220	595
198				
K. Garrett	272.5	150	282.5	705
R. Petzoldt	227.5	175	250	652.5
G. Lugwig	235	160	235	630
M. Bauman	250	145	230	625
B. Mattingly	212.5	142.5	267.5	622.5
M. Harrison	202.5	120	230	552.5
220				
L. Sample	272.5	182.5	285	740
L. Tiexeira	247.5	175	257.5	672.5

B.Schmidt	125			
50-54				
J. Springmeyer	142.5			
198				
40-44				
K. Ruble	172.5			
R. Schulz	137.5			
45-49				
J. Scalziti	117.5			
55-59				
A. Dicandia	140			
220				
45-49				
W. Strosnider	167.5			
B. Zickelbach				
50-54				
A. Kisrow	170			
S. Caldwell	162.5			
60-64				
J. Bourisaw	165			
242				
45-49				
G.Chrun	205			
275				
40-44				
J. Vosler	160			
50-54				
J. Adams	160			
J. Bryant	135			
SHW				
40-44				
J. Pledger	195			
L. Betzer	130			
50-54				
E. Coates	170			
Men's Teenage				
14-15				
165				
J. Daniels	72.5			
18-19				
181				
N. Young				

M. Metheny	232.5	175	242.5	650
M. Alexander	227.5	127.5	237.5	592.5
M. Paulus	227.5	137.5	192.5	557.5
275				
J. Kruszynski	282.5	147.5	302.5	732.5
S. McKelvey	245	170	192.5	607.5
J. McGee	222.5	152.5	230	605
S. Mangin	282.5			
275+				
J. Pledger	310	195	275	780
Masters 40-44				
181				
R. Schmitt	175	122.5	230	527.5
198				
R. Fitzgerald				
275				
J. Kruszyniski	282.5	147.5	302.5	732.5
275+				
J. Pledger	310	195	275	780
Masters 45-49				
198				
W. Cooper	185	117.5	215	235
220				
L. Sample	275.5	182.5	285	740
M. Paulus	227.5	137.5	192.5	557.5
242				
G. Chrun	240	205	242.5	687.5
Masters 55-59				
198				
L. Bargatze	200	122.5	212.5	535
A. Dicandia	192.5	140	192.5	525
275				
I. Obermark	110	137.5	182.5	430
OZARK OPEN				
Women Open				
105				
S. Denbow	47.5	27.5	62.5	137.5
114				
Je. Marcellis	117.5	57.5	125	300
A.Jackson	70	37.5	220	217.5
Ja. Marcellis	122.5			
123				
S. Hobson	70	42.5	90	202.5
132				
K. Sands	67.5	25	87.5	180
148				
M. Motsinger	57.5	30	95	182.5
L.Bartko				
165				
D. Hicks	115	60	120	295
Women Masters				
148				
M. Post	122.5	85	142.5	350
Men Open				
114				
D. Cohn	145			
R.Villareal	120	62.5		
132				
A. Whigham	205	97.5	205	530
181				
B. Doster	232.5	142.5	220	595
T.Scagliarini	222.5	150	212.5	585
198				
K. Garrett	272.5	150	282.5	705
R. Petzoldt	227.5	175	250	652.5
K. Hazlett	242.5	170	227.5	640
G.Ludwig	235	150	235	630
J. Scalzitti	192.5	117.5	235	545
220				
R. Lawary	300	187.5	315	802.5
R. Fowler	270	150	250	687.5

L. Tiexeira	247.5	175	250	672.5
M. Metheny	232.5	175	242.5	650
T. Pitts				
275				
J.Kruszynski	282.5	147.5	302.5	732.5
J. McGee	222.5	152.5	230	605
B.Mitchell	192.5	147.5	220	560
S.Mangin	282.5			
Masters				
198				
40-44				
R. Fitzgerald				
45-49				
J. Scalziti	192.5	117.5	235	545
55-59				
L. Bargatze	200	122.5	212.5	535
A. Dicandia	192.5	140	192.5	525
220				
45-49				
L. Traub	65	65	65	260
275				
40-44				
J. Vosler	172.5	160	137.5	470
50-54				
J. Adams	185	160	182.5	527.5
SHW				
55-59				
C. Cloncy	242.5	145	230	617.5
Novice				
165				
M. O'Sullivan	192.5	110	202.5	505
K. Dickson	187.5	102.5	192.5	482.5
J. Anderson	172.5	112.5	182.5	467.5
L. Metcalf	165	102.5	190	457.5
M. White	152.5	100	195	447.5
198				
R. Wood	232.5	185	222.5	640
W. Cooper	202.5	117.5	215	535
M. Orender	165	60	160	375
275				
J. McGee	222.5	152.5	230	605
SHW				
J.Henson	210	115	232.5	557.5

BEST LIFTERS: Open Women: Dawn Hicks; Open - Men: Kenny Garrett; Masters Men: Lindsay Sample; Teen Women: Lindsay Pledger; 1st Place Team: Universal Health & Fitness. Just some after thoughts on the meet, which was yet another fine production by the Cissells, Steve, Mike & Sue. The meet site of St. John the Baptist High School seems to be a keeper, with the spacious warmup room and more than adequate gym. Rick Koettker was a saint to work with and was very accessible during setup & cleanup. Saint Koettker they should call him. I also felt we got lucky since the weather was a bit cooler this year, it made the temperature of the gym just right. Aprox. 85 lifters came, with lifting wrapping up around 4pm or so. Not bad considering we started a tad late at 9:30am. This could be attributed to great spotting & loading by Pat Rankin & his group of Strongmen/Christian bikers. These guys were awesome. There's no feeling like walking up to the platform with a crew like Pat, Wayne Ellerman & Jim Davis spotting you. Pat was so excited at one point I thought he was going to test the weight on the squat bar himself, just to insure it was correct. As for records, there were too many to mention in this small paragraph, but the biggest one that fell was in the bench press. Bill McDonough benched 523 lbs. for a new record in the 275 lb. class. If I recall correctly, this was a record set by Ron Serra, established quite a while ago. Going into the meet, it appeared the best lifter in the Ozark division was going to be between Kenny Garrett & Rodney Lawary. Kenny uncharacteristically stumbled and it opened up the door for Lawary. Lindsay Sample captured his 10th state title by winning the 220 lb. class. The nearest lifters to him have just 6 titles (they are: brother Leonard Sample, who retired due to health reasons; George Krockenberger; Vae Mafuli & Pat Rankin). Rumor has it that he may consider retiring though, possibly due to some bothersome hip trouble. He was part of the usual army of lifters that hail from southeastern Missouri. Aside from lifting, he spends time hunting & fishing. He's not only a record setting powerlifter, but a record setting fisherman as well. Lindsay recently caught a catfish that weighed a massive 85 lbs. and was 52" long! You'd almost have to be a lifter to pull this one in! It was caught in Illinois, just across the river from Cape Girardeau, Mo; and was an Illinois state record for the biggest catfish ever caught! Other teams well represented were the WalleyWorld Bench team, headed up by Wally Strosnider; S & M Fitness of Harrisburg, IL, an all female team of mostly teenage girls coached by Mark & Sue Motsinger; The Ultimate Gym, Health Quarters in Hazelwood; The Granite City YMCA; The Belleville Weightlifting Club; The Firm; Western Illinois University & The Gym. I'm sure I've missed some, and apologize in advance, but it's hard to recap everything when you actually lifted in the meet. I was pleased to see the turnout of lady lifters. Overall we had 16; hopefully this trend will continue as it makes things more competitive for the girls that enter. We also had lifters from several different areas come to lift. They include Chicago, Indiana, Mississippi, South Dakota, Oklahoma, New York, and several parts of Missouri & Illinois. The meet also had it's share of national refs on hand. Thanks to Judy & Roger Gedney for making to trip from Macomb. Thanks also to Freddie Higgins for also coming down from Illinois. Jim Rouse, who's claimed as one of ours even though he's from up in Illinois, was also on hand running a tight platform. Sam & Judy Greco also put in a day at the meet judging and helping out where needed. Big Jeff Lewis, the Missouri USAPL's only 600 lb. bencher was also on hand. King Louie was helping Joe Scalziti (formerly of St. Louis) who made the trip from Chicago. The meet's most enthusiastic parent award award would have to go to the mother of Sophia Hobson, of Harrisburg, IL. She was so happy for her daughter that she was bouncing up and down as Sophia accepted her award. In my eyes, that's the kind of stuff that makes this fun. I heard a few people mention they might decide to back away for a while or that this may be their last meet. Good luck trying to quit, because once you're in this sport it's really hard to quit. Just ask 4 time state champ Chad Holmes. Chad was looking as big as ever, has long hair and has been training for Pro Wrestling; but indicated he might return for the Cape meet. Old powerlifters never quit, they just take a layoff, get healthy and get hungry again. Irv Obermark indicated he was qualifying for the National Masters held later this year, and that he might call it quits for a bit. He also said a couple of things that hit home with this author. The first being, that he would consider getting a little bit involved with the judging end of powerlifting. This is a good thing and certainly what we need. The other was that he trains a young lifter at his gym who may enter a meet some time. Folks, if our sport is going to continue to grow in our area, we all need to do more of this. Latch onto a young guy or two, and give them some encouragement. Sam Greco is a good example. He trains a handful of wrestlers & football players. Or if you're really ambitious, as is the case of Mark and Sue Motsinger, try training 30 or 40 teenagers for this. The point is, most of us have something to offer the younger crowd. Certainly powerlifting isn't the most convenient or common sports for kids, but there are worse activities for them to get into. Just open a newspaper or watch the 5 o'clock news and you'll see. And besides these younger lifters are a lot of fun. Where else can you sound off like Burgess Meredith, who played Mickey, in the Rocky flicks, and not get taken away in a coat with extra long sleeves ... "You need a manager, kid!!!! You can't buy what I got to give ya'! I've waited 50 years to make a champion, and you're it kid!" Ok, so I've had too much coffee this morning, but you get the idea. Along these same lines, James Bell has been doing this for years. Jim was this year's Leroy Marsh award winner, who I first met in 1986 at the Ozark meet in Bridgeton. Even though I didn't have the greatest total, he said "Hey, you should go to this meet next month." Since then, you folks have become this author's best and dearest friends that I look forward to seeing a few times a year. Jim not only works with the lifting kids at St. John the Baptist, but he also has coached girls softball for years. All of this, and carefully maintaining a tricky balancing act at home with the family. Getting back to Pat Rankin, this guy seems to have had moment of clarity, and a major spiritual awakening. He has formed a group called Athletes Against Steroids after seeing many training partners fall by

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the wayside due to the dark side of the force. Pat's target audience is the guys that have not yet decided to use strength enhancing drugs; and his goal is to show them that they too can get strong without using, as long as they are patient. Well that about wraps it up for another state meet. Thanks again to the Cissell family for giving us wonderful outings each year to lift in. If it were averaged out, a meet director probably makes about .25 cents per hour on running meets. Anyone who doesn't think so, should try it, or at least take a step closer and inspect a little deeper. It takes months to plan a meet, and even when it's over at 5pm that day, we all go home, but the meet director still has more work to do. Mike, Sue & Steve do an outstanding job carrying the load for all of us. Thanks again to them; and thanks also to the giant meet production crew that know's who they all are. See you next time! (results provided by courtesy of Rick Fowler)

WPA World PL & BP Championships
1,2 APR 00 - Lancaster, PA

WOMEN	SQ	BP	DL	TOT
97				
Drug Free				
H. Schomoyer	200			
Teenage				
H. Schomoyer	200			
123				
Drug Free				
J. Burkey	400	155	305	860
132				
J. Lippert		290		
Teenage				
N. Reynolds		165		
148				
Teenage				
R. Goodwin	150	140	250	540
Drug Free				
L. Auckland	400	245	385	1030
Teenage BP				
R. Goodwin		140		
Master				
L. Auckland	400	245	385	1030
Grandmaster				
D. Mikolski	100	95	225	445
165				
D.Musser	350	210	335	905
Drug Free				
M. Franklin	320	135	340	770
Teenage				
M. Franklin	320	135	340	770
181				
Teenage				
M. Malkasian	290	125	310	725
Drug Free				
M. Malkasian	290	125	310	725
198				
Teenage				
J. Chae	250			
Drug Free				
J. Chae	250			
Men				
123				
Drug Free				
R. Bodine	225	170	300	695
132				
50-59				
J. Redding	400	215	425	1015
148				
Drug Free				
C. Ingram	425	330	420	1175
Submaster BP				
C. Taylor		270		
165				
B. Crowe	620	435	550	1605
R. Dumas	355	330	375	1060
Teenage				
D. Barnes	350			
Teenage BP				
B.Leonard		300		
Submaster				
N. Neidigh	405	325	425	1155
40-49				
G. Ruth	465	260	425	1150
L. Weibley	425	240	450	1115
50-59				
M. St. Laurent	545	350	550	1450
	4th	360		
BP				
M. St. Laurent		350		
	4th	360		
70-79				
D. Giller	300	285	440	1025
181				
Drug Free				
F. Piermattei	550	3350	575	1475
S.Johnson	540	360	515	1415
S. Kohler	480	365	445	1290
BP				
L. Ryan		380		
S. Johnson		360		
40-49				
F. Piermattei	550	350	575	1475
S.Johnson	540	360	515	1415
50-59				
D. Junkins	315	235	380	930
BP				
J. McIntire		320		
198				
Drug Free				
D.Moore	600	405	445	1450
H. Reece	430	300	460	1190
Submaster BP				
A Omoski		310		
40-49				
R. Sensenig				
60-69				
J. Miozza	250	220	245	725
BP				
B. Rosenfield		325		
220				
Drug Free				
R. Mello	630	420	600	1650
M. Fausey	585	390	600	1575
J. Steele	575	335	610	1520
A. Bennett	565	385	540	1490
A. DeJesus	340	280	470	1090
BP				
Z. Rhodes		480		
Open BP				
T.Vellake		500		
D. Stitt		500		
Submaster				
R. Mello	530	420	500	1650
BP				
T. Vellake		500		
Z. Rhodes		480		
R. Huff				
242				
Open BP				
J. Raynor		565		
Drug Free				
J. Davis	675	400	600	1675
G. Robb	540	385	610	1535
P. Simpson	550	365	550	1475
J. Hebert	560	350	550	1460
J. Grosser				
Drug Free BP				
J. Raynor		565		
M. Coulter		530		
D.Howard				
Teenage				
J. Pellegrini	500	325	510	
Submaster				
J. Kleinsmith	540	410	425	1375
Submaster BP				
C. Seeker		495		
40-49				
P. Simpson	550	365	550	1465
275 Open				
M. Dimiduk	800	405	710	1915
Drug Free				
M.Jovanovic	750	425	610	1785
R.Taylor	520	460	630	1610
D. Alcott	510	225	450	1185
Teenage				
D. Alcott	510	225	450	1185
Submaster				

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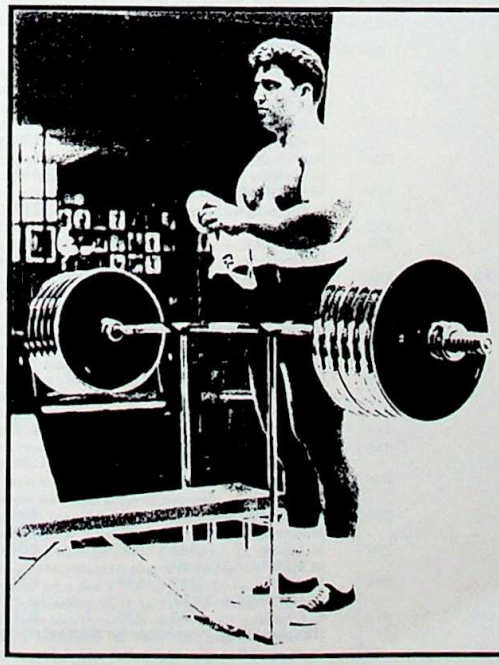

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A. Griffith	700	370	500	1570
40-49				
M. Dimiduk	800	405	710	1915
BP				
J. Walk		340		
Guest Lifter				
J. Toranzo		700		
308				
Drug Free				
T.Graver Jr.	410	380	510	1300
BP				
B. Frisby		525		
40-49				
T.Graver Sr.				
50-59 BP				
L. Schoelkoph		315		
SHW				
Drug Free				
A. Lawrence	770	500	700	1970

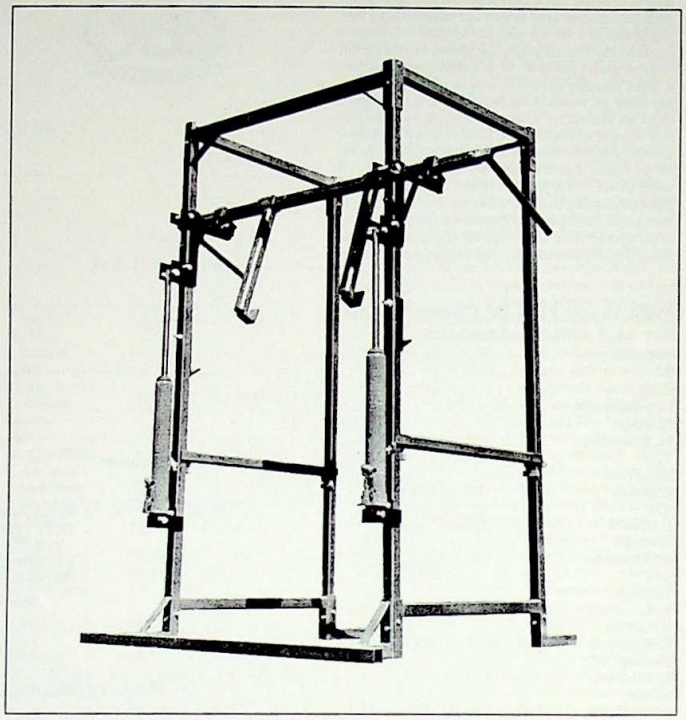
Meet Directors: Carl Seeker & Scott Taylor. Sponsor: Inzer Advance Designs. Saturday & Sunday, April 1-2 at 9AM each day Carl Seeker & Scott Taylor saw the ballroom at Quality Inn and Conference Center, Lancaster, Pennsylvania filled to capacity. Spectators came from all around to see the big lifts being performed. This was by far the most popular event to come to the state of Pennsylvania this year. Special thanks to Inzer Advance Designs for sponsoring this event and helping this meet be possible. Without the generous sponsorships of John Inzer this sport would be in serious trouble. Carl Seeker trucked his equipment over 5 hours and set the site up with some grade A stuff. Monolifts were available for the platform and warmup areas thanks to Carl. The lifters loved it! Special thanks are also in order to R&A's, Ross Althouse, Dick Armstrong, Tom Levering, Mike Patton, Marcus and Dawn Coulter, Bob Huff, John Bott, Ben Young a.k.a Amish Outlaw, Keith Snyder Leo Ryan for the Coca-Cola Products, Emily Foust from MagTech, Sonny Johnson, and the loaders and spotters who did a fantastic job, Kathy Roberts & Wendy Edwards for the many hours spent judging and to anybody else I may have missed. On Saturday the ladies competed and the men up to the 181 classes. Lots of quality lifting! 14 year old Heather Schmoyer started the action and ended up making a 200 pound squat but missing all 3 attempts of the bench press. She had planned on deadlifting in excess of 300 to set some teenage records. The Womens Drug Free 123 class was won by Jenny Burkey who performed some awesome lifts including a 400 squat, 155 bench and 305 deadlift with a nice 860 total. Incredible lifting! Jenny ended up with the Womens Best Lifter Award. The Womens 132 classes saw some great benches as 18 year old Natashia Reynolds set a record lift of 165 and just missed out on a 185 pound lift. Jerry Lynn Lippert (Womens Bench Press Best Lifter) wowed the audience by benching 290 at a bodyweight of 129. Lisa Auckland did some incredible lifting at 41 years of age and bodyweight of 146.5. She squatted 400 setting a record, benched 245 and did a record deadlift of 385. Lisa is also a NPC International level bodybuilder. Rachel Goodwin competed in the Womens Teenage 148's and at age 15 set a 40 total. Best Total in the Womens 165 classes was set by Denise Musser who squatted 360, benched 210 and deadlifted 335 for a 905 total. Melissa Franklin did some great lifting for a teenager and ended up with a 770 total. Dottie Mikoloski competed in the womens grandmaster division and set some nice record lifts in the 60-64 bracket. She pulled an impressive 225 deadlift weighing 137. Cindy Crawford competed in the Bench Press only event and had a bad day missing a 230 opener on all 3 attempts. 16 year old Margaret Malkasian competed in the Womens 181 class and set a teenage record squat of 315. Her deadlift was an impressive 310 and she ended the day with a 725 total. Outstanding for 16 years of age. Only one competitor in the womens 198 classes. Unfortunately young JoAnne Chae only got one squat of 250 in, and missed all bench attempts putting her out of the competition. This young gal has lots of potential and we look forward to her return. Year after year the name John Redding has been heard at powerlifting meets across the world. John was around when the sport began and before that was an olympic lifter. He did not fail to please the crowd as he set some new Master records at age 56. John weighed 129.5 and squatted 400, benched 215 and pulled a nice 425. The crowd loved him. Another highlight of Saturday's lifting was Brian Crowe. The crowd went crazy as Brian squatted 620, benched 435 and pulled 550 to win the drug free 165 class with a 1605 total. I got to speak to Brian for awhile during intermissions and he is a very polite and impressive individual. Brian won the Drug Free Lightweight Best Lifter award. The 165 classes were filled with quality lifters. Dick Giller, the seemingly ageless wonder, had the distinction of being the oldest competitor and totaled a nice 1025 at 72 years of age and bodyweight of 156! Dick is a wealth of information and an incredible guy to sit down and speak with if one ever has the opportunity. Dick ended up taking the Master Lightweight Best Lifter award. A true asset to the sport, Marcel St-Laurent (CPA President) at age 57 did some great record lifts at a bodyweight of 162. He squatted 550, benched 360 (4th attempt for record), deadlifted 550 and put in a 1450 meet total and 1460 record total that leaves many a young competitor wishing. Fred Piermattei put in a 1475 total to take the drug free 181 and and Master 40-49 number 1 positions. Dean Moore took the drug free 198 top spot with 1450. The charismatic Joe Miozza at 66 years young, totaled 725 to take the number one spot in the 60-69 class and had a battle on his hands as he cross registered into the bench press only event and battled it out with Burt Rosenfield who ended up taking the bench class with a 325 pound bench press at age 68. Robert Mello took the top spot in the drug free and Submaster 220s with a 1650 total. The bench only division of the 220s was tough with Tony Vellake taking the Open and Submasters with a 500 bench and missing 525. Daniel Stitt was in the number 2 spot with 500 because he outweighed Vellake by one pound which broke the tie. Plenty of action in the 242s with John Davis leading the pack in the Drug Free class. James Pellegrini totaled 1335 in the Teenage class. In the bench division Joe Raynor of North Carolina took the top spot in the drug free and open classes with a 565 lift. Carl Seeker benched 500 to win the Submaster class. Some of the meet highlights took place in the 275 classes. In the Drug Free division, Milan Jovanovic of Yugoslavia battled it out for the number one spot with Canada's Richard Taylor. Jovanovic emerged as class winner with a 1785 total. The crowd really loved Milan Jovanovic. He was quite an interesting person, sporting a shaved head and standing a full head taller than most of the competitors. Milan had some long and interesting discussions with many of us and he was well liked by all. The crowd became very vocal and cheered like crazy whenever he appeared on the platform to lift. Milan also won the Drug Free Best Lifter award for the heavyweight classes. Winner of the Mens Open and Master 40-49, 275 class was Mark Dimiduk who is well known in the powerlifting world. Year after year Mark sets new records and he didn't disappoint this year as he squatted 800 and set a nice 1915 total. Mark won Best Lifter for the Open and Master heavyweight classes. When benches came around in the 275s there was a lot of talk going around and you could feel a certain electricity building up in the air. What was the special occassion? JOEL TORANZO! Joel was the guest lifter for the event. Weighing in at an even 275 Joel smoked an opener of 620. His next attempt was 700 which shot up like a rocket. No hesitation there whatsoever. Then came the 710 attempt. The weight shot up and came to a halt near the lockout point. He just missed the 710! Joel came with a great group of guys who were very helpful to many of the lifters. A true champion he had nothing but good to say about all the other 700+ benchers of today. 308 classes were thin today and the platform saw a father/son team of Tom Cravers (Jr & Sr) Tom Junior won the Drug Free Class and his dad unfortunately did not make his squats to remain in the meet. Brent Frisby won the bench press event with 525 while Les Schoelkoph won the masters with a 315 bench. A few "no shows" left Aaron Lawrence the only Superheavy in the event. Aaron managed to keep his motivation up and ended with a 1970 total. Team award went to Euphrata Fitness Center. (thanks to Scott Taylor for providing these results)

WNPF/USPC Mid-Atlantic BP,DL,PC
10 SEP 00 - Baltimore, MD

105	BP	DL	PC	TOT
W Raw BP+DL				
P. Yiannouris	65	135		200
W Jr. BP+DL (20-23)				
P. Yiannouris	65	135		200
123				
W BP Open				
A. Salter	170			170
W Raw BP				
A. Salter	170		170	
M MTR Raw Bp (40-49)				
G. Murphy Jr.	175			215
M MTR. Bp (40-49)				
G. Murphy Jr.	215			215
W BP+DL Open				
B. Barnowich	120	240		360
W MTR BP+DL (33-39)				
B. Barnowich	120	240		360
148				
W BP Open				
A. Dalton	120			120
W Raw BP				
A. Dalton	120			120
Curl 180				
M Curl Open				
B. J. Edwards			150	150
B. J. Edwards			150	150
181				
M Raw BP				
G. Hope	315			315
M Raw BP+DL				
M. Platt	225	350		575
M MTR BP+DL (60-69)				
W. Richardson	270	400		670
198				
M BP Open				
T. Dorsey	455			455
M P/F/M BP				
D. Conway	300			300
M MTR BP (40-49)				
G. W. Shanholz	350			350
M MTR BP (50-59)				
R. Elliott	350			350
D. Conway	300			300
M BP +DL Open				
C. Morris	440	580		1020
T. Getsinger	375	480		855
Curl 200				
M Curl Open				
T. Getinger			165	165
M. Quarto			160	160
C. Walsh			160	160
220				
M BP Open				
J. Brown	415			415
G. Petrides, Jr.	385			385
M Raw BP				
R.S hanks	405			405
M MTR BP (33-39)				
J. A. Crockett Jr.	330			330
M MTR BP (40-49)				
D. Taylor	280			280
M MTR BP (50-59)				
R. Shanks	405			405
M MTR BP+DL (33-39)				
J. A. Crockett Jr.	330	485		815
M MTR BP+DL (40-49)				
D. Taylor	280	400		680
Curl 230				
M Curl Open				
P. Maizels			150	150
M MTR Curl (40-49)				
D. Taylor			130	130
M MTR Curl (60-69)				
R. DeBaufre			110	110
242				
M Raw BP				
D. D. Harris	325			325
M Raw BP+DL				
D. F. Riffle	375	635		1010
Curl 260				
Jr. Curl 14-16				
D. Praydis Jr.			125	125
M MTR Curl (30-39)				
F. Lawless			160	160
Curl M SHW				
M MTR Curl (40-49)				
D. Praydis Sr.			150	150
M MTR Curl (50-59)				
C. Smith			150	150
275				
M Raw BP				
Disantostefano	460			460
M Raw BP+DL				
M. Derda	340	480		820
M MTR BP+DL (40-49)				
M. Derda	340	480		820
M MTR BP+DL (50-59)				
C. E.Smith	365	450		815

(Thanks to Brian Washington for the meet results).

New Product

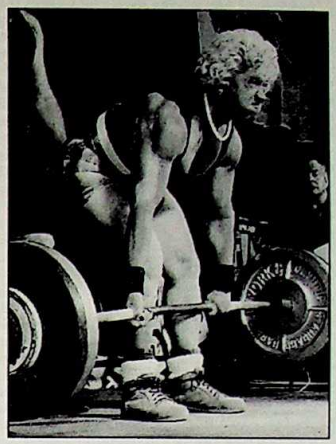


FULL BEAM SAFETY POWER HOOK "The Safety Power Hook is now available in the Full Beam version. This allows a full range of side to side adjustment even beyond the rack's width. Most lifters set the hooks at the elbow position for squats. Deep hooks and floating action allow near perfect entry before the lift off. You are not required to step back. This is especially useful when intensifying your training with rubber bands or chains, the fore and aft pulling is eliminated. The return lever may be used when spotters are available. The optional hydraulic system allows the level to be adjusted with the weights in place. The entire assembly breaks down easily and completely enabling quick transport to meets or installing the unit in confined spaces such as basements. The "Sumo" base, exclusive 1/2" incremental adjustments, foot room and exceptional corner bracing are all a part of the FULL BEAM SAFETY POWER HOOK when ordered with the IRON CLAD & BUILT TO SUIT SAFETY POWER RACK which is available many sizes and gauges. The FULL BEAM SAFETY POWER HOOK may also be fitted to your rack. A free standing version will also soon be available. Call us anytime for your design needs at 831-637-0797. Or write for more information to: CREPINSEK'S SAFETY POWER SQUAT BAR, 130 Barnheisel Road, Hollister, CA 95023"

(article continued from page 12)

beat David Chase of Florida 606 to 562. Chase set a Florida state record. Outstanding lifter lightweight was Willie McCoy and heavyweight was Jerry Capello. In master 47-53, Homi Shivale set a California state record of 424 which was 11 pounds shy of Larry Muth's world record of 435. At 165, John Tyree hauled in a spectacular 600 for a world record and the outstanding lifter award for lightweight. At 181, Richard Hagedorn from Alabama set a world record with 584 to beat two of Bull Stewart's pupils, Gene Alexander and Mick Stevens, who did 567 and 529 respectively. At 198, Anders Wahlund, of Sweden, set a world record with 617 beating Ted Butler's old record of 600. Robert Ward of Astoria, Oregon was second with 479 and Emanuel Howard of Louisiana was third with a Louisiana state record 462. Warren Orbaugh of Guatemala was fourth with 451. Jim Snodgrass of Texas was fifth with 440, and Chris Pena of Hermiston, Oregon was sixth with 407. At 220, Craig De Soto of Lahaina, Maui pulled 584 to edge Patrick Fay who pulled 567. Patrick pulled 600 on a fourth for a law/fire world record. Steve Rosenberg, of Texas was third with 535. At 242, it was the battle of Central Washington with Cliff Sandberg of Tri Cities going up against Roger Nelson of Tri Cities and Dale McPherson, the owner of Han's Gym in Ellensberg, Washington. Sandberg won with 600, and Roger Nelson was second with 589. Dale McPherson was third with 556 and Bill Anderberg was fourth with 529. Bill coached by Jerry Capello from Medford. Jerry's Team Powerhouse Gym came in fourth. At 275, Tom Ekenberg of Texas beat Isaac Pankratz of Oregon 567 to 518. At super, Leo Contreras set a California state record with 473 to beat Keith Ward of Hawaii whose 462 was also a state record. Outstanding lifter lightweight was John Tyree and heavyweight was Cliff Sandberg. In master 54-60, Gordon Santee, a WABDL world judge set a world record with 535 at 165. Moses Timbal of Hawaii was second with 426 - 11 pounds shy of the Hawaii state record. Christian Brenol of France was third with 374. At 181, Mitch Sperling set a California state record of 418 and won his category over Frank Isernio, who did 407. At 198, Olicio dos Santos, all things considered, is the greatest deadlifter in the world today. He is from Brazil and is 56 years old. At 196 pounds, he pulled 700, a world record. His coefficient is 520, the highest I have ever seen. In second place, Dennis Johnson of Wisconsin pulled a National Record 622, a very good lift and one of the few deadlifters in the world with a coefficient over 400. At 220, Toe Preston, from Hawaii set a world record 611 to beat Jimmy Young's record of 600. Skip Hall of Alabama was second with an Alabama state record of 562, and Dave Cheek from Oregon was third with 473. At 242, Daniel Smith III beat Jimmy Duckett 440 to 380. Jimmy's 380 was an Oklahoma state record. At 275, Mike Fryar beat Bobby Dodd 556 to 468. At 308, Robert O. Smith hauled in 556, a ways short of his world record 578. At super, Don James did a world record 529. Outstanding lifters were Olicio dos Santos and Toe Preston. In Class I deadlift, Jon Shapiro set a California state record with 363 at 148. At 165, Joseph Withers set a Washington state record of 473. Joe Ojeda of Texas was second with 440. Erick Kuskie of California was third with 429 and a California state record. Al Gunoe of Wyoming was fourth with 413 and a Wyoming state record. Luke Bevill, of Texas, was fifth with 358. At 181, Mark Pearce of Texas shattered Kirk Taylor's Texas state record with 529 - about 80 pounds better than the old record. In second was Johnny Hernandez of Idaho who set an Idaho state record of 523. In third, was Steve McMillan of Georgia who did 413 and third was Bob Vickery of Texas who did 347. At 198, Alexander Geitner of Germany won the world championships with 523. Steve Ughe of California was second with 501, which tied the California state record held by Marc Coffey. In third was Wade Ricard with 473. At 220, Troy Fryar from Michigan set a state record with 600. In second was Rick Kornis of Alabama with 501. At 242, Jerry Hertager set an Oregon state record with 650 and is now in the open division. Robert Cuddeback was second with 534 and a California state record. Mike Smyser was third with 523 and Joe Garcia was fourth with 501. At 275, Darryl Ng of Hawaii set a Hawaii state record of 606 and won the worlds. In second was William Pontius of Washington with a Washington state record of 573 and third was Tome Ekenbers of Texas with 567. Mike Fryar was fourth with 556. At 308, Gary Brower of Idaho set an Idaho state record with 578. Barry Duncan of Tennessee was second with 529 and Cory Huwe of Washington was third with a Washington state record of 479. At super, David Chase set a Florida state record of 562 to beat Leo Contreras who did a California state record of 473. Outstanding lifter was Mark Pearce and Jerry Hertager. In master men 61-67 deadlift, Precious McKenzie of New Zealand set two world records - one in masters with 447 at 132 pounds at age 64 and the open, beating all the young kick butt in their prime WABDL lifters. Precious is a gem that never ages. He never ceases to amaze me. At 148, Lindy Blas of Hawaii tied his world record with 440, but it was a Hawaii state record since his world record was set while he was a resident of California. In second place was Richard Gidcumb, of Arizona, with 352. At 165, Richard Abbott pulled 485 just 5 pounds shy of his world record. At 181, Rudy Lozano set a California state record of 485. At 198, Pete Wilson set a California state record with 452, and Ron Jorgenson was second with a Washington state record of 391. At 220, Harold Smith of Montana set a Montana state record of 413. At 242, Omar Bruce tied his world record with 523. At 308, Gary Johnson, of Walla Walla, Washington, set a world record with 347 pounds. J.P. Krachunis was second with 253. In master 68-74, Jim Schall won at 165 with 347. At 181, Ross Phillips who holds the world record at 529 had to settle for 485. At 198, Austin Demello set a California state record with 347. In master 75-79, Robert Stephan, of Lacrosse, Wisconsin set a world record with 336 at 165 at age 77. He was named outstanding lifter for 61+ age group. and was the second outstanding deadlifter of the meet behind Olicio dos Santos of Brazil. In 75-79 181, Dr. Donald Dreyer of Louisiana set a world record with 170. He is 79 and is a full time doctor. In teenage men 13-15 age group, Andrian Brooks, coached by Bull Stewart, pulled a world record 242 at 97 pounds. At 105, Johnny Hernandez Jr. set an Idaho state record with 203. At 114, Stephen Lynn set a Washington state record with 248 and Rocky Hernandez was second with an Idaho state record of 181. At 123, Clayton Pinson, of Oklahoma, set an Oklahoma state record of 220. At 148, Hayward Blake coached by veteran John Ford pulled a huge 402 for a world record. Michael Enloe was second with 314, Andy Munsey

Meeker Makes Off with trophy!!



*Pulling Big Time – **Mary Jacobson***

was third with 308. Andy was the world record holder with 325. Adam Contreras was fourth with 198. At 165, Michael Minahan set a California state record of 303. At 198, Kevin Bowen set a Texas state record of 391 - world record is 413 by Chris Ware of Oregon. At 220, Keenan Brown did 358. Keenan is from the Washington school for the blind, and he brings a lot of enthusiasm to the platform. At 242, Nick Heppner beat Fernando Rigo's seemingly, or at least I thought, unbeatable world record of 529 at age 15. Nick did the impossible with 534 to beat Rigo's record. Rigo is from Brazil. Outstanding lifter was Nick Heppner. In teenage 16-19, Stefan Hudson from the Washington school for the blind set a world record 176 at 105. At 132, Gary Remiticado, of Hawaii, pulled a very impressive Hawaii state record of 424 - 16 pounds off the world record held by Barry Kunkel. At 148, Ramyar Baradari won the worlds with 418. In second was Travis Godawa, of Louisiana, with 352, a Louisiana state record. Herbert Allen was third with 231. At 165, Casey Gutches did 468 to beat Rick Mitchell who did 457. Tyler Charouhas did 451 for third. Tyler is the world record holder in 13-15 165 with 413. Jesse Kim was fourth with 402. At 181, Frank Silva did 451 to beat Ryan Ford who did 352, while representing the Washingtong school for the blind. Rob Peck and his assistants were fantastic in handling these kids and they were the most lociferous of the entire audience. At 198, Tyrese Hayes of Mississippi beat the reining World Champion and world record holder, Phil Davi, 623 to 606. Davi, while lifting in the open two days before, set the world record on a fourth with 623, so Hayes tied it. Hayes ws the outstanding lifter for middleweight and Gary Remiticado was the outstanding lifter for lightweight. At 220, Anthony Schlegel who is from Dallas, Texas and is on a football scholarship to the Air Force Academy set a world record of 628 and was named outstanding lifter of the heavyweights. At 275, DeShaun Milliken, the top high school running back in the state of Washington had had a duel with Lee Taylor. They, both, did 628, but Milliken was the lighter man and won. Bull Stewart was coaching Milliken, and I'm sure that had a lot to do with Milliken's win in a very tight battle. In open men law/fire Joe Sermeno set a California state record with 440 and beat Erick Kuskie, who also broke the California state record held by Sermeno which was 424 with a 429. At 181, Kirk Nakamura of Hawaii beat Richard McKeefer of Oklahoma 518 to 501. McKeefer's lift was an Oklahoma state record. At 242, Mike Smyser of California state record with 523. At 275, Mike Camlin set a world record with 738 to beat Walt Faulkner, who did a California state record of 600. Camlin is one of the best deadlifters in the world and should do 800 if he sticks with it. Outstanding lifter was Mike Camlin. In submaster law/fire, Andy Ellis broke the world record of 413 by over 100 pounds wiht a 518 and, of course, was also a Texas state record. At 220, Jason Jackson did 600, a little off his world record of 611. At 275, Darryl Ng of Hawaii set a world record of 606 to beat Mark Jackson's old record of 601. I know Mark Jackson, and I'm sure he will be back to get the record again. At 308, Rick Russell set a world record of 677 to beat Malcolm Ahlo Jr. who set a Hawaii state record of 622. Russell was outstanding lifter and should deadlift as much as he wants. Someday, maybe even 825-840 if he toughens up, gets consistent and loses 15 pounds. He only pulled twice in the last 3 months. He has a lot of potential. In master men law/fire 40-47 age group, Joe Sermeno broke Robert Straker's world record with 440. Straker, whose record was 380, broke his own record with 402, but Sermeno kept upping it until it was out of Straker's reach. Sermeno, also got a California state record and Straker got an Oregon state record. At 198, Michael Godawa beat his old Louisiana state record with 451. At 242, Arthur Clayton pulled a California state record of 518. At 275, Walt Faulkner pulled 600 for the win. At 308, John Minahan pulled 518, short of his California state record of 537. In master 48+, Tommy Green set a Washington state record with 462 at 198 to beat Emanuel Howard, who set a Louisiana of 462. Green was the lighter man and the world champion. At 220, Patrick Fay set a world record and beat Les Peratrovich's old record of 567 with 568. I'm sure that record will switch hands a few times before its over. Patrick Fay was named the outstanding lifter. In the special olympians' deadlift, David Morgan pulled both a special olympian record 286 at 123 and a California state junior record. That's big weight for 123. At 132, Rick Braae pulled both a special olympian and a California state record in teenage 16-19 132 pound class with 187 pounds. Gary Heuer pulled both a special olympian record and a California state record of 181 in submaster 148 pound. Jon Shapiro lifted on Thursday, set a California state record of 363 at 148, and lifted again on Sunday and pulled a special olympian record of 352. Lauren Dare pulled a California state record in junior women at 165 with 248

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

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

Street Address	Club Name

City	State	Zip	Area Code/Telephone

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

Registration Fee $15.00
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 5292
Bend, Oregon 97708

If under 18, have parent initial _____

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

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

Signature_____

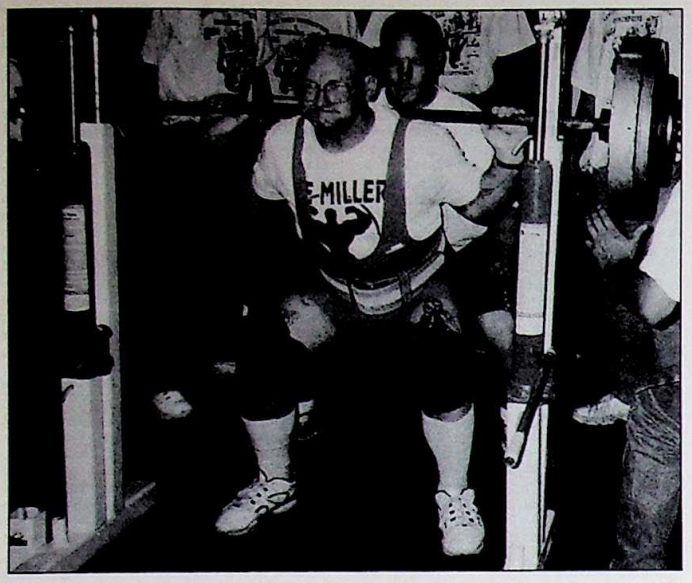
pounds as well as a special olympian record. These special olympians are not handicapped; they're kicking butt in California. At 165, Jonas Freeburg pulled 209 for a special olympian record. Bernadette Hanson, who is 41, pulled a large 275 at 165 in the ladies division special olympics. Antwon Belfils pulled 341. In second was master lifter, Richard Dunning who pulled 236 for a California state record. At 220, Casey Dan pulled a very good 396 at age 20 for a California state record in the junior divison as well as a special olympian record. John Wooten Jr. was second with 275 and a California state record in Class I. Steve Vaughn was third with 248. In the 275 pound class, Paul Schaeffer got a special olympian record as well as California state record in the deadlift masters 54-60 with 292 pounds. Paul is 58. In second was David Ashcraft with 275 and third was Steve Molinari at 248. In the ladies' deadlift, in open women, there were some big pulls maybe the biggest in history. I'll have to check with Herb Glossbrenner on that one. But in 97 pounds, Ana Santiago Ordonez pulled a world record of 330 pounds - that's almost 4 sacks of cement. She is from Guatemala and is she tough. At 105, almost as amazing, Carmela Baqui of Hawaii pulled a world record 330. In second was Vickie McNeely of Alabama with an Alabama state record of 253 and in third was Mary Pederson with a Washington state record of 165. At 114, Valerie Tyree is probably the toughest and strongest women in the world pound for pound - on top of that she is beautiful and shapely - an example of why women should lift weights (big weights) - she did 429 at 114!!! What can I say. She's bionic, she's got the most intense psyche of any deadlifter I ever saw. Needless to say, it was a world record and the highest ever in her weight class with the possible exception of Diana Rowell and old Doyle Kenady protege. At 123, Jill Remiticado pulled a huge 336 as a teenage! Jenni Bechtold was second with 314 and an Oregon state record. Jill's 336 was a Hawaii state record in both open and teengae. In third was Beth Higginbotham with an Arizona state record of 259. At 132, Jerri Lynn Lippert broke Jo Walker's world record of 407 with 407. That combined Jerri's 314 bench may give her a strong argument as being the strongest woman in the world pound for pound. Her total of the two lifters would be 722, and I know she can squat over 300 pounds, which would give her somewhere between 1000 and 1100 pounds total in powerlifting. Valerie Tyree's total is about 950-1000 at 114. Both of those women would win IPF World Championships. In second place, to Jerri Lynn Lippert, was Lynn Robinson with 308 and Azure Skellington of Hawaii did 286 for a Hawaii state record. At 148, Flozzell Stewart pulled a very good 363 weighing only 138 for a Washington state record and a world championship. In second was Suzanne Williams with 341 and an Alabama state record. At 165, Mariam Power of Canada beat Mary Jacobson's world record of 381 with 391. Mary did 374 at this contest for second and wasn't even close with 391 to beat Mariam's record. However, she came back on Sunday and I lit a fire under her, and she broke her masters world record of 381 with 382. She just missed 392 by a hair. Mary is 45, Mariam Power is 25. Mary will deadlift between 450 and 500 at age 48-50 - that's going to be huge folks! Michele Jagoda, another youngster, was third with 341 and an Oregon state record. Betty Ann Heriford was fourth with 308. Betty is over 50. At 181, Valli Vance did 281 for a world record in master 40-46 181 pound class, but well behind Julie Kimoto's world record in the open of 385. At 198, Kelly Hernandez set a world record of 303 to beat Mary Ann Cahill's record of 292. Mary Ann is from Canada. Outstanding lifters was Valerie Tyree and Flozzell Stewart. In master women deadlift at 40-46 105, Vickie McNeely of Alabama set a world record of 253. At 123, Carol Patterson set a world record of 337 - that's a big number for a 45 year old woman who only weighs 122. At 132, Lynn Robinson set a Washington state record with 308. At 165, Mary Jacobson set a world record with 382 and a near miss with an open world record of 392. At 181, Valli Vance from Hermiston, Oregon set a world record. In fact, she broke the world record 3 times and ended up with 281. Carol Patterson was outstanding lifter. In master women 47-53 132 pound class, Patty Pendergast beat Janet May's world record of 286 by one pound with a 287. Heidi Rodriguez of Guatemala was second with 225. At 165, Betty Ann Heriford set a world record with 308 - 16 pounds over her old record of 292. Cathy Chapman was second with Washington state record of 275. In master 54-60, Mary Louise Coffey set a world record with 203 at 148 pounds beating Marlene Nardes' record of 198 set in Brazil on September 16. At 198, Thea Strom broke her old record of 236 with a world record of 253 as well as a California state record. In master women 61-67, Grace Cloniger of Nevada beat the old world record of 125 pound by 156 pounds with a big 281 at age 65 - that's unbelievable. That's one of the best lifts I have ever seen all things considered. Patty Pendergast beat her by 1 point in the coefficient for best lifter, however. In junior women, Tamara Coulombe at 114 set a world record of 275 to beat her old world record of 259. At 123, Jenni Bechtold broke Carri McKeeter's world record of 231 with a big 314 and a near miss with 330. She is coached very well by Jerry Capello, who had 4 women set world records and he got one himself at 690 at master 40-46 242. In second place was Beth Higginbotham with an Arizona state record 259, and in third was Carrie McKeefer with an Oklahoma state record of 236. At 132, Erin Moore was one of Sam Pecktol's lifters who came in first. Sam's team Superior Gym and Fitness of Medford, Oregon won the team title as he had nine first place winners. Erin won the world championship over Karolina Liuska of Sweden with a 314 to her 231. At 148, Bonnie McMillion set a Texas state record with 369 to win the worlds. At 181, Anna Meisner set an Oregon state record with 303 pounds. Any time a woman can deadlift 300

WABDL World BP and DL
16-19 NOV 00 - Reno, NV

BENCH
MEN
Open
114
E. Noj 259
123
H. Garcia 209
132
K. Unten 363
148
M. Hokoana 363
K. Luna 347
M. Montoya 281
165
S. Kaneshiro 446
4th 447
J. Luther 441
J. Youshimura 435
J. Romero 347
181
L. Jones (BL) 479
J. Korn III 473
T. Scott 462
J. Hernandez 451
A. Berry 451
P. Cannizzaro 429
P. Thomas 418
J. Jones 402
J. Picking 380
J. Trewin 369
M. Rainey 325
198
G. Warrington 557
G. Herring 534
B. Beebe 485
H. Rhoton 440
M. Desrosiers 429
P. Davi 407
220
M. Ludovico 551
M. LaMarque 501
C. Nightingale 496
R. Rogers 424
G. Lands
J. Raynor
242
S. McShane 584
A. Thompson Jr. 540
L. Birgado 523
J. Biewer 512
C. Gallagher 507
J. Fullerton 502
J. Sjogren 496
T. Singh 440
S. Ross 435
V. Garcia 352
275
T. Meeker 656
G. Nelson 589
B. Vessels 501
J. Robinson 468
S. Khader 374
P. Marcoff 369
308
R. Kennelly 705
B. Gillespie 639
S. Wong 633
T. Manno 611
309+
M. Ned 639
T. Lualemaga 573
B. Jackson 562
T. McKinney 501
K. Ward 374
Junior 20-25
148
S. Kido 336
4th 352
P. Schiffner 330
D. Martinez 319
R. Sanchez 319
R. Snelling 314
D. Engles 314
T. Deitrick 308
D. Weekley 275
R. Johnson 198
165
J. Luther (BL) 441
R. Kawabata 374
L. Luther 352
S. Sequin 352
D. Travis 325
M. Moore 275
G. Ramos 181
181
J. Korn III 473
R. McKeefer 358
J. Thomas 330
198
E. Mil-Homens 451
H. Rhoton 440
C. Matthews 402
J. Anthony 314
220
E. Wright 457
D. Goldsworthy 424
T. Charley 402
J. Schrag 363
242
K. Rose 479
T. Osborne 435
C. Smith 418
J. McCullough 385
B. Backstrom 369
A. Gruver 352
275
J. Thiessen 462
C. Sacher 440
A. Snider 413
Submasters 34-39
165
S. Kaneshiro 446
4th 447
S. Ward 413
V. Oliveira 352
4th 363
181
J. Hernandez 451
A. Berry 451
K. Lee 418
E. Bravo 374
198
E. Sim 468
W. Omura 457
F. Dena III 418
G. Fraser 413
220
J. Jackson 545
K. Millrany 435
R. Rogers 424
D. Bradshaw 402
G. Lands
242
R. Kitani 567
B. Leitz 518
J. Sjogren 496
K. Malone 429
275
J. Stewart 628
K. Walden 545
B. Vessels 501
W. Pontius 424
S. Khader 374
308
J. Cunningham 606
J. Erevia 462
J. Wooner 462
M.Ahlo Jr.
309+
T. McKinney 501
G. Niualiku 440
R. Shepard
Teen 13-15
105
J. Hernandez Jr. 101
114
R. Hernandez 82
123
J. Chavez 188
C. Pinson 115
148
H. Blake 253
4th 264
M. Enloe 170
A. Munsey 126
A. Contreras 99
165
M. Minahan 203
220
K. Browne 170
242
N. Heppner 314
275
B. Weston 253
Teen 16-19
105
S. Hudson 82
132
G. Remiticado 248
148
A. Parker 286
T. Godawa 248
H. Allen 99
165
L. Bevill 309
J. Kim 225
181
A. Palombo 352
R. Ford 176
198
P. Davi 407
S. Hoffman 286
220
D. Puder 248
275
D. Milliken 413
J. Cam 407
L. Taylor 270
309+
S. McDaniel 402
Master 40-46
123
G. Murphy 209
4th 220
132
Allen Young 297
148
S. Weingust 363
165
C. Higa 391
D. Marxheimer 358
R. Davidson 236
181
J. Jones 402
B. Cox 363
R. Ventilari 286
198
G. Herring 534
D. Piggee 485
B. Beebe 485
K. Kanemoto 435
B. Hines 363
P. Radmilovich 336
K. Wilson 264
220
D. Callas 336
242
A. Thompson Jr. 540
D. Mulder 479
M. Lutz 451
J. Harms 440
A. Clayton 402
M. Moore 374
G. Stevens 286
275
P. Andrews 523
C. Moon 518
4th 524
D. Frosland Jr. 496
4th 513
K. Sacher 473
J. Hofmeister 462
J. M. Ceccarelli 451
T. Di Filippi 242
R. Sanchez
308
B. Gillespie (BL) 639
T. Manno 611
G. Brower 462
P. Ratsch 435
C. Huwe 402
309+
A. Ramsey 551
R. Young 518
D. Chase 457
B. Rehberg 440
Master 47-53
132
H. Shivale 192
165
J. Tyree 363
181
L. McAllister 418
R. Hagedorn 336
D. Bell 308
G. Alexander 303
M. Stevens 286
198
W. Orbaugh 402
E. Howard 385
R. Gessmann 352
N. Santora 314
220
S. Finegan 424
R. Edwards 385
R. Dunn 336
D.J. Jamerson 303
H. Barett 242
S. Ramey
242
R. Kendell 418
275
B. Dooley 485
C. Bonneau 418
A. Webb 413
T. Ekenberg 358
E. McConnell 314
308
R. Patterson (BL) 529
D. McCreary 440
O. Hampton 352
309+
C. Rosborough 451
L. Contreras 429
K. Ward 396
B. Lobins
Master 54-60
165
L. Cardon 348
4th 352
M. Timbal 303
C. Brenol 220
181
M. Sperling 325
R. Creevy 314
J. McCamman 303
D. Covello 259
198
R. Matheson 385
R. Tsutsui 374
T. Camp 347
O. dos Santos 325
G. Larue 325
L. Hilger 319
G. Holzinger 297
220
Sekermestrovich 440
T. Preston 369
J. Paggett 363
J. Skip Hall 225
242
D. Smith III 418
D. Cone 358
T. Bunce 330
J. Duckett 253
275
G. Nelson (BL) 562
P. Velazco 413
T. Lucas 264
308
R. O. Smith 435
309+
D. James 440
Master 61-67
132
P. McKenzie 253
148
L. Blas 220
R. Gidcumb 220
165
G. Johnson 325
4th 332
H. Nageri 297
R. Abbott 225
181
R. Lozano 337
4th 338
J. Gladson 242
198
P. Wilson 336
B. Miller 303
220
H. Smith 319
R. Yoshida 270
242
K. Anderson 402
4th 418
O. Bruce 314
275
D. Johnson 380
308
J.P. Krachunis 353
G. Johnson Sr. 303
Master 68-74
165
J. Schall 203
181
K. Koki 336
R. Phillips 242
198
J. Cantu 374
4th 385
Master 75-79
165
S. Ronolo (BL) 319
181
D. Dreyer 143
198
O. Whitehead 221
242
V. Starkel 292
Master 80+
148
J. Heizelman 176
Class I
132
O. Martinez 281
148
D. Engles 314
J. Shapiro 286
165
J. Withers 374
L. Luther 352
S. Hauger 347
E. Kuskie 347
B. Ridolfi 308
L. Bevill 303
J. Ojeda 297
A. Rerellana
181
J. Picking 380
K. Nakamura 380
J. Thomas 330
M. Rainey 325
T. Birkhead 270
198
S. Ughe 374
220
T. Charley 402
R. Edwards 385
J. Hutchings 369
J. Schrag 363
J. LaSalle 363
R. Dunn 336
D. Callas 336
242
D. Mulder (BL) 479
M. Lutz 451
M. Smyser 402
J. Mozingo 402
275
D. Ng 451
M. Camlin 451
W. Pontius 424
G. Ramsdell 391
T. Ekenberg 358
308
J. Erevia 462
G. Brower 462
B. Sabin 451
C. Huwe 402
309+
D. Chase 457
L. Contreras 429
Open Law/Fire
165
R. Bish 352
E. Kuskie 347
J. Sermeno 303
181
K. Nakamura 380
R. McKeefer 358
220
C. Bowen 413
242
S. Sims II 462
S. Ros. 435
M. Smyser 402
K. Wilkerson 402
275
F. Wakakuwa 600
M. Camlin 451
W. Faulkner 407
308
M. Ahlo Jr. 501
309+
M. Ned 639
T. Lualemaga 573
Submaster Law/Fire
165
R. Bish 352
181
A.J. Agamao 429
4th 446
198
E. Sim 468
220
J. Jackson 545
K. Millrany 435
C. Bowen 413
275
J. Tovar 469
4th 479
D. Ng 451
308
F. Nelson 451
Master 40-47 Law/Fire
165
J. Sermeno 303
R. Straker 187
198
M. Godawa 352
220
M. McKenzie 440
J. Allenones 374
242
A. Clayton 402
275
W. Faulkner 407
308
J. Minahan 501
4th 512
B. Sabin 451
Master 48+ Law/Fire
198
E. Howard 385
220
P. Fay 336
J. Rhyne 275
275
R. Hood 529
P. Velazco 413
308
R. Patterson 529
309+
B. Lobins 479
WOMEN
Open
105
V. McNeely 121
C. Baqui 121
M. Pederson 88
114
V. Tyree 203
E. Avillanoza 137
123
J. Remiticado 198
4th 203
B. Higginbotham 132
132
J. Lynn Lippert 303
4th 314
J. Rodriguez 160
A. Skellington 143
A. Ferschwyler 137
148
K. Haller 225
S. Williams 154
C. Cameron 148
165
L. Blackburn 297
M. Jacobson 248
M. Power 242
G. Anderson 225
L. Vasquez 203
B. Ann Heriford 181
198
S. Lonn 253
199+
K. Pitts 325
4th 336
Junior 20-25
114
T. Coulombe 170
D. Gagliardi 154
123
B. Higginbotham 132
132
E. Moore 132
165
R. Plant (BL) 225
Submaster 34-39
105
V. Paton 126
123
J. Green 148
132
J. Souders 132
148
K. Haller 225
S. Gall 178
Wurdinger-Kelly 170
S. Williams 154
181
S. Allen 203
199+
T. Malone (BL) 314
J. Morales 99
Teen 13-15
97
L. Garcia 71
114
E. Schneider 126
4th 132
132
A. Skellington 143
Teen 16-19
123
J. Remiticado (BL) 198
4th 203
148
J. Waltenbaugh 77
199+
R. Malone 170

pound is impressive. At 198, Heather Myers broke the world record 3 times and ended up with 330 and added an Oregon state record to her collection as well. Outstanding lifter was Bonnie McMillion. In submaster women, Vickie Paton, being one of John Tyree's lifters, is obviously a good deadlifter and she didn't disappoint with a world record 242 at 105 beating the old record by over 50 pounds. At 132, Heidi Gantz coached by Jerry Capello put up a huge 374 world record deadlift. In second was Dr. Jennifer Souders, who is a surgeon from Seattle, with a Washington state record of 264. In third was Hazel Greene of Ireland with 225. She is the former world record holder with 314. At 148, Susan Gall another one of Capello's girls did an Alabama state record of 341. At unlimited Daria Cal coached by Bull Stewart set a world record 363 to beat Jan Morales of Brazil who did 292. Outstanding lifter was Heidi Gantz. In teen women 13-15 age group, Azure Skellington from Hawaii at 132, broke her old world record by almost 100 pounds. She is coached by Keith Ward of The Fear God Power Team. In teen women 16-19, Merissa Baker of Texas shattered the world record of 187 by doing 242. At 123, Jill Remiticado of Hawaii broke her own world record with an impressive 336. At 148, Liz Kert-Kravitz of Canada beat Julie Waltenbaugh of Washington 253 to 159. Julie got a Washington state record for her efforts. Outstanding lifter was Jill Remiticado. In the special olympian's bench press at 123, David Morgan set a California state record in Class I with 115 as well as a special olympian record. At 132, Michael Bell also set a California state record in Class I with 110. At 148, Jon Shapiro was off his California state record of 275 with 253. Gary Heuer was second with 126. At 165, Jonas Freeburg set a special olympian record in WABDL with 110. At 181, Brent Ruth put up a nice 209 to set the WABDL record. At 198, Andrew Bixder set National special olympian record with 176 pounds. At 220, Steve Vaughn did a very respectable 192. At 275, Paul Schaeffer set the WABDL special olympian record of 126. This is probably the biggest meet in history with 562 lifters, 770 benchers and deadlifters, and 960 names mentioned in the program due to entering in more than one division. I would like to thank first and foremost Elma Thomas who spent numerous hours on the computer from 10:00 AM to 1:00 AM for 6 weeks prior to the meet 7 days a week. At the meet, she was working starting Tuesday, November 14 by stuffing 562 packets - about nine hours on Wednesday, he worked 9:00 AM to 4:00 AM. On Thursday, Friday, and Saturday, it was the same 9:00 AM to 4:00 AM. Out of 770 computer entries, she made 3 mistakes. Unfortunately one person and his wife, who we corrected the mistake for, wasn't very forgiving but life goes on. I want to thank her husband Gary Thomas, who ran the weigh - in room and was very cordial to everyone, and I think made the weigh - ins a pleasant experience. As a lifter, I hated weigh - ins. I want to thank Dennis Burke, the chief of officials. Beth Mallory, who did a great job of scorekeeping, was usual did not make one mistake. Also, Chris Erhardt, who did everything from M.C., ran the overhead projector, helped load weights, helped in the weigh - ins room. Dr. Don Bell was a good M.C. and helped judge, Terry Luehrs was a judge and ran the deadlifters through in quick fashion. Donna Delleree, Ross Phillips, Joe McCoy, Gordan Santee, Bob Garza, Nancy Ford, Dave Cheek all did a fine job of judging. There was some blown calls, but that always happens. Bob Garza helped in the weigh - in room and helped take tickets. John Ford was a big help at the door, the weigh - in room and judging. Christie Hanson was extremely helpful in the weigh - in room and the overhead projector. Ken Anderson helped in the weigh - in room and judged. Guss Warrington helped judge. Allen Young and Ron Hood helped at the door and Ron helped load weights on the truck after the meet was over. The spotter/loaders, James Portek, Dan Partch, Justin Alley were irreplaceable. On the number chart, Ray Carolco, Naomi Frosland, and Vickie Gruver. The photographer was Brian Baertlein. The interpreter was Mary Jacobson, who helped with Spanish speaking countries. Also, Pat Jones and Jocelyn (Sonny Ronolo's daughter) were excellent on the computer. I want to thank Lynn Jones and Linda McBroom who sold T-shirts and tickets. Also, Jeff Jones, my first workout partner, who pointed the kilo weights, gave me a place to stay and convinced me to go to Reno instead of Vegas. I want to thank our sponsors, Victoria Kreiser and Tom Fletcher of 24 Hour Fitness, Ron Coleman and Steve Blechman of Twin Lab and Muscular Development, Wesley Kampen of Powerlifting Superstore, Rick Brewer of House of Pain, John Inzer of Inzer Advance Designs, Doug Patterson of Johnny Anderson of Adrocare, and Mike Bandera of Mac Barbell, Mark and Ellen Chaillet, Jan Dellinger, Barb Andrelczyk, and Jake Burkhardt of York Barbell, Don Harina and Steve Hawkins of Coca Cola, Jeff Magruder, Mike Lambert of *Powerlifting USA* for sponsoring and the excellent coverage, Neal Spruce of Apex Fitness, Giorgio USA of Forza Strength Systems, Kay and Laura Lee Grizzle of High Cascade Emu Oil, Randy Shepherd of T-shirts Hawaii, Don Buehl of Vital Foods Sports Supplements, Brian Clary and Nye Smolley of Budweiser, Gordan Sage of Life Smart and Ed McDonald of Thermo Link. Also, I want to thank Roger Slingerman and Tom Fletcher of Northern California Special Olympics and Rob Peck of The Washington School for the Blind.Team Scoring: Teams were limited to no more than benchers and 5 deadlifters or vice versa. 1st: Superior Gym and Fitness (Medford, Oregon) 228 points; 2nd: Team Fitness (Duncanville, Texas) 218 points; 3rd: Palace Gym Barbell Club (Burlingame, California) 212 points; 4th: Powerhouse Gym (Medford, Oregon) 202 points; 5th: Gateway Athletic Club (Seattle, Washington) 197 points; 6th: Team Texas (Dallas, Texas) 196 points; 7th: Guatemala 194 points; 8th: Training Station (Hermiston, Oregon) 186 points; 9th: Iron Island Gym (Alameda, California) 176 points; 10th: Brazil 120 points; 11th: Germany 112 points; 12th: Canada 104 points; 13th: Sweden 68 points; 14th France 54 points. (Thanks to Gus Rethwisch for providing results).

Master 40-46
105
V. McNeely 121
123
C. Patterson 159
132
S. Gomez-Leon 225
148
C. Cameron 148
165
M. Jacobson 248
198
L. Feusi 214
4th 220
Master 47-53
123
Taubmann (BL) 170
148
C. Luprete 159
165
B. Ann Heriford 181
G. Ramey 154
C. Chapman 115
Master 54-60
123
G. Camp 126
181
J. Hamblin 182
4th 187
Master 61-67
148
M. Turner 115
165
G. Cloninger 115
K. Gallagher 110
Master 68-74
198
G. Mighell 99
Master 75-79
148
G. Tomlin 88
Law/Fire
Submaster
165
L. Blackburn 297
Master 48+
148
C. Luprete 159
DEADLIFT
MEN
Open
123
H. Garcia 402
132
O. Martinez 424
148
M. Hokoana 551
R. Snelling 530
R. Wideman 473
K. Luna 457
165
R. Cirigliano 551
C. Grail 473
B. Ridolfi 468
181
T. Caprari (BL) 705
R. House 584
J. Trewin 529
K. Nakamura 518
N. Turk 501
S. Miller 485
198
A. Wahlund 617
P. Davi 606
4th 623
220
W. McCoy 734
D. Flunker 589
P. Khenna 440
242
B. Howard 744
J. Capello 690
B. Driskill 650
C. Mock, Jr. 628
D. Glahn 600
V. Garcia 501
D. Robinson
275
P. Andrews 810
B. Vessels 755
M.Camlin 738
S. Khader 551
P. Marcoff 529
S. Sahota
308
R. Russell 677
D. Askanas
309+
D. Munsey 716
V. Eldridge 710
K. Ward 462
Junior 20-25
148
R. Snellin 530
P. Schiffner 462
S. Kabat 457
J. Castillo
165
D. Travis 600
C. Grail 473
M. Moore 473
J. Ojeda 451
G. Ramos 330
A. Woods 286
181
T. Caprari 705
A. Corson 551
R. McKeefer 501
S. McMillian 413
198
E. Mil-Homens 600
C. Matthews 600
A. Geitner 523
220
D. Goldsworthy 501
242
T. Osborne 606
K. Rose 551
275
J. Thiessen 611
A. Snider 507
Submaster 34-39
148
M. Freedman 479
R. Wideman 473
J. Walker 424
165
V. Oliveira 440
181
J. Hernandez 523
N. del Cid 507
198
G. Fraser 540
220
J. Jackson 600
D. Flunker 589
R. Etsell 573
R. Kornis 501
242
J. Garcia 501
275
B. Vessels 755
W. Pontius 573
L. Harju 573
R. West 551
S. Khader 551
308
M. Ahlo Jr. 622
309+
V. Eldridge 710
S. J. Taylor 633
Master 40-46
148
B. Uyeoka 496
165
E. Diaz
181
F. Ventilari 330
198
M. Bryant 485
K. Wilson 429
220
W. McCoy 734
D. Stratton 683
D. Rodgers 529
242
J. Capello 690
B. Driskill 650
D. Fuss 600
D. Glahn 600
M. Moore 578
G.Stevens 545
A. Clayton 518
275
T. Brooks 662
T. Stewart 600
J. M. Cecarelli 545
T. DiFilippi 501
308
S. Pecktol 650
G. Brower 578
B. Duncan 529
C. Huwe 479
P. Ratsch
309+
B. Rehberg 606
D. Chase 562
Master 47-53
132
H. Shivaie 424
165
J. Tyree (BL) 600
181
R.Hagedorn 584
G. Alexander 567
M. Stevens 529
198
A. Wahlund 617
R. Ward 479
E. Howard 462
W. Orbaugh 451
J. Snodgrass 440
C. Pena 407
220
C. DeSoto 584
P. Fay 567
4th 600
S. Rosenberg 535
242
C. Sandberg 600
R. Nelson 589
D. McPherson 556
B. Anderberg 529
275
T. Ekenberg 567
I. Pankratz 518
309+
L. Contreras 473
K. Ward 462
Master 54-60
165
G. Santee 523
4th 535
M. Timbal 424
C. Brenol 374
181
M. Sperling 418
F. Isernio 407
198
O. dos Santos(BL) 694
4th 700
D. Johnson 622
G. Holzinger
220
T. Preston 611
J. Skip Hall 562
D. Cheek 473
242
D. Smith III 440
J. Duckett 380
275
M. Fryar 556
B. Dodd 468
308
R. O. Smith 556
309+
D. James 519
4th 529
Master 61-67
132
P. McKenzie 440
4th 447
148
L. Blas 440
R. Gidcumb 352
165
R. Abbott 485
181
R. Lozano 485
198
P. Wilson 452
R. Jorgenson 391
220
H. Smith 413
242
Om Bruce 523
308
G. Johnson Sr. 314
4th 347
J. P. Krachunis 253
Master 68-74
165
J. Schall 347
181
R. Phillips 485
198
A. De Mello 347
Master 75-79
165
R. Stephan (BL) 325
4th 336
181
D. Dreyer 165
4th 170
Teen 13-15
97
A. (TR) Brooks 242
V. Brown 126
105
J. Hernandez Jr. 203
114
S. Lynn 248
R. Hernandez 181
123
C. Pinson 220
148
H. Blake 402
M. Enloe 314
A. Munsey 308
A. Contreras 198
165
M. Minahan 303
198
K. Bowen 391
220
K. Browne 358
242
N. Heppner 534
Teen 16-19
105
S. Hudson 176
132
G. Remiticado 424
148
R. Baradari 418
T. Godawa 352
H. Allen 231
165
C. Guches 468
R. Mitchell 457
T. Charouhas 451
J. Kim 402
L. Bevill 358
181
F. Silva 451
R. Ford 352
198
T. Hayes (BL) 623
P. Davi 606
K. Eslick 556
220
A. Schlegel 628
275
D. Milliken 628
L. Taylor 628
A. Bales 424
Class 1
148
J. Shapiro 363
165
J. Withers 473
J. Ojeda 451
E. Kuskie 429
A. Gunoe 413
L. Bevill 358
181
M. Pearce 529
J. Hernandez 523
S. McMillan 413
B. Vickery 347
198
A. Geitner 523
S. Ughe 501
W. Ricard 473
220
T. Fryar 600
R. Kornis 501
242
J. Hertager (BL) 650
R.Cuddeback 534
M. Smyser 523
J. Garcia 501
J. Mozingo 473
275
D. Ng 606
W. Pontius 573
T. Ekenberg 567
M.Fryar 556
G. Ramsdell 485
308
G. Brower 578
B. Duncan 529
C. Huwe 479
309+
D. Chase 562
L. Contreras 473
Open Law/Fire
165
J. Sermeno 440
E. Kuskie 429
181
K. Nakamura 518
R. McKeefer 501
242
M. Smyser 523
275
M. Camlin 738
W. Faulkner 600
Submaster Law/Fire
181
A. Ellis 518
220
J. Jackson 600
275
D. Ng 606
308
R. Russell (BL) 677
M. Ahlo Jr. 622
Master Law/Fire 40-47
165
J. Sermeno 440
R. Straker 402
198
M. Godawa 451
242
A. Clayton 518
275
W. Faulkner 600
308
J. Minahan 518
Master Law/Fire 48+
198
T. Green 462
E.Howard 462
220
P. Fay (BL) 568
WOMEN
Open
97
A. S. Ordonez 325
4th 330
105
C. Baqui 325
4th 330
V. McNeely 253
M. Pederson 165
114
V.Tyree (BL) 429
123
J. Remiticado 330
J. Bechtold 314
B. Higginbotham 259
132
J. Lynn Lippert 408
L. Robinson 308
A. Skellington 286
148
F. Stewart 363
S. Williams 341
165
M. Power 391
M. Jacobson 374
M. Jagoda 341
B. Ann Heriford 308
181
V. Vance 270
4th 281
198
K. Hernandez 303
Teen 13-15
132
A. Skellington 286
Teen 16-19
114
M. Baker 236
4th 242
123
J. Remiticado 330
4th 336
148
L. Kert-Kravitz 253
J. Waltenbaugh 159
Submaster 34-39
105
V. Paton 236
4th 242
132
H. Gantz 363
4th 374
J. Souders 264
H. Greene 225
148
S. Gall 364
S. Williams 341
Wurdinger-Kelly 286
199+
D. Cal 363
J. Morales 292
Junior 20-25
114
T. Coulombe 275
123
J. Bechtold 314
B. Higginbotham 259
C. McKeefer 236
132
E. Moore 314
K. Liuska 231
148
B. Mc Million 369
181
A. Meisner 303
198
H. Myers 303
4th 330
Masters 40-46
105
V. Mc Neely 253
123
C. Patterson 337
132
L. Robinson 308
S. Gomez-Leon 303
165
M. Jacobson 385
181
V. Vance 270
4th 281
Masters 47-53
132
P. Pendergast (BL) 287
H. Rodriguez 225
165
B. Ann Heriford 308
C. Chapman 275
Master 54-60
148
M. Coffey 203
198
T. Strom 253
Master 61-67
165
G. Cloninger 281
Master 68-74
198
G. Mighell 82
4th 88
Special Olympian
BENCH
123
D. Morgan 115
132
M. Bell 110
R. Braae 77
148
J. Shapiro 253
G.Heuer 126
165
J. Freeburg 110
B.Hanson 99
L. Dare 93
D. Ruffini 82
K. Jones
181
B. Ruth 209
A. Belfils 148
198
A. Bixder 170
4th 176
R. Dunning 137
220
S. Vaughn 192
J. Wooton Jr. 192
C. Dean 176
242
B. Kincaid
275
P. Schaefer 126
D. Ashcraft 126
S. Molinari 121
DEADLIFT
123
D. Morgan 286
132
R. Braae 187
148
J. Shapiro 352
G. Heuer 181
165
B. Hanson 275
L. Dare 248
J. Freeburg 209
181
A. Belfils 374
B. Ruth 314
198
A. Bixder 341
R. Dunning 236
220
C. Dean 396
J. Wooten Jr. 275
S. Vaughn 248
275
P. Schaefer 292
D. Ashcraft 275
S. Molinari 248



Joe Miller has been doing some exceptional lifting in the masters category all over the Western United States recently. At the Nevada State meet, he squatted 400 lbs. (photo provided courtesy of Miller)

USAPL Nevada State PL & BP
5,6 AUG 00 - Elko, NV

WOMEN	SQ	BP	DL	TOT
Teen				
148				
E. Farnsworth		170		170
132				
C. Wettach	210	90	250	550
SO				
S. Good	135	115	195	445
MEN				
319				
Open				
C. Aichs	675	475	650	1800
Masters/Open				
L. Ditmars	400	400	400	1200
275				
Masters/Open				
C. Lewis	720	535	680	1935
S. Anderson	575	330	525	1430
Masters				
E. Acey		400		400
242				
Open				
D. Romero	450	390	525	1365
E. Davis	475	320	525	1320
220				
Masters				
J. Miller	400	245	490	1135
A. Scardino	450	280	450	1180
Open				
S. Mortensen	515	330	525	1370
J. Fisher	380	240	450	1070
Teen				
R. Whitlock	450	340	485	1275
198				
Junior				
S. Mecham	430	375	500	1305
Open				
M. Reyes	490	325	460	1275
B. Giles	260	270	330	860
Masters/Open				
C. McFarland	430	265	505	1200
181				
Junior				
J. Barrett	320	225	300	845
Masters				
E. Wettach	200	200	415	815
Teen				
M. Romero	265	140	315	720
165				
Masters				
R. Cirigliano	150	150	605	905
148				
Open				
B. Montague	340	330	430	1100
Teen				
A. DeHerra	320	235	330	885
K. Herzik	225	195	320	740
Open/SO				
C. McFarland	325	185	405	915
SO				
220				
S. Stokes	170	155	285	610
198				
J. Romero	115	140	260	515
181				
B. McCormack	170	140	200	510
T. Crowe	175	150	200	525
G. Berumen	120	100	180	400
165				
B. Bucher	160	160	225	545
A. Glass	170	120	270	560
T. Miller	165	100	260	525
148				
B. Brown	110	90	160	360

Best lifter overall: male - Cyril Lewis; Best teenager - male - Ryan Whitlock; female - Chrissy Wettach. 1st place team: Elko Powerlifting - 29 points; 2nd place team: Team Fitness - 25 points. The Elko Powerlifting would like to thanks the National referees, Steve Simms, Larry Ditmars, and Jim Kralich; and the State referees, Dave Romero, Debbie Romero, Martin Reyes, Laurie Evans, and Kate Kralich. We would also like to thank Lynne Arnn and the participants of the Carson City Special Olympics. The Elko Powerlifting Team would like to congratulate Joe Miller, Richard Cirigliano, and Chad McFarland for their American records. We would like to thank everyone who came to the 2000 USA Nevada State Powerlifting and Bench Press Championships and hope to see everyone again next year. (Thanks to USAPL for the results).

USAPL NY State
12,13 AUG 00 - Albany, NY

MEN	SQ	BP	DL	TOT
Open				
132				
B. Coisson	135	265	305	705
148				
J. Gengo	390	305	430	1125
T. Carotta	350	300	400	1050
165				
D. Kirschen	475	350	500	1325
K. Buddle	470	235	540	1245
J. Roberts	415	360	450	1225
C. McGrail	415	250	475	1140
B. Engstrom	370	250	450	1070
F. Otterio	325	285	440	1050
181				
T. Piazza	525	350	560	1430
T. Ravesi	520	330	510	1360
J. Montero	400	290	460	1150
B. Serritella	455	225	455	1135
198				
R. Pearo	500	300	560	1360
T. Dashnav	325	275	440	1040
220				
A. Funaro	600	470	635	1705
R. Brunk	570	450	540	1560
R. Hansen	520	380	630	1530
S. Gavin	570	350	600	1520
C. Soloyna	475	350	575	1400
T. Hallenback	485	340	550	1375
F. Harris	420	320	575	1315
D. Coddington	400	370	415	1185
D. Schoen	335	200	435	970
242				
S. Bryant	660	370	610	1640
T. Perno	510	380	600	1490
J. Regan	505	360	600	1465
M. Harris	500	390	560	1450
D. Kingston	525	350	575	1450
S. Bower	430	300	450	1180
275				
H. Sargent	735	460	760	1955
Masters Light				
J. Jacobs (162)	515	330	520	1365
R. Titus (171)	425	270	465	1160
G.L. Beck (181)	560	350	600	1510
K. Buddle (162)	470	235	540	1245
P. Carrol (175)	185	335	300	820
B. Coisson (128)	135	265	305	705
Masters Heavy				
S. Chatis (219)	490	315	525	1330
R. Cerrato (268)	550	400	575	1425
J. Dunn (238)	440	265	480	1185
A. Funaro (214)	600	470	635	1705
Cappocia (284)	670	420	600	1690
T. Tinam (228)	560	370	525	1455
R. Harrey (207)	475	310	560	1345
Kingston (230)	525	350	575	1450
Sapienza (192)	385	295	400	1080
B. Klinger (265)	450	560	430	1440
J. Reardon (188)	470	240	460	1170
D. Cease (245)	425	385	500	1310
K. Johnson (275)	400	530	425	1355
E. Brown (216)	145	335	465	945
B. Tood (182)	340	270	375	985
K. Carrol (211)	390	325	400	1115
B. Hotaling (235)	290	200	330	820
Special Olympian				
M. Jones (208)	410	220	480	1010
W. Lyons (274)	360	205	425	990
C. Vooys (109)	145	130	190	465
J. DePew (165)	150	165	330	645
F. Heigel (177)	155	150	255	575
Teenage				
Light Boys				
Gambino (148)	285	270	350	905
Cease Jr. (146)	150	220	220	590
G. Howard (166)	165	160	300	625
Heavy Boys				
K. Collyer (206)	405	275	450	1130
WOMEN				
Open				
105				
M. Bertoli	115	140	320	575
114				
J. Davis	310	180	390	880
132				
A. McCallion	225	140	215	580
J. Funaro*	225	110	250	585
SHW				
F. Werle	370	230	370	970
M.J. ODonnel	335	210	300	845
Masters Light				
M. Bertoli (102)	115	140	320	575
Teenage				
Light Girls				
C. Lesson (110)	165	95	210	470

*** designates an out of state competitor. (Thanks to USAPL for provding these meet results to *PL USA*).**

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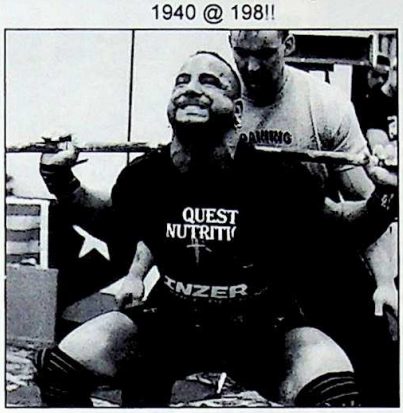

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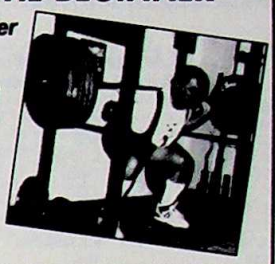

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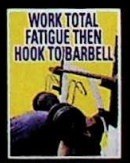
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1st Meet in Over 10 Years ... *Kalika & Matt, promoters and lifters, at Kauai Gym in Kapaa, Kauai,*

1st Annual Kauai BP
15 JUL 00 - Kapaa, HI

BENCH		220	
WOMEN		M. Okami	315
97		308	
B. Ladky	55	K. Ward	370
114		Open	
C. Baqul	105	123	
S. Alves	50	J. Paleracio	135
132		148	
A. Skellington	105	K.J. Ishikawa	315
148		165	
P. Hanley	95	K. Arakaki	340
P. Brown	85	B. Carvallto	300
181		R. Nagao	285
M. Press	135	C. Rose	275
MEN		181	
Teen		D. Vernes	315
165		R. Negrille	285
S. Tamura	255	B.Burgess	255
198		198	
B. Kanei	225	W. Ortiz	330
220		220	
K. Rapozo	240	B. Brown	410
Master		M. Fernandez	400
165		242	
J. Nakamura	260	J. Garcia	405
181		308	
L. Soltren	280	R. Candeza Jr.	400
198		SHW	
J. Elwyn	135	K. Alves	420

We had a great day on Kauai with our 1st annual Bench Press Competition. We had 30 lifters most of all from Kauai and some of the "Fear God" team from Waimanalo, and their crafty coach Keith Ward, which rumor has it that he talks directly to god before the meets and knows who is going to win before anyone else. (Hey Keith put a word in for Sam and I for the worlds... HAHA!). We had Briana Ladky (Fear God team) in the 97 lb. Class benching 55 lbs. Also from Fear God team in the 114 lb. class was Carmela Baqui benching 105 lbs. From Kauai in 2nd place was Samantha "The Killa" Alves benching 50 lbs. at 12 years old. Another member of Fear Gods team in the 132 lb. class was Azure Skellington, which benched 105 lbs. There was serious competition going on between two friends 1st Peggy Hanley 95 lbs., 2nd went to Pam Brown at 88 lbs. Last of the women leaves Mindy Press in the 181 lb. class and benched 135 lbs. In the teens we had three lifters. 165 lb. class went to Sean Tamura benching 255 lbs. In the 198 lb. class Big Brandon "Hawn", Kanei benched 225 lbs. In the 220 lb. class Keoki "Where's My Horse" Rapozo pushing up 240 lbs. In the Master Men 165 lb. class, John Nakamura pushed 260 lbs. The 181 lb. class was won by a huge man named Louis "yo quiero taco bell" Soltren pressed 280 lbs. In the 198 lb. class, John "Kaheke" Elwyn benched a huge 135 lbs (I see with about 2 years of training I'm seeing a 145 lb. Bench in his future!). In the 220 lb. class Moki "Deputy Dog" Okami benched 325 lbs. And from Fear God, Keith "I Hear Voices" Ward pushed 370 lbs. In the open class 123 lbs. Judison Paleracio pushed 135 lbs. In 148 lb. Class K.J Ishikaw got 315 lbs. Huge competition in the 165 lb. class 1st went to the man from west side Kelly Arakaki pushing 340 lbs. 2nd went to Bryan Calvaltto 300 lbs. 3rd went to Robert Nagao pushing 285 lbs. 4th goes to a great sportsman Casey "I'm not a master" Yose pushing 275 lbs. In the 181 lb. class was Danny Vernes benching 315 lbs. 2nd went to one of the hardest working guy in the gym Randy Negrillo pushing 285 lbs. 3rd went to Brad Burgess 255 lbs. In the 198 lb. class uncontested was Will "The Thrill" Ortiz benched 330 lbs. In the 220 lb. class a huge day for Ben Brown pushed up 410 lbs. In 2nd place form the west side Marni Fernandez benching 345 lbs. In the 242 lb. class was Jeff Garcia benching totally raw 405 lbs. Also from the Westside is a great guy, Ray Candeza Jr., benching 400 lbs. Ray did three competition in 3 weeks if you ever get to compete with Ray you'll find out what I found out. He is one of the most relaxed and laid back guys around. I look forward to competing with him again. In the super was Kalika "I wish I could get my shirt to fit right" Alves benching 420 lbs. I make a lot of jokes but hey that's me and that what competition is all about "Having Fun". We raised some money for Alisya Shimitzu. Our prayers go out to her stay strong; also many thanks go out to the Revarin family (I can't count how many of them were there that day, they were everywhere!) Eugene for the "Killa" sounds, John Nakamura for the water and tents, and Matt Tuzon and Shane Mchane for the exhibition. Shane did a beautiful 585 lbs. at 240 lb. and to all of the helpers you know who you are many thanks. Much Mahalo guys, train hard, keep strong! (courtesy of Keith Ward).

Clinton County YMCA Open BP/DL
29 JUL 00 - Frankfort, IN

BENCH PRESS		275	
teenage men		Mike Moore	340*
Mike Griffy	315*	shw	
junior men		Adam Hankins	450
Andy Cobb	240	DEADLIFT	
submaster men		submaster men	
Jeff McKenzie	390	Mike Hinders	495
master men 50-59		master men	
T. Striverson	460	60-69	
master men 70-79		Luke Anderson	405
Allen Glass	240	70-79	
165		Allen Glass	315
Alberto Martinez	265*	198	
181		Steve Mendel	510
Marty Mills	410	220	
198		Mike Gugino	480*
Mike Hinders	385*	4th	500*
220		242	
Mike Gugino	375	Mark Struck	525*
242			
Mark Struck	345*		

Best Lifters at the Clinton County YMCA Open were *(left to right) Marty Mills (BP) and Steve Mendel (DL). photograph provided to PL USA courtesy of Dr. Darrell Latch.*

Best Lifter (BP): Marty Mills; Best Lifter (DL): Steve Mendel. Team Champions: CLINTON COUNTY YMCA POWER TEAM. The Clinton County YMCA Open Bench Press/Deadlift Classic was held July 29, 2000 in Frankfort, Indiana. A very special thanks goes out to Mike Hinders for all of his efforts in organizing this event. In the bench press competition Mike Griffey did well in his first competition, finishing with a personal best 315 for the win at teenage. Andy Cobb took the junior men's class with a strong 240, getting just his opener. Jeff McKenzie opened with an easy 390, before missing a pr 415 twice, in his win at submaster. Next up was Theodore Striverson with the biggest lift of the day, locking out 460 raw with ease. If Ted had a shirt on, 550 would have gone. This gave Theodore the win at master 50-59. Allen Glass took the 70-79 class again, ending with 240, getting all three of his attempts. In the open division, Alberto Martinez got all new pr's on the day, finishing with a great 265 @ 156. Marty Mills took the 181s with 410 at 180. This gave Marty the best lifter honors for the competition. At 198 Mike Hinders got a personal best 385, just missing 400 for a fourth attempt. Mike Gugino only got his opener of 375, but showed plenty of promise as he took the 220 class, weighing in at a mere 204. Mark Struck took the 242s with 345, another personal record! This was Mark's first competition. Mike Moore also got a pr with 340, in his win at 275. At SHW it was Adam Hankins finishing with an easy 450 for the win. A fourth attempt with 460 would have gone, but was just out of the groove a little. In the deadlift competition Mike Hinders took the submaster class, going 3 for 3 on the day, to finish with 495 for the win. In the 60-69 master's class, Luke Anderson finished with an easy, easy 405 for the win. This sixty-eight year old looks twenty years younger and pulls like he's thirty years younger. Luke said he has been training for fifty years and also competes as a very successful bodybuilder. Another ageless wonder is Allen Glass. Nobody would guess he's really seventy-two. Allen is also a very successful bodybuilder, as well as a multi-national and world champion powerlifter. Allen captured the 70-79 class with 315. At 198 it was Steve Mendel with 510. Steve continues to struggle with his form, but once he gets over that he'll be sneaking up on 600 soon! Steve's pull at a 190 bwt. gave him best lifter honors for the competition. Mike Gugino finished up a great day of lifting with two new personal records at 220. Mike's 480 third attempt and his 500 fourth were great pulls with great form! Mark Struck also got two new pr's on the day with his last pulls of the day, finishing with 525. Mark took the 242s, weighing in at a light 222. Team honors went to The Clinton County YMCA Power Team with members Mike Hinders, Mark Struck, Mike Moore and Jeff McKenzie. Thanks to Mike Griffey and Mike Moore for their help loading and spotting. (Thanks to Dr. Darrell Latch for these meet results).

International Strength - Push/Pull
03 JUN 00 - Atlanta, GA

BENCH		242	
123		40-44	
Open		M. Murphy	375*
L. Smith	270*	Subs	
Junior		D. Moore	365
L. Smith	270-	275	
132		Teen	
Women		S. Ford	325
C. Melton	175*	J. Duvall	175
165		Open	
40-44		E. Brown	500*
D. Short	220	Subs	
181		E. Brown	500*
Open		SHW	
B. Fisher	335	Open	
198		J. Heard Jr.	550*
Open		Subs	
J. Bugg	365	J. Heard Jr.	550*
G. Gay	340	DEADLIFT	
Junior		275	
G. Gay	340*	Teen	
220		S. Ford	415
Open		J. Duvall	165
M. Driggers	420*	Subs	
55-59		E. Brown	600
R. Roach	285		

	BP	DL	TOT
165			
40-44			
S. Lumpe	300	460	760
220			
Open			
A. Biangasso	330	620	950
242			
Subs			
P. Ciaramello	300	500	800
275			
Teen			
S. Ford	325	415	740
J. Duvall	165	175	340
Subs			
E. Brown	500	600	1100

BENCH PRESS	BODYWEIGHT	REPS
J. Bugg	195	31*
L. Smith	125	29
A. Biangasso	215	22
S. Lumpe	220	20
R. Roach	220	11
S. Ford	260	10
Women		
C. Melton	132	6*

Fourth Attempts and Guest Lifters:
Jonah Duvall - 275 Teen - Bench Press- 170; Shawn Ford - 275 Teen - Bench Press - 335*; Ron Roach - 220 55-59 - Bench Press - 295*; Mark Phillips - 198 Open - Deadlift - 675*; Mark Phillips - 198 Junior - Deadlift - 675*; *-indicates a new National Reocrd Being set in the ISA. (results from Mark Phillips).

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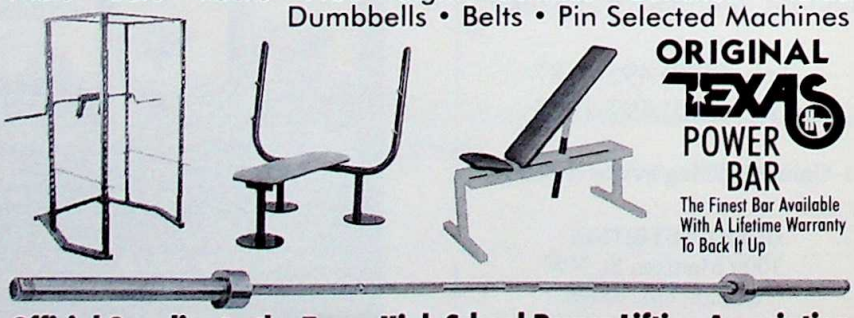

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The Gang at Hillsboro for the Old Settler's Day BP/DL Classic: *(l-r, standing) Terry Childers, James Ewing, Corey Black, Birdie Scoggins, Mike Wells; (kneeling) Benny Hutchinson, Mark Hahn. (Latch photo)*

"My name is Thomas Comfort *and I recently competed inmy fourth benchpress meet. I did the Old Dominion B.P. and strict curl which took place on March 18, 2000 in Stanardsville, Va. I lift at 165 lb.s at a bodyweight of 155. Enclosed are two photos of myself and two exceptional bench pressers. John Graube (left) just made the top 20 in masters 275 lb. division for the bench. John had a lift of 520 lbs. in the open division. The other young lifter's name is Adam Mamola. Adam (seen at right) also competes in the 165 lb. division. He had a 390 lb. bench in the open division. I am not trying to age too fast, but I can honestly lsay I am looking forward to November, at which point I can compete at submaster and get away from young studs such as Adam. I would like to thank Julian Anderson for taking the photos. I also would like to thank John Shifflett for being very professional at his meets and for taking time to have phone conversations with me."*

2000 Old Dominion BP/Curl
18 MAR 00 - Stanardsville, VA

BENCH		242	
148		Open	
40-49		35-39	
Frank Lupis	325	Guy Loretta	435
165		18-19	
Open		Micky Tingler	365
Adam Mamola	390	275	
Tom Comfort	240	Open	
40-49		Robert Prince	420
Tabb Asselin	315	Gary Hodges	340
181		40-49	
Open		John Graube	520
Carl West	470	319	
Steve Battista	315	35-39	
198		Cliff Richardson	475
Randy Lantz	310	40-49	
20-23		Carroll Thorton	365
Keith Garber	245	319 Plus	
35-39		40-49	
Julian Anderson	300	Dr. Carl Whorley	245
Mark Wilhour	270	Curl	
198		181	
Open		Open	
Jeff Bach	360	Steve Battista	150
Ken Tuohey	355	20-23	
John Eckman	240	Keith Garber	100
20-23		198	
Randy Hoover	225	Open	
50-59		Jeff Bach	130
Jim Shoaf	300	20-23	
220		Randy Hoover	11 5
40-49		242	
Sam Morris	405	50-59	
50-59		Mike Diggs	160
Jamie Smith	360	275	
		Open	
		Gary Hodges	135

(Thanks to John Shifflett for providing the results).

Old Settler's Days BP/DL Classic
17 AUG 00 - Hillsboro, IL

BENCH PRESS		master men 40-49	
teenage men		James Eming	510
Corey Black	325	220	
master men 40-49		Mike Wells	315
James Ewing	260	242	
198		Mark Hahn	460
B. Hutchinson	310	4th	470*
DEADLIFT		181	
master women 40-49		Terry Childers	380
Birdie Scoggins	95	4th	390

The Old Settler's Days Bench Press/Deadlift Classic wasat the Hillsboro Health & Fitness Club in Hillsboro, IL. A special thanks to Birdie Scoggins for her help in organizing this competition. In the bench press competition Corey Black took the teenage title with a strong 325. A PR attempt with 335 on his final attempt failed to lock out. James Ewing won the master class with 260, getting all three of his attempts. Jim weighed in at 240. Benny Hutchinson had problems with his shirt, finally taking it off and lifting "raw". Benny finished with his opener of 310 for the title at 198. Mike Wells almost got his final attempt with a PR 330 before settling with 315. That was still good enough for the win at 220. Then at 242 was Mark Hahn, who took that class, getting all 4 of his attempts, each stronger than the last. Mark finished with a personal best 470, weighing in at 230. In the deadlift competition forty-nine year old Birdie Scoggins competed in the women's master division just to show the "old folks" where she works she could win a trophy. Well, she did win first in her class, finishing with 95. Like her whole family this lady is really strong, and could have probably pulled more than twice that weight, but was concerned about a recent back injury, and did not want to chance further injury. Jim Ewing pulled 510 for the win at master, getting all three of his attempts. The last deadlifter was Terry Childers, who at a 178 bwt. a 380 third and a 390 fourth attempt for the win at 181. Thanks again to Birdie for her help and to Benny Hutchinson. (Thanks to Dr. Darrell Latch for providing results).

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CPA BP/DL 2000
17 JUN 00 - Sherbrooke, Quebec

BENCH		242	
WOMEN		Open	
132 Open		J. Francoeur	440
L. Landry	200#	S. Grenier	470
Sub		M. Ferland	470
L. Landry	200*	Sub	
148		S. Santerre	400
Junior		M. Plourde	390
M. Guilbault	130	R. Gagne	450
165		SHW	
Junior		Sub	
M.H. Chirsholm	180*	C. Marceau	340#
MEN		DEADLIFT	
148		WOMEN	
T 16-17		148 Junior	
D.McQuillen	215 o	M. Guilbault	305o
T18-19		4th	315o
F. Roy	170	MEN	
165		165	
Open		Open	
J.P. Cormier	285#	C. Dallaire	630
C. Dallaire	315	M40-44	
M40-44		C. Dallaire	630*
C. Dallaire	315o	181	
181		T16-17	
T16-17		J. Snadden	325o
M. Cimon	250o	4th	335o
J. Snadden	205	M. Cimon	385#
T18-19		4th	480
F. Prevost	245	T18-19	
Open		F. Prevost	345o
E. Lessard	325	4th	370o
A. Forcier	300#	Open	
Sub		E. Lessard	475
A. Forcier	300#	A. Forcier	400#
S. Hebert	305	Sub	
M. Nadeau	325	A. Forcier	400#
M40-44		198	
S. Quintal	310o	T 18-19	
198		M. A. Brussette	375
M50-54		220	
J. Leblond	275o	M40-44	
M60-64		JP Marceau	340
J. Marchand	300	4th	350
220		M45-49	
T13-15		G. Marceau	400
J. Levesque		242	
Junior		Open	
M. Page	360	E. Ouellet	535
Open		J. Francoeur	555
M. Theriault	455	S. Grenier	705o
4th	458	Sub	
M40-44		S. Santerre	630
M. Theriault	455#	M45-49	
4th	458#	R. Gagne	625*
J.P. Marceau	260	4th	635*
M45-49		SHW	
J. Desjardins	235#	Sub	
		C. Marceau	380#

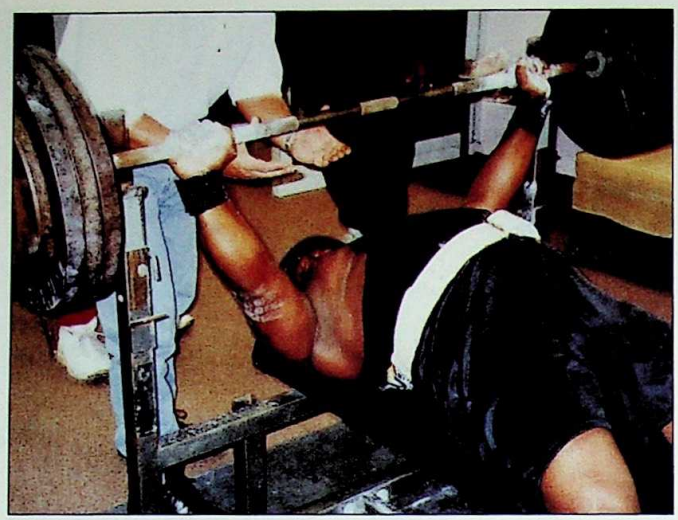
Canadian Records; * World Records; o–Quebec Records (Thanks to Marcus St. Laurent for results).

Northern Illinois Open BP/DL
01 OCT 00 - Chicago Heights, IL

BENCH PRESS		Jason Cervantes	365*
teenage women 13-15		master men 40-49	
Veronica Solecki	85*	Bernie Ferro	425*
teenage men 16-17		master men 50-59	
Murphy Mahalik	250*	Dr. S. Mahalik	235*
teenage men 18-19		DEADLIFT	
Jason DaViera	320*	teenage men 16-17	
4th	330*	Murphy Mahalik	425*
165		master men 40-49	
Eriek Nickson	350*	Bernie Ferro	610
220		master men 50-59	
Tim Widmer	415 *	Dr. S. Mahalik	510*
242		148	
Barry Blackman	410*	Jake Stephanski	405*
275		165	
Pete Kletz	565	Eriek Nickson	505*
308		4th	520*

*personal record. Best Lifter (BP) - PETE KLETZ; Best Lifter (DL) - BERNIE FERRO. The Northern Illinois Open Bench Press/Deadlift Championships were held October 1, 2000 at Powerline Gym in Chicago Heights, Illinois. Many thanks to Valerie Weber for graciously allowing us to hold the competition there. It was another smaller meet, but we all had a great time, with some great lifting and a wild crowd! In the bench press competition, first - time competitor Veronica Solecki won her first title, lifting in the teenage women's division. At just fourteen years of age, Veronica got 85 with ease, just missing her final attempt with 100. This girl has potential! At teenage 16-17 was Murphy Mahalik, also lifting in his first competition, taking the title with a pr 250. Jason DaViera won the 18-19 class with 320, then a strong 330 fourth attempt. This kid only weighed 154! Eriek "Flex" Nickson got a pr with 350 for the win at 165. Eriek was featured in last month's issue of Flex magazine as one of the "new faces" in bodybuilding. Tim Widmer had a good day getting a strong pr with 415 to capture the 220 title. Tim came dangerously close with 430 on his final attempt. Well, Barry finally got 400! Maybe it was my coaching and encouragement, maybe it was the crowd and the other lifters, or maybe it was the "threats" made by his girlfriend Mary that done it. "That boy's gonna walk home if he don't get that 400 today!" When that woman talked, everyone listened! Well, whatever, Barry Blackman not only got his pr at 400, but came back for a stronger 410 third attempt for the win at 242. Great job, Barry! At 275 it was Pete Kletz with a strong opener of 565! But it was 600 he came to get. Two attempts and two failures really frustrated not only Pete, but everyone there, who really got behind this lifter. Winning best lifter really didn't help, especially after getting 600 in the gym last week. Oh, well, don't worry Pete, it will come, we just all hoped it would be today. It was Jason Cervantes first competition, where he captured the 308 class with his opener of 365. With just a little work on his technic Jason will be over 400 in no time. Bernie "I'm a Legend in my own Mind" Ferro got a new pr in the master 40-49 class, finishing with a strong 425. 435 would have gone. Another first-timer was Dr. Stephen Mahalik, who took the master 50-59 class with a new pr of 235. In the deadlift competition Murphy Mahalik, Dr. Stephen's son, won his second title of the day with a 425 pull in the teenage men's 16-17 age group. This 220 lb. sixteen year old is really a great kid with a great attitude, and is also a two-time state champion high school wrestler! Another great lifter was 148 winner Jake Stephanski, who pulled a great personal best of 405 @ 143! This kid's been playing football and hasn't even deadlifted in a month and a half! Eriek Nickson really had a great day of pulling, with a 505 pr third attempt, but then closed out the day with a great 520 fourth attempt! Great job, Flex! Bernie Ferro took best lifter honors along with the master 40-49 title with a strong pull of 610, weighing in at a trim 215. Bernie just returned from the NPC National Master's Bodybuilding Championships where he always places well, and at the a of forty five, stays in contest shape year around. I Stephen Mahalik, with another pr, took the mast 50-59 class. Stephen finished with a great 510 pu to finish a great day of lifting. Thanks to everyor who helped load and spot, the kids who helpe with the trophies, and Lorena, who served as th trophy girl. (Thanks to Dr. Darrell Latch for results

***Dr. Darrell Latch** (left) with **Eriek Nickson** who PRed a 350 BP and 520 DL at 165 in his first competition. (photo courtesy of Dr. Latch)*



***Barry Blackmon finally gets his 400!** at the Northern Illinois Open*

2000 USAPL Connecticut State
24 SEP 00 - Weston, CT

Women (formula)	SQ	BP	DL	TOT
A. Scudder-106	180*	105*	300*	585*
J. Russell-123	215	170*	290	675
J. Lerner-191	245	130	290	664
H. Wilcox-148	250	170	250	670
T. Bloom-136				
Men				
Special Olympian				
K. Bligh	335	285	380	1000
D. Dennin	125	205	310	640
Teenage (formula)				
J. Cunningham	480	285	540	1305
T. Pigeon-178	435	305	500	1240
P. Braun-215	505	310	525	1340
Master Light (formula)				
Archambault(BL)	310	200	390	900
U. Gill-162	530!	315	505	1350!
D. Petro Roy-163	455	235	475	1165

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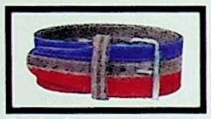
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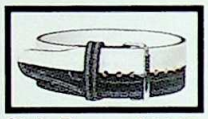
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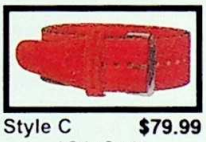
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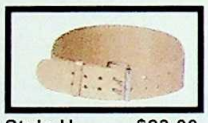
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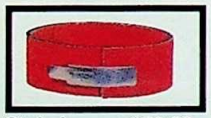
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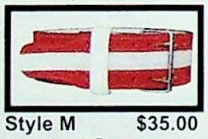
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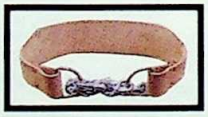
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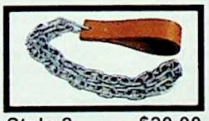
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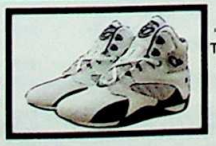
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D. Mansfield-197	520	265	520	1305
T. McCarroll-196	490	265	505	1260
K. Carroll-213	400	335	400	1135
R. Cote Jr.-220	145	420!	145	710
165				
T. Taylor	530	330	570	1430
U. Gill	530	315	505	1350
D. Petro Roy	455	235	475	1165
181				
C. Peters	490	365	520	1375
198				
J. Ascani	575	375	595	1545
B. Kelley	400			
220				
S. Burbank (BL)	675	500	650	1825
D. Montembault	615	405	570	1590
A. Carona	605	425	510	1540
C. Hallee	520	385	490	1395
T. Sarner	415	350	475	1240
K. Carroll	400	335	400	1135
G. Allen	355	255	440	1050
242				
J. Lynes	510	370	555	1435
J. Beirne	515	375	470	1360
V. Dizenzo	145	470*	145	760
J. Milavsky	145	450	145	740
275				
W. Birnbaum	525	330	620	1475
G. Landers	575	370	525	1470

* denotes State Record; ! denotes American Record; BL - Best Lifter. Special Thanks to our sponsors: Scott Benjamin - Conceptual Imagery, David's Catering, Poland Spring Water, Grade A Shop-Rite, Village Bagels, Nutritional Technologies, Tommy K's Supplements, Stamford Podiatry Group, Dr. Mitchell Gordon - Family Chiropractic, FAST (Fitness & Sports Training), Moore Center for Rehabilitation, Femia Landscaping, Servpro, Metro Business Systems, The Kneaded Touch in Fitness, Fit-Tek, Norwalk Health & Racquet Club. Administrative Help: Ron Geoghegan, Mike Lanzaro, Big Lou!!!, Lucia Fiaschetti, Stephanie Hartmeyer, Philip Licastri, Beth Beeston, Amy Babkie, Anna Mae Schaub, Delia Thompson, Robert Fisher. All Spotters & Loaders!!! Weston Girls Soccer: Jenny Armstrong, Krista Bonneau, Kat Palmieri & Christie Wilhelmy. (Great Job - Concessions!) AMTA Connecticut Sports Massage Team - Jocelyn Keith. Dr. Brett Carr - Meet Chiropractor. Judges: Linda Jo Belsito (announcer), Ted Giantini, Ed Kutin, John Gengo, Ray Pamulo, Pete Gisondi. Without a doubt, the best volunteer team I have ever had! (Lloyd Weinstein) The 2000 version was a comeback of sorts, as the time of year and venue were changed. Although the turnout of 39 lifters was disappointing, it allowed for a smooth running and enjoyable contest. The new venue was Weston (CL) High School, which proved to be the best venue where I've ever run a meet! My event staff was superb and the school staff was "take charge", and very cooperative. Perhaps running the meet in Sept. backfired, but I think those that competed enjoyed it! Highlights included the lifting of 220 lb. winner-Scott Burbank of New Hampshire. He showed awesome all around ability with his 1825 total! 77 year old Fred Archambault thrilled the crowd with great lifting, as did fellow master Dennis Montembault. Abigail Scudder and Julie Russell posted fine results in the Women's division. Ulric Gill and Roland Cote Jr. did a great job setting American records in the squat and bench accordingly. (results courtesy of USAPL/Lloyd Weinstein)

Nordic Men's Championships
9 SEP 00 - Tornby, Denmark (kg)

52 kg	SQ	BP	DL	TOT
A. Vith DEN	185	122.5	182.5	490
S. Holer SWE	135	102.5	190	427.5
60				
Rasmussen DEN	170	150	170	445
67.5				
J. Airio FIN	222.5	175	240	637.5
75				
P. Anttila FIN	265	145	285	695
T. Skogly NOR	255	157.5	275	687.5
F. Berentsen NOR	265	180	220	665
J. Sahlgren DEN	215	135	200	550
82.5				
S.Sohlman FIN	267.5	177.5	320	765
K. Kehanen FIN	260	155	305	720
S. Andersson SWE				
90				
J. Sohlman FIN	305	212.5	312.5	830
P. Turesson SWE	300	190	310	800
K. Ingerslev DEN				
100				
O. Neselius SWE	320	210	300	830
H. Winter FIN	280	195	302.5	777.5
S. Vorup DEN	307.5	177.5	292.5	777.5
Kompelien NOR	290	182.5	287.5	760
M. Larsen DEN	265	160	270	695
100				
T. Taksdal NOR	300	220	290	810
K. Hansen DEN	300	210	297.5	807.5
T. Paavilainen FIN	300	195	307.5	802.5
L. Sorige DEN	300	192.5	290	782.5
125				
J. Ljungberg SWE	370	235	350	955
A. Randen NOR	315	200	310	825
M. Sorig DEN	310	212.5	292.5	815
J. Hoyset NOR	305	185	315	805
125+				
P. Kyneb DEN	340	210	355	905
J. Wahlqvist SWE				

(Thanks to Heikki Orasmaa for providing results)

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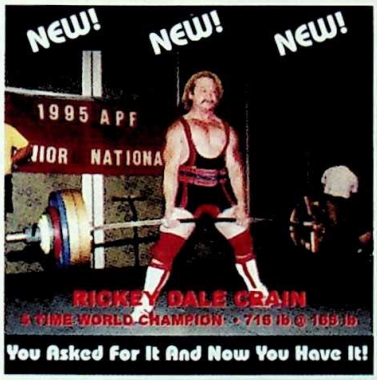

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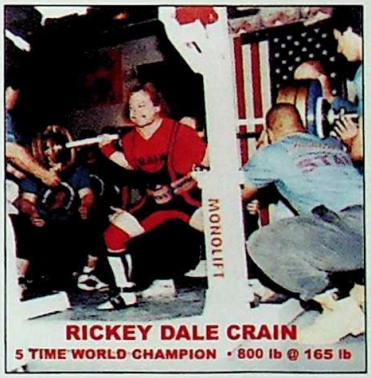

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Brett Moorehead gets set to attempt 440 at the APA New England Open. (Scott Taylor photo)

APA New England Open
23 SEP 00 - Rutland, VT

BENCH				
WOMEN				
Open				
R. Dages	135			
MEN				
Submaster				
S. Ryan	350*			
Master 40-49				
D. Harvie	535*			
Powerlifting	SQ	BP	DL	TOT
Master 50-59				
S. Fassett	550	365	550	1465
Open				
148				
J. Laird	365	155	405	925
165				
B. Moorehead	400	340	430	1170
B. Reitz	400	250	410	1060
181				
S. Kay	460	380	540	1380
M. Twitchell	430	370	530	1330
198				
K. Lawson	555	305	545	1405
220				
D. Emmons	555	380	550	1485
242				
G. Russo	625	460	530	1615
308				
J. Wade	450	365	525	1340
A. Rumrill	375	345	545	1265

Master 50-59	
C. Frost	340*
Master 60+	
J. Salmon	285
Open	
165	
B. Morriss	255
198	
J. Matta	390
242	
D. Harvie	535*

* denotes VT Record. (The results by Scott Taylor).

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TOP 100

For standard 198 lb/ 90 kg. USA lifters in results received from November 1999 through Oct. 2000.

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4	782 Wagner, R..7/10/00	585 Nealy, D..8/26/00	722 Cole, D..11/6/99	1920 Carnaghi, T..10/28/00
5	771 Zweng, M..11/20/99	545 Lawrence, R..11/13/99	722 Keyhea, V..11/6/99	1901 Benemerito, R..7/10/00
6	765 Vogelpohl, C..2/20/00	534 Zweng, M..11/20/99	710 Garrett, K..11/6/99	1870 Adams, J..2/20/00
7	744 McGlynn, J..7/10/00	530 Adams, J..2/20/00	710 Meyers..7/8/00	1868 Wagner, R..7/10/00
8	735 Adams, J..2/20/00	525 Cormier, S..2/12/00	710 Willett, M..7/10/00	1800 Statzer, P..6/16/00
9	725 Mastrean, M..3/18/00	525 DeCourt, B..8/5/00	705 Benemerito, R..11/19/99	1774 Fanone, M..5/21/00
10	710 Ferrara, K..6/16/00	523 Warrington, G..11/6/99	705 McGlynn, J..7/10/00	1765 Mastrean, M..3/18/00
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NEXT MONTH... TOP 220s

Corrections... . Hennis Washington III reports that his full name is as noted and that he actually benched 319 and totaled 1366 at the WPO Meet in Daytona Beach onf May 20th. The USAPL Michigan results published on og. 66 of the October 2000 edition of *Powerlifting USA*, were actually not the results of the meet held on November 6th, 1999, but a partial duplication of the results of the July 22nd meet. Lynda Christopher states "In the April issue for the world bench press championships held in Las Vegas, Nevada you had me down for winning the 114 open bench. I won the 114 open and submaster 114 weight division. I would appreciate a correction." 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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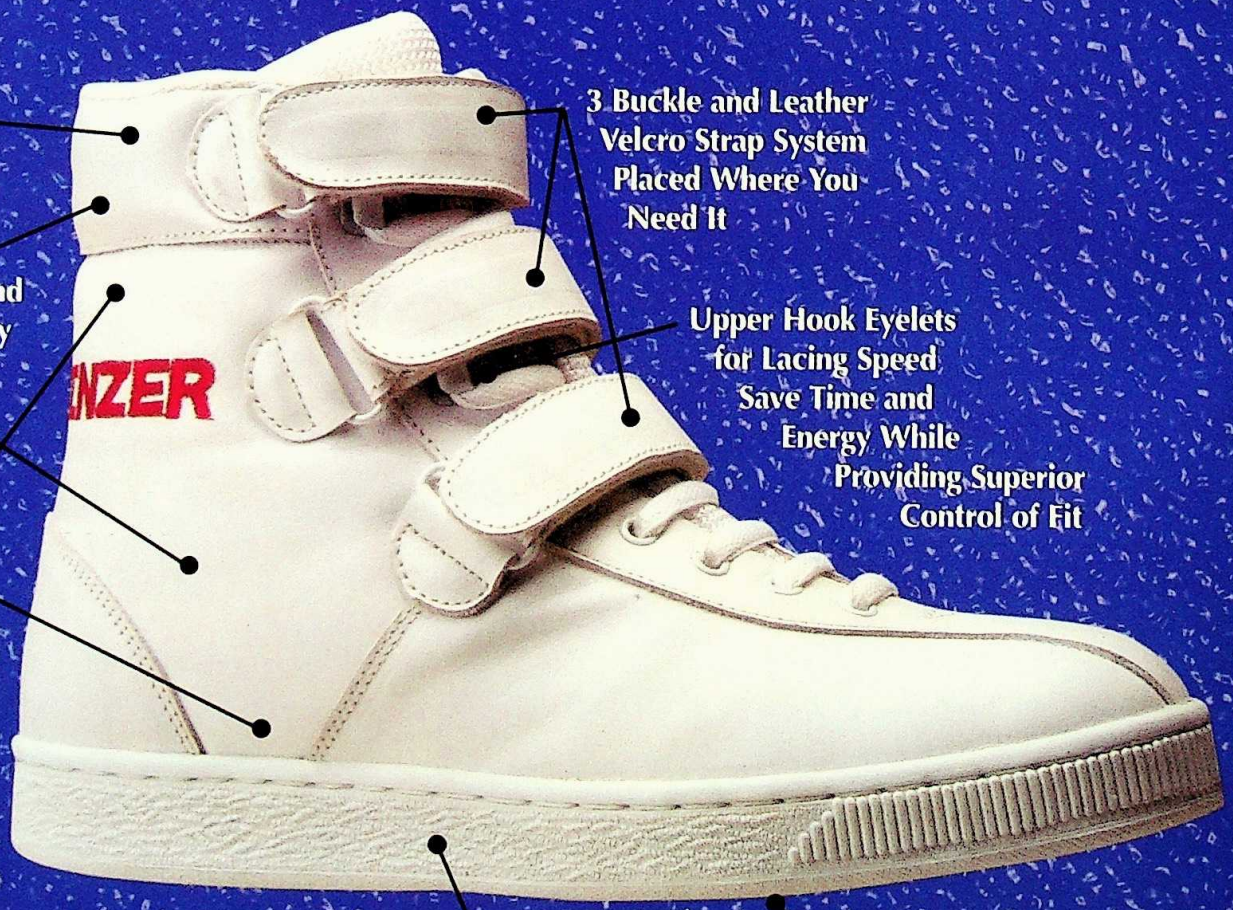

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