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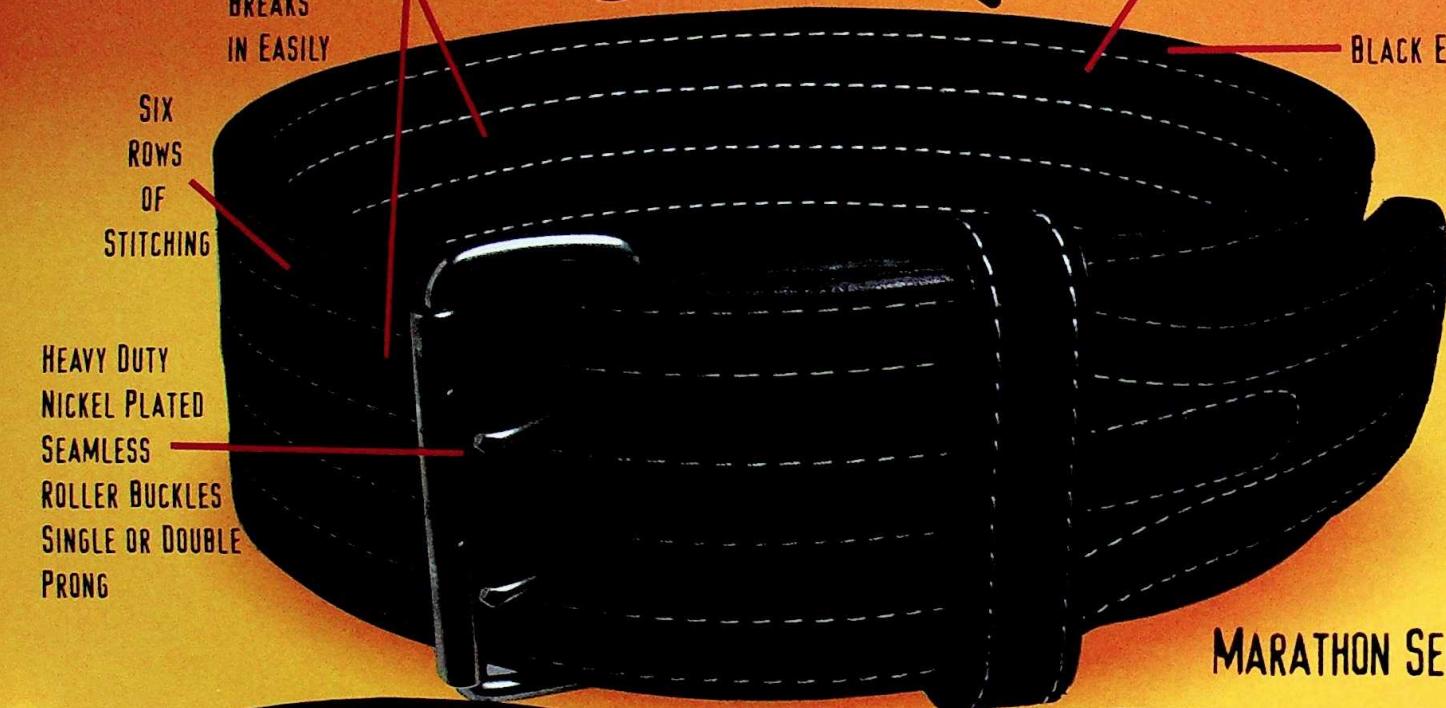
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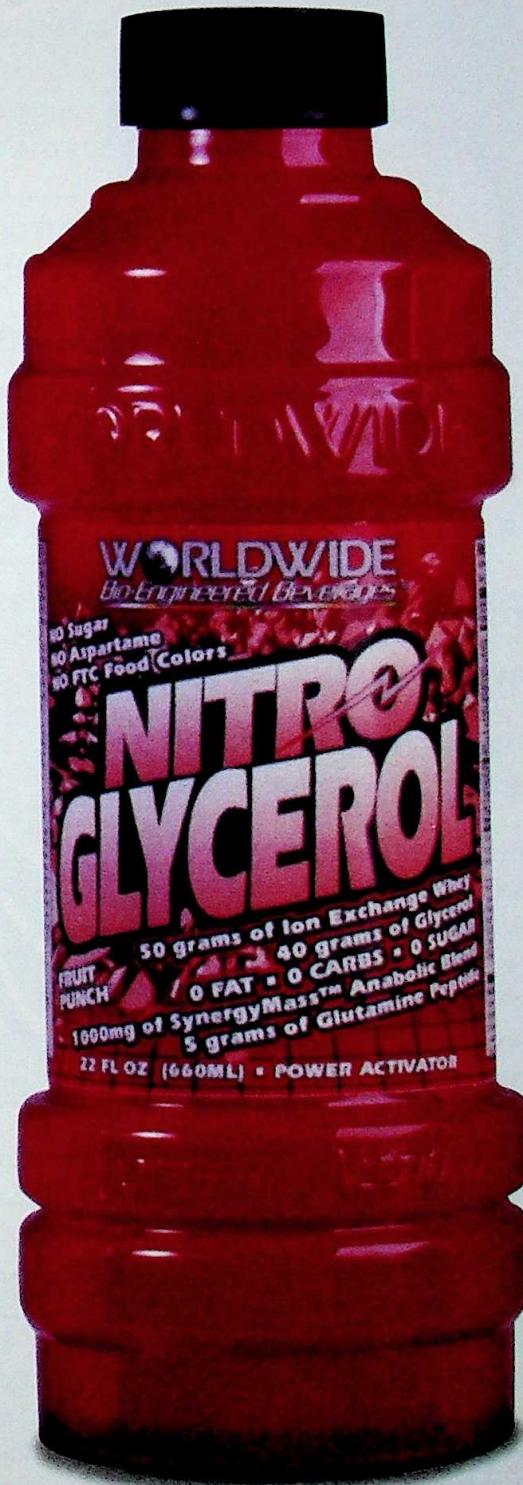
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MUSCLE MENU

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ON THE COVER Jennifer Maile with her sensational new IPF Women's Open World Record of 403 lbs. in the 105 class

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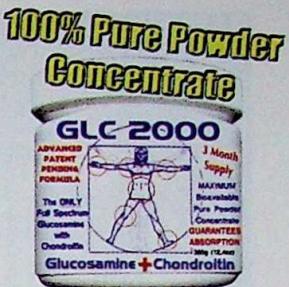
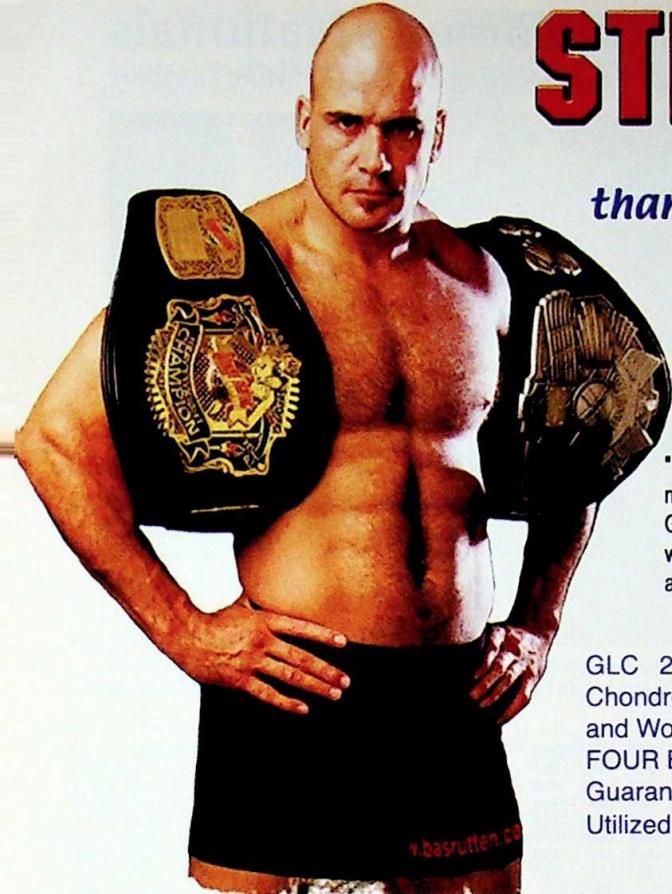
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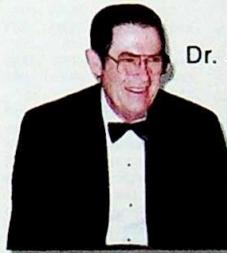
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The Pride of Plainwell, MI... Erin Dickey took the Open and T2s.

This year's USAPL Women's Nationals, directed by veteran Dennis Brady, was touted as being the largest woman's meet in the history of the United States. Of course, one should consider that the USAPL format includes the female teenage, junior, and masters categories along with the open competition, which most other federations don't, and

this year a mini-team of guest lifters from England also joined the fray. Nonetheless, is there any doubt that USAPL has the premier stand-alone Women's National event? The number of records broken at this meet was also exceptional, from Teenage to Masters, National and American and IPF World, and virtually everything in between, including scads of PRs.

In the 97 lb. division, Erin Dickey of Plainwell, Michigan took the Open and Teenage 2 wins after rolling out a hard fought, perfectly vertical 248 lb. American Teenage Record squat. Cathy Solan, Open and Masters 1, was 2nd overall on a challenging day. Erin Crapo, a 3.95 GPA student at the University of Nebraska at Lincoln, hit a 54 lb. PR over her previous PR from 2 months prior and her Coach Jim Hart expects more from her in the near future. Annette Axt of Doniphan, NE had a little trouble in the squats and a hard stop with 104 in the bench, to finish up next overall. Donna Aliminosa, of Portsmouth, NH gave a fine, close try to a World Record Masters deadlift of 239 lbs. to finish off her day, and petite Marie Durk was the first of the very pleasant and effective lifting guests from England.

In the 105 lb. class, Jennifer Maile was amazing, and wrote her name all over the new IPF Sub-

USAPL Women's Nationals

reported by Powerlifting USA Editor Mike Lambert



Same Weight As Her First... Judy Gedney gets another World Record

Junior World Record Book, for the squat and bench (what an efficient arch position she is able to achieve)

and then, remarkably, she jumped up to an OPEN IPF Women's World Record with her 403 lb. attempt in

USAPL Women's Nationals - 9, 10 FEB 01 - Chicago, Illinois

97 lb. class	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT	CL
Erin Dickey	220	242	248	121	132	137	380	264	286	292	672	OT2
Cathy Solan	234	231	242	115	115	132	363	264	286	344	628	OM2
Erin Crapo	203	214	225	99	110	115	341	215	231	242	584	OJ
Annette Axt	198	209	209	88	99	104	297	203	214	214	512	OT3
D. Aliminosa	170	181	198	82	93	99	275	209	231	239	507	OM3
Marie Durk	132	143	154	99	100	110	264	209	225	236	501	GL
105 lb. class												
Jennifer Maile	308	336	352	176	198	209	534	352	385	403	936	OT2
Judy Gedney	220	234	236	115	121	126	341	248	259	264	606	M5
Joanna Ocampo	181	209	203	104	121	126	325	248	264	275	600	O
Ann Leverell	270	281	284									M2
114 lb. class												
Suzanne Hartwig	314	336	341	187	203	214	556	319	341	358	914	O
H. Hampson	206	206	286	132	143	148	435	319	341	352	788	GL
Codi Grubbs	285	303	308	132	148	148	457	286	308	308	766	J
Tracy Sutton	231	248	259	93	104	104	363	275	297	325	639	OT3
Carly Nagle	264	286	286	121	126	126	407	292	325	336	633	OT1
Jasmine Lee	214	231	242	93	104	104	336	231	275	275	611	O
M. Shuttleworth	170	203	203	137	154	154	341	203	225	246	567	O
Vera Nelson	198	209	220	99	104	110	325	203	214	225	551	M1
Lisa Carroll	176	176	192	88	99	99	281	203	214	214	496	M1
C. Mehmedbasik	154	154	165	110	124	121	275	181	203	203	462	M2
C. Vanmeveren	148	165	181	77	77	88	259	203	220	242	462	T2
Emily Demmers	231	253	264	104	104	104						OT3
123 lb. class												
M. Amsden	314	332	341	107	187	203	545	347	363	370	909	OJ
Amanda Vellucci	236	259	275	143	154	165	429	236	264	275	705	O
P. Tidmarsh	242	259	270	93	99	104	374	286	297	303	672	O
Brenda Howard	209	231	242	126	137	143	380	242	275	284	655	M2
Natalasha McLean	181	196	198	126	132	137	330	264	275	286	606	T3
Chelsea Jacobs	203	220	231	104	115	115	336	220	242	259	578	OT2
Gina Stapleton	165	192	192	82	93	99	286	220	242	242	529	M1
Jessica Stewart	181	198	209	82	93	99	281	187	209	220	490	T2
Jessie Kohler	132	143	143	88	104	104	220	181	198	220	440	T2
Elma Beck	137	143	148	71	77	82	220	176	187	192	407	M8
Diane Siveny	242	259	264	104	104	104						OM1
132												
Bettina Altizer	363	380	402	242	259	270	650	319	347	363	1014	O
Angie Overdeer	341	363	374	214	225	231	595	363	394	424	958	O
Jennifer Ray	336	358	358	203	220	225	562	358	374	396	936	O
Sandra Mobley	325	352	369	181	198	198	551	352	388	385	936	OM1
J. Thompson	275	300	300	253	270	270	545	281	296	336	881	O
Veronica Aguila	303	330	341	170	187	203	529	308	336	347	876	O
Amber Mesik	285	314	325	137	154	159	451	330	352	369	804	OT2
Erin Moore	264	303	314	132	154	159	457	292	319	330	777	O
Angela Simons	253	281	297	198	198	209	479	253	286	308	766	M1
K. Dingle-Craig	253	286	303	143	159	170	446	275	303	325	749	M1
Julia Kaufman	253	275	275	154	154	165	407	259	281	303	710	J
Erin Wallerman	236	259	270	126	137	137	396	259	281	292	677	T3
Lanelle Lopez	209	225	242	110	121	126	347	281	303	314	661	M1
R. Christensen	236	253	264	115	121	132	385	220	253	270	655	OT2
Lindsey Hartman	231	253	264	88	99	104	358	231	253	275	633	T1
Phoenix Miller	203	220	242	110	110	126	352	225	242	248	595	T2
Christine Bang	214	236	236	110	124	126	341	220	242	259	584	T1
Faith Ireland	170	192	209	99	110	115	303	203	220	236	540	M4
Sharee Olson	159	181	192	71	77	77	264	170	192	192	457	M5
148												
Kari Bohigian	352	385	391	225	236	260	650	374	413	446	1063	O
Marian Gibson	352	369	374	220	236	242	611	396	424	435	1046	GL
Laura Stryland	275	303	314	198	214	220	534	352	369	385	920	O
Mary Ruffner	303	325	325	220	226	236	562	319	341	352	914	O
Christy Newman	314	325	336	209	225	236	562	319	330	344	892	O

Suzanne Hartwig was pleased with her new personal records at 114, and hopes for more at the IPF Women's Worlds in Riesa, Germany.

the deadlift and that was ripped up with finality, but not so final that she didn't try a 4th of 418 that was just too much. Jenn's proud Dad, Dr. Larry Maile, indicated that they had been working very hard on her deadlift and the result was a gigantic PR (last year she pulled 325 at this meet!). Judy Gedney celebrated the 20th anniversary of her first IPF World Record in the bench press by setting another IPF World Record - with the SAME WEIGHT - 126 lbs. - and she also got some World Masters records in the deadlift. Judy, who is so very good at helping others - in PL and otherwise - didn't realize the coincidence until her husband Roger brought it up. Joanna Ocampo was just .2 kilos over the 97 lb. class limit, and posted a nice 7/9 600 lb. total. Ann Leverett, herself a Women's Masters lifting legend, had no luck getting her squats passed.

At 114, Suzanne Hartwig put on a demonstration of strength, form, and confidence that she enjoyed as



Michelle Amsden asks the crowd to wish her mom Happy Birthday

much as the audience did. She just laughed when her 203 bench wasn't passed and bumped the weight up for a successful 3rd at 214. England's Heather Hampson built up the suspense in the squats until her final attempt was passed, and she made everything else she touched after that. Codi Grubbs of Ruston, Louisiana, got Teenage American records on her squats of 303 and 308 to win the Junior category. Tracy Sutton was originally entered in the 105 lb. class, but weighed 49.4 kilos, and was just able to out-total the tall, lean Cary Nagle (another powerhouse Plainwell, MI lifter) who got a teenage record squat. Jasmine Lee of Briston, NE showed great squatting form, with her head way back, keeping herself in the most effective position to drive the bar up.

Mauria Shuttleworth of St. Paul, Minnesota got her feet wet in national competition with a 567 total, and Vera Nelson (Pelican Rapids, MN) got a National Masters Meet Record in the squat with 220, and missed her attempt at one in the bench at 110. Lisa Carroll of Killeen, TX, coached by Johnny Graham, turned her 5/9 day into a 496 total in the 40-44 age group, and 45-49 lifter Chenee Mehmedbasich jammed up a 121 bench press easily to highlight her performance.

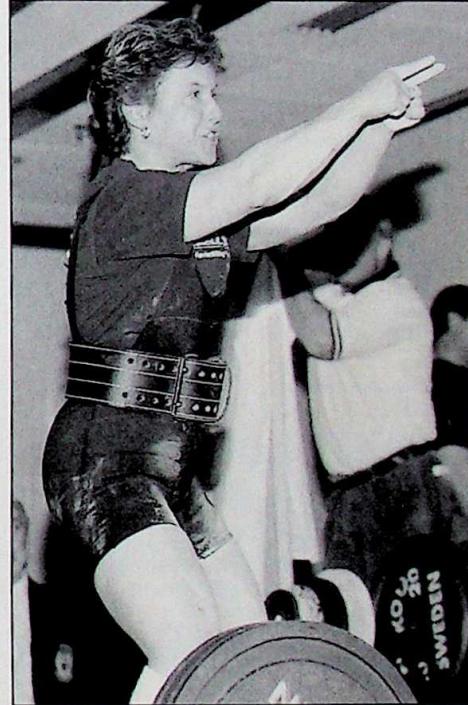
BETTINA'S BACK ... Altizer nails it down at 132

Camille

Vanmeeren (16-17 age group) of Stanton, Nebraska had trouble with her feet on the blocks in the bench press, and the 88 lb. bar stopped hard on her. Another Nebraska teenage competitor, Emily Demmers, of Grand Island, could not get any of her benches passed.

In the 123 lb. class, Michelle Amsden literally sparkled with all the new records she imposed upon the collegiate and junior lists in squat, bench, deadlift, and total. She finished off the day in a classy way at the awards ceremony, asking that the crowd wish her Mother in the audience a "Happy Birthday". Amanda Vellucci of Mishawaka, Indiana headed up the pack that followed Michelle, just

ahead of Bellingham, Washington's blond Patricia Tidmarsh. Brenda Howard, wife of 2003 Men's Nationals promoter Steve Howard, took the 45-49 category with 655, ahead of T3 (18-19) competitor Natasha McLean (Plainwell, MI). Teammate Chelsea Jacobs took the younger teen title (16-17) just behind her. Des Moines, Iowa's Gina Stapleton took the youngest masters division with her 529 lb. total, and Jessica Stewart was 2nd in the 16-17 age group with her 490 aggregate. A tall for the class Jessie Kohler was 3rd at 16-17. Elma Beck of San Pedro has been lifting for 10 years now, and set American Records virtually across the board in the 75-79 age group. Diane Siveny got her benches up, but technical mysteries seemed to keep



her from getting them past the judges.

In the 132 lb. class, Bettina Altizer returned to the USAPL Women's Power Wars with a solid win in a tactically complex class. Angie Overdeer was pleased with her PR 231 bench press, and then had to hope that her opener deadlift would hold up against Ray and Mobley (who set a World Masters Record on her final squat), while she had to wait until the last lift of the class to try for the win with a too massive 424 lbs. Following that group, pony-tailed World Bench Press Champion Jennifer Thompson looked so tall, and only managed 4 attempts, but she still got up

(article continued on page 82)

Kim Walford	248	248	248	181	192	203	451	385	396	418	870	O
Kim Hooper	330	358	369	176	187	187	507	319	341	363	870	J
Ruth Welding	286	303	349	165	181	187	490	314	358	374	865	OM2
D. Covington	316	358	358	165	176	---	501	358	360	360	859	M1
Kathleen Miller	253	270	286	192	209	209	462	319	352	363	826	O
Dawn Steele	264	286	308	181	203	209	490	303	325	336	815	O
Q. Underwood	198	242	285	137	148	159	435	330	358	375	793	T2
Destiny Joyner	264	286	303	126	137	148	451	286	314	325	777	T3
Deanne Gertner	259	275	297	132	148	159	424	275	292	308	733	T3
Molly Denney	253	275	292	126	137	148	429	253	275	292	722	T1
Karen Bakke	242	275	309	137	154	154	413	275	303	325	716	M2
Randi Forney	231	248	259	110	121	126	380	259	281	308	688	T1
B. Cromwell	242	253	264	121	126	126	380	264	275	286	666	M3
Regina Hackney	234	231	236	125	132	137	363	286	297	309	661	M5
Marcy Deaver	242	253	270	88	99	110	369	286	319	349	655	T2
Aubrey Dunivan	248	264	270	121	137	137	391	236	248	264	639	J
Rachel Moore	187	209	209	93	104	110	314	187	214	231	545	T1
J. Livingston	140	148	165	99	104	115	253	225	236	248	490	M1
Georgia Johnson	55	71	80	66	77	82	154	88	104	121	275	M7
Nancy Fullmer	236	248	248	80	80	82	154	88	104	121	275	OM1
Dru Amos	234	234	234	80	80	82	154	88	104	121	275	OM1
165 lb. class												
Priscilla Ribic	402	451	479	225	253	253	677	402	451	460	1129	O
Katlie Ford	330	352	352	192	203	203	556	341	358	369	925	OJ
Deanna Chaney	303	308	336	203	220	236	545	330	363	385	909	OM1
Malinda Baum	330	330	352	104	181	187	512	351	374	388	887	O
Lisa Van Buskirk	275	297	297	214	220	234	518	336	363	369	887	O
Patti White	259	286	297	137	148	148	435	242	275	288	710	T2
Donna Steele	214	236	242	137	154	---	396	259	285	297	683	M5
Marsha Serre	225	242	253	115	132	137	385	292	314	344	677	M4
A.Schlauchenhau	198	220	220	110	121	132	352	281	297	314	666	T3
Peggy Deaver	242	264	270	93	104	110	347	253	286	308	633	T1
Kelli Halfield	225	248	253	99	115	---	369	242	259	264	633	T2
Dana Backiel	214	225	225	115	121	126	336	259	284	294	595	M4
Kelly Johansen	209	225	236	121	132	137	374	220	264	264	595	T3
Jamie Goodner	181	198	209	82	93	99	303	231	253	264	567	T2
181 lb. class												
Leslie Look	440	473	501	231	248	253	755	440	473	496	1229	O
Jana Maile	319	352	369	192	209	214	567	374	396	407	975	OJ
Caitly Martin	341	358	369	176	187	198	567	330	352	374	920	O
Kristy Reske	308	336	352	181	198	203	534	352	385	407	920	O
Maggie Millen	286	314	325	198	214	225	551	303	330	352	881	OT2
B. Buckwood	242	270	297	137	148	146	424	220	270	299	716	T2
Leah Smith	242	242	242	126	137	143	385	242	264	275	650	M2
198 lb. class												
Jessica Watkins	429	457	479	220	242	253	722	369	407	424	1146	OJ
Frances Werde	385	413	443	231	253	264	639	374	396	402	1035	O
Disa Hatfield	413	413	454	242	259	270	672	358	386	396	1030	O
Jenny Bushy	394	396	443	198	209	214	611	374	396	413	1024	GL
R. Rudomekin	413	429	429	225	234	234	639	325	363	369	1003	OT3
Linda Schaefer	231	286	297	159	181	187	457	424	458	473	914	M1
Mary Ann Chase	325	347	368	181	196	203	529	325	352	352	854	O
M. Gertner	225	242	242	132	148	165	391	281	297	314	688	T2
SHW												
Lizabeth Willet	507	562	562	303	330	341	903	424	451	462	1465	O
Vicky Hembree	429	462	485	292	303	308	793	440	462	473	1267	OM1
Harriet Hall	468	468	504	281	297	303	771	451	468	479	1251	OM3
Sarah Greenup	490	507	540	234	231	242	738	396	418	429	1168	OT3
Sue Last	396	413	424	220	234	234	644	396	418	418	1063	GL
Sue Hallen	341	374	374	242	275	293	650	308	341	352	1003	OM1
Erica Bailey	325	391	443	165	192	214	606	336	391	443	997	OT3
Mary Holt	374	391	402	159	176	187	578	363	363	402	941	J
Illian Taylor	330	363	363	148	165	165	529	325	352	374	881	O
Shea Wallis	225	259	297	154	170	170	468	286	308	330	766	T1
Anna Collins	77	77	104	77	99	99	181	143	203	220	402	M6
O - open competitor. T1 - 14-15, T2 - 16-17, T3 - 18-19. J - Junior. M1 - 40-44, M2 - 45-49, M3 - 50-54, M4 - 55-59, M5 - 60-64, M6 - 65-69, M7 - 70-74, M8 - 75-79.												

POWER PROFILE

a detailed PL USA
look at some of the
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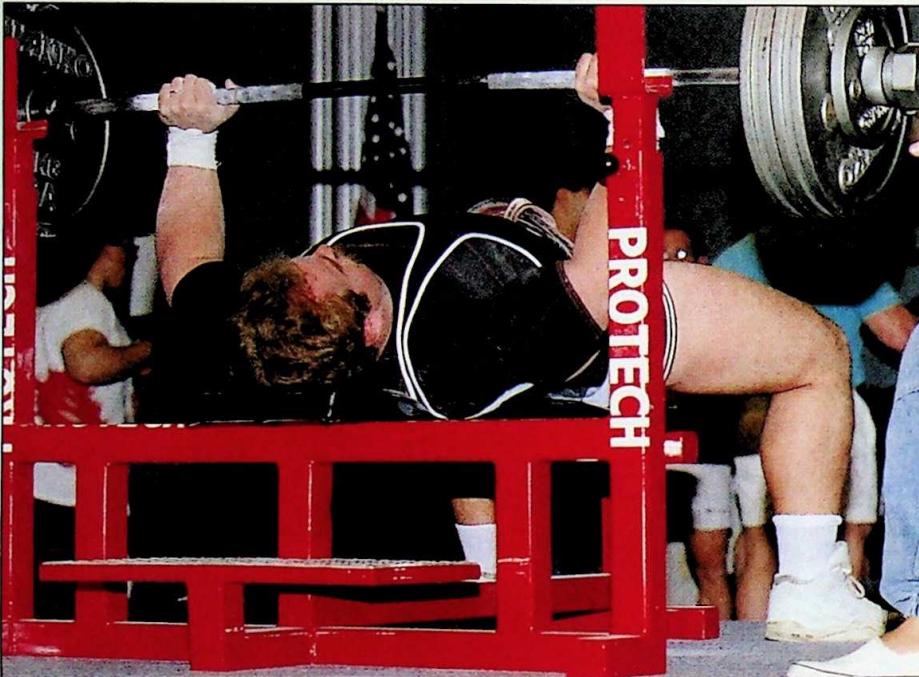
When I competed in the Eighties, a New England competitor named Russ Barlow would always cause a murmur of awe to ripple through fellow athletes at a meet. In the warm-up room, the list of openers invariably showed his name at the very bottom. His openers were so heavy, they easily surpassed third attempt pipe dreams of mere mortals like myself. As years passed, Barlow kept driving his total inexorably upward, a hawk rising on the iron convection of will power. When I periodically noticed his name in *PL USA*, I realized the mammoth from Maine was becoming a national contender. Achieving elite at 275, then at SHW, winning the Senior Nationals, competing in the Worlds - it is clear Russ Barlow has arrived.

Born in the small town of Lincoln, Rhode Island, Russ lived within two miles of a bastion of lifting called Central Falls Weightlifting Club. This little known place was home to Joe Mills, then U.S. Olympic coach. Through his weightlifting dad, Russ learned the sound of iron and smell of sweat. Though just a toddler, the place, the men, and the atmosphere made an impression on him. When Alexeev came to the States he trained at Central Falls. American contender Bob Bednarski trained there, as did many others.

A strong impression from those early days was the strict form that Joe Mills emphasized. He was a perfectionist. As a coach, Barlow now finds himself re-stating Mills sage advice.

The iron bug was incubating. While playing other sports in school, Russ weight trained. Typical for his age, his efforts were sporadic, undisciplined, and uninformed. Because he was an accomplished baseball player (playing infield for St. Joseph's College, then in the Rhode Island Amateur League, and finally the Portland Twilight League), his dad encouraged him to pursue

RUSS BARLOW: Mammoth from Maine *as told by Marc Cavigioli*



Russ Barlow bench pressing at the 1991 APF Senior Nationals, where he won the 308 lb. class.

other sports. "You have your whole life to lift weights," he would say.

By college, however, the bug began to affect symptoms. In 1980, he was sitting in his dorm room with some buddies having a few beers. A friend reached under his bed and came up with a bodybuilding magazine. "Oh, what's this?" He asked.

"A bodybuilding magazine."
"Whadda y'guy?"

"No! When I come back for the ten year reunion, I'm going to be the strongest man in the world."

"Yeah, that's the alcohol talking, pal."

But it wasn't the alcohol. Russ trained for two years, following bodybuilding routines, hitting mostly chest and arms. Yet he pulled 405 X 8 in his second deadlift workout ever. His training partner commended Russ' strength, but Barlow had little basis for comparison. He decided to enter the '82 Maine State Powerlifting Championships. Standing 6'3" and weighing 228 he competed in the 242s in his first meet.

After two years of haphazard training, during which he'd never

tried a squat, he opened with 475. He also made his second attempt with 505 and called for 555. Backing out of the rack the weight cut off his breath. His brother, spotting from behind, urged him on as he began a cautious descent. Realizing he was out of his league he said, "I was just kidding with this, guys," and racked it. He then benched 355 and pulled 555 for a 1410 inaugural total.

It was April. By June he was squatting and pulling six and benching four at a weight of 236. Competing in the Juniors he sought out top lifters for input. He enjoyed the Greg Kostas' meets in Massachusetts and Glen Stevens' meets in Upstate NY. In the late 80s, he competed in several Junior Nationals in the Chicago area. By Gary Benford's '87 YMCA Nationals he was a 275er.

In '89 his wife, Lynne, developed leukemia and needing a bone marrow transplant was flown to Seattle. Next to her hospital bed she hung competition photos of Russ. One of her orderlies named Joe Head (an accomplished dead-

lifter), noticed the shots and began asking questions. Head trained with noted lifter Willie Austin and together they secretly planned a reception for Barlow when he would visit his wife, (she was hospitalized for months during which Russ needed to continue working.).

After his visit Russ left the hospital in a dark mood. He proceeded through an alley and was confronted by four black men. Feeling less than cooperative, he threw caution to the four winds kept on stepping. When he was fifteen feet away, one of them called to him, "Hey! Are you Russ?"

"Yeah."

"Are you ready to train?"

Barlow says that's the way powerlifters are. The actions of those men turned a very difficult time into some of his fondest memo-

ries and most productive training cycles. To this day, he counts the crew he met in Seattle, (Head, John Moretti, Austin, Kevin "dogman", and Mike Harris), as some of his best friends. "Only powerlifters would do that," Russ feels. "Four guys of another race approaching a total stranger to lift weights."

Russ' lifting career continued to move forward achieving elite at 275 in Philly via 766, 496, 727, in 1986. At the '87 Nationals he made the leap to superheavy. Weighing 288 he posted 766, 501, 766 for 2033.

It took Russ a while to acclimate and use his increased mass effectively. By the '91 Senior Nationals, the 308 class was introduced. Feeling like a skinny at 275, but fat at 330, Russ clinched first place in the new category. Wearing a bench shirt for the first time his 848, 534, 788 totaled 2171 qualifying him for the Worlds where he tied for second, ending up third on bodyweight.

At the '92 Worlds held in Stone, England the Monolift was introduced. Barlow bombed on the

squat. So accustomed was he to stepping forward on the "rack!" command that he was called for not controlling the weight with both 832 and 877. To make up for lost ground, he went 892 on his third attempt, but was called high. He had doubled 840 in training.

Disappointed, but in great condition, Russ returned home deciding to put his hard work on the books at the Northern New England meet in Bangor. In training he pulled 770 X 5. A ball of fire, Barlow squatted 880, benched 535, and pulled 785 for 2200. Then, pulling 810 on his third attempt, tore his biceps on the down signal.

He claims the energy in his body was captured by photos of the lift. Several shots were taken at the moment of injury, all from different angles. Each shows a large white flash over his elbow at the moment of tear. Russ had immediate care. A friend's wife was a doctor and happened to be in attendance.

By the next morning, he was in surgery with Dr. Roy as physician. Because Maine is fairly agricultural and biceps tears are characteristically farming injuries, they are Roy's specialty. As physician for the University of Maine at Orono football team, Roy is also athletically minded and said, "Russ you're going to be 100%. I guarantee this will

never happen to your biceps tendon again." In less than 10 hours the biceps was reattached.

Recovery was at a high price however and Russ lost '93, '94, '95, and '96 to rehabilitation. He has pulled 804 since the operation, but his confidence is still affected. Currently, he only pulls 'deadlifts of consequence' being unwilling to risk re-injury on nickel and dime lifts.

November of '99 held the biggest total for him yet with 887, 523, 804 for 2221. If he could combine his best lifts together (887, 600, 804), he would register a whopping 2291. His heaviest training sets of 840 X 2 in the squat, 500 X 8, 580 X 2 and a very near miss with 620 in the bench, as well as 770 X 5, 790 X 2 in the deadlift demonstrate his capability.

In 2000 Barlow came in second at the APF Seniors. Placing fourth in the Worlds, Barlow was impressed by the best platform of lifters he'd ever seen. Of nineteen lifters, only one didn't total 2000. Four competitors totaled in the 2300 range. Turning 41, Barlow just did 821, 551, 782 for 2155, "I have fun doing it," he says.

With respect to his age, Barlow feels recovery is most affected, but he is unsure if the decrement is purely chronological or result of accumulated wear. Rest, though

not necessarily sleep, seems to be more critical, as are all elements that go into winning. "You need to be more meticulous in listening to your body and paying attention to detail."

Wringing maximum performance from his body gives Russ a sense of satisfaction. He felt he best achieved this at the '91 Nationals. Though he is stronger now, in '91 he left nothing in the gym. To Russ, that's what it's all about.

Another area of fulfillment is training others to maximize their performance. He cites his wife, who totaled 848 to win the 105s at the APF Nationals in '99 and 2000. She holds the national 105 squat record at 343, and has pulled 319 in the deadlift. If her ability to trounce cancer is any indication, surgery for a herniated disc should require little more than a brief hiatus.

Currently, Russ Barlow hopes to go nine for nine with 900, 600, 800, however, at present his top priority is work with Kieran Kidders' WPO. Together they are trying to create an organization that would enable powerlifters to be professional athletes.

Russ espouses classic powerlifting protocol for beginning lifters. Such training ensures a solid foundation, thereby minimizing risk of

injury. Common errors he sees among beginners include attempting maximum poundages every training session, lack of knowledge of powerlifting's rules, and the ubiquitous overtraining.

When he trains new lifters, Barlow starts them on conditioning, entailing one exercise per bodypart. The same workout is repeated three times per week. Training is very light for 4 weeks.

At his level however, Russ, has benefited from applying Louie Simmons' ideas. He feels the varied strength work allows more recovery than constant pounding on the core lifts. Because of this, Barlow believes an overlooked benefit of the Simmons system is enhanced career longevity.

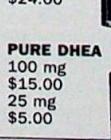
Another factor he feels promotes longevity is use of supportive gear, yet says, "Stricter standards for their use would benefit the sport."

Prior to embarking on Louie's program, Russ built his strength along traditional lines. He performed 4 weeks of 10s, 4 weeks of 8s, 4 weeks of 5s, 2 weeks of 3s and two weeks of 2s. During the final two weeks his only training entailed one light workout.

Cycles were based on his best previous max. Taking this lift he would add 2% (which adds up to 6% on the total, a figure he thinks

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appropriate for an elite level lifter), and the resulting number became his second attempt. The cycle progressed through 50% for tens, 58% for tens continually climbing. Then as now, Barlow avoids heavy singles in the gym. He followed a four-day routine, but trained only three times per week creating a continually rotating schedule. He has applied this four-day rotating program to Louie's system because he feels the added recovery benefits him.

Now on the Simmons plan, twelve days before the meet Barlow benches very light for speed while using bands. Nine days prior he takes a light squat workout, (He squats almost exclusively with bands.). Eight days prior, training comprises benching up to his opener while wearing a shirt for the first time. Deadlifts require more rest with Russ taking twenty-one days off. In previous years Barlow would taper off assistance work relying on what Jeff Magruder coined the "residual effect." These days, he merely eases up on assistance poundages.

For cardio, Barlow drags a sled in the parking lot when the weather is nice. He drags about two hundred pounds 50 yards and rests for two minutes repeating this three to four times. During long Maine winters, Russ gets extra rest.

Barlow's nutritional strategy fo-

cuses on minimizing fat. While his natural bodyweight is about 310, his strength is highest between 318 and 323. Nonetheless, he competes in the 308s because he feels at a disadvantage against much bigger men in the Superheavies.

Though he consumes protein supplements, Barlow only does so when his normal diet is somehow lacking. Generally, he tries to meet his protein needs from natural foods, often relying on tuna. He also tries to eat three salads and two servings of fruit per day. A typical day's meals might be: Breakfast: oatmeal, honey, milk, coffee, juice, and vitamins and antioxidants. Mid-morning snack: three tuna sandwiches, fruit. Lunch: two tuna sandwiches, salad, fruit and soda. Pre-training snack: bagel, egg and cheese, with ice coffee. Dinner: chicken or red meat, pasta or one or two baked potatoes, bread without butter, salad. Bedtime snack: none or fat free ice cream with banana.

Other than protein, Russ' use of supplements is minimal. Digestive enzymes are appropriate, he feels, for those whose protein consumption is high. And while he uses creatine on occasion, he finds it induces cramping when his fluid intake is low. Currently, he is more meticulous about drinking while training. He sips on a water bottle,

trying to empty it by the workout's end.

Barlow always gets eight hours of sleep and at least two additional hours of relaxation. He also avails himself of two one-hour massage therapy sessions weekly along with regular use of a hot tub. He and his wife find diversion in riding their Harleys. Finally, as an accomplished meet promoter, Barlow feels great satisfaction when competitors compliment his events. This is another activity that "recharges his batteries."

Mental attitude is critical to success. "The first step in establishing self-confidence is to believe in the person who's training you," says Russ. Furthermore, visualization is crucial and Russ can break a sweat lying in bed envisioning an 860 squat. However, he has found self-hypnosis an ongoing challenge. "As you get older, it becomes more difficult to reach those levels because you've been there so many times," says Barlow. Unlike some lifters who rehearse even light sets Russ, speaking of warm-up deadlifts, says, "I don't. I just yank 'em." In his youth he psyched up in loud boisterous fashion. Now he quietly visualizes.

Motivation and mental rehearsal, while critical, are only tools with which to apply burning drive. For

ten years, Russ' enthusiasm kept him from sleep on nights prior to workouts.

With respect to drug use, Barlow strongly believes there is a need and place for drug-free lifters. Testing in such meets should be strictly enforced and once caught a violator should be banned for life. He claims it is no secret "users" are competing in drug-free events. Barlow finds this unethical. "Lift where you belong." Such corrupt organizations and their champions sometimes look down on the APF for not testing competitors. Russ' answer is "Those in glass houses shouldn't throw stones."

"A common error is to assume superior performance is resultant of drugs," he says. "Many other factors influence who takes first place. Without sound training, a multi-faceted strategy and lots of sweat, you won't win no matter how many drugs you take."

Currently, Barlow is a member of the elite few. "Competing at this level is enjoyable because lifters no longer have anything to prove. Trophies mean less; achieving one's projected total means more. Top competitors are slightly more humble - others among them will silence a braggart quickly."

To the lifting world Russ says, "Stay hard-core."

POWER PROFILE

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

"In his prime, Ricky 'Grizzly' Brown was definitely the strongest man in the world!" says Mike Dayton, noted strongman in his own right and Griz's mentor. Griz, a member of the Strongman Hall of Fame, indeed had some impressive stats:

Major Titles: * America's Strongest Man (3 times). * Europe's Strongest Man. * European Wrestling Championship. * U.S. Wrestling Championship

Only American strongman with three Guinness world records: * World's largest chest (66"). * World's largest arms (25 1/2" cold). * World's widest shoulders (34").

Other strongman records: * Barrel lift (the barrel weighs 350 lbs. and is full of water and sand) * Crucifix (holding up two heavy bells or magnums for as long as possible, with arms held straight out) * Pulling a 17-ton truck one city block ("And slightly uphill at that!" Griz chuckled)

Trademark strongman feat: * Standing chained to two motorcycles, each blasting in an opposite direction, and holding them back.

Measurements: Height: 6'. Weight: 330 - 380 lbs. Forearms: 17 1/2". Neck: 23". Thighs: 33"

Poundages: Leg Press: 3000 lbs. ("You had to see this to believe it!" Griz laughed. "People everywhere and plates everywhere!") Squat: 800 lbs. Deadlift: 860 lbs. Bench: 630 lbs. Incline bench: 600 lbs. Incline dumbbell: 200 lbs. (15 reps). Seated front press: 405 lbs.

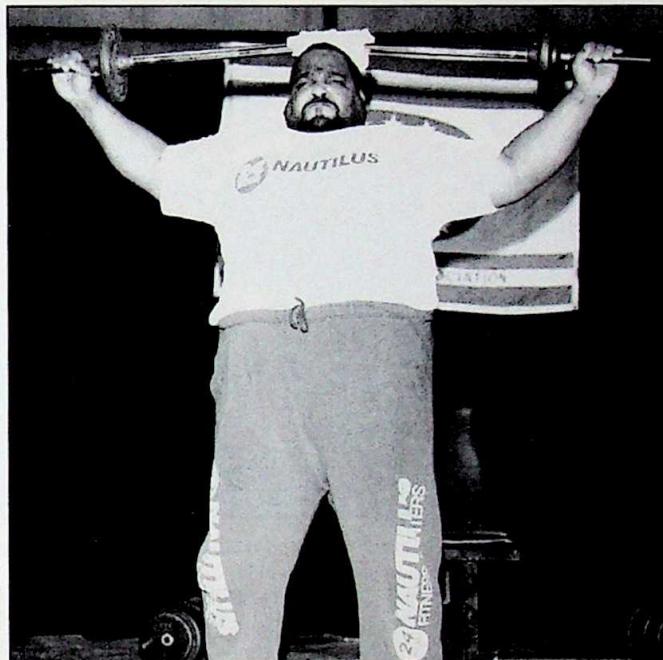
High point of his career: At the Commonwealth Games in Edinburgh, Scotland, in 1986, when the honored guest -- Her Royal Highness, Queen Elizabeth -- was so impressed by his performance that she asked to meet him. ("The Queen asked to meet me!" Griz marveled.) He had a private audience with the Queen. "She was so nice!" Griz recalled. "And she held my hand the whole time!"

Clearly Griz was no ordinary guy and no run-of-the-mill athlete. Very intelligent and down-to-earth, he had unusual size and power, and his accomplishments were remarkable. He was very knowledgeable about strongman history and also very proud of his place in it. "I was born to be big and strong!" he told me. "I'm genetically blessed with tremendous muscle size and strength. I feel that I added color,

Rick "Grizzly" Brown

(April 4th, 1960 --- January 2nd, 2002)

as told to Powerlifting USA by REDD HALL



Rick 'Grizzly' Brown bending a barbell over his head (Zach Taylor)

showmanship, and personality to the sport. Watching a lifting competition can be dull, you know. I wanted to get the crowd excited, to make the people have a good time and to rock the place!"

Brown loved competing in Europe, with its historical regard and respect for strongmen. "In America I can walk down the street and nobody knows me. But in Europe a crowd would follow me around. I felt like the Pied Piper!"

Griz was meticulous about his training. It included three main areas, he told me: "A full bodybuilding training regimen to keep my muscles ready; conventional powerlifting training, using world-class poundages; and practicing strongman contest events and strongman feats.

Grizzly's strength career came to an end at the advice of his family doctor, who diagnosed him with adult onset diabetes and dangerously high blood pressure. These gradually took their toll on the mighty Griz, and several years after the diagnosis he passed away of a heart

attack and major organ failure.

Impressive as Grizzly Brown's strongman history is, it does not begin to tell the greatness of the man. His true greatness was as a wonderful human being. Everybody loved Griz -- people of all ages and races. They loved him for his kind heart, honesty, integrity, great empathy and humanity, wide-ranging intelligence, sparkling personality, and sense of humor. The man had a beautiful soul.

Brown had a special gift for working with children. He gave presentations and exhibitions for school kids in the U.S., Europe, and Japan, wowing them with his size and his voice (which could go from a whisper to a mighty bellow) and then talking with them about exercise, nutrition, and leading a righteous life.

Griz loved his work at Willard Jr. High in Berkeley, California, as a Student Service Specialist, not only maintaining discipline but also serving as a father figure to the kids. When I visited, I asked many kids

what they liked about Mr. Brown (also known as Mr. Muhammad, his Islamic name when he converted) "He's fair," they said, "and he's honest." He saw his work as a personal crusade to help kids, especially black children.

Griz married Jennifer Vital, also on the staff at Willard Jr. High, and they had a baby, Aadam, three years old at the time of Brown's untimely passing. Griz loved his family.

You left us much too soon, Grizzly, but you will live in our hearts. We will always remember you like the giant of a man you truly were.

(Condolences may be sent to the Brown Family at 916 Bataan Ave., Berkeley CA 94710).

GRIZ AND FOOD

Grizzly Brown's diet -- or more properly, food intake -- was legendary. It ranged from (a) bodybuilding-style foods when preparing for a competition or exhibition to (b) huge amounts of virtually anything edible and tasty. "I eat like nobody's business!" Griz said. "In the morning or at noon I'll have a small meal like an 8 egg omelet with cheese and tomatoes. At 6 PM I'll have a huge meal, like a whole chicken with a big bowl of vegetables and half a loaf of wheat bread with butter and honey. At 9 PM it's another huge meal like four lamb chops, a big salad, and half a gallon of apple juice. And there might be a couple of snacks in between!" Brown was known to eat seven or eight hamburgers in a row, or 40 pancakes in one sitting. "My favorite food combination," he said, "is veal cannelloni and a nice steak, then 10 meatballs afterward." John Williams, one of his coworkers at Willard Jr. High, said at the Celebration of Life service for Griz, "Grizzly had a heart of gold. He'd give you anything he had -- his last dollar or the shirt off his back -- but the one thing he would not give you is his last hamburger!"

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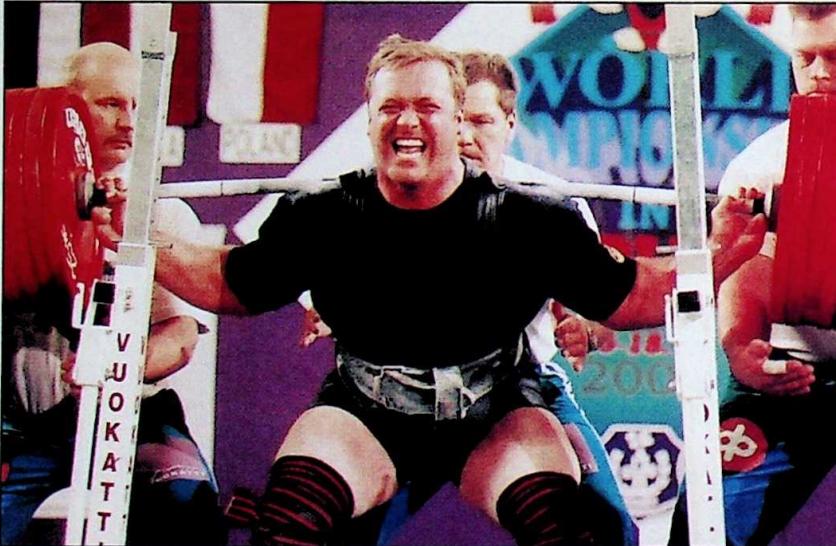
(Personal dialogue between PL USA Magazine and the Sport's Greatest International Figures)

JORGEN LJUNGBERG as told by Brad Gillingham

In the 1800s, Minnesota was a final stopping place for many Swedish immigrants. The reason the people of Sweden often chose Minnesota was that the climate and geography in Sweden and Minnesota are very similar. Being from Minnesota myself, it is no wonder why Jorgen Ljungberg and I have become good friends. My ancestry is mixed - with my father's family coming from England, and my maternal great grandfather originating from Sweden. I competed in the IPF Battle of the Giants in 1999 and 2001 in Sweden and found that the geography there looks identical to the northern part of Minnesota.

Jorgen Ljungberg is a lumberjack by trade and his family lives in the small town of Kalarne, population 1000, in the northern woods of Sweden. He and his wife Marita raise 6 horses there as a hobby. Jorgen's brother runs a hunting camp a short distance from Kalarne. Jorgen indicated that he has shot over 50 moose in his lifetime. Moose are plentiful in Sweden and many people in the northern part of the country depend on moose for their meat, and to make a living. While the moose population is not nearly as high in Minnesota as it is in Sweden, deer hunting is practically a religious custom in Minnesota.

Sweden has a great tradition of international powerlifters and strongmen. Jorgen is in the process of adding his name to the legendary list that includes Lars Noren and Lars Hedlund. Jorgen was the 2000 European Powerlifting Federation Gold Medalist with an upset win over multiple IPF World Champion Volodimy Ivanenko (Ukraine). At the 2000 IPF World Championship he attempted to win Gold on his last deadlift, but placed 2nd to Ivanenko. He is one of the most active power-



Jorgen Ljungberg: Moose Hunter, Lumberjack, Strongman, and Powerlifter (Isagawa)

lifters and strongman competitors in the World. In one stretch in 2001 he guest lifted at the USAPL Nationals. After spending time in Minnesota and New York, Jorgen flew home to compete in the Sweden Strongman Championships the following day. Three weeks later he won the Bronze Medal at the World Games in Japan. The day after returning home from the World Games he and his strongman partner Anders Johansson won the Sweden Team Strongman Championships. A month later he competed in the Stockholm Strongman Grand Prix event. Later in October he competed in another powerlifting meet. In Finland in November he set the Sweden National Record in the Squat at the 2001 IPF Worlds, and then returned home the next weekend to compete in the IPF Invitational Battle of the Giants.

After the 2001 USAPL Nationals, Jorgen along with Swedish brothers Per and Jan Carlmark spent a few days in Minnesota with my family as well as visiting Steve Johnson and Scott Safe of Safe USA, before heading to New York to vacation with Sean Culnan and the Benemerito Brothers. I was able to discuss his training methods, and witness his training at Jungle Gym

in Kasson, Minnesota after we had spent a full day of boating in rare Minnesota 100 degree heat. I was amazed to see his workout. He performed 5 sets of 5 with each of the lifts, just 2 days after competing at the USAPL Nationals. Jorgen indicated that most of his training is done by using a progressive cycle of 5 sets of 5 repetitions with each of the 3 lifts usually done on separate days. He has worked up as high as 5 sets of 5 with 616 pounds in the squat with no gear. Through written translation help from Per Carlmark, I was able to interview Jorgen for this month's International Platform.

BG: Jorgen, please give some biographical information on yourself.

JL: I am married to Marita and I have one 14 year old son son named Andreas that is currently more excited about hunting Moose than powerlifting..

BG: What other sports have you been active in?

JL: Before I became involved in powerlifting and strongman I competed in soccer, swimming and cross-country skiing.

BG: How did you get started in powerlifting?

JL: I attended college to compete

in cross-country skiing. I began powerlifting as part of my training and then continued in powerlifting after I quit competing in skiing.

BG: Please talk about your involvement in strongman competitions.

JL: I started competing in strongman events in 1995. This year I came in second by .5 points to Magnus Samuelsson. I do a lot of exhibitions in assorted strongman events. Strongman is fun to do, but it's tough. And there is also a bigger risk to get injuries during a strongman competition that could make your improvement in powerlifting stop. Right now my left elbow is pretty banged up.

BG: Do you have any other hobbies?

JL: Not really. I spend most of my time off fishing and hunting

BG: What are your best lifts?

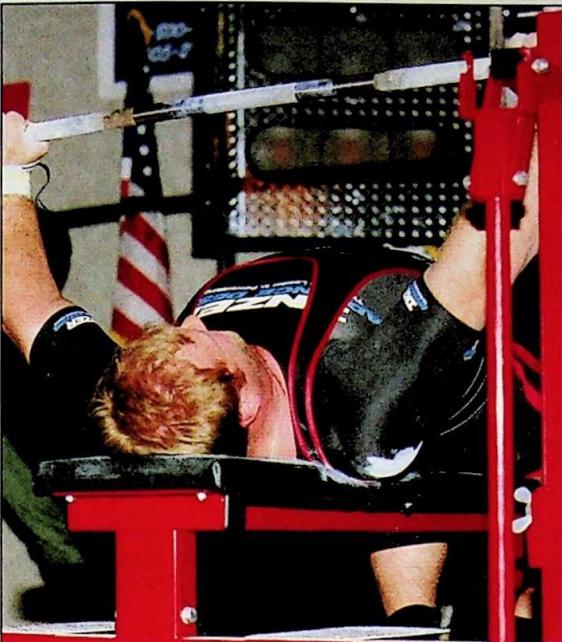
JL: Squat 400kg, bench 250kg, deadlift 365kg. My best total is 1000kg weighing 116kg.

BG: Do you have any sponsors?

JL: I get some supplements and gear. I also get some money from different companies who advertise on my car and clothes. No big time sponsors though.

BG: How is the sport of powerlifting viewed by the athletic community in Sweden?

JL: Its not a big sport in Sweden, so most of the athletic community does not know exactly what powerlifting is. I guess it's a mixed feeling. Some may think we are freaks, and some see us as an asset when it comes to knowledge about strength training. The last 5-6 years many other sports have turned to weightlifters and powerlifters to get some coaching for their strength training. That is positive for us. We have a sports center in Stockholm where the Swedish Powerlifting Federation holds training camps once in awhile. There we get the chance



Jorgen the Guest Lifter at the '01 USAPL Men's Nationals

to meet other elite athletes from different sports. That is also positive.

BG: How many members in the Swedish Powerlifting Federation?

JL: Approximately 1000 members

BG: Please talk about the Swedish National Team and how it works.

JL: To get on the Team we have different sanctioned national meets that you have to lift in. There are also qualifying totals. To lift at the EPF championships you will have to win your weight class at the Nationals, which are in April, and also make the qualifying total to make sure you get on the team. The Worlds are in November. So there are a couple of other meets between the EPF meet and the Worlds. This means that you get some more chances to get on the team. The trips to all EPF and IPF competitions are sponsored by the Swedish Sports Federation via the Swedish Powerlifting Federation. We have a head coach who is ultimately in charge of who is on the team. He consults with the different assistant coaches also.

BG: Please talk about the aggressive drug-testing program in Sweden.

JL: The Swedish Sports Federation demands out of meet testing. They have these demands on all federations affiliated with them (67 federations in all). The Swedish Powerlifting Federation has chosen to meet the criteria in this way. Every year the lifters who are expected to have a chance to be on a national team are placed on a list. The list contains 40 lifters. The names are given to the Swedish Sports Federation. Every lifter has to fill in a form with information on where and when they are going train for a period of three months. After three months you get a new form to fill. This lists are sent to the Swedish Sports Federation for out of meet testing.

BG: Talk about your Gold Medal victory at the EPF 2000.

JL: It was great to finally win a big title. It was also great to know that you beat the guys who are top contenders for the IPF title (Ivanenko

and Soloviov). I had to lose some weight for that competition, to make the 110 kg Class. The lifting was far from perfect. Making 4 out of 9 is not that good, but on the other hand its good to know that when you hit 9 out of 9 you should be able to keep the others behind you.

BG: Do you have any special diet that you follow?

JL: I don't follow any special diet. The only thing that differs from most people is the amount of moose meat I consume. I eat moose meat at least one time a day. I have a couple of freezers filled with moose, which I have shot. Moose meat is very lean. And you can prepare it in many ways; moose-meatball, moose stew, moose steak and so on.

BG: Please talk about the strongman contest you organize in Northern Sweden.

JL: I will try to make this an annual event. Last year there was no contest because I went

to USA and lifted at the USAPL Nationals. The contest is held in my hometown Klarne in July. The town is very small. The population is just under 1000. The contest is held outside on a track & field - soccer field. Last time we had over 1100 people watching the contest. That does not sound like that much. But considering that Klarne is placed right in the middle of nowhere in northern Sweden it's a good turnout. I try to get a more international lineup for each year. So far, it's been mostly strongmen from Sweden, Norway and Finland competing at my contest. We had Svend Karlsen, 2001 Worlds Strongestman, as a referee last time.

BG: Do you have any future goals in strongman competition?

JL: I would like to win Sweden's Strongest Man. But that competition is getting tougher and tougher each year. I have said once that I will go for Strongman 100% if I win the IPF Worlds. But I don't know about that anymore. I probably can't stop powerlifting, and the strongman events are getting more and more suited for taller athletes. I'm just 1 meter and 76 centimeter. And peaking for a powerlifting contest is always bad for your strongman stamina.

BG: You have been competing recently in both the 110kg and 125kg weight classes. Do you see yourself moving up to a full 125kg?

JL: I have quite a hard time putting on weight. I will try to get past 120kg. The heaviest I have weighed in is 117.5kg. If I want to compete for the IPF Gold Medal I need to put on some more bodyweight.

BG: What are your future goals in the sport of powerlifting?

JL: To win the IPF Worlds in the 125kg class!

BG: Jorgen, is there anybody you would like to thank for your powerlifting and strongman success?

JL: I would like to thank my wife, Marita, for all of her support. I would also like to thank my friends and teammates at the Orebro powerlifting club.

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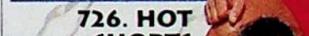
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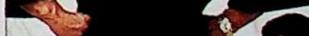
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Last month, we looked at J & S Fitness Center, and I promised to now compare the USA Hockey Team with the US Army Reserves. OK; but first, a question: does rust build strength?

In general, most of the powerlifters that I know prefer dark, dingy, dirty, rusty old equipment (in good repair) to new chrome, shiny machines. I know that I do. If the gym is too shiny and clean - it looks like it's geared to the "family fitness" crowd. Yeah, I know, it's great that the whole family is working out - and they definitely help pay the light bill of every gym I know. But they drag your workout down with that Neil Diamond/Barbara Streisand/elevator music, and they get in your way.

What do you look for in a gym? I look for chalk on the floor and I sniff for *Icy Hot* or something similar. I listen for loud music too, and no, not loud Britney Spears. It doesn't have to be heavy metal, but it cannot be

HARD CORE GYM#11

Does RUST Build STRENGTH?

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

Barry Manilow. I remember when my high school friend, Chris, took me out to his car to hear his new stereo. I appreciated killer stereos, and everyone knew that I liked loud music. He cranked it up, and plugged in a cassette - this was immediately impressive because most of us had 8 track players. Before, I could get too excited, BARRY MANILOW blared out of the speakers! I sprang from the car, aghast at the cruel trick of turning up such foul tunes to higher decibel output. I still have nightmares about this. This music makes you weak, and in most cases - it makes you wear skirts and make-up. Trust me on this. If you like these tunes,

OK, you can get therapy later, just listen to something else when you lift. Use your head. I like Pink Floyd, but I know that I cannot fire up for the max SQ attempt by listening to "Comfortably Numb" so I don't try. (There is a time and a place for everything - except cabbage.)

OK, back to the gym! I also look for heavy-duty well-used equipment, and yes, I look for a little rust. When I went to Muscle Beach (the workout area on Venice Beach), I saw a LOT of rust and I realized that there is a limit to what is good and productive. But in general, I think rust breeds strength. A little dirt may even help - it sure seems to at MetroFlex Gym.

What is the point? I wanted to point out that the hardest place to get really big and strong might be in a nice, clean, shiny fitness center where they don't allow you to scream or get chalk on the floor. Today, I want to encourage you to get stronger wherever you are - even if it's in one of these chrome palaces! Towards that goal, let's look at two unique training environments.

USA Hockey is a member of the International Ice Hockey Federation. Think of it as a farm-team school for players under age 20. Their graduates include a long list of recent NHL draftees, including quite a few first-round picks. Their goal is to put these younger players in an "uncomfortable" environment to encourage more rapid development. Think "bootcamp." They train in very unconventional ways.

Have you ever done a one-legged stiff-legged DL? These kids have. Read on:

Here's the photos and info about the USA Hockey Program. The guys that play here are high school boys from 15

to 17 years old. They come from all over America and leave their homes to train here. In the brochure I have given you, there will be more detail about the U17 (under 17 years old) and U18 (under 18 years old) teams that train here.

Our weight room has 6 12 foot by 8 foot platforms with 6 power racks, and 6 benches. The DB rack jumps by 2.5 pounds instead of 5. In other words, we have 52.5 lb. DBs. All the racks and benches are made by Samson. All the barbells and weights are made by York Barbell Co.

As I mentioned in the e-mail I sent you, most of our training is unconventional. We do things like squatting (with weights) on balance boards and straight leg deadlifts standing on 1 foot. We also do bench presses lying on a stability ball.

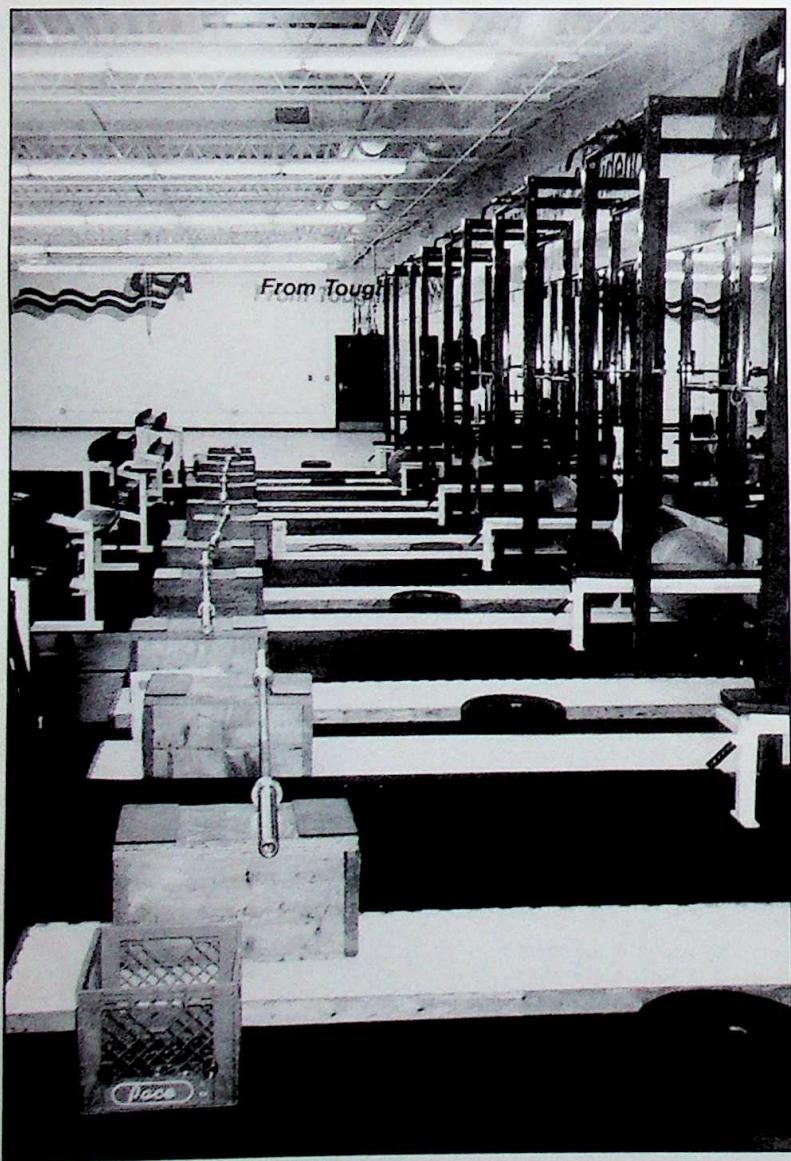
Also, our players use boxing as a form of cross training. We have a boxing coach, Kirk Culik, who works with our players. He has them actually boxing ... not that stupid boxercise stuff. Sometimes he brings in one of his fighters to spar against our hockey players.

I don't play hockey, but I can appreciate the rigors of this program. I mentioned that it was kind of like Boot Camp, which takes us to the US Army. What comes after Boot Camp? Well, some soldiers get on a PL Team such as the fine Phantom Corp team (coached by PLer extraordinaire Johnny Graham) based at Fort Hood. Some compete individually, from various bases around the world (such as Tony Arterbum). Some put on PLing meets overseas, even during a busy deployment. Cool.

What about the Reserves? Who trains them? CAAT teams. Some of these guys are huge, and I wanted to know their secret. They stop in HOP at times, so I asked them for info. Some of our good friends from CAAT 9 kindly filled us in on their training.

The "Cubicle" (personal, office gym) is a place of refuge for a group of soldiers based out of Ft. Sam Houston, TX. The Cubicle is fully equipped with Olympic weights, power rack Powerblocks, multi-station cable unit, trap bar, and a wide array of bars and attachments, seated calf machine, hyperextension bench, and a lot of muscle!!!

Physical conditioning is not easy task! Especially with the tempo that today's Army must follow to meet its mission. The Command Assistance and Assessment Teams (CAAT) of the United States Army Reserve Readiness



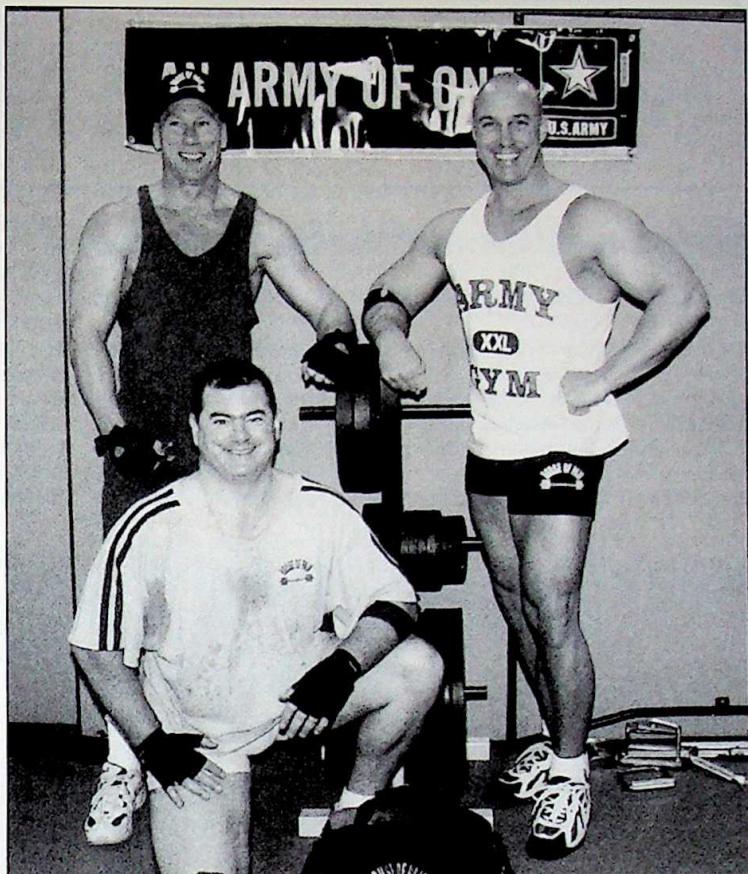
What A Facility a row of power racks at the USA Hockey Gym. (courtesy Nelson)

Command, Ft. Jackson, South Carolina face a very unique challenge in their mission.

There are nine CAAT teams across the nation. These teams travel on the road approximately 42 weeks out of the year. Their mission: assist, assess, and train high priority reserve units to insure the highest standards in military readiness. Consequently, they must learn to adapt and overcome the obstacles on the road to stay in shape.

CAAT 9, Texas Rangers, based out of San Antonio, Texas are no exception to this challenge. The team members of CAAT 9 work hard to maintain physical conditioning and healthy eating habits while traveling throughout the southern region of the United States. The team especially enjoys stopping off at Rick Brewer's House of Pain when they are in the area.

Lieutenant Colonel David Mullens, Major John Kane, and Master



A Command Assistance and Assessment Team (CAAT) of the U.S. Army Reserve

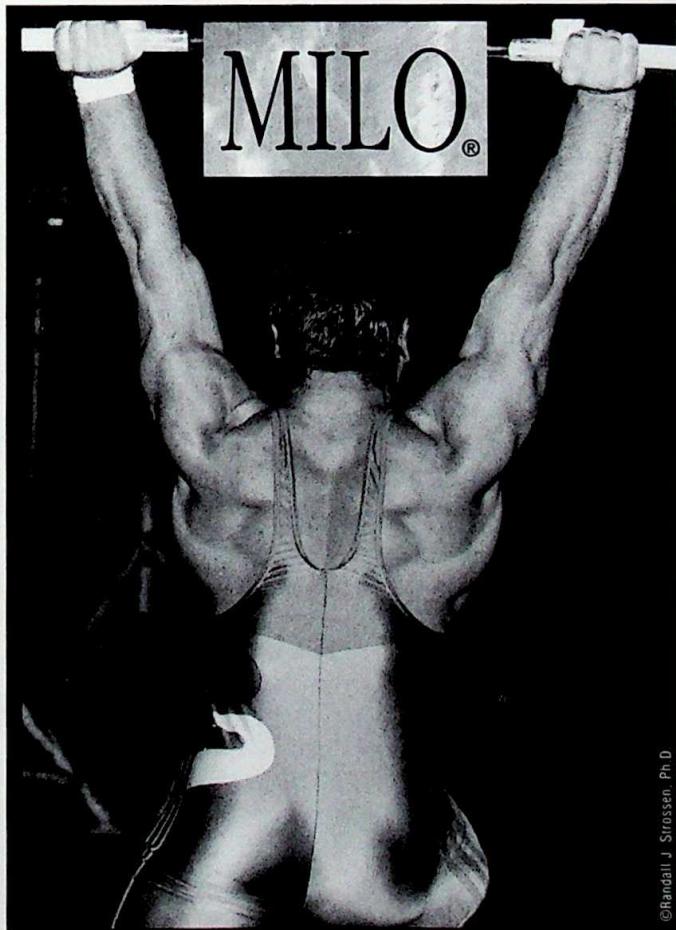
Sergeant Mar Hilliard have declared war on the "Battle of the Bulge." Their training methodology incorporates a blend of powerlifting and bodybuilding techniques to maximize growth and strength. They train each bodypart, once a week, with emphasis on the basic, compound movements. They incorporate no more than nine total work sets and keep the repetitions in the 4 - 6 range.

Proper nutrition is a key factor to achieving maximum growth and recovery. The team follows the basic guidelines of eating 6 smaller meals throughout the day in 3-hour intervals. Protein supplementation through meal replacement powders and whey protein enable the team to keep their protein level up and stable while achieving a positive nitrogen balance.

Overall, the team is fully armed and ready to tackle any mission! HOOAH!

What unconventional spot do you train in? Let us know!

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O.K., so we're into overhead lifting, not just what you can bench, and, yeah, to us, backs are sort of what biceps are to bodybuilders, but that's only the beginning. Strength is our thing—what you can do, not what you look like. That's why we cover Olympic lifting, Highland Games, strongman, and arm wrestling as our main events. Training. Athlete profiles. Major contest coverage. We feature the top writers in the strength world, and even though we don't lure you with bikini shots, we recognize the value of good photography, so we strive to bring you the best anywhere when it comes to lifting, throwing, and pulling.

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I have always been of the opinion that, except for unusual cases and the physically challenged, there is a sport or activity that fits every body type or structure. People of smaller stature can excel in sports like gymnastics and horse racing where less than average size and height are an advantage. Tall, lanky types can prosper in basketball and volleyball. Large framed, muscular people fill the bill in football. Those of average size would be suited to soccer, baseball, and bodybuilding. Sports like boxing and wrestling pit athletes of similar weights against each other. Powerlifting, with its 3 lifts and numerous weight classes, offers a competitive arena for more people of athletic aspirations than most sports. And, we can't forget the separate classes for the ladies.

Since powerlifting has 3 distinct lifts and numerous weight classes, what type of body structure would best fit the sport? The answer to this question is - yes! In order to give a better answer than 'yes', let's examine each lift and give specific examples of lifters who were born to be masters of each lift as well as those who were successful despite not having ideal body type for that lift. What you can learn from these lifters can be invaluable in improving your chances of success regardless of your body structure.

If you would ask a random number of lifters which lift they would most like to excel in, it would be the bench, hands down. That makes the bench press the lift to start this series with.

In all three lifts, the less distance a lifter has to move the weight to its legal completion position; the more weight that can be lifted. That is just simple Physics 101, but what body structure fits that? First, the ideal bench press body structure would have relatively short arms, a no-brainer. A thick and deep chest would also contribute to shortening the distance the bar would have to travel, as the bar would start closer to completion due to torso thickness. Plain and simple, we're talking about distance being king here.

Wide and thick shoulder structure would allow heavy development of the deltoids and upper back. A relatively long torso would be beneficial because it

STARTIN' OUT

A special section
dedicated to the
beginning lifter

Body Structure and the Bench Press as told to Powerlifting USA by Doug Daniels

would allow a larger area of pectoral mass for more pressing power. A good example of ideal structure for bench pressing is the legendary Ted Arcidi who was the first man to bench over 700 pounds in competition. Ted had all that Mother Nature

could offer a bench presser and he sure took advantage of it. His place in powerlifting lore is secure.

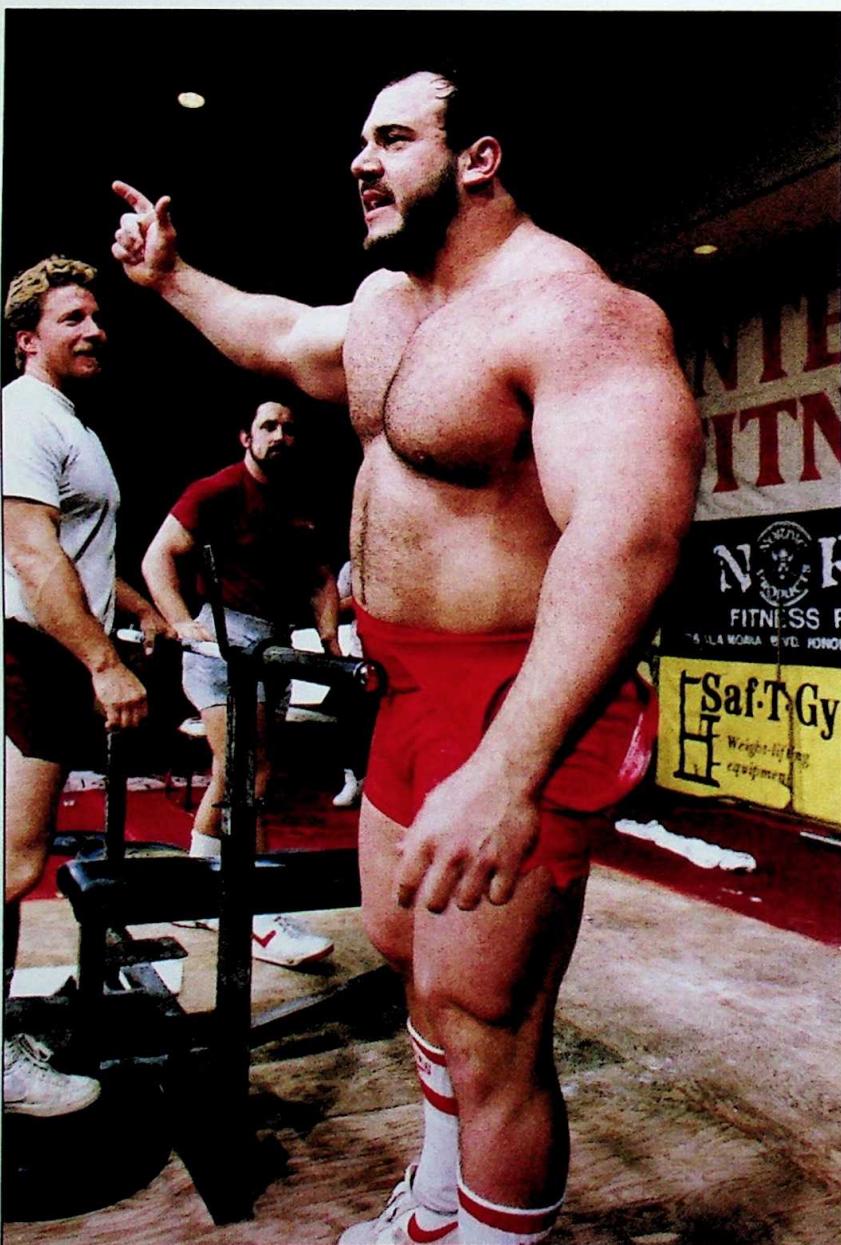
As you may be thinking, there is nothing you can do to change the length of your arms or torso or the width of your shoulders. Although

we have no control over the basic proportions of our natural body structure, by incorporating a few techniques, we can make up for not having the most favorable body structure for the bench press. By the same token, we can accentuate structural advantages by using the same techniques.

Grip width is the most logical place to start. Official powerlifting rules allow an 81 centimeter max grip width. On most power bars, that width is clearly marked by rings on the bar surface. At least one of the lifter's fingers must be on or inside those rings. Not only does a wider grip shorten the distance the bar must travel, but it also involves more of the larger and stronger pec muscles over the smaller, and not quite as strong, tricep muscles which a narrower grip emphasizes.

Many lifters tend to use a grip that is narrower than desirable. For many smaller lifters, going out to the max allowed grip width would not be the way to go. However, a lifter should attempt to use a grip that is at least 2-3 inches wider than their shoulder width. If you have been using a narrower grip for some time, going cold turkey to a wider grip would be counterproductive. In order to use a wider grip, a lifter must have a plan. During the off season, which I define as period prior 8-10 weeks before a contest, take your grip out about a finger's width every 3-4 weeks. If a lifter has used a narrow grip for an extended period of time, his pec strength will be somewhat under par and this might result in a lower lift or injury, if he changed his grip outward too quickly. Work into a wider grip slowly over a period of time.

There are some lifters who can not bench effectively with a wider grip, but I feel they are in the



"He has the upper body of a 400 lb. man".... said about Ted Arcidi by fellow lifter George Hechter after he became the first man to bench press 700 lbs. in Hawaii back in 1985.

minority. At the very least, benching with a wider grip in the off season will give the lifter more pec power that will carry over to the narrow grip. Come contest time, use your most effective grip. Determine what your current optimum grip width by the fifth week prior a meet. After the meet, if you increased your grip width, train in the off season with a just slightly wider grip. If you are already out to the max competition grip allowed, you can still train in the off season with yet a wider grip.

While the 81 centimeter grip allows smaller lifters the chance to move out, it limits larger lifters who could benefit from going out wider, but those are the rules. Your only answer is to start your own power federation. Huge superheavies like the immortal Bill Kazmaier probably would have benched more in his prime with a grip exceeding the legal limit. Big guys do have some disadvantages.

Another way to cut distance down on the bench press would be to use a back arch. Using an arch will raise the chest higher, further decreasing the distance the bar must be pushed. Also, it provides added leverage, especially extra tightness at the bottom of the press, just a few inches off

the chest. A solid and tight bridge creates a sturdy base of power that makes the bench a total body lift by adding the stability and drive of your legs, hips and back. I strongly suggest practicing with lighter weights before moving up to the heavier ones if you need work on arching. Bigger lifters cannot arch as much as smaller, more flexible lifters. This is an area where female lifters have an advantage over most men.

A guy at my gym has found a way around all this. I give him the code name 'Bridge Too Far'. Bridge has developed a bridging style that you could drive a Ford Excursion under his butt. His bench press has degraded to a six-inch lockout. Of course, Bridge has no intentions (at least I hope) of competing, even though he thinks his efforts are legit. For those of you that do intend on competing, keep your butt on the bench. Have an astute training partner monitor your training. Raising your butt off the bench means red lights.

Also, a thick weight belt can limit the degree of the arch that can be attained. I challenge the need for a belt anyway during the bench. Lifting belts are 'Linus blankets' for many lifters who wear them constantly.

Also, for lifters with back problems, an arch may not be desirable. Be safe and use techniques that do not increase chance for injury. Sincerely consider not using a belt for the bench. If this is too big a 'culture shock', start out with a thin belt, loosely drawn.

Another quick way to enhance bench results is to hit your chest at its highest point. For most lifters, this would be a nipple level. When using a bench shirt, the optimal level would be about an inch lower, towards the belt line. Again, practice this technique on lighter weights to make this part of your bench press automatic and smooth. An old buddy of mine always thought he hit high on the chest despite my observations. I proved my point by spreading chalk on the bar. When the bar hit his chest, it clearly showed where the bar landed. A chalk 'picture' can be worth a thousand words.

An excellent example of a lifter, who is not structurally gifted in the bench, but still registered big benches, was the legendary Lamar Gant. Gant countered the disadvantage of having long arms by using an extreme back arch and tight base. By using proper technique, he was able to not lose much, if any, ground in the

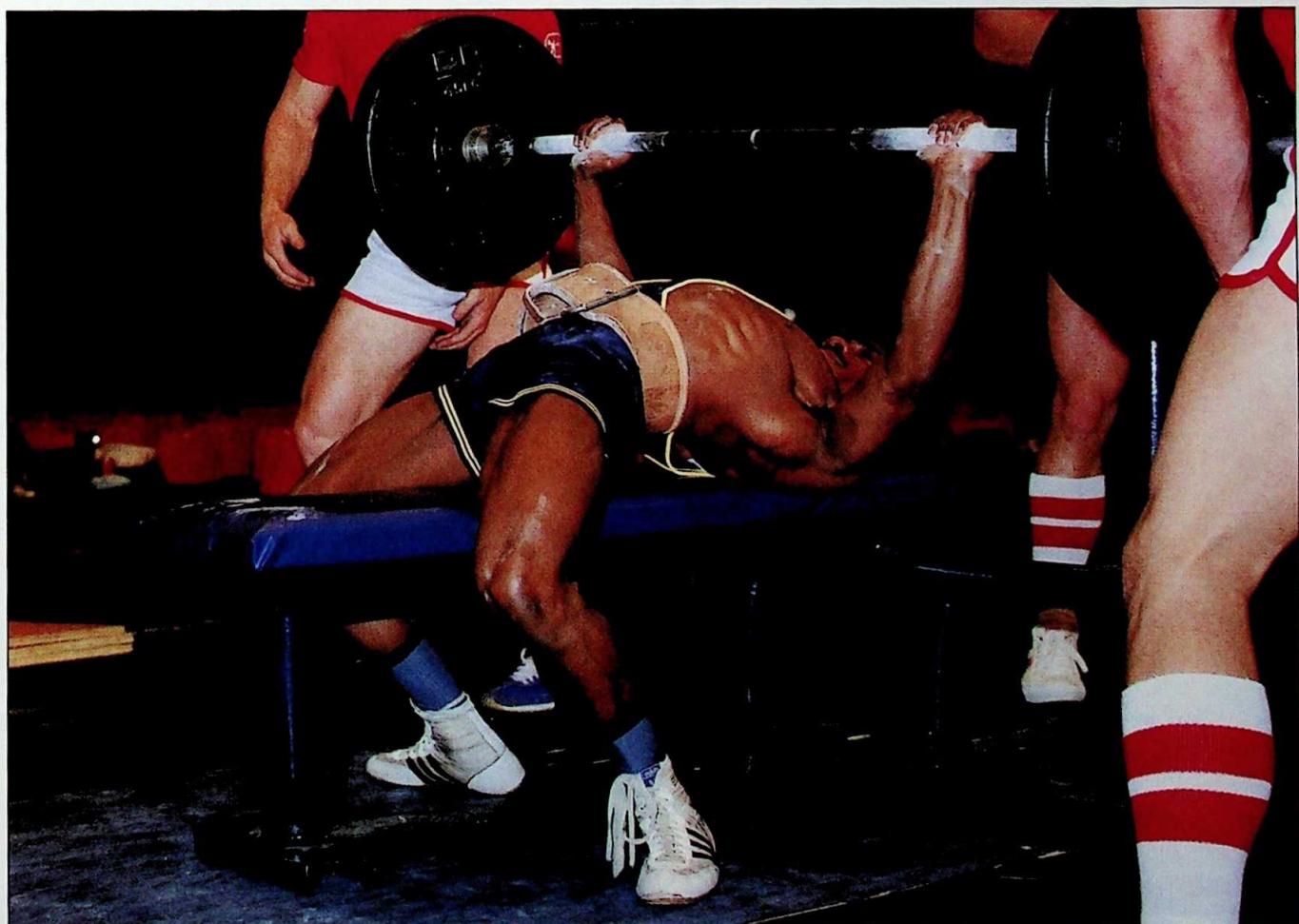
bench to his competitors. Of course, when the deadlift came around, his bench press was just the icing on the cake. Those techniques added up to over a dozen world titles for Lamar.

Structural advantages in one lift can create disadvantages in another as they do in other sports. There is really no perfect body type for powerlifting. Long arms help the deadlift, but hinder the bench. Luckily for those lifters whose body structure favors the bench, there are bench only meets. Here, these lifters can exploit their natural advantages and do not have to concern themselves with the deadlift. Even those lifters can further their cause by adopting some of the ideas I have laid out in this article. These ideas allow a lifter to compensate for weaknesses and further compound strengths. Even with a definite body type advantage, if you fail to train hard, consistently, and effectively, you will not get the results you desire. In future articles I will explore structural work-arounds in the squat and deadlift. Gotta get my SUV out, 'Bridge' is warming up.

Doug Daniel's

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Lamar Gant was able to use an exceptionally flexible arch to become the only open male lifter to hold IPF world records in all categories.

INTERVIEW

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

BC: Give us some personal background about yourself

BS: I grew up in a family that produced 4 kids, 3 engineers, one nurse. I graduated with a Bachelor of Science in Mechanical Engineering in 1998. Before graduation, I owned a small gym with my trainer/boyfriend Rick Hussey. In 1999, we started Big Iron Gym, our current business. People often ask me why I don't have an engineering job. The answer: I'd much rather be my own boss and at the same time achieve athletic goals while I am young.

BC: What is your athletic background?

BS: I was always athletic. I tried my hand at softball, basketball, discus, high jump, and diving. Volleyball was my main sport. I played a year in college, during my sophomore year at Nebraska. I was asked to join the team because they had so many injured players. I did not eat, sleep, and breathe volleyball. That's how I know weightlifting sports are for me. I consume myself with powerlifting and bodybuilding.

BECCA SWANSON

as interviewed for PL USA by Bruce Citerman

BC: How did you get into weight lifting and competing?

BS: I was working as a student in Omaha. I realized I needed some sort of sport to keep in shape. After reading a few FLEX Magazines, in particular a deadlifting article in the December 1995 issue, I chose weight lifting. I looked for a hard-core gym in the phone book and that is the day I met my boyfriend/trainer, Rick Hussey. I told him I wanted to be a bodybuilder. He must have thought, 175 pounds, 5 foot 9 inches, 24% bodyfat ... let's see what she can do with the weights. He had me deadlift, and I pulled 250 pounds. A month later, I deadlifted 350 pounds at my first meet. I was whirled into it, thanks to Rick, and I was good at it. I competed in Powerlifting for 2 years. When I felt confident with the development of my body, I started to compete in bodybuilding.

BC: What contests have you entered and what were the results?

BS: I competed in two local, non-sanctioned meets a year since I began competing in 1996. Rick and I decided to bring a strong federation to Nebraska, so we could send good competitors to the national level, including myself. We did our first local APF meet last March, and then took 5 lifters to the Nationals and then all of those competitors went to the Worlds. At the 2001 APF Nationals, I got my first Superheavyweight World Records in the deadlift,

605 pounds, and the total, 1521 pounds. My other lifts included a 578 pound squat and a 341 bench press. I went to the 2001 WPC Worlds and attained my goal of setting the Superheavyweight squat record of 629.4 pounds. I also raised my total World Record to 1543 pounds. I got a personal record in the bench press with 358 pounds and I was satisfied with a deadlift of 584 pounds. In bodybuilding, I came in third place in the heavyweight class. That was a crushing defeat for me, because I would have won the contest, but they changed the rules by wanting a softer and smaller female bodybuilder. I also competed in two USA contests, but didn't make the top ten.

BC: You compete in both bodybuilding and powerlifting. How do you do it?

BS: Self discipline. I load on the muscle by letting myself get healthy (fat) and strong when I powerlift. With the muscular base, I spend 3 months stripping the fat off, when I bodybuild. That is when the discipline comes in: blood and guts, cardio, and weight training. Overall, I have to have a mental state of mind that makes me accept looking fat to be a strong powerlifter and then losing muscle to be a bodybuilder. I love them both and can't think of anything more natural for me. My first goal was bodybuilding, and I used powerlifting to get there. Over time, powerlifting was more successful for me.

BC: What is your routine?

BS: Powerlifting: Monday - chest/bench press, Tuesday - shoulders and triceps, Wednesday - back/deadlifts, Thursday - biceps, Saturday - legs/squat. Bodybuilding: Day 1 - chest/shoulders, Day 2 - back, Day 3 - triceps/biceps, Day 4 - legs, Day 5 - off, maybe.

Cardio every day, mostly twice a day. In both routines, abs are done on back and leg day, calves of chest and bicep day. No, I don't change to high reps when I bodybuild. I got the muscle from lifting like a powerlifter, so why change? I try to lift like a powerlifter when I am bodybuilding. Sometimes, it is impossible, though. When I am very lean and lifting more often, I get a pump very fast. I have to lower the weight and raise the reps to tear down the muscle, so it will build itself back up again. In both routines, I do 3 or 4 movements and 3 or 4 sets each bodypart. The powerlifting movements take a long time, with ample rest, but the assistance work is done in 20 minutes.

BC: What are some of your physical measurements?

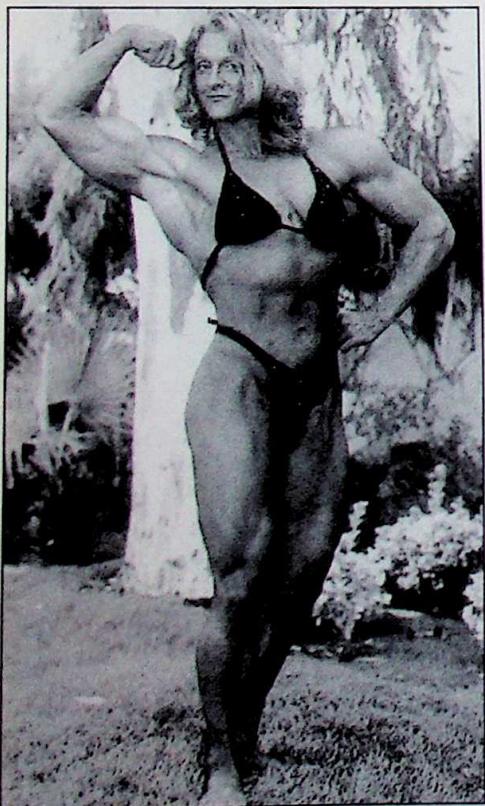
BS: I am 5 foot 9 inches tall. I weight 230 pounds. I have a 47 inch chest, 17.5 inch arms, 27 inch thighs, and 18 inch calves.

BC: What kind of vitamins or supplements do you take?

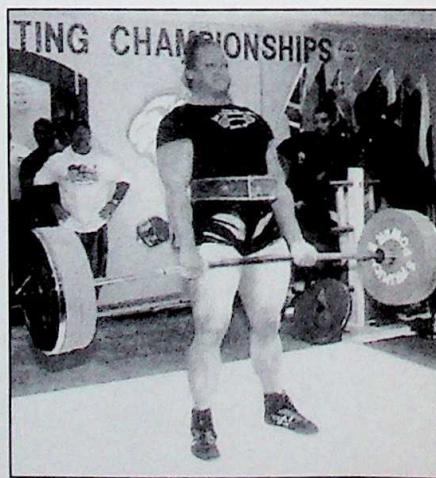
BS: Protein, water, multi-vitamin, fat burner (bodybuilding), creatine (powerlifting), and glutamine, and I succumb to the powers of ephedrine. You just aren't as strong without them.

BC: What are your future plans and do you have any comments about lifting weights?

BS: My plans are: I want to be the first female powerlifter to total 1600 pounds. My comments are: weight lifting is the fountain of youth, and I will continue to compete in both bodybuilding and powerlifting for a long time.



Becca Swanson in lean bodybuilding condition



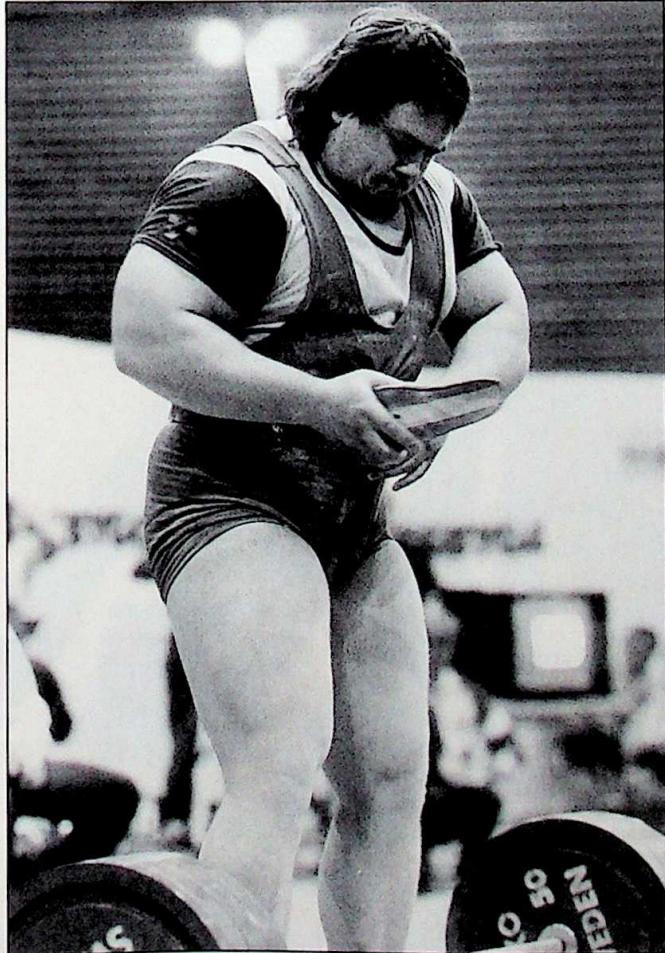
Becca Swanson deadlifts at the WPC Worlds

The Brobdignagian Biathlon

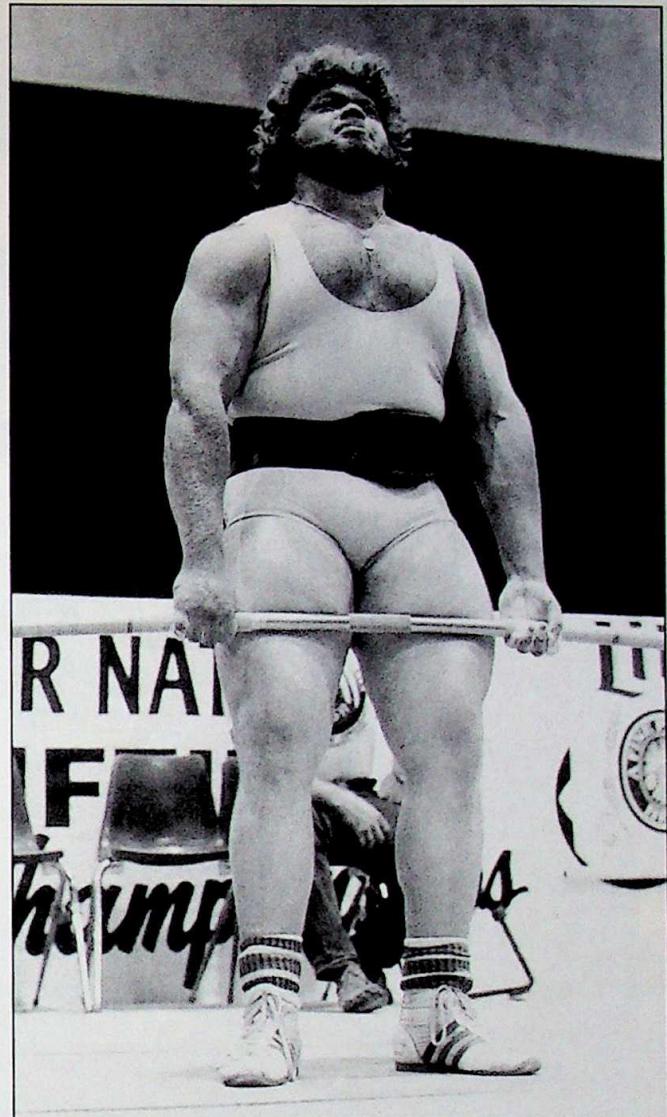
1700 CLUB (combined total SQ + DL)

compiled by HERB GLOSSBRENNER

	KG	LB	LIFTER	BWT	NAT	SQ	DL	DATE
	857.5	1890.5	Coan, E	242	USA	1003	887	20DEC98
	855.0	1884.9	Pasanella,D	275	USA	1030	854	28MAY89
	852.5	1879.4	Badenhorst,G	306	RSA	992	887	14OCT90
	852.0	1878.3	Wilson,O.D.	380	USA	1002	876	16FEB89
	850.0	1873.9	Frank,G	375	USA	1008	865	01DECOI
	847.0	1867.3	Turtianen,A	274	FIN	1005	862	12AUG01
	846.0	1865.1	Gbggins,S	241	USA	1032	832	01JUN96
	845.5	1864.0	Wohleber,D	268	USA	960	904	12DEC82
	840.0	1851.8	Henry,M	405	USA	947	903	15JUL95
10	837.5	1846.4	Bolton,A	324	GBR	926	921	19NOV01
	828.7	1827.0	Ware,J	360	USA	987	840	29JAN89
	827.5	1824.3	Noren,L	309	SWE	931	892	15NOV87
	821.0	1810.0	Lowe,G	260	USA	1000	810	21MAR98
	817.5	1802.3	Wrenn,P	340	USA	975	826	12JUL81
	817.5	1802.3	Furnas,D	275	USA	981	821	28JUN87
	817.5	1802.3	Warman,S	275	USA	959	843	25JUL92
	817.5	1802.3	Tregloan,P	352	GBR	914	887	05JUL97
	814.2	1795.0	Vogelpohl,C	220	USA	1000	795	18NOV01
	811.9	1790.0	Reinhoudt,D	357	USA	904	885	03MAY75
20	810.0	1785.7	Hechter,G	353	USA	964	821	03MAR85
	810.0	1785.7	Mikesell,B	334	USA	1003	782	11JUNOO
	809.2	1784.0	Cole,J	283	USA	901	882	28OCT72
	807.4	1780.0	Ruggiera,M	380	USA	975	805	17JUNOO
	805.1	1775.0	Smith,M	335	USA	950	825	10NOV01
	805.0	1774.7	Young,C	370	USA	926	848	14DEC86
	802.9	1770.0	Rethwisch,G	340	USA	905	865	25JAN86
	802.9	1770.0	Dimel,M	319	USA	1010	760	03MAY86
	800.0	1763.7	Kaznaier,B	330	USA	926	837	31JAN81
	800.0	1763.7	Waddington,D	308	USA	1003	760	13JUN81
30	800.0	1763.7	Meszaros,T	351	HUN	881	881	15NOV98



Lars Noren had some great performances in IPF World competition

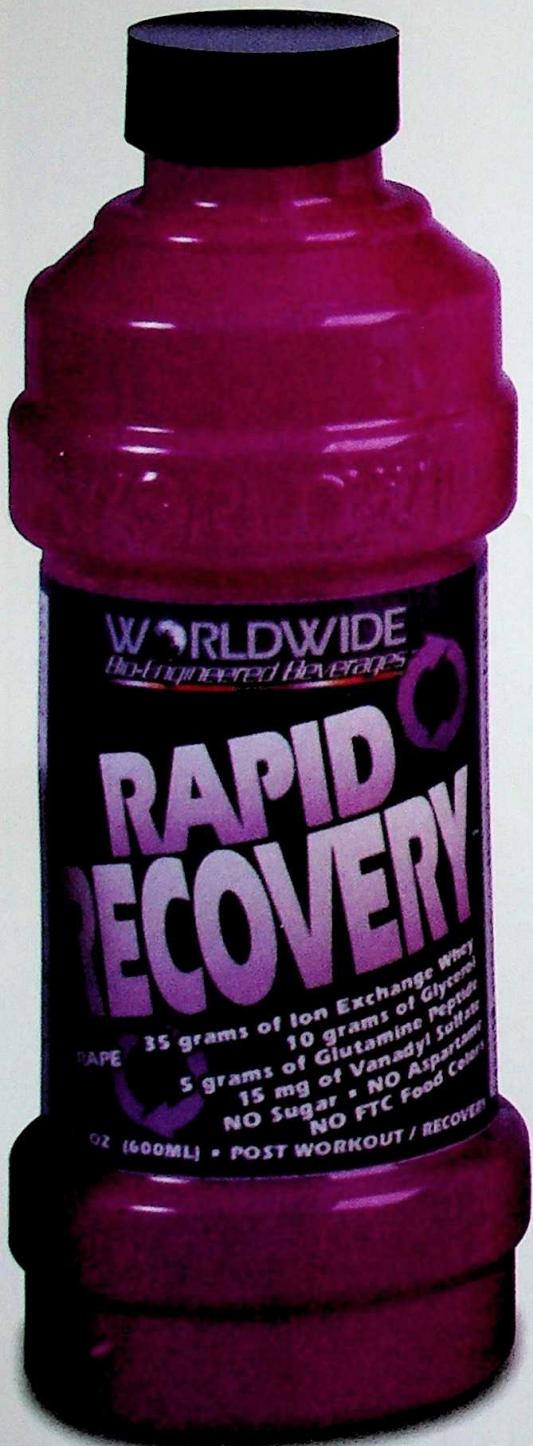


Danny Wohleber, the first man to deadlift 900, also had a great squat

797.5	1758.2	Robinson,M	309	RSA	936	821	14OCT90	
797.5	1758.2	Podtynnny,M	275	RUS	903	855	30APR00	
795.0	1752.7	Kenady,D	305	USA	848	903	06APR86	
795.0	1752.7	Spinov,Yuri	SH	RUS	947	804	17NOV96	
795.0	1752.7	Wessels,W	242	USA	953	799	06APR97	
793.8	1750.0	Kuc,J	322	USA	905	845	11NOV72	
793.8	1750.0	Kovacs,D	320	USA	950	800	23NOV97	
792.5	1747.1	Karwoski,K	275	USA	1003	744	23JUN95	
792.5	1747.1	Hill,H	323	USA	942	804	29OCT95	
40	789.2	1740.0	Chaillet,M	271	USA	900	840	16NOV86
789.2	1740.0	Starov,M	242	UKR	940	800	07JUL96	
785.0	1730.6	Hamman,S	373	USA	1008	722	10MAR96	
782.5	1725.1	Bondarenko,V	313	RUS	892	832	16SEP01	
782.4	1725.0	Barno,D	275	USA	905	820	08FEB98	
780.0	1719.6	Nichols,B	275	USA	959	760	21OCT87	
780.0	1719.6	Nestor,B	242	USA	903	804	07JUL91	
780.0	1719.6	Saliger,K	296	AUT	926	793	APR93	
780.0	1719.6	Waddle,T	294	USA	931	788	01JUN96	
780.0	1719.6	Childress,P	304	USA	947	771	12AUG01	
50	777.5	1714.1	DeVreugd,C	307	NDL	926	788	07APR85
777.5	1714.1	Coates,R	307	USA	959	755	12DEC98	
777.5	1714.1	Nettles,D	335	USA	959	755	24JUN01	
777.5	1714.1	Hamalainen,M	290	FIN	926	788	12AUG01	
775.6	1710.0	Stafford,J	288	USA	910	800	19NOV00	
775.6	1710.0	Hunt, J.R	396	USA	960	750	18NOV01	
775.0	1708.6	Hackett,E	275	USA	903	804	01FEB81	
775.0	1708.6	Zerhoch,H	SH	GER	926	782	APR93	
773.4	1705.0	Henderson,T	275	USA	870	835	04MAY85	
772.5	1703.1	Long,T	299	USA	837	865	06MAR83	
60	772.5	1703.1	Hall,M	410	USA	931	771	26FEB89
	772.5	1703.1	Trevizo,R	275	USA	936	766	07FEB99

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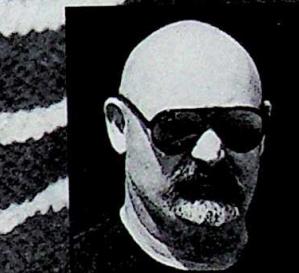
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"Many individuals have tremendous God-given gifts, but they don't focus on the development of those gifts. Who are these individuals? You've never heard of them - and you never will. It's true in sports and it's true everywhere in life. Hard work is the difference. Very hard work." -- John Wooden

You know, I firmly believe that ordinary people can rise up and do extraordinary things - if they are willing to work hard and never give up. Hard work and perseverance are incredibly powerful and effective assets, if put them to use. We all have the potential to be far greater than we even imagine. In fact, few of us even come close to reaching our optimal capacity. We can achieve most anything in life, if we are willing to pay the price. Only our thoughts, desires, and work ethic limit us. While it is true that success may come easier for some people, I have to believe that anyone can achieve greatness if they are willing to work. Like Buck Williams once said, "it's not who jumps the highest - it's who wants it the most."

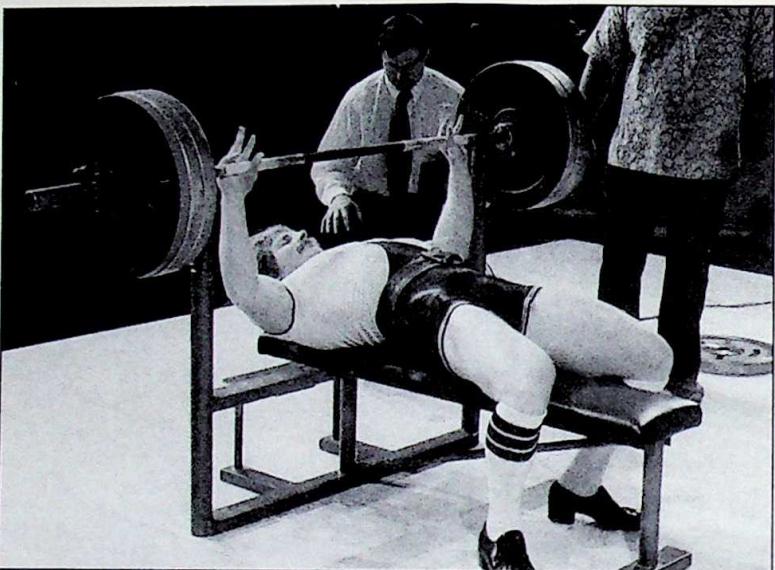
Think about what Spud Webb or Mugsy Bogues has accomplished. These guys are barely five feet tall, and they started in the NBA, a league that is dominated by athletes who are, in most cases, pushing seven feet tall. Heck, Spud Webb won the NBA 'slam dunk' contest, competing against guys who were almost two feet taller than him. Is that incredible or what? And if you think that's extraordinary, think about what Jim Abbott accomplished. He became a highly successful Major League ballplayer, and he doesn't even have a right arm. These guys are living proof that ordinary people can achieve great things if they work hard. And they are just the tip of the iceberg. Professional sports - and every other field of endeavor for that matter - is full of individuals who have reached mind-boggling heights through persistence and hard work.

Larry Bird, who was definitely not genetically gifted but who developed into one of the greatest basketball players of all-time, is another prime example of what I'm talking about. Charles Jones, the All-Star forward for the Portland Trail Blazers, once told me that Bird had the least physical talent of anyone in the NBA, but was the greatest player he ever faced. "Bird was

Dr. JUDD

There is "No Free Lunch"

told to Powerlifting USA by Judd Biasiotto Ph.D.



Mike MacDonald worked with a fierce intensity to become a great bench presser.

incredibly slow," said Charles, "but he was always there. He couldn't jump worth a flip, but he always got the rebound. He couldn't dribble, but he would go right by you. He was an enigma. I hated playing against him and so did everyone else. He could make you look real bad with his 'pitiful self.'" How did Bird do it? How did he reach such heights with such limited physical ability? He worked his butt off ... that's how. Let me read to you what Bird said in his autobiography. He said,

"As a kid, I always thought I was behind and I needed that extra hour of work to catch up. Jim Jones once told me, 'No matter how many shots you take, somewhere there's a kid out there taking one more. If you dribble a million times a day, someone is dribbling a million and one.' Whenever I'd get ready to call it a day, I'd think, 'No. Somebody else is still working. Somebody - somewhere - is playing that extra ten or fifteen minutes and he's going to beat me someday!' I'd practice some more and then I'd think, 'Maybe that guy is practicing his free throws now.' So I'd go to the line and practice my free throws and that would take another hour. I don't know if I worked more than anybody else did, but I sure worked

enough. I still wonder if somebody - somewhere - was practicing more than me."

Senator Bill Bradley is another example of what can be accomplished through hard work. Believe it or not, Bradley was even less gifted than Bird when it came to basketball. In fact, next to Bradley, Bird looked like Michael Jordan. Physically speaking, Bradley was terribly flawed. He was slow as molasses, extremely awkward, and his vertical jump was almost nonexistent. In fact, the standard joke in the NBA at the time was that Bradley could jump about as high as an elephant. Let me tell you though few men in the history of the NBA have ever played the game better. He was an extraordinary shooter, a ferocious rebounder, and a marvelous playmaker. Like Bird, Bradley got the very most out of what God gave him. How? Once again hard work. Let me read to you what Bradley said about the virtue of hard work in his book *Values of the Game*. He said:

"Driven to excel by some deep, unsurveyed urge, I stayed out on that floor hour after hour, day after day, year after year. I played until my muscles stiffened and my arms ached. I persevered through blisters, contusions and strained joints.

When I got home I had to take a nap before I could muster enough energy to eat the dinner that sat in the oven. As I grew older and met my basketball heroes, and even defeated some of them, I realized that my way of doing things was not at all unique. Most of the pros had developed their skills by paying their dues in practice time. The biggest myth in basketball is that of the 'natural player.' Remember that Michael Jordan was cut from his high school team."

When it comes down to it, the only sure way to achieve success is to work hard. I'll go one step further and say that even prodigies have to work hard to be successful. You could be the greatest physical specimen to ever walk the face of the earth, but if you don't eat, sleep, and train right, you won't be around long. I don't care how much talent you have. If you're going to be successful, you have to work. You could be potentially the brightest person ever born, but if you don't get the proper feedback, or you don't use it correctly, you're not going to function very well. The same is true physically. If you want to be great, you have to pay a price. You have to jump in there and get your hands dirty. There is just no other way. Of

course, having talent helps, but you have to back up that talent with desire and hard work. God given talent will take you a long way in life, but hard work is the only thing that will get you there. In the words of UCLA's mythic coach John Wooden "Nothing will work, unless you do."

Think about Michael Jordan for a second. There is no athlete that appears to be more gifted. He is a physiological marvel. In fact, physically speaking, he is an absolute genius. Let's be real; few men who have walked the face of the earth could run and jump like Jordan, and no man has ever played the game of basketball better. Yet, when Jordan was in high school, he was cut from the basketball team, not once -- but twice, because he wasn't good enough. What does that say about genetic superiority and natural ability? I'll tell you what it says. You can have all the natural ability in the world, but if you are not willing to work at developing that ability, you will never reach your full potential. Like Jordan, if you want to be great or even good for that matter, you have to work hard. No matter what your potential you have to work extremely hard to realize your greatness. There is "No Free Lunch" in life. Everything has a price. Greatness ... well, that is really expensive.

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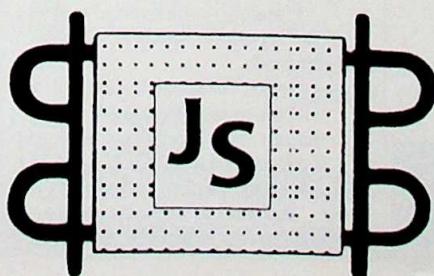
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TRAINING

The Repetition Method

as told to Powerlifting USA by Louie Simmons

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We know that training with weights above 90% for 3 weeks will cause a negative training effect. To remedy this, the conjugate method is employed. Each week on maximal effort day we use a different core exercise and max out with 100% or more. It can be a good

....."Many don't realize it, but we also use the repetition method to failure, never in the classical lifts, but rather with special exercises with dumbbells, belt squats, the Reverse Hyper, and so forth. I prefer to do repetitions for time, not bothering to count reps, in a slow tempo." **LOUIE SIMMONS**

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morning, pull, or special squat for the squat and deadlift or a floor press or board press for the bench press, to name a few.

If you think about it, strongman events are really the conjugate method. It's not uncommon for a top strongman to deadlift 800 or more.

Many don't realize it, but we also use the repetition method to failure, never in the classical lifts, but rather with special exercises with dumbbells, belt squats, the Reverse Hyper, and so forth. I prefer to do repetitions for time, not bothering to count reps, in a slow tempo.

If this sounds new to you, it's not. In the 1970s, the great Olympic lifter Vasili Alexeyev used a variation of the repetition method for part of his training, sometimes doing power cleans non-stop for 2-3 minutes. He would do various hybrid exercises: front squat and push press, squats with the bar on his back and drop squats, etc. The bar weight was light but would work every muscle cell. He would do a warmup by throwing a 220 pound barbell over his head backward 100 times. Then after practicing the snatch for over 2 hours, he would spend an hour in the pool, lifting his legs hundreds of times to strengthen his abdomen. Then he would leap merely 1000 times. He would use many exercises to gain great strength and to raise his work capacity, and of course his total. This is precisely what Westside is after.

Here are some examples of how the repetition method is used at Westside.

1. For the squat or deadlift, I will do belt squats for 3 or 4 sets of 3 minute sets, 2 or 3 sets of abs, or the Reverse Hyper for 1-3 sets of 1-3 minutes each.

2. Another workout consists of band good mornings, a single set

sometimes lasting 6-8 minutes, depending on band tension. Follow this with light dumbbell presses for 2-4 minutes nonstop.

3. Walk with a sled for up to 5 minutes with light resistance. Follow with ab work.

4. Do light deadlifts for 1-3 minutes followed by ab work for at least 2 minutes.

5. Pick up a barbell and throw it overhead behind you or the same exercise with medicine balls. This works the entire body. After throwing it, simply walk over to it and do another rep.

6. Do band leg curls for 3-6 minutes followed immediately by band leg extensions.

7. Do dumbbell power cleans for 1-3 minutes, either holding them at your waist or on your shoulders, or of course over your head.

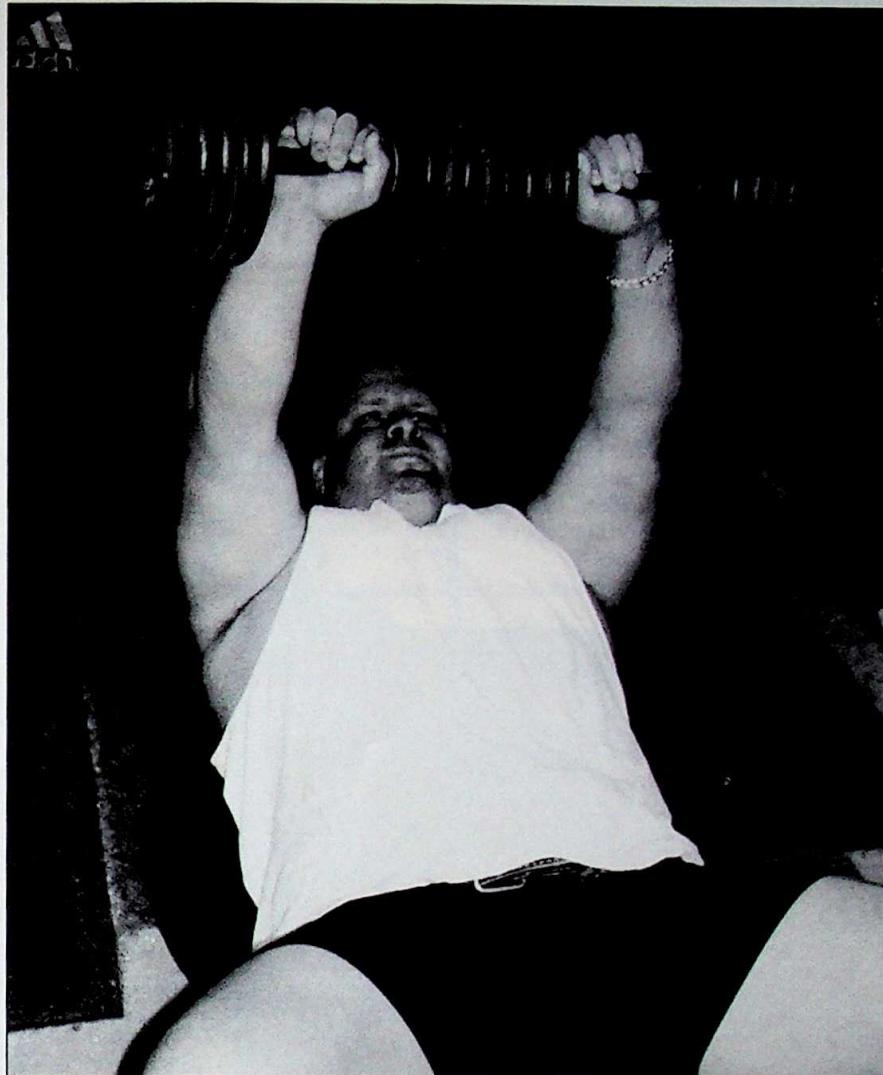
8. Do dumbbell pressing on a bench or, my preference, on stability ball. I use three different weights depending on the day. After the dynamic workout, I use 100s for 3 minutes. On max effort day, I have done 75s for 5 minutes. Four or five times a week I use 40s for a set of 3-10 minutes.

Using weights of roughly 30% will serve as restoration, by not being heavy enough to stop adequate circulation via strong muscle contraction.

To validate some of the findings at Westside, in *Science of Sports Training* by Thomas Kurz, high reps with very light weight are stated as being beneficial in the rep range 100-200. Olympic long jumper Diane Guthrie had been doing 250 leg curls every day using 10 pound ankle weights. She noted that when she slacked off the work, she incurred leg injuries.

People make a mistake thinking that there is only one method of training. In fact, there are many, and they must coexist in a continuous chain of proven methods.

When doing the workouts I have outlined, remember to do them with a slow tempo. This means 6-10 reps per minute, resting between reps while still holding onto the bar or dumbbell. Regardless of where you hold the bar or dumbbell, it will work the muscles to their fullest extent.



Matt Smith, who has totaled 2445, used the repetition method on the stability ball, which helped him bench 670. (photograph taken by Diane Black)

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A great benefit of the repetition method is an increase not only in all strength but also in endurance. This method is also commonly known as lactic acid tolerance training. It promotes a high degree of growth hormone production, which can aid in size and strength.

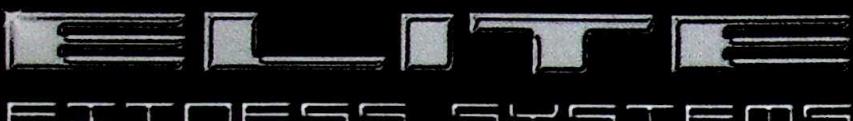
I suggest that at least two levels of intensity be used: one for strength and one for restoration, the latter using 30% of max or less. As your absolute strength increases, all your strength qualities increase. When I could do 100 pound dumbbells for 40 seconds, I could do 30s for 1 minute 30 seconds. Later when I did 100s for 3 minutes, I did 50s for 8 minutes and 75s for 5 minutes. When your top strength goes up, so does your strength endurance with less than max weights.

Size, strength endurance, and restoration can all be gained using this method. It is a simple and effective way to raise work capacity and volume to increase your total as well as your fitness level. This method worked for the greatest Olympic lifter of all time - Vasilii Alexeyev - and currently the greatest bencher by formula -- George Halbert.

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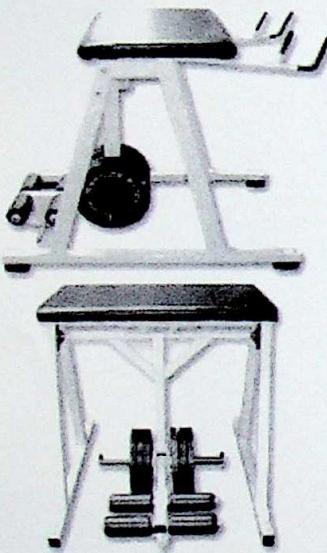
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#	KG	LBS	ATT.	LIFTER	BWT	NAT	DATE	LOCATION
1.	419.6	925.0	2	HEISEY,GARY	358	USA	15MAR92	Lancaster,PA
2.	418.0	921.5	3	BOLTON,ANDREW	324	GBR	10NOV01	Capetown,RSA
	417.5	920.4	2	Heisey	SH		29JUL90	Pittsburg,PA
	415.0	914.9	3	Heisey	328		17JUL88	Columbus,OH
	412.8	910.0	2	Heisey	317		24APR88	Chicago,IL
3.	410.1	904.0	3	WOHLEBER,DAN	267	USA	12DEC82	Sandusky,OH
4.	410.0	903.9	3	KENADY,DOYLE	305	USA	06APR86	Honolulu,HI
5.	410.0	903.9	3	HENRY,MARCUS	405	USA	16JUL95	Wilkes-Barre,PA
6.	408.7	901.0	2	COAN,ED	220	USA	28JUL91	Dallas,TX
	407.5	898.4	3	Bolton	301		19NOV00	Las Vegas,NV
			(10)					
7.	406.5	896.9	3	MESZAROS,TIBOR	324	HUN	19NOV01	Sotkamo,FIN
8.	406.0	895.8	3	NOREN,LARS	311	SWE	04MAY87	Golthenborg,SWE
	405.5	894	3	Norel	SHW		10APR88	Swedish Natls.
	405.0	892.9	3	Noren	309		15NOV87	Fredrikstad,NOR
	404.2	891.0	3	Kenady	297		26MAR83	Salem,OR
9.	403.7	890.0	3	FRANK,GARRY	374	USA	03DEC00	Burbank,CA
	403.5	889.5	3	Noren	SHW		APR87	Swed. Natls.
10	402.5	887.4	3	BADENHORST,GERRIT	306	RSA	14OCT90	Pesceara,ITA
11	402.5	887.4	3	TREGLOAN,PETER	352	GBR	06JUL97	Derby,GBR
	402.5	887.4	3	Coan	242		17DEC98	Las Vegas,NV
12	402.5	887.4	4	TURTIANEN,ANO	275	FIN	19NOV00	Las Vegas,NV
13	402.0	886.7	2	KAZMAIER,BILL	330	USA	29NOV81	Atlanta,GA
			(20)					
14	401.5	885.5	3	REINHOUDT,DON	357	USA	03MAY75	Chattanooga,TN
15	400.2	882.3	3	RAVDAL,TORKEL	320	NOR	APR70	Oslo,NOR
16	400.1	882.0	3	COLE,JON	283	USA	28OCT72	Phoenix,AZ
	400.0	881.9	3	Meszaros	351		15NOV98	Cherkasy,UKR
	400.0	881.9	3	Turtianen	275		02MAY00	Haming,AUT
	400.0	881.9	2	Bolton	301		19NOV00	Las Vegas,NV
17	397.5	876.4	3	WILSON,O.D.	380	USA	16FEB89	Long Beach,CA
	397.5	876.4	2	Frank	374		19NOV00	Las Vegas,NV
18	395.0	870.8	3	KUC,JOHN	242	USA	09NOV80	Arlington,TX
	395.0	870.8	2	Kenady	297		09NOV80	Arlington,TX
			(30)					
	395.0	870.8	2	Heisey	SH		29MAR87	York,PA
	395.0	870.8	3	Coan	220		08JUL90	Hollywood,FL
	395.0	870.8	1	Heisey	SH		06JUL91	Pittsburg,PA
	395.0	870.8	1	Heisey	SH		05NOV92	Stone,GBR
	395.0	870.8	2	Frank	375		24FEB01	Daytona,FL
	394.6	870.0	3	Kenady	SH		22NOV81	Salem,OR
	392.5	865.3	2	Kuc	242		19MAR80	Honolulu,HI
19	392.5	865.3	3	LONG,TERRY	299	USA	06MAR83	Greensboro,NC
	392.5	865.3	2	Coan	220		29JUN86	Dayton,OH
	392.5	865.3	2	Henry	405		04OCT95	Sussex,ENG
			(40)					
	392.5	865.3	2	Coan	220	USA	17DEC98	Las Vegas,NV
	392.5	865.3	3	Frank	368		11JUN00	Warren,MI
	392.5	865.3	2	Coan	244		25JUN00	Chester,WV
	392.5	865.3	3	Frank	375		01DEC01	Daytona,FL
20	392.4	865.0	3	RETHWISCH,GUS	SH	USA	25JAN86	Bend,OR
	391.0	862.0	3	Turtianen	274		12AUG01	Orlando,FL
	390.1	860.0	2	Cole	283		28*OCT72	Phoenix,AZ
	390.1	860.0	3	Reinhoudt	SH		15AUG76	Arlington,TX
	390.0	859.9	2	Kenady	301		04MAY79	Honolulu,HI
	390.0	859.9	2	Kue	242		04NOV79	Dayton,OH
			(50)					
	390.0	859.9	3	Coan	206		10MAR85	Lahaina,HI
	390.0	859.9	2	Coan	198		06JUL85	Chicago,IL
	390.0	859.9	2	Kenady	297		07JUL85	Chicago,IL
21	390.0	859.9	3	WARMAN,SCOTT	275	USA	02MAR86.	El Dorado,AR
22	390.0	859.9	3	RUSSELL,BRET	242	USA	02NOV86	Parkersburg,WV
	390.0	859.9	1	Heisey	328		07JUL88	Columbus,OH
	390.0	859.9	1	Heisey	SH		02APR89	Honolulu,HI
	390.0	859.9	2	Coan	220		08JUL90	Hollywood,FL
	390.0	859.9	1	Heisey	SH		29JUL90	Pittsburg,PA
	390.0	859.9	2	Badenhorst	306		14OCT90	Pescara,ITA
			(60)					
	390.0	859.9	2	Coan	220		19JUL93	Greensboro,NC
	390.0	859.9	3	Coan	220		03DEC93	Jonkoping,SWE
	390.0	859.9	2	Tregloan	354		10NOV96	Durban,RSA
	390.0	859.9	2	Tregloan	352		06JUL97	Derby,ENG
	390.0	859.9	2	Frank	368		11JUL99	Daytona,FL
23	390.0	859.9	3	GREIG,BRUCE	308.CAN		29JUL00	Otakota,CAN
	390.0	859.9	3	Turtianen	275		19NOV00	Las Vegas,NV
	390.0	859.9	2	Frank	375		24JUN01	Daytona,FL
	390.0	859.9	2	Bolton	324		10NOV01	Capetown,RSA
	390.0	859.9	2	Meszaros	324		19NOV01	Sotkamo,FIN
			(70)					
	389.5	859.8	3	Grieg	308		10DEC94	Lethbridge,CAN
	389.0	857.7	2	Bolton	275		98	ENG
	388.5	856.6	3	Tregloan	357		8SEP96	London,ENG
	388.3	856.0	3	Kuc	275		11MAY85	Clifton Hts.,PA
24	388.0	855.5	3	CARTER,DAVID	275	GBR	02DEC90	Stone,ENG

25	388.0	855.5	3	PODTYNNY,MAXIM	275	RUS	30APR00	Reissen,GER
26	387.8	855.0	3	WREN,PAUL	SH	USA	15AUG76	Arlington,TX
	387.8	855.0	1	Coan	220		16NOV86	Maui,HI
	387.5	854.3	2	Kuc	242		04MAY79	Honolulu,HI
	387.5	854.3	2	Wohleber	275		05APR83	Honolulu,HI
	387.5	854.3	3	Rethwisch	340		18DEC84	Honolulu,HI
			(80)					
	387.5	854.3	3	Coan	198		03MAR85	Honolulu,HI
27	387.5	854.3	3	DRISCOLL,CHARLES	242	USA	08JUN86	Dallas,TX
	387.5	854.3	3	Noren	275		04MAY87	Birmingham,ENG
	387.5	854.3	2	Coan	220		22NOV87	Dayton,OH
	387.5	854.3	3	Wilson,O.D.	SH		10JUL88	Las Vegas,NV
	387.5	854.3	2	Wilson,O.D.	SH		29JAN89	Long Beach,CA
28	387.5	854.3	3	PASANELLA,DAVID	275	USA	28MAY89	Rosemont,IL
	387.5	854.3	2	Tregloan	405	USA	16JUL95	Wilkes-Barre,PA
	387.5	854.3	2	Podtynny	SH		04DEC99	MacClesfield,GBR
			(90)					
	387.5	854.3	3	Podtynny	282		27NOV01	Orebro,SWE
	385.6	850.0	2	Reinhoudt	357		03MAY75	Chattanooga,TN
	385.6	850.0	2	Reinhoudt	336		10APR76	Findlay,OH
29	385.6	850.0	3	LAMPKIN,JOE(P)	275	USA	AUG82	Dallas,TX
30	385.6	850.0	3	WILSON,STEVEN	275	USA	12JUN88	Akron,OH
	385.6	850.0	3	Pasanella	275		13NOV88	Victoria,CAN
	385.6	850.0	1	Heisey	330		07OCT89	Longview,TX
31	385.6	850.0	3	CHAILET,MARK	260	USA	90	Maryland
	385.6	850.0	2	Henry	SH		20MAY95	Brooks AFB,TX
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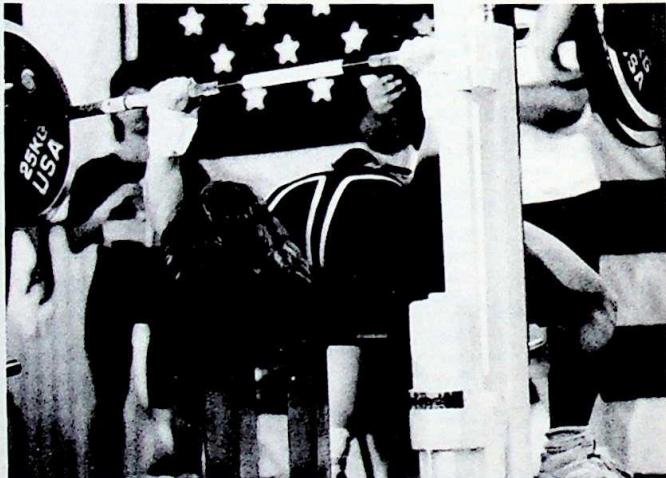
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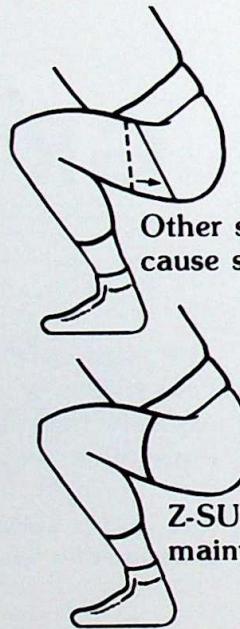
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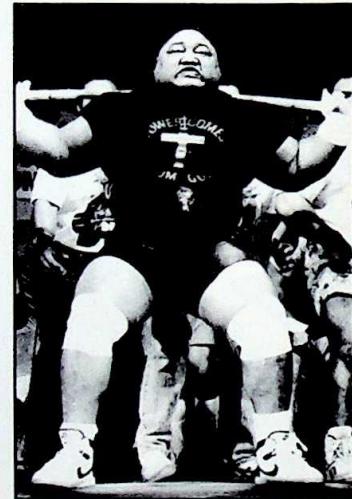
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Ask the Doctor

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.)

(Dr. Di PasQuale's review of several supplement products is continued here from last month's edition of PL USA)

their steroid skeleton, they seem to have no teratogenic, sex-hormonal, anabolic, or analgesic properties.

Because of their ready availability in plants, humans consume large amounts of dietary ecdysteroids (mostly ecdysterone agonists) without significant beneficial or detrimental effects. For example, fresh spinach contains over 50mg per pound of polypodine B and 20-hydroxyecdysone. Ingested ecdysteroids survive the acidic conditions of the stomach, are quickly taken up, are promptly removed from the bloodstream, and are disposed of primarily through biliary excretion into the intestine.

So what does it do? Ecdysterone has effects on RNA and protein synthesis in molting insects and birds, and has antioxidant properties, and anti-histaminic effects. There are also possible structural similarities between ecdysteroid and vertebrate steroid receptors. As well, a Russian study has shown that ecdysterone in animals prevents the development of arrhythmias induced by aconitine and calcium chloride. The authors felt that the mechanism of the antiarrhythmic action is related to the membrane stabilizing effect and the improvement of the hemodynamic parameters and the heart contractility is due to an increase of the adaptative possibilities of the myocardium.

The part that's of interest to bodybuilders and other athletes is that the ecdysteroids, especially ecdysterone, has in a series of studies spanning almost two decades, been favorably compared in a number of ways to the anabolic steroid methandrostenolone (other generic names include metandronostenolone, metandienone, and methandienone - trade names include Dianabol and Nerobol). All of these studies involved V.N. Syrov, a Russian scientist who obviously has spent his scientific career, as reflected by the papers he published, examining the effects of ecdysterone and comparing these effects to the anabolic steroid methandrostenolone.

If you look at the studies in detail, however, a number of things stand out. * The studies were all done using rats. * The authors contend that the ecdysteroids are anabolic (as measured by their effects on protein synthesis, but not androgenic (as evidenced by their different effects on the thymus gland). * All but two of the studies dealt with the comparative effects on liver (similar effects), kidney (similar effects) and thymus (different effects). * Of the two remaining studies one dealt with their similar effects on insulin-dependent processes. In this study the authors used the fatty tissue of rats that were either insulin resistant via injections of hydrocortisone or were made insulin insufficient by the use of alloxan. The study looked at the modifying effects of methandrostenolone and ecdysterone on the reactivity of the isolated fatty tissues to insulin infusion, and found that both caused an increase in this reactivity. The authors concluded that 'the above effects of steroids were determined by nonspecific synthesis of total proteins in cells rather than by an increase in insulin secretion', which I gather is their way of saying that insulin sensitivity was increased. * The remaining study compared their effects on physical endurance and protein metabolism, stating that 'The results of the comparative study on the myotropic activity of methandrostenolone and ecdysterone and their effects on physical endurance of animals suggested that

Metabolic Diet Book

Mauro DiPasquale, M.D.

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Hardcover - 512 pages
publisher: AllProTraining

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

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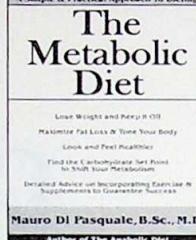
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ecdysterone possessing a wider spectrum of the anabolic action on the contractile proteins of the skeletal muscles exerts a more pronounced influence on physical endurance of animals without their preliminary training.¹ They seem to be saying that ecdysterone is more anabolic than methandrostenolone when measuring endurance in untrained animals. However, this statement, or anything that points to a significant anabolic effect of ecdysterone, is not substantiated by the study itself, which is also so poorly done that no such conclusions can be made.

All in all, these studies do not show that ecdysteroids have any

(Dr. Di PasQuale's answer will be continued next month)



Last month we discussed how to improve one's lockout, but how do we get the bar to a point where the triceps can take over? The key to getting the bar off the chest is, quite simply, making one's chest stronger. Most bodybuilders would agree that the bench press itself is the greatest chest exercise, but then why do so many powerlifters who bench press not have strong pecs? The answer is - also quite simply - technique.

The bodybuilder bench press is one of the greatest ways to isolate the pec area. First, let me warn you that pec tears are the most common injury among benchers. On this note, you must listen to your body's warning signals and not push past these limitations. To perform the bodybuilding bench press the key is the angle of your arms in relation to your body. To isolate your pecs your arms should be between 80-90 degrees from your body bringing the bar high on your chest. Now, once again, the higher on your chest and the greater the angle the more stress on your pecs, so don't overdo it. The second key is the way you push the bar to lockout. Instead of pushing straight up, squeeze the bar in with your hands to move the bar. By performing these two elements together you have the bodybuilder bench press. However, remember, we don't necessarily want big pecs, just strong pecs. So, instead

The BENCH

Strengthening Your Chest

as told to PL USA by **GEORGE HALBERT**

of trying to get a pump, push (or squeeze) with maximum effort and speed. It is best if you're just beginning to train your pecs to go top sets of six, but as you become familiar with how your pecs work over time you can make this a maximum effort for one repetition. Also, once you become familiar with how your pecs work you can add some very good variation to this exercise.

My favorite pec exercise is the cambered bar board band press. This exercise involves the use of two boards (about 3 inches thick total), a 4 inch cambered bar and some bands. With the boards on your chest and the cambered bar on the boards, you will get about an extra inch of travel to your press. Also, when you throw the bands on top, your pec power will go through the roof. Now, I do not recommend this exercise to anyone not familiar with their pecs

because with the bands and the extra inch of travel, you will be pushing your pecs to the edge, which is great for gains, but if not done wisely will rip your pecs right off. Also, remember elbows out and high on the chest and squeeze the bar inwards to lockout. This can also be done as a top set of six or seven or even a maximum effort exercise, according to your body's

ability.

Another excellent variation is the dumbbell band press. For this exercise put one band behind your back with either end in your hands and then hold the dumbbells. Once again, squeeze the dumbbells in and elbows out. You can either do this on a bench or for building even greater stability on a ball. However, these are not maximum effort exercises (unless you are extremely advanced) and should only be done as an assistance exercise.

Try putting these chest exercises in your program and watch as the weights begin to blast off of your chest. Just remember, use caution as weightlifting is more often than not a ware of attrition. Although we are not bodybuilders, we can use their exercises and put a power spin on them. Next time, we will put more of the muscles together to master the bench press.

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George Halbert explains the Brave New World of Bench Pressing and the Five Goals of his Video:

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WOMEN'S TOP 20

These are the *PL USA* TOP 20 women powerlifters in the United States for the year 2001. If any errors or omissions are noted, please report them to *POWERLIFTING USA* Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or body-weight, in which case we don't know which class to credit the efforts against.

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97 SQ

315 Grimwood, E..10/20/01
286 McMillan, C..1/20/01
253 Solan, C..10/16/01
248 Axl, A..10/27/01
240 Schmoyer, H..10/20/01
226 Baker, N..5/18/01
225 Lambriadis, D..3/16/01
220 Rivera, R..3/16/01
220 Dooken, J..3/30/01
220 Dickey, E..10/27/01

215 Denmon, A..8/4/01
209 LaBorde, L..3/30/01
209 Crapo, E..10/27/01
205 Amador, B..3/16/01
205 Manriquez, E..3/16/01
200 Rawls, M..3/16/01
200 Sanchez, S..3/16/01
199 Bouroua, C..3/16/01
195 Loo, M..3/16/01
190 Moye, S..3/16/01

105 SQ

336 Maile, J..1/20/01
335 Hudson, A..7/14/01
319 Nichols, P..8/11/01
304 Kirkland, M..8/10/01
292 Leverett, A..11/3/01
270 McMillian, S..3/9/01
259 Taylor, A..3/30/01
253 Baqui, C..3/10/01
253 Gedney, J..5/20/01
250 Gould, S..3/16/01

250 Barajas, S..3/16/01
243 Hoerner, K..6/9/01
240 Ryman, K..12/8/01
236 Rodriguez, S..11/3/01
235 Warren, A..12/15/01
230 Lincoln, T..3/16/01
230 Eggleston, K..3/16/01
230 Sois, S..3/16/01
230 Raines, S..3/16/01
230 Goodwin, A..28/01

114 SQ

347 Maile, J..8/20/01
330 Hartwig, S..1/20/01
319 Street, B..1/20/01
314 Goff, K..3/9/01
314 Kirkland, M..11/3/01
305 Parrish, S..11/17/01
286 Grubbs, C..3/30/01
285 Taylor, A..12/15/01
280 Nogle, C..10/27/01
275 Baqui, C..1/20/01

275 Cisneros, D..3/16/01
270 Maham, A..3/16/01
270 Jacobs, C..3/30/01
270 Bullara, C..10/01
265 Russell, I..3/16/01
260 Husel, D..5/19/01
259 Bowens, S..1/20/01
259 Boule, C..3/24/01
255 Ferguson, J..3/16/01
255 Monloya, C..3/16/01

123 SQ

400 Burkey, J..2/10/01
391 Tyree, V..3/24/01
330 Lewis, P..3/16/01
330 Gomez, N..3/16/01
330 Kusar, P..3/25/01
325 Amsden, S..9/01
325 Whiffield, N..12/16/01
303 Denmon, L..8/4/01
295 Waller, L..3/17/01
292 Coody, B..6/9/01

290 Wilson, L..8/11/01
285 McDaniel, S..3/16/01
285 Hernandez, L..3/16/01
285 Rodgers, E..3/16/01
280 Jacobs, C..5/5/01
280 Fernandez, R..12/15/01
275 Vance, K..3/9/01
275 Leyva, Y..3/16/01
275 Rudy, S..3/16/01
275 Siveny, D..101/6/01

132 SQ

485 Avigliano, N..12/16/01
465 Weisberger, A..11/17/01
400 Alitzer, B..12/8/01
385 Diamond, M..6/23/01
363 Mobley, S..8/20/01
358 Overdeer, S..5/24/01
352 Rey, J..1/20/01
352 Lercangee, P..5/18/01
341 Stein, E..1/20/01
336 Allison, S..5/19/01

335 Mesik, A..10/27/01
325 Collins, B..3/16/01
325 Aguila, V..9/12/01
319 Thompson, J..1/20/01
319 Conway, K..1/20/01
308 Lopez, M..12/8/01
305 Jurney, K..3/16/01
300 Wysinger, R..3/16/01
300 Burton, E..4/28/01
295 Hodges, R..3/16/01

97 BP

145 Grimwood, E..10/20/01
143 Proulx, L..3/10/01
137 Baker, N..8/10/01
135 Poller, L..5/19/01
132 McMillan, C..1/20/01
126 Snyder, R..2/24/01
126 Solan, C..10/16/01
121 Flores, J..3/16/01
120 Dickey, E..10/27/01
116 Denmon, A..8/4/01

110 Carder, T..3/16/01
110 Schmoyer, H..10/20/01
110 Desko, L..11/18/01
105 Moreno, J..3/16/01
105 Gibson, M..7/7/01
105 Axl, J..7/21/01
100 Moye, S..3/16/01
100 Loo, M..3/16/01
99 Farmsworth, K..3/16/01
99 LaBorde, L..3/30/01

105 BP

203 Maile, J..1/20/01
187 Leverett, A..11/3/01
180 Hudson, A..7/14/01
170 Goodman, J..4/28/01
165 Nichols, P..8/11/01
165 Watson, L..11/5/01
159 Kirkland, M..6/2/01
154 McCormack, V..5/19/01
149 Kubiai, E..11/15/01
148 Schrank, T..5/12/01

148 Proulx, L..10/26/01
148 Baqui, C..11/15/01
145 Shuttleworth, M..3/17/01
145 Kassel, B..4/11/01
143 Lafferty, B..11/15/01
137 Berloli, M..3/24/01
135 Gould, S..3/16/01
132 Gedney, J..1/20/01
132 McMillian, S..3/9/01
132 McNeely, V..7/28/01

114 BP

200 Goodman, B..8/18/01
198 Hartwig, S..5/23/01
198 Maile, J..8/20/01
192 Kovachick, P..4/29/01
187 Jacobs, C..6/2/01
187 Schrank, T..6/16/01
181 Distalot, T..9/22/01
176 Kirkland, M..11/3/01
171 Chim, M..4/21/01
170 Faroone, J..6/15/01

170 Street, B..11/17/01
165 Parrish, S..6/15/01
160 Sommers, K..4/28/01
160 Husel, D..5/19/01
159 James, A..2/17/01
155 Freinhar, J..11/12/01
154 Grubbs, C..3/30/01
154 Shuttleworth, M..9/22/01
150 Rogers, A..3/24/01
150 Stitt, L..4/28/01

123 BP

303 Rinehart, T..3/4/01
236 Rines, S..3/24/01
220 Radcliffe, S..7/7/01
215 Couleoum, T..11/15/01
214 Kusar, P..3/25/01
209 Tyree, V..11/15/01
198 Amsden, M..5/23/01
175 Wilson, L..8/11/01
175 Saller, A..11/3/01
172 Siveny, D..6/16/01

171 Denmon, L..8/4/01
170 Fusco, S..5/19/01
170 Kulmer, A..8/25/01
170 Engle, A..11/3/01
170 Gordon, K..11/15/01
170 Lewis, M..11/15/01
165 Burkey, J..2/10/01
165 Stiegler, L..3/18/01
165 Reese, S..4/17/01
165 Coody, B..6/9/01

132 BP

319 Lipper, J..11/15/01
315 Weisberger, A..11/17/01
281 Thompson, J..12/5/01
265 Alitzer, B..12/8/01
253 Darling, J..9/22/01
232 Avigliano, N..6/23/01
231 Lercangee, P..5/18/01
225 Overdeer, A..5/24/01
220 Rhoades, J..5/20/01
210 Rey, J..10/27/01

205 Mobley, S..2/18/01
203 Radcliffe, S..4/21/01
203 Emig, J..10/26/01
200 Sidell, L..5/19/01
193 Melton, S..11/15/01
192 Melton, C..7/28/01
187 Aguila, V..9/12/01
185 Romero, K..4/28/01
181 Stein, E..1/20/01
180 Chambers, J..3/24/01

97 DL

315 Grimwood, E..10/20/01
297 Baker, N..5/18/01
281 McMillan, C..1/20/01
281 Solan, C..1/20/01
270 Rawls, M..3/16/01
264 Dickey, E..10/27/01
260 Moye, S..3/16/01
255 Amador, B..3/16/01
250 Schmoyer, H..2/18/01
242 Dooken, J..3/30/01

240 Sanchez, S..3/16/01
237 Axl, A..10/27/01
236 Aliminosa, J..10/16/01
230 Lambriadis, D..3/16/01
230 Caldwell, L..3/16/01
225 Rivera, R..3/16/01
225 Stewart, A..3/16/01
225 Garza, V..3/16/01
225 Moreno, J..3/30/01
225 Miller, K..12/1/01

105 DL

341 Leverett, A..11/3/01
331 Baqui, C..2/17/01
325 Maile, J..1/20/01
325 Berloli, M..3/24/01
325 Hudson, A..7/14/01
308 Nichols, P..8/11/01
305 Scudder, A..2/10/01
305 Goodman, J..4/28/01
303 Gedney, J..2/28/01
303 Kirkland, M..6/23/01
300 Wysinger, J..3/16/01

114 DL

285 Ryman, K..12/8/01
281 McMillan, S..3/9/01
275 Rodriguez, V..3/16/01
270 Hoerner, K..6/9/01
264 Gedney, J..1/20/01
264 Rodriguez, S..11/3/01
260 Schmoyer, H..4/28/01
259 McNeely, V..7/28/01
255 Gould, S..3/16/01
255 Lincoln, T..3/16/01

123 DL

402 Goff, K..3/9/01
370 Parrish, S..11/17/01
365 Street, B..11/17/01
358 Jacobs, C..6/2/01
352 Maile, J..8/20/01
347 Hartwig, S..1/20/01
341 Baqui, C..1/20/01
336 Bowers, S..1/20/01
336 Lee, B..12/1/01
319 Kirkland, M..11/3/01

132 DL

315 Husel, D..5/19/01
308 Gordon, K..1/20/01
305 Goodman, B..2/11/01
303 Gagliardi, D..3/24/01
303 Hitchcock, A..3/30/01
303 Zierold, M..11/15/01
297 Kalina, A..3/9/01
297 Maham, A..3/30/01
295 Jordan, S..3/16/01
292 Muskel, T..3/11/01

123 TOT

716 Grubbs, C..3/30/01
715 Goodwin, B..2/11/01
677 Muskel, T..3/11/01
677 Bullara, C..10/01
675 Sommers, K..4/28/01
672 Gagliardi, D..3/24/01
672 Maham, A..3/30/01
670 Nogel, C..10/27/01
670 Taylor, A..12/15/01
661 Gordon, K..1/20/01

132 TOT

1029 Tyree, V..3/24/01
914 Kusar, P..3/25/01
881 Amsden, M..5/23/01
815 Lewis, P..3/16/01
810 Whiffield, N..12/16/01
799 Denmon, L..8/4/01
782 Coody, B..6/9/01
770 Wilson, L..8/11/01
749 Siveny, D..1/20/01
715 Jackson, D..9/22/01

123 TOT

710 Gomez, N..3/16/01
710 Jacobs, C..5/5/01
705 McDaniel, S..3/16/01
700 Leyva, Y..3/16/01
699 Kamnier, A..3/9/01
699 James, M..11/3/01
695 Hernandez, L..3/16/01
694 Vance, K..3/9/01
680 Mait, A..1/26/01
680 Waller, L..3/17/01

132 TOT

1250 Weisberger, A..11/17/01
1118 Avigliano, N..12/16/01
1015 Alitzer, B..12/8/01
981 Lercangee, P..5/18/01
970 Overdeer, A..5/24/01
931 Thompson, J..1/20/01
931 Mobley, S..8/20/01
925 Stein, E..1/20/01
909 Rey, J..1/20/01
887 Allison, S..5/19/01

TEENAGE TOP 20

These are PL USA's TOP 20 Teenage powerlifters in the United States for the year 2001. If any errors or omissions are noted, please report them to POWERLIFTING USA Magazine, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers teenage or high school division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or body-weight, and - in the latter case - we don't know which weight class to credit the efforts against.

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Brett A. 440 B.P. Teen
Sabine S. 205 B.P. at 115 lbs.

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<http://home1.gte.net/mlp/kit/hobby.htm>

114 SQ
420 Niedoliwka, V..10/27/01
418 Scruggs, J..7/14/01
375 Loyd, M..3/24/01
370 Henderson, C..3/24/01
360 Campanero, M..3/24/01
360 Garcia, D..3/24/01
355 Jackson, A..3/24/01
355 Yarbrough, J..3/24/01
350 Marrero, S..3/4/01
336 Maile, J..1/20/01
325 Hill, J..4/6/01
330 Jones, E..3/24/01
325 Halenbrack, M..3/31/01
325 Jackson, H..4/7/01
325 Khan, S..5/12/01
319 Gralton, P..3/31/01
315 Houston, L..3/24/01
315 Ona, R..3/24/01
310 Callaway, K..3/24/01
310 Velasquez, C..3/24/01

114 BP
245 Ekhilzadeh, A..5/12/01
230 Niedoliwka, V..10/27/01
225 Scruggs, J..7/14/01
215 Loyd, M..3/24/01
206 Beckerich, J..3/11/01
205 Monies, G..3/24/01
203 Maile, J..1/20/01
198 Hillon, T..3/31/01
190 Koch, A..10/27/01
187 Levandusky, D..12/9/01
185 Contreras, M..7/28/01
181 Rinderer, N..12/1/01
180 Jackson, A..3/24/01
180 Henderson, C..3/24/01
176 Dewalters, D..6/23/01
176 Hurley, B..11/3/01
175 Marrero, S..3/4/01
175 Fosler, W..3/24/01
175 Callaway, K..3/24/01
175 Odell, C..6/6/01

123 SQ
460 Washington, K..5/12/01
413 Kamp, M..7/14/01
410 Jones, J..3/24/01
405 Casarez, T..3/24/01
400 White, D..3/24/01
400 Niedoliwka, V..5/5/01
396 Keyne, W..3/31/01
385 Falcon, J..3/24/01
380 Harris, C..4/7/01
375 Heckman, N..5/12/01

369 Marrero, S..3/31/01
365 Vang, J..18/01
365 Tharp, C..3/24/01
360 Anderson, B..3/24/01
352 Forel, S..3/31/01
352 Adkins, M..3/31/01
350 Ross, M..1/26/01
350 Moore, T..3/24/01
345 Rodea, L..3/24/01
345 Brown, J..3/24/01

132 SQ

530 Williams, M..3/24/01
500 Williams, C..6/15/01
450 Martinez, A..3/24/01
440 Ortega, J..3/24/01
440 Hernandez, G..3/24/01
440 Gonzalez, W..5/12/01
440 Pharr, C..3/24/01
435 Medina, P..3/24/01
425 Colston, K..3/24/01
420 Bryant, M..3/24/01

420 Kuhns, M..7/28/01
415 Burlon, J..5/12/01
413 Smith, L..3/31/01
410 Brown, M..3/24/01
410 Mercer, C..3/24/01
395 Tullio, M..5/12/01
391 Pham, P..3/31/01
390 Smith, M..1/26/01
385 Marchand, B..3/31/01
385 Rose, A..4/7/01

148 SQ

530 Ferguson, S..3/3/01
510 Ramos, C..3/24/01
505 Nash, B..3/24/01
500 Miller, J..3/24/01
500 Kibler, D..5/5/01
495 Willis, T..3/24/01
495 Venters, T..3/24/01
490 Munoz, J..3/24/01
480 Baslon, M..3/24/01
480 Sweet, I..5/12/01

475 Collins, T..3/24/01

475 Washington, C..3/24/01

468 Gallavan, D..4/7/01

468 Rogel, O..6/23/01

465 Ahmadzadeh, B..5/12/01

462 Winslow, D..8/18/01

460 Perez, M..3/24/01

460 Pulido, T..3/24/01

460 Bucher, D..3/24/01

460 Lowe, D..5/12/01

165 SQ

580 Randle, J..3/24/01
560 Guerrero, J..3/24/01
560 McLauchlin, S..3/24/01
550 Monk, J..3/24/01
540 Pugh, E..3/24/01
525 Thompson, C..3/24/01
525 Stewart, J..4/7/01
523 Matsumoto, R..12/8/01
510 Belote, K..3/24/01
510 Scholers, J..5/12/01

505 Bass, L..4/6/01

505 Blake, H..6/15/01

501 Mendoza, M..8/11/01

500 Linwood, C..3/24/01

500 Johnson, J..5/12/01

496 Sevy, I..4/7/01

490 Noctor, M..5/12/01

485 Velazquez, E..3/24/01

485 Escamilla, B..3/24/01

480 Marshall, J..3/24/01

181 SQ

615 Edwards, D..3/24/01

605 Cabness, T..3/24/01

570 Gibson, T..3/24/01

560 Vela, F..3/24/01

556 Talton, J..11/17/01

551 Schiff, M..5/20/01

550 Johnson, D..3/24/01

545 McRae, R..4/1/01

540 Henderson, G..3/24/01

540 Exxon, C..4/7/01

114 DL
245 Niedoliwka, V..10/27/01
230 Niedoliwka, V..10/27/01
225 Scruggs, J..7/14/01
215 Loyd, M..3/24/01
206 Beckerich, J..3/11/01
205 Monies, G..3/24/01
203 Maile, J..1/20/01
198 Hillon, T..3/31/01
190 Koch, A..10/27/01
187 Levandusky, D..12/9/01
185 Contreras, M..7/28/01
181 Rinderer, N..12/1/01
180 Jackson, A..3/24/01
180 Henderson, C..3/24/01
176 Dewalters, D..6/23/01
176 Hurley, B..11/3/01
175 Marrero, S..3/4/01
175 Fosler, W..3/24/01
175 Callaway, K..3/24/01
175 Odell, C..6/6/01

185 Phillips, W..4/6/01
181 Rinderer, N..12/1/01
180 Jackson, A..3/24/01
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270 Snider, C..11/15/01
245 Ortega, J..7/28/01
235 Mosely, T..3/24/01
230 Pham, L..3/24/01
225 Ross, M..1/26/01
225 White, D..3/24/01
225 Alvarez, A..3/24/01
225 Bailew, E..3/24/01
225 Niedoliwka, V..3/31/01

220 Jones, J..3/24/01
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 644 Bider, J.-5/20/01
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 615 Kennedy, J.-3/24/01
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600 Brown, J.-4/7/01
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 600 Pellecier, C.-9/9/01
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 585 Albright, M.-3/24/01
 585 May, B.-3/24/01
 585 Dickey, W.-3/24/01
 585 Werner, I.-4/7/01
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675 Golvers, T.-3/24/01
 655 Arroyo, R.-5/12/01
 635 Estring, O.-3/24/01
 625 Matthe vs, P.-3/24/01
 625 Romar, L.-3/24/01
 625 Morse, C.-3/24/01
 615 Torres, H.-3/24/01
 610 Darling, B.-3/24/01
 617 May, J.-4/1/01
 606 Field, C.-4/1/01

606 Doss, K.-4/1/01
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 605 Watkins, E.-3/24/01
 605 Albeck, L.-5/12/01
 600 Guzman, M.-3/24/01
 600 Medina, J.-3/24/01
 600 Clark, T.-4/1/01
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 600 James, J.-4/7/01
 600 Fitz, J.-8/12/01

275 SQ

705 Hunt, K.-4/1/01
 690 McElveen, B.-3/24/01
 675 Young, T.-3/24/01
 660 Johnson, A.-3/24/01
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 650 Richardson, J.-4/7/01
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 645 Goodnight, D.-3/24/01
 640 Dewall, S.-5/12/01

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 630 Benjamin, D.-3/24/01
 622 Higgins, M.-7/21/01
 617 Theriot, G.-4/1/01
 617 Cunningham, M.-12/8/01
 615 Nichols, B.-3/24/01
 615 Settles, K.-5/12/01
 615 Haas, S.-5/12/01
 610 Johnson, T.-3/24/01
 605 Werlinger, D.-3/24/01

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810 Bivens, F.-3/24/01
 800 Yales, C.-6/15/01
 770 Deary, B.-3/24/01
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 725 Spencer, C.-4/7/01
 725 Morris, F.-4/7/01
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700 Branch, C.-3/24/01
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 665 Rodriguez, F.-3/24/01
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 645 Alford, J.-3/24/01
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 380 Benjamin, H.-3/31/01
 380 Reopelle, D.-12/1/01
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 370 Capello, S.-3/24/01
 370 Sun, E.-6/2/01
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 415 Fournier, B.-10/20/01
 415 Deweese, K.-11/18/01
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 374 Hale, A.-7/22/01
 374 Brosko, -10/28/01
 370 Richards, R.-3/24/01
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 402 Higgins, M.-7/21/01
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 335 Camuso, J.-2/10/01
 335 Johnson, D.-3/24/01
 330 Pena, J.-3/24/01
 330 Rivers, D.-4/29/01
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 325 Beaudry, J.-3/18/01
 567 Wahlstrom, N.-4/7/01
 565 Pena, J.-3/24/01
 562 Hess, T.-2/24/01
 560 McManus, S.-11/17/01
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 1365 Sunter, D.-3/24/01
 1365 McCull, E.-12/15/01
 1361 Arceneaux, B.-4/1/01
 1355 Donahue, K

MASTERS TOP 20

These are the *PL USA* TOP 20 Master powerlifters in the United States for the year 2001. If any errors or omissions are noted, please report them to *POWERLIFTING USA* Magazine, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers masters division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case - we don't know which weight class to credit the efforts against.

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114 SQ	114 BP	114 DL	114 TOT
292 Leverett, A..11/3/01	200 Goodman, B..2/11/01	358 Jacobs, C..6/2/01	821 Leverett, A..11/3/01
260 Husel, D..5/19/01	187 Jacobs, C..6/2/01	341 Leverett, A..11/3/01	735 Husel, D..5/19/01
259 Bowers, S..1/20/01	187 Leverett, A..11/3/01	336 Bowers, S..1/20/01	727 Bowers, S..1/20/01
253 Solan, C..10/16/01	160 Husel, D..5/19/01	325 Berloli, M..3/24/01	727 Jacobs, C..6/2/01
231 Gedney, J..1/20/01	159 James, A..2/17/01	315 Husel, D..5/19/01	715 Goodman, B..2/11/01
230 Goodman, B..4/28/01	143 Lafferty, B..11/15/01	305 Goodman, B..2/11/01	655 Baker, N..5/18/01
226 Baker, N..5/18/01	143 Rodriguez, H..11/15/01	297 Baker, N..5/18/01	644 Solan, C..1/20/01
220 Kilkaukas, M..5/18/01	137 Bertoli, M..3/24/01	281 Solan, C..1/20/01	628 Gedney, J..1/20/01
203 Frailey, T..26/01	137 Baker, N..8/10/01	265 Turner, L..8/19/01	584 Kilkaukas, M..5/18/01
203 Spath, L..10/27/01	137 Frailey, T..26/01	264 Gedney, J..1/20/01	567 Bertoli, M..3/24/01
192 Brigham, C..4/27/01	132 Bowers, S..1/20/01	260 Reed, K..3/3/01	567 Frailey, T..10/26/01
185 Jacobs, C..1/20/01	132 Gedney, J..1/20/01	259 Kilkaukas, M..5/18/01	562 Brigham, C..4/27/01
181 Aliminosa, D..10/16/01	132 McNelly, V..7/28/01	259 Egan, H..11/15/01	545 Spahl, L..10/27/01
165 Carroll, T..10/16/01	132 Pedersen, D..9/8/01	250 Morris, T..3/17/01	518 Aliminosa, D..10/16/01
149 Roddef, J..5/18/01	126 Krochmal, C..3/31/01	248 Brigham, C..4/27/01	462 Roddef, J..5/18/01
137 Hasvold, D..12/9/01	126 Solan, C..10/16/01	242 Spahl, L..10/27/01	457 Carroll, T..10/16/01
132 Mehmedbasich, C..1/20/01	121 Mehmedbasich, C..1/20/01	236 Aliminosa, D..10/16/01	440 Mehmedbasich, C..1/20/01
104 Bertoli, M..3/24/01	121 Brigham, C..4/27/01	225 Frailey, T..10/26/01	418 Hasvold, D..12/9/01
104 Newton, E..4/21/01	121 Talavera, S..5/19/01	220 Schoonmaker, L..4/21/01	358 Schoonmaker, L..4/21/01
75 Cahill, M..3/3/01	121 Spalotto, C..8/11/01	220 Rodriguez, H..11/15/01	341 Newton, E..4/21/01
123 SQ	123 BP	123 DL	123 TOT
420 Milian, E..6/15/01	275 Garvey, F..4/29/01	480 Snell, K..5/6/01	1086 Meadows, S..12/8/01
385 Rosen, I..5/5/01	253 Barleen, D..5/5/01	473 Meadows, S..12/8/01	1008 Barleen, D..5/5/01
374 Meadows, S..12/8/01	248 Meadows, S..5/20/01	460 Thompson, R..6/9/01	997 Rosen, I..5/5/01
336 Barleen, D..5/5/01	248 Sanders, B..11/16/01	429 Sanders, B..11/16/01	942 Shivaie, H..5/5/01
336 Shivaie, H..5/5/01	240 Milian, E..6/15/01	418 Barleen, D..5/5/01	914 Kusar, P..3/25/01
330 Kusar, P..3/25/01	214 Kusar, P..3/25/01	413 Rosen, I..5/5/01	805 Milian, E..6/15/01
275 Siveny, D..10/16/01	198 Shivaie, H..3/10/01	413 Shivaie, H..5/5/01	749 Siveny, D..1/20/01
248 Casper, P..8/10/01	198 Rosen, I..5/5/01	369 Kusar, P..3/25/01	672 Casper, P..8/10/01
242 Whidden, L..1/20/01	190 Aldridge, R..11/17/01	340 Patterson, C..8/19/01	670 Tailion, K..6/15/01
237 Howard, B..1/20/01	172 Sivey, D..6/16/01	325 Bryant, P..7/7/01	660 Aldridge, R..11/17/01
230 Mulloy, C..10/27/01	170 Curcio, J..3/17/01	319 Siveny, D..1/20/01	655 Whidden, T..10/26/01
225 Taillon, K..6/15/01	165 Tamura, L..1/27/01	300 Taillon, K..6/15/01	650 Howard, B..5/12/01
225 Catron, D..9/22/01	165 Kulf, D..7/7/01	297 Buei, L..11/15/01	625 Catron, D..9/22/01
215 Nelson, V..2/17/01	159 Buei, L..6/2/01	292 Whidden, T..10/26/01	617 Lopez, L..1/20/01
214 McNulty, D..5/12/01	155 James, S..5/5/01	286 Lopez, L..10/20/01	615 Mulloy, C..10/27/01
214 Aguila, V..11/10/01	154 Casper, P..4/27/01	281 Howard, B..5/12/01	600 McNulty, D..5/12/01
209 Lopez, L..1/20/01	150 Husel, D..5/5/01	281 Casper, P..8/10/01	556 Aguila, V..11/10/01
200 Aldridge, R..11/17/01	150 Catron, D..9/22/01	281 Ruff, D..11/15/01	545 Nelson, V..2/17/01
192 Lester, C..11/3/01	145 Taillon, K..6/15/01	273 Hams, T..4/21/01	545 Winkelblech, A..4/7/01
185 Winkelblech, C..4/7/01	145 Scholz, J..10/27/01	270 Winkelblech, A..4/7/01	529 Harms, J..12/9/01
132 SQ	132 BP	132 DL	132 TOT
485 Avigliano, N..12/15/01	300 Mallis, J..10/20/01	534 Carr, J..10/18/01	1195 Carr, J..5/5/01
407 Carr, J..10/18/01	295 Young, A..3/17/01	446 Rosen, J..10/18/01	1118 Avigliano, N..12/15/01
402 Womack, K..4/21/01	286 Corcello, J..4/3/01	430 Mallis, J..10/20/01	1105 Mallis, J..10/20/01
402 Lamb, B..6/2/01	280 Porlnoy, P..4/7/01	429 Avigliano, N..5/18/01	1052 Rosen, J..10/18/01
375 Rosen, I..10/18/01	270 Carr, J..5/5/01	418 Shivaie, H..11/17/01	1041 Corcello, J..5/5/01
375 Romero, A..4/28/01	255 Coisson, B..7/28/01	413 Corcello, J..5/5/01	997 Womack, K..4/21/01
374 Kennedy, D..3/24/01	253 Bobrovitz, G..11/17/01	407 Womack, K..4/21/01	981 Lamb, B..3/24/01
374 DelGallo, R..5/19/01	248 Calhoun, B..8/25/01	402 Stein, E..10/20/01	981 DelGallo, R..5/19/01
362 Corcello, J..5/5/01	245 Bales, A..4/7/01	391 DelGallo, R..5/19/01	947 Kennedy, D..3/24/01
341 Stein, E..1/20/01	245 Munechika, C..9/22/01	385 Lamb, B..3/24/01	925 Stein, E..1/20/01
341 Kawasaki, N..8/11/01	231 Kennedy, D..3/24/01	385 Boston, M..7/14/01	909 Kawasaki, N..8/11/01
319 Burgess, I..5/19/01	225 Avigliano, N..5/18/01	369 Gantz, H..7/7/01	859 Burgess, I..5/19/01
292 Cowan, J..3/24/01	225 Lamb, B..6/6/01	363 Kawasaki, N..8/11/01	832 Boston, M..7/14/01
286 Bishop, T..3/3/01	214 DelGallo, R..5/19/01	355 Landess, G..8/18/01	826 Bishop, T..5/5/01
275 Romero, A..4/28/01	214 Shivaie, H..11/17/01	352 Cowan, J..3/24/01	821 Cowan, J..3/24/01
253 Dingle-Craig, K..1/20/01	209 Roan, J..10/18/01	352 Bishop, T..5/5/01	821 Calhoun, B..8/25/01
250 Barnowich, B..9/21/01	205 Mobley, S..12/18/01	350 Coisson, B..7/28/01	800 Romero, A..4/28/01
250 Crawford, M..10/27/01	205 Freecrom, M..7/28/01	341 Kennedy, D..3/24/01	755 Landess, G..5/5/01
250 Cromwell, B..10/27/01	205 Kavarnos, J..9/8/01	341 Burgess, I..5/19/01	733 Dingle-Craig, K..1/20/01
248 Calhoun, B..8/25/01	203 Boston, M..7/14/01	340 Romero, A..4/28/01	690 Barnowich, B..9/21/01
148 SQ	148 BP	148 DL	148 TOT
505 Bridges, A..8/11/01	445 Heald, D..11/17/01	555 Bell, D..5/19/01	1455 Heald, D..11/17/01
505 Health, D..11/17/01	381 Evangelista, F..4/21/01	555 Bridges, A..8/11/01	1395 Bridges, A..8/11/01
501 Edmondson, D..8/18/01	352 Weingust, S..2/17/01	550 Castro, M..8/11/01	1372 Edmondson, D..8/18/01
485 Cyr, A..5/19/01	347 Edmondson, D..8/18/01	529 Martinez, A..12/1/01	1305 Bell, D..5/19/01
457 Charles, A..8/11/01	345 Loftus, J..2/10/01	523 Edmondson, D..8/18/01	1234 Cyr, A..5/19/01
455 Bell, D..5/19/01	345 Lupis, F..6/9/01	507 Rohan, B..5/12/01	1217 Rohan, B..5/12/01
451 Mason, M..5/12/01	336 Bridges, A..5/5/01	505 Health, D..11/17/01	1200 Gengo, J..11/17/01
440 Williams, R..3/17/01	330 Venturella, C..4/21/01	500 Corsi, D..12/1/01	1184 Hedrick, T..3/24/01
437 Cruz, R..3/24/01	320 Elsberry Sr., J..9/16/01	495 Lawson, M..11/17/01	1179 Martinez, A..7/7/01
435 Hrdick, T..3/24/01	320 Scribner, J..11/11/01	490 Gengo, J..11/17/01	1172 Mason, M..5/12/01
435 Lawson, M..11/17/01	319 Zerbe, S..2/10/01	485 Cortes, R..5/5/01	1168 Uyeoka, B..3/10/01
424 Lofing, M..3/11/01	319 Uyeoka, B..3/10/01	475 Cruz, R..3/24/01	1160 Cruz, R..3/24/01
424 Bissen, J..11/10/01	319 Martinez, A..6/9/01	473 Uyeoka, B..3/10/01	1150 Elsberry Sr., J..9/16/01
420 Lowe, B..9/15/01	310 Swanson, J..2/24/01	470 Lowe, B..10/27/01	1140 Keith, J..6/1/01
420 Wider, M..10/27/01	310 Wrye, R..4/28/01	468 Stanley, J..5/5/01	1140 Lofing, M..7/21/01
415 McClinton, R..8/18/01	308 Cyr, A..5/19/01	462 Hedrick, T..3/24/01	1135 McClelland, R..8/18/01
415 Dye, J..9/16/01	308 Anderson, M..9/23/01	462 Keith, J..6/1/01	1129 Charles, R..4/28/01
410 Gengo, J..11/17/01	303 Rohan, B..5/12/01	462 Hoxworth, R..10/27/01	1118 Cortes, R..5/12/01
407 Rohan, B..5/12/01	303 Orais, I..12/1/01	462 Bissen, J..11/10/01	1107 Bissen, J..11/10/01
402 Glass, F..4/28/01	300 Lee, H..2/10/01	462 Orais, I..12/1/01	1102 Pellegrino, J..11/10/01
165 SQ	165 BP	165 DL	165 TOT
600 Rivera, M..4/28/01	498 Miller, L..9/23/01	639 Cayer, A..10/27/01	1598 Cayer, A..10/27/01
589 Wahl, K..10/18/01	462 Hara, M..9/23/01	600 Cirigliano, R..5/12/01	1454 Rivera, M..4/28/01
584 Olson, G..6/23/01	425 Hamby, D..3/24/01	589 Wahl, R..5/5/01	1449 Olson, G..6/23/01
567 Cayer, A..10/27/01	410 Scardina, S..1/27/01	578 Little, A..5/19/01	1438 Lewis, C..10/18/01
562 Lewis, C..10/18/01	400 Salas, C..3/17/01	562 Olson, G..6/23/01	1427 Wahl, R..5/5/01
551 Little, A..11/6/01	396 Weingust, S..7/28/01	562 Avila, J..7/14/01	1416 Little, A..5/19/01
551 Wilshire, G..12/8/01	391 Evangelista, F..7/7/01	556 Yeargin, J..3/24/01	1416 Wilshire, G..12/8/01
550 Wonyeley, M..4/7/01	391 Cayer, A..10/27/01	555 Guthrie, G..10/27/01	1400 Yeargin, J..3/24/01
530 McNeil, K..2/24/01	385 Marispini, J..12/1/01	551 Nickle, J..5/19/01	1372 McNeil, K..2/24/01
525 Neary, J..3/24/01	380 McNeil, K..2/24/01	551 Theodorou, N..10/20/01	1350 Edmondson, D..8/18/01
525 Sacco, P..4/28/01	365 Washington, L..4/28/01	540 Lewis, C..3/4/01	1344 Cirigliano, R..5/12/01
515 Hudson, M..5/19/01	365 Baker, E..7/7/01	540 Fellon, D..3/17/01	1340 Gulhrie, G..10/27/01
515 McCarthy, D..11/17/01	363 Craig, S..11/6/01	540 Rivera, M..8/11/01	1335 Flores, R..4/28/01
513 Flores, R..8/11/01	363 Craim, R..12/1/01	540 Sanlee, G..10/6/01	1325 McCarthy, D..11/17/01
501 Lumpe, S..3/31/01	360 Cardon, L..3/10/01	540 Winslow, D..11/16/01	1305 Sacco, P..4/28/01
501 Edmondson, D..8/18/01	360 Melivier, T..7/15/01	535 Flores, R..11/6/01	1305 Hudson, M..5/19/01
501 Green, J..10/27/01	360 Henderson, B..4/01	529 Henderson, J..7/7/01	1300 Asselin, T..5/19/01
475 Guidry, Sr., H..2/10/01	352 Muslari, C..5/12/01	523 Diaz, E..2/17/01	1300 Sanlee, G..10/6/01
475 Washington, L..6/9/01	352 Rivera, M..4/28/01	523 Wilshire, G..12/8/01	1289 Alduenda, S..5/5/01
475 Melivier, T..7/15/01	352 Breeze, B..11/17/01	520 Thomas, M..3/17/01	1289 Lumpe, S..5/19/01
181 SQ	181 BP	181 DL	181 TOT
780 Kamand, T..11/18/01	485 West, C..3/31/01	700 Kamand, T..11/18/01	1910 Kamand, T..11/18/01
650 Wambgans, F..11/18/01	460 Conner, T..10/20/01	672 Woodley, L..3/4/01	1565 Lynch, R..8/11/01
605 Wiley, D..3/17/01	450 Proys, T..10/14/01	639 Garofalo, R..9/23/01	1565 Wambgans, F..11/18/01
605 Piermattei, F..4/29/01	450 Santarone, N..12/8/01	639 Zweig, G..11/17/01	1559 Scully, J..10/19/01
602 Smoker, J..5/26/01	445 Saber, J..10/20/01	635 Wambgans, F..11/18/01	1545 Piermattei, F..4/29/02
602 Egli, R..5/26/01	440 Levering, B..6/2/01	617 Lynch, R..8/11/01	1532 Egli, P..20/01
600 Rivera, M..7/14/01	435 Wood, J..9/2/01	605 Wright, C..3/25/01	1521 Pouliout, M..5/20/01
600 Hickombottom, P..12/9/01	435 Bebee, B..11/17/01	601 Tyree, J..11/17/01	1520 Garofalo, R..9/23/01
595 Lynch, R..8/11/01	435 Kamand, T..11/18/01	600 McNeish, K..5/20/01	1515 Wiley, D..3/17/01
584 Scully, S..5/6/01	430 Zangl, G..8/11/01	600 Scully, J..10/19/01	1488 McNeish, K..5/20/01

WORKOUT of the Month

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

Ed Coan Squat Routine

This is a 12 week cycle for the squat. It should insure a gain of at least 30 to 40 pounds on the lift, assuming that the lifter coming into the program is capable of a 600 lb. squat. The first four weeks are conditioning weeks and reps should be done as strictly as possible - which means no suit. Continue not using one until the 8th week and then only on heavy days. I suggest that you pyramid up to the weights I have listed, starting off at the beginning - in this manner: 135x10,

225x5, 315x3, 365x1, etc.

Week 1 - Monday: 400 x 8.
Thursday: 400 x 8.

Week 2 - Monday: 420 x 8.
Thursday: 420 x 8.

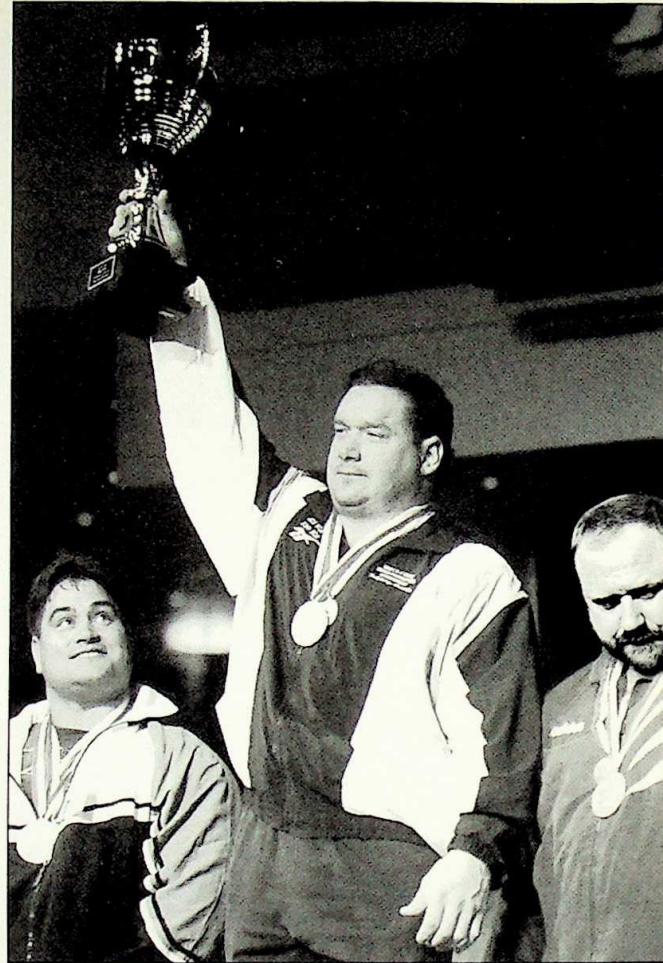
Week 3 - Monday: 440 x 8.
Thursday: 440 x 8.

Week 4 - Monday: 460 x 8.
Thursday: 460 x 8

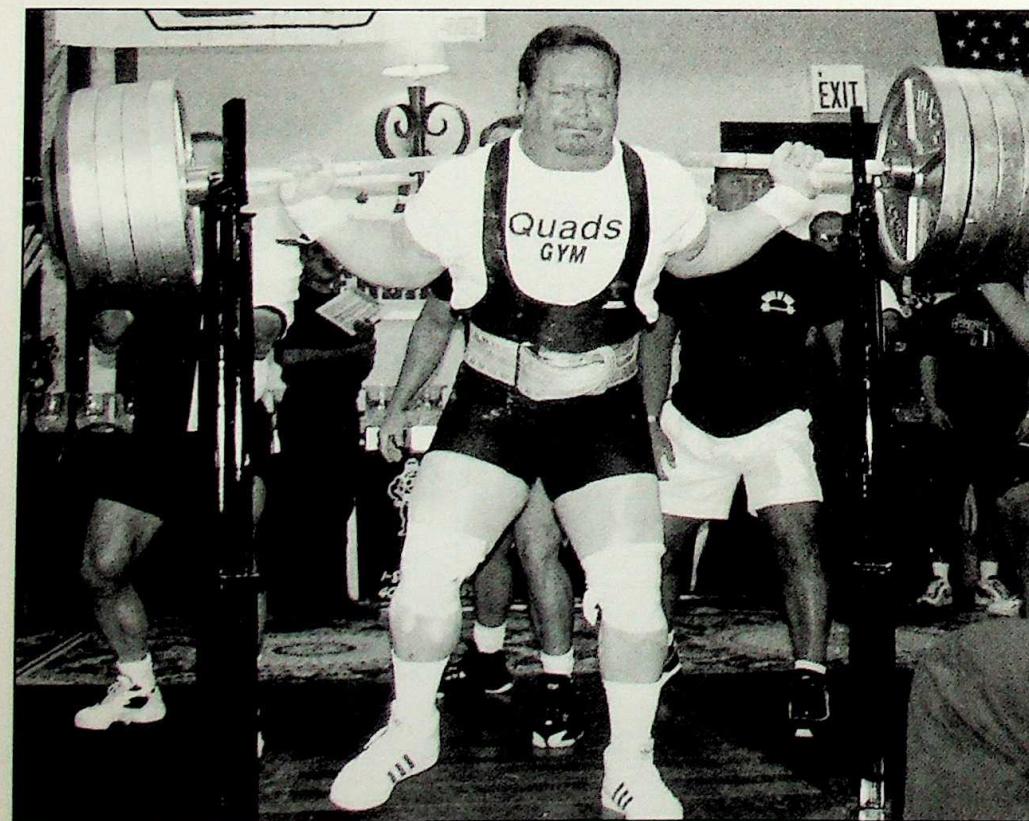
Week 5 - Monday: 495 x 5.
Thursday: 515 x 3

Week 6 - Monday: 505 x 5.
Thursday: 525 x 3

Week 7 - Monday: 515 x 5.



Ed Coan has won numerous titles by squatting heavy and very deep!



1003 on one foot ... Ed Coan routinely handles over 1000 pounds in the squat now that he's a full 242.

Thursday: 535 x 3

Use a suit on the heavy day from now on. (5s stay constant through the rest of the cycle).

Week 8 - Monday: 560 x 3.
Thursday: 515 x 5

Week 9 - Monday: 570 x 3
Thursday: 515 x 5

Week 10 - Monday: 580 x 3
Thursday: 515 x 5

Week 11 - Monday: 610 x 1 (to insure confidence). Thursday: 515 x 5

Week 12 - Meet Week: Squat Tuesday if the meet is on Saturday. You should go up to your best set of 5 reps, and do a triple without the aid of a suit. Meet Attempts: 595, 628, 639.

Leg extensions and leg curls should be done once per week on the first squat day (3 sets, 8 reps on each). I have always done a lot of calf exercises to insure the stability of the lift. Any calf exercise will do, but concentrate on high reps.

The biggest problem I find in watching people squat is depth. Always put your squats down low and have good training partners to make sure you do.

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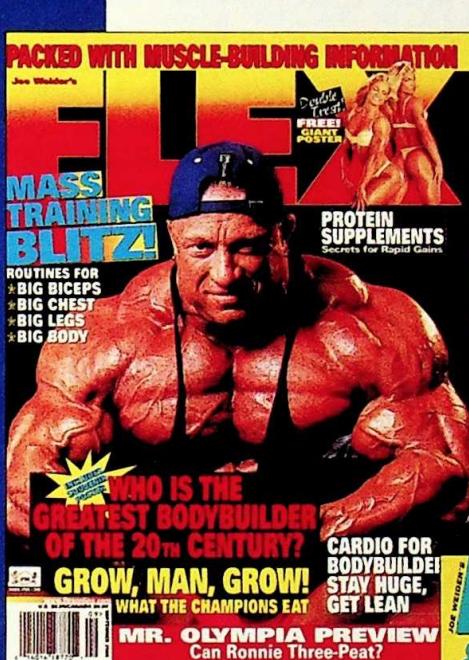
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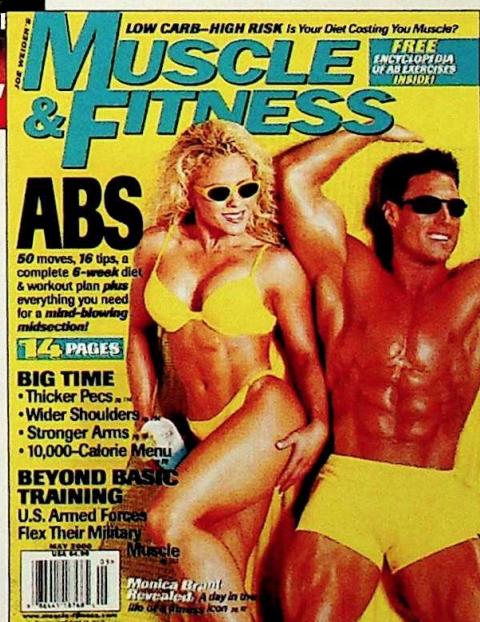


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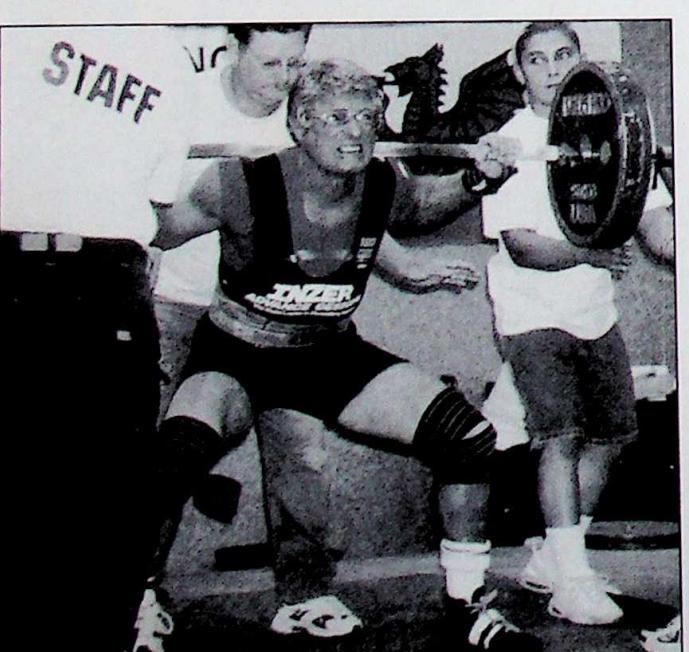
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AWPC Worlds
10-12 AUG 01 - Dallas, TX (kg)

BENCH PRESS	Junior	Rudy Ruettiger	255	142.5	242.5	640
WOMEN	Joshua Paish	Don Graham	232.5	137.5	232.5	602.5
48 kg 40-44	Open	Keith Phillips	270	150	260	680
Carol Krochmal	Ken Wentworth	110 kg	277.5	145	232.5	655
52 kg 45-49	16-17	Dick Zenzen	250	135	227.5	612.5
Chris Spaleto	Mike Spradling	Mickey Banks	125 kg	240	150	630
Karin Heindl	90 kg	Gil Villanueva	125 kg	202.5	137.5	560
60 kg 65-69	Junior	Howard Miller	125 kg	202.5	137.5	560
H. Krivanek	Matt Bauman	Masters 50-54	125 kg	110 kg	110 kg	540
75 kg Open	60-64	Robert Charles	125 kg	107.5	97.5	502.5
Kimberly Perez	Franz Krivanek	82.5 kg	125 kg	107.5	97.5	502.5
SHW 55-59	110 kg	Mario Nigro	125 kg	107.5	97.5	502.5
Margaret Clonce	40-44	110 kg	125 kg	107.5	97.5	502.5
MEN	Tim Widner	Masters 55-59	110 kg	107.5	97.5	502.5
67.5 kg	Submaster	82.5	110 kg	107.5	97.5	502.5
Junior	Robert Darosh	Les Cramer	110 kg	107.5	97.5	502.5
Rocky Smith	13-15	125 kg	110 kg	107.5	97.5	502.5
45-49	Curt Baker	125 kg	110 kg	107.5	97.5	502.5
Martin Heindl	110 kg	Darlow Lloyd	110 kg	107.5	97.5	502.5
60-64	40-44	Ed Sapienza	110 kg	107.5	97.5	502.5
Rich Gidcumb	Noble Cozine	Michael Brown	110 kg	107.5	97.5	502.5
80-84	50-54	210	100	242.5	552.5	502.5
J. Heizelman	John Humble	210	100	242.5	552.5	502.5
Open	Submasters	210	100	242.5	552.5	502.5
J. Mukite	Eddie Ross	210	100	242.5	552.5	502.5
75 kg	125 kg	210	100	242.5	552.5	502.5
18-19	65-69	210	100	242.5	552.5	502.5
Luke Bevill	Jack Twet	Richard Flores	210	100	242.5	552.5
Pedro Rios	127.5 Open	Eddie Angstrom	210	100	242.5	552.5
MEN'S	Garry Bamsey	90 kg	210	100	242.5	552.5
Junior	SQ BP DL TOT	Bob Bassman	210	100	242.5	552.5
67.5 kg		Masters 65-69	210	100	242.5	552.5
Rocky Smith	137.5 107.5 192.5 437.5	100 kg	205	100	195	500
75 kg		Tony Conkle	205	100	195	500
Pedro Rios		Masters 70-74	205	100	195	500
82.5 kg		60 kg	205	100	195	500
M. Bauman	182.5 115 230 527.5	N. Kawasaki	205	100	195	500
Joshua Paish		100 kg	205	100	195	500
90 kg		Melvin Huff	205	100	195	500
Chris Jenkins	250 155 280 685	Men's Open	205	100	195	500
110 kg		52 kg	205	100	195	500
Michael Alocco	310 227.5 285.5 823	Sean Baker	205	100	195	500
Masters 40-44		56 kg	205	100	195	500
75 kg		Robert Leoni	205	100	195	500
Manuel Rivera	240 150 245 635	60 kg	205	100	195	500
82.5 kg		Tim Smith	205	100	195	500
Michael Larsen	190 97.5 195 482.5	75 kg	205	100	195	500
110 kg		Israel Mendoza	205	100	195	500
George Pessell	302.5 187.5 287.5 777.5	Julian Clement	205	100	195	500
110 kg		90 kg	205	100	195	500
Paul Genet	250 215 272.5 737.5	Dan Spitale	205	100	195	500
David Thomas	210 150 220 580	Willis Smith	205	100	195	500
125+ kg		110 kg	205	100	195	500
Cyril Lewis	365 245 320 930	Sam Gissing	205	100	195	500
Fred Rucker	215 170 227.5 612.5	125 kg	205	100	195	500
Masters 45-49		David Evans	205	100	195	500
75 kg		125+ kg	205	100	195	500
Martin Heindl	177.5 127.5 220 525	Mags Schultz	205	100	195	500
82.5 kg		Glen Snelgrove	205	100	195	500
Robert Lynch	270 150 280 710	Men's Submasters	205	100	195	500

75 kg	Dyke Naughton	225.5	171	285	581.5
	Erwin Chang	205.5	160	205.5	571
82.5 kg	David Rees	270	160	250	680
	Brian Johnston	225			
100 kg	Dale Murphy	200	110	220	530
	110 kg	200	110	220	530
Marco Moncayo	320	200	282.5	802.5	
125 kg	Garry Bamsey	280	180	290	750
	125+ kg	330	220	290	840
13-15	L. Desjarlais	300	220	300	820
	Eladio Rios	245	170	240	655
Mens 13-15					
52 kg	Nathan Smith	50			
	56 kg	117.5	77.5	137.5	332.5
67.5 kg	M. Lukaszewski	117.5	77.5	137.5	332.5
	A. Funkhouser	102.5	72.5	137.5	312.5
75 kg	Zachary Zenzen	172.5	90	150	412.5
	82.5 kg	187.5	107.5	197.5	492.5
Greogry Hamill	142.5	92.5	175	410	
Kendrick Ashade	142.5	92.5	175	410	
Chris Beckwith	147.5	77.5	132.5	357.5	
110 kg	Adam Leichinger	120	175	455	
	125 kg	212.5	102.5	205	520
Rich Middleton	230	142.5	230	602.5	
Mens 16-17					
56 kg	Dan Van Huss	75	47.5	100	222.5
	67.5 kg	202.5	97.5	207.5	507.5
Ryan Chance	155	102.5	157.5	415	
75 kg	Mark Mendoza	227.5	150	220	597.5
	82.5 kg	175	135	182.5	492.5
90 kg	Mike Spradling	227.5	150	220	597.5
Jerrod Davis	272.5	150	227.5	650	
100 kg	Curt Baker	180	115	172.5	467.5
	110 kg	207.5	102.5	232.5	542.5
Men 18-19					
75 kg	Luke Bevill	215	142.5	192.5	550
	90 kg	227.5	125.5	227.5	550
H. Benjamin	227.5	182.5	232.5	642.5	
Tyson Orwell	227.5	147.5	212.5	587.5	
110 kg	Mack Hines	195	120	192.5	507.5
	110 kg	272.5	162.5	307.5	742.5
Justin Fitz	100	62.5	132.5	295	
WOMEN'S					
Masters 40-44					
44 kg	Nadine Baker	112.5	65	127.5	305
	56 kg	87.5	42.5	95	225
Karen Heindl	102.5	50	122.5	285	
Monica Cook	132.5	65	150	347.5	
48 kg	Chris Brigham	77.5	50	92.5	220
	52 kg	132.5	65	150	348
Karen Polansky	107.5	72.5	125	305	
Women Open					
48 kg	Susan Reese	107.5	72.5	125	305
	56 kg	125	60	107.5	292.5
75 kg	Kelly Beardmore	125	60	107.5	292.5
Women 13-15					
100 kg	Natalie Bowen	117.5	65	132.5	315
The 2001 AWPC World Powerlifting Championships were held at the beautiful Crown Plaza Hotel. There were 132 entries over 3 days of competition under the excellent direction of meet promoter, Jim Rouse, and assistant meet director, Radar Capehart, for meet preparation and coordination. A sincere thank you to the following sponsors for their continued support and interest in all lifters and ultimately the lifters best performance: Ernie Frantz, House of Pain and John Inzer are to be commended. First, an apology is in order for the unavoidable delay in the publication of this article. Due to the September bombing and our country's tragic loss of life, which ultimately effected every American in some manner, and organizational and secretarial changes in the APF/AAPF, the completion of this article was delayed but not forgotten. As with past APF/AAPF championships, there were fine international lifters who traveled great distances to participate. These world class lifters represented Austria, Australia, Brazil, Canada, Finland, South Wales, and USA. The meet also awarded several team trophies for World Teams including Wales, Canada and USA. The meet ran flawlessly with the expert technical direction and highest caliber judging that this sport has to offer. I would like to thank the following persons for the unselfish efforts donated toward the success of powerlifting and to this much awaited event: Gordon Sante, technical officer, for his ever present guidance of the rules and bylaws, protecting existing national and world records while lifters established new ones. Ed Angstrom, L.B. Baker, Nadine Baker, Gary Bamsey, Fred Glass, Bob Spaulding and Dick Zenzen for the highest level of fairness and consistency through expert judging. Pat Ray and Alicia Casper for their long hours of attention with meticulous detail to the scoring and records. Ray is also a gifted DJ. To start the meet with a bang, the great group of lifters from South Wales enthusiastically offered to spot during opening day before their upcoming competition. Not only did they go on to compete well, establishing some new world records, but the South Wales World team took 2nd place. The American powerlifting team of spotters supplied by Steve Bevill, who not only lifted in the meet, but then protected every lifter with their outstanding spotting for a strenuously long three days. This meet even had warm-up assistants, who expedited the flow of lifting and provided the lifters with that third hand that we all need, but never find. Margaret Hobbs, Sheila Rouse, Carol Angstrom, Virginia Miller and Janie Capehart are to be remembered for their special attention to the details of the meet that otherwise would be neglected. The meet opened with women 13-15 setting world records to no one's surprise. In the SHW class, Natalie Bowen squatted 117.5 kg. for a world record, benched 65 kg. for a world record and attempted a deadlift of 142.5 kg. for another world record but didn't quite make that one. With three competitors in the open Women's, 48.0 kg. class, Margaret Kirkland went 12 for 12, setting and re-setting 6 world records. Margaret's 4th squat was a WR 142.5 kg., 3rd bench WR 72.5 kg. and 4th deadlift WR 147.5 kg. Susan Reese in the 56kg. class set a bench WR with a 4th attempt of 82.5 kg. Kelly Beardmore, in the 75 kg. class finished the meet with a total of 292.5 kg. In the master's category, 40-44 yr. olds, 44.0 kg. class, two outstanding competitors were present. Nadine Baker started setting world records on first attempts of each lift, with final records of squat 100 kg., bench of 62.5 kg. and deadlift of 132.5 kg. Nadine went 6 for 9 for WR attempts. Pat Casper had a bit of trouble with her bench, finishing 7-9 with a great 305.0 kg. total, all the while running a huge portion of the meet. Karen Heidi endured 9 WR attempts, setting 3 category world records with a final total of 225.0 kg. Not bad for a 45 yr. old. In the 45-49 yr. olds, Monica Cook squatted 102.5 kg. benched 60.0 kg. and deadlifted 122.5 kg. On a tough day, Chris Brigham finished with a 77.5 kg. squat, 50.0 kg. bench and 92.5 kg. deadlift in the 50-54 yr. olds. Karen Polansky, 50-54 yr. olds, went 9 for 10 for setting 5 WRs: squat 137.5 kg., bench 65 kg. and deadlift 150 kg. with a great total of 347.5 kg. The teenage men prepared to do battle with weight, starting with ten competitors in 13-15 yr. old class. Nathan Smith, on a bad day, squatted 50 kg. but couldn't quite get an bench to stay in the meet. Mark Lukaszewski went 7-10 getting a world records in the bench of 77.5 kg. and the deadlift of 137.5 kg. with a great day's total of 332.5 kg. Adam Funkhouser squatted 102.5, benched 62.5, and deadlifted 137.5 for a total of 312.5 kg. With great support from Dad, Zachary Zenzen had a great bench day, setting 4 bench world records, 2 squat WRs, and 2 deadlift world records, with a good 412.5 kg. total. Chris Beckwith finished the day with a 357.5 kg. total. Greg Hamill also had a great day with a 492.5 kg. total and WR deadlift of 197.5 kg. Kendrick Ashade went 7-9 with a total of 410 kg. Finishing the meet with a 455 kg. total was Adam Leichinger. On a tough day, Michael Harrell finished with 212.5 squat, 102.5 bench and 205.0 kg. deadlift. Last but not least, finishing with a 602.5 total and 6 WR.					

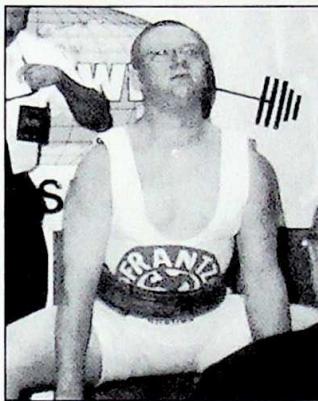
STAFF VR



Tony Conkle with his 451 lb. World Record squat at 220, 65-69. (T.C.)



Dick Zenzen (above) and his son (below) Zachary Zenzen (Lynn)

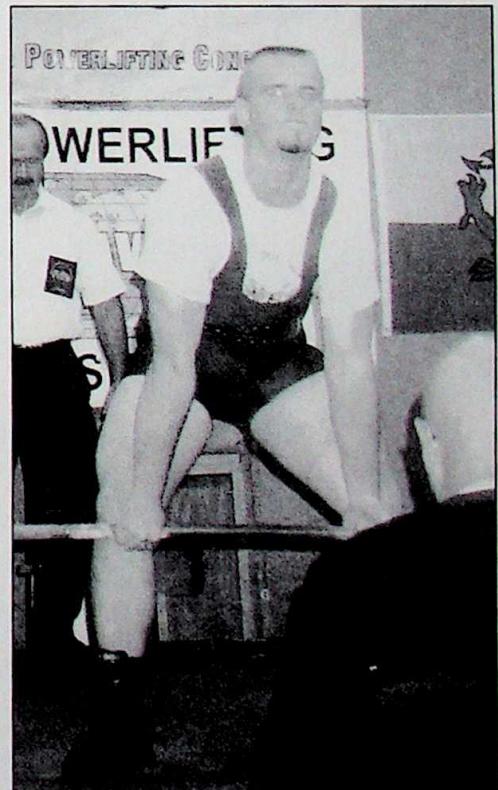


was Richard Middleton who squatted 230.0, benched 137.5, and deadlifted 232.5 on a 4th attempt. Remember that finishing a world class competition is probably the single biggest challenge on the platform and these guys know what that's all about. The 16-17 yr. olds entered the competition with serious goals for state and world records. Daniel Van Huss opened the flight with a world record squat of 75.0, benched 47.5, and set a Texas state record deadlift pulling 100 kg. in the 56 kg. class. Ryan Chance went 8-9 with a 155 kg. squat, set a WR bench on a fourth attempt and deadlifted 157.5 kg for a great day's work. Ronald Stickney started setting and re-setting world records in all categories with final squat of 202.5, 102.5 plus chips bench and a 207.5 deadlift. Mark Mendoza went after his own records with 8-9 setting his 3 WR squatting 227.5 kg., 150.0 kg. bench, and a 220 kg. deadlift. It was an outstanding day for Jerrod Davis, with 10 for 10 in the 90 kg. class, Jerrod took home a WR 272.5 squat, 4th attempt WR 152.5 kg bench, and 227.5 kg deadlift. In the 100 kg. class, Curt Baker went 7-10 getting a 4th attempt bench of 122.5, 172.5 deadlift and bench of 180.0 kg. Justin Graham took home 4 world records in the 110 kg. class with a 207.5 kg. squat, 102.5 bench, and 232.5 kg. deadlift and a total of 542.5 kg. plus a smile. With 4 competitors in the 18-19 yr. olds, Luke Bevill set the pace for records with a WR 215.0 squat, WR 152.5 plus chips bench, and a 192.5 kg. deadlift totaling 550.0 kg. It was a great bench day for Benjamin Howard, who squatted 227.5 kg. benched a 182.5 kg WR, and deadlifted 232.5. Mack Hines also showed what his goals were with a 8-9 day, totaling 507.5 kg. In the 110 kg. class, Justin Fitz squatted 272.5 kg. benched 162.5, and finished with a deadlift WR of 307.5 for a outstanding total of 742.5 kg. These great lifters will surely be looking for Athens, GA in 2002. I was particularly impressed with the Junior division. Rocky Smith started the show in 67.5 kg. class with a squat 137.5 kg. bench of 107.5 and 4th attempt WR deadlift of 192.5 plus the cookies. Pedro Rios showed us what real lifters are made of, after have trouble getting a squat. Even after this disappointment, Pedro participated with the wonderful spot team who protected the rest of the lifters

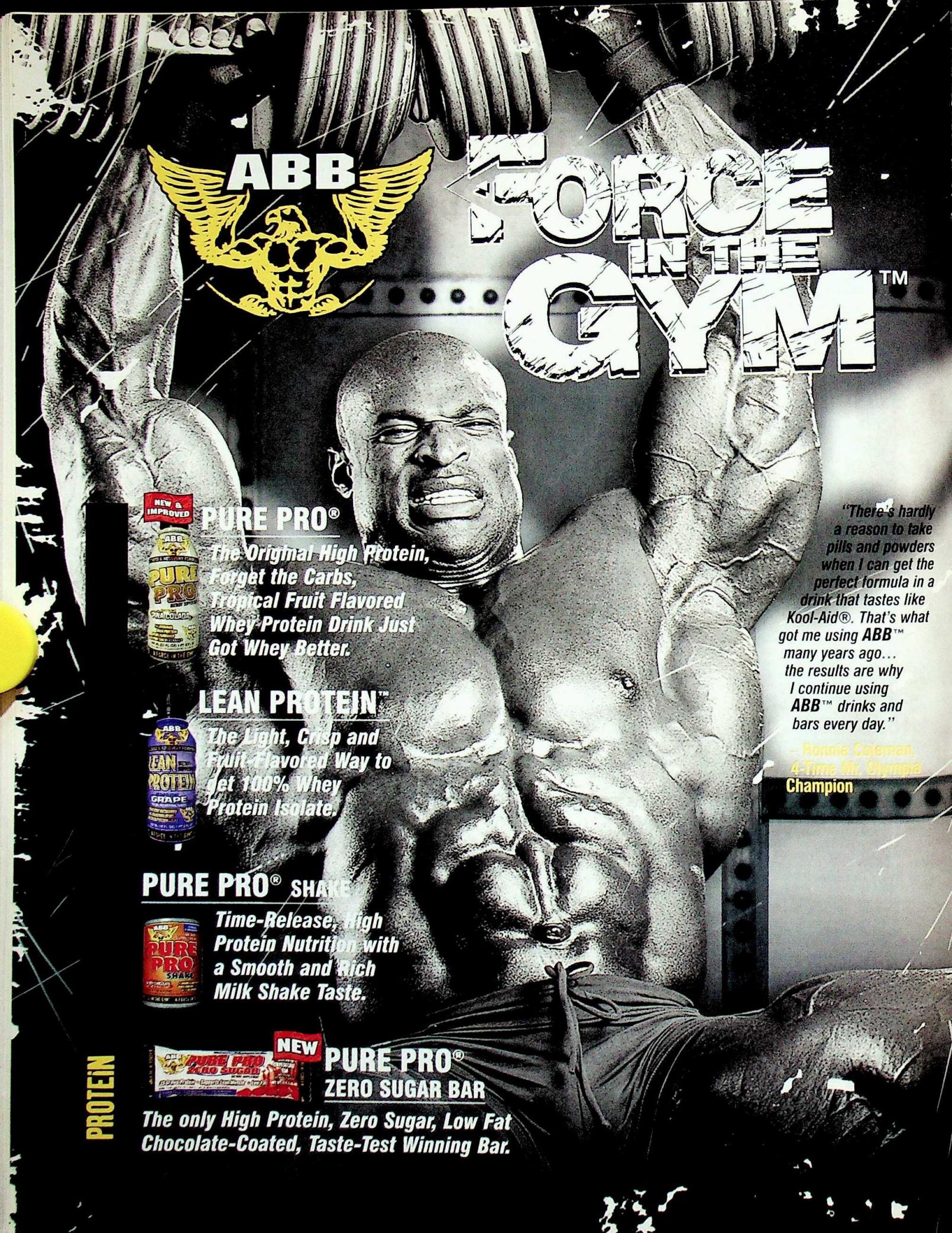
by saving several close calls for the following two days of intense competition. Now that's a lifter's spirit in its finest form. Joshua Paish had a bad day, getting his squat of 70 kg. but couldn't quite get the bench to stay inside. Matt Bauman stayed in with state record squat of 182.5, bench of 115.0 kg. and state record 230 deadlift on a bad day for him. From California, Tyson Orwoll went 7-9 squatting 227.5, benching 137.5, and pulling a 212.5 kg for nice day's work. One of our international competitors from South Wales, Christopher Jenkins, took home his WR deadlift of 280.0 kg. along with a great squat of 250 and bench of 155 kg. totaling 685.0 kg. in the 90 kg. class. The Big Guy from Florida, Michael Allocco, walked through records like wet grass, setting and re-setting 4 WR, with a 227.5 bench, 292.5 squat, and 285 plus chips WR pull. I believe he took home an outstanding lifter trophy as well. Yeah, that was you. Bring that trophy back to Texas! Michael, we know where you live.:) With eleven lifters in the Men's Open division, Robert Leoni, 56 kg. class, opened the flight with a 3rd and 4th squat WR and a 2nd, 3rd and 4th deadlift totaling 458 kg. His highest WR were squat, 170.5 kg. bench 100 kg. and deadlift 197.5 plus chips which was a little over 3 times his body weight! Tim Smith found his gold in a 4th attempt squat of 215 kg. and a 205 kg. deadlift. An international traveler from Wales, Lee Clement went 7-9, with a squat of 215 kg., bench of 130 kg. and a 220 deadlift. With a tough bench day, Isreal Mendoza stayed inside with 217.5 kg. squat, 142.5 bench and 232.5 kg. deadlift for a hard day's work. From Indiana, Dan Spittle, in the 90 kg. class, found an opening squat 290, benched 165, and deadlifted 250 kg. Also in 90 kg. class, Willie Smith went 7-9, totaling 620 kg. Sam Gissling got his bench WR of 208 kg., totaling a 780.5 kg. for the day. Another Wales lifter, David Evans, went 7-9, squatting 200 kg., benching 155 kg., and deadlifting 245 kg. On a really tough day, Robert Johnson had a tough squat day and couldn't stay in the meet. One of two SHW Canadians in the open, Mags Schultz put up a bench WR of 230 kg. with a squat of 300 and deadlift of 272.5 kg. followed by Glen Snelgrove who also did some impressive lifting with a 290 squat, WR 217.5 bench, and a 230 deadlift. As with wine, powerlifters seem to only get better with age. Submasters and Masters set the most world records for the meet. Dyke Naughton from Albany, N.Y. really had a great opener with 2 squat WR, and 1 bench, totaling 581.5 kg. In the 75 kg. class, Erwin Chang, from Chicago, squatted 202.5 kg. benched 160 kg. and went for 3rd and 4th WR deadlifts, the 4th being 220 kg. David Rees doesn't know what lifting is without WRs included., setting and re-setting 7-9 for a total of 680 kg. A lifter with a tough day, Brian Johnston, got a 225 squat, but couldn't find a bench. Another Canadian lifter from Alberta squatted 300 kg., benched 110 kg. and deadlifted 220 kg. for a total of 530 in the 100 kg. class. Holding national championships in all categories in the 110 kg. class, Marco Moncayo from Florida set four WRs. squatting 320, benching 200, and deadlifting 282.5 kg. with a total of 802.5 kg. From Wales, in the 125 kg. class, Garry Bamsey returned after suffering a traumatic powerlifting injury 3 years ago, as he made a 280 kg. squat, 150 kg. bench, and 290 kg. deadlift. From Reedling, PA, Scott Edmiston set 3 WRs, squatting 330 kg., benching 212.5 kg., and a deadlift of 290.0 kg. Eladio Rios went 6-9 with a 227.5 squat, 170.0 bench and a 240.0 kg. deadlift. And yet another SHW Canadian, Leonid Desjardins, went 8-10, with 2 WRs, benching 220 and deadlifting 300 kg. The largest division of all, where age is a definition of excellence, the Men's Masters continues to amaze the lifting community. Starting with 40-44 yr. olds, in the 75 kg. class, Manuel Rivera totaled 635 kg. After state records, Mike Larsen squatted 190, benched 97.5, and deadlifted 195.0 kg., giving him 3 new state records in the 82.5 kg. George Pessell, in the 100 kg. class, squatting 302.5 kg. benching 187.5 and deadlifting 490 kg. with an outstanding total of 777.5 kg. and 2 world records. Another national champion, Paul Genet, squatting 250 got a 215 kg. WR BP, and deadlifted 272.5 kg. just missing a deadlift WR of 287.5 kg. David Thomas, from South Wales, squatting 210 kg. benched 140 kg., and deadlifted 220 kg. for the day. Fred Rucker had a nice day, with a total of 612.5 kg. In the 140 kg. class, Cyril Lewis went after WRs in all lifts, getting a WR squat of 365 kg. and a WR bench of 245 kg. The 45-49 yr. olds were just as

serious, with 9 competitors. In the 75 kg. class, Martin Heindl set a squat mark of 177.5 kg., a WR on a 4th attempt, a WR 127.5 kg. bench, and WR 220.0 deadlift. Robert Lynch went 9-9, on a spectacular day, gaining 3 WRs, squatting 270.0 kg., benching 160.0 kg. and deadlifting 280 for a 710 kg. total in the 82.5 kg. class. Don Graham stayed in competition on a hard day, with a squat of 232.5, bench of 137.5, and a 232.5 deadlift. From Illinois, in the 82.5 kg. class, Rudy Ruettiger squatted 255 kg., benched 142.5, and deadlifted 242.5 kg. for a total of 640 kg. Keith Phillips, from Wales, got a great deadlift WR of 260.0 and was re-setting that when he partially tore his bicep. Keith started out with a 270 squat, and a 150 bench. Wishing you a speedy recovery, Keith. Mickey Banks competed well with a 612.5 kg. total in the 110 kg. class. Dick Zenzen went 7-9, squatting a 3rd attempt WR 277.5 kg. benching 145, and deadlifting 232.5. Howie Miller had a tough time getting past openers of a 187.5 kg. squat, 137.5 bench, and personal record deadlift of 220.0 kg. In the 125 kg. class, from Brady, Texas, Gil Villanueva squatted 240.0, benched 150.0, and got a WR deadlift of 240 kg. after over 21 years in powerlifting. With 2 in the 50-54 yr. olds, Robert Charles got his WR with a 207.5 kg. squat, benched 97.5 and deadlifted 197.5 kg. Mario Nigro went 6-9, squatting a WR 245.0 benching 110 and deadlifting 185 for the day. The 5 competitors in the 55-59 yr. olds, started with Les Cramer, getting a WR squat 207.5, benching 130, and deadlifting 182.5 kg. It was a great day for Darlow Lloyd from S. Wales, getting 3 WRs, squatting 195.0, benching 105.0 and deadlifting 240 kg. From N.Y., Edward Sapienza squatted 182.5, got a WR bench of 127.5, and deadlifted 172.5 kg. Another Wales lifter, in the 110 kg. class, Michael Brown, squatted 210.0 kg. benched 100.0 and deadlifted 242.5 for a WR. Charles Clonce squatted 250.0, benched a 150.5 WR, and deadlifted 235.5 for a WR. In the 60-64 yr. olds, Fred Glass opened with a 165.0 squat, got a 70 kg. bench, and deadlifted 185 on a tough day. There were three 60-64 yr. olds, starting with Richard Flores, who set a squat WR on his 2nd attempt with 232.5 plus chips, a WR 130.0 plus chips bench, and he deadlifted 235, just missing a WR deadlift. Eddie Angstrom went 8-10, opening with a WR squat of 72.5 kg. benched 137.5 and set and re-set WR deadlifts to 4th attempt 195.0. From Plano, Texas in the 90 kg. class, Bob Bassman squatted 205.0 kg., benched 142.5, and deadlifted 210 kg., totaling 554.5 kg. Tony Conkle, in the 65-69 yr. olds, set a second attempt WR squat of 205.0, benched 100.0 and deadlifted 195 kg. At the highest level of excellence, not only by form but also achievement, 70-74 age group lifter, Nori Kawasaki, in the 60 kg. class, squatting 155.0, benched 92.5, and deadlifted 165 kg. for a total of 412.5 kg. In the 100 kg. class, Melvin Huff squatted 182.5, benched 105.0, and pulled 192.5 for a great total of 480.0 kg. Congratulations to all of you and look forward to seeing all of you again at the next AWPC in Athens, Ga. in August 2002!

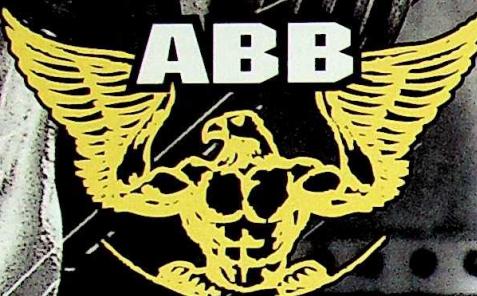
BENCH PRESS-In the women's open, Kimberly Perez, in the 75.5 kg. class, went 3-4 with the 4th WR bench of 102.5 after setting WRs from her second attempt onward. Carol Krochmal, 48 kg. class, got 3 attempts, barely missing a WR of 60 kg. on 4th attempt. From Illinois, Chris Spaletto, got an opener of 55 kg., but couldn't quite set up the WR of 62.5 kg. A long distance traveler from Austria, Karen Heindl got her gold with a 40 kg. WR on a second attempt. Margaret Clonce, from Oklahoma, went 3-3 setting a 67.5 WR in 55-59 yr. olds SHW class. Also from Austria, Hermine Krivanek, 60 kg. class, set her WR on a 2nd second attempt of 48.5 kg. for the 65-69 yr. olds. **MEN'S**-Curt Baker got a 115 kg. 2nd attempt, but just missed a WR in the 3rd. Mike Spradling got his WR in second third and fourth attempts with WR of 140.0 kg. in the Teen 16-17 yr. olds. Luke Bevill got a second attempt 145 kg., and barely missed his WR in the 18-19 yr. olds. In the Juniors Bench, Pedro Rios went 3-3 for 127.5 kg. after a early disappointment in the meet. Joshua Paish got an opener of 150.0 kg. Matt Bauman made a 117.5 kg. bench. In the Men's Open, Joe Mukite, from Illinois, set a WR with his opener of 187.5 kg. barely missing 3 following attempts for WRs which were 3 times his bodyweight. From Ohio, Ken Wentworth got an opener of 140.0 kg. Gene Bell from Selma, Texas, went 3-3, with a 227.5 kg. bench and first place in 90 kg. class. Coby Washburn, from Odessa, Texas, got his 192.5 kg. on his second attempt. Submasters started with Robert Darosh, who went 147.5 kg. in 100 kg. class. From Richardson, Texas, Eddie Ross pushed 207.5 kg. on his second attempt, but couldn't get the WR. Garry Bamsey got his 190.0 kg. on a 3rd attempt. In Masters 40-44, Tim Widner got a 170.0 kg. Noble Cozine got a 187.5 kg. In Masters 45-49, Martin Heindl, from Austria, went 3 for 3 with a final 112.5 kg. in the 67.55 class. At Masters 50-54, John Humble, got 182.5, and barely missed a 200.5 WR. In Masters 60-64, Franz Krivanek, from Austria, got his 90.0 kg. on the second attempt. Master 60-64 Richard Gidcumb opened with 100.0, but had a disappointing miss with 107.5 kg for a WR. In Masters 65-69, Jack Twet, from Wisconsin, marched through his opener of 142.5 with 3 WRs to follow, finishing with a 160.0 kg. In Masters 80-84, Jack Heizelman, from Carrollton, Texas, inspirationally went 3-3 with a 3rd attempt WR of 75.0 kg. I would like to thank all the lifters and officials for their extended patience awaiting this article and I do sincerely wish each and every one of you a happy and successful 2002. I hope to see each of you on the platform again this year in Athens, Ga. L. B. Baker has already urged everyone to make your reservations early. See you there!! (thanks to Lynn Graham for providing this report to Powerlifting USA)



Justin Graham with a 232.5 kg. deadlift. (Lynn G.)



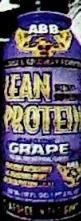
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Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

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

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

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

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 30 SHWs.

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

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

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

May/94... USPF/ADFPA Collegiates, USPF Jr. Nails, IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s

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Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

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

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

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

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

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Night-

mare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

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

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

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

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

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

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

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

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Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men-Teen-Jr.-Master Worlds,

Iron Island Halloween BP/DL 27 OCT 01 - Oceanside, NY

AAFP Men BENCH	J. Devito	505
Men	K. Wright	485
114	D. Curry	480
R. Rambally	180	A. Korsun
123	198	
S. Cintron#	285	W. Fahrenfield#
R. Green*	220	655
132	C. Slaybaugh	635
Teen	D. Grabon	500
B. Lipari	110	L. Lewis
148	J. Cohen	550
Junior	T. Segeman	470
E. Adolph*	275	220
R. Rawn	270	B. Fahrenfield
V. Centauro*	255	680
181	C. Slaybaugh	625
S. Fisher	385	F. Lopez
J. Baldacci	325	530
M3	J. Materazzo	510
B. West	305	J. Impallomeni*
A. Korsun	285	505
M7	M4	485
R. Maxwell	275	T. Avans
198	275	150
N. Horton	315	T. Clifford
220	165	405
S. Cook	465	D. Noriega
R. Hunter	385	R. Daly
F. Lopez	350	242
N. Tretola	350	B. Georges
M6	181	605
J. Backos	340	J. Baldacci
J. Impallomeni*	305	520
M8	220	M3
T. Clifford	225	M2
M. Ferlito	242	H. Skiba
B. Wilson	242	590
L. Savino#	490	R. Maxwell
B. Georges	470	500
N. Tretola	350	D. Cease
M1	198	APF Bench Press
J. Dibble	455	165
J. Zemken	425	S. Rabine
J. Matazaro	300	L. DePalma*
M. Cleveland	275	500
M. Rawlinson*	475	220
M2	242	B. Fields
M. Gruder	415	R. Delemare
M4	123	M. Harris
D. Cease	395	445
M5	M1	L. Savino#
H. Skiba	375	275
AAFP DEADLIFT	D. Ciulla	645
114	308	V. Dizenzo#
R. Rambally	330	K. Pighini
123	132	575
S. Cintron#	400	A. Jacavone
R. Green*	375	550
B. Lipari	275	SHW
148	123	H. Wilson
Jr.	132	Deadlift
E. Adolph*	505	M. Harris
V. Centauro*	425	625
N. Gil	410	AAPF Women's BP
Teen	123	M1
S. Smith	325	J. Scholz#
N. Meyer	310	145
SP	148	I. Grunewald
T. Avans	240	120
M. Wolfe	410	M3
181	165	D. Ciulla
M1	165	K. Wiebalk
R. Maxwell	550	80
123	132	K. Wiebalk
M2	123	110
D. Ciulla	230	K. Wiebalk
132	132	110
K. Caggiano	165	K. Wiebalk
L. Floyd	160	210
Deadlift	123	J. Scholz#
J. Tackill**	250	145
Deadlift	123	I. Grunewald
J. Tackill**	250	275
Deadlift	123	D. Ciulla
J. Tackill**	405	230
# Best Lifter. * Iron Island Team Member. Once again the Iron Island "Halloween" Bench Press and Deadlift Championship was a huge success! I would personally like to thank Ralph and Michelle Raiola, the owners of Iron Island Gym, for providing a great venue to run the meet in, for providing the powerlifters in the area a top notch training facility to train in, and for supporting the sport of powerlifting, in every way possible, for as long as I can remember. I hope that Ralph and Michelle know that their support does not go unnoticed! Special thanks go out to NCF Drops for providing tee-shirts to all the spotter/loaderes and also making a contribution to the club! I would also like to thank the members of the Iron Island Pow-	405	

erlifting Club for pulling together and getting the job done! I think we have lived up to the reputation that was passed on to us. We continually run a very well organized meet with fair and consistent judging. We also provided our lifters with the best powerlifting equipment money can buy. Remember, these meets are run by lifters for the benefit of fellow lifters! The tragic events of September 11, 2001 have affected each and every American citizen in one way or another, but those of us who live in the New York Metropolitan area were especially devastated because almost all of us lost someone that was close to us. Our gym not only lost a member who was a rescue firefighter, but had several of its members (both police and firefighters) work around the clock in the recovery effort. The club decided to dedicate the meet to the memory of our fallen brothers and sisters and to donate to both the police and firefighter relief funds. This meet was one of the largest bench press and deadlift meets ever held at Iron Island Gym. 71 lifters from all over the Eastern Seaboard competed in the event. We were especially proud to host a powerlifting team from the U.S. Military Academy at West Point, New York. These fine young men and women demonstrated that they have exactly what it takes to be "the best". Some tremendous lifting took place on the platform that day. Some highlights include Storm Cintron's 285 BP and 400 DL (123-AAPF), Lou Savino's 490 BP (242-AAPF), Jim Dibble's 455 BP (242-AAPF-MASTER), Warren Fahrenfield's 655 DL (198-AAPF), brother Brian Fahrenfield's 680 DL (220-AAPF), and Mike Rawlinson's first 700 DL (275-AAPF). These are some spectacular lifts for the APF Division. In the APF Division, we had 7 lifters B over 500! Greg Savino and Vin Dizenzo were the Outstanding Bench Pressers in this Division. Greg hit a TOP 10 ALLTIME Bench Press of 530 at 181. He also had a close miss at 550. This lift qualified Greg to lift at the WPO Arnold Classic BP Championships in Feb, in Columbus, Ohio. Best of luck to Greg! Vin Dizenzo has been following the advice of Bill Crawford and it has certainly paid off for him. Vinny hit a very easy second attempt of 645 and had a close miss with 675. Vinny had tremendous explosion and just missed the 675 at lockout, when it drifted back into his delts. I don't want to jinx Vinny, but I believe he will BP 700+ within a year. Go get it, Vin. APF National Champion Joyce Tackill used the meet as a "test" and hit a 250 BP and a 405 DL. Unfortunately, this will be the last meet held at iron Island Gym. However, Ralph has graciously offered to allow the powerlifting club to use the gym's equipment for any future meets we choose to run outside of the gym. At the present time, several club members are looking into various venue options, but for now we have had to put our 2002 meet schedule on hold. As soon as we have a definite plan we will get the word out. Stay healthy and strong! (thanks go to John Bott for this report)

NASA NM Regional 22 SEP 01 — (kg)

BENCH only	Pure 227 lb.
Masters-3	Michael Teupell 205
187 lb.	WOMEN
Jeff Moskowitz	155
227 lb.	Masters-5 110.2 lb.
V. McCormack	70
Jerry Whitlow	150
Masters-5	119 lb.
Gary Whitlow	145
CURL only	
WOMEN Masters-5	
V. McCormack	35
High School	SQ
154.3 lb.	TL
Joe Harris, Jr.	92.5 75 140 307.5
Intermediate	227 lb.
Tim Turley	227.5 152.5 245 625
280 lb.	
Michael Hooker	235 195 265 695
Masters-1	187 lb.
Philip Rivera	217.5 127.5 232.5 577.5
Larry Sanchez	250 155 215 620
280 lb.	
Rick Dench	250 167.5 250 667.5
Masters-2	205 lb.
Kenny Croxdale	247.5 160 280 687.5
Masters-3	170.8 lb.
H. Richardson	170 97.5 195 462.5
Natural	187 lb.
Philip Rivera	217.5 127.5 232.5 577.5
Novice	250.2 lb.
Neil Eddins	205 150 272.5 627.5

Pure Novice 187 lb.		60 kg.	Y. Pruzhanskiy	180	112.5	222.5	515	I. Zakirov	360	185	320	865	
B. Ammerman 210	147.5	212.5	570	K. Boloshenko	140	65	132.5	337.5	V. Vlasuk	200	95	215	510
205 lb.		N. Zinchuk	125	72.5	135	332.5	I. Opalenko	160	115	180	455		
Chase Torres 200	135	185	250	R. Fomovska	125	75	130	330	V. Gutsenko				
Pure 187 lb.		O. Pereina	127.5	62.5	120	310	75 kg.						
Philip Rivera 217.5	127.5	232.5	577.5	67.5 kg.					A. Nikolenko	300	177.5	250	727.5
250.2 lb.		S. Poplavsk	190	130	200	520	M. Oliynyk	237.5	162.5	245	645		
Richard Kahle 300	180	285	765	L. Panchenko	130	67.5	140	337.5	O. Semenov	260	135	245	640
280 lb.		N. Venger		T. Bagriy	200	135	210	545	A. Ivzhenko	250	140	240	630
Micah Hooker 235	195	265	695	G. Lytvyn	170	92.5	170	432.5	V. Baklaik	237.5	150	240	627.5
Submaster-2		A. Marchuk	90	50	110	250	A. Mirzoyan	235	155	235	625		
250.2 lb.		82.5 kg.		I. Orobels	225	130	190	545	O. Savchenko	245	137.5	242.5	625
Neil Eddins 205	150	272.5	627.5	4th	230.5*			S. Gibner	240	125	250	615	
280 lb.		G. Kotsaba	150	105	157.5	412.5	V. Levchuk	230	157.5	215	602.5		
Joe Harris, Jr. 185	170	227.5	582.5	G. Zheluk	90	45	115		M. Bezelynskyy	205	140	230	575
WOMEN		+90 kg.		O. Pukaz	215	130	220		V. Pazuk	215	130	220	565
Junior 119 lb.		I. Orobels	225	130	190	545	R. Akhmetst	215	145	190	550		
Mayna Plata 105	62.5	105	272.5	4th	230.5*			O. Pekny	200	117.5	225	542.5	
WOMEN	CL	BP	DL	TOT				S. Trukhansky	190	127.5	197.5	515	
110.2 lb.								T. Tsyvadly	200	115	195	510	
Tasha Adelmann 17.5	27.5	45	90					O. Furman	180	105	190	475	
170.3 lb.								V. Kosobrodot	230	145	-,-	0	
Elaine Waugh 22.5	35	70	127.5					O. Kraevsky					
(Thanks to Mike Adelmann for these results)								A. Zakharchenko					
								82.5 kg.					
								S. Grechko	307.5	150	295	752.5	
								A. Buktitych	285	150	282.5	717.5	
								S. Chembulatov	257.5	175	252.5	685	
								G. Kopsukh	240	142.5	260	642.5	
								I. Kukharevych	235	175	230	640	
								A. Soslov	240	135	210	585	
								V. Bryzhko	200	125	190	515	
								I. Panchenko	290	170	-,-	0	
								O. Milinevskiy					
								I. Shliakhta	335	200	350	885	
								O. Nazarenko	310	175	335	820	
								O. Bashkatov	285	185	282.5	752.5	
								G. Tymoshivsky	280	170	300	750	
								V. Nesterov	290	180	275	745	
								M. Artsymovich	300	160	265	725	
								O. Scherbakov	275	165	265	705	
								M. Kharchenko	225	135	220	580	
								L. Albin	300	190	-,-	0	
								E. Kostiantynov					
								M. Kornienko					
								I. Ekymentko					
								M. Sokolov					
								100 kg.					

Ukraine Cup - October 01 (kg)				
WOMEN	SQ	BP	DL	TOT
44 kg.				
I. Trubilina	95	47.5	125	267.5
48 kg.				
O. Dmytruk	137.5	70	132.5	340
O. Sychanina	115	72.5	130	317.5
Y. Kazakova	110	57.5	147.5	315
G. Kadalska	105	70	140	315
T. Trubilina	120	70	120	310
52 kg.				
M. Chepil	140	80	155	375
O. Dmytruk	147.5	67.5	145	360
E. Pedchenko	100	57.5	130	287.5
L. Rossol	90	62.5	130	282.5
56 kg.				
T. Karpova	140	92.5	160	392.5
O. Kotendzhy	120	55	110	285
I. Kotendzhy	80	62.5	117.5	260

World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. I, IPF Seniors, Asians, Speed Strength, TOP 100 220s
Mar/98... Mark Philipp Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s
May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Bench Pressing, Top 100 275s
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFP Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardelli, Greg Blount, World's Strongest Man, Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors, Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.
Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98 ... IPF Masters-Juniors - Mens/WPC/WDFP/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99 ... WABDL Worlds, WPC Worlds Pt. I, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF

Worlds, Jerry Tancil, TOP 100 198s.
Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99 ... The ED COAN Book, Why Whey?, Gordon Sante Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s
May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
Aug/99 ... The Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99 ... USAPL Men's Nats., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s
Oct/99 ... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/00 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.
Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s
Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes

Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/01 ... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.
Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Nails, IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S, Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights
Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies
Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louie Simmons, TOP 100 198s
Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT. I, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes

2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275s
Jun/01 ... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Aleinikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s
Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
Oct/01 ... World Games, TomManno Interview, Jamie Harris Interview, John Corcello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s
Feb/002 ... WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halberton Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s
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11 MAR 01 - Watertown, NY

18-40	wt.	Men's 40+
K. Bedore	176	405
R. Darling	194	350
T. Beckstead	355	265
		Most Reps (bodywt.)
		31
		G. Blondin
		16
		R. Darling
		21
		T. Beckstead
		20

(Thanks to Chester F. Gray, President, Watertown Health & Racquet Club for results)

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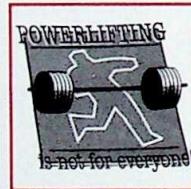
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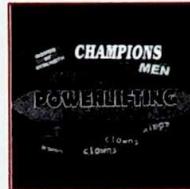
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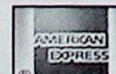
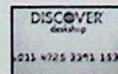
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8-10 MAR, 100% Raw Teenage Nationals (men & women, all ages, wt. classes, 5 yr. drug testing period, 02/03 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

9 MAR, Washington State High School Qualifier, Montesano HS, 360-249-4041, eink@bsd405.com

9 MAR, USPF New Jersey High School Bench Press & Deadlift (drug free - students only - Hammonton, NJ) Paul Sacco, 537 Pine Rd., Hammonton, NJ 08037, 609-567-0046

9 MAR, NASA East Texas State PL, BP, PS (Longview, TX) SQPBDL@aol.com

9 MAR, ADAU Raw Drug Free New Jersey St. Pl / Out of State (Hamilton Township PAL) Lorraine Granese, 708 Sugarbush Ct., May Landing, NJ 08330, 609-625-0807

9 MAR, USAPL Virginia Open PL/BP, John Shifflett, Box 941, Standardville, VA 22973, valifting@aol.com

9 MAR, SLP March Madness BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

9,10 MAR, AAU USA BP, Push/Pull, DL (Best Western Inn Suites, Moreno Valley, CA - world qualifier, open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-

4797, ntrlpwr@pe.net
9,10 MAR, WABDL Pepsi Northwestern Regional BP & DL (drug tested - Doubletree Hotel, Eugene, OR) Gus Rethwisch, 503-762-5066

9,10 MAR, Pepsi WABDL Northwest Regional (Doubletree Hotel, Springfield, OR) Gus Rethwisch, 503-962-5066

9,10 MAR, I.P.A. Teenage Nationals (12-19 - Columbus, OH) Dan Dague, 2251 Sundew Ave., Grove City, OH 43123, 614-539-8311 (H), 614-266-2683 (O)

10 MAR (new date), WNPF Georgia (PL, BP, DL, SQ, PC - world qualifier - Atlanta, GA) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

10 MAR, USAPL Military Nationals (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

10 MAR, SLP Pecatonica Finess BP/DL Classic (Pecatonica, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

15 MAR, Texas State High School Girls State (Ft. Hood, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

15-17 MAR, USAPL High School Nationals (St. Louis, MO) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 8-10pm, m c i s s e l l @ a o l . c o m , usaplnationals.com

16 MAR, 8th Midwest Bench Press & Deadlift, Beyond Fitness, 1134 S. Military Ave., Green Bay, WI 54304, 920-494-8446

16 MAR, USAPL Ironman BP, DL, and Record Breakers, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

16 MAR, APA Virginia Open PL & BP (lifters from all states welcome - Roanoke, VA) Mike Brookman,

brookmanmec@earthlink.net, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apawpa.com

16 MAR, APA Gulf Coast BP & DL, 54th Ave. Gym, 4195 54th Ave., N., St. Petersburg, FL 33714, 727-521-6162, Jages55236@aol.com

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

16 MAR, WABDL Oklahoma State BP & DL (drug tested McAlester, OK - open, teen, class I, women, jr., law/fire, masters, submasters) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059, brownfieldpower@lakeweb.net

16 MAR, SLP Heath Clifton Memorial BP/ DL Classic (Paragould, AR) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

16 MAR, NASA Ohio State PL, BP, PS (Springfield, OH) SQPBDL@aol.com

16 MAR, 14th Beast of the East BP/DL (Bradford, PA) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net

16 MAR, ADAU Great Lakes PL/National Qualifier (open & all age groups, men & women) Joe O'rengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

16,17 MAR, APF/AAPF Texas & Oklahoma State (separate meets) PL, BP, DL,

Radar Capehart, 1700 Coral Rock Ct., Irving, TX 75060, 972-253-8575 (h), 214-543-9691 (c)

16,17 MAR, CPC Canadian Championships (Red Deer, Alberta, Canada - open to US lifters - entry 50 Canadian) Bruce Greig, Box 4, Okotoks, Alberta, Canada T0L 1T0, 403-938-3067, 403-938-0489

16,17 MAR, WNPF Youth, Teen, Sub-master, Masters Nationals, Ralph Peace Memorial, South Carolina State and Power Curl (Greenville, SC - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

17 MAR, USPF Rhode Island State PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665

23 MAR, USPF Utah State & Open, (Brigham City) Rocky Mountain Athletic Center, 1968 West 6000 South, Roy, UT 84067

23 MAR, 3rd Ron's Gym BP, Ron's Gym, 5131 E. Callard, New Middleton, OH 44442, 330-542-2355

23 MAR, NASA Kentucky State (Lexington Athletic Club) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guh@wirefire.com

23 MAR, APF Michigan State (Harrison Township, MI) Jim Hinze, 33949 Curcio St., Sterling Hts., MI 48310, 810-381-6499, jinh@teamvbs.com

23 MAR, 12th Weightlifting Unlimited Bench Press, Randy Brooks, 525 Whitacre St., Winchester, VA 22601, 540-667-6288

Coming Events

Mountaineer Race Track & Gaming Resort presents the

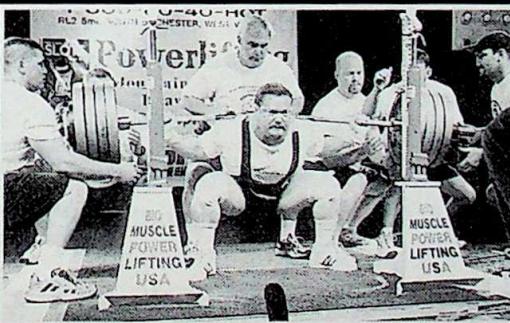
Mountaineer Cup IV

& 38th USPF Men & Women's Sr. Nationals & National Masters



The USPF will run qualifying meets inviting 16 qualified competitors in the Heavy and Light Heavy for Cup IV. Eight in each class will receive cash awards and teamed up by a draft placing light-heavy with a heavy competitor to form a total of Eight teams for Cup V.

The projected Cup V Champion Team's purse is in excess of \$30,000 in cash and/or prizes.



Ed Coan ... Cup II & III UNDISPUTED CHAMP RETURNS!

June 22, 2002

Mountaineer Race Track & Gaming Resort, Chester, WV

Details at this link <http://www.mtrgaming.com>

Room reservations: 304-387-8000. Get your rooms NOW!

Please note qualifiers listed on the <http://www.uspf.com>

Lifters staying at the Resort receive a rebate on their entry.

Mountaineer Race Track & Gaming Resort

Contact Information:

Nick Busick 304.387.8186
Mountaineer Cup

David Jeffrey
304.489.2428 USPF
Nationals

Brandon Hinkle
304.387.8185 Event
Coordinator/Vendor
Booths/Sponsors

General information...Dates/
times and calendar of events
304-387-8174



Mountaineer Park, Inc.
MTR Gaming Group,
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and subsidiaries, off-
cers, directors,
employees and agents

do not guarantee the
amount of prizes. All dollar figures are based on pro-
jections from available information. Equipment and T-
Shirt Logos must be approved by referees and/or
judges. MPI reserves the right to reject entries.
Participants of USPF Nationals & Mountaineer Cup
will be required to sign a release for TV broadcasting.

23 MAR, APA Kentucky Regional PL & BP (open to all lifters in all states) Jay Gibson, zetckoh@hotmail.com, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apawpa.com

23 MAR, USAPL Battle of the Great Lakes PL/BP (Cleveland, OH - male/female, men's open, HS1, HS2, Jr., Collegiate, masters, women's open, police/mil/fire, raw, novice) Gary Kanaga, 440-884-7608, bigkanaga@aol.com

23 MAR, Georgia State PL & Deep South BP (Holiday Inn Convention Center, Forsyth, GA, exit 186 on I-75) Buddy Duke, 229-896-3988 (d), 896-3989 (after 8pm), bduke@surfsouth.com

23 MAR, Winona Springs Classic BP, Boardwalk Gym, 71 W. 3rd St., Winona, MN 55987, Jim Hearon, 608-787-5693
23 MAR, APF/AAPF Illinois State PL/BP (Rich East H.S., Park Forest, IL) Craig Hanson, 1629 Trainer Rd., Rockford, IL 61108, 815-227-0935

23 MAR, WNPF Western Ohio (PL, BP, DL, SQ, PC - world qualifier - Dayton, OH) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418
23 MAR, SLP Missouri State "Raw" PL/BP/DL (Rolla, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

23 MAR, APF Nebraska State & Midwest Open, Big Iron Gym, 4519 S. 24th St., Omaha, NE 68107, Rick 402-392-2446

23 MAR, 1st Annual John Ware Classic Collegiate Invitational, TSU Irontogs, Student Involvement SUB, 100 E. Norman, Kirksville, MO 63501, Zac Cooper, tsuirontogs@hotmail.com, 660-785-4850

23 MAR, USPF West Virginia State & Single Lift SQ and DL & Holley Strength System Open PL, BP, DL (Institute, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

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

23,24 MAR, USAPL 6th annual Frank Kostyo Memorial PL, All American Gym, 309 W. Main St., Lakeland, FL 33801, Louis Baltz or Ken Snell, 863-687-6268
23,24 MAR, NASA Iowa State PL, BP, PS (Des Moines, IA) SQPBBL@aol.com

24 MAR (new date), WNPF Western New York PL (Niagara Falls, NY - world qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
24 MAR, NPA Northern Illinois Open (tested - PL, BP, DL) Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, ask for or leave message for Duane

30 MAR, Spring Classic USBF Raw Bench and USPC Power Curl, Box 20042, Baltimore, MD 21284, Brian Washington, 410-265-8264, Brian@usbf.net

30 MAR (new date), 13th Cabin Fever DL plus BP, Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471

30 MAR, IPA Mountaineer Championships, Mike Hill, 1007 Dartmouth, Charleston, WV 25302, 304-727-2593

30 MAR, 22nd Central Ohio BP (open, teen, women, masters) Dean Glitt, 351 John St., Circleville, OH 43113, 740-474-9776
30 MAR, USAPL March Madness BP/DL (E. Greenbush, NY) Sean Culnan, 518-384-1100 ext 525, sculnan1@rycap.rr.com

30 MAR, MPA Minnesota State PL (SQ, BP, DL - Teen, Open, 40+, Police - Fire - Military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)

30 MAR, Tamara Rainwater-Grimwood BP/DL Memorial (Lancaster, PA) Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442, seeker@westpa.net

MAR, AAU MASS State Open (male/female) Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534

5 APR, APF/AAPF First National Curl

912-423-7434

6 APR, USAA BP, DL, Ironman National (tested, non-tested - Atlanta, GA) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number)

6 APR, APA Colorado Open BP, DL & Push / Pull (Sterling, CO) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apawpa.com

6 APR, NASA Tennessee State PL, BP, PS (Nashville, TN) SQPBBL@aol.com

6 APR, Staunton YMCA Spring BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

6 APR, Police & Firefighters Open Nationals (Capitol Center Inn, Topeka, KS) James Duree, 913-596-7326, JDuree7086@aol.com

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

6 APR, WABD Idaho State BP & DL (drug tested - Nampa, ID) James Preston, 208-465-0532

6 APR, USAPL Illinois State / Great Rivers BP AND PL, Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

6 APR, APF Florida State Bench Bash (formerly Bike Week B.B. - Daytona Beach, FL) 877-HUG-IRON, hgeiron@bellsouth.net

6,7 APR, USPF High School & Jr. National Championships (Ft. Hood, TX 2 yr. age groups 13-23) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

6,7 APR (new date), USAPL Pennsylvania State (Greater Scranton YMCA, Dunmore, PA) Joe Luciano 570-961-0915 (w), 342-8155, www.geocities.com/steventmann/vmeets.html

6,7 APR, Power Palooza IV PL, BP, DL, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

7 APR, USAPL Coyote Clash PL, BP, DL, Iron Man/Woman (Chambers, NE) James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672, jmsht@aol.com

7 APR, SLP Primetime Fitness Spring BP/DL Classic (Crestwood City, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 APR, WNPF Alabama (PL, BP, DL, SQ, PC - world qualifier - Bessemer, AL) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

7 APR, WNPF Western New York Meet (Niagra Falls, NY), Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

7 APR, 3rd Pittsburgh Area Monster BP & DL (men, women - all classes - all divisions - cash prizes - Holiday Inn Airport) Mike Barraevocchio, 301 Spring Water Ct., Moon, PA 15108, 724-457-2708

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

12-14 APR, USAPL Collegiate Nationals, (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

13 APR, Florida State Drug Free BP, All American Gym, 309 W. Main St., Lakeland, FL 33801, Louis Baltz or Ken Snell, 863-687-6268

13 APR, Creekside's 1st annual BP Contest, Chuck Steepleton, 1419 Boardman-Canfield Rd., Boardman, OH 44512, 330-758-0667

13 APR (new date), APF/AAPF Georgia State PL & Georgia Bench Meet, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbbaker@musclemaker.net

13 APR, USPF California State PL & BP

USPF

(United States Powerlifting Federation)

HIGH SCHOOL / JUNIOR NATIONAL CHAMPIONSHIPS

APRIL 6 - 7, 2002

Ft. Hood, Texas

(60 miles north of Austin, Texas)

High School Divisions:

Men

Women

Junior Divisions:

13-15 yrs.

16-17 yrs.

18-19 yrs.

20-23 yrs.

Lifters may enter more than one division.

AWARDS

1st - 10th place

Best Lifter:

Junior Men

Junior Women

High School Men

High School Women

Best Squat Men

Best Squat Women

Best Bench Men

Best Bench Women

Best Squat Men

Best Squat Women

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FLEXION STRENGTH SYSTEMS, INC.

SEGUIN FITNESS

Contest (Pensacola, FL) Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

5-7 APR, AAPF Nationals (Teen, Masters, Juniors, Open, men/women - Pensacola, FL) Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

6 APR, Washington State High School Qualifier, Shelton HS, R. Unterscher,

360-426-4471, einek@bsd405.com

6 APR, Newfield High School's 3rd Powerday PL, James Howell, 218 Piper Rd., Newfield, NY 14867, 607-564-3387, jh198@go.com

6 APR, IPA East Coast Bench Press Nationals, Drew Lindsay, 33501-A Lake Rd., Avon Lake, OH 44012, 440-930-2272, FAX 440-930-2608, bodybydrew@mediaone.com

6 APR, Bench Press Mania, Rick Padgett, 141 Taylor Ave., Fitzgerald, GA 31750,

(Lake Forest, CA) Tony Hardridge, 949-307-9634, www.strengthsystemsdiet.com
13 APR, WNPF Can-Am Nationals & Michigan State, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

13 APR, SLP Extreme Physique BP/DL (Poplar Bluff, MO) Son Light Power, 122 S. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

13 APR, 4th Wisconsin's Best Bench Press, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinsbestbench.com

13 APR, APF Central California Open/ Novice (open, submasters, teen, women, jr., masters) Bob Packer, 559-322-6805 (w), 559-658-5437 (h)

13 APR, ADAU Raw Drug Free New York City Open BP & BP/DL, Pete Sanzio, 462 Doane Ave., Sl, NY 10308, 178-605-1402

13 APR, Iowa/Midwest Open BP/DL and Trap Deadlift (teen, novice, open, submas-

ter, master [1, 2, 3], and women - awards to all lifters) Wayne Hammes, Box 433,

Oskaloosa, IA 52577, 641-673-5240

13, 14 APR, AAU Bench Press National- als, Youth Exercise Inc., P.O. Box 279, Fruitland, MD 21826, Fred, Jimmy, or Trend - 410-742-9201

13, 14 APR, WNPF Raw Nationals & Powerfest 2002 (PL, BP, DL, SQ, PC - Lancaster, PA - world qualifer) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

13, 14 APR, NASA High School Na- tions (PL, PS - Oklahoma City, OK) SQPBDL@aol.com

14 APR, Brookpark Rec 3rd annual BP, Dave Gardner, 17400 Holland Rd., Brookpark, OH 44142, 216-423-1545

14 APR, 16th Olympic Bench Press Cham- pionship, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377- 7527

17-21 APR, IPF Masters World Bench

Press Championships (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj@cs.com

20 APR, PPL Georgia State Drug Free Championships, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706- 790-3806, PYTHONGYM@aol.com
20 APR, USAPL Kansas State PL & BP & Sunflower Open, James Hart, Box 82264, Lincoln, NE 68501, 402-470- 3672, Jmsht@aol.com

20 APR, YMCA of Saratoga BP, John Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000
20 APR, AAU New England High School (Bellingham, MA) Dale Caparaso, 401-232- 7320

20 APR, APF Nevada State & APF South- west PL Open (Las Vegas, NV - qualifer for APF Sr. Nationals) 877-HUG-IRON, hugeiron@bellsouth.net
20 APR, Georgia State Open BP/WABDL BP & DL Qualifier (open, master, teen, women, novice - Atlanta, GA) George Her- ring 770-963-6788, Steve Ramey 770-955- 1400

20 APR, SLP Effingham Open BP/DL Classic (Effingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217- 253-5429, www.sonlightpower.com

20, 21 APR (NEW DATE), IPA New York State PL & BP, Joe Mitchko, 161 Perth Fitness Rd., Amsterdam, NY 12010, 518-762-3216

20, 21 APR, NASA N. Carolina St. (all events, Hickory/Conover, NC) SQPBDL@aol.com

21 APR (new date), ADAU Seneca Na- tion of Indians Bench Press Warriors (open men & women, native, youth & teen, junior, submaster, masters) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, 716- 673-4613, Jay.Toth@Fredonia.edu
27 APR, USAPL Maine State PL & BP (Thomason Community Center - Union,

2202 Huge Iron Powerlifting Schedule

- 4-06-02 APF Florida State Bench Bash (formerly Bike Week B.B.)**
4-20-02 APF Nevada State and APF Southwest Powerlifting Open (Las Vegas, NV - qualifer for APF Senior Nationals)
5-11-02 AAPF Florida State Powerlifting Championships
6-01-02 APF Florida State Powerlifting Championships (qualifer for APF Senior Nationals)
6-2-02 APF Bench Press Nationals and WPO Bench Press Qualifier (contest will determine who is selected for WPO B.B.C./ WPO A.C.)
6-14-16-02 APF Mens + Womens Senior National Powerlifting Championships and WPO Qualifier (only other qualifying meet for WPO Semi Finals, York Barbell Hall of Fame, York, PA)
7-13-02 APF Florida Push/Pull (for total)
9-7-02 WPO Bench Bash for Cash
10-? -02 WPO Powerlifting Semi-Finals (Loc. tba)
11-02-02 AAPF Southern States Powerlifting Championships
11-30-02 APF Southern States Powerlifting Championships (light day)
12-09-01 APF Southern States Powerlifting Championships (heavy day) (qualifer for APF Senior Nationals)

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

Call us @ 877-HUG-IRON or E-mail us, hugeiron@bellsouth.net for further info.

ME) Lance Reardon, Box 614, Corinth, ME 04427, 207-285-7656, squat 630@aol.com, Lynn Athearn 207-785- 3427

27 APR, Cortland Fitness Center Drug Free PL, Single Lift (1st 35 entries) Duane Card Sr. 50 Owego St. - 6, Cortland, NY 13045, 607-753-8294

27 APR (NEW DATE), Dungeon Power Works Drug Free Bench Slam/DL, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586 or Tyrone Ward 616-273-1092

27 APR, NASA Wisconsin St. PL, BP, PS (Marshfield, WI) SQPBDL@aol.com

27 APR, South Florida Spring Bench Press (Lantana, FL) Bob Youngs, 561-718-9877, byoungs@bellsouth.net

27 APR, 23rd Raw ADAU "Power Day Classic" separate BP & DL contests (open and all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

27 APR, USAPL Kansas State & Sun Flower Meet (Red Coach Inn, 2110 W. Crawford, Salina, KS 67401) James Duree, 913-596-7326, JDuree7086@aol.com

27 APR, SLP National BP/DL Championships, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253- 5429, www.sonlightpower.com

27, 28 APR, USAW State, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

27, 28 APR WNPF Pan-AM Championships (PL, BP, DL, SQ, Curl - W. Palm Beach, FL) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996- 3418

27, 28 APR, USAPL Heavy Metal Classic PL, Pro Fitness, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

27, 28 APR, WABDL House of Pain World Cup (drug tested - Holiday Inn Select North

-Irving, TX) Gus Rethwisch, 503-762-5066

28 APR, 3rd W. Lafayette Classic BP and/or DL, Musclebound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740- 545-0840

28 APR, APF Asphalt Green Spring Clas- sic (men, women, teen, masters) George Bardis, Asphalt Green, 555 East 90 St., NYC, NY 10128, 212-369-8890 Ext 243

28 APR, USPF New Jersey State & Region II PL (Mountaineer IV Qualifer) Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, 732- 886-0199, USPFehorton@aol.com

APR, USPF North American PL/BP (men/ women open, 14-23, 35-39, 40+, col- legiate) Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

APR, PPL Drug Free Georgia State, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

4 MAY, APF Maine State Champion- ships & APF National Qualifier, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

4 MAY, Washington State High School Qualifer, Monroe HS, L. Ottini, 360- 863-4441, elinek@bsd405.com

4 MAY, Body Structure Fitness Center 1st annual BP (men, women, teen, no formulas - trophies 1st-5th - New Castle, PA) Charles Ventrella, 724-654-4117

4 MAY, INSA/NSAA Southwest USA Championships (Arlington, TX) Kirk Stroud, 416 West Euless Bedford Rd., Hurst, TX 76053, 817-268-3488

4 MAY, 10th Mon Valley Fitness Center Classic BP/DL & BP for reps, MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, MVFC@dp.net

4 MAY, WNPF Record Breakers BP & DL & West Coast PL (Anaheim, CA) Troy Ford, Box 142347, Fayetteville, GA 30214, 770- 996-3418

4 MAY (new date), WNPF Western

2002 USAPL HIGH SCHOOL NATIONAL POWERLIFTING CHAMPIONSHIPS

SAINT LOUIS MISSOURI

March 15-17

Fresh/Soph & Varsity divisions

1st - 5th place, girls & boys!

Get entries, results & more at:

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Or call 636-561-1242 8-10pm

Pennsylvania PL (Beaver Falls, PA - world qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
4 MAY, NASA IL/IN St. (Flora, IL)
 SQPBSDL@aol.com

4 MAY, Costal Bench Press Extravaganza Biggest Bench Meet in the Southeast (15 divisions, 11 wt. classes, guest lifters, demos, seminars, videos, t-shirts, and products-Savanah, GA), 912-660-0033

4 MAY, USAPL Missouri State/Ozark Open (St. Louis - men & women, open, teen, masters & novice men) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 8-10pm, mcis904082@aol.com, usaplnational.com
4 MAY, WABDL Hawaii Invitational BP & DL (Drug tested - Lahaina, Maui) Mike Saito 808-373-5739

4 MAY, ADAU NJ State Drug Free Raw 2 lift and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

4 MAY, 3rd annual Bench Press Meet, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

4 MAY, SLP Indiana State BP/DL (Indianapolis, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

4 MAY, WABDL Hawaii State (drug tested - Lahaina, Maui) Mike Saito, 808-373-5053

4,5 MAY, WABDL MonsterMuscle.com World Record Breakers BP & DL (drug tested - Doubletree Hotel, Pasco, WA) Gus Rethwisch, 503-762-5066

4,5 MAY, WABDL Monstermuscle Record Breakers (drug tested, Doubletree Hotel, Pasco, WA) Gus Rethwisch, 503-762-5066

4,5 MAY, USAPL National Masters, John Shifflett, Box 941, Stanardsville, VA 22973, valifing@aol.com

5 MAY, Hooters 14th annual Florida State DL, All American Gym, 309 W. Main St., Lakeland, FL 33801, Louis Baltz or Ken Snell, 863-687-6268

5 MAY, SLP Southeast Iowa BP/DL (Coralville, IA) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 MAY, AAU Old Dominion Bench Press - Richmond, VA. Send SASE to Women of Steel, Box 12084, Richmond, VA 23241, barbeeze@aol.com, Barbara 804-233-9570, Judy 804-559-4624, FAX 804-266-8908

COUNTRY POWER INC.

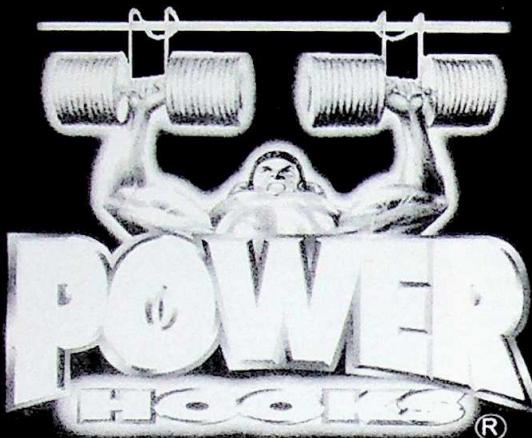
presents its first annual 10 reps dumbbell bench press contest
 \$1000.00 to be awarded
 no entry fee

To enter: Send a post card or letter no later than Oct. 1, 2002 to Country Power Inc. with your name, address, phone number, body weight, age, and your best 10 reps dumbbell lift that you bench pressed using Power Hooks.

Rules: You must use Power Hooks and perform a 10 repetitions bench press lift. Start with Power hooks on the overhanging bar at any height and finish with the Power Hooks at that same height on the bar with no help. Bench shirts are not allowed.

Judging: Points will be awarded depending on contestants age, bodyweight and total weight of dumbbells lifted for ten reps.

Finalists will be contacted during the first week of November 2002. If an official judge is not available in your area, we will then need a video of you weighing yourself in on a scale and then weighing the dumbbells individually. All finalists will receive a prize. The winner will receive \$1,000.00.



Why this contest was started: Our main goal is to further prove that using Power Hooks is the best way to train with dumbbells. If you desire to enter this contest but don't have Power Hooks, they can be purchased for \$39.95 plus \$5.75 shipping and handling from the address listed below. To order by credit card call toll free 1-888-669-6316. They are also available at some sports equipment stores.

Country Power Inc.
 85-979 Farrington Hwy.
 Waianae, HI 96792

11 MAY, NASA New Mexico State, Mike Adelmann, Box 44651, Rio Rancho, NM 87174, powerlifter2100@msn.com

11 MAY, Carolina Police & Fire Games (Push/Pull, BP, Raw - High Point, NC) Travis Pardue, 704-243-2173, tpardue@cmpd.org

11 MAY, BAAC Spring Open USBF Bench and USPC Power Curl, BAAC, 658 Boulton St., Bel Air, MD 21014, Dave Capozzoli or L.D. Augustilus, 410-515-1607, Gtdave99@aol.com

11 MAY, AAU Triple Crown Classic Open (world qualifier) and VA State Championships - mail selfaddressed, stamped envelope: Women of Steel,

P.O. Box 12084, Richmond, VA 23241-0084, Barbara Beasley, 804-233-9570, e-mail barbeeze@aol.com and FAX 804-262-8908, Judy Wood 804-559-4624

11 MAY, APA Midwest Regional (Burlington, IA) Roger Broeg, 525S. Garfield, Burlington, IA 52601, 319-753-0676, apaiowa@home.com

11 MAY, AAPF Florida State PL (Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

11 MAY, SLP Cross County Pull BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

18 MAY, WABDL Riverfest BP & DL (Gadsden, AL) Richard Hagedorn, 256-441-0143, rmphub@bell.net

18 MAY, Southern States Bench Press (open, over 40, women, novice, teenage) Sandy Ellise, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633

18 MAY, 6th Baddest of the Bad Bench Press, Mike Farmer, Lifestyles Fitness Center, 21 W. Clarke Ave., Milford, DE 19963, 302-430-5632 (12noon-8pm)

18 MAY, Newman BP Contest, John Ybarra, 1101 W. St. Mary's Rd., Sterling, IL 61081, 815-625-0185

18 MAY, Fred Plister Memorial Push & Pull (All divs., all age groups. deadline 5/6/02 - no late entries) Ray Dunn, Berkshire Nautilus, Pittsfield, MA 01201, 413-499-1217

18 MAY, West Virginia State and West Virginia Hall of Fame, Paul Sutphin, Box 523, Bluefield, WV 24701,

psuthin@inetone.net

18 MAY, USPF Open BP & DL (sponsored by Erie C.C. Football Team - Buffalo, NY - men, women, teen, masters) Dennis Green 716-851-1898

18 MAY, ADAU "No Druggies Allowed" Open PL (national qualifier) Joe Orangia, 4468 W. 26th, Erie, PA 16506, 814-833-3727

18 MAY, Lifetime Natural Powerlifting Society Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

18 MAY, NASS Missouri Strongman with the Microbrewery Festival, Jim Davis & Willie Wessels, 314-837-1372 or 609-6031, dwes370162@msn.com

18 MAY, ADAU Pennsylvania State (men, jr., teen - national qualifier) Joe Orangia, 4468 W. 26th, Erie, PA 16506, 814-833-3727

18 MAY, 5th Newman BP, Robert Ybarra, 2109 5th St., Sterling, IL 61081, 815-626-5042

18,19 MAY, WABDL Capitol City BP & DL (drug tested - Rancho Cordova, CA) Jody Woods 916-417-7647, FAX 916-443-6200

18,19 MAY, USAPL Texas State & Region 8 Open and BP (TX & OK) & Special Olympian Slots, Tom North, 507 Cora #106, Arlington, TX 76011, 817-469-9375

19 MAY (NEW DATE), WNPF North Americans, High School Nationals, New England States PL & PC - Stamford, CT - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

24-26 MAY, APF Nationals (WPC World Qualifier - Picadilly Inn Hotel - Fresno, CA) Bob Packer, 559-322-6805 (w), 559-658-5437 (h)

25 MAY, USAPL Nebraska State & Viking Classic (Blair, NE) Tim Anderson, 402-426-0665, timanderson@uhotel.net, www.nebraskapowerlifting.com

25 MAY, WNPF Western Pennsylvania (Beaver Falls, PA) Ron DeAmicis, 6351 New Rd., Youngstown, OH 44515, 330-792-6670

26 MAY, Double Masters Power/BP (Wyoming, MI) Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 574-674-6683

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MAY, USAPL North Carolina State Bench Press Championship, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614, 798-4054

MAY, NASA Kansas St. SQPBBL@aol.com

MAY, NASA New Mexico PL, BP, PS SQPBBL@aol.com

MAY, NASA Pennsylvania State (New Stanton) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirfire.com

MAY, USAPL New England States Open, Greg Kostas, Bx 483, Whitman, MA 02382, 781-447-6714(8-10pm) Rene Moyen, 401-527-3711

MAY, NE Regional World Qualifier, Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534
29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany)

31 MAY, 1 JUN, AAU North American Push/Pull, BP, DL (River Palms Casino - Laughlin, NV - world qualifier, open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

MAY/JUN, USAPL Hudson Valley Ironman (Worlds Gym, Newburgh, NY) Frank Panaro, 839 Rt. 52, Walden, NY 12586, 845-778-1884

1 JUN, Washington State High School Championships, Columbia/White Salmon HS, L. McCutcheon, 509-493-1970, einek@bsd405.com

1 JUN, SLP Big Bench at the French BP/DL (Memphis, TN) Son Light Power, 122 S. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

1 JUN, MPA State BP & DL (Teens 15 and under, 16-17, 18-19, Open - non-residents welcome, master (40-49), 50-59, 60+, police / fire / military, 40+ police / fire / military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)

1 JUN, APF Florida State PL (Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

1,2 JUN, WNPF American Championships (full meet & single lifts & power curl - Bordentown, NJ - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

1,2 JUN, NASA Masters/Submasters Nationals PL, BP, PS (Nashville, TN) SQPBBL@aol.com

2 JUN, APF Bench Press Nationals & WPO Bench Press Qualifier (contest will determine who is selected for WPO B.C./WPO A.C. - Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

2 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8 JUN, 9th Miller's Ironhouse All Natural "Victor's Crown" Bench Press (high school, teenage, women, raw, open, subs, masters, grandmasters, sculptured awards) Brian Miller, 218 Williams St., Cumberland, MD 21502, 301-777-0644

8 JUN, APF Venice Beach Open BP (Venice Beach, CA) 310-399-2775

8 JUN, Raw ADAU Pennsylvania St. & open (from any state) for men submaster, master, and women of any age (Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pkitup.com

8 JUN, USPF South Texas Championships



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

8 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8,9 JUN, WABDL Bend Summer Strength & Fitness (drug tested - Bend Riverside Motel, Bend, OR) Gus Rethwisch, 503-762-5066

9 JUN, WNPF East Coast BP/DL, Newark, DE, Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

14-16 JUN (NEW DATE), APF Men's & Women's Senior National PL & WPO Qualifier (only other qualifying meet for WPO Semi-Finals) York Barbell Hall of Fame, York, PA 877-HUG-IRON, hugeiron@bellsouth.net

14-16 JUN, USAPL Teen/Jr. Nationals (Killeen, TX) Johnny A. Graham, 254-526-0779, Fax 254-287-7729, Email - Grahamj7@cs.com

15 JUN, ADAU Northeastern Raw Championships (PA) Bart Wood, 814-461-8926

15 JUN, INSA/INSA USA Championship (Plano, TX) David Newingham, 4347 Floramar Terrace, New Port Richey, FL 34652, 727-781-0417, StroudsFitness - 817-268-3488

15 JUN, Body Factory BP/DL, Body Factory, 436 Blue Valley Ln., Bangor, PA 18013, Jim Parrish 610-863-1090

15 JUN, 3rd annual USAPL Thunder at the Beach PL & BP (Little Egg Harbor, NJ) Betty or Art, 609-294-3600, bodyimages@aol.com

15 JUN, USA "Raw" Bench Press Federation Summer Nationals (Mattoon, IL) Dr. Darrell Latch, 122 W.

Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

15 JUN, WABDL Utah State (drug tested - Provo, UT) Randy Marchant, 801-375-8781

15 JUN, USAPL Eastern USA BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

15 JUN, NASA Texas Classic PL, BP, PS (Longview, TX) SQPBBL@aol.com

22 JUN, WABDL BP & DL Championships, All American Gym, 309 W. Main St., Lakeland, FL 33801, Louis Baltz or Ken Snell, 863-687-6268

22 JUN, Mountaineer Cup IV & 38th USPF Men & Women's Sr. Nationals and National Masters, Nick Busick, The Mountaineer Race Track & Gamin Resort, Route 2 Box 358, Chester, WV 26034, 304-387-8186

22 JUN, USAPL California State Bench Press (Los Angeles) Lance Slaughter, 310-995-0047, Lance.Slaughter@heart.org, John Planas, 818-242-1906, jplanas@pacbell.net, www.usapl.ca.org

22 JUN, WABDL Hard Hitters Louisiana State BP & DL (drug tested - New Orleans, LA) Arnid Hansel, 504-392-9743

22 JUN, SLP Iron House Gym Open PL (Hoopston, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

22,23 JUN (REVISED DATE & NAME), IPA East Coast Championships (55 lifters/day) Mike Miller or Deb Ames, Nazareth Barbell (PA), 610-746-7000, nazbar@enter.net, www.bigbenchpress.com

22,23 JUN, WNPF USA (PL, BP, DL, SQ, PC - Atlanta, GA - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

22 or 29 JUN, WABDL Silver State Push & Pull & Nevada State Closed, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com
23 JUN, Summer Push/Pull Meet, Jon Smoker, 30907 County Rd 16, Elkhart, IN 46516, 574-674-6683

23 JUN, USAPL LaKemesse Festival PL & BP (Biddeford, ME) Lance Reardon, Box 614, Corinth, ME 04427, 207-285-7656, squat630@aol.com, Lynn Athearn 207-785-3427

29 JUN, SLP Wisconsin Rapids Push/Pull BP/DL (Wisconsin Rapids, WI) Son Light Power, 122 S. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

29 JUN, USBF Lawrence Garro Memorial Raw Ironman/Ironwoman (BP & DL) Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbff.net

29 JUN, USSA CAN-AM National BP/DL & Ironman (Ottawa, CAN - tested, non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number)

29 JUN, WNPF CAN-AM National BP-DL, IronMan Championships & Power Curl - Ottawa, Canada - world qualifier) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

29 JUN, USBF Wayne Detling Memorial Raw Bench Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbff.net

29,30 JUN, APF West Coast Open PL, BP, DL & Power Sport, Big Bear's Gym, Box 304, Yachats, OR 97498, 541-574-4507, bigbearsgym@hotmail.com

30 JUN-6 JUL, AICEP Team Russia & Team Canada versus Team Russia, Team Finland, Team Sweden in Helsinki, Finland - AICEP, 15 Cartier, Suite 3, Pointe-Claire, Quebec, H95 4R5, Canada, 514-697-0628 (FAX) 514-697-3735, www.aicep.com

JUN, YMCA National PL & Curl Competition, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

JUN, AAU Raw Nationals (Boston, MA) Dennis Brennick, 617-567-5177

3 JUL, Iowa/Midwest Open Touch and Go BP (Sigourney, IA - teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

4 JUL, 2nd annual Street Strongman Contest, Dick Conner, 8323 Copperfield Dr., Evansville, IN 47711, 812-867-1736

6 JUL, SLP Ft. Hamilton Days BP/DL Classic (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

6,7 JUL, WNPF Nationals (Youngstown, OH - world qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-922-6670

7 JUL, USAA PL Nationals (tested, non-tested - Atlanta, GA) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number)

11-14 JUL, 100% Raw Sr. Nationals (men &



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women, all ages, wt. classes, 5 yr. drug testing, 6/15 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

12-14 JUL, USAPL Men's Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

13 JUL, Allentown SportsFest VI BP/DL, Fred Glass, 811 N. Jordan St., Allentown, PA 18102, 610-770-9333

13 JUL, PPL Southeastern Drug Free PL (Alabama) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 , PYTHONGYM@AOL.COM

13 JUL, APA Great Lakes Regional (PL, BP, PP, DL - Park Forest, IL) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, iowapachair@apa-wpa.com, 319-753-0676

13 JUL (NEW DATE & PHONE #), USSA USA PL Championships & S.C. State (tested, non-tested - Gaffney, SC) USSA, Box 1656, Griffin, GA 30224, 770-228-0008

13 JUL (REVISED DATE), NASA WV Open BP, DL, PS (Buckhannon) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wtrfire.com

13 JUL, APF Venice Beach Open DL (Venice Beach, CA) 310-399-2775

13 JUL, 4th annual Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

13 JUL, ANPPC World Cup, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

13 JUL, APF Florida Push/Pull (for total - Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

13 JUL (NEW DATE), Blackberry Barbender BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, http://



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18-20 JUL, IPA Worlds, Fitness America, 9109 Dyer St., El Paso, TX 79924, 915-755-3032, 915-544-6559 (FAX), Jesse Lopez or David Karam

20 JUL, AAPF Michigan Coopersville Powerlifting Classic, (Grand Rapids, MI) Andy Briggs, 616-844-6350, thebriggs@novagate.com

20 JUL, Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183

20 JUL, Midwest open PL & PS (Red Coach Inn, Salina, KS) Jim Duree, 913-596-7326, JDuree7086@aol.com

20 JUL, SLP Mid South BP/DL (Paducah, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

20 JUL, Santa Barbara PL Championships, Kevin Fisher, 25 E. Arrellaga, Santa Barbara, CA 93101, 805-963-3439, KFISHER54@aol.com

26 JUL, USPF Barbee Classic (men/women - open, below 1, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

26,27 JUL, WABDL National BP & DL Championships (drug tested - Clarion Hotel, Houston, TX) Bob Garza 281-820-5923

26,27 JUL, WABDL National BP & DL (Houston, TX - Clarion Hotel) Bob Garza, 281-820-5923

26-28 JUL, 100% Raw Teenage World Championships (deadline 6/29) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

27 JUL, 26th Southeastern Illinois BP & DL Classic (open, teen, police & fire, masters, d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

27,28 JUL, NASA Grand Nationals (all events, Hickory, NC) SQPBDSL@aol.com

JUL, NASA Arizona State PL, BP, PS SQPBDSL@aol.com

JUL, PPL Drug Free Southeastern PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

1-4 AUG, AAU Youth, Teenage and High School, & Junior Nationals in conjunction with the AAU Jr. Olympics (Knoxville, TN) Rudy Garcia, Rt 1 Box 212, New Canton, VA 23123, 804-5 8 1 - 1 9 1 0 . ironsportsfova@hotmail.com

2-4 AUG, AWPC Amateur Worlds (Athens, GA) L.B. & Nadine Baker, 770-725-6684, lbbaker@musclemaker.net, www.irondawg.com or www.musclemaker.net

3 AUG, USPF American Bench Press Championships, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

3 AUG, USPF American Deadlift Championships, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com

3 AUG, Team Weber Strength Powerlifting, Robert Weber Jr., 1412 5th St., Camanche, IA 52730, 563-259-8695

3 AUG, SLP Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

3 AUG, USPF Gulf Coast (Vidor, TX) men/women - open, below 1, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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(Springfield, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

19 AUG, ADAU Raw Drug Free New Jersey Youth BP and 2 lift (19 & under, out of state division) Loraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

24 AUG, Body Factory Power Challenge/ BP, Body Factory, 436 Blue Valley Ln., Bangor, PA 18013, Jim Parrish 610-863-1090

24 AUG, WABDL Alki Beach BP & DL (drug tested - Seattle, WA) Bull Stewart, 206-725-7894

24 AUG, SLP Kentucky State Fair BP/DL (Crestwood City, KY) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24,25 AUG, AAU National PL (equipped) & Raw USA PL & International BP (Convention Center, San Bernardino, CA - last world qualifier for Virginia & Laughlin, NV: Nationals - open, masters, lifetime, jr., mil/law, submasters; Raw USA & BP: open, masters, lifetime, jr., youth, mil/law, disabled, submasters - book rooms @ 909-381-6181) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

25 AUG, USSA Teen, Jr., Submaster, Masters Nationals (Lake City, FL - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number)

31 AUG, USPF Bench Press Nationals (Ocean Dunes Resort Hotel, Myrtle Beach, SC) Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, 732-886-0199, USPFehorton@aol.com

31 AUG, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

18 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17 AUG, WABDL West Coast BP & DL (drug tested - Rancho Cordova, CA) Jody Woods, 916-417-7647, FAX 916-443-6200

17 AUG, USAPL Mid-Atlantic Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifiting@aol.com

18 AUG, APF Venice Beach Push/Pull Powerlifting Championships (Venice Beach, CA) 310-399-2775

18 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

31 AUG, NASA Virginia Regional (Charlottesville, VA) Greg Van Hoose, gvh@wirefire.com

31 AUG, NASA Virginia Regional (Charlottesville) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

AUG/SEP, USAPL East Coast DL (Worlds Gym, Newburgh, NY) Frank Panaro, 839 Rt. 52, Walden, NY 12586, 845-778-1884

1 SEP, APF/AAPF Muscle Maker Push Pull & Bench Meet, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbbaker@musclemaker.net

7 SEP, NASA VA Regional Qualifier (PL, BP, PS - Charlottesville, VA) Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

7 SEP, WPO Bench Bash for Cash (Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

7 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 SEP, APF West Coast Open BP (Venice Beach, CA) 310-399-2775

10-15 SEP, IPF World Jrs (Venezuela)

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

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

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

15 SEP, (NEW LOCATION) USSA American PL Championships (Youngstown, OH - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number)

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

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

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

24-25 AUG, USAPL Bench Press Nationals, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed & Frank King, Dr. Larry Miller

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

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

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

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

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

SEP, NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

5 OCT, SLP Fall Bench Press/Deadlift Classic (Mattoon, IL) Dr. Darrell Latch, 122



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

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

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

9-13 OCT, IPF World Masters (Argentina)

10 OCT, ADAU Raw Drug Free Open New Jersey BP & BP/DL (Hamilton Township PAL) Lorraine Granese, 708 Sugarbush Ct., May Landing, NJ 08330, 609-625-0807

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

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

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

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

19 OCT, USBF Maryland State Bench Press, BAAC, 658 Boulton St., Bel Air, MD 21014, Dave Capozzoli or L.D. Augustilus, 410-515-1607, Grdaue99@aol.com

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

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

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

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

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

25 OCT, AAU Richmond International Bench Press, VA Powerlifting Association, P.O. Box 12084, Richmond, VA 23241, Barbara 804-233-9570, barbeeex@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810

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

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

26 OCT, 1st annual PPL USA Championships, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 . PYTHONGYM@AOL.COM

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

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

26,27 OCT, AAU Powerlifting Association, P.O. Box 12084, Richmond, VA 23241, Barbara 804-233-9570, barbeeex@aol.com, FAX 804-266-8908, Judy 804-559-4624, Jill 804-730-8810

26,27 OCT, AAU Richmond International Open Meet VA Powerlifting

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26,27 OCT., NASA North Carolina Regional PL, BP, DL, PS (Hickory, NC) SQPBDL@aol.com
OCT., NASA PA Regional Qualifier PL, BP, PS, Greg Van Hoose, Rt 1 Box 166, Ravenswood, WV 26164, 304-273-2283
OCT., WPO Powerlifting Semi-Finals (loc. tba) 877-HUG-IRON, hugeiron@bellsouth.net
OCT., PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
2 NOV., USPF Texas Cup (Austin, TX - men/women - open, below I, jr. (13-23, 2 year age groups), submaster, masters (5 yrs age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguintfitness.com
2 NOV., SLP Illinois State BP/DL, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
2 NOV., AAPF Southern States PL (Daytona Beach, FL) 877-HUG-IRON, hugeiron@bellsouth.net

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May 19th Squat Columbus
June 29th—30th Dallas, TX
July 20th—21st New York, NY
August 10th Columbus, OH
August 11th Bench Press Columbus
August 24th—25th Nazareth, PA
October 19th Columbus, OH
October 20th Squat Columbus
December 7th Columbus, OH
December 8th Bench Press Columbus

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2 NOV., USBF Eastern Regionals Raw Bench Open, USPC Power Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbfn.net

3 NOV., USA "Raw" Bench Press Federation Grand Nationals, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
8-10 NOV., USSA World PL Championships (Atlanta, GA - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 770-228-0008 (corrected phone number)

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

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

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

10 NOV., SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
12-17 NOV 02, IPF World Men's (Bratislava, Slovakia)

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

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

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

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

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

22-24 NOV., 1st WNPF 100% Drug Tested, Drug Free for Life World Powerlifting, BP, DL, SQ, and Ironman Championships (West Palm Beach, FL) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

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

23 NOV., USPF Pan American Bench Press Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, w w w . u s a b o d y b u i l d i n g . c o m , usabodybuilding@hotmail.com

23 NOV., USPF Pan American Deadlift Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, w w w . u s a b o d y b u i l d i n g . c o m , usabodybuilding@hotmail.com

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

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

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

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

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

7 DEC., APF 49th Iron Man Open PL & BP Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658-5437, 322-6805
7 DEC., MPA Miller Chevrolet Christmas BP Classic (Teen 19 & under, open - non-residents welcome, masters 40+, police / fire / military, 40+ police / fire / military) The Gym in Elk River, 550 Freepave Ave., Elk River, MN 55330, Dave - 763-441-4232 (d) Jerry 763-753-6064 (n)

7 DEC., USAPL New York State BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, http://www.geocities.com/brucewan500/index.html

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

7 DEC., APF/AAPF Georgia Muscle Maker Open PL, DL, BP, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbbaker@musclemaker.net

7,8 DEC., AAU World BP, Push-Pull, DL (River Palms Casino - Laughlin, NV - open, masters, lifetime,

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junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

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

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

8 DEC., WNPF South Florida BP/DL (single lift or combined) & Power Curl - West Palm Beach, FL, Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418

14 DEC 02., Christmas Bench Press, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

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

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

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

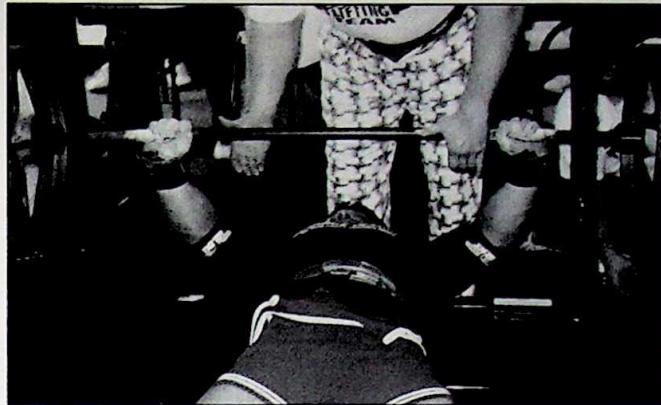
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**SLP Kentucky State BP/DL
17 NOV 01 - Paducah, KY**

BENCH PRESS	master men 60-64
teenage women/16-17	242
165	Jimmy Duckett 315*
Erin Bechtold	90*
4th	open men
100*	165
teenage men 13-15	Craig Hamilton 300
165	4th 330
Cody Zirbel	190*
198	181
Tyler Stalcup	150*
4th	198
165*	Ricky Coggins 425
242	Kenny Garrett 405
Wm. Berkley	135*
220	220
275	Dewayne Nealy 630*
Cory Zirbel	265*
308	Jack Groves 475
Mickey Sabolo	240*
4th	Robert Gray 345
255*	Shawn Jones 455
teenage men 16-17	275
220	Jack Jesse 510*
Adam LaMarsh	215*
Chris Ashby	200
308	DEADLIFT
Donnie Hayes	170*
4th	Erin Bechtold 250*
175*	teenage men 13-15
teenage men 18-19	198
165	Tyler Stalcup 265
Justin Lenhardt	225
181	242
Ryan Cincoski	315
242	Wm. Berkley 315*
Kemo White	385*
junior men	Luke Lenhardt 330
165	teenage men 16-17
Charles Leach	255
4th	220
285*	Adam LaMarsh 320*
181	308
Robert Patton	375*
198 Danny Leiva	290
198 Wm. Adollo	250
220	165
Jose Velez	335
242	Justin Lenhardt 325
Karrone Kelly	380
Lucas Lenhardt	220
submaster men	Kemo White 460*
220	submaster men
Robert Gray	345
275	220
Randy Richey	450*
4th	Robert Gray 350
500*	master men 55-59
master men 40-44	275
198	Butch Adams 480*
Bo Cole	300
master men 45-49	242
198	Jimmy Duckett 360*
Dana Rigsbey	210
220	openmen
Kenny Garrett	650*
Bryan Patton	275*
4th	220
280*	Jack Groves 650
master men 55-59	Robert Gray 350
275	308
Butch Adams	415*
Brian King	635*
4th	650*

* Son Light Power Kentucky state record. The Son Light Power Kentucky State Bench Press/Deadlift Championships were held at the Western Baptist Family Fitness Center. Many thanks to the fitness center and to Butch Adams for all his help promoting this competition. In the bench press event lone women's competitor and guest lifter Erin Bechtold set the teenage 16-17/165 state record at 100 on her fourth attempt after finishing with 90. In the men's teenage 13-15 age group we had five fine lifters, all setting new state records for their respective classes. At 165 it was Cody Zirbel, competing for th first time and winning with a new state record of 190. Guest lifter Tyler Stalcup set the state record at 198 with 150, then finished with a 165 fourth attempt. Will Berkley also competed as a guest lifter to set the record at 13 for the 242 class. Cory Zirbel, Cody's twin brother, broke the state record at 275 with 265. Cory now holds state records in both Kentucky and Illinois. Our final competitor in the 13-15 age division was Mickey Sabolo, who won at 308. Mickey finished with a 240, then a 255 fourth attempt for the record there. At 16-17 it was Adam LaMarsh for the win at 220 over Chris Ashby 215 to 200. Adam's 215 set the record for that class. Donnie Hayes, lifting as a guest lifter in the 16-17/308 class, established the record there with his 170 third attempt, followed by a 175 fourth. It was Justin Lenhardt for the win at 18-19/165, finishing with a personal best 225. Ryan Cincoski got his first official 300 with his win at 18-19/181, following that with a great 315 fourth attempt. Kemo White showed plenty of strength with his 385 state record as he won



Dewayne Nealy (bodyweight = 204!!) has a go at 700 bench press at the SLP Kentucky State Bench Press/Deadlift Meet (D. Latch photo)

the 18-19/242 title. In the junior division we had seven competitors. At 165 it was Charles Leach with 255. A fourth for the state record with 285 was also successful for this first time competitor. Robert Patton broke his own personal record with his win at 181. Robert's 375 was also a new state record in that junior class. Danny Leiva took the 198 title over William Adollo 290 to 250. Jose Velez got all three of his attempts to finish with 335 for the title 220. Karrone Kelly won at 242 with a strong 380, just missing a 415 pr final attempt. Second place at 242 went to Lucas Lenhardt, who finished with a personal best 220. Robert Gray came up from Corinth, Mississippi to compete, taking the submaster 220 title with and easy 345. Randy Richey broke his own Kentucky state record at submaster 275 with his 500 final attempt. Randy is the founder of Omega Force, a Christian strength team which ministers throughout the South and Midwest, touching the lives of many people each year. We are proud to have Randy be a part of the Son Light Power organization. Another great guy is Bo Cole, general manager of Gold's Gym of Paducah. Bo won the master 40-44/198 title with 300, just missing a final attempt of 330 for the state record. At 45-49/198 it was Dana Rigsbey for the win with a new personal best of

210. Bryan Patton, Robert's dad, set the state record at 45-49/220, finishing with 275 then a 280 fourth attempt. Butch Adams, who just recently moved up to the 55-59 age division, set the state record at 275 with 415. Our final master competitor was the "world's oldest hippy powerlifter", Jimmy Duckett. Jimmy had a great day, finishing with a new personal best and Kentucky state record of 315 for his win at 60-64/242. In the open division it was Craig Hamilton for the win at 165. Craig finished with 300 before making a fourth attempt with 330. This was Craig's first competition. At 181 it was Robert Patton, winning his second title of the day with 375. Ricky Coggins finished with his opener of 425, after a slight triceps injury, but was still good enough for the win over Kenny Garrett, who finished with 405. Kenny's 405 was a new personal record for him at 198. Dewayne Nealy had to move up to the 220 class after weighing in at 204! But that didn't stop the good-natured no. 2 all-time barcher in the world at 198! Dewayne finished with a strong 630 state record and even gave 700 a try. Hey, it did come off his chest about halfway and with just a little adjustment of his shirt we'll have another 700 barcher! Jack Groves was second at 220 with 475. If Jack had not had some problems with his new shirt he

would have ended up with 525-540. Robert Gray was third at 220 with 345. Shawn Jones had great form at 242, winning there with 455. Then at 275 it was Jack Jesse with his first official 500 bench. Jack went on to finish with a 510 state record for his final attempt. Dewayne Nealy was awarded the best lifter trophy, finishing with 630 @ 204! In the deadlift competition it was Erin Bechtold for the win at teenage women 16-17/165. Erin set her second state record of the day with her final pull of 250. Tyler Stalcup won his first state title with a 265 personal record pull at teenage men 13-15/198. William Berkley took the 13-15/242 title with a new pr and state record pull of 315. We had two guest lifters at 13-15/308 in Mickey Sabolo and Luke Lenhardt. Mickey finished with a new state record of 355, while Luke finished with a new personal record of 330. Guest lifter Adam LaMarsh pulled a new pr of 320 at 16-17/220, which was also a new state record. Donnie Hayes got a new pr and state record with his win at 16-17/308, finishing at 325. Two more guest lifters, Justin Lenhardt and Ryan Cincoski set new personal records at 18-19/165 and 181 respectively. Justin finished with 325 while Ryan finished with a ne Kentucky state record of 450. Kemo White won his second title of the day at 18-19/242 with a great pr and state record pull of 460. Robert Gray took the submaster 220 title with an easy 350. Butch Adams got his second win of the day at master 55-59/275 and his second state record with his final pull of 480. Up next was Jimmy Duckett, who again won at 60-64/242. I take back any of the "good" things I ever said about Jimmy; wait a minute, I've never said anything good about Jimmy! That big "baby" pulled an easy state record 360 and could have pulled 400 for his third attempt, but he "had to quit before he hurt himself"! What a baby! In the open division (where there are no "babies") Kenny Garrett pulled an easy state record 650 opener before missing at 700 twice. So close! Still at a 198 bwt, Kenny easily took best lifter honors for the competition. Jack Groves also pulled an easy 650 opener before missing 700 twice for the win at 220. Robert Gray was second at 220 with 350, but looked good for 400! Having some problems with his grip Brian King finally pulled his opener of 635 before ending up with a 650 state record fourth attempt. A special thanks to my son Joey, David Gan, Jeff Welker and Dana Rigsbey for their help loading, spotting and judging. See you all next year! (from Dr. Darrell Latch)

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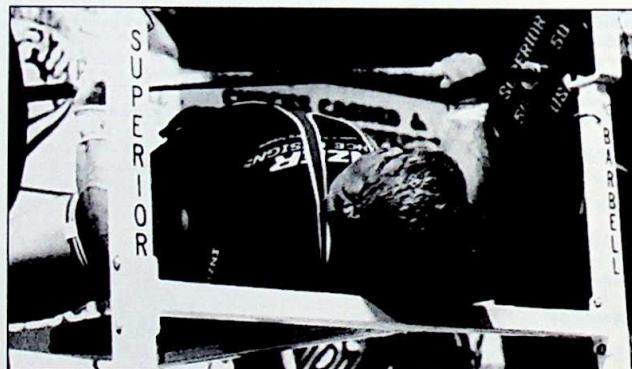
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OFFICIAL MEET T-SHIRTS

Baddest Bench in America - multi-color design \$10.00

Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video.
All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00



TWO MAJOR MEMBERSHIPS CHANGES ARE NOW IN EFFECT - At this past summer's NGB meeting two major motions passed affecting yearly membership in the organization. The first was to make the membership period to run 12 months from the date you purchased/renewed the card. The second change was made in an effort to increase the high school membership. The USAPL will now offer two levels to the high school membership.

You now have the option to purchase a six-month high school membership for \$15 to be good from December 1 through May 31. Full year high school membership would remain \$30. The six-month High School "season" membership applies only to athletes competing in High School only competitions.

To compete in any other USA Powerlifting competition, a High School division lifter must buy the full year membership card, or if currently a "H.S. season" member, pay the additional fee (currently \$15.00) to upgrade to the full year card.

THE USAPL IS LOOKING FOR STATE CHAIRS IN THE FOLLOWING STATES: ALABAMA, ARIZONA, ARKANSAS, NEW HAMPSHIRE, OKLAHOMA, VERMONT. (If you are interested in one of these positions, write the National Office with your nominee.)

THE "POWERLINES" ONLINE NEWSLETTER IS NOW KEEPING TOP 20 RANKINGS
<http://www.usapowerlifting.com/newsletter/ranking/rankings.html>

U.S.A.P.L. CORNER

USAPL Dakota Open 3 NOV 01 - Rapid City, SD

Bench Press	319				
Open Men	D. Downs	402			
165	D. Pearce	363			
M. Herrmann	325	M. Shaw	154		
181	SHW				
T. Nerlin	303	T. Koenigs	407		
B. Keim	264	Teen Men			
198	B. Hurley	176			
J. Blidauer	413	N. Runge	242		
T. Hibbert	358	Masters			
220	M. Bridge	435			
R. Lang	385	B. Collins	451		
J. Brown	380	R. Lang	385		
B. Morales	314	N. Backous	303		
275	K. Leisinger	203			
B. Collins	451	Teen Women			
M. Bridge	435	L. Erickson	66		
148	SQ	BP	DL	TOT	
S. Stinson	468	270	468	1207	
165					
M. Eichstadt	485	286	496	1267	
M. Herrmann	446	325	468	1240	
E. Walton	363	292	473	1129	
T. Craig	391	209	424	1025	
181					
R. Erickson	473	303	529	1306	
K. Meyers	451	259	485	1195	
B. Keim	462	264	418	1146	
198					
T. Hibbert	567	363	567	1499	
J. Blidauer	457	413	507	1377	
J. Bokker	501	336	534	1372	
D. Reeder	385	303	440	1129	
220					
D. Brecht	485	352	490	1328	
A. Dyce	473	281	529	1284	
C. Blair	440	281	485	1207	
B. Morales	407	314	479	1201	
242					
C. Cottrell	606	468	534	1609	
275					
R. Edinger	628	391	633	1653	
B. Collins	617	451	551	1620	
Women					
114	N. Griesenbrock	148	121	203	473
123					
A. Engle	209	170	275	655	
132					
M. James	248	110	341	699	
148					
C. Payne	165	121	209	496	
165					
L. Puza	203	148	281	633	
Master Women					
123					
M1	D. Siveny	248	170	303	722
M2					
B. Howard					
Master Men					
40-49					
R. Erickson	473	303	529	1306	
B. Collins	617	451	551	1620	
K. Aragon	385	286	446	1118	
50-59					
S. Hill	363	248	402	1014	
K. Keisinger	198	203	319	722	
60 Plus					
J. Ochs	314	214	374	903	
Teenage Men					
14-15					
B. Hurley	264	176	308	749	
C. Moyers	214	159	286	661	
16-17					
C. Trionfante	451	275	523	1251	
V. Bui	192	110	286	589	
A. Peterson	176	187	314	677	
C. Brenden	170	126	325	622	
18-19					
J. Christensen	473	319	523	1317	
N. Runge	341	242	462	1047	
M. Rowley	286	236	336	859	
(Thanks to the USAPL for providing results)					

USAPL National Contest Qualifying totals

Women 97 105 114 123 132 148 165 181 198 198+

Open 496 540 595 650 710 760 793 832 876 898

Lifetime's 496 540 595 650 710 760 793 832 876 898

Collegiate's 365 391 418 440 462 507 545 589 640 655

Teen (14-19) 335 358 385 407 435 479 518 562 610 620

Junior (20-23) 360 385 413 440 462 512 551 600 655 672

High School (F/S) 335 358 385 407 435 479 518 562 610 625

High School (J/S) 360 385 413 440 462 512 551 600 655 672

Master (40+) A Total in a USAPL Sanctioned Meet

Men 114 123 132 148 165 181 198 220 242 275 319 SHW

Open 845 955 1070 1275 1400 1500 1575 1660 1700 1735 ---- 1775

American Open 760 860 965 1145 1260 1350 1420 1460 1500 1530 1585 1585

Collegiate's 655 760 885 1025 1075 1145 1250 1275 1290 1305 ---- 1325

Teen (14-15) 585 680 730 825 875 925 950 975 1020 1045 ---- 1070

Teen (16-17) 630 730 800 925 995 1035 1070 1135 1150 1190 ---- 1215

Teen (18-190) 645 750 875 1015 1065 1135 1240 1265 1280 1295 ---- 1315

Junior (20-23) 695 810 940 1095 1200 1250 1365 1380 1400 1425 ---- 1450

High School (F/S) 585 680 730 825 875 925 950 975 1020 1045 ---- 1070

High School (J/S) 630 730 800 925 995 1035 1070 1135 1150 1190 ---- 1215

Master's A Total in a USAPL Sanctioned Meet (No 319 lb.class)

NOTE: *2002 HS Nationals are exempt from the new totals. The new standard for the HS meet will go into effect for the 2003 meet. All Nationals now have only 275 lb. and SHW weight classes as these meets are now IPF World qualifiers and follow IPF rules; the American Open (formerly Lifetime Drug Free Nationals) has no IPF Worlds and therefore currently has 319 lb. and 319+ lb. classes as can ALL local, state and regional meets.

NOTE: National Meet Qualification Total must be in a USAPL-sanctioned meet on or after Jan. 1 of the year before the meet in which the National meet is being held.

**AAU East Coast Regional
22 SEP 01 - Richmond, VA**

Women's Raw BP	275	M. Scherer	280
132	140	Men's Novice Raw BP	
B. Beasley	100	165	
A. Robie	148	B. Blackman	235
A. Wynn-Rice	165	G. Maddox	365
Women's Master		Men's Open Raw	
Raw BP		148	
97		B. Allen	245
M. Cahill	75	165	
132		C. Lawyer	295
B. Beasley	140	C. Rizzardi	280
SHW		198	
S. Stinnett	100	J. Freeman	315
Men's Novice		220	
Assisted BP		G. Jenkins	415
242			
L. Willet	450	G. Maddox	365
M. Bradley	440		
Men's Open		P. Primeau	440
Assisted BP		P. Parker	405
165		W. Denes	375
T. Robinson	260	SHW	
181		J. Gunter	500
S. Redfern		Men's Submasters &	
198		Master Raw BP	
A. Beane	450	Submaster	
A. Royhab	385	R. Green	170
242		165	
B. Whitman	390	B. Bumgardner	300
275		18	
J. Panzarelli		K. Peck	320
Men's Submaster/		220	
Master Assisted BP		D. Walton	455
Submaster		20	
198		J. Freeman	450
A. Beane	450	K. McClaskey	480
Master		Men's Open Raw	
242		165	
M. Bradley	440	C. Rizzardi	370
181		C. Lawyer	335
L. Cardon	350	181	
Youth, Teenage,		M. Light	450
Junior Raw BP		4th	
66		480	
T. Rudacille	8	R. Joynes	370
K. Lysher	10	J. Hilliard	425
242		55-59	
T. Parker	14	K. Baugher	315
123		260	
B. Spangler	16	Men's Submasters & Masters	
198		Submasters	
K. Peck	18	181	
198		S. Oglethorpe	315
J. Freeman	20	319	
220		B. Dixon	650
J. Bowie	20	R. Spiers	325
Men's Law/Fire/		40-44	
Military Raw BP		181	
165		M. Light	450
B. Blackman	235	242	
Women's Open Raw		M. McQuade	275
97	SQ	45-49	
M. Lineman	140	181	
148	80	J. Alston	375
A. Wynn-Brice	195	M. Baker	390
Women's Masters Raw	165	220	
148	300	J. Martin	545
A. Wynn-Brice	195	55-59	
Women's Open Assisted Law/Fire/Military	165	198	
123	660	T. Smith	400
D. Jackson	250	60-65	
148	150	198	
A. Culbert-Butler	235	W. Barnett	275
Women's Assisted Novice	115	Teenage Assisted	
148	320	14	
A. Culbert-Butler	235	220	
Women's Open Assisted	115	N. DiLuzio	400
123	320	18	
D. Jackson	250	198	
148	150	K. Robertson	475
A. Culbert-Butler	235	Novice Assisted	
Women's Masters Assisted	115	220	
D. Jackson	250	R. Thomas	540
148	320	242	
A. Culbert-Butler	235	L. Willet	575
Women's Masters Assisted	115	M. Bradley	530
D. Jackson	250	Men's Open Assisted	
148	320	198	
A. Culbert-Butler	235	A. Beane	475
Women's Masters Assisted	115	D. Scott	465
D. Jackson	250	220	
148	320	R. Thomas	540
R. Wasson	100	R. Eckhart	455
148	80	242	
R. Wasson	100	B. Whitman	675
12	175	D. Royhab	585
97	355	J. Jobs	560
C. Allgood	170	Men's Submaster & Master Assisted	
14	95	SM	
105	205	198	
D. Breedlove	210		
148			
G. Kirby	300		
105	155		
D. Breedlove	325		
148	780		

One KILOGRAM equals 2.2046 Pounds

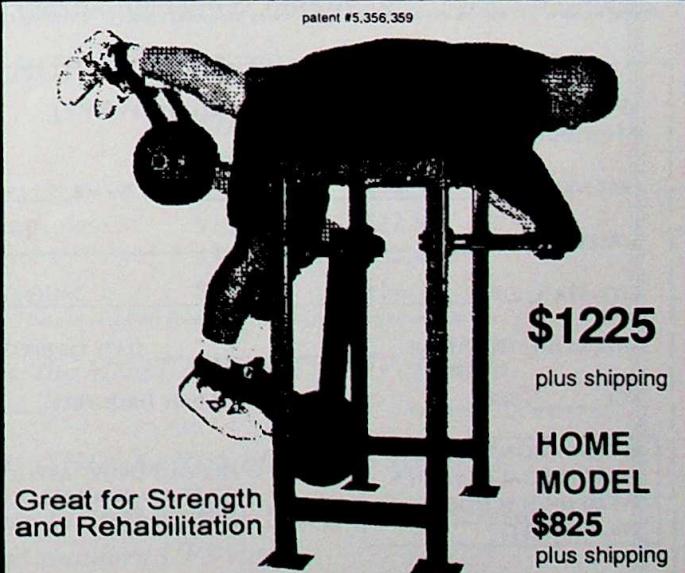
For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

Raw Open - Angela Wynn-Brice and Masters - Barbara Beasley. The Heaviest Male Benchers were: Assisted Open - Alan Beane and Raw Master - Alan Beane. The Heaviest Male Benchers in the Raw Division were: Open - Jerry Gunter with 500 and Masters Raw - Peter Primeau with 440. We had several newcomers to the circuit of AAU who had a great day and totals were high. They were Kevin McCloskey, Mark Light, Gene Allgood, Anissa Culbert-Butler and Michael Bradley. I would like to thank Chris Lawyer of the Weight Room for his wonderful support, time, and donating the platform equipment. I would also like to thank a long time friend, Paul Jones or Iron House Gym for his benches. The head judge was Harry Silas and additional referees were Rudy Garcia, Roger Ernst, Tom Dorsey, Billy Calhoun, Dave Woods, Belinda Hayes, Barbara Beasley, Ray Cross and Larry Larsen. The platform manager was Nick Minetti. I want to thank Judy and Steve Wood and Jill Mead for running our tables and doing a great job on organizing and keeping the pace up so swiftly. I want to thank our many volunteers - Rachel, Susan, Mark, Carolyn, Anne, Vicki, Patti, Sharon, Susan, Bev, Kathy, Cameron, Angela and as always our faithful head scorekeeper, Pam. The digital computer camera and printouts were done by Katherine Rudy Garcia did our computer scoring for us. I want to thank all the many people who made this meet possible - Geoff, Scott, Ted, the Winchester Gang, Phillip, Terrance, Mike, Barry, Bob, Gary, Darrin, and Jason. Most of all, I want to thank two very special people, without whose time, effort, guidance, and support this meet would not have gone so smooth and that is Larry Larsen and Ray Cross. The two greatest and kindest people of the AAU, and also to my dear friend and co-meet director, Roger Ernst. We all want to thank you for coming out to Virginia for this meet, and look forward to seeing you again on May 11th for the Virginia State Championships and the Triple Crown Classic - 4 meets in one, and we are all very excited here in Virginia because we have been granted the bid for the AAU World Championships for the year 2002, in Richmond, Virginia. (thanks to Barbara Beasley, AAU Virginia State Chairwoman, for results)

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**SLP Franklin H&F BP/DL Classic
11 NOV01-Franklin, IN**

BENCH PRESS	master men 70-74
master women 40-44	220
148	Allen Glass 265
Julie Nance 105	4th 270
4th 110	open men
teenage men 16-17	148
220	Scott Kenworthy 215
Justin Fricke 245	198
teenage men 18-19	Brack Rowe 345
165	Christian Duran 330
Cameron Jackson 310	242
4th 320	Dennis Smith 470
junior men	Jasen Coldiron 385
198	275
David Hanson 375	Jack Jesse 475
Matt VonBraeue 275	DEADLIFT
master men 40-44	teenage men 16-17
165	220
David Whitaker 255	Justin Fricke 375
220	junior men
Randy Coldiron 455	198
Mike Robinson 335	M. Von Braeue 435
master men 45-49	open men
220	148
Tom Boyer 370	Scott Kenworthy 325
275	198
Jim Helsley 455	Brack Rowe 475
master men 55-59	220
220	Adam Gorsch 580
Gary Horton 315	275
	Jack Jesse 500

* Son light Power Indiana state record. The Franklin Health & Fitness Classic was held at the gym November 11, 2001. A special thanks to owner Susie Katt for once again hosting this event. At the trophy presentations Susie was awarded a special plaque thanking her for her continued support of the sport of powerlifting. In the bench press event first time competitor Julie Nance won the master 4044/148 class, finishing with 105, followed by a 110 fourth attempt. These were both new Indiana state records for Julie. In the teenage 16-17 division Justin Fricke won at 220, setting the state record there with 245. Cameron Jackson took the 18-19/165 class with 310, then pr'd a fourth attempt with 320. David Hanson finished with 375 for the win at junior 198 while Matt VonBraeue finished in second place with 275. David Whitaker set the state record at 40-44/165 with 255, getting just his opener in. Randy Coldiron got a big state record at 40-44/220 with his 455 second attempt, just missing a 470 third. Mike Robinson was second at 220 with 335, struggling with 350 on his last two attempts. Tom Boyer continues to dominate the 4549/220 class, winning here with a solid 370. Jim Helsley took the 45-49/275 class with a strong 455, passing on his final attempt. Gary Horton, representing Kyle Kramer's Pro Fitness of Dayton, Ohio, had a great day, winning the master 55-59/220 class while setting the state record there with 315. Up next was the amazing Allen Glass, who will soon be turning 74 after the first of the year. Allen broke his own state record at 70-74/220 with his final attempt of 265. But that wasn't enough, as Allen called and made 270 on his fourth attempt! What a kid! In the open division, a relatively newcomer to the sport, Scott Kenworthy, got a new personal record of 215 with his win at 148. Brack

Best Deadlifter at the SLP Franklin Health & Fitness Classic, Adam Gorsch, with Franklin Health & Fitness owner Susie Katt and her special award for "continued support of the sport of powerlifting". (photograph provided to PL USA by the courtesy of Dr. Darrell Latch)

Rowe won at 198 with 345 over Christian Durant who finished with 330. Dennis Smith took the 242 crown with 470 which also earned him best lifter honors for the competition. Jasen Coldiron was second at 242 with 385, getting just his opener in. Al 275 was Jack Jesse who finished with the biggest bench of the day, 475. In the deadlift competition Justin Fricke won his second title of the day in the teenage 13-15/220 class. Justin finished the day with a new state record of 375 for the win there. Matt VonBraeue got a new pr with his win at junior 198, pulling 435 for his second attempt. In the open division Scott Kenworthy set the record at 148 with his second win of the day and a 325 to his credit. Brack Rowe took the 198 class with 475 after missing a final attempt for a new pr at 500. Adam Gorsch pulled a new state record 580 for his win at 220 and best lifter honors for the competition. Jack Jesse won his second title of the day at 275, finishing with 500 after being called for hitching with 550. Thanks to my son D. C. and Tim Doyle for loading and spotting. See you all again next year! (Thanks to Dr. Darrell Latch for providing these meet results to Powerlifting USA)

**World Gym's North Florida BP
22 SEP 01 — Jacksonville, FL**

WOMEN	James Hicks 365
Catherine James 190	Danny Clark 315
Sandria Anderson 130	220 lb.
TEEN	Dondell Blue 500
Daniel Long 350	Matt Halliday 450
Masters (40-49)	James Allen 430
Johnny Brewer 500	242 lb.
Randy Boynton 440	Brick Crump 515
Dan Prevatt 350	Robert Mann 500
MEN	Johnny Brewer 500
OPEN 148 lb.	275 lb.
Clint Newman 335	Jim Hoskinson 525
Bo McCoy 300	Brett Hendrix 500
181 lb.	Tom Wilkinson 480
Drew Maddox 435	SHW
Overall 181 & under Champion: Drew Maddox, 435 lbs. (bodyweight: 181). Overall 198 & over Champion: Dondell Blue, 500 lbs. (bodyweight: 216) (Thanks to Velvet Edison for the results)	Jimmy Nichols 405

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

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ DATE OF BIRTH: _____

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

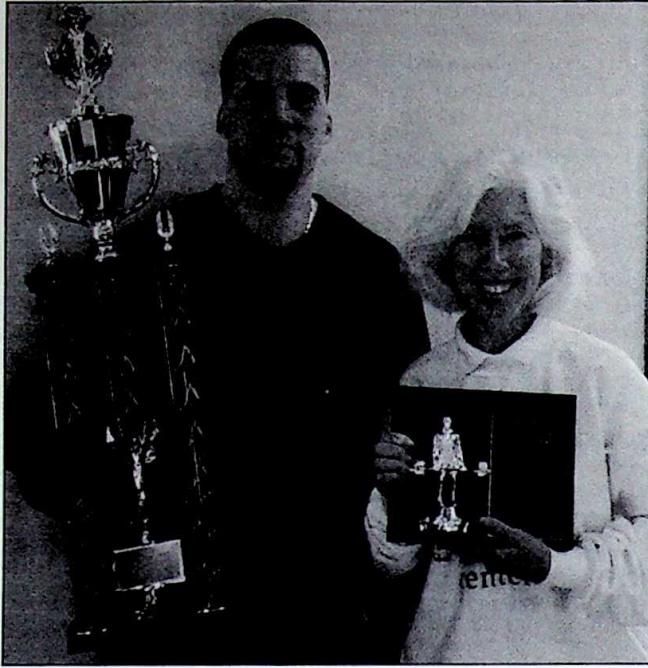
REGISTRATION FEE

\$10.00 SPECIAL OLYMPICS
\$15.00 HIGH SCHOOL
\$30.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

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



**WNPF Nationals
16 SEP 01 - Youngstown, OH**

BP (Assisted)	BP (Raw)
MEN	WOMEN
(40-49) 181 lb.	111 lb.
Joe Fiumara 380	S. Hennebert 70
Lifetime 198 lb.	MEN
Joe Marsala, Jr. 470	(40-49) 220 lb.
Lifetime 275 lb.	Bill Misorski 265
Jeff Pesek 560	(50-59) 242 lb.
(30-39) 275 lb.	Ralph Brown, Jr. 400
Jeff Pesek 560	(33-39) 275 lb.
(40-49) SHW	Bill Beck 380
Jerry Wilson 355	(40-49) 275 lb.
Police/Fire SHW	Pete Prieau 440
James Jennings 485	SQ (Raw)
	Lifetime 198 lb.
	Jeff Harlan 400
(Assisted)	(33-39) 275 lb.
SQ	Bill Beck 490
	BP DL TOT
MEN	
Lifetime 148 lb.	
John Elsberry, Sr. 380	320 450 1150
(40-49) 148 lb.	
John Elsberry, Sr. 380	320 450 1150
John Dye 415	260 365 1040
Paul Gennaro 375	220 375 970
Dennis Brochey 360	270 340 970
Lifetime 198 lb.	
William Evans 575	375 525 1475
(50-59) 198 lb.	
Dan Stelfox 405	265 265 1075
Lifetime 220 lb.	
Brad Hennebert 470	375 550 1395
Rob Willoughby 350	200 330 880
Police/Fire 220 lb.	
Kenneth Koch 425	290 450 1165
Lifetime 242 lb.	
Duane Fryberger 460	350 500 1310
Lifetime 275 lb.	
Jeff Pesek 315	560 315 1190
(30-39) 275 lb.	
Jeff Pesek 315	560 315 1190
Lifetime SHW	
Ron Graham 705	425 615 1745
(Raw)	
Lifetime 220 lb.	
Donn Taylor, II 485	305 560 1395
(40-49) 220 lb.	
Bill Misorski 375	265 390 1030
(50-59) 242 lb.	
Ralph Brown, Jr. 455	400 455 1310
(33-39) 275 lb.	
Bill Beck 490	380 510 1380
Lifters from three states competed in the WNPF Nationals on their way to qualifying for the Worlds, which will be held in October in South Carolina. In the assisted powerlifting, Johnny Elsberry, Sr., dropped a weight class but still had enough power to win the 148 lb. Lifetime and Masters Divisions. Four lifters battled in the Masters division with fine totals turned by John Dye, Paul Gennaro and Dennis Brochey. It was good to see Williams Evans, who was unable to attend the Lifetime Nationals in June due to his daughter's graduation. Williams turned in a strong total, winning the 198 lb. Lifetime division. In the 198 lb. Masters, Dan Stelfox turned in a strong total. In the 220 lb. classes, Brad Hennebert won the Lifetime division, edging out Robert Willoughby, and Kenneth Koch turned in a fine total in the Police and Fire division. 242 lb. and 275 lb. lifters Duane Fryberger and Jeff Pesek also were strong, winning their divisions. SHW Ron Graham had the highest total of the day, making some heavy lifts look easy. In the Raw Divisions, Donn Taylor, II, and Master lifter Bill Misorski pushed up strong lifts, winning their division, with Misorski also winning the Raw Bench. Ralph Brown, Jr., lifted strong, as did Bill Beck, with both lifters winning their divisions as well as some single lift divisions. In the Assisted Bench Press, Joe Fiumara had a strong lift in the 181 lb. class, and Joe Marsala, Jr., came close to 500 in the 198 lb. class. Jeff Pesek did an easy 560 lb. bench in the 275 lb. class and SHW Jerry Wilson and James Jennings made heavy lifts look easy, winning their divisions. In the Raw Bench, Shauna Hennebert, our only female lifter, won her division with a new personal best lift. Pete Prieau had a strong lift, winning the Masters 275 lb. class. In the Squat Only, Jeff Harlan fell a little short of 500, but still made an easy lift to win his class. Once again, special thanks to all the people who make these meets successful and enjoyable, including my judges and spotters and the lifters. Hope to see all of you at the Worlds. (Thanks to Ron Deamicis for providing these competition results to POWERLIFTING USA).	

APA Nationals & USA Open Bench 21,22 SEP 01 - Laurel, MD				
Women	SQ	BP	DL	TOT
132				
B. Barnowich	250	155	285	690
Women Master				
B. Barnowich	250	155	285	690
Teenage				
A. Turner 159	465	270	545	1280
C. Van Dyke 193				
Junior				
J. Birley 239	450	325	505	1280
A. Ruse 250	500	295	550	1345
Submaster Lwt.				
S. Jaffe 164	410	330	430	1170
N. Williams 181	450	260	525	1235
Submaster Hvy.				
B. Piumti 281	695	455	675	1825
S. Vickery 235	450	375	525	1350
Submaster Lt. BP				
S. Jaffe 164		330		
C. Taylor 142		265		
Submaster Hvy. BP				
J. Peterson 218		455		
Master 40-49				
M. Dimiduk 269	725	380	670	1775
T. Quinn 225	450	350	625	1425
Master 40-49 BP				
T. Lewis 168		385		
50-59				
A. Thornburgh	315	200	400	915
50-59 BP				
D. Conway 176		250		
Open				
114				
S. Shimko		200		
123				
R. Bodine	230	185	315	730
148				
Drug Tested				
R. Fry	475	350	475	1300
R. Fry		350		
165				
A. Turner	445	270	520	1280
4th	465		567	
Drug Tested				
G. Rozier	300	300	475	1075
BP				
J. Snyder		315		

G. Rozier		300		
181				
S. Voshell		425	365	470 1260
Drug Tested BP				
T. Lewis			385	
S. Voshell			365	
198				
J. McVicar		625	500	555 1680
R. Rosario		400	290	465 1155
Drug Tested				
M. Twitchell		430	365	530 1325
BP				
J. McVicar			500	
220				
BP				
J. Peterson			450	
Drug Tested				
N. George		595	365	650 1610
Open				
M. Salazar		535	405	580 1520
242				
Drug Tested				
J. Stahl		530	385	520 1435
S. Vickery		450	375	525 1350
L. Contratti		400	270	415 1085
J. Sodano		350	235	365 950
Open				
J. Marvel		525	380	530 1435
275				
Drug Tested				
G. Russo		700	480	525 1705
S. Comereski		540	420	520
J. Maggert		600		
Open				
M. Dimiduk		725	380	670 1775
BP				
S. Pagtakhan			605	
Drug Tested BP				
P. Cropp			600	
308				
B. Piumti		695	455	675 1825
SHW				
J. Sampson		700	485	585 1770

I would like to thank all who were involved with getting this meet organized. The event took place just 10 days after Bin Laden's cowards attacked our country so the turnout was greatly affected. We ended up with 50% of the lifters we originally started with because many could not travel. Still, it was a great time and

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		I Certify that the above answers are correct <input checked="" type="checkbox"/>	
If Under 18 yrs.			

some great lifting took place. Meet Coordination: Julie Scanlon, Capt. Kirk Karwoski, Siouxz Hartwig, Jeff McVicar, Judges: Lester Maslow, Justin McShane, Scott Taylor, Capt. Kirk Karwoski, Julie Scanlon, Bubba, Announcers: Miguel Salazar (Day 1), Scott Shimko (Day 2). Spotters and Loaders: Tony Brayton, "Big Tom", "Big Joe", John Powers, Jim Snyder, Sherwin Pagtakhan. Photographers: Anita Nikolic (Day 1), George Legeros (FEMUSCLE.ORG - Day 2).

Special limited edition American Eagle sculptured awards, mounted on 16" plaques were presented as awards. Never have I seen such favorable comments about a set of awards used at a meet. I look forward to next year's event. Hopefully, things will be back to normal and more people will be traveling once again. Special thanks to Jeff McVicar, who put in a lot of time to make this event a quality promotion. (thanks to Scott Taylor, APA Pres., for results)

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Chris Wiers (24 yrs. old, 308 lb. class) smokes his 600 opener at the APF Pine Tree State Open (photos provided by courtesy of Russ Barlow)

APF Pine Tree State Open 27 OCT 01 - Lewiston, ME

Men AAPF

A. Connors 230	600	512	600	1714	Men Master 50+	R. Austin 228	501	341	429	1272*
J. Connors 220	606	319	551	1475	Men Open		4th			441*
K. Inman 213	473	319	529	1322	A. Cayer	567	391	639	1598	
R. Ingrisano 227	507	314	529	1350	R. Pushard	391	286	479	1157	
T. Sunshine 152	363	242	396	1003	T. Sunshine	363	242	396	1003	
N. Dutile 249	451	369	523	1344	K. Manning	473	297	485	1256	
D. Parker 212	424	209	385	1019	M. Luongo	451	374	435	1261	
Men Guest					J. Westleigh	402	303	534	1239	
R. Barlow 318	749	518	782	2050	P. Collings	738	440	622	1802	
P. Collings 215	738	440	622	1802	4th	766*				
4th	766*				J. Connors	606	319	551	1476	
S. Wiers 307	600	744	1344		S. Blanchard	473	655	1129		
S. Blanchard 217	473	655	1129		S. Cote	760	137	137	1036	
S. Cote 218	760	137	137	1036	4th	767*				
4th	767*				A. Connors	600	512	600	1714	
B. Howard 235		755*			P. Halliwell	677	440	551	1669	
Men Junior					T. Frost	518	374	573	1465	
D. Parker 212	424	209	385	1019	S. Griffin	540	308	534	1383	
Men Master					R. Ingrisano	507	314	529	1350	
A. Cayer 165	567*	391*	639*	1598*	B. Howard		755			
K. Inman 213	473	319	529	1322						
T. Sunshine 152	363	242	396	1003						
S. Cote 218	760*	137	137	1036						
4th	767*									
R. Barlow 318	749	518*	782*	2050*						
				275						

M. Olmo 903 485 661 2088
T. Lane 683* 385 650 1719
N. Dutile 451 369 523 1344
P. Orino 589 485* 137 1212
308
C. Wiers 600 744 1344
SHW
B. Mimnaugh 942 573 788 2303
R. Barlow 749 518 782 2050
Men Teen
N. Dutile 249 451 369 523 1344
D. Parker 212 424 209 385 1019
Women Open
114
T. Clarke 225 132 242 600

* denotes a new state record. BLM: Billy Mimnaugh BLF: Tiffany Clarke. Meet highlights: Billy Mimnaugh (SHW) 2303 total - "huge", Chris Wiers (308) 600 bench press, Mike Olmo (275) 903 squat, Brent Howard (242) 755 deadlift, Steve Cote (42 & 220) 767 squat, Phil Collings (220) 766 squat, Al Cayer (165) 639 deadlift, Dick Austin (70 years old,

242) 501 341 441, Scott Blanchard (24 years old, 220) 473 bench & 655 deadlift, Andrew Connors (AAPF, 242) 512 bench and Tiffany Clarke (114) 600 total. I would like to thank spotters and loaders: Scott Blanchard, Chris Wiers, Glenn Chateauvert, Scott Worthing; table: Monique Cote, Chad Curtis, Michelle Curtis, Erica Blanchard, Norm Guay, Lynne Barlow. Judges: "Iron" Mike Scott, Marty Joyce, Mike Mitchell, Steve Smith - for without all of your "professional" help there would be no Pine Tree State Powerlifting Championships. Remember, stay hardcore. (thanks to Russ Barlow for providing these results to PL USA)

Y.E.S.P.A. 2001 Beast of the East 15 SEP 01 — Ocean City, MD

BENCH ONLY	242 lb.
WOMEN	Dan Pearson 314
Special Olympian	275 lb.
165 lb.	Tim Peterman 363
Dawn Handy	137 308 lb.
MEN	Brent Frisby —
Special Olympian	Masters
165 lb.	Amateur
Garry Whealton 82	(40-44) 198 lb. 308 lb.
Melvin Harmon 99	Nate Pumell 429 Masters Amateur
275 lb.	Byron Taylor 220 (50-54)
MEN	198 lb.
Open Amateur	Barry Schaefer 330 Submasters
148 lb.	Mike Shockley 281 Amateur (33-39)
	198 lb.
Mark Obey	347 Leo O'hara 264 220 lb.
Rodney Handy	407 Brian Weston* 529
BENCH PRESS and DEADLIFT	MEN Special Olympian 148 lb.
David Lee Hatfield	137 225 362 198 lb.
Calvin White	181 457 639 220 lb.
Jeff Wood	209 435 644 Johnathan Stoklosa 308 308 616
Teen Amateur (13-15)	148 lb.
Jeff Gibson, Jr.	165 264 429 Teen Amateur (16-19)
148 lb.	Stephen White 214 374 588 165 lb.
Willie Lubeck, Jr.*	303 440 743 Open Amateur 242 lb.
Scott Haddaway	363 534 898 Submasters Amateur (33-39)
198 lb.	Jeff Gibson, Sr. 319 440 760 Masters Amateur (45-49)
198 lb.	William Lubeck, Sr. 270 402 672 275 lb.
Buck Carmack	358 446 804 WORLD TANDEM DL CHAMPIONSHIPS
MEN Open Amateur	
Lightweight	
Stephen White/Jeff Gibson, Jr.	706
Middleweight	
Buck Carmack/Jeff Gibson, Sr.	877
Adam Ramses/Greg Ford	800
Heavyweight	
Fred Vanderveen/Tyrene Young	911
Jimmy Marvel/Byron Taylor	756
On Saturday, September 15, 2001, the Y.E.S.P.A. Beast of the East was held in scenic Ocean City, MD. There were 29 lifters on hand for this annual event. Lifters came from Maryland, Pennsylvania and Delaware. Best Lifters were Brian Weston in the bench only division and Willie Lubeck, Jr., in the bench and deadlift division. The Y.E.S.P.A. World Tandem Deadlift Championships were held as well. First place finishers took home \$250, 2nd place finishers took home \$175, 3rd place would have earned \$100, but there were no 3rd place finishers. The top tandem deadlift pull was by the team of Fred Vanderveen and Tyrene Young. Thanks to the entire Youth Exercise Services Event Staff. A big thank you goes out to the "Mighty" JR Hunt for always supporting the YES Inc. Powerlifting Association. If you are interested in lifting in a "true" all-inclusive powerlifting association, contact us @ (410) 742-9201 or by email: yes@ezy.net. Visit our website @ www.ezy.net/yes. We will stand strong against terrorism and we will stay strong as a nation. God Bless America. Forever in our hearts 9/11/01. (Thanks to Trend Dashiell, Y.E.S.P.A., for these meet results and article.)	



Maine's Tim Lane (42 yrs. old, 275 lbs.) pulls his 650 opener at the APF Pine Tree State Open

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REGISTRATION FEE \$25.00		CLUB MEMBER		NAME OF CLUB YOU REPRESENT	
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ARE YOU A PREVIOUS A.P.F. MEMBER <input type="checkbox"/> YES <input type="checkbox"/> NO					
<p>IF UNDER 18 HAVE PARENT INITIAL</p> <p>I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F.</p>					
SIGNATURE X					

A.D.A.U. Single Lift Nationals

8 SEP 01 — Clearfield, PA

SQUAT Nationals	(55-59) 181 lb.		boxed knife was also presented to Chelsea Fuller (Outstanding female lifter), Warren Eichhorn (Most Versatile teenage lifter), and Tommy Wingham (Most Inspirational Lifter). Four lifters were drug-tested with Paul Griffith, Terry Gibson and Jason Batykefer passing the test. A lifter tested positive for Nandrolone and has been dropped from the meet results. A retest will be done to determine his future status in the ADAU. (courtesy of Al Seigel)
Teen (16-17) 181 lb.	Joe O'rengia	264	
W. Eichhorn	308	220 lb.	
Masters (40-44) 319 lb.	Dave Flemming	374	219 lb.
Bill Ogden	418	Terry Wallick	264
4th	440	(60-64) 198 lb.	
(50-54) 165 lb.	Jack Herbein	236	
N. Theodorou	420	Open	
275 lb.		105 lb.	
Darryl Crans	374	Chelsea Fuller	83
(55-59) 148 lb.		165 lb.	NYS X-treme BP Challenge
Paul Griffith	402	Ken Stoner	264
181 lb.		181 lb.	15 SEP 01 - Liverpool, NY
Joe O'rengia	358	WOMEN	Rob Darling
4th	369	Janet Farone	170
220 lb.	Jason Metz	253	220 lb.
Bugs Bayer	501	M. Woodard	155
319 lb.	Bucky Sisko	308	Shannon Brown
Terry Wallick	264	Maria Paratore	160
Open 148 lb.	Larry Baty	303	Wayne Carroll
Paul Griffith	402	Lisa Sheffield	115
198 lb.	D. O'Connell	479	Fred Davis
Jeff Harlan	402	TEEN	Chris Mineo
BENCH Nationals	Greg Plowman	429	James Wisneski
Teen (12-13) 105 lb.	R. Plowman, Sr.	242 lb.	Doug Koch
Chelsea Fuller	83	Trevor Ruocco	375
123 lb.	DEADLIFT Nationals	275 lb.	242 lb.
R. Plowman, Jr.	132	Phil Bova	335
(14-15) 114 lb.	D. O'Connell	257 lb.	Ed Dibari
H. Claypatch	115	Al Trifunovski	285
(16-17) 181 lb.	Greg Plowman	181 lb.	Ray Bennett
W. Eichhorn	292	Justin Britniak	205
(18-19) 242 lb.	B. Hollopetter	181 lb.	Mark Harrison
J. Batykefer	391	Masters	350
Junior (20-23) 242 lb.	D. O'Connell	181 lb.	Scott Machie
Bill Schmidt	424	Winnie Vardine	460
Submaster (35-39)	Bill Ogden	275 lb.	Rich Hartala
198 lb.		132 lb.	Vinnie Vardine
Bucky Sisko	308	Chris Byrnes	365!
275 lb.		165 lb.	M. Harding
D. O'Connell	479	Bill Wood	365
SHW		Jeff Manfredi	350
R. D'Antonio	440	Mike Siccieska	265
Master (40-44) 165 lb.		Fred Boldt	—
Ken Stoner	264	BP for reps	—
319 lb.	Bugs Bayer	181 lb.	Chris Byrnes
Bill Ogden	275	Hans Goodnow	35
(45-49) 165 lb.	Jack Herbein	275 lb.	Dave Herbst
W. Claypatch	264	Allan Siegel	330
(50-54) 220 lb.		Jason Foil	—
John Kuhar	325	198 lb.	Scott Rowe
275 lb.	T. Wingham	Craig Conte	31
Darryl Crans	220	Moyer Simmons	410
Outstanding lifter was figured by formula for bodyweight. Outstanding master lifter was figured by bodyweight and master formula. Outstanding Open and Master squatter was Paul Griffith of Colora, MD. Outstanding Open bench presser was Derrick O'Connell of Waterford, MI and Outstanding Master bench presser was Dave "Rooster" Fleming of Munhall, PA. Outstanding Open deadlifter was Nick Theodorou of Easton, PA. Outstanding Master deadlifter was Tommy Wingham of Madison, IN. The three outstanding open lifters were presented with beautiful engraved swords. The three outstanding master lifters each received a boxed three-piece knife set. A	J. Richardson	405	Rich Hartala
			535
			460
			450
			320
			365
			45
			41
			38
			35
			33
			31
			30
			29
			405
			280
			470
			1155
			615
			570
			480
			480
			405
			525
			310
			315
			350
			300
			375
			885
			305
			170
			135
			300
			735
			300
			330
			760
			285
			195
			315
			795
			615
			340
			310
			320
			560
			1465
			400
			330
			575
			1305
			400
			330
			575
			1305
			525
			360
			525
			1410
			315
			210
			410
			935
			520
			390
			630
			1540
			525
			340
			635
			1500
			510
			390
			525
			1425
			300
			190
			450
			940
			705
			480
			675
			1860
			605
			380
			675
			1660
			595
			435
			600
			1630
			535
			400
			600
			1535
			585
			325
			625
			1535
			585
			325
			625
			1535
			585
			355
			585
			1525
			585
			355
			585
			1805
			670
			420
			615
			1705
			590
			385
			675
			1600
			560
			440
			535
			1535
			685
			500
			620
			1805
			720
			460
			585
			1765
			740
			415
			600
			1755
			670
			460
			585
			1750



7 Deadlifts - Average Age over 59 - Average Deadlift at the ADAU Single Lift Natiots - 510# - L to R, Standing: Tommy Wingham (70-518), Al Siegle (63 - 451), Jack Herbein (63 - 485), Larry Buccchioni (52-507). Kneeling: Joe O'rengia (55-496), Nick Theodorou (50-545), Bugs Bayer (56-567). Thanks to Al Siegel for this photograph and analysis.

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time, guys! Best Lifter and winner of the rep contest was Chris Byrnes. The winning team was Team Big Dogs from Schenectady, NY. This meet was designed for NYS lifters to showcase their talent and have a good time. Next year more divisions will be added and all of the kinks will be worked out. We started at 9:30 and were done with the awards at 12:30. The post-meet party started at 3:00, but most everyone had gone home. Next time there will not be such a gap, so plan on attending. We had a great time. Special thanks go out to judges Oscar Jensen, Jeff Lewis, Chris Byrnes, Scott Rowe and Tom Kristoff. Thanks to Tracy Braddish and Kevin for all they did to help the meet run smoothly. Chiara Duonala ran the score table with incredible efficiency and the announcing was done by Dr. Dave Kingwater. You two made the meet run very smoothly and fast. Thanks to Steve "BUCK" Rogers for the Forza bench and the lights. Thanks to Scott Rowe for the use of the Body Mechanics and to his better half Theresa for all the support and help. We hope to make this bigger and better each year!(results courtesy Dave Kingwater).

USAPL Lifetime Nationals

25 AUG 01 - Stanardsville, VA

Women	SQ	BP	DL	TOT
123				
60-64				
C. Winkelblech	170	85	270	525
148				
Open				
Laura Styrlund	315	210	360	885
Mary Ruffener	305	215	350	870
40-44				
Lynne Nelson	300	170	375	840
Jill Meade	300	135	300	735
45-49				
Denise Sheridan	290	140	330	760
165				
40-44				
Belinda Hayes	285	195	315	795
Men				
132				
Open				
Curtis Reinitz	360	240	420	1020
148				
Open				
Victor Aybar	405	280	470	1155
165				
Open				
Eric Holmes	615	350	700	1665
Robert Eddy	570	340	560	1470
David Sonne	480	310	590	1380
Greg Retz	480	320	560	1360
181				
Open				
Les Greene	525	380	560	1465
Tom Piazza	400	330	575	1305
40-44				
Tom Piazza	400	330	575	1305
45-49				
Miles Baker	525	360	525	1410
70-74				
E.e McCulloch	315	210	410	935
198				
Open				
Todd Shelton	520	390	630	1540
Joe Tavares	525	340	635	1500
40-44				
Tommy Holland	510	390	525	1425
65-69				
Don Levesque	300	190	450	940
220				
Open				
Henry Gerard	705	480	675	1860
Craig Safran	605	380	675	1660
Julian Ulvang	595	435	600	1630
Tim Schepper	535	400	600	1535
Wesley Lowey	585	325	625	1535
45-49				
Wesley Lowey	585	325	625	1535
242				
Open				
Greg Goodell	585	355	585	1525
275				
Open				
Sid Cornick	685	500	620	1805
Phillip Battle	670	420	615	1705
Wade Jenson	590	385	675	1600
Ron Scandle	560	440	535	1535
Supers				
Open				
Nick Minneti	710	445	705	1860
Todd Slaughter	720	460	585	1765
DJ Jenkins	740	415	600	1755
Scott Slaughter	670	460	585	1750
Supers				
Open				
Thanks to John Shifflett for providing results!				

USPF Texas Cup
3 NOV 01 - Seguin, TX (kg)

BENC PRESS	Submaster 35-39	M. Ortega	150	100	175	435
Women Bench	220	K. Pitts	162.5	145	190	497.5
123	J. Campbell	Junior Women 13-15	181			
S. Rinn	100	A. Ruiz	112.5	62.5	92.5	267.5
148	C. Spirinson	198				
K. Reinhard	70	B. DeOreo	92.5	57.5	97.5	247.5
181	Junior 20-23	Junior Women 16-17	105			
D. Rawe	30	L. Kelley	142.5			
Masters Women	220	A. Clements	147.5			
132	C. Brune	130	72.5	125	327.5	
J. Cowan	72.5	M. Long	197.5	Junior Women 20-23	123	
148	Junior 18-19	123				
P. McCormick	70	M. Deleon	107.5	45	112.5	265
Disabled	165	S. Rodriguez	107.5	60	120	287.5
220	D. Tarver	148				
G. Dzuris	95	C. Brune	130	72.5	125	327.5
Pro Bench Press	181	M. Deleon	107.5	45	112.5	265
275	N. Witherspoon	Submaster 35-39	132			
T. Bruner	230	J. Jackson	75	42.5	112.5	230
308	J. Allen	148				
P. Springer	280	C. Anderson	137.5	80	162.5	380
Police/Firefighter	M. Etheredge	L. Yeager	112.5	62.5	105	280
181	Junior 13-15	Masters Women 40-49	123			
P. Arriaga	137.5	R. Jackson Jr.	65			
198	C. Lester	87.5	47.5	100	235	
J. Waters	175	B. Betz	82.5	50	87.5	230
220	N. Worley	V. Laubach	102.5			
E. Carvajal	170	H. Reeh	67.5	37.5	85	190
Masters 50-59	181	Masters Women 50-59	132			
148	C. Lee	G. Brinker	70	62.5	112.5	245
J. McCallum	115	Pro Women	181			
220	J. Waters	J. Mills	235	137.5	237.5	610
J. Salas	150	R. Pearce	220			
275	G. Gamer	E. Carvajal	237.5	170	232.5	640
B. Wright	137.5	M. Valverde	181			
Masters 40-49	G. Dzuris	A. Grissom	162.5	137.5	202.5	502.5
165	275	J. Trujillo	200			
S. Weingust	95	E. Molina Jr.	190			
B. Worley	115	P. Arriaga	162.5	137.5	202.5	502.5
220	275	M. Valverde	207.5			
C. Dzuris	165	R. Ohland	237.5	157.5	250	645
308	308	S. Hmack	242.5	147.5	250	640
C. Bryant	165	W. Smith	205	127.5	260	592.5
Novice Women	SQ	R. Cumming	210	162.5	195	567.5
105	BP	B. Chornopski	190	127.5	237.5	555
S. Henrise	97.5	D. Field	230	165	262.5	657.5
148	47.5	E. Carvajal	237.5	170	232.5	640
A. Womack	127.5	M. Christian	275	202.5	262.5	740
181	80	Below Class I	181			
J. Grissom	100	R. Brandon	200	147.5	232.5	580
Open Women	47.5	P. Arriaga	162.5	137.5	202.5	502.5
123	105	L. Cuello	160	125	182.5	467.5
V. Tyree	167.5	198				
148	87.5	R. Ohland	237.5	157.5	250	645
M. Baum	152.5	S. Hmack	242.5	147.5	250	640
C. Burroughs	85	W. Smith	205	127.5	260	592.5
M. Sisneroz	127.5	R. Cumming	210	162.5	195	567.5
165	75	B. Chornopski	190	127.5	237.5	555
	345	D. Field	230	165	262.5	657.5
	322.5	E. Carvajal	237.5	170	232.5	640

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Estate Master	I	II	III	IV	IPF Cat 1	Cat 2	Nat	State:	Y N	Y N	Y N	Y N	
Y	N	Y	N	/	/	M	F	/	/				

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If Under 18 have Parent Initial _____

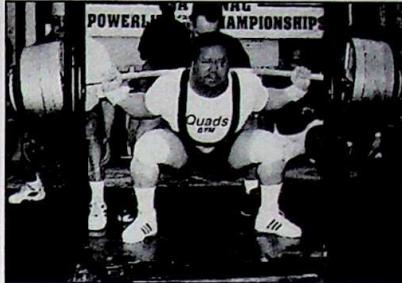
Signature _____

S. Craig	272.5	190	272.5	735
B. Emerson	237.5	160	240	637.5
Masters Men 55-59				
198				
B. Johnson	208	117.5	242.5	640
220				
R. Youngman	185	150	185	520
242				
E. Kelley	217.5	120	190	527.5
M. Ellsworth	152.5	75	150	377.5
308				
C. Wahl	142.5	97.5	165	405
Masters Men 50-54				
148				
J. Fisher	137.5	77.5	147.5	362.5
181				
P. Boutte	240	130	217.5	587.5
275				
B. Wright	102.5	137.5	195	435
Masters Men 45-49				
220				
L. Mistric	292.5	195	292.5	780
B. Wright	237.5	162.5	220	620
242				
M. McDaniel	302.5	187.5	277.5	767.5
275				
R. Jackson	245	170	180	595
308				
B. Gresham	332.5	192.5	265	790
Masters Men 40-44				
165				
M. Mosley	145			
181				
T. May	215	107.5	222.5	545
M. Harrison	182.5	110	222.5	515
E. Garcia	162.5	115	205	482.5
198				
J. Vasquez	277.5	177.5	282.5	737.5
J. Casey	190	140	215	545
220				
R. Garcia	227.5	152.5	287.5	667.5
D. Ford	215	162.5	265	642.5
J. Dora	230	102.5	192.5	525
242				
G. Pamplin	295	202.5	240	737.5
R. Nesuda	287.5	160	280	727.5
M. Breslin	265	155	252.5	672.5
G. Marcell	185	155	225	565
C. Garcia	295			
275				

A. Leyton	227.5	137.5	240	605
A. Mendez	142.5	137.5	190	470
308				
C. Bryant				
Submaster Men 35-39				
165				
W. Hoover	115	92.5	190	397.5
198				
S. Saxby	190	130	210	530
220				
T. Valdez	217.5	170	182.5	570
242				
S. Witt	275	157.5	235	667.5
J.C. Roy	197.5			
275				
M. Christian	275	202.5	262.5	740
J. Williamson	260	185	252.5	697.5
Junior Men 20-23				
132				
J. Velasquez	167.5	110	170	447.5
198				
A. Bell	197.5	130	212.5	540
220				
A. Clements	237.5	147.5	245	630
242				
P. Dungan	275			
C. Pappillon	272.5	185	272.5	730
308				
I. Ingalls	182.5	97.5	197.5	477.5
Junior Men 18-19				
123				
W. Strickland	147.5	80	137.5	365
148				
J. Frausto	160	112.5	172.5	445
181				
N. Witherspoon				
220				
J. Allen				
Junior Men 16-17				
114				
G. Jackson	102.5	70	172.5	345
123				
S. Baltazar	142.5	87.5	160	390
148				
M. Gillette	175	87.5	195	457.5
J. Reid	127.5	85	137.5	350
181				
J. Gomez	205	112.5	205	522.5
B. Bealor	172.5	122.5	195	490
T. Reigner	150	75	162.5	387.5
242				
M. Nguyen	250	137.5	232.5	620
Junior Men 13-15				
123				
T. Steward	102.5	72.5	120	295
Open Men				
198				
J. Vasquez	277.5	177.5	282.5	737.5
R. Ohland	237.5	157.5	250	645
S. Hmack	242.5	147.5	250	640
220				
R. Pearce	320	220	290	830
J. Jaramillo	282.5	182.5	285	750
R. Gargant	272.5	187.5	260	720
K. Gordon	255	182.5	272.5	710
242				
M. Blankely	287.5	215	305	807.5
L. Neef	287.5	197.5	290	775
J. King	277.5	197.5	265	740
N. Nesuda	287.5	150	280	727.5
M. Nomura	245	175		
P. Dungan				
C. Garcia				
Best Lifter Men - Raymond Pearce. Best Bench Men - Raymond Pearce. Best Squat Men - Raymond Pearce. Best Deadlift - George Jackson. Best Bench Masters Men - Sheldon Weingust. Best Masters Men - Larry Mistric. Best Lifter Below Class I - Scott Hrnack. Best Lifter Women - Valerie Tyree. Best Bench Women - Susan Rinn. Best Squat Women - Valerie Tyree. Best Deadlift - Valerie Tyree. Best Lifter Junior Women - Stephanie Rodriguez. Best Lifter Junior Men - Sammy Baltazar. Best Lifter Submaster Men - Mark Christian. Team Competition Team Nesuda - Ovilla Athletic Club - 110, Body Builders Gym - McAllen - 75. Seguin Fitness hosted this year's version of the USPF Texas Cup at the club in Seguin. While historically, an area championship meet, this year was the largest ever with 164 lifters on hand from all over the state. With an audience of 250, the quality of lifting was high and the weight classes were full in most divisions. In fact, there was one complete flight of lifters composed of 40-44 year olds with 17 lifters in all. There were another 16 lifters over 50. The meet ran from 9am to 5pm on two platforms due to the experienced crew. Johnny Graham, Ft. Hood power coach, served as the Head Referee. Other referees included Rusty Riese				

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Ed Jubinville Memorial Bench Press 10 NOV 01 - Pittsfield, MA

WOMEN	G. Ting	390
129	Junior	
Open	R. Cichy	385
J. Scholz	155	N. Godfrey
40-44		Submaster
J. Scholz	155	W. Parks
C. McComb	135	440
139	220	
J. Abely		Abely
40-44		Clapp
C. Carl	140	F. Engel
176		360
50-54		M. Bibens
S. Cseh	85	305
MEN	J. Blajda	410
132		Submaster
C. Rataj	200	P. Barrett
148		555
C. Tamburino	315	F. Engel
C. DeJoy		360
Junior		40-44
N. Rybicki	315	C. Clapp
D. Williams	225	F. Mink
181		415
C. DeJoy	165	F. Willard
		405
B. Pekley	400	R. Cote
Junior		420
R. Beattie	305	B. Delamare
18-19		500
40-44		S. Van Brunt
T. Frescia	285	470
45-49		E. Fetzner
B. Toomey	295	365
65-69		A. Bruneau
B. Cseh	235	380
181	50-54	
C. Wilard	450	J. O'Brien
L. Steiner	315	440
18-19	275	G. Jackson
45-49		440
J.R. Bales	275	W. Buzzee
B. Weiss	275	SHW
J. Larimore		B. Tucker
40-44		535
L. Steiner	315	F. Gomes
45-49	18-19	530
J. Van Allen	405	J. Kuhnen
C. Benoit	315	360
65-69	D. Jones	Junior
N. Bassette	215	430
198	40-44	J. Miller
W. Parks	440	400

Despite having just moved into their new facility, the gang at Berkshire Nautilus managed to put on another well run contest. There was plenty of close competition this year; Jim Abely nosed out Curtis

Clapp in the 220 open, 425 to 420. In the Superheavies, Billy Tucker did 535 to beat out Frank Gomes' 530. In the 181 class for 18-19 year olds, J.R. Bates won over Brendan Weiss by lighter bodyweight. Talk about close competition, the 220 class for 40-44 year olds, was a real photo finish for the four contenders: Jim Abely 425, Curtis Clapp 420, Fred Mink 415, and Frank Willard 405. Joan Scholz won the women's best lifter trophy. Veteran lifter Roland Cote won the best lifter award for the masters group. Chad Willard won best lifter for the lighter open classes. Peter Barrett won best lifter for the heavier open classes. Peter Barrett deserves special mention for his fantastic 555 at a bodyweight of 218-and he is a submaster! Team honors, for the third year in a row, went to Basement

Benchers; second place went to Universal Fitness, and the third place team trophy went to King's Gym. Head judge was Ray Dunn, side judges were Jim Sloan and Bob Najimy. Jim Ramondetta, owner of the Berkshire Nautilus facility, did a great job of announcing. Scorekeepers were Barbara Conway and Glenn McBurney. Extra special thanks to Leon McCluskey and Erik Ungewitter for being the loaders. (this report was provided to Powerlifting USA by Bob Conway, Box 847, Pittsfield, MA 01202)



Peter Barrett (standing at right) receives his Best Lifter award from Bob Conway at the Ed Jubinville Memorial Bench Press Championships, while Pete's son Nick looks on. Barrett benched 555 at a bodyweight of 218. (photograph provided courtesy of Conway)

USAPL OHIO STATE PL/BP
11 NOV 01 - Bedford Hts., OH

BENCH PRESS	JOE SMITH	305
WOMENSRAW	MENS 181	
M.POLK#	NICK PIAZZA	335
BARB FAZIO	JOE LUPIA	320
M. ZAPO	MENS 198	
PEGGY BENO	BRIAN MOORE	435
TEENAGE	MENS 220	
RYAN RISNER	R. YOUNG#	535
D. SCHIRRIPA	MIKE LANDING	505
G. QUINN	STEVE SPINELLE	500
POLICE FIRE	MENS 242	
R.GOLDSMITH	KEVIN MAYER	540
MASTERS 40-49	MENS 275	
DAVID MILLER#330	FRANK PALMER	550
JOE SCRIBNER	RAW MEN 132	
J. MCHUGH	F. MARQUINEZ	260
T. LANDINO	RAW EMN 165	
MASTERS 50-59	JOE TRAMONTE	305
R. GOLDSMITH	JOHN KOCISKO	235
D. BERNATY	RAW MEN 181	
JOEYFDA	JASON ROSS	375
RAW MASTERS	DAVE FLANIK	340
F. MARQUINEZ	NICK PIAZZA	335
ED KING	ED KING	290
RAW MASTER 50-59	RAW MEN 220	
T. WALLICK	J. MELCHIORS	360
MENS 132	RAW MEN 242	
S.PETRENCAK#	V. TARANTINO	360
350	RAW MEN SHW	
OPEN WOMEN SQ	TERRY WALICK	260
M. RUFFENER#	BP DL TOT	
320	230 325 875	
T. SOMMERS	125 360 835	
J. THUENER	250 150 285 685	
C. BERTHOLD	240 105 320 665	
TEENAGE		
RYAN RISNER	550 460*	530 1540
J. HARTMAN	475 350	505 1330
BEN SCHIMPF	380 280	440 1100
G. DENNISON	375 200	480 1055
ZACH JENKINS	285 155	325 765
J. AUERBACH	260 205	305 770
G. QUINN	225 315	275 815
POLICE/FIRE		
NORM CAIRL	610 415	610 1635
MASTERS 40-49		
NORM CAIRL	610 415	610 1635
STAN GOSS	360 230	450 1040
RICK MEIER	350 240	400 990
MASTERS 50-59		
JOEYFDA	400 300	430 1130
MASTERS 60+*		
BEN SUSTIN#	510*	350 515* 1375*
RAW MASTERS 40-49		
BILL FOSTER	420 320	530 1270
JOHN SABO	325 295	445 1065
RAW MASTERS 50-59		
T. WALLICK	350 260	325 935
MEN'S 148		
GREG PAGE#	600 325	630 1555
TODD STRAUB	490 330	520 1340



The Women of King's Gym at the USAPL Ohio State Meet (left to right) Jacklyn Thuenen, Peggy Beno, Barb Fazio, Melani Polk, and Marisella Beno. (thanks to King's Gym for providing the photograph)

championships so special. Without your efforts and dedication to the sport, these events would not be possible. See you in September 2002 for the USAPL Bench Press Nationals and in November 2002 for the USAPL State Championships. (Thanks to Edwin A. King, Meet Director, for providing these contest results)

Hall of Fame Meet
15 SEP 01 - Niles, MI

BENCH PRESS only	198 lb.
TEEN	Darrell Horn 320
Jacob Thom	(45-49) 165 lb.
MEN	Greg Guthrie 315
Masters (40-44)	(50-54) 220 lb.
181 lb.	Greg Fay 300
Fred Stoles	242 lb.
	G. Washington 335
WOMEN	SQ BP DL TOT
Open 148 lb.	
Dawn Steele	270 185 315 770
Master 181 lb.	
Donna Steele	225 150 270 625
220 lb.	
Anna Collins	115 100 220 435
TEEN 220 lb.	
M. Richardson	275 195 340 815
JUNIOR 181 lb.	
Nicholas Lewis	475 275 500 1250
Rusty Bailey	290 — 410 —
MEN	
Submaster (33-39) 181 lb.	
Jeff Murnaw	515 290 545 1350
220 lb.	
Jeff Steele	500 400 540 1440
Master (40-44) 181 lb.	
Bob Fabiano	520 360 530 1410
198 lb.	
Tyron Ward	500 320 600 1420
(45-49) 165 lb.	
Greg Guthrie	465 315 545 1325
(50-54) 148 lb.	
Bill Lowe	420 180 450 1050
(60-64) 165 lb.	
Donald Steele	180 145 305 630
(65-69) 148 lb.	
Nair Ravindran	85 90 110 285
(70-74) 181 lb.	
Ben Creech	215 120 265 600
Open 165 lb.	
Erick Nickson	535 355 615 1505
181 lb.	
Jeff Murnaw	515 290 545 1350
Bob Fabiano	520 360 530 1410
198 lb.	
Jesse Soule	560 425 620 1585
Jason Tate	400 320 415 1135
220 lb.	
Rob Karacson	600 325 650 1575
242 lb.	
Ken Slaughter	475 335 540 1350
(results courtesy of Amy Salem, meet director)	

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3rd IPA Iron Den Record Breakers

21 MAY 01 - Queensbury, NY

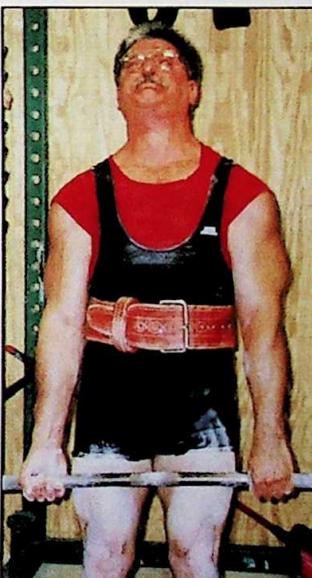
148	BP	DL
B. Kellogg	240	
Women Masters		
B. Gerge	185w	
165		
R. Daily	450	
P. Blish 73	160	
W. Fosmire	455	
181		
S. Raybein	565	
B. Austin	425	
Teen		
P. Howard	450	
198		
D. Ives	450	
S. Kay	605	
Teen		
J. Howard	405	
220		
D. Nelson	340	565
Master		
S. Morris	450w	
T. Dalaba	380	
242		
K. Pighini	585	
D. Kipp	570	
M. Cleveland	405	
R. Harrington	340	475
275		
J. Toranzo	710	
A. Hicks	630	
C. Taylor	600	
S. Burns	550	
R. McMahan	540	
C. Simone	500	

(thanks to Bill Crawford for providing results)

SLP Illinois State Championships
10 NOV01-Tuscola, IL

BENCH PRESS	Randy Coble	315	
submaster men	4th	325	
198	220		
Tony Coduto	420	Keith Parrish	505
4th	430	4th	520
198		Mike McCabe	415
Bruce Stevens	415	242	
220		Jeff Allen	390
Brad Scroggins	400	242	
4th	410	Eric Maney	385
shw		4th	405
Earl Yingst	510	DEADLIFT	
master men 55-59	master men 40-44		
18	198		
Bob Hochstein	305	Mike Raya	540
police & fire	master men 45-49		
181	242		
Josh Yargus	330	James Ewing	520
open men	master men 55-59		
165	181		
Lay Khoan	335	Bob Hochstein	570
4th	345	open men	
198	165		
Ricky Coggins	475	Lay Khoan	380
	4th		400

* Son Light Power Illinois state record. The Son Light Power Illinois State Bench Press/Deadlift Championships were held November 10, 2001 at Son Light Power Gym in Tuscola, Illinois. In the bench press competition it was Tony Coduto for the submaster/198 win over Bruce Stevens. It was close right up to the end as Bruce finished with a personal best 415. Tony made 420 for his third attempt before setting the state record with 430 for his fourth. Brad Scroggins also had a great day, finishing with his first 400 bench before calling for and making a fourth at 410! Brad captured his first state title at submaster 220. Big Earl Yingst broke his own submaster record at shw by thirty pounds when he finished with 510 for the win there. Bob Hochstein captured the title at master 55-59/181 with a great pr 305 final attempt. Josh Yargus, lifting in just his second competition, finished with 3 30 for win at police & fire/ 181. In the open division Lay Khoan got two great prs with his 335 third attempt and a 345 fourth. This was done at a 165 bwt! Ricky Coggins won at 198 with a 475 pr, coming close with 500 on a fourth attempt! Randy Coble was second at 198 with 315, followed by a 325 pr fourth. This was Randy's first competition. Keith Parrish had the biggest lift of the day with his win at 220, finishing with a 505 third and 520 fourth attempt. Mike McCabe was second at 220 with a personal best 415. Jeff Allen only got in his opener of 390 but that was good enough for the win at 242 over Eric Maney, who finished with 385.



Mike Raya pulls a solid 540 at Master (40-44) 198 at the SLP Illinois State BP/DL (Latch photo)

Eric did, however, go on to make a personal best 405 on a fourth attempt. The best lifter award was shared between Ricky Coggins (475@ 196) and Keith Parrish (505@216). In the deadlift competition Mike Raya continues his comeback, finishing here with a solid 540 for the title at master 40-44/198. James Ewing won at 45-49/242, locking out with 520 on his second attempt, before missing his final attempt of 540 in an effort to break his own state record. Bob Hochstein had the biggest pull of the day with his 570 pr and state record for the win at 55-59/198. Bob even gave 600 a run, but had just run out of gas. Lay Khoan showed plenty of potential in the open 165 class. Lay pulled a strong 380 followed by a pr 400 fourth for the win there. Thanks to my wife Susie and son Joey for all their help. (results by the courtesy of Dr. Darrell Latch)

13th Indian Summer Invitational
28 OCT 01 - Wyoming, MI

	SQ	BP	DL	TOT
165	700	475*	575	1750
181				
Angel Cancel	505	380	135	1020
220				
John Wagner	575	345	555	1475



Co-Best Benchers at the SLP Illinois State BP/DL were Keith Parrish (520 @220, left) and Ricky Coggins (475 at 198, right). Latch photo.

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242	Paul Sippola	480	250	425	1210
sub-master					
220	Mike King	600	275	505	1380
45+					
220	Jim Juerink	600	290	565	1455
198					
Lynne Boshoven	540	300	520	1360	
242					
Ray Zimmerman	400	350	450	1200	
master 60+					
198					
Mike Miller	480	240	360	1080	
teen 16-17					
220					
Brandon Miller	505	24()	520	1265	
iron man					
165					
Gil Mendez	290	350	640		

* Central Bench Press League Record. Special thanks to: Lynne Boshoven, Brendan Yoder, and Leon Brotrager. Everyone who lifted at this year's Indian Summer Power meet had an excellent day. Rich Salvagni made his first 700 squat at 165. He went 710 on a 4th attempt, and went lower than necessary and couldn't quite negotiate it. In his quest for an 1800 total he should have skipped it, because when he was just short of a lockout on a 485 bench, his lower back really cramped up hard as a result of the stress it took on his low attempt with the 710, and just wouldn't allow him to finish it. He did come away with a career best, 475. After getting a 575 deadlift, he went to 625 for his 1800, but his lower back was pretty well shot and wouldn't cooperate. Lynne Boshoven solidified her top spot in the women's rankings with her best total in a decade, 1360 which included a gut-busting 520 deadlift. Also getting a 520 deadlift was Brandon Miller. Only 16, he really needs to get to a deadlift national meet where he would be very competitive. Also pulling a great deadlift was John Wagner with a 555, which exceeded his expectations for the day, changing his technique in the middle of the meet to improve his leverage on the lockout, really proved to be an epiphany for him and I think 600 will be in the cards within a year. And Jim Juerink really showed some fire in getting a 565. A big jump in the squat from 600 to 700 really cost him on total, when he missed it, but he still came away with an excellent 1455. Getting a 600 squat for the first time was student-of-the-game, Mike King, while getting a pr 505 deadlift too. Also getting his first 500 squat was Angel Cancel with a 505. And getting all pr's across the board was Master lifter Ray Zimmerman with 400 350 450 1200 was happy enough to head for Disney World. His squats got him about half of the way there because they were low even by IPF standards. (thanks to Jon Smoker for results)

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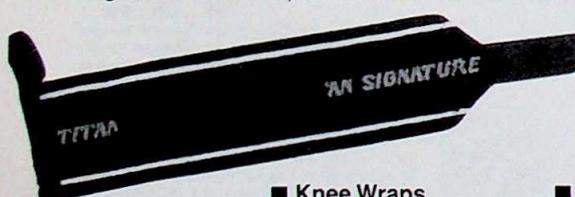
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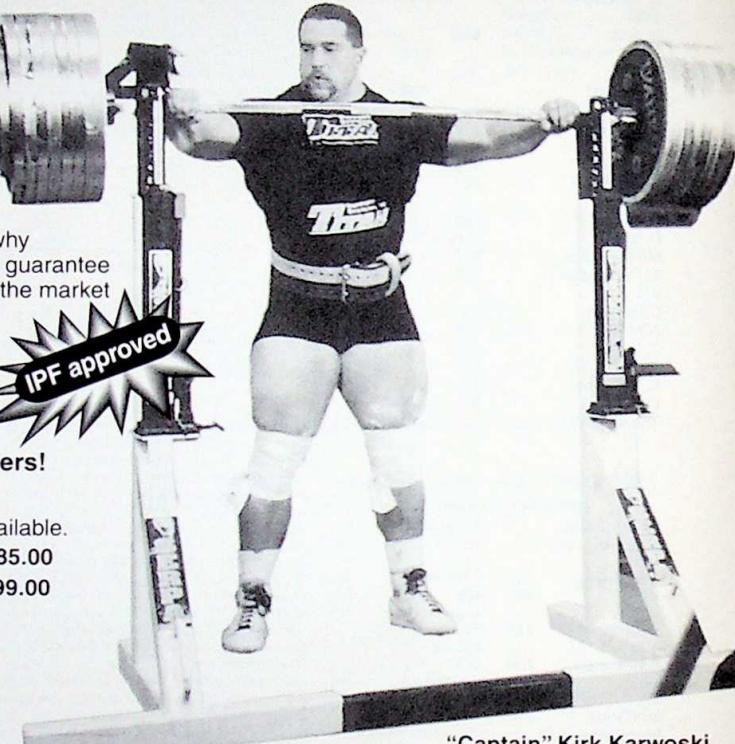


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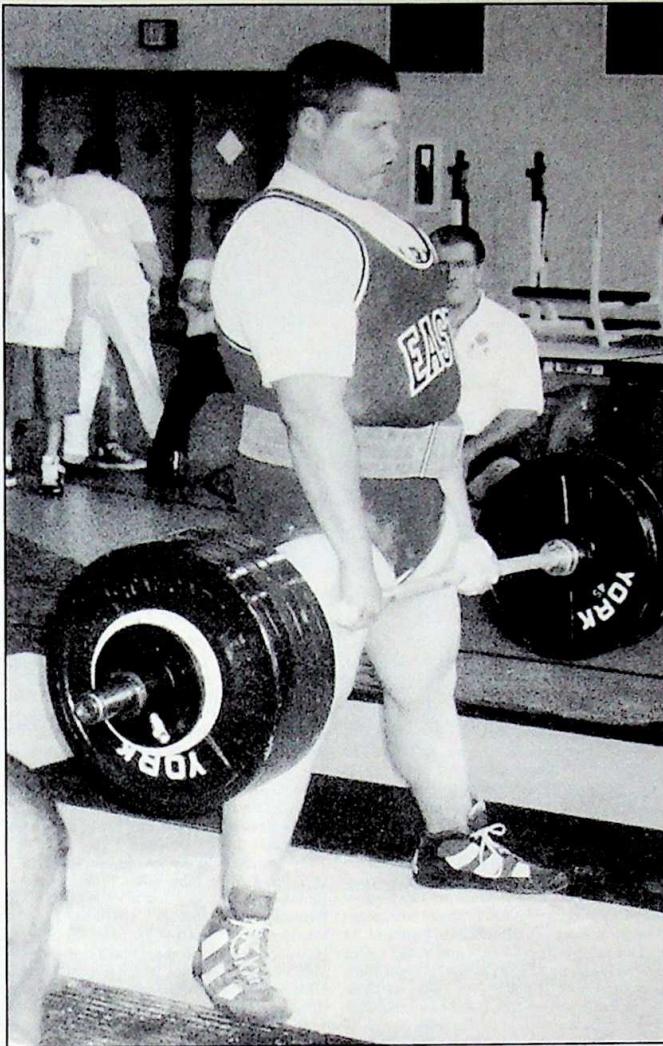
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16 Years Old!!! ... Ed Malinowski pulls 620. (photographs - Garcia)

Junior Olympic Games 27-29 JUL 01 - Portsmouth, VA				
Female	SQ	BP	DL	TOT
66				
T. Oglethorpe 10	80	45	105	
230				
77				
R. Reynolds 8	90	55	145	290
88				
B. Russell 10	110	65	150	325
97				
E. Edwards 16	135	80	205	420
114				
M. Roose 16	210	105	230	545
123				
M. Stallings 14	106	70	150	326
132				
J. Haynes 16	175	110	235	520
A. Miller 14	160	90	235	485
148				
M. Everett 11	180	75	200	455
165				
L. Shearer 16	170	100	190	460
198				
D. Luff 14	175	95	135	405
198+ Equipped				
S. Pole 16	445	275	355	1075
220				
T. Oxier 18	108	130	250	560
Male				
77				
B. Mack 19	110	70	145	325
88				
J. Cahill 10	80	60	145	285
N. Denarinis 12	135	75	175	385
E. Francis 12	55	35	100	190
97				
M. Oxier 10	155	75	165	395
105				
C. Bracken 10	115	55	145	315
D. Breedlove 14	120	75	185	380



- 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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	Regular Fee	*AB* Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available

Adult Athletes in the Following Sports: 10.00 12.00
Adult Athletes in the Following Sports: 10.00 12.00

Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Driving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

AAU National Headquarters c/o The Walt Disney World Resort PO Box 10,000 Lake Buena Vista, FL 32830	SPORT CODE	ASSOCIATION CODE

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Regular Fee	*AB* Fee
Adult Athletes in the Following Sports: Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampolining & Tumbling, Triathlon, and Weightlifting	20.00
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Adult Powerlifting Athletes	30.00

MEMBERSHIP CATEGORY	CHECK ONE:	Athlete	Coach	Official	Volunteer
CHECK ONE:	_____	_____	_____	_____	_____

CHECK ONE:	Youth Program	Adult Program	Added Benefit	Yes	No
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ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

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

Member's Signature _____

Parent/Guardian Signature _____

meet directors. If it hadn't been for them, the meet would never have happened. My heartfelt thanks goes out to all four of you. I'd also like to thank all of the referees, Harry, Bill, Billy, Larry, Dennis, Bob, Elaine, Roger, Ray, Bruce, Maureen, Barbara, and Fred. You folks did an absolutely marvelous job of mixing strict judging criteria with compassion and teaching. We started with 57 athletes; four failed to make a qualifying lift and so were eliminated. The remainder of the lifters left feeling rightfully proud of their accomplishments. We had some outstanding individual performances from both the young men and the young women. In the team competition, we had four clubs registered: Black Barts, Henry's Dynoteam, Mike's Olympic Gym, and the Hamilton Township Police Athletic League. All of the teams were well represented and excellently coached. A special thanks to our sponsors, Kelly Sports Videography and especially to YORK BARBELL for the platform weights and equipment!!! We couldn't have done it without you!! Next year's event will be in Knoxville at the end of July. Keep checking the AAU website at www.aausports.org for updates. At that meet we will be offering a Junior Division (20-23 year olds) for the first time as well as single lift competitions. The lifting will extend over three full days so make sure you get in contact with me early for information. I can be reached at rleegarcia@hotmail.com. Have a blessed day and remember to LIFT BIG!! (thanks to Rudy Garcia for providing these contest results)



14 Year Old MIKE KUHN squatting 405 while weighing only 132.

WABDL Twin Lab World Cup
7,8 JUL 01 - Portland, OR

DEADLIFT			165	E. Nielsen	209		
Junior 20-25	S. Smith	562	48+	S. Murphy	374		
165	54-60		308	242			
L. Luther	490	T. Bohn	341	J.R. Hill	308		
181	181		Masters	C. Field-Eaton	374		
C. Jackson	600	G. Holzinger	468	40-46	M. Seath	314	
198	198		148	275	J. Seath	352	
R. Bren	518	E. Olson	363	F. Evangelista	391	308	
242	308		220	T. Sybouts	385	M. Turner	352
T. Osborne	578	J.R. Hill	551	242	Submaster 34-39		
J. Lusby	440	R. Smith	529	J. Harms	440	123	
308	308		A. Dawson	402	M. Morishige	303	
J. Pritchett	606	J. White	451	M. Sinner	380	4th	314
Teen	61-67		275	B. Baertlein	402		
13-15	275	K. Nichols	490	C. Moon	545	4th	418
105	308		M. Ceccarelli	473	220		
A. Smith	203	G. Johnson Sr.	314	K. Sacher	473	R. Campbell	402
132	68-74		S. Birdwell	402	242		
C. Field-Eaton	325	165	308	R. Ludlam	418		
242	J. Schall	352	J. Newman	275			
J. Davasher	424	75-79	SHW	K. Walden	567		
16-19	275		R. Young	512	W. Pontius	407	
148	C. Davis	374	47-53	J. Hernandez	407		
B. Lee	275	Women Law/Fire	181	308			
165	198		P. Plush	352	J. Cunningham	606	
J. Olson	380	S. Jones	308	F. Martichuski	222	SHW	
242	4th		220	N. Beseda	385	L. Haywood	534
C. Field-Eaton	606	Women Open	308	R. Barada	Junior 20-25		
4th	633		D. McCreary	440	165		
M. Seath	523	J. Buckingham	149	54-60	J. Luther	451	
275	4th		165	L. Luther	363		
J. Seath	485	105	W. Paolo	330	181		
Class I	M. Pederson	176	R. Harris	385			
165	4th	181	T. Bohn	225	198		
L. Luther	490	148	T. Robinson	325			
R. Straker	385	L. Saleh	259	G. Holzinger	303	R. Bren	303
4th	391	Master Women	220	220			
220	40-46		Sekermestrovich	462	A. Hicks	479	
D. Boell	534	123	242	J. Anthony	363		
308	D. Ruff	275	T. Bunce	341	242		
J. Newman	501	132	275	G. Nelson	523	T. Osborne	462
Open Men	H. Gantz	369	308	E. Olson	352	4th	473
123	148		R. Smith	429	A. Larsen	457	
M. Morishige	469	J. Sylvester	214	J. White	352	K. Rose	440
165	SHW		SHW	275	A. Gruver	402	
T. Henderson	529	L. Hagelganz	303	D. James	451	C. Sacher	440
198	4th	319	61-67	308	308		
R. Bren	518	47-53	181	J. Pritchett	440		
220	105		198	T. Pritchett	440		
T. Summers	600	M. Pederson	176	J. Gladson	264	Teen Women	
242	4th		264	13-15			
M. Spees	462	123	308	K. Nichols	286	Junior 20-25	
275	P. Bryant	325	J. Gladson	286	J. Buckingham	82	
M. Foreman	650	132	68-74	SHW			
T. Stashin	600	P. Pendergast	308	V. Gruver	110		
J. Adams	600	R. Harrington	259	165	4th	121	
308	165		J. Schall	203	Master Women		
J. Fernandez	716	54-60	75-79	275	40-46		
J. Pritchett	606	132	C. Davis	253	D. Ruff	165	
Submaster 34-39	G. Okicich	281	Open Men	148	J. Sylvester		
123	M. Whinston	137	F. Evangelista	391	242		
M. Morishige	469	Teen Women	13-15	165	L. Simpson	220	
181			J. Luther	451	47-53		
B. Baertlein	540	97	S. Bell	429	M. Pederson	82	
242	J. Buckingham	149	220	220	G. Okicich	104	
R. Ludlam	501	4th	T. Martin	479	P. Bryant	143	
275	154		242	R. Gladson	99		
J. Fernandez	716	148	K. Rose	440	4th	100	
SHW	D. Brooks	253	319	68-74			
V. Eldridge	710	165	G. Warrington	507	P. Bryant	143	
Masters	K. Takekoshi	297	308	435	54-60		
40-46	4th	303	R. Bren	303	132		
165			203	220	G. Okicich	104	
V. Fernandez	330	Class I	123	T. Martin	479	148	
181	148		123	R. Gladson	99		
R. Cummins	462	R. Hilderbrand	181	K. Rose	440		
242	165		132	T. Martin	479	148	
J. Capello	650	J. Luther	363	T. Stashin	358	R. Gladson	99
A. Dawson	650	181	13-15	132	132		
275	B. Gaither	363	114	T. Andrews	82		
S. Birdwell	573	J. Bristow	308	13-15			
M. Ceccarelli	551	198	J. Cunningham	606	T. Andrews	82	
308	B. Carr	402	105	123			
J. Newman	501	4th	114	M. Pederson	82		
SHW	B. Hart	292	114				
R. Young	220		132				
47-53	T. Sybouts	385	123				
165	220		123				
T. Henderson	529	T. Angelo	220	123			
181	R. Hernandez	452	123	123			
C. Alexander	551	308	123	123			
F. Martichuski	341	J. Pritchett	220	123			
P. Plush	303	J. Newman	209	123			
198	T. Luethe	209	123	123			
R. Ward	457	SHW	123	123			
242	T. Pfeifer	209	123	123			
B. Anderberg	523	Master Men Law/Fire	209	123			
275	40-47		123	123			

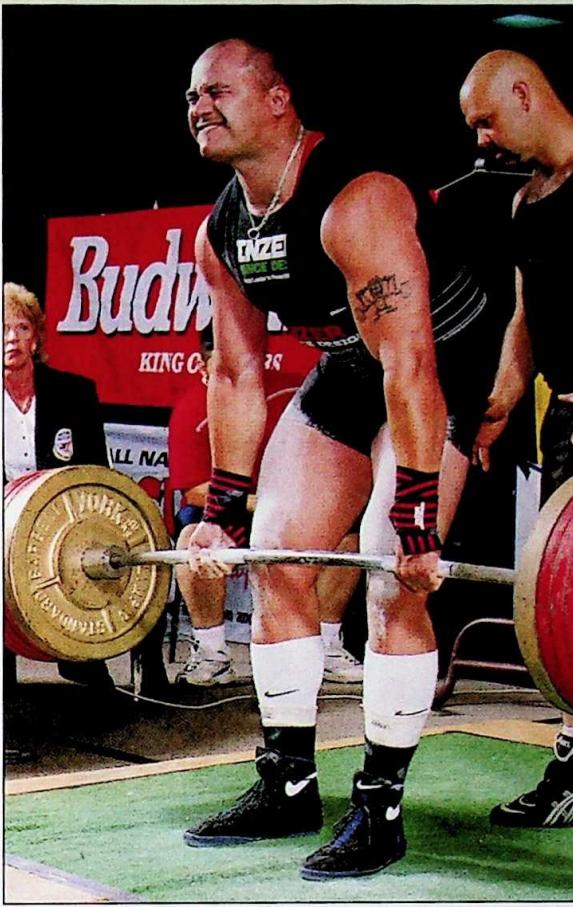


Freddie Evangelista with a 391 World Record . (Baertlein photos)

class. In Junior Women Vickie Gruver set a World Record at 198+ with 121#. In Master Women 40-46, Denise Ruff tied the Oregon State Record with 165 in the 123# class. At 181#, Laura Simpson set two World Records with 210 and 220# respectively. Laura does a lot of volunteer work for homeless people in the Portland, Oregon area. In Master Women 47-53, Pat Bryant put up 143 - 12# shy of her Washington State Record. In Master Women 54-60, Gail Okicich set a Washington State Record 104 1/2 at 132#. At 148 Ruth Gladson set a World Record with 100#. In Master 67-74, Melicent Whinston set an Oregon State Record of 66# at 132. In Open Women, at 123 Shelley Radcliffe put up a big 220#. Shelley is a mathematics teacher at a high school in Portland. At 148, Lisa Saleh put up 140 3/4 and at 181 Laura Simpson was only 12# shy of the Oregon State Open Record of 232 with her 220#. At 184-Sabrina Paolo put up 209, good enough for an Oregon State Record. In Junior Men Bench at 165, Joe Luther set a World Record 451 3/4, weighing 161 at age 20. Joe was the best teenage bencher in the world at 413 weighing 155 and now I think he's the best Junior bencher in the world with the exception of maybe John Korn III who holds the 181# World Record with 512 1/2. Joe's brother Lee put up 363 3/4 and is a very good stock car racer. Lee is at 165 also. At 181, Ryan Harris set an Oregon State Record with 385 3/4. At 198 Tobias Robinson beat Ryan Bresn 325 to 303. At 202 Anthony Hicks put up a national level 479. He's trained by Bill Gillespie, the Strength Coach at the U. of Washington. At 242, there were 3 very good lifters. Kevin Rose, coached by the legendary Jeff Magruder, put up 440 on an opener and then Travis Osborne and Adrienne Larsen went at it. Travis won the meet 462 to 457 and they both put up 473 on a 4th, but Travis did his 1st and got the state record. At 275 Teenage World Record Holder at 308, Cody Sacher (462 3/4) put up 440 3/4 to win the World Cup. I think he needs the extra weight to get over 500#. At 308 Jerry Pritchett set an Arizona State Record with 440 3/4. Outstanding lifter for Junior lightweight was Joe Luther and heavyweight was Travis Osborne. In Submaster men's bench at 123 Marc Morishige was very impressive with a 314 World Record. At 181, the official WABDL Photographer, Brian Baertlein, set an Oregon State Record with 418 3/4. At 220 Richard Campbell put up a respectable 402 and at 242 Richard Ludlam of California put up 418 for a PR. At 275 Kendall Walden put up a huge 567 1/2 for an Oregon State Record. William Pontius was 2nd with 407. At 308, Jim Cunningham moved into the 600 Club with a big 606 and a good try at a World Record 629. At Super, Lonny Haywood put up a 534 1/2. Outstanding Lifter was Jim Cunningham. In Teen men Bench Press 13-15, 220 # class, Chris Barada broke the Washington State Record by 70# with a 253 1/2. At 242 Jason Davasher, the World Record Holder at 275, opened with 325, but missed a State Record attempt for Oregon at 341. In Teen Men 16-19 Jonathan Olson of California beat Erik Nielsen on bodyweight. They both did 209 at 165#. At 198 Spencer Murphy, who holds the World Record at 198 in 13-15, put up 374, but missed a Washington State Record at 392. At 242 Cameron Field-Eaton put up 374 3/4. At 275 Jeff Seath put up 352 1/2 and at 308 Mark Turner put up 352 1/2. In Open Men Bench, Freddie Evangelista put up 391 at 148, only about 17# shy of the World Record. Freddie has come a long ways in the last three years and is one of the best 148# benchers in the World, and he is 46. At 165, Joe Luther, who got a World Record at Junior, had to settle for a Washington State Record in open with 451. Up until June 2, the World Record was 447 by Sean Kaneshiro of Hawaii, but then Michael Hara came along at Jody Woods' Capitol City Championships and blew it away with 485. However, I believe that since Joe Luther is only 20 and only weighs 161, he will beat that record in about two years. Shawn Bell was 2nd with an Oregon State Record of 429 after a two year absence. At 198, the World Record Holder, Gustavo Warrington, put up a 507 and Dan Soto was 2nd with a 435. Dan is capable of 475. At 220 Tim Martin set a Washington State Record with a very respectable 502 1/2 with a single ply shirt! At 275, 56 year old George Nelson opened with 523 1/2, but couldn't make 573 or 611. Jonathan Adams was 2nd with 424. At 308, Jim Cunningham set an Oregon State Record with a huge 606. Jim works construction all day in the hot sun. He played nose guard for the University of Utah and signed with the Oakland Raiders, but a neck injury in training camp ended his football career. Outstanding Lifters were Joe Luther and Jim Cunningham. In Men's Master Bench 40-46 age group, at 148 Freddie Evangelista set a World Record bench with 391. At 220 Thomas Sybouts put up 385 3/4. At 242 Joe Harms keeps steadily improving under the tutelage of Coach Terry Luehrs and blasted up 440 3/4 and was close with 473. Al Dawson was 2nd with 402 and Mike Sinner did 380 for 3rd. At 275, Carroll Moon pushed a 545 1/2 World Record and passed his 2nd drug test. Kurt Sacher was 2nd with 473 3/4. At Super, Randy Young, who played college baseball at U of Alabama, pushed up a 512 1/2, a little shy of his Washington State Record 518. In Master Men 47-53, Perry Plush put up a 352 1/2 at 181 for a Washington State Record. The old record was only 327. At 220 Nin Beseda put up a good looking 385 3/4. At 308 Dave McCreary, coached by Terry Luehrs, got a PR 440 3/4. In Masters 54-60, Wayne Paolo, after a 5 year absence, came back and got a very good 330 1/2, weighing only 162 at age 58. At 181, Terry Bohn did 225 3/4 for the win and Godfrey Holzinger at age 55 put up 303 at 198. At 220, Bill Sekermestrovich keeps setting World Records-about 9 of them in the last 3 years and he put up 462 3/4 at age 54, weighing only 217 for a World Record. Bill is your typical, hard working, salt of the earth type of guy-a painter

by trade - and he's been competing about 8 years now. At 242, Terry Bunce won with 341 1/2 and at 275 George Nelson had an off day with 523 1/2. He did 615 earlier in the year in a non-sanctioned meet and has done 610 and 600 in sanctioned meets weighing about 258 at age 55. Eldon Olson was 2nd with 352 - 11# shy of Dennis Cone's State Record in California. At 308, Robert O. Smith of Vancouver, Canada - the World Record holder at 450, had to settle for 429 3/4. John White was 2nd with a Washington State Record 352 1/2. At Super, Don James - the World Record holder with 473, had to settle for 451. Don wants to be the first man in history to bench 500 at age 60. In Master 61-67, at 198, Darrell Tyner - without a bench shirt - set an Oregon State Record with 336. Jerry Gladson was 2nd with 264 1/2. At 275, Keith Nichols pushed 286 1/2 and Gary Johnson at 308 put up 314. In Master 68-74, 165#, Jim Schall put up 203 and at Master 75-79, 275, Cal Davis put up 252 1/2, a little shy of his World Record. In Law/Fire Bench Master Me 40-47 at 165, Robert Straker benched 176 and at Master men 48+ J.R. Hill benched 308 1/2 at age 54. In Class I Bench, at 165, Lee Luther set an Oregon State Record 363 3/4. At 198 Brad Carr set an Oregon State Record with 414. At 220 Thomas Sybouts won the World Cup with a 385 3/4 and at 275 Ted Angelo set a Washington State Record with 452 3/4 and Rudy Hernandez was 2nd with an Oregon State Record 407 3/4. At 308, Jerry Pritchett set an Arizona State Record with 440 3/4. Outstanding Lifter was Lee Luther.

Now, on to the deadlift. In Law/Fire Open Women Staci Jones set a World Record deadlift of 325 at 198 in her 1st contest. In Open Women Deadlift, Joleen Buckingham set a Washington State Record with 154# at 97#. At 105#, Mary Pederson set a Washington State Record with 165, and Lisa Saleh pulled 259 at 148. Lisa is one of about 20 women whom Jerry Capello has coached to World and State Records and World and State Championships. In Master Women age group 40-46 Deadlift, Denise Ruff pulled a 275, but her Oregon State Record is 303. At 132, Heidi Gantz, who holds the World Record in Submaster 132 with 374, was shooting for the World Record in Master Women as well, but didn't quite come up with it. She ended up breaking Janet May's Oregon State Record by 90#, but was 6# shy of Canadian Wendy Greig's World Record of 374. At 148, Jennifer Sylvester pulled a 214 3/4 and at 198+ Lisa Hagelganz pulled a 319 1/2 World Record after a two year layoff. She has also held a World Record in the bench press and holds all the Washington State Records in her category. In Master Women 47-53, at 123, Pat Bryant - who holds the World Record at 341 1/2, could only manage 325 on this day. At 105, Mary Pederson got a World Record 181 3/4 at age 53, weighing only 104. At 132, Patty Pendergast got a World Record 308 1/2 and was ably handled by Jerry Capello. All of Capello's girls have perfect sumo style form. At 165 Rosemary Harrington pulled 259. In Master Women 54-60, at 132, Gael Okicich looks very beautiful (and looks 40!) at age 54 pulled a Washington State Record 281. At age 77 Melicent Whinston pulled an Oregon State Record 137 3/4 weighing 127. Outstanding Lifter was Pat Bryant. In Teen Women, Joleen Buckingham set a Washington State Record with 154# at 81# bodyweight. In Junior Women Deadlift, Komaki Takekoshi broke an Oregon State Record at 165 with 303 on a 4th attempt. In Men's Deadlift, Master 40-46 age group, at 165, Vaughn Fernandez pulled 330. At 181, Roland Cummins pulled a nice 462 3/4. At 242, Jerry Capello, one of the best master deadlifters in the world, almost got beat. Newcomer Al Dawson tied him with 650, but Capello was the lighter man. At 275, Scott Birdwell had the misfortune of competing in a class that Bill Stewart holds reign over with his 805 deadlift. Scott pulled 573, which is a good



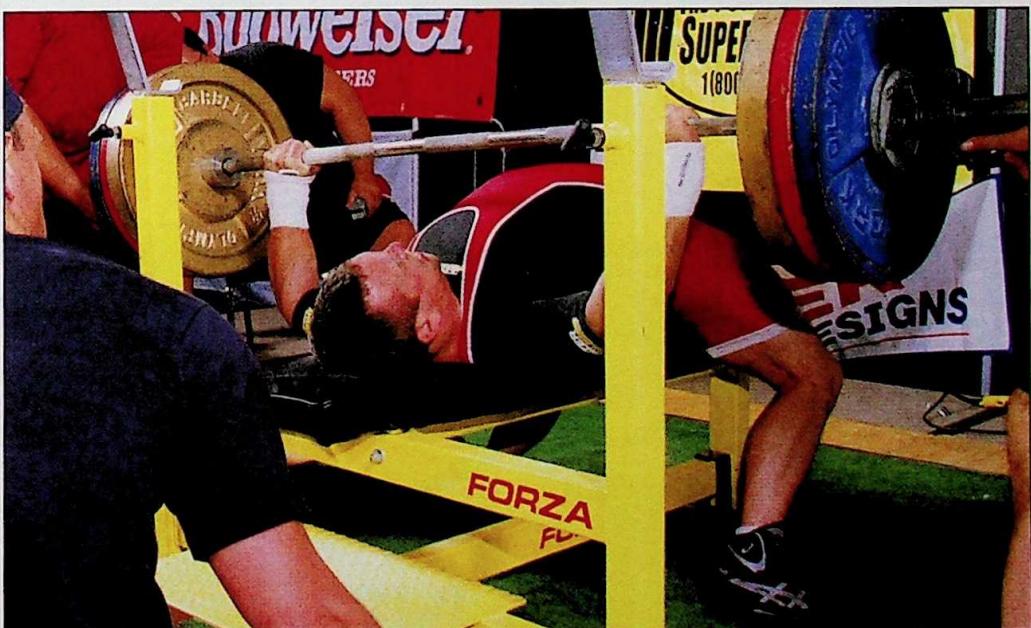
Joe Fernandez ... a WABDL Submaster World Record 716.

deadlift for a master lifter. Mario Ceccarelli was 2nd with 551. At 308, John Newman set a Washington State Record 501 1/2. In Master 47-53 - 165 - Terry Henderson set his 2nd Washington State Record in 3 months with 529 - that's a 402 coefficient, which is big time, pound for pound and his age is 52. At 181, Gene Alexander pulled a 551 at age 53, also big time weight and a 387 coefficient. At 198, Robert Ward pulled 457 and at 242 Bill Anderberg pulled 523 1/2. At 275 Steve Smith

California pulled 501. At 275, William Pontius pulled 584. At 308, Joe Fernandez pulled a World Record 716 and wants to deadlift 800# someday. He will make it - why - because he thinks he can. At Super, Vince Eldridge, a former World Record holder with 741, ended up this day with 710. Outstanding Lifter was Marc Morishige. In Open Men's Deadlift, Marc Morishige broke Ken Snell's World Record at 123 by 1# - 469 to 468. At 165, Terry Henderson pulled 529. At 220, Tony Summers pulled

pulled 562 1/2. In Master 54-60, Terry Bohn pulled 341 1/2 at 181#. At 198 Godfrey Holzinger pulled a Washington State Record 468. At 275, Eldon Olson ripped up a California State Record 363 3/4. Olson has a Doctorate degree in Psychology and works with prisons in his field. At 308, there was a 3 way battle, with J.R. Hill coming out of retirement to pull an Oregon State Record 551 at age 54. Robert O. Smith of Canada, the World Record holder with 578, was 2nd with 529. John White was 3rd with 451, which was a Washington State Record. In Master Men 61-67, Keith Nichols set 3 World Records and ended up with 490 1/2 at 275 at age 62. At 308, Gary Johnson pulled 314. In Master 68-74, Jim Schall pulled 352 1/2 at 165 at age 71, and Calvin Davis pulled a World Record 374 3/4 at 275 and age 77. In Submaster Deadlift, Marc Morishige pulled a very impressive 469 World Record at 123. At 181, Brian Baertlein pulled 540. Brian has won numerous AD-FPA contests. At 242, Richard Ludlam of

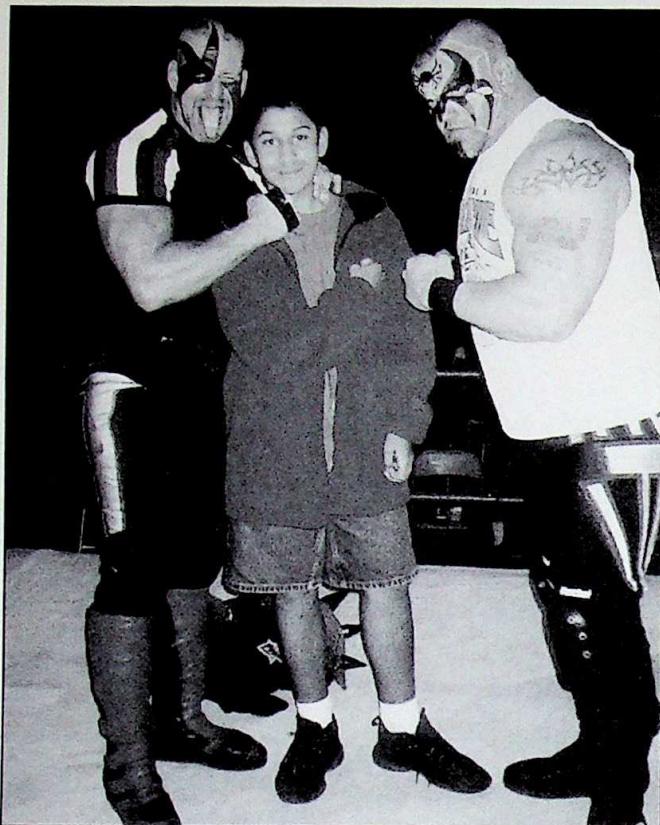
California pulled 501. At 275, William Pontius pulled 584. At 308, Joe Fernandez pulled a World Record 716 and wants to deadlift 800#



Joe Luther ... with his 451 Junior World Record for the World Association of Bench Pressers and Deadlifters.

Dungeon Gym BP Challenge
10 NOV 01 - Galt, CA

Bench	148		
Men	T. Knight	210!	
Youth (10-12) Raw	Youth (10-12)	Assisted	
66	148		
M. Knight	60*	T. Knight	225!
* - Personal Record. ! - World Record. At 66 lbs, bodyweight, 10 year old Mike Knight, once again tied his personal record, with a big RAW 60 lb. bench press. That's very good, considering most of his training, lately, has been on his skateboard! At 148 lbs. bodyweight, 12 year old Tony Knight bench press a Huge RAW 210 lbs., to break his all-time World Record (according to the book "STRENGTH" by Dale Harder), which was 205 lbs. - the most weight ever bench pressed by a 12 year old, at ANY bodyweight! Tony Knight also decided to lift in the ASSISTED Division, using a polyester bench shirt. He BLASTED UP 225 lbs. for a New World Record for the most weight ever bench pressed by a 12 year old at 148 lbs. bodyweight, as well as the most weight ever Bench Pressed by a 12 year old at ANY BODYWEIGHT! This record includes lifts performed in sanctioned, as well as non-sanctioned, meets. Good job - Tony! Someday you'll realize just how BIG those lifts really are. I'd like to thank the spotters, loaders, and judges - J. Weiss, D. Skeva, and K. Heath. Thank you to POWERLIFTING USA. STAY DRUG FREE. Sincerely, Kurt Heath (who provided this report to POWERLIFTING USA)			



APP Single Lifter Meet

27 OCT 01 - Burbank, CA

MEN	SQ	BP	DL	TOT
308 lb class				

Junior

O. Basson 800* 601* 620 2021*
* state record. Referees: Nance Avigliano, Joe Avigliano, Scott Velliquette, Herb Glossbrenner. This meet was held at the Los Angeles Lifting Club. The purpose of this meet was for Oan Basson to post a total before the end of the year. All lifts were judged strictly by APP rules!!! (thanks to Nance Avigliano for results)

831-6337-0797

Call For Other Products & Models

Judgment Day V			
9 SEP 01 - Dunmore, PA			
Teen (14-16)	132 lb.	242 lb.	
Brandon Krajnak	150	Ed Conway	450
148 lb.		Masters (40-49)	
Matt Hawk	180	181 lb.	
165 lb.		Marty Winnicki	300
Joe Roth	215	242 lb.	
181 lb.		Chris Kollar	280
Brett Tareli	285	275 lb.	
220 lb.		Ken Toth	350
Alex Franko	170	308 lb.	
Teen (17-19)	132 lb.	Russ Smith	500*
210 lb.		Masters (45-49)	
Aaron Heydt	205	132 lb.	
148 lb.		Jim Kavarnos	205
Ryan Benwick	185	165 lb.	
Loren Mangino	310*	198 lb.	
Junior (20-23)	165 lb.	Robert Legg	220
Grey Webber	315	Masters (50-54)	
220 lb.		181 lb.	
John Shemonsik	400	Jeff Fremont	270
Open 165 lb.		Masters (55-59)	
Mark Richmond	375	198 lb.	
K. McDonnell	275	J. Mitsopoulos	380
Robert Legg	220	Masters (60-64)	
181 lb.		181 lb.	
Terry Dickey	380	Jim Monk	260
198 lb.		198 lb.	
J. Mitsopoulos	380*	Robert D'Angelo	190
Cliff Dickey	350	Police/Fire 165 lb.	
John Kearney	310	Robert Legg	220
220 lb.		Lifetime 165 lb.	
Nat Williams	470	Robert Legg	220
242 lb.		181 lb.	
Ed Conway	450	Anthony Klazas	395
Chris Kollar	280	S. Pentasuglio	360
308 lb.		198 lb.	
Robert Bogdon	420	242 lb.	
Sub-Masters (35-39)		Chris Kollar	280
198 lb.		308 lb.	
Anthony Klazas	395	Robert Bogdon	420

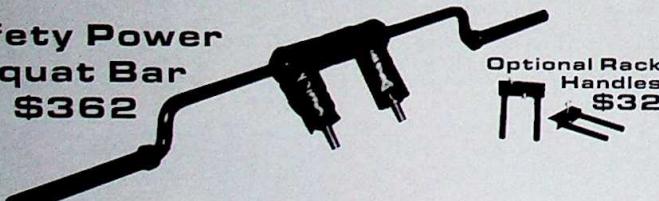
* - designates a new state record. Best Male Lifter Award went to Nat Williams, Scranton, Pennsylvania, 220 lb. class, with a 470 lb. lift. Best Team Award: Jim Thorpe High School, Jim Thorpe, PA. Meet Director: Joe Luciano. Judges: Joe & Theresa Nealis. Held at the Greater Scranton YMCA, Dunmore, PA. (Thanks to Joe Luciano for providing results to PL USA)

Tony Knight, 12, winner of the Dungeon BP Challenge with "Hawk" and "Animal" - pro wrestling's many time tag team champions - "The Road Warriors - Legion of Doom". (photo courtesy of Mike Knight)

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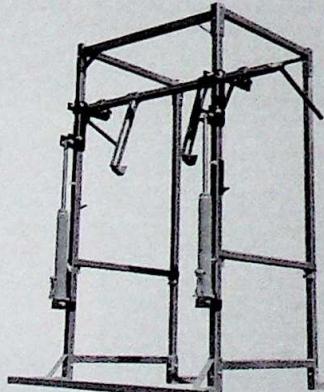
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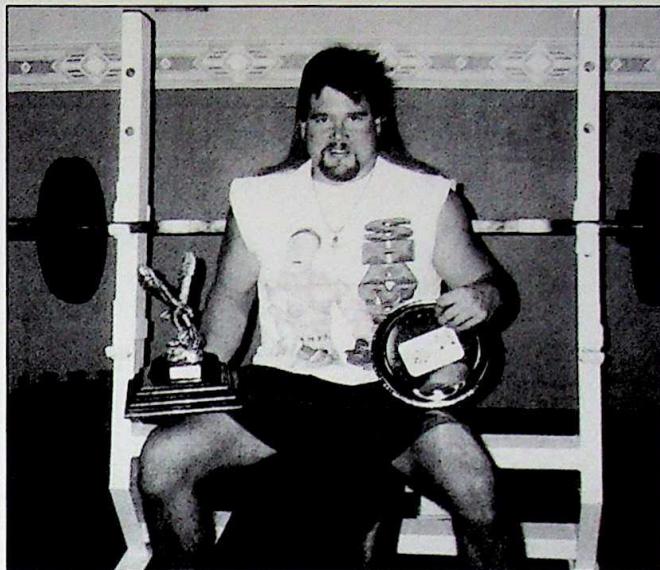
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Seneca Nation of Indians	
Allegany Bench Press Championship	
16 SEP 01 - Fredonia, NY	
(12-13)	220 lb.
123 lb.	Louis Lombardo 245
Phil Lombardo	120 Master (45-49)
Tomy Oldshield	90 220 lb.
(14-15)	Dr. Jay Toth 315
132 lb.	Master (50-54)
Riley Shea	170 275 lb.
(16-17)	Larry Hoff 330!
132 lb.	Master (55-59)
David Lyons	195 319 lb.
165 lb.	Terry Wallack 260
Kevin Kinnear	170 Open 198 lb.
220 lb.	Matt Prey 315
John Fallows	255 Al Kettle 245
(18-19)	220 lb.
275 lb.	Dave Osborn —
Jordan Furnell	335 D. Grandinetti 345
WOMEN	Moose Reed 325
132 lb.	William Smith 320*
Sue Crouse	110 275 lb.
Master (40-44)	Dave Spry 425**
198 lb.	Shawn Clark 350
Jerry Shea	220 Ron Ball 320

*Best Native Lifter. **Best Overall Lifter. I-American Record (ADAU) The first sanctioned meet held on a Native Reservation went very well. There were originally 26 registered lifters, with 24 lifting. With a slow start while waiting for ADAU drug testing to be completed, all went like clockwork. Special thanks to the Seneca Nation Recreation Dept. for the use of their new competition power bench and competition York weights. There were lots of praise for this new bench and bar. Many lifters were able to get PRs. Larry Huff of the Cattaraugus Reservation of the Seneca Nation made a new American Record in the master division. The best Native lifter award went to Bill Smith, who lifted in his first meet. Dave Spry won the best overall trophy. NOCO won first place team trophy and Fitness Plus received the second team trophy. The awards were the Seneca Nation logo on silver plates. The team trophy and best lifter trophies were bronze eagles. (results/report from Dr. Jay Toth, of the State University of New York College at Fredonia)



Bill Smith - Best Overall Native Lifter - at the ADAU Seneca Nation Allegany Reservation Bench Press Championships (from Dr. Jay Toth)

USAPL Hudson Natural Open 3 NOV 01 - Hudson, WI

Teen Women	SQ	BP	DL	TOT
Christy Bang	230	110	245	585
Teen Men				
Andy Derks	405	280	365	1050
Levi Jungbluth	360	225	400	985
Women's Masters				
Angela Simons	290	205	275	770
C. Bissonnette	190	70	245	505
Judy Drenh	235	140	300	675
Men's Masters 40-49				
Dan Rgnonti	615	380	670	1665

Greg Steele	570	365	625	1560
Rick Kolbeck	565	385	585	1535
Mike Laabs	455	300	530	1285
Todd Dierks	490	295	520	1305
Gary Grahn	415	265	475	1155
Men's Masters 50+*				
Brian Hudyma	620	420	625	1665
T. Haggemiller	435	320	525	1280
Sid Reid	465	285	525	1275
Bruce Sullivan	465	280	525	1270
Peter Jensen	160	210	345	715
Special Olympian				
Roy Lehmann	365	220	400	985

Women's Open	Theresa Fish	430	285	375	1090
Erin Walterman	255	135	285	675	
M. Shuttleworth	200	155	240	595	
Marissa Gannon	175	115	225	515	
C. Reynolds	315	170	305	790	
Pam Banister	—			disq	
Men's 148	Paul Wong	44*P	370	465	1275
Ron Hog	465	280	505	1250	
Men's 165	Mike Hulse	515	295	475	1270
Dean Young	365	245	455	1065	
Greg Ophale	380	260	410	1050	
Jim Gardner	360	205	460	1025	
Men's 181	Tony Reid (BL)	540	390	590	1520
Nick Harmon	410	280	430	1120	
Dave Impola	320	265	385	970	
Men's 198	Sten Lindquist	575	360	610	1545
Jason Adamski	520	375	580	1475	
Ryan Ilse	485	305	485	1275	
Jeff Johnson	465	275	440	1180	
Men's 220	Ryan Stills	625	400	660	1685
Jerry Halverson	660	380	640	1680	
Nathan Nord	520	415	550	1485	
Reed Quarfoot	465	315	510	1290	
Men's 242	Richard Auxer	640	440	640	1720
R. Simmons	510	430	625	1565	
Jason Murphy	565	340	600	1505	
Joe Nault	540	350	575	1465	
Greg McBride	510	255	465	1230	
Men's 275	J. Leinfelder (BL)	685	475	640	1800
Pete Robbins	565	380	620	1565	
Men's SHW	Jason Christus	635	510	615	1760
Greg Collins	645	455	625	1725	
The Hudson Natural Open was once again a huge success. Many thanks to all of the judges, spotters, loaders, and other essential help that went into making this happen. We are lucky enough to be very close to the Minnesota border, so we had great help from Minnesota, and Wisconsin. This was the 13th Hudson Natural Open, and Number 14 is in the planning stage. (thanks to USAPL for these results)					

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IN PURSUIT OF
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Dr. Judd on The Pursuit of Excellence

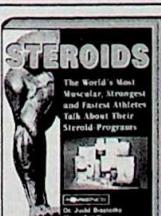
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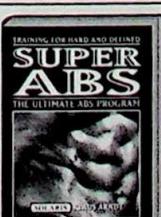
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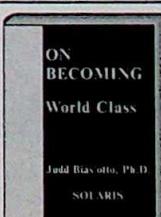
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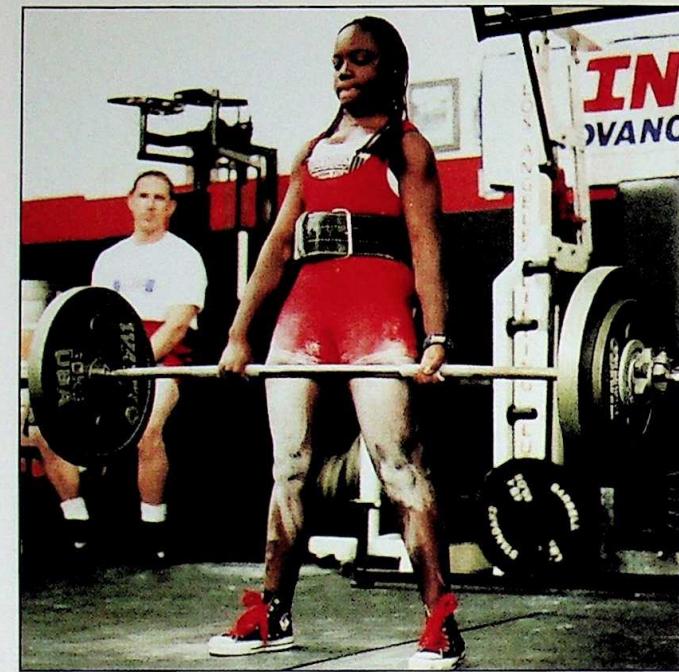
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WPC Intl. George Rada Memorial

16 DEC 01 - Burbank, CA

	SQ	BP	DL	TOT
123 (13-15)				
N. Whitfield	325!	159!	325!	810!
132 Open/Master				
N. Avigliano	485!	203	429	1118!
MALE				
148				
H. Glossbrenner	330	251!	336	918
165				
P. Garcia GUA	451	330	424	1207
33-39				
R. Martinez NIC	363	231	369	964
181				
B. Delgado	501	292	534	1328
33-39				
B. Cockerham	374	242	418	1036
40-44				
R. Robinson	303	198	336	837
220				
J. Greco	551	385	501	1438
242				
D. Jesolva	705	468	600	1774
20-23				
M. Bugbee	584	352	578	1515
308				
20-23				
Basson ISR	826	601	633	2061
	4th	618!		
BENCH PRESS				
MALE				
181				
J. McMeekin	237			
198				
J. Owens				
50-54				
S. Velliquette	341			
242				
D. Cronin	209			

!WPC World Record. Best Lifters: Teen - Nichelle Whitfield. Women - Nance Avigliano. Men - Oan Basson. Bench - Scott Velliquette. Referees: Joe and Nance Avigliano, Herb Glossbrenner, Oan Basson, Bryan Delgado, Oan Basson. Emcee: Diana Fuhrman. Scorekeeper: Jo Rodefer. Spotter/Loaders: Scott Mendleson, Lance Slaughter, Joe Avigliano, Dan Jesolva, Dan Madigan. With foreign participants competing, the 1st Annual George Rada Memorial PL Championships was sanctioned by WPC President Ernie Frantz as an International Event and the last chance of the year to break World Powerlifting Congress World Records. The competition was held in the memory of departed L.A. Lifting Club teammate GEORGE RADA. The youngest participant Nichelle Whitfield, just turned 14. She tipped the beam at a mere 120 lbs. At 4'11" she possesses perfect leverages to hoist big weights. Only nine weeks earlier she made her grand debut at the Can Am World Cup. Nichelle started out with a squatting display that was astounding. She handled her opener (292) with absurd ease, breaking her own record by 16 lbs. A big leap to 314 was handled just as easily. She walks the



14 Year old Nichelle Whitfield of the Los Angeles Lifting Club, deadlifted a new WPC World Record 325 lbs. weighing only 120lbs.

weight out, because Coach Joe Avigliano wants her to build a base of supportive power. There was only the slightest hesitation with her final lift of 325, and then it was blasted up fast. Whitfield is within 45 lbs. of triple her body-weight in just her 2nd competition. Her bench press was vastly improved. She shattered her own mark three times handling with authority: 148, 154 and finally 159! She almost succeeded with 165 on a 4th. The deadlift was the only record she didn't already own. A 286 opener shot right up and Nichelle had a 771 TOT, shattering her own aggregate by 103 lbs. Next she went for the record of 297 held by Belgium's 15 year old Picare. She annihilated it, pulling up a huge 314 2nd attempt. This boosted her record total to 799 with one lift remaining. She manhandled 325, another record, which gave her a mind blowing total of 810! That's 142 lbs. more than her previous best (668) back in Oct. Her tally was 11 new WRs. Believe me when I say, you ain't seen nothing yet!

After being denied the WPC World Title she wanted so bad a mere month earlier, Nance Avigliano, 45, was ready to vindicate herself.

She was unable to train following the Cape-town debacle, but enjoyed some R&R with husband/coach Joe, going on safari and taking a dip with Joe in a shark cage. Upon returning she resumed training. You can imagine - trying to keep her peak coupled with making weight again - as being very taxing. Weighing in at 131 1/4 she opened with a huge 451 (205 kg.) which was easy as pie. This lift broke the long standing 45-49 record of 429 lbs. by Diane Frantz. Next came 473, which she blew to smithereens. She wanted to go straight to 501, but Joe played it conservative and took 485 for her final. It was down below parallel and right up - no problem. Emcee Diana Fuhrman, a super squatter in her own right (451 @ 143) just wagged her head and said: "That is absolutely incredible." Nance eventually wants to beat Mary Jerumbo's All-Time World Record (529 lbs.). Still benching on injured chest ligaments, Nance missed two tries at 100 kgs., after popping 92.5 on her opening attempt here. In the deadlift Nance hoisted 195 kg. on her opening attempt. With that, she broke the WR TOT of 1069 set by Diane Frantz way back in 1987. Seeking to boost her total higher, she wanted to own the DL WR also, also held by Diane Frantz at 451. Nance attacked 457. She'd lifted 455 twice in practice and even pulled 450 the week before "just for fun", but her tank had gone dry. It came as high as the knees - no further. 3 WRs on a day she wasn't at her very best is nothing to feel ashamed about. She has designs of going over 1200 at 132 in 2002.

Herb Glossbrenner, 59, was coming off a back injury. Since the Canada meet in Oct, he dropped 15 lbs. Saved by Justus Owen's knee wrap job, Herb SQ'ed 330 on a 2nd attempt. He surprised everyone by elevating, on a 2nd attempt in the bench press, 114 kg. (251.3 lbs.) to break the WPC 55-59 age group WR held by Budgie Mullen of Great Britain. With only 3 DL workouts in two weeks he surprised himself getting all 3 DL attempts. His TOT of 918 wasn't that impressive (111 less than 9 weeks earlier in Canada). I expect I can duplicate that earlier performance at this lighter bodyweight, maybe by the Nationals this May in Fresno - my last chance to up the BP WR again before turning 60.

The other man who honed in on a WR was huge Oan Basson of Israel. Coming in at 305 lbs., he sported legal 21 inch arms (cold), a 56 inch chest, and 31" thighs. He went on a squatting mission: 771, 804, and finally 826 - roared up like a locomotive at full throttle. He's made incredible gains since coming to the L.A. Lifting Club six months ago. His SQ PR when he started training under Joe Avigliano was 600. Back in Oct. 1999 at the Worlds in Canada, Oan benched 529 without a shirt. That re-

mained his best before he came to us. Oan had his sights on breaking the Junior World Record (20-23) here which belonged to Westside Barbell's Jerry Obradovic at 617. He hit his opener 573 wearing his new Inzer EHDHP double polyester shirt. Likewise, he popped up his 2nd attempt of 600 lbs. Basson went directly to 618 to establish a new record. Mis-grooved! Regrouping, he came back on a 4th attempt, and touched the chest an inch lower, drove it up and back, locking out the big weight strongly for a new World Record. He was grinning ear to ear afterwards like a gigantic Cheshire cat. In the DL, Oan hoisted 600, 622 (a new PR) and finally 633. His total also a new personal best - 2061! Look for Oan to SQ 903 and TOT 2204 by the time the APF Seniors roll around.

Pedro Garcia, from El Salvador, captured the 165 class Open Division, but not without providing the drama of the day. After squatting 451, he went to 473. Midway during the lift, he got hit by a painful cramp in his back, as his spinal erectors went into spasm. Poor Pedro collapsed and was immediately rescued by the spotters. He lay on the platform moaning and groaning. After a 15 minute delay, he was removed from the platform and the meet resumed. Luckily for him, the magic of chiropractic saved his day. Out he came for the bench press, where he made all 3, ramming up a PR 330. Pedro got all three DL attempts as well, getting a PR 424, as well as a personal best TOT of 1207. His face was beaming like a Christmas light afterward.

Rudy Martinez, 33, won the 165 submasters with some great lifting. 9 for 9 - all PRs: - 363 SQ, 231 BP, 369 DL - 964 TOT. It's only the 3rd competition for this computer abuser. Sometimes Rudy is mischievous and fools around with a photo, giving subjects distorted facial features. He did one of me with my nose as big as light bulb and very red, Tsk, tsk.

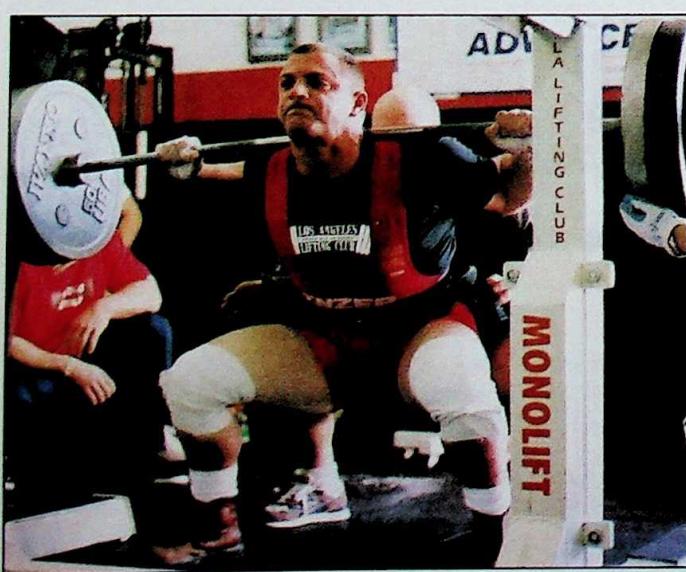
Bryan Delgado has been training very hard for this contest. He captured the 181 Open division first place giant gold medal. He squeezed himself into his size 28 double ply Crain suit to SQ 501, but sported a big bruise on his leg from the wrap job he got from Dan. Brian benched 292, then came through with a gym record and personal best DL of 534 on his last try which erased the name of Michael Jovanovic from the record board. First ever meet for Bud Cockerham. He wears rings, has tattoos, and was prepared to bring it through to a win! Bud went 9 for 9: 374 SQ, 242 BP (sans shirt) and 418 DL for 1036 TOT, weighing only 171, winning the 181 33-39 title, Good debut!

Ricky Robinson, at 173.75, went 9 for 9 also. He is a hairdresser from Burbank. Everyone kept yelling for him to put some weight on the bar as Rick made all his lifts with the utmost ease; 303 SQ, 198 BP and a 336 DL for an 837 TOT. Robinson competes only once a year in our annual December meet and bodybuilds the rest of the year. If he ever takes PL seriously, watch out!

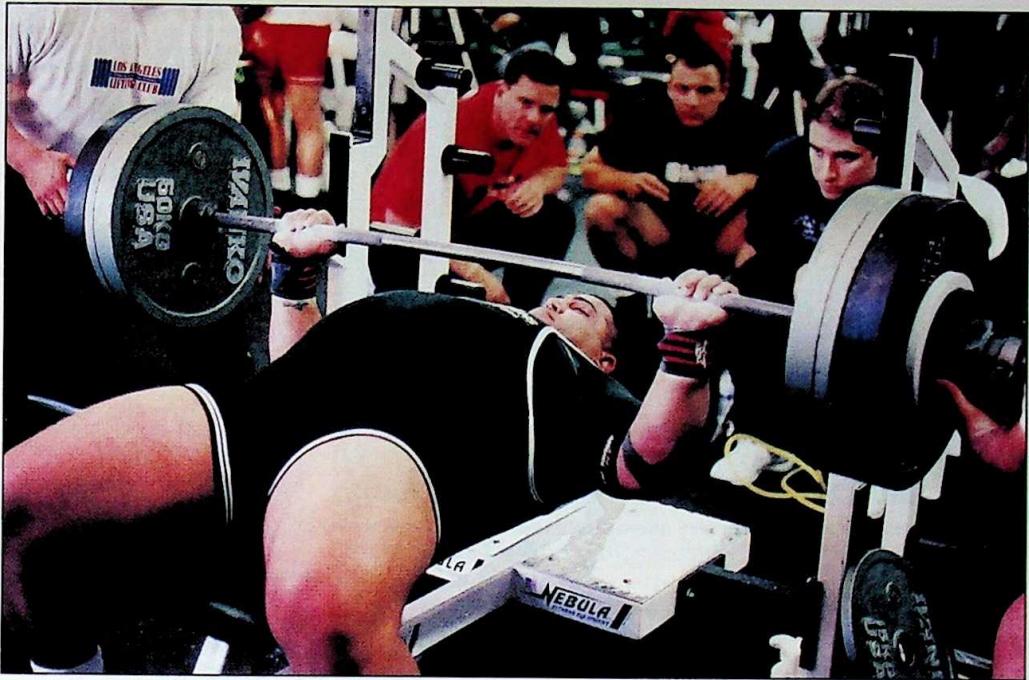
Jason Greco, 29, took-up competitive lifting only this year. Jason nabbed the 220 class Open division title, a Christmas present for himself from himself. Jason has made tremendous strides on the Avigliano program. He's a hard worker and is very dependable. He explosively SQed 551, then - to his joy - shoved up a big 385 BP. He finished the day with a 501 DL for a fine 1438 TOT. Jason almost pulled 523, but got impatient, and nudged it the last couple of inches - no lift.

Dan Jesolva looked huge at 229 1/4. He didn't try to make the 220s, since it was the Holiday season and he likes chowing down. Dan made a shambles of all his PR competition lifts, as he squatted 672, then 705, in perfect form, and passed his last. In the BP he rammed them up with lots of power: 435, 457, and finally 468. His last two lifts were PRs. Dan spent the biggest part of the year 2000 rehabilitating a torn bicep incurred at the Nationals in Aurora, IL. Then, in September, he tore the other bicep, again in the DL. This one he did not have surgically repaired, and he kept training, hitting a 1697 TOT in October, three weeks after injuring himself. Such determination and tenacity, with coach Joe riding him like a government mule to forge on ahead. This day he pulled 573, then 600, and playing it safe, he passed his 3rd attempt. Another big PR for Dan was his 1774 TOT.

The newest LA Club powerlifter is Morgan Bugbee who just moved here from out of state. He said it is the best environment he's ever



Powerlifting Newcomer Jason Greco, of LALC, squatted a personal record 551 lbs. in the 220 lb. Open Division (All photos by Lisa Huff)



Oan Basson of Israel with a new WPC Junior World Record Bench of 618.3 lbs. with Coach Joe watching

trained in. Light at 232, and only 21, he possesses huge thighs. He made a 3rd attempt 584 PR, that was super deep. He benched 352 and almost got 374. Morgan displays picture perfect sumo DL style and got 578, and almost made a CA State APF Junior record of 600.7 which would have erased a mark that goes clear back to 1988.

The Men's bench press competition saw Jack Meehan, who trains at Mendelson's place, elevate 237 in the 40-44/181 class. Justus Owens, at 196, took 446 for a one way ride three times, but couldn't quite finish it off; therefore he relinquished the Best Bencher award to the 193 lb. 53 year old WPC BP and 3 lift 2001 World Champion Scott Velliquette. Scott lazily pressed 330, and 341, before missing 352. We love you Scott - you're just too hot. Doug Cronin at 226 won the 242 65-69s press 209 on a 2nd attempt. He's as tall as a California redwood tree.

The three International participants: Rudy Martinez of Nicaragua, Pedro Garcia of Guatemala, and Oan Basson from Israel made us proud to know them. Four lifters from the Los Angeles lifting Club set no less than 15 WPC World Records. A big thank you to Nelson Santos, D.C., who brought his drop table to the meet and adjusted whomever needed it in our locker room. It enhanced everyone's performance. Thanks again Nelson. He is also the personal Chiropractor for big John Godina, the World Shotputting Champ, who stopped by the meet to watch and may start incorporating some powerlifting at our gym next year. Another celebrity who was on hand was Linda Day George from the famous T.V. series "Mission Impossible". She's still a knockout, who keeps in shape training under WPC World BP Champ Scott Mendelson at his gym in Valley Glenn, CA. Thanks to Ernie Frantz for sanctioning this meet as a WPC International Competition in George Rada's memory. A huge thank you to John Inzer of Inzer Advance Designs for his generosity and support. Inzer provided his top notch equipment to the L.A. Lifting Club. His shirts work! On behalf of everyone at the L.A. Lifting Club a wholehearted THANK YOU. It's people like Frantz and Inzer we have to thank. If it weren't for dedicated individuals like them the popularity of PL would never have reached the magnitude of world recognition it has today.

There is an old Indian saying that something will live as long as the last person will remember it. If that is the case our departed comrade, and beloved teammate and friend, GEORGE RADA will long live in our minds and hearts, because to know him was a real privilege. Those who did will never ever forget him. (thanks to Herb Glossbrenner for providing the results and report of this meet to PL USA)

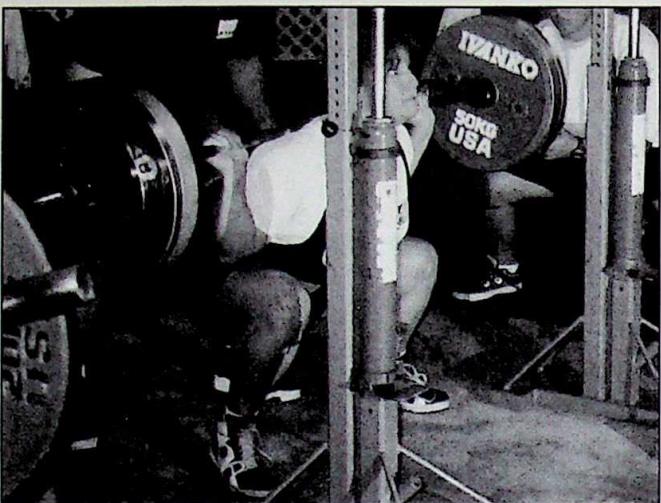
USAPL Michigan State 27 OCT 01 - Lansing, MI										
WOMEN	SQ	BP	DL	TOT		S. Wallus	235	150	275	660
97					L. Nelson	210	90	245	545	
O - T2					M5					
E. Dickey	220	120	245	585	E. Spears		110			
114					A. Collins	115	100	215	430	
T1					MEN					
C. Nogle	280	125	265	670	114					
123					T1					
M12					T. Chapman	240	120	300	660	
C. Mulloy	230	140	245	615	T2					
T2					V. Niedoliwka	420	230	445	1095	
C. Jacobs	275	140	265	680	132					
132					RAW M3					
T2					A. Bates		230			
A. Mesik	335	140	355	830	T1					
M1					J. Thomas	240	165	325	730	
M. Crawford	250	135	300	685	T2					
L. Anderson	170				R. Smith	325	215	425	965	
M7					T1					
L. Slotnick	45	85	130		J. Jacobs	315	200	360	875	
M8					B. Bruijschart	290	160	380	830	
J. Merrell	45	50	110	205	J. Thom	310				
148					T2					
D. Steel	300	190	340	830	B. Meyers	400	235	455	1090	
B. Rogers	170				M. Dennany	330	160	435	925	
S. Barker	200				SM					
K. Miller	215	355	570		T. Geyer	475	330	405	1210	
M1					M1					
B. Rogers	170				K. Kennedy		260			
T2					M3					
P. White	255	135	255	645	B. Lowe	410	190	470	1070	
M4					T. Feight	200				
S. Lumbert	140				M6					
T1					N. Ravindran	95	90	140	325	
R. Forney	270	105	290	665	R. Merrell	110	80	200	390	
M. Dennany	260	125	275	660	Open					
R. Moore	150	80	250	480	M. Ruelan Jr.		340			
J. Kazmierski	40	75	115		T. Greenman	295				
G. Johnson	85	85	110	280	165					
165					S. Sielawa	500	300	535	1335	
K. Hatfield	230	100	290	620	M. Smith	450	265	440	1155	
M3					D. Harkless	365	315	445	1125	
B. Lanman	135	115	200	450	S. Hazelton		340			
D. Cairns	95	70	175	340	B. Proxmire		330			
M5					SM					
B. Lindsey	135	95			S. Hazelton		340			
A. South	75				M2					
M7					G. Guthrie	475	310	555	1340	
T. Drotar	70	55	125	250	PF					
181					B. Gallagher	380	235	410	1025	
T2					C. Saltzman	360	200	465	1025	
M. Millon	315	215	325	855	D. Papesh	350	175	390	915	
M5					L. Saunders	355	220	490	1065	
D. Steele	245	160	285	690	P. Bunce	350	190	390	930	
SO					Raw M1					
M. Stack	235				K. Pickett		345			
SHW					181					
T1										

J. Decker	600	400	605	1605
J. Soule	500	415	585	1500
J. Mumaw	485	280	550	1315
SM				
J. Mumaw	485	280	550	1315
B. Daig	505	305	500	1310
C. Henderson	480	260	440	1180
JR				
J. Decker	600	400	605	1605
M1				
B. Fabiano	460	360	555	1375
M2				
J. Marentette	530	360	590	1480
M3				
G. McMillan	510	295	550	1355
M4				
T. Keller	315	185	345	845
M6				
R. Ringewold	425	230	500	1155
M5				
B. Creech	215	125	260	600
T3				
J. Brockway	370	270	425	1065
M1				
R. Brandi			355	
F. Stokes			320	
M2				
P. Kosmicki			290	
198				
C. Terry	660	370	775	1805
M. Fanone	640	430	660	1730
O. Fidelino		260	525	785
Raw				
D. Nelson	530	300	525	1355
T1				
C. Wilkes	365	170	375	910
T2				
B. Clark	405	285	450	1140
M2				
M. Newman	525	330	590	1445
M4				
R. Batko	440	240	520	1200
D. Finley			215	
M5				
R. Hemenway			315	
M7				
H. Twardowski			225	
220				
C. Cadotto	610	400	640	1650
J. Gibson	250	265	500	1015
Novice				
E. Reid	430	280	475	1185
M2				
J. Smolinski	450	330	525	1305
J. Valpatic	425	300	505	1230
M4				
T. Damon	425	330	440	1195
Open				
B. Barker			400	
P. Morris			370	
M1				
M. LaClair			370	
T. Hayes			340	
M2				
B. Biebuyck			325	
M4				
J. Marcus			400	
PF				
J. McMillan			410	
242				
M. Chapman	600	360	500	860
M. O'Donnell	650			
M2				
R. Strong	530	320	595	1445
M3				
S. Cohle	425	305	525	1255
Open				
F. Tallman			410	
M3				
G. Washington			335	
M5				
T. Andrews			220	
275				
M3				
G. Krueger	400	300	400	1100
Open				
E. Dixon			395	
M1				
B. Martin			515	
M2				
E. Webster			395	
319				
Wade Hanna	710	465	725	1900
Wes Hanna	620	425	640	1685
J. Chandler	575	405	575	1555
K. Miller			650	
M1				
M. Stevens			465	
SHW				
M1				
R. Keyes	610	425	645	1680

(thanks to the USAPL for providing the results)

AAU Raw Nationals & Intl. BP (kg)
25,26 AUG 01 - San Bernadino, CA

INTERNATIONAL	Life	T. Cathers	155	
FEMALE	L 50-54	M. Drake	155	
165	R 40-44	B. Boyles	150	
Life	45-49	M. Owen	187.5	
G. Ashton	50-54	M. Drake	155	
40-44	50-54	A. Nerenberg	155	
G. Ashton	60-64	R Law	185	
Open	60-64	S. Arase	185	
G. Ashton	60-64	R Open	185	
R Life	60-64	G. Ashton	185	
G. Ashton	60-64	82.5 K. Booker	185	
R Open	60-64	RL 50-54	185	
G. Ashton	60-64	82.5 M. Drake	140	
R 40-44	220			
G. Ashton	60-64			
114				
R Life				
V. Cortez	60-64			
198	60-64			
RL 60-64	60-64			
S. Pipes	60-64			
R 60-64	60-64			
S. Pipes	60-64			
181	60-64			
D. Vigario	60-64			
MEN				
132				
RL 70-74				
J. Selby				
R 50-54				
B. Calhoun				
R 70-74				
J. Selby				
148				
R 65-69				
J. Andres				
165				
R Open				
L. Wilkerson				
RH 16-17				
B. Short				
R 16-17				
B. Short				
181				
R 40-44				
B. Weiss				
R 45-49				
M. Owen				
45-49				
M. Owen				
198				
FEMALE	SQ	BP	DL	
114			TOT	
Life				
V. Cortez	65	57.5	107.5	230
132				
Open				
D. Brill	85	70	120	275
40-44				
D. Brill	85	70	120	275
148				
Novice				
V. Selca				
Sub				
T. Brown				
18-19				
A. Kelly	87.5	55	125	267.5
165				
L 40-44				
G. Ashton	82.5	82.5	82.5	247.5
40-44				
G. Ashton	82.5	82.5	82.5	247.5
50-54				
G. Waite	97.5	52.5	115	265
181				
D. Vigario	137.5	80	157.5	375
SHW				
V. Hembree	200	136.8	210	546.8
Sub				
N. Edelson	102.5	62.6	175	340.1
MEN				
132				
L 70-74				
J. Selby	52.5	55	100	207.5
50-54				
B. Calhoun	112.5	112.5	147.5	372.5
70-74				
J. Selby	52.5	55	100	207.5
148				
Jr.				
D. Sanchez	165	107.5	205	477.5
Life				
S. Kato	190	132.5	200	522.5



Vicki Hembree with her second attempt squat of 429. She went on to make 441 on her third. (photographs courtesy of Martin Drake)

	Open	Sub			
		S. Kato	190	132.5	200
	Sub	S. Kato	190	132.5	200
	165	J. Duby	200	137.5	210
	R. Herbst	125	137.5	187.5	450
	Sub	C. Patton	137.5	107.5	205
	L 40-44	R. Herbst	125	137.5	187.5
	L 60-64	R. Hutchison	142.5	95	175
	40-44	R. Hutchison	142.5	95	175
	Law	M. Owen	180	157.5	215
	Open	M. Owen	180	157.5	215
	L 45-49	T. Anderson	197.5	17.5	172.5
	L 55-59	R. Scott	182.5	90	210
	45-49	D. Schuman	215	140	227.5
	45-49	M. Owen	180	157.5	215
	A. Hoyos	177.5	127.5	230	535
	55-59	R. Scott	182.5	90	210
	70-74	R. Simon	120	107.5	145
	198	C. Meier	205	175	277.5
	Life	B. Boyles	240	150	265
	Open	B. Boyles	240	150	265
	B. Lane	B. Lane	212.5	132.5	252.5
			597.5		
		J. Dumont	210	132.5	212.5
		A. Watt	140	100	165
		M. Arnold	215	150	260
		J. Dekker	242		
		Jr.			
		S. Protomastro	282.5	175	295
		S. Protomastro	282.5	175	295
		S. Protomastro	282.5	175	295
		J. Dumont	210	132.5	212.5
		A. Watt	140	100	165
		M. Arnold	215	150	260
		J. Dekker	242		
		Jr.			
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		M. Arnold	215	150	260
		J. Dekker	242		
		Jr.			
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		M. Arnold	215	150	260
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		S. Protomastro	282.5	175	295
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		M. Arnold	215	150	260
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		Jr.			
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		S. Protomastro	282.5	175	295
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		A. Watt	140	100	165
		M. Arnold	215	150	260
		J. Dekker	242		
		Jr.			
		S. Protomastro	282.5	175	295
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		S. Protomastro	282.5	175	295
		J. Dumont	210	132.5	212.5
		A. Watt	140	100	165
		M. Arnold	215	150	260
		J. Dekker	242		
		Jr.			
		S. Protomastro	282.5	175	295
		S. Protomastro	282.5	175	295
		S. Protomastro	282.5	175	295
		J. Dumont	210	132.5	212.5
		A. Watt	140	100	165
		M. Arnold	215	150	260
		J. Dekker	242		
		Jr.			
		S. Protomastro	282.5	175	295
		S. Protomastro	282.5	175	295
		S. Protomastro	282.5	175	295
		J. Dumont	210	132.5	212.5

His 253 in the 60-64 raw lifetime and raw 60-64 220 classes, shows why. Seventy nine year young John Gilmour charmed a 236 to completion, thus claiming first in the 220 raw 75-79 and raw lifetime 75-79 classes. Al Pio was not able to train for this event, thus only managed to get his opener at 347. However a 347 raw lift at age 71 is unbelievable. Al was the Best Lifter in the Raw Masters division. Also Al brought a group of at risk kids to see the event. As a result, his church has started a power lifting youth ministry. At 242 Michael Lohr was successful with 330 for victory in the raw lifetime. Look for Scott Hockstra to challenge the 500 raw barrier soon. Here he managed a great 462 in only his second contest. Best Lifter in the Masters division went to the 275 60-64 class winner Danny Herrera. His 424 was yet another World and American Record. Neil Ferone is chasing his training partner, Dan Smith's raw 40-44 record. His 407 here significantly closed the gap. Chuck Mc Quire made his AAU debut at this event. Lifting cautiously he won the 275 raw 40-44 class. Bigger numbers will follow. Bigger numbers should also be coming from Billy Green the 275 raw teen winner. Billy shows much promise. In the 319 division Mike Earl was golden in the raw life 40-44 class, as was William Anderson in the Submaster and Raw Submaster classes.

Raw Nationals - Women: In winning the 114 Raw Lifetime class, Virginia Cortez set all new American and World records. In the 132s, Diane Brill broke the World squat and bench marks in the raw 40-44 class. A number of American and World records were also broken by Gretchen Ashton at 165 pounds. Gretchen won both the raw 40-44 and raw lifetime 40-44. The 148 raw teen title went to up and coming lifter Amber Kelly. Geri Waite made the trip from Missouri with while, but taking the 50-54 raw master 165 class in fine fashion. Diana Vigario had a much shorter trip, but the results were the same, great lifting, a host of new records and a class win in the 181 Raw Open. Best Lifter Vicki Hembree, rewrote all of the records. Here 441 squat, 300 bench and 462 deadlift in the unlimited class were all performed raw. Men Light wt: Eight American and Eight World records were added to Jim Selby's resume as he won the 70-74 raw and raw lifetime 132 classes. Billy Calhoun is still battling cancer. With the way he lifts it will be scary to see what he lifts when he gets healthy. Here he won the 50-54 132 raw class. Junior lifter Dustin Sanchez has a bright future, as attested by his raw junior 148 pound world records. Steve Kato put it all together. Not only did Steve in win 4 classes at 148, he was also named Best Lifter Light weight. 165 Open winner Jon Duby also lifted very well. Jon hit a nice 441 Raw squat enroute to a 1207 total. Robert Herbst had an off day, finishing second in the open, but first in the raw lifetime 40-44 and raw 40-44 classes. Robert handled his setback with his usual dignity and class. Chris Patton also was just a bit off, but still managed gold in the 165 subs. Rounding out the 165s was Rich Hutchison from New York. Rich pulled his way to victory in the 60-64 and lifetime 60-64 classes. All out iron war was waged in the 181s. In the Open Mitch Owen, soon to be 50 years old, came from way behind to narrowly edge out Thomas Anderson. Thomas had a great 391 raw bench. However in the 45-49 class Mitch ran into a buzz saw named Dennis Schuman. When the dust settled Dennis would prevail by a 30 kilo margin. No one beats Mitch by that margin. Wow. Great lifting guys. In third place was yet another great lifter Andrew Hoyos. Come to think about it, Andrew finishing down in third is also unheard of. By the way, Mitch also won the law enforcement class. Ron Scott was on fire. His excellent 1064 total easily earned him class wins in the 55-59 and lifetime 55-59 classes, as well as Best Lifter Masters. Life at 70 is good for Richard Simon. A class win is also good. Heavy Weights: Chris Meier is a dear friend DESPITE breaking 4 of my American and 4 of my World records in winning the 198 lifetime class. Chris also broke raw submaster World records. Second to Chris in the subs was Jesse Israel. Great to see Bryce Lane rebound from his problems at the Worlds. Here he lifted smart and took the 198 open class. Using a big pull, Jim McDowell claimed victory in the 45-49 class. Much like the 181s, the 220s were worth the price of admission. Leading the way was Best Lifter Steve Landry with a great 1626 total. In second was The 40-44 champion Bob Boyles. Third place was Doug Carroll, who also finished

second in the 40-44 masters. The fourth spot went to Steven Short followed by Dave Lewandowski, who won the subs. Mike Womelsdorf had a great time winning the 40-44 lifetime, as did Ed Berteaux in the 45-49 lifetime. Ed broke all of the American and World records previously held by Raul Lopez. In the 50-54 teammates and World Champions Ed Lewis and Bob Evans had a relaxed fun battle for supremacy. On this day Bob would prevail. Ed Berteaux protege, Andrew Watt, lifted smart and was rewarded with the 16-17 victory. Joseph Dekker ran into difficulty and did not finish. I expect he will return soon and show his immense potential. The two DUDES from Jersey made the meet! These two fun nut cases made friends with all and still managed to lift great. Steve Protomastri hit a great 1659 to win the 242 Juniors, Lifetime and Open. His partner in comedy Mark Cohen took the 275 lifetime and 40-44 classes. Back to the 242s The Legend John Dumont finished first in the 55-59 class and second to Steve in the open. The Raw sub 242 champion was Mark White, while his brother Michael White was the 275 Law/Mil winner. The 275 teen title went to Billy Green. Like Joe Dekker, Billy has just begun a promising career in powerlifting. World Champion Robert Speno had difficulty with his bench and did not total. You would never have known it by the way this champion conducted himself. Class all the way. Big William Anderson had a great day. His 1461 was a PR total and good enough to capture the subs. With a meet high 1669 total Steven Saddler was the easy victor in the 319 open class. (thanks to Martin Drake for report)

ANPPC National Championships 27 OCT 01 - Park Forest, IL

BENCH PRESS	242			
teenage men 13-15	242			
165	B. BLACKMON 405*	master men 55-59		
J. BARNES	185*	275		
teenage men 16-17	275			
114	BUTCH ADAMS 405			
ADAM KOCH	190*	police & fire		
submaster men	242	master men 40-44		
181	AL KENNEDY 400*			
D. EVRARD	380*	men		
220	132			
DEBENEDETTI	435*	DAVE SURITA 250*		
242	181			
DAVID WALKER 505*	181	L. BANKS 415*		
master men 40-44	242			
242	D. WALKER 505*			
AL KENNEDY	400*	open men		
SHW	148			
FRED SORG	425*	DENNIS BELT 255		
master men 45-49	181			
148	T. GENTRY 390			
DENNIS BELT	255			
220	242			
BERNIE FERRO	420	DAVID WALKER 505*		
POWERLIFTING SQ	shw	FRED SORG 425		
police & fire/women	BP DL TOT			
123				
C. THURSTON	260*	130* 260* 650*		
open women				
123				
C. THURSTON	260*	130 260 650		
teenage men				
165				
J. BARNES	300	185 390 875		
junior men				
308				
DUSTIN MINKS	660*	325* 500* 1485*		
submaster men				
181				
DARYL EVRARD	460*	380* 435* 1275*		
198				
T. CARNAGHI	880*	385* 645* 1910*		
220				
DEBENEDETTI	720*	435* 600* 1755*		
master men 40-44				
220				
TOM RIEMER	665	250 570 1485		
SHE				
FRED SORG	655	425 610 1690		
master men 45-49				
148				
DENNIS BELT	435	255 530 1220		
181				
RICK PALMER	485	275 450 1210		
220				
BERNIE FERRO	700*	420 660* 1780*		
master men 50-54				
220				
DR. S. MAHALIK	325	250 555* 1130		

master men 55-59

275

BUTCH ADAMS 460* 405 400 1265

master men 60-64

275

WALTER ALLEN 315* 285* 450* 1050*

police & fire/men

242

T. HARRISON 570* 470 570* 1610*

open men

148

DENNIS BELT 435 255 530 1220

O. ANDERSON

355 250 360 965

4th

400

S. KENWORTHY 225 195 325 745

198

T. CARNAGHI 880* 385 645 1910

220

DEBENEDETTI 720 435 600 1755

DENNIS LONG 550 315 530 1395

JEFF ROBINSON 430 300 405 1135

RICK PASQUINI 235 270 470 975

242

T. HARRISON 570 470 570 1610

SHW

FRED SORG 655 425 610 1690

* ANPPC National record. The 2001 ANPPC National Powerlifting Championships were held at Rich East High School. A very special thanks to AWPP World champion Eric Marosher, who also serves as assistant principal at Rich East, for all the effort he put forth to make this event the success it was. Also thanks to the spotters and loaders from the Park Forest Police Department, to Jeff Stukel and Keith Farley for serving as side judges, and to multi-national and world ANPPC powerlifting champion Linda Middleton for serving as head judge. In the powerlifting event lone women's competitor Candy Thurston came and made some noise, capturing both the police & fire and open women's 123 classes. Finishing with a 260 squat, which matched the current open 123 record, Candy also got a 130 bench and a 260 deadlift for a great 650 total. All were new records at police & fire 123 for Candy. Joshua Barnes came all the way from Ohio to capture the teenage 165 title. Setting new personal records in the squat wnd deadlift, Josh finished with 300 185 390 875. Dustin Minks got a big 660 squat with his win at junior 308. Dustin finished with a 325 bench and a 500 deadlift for a 1485 total, all new national records! In the submaster division Daryl Evrard set all new national records with a 460 squat, a big 380 bench and a 435 deadlift for a 1275 total. At 198 it was Tom Carnaghi with an 880 squat, 385 bench and a 645 pull for a big 1910 total. Mario Debenedetti had his greatest day of lifting to date as he posted a 720 squat, 435 bench and a 600 deadlift for a 1755 total and the win at submaster 220. Both Mario and Tom set all new national records for their respective classes. Tom Riemer won at master 40-44/220 with a big 665 squat, followed by a 250 bench and a 570 deadlift for a 1485 total. Had it not been for a shoulder injury Tom would have totaled over 1600 easily. Fred Sorg took the 40-44/shw class with a 655 squat, a 425 bench and a 610 deadlift for a 1690 total. At master 45-49 we had three great lifters. Dennis Belt, who holds all of the records at 148, again won the 148 class. Dennis finished with 435 255 530 1220. Rick Palmer retained his title at 181 with a 485 squat, 275 bench and a 450 deadlift for a 1210 total. At 220 it was all Bernie Ferro! Bernie set the national record in the squat with his first 700 squat. He then benched 420 and pulled a national record 660 deadlift for a 1780 national record total. Bernie's squat, deadlift, and total were all new personal bests for him. Dr. Stephen Mahalik broke his own existing national deadlift record with his win at 50-54/220 with a 555 pr final pull. Dr. Stephen also squatted with 325 and benched 250 for an 1130 total. Butch Adams broke two of his national records with a 460 squat and a 405 bench to go with his 400 deadlift for a 1265 total. Butch moved up

to the 55-59/275 class for the win there. At 60-

64, Walter Allen won at 275 with a 315 squat,

285 bench and a 450 deadlift for a 1050 total.

Walter established all new national records in

that class. Tommy Harrison had his greatest

day of lifting yet in his short career with his

win at police & fire/242, finishing with a 570 squat,

470 bench and a 570 deadlift for a 1610 total.

Tommy's squat, deadlift, and total were all new

national records as well as being new personal

marks for him. In the open division Dennis Bell

won his second title of the day as he took the

open 148 class. Dennis' 1200 total easily out-

distanced second place finisher Otis "Baby

Oil" Anderson and third place winner Scott

Kenworthy. This also gave Dennis the best

lifter award for the lighter classes. Otis got his

first 1000 total with a 400 fourth attempt pr

pull to finish with 1005. Scott was lifting in his

first full competition and did well, finishing

with a 745 total. Tom Carnaghi posted the

second highest squat of all time at 198 with his

880 third attempt, taking that class with a 1910

total. And that squat would have passed any-

where, breaking well below parallel! Tom was

also awarded the best lifter trophy for the

heavier classes. Mario Debenedetti won his

second title of the day with a solid 1755 total

at 220. Dennis Long was second with a per-

sonal best 1395, getting prs also with his squat

(550) and deadlift (530) to go with his 315

bench. Jeff Robinson was third, finishing with

430 300 405 1135. Rick Pasquini finished in

fourth place, going 235 270 470 975. Rick's

470 deadlift was a personal record for him.

Tommy Harrison took the open 242 class with

his 570 squat, 470 bench and 570 deadlift for

a 1610 total. Then at shw Fred Sorg won again,

finishing with 655 425 610 1690. In the bench

press competition it was fifteen year old Joshua

Barnes for the win at 13-15/165, setting the

national record there with 185. Adam Koch

came down from Wisconsin for the title at 16-

17/114, breaking the record with his 190 final

attempt. Daryl Evrard set the record at submas-

ter 181 with 380, as did Mario Debenedetti at

220 with 435 and David Walker going 505 at

242. Al Kennedy set the record at master 40-

44/242 with 400 while Fred Sorg posted the

record at 40-44/shw with a personal best 425.

Dennis Bell won at 45-49/148 with a solid 255

while Bernie Ferro tied his own national record

at 45-49/220 with 420. At 45-49/242 Barry

Blackmon won with a new national record of

405. Butch Adams also ended with 405, a

record at 55-59/275. In the police & fire division

Wisconsin's own Dave Surita finished with a strong 250 national record for the win

at 132. Lee Roy Banks set the record at 181

with his final lift of 415. David Walker won his

second bench title with his 505 record at police

& fire/242. Al Kennedy won his second title of

the day with his 405 record setting lift in the

police & fire/master 40-44/242 class. In the

open division Dennis Bell again won, finishing

with 255. Tommie Gentry took the 181 class

with a solid 390, making just his opener. David

Walker won his third title with his win at 242,

while Fred Sorg won again at shw, finishing

with 425. Weighing in at 233, David's 505

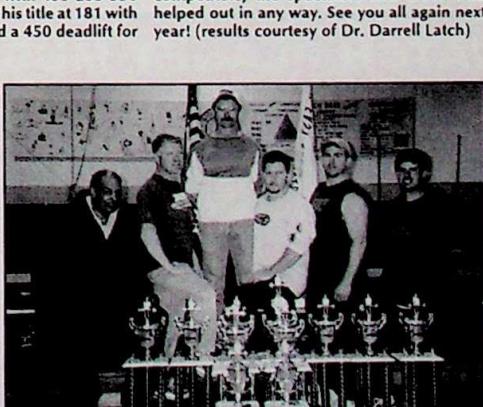
earned him best lifter honors for the bench

press competition. Thanks again to all the

competitors, the spectators and those who

helped out in any way. See you all again next

year! (results courtesy of Dr. Darrell Latch)



Team Champions at the ANPPC National Championships; the Southern Illinois Power Team (left to right) Walter Allen, Rick Palmer, Dennis Belt, Daryl Evrard, Dennis Long, Jeff Robinson. (Dr. Latch)

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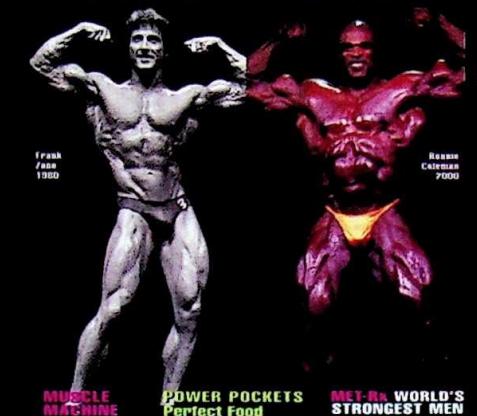
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**AAPF/APF/Snake River Meet
18-19 AUG 01 - Idaho Falls, ID**

SNAKE RIVER BENCH		242 lb.	
Youth (12-13)	BP	Scott Berger	3
Cody Linamin	66	(45-49) 242 lb.	
Jason Cartier	—	Kurt Rabenold	3
Tyson White	66	(55-59) 198 lb.	
A.J. Smith	—	Joel Peterson	3
Teen (14-15) 114 lb.	—	(65-69) 165 lb.	
Daniel Piper	132*	Gordon Smith	1
(16-17) 165 lb.	—	(70-74) 148 lb.	
Chase Johnson	264*	Joe Watson	1
181 lb.	—	220 lb.	
Andy Lopez	264*	Joe Miller	1
Dusty Laub	247	242 lb.	
J.T. Jicha	302*	Bob Mosher	2
(18-19) 132 lb.	—	AAFP Bench	
Zack Kresser	214*	Teen (18-19) 165	
J. Lamberson	187	Dustin Bingham	3
165 lb.	—	Junior 181 lb.	
D. Bingham	313	Adam Korenke	2
Teen Women	—	308 lb.	
(14-15) 132 lb.	—	Phillip Colburn	
A. Ultschmid	77	Open Women 148	
Novice Women	—	Tammy Stevens	1
132 lb.	—	Open Men 165 lb.	
S Peterson	88	J. Cunningham	4
Novice Men 132 lb.	—	198 lb.	
J. Lamberson	187	John Hernandez	4
198 lb.	—	220 lb.	
Jake Gray	412	Ryan Nielson	—
Open Women 114 lb.	—	Submaster Women	
Karen Walker	137*	198 lb.	
165 lb.	—	Wilma Cadavon	—
Robin Kreimann	110*	Submaster Men	
198 lb.	—	165 lb.	
Holly Oxford	209*	J. Cunningham	4
Open Men 165 lb.	—	198 lb.	
J. Cunningham	413*	John Hernandez	4
181 lb.	—	242 lb.	
Pete Wallace	—	D. Thompson	4
242 lb.	—	Master (40-44) 198	
D. Thompson	429	Doug Clayton	4
Erik Davis	374	220 lb.	
Barrett Hope	352	Dale Skidmore	—
308 lb.	—	APF Bench	
Gary Brower	484*	Open Men 165 lb.	
Submaster 165 lb.	—	J. Cunningham	4
J. Cunningham	413*	198 lb.	
220 lb.	—	John Hernandez	4
Gary Hughes	324	Jake Gray	4
Master (40-44) 148 lb.	—	Submaster 165 lb.	
Jon Smith	—	J. Cunningham	4
165 lb.	—	198 lb.	
Robert Hughes	280	John Hernandez	4
SNAKE RIVER POWER COMPETITION			
Youth (9-11) 70 lb.	—	—	—
David Penny	71.5	82.5	193
Parker Ray Skidmore	—	—	—
Youth (12-13)	—	—	—
Kaila Fairchild	143	104.5	45*
Patrick Ward	170	104	181* 455
Teen Women (18-19) 132 lb.	—	—	—
Katie Sargent	220	99	231 550
Teen Men (14-15) 148 lb.	—	—	—
Matt Ward	192	115	236 542
308 lb.	—	—	—
Chris Clingan	115	132	220* 467
(16-17) 114 lb.	—	—	—
Nevelle Roberts	187	110	242 539
165 lb.	—	—	—
Mason Clingan	314	214	385 913
198 lb.	—	—	—
J.T. Jicha	330	303	429* 1062
D. Thompson	253	225	358 836
(18-19) 132 lb.	—	—	—
Zack Kresser	286	214	330 830
Junior 181 lb.	—	—	—
Michael Bradley	352	253	473 1078
275 lb.	—	—	—
Robert Ward	435	352	512* 1298
Josh Karabinus	314	231	424 969
Novice 275 lb.	—	—	—
Keith Kreimann	352	429	407* 1188
Jorge Bravo	402	303	446* 1151
Open Women 148 lb.	—	—	—
Coty Ginsberg	236	115	281* 632
Suanne Casey	231	143	236 610
198 lb.	—	—	—
Holly Oxford	369	209	385* 963
Open Men 148 lb.	—	—	—
B. Edmondson	501	264	227* 992
181 lb.	—	—	—
B. Sullivan	402	292	402 1096
Justin Barrett	341	236	468 1045
220 lb.	—	—	—
Mike Casey	501	347	578* 1426
242 lb.	—	—	—
B. Anderton	347	264	473 1084
Submaster 220 lb.	—	—	—

Mike Casey	501	347	578*	1426
Master (40-44) 148 lb.				
D. Edmondson	501	264	501*	1266
181 lb.				
Keith Penny	507	303	567	1377
220 lb.				
Scott Clingan	424	253	424	1101
Steve Linamin	391	275	385	1051
(44-45) 198 lb.				
Rich Neumann	374	297	479*	1150
APF Power Competition				
Teen (14-15) 148 lb.				
Dan Winslow	302	170	418*	890
Junior 275 lb.				
* Jimmy Garza	529	341	540	1410
Open 148 lb.				
D. Edmondson	501	347	523	1371
198 lb.				
John Clayton	617	424	617	1658
275 lb.				
Chris Carlin	749	446	677	1872
A. Adalsteinson	749	435	672	1856
308 lb.				
Jim Thompson	650	451	683	1784
SHW				
Brent Miksell	981	429	600	2010
Master Women (40-44) 165 lb.				
Kim Packer	352	154	330	836
Submaster Men 275 lb.				
Luke Harris	672	435	633	1740
308 lb.				
A. Adalsteinson	617	424	661	1702
SHW				
Brent Miksell	981	429	600	2010
Master Men (40-44) 148 lb.				
D. Edmondson	501	347	523	1371
165 lb.				
Robert Straker	325	181	413	919
(50-54) 242 lb.				
Bob Packer	518	242	402	1162
AAFP Power Competition				
Teen Women (18-19) 132 lb.				
Katie Sargent	220	99	231	550
Teen Men (14-15) 148 lb.				
Daniel Winslow	462	308	418*	1188
165 lb.				
Carl Linaman	347*	253*	413*	1013
(16-17) 148 lb.				
Robie Benson	330	203	402*	935
Junior 198 lb.				
Scott Mecham	501	374	534	1409
275 lb.				
Marc Sowder	435	341	451	1227
308 lb.				
Phillip Colburn	650	391	584	1625
Open Women 148 lb.				
T. Stevens	203	110	236	549
Open Men 148 lb.				
D. Edmondson	501	347	523	1371
165 lb.				
Danny Winslow	462	308	534	1304
181 lb.				
Dave McCarthy	518	325	523	1366
220 lb.				
Benji Hill	600	380	644	1624
242 lb.				
M. Knudsen	424	347	473	1244
Submaster Men 220 lb.				
Jerry Fisher	380	270	457	1107
242 lb.				
D. Thompson	203	429	203	835
Master Women (45-49) 198 lb.				
W. Cadavona	—	—	—	—
Master Men (40-44) 165 lb.				
D. Edmondson	501*	347	501*	1349
181 lb.				
Keith Penney	507	303	567	1377
198 lb.				
Doug Clayton	501	413*	562	1476
Tom Brown	—	—	—	—
275 lb.				
Sam Schultz	606	385	562	1553
45-49				
242				
Andy Anderson				
50-54				
198				
Andy Scardino	473	303	429	1206
record. Thanks for everyone's help in our biggest (92 lifters) and most successful meet at the YMCA! The YMCA staff and many "volunteers" must be commended! The YMCA's mission is to bring Christian principles to all through the children's programs they offer. Our friendly competition has taken the mission one step further. We are building bonds between families and also between the youth and adults.				
Snake River BP: Cody Linamin smiled from ear to ear when he made a 66 lb. bench and received a sculptured trophy. Tyson White also made a nice 66 lb. bench. Autumn Ulschmid (14-15) trained only a few weeks and made a 77 lb. bench for first. J.T. Jicha (198) took best teen with a 303 lb. bench.				

At 16-17, 181 lb. Andy Lopez won top honors with a 264 lb. record bench and Dusty Laub took second. Jake Gray was "Best Novice" at 198 with a big 413. In Gary Hughes first appearance, he won the Submaster 220s with a 324. Jon Cunningham and coach Sheldon had no close competitor for best bencher. Jon's 407 at 163 bodywt. felt so good a 4th attempt 413 went! The open 242 was won by Darren Thompson with 429. Erik Davis (Team Fitness) took second with 374. Newcomer Barrett Hope look third. Karen Walker benched 137 lbs. at 111 bodywt. to win. Robin Kreimann was trained by her husband and did an easy 110. Holly Oxford (MT) had the biggest female bench of the day with 209. Jon Cunningham and John Hernandez were close for the best open and submaster bencher. Seven points gave Jon Cunningham the win! John also had a PR day, benching 462 on his fourth attempt at 198. "Hollywood" Joel was Best Master BPer with a shirtless Miller (73) benched 176 with a bad Coach Berger made a PR bench of 352 with his players cheering him on. Joe Watson smiling from ear to ear with his 141. Wyoming's Joe Thompson pulled a muscle managed to do a nice 468 lb..

AAFP POWER: Teen Katie Sargent, now an OSU beaver, took her class and demonstrated awesome form! Robbie Benson (Wy) also broke records with some great coaching from Steve Linamin. Brendon Sullivan and Kevin Mora sure coached Benji Hill well. He went 8 for 9 and won the 181s with a 1622 lb. total. Louie Simmons should pay those guys in Sun Valley a surprise visit 'cause they are 'rattling some chains'. Tammy Stevens won the 148s, and is part of the Montana Woman's Power Team. Junior Phillip Coburn's foot slipped on his 600 lb. squat opener, no lift! Phil blasted up his 650 lb second attempt, jumped to 700 and just missed. His technique is perfect for her canvas suit, he just needed a few more training sessions. Masters champion Sam Schultz (Pocatello, Id) went 3 for 3 in the squats, and his 606 was perfect! Masters 198 champion Doug Clayton set a 413 lb. national record bench on his way to top honors.

APF Power: Daniel Winslow set an AAPF record with a 418 lb. deadlift in the 14-15 148 division. California's Jr. National Champ Jimmy "Sunglasses" Garza came with coach Bob Packer and went 8 for

A person wearing a black tank top and red shorts is performing a deadlift with a barbell. The barbell has "FORZA" printed on it. They are in a deep squat position, holding the barbell with both hands. In the background, there are other people and equipment, suggesting a gym or competition setting.

Jon Cunningham's 413 Bench at 163.

9. Kirk Korenke (Open 242) squatted 501 lbs. with ease. Jim Thompson (MT) blasted 650 lbs. on his 2nd try, but hist 3rd at 683 was just a little high. Luke Harris has joined the Spokane lifters who have dominated the Northwest for the past few years. He went 672 435 633. Luke's first two benches were reverse grip style, but his 435 3rd was regular grip. In the open, 275s Agnar Adalsteinsson (WA) and Chris Carlin (MT) were tied in the squat, but Chris had an 11 lb. lead following the bench. With all the head pounding music we could gather, the deadlift would be the deciding event. Agnar missed his third, and Chris repeated his 677 pull for first place. Master 165 champion Robert Straker, recovering form injuries, was happy just to be on the platform again! Master Bob Packer came out yelling, "Come on wheels!" The wheels were working when he squatted 518 lbs. at age 53. On his third squat he look 550 lbs. halfway down, then laughed and said, "Take it".

The team trophy was a massive lifter standing with hands held high in the air. The Snake River team (Idaho Falls, Id.) won the AAPF team trophy; second place was Team Filness of Pocatello, ID. The APF team trophy went to the LA Power team. The non-sanctioned team trophy went to the Snake River team; 2nd place Garden Valley, and 3rd South Jordan Barbell.

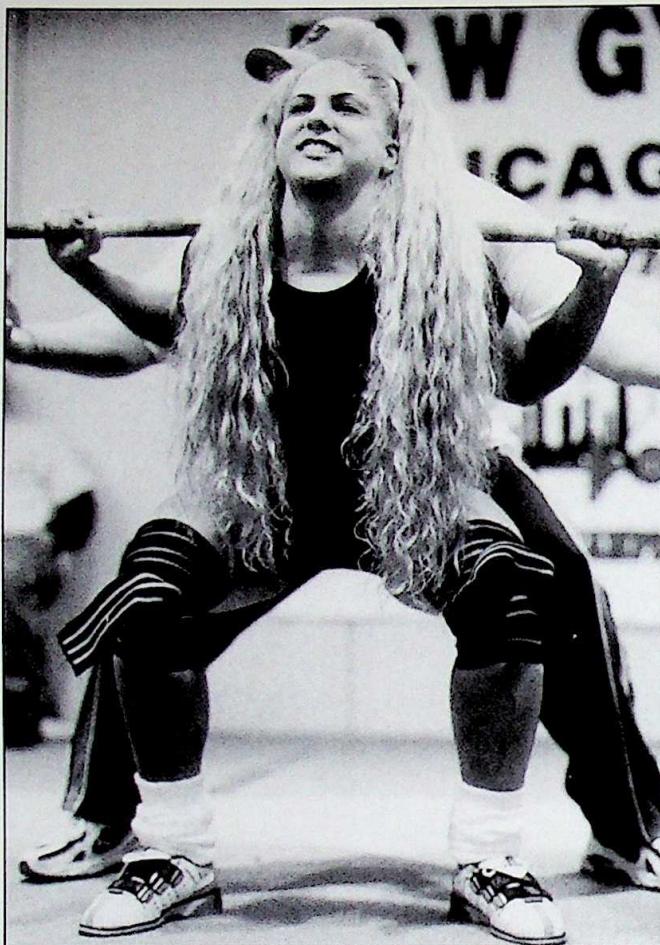
Thanks to our great sponsors! Dr. Rork and Champa of Teton Orthopaedics at Idaho Falls take care of all the lifter's aches and pains. Brian Smith and Teton Outpatient Services have the ultimate place to recover from surgery, "Jackson, Wyoming!" The YMCA and the Days Inn must be commended for putting up with the "Gladiators of Power". Anderson Lumber built the best and safest platform in the world. The chain stands the Grand Teton Mall donated sure helped keep the kids safe. Thanks to Dale for supplying the Outback gift certificate's. Printcraft did a wonderful job on the world class posters, "Thanks Jeanie". Thanks to Linda Higgins and Screen Graphics for another unbelievable job on the tee shirts! Thanks to East Idaho Medical Center and Open MRI for sponsorship. Lastly, the judges and platform crew - misloads were non-existent and the judging was fair and constant! Bruce Roberts and Carl Lovell have given their all for two years! Norm Guay (Turner, Maine) supplied the program for Rob Podgornay to rapidly (15 min.) print out the results! Thanks to all the lifters and spectators for supporting our meet for four years. Linda and I are very proud of what all of us together have built and it will only get better! The character values and friendships developed over the past four years has been more than enough. See you in March, "Strength and Honor". (Mike Higgins)



APF Team: (l-r) Brent Mikesell, Bob Packer, Coach, Axel Adalsteinsson, Luke Harris, Agnar Adalsteinsson, Kim Packer (far right background)

a 270 bench. The class depth continued with Veronica Aguilera finishing up at 876, and Amber Mesik (whom Dr. Maile identifies as a lifter to watch in the future) winning the T2 division by a large margin. Erin Moore, of Central Point, Oregon, was next up in the open category, over Angela Simmons of St. Paul, Minnesota who lifted stylishly and had lots of friendly support from the crowd. Kate Dingle-Craig was one of several very well-coached lifters from Alaska, and her appearance belied her entry in the M3 category. Muncie, Indiana's Julie Kaufman won the Junior category with 710, and eyebrow-pierced Erin Waltermann of Racine in Wisconsin took the Teenage 3 class. Texas' Lanette Lopez did some nice lifting at M1 that ended with a 300 kilogram total. Renee Christensen (Plainwell, MI) almost choked on the shell necklace around her neck, but got second in the T2 group. Lindsey Hartman of Ansley, Nebraska (another state that was represented by so many fine teenage lifters) tried but missed a Teenage American Record 264 squat. Phoenix Miller of Denver, CO almost had a 600 lb. total, but walked with her 248 lb. deadlift before receiving the "down" command from the referee. Christine Bang of Stillwater, MN got a T1 (14-15) meet record in the bench with her 126, and then we had Washington State Judge Faith Ireland's cleanly lifted 540 total in the M4 class, and Sharee Olson's 457 in the M5s.

In the 148s, sassy Kara "Goldilocks" Bohigian strength-styled her way to a no-problem win in the open category, but she had a 'shadow' to lift against in the capable personage of guest lifter Marian Gibson of the Scilly Isles of Great Britain, who set a British

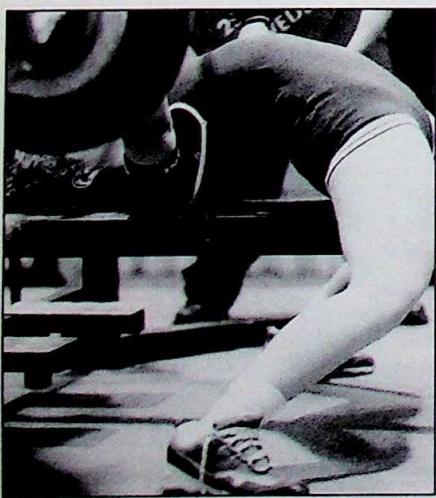


Hair ... all the way to There ... Kara Bohigian won the 148s in style.

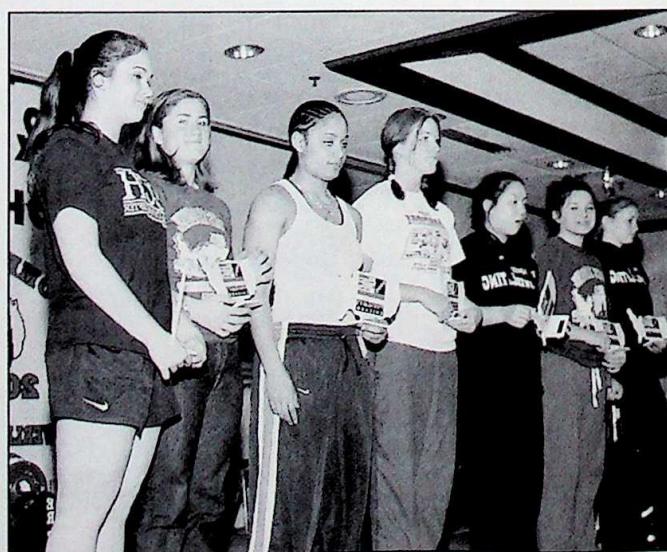
Record in the bench press and deadlift. Kara set an American Record in the bench press when they added the little plates to make 259 into 260, and she also set an American and National record total, and would have bumped that up more if her National Record deadlift would have gone. She wanted to use the little plates on 440 (for 441) but USAPL National Records have to increase by a 2.5 kilo increment, so up the attempt went to 446, which was too much. Wisconsin's Laura Stryland went 9/9 to hold off Ohio's Marry Ruffner and her 7/9 performance in the open class. Many of the young girls at this meet showed exceptional flexibility in the bench press, but Christy Newman beat them all, setting up with more clearance between the bench and the peak of her arch than the bar had to travel from chest-touch to lockout. Kimberly Walford, out of Cheyenne, Wyoming

and in only her second meet, had a frustrating time getting a squat in, and then took off, with Junior Records in both the bench and deadlift, which were spectacular to watch, because the bar can barely absorb all the energy she puts out. Another Kim, formerly Ms. Callier and now - for about a week - the

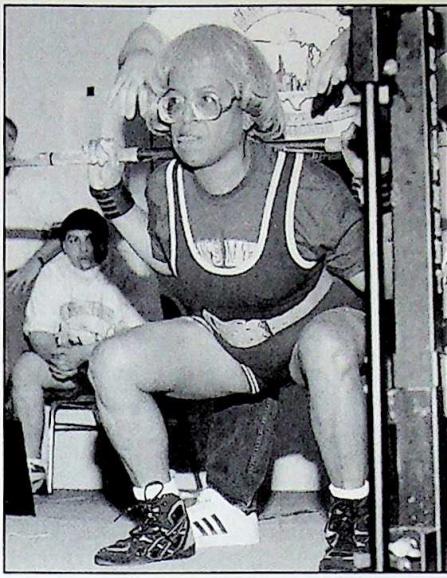
wife of IPF and WPO star Wade Hooper, had her eyes on a Junior and Collegiate record in the squat at 363, but it was not to be, under the circumstances. Ruth Welding, who has competed in 20 of the last 22 major (USPF - ADFPA - USAPL) Women's Nationals, had a very nice 8/9 day to take the M2 division, just ahead of the Masters 1 winner, and current IPF World Masters champion Donna Covington of Ft. Hood, TX. Before she lifted, her coach Johnny Graham loudly declared that this was "... your house, everybody else is just rentin'" ... but Donna was only able to come up with 3 good attempts. Mason, Michigan's Kathleen Miller let out an ecstatic "Yeah" when she pulled up her final DL of 363, to produce an 826 total in the open category. The respectful way the young Plainwell, MI lifters in the audience referred to Dawn Steele, made it seem like she might be one of their teachers, and one could well take lessons from the perfect lifting style she exhibited. Seattle's Queen Underwood was coached at the meet by former ADFPA superstar Y. C. Chang, and they were both pointing for her final Teenage Record try at 375 in the deadlift, which was a bit much. Destiny Joyner, out of Ruston, LA - the base of Louisiana Tech's extensive Collegiate Powerlifting achievements - had a perfect nine successes for nine attempts day to take the T3 category. Arvada, Colorado's Deanne Gertner was 2nd on 7/9. Molly Dennany of Kalamazoo, Michigan went 8/9 in fine fashion to win the T1 category, and Karen Bakke of Fargo, North Dakota, got 2nd place in M2 (45-49) with her 716 total and she almost yelled up a 325 deadlift. Yet another Plainwell lifter, Randi Forney, got second in the youngest



The Awesome Arch of CHRISTY NEWMAN



Teen Power... (r-l) Destiny Joyner, Deanne Gertner, Queen Underwood, Marcy Deaver, Molly Dennany, Randi Forney?, and Rachel Moore?



Georgia Johnson was an inspiration to all.

teenage category with a well done 688 total. Bonnie Cromwell, from Seattle, had nice form in all her lifts and ended the day with the 1st place award for the M3 age group. Masters 5 champ was Regina Hackney, who judged as well as lifted. Her opening American Record squat was a surprise miss, but a slow and steady success on her 2nd attempt at it. A further record on her final pull was just too much. Marcy Deaver of Ausley, Nebraska got a 2nd place in the teens, in the 16-17 category. Aubrey Dunivan out of Muncie, Indiana had three young men on hand to coach and help her to a 639 total in the junior category. 14 year old Rachel Moore of (where else!) Plainwell, Michigan got 3rd in the competitive T1s with her 7/9 545 total, and Jeannie Livingston of Divide, Colorado overcame a problem in the squat to end up 2nd in the M1 division of this huge weight class. Georgia Johnson of Lansing, Michigan had numerous friends and family on hand to witness her set all new records in the M7s, learning the ropes of this sport quickly as she went from one attempt to the next. Fullmer and Amos had their difficulties in the squat and could not proceed with their lifting.

In the 165 lb. class, there was once again a dominant figure. Priscilla Ribic, 5th place in the last IPF Women's Worlds, easily made a 451 American Record squat (breaking a Jackie Pierce mark), but not moreso at 473. In the bench, she needs the bar held out well over her chest on the handout, and had to settle it out before trying to break the now healing Andrea Sortwell's American Record and missing twice. 4 time Jr. World Team member Katie Ford showed her experience

to take the Junior title and 2nd in the Opens. Alaska's Deanna Chaney had hoped for more, but the win in Masters 1 and 3rd in a strong class should be satisfying. Malinda Baum of Killeen, Texas went for 2nd on her final 424 deadlift, to no avail, but she already had the body-weight edge on Madison, Wisconsin's Lisa Van Buskirk. Patti White weighed in light (70.8 kgs.) but the strategy to move up a weight class was rewarded with a T2 title. Donna Steele, who shares a home-town and a resemblance to Dawn Steele in the 148s, would not stop in her struggle with a 242 squat, and was rewarded with a new Masters American Record, as well as one in the bench. Ironically, she tripped and fell very hard, later, on her way to pick up her award. USAPL Executive Committee Member Marsha Serre of Laurel, Maryland sported a pink Inzer bench shirt to go with her pink sneakers. Unfortunately, she bogged down with 2 attempts at a 314 deadlift, but was still the M4 champion. Amy Schlachtenau of Highlands Ranch, Colorado did some excellent lifts to come up with 1st in the T3 standings, and the T1 winner, Peggy Deaver (a twin of sister Marcy?) totaled the same as T2 second placer Kelli Hatfield of Kalamazoo, Michigan. Dana Backiel of Snoqualmie, Washington, earned 2nd in the M4 category, off a 4/9 day and a 595 total. Another Ruston, Louisiana lifter, Kelly Johansen, earned her 2nd place finish in the T3 division with the same 595 total. Tall Jamie Goodner, of Litchfield, Nebraska, went 8 for 9 easily for 3rd place in the competitive T2s.

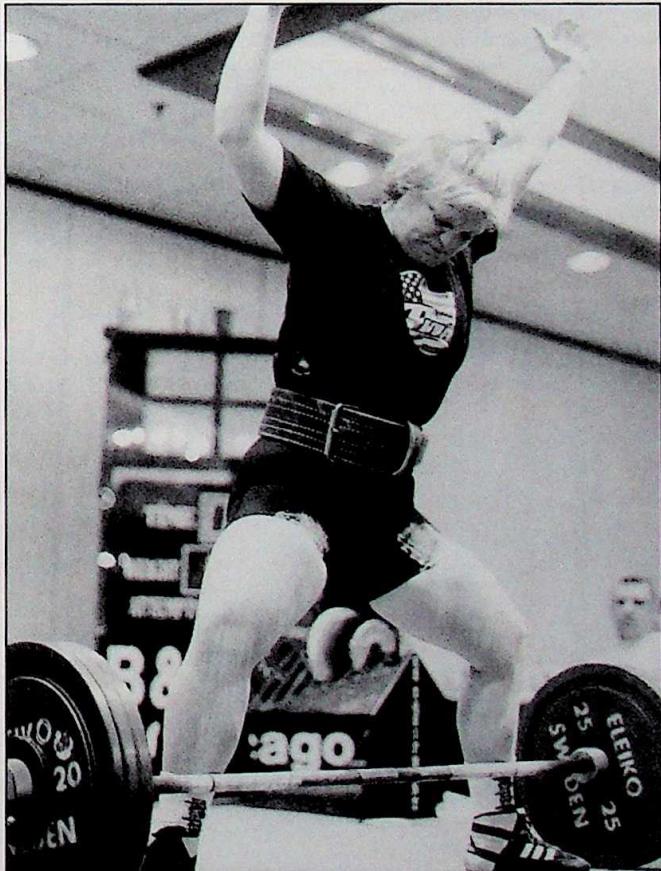
Wow. Leslie Look took a major step towards her ultimate potential in the 181 lb. class at this meet. She calmly executed three great squats, culminating with her breaking of the 500 barrier with 227.5 kgs. After making the lift, there was a huge emotional release when she was practically wrestled to the floor in a bear hug by Kara Bohigian almost before she/they exited the platform. She continued her iron onslaught in the bench and deadlift, only stalling out on her final attempt in the deadlift at a record breaking 496 deadlift. Wow.

Jana Maile entered the meet in

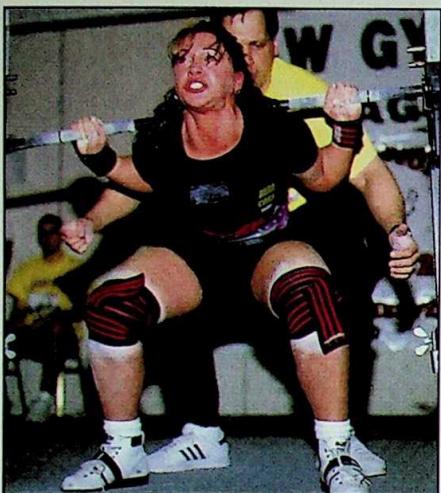
the 165s, but weighed in at 76.8. Husband Larry Maile indicated that her lifting would be a last-minute decision, depending on how her oft-injured back felt. She lifted well, but not without pain, as she had to be helped off the bench after each attempt, and walked delicately off the stage following each squat and deadlift. Cathy Martin of Quincy, Illinois will likely tell you that climbing up hills in the sweltering heat of Haiti, last year, with Judy Gedney was not exactly the best way to prepare for a national powerlifting meet, but she intentionally wished to be part of those recurring good works that the Gedneys perform for the needy people of that nation. Her day here was perfect until it was mentioned that if she made her last deadlift with 374, she would go 9 for 9. 2001 National Collegiate Champion Kristy Reske of Michigan Center, Michigan had to re-do her 352 squat attempt after it was initially misloaded to less than her 2nd attempt, and it was not successful. Plainwell's Pride, Maggen Millen, was on a record hunt, and got new teenage marks on her 2nd and 3rd bench. Seattle, Washington's Bonnie Buckwood lifted as a T2 competitor and missed only two lifts, but had to settle for 2nd behind Maggen. Leah Smith gave and got a scare with a 242

squat, but got low enough on the 3rd try to get the white lights, and that gave her the green light to take the M2 division.

In the 198 lb. class, Jessica Watkins of New Haven, Indiana is a visceral competitor who fights out each attempt with every cell of her being. She broke a bunch of collegiate and junior records as she pushed and pulled her way to a convincing win in the open class. Francis Werle of Johns Island, South Carolina would have been closer, but her 413 squat wouldn't cooperate and she dipped on the way up with her 402 deadlift. Disa Hatfield, who appears in the ad for International Sports Sciences Association in this issue of *PL USA*, missed a couple of lifts on technical issues, but she sure took that 413 squat down DEEP on her second attempt, after getting called on her opener. Jenny Busby of England gave her some close, but unofficial, competition as yet another welcome guest lifter. 2001 Teenage National Champion Rebekah Rudometkin of Canby, Oregon was rushed on her opener squat, but was able to crash and bounce out of the bottom of it nicer than her subsequent heavier attempts. She strove to keep up with the open ladies, while there was no doubt about her winning the T3 title. World Masters Champion



Indiana's Jessica Watkins willed herself to a win in the 198 lb. class



Priscilla Ribic squatted 451 in the 165 class

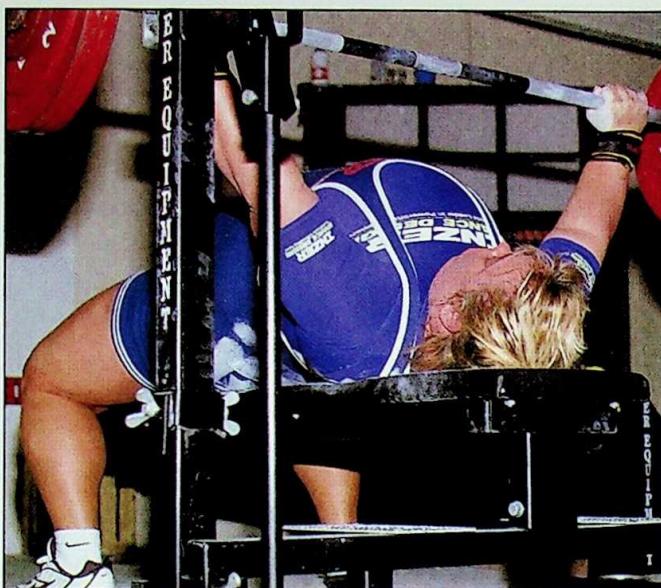
Linda Schaefer of Lakewood, Colorado had been trying to set a new IPF World Masters Record deadlift for a long time, but at this meet it seemed relatively easy, and the 458 was a National and American record as well. 473 was pretty close, so the Open American Record will likely be on her 'to do' list for the future as well. Mary Ann Chase of Laurel, Maryland had her family on hand, and her kids cheered on her every effort. She also had to re-do her final attempt squat, due to a low misload, and it was not successful. Meredith Gertner has earned a varsity letter playing high school football as a center in Arvada, Colorado, and she showed lots of raw power in winning the T2s.

The USAPL suddenly has so many strong women in the Supers. Liz Willet has clearly focused her enormous potential, and the result was a sensational 1465 total, marred

only by the dump of a 562 squat attempt, which even had head referee Steve Howard jumping up out of his chair to help corral the wayward steel. She delighted the crowd with a smiley face, drawn in chalk, on the back of her singlet, when she sat down to bench that great 341 on her final attempt. Vicky Hembree, the former Guinness Book of Records 'World's Strongest Teenager' is now a master lifter and had a perfect day, setting all sorts of M1 records en route to a

super 1267 total. Growling like a wolverine, Harriet Hall of Alaska also had an IPF Master World Record setting day, in the M3 category, for the squat, bench, and total. More records were set by Omaha, Nebraska's fantastic teenager Sarah Greenup. She handled a new Teenage American Record squat of 507 with maturity. Sue Last was the last of the British contingent and she was just behind the Chair of the USAPL Women's Committee, Sue Hallen of Elk Grove Village, IL, at subtotal, but had the bigger deadlift. Erica Bailey has only been powerlifting for 6 months, and it was obvious to see that the Wisconsin State High School Champion in the shot put barely knows how strong he is. Her 413 deadlift was aggressively ripped from the floor to completion, but was not passed. The Junior title went to Mary Holt of Ruston, Louisiana, who lifted

well within herself until her final deadlift, which she felt wasn't going to go. Lilani Taylor, the Texas State Champion out of Fort Hood, finished up the open competitors with a 6/9 day. Young Shea Wallis fought hard for a new 14-15 age group teen bench record, and got it on her final attempt, to much crowd approval. Anna Collins of Livonia,



Liz Willet benched an impressive 341 pounds as a Superheavywt.

Michigan has been powerlifting for two years and won the M6 age group with polite distinction.

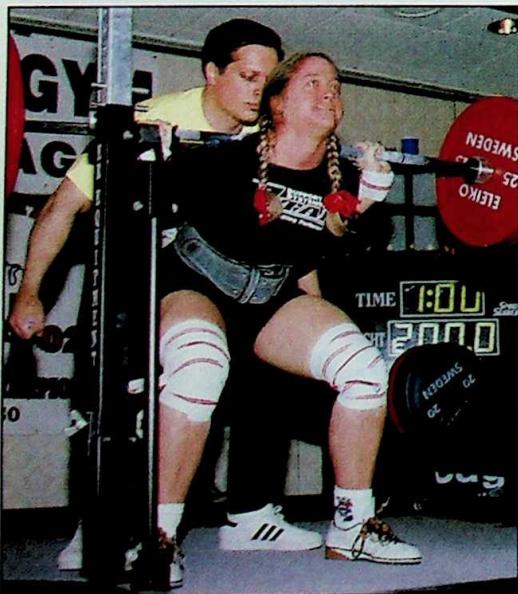
The open women's team competition was vigorous and ultimately saw the Titan team retaining their top spot over a combined Plainwell Knights & Alaska Iron Maidens group. Team Titan members included lifters Cathy Solan, Suzanne Hartwig, Michelle Amsden, Angie Overdeer, Sandy Mobley, Veronica Aguilera, Christy Newman, Katie Ford, Leslie Look, Jessica Watkins, Linda Schaefer, Sara Greenup, and Liz Willet. (How do you nominate 10 point scorers out of that group?) Coaches were Jim Ford, Mike Overdeer, Iain Burgess, Kirk Karwoski, and Mike O'Donnell.

Let us not take for granted how well run this meet was

... Dennis Brady and Sandi Brady remain perhaps the greatest meet direction team there has ever been. Sandi handled many duties, but primarily the announcing. Dennis ran the platform, closely spotting many of the squats. At one point, Dennis simultaneously served as side judge, directed the efficient bar loading process, ran the clock and the weight on bar display system, answered all manner of questions, and seemed relaxed at the same time. They were more than ably assisted by a small army of USAPL stalwarts and young people from the local area. They even apologized for the

awards, which didn't turn out as they expected, but who was complaining? More great meets are yet to come from them in Chicago in the next few years.

The women of the USAPL face daunting challenges in the international events they will be entering in the months to come. Lifters of astonishing strength regularly burst into the IPF limelight from the deep national programs of Russia, Ukraine, Chinese Taipei and other countries, but this year's group of champion United States lady lifters seem to be improving synergistically, with the Open lifters, the Masters, and the younger lifters all gaining from the successes of each other. May they all have the best of luck at their World events.



Leslie Look went over 500 lbs. in the squat at 181.



Linda Schaefer got an IPF Masters Record.

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ONLY 1 G OF FAT
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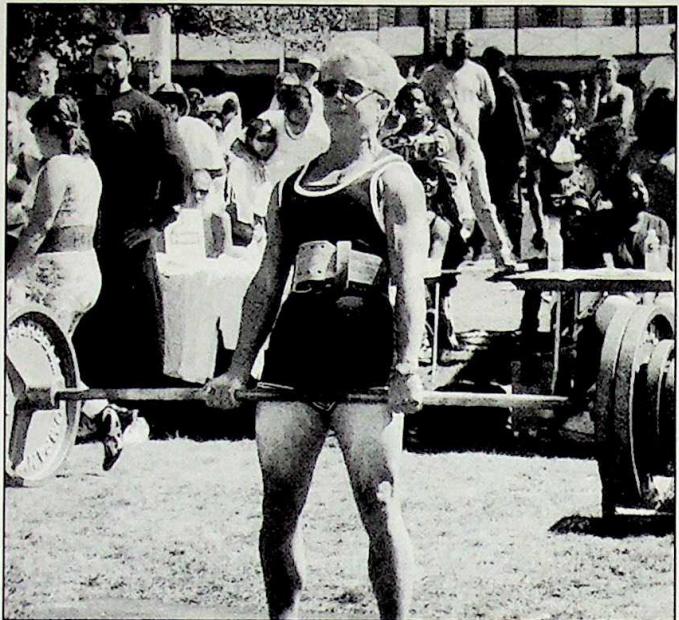
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WABDL Bull Stewart Alki Beach Meet
19 AUG 01 - Seattle, WA

DEADLIFT	123	P. Magill	180	Men
Teen Under 13	340	198+	148	
97	132	S. Wyatt	195	K. Phanekham
V. Vasquez	170	L. Robinson	200	165
114	148	D. Fleming	95	S. Hauger
C. Dimartino	140	N. Carpenter	165	J. Romero
Teen 13-15	275	T. Lee	181	181
Women	181	J. Sylvester	250	A. Berry
181	165	R. McGaughey	320	S. Olson
B. Buckwood	275	R. Borman	310	D. Motherway
Men	47-53	D. Stevens	198	B. Matheson
97	114	275	220	
A. Smith	148	T. Ovens	400	J. Morasco
165	165	B. King	345	355
J. Studer	285	Class I	242	C. Williams
165	54-60	Men	430	J. Pulczinsui
D. Borchardt	330	K. Gooding	220	300
M. Blanche	200	Master	275	T. Mayor
181	148	Women	370	N. Chambreau
J. Perry Jr.	300	40-46	150	Teen Under 13
242	Men	148	97	Men
I. Moore	280	T. Lee	150	V. Vasquez
Teen 16-19	40-46	J. Sylvester	65	65
148	148	47-53	Teen 13-15	Women
148	165	114	145	
Q. Underwood	310	R. Davidson	110	181
4th	330	181	165	B. Buckwood
V. Binkley	200	J. Healy	140	120
165	220	C. Chapman	140	Men
E. Tawney	315	D. Stratton	132	123
198+	690	B. Wellborn	385	K. Pennington
S. Rance	315	S. Olson	80	145
Men	275	148	165	M. Weimer
132	R. Hendrix	660	110	95
D. Lewis	330	P. Ralsen	110	D. Borchardt
B. Lee	310	L. Young	95	140
4th	335	Men	181	
148	181	J. Perry Jr.	145	
R. Baradari	435	J. Rankin	405	I. Moore
165	198	181	242	160
J. Kim	425	M. Stevens	505	Q. Underwood
T. Salter	410	N. Santora	410	130
D. Anderson	242	D. Hawkins	220	198+
198	C. Sandberg	530	250	S. Rance
E. Sun	530	P. Ralsen	275	140
K. Roberson	405	R. Hendrix Sr.	435	Men
242	54-60	308	132	148
W. Williams	485	J. Newman	315	D. Lewis
Junior 20-25	385	47-53	181	205
Men	375	R. Baradari	181	
148	181	J. Kim	250	
T. McKinney	405	F. Isernio	405	T. Salter
K. Walton	485	J. Rankin	195	D. Anderson
165	308	198	220	
J. Teruzzi	500	N. Santora	310	M. Abrahamse
A. Takayoshi	420	M. Stevens	198	242
E. Dobb	410	T. Byers	300	W. Williams
181	L. Turner	265	308	275
D. Travis	650	H. Barrat	225	Junior 20-25
C. Galicinad	555	220	220	
T. Baisy	450	M. Murphy	305	
198	97	J. Reynolds	242	
T. Howe	530	G. Grant	225	
Y. Cournoyer	465	G. Thomas	225	
220	123	E. Marshal	180	
D. Goldsworthy	550	181	180	
Class I	Men	220	165	
165	148	J. Reynolds	181	
A. Takayoshi	420	G. Grant	225	
220	165	G. Thomas	420	
K. Gooding	405	E. Marshal	180	
Submaster 34-39	181	181	180	
Women	400	181	180	
114	T. Bruce	220	165	
R. Sexton	230	T. Tom	355	
123	220	T. McKinney	205	
J. Souders	250	D. Martinez	155	
165	H. Higgins	181	171	
K. Mahoney	250	220	148	
181	N. Chambreau	220	148	
K. Caldwell	250	T. Teruz	290	
4th	T. Taylor III	220	275	
198	500	A. Takayoshi	275	
P. Magill	405	181	181	
198+	181	L. Turner	125	
D. Cal	350	T. Baisy	225	
Men	308	198	225	
165	A. Medak	275	225	
R. Gadbury	440	R. Jacobson	350	
181	BENCH PRESS	T. Ovens	400	
R. Borman	450	Open	220	
E. Fleming	315	Women	220	
198	R. Sexton	J. Wilkens	505	
D. Bell	620	C. Loukprasong	450	
275	123	N. Lane	440	
R. West	500	123	320	
B. King	165	T. Howe	320	
Master	K. Mahoney	148	275	
Women	150	J. Kennedy	275	
40-46	K. Caldwell	148	Washington State Record	
	198	A. Adams	160	
	600	Men	160	
	308	M. Collier	115	
	605	165	165	
	350	A. Takayoshi	275	
	114	S. Wyatt	275	
	114	Bull and Flo Stewart put on a 2 day extravaganza featuring one of the best strongman contests I have ever seen, held on Saturday, August 18, and the lifting was on Sunday, August 19th. The strongman featured a tire flip with 800 lb. tires, a brand new Escalante Cadillac Station Wagon for the ladies equivalent of a truck pull and a Mac Truck Pull for the men to name just a couple of the events. The lifting was on two platforms, but next year it will be a one platform meet. A two platform	180	



Carol Patterson pulls 340 at age 44 in the 123 # class (via Carol P.)

meet is a tough event for all concerned. Bull also had the official hot dog and bratwurst vendor for the Seattle Mariners and they were best I have ever tasted. The view of the beach area is beautiful. Puget Sound and the ocean air is a wonderful setting for an outdoor lifting. In the deadlift, Louise Turner came all the way out from Pennsylvania to qualify for the Reno Worlds and she set a World Record in Law/Fire 48+ with 265. In Men's Law/Fire Open, Tom Ovens set a Washington State Record at 275# with 565. In Open Women's Deadlift, Candy Loukprasong just missed the Washington State Record of 154 with 150 in the 97# class. Oh, and Candy is blind. She weighed in at 93# and pulls 150 with a handicap - that's impressive. At 123, Danna Snow pulled 250. In Open Men, at 165, Matthew Taylor III pulled an eye popping 500. At 181, Daniel Motherway pulled 400. At 242 Noah Chambreau pulled an easy World Record 751 in his 1st meet! He tried 800 on a 4th and would have made it, except the collars were loose and the plates came off as the bar hit his knees. Nobody deadlifts 800 in their 1st meet, but he could have. Chris William was 2nd with 675, which is damn respectable. Henry Higgins pulled 515 at 220 and Pete Maroff pulled 570 at 275. In the 308s, Andy "Conan" Medak pulled 605 and just missed 650. Jerry Ewing pulled 600 at Super. In Submaster Women's Deadlift, Dr. Jenny Souders set a World Record at 123 with 250#. At 165, Kelley Mahoney set a Washington State Record with 260# and at 308, the venerable Robert O. Smith set a Washington State Record with 150#. In Master Women 47-53, 165# class, Cathy Chapman set a Washington State Record with 140#. In Men's Master, 54-60, 275, Gary Thomas set a Washington State Record with 420 in his 1st meet. That's inspiring to see all these master lifters, over 50, benching and deadlifting impressive numbers. That's what this federation is all about - the average, working guy or gal trying to keep their youth in their Forties on up, without the use of steroids. At 148#, Michael Jameson set a Washington State Record with 260# and at 308, the venerable Robert O. Smith set a World Record 450# that made him do a little Irish Jig. In Open Men, Allen Berry, the World Record holder in Submaster 181, pushed up 440 and just missed breaking his World Record of 457 with 465 on the way up. At 242, Chris Williams pushed up with authority 430 and Ben Matheson shot 425 up at 198. In Men's Master, 40-46, 275, Paul Ratsch, weighing only 255, put up 440. Ratsch is a former Special Forces man in the Army and is a very fit looking 43 year old. In Women's Open Bench, Sherri Wyatt set a Washington State Record with 200 and in Teen Women 13-15 Bonnie Buckwood set a Washington State and World Record with 120#. In Junior Women, Jocelyn Blanoc set a Washington State Record with 171 at 165, and in Submaster 181 Karen Caldwell set a Washington State Record at 181 with 125#. In Master Women, 40-46, 148# class, Terry Lee set a Washington State Record with 150. In Teen Men, 13-15, 123# Kevin Pennington benched 145 for a Washington State Record. In Junior 220# class, Josh Wilkens blasted a World Record 505. In Master, 40-46, James Healy set a Washington State Record at 181# with 245. In Master 54-60 Michael Jameson set a Washington State Record with 385 and 148#. Robert O. Smith of Canada pulled 550 and just missed a World Record at 580 in the 308# class. In Teen Women, Bonnie Buckwood set a World Record at 13-15 181# class with 275#. In Teen Women 16-19, 148# class, Queen Underwood set a Washington State Record with 330. Erica Tawney pulled a World Record 315 at 165#. In Teen Men 13-15 181, James Perry set a Washington State Record with 300#. 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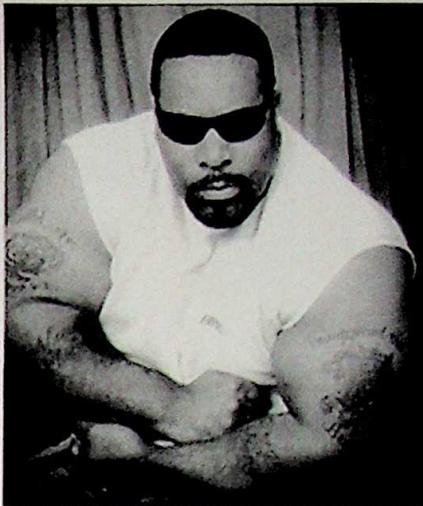
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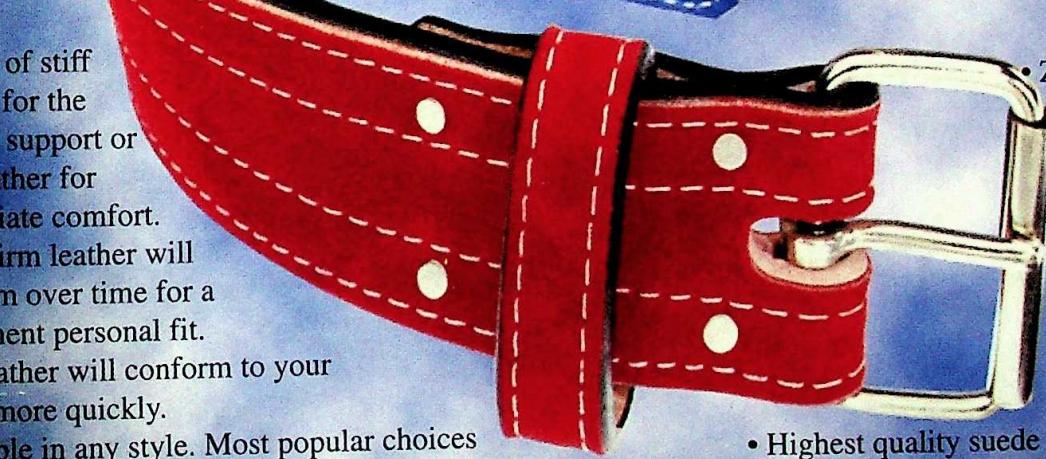
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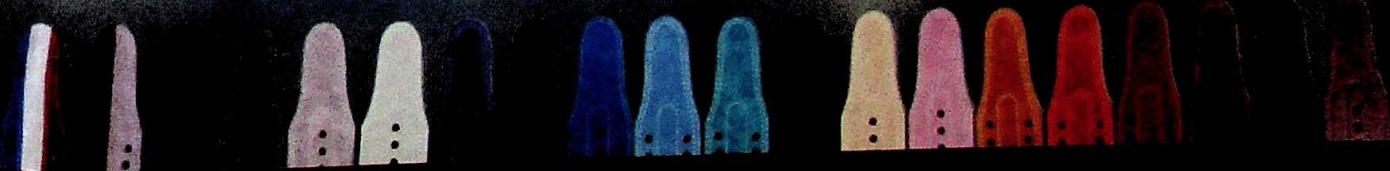
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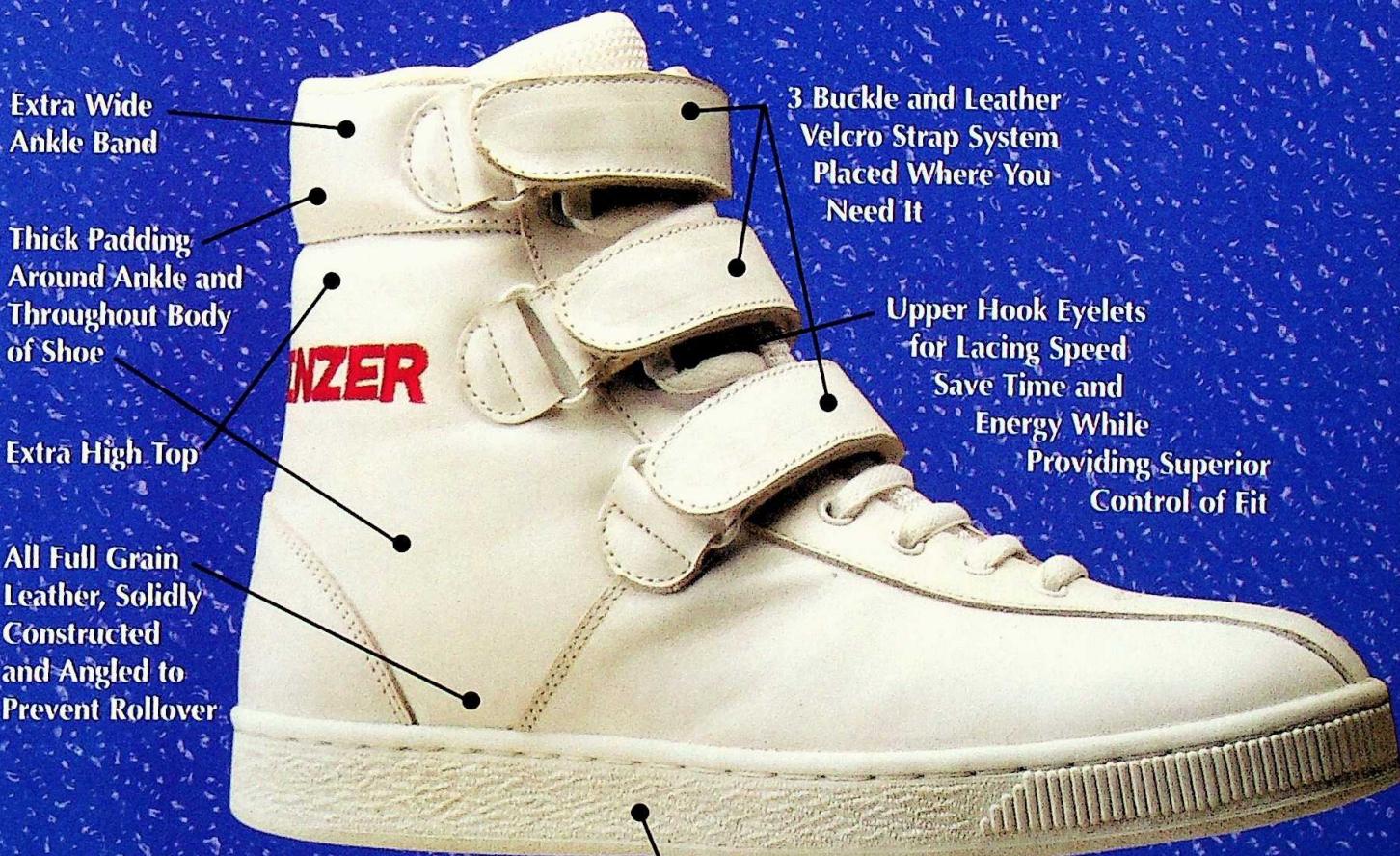
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