

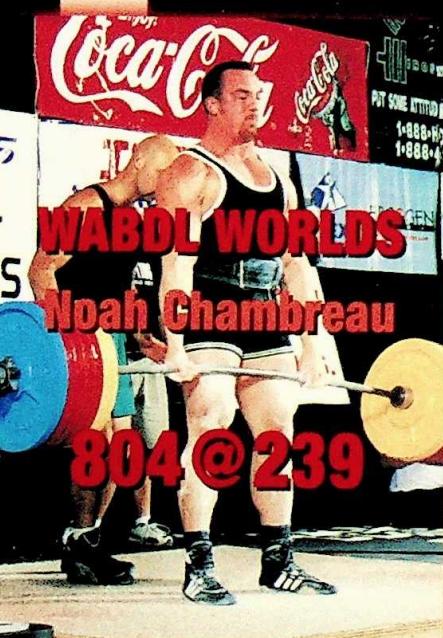
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NO.7

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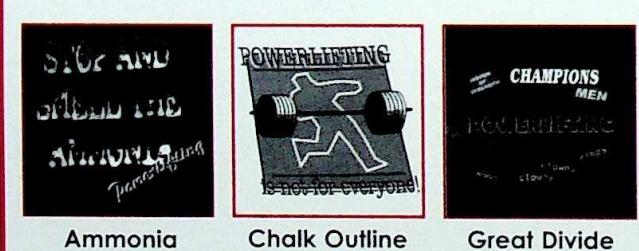
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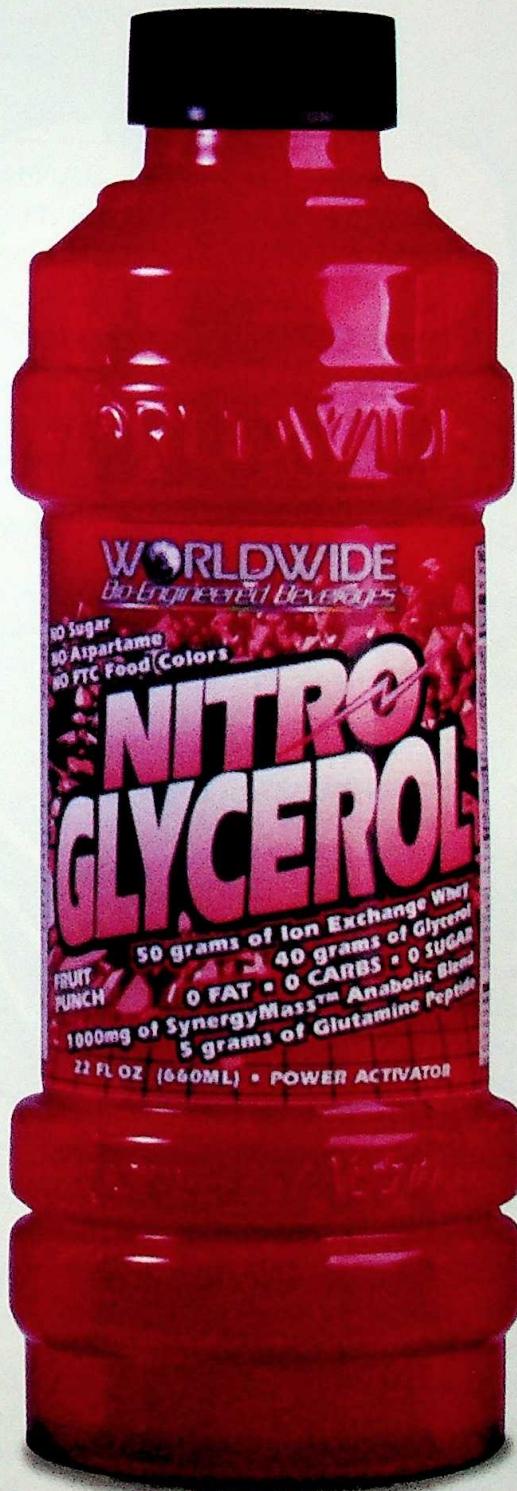
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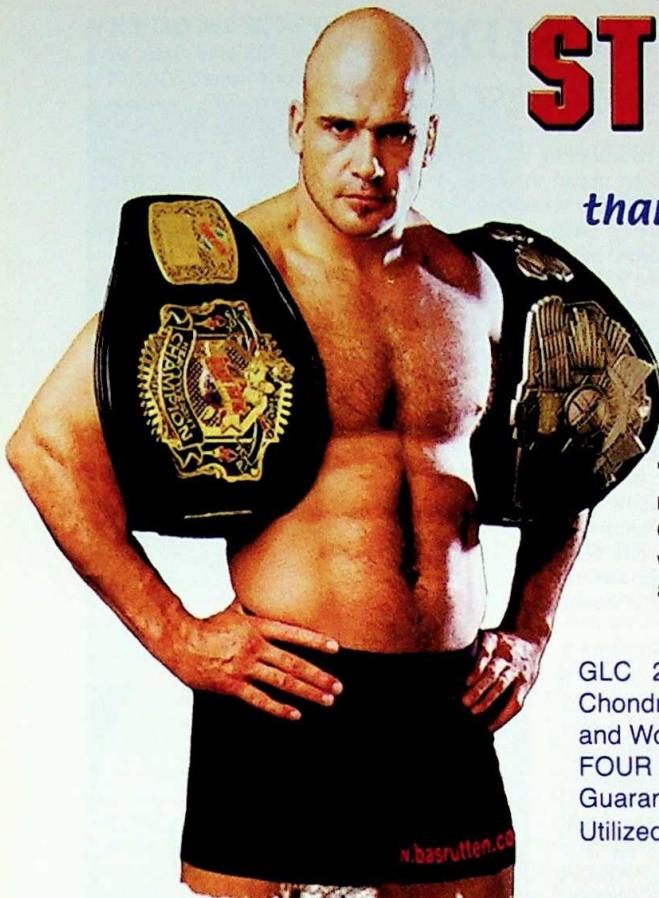
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(part II of the article from last month)

In Law/Fire Open, Andy Ellis at 165 set a Texas State Record with 545 1/2#. At 220, Zach Clark beat out 3 other contestants with a California State Record 661. Matt Lamarque was 2nd with 611. At 275 Casey Smith set a Mississippi State Record with 628. He is a much improved deadlift, about 20 pounds worth. Outstanding Lifter was Brent Howard of Maine with a 744 at 242, about the same as he did a year ago.

In Master Men Law/Fire in 40-47 age group Zach Clark was outstanding lifter with a World Record 661 at 220#. Zach keeps improving with every meet. Also at 220, Dwayne England set a Texas State Record with 501 1/2. At 242, Arthur Clayton set a California State Record 551 and at 275 Walt Faulkner set a World Record 661. In master 48+ Eldon Elson set a California State Record 429 3/4 at 275.

In Submaster Law/Fire Andy Ellis of Texas set a World Record 545 1/2 weighing only 163 1/2. Eric Fox set an Oregon State Record at 181 with 479 1/2. At 220# Kevin Eller set an Oregon State Record 556 1/2. At 242 Tyler Kopta set an Oregon and World Record 540.

In Master Men Deadlift 40-46 at 123#, Bobby Sanders set a California State Record 429 3/4. Bobby is the leader of a small group of lifters from Aptos, California area - he could be called "little, but mighty". At 132 Nimrod Ochoa of Guatemala set a World Record 418 3/4. At 165 Richard Cinglano set a huge World Record 584 to break John Tyree's

WABDL DEADLIFT WORLDS as told to PL USA by GUS RETHWISCH

old record of 578. Danny Winslow was 2nd with 540, and Idaho State Record. At 181, Leamon Woodley was outstanding lifter for the lightweight master 40-46 up to 198# with a World Record tying 672. Greg Zweig was 2nd with an Illinois State Record 639, which in any other federation would give him the win - but not against Mr. Woodley, who has never been beaten for an individual title or best lifter award. At 198, there were six competitors with George Herring of Georgia having an off day with 672. He holds the World Record with 734, but on this day, he was good enough for the win. David Bertier was 2nd with a California State Record 545 1/2. Kevin Dunford was 3rd with a Canadian National Record of 507. At 220#, Willy McCoy out of Nebraska set a very impressive World Record 744, weighing only 215. Willy has been in the game a long time and looks great. In 2nd place was Buddy McKee of Alabama with a 551 State Record. At 242, Dan Davidson of Alabama and Jerry Capello of Oregon had a Wild West Shootout. Davidson won the battle with a 722 with Capello doing 716. However, when it came to 4th attempts to beat Davidson's current world record of 733, it was Capello who walked away with the World Record of 734. Bobby Driskill was 3rd with a 683, which is a very good pull under

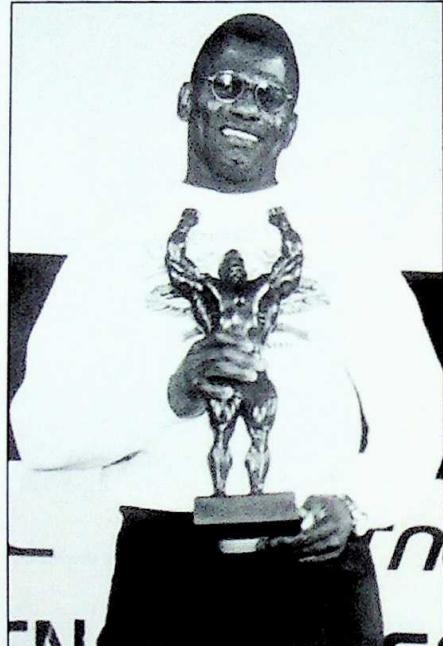
ordinary circumstances, but Capello and Davidson upped the ante. At 275, David Gahm edged out Bob Smith with 622. Smith did the same but he weighed more. At 308 Cyril Lewis pulled 733 and set a Nevada State Record. He also passed the drug test. Steve Khader of Alabama was 2nd with a 628 State Record. At Super, Randy Young pulled a PR 650 for the Gold. David Chase was 2nd with a Florida State Record 606 and Barry Duncan was 3rd with a Tennessee State Record 562. Jerry Capello was outstanding lifter heavyweight.

In Master 47-53, John Tyree set a World Record at 181 with 601 3/4 to beat out 3 other competitors. Rick Hagedorn, the former world record holder at 584, pulled 573 for 2nd. At 198, Anders Wahlund of Sweden beat out a field of 6 with 595 - under his World Record of 617. David Solan was 2nd with a Nevada State Record of 584. Mick Stevens set a Washington State Record 540 for 3rd and Nick

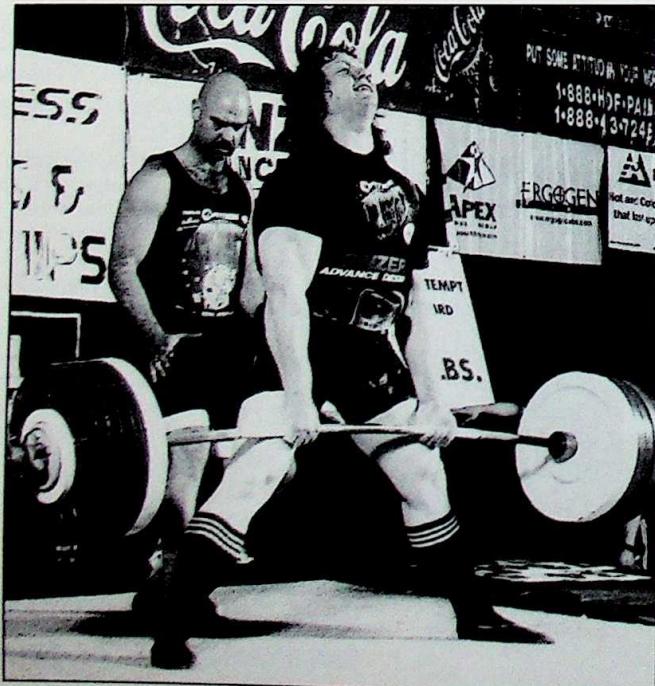
Sinardi, who was won Blind World Championships, was 4th with a Florida State Record 540. At 220, Jon Wolbers from way up North in Williams Lake, BC, won the Gold with a 584 Canadian National Record. At 242, Cliff Sandberg set a Washington State Record with 633 to beat out 3 other competitors. Roger Nelson and Skip Grindall were 2nd and 3rd respectively with 578 1/2 and with Grindall's being a California State Record. At 275 Sam Pecktol set a World Record 672 to easily beat Tom Ekenberg, who did 600 3/4 for a Texas State Record. Mike Moore was 3rd with a California State Record 578 1/2. Outstanding Lifter heavyweight was Cliff Sandberg of Tri-Cities, Washington.

In Master Men 54-60, 181# class Roberto Contreras set a Texas State Record 496 to beat out 4 other contestants. At 198# Doc Leonard Lense set an Arizona State Record 556 1/2 to beat Tom Haggenmiller, who tied his Minnesota State Record with 534 1/2. Jim Snodgrass was 3rd with a Texas State Record 485. At 220#, Onnie Jordan set a Louisi-

ana State Record with 600 3/4 to take 1st. At 242 Bud Davis set a Utah and World Record 655 3/4 at age 58 weighing 240. He's something to watch with his slow, stiff legged style. He's got one of the strongest backs that I have ever seen. Mac Pope of Washington, DC was 2nd with a strong 600 3/4. At 275 Ronnell Spikes set a California State Record with 589 1/2. My training partner Mike Fryar had an off day to finish 2nd with 523 1/2, but he will be back to take a shot at the World



Leamon Woodley pulled 672 @181. (Baertlein)



Dan Davidson pulled this 722 lb. deadlift to win the 40-46 242s. He has been lifting for 20 years. (photograph provided by Andy Mellow)

Record of 623 held by Bud Davis. At 308, Robert O. Smith of Canada, the world record holder at 584, had to settle for a 565 to win the gold. Outstanding Lifter lightweight was Leonard Lense and heavyweight were Bud Davis and Onnie Jordan.

In Master 61-17 at 148# Larry Vincent set an Oregon State Record 369 to beat Richard Gidcumb, who set an Arizona State Record 330 1/2. At 165 Richard Abbott at age 65 pulled a huge 501 1/2 World Record. Rich is happily married and his wife is always there to support him. They both have a great time and that's what counts at meets. At 198, Tom Barth, an Oklahoma Gentleman, set a state record 468. At 220, Bob Bassman set a Texas State Record 462 3/4 to beat Harold Smith, who set a Montana State Record 457 to finish 2nd. Roger Kunz was 3rd with a California State Record 430 3/4. At 242 Skip Sandberg set a World and Washington State Record of 600 3/4 and Omar Bruce was 2nd with a California State Record 545 1/2. At 308, Gary Johnson set a World Record 370#. Gary has a



World Champion Heidi Rodriguez of Guatemala with Glenda Egan (Brian Baertlein photo)

black Dodge Viper that has won numerous awards. Outstanding lifter was Richard Abbott.

In Master 68-74, at 148# 70 year old Robert Cortes, who has been around for 45-50 years in the Iron Game and used to train with Wayne Bouvier back in Michigan in the 70s and 80s, set a World Record 479 1/2#. His coefficient was around 520. Moving on to the 165# class, Jim Schall set a World Record 364 3/4 and Donovan Phillips was 2nd with an Oregon State Record 325. At 220, Lyndle Taylor set an Arkansas and World Record 479 1/2 weighing only 202 - again, that's very impressive for a 70 year old man.

In Master 75-79, Arthur Whinston, who at 77 is still a practicing attorney, set a World Record 165# deadlift in the 148# class. At 181# Bob Accosta set a World Record 319 1/2 and Enrique Garcia of Guatemala was 2nd with 308 1/2. At 242 Herb Brandt set a World Record and Florida State Record 352 1/2. At 275, Cal Davis set a World and Washington State Record 375 3/4. Robert Cortes was outstanding lifter in Master 68-74 and Bob Accosta was outstanding lifter in 75-79.

In Class I Deadlift at 148#, 14 year old Daniel Winslow set an Idaho State Record 424#. At 165, Richard Smith set a California State Record of 473 3/4 to beat out 5 other competitors. Joe Ojeda of Texas was 2nd with 457. At 181 Steve McMillan of Georgia won the Gold with 496. At 198 there were 7 competitors and Brett Blausey beat them all with a Nevada State Record 589 1/2. Michael Rainey was 2nd with a Georgia State Record 545 1/2 and Mark Pearce was 3rd

with a Texas State Record 534 1/2. At 220 there were 9 competitors with Christopher Nelson coming out of top with a Nevada State Record 606 and Bobby Myers 2nd with a Florida State Record 600 3/4. James Carter II, also of Florida, was 3rd with 573 and Michael Matteucci was 4th with a California State Record 551. At 242, there were 5 competitors with Cody Colchado setting a blind World Record 600 3/4 as well as a Texas State Record in Class I to win the Gold. Just imagine - Cody is blind and he has perfect form in the deadlift. In 2nd place Rob-

ert Budd set a Nevada State Record 562. At 275 Tom Ekenberg set a Texas State Record 600 3/4 and William Pontius was 2nd with a Washington State Record 600 3/4. At 308, Kenneth Merck set an Oregon State Record with a smoked 650 and John Newman was 2nd with a Washington State Record 523 1/2. At Super, Barry Duncan set a Tennessee State Record 562.

In Teenage Men 13-15 Deadlift Mitchell Ellis set a Texas State Record with 225#, about 15# shy of a World Record. At 148 teenage phenom Daniel Winslow set a World and Idaho State Record of 424# with room to spare. He's only 14. Clayton Pinson was 2nd with an Oklahoma State Record 248#. At 165 Phillip Boozer set a California State Record 374 3/4 to edge out Andy Munsey of Oregon who did 369. At 198 James Perry set a Washington State Record with 319 1/2. At 275, Zak Smith set a California State Record

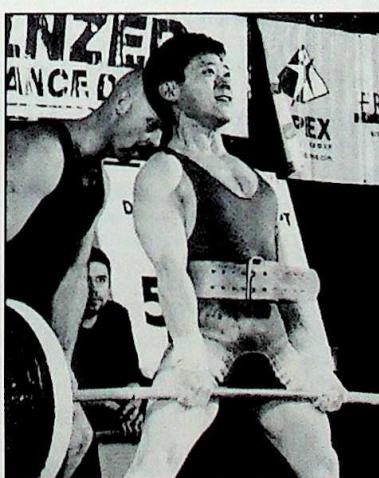
with a huge 496 - that's a big number for a 15 year old.

In Teenage Men 16-19, Randall Griggs set an Oregon and World Record at 105# with 281 3/4. At 132#, Damian Lewis took the Gold with 352 1/2 with Michael Brown in 2nd with a California State Record 303. At 148 Damian Osgood of Maine set a Maine State Record 462 3/4. At 165 Hayward Blake pulled an impressive 512 1/2. He's trained by John Ford. At 181 Nick Luiz pulled a California State Record 540 with Alex Francis coming in 2nd with a Georgia State Record 507. At 198 Matthew Christie pulled a Georgia State Record 507. At 220 Nick Heppner pulled an Oregon State Record 501 1/2. Nick was down a little. He's done 534 as a 15 yr. old. At 242 Brandon Huffer set a California State Record with 424. Outstanding lifters for 13-15 age group was Daniel Winslow and for 16-19 was Hayward Blake.

In Junior Men at Stanley Mendez set a Texas State Record 380. At 148 Steve Newman won the Gold with 440, about 12# off his California State Record. At 165 super puller Ryan Snelling set a Missouri State Record 562 to win the Gold over a field of 5 lifters. He came very close with 600 3/4. He's only 20. At 181 Steve McMillan set a Georgia State Record with 446 and John Harris set a Nevada State Record 418 3/4. At 198 Ernie Mil-Homens set a Canadian National Record with 639 to win the Gold over a field of 5. Chad Matthews was a worthy opponent in 2nd with 633. At 220 Phil Davi set a California State Record to take 1st and the World Title. At 242 Tony Arterburn set a North Carolina State Record with 611 3/4. At 275 Jason Parman, a great lifter and worthy drinking partner, pulled 633 for a Kentucky State Record. He will graduate from law school in April. Toby Levers was 2nd with a California State Record 600 3/4. Jerry Pritchett, who holds the World Record with 716, pulled 705 to beat Ken Merck of Oregon who set an Oregon State Record with 650. Outstanding lifter in lightweight up to 198 was Ryan Snelling and heavyweight was Jerry Pritchett.

In Submaster men at 132, Salomon Marroquin of Guatemala set a World Record 424. At 148 Marvin Wideman, who is an Army Ranger out of Ft. Benning, GA, and who holds the World Record of 490, had to settle for 479 1/2, but it was still good enough for the gold. At 181, the official meet photographer Brian Baertlein pulled a 562 for the World title. At 198, Jeff Ray of Alabama won the Gold with a 633 state record. Troy Weippert set a North Dakota State Record 578 1/2 for 2nd. At 220 Randy Green beat out 3 other competitors with a Nevada State Record 622 3/4. Dodd Adams of Texas was 2nd with 611. Dodd was not happy with his lifting as he holds the Texas State Record with 661, which he did on September 1. Having done a little deadlifting myself, I believe you only have two meet deadlifts a year in you, at least 4 months apart, and preferably 5 months apart. Bobby Myers was 3rd with a Florida State Record 600 3/4. At 242 Ron Harlow of Illinois and Rick Padgett of Georgia hooked up in a gunfight with Harlow finally getting his 3rd with 677. He missed it twice. Padgett set a Georgia State Record with 672 for 2nd. At 275, Matthew Hyrcha of Canada set a Canadian Record with 722 to easily win his class. Outstanding lifters were Jeff Ray lightweight and Matthew Hyrcha heavyweight.

In Open Men at 123 Marc Morishige was incredible with a 501 1/2 World Record. He's an old timer that has lots of years of training under his belt and he's good for at least 534 in the near future. Bobby Sanders was 2nd with a 429 3/4 California State Record. At 132, Heribeth Garcia of Guatemala set a World Record 451 3/4 to beat Precious McKenzie's old record of 447. Precious was 63 last year when he set the Open World Record!! At 148, Monty Hokoana pulled a monstrous 573 for a World and Hawaii Record. At 165, Richard Cirigliano pulled a bug 584 for a California State Record and Ryan Snelling was 2nd with a Missouri State Record 562. At 181, Leamon Woodley, who is in the Army out of Ft. Lewis, Washington, tied his world record with 672 to win the World Championship. Greg Zweig was 2nd with an Illinois State Record 639. Corey Evans was 3rd with a Canadian National Record 584. At 198, there were 5 competitors with the old legend, George Herring, winning with 672, well below his world record 734. Jeff Ray of Alabama was 2nd with an Alabama State Record 633 and Anders Wahlund of Sweden was 3rd with 595 and Troy Weippert was 4th with a North Dakota State Record 578 1/2. At 220 there were 10 contestants, with 2 no shows and 1 bout. George Herring won that division also with a 683. Phil Davi was 2nd with a California State Record 639 and Scott Burgess was 3rd with a Nevada State Record 639. At 242 there were 8 contestants with a brand new phenom pulling 804 1/2 at 239# in his 2nd meet. If it wasn't for a torn callous, he would have pulled 827. He has passed two drug tests in



Marc Morishige - 501@ 123-(Baertlein)

(article continued on page 74)

Before I begin summarizing the results of this years IPF Bench Press Worlds, I would like to invite those bench press specialists to attend the 2004 IPF Bench Press Worlds to be held in Cleveland, Ohio. The Japanese have dominated the World Bench Press meets and hold a majority of the single lift bench press records. The Japanese will be competing when the meet comes to the U.S. and would like to compete against our best. The qualifying meet will be the 2004 USAPL Bench Press Nationals. This notice gives lifters in every organization plenty of time to train in a single ply shirt and



97 lb. winner - Svjantekova (SLO)

IPF BENCH PRESS WORLDS as told to Powerlifting USA by Dr. Larry Miller



132 lb. Medalists (l-r) Wada of Japan (2nd), Thompson of USA (1st), and Darling of USA (3rd). Photos by Isagawa unless otherwise noted

become familiar with USAPL rules. It would be great to see U.S. lifters dominate a true international event and it appears that a large number of countries (in the neighborhood of 30-40) will be attending.

This year's 12th IPF Bench Press Worlds were held in Christchurch, New Zealand. The Bench Worlds are always held the first weekend in December and are usually held somewhere in a cold European country. My wife Julie and I traveled to Sydney,

Australia prior to arriving in New Zealand. Both countries have their summers during December, so the weather is quite pleasant. Considering the great weather and the topless beaches, I would vote to have every IPF competition held in Australia or New Zealand. As an extra plus, we would probably not have any trouble getting coaches to attend at their own expense.

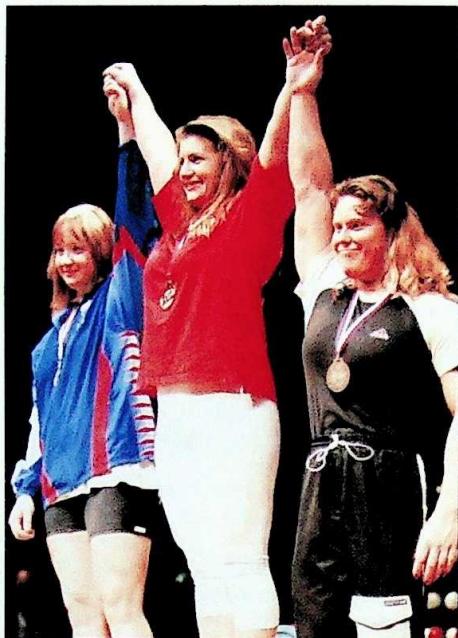
We received a very warm welcome in New Zealand. Everyone was very friendly and best yet, there were no language barriers. Sydney was an awesome city with cafe's everywhere as well as shopping mall after shopping mall. Sydney's aquarium was unbelievable, as it allowed you to watch the activity in the harbor, including some nice sized sharks swimming about. We could watch the surfers from our hotel room. My only complaint was the annoying flies which were relentless. New Zealand had beautiful mountain ranges, close encounters with seals, dolphins and whale watching. If you're a hiker, you will be in paradise.

The opening ceremonies were held outdoors and included a tribal dance

called the "haka" performed by the native "Maori" people. This dance was duplicated by a number of our lifters at the banquet, but had a bit of "Whaaats up" U.S. flavor. They also had a custom of rubbing noses, but I tried to refrain since I didn't want to injure any one.

The meet was relatively small by IPF standards. My guess was that it was due to the expense of getting to New Zealand. The meet venue was at the Town Centre Hall, which was theatre-like in its set up. The meet was highly promoted in the local papers and television. U.S. lifter Debbie Ferrell was featured on the front page of their sports section. Mike Hodge and I were interviewed for television prior to the meet and Jennifer Thompson appeared on television following her lifts.

Our coaches were Mike Hartle



181 lb. class medalists ... (l-r) Elena Yurik (Russia) - 2nd, Andrea Kubinova (Czech Republic) - 1st, Eilja Strik (Netherlands) - in 3rd place.

and Sandra Perron. I thought we would be short-handed but our US lifters who were to compete on Sunday, helped with the women lifting on Friday, and everything else fell into place. Sandra was supposed to lift, but broke her foot 4 weeks out. He did all the pre-meet legwork for the team and helped get the lifters situated for their flights. She also did the numbers for a few lifters. I thought Mike did a fantastic job calling the numbers for our team. I believe that if it weren't for Mike, we would've been a few medals short in the final count. The Japanese men's and women's team were the pre-meet favorites.

The women's competition began with Eva Svjantekova from Slovakia winning the 97 lb. class with a bench



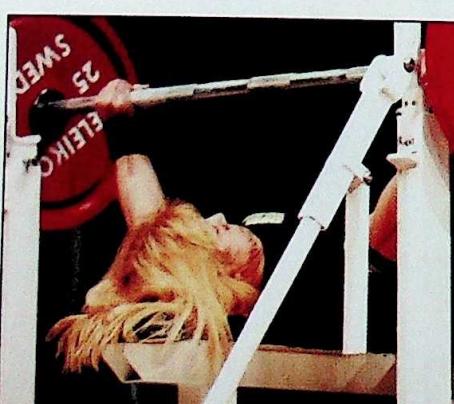
Japan's winners at 105-Fukushima (left) and 114 lbs. - Sakurai. (right)



Brooke Wessler got bronze at 165. (photo courtesy of Brooke)



123 winner - Lin (Chinese Taipei)

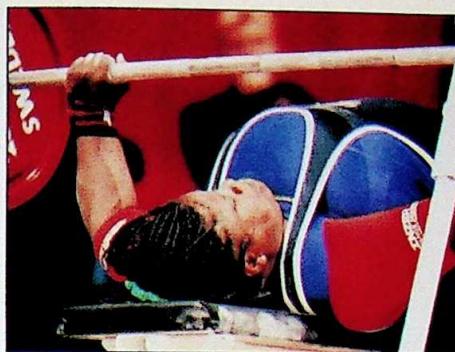


Clara Kasbarian of France won the 148 lb. class

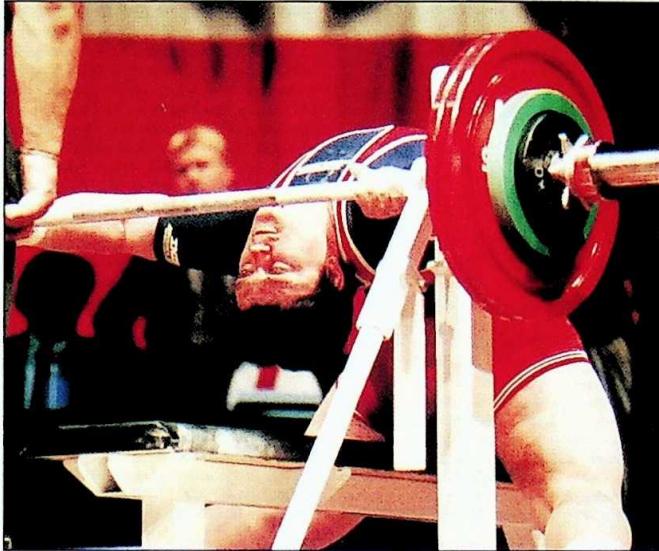
of 192 lbs. U.S. lifter Ruth Snyder finished 6th with a lift of 121 lbs.. Ruth's husband Steve was an enormous help with the lifters in the warm up area, helping to load the bar and helping with bench shirts. In the 105 lb. class, the Japanese lifters began their gold medal attack and finished 1st and 2nd. Yukako Fukushima finished with a phenomenal lift of 259 lbs. which gave her the best lifter award. I did an interview with some members of the Japanese team including Yukako which will hopefully be published in

a few months. In the 114 lb. class, Japanese lifter Syoko Sakura finished first with a 220 lb. bench. Chinese Taipei lifter Li-Min Liu won gold in the 123 lb. class on body-weight over Swedish lifter Riita Liimatainen with a lift of 214 lbs. The 132 lb. class had 2 U.S. lifters competing. Jill Darling showed a lot of character after missing 248 lbs. on her second attempt and finished with 253 on her third attempt for a bronze medal. Jennifer Thompson did likewise, after missing 270 lbs. on her second; she lifted 281 on her third

for one of two U.S. gold medals. Jennifer came with her husband Donovan who, like Steve Snyder, helped in the back putting on bench shirts and loading the bar. Jennifer finished 2nd overall in the best lifter category. Jennifer has only been competing for 3 years and is relatively tall, with long arms for a bencher. In the 148 lb. class, multi-world champion Clara Kasbarian from France won with a lift of 303 lbs.. I attempted to invite Clara to the Bench Worlds in 2004 in the U.S. but my French and her English led to a snafu. The U.S. scored more team points with 2 lifters in the weight class, Angela Simmons and Tammi Callahan. Tammi finished in fifth with a bench press of 231 lbs. and Angela finished in seventh with a lift of 203 lbs.. Austrian lifter Claudia Narovnig won the 165 lb. class with a bench of 275 lbs.. U.S. lifter Brooke Wessler, who trains at Kings Gym with me and Steve Petrenak, developed fluid in her ear while flying to the meet. She was dizzy and ended up dropping almost 10 lbs. of body-weight. Brooke very well could have won had she not been ill, but nonetheless she won a bronze medal with



Deb Ferrell (USA) went for a new IPF World Superheavywt. Record 396 on her 3rd attempt.



90 kilo Flexibility shown by class winner Irina Naskrypyak of Russia

a lift of 248 lbs. Czech lifter Andrea Kubinova won the 181 lb. class with a bench of 319 lbs.. Andrea Sortwell finished in 5th with an IPF Masters World Record Bench of 259 lbs.. Irina Naskrypyak from Russia finished ahead of her teammate to win the 198 lb. class with a lift of 319 lbs.. The 90+ kg class featured a show down between the Chinese lifter Chen-Yeh Chao and U.S. lifter Deborah Ferrell. Deb had the silver locked in on her opener and went for 396 lbs. on her third attempt for the Gold. Deb looked much stronger than the Chinese lifter, but just missed her big third attempt. I have no doubt who will win the Gold next year. Deb spent a day in bed following the meet with some bruised ribs. After being

(article continued on page 72)

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Three days, close to 200 lifters from five countries and everyone had a blast. This was one of the smoothest WNPF World events we've had. I can't believe it's been ten years for the WNPF worlds. In year one we had 422 lifters, the biggest one so far. Many people ask if I would ever have another meet that size, the answer is NO! It's hard enough putting on a meet with 200 lifters. Furman is a beautiful campus, a nice gymnasium, and perfect for the Worlds. The only complaint was the distance from the hotel to the school. Tony Caterisano added a projection screen with all of the lifters names on it, weight class, country represented and it showed whether the lift was made or not. This was a nice touch. We had Silver Championship Cups, Plaques and Sculptures for this Worlds and we let the lifters pick what they wanted. Next year we will have a standard award, because I have learned that no matter what you do, you can't please everyone. The judging was very good, not overly strict as in past WNPF World meets. The spotters were the usual, THE BEST. Thanks to John Wallace, Kenny Wallace, Mike Parker, Rob Davis and Will Harrigan. Thanks to Joyce, Brian, Carl, Kate, James, Bryan and Ron Deamicis for officiating. The platform was carpeted so lifters wouldn't slip. We used Ivanko kilo weights and a Monolift. We tested 30 lifters and all passed, which made everyone feel good. I was glad to see that everyone passed because there were a few lifters who had some doubts. Now on to the meet - in the powerlifting, Ms. Frailey, Whidden, Haley, Walker, Smith, Burgess, Summers and McGee won their classes and took home

WNPF World Championships



Jenna Bussard with a WNPF World Record 462 squat. According to Richard Sorin, this is the highest all time squat by any woman of age 15. In training, she has done a deadlift lockout (no straps) with 600 lbs.

their first WNPF World titles. Denise Musser won her first title and the best lifter award with a 1,030 total. From the Bahamas, Mr. Darling won the 114s with a 464 pound total. Melrose set four WNPF world records in the police raw division. Holloway from Florida took home best lifter and his first

WNPF world title. Paul Gennaro from Pennsylvania won his first title in the masters division. Gary Hoxworth from N.J. set two new world records and got a world title. Mr. Barnes, Greg Wright, Russ Metivier all won their classes. Greg set new submaster records in all three lifts and the total. Greg

will be moving up to the masters class real soon. All the master lifters better watch out. Barnes is a very impressive lifter out of PA and he will be a force in the open division soon. Greg Wright from FL took home the gold in both the open and subs with a 1388 total. Greg is an excellent deadlifter with a 573 pull. Ingram placed second and Metivier came in third. Metivier won the masters class with a 1190 total. Ron Cable won his first WNPF title with a 777 total. Neil Abrey from England brought home the gold in the junior 181 class with a 1471 total. Neil out-totaled the guys in the men's open class. Ryan Hicks from the USA placed second and Mr. Curry from the Bahamas placed third. Paul Chang and Mike McNinch won their divisions with close totals, Chang 1256 and McNinch 1234. These guys will be paired up next year in the open division with the new submasters rule. Baker from Ohio set a new WNPF world record in the deadlift (573). This record by Russ Barbarino had stood for 10 years in the WNPF. Broderick Chaves starved himself to make weight (198 lbs.) and then set the house on fire. Broderick hit a 617 raw squat, a 374 bench, and a 1565 total and Best Lifter for Day Two. Scott Rowe, the new kid on the block in the 198s, totaled 1603 in the 198 open class. Scott had five other competitors in this division with Tyler coming in second with a 1466 total and 600 pound deadlift. Polis placed third with a 1444 total, a big improvement from the 2000 Worlds. Edwards from FL placed 4th with a 1410 total. Mike Kidd from CA totaled 1251 and Julian Sands from the Bahamas placed 6th with a 1107 total. Chris Matos from NC

WNPF World Championships (kg)

26-28 OCT 01 - Greenville, SC

WOMEN SQ BP DL TOT

114 (40-49)

Frailey 92.5* 62.5* 102.5* 257.5*

123 (40-49)

Whidden 100 65* 132.5 297.5

132 (Open Raw)

Haley 105 60 100 265

148

40-49

Walker 117.5 57.5 152.5* 332.5

33-39

Smith 105 60 122.5 287.5

165 Open

Musser BL 182.5* 100* 185* 467.5*

181 Open Raw

Burgess 125 80 137.5 342.5

SHW

17-19

Summers 192.5* 137.5* 165* 495*

Open

Summers 192.5* 137.5* 165* 495*

14-16 Raw

Bussard 210* 110* 192.5* 512.5*

Open Raw

Bussard 210* 110* 192.5* 512.5*

40-49 Raw

McGee 47.5* 50* 125* 222.5*

MEN

114

Darling BAH 72.5 32.5 105 210

14-16

Darling BAH 72.5 32.5 105 210

132 Police/Raw

Melrose 97.5* 105* 140* 342.5*

148

Holloway BL 170 122.5 230 522.5

40-49

Gennaro 182.5 105 172.5 460

50-59 Raw

Hoxworth 160 105 210 475

4th

170* 110*

165

20-23

Barnes 222.5 165 217.5 605

Torrey

Open

Wright 210 160 260 630

Ingram 215 155 212.5 582.5

Metivier 192.5 130 217.5 540

33-39

Wright 210 160 260 630

40-49

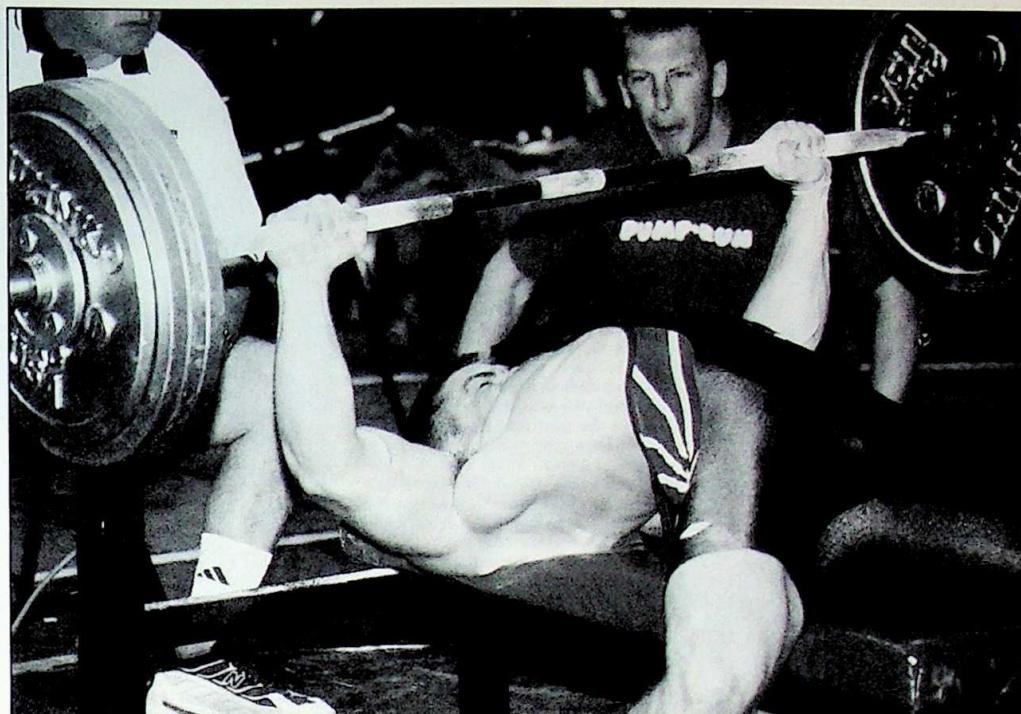
Metivier 192.5 130 217.5 540

181

14-16

Cable	117.5	85	150	352.5	Blocker	235	180	250	665	Goodman	332.5	222.5	330	885*
20-23 Raw					40-49	235	180	250	665	4th	327.5*			
Johnson					Menendez	270*	112.5	255	637.5	SHW				
20-23					Huell	210	137.5	242.5	590	14-16				
Abery ENG	270*	157.5	240	667.5	60-69 Raw	182.5*	115*	227.5*	525*	Yates	305	192.5*	275*	787.5*
Hicks	227.5	157.5	215	600	Zimmerman	182.5*	115*	227.5*	525*	4th	320*			
Curry BAH	152.5	100	210	462.5	70-79					Open				
Open Raw					Huff	182.5*	115*	202.5*	500*	Johnson	322.5	215	267.5	805
Chang	190	152.5	227.5	570	Police	280*	205	280*	765*	Yates	305	192.5	275	787.5
33-39 Raw					McCray	275	157.5	252.5	685	Tolmie CAN	242.5	157.5	250	650
McNinch	215*	157.5	187.5*	560*	Neal	192.5	132.5	227.5	552.5	33-39				
198					Koch	205	140	280*	625	Johnson	322.5	215*	267.5	805
17-19					Police Raw	232.5*	157.5*	240*	630*	Open Raw				
Baker	227.5	117.5	260*	605	Rivers	242				Fromberg	295	170	295	760
Open Raw					17-19 Raw	207.5*	170*	250*	627.5*	Dixon	290	215	245	750
Chaves BL	280*	170*	260*	710*	Brosko	207.5*	170*	250*	627.5*	Police	242.5	157.5	250	650
Ray	210	152.5	280*	642.5	Open Raw					Wolmie CAN	242.5	157.5	250	650
Open					Lewis	205	140	280*	625	IronMan Championships				
Rowe BL	290	185*	252.5	727.5	McSwain	295	190	307.5	792.5	WOMEN	BP	DL	TOT	
4th	192.5*				Halliday CAN	250	170	295	715	132				
Tyler	250	142.5	272.5	665	40-49 Raw					33-39				
Polis	232.5	162.5	260	655	Lovejoy	237.5*	165	227.5	632.5	Chambers	85*	137.5*	222.5*	
Edwards	230	162.5	247.5	640	Flynn	210	165	227.5	602.5	14-16 Raw				
Kidd	195	145	227.5	567.5	50-59 Raw	227.5*	190*	227.5	632.5	Mehl	47.5*	92.5*	140*	
Sands BAH	145	147.5	210	502.5	Perez	167.5	140	212.5	520	SHW				
33-39 Raw					50-59 Raw	167.5	140	212.5	520	14-16 Raw				
Ray	210	152.5	280*	642.5	Polis	242.5	155	252.5	650	Bussard	110*	192.5*	302.5*	
4th	192.5*				275	197.5	272.5	755	Open Raw					
Fait					Croner BL	365*	230	330	925*	Wahab CAN	170	185	355*	
33-39					Peshek	310	265*	292.5	867.5	220				
Matos	227.5	180	265	672.5	Ferrell	332.5	182.5	295	810	40-49				
Polis	232.5	162.5	260	655	Open Raw					Wondra	170	185	355*	
Greene	207.5	137.5	237.5	582.5	Kristoff BL	325*	200	292.5	817.5*	Mehl	182.5*	227.5*	410*	
Brown	125	137.5	192.5	455	Raynor	277.5	220*	290	787.5	Nalge	160	220	380	
40-49 Raw					33-39 Raw	277.5	210*	270	747.5	Caterisano	147.5	195	342.5	
Stewart	195*	142.5*	215	552.5*	Kristoff	325*	200	292.5	817.5*	242				
Deamicis	185	117.5	230*	532.5	Cottrell	267.5	210*	270	747.5	50-59 Raw				
40-49					Develengas	250	200	260	710	Cushman	140	212.5	352.5*	
Phillips	215	165*	215	595	Michels	33-39				275				
60-69					Goodman	332.5	222.5	330	885	Open Raw				
Miozza	147.5	112.5	140	400	Peshek	310	265*	292.5	867.5	Develengas	200	260	460*	
Police					Kristoff	325	200	292.5	817.5*	33-39 Raw				
Kidd	195	145	227.5	567.5	40-49 Raw					Develengas	200	260	460*	
Williams	192.5	137.5	230	560	Pounds	257.5	192.5*	262.5	712.5	40-49				
Langenfeld	135	107.5	150	392.5	Silverbloom	265*	160	262.5*	687.5	Brown	132.5	182.5	315*	
50-59					Luklan	227.5	182.5	247.5	657.5	SHW				
Phillips	215	165*	215	595	40-49					14-16				
60-69					Ingram	285	212.5*	287.5	785*	Yates	132.5	182.5	315*	
Miozza	147.5	112.5	140	400	Kleinsmith	272.5	217.5*	227.5	717.5	40-49				
Police					Police	300	240*	270	810	Pelis	202.5	275	477.5*	
Kidd	195	145	227.5	567.5										
Williams	192.5	137.5	230	560										
Stathopoulos	182.5	137.5	227.5	547.5										
220														
Mosley	272.5	195	282.5	750										
Blocker	235	180	250	665										
Hennebert	215	160	250	625										
Open Raw														
Tisevich	207.5	165	260	632.5										
Rivers	232.5	157.5	240	630										
33-39														
Campbell	300	240*	270	810										

won the submasters class with a 1482 total. Mike Kidd won the masters 40-49, John Phillips won his second WNPF title in the masters 50-59 division. Joe Miozza won the gold in the 60-69 division and master lifter of the year in the WNPF over 60 age group. Charlie Williams and Alki Stathopoulos took home the silver and bronze in the police division. Lance Mosley won the 220 open division with a 1653 total. Norm Blocker and Brad Hennebert won second and third. Tesovich got to SC late and made it in with just enough time to lift. He totaled 1394 with only one squat attempt. Greg Campbell from GA won the submasters by a landslide with a 1785 total. This total would have been good enough to win the open class. Ralph Menendez won the masters over Dwight Huell with a 1405 total. Dwight won this class last year when Ralph bombed out in the bench press. Mr. Huff in the 70-79 division set new WNPF world records and he totaled 1102 pounds. Mr. Huff is an outstanding lifter. I will tell you - competition brings out the best in some people, Mike McCray and Jerome Neal went at it. Mike won the class with a 1686 total and he also set new world squat, deadlift and total records in the police division. Nick Brosko from PA made some big improvements from the May American Powerlifting Championships in Baltimore to the WORLDLS. Nick totaled 1376. Mr. Lewis won the open raw division in the 242s. Brian McSwain won his second WNPF title in the open division (1753) over Halliday from Canada (1576). Brad Lovejoy and Roger Flynn competed in the 220 masters 40-49 raw with Brad coming out on top. Mr. Brown took the 50-59 raw division over Ken Cushman from SC. Jim Raines won the masters 50-59 division. Tarriq Aziz won the police division with his highest total ever, Tarriq is a former bodybuilder and he is really coming along in this great sport. He will total over 1700 in 2002. Now to the big boys - what a battle



Jason Pagan, the 181 pound class raw champion, with a 457 bench press. (photo courtesy of Troy Ford)

- what a show in the 275's. Willie Croner from PA posted the highest total in the meet with 2039. Willie tried an 854 squat, and he came up more than halfway and then stalled out. Jeff Pesek from OH came in second with a 1911 total. Jeff just missed a 600 pound bench. He pressed the weight up, but he seesawed it at the top

and got two red lights. Corey Ferrell, Willie's training partner, totaled 1785 for third place. We were hoping that George Anderson and Chris Dippire would come to the Worlds. Both of these men are over 1850 but they were no shows. Tom Kristoff totaled 1802 raw in the 275 class. Tom lifted in the equipped class, but only with a belt

and wraps. Tom is thinking about lifting with equipment on at the 2002 Worlds. Can you imagine what he will total with a squat suit and bench shirt on, 1900-1950! Cornell Raynor placed second and set a new WNPF World record bench at 485 pounds. Anthony Goodman, the strongest cop in the U.S., totaled 1956 in the 275 subs and police divisions. Dirk Pounds won the masters 40-49 raw. Jim Ingram won the masters 40-49 equipped division. Shane Yates took home the gold in the teen 14-16 class and second in the open division. Wade Johnson won his first title in the open and submasters divisions. Seth Fromberg from FL, in only his second meet, totaled 1675 raw. Chris Dixon totaled 1653 in the subs. Ironman/Ironmaiden Worlds-Mitzi Chambers, Satia Mehl, and Jenna Bussard all took home gold in their classes. Wahab from Canada placed first in the 181 raw division. Paul Wondra from CA set a new Ironman total record in the masters 220 class. Cushman, DeVelengas, Brown, Yates and "Man Mountain" Ray Pelis all won their classes. There was a nice little battle going on in the masters 220 raw class with Mehl, Nagle and Cateriano. Mehl set new records in the bench, deadlift and total. Bench Press Worlds - There was some lifting going on in the bench portion of the worlds. Laura Proulx set two new records in the open division with a 143 in the raw and 148 in the equipped division, 105 pounds. Melissa Emig won the best lifter award and set two new records in the 132 open and submasters divisions. Kate Taillon won the masters division and claimed her first WNPF World title. Jake Phillips from NC set a new youth raw record in the 123 class with a bench press of 121 pounds. Tammaro and Melrose won first place in their divisions with 225 & 231 and new world records. Beau Greer from Furman University set new records in the open and junior divisions - 330 pounds. Matt Elrod set a new junior world record in the raw and equipped with 374 lbs. and

BENCH WORLDS	Adams	115*
WOMEN	Farrell	107.5
105	181	
Proulx	67.5*	20-23
Raw	Pagan	207.5*
Proulx	65*	Rayner
114	147.5	
Hennebert	35	Open Raw
132	Pagan BL	207.5*
132	Wahab CAN	170
Open Raw	Open	
Emig	92.5*	Ryan
33-39 Raw	Richards	182.5
Emig	92.5*	172.5
14-16 Raw	Davis	170
mehl	47.5*	40-49
148	Richards	172.5
40-49	50-59 Raw	
Taillon	Freeman	145*
SHW	McDougal	165
Open Raw	60-69	40-49 Raw
Bussard	Lozano	160*
14-16 Raw	198	
Bussard	110*	Open Raw
MEN	Madison	217.5*
123	Knight BL	215
9-19	33-39	
Phillips	Gardner	150
132	40-49 Raw	
Police Raw	Housworth	155*
Melrose	105*	50-59
148	Phillips	165*
17-19 Raw	50-59 Raw	
Tammaro	Dudley	137.5*
Open	60-69 Raw	
Cummings	110	Draft
Open Raw	110*	
Greer	115*	4th
20-23 Raw	220	
Greer	14-16	
165	Dees	120*
20-23 Raw	Guest	
Elrod	Wallace	210*
170*	Open	
20-23	Kelley	227.5
Elrod	Copenhaver	190
Open	Wondra	160
Henderson	40-49	
40-49	Wondra	160
Henderson	40-49 Raw	
Farrell	160*	
40-49 Raw	Mehl	182.5*
40-49 Raw	Nagle	160

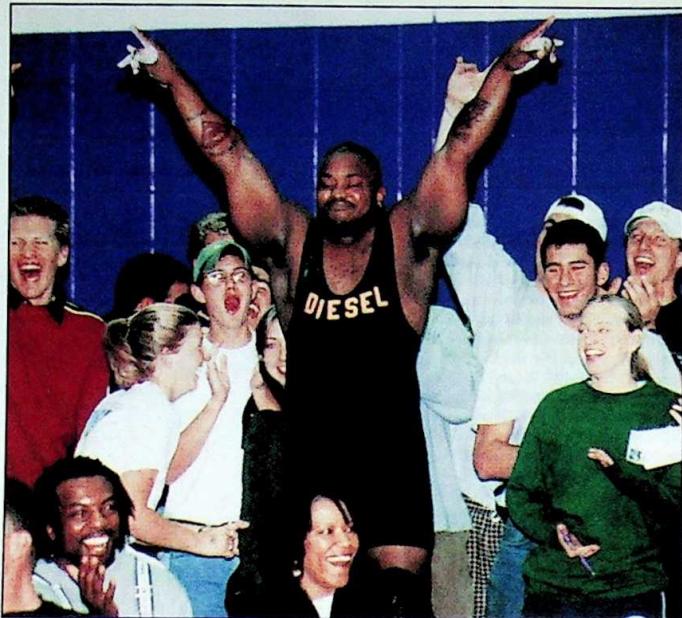
Cateriano	147.5	SHW
50-59	14-16	
Walker	182.5	Yates
50-59 Raw	Open	192.5*
Walker	165*	Rychlak
60-69 Raw	33-39	245
Kluit	152.5*	Dixon
242	40-49	215
Open	Cunningham	227.5*
Kelley BL	265*	Seemon
Feehan IRE	252.5	40-49 Raw
Vargo	227.5	Mackey IRE
33-39	190*	
Feehan IRE	252.5*	Ramey
Aziz	197.5	182.5*
Monroe	187.5	Ferguson
33-39	202.5*	165
Open Raw	DEADLIFT WORLDS	
McBride	227.5*	Ferguson
40-49 Raw	DEADLIFT WORLDS	
Flynn	165*	WOMEN
50-59	132	
Davis	155	40-49
McBride	127.5	Taillon
50-59 Raw	14-16 Raw	137.5
Gathwright	192.5*	Mehl
Brown	177.5	92.5*
Police	14-16 Raw	
McBride	127.5	Bussard
275	192.5*	192.5*
Peshek	265*	Open
Kaeser	217.5	40-49 Raw
Vaughn	205	192.5*
Open Raw	Police Raw	
Edwards	227.5*	Melrose
Raynor	220	140*
Develengas	200	20-23 Raw
Ramos	182.5	Rayner
33-39	227.5*	227.5*
Develengas	200	Open
33-39	Davis	282.5*
Neiman	260	282.5*
Peshek	265	Skinner CAN
40-49	235	235
Kleinsmith	217.5*	Kadle
40-49 Raw	40-49	257.5
Kleinsmith	217.5*	Kadle
33-39	33-39 Raw	257.5
Baron	230	Silverbloom
40-49 Raw	40-49	275
Baron	230	50-59 Raw
Develengas	260	Open Raw
33-39	265*	Bizzell
Raines	252.5	205*
Police	272.5	
Baron	230	14-16
Develengas	260*	Yates
50-59 Raw	198	320*
Bizzell	245*	
Raines	252.5	
Police	272.5	
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Police	272.5	
Baron	230	
Develengas	260*	
50-59 Raw	198	
Bizzell	245*	
Raines	252.5	
Police	272.5	



Brian McSwain won a WNPF World Title at 242. (Kate Taillon)

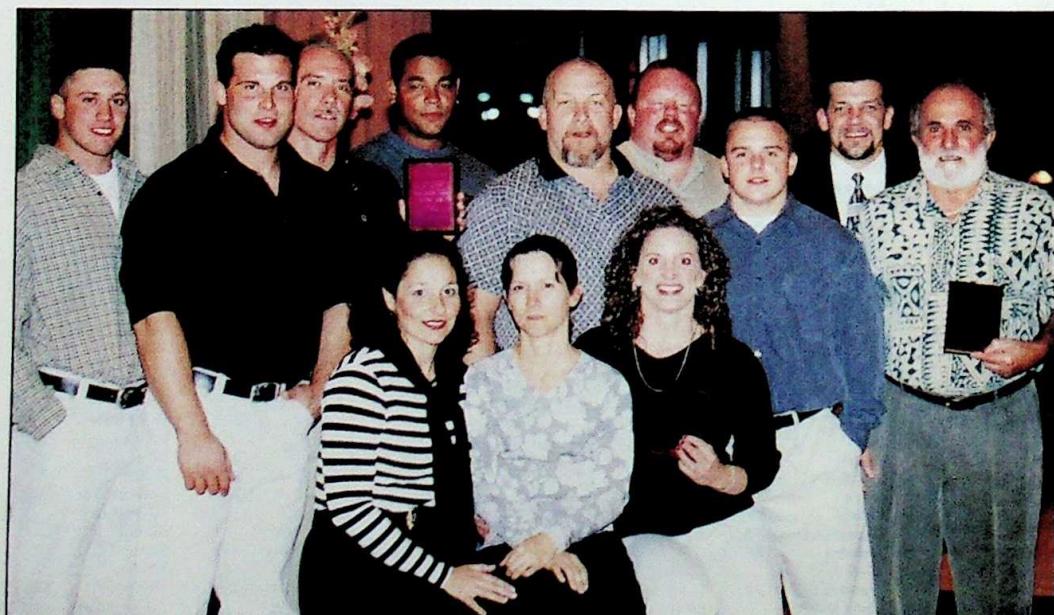
424 lbs. Bernard Henderson decided to put on the shirt this year and set a new masters world record with 352 pounds. Will Adams defeated Farrell in the masters 40-49 raw with a lift of 253 pounds. Jason Pagan, won best lifter, first place, gold medal, most popular, crowd favorite and more. Jason pressed 457 pounds in the 181 raw division. He defeated Wahab of Canada and Rayner of North Carolina in the juniors. Mr. Ryan, competing in his first WNPF Worlds, defeated master lifter Richards, who placed first in the masters and Anthony Davis. Ed Freeman has really been improving since the beginning of the year. Ed set a new record at 330 pounds. Rudy Lozano also set a new WNPF world record. Rudy came all the way from CA, had a good time, and then someone took his Team USA jacket in the audience. It's a shame when someone has to steal someone's personal belongings. Rudy, the WNPF apologizes to you. Ron Madison from Michigan was ready for a showdown against John Wallace. Ron came to lift, pressing 479 pounds in the 198 raw open class. Ron missed the best lifter award by a point against Jason Pagan. Shawn Knight, torn pec and all, pressed 473 pounds in the 198 open division. Shawn is good for 500-510 if healthy. Mark Houseworth won his class in the 198 masters, John Phillips won the masters 50-59 division. Bill Dudley competing in his last event, won his class and pressed 303 pounds. Bill had open heart surgery a little over a year ago and he was told to give up the sport due to the pressure put on his body with the heavy lifting. Bill, you will be missed on the platform. LeVerne Dritt from NY set a new world bench and deadlift record and won both classes in the 198 60-69 raw division. Little powerhouse Logan Dees, only 14 years old, pressed 264. Peter Mehl defeated Bob Nagle and Tony Caterisano in the masters 40-49 raw division. Jerome Kluft and George Walker both became WNPF world champs for the first time in the masters 60-69 and 50-59 divisions. Brad Kelley, the new superstar in the WNPF. Brad pressed an amazing 584 pounds, and missed 606 with an uneven lockout. Brad and John Feahan from Ireland went head to head in the open division. Brad brought the best out in John, who got his opener of 556 and missed 589 on his third. John was going for the win and the thing I like the most was how both of these men hugged after Brad's third attempt. This is the kind of atmosphere at all WNPF meets. Lifters cheer each other on, encourage each other, and pull for each other. I'm sure this battle isn't over in the 242 open class. In third came Mr. Vargo with a 501 pound bench. Paul has benched as much as 540 in the WNPF. Keith McDougald, the powerhouse out of Jacksonville, FL, won the submasters raw

division with a 501 pound bench and best lifter, Francis McBride from FL came in this meet injured with a very bad knee, but he still managed to get a 281 bench. Chip Davis won this class with a 341 bench. We were hoping for a Mason Gathwright and Dan Smith showdown in the 242 masters 50+ raw division. Mason came and set a new record in this class with a 424 bench. Dan Smith from CA didn't make it this year, but hopefully we can see these two gentlemen go at it in the 2002 Worlds. Jeff Peshek from OH beat his opponents by over 100 pounds for the win, but watch out for Keaser and Vaughn next year. Al Edwards set a new world record with a 501 bench at 275 RAW, Raynor came in at 485, with Big George in third and Shaquan Ramos in fourth. Robert "Mule" Jackson made two attempts and won his class for the second year in a row. Robert was the oldest of the four masters in this class. Cantrell set a new masters 40-44 world record 413 bench. Smith from CA, the other Dan Smith, placed third with a 402. My man Bob Fultz came in fourth in this class with a 352 pound bench. Big and I do mean BIG Gene Rychlak made a 540 opener in the open superheavyweight class for his first WNPF title. Chris Dixon won the subs with 473 and Gerald Cunningham won the masters division with a 501 bench. Mr. Mackey from Ireland beat two other American lifters in the masters 40-49 raw supers. Mackey made a 418 bench, Tom Ramey placed second, and Walter "The Truck" Ferguson placed third and "The Truck" also won the open class. World Deadlift Championships - Anthony Davis beat Mark Neiman and Andy Skinner from Canada in the 181 open class and A.D. also set a new world record in this class with a pull of 622 pounds. Larry White beat Andy Skinner in the masters 40-49 division and Andy placed first in the police division. Ron Madison (Mr. Bench) tried the deadlift and, guess what, he set a new world record in the raw division with a 611. Tee "Skinny Man" Meyers pulled 722 on his third attempt and 744 on a fourth to earn another WNPF world title in the masters division. Tee is going to try full meets again in 2002, so watch out, master lifters. Tony Greene defeated Darren Gardner in the 198 submasters division. Both men are from S.C. Charlie Williams, Skinny Man's lookalike won the police division with a 507 deadlift. Matt Saunders from England made a big 733 pound deadlift to win best lifter and his second WNPF World title. Perry Thomas won both the open and masters divisions with a 677 pull. Larry



Crowd Favorite ... John "Diesel" Wallace after a 462 BP (courtesy Troy)

Bucchioni, long time WNPF member, won the masters 50-59 division with a 485 pound pull. The very competitive masters 50-59 division was won by Chip Davis with a 584 pound pull. The favorite Jim Raines got his opener at 556. Jim usually pulls in the 620-630 range. Bill Baron made his comeback after a seven year absence. Bill is very strong in the pull but he has a tendency to complete his pull with his shoulders rounded forward. Once he corrects this he will place higher. Larry Bizzell took home the gold in the masters 50-59 275 class. World Squat Championships - Mike McNinch defeated Nate Kadle in the subs 181 class with a 473 and Nate squatted 462. Broderick Chaves defeated Jeff Harlan in the 198 raw division. Jeff looked strong in the squat, but he wasn't getting deep enough to satisfy the judges. Scott Rowe, Paul Dunn, Dwight Huell, and Jerome Neal all won their classes in the Squat Worlds. Billy Warren made a 622 squat to win his division and Tariq made 628 to win his division. These two may meet next year. Dave Silverbloom, lifting in full meets this year, after trying the



World Natural Powerlifting Federation "TEAM OF THE YEAR" - the Ephrata Recreation Center Team.

WPC World PL & BP Championships as told to PL USA by Meet Promoter Ian Morris

The venue for the 2001 WPC Worlds was the very popular and beautifully situated Holiday Inn Garden Court. The hotel is situated on the mountainside overlooking the City of Cape Town and the very busy waterfront area with the infamous Robben Island visible in the distance. With the towering Table Mountain as a backdrop, the setting for this year's Worlds was fabulous. The actual lifting was held in the hotel conference centre, which was superbly decorated, in an African theme. Two great elephants carrying weights in their trunks dominated the background and all the WPC nations flags were displayed in prominence. The lifting platform and referee's chairs were raised off the floor to give the large audience a clear view at all times. The lifting area was fenced off with constant security on the entrance to the warm up rooms; this insured that only lifters and their session coaches occupied these areas. For the first time ever spotters and loaders were provided in the warm up to assist competitors. We were complimented on this service as it helped the lifters tremendously. High resolution video projectors linked to a number of computers were used to project scoreboards onto large screens, both in the main hall and in the warm up area. Several video monitors placed strategically around the venue kept onlookers fully informed as to who was lifting and what was being attempted. Our newly developed scoring program worked really well, but could do with a few refinements especially in the area of master's age groups.

The meet opened on Monday morning, November 5, with a fantastic display of African tribal dancing performed by a large team of traditional Zulu dancers. They performed to great applause for about thirty minutes and had our visitors on their feet applauding. Ernie Frantz officially opened the Worlds at 9.30am with the first attempt in the bench press contested immediately afterwards. With over one hundred entries the pace was rapid

with a large number of national and world records being demolished during the long day of lifting. The absolute superstar of the day was Scott Mendelson of the USA who did a massive 335kg bench that looked so, so easy. Scott opened on a 320kg effort that shot up like an empty bar, I have never seen anything like it. For his second attempt Scott took the new world record 335kg and once again shot it up effortlessly, and then he took a 341kg and just missed it. Awesome lifting from this powerful young man. I feel we are going to hear a lot more of this incredibly strong bencher in the not too distant future. It is very obvious that Scott has not come anywhere near his full potential. In this division Holgar Kuttrof of Germany placed second with 265kg and Mike Robinson of South Africa third with 230kg.

Powerlifting kicked off on Tuesday morning with teenagers and juniors that produced some very respectable poundage. Sixteen year old David Ramokadi of South Africa lifting in the 67.5kg division placed first with three excellent lifts of 240 132.5 225 597.5kgs.; not bad for his first appearance at world champs. Another South African lifter Pierre Viviers won the 75kg teens with 275 120 240 635kgs. Fourteen year old Lizi Roux also from SA went 80 45 120 260 to take the title in that age group. Lizi is a product of the Hannie Smith camp in North West Province and is improving at each meet she attends. With a training partner like Vicki Heyser her lifting can only get better. In the 60kg teenage division a young lady - Natasha Bracale - only in powerlifting for a few months, broke four South African teenage records and took home gold with 110 60 115 285kgs. Natasha weighed in at 59kgs. In the junior men's 82.5kg Akber Farajov of Azerbaijan was almost 200kgs ahead of his nearest rival, Rowland Owen. Akbar went 240 185 280 705kgs to win easily. Jyrki Varvas of Finland in the junior

(the WPC article is continued on page 65)



Traditional Zulu Dancers opened the ceremonies at the 2001 WPC World Championships

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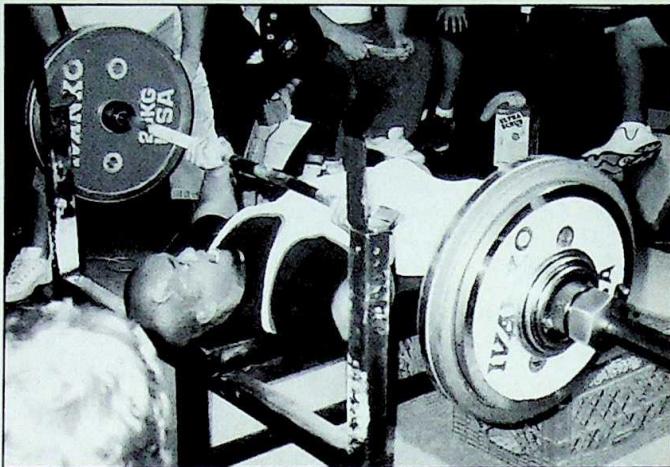
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**AAU World DL - BP/DL - Intl. BP
1,2 DEC 01 - Laughlin, NV (kg)**

INTERNATIONAL	Novice	MALE	RM 65-69
BENCH PRESS	T. Pionke	66 RY 6-7	M. Stainbrook
FEMALE	Open	45	120
97 RT 16-17	M. Drake	RT 16-17	
N. Yokley	37.5	132 RM 45-49	R. Figueroa
105 RT 16-17	R Law	157.5	Submasters
E. Edwards	S. Arase	G. Landess	155
114 RT 16-17	185	148	T. Kinney
S. Fultz	4th	M 40-44	198
123 RH 14-15	T. Campo	187.5	M 55-59
R. Shashana	42.5	M 70-74	185
132 R Open	R Open	J. Selby	52.5
D. Christianson	K. Booker	102.5J. Mendoza	T. Kinney
165 Open	40	I. Orais	198
G. Ashton	T. Campo	210 T. Teal	M 55-59
181 RM 40-44	G. Ramsay	RLM 70-74	RLM 75-79
S. Thompson	220	J. Selby	220
198 RLM/RM 60-64	Life	165	102.5R. Monahan
S. Pipes	165	165	142.5
SHW RM 40-44	G. Homer	JR.	RM 55-59
V. Crowell	M 60-64	162.5 C. McGrail	T. Smith
MALE	A. Narenberg	Lifetime	245
77 RY 8-9	60	192.5 W. Croft	202.5RM 70-74
R. Hernandez	Open	LM 50-54	A. Demello
114 RT 14-15	M. Saunders	167.5 R. Scott	157.5
Z. Yokeley	R Law	M 50-54	K. Fisher
132 RM 45-49	L. Short	202.5242 Open	M 50-54
G. Landess	R Life	RM 80-84	T. Burke
148	J.G. Allen	R. Stephan	290
M 40-44	RLM 50-54	Submasters	220
A. Martinez	J. George	W. Waldrop	RM 40-44
140	RLM 75-79	Open	B. Boyles
4th	140.5	W. Croft	270
RLM 45-49	J. Gilmour	257.5R. Brown	273
R. Tinkham	95	R Open	277.5
RM 45-49	95	181 R Open	
R. Tinkham	M. Stewart	150	181 R Open
165	M. Rau	WORLD PUSH/PULL CHAMPIONSHIPS	
M 45-49	RLM 65-69	K. Kane	227.5
R. Crain	G. Fontaine	M. Stainbrook	Open
M 65-69	RLM 70-74	120	L. Ortega
J. Lopez	115	K. Miller	70
M 75-79	A. Pio	32.5	157.5
J. Upton	170	75	227.5
RH 16-17	97 Open	33.5	M. 70-74
B. Short	K. Miller	40	J. Selby
RT 16-17	95	102.5	Open
B. Short	123 Open	142.5	57.5
M. Weinstock	S. Yu		102.5
181	B. Dunham		160.5
Life	M 40-44		102.5
R. Gallan	E. Shimomi		102.5
155	M 45-49		102.5
T. Kinney	J. Haynes		102.5
LM 50-54	R. Susman		102.5
M. Owen	M 55-59		102.5
4th	167.5 D. Smith III		102.5
168.45	182.5 148 RT 18-19		102.5
LM 65-69	M. Namubiru		102.5
M. Stainbrook	J. Merrell		102.5
90	R JR		102.5
M 50-54	B. Kasoma		102.5
M. Owen	152.5 RT 16-17		102.5
4th	M 45-49		102.5
168.45	J. Fehan		102.5
LM 65-69	165		102.5
M. Stainbrook	R JR		102.5
90	D. Medeiros		102.5
M 50-54	142.5 G. Ashton		102.5
M. Owen	J. Akaka		102.5
4th	117.5 LM 40-44		102.5
168.45	G. Ashton		102.5
M 60-65	90		102.5
R. Lozano	L. Webb		102.5
4th	M 40-44		102.5
M 65-69	M. Lohr		102.5
M. Stainbrook	157.5 G. Ashton		102.5
Open	90		102.5
N. Abery	W. harris		102.5
RH 16-17	165		102.5
J. Williams	P. Johnson		102.5
RLM65-69	192.5		102.5
M. Stainbrook	R Open		102.5
RM 50-54	S. Hoekstra		102.5
E. Silva	212.5		102.5
RM 65-69	4th		102.5
R. Lopez	212.5		102.5
M. Stainbrook	J. Fahrenbruch		102.5
RT 16-17	182.5		102.5
J. Williams	R Sub		102.5
M. MacLachlan	S. Hoekstra		102.5
Submasters	212.5		102.5
R. Gallan	4th		102.5
T. Kinney	215		102.5
T 18-19	J. McIntyre		102.5
C. Yokeley	175		102.5
198	R Law		102.5
Life	M. Arrendondo		102.5
J. Yokeley	190		102.5
LM 40-44	R Poen		102.5
J. Yokeley	197.5 M. Arrendondo		102.5
LM 50-54	190		102.5
M. Drake	RLM 40-44		102.5
LM 70-74	197.5 M. Earl		102.5
G. Tornberg	162.5		102.5
M 40-44	SHW		102.5
H. Fultz	157.5 RT 18-19		102.5
M 50-54	K. Kane		102.5
M. Drake	175		102.5
4th	72.5 WORLD DEADLIFT		102.5
M 50-54	FEMALE		102.5
M. Drake	182.5 114 Open		102.5
4th	B. Lee		102.5
M. Drake	152.5		102.5
4th	157.5 SHW RM 40-44		102.5
M. Drake	160.5 N. Edelson		102.5

**AAU WORLD DEADLIFT, PUSH/
PULL and International BENCH PRESS**

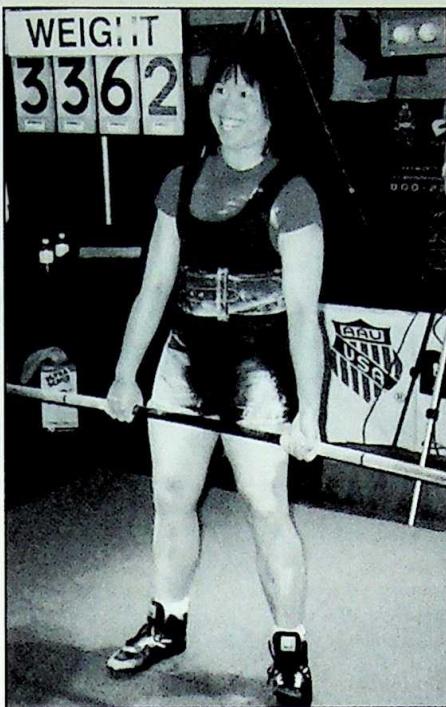


Mike Booker with 360 raw at 114. (photos courtesy of Martin Drake)

Open	L. Ortega	70	157.5	227.5	M 70-74
M. Ashton	90	130	220	J. Selby	57.5 102.5 160
181 R Open	181 R Open	77.5	167.5	245	I. Orais
D. Vigario	D. Vigario	100	185	285	R Open
B. Harai	B. Harai	100	185	285	L. Takao
MALE	MALE	114			R. Ssimbwa
Open	Open	114			RH 14-15
R. Crain	R. Crain	42.5	87.5	130	I. Rodriguez
R Open	R Open	42.5	87.5	130	RH 16-17
M. Booker	M. Booker	160	150	310	R. Rodriguez
4th	4th	163.5			110 140 250
RH 16-17	RH 16-17	75	125	200	J. Hoyt
E. Mendoza	E. Mendoza	75	125	200	N. Holmes
A. Walker	A. Walker	75	125	200	RLM 70-74
T 14-15	T 14-15	82.5	152.5	235	J. Selby
N. Rinderrer	N. Rinderrer	132			57.5 102.5 160
Open	Open	132			82.5 117.5 200
J. Imamura	J. Imamura	125	180	305	I. Rodriguez
RH 16-17	RH 16-17	125	180	305	RH 16-17
M. Loaiza	M. Loaiza	125	180	305	110 140 250
RLM 45-49	RLM 45-49	77.5	155	232.5	J. Hoyt
G. Landess	G. Landess	148			N. Holmes
148	148	148			85 157.5 242.5
M. 40-44	M. 40-44	148			RLM 70-74
A. Martinez	A. Martinez	140	240	380	J. Selby
RH 16-17	RH 16-17	140	240	380	57.5 102.5 160



USA Team Champions at the AAU World Deadlift and Push/Pull and International Bench Press: Natural Power Team - (left to right) Bob Boyles, Ed Berteaux, Martin Drake, Mo Rau, Gretchen Ashton, Chris Meier



Betty Lee with her 336 DL in the 114 lb. class

The 2001 AAU World Deadlift, World Pushpull and International Bench Press took place at the beautiful River Palms Hotel and Casino in Laughlin Nevada. The hotel sits majestically on the Colorado river, just an hour south of Las Vegas. The lifting venue was the 15,000 square foot special events center. Fantastic eateries with terrific prices were frequent by the lifters. Other attractions were gambling, live stage shows, helicopter rides, jet boats and much more. The 2002 AAU North American Pushpull, Deadlift and Bench will be held at the same venue June 1-2 2002 and the 2002 World Deadlift, World Pushpull and World Bench

Press will be there Dec 7-8. Approximately 190 lifters competed in a single platform event. Obviously the events of 911 had a major impact, as lifters from 17 countries could not get visas, and many LUSA lifters opted not to travel. I fully expect the 2002 event to be double the 2001 size.

We used identical benches, weights and bars in the warmup room and on the platform. I want to thank Bill Weiss for bringing the third Ivanko set as well as a second sound system. A food bar with juices, water, sandwiches etc. was available inside the venue at all times. Rick Crain and Rick Brewer made available gift certificates for many of the Best Lifters.

Samantha Crain sang the National Anthem, while Dave Dreyer and Keith Ward lead us in prayer. Dave also held a 6:30 AM worship service.

As always the judging was top notch. With the likes of Don Haley, Fran Haley, Bill Weiss, Richard Schoenburger, Ed Berteaux, Gretchen Buerki, Harry Halverstadt, all taking a turn in the chair.

The football players from Kingman High School did a fantastic job of spotting and loading, and will return in June. We expect many will also lift.

Randy Gallan and his girl friend ran a great table and were helped by

Karen and Henry Fultz, Kimberly Silva and Richard Schoenburger.

Thanks to Brett Williams for supervising the trailer loading.

With so much help, we never stopped the meet.

The hotel was spectacular with beautiful views of the Colorado River and the desert. Buffet was very good and Di Angelo's Italian restaurant had fantastic food at very reasonable prices. Saturday evening Richard Schoenburger gave a great (FREE) benching seminar. Rex Monahan did a one hand deadlift exhibition and Roger and Josie Merrel performed the two person deadlift.

Some Highlights - PUSH/PULL: Best Lifter Raw Open Mike Booker 362 raw Bench. 330 deadlift. Best Lifter Raw Master

Bob Boyles. Best Lifter Youth/Teen/Jr. J.J. Talton 617 DL, 413 bench at 181. Best Lifter Open Patrick Holloway 711 deadlift. Best Lifter Master Jim Defoor. Best Lifter Lifetime/Lifetime Masters - Chris Meier. Best Lifter Women-Gretchen Ashton. DEADLIFT: Best Lifter Raw Open John Heldt. Best Lifter Raw Master Robert Stephan 341 at 155 age 80. Best Lifter Open Bill Croft 568 at 165. Best Lifter Master Kevin Fisher. Best Lifter Lifetime/Lifetime Masters Bill Croft 568 at

165. Best Lifter Women Bety Lee 336 at 114. BENCH: Best Lifter Raw Open Scott Hoekstra 473 raw at 242. Best Lifter Raw Master Al Pio 374 raw at 220 age 72. Best Lifter Youth/Teen/Jr. Kris Yokley. Best Lifter Open Martin Drake. Best Lifter Master Rudy Lozano 363 at 181 age 63. Best Lifter Lifetime/Lifetime Masters Jon Yokley. Best Lifter Women Gretchen Ashton. Heaviest Deadlift Greg Payne 727.5. Heaviest Bench Patrick Holloway. TEAMS: Push/Pull - USA Teams: 1) Natural Power 120 points, 2) Black Bart Thorbekes 78 points, 3) Arizona 2 (can't pronounce that name guys). Bench: Natural Power 120 points, Heavy Metal Gym 104 points. (thanks to Martin Drake for report)

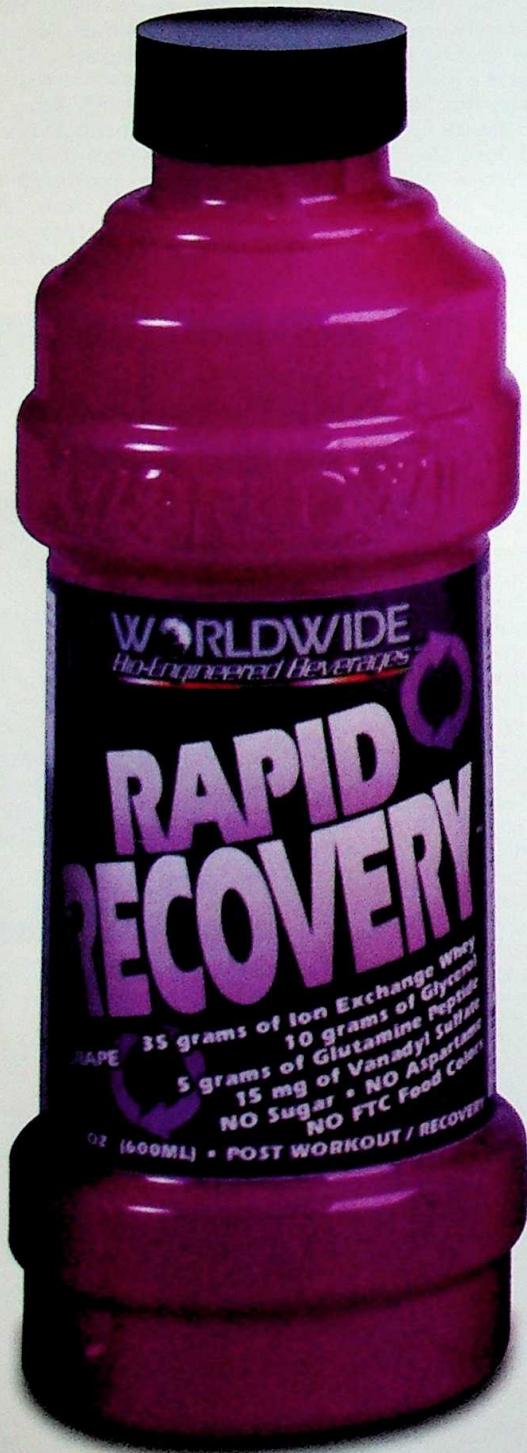


Greg Payne with the heaviest deadlift - 727 lbs.

M. Perez RLM 55-59	100	140	240	R. Gingg T. Jackson	172.5	220	392.5	RM 40-44	192.5	272.5	465	
J. Nafel RM 55-59	70	95	165	M 50-54	155	235	390	T.Schade	275			
J. Nafel RT 14-15	70	95	165	C. Jones	120	185	305	E. Berteaux	JR			
J. Randleigh	107.5	145	252.5	Mil/Law	120	192.5	312.5	B. Boyles	J. Pritchett	192.5	307.5	500
181	4th	108		B. Styles	120	192.5	312.5	N. Johansen	D. Smith	190	205	395
JR				R Novice	110	182.5	292.5	F. Dionisopoulos	M 40-44			
J. McHenry M 50-54	110	185	295	R Open	110	182.5	292.5	RT 16-17	C.McGuire			
T. Wilson	135	182.5	317.5	C. Settle	147.5	232.5	380	A. Watt	Open	225	322.5	547.5
R Open	4th	187.5		RH 16-17	100	205	305	B. Merlin	P. Holloway	192.5	307.5	500
D. Hill				A. Ramos	100	205	305	242	R. Speno	205	280	485
S. Iga				C. Saulpin	100	192.5	292.5	Law	R Open			
S. Sowedi				B. Davis	107.5	172.5	280	R. Figueroa	G. Payne	215	330	545
RH 16-17				RLM 60-64	117.5	245	362.5	M 40-44	RM 40-44			
M. Galeano	107.5	142.5	250	B. Strange	137.5	240	377.5	E. Shimomi	E. Williams			
M. Ross	90	142.5	232.5	RLM 75-79	65	142.5	207.5	M. 55-59	RT 16-17			
J. Uriarte	82.5	132.5	215	R. Monahan	117.5	245	362.5	D. Smith III	C. Sanchez	110	222.5	332.5
RM 70-74				RT 18-19	92.5	177.5	270	Open	4th	228.5		
R. Simon	102.5	125	227.5	M 50-54	220			V. Garcia	319			
T 18-19	4th	145		J. Defoor	192.5	277.5	470	R Open				
J. J. Talton	185	280	465	J. Peru	200	260	460	J. Heldt	162.5	225	387.5	
	4th	187.5		S. Watson	157.5	237.5	395	M 45-49				
198				R JR	155	227.5	382.5	K. Ward	125	185	310	
Life				S. Hendricks	142.5	210	352.5	R Sub	RM 50-54			
C. Meier	192.5	280	472.5	G. Hazlewood	100	185	285	M. White	D. Dreyer	155	265	
M 40-44				K. Ward	192.5	18-19		RH 18-19	SHW			
B. Styles	120	192.5	312.5	R Open	137.5	227.5	365	J. Crite	Open			
M 45-49				S. Landry	192.5	290	482.5	RLM 45-49	W. Anderson			
								W. Harris	RH 16-17			
								RLM 55-59	J. Weaver	110	175	285
								G. Abernathy	RT 18-19			
									K. Kane	175		

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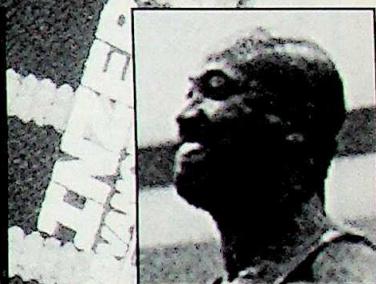
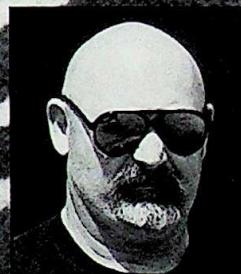
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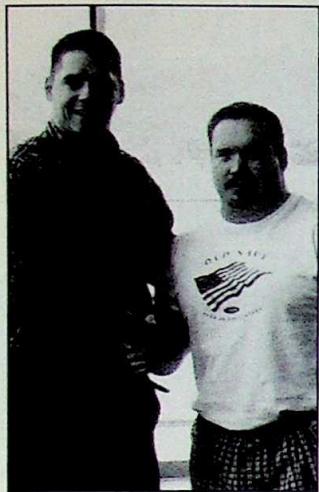
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John Gore shakes hands with **Mr. Ed Coan** at the Mountaineer Cup.

Who saw the movie *Terminator*? Let's see the hands ... OK, almost all of you saw it. The ones who didn't see it need to lay this magazine aside, go rent *Terminator* and watch it before you finish reading.

OK, the first *Terminator* movie was a real classic in every sense of the word. You've got gunfights, homemade explosives, car chases, and a really smelly bad guy. The whole thing makes me nostalgic for my childhood - whoops, got off track in wistful bliss for a minute.

Kyle Reese is having a flashback (to the future ruled by machines) and we see him going through this dark underground tunnel where he comes up on some kids watching TV. Of course, they have no electricity, so they are merely watching a small wood fire burn inside the gutted shell of the TV. In this gripping moment,

HARD CORE GYM#10

Make-Do With What's Available (Part 1)

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



You know you're bad when you can hike up the mountain with a loaded bar on your back. John Gore definitely "brings his training to new heights!" <Yeah, it's comy, but it's a direct quote from John. - Rick B.>

we see them making do with what is available. Cool.

That is exactly what we all need to do at our local gyms - make do with what is available. I really appreciated J.M. Blakely's comment on the secret of Westside Barbell (Attitude & Louie Simmons), and Blakely was very clear in pointing out that they had no special equipment secrets - and didn't even have room to deadlift - but they "got their business done."

John Gore wrote and told me about his gym in Ashland, NH. It's called J&S Fitness Center, and they even have images of the 3 powerlifts

on their business cards. They have some heavy-duty equipment (I spotted a MonoLift among other things), but that isn't really what really appealed to me. I liked the fact that they do what they can to use what is available, and promote powerlifting.

John works full-time, so they have a 24 hour key pass system. This has to be the ultimate availability. * myself have fond memories of midnight workouts when I was younger, after which I would stagger home in the middle of the night. I was so tired one night that I took a bunch of my dog's seizure medicine with my vitamins and protein shake. (I was messed

CLUBS, BENCH CLUBS, and DEADLIFT CLUBS to join - and track your progress on the wall for all to see. This sort of informal challenge leads to PRs on a frequent basis. It's easily available in your gym, too. You should start them.

New members even get free personal training! Quit it, John, you're killing us.

John traveled to the Mountaineer Cup with gym member Tony Saunders. They enjoyed meeting Capt. Kirk, Ed Coan, and other top powerlifters. More importantly, John helped and cheered for his buddy Tony. Do you help the other powerlifters in your gym?

Tiny Meeker was recently telling me about a well-known lifter who won't help anyone - because they are always saving their strength for their own lifts. There is a time to save your energy, but it's not **EVERY DAY!** Again, do you help the other lifters in your gym?

Next time, we'll contrast two unusual extremes: US Army Reserve Training vs. USA Hockey Team. Who has more equipment? Who gets more results?

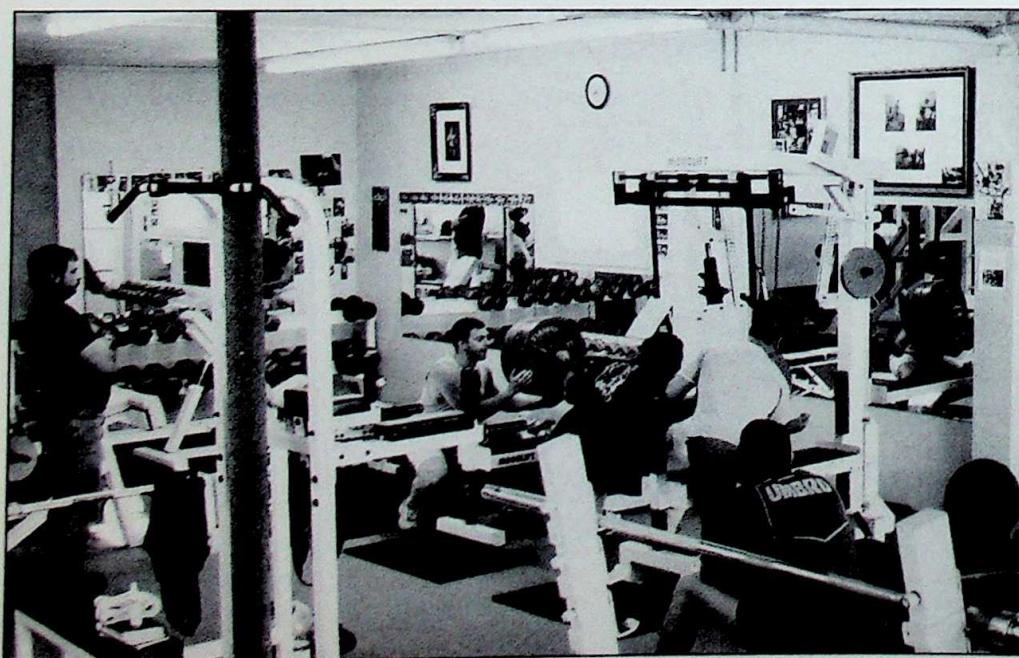
Until then, make do with what's available. By the way, did you like (Linda Hamilton) Sarah Conner better as the young airhead in Part 1, or the buff iron queen in T2? If you didn't think she was hot in T2, you better check your thermostat!

Comments?

Rick@houseofpainironwear.com

Or

HOUSE OF PAIN
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Leg Workout Day at J & S Gym is that big Tony Saunders under the squat bar? (photos courtesy Brewer)

up, but I had zero seizures.) There's just something about driving through deserted streets to work out. I love it.

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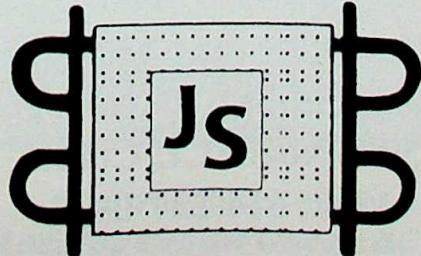
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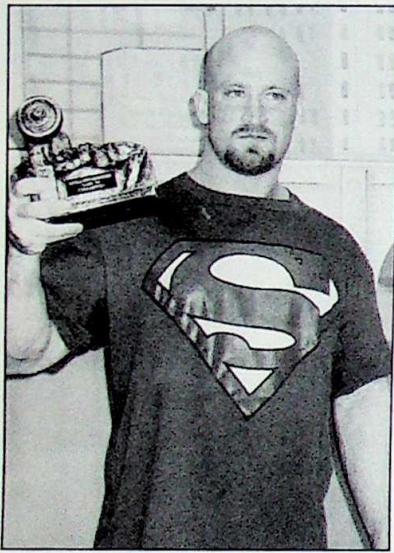
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The biggest problem most benchers have today is finishing out the lockout. How many times have you seen others blast the weight off their chest only to fail at their lockout. So, what's the solution? When I first came to Westside Barbell this too was my dilemma. My first attempts to solve this problem were futile. I tried tricep extensions, tricep pushdowns, lockouts, board presses, etc., only to have very little progress and, mostly, just elbow tendinitis. My first breakthrough came with the introduction of floor chair presses. By doing these on my maxi-



George Halbert has set 10 all time world bench records in his career. (Ned Low)

mum effort day I started to see a little progress on my lockouts, however, I was still dissatisfied with my progress and then, finally, a huge breakthrough was made. I found by slightly modifying the board press exercise, my triceps were hit in a new way that had a great carryover to my lockout strength.

So, let's set up this altered board press. The first rule, and most important rule, to this exercise is **DRIVE YOUR ELBOWS INTO THE SIDE OF YOUR BODY AT ALL TIMES DURING THE LIFT**. This means on the descent and ascent of this lift, your top priority is driving your elbows in. Now, you will need enough boards that you will only be working the top 4 inches of your bench - this meant 5 boards to me, but may be more or less to you. You will be using a close grip. I go about an inch from the smooth part of the bar. You will probably need a handout and you will definitely need a good spot. Take the weight out of the rack and without breaking at the elbows, lower the bar as far towards your stomach as possible without dropping the weight out of your hands. As you lower the bar in this method you will feel the weight transfer right into your tricep and out of your chest and shoulders. Once you have reached this point, you will want to break at the elbows

The BENCH

Unlocking Your Lockout

as told to Powerlifting USA by George Halbert

and lower the bar to the boards as low on your stomach as possible. Now, drive the bar back up towards your feet. If you hit the groove right it will feel like it's on the verge of dropping out of your hands. Now, did you remember the first rule - **TO DRIVE YOUR ELBOWS INTO THE SIDE OF YOUR BODY THE WHOLE TIME**. You should only feel the weight in your triceps. If you feel it somewhere else, your form is incorrect. Try this exercise as a max effort and you will see great improvement. Now, let me warn you, as the weight increases on the bar your body will fight the correct form until you build the right muscles up. So, don't cheat, or it won't work. Sure, you will be able to do more weight when you cheat, but your lockout will not improve - so what's the point? Another tip is to always squeeze the bar as hard as possible. This is how the 5 board press works, but it is only the beginning.

Once you have mastered this exercise, you will be ready for the next step. You should notice that your board press is much easier with a nice heave off of the boards. This heave is normal and should not be fought, however, it also greatly hinders total tricep strength because of momentum - so, what to do with this dilemma? The answer is bands. Start with a small percentage of bands and build up over time to as high an amount of bands as possible. These bands will give your triceps a workout like they've never seen and will send your lockout through the roof. However, these bands will once again make it hard to use correct form, until you build the right muscles up, so **DON'T CHEAT**. By performing this exercise over time, you will realize the secret to locking out with your arms is to keep your arms underneath the weight. This leads to the final modification of this exercise.

This modification should only be performed after the five board band press has been mastered. First, you will want to take a board out, and next you will want to go to a max grip, or at least a pinky finger on the ring. You

will want to use as great a percentage of bands as possible. Now, instead of driving the bar towards your feet, drive the bar straight up, however, you will want to squeeze out on the bar to lock it out. Also, instead of driving your elbows in, you will want to lock them in place at about 30-35 degrees angle to your body. This means - don't let them flare out, but keep them locked in place. This will reinforce the need to

keep your arms underneath the weight. At least this way, if you miss, it will be because your arms failed and not your technique. This is the maximum effort exercise that is now my favorite, however, I took small steps to get here and I did not start here. First, you must build your arms up and teach your body how to bench correctly.

This is not an easy road. I have seen some fail on this road because they were unable to perform the first step correctly and chose to cheat instead of lowering the weight. Sometimes, to go forward, you must take a step back and take the detour. Be diligent and persistent and you too can solve the lockout riddle. It only took me 14 years and Westside Barbell to solve the riddle. You can take the shortcut and save yourself a lot of time and save yourself from elbow tendinitis. Just remember - **DON'T CHEAT AND DRIVE YOUR ELBOWS IN** and next time you'll be able to grind that PR out.

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TRAINING

DON'T CHASE YOUR TAIL

as told to Powerlifting USA by Louie Simmons

I am fascinated whenever my pit bull, Jackie, chases his tail. Round and round he goes, going nowhere fast, until he finally realizes he's right back where he started. But I will give him credit; at least he knows he's going nowhere fast. My dog attended obedience school for 4 weeks, so maybe he has an advantage over his human counterparts, i.e., those Ph.D.s in exercise physiology in schools that are still teaching progressive gradual overload.

I recently read an article by a U.S. Ph.D. He described a yearly plan consisting of four phases. The first phase is designed to increase muscle mass, i.e., hypertrophy, and to increase the training base.

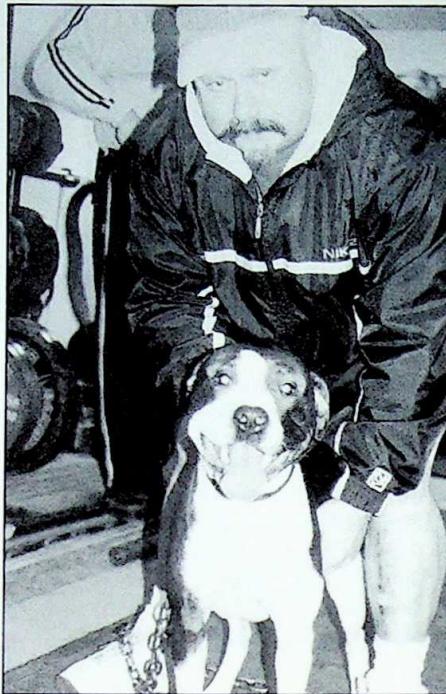
A point that must be made is that after the end of phase 1, in as little as 2 weeks, your muscle size will start to diminish, by 10-15%, causing, in a sense, a detraining effect. The stronger the lifter, the faster this will happen. For example, work your lats or abs intensely for 2 or 3 weeks. Then stop completely. You will notice a great decrease in muscle mass. This does not make much sense to me, and I hope it doesn't make sense to you either.

Raising muscle mass, if that is the goal, or raising GPP is not only a yearly goal but a multi-year goal. It can be accomplished by incorporating a dynamic day, on which just one of a variety of special strengths is refined, and a maximal effort day that occurs 72 hours later using several sets of well-thought-out exercises for the particular muscle groups that need strengthening. This can also be accomplished by doing extra workouts during the week.

For max strength, weights from 30 to 100%+ of a 1 rep max are used, which causes a restricted blood supply, resulting in a hard muscle contraction, thus providing a strength gain. The extra workouts that use weight or resistance less than 30% will

work, good mornings, etc.

Let's look at an alternative method: the maximal effort method. This incorporates the conjugate method: using special exercises that closely resemble the classical lifts. Examples are squatting with special devices, such as the MantaRay or cambered bar, concentric work, good mornings, or deadlifts using the contrast or reactive method. The weights are always 100% plus, depending on your level of preparedness, i.e., how close one is to top lifting form, which incidentally should never drop below 90% of your all-time records.



Louie's Dog Jackie has a P.E.E. degree from Pitbull University (P.U.) photo by Diane Black.

The maximal effort method is calculated much like the Bulgarian system, meaning always doing the most possible, even when far from contest time. As you can clearly see, this method allows you to lift your current max every week of the year, not just for a few weeks near one or two contests during the year.

Well, so far the Ph.D.s from the U.S. advocate building muscle mass, then allowing it to disappear after ceasing the hypertrophy phase. This is not training but detraining. The

same happens after phase 2. The Westside method, however, allows one to become larger and more muscular and stronger all year long.

The Ph.D.'s classes are now learning phase 3, for explosive strength. This phase again lasts about 6 weeks. For this phase the main goal is to increase bar speed. The weight here reaches 60-85% of a 1 rep max, and they add plyometrics. Then they move into the peaking or contest phase. Here they recommend going from high

I recommend going from high reps, light weights or high volume, low intensity to heavy weights, low reps, which results in lower volume, but high intensity.

Controlling volume and intensity is very important. When one does sets with 70, 75, 80, and then 85% for doubles, it is impossible for the lifter to understand what task is the goal. How do you determine if you are lifting with the same effectiveness at each percentage? If the weights are moving at the same max rate of acceleration, all is well. But when the weights are raised that high, this is not possible. Rule of thumb: train at intensities of 60%, 70%, 80%, or 90-100%. Prilepin's studies of more than 1000 Olympic, National, and European champions showed that

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there is an optimal number of reps at certain percent ranges (see table). If one uses one percent per workout, the task is easier to realize. Lighter weights are used for explosive and speed strength (60-80%) and weights of 90% or more for strength speed. It is not advisable to train for two types of strength in one workout.

Here's how it's done. For speed strength, use a pendulum wave. During week 1, use 60% for multiple sets: 1 rep for pulls, 2 reps for the squat, and 3 reps in the bench. Week 2: 65%. Week 3: 70%. Then drop back to 60% on week 4 and 65% on week 5. Use 70% on week 6. Then drop back down again. This is a pendulum wave. This kind of wave is used because one cannot increase in speed or top strength after 3 weeks of increasing the weight. If one continues to increase the weight, the bar speed will suffer dramatically, which must not happen.

What about absolute strength? Three days separate the dynamic workout and the max effort day. This is because the major muscle groups recuperate in 72 hours. The max effort workout is performed with the conjugate method. This allows one to lift weights of 100%+ each week. This is possible by switching exercises each week.

For example, for the squat and deadlift day, week 1, 10-inch low box with the MantaRay; week 2, bent-over good mornings; week 3, 12-inch low box with the Safety Squat bar. For the bench press, week 1, three-board press; week 2, floor press; week 3, lightened band press. There are many core exercises to choose from. For the Olympic lifter, week 1, snatch grip high pulls; week 2, straight leg power cleans; week 3, cleans from above the knee.

This method of training allows one to work on weak areas often overlooked by doing the classical lifts. It will also perfect form and coordination. This type of training also allows one to perform extra workouts for strength, restoration, and flexibility.

With the progressive overload method, it is virtually impossible to control the volume. But, if you train at one percent range, it is easily controlled. To squat 600, we know that a total volume of 7200 pounds is needed. This is arrived at by using a top percent of 60% and a lower percent of 50%. For example, 50% of 600 = 300 x 12 sets of 2 reps = 7200 pounds. On week 3 the weight is 60% of 600 = 360 x 10 sets of 2 reps = 7200. A volume of 9600 is used to squat 800. 50% of 800 = 400 x 12 sets of 2 reps = 9600 pounds. 10 sets of 2 reps with 480

(60%) = 9600 pounds. This works for any squat of any weight. This is called flat loading. During the 3-week wave you also rotate special exercises such as glute/ham raises, pull-throughs, and the Reverse Hyper. In week 1, you are unfamiliar with the exercise that will promote a bigger squat, so the volume is understandably low. By week 3 you have grown familiar with the exercise and the volume grows.

One cannot succeed by doing only the classical lifts. One will cease to make progress. The greater the lifter, the more tasks you need to stimulate progress.

Progressive gradual overload accomplishes only one goal at a time, while actually detraining the phase you just completed in as fast as 2 or 3 weeks. In addition, after a contest you must start over exactly

Number of Reps for Percent Training			
percent	reps per set	optimal total	range
55-65	3-6	24	18-30
70-75	3-6	18	12-24
80-85	2-4	15	10-20
above 90	1-2	7	4-10

where you started. But the system Westside has adapted from the old Soviet system allows you to build muscle mass, speed, and absolute strength, perfect form, raise your GPP, increase your flexibility, and provides restoration all year long, year after year. We raise all qualities gradually, never neglecting one for another.

I am in no way criticizing the Ph.D.s in the United States. It is the material in the text books that is

terribly outdated and perpetuated to be the truth, when - in fact - it leads nowhere, just like my dog Jackie's tail chasing. I suggest reading books such as *Supertraining*, which contains the ideas of many well-respected foreign experts on strength qualities. This book can be purchased from Elite Fitness Systems (888-854-8806).

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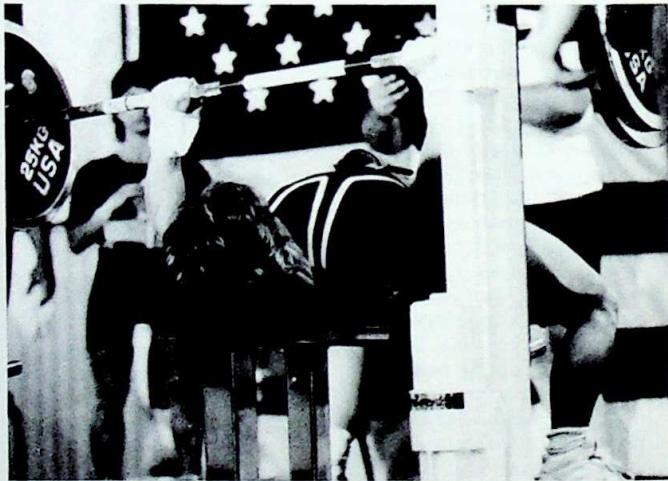


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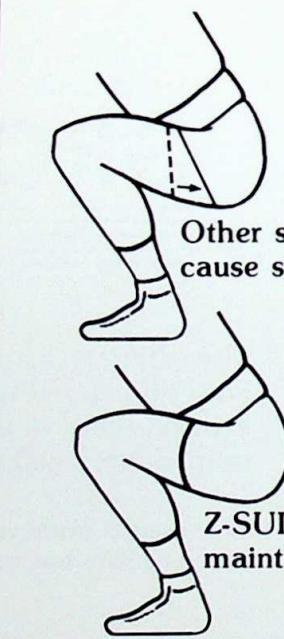
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I designed this program to build shoulder strength for stabilization, not for shoulder power to boost the bench directly. This will have an *indirect* effect of keeping the shoulders tighter and thereby helping you create a cleaner drive line with less waste of power due to wobble. It will build some bulk to the shoulder which will have an inherent tendency to stabilize. It will also place an adaptive stress on the connective tissues (fascia, tendon, and some ligament) that don't

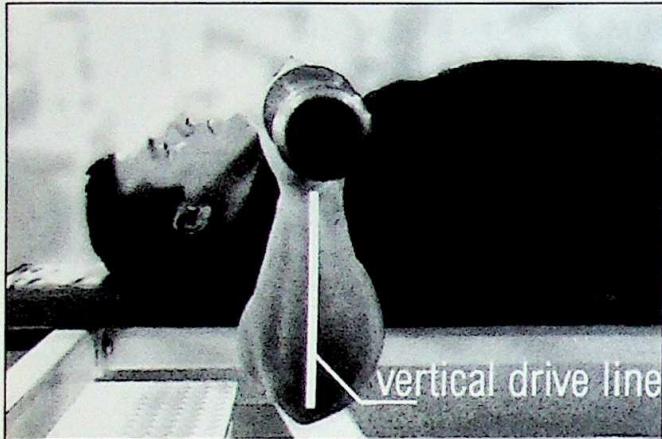
see as much tension in the flat bench, causing them to become denser and thicker. This may have a protective effect and help you avoid injury (this can't be proven, but it sure can't hurt!).

There are 4 core exercises. Bench-to Neck, Ultra-wide press, Rainbow press, and Reverse-grip 1/2 press. Each is done 4 sets of 20 reps. Think of it as bodybuilding for your bench press! Again, this is not training to directly increase your benching power. This will increase your shoulder stabil-

TRAINING

Eight Week Off Season Shoulder Program

as told to Powerlifting USA by J.M. Blakley



Bench to Neck Exercise: the arms are at a 90 degree angle to the body



Bench to Neck Exercise: the elbows are directly under the hands



Bench to Neck Exercise: the elbows are not in the proper position.

ity, internal strength and overall shoulder joint health.

Exercise One: Bench-to-neck - This exercise places direct stress on the anterior joint capsule and frontal deltoids. If not done properly, this exercise could do more harm than good. Having poor form on this movement will counteract every reason for doing it in the first place. Be very deliberate and disciplined when performing this exercise. There is your warning. If you don't feel you can exhibit the control necessary to perform this lift safely as described, PASS ON IT! It's not worth the risk. You come to the gym to get strong, not to get hurt. Don't let your concentration go on this one, please.

Take an Olympic bar in competition grip or slightly wider. Keep the weight light. (I only use between 135-185 lbs). Put your elbows out at 90 degrees straight out to the sides. Bring the bar down to your Adam's Apple on your neck. Let it touch and remain there for a "one" count. Keep the elbows up toward the ears. Don't let them fall down toward the stomach. They stay at 90 degrees. When you push the bar up try not to use any pec or tricep strength. Concentrate on only flexing the deltoids. Squeeze the bar up with your shoulders. Don't let your triceps help out near the top. Just keep thinking 'shoulders!' all the way. This is exactly what you avoid in the competition bench press movement with the heavy loads, and that is why we purposefully pinpoint it here with light weight. It is important to keep this a linear movement. At the bottom near your neck, you will have a tendency to want to let the elbows "roll under". This will put strain on the internal rotator cuff muscles and is to be avoided. If you can't touch your neck without letting your elbows move away from your head, try a wider grip. This won't give you as much stretch, but it will be easier on the rotators. The bar moves straight up and straight down. The elbows move straight out (90 degrees) and straight in, no rotation. This is a very "square" movement.

There is a great stretch on the shoulder, especially at first. Don't overdo it. If you can't seem to get all the way down even with a wide grip, be

patient and go as deep as you can. In time your flexibility will increase and you can move your grip back in. Drive up slowly with no jerk or pop. This is a controlled flexing of the deltoids not 'reppin' out'. Do one rep at a time, deliberately feeling only the shoulder working. If you move too fast, you risk injury and will inevitably use tris and pecs. Stay smooth and concentrated. You won't need a lot of weight this way, believe me!

Exercise Two: Ultra-wide Press - This is another exercise that places more direct stress on the shoulders. Uniquely, though, the worst part about this movement is the strain on the wrists! Use wraps and only go as wide as your wrists can tolerate.

Take a very wide grip on a lightly loaded Olympic bar. This should be at least 1 inch outside the rings (more if possible). If your wrists will permit it, go all the way to the collars! Let the wrist strain be your guide. You will be able to go farther and farther in time as your wrists adjust.

Lower the bar to your normal touch point. This will be a very short stroke. It may only be a few inches. That's OK. The range that it does hit will effectively train the deltoids. Press the bar up in a similar style as outlined above, by flexing only the delts and limiting the pecs and tris. Concentrate all the work in the front of your shoulders, that's what this exercise is all about! Squeeze the bar up by flexing across the delts. At lockout, which comes very soon, be sure to keep the tris from taking over.

You may use a slightly higher load on this exercise than on the previous movement, but not much more. Keep the weight light enough that you can maintain your concentration on your form through all the reps with quality. If the weight is too heavy, you will fatigue and not be able to feel the muscles working on the last reps, and will just be pumping reps to get to 20. That's not focused effort. Sure there is a burn and lots of fatigue, but make sure you're not just counting reps off and that each rep is a purposeful movement: make every rep important!

Keep it slow and controlled. Keep the work in the shoulder. Keep the grip as wide as your wrists will allow.

Keep the weight light enough to feel the work.

A word of caution: be extra careful not to pinch your fingers in the rack! Your grip spacing may be right where the uprights are! In this case use a lift off man and start with a competition grip to take the bar out of the rack then with the support of the helper, slowly slide your grip out to Ultra-Wide position. This is awkward at first, but the weight is light enough that it poses no real risk. After you finish your reps reverse the process and move your grip back in while the weight is held stable by a helper. Have the helper guide you back into the rack. I never advise taking wide grips back to the rack yourself, especially after fatiguing yourself. It's just too easy to mis-rack and catch a pinky. Let someone help you.

This exercise should be done in the same drive line as your competition press. The only difference is how short the movement is and how exclusive the work is to the shoulders. This will really help stabilize your press.

Exercise Three: Rainbow Press

- This is a traditional exercise done in a non-traditional manner. Set up a military press station so that you can achieve about 10-15 degrees of backward lean. If all you have is a straight-back military pad, then shift your hips forward on the seat to allow a slight angle backward (15 degrees). Perform the exercise just as you normally would with only one exception: lower the bar down in front to a point just past your chin then press up ONLY high enough to clear the top of your head. At this point move the bar behind your head and lower it to the base of your neck. Again, press up ONLY high enough to clear your head and bring the bar back down in front of your face to your chin and repeat. Thus the bar is arcing (making a half-circle or rainbow) in front and behind your head. You never extend the arms to full overhead lockout position. This has the effect of keeping the triceps out of the exercise and keeps the load on the delts the entire time. This is another partial movement that focuses on the shoulders.

Once you try it (a set of 20 is 10 front alternated with 10 behind) you will immediately feel how it will benefit you in strengthening and stabilizing your shoulder joint.

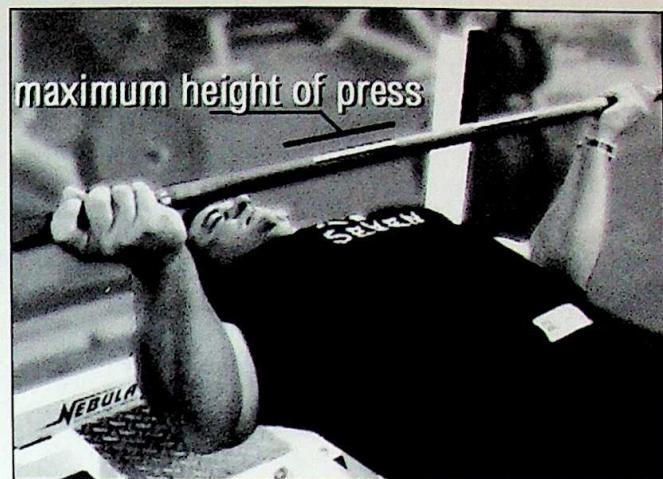
By eliminating the top half of the movement the work is effectively limited to the delts. The triceps are not allowed to share any of the load as they do in the full military press. Besides, you'll train triceps later. This is an exercise specifically for your shoulders. The bottom portion of the movement is where they get all their work anyway. So we just throw out the triceps portion and put all the effort into the delt portion!

As before, think of flexing out the reps, keeping tight in the shoulders, not just lifting and lowering - but squeezing. The style and rep count will necessitate a light weight

Exercise Four: Reverse Grip 1/2 Press Exercise

- Here's another partial movement that attempts to focus on deltoid work while limiting triceps involvement. Take an underhand (reverse) grip on an Olympic bar at or slightly wider than competition grip. Put your pinkies where your index fingers usually go. Turn the hand so that the fingers point out at an angle away from the body not straight down toward the feet. This just takes some strain off the wrists but is not crucial to the exercise. It is difficult to take out the bar yourself with a reverse grip so, as usual, I highly recommend a spotter to lift it out to you. The grip should feel wide, even though you positioned yourself at competition width. This is because the index fingers are switched around and you will sense this distance. That's normal. It should feel wide.

When you take the bar from the spotter, cock your wrists back and let the bar settle into your hands. This will take some practice to get accustomed to. Always wrap your thumbs. This exercise is a bit risky because of the reverse grip itself, and there is no need to increase the risk by using a thumbless grip. Hold on firmly. The bar should rest deeply in your palms if you have your wrists cocked, but don't let that persuade you to loosen your



Reverse Grip 1/2 Press Exercise: don't involve the triceps. (all photographs by Will Homan). Always use spotters in these movements

grip. Don't become lazy! If the bar ever does roll out you'll wish you'd kept a tight grip. (Even 135# can knock out a few teeth!) Don't slack!

Take the bar down to a very low point on your lower ribcage/upper abdomen. This movement is not performed anywhere near your groove. Touch the bar lightly and, as usual, flex your way out of the bottom with only shoulder strength. Only push about 1/2 of the way up. Any more than 6-7 inches is too far. Above this point the triceps engage and the benefit switches away from deltoids. Return the bar back to the low ribcage point and repeat. You only perform the bottom portion of the movement. This concentrates the work on the shoulders and never gives the triceps a chance to take over. That doesn't mean you can't use the tris plenty in the movement, if you're not careful. You must still concentrate on using only deltoids and shutting down the arm drive.

The elbows are kept in, close to the body. This creates a strange stretch in the deep shoulder. Try not to let the elbows drift out too wide. Keep the movement strict and tight. On the last rep do a full lockout and have an assistant aid you in racking the bar.

You should feel this on the outside of your shoulders and a bit down low near the insertion on the humerus beside the biceps. Remember to limit the pecs and certainly the triceps. Focus on the deltoids. The weight will be a bit heavier than the other lifts outlined here, but keep your mind on technique and tightness rather than big strength increases.

My own experience with these exercises has been spectacular. I did just a 6 week cycle at first and noticed such an increase in stability that I put 5 trainees on a full 8 week program to see if they would show similar results. Without exception, everyone showed vastly improved control over the bar path when we began to bench again. I could have spent eons shouting "stay tighter!" trying to get more control from them, but in only 8 weeks they

finally began to exhibit the kind of strict, firm bar control we wanted. All the encouragement and shouting in the world could never have taught them that. They learned how to fix and flex their shoulders so that the tension stayed throughout the whole rep. Their line was cleaner and the wobble exhibited on their max lifts was almost negligible! All this after only one cycle of these lifts!

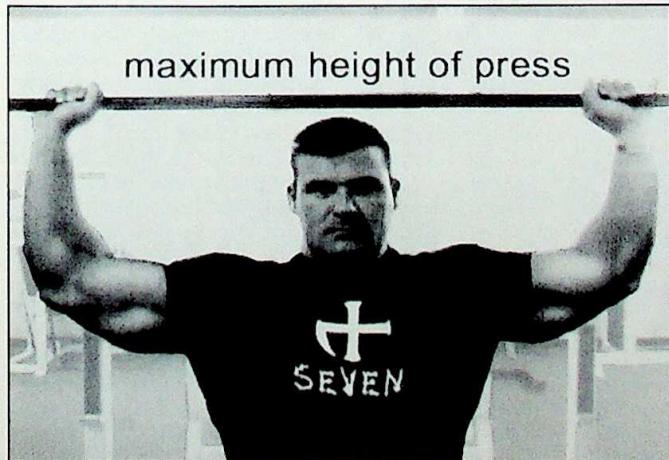
Now I make it a point to do at least one cycle of this shoulder program every year. It's a great break from heavy benching, builds stability, lessens the likelihood of injury (I believe), works muscles in a way that they don't often get used, and provides a mental break from the heavy loads as well while providing an excellent challenge that relates back to competition indirectly. After 8 weeks you will be rested, and mentally charged to get it on with the Big Iron again. And your shoulders will love you for it!

If you have trouble with stability or shoulder strength, I would even recommend 2 cycles per year. This is that effective!

That is my own off season program. I do no actual flat benching during this time. I let my joints rest from the big loads. I focus on muscle work and give the joints a break.

This builds a deep down shoulder strength that feels solid all the way to the bone! If that kind of support sounds good to you, set aside 8 weeks and work through this rep program. Your bench will benefit and you'll be a long way ahead on resisting those pesky aches and little nagging injuries. Be sure to keep the weight light (20 reps seems to that!) and smoothly control the movements. These exercises do place a great deal of stress directly on the shoulder. If done too violently or too heavy an overuse inflammation is likely. Keep it light and super strict and the shoulder will toughen. Too aggressive and the shoulder will rebel!

Good lifting, J.M.



Rainbow Press Exercise: only push high enough to clear your head.

The greatest achievements in sports and life were performed by individuals, who were too dumb to realize that what they did was impossible.

When I was in high school, we were scheduled to play Reading Central Catholic in basketball. At the time they were a basketball power. They were the defending State Champions and were undefeated when it came time for us to play them. Even more impressive was the fact that they would beat teams by thirty and forty points. We had a great team too, but in all honesty we were not of the caliber of Central. Consequently, no one gave us a snowball's chance in hell of winning that game. Still, we wanted to win that game more than you can imagine, and we believed that it was possible. In the first half we played really well, but everything seemed to go wrong for us. We got a number of bad calls from the referees, and we missed a lot of easy shots and threw away a number of passes. I guess we were just trying too hard. It was like the law of reverse effect. You know the postulate where the harder you try the worse things get. Well, the way things worked out when the whistle sounded, ending the first half, we were 21 points down. We were absolutely devastated because we had played so well, and we were still 21 points behind.

I hate to admit this but I thought it was hopeless. I really did. At half time our school janitor, Mr. Boilen, came into the locker room and sat next to me. Our coach was screaming at us for blowing the game. He said, "You could have beaten these guys, but you've blown it. You should be ashamed of yourselves." After our coach got done reaming us out, Mr. Boilen turned to me and said, "You can beat these guys. They can't guard you. You are better than they are. You can beat them." I looked at him like he was nuts. Hell, even our coach knew we were finished. I told him thanks, but I said, "This is hopeless. They are 21 points ahead of us.

Dr. JUDD

Impossible-nothing is impossible told to Powerlifting USA by Judd Biasiotto Ph.D.

Even if we play out of our minds we will never out-score them by 21 points." Do you know what he said? He said, "Why not? They out scored you by 21. Why can't you out score them by that number?" All of a sudden, what seemed impossible to me seemed very possible. It may sound stupid, but those few words made me believe that we could win that game. Guess what happened? We went out and beat Central by 3 points. That's right; we out scored them by 24 points. It was one of the biggest upsets and one of the greatest comebacks in Pennsylvania high school basketball.

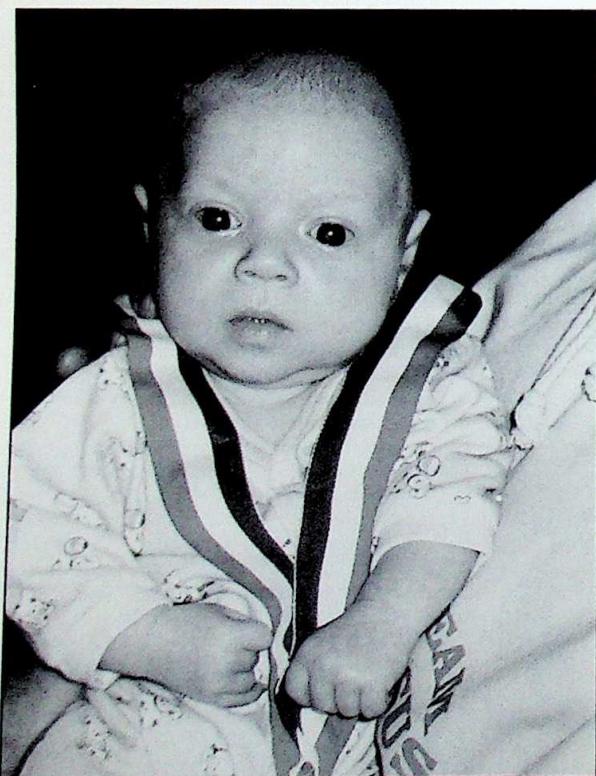
In order to win, you must expect to win. If you talk to people who have achieved success, you will find that they are individuals of vision. Their success was in their mind before it ever materialized in reality. Think about this, O.J. Simpson was only ten years old when he told Jim Brown, the greatest running back

ever to play pro football, that one day he was going to break every record he held. At the time, Brown didn't know Simpson. He was just a skinny kid with a dream. Brown knows him now. George Herring was only seven years old when he told his parents that he was going to be the strongest man in the world. Cassius Clay was only eight years old when he told his mother he would one day become the heavyweight champion of the world. Neil Armstrong was 10 when he told his dad he was going to be a famous aviator. Robert Kennedy, while in grammar school, told his classmates that one day he would be the President of the United States. Here's something that will really blow your mind. In 1985, while performing in small comedy clubs for minimum wage, Jim Carey wrote himself a check for 10 million dollars for services rendered and dated it 1995. And you know what? The day before Thanksgiving, 1995, Carey signed a movie contract for, you guessed it, 10 million dollars. Isn't that great? You know, it's interesting, but some of the greatest achievements in sports and life were performed by individuals who were too dumb to realize that what they did was impossible. Men with vision, men who believe, are the men who rule the world.

I love the Bill Gates story because it's a prime example of how vision, belief and hard work can take you beyond yourself - into new galaxies. Maybe, I have told some of you this before, but it occurs to me now, and it is such a great example that I want to share it with you - even if I have told you it before. I'm sure you know who Bill Gates is, but do you

really understand what this man has accomplished? Well, let me tell you. This guy went up against some of the most powerful corporations in the world and literally kicked their butt. Think about what happened there. His established rivals had everything, hundreds of researchers, sophisticated equipment, access to the most current information available, and near limitless financial backing. What did Gates have? Comparatively speaking, he had zilch! It was just he and a friend in the basement of his house with a computer. The odds of Gates defeating any of the Big Guys had to be a million to one. Believe me, Gates knew that the odds were near impossible. Still, he risked everything he had, because of a dream and the belief that he would fulfill that dream. Well, as you know, he realized that dream and some. Not only did Gates beat them to the finish line, but he also totally outmaneuvered them along the way. What Gates did would be analogous to a Volkswagen winning the Indianapolis 500 or "Pee Wee" Herman kicking Evander Holyfield's butt. It's that improbable. It's a feat that is almost beyond human comprehension. Today Bill Gates is worth around 56 billion dollars. In one year alone, he made 18 billion dollars - more than China's gross national product for the same year. What an accomplishment - all by a man who wasn't afraid to follow his dream - a man who wasn't afraid of living his life - a man who believed in himself. It's one of the most inspiring stories I have ever heard.

Impossible - nothing is impossible. Never say never. Impossible? Of course, it is possible. Everything is possible. Some of the greatest feats in the history of man have been called impossibilities - and then someone went out and proved that the impossible was possible. Think about this. It wasn't that long ago that people were saying that a 600 pound bench press was impossible. Funny, isn't it. Now, guys are bench pressing 800 pounds. A couple of years ago, they said that Mark McGwire's 70 home run record would never be broken. Barry Bonds beat it. And baseball's longest consecutive games streak of 2,632 set by Cal Ripken, the most impossible record to break according to the experts, will also be broken one day if someone has a mind to do it, as will every record in the books. Nothing is hopeless; nothing is impossible, and there are no boundaries for man. If you believe in yourself, there's nothing you can't do. Remember that, the next time you are down by 21 with only a half to play against the defending State Champions.

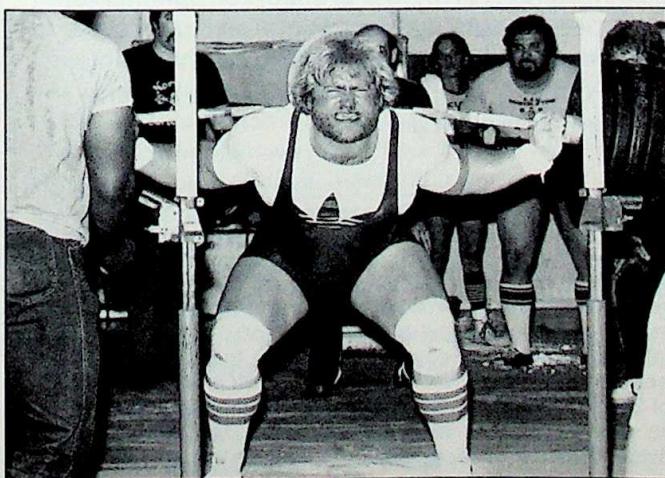


Joshua Aybar, accepting the award for his father, Victor Aybar, at the 2001 USAPL Maryland State Championships. Perhaps Joshua will be the one to break the records of his father and a lot of other fathers out there. (courtesy Aybar)

50 TOP SQUATS OF ALL TIME

as told to PL USA by Herb Glossbrenner

KG	LBS.	LIFTER	ATT	BWT.	DATE	LOCATION
472.5	1041.7	MIKESELL, BRENT	3	323	07OCT01	Lethbridge, CAN
471.0	1038.3	COAN, ED	3	237.2	12AUG01	Orlando, FL
470.0	1036.1	GOGGINS, STEVE	2	257.2	12AUG01	Orlando, FL
468.5	1032.8	Goggins	3	241	01JUN96	Atlanta, GA
467.5	1030.7	PASANELLA, DAVID	3	275.1	28MAY89	Rosemont, IL
465.0	1025.1	CLARK, ANTHONY	4	332	08APR88	Honolulu, HI
462.5	1019.6	Pasanella	3	275	08APR88	Honolulu, HI
462.5	1019.6	Coan	3	242	25JUL99	Dallas, TX
460.4	1015.0	Clark	3	333.5	28MAR93	Lancaster, PA
460.0	1014.1	HATFIELD, FRED	3	258	23MAR87	Honolulu, HI
(10)						
458.5	1010.8	MEHAN, ALLEN	4	284.4	19NOV00	Las Vegas, NV
458.1	1010.0	DIMEL, MATT	3	319	03MAY86	Sandusky, OH
458.1	1010.0	LOWE, GREG	3	260	14NOV98	Huntingdon, PA
457.5	1008.6	Hatfield	2	250	06APR89	Honolulu, HI
457.5	1008.6	HAMMAN, SHANE	3	373.5	10MAR96	Philadelphia, PA
457.5	1008.6	Goggins	2	241	01JUN96	Atlanta, GA
457.5	1008.6	Mehan	3	297.6	20MAY00	Daytona, FL
457.5	1008.6	Mikesell	2	323	07OCT01	Lethbridge, CAN
457.5	1008.6	Frank	3	01DEC01	Daytona, FL	
456.0	1005.3	TURTIAINEN, ANO	3	274.2	12AUG01	Orlando, FL
(20)						
455.5	1004.0	WESSELS, WILLIAM	3	233.9	11NOV95	Chicago, IL
455.0	1003.1	WADDINGTON, D.	3	308	13JUN81	Zanesville, OH
455.0	1003.1	KARWOSKI, KIRK	2	267.8	23JUL95	Baton Rouge, LA
455.0	1003.1	Goggins	3	241.5	29OCT95	Columbus, OH
455.0	1003.1	Coan	3	239.8	17DEC98	Las Vegas, NV
455.0	1003.1	Coan	2	242.6	25JUL99	Dallas, TX
455.0	1003.1	Mikesell	3	334	11JUN00	Warren, MI
455.0	1003.1	Mikesell	2	328	17JUN00	Newport, OR
455.0	1003.1	Mehan	3	289	29JUL00	Okotoks, CAN
455.0	1003.1	Mikesell	3	334	16NOV00	Las Vegas, NV
(30)						
455.0	1003.1	Goggins	3	258.4	24JUN01	Ormond Beach, FL
455.0	1003.1	FRANK, GARRY	3	375	24JUN01	Ormond Beach, FL
455.0	1003.1	Coan	2	237.2	12AUG01	Orlando, FL
454.5	1002.0	WILSON, O.D.	3	380	16FEB89	Long Beach, CA
454.4	1002.0	PASSILO, MARK	3	305	30OCT99	Troy, NH
453.8	1000.4	MORAN, LEE	3	316.6	08JUL84	Dayton, OH
453.6	1000.0	WARE, JOHN	3	360	12MAY90	E. Moline, IL
453.6	1000.0	Lowe	3	262	21MAR98	Huntingdon, PA
453.6	1000.0	BRYAN, TERRY	3	380	19NOV00	York, PA
453.6	1000.0	RUGGERIA, MIKE	3	360	24FEB01	S. Charleston, WV
(40)						
453.6	1000.0	VOGELPOHL, C.	3	220	18NOV01	Columbus, OH
450.0	992.1	BADENHORST, G.	3	307	14OCT90	Pescara, ITA
450.0	992.1	Coan	3	240.9	03DEC00	Corpus Christi, TX
447.7	987.0	Ware	3	343	29JUN89	Galesburg, IL
447.5	986.6	Hamman	3	SH	31JUL94	Houston, TX
446.8	985.0	FURNAS, DOUGLAS	3	275	16NOV86	Maui, HI
445.0	981.0	FELY, DWAYNE	3	331.8	12FEB82	Honolulu, HI
445.0	981.0	Furnas	3	275.2	28JUN87	Bloomington, MN
445.0	981.0	Coan	2	242	17DEC89	Las Vegas, NV
445.0	981.0	Mehan	3	284.4	19NOV00	Las Vegas, NV
(50)						



Dave Waddington was the first man to squat 1000 over 20 years ago.

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).

Lamar Gant's Deadlift Routine

People tend to either over-train or undertrain the deadlift. It is the one lift that demands the most mental toughness, but that doesn't mean you have to go all out every workout. You need to pace yourself in the deadlift. When you are doing 8 reps in a work set, you should be using a weight that you are actually capable of doing 11 reps with. Otherwise, you burn out before you reach your peak. Don't focus so much on the amount of weight you are handling every time you come to the gym; don't do all you are capable of, give yourself space.

In this routine, you will be doing 4 weeks of 5 sets of 8 reps, followed by 4 weeks of 5 sets of 5s, and 4 weeks of 5 sets of triples. Even in the 5 sets of 5 period, you should be capable of one or two more reps. The triples tend to be all out efforts, however, to peak you for the meet.

As for the gear you need, don't wear shoes with a heel, because they put the body too far forward in the pull. You should definitely use a power belt, which probably adds 40 pounds to your max lift. A supportive suit is recommended, because it helps you "build resistance" as you descend into the lift. In any lift, building this resistance is important. For example, in the squat, if you can do 500 lbs., try starting from the bottom position and you won't be able to stand up with anything close to that weight. However, when you take the bar out of the rack, get set, and slowly take it down, you can build up a resistance that just isn't there if you get under the bar loosely. In the deadlift, people usually just bend down, grab the bar, and pull. There's no real 'resistance' built up. I've ex-

plained this to several top lifters and now they see a big difference in their deadlifts. Go down as tight as possible. Make the body feel like it's hard to reach that bar. Once at the bottom, you are ready to explode upward. That's exactly why I take a long time to get down to the bar in the deadlift. It's like I'm compressing a spring.

Assistance work, including hyperextensions, is recommended for more advanced lifters, and I can be contacted for personalized, advanced routines incorporating the more effective assistance exercises..

Week 1: warm up and work up to 5 sets of 8 reps with 350.

Week 2: warm up and work up to 5 sets of 8 reps with 365.

Week 3: warm up and work up to 5 sets of 8 reps with 380.

Week 4: warm up and work up to 5 sets of 8 reps with 390.

Week 5: warm up and work up to 5 sets of 5 reps with 410.

Week 6: warm up and work up to 5 sets of 5 reps with 420.

Week 7: warm up and work up to 5 sets of 5 reps with 430.

Week 8: warm up and work up to 5 sets of 5 reps with 435.

Week 9: warm up and work up to 5 sets of triples of 460.

Week 10: warm up and work up to 5 sets of triples with 470.

Week 11: warm up and work up to 5 sets of triples with 480.

Week 12: warm up and work up to 5 sets of triples with 490.

This workout assumes the lifter comes into the program with a 500 lb. maximum lift on the books. After successfully completing this routine, the lifter may expect to be capable of as much as 530 to 540.

Ask the Doctor

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

DEAR ANDREA: Here's my take on the supplements you asked about. All the best, **Mauro Di Pasquale MD**

Methoxyflavone - This isoflavone (Methoxyflavone is 5-methyl 7-methoxysoflavone) is a phytoestrogen and has weak estrogenic activity. Theoretically, some phytoestrogens, because they may inhibit the aromatase enzyme and thus decrease estrogen formation from testosterone and androstenedione, and because they may act as inhibitors of estrogen by competitively binding to the estrogen receptor, may increase testosterone production much the same way that anti-estrogens (such as clomiphene - Clomid) and the newer aromatase inhibitors (such as anastrazole - Arimidex), by decreasing the inhibitory effects of estrogen on GnRH and LH (resulting in LH driven increased testicular steroidogenesis and subsequently increased testosterone production).

Many animal studies and studies on postmenopausal women, however, have shown, that while the various phytoestrogens vary somewhat in their properties in general they have a dampening effect on the hypothalamic-pituitary-testicular axis and result in decreased levels of both total and, due also to increased levels of SHBG, bioavailable testosterone. As well, isoflavones (such as Methoxyflavone) are significantly poorer inhibitors of aromatase than flavones (such as chrysin - the ingredient I use in my TestoBoost product).

The bottom line is that phytoestrogens, while they may have specific health benefits, and may act to control endogenous sex hormone levels in both men and women, are generally counterproductive for athletes wishing to increase muscle mass and strength.

On the other hand, as already mentioned, some bioflavonoids (a somewhat loose umbrella term that includes isoflavones, anthocyanins, flavans, flavonols, flavones, flavanones hesperidin, rutin, and citrus bioflavonoids) may be useful under certain circumstances. For example, in one study, quercetin and fisetin, two naturally occurring bioflavonoids were shown to mobilize lipids and enzymes in the absence or presence of epinephrine in intact rat adipocytes. The results of this study suggest that some flavonoids act synergistically with epinephrine on beta-adrenergic receptors to stimulate adipocyte lipolysis. Thus these bioflavonoids may be especially useful in the high fat, high protein, low carbohydrate anabolic diet I included quercetin in both Thermo and ReNew, two of the three formulations in Cellusol, my weight and fat loss product). Quercetin also has significant immune system and antioxidant effects (another reason why it's particularly useful in ReNew - for info on ReNew check it out on my web site www.MetabolicDiet.com <<http://www.metabolicdiet.com/>>.)

Ecdysterone - I wrote about ecdysterone (also known as ecdysterone and 20-hydroxyecdysone, but also commonly referred to as ecdisone, wrongly so since ecdisone is the precursor of ecdysterone - the enzyme ecdisone 20-monoxygenase converts ecdisone to ecdysterone) and related plant and animal sterols over two decades ago (I saw the first mention of the possible hormonal action of ecdysterone in mammals, including plant sources, over three decades ago even though it wasn't until 1991 that the structure determinations were made of both ecdisone and 20-hydroxyecdisone). And taking into account the available information and research since then, my views are still basically the same. First a brief intro.

Metabolic Diet Book

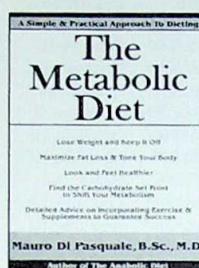
Mauro DiPasquale, M.D.

Price: \$39.95

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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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Ecdysterone (a phytoecdysteroid) is an insect molting hormone with other phytoecdysteroids (ecdysteroids) implicated in the molting seen in crabs and lobsters. A variety of phytosteroids, both agonists and to a lesser extent, antagonists, and are found in many plant species. In fact the presence of ecdisone-like molecules, molecules that act as ecdysteroid agonists, in the plant kingdom is nearly universal and new ones, such as the phytoecdysteroid, 3-epi-20-hydroxyecdisone, are constantly being discovered. Plants use ecdysteroids as natural insecticides, yet it appears that phytoecdysteroids are completely innocuous in mammals. Despite

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

No, this article is not about a moldy oldie from the last century or how NFL quarterbacks and wide receivers tremble when they see the Chicago Bear's Brian Urlacher, or Mike Brown, coming at them in the corner of their eye. This article is about a too common tendency of lifters exhibiting knee shake or bowing during the execution of the squat or deadlift. The result of this knee movement is usually a lower total, which is the powerlifter's equivalent of a sack or fumble.

Let's start with examining this phenomenon in the squat. When a

STARTIN' OUT

A special section
dedicated to the
beginning lifter

SHAKE, RATTLE AND BOW

as told to Powerlifting USA by Doug Daniels

lifter rises up from the bottom of the squat and hits a sticking point, some-

times his knees tend to bow inward which usually causes spectators to grimace in sympathetic pain. More often than that, it usually causes the lifter to miss the squat. Squatting in this manner is very inefficient, as the thigh muscles are not in a good leverage position to do their job of moving the bar upwards. Fortunately this problem is easy to identify and correct with proper action.

First off, many lifters who are guilty of this don't even realize they're doing it. This is primarily due to lack of good coaching. If the lifter would be made aware that they are bowing their knees in at the critical point of the lift, they're half way to overcoming the problem. This should be the job of an alert coach or training partner. If you can't rely on others, I suggest taping yourself during the squat from various angles and watching the tape with an objective and critical eye.

Assuming the lifter is aware of the problem, let's look at the second part, the resolution of the matter. When the knees bow in, what is happening is that weaker muscles of the thighs that should be contributing to keeping the knees straight ahead are losing out to stronger, yet still probably weak, muscles that are causing the knees to bow in. Actually naming the muscles is no more than an exercise in anatomical trivia, so let's move on.

The first step would be to lower the training weights and squat with super intense concentration to keep the knees straight ahead during squats. Do not increase the weight until all sets and reps are done properly. Even when doing assistance work like leg presses, maintain the proper knee position throughout. The leg press is a very good exercise to actually see if you tend to bow your knees inward. You can see your knee position throughout the entire press right in front of you. Lower the weight used on the leg press also, until you execute every rep with your knees locked straight ahead. Very shortly, the problem will be overcome.

If your gym has a Nautilus or Keiser-type inner/outer thigh machine, you're in luck. These machines enable you to directly work

the inner and outer thigh muscles that are not normally overloaded when performing any other exercise. I'd say 1-2 sets of 15-25 reps each, once a week should suffice. No, this isn't a 'girl only' exercise. You'll be surprised at the extra strength you'll develop in a very short time. A pulley attachment tied to your ankle will work if no specific machine is available.

The execution of the deadlift can also suffer from knee shake. This is common among novice lifters as well as lifters lacking sufficient leg strength. What you'll notice is that as the bar is pulled up, the lifter's knees will shake, sometimes violently. Again, just like in the squat, power contribution from the legs is compromised. In most cases, the lifter's back and grip have the power, but their legs limit the lift. Most knee shakers lose the lift just below or above the knees. Ed Coan told me a long time ago that knee shake will go away as the lifter squats more; due to better overall leg strength. Sumo lifters do not generally suffer from knee shake as much as conventional style deadlifters do.

Luckily, most of the same solutions apply. The first, of course, is to know you tend to shake your knees during heavy deadlifts. The saying 'knowledge is power' is bunk; acting on that knowledge is power. If you combine attention to squatting with proper knee position, your leg strength will improve and the deadlift will follow.

A lifter can exhibit both knee abnormalities in both lifts so overall improvement to the three lift total could be quite noticeable. Be patient in your training as results may not come overnight, but they still could come quicker than you may think, if you have a plan.

As I mentioned several times in this article, knowing you have a problem with knee bow or shake is just half the battle. Use that knowledge and a few of the tips I have just given you and this glitch in your squat or deadlift will be a thing of the past. Continually monitor your form on all your lifts, as sometimes these old glitches come back or new ones appear. I really can't suggest too much in the way of avoiding Urlacher and Brown though.

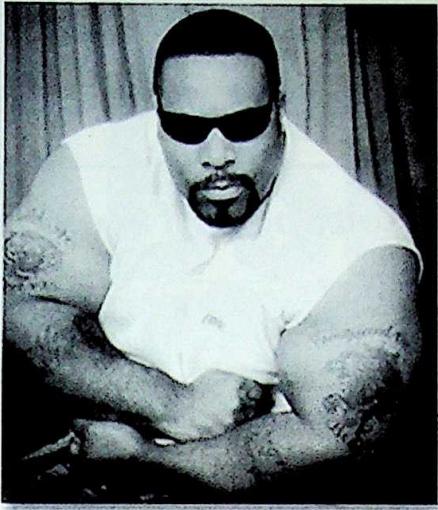
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Web address:
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W.D.F.P.F. NEWS - Calendar of Events for

2002: European PL Championships - June - Belfort, France; European Single Lift Championships - September - Antwerp, Belgium; World PL Championships & Congress - 18-20 October - Edinburgh, Scotland; World Single Lift Championships - 22-24 November - Como, Italy. **2003:** European Championships - June - St Petersburg, Russia (tentative). **WORLD SINGLE LIFT CHAMPIONSHIPS 2001** - Taber, Canada - some best lifts - Equipped Squat: NEIL ABERY (Eng) 82.5 JR - 270. Equipped Bench Press: JOHN FEEHAN (Ire) 110 OPEN - 252.5. JOHN BERTRAM (Can) 125 M1 - 250. Unequipped Bench Press: RON MADISON (U.S.A.) 90 OPEN - 215.5, DAN SUBERLAK (Can) 145+ OPEN - 232.5. Equipped Dead Lift: MATT SAUNDERS (Eng) 100 OPEN - 335 - **Enquiries from new countries** - The following is an extract from a letter received in November 2001, from Riquier Banhoud in the Democratic Republic of Congo: "... if our federation decides to apply to join the WDFPF, it is because we are quite conscious that your organization does not accept athletes and federations which use drugs to achieve performances. We agree completely with your policies because the drug-taking does not reflect the true level of the athletes. I visited your web site section on drug control and I perfectly seized your opinion and our federation fully approves and supports this policy. We agree to doing tests on our athletes. Please inform me in which approved laboratories we can make these tests? Please send me your conditions for affiliating our national federation to WDFPF." The following e-mail message was received in December from Andrei Burian in Moldova: "I want to announce to you the probability that our powerlifting federation will apply to become a part of the WDFPF. You will shortly receive the mail address of the President of the Moldovan P.F. I hope that our team will visit the European Championships this summer. Wish us good luck!" It remains to be seen whether either or both of these approaches results in actual registration. This will depend on how effectively the organizations concerned are able to put their drug control policies into practice. One thing seems clear, however - it is understood that the top priority of the WDFPF is the dedicated approach of all its members to the kind of drug control which makes an international drug-free platform a reality. We will give these applicants our full support and help. **ANDREW COMINOS**, President, WDFPF

2300 LB. Totals - Multiple Performances by Herb Glossbrenner

STRONGMAN UPDATE FROM THE GATEWAY CITY: Something every serious lifter should read! Are you a strong lifter and in need of some serious cash? Over the last few years, due to increased television exposure and an ever-growing amount of cash prizes, strongman has had quite a resurgence in the USA. In 2002, it has become even more organized, as well as more lucrative. Jim Davis and Co. out of St. Louis, Mo are looking for new blood interested in winning cash prizes at four regional strongman qualifiers, who also want to qualify for the US finals held in St. Louis, Mo. Those competing in St. Louis in July have a chance at making the USA team, which will compete in the World's Strongest Man competition in Malaysia later this year. Jim's U.S. Finals in July was appointed by WSM promoter Dr. Doug Edmunds, as the USA's qualifier for his contest in September. As a result, Davis spawned a series of four qualifiers. The Strongman series will kick off Feb. 16th & 17th in Boston, MA. The Northeast Strongman Showdown will be held by Art McDermott, and will offer over \$12,000 in prize money! In addition to the normal Pro division, there will also be Amateur and Women's divisions. Info on this contest can be found at Mark Keshishian's site, www.SamsonPower.com. Click on the link to the Northeast Strongman Showdown. The second leg of the series will be the Midwest Strongman Challenge in Columbus, OH on April 6th. Nick Osborne is the man responsible for this qualifier that will offer \$15,000 in prize money. With Pro, Amateur and Women's divisions, this is also a great show for prospective candidates to enter. Nick also has a website setup for this at www.DinoDay.com, where competitors can find all the info needed. May 11th & 12th marks the dates of the 3rd qualifier, which will be in Athens, OH. This contest is being ran by Jim Reece, and will be held on the campus of Ohio University. A total of \$10,000 in cash prizes will be awarded and will be featured on Fox Sports Television in the summer! Jim has everything posted at www.OhioValleyStrongman.com. The fourth and final stop for the series, will be the Sierra Strongman Shootout, held by Steve Davis in Sonora, CA on June 8th. Like the aforementioned qualifiers, this one also puts up some nice cash. Steve is offering \$10,000 in cash and also has a website. All information on the Sierra Strongman Shootout can be found at www.ValhallaSports.net. The road to the World's Strongest Man will be through St. Louis, Mo at The U.S. Finals in July. Jim Davis and the Gateway Strongman Crew will be offering cash in excess or exceeding a whopping \$25,000! Doug Edmunds was on hand last September and was thoroughly impressed with the show by Team Davis. So much that has was quoted saying that it was the "best in American yet!" (Milo, December, 2001). You can bet master craftsman Rick Stoehr will build something really unbelievable for this event. In his own words Rick says, "If Jim can think it up, I can build it." And build it he will. I've personally seen the playground where Stoehr works his magic. Hidden on a North St. Louis piece of land, the place looks like something out of a Strongman Science-Fiction movie, with portions of what appear to be cyborg parts scattered throughout an implement junkyard where men almost twice his size routinely come to play. Folks, with his ability and imagination, this guy is out there; just as the U.S. Finals will be! Get all the info on this one at www.StLouisStrongman.com! Davis and his army of Christian bikers will have the wild crowd and big cash at the U.S. Finals in July! So, if you're strong and want some big time prize money, find one of the four qualifiers and get in! You could be a raw talent and one of the next US Strongman to compete at the Worlds Strongest Man! Like the Rock says....."JUST BRING IT JABRONI, JUST BRING IT.." Rick Fowler



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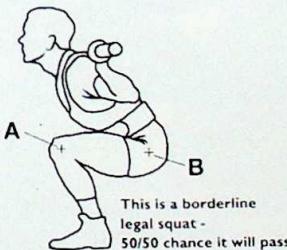
What's the WPO Difference?

There has been a state of pandemonium ever since I posted the squat illustration that ran in the December PL USA. There are rumors that I'm becoming even stricter than the IPF. This is just plain nonsense! In fact, the illustration was conveying the exact opposite, that a borderline squat was acceptable in the WPO. I was just reiterating that borderline squats vary from lifter to lifter, from the official's standpoint, because every lifter's physical version of breaking parallel is different. On the other hand, borderline world record squat attempts will be turned down. It's only fair that borderline world record attempts, whether it be the squat, bench, or deadlift be turned down. There should be no doubt in the official's mind when he/she gives a white light on a world record attempt. The officiating criteria in the WPO and the APF/WPC will be one that is unbiased, not overly strict, but not overly loose either. This consistent level of officiating will be executed and based upon two simple officiating principles. (1) If an official is not 100% certain that an attempt in any lift is pass or fail, then the official will give the lifter a white light. (2) If an official is not 100% certain that a world record attempt in any lift is pass or fail, then the official will give the lifter a red light. With these two core officiating principles,

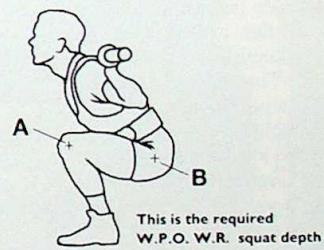
a level of consistency will be established that a lifter can count on from contest to contest. I will be instructing and encouraging all officials to exercise my unbiased consistent officiating principles. Ultimately, consistent officiating will give lifters a sense of security knowing they need not fear disqualification. I hope this has been helpful and puts to rest any misconception that the WPO is becoming some stringent domineering federation.

Your WPO President,
Kieran Kidder.

Arnold Classic Bench Bash Entries: Ltws. - Larry Miller, Markus Schick. Middlewts. - Bill Carpenter, George Halbert, Donald Robbins, Greg Savino, Bill Gallagher. Heavywts. - J.M. Blakley, Scott Mendelson, Bill Crawford, Ryan Kennelly, Clay Brandenburg, Rob Fusner, Jamie Harris, Tom Manno, Joel Toranzo, Beau Moore, John Zemmin, Joshua Ward (501 @ age 14!) (Ray Allen of the Cowboys underwent surgery). Female: Tina Rinehart and Jerri Lynn Lippert. The APF Senior Nationals are being moved to a new date - June 14th, 15th, 16th, 2002, at the York Barbell Hall of Fame in York, PA. The WPO Bench Bash for Cash will be held September 7th, 2002.



This is a borderline legal squat - 50/50 chance it will pass



This is the required W.P.O. W.R. squat depth

Dear APF/WPO Lifter: I can't tell you how excited I am about the upcoming APF/WPO 2002 season. The Huge Iron Calendar is loaded up with some top notch contests. I will be running the same series of annual contests that I always have, and some new ones as well. What better way to kick the New Year off than with the WPO Superbowl of Powerlifting Finals, the WPO A.C. Bench Bash, and the WPO Qualifier at the high profile Arnold Classic. The WPO power packed weekend in Columbus, Ohio is going to be the culmination of our sport, because finally powerlifters will be embraced and perceived as legitimate professionals - allowing powerlifting, a virtual secret society, to be unleashed like a caged animal on thousands of screaming people. They will fall victim to the Power gods as they handle unfathomable poundages that will mesmerize the common man. The WPO is ready to invade Columbus, Ohio - the Powerlifting capital of the World. The magnitude, alone, of the Arnold Classic Weekend will provide self-contained iron energy that will blow the roof off the Columbus Convention Center and land on top Cleveland.

I'm still anticipating taking over the APF, but it won't happen until after the Arnold Classic. Ernie has asked me if I wouldn't mind waiting a few months so he can tie up some loose ends before he turns the APF over to me. I told Ernie whatever he has to do, I'm behind him. Either way, as I stated in the January issue of PL USA the APF will be the gateway into the WPO. When Ernie is ready to proceed, myself and Russ Barlow plan to soar to new heights with the APF. Aligning the APF with the WPO ultimately will elevate the federation's perception in the powerlifting world and the general public's. So, everything is on track for beloved sport to reach its pinnacle. Don't forget that the future of powerlifting is in the APF/WPO. Remember that in the APF/WPO success is a journey not a destination! See you at the Arnold Classic!

Your WPO President, Kieran Kidder.

G.N.C. NUTRITION UPDATE

How to Use Various Proteins for Maximal Results by Jeff Stout, PhD

Protein - the building blocks- The word protein is derived from the Greek word meaning "of prime importance." And suffice it to say that protein is pretty darn important to the human body. Enzymes, antibodies, muscle tissue, red blood cells, organs, and many other structural and functional components of your body are comprised of proteins.

Although the primary function of protein is to provide the needed amino acids for maintaining an anabolic state, there are times when it may actually be used as a fuel source. This usually occurs when you're in a carbohydrate-depleted state (ex. on a low carb diet, exercising continuously for >2 hours). The RDA of 0.8 grams per kilogram body weight per day is much too low for athletes. Current research suggests that 1.5-2.0 grams per kilogram per day is better suited for athletes. If you happen to be metric-illiterate, that translates into 0.68 to 0.90 grams per pound of bodyweight. To be on the safe side, perhaps 1.0 grams of protein per pound of bodyweight is best.

Which proteins are best? - You want to eat a complete protein; one that has all of the essential amino acids. Incomplete proteins, such as from peanuts, do not contain all essential amino acids. But if you mix incomplete proteins (e.g., rice and beans), you can get all the essential amino acids. But they are not as well assimilated as protein from animal sources. In addition, we have fast and slow proteins. How can we take advantage of the properties of these special proteins? Like the glycemic index for carbs, the speed in which you absorb various amino acids dictates how well your body uses them. For instance, when you eat a large protein meal, you'll get an initial high peak in blood levels of amino acids followed by a rapid decline. But if



Dr. Jeffrey Stout at work as Director of Sports Science for GNC's Pro Performance (R) line.

you take the same protein in a slow but continuous fashion (e.g., eat small meals throughout the day) you get a smaller, but more sustained increase in serum amino acids. And even though you may be eating the same quantity of the various amino acids, the time in which they're delivered can have a profound effect on protein synthesis and breakdown. So which is better, a large quick rise followed by a quick drop? Or a slow rise that's sustained for a longer period of time? The answer's easy. Both.

In a study performed by French scientists, they examined the effects of casein and whey protein as a single meal ingested (dose = 0.45 - 0.61 grams protein per kg body weight) by normal healthy adults. They examined blood levels of amino acids for up to seven hours after consuming the protein meal. As expected, the whey protein group experienced a quick rise in blood levels of amino acids with a steady decline while the casein group showed a slow increase that was sustained for the seven hour period. Whole body

protein breakdown decreased by 34% after casein ingestion but not with whey protein. On the other hand, protein synthesis increased by 68% in the whey protein group while the casein group increased by 31% (1).

So why the tremendous differences in protein metabolism? Whey protein is rapidly emptied from the stomach yet casein clots in the stomach. Casein's absorption tends to be much slower. Although casein stimulated protein synthesis less than whey, it had a better effect on inhibiting protein breakdown. This was not due to differing insulin levels (i.e. insulin is a potent inhibitor of protein degradation) since blood levels were similar between the two meals. Interestingly, it may be that you need to maintain a minimal sustained level of blood amino acids in order to inhibit (support?) protein synthesis.

So which is better, casein or whey? Depends on your circumstances. If you are pressed for time and can only get in 2 or 3 meals a day, perhaps a combination of whey and casein will work. On the other hand, if you can eat multiple meals

(5-6) throughout the day, it may be best to stick with whey protein. Also, whey protein contains subfractions of various peptides (i.e. small proteins) (e.g., alpha-lactalbumin, beta-lactoglobulin, immunoglobulins, and lactoferrin). Each of these subfractions may have health benefits.

When should you take your protein supplement?

* First thing in the morning. A "fast" protein such as whey will deliver amino acids quickly and efficiently to your "starving" muscle fibers. My Recommendation - Pro Performance MEGA Whey.

* Post-training. Immediately after a hard workout, consume a "fast" protein (e.g., whey) to get an immediate boost in protein synthesis. Follow it 1 hour later with your regular meal. My Recommendation - Pro Performance Distance. Distance not only has fast

protein, but also contains, carbohydrates, and electrolytes, to help rehydrate and replenish energy.

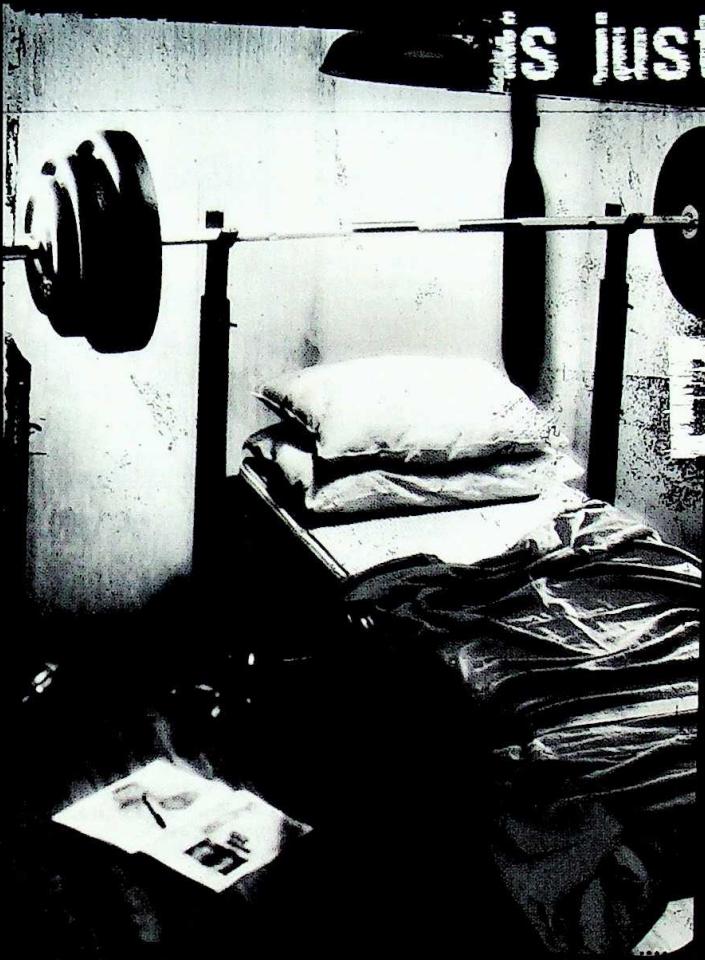
* During the day. If you consume an MRP during the day, it is probably best to go with the "slow" proteins (e.g., casein or casein/whey mix) to insure a sustained level of amino acids in your blood for a long period of time. My Recommendation - Pro Performance MEGA MRP.

* Immediately before bed. Go with the slow protein! This will insure that you keep high levels of amino acids in your blood as you snooze for 6-8 hours. My Recommendation - Pro Performance MEGA MRP.

1. Boirie Y et al. Slow and fast dietary proteins differently modulate postprandial protein accretion. Proc Natl Acad Sci U S A. 1997 Dec 23;94(26):14930-5.

Dr. Jeffrey Stout is the Director of Sports Science for GNC's Pro Performance line, available at all GNC stores. More information is available at www.gncproperformance.com.

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PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWS, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr./Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPW Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPAs Collegiates, USPF Jr. Nats., 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
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Inter-

view, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs./Womens, United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Personal Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jul/96... AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Grossbrenner "Responds to the Response", TOP 100 148s
Nov/96... APF Can-Am, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul 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
Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo
Apr/97... Clark Benches 800-Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP

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Workout, TOP SHW

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

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

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

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

Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

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

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

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

Mar/98... Mark 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, Olymp-

pic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.

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

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

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

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

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

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

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

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

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

May/99... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, 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/99... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.

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

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

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

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

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

May/00... Dennis Cieri, What is a J.M. Press?, Knee 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

World Natural Powerlifting Federation (WNPF) Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

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(770) 996-3418

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

900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.

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

Sep/00... USPF Sr., 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 Lightweights

Jan/01... IPF Men's Worlds, WABDL

Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s

Feb/01... Garry Frank Goes 2500, WPC Worlds PT. 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 Midole, 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 Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

Jul/01... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double Interview, Shane Harman, 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, Tom Manno Interview, Jamie Harris Interview, John Corsello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.

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

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

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

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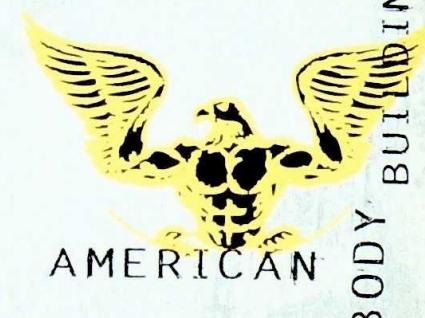
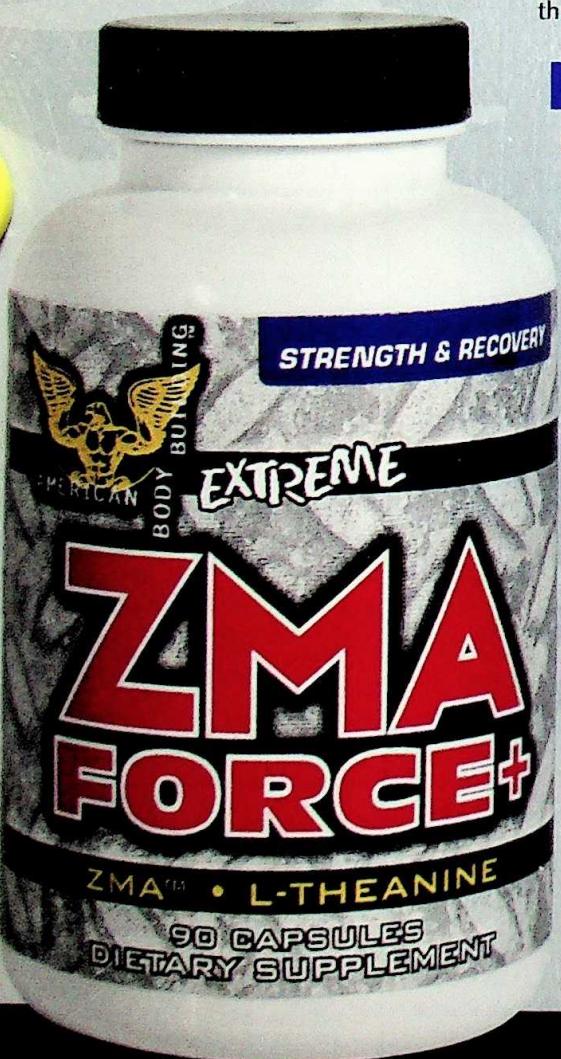
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ZMA RESEARCH

Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength

L.R. BRILLA¹ AND VICTOR CONTE²

¹Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and

²BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

L.R. BRILLA AND VICTOR CONTE. Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength. *JEP online*, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week period, with pre-post measures. A double-blind randomized study was conducted with ZMA (30 mg zinc monomethionine aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6) and placebo (P), n=12 and n=15, respectively. Plasma zinc and magnesium levels were ZMA (0.80 to 1.04 µg/ml: 19.43 to 20.63 mcg/ml) and P (0.84 to 0.80 µg/ml; 19.68 to 18.04 µg/ml), respectively (P<0.001). Free testosterone increased with ZMA (132.1 to 176.3 pg/mL), compared to P (141.0 to 126.6 pg/mL) (P<0.001); IGF-I increased in the ZMA group (424.2 to 439.3 ng/mL) and decreased in P (437.3 to 343.3 ng/mL) (P<0.001). Muscle strength via torque measurements and functional power were assessed with a Biodek dynamometer. Differences were noted between the groups (P<0.001): ZMA (189.9 to 211 Nm at 180°/s and 316.5 to 373.7 Nm at 300°/s) and P (204.2 to 209.1 Nm at 180°/s and 369.5 to 404.3 Nm at 300°/s). The results demonstrate the efficacy of a Zn-Mg preparation (ZMA) on muscle attributes and selected hormones in strength-trained, competitive athletes.

Key Words: vitamin B₆, anabolic hormones, testosterone, IGF-I, muscle

INTRODUCTION

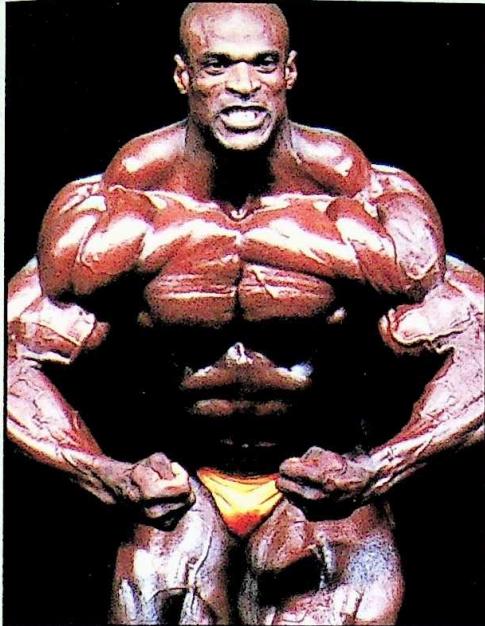
Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-I (IGF-I)(1); and zinc, in particular, may contribute to elevating serum testosterone (2). Both IGF-I and testosterone are anabolic factors that enhance muscle function and physical performance. Testosterone's role in physical

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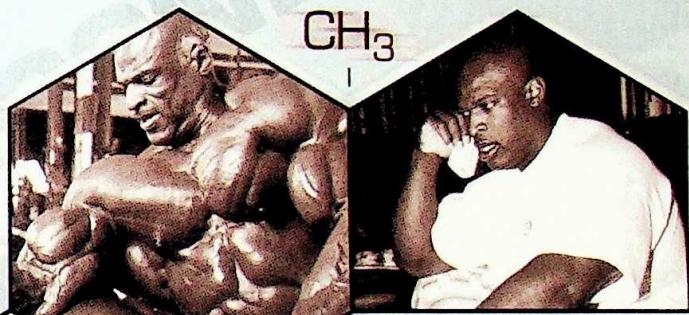
RESULTS SEEN ON THE BIGGEST STAGE IN BODYBUILDING

ERONE, IGF-I, GABA RELEASE AND RECOVERY



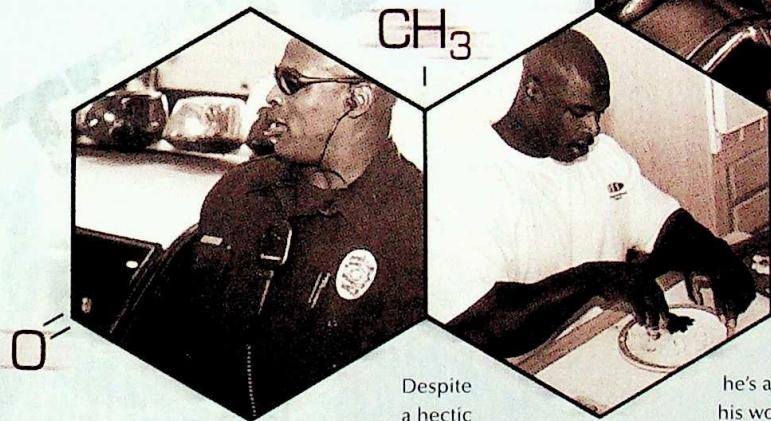
THREE-TIME MR. OLYMPIA, RONNIE COLEMAN

Prior to launching **ZMA™ Force+™**, our researchers asked the hardest working man in bodybuilding to test our latest innovation in recovery before his second title defense at the Mandalay Bay. With his incredible stage presence and total dominance over all other competitors, you tell us if the now THREE-TIME MR. OLYMPIA, Ronnie Coleman, has improved. The entire bodybuilding world would likely answer with an emphatic "**HELL YES!**"



OH

CH₃



Unlike many professional bodybuilders that simply train, eat and sleep, Ronnie Coleman spent 8 stressful hours a day, 5 days a week working the streets of Arlington, Texas, as one of the city's finest cops, when training for the biggest event in body building. To be his best, he demanded optimal recovery and an anabolic environment.

Despite a hectic schedule that included a full-time job on the weekdays and traveling for guest appearances on weekends, Ronnie constantly maintained a healthy diet of whole foods and supplementation in order to get his daily total of six meals and 600 grams of protein for packing on and maintaining his enormous amount of lean muscle mass.

Milos Sarcev recently described a workout with Ronnie Coleman as one of the most intense he had ever experienced in his entire career. Ronnie, however, says that's just how he's always trained; splitting his workouts between light and heavy days to help avoid burn-out, but going extremely heavy and intense on those days designated as "heavy."



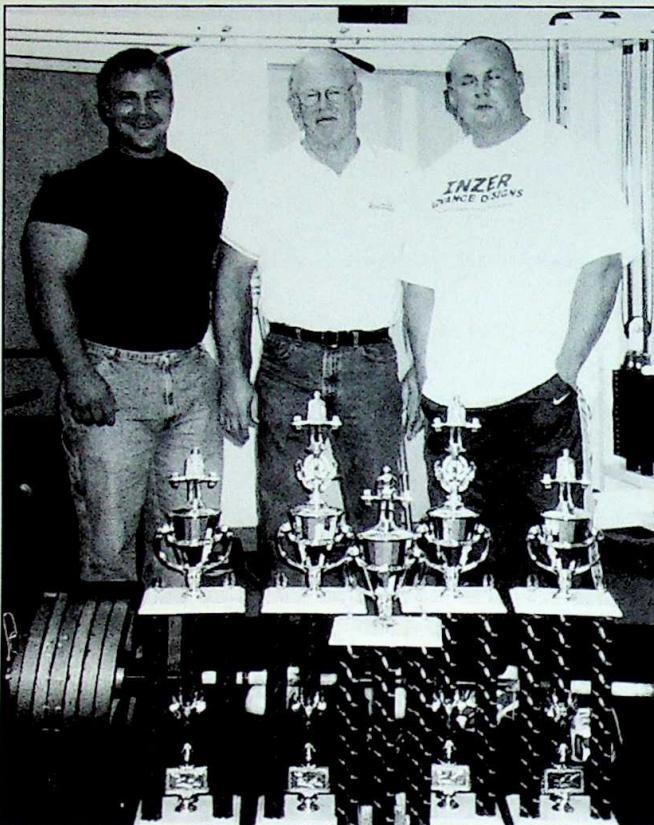
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**SLP X-TREME FIT BP/DL CLASSIC
03 NOV 01-UNION, MO**

BENCH PRESS	police & fire
master women 45-49	220
148	Richard Brown 395
D. Withington	165
teenage men 13-15	4th 405
242	275
Josh Quickle	300
teenage men 16-17	Sgt. B. Holmes 435
198	shw
Chris Holloway	315
junior men	Mike Werges 415
181	open men
Z. "Coop" Cooper	350
198	Glen Thomas 345
Nick Young	435
242	Ricky Coggins 440
Chris Lastrada	350
submaster men	4th 460
198	Wayne Habermchl 460
Bruce Stevens	405
Warren Holloway	330
220	Brandon Harwood 275
Jeff Withington	360
308	Sanford Roth 530
Mike Hamby	525
master men 40-44	4th 550
220	Jason Brown 405
Steve Hazen	340
master men 45-49	junior men
shw	198
Ron Serra	Russell Smith 500
master men 50-54	submaster men
198	220
Bill Harris	Jeff Withington 500
242	open men
Robert Bullock	295
275	Todd Furlow 585
Frank Shockley	405
	Sanford Roth 550
	Dennis Francis 480

* Son Light Power Missouri state record. The Xtreme Fitness Fall Bench Press/Deadlift Classic was held at X-treme Fitness in Union, Missouri on November 3, 2001. Thanks to fitness owner Bill White for his continued support of the sport of powerlifting. In the bench press competition Debbie Withington got a great new pr with her win at master 45-49/148. Making just her opener, Debbie still finished with a new Missouri state record of 165. Josh Quickle won at 13-15/242 with his first 300 bench! This was also a new state record for Josh. At 16-17 198 Chris Holloway was the winner, finishing with a new pr and state record 315. Chris, who holds the state record at 181, moved up to the 198 class for the first time. In the junior division it was Zac 'Coop' Cooper for the win at 181 with his opener of 350. This broke the existing state record by ten pounds. Nick Young won at junior 198, also getting just his opener. However, Nick's 435 set the record in that class. Chris Lastrada won the last junior class at 242 with 350. Bruce Stevens took the submaster 198 class, hitting a personal best 405 for the win. This was also a new Missouri state record for Bruce. Warren Holloway finished second at 198 with 330. At 220 it was Jeff Withington, making all three of his attempts to finish with 360 and another new state record. Mike Hamby had a great day, finishing with a personal best 525 for the



X-treme Fitness Best Lifter (BP) Sanford Roth - 550 @ 275, X-treme Fitness owner Bill White (middle) and Todd Furlow - DL - 585 @ 242.

title at submaster 308 and the record there. Steve Hazen won at master 40-44/220 with 340, just missing 350 for his final attempt. Ron Serra looked strong as he took the 45-49/shw title, finishing with an easy state record of 520. Bill Harris set a new state record at 50-54/198 with his second attempt of 280 for the win there. Also at 50-54 was 242 winner Robert Bullock, who finished with his opener of 295. Frank Shockley set a new pr and state record with his win at 50-54/275, finishing with 405. We had three lifters in the police & fire division, each setting new state records in their respective classes. Richard Brown got two new prs with his third attempt of 395 and his fourth with 405 for the win at 220. This was Richards first competition. 275 winner, Sgt. Brian Holmes, finished with 435 for the record there. At shw it was Mike Werges for the win with a strong 415, just missing a pr for his fourth attempt. In the open division Glen Thomas set the record at 165 with a new state record of 345. At 198 it was Ricky Coggins with some great lifting, finishing with two new prs on his third (440) and fourth (460) attempts for the record there. Wayne Habermchl finished with a strong 460 for the win at 220. Brandon Harwood was second at 220 with 275, making just his opener. At 275 the winner was Sanford Roth who finished with 530, then came back on a fourth for a new personal best 550. Weighing in at 247 this also gave Sanford the best lifter award for the competition. In the deadlift competition it was Debbie Withington again for the master 45-49/148 title, finishing with a personal best and state record 290. Great job, Deb, two new prs on the day! Jason Brown also continues to improve as he captured the 16-17/148 title with a pr and new state record of 405. Russell Smith got a new pr along with a new state record with his win at junior/198, finishing with 500. Jeff Withington tied the existing state record at submaster 220 with his 500 pull for the win there. In the open division it was Todd Furlow for the title at 242, pulling an easy 585 for the win. Todd missed his final attempt with 630, which would have given him a new pr, but which is easily within his grasp. Todd's 585 @ 236 gave him best lifter honors for the competition.. At 275 it was Sanford Roth for the win with a state record pull of 550. Dennis Francis was second with a personal best 480. Thanks again to Bill White, to my son Joey and Kevin White for their help loading and spotting and to nine year old Megan Medley for helping me with the trophies. (Thanks Dr. Darrell Latch for providing the results).

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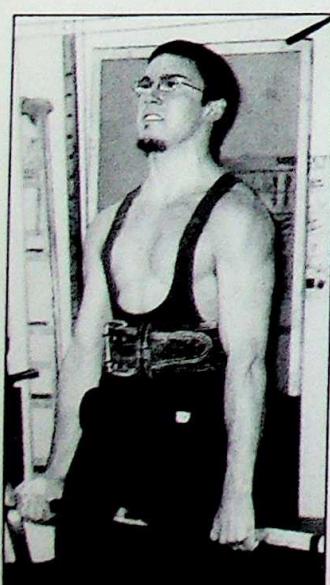


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16 Year Old Jason Brown PRs a State Record 405 deadlift at 148/16-17. (Dr. Darrell Latch photos)

**Mon Valley Fitness Center BP Classic
10 NOV 01 - Dunlevy, PA**

BENCH PRESS	Pro
WOMEN	R. Miller 530
A. Schultz	145 275
K. Blair	140 A. Spinrah 350
TEENAGE	SHW
J. Balykefer	415 A. Tamules 525
R. Hughes	270 J. Wilson 365
E. Hahn	210 DEADLIFT
165	WOMEN
K. Stoner	280 K. Blair 270
R. Hughes	270 181
181 masters	S. Siwiak Masters 640*
K. McNash	350 K. McNash 605
198	220
Amateur	J. Vigilone 410 C. Eberley 540
Pro	242
B. Zemitz	410 G. Oliver 655
220	B. Fleming 565
J. Alessandro	455 SHW
P. Parks	430 A. Tamules 545
242	Amateur Masters
B. Fleming	355

* APA Record. (Thanks to MVFC for these results)

From Jerry Wilson: "I just wanted to drop you a quick note to tell you of a positive experience I had November 10, 2001 at THE MON VALLEY BENCH AND DEADLIFT MEET. I certainly am not a nationally known bench presser as most of the many competitors weren't. However, there was a lifter there who is very well known throughout the world for what he has accomplished on the bench press. His name is Jamie Harris. Jamie wasn't there to compete, but he was still very much involved with many of the lifters there. He was helping out in the warm up room giving lift-offs, putting on bench shirts, and cheering on competitors while they lifted. He even remembered a brief conversation we had two months ago about an injury to my pectoral muscle. With our country going through such turbulent times, it was great to see someone with what Jamie was accomplished helping out those who love to compete at this great sport. Thanks to Carl Seeker & Rhonda (owner of Mon Valley Fitness) for putting on an enjoyable meet."

**SLP Fitness One Fall Classic BP/DL
29 SEP 01 - Hamilton, OH**

BENCH PRESS	275	Chades Peer	435*
submaster women	308		
97	Mike Giese	350	
Melanie Gibson	90	master men 50-54	
teenage men 13-15	198		
97	Bob Bean	405	
Joel Thenot	65	master men 60-64	
148	220		
Tyler Smallwood	185	Gene Keesy	300*
275		4th	305*
Bo Hall	285*	police & fire	
teenage men 16-17	275		
148			
Shawn Donohoue	265	Mike Ferguson	405
Chris Keefee	200	openmen	
teenage men 18-19	165		
165	John Hammond	305	
David Shaw	250	198	
junior men	Chris Anderson	430*	
148	Jeff Sandlin	350	
Jay Zurlinden	265	Tim Baker	275
242	220		
Alan Hibbard	350*	Derek Barnickel	500
275	275	Stephan Tanner	425
B. Chamberlain	465*	B. Chamberlain	465*
submaster men	DEADLIFT		
220			
Bobby Burdine	405*	teenage men 13-15	
4th	275		
Barry Smallwood	385	Bo Hall	440
242	4th	450*	
Jeff Ritzler	410	junior men	
4th	500*		
Mark Ridgeway	315	Jay Zurlinden	335*
4th	325	4th	345*
275	submaster men		
Darryl Simpson	455	165	
master men 40-44	Mark Hess	460	
220	242		
Ray Thenot	300	Mark Ridgeway	430
242	open men		
O. D. Marinich	350		
master men 45-49	Tim Baker	335	
220	4th	360	
Toni Boyer	390		

* Son Light Power Ohio state record. The Fitness One Fall Classic Bench Press/Deadlift Championships were held at the Sport Zone in Hamilton, Ohio. Thanks to Wayne Smallwood and his staff at Fitness One for all their help with the competition. In the bench press event lone female competitor

Melanie Gibson won the submaster 97 class with 90. Melanie had been sick the past few weeks, but still toughed it out. In the teenage men's 13-15 age division Joel Thenot competed for the first time, taking the 97 class with 65. Tyler Smallwood, following in his grandpa's footsteps, won at 13-15/148 with a new state record of 185. Bo Hall broke his own state record at 13-15/275 on his second attempt with 285. In the 16-17 division Shawn Donohoue broke the record at 148 on his final attempt with 265. Chris Keefee got a pr with 200 finishing in second place. David Shaw finished with 250 and he won the title at 18-19/165. Jay Zurlinden took the junior 148 title with 265, missing a final attempt of 285 to break his own state record. At junior 242 Alan Hibbard set the Ohio state record with 350 in just his first competition. Brian Chamberlain got a big 465 state record at junior 275. Bobby Burdine surprised even himself (I know it surprised me) at 220, taking the title from Barry Smallwood 405 to 385. Bobby even stole the state record from Barry with his fourth attempt of 410. Jeff Ritzler finished the regular competition with



New PR ... Jeff Ritzler with a 500 @ 242. (D. Latch photos)



BEST LIFTERS ... (l-r) Derek Barnickel (500 BP) and Mark Hess (460 Deadlift)

410 for the win at 242, but then took a fourth attempt with a pr 500. Good! A new pr and a new Ohio state record at submaster 242. Second place went to Mark Ridgeway who went 315 and a 325 pr fourth. Darryl Simpson finished with 455 for the win at submaster 275. In the master men's 40-44 group 220 winner Ray Thenot got just his opener in, at 300, lifting in his first competition. Also at 40-44 O.D. Marinich won at 242 with 350. Master 45-49 winner at 220 was Tom Boyer, who finished with 390. Charles Peer won the 45-49/275 title with a new state record 435. Then at 308 state record holder Mike Giese won with 350. At 50-54/198 Bob Bean continues to break his own state record as he did here with 405. Gene Keesy set the record at 60-64/220 with his 300 third-at-

tempt, followed by a 305 fourth. Mike Ferguson now holds the police & fire 275 state record as he moved up to that class for the win at 400. In the open division John Hammond won at 181 with a solid 305. Chris Anderson was first at 198 with a state record 430, followed by Jeff Sandlin at 350 and Tim Baker with 275. Derek Barnickel only got his opener of 500, but was good enough for the win at 220 and the best lifter title. Stephan Tanner was second at 220 with 425. In the open 275 class junior men's winner repeated here with a huge 465 state record. In the deadlift competition Bo Hall continued his record assault, pulling 440, then a 450 state record fourth for the win at 13-15/275. Jay Zurlinden broke his own state record twice at junior 148 with a 335 third and a 345 fourth attempt. In the submaster division Mark Hess pulled a big 460 at 165 for the win and Mark Ridgeway got 430 at 242. In the open division Tim Baker finished with 335 then a 360 fourth for the title at 198. Best lifter award went to Mark Hess who pulled 460 @ 162. Thanks to my son Joey for all his help. (thanks to Meet Director Dr. Darrell Latch for providing the results to Powerlifting USA)

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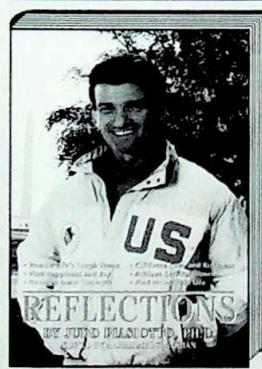
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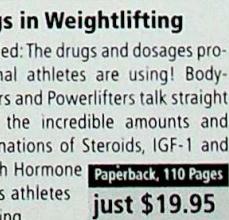
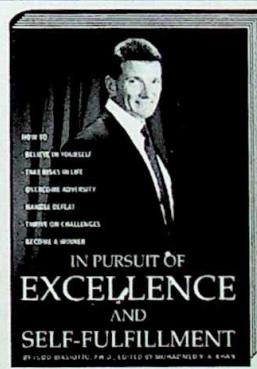
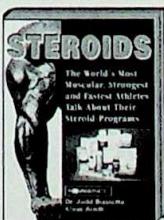
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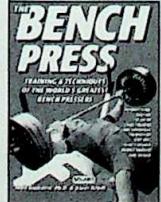
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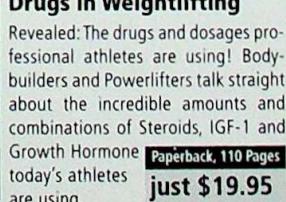
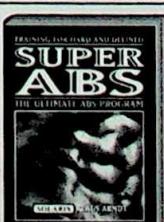


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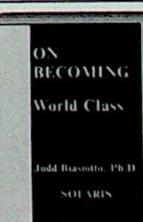
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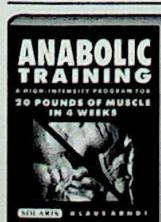


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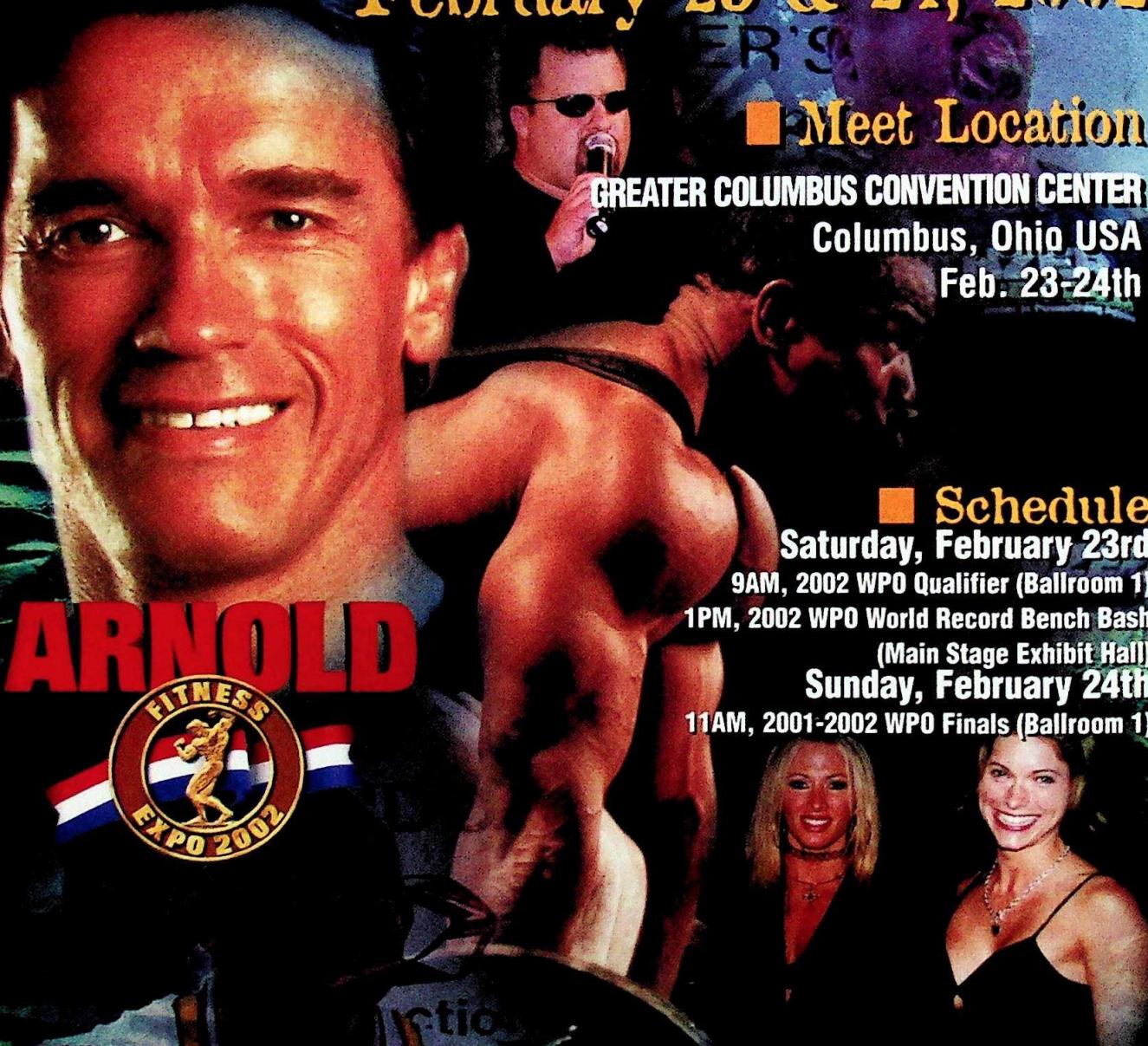
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9AM, 2002 WPO Qualifier (Ballroom 1)

1PM, 2002 WPO World Record Bench Bash

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Sunday, February 24th

11AM, 2001-2002 WPO Finals (Ballroom 1)

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fier - Charlotte, NC) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

17 FEB, APA Maryland Open PL & BP (open to all lifters from all states - Laurel, MD) Jeff McVicar, gomarines@hotmail.com, or Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

22,23 FEB, 100% Raw Women's International Open (all ages, wt. classes, 5 yr. drug testing, 02/02 deadline) Dr. Spero Tsontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

23 FEB, WPO Qualifier & Arnold Bench Classic (Columbus, OH) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 386-677-4000, 877-HUG-IRON, www.hugeiron.com

23 FEB, APA Iron Warrior Open BP & DL (Montgomery, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

23 FEB, WABDL Budweiser California State BP/DL (Monterey, CA), Iron Society - Matt Lamarque, 831-277-4766

23 FEB, 12th Winter Bench Press Classic (Granger, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

23 FEB, APA Iron Warrior Open BP & DL (Montgomery, AL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com, or Johnny Sheakley, Johnnysixx@aol.com

23 FEB, WABDL California State BP & DL (drug tested - Monterey, CA) Matt LaMarque 831-277-4766

23 FEB, SLP Southern Illinois Open BP/ DL (Effingham, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24 FEB, WNPF Ohio (PL, BP, DL, SQ - national qualifier - Youngstown, OH) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

24 FEB, WPO Final Superbowl of Powerlifting (Columbus, OH) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 386-677-4000, 877-HUG-IRON, www.hugeiron.com

24 FEB, WNPF Ohio St., Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

FEB, APA Maryland Open (Laurel, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

FEB, USAPL BP or PL Meet, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614

2 MAR, Walker's Gym Bench Press Classic (Open & raw - men, women, teen, master, fire, police, military - 5 places - Virginia) Barry Walker, 458-7918

2 MAR, APF/AAPF Silver State Open & Nevada State Closed, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

2 MAR, Junior Olympic PL, AAU Nevada State Meet, Les Cramer, Weight Head Gym, 6620 W. Flamingo Rd. #1, Las Vegas, NV 89103, 702-873-1593, www.weightheadgym.com

2 MAR, 11th Larry Frederick Memorial BP Challenge, Steve Unruh, North Penn YMCA, 608 E. Main st., Lansdale, PA 19446, 215-368-1601 ext. 230

2 MAR, 5th AAU Hawaii State (Waimanalo Carnival Pavilion, Keith Ward, Box 654, Waimanalo, HI 96795, 808-259-9800

2 MAR, USAPL Georgia St. (open, teen, masters - Duluth, GA), Sherman or Ryan, 770-495-0787, rg5520@yahoo.com

2 MAR, 6th Pasco Power Team King of the Bench (sculptured trophies, BP & SQ semi-

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nar) Rick Lawrence, 727-942-7894, or Mike at 727-863-2228

2 MAR, APA High School & Junior High School National PL & BP and APA Tri-State Open PL & BP (Houston, TX) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

2 MAR, All Church Powerlifting Contest (Open to all church members & church sponsored teams) Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

2 MAR, WABDL Great Northern BP & DL (drug tested -

Seattle, WA) Bull Stewart, 206-725-7894
2 MAR, SLP Iron House Open PL/BP/DL (Hoopesstown, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

2,3 MAR, WNPF BP/DL Nationals & SQ Nationals & Power Curl (all single lifts - no totals - Bordentown, NJ - world qualifier) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418
2,3 MAR, NASA Natural Nationals PL, BP, PS (Oklahoma City, OK) SQPBBL@aol.com

3 MAR, USPF New Jersey State High School Championships (Healthquest - Flemington, NJ) Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, 732-886-0199, USPFehorton@aol.com
3 MAR, SLP Iron Slamma-Jamma BP/DL (Indianapolis, IN) 217-253-5429, www.sonlightpower.com

3 MAR, 1st Pittsburgh's Men & Women of Steel Bench Press (assisted & raw: men, women, teen, jr., submaster, master) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620

8-10 MAR, 100% Raw Teenage Nationals (men & women, all ages, wt. classes, 5 yr. drug testing period, 02/09 deadline) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-8274

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) SQPBBL@aol.com

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

9 MAR, USAPL Virginia Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, valifitng@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 Image 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, ntrlpw@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, PepsiWABDL 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 - national 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 Pecanlonica Finess BP/DL Classic (Pecanlonica, 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, mics904082@aol.com, 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, brookmannec@earthlink.net, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.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 1, jr. (13-23, 2 year age groups), submaster, masters (5 yr. age groups to 70+), Bench, Police/Fire) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguingfitness.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@lakewebs.net

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July 13th - 14th New York, NY

August 10th Columbus, OH

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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) SQPBBL@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 Orenia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

16,17 MAR, APF/AAPF Texas & Oklahoma State (separate meets) PL, BP, DL, Radar Copehart, 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, APF Michigan State (Harrison Township, MI) Jim Hinze, 33949 Curcio St., Sterling Hts., MI 48310, 810-381-6499, jlmh@teamubs.com

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

23 MAR, APA Kentucky Regional PL & BP (open to all lifters in all states) Jay Gibson, zetchok@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@surfsoouth.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 - national 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, 1st Annual John Ware Classic Collegiate Invitational, TSU Irondogs, Student Involvement SUB, 100 E. Norman, Kirksville, MO 63501, Zac Cooper, tsuirondogs@hotmail.com, 660-785-4850

23 MAR, USPF West Virginia State & Single Lift SQ and DL & Holley Strength System Open PL, BP, DI (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

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2-23-02 WPO Qualifier/WPO Arnold Classic Bench Bash (Columbus, Ohio)

2-24-02 WPO Super Bowl of Powerlifting Finals (Columbus, Ohio)

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 - qualifier for APF Senior Nationals)

5-11-02 AAPF Florida State Powerlifting Championships

6-01-02 APF Florida State Powerlifting Championships (qualifier

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

10-7-02 WPO Powerlifting Semi-Finals (Loc. tba)

11-02-02 AAPF Southern States Powerlifting Championships

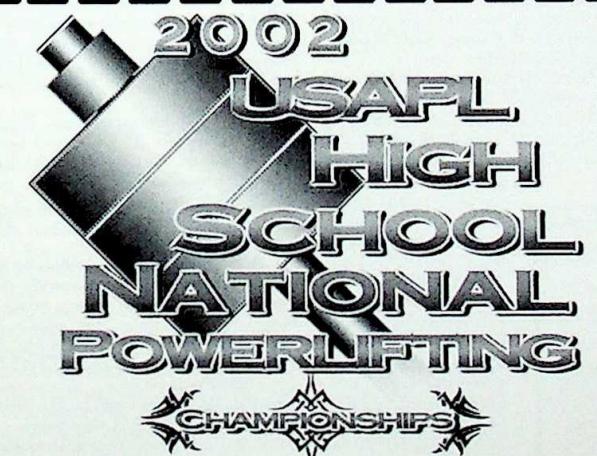
11-30-02 APF Southern States Powerlifting Championships (light day)

12-09-01 APF Southern States Powerlifting Championships (heavy day) (qualifier for APF Senior Nationals)

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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 - national 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 (new date), 13th Cabin Fever DL plus BP, Brendan Yoder, 57745 CR 117, Goschen, 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@nycap.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, NASA Kentucky St., Greg Van Hoose, gvh@wirefire.com

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

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

5 APR, APF/AAPF First National Curl 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, IPA East Coast Bench Press Nationals, Drew Lindsley, 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, 912-423-7434

6 APR, USAA BP, DL, Ironman Nationals (tested, non-tested - Atlanta, GA) USSA, Box 1656, Griffin, GA 30224, 707-227-0008

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, 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

6 APR, Staunton YMCA Spring BP/DL, John Shifflett, Box 941, Stanardsville, VA 22973, valisting@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, USPF High School & Jr. National Championships (Ft. Hood, TX 2 yr. age groups 13-23) Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 8 0 0 - 3 7 8 - 6 4 6 0 , www.seguinfitness.com

6 APR, WABDL 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, hugeiron@bellsouth.net

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, IPA New York State PL & BP, Joe Mitchko, 161 Perth Fitness Rd., Amsterdam, NY 12010, 518-762-3216

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

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 - national qualifier - Bessemer, AL) Lester Fields, Box 142347, Fayetteville, GA 30214, 770-996-3418

7 APR, WNPF Western New York Meet (Niagara Falls, NY), Ron DeAmicis, 6351 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 Barravecchio, 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 (new date), APF/AAPF Georgia

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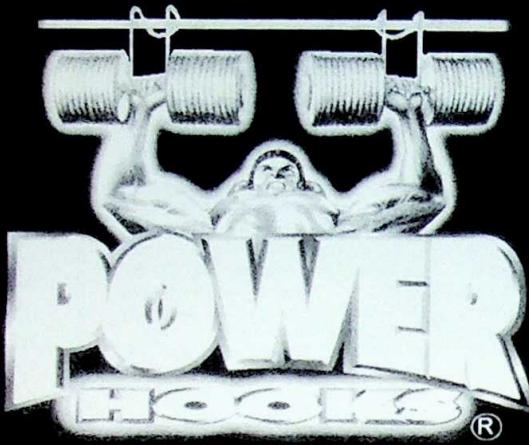
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To enter: Send a post card or letter no later than Oct. 1, 2002 to Country Power Inc. with your name, address, phone number, body weight, age, and your best 10 reps dumbbell lift that you bench pressed using Power Hooks.

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.

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85-979 Farrington Hwy.
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State PL & Georgia Bench Meet, L.B. & Nadine Baker, 1410 Jefferson Ave., Bogart, GA 30622, 770-725-6684, lbaker@musclemaker.net

13 APR, USPF California State PL & BP (Lake Forest, CA) Tony Hardridge, 949-307-9634, www.strengthsystemsdiel.com

13 APR, USPF 11th Annual UB Open BP/DL, Triple Gym, Alumni Arena, University at Buffalo, Amherst, NY 14260 (deadline 3/31/02) Matt Malisiewicz, 716-645-1461, mmm25@acsu.buffalo.edu

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, 217-253-2949, 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 & PL, Pete Sanzio, 462 Doane Ave., SI, NY 10308, 178-605-1402

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

13,14 APR, NASA High School Nation- als (PL, PS - Oklahoma City, OK) SQPBBL@ao.com

14 APR, 16th Olympic Bench Press Championship, 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 - Grahamj7@cs.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 Southwest PL Open (Las Vegas, NV - qualifier 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 Herring 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, NASA N. Carolina St. (all events, Hickory/Conover, NC) SQPBBL@ao.com

21 APR (new date), ADAU Seneca Nation 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, NASA Wisconsin St. PL, BP, PS (Marshfield, WI) SQPBBL@ao.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/PL Championships, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.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,

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W 97-132 - 1:00-2:00
W 148-SHW - 2:00-3:00
HS - 3:00-6:00
Awards
5/5/02: M 114-181 - 12:00-3:00
M 198-SHW - 3:00-6:00
Awards

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

APR, NASA W. Virginia St. Greg Van Hoose, gvhl@wirefire.com

APR, NASA WV State, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

APR, USPF North American PL/BP (men/women open, 14-23, 35-39, 40+, collegiate) 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, 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 Pennsylvania PL (Beaver Falls, PA - national qualifier) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

4 MAY, NASA IL/IN St. (Flora, IL) SQPBBL@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) Savannah, 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, usaplnationals.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, AAU Sr. National Bench Press (all wt. class, div., & age groups - 1st place watches - team clock trophy) Merritt Athrletic Club, 1388 Progress Way, Eldersburg, MD 21784, Josh 410-549-8855, FAX 410-549-9452

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 2 2 9 7 3 , valifitng@aol.com

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

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

11 MAY, AAU Virginia State Open & Mid-Atlantic Triple Crown Classic (4 contests in one) Barbara Beasley, 1811 Southclif Rd., Richmond, VA 23225, 804-233-9570, barbeez@aol.com

11 MAY, APA Midwest Regional (Burlington, IA) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, apa-iowa@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, Fred Pfister 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 Eric C.C. Football Team - Buffalo, NY - men, women, teen, masters) Dennis Green 716-851-1898

18 MAY, ADAU "No Duggies Allowed" Open PL (national qualifier) Joe Orengia, 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, 2 1 7 - 2 5 3 - 5 4 2 9 , 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 Orengia, 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 Parker, 559-322-6805 (w), 559-658-5437 (h)

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

MAY, NASA Kansas St. SQPBBL@aol.com

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

MAY, NASA PA St. Greg Van Hoose, gvhl@wirefire.com

MAY, NASA Pennsylvania State (New Stanton) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.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 (Words Gym, Newburgh, NY) Frank Panaro, 839 Rt. 52, Walden, NY 12586, 845-778-1884

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.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, 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@pikitup.com

8 JUN, USPF South Texas Championships (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

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

14-16 JUN (NEW DATE), APF Men's & Women's Senior National PL & WPO Qualifier (only other qualifying meet for

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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, 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, validating@aol.com

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

21,22 JUN, IPA Worlds - Nazareth Barbell Strength Spectacular (55 lifters/day) Mike Miller or Deb Ames, Nazareth Barbell (PA), 610-746-7000, nazbar@enter.net, www.bighbenchpress.com

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 Hansell, 504-392-9743

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



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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, EastCoastPower@Home.com

29 JUN, USSA CAN-AM National BP/DL & Ironman (Ottawa, CAN - tested, non-tested) USSA, Box 1656, Griffin, GA 30224, 707-227-0008

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 Detting Memorial Raw Bench Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, EastCoastPower@Home.com

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, NASA WV Open (Buckhannon) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.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

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, 330-792-6670

7 JUL, USAA PL Nationals (tested, non-tested - Atlanta, GA) USSA, Box 1656, Griffin, GA 30224, 707-227-0008

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

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

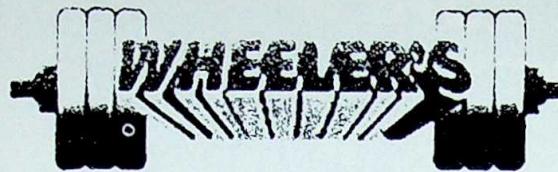
13 JUL, ANPPC World Cup, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

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, 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

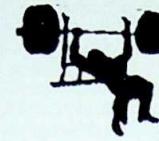




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20 JUL, USSA USA PL Championships & S.C. State (tested, non-tested) - Gaffney, SC) USSA, Box 1656, Griffin, GA 30224, 707-227-0008

20 JUL, Blackberry Barberend BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, <http://www.geocities.com/bruceswan500/index.html>

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

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

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

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

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

JUL, USAPL Men's Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-5964 or 361-8813

10 AUG, USAPL New Jersey Bench Press Open, Pro Fitness, 350 Rte. 46, Rockaway, NJ 07866, 973-627-9156

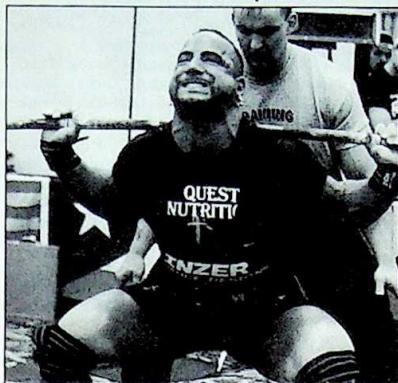
10 AUG, WABDL Midwest Regional BP & DL (drug tested) Rich Edinger, 701-298-0764 or 361-8813

10 AUG, SLP Wisconsin State Fair BP/DL

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(West Allis, WI) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
10 AUG, Greene County Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com
10,11 AUG, NASA World Cup (all events, Oklahoma City, OK) SQPBDL@aol.com
11 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
17 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) 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, valifting@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
19 AUG, ADAU Raw Drug Free New Jersey Youth BP and 2 lift (19 & under, out of state division) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807
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 Bernadino, 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, 707-227-0008
31 AUG, USPF Bench Press Nationals (Ocean

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Dunes Resort Hotel, Myrtle Beach, SC) Eddie Horton, 16 Lindsey Ct., Lakewood, NJ 08701, 732-886-0199, USPFhorton@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

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, 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, USSA American PL Championships (Dayton, OH - tested & non-tested) USSA, Box 1656, Griffin, GA 30224, 707-227-0008

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

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 contests), USBF Raw BP Nationals & USPC Power Curl Nationals (open, masters, teen, police/fire, military - wraps & belts allowed) Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-85 - 8264, EastCoastPower@Home.com

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

SEP, NASA Kentucky Regional (Lexington, KY) Greg Van Hoose, gvh@wirefire.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 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

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

5 OCT, NASA Ohio Regional PL, BP, PS (Springfield, OH) SQPBDSL@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., Mays 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) SQPBDSL@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, APF N. California Open PL & BP (San Francisco, CA) John Ford 650-757-9506

19 OCT, 6th Pennsylvania Power Challenge (BP/DL) Gene Rychlak, 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) SQPBDSL@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

25-27 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, 20th ADAU "Central PA Open" (open and all age groups) for both men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

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

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

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 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

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

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

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

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 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)

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

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

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

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

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

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

14 DEC 02, Christmas Bench Press, John Shifflett, 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

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

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

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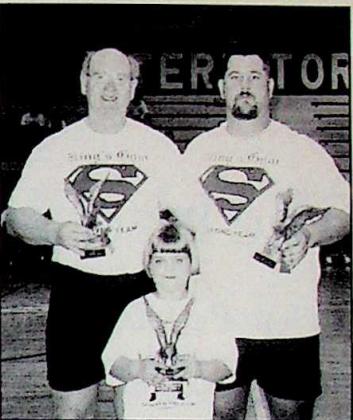
**AAU East Coast/N.C. State
18 AUG 01 - Randleman, NC**

EAST COAST	Bench Press	North Carolina Assisted Bench Women	220 Master I Assisted P. Capps 565 400 485 1450	
Youth			North Carolina Assisted Full Power Men	
88 12-13		148	123 Submaster B. Boggs 185 135 250 570	
J. Beane	85	Submaster D. White 190	148 Master I R. McClendon 415 275 445 1135	
Teen		181	170 M. Krisinski 165 K. Gibson 420 380 500 1300	
181 14-15		M. Krisinski	170 M. Krisinski 170 S. Brawley 375 225 350 950	
J. Barnes	250	M. Krisinski	170 J. Payne 135 181 C. Wright 510 300 580 1390	
Open Women		Teen	165 E. Payne 135 B. Walker 540 310 545 1395	
181		M. Krisinski	170 C. Wright 510 300 580 1390	
M. Krisinski	170	Master I	181 K. Gibson 320 198 C. Gibson 600 450 635 1685	
Master I		14-15	181 A. Beane 405 480 405 1290	
181		J. Payne	170 R. Hammond 240 M. Baker 350 285 390 1050	
F. Sumner	260	Master II	181 T. Hines 420 M. Baker 220 C. Gibson 600 450 635 1685	
Assisted		181	181 A. Beane 405 480 405 1290	
T. Hines	420	T. Hines	198 C. Gibson 600 450 635 1685	
198		198	198 C. Gibson 600 450 635 1685	
R. McCullum	400	A. Beane	198 C. Gibson 600 450 635 1685	
Master I		C. Gibson	198 C. Gibson 600 450 635 1685	
M. Leibacher	345	Submaster	198 C. Gibson 600 450 635 1685	
J. Hanson	320	A. Beane	198 C. Gibson 600 450 635 1685	
220		Submaster	198 C. Gibson 600 450 635 1685	
L. Ray	355	B. Rush	198 C. Gibson 600 450 635 1685	
Master I		D. McMillan	198 C. Gibson 600 450 635 1685	
L. Ray	355	B. Rush	198 C. Gibson 600 450 635 1685	
242		D. McMillan	198 C. Gibson 600 450 635 1685	
Master I		B. Rush	198 C. Gibson 600 450 635 1685	
R. Thelin	385	Master I	198 C. Gibson 600 450 635 1685	
		D. McMillan	198 C. Gibson 600 450 635 1685	
		L. Ray	198 C. Gibson 600 450 635 1685	
		Submaster	198 C. Gibson 600 450 635 1685	
		S. Deuel	198 C. Gibson 600 450 635 1685	
		Submaster	198 C. Gibson 600 450 635 1685	
		S. Deuel	198 C. Gibson 600 450 635 1685	
		319	198 C. Gibson 600 450 635 1685	
		C. Middleton	198 C. Gibson 600 450 635 1685	
EAST COAST FULL POWER				
Youth	SQ	BP	DL	TOT
77-89				
A. Boggs	60	15	70	145
88 12-13				
J. Beane	115	85	175	375
220 10-11				
A. Crowder II	180	105	250	535
Teen				
SHW Women 16-17				
E. Schoeppler	250	125	260	635
319 Men 16-17				
J. Simmons	400	200	400	1000
Open Women				
165				
A. Simone Men	205	135	315	655
148				
P. White	170	115	260	545
165				
D. Bryant	275	285	300	790
181				
D. Hill	405	285	410	1100
T. Helton	325	265	345	935
220				
S. Routh	410	345	520	1275
L. Deason	405	370	475	1250
S. Lock	405	340	420	1165
R. McMillain	415	240	400	1055
Master II				
165				
A. Crenshaw	225	245	320	790
181				
M. Brady	425	295	510	1230
F. Sumner	250	260	335	845
Master I				
R. Young	275	245	325	845
Submaster				
M. Fox	350	280	405	1035
Junior				
J. Freeman	425	285	435	1145
198				
J. Thompson	275	150	400	825
Master I				
B. Cahill	390	290	520	1200
220				
V. Armstrong	375	350	400	1125
Master II				
J. Michael	350	250	385	985
242				
A. Crowder I	500	405		
Master I				
B. Strauss	425	305	425	1155
275				
J. Rauch	600	450	650	1700
D. Michels	500	365	605	1470

Arnold what it would take for him to retire!! The lifting went smoothly with hard battles being fought in many of the divisions and weight classes. The crowd was treated to a seminar in lifting by Arnold Arrington. He garnered the American and North Carolina Records across the board in the 275 lb./62 year old age group. He also earned himself the North Carolina Open Record in the squat. On the other end of the age spectrum we had 8 year old Amanda Boggs lifting in the Girls 77 lb. weight class. With a full 3 weeks of training under her belt she charmed the crowd with her pixie-like appearance and her seemingly effortless mastery of lifting techniques. She will be one to watch in years to come. The theory that genetics will tell was proven when 13 year old Justin Beane and his dad Alan Beane both set American Records in the bench in their respective divisions and weight classes. On the subject of records being broken, 22 American Records and 63 North Carolina Records bit the dust during the competition. King's Gym lifters were responsible for bringing home 16 American Records and 45 North Carolina Records.

King's Gym lifters setting American Records also included Elizabeth Schoeppeler, Mike Brady, Bryan Rush and Bobby Walker. It was a good day for the home team. Others had a good day as well, most specifically first time lifter, South Carolina's Jason Rauch who totaled 1700 lb. in the Raw 275 lb. Open Division. Jason's efforts not only gained him an awesome total for a first timer but the Best Lifter Award in the Full Power Open Division. The following lifters joined Jason in winning the Best Lifter Award their respective Divisions: Arnold Arrington - Master & Submaster /Full Power; Jonathan Freeman - Junior & Teen/Full Power; Alan Beane - Overall/Bench.

If you have never put on a Full Power competition, you have no idea the amount of time and effort it takes to hold a meet. It takes cooperation from so many people and I am certain I will forget someone as I attempt to thank those who helped make this competition a success. To my spot/loaders, Brian Chisholm, Eric Waugh, Rodney Sargent, Tommy Rush, Drew Dunn, Jay Diggs and Bob Gelsimino; you guys lifted more weight than anybody - thanks for a job well done. To my table help, Shannon Seay, Wanda Bray, Brenda Daniel, Amy Spell, Melissa Grant, Sandra Watson, Trisha Brown, Courtney Lorimer and Verlinda McMillan, thanks for keeping things running smoothly and putting up with Charles!! And while we're on the subject, many thanks to Charles Beane, who in my opinion is the finest, most informative table announcer in the sport of Powerlifting. Thanks to Terrie Talbert for holding vigil at the ticket sales table, job well done. To my



Left to Right: **Arnold Arrington, Amanda Boggs & Arnold's coach and training partner Bob Dunn (Sandra)**

Mom and Dad, Joyce & Howard Lemonds and to Phyllis Swaney, Terry & Bree Lamb; all of you worked diligently at the concession table from beginning to end. To all of you who sat in the Referee's chair, Red Swaim, Tommy Coble, Ronnie Hammond, Dana Arrington, Rick Young, John Nesbitt, Victor Armstrong and Mario Torrez, thanks so much for a service that makes a competition possible. Thanks to Coach Arrington and members of the RHS Football team who rose to the challenge and cleaned the gymnasium after the meet ended. To Clayton Craven, thanks for "supervising" the meet set-up. Thanks to Paul Rossiter for putting together any and all forms I requested for the meet and for helping to keep me sane the days before the contest. To Len Adams, thanks for some awesome trophies. And last, but not least, a great big THANK YOU to my right arm Donnie Brown, who is without a doubt the most honest, hard working young man I have ever had the privilege to work with. In October of 1999, I was saved by the grace of God. Since that time I have opened the lifters rule brief with prayer. Thanks to Pastor Wayne Eller, from my church - Sunset Avenue Church of God, who not only prayed an awesome prayer, but he blessed all the lifters and the competition before he prayed. I am truly blessed to have so many wonderful people in my life who will go the extra mile to help me when I need help. If you helped at the meet in any way, and I did not thank you, just chalk it up to what Delta Burke called it on "Designing Women", I have "oldtimers" disease!!! Be blessed, Sandra Lemonds, Meet Director

ASSOCIATION OFFICE COPY

- This is a membership application form. Complete all areas and return Part One to the address shown.
- For information on registration and program, call 1-800-AAU-4USA.
- AAU membership provides each member with an opportunity to participate in AAU events.

Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs.

Specific details on coverage can be obtained from your local AAU Association.



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➤ Adult Athletes in the Following Sports: 20.00 25.00

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➤ Adult Athletes in the Following Sports: Not Available 25.00

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20.00 25.00

Not Available 25.00

20.00 Not Available

30.00 35.00

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CHECK ONE:	YOUTH PROGRAM	ADULT PROGRAM	ADDED BENEFIT	YES NO
CLUB NO.:	CLUB NAME:	E-MAIL:		

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? Yes No

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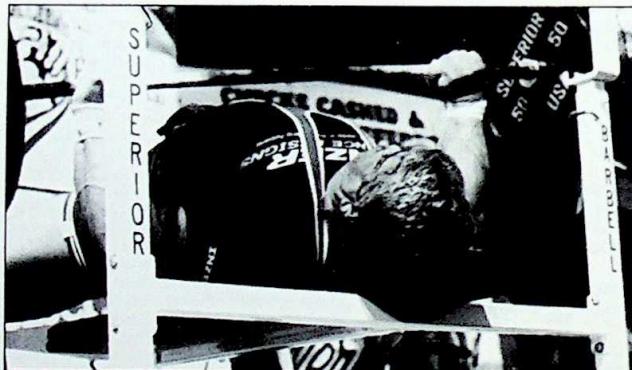
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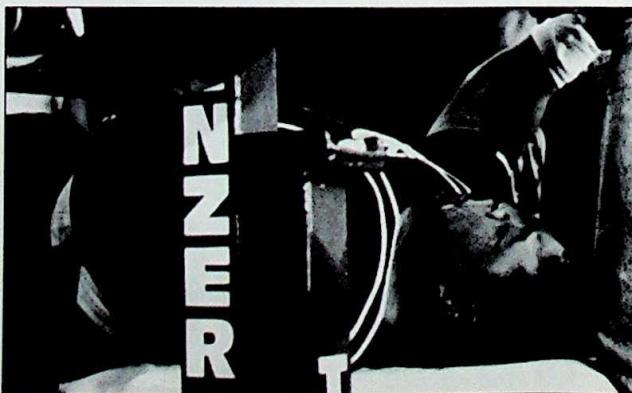
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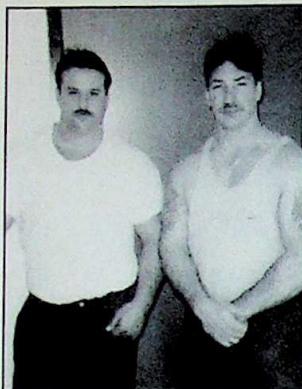
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USPF New Hampshire State
6 OCT 01 - Concord, NH

	SQ	BP	DL	TOT
Juniors				
Juniors				
Fairbanks,J	585	350	585	1520
4th	600			
Laudarowicz,J	450	315	480	1245
Cannon,M	325	250	505	1080
Sub Masters				
Davis,T	585	380	580	1545
Morrison,J	420	315	460	1195
Mountjoy,K	500	275	525	1300
Masters				
Smith,J	475	285	540	1300
Gove,T	520	345	520	1385
Sussman,P	375	400	400	1175
Grand Masters				
Bennett,P	400	205	415	1020
McDonald,C	250	205	400	855
Zeldow,S	135	390	135	660
Women				
Khoury,C	225	125	250	600
Ferrara,M	170	120	185	475
148 lbs.				
O'Connell,J	150	165	300	615
165 lbs.				
Cannon,M	325	250	505	1080
Runkle,S	285	175	380	840
Stone,D	300	170	350	820
181 ins.				
Laudarowicz,J	450	315	480	1245
Morrison,J	420	315	460	1195
198 lbs				
Fowler,R	505	360	600	1465
Smith,J	475	285	540	1300
Beatty,D	475	285	475	1235
McDonald,C	250	205	400	855
Lowman,M	250	225	305	805
Adams,B	135	370	135	640
220 lbs				
Mountjoy,K	500	275	525	1300
Kulas,P	450	315	470	1235
Sussman,P	375	400	400	1175
242 lbs.				
Enquist,T	650	435	655	1740
Fairbanks,J	600	350	585	1520
Gove,T	520	345	520	1385
Mosonyi,J	475	315	475	1265
Prentice,G	325	280	375	980
275 lbs				
Davis,T	585	380	580	1545
Carroll,J	525	470	400	1395
Antoniou,A	405	400	505	1310
SHW				
Adams,R	450	480	450	1380
4th	490			

Meet Director: Jamie Fellows Score Keeper: Rodney Roy and Paul Mancini. On Saturday, 6 October 2001, the New Hampshire State Prison played host for the record breakers fall championships. Jamie Fellows, (our meet director) and Dave Follansbee (NE State Chair.) Got off



Left to Right: Jason Carroll, state record holder in the bench press for the 275 lb. class, and Tom Enquist, with a state record in the squat, bench, deadlift and total, as well as best lifter award, at the USPF New Hampshire State Record Breakers Meet. (photograph provided by Tom Enquist)

to a fast start this time. The meet went on without a hitch. We only had one DQ this meet. We had two Woman lifters. Both did outstanding. We hope to see all the lifters come back to our future meets. Marcy Ferrara broke two state records in the 35-39 114 lb. class she did a 170 lb. squat, 120 lb. bench, both state records she ended the day with a 210 lb. deadlift. Carol Khouri smashed all the records in the 45-49 148 lb. class she did a very easy 225 lb. squat, 125 lb. bench and smoked a 260 lb. deadlift to total 610 lb. all state records. J. O'Connell was the only one in the 148 class. We will try next time to have some competition in the class for him he did a 150 lb. squat, 165 lb. bench and a easy 300 lb. dead. The 165 lbs. class was won by Mike Cannon, he did a fine job with a 325 lb. squat, 250 lb. bench and a 505 lb. deadlift and that gave him first place. Second went to Sean Runkle, who is a novice lifter, The 181 lbs. class only had two lifters, Jay Laudarowicz took first place with a 450 lb. squat 315 lb. bench and a 480 lb. deadlift 1245 lb. total. Second went to a very nice guy Jeff Morrison, who gave us a few new pairs of knee wraps. He smoked all the state records in the 181 lb. 35-39 class, 420 lb. squat,

315 lb. bench and pulled a 460 lb. deadlift for a 1195 lb. total. The 198 lb. class was won by Ray Fowler, he had personal best lifts across the board: 505 lb. squat, 360 lb. bench, and he pulled a 600 lb. deadlift for a 1465 lb. total. Joel Smith took second with a 475 lb. squat state record 45-49 class his deadlift and total are state records also. Bob Adams just wanted to bench a 370 lb. state record 45-49 class. The 220 lbs. class was won by a novice lifter Keith Mountjoy did a strong 500 lb. squat, 275 lb. bench, and a very easy 525 deadlift. Paul Kulas took second with a 450 lb. squat, 315 lb. bench and he pulled 470 lbs. for a total of 1235 lbs. Paul Sussman came in third with a 375 lb. squat a 400 lb. bench state record 40-45 class and ended the day with a 400 deadlift. The 242 lbs. was won by Tom Enquist, and he broke all the state records in the class, and took best lifter: 650 lb. squat, 435 lb. bench, 655 lb. deadlift for a 1740 lb. total. Second went to Joshua Fairbanks a novice lifter. He did a fine job with a 600 lb. squat and a 585 lb. deadlift - both are state records in the junior division - and his 1520 lb. total is a state record not bad for his first meet. The 275 lbs. class was won by Terri Davis, and he did a 585 lb. squat, 380 lb. bench and he pulled 580 lbs. for a 1545 lb. total pr. If he didn't hurt his back on his first squat he would have came close to the 1600 mark. Second went to Jason Carroll, and he did a very easy 525 lb. squat, 470 lb. state record bench, and a 400 lb. deadlift. Third went to Andreas Antoniou a novice lifter. He went 9 for 9 - 405 lb. squat, 400 lb. bench, and 505 lbs. on the deadlift. The SHW class was won by Robert Adams, he did a 450 lb. squat, 490 lb. state record bench, and a 450 lb. deadlift. Remember, Robert, you said if you get the state record you would lose some weight. It's time. Thanks to the spotters and loaders: Kurt Costello, Kyle Decoff, Sean Macdonald and Moe Grimard. Jamie Fellows, Dave Follansbee and Al Eason judged this meet. Rod Roy and Paul Mancini did the scorekeeping. Thanks to Paul Mancini and Ed Kirila for the computer projection system - fine job, guys. (Thanks to Tom Enquist for providing these meet results to PL USA). I'd like to thank everyone that turned out to lift and support our first annual NH Record Breakers meet. We only had 38 lifters, but we set 29 new state records. J. Fairbanks set junior records in the 242# class with a 600# squat, 585# dead, and a 1520 total. Submaster records were set in the 181# class by up and coming Jeff Morrison, with a 420# squat 315# bench, a 460# DL, and a 1195 total. With only a few meets under his belt, he's off to a good start. The master's class had four records fall to Joel Smith who took three for the 198# class with a 475# squat, a 540# DL and a 1300 total. The other record was a 400# Bench in the 220# set by Paul Sussman. As long as Paul keeps his hands on the bar I'm sure he'll be able to push that record higher.

Not to be outdone by the master, the Grand Masters had their share of records also. C. McDonald set all of the records in the 198# division for his age group with a 250# squat, a 205# BP, a 400# DL, and an 855# total. S. Zeldow set a Bench Record in the SHW with 390#, and Pete Bennett set a squat record in the Grand master 220's weighing only 201 with a 400# squat. He also won the Grand Masters class, which, in my opinion, was a long time coming and well deserved. I've seen Pete compete in every meet I've put on in the last couple of years, and he keeps getting better and better. We only had two women in the contest, but both of them set records. Marcy Ferrara finished with a 170# squat and a 120# bench, which were both new state records. Carol Khouri also had a good day setting all new records with a 225# squat, a 125# BP, a 250# DL, and a 600# total in the masters 181# class. Well, on to the open classes. The 148# class was won by J. O'Connell. The 165# class was won by M. Cannon with a 1080# total. J. Loudarowicz won the 181# class with a 1245# total. The 198# class was the biggest class and was won by Ray (the scale was wrong) Fowler with an impressive 1465# total. K. Mountjoy won the 220# class with a 1300# total. The 242# class was won by the meet's best lifter Tom Enquist who rewrote the state 242# records with a 650# squat, a 435# bench, a 655# DL, and a 1740# total. T. Davis won the 275# class with a 1545# total. Second place went to new state record holder Jason Carroll with a 470# BP. The SHW bench record was set by Robert Adams with a 490# BP on his fourth attempt. We are sure that he will be in the mid 500's shortly! Special thanks to score keepers Rodney Roy and Paul Mancini, and thanks to Dave Follansbee from USABodybuilding.com for judging. (thanks to Jamie Fellows for sending his report to PL USA)

Best of the Southwest IV
20 May 01 - McMurray, PA

Teen Light	Heavyweight Open
(14-16) 165 lbs.	C. Walker 460
J. Spaziana 195	C. Washington 415
K. Long 190	M. Thomas 380
S. Antoinette 165!	Teen Light
Teen Heavy	(14-16) 165 lbs.
(14-16) 166+ lbs.	S. Antoinette 400!
A. Weaver 220	K. Long 370
WOMEN	R. Welsch 300
Light 132 lbs.	WOMEN
J. Rhoades 220	Light 132 lbs.
220 lbs. Heavy	J. Rhoades 350!
Heavy 133+ lbs.	Heavy 133+ lbs.
J. Post 110	J. Post 250
Grandmaster	Master
C. Koch 80	T. Antoinette 250
MEN	Grandmaster
Master	N. Schuchert 265
B. Tomko II 405	C. Koch 220
C. Venturella 320	K. Oberst 255
A. Retucci 405	MEN Master
Grandmaster	B. Jelinek 700
F. Gallacher 310	W. Countz 450
J. Kuth 300	Grandmaster
T. Sikorski 245	T. Sikorski 360
Open 132 lbs.	Open 132 lbs.
J. Spaziana 195	S. Antoinette 400!
R. Welsch 145	R. Welsch 300
148 lbs.	148 lbs.
C. Venturella 320	J. Cesar 400
M. Kreisel 265	C. Tarr 340
C. Tarr 260	165 lbs.
165 lbs.	K. Cyprowski 500
J. McDonald 280	W. Countz 500
J. McDonald 260	181 lbs.
181 lbs.	D. Buyan 520!
D. Boyan 340!	M. Wakulik 500
B. Thompson 335	B. McDermott 450
B. McDermott 325	198 lbs.
198 lbs.	A. Gavlak 555
Zemaitis 380	T. Simanovich 520
T. Simanovich 340	W. Donalds 500
A. Gavlak 315	220 lbs.
220 lbs.	Simanovich, Jr 630
B. Tomko III 415	B. Tomko III 610
A. Retucci 405	J. Gasbarrini 550
B. Simanovich 325	242 lbs.
242 lbs.	G. Oliver 575
T. Gibson 450	A. Rowicki 485
C. Luisi 345	J. Siwiak 450
G. Oliver 315	275 lbs.
275 lbs.	J. Jelinek 700
J. Ward 445	T. Smith 575
T. Smith 425	S. Fisher 550
S. Fisher 365	
Outstanding Lifters: WOMEN Jodi Rhoades Teens Steven Antoinette (Bodytorium) Open Denny Buyan (Bodytorium) Team Bodytorium Meet Director: Steve Simak. The Bodytorium Health Fitness Center 122 Gallery Drive McMurray, PA 15317. Phone: 724-941-7270. (Steve Siwiak)	



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Best Lifter at the USA Raw Bench Federation Grand Nationals ...
Doug Haycraft made a 470 National Record @ 242, Master 40-49.

**USA "RAW" BPF Grand Nationals
04 NOV 01-Tuscola, IL**

master women 40-49	4th	470
148	275	
Anne Davis	210	Mark Wittler 345
teenage men 18-19	master men 50-59	
198	198	
Joe Brammeier	375	Wally Strosnider 370
4th	385	4th 385
master men 40-49	master men 60-69	
165	181	
Butch Davis	345	Ron Bishop 285
4th	350	novice men
181	275	
M. McNairy	260	Owen Neill 385
220	open men	
Dennis George	345	220
242	Kurt Hess	290
Doug Haycraft	465	

* USA "RAW" Bench Press Federation national record. The USA "RAW" Bench Press Federation Grand Nationals were held once again at Son Light Power Gym in Tuscola, Illinois. Although the turnout was smaller than in the past we still saw a number of new national records set. Lone women's competitor Anne Davis had a great day, setting an new national record in the master 40-49/148 class. Anne, who also holds the 148 record in the submaster and open divisions, finished with a personal best 210. In the teenage division, first time competitor Joe Brammeier set the national record at 198 with 375, followed by a great 385 fourth attempt. Butch Davis, another multi-national champion and husband to Anne, retained his title at 40-49/165, and broke his own national record with a 345, then locked out with 350 for a fourth. Michael McNairy, lifting in his first competition, captured the title at 40-49/181, making all three attempts to

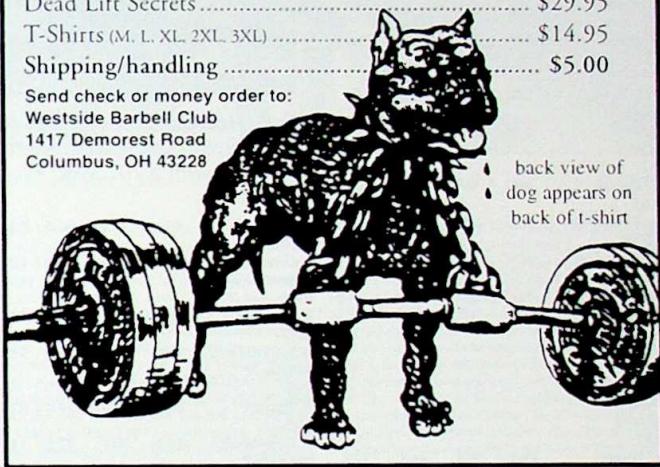
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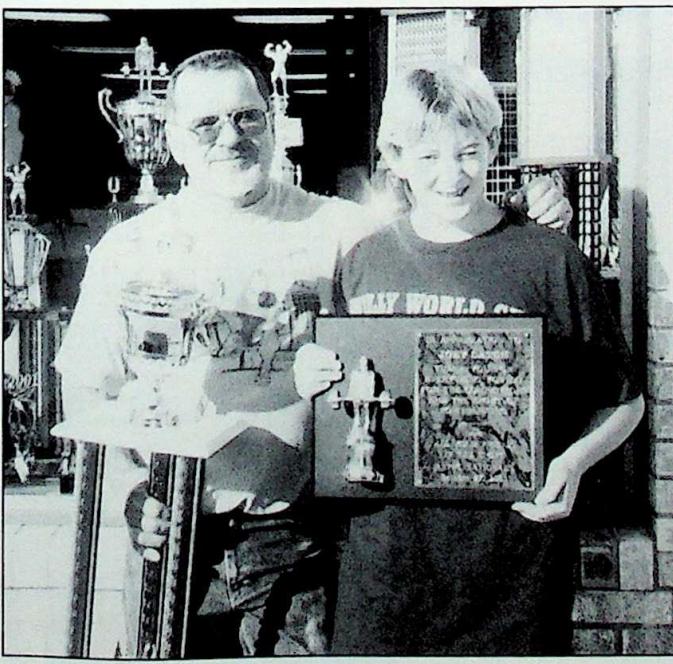
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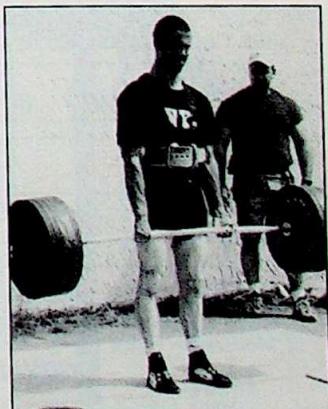
finish with 260. Dennis George retained his title at 40-49/220, coming down from Wisconsin to finish with 345, just missing a pr attempt with 365. At 40-49/242 it was Doug Haycraft, making all four of his attempts to finish with a 470 national record. Weighing in at just under 240, Doug was also awarded the best lifter trophy. Mark Wittler won again at 40-49/275, finishing with a strong 345. Wally Strosnider took the 50-59/198 crown, breaking the national record with his last three attempts. Wally took 350 for his second, 370 for his third and finished up with a 385 for his fourth. Ron Bishop returned after nearly a year off to retain his title at 60-69/181. Ron finished with 285, just missing a go at his own national record of 300 with a 305. Another first-timer was novice/275 winner Owen Neill. Owen finished with his 385 second attempt for a new national record there. Our final competitor was Kurt Hess who continues to improve after shoulder surgery a couple of years ago. Kurt has slimmed down to the 220 class where he finished with a solid 290 for the win. Thanks to my wife Susie, Linda Middleton and my son Joey for all their help. (Thanks to Dr. Darrell Latch for the results).



Wally Strosnider (left) who got 1st in master 50-59, 198, with a 385 bench at the USA Raw BP Federation Grand Nationals with Dr. Darrell Latch's son JOEY and his special award for all of his work loading and spotting and encouraging lifters throughout the year. (Darrell Latch)

**New England's Strongest Man
14 JUL 01 - Keene, NH**

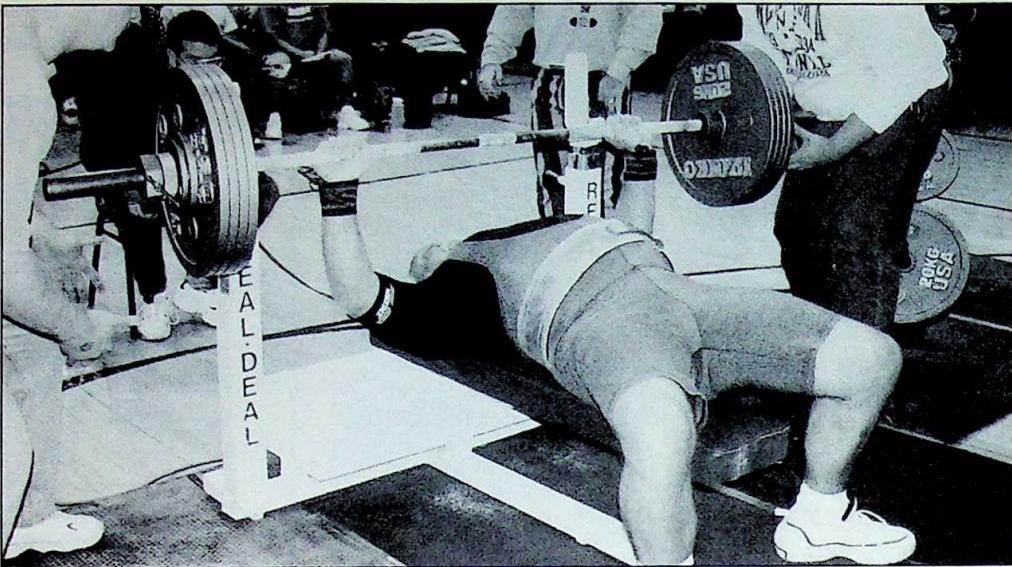
165 class - tie for first place - 1st Tim McNab - overhead jerk 180, cement block carry - 45-46 seconds, cheat curl 170, tire toss - 31'3", deadlift 340. 1st - Ernie Christian - overhead jerk 155, block carry 47.5 seconds, cheat curl 160, tire toss - 43'6", deadlift 365. 3rd place - Kyle Fisk: overhead jerk 125, block carry 49.31 seconds, cheat curl 125, tire toss 42'1", deadlift 300. 190 class - 1st Dan Dore: overhead jerk 205, block carry 42.46 seconds, cheat curl 190, tire toss - 52'0", deadlift 550. 2nd - Bill Brown: overhead jerk 250, block carry 52.79 seconds, cheat curl 185, tire toss - 45'7", deadlift 500. 3rd - Eddie DiFruscia: overhead jerk 190, block carry 48.0 seconds, cheat curl 230, tire toss - 35'2", deadlift 550. 4th - Brian Pateledes: overhead jerk 190, block carry 49.66 seconds, cheat curl 190, tire toss - 44'7", deadlift 475. Kevin Fisk: overhead jerk 200, block carry 1 min. 10 sec., cheat curl 175, tire toss 41'3", deadlift 375. 215 class - George Sousa; overhead jerk 260, block carry 44.75 sec., cheat curl 210, tire toss 51'10", deadlift 560. 2nd Joe Bergeron; overhead jerk 225, block carry 48.16



George Sousa ... the overall winner at the New England's Strongest Man contest, deadlifting 560. (photograph provided by courtesy of the meet director Louie LaPoint)

APP Big Iron Open
27 OCT 01 - Omaha, NE

BENCH	275	J. Papek	478	
Novice	235	Submaster		
148	242	T. Holzapfel	551	
M. Tajori	324	275		
198	D. Cummings	578		
T. Kowal	369	Master 1		
220	358	165		
M. Moody	429	C.J. Salas	341	
J. Balkus	242	Master II		
275	374	220		
B. Nelson	385	C. Garmong	314	
Teen	220			
275	511			
G. Maher	358			
Open	545			
165	391			
C. J. Salas	242			
198	749			
T. Sandel	374			
220	711			
M. Will	SQ	BP	DL	
D. Berger			TOT	
242				
B. Hein				
B. Simet				
Women				
Teen				
97				
A. Axt BL	248	104	237	589
165				
R. Taylor	264	121	303	688
Open				
97				
E. Crapo	209	99	203	512
165				
K. Grandick	358	209	198	755
SHW				
B. Swanson	639	352	363	1355
Master 1				
114				
L. Spath	203	99	242	545
Bench				
Teen				
114				
M. Barlett	99			
Men				
Novice				
242				
T. Young	490	325	463	1278
Teen				
198				
D. Kress	418	270	451	1140
N. Runge	352	242	451	1047
220				
A. Napier	474	286	529	1289
Open				
165				
J. Ground	314	237	402	953
242				
B. Cass BL	744	474	749	1967



Tom Holzapfel Sr. has only been lifting for one year. In South Africa, at the WPC World Championships on Nov. 5th, 2001, Tom earned a WBC (World Bench Congress) bench press world record in the 125 kg. wt. class with a 207.5 kg. effort. (photograph and information provided to PL USA by Becca Swanson)

						APF Natl. Records set by A. Axt (Teenage - SQ, BP, TOT), E. Crapo (Junior - SQ, BP), D. Abbey (Submaster - SQ), B. Swanson (Open - SQ). Men	
T. Young	490	325	463	1278		114	
275						M. Holmes	280
J. Grandick	606	490	650	1747		123	190
Submaster						D. Brignac	325
148						R. Choppin	215
D. Abbey	485	303	474	1262		148	285
220						G. Luce	460
D.J. Sattefield	407	314	451	1174		J. Jenkins	370
Master 1						R. Steele	420
148						165	1010
P. Barlett	303	209	363	876		C. Gallo	495
198						J. Comardelle	345
T. Grindstaff	424	303	435	1162		Master	490
Push/Pull						J. Lyons	310
Open						K. LeBouef	315
198						J. Blackwell	220
T. Gilbert						M. Luckett	305
220						D. Brewer	185
D. Kunasek						M. Godawa	530
Submaster						S. Arnold	375
220						E. Howard	500
J. Bockal						D. Howard	485
Master 1						C. Kernion	375
242						C. Holman	450
J. Anderson						220	1240
						T. Werner	670
						K. Reynolds	520
						D. Possa	400
						242	1135
						J. Magendie	640
						N. Ruppert	360
						T. Babcock	420
						C. Steele	370
						275	1180
						B. Locklair	600
						SHW	480
						K. Wnuk	750
						D. Sharon	575
						G. Reed	340
						Meet Director: Paul Fletcher. Meet Site: Lamar Dixon Expo Center. (results courtesy USAPL)	1955

NEW A.P.F./A.A.P.F. Membership Application

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Bethel Baptist Van Fund Bench Press 15 SEP 01 - Stanardsville, VA

8-9 year old	Open
65 pound	Louis Persinger 365
Tyler Rudacille	45-49
165	Sam Morris 460
Raw	242
Jason Kline	Open
35-39	Allen Hicks 585
T. Comfort	Kyle Pighini 560
198	Gentry Maddox 385
20-23	Raw
Richard Stokes	Gentry Maddox 385
220	275
16-17	RAW
Brandon Tabler	Randy Goodrick 385
18-19	Supers
Mike Gorman	Jim Smith 355
(Thanks to John Shifflett for providing the results)	

**SLP Arkansas State BP/DL
13 OCT 01 - Rector, AR**

BENCH PRESS	198	Ricky Coggins	420*
submaster women	275		
181	275		
Cyndi Crossland	310*	D. D. Nichols	600
master women 40-44		DEADLIFT	
114		junior men	
Terry Morris	105*	Matt Harvey	480
teenage men 18-19	220	master men 40-44	
220		Tim Hawkins	420*
Drew Price	300	master men 60-64	
master men 40-44	198	Tim Hawkins	198
198		master men 60-64	
Tim Hawkins	320*	Toni Barth	460*
master men 60-64	198		
242		242	
Jimmy Duckett	310*	Jimmy Duckett	350*
master men 70-74	220	master men 70-74	
Lyndle Taylor	260*	Lyndle Taylor	475*
openmen		open men	
148		105	
Albert Pyland	315*	Seth Dearing	135*
165		165	
Glen Thorns	360*	Parrish Morris	375
Parrish Morris	280	220	
181		Jose Muro	450
Chris Sorrentino		Matt Fisher	—
275			
James Schenck	500*		

* Son Light Power Arkansas state record. The SLP Arkansas State Bench Press/Deadlift Championships were held at Pro Fitness in Rector, Arkansas. A special thanks to owner Kevin French for once again hosting this event. In the bench press competition Cyndi Crossland came from Oklahoma to set still another state record. Holding state records in Illinois, Kentucky and Missouri, Cyndi can now add Arkansas to the list. Competing in the submaster women/181 class Cyndi finished with a strong 310, just missing a pr 320 fourth attempt. In the awards program Cyndi was given a special award designating her as the SLP Female Powerlifter of the Year. Our only other female competitor was Terry Morris. Terry repeated as champion at master 40-44/114, breaking her own state record with a strong 105. Drew Price tied his own state record at teenage 18-19/220, finishing with 300 for the win there. At Master 40-44/198 Tim Hawkins had a great day, taking that title with a new state record of 320, which was also a new personal record for him. Jimmy Duckett came all the way from Oklahoma for the title at master 60-64/242, finishing with a personal best and Arkansas state record of 310. Then at 70-74/220 there was Lyndle Taylor, one of the premier master lifters in the world. Lyndle set the record at 260, looking stronger with each lift. In the open division Albert Pyland retained his title at 148 with a new state record of

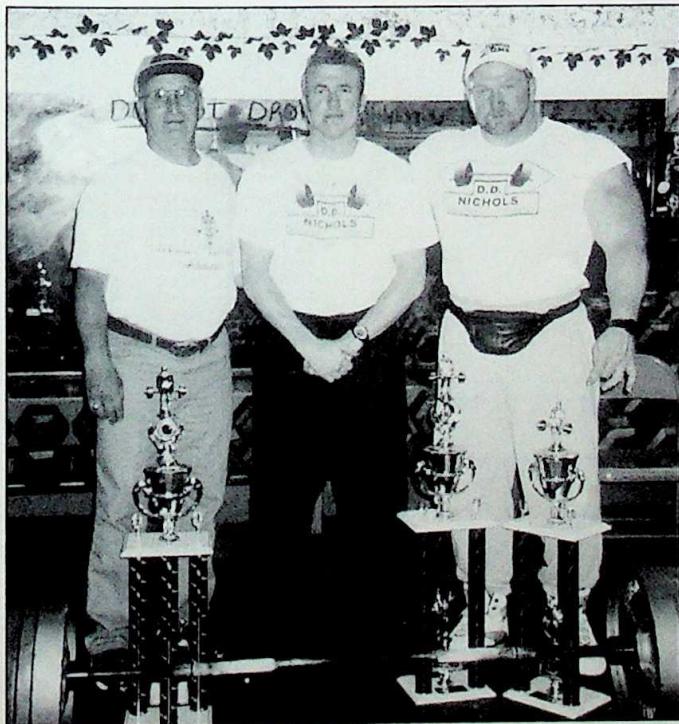


Cyndi Crossland with a new Arkansas State Record of 310 in the Submaster Women's 181 pound class

315, which he made on his final attempt. At 165 Glen Thomas had his best day of lifting, finishing with a personal best and Arkansas state record 360 for the win. Parrish Morris, sore shoulder and all, finished second with 280, tying his own personal record. Chris Sorrentino failed to get his opener of 300 in at 181. Ricky Coggins broke his own state record at 198, finishing with a 420 personal record as well. At 275 it was D. D. Nichols, opening with an easy 580 before moving to an equally easy 600 second attempt, then passing on his third. Once again, the big man captured the title at 275 and best lifter award, as usual. In the deadlift competition, Matt Harvey finished with a new personal record of 480 as he captured the title at junior 220. Tim Hawkins continued his winning ways as he captured his second title of the day at master 40-44/198. Tim finished with another pr and Arkansas state record with 420. Tom Barth set the record at 60-64/198, pulling an easy 460. Tom looked good for another fifteen pounds as he prepared for the

WABDL Worlds the next month. Our other master lifter at 60-64, Jimmy Duckett, won at 242, pulling an easy 350. Jimmy "The Baby" Duckett quit after his easy second attempt, when he should have gone on to pull a pr of 400 (I should have over loaded the bar at 350 to at least 375!) I guess just doing enough to get the state record and trophy is enough for some people! Our final master competitor was seventy-one year old Lyndle Taylor. Lyndle captured the title at 70-74/220, setting the record there with 475. Weighing in at 206 gave Lyndle the best lifter honors for the competition also! That's the first time I can remember a lifter of that age winning the best lifter trophy. In the open

division seven year old Seth Dearing set the state record at 105, pulling a personal best 135 with perfect form. Parrish Morris won at 165 with 375, missing his final attempt with a pr 430. Matt Fisher opened a little too high and failed to get his opener of 575 in at 220. Taking first place at 220 was first-time competitor Jose Muro, who finished with 450. Last up was James Schenck, current record holder at 242. James got all three of his lifts in, finishing with a personal and state record 500 for the win at 275. Thanks again to Kevin French for all his help. See you all again next year! (thanks to Dr. Darrell Latch for providing these results to POWERLIFTING USA)

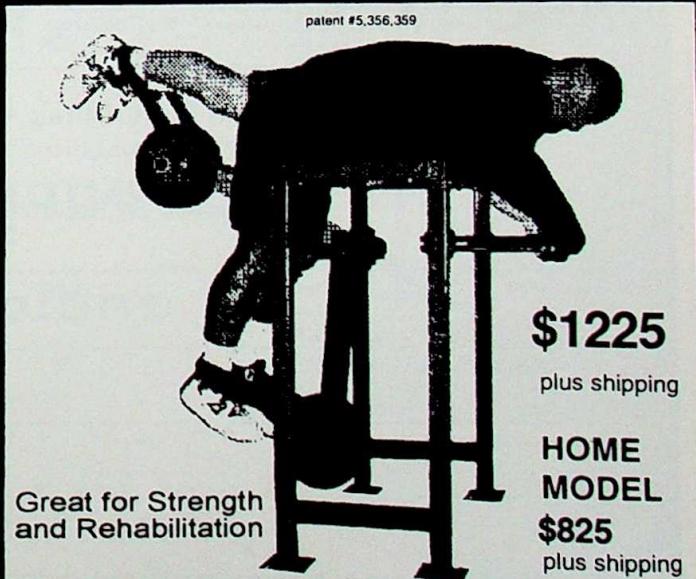


At the SLP Arkansas State Meet: 71 year old wonder Lyndle Taylor with (l-r) Pro Fitness owner Kevin French and Best Lifter in the Bench Press D.D. Nichols (600 @ 275). Both photographs courtesy Dr. Darrell Latch

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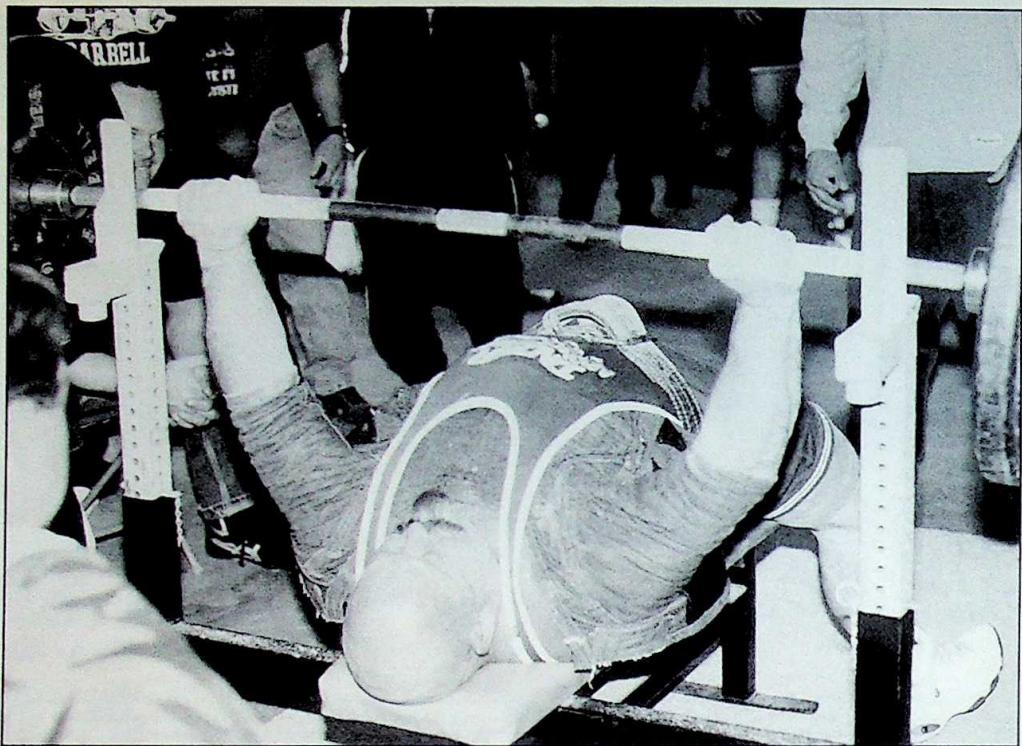
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Louie Simmons benches 575 in the 220s at the IPA Power Den "Git Cha Sum" Meet. (Eskill Thomasson)

**IPA Power Den "Git Cha Sum" BP/DL
27 OCT 01 - Beaver Creek, OH**

BENCH PRESS 308
165 B. Hodson 465
M. Vallone SHW
181 "Tilt" Henry 19 605
F. Boldt 450 J. Guthridge
T. Huffer 198 Deadlift
R. McNutt 575 220
J. Adams 220 242
L. Simmons 575 B. Evans
242 275 535
B. Evans 450 D. Tate
B. Denlinger 275 700 600
D. Tate 500
Mike Vallone bombed with 405, Tom Huffer
bombed with 500. Jeff "Gritter" Adams bombed
with 602. Bill Denlinger bombed with 545.
(thanks to Jeff "Gritter" Adams for the results)

**USAPL Pacific Coast Meet
16 Jun 01 - Seattle, WA**

	WOMEN	SQ	BP	DL	TOT
	132 lb. (60-64)				
	S. Olson	175	80	185	440
	F. Ireland	215	120	235	570
	V. Selca	175	120	220	515
	P. Houston	330	190	305	825
	C. Chapman	205	110	275	590
	D. Backiel	215	85	260	560
	L. Smith	245	135	265	645
	R. McGaughy	550	320	450	1270
MEN					
	220 lb. (55-59)				
	B. Davenport	295	215	345	855

**USAPL Mr. Ms. MN BP
16 Jun 01 - Minneapolis, MN**

	MEN				
	165 lbs.				
	Teen	J. Miller	390		
	J. Grant-165	325*	181 lbs.		
	D. Pope-144	300	E. Alter	275	
	N. Schmidt-165	295	198 lbs.		
	Master	M. Burns	420		
	Marispini-BL	390	D. Berding	345	
	J. Syrovatka-146	280*	220 lbs.		
	Open 148 lbs.		K. Belisle	405	
	B. Thompson	295	J. Prazak	420	
			WOMEN		
			Open 198+ lbs.		
			K. Franklin	300	

*-State record. (Thanks to USAPL for results)

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PPL Drug Free Georgia State

21 JUL 01 - Augusta, GA

BENCH PRESS ONLY	PETE MESSINA	345
LADIES ***	242 LB CLASS (PFM & OPEN)	
148 LB CLASS	KEITH MACKEY	480
RAW	275 LB CLASS (33-39)	
NORMA PECK	A. HARRIS	375
181 LB CLASS	(17-19)	
RAW	JOSEPH CLARK	
MEN	(40-49)	
165 LB CLASS (14-16)	THOMAS PRICE	360
J. JOHNSON	SHW (50-59)	
(OPEN)	ROGER WEAVER	470
CHRIS NEAL	DEADLIFT ONLY (NOVICE)	
310	181 LB CLASS (33-39)	
C. MORGAN	A. MCCHRISTIE	
365	(10-13)	
220 LB CLASS (40-49)	C. LAWRENCE	405*
GARY JONES	(PFM)	
370	A. HARRIS	510
IRON MAN		
242		
40-49		
T. PRICE	360	530 890
POWERLIFTING		
165		
14-16		
J. JOHNSON	315	235* 330 900
NOVICE		
D. SMALLWOOD	275	265 345 885
181		
D. HAGAN	500	350 500 1350
S	U	
A. MCCHRISTIE	530*	340
198		
NOVICE		
J. STREETMAN	400	300 425 1125
220		
P. MCCOHAN	635*	375 735* 1745*
242		
40-49		
R. WRIGHT	555*	410 525 1490
275		
50-59		
B. MONEY	505*	375 455 1360*

* INDICATES NEW PYTHONLEGUE RECORDS.
BEST BENCH - KEITH MACKEY. BIGGEST BENCH - KEITH MACKEY, BEST DEADLIFT - PAT McCAHON. BIGGEST DEADLIFT - PAT McCAHON. BEST LIFTER - PAT McCAHON. BIGGEST TOTAL - PAT McCAHON. BEST LEGENDS LIFTER - BOB MONEY. MISSISSIPPI, FLORIDA, ALABAMA, SOUTH CAROLINA, GEORGIA AND NORTH CAROLINA WERE IN THE HOUSE AND THE HOUSE WAS A-ROCKIN' AS WE PUT ON OUR SECOND STATE CHAMPIONSHIP IN AUGUSTA, GEORGIA. WE HAD SOME NEW STARS SUCH AS CHRIS "RHYNO" LAWRENCE, JUSTIN "LIL JAY" JOHNSON, NORMA PECK AND OLDSTARS SUCH AS BOB "BIG DOC" MONEY, ANDREW MCCHRISTIE, DANIEL HAGAN AND ALBERT HARRIS BUT THE BIGGEST STAR OF THE SHOW WAS "THE MACHINE" PAT McCAHON FROM FT. LAUDERDALE, FLORIDA. THIS 21 YEAR OLD CYBORG SQUATTED AND DEADLIFTED LIKE HE WAS POSSESSED AND SPEAKING OF POSSESSING, WHEN HE LEFT THE MEET HE WAS IN POSSESSION OF FIVE AWARDS! A CHALLENGE WAS ISSUED BETWEEN THE MACHINE, MARK PHILLIPS AND YOURSTRLY. EVERYONE SEEMS TO WANT TO BEAT THE SKINNY MAN BUT AS I HAVE TOLD THEM "YOU MAY BEAT ME ONE DAY, BUT TODAY IS NOT THAT DAY! AS YOU CAN SEE WE HAD FUN, FUN, FUN! THAT IS WHAT WE ARE ABOUT ... STRICT JUDGING, HAVING FUN AND MAKING FRIENDS! I'D LIKE TO THANK MY STAFF MELLIE MEL GIVENS, HAMBONE, JERMIAH "JUKEBOX" SMITH, SANDRA "COCOA" WALKER, LANESHA "NI NI" WALKER, SHAYLA "LAST LICK" BROWN, MARIE "DA WATU\$!", SAM, DANNI MORAETES, DOUG GURTH, DWAYNE "BUDDA BEAN" REYNOLDS, ISAAC "WARRIOR" SCOTT AND GREG "DA HEAD" CAMPBELL. WITHOUT THESE FINE FOLKS IT WOULD HAVE BEEN JUST ANOTHER SATURDAY BUT INSTEAD WE HAVE NEW CHAMPIONS, NEW FRIENDS, NEW RECORDS AND WE SHOWED THE CROWD WHAT DRUG-FREE POWERLIFTING IS ALL ABOUT! STAY CLEAN, STAY STRONG AND I'LL SEE YA ON THE PLATFORM! (THANKS TO TEE" SKINNY MAN" MEYERS, PRESIDENT, PYTHON POWER LEAGUE, FOR RESULTS)

Lincoln Gym & Fitness Invitational

16 JUN 01 - Lincoln, NE

	SQ	BP	DL	TOT
M. Hafenbrack	280	140	310	730
165				
T. Laughlin	410	250	415	1075
220				
J. Hart	145	145	415	705
Judges: Monte Lofing, Don McElravy, Mike Taylor. (thanks to the USAPL for the results)				

SLP Eastern Indiana Fall Classic
20 OCT 01 - Richmond, IN

BENCH PRESS	master men 50-54
teenage women 16-17	198
148	Bob Bean
Tiffany Evans	410*
145*	police & fire
teenage men 13-15	165
220	Lester Mast
Eric Michalski	310
225	openmen
275	165
Bo Hall	Lester Mast
250*	310
teenage men 16-17	Sergio Cabral
148	4th
Chad Warvel	315
255*	Mike Elleman
4th	195
260*	Bob Bean
198	410
Ryan Michalski	Shawn Miller
290*	360
teenage men 18-19	Jeff Wyatt
132	330
Darren Collins	220
255*	Chris Smith
4th	480
270*	Nate Wilson
181	415
Jesse Toombs	David McQueen
junior men	415
165	Jeff Ritzler
Lester Mast	410
198	510*
David Hanson	308
submaster men	John Martinez
123	480
Joe Antrim	DEADLIFT
205*	teenage men 13-15
242	275
Jeff Ritzler	Bo Hall
410	450*
4th	junior men
510*	165
242	Brandon Elmore
Rick Oliver	400
405	master men 45-49
master men 40-44	220
181	Tom Boyer
Tracy Conner	425
445*	master men 65-69
4th	181
460*	Luke Anderson
master men 45-49	430
220	4th
Tom Boyer	460*
275	open men
K. Hutchinson	198
525*	Shawn Miller
Andrew Adkins	535
	4th
	220
	Steve Mendel
	515
	308
	670*

* Son Light Power Indiana state record. The SLP Eastern Indiana Fall Classic Bench Press/Deadlift Championships were held at Powerhouse Gym in Richmond, Indiana. A special thanks to the staff at Powerhouse Gym for all their help in setting up and

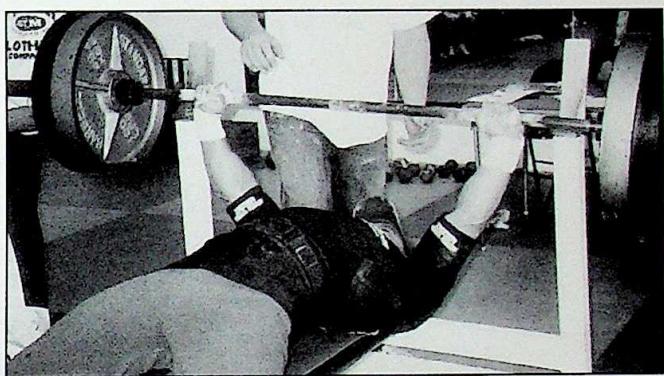


69 Year Old Luke Anderson locks out a State Record (SR) 460 at 181.

running the meet. In the bench press event lone women's competitor Tiffany Evans broke her own Indiana state record with a great 145 second attempt. In the teenage 13-15 division Eric Michalski won at 220 with 225 while Bo Hall set the record at 275 with 250. Chad Warvel broke the state record at 16-17/148 with a 255 third followed by a 260 fourth attempt. Ryan Michalski also set a new Indiana state record at 16-17/198 with a strong 290 second attempt. At 18-19/132 Darren Collins got his first double-bodyweight bench with his 270 fourth attempt, weighing in at just 130. Both his third attempt with 255 and his fourth were new state records for the class. Also at 18-19 was Jesse Toombs, who took the 181 class with 285. This was Jesse's first competition. Lester Mast captured the junior 165 title with a new state record of 310. David Hanson got his first 400 bench with his win at junior 198. Joe Antrim, getting just his opener of 205 in, set the record at 123 for the submaster class. At submaster 242 it was Jeff Ritzler, who opened with 410 before missing his second and third with 510; a big jump! However, a fourth with that same weight proved successful and along with his win Jeff also had a new personal and Indiana state record. Second place at 242 went to Rick

Oliver who finished with 405. Tracy Conner had his best day of lifting to date as he captured the title at master 40-44/181. Tracy finished with 445 for his third and an even stronger 460 fourth attempt, both new state records. These lifts were also new personal marks for Tracy, who had just recently moved up to the master's class. Tom Boyer continues to set records at 45-49/220 wherever he goes, breaking his own state record with a great 395. Best lifter Kevin Hutchinson got a solid 525 for the win at 45-49/275, weighing in at 253. This was also a new Indiana state record for that class. Bob Bean is another one who just keeps getting stronger with each new outing. Taking the win at master 50-54/198, Bob finished with a new pr and state record 410. Lester Mast captured his second title of the day with his win of the police & fire 165 class. Lester won still another class with his 310 final attempt, taking the open 165s. Second place at 165 went to Sergio Cabral who finished with 305, followed by a personal best 315 fourth. Mike Elleman, competing in his first meet, finished third with 195. At 198 it was Bob Bean for his second win of the day, followed by Shawn Miller's 360 and Jeff Wyatt's opener of 330. Another fine lifter, Christopher Smith, had a great day with his win at 220. Chris, who weighed in at just 218, finished with a personal best 480. Nate Wilson was second at 220, setting personal records with each attempt, to finish with 415. Dave McQueen also lifted 415, but

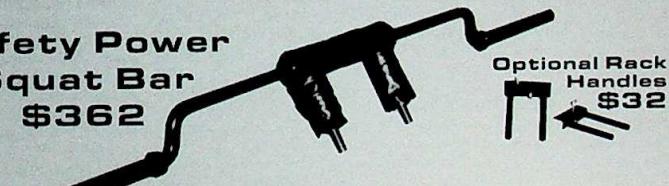
at a heavier bodyweight. Good to finally have Dave competing; I'm sure we haven't seen the last of him! Jeff Ritzler won at 242, setting the record there with his 510 fourth attempt. Then at 308 it was John Martinez for the win with a new personal record of 480. In the deadlift competition Bo Hall won his second title of the day and set his second state record in the teenage 13-15/275 class with a strong 450 pull. Brandon Elmore won at junior 165, finishing with a big 400 pull. Tom Boyer set the record in the 45-49/220 class with a solid 425 for the win there. Then at master 65-69/181, sixty-nine year old Luke Anderson broke his own state record with a 460 fourth attempt. 460 @ 173 and 69 years old! Amazing! In the open division Shawn Miller set two new personal records with his third (535) and fourth (540) attempts for the win there. Steve Mendel won at 220 making just his opener of 515. Get your head straight, Steve, you're a lot stronger than that! Speaking of head games, Andrew Adkins pulled a strong 670 second attempt and looked good for 700 but failed to get it off the floor more than a few inches. All in his head! But Andrew is a great guy and a great lifter who is just starting out in the sport. Look for some big numbers in the future from him. Andrew won the 308 title, best lifter award, and set the state record there with 670! Thanks to my son Joey for all his help and to Dave McQueen and Jeff Wyatt for helping out. (thanks to Dr. Darrell Latch for these meet results)



New PR & SR for Tracy Conner - 460@181 Master 40-44. (D. Latch)

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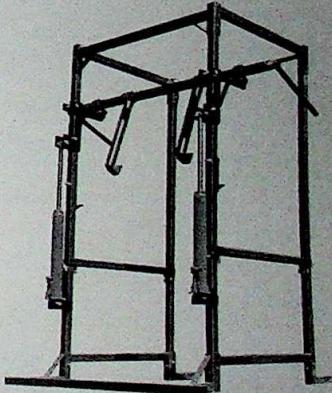


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WABDL West Coast BP & DL
8 SEP 01 - Rancho Cordova, CA

BENCH PRESS		E. Kubiak	132	181
Teen	R. Smith	181	N. Luiz	457
13-15	A. Contreras	121	K. Womack	187
123	B. Spence	352	DEADLIFT	242
I. Pingree	J. Woods	352	Women	380
165	198	105	4th	419
P. Seaver	G. Stephens	413	D. Pedersen	93
4th	A. Guerra	407	132	Junior Men
281w	R. Parale	374	198	198
A. Contreras	121	220	G. Strommen	440
242	S. Barnes	374	B. Liss	253
M. Morvai	R. Budd	341	4th	220
4th	J. DePalmer Jr.	319	SHW	264
16-19	D. Tubridy	292	L. Paquette	275
132	242	Master Women	T. Levers	512
J. Womack	A. Porter	413	Open Men	
181	E. Barnes	407	Law/Fire	
N. Luiz	J. C. Tolle	402	40-46	
Submaster	R. Exum	380	105	
165	R. Hebeler	369	D. Pedersen	93
A. J. Agamao	275	148	M. Lamarque	606
181	L. Contreras	396	N. Garcia	341
J. Woods	M. Cravea	352	181	A. Porter
298	Junior	132	Masters Men	485
G. Buffington	198	B. Liss	47-53	
275	G. Stephens	413	198	
J. Tovar	N. Bruckner	402	D. Chilgren	198
J. Yoder	G. Strommen	286	54-60	
Open Men	220	181	D. Askanas	523
165	P. Davi	451	K. Polansky	319
R. Hickman	242	Teen Women	40-46	
S. Dias	M. Womack	385	198	
220	275	16-19	D. Bertier	540
M. Lamarque	T. Levers	402	105	M. McCormack
F. Dena III	Master Men	214	E. Kubiak	214
4th	Law/Fire	225	4th	220
S. Burgess	40-47	181	H. Munro	545
A. Taylor	181	K. Womack	292	P. Wondra
242	R. Lopez	132	Submaster Women	655
R. Kitani	242	E. Womack	203	D. Glahn
275	A. Clayton	396	Junior Women	633
T. Yamanaka	275	123	J. Klassen	429
308	W. Faulkner	402	J. Harper	220
S. Wong	48+	4th	236	L. Contreras
Masters	220	Open Men	496	54-60
40-46	D. Martinez	352	198	
165	4th	165	R. Smith	457
M. Laurel	325	R. Womack	275	L. Lense
181	Open Men	181	181	518
B. Levering	Law/Fire	N. Luiz	54-60	
M. Reifkind	429	J. Kegrice	617	R. Spikes
198	N. Bruckner	220	198	551
K. Feeney	440	S. Burgess	622	O. Bruce
D. Sperry	198	198	61-67	529
D. Berrier	440	M. Lamarque	606	J. P. Krachunis
D. Peterson	336	198	578	308
M. McCormack	314	P. Beck	Class I	
L. Wyckoff	308	A. Taylor	501	A. Contreras
220	B. Clark	507	165	236
E. Hanson	248	M. Hunter	275	198
4th	Submaster	275	D. Glahn	633
F. Dena III	Law/Fire	165	B. Blausey	540
4th	429	A. J. Agamao	181	A. Guerra
P. Wondra	440	358	13-15	451
242	198	J. Tovar	123	G. Strommen
T. Starkweather	446	490	165	440
47-53	E. Womack	77	M. Brown	275
181	Junior	123	M. Hunter	501
E. Martinez	123	P. Boozer	358	J. Depalmer Jr.
R. Bermudez	303	A. Contreras	236	485
198	A. Svendsen	181	D. Tubridy	440
S. Phillips	270	T. F. Faulkner	220	R. Parale
220	Open	275	R. Hebeler	551
D. Martinez	105	Z. Smith	407	R. Budd
4th	D. Pedersen	126	M. Morvai	485
J. Klassen	132	16-19	A. Porter	485
275	132	132	C. Paquette	407
M. Moore	174	J. Womack	242	L. Contreras
L. Contreras	148	126	M. Cravea	496
54-60	B. Liss	105		473
G. Boucher	292	D. Pedersen	126	
198	4th	132		
R. Crevy	314	J. Rodriguez	170	
61-67	148	B. Liss	126	
165	N. Garcia	165		
K. Gardner	236	I. Novak	93	
68-74	47-53			
220	114			
C. Rice	275	G. Egan	93	
242	4th	99		
J. Peters	225	148		
75-79	B. Liss	125		
220	SHW			
E. Miranda	220	D. Chilgren	82	
R. Turner	187	54-60		
Class I	181	181		
148	K. Polansky	143		
E. Nahorniak	264	Teen Women		
165	16-19			
M. Laurel	325	105		



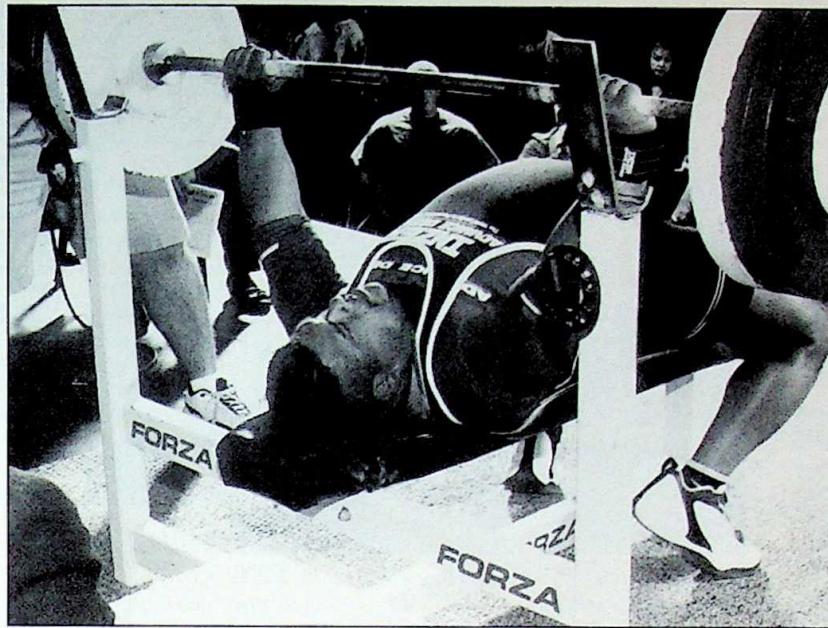
Jody Woods and his wife Loraine put on another great meet for WABDL and California lifters. Over 100 showed up. His first one on June 2nd had about 130. In the Deadlift in Class 1, Brett Blausey set a Nevada State Record with 540 at 198. Anthony Guerra was 2nd with 451 3/4. At 220 Harry Munro pulled 545 on an opener to set a California State Record and the win. He got one white on two other attempts at 573. At 242, Ryan Hebeler defeated Robert Budd 551 to 534 1/2. Budd's lift was a Nevada State Record. Leo Contreras has dropped about 40 pounds in the last 6 months and won the 275# class with 496. In Masters 40-46 Deadlift, Walk Faulkner set a California State Record with 655 3/4 at 275#. David Bertier won the 198# with 540 and Harry Munro won at 220 with 545. In Master 54-60 Leonard Lense came from Arizona and pulled a 518 at 198. In Master 61-67 Omar Bruce pulled a California State Record 529 which also happened to be a World Record - not bad for a 65 year old. In Submaster 242 Robert Exum, who holds the California State Record with 573, had to settle for 551 and a close try at the record weight of 578. In Law/Fire Arthur Clayton set a California State Record 523 1/2 in Law/Fire Master 40-47 242# class at 242# weight class. Also, in Master 54-60 Walk Faulkner set a World Record 655 3/4. In Junior Men's Deadlift, Garry Strommen set a California State Record 440 3/4 at 198. Phil Davi was very close with 656 at 220 on two occasions, but he had to settle for his opener of

556. In Teenage 13-15 Deadlift, Mike Brown set a California State Record with 275 at 123#. At 275, Zak Smith pulled a California State Record 407 3/4. In Teenage 16-19, Nick Luiz pulled a California State Record 457 at 181 - very good weight for a 17 year old. At 242, Brandon Huffer pulled a California State Record 407 3/4. In Open Men's Deadlift, James Kegrice, the California State Record holder at 198 with 667, opened with 617, which was like air, but couldn't quite get 672 for a state record. At 220, Scott Burgess set a Nevada State Record with 622. He trains at Flex Gym in Reno, which is owned and managed by Randy & Julie Green, where many good deadlifters train. Pat Beck was 3rd with a nice 578 1/2 and Matt LaMarque, the California State Chairman, was 2nd with 606. Matt is not noted for his deadlifting, but has set world records in Junior 220 in the Bench Press. At 275, David Glahn pulled a better than average 633. In Women's Deadlift, in Open, Barbara Liss set a California State Record at 132 with a powerful 264 1/2 and at 198+ Lisa Paquette pulled a California State Record 275 1/2. In Junior Women at 123 Jennifer Harper gutted out a 4th attempt California State Record 236 3/4. In Submaster Women, Elodia Womack set a California State Record 203 3/4 at 132#. In Master Women 40-46, at 148# Norma Garcia pulled a huge 341 1/2 and came close to the World Record 358 held by Dru Amos of Alabama. At 181#, Ildiko Novak hauled in a State Record 231. In Master Women 47-53 at 114, Glenda Egan set a California and World Record 253 1/2. At 132 Barbara Liss set a California State World with 264 1/2, her 2nd state record of the day, as she had earlier set the open record. At 198+, Delia Chilgren set a California State Record with 198. In master 54-60 at 181# Karen Polansky pulled a World Record 319 1/2 at age 54 - that's unbelievable for a woman that age to pull 300+. Polansky, Chilgren, Novak and Norma Garcia are all coached by Al Garcia, who is obviously doing a great job! In Teen Women 16-19, Emily Kubiak set a California



At Left Matt LaMarque with his 545 bench in the 220s at the WABDL West Coast BP & DL. (photograph provided courtesy of Matt)

State Record 225 3/4 at only 104#. bodyweight and Kelly Womack was impressive with a World Record 292 at 181#. In the bench press, Elodia Womack set a California State Record in Submaster 132# with 77# in her 1st meet. In Open Women, Judy Rodriguez set a California State Record 170 3/4 at 132. In Master Women Bench, 40-46 age group, Dusty Pedersen set a California State Record 132# on her 4th attempt in the 105# class. Norma Garcia pushed a fine 165 at 148 to go along with her 341 deadlift, which is good, balanced lifting. In Women Master 47-53, Glenda Egan set a couple of California State Records, ending up with 99# to go along with her World Record Deadlift. At 148#, Barbara Liss set a California State Record 126 3/4. At 198+, Delia Chilgren set a California State Record with 82 1/2 and at Master 54-60 Karen Polansky, who may deadlift 400# at age 60 someday, set a California State Record with 143 at 181# weight class. In Teen Women, 16-19, Emily Kubiak set a California State Record 132# in the 105# class and Kelly Womack set a California State Record at 181# with 187. Kelly and her two brothers and about 6 other teenage lifters came from Modesto Christian School and they are very well coached by Russ Lewis, a Gulf War veteran, who has a Purple Heart from that war. In Junior Men Bench Press, Greg Stephens pushed a 413 to beat Nick Bruckner and Garry Strommen at 198, and Phil Davi pushed up a PR 451 3/4. In Master Men Law/Fire at 181, Rudy Lopez set a California State Record with 352 and David Martinez at Master Law/Fire 48+ set a World Record 374 at 220#. In Open Men Law/Fire Nick Bruckner set a California State Record at 198 with 402 and Barry Clark looked massive at 308 (weighed 297) and set a California State



Jamie Tovar set a WABDL Law/Fire Submaster World Record with a 490 bench in the 275 lb. class at the West Coast BP/DL meet. (photo provided courtesy of Jaime Tovar)

Record 507. In Submaster Law/Fire, Jaime Tovar set a World Record 490 1/2 at 275#. In Class 1 Bench, Eric Nahorniak set a Class 1 Nevada State Record at 148# with 264 1/2. At 181, Brian Spence set a California State Record 352 1/2. At 198, Greg Stephens set a California State Record with 413. At 220 Robert Budd set a Nevada State Record 341 1/2. At 275, Leo Contreras set a California State Record with 396 3/4. In Master Bench 40-46, 242, Tom Starkweather pushed a respectable 446. In

Master 47-53, David "Butch" Martinez set a California State Record 374 3/4. In Master 40-46, again, Fil Dena III set a Nevada State Record at 220 with 435, but Ed Hanson took 1st with a California State Record 485. In Master 68-74, 220, Charles Rice set a California State Record with 275 1/2, and at 242 Jack Peters set a California State Record with 225 3/4. In Master 75-79, Eugene Miranda set a California State Record 220 in the 220# class. In Men's Open, Ray Hickman of Oregon,

bench an impressive 402 at 165, about 16# short of Shawn Bell's State Record. At 220, Fil Dena III put up a Nevada State Record 435, but Matt Lamarque won with a fine 545 on a second attempt. At 242, Russell Kitani set a Nevada State Record 501. He holds the California State Records in Open and Submaster 242 with 545 and 567 respectively. He's just recently moved to Reno and I think he will bench 600# someday. At 275, Tomonari Yamanaka did just that - bench 600# - for a California State Record. In Teen Men 13-15, Isaac Pingree set a Teenage State Record at 123 with 126 3/4. At 165, Paul Seaver, at 15, set a World Record 281. He only weighed 156 and I don't need to tell you how impressive that is. Matt Morvai set a California State Record at 242 with 154#. In Submaster Bench, Jaimi Tovar set a California State Record at 275 with 490 1/2. Special thanks go to Darian Dunlap, Jon Broun, Steve Kepp, Gretchen Etzold, and Loraine Woods. The MCs were Greg Broan and Jody Woods. The spotters were Jeremy Fountain, Steve Wong, Ryan Hubler, Ron Evans and Steve Evans. Gold's Gym and Tim Bonham provided the warm up weights. Steve Uge provided the nice Ivanko competition weights. John Ford provided the competition bench. Tim Hardcastle provided the facility and Wilson Trophy provided the nice looking gold medals. The head judge was John Ford - other judges were Gustavo Warrington, Matt Lamarque, Gus Rethwisch, and Jody Woods. The meet director was Jody Woods, who did an excellent job and provided accommodations for the judges at a class hotel. Elma Thomas did the computer work with great competence and Gary Thomas and Gus Rethwisch handled the weigh-ins. (results and report provided by Gus Rethwisch)

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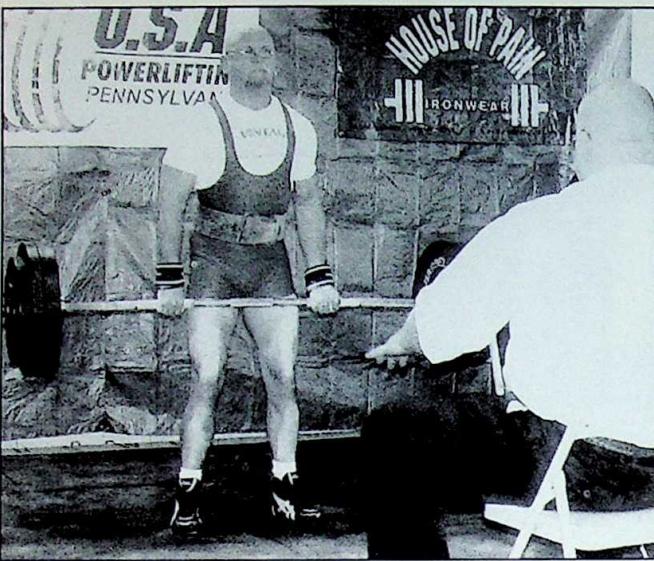
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USAPL Ironman/Ironwoman BP/DL
20 OCT 01 - New Freedom, PA

WOMEN	BP	DL	TOT
114			
T. Neil	85	140	225
123			
A. Hare	80	130	210
181			
40-44			
K. Newman OL	130	230*	360
Teen			
14-15			
148			
L. Mangino	315*	420*	735
16-17			
148			
D. Lehman	245	375	620
Men			
165			
M. Richmond	360	365	725
S. Davenport	250	420	670
Jr.			
D. Darinci	315	560*	875
C. Gates	190	400	590
181			
M. Vitale	340	370	710
16-17			
J. Zentz	310	300	610
Jr.			
A. Halko	400*	565	965
J. Adams	185	380	565
198			
T. Getsinger	400	525	925
Master			
J. Nealis	365	455	820
L. Lindsay	305	295	600
220			
Master			
S. Dokes	400	600	1000
B. Richards	290	450	740
M. Levin	365	300	665
Handicap			
R. Costigan	225		
242			
N. Williams OL	460	650	1110
K. Madara	460	550	1010
J. McElwee	450	550	1000
J. Schroeder	430	315	745
Jr.			
M. Allen	365	520	885
J. Besche	350	520	870
275			
S. Disantostefano	500	580	
1080			
Master			
J. Gourley	270	570	840
SHW			
R. Scandie	430	545	975
T. McCarthy	400	135	535

*state record. Records of all kinds were broke at the Bulldog Gym recently during the USAPL Ironman/Ironwoman powerlifting contest. Personal records, State records, and an "Inspirational record", were set by many lifters, both male and female and across many age groups.



Joe Nealis pulls a 455 deadlift to go with his PR 365 bench to win the 198 lb. Masters division at the USAPL Ironman/Ironwoman competition. Meet Director Dennis "NIKO" Hulslander is judging at right.

Thirty one lifters came from all parts of the country to the facility located in New Freedom, PA. Dennis "Niko" Hulslander, Asst. State Chairman of the USAPL and Marketing Director of the Bulldog Gym, was the host of this inaugural event. Niko reported that the contest was kicked off with the singing of the National Anthem, which was sung by his wife, Dyan. Immediately after, the excitement of the contest grew as female competitor, Kim Newman, 43, of Fairfield, PA set a new PA State record in the deadlift of 230 pounds! Roughly 70 spectators witnessed young Anthony Martin of Freeland, MD, compete in his very first powerlifting contest. Anthony, 15, bench pressed 125 pounds and deadlifted an outstanding 265 pounds while himself only weighing in at 114! It didn't stop there, as 17 year old Teenage Bench Press National Champion Loren Mangino, weighing in at 148 pounds, pressed 315 and competed a rugged deadlift of 420 pounds. Both of these lifts became new State Records for Loren. Dan Carić came all the way from Ellwood, PA to set a new deadlift record in the 165 pound weight class for men between the age of 20-23 by pulling a bar bending 560 pounds! As the day continued, Andrew Halko, 23, of Yardley, PA shoved a

bar length for a new State Record in the 181 weight class. More impressive lifts were completed by Nate Williams of Scranton, PA. Nate competed in the 242 weight class weighing in very light at 221. However, this did not deter him from winning male best lifter. His efforts resulted in a 460 bench press and a huge 650 pound deadlift. And BIG Steve Disantostefano of Baltimore, MD drove up North to post the biggest bench of the meet, a whopping 500 pounds! Moving on, it seems as though an inspirational moment has its own special way of recognizing the individual while humbling the rest of us. Niko reports that three days prior to the meet, he received a call from a gentleman asking if it was too late to enter the contest. Niko informed the man that it was not too late, but sensed that this was no ordinary "meet info" phone call. The gentleman continued to ask questions regarding the different categories a lifter could enter. Niko described the categories, which were essentially broken down according to a lifter's age. With that, the man inquired if there was a separate division for handicapped persons. Pausing for a brief moment, Niko did not anticipate having a handicapped person's division for this local contest, but he then told the man that he would be more than honored to have this gentleman

come and lift. Robert Costigan of Harvey's Lake, PA (north of Wilkes-Barre) lost his leg in February and explained that this would be his first endeavor into the sport of powerlifting, but he wanted to give it a try! Well, try he did, and then some. Robert first successfully attempted 215 pounds in the bench press and steadily increased to an awesome press of 225! With each successful lift, Niko reports that the could see Robert gain confidence in himself and the cheering of the crowd got louder and louder!!! Congratulations to Robert and to all the lifters. A special recognition needs to be sent out to all those who volunteered their hard work to make this special event so special. Thanks goes out to Titan Support Systems, Quest Nutrition, House of Pain, Crain's Muscle World, Powermag Magazine, Spatario's Family Restaurant, Apple Bagel, ESPN WYOK AM 1350 Radio, HealthSouth Rehab, Dale Giulio, Dan Ratchford, Cathy Boyd, Katie Boyd, Lauren Adams, Ed Conway, all the spotters and loaders, as well as the judges - Steve Mann, Erik Steiner, and Theresa Nealis. You made the records possible (results by "Niko" Hulslander)

USAPL Salem Wellness Bench Press
6 OCT 01 - Salem, VA

BENCH PRESS	M. Carter	365
FEMALE	220	
165	J. Shaner	450
D. Grieco	90	D. Seacrist 405
45-49		M. Cumbee 400
L. Facemire	100*	
MALE		D. Patrick 510*
Teen 14-15		J. Crocker 275
148		J. Dunbar 215*
18-19		D. Reynolds 420
275		Masters 40-44
M. Tingler	420*	181
College		M. Dennis 330
181		220
J. Hooper	320*	M. Vandervort 365*
Junior		275
148		R. Peck 385
M. McCann	280	319
181		T. Gladden 405*
W. Osborne	325*	45-49
220		198
N. Miller	405*	E. Banks 340
Open		50-54
165		198
C. Pannell	340	M. Cassell 275
J. Snider	275	242
181		A.C. Burke 320
W. Waller	440*	55-59
D. Hull	405	220
D.J. Laiham	340	K. Christian 400*
198		60-64
R. Smith	405	220
B. Mears	370	F. Porter 275*

* one of 12 state records. Best Overall Lifter: 148-198 - William Waller - 2.5 x BW, 220-319 - David Patrick - 2.2xBW. Most reps with bodyweight; William Waller - 48. (thanks to USAPL for results)



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90kg division was very impressive winning the class with 300.5kgs (European Record squat) 215 (European Record bench) 310 825kgs total. Gerald Matthys, a 100kg junior from South Africa, went 320 160 300 780kgs to win the class by a 50kg margin. Top South African junior Toni Correia had a fight on his hands with his team mate Duane Matthys. Toni came out tops by 20kgs with 330 225 290 845kgs. Zach Hudak of the USA took the 125kg class with 320 205 320 845kgs. Zach attempted a 365kg squat twice, but failed both times.

Wednesday started with the sub-masters and masters ladies. A lot of the classes were uncontested, but nevertheless the lifting was impressive. Two of the heavier sub-masters did very well - South African Johan Rheeder and Russian Karkh Viatcheslav. Johann made 340 230 330 900kgs and attempted a 342.5kg squat for a new world record, but the force of gravity was too strong. Viatcheslav went 335 245 300 880kgs to place second.

Thursday was start of masters and what a line-up from all over the world. Masters are fast becoming the largest category and what good lifting they produced. Long time campaigner Dave Mannering of Great Britain kicked off by winning the 75kg division Master 1 with an easy

635kg total and South African Pieter DeWaal winning Master 2 75kg with 270 140 260 670kgs. Piet has had a long forced layoff through injury, so it was a well lifted comeback. My good friend and long time campaigner Gordon Santee of California was in top form going 192.5 142.5 245 580kgs and then pulled 255.5kgs on a fourth attempt for a new world record, not bad for a fifty five year old. Jan Ferriera of South Africa and Robyn Brown of Great Britain fought it out in the Masters 4 class 82.5kg division. Jan had the edge with 765kgs to Robyn's 685kgs. Richard Flores of the USA made a new world deadlift record of 243kgs in the Masters 5 division. In top form this year was John Atkinson of USA setting three new world records. John went 292.5 185.5 260 738kgs - great lifting, John. Jim Rouse of USA coasted through with three world records 277.5 200 232.5 710kgs. It is always an absolute pleasure to watch Jim in action.

In the Masters 3 / 100kg division big Alan Luker of Great Britain pulled an awesome 341kg to set a new world record deadlift and totalled 801kgs to win the division. Johnny Kay of South Africa came in first in the Masters 4 / 100kg division and Valerie Nongoumanov of Russia took the Masters 5. Naas Cronje, Danie Snyman, Thenus Naude, Marius Pottas, Ian Visser and JEP Ras - all South Africans - won their respec-

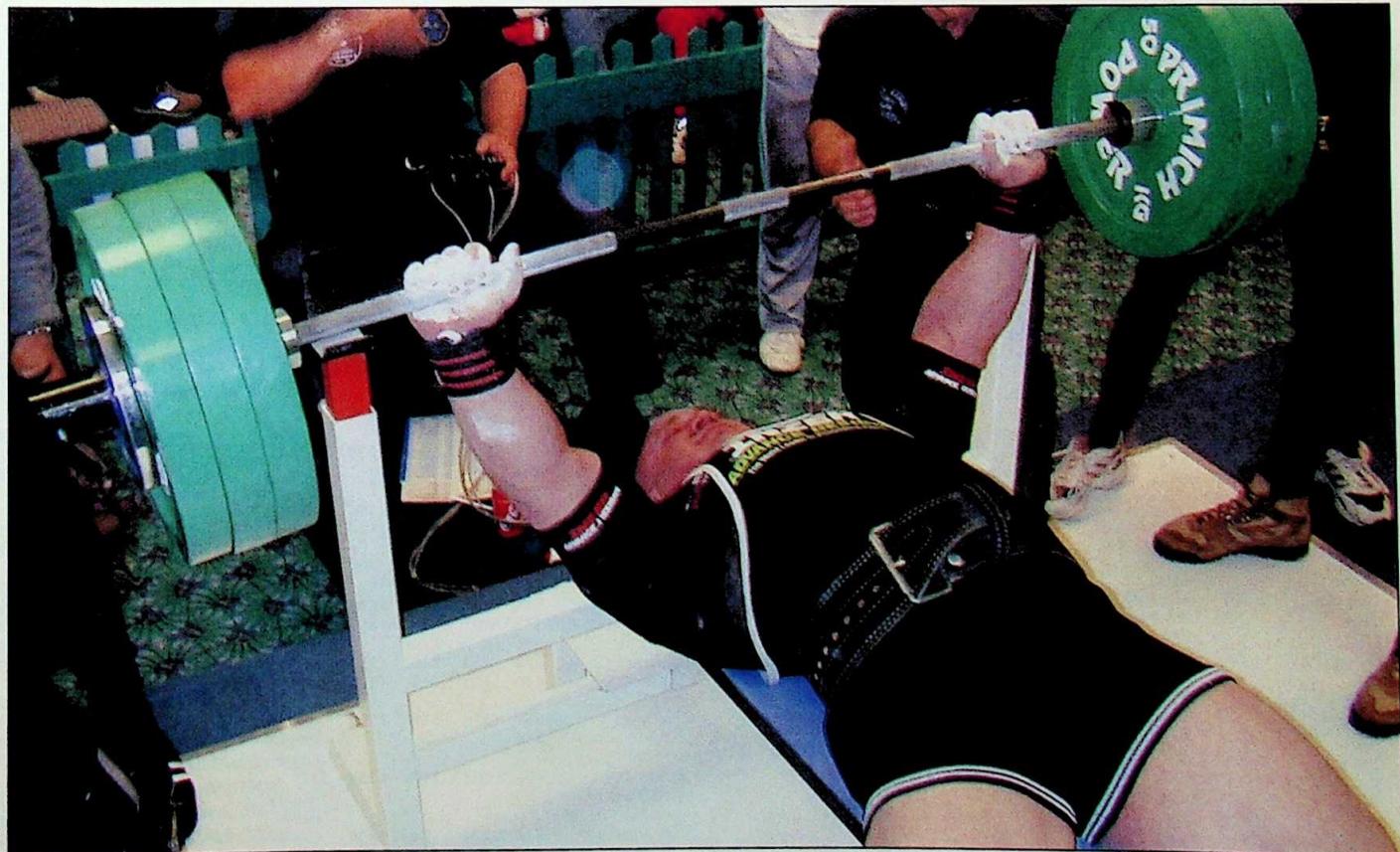
tive divisions. Joe Avigliano of Los Angeles had a bad day with depth. Joe shot up his openers only to get red lights each time. Big Pete Tregloan also hit only reds. Both Joe and Pete re-entered in the open class to be contested on Saturday.

Friday started with a bang - a big controversy started over the weigh-in procedure for top South African lady Vickie Heyser - and someone queried the legitimacy of her body-weight, which set off a huge argument. Anyway Gordon Santee eventually resolved it and Vicki went on to set a new world squat record in the senior ladies open class 56kg. Vickie's lifts were 212.5 115 187.5 515kgs. Jane Thomas of Great Britain placed second. We have since heard that Brian Batchelder of Great Britain has lodged an objection with Ernie Frantz so to save any further drama the South African Powerlifting Association have put forward the following suggestion. Vicki will not claim the records broken at the Worlds providing Brian Batchelder and Vanessa Gibson attend the 2002 South African Championships in Durban next year and personally supervise Vickie Heyser's weigh-in. The matter is now academic in any case as Vickie improved on all three lifts at the North West Championships in Johannesburg (after the Worlds) and I can personally assure everyone that she was correctly weighed in under the supervision of three inter-

national referees and a senior law enforcement officer. The weigh-in has also been recorded on video for anyone that cares to again question the integrity of our officials. I have been to twelve world championships and have never seen weigh-ins done one hundred percent as the rule-book states, yet it is the first time the integrity of an official or a lifter has come into contention. Hey guys, we have to have some drama at the Worlds - look what happened with the refereeing two years ago in Canada - yet no objection was lodged nor anyone's integrity questioned.

South African teenager David Ramokadi had also entered in the open and for the second time in a week took to the platform and beat Finnish lifter Timo Heiskanen into second place with an improved total of 625kgs - look out for this young man in the future. SA again with another winner in the 75kg open Franco Manca went 775kgs to take gold. Krista Ford of the USA an absolute delight to referee with her classic squat style. Krista leaves no doubt as to depth or other infringements. Krista went 227.5 132.5 230 590kgs and they all looked like openers. Andries Randall from SA is a comparatively newcomer to world class lifting, but one thing is for sure, he is on his way to the top of the

(meet results follow, however, the article is continued on page 68)



Scott Mendelson was in a record jamming mood, eventually shoving up a 738 bench in the 308s. (all photographs provided by Ian Morris)

WPC World Championships 5-10 Nov 01 - Capetown, South Africa															
		SENIOR MEN	SQ	BP	DL	TOT	40-44								
World Bench Press	181	Haaparanta	468	242	440	1151	123	Quinell	281	159	297	738	van Niekerk	496	
Masters Ladies	Crusius	308	148	Ramokgadi	551	297	529	1377	Buhl	231	110	242	584	198	308
40-44	Teen Ladies	132	Heiskanen	540	264	529	1333	132	White	286	126	281	694	Neethling	573
Buhl	121	13-15	Comer	385	352	362	1091	181	45-49	197	154	132	584	Labuschagne	507
132	Roux	99	Mayekiso	165				114	Heindl	199	77	176	452	220	330
Jacobs	203	132	Viljoen	121	Manca	705	369	633	1708	148	197	154	584	Ruiz	578
45-49	Teen Men	123	Mannering	606	418	529	1554	55-59	Schute	197	154	132	584	Van Leeuwen	639
Heindl	88	18-19	Cutler	518	303	540	1361	165	65-69	197	154	132	584	Redelinghuys	617
181	198	Joubert	407	248	385	1041	181	148	Potias	628	490	639	1757	242	396
Hagge	198	Sadig	374	181	Randall	793	363	639	1796	148	Avigliano	744	435	633	1813
50-54	242	Raf	385	198	Arnold	595	352	529	1477	148	Cronje	595	374	595	1565
132	Senior Ladies	93	Modia	418	231	451	1102	165	Kusau	187	110	198	496	Mikysek	529
65-69	132	198	198	198	198	198	198	181	MEN Masters	75-79	181	123	1757	341	617
132	Avigliano	209	Blake	661	341	540	1543	181	181	187	110	198	496	242	573
Knianek	110	Pukkila	170	Brown	683	352	650	1686	165	165	159	336	793	Roux	209
148	148	220	Schwab	821	485	705	2011	165	165	297	159	336	793	16-17	264
Kusau	115	Saba	231	Fessenden	782	485	666	1934	165	165	159	336	793	Viljoen	242
Master Men	SHW	B. Swanson	358	Blackie	771	529	617	1918	165	165	159	336	793	18-19	286
40-44	220	V. Dyk	220	Bilek	771	507	606	1884	165	165	159	336	793	132	639
148	Submaster Ladies	369	v.d Berg	661	473	639	1774	198	198	198	159	336	793	Bracale	242
Werner	148	Haase	672	551	551	1774	198	Kearns	319	264	446	1030	16-17	132	253
165	148	220	Schrott	738	507	705	1951	242	242	297	159	336	793	Teen Men	242
Rein	352	Morawski	198	Muller	815	573	727	2115	242	242	159	336	793	16-17	628
Jacobs	330	SHW	198	Ihalainen	793	473	716	1984	242	242	159	336	793	Pretorius	242
VanNiekerk	308	Vit	220	Gorrell	810	457	622	1890	242	242	159	336	793	121	661
198	Junior Men	Junior Men	Avigliano	744	435	633	1813	242	242	159	336	793	4th	303	
Hirner	540	165	Applecry	749	462	595	1807	242	242	159	336	793	deKlerk	220	
220	Stryp	286	Du Preez	661	440	650	1752	242	242	159	336	793	143	330	
Brasseur	507	181	Parkhurst	705	468	496	1669	242	242	159	336	793	694	1080	
242	Brandt	297	Els	573	391	573	1537	242	242	159	336	793	Hadebe	363	
Mrosek	485	198	275	Schrott	738	507	705	1951	242	242	159	336	793	Lidderd	275
Lachenicht	385	Nikula	418	Marshall	793	418	699	1912	242	242	159	336	793	Cronjé	440
275	4th	441	Kannemeyer	694	473	672	1840	242	242	159	336	793	220	1113	
Tamminen	507	275	Simelane	617	352	595	1565	242	242	159	336	793	VanHeerden	551	
308	Rantanen	573	308	Frey	793	540	617	1951	242	242	159	336	793	18-19	1510
Pietz	507	Ibragimov	429	Maree	617	407	639	1664	242	242	159	336	793	Kallis	617
SHW	Submaster Men	Submaster Men	SHW	242	242	242	198	242	242	159	336	793	Viviers	606	
Boettcher	485	123	181	181	181	181	198	198	198	198	198	198	Ramogadi	529	
45-49	Karkuschke	242	181	Bolton	925	551	921	2398	181	181	181	198	Kallis	385	
148	132	181	181	181	181	181	198	198	198	198	198	198	Timotheus	407	
Heindl	281	Nefiodov	242	Thomas	385	181	352	920	198	198	198	198	198	1432	
198	4th	264	264	Hellal	281	148	314	744	198	198	198	198	198	1416	
Kruger	413	165	SENIOR LADIES	181	181	181	198	198	198	198	198	198	198	1383	
220	Fortulan	396	123	181	181	181	198	198	198	198	198	198	198	1080	
Buhl	424	181	Hiser	468	253	413	1135	198	198	198	198	198	198	198	1488
Vrabetz	352	Vuuren	297	Thomas	385	181	352	920	198	198	198	198	198	198	1477
175	Udjur	297	181	181	181	181	198	198	198	198	198	198	198	1477	
Williams	440	198	148	181	181	181	198	198	198	198	198	198	198	1477	
308	Gayek	529	181	181	181	181	198	198	198	198	198	198	198	1477	
Myburg	462	Matham	385	181	181	181	198	198	198	198	198	198	198	1477	
50-54	220	Grandick	391	181	181	181	198	198	198	198	198	198	198	1477	
181	Haase	540	Ford	501	292	507	1300	198	198	198	198	198	198	1477	
Morawski	352	Will	518	SHW	181	181	181	198	198	198	198	198	198	1477	
Koulinnikov	292	242	Swanson	600	358	584	1543	198	198	198	198	198	198	1477	
198	Biermordt	595	van Dyk	396	225	407	1030	198	198	198	198	198	198	1477	
Velliquette	358	Barnard	523	181	181	181	198	198	198	198	198	198	198	1477	
Schuerman	352	Holzapfel	523	181	181	181	198	198	198	198	198	198	198	1477	
220	275	181	Karkuschke	352	242	352	947	198	198	198	198	198	198	1477	
Modlibla	319	Chenin	540	181	181	181	198	198	198	198	198	198	198	1477	
275	Karkh	529	Randall	396	253	396	1047	198	198	198	198	198	198	1477	
Nussbaumer	474	Laakso	473	Graham	584	330	512	1427	198	198	198	198	198	1477	
308	Robertson	507	Holmeyer	440	220	418	1080	198	198	198	198	198	198	1477	
Schroeder	496	Senior Men	148	181	181	181	198	198	198	198	198	198	198	1477	
SHW	148	181	181	181	181	181	198	198	198	198	198	198	198	1477	
Ackerman	440	Grey	176	181	181	181	198	198	198	198	198	198	198	1477	
55-59	181	181	181	181	181	181	198	198	198	198	198	198	198	1477	
220	Laakso	473	van Vuuren	496	286	507	1289	198	198	198	198	198	198	1477	
Kay	407	Vogel	507	Cladingbowl	429	264	440	1135	198	198	198	198	198	1477	
Genkillion	380	198	198	198	198	198	198	198	198	198	198	198	198	1477	
Bumu	308	Hirner	507	Xanthides	617	363	573	1554	198	198	198	198	198	1477	
242	Nyblin	496	van Niekerk	595	352	606	1554	198	198	198	198	198	198	1477	
Dytkiewicz	485	Nigel	418	Botha	529	308	529	1366	198	198	198	198	198	1477	
60-64	418	418	220	220	220	220	220	220	220	220	220	220	220	1477	
Trichlin	225	Kumalo	523	Maroshcher	650	407	600	1658	220	220	220	220	220	1477	
4th	226	v.d. Berg	468	Hall	617	396	617	1631	220	220	220	220	220	1477	
181	220	220	220	220	220	220	220	220	220	220	220	220	220	1477	
Hogg	352	Muller	573	Lombard	573	396	617	1587	220	220	220	220	220	1477	
4th	364	Loubser	507	Duplessis	584	347	573	1504	220	220	220	220	220	1477	
198	462	462	275 lb.	275 lb.	275 lb.	275 lb.	275 lb.	275 lb.	275 lb.	275 lb.	275 lb.	275 lb.	275 lb.	1477	
Krivanek	132	Strobl	374	Rheeder	705	440	683	1829	220	220	220	220	220	1477	
220	275	275	275	275	275	275	275	275	275	275	275	275	275	1477	
LeBolay	413	Smith	507	Karkh	661	507	573	1741	220	220	220	220	220	1477	
Nouguomanov	341	Submasters Ladies	490	Submasters Ladies	584	165	165	165	220	220	220	220	220	1477	
Bassman	341	Brits	485	Pfeiffer	380	148	303	832	220	220	220	220	220	1477	
275	485	Pretorius	330	SHW	407	198	352	959	220	220	220	220	220	1477	
Holzapfel Sr.	451	308	407	Masters Ladies	584	165	165	165	220	220	220	220	220	1477	
4th	457	Mendelson	738	165	165	165	165	165	220	220	220	220	220	1477	
65-69	457	Kutroff	584	M											

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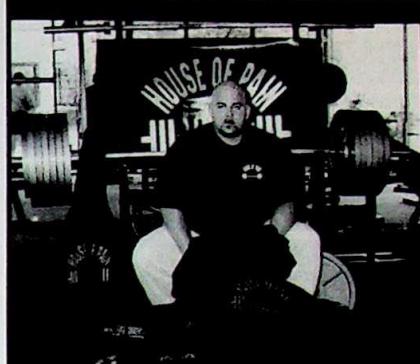
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82.5kg division having made 360 165 290 815kgs. and there is room for a lot of improvement in his bench.

Everyone was looking forward to Saturday lifting and seeing the "Big Guns" in action. They were not disappointed. The first winner was Bernhard Schwab a junior from Austria who set two European and one World record. Bernhard went 372.5 220 332.5 915.5kgs. This won him the open 100kg class. Mike Fessenden came in second with 355 220 302.5 877.5kgs and Nikki Blackie of South Africa third with 350 240 280 870. In the 110kg open South Africa once again took gold with Chris Muller going 370 260 330 960kgs. Chris just missed a 352.5kg deadlift. Jani Khalainen of Finland was 60kg behind with 360 215 325 900kgs - a total that looked very easy. USA lifter Jim Gorrell was third with 367.5 207.5 282.5 857.5kgs and lifting for the second time in three days Joe Avigliano of USA, who did 337.5 197.5 287.5 822.5kgs to place fourth. I think lifting twice in the week took its toll on Joe. It is my great pleasure to have made friends with Joe and Nance - they are great people to have around with a contagious enthusiasm for powerlifting. A classic lifter in my book is Lee Marshall of Great Britain. Lee lifted in the 125kgs and I had him tipped to win but that was not to be. Michael Schrott of Germany took the honours with 335 230 320 885kgs and Lee came in second with 360 190 317.5 867.5kgs with SA lifter Quentin Kannameyer third on 315 215 305 835kgs. Well-done Quentin, for your first Worlds.

At this stage an atmosphere of anticipation came over the large audience. All were waiting to see a promised awesome deadlift from



Happy Referees ... (l-r) Gordon Santee, Yuris Sterns, and Jim Rouse

Great Britain's Andy Bolton and to be sure they were not disappointed. Andy opened on a very easy 350kg, took 390kg for his second, and pulled the Big One - 418kgs - to complete the triple. I have never seen a bar curve like this before - it was something to see. Andy then called for 425kgs that had the crowd standing in their seats, but it was not to be. Andy totalled 1088kgs to take first place in the 140kg+ followed by Big Pete Tregloan and South Africa's new superheavy Adriaan VanDerBerg with 360 220 340 920kgs.

In the senior ladies 90kg+ division USA super-lady Becca Swanson set two new world records with lots more to spare. Becca missed her first squat of 272.5kgs, took it again, and satisfied the referees, then went 285kgs for a world record which she failed. She took it again for a fourth attempt and got it easily. Becca's opening deadlift of 265kgs was also a new world record, which gave her no problem, but 275kgs got stuck twice when the force of gravity was stronger than Becca, 272.5 162.5 265 700kgs for a 90kg+ lady - it was awesome. It was an absolute pleasure having Becca at the meet. With her great friendly personality she was a favourite with everyone. Our own Mirinda VanDyk had a really bad day, lifting well below her best, and came in second to Becca. Another SA win in the 90kg open was our own Bronson Brown from Neville Primich's gym taking the honours with 310 160 295 765kgs. I often wonder if Neville is

cloning some lifters in Durban - every year he comes up with some new greats.

A very special mention must go to USA master lifter Frank Richie who lifted in the 70-74 age group 75kg division. Frank weighed in at 69.5kg set a new world master's squat record with 167.5kg a new world deadlift record of 192.5kg and totalled 482.5kgs. (167.5 122.5 192.5 482.5kgs) Frank is seventy-one years young and an inspiration to all of us. The total he made won him the overall best master trophy. We all loved his very laid-back manner and enthusiastic approach to the sport.

A function was held at the venue on Saturday evening to present the best overall lifter awards. I was at a loss to decide what type of trophy to hand out, but wanted to do something unique, so after some deliberation I decided on sticking to the meet motif', which was the African elephant. I had copper plaques formed with elephants superimposed on the front surface in all different sizes and groupings. When they went on display I knew I had made the right decision. I think all the recipients were very pleased. The African elephant was also on the World Medal with the Cape of Good Hope emblem on the reverse. All in all, I feel the meet was a great success. If all the complimentary e-mails and faxes I have been receiving are any indication, then I am a happy promoter.

The refereeing was excellent, but as usual we had a few unhappy chaps complaining the refs had failed their squats. I always reply with the words 'sor' pal, you failed it yourself, the referees just told you about it'. Gordon Santee, Jim Rouse, Radar Capehart, Fred Badenhorst, Yuris Sterns, Pete Tregloan, Phil Niemandt, Lee Marshall and several others put in quality time in the referees chairs. To me, they did a

fine job. The spotting and loading crew were all South African and did a tremendous job for the week. Loading was rapid with little or no delays. Our student announcer was excellent, as he really put some excitement into the meet with his vibrant personality. How he lasted non-stop for six days is a mystery. To put the cherry on the cake South Africa, for the first time in sixteen WPC World championships, won the team trophy.

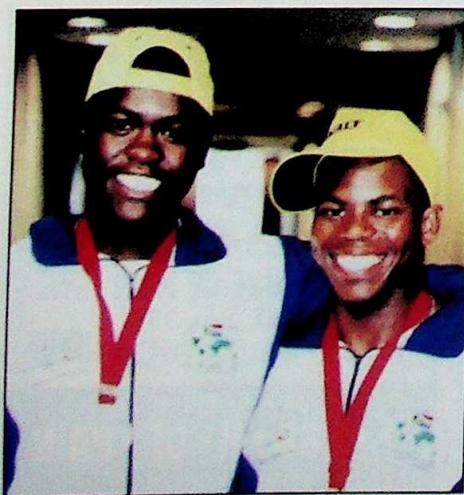
On Sunday, I invited as many of our overseas visitors as we could accommodate to our home for a barbecue. About one hundred came along for the afternoon. We had a sing along band playing that entertained everyone all afternoon and it looked like all had a good time. It was my great pleasure to host the 2001 Worlds here in Cape Town. It was a tremendous amount of work, but all the new friends I got to know made it all worthwhile. I want to thank all you guys and girls that attended the Worlds - it was really great having you all here.

Most of you WPC affiliated nations have experienced IPF interference at one time or another. We were no exception. Two weeks before this Worlds, Neville Primich and myself were called in to a meeting with our Minister of Sport. This was done on the insistence of the local IPF representative. We were told, in no uncertain terms, that unless we agreed in writing to full drug testing there would be no WPC World Championships. We had no problem with this, as it is a stringent requirement of South African sporting laws and the laws of our country. We notified all concerned and are happy to say there was not one withdrawal. Eight lifters were tested out of three hundred plus, and results will be available shortly. What satisfaction the IPF get out of this kind of interference is a mystery to us. Possibly it is jealousy at the rate we are growing.

Keep strong,
Ian Morris
ianmorr@iafrica.com



Meet Promoter - IAN MORRIS

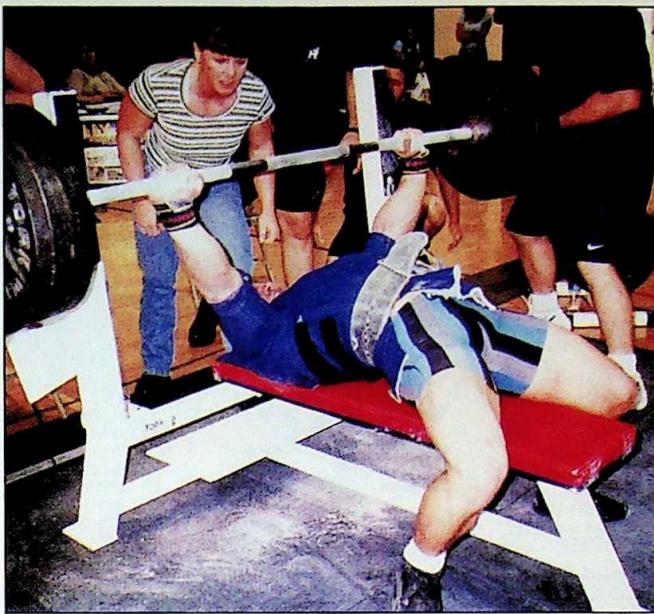


Teen WPC World Championship Gold Medalists: Johannes Hadebi and David Ramokadi

APA/WPA Record Breaker Meet
20 OCT 01 - Lancaster, PA

Women	SQ	BP	DL	TOT
97				
E. Grimwood	315	145	315!	775
H. Schmoyer	240	110	250	600
123				
Elizabeth Torres			300	
148				
A. Maurer	300	135	305!	740
165				
M. Malkasian	350	170	340	860
Men				
132				
Jerry Mattis (40)	375	300	430	1105
165				
Brian Crowe BL	640	435	575	1650
M. St. Laurent	535	320	525	1380
Shay Larris	525	310	475	1310
181				
Fred Piermattei	400	—	550	
Cory Smith		375		
198				
Justin McShane	585	315	550	1450
S. Mittleton (48)	500	320	450	1270
Jeff McVicar (BL)		535!		
220				
Robert Powers	400	505		
Dan Stitt	510			
Mike Patton	—			
242				
Jason Williams	—	365	540	
John Peterson		485		
275				
P. Simpson (47)	660	480	580	1720
Greg Rutter (50)	490	270	450	1210
Jim Walk (46)		345		
Ron Librandi		425		
308				
Dave Daneaut BL	605j	475	565j	1646 j
	4th	575		
Chris Riedy	660	385	570	1615
Tom Graver Sr. (47)	380	580		
Les Schoelkopf (55)	300			

Congratulations to all of the lifters who competed in the 2001 WPA Masters - Juniors - Teens Record Breakers Meet! The Lancaster Y was a great host as always. Thanks also to all those who helped with organizing the meet; Mike Patton, Tom Levering, Sue Mason, Tom Good, the "Crew", and everyone else. Way to go! The Judging was first rate, with strict but fair calls for all the lifters. The spotters and loaders did a fantastic job, with no misloads or dropped attempts all day. There was great lifting all day, with big lifts coming from both veterans and newcomers. The turnout was lower than usual due to Pennsylvania hosting four other major meets that same day. Nonetheless, everyone did a great job, with the crowd really getting into it. On the women's side, America's top 97 lb. squatter (and top overall for '00) Elaine "Scraps" Grimwood was on hand to lift big once again. Scraps squatted a nice 315 before going to 325 to break her own all-organization American record. She got out of the groove a bit though, and had to settle for her 315. She also pulled a strong 315 deadlift on her way to winning best lifter, 97 lb. Heather Schmoyer did a fine job as well. She was very strong in setting a new teen record with a 240 lb. squat and had a PR total on the day. PA discus champion, Alison Maurer did a great job in her first meet setting records in the 148s. The 17 year old went 300 in the squat, 135 in the bench, and 310 in the deadlift, setting records along the way. Margaret Malkasian turned in another strong day going 350 in the squat, 170 in the bench, and 340 in the deadlift for an 860 total in the teen 165s. She has a strong future! Elizabeth Torres always pulls big; this meet was no exception! The feisty 123'er attacked the bar to pull a fast and strong 300 in the deadlift. On the men's side, the standout performance of the day was certainly Jeff McVicar. The 197 lb. U.S. Marine from Maryland seemed to be benching in the "Twilight Zone"! All of his lifts looked the same ... Strong! After opening with 475, McVicar went an amazing 520, then 535, then 555 on a fourth attempt, shattering records all along the way! Wow! Brian Crowe and Canada's Marcel St Laurent are two of the best in the business. St. Laurent, one of the world's best master lifters, turned in a workman-like day. At 59 years of age and at a bodyweight of 159, he is still going strong. Off his best numbers, though still very impressive, St. Laurent went 525 in the squat, 320 in the bench, and 525 in the deadlift. One of the country's best 165ers,



Jeff McVicar benching an outstanding 555 @ 198, for a WPA World Record and Best Overall Bench at the WPA Record Breakers (Seeker)

Brian Crowe (the stacked guy with the hair for all the ladies), was, as always, strong! Crowe, a vegetarian and lifetime natural lifter, turned in a big 640 squat, 435 bench and 575 deadlift to finish the day with a 1650 total and best lifter. 198 lb. class Jr. World Champion and new lawyer, Justin McShane somehow found time to compete just days after passing the PA Bar Exam. With all he did, which included judging and helping other lifters, McShane turned a strong day going 585 in the squat 315 in the bench and 550 in the deadlift. McShane's lifting partner and strong up and coming 165er Shay Larris had a good day as well. His strong 535 squat, 310 bench and 475 bench are signs of good things to come. United States Marine, Palmer Simpson went it all together on this day going 8 for 9 in an outstanding performance. Simpson, a 257 lb. 47 year old masters lifter Greg Rutter had a good day going 490 in the squat and 270 in the bench. Though missing his second and third attempts in the squat and bench, Greg completed three strong deadlifts finishing off with a 450. Veteran and former teenage PA state champ, Chris "Bull" Riedy is still making steady gains in his come-

back to powerlifting after some major surgeries. His strong 660 squat, 570 pull, and 385 bench were evidence of his continuing improvement. The 308 class included an exciting performance from up and coming 22 year old Canadian Jr. lifter Dave Daneault. Setting jr. world records on his second and third attempt squat and deadlift, Dave ended up with a strong 605 squat, a 485 bench, and four all out attempts deadlifts ending up with a 575 4th. 47 year old master lifter, Tom Graver Sr. had a gutsy day in the bench and deadlift, going 380 on his second attempt bench and gutting out 580 on his third attempt deadlift after coming up just short on his first two attempts. Congratulations again to all of the lifters who competed. Keep up the great lifting and stay strong! Hope to see you all next time! (Thanks to PA APA chairman, Carl Seeker for results).

APA Iron Barbarian PL & BP
24 JUN 01 - Orlando, FL

Women	SQ	BP	DL	TOT
B. Goodman	200	185	305	715
4th	225			
Teenage				
B. Frisch	285			465*
Submaster				
M. Rodriguez				640*
Master 40-49				
G. Boldissar	215			420
T. Gainer	254			405
S. Pullaro	195			355
50-59				
J. Stehman	325	305	410	1040
D. Baumstein				
Open 148				
I. Anderson	315	290	350	955
181				
R. Frazier				420
198				
V. Lopez				415
S. Pullaro				355
220				
R. Meyer	665	500	635	1800
J. Howe	500	380	500	1380
G. Boldissar				420
242				
S. Schuler	550	500	575	1625
H. Garcia	485	345	475	1305
D. Wiesenfeld				420
275				
T. Gainer				405
J. Taylor				
308				
M. Rodriguez				650
D. Rollins				540
Best Lifter Powerlifting Meet: Rich Meyer. Best Lifter Bench Press: Miguel Rodriguez. (thanks to the APA for providing the results to PL USA)				

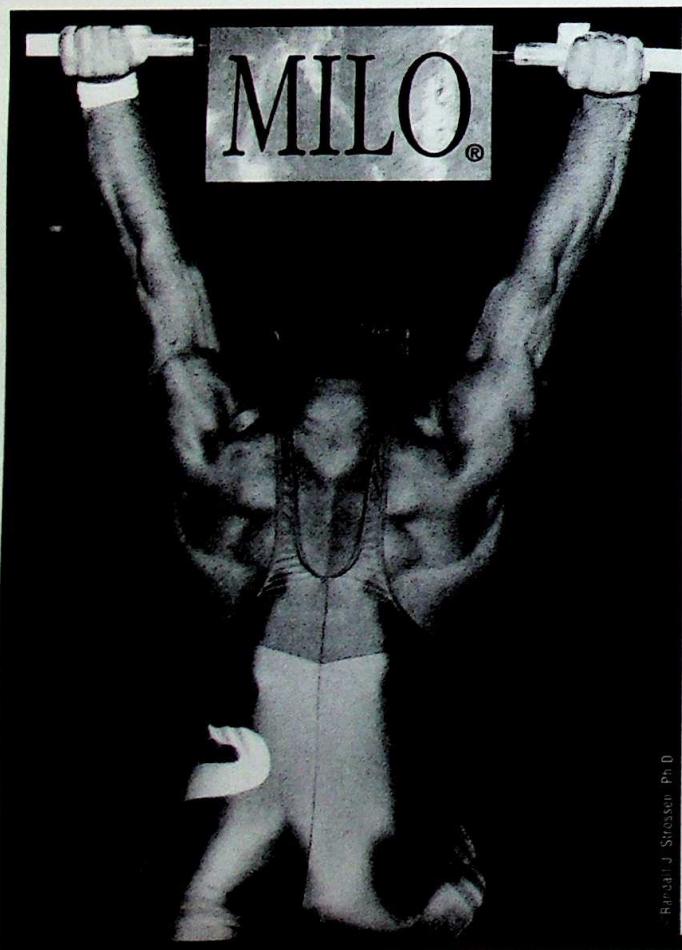
APA Star City PL & BP Classic
6 OCT 01 - Roanoke, VA

Women Junior	SQ	BP	DL	TOT
D. Walker	123	230	125	225
	4th			290
Submaster (formula)				
J. McVicar	194	625	500	585
4th		650		515
R. Kenley	175	350	250	370
C. Perrotta	289	875		
J. Peterson	219			475
L. Loganbill	218			360
Master 40-49 (formula)				
B. Robertson	450		380	525
W. Ferguson	282			365
R. Trail	175			255
60+				
E. Jones	216			230
Open				
165				
K. Clinevell		420	315	450
E. Sanfilippo				415
181				
R. Kenley	350	250	370	970
198				
J. McVicar				500
4th				515
R. Perconte				445
220				
J. Peterson				475
275				
F. Galya	625	415	610	1650
M. Brookman				
308				
W. Ferguson				365
Meet Director: Mike Brookman, Best Lifter (Bench Meet) Jeff McVicar, Best Lifter (Power Meet) Jeff McVicar. (thanks to APA for results)				

APPLICATION FOR REGISTRATION
American Powerlifting Association

Last Name	First Name	Initial	Date of App.
Street Address	City	State or Province	
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Date of Birth	Age	Sex	Mail and make checks payable to APA P.O. BOX 27204 EL JOBEAN, FL 33927
Social Security Number			
Registration Fee: \$20 High School Athlete: \$10			
Parents Initial If Under 18 yrs.		I Certify that the above answers are correct <input type="checkbox"/>	

WABDL Capitol City BP/DL 2 JUN 01 - Sacramento, CA		47-53	P. Davi	440	R. Granados	148	Master Women	B. Huffer	402	B. Sanders	413	
BENCH	275	D. Martinez	341	D. Freeland	501c	J. Green	143	123	275	R. Smith	473	
Law/Fire	A. Dilk	385	308	Teenage Men		148	L. Buie	123	M. Womack	413	181	
Master Women	308	B. Sabin	451	13-15	T. Callahan	148	132	303	4th	220	473	
123	B. Sabin	451	L. Contreras	396	132	R. Chisman	253	148	Class I	M. Wheatfall	567	
L. Buie	159	L. Contreras	396	54-60	J. Womack	159	132	264	J. Shapiro	352	275	
Law/Fire		Submaster Men		181	R. Jaffe	115	4th	181	R. Magni	617		
Men	165	R. Tsutsui	352	J. Crozier	148	G. Eddy	93	Master Men	A. Dilk	534		
220	A.J. Agamao	402	J. McCamman	319	220	G. Eddy	40-47	N. Nelson	523	308		
Z. Clark	418	G. Figard	148	V. Tovar	137	L. Appelt	187	220	C. Lewis	705		
R. Evans	292	198	J. Pujol	231	16-19	C. Richer	165	Z. Clark	C. Aichs	650		
242	G. Buffington	418	61-67	165	H. Blake	303	DEADLIFT	650c	S. Ughe	507		
M. Smyser	380	220	L. Thach	231	181	Master Women	308	242	A. Bixler	358	Master 40-46	
Law/Fire	M. Hatfield	363	165	J. Harris	281	40-46	308	220	123			
Master Men	242	220	220	281	W. Faulkner	633c	C. Nelson	540	B. Sanders	413c		
40-47	R. Ludlam	402	R. Kunz	292	123	J. Minahan	551	R. MacQuarrie	501	148		
198	275	75-79	75-79	123	A. Horvath	275	Open Men	J. Taylor	380	B. Uyeoka	473	
R. Lopez	347	B. Passero	534	4th	286	L. Buie	303	220	242	165		
220	J. Tovar	485	181	M. Minahan	242	47-53	Z. Clark	650	J. LaGrill	551	D. Marxheimer	457
Z. Clark	418c	Masters	B. Accosta	181	B. Scotch	236c	114	R. Evans	418	512		
J. Jones	403	40-46	Open Men	275	G. Egan	242c	242	275	J. LaGrill	551		
242	123	B. Sanders	242	4th	M. Womack	374	68-74	R. Hebele	418	242		
A. Clayton	402	B. Sanders	242c	165	P. Forquer	159	M. Smyser	56	275			
4th	413	148	M. Hara	485	Open Women	114	SHW	308	275			
308	B. Uyeoka	308	181	R. Granados	148	4th	R. Russell	644	275			
J. Minahan	534*	165	G. Gibson	402	Women	13-15	4th	Junior	507			
W. Faulkner	D. Marxheimer	363	S. Dias	391	R. Jaffe	115	13-15	148	308			
Submaster	181	J. Meixner	325	148	R. Jaffe	214	132	S. Newman	462c			
165	B. Levering Jr.	418	198	T. Callahan	231	D. Harter	264	198	C. Lewis	705		
A. Agamao	402*	4th	G. Warrington	540	4th	132	T. Callahan	330c	W. Faulkner	633		
275	J. Jones	403	F. Dena III	418	SHW	132	J. Crozier	325	40-46			
J. Tovar	485*	M. Reifkind	396	SHW	P. Carroll	214	148	A. Bixler	358	P. Benvin	407	
Class I Men	314	M. Laurel	314	A. VanderPol	137	P. Boozer	358	220	47-53			
148	198	M. Lamarque	540	Master Women	SHW	214	165	P. Newman	462c			
J. Shapiro	286	E. Hanson	451	40-46	A. VanderPol	303n	165	T. Faulkner	303	198		
181	K. Kanemoto	473c	M. Wheatfall	314	Junior Women	132	275	D. Harter	264	D. Solan	578	
R. Eley	418	F. Dena	275	123	A. Horvath	325	16-19	T. Faulkner	303	573		
N. Nelson	374	R. Lopez	347	L. Buie	159	P. McKeirnan	473	220	D. Imrie	490		
M. Laurel	352	220	A. Dilk	385	G. Eddy	220	16-19	R. Spill	486c			
198	J. LaGrill	385	R. Magni	148	R. Jaffe	165	165	G. Figard	369	275		
S. Ughe	363	242	R. Wilson	181	H. Blake	473	165	S. Grindall	473			
A. Bixler	187	W. Page	358	47-53	P. Carroll	214	181	G. Buffington	529	308		
220	275	J. Fountain	297	C. Richer	314	181	L. Contreras	485				
M. Jones	429c	T. Starkweather	457	114	C. Richer	314	A. Horvath	446	220			
R. MacQuarrie	363	B. Smith	429	16-19	J. Harris	424	220	R. Green	600	4th		
242	M. Moore	402	S. Newman	259	Teen Women	16-19	M. Minahan	402	40-46	507c		
S. Pena	462	308	N. Bruckner	314	165	M. Julian	363	242	R. Exum	523		
4th	473*	C. Lewis	578	165	K. Womack	286	198	J. Pujol	429			
J. LaGrill	385	SHW	114	132	P. Forquer	82	297*	R. Ludlam	473	61-67		
R. Hebele	347	A. Bixler	187	Submaster Women	4th	D. Cody	451	275	220			
	303	220	J. Green	303	Submaster Women	220	J. Taylor	380	R. Kunz	407		
			T. Callahan	330	J. Boozer	341	L. Harju	600	4th	429c		
			C. Clark	407	D. Askanas	567	Open Men	181				
			Law/Fire	418c	B. Accosta	303!	123	S. Ughe	57-79			



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* - world record, c - state record. About 135 lifters showed up for Jody & Loraine Woods' meet in Rancho Cordova, a suburb of Sacramento. According to Gordon Santee, it was the biggest meet ever in California. In master men 40-46 age group deadlift, Bobby Sanders set a California State Record with 413, weighing only 120!. That's close to 4 times his bodyweight. At 148, Brian Uyeoka pulled 473, short of his own 496 California State Record. At 165 Dan Marxheimer set a Washington State Record with 457. At 242 John LaGrill pulled 551. At 275, Bob Smith set a California State Record with 640# - a big pull for a master lifter. Ted Stewart of Sparks, Nevada was 2nd with 573. Mike Moore was 3rd with 529. At 308, Big Cyril Lewis set a Nevada State Record with 705. You don't see too many 700# deadlifters any more. Walt Faulkner was 2nd with 633 3/4. At Super, Patrick Benvin set a Nevada State Record with 407 3/4. In Master men 47-53 age group Dave Solan broke the state record by over 100# at 198# with 578 1/2. At 220, Donn Imrie set a California State Record with 490 1/2. Rick Spill was 2nd with 486, which was the California State Record until Imrie broke it. At 275 Skip Grindall set a California State Record with 573. At 308, Leo Contreras pulled a 507. In Master 54-60, Jerry Pujol pulled a state record 429 3/4. At Master 61-67, 220, Roger Kunz set a state record 429 3/4. In Master 75-79, Bob Accosta set a World Record of 303 at age 77 - that's 3 bales of hay with one pull! In Open Men's Deadlift, Bobby Sanders set a California State Record with 413. Bob Smith pulled a 473 3/4 at 181. Marcine Wheatfall pulled a solid 567 1/2 at 220. At 275 Anthony Dilk was 2nd with a 534 1/2 Nevada State Record. In 1st place was Riccardo Magni with 617. At 308, it was an all Nevada Shootout with Cyril Lewis the winner with 705 and Chad Aichs in 2nd with 650. Lewis' 705 was a Nevada State Record. In Submaster Men, Randy Green set a Nevada State Record at 198 with 600 3/4. He and his wife Julie brought a full team of good, serious lifters, who train at his gym - Flex Gym in Reno. At 242, California State Record holder Robert Exum was way off his 573 record with 523. At 275, Leo Harju pulled a nice 600 3/4. Leo is a 100% serious lifter. It permeates his whole being. At 308, Dean Askanas pulled 567 to win. At 198 Greg Buffington pulled a 529. In Junior Men, Steve Newman pulled a State Record 462 3/4 at 148. At 220, 20 year old Phil Davi, who is a 700# pulled in the making, set a California State Record with 633 3/4. At 275, Dave Freeland set a California State Record with 573. In Class I, Special Olympian John Shapiro set a Class I California State Record with 352 at 148. At 181 Nathan Nelson set a Nevada State Record of 523 1/2. At 198 Steve Uge set a California State Record with 507. At 220, Christopher Nelson set a Nevada State Record of 540 to beat fellow Flex Gym member Rick MacQuarrie, who did 501 1/2. At 242 John LaGrill pulled a 551. At 275, Anthony Dilk pulled a Nevada State Record of 534 and at Super Leo Contreras set a California State Record 507. In Teen Men, 13-15, 132# Dean Harter set a California State Record 264 1/2. At 220, Paul McKiernan set a World and California State Record of 473 3/4 - that's a big time lift for a 15 year old. In Teen, 16-19, 165# Hayward Blake pulled 473. At 181, John Harris set a Nevada State Record with 424, but Andy Horvath won with a California State Record 446 3/4. At 220, Johnny Taylor set a State Record of 380. At 242, Chris Clark set a California State Record with 418 3/4 and at 275 Mike Womack pulled a California State Record 451 3/4. Womack is coached by big Russ Lewis, a Gulf War veteran and a very nice guy. In open men's law/fire deadlift at 220, Zach Clark coming back from a major illness, smoked a 650 for a California State Record. At 242, Mike Smyser set a California State Record with 567 1/2. In Master Men 40-47 Zach Clark set a World Record with 650 at 220. At 308 Walt Faulkner set a California State Record with 633 3/4. In Master Women's



Walt Faulkner with his 633 deadlift that was a California State Record and a World Record in the Law/Fire Master category, 275 lb. class. (photograph was provided by Gus Rethwisch)

Law/Fire Leticia Rosales Buie set a World Record with 303 weighing only 123 at age 41. Ranell Chisman set a World Record at 132 with 264 1/2. In Submaster Women Deadlift Julie Green set a Nevada State Record 303# at 123. At 148 Tammi Callahan set a California State Record with 330 1/2. In Teen Women Kelly Womack set a World Record 297 1/2# in 16-19, 165# class. In Junior Women Gabrielle Eddy set a California State Record at 132# with 220 and Christy Richer set a Nevada State Record and World Record at 165 with 314. In open women 148 Tammi Callahan set a California State Record with 330 and Amy Vander Pol set a Nevada State Record with 198+ with 303. In Master Women Deadlift 40-46 Leticia Buie set a California State Record at 123 with 303. In Master 47-53, Glenda Egan set a World Record at 114# with 242 1/2 and 70 year old

with a 485 World Record at 165 and a close try at 501 - he's without a doubt one of the best lightweight benchers in the World. The old record was 447, held by Sean Kaneshiro. At 198, Fil Dena III set a Nevada State Record 418 3/4 and Gustavo Warrington did a 540 and locked out a World Record 562, but was turned down because his butt came off the bench. At 308, there were 3 very good lifters. Chad Aichs was 3rd with 479 1/2, Cyril Lewis was 2nd with a Nevada State Record 578 1/2 and Steve Wong did 600 3/4 on an opener that was easy. He's the former World Record holder with 661. In Masters Bench, 40-46 age group, Bobby Sanders set a California State Record 242 1/2. At 181, Jeffery Jones set a Nevada State Record 403. At 148 Brian Uyeoka set a California State Record 308 1/2. Back to 181, Bob Levering set a California State Record with a nice 440 on a

Paulie Forquer set a World Record at 132 with 165# and she looks terrific. Now on to the bench press. In Junior Women Robin Jaffe set a California State Record at 132 with 115 1/2. Louise Appel at 148 put up a fine looking 187 for a California State Record. At 165, Christy Richer set a Nevada State Record of 165. In Submaster Women, Rebecca Granados set a California State Record at 114 with 148 3/4. At 123 Julie Green, the co-owner of Flex Gym in Reno, pushed a Nevada State Record 143# and Tammi Callahan rammed up a California State Record 231 at 148#. In Teen Women 16-19, 165# Kelly Womack set a California State Record 159 3/4. In Master Women 40-46, Renee Wilson set a California State Record 181 3/4 at 148#. Glenda Egan set a California State Record in 220 with 429 3/4 and Rick MacQuarrie was 2nd with a Nevada State Record 363 3/4. At 242 Steve Pena set a World Blind Record with an impressive 473 3/4 as well as a California State Record in Class I. At 275 Anthony Dilk set a Nevada State Record with 385 3/4 and at 308 Bruce Sabin set a California State Record with 451 3/4. In Submaster Law/Fire Bench at 165, A.J. Agamano, ably coached by Matt Lamarque of the Iron Society, set a World Record 402. At 275 Jaimi Tovar, also coached by Matt Lamarque, set a World Record 485. In Master Men Law/Fire 40-47, Rudy Lopez set a California State Record 347 at 198#. At 220 Zach Clark set a California State Record 418 3/4 for the gold and Sergeant Jeff Jones of the Sparks Police Department was 2nd with a 403 Nevada State Record. At 242, Arthur Clayton set a California State Record on a 4th attempt with 413 and big John Minahan set a World Record with 534 1/2 and he had room to spare. In Master Women Law/Fire 40-47 at 123 Leticia Rosales Buie set a World Record 159 3/4. Special thanks go to Darian Dunlap, Jon Broun, Steve Kepp, Gretchen Etzold, and Loraine Woods. The MCs were Greg Broan and Jody Woods. The spotters were Jeremy Fountain, Steve Wong, Ryan Hubler, Ron Evans and Steve Evans. Gold's Gym and Tim Bonham provided the warm up weights. Steve Uge provided the nice Ivanko competition weights. John Ford provided the competition bench. Tim Hardcastle provided the facility and Wilson Trophy provided the nice looking gold medals. The head judge was John Ford - other judges were Gustavo Warrington, Matt Lamarque, Gus Rethwisch, and Jody Woods. The meet director was Jody Woods, who did an excellent job and provided accommodations for the judges at a class hotel. Elma Thomas did the computer work with great competence and Gary Thomas and Gus Rethwisch handled the weigh-ins. (results and report provided by Gus Rethwisch)



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

Signature _____

(article continued from page 9)

featured in the paper and television, she probably could have won an election for Mayor.

Team points for the top three teams were Japan 59 points, China 56 points and the U.S. ladies finished in 3rd with 49 points. Yukako Fukushima from Japan finished in first for best overall and had a fourth attempt of 271 lbs. passed. She may be the first female lifter to do a triple body weight bench press. U.S. lifter Jennifer Thompson finished second overall followed by French lifter Clara Kasbarian.

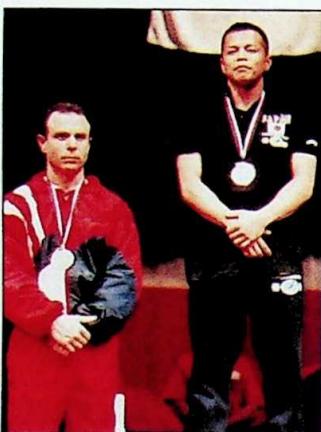


SHW - 1st - Chen-Yeh Chao (TAI)

In the men's division, German lifter Christian Klein won the 114 lb. class on bodyweight with a bench of 281 lbs. Japan began their gold medal collection with Yuji Miyazaki winning the 123 lb. class with a big bench of 385 lbs. and missing a world record attempt of 402 lbs. on his third. My training partner Steve Petrenak won a bronze medal finishing third with a bench of 330 lbs.. Steve missed the silver on bodyweight by .1 kg. I hope he weighed in with nothing on. Steve's bench continues to improve, but he needs serious help on the dance floor. In the 132 lb. class Japanese legend Hiroyuki Isagawa edged out multi-world champion and fan favorite Tagy Parmian with a bench of 418 lbs.. (I thought I was the world's worst dancer, but Tagy made Petrenak and me look like Fred Astaire). As a 47 year old lifter, I always worry about the time when my lifts will go down. You can't get stronger forever. I always find it uplifting when I see someone older than I am do a phenomenal lift. On a fourth attempt, Hiro Isagawa did a tremendous 452 lb. bench, which is approaching 3 1/2 times his bodyweight, in a single ply shirt, at the ripe old age of 48. Truly inspiring for me. (Editor's Note: as reported in POWER HOTLINE, Hiro hopes to do 473 before he turns 50!) Lance Slaughter has competed internationally for a

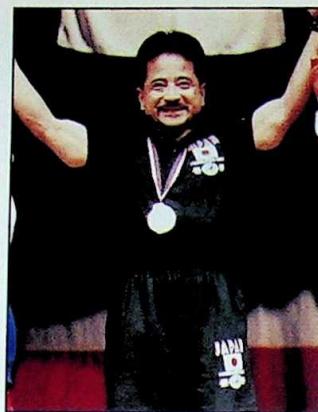


Men's 114 lb. winner - Klein (GER)



USA's Steve Petrenak (lt) with 123 lb. winner Miyazaki of Japan

few years now and he finally took home a medal with a third place bench of 396 lbs. in the 148 lb. division. Polish lifter Pawel Pracownik won the class with a lift of 424 lbs.. In past years, this class has been a battle between Itoh of Japan and Sivokon of Kazakhstan. I was told that Itoh had been doing an astonishing 507 lbs. in training, but although his 473 lb. starting weight went up 3 times, it was not to the satisfaction of the referees. I was planning on a three man race in the 165 lb. division. I missed my opener, but I had a high lot number. I repeated it, and had it passed on my second. Mike Hara was following world record holder Keisuke Takahashi from Japan. Mike had the lowest bodyweight of the three of us. His third attempt of 501 lbs. equaled Takahashi's second attempt. Takahashi went for 507 lbs. on his third, but it went up uneven. I went for 507 lbs. also, and although it came off my chest well, it stalled and Mike had the Gold as well as the new Master's Bench World Record. I will be seeing Mike again at the Master's Bench Worlds in Texas this coming



132 lb. winner Hiro Isagawa (JPN)

April. In the 181 lb. class Alexy Vorobyev won hands down with a world record bench of 551 lbs.. Mike Hartle started U.S. lifter Leonard McCormick out conservatively at 496 lbs., which was good enough for the silver. Leonard is thinking about retiring, but I am trying to keep him around until 2004 when this meet comes to the U.S. Dennis Cieri represented the U.S. in the 198 lb. class. Dennis blew out his shirt on his opener, which put him in the hole. Japanese lifter Yoichi Kishimoto won the class with a world record lift of 551 lbs. We had a bit of trouble in the 220 lb. class. World record holder

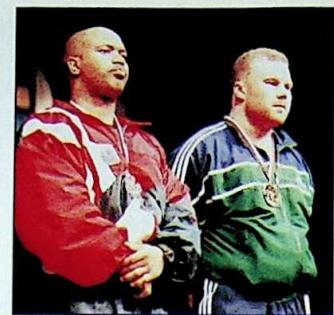


Lance Slaughter medaled at 148.

Szabolcs Onozo from Hungary upped his record to 606 lbs. Ohio lifter Ralph Young looked as strong as I'd ever seen him and it looked like



Hara & Miller - 1st & 3rd @ 165

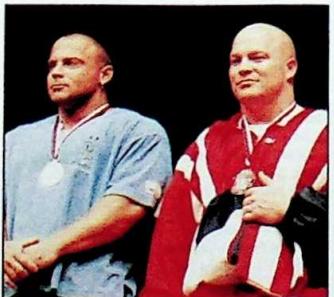


USA's Leonard McCormick (lt) shared the victory platform with Russia's Alexey Vorobyev @ 181

silver was a sure thing. Japanese lifter Shinichi Hara made a big 22 lb. jump on his third attempt and appeared to own the Silver. Unfortunately, for him, the lift was protested by Hartle due to a seam across his bench shirt that looked like a tear to me. The judges found it to be an illegal repair, and the Silver went back to Ralph which was great because I was getting nervous seeing all



198 winner - Kishimoto of Japan



220 winners ... (lt) Szabolcs Onozo of Hungary and Young of USA.

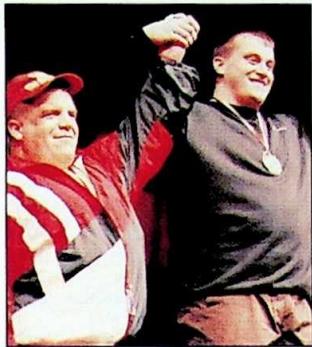
of that steam coming out of his ears. The 242 lb. class was also quite interesting. Polish lifter Wieslaw Kruk won the gold with a lift of 606 lbs. Japanese lifter Masashi Saitoh was second with a lift of 589 lbs. Japanese coach Susumu Yoshida protested Kruk's winning lift as one of the side referees continually red-lighted him for lifting his buttocks off the bench. I decided to look for myself and I had to agree with Susumu, but the Jury indicated that it



Kruk (POL) posed down at 242

was a judgment call and would not reverse the decision. U.S. lifter Dave Doan finished in 7th with a bench of 534 lbs. The U.S. team tried to make Dave more comfortable by repeating his daughter's chant of "Go Daddy Go". Eduard Isakov from Russia won the 125 kg class with a lift of 611 lbs. The U.S. had two lifters, Collin (Pooh Bear) Rhodes and Scott (I Can Dance) Lade. Unfortunately, Scott just missed a medal in finishing 4th with a bench

of 567 lbs. Collin won the bronze with a 584 lb. bench and was just 5.5 lbs. away from the silver. Collin looked strong and went for a 4th attempt, but somehow got timed out. The Superheavyweight class featured overall best lifter Daisuke Midote from Japan. Midote finished with a 661 lb. bench and U.S. heavyweight lifter Mike Hodge won the bronze with a bench of 600 lbs. After helping Mike in the back room, it is apparent to me that Mike should be able to give Midote a run if he can get a bench shirt that fits.



275 Medalists - Collin Rhodes of USA (lt) and Isakov of Russia (1st)

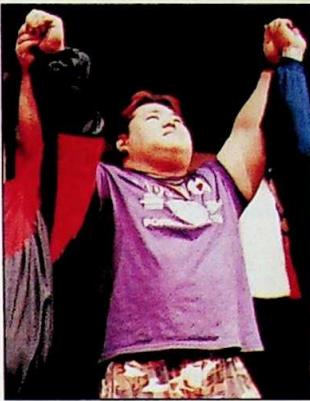


Mike Hodge of USA - 3rd @ SHW

The Japanese won the men's team title with 66 points. The U.S. finished second with 54 points. Poland was third with 40 points. Mike Hara was fourth overall on formula for best lifter, which is quite an accomplishment.

Unfortunately, our team t-shirts from Rickey Crain came to Sandra Perron's house the day she left and then didn't make it to New Zealand in

time. John Inzer provided the team singlets and other goodies. John also supplied a large number of our lifters with bench press shirts in a very timely manner. This year's meet, aside from the low turnout (21 teams attended), was a great one. Our team worked together and we managed 8 medals in the men's division and 4 in the women's division. Next year, the meet is in Luxembourg, and I would love to see lifters from all organizations jump aboard to compete in Cleveland in 2004.



SHW Winner ... Midote of Japan

IPF World Bench Press Championships 6-9 DEC 01 - Christchurch, New Zealand

Women BP1 BP2 BP3

97 lb. class

Svjantekova SLO 181 192 198
Friedrich GER 170 176 181
Iwasaki JPN 154 165 181
Kleszczynka POL 165 176 176
Dalling CAN 143 154 159
Snyder USA 110 121 126
105 lb. class
Fukushima JPN 248 259 259

4th 271

Iwaki JPN 209 220 225
Svahn DEN 198 198 225
Arpala FIN 176 187 192
114 lb. class
Sakurai JPN 209 220 234
Chen TAI 198 209 209
Sirkki FIN 107 107 187
Muldrick NZ 143 154 159
Thomson NZ 137 148 159
123 lb. class
Lin TAI 192 203 214
Liimatainen SWE 203 203 214
Villwock GER 192 209 214
Green NZ 170 187 192
Orton NZ 181 107 107
Takahashi JPN 165 181 107
Peniry GB 170 170 170
132

Thompson USA 253 270 281
Wada JPN 253 270 204
Darling USA 231 240 253
Komi JPN 242 242 253
Sidorova RUS 225 236 242
Wernig AUT 209 220 220
148

Kasbarian FRA 286 297 303
Kuleshova RUS 270 281 297
Chang TAI 220 236 259
Aoki JPN 231 240 253
Callahan USA 220 231 236
Jessop NZ 209 209 220
Simons USA 203 220 220
Witt GER 209 225 225
165 lb. class
Narovnigg AUT 259 270 275

Ohba JPN 253 264 270
Wessler USA 248 259 259
Hung TAI 242 242 259
Mort AUT 214 225 234

Woolridge NZ 187 198 198
Kereopa NZ 165 104 192
Ouellet CAN 126 137 143
181

Kubinova CZE 297 308 319
Yurik RUS 292 309 303
Strik NDL 286 297 308
Duhem FRA 264 281 297
Sortwell USA 248 259 2704
Speth GER 231 242 242
Hartale CAN 203 209 209
198

Naskripyak RUS 303 319 330
Paltseva RUS 286 303 319
Lee TAI 242 270 201
v.d. Meulen NDL 242 259 275
Guha IND 209 225 236
SHW

Chao TAI 374 385! 3964
Ferrell USA 341 358 3964
Formgreen SWE 253 270 286
Buckley NZ 225 236 259
Johnson NZ 220 231! 236!
Pal IND 187 203 214

Teams: Japan 59, Taipei 56, USA 49, Russia 39, New Zealand 39, Germany 22, France 19, Austria 17, Sweden 17, Finland 15, Netherlands 15, Canada 13, Slovakia 12, Czech Republic 12, India 11, Denmark 8, Poland 7, Australia 6.

Champion of Champions: Fukushima 157.77, Thompson 143.25, Kasbarian

141.39

Men BP1 BP2 BP3

114 lb. class

Klein GER 275 275 281

Wu TAI 253 281 292

Ishiwatari JPN 330 330 330

123

Miyazaki JPN 363 385 4024

Jancsar HUN 308 325 330

Petronek USA 314 325 330

Patra IND 286 197 308

Zeebaddee GB 198 220 220

Kuan TAI 198 209 209

132 lb. class

Isagawa JPN 396 396 418

4th 452

Parnian NDL 305 385 396

Wu TAI 352 385 394

Tandelu IND 297 314 330

Gupta IND 286 286 292

148 lb. class
Parcownik POL 407 413 424

Cucuzella FRA 396 407 410

Slaughter USA 380 396 413

Cossen NZ 286 308 325

Rheume CAN 286 300 300

Itoh JPN 473 473 473

165 lb. class

Hara USA 462 485 501!

Takahashi PIJPN 485 501 507

Miller USA 462 462 507

Chadkov RUS 451 462 460

Chesnokov RUS 454 454 451

Schlieter GER 396 407 413

Jonson NZ 300 308 363

Rasmussen DEN 358 369 369

Flynn CAN 259 286 297

181 lb. class

Vorobev RUS 523 540* 551*

McCormick USA 496 512 512

Watanabe JPN 405 405 485

Heinrich GER 424 429 429

Giblin NZ 363 374 396

Frogatt NZ 347 363 374

Morgan RSA 308 325 347

Otani JPN 510 510 510

198 lb. class

Kishimoto JPN 523 551* 551*

Yang TAI 507 529 529

Zubriks LAT 496 507 523

Lekomtzev RUS 485 507 512

Cieri USA 512 512 523

Theuser CZE 405 485 490

Krokkee NDL 462 462 473

Frank NZ 429 429 462

Friedrich GER 440 457 460

Luftlinger AUT 435 446 457

Chala UKR 396 396 413

Sharma IND 374 396 396

Truchon CAN 286 308 330

220 lb. class

Onozu HUN 584 595* 606*

Young USA 512 529 540

Semsjik GER 501 518 534

Furmanek POL 529 540 540

Dahlstrom SWE 501 512 523

Raskin GER 496 496 534

Hara JPN 490 510 540

Lewis GB 468 485 485

Williams RSA 407 429 451

Tagra IND 396 407 418

Pavulans LAT 308 330 352

242 lb. class
Kruk POL 578 595 606

Saitoh JPN 573 589 606

Fatianov RUS 551 567 578

Matsson SWE 556 573 578

Pfeifenroth HUN 551 573 595

Kastaneer NDL 518 545 556

Doan USA 534 554 554

Giffen CAN 485 507 518

Pomana NZ 496 529 529

Stojanoski AUS 305 385 402

Hoer Dev IND 440 457 473

Loush NZ 473 485 485

Rosslee RSA 440 462 479

Hirvenen SWE 556 556 556

SHW

Midote JPN 639 661 672

Wiklund SWE 600 606 617

Hodge USA 573 600 617

Taamaru NZ 551 584 600

Staerkjaer DEN 584 600 606

Simanu NZ 529 556 600

Kaletoona FRA 518 540 551

Sharp AUS 462 485 507

Chao TAI 462 462 462

Lofe FRA 507 542 512

Teams: Japan 66, USA 54, Poland 40, Russia 39, Germany 39, New Zealand 35, Hungary 33, Taipei 31, Sweden 23, Indian 23, Netherlands 18, France 14, Canada 13, Great Britain 12, South Africa 10, Latvia 9, Denmark 9, Czech Republic 5, Australia 5, Ukraine 1, Austria 1. Champion of Champions: Midote 169.26, Onozu 168.46, Vorobev 168.22

(* - world record, ! - masters world record)

(article continued from page 7)

the last 3 months. Brent Howard was 2nd with 744 and Jerry Capello was 3rd with 716 and a 734 on a 4th for a Masters World Record. Phil Andrews opened with 771 and hurt his back and bombed. At 275, Patrick Holloway pulled an Arizona State Record 722 to easily beat out 4 other contestants. At 308, Jerry Pritchett of Arizona won with 705 and at Super Dean Munsey of Oregon won with 705. Outstanding Lifters were Leamon Woodley (lightweight), George Herring (middleweight) and

Noah Chambreau (heavyweight).

Now on to the ladies and what a show they put on. Lots of great deadlifting - some of the best female deadlifts I have ever seen. In open women law/fire Illinois State Trooper Karen Gordon weighing only 118# and she pulled a big 352 1/2 World Record deadlift. She's right around the corner from 400.

In Master Women Law/Fire Leticia Rosales-Buie pulled 297 1/2 weighing 121# at 40+ years of age. In Law/Fire Master 48+ Louise Turner of Pennsylvania set a World Record at 132# with 303.

In Master Women 40-46 at 123 Leticia Rosales-Buie pulled a 297 1/2 for the win. Selina May was 3rd with a Texas State Record 253 1/2. At 132, Heidi Gantz, coached by Jerry Capello (who set a World Record 734 in Master 40-46, 242) pulled a 391 World Record herself, which I'm sure pleased Capello. At 148 Dru Amos of Alabama tied her World Record of 358. At 165, Lyn Silbert set a World and Hawaii Record 385 3/4 subject to drug testing results. At 198+ Susan Adkison set a World Record and Florida Record 352 1/2, a 22 1/2 # jump from her last

meet on Sept. 15 in New Orleans. Outstanding Lifter was Heidi Gantz.

In Master Women 47-53 at 114#, Glenda Egan set a World Record 264 1/2, followed by Heidi Rodriguez from Guatemala, who did 220. At 132, Patty Pendegast, another lifter coached by Jerry Capello pulled a World Record 314 and Rosemary Harrington, also coached by Capello, at 165 also pulled a World Record 325. She put 100# on her deadlift in the last 5 months. At 181, Claire Ashton Heckathorn lost 18# in two months and set an Idaho State Record 275 1/2 at age 50. She holds the

WABDL DEADLIFT WORLDS 15-19 NOV 01 - Reno, NV

Master Men	T. Ekenberg	600	B. Sanders	429	242	R. Budd	562	Master Men	E. Matlack	192	M. Zierold	303
40-46	M. Moore	578	H. Garcia	451	132	R. Harlow	677	Law/Fire	198	Christophers	225	
123	L. Contreras	473	S. Mendez	380	148	R. Padgett	672	40-47	H. Matlack	148	123	
B. Sanders	B. Wright	424	G. Lands	601	Hokoana	573	J. LaGrill	507	Disabled	V. Tyree	413	
132	SHW		R. Exum	523	275	M. Hyrcha	722	T. Wilson	529	Higginbotham	259	
N. Ochoa	L. Barrett	551	D. Osgood	462	Montague	473	R. Norris	650-	S. Rosas	99	D. Snow	248
165	K. Ward	385	D. Osgood	462	165	W. Pontius	600	L. Contreras	473	132		
R. Cirigliano	R. Cirigliano	584	C. McGraile	584	Christensen	584	K. Merck	650	K. DeLeon	209	J. Lippert	413
D. Winslow	D. Winslow	540	R. Snelling	562	SHW	SHW	J. Newman	523	H. Gantz	380		
V. Ledford	V. Ledford	473	V. Eldridge	672	Junior Men	Junior Men	B. Duncan	562	E. Moore	308		
R. High	R. High	457	J. Christian	451	132	13-15	Teen Men	275	K. Liuskas	253		
181	F. Isernio	424	C. McGraile	584	148	13-15	J. Minahan	573	40-46			
L. Woodley	L. Woodley	672	M. Scott	418	148	48 plus	W. Faulkner	661	148			
G. Zweig	G. Zweig	629	J. Rankin	396	148	275	L. Buie	297	D. Amos	358		
R. Cummins	R. Cummins	446	L. Woodley	672	148	275	D. Ruff	281	M. Jacobson	391		
198	L. Lense	556	G. Zweig	639	148	275	S. May	253	L. Silbert	385		
G. Herring	G. Herring	672	C. Evans	584	148	275	L. Saleh	286	L. Saleh	286		
D. Bertier	D. Bertier	545	N. Nelson	551	148	275	H. Gantz	380	181			
K. Dunford	K. Dunford	507	G. Herring	672	148	275	4th	391	J. Warner	451		
C. Grier	C. Grier	485	J. Ray	633	148	308	SHW		SHW			
McCormack	McCormack	468	A. Wahlund	595	148	308	A. Pankratz	523	D. Amos	358		
D. Gomez	D. Gomez	446	C. McGraile	584	148	308	Submaster Men		D. Cal	363		
220	R. Spikes	589	T. Weippert	578	148	308	Z. O'Quinn	308	Williamson	347		
W. McCoy	W. McCoy	744	M. Pearce	534	148	308	N. Worley	264	vanderPol	330		
B. McKee	B. McKee	551	S. McMillan	446	148	308	E. Fox	479	L. Paquette	292		
L. Benner	L. Benner	512	T. Baisly	424	148	308	S. Adkison	341	K. Williams	225		
P. Wondra	P. Wondra	485	P. Davi	600	148	308	13-15	Teen Women				
242	R. Spikes	589	P. Davi	639	148	308	97	13-15				
D. Davidson	D. Davidson	722	S. Burgess	639	148	308	E. Olson	429	97			
J. Capello	J. Capello	716	D. Adams	611	148	308	T. Kopta	540	L. Garcia	171		
4th	J. LaGrill	507	Lamarque	611	148	308	Men's Special		123			
734	308	T. Fryar	606	Thompson	501	148	Olympian - Disabled		123			
B. Driskill	B. Driskill	683	K. Roberson	429	148	148	Disabled		148			
A. Dawson	A. Dawson	644	A. Bixler	352	148	148	132	Pendergast	314	181		
A. Clayton	A. Clayton	551	P. Beck	589	148	148	L. Turner	303	Buck-Wood	286		
J. LaGrill	J. LaGrill	507	J. Boettger	545	148	148	165	16-19				
275	L. Vincent	369	P. Davi	639	148	148	Harrington	325	97			
D. Glahn	D. Glahn	622	S. Burgess	639	148	148	148	T. Kentris	154	148		
B. Smith	B. Smith	622	D. Adams	611	148	148	148	Underwood	352	148		
P. Ratsch	P. Ratsch	600	Lamarque	611	148	148	148	Ellingsworth	231	148		
T. Stewart	T. Stewart	573	T. Fryar	606	148	148	148	148	148	148		
308	T. Barth	468	R. Schutz	545	148	148	148	148	148	148		
C. Lewis	C. Lewis	733	R. Schutz	545	148	148	148	148	148	148		
S. Khader	S. Khader	628	T. Arterburn	611	148	148	148	148	148	148		
J. Newman	J. Newman	523	T. Arterburn	611	148	148	148	148	148	148		
SHW	R. Kunz	430	J. Perry	319	148	148	148	148	148	148		
242	R. Abbott	501	J. Parman	633	148	148	148	148	148	148		
242	R. Abbott	501	T. Levers	600	148	148	148	148	148	148		
308	T. Barth	468	J. Verside	518	148	148	148	148	148	148		
C. Lewis	B. Bassman	462	B. Matheson	705	148	148	148	148	148	148		
47-53	H. Smith	457	A. Dawson	644	148	148	148	148	148	148		
132	R. Smith	565	G. Johnson	341	148	148	148	148	148	148		
148	R. Abbott	501	D. Munsey	705	148	148	148	148	148	148		
H. Shivaie	H. Shivaie	418	P. Maroff	545	148	148	148	148	148	148		
165	R. Cortes	479	P. Maroff	545	148	148	148	148	148	148		
H. Henderson	H. Henderson	490	P. Maroff	545	148	148	148	148	148	148		
181	J. Schall	364	P. Maroff	545	148	148	148	148	148	148		
J. Phillips	J. Phillips	325	P. Maroff	545	148	148	148	148	148	148		
J. Tyree	J. Tyree	601	P. Maroff	545	148	148	148	148	148	148		
R. Hagedorn	R. Hagedorn	573	P. Maroff	545	148	148	148	148	148	148		
J. Mauldin	J. Mauldin	462	P. Maroff	545	148	148	148	148	148	148		
C. Wood	C. Wood	407	P. Maroff	545	148	148	148	148	148	148		
198	A. DeMello	325	P. Maroff	545	148	148	148	148	148	148		
A. Wahlund	A. Wahlund	595	P. Maroff	545	148	148	148	148	148	148		
D. Solan	D. Solan	584	P. Maroff	545	148	148	148	148	148	148		
M. Stevens	M. Stevens	540	P. Maroff	545	148	148	148	148	148	148		
N. Sinardi	N. Sinardi	540	P. Maroff	545	148	148	148	148	148	148		
R. Proctor	R. Proctor	490	P. Maroff	545	148	148	148	148	148	148		
R. Ward	R. Ward	479	P. Maroff	545	148	148	148	148	148	148		
220	J. Wolbers	584	P. Maroff	545	148	148	148	148	148	148		
242	R. Accosta	314	P. Maroff	545	148	148	148	148	148	148		
C. Sandberg	C. Sandberg	633	P. Maroff	545	148	148	148	148	148	148		
R. Nelson	R. Nelson	578	P. Maroff	545	148	148	148	148	148	148		
S. Grindall	S. Grindall	578	P. Maroff	545	148	148	148	148	148	148		
Anderberg	Anderberg	551	P. Maroff	545	148	148	148	148	148	148		
275	Open Men		P. Maroff	545	148	148	148	148	148	148		
S. Pecktol	S. Pecktol	672	P. Maroff	545	148	148	148	148	148	148		
Morishige	Morishige	473	P. Maroff	545	148	148	148	148	148	148		

Idaho Records in the 198 and 198+ as well. At 198+ Carolyn Fay, whose husband Patrick has set Master World Records, set a Washington State Record with 242 1/2 and in 2nd place Delia Chilgren set a California State Record with 225 3/4. Outstanding lifter was Patty Pendegast.

In Master 54-60 at 123 Carolyn Paulson set a World Record with 236 3/4. She is ably coached by Beth Higginbotham. Jane Honeycutt of Louisiana, the former World Record holder, set a Louisiana State Record with 209. At 148 Sandi Butler set a World Record with 270, an improvement of about 15# over her old World Record. At 181 Karen Polansky pulled a huge 330 1/2. She is very well coached by Al Garcia. The 330 1/2 was a World Record, needless to say. At 198 Thea Strom pulled a World Record 259, an improvement of about 30# over the last 6 months. At 198+ Dawn Ivey-Vick pulled a World Record 242 1/2.

In Master 61-67 at 181 Grace Cloninger pulled a big 281 World Record and at 75-79, 77 year old Paulie Forquer pulled a very impressive 176# World Record. That's like lifting two sacks of cement at once,

and believe me, that's not light. I've unloaded thousands of sacks of cement at my Dad's yard back in Iowa when I was a youngster. Outstanding lifter was Grace Cloninger in 61+ and Karen Polansky in 54-60..

In Open Women some big numbers were put up. First of all, Jerri Lynn Lippert, Valerie Tyree, and Joanne Warner passed the drug tests. At 97#, Tera Kentris won the Gold with 154. At 105, Carmela Baqui pulled 325, 6 pounds shy of her World Record. for the win. At 114, Mindi Zierold pulled 303. At 123, weighing only 119 1/2, Valerie Tyree set a World Record 413. She also holds the World Record at 114 with 429 3/4. She is probably the greatest female deadlifter in the world. At 132, Jerri Lynn Lippert pulled a World Record 413 to go along with her World Record 319 1/2 bench. Heidi Gantz was 2nd with 391. At 148 Dru Amos won Gold with 358. At 181 Joanne Warner, in spite of a groin pull, pulled an impressive 451 3/4, the 2nd highest deadlift in WABDL history, by a woman. The highest being Judith Sverchek's 462 at 148#. Judith is now competing in Ultimate Fighting Contests. In her last two fights she broke one woman's

leg and another's arm! At 198+, Daria Cal, coached by Bull Stewart, pulled 363 3/4 for the World Title. Michele Williamson was 2nd with a State Record 347. Amy Vander Pol was third with a Nevada State Record of 330 1/2. Outstanding Lifters in Women's Open were Valerie Tyree, lightweight, and Joanne Warner, heavyweight.

In Teen Women, 13-15, Lisa Marie Garcia, who is blind, pulled both an all time blind record deadlift of 171 3/4 as well as the regular Teenage World Record - very inspiring and heart warming to watch! At 123 Katherine DeLeon, who is coached by Bull Stewart and Yueh-Chun Chang (who herself deadlifted over 400# in the ADFPA) pulled a world record 220 1/4. At 181 Bonnie Buckwood, likewise coached by Stewart and Ms. Chang, pulled a World Record 286 1/2.

In Teen Women, 16-19, Tera Kentris of Hawaii at 97# pulled a World Record 154#. At 105, Emily Kubiak pulled a World Record 236 3/4 - she looks like a miniature Audrey Hepburn. At 114, Merissa Baker, coached by John Tyree, pulled a World Record 253 1/2. At 148, Queen Underwood, another of Yueh-Chun Chang's pupils, pulled a World Record 352 1/2! just imagine - a 16 year old girl deadlift 352 1/2. At 181, Erica Tawney pulled her 2nd World Record in 4 months with 303. Outstanding Lifters for Teen Women were Queen Underwood and Lisa Marie Garcia.

In Junior Women at 114 Stephanie Henrise set a Texas Record 253 1/2. At 123, Tamara Coulombe who had set a World Record in the bench with 220, pulled a 315 World Record until the eyeballs were popping, the veins bulging, and the teeth grinding, but not quite. She settled for 303. At 165, Leonetta Richardson, who wants to deadlift 500#, pulled a World Record 385 3/4. She's from Hawaii and is coached by the Master - Larry Akiyama. Cristy Richer was 2nd with a Nevada State Record 330 1/2. Outstanding Lifter was Tamara Coulombe.

In Submaster Women Carmela Baqui of Hawaii, coached by Keith Ward, won Gold at 105 with 325. At 114, Lynda Christopher won with 225 3/4. At 123, there was a battle, with Julie Green winning the Gold with 308. Heather Hughes did 303 and the current World Record holder Susan Decker did 297 1/2. Susan's World Record is 319. At 132, Elodia Womack set a California State Record with 209. At 148, Kelley Mahoney won the World Title with 203 3/4 and at 198+, Daria Cal won with 363 3/4.

In Men's Special Olympian, Jon Shapiro was Outstanding Lifter with

a 363 deadlift at 148. Antwon Belfils pulled 374 3/4 at 181 and Anthony Johnson pulled 446 at 220.

In Men's Disabled, Nick Sinardi of Florida was Outstanding Lifter with 540 at 198. Cody Colchado pulled 567 at 242 and Steve Pena pulled 534 at 220.

In Women Disabled, Lisa Marie Garcia was Outstanding Lifter with 171 3/4 at 97# - a World Record, and in Women's Special Olympian Bernadette Hanson pulled a very good 259 at 165. Katherine DeLeon set a Disabled World Record with 220 at 123#.

I want to thank the MCs, Dr. Don Bell and Ted Davis. The scorekeeper was Beth Mallory - not one mistake in 5 days!! On the computer was Elma and Gary Thomas - excellent work!! Thanks also to Gary Thomas in the weigh-in room; Chris Erhardt - who served in the weigh-in room was a scorekeeper and part-time MC. Drug Control officer and medical officer was Dr. Mark Webber. Brian Baertlein was the photographer and did the video. Jocelyn Ronolo and Terry Crawford did the computerized expediting. The judges were John Ford, Terry Luehrs, Donna Dellere, Ken Anderson, Mike Scott, Jim Snodgrass, Rick Hagedorn, Ross Phillips, Sam Pecktol, and Gus Rethwisch. Christie Hansen was excellent in the weigh-in room and selling tickets. Linda McBroom was great in selling tickets. Jody Woods judged and helped in the weigh-in room. James Partch was the platform manager. Paul Brown was a spotter, and Matt Lamarque was a judge.

I want to thank our sponsors: Wes Kampen of the Powerlifting Superstore and MonsterMuscle.com, Rick Brewer of House of Pain, Victoria Krieser of 24 Hour Fitness, John Inzer of Inzer Advance Designs, Don Harine of Coca Cola, Brian Clary of Budweiser, Ed McDonald and Dave Silver of Thermalink, Mike Lambert of Powerlifting USA for your great coverage, Johnny Anderson of Advocare, Neal Spruce of Apex Fitness & Nutritional Analysis, Doug Patterson of MAC Barbell, Tim Isaac of Johnston Key Labs, Giorgio Usai of Forza Strength Systems, Mark Chailliet and Jan Dellinger of York Barbell and George Nelson and Byron Beebe of Bend Fitness.

There was a total of 551 lifters and 920 benchers and deadlifters. The 5 day attendance for the Worlds was 2060. The Peppermill Hotel's Tahoe Ballroom is beautiful and the perfect place to hold a World Championship. If you want to come to a Worlds and really enjoy yourselves - come to Reno at this same fabulous venue in 2002, November 14-18. See you then, GUS RETHWISCH.

To Whom It May Concern: I wanted to take a moment share my impressions of the WABDL World Championships recently held in Reno, Nevada, and to personally thank the entire WABDL organization and staff, along with supporting sponsors such as Powerlifting USA, for setting a new standard in powerlifting competitions. I'm a 54-60 Masters (181#) division lifter from Plano, Texas, and over the past 10 years, I've participated in numerous local and regional meets sponsored by a variety of powerlifting federations, so it's with some authority that I can say I have never had as completely enjoyable an experience as the Reno event. I will begin with the most important element, that is, the quality of the competition. The number and calibre of participating lifters was extraordinary, and the opportunity to "rub shoulders" with so many nice, helpful, encouraging people made a first timer like me feel like an old hand. Whether it was strategizing over opening lifts or cramming folks into their bench shirts, I never saw so many people willing to help friends and strangers alike. Sportsmanship has never been more ably displayed. The next thing that comes to mind is the consistency and evenness of the judging. Results from almost all other contests I've ever been involved in have been tainted in some respect by the quality of judging. Whether you thought the commands were too fast or too slow, or the standards for a good lift were too lax or too rigid is purely a matter of personal opinion. What counts is conformity with clearly articulated rules that reward or punish all lifters with equanimity. I was delighted on my third bench press, and, although I completed the lift, I never considered whether it was a fair call or based on my perception of the judging. What can I say about the venue?! The facilities were fantastic, from rooms to restaurants, from training areas to the auditorium and from scoreboards to staging. The processes, like weigh-ins, made it easy for all the lifters. The hotel and all its amenities provided for wonderful accommodations and services. Thanks to Gus Rethwisch for putting on an incredible competition, that from end to end, met my every expectation. I genuinely look forward to next year's contest, and becoming re-acquainted with the many new friends I made at this year's meet. Best regards for the holidays and a healthy and happy New Year to all, **Steve Hoffner** Plano, Texas

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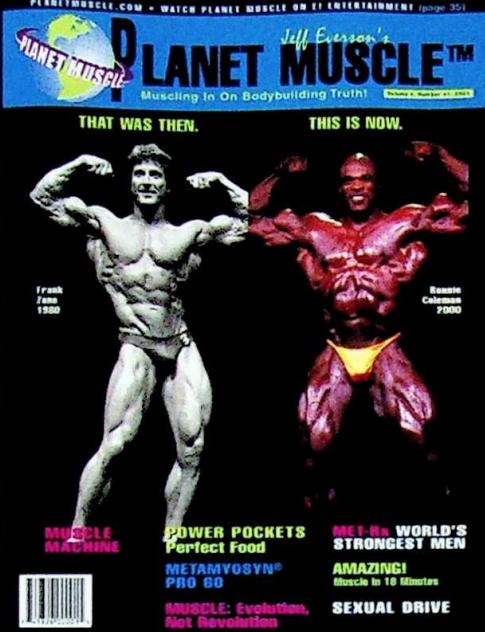
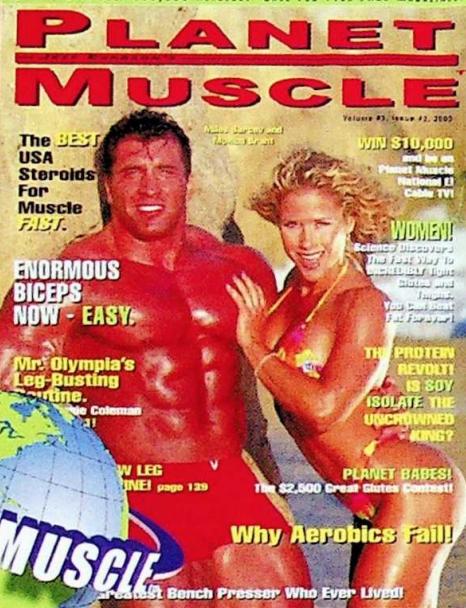
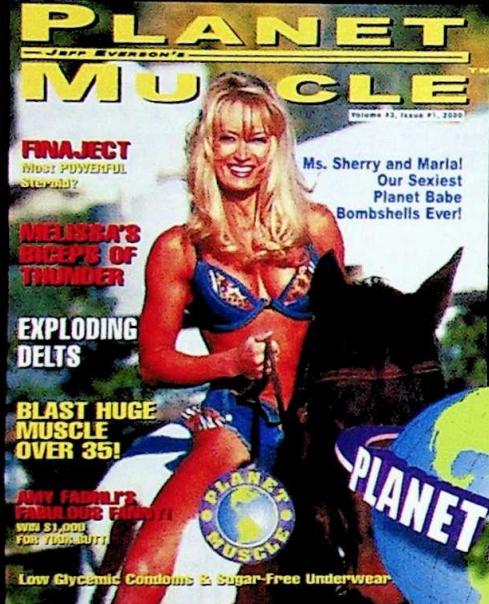
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1 1000 Vogelpohl, C..11/18/01	733 Halbert, G..9/8/01	815 Jackson, J..6/16/01	2300 Vogelpohl, C..11/18/01
2 854 Fessenden, M..6/24/01	683 Patterson, K..12/2/00	805 Cahagan, C..1/20/01	2115 Patterson, K..11/18/01
3 820 Cox, J..11/18/01	630 Nealy, D..11/17/01	795 Vogelpohl, C..11/18/01	2072 Jackson, J..6/16/01
4 805 Patterson, K..11/18/01	622 Carpenter, B..6/24/01	775 Ferrara, K..11/18/01	2070 Ferrara, K..11/18/01
5 800 Burlingame, D..3/4/01	578 Lawrence, R..6/24/01	755 Chovanec, P.J..3/11/01	2022 Mash, T..8/12/01
6 800 Karam, D..6/17/01	575 Simmons, L..10/27/01	755 Henderson, R..10/7/01	1967 Fessenden, M..6/24/01
7 799 Mash, T..8/12/01	570 Jackson, J..3/17/01	744 Maxwell, C..6/24/01	1962 Ferrantelli, M..11/3/01
8 780 Ferrara, K..11/18/01	565 Kelley, B..6/17/01	744 McCahan, D..11/3/01	1955 Zweng, M..7/15/01
9 775 Zweng, M..7/15/01	562 Ludovic, M..10/20/01	744 McCoy, W..11/19/01	1951 Benemerito, R..7/15/01
10 771 Maxwell, C..6/24/01	560 Lewis, S..11/18/01	725 Herrick, S..5/6/01	1900 Young, C..2/24/01
11 771 Ferrantelli, M..11/3/01	555 Barrett, P..11/10/01	722 Benemerito, R..7/15/01	1900 Scott, G..11/18/01
12 767 Cote, S..10/27/01	551 Scott, G..1/20/01	722 Mash, T..8/12/01	1900 Cox, J..11/18/01
13 766 Collings, P..10/27/01	545 Lamarque, M..9/8/01	710 Willett, M..4/28/01	1896 Maxwell, C..6/24/01
14 765 Black, J..6/17/01	545 Will, M..10/27/01	705 Duke, B..3/31/01	1890 Burbank, S..8/12/01
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16 750 Young, C..2/24/01	544 Young, R..9/23/01	705 Hardridge, T..8/11/01	1875 Cahagan, C..1/20/01
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18 727 Heck, B..4/22/01	540 Stitt, D..4/29/01	700 Whitman, B..3/10/01	1857 Bell, G..3/4/01
19 725 Sampson, M..5/12/01	540 Parrish, K..6/9/01	700 Burbank, S..3/24/01	1851 Blue, D..8/12/01
20 725 Surpren, P..5/29/01	534 Dunham, B..4/29/01	700 Righetti, S..6/2/01	1830 Patterson, E..11/18/01
21 725 Augenstein, J..11/18/01	534 Ferrantelli, M..11/3/01	700 Heck, B..11/17/01	1829 Pearce, R..11/3/01
22 725 Tomko, W..11/18/01	530 Zweng, M..7/15/01	699 Lawary, R..4/21/01	1825 Blanchard, S..11/18/01
23 722 Bell, G..3/4/01	529 Campbell, T..10/28/01	688 Dreppel, M..7/15/01	1825 Augenstein, J..11/18/01
24 722 Blue, D..6/24/01	525 Rhodes, Z..2/18/01	685 Cadotte, C..2/10/01	1820 Burlingame, D..6/10/01
25 720 Avigliano, J..12/3/00	525 Velake, T..6/16/01	683 Herring, G..11/19/01	1820 Tomko, W..11/18/01
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34 705 Patterson, E..11/18/01	515 Ferrara, K..11/18/01	672 Ruiz, L..5/20/01	1785 Campbell, 10/28/01
35 700 Arcamone, F..2/10/01	512 Anderson, T..9/29/01	670 Brown, R..11/3/01	1780 Succarote, A..7/15/01
36 700 Dick, P..6/17/01	512 Wilkins, J..11/18/01	670 Blanchard, S..11/18/01	1780 Ferro, B..10/27/01
37 700 Ferro, B..10/27/01	510 MacLomson, L..5/5/01	666 Allison, J..11/10/01	1779 Mistric, L..8/4/01
38 699 Teets, D..2/25/01	510 Barnickel, D..8/25/01	665 Anguish, D..2/10/01	1763 Fussilier, B..6/9/01
39 699 Roberts, S..5/6/01	510 Burkett, K..10/14/01	665 Patton, J..3/24/01	1757 Lawary, R..4/21/01
40 699 Maroscher, E..5/20/01	507 Meyer, R..12/2/00	665 Burlingame, D..6/10/01	1755 Whitman, B..3/10/01
41 688 Chovanec, P.J..3/11/01	507 Keene, J..12/2/00	661 Tremblay, J..3/11/01	1755 Debenedetti, M..10/27/01
42 688 Seaman, K..6/9/01	507 Benemerito, R..7/15/01	661 Reda, M..5/20/01	1752 Teets, D..2/25/01
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50 675 Peterson, A..4/28/01	501 Jackson, E..12/2/00	660 Shoopman, J..6/17/01	1725 Cadotte, C..12/3/00
51 675 Bennett, B..5/5/01	501 Bell, G..3/4/01	660 Miller, B..7/29/01	1725 Simpson, P..11/18/01
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99 633 Russola, T..12/2/00	480 Smith, C..10/20/01	633 Edmondson, S..3/4/01	1645 Hopper, D..4/29/01
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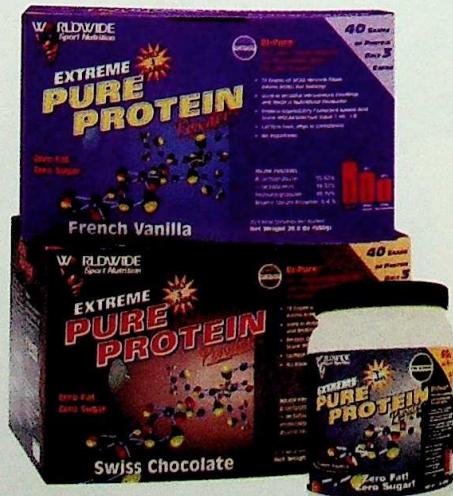
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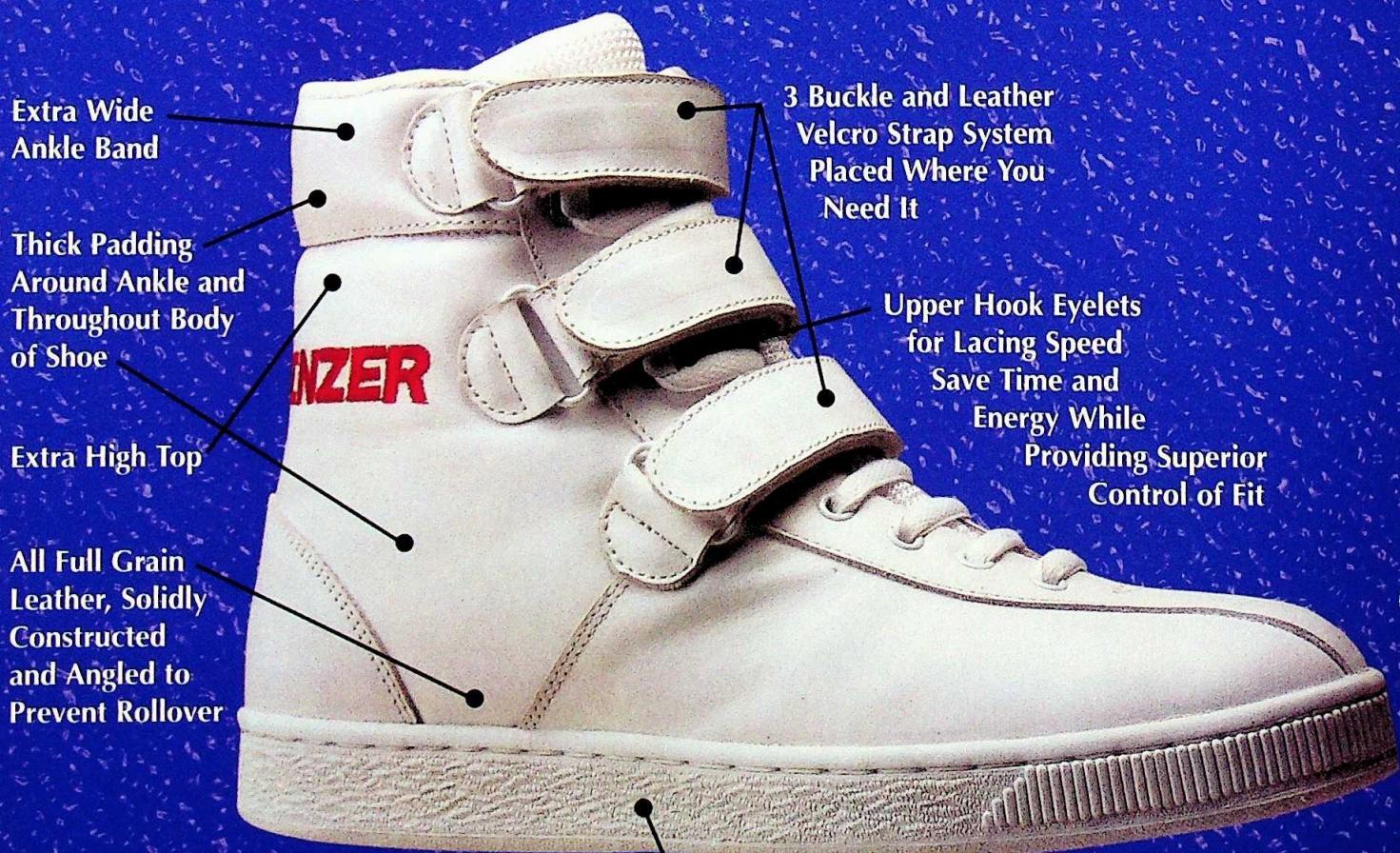
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