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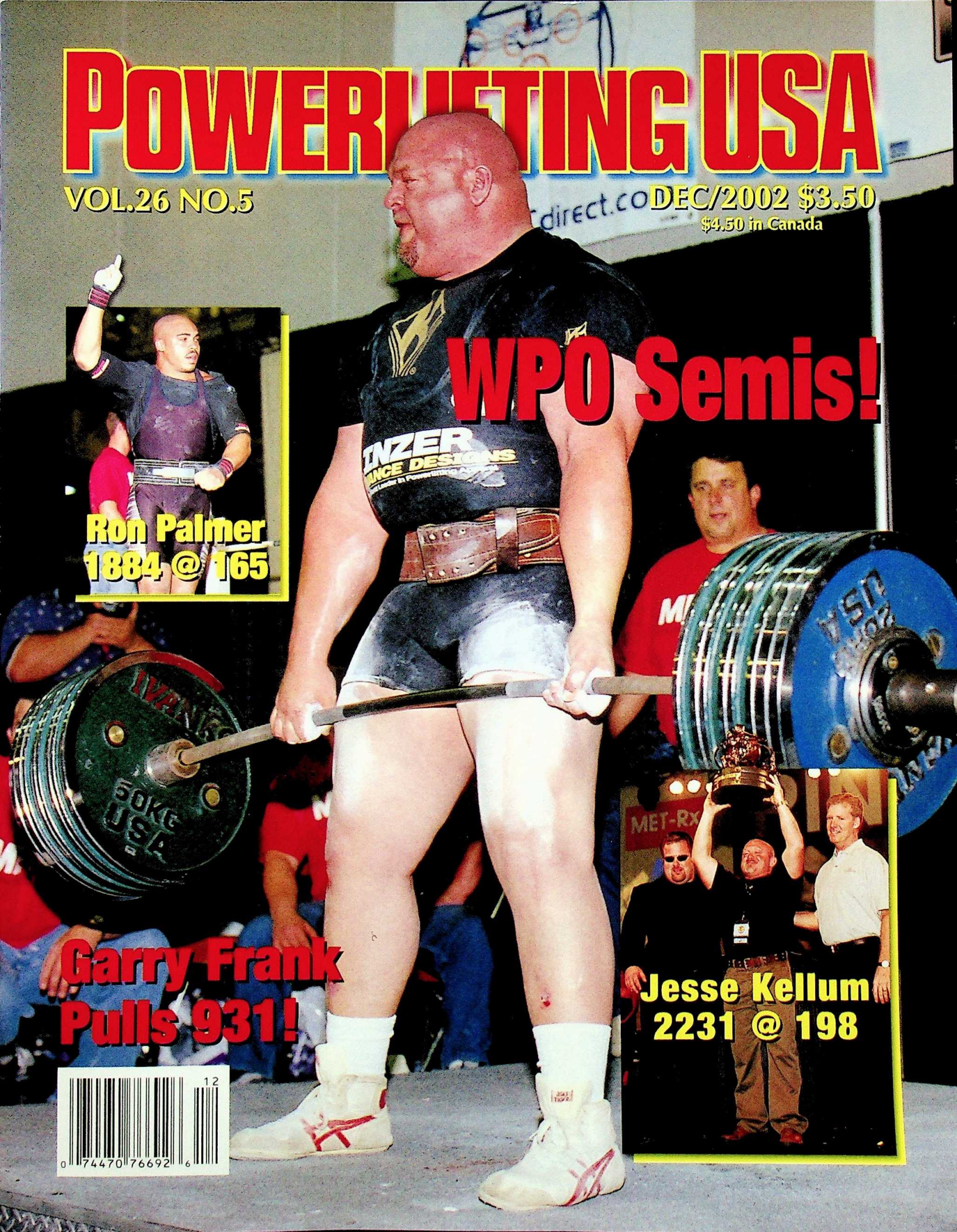

WPO Semis!

Ron Palmer
1884 @ 165

Garry Frank
Pulls 931!

Jesse Kellum
2231 @ 198

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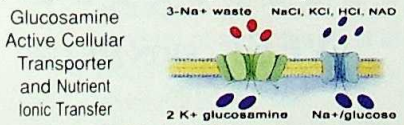

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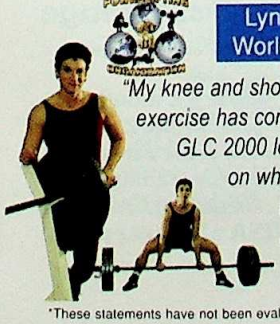

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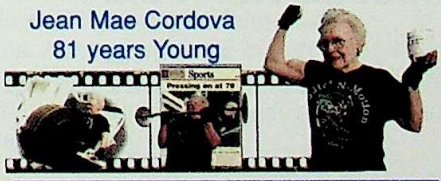

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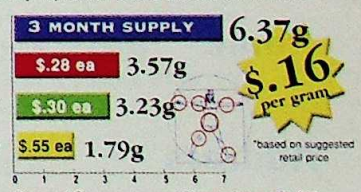

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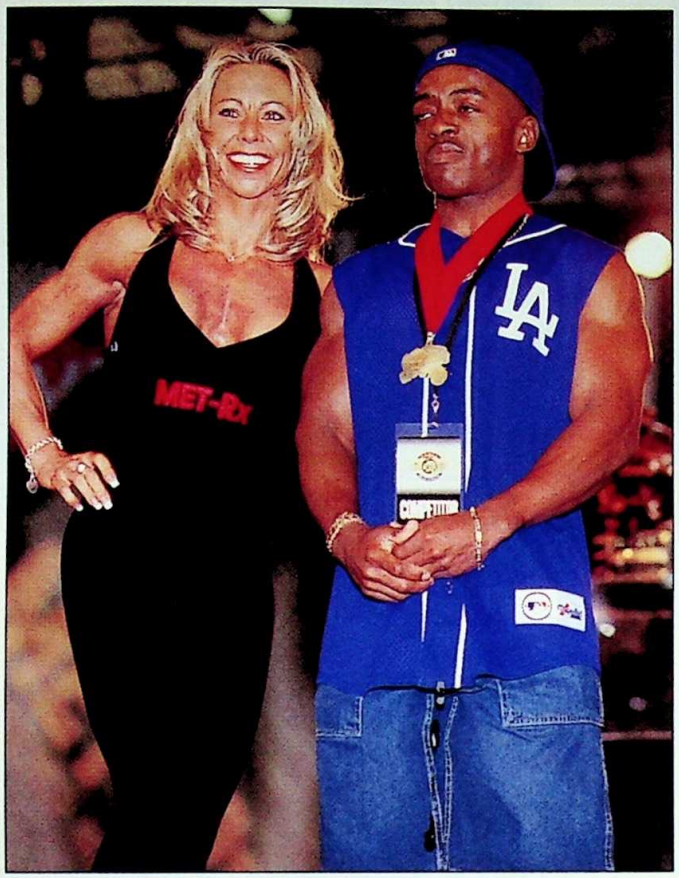
as told by Powerlfiting USA Editor Mike Lambert

developed by Scott Johnson, the Chairman/CEO of Basic Media Group, and Jim Lorimer of Arnold Classic fame, was bumped up a year in the planning phase from 2003, and was staged at the enormous Morial Convention Center (named for the first African-American mayor of the city, among his many other firsts) ... right next to the French Quarter in fabulous New Orleans. It is hoped that this event, which is set for the "Big Easy" again next year, will become the third premier bodybuilding/fitness expo in the country, alongside the Arnold Classic and the Mr. Olympia contest. WPO President Kieran Kidder took advantage of the chance for a premium slot in this initial presentation and thus re-scheduled his Bench Bash for Cash and the WPO Semifinals to coincide. Some of the lifting flights actually took place on the central stage, arranged much like the Arnold Classic, fronted by spectator seating and numerous commercial booths, and others were staged at a special location in the facility where some of the truly heavy events (strongman and/or PL) could be more practically staged. Powerlifting was right there with very prestigious new men's and women's bodybuilding and fitness competitions (Gunter Schlierkamp upset multi- Mr. O. Ronnie Coleman ... there was over $320,000 in prize money at stake for these contests), an international wrestling event (the Kurt Angle Classic USA vs. the World duals, including the return from injury of upset Olympic Gold Medalist Rulon Gardner, plus a series of Louisiana high school bouts), and a great NASS strongman competition. Cash prizes were contested by the powerlifters (reportedly $2500 for 1st place, $1000 for 2nd, and $500 for 3rd - sponsored by MetRX) as well as qualifying slots to compete in the WPO Finals to be held at the next Arnold Classic.

The event was promoted on a major local radio station, broadcasting from the site on opening day, and as a matter of post "9/11" respect, police, fire, and military personnel were allowed in for free (regular admission was a modest $10). New NASS President (and former APF/WPC powerlifting superstar) Willie Wessels was a very well spoken host for the strongman competition (along with former PLer and strongman vet Gary Mitchell), and a number of the competitors had powerlifting backgrounds and got along well with the athletes there for the powerlifting events (they even used APT lifting straps in their pulling events). Mark Phillipi, Odd Haugen, Steve Kirit, and Karl Gillingham used their pow- Schoonveld, Phil Pfister, and Jesse 'the Kid' Marunde. (These guys



***Hennis Washington** with his WPO medal presented by a MetRX lady.*

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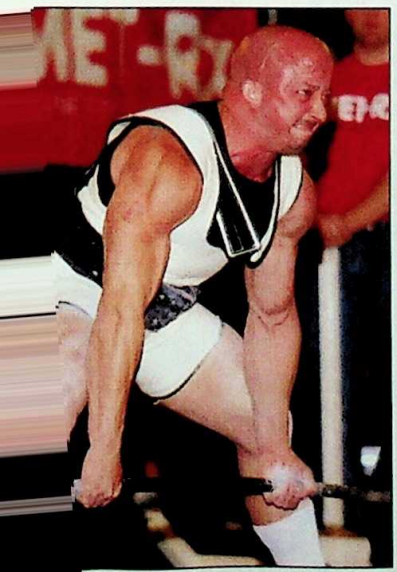
ck Vogelpohl was on fire, and didn't flame out with 964.

ged their sponsors so often they sounded like car racers!) A major armwrestling tourna- t was also on the card. Bodybuilding aficiona- could literally train with the Pros ... namely the of Shawn Ray, Bob Cicherillo, Kathy Priest, Gunter Schlierkamp ... at various times during xpo. Lucky fans walked into the convention r full of anticipation and walked out with giveaway promotional bags full of free t- literature, and dozens of complimentary ment samples.

e now renowned WPO card girls were on introduce each lifter and their attempt, but aders from nearby Tulane University did on this first day of competition. Both Washington and August Clark Jr. were in shape and would have done well in a ght bodybuilding championship, but they it in Powerlifting, taking it to the final



b .... balanced lifts = big total.

deadlifts, with Hennis winning on lighter bodyweight. Washington's 606 squat was slow, strong, and smooth as silk. August took two tries to get his 451 bench, and then tried an incredible 473 on an unsuccessful 4th attempt. Amy Weisberger competed with the men and missed only a 314 bench and 479 deadlift. She's almost as great a spectator as a participant, taking in the sights and sounds of this mammoth event after her bout with the heavy iron on the platform was over.

Brian Schwab was tops in a competitive 148 lb. class, missing a 639 squat, a world record 447 bench, and a 606 deadlift or his total would have been even bigger. His 424 bench seemed particularly easy. Sakari Selkainaho of Finland gamely kept the pressure on Brian, and missed only a 396 bench and a 578 pull, to which he gave a terrific effort after his 562 try had seemed to injure him. T.J. Hoerner was off their torrid pace, but tried a 4th attempt with a world record 684 squat that didn't come to be.

There was even a higher standard and closer competition in the 165s, where WPO lightweight champ Tony Conyers went 9/10 (missing a humungous 778 world record 4th attempt squat), but Ron Palmer was even more awesome – cutting to 165 after lifting at 185 a couple of weeks earlier. The weight loss effort was so extreme that Herb Glossbrenner indicated Ron had to get to the hospital to rehydrate afterwards. He missed a 755 4th attempt squat, but set a new all time total record with his 683 deadlift (1884), but he had even more in him and barely missed his final 705 deadlift, which would have cracked the 1900 total barrier. The weights he moves are so impressive when you consider how tall and lean he is compared to his competitors. Angelo Berardinelli came back with a sweet 760 squat on his third and then went a WPO world record 782 on a fourth attempt for another great success.

At 181, a lean Joe Dougherty handled Levi Alday, missing attempts at 771 in the squat, 490 and 507 in the bench, but making all three DLs. Alday missed a 501 BP and a 639 DL (twice). The 198s were awesome: John Wardell missed, then made a super 848 squat, but was not close on his BPs with 507 and 518 and was out. Matt Zweng, who had upset Kellum at their last big WPO clash, missed an 870 squat, looked Jesse in the eye as he walked off the platform, shook his hand, took a 518 bench, and that was it. Tatu Avola of Finland was starkly impressive with a slowly fought up 815 squat. He missed a 518 bench and 738 deadlift on third attempts, but that still left a big time 2033 lb. total. Tony Caprari, only 21 years of age, missed 826 in the squat and 822 (with the record breaking plates added to the bar) in the deadlift or his breakthrough 2044 total would have been even bigger. Arnold Coleman came in light for the weight class and went 8/8 for 2105, but all this excellence was to be superseded as Jesse Kellum was on home turf (Mandeville, LA) and ready to avenge his WPO loss. Virtually every one of his lifts looked easy: 821, an 888 world record, and he

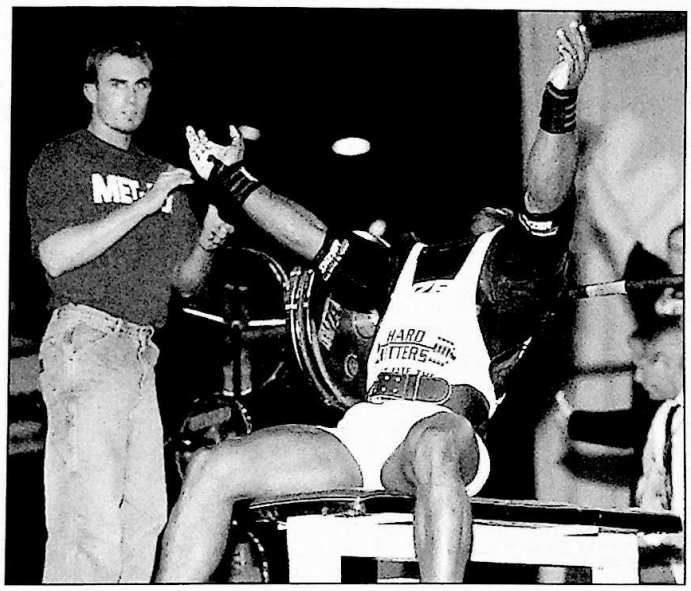
(WPO Semifinal article continued on page 85)

WPO BENCH BASH FOR CASH

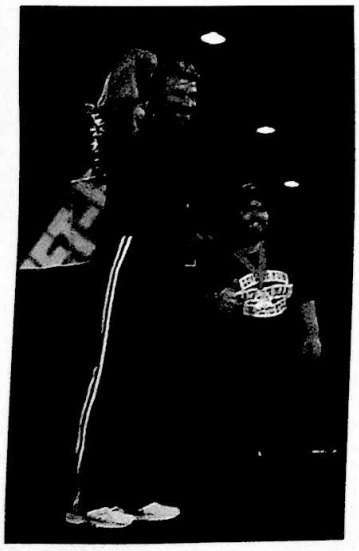
As Reported for PL USA by Herb Glossbrenner

The W.P.0 Bench Bash for Cash was part of the GNC Show of Strength Spectacular held Nov. 10th at the magnificent Ernest N. Morial Convention Center located in the heart of New Orleans, LA, along the banks of the Mississippi River and within walking distance of the famed French Quarter and historic Jackson Square. The facility itself encompasses about 3 city blocks. It was quite a walk to Section F, where the competition was held, once you got entered the building.

WPO LIGHTWEIGHTS (148-165): Kevin Harmon of Fulton, MS @ 146.8 hoisted 352.7 on his final try to rank 5th among the finishers. Brian Strickland of Lakeland, FL came in 4th with a lift of 385.8 at 165. Third overall was Joe Mukite of Elgin, IL. Joe was going head to head against the Ragin' Cajun himself - August Clark Jr. of Folsom, LA. Clark had established a WR lift @ 132 two days prior of 451.9 lbs. in the WPO PL Semi-Finals, but he was a 148er here. Mukite opened with 424.4. Clark followed with 435.4 to take the lead. For his 2nd attempt Clark went for a WPO single lift WR and pressed 203.0 (447.5) - a good lift. Mukite, who'd done 450 back in April, felt confident to beat Clark, so called for 205 kg. (451.9) to take the record away, but failed to lift it in two tries. Clark was in a 'feeding frenzy' and took the same weight to beat his own WR, set moments before. With his coach/mentor - the great Jesse Kellum - urging him on, Clark took a 4th attempt with 207.5 (457.4) and made a yet another record to finish 2nd overall. The WPO lightweight Division winter was Marcus Schick from Germany. Despite having blocks to rest his feet on, Markus had trouble stabilizing following the handoff. Schick, at 74.1 bwt., missed his 529.1 opener, but came back with a shaky 2nd attempt success to win the first place prize money. A subsequent try for a WR with 567.7 was too much.



EXUBERANCE!!! ... August Clark Jr. blazed new trails as a lightweight.



GERMAN POWER ... Markus Schick with Gunter Schlierkamp

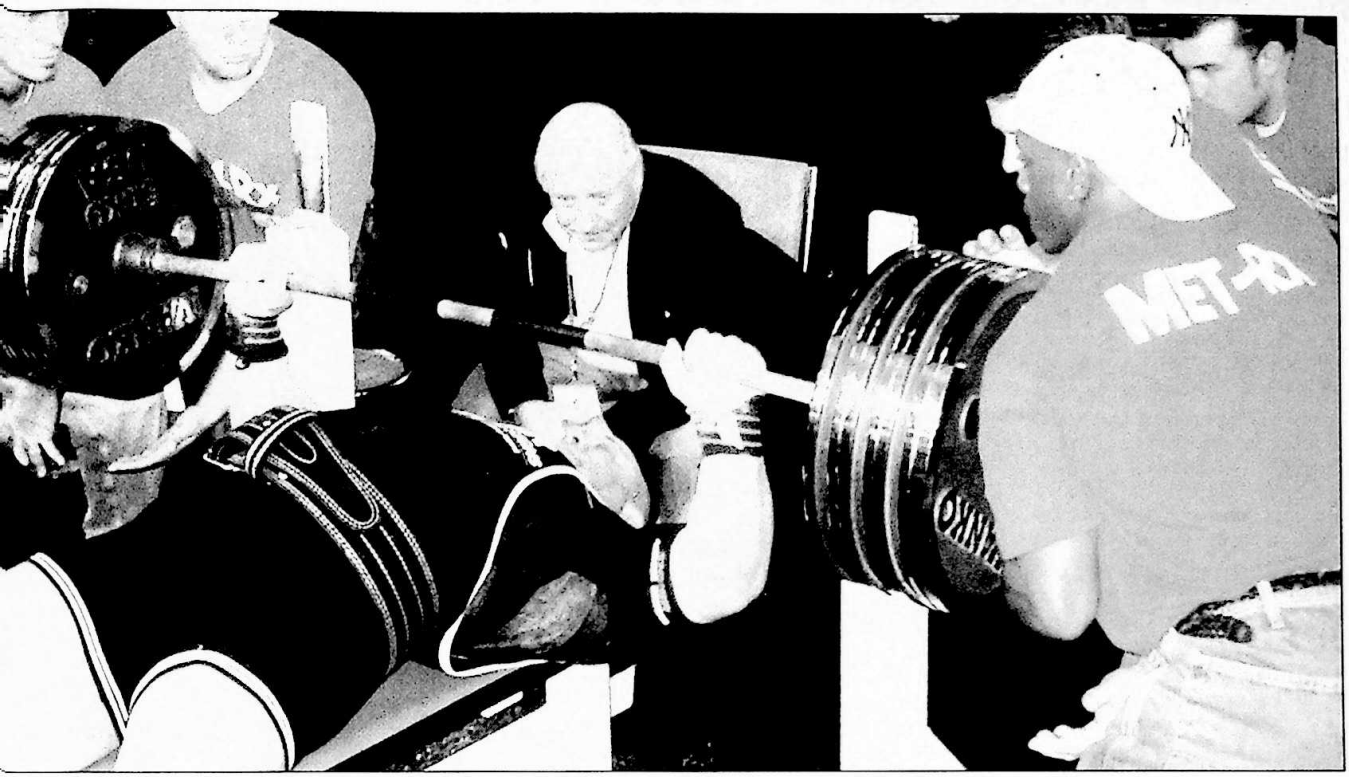
WPO MIDDLEWEIGHTS (181-220) - In 5th place in the Middleweights was Kent Spires of Homestead, FL. Kent's best ever lift of 534.6 @ 181 was done a year ago. Here he got 3W for his strong 529.1 opening lift. Jumping to 551.1, he failed twice. On his last try the bar barely cleared his chest. 4th place went to the eldest of twin brothers, who both lifted in this competition. Bart Kelley of Easley, SC came in here at 217.8 and was the first born (15 minutes earlier than brother Brad - 21 JUL 1971). Bart opened at 529.1, then missed 551.1, before coming back and blasting it up a good 3rd attempt. In 3rd place was Rick Lawrence, 37, from Holiday, FL. This former BP specialist joined the 600 club a couple of years ago, and has been doing 3 lift meets since then. At 218.7 Rick commenced with 551.1 - good. He missed 573.2, but came back for a rousing success on a final try. Runner-up hailing from IL was Bill Gallagher, 29, Bill @ 191.8 was halfway between weight classes. He'd done 540 last Feb @1 81 and 585 @ 198 in a later meet. Bill looked right on track to do his best. He lifted, in turn, 551.1, then 573.2. Try as he might, he just couldn't lock out his 3rd lift with 584.2. Coming all the way from Zurich, Switzerland, Rene Imesch, 29, weighed 208.2. Rene has a best lift of 562 @ 198 done last year in Amberg, GER. Letting his bodyweight increase he achieved a tremendous lift of 275 kg (606.2) back in April weighing 207.7 at the WPC European BP Championships. Rene came to win and he did just that. He erred on his opener with 573.2, but increased to 584.2 on his 2nd attempt - good lift. For a final effort he nailed an excellent 270 kg., 595.2, to take home the top cash prize.

WPO HEAVYWEIGHTS (242-Superheavy) - Among the non-finishers was Michael Hummell, 247.1, out of Del Ray Beach, FL. Mike tried 573.2 and 600.7 (with the aid of a prosthesis in place of his missing left hand) - missed both and was out. Bill Carpenter, 29, of Dubuque, IA had high hopes coming in. He's 15th ranked in the World, All Time, at 242 with his best result of 290 kg. (639.4 lbs.) achieved this past March. Weighing 234.8, Bill missed his big opener with 655.8 and a subsequent increase to 672.4 also went nowhere and Bill was eliminated. Down, but not out, he'll be back! Beau Moore, 36, of Redington Square, FL had an official best lift of 722 to his credit weighing some 40 lbs. heavier. Having already done the 3 lift competition the day prior, Beau was entered to lift here also, but decided to pass. Finishing 4th was Tom Holzapfel, 38, 265.2 from Omaha, NE. Coming in with a best result of 580, Tom wanted to make sure he qualified for the WPO Finals next March, so he opened with a 501.5 success to assure that. Tom shirted up and went straight to 600.7. He locked it out, but raised his hips for no lift, then missed again on a 3rd. In 3rd place was the other Kelly twin, Brad, who came in at 238.7. Brad performed some rather strange head and hand gestures before he commenced to bench, but put together a three good lifts; 611.8, 633.8, and finally 650.3 - a PR by 20 kg. The twins wanted me to inform you that they both were clean.

In 2nd place was John Zemmin, of Allen Park, MI. John was very impressive establishing a WPO, 275 class World Record of 327.5 kg. (722.1) on a 2nd attempt, coming through after missing this as his opener. This was worth a $1000 extra cash for John. He leapt to a huge 347.5 (766.1) on a 3rd attempt hoping to own outright the biggest 275 BP of All-Time and exceed the mark of 760 held by Bill Crawford of Queensbury, NY. Not to be, this day, but congrats to John for producing yet another PR in his quest for excellence.

Big Clay Brandenburg, 28, of Southgate, MI is the huge training partner of John. At 394.6, he's almost as broad as he is tall. Clay opened with 328 kgs. going for the WPO Superheavyweight WR. He couldn't get the bar to touch his chest. Up to 345 kg. (760.6) for his 2nd attempt - also unable to make it. On a final try Clay went for 350 kg.(771.6). This time he was able to get it down and launched it up. The bar froze an inch from lockout. Another one bites the dust.

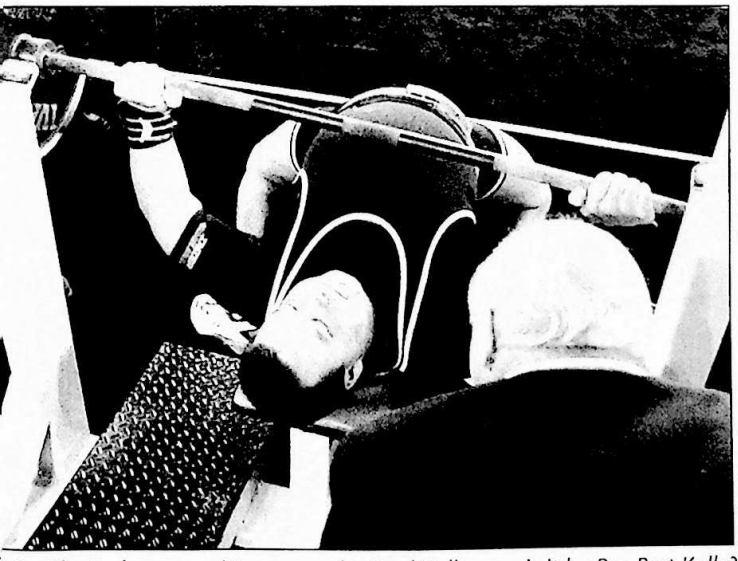
This left one man to prove that he is the strongest Bench Presser in the World, not just now but of all time. Scot Mendelson, 33, of Valley Glen, CA weighed in bigger than ever at 138.3 kg.(304.9). Since that was 2 days before he lifted (WPO allows a 48 hr. weigh-in), Scot got hungry and went on an eating binge. He tells me that the day he lifted he actually weighed between 318 and 322. Scot, recently, has been snowed by a deluge of BP shirts - each manufacturer wanting to provide the one which would give him that big stroke. Well, none of them panned out. One was guaranteed not to rip. He was told that he'd break both arms before the shirt would tear. A couple of weeks before coming here Scot put it on, and leaned toward the bar doing a partial pushup, and it split from breastbone to abdomen. What to do? Mendelson stuck with his 'old reliable' - the INZER EHDHP double polyester that he'd used since winning the '01 WPC BP Worlds in Johannesburg, RSA (738.6). The same one that he won the 2002 Arnold Classic with (755.1) and, yes, the same shirt he punched 766.1 with up in Canada. Would the MAGIC FABRIC hold up? Warming up here, Scot took 735 in the back



t Mendelson ... sapped by three tries to get 782 passed, he came this close with an historic 804 attempt. (Herb Glossbrenner photograph)

ming up, but couldn't get the to his chest. He came out for his ner with 355 kg. (782.6 lbs.) ing incredibly big, his poly shirt tight stretched against his mas- upper body. Scot was not RILLED TO THE GILLS but he JACKED TO THE MAX. With ouple of club like blows to the d by Big Daddy John Ford, Scot ed to the bench, kicked his legs k to where he has the best lever- fidgeted until he had his shoul- braced just right, and then came handoff. He brought it down and hed his chest awaiting the press mand from APF President Ernie ntz. The signal came and the monster payload exploded from his ten inch thick pectoral launching pad; traveling upward with great velocity and locking without the slightest bit of difficulty. You can imagine my shock, as well as everyone else's, when 2 reds came on. The side judges said his hips raised ever so slightly from the bench. The weight looked light, so he repeated. It was a carbon copy of the first lift, blasted up strongly to lockout with no waver or hesitation. Bedlam erupted, followed by gasps of dismay. Again -- 2 red lights. The side officials said his buttocks came off the bench once again. There would be no gifts today! If he was to get credit for it, he would have to do it perfectly. Last chance. Scot came out fuming. Once again he took the monster load chestward, paused with it, and -- following the press command -- pressed it up powerfully. This time GOOD LIFT -- all three judges agreed. Having endured that fiasco, Scot went straight to the weight held trained for all along and was prepared to do; 365 kg.(804.7 lbs.) Unfortunately, even a superhuman has his limitations. Imagine benching 782.6 three times in succession, then trying 804.7. Scot blasted it within a scant three or four inches of completion before his strength finally waned. Imagine doing this in an old used double poly shirt. It was a big disappointment for Scot, who wanted to retire as the undisputed best there ever was. He will postpone his retirement until after the Arnold Classic in March where he promises he will deliver the Big One. Is there anything left in his magic shirt? Yes, I'm certain there is. Scot wants Kennelly (especially) and any other claimants to show up and face him and suffer defeat with head held high like a man. There is no shame in coming in 2nd to Scot Mendelson, who is simply the strongest bench presser the World has ever seen. If anyone has any doubts, show up on March 2, 2003 and see for yourself. The TRUE KING OF THE MONSTER BENCHERS is Scot Mendelson. Everybody knows it, including his challengers. BE THERE and BEWARE!

Scot's wife Maricelle was on hand along with his children Jade Beven and Troy Scott as well as his sisters, proud father, and dozens of his clients (Scot is a personal trainer) to share in this moment. For winning the WPO Heavyweight Division, Mendelson won $3500 plus $1000 for setting his WR 782.6 BP. Total earnings were $4500 - worth the trip. Oh, yes, Scot and Maricelle are expecting their third child any time now. As far as the biggest BP - Scot will deliver that himself March 2, 2003 in Columbus, Ohio. Pardon my redundancy.



Be The Judge ... on this attempt by Brad Kelly ... or is it by Bro Bart Kelly?

WPO Bench Bash for Cash
10 NOV 02 - New Orleans, LA

Class	BP1	BP2	BP3	BP4
148				
August Clark Jr.	435	447	452	457
Joe Mukite	424	~~451~~	~~451~~	
Kevin Harmon	325	~~352~~	352	
165				
Markus Shick	~~529~~	529	~~567~~	
Brian Strickland	385	~~402~~	~~402~~	
181				
Kent Spires	529	~~551~~	~~551~~	
198				
Bill Gallagher	551	573	~~584~~	
220				
Rene Imesch	~~573~~	584	595	
Rick Lawrence	551	~~573~~	573	
Bart Kelly	529	~~551~~	551	
242				
Brad Kelly	611	633	650	~~702~~
Bill Carpenter	~~655~~	~~672~~		
275				
Tom Holzapfel	501	~~600~~	~~600~~	
308				
Scot Mendelson	~~782~~	~~782~~	782	~~804~~
John Zemmin	~~722~~	722	~~766~~	
SHW				
C. Brandenburg	~~723~~	~~760~~	~~771~~	

IPF Subjunior Worlds

as told to Powerlifting USA by John Dickey

Where do good young lifters come from? Desire, teamwork, challenging experiences and dedicated coaching is a good bet. These attributes were on display in Putzu, Taiwan, where the 2nd IPF Subjuniors World Championships were held September 25-29, 2002. The 2002 meet is the first in which a USA Subjunior Team has competed. Last year's inaugural 2001 team was primed for Sochi, Russia, but missed out due to travel concerns immediately following the 9-11 incident in NYC. With this year's arrival of Team USA, and increased international participation in powerlifting on the women's side, the 2002 ranks increased to 49 women (from 33 in Russia) and 48 men (from 42) despite late no-shows by countries experiencing travel problems. Participating in Taiwan were lifters from, Australia, Finland, India, Japan, Russia, Sri Lanka, USA, Uzbekistan, and from our gracious host, Chinese Taipei.

Team USA, consisting of 10 women and 10 men (most in their first international competition), came through with 5 GOLD, 5 SILVER and 2 BRONZE medals with numerous subjunior WRs and PRs, finishing 2nd only to a deep and technically polished Russian team. This showing is largely due to a the coaching and organizational efforts by a staff headed by Tod Miller (Plainwell, MI), with Joe Lewis (Neenah, WI), Trey Cunningham (Louisiana Tech U., Ruston, LA) and Larry Maile, (Anchorage, AK).

Scoresheets only hint at the experience and team building gained by these young lifters, who qualified as champions and alternates at the National HS meet this spring in St. Louis. Bonding into a team was instant among sub-cuzzes (as the 'subjunior cousins' called themselves). Some have competed and partied with each other for several years at national meets, so little introduction was needed for the core 'old-timers', the 18 year olds. From there, a shared enthusiasm for powerlifting by veterans and novices kicked in, and the team became Team USA. The 'real' old-timers on the trip found quick humor and fellowship in discussing how obsessions with powerlifting have taken sons and daughters to remote places.

Just after noon on a Sunday, two groups of lifters met in Detroit and New Orleans to begin 17 hour flights/layovers for a westward chase of the sun across the international date line. This first travel 'day' felt about 36 hours long. Schedules held well enough for the two groups to converge at the Chang-Kai Chek airport at the north tip of Taiwan in Taipei, where the entire 2002 Subjunior Team actually met for the first time. After clearing customs, the group boarded busses for a 3 1/2 hour trek, 2/3 of the way down the island on Highway 1, an interstate-style freeway that runs the length of Taiwan (which is about 1/4 the area of our own Michigan, Wisconsin, or Louisiana), to Chia-Yi city. Near Chia-Yi city we then turned west toward the sea and the venue at Putzu. First hoot - the women's team finding 'squatty-potty' facilities by at a freeway rest stop ... well, we sure weren't in the States anymore!

The busses arrived at the Chia Chou Hotel in Putzu in evening darkness with no need to reset watches, but our 'body clocks' told us that it was 7:00 in the morning and not 7:00 in the evening. Kudos to Coach Miller for planning arrival a few days early help make what jet-lag adjustments we could.

The real adventures began on the first morning, when we got a first look at Putzu. Putzu (population about 30,000) is a bustling blend of the old and the new, East and West - crowded streets (few sidewalks), ornate temples, farmers markets, and street shopping ... sprinkled with 7-11s, Starbucks, and a McDonalds (first hero of the trip ... McD's ... for saving lives on the coaching staff). The streets were full of cars, bicycles, but especially mopeds, the transportation of choice in the city. The Taiwanese people were always friendly, or at least curious of the conspicuous strangers walking the street. The local old-timers, especially, liked having their pictures taken with us. School children came out to try out their English. First shopping pursuit for some was for the popular decorative pillows to help soften the ultra-firm bedding at the Chia Chou. Soon, the Pro internet cafe was located near the center of town, a place to catch up on the weekend football scores and maintain contact with the powerlifting community in the states via the USAPL Forum website, all for $20 Taiwanese per hour (about 65 cents US). It was also found that mopeds could be rented daily or about $200 Taiwanese ($6.50 U.S.), which became a great source of noisy early morning fun for our Russian hotel mates.

On our second evening, several coaching staff and lifters bussed to the venue for a coaches' meeting and a chance to scope out the site. The venue was under an eye-catching tent-style fabric roof of the 10,000 seat Chia-Yi county stadium, which stood in modern architectural contrast to the nearby subtropical gardens and farms and the traditional city of Putzu. During the competition, good weather, the translucent fabric roof, and the white-walled stadium interior provided a bright, naturally lit setting for the officials and single performance platform at the basketball midcourt.

The venue offered two warm-up platforms provided in a sub-ground level loading dock area that ran underneath the length of the stadium. Later, during competition days, cheery Taiwanese ladies set up an impromptu kitchen at one end of the warm up area that kept a 30 foot banquet table loaded with a buffet of Taiwanese food. On inspection, the lifting equipment was fine, the only minor compliant being uneven warm-up and performance platforms. The platforms were constructed of numerous 4 x 4s bolted together, some of which were not quite 4 x 4. Depending on where the rack was located, the footing could be uneven, or, after setting the feet, the bar could start to roll away from a lifter into a trough between uneven beams. Leaving the stadium after dark ... the first games of the week on the plaza in front of the stadium ... Taiwanese firemen casting rolled fire hoses toward wooden 10-pins. Two parents assisting the group presented their volunteer fireman's cards from home and joined in.

2002 USAPL Subjunior World Team *... front row: Coach Larry Maile, Jennifer Maile, Erin Dickey, Leslie Kiletico, Maggen Millin, Caleb Williams, Molly Dennany, Ryan Smith, Derek Baker. 2nd row: Ashley Sanders, Alylssa Hitchcock, Amber Mesik, Carly Nogle, Brently Marchand, Michael Hafenbrack. 3rd row: Cody Walters, Erica Headrick, Drew Traub, Nick Rasmussen, Kyle Ricchio. 4th row: John Burford, Coach Joe Lewis, Coach Trey Cunningham, Coach Tod Miller. Back row: warmup assistants Andy Millin and John Dickey*

Women's Summary

44 kg - Leading off the meet in this division (which lost one lifter to the weigh-in room) were Chen Yuan-Min (Taiwan) and Erin Dickey (USA). Dickey took the GOLD for the USA with a 300 kg total (422.43 Wilks), scoring a subjunior WR for bench (65.0 kg) and deadlift (127.5 kg). Erin went 8/9, only missing on an ambitious 2nd WR attempt on the bench. Yuan-Chen took the SILVER for host Taiwan with a solid 275 kg total, and a (brief) subjunior WR on deadlift, promising for a young international newcomer who was one of only two women 14 years of age in the 49 member women's field.

48 kg - This division was arguably the deepest of the meet, featuring the only two 500+ Wilks scores of the meet. **Jenn Maile (USA)** won the GOLD with a 430 kg total and a 570 Wilks. Maile, a veteran international competitor, began her ascent

d ... Maile (above), Dickey

a 160 kg SQ, breaking the unior WR of 157.5 kg set min-earlier by last year's 44 kg win-Anna Ryzhkova (Russia). From , Maile dominated in bench (90 nd D (180 kg) for a 430 total, ting Ryzhkova's SILVER medal total (500.75 Wilks). Oxana vnina (Russia), who was ini-slated for the 44 kg division, he BRONZE with a 295 total. wing were 4th - Borkotoky/ mo (India, 280 kg total), 5th - Kiletico (USA, 262.5), 6th - ui-Chiao (Taiwan, 252.5), 7th pall Bharati (India, 237.5), and Kokue (Japan, 200).

kg - The top of this division dominated by a shootout be-Russian lifters Natalya eva and Maria Chouschina. eva took an early lead with a ior WR 162.5 kg SQ and then ed the GOLD by holding off ate Chouschina with a 385.0 (489.37 Wilks), besting china's SILVER total of 367.5. ost drama in this division was BRONZE. Chang Shu-Ching se Taipei, 282,5 total) edged Matsuura (Japan, 280.0) for onze by pulling 10 more kilos d deadlift. Following for 4th ya Hasada (Japan, 250.0). **Nogle (USA)** was headed for parent bronze, but DQ'd on deadlifts.

56 kg - Olga Ustinova (Russia) lead off with a subjunior WR 160 kg SQ and took the GOLD in the 56 kg division with a technically perfect 9/9, 400 kg total (471.96 Wilks). The battle for SILVER featured more last-lift drama. **Alyssa Hitchcock (USA)** took an early 127.5 - 120 kg SQ lead over Ai Takei (Japan), who responded with a strong 85 - 67.5 kg bench advantage (best bench of the division) over Hitchcock, for a 10 kg subtotal lead. Hitchcock, in turn, pulled a 3rd deadlift 147.5 - 135 advantage over Takai for a 342.5 total and slim 2.5 kg edge for the silver. Following were: 4th/5th - Minako Kaneda (Japan, 305.0) and B.V.S Laxmi (India, 305), 6th - Wang Shu-Jung (Taiwan, 295.0) and 7th - Arpana (India, 260.0).

60 kg - This division was a near repeat of the previous for the medal contenders. Following her 56 kg teammate, Margarit Kosareva (Russia) lead off with a subjunior WR 182 kg SQ and took the GOLD in the 60 kg division with a perfect 9/9, 445 kg total (497.42 Wilks), and bests for this weight division in all lifts. **Amber Mesik (USA)** took an early 145.0 - 137.5 kg SQ lead over Lo Hsiu-Jung (Chinese Taipei), who responded with a 85.0 - 75.0 kg bench advantage over Mesik, for a 2.5 kg subtotal lead. This time, Mesik pulled a 157.5 - 145 deadlift advantage over Hsiu-Jung for a 377.5 total and a bit more comfortable 10 kg edge for the silver. Following were: 4th - Ushari Mallika (India, 322.5 total), Eriko Sekiguchi (Japan, 230.0) and 5th - Yoko Mori (Japan, 210.0).

67.5 kg - The Russian women continued their run of outstanding performances as Vera Khalyavina won GOLD with an 8/9, 442.5 kg total (455.02 Wilks) and 105.0 subjunior WR (women's best) bench. Chen Ting-Yi (Chinese Taipei, 370.0 total) took SILVER while Satyendresh Kiran (India, 347.5) took BRONZE when **Molly Dennany** (USA, 337.5), the youngest lifter of the division, just missed a 3rd deadlift for the medal. Following was Mami Yamazaki (Japan, 205.0).

75 kg - Alina Polyanskaya (Russia) dominated for GOLD in this division with bests in all lifts, including subjunior WRs in SQ (190.0), deadlift (180.0) and total (460.0, 437.64 Wilks). **Ashley Sanders (USA)** took SILVER with second-bests in all lifts for a 382.5 total. Yang Ya-Feng (Chinese Taipei) took BRONZE with a 302.5 total. Following were: Aswathy Kaimala (India, 270.0), and Chie Kaiga (Japan, 245.0).

82.5 kg - This division featured only two lifters, losing one to the weigh-in room. Ya-Wen Chang (Chinese Taipei) took GOLD with a 485 total (443.14 Wilks). **Maggen Millin (USA)** took SILVER with a 397.5 total.

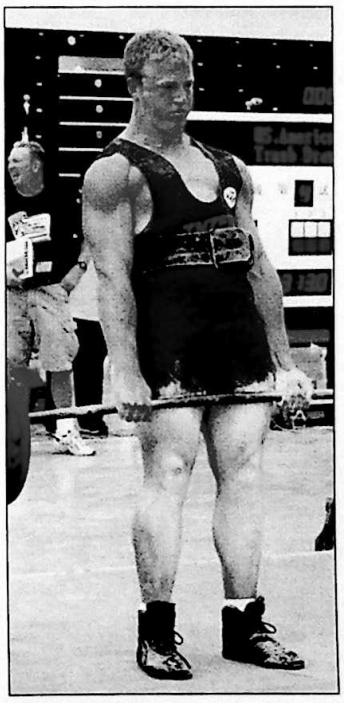
90 kg - This division was only one of two of the meet in which a lifter scored a subjunior WR on every lift. Yulia Stesenko (Uzbekistan) took GOLD with WRs of 190 kg SQ, 105.0 kg bench, and 170.0 deadlift for a 465.0 kg total (416.40 Wilks). Natalya Savinykh (Russia, 432.5 total) held on for SILVER, in spite of BRONZE medallist Ambili Gopalakrishnan's (India, 410.0 kg total) subjunior WR 172.5 kg deadlift, set moments earlier by Stesenko. Following were: 4th - Phukon Kakoli (India, 320.0) and 5th - Ya-Ju Hsu (Chinese Taipei, 272.5)

90.0+ kg - Ya-Yun Weng (C. Taipei) took GOLD with a strong 165.0 deadlift for a 445.0 kg total (369.52 Wilks), outdistancing SILVER medallist Alexandra Rogova (Russia, 427.5 total), and young and newly-emerging BRONZE medallist *Erika Headrick* (USA, 380.0).

Men's Summary

52 kg - Evgueny Bychaev (Russia) held off teammate's Mikhail Buranov superior 185.0 kg deadlift to take GOLD with a 465.0 total (459.09 Wilks) to Buranov's 455.0 total for SILVER. **Michael Hafenbrack** (USA 425.0) finished a strong 9/9 day with the BRONZE, deadlifting 182.5 kg, second only to Buranov in this division. To cap off this division, Buranov nailed a subjunior WR 190 kg on a 4th lift, ending a strong 10/10 day, only needing a better bench for the gold. Kenta Kusakabe (Japan) was DQ'd, running into technical problems and unable to get a good bench.

56 kg - Anton Cheremushnikov (Russia 487.5 total, 447.72 Wilks) took GOLD on 9/9 lifting. Yen-Hao Liu (Chinese Taipei, 407.5) took SILVER. Like his teammate in the previous division, Yutaro Shimizu (Japan) DQ'd when running into technical problems on bench. Unfortunately, among the missing competitors in a depleted division was **Vincent Niedoliwka** for Team USA, who scored a 502.5 total in this division at High School Nationals this past spring.



***Drew Traub** got an IPF Subjunior World Record in the deadlift - 689*

60.0 kg - Vitaliy Borisov (Russia) turned in the second best men's lifting the meet with a 580.0 kg total (495.43 Wilks) for the GOLD. Chih-Lun Su (Chinese Taipei) came up just short with a 567.5 total for the SILVER, just missing on two last dead lifts to tie. Taiji Ito (Japan, 460.0) took BRONZE. Following were: 4th - Ryan Smith (USA, 452.5) with a new best on bench, 5th - Yusuke Suzuki (Japan 450.0) and 6th - Harinder Singh (India, 430.0).

67.5 kg - Caleb Williams (USA) turned in the best men's lifting of the meet with a 620.0 total (496.24 Wilks) for GOLD on a 6/9 day that was technically close to being even better. Chen-Hsien Lee (Chinese Taipei) finished with strong deadlifing for SILVER, capping a 9/10 day with a successful 265.0 kg 4th deadlift for a subjunior WR. Serguey Faysulin (Russia, 572.5) took BRONZE. Following were: 4th - Sandeep Kumar (India, 515.0), 5th - **Brently Marchand** (USA, 470.0), and 6th - Yusuke Takeda (Japan, 450.0).

75.0 kg - Largely on the strength of a 172.0 subjunior WR bench, Alexey Ernando Ortega (Russia) took GOLD with a 665.0 total (476.53 Wilks). **Kyle Ricchio (USA)** went 9/9 and registered new bests on bench, deadlift, and total lifts (607.5) for SILVER. Sami Brunfeldt (Finland, 587.5) took BRONZE. Following was: 4th - Hibino Tomoyuki (Japan, 505.0).

82.5 kg - Dmitry Saltykov (Russia) easily won this division with a subjunior WR 732.5 kg total (493.99 Wilks) on 9/9 lifting that included a 6/6 on two subjunior WR attempts in every lift: SQ (290.0), bench (170.0) and deadlift (272.5). Juhani Salo (Finland, 615.0) took SILVER. Appa K Duggesh (India, 562.5) took BRONZE by making up a 10 kg deficit to win by 2.5 on a last deadlift, edging Chiung-Te Wu (Chinese Taipei). Following was: 5th - Naoki Inoue (Japan).

90.0 kg - Alexander Maximov (Russia) narrowly took GOLD with a 712.0 total (475.59 Wilks), winning by 2.5 kg over Konstanti Pozdeev, who missed a last deadlift and settled for SILVER. Eban Traeger (Australia, 647.5) took BRONZE on the strength his deadlift, edging **Derek Baker** (USA, 637.5) who made a new best on SQ.

(article continued on page 82)

WPC World Championships

as told to Powerlifting USA by Herb Glossbrenner

This year's WPC World Championship was held October 22-27th under the direction of Minna Osterberg in Helsinki, Finland. There were 157 lifters representing 20 Nations. The most had the most: Finland (40), USA (35), Great Britain (21), Latvia (14), Slovakia (6), Germany (6), Italy (5), Russia (4), Azerbaizhian (4), Austria (4), France (5), Belgium (3) Estonia (2), South Africa (2), Sweden (2), Canada (1), Australia (1), Yugoslavia (1), Switzerland (1). Three other nations participated in the Bench Press Championships: Iran, Hungary and Poland, thus bringing the total number of countries active in these championships at a record 23!

The competition was held at a spacious sports arena less than 15 minutes from the beautiful meet hotel headquarters: The Radisson SAS Hesperia. There was a breakfast buffet for all open at 6 AM each morning that was out of this world. A streetcar or tram within a couple of blocks of the hotel transported us to the lifting venue for about US $1.50 each way. It was almost a 7000 mile trip from Los Angeles, with a nine hour time difference. Everybody from the States had their world turned from day to night. It took a few days to get sleeping patterns adjusted to the drastic change.

This was a wonderful competition. It was the 2nd time I'd traveled to Europe, and a turnaround from the attempted coup to overthrow WPC President Ernie Frantz at the 1998 WPC Worlds in Graz, AUT. Now the great country of Austria thrives under the direction of it's new president Franz Mares and his lovely wife Edith Pomgranz. Both were present in Helsinki. Edith, a champion lifter herself, did not move iron but spent all week judging while Franz served as the meet emcee. He kept the crowd alive with tongue in cheek humor during crucial lifts ... "Get behind so and so - - he MUST MAKE ZIS WAIT OR HE BOMZS AOT". Once in the Deadlift he noted that the "RACK HEIGHT IS ZERO"! They will be hosting the WPC World Cup in Austria this December. WPC President Ernie Frantz was absent at the bedside of his ill mother who is 91. Thanks to all the officials who worked so hard, providing the best scrutinizing of lifts I've seen in any World Championship. Radar Capehart made the trip from Texas. Bob Packer came from California. He, along with John Ford of Daly City, arranged for a sponsor who provided nice team uniforms for all the USA lifters. (A big thank you to EXTREME H20 a company that manufactures sports drinks). Maris Sternberg was on hand and more than once she went to bat for lifters, in the capacity as technical director. Maris took minutes of the WPC General Meeting along with new WPC President Kieran Kidder who made a big impression. He proved that not only can he talk the talk, but walk the walk as well with his spectacular lifting.

I must give my heartfelt thanks to Sakari Selkainaho, who brought a local Finnish TV Station in to air the final day's Men's Open competition on national TV. These men were very professional and careful not to deliberately block the view of other members of the media who were taking pictures. A huge thank you to computer man Tero Virta who sought me out and made sure that I got all the tabular results immediately following each day's session. They take the media very seriously in Europe.

I must say something about the terrible dilemma that has befallen our comrades in WPC South Africa. Facing the clout of the South African Minister of Sport, the WPC South Africa organization has been forced to dissolve. An IPF representative in South Africa noted that drug testing policies were not prevalent in the WPC and how could the Government fund an organization that did not follow the IPF guidelines? This caused great problems to our dear friends over there who had the thumbscrews tightened and had no recourse but to bow to their government's authority. The poor athletes over there have no right to chose. Everyone in the WPC extends their condolences to Neville Primich and all the fine officials who have been a part of the WPC since its inception.

At the WPC Meeting in Capetown last year it was voted to eliminate the submasters group (33-39) from World Competition. Henceforth, 3 lifters from each Nation will be eligible to qualify in the various other divisions for the Worlds. Here those winning their categories in the submaster group at the USA Nationals in Fresno were allowed to participate in the Open Division here. The first day of lifting took place on Tuesday, October 22, with the lifting beginning at 10 AM.

TEEN WOMEN AND MEN - Can you believe that a 14 year old girl captured everyone's heart with a spectacular display of lifting prowess, set 4 World Records, surpassed the Women's Open APF Elite rating by a huge margin, and won the outstanding teen lifter award - outdoing her male counterparts by a whopping 176.77 points on the Reshel formula? Nichelle Whitfield, a mere 120.6 lbs., put on a lifting

WPC WORLD CHAMPIONSHIPS (KG) - 22-27 OCT 02 - Helsinki. Finland

	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
TW56											
Whitfield N.	~~160~~	160	172.5	80	85	87.5	260	155	167.5	~~172.5~~	427.5
4th	~~182.5~~										
TW67.5											
Rogovava Irina	115	120	~~125~~	55	57.5	60	180	120	125	130	310
TM56											
Madar Martin	110	125	~~145~~	65	70	~~72.5~~	195	125	140.5	~~150~~	335.5
4th	~~145~~										
TM60											
Askerov Vasif	~~160~~	160	170	85	~~95~~	~~95~~	255	190	200	207.5	462.5
4th										~~210~~	
Mannering Jason	135	~~150~~	150	85	~~90~~	~~90~~	235	165	180	~~185~~	415
TM75											
Mareks Porciks	~~220~~	220	235	120	130	135	355	200	215	225	580
Siska Martin	~~180~~	180	190	92.5	100	105	280	170	180	~~185~~	460
Hayward Blake	~~240~~	~~240~~	~~240~~								
TM82.5											
Rasulov Azer	200	220	230	110	125	~~130~~	355	~~210~~	215	~~235~~	570
TM90											
Grigorjevs A.	~~250~~	250	260	150	~~163~~	163	423	200	220	~~240~~	643
TM110											
Oertel Brent	260	~~282.5~~	282.5	165	172.5	~~177.5~~	455	252.5	~~272.5~~	~~272.5~~	707
TM125											
Benjamin Joshua	192	215	232.5	142.5	155	165	397	167.5	187.5	202.5	600
Meluch Andrej	200	220	230	120	130	~~135~~	360	190	~~200~~		550
WM56											
Dujardin Yveline	155	170	180	100	107.5	~~115~~	287.5	160	170	~~180~~	457.5
WM67.5											
Kusau Eva	~~90~~	~~90~~	90	45	50	~~56~~	140	95	105	~~110~~	245
WM75											
Packer Kimberly	165	177.5	~~182.5~~	72.5	~~75~~	~~75~~	250	142.5	155	~~160~~	405
WM82.5											
Rantanen Tarja	170	~~180~~	~~185~~	150	160	~~167.5~~	330	180	200	~~215~~	530
MM60 45-49											
Hagner Heikki	155	~~167.5~~	~~167.5~~	80	85	90	245	212.5	225	240	485
75-79											
Gellman David	~~65~~	65		65	~~75~~	~~75~~	130	100	120		250
MM67.5 50-54											
Sviderskiy V.	160	170	180	100	110	120	300	100	110		410
55-59											
Mullan Budgie	140	150	160	95	102.5	~~107.5~~	262.5	150	~~165~~		412.5
60-64											
Glossbrenner H	102.5			98	~~110~~	~~110~~	200.5	142.5			343
[illegible]				~~192.5~~	192.5	462.5	240	250	260		722.5
[illegible]					442.5	250	262.5	~~272.5~~	705		
[illegible]											640
Bianchi Sergio	255	270	~~280~~	140	150	157.5	427.5	232.5	240	250	677.5
50-54											
Latter Paul	260	280	~~300~~	160	170	~~175~~	450	240	260	285	735
Bulans Karlis	250	270	280	125	140	150	430	290	305	~~322.5~~	735
Ketola Pekka	230	245	~~250~~	145	152.5	155	400	220	240	250	650
55-59											
Brown Robyn	250	~~270~~	270	150	160	~~165~~	430	260	280		710
60-64											
Nougoumanov V	220	240	255	140	150	155	410	200	210	220	630
Bassman Robert	195	~~220~~	~~220~~	~~150~~	~~150~~	150	345	195	~~215~~	~~215~~	540
65-69											
Wilson Pete	~~172.5~~	172.5	190	140	150	~~157.5~~	340	155	167.5	185	525
MM 100 kg 40-44											
Pessell George	272.5	287.5	300	192.5	~~202.5~~	~~202.5~~	492.5	272.5	295	~~310~~	787.5
Hayes Jeff	142.5			105			247.5	145			392.5
45-49											
Ranta Jarmo	315	335	345	185	~~192.5~~		530	295	310	322	852.5
Buhl Heinz	300	~~320~~	320	180	190	~~200~~	510	230	270	290	800
Suurkivi Rain	230	250	~~272.5~~	130	140		390	210	230		620
50-54											
Luker Alan	320	~~330~~		152.5	157.5	160	480	320	342.5	350	830
Stroj Heinz	220	240		140	150	160	400	240	260	~~270~~	660
Burgard John	210	~~235~~	~~235~~	132.5	~~142.5~~	142.5	352.5	207.5	227.5		580
MM 110kg 40-44											
Avigliano Joe	327.5	~~342.5~~	~~342.5~~	160	167.5	175	502.5	250	272.5	290	792.5
45-49											
Wheeler Ken	280	290	~~300~~	~~140~~	140	142.5	432.5	260	270	277.5	710
Normunds T.	250	290	270	150	160		430	260	270	~~280~~	700
50-54											
Reinholds Dainis	250	270	~~280~~	200	~~210~~	210	480	240	260	270	750
55-59											
West Bill	320	360	~~370~~	190	205	~~210~~	565	280	310		875
MM 125 kg 40-44											
Marshall Lee	350	~~380~~	380	180	190	195	575	300	320	340	915
4th			393								
Morris Troy	295	320	~~340~~	~~205~~	205	~~227.5~~	525	~~295~~	295		820
45-49											
Rintanen Olavi	310	325		200	210	220	545	315	335	350	895
Siska Jan	275	290	300	170	180	~~185~~	480	300	315	~~320~~	795
Rantanen Pekka	300	310	~~320~~	180	190	~~200~~	500	260	280	~~297.5~~	780
Visser Ian	260	290	~~300~~	160	180	190	480	220			700
140 kg 55-59											
Meek Brian	312.5	357.5	382.5	210	232.5	~~237.5~~	615	265	307.5		922.5
140+ kg 40-44											
William B	272.5	300	~~320~~	~~222.5~~	~~222.5~~	~~222.5~~					
45-49											
Tregloan Peter	350		~~375~~	190	~~200~~	~~200~~	540	310	~~330~~	~~330~~	850
Tarlia Lauri	290	300		200	210	~~215~~	510	280	300	310	820
Paavilainen V.	270	300	310	~~170~~	~~170~~	~~170~~					
[illegible]											
[illegible]		85	90	45	50	55	140	90	105	~~110~~	245
[illegible]											
[illegible]										140	155	330

ay that flabbergasted even the
t died-in-the-wool male chauvinist.
s little gal from Burbank, CA has
just entered her first year of Junior
gh School. You can call it genetics,
rfect coaching by her coach Joe
rigliano, an anomaly or whatever.
er strength is uncanny, her demeanor
ild. She listens, trains hard, and has
chieved in less than two years far
eyond what most train a lifetime to
chieve. As pretty as a picture post
card, she had her friends put the colors
of her beloved L.A. Lifting Club in her
hair (red, black and white). Her 352.7
SQ opener was huge, but she let out a
squeal of anxiety when she lost her
balance. Her 2nd attempt, easily done,
was followed by a glorious success with
380.3. On a 4th attempt she nearly
made 182.5 kg (402.3) a weight she
has already done in practice. BP: all 3:
176, 187, and finally 193. The last lift
broke her own WR done last May in
Fresno, CA. Whitfield's 341 DL opener
gave her the World title. She followed
with 369.3, another WR lift, surpass-
ing her own WR TOT of 914.9 with an
aggregate of 427.5 kg (942.6 lbs). A
final try with 380.3 stayed grounded,
but she will make this and a whole lot
more, and soon. Everyone wanted
their picture taken with the "little girl
who is so incredibly strong". Getting a
week off from school was indeed a
privilege. How could it have been de-
nied her. There is always a price to pay
along, and did it going
plane. Before she is through she will
have explored territories of strength
that we could not visualize in our
wildest imagination. Nichelle wanted
me to be sure and thank Joe and
Nance for all the love and support they
have given, her parents for allowing
her to make this trip - a rare opportu-
nity for one so young, and everyone at
the L.A. Lifting Club for all the encour-
agement and support they've given
her.

The only other Teen Female was
Irina Rogovava, 19, RUS winning the
18-19, 148 class with 683.4 TOT.
Outstanding among the Male Teens
were: Vasif Askerov, 18, from AZE
with a 1019.6 TOT @ 132 and Jason
Mannering, 17, also 132 in the 16-17
group with a 396.8 DL and 914.9
TOT. His famous father David, who
participated in the Men's Masters, is
somewhat of a British PL legend.

ALL WOMEN MASTERS and
MEN MASTERS (THROUGH 148)
lifted Tuesday, Oct 22nd in the after-
noon. Kim Packer, 40, Bob's blushing
bride from Fresno, CA grabbed herself
a gold medal in the 40-44 Women's
group with her 892.9 TOT. Kim is
sweet as a big piece of sugar pie. Tarja
Rantanen, 44, FIN @ 194.6, totaled
huge (1168.4) making a stupendous
BP of 352.7 on a 2nd attempt. Most
impressive was 42 year old Yveline

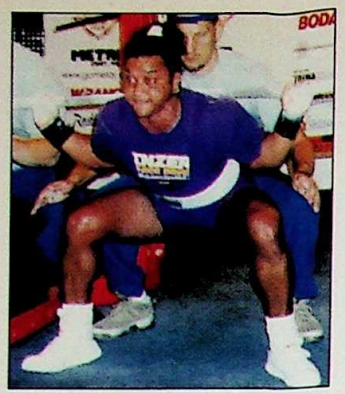
Best Women Lifters .. *Teen - Nichelle Whitfield (left), Open - Nance Avigliano (Glossbrenner)*

Dujardin, BEL. At 130.3 she made
amazing lifts of 396.8 SQ, 236.9 BP,
and 374.8 DL for 1008.6 TOT, a
cascade of WRs. Eva Kusau, 67, of
Germany rewrote the WPC record
book in her category. In the men's

that she plan
David proved himself with a gold medal.
Vladimir Sviderskiy, 51, RUS won the
50-54 148s with a 909.4 TOT. An
injured Budgie Mullan, 58, took home
a gold with 9.09.4 TOT. Lufthansa
Airlines lost my bag of lifting gear
worth $1100 dollars, so I endured the
pain of a pulled groin, and registered
piddly lifts, set a WR measly 216 BP
sans shirt and brought home a gold at
60-64, 148. I was CURSED UPON
but AVERTED A BOMB.

MEN'S MASTERS (165 thru 198
on WED OCT 23 AM took place with
the remaining of the categories in the
afternoon) David Mannering, 42, sal-
vaged his do or die 424 final BP try to
stay alive and win the 40-44, 165s with
a 1592 TOT. Wolfgang Bzdok, also
42 of GER, was close behind in 2nd
with 1554.2! USA had three gold
medalists. Richard Cirigliano, 47, had
to do his 600.7 DL twice to get official
credit - TOT 1410.9. Richard's job
takes him globe hopping. He can train
only on the run. He left right after he
lifted to make a business engagement
in NOR. Paul Boutte, 50, of Vidor, TX
- whose face is cracked cause he smiles
too much - found out he was lifting
against a Russian. I told him that in the
entire History of PL a Russian had

| | | |



***Krista Ford** .. another WPC Title.*

never beaten a Texan, and I was right on in my assessment. Paul outstripped Gennady Chuldenko, 54, 1317 to 1113. He chalked up 9 perfect lifts in doing so (512, 292, 512). Douglas Peterson, 47, was shocked when called for depth on his 562 3rd attempt SQ. Except for this Doug got whites for an 8-9 day capturing the gold unopposed with 1405 TOT in the 45-49 181s. GBR's Robyn Brown, 59, bitched about the Americans thinking in lbs. and not kilos. He's right, you know. Yet another World title for Robyn who weighed 86.9 kg (191.6) made some tremendous lifts with 595.2 SQ, BP 352.7 and a terrific 280k DL (617.4) for 710k TOT (1565.3). Robert Bassman, 64, a nice guy, took 2nd to RUS Valeri Nougoumanov, 63, who went 9-9 with a huge result - 1388.9. Bassman lifted 1190.5. Californian Pete Wilson, 65, had been a bit sick, but stuck it out for an 1157 sum. He's World Champ - take it any way you can get it. At 220 George Pessell, 43, brought his wife and took 1st for USA in the 40-44s with 1736 via 661.3 (all SQ's). 424.4 BP, and two pulls (650.3). Teammate Jeff Hayes, 42, hobbled around all week on a ruptured Achilles tendon. Did he throw in the towel. Heck, no. He tokened for a silver. At 45-49 Jarmo Ranta, 45, of FIN was unbeatable with 3 big SQ's (760.6), a 407.9 BP opener, and three big pulls (711), TOT 1879. Heinz Buhl, AUT, sans wife and kids TOT 1763 for 2nd. Bronze went to Rain Suurkivi, 46, of Estonia (1366). At 50-54 John Burgard, 53, USA lifted for bronze with a 1278 TOT. Heinz Stroj, 51, AUT, did 1455. The winner was an Alan Luker, 52, GBR. He gets almost as much joy from coaching others as he does lifting. Last APR Alan suffered a major heart attack, but he appears to be fully recovered. When the bar goes to the floor Alan turns into a pulling machine. He pulled in turn 705, 755, and finally 350 kg (771.6)! Take a bow to the Queen for that one, Alan - TOT 1829. He has his mind set on 365 kg (804.6) when the Worlds roll around next year in AUS. At 242 capturing gold for the USA was Joe Avigliano, 43, (40-44) coach emeritus of the Los Angeles Lifting Club. Plagued with multiple injuries, Joe trained only 6 weeks for this meet. He made a 722 SQ, 3 pushes in a poly (386), and then had a surprise in store for the DL - a 639.4 PR 3rd attempt which came up so easily he looked good for 650 or more. Joe hardly ever does deadlifts, but he's awesome when it comes to good mornings, however, he didn't do many of those either since the Seniors. Color Joe's medal gold - 1747 TOT. Joe practices what he preaches: START MORE CONSERVATIVELY, BUT BE HARD-CORE IF YOU HAVE TO BE!

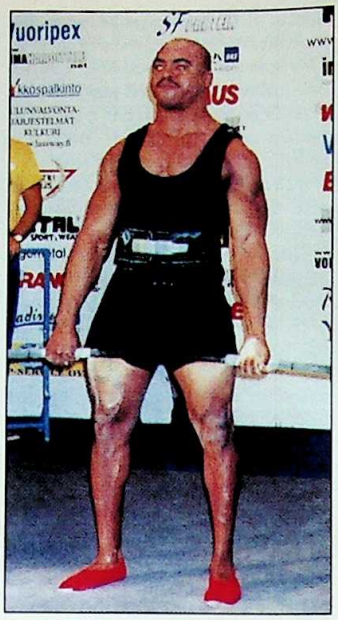
At 45-49, Ken Wheeler (49) was another CA boy who came home a winner. Ken doesn't pack much meat in his sandwich (only a 314 BP) but he fed on his bread. His SQ and DL were 639.4 and 611.8 respectively. This brought him to victory, 1565 to 1543 over Tanona Normunds, 45, the Latvian. At 50-54 the 242 winner was Dainis Reinholds, 50, with a 1653 combined total. Bill West, 56, unretired himself was back as great as ever. He erased USA's Skip Sandberg from the WPC record book in his WR sweep: SQ - 793.6. He stood with 815.6, but got only 1 white for his effort. BP - 452 (2nd attempt) and pulled 683.4 for a huge 1929 TOT. I don't think anyone besides Bill himself will break that. At 275, the USA's blond, crew cut, Viking resemblant Troy Morris @ 6'6", age 41, was looking strong with a 705.4 SQ, a 2nd round 451.9 BP, before missing his 650.3 DL opener. His repeat went, and then he called it a day for 1807 & runner-up in the 40-44s. Lee Marshall, 43, GBR @ 252.8 proved he could move some massive iron. His 837.7 3rd SQ set him up for a 40-44 WR 4th with 393.0 (866.4). His aim is the magic 400 kg (881.9) down the road. He benched without any mishaps (429.9) and likewise pulled 3 good ones (749.6) for a 2017.4 TOT. Lee is now within striking range of the 2039.4 WR TOT set some 21 yrs. ago by

***Outstanding Master Lifter** ... Brian Meek, who edged out Bill West.*

USA's Bill Seno. Champion @ 45-49 is Olavi Rintanen, 47, FIN with 1973 TOT. Slovakian Jan Siska, 47, came from behind, and with his 694 DL he ousted Pekka Rantanen, 45, claiming the silver 1752 to 1719 TOT. Brian Meek, USA, 56, weighed 277.3 just enough to set off a 308 class record rampage. Brian swept all the WRs in this his 55-59 division. Beginning with a huge 843.2 SQ that he nailed perfectly, he benched 512.6, and added two record pulls 584.2 then 677.9 for a great 2033.9 TOT, and called it a day. This newest member of the L.A. Lifting Club earned the Outstanding Men's Master lifter award for his inspired efforts, edging out Bill West. Giant Brit, Peter Tregloan, 45, warmed himself up for the Open competition later on by winning the Men's Masters SH. Coming in at a scale groaning 381.2 he took one token lift in each discipline allowing the clock to run out on further increases, allowing the other lifters to get more rest. He also spent a lot of time refereeing all week long. You can be sure if Pete is judging you, you'd better do the lift right. USA's William Benjamin, 43, could've earned a medal. The 332 pounder unfortunately failed to secure any of his 490.5 BP tries after SQing with 661.4. Also failing to total was EST's Veikko Paavilainen, 47, who dunked 683.4 - then missed all his BP tries also. This allowed Lauri Tartia, 46, a 316 pounder to nab runner-up to Tregloan with a 683.4 DL and a 1807 combined sum.

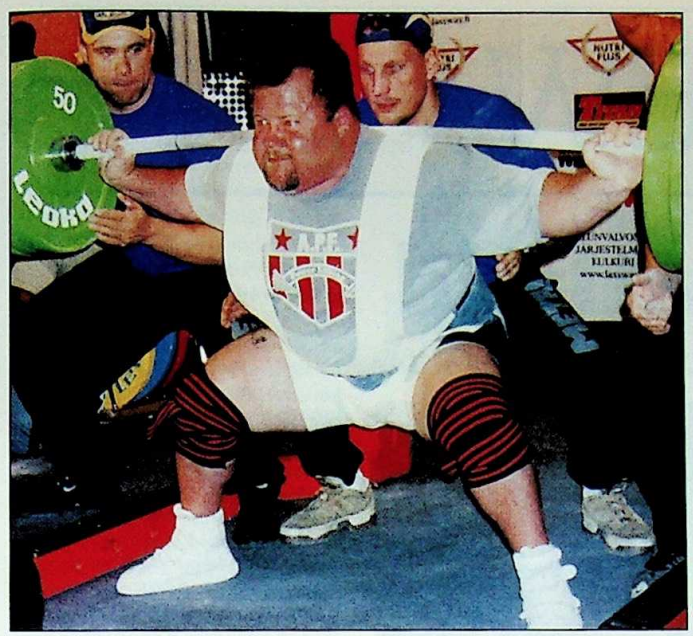
JUNIOR WOMEN - Took the platform on Thursday Oct. 24, AM. Only two Junior (20-23) Ladies contested. They both took gold and World Titles in their respective categories. Licia Cappato, 22, ITA at 114 set EUR REC BP (110.2) and DL (231.4) en route. Alisa Salahova, 23, AZE, won at 132. Despite two spirited tries she was unable to surpass the WR SQ with 303. OPEN WOMEN - At 114 Leslie Watson, 47, GBR surprisingly missed her 187.4 SQ opener thrice and was eliminated. The 123 winner unopposed was Marie Hellal, 33, FRA with 7-9 good lifts - 804.6 TOT.

USA's Nance Avigliano, 46, had posted the world's biggest total @ 132 only 2 months prior as well as recording the greatest SQ in the History of Women's PL. Nance had designs on eclipsing the Open SQ and TOT records here at 148, but she took ill with pancreatitis, and almost didn't come. She had been up to the full weight limit but, unable to eat, lost some 10 lbs. and came in at 138.6 here. Although depleted, Nance was determined to win the World Title which had eluded her last year. It was her last order of business as this would be her last competition. Taking no risks whatsoever, Joe opened her at a super safe 440.9 - piece of cake. Then, straight to 501.6, a 45-49 WR. It was down and up, a mere toy, but the judges thought she was a half inch shy and denied it. Rather than repeat, she went straight up to 240.5 (530.2) to break Mariah Ligget's Women's Open WR. Her depth was fine, but she stalled



***Ron Palmer** ... won a tight battle*

during the upward trajectory for no lift. Nance was upset, but channeled her energies to the other two disciplines. Nance benched 214.9, then 225.9 strongly, before making 231.5 as well. The judges said no on her last attempt for some unknown irregularity. Cool as a cucumber, Nance made three back to back deadlifts, 429.9, 440.9 and finally, 446.4. The final lift was a deliberate selection by Joe to assure that she captured the Outstanding lifter award, edging Krista Ford's bid for that distinction - TOT 1113.4, a result which just have easily been 537.5 (1184.9) - not bad for being sick. Thereby Nance rang down the curtain on her short spanned (4 years) yet illustrious career. She ended hers as a World Champion and Best Lifter recipient. Surmounting a resistance was Lee Steggles, 40, GBR, who was runner-up to Nance. Lee was inspired. After SQing 396.8, she tried for an early lead following Nance's two misses. The 446.4 Lee tried was futile. She was able to come within 9 kgs. after posting a EUR record bench of 249.1, but 259 proved to be too heavy. In the DL, Steggles opened with 385.8, then got 3W for 407.9 - another EUR Women's Record for 40-44 Masters. Steggles went up to 468.4 on her final try hoping to pull off a Cinderella win. The barbell refused to budge. The 165 winner was most impressive. Wendy Michiels, 28, of Belgium. Her boyfriend/coach had prepared her well. Wendy weighed in at 149 and had a banner day. She will never be called for depth in her SQs, taking them down rock bottom. No wonder the official Belgium PL shirt Joe and Stefan Matthens gave me bears a female PLer on it. She is the best lifter in Belgium. Jonna Alaspaa, 24, FIN hit 804.6 TOT for silver at 181. The winner was USA's Krista Ford who was behind the eight ball from the get-go. She had to open without her knees wrapped, and her 457.4 looked none too easy. Wrapped for her 2nd SQ she got 518,



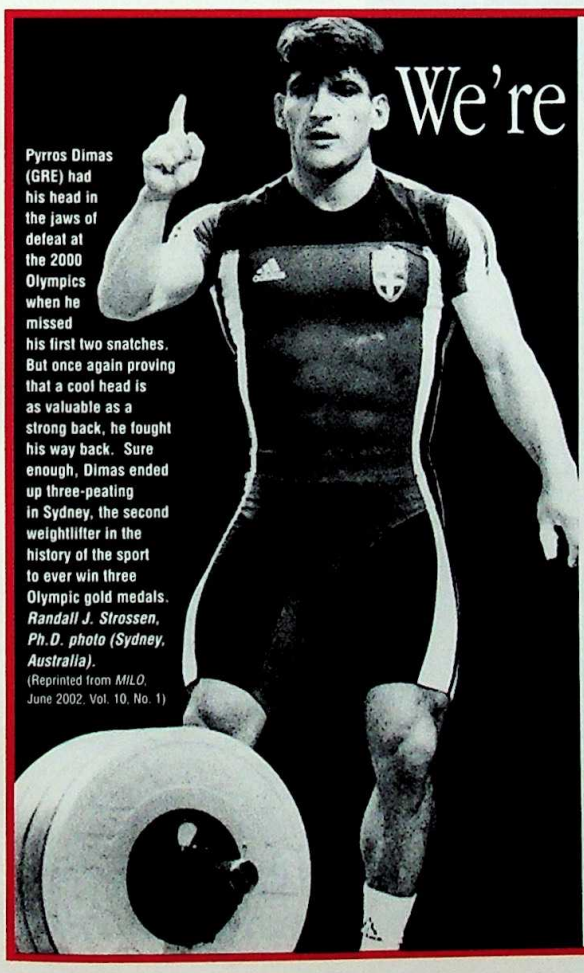
Kieran Gets a GRAND .... 3 whites for a 1003 lb. squat. as a light SHW

which was her limit, as 523 pinned her. Still nursing a rotator cuff tear Ford BPed cautiously (237) then pulled two - 457 and 518. A final lift with 534 proved too heavy. Her total was below her best, but it was still an easy win for the ex-bobsledder.

MEN'S JUNIORS (20-23) Thursday OCT 24 - PM: The four lifters who competed up to the 148 class showed up in the morning expecting to lift, but instead were put in the last flight at the end of the day, and had to sit around all day watching the lifting.

Mihails Sabarovs, 23, a Latvian dwarf weighed only 105.1. He has a short torso and long legs. He SQed 2 EUR REC - 363 & 369. All his BPs were WPC Jr. WRs 209 - 220 - 231. After he won the 114s with a 374.8 opening pull (975.6) he stormed 429.9 twice hoping to establish WPC Jr. WRs in DL and TOT - but didn't get it. At 132, Adrian Zalcman, AUS sole representative, stayed ahead of USA's Dan Carpenter to win his Jr. World Title with 424, 248 and 441 for 1113. Carpenter, 23, just missed the 123 class (125.6) where he could have had gold. Dan did 391, 259, and 413 for 1063, a fine result - 2nd place. Pieter Calus, 20, BEL won at 148 with 1251 with well balanced lifting; 451.9 SQ, 292.1 BP and 507 DL. 165s - Juha Jaakkola, 23, FIN prevailed with a 1410.9 TOT. The champion @ 181 was Azerbazhian's Akbar Farajov, 21, with an excellent output: 562 SQ, 402 BP and 611 DL - TOT 1576. At 198 it was a 1-2 FINNISH FINISH with Samuli Perala, 22, tasting the sweet victory cake. He set a EUR REC SQ with 738.6, but got 2R trying a WR 760.6. He virtually destroyed the WR bench press - manhandling 551, a 2nd, then twice missed a monster load - 573.2. With his 661.4 DL opener Samuli scored a very impressive 1951.1 TOT. This beat the former WR of 1862.9 held by Meiring (RSA) significantly. Teammate Jyrki Varvas, 23, also exceeded the former WR TOT with 1884.9. Jyrki was 66 lbs. behind following his 683.4 DL start, assuring silver. Then he jumped straight to 716.4, hoping to beat USA's Mark Placek's record of 707. No go! He increased to 749.6 a try for the gold - no lift. At 220 - Bernhard Schwab, 23, Austria's #1 lifter won the gold with a big 2039.4 TOT, after a scare from Ivars Cirulis, 22, LAT. Schwab SQed - 837 (2nd), then missed a WR try with 859.9. Cirulis was done dunking after 694, and seemed to pose no threat. Ilkka Haukijarvi, FIN, hung in there tough securing a strong 815.6, following a 2nd attempt miss due to balance with 804.6. Schwab BPed 479.5. Then Hautamaki nailed 496, a good 3rd following a miss. Cirulis, came out of nowhere with an enormous 2nd attempt shove (551.1) demolishing the former WR of 525.7 belonging to USA's Rob Capozzolo. Haukijarvi then bombed in DL with 617.4. Schwab tagged two precision pulls, 683 then 722, but missed @ 733. This gave him a new JR WR TOT surpassing his own record of 2011. Cirulis, 71 lbs. back, opened with 727.6 - good lift. Next he lifted 760.6, breaking Schwab's WR of 728.7. He had a 2006 TOT. Up to a huge 799.1, the weight needed to win, but he couldn't pull it off. At 242, Pertti Ristiluoma, 22, FIN almost bombed taking all 3 to subdue his 661.4 SQ. The USA's Sherman Tank - Morgan Bugbee - took the early lead with 705.4 SQ, but lost two close tries with 733. Morgan has good flexibility and steel cables for hip flexors. Ristiluoma saw his golden opportunity and capitalized on it. His EUR Rec. 499.3 2nd attempt press led by 33, following Morgan's 418.9 (2nd). The Finn pulled

(article continued on page 76)



Pyrros Dimas (GRE) had his head in the jaws of defeat at the 2000 Olympics when he missed his first two snatches. But once again proving that a cool head is as valuable as a strong back, he fought his way back. Sure enough, Dimas ended up three-peating in Sydney, the second weightlifter in the history of the sport to ever win three Olympic gold medals. *Randall J. Strossen, Ph.D. photo (Sydney, Australia).* (Reprinted from *MILO*, June 2002, Vol. 10, No. 1)

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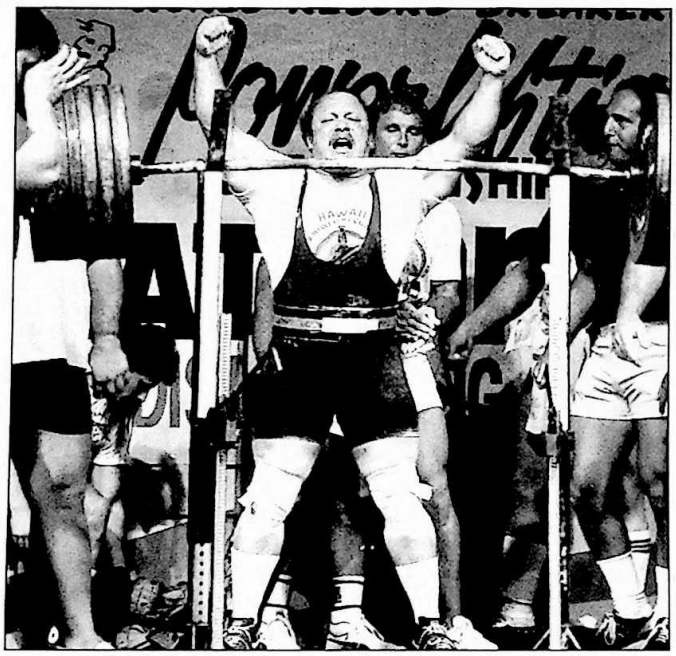
INTERVIEW

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

Fred Hatfield

interviewed for PL USA by Larry Miller



Dr. Fred Hatfield *at the scene of some of his greatest lifting exploits, Gus Rethwisch's Hawaii Invitational at the Waikiki Sheraton Hotel*

LM: Fred, it has been a while since you have graced the pages of *Powerlifting USA*. For those newer readers of our magazine, would you give us some background information about yourself and your accomplishments in powerlifting. What are you doing nowadays and where do you reside?

FH: *Some of the lifting I did was good enough to get my name in the record book. However, my writings allowed many to achieve this. I live in Havre de Grace, Maryland, and am semi-retired. I still lift, although I haven't competed in awhile. I still work, although I do so for pure enjoyment. I spend most of my time with my woman.*

LM: In a past article of yours, you stated: "I submit that it is there that you will gain understanding of strength far beyond your current level. I submit that once having done so you will be able to take your level of strength far beyond its current level." In other words, to be strong, you have to understand strength. Is this correct?

FH: *Yes. I was talking about understanding the seven elements of the strength curve and how to manipulate each. This can only be accomplished by carefully choosing your training strategies.*

LM: Where did the strength curve come from?

FH: *I cannot say when it was first described, but it was certainly around over a half century ago. But it wasn't until Yuri Verkoshansky (and later Deitmar Schmidtbleicher) came along, that light was shed on the seven elements.*

LM: Let's discuss the curve since it is so essential to understanding strength. You start with the eccentric phase. Why is eccentric training so important and is it the missing link in our sport?

FH: *There are no "missing links." The seven elements have been known by the more discerning powerlifters for decades. Somehow, though, no one has known enough to put all of them together into a carefully periodized training protocol. Eccentric training, in my view, is only one seventh of the equation. No more or less important than the other six.*

LM: How do we train eccentrically for the three power lifts?

FH: *The principal function of eccentric training is to set you up for an explosive ascent. This is accomplished by eliciting both a strong reflex action (muscle spindles) as well as taking advantage of viscoelastic forces.*

LM: Fred, could you give us some examples of how we can eccentrically train all three power lifts?

FH: *Sure. Go down slow. Gotta tell ya, though! I don't advise anyone to train this way outside of the bodybuilding world. You'll get more eccentric stress than you need just from normal training. Concentrate on getting rid of that stress except on certain days.*

LM: Eccentric training seems to be tough on the body. Is it easier to get injured when training eccentrically?

FH: *Yes, it can be tough on the body. However, good technique together with careful periodization limits the damage caused by eccentric stress. Do it wrong and there will be the chance of both overreaching / overtraining and injury.*

LM: Let's go to number 2 on your curve. The transition from down to up or as you term it "the amortization phase". Is there an amortization phase in the deadlift? During the bench press we are supposed to pause at the chest, but during the squat we can bounce out of the hole. Do we have to train differently in order to keep our strength during the pause of the bench press versus the transition of the squat from down to up?

FH: *In the technique I used in deadlifting there is amortization. Those who watched me lift know that I used to vertical jump and dive onto the bar. In my later career I had to refrain from this practice owing to a nasty grip problem. There is also an amortization effect in benching. If you lower the bar to your chest as rapidly as you are able, there will remain some viscoelastic energy as well as a significant vestige of contraction from a stretch-shortening effect.*

LM: Concentric training involves the production of [upward] force and is what most powerlifters seem to focus on. What percentage of our training should be spent on moving a weight quickly versus hitting the heavy weights?

FH: *If you are compensatorily accelerating the bar during the concentric phase of the lift, you have rendered the weight on the bar to little importance. The reason for this is that your effort is close to 100 percent regardless of the weight on the bar. Of course, there has to be enough weight on the bar to slow your movement speed down to under 1/2 - 3/4 of a second, as that is how long it takes for you to generate maximum force. Except for a 3-6 week period early in your competition cycle, CAT should be done at all times.*

LM: Fred, How would you define compensatory acceleration and why is it so important?

FH: *As you progress through each of the lifts, leverages change. You can move more weight near the top of each of the 3 lifts than you can near the bottom. You compensate for these improving leverages by accelerating (increasing the speed of movement of) the bar.*

LM: Bands and chains weren't available when you were training? Do you think they are essential to improving ones speed and recruitment of more muscle fibers?

FH: *Bands and chains were used by several of the old time lifters as far back as I can remember. They are nothing new. I used bands to dampen end-points in each lift I performed so that the inertial stress wouldn't hurt me. I discarded the use of chains because this form of training proved to be redundant (CAT accomplished the same thing far more effectively), and dangerous with the heavier weights.*

LM: Do you have any thoughts on how we should incorporate bands into the 3 power lifts?

FH: *On days that you are training below around 75 percent of max, affix the bands to the bar in order that the inertial force at the end of each movement is dampened. On days that your poundage exceeds 75 percent, bands are unnecessary because the bar is moving so slowly.*

LM: The goal of the powerlifter is to complete a lift as soon as possible by reducing T max. Does this mean we should squat quickly like Shane

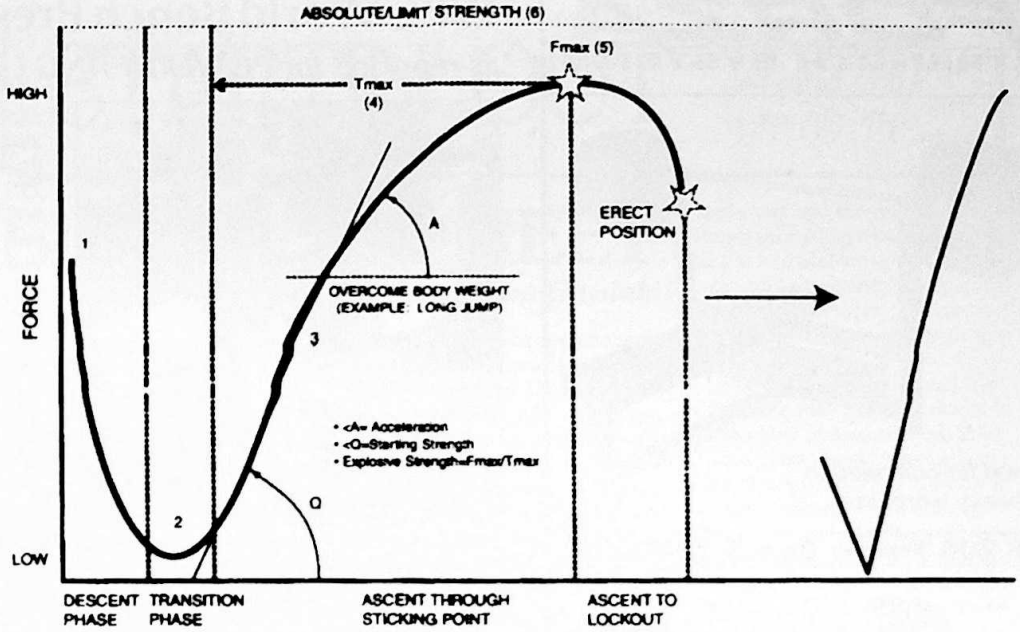
Hamman and Rob Wagner?

FH: *In all the world of sport, SPEED is king! But look, I have NEVER seen anyone attempt a maximum attempt and not go as fast as they possibly can. I know of NO one who is even remotely capable of purposefully moving a maximum weight slowly! It is not possible.*

LM: You define starting strength as the ability to turn on as many motor units as possible instantaneously and explosive strength as the ability to leave them turned on. How do we build this speed-strength?

FH: *Let's start at the beginning. Here are some elementary definitions together with some training advice for each.*

Starting Strength: Your ability to "turn on" as many muscle fibers (muscle cells) as possible instantaneously. A combination of weight training and light resistance training works best for improving starting strength. Weights should be in the 55-75 percent of maximum range, and the exercises should gradually (over a predetermined "period") become faster and more dynamic. Light resistance techniques include plyometric training, overspeed training and various forms of running and agility drills. Various therapeutic modalities as well as psychological techniques also have shown effectiveness in improving starting strength.



Explosive Strength: Once your muscle fibers are turned on, your ability to LEAVE them turned on for a measurable period (i.e., through the entire lift) is referred to as "explosiveness." A combination of weight training and light resistance training works best for improving explosive strength. Weights should be in the 70-80 percent of maximum range, and the exercises should gradually (over a predetermined "period") become more and more explosive. Light resistance techniques include plyometric training, overspeed training and various forms of running and agility drills. Various therapeutic modalities as well as psychological techniques also have shown effectiveness in improving explosive strength.

(the conclusion of this interview, with further explanation of the strength curve, will appear in next month's edition of *PL USA*)

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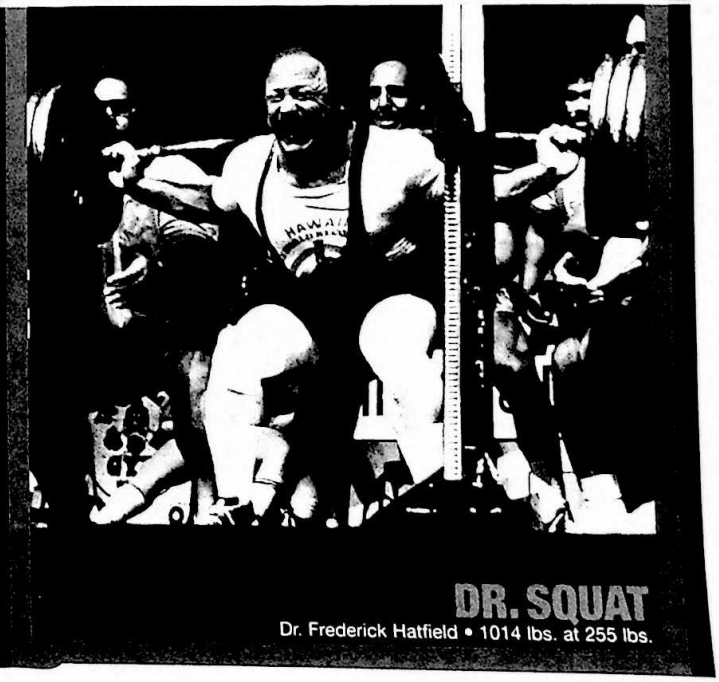

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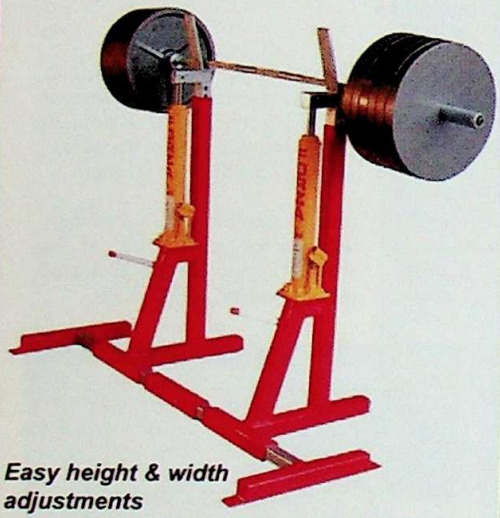

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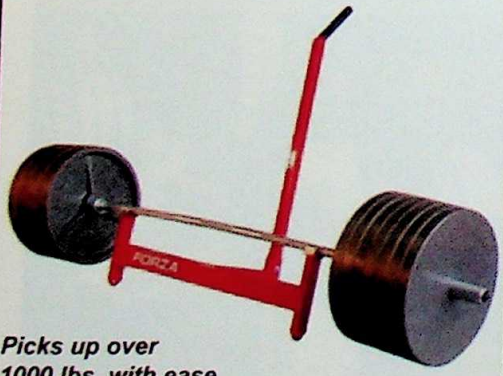

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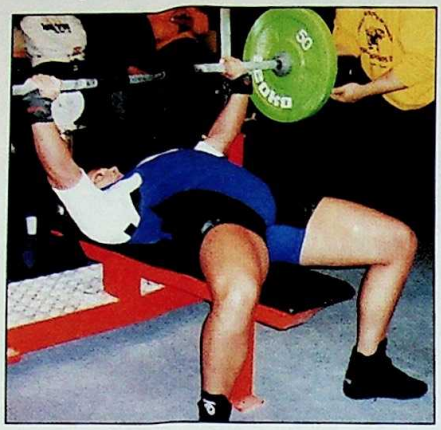
WPC World Bench Press Championships

as reported for POWERLIFTING USA by Herb Glossbrenner



***Anna Rosen** of Sweden missed this attempt at 308. (Herb Glossbrenner photographs)*

The 2002 WPC World Bench Press Championships were held in conjunction with the WPC World Powerlifting Championships the week of October 22-27 in a multisports arena in Helsinki, Finland. The bench pressers exhibited their strength beginning Friday, 10 AM Friday October 25 with the Teen, Juniors (20-23) and Masters (40+) lifting. On the last day, Sunday Oct. 27th the Women and Men Open Competitors did their thing.

The total number of participants was 109, representing 17 nations. Here is the breakdown; Finland (32), Germany (15), Latvia (ll), USA (10), Austria (7), France (6), Sweden (5) Great Britian (5), Russia (4), Poland (3), Belgium (2), Switzerland (2), Estonia (2), Slovakia (2), Australia (1), Iran (1), Hungary (1)

Here are the highlights: FRI. OCT 25: TEENS: Juhani Niskanen, 18, FIN set a EUR REC in the 18-19, 148 class - a 2nd attempt- 145.5kg (320.7).

JUNIORS: Mihails Sabarovs, 23, LAT, who also won the Jrs. in PL, BPed 209.4 in the 114s at a mere 105.6 bwt. At 181, Uldis Laudams, 22, also of Latvia, pressed 407.9 to win. David Hanson, 22, USA who bombed in the PL, won the 198 BP gold to salvage his dignity with a 402.3 BP. At 220, Hannes Toivanen, 22, FIN set two JWR with 562.1 (lst) and 584.2 (3rd). Outstanding among the Juniors was Tomi Rantanen, 22, FIN, @ 274.4 pressed a tremendous 300 kg (661.4) on his 2nd lift, a EUR REC. On a 4th he tried but failed to break the WR with 305.5 (673.5).

MASTER (WOMEN): Two women who lifted in the full PL competition lifted here as well. Eva Kusau, GER, in the 65-69 group collected another gold in her 148 division. Yveline Dujardin, BEL, in the 40-44 group (132) set two great WR's: 237 and 242.5 lbs

MASTERS (MEN): Uwe Werner, 129.6 of GER, set a EUR Rec. (40-44) 132 class group record - 319.6 lb. In the same 40-44 bracket, Philippe Herzog, of Switzerland established a WR @ 148 - lifted 403.4 at a mere 141.1 bwt. - impressive! EUR Records were also established by Luis Guercio (50-54) FRA @ 148 (259) and Franz Haar (AUT) @ 165 (55-59) with 308.6. USA's Ronald Cuny got 2nd place at 198 (55-59), hoisting 319.6 no less! Senior official from AUT - Josef Pollendorfer - who sat in the hotseat flipping the switch all week - won the 242 class (50-54) World Title with a strongly executed 396.8 lift. Andreas Mrosek, GER @ 253.5, won the 40-44 gold at 275 with 529.1. In the 45-49s, 275 class Viktors Pevko of LAT set a WR of 567.7 @ 270.7 bwt. Doug Williams (45-49) GB took 3rd behind Perko and his countryman, John Walker, in this same category (440.9). William's wife took a terrible fall in the lobby, struck her head, and suffered a mild concussion. Thank goodness she's okay. The Best Master Lifter was USA's Thomas Manno, 44, hailing from Phoenix, AZ. Tom was there every day, lending a helping hand backstage. He helped lifters get into their shirts, and was there motivating Team USA during the power meet also. Tom weighed just over the 308 limit (308.8- to be a SHW. Tom opened with 622.8 and obliterated it. Having won he went to a WPC 40-44 World Record 300 (661.4) and blasted that up successfully as well. Tom wanted to break the 700 lb. barrier. A strange European rule was invoked and they wouldn't allow him to take 318.0 (701). Pounds has no significance to the rest of the World as they think metric (right Robyn?) So, Tom attempted the next best thing: (317.5 kg.) 699.94 lbs. He got it up, but two of the three officials didn't think Tom's arms were completely straight. Anatomically they don't straighten fully and he even told them that before each lift (how, well I know this routine). No matter, he'll join the 700 club officially, soon, becoming the first man over 40 to achieve this amazing feat. He's the strongest Master Bencher ever and indisputably Mister "Nice Guy" - a rare trait among elite benchers.

WOMEN'S OPEN - Kirsi Rintala, FIN, set a WR 249.1 @ 114. Virpi Pukkila, FIN, established a EUR REC (216 @ 132). Michaela Zimmer, AUT, pressed a huge WR 303.1 @ 148. At 181, Taina Hatanpaa, also FIN, BPed a EUR REC 275.6 lbs. In the 198 category, Sweden's Anna Rosen lifted 286.6.

MEN'S OPEN - Adrian Zalcman, 22, from AUS added the BP World Title to the 3 lift gold he had already won; and popped up 253.5 @ 132. Short, stocky Frenchman Jean-Luc Garcia, 36, put up a EUR Record of 460.7 @ 165 on his 3rd attempt. Then on an extra attempt he locked out a big 468.5- breaking his own record before it had cooled down. Markus Schick, 26, from Germany weighed a mere 166 lbs. yet stroked an enormous 564.4 World Record into submission. Such strength he has! He failed to lift 260 kg. (573.2) on a final try. Mika Nikula, FIN, took the silver with 512.6 and his countryman/teammate Petri Kotka, yet another proficient Finnish bencher, pocketed the bronze with 507. Whatta class, wow! Former IPF World BP Champ - Onozo Szabolcs, 31, of Hungary, jumped the fence and tested his strength among the WPC Elite. He blasted WPC World Records of 569.9 and 573.2 to kingdom come, the 11th best performance All-Time in this class. Juha Someroja, 27, another fabulous FINN, was right on Onozo's heels collecting silver with a great lift of 250 kg (551.1). If you haven't noticed by now, FIN has some of the greatest benchers in the World. Their depth of talent is impressive and they just keep coming with new names popping up at every turn. Home team Finland placed 1-2 @ 220 with Nikkanen, 34, winning with 265 kg (584.2) while his teammate Vesa Kulmala, also 34, earned silver - lifting

(article continued on page 73)

STARTIN' OUT

A special section dedicated to the beginning lifter

SIMULATED MEET

as told to Powerlifting USA by Doug Daniels

We all know that actual competition in a sport is a lot different than the training for it. This applies to just about every sport, not just powerlifting. For one thing, a powerlifter must perform all 3 lifts in one day while most lifters work no more than two lifts in a training session. In addition, we must satisfy those nasty judges and endure long delays between flights and numerous platforms. These and many other variables exist that make the actual competition much different than gym lifting. The challenge for the most new lifters is to prepare adequately for their initial meets. The best way I know of is to have a 'simulated meet'.

Set aside one training day 10-14 days prior to the contest to have a simulated meet in your gym with your training partners who will also be competing or others interested. The experience garnered here is potentially invaluable in actual competition.

First, conducting this simulated meet no later than 10-14 days prior to the contest is necessary to provide adequate recovery time before the meet. This time period will still allow about one more week of moderate workouts to brush up for the meet. I also suggest taking two days off prior to this session so you can lift reasonably fresh.

Try to simulate actual meet conditions as closely as possible. This includes taking the same warm-ups you plan to take in the contest and using the same supportive gear. It goes without saying, start with the squat and finish with the deadlift. At most meets, your actual attempts can come about 20-30 minutes apart so I would suggest mimicking this period between attempts also. This presents the challenge of keeping warm and focused between rounds in competition.

Having someone knowledgeable actually judge your attempts is key. If you can round up an experienced lifter who is not taking part in this simulation to act as judge, all the better. Otherwise, take turns objectively judging each other's attempts. Objectivity is critical! Treat a missed attempt just as you would at a contest. That may require taking an attempt over. No one is allowed more than three attempts at each lift.

Spotting is critical, as you will all be lifting heavy weights. This will make you appreciate the spotters' efforts at contests. After finishing the attempts for each lift, take a break of about 15 to 30 minutes and start warming up for the next lift. You can limit your attempts to one or two if you think you are in good shape for the meet.

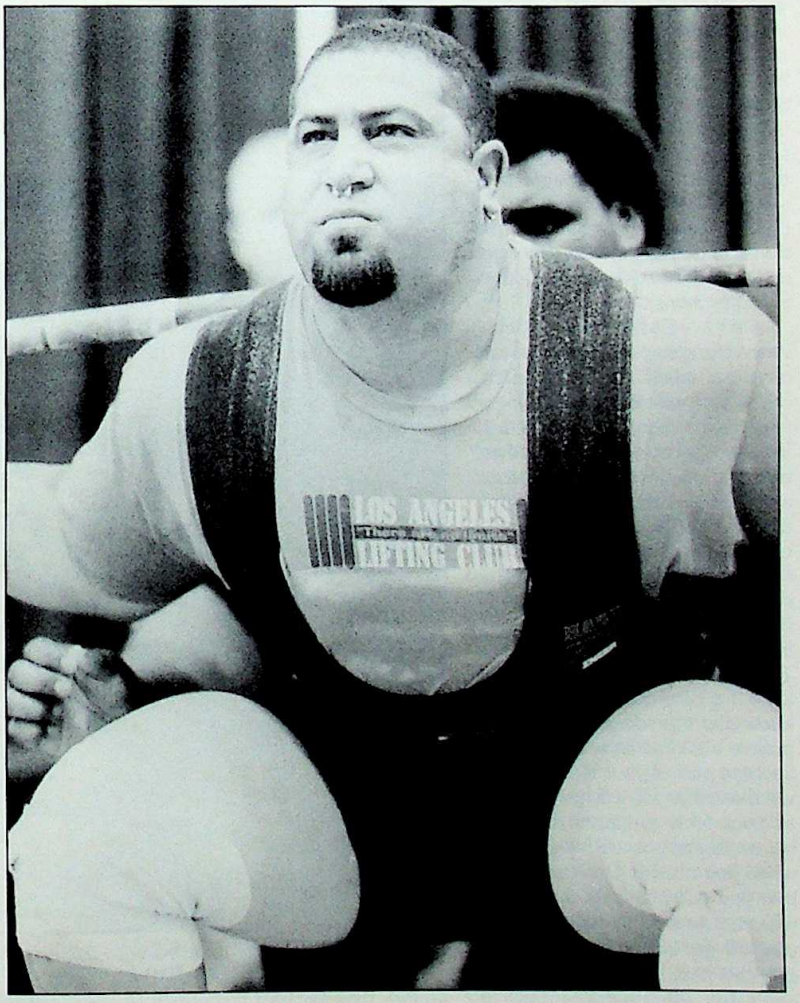
This is also an opportunity to conduct a friendly competition. Compete based on your results compared to your best previous training or competition lifts. The one who compares the best to these benchmarks will be the winner. That way, even the newer or less skilled lifters can raise their confidence levels and 'win'.

Hitting a one-rep max is not necessary during this type of simulated session. You don't want to risk injury or burnout this close to the meet. The goal should be to gain a feel of where you stand in terms of overall contest readiness. Don't forget to allow for any weight loss that is still needed to make your intended weight class. This can affect your performance at the actual meet. Even a few less pounds between the simulated meet and the meet itself can impact your lifting measurably. Factor this into account when choosing your contest attempts, especially openers. Remember you can not lower your openers after your first attempt is taken.

For the more experienced lifter, simulations may not be as desirable as for newer, less experienced lifters. Those lifters should have a better idea of where they are in terms of contest readiness. This is also a good time to become familiar with the rules of the competition you are training for. Obtain the current rules for that organization if there is doubt. Go over it at the simulation and execute your lifts under those guidelines.

A simulated meet can be of value to many lifters. A lot can be learned about your contest preparations before the actual competition itself. Your supportive gear, warm-up procedure, attempt selection, technique, mental discipline and endurance can all be tested thoroughly in one day. Of course, the next day or two you may be quite sore. Take a few days off following the simulation and then take your last few workouts, going no higher than openers. This will help assure you that you are not burned out for the actual meet. This session is also a good time to take your last deadlift for the cycle. You should allow 10-14 days between your last deadlift and the meet itself so this timeframe could work out well for this.

A simulated meet can also be of value when there is a long period between meets to keep your competitive juices flowing. Remember to simulate actual meet conditions as closely as possible. If you are not up to a full blown 3-lift simulation, you can simulate one or two of the lifts. This can also work for a one or two lift meet. Don't risk injury or burnout by pushing too hard. A 90-95% effort should provide the feedback you need to perform well at the meet. Critique each other objectively on technique and optimum attempt selection. This is a prime opportunity to take videos of the your lifts for review. Even a simulated meet can not totally match actual competition, but it can provide an extra edge that can make a difference.



***Oan Basson** has done small, low-key meets right where he trains at Los Angeles Lifting Club as preparation for his virtually flawless performance at the WPO Semis.*

Doug Daniel's Web address: members.aol.com/ddanil12345/default.htm

NUTRITION

The Top 25 Ways to Pack on Serious Mass - Part II

by Anthony Ricciuto B. Phed. C.F.T. S.P.N. S.W.N. F.T.

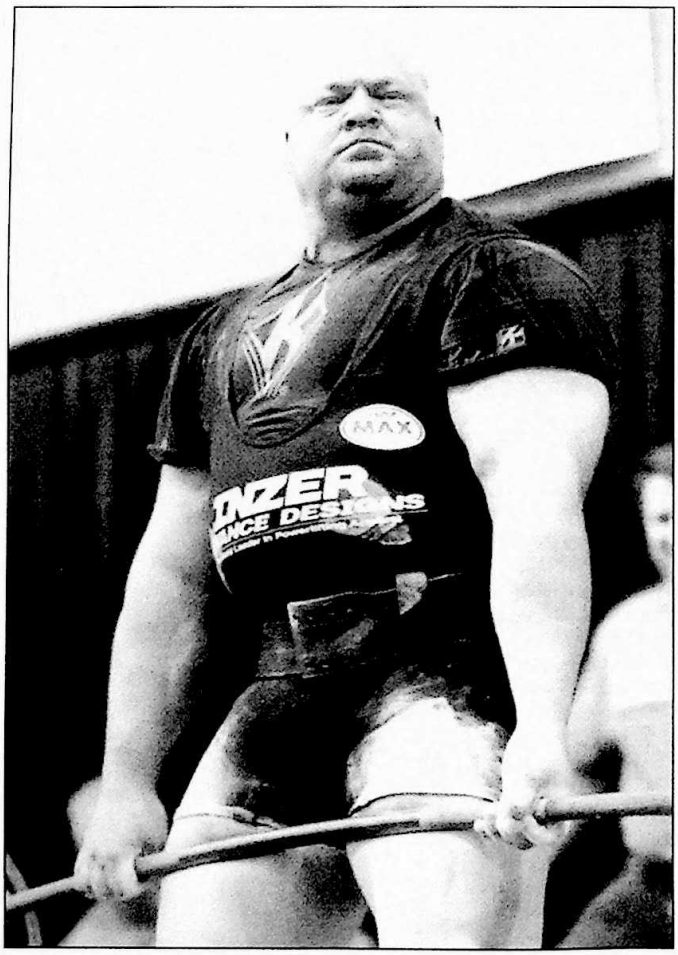
In the first part of this series I discussed 8 top ways to pack on mass when going up a weight class. In the second part of this three part series I will continue with the next 8 tips to take you to success. Most people think that it is easy to pack on weight and they are right, if putting on fat weight is your goal. The purpose of this series is to make sure that the weight that you do put on is solid muscle, and not just an extra layer of fat around your hips and waist. Putting on quality weight that will lead to a bigger total is our objective. There are many misconceptions on how to properly go up to the next weight class. What we have to remember as powerlifters is that by going up a class we have to produce a total that is competitive at that new class. What was elite at your old class won't pull you through in the next division up. With this in mind what we must realize here is that we have to put on as much lean muscle tissue as possible while minimizing any fat gain. This can only be done through a well planned out nutritional and supplementation program. Here are the next 8 tips to pack it on!

#9 - Use a Protein Supplement - In a time when most of us live very busy lives and are constantly are on the go, a protein supplement in the form of a meal replacement or protein shake is essential. If we take a look at one of the rules in Part I of this series, it was to eat 5-6 small meals per day. Now, eating 6 solid meals of food per day for most people would be a major problem. One way to make this much simpler is to eat your regular breakfast, lunch and dinner and have a protein shake in between each of those meals. I just made your life a lot easier, didn't I? The fact is that we need at least one gram of protein per pound of bodyweight as powerlifters, especially when we are trying to go up a weight class. Now if you have ever looked at a macronutrient breakdown chart of different foods you will notice that to consume all the protein that you need on a daily basis is almost unrealistic, that is unless you have an appetite like mine. When you look at the protein content of different foods and then you calculate how much you have to eat at your bodyweight, you then ask yourself, "How the heck am I supposed to get in all that protein without feeling like I just inhaled half of the country's livestock?" Having 2-3 protein shakes per day will help you fulfill your protein needs and will make your life in the kitchen a lot easier as well.

#10 - Consume Fast and Slow Acting Protein Sources - Like most people, you must be wondering what is a fast or slow acting protein? Fast or slow acting is in regards to the time your body releases the amino acids into the bloodstream. Now whey protein is a fast acting protein. It is the fastest to enter your bloodstream and to upload into your muscle cells. The problem with whey is that while it is highly anabolic or growth producing, it is not very anti-catabolic. A slow acting protein like casein will do a much better job at preventing you from going into a catabolic or muscle wasting state. Supplement companies are constantly bashing each other saying that their protein, whether it's whey or casein, is better than the other. The fact is you have to look beyond all the hype and look at scientific studies. The fact is that you need a combination of both to fully get the job done. Remember the best time to use whey is post workout so that the amino acids get pulled inside the muscle cell the fastest and during the day and night use a combination of slow and fast acting proteins.

#11 - Eat By the Clock - When trying to put on size, you just can't eat when you get hungry, otherwise it will take you a lot longer to get up to your next weight class. You have to eat by the clock, otherwise you will not meet your caloric and macronutrient needs by the time the day is over. With this in mind set a schedule that you will follow and have a meal or protein shake every 2.5 - 3 hours. Not 4 or 5 hours but every 3! This is very important in your quest for size. This will make sure that you get at least 5 quality meals in per day. I know that this sounds a little compulsive but in no time this will just become part of your lifestyle. This will mean that you will have to have all your food prepared the night before so that you will have it ready when you need it. Don't just think that you will just cook something when the time comes, as most likely you will get lazy and you will just skip the meal. Eating every three hours has many benefits. First, it will keep your metabolism elevated. Second it will keep your blood sugar levels stable throughout the day and will prevent you from getting those after lunch energy lows that so many people complain of. Next, it will keep you in a positive nitrogen balance and will supply a constant stream of amino acids to your muscles, thereby keeping you in an anabolic state. As you can see eating by the clock is definitely worth it!

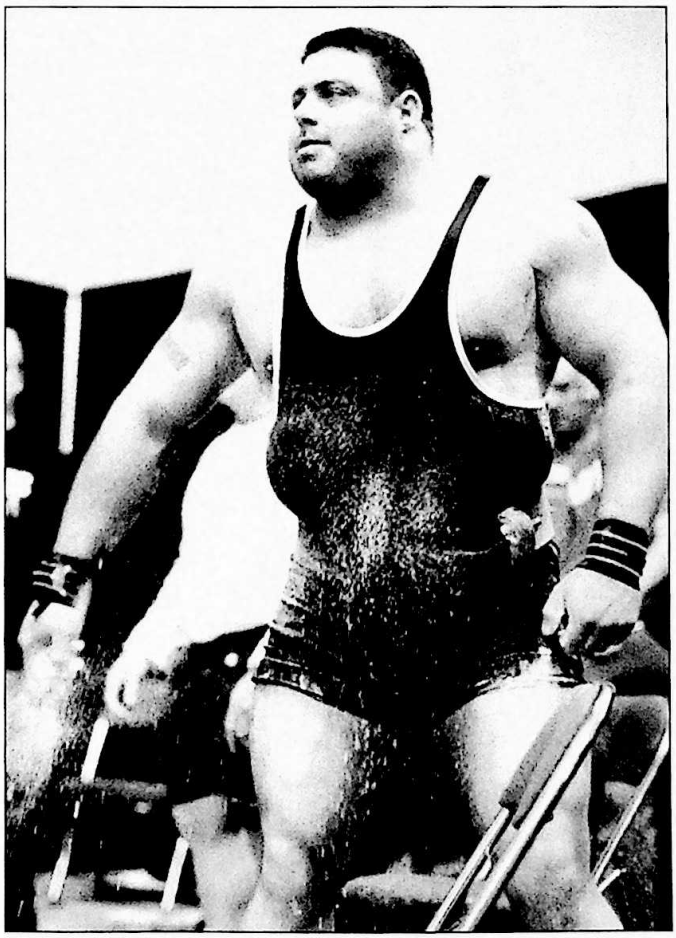
#12 - Eat Before Going to Bed - Now I knew I would get a lot of cheers for this one, but hold on a second. Just because I said that you should eat before going to bed doesn't mean you have a blank check to go on a nightly binge of nachos and ice cream. Sorry to break your heart, but we have to make sure that we have specific nutrients that are going to keep you in an anabolic state throughout the night. It is during sleep that your muscles recover and grow from the tough workouts you perform in the gym. So not only is it important to get proper sleep time, as mentioned in part one of this series, but making sure that your body has the nutrients available to repair and rebuild lean muscle tissue while at rest. Now you must be asking, what should I be eating before going to sleep? First you want to make sure that you supply your body with a high quality protein source. This will keep you from going into a catabolic or muscle wasting state while you are sleeping. It is during your sleep that you go the longest time without food. You don't want to consume just a fast acting protein like whey either. Like I mentioned in Rule # 10 you have to consume a combination of both in your diet. At bedtime you want a protein



*Garry Frank was very pleased with the results of his new nutritional program, designed by **Anthony Ricciuto**, at the WPO Semi-Finals, feeling that he had lots more energy. Anthony indicated that "His body is working like a well oiled machine now". Garry used to practice the 'see food diet' (as in 'I see food and I eat it') but not anymore.*

source that is going to stay in the bloodstream as long as possible and provide a sustained release of amino acids to your resting muscles. One good example would be cottage cheese with whey protein mixed in. Next, you want to make sure that you provide yourself some healthy fats at this time as well. A nice Omega 3-6-9 formula will do the trick and provide a balanced ratio of the different fats. These fats are involved in many processes including reducing inflammation and testosterone production. What a better time to take advantage of this than when you are sleeping. Fat will also slow down the release of amino acids into the bloodstream even further. Eating the right things before going to sleep for the night is essential to putting on muscle and recovering from your workouts.

#13 - Take a Multi Vitamin and Mineral Formula - During times of hard strenuous training the body needs optimal amounts of micronutrients. These are your fat and water soluble vitamins, major minerals, trace minerals and electrolytes. These micronutrients even though small in their dosages are very important for you performance and strength. Taking a multi vitamin and mineral pack is essential in making sure that you don't have any deficiencies in any of the above categories. Optimal intake of vitamins and minerals are essential for life. If a deficiency occurs, the body will not function optimally which can lead to illness and even death in severe cases. Vitamins act as coenzymes which perform many roles and functions in our body. They work as catalysts to release energy from the foods that we consume. Minerals play a role in many processes. These include muscular contractions, fluid regulation, the production of energy, nerve transmission and protein metabolism. Do you remember the last time you cramped up at your competition after you weighed in? That most likely was caused by an electrolyte imbalance due to your method of losing water weight so close to the competition. Not taking a multi vitamin and mineral formula as a strength athlete is like driving a race car without a seat belt.



Who's The MAN? *... Andy Bolton of Great Britain asked the famous rhetorical question at the WPO Semi-Finals after deadlifting 926, then Garry Frank (at left, holding an all time best deadlift of 931 lbs. - seemingly FOREVER!) gave his answer. This subject will be raised once again early next year at the WPO Finals at the Arnold Classic.*

#14 - Never Skip Meals - What's the big deal about skipping meals? If I didn't mention it then you wouldn't fully understand the consequences of skipping meals. I know, I have heard it all before. You get busy at the office or taking the kids to their soccer game. A few hours go by and boom. You forgot to eat your fourth meal of the day. You get a little busy picking up the dry cleaning and now you have missed your fifth meal too. Now let's take a look at what happens to you when you skip a meal. First off when you skip meals it slows down your metabolic rate. When you slow down your metabolic rate through skipping meals, two wonderful things happen to you. First you go into a catabolic or muscle wasting state. When this happens your body breaks down your lean muscle tissue and converts it to glucose to provide your body with energy. Next, since you brain thinks that you are starving to death it will tell your body to store any food that it does receive in the form of fat. So now you are losing valuable muscle tissue (and strength), as well as priming your body to increase its fat stores. Sounds great, doesn't it? So this is why I tell my clients not to skip meals and always plan ahead. When you have a major competition like a Nationals or Worlds right around the corner you don't want to the above happening to you.

#15 - Eat a Big Breakfast - You must be thinking that the only thing on this guy's mind is food. Being a sports nutritionist, I usually eat 6-7 meals per day and in between I am discussing and counseling my athletes about proper meal planning. Yeah, I guess you are right. All I think about is food! Breakfast is, no doubt, one of the most important meals of the day. You should always eat a large breakfast, as it is the base that will fuel you for the rest of the day. You have gone 8 hours during your sleep without food, so now is the time to fill up the tank with fuel once again before another long day of work and training. A lot of people either skip their breakfast or eat such a skimpy breakfast it makes you wonder how they can even think and function at their job. Having a cup of coffee and a muffin is not considered a breakfast, especially not for a strength athlete. At breakfast time you have to supply your body with a hearty source of complex and simple carbohydrates, and a nice portion of lean protein. A good example would be a large bowl of oatmeal with an apple and an egg white omelet. This is a breakfast, not that muffin and coffee joke that so many people fall in the trap of. The quality of your breakfast will have a direct effect on how efficient your metabolic rate works for the rest of the day. With this said, make sure that you eat a true powerlifters breakfast.

#16 - Make sure your meals are balanced - "What type of balance are you talking about?" This refers to your macronutrient breakdown in each meal. Just as a refresher your macronutrients are your proteins, carbohydrates and fat. Each of your meal should be balanced in its proportion for each of the "Big Three". Now don't think that there is only one macronutrient ratio profile that is going to be optimal for everyone because there isn't. This is where a customized nutritional plan comes into play. Each person's metabolic rate, energy expenditure, insulin resistance and insulin sensitivity level are different, just to name a few variables. These all play a major role in designing a customized nutritional plan that is right for you. I can give one athlete a specific ratio of macronutrients and he will get ripped by following it. Yet another individual that I give the exact same plan to will cause an increase in his body fat level. With this stated, I will at least give you something to start with as a base. First off, never just eat one macronutrient and consider it a meal. This means in layman's terms, don't go out and eat a pasta dinner with a nice half loaf of Italian bread. As you can see you are lacking protein and healthy fats in the meal. At the same time don't scarf down a can of tuna and call it a meal either. A good example to follow for dinner would be a lean steak, a yam, and a serving of broccoli with olive oil. This is a balanced meal. Now, I would play with the ratios of the macronutrients to exact specifications and amounts to help you achieve your future goal according to your personal data for the different variables. See, I know how to make it look easy!

With this installment of the 'Packing on Mass' series, you now know that going up a weight class isn't as easy as you once thought. It takes planning and precise calculations to go up to your next class without looking like you gained all your weight from binges at the local buffet. As you can see, there is a science to proper weight gain, not simply stuffing your face with all types of fattening and sugar laden foods. In the next installment of this series I will give you the last 9 tips to help you pack on serious mass!

If you have any questions or comments feel free to write me at arlccluto@x-tremepower.com
You can view more of my articles at www.x-tremepower.com

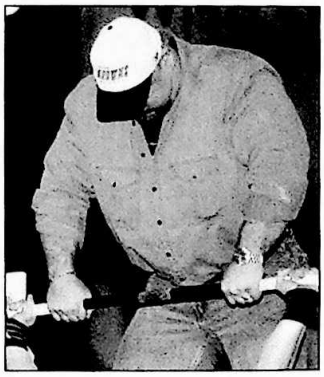
FORCE TRAINING

by Dave Tate of Elite Fitness Systems

Question: I am having some severe problems with my hip flexibility. During dynamic squats, it is difficult for me to squat down without severe pain. During a competition, I have a hard time reaching parallel especially when using a stance that is wider than shoulder width. I know that if my hips were more flexible, I could take my stance out wider and squat more weight. How do I correct this problem and what can I do in the meantime so I do not lose any training time?

Answer: *This is a common problem with many athletes. As to what to do until your flexibility improves, try the following things. Try turning your toes out a little. This will open up your hip and make it easier to get down. Another thing that you can do is to start on a high box with a wide stance and as your warm-up go to a lower and lower box. As your hips warm-up the heavier weight will help push you down. You can also try some deep tissue massage and Active Release Therapy to help with the pain. In order to improve your flexibility try the following exercises. The common way to perform these exercises is to use hurdles, but even mimicking the movements will do wonders for your hips.*

(1) Duck Under - align 5-10 high hurdles in close sequence. Progress from one to the other "ducking under" the center beam. Make sure you "bend" with your lower body and not at the torso. Keep your upper body as straight as possible. Repeat facing the other direction.



Big **DAVE TATE** of Elite Fitness Systems handing off a bench press attempt at the WPO Semifinals.

(2) Step Over - align 5-10 low hurdles in close sequence. Progress from one to the other "stepping-over" the center beam. Make sure to keep your upper body erect by bringing your knee to your chest with your heel leading over the hurdle first. When you land in between hurdles it should be on the balls of your feet. Repeat facing the other direction.

(3) Alternating Duck Under and Step Over - align a low hurdle and a high hurdle consecutively and perform the same drills as above alternating them. Repeat facing the other direction.

(4) Wide Leg Swings Walk Over - align 5-10 low hurdles in close sequence. Progress from one to the other "swinging" your leg wide over the outside of the center beam. Maintain an erect torso and the landing in between hurdles should be on the balls of your feet.

You may feel a bit strange performing these exercises and some may look at you with wide eyes in the gym. Just remember that this extra work will help you train pain-free and help you squat bigger weights.

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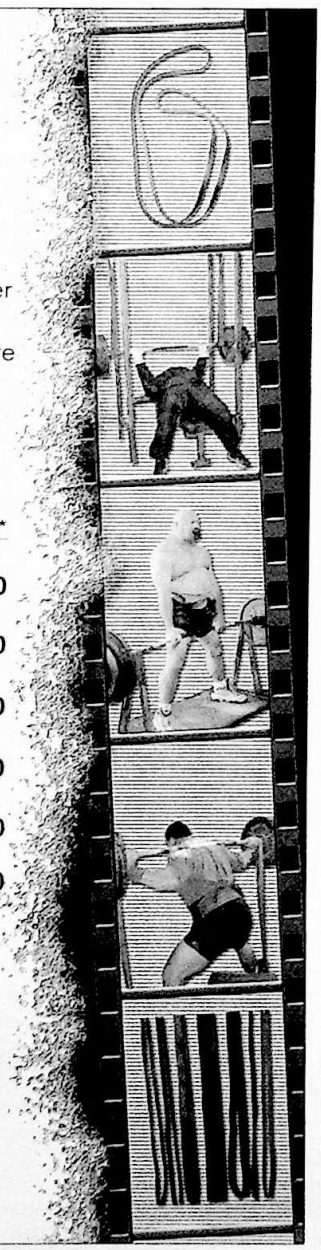

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Dr. JUDD

A Little Coaching From The Peanut Gallery Pt. II *by Judd Biasiotto Ph.D.*

How does that go ... never spit into the wind, don't tug on Superman's cape, and don't mess with big bad Leroy Brown? Let me add one rule to that list of DON'TS. Don't give corrective criticism to a powerlifter. Like my former coach Ben Lockett would say, "Don't give advice. The ignorant won't heed it and the wise don't need it." And he would conclude, "And more times than not the ignorant will kick your ass for doing it." He is probably right, but I have always functioned on the principle: "Tell the truth, the whole truth and nothing but the truth." When I think there is something wrong, I just have to voice my opinion. Heck, I feel a tremendous responsibility to do so, and I hope you feel the same way.

Well, Ben may have been right, I have certainly had my butt kicked now and then, but I still stand by the conviction ... ABSOLUTE TRUTH ... especially when it comes to journalism. Of course, there is no such thing as the absolute truth - and that is absolutely true. Consequently, there is always room for disagreement and discussion. I am certainly not afraid of arguments or disagreements. The only people who don't disagree are the people who don't care or who are dead. Divergence is what makes life exciting and challenging.

Anywho, since my articles "Old School" and "No Mas, No Mas" appeared in the August and September issues of *Powerlifting USA* respectively, I have received more mail than Chris Kringle the week before Christmas. That's no joke. In fact, due to the prolific amount of mail that I've received over the last two months, I've heard that the Postmaster General is now in the position to lower stamp prices instead of raising them. Now isn't that good news? I wish I could share all these wonderful letters with you.

As you might have guessed there was quite a variance in responses. For instance, I was given monikers that ranged from Judd "Stud" to Judd "Pudd" and everything in between. Even my sexuality was attacked. Can someone tell me what a hermaphodick is?

More importantly though there seems to be little agreement when it comes to the equipment and rules issue in the sport of powerlifting. As mentioned last month, opinions stretched from one extreme to the other with every side insisting they were right. For instance, some individuals felt that powerlifting should abide strictly by rules, while others believed that rules were made to be broken, and/or significantly modified. Naturally there were a few individuals whose opinion fell somewhere in between. What follows are a few excerpts from letters and e-mails that I thought might interest you and my response to them. It should be noted that some of the e-mails I received were sent to me from a couple of Internet message boards.

"Dr. Crudd ... In the 1960s and 1970s there was way more steroid usage going on in comparison to present day. The use of steroids is now a hot news topic and steroids are now being tracked (pardon the needle pun) so you are just hearing about them more. Not only that, but D-Bol, one of the most infamous strength steroids, used to be as easy to obtain as gummy bears and now all that remains are overseas counterfeits.

The other problem with the Dr. Crudd topic, is that people are making wild claims about "what they could have done if they would have access to that". Could Kazmaier (or someone else) have benched 800 pounds wearing a bench shirt? Maybe, but maybe not. Glen Chabot beat Kazmaier's unassisted bench record and he has not benched 800 pounds in a shirt. The bottom line is "you did what you did" and anything else is only "hot air, pipe dreams, and ego pumping b.s.". Kennelly benched 800 pounds and Kazmaier didn't. To discredit the lifters of today, making them out to be "not as elite" or "not as talented", is a bunch of jealous garbage. ***Conan McMilarkey***

Conan: *Your points are well taken, but I think you are reading into my article a little too much. My intention was not to suggest that the lifters of yesterday are better than the lifters of today. In fact, there is no question in my mind that athletes today, with few exceptions, are much better than the athletes of yesteryear. That's a no-brainer. The training methods, nutrition, supplements (including drugs), recuperation techniques, and equipment alone ensure that the contemporary athlete is head and shoulders above past generations. I also believe that today's athletes are more focused and driven than the athletes that competed in the past. And I am sure that the next generation of athletes will be better than today's athletes.*

The point I was trying to make was that in powerlifting, performance is becoming more contingent upon gimmicks, poor officiating and equipment than physical prowess. I think that in the long run this type of strategy is going to be bad for the sport of powerlifting. People aren't stupid; they know that many of the lifts being made today are not legitimate. By letting athletes cheat in this manner, we jeopardize the integrity of the sport. ***Dr. Judd***

Dear Dr. Judd "It was with great interest that I read your article No Mas! No Mas! In the September 2002 issue of *Powerlifting USA*. I have been involved in powerlifting as an athlete since the late 80s. My first teachers and role models in the sport were great lifters like Tom Henderson and George Hechter. I was competitive enough to win two Iowa State Championships, one with the USPF and one competing in NASA and more recently I won a Georgia State championship in the USPF. My squat is in the low 700s, I bench in the low 400s and deadlift in the middle 600s, with totals in the low 1700s. I do this without pharmacological assistance and while using basic, single ply gear that is not overly supportive nor overly loose. I find the sport to be one which breeds a community attitude, which is positive and rewarding. Most lifters are helpful and caring, the most supportive things being the attitudes towards each other.

Over the last decade, I have seen a disturbing trend develop in our sport. That trend, outlined by your recent article, draws attention to the willingness of some within the powerlifting community to bend the rules, in order to accomplish lifts that are beyond their current physiological capacity. In short, this practice is cheating. It is true that this is a charged issue. Strength sports are by nature intricately connected to the ego of the participants. To defeat someone in a strength sport is to assert, figuratively and in actuality, the dominance of one, physically, over another. Under these circumstances individuals will seek means of gaining an advantage in order to avoid defeat, or to bolster their ego. The fact that your article touched upon this raw nerve is evident as the name-calling has begun. Unfortunately because of the egotistical nature of our sport and the fragility of some of the practitioners, it seems that the loudest voices would prefer to question the personal life of the "voice calling in the wilderness" as opposed to putting any thought upon the ethical nature of manipulating the leverages of the body via a garment in order to lift more weight. Indeed your article should cause every serious powerlifter to be offended by the flagrant cheating.

It seems that every time someone raises the issue of inappropriate or excessive or in this case, cheating, while using powerlifting gear, it causes such a furor. It was once the case that any powerlifting costume that included elements that were "incorporated into the costume purely as a form of reinforcement or bracing, shall invalidate the costume from being used in the competition." Taping padding on oneself is a whole other level of rules violation.

Nevertheless, I think that the vast majority of those "outraged" by your article has missed the point. You make a valid point about cheating and having powerlifting, a sport we all claim to care about, brought into disrepute. That is the deal, ALL powerlifters should care about the fact that someone is cheating. This flagrant disregard of the rules of lifting harms all of us. Thank you for your article." **Jeff DeMott**

Jeff: *I couldn't say it any better. Thanks for your letter.* ***Dr. Judd***

from GOHEAVY.COM
Debates Forum

"Just read Dr. Judd's article in *Powerlifting USA* and thought it was one of the most foolish, ill thought out articles I have ever read. As usual with single ply fanatics, he laments on the decline of powerlifting and rails against gear

"Don't give advice. The ignorant won't heed it and the wise don't need it." BEN LOCKETT

and how it is destroying the integrity of the sport. This type of thinking and commentary never ceases to make me laugh. It's funny how these "old school" guys cry about the advances in gear and complain about the numbers going up, but never seem to mention how in the good old days drugs were used and abused much more than today. In the "good old days," all the steroids were real, properly dosed, and extremely cheap. I remember in the late 80s when a bottle of testosterone would cost between 12 and 15 dollars and a vial of deca would be about 5-8 dollars. Try and find those prices today. I used to train at BODYDYNAMICS in Norwalk, CT and right next door was a pharmacy. On Saturday mornings the line would be twenty deep, as guys with 20 inch arms would be filling their prescriptions [yes, doctors used to help athletes]. I also recall visiting an area doctor that had a waiting room filled with powerlifters and bodybuilders waiting to get their injections, right in the doctor's office. Those were the good old days of powerlifting. Guys shooting their stuff right in the locker room, and the garbage can filled with syringes; guys taking tons and tons of stuff, but that's OK because they all wore single ply gear.

The last thing Dr. Judd says is something must be done about the gear and the decline of powerlifting. I agree. What must be done is for these so called old school guys to get out of the way and let the rest of us lift in peace. **Billy Mimnaugh**

Billy, *Billy, Billy, I am not trying to convert anyone to my way of reasoning. And I certainly don't want to tell anyone how to think or conduct himself. No one knows better than you what is best for you. That has never been my intention. My objective in writing has always been to just share some of the things that I have learned along the way with the hope that I can help make the sport of powerlifting better for ALL of us. In other words, I am simply trying to give you food for thought. That's all! Take the ideas you like home with you and leave the others behind.*

Still to put it bluntly: I don't believe in what has happened in powerlifting over the past two decades. The essence of sports is to pit one athlete's natural ability against another. Any time you surreptitiously use drugs, equipment, money or anything else to gain an unnatural advantage over your opponent - you are cheating. It is that simple. It's cheating in every way. And when you cheat you lose all of your credibility.

Billy Mimnaugh *trying a 903 squat at the APF Seniors. (Glossbrenner)*

The issues I hear being discussed over and over in gyms across the country are whether the playing field is level or whether the records are legit in the sport of powerlifting. The general conscience of the public right now is that to a large degree powerlifting has become a travesty. I am sure that type of response is not what you nor anyone else who loves the sport wants to hear.

As far as the steroid issue goes, in all do respect, you are not even close. I know what the athletes were taking in the Seventies and Eighties, and I know what they are taking today. True, athletes in the States were more open about it then, but the dosages they were taking were significantly less. The amounts that athletes are consuming today are threefold what they were using in the Seventies and Eighties. In fact, I wrote a book with Klaus Arndt and Stephen Korte entitled "STEROIDS -- The World's Most Muscular, Strongest, and Fastest Athletes Talk About Their Steroid Program". We literally went all over the world to do that book, and we interviewed hundreds of elite athletes. I was shocked to find what these guys were taking. Some guys were consuming as much as 3000 milligrams a week. It wasn't just steroids either: it was human growth hormone, thermogenic drugs, and an assortment of mind elevators. If you think that steroids are NOT available here in the America, you are totally out of touch with ergogenic drug trafficking in the United States. Even if you are right, which you definitely are not, does that mean because guys used illegal drugs in the past it is all right to cheat with equipment and dishonest officiating now? In other words, do two wrongs really make a right? ***Dr. Judd***

"I found that Dr. Judd's comments were both appropriate and accurate ... equipment, drugs, and lax judging threaten to destroy any credibility the sport has." **Mike Harwell**

Mike: *What can I say? You are perfectly right!* ***Dr. Judd***

"I don't have a problem with gear in and of itself but he (Dr. Judd) made a good point. EXCESSIVE gear and loose judging have definitively made "a lift made in one organization not the same as a lift made in another organization." **Chad Thomas**

Chad: *In all candor, I don't have a problem with gear per se, if it is used for the safety of the athlete. I just don't see the point of using excessive equipment that not only increases the risk of injury but also gives the athlete an invalid performance level.* ***Dr. Judd***

"I think all of your articles are great. They are extremely informative and motivational. I especially liked your last article entitled "Old School". To be quite honest I don't have a problem with using equipment. My greatest peeve is the officiating. I have competed at meets where they actually got guys out of the audience who knew little or nothing about powerlifting to judge. I have also seen, on numerous occasions, friends judging friends. Needless to say I have witnessed a lot of partiality with illegal lifts being given to friends. I am not exaggerating. I have observed guys getting credit for squats that were a good 5" high, and I have seen bench presses passed where the lifters arched a good 3" off the bench. Like you said in your article, we are ruining the sport by letting all this cheating go on. Over the last couple of years, I have been to meets where the only time a red light goes on is when the lifter can't complete the lift. This is totally unfair to athletes who abide by the rules. I am just one of many powerlifters who has the hope that something will be done about this in the near future ... **Butch Campbell**

Butch: *Believe this or not, there was actually a time that you had to be certified to be an official. I am dead serious. In fact, being an official was an honor, and it was not all that easy to become one. Before you could even sit in an officiating chair, you had to pass a written test with a score of 90% or more. In order to pass that test, you literally had to memorize the rulebook, which was a good 100 pages or more. Once you passed the test, you were then required to judge one hundred lifts under the supervision of two National officials. You had to judge properly 95% of those lifts to pass the skills test. If you failed either the written or the skills test, you had to be re-tested at a later date. If I am not mistaken, you had to pay to take the test, and the test was only administered at State, Regional and National meets. At that time the officials took their job seriously. It didn't matter who was lifting - Pacifico, Kaz, Gant; if they didn't make their lift legally, they were red lighted. Not only that, but all of the equipment that the lifter was going to use in competition was inspected and marked to ensure that no one would have illegal equipment. They would even measure the length and width of the wraps to make sure they were legal and that was standard practice at each and every meet. Needless to say, as far as officiating goes, powerlifting has undoubtedly taken a turn for the worse.* **Dr. Judd**

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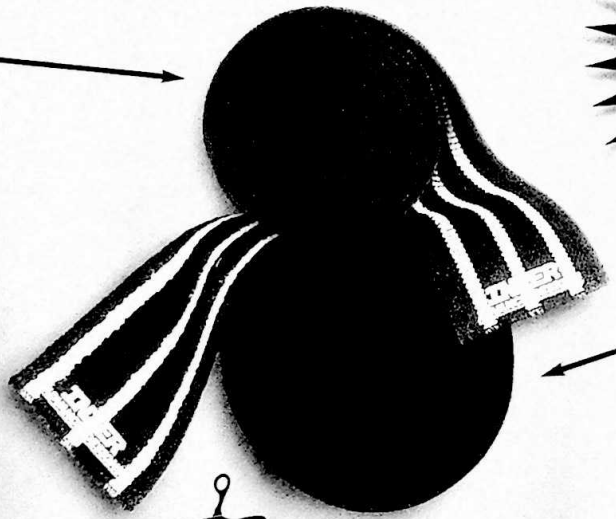

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TRAINING

Explosive Power And Strength

as told to Powerlifting USA by Louie Simmons

It is essential that explosive strength play a large role in training, as it is not only a means of developing absolute strength but also a method of raising physical fitness that is directed toward solving a specific sports task.

Of course, many sports combine jumping as part of the sport itself, such as ball games and gymnastics. Here, jumping, or Plyometrics, aids greatly in raising GPP. In sports like powerlifting, explosive strength can be developed with the reactive or contrast method, which includes the use of weight releasers, bands, or chains or by special means such as jumping exercises. Examples of these exercises include jumping onto a box of a designated height or standard Plyometrics, which refers to depth jumps, altitude jumps, or bounding drills on one foot or both. The reason for including these exercises is the development of powerful legs and hips.

It is important to direct a series of work to closely duplicate your sport, in our case, the squat, deadlift, and bench. Two types of training methods are used to develop explosive strength. The first is the use of a barbell with special attachments, such as bands, chains, weight releasers, or a combination of all three. The second method involves jumping exercises.

Jumping exercises and/or plyometrics cause the fastest rate of explosive strength because as resistance is lessened, the motion time becomes shorter. This is caused by a sudden eccentric stretch of the muscles and connective tissue preceding a voluntary effort. Of course, the faster the eccentric phase, the faster the concentric phase through an increase in kinetic energy. How can this be accomplished with a barbell?

Explosive strength can be developed by using moderate resistance with maximum speed. This is the dynamic method. Two simple training methods to accompany the dynamic method are the box squat for squatting and pulling strength and the floor press with dumbbells or a barbell. For both exercises, after the eccentric phase, many of the muscles are in a relaxed state. This is followed by an explosive concentric motion. This will increase the rate of force development (RFD). We also find that maximum concentric work also increases RFD. With the use of extremely heavy weights, bar velocity may be slow, but nevertheless, overcoming a large load dynamically causes a fast RFD.

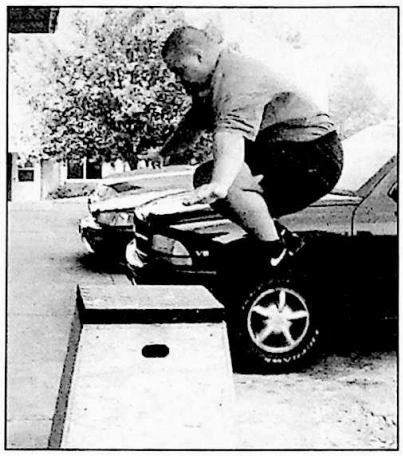
At Westside we do quite a lot of concentric squats, benches, and good mornings, that is, without an eccentric phase. I believe this would help weight lifters greatly in the United States. They lift their weights fast enough, but can't move world class poundages.

Let's look at the contrast methods. We will load a barbell with 80% of a 1RM and place 20% on weight releasers. For example, 400 on the bar at the top equals 320 pounds of bar weight and 80 pounds on weight-releasers or, preferably, chains. After the eccentric phase the 20% is released from the bar, making the load lighter on the concentric phase and building explosive strength. A more advanced method would be using Jump-Stretch bands on the weight releasers.

A second method is simply using Jump-Stretch bands on the bar, using a moderate amount of bands to increase the lowering phase. This added acceleration downward will increase kinetic energy. A light amount of bands plus a light weight (40-60% of a 1RM) causes an overspeed eccentric phase and accommodates resistance in both the yielding and the overcoming phases.

A third method is box squatting. Always use a box when doing your dynamic day squats. Learn to box squat properly, i.e., the Westside way. Box squatting allows you to overcome a load concentrically after a static phase where some muscle groups are relaxed. This produces a higher RFD than all other types of squatting.

Note to track and field trainers: At top sprint speed, 5-6 times bodyweight is being imposed on the runner, many times causing stress fractures. At no time have I seen stress fractures from box squatting, nor is it possible to use 5-6 times bodyweight.



***Joe Bayles** jumps on a 40 inch box for explosive legs and hips (D. Black photo)*

A fourth method is to attach two sets of bands to the bar. After performing the first rep, re-rack the bar. Have your training partners remove a set of bands and immediately do a second rep.

I will give one more method: the lightened method. Hook strong bands in a power rack or Monolift at the top. Next, place a loaded bar in the bands. It should be lightened by 20% of max in the bottom. For example, a 750 pound squatter would first load the bar to 150. When sitting on the box, the bar weight should be reduced to zero. After standing back up, the weight is again 150. Then add weight. Train with 50-60% of your 1RM, representing the weight at completion, for explosive strength. A 750 squatter would use 375-450 for 10 sets of 2 reps with short rest inter-

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vals, no more than 60 seconds.

The lightened method works well for floor press as well as regular benching, power cleans, high pulls, and push press or jerk in front or behind the neck with a barbell or dumbbells.

It is advantageous to use bands for the overspeed eccentric phase. For upper body explosive strength, use Jump-Stretch bands to enhance the eccentric phase during ballistic benching. Lower the bar as fast as possible and catch it before it touches the chest. Reverse to the concentric phase as fast as possible.

How can explosive strength be trained in the deadlift? Use the lightened method. Attach bands at the top of the rack to reduce 135 pounds to zero at the start. Next, stand on a platform that does not permit the plates to hit the floor. Take the bar off a set of pins and lower until the bar is 9 inches off the floor. Reverse and pull explosively to completion. This works much like a hang clean and will serve the same purpose. By using the lightened method, one can get an explosive start. It works great for both explosive and absolute strength.

This brings me to a question that I was asked recently at a seminar: Why is the box squat superior to the power clean? It's simple. The box squat has an eccentric phase, a power clean does not. The eccentric phase utilizes the property of kinetic energy adding to the stretch reflex. Most lifters can hang clean more than an actual power clean for the same reason. But, remember, the squat weight can easily exceed clean weights and is more beneficial when done with the same speed.

Absolute explosive power causes a much greater increase in power with respect to time by nature of a lighter load, most often bodyweight, i.e., jumping. In the United States, when power development is discussed, the Olympic lifts come to mind. But in Europe, where they are much more sophisticated, jumping and plyometrics are used. The greatest amount of power is developed with lighter loads. I recommend that everyone, except for the lightest lifters (165 pounds and below), do only jumping on boxes for explosive power.

First if you are to jump, you must avoid detraining by doing: small loads of jumping, first to condition yourself for more directed work toward improving your sport. You must choose the right amount of jumps per week and per month, leading into a yearly plan. Most importantly, you must choose a jumping exercise that is specific for your training.

Start by doing basic jumps. Drop down and flex quickly to start a stretch reflex. Jump on boxes of different heights. We like to have two jumping days per week: moderate jumps on Wednesday, no less than 12 and no more than 24 jumps at about 70% of the height of the box used on Sunday, or maximum jump day. For example, if your max jumps are on a 30 inch box, then use a 21 inch box on the light jump day. For those who use a 40 inch box, the light day would call for a 28 inch box. From only a background of box squatting, John Stafford's top day was 44 inch box at a bodyweight of 285. A friend 5 sets of 5 jumps on and former Olympian, Jud Logan, U.S. record holder in the hammer, normally worked on a 44 or 48 inch box. His best is 5 jumps on a 54 inch box at 285 pounds bodyweight. His greatest increase in the throws came with an increase in his box height. This is because the greater speed with which you leave the ground, the higher you jump. First, muscular force becomes equal to your body weight. When it exceeds it, you jump upward and accelerate until maximum height is reached and speed returns to zero.

If you are extremely slow to start a load, here is a drill that works well. Kneel down on a gym mat with your hips relaxed. Then jump to your feet. When you have mastered this, kneel again but this time with a bar on your back and do the same. Next, kneel down with the bar held across your lap and jump into a power clean. For the last stage, kneel down and jump into a power snatch. This will greatly increase your reactive time.

For specializing in pulling or squatting my favorite method of jumping is done like this: Squat down onto a low box, about 10 inches. Relax and then jump onto a box about 20 inches high. After a warmup, hold weight or use a weight vest. I have never had strong front legs, but have seen amazing results with this exercise, even at 55 years old. Eighteen jumps are adequate for a great workout. Jud Logan advised me to do the heavy jumping on Sunday, the day before max effort day for the squat and deadlift, to eliminate delayed onset of muscle soreness (DOMS). This has paid off for me. After all, Jud gained his knowledge from the former East Germans.

Remember these points for jumping: (1) Get in shape to jump. (2) Specialize. (3) Plan your jump loads. (4) Land on the middle of the box. (5) Keep all reps at maximal velocity.

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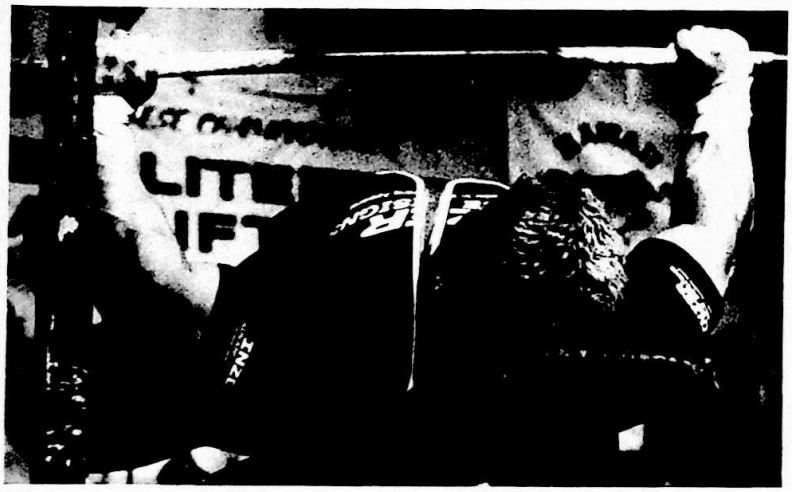

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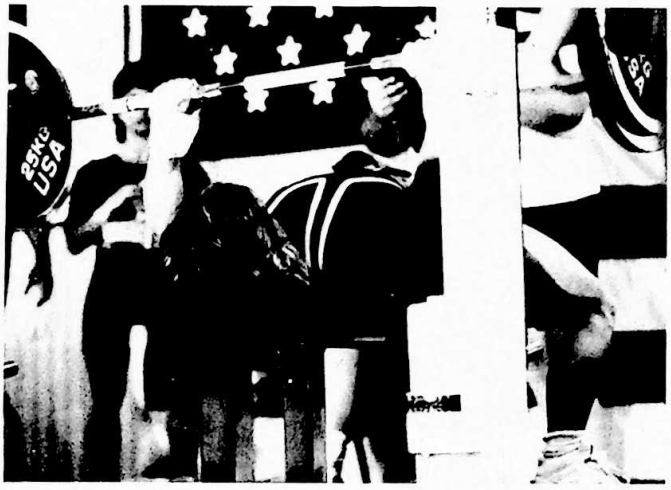

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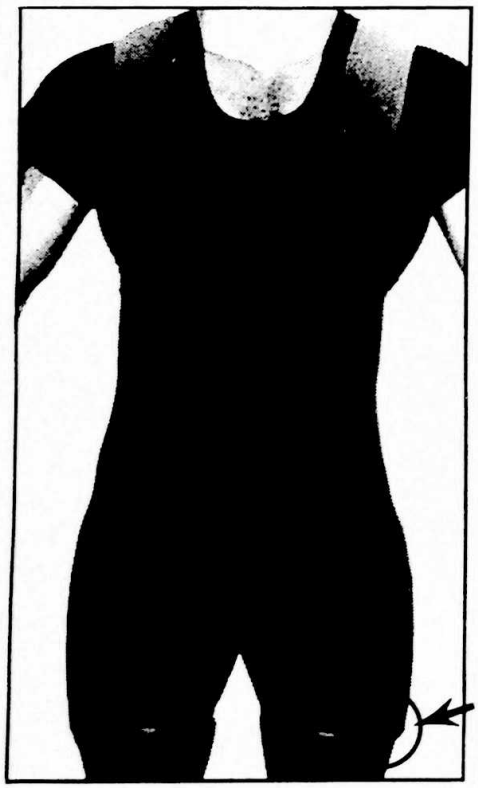

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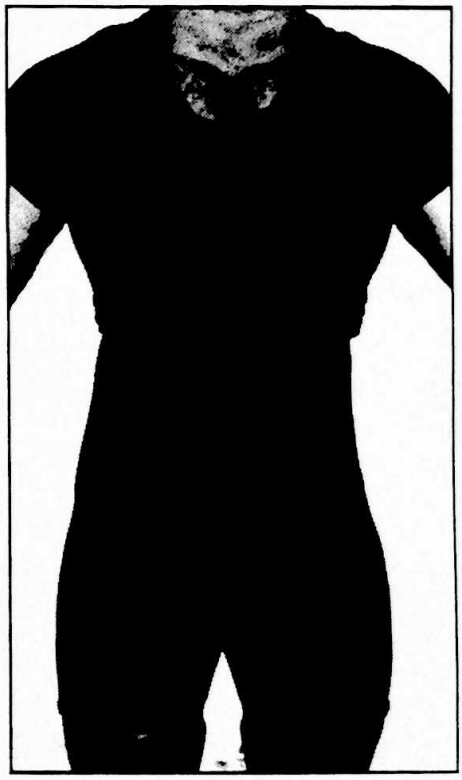

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as told to PL USA by Rick Brewer, of House of Pain

A couple of months ago we got a challenge from "Pit Barbell Club." I hope that by the time this is printed several readers will have felt confident enough to e-mail me and accept the challenge of the Pit Barbell Club. What are the "stats" of your local powerlifters? If you e-mail me about everybody's strength - please include only "platform" lifters (no "gym lift" numbers).

If you are thinking about submitting your local gym for a possible inclusion in this series - maybe it would help if we looked at the anatomy of this month's Hardcore Gym - to see what cred's they had. First, Deric's e-mails were sprinkled with references to actual powerlifting meets. Second, he is a converted bodybuilder of some stature (like Becca Swanson). Third, these guys know what equipment a serious gym needs - and what it doesn't need. Fourth, their training routine is highly modified Westside Barbell workout - and they advise everyone to buy the Westside tapes. Fifth, modesty forces Deric to say that he is NOT an experienced lifter - even though he has been training for 20 years. Sixth, he had good photos. We get info on a whole lot of gyms that we can not use - because we get no photos to prove anything. Enough preamble; I'll let Deric Stockton tell you in his own words:

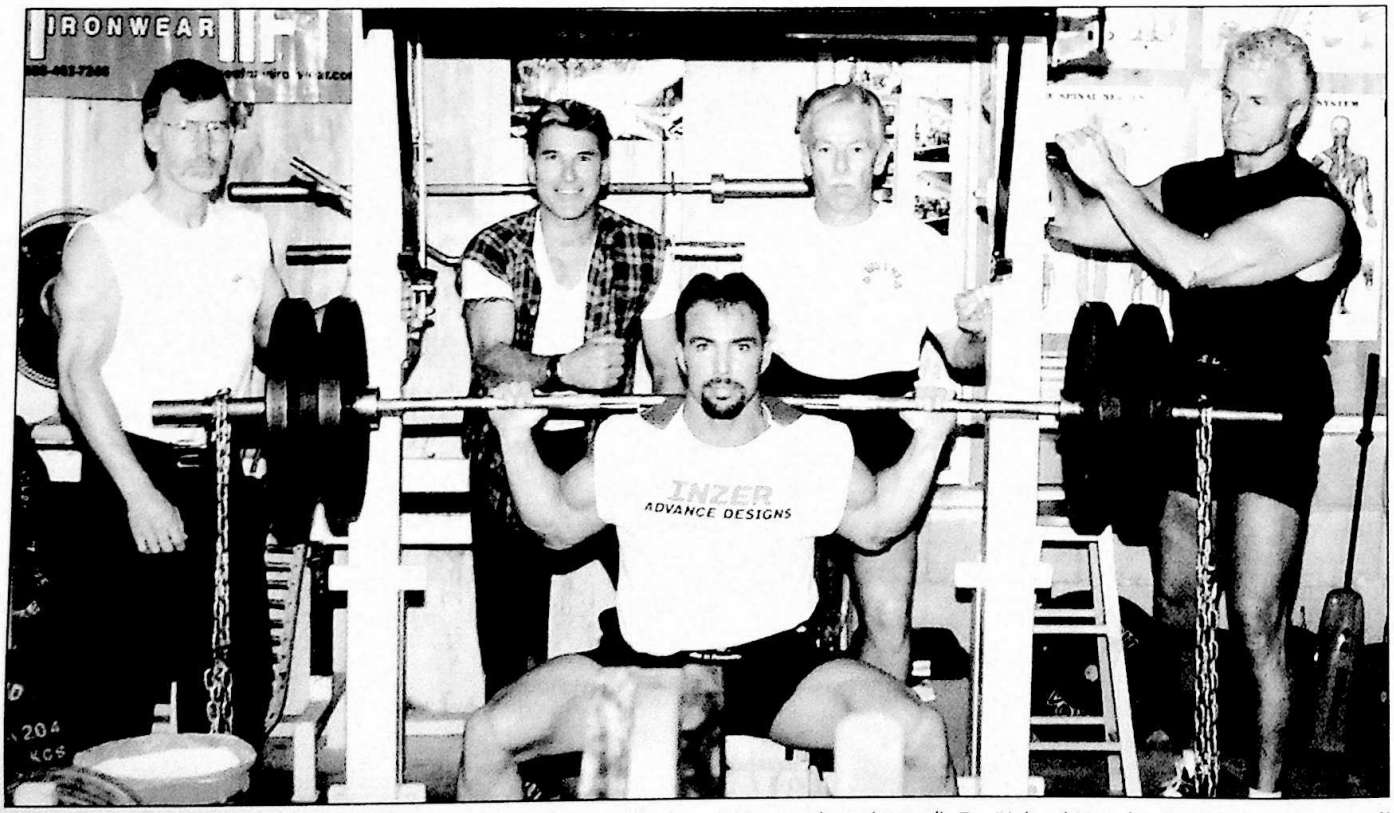
"What was once a three car garage nestled in the Santa Cruz coastal mountains ... has now been morphed into a hard-core gym that would get most any lifter psyched (We are!) With enough weight and the right equipment to keep the "lifter" in us happy, enough cardio equipment and mirrors to keep the "builder" in us happy, and an atmosphere that screams, "Let's get it on!" But more than training hard take place here ... we pride ourselves on training smart. And for that, right off the bat, I'd like to thank Powerlifting USA, Louie Simmons, Dave Tate, J.M. Blakley, Jason Burnell, Dr. Judd, Rick Brewer (yeah, you too) and anyone who contributes to wealth of information available in PL USA. PL USA is like a portal to others who share our same passion for Iron. I love when I go get the mail and my new issue is waiting for me to devour it!... Thanks.

Anyways, back to our "Maiden" ... she features a nice line of selectorized Samson equipment to include a Lat Pull, Pec Dec, Crossovers, Leg Curl, Leg Extension (which doubles for a Reverse Hyper). A Samson Power Cage and a Samson Leg Press for which we made a 4' sumo platform. We've got a Monolift which was rotting in an alley way near the Santa Cruz beach flats until a year ago! ... fixed the jack, sanded off the rust, and re-painted it ... it's awesome! Of course, a lifting platform which we built ourselves. An ancient, rusted standing calf machine ... but it gets the job done. A rack of bells from 3 lbs. to 105 lbs. Five Oly bars (one Texas Power bar). 3,500 lbs. of Olympic plates. A Precor treadmill, a Precor transport, and an old stationary cycle that we cart to meets with us to warm up on. And lots of other bells and whistles like, boxes, chains, bands, releasers, manta ray, stability ball, and "bozzer" wrap roller, etc. Oh yeah, I've got to mention our wall charts ... we've got anatomy charts of muscles and tendons, bones and ligaments, peripheral nervous system, autonomic nervous system, shoulder and elbow, and knee and ankle. These are must for any gym!

We've also got a fridge, coffee maker, stereo, TV, track lighting, two sky lights which open and close, fans, propane heaters ... but what I'm most proud of is our video set up. We set our video camera up anywhere in the gym and see ourselves in real time on television... this has been one of the most valuable learning tools. Because when it comes to retroactive inhibition (thanks Dr. Judd), everything and anything that fosters correct lifting technique is a must! We can pick up so many things (good and bad) that we just don't see with the naked eye. We've also got a VCR, so often I'll throw in a Westside tape ... and it's almost like we're training with Louie! (I can dream!)

The gym actually belongs to my friend and training partner of the past 5 years, Dr. Diederick Lagerwerff DVM. This sixty-one year old Dutchman has been training for the past twenty years, but powerlifting for only two years. This past year he broke the WABDL CA DL record with a 529 ... on a fifth attempt! Broke the USAPL M5/220 DL record with a 501, but got red lighted for racking to soon, and got the total record with around 1100ish ... what a stud! He will go over 600 lbs. with his DL ... I know it!

The third wheel of our powerlifting tricycle is Dr. Richard Hencke, MD. "Doc " is an emergency room physician with as much trauma to his own body as a month's worth of ER patients. I don't know it there's a joint in his



IRON MAIDEN REGULARS *... (left to right) John Crites, Larry Ficarra, Deric Stockton (seated), Dr. Richard Hencke, Dr. Diederik Lagerwerff*

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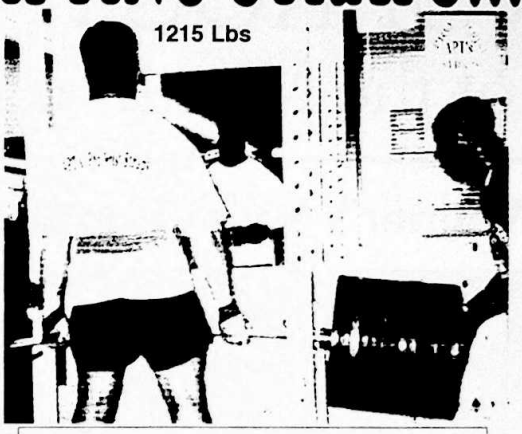

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body he hasn't torn up ... but let me tell you, that guy's got grit ... and he's got his first full PL meet coming up in December. His body is getting healthy, his joints are getting stable, his hips, back, and shoulder girdle are getting balanced, and his technique is getting dialed in ... he's doing and going to do great!

We've got a couple buddies that join us, who although they don't powerlift, they share our passion for iron ... kickboxer Larry "Cutter" Ficarra, and bodybuilder John "Cuts" Crites, and Olympic lifter, Ed Evans.

My name is Deric Stockton ... at 33, I've been lifting passionately for 20 years ... ever since I saw "Pumping Iron. " I won my first bodybuilding contest in Manchester, England at the age of 15, and I've won and lost many contests since then. But I thank God for the complete paradigm shift my training took 3 years ago ... after one year of Westside training, I won the USAPL CA novice 220 class and third place in the open at the same meet behind Steve Pena (an awesome, blind lifter who I've had the opportunity to train with a couple of times). I discovered a whole new world of training that has existed right before me, but I never saw. Now, instead of the endless sets to failure, my training is so much more holistic and complete. I only dedicate about 15% of my training to the repetition method ... and have expanded to include, max effort training, speed training, stability training, flexibility training, and tons of retroactive inhibition work. (Rick, I don't know if I used that last phrase correctly in that sentence?) Retroactive inhibition (re-developing ineffective patterns) to not only improve lifting mechanics, but to facilitate effective postural patterns when I sit, sleep, and stand ... this might sound weird, but I'm finding that people don't know how to do these mundane things ... let alone a hip flexion squat, with the knees pushed out, upper back arched, etc ... we must walk before we run and quite literally, we must learn to hold ourselves in good posture when we do the easiest of tasks before we can put a load on that structure and ask it to perform correctly ... right, Louie and Dave? ... this concept is like going too heavy on the bench before you know how to perform the lift. I'm training as hard and as smart as I know how ... I had a motorcycle accident 1 1/2 years ago and suffered a 3rd degree dislocation of my left ankle (which Doc set for me when the ambulance brought me to ER) ... but I'm actually thankful for this experience because it made me realize that most people have movement patterns which load up one side more than the other. After all this time, my left hip has only begun to regain full strength, stability, and speed ... I'm, feeling centered and balanced and am shooting for a 1500 total at the APF Ironman meet in December. I will qualify for the USAPL Nationals with the help and support of my lovely wife Kindell, my hard-core training partners, and more knowledge and understanding of what it takes to be a great lifter from PL USA."

OK, Deric, that sounds great - but how do you train? We'll folks, let just say - that Deric is VERY SCIENTIFIC, and VERY SPECIFIC about how they train. In general, we'll say that they break up their workouts into: 25% Speed work, 25% Repetition Method/Fatigue, 25% Strength/Max Effort, 10% Stability and Equalization work, 10% Skill and Proprioceptive Work (look that word up!) and 5% Flexibility work. What else?

They flex the entire time on light sets (tip from Ernie Frantz), practice perfect form (tip from the Marines), employ a wide variety of assistance work (tip from bodybuilding training - D says bodybuilders suck at the big 3 lifts and powerlifters suck at assistance work - fair enough in my book), do box squats/speed work/Zerchers (tips from Westside Barbell), and analyze their Max Effort work (per tips from J.M. Blakely's tape). Even though they do Max Effort and Speed Work on the same day - I think Louie Simmons will be happy to know that Deric says "buy the Westside tapes" about 3 dozen times in his long write up of their training techniques!

Deric's training info is detailed and useful, but too long for this article. If you want a copy, just e-mail me and request a copy - we'll e-mail it to you. Ask for the "Iron Maiden" training info - and then you can talk to Deric by e-mail if you have comments. Fair enough?

Next time, we'll look at a few of the gyms that have had a little trouble getting photos to us. (Cameras are tricky things, and the unskilled lifter could hurt himself with one.)

Comments?
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Or
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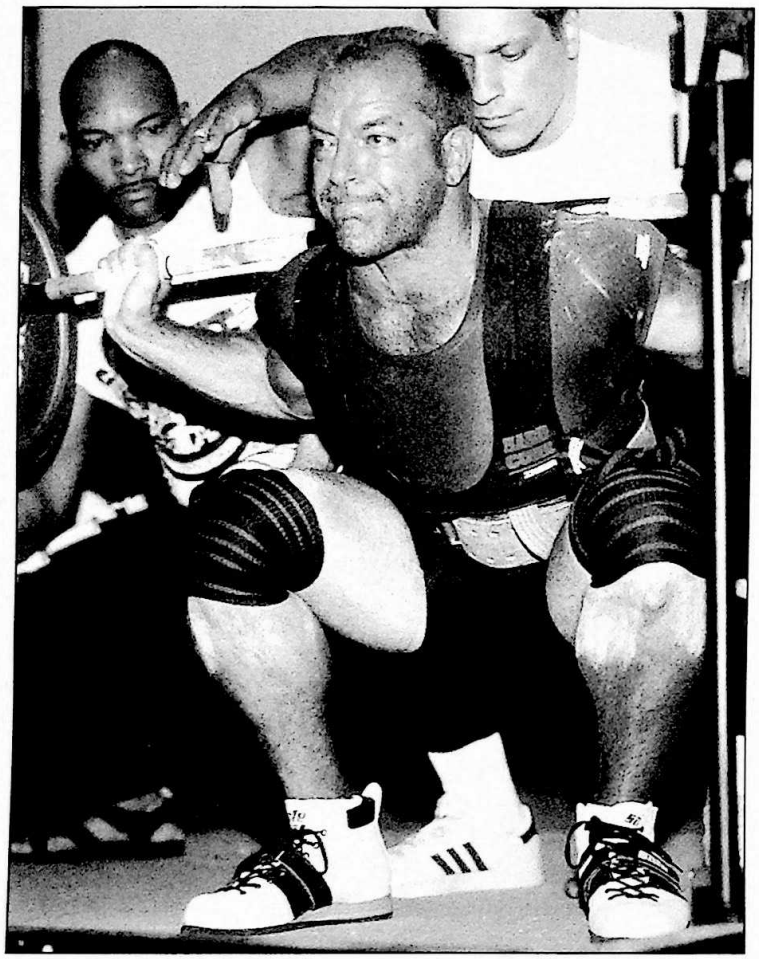
WORKOUT of the Month

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 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 the 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 1.2 (600 divided by 500).

Rob Wagner's Squat Routine



***Rob Wagner** won a gold medal in the squat at the 2002 IPF Men's Worlds.*

Whether I'm working in the gym or just working out, I usually get the question, 'What can I do to get my squat up?' Like most of America today, they expect a McDonald's drivethrough solution and don't want to hear about twelve week cycles and a little sweat. However, for those who don't follow the McDonaldland philosophy, I have a very basic routine which can add from 30 to 40 lbs. onto your squat. I have used it to get my squat back on track when I've had trouble with other programs.

We will assume that the lifter squatted 500 lbs. at his last meet, and is committed to a twelve week cycle. This program will help you avoid two closely related and common setbacks, lack of recuperation and overtraining. You'll squat twice a week, once heavy and once light, with plenty of recuperation between heavy days, an important factor, especially to the natural lifter.

The squat can make or break you. Miss your 2nd and 3rd attempts, and you're in for a long day. Make them, and sometimes you can coast. When talking about the squat you must mention form. I'm not talking about wide vs. narrow, rather deep vs. high. Always train your squats deep. Remember -- you play like you practice. The program will adjust from high reps to low reps, and gradually add in supportive equipment. You power squat once a week - say - on Monday. The light day will incorporate Olympic style squats on Thursday.

The assistance work used in the program is just as important as the squat itself. One rule to remember with the assistance work is ALWAYS USE PROPER FORM. Me first assistance exercise is Squat Pauses. Use your normal squat technique and do from one to two sets depending on what phase of the cycle you're in. The added twist will be to hold the weight below parallel for a second or two, then ascend. This exercise will develop explosiveness out of the hole, and give you the confidence to go deep.

The next assistance exercise is the Olympic Squat. Here, the bar is placed on the traps and the heels should be no more than six inches apart. A board can be used under the heels if the ankle flexibility is not good. The back should remain straight and the lifter should break parallel at the bottom. If you have trouble with the form, lighten the weight. This really isolates the quads and aids in the strength needed to lockout that big squat. These will be done twice a week. On the heavy day, you will start with 3x8 and taper down to 2x6 by Week 8. The first set will be the heaviest in order to get the most out of the legs, already tired from squatting. The second set will be lighter than the first and so on. The light day will involve sets of 8 and will never exceed 60% of the week's maximum. It will be used to flush the legs.

The last assistance move is leg curls. These should be done on a lying leg curl machine. Keep the tension on the hamstrings throughout the duration of the movement. The hamstrings are often neglected by the novice powerlifter. Strong hamstrings are essential for a balance of strength in the leg. Leg curls will also be done twice a week. The assistance exercises should be done at a quick pace with only 45-90 seconds rest between each set with the exception of the Pauses. You will receive cardiovascular work and a good pump.

As far as supportive equipment is concerned, stay away from it until five to six weeks before the contest. However, if you are not used to this practice, use it only when you feel it's necessary. The belt should be used from the start. I would avoid wraps for the first three weeks and then try to go as far as you can, unless it's specified to use them. If you need them, follow some guidelines. Wrap only on the heavy set and try to set a weight goal where you will use them, say 390 lbs. The suit is not to be used except where specified. Avoid wearing the suit with straps down during the workout. Training without the use of supportive gear, gives the lifter a psychological edge. Once the lifter has hit his best without it, he can look forward to the numbers he will hit with the equipment. I also feel that wraps rob the knees of the joint stability that would be developed without their use. Also, avoid using the supportive equipment on the assistance work.

The lifter's mental approach is very important. You must learn to respect and conquer the weight in the same instance. If you think you're going to blow a rep in the squat, you probably will. Visualize only the positive aspects of the lift. By the way, the weights listed in the program are reference points. Allow yourself to deviate five to ten pounds depending on how you feel. If you feel strong, got for it! If you feel tired, back off. Listen to your body, but don't deviate more than ten pounds; you want your new max at the meet, not in the gym.

Follow the program closely, get plenty of rest, maintain your form, and save your best for the meet. Stay Positive and good luck!

Week 1: Heavy Day (Monday), Squat 135x12, 185x8, 305x8, 355x8. Pauses 350x6. Olympic Squats 3x8 descending (i.e. 1x8 at 290... 1x8 at 260 ... 1x8 at 240). Leg Curls 1x15, 1x12, 2x10, 2x8.

Light Day (Thursday) Olympic Squats 1x10, 3x8 no more than 60% of heavy day's max. Leg Curls 4x8

Week 2: Heavy Day, Squat 135x12, 185x8, 225x8, 305x6,

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355x8. Pauses 355x6. Olympic Squats/Leg Curls same as Week 1.

Light Day, Olympic Squats/Leg Curls same as Week 1.

Week 3: Heavy Day, Squat 135x12, 185x8, 225x8, 305x6, 375x8. Pauses 360x6. Olympic Squats 3x6 descending (see Week 1), Leg Curls same as Week 1.

Light Day, Olympic Squats 4x8 no more than 60% of Monday's max, Leg Curls 4x8

Week 4: Heavy Day, Squat 135x12, 185x8, 225x6, 305x6, 355x2, 390x5. Pauses, 360x5, 360x5. Olympic Squats/Leg Curls same as Week 3.

Light Day, Olympic Squats/Leg Curls same as Week 3.

Week 5: Heavy Day, 135x12, 185x8, 225x6, 305x6, 365x2, 400x5. Pauses 365x5, 365x5. Olympic Squats 3x6 descending. Leg Curls 1x12, 1x10, 3x8, 1x6.

Light Day, Olympic Squats 4x8 no more than 55% of Monday's max. Leg Curls 4x8.

Week 6: Heavy Day: 135x12, 185x8, 225x5, 305x5, 365x2, 410x5, 440x2 with wraps only. Pauses 370x5, 370x5. Olympic Squats/Leg Curls same as Week 5.

Light Day, Olympic Squats/Leg Curls same as Week 5.

Week 7: Heavy Day, 135x12, 185x8, 225x5, 305x5, 365x2, 420x5 w/wraps only, 450x1 w/ suit and wraps. Pauses 375x5, 375x5. Olympic Squats 3x8 descending in weight (see Week 1). Leg Curls 6x8 Light Day, Olympic Squat/Leg Curls same as Week 5.

Week 8: 135x12, 185x8, 225x5, 305x5, 375x2, 430x5 w/ wraps only, 450x2 w/suit and wraps. Pauses 380x5. Olympic Squats 2x6 descending in weight. Leg Curls 6x8.

Light Day, Olympic Squat/Leg Curls same as Week 5.

Week 9: Heavy Day, 135x12, 185x8, 225x5, 305x5, 375x2, 415x2 w/wraps, 450x3 w/wraps only, 465x1 w/suit and wraps. Pauses 380x5. Olympic Squat/Leg Curls same as Week 8.

Light Day, Olympic Squat/Leg Curls same as Week 5.

Week 10: Heavy Day, 135x12, 185x8, 225x5, 305x5, 375x2, 415x2 w/wraps, 465x3 w/wraps and suit, 485x1 w/wraps and suit. Pauses 385x5. Leg Curls 5x8.

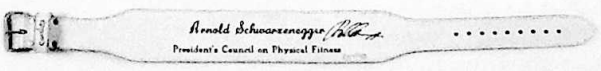
Light Day, Olympic Squats 3x8 no more than 45% of Monday's max. Leg Curls 3x8

Week 11: 135x12, 185x8, 225x5, 305x3, 425x2 w/wraps, 480x2 w/wraps and suit, 500x2 w/wraps and suit. Leg Curls 4x8 Light Day, Olympic Squats 3x8 no heavier than 45% of Monday's max. Leg Curls 3x8

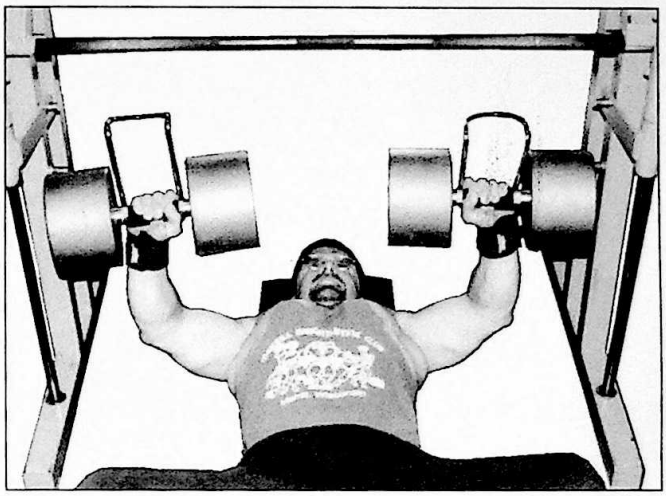
Week 12: 135x12, 185x5, 225x3, 305x3, 375x1, 425x1 w/ wraps and suit, 475x1 w/wraps and suit, 490x1 w/wraps and suit. Do not deviate from the weights listed.

No light day

Contest: 135x12, 185x3, 225x3, 305x2, 415x2, 450x1. Attempts: 1st 490; 2nd 515; 3rd 530-540.



Go to EBay to see one of a kind belts *made for and autographed by celebrities, professional athletes and WWE wrestlers. Search on EBay by seller name: King Cardillo. Some of the featured belts will be Anthony Clark, Michael Jordan, Stone Cold Steve Austin, Spiderman Commemorative Belt, Tennessee Titans, NE Patriots, etc.*



Country Power, Inc., congratulates Allan Myszka *from Edgar, WI, for winning its first annual ten rep dumbbell bench press contest using Power Hooks. Allan, 36, 152 lbs., using Power Hooks lifted a total dumbbell weight of 270 lbs (135 lbs. dumbbells) for ten reps. Allan received $1000 from Country Power Inc. for this lift. Country Power will be showing Allan's winning 10 reps on video at the 2003 Arnold Classic. Allen is a paraplegic. He cannot get any push or help in balancing from his legs and he's unable to arch his back. Allen is PURE POWER! Country Power Inc. is the manufacturer of Power Hooks, a patented and trademarked product. Power Hooks stay with your dumbbells and hang onto an overhead barbell. This puts you in proper lifting position without having to lift the dumbbell from the floor nor having to drop them back onto the floor after the exercise. The annual contest was started to prove that using Power Hooks is the best way to train with dumbbells. Using Power Hooks is the only way to effectively preload dumbbells. The easiest way to understand preloading is to imagine barbell benches which hold the weight above the head before we bench. Do you think you could work out with the same intensity taking the barbell from the floor? By being able to take the barbell off the uprights you get a preload. This allows the nervous system to be ready for the lift; therefore you're able to handle much more weight, resulting in maximum exercise benefit. You cannot get the proper preload by having your training partner hand you the dumbbells, or by you kicking up the dumbbells. Without the pre-loading you cannot train with the intensity that someone can with Power Hooks. There are dumbbell benches on the market but they have many problems that Power Hooks have solved. One problem is that dumbbell benches have fixed lifting points. This means you have to take the dumbbells from a fixed point and return the dumbbells to the same point. This is very difficult, as we all come in different sizes and shapes. Power Hooks do not have fixed points, you can start the lift and end the lift from any point on the barbell. Power Hooks also provide a better way to handle and spot dumbbells. So get a pair and enter the 2003 dumbbell bench press contest. If you have any questions feel free to contact Leo Jr. at 808-696-1979 or WWW.POWERHOOKS.COM*

POW!ER SCENE

It's December, and for *POW!ER SCENE* that means the annual Christmas shopping guide for powerlifters, but before we get to that, it's time for a little catch-up.

We haven't written about Anthony Clark for quite some time, but recently we got to spend many hours with the powerlifting legend, when *POW!ER SCENE* traveled to Las Vegas for the Olympia Expo. The Olympia Expo is mainly about bodybuilding, but there were a number of strength exhibits and events, and at the Inzer booth, looking big, strong, and relaxed, was Anthony. In between selling shirts and wraps, being interviewed by Russian TV, and continually being asked if people could take a picture with him, Anthony filled us in on what he's up to.

***Deputy SheriffValerie Peters** has carries some big guns ... 57 curls in 60 seconds for a trip to Miami!*

***A Relaxed Anthony Clark** at the Inzer Booth att he Olympia Expo*

He's still spending four days a week in the gym training, and aiming for an upcoming PL meet, but his main focus has been on business. Anthony is a spokesman for Power Health International, a subsidiary of Tera Forma Health, and they're busy signing up sports and fitness figures to market their nutritional supplement products. Anthony says next year they'll begin a major TV campaign, so look for it then.

Also at the Olympia were curl contests; *POW!ER SCENE* was there the day of the women's event. Valerie Peters, a deputy sheriff from California, was the winner with a very impressive 57 curls in the 60 second time span. (We think the weight was 45 lbs.) Valerie is a bodybuilder and a former powerlifter, and she won a trip for two to Miami. Not bad for 60 seconds of lifting! (She did mention there was also 20 years of weight training before that 60 seconds.)

Rick Brewer of House of Pain was also at the Olympia, selling lots of clothing; Rick says House of Pain goes to about 50 events a year. Wow! Rick displayed for us the hot new House of Pain design on a t-shirt, and so we begin the Christmas Shopping Guide for Powerlifters with House of Pain. You've seen their ads in *PL USA*, and you've probably seen their stuff for sale at meets. If you haven't seen it, call them at 888-463-7246 for a free catalog.

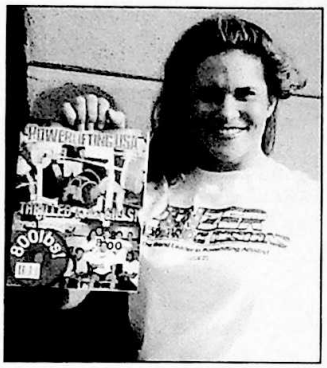
House of Pain recently expanded their space in Texas, tripling their warehouse space and bringing their embroidery and screen printing in-house. Their Christmas special is for orders over $40, you get a free logo cap: for orders over $50, you get a free tribal t-shirt. They also carry great gym bags and lots of PL gear, so check them out. We had model Jennifer Kaylor display a House of Pain shirt, which she did very nicely. We'll have more on Jennifer in a future *POW!ER SCENE* column.

Jennifer also displayed the Inzer tank top, one of many items available from Inzer Advance Designs. Bench shirts, squat suits, squat shoes, chalk, wraps—all top quality and helpful to your lifting. Call Inzer at 800-222-6897.

Crain's Muscle World — if it exists in the powerlifting world, they've probably got it. From books and videos to PL gear to wall clocks to t-shirts, etc. Crain's serves the PL world. You can reach them at 800-272-0051.

And now we turn to videos, a topic dear to our heart from all those years of making *POW!ERLIFTER Video*. That video series is no longer available, but Alan Kelly is producing a video magazine series called *Strength Quest*, covering powerlifting and strongman stuff, and you can reach him at 888-781-1304. Alan is also carrying Jamie Harris' video, Harris Quest 800.

There are currently lots of powerlifting videos for lifters to learn



***Jennifer Kaylord** with her Inzer T-Shirt and POWERLIFTING USA.*

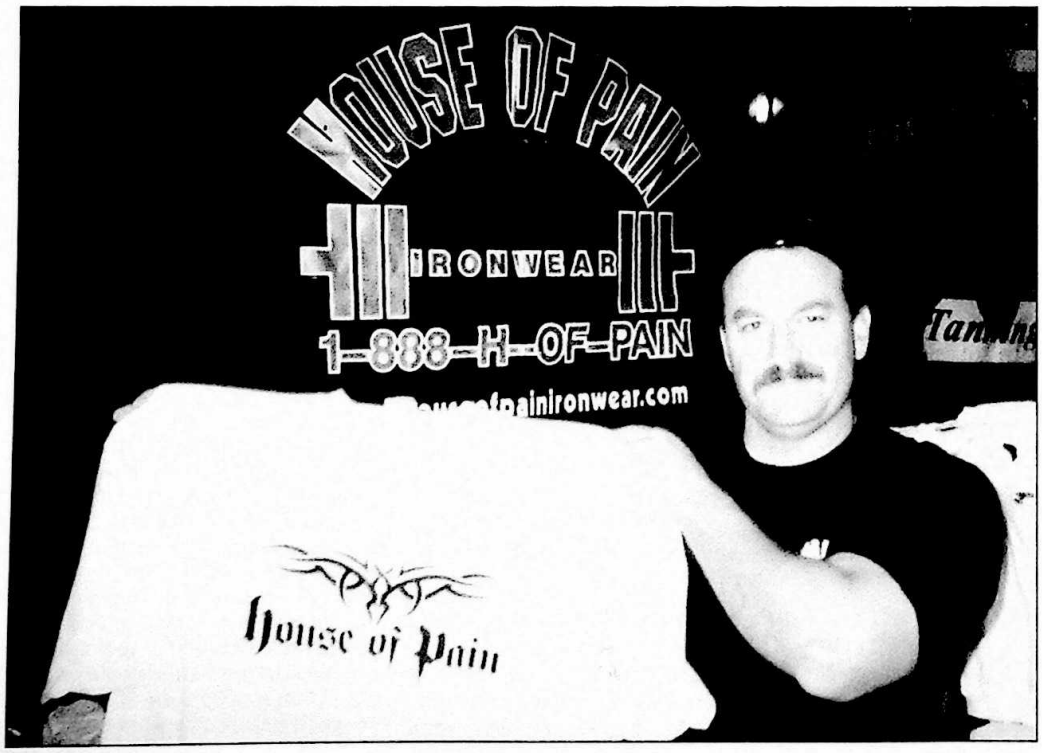
from, so here's our brief rundown. Elite Fitness carries a line of Louie Simmons' videos, on all three lifts. Contact Elite at 888-854-8806.

J.M. Blakley, Ed Coan, George Halbert, and Joe McAuliffe all have instructional videos available; here's the contact info: For J.M.'s two videos, or his book or t-shirt, call 614-496-3005. For Ed Coan's videos, or the Ed Coan book, call 708-862-9779. For George Halbert's Bench Press video, call 614-237-0932. For Joe McAuliffe's "The Athlete's Edge" video, visit www.jmtrainingsystems.com.

And, of course, a gift of *Powerlifting USA* — only $31.95 for a year of lots of powerlifting news and instruction — is always a fine choice. Call 800-448-7693 to reach *PL USA*.

Best wishes for a wonderful, happy, and strong holiday season.

NED LOW



***Rick Brewer** with the new House of Pain T-Shirt Design. (all photographs provided courtesy of Ned Low)*

The Time Is Now by Anthony Ditillo "JR"

For everyone that once knew and loved him, Anthony Charles Ditillo died on February 28, 2002 at the age of 54. He was a lifter of almost 40 years; never once even considering to stop his love of lifting when being diagnosed with an enlarged heart at the age of 45. Also with this diagnostic, he suffered from his left side a ripped rear deltoid tendon and from his right side his tricep destroyed from nerve damage (both occurring from a standing press accident at around the same age of 45), and from chronic pain due to arthritis in his left ankle. Even with all these serious ailments in is way from the age of 45 until the end of his life, he still managed to train 4 to 5 times a week and with an intensity that would put most people into their grave while being young and healthy!

But when he was younger, he was a sight for sore eyes for any serious strength athlete. At around the age of 26 and at a bodyweight of 330 lbs., he pressed over his head 405 lbs., pressed to the top of the eye while standing with 500 lbs. for five sets of three reps., did a seated press behind neck with the bar resting on a pin at his massive traps in the power rack with 350 lbs., and did a two finger in the knurling close grip bench press and a pause with 405 lbs. From the ages of 28 through 32 he decide to drop all his excessive bodyweight and went to a lean, muscular bodyweight of 205 lbs. Even at this lighter bodyweight, however, he still manage to move some serious numbers. He benched with a medium grip and a pause with 405 lbs., pressed behind his neck standing with 255 lbs., did a standing press with 300 lbs., shrug pulled from the top of his knee in an Olympic style with 700 lbs., and squatted with 500 lbs., with only a tapered belt and down to a pin in a rack. As you can tell, he believed in making his lifts as strict as possible.

During all of these years he wrote for numerous lifting magazines, including *Powerlifting USA* in the early 80's with a monthly article entitled, "Tips From Tony D.." He also wrote two published books entitled, The Development of Muscular Bulk and Power and The Development of Physical Strength.

If there was any one key word do describe the life of Anthony Ditillo Sr., it would have to be without a doubt the word "strength." No matter what obstacle laid in his path, he always found a way to either climb it or get around it with all of his being. He believed and always told me, "The time is now!," to do what he wanted and to make of himself what he wanted to be. These are words that he passed on to me and I take with my soul everyday of my life. These words are also what I leave you, the readers of my father's articles and books, as his last words of wisdom to his fellow lifters and to the sport itself that he loved so dear and was still apart of him, even the day before his death: "The time is now!"

Anthony Charles Ditillo
Born: September 9, 1947
Died: February 28, 2002

John Pettitt .... the long serving referee (IPF Category II), tireless AAU/USPF administrator, powerlifter (400+ bench and 600+ deadlift – if I'm not mistaken – as a lean 198 pounder!), sports businessman (one of the original partners in the formation of lifting equipment manufacturer Elite Sales), extremely professional meet director/promoter (up to and including IPF World Championship events) – probably the true Pioneer of Modern Powerlifting in Texas, died unexpectedly on November 11th, while exercising on a treadmill at a recreation center, suffering an apparent heart attack. According to one of his many good friends, Kenny Croxdale, "They did CPR on him and got him to the hospital, but evidently it was a massive attack and he could not be revived. John was 55". He is survived, in his immediate family, by a son and daughter. After the tragic and even earlier death of his wife, John decided to withdraw from his extensive commitments in Powerlifting to pursue what quickly proved to be a very successful career in personal training. He had more clients than he could handle, and even had a fitness column in one of the major newspapers. Ironically, John had quite recently dropped some bodyweight and had a clean checkup with his cardiologist, according to another of John's friends - George Handyside. Only a few months before, John had – for no stated reason – sent many of his old books and videos about the sport to *Powerlifting USA*. He was one of the most capable and productive individuals you could ever know, in so many different aspects of the sport, and life in general, and many times he would pick up the ball (figuratively) when someone else dropped it and make some great things happen as a result. Who knows what heights this sport would have risen to presently, if John had been elected President of the USPF way back when? Texas is one of the greatest of states when it comes to Powerlifting, and one of the greatest reasons for that status was John Pettitt.

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New Research Applications

as told by Mauro DiPasquale M.D.

Post Workout Nutrition

There's been a lot of debate on what's the best nutrition strategy for that critical post workout phase. We know that the body is primed to make the best use of nutrients in the two hours or so after training, but we're still trying to figure out what works best. Most studies suggest that a combination of protein and amino acids taken within a few hours of training stimulates protein synthesis, increases muscle glycogen levels and helps recovery.

Without some nutrient intake, net muscle protein balance is negative in the hours immediately after exercise. That means that muscle is still being broken down even after your workouts. It's been shown that taking in some protein after training leads to a positive net muscle protein balance and a subsequent increase in muscle mass. But that's not the whole story since the type of protein is also important.

A recent study has shown that only small amounts of the essential amino acids (EAA), as little as 6 grams, stimulates protein synthesis and that adding either more protein or amino acids, or even carbs, doesn't do any more.(i)

The study also shows:

* That using carbs alone does almost nothing for protein synthesis.
* Adding carbs to the 6 grams of EAA doesn't increase protein synthesis or net protein balance.
* And an insufficient amounts of EAA, under 6 grams, stimulates protein synthesis but is dose related with what seems like a maximum effects at the 6 gram level.

Although the results of the present study show that ingestion of 6 g of EAA alone without addition of carbohydrate effectively stimulated muscle protein synthesis after resistance exercise, there is still some controversy as to the importance of carbs and other amino acids and protein in post exercise nutrition, as well as to the timing of nutritional intake.

In my view, the best approach is to consume an EAA mixture immediately after exercise, perhaps with the addition of ingredients that facilitate growth hormone and insulin release and a few select conditionally essential and non-essential individual amino acids, and then within an hour or so of taking this mixture consume a meal or a protein/carb shake.

It's also important to keep dietary protein intake high for a few days after training since studies have shown that protein synthesis is elevated for 48 hours after resistance exercise. (ii)

Music and Exercise

While it's important to find out what affects both central and peripheral fatigue there's more to training than the physical side. The mental side can be just as or even more important in the grand scheme of things. Motivation, drive, concentration and dedication are all factors that can't be found in levels of creatine phosphate, ATP, TCA cycle intermediates but usually mean the difference between success and failure in bodybuilding.

There are many factors involved in increasing the mental drive for training. Many are beyond our immediate control and depend on our circumstances and genetic makeup. But there are some things that can help us all. A number of different studies have investigated the benefits of listening to music while exercising, which include increasing endurance and boosting mood. (iii)

New research, by Dr. Robert T. Herdegen and Jonathan D. Meeks of Hampden-Sydney College, shows that people who listen to their favorite music while exercising may have a lower level of perceived exertion and thus push themselves harder compared to people who prefer not to listen to music.

In this study 12 male college students rode an exercise bike as far and as fast as they could for 10 minutes. On one day, they rode with no music, on another they listened to music of their choice while riding, and on another, they rode accompanied by the sound of radio static. The investigators found that students traveled 11% further while listening to music than they did when they heard silence or noise, and also rated their levels of exertion while listening to music as the lowest of the three conditions.

The reason why music works is a matter of debate. Many researchers suspect the benefits of exercise stem from its ability to relax people, which might enable them to perform better. Another reason could be that music simply distracts people from their exertions. And if they don't think about how hard the workout is, they are less likely to experience the discomfort that might make them slow down or stop working out.

In my view there's more to it than that. When training hard with weights I find that the right kind of music increases my drive and motivates me to train harder and longer. Listening to music also allowed me to focus more while at the same time decreasing the effects of any distractions around me, for example other people chatting and moving about.

However, in some cases, especially when doing aerobics, I do find music distracting and relaxing at the same time, allowing me to endure the relative monotony of this form of exercise.

Muscles Without Exercise?

A recent report suggests that a natural molecule in the body may be able to increase the conversion of type II fibers (the ones responsible for increased muscle mass) to type I fibers (the ones responsible for endurance) when this molecule is expressed by type II muscle fibers. (iv)

The molecule, dubbed transcriptional co-activator, peroxisome-proliferator-activated receptor-gamma co-activator-1 (PGC-1alpha), is expressed in several tissues including brown fat and skeletal muscle, and normally activates mitochondrial biogenesis and oxidative metabolism - basically increasing the cells ability to form ATP aerobically. The result is a muscle that doesn't fatigue as easily and has more endurance.

PGC-1alpha has previously been shown to be active mainly in type I muscle fibers, the fibers involved in muscle endurance. PGC-1 has also been found to produce certain proteins needed by high-endurance muscle fibers, and helps trigger the production of mitochondria, structures in cells that enable slow-twitch muscles to contract efficiently for long periods.

However, when mice were engineered to carry PGC-1alpha in both types of skeletal muscle, they appeared to have higher than normal levels of type 1 fibers, and were able to contract their muscles for 7 minutes during endurance tests, while untreated mice lasted only 2 minutes.

So what does all of this mean. Well, the research is so new that the implications of these discoveries haven't as yet been determined. It's quite possible that expression of PGC-1alpha in type II fibers might produce a muscle that can both hypertrophy and have more endurance. It'd be interesting to see the new breed of marathon runners that this technology would produce.

On the other hand if fiber conversion from type II to type I is the main result of the action of PCG-1alpha, then blocking this effect may result in a predominance of type II muscle fibers and a greater ability for muscles to hypertrophy, perhaps without having to be exposed to much of an adaptive response such as resistance training. The effect of blocking PGC-1alpha might result in effects similar to the blocking of myostatin - massive muscles without exercise.

Are You Overtraining and Underachieving?

We've all been there. Maybe by being a little too enthusiastic. Or perhaps by thinking that our lack of progress is because we're just not training hard enough so we hit the weights a little harder. The fact that we might be overtraining usually doesn't even enter our minds. After all we read about the marathon workouts of the stars of bodybuilding and fitness and figure that the only way to make real progress is to train like they do. And besides we figure it takes a long time to get overtrained and we took a break just three of four months ago.

The fact is that getting just the right amount of exercise isn't as

easy as you might think. If you underexercise, you won't make any gains because you're not challenging the body to adapt. If you overexercise, you're not allowing the body to recuperate and so you still won't make any gains. Most bodybuilders err in the direction of overtraining. When they're not making the gains that they think they should, they often step up the pace thinking that they're just not doing enough.

So how can you tell if you're overtraining or undertraining? The undertraining part is easy. If you finish your workout without any discomfort and an hour later you could do it all over again, if delayed onset muscle soreness (DOMS) is totally foreign to you, and if heavy duty to you means a type of battery, then you're undertraining.

Figuring out if you're overtraining or even overreaching, is a tad harder. Overtraining is defined as an increase in training volume and/or intensity of exercise resulting in performance decrements. Recovery from this condition often requires many weeks or months. A shorter or less severe variation of overtraining is referred to as overreaching, which is easily recovered from in a week or so.

Although most of us think that we're not doing enough, or haven't been training long enough to be overreaching or overtraining, two recent studies have shown just how easy it is to overtrain.

In one study 8 subjects completed 2 weeks of normal training, 2 weeks of intensified training and 2 weeks of recovery training.(v) After one week of the intensified training, 6 of the 8 athletes met the criteria of overreaching - increased fatigue and reduced training performance. The authors concluded that a state of overreaching can be induced by as little as 7 days of intensified training with limited recovery, and that if high training loads are continued with insufficient recovery from the overreached state, the overtraining syndrome may develop.

In the second study nine elite canoeists were put on a training regimen that consisted of cross-country skiing and strength training, corresponding to a 50% increase in training load.(vi) Again there was a significant decrease in performance and an increase in fatigue after the six days.

These studies show us that it's easy to overreach, and if we're not careful to overtrain. The lesson we can take home is that we should be on the alert and make sure we recognize the first signs and symptoms of overdoing it in our workouts. That's because you can recover from overreaching in a few days to weeks, whereas it may take months to recover from overtraining.

So if your training isn't going so good, your gains are glued to the floor, and you would rather iron your socks than train, you're likely overreaching. In order to avoid a full scale burned out state you have to listen to your body because when you don't fully recover from training, you can actually lose muscle instead of gaining it. Besides lack of progress, signs of overreaching and overtraining include lack of enthusiasm for your workouts, problems sleeping, restlessness or irritability, loss of appetite, weakness, fatigue or a sense of exhaustion, and muscle soreness that just won't quit.

Once you determine that you're overdoing it and suffering from the overreaching syndrome, what can you do about it? First of all, back off from your training and take a good hard look at what you've been doing for the past few weeks. Take at least one week off (yeah, I know you live in the gym - but try to get a life elsewhere) and then start again at 1/2 speed, without pushing yourself, until you get that old desire back. Above all, once you're back on the right road, watch out for those overreaching signs and symptoms.

Getting to the point where you're overreaching isn't all that bad if you recognize it and take appropriate action. But that's as far as you should ever let it go. Once you recognize that you are overdoing it and overreaching, it's time to re-evaluate how you're training and make some changes before you go over the line into the overtraining syndrome.

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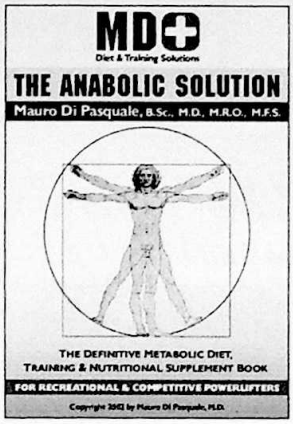

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POWER HUMOR

Do You Remember Your First Time?

as told to Rick Brewer of HOUSE OF PAIN, by his friend Dave Mullins

Oh, I remember like it happened yesterday. I have only shared this experience with my closest friends. Heck, my wife didn't even know about it until I wrote this article. The following is a very graphic description of a young adolescent coming to terms with the racing surge of testosterone that led to this momentous occasion. (Caution, you might consider the following be for mature audiences only. Please, however, read the entire article before deciding for sure)

I was 14 (yes, it was many years ago), but oh, the memory of this blessed event will be forged in my brain forever. I had just returned from watching one of those "movies" that lead to this type of activity. I was desperately looking for something to try my hand at (no pun intended). As I searched around my bedroom, I realized I would have to do this thing solo. Then, there was an unexpected knock at the door. One of my older high school buddies with wheels (actual automotive wheels, not massive thighs from years of squatting) told me about a "secret" place that could fulfill all of my 'fleshy' fantasies.

We arrived at what appeared to be an old warehouse, but once inside, I realized we had entered what was a temple of both pain and pleasure. The bevy of "beauties" I saw before my eyes caused me to step back in quick desperation as I considered what I was about to do.

Several questions raced through my mind: Would my Mom approve of such activity? Could I be arrested for doing this kind of thing? Will this do something weird to my young adolescent body? What if I catch something from doing this? These questions lasted only for a fleeting moment, and I do mean fleeting, because I could not take my eyes off the virtual playground before me. I was literally having a hard time breathing as I considered all the things I could do with these beautiful "playthings".

Oh. I forgot one other question! Maybe, the ultimate question! How much would this all cost ($$$)? I mean, I had heard about these kinds of places from more mature friends. Let's face it, most 14 year olds do not have much discretionary income to spend in these ways.

Okay, I have digressed. I'm going to cut out about the formalities that were required to get into this place and get right to into it. I soon found myself experiencing the most incredible pleasure in my whole life (yep, all 14 years of it). I had never felt or "seen" this type of sensation. Oh boy, as my young body shook from the experience, I felt euphoric, even heady. It was over way too quickly.

I knew that I was now hooked, just like a junky. I wanted to do this again, and again, and again. All of my questions had been answered:

1. Mom would approve (hey, it's natural, right?)

2. It is legal (in all fifty States, as far as I can tell!)

3. My body would never be the same (I never saw this particular part of my anatomy get so big in such a short period of time)

4. I didn't catch anything (at least not this time)

5. Finally, how much was this experience going to cost? The "owner" of this establishment told me I could come back and do this as much as I wanted to for only $15 a month, to which he added: "You really enjoyed those squats, didn't you, boy"

USAPL Ironman/Women BP/DL
12 OCT 02 - Red Lion, PA

Female Teen	BP	DL
Theresa Rowello	100	235
148 Master		
Carl Portzline		235
165 Master		
David Lehman	270	375
165 Open		
Mark Richmond	405	430
Scott Davenport	250	430
181 Open		
Andrew Halko	415	570
Marc Vitale	340	400
198 Open		
Ralph Rodreguez	450	650
220 Open		
Don Eisenhour	400	575
Tom Getsinger	410	550
Brian Keener	335	575
275 Open		
Jim McElwee	475	540
Bob Norris	425	475
SHW Open		
Ron Scandle	430	540
Tony Forella	295	405

The MC Sportsplex in Red Lion, PA was the site of the 2nd annual USAPL PA Ironman/Ironwoman Bench Press and Deadlift Championships. The event was hosted by meet Director Dennis "Niko" Hulslander, who is the Asst. State Chairman for the United States of America Powerlifting here in PA. Drew Moore, owner of Moore Muscle, allowed this event to occur in his fine spacious facility. Titan Support Systems, Crain's Muscle World, and House of Pain Clothing were all major sponsors of the contest. Although only 15 lifters took part in this event; the efforts put forth were world class by all who participated. Some lifters came from the local area, but also from other states as well. Mark Richmond came all the was from Orange, New Jersey to take away the 165 lbs. Weight class title over Baltimore County Police Officer from Parkton MD, Scott Davenport. Don Eisenhour from York, took the 220 lbs. Weight class from another one of Baltimore County's finest Tom Getsinger. Tom resides in Baltimore, Maryland. Ralph Rodreguez, from Lebanon, PA took home Best Male Lifter Honors, as Theresa Rowella at just 15 years old took the Female Best Lifter. Special Thank You's go out to spotters, Chris, Paul, and Duane. Joe and Theresa Nealis were spectacular as judges. To Dan "The Ratch" Ratchford for always being there, words cannot express the gratitude. Dyan Hulslander did an outstanding job as the singer of the National Anthem and as MC. We look forward to hosting more contests and hope to see you all at the next one. Thank you and Best wishes. (Niko)

4th annual SCI FIT Bench Press
21 SEP 02 - Macon, GA

WOMENS	
Karen Medina	95
123 OPEN	
Len Burgamy	185
148 NOVICE	
Tony Barnes	240
Adam Lavender	205
165 OPEN	
Quadro Smith	360
Ras Mobley	325
A. Washington	315
181 OPEN	
Malcom Gunter	405
Steve Rogers	375
James Bourgeault	360
Rufus Maddox	315
181 NOVICE	
Steve Rogers	375
Sean Jones	325
John Ryan	325
198 OPEN	
Tony Medina	405
T. McNelson	400
Greg McCranie	330
198 NOVICE	
Danny Patterson	325
David Braswell	250
220 TEEN	
Jeremy Mullis	350
220 OPEN	
Mark Dreggers	515
Daryl Bailey	480
Heath Gillis	430
Jamie Roberson	425
Calvin Robinson	325
James W. Cox Sr.	250
220 NOVICE	
Blake Lott	430
Craig Thompson	380
Eric Ganer	365
Calvin Robinson	325
Bert Brown	250
James W. Cox Sr.	250
242 OPEN	
Chip E Oalgo	515
Chad Woodall	365
242 NOVICE	
Rogers Holsey	400
Chad Woodall	365
275 OPEN	
Mike Holston	525
Buddy Cawley	515
Michael Webb	450
275 NOVICE	
Buddy Cawley	515
308 OPEN	
Eric Teal	460
308 NOVICE	
Tony Crawford	345
SHW OPEN	
Ron Johnson	520
SHW NOVICE	
Ron Johnson	520
MASTERS LIGHT	
Rufus Maddox	315
Melton Harrell	210
John Fair	215
H. Miller Norris	180
MASTERS MEDIUM	
Phil Newsome	390
Jimmy Fowler	340
Jimmy May	300
Willie Buntley	410
MASTERS HEAVY	
Joe Otto	400
Ed Smith	315
Buddy Cawley	515
Ron Johnson	520
Michael Gregory	375

(Thanks to Joe DeVerville, owner of Sci Fit of GA, for providing the meet results to *Powerlifting USA*.)

THE ANABOLIC SOLUTION *... The Definitive Metabolic Diet, Training & Nutritional Supplement Book for Recreational & Competitive Powerlifters* by Mauro DiPasquale M.D. is just out, and it is the perfect guide for powerlifters to incorporate the unique diet plan that Dr. Di Pasquale has been refining for the last few years into a powerlifting program. Forget drugs, this book is about using a scientifically developed approach to diet to gain strength while you manipulate your body mass and bodyfat to optimum levels. Mauro's diet work has previously been applied to bodybuilding and general fitness applications, but now he lays it out for the athletes he knows best - powerlifters. As a former IPF World Champion and World Games champion, he brings the outlook of an iron sport aficionado along with his medical and research credentials and the result is a diet that makes practical sense, while it stands backed up by reams of scientific research. In as much detail as you wish to handle, Dr. Di Pasquale explains how this diet literally CAN NOT FAIL ... "It is a biochemical inevitability". Once you determine your individual parameters with respect to the Metabolic Diet, you can not help but spare muscle while you burn carbs, as your body adapts to the "stress" of dietary manipulation like your muscles adapt to the stress of training. The delightful aspect of the Metabolic Diet is that on the weekends you are "pretty free to take in whatever foods you like". The right foods to eat are identified, technically and practically. This isn't a training book per se, as the emphasis is on how to use the diet, but there is common sense section on the basics of training. The use of Mauro's new MD+ line of supplements within the Metabolic Diet framework is also detailed ("I thought you'd never ask" says Mauro) He even gets to the subject of the Anabolic Solution and Westside Barbell training. This is the Powerlifter's Ultimate Performance Diet Book. (see ordering information elsewhere in this issue).

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NOVICE
M.HART 290
J.CAIRNS 260
MASTER
T.WEBB 400
SUBMASTER
L.WRIGHT 315
181LB
OPEN
T.BOWSER 340
J.METZ 310
NOVICE
D.KASCHALK 325
GRANDMASTER
L.LINDSAY 300
G.GREENBERGER 260
SUBMASTER
M.KINNICK 335
JUNIOR
J.METZ 310
TEEN(14-16)
C.BEER 335
E.MELODINI 315
198LB
OPEN
R. CELLI 520
C.DWOREK 480
A.ROYHAB 405
NOVICE
R.GAUDELLI 335
C.WARGO 320
POLICE
J.MONTEMURRO 375
R.GAUDELLI 335
M.WATTS 290
GRANDMASTER
E.BOLLINGER 345
D.SIRIANNI 265
MASTER
J.MONTEMURRO 375
TEEN(14-16)
A.GROTE 275
TEEN(17-19)
V.LAUB 325
220LB
OPEN
S.LEWIS 525
B.ZEMAITIS 425
J.FARELLI 365
NOVICE
D.REAGAN 405
J.DIMMATTEO 330
C.DORNETTO 315
GRANDMASTER
M. LEVIN 385
MASTER
G.LANGHAM 425
SUBMASTER
B.ZEMAITIS 425
D.HILLIAR 345
JUNIOR
J.BATYKEEFER 440
D.JETT 430
242LB
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S.POLLARD 530
R.DELAMARE 500
T.GIBSON 500
F.BROWN 470
S.MARSHALL 455
D.HAVRILESKO 450
S.PALUCKA 400
NOVICE
S.PALUCKA 400
POLICE
C.SLOVICK 465
MASTER
R.VILLANI 390
SUBMASTER
R.DELAMARE 500
T.GIBSON 500
F.BROWN 470
B.FLEMING 405
TEEN(17-19)
S.MARSHALL 455
275LB
OPEN
BARRAVECCHIO 475
J.KRAFT 470
NOVICE
J.KRAFT 470
POLICE
BARRAVECCHIO 475

MASTER
F.BROWN 470
SUBMASTER
T.BARRAVECCHIO
308LB OPEN
A.BAKER 550
J.PETROPOULOS 425
J.KAVULIC 380
NOVICE
A.BAKER 550
J.MEDVAN 375
MASTER
J.PETROPOULOS 425
SHW OPEN
D. CARMACK 500
DEADLIFT
132LB
OPEN
S.ANTOINETTE 405
148LB
OPEN
R.NEUROHR 425
165LB
OPEN
M.HART 525
F.WILLIAMS 475
NOVICE
M.ZEIGLAR 405
181LB
OPEN
S.SIWIAK
640
GRANDMASTER
G.GREENBERGER 470
TEEN(14-16)
E.MELODINI
515
198LB
OPEN
R. CELLI 660
A.ROYHAB 505
J.FERRARO 500
POLICE
J.FERRARO 500
GRANDMSTR
D.SIRIANNI 430
MASTER
K.MCNEISH 610
J.VALCHINE 580
SUBMASTER
S.CARPENTER 410
TEEN(17-19)
V.LAUB 500
220LB
OPEN
T. MANKAMYER 61 0
B.WOOD 600
J.FARELLI 410
NOVICE
C.DORNETTO 540
J.DIMATTEO 430
POLICE
L.STINSON 555
GRANDMST
M.LINDSAY 585
L.STINSON 555
242LB
OPEN
M.DIORIO 765
G.OLIVER 605
D.HAVRILESKO 600
S.PALUCKA 500
NOVICE
T.SMITH 615
MASTER
R.VILLANI 520
SUBMASTR
M.DIORIO 765
B.FLEMING 615
D.HILLIARD 460
275LB
OPEN
Z.HUDAK 700
308LB
OPEN
R.GAYDOS 710
A.BAKER 625
NOVICE
A.BAKER 625
WOMEN BENCH
123LB
OPEN
D.CELLI 150
132 LB
TEEN(1416)
R.HARRIS 115
WOMEN DEADLIFT
132 LB
GRANDMASTER
K.OBERST 290
N.SCHUCERT 255
148 LB
OPEN
T.PEMBERTON 290
165LB OPEN
K.BLAIR 315

For the third year in a row, the Monster Meet was held at the Holiday-Inn Pittsburgh Airport. This year was the most competitive, with 74 benchers and 42 deadlifters, watched by over 600 spectators. There were eight benches over 500 pounds with Ryan Celli taking home the $150.00 cash prize with a 520 pound bench at 198 lbs. Way to go, Ryan, I know you had more left! In the deadlifting competition, there were 13 lifts over 600 pounds and 3 over 700 pounds. Mark Diorio made the trek from Rhode Island and won the $150.00 cash prize with a lift of 765lbs at 242. I'll see you next year, Mark. You promised you'd be back to defend your title. I would like to give special thanks to Rob Capozzolo @ Titan Gym, Steve Siwiak @ Bodytorium and Dave Brown @ Allegheny Athletic Club. These three gyms have supported the Monster Meet from day one by sending me great lifters. Thanks guys, I greatly appreciate the support. I would like to thank the following people, because without them this meet would not be the success it has become: My number one supporter, secretary and loving wife, Stephanie, Mom and Dad, Mike and Tami Scappe, Sean Worch, Strongman Steve Kirit, Joe Vallese, Donnie DeSalle, Ken Wolf, Head Judge Rob "715" Capozzolo, Mike Crapis, Craig and Ann Bischak, Andy and Anita Snyder, Mickey Lonkert, Larry Hanasky, Bob Gift, Don Neely, and Chuck Carr. Thanks to all of you, you are the best! Finally, a big thanks to "uncle" Frank (1 982 Mr. Pittsburgh) and World Class Fitness Center, a 25,000 square foot Powerlifting Powerhouse located just West of Pittsburgh. I look forward to seeing everyone back next year for the 4th Annual Monster Meet on March 30, 2003 at the Holiday Inn Pittsburgh Airport. Train Hard!! See you there! (Thanks to Mike Barravecchio for providing the meet results.)

100% RAW Senior Nationals
14-16 JUN 02 - Frederick, Maryland

Women's	SQ	BP	DL	TOT
97 25-29				
Kibian Vasquez	180*	85	190	455
114 16-17				
Krystle McKenzie	185	95	205	485
132 16-17				
Quintae Ballard	170!	90!	245!	505!
80-84				
Josie Merrell	55*	50*	120*	225*
148 40-44				
Pachel Manning	95*	105*	170*	370*
Kimberly Camp		100		
165 16-17				
Kharin Sears	145	85	215	445
181 55-59				
Candi Ramsburg		105		
198+ 30-34				
Tammy Ford	270*	115	330	715*
		4th	340*	
MEN				
114 14 - 15				
Kevin Angus	170	100	215	485
Michael Lehrman	90	75	135	300
132 16-17				
Josh Levinson	180	115	245	540
148 16-17				
John Boyd	375	220	425	1020
Brett Heiney	175	150	300	625
18-19				
Sawo Jones	205	175	305	685
35-39				
Victor Aybar	370	270	475	1115
55-59				
Paul Griffith	380	185*	375	940
60-64				
Henry Dudley	215	120*	300*	635*
165 16-17				
Toby Wantz	250	230	405	885
35-39				
Chris Simeone	430	320	510	1260
Lance Bravard	325	235	475	1035
50-54				
Brad Lane		265	320	
80-84				
Rev. R. Merrell	100*	75*	160*	300*
181 18-19				
Jason Billings	460*	305*	530*	1295*
Carl Neverson	375	220	355	950
50-54				
Ed Lough	315*	215	375	905
55-59				
Doc Junkins	330	240*	430	1000
70-74				

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Dave Ginenthal	310*	215*	410*	935*
198 16-17				
Matt Echave	275	170	375	820
18-19				
Bryce Kemmerer	260	220	350	830
Matt Ashley	245	180	400	825
40-44				
Spero Tshontikidis	460!*	290!	550	1300!
220 18-19				
D'AngeloMorman	455!	290!	555!	1300!
Renard Byers	380	215	425	1020
25-29				
Dave Lawrence	475	325	530*	1330*
Brian Lapole	135	440*	145	720
30-34				
Shawn Boylan	530	310	585	1425
35-39				
Sylvester Freemen	315	385	4C5	1105
40-44				
Terry Parsons	465*	330*	535	1330*
Graham Bartholomew			605	
50-54				
Larry Bucchioni		245		
242 14-15				
Juan Carlos	250	185	300	735
16-17				
Kellen Kowchuck	400*	345*	365	1110
William Drake	245	160	350	755
18-19				
Santo Buzzanca	400	275	425	1100
Bob Kavanaugh	450	310	530	1290
Jeff Deigan	635*	400	685*	1720
Albert Proctor		450		
Dan Maticic			445	
Jay Bechtel	455	315	525	1295
Andrew Townsley	330	150	350	830
Daniel Corridean	625!	390!	730!*	1745!
30-34				
Ben Cangelosi	660	470	620	1750
Anthony Roberts		450		
35-39				
Harry Sweet			460	
40-44				
Glenn Evans	590	315	615	1520
319 14-15				
Miles Fisher	320	170	340	830
SHW 35-39				
John James	530	355	630	1515

! - "100% RAW" World Record. * - RAW World Record. Praise! Before we do anything, let us first give praise to the Lord Almighty for watching over the lifters (no injuries) throughout the weekend! Moreover, we praise God for enabling RAW to continually lend financial support to each of our chosen charities on a monthly basis! Prayer! Please pray for Missing Link team captain Peter Gisondi. Peter underwent shoulder surgery just prior to the Nationals, and is expecting a long recovery process. Please remember Master lifter John Polak in your prayers as well. John is in the process of moving back to Washington area after living in Ohio. Please pray for Larry Bucchioni. Larry is undergoing surgery on his knee and we look forward to his, return to the platform! RAW's Moved! The new address and phone number for "100% RAW" are: RAW, Inc. 308 Spruce Hill Road, Chatham, VA 24531, ATTN: Spero, 434-432-3016 Thanks! Special thanks to Graham Bartholomew, Wardell Sewell, and Dan Maticic for an awesome job of spotting and loading; Caryn Tshontikidis, Glen Murphy Jr., Victor Aybar, Jeff, Doc Junkins, and everyone else who helped out officiating; Neils Andersen for the sculptures; Paul Bossi (Elizabeth City Trophy) for the Best Lifter awards, medals, and engraving; Jerry Shockley for drug testing; everyone who helped out setting up and cleaning up; and our Father in heaven for his love! Lifting! This year's contest saw awesome performances by several veteran senior lifters. Kibian Vazquez, of Baltimore's "Extreme Power" team was the top female lifter with her 455 total in the 97 pound class. Chris Simeone of the Missing Link dominated the men's platform, going 430, 320, 510 in the 165s. Chris' 1260 total not only won him the class but also Champion of Champion honors as the strongest lifter of the tournament. Teammates Jeff Deigan and Dave Ginenthal lifted flawlessly as well. Jeff broke both the squat and deadlift World Records and Dave, competing in the 70-74 age group, broke four World Records to win his class. Maryland's Victor Aybar, competing in the 148s won Best Lifter honors with his 1115 total. Ben Cangelosi of Tayoun's Power Team finished with a 1750 total in the 275s. While his total is impressive, it is important to note that nearly completed lifts of 700 in the squat and 500 in the bench. Finally, Daniel Corridean, lifting without a belt, registered lifts of 625, 390, and 730. These lifts, as well as his 1745 total, are some of the best in the nation for RAW powerlifting - especially without a belt! Finally, Maryland lifters Terry Parsons (465, 330, 535, 1330 at 198) and Paul Griffith (380, 185, 375, 940 at 148) won Best Lifter honors in the Master's and Grand Master's divisions. Wilson lifters Krystle McKenzie (RAW) and Quintae Ballard (100% RAW) captured top honors in the teenage division. Teammate John Boyd was the meet's outstanding teenage lifter without a belt, and Maryland's Jason Billings was the outstanding teenage lifter with a belt. Congratulations and thanks to all the lifters! See you all at the third annual "100% RAW" World Championships in November! God Bless (Thanks to Spero for providing these meet results/report.)

USAPL Michigan Hall Of Fame
14 SEP 02 - Lansing, MI

BENCH				
Junior 220				
Jake Gunter	407			
Men Master 1				
165				
Terry Bruce	281			
181				
Ralph Brandi	358			
198				
Fred Stokes	330			
Darrell Horn	330			
242				
Pete Van Camp	314			
275				
Brian Martin	473			
Men Master 3				
220				
Greg Fay	308			
242				
G. Washington	319			
Men Master 5				
198				
Ron Hemanway	308			
Jim Kiszelik	143			
242				
Robert Denny	292			
275				
Murray Marsh	407			
Men Master 6				
Men	SQ	BP	DL	TOT
Junior 165				
Joshua Kingsley	215	209	385	809
181				
Nicholas Lewis	501	330	578	1408
Men Master 1				
Steve Sielawy	501	308	545	1353
Arthur Sharpe	314	314	402	1029
198				
Tyrone Ward		336	561	
Men Master 3				
148				
Bill Lowe	402	176	462	1040
Men Master 4				
165				
Don Lurkin	143	132	468	743
242				
Ross Arnold	198	330	275	803
Master Men 5				
165				
Donald Steele	182	143	264	589
Master Men 7				
165				
Ben Creech	165	110	237	512
Open				
148				
Todd Greenman	369	264	429	1062
165				
Matt Smith	424	292	418	1133
Andrew Sandri	281	237	385	902
198				
Scott Outman	418	308	550	1276
220				
Jesse Soule	501	440	589	1529
SHW				
James Chuntler	539	380	528	1447
Teen				
198				
Zachary Sylvian	330	264	352	946
275				
Michael Dennis	506	385	484	1375
Women				
Master 3				
165				
Betsy Luman	132	121	226	479
B. Glendinning	160	77	231	468
Below 198				
Jean Chisnell	242	99	336	677
Master 6				
Anna Collins	116	93	226	418
Master 7				
132				
Georgia Johnson	88	77	121	286
Open 148				
Dawn Steele	308	193	303	803

(Thanks to USAPL for providing these meet results)

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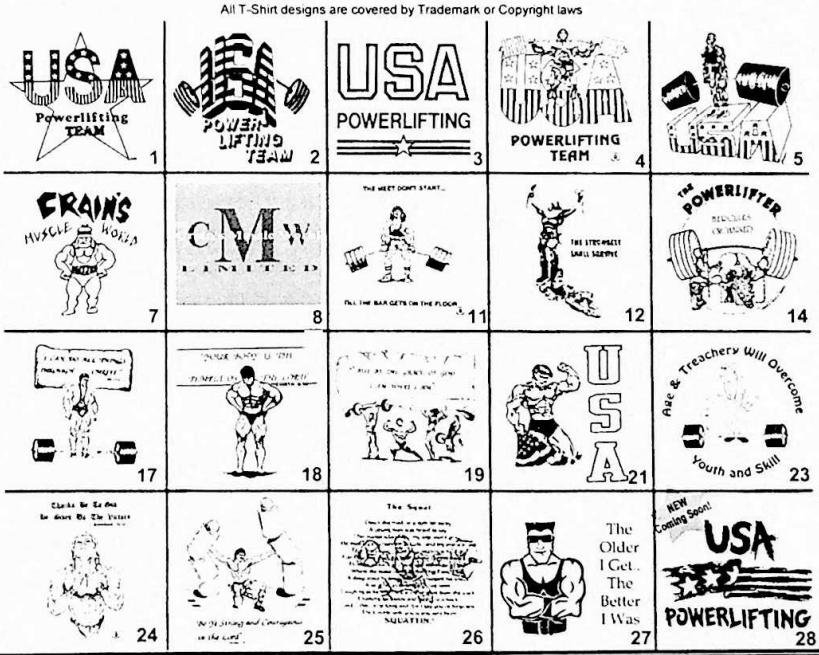

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10th Winyah Bench Contest
29 JUN 02 - Hemingway?, SC

Womens	
Lady Di	125
Tasha Hickman	125
Kristen Houlahan	100
Teenager	
Tyler Hasiam	300
Roger Smith	375
Matt Johnson	215
Chase Frye	275
Jonathan Springs	230
Derick Borrelli	185
Riley O'Neal	75
148	
Future McNeil	325
Ryan Davis	280
Robert Nesbit	280
165	
James McElveen	340
Chris Deliyannis	330
Steve Hyman	310
181	
Steve Sawyer	385
Tony Pishner	345
Patrick Byrd	330
Mike Johnson	325
Wil Nelson	300
198	
Tommy Oldham	420
Neil Adams	400
Robert Howell	385
Chuck Duvall	330
Michael Baird	300
220	
Jason Sturkie	530
Danny Ward	500
Earl Boone	440
Doug Bell	440
Kinn Smith	405
242	
Robert Lord	560
Tim Houlahan	465
Scott Wilson	450
Idris Williams	365
275	
Corey Williams	455
George Haslam	375
Scott Lauer	375
308	
Jerry Tancil	600
308+	
Tim Martin	430
Master 40-44	
Robert Howell	385
Master 45 -49	
Jerry Tancil	600
George Abdon	450
Frank Allen	340
Masters 50-54	
George Haslam	375
Masters 55-59	
John Blackman	470
Doug Ricafrente	365
Wasters 60-64	
Jack Powell	365

Best Lifter Robert Lord - 560. (from Alan Bremner.)

WNPF American Championships
1,2 JUN 02 - Bordentown, NJ

SQUAT	
220	
35-39	
JOHNSON	450
198	
40-49	
DUNN	440*
POWERCURL	
198	
POLLOCK	150
220	
70-79	
MCMGUIRE	105*
275	
50-59	
BIZZELL	175*
DEADLIFT	
132	
OPEN	
MANNS	285*
MEN	
165	
LANE	315*
181	
OPEN	
EISEMAN	705
40-49	
MOTICHKA	565*
50-59	
CONWAY	540
198	
70-79	
ROSENFIELD	405*
OPEN RAW	
GRISBACK	515
220	
OPEN	
ADZIMA	465
35-39	
JOHNSON	525
40-49	
JOHNSON	485
242	
35-39	
ERB	480
OPEN	
PARRY	500
275	
50-59 RAW	
BIZZELL	530
SHW	
50-59	
O'BRIEN	455
50-59 RAW	
O'BRIEN	300
BENCH	
105	
40-49 RAW	
MCNAMARA	80
SHW	
40-49	
DECREE	225*
MEN	
80	
YOUTH 9-1 0	
O'DONNELL	270
148	
OPEN	
O'DONNELL	270
OPEN RAW	
O'DONNELL	270
165	
35-39	
CALIGUARI	
50-59	
LANE	
265*	
70-79	
FORT	
200*	
80-89 RAW	
MASON	
165*	
181	
20-25	
TEXTER	335
OPEN RAW	
KRICK	300
198	
1 7-19 RAW	
TEMPRANO	
280*	
OPEN	
RUIZ	340
GREEN	
40-49	
DUNN	320
GREEN	
OPEN RAW	
WEBER	350
35-39 RAW	
BEECHEY	
50-59 RAW	
MAKOFSKY	290
220	
OPEN	
HESS	405
20-25 RAW	
WALLACE	440
OPEN RAW	
WALLACE	440
RICH	350
40-49	
RAW	
GASKINS	335
JOHNSON	325
50-59	
RAWLS	360
70-79	
MCGUIRE	245
242	
OPEN RAW	
PARRY	350
35-39 RAW	
FEDEROWICZ	375
ERB	350
275	
OPEN RAW	
EDWARDS	450
SHW	
35-39	
LOPEZ	500
OPEN	
LOPEZ	500
50-59 RAW	
O'BRIEN	270

Women	SQ	BP	DL	TOT
114				
40-49				
FRAILEY	205*	120	325	535
123				
35-39				
POMEROY	165	95	225	485
132				
OPEN				
MANNS	230	160	285	675
148				
OPEN RAW				
HOMICH	240	135	285	660
40-49 RAW				
PRAWER	125	140	160	425
MEN				
123				
OPEN				
MASSEY	275	235	315	825
35-39				
MASSEY	275	235	315	825
148				
35-39 RAW				
MELROSE	230	225	305	760
114				
14-16 RAW				
BLESSING	260	205	340	805
OPEN				
PENN	315	240	415	970
50-59 RAW				
HOXWORTH	385	200	450	1035
165				
14-16				
FERGUSON	405	290*	455*	1150
OPEN				
BARNER	475	335	425	1235
40-49				
PELLOW	400	265	475	1140
AHERN	400	240	400	1040
181				
14-16				
FOWLER	390	225	435	1050
OPEN RAW				
KRICK	405	300	470	1175
OPEN				
WARSH ANY	520	380	520	1420
MOTICHKA	475	300	565	1330
40-49				
MOTICHKA	475	300	565	1330
50-59				
CONWAY	490	235	540	1265
198				
40-49				
CATINA	520	290	520	1330
ZNACZKO	470	265	425	1160
50-59				
HATTEN	480	205	530	1215
70-79				
ROSENFIELD	320*	265*	405*	980*
220				
14-16				
DENARDO	405	315	450	1170
OPEN				
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ADZIMA	365	315	465	1145
35-39				
HEIM	510	340	510	1360
40-49 R-AW				
KLIEFOTH	650*	330	580*	1560*
242				
17-19 RAW				
ADAMS	480	320	500*	1300
POLING	405	275	450	1130
OPEN				
AZIZ	620	415	570	1605
PARRY	450	350	500	1300
MCCORRY	425	265	425	1105
35-39				
AZIZ	620	415	570	1605
40-49 RAW				
NAGLE	425	385*	500	1310
40-49				
SCHWEDER	530	375	545	1465
50-59				
HILL				
275				
OPEN				
DEPPEN	550	385	515	1450
SHW				
50-59				
O'BRIEN	455	300	455	1210

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2002 USPF Oklahoma State Powerlifting / BP/ DL Championships - Stillwater, OK - 1 tape
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IRONMAN				
165				
50-59 RAW				
LANE		265*	315*	580
198				
40-49				
PRIDE		285	525	810

* - New WNPF American record. This was a two day meet with the specialist lifting on Saturday and then we had our first strongman contest outdoors and all full meet lifters lifted on Sunday. In the powerlifting event Wendy Frailey set a new masters record in the 114 class with a 205 squat. Julita Manns lifted superbly in the 132 lbs. open division, she totaled 675 pounds in only her second meet. Ferguson from Pa. set new records in the 165 teen 14-16 division with a 290 bench and 455 deadlift. Rick Warshany and Pete Mo went at it again for the 2,000 time with Rick coming out ahead with a 1420 total. Tom Conway made his return in the 181 masters over 50 with a 1265 total. Pete Catina posted a 1330 total in his new 198 pound weight class. Burt Rosenfield a WNPF member since 1988 lifted for the first time in the over 70 division and set a new squat, deadlift and total record. Gary Helm, where have you been? We haven't seen Gary in a long time, Gary came back big and strong lifting in the 220's, no more 181's and 198's. Gary beat four others in the 220 open class. Wayne Kliefoth is on a roll, he squatted a big 650, deadlifted 580 and totaled 1560 all new American records for the WNPF. Mr. Adams from Pa. set a new deadlift record in the 242 17-19 raw division. Tarriq Aziz from NJ lifted well in his first meet in 2002, totaling 1605 pounds. Buddy Schweder lifted in the masters 40-49 242's in his first meet and totaled 1465 pounds. Coach Mark Deppen posted a 1450 total in the 275 pound open class. Bob O'Brien lifted in the masters equipped and raw division totaling 1210 and 920. Erika DeCree broke her own American record with a 225 bench. Brad Lane set a new record in the masters 50-59 raw with a 265 bench. Leo Fort and Bernie Mason from Pa. won their classes, 70-79 and 80-89 and they both set new records. Tom Beechy made his return after a 8 yr. absence with a 345 bench. Weber and Makofsky won their classes in their first WNPF event. Rich and Gaskins lifting in their first meet lifted well in the 220 open and masters raw divisions. David Lopez made 500 pounds in the SHW class. Tom Eiseman deadlifted 705 pounds in the open division, 181 class. Grisback, Johnson and Erb won their divisions. Larry Bizzell deadlifted 530 and curled 175 lbs. Thanks to Jim Sullivan, Annette Schneidmill, Bob DeRisi, The Delaware spotting crew and everyone that made this event a success. Thanks to the nine guys that competed in the strongman competition on Saturday. Jim Poinsett a long time WNPF member got hurt doing the strongman contest and still won his class. Jim mentioned that he will be back in one year on the WNPF platform. (Thanks to WNPF for the results.)

VIRGINIA'S STRONGEST MAN AUG 17, 2002 - VIRGINIA BEACH, VA

LightWeights	Tire Toss	Log Lift	Stone	Dead Lift	Medley	Boat	Total
Norwack, Kevin	9.0	7.5	8.0	7.0	7.0	8.0	46.5
Norwack, Kirk	7.0	9.0	9.0	8.0	6.0	7.0	46.0
Rosellini, Michael	5.0	7.5	7.0	3.0	5.0	3.0	30.5
Cooper, Robert	6.0	6.0	4.0	5.0	3.0	5.0	29.0
Griffin, Dixon	8.0	3.5	6.0	2.0	4.0	4.0	27.5
Jaworski, Alan	4.0	1.0	3.0	4.0	2.0	6.0	20.0
Brown, Gary	2.0	3.5	2.0	1.0	1.0	2.0	11.5
HeavyWeights							
Amundsen, Brian	3.0	9.0	5.0	4.0	8.0	7.0	36.0
Petryszak, John	5.0	8.0	8.0	5.0	1.5	8.0	35.5
O'Connor, Scott	1.0	5.0	9.0	8.0	5.0	6.0	34.0
Neal, Mike	7.0	7.0	2.0	9.0	4.0	5.0	34.0
Mongold, Travis	6.0	2.5	7.0	6.0	7.0	3.0	31.5
Godack, Anthony	8.0	6.0	6.0	3.0	3.0	1.0	27.0
Mink, Paul	4.0	2.5	3.0	1.5	6.0	4.0	21.0
Stallings, Tim	2.0	2.5	4.0	1.5	1.5	2.0	13.5

Sponsors: Met-Rx & World Wide Nutrition. Sanction: NASS. Promoted by Gayle Schroeder, Va State NASS Chairwoman and Troy Ramsey. Judge: Johnny Perry. NASS: Dione Wessels. A special note of thanks to our incredible field staff. special guests: Kazmaier, Pellichia

BLUE RIDGE SPRING BENCH PRESS
25 MAY 02 - Stanardsville, Virginia

165		242	
Brendon Hickman	315	40-49	
220		Johnny Dean	300
18-19		275	
Chris Collier	225	Daniel Dean	375
40-49		Supers	
David Stanley	405	Carroll Thorton	425

(thanks to John Shifflett for providing the results.)

North Flordia Bench Press
24 AUG 02 - Jacksonville, FL

Women		James Hicks	405
Barbara Weber	170	198 Class	
Sheila McGlothlin	155	Drew Maddox	475
Teen		Donald Adams	345
JP Sampson	315	220 Class	
Zach Alexander	240	MattHalliday	485
Masters		Jeff Dennis	440
Doug Drapeau	420	Bobby Hayden	435
Eddie Edwards	325	242 Class	
Dan Prevatt	350	Kenneth Monroe	525
Seniors		Brett Hendrix	500
Richard Kanover	320	Tom Nash	330
Roger Smith, Jr.	200	275 Class	
148 Class		Doug Drapeau	420
Bo McCoy	350	Dan Prevatt	350
165 Class		Danny Stokes	315
Adam Shively	395	Super Heavy	
Joe Nardo	375	Mike Lacombe	560
Kevin Germain	335	Corey Yarbrough	530
181 Class		Keith Southwood	490
Tim Holmes	430		

Open Class: Best Lifter 181 and under Tim Holmes
Open Class: Best Lifter 198 and over Kenneth Monroe. (Results from - World Gym Jacksonville.)

USAPL NC State Bench Press
08 JUN 02 - Wilmington, NC

Women		Men 55-59 raw	
114		C. Defiggarde	235
40-44 raw		220	
Joanna Davis	95	Men 50-54	
123		Jimmy Wyand	450
Rebecca Lane	157	raw	
132		Ed Thayer	340
55-59 raw		242	
Judy Flynn	105	Teen 16-17	
Men		Allan Parson	345
132		275 raw	
Eric Knight	340	Berth Faircloth	500
165		308 raw	
Jon Peterson	350	Jon Von Rohr	375

(Thanks to USAPL for providing the meet results.)

Finnish BP Team Nationals
14 SEP 02 - Turenki (kg)

Tapanilan Era 1		Timo Nieminen	147.5
Esa Jantunen	222.5	Total	672.5
Juha Tuononen	215	6. Pornaisten Heavy	
Juha Lehto	197.5	Kaj Mattila	210
Tero Lahtonen	157.5	Marko Salovaara	180
Total	792.5	Kai Siren	142.5
2. Jyvaskylan Voimaklubi		Tomi Raatikainen	140
Marko Etelalahti	202.5	Total	672.5
Kari Veid	192.5	7. Myyrin Kuntokeskus	
Jari Kaiho	185	Roger Eriksson	205
Juha Ruoknen	185	Antti Savolainen	172.5
Total	765	Jari Leskinen	160
3. Sievin Sisu		Kimi Wilenius	130
Hannu Kopola	207.5	Total	667.5
Petri Hietamaki	200	8. Riihimaen Kisko	
Heikki Kopola	190	Valto Mononen	140
JyriHietala	142.5	Petri Laurila	162.5
Total	740	Anssi Leponokka	150
4. Pietarsaaren Voimailija		Heikki Linsten	170
Tom Stenvall	130	Total	622.5
Hannu Perasarri	180	9. Turengin Sarastus	
Erkki Rajala	165	Hannu Eskola	192.5
Karl-J. Renlund	220	Seppo Sohlman	190
Total	695	Marko Viljanen	175
5. Tapanilan Era II		Jarmo Sohlman	
Heikki Hirvonen	190	Total	557.5
Christer Nylund	175		
Ari Kurjenkallio	160		

(Thanks to Heikki Orasmaa forprovding results.)1.

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3-14+15+16-03 APF Jr. Nationals Powerlifting/Bench Press Championships (Boston, Mass.)
3-22-03 APF Jacksonville Open Powerlifting Championship (Jax, Fl.)
4-5-03 APF FLordia State Bench Press Championships (Daytona Beach, Fl.)
4-11+12+13-03 AAPF Nationals Powerlifting + Bench Press (Chicago, Ill.)
4-26-03 AAPF Florida State Powerlifting Championship (Tampa, Fl.)
5-9+10+11-03 APF Masters, Junior + Teenage Nationals (Daytona Beach, Fl.)
5-30+31+6-1-03 APF Mens+Womens Senior Nationals Powerlifting + Bench Press (location tba)
6-14-03 APF Florida State Powerlifting Championship (Daytona Beach, Fl.)
7-12-03 APF Florida Push/Pull (Daytona Beach, Fl.)
8-15-17-03 AWPC Worlds Powerlifting + Bench Press (Saco, Maine)
9-6-03 APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans (Daytona Beach, Fl.)
10-25-03 AAPF Southern States Powerlifting Championship (Daytona Beach, Fl.)
12-6+7-03 APF Southern States Powerlifting Championship (Daytona, Fl.)

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21 DEC, APF Hardcore Christmas Bench Press Championship + Party, Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

28 DEC, USAPL Nor Cal Winter Classic PL, BP, DL, (Napa, CA) Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.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

4 JAN, APA East Coast Bench Press and Deadlift Classic (Ft. Washington, Maryland), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com

4 JAN, USAPL Midwest Squat Meet, Open, Masters, Women's, teens (Granite City, IL) Maureen Post, 618-345-6574 lv msg., mpost57@msn.com

11 JAN, ADAU Ohio Classic Raw Bench Press (Kent, Ohio), John Kuhar 330-678-5897, kuhar@quixnet.net

11 JAN, USAPL Fargo Invitational, Rich Edinger, 1022 3rd Ave, S. Fargo, ND 58103, 701-237-4036

11 JAN, NASA Ohio State Bench Press, West Liberty High School, West Liberty OH, Spanky Cordial 937-653-5504, squat@foryou.net

18 JAN, APA Tri-State Bench Press And Deadlift, (Montgomery, AL) Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com or Gold's Gym Attn: Johnny Sheakley, johnnysixx@aol.com

18 JAN, USAPL Central California Push/Pull, Bakersfield, CA, Steve and Lisa Denison, PWRLFTRS@POWERLIFTINGCA.COM, http://www.powerliftingca.com/, 661-664-7724

18 JAN, SLP Broad Ripple Winter BP/DL Classic (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

18 JAN, USAPL Icebreaker Bash, Tommy Peterman, SCI Rockview, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874, Ext. 229

18 JAN, USAPL Wisconsin State, Jeff Johnson, 19031 Otter Trail, Muscoda WI 53573, 608-739-4292

18 JAN (NEW DATE), 3rd APF Michigan Bench for Cash, State BP Championships (cash prizes 1st-5th based on Reshel Formula - $1000 for 1st place) Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharbourne@comcast.net

18 JAN, APA Texas State (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

19 JAN, The Winter Blues PL/BP Meet (Goshen, IN), Jon Smoker, 30907 CR 16 W., Elkhart, IN 46516, 219-674-6683

24-26 JAN, USAPL 2003 Women's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

25 JAN, APF Deal With The Steel BP/DL (Elizabeth, PA) Jamie Harris, Keith McNeish 412-384-5051, oatjez@aol.com

25 JAN, SLP A Cold Day In .... Tuscola BP/DL Classic, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

25 JAN, WNPF Delaware State (Newark, DE) WNPF, P.O. Box 142347, Fayetteville, GA 30214, 770-996-3418, WNPF@AOL.COM

25 JAN, Iron Boy Push/Pull Championships, Winston-Salem, North Carolina, Keith Payne 336-766-3347, keith@ironboyenterprises.com

25 JAN, White's Truck Stop/YMCA Winter Bench Press and Deadlift, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

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

1 FEB, SLP Powerhouse Open BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

1 FEB, NASA Power Sports Nationals (Lexington, KY) Rich Peters SQBPDL@aol.com or 405-527-8513

1 FEB, Body Factory Power Challenge/BP, Jim Parrish, 610-863-1090, 436 Blue Valley Dr., Bangor, Pa. 18013

1 FEB, APA Houston Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

8 FEB, USAPL VI Bill Beckwith's Bench, Deadlift & Qualifier, (Wayland, Mich) All USAPL Womens & Mens weight classes - Teen, Masters, Open, Police/Fire and Raw, Richard Van Eck, 269-521-4031

8 FEB, 12th Annual New Castle's BP Championships (Touch and Go), Men, Women, Teen, Master Divisions, Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529

8 FEB, APA Illinois State Bench Press/Deadlift Championships, BP, P/P, DL competitions, Roger Broeg, Burlington IA 52601, 319-753-0676, iowaapachair@apa-wpa.com

8 FEB, SLP Chain O' Lakes BP/DL Championships (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8 FEB, APF West Coast Push Pull (San Mateo, CA - Stark's Gym) John Ford, 650-757-9506

9 FEB, WNPF Ohio State, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

9 FEB, AAU MO State PL, X-Treme Fitness, 607 North Highway 47, Union, MO, 63084, (636) 583-1179, Darin Gilley, 2820 Old Gray Summit Rd, Pacific, MO 63069, (636) 742-4537 daringilley@aol.com

15 FEB, Gym Yard Dog Open - St. Valentine's Day Massacre (Men + Women), Johnny Bender, Body Creations, 9103 Old Staples Mill Rd, Richmond, VA 23227, 804-262-8004

15 FEB, SLP Central USA Open PL/BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

15 FEB, WNPF Tennessee State (Cleveland, TN) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

15 FEB, USAPL Minnesota State JR/Master & Novice, Joe Cooper, 5344 Ugstag Rd, Duluth, MN 55811, 218-729-8940

15 FEB, The Fitness Connection Tomah Winter Class BP (Tomah, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693, 372-3883

15 FEB, AAPF Gulf Coast Open (Tampa FL) 386-252-8193 or email hugeiron@logicalcity.com

15,16 FEB, Gary Grosso IPA Dedication Meet (Harrisburg, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

15-16 FEB, NASA OH State HS & Teenage Nationals PL, BP & PS (Springfield, OH) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

16 FEB, USPF Can-Am Bench Press & Region 1 BP, Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, SQ700@aol.com

16 FEB, USA 'RAW' BENCH PRESS FEDERATION WINTER NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

16 FEB, WNPF Georgia State (Atlanta, GA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

22 FEB (new date), IPA Beast of Bench, Mike Miller 610-746-700, nazbar@enter.net

22 FEB, SLP Mason-Dixon Open BP/DL Championships (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 FEB, NASS Strongman Contest - St. Louis, MO (AM), Rick King - 314-423-2525, Willie Wessels - 314-609-6031, dwes370162@msn.com or www.nastrongman.com

22 FEB, APF Missouri State Record Setters (PM), Rick King 314-423-2525, Willie Wessels 314-609-6031, dwes370162@msn.com or www.nastrongman.com

22 FEB, Saratoga YMCA Bench Press, John Hart, 20 Old Gick Rd., Saratoga, NY 12866, (518) 587-3000, www.muscleworkspowerteam.com, BigBenchers@hotmail.com

22 FEB, WABDL Pendulum Fitness Texas BP + DL (Dallas) Bob Garza, 281-820-5923

23 FEB, SLP Brazil YMCA BP/DL Challenge II (Brazil, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

28 FEB - 1 MAR, AAU/USPF Oklahoma State BP/DL/Powerlifting Championships & Oklahoma Open, Tulsa, Oklahoma, Rickey Dale Crain 405-275-3689, rcrain@charter.net or Hugh Dunagan 918-492-3717

28 FEB - 1,2 MAR, Arnold Classic Bench Press Challenge & WPO Finals, Classic Productions, Inc., 1456 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600, FAX 614-431-3493, www.arnoldfitnessexpo.com

1 MAR, SLP Southern Illinois Open BP/DL Championships (Effingham, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

1 MAR, WNPF Natural Northeastern (Edison, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

1 MAR, 12th Larry Frederick Jr. Memorial BP, North Penn YMCA, Lansdale, PA, Steve Unrath, 215-368-1601

1 MAR, USAPL Great West BP & PL, Steve Howard, 2107 Arrow Ct, Rapid

8 February 2003

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City, SD 57702, 605-348-4039

1 MAR, IPF North American Cup (Philadelphia) Robert Keller, Box 829 Ambler, PA 19002, rhk@verizon.net

1 MAR (NEW DATE), USAPL Virginia Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

1 MAR, NASA Western State Nationals PL, BP, & PS, (Mesa, AZ - Masters Nats Qualifier), Rich Peters SQBPDL@aol.com or 405-527-8513

1 MAR, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

1 MAR, USPF/AAU Oklahoma State PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

1,2 MAR, USAPL Pennsylvania State, (Philadelpia - Open, Teen, Junior, Collegiate, Master, Police/Fire/Military) Robert Keller, Box 829 Ambler, PA 19002, rhk@verizon.net

1,2 MAR, *APF California State Meet (Red Lion Inn, Sacramento) Al Garcia, 916-482-2868*

2 MAR, *WNPF New York Championships, Waterloo, New York, Ron DeAmicis, 6531 New Rd, Youngstown, Ohio 44575*

2 MAR, *SLP Missouri State 'Raw' Powerlifting/BP/DL Championships (Rolla, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

2 MAR, *WNPF Pennsylvania State (Lancaster, PA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214*

2 MAR, *NJ High School Drug Free Powerlifting Championships (Students Only), Paul Sacco 609-567-0046*

2 MAR, *NPA Northern Illinois Open BP, DL, & PL (Drug Tested) Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032*

8 MAR, *APA US Open Bench Press And Deadlift (Kennewick, WA), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com*

8 MAR, *Albany Strength PL/BP (Upstate NY Halo of Fame Induction Ceremony) John Payonne, 332 Central Ave., Albany, NY 12206, 518-433-1703, www.albanystrength.com*

8 MAR, *APA Midwest Powerlifting Open, P, BP, P/P, DL competitions, Roger Broeg, Burlington IA 52601, 319-753-0676, iowaapachair@apa-wpa.com*

8 MAR, *USPF Oregon PL, Terry Wilson, 541-774-6829, TeamJCSO@yahoo.com*

8 MAR, *SLP March Madness BP/DL Classic (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

8 MAR, *WNPF South Carolina State (Greenville, SC) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214*

8 MAR, *USAPL 5th Annual Michiana PL meet, Mike Michelakis, 1111 Marshlyn Dr, Niles, MI 49120, 269-687-8186*

8 MAR, *USAPL Michigan State Collegiate/Jr. PL & Qualifier, Mike Michelakis, 1111 Marshlyn Dr, Niles, MI 49120, 269-687-8186*

8 MAR, NASA BENCH PRESS & DEADLIFT NATIONAL CHAMPIONSHIPS, Offering a "New" Unlimited Equipment Division along with our regular Single Ply Divisions in the BP only (Springfield, OH) Rich Peters SQBPDL@aol.com or 405-527-8513

8 MAR, USAPL Battle of the Great Lakes VI PL/BP (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com

8 MAR, All Church Contest (open to all church members and church sponsored teams) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

9 MAR, *SLP Southwest Missouri BP/DL Championships (Springfield, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

14-16 MAR, APF Jr. Nationals PL/BP (Open to all APF lifters who have not won the Seniors and meet qualifying total) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-255-5070 or Steve Smith 508-277-6696

15 MAR, *USAPL Georgia State and Southern State Championships, Sherman Ledford, 3000 Mattison St. NW, Duluth, GA 30096, 770-623-1504*

15 MAR, *USAPL Ironman BP/DL and Record Breakers, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156*

15 MAR, *SLP Heath Clifton Memorial BP/DL Championships (Paragould, AR) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

15 MAR, *WABDL Michigan Meet, Bob Garza 281-820-5923*

15 MAR, *Winona Spring Class BP (Winona, MN) 608-787-5693 or 507-452-7133, DWG Productions, 2018 Jackson St., LaCrosse, WI 54601*

15 MAR (NEW DATE), *APF Jacksonville Open Powerlifting Championship (Jax, FL) 386-252-8193 or email hugeiron@logicalcity.com, 904-378-1551 (gym), 904-219-6754 (cell)*

15-16 MAR, APF Massachusetts State (Open to all APF lifters, all Divisions) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-255-5070 or Steve Smith 508-277-669

15,16 MAR, NASA NATURAL NATIONALS PL, BP & Power Sport (Okla. City, OK) Rich Peters SQBPDL@aol.com or 405-527-8513

21-23 MAR, USAPL High School Nationals, James Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

22 MAR, SLP High School Nationals (Indianapolis, IN) Dr. Darrell Latch, www.sonlightpower.com

22 MAR, *APA Battle of the Badasses II Powerlifting and Bench Press Championships (Clayton, NC), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com*

22 MAR, *WNPF Western PA (Beaver Falls, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670*

22 MAR, *WNPF Alabama State (Montgomery, AL) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214*

22 MAR, ADAU Great Lakes Championship (National Qualifier - Open + All Age Groups, Men and Women) Joe Orengia, 4468 W. 26th st., Erie, PA 16506 814-833-3727, www.pikitup.com

22-23 MAR, Canadian Powerlifting Championships, Bruce Greig, Box 4, Okotoks, Alberta T1S1 A4, Canada, P: 403-938-3067, F: 403-938-0489, www.CPC-powerlifting.com

23 MAR, *SLP Illinois Open BP/DL Championships (Hillsboro, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

23 MAR, *USPF Rhode Island State Powerlifting + Bench Press Championships, Ted J. Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, Email: uspf-ri@cox.net*

29 MAR, *USPF GA State (Forsythe, Ga), Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, Day - 229-896-3988, Nite - 229-896-3989, bduke@alltell.net*

29 MAR, *SLP John Ware Classic Powerlifting/Bench Press/Deadlift Championships (Kirksville, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

29 MAR, WNPF USA vs Bahamas (Freeport, Bahamas) WNPF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418

29 MAR, *4 Seasons Spring Bench Press, Kevin Deming, Four Season Association, 904 Four Seasons Rd., Bloomington, Il 61701, 309-663-2022 ext. 34, Kevin@4Seasons-club.com*

29 MAR, NASA VA State Championships, PL, BP & PS (Charlottesville, VA) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

29 MAR, APF/AAPF Georgia State Open PL & BP (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, www.irowdawg.com

30 MAR, *SLP Indiana State BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

30 MAR, Pittsburgh Monster BP & DL (men & women - all divisions - all classes - cash prizes - Holiday Inn Airport -- Moon Township, PA) Mike Barravecchio, 301 Springwater Ct., Moon, PA 15108, 724-457-2708

MAR, *100% Raw North Carolina State,*

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***MAR, APR,** USPF Virginia State Open PL/BP. Gayle Schroeder, strength@exis.net, 757-481-6963, Info: http://www.powerandstrength.com (Online Entry Soon)*

5 APR, USA 'RAW' BENCH PRESS FEDERATION SPRING NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

***5 APR (new date),** IPA AM OPEN Bench Press Championships + Pro Invitational Bench Press, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823*

***5 APR,** WNPF Lifetime Drug Free Bench Press & Deadlift Nationals, Ironman & Powercurl (Atlantic City, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214*

5 APR, Iowa/Midwest Open BP, DL, Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

5 APR, APF Florida State Bench Press (Daytona Beach) 386-252-8193 or email hugeiron@logicalcity.com

***6 APR,** SLP Primetime Fitness BP/DL Championships (Crestwood, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

***11 APR,** AAU Spring Break Bench Press Classic (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org*

11-13 APR, AAPF Nationals Powerlifting + Bench Press (Chicago IL) 386-252-8193 or email hugeiron@logicalcity.com

***12 APR,** APA Eastern U.S. Powerlifting and Bench Press, APA Maryland State Powerlifting, (Ft. Washington, Maryland), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com*

***12 APR,** SLP Memphis Open BP/DL Championships (Memphis, TN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

***12 APR (NEW DATE),** WNPF Dayton Open (Dayton, OH) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214*

***12 APR,** Downtown Fitness BP (Reedsburg, WI) 608-787-5693 or 608-524-4282*

12 APR, NASA Ohio State PL, BP, Power Sport, (Springfield, OH) Rich Peters SQBPDL@aol.com or 405-527-8513

12 APR, ISA Superman (Clean & Jerk, BP, and DL), Push/pull, BP contest, 24- Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, $400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

12 APR, White's Truck Stop/YMCA Spring BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

***12,13 APR,** AAU Triple Crown Classic (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org*

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12,13 APR, AAU Fire and Law Nationals (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org

***12,13 APR,** AAU VA State Championships, (Richmond, VA) Va Powerlifting Assoc., 1811 Southcliff Road, Richmond, Va 23225 or aausports.org*

12,13 APR, USAPL Collegiate Nationals, Michael Cissell, 15 Lakeside Drive, Lake St. Louis, MO 63367, 636-561-1242, mcis904082@aol.com

12,13 APR, Power Palooza V PL, BP, DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

***13 APR,** 18th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527*

***19 APR,** APF Louisiana State / Open (Baton Rouge) Garry Frank 225-926-7473*

***19 APR,** SLP Midwest Muscle Classic BP/DL Championships (Wausau, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

25 APR, 25th anniversary Met-Rx USPF Women's Sr. National Powerlifting Championship (cash prizes - Wayfarer Inn Convention Center, Bedford, NH) Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-6226-5489, www.americanpowerlifting.com, davefollansbee@aol.com

***26 APR,** 24th Raw ADAU "Power Day Classic" (separate BP & DL contests, open and all age groups for men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-768-3214, al@plkitup.com*

***26 APR,** USAPL Zumbro Valley Open, Steve Johnson, 405 5th ST NW, Kasson, MN 55944, 507-634-4730*

26 APR, SLP NATIONAL BP/DL CHAMPIONSHIPS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

***26 APR,** Azalea Festival Strongman Challenge, Norfolk, VA. Gayle Schroeder, strength@exis.net, 757-481-6963, Info: http://www.powerandstrength.com (Online*

Entry Soon)

26 APR (REVISED DATE), WNPF PAN-AM Championships - Stuart, FL (30 miles north of Palm Beach), 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

26 APR, *Chickahominy YMCA BP Classic (Teen 15, 16-17, 18-19, Junior 20-23, Open 24 and Over, Masters 40+: Five year increments) Chickahominy Family YMCA, 5401 Whiteside Rd, Sanston, VA, 804-737-9622*

26 APR, AAPF Florida State (Tampa, FL) 386-252-8193 or email hugeiron@logicalcity.com

26 APR, 9th Annual Dungeon Powerworks Slam Bench & Deadlift, Drug Free Only, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042 (616) 435-7586 or Tyrone Ward (616) 273-1092

26,27 APR, NASA High School National Championships, PL & Power Sports, (OKC, OK) Rich Peters SQBPDL@aol.com or 405-527-8513

26-27 APR, NASA WV State Championships, PL, BP & PS (Ravenswood, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

27 APR, *SLP Little Rock Open BP/DL Classic (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

APR, US Open PL & BP (Cash prizes), USPF Collegiate Nationals & Junior Nationals, *USPF New Hampshire State & Region 1 PL/BP/DL, Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, SQ700@aol.com*

APR, WPA World Powerlifting Championships, Can-AM Bench Press and Deadlift, APA IL State Powerlifting Championships (Chicago, IL), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com

APR, *100% Raw Battle of the Benches, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004*

APR, PPL Georgia State "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com

APR, Laughlin's River Run BP (Laughlin, NV - men, women, masters - book early!!!) Chris Kostas, 1854 Pineridge Rd,. Frazier Park, CA 93225, 661-2 1 5 - 0 1 1 5 , kostas@frazmtn.com

2-4 MAY, USAPL Masters Nationals, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-753-8586

3 MAY, *SLP Mid-South BP/DL Championships (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

3 MAY, *USAPL MI State HS/Teen & Qualifier, Mike Michelakis, 1111 Marshlyn Dr, Niles MI 49120, 269-687-8186*

3 MAY, NASA KY State Championships, PL, BP & PS (Lexington, KY) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com

4 MAY, *SLP Southeast Iowa BP/DL Championships (Coralville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

4 MAY, WNPF Teen, Junior, Youth National Championships (Philadelphia, PA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

9-11 MAY, APF Masters, Juniors + Teenage Nationals (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

10 MAY, *APA Western USA Powerlifting, Bench Press, and Deadlift Championships (Kennewick, WA), Scott Taylor, PO Box 27204, El Jobean, FL 33927, P: 941-697-7962, F: 801-905-7046, Scott@apa-wpa.com*

10 MAY, *SLP Cross County Pull BP/DL Championships (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

10 MAY (NEW DATE), *APA Buckeye BP (Springfield, OH) Bruce Stotler, apa_ohio@yahoo.com*

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10 MAY, Old Dominion BP and Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

17 MAY, *USPF Spartan Bench Press - Granada Hills, Entry Form at www.powerliftingca.com, Kevin Meskew, 9235 Woodale Ave, Arleta, CA 91331, (818) 899-7555, Warrior01@earthlink.net*

17 MAY, *USBF Larry Garro Memorial Bench & Ironman/Ironwoman Open; USPC Power curl (Cash Award); Brian Washington, PO Box 20042; Baltimore, MD 21284-0042; 410-265-8264, Brian@usbf.net*

17 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 MAY, WNPF Raw Nationals & Powerfest 2k3 (Stamford, CT) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

17 MAY, *2nd USPF Open BP and Deadlift Contest (Sponsored by Erie C.C. Football Team - Buffalo NY) Open - Women - Teen - High School - Submasters - Masters. Dennis Green 716-851-1898*

17 MAY, USAPL New England States Open, Greg Kostas, 113 Linden St., Whitman, MA 02382, 781-477-6714

17 MAY, ADAU "NO druggies Allowed" Squat - Bench- Deadlift Championships (No total - single lift national qualifier - open + all age groups - men + women) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, www.pikitup.com

18 MAY, *SLP Chicagoland Open BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

18 MAY, WNPF Police Nationals (Edison, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

21-25 MAY, IPF Women's World Powerlifting Championships, Dennis Brady, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

24 MAY, 4th Annual Police & Fire Powerlifting Nationals, Capital Center Inn, 914 S.E. Madison, (Madison & 10th St. exit) Topeka, KS 66106, 888-421-9020 or 785-232-7721, or James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326 or E-mail JDuree7086@aol.com

30-31 MAY, 1 JUN, APF Mens + Womens Senior Nationals Powerlifting + Bench Press 386-252-8193 or email hugeiron@logicalcity.com

31 MAY, *SLP Harrodsburg Open BP/DL Championships (Harrodsburg, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

MAY, *100% Raw Elizabeth City Open PL, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004*

MAY, *NASA MD State High School BP (Keymar, MD) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvhl@wirefire.com*

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

31 MAY-1 JUN, *USAPL Heavy Metal Classic, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156*

1 JUN, *SLP Indiana Summer BP/DL Championships (Franklin, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

6-8 JUN, WABDL Pendulum Fitness

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Ever wish you had two big guys to hand you the dumbbells when you were already on the bench? Ever wonder how many more reps you could get if you didn't have to waddle over to the bench and try to get into pressing position without killing yourself?
COUNTRY POWER INC. invites you to enter its 2nd annual 10 reps dumbbell bench press contest. This contest was started to further prove that using Power Hooks is the best way to train with dumbbells.
The winner will receive $1000.00.
To enter: Send a post card or letter no later than Oct. 1, 2003 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. Please have video available (see below).
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.
Judging: Points will be awarded depending on contestant's age, bodyweight and total weight lifted for ten reps.
Finalists will be contacted during the first week of Nov. 2003. We will then need a video of you weighing yourself in on a scale (bathroom scale is ok) and then weighing the dumbbells individually followed by the ten rep dumbbell lift.
Top five entrees will be listed on WWW.POWERHOOKS.COM updated monthly

Nationals BP + DL Championships, Houston, TX, Bob Garza, 281-820-5923

7 JUN, *SLP Superman Classic BP/DL Championships (Metropolis, IL.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

7 JUN, USAPL Pete Lenzi Memorial BP (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com7

7 JUN, *Strawberry Fest Strongman/woman, RAW BP Outside, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com*

7 JUN, USPF/AAU Sooner State Games, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

7,8 JUN, WNPF Mens USA PL/BP/DL/SQ Nationals (Atlanta, GA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

7,8 JUN, NASA Masters/Submasters National Championships PL, BP, & PS, (Mesa, AZ - You must qualify to lift if you live in a State where NASA conducts meets), Rich Peters SQBPDL@aol.com or 405-527-8513

14 JUN, *USPF California State Powerlifting, Bench Press & Deadlift Championship - Norwalk, Entry Form at www.powerliftingca.com, Chuck LaMantia 714-994-5198, 714-944-5198, CKCCLAMA@aol.com*

14 JUN, *SLP Illinois State BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

14 JUN, APF Florida State (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

21 JUN, *SLP Wisconsin Rapids BP/DL Championships (Wisconsin Rapids, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

21,22 JUN, WNPF Drug Free Nationals (World qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

22 JUN (NEW DATE), WNPF Women's Nationals & Men's Elite Nationals (Philadelphia, PA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

28 JUN, USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

JUN, *100% Raw North Carolina State BP, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27909, 252-338-2004*

3 JUL, Iowa/Midwest Open Touch and Go Bench Press (teen, novice, open, submasters, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

5 JUL, *SLP Ft. Hamilton Days BP/DL Championships (Hamilton, OH) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

12 JUL, *Body Factory Full Power Challenge / Bench, Jim Parrish, 436 Blue Valley Dr, Bangor, PA 18013, 610-863-1090*

12 JUL, *SLP Waupaca Open BP/DL Classic (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

12 JUL, *NASA WV Open / High School State BP & DL (Buckhannon, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, guhl@wirefire.com*

12 JUL, APF Florida Push/Pull (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

12 JUL, Independence BP & Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

13 JUL, *SLP Heart of Illinois Open BP/DL Classic (Peoria, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

18-20 JUL, USAPL Men's Nationals, Steve Howard, 2107 Arrow, Rapid City, SD 57702, 605-348-4039

19 JUL, *GA Games Powerlifting and Bench Press Championships (Marietta, GA), Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, Day - 229-896-3988, Nite - 229-896-3989, bduke@alltell.net*

19 JUL, ANPPC WORLD CUP, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

19 JUL, Raw ADAU Single Lift Nationals (men & women of any age, in all wt. classes - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-768-3214, al@pikitup.com

19 JUL, *WNPF New Jersey State (Bordentown, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214*

20 JUL, *SLP Mid-Summer Open BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

20 JUL, *WNPF Newark Open BP/DL (Newark, DE) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214*

26 JUL, WNPF Submaster & Masters Nationals & Gulf Coast (PL/BP/DL/SQ - Biloxi, MS) WNPF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418

26 JUL, *USAPL NJ Bench Press Open, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156*

JUL, ISA Presents 5th Annual Limestone Classic Bench Press and Push/Pull Contest, to be held at the Boys Club in Bedford, Indiana, (866) push-pull, (770) 739-0184, or (770) 838-1009, ISA, 951 Maple Street, Carrollton, GA 30117

JUL, PPL Southeastern "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com

2 AUG, *SLP Ohio State Fair BP/DL Championships (Columbus, OH) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

9 AUG, *SLP Wisconsin State Fair BP/DL Championships (West Allis, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

9 AUG, Blue Ridge Strongman/Woman, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

10 AUG, *SLP Missouri State Fair BP/DL Championships (Sedalia, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

15,16,17 AUG, AWPC Amateur World Championships, (Saco, Maine) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

16 AUG, *SLP Indiana State Fair BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

16 AUG, USAPL Mid Atlantic Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

16,17 AUG, North American Powerlifting Championships, Capri Center, Red Deer, Alta, Bruce Greig, Box 4, Okotoks, Alta-T1S1A4, Can, P: 403-938-3067, F: 403-938-0489, www.CPC-powerlifting.com

17 AUG, *SLP Illinois State Fair BP/DL Championships (Springfield, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

23 AUG, *USPF Northern California Push/Pull Championship - Modesto, Entry Form at www.powerliftingca.com, Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.com and Dave Cummerrow, david_cummerow@yahoo.com*

23 AUG, *SLP Kentucky State Fair BP/DL Championships (Crestwood, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

23 AUG, ISA Presents Full Power III, Powerlifting, Push/Pull, And Bench Press Championships, 24- Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, $400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

23,24 AUG, USAPL Bench Press Nationals, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

30 AUG, *SLP DuQuoin State Fair BP/DL Championships (DuQuoin, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

6 SEP, *SLP Tennessee State Fair BP/DL Championships (Nashville, TN) Son Light Power, 122 W. Sale St., Tuscola, IL.*

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725

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Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in *Powerlifting USA*, or any other publication that USAPL so chooses.

SIGNATURE: _____ **If under 21 yrs., Parent Initial:** _____ **Date:** _____ Prior Reg. # _____

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Membership Prices: *(please circle one)* • Adult - $40.00 • High School Division (Full year; any meet) - $30.00 • Special Olympian - $10.00
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Competing Divisions: *(please circle all that apply)* Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire
High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May31 Special Olympian

USAPL Merchandise: *(please circle choices)* •T-Shirt - $15.00 (size ___ qty. ___)*(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)*
•Polo Shirt - $35.00(s-xl) $37.00(xxl & up) (size ___ qty. ___)*(colors: navy, white)* •Navy Sweatshirt - $30.00(s-xl) $32.00(xxl & up) (size ___ qty. ___)
•White Referee Designation Polo - $30.00(s-xl) $32.50(xxl & up) (size ___ qty. ___) •Logo Patch - $5.00 (qty. ___) (Shpg for patch: .50)
•Lifter Classification Patch - $5.00 (qty. ___) *(must provide meet results)* •Hats - $15.00 (qty.___)*(colors: white, navy, black)*

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AREA CODE | TELEPHONE NO | DATE OF BIRTH MO DAY YR | AGE | SEX | U.S. CITIZEN YES NO

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62 S. BROADWAY
AURORA, IL 60505 (630) 892-1491

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I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F.

SIGNATURE X

61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com.

6 SEP, APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

***13 SEP,** USPF Eastern Regional Open; Div(s): Bench, Ironman/Ironwoman, AAA Armwrestling, & USPC Power Curl; Brian Washington, PO Box 20042; Baltimore, MD 21284-0042; 410-265-8264, Brian@usbf.net*

13 SEP, WNPF Lifetime Drug Free PL/BP/DL/SQ Nationals (Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418

***13 SEP (NEW DATE),** IPA PA State/NE Regionals - Bangor, PA, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823*

***13 SEP,** IPA PA State / NE Regionals, Gene Rychlak, Jr., 610-863-1090*

***19 SEP,** RAW Virginia State Bench Press, John Shifflett, PO Box 941, Stanardsville, VA 22973, valifting@aol.com*

20 SEP, SLP OPEN POWERLIFTING/ BP/DL NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

***28 SEP,** SLP Missouri State BP/DL Championships (Springfield, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

***4 OCT,** SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

***5 OCT,** SLP Iowa State BP/DL Championships (Coralville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

***5 OCT,** 19th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 00174, 630-377-7527*

***11 OCT,** USPF Central California Powerlifting, Bench Press & Deadlift Championship - Bakersfield, Entry Form - www.powerliftingca.com, Lisa Denison, 661-644-7724, PWRLFTRS@msn.com*

***11 OCT,** SLP Arkansas State BP/DL Championships (Paragould, AR) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

***11 or 18 OCT,** US Navy Fleet Week, East Coast Strongman Championship. Va Beach, VA. NAS Oceana. Gayle Schroeder, strength@exis.net, 757-481-6963, info: http://www.powerandstrength.com (Online Entry Soon)*

***18 OCT,** SLP Wisconsin State BP/DL Championships (Kaukauno, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

***25 OCT,** 21st Raw ADAU Central PA Open (open and all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-768-3214, al@pikitup.com*

25 OCT, ANPPC NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

25 OCT, AAPF Southern States Powerlifting Championship (Daytona Beach FL) 386-252-8193 or email hugeiron@logicalcity.com

***26 OCT,** SLP Midwest Open BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

OCT, PPL USA "Drug Free" Powerlifting Championships, Full Power, Bench Only, Deadlift only & Iron Man, Python Power League, Attn: Tee "Skinny Man" Meyers, 2250 Lumpkin Rd, Augusta, GA 30906, 706-790-3806, Pythongym@aol.com

1 NOV, USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

***2 NOV,** SLP Effingham Open BP/DL Classic (Effingham, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

***7 NOV,** RAW Blue Ridge Bench Press Classic, John Shifflett, PO Box 941, Stanardsville, VA 22973, valifting@aol.com*

***8 NOV,** SLP Fitness One Fall BP/DL Championships (Hamilton, OH) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

***8-9 NOV,** USAPL NJ State PL, Joe Morreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156*

***9 NOV,** SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

***15 NOV,** SLP Kentucky State BP/DL Championships (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

16 NOV, SLP NATIONAL 'RAW' POWERLIFTING/BP/DL NATIONALS (Rolla, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

***22 NOV,** SLP Chicagoland Classic BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

***23 NOV,** SLP Central Illinois Open BP/DL Championships (Hillsboro, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

NOV, Iowa/Midwest Open BP, DL, Trap DL (teen, novice, open, subs, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

***6 DEC,** SLP Christmas For Kids BP/DL Championships (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

6 DEC, USAPL Virginia State PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

6-7 DEC, APF Southern States (Daytona, FL) 386-252-8193 or email hugeiron@logicalcity.com

***7 DEC,** 11th Raw ADAU Coal Country Classic (separate BP & DL contests, open and all age groups - men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-768-3214, al@pikitup.com*

***7 DEC,** SLP Northern Illinois Open BP/DL Championships (Mechesney Park, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

9-14 DEC, WABDL Worlds (Riviera Hotel, Las Vegas, NV) Gus Rethwisch, 503-762-5066

13 DEC, ISA Presents Superman of the Century, Superman, Powerlifting, Superman of the Century, Push/Pull, And Bench Press Nationals (SMC consists of total full powerlifting + clean and jerk), 24- Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, $400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

13 DEC, Christmas BP Classic/Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

***14 DEC,** SLP Little Rock Open II BP/DL Classic (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com*

26-28 MAR 04, USAPL High School Nationals, Bruce Sullivan, 1545 4 1/2 mile Rd, Racine WI 53402, 262-639-3210

***27 DEC,** SLP The Last One! BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.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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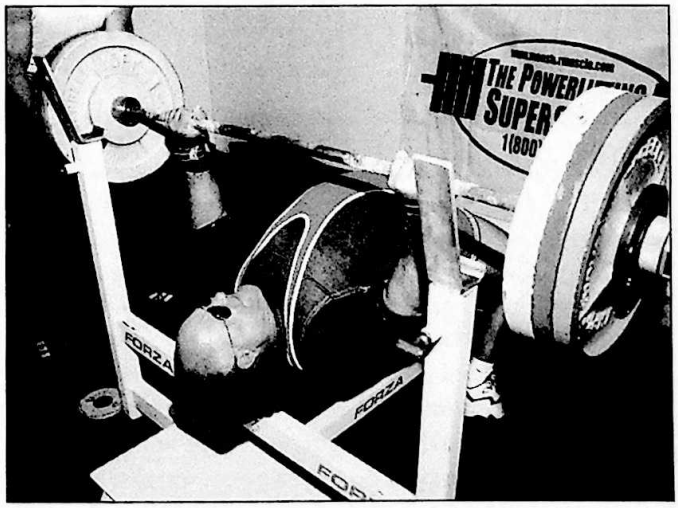
WABDL Bend Summer Strength
08 JUN 02 - Bend, OR

DEADLIFT
Class 1 Men
148
Frank Winbigler 369
G. Langmead 380
198
Theodore Brown 534
220
Troy Charley 573
Donovan Boell 573
242
Gregg Ramsdell 512
309
J. Diaz de Leon 622
Disabled Men
220
John Haskett 352
Junior Men 20-25
148
Barry Kunkel 457
198
Chris Duffin 584
220
Jarrad Capello 700
275
Travis Osborne 650
Law/Fire
Master Men 48+
198
C. Mc Farland 545
Law/Fire Open Men
275
Joseph Schneider
Master Men 40-46
181
Gary Hamer 457
220
Ray Whatley 540
Jerry Capello 745
Master Men 47-53
181
John Clay 496
242
Bill Anderberg 573
308
Dan Stevens 611
Master Women 40-46
123
Myers-De Prospo 352
Open Men
148
Barry Kunkel 457
198
Chris Duffin 584
242
D.S. Edmondson 661
309
J. Diaz de Leon 622
Open Women
148
Victoria Reese 391
Submaster Men 34-39
242
Tim Stashin 622
Submaster 198
Women 34-39
Kelli Sandoval 319
Teen Men 13-15
123
Mike Anderberg 275
148
Justin Berman 253
165
Andy Munsey 424
148
Thomas Jackson 451
198
Dustin McFarland 435
Teen Women 16-19
198+
Antonia Maurer 203
Jana Prothman 308
BENCH PRESS
Class 1 Men
148
Frank Winbigler 203
148
G. Langmead 253
165
Gabe Hamel 358
181
Knute Matthews 297
198
Brad Carr 385
220
Troy Charley 385
242
Kevin Lockett 303
Gregg Ramsdell 396
Disabled Men
220
John Haskett 203
Junior Men 20-25
165
Gabe Hamel 358
181
Ryan Harris 385
198
Christopher Duffin
275
Travis Osborne 501
Law/Fire 198
Master Men 48+
198
C. McFarland 303
Law/Fire Open Men
220
Joah Ash 407
275
Joseph Schneider 451
Master Men 40-46
165
Barry Beyerlein 220
220
Andy Gose 341
Ray Whatley 363
Mike Robinson 402
242
Dave Henderson 451
275
Carroll Moon 551
309
David Thompson 352
181
Perry Plush 347
275
Don Frosland 501
308
Dave Mc Creary 446
Dan Stevens 473
220
B.Sekermestrovich468
123
Myers-De Prospo 181
Master Women 47-53
165
Julie Orr 176
Master Women 54-60
148
Barbara Anderson 126
Open Men
165
Ray Hickman 391
198
Delwin Chinn 347
Chris Duffin 440
220
Casey Gallagher 462
242
D. S. Edmondson 457
Open Women
148
Victoria Reese 220
165
Dawn Haskett 154
198
Lana Rose 214
Submaster Men 34-39
Dennis Sugimoto 347
242
Tim Stashin 352
275
Kendall Walden
Submaster 198
Women 34-39
Kelli Sandoval 159
Sharon Allen 214
Teenage Men 13-15
148
Justin Berman 121
165
Andy Munsey 192
Teenage Men 16-19
148
Thomas Jackson 209
198
Dustin McFarland 225
308
Terry Corwin 358
Teenage
Women 16-19
Antonia Maurer 121
198+
Jana Prothman 154

In Class I Deadlift Frank Winbigler set an Oregon State Record with 391 at 148. Theodore Brown was outstanding lifter. In Junior Division Jarrad Capello set an Oregon State record of 700 in 220 and Travis Osborne set an Oregon Record at 275 with 650. In Law/Fire Master 48+ Charles McFarland set an Oregon State Record of 545 at 198. In Master men 40-46 Jerry Capello set a World Record of 745 and had the highest coefficient of the meet with 438. Jerry and Jarrad Capello are the only father son team to deadlift 700 in the same meet. In Master Men 47-53 308 Dan Stevens set an Oregon Record of 611. In Master Women 40-46 123 Carol Myers set a World Record of 352. In open Women Victoria Reese pulled a huge 391 for a Washington State Record. In Submaster Women Kelli Sandoval pulled 330 at 198 for a Washington Record. In the bench Brad Carr set an Oregon Record 418 in Class I 198. In Junior 165 Gabe Hamel set an Oregon Record 358. In Junior 275 Travis Osborne set an Oregon Record with 501. In Law/Fire 48+ bench Charles McFarland set an Oregon Record 303. In Master Men 54-60 Bill Sekermestrovich set a World Record 469 at 220. In Master Women 40-46 123 Carol Myers set a World Record 181. In Master Women 54-60 at 148 Barbara Anderson set a World Record 127. In Teenage Men Terry Corwin was best lifter in the bench with 358 at 308. The Judges were Ross Phillips, Don Frosland Jr., Dave Cheek and Joaquin Diaz de Leon. I want to thank our sponsors: Rick Brewer from House of Pain, Wes Kampen of Monster Muscle the magazine and Powerlifting Superstore, Neal Spruce and Jim Stan of Apex Fitness, Mike Lambert of *Powerlifting USA*, Vital Foods of Eugene, Oregon, Budweiser, Golds Gym, Forza Strength Systems, Ergogen. Elma and Gary Thomas did the computer and Gus Rethwisch was M.C. (thanks to Gus Rethwisch for these results)

Victoria Reese got a Washington State Record deadlift of 391

Jarrad Capello was outstanding junior deadlifter at the WABDL Bend Summer Strength Festival. (photograph by Brian Baertlein)



Bill Sekermestrovich was the Outstanding Master Bencher at the Bend meet, and we think/hope this is him above. (Brian Baertlein)

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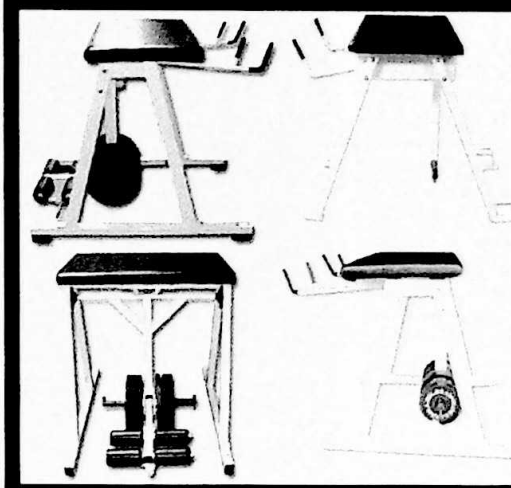

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26 OCT 02

Women
Teen 13-16
165
Kathleen Ramos 88
Open
181
Janet McCarthy 110
Men
Teen 13-16
123
Nathan Welch 99
148
Luke Backus 165
Steven Guamieri 160
181
Miguel Benitez 209
George Welch 171
Teen 17-19
165
Jason Castiglione 303
Matthew Sapyta 231
Mike Procacci 182
308
Tarver McClelland220
Submasters
165
Steve Kohhneier 215
198
Rick Krebs 336
220
John Jefferson 402
242
Haney Garcia 391
Masters 40-44
220
Jackie Calloway 419
Masters 45-49
148
S. Chakravorty 204
Masters 50-54
181
Steve Kylis 270
Open
148
Salim Latiif 292
181
Demetrius Klein 309
220
Lance Mosley 479
Jackie Calloway 419
Donald Adams 375
242
Rich Meyer 628
Eric DeForest 452
275
Paul Donahue 441
308
Woody Hurley 507

Special thanks to our sponsors Elite Fitness Systems (www.elitefts.com or 888-854-8806) and Inzer Advance Designs (800-222-6897). Thanks to all of spotters, loaders, scorers, and referees: Mike Necolettos, Dave Sharkey, Jay Macartney, Sarah Moss, Ed Rectenwald, Doug Hollis, Brandon Ward, Derek Penkava, Fran Napolitano, Dwayne Kouf, Demetrius Klein, Jason Castiglione, and the Santaluces HS cheerleaders. The teens were highlighted by the strong Santaluces HS powerlifting team. Rich Meyer was on fire and went three for three. He hit a huge 628 on his third attempt and had more in him. Woody Hurley won the 308s and got his first official 500-pound bench. Our next meet will be in April and will be a bench press & deadilft meet. For more info contact us at southsidebarbell@hotmail.com or 561-718-9877.

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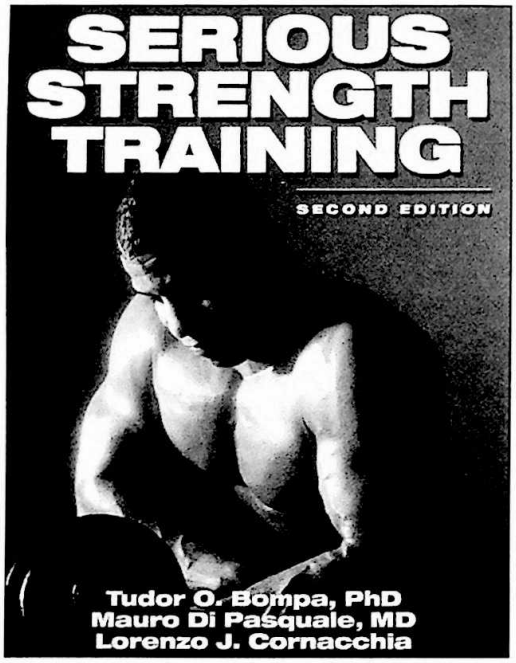
POWER HOTLINE *is the twice a month FLASH bulletin of the Iron Game, sent out via FIRST CLASS MAIL. Recent issues have covered the newest member of the 700 lb. Raw Bench Pres Club, the possible sale of Weider Publications, Olympic Lifting at the Arnold Classic, the World's Strongest Man contest results (Polish Power!), the new book that is coming out about training with elastic resistance (and the CD that goes with it!), the new "training ball" from Harbinger that can withstand 750 pounds of pressure and let you do a wide variety of stability exercises, a quick report of the fantastic lifting done at the WPO Semi-Finals and Bench Bash and the passing of Texas Powerlifting Legend John Pettitt (both stories out weeks before we could possibly get them into PL USA!), plus MUCH more. Each edition is packed with a variety of IRON GAME-oriented information - almost all of which you will never find in any other composite source. It's only $28 for 24 info packed FIRST CLASS issues ($39 for overseas air mail) to PL USA, Box 3238, Camarillo, California 93011*



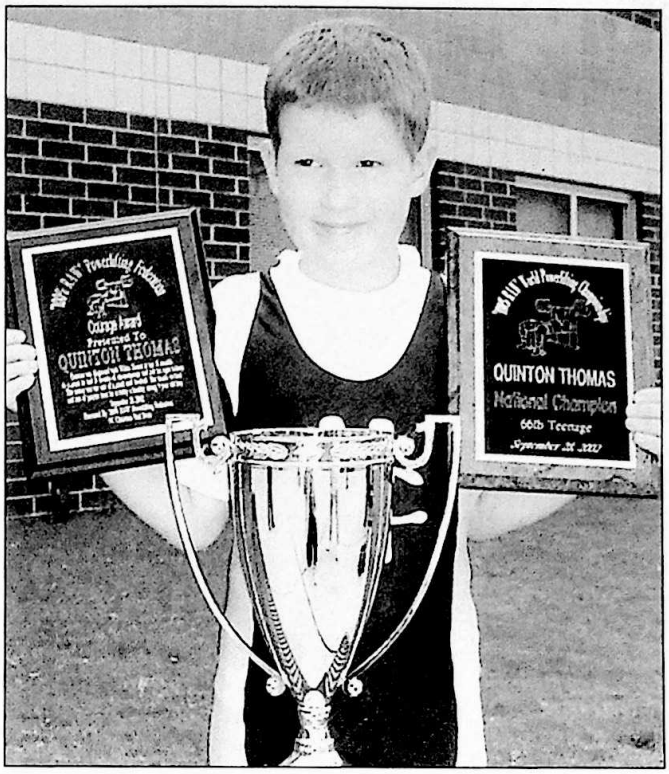
JUST OUT New Book!

Former IPF World Champion Mauro Di Pasquale MD has provided a major new contribution to this revised 2nd edition of *SERIOUS STRENGTH TRAINING* with co-authors Tudor Bompa (considered the 'father' of periodization training) and kinesiologist (and former NWA wrestler!) Lorenzo Cornacchia. $19.95 plus $4 s/h to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011 (plus sales tax for California residents)

What's Inside: ... detailed theory on how muscles work (in layman's terms), what periodization training is really about, training cycle development theory, recovery practices, maximum athletic nutrition (including the Metabolic Diet!), EMG studies on which movements are safe, exercises demonstrated through great photography (including the Safety Squat Bar). The SIX PHASES OF TRAINING are laid out explicitly: Anatomical Adaptation, Hypertrophy (with entry level program specifications), Mixed Training, Maximum Strength, Muscle Definition, and Transition Training. The glossary is great, references extensive, and in the appendices they have that handy chart to figure your max lift based on the reps you do with a given weight, and the reverse ... a chart to figure your max lift based on the reps you can do with a given training weight.

100% RAW Bench Press Nationals
28 SEP 02 - Elizabeth City, NC

OVERALL	
114	
D. Williams	115
A. Williams	85
S. Brower	50
Q. Thomas	40
123	
A. Christian	135
132	
B. Swain	190
H.Johnson	80
148	
T. Hague	275
B. Zak	230
N. Falcon	100
L. Armstrong	65
165	
B. Chisholm	335
A. Tipton	250
D. Sylvester	245
A. Biddle	235
M. Franklin	225
C. Ballance	215
M. Betrand	170
M. Williams	130
181	
K. Williams	315
J. Riddick	300
N. Good	170
X. Watkins	70
198	
W. Lynch	435m
K. Webber	350
H. Williams	350
J. Freeman	350
C. Powell	290
J. Bean	270
W. Bateman	240
S. Williams	135
D. Brown	135
220	
P. Bossi	475
B. Rockwell	410
S. Freeman	390
D. Owens	390
J. Rascoe	390
J. Perez	365
M. Leibacher	340
G. Holzmiller	255
J. Hood	245
S. Roth	
242	
B. Sullivan	450
A. Proctor	450
K. Mallory	440
R. Spiers	340
R. Staten	335
S. Deuel	320
B. Woodard	145
G. Russell	
275	
B. Faircloth	480
A. Roberts	435
J. Hillard	435
A. Chamblee	155
319	
C. Elliott	530m
G. Briggs	450
H. Canada	385
E. Owens	190
K. Bryant	115
Women	
148 (14-15)	
L. Armstrong	65$a
165 Open	
M. Betrand	170v
181 Open	
N. Good	120v
181 (12-13)	
X. Watkins	70a
198 (12-13)	
S. Williams	135a
SHW (15-16)	
E. Owens	190a
SHW (I 2-13)	
K. Bryant	115$a
Police/Fire	
165	
M. Betrand	170v
MEN	
Open	
132	
B. Swain	190
148	
B. Zak	230
165	
B. Chisholm	335
181	
K. Williams	315
J. Riddick	300
198	
W. Lynch	435
K. Webber	350
W. Bateman	240
220	
P. Bossi	475
D. Owens	390
S. Roth	
242	
B. Sullivan	450
K. Mallory	440
G. Russell	
275	
B. Faircloth	480
A. Roberts	435
319	
C. Elliott	520
H. Canada	385
8-9	
66	
Q. Thomas	40$a
10-11	
88	
S. Brower	50a
12-13	
132	
H.Johnson	80
165	
M. Williams	130
198	
D. Brown	135a
275	
A. Chamblee	155$a
14-15	
114	
A. Williams	85a
148	
N. Falcon	100
242	
B. Woodard	145a
16-17	
114	
D. Williams	115a
123	
A. Christian	135a
148	
T. Hague	275a
165	
D. Sylvester	245$a
A. Biddle	235
M. Franklin	225
C. Ballance	215
18-19	
220	
J. Hood	245v
20-24	
198	
J. Freeman	315a
25-29	
220	
D. Owens	390$a
30-34	
148	
B. Zak	230a
198	
C. Powell	290
220	
J. Perez	365a
35-39	
165	
A. Tipton	250a
198	
J. Bean	270
220	
P. Bossi	475
S. Freeman	390
242	
S. Deuel	320a
275	
B. Faircloth	480a
40-44	
198	
H. Williams	350$a
220	
B. Rockwell	410v
J. Rascoe	375$
242	
A. Proctor	450v
319	
G. Briggs	450a
45-49 198	
W. Bateman	240a
242	
B. Sullivan	450$a
R. Staten	335
G. Russell	
275	
J. Hillard	435$a
50-54 220	
M. Leibacher	340$a
60-64 220	
G. Holzmiller	255v
242	
R. Spires	340v
65-69	
132	
B. Swain	190$a
Police/Fire 220	
B. Rockwell	410a
S. Freeman	390
242	
A. Proctor	450a
275	
A. Roberts	435a



Quinton Thomas set an American State Record in the 66 lb. class and was awarded the courage award (Photograph is courtesy of Ben Zak)

$-NC State Record. V-State Record. A-American Record. M-Meet record. It was a great honor to have Elizabeth City host the 2002 100% RAW Bench Nationals. A lot of our normal lifters opted to wait for the Worlds in November, which are also being held in Elizabeth City, so we were pleasantly surprised to see such a quality turnout. The awards were top notch gold cups, with best lifter awards in almost every imaginable division. A DJ was present that would play any song that lifters wanted when they lifted, and Allen Kelly was making pro quality videos, and hey I don't know what else you could hope for. The secret of a good meet isn't the sanction, but the meet director and their staff .. do they have their heart into it. Almost all of Paul's staff either competes, or have children that compete, and they are doing this for love of the sport. Great job guys. The staff was made up of: Renee Reeves, Pam Balance, Jen Zak, John Nesbit, Tom Holroyd, Dave Baiduf, "Big" Tony Gibson, and "Coach" Nick Murphy. Fitness Warehouse provided spotters Donny Markim and Sam Bloodworth. Meet sponsors were Diane Perry from Elizabeth City Trophy, and music was by Kelly Nolan of Loan Wolf Music Production. Thank you one and all. All of our meets have multiple divisions, but in the interest of space I will mention who the top overall lifter in each weight class was, as well as any closely contested battles. The important thing to remember is that winning is great, but your true goal should be to train hard, hit personnel records, avoid dangerous short cuts, and have fun, have fun, have fun!. My favorite lifters aren't the biggest, but the friendliest. On that note I talked with Scott Deuel who mentioned he didn't have the biggest bench, but his goal was a 320. Scott hit it, which makes him a winner in my book, and I hope we see a lot more of him in the future. The 114 class had four lifters competing, but Darius Williams second attempt of 115 would carry him to the first national title of the day. At 123 Adderrick Christian was all alone, but going 3 for 3 and ending with 135 earned him the title. In the 132 class we had a treat as the legendary Bryan Swain benched a 190 for the national title as well as a state/American record in the 65-69 age group. A new face at 148 was Trey Hague. Trey would go 3-3 with a state/American record 275, as well earning best lifter in the (16-17) division, and ending with the 148 national title. The 165 class had seven lifters competing, but it was 'smoking' Brian Chisholm's 335 that would dominate the class and win the 165 national title. There was a nice battle for second between Alonzo Biddle, Arthur Tipton, and Daryl Sylvester. Daryl had the highest opener, but Arthur would use a 250 second attempt to take the lead. On third attempts Alonze and Daryl both tried 250, which would have given them second on body weight, but both missed. Arthur had second secured, and tried for a 270 on his third, but a bout with the flu didn't help him as he missed the weight. At 181 we had a great match up between Jamal Riddick and Kendall Williams. Kendall started with 285, and worked his way up to 315. Jamal opened with 300, but two attempts at 325 proved too much, and Kendall earned the 181 national title. The man to beat at 198 has been Will "Chill" Lynch, and his 435 state/American record as well as the best lifter light award led him to the national title. Wills weakness is he chooses tough openers, and one day it may cost him. In second place it came down to bodyweight as Kevin Webber would defeat Howard Williams.Paul Bossi easily won the class with his American record 475, and best lifter (35-39) award. Earning a world title will be a lot harder as there is a Mr. Burkett that also pushes big numbers. Fighting for second at 220 was a host of lifters, but it was Blair Rockwell's 410 that would win it. I've seen Blair hit 450 at 242, so he could be one to watch at the Worlds. Also in the class was Michael Leibachaer who hit 340 to earn the best lifter (50-59), and now holds five different state records. The most exciting class of the day was 242. We had perennial Elizabeth City winner Albert Proctor, we had the legendary master lifter Brian Sullivan, we had a wild card in new face Giles Russell (he had a big opener), and we had the rapidly improving young Kinta Mallory. The battle quickly fell to three as Giles couldn't get his attempts of 435 passed. Kinta Mallory showed improvement as he hit 440 for third. Brian Sullivan would win on bodyweight over Albert Proctor, as both lifters hit 450. Brian would earn the best lifter 40-49 award, and Albert won the best lifter police/fire. Also in the class was Robert Spires who won best lifter 60-69 with a 340. At the Worlds we will have a great rematch, unless Shawn "500++" Reid shows up. In the 275 class it took Bert Faircloth two tries to get 465, but it paid off with a national title. In second Anthony Roberts and Joseph Hilliard tied for 435, but the nod went to Anthony on bodyweight. At 319 Carl Elliott had been stuck for years in the 400-440 (assisted) range, but after training with Paul Bossi he now hits 500-555 RAW, and his 530 bench was enough for a meet/American record, as well as best lifter heavy award. Finishing in second was Gerald Briggs. Gerald has the distinction of having such big arms that it looks like he's gonna bench 700. In the women's class top teen honors went to Erin Owens w/ 190. In the women's open division top honors went to Michelle Bertrand who benched 170. In the teen divisions five time NC teen state-champions River Roads Middle School won the national title. In the police/Fire it was the always impressive Intruders of Va. In Open it was Fitness Ware house. Thank to all the fine lifters who supported the meet, and I hope we see you all at the worlds in November. (These meet results and meet report are courtesy of Ben Zak)

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ED COAN: The Man, The Myth, The Method" by Marty Gallagher. 190 pp, 400 photos - biography, competition chronology, and Ed's training philosophy. $29.95 + $5 Shipping (Ill res. + 7 1/4%)

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* extra extended power support range
* new arm lock design
* more tricep support
* extra reinforced construction
* guaranteed more support and power than anything ever available before now

An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

Improved Heavy Duty
* tight tough fit
* strong support off chest
* extra comfort built in
* great immediate results

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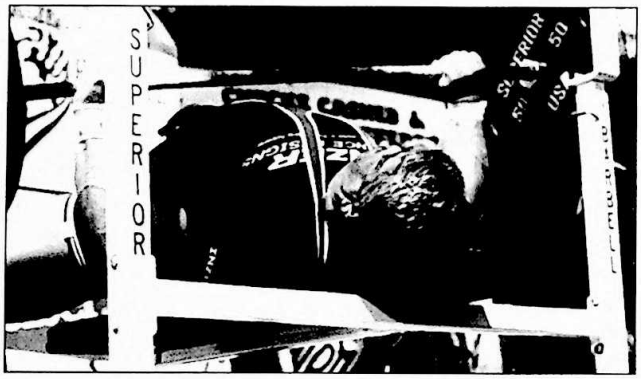
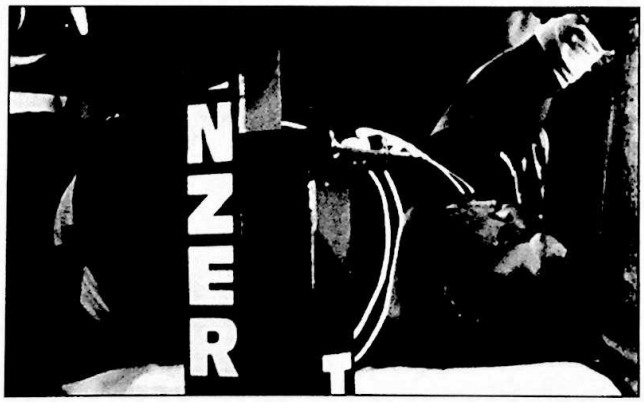


The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain



... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

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Qty. Color

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relaxed measurements of shoulders _____
chest _____ arm _____

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Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

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Suit Slippers — makes putting on tight suits easier. M, L **$19.95**

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VIDEOS

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WPL Championship
12 OCT 02 - Savannah, GA

BENCH PRESS		125K		
Women 56K		M. Washington		187.5
Linda Christopher	55	140K		
Open 75K		John Blackmon		212.5
Thomas Haller	104	140K		
110K		Kip Lee		165$
George Haslam	165^			
WOMEN	SQ	BP	DL	TOT
Open				
56K class				
Linda Christopher	40	55	112.5	207.5
60K class				
Angela Candage	115	60	102.5	277.5
Submaster				
56K class				
Linda Christopher	40	55	112.5	207.5
75K class:				
Margarete Wood	92.5	52.5	107.5	252.5
Master				
48K class				
Ann Leverett	137.5	82.5	140	360
MEN - OPEN				
82.5 class				
Wayne Pullum	227.5	152.5	220	600
90K class				
Joe Norman	257.5	172.5	250	680
100K class				
Matt McCase	265	170	277.5	712.5
Matt Piasecki	150	165	177.5	492.5
110K class				
Dondell Blue	307.5	220	310	837.5
Jason Schottell	295	227.5	307.5	810
125K class				
Randy Boynton	320	210	272.5	802.5
140K class				
Keith Southwood	320	232. 5	277.5	830
Kip Lee	217.5$	165$	205	587.5$
SHW class				
Jay Gibson	320	245	227.5	792.5
SUBMASTER				
90K class				
Bobby Hayden	255	190	217.5*	662.5
Chip Krisiewicz	192.5	185	227.5	605
100K class				
Jim Niland	242.5	170	265	677.5
MASTERS - over 40				
100K class				
Jamie Thrift	245	192.5	227.5	665
110K class				
Ricky Wright, Sr.	247.5	200	250	697.5
Gene Dobson	227.5	1 52.5	227.5	607.5
Steve Bessent	175	137.5	235	547.5
125K class				
Randy Boynton	320	210	272.5	802.5
140K class				
Kip Lee	217.5	165	205	587.5
MASTERS - over 50				
82.5K class				
Dennis Pittman	215	142.5	237.5	595
75K class				
Danny Thompson	177.5	115	185	477.5
Thomas Haller	125	104	165	394
100K class				
Courtney Stanley	200	132.5	242.5	575
MASTERS - over 60				
82.5K class				
Jack Sanders	170	95	200	465

$ - GA State records. * - American Sub-master record. ^ - Master's American Record. The 2002 WPL championship was held in Savannah, Georgia this year. We had a great meet site at the mid-town Holiday Inn. I believe that all the lifters who attended could attest to the nice facility and the fact that the meet was well run. I also think that all the lifters enjoyed themselves. We had some good help including Buddy Duke, USPF Vice President and Dave Jeffrey, USPF President. Sandy Ellis did our announcing and he always does a great job. Workin at the table were some former powerlifting championships including Carrie Boudreau, multi-national and IPF world champion, now in Savannah training with Team Savannah at the weightlifting facility. Also, Amy Orellana, a former USPF national champion, her husband Frank and AAPF executive member, L.B. Baker. L.B. also brought the weights for the platform along with a great bench that he is making and selling. Our referees, along with Buddy, were David Coleman and Fred Lee. Christopher Leverett, APF national champion was our platform manager. On the platform as spotters and loaders were Dan Carter, Dave Chattie, Pastor Bob Dimmitt, Randy Lamb, Caeser Lowe, Pastor Mark McGlothin, and Al Truslow. We had a good number of sponsors, including Joe Haddad, whose company gave us 2 cordless drills that we had a drawing for among the lifters. Other sponsors were Inzer Advance Designs, Coastal Empire Exteriors/ Four Seasons Sunrooms, Apex Supply Co., Mike Stewart Home Builders, Ferguson Supply, and St. Josephs/Candler Sports Medicine who ensures the presence of sports trainers for emergencies. (Thanks to Ann Leverett for providing these meet results)

"Distinguished" Table Help at the WPL Championship: *(from left to right) Carrie Boudreau, Amy Orellana, Sandy Ellis, L.B. Baker, Dave Jeffrey & Earl Leverett (Photograph by Michael Soong, courtesy Ann)*

USAPL Nevada State
21,22 SEP 02 - Elko, NV

Women	SQ	BP	DL	TOT
Master 11				
105				
Effie Nielson	80	50	135	265
Master 2				
132				
Patty Evans	180	110	250	540
Master 6				
198+				
Shirley Haycock	215	127.5	200	542
Teen 2				
132				
Joseph Shaffer	250	155	315	720
Teen 3				
148				
Kyle Herzik	290	230	380	900
Michael Nielson	290	165	315	770
Master Open				
Chad McFarland	260	200	340	800
Master 2				
165				
Fulton White	475	305	525	1305
Open				
181				
John Jackson	525	385	495	1505
Bench				
Duane Garcia		300		300
Master 2				
198				
Chuck McFarland	475	310	550	1335
Open/Junior				
Ryan Whitlock	540	380	560	1480
Teen 2				
Dustin McFarland	350	235	450	1035
Master 3				
Andy Scardino	460	290	465	1215
Master 1				
220				
Mark Salansky	580	385	490	1445
Master Open				
Keri Wellard	600	420	450	1470
Jose Cardenas	340	315	405	1060
Open Submaster				
242				
Paul Heffern	640	440	560	1640
Master Open				
Scott Cartwright	600	440	455	1495
Master Open/ BP				
275				
Andrew Watson	535	445	530	1510
Bench				
Matt Riedy		350		350
Master Open				
319				
Andrew Snider	600	435	545	1580

Nevada State Powerlifting Special Olympic

Women				
114				
Cari Davis	65	80	80	225
123				
Theresa Herrara	65	70	110	245
198				
Jamie Alexander	70	75	135	280
198+				
Carol Craig	75	100	100	275
Men				
148				
Joshua Shaw	70	110	135	315
165				
Bruce Brown	80	80	100	260
Bill McCormick	105	150	185	440
Arran Glass	165	150	275	590
181				
Gus Berumen	105	150	175	430
Grant Wagner	175	155	300	630
Nick Denardo	130	120	175	425
198				
Jeff Romero	105	150	175	430

All that I can say is that it was awesome. We made the front page of the newspapers in Elko, NV all week and in Reno, NV, and in Salt Lake City. We had one of the best lifters that you could ever see - her name is Effie Nielson, she is 90 years old, and she set American Records in Squat 80 lbs., Bench Press 50 lbs., Deadlift 135 lbs. and Total 265 lbs. We need to check - this might even be a World Record? Also, David Letterman had a crew at the meet recording it and it is going to be on October 2nd 2002. They are flying Effie and some of her family to New York to be on the show live. She said she is coming back next year. Also, on a great note, CBS is going to be there to record it and put it on the air next year. They said that they love all the things that we are doing over here and they want to get involved. They said this kind of event is awesome. Also, we have Shirley Haycock, she is 68 years old, and she is here every year and has broken her American Records 27 times. We also had a bunch of state records that got broken. We are just excited for next year because the coverage we had this year. Everybody wants to get involved - CBS, ESPN, all the newspapers, NV, UT, ID, MT, OR, WA, CA, AR, CO, everybody is still calling and we love it. (Thanks to Jim Kralich for providing the results)

5th USAPL Battle on the Beach
27 JUL 02 - Mt. Clemons, MI

DEADLIFT		Fred Stokes	335
Master 220		220	
Jose Durazo	470	Joe Brodski	325
Open 198		Jose Durazo	270
A. Chimento	550	242	
Teen Open		Brant Johnson	335
114		G. Washington	335
John Smoker	160	Teen	
BENCH		148	
Men Open		Jimmy Coates	100
165		181	
Terry Benton	330	Brett Hewitt	310
Steve Palms	275	198	
242		Nicholas Hobbins	300
Rick Hurst	415	Womens Master BP	
Brain Nassau	450	97	
Master		Camille Coleman	85
198		132	
Darrell Horn	315	Pam Frederick	125

Ironman	BP	DL	TOT
Mens Open 165			
Jayson Smith	370	385	755
Matt Smith	285	415	700
181			
David Failla	260	415	675
198			
Jesse Soule	425	630	1055
220			
Chirs Cadotto	405	665	1070
SHW			
Keven Hilliard	215	430	645
Raw 242			
Allen Smith	300	550	850
Master			
181			
Gary Coleman	190	305	495
220			
Jose Durazo	270	470	740
242			
Stephen Cohle	325	460	785
SHW			
Rupert Howard	470	600	1070
Women's Master			
165			
Betsy Lanman	120	200	320
Women's Master Ironman			
132			
Angie Failla	90	230	320

(Thanks to USAPL for providing these meet results)

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

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

Street Address	Club Name

City	State	Zip	Area Code/Telephone

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

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

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

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

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

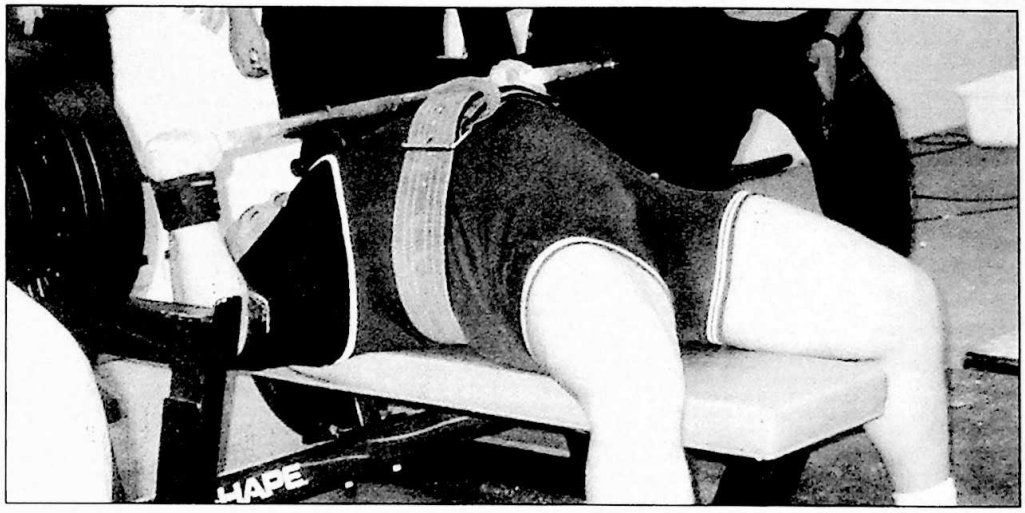
If Under 18 have Parent Initial _____

Signature _____

WABDL UTAH STATE
15 JUN 02 - Provo, UT

DEADLIFT
Teen Men
148 16-19
Giovanni Ozaine 352
165 13-15
Joseph Marchant 275
16-19
Kyle Darr 435
198
Obadiah Bennett 407
220
Kaleb Crafts 501
Junior Men
165 20-25
Ammon Stephens 468
Josh Marchant 369
Open Men
148
Brad Montague 473
165
Kenny Rothe 501
Mike Maynes 407
181
Matt Taylor 402
220
Sean Olsen 600
Jason Gibson 556
275
Carl Rogers 584
Class 1
148
David Edmundson 518
165
Kenny Rothe 501
181
Matt Taylor 402
220
Sean Olsen 600
Jason Gibson 556
242
Tim Prince 451
275
Carl Wimmer 479
Sub Master
220
Rodger Broome 551
242
Lance Davis 501
275
Joe Thompson 710
Carl Rogers 584
Master Men 40-46
242
Brad Stewart 501
Mike Bennett 468
275
Joe Clifford 699
Ken Eyre 451
SHW
Dave Marchant 556
Master Men 47-53
198
Randy Marchant 407
242
Gil Anderson 600
Master Men 54-60
198
Alan Zeitlin 501
275
Bud Davis 600
Master Men 75-79
148
Floyd Clifford 281
Law/Fire Open
242
Tim Prince 451
275
Carl Wimmer 479
Law/Fire SubMaster
220
Rodger Broome 551
242
Lance Davis 501
Law /Fire 40-47
148
David Edmundson 518
275
Ken Eyre 451
SHW
Dave Marchant 556
BENCH
Open Men
148
Brad Montague 325
Trent Shepherd 314
165
Kenny Rothe 286
Mike Haynes 253
181
Darren Carr 303
Matt Taylor 281
220
Jason Gibson 363
Sean Olsen 352
275
Carl Rogers 501
308
Jim Schermerhorn 551
John Dennison 534
Teen Men
148 16-19
Giovanni Ozaine
165 13-15
Joseph Marchant 132
198 16-19
Obadiah Bennett 259
220
Kaleb Crafts 336
Junior Men
165
Ammon Stephens 264
Josh Marchant 165
220
Jamie Bennett 314
Sub Master
181
Darren Carr 303
220
Rodger Broome 352
242
Lance Davis 314
275
Carl ROgers 501
Joe THompson 462
308
Jim Schermerhorn 551
Class 1
148
David Edmundson 270
165
Kenny Rothe 286
181
Matt Taylor 281
220
Jason Gibson 33
Sean Olsen 352
242
Tim Prince 374
275
Carl Wimmer 380
Master Men 40-46
242
Mike Bennett 358
Brad Stewart 336
275
Ken Eyre 347
SHW
Dave Marchant 584
Master Men 47-53
198
Randy Marchant 341
220
Chad Drecksel 402
242
Gil Anderson 358
Master Men 50-54
198
Alan Zetlin 286
275
Ed Acey 413
Bud Davis 347
Law/Fire Open
148
Trent Sheperd 314
242
Tim Prince 374
275
Carl Wimmer 380
Law/Fire SubMaster
220
Rodger Broome 352
242
Lance Davis 314
Law/Fire 40-47
148
David Edmundson 270
275
Ken Eyre 347
SHW
Dave Marchant 584
Law/Fire 48+
275
Ed Acey 413

In The deadlift in the 13-15 Joseph Marchant, the son of Big Dave Marchant, pulled a Utah State Record 275. Dave and Randy Marchant are the WABDL State chairmen and by the way did a great job of running this meet. In teen 16-19 Deadlift Kyle Durr pulled a 435 weighting only 156 for a Utah State Record and at 220 Kaleb Crafts pulled a big 501 for a Utah Record. In Junior Men Ammon Stephens pulled a Utah Record 468 at 165. In open at 148 Brad Montague pulled a 473. At 165 Kenny Rothe pulled a Utah State Record 501. At 220 Sean Olsen pulled an impressive 600 for a Utah State Record. At 275 Carl Rogers pulled a 584 for a Utah Record. In Class I David Edmundson pulled a Utah Record at 148 with 518. At 165 Kenny Rothe pulled a 501 Utah Record and Sean Olsen Pulled a 600 state Record at 220. In Submaster men at 220 Rodger Broome pulled a Utah Record 551. At 275 Joe Thompson, a miner from Wyoming, pulled a 710 for a Wyoming Record. He's a rising star. He will pull 800 in the next 2 years. In Master men 40-46 Joe Clifford is the story. A former 800 deadlifter who hasn't been on the platform for about 12 years, came back and pulled 700 in his comeback debut at 275. Dave Marchant set a Utah Record 556. In Master 47-53 Gil Anderson pulled a 600 for a Utah Record at 242. In Master 54-60 Alan Zeitlin pulled a Utah Record 501 at 198 and Bud Davis, a rancher, pulled 600 at age 58 at 246. He holds the world record of 655 done 4 months ago. In masters 75-79 Floyd Clifford se a Utah Record 281 at 148. In Law/Fire open at 242 and 275 Tim Prince and Carl Wimmer pulled Utah Records of 451 and 479 respectively. In Law/Fire Submasters 220 class Rodger Broome pulled 551 for a Utah Record. At 242 Lance Davis pulled a Utah Record 501. In Law/Fire submasters at 148 David Edmondson pulled a World Record 518. David also did a great job of judging. Moving on to the bench: In Open men Bard Montague set a Utah Record with a respectable 325 at 148. In 275 open Carl Rogers set a Utah Record with 501. At 308 Jim Schermenhorn benched a big 551, but missed 562. John Dennison was 2nd with a respectable 534. He missed 551 and 573. In Law/Fire Master 40-47 and Master 40-46 at Super Dave Marchant set World Records with a huge 584 and just missed 600. He will do 600 in his next meet. In Law/Fire 48+ Ed Acey pushed 413. Outstanding lifter bench age 13-33 was Brad Montague with his 325 at 148. Outstanding lifter deadlift age 13-33 was Sean Olsen with his 600 at 220. Outstanding lifter 34+ in the bench was Jim Schermenhorn with his 551 weighing 289. Outstanding deadlifter 34+ was Bud Davis with 600 at age 58 weighing 246. I want to thank Dave & Randy Marchant the meet directors who did a great job. Bigger, Faster & Stronger provided the lifting platform and USANA provided nutrition supplements. (Thanks to Gus Rethwisch for these meet results.)



Dave Marchant BP'ed a World Record in Master 40-46 super with 584 (Photo courtesy of Gus Rethwisch)

PYTHON POWER LEAGUE
SOUTHEASTERN "DRUG-FREE"
13 JUL 02 - AUGUSTA, GA

Bench Press
132 (14-16)
RYAN MOODY 210*
148 RAW
LARRY BOND 300*
165
HARCOURT BULL 315*
OPEN 330
181
DANIEL HAGAN 325
60-69
BILL TINKLER 240*
198 OPEN
AARON HAGAN 330
242
SHAWN REID 520*
DEADLIFT
181 SUBS
A.MCCHRISTIE 535

IRON MAN 148 (LADIES RAW)
C. WILSON 100 160 260
4TH 180
181 SUBS
A. MCCHRISTIE 325 535 860
275 SUBS

ALBERT HARRIS		380	525	905
148 40-49	SQ	BP	DL	TOT
S. WALKER	235	120	31 5	655
165 17-19				
BEN MARTIN	365*	240	480*	1085*
NOVICE				
J. EVANGELISTA	340	210	355	905
181OPEN				
J. BOURGEAULT	500	340	550	1390
OPEN				
DANIEL HAGAN	465	325	465	1255
SUBS				
A. MCCHRISTIE	500	325	535	1360
RAW				
J. BLANKENCHIP	375	235	455	1065
198				
J.STREETMAN	425	305	425	1,155
220 14-16				
J. LAWRENCE	365*	205*	435*	1020*
NOVICE				
P.PRESCOTT	405	285	450	1140
17-19				
HEUANGPANGNA	480	300*	500*	1280*
4TH	500			
SHW SUBS				
BILLY WILSON	605*	370	550	1,525*

BENCH HEAVYWEIGHT BENCH PRESS - SHAWN REID. BEST LIGHTWEIGHT BENCH PRESS HARCOURT BULL. BIGGEST BENCH - SHAWN REID * BEST DEADLIFT - JAMES BOURGEAULT * BIGGEST DEADLIFT - JAMES BOURGEAULT * HIGHEST TOTAL - BILLY WILSON. BEST TEEN LIFTER - BEN MARTIN. BEST LIFTER - JAMES BOURGEAULT.* INDICATES NEW PYTHON POWER LEAGUE RECORDS. (THANKS TO PYTHON POWER LEAGUE FOR THESE RESULTS.)

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

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

Street Address	Club Name

City	State	Zip	Area Code/Telephone

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

Registration Fee $20.00
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 90305
Portland, OR 97290

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

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

If under 18, have parent initial _____ Signature_____

Snake River AAPF/APF BP & PL
17-18 AUG 02 - Idaho Falls, ID(KG)

SNAKE RIVER BP				
Women Novice 181				
Kim Masterson	45			
Women Novice 196				
Barbara Fairchild	45			
Women Submasters 181				
Kim Masterson	45			
Men Youth				
David Penny	45			
Teen 14-15				
Jeremy Fairchild	62.5			
Teen 18-19 186				
Heinrick Meyers	107.5			
Teen 18-19 198				
Dusty Laub	140			
Men				
Devin Thompson	112.5			
Josh Tibbs	140			
Teen 18-19 220				
Kaleb Craft	165			
JT Jicha	132.5			
Junior 165				
Cliff Janikowaid	92.5			
Novice 132				
Phillip Gillpin	85			
Novice 181				
Steve Masterson	85			
Open 165				
Jon Cunningham	177.5			
Robert Hughes	142.5			
Open 198				
Jake Phippan	147.5			
Novice 198				
Kevin Coombs	185			
Open 220				
Jason Gibson	170			
Open 275				
Keith Kreimann	185			
Tyvan Schmitt	200			
Submaster 165				
Jon Cunningham	177.5			
Submaster 220				
Gary Hughes	165			
Submaster 275				
Tyvan Schmitt	200			
Master 40-44 148				
David Edmondson	132.5			
Master 40-44 165				
Robert Hughes	142.5			
Snake River PL	SQ	BP	DL	TOT
Men				
Youth				
David Penny	85	45	57.5	187.5
Youth 132				
Patrick Ward	75	55	100	230
Teen 14-15 123				
Rob Hughes	75	60	120	255
Teen 18-19 165				
Henrick Myers	137.5	107.5	177.5	422
Teen 18-19 220				
JT Jiche	190	132.5	220	542.5
Junior 165				
Cliff Jenikowski	150	92.5	197.5	440
Novice 148				
Nick Dunn	150	100	210	460
Open 148				
David Edmondson	235	132.5	227.5	585
Nick Dunn	150	100	210	460
Open 220				
Jason Gibson	255	170	245	670
Hank Echler	177.5	117.5	190	485
Open 274				
Jorge Bravo	215	145	260	620
Master 40-44 148				
David Edmondson	235	132.5	227.5	585
Master 45-49 198				
Richard Neumann	165	135	205	505
APF POWERLIFT CHAMPIONSHIPS				
Women				
Open 165				
Kim Packer	167.5	77.5	155	400
Kim Packer	167.5	77.5	155	400
Men				
Kaleb Craft	205	165	217.5	587.5
David Edmondson	235	132.5	227.5	585
Jason Gibson	255	170	245	670
Jimmy Garza	250	167.5	250	667.5
David Edmondson	235	132.5	227.5	585
AAPF POWERLIFT CHAMPIONSHIPS				
Women				
Teen 132				
Kaila Fairchild	105	52.5	115	272.5
Open 123				
Frannie Taylor	90	57.5	130	277.5
Men				
Junior 132				
Spencer Myers	142.5	115	192.5	450
Junior 220				
Scott Mechan	245	192	252.5	690
Teen 18-19 165				
Heinrick Myers	137.5	107.5	177.5	422.5
Teen 18-19 132				
Zack Kresser	130	100	160	380
Open 148				
David Edmondson	235	132.5	227.5	585
Open 132				
Spencer Myers	142.5	115	192.5	450
Master 40-44 242				
Scott Berger	160			
Master 45-49 181				
Bob Baker	152.5			
Master 50-54				
Doug Ward	152.5			
APF BENCH				
Men				
Teen 18-19 198				
Josh Tibbs	140			
Teen 18-19 220				
Kaleb Craft	165			
Open 165				
Jon Cunningham	177.5			
Submasters 165				
Jon Cunningham	177.5			
Master 40-44 148				
David Edmondson	132.5			
Open 132				
Spencer Myers	115			
Open 181				
Brandon Sullivan	140			
Open 220				
Jason Gibson	170			
Open 242				
Benji Hill	205			
Master 40-44 148				
Daivd Edmondson	132.5			
AAPF BENCH				
Men				
Teen 18-19 198				
Devin Thompson	112.5			
Junior 132				
Spencer Myers	115			
Junior 220				
Brandon Branning	170			
Open 181				
Brendon Sullivan	140			
Open 220				
Jason Gibson	170			
Submaster 242				
Allen Leavitt	192.5			
Submaster 275				
Darren Thompson	215			
Master 40-44 242				
Terry Hawes	190			
Master 45-49 275				
Ralph Branning	205			
Master 50-54				
Peter Herdt	152.5			
Open 165				
Jerry Bourqun	137.5	105	200	442.5
Open 181				
Brendon Sullivan	187.5	140	210	537.5
Open 220				
Jason Gibson	255	170	245	670
Open 242				
Sean Anderson	255	165	235	656
Open 275				
Byron Anderton	207.5	142.5	205	555
Submaster 220				
Jerry Fisher	182.5	122.5	210	515
Submaster 242				
Allen Leavitt	242.5	192.5	255	690
Submaster 275				
Darrn Thompson	187.5	215	185	587.5
Master 40-44 148				
David Edmondson	235	132.5	227.5	585
Master 45-49 220				
Sean Anderson	255	185	235	655
Master 50-54 198				
Andy Scardino	192.5	125	212.5	530
AAPF POWER TEAM				
Men				
Open 165				
Jerry Bourqun	137.5	105	200	442.5
Teen 18-19 132				
Zack Krasser	130	100	160	390
Junior 132				
Spencer Myers	142.5	115	192.5	450
Master 45-49 220				
Sean Anderson	255	165	235	655
Women				
Open 123				
Frannie Taylor	90	57.5	130	277.5

* – record. "Powerlifting/Bench championships lures a variety of competitors", Corey Taule of the Idaho Falls Post Register. Corey covered the meet for the local newspaper and this is what he had to say. "To the vast majority who make up Eastern Idaho's nonbuff population, a powerlifting competition likely conjures images of supplement-enhanced monstrosities, the kind of waddling, muscled intimidators you see reigning over the yard in a Grade B prison movies. But then reality kicks in!" The 10th YMCA Snake River Championships participates included children and families, amateurs and veterans, and those who just started working out and wanted to see what they could do. Among the youth (under 13 yrs.) Hayden Hughes, Landon Leavitt, and David Penny entertained the crowd on Saturday with their 20 to 125 lbs. lifts. Four-year-old Hayden's deadlifting even made the newspaper Sunday, with his father, Gary, and David Penny cheering him on in the background. Five lifters broke YMCA records and seven broke AAPF American records. One of the many highlights of the Saturday lifting was 126 lb. 13 year old Kaila Fairchild. Kaila truly has the genes, and mental attitude to be one of the great teen lifters! At 13 years, Kaila's maturity demonstrates flawless technique in all her attempts. Getting down to business she breezed through four American AAPF record's; squatting 242 lbs., benching 126 lbs., deadlifting 275 lbs., for a combined total of 643 lbs! If this young lady also possesses patience as one of her attributes, another Idaho teenager will amaze the world powerlifting audience! (Priscilla Giddings (365/180/380) is the other great Idaho teen I am referring.) Pocatello's Spencer Myers and Fannie Taylor made some record lifts, and could have even lifted more if they would just use the "Monolift, Monolift, Monolift", and not stepped back with the weight's!!! Fannie squatted 198 and deadlifted 286 lbs while Spencer went 313/253/422 for American records as well. World champion submaster Kim Packer loves to get personal records every August! She carry's 400 lbs on her back like a "beauty school backpack". (Hair stylist is Kim's real job!) Kim finished the day with a 880 lb total, and she looks good for 950 lbs at worlds in "Finland"! David Edmondson at 148 lbs. was the best powerlifter of competition and broke many AAPF records, lifting 517/291/500. Jim Heeding set some of those records in 1999. Enough "power bragging", everybody love's to bench, so let's get too it! For two or more years when you speak of the Snake River Champion bencher's, Jon Cunningham can't be beat! Jon Cunningham at body weight of 165 was best bencher of the meet with a 390 lb. bench. But hey, that's fine cause we got a "cash sponsorship" from him! March we're hoping Allen Berry (Spokane,Wa.), Craig Palmer (Helena, Mt.), and

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John "World Champ" Hernandez (Nampa, Id.), will show up and we'll have a "I-da-hoo Shootout!" Allen last I heard turned meet promoter, but maybe he's becoming a world class squatter like fellow Spokanian "Brent 1070 lb. Mikesell." Craig Palmer's been busy with law dog duties, and John is on the IR (injured reserve) with shoulder surgery. Also in the Saturday Snake River Bench competition, Heinrick Meyers set a 236 lb bench record in the teen 165 lb class. Kaleb Craft broke J.T. Jicha's 350 lb record with 363 lbs. in the Juniors. Best benchers in the masters Snake River Bench were: David Edmondson with 291 lbs at 148 body weight, Bob Baker (181 lbs) was second with 335 lbs, Robert Hughes third with a record 313 lb bench at 165 body weight, Coach Berger (242) fourth with a pr 352, and Doug Ward (242) fifth with 335 lbs. Best bencher in the AAPF competition was big Daffen Thompson, with the biggest bench on Sunday! Darren also powerlifting number's are coming up as well squatting over 400 lbs for the first time! Darren's training partner, Allen Leavitt after coaching his son Landry, benched 423 lbs in the sub masters division. Best junior was Spencer Myers who benched 253 lbs at 165 body weight. Second was newcomers Brandon Branning (220) with a big 374 lbs, and third Brendon Sullivan (181) with 308 lbs. Ralph Branning (Brandon's father) was best master benching 451 lbs, and wait till March when Ralph put's a heavy duty shirt on for the first time! Terry Hawes second in the master's overall with 418 lbs, newcomer Peter Herdt third with 335 lbs. Benji Hill jumped in the bench and pressed 451 lbs, he was getting in a workout before "rafting on Oregon trail" the next weekend to Bruce Greig's Red Deer, Canada meet. Ha!Ha!Ha!. Zack Kresser came up from Arizona and made the 132 lb class after fasting, sweating, and spitting out every last bit of liquid weight! Old friend J.T. Jicha was "best" teen lifter of the day and easily joined the "400" squat club, and almost joined the "500" deadlift club! J.T will be training with University of Idaho strength coach Jon Francis till March, so he should be exciting to watch come March! Jason Gibson won the open 220's with some nice first time lifting; 561/374/539. Master 198 lifter Richard Neumann (Helena, MI.) lifted in the raw and said he'd come with the equipment next time. Jorge Bravo was strongest open 275 lifter of the day. Hollywood's Jimmy Garza squatted a pr 550 lbs. and had more! He's saving it for Finland I'm sure! Coach Bob Packer couldn't lift but he must have done some good coaching! Allen Leavitt was best submaster lifter and Sean Anderson was best master lifter of the day. Congrat's to the Team Fitness team trophy winners: Sean Anderson, Jerry Bourquin, Zack Kresser, Spencer Myers, Frannie Taylor! Thanks to all other help and sponsor's, cause the meet wouldn't happen without you!! Teton Orthopedics at Idaho Falls, Teton Outpatient Services, Outback Steakshouse, Dale's Jewelers, Screen Graphics, Open MRI, West Coast Hotel's, World Gym, Anderson Lumber, and the "Idaho Falls Family YMCA". (Thanks to Mike Higgins for providing the results.)

DUNGEON GYM BP CHALLENGE
06 JUL 02 - Galt, CA

BENCH		Open	
MEN		242 lbs.	
Youth (1 3)		M. Knight	520*
165 lbs. (Raw)		275 lbs.	
T. Knight	250*	J. Anderson	495*
		Master (40-44)	
		242 lbs.	
		M. Knight (241)	520*

*Personal Record. The Dungeon Gym Bench Press Challenge was held on Saturday, July 6, 2002, in Galt, CA, and featured two (over) double bodyweight benchers, and a 13 year old benching "phenom", that bench pressed more weight than any 13 year old has ever benched, at any bodyweight, in a sanctioned or non-sanctioned meet. That lifter was Tony Knight, who benched a huge RAW 250 at a bodyweight of 165 lbs.! In the Open division there were only two competitors, but OVER 1000 POUNDS was BENCH PRESSED. First up, master lifter, Mike Knight, lost 23 lbs. of bodyweight since his last competition, and weighed in at 241 lbs.. Mike blasted up 520 easily, for a new PR in the 242 lb. weight class. John "Little Rock" Anderson, from Sacramento, weighed in at 247 lbs., and benched a huge 495 for a new PR! John is 29 years old and works as security for a local nightclub in the area, nobody messes with "the Rock". John is built for benching, and is on his way to the 600 club. I'd like to thank the spotters, loaders, and judges, Bob Morris, Joe Weiss, and Darryl Skeva. Thank you to *POWERLIFTING USA*. (Thanks to Kurt Heath for providing these results & report.)

USAPL SRU "Bench Bash"
15 SEP 02 - Slippery Rock, PA

Men		Women	
132 Master 2		97 Open	
Steve Gee	107.5	Ruth Snyder	52.5
165 Master 1		105 HS	
David Lehmann	120	Chelsea Fuller	35
198 Junior		165 Open	
Tim Atkinson	135	Kayla Coan	60
198 Open			
Jeff Harlan	137.7		
220 Open			
Ralph Young	235		
SHW Junior			
Adam Bulfone	150		

(Thanks to USAPL for providing the meet results)

Central Ohio Bench Press
31 MAR 02 Circleville, OH

148		308	
Duane Radel	275	Patrick Shiland	460
165		Teen	
Mark Freeman	380	Steve O'Brien	355
Jon Elick	380	Mike Brown	430
Steve O'Brien	355	Nick Allison	305
181		Donnie Haddix	200
Brian Clark	500	Mike Leib	155
Joe Shively	360	Women	
Russ Urfer	345	Valerie Curry	135
198		Master 40-44	
Chris Crabtree	415	Chuck Jenkins	340
Pete Sinicropi	410	Master 45-49	
Brian Gussler	380	Scott Anderson	410
220		Tom Boyer	375
Steve Conner	500	S. Welsheimer	225
Mike Bintz	420	Master 50-54	
Steve Pittroff	410	G. Prokopovich	370
242		Patrick McGuire	250
Rob Valentine	585	Master 55-59	
W. Issac Thomas	500	Mike Brown	380
RJ Freiwald	475	Ray Lewis	225
275		Master 60+	
Bill Kyle	600	Sidney Curly	350
Paul Key	600	Jeff Telljohn	395
Drex Welch	535	Charles Workmen	270

Lightweight best lifter 181 Brian Clark 500. Heavyweight best lifter 275 Bill Kyle 600. Team Trophy Team Halbert. (Thanks to Jon Elick for the results.)

YMCA BENCH CHAMPIONSHIP
20 APR 02 - Saratoga, NY

Women's Raw		Men's Raw 20-23	
105		Junior	305
Rachael Smith	75	Men's Open 165	
123		Joe Yurschek	290
Tammy Daly	95	Men's Junior 20-23	
Women's Master		Zack Bertrand	305
Cathy Fleming	150*	Mens Raw 181	
148		Clint Green	235
Women's Junior		Mens Master Raw 181	
Jennifer Latte	90	Joe Stadelmeyer	210
Special Olypian		Mens Master Raw 220	
Chris Akers	250	Jim Van Allen	375
Teen 16-17 RAW		Mens raw 198	
Jack Britton	145	Colin Jenkins	305
J. Koppenhafer	285	Mens Open 198	
Teen 18-19 RAW		Tom Bayer	275
Josh Rozell	170	Colin Jenkins	365
D. Dedonatis	235	Chris Mineo	380
Teen 18-19 Open		Mens Open 220	
Mark Pan	265	David Kuhn	425
Alex Keyser	330	Rob Rathmell	430
MENS RAW 148		Mens Master Raw 220	
Dave Norton	270	Fred Mink	420
Men's Master 60 yrs		Open Masters 275	
Steve Mitchell	205	Scott Luscomb	450
MENS Master 40-44		Mens Open 275	
Steve Dussault	275	ScottMundell	460
		Geoffrey Plante	485*

*Best Lifter's Men - Geoffrey Plante 485 bench. Women - Cathy Fleming 150 Bench. Special thanks to Ron Daly, Colin Jenkins, Miile Casetelli, Jack Norton, Beth Allen, Patricia Allen, George Hartwell, Tom Casey, Mary Anne Hart, Tammy Daly, Also thanks to Lori Hartman and Roland Leblone for their support. (Thanks to John Hart for providing these meet results.)

Outlaw BENCH PRESS Invitational
05 OCT 02 - Port Clinton, OH

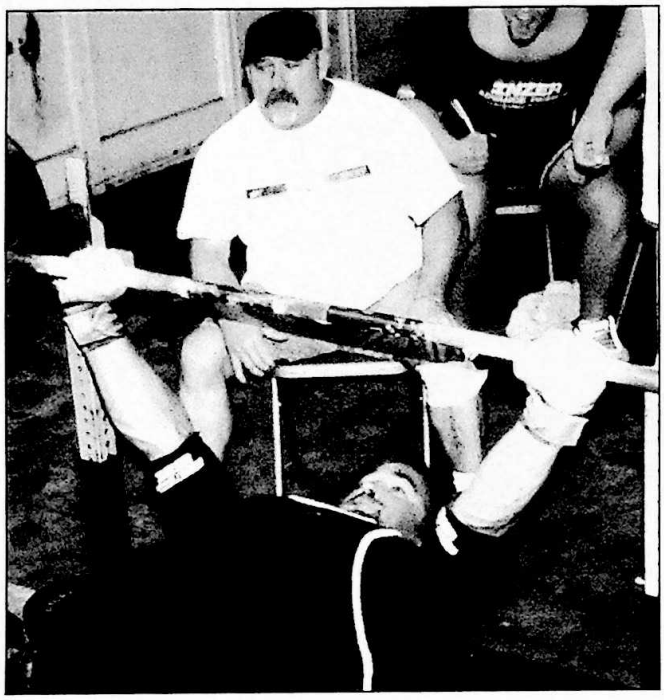
Men Open		275	
165		Nate Johnston	550
Fred Boldt	540	Eskil Thamason	550
220		Danny Dague	500
Jeff Adams	530	Eugene Covey	
Galen Scott	520	Randy Rhoudes	
Chris Smith	515	308	
242		Zach Bowling	
Chris Focht	540	SHW	
		Andre Henry	

The Outlaw Barbell Club, would like to send a special note of thanks to Louis Simmons and Jeff Adams, without their help this meet would not have been possible (Results - Outlaw Barbell Club)

S.C.I.-ROCKVIEW "FALL BRAWL"
05 OCT 02 - Bellefonte, PA

123	SQ	BP	DL	TOT
Nash	200	165	250	615
132				
Hunter	425	235	425	1085
Speer	345	220	415	990
Maldonado	300	260	375	935
148				
Wilson	510	295	505	1310
Schaeffer	325	275	375	975
Holmes				
165				
Hill	505	345	500	1350
Kling	455	270	470	1195
181				
Guaba	620	305	615	1540
Conway	500	325	540	1365
Leone	380	310	430	1120
198				
Beck	670	460	670	1800
Jordan	705	390	660	1755
Johnson	525	365	550	1440
Adams	300	210	350	860
220				
McCode	720	450	650	1820
Evans	700	400	625	1725
Ladner	410	285	500	1195
242				
Mann	740	505	620	1865
McFerren	780	425	575	1780
Collins	600	455	615	1670
Shannon	675	415	575	1665
McCabe	525	375	525	1425
275				
Lowe	950	505	800	2255
Ford	500	350	600	1450
319				
Smith	575	350	600	1525
Bulfone	200	335	365	900
319 +				
Laudadio	700	500	650	1850

On Saturday, October 5th, 2002, S.C.I.-Rockview held it's first annual "Fall Brawl" powerlifting meet. The West Point Military Academy's powerlifting team, Slippery Rock University's powerlifting team, and S.C.I.-Rockview's own powerlifting team competed in this contest. Slippery Rock University won the overall team title, West Point was second, and S.C.I.-Rockview placed last in this contest. Slippery Rock's team captain Jason Beck, in the 198 lb. class won the outstanding lightweight lifter title with an 1,800 lb. total. Greg "Beetle" Lowe from S.C.I.-Rockview took the outstanding heavyweight award with a 2,255 lb. total in the 275 lb. weight class. Steve Mann, the Pennsylvania State Chairman for U.S.A. Powerlifting took first place in the 242 lb. weight class with an impressive 1,865 lb. total. Another notable showing was James "Boo" McCode who placed first in the 220 lb. class with an 1,820 lb. total in his second only U.S.A. Powerlifting sanctioned meet. There were several U.S.A. Powerlifting records broken in this meet, these being as listed: Greg "Beetle" Lowe sets records in the 275 lb. open class with a 950 lb. squat, and 2255 lb. total . Beetle also set these same records in the 45-49 age group. Jason Beck in the 198 lb. class set records in the 20-23 age group with a 670 lb. squat and a 460 lb. bench. Beck also set the bench record in the Collegiate class with his 460 lb. bench. Tony "Might Dog" McFerren set a record in the 242 lb. class 40-44 age group with his 780 lb. squat. Overall, this was a very successful meet with all weight classes involved represented excellently. This was a 100% drug-free meet. S.C.I.-Rockview would like to thank U.S.A. Powerlifting, the West Point Military Academy, and Slippery Rock University for their effort and participation in this meet. The Rockview Powerlifting Team would like to thank their coach Rick Davis for his involvement and help in their training for this contest. We want to also thank Ed Schnars, who was the Meet Director, for his effort in running this meet. (Thanks to Tommy A. Peterman for providing these results.)



Fred Boldt, of Westside Barbell, with his coach Louie Simmons, benched 540 @ 165 at the Outlaw Invitational (Photo by D. Black)

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NASA Tri-State Natural Regional
17 JUL 02 - Flora, IL

POWERLIFTING	SQ	BP	DL	TOT
WOMEN				
154.3				
Masters 2				
Judy Rapp	185	95	245	525
MEN				
127.7				
Juniors				
Travis Wilbum	370	205	425	1000
170.2				
Sub-Masters				
Pure				
David Rogers	415	295	470	1180
187				
Masters 2				
Keith Pickens	475	300	400	1175
205				
Sub-Masters				
Pure				
Tom Nuzum	440	325	500	1265
Masters 1				
Curtis Horn	495	325	575	1395
Natural				
Jeff Fidler	350	380	465	1195
Pure				
Mike Murphy	550	440	560	1550
BENCH PRESS	1st	2nd	3rd Best	
154.3				
Pure				
Jason Roelle	260	285	295	285
170.8				
Masters 2				
Ron Corey	250	275	300	300
Fourth Attempt	305			
Pure Novice				
Ron Corey	250	275	300	300
Fourth Attempt	305			
Masters Pure				
Ron Corey	250	275	300	300
Fourth Attempt	305			
POWER SPORTS				
Lifter	Curl	BP	DL	TOT
Youth				
80				
Andrew Conley	30	45	105	180
Fourth Attempt			135	
154.3				
High School				
Jacob Tucker	100	215	350	665
205				
High School				
David Denham	110	215	400	725
Fourth Attempt			425	
250.2				
Masters 1				
Brett Kramer	175	345		520
Special Olympics				
Women				
205				
Master's 2				
Doris Scott	35	70	145	250
Men				
154.3				
Master's 2				
Jerry Thorman	55	105	235	395
Sub-Master's 1				
Jerry Flexter	50	95		145

(Thanks to Lindell Smith for providing the results.)

SCI Powerlifting Meet
28 AUG 02 - Georgetown, DE

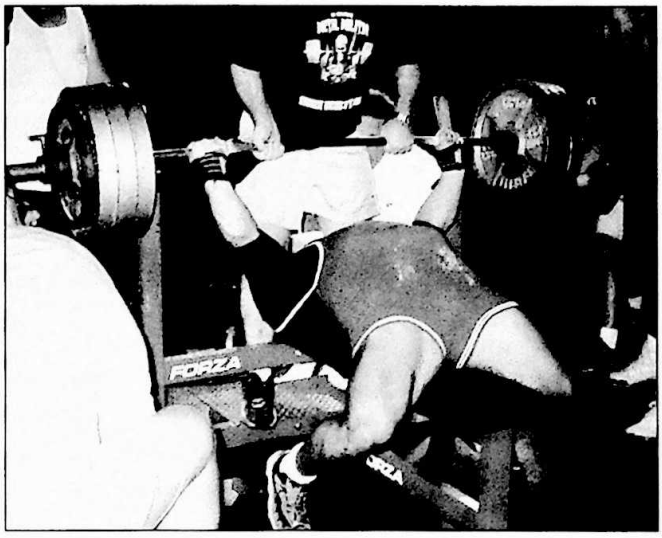
114 Lbs.	SQ	BP	DL.	TOT
R.Robinson	225	245	385	855
J.Mills	185	155	315	655
132 Lbs.				
K.Grooms	250		345	595
148 Lbs.				
B. Price	330	340	450	1120
D.Miller	225	265	325	775
M.Drummond	185	245	305	735
B.Williams	275		350	625
165 Lbs.				
D.Medley	275	250	445	970
D.Crenshaw	275	265	405	945
C.Dorsey	275	225	430	930
J.West	275	245	405	925
B.Sturgis	225	260	375	860
M.Connor	200	240	320	760
181 Lbs.				
B.Long	405	290	440	1135
G.McNair	365	405	335	1105
B.Briscoe	345	275	480	1100
L.Hampton	340	300	445	1085
A.Jones	275	275	495	1045
L.Davis		275	455	730
W.Goldsboro		315	255	670
198 Lbs.				
E.Lofland	480	335	580	1395
G.Cannon	295	380	525	1200
C. Borroughs	295	340	525	1120
J.Crippen	380	335	405	1120
198 lbs.				
R.Hassett	315	275	485	1075
N.Jarmon	335	300	425	1060
L.King	300	280	425	1005
T.Lyons	350	200	405	955
D.Cale	295	315	335	945
M. Robinson	315			315
220 Lbs.				
W.Wright	375	315	550	1240
K.Walker		405	500	905
J.Watson	315			315
242 Lbs.				
J.Drummond	405	385	505	1240
M.Clough	495	225	500	1220
D.Chandler	275	295	475	1045
275 Lbs.				
W.Scott		330	390	680
SHW.				
S.Kelly	450	450	500	1400

I would like to thank the prison administration for allowing this meet to take place. Thanks to "Warn Parry" for all his organizing skills & determination to make things run smoothly. Thanks to Charles "Smooth" Smack for his score keeping and putting up with the cry babies. Thanks to Scott 'Richard Simmons" Moragn and Tom "the snake" Carper for their part in making things work which, wasn't' true! Thanks to all the lifters who did their very best and thanks to Lou Hampton for putting on one hell of a show. Thanks to Mike "Sir Chester" Clough for lifting even tho he had a bum elbow and a year off any lifting. Thanks to all the mee t participants for a good time (Chester Marvel provided the results)

IPA Bench Nationals
10 AUG 02 - Queensbury, NY

98 Teen		275 Am Police	
Sam Pellino	60	Jeff Vanalstyme	375
114 Teen		308 Open AM	
Ronald Wilcox	160	John Hart	530
165 Teen		308 Am Sub	
Eddy Debus	265	Brian Riley	605
165 Teen		Women	
Jeremey Butz	255	123 Open AM	
Amateur		Jenny Burkey	200
114 Open Am		132 Open AM	
Phil Carey	260	Bridgett Hyney	145
165 Open Am		148 Open AM	
Steve Dussault	355*	Pam Hamilton	135
181 Open Am		Sandi McCaslin	120
Craig Schmolz	475*	Women Pro	
181 Open Am		1 14 Pro	
Mike Vanvranken	365	Janet Farone	240*
198 Open Am		148 Pro	
Chris Kinch	335	Master 11 (45-49)	
198 Sub Am		Bonnie Graube	230*
Steve Hartlaub	435	Men Pro	
198 Sub Am		148 Pro	
Vinnie Coefeild	400	Jeff Manfredi	460*
198 Master Am		198 Pro Master	
Matt Guthrie	280	Matt Jones	355
198 Master Am		220 Sub Pro	
Cody Bartlett	245	Jim Howell	440
220 Open Am		242 Pro Open	
Mike Ferlito	315	Bobby Fields	605
220 Master Am		275	
Rich Putnam	440	Pro Open	
Scott Shales	410*	Sebastian Burns	725
Jim Mitchell	365	Daniel Dean	440
242 Open Am		Jason Naja	420
John Zemken	475	275 Pro Junior	
Zane McCaslin	325	William Byiers	530*
242 Master Am		308 Pro Open	
Al Kirby	370	Vincent Dizenzo	625
275 Open AM		SHW Pro Open	
Ruben Harrington	530	Mike Miller	655
Steve Castore	430	Chris Semon	520

(* indicates International Powerlifting Association world record) The IPA Bench Nationals were held at the Adirondack Nautilus in Queensbury, New York on August 1 0. The meet was the second contest hosted by Bill Crawford's Metal Militia, featuring the Militia's trademark high-energy rock concert/WWF atmosphere. The best male and female lifters were Sebastian Burns and Janet Faraone. Burns posted the all-time third heaviest men's 275 class bench in powerlifting history with a 725. Faraone made the all-time fifth heaviest bench in the women's 114 pound class with a 240, which would have also placed her an incredible fifth on last year's Powerlifting USA Top 100 rankings for the MEN's division. Burns and Faraone both train with all-time 275 bench king Bill Crawford (760@275) at the Adirondack Nautilus in Queensbury, New York. Big Mike Miller returned to competition with a vengeance after taking a layoff of over one year to get his Nazareth Barbell Club up and running. Miller went three-for-three and increased his competition bench PR by 120 lbs with a very strong 655 in the SHW class. Mike is one of the newest members of the Metal Militia and has been training with Crawford and company for about three months. Several other world-class lifts were posted, including Jeff Manfreddi's incredible 3.15 x BWT 460@146 and Bobby Fields' strong 605@231. (Thanks to John Graube for the results.)



Sebastian Burns' 725 @ 275 at the IPA BP Nationals (Photo by Miller)

242				
Dewayne Miles	550	325	450	1325
Troy Hammond	380	285	430	1095
275				
Jamie Fellows	675	410	620	1705
Mark Drouin	475	385	560	1420
Vincent Wynn	475	330	450	1255

Meet Director: Jamie Fellows. State Chairman: Jeff Morrison. Scorekeepers: Rodney Roy and Paul Mancini. On Saturday October 5th 2002 the New Hampshire State Prison hosted the "Record Breakers" full power meet. Anxieties were high due to this being the last full power meet of the season for the New Hampshire Region as well the anticipation for the 'Record Breaking' attempts! We are also glad that there were no DQ's this meet. Nice calculations boys. Unfortunately this was a fairly small meet. Here is how the standings went: Sean Runkel won the 165 lb. class. His squat was smooth 300 lbs., a way to easy 220 lb. bench press and a personal best deadlift of 400 lbs. Joseph O'Connell took second place in the 165's with a 250 lb. squat, a 215 lb. bench press and an easy 400 lb. deadlift, to total his day of an overall 865 lbs. Joel Smith won the 181 class. He had an awesome Squat of 500 lbs., a bench press of 275 lbs. and a whopping 525 lb. deadlift. Good job Joel. Second place went to Ray Fowler with a 425 squat, a sweet 315 lb. bench press and a 540 lb. deadlift. Nice job Ray. Also good luck on the outs. It's been an adventure training with you. Third for the 181 class goes to Bill Brown. Bill's day consisted of a 455 lb. squat, an impressive 350 lb. bench press and a 455 lb. deadlift. His total for the day was 1260 lbs. Yusuf Torres won the 198 lb. class. He did an outstanding job with a 505 lb. squat, a 275 lb. bench press and smoked a 560 lb. deadlift. His total for the day was a 1340. Donald Beatty took second place with a 1300 total. Beatty squatted a 480; benched a 315 and deadlifted a 505 to end his day. Third place went to Randy Duquette with an 1130 total. Steven Newman won the 220 lb. class. Newman squatted a 450, blew up 400 balloons on his bench and pulled a 535 deadlift to finish his day. Keith Mountjoy took a second place finish in the 220's. He rolled away with a big 550 lb. squat, a 290 lb. bench press and called it a day with a 525 lb. deadlift. Rufino Pacheco settled for third in the 220 lb. class with a 470 lb. squat, a 300 lb. bench press and a 530 lb. deadlift. Dewayne Miles won the 242's squatting an easy 550 lbs., bench pressing a 325 and deadlifting 450 lbs. to walk away on top. Troy Hammond took second place with an overall total of 1095 lbs. Hammond squatted 380 lbs., benched pressed 285 lbs. and deadlifted 430 lbs. to finish the day. The 275 lb. class was lead and won by meet director Jamie Fellows. His squat was an impressive 675, he smoked a 410 lb. bench press and closed the day out with a deadlift of 620 lbs. Fellows total for the day was a respectful 1705 lbs. Good job Jamie. Mark Drouin took second place with a 475 lb. squat, a 385 lb. bench press and a 560 deadlift. Vincent Wynn with his 475 lb. squat, a 330 lb. bench press and a 450 deadlift ending the day with a 1255 total. The following individuals set new "State Records" in their classes. In the 165's Joe O'Connell across the board with a 250 squat, a 215 bench press and a 400 lb. deadlift. Joel Smith reset the 181 masters class records across the board with a 500 lb. squat, a 275 bench press and a 525 lb. deadlift. Daniel Hudson reset the 198 juniors class records. He had a squat of 350 lb. to set a new record and pulled a record-breaking 460 lb. deadlift. Mark Drouin reset the 275 lbs. Masters class records across the board with a 475 squat, a 385 bench press and a 560 lbs. deadlift. That's all she wrote!! All in all the "Record Breakers" Full Power Meet was a success. All the competitors did an awesome job; all the spectators were supportive and encouraging. We look forward to bigger meets the future. Finally thanks to the spotters Andreas Antoniou, Brian Reynolds, Jeff Wheeler, Nice job boys. Thanks to all the loaders for all their back breaking work, and special thanks to Jeff Morrison, Jamie Fellows and to our Judges and Score keepers Rodney Roy and Paul Mancini. Until the next meet, train hard boys (Thanks to Andreas Antoniou for providing these meet results and the meet report.)

Body Factory Power Challenge / BP
24 AUG 02 - Bangor, PA

Bench Only		Paul Scarpone	265
Youth		Rudy Hillyard	
Joey Mazza	55	Men's Heavy	
Teen		(Formula)	
Aaron Heydt	230	Heath Wilson	650
Men's Light (Formula)		Brian Hagenbach	420
Joe Mazza	475	Dave Harman	500
E. Sanfilippo	405	Rich Rineer	505
Pete Grohoski	480	Paul Tangiani	295
Mike Kuhns	310	Gary Benedetti	

	SQ	BP	DL	TOT
Youth				
Josh Parrish	75	45	125	245
Teen (Formula)				
Dan Tillman	295	175	335	805
Tim Kunkle	290	200	310	820
Jules Johnson	475	310	440	1225
Women (Formula)				
Shannon Parrish	395	165	380	940
Kyleen Rundle	185	75	220	480
		4th	240	
Joanne McCollian	300	120	330	750
Men's Master (Formula)				
Fred Piermanttei	590	405	575	1570
Ron Zavacky	405	305	405	115
Men's 132				
Mike Opperman	325	185	375	885
Men's 148				
Mark Piermanttei	440	235	450	1125
Men's 198				
S. Eigenbrode	425	280	425	1130
Men's 220				
Jason Mink	600	380	600	1580
Ron Zsido	560	415	540	1515
Ed Alexander	510	360	400	1270
Pat Delvey	830			
Men's 242				
Mark Hoffman	700	500	650	1850
Jim Parrish	725	450	650	1825
Blaine Rundle	675	460	605	1740
Ryan Baldwin	500	265	365	1130
Men's 275				
Barry Smith	740	500	600	1840
Dan Rundle	475	300	500	1275
Patrick McCollian	460	255	475	1190
Carmen Perrotta	800	550		
Men's SHW				
Gene Rychlak	805	680	680	2165
	4th	700		
Men's Raw				
Matt Kleckner	350	250	350	950
James Grove	415		450	

(Thanks to Jim Parrish for providing these results.)

NHSP RECORD BREAKERS
05 OCT 02 - Concord, NH

Submasters	SQ	BP	DL	TOT
Steven Newman	450	400	535	1385
Donald Beatty	480	315	505	1300
Allen Eason	430	250	465	1145
Keith Mountjoy	525	290	525	1340
Randy Duquette	350	340	440	1130
Vincent Wynn	475	330	450	1255
Masters				
Joel Smith	500	275	525	1300
Mark Drouin	475	385	560	1420
Joseph O'Connell	250	215	400	865
Juniors				
Daniel Hudson	350	275	460	1085
Grand Master				
Pete Bennett	345	215	425	985
165				
Sean Runkle	300	220	400	920
Joseph O'Connell	250	215	400	865
181				
Joel Smith	500	275	525	1300
Ray Fowler	425	315	540	1280
Bill Brown	455	350	455	1260
Allen Eason	430	250	465	1145
198				
Yusuf Torres	505	275	560	1340
Donald Beatty	480	315	505	1300
Randy Duquette	350	340	440	1130
Daniel Hudson	350	275	460	1085
Martin Lowman	265	220	320	805
220				
Steven Newman	450	400	535	1385
Keith Mountjoy	525	290	525	1340
Rufino Pacheco	475	300	530	1300

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White's Truck Stop/ YMCA BP
13 APR 02 - Staunton, Virginia

WOMEN
114
Open
Angle Mamola 155
181
50-59
Avis Henderson 120
MEN
123
Open
Travis Lilly 110
132
14-15
Brett Maness 200
148
16-17
Sam Smith 150
40-49
Scott Zerbe 335
165
35-39
Steve Chittum 240
50-59
Paul Nadeau 225
181
Open
Adam Mamola 430
Dan Noel 275
Tad Bliss 265
40-49
Ernest Banks 335
198
Open
George Farrell 430
20-23
Scott Chattin 340
60-69
George Litos 225
220
16-17
Charles Lockhart 240
20-23
Richard Stokes 360
35-39
Derrick Benson 400
40-49
David Stanley 375
50-59
Jim Sams 265
242
Open
Petey Cropp 605
14-15
Derek Ramsey 240
35-39
Randy Robinson 420
275
Open
Dan Pullen 480
Bud Drummond 415
Supers
Open
Marcus Maynard 500
Carroll Thorton 420
Mike Gartland 415

(thanks th the USAPL for providing these results)

WNPF PAN-AMERICANS
27,28 APR 02 - West Palm Beach, FL

DEADLIFT
165
OPEN RAW
RIJOS-SOTO 600
181
OPEN RAW
HOLLODICK 480
35-39 RAW
HOLLODICK 480
198
40-49 RAW
GROSS 500
220
14-16
SCHUTZMAN 505
CATSMAN
242
70-79 RAW
BRANDT 360
SQUAT
181
OPEN RAW
HOLLODICK 495*
35-39 RAW
HOLLODICK 495*
POWERCURL
181
50-59
SUMNER 130*
198
OPEN
KELLY 170
BELLEMARE 145
242
70-79
BRANDT 110*
OPEN
DONAHUE 175
BENCH
80
YOUTH 9-10
RAW
EDWARDS 55
105
40-49
LEMUS 150*
148
OPEN
NISKOCH 305
35-39
NISKOCH 305
40-49 RAW
CHAKRAVORTY 200*
165
OPEN
LAWSON 410
IRONMAN
132
LIFETIME
GOELZ
181
OPEN RAW
HOLLODICK
35-39 RAW
HOLLODICK
40-49
LAWSON 410*
181
OPEN RAW
HOLLODICK 305
35-39 RAW
HOLLODICK 305
50-59 RAW
HUGHES 265*
198
OPEN RAW
KELLY 295
LIFETIME RAW
KELLY 295
220
14-16
SCHUTZMAN 270
OPEN
WALKER 385
BRICE 385
WALKER 315
CALLOWAY
LIFETIME
WALKER 315
35-39
CALLOWAY
50-59
WALKER 385
60-69 RAW
KLUFT 320
242
LIFETIME
DONAHUE 420
MERRY 370
35-39
MERRY 370
50-59
MCBRIDE 290
POLICE
MCBRIDE 290
70-79 RAW
ROMERO 215
275
OPEN RAW
MCDOUGALD 505*
OPEN
WITZ 405
35-39
WITZ 405
50-59 RAW
BUZZO 440
50-59
BUZZO
SHW
40-49 RAW
DANTOS 315

	BP	DL	TOT
GOELZ	300	375	675
HOLLODICK	305	480	785
HOLLODICK	305	480	785
198			
LIFETIME			
BELLEMARE	325	555	880
220			
OPEN			
BRICE	385	500	885

WOMEN	SQ	BP	DL	TOT
105				
MACKEY	125	70	160	355
123				
OPEN				
WHIDDEN	240	125	280	645
40-49				
WHIDDEN	240	125	280	645
132				
14-16				
VASQUEZ	160	85	195	440
148				
14-16				
RAMOS	225	70	235	520
SHW				
14-16				
STANLEY	195	70	225	490
40-49 RAW				
MCGEE	155	110	300	565
MEN				
132				
17-19				
SINGLETON	265	220	315	800
148				
17-19				
DOBSON	275	190	310	775
14-16				
BACKES	245	160	330	735
GUARNIERI	155	160	275	580
165				
17-19				
STEVENS	265	200	365	830
SAPYTA	200	225	385	810
14-16 RAW				
COOPER	260	230	325	815
14-16				
ROTHROCK	265	160	350	775
GONZALEZ	225	150	355	730
DUBAY	245	190	275	710
BAKER	215	160	295	670
CLEMMONS	215	155	300	670
LIFETIME				
WRIGHT	500	350	575	1425
40-49				
WRIGHT	500	350	575*	1425*
50-59				
BROGAN	425	270	440	1135
181				
14-16				
BENITEZ	285	175	360	820
HYMEL	275	170	355	800
LOHMAN	225	145	350	720
OPEN RAW				
HOLLODICK	495*	305	480	1280
35-39 RAW				
HOLLODICK	495*	305	480	1280
50-59 RAW				
SUMNER	210	250	320	780
198				
14-16				
PEREZ	315	180	360	855
ROSSER	250	155	305	710
OPEN				
HERRERA	650	380	550	1580
EDWARDS	540	400	540	1480
LIFETIME				
BROWN	300	300	440	1040
40-49				
BROWN	300	300	440	1040
70-79				
CARR	315	285	385*	985
220				
14-16				
SCHUTZMAN	455	270*	505*	1230
DESIDERO	370	215	425	1110
20-25				
BURGOS	455	375	450	1280
OPEN RAW				
RIVERS	520	355	550	1425
242				
14-16				
GONZALEZ	280	140	300	720
OPEN				
CERVENKA	600	405	630	1635
LIFETIME				
DONAHUE	500	420	500	1420
GARCIA	465	370	500	1335

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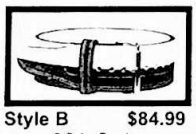
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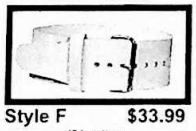
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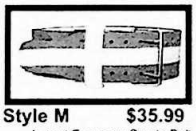
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275				
17-19				
MARTIN	405	300	405	1110
MCCLELLAND	405	280	410	1095
14-16				
URBAN	325	210	390	925
SHW				
14-16 RAW				
MARAIA	270	165	360	795
17-19				
HARRIS	500	405	485	1390

BEST LIFTERS-LYNNIE WHIDDEN-WOMEN, POWERLIFTING- HERRERA, BENCH- JEFF LAWSON, KEITH MCDOUGALD, DEADLIFT- RIJOS-SOTO. TEAMS-TEENAGE-SANTALUCES HIGH SCHOOL, OPEN-IRONWORKS GYM. We were back in West Palm Beach for the second year in a row for the Pan-American Championships. We moved this meet to a one day event because of the total number of lifters signed up and then the mad rush came in and we ended up with 75 total lifters again. We will be back in 2003 on April 26-27 so mark those dates down please and again in November. Brenda Lemus lifted outstanding with a 150 pound bench and new record. Dr. Chakravorty in his first meet set a new record in the masters division with 200 pounds. Mr. Lawson benched 410 in the masters and open and he also took home the best lifter award in the bench. Ricky Hollodick won the subs and lifetime divisions with a 305 pound bench. Mr. Walker won the battle in the 220 open division with a 385 bench and he also won the masters division. Donahue defeated Merry in the lifetime division. Francis McBride won the masters and police divisions with a 290 bench. Keith McDougald moved up a weight class and benched 505 pounds in the 275 raw division. Frank Buzzo returned to the WNPF after a 6 year layoff and benched 440 pounds. Carlos Rijos deadlifted 600 pounds in the 165 open class. Herb Brandt set a new record in the deadlift and curl. Ricky Hollodick set a new American record in the squat with a 495. Bellemare had the second highest total in the Ironman event with a 880 in the 198 class. Jason Brice totaled 885 in the 220's. Lynnie Whidden lifted well in the masters 113 class with a 645 total. Winners in the teenage division included Singleton, Dobson, Stevens, Rothrock, Benetiz, Perez, Schutzman, Gonzalez, Martin, Urban, Maraia and Harris with most of this kids lifting under the direction of Dwayne Kouf and Santaluces High School. Mr. Wright moved to the 165 masters class with a bang setting a new deadlift and total record. Joe Brogan returned to the WNPF platform after a 7 yr. absence and totaled 1135. Frank Sumner won the masters 50-59 raw division in the 198's. Heffera defeated Edwards in the 198 open class. Mr. Carr set a new deadlift record in the over 70, 198 class. Schutztnan lifted outstanding and had a lot of support in the audience, he went on to break numerous WNPF records. Thanks to all the people that supported this event and again we will be back in 2003 on April 26-27. (Thanks to WNPF for providing these meet results to *PLUSA*.)

World Gym "Gorilla Thrillia" BP
27 APR 02 - Idaho Falls, ID

BENCH PRESS		Thompson, D.	245
WOMEN		242	
Open		Santo, M.	360
114		275	
Davis, A.	115	Schmitt, T.	440
MEN		Hope, B.	410
Open		Gaivin, J.	400
165		Huskinson, J.	365
Jackson, E.	340	319	
McBride, M.	235	Rush, J.	375
Reece, B.	230	Berger, B.	
181		SHW	
Bruemmer, D.	225	Coffman, K.	300
198			
Phippen, J.	325		
Chacon, R.			
220			
Newbold, T.	355		
Weber, J.	345		
Graham, J.	315		

Meet Director: Kristen Morgan. (Meet Results Provided By Brad Compton: The USAPL State Chair)

United We Stand Touch 'N Go BP
14 SEP 02 - New Castle, PA

Men Open		Junior 20-23	
123		123	
Zac Symmons	175	Zach Symmons	175
148		148	
Phil Detore	400	Mike Neurohr	250
Charles Venturrlla	380	165	
Brian Abeid	330	Ben Moran	335
165		220	
Ben Moran	335	JR Fangos	330
Pat Mulroy	330	308	
Phil Rottuno	310	Adam Bulfone	350
Lou Deloe	300	Submaster 33-39	
181		242	
Tom Proya	435	Terry Gibson	540
T. Sariginopouls	370	275	
Ron Johnson	345	Jeff Peshek	640
198		James Smith	440
Greg Tarr	500	Teen 14-16	
Scott Jenkins	410	123	
Mike RIce	370	Chuck Greco	140
Jeff Surdyn	350	148	
Chris Loomis	250	Tom Reed	225
220		181	
Donald Jonhson	485	Ryan Alger	
Gary Jenkins	460	198	
Kim Nezbeth	405	Chas Cathers	220
242		Teen 17-19	
Paul Vargo	550	181	
Terry Gibson	540	Nick Dichicko	330
275		198	
Jeff Peshek	640	DOug Mangino	300
Barry Clark	490	220	
308		Scott Prozy	360
Blaise Karlovic	600	242	
John Ryan	490	Arron Forrtunna	
SHW		Master 40-49	
Nate Rolle	395	148	
Dave Champ	315	C. Venturella	380
Men Novice		181	
123		Tom Proya	435
Zach Symmons	175	198	
148		Chris Loomis	250
Jim Moffett	190	220	
165		Steve Popovich	345
Ben Moran	335	242	
Phil Rotunno	310	Chester Bendar	360
181		275	
Tom Rice	250	Barry Clark	490
198		Paul Henderson	425
Scott Jenkins	410	308	
Derrick Bowman	375	Jerry Wilson	340
Mike Rice	370	SHW	
220		Nate Rolle	395
Gary Jenkins	460	Grandmaster	50-
Justin Hephner	405	54	
Chris Cathers	300	148	
242		Phil Detore	400
Chester Bendar	360	165	
Bill Antoun	345	Pat Mulroy	330
275		181	
Martin Gatti	425	Tom RIce	250
Ted Peggy	280	275	
SHW		Ted Peggy	270
Nate Rolle	395	Grandmaster 60+	
Police & Fire		242	
181		Bill Antoun	345
Ron Johnson	345	13 And Under	
198		114	
Quinn Mulroy	420	Cyle Smith	90

Best Lifter Lightweight: Phil Detore. Best Lifter Heavy Weight: Jeff Peshek. Best Team: Sunsation Fitness and Tanning. (Thanks to Charles Venturella and Eric Rudiak for providing these meet results.)

BIG DADDY'S IRON HORSE OPEN
06 JUL 02 - Muncie, Indiana

WOMEN		Junior	
123 LB CLASS		Mike Robertson	280
AMBER PINER	80	Masters 1	
MEN		Mike Higgins	300
148 LB CLASS		220 LB	
OPEN MEN		Novice	
Joo Mukite	445	Jason Fox	250
Junior		242 LB Class	
Brett Clark	265	Open Men	
165 lb Class		B. Hensley	225
Teen 16 & 17		Novice	
Nick Terhaar	205	Chris Teagle	365
181 LB		Masters 1	
Open Men		Chfis Teagle	365
Mike Coats	285	275 lb Class	
Novice		Masters 1	
Jay Wright	275	Mark Houser	315
Masters 1		319 lb	
Mike Lindsey	305	Jim Piner	350
Masters 2		SHW Class	
Larry Wright	155	Open Men	
198 LB CLASS		Sonny Runyon	430
Open Men		Novice	
Jesse Pryor	415	W. Davidson	250
Novice		Masters 1	
Jesse Pryor	415	Mark Stamper	245

TEAM (1) Big Daddy's Iron Horse Gym. (Thanks to Sonny Runyon for providing these results)

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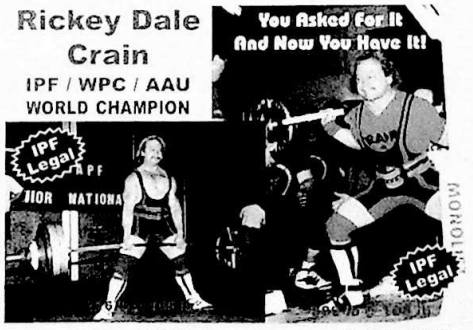

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US Trademark Reg. #1544517 Size 18-45 Navy Blue, Black, Red, Royal Blue, Light Blue, Forest Green, Gold, Burgundy, White - Two & Three Color Available
POWER BRIEF ... $19.95
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Blast Shirt ... $ 38.00
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PPL USA "DRUG-FREE"
26 OCT 02 - AUGUSTA, GA

BENCH PRESS				
LADIES				
114 40-49				
JAN ADAMS	150*			
165 NOVICE				
TERRY HICKS	175*			
MEN				
132 14-16				
RYAN MOODY	200*			
165 OPEN				
M. ELROD	430*			
18150-59				
MILLER NORRIS	175			
OPEN				
JAMES SAVAGE	410			
60-69				
BILL TINKLER	255*			
IRON MAN		BP	DL	TOT
132 OPEN				
BECKY REIMER		140*	330*	470*
275 SUBS				
BUCK HARRIS		375	550	925
SAM HAIRSTON		405	455	860*
FULL POWER	SQ	BP	DL	TOT
LADIES				
132 RAW				
S. RICHARDSON	160*	100*	255*'	515*
		4th	270*	
OPEN				
BECKY REIMER	250*	140*	330*	720*
NOVICE				
LUCIA MEEHAN	185	130*	245*	560
MEN'S DIVISION				
148 NOVICE				
DAVE AMDUR	290	195	350	835
165 NOVICE				
J.EVANGELISTA	355	215	355	925
OPEN & 17-19				
ADAM ROWELL	375*	245	405	1025
181				
J. BOURGEAULT	500	345	560	1455
OPEN				
198 NOVICE				
AARON HAGAN	330			
242 OPEN 40-49				
BOB VIGNEAULT				
NOVICE				
BEN LAWTON	425			
FRED DUPUY	420			
275 50-59				
BILL POSTMAN	350			
DEADLIFT ONLY				
LADIES				
132 OPEN				
BECKY REIMER	330*			
MEN				
275 40-49				
P. CIARMELLO	575			

Becky Reimer's 330 lb. pull at the USA Drug Free Meet. (Photo courtesy Python Power League)

DAN HAGAN	505	350	505	1360
DOUG REIMER	435	315	525	1275
STEVE CLARK				
198 OPEN				
JOHN GOETHE	520	365	510	1395
J. STREETMAN	490	355	500	1345
JIMMY MONGO	475	275	500	1250
40-49				
JOEL CALANDRA	500*	285	470	1355*
220 33-39				
TODD VISOKAY	500	315	480	1295
70 & OVER				
M. BRANHAM	275	265	435	975
OPEN				
MARK PHILLIPS	705	450	705	1860*
242 NOVICE				
J. THOMPSON	475*	340	600*	1415
NOVICE				
TERRY MEEHAN	445	340	530	1315
50-59				
BOB MONEY	375	315*	455	1165*
M. BIAGASSO				
275 50-59				
LARRY BIZZELL	420	340	500*	1260
33-39				
KARL TILLMAN	755*	440	630*	1825*
SHW OPEN				
S. HENDERSON	650	425	600	1675
NOVICE				
JEFF BAKER	600	450*	500	1550

* INDICATES NEW PYTHON POWER LEAGUE RECORDS. BEST TEEN LIFTER - ADAM ROWELL. BEST FEMALE LIFTER - BECKY REIMER. BEST LEGENDS LIFTER - MACK BRANHAM. BEST OVERALL LIFTER - MARK PHILLIPS. BEST BENCH - MATHEW ELROD. BIGGEST BENCH - MARK PHILLIPS. BEST DEADLIFT - MARK PHILLIPS. BIGGEST DEADLIFT - MARK PHILLIPS. HIGHEST TOTAL - MARK PHILLIPS. ALL HAIL THE NEW QUEEN AND KING OF THE PYTHON POWER LEAGUE! BECKY 'BABY GIRL' REIMER AND 'MIGHTY' MARK PHILLIPS ARE THE NEW UNDISPUTED 'MONSTAHS OF MUSCLE' FOR THE PYTHON POWER LEAGUE. BECKY REIMER IN ONLY HER SECOND MEET WITH THE LEAGUE BROKE ALL OF THE 132 LB. CLASS, PLUS SHE HAD THE HEAVIEST SQUAT, DEADLIFT AND TOTAL OF THE MEET. NEEDLESS TO SAY SHE WON THE FEMALE BEST LIFTER AWARD. SHE NOW HAS THE HIGHEST LIGHTWEIGHT TOTAL OF 720 LBS! SANDRA "COCOA" WALKER ... WHERE ARE YOU? ARE YOU READY TO MAKE A COMEBACK AND CHALLENGE THE 'BABYGIRL'? GREG 'DA HEAD' CAMPBELL ... DON'T CHECK YOUR HEARING... 'MIGHTY' MARK PHILLIPS IS NOT CREEPING UP ON YOU ... HE HAS WHIZZED PAST YOU! THE NEW HEAVIEST TOTAL IN THE PYTHON POWER LEAGUE NOW BELONGS TO THE 210 LB. PHILLIPS WITH A 1,860 LB. TOTAL EARLIER THIS YEAR CAMPBELL DEFEATED PHILLIPS BY 20 POUNDS, BUT PHILLIPS HAS NOW ECLIPSED CAMPBELL'S TOTAL BY 5 POUNDS. IS THERE A SHOWDOWN SOON? CAMPBELL SAYS YES! NUFF SAID. THE 'MAD DAWG' MATTHEW ELROD SMOKED A 430 LB. BENCH AT 165 LBS. TO WIN THE BEST BENCH PRESS AWARD. NEWCOMER SHEDRICK 'TEX' HENDERSON SQUATTED AN EASY 650 LBS IN THE SUPERHEAVIES, BUT THE NEW MONSTER SQUATTER IS 'KING' KARL TILLMAN WITH THE LEAGUE'S HIGHEST 755 LB. SQUAT AND BARELEY MISSED THE HIGHEST TOTAL BY ONE DEADLIFT! NEEDLESS TO SAY THERE ARE TWO MORE "LADIES OF THE BENCH" JAN 'ANGEL' ADAMS AND 'TERRIBLE' TERRY HICKS. HICKS BENCH PRESSED 175 LBS. AT 152 LBS. AND ADAMS LIFTED 150 LBS. AND ONLY WEIGHED 108 LBS! 'THIN' BEN MARTIN ... 'BIG RAL' ADAM ROWELL SAYS QUIT DUCKIN' HIM! (HE SAID IT .... NOT ME! I AIN'T TRYIN' TO START NUTHIN'! WELCOME TO SOME OF OUR NEWCOMERS DAVE AMDUR, 'RUCKUS' VISOKAY, SHELLY ANN RICHARDSON, STEVE CLARK, JEFF 'BIG KAHUNA' BAKER, LARRY 'BO HAWG' BIZZELL, TERRY & LUCIA MEEHAN, 'SLAMMIN' SAM HAIRSTON, 'DOUGHBOY' DUPUY AND MANY MORE! THESE ARE JUST SOME OF THE STARS OF THE MEET ... THERE WERE MANY MORE AND I JUST WANT TO SAY THANKS TO ALL OF THE LIFTERS FOR PARTICIPATING AND THE AUDIENCE FOR APPRECIATING A GREAT COMPETITION. THANKS TO MY STAFF MELLIE MEL GIVENS, GREG 'DA HEAD' CAMPBELL, IKE 'DA WARRIOR' SCOTT, HARDCOURT BULL, WILLIE 'SOUPBONE' MORRIS, 'LUCIOUS' LAMAR, 'BAY BAY', 'BROTHER' PAUL, JEREMIAH 'JUKEBOX' SMITH, SHAYLA, PEPPAH, 'SHAYROCK' REESE, 'MAMA' REESE & ANYBODY ELSE THAT HELPED WITH THIS EVENT FOR WITHOUT THEM, THIS CHAMPIONSHIPS WOULD NOT HAVE BEEN. (THANKS TO TEE 'SKINNY MAN' MEYERS, PPL PRESIDENT, FOR PROVIDING THE MEET RESULTS TO *PLUSA*.)

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USAPL INDIANA STATE
05 OCT 02 - Indianapolis, IN

WOMEN	SQ	BP	DL	TOT
132				
T1				
Kirstin Smith	65	40	102.5	207.5
123				
Esther Widlanski	75	40	100	215
132				
Open BP				
Angie Overdeer				
148				
Open				
Roxanna Hack	137.5	70	142.5	350
165				
Junior				
Gily Martinez	140	82.5	127.5	350
MEN				
123				
Junior				
J. Goodman	120	62.5	157.5	340
Open				
Sam Meadows	157.5	112.5	200	470
148				
T1				
Gant Elmore	130	75	157.5	362.5
Open				
Scott Kenworthy				
Mike Buck	197.5	137.5	212.5	547.5
Steve Wielgos	170	120	175	465
Open				
BENCH PRESS				
Tony Burrello		137.5		142.5
Derek Reiners		142.5		
165				
Open				
Scott Pingleton		192.5		142.5
Open BP				
Andy Furnas		192.5		192.5
Junior				
Nicholas Deluise	45	172.5		217.5
181				
Master 1				
Doug Hamey	205	147.5	240	592.5
Special Olympian				
Sam Chapala	125	85	130	340
Open				
Ron Palmer	247.5	197.5	302.5	747.5
Master 2 BP				
David Hardy		157.5		157.5
198				
John Palumbo		105		105
T3				
Wayne Literal	237.5	152.5	260	650
Open\ BP				
Michael Coe	260	200	260	720
Open				
Marc Fensler	257.5	167.5	255	680
Junior				
Kristopher Hunt	250	132.5	237.5	620
Master 1				
Stephen Vollmer	192.5	160	227.5	580
Master 2				
Steve Miscoi	162.5	117.5	157.5	437.5
Master 2/BP				
Alfredo Arroyo		97.5		97.5
220				
Open /Junior				
Warren Ramsey				
Open				
Jason Shoopman	275	180	317.5	772.5
Master 1				
John Valpatic	212.5	127.5	230	570
Edward Lytle				
Master 1/ Master 1BP				
Jeff Cardinal	215	182.5	190	587.5
242				
Master 2 / Master 2 BO				
Larry Hughes		120		120
220				
Open BP				
Marty Mills		220		220
242				
T2				
Brent Oertell	265	155	250	670
Open				
Pete Andrica	287.5	195	287.5	770
Master 2				
Joe Dell'aquila	140	145	165	450
Master 2 BP				
Carl Lindewald		87.5		87.5
275				
Open /Open BP				
Mike Hartle	65	230	65	360
Junior				
Ryan Benson	237.5	167.5	257.5	662.5
Novice				
Bill Reddy	182.5	127.5	192.5	502.5
Open BP				
George Lealiifano		285		285
275+				
Harlan Jacobs		187.5		187.5

(Thanks to USAPL for providing these meet results)

Oneida Invitational
19 JAN 02 - Oneida, NY

WOMEN	SQ	BP	DL	TOT
114 Open				
E. Stechyshyn	200	100	250	550
123 Open				
J. Wellington	150	80	200	430
MEN				
165 Open				
S. Stechyshyn	500	300	500	1300
T. Benda	300	200	400	900
220 Masters 40-44				
M. Kodya	645	365	370	1380

(Thanks to Mark Kodya for providing these results.)

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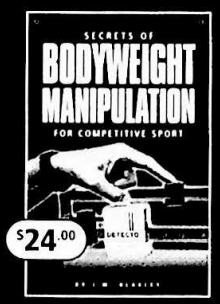

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WABDL Hard Hitter Louisiana State
22 JUN 02 - New Orleans, LA

DEADLIFT
Class 1 Men
165
Chris Holden 475
Daniel Brown 445
181
D. McCormick 520
198
Isaac Holden 515
242
Buddy Cancienne 405
Junior Men 20-25
165
Daniel Brown 445
220
Jonathan Stewart 575
John Clay 430
Law/Fire Open
242
Casey Smith 575
Master Men 40-46
181
D. Mc Cormick 520
198
Tim Welton 485
Master Men 47-53
198
Emanuel Howard 450
Master Men 54-60
220
Onnie Jordan 570
Master Men 61-67
198
John Herbein 490
Master Men 80+
181
Donald Dreyer 185
Master Women 40-46
198
Susan Adkison 38
Master Women 54-60
123
Jane Honeycutt 225
Open Men
165
Chris Holden 475
181
Joseph Bozzelle 510
198
Stephen Lemarie 630
John Herbein 490
220
Jonathan Stewart 575
Open Men
242
Buddy Cancienne 405
Open Women
198
Susan Adkison 380
Special Olymnpion
198
Greg Floyd 220
Submaster Women
114
Tara Rivers 205
Submaster Women
UL
Kristin La Monica 295
Submaster Men
181
Nate Andrus 630
198
Stephen Lemarie 630
Bobby Myers 405
308
Jon Davison 525
Teen Men 13-15
148
Jon Toerner 305
Teen Men 16-19
148
Stephen Hill 340
198
Isaac Holden 515
BENCH PRESS
Class 1 Men
165
Chris Holden 315
Daniel Brown 250
198
Greg Floyd 200
Junior Men 20-25
181
Tim Tyson 380
Junior Men 20-25
220
Jonathan Stewart 405
John Clay
Law/Fire Open
198
Joe Smith 455
Law/Fire Submaster
SHW
Quentin Aucoin 480
Law/Fire Master 40-47
242
Blone Tindull 400
Law/Fire Master 48+
198
Emanuel Howard 370
Master Men 40-46
181
Kirk Thibodeaux 280
242
Blone Tindull 400
275
Bradley Butler 350
Master Men 47-53
198
Emanuel Howard 370
220
Donald Madere 420
Jim Leitner 300
242
Frank Bivon 365
275
Charles Kelly 360
308
Leo Oesselle III 450
Master Men 54-60
198
Sonny Williams 270
242
Charles Lambert 310
Master Men 61-67
181
Roy Guidry 320
198
John Herbein 250
Rodney Guidry 230
Master Men 80+
148
Jack Heizelman 175
181
Donalld Dreyer 145
Open Men
165
Chris Holden 315
181
Joseph Bozzelle 355
Leslie "Charles'Phillips
198
Joe Smith 455
Jason Frickey 390
220
Jonathan Stewart 405
John Boeltger
Open Men
308
Leo Deesselle III 450
Submaster Men
181
Leslie Phillips
198
Jason Frickey 390
Stephen Lemarie
308
Rob Ferr 500
Jon Davison
Teen Men 16-19
114
Andrew Hrenchir 195
148
Stephen Hill 200
165
Damon Fabacher 240

In the deadlift in Class I Chris Holden set a Florida State Record with 475 at 165 and Dewayne McCormick set a Florida State Record with 540. In Junior men Daniel Brown set a Florida State Record with 445 at 165. At 220 Jonathan Stewart set a Louisiana Record with 575. In Master Men 40-46 181 Dewayne McCormick set a Fl. Record with 540. Tim Welton set a Colorado State Record with 485 at 198. In 80+ age group Dr. Donald Dreyer, who is still competing at age 82 and is also still practicing medicine, set a World Record with 85# in the 181 class. In master Women 40-46 Susan Adkison set a World, National and Florida State Record at 198 with 380. In Master Women 54-60 123 Jane Honeycutt set a Louisiana State Record with 225. In open men 181 Joseph Bozzelle JR. set a Louisiana State Record deadlift with 530. AT 198 Stephen Lemarie pulled an impressive 630 for a Louisiana State record. At 220 Jonathon Stewart pulled 575 for a LA State Record and Buddy Cancienne at 242 pulled a 405 for a Louisiana State Record. In Open Women Susan Adkison Pulled 380 for a World Record her 2nd World Record of the day having previously set the Masters World Record. In Submaster Women Tara Rivers set a LA State Record at 144 with 205. In the 198+ division Kristin Lamonica set a LA State Record with 295. In Submaster men Nate Andrus weighing only 179 pulled 630 for a World Record - He's a very good deadlifter with perfect form. At 198 Stephen Lamarie pulled 630 for a LA State record. At 38 Jon Davidson pulled an Alabama State Record with 525. In Teen Men 13-15 Jon Toerner set a LA Record with 305 at 148. In Teen Men 16-19 Stephen Hill set a Florida State Record with 350 at 148 and Isaac Holden set a Fl. State Record with 515 at 198. Moving on to the Bench Press. In Class I 165 Chris Holden set a FL State Record with 315. In Junior Men Bench Tim Tyson set a LA State Record of 380 at 181. In Law/Fire Open at 198 Joe Smith set a LA State Record with 453 and in Law/Fire Submaster Quentin Aucoin set a LA State Record with 480 at Super. In Master 40-46 275 Bradley Butler set a LA State Record with 350. In Master 47-53 220 Donald Madere pushed 420 for a Louisiana State Record. At 275 Charles Kelly Set a Missouri State Record with 360. At 308 Big Leo Desselle III put up 450 for a Louisiana State Record. He looks good for 500 - he has 22" guns. In Master 54-60 198 Sonny Williams set a Louisiana State Record with 270. In Master 80+ Dr. Donald Dreyer set a World Record at 181 with 145. In Submaster 198 Jason Frickey Set a Louisiana State Record with 390 and Rob Ferr at 308 set a Louisiana Record with 500. In Teen Men 16-19 Andrew Hrenchir set an Arkansas State Record with 195 weighing only 113. At 148 Stephen Hill Set a Florida State Record with 200 and at 165 Damon Fabacher set a LA Record with 240. I want to that Arrid Hansell, the Meet Director, who runs an excellent meet and Herb Gowing, who is the Athletic Director of the Naval Air Station in Belle Chasse where the meet was held (a suburb of New Orleans) and who was also the Head Judge. (Thanks to Gus Rethwisch for providing these meet results.)

Nathan Andrus from the WABDL Hard Hitter Louisiana State meet. (photo courtesy of Bob Garza)

USAPL COLORADO BENCH OPEN
28 SEP 02 - SHERIDAN, CO.

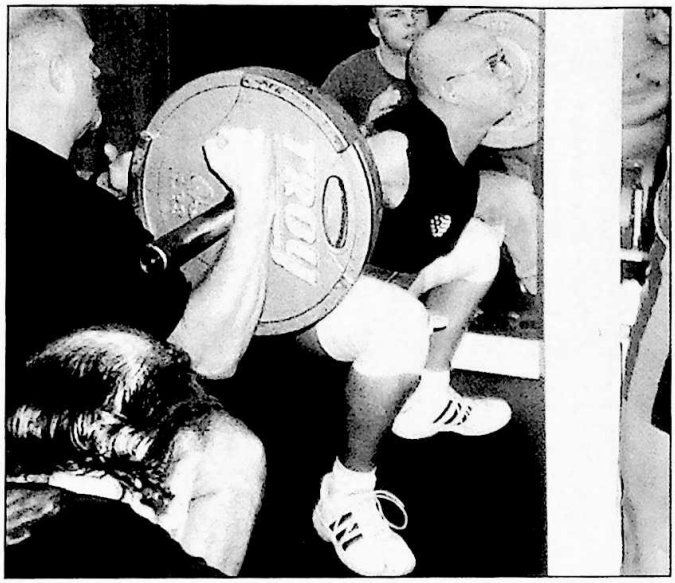
WOMEN MASTER
M1
148
J. LIVINGSTON 110
M2
123
JEANNE HARMS 126
MEN OPEN
132
SCOTT HANSEN 236
TOM CREW 220
148
RON FRY 352
181
JOE MARTINEZ 314
220
MIKE OTA 501
MEN MASTER
M1
165
MARK SIGALA 352
198
RUSSELL CLARK 374
SHW
BOB GILLOCK 457
L. TOONEY 407
M3
181
STEVE HARMS 281
275
R. MINSHEW 358
M4
165
TOM BYINGTON 231
242
H. BLACKMAN 352
M7
165
DAN GOODWIN 170
220
ERNIE TAUCK 270
M8
181
BOB DUNIHUE 159
MEN JUNIOR
220
MATT HARUTUN 253
TEEN
132
TOM CREW 220
JASON TRUDEAU 214

(THANKS TO DAN GAUDREAU FOR RESULTS.)

NASA Teenage, Junior & Intermediate Nationals
29 JUN 02 - Flora, IL

BENCH PRESS		A.J. Lill		290
Men's 154		Power Sport		
20-23		A.J. Lill		290
Luke Meighan	290	Women's 170		
Fourth Attempt	305	Teenage		
High School		B. Schwaninger		150
A.J. Lill	290	Fourth Attempt		160
Teenage				
POWER SPORTS	Curl	BP	DL	TOT
Women's 127.8				
24-26				
Erin Maxwell	60	105	265	430
Men's 205				
20-23				
Jesse Reimer	160	370	485	1015
Fourth Attempt			500	
Men's 227				
Teenage				
David Denham	100	210	360	400
Fourth Attempt			400	
POWERLIFTING	SQ	BP	DL	TOT
Men's 170 Teenage				
Courtney Yockey	455	205	455	1115
Men's 205				
Teenage				
Anthony Pritchard	360	215	405	980
Men's 250				
Teenage				
Nathan Steber	550	375	550	1475

What if they held a National Championship Meet and nobody showed up? That was almost the question facing the Natural Athlete Strength Association on June 29 when just nine athletes registered for the annual Teenage, Junior & Intermediate Championships. Instead of the exceptionally low number of lifters resulting in a drop in enthusiasm, it brought about the sense of camaraderie that used to prevail in powerlifting with each lifter cheering, helping and occasionally comforting each other. NASA High School Athlete of the Year, Bethany Schwaninger, put in a full weekend, helped set up the meet on Friday, while celebrating her 16th birthday. She came back on Saturday to judge curls, squats and deadlifts, only breaking long enough to hit a couple of quick warm-ups then go three-for-three in the bench press before increasing her Personal Best fourth attempt to 160 pounds. Luke Meighan, who had been lifting in NASA vice president Greg VanHoose's Kentucky meets made the northern trip to hit easy lifts of 260, 275 and 290 before increasing his Personal Best and Kentucky State Record to 305 pounds on a fourth try. All four of Luke's attempts were raw. Young A.J. Lill made the long trip from Sandusky, Ohio for his first national meet and while he impressed those watching, fell a little short of his anticipated final effort of 305 pounds after making attempts of 265 and 290 look easy. One of the most impressive showings of the day came from RiverFalls, Wisc., resident Jesse Riemer, who posted an outstanding 1,015 pound Power Sport total in the 205 pound 20-23 age division. Jesse powered up a trio of successful curl attempts of 140, 155, and 160 pounds. He appeared to struggle on his opening bench press effort of 350 pounds, but was just as determined in pushing up 365 and 370 pounds. Jesse owned the deadlift platform with easy lifts of 460, 475 and 485 before closing out the day with a 500 pound Personal Best fourth attempt that didn't count toward his total. 15-year-old David Denham backed up his outstanding effort at the NASA High School Nationals with a nine-for-10 showing at the Teenage Nationals. David hit curls of 95 and 100 pounds before just missing 110 pounds. That would be his last setback of the day, pushing tip bench press efforts of 190, 200 a nd 210 pounds, then powering to rock-solid deadlifts of 315, 300 and 360 pounds before hitting a PR and state record forth attempt of 400 pounds. Former NASA Female Athlete of the Year Erin Maxwell opted to compete in Power Sports because of an injury, but still made the most of it with a solid outing. She made all three curl attempts of 40, 55 and 60 pounds, then made bench press efforts of 95 and 105 pounds look easy before getting out of the grove and missing 110 pounds. She closed out the day with deadlifts of 245 and 265 pounds before 275 pounds stayed on the ground. Three members of the NASA High School National Championship fifth place team were on the platform for the full meet with all three showing improvement since April. Altamont's Anthony Pritchard just missed the 187 class, weighing in just at 190 pounds. He opened with an easy 290 squa d, then set PR's with easy lifts of 335 and 360 pounds. He was letter perfect in the bench with attempts of 180, 205 and 215 and continued to roll in deadlifts where he made lifts of 365 and 405 before being unable to lock out his final lift of the day at 435 pounds. Only senior Courtney Yockey has won Outstanding Lifter every time he has competed at The Gym and this time was no different with the 165 pound football player powering up impressive squat attempts of 385, 425 and 455 pounds before being buried on a fourth try at 500 pounds. Things didn't go well in the bench press where he made 205 look easy, but failed twice at 225, a weight he had done earlier in the week. Courtney had planned on spotting and loading, but was recruited by fellow Tiger teammate Nathan Steber to do the meet. He closed out his day jerking 405 and 455 off the floor before losing the battle to gravity on a 500 pound final attempt. The big bull in the yard was Courtney's teammate Nathan Steber, who posted a 1,475 pound total for the day. Nathan had missed his opening squat at the High School Nationals, but was at the top of his game on June 29th, hitting an easy 455 opener, then blowing up 500 and 550 pounds. He made a record attempt at 600 pounds, but followed Courtney's lead and stayed at the bottom. He had more trouble getting his opening attempt of 315 pounds to his chest than locking it out. He was just as strong at 350 and 375 pounds, which led to his bypassing a makeable American Record attempt of 385 pounds in favor of trying 400 pounds – just for the fun of it. Nathan closed out a great day with lifts of 500 and 550 pounds in the deadlift, before hitching a 600 pound final effort. So, despite a small turnout, the day was large for those who competed and qualified for next March's NASA Natural Nationals, in Oklahoma City. In addition to the athletes lifting, Danny Gill and Alan Hill served as spotters, Diana Gill served as the announcer, Cheri Gill the expeditor and Kay Lamb and April Smith photographers with Mable Smith, Bethany Schwaninger & Steve Beccue serving as judges. (Thanks to Lindell Smith for results.)



Anthony Pritchard's 335 SQ @ Men's 205 (Photo courtesy The Gym)

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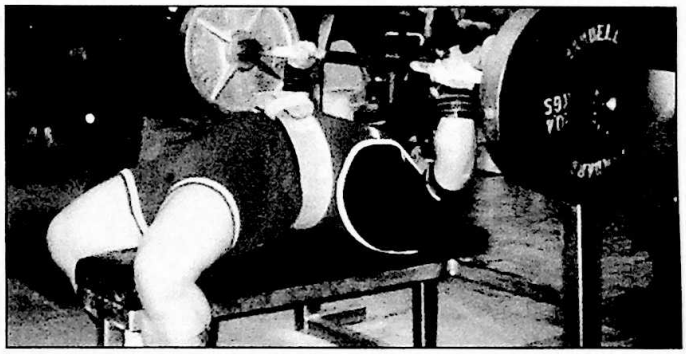
WNPF WORLD BP, DL, IRONMAN, & POWERCURL CHAMPIONSHIPS
3,4 AUG 02 - LANCASTER, PA

BENCH	
WOMEN	
105 40-49	
JAMES	150*
OPEN	
JAMES	150
123 40-49	
PROCTOR	125
OPEN	
PROCTOR	125
132 14-16 RAW	
LEGG	65
SHW 40-49	
DECREE	225*
MEN	
11-13 RAW	
O'DONNELL	65*
114 11-13 RAW	
HASTINGS	100*
132 JUNIOR	
SMITH	315
OPEN	
SMITH	315
40-49 RAW	
LANDESS	165*
148 17-19 RAW	
ROSS	270*
JUNIOR	
GREER	350
FELICETTA	265
OPEN	
GREER	350
VENTURELLA	340
O'DONNELL	280
OPEN RAW	
O'DONNELL	280
MELROSE	235
40-49	
VENTURELLA	340
165 17-19 RAW	
WHARRY	345*
20-25 RAW	
ELROD	385*
OPEN	
ELROD	430
HENDERSON	360
OPEN RAW	
GILLUM	255
LEGG	225
40-49	
HENDERSON	360*
50-59 RAW	
LANE	255
LEGG	225
POLICE RAW	
LEGG	225
70-79	
FORT	180*
181 OPEN	
RYAN	405
RICHARDS	390
GATTINELLA	340
35-39	
FATTA	
40-49	
RICHARDS	390
FOLTZ	275
50-59 RAW	
FREEMAN	320
60-69 RAW	
FREED	305
198 17-19	
BLACKMON	305
OPEN	
MATTA	390
OPEN RAW	
WEBER	370
50-59 RAW	
MAKOFSKY	315*
SMITH	260
CINELLI	255
50-59	
BUCKBEE	310
60-69	
MIOZZA	240
220 17-19 RAW	
JONES	295
JUNIOR RAW	
WALLACE	455
JUNIOR	
COPEHAVER	415
OPEN RAW	
WALLACE	455
OPEN	
BARRETT	560*
WONDRA	355
35-39	
BARRETT	560*
40-49	
WONDRA	355
50-59	
COTE	420*
CATERISANO	370
70-79	
MCGUIRE	265
242 OPEN	
FEEHAN	565
MALTEZOS	450
DEFALCO	
OPEN RAW	
FEDEROWICZ	385
HICKS	305
35-39	
FEEHAN	565*
40-49 RAW	
MASSARO	370*
HICKS	305
50-59	
BROWN	425*
GLENNEY	405
70-79	
ROMERO	225
275 JUNIOR RAW	
WHITE	535*
JUNIOR	
WHITE	590*
KALFRIN	405
OPEN RAW	
WHITE	535*
RAYNOR	500
RAMOS	400
BELLE	330
OPEN	
WHITE	590
KEASER	485
40-49	
KLEINSMITH	510*
SHW OPEN	
LATTIMER	600
SANDERS	505
MARTIN	470
OPEN RAW	
FERGUSON, D.	515
FERGUSON, W.	360
35-39 RAW	
FERGUSON, D.	515
LOPEZ	500
ROGERS	440
40-49	
SEMMON	470*
40-49 RAW	
RAMEY	385
FERGUSON	360
50-59	
O'BRIEN	335*
SCHOELKOPH	330
59-59 RAW	
O'BRIEN	285*
POLICE	
LOPEZ	500
DEADLIFT	
WOMEN	
123 OPEN RAW	
TORRES	310*
132 14-16 RAW	
LEGG	135
MEN	
114 11-13 RAW	
HASTINGS	225*
132 40-49 RAW	
LANDESS	330*
148 JUNIOR	
PENN	435*
OPEN RAW	
MELROSE	300
50-59 RAW	
HOXWORTH	485*
165 JUNIOR RAW	
ALBERT	525*
50-59 RAW	
LEGG	355*
LANE	330
181 OPEN RAW	
ROCK	540*
OPEN	
NEIMAN	555
ZIMMERMAN	460
GATTINELLA	420
EISEMAN	
40-49	
SKINNER	530
FOLTZ	400
POLICE	
SKINNER	530
198 17-19	
BLACKMON	455
OPEN RAW	
CLARK	550
SUBS 35-39	
GILLETTE	415
40-49	
CHRISTINI	450
50-59 RAW	
SMITH	550*
70-79	
ROSENFIELD	420*
220 17-19	
STANISLAW	520
17-19 RAW	
JONES	585*
OPEN	
LITTLE	550
WONDRA	475
40-49	
WONDRA	475
50-59 RAW	
CATERISANO	450
80-89 RAW	
EBERHARDINGER	200*
242 OPEN RAW	
COOPER	715
PUNDAY	525
35-39	
SZYMANSKI	630
POLICE/FIRE	
SZYMANSKI	630
275 OPEN RAW	
BELLE	455
SHW OPEN	
HOOLEY	600
50-59	
O'BRIEN	460*
50-59 RAW	
O'BRIEN	375*
POLICE/FIRE	
TOLMIE	520*
POWERCURL	
MEN	
132 40-49	
LANDESS	95*
148 OPEN	
IRONMAN	
WOMEN	
105 35-39	
KASSEL	
ANDIORIO	
LEGG	
KALISZ	
CAREY	
MEN	
114	
11-13 RAW	
HASTINGS	
132 40-49 RAW	
LANDESS	
148 35-39 RAW	
MELROSE	
165 20-25 RAW	
ALBERT	
40-49 RAW	
CATRAMBONE	
50-59 RAW	
LANE	
LEGG	
181 17-19 RAW	
DESTAFANO	
OPEN RAW	
ROCK	
OPEN	
ZIMMERMAN	
GATTINELLA	
198 17-19	
BLACKMON	
OPEN	
RODRIGUEZ	
MATTA	
40-49	
PRIDE	
50-59 RAW	
SMITH	
CINELLI	
GREER	140*
165 OPEN	
ALBERT	135*
LEGG	100
50-59	
LEGG	100*
181 40-49	
SKINNER	135*
198 OPEN	
RODRIGUEZ	200*
220 OPEN	
WALLACE	205*
BLOCKER	175
70-79	
MCGUIRE	110*
50-59	
CATERISANO	135*
242 OPEN	
SZYMANSKI	180*
FEEHAN	180
PUNDAY	145
275 OPEN	
WHITE	205*
SHW 40-49	
FERGUSON	135*
50-59	
SCHOELKOPH	145*
WOMEN	
OPEN RAW	
WALL	70*

	BP	DL	TOT
105 35-39			
KASSEL	135	290	425
ANDIORIO	95*	215	310
LEGG	65	135	200
KALISZ	125	270	395
CAREY	220	300	520
MEN			
114			
11-13 RAW			
HASTINGS	100*	225*	325
132 40-49 RAW			
LANDESS	165	330	495
148 35-39 RAW			
MELROSE	325	300	535
165 20-25 RAW			
ALBERT	275	525	800
40-49 RAW			
CATRAMBONE	275*	405*	680
50-59 RAW			
LANE	255	330	585
LEGG	225	355	580
181 17-19 RAW			
DESTAFANO	290*	550*	840
OPEN RAW			
ROCK	335	540	875
OPEN			
ZIMMERMAN	355	460	825
GATTINELLA	340	420	760
198 17-19			
BLACKMON	305	455	760
OPEN			
RODRIGUEZ	440	650	1090
MATTA	390	460	850
40-49			
PRIDE	285	500	785
50-59 RAW			
SMITH	260	550*	810
CINELLI	255	385	640
220 17-19			
STANISLAW	320	520	840
MERCURIO	310	415	725
17-19 RAW			
JONES	295	585	880
OPEN			
BRICE	430	555	985
WONDRA	355	475	830
40-49			
WONDRA	355	475	830
50-59			
COTE	420*	500	920
CATERISANO	370	450	820
242 17-19			
PUGLISI	280	535	815
OPEN			
PERROTTA	415	550	965
275 OPEN RAW			
RAYNOR	500	645	1145
BELLE	330	455	785
TOLAND			
40-49			
BROWN	260	375	635
SHW OPEN			
HOOLEY	435	600	1035
TOLMIE	385	520	905
50-59			
O'BRIEN	335	460	795
50-59 RAW			
O'BRIEN	285	375	660
POLICE			
TOLMIE	385	520*	905

*- WNPF WORLD RECORD, TEAM CHAMPS-EPHRATA POWER TEAM. THE 11TH WNPF WORLD BENCH, DEADLIFT, IRONMAN AND 1ST POWERCURL WAS A BIG SUCCESS. WE ALSO HAD A STRONGMAN COMPETITION IN THE PARKING LOT OF THE PARK INN HOTEL ON SATURDAY. WE HELD OUR ANNUAL BANQUET ON SATURDAY NIGHT FOR ALL LIFTERS AND THEIR FAMILIES AND THE FOOD WAS GREAT AND FREE FOR ALL. THIS IS A WAY FOR THE WNPF TO GIVE BACK TO IT'S LIFTERS. WE HAD LIFTERS FROM ONLY FOUR COUNTRIES ATTEND AND ONCE AGAIN THE LIFTERS FROM INDIA HAD A HARD TIME GETTING VISA'S. THE 2003 WORLDS WILL BE IN BEAUTIFUL LAS VEGAS IN OCTOBER, PLANS ARE BEING MADE AT THIS TIME FOR THIS BIG EVENT. THIS WILL BE THE FIRST TIME THE WNPF WILL HOLD IT'S WORLDS ON THE WEST COAST. WE HAD 147 LIFTERS WITH MANY OF THEM PUTTING ON AN OUTSTANDING PERFORMANCE AND SOME LIFTERS DIDN'T HAVE A GOOD DAY AND BOMBED OUT. THE CONTEST WAS ORGANIZED, GREAT AWARDS WITH THE LIFTERS NAME ON THEM, SUPERB SPOTTING AND MORE. THE WNPF WISHES TO THANK ALL OF THE LIFTERS FOR ATTENDING. WE WANT TO THANK THE WNPF STAFF AND THE MANY, MANY SPECTATORS THAT CAME OUT TO SUPPORT THE LIFTERS ON BOTH DAYS AND THE BIG AUDIENCE THAT WATCHED THE STRONGMAN EVENT. I WANT TO ADD THAT THE WNPF WILL HOLD MANY STRONGMAN EVENTS ALL OVER THE U.S. IN 2003. GO TO THE WNPF WEBSITE TO SEE RECORDS AND MORE THE ADDRESS IS MEMBERS.AOL.COM/WNPF. (THANKS WNPF FOR PROVIDING THESE MEET RESULTS.)

Anna James' World Record 150 pound bench at 102 . (Photograph courtesy of Fred James)



John Feehan's 565 @ 242 submasters (Photograph courtesy of WNPF)

World Natural Powerlifting Federation (WNPF) Membership Registration

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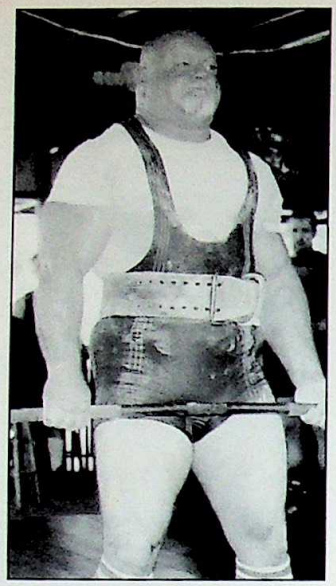
I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away fromcompetition. I realize that powerlifting is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

APA BP & DL NATIONALS
26-27 OCT 02 - St. Petersburg, FL

BENCH PRESS		T. Smith	415
132		G. Hayes	415
Women Drug Tested		50-59	
R. Russillo	170$F	G. Walker	430
12-15		4th	435F
R. Gross	100	60-69	
Drug Tested		L. Barry	355Fm
B. Goetz	310	J. May	290
E. Knight		Drug Tested	
Junior		J. Walker	375
C. Newman	315jF	Men's Open	
148		S. Grim	365
16-17		DEADLIFT	
I. Anderson	360jF	60-69	
Drug Tested		L. Barry	520F
I. Anderson	360jF	BENCH PRESS	
165 18-19		242	
T. Sherwood	360F	16-17	
Men's Open		D. Beers	320
J. Rubio	365	40-49	
J. Nardo		R. Hoover	
Drug Tested		DEADLIFT	
J. Rubio	365	Drug Tested	
J. Mouzan	360	E. Lynch	650
Submaster		BENCH PRESS	
J. Rubio	365	G. Gass	405
J. Nardo		DEADLIFT	
70-79		Men's Open	
D. Giller	290	S. Grimm	600
181		BENCH PRESS	
Women's Open		M. Chaffin	475
C. Ryals	315	DEADLIFT	
18-19		275	
M. Rosen	245	Junior	
Submaster		C. Robertson	510F
S. Karney		BENCH PRESS	
Drug Tested		Submaster	
J. Querido	425	M. Wilmer	550
S. Karney		D. Rutherford	505
198		40-49	
16-17		R. Boynton	465
M. Broyles	275	DEADLIFT	
4th	315F	D. Poucher	455
Junior		BENCH PRESS	
R. Szurko	315	T. Gainer	400
50-59		D. Poucher	705
G. Arnold	425mF	50-59	
B. Grey	340	T. O'Donnell	495mF
Men's Open		Men's Open	
B. Highnote		J. Jacobs	630
DEADLIFT		M. Wilmer	550
Drug Tested		D. Rutherford	505
J.Bellamare	570	R. Boynton	465
BENCH PRESS		Drug Tested	
B. Highnote		T. Gainer	400
DEADLIFT		DEADLIFT	
220		G. Gass	505
Submaster		50-59	
D. Robertson	540	T. O'Donnell	660mF
BENCH PRESS		BENCH PRESS	
J. Walker	375	SHW	
DEADLIFT		DrugTested	
40-49		B. Moore	670
M. Hendley	505	40-49	
BENCH PRESS		M. Rodriquez	650mF



Tom O'Donnell pulled 660 at the APA Nationals, and ***Miguel Rodriguez*** benched 650. (Photos by courtesy of Scott Taylor.)

Team Award: 54th Avenue Gym. Best Lifter (Bench Press): Beau Moore. Best Lifter (Deadlift): Dwaye Poucher. m - master world record. F - Florida record. j - Junior record. $ - Women's Master World Record. Special thanks to 54th Avenue Gym for providing excellent equipment and meet staff. The events were run very efficiently without a flaw. Unfortunately, 2 other competitions were run in Florida this weekend which affected the turnout, which was still great. Some excellent lifts were registered including an awesome 290 bench by 75 year old Dick Giller who weighed in at only 158 pounds. Dick is competitive with men 60 years younger than he! What an accomplishment! I would like to thank the spotters especially for doing a fantastic job and saving a few lifters with their quickness. (Thanks to Scott Taylor for results.)

WNPF USA CHAMPIONSHIPS
22,23 JUN 02 - ATLANTA, GA

DEADLIFT		60	
123		9-10	
OPEN RAW		PADGETT	65*
BAYERLEIN	205*	123	
MEN		14-16	
60 - YOUTH 9-10		TURNER	
PADGETT	105*	60-69 RAW	
123		PADGETT	155
14-16 RAW		OPEN	
TURNER	280*	GREER	330
148		20-25	
60-69 RAW		GREER	330
PADGETT	275*	BROWN	300
181		20-25 RAW	
40-49		GREER	310
WHITE	450	OPEN RAW	
198		GREER	310
40-49		165	
MEYERS	710	17-19	
BROWN	405	BRINSON	310
SIMPSON		181	
OPEN RAW		20-25 RAW	
RAY	600	MYERS	250
CLARK	570	OPEN	
220		RUTHERFORD	370
17-19		198	
LEWIS	350	OPEN	
35-39		SIMPSON	410
WOODS	450	40-49	
40-49		SIMPSON	410
WALKER	500	BROWN	265
SQUAT		OPEN RAW	
MEN		MCCRAY	375
198		MARTIN	325
CLARK		BALDWIN	270
40-49		40-49 RAW	
BROWN	385	GASKIN	320
220		35-39 RAW	
17-19 RAW		O'CONNELL	315
REYNOLDS	500*	220	
CURL		17-19	
148		LEWIS	315
OPEN		35-39	
CURTIN	70*	WOODS	475
MEN		OPEN	
148		WOODS	475
OPEN		MITCHELL	
GREER	150	OPEN RAW	
CLARE	100	STATEN	
50-59		CANUP	
SIMON	80*	242	
198		14-16	
40-49		DEES	250
SIMPSON		OPEN RAW	
OPEN		GILLIAM	420
MARTIN	145	OPEN	
BALDWIN	140	PIERCE	
220		40-49	
OPEN		FOWLER	400
WOODS	170	275	
BENCH		OPEN RAW	
105		BELK	505
11-13 RAW		SHW	
PADGETT	105*	OPEN RAW	
165		BLANKENSHIP	350
OPEN RAW		35-39	
BEASLEY	215*	CRUMP	455
RAYNOR	125	40-49	
MEN		CUNNINGHAM	480

123	SQ	BP	DL	TOT
OPEN				
WHIDDEN	240	115	300	665
40-49				
WHIDDEN	240	115	300	665
SHW				
OPEN-RAW				
RAFFEE	165	140	250	555
40-49 RAW				
MCGEE	150	115	290	555
MEN				
80				
YOUTH 9-1 0 RAW				
EDWARDS	65	65*	140*	270
114				
14-16 RAW				
WILLIAMS, A	150	115	250	515
132				
17-19 RAW				
WILLIAMS, J	160	135	265	560
148				
50-59 RAW				
SIMON	200	160*	300	660
165				
14-16 RAW				
COOPER	255	225	315	795
40-49				
WHITE				
198				
17-19 RAW				
WALZ	280	275	370	925
20-25 RAW				
DUNAWAY	360	290	475	1125
OPEN				
EDWARDS	550	370	550	1470
35-39 RAW				
RAY	405	315	600	1320
OPEN RAW				
RAY	405	315	600	1320
40-49				
MEYERS	590*	345	710	1645*
BROWN	385	265	405	1055
LANGENFELD	310	215	350	875
40-49 RAW				
HOUSWORTH	400	290	350	1040
220				
OPEN				
CAMPBELL	670	560*	590	1820
MCCRAY	600	435	605	1640
242				
OPEN RAW				
LEWIS	400	280	480	1160
SHW				
1 7-19 RAW				
MARAIA	275	175	315	765
35-39 RAW				
WILSON	600	350	550	1500
TURLEY	550	370	530	1450
40-49				
PELIS	490	450	600	1540

IRONMAN/MAIDEN	BP	DL	TOT
WOMEN			
148			
OPEN RAW			
CURTIN	115	260	375
MEN			
60			
YOUTH 9- 1 0			
PADGETT	155	275*	430
148			
60-69 RAW			
PADGETT	155	275*	430
OPEN RAW			
CLARE	195	320	515
198			
35-39			
GARDNE R	340	500	840
40-49			
SIMPSON	410		
220			
20-25 RAW			
DUNCAN	280	445	725
242			
40-49			
FOWLER	400	525	925

TEAM CHAMPS- OVERALL WORLD GYM FAYETTEVILLE. BENCH PRESS- DOG PACK POWER TEAM, FITZGERALD, GA . * - WNPF AMERICAN RECORD. (THANKS TO WNPF FOR THE RESULTS.)

The 4th Annual DL on the River
15 SEP 02 - Iron Works, Elkhart, IN

Teen		220	
123		Chad Dahling	580
Cody J. Patterson	330	242	
Master		Bill Mosher	550
55+		242	
148		Brendan Yoder	455
Mike Wider	440	275	
Youth		Paul Sippola	555
132		Bench Press	
Dave Baty	220	198	
Open		Al Reed	450
181		242	
Al Robinson	440	Brendan Yoder	415

Best lifter - Cody J. Patterson. Special thanks to: Lynne Boshoven, Paul Sippola, Rich Salvagni, Brendan Yoder and Mike Wider. Yet again we were blessed with picture perfect weather for this meet, 70 degrees with a gentle wind, and the morning rain stopped about 2 hours before the start of the meet. So as to be expected, there was lots of great lifting; 12 year old Dave Baty made all personal bests, finishing with 220. Mike Wider, back to a full 148, made his best deadlift in over a decade, with a 440 even though he hit a new Masters age level. Another Master lifter, Bill Mosher, made an all-time pr with a 550 at 225. Also registering a pr was Paul Sippola with a 555. As has been my custom for several years best lifter goes to the lifter making the highest ranked lift based on the latest charts from *PL USA*. So one of the little guys came out on top this time, C. J. Patterson, whose 330, top 90 lift, made him an easy winner over his trainer, Chad Dahling who tried an unsuccessful 635 in an effort to take the top honor away from him. I keep wondering when one of these meets is going to be in 55 degree weather, but until that happens I'm just going to enjoy it as this is my favorite meet of all the ones I promote. (Results from Jon Smoker.)

APPLICATION FOR REGISTRATION
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Country **Zip Code** **Telephone Number**

Date of Birth **Age** **Sex**

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Parents Initial
If Under 18 yrs.

I Certify that the above answers are correct

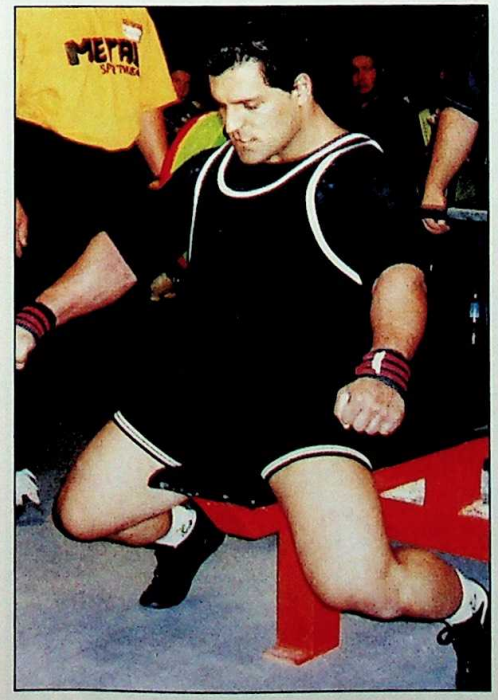
X

(article continued from page 16)

545.6! Not withstanding the freaky, advantageous leverage of Markus Schick, the man who impressed me the most of the whole BP competition was Reza Golmohammadi, 27, who is from Iran, now residing in Finland. He came out with three absolutely incredible lifts of 282.5 (622.8), followed by 292.5 (644.8) and finally 300.0 (661.4) at a bodyweight of 239.2. Overshadowed by Reza's stupendous lifting were Unto Raatiniemi, 36, SWE's strongest with 622.8 - earning the silver, and FIN'S Jukka Lahikainen, 34, who raised 595.2 on his 2nd attempt to secure the bronze medal. Capturing the three heaviest categories were a tremendous trio of homeboys. It was indeed a FINNISH finish, proving their great prowess in this discipline. At 275 Terho Pasanen, 41, a marvelous Master won with a huge press of 617.4 at a mere 257.2 bwt. Keep your eye on this guy, Tom Manno! Petri Sirkka, 29, captured the 308 division with membership in the exclusive 300 kg club off his 661.4 2nd attempt. He failed to raise 305 kg (672.4) on his final effort. The USA's Dan Cummings, 37, from Omaha, NE is tough enough not only to be winning a battle with leukemia, but is extraordinary in his will to forge on - refusing to yield to the barbell as well. Tom made everyone, especially his coach Rick, very proud with his incredible intestinal fortitude. He established a lifetime best lift of 272.5 kg (600.8) on a 2nd round lift to capture the bronze medal for Team USA. A fine performance for Big Dan - all 289.4 lbs. of him.

***Tom Manno** received his award in the great TEAM USA warmups*

Mikko Hamalainen, 25, is one of the strongest men that Finland has ever produced. He owns the 2nd biggest PL TOT of all time at 308. He did 2392 at the WPO Finals this past February in Columbus, OH. The effort of his final deadlift herniated discs in his lower back. He has not yet healed from this trauma, but has been concentrating on the BP until he's recuperated. Back in September in Tampere, FIN, weighing into the SH category (312.6) Mikko pressed 305 kg (672.4) more weight than anyone in the World outside the USA has ever done at Superheavyweight. He won on his 2nd attempt here with 300 kg (661.4), missing a 3rd attempt try to break his own EUR Record with 310.0 (683.4). Mikko has designs on becoming the first man outside the USA to break the 700 lb., barrier (318.0/701). Among a couple of top notch performers who fell by the wayside was Jamie Shell, USA, who is 14th ranked All-Time at 308 with 319.8 kg (705.0) done a year ago in his home state of Michigan. Jamie tore a bicep here trying for 320.0 (705.4) which would have been the biggest BP ever done in Europe. Heal fast, Jamie. Another fatality - failing to get a lift in - was the gigantic German Volker Stamm (6'5" - 330 lbs.) going out with 617.4. Everyone was disappointed that USA's King of the Monster Bencher's Scot Mendelson didn't come. Scott wanted to but would be competing two weeks after these championships at the WPO Semi Finals in New Orleans, LA. With the super supportive Europeans I believe that Scot would have delivered the big 365.0 (804.7 lb.) lift he's been striving for. The $4500 prize money he could/would win in New Orleans took precedence as far as the incentive for which meet to participate in.



***Reza Gohmohammed** a very impressive bencher.*

WPC World Bench Press (kg)
22-27 OCT 02 - Helsinki, Finland

BENCH PRESS	BP1	BP2	BP3	FINAL
T67.5				
18-19				
Niskanen Juhani	~~145~~	145	~~150~~	145.5
4th			~~152.5~~	
T75				
16-17				
BlakeHayward	147.5	~~182.5~~	~~182.5~~	147.5
Todavcics Janis	130	135	~~140~~	135
T82.5				
16-17				
Marcis Pauls	120	~~130~~	~~135~~	120
18-19				
Berzins Kristaps	120	130	140	140
T100				
18-19				
Eneslatt Henrik	~~192.5~~	~~206~~	~~206~~	
T140				
16-17				
Makinen Teemu	100	120	~~145~~	120
J52				
Sabarovs Mihails	95	~~102.5~~	~~102.5~~	95
J82.5				
Laudams Uldis	175	185	~~192.5~~	185
J90				
Hanson David	182.5	~~200~~	~~200~~	182.5
J100				
Toivanen H	255	~~265~~	265	265
4th			~~272.5~~	
Cirulis Ivars	240	~~257.5~~	~~257.5~~	240
Micek David	175	185	~~190~~	185
Sateri Janne	~~180~~	~~180~~	180	180
J110				
Greier Daniel	220	227.5	~~233~~	227.5
Hartikka Jarno	215	225	~~230~~	225
Ristiluoma Pertti	210	220	~~232.5~~	220
P125				
Rantanen Tomi	290	300	~~305~~	300
4th			~~305~~	
WM60				
40-44				
Dujardin Yveline	100	107.5	112.5	112.5
4th			~~115~~	
WM67.5				
65-69				
Kusau Eva	47.5	52.5	~~56~~	52
MM60				
40-44				
Werner Uwe	135	~~145~~	145	145
MM67.5				
40-44				
Herzog Philippe	175	180	183.5	183.5
MM67.5				
50-54				
Guercio Louis	105	110	117.5	117.5
Sviderskiy V	105	110	115	115
Wintorscheidt J	85	90	~~95~~	90
MM75				
40-44				
Berthold Rien	140	155	~~162.5~~	155
55-59				
Haar Franz	130	~~140~~	140	140
MM82.5				
50-54				
Koulisnikov Ivan	120	125		125
MM90				
45-49				
Eugeniusz M	165	170	~~175~~	170
45-49				
Suurkivi Rain	130	150	~~175~~	170
50-54				
Leskenmaa Risto	120	160	180	180
55-59				
Gotz Roland	150	160	~~162.5~~	160
Cuny Ronald	145	~~150~~	~~150~~	145
60-64				
Stolz Alfred	165	~~172.5~~	180	180
Nougoumanov V	140	150	~~155~~	150
MM100				
40-44				
Brasseur Robert	230	~~240~~	~~240~~	230
45-49				
Buhl Heinz	185	200		200
Ruiz Raul	152.5	172.5	185	185
50-54				
Teslar Jozef	175	185	190	190
Kruger Klaus	175	180	187.5	187.5
Dovek Didier	145	~~155~~	~~155~~	145
55-59				
Vicari Rico	172.5	~~177.5~~	177.5	177.5
60-64				
Lebolay Marc	180	~~187.5~~	~~187.5~~	180
MM110				
40-44				
Hiissa Harri	210	220		220
Swinnen Filip	180	~~190~~		180
Valbergs J.	160	~~175~~	177.5	177.5
45-49				
Siska Jan	165	~~175~~		165
50-54				
Pollendorfer J	170	180	~~185~~	180
60-64				
Detter Leo	155	~~160~~	~~160~~	155
MM125				
40-44				
Mrosek Andreas	220	232.5	240	240
Tamminen Pekka	~~230~~	230	237.5	237.5
Nadin Geoff	185	190	195	195
45-49				
Pevko Viktors	240	257.5	~~262.5~~	257.5
Walker John	200	210		210
Williams Doug	180	200	~~207.5~~	200
MM140				
40-44				
Boltcher Mario	180	230	~~245~~	230
45-49				
Pietz Jurgen	230	~~242.5~~		230
Lindstrom Kaj	180	190	~~200~~	190
Paavilainen V	100			100
50-54				
Schroder M	210	~~235~~	~~240.5~~	210
4th			~~240.5~~	
MM140+				
40-44				
Manno Tom	282.5	300	~~317.5~~	
O52				
Rintala Kirsi	107.5	113.5	~~117.5~~	113
4th			~~117.5~~	
Watson Leslie	60	65	~~67.5~~	65
O60				
Pukkila Virpi	~~92.5~~	95	98	98
O67.5				
Zimmer M	130	137.5	~~140~~	137.5
Kasvi Tina	100	105	107.5	107.5
O82.5				
Hatanpaa Taina	115	120	125	125
O90				
Rosen Anna	130	~~140~~	~~140~~	130
O60				
Zalcman Adrian	107.5	115	~~117.5~~	115
O75				
Garcia Jean-Luc	200	~~209~~	209	209
4th			212.5	
Pentti Jani	190	~~205~~	~~205~~	190
O82.5				
Schick Markus	240	256	~~260~~	256
Nikula Mika	210	~~230~~	232.5	232.5
Kotka Petri	220	230	~~240~~	230
Backman Mikko	~~240~~	~~240~~	~~240~~	
O90				
Szaboles Onozo	250	256	260	260
Someroja Juha	245	~~250~~	250	250
Leiviska Rami	220	~~225~~	~~230~~	220
Melkumjans G	192.5	~~202.5~~	202.5	202.5
Marcinek Scot	182.5	197.5	~~207.5~~	197.5
Nyblin Lars	~~245~~	~~245~~	~~252.5~~	
Sadkowski A	~~210~~	~~210~~		
O100				
Nikkanen K	260	265	~~272.5~~	265
Kulmala Vesa	240	247.5	~~255~~	247.5
Maguire Patrick	225	~~235~~	~~240~~	240
Ustinov Yury	200	210	215	215
Vinni Esa	~~255~~	~~255~~	~~255~~	
O110				
Reza G	282.5	292.5	300	300
Raatiniemi Unto	~~282.5~~	282.5	~~292.5~~	282.5
Lahikainen Jukka	260	270	~~272.5~~	270
Nygren Peter	255	~~260~~	~~272.5~~	255
Johansson Jan	230	~~240~~	240	240
Vacietis Ugis	230	240	~~245~~	240
Phillips C	215	235	~~242.5~~	235
Kohs Gvido	200	210	220	220
O125				
Pasanen Terho	~~280~~	280	~~300~~	280
Chenin Jean	247.5	255	262.5	262.5
Baron Jaroslav	~~220~~	220	~~225~~	220
Holzapfel Tom	~~250~~	~~250~~	~~270~~	
Ludtke Rene	~~302~~	~~310~~	~~320~~	
O140				
Sirkka Petri	290	300	~~305~~	300
Rosen Goran	~~275~~	275	280	280
Cummings Dan	260	272.5	~~280~~	272.5
Zint Dietmar	235	255	260	260
Kalliola Kari	245	255	~~260~~	255
Saastamoinen P	~~260~~	~~260~~	~~260~~	
Shell Jamie	~~292.5~~	~~320~~	~~320~~	
O140+				
Hamalainen M	~~300~~	300	~~310~~	300
Stamm Volker	~~280~~	~~280~~	~~280~~	

(thanks to Herb Glossbrenner for these results)

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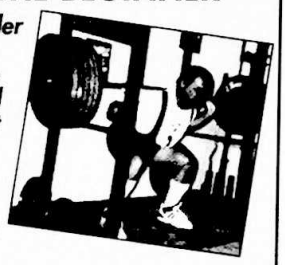

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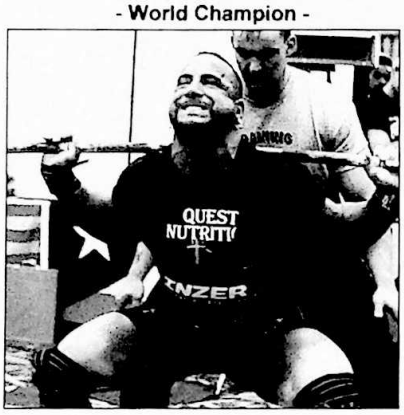

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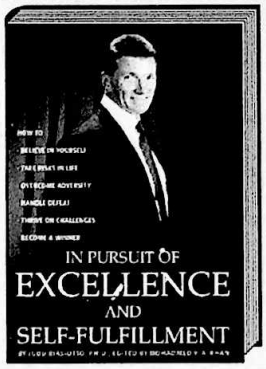

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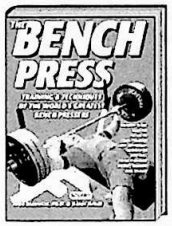

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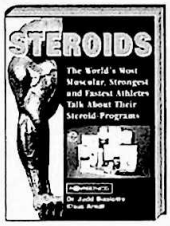

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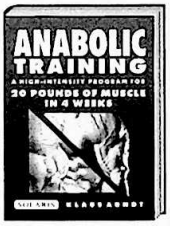

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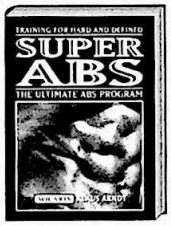

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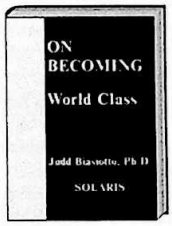

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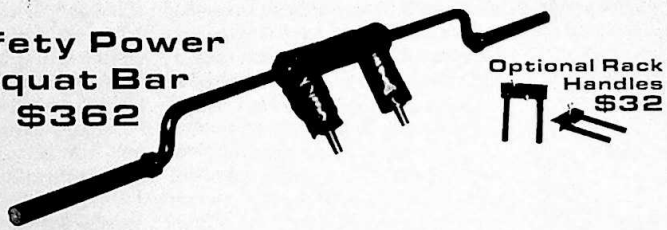

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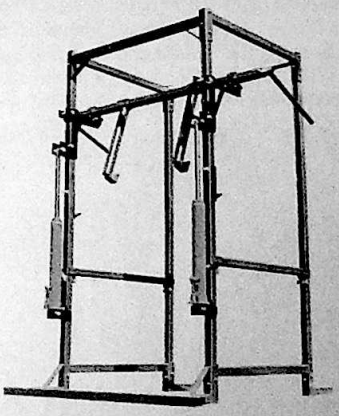

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(article continued from page 13)

flawlessly (650.3) for 1807 TOT - and won it. Bugbee, vastly improved in DL since switching to conventional style, had no misses either, and ripped up a PR and CA record 628.4, looking good for more. Silver medal - 1752.6. Bugbee's father flew to Helsinki to see his son lift for the first time and came away from it as a proud pop.

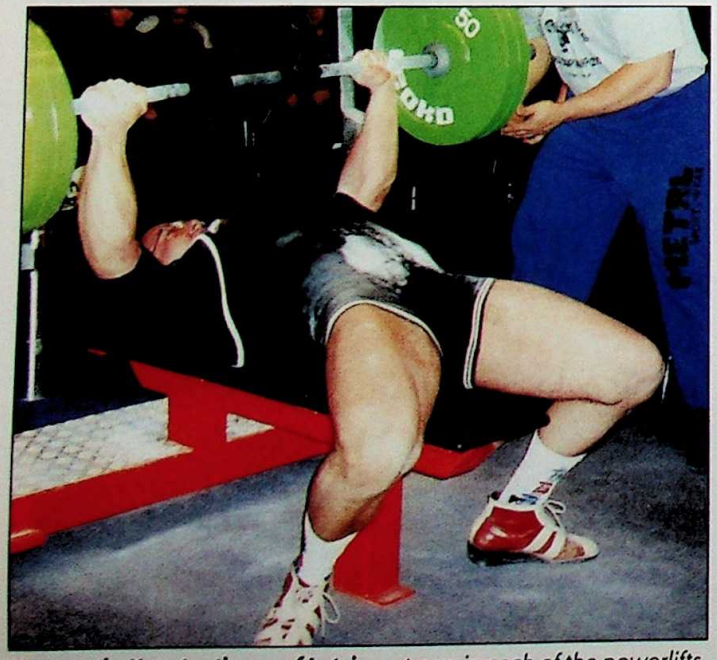
The 275s had the USA's Zack Hudak, a fast rising young star at 22. Two months earlier, Zack looked real sharp SQing 854 up in CAN, and totaling 2044 there. He felt prepared to give 410 kg. (903.9) a go here, but Murphy's law jumped right out of Pandora's Box and attacked Zack. He made a conservative start with 810, but something went wrong each time - and he got no lifts at all. It occasionally happens to the best of us.

Konstantin Konstantinovs, only 23, @ 268.5 is a rapidly blossoming superstar from LAT. He made an indelible impression, smoking through 8 great lifts with the power of a runaway locomotive. Best SQ - 837.7, TOP BP - 596.3 - a 3rd attempt JR WR which surpassed the 595.2 mark owned by Mikko Hamalainen, FIN. He uses no technique deadlifting; hips high, back rounded - he just pulls. His opening attempt of 375 kg (826.7) freaked everyone out. Next he went to 390.5 (860.9 lbs,) hauled it up in the same disc-rupturing manner. Painfully slow, he locked it out for a hard earned new WPC European and Junior World Record. Earlier this year he passed the record of 389 kg (857.6) held by Andrew Bolton of GB done in 1992 with 390 (859.9) and now he surpassed his own lift here. I predict that within 3 years he will the man to beat in Open competition. Either that or he'll be finished having done major damage to his back. His TOT of 1041 kg. is HUGE (2295). A Finland duo took silver and bronze. Jaakko Korpela, 22, finished 2nd and Lasse Pajunoja ranked 3rd. Only a solitary lifter in both the 308 and the over 308 (SH) categories. Kaspars Bogdanovics was smart enough to weigh 275.8 knowing his mighty teammate Konstantin's abilities. He won gold with a 1973.1 TOT. At 337.7 the bald and rotund Timo Lehtonen, only 21, is another promising up and coming star from Finland's deep pool of talent. Timo looked real strong with 826.7 SQ, 529.1 BP, and 705.4 DL and 2061.3 TOT. Don't be at all surprised if Timo is doing over 1000 kg (2204.6) by next year.

MEN'S OPEN - The 132 & 148 classes were held Thursday afternoon OCT. 24, Champ at 132 was Toni Haaparanta, 28, FIN. He set a EUR Open SQ record of 529.1 (3rd). Later on Toni tried to pull a 507.1 DL to give himself the magic 600 kgs. (1322.8) - a big barrier for 132s. He didn't get it, but TOT 1289.7 to win the title. Luca Cavagna Sr., 31, scored 1135.4 taking 2nd place. A BP specialist, 44 year old Uwe Werner, GER, flaunted his big press with 3 (40-44) age group WRs - 287 - 319 - and finally 326.2. He tokened in the other lifts for 964.6 and the bronze medal. The 148s was a full class (7 men). Luca Cavagna Jr, 19, nephew to 2nd place finisher at 132 with same name took the low, road - 1080 TOT. In 6th was USA Vincent Centauro @ 1146. Luca Segrer, 33, another Italian was 5th (1234). Phil Randall, 39, USA, duplicated Segrer's TOT, but finished 4th as lighter man. Timo Heiskanen, 32, FIN captured the bronze finish with 1344. Fighting it out for gold was Thomas James Hoerner, 25, USA and Vladimirs Morozovs, 34, of Latvia. Hoerner had balance and depth problems in the squat and only got his 589.7 opener, after 3 tries. Morozovs got 606.2, and led by 16. Hoerner BP'ed 336.2 , but raised his butt finishing 347.2 (no lift). Vladimirs established Jr. WRs on his first 2 - 352.7 & 385,8 before missing a big 407.9. The Latvian led by 66 now. Hoerner pulled 2 (573.2), but could not raise 622.7. Morozovs succeeded with 574.3, a EUR record pull (2nd), then missed 611.8 his final tow. Morozovs got an upset - 1565 to Hoerner's 1499. A big disappointment for Thomas James, who hasn't been the same, DL-wise, since he had a Monolift mishap at last years WPO Semi-Finals in Orlando, FL. The 165 class saw Sweden's Martin Almqvist, 26, out-pull Finnish coach Sakari Selkainaho, 40, to claim the gold medal. Sakari out-squatted his rival 606.2 to 589,7, and punched out a great 396.8 3rd attempt BP for a 5.5 lead going into the last lift. Almqvist forged into the lead with a 595.2 opening pull. Sakari managed two (573.2), but could not negotiate 595.2. Almqvist won by 16. He tried a 606.2 2nd, couldn't get it, and passed his 3rd. Had Sakari made his final lift (since both men weighed in exactly the same) it would have necessitated a re-weigh to determine the winner. Gary Reichert, 42, USA captured the bronze medal easily over Rudolf Siska, 31, SLO - a fine 1493 TOT . The 181 division was the most exciting and dramatic of the whole week long competition. It pitted a relative newcomer to the sport, Ron Palmer, the new USA Senior National Champ, against the seasoned veteran - Jarmo Laine, the cyborg squatting machine from Finland. Palmer lifted in his first 3 lift competition just a little more than a year and a half ago. Discovered by Rocky Tilson of Indianapolis, IN, Palmer trains under his guidance, but had a backup strategist/ coach Joe Avigliano who helped Ron win the Seniors in the Rock's absence. How great it is to have so many good people in your corner. Through the whole contest it was tit for tat - one man making his move, the other responding with a countermove. Jarmo told me that it had become increasingly difficult keeping his weight down, so he decided to go up a weight class. Unfortunately, Laine had a major distraction coming in, with his mother terminally ill in the hospital. He had spent much time at her bedside. Keeping one eye on the other FINN Ilkka Mursu, 37; Palmer didn't want to get KO'ed by a l-2 Finnish punch. Mursu finished in 3rd place with lifts of 705.4 SQ, 451.9 BP and 672.4 DL for 1829.8 TOT. Palmer opened with a deep 705.4, but took a step - no lift. His repeat was strong. Laine got a cramp on his big opener (771.6) and had to take it over - a good lift, but he passed his 3rd. Palmer followed the game plan - to concede the SQ but stay close. He went up to 766.1, a substantial increase, took it way deep and stood right up. Good lift. Laine punched up 3 perfect benches - the final 451.9. Palmer did 451.9 on his opener, missed - then made - a crucial jump to 468.4. Palmer had an 11 lb. lead, but that wasn't safe. Ron opened with 644.9, but Laine responded with 655.9, taking the lead as lighter man. Palmer countered with a big lift of 683.4 and felt confident. Laine had lulled the USA contingent into a false sense of security because first lift looked pretty hard. Then Laine came out and ripped up a PR 694.4 on his 2nd attempt to tie Palmer once again and go ahead as lighter man. Already committed to 705.4, Ron came out cool as a cucumber. He doesn't appear outwardly psyched up. He stirred the crowd by cupping his ear ala Hulk Hogan as if to say "I can't hear you." The crowd responded enthusiastically with their customary rhythmic clapping in unison. The AZE team, sitting behind me, started chanting: "USA", "USA"! Ron set himself, grasped, and began his long slow journey up. Slow and steady, with nary a hitch, the barbell inched into the final position, ramrod straight with knees locked. He returned it to the platform and when the 3 whites flashed their brilliance the crowd erupted with cheers. Mighty Jarmo had the last say and the winning lift was loaded - 325 kg. (716.4). I would not have bet against this strong man who resembles the late, great movie actor James Cagney. The crowd began spontaneously clapping for this brave warrior. Try as he could, the barbell resisted his pull with invisible talons holding it to the platform. TOT 1918 (870 kg) and the silver medal goes to the great Jarmo Laine of Finland. Ronald Palmer of the USA was now WPC World Champion to go with his USA Sr. National Title. His magnificent result of 1940 lbs. (880 kg) was awe inspiring. As it turned out Palmer was the only WPC Men's Open Champ for the USA Team this year.

198's - Accolades to the bronze medalist James Kegrice, 37, USA, who out-did himself nipping Erik Athias of FRA, 30, in a nip and tuck battle that wasn't decided until the deadlift. Both men tied after SQ (705), with Athias ahead as lighter. Kegrice had a 5.5 lb. advantage, winning the BP duel 413 to 407. The DL would decide. The Frenchman raised 661.4 (2nd) for 1774. Kegrice capitalized on his chance - and hoisted 644, then a PR equaling 683.4 for his goal (1802), then finally 694.4 for a personal best for both DL and TOT (1813). Way to go Jimmy!

USA's John Wardell, 34, a gym owner from Haworth, NJ, maintains a great physique. He is also one awesome squatter and proved that with his tremendous 382.5 kg. lift (843.2) at this year's Sr. Nationals. He even took a WR 403 kg (888.5) down into a deep hole there, but couldn't recover. With his ultra wide foot stance, almost touching the Monolift base on either side, he took 744 low and deep for his opener. The man to beat appeared to be Tatu Avola, 29, FIN who commenced with 727, then set a EUR Rec 771.6, before missing 793.6. John didn't get his 2nd attempt turned in within the one minute limit, and had to waive it. He took a big one - 826.7 - for his 3rd lift. John's technique relies on precarious balance, and he lost it in the hole. Avola then took a 33 lb. lead with a 485 to John's 479 BP. Wardell pulled 644 (2nd), sewing up the silver medal for USA - 1868.4 - he was having a bad



***Konstantin Konstantinovs of Latvia** ... strong in each of the powerlifts.*

day, The FINN won the gold by pulling two - 683.4 & 733.1 - before missing a EUR Rec. try with 777 - TOT 1989.6

220 - Harald Selsam, 34, is the best lifter in Germany. He has twice registered TOTs of 935 kg (2061.5). He'd just opened a new gym, and had been unable to train for this meet the way he'd like to have. Still, he came away with the gold medal. Back in April he set a 33-39 WPC WR at the EPC Championships in Schmolin, GER by SQ'ing 390 (859.9). Today he nailed a huge 402.5 (887.4) - 3rd attempt following a missed 2nd. Harald benched 473, but missed twice trying 496. His 683 DL opener cinched the title. He also raised what a appeared to me to be a perfect 705.4 but the judges denied the lift - TOT 2044. Giving Selsam all he could handle was Arto Rajala, FIN, who did an 815.6 SQ, 496 BP, and pulled 716.4 to capture the silver medal @ 2028. Arto tried 733 for the win. The first time the barbell barely broke the floor. The final try didn't budge. Kari Pontinen took bronze for FIN with 1873.9 TOT.

242 - Jani Ihalainen accumulated a sum of 927.5 kg (2072.3) to become the 242 World Champion, yet another golden victory for home team Finland. Jani displayed perfect control executing his SQ attempts - his great 870.8 final lift got 3W and deservingly so. Harri Hiissa, another FIN, attempted resistance - SQ 793.6. Jim Gorrell, 31, the Oklahoman, who was USA Seniors runner up, issued a challenge to both of them. Jim horsed up a PR equalling 821.2 on his final try. Hiissa benched 485, better than his countryman Ihalainen who stroked 473. Following a miss, Gorrell came back on a final lift with 501.5, the biggest push in the whole class. Going into the DL, it looked like this: Ihalainen - 1344, followed by Gorrell with 1322, with Hissa ranked 4th with 1278. Another FIN had upstaged him. Krister Kangas, ranked 3rd at subtotal, having lifted 837.7 for an early lead, and BP'ed 47e for 1300. Kangas opened too big (771.6) and withdrew. Jani Ihalainen cinched the 242 title pulling two (727.6). Now Gorrell fought with Hiissa to determine who'd get which of the remaining medals. Gorrell came in at 672.4 - no problem! He had a big 55 lead on Harri with both men having two more lifts. Twice he failed to secure 705.4 - his TOT for the bronze was 1995. Hiissa claimed the silver, hoisting 705.4, then lifting 722 cleanly, for the 5.5 advantage (2000).

275 - What a wonderful surprise for Ron Palmer's coach and my good buddy - Rocky Tilson, 39, and owner of Rock's Nutrition Center of Indianapolis, IN. Rock, an unselfish guy, who had the ingenuity to obtain sponsorship so he could pay his protegee Ron's way to this event and also bring along his lovely wife Penny and her teenage daughter and a couple of teen freeloaders as well. What a guy. As it turned out, Rocky ended up with the bronze medal for USA by using smart strength to preside over his impulsive

Finnish Power *... (left to right) 275 lb. Men's Open Keisala (2nd - FIN), Turtiainen (1st-FIN), Tilson (3rd - USA). Photos by Herb Glossbrenner*

nature. Andrejs Svincovs of Latvia was an early fatality in the SQ. The 3rd FIN man Jaani Vilen had the lead over Rock by 22 in the SQ, but opened too high in BP and zeroed. Tilson wanted to open with 705.4 in the squat, but I convinced him to play safe. After a birdweight 606.2 he was on the board, and tried his 711. It shifted coming up, and Rock couldn't finish it. On a 3rd attempt he fought the weight to completion for a 2-1 affirmative call. The head official tried to over-rule the side judges saying the lift wasn't good because the bar shifted on his back after the SQ command and she ordered him to rack it. The music was blaring so loudly nobody heard this. Thanks to Joe Avigliano, Rock had a better shirt than the one he'd planned to use and got a 385.8 2nd attempt. He earned the bronze with a TOT of 1670 which just have easily could have been 1736. The silver medal went to Jarkko Keisala of FIN, a new face to me. He totaled a big 2116.4 via 892.9 SQ, 518.1 BP, and 705.4 DL. The winner was a foregone conclusion. Ano Turtiainen, 35, is currently Finland's best lifter and has the 2nd biggest TOT in the History of PL next to Garry Frank (1119.5 kg/ 2468.1). Ano was on the record trail here and prepared for big things. His SQ opener was a titanic 450 kg. (992.1). He took it down, broke parallel, and struggled up. It was difficult, but he straightened up completely. He jumped huge on his 2nd attempt to (468 kg) 1031.8. This would be a WPC Absolute Men's WR, surpassing the epochal 467.5 (1030.6) established back in 1989 by the late great David Pasanella, USA. It was a gutbusting recovery that sapped all his strength. Good lift, the judges decreed. After this tremendous exertion, he had no more left and passed his 3rd attempt. A year ago Ano posted a 272.5 (600.7) BP as part of his All time titanic total. Since then, one right after the other, he tore both triceps.

It was this unfortunate occurrence which prevented him from totaling the 1135 kg. (2502.2) he had dreamed of. Not knowing his abilities in this lift he tested his capacity: 440.9, then 485. Both lifts shot right up. He leapt to 529.1. The strength was clearly there, with the weight exploding rapidly off his chest. Shy of lockout his right arm collapsed. Too bad. Ano still had designs to surpass the All-Time biggest DL achieved by Brit Andrew Bolton this past summer, even though Andy weighed 325, a true superheavyweight! Ano opened with 837.7, which was relatively easy. His 2nd attempt with 400.5 (882.95) surpassed his own WPC WR @ 275, but was a struggle to finish. The SQ had taken too much out of his back. He gamely tried 420.5 (927.1) to surpass Bolton's ceiling by one half kilogram (1.1 lb.), but it didn't come off the platform very much. TOT - 2399.7, incredible lifting considering his diminished finish. Ano's best official lifts of 468 (1031.7) SQ, 272.5 BP (600.7) and 405.5 DL (894) add up to 2526.5.

308 - Close competition among the six men who contested the 308s. Mike Robertson, 293.3, from RSA - TOT 1940. In 6th was Yugoslavia's strongest man, larger than life at 6'6" and 303, Milan Jovanovic. SQ - 848.8 easily done, BP 485 (effortless) and a 694.4 DL (with ease) TOT 2028 - 5th place. Ivars Salzemnieks, LAT, heaved to hearty tie with FIN's 39 year old Kari Kalliola. Both men TOT 927.5 kg (2044.7). Ivars ended up winning the bronze medal with his big come from behind pull (he was 159.9 lbs. behind Kalliola) of 766.1, a 2nd attempt. He was the lighter man 289.9 to 301.15 and that spelled the difference. Germany's Dietmar Zint, 295.85, was a refreshing new face on the rise. He came out of the blue to finish runner-up with well balanced lifting: 804.7 SQ, a big 589.7 BP, and a good 733.1 DL for a grand TOT of 2127.4. The 308 winner was Niko Laaperi, yet another new impressive Finnish lifter, who did 837.7 SQ, 573.2 BP, and 771.6 DL for the winning sum of 2182.5!

SUPERHEAVYWEIGHT - The last class turned out to be a grand showdown between the USA's Kieran Kidder, 33, weighing 311.95 and the British giant Peter Tregloan, 45, who tipped the scales at 380.73. Kidder had the day of his life. He broke his lifetime best TOT record of 990 (2182.6 lbs), by a whopping 70 kg (154.4 lbs). Yes, the new WPC President, made a believer of us all regarding his lifting ability on the platform. It's said that he spent a couple of weeks training with the PL guru himself in Columbus, OH to make him razor sharp. Kieran marched through all nine attempts with no misses: SQ: 892, 959, and finally that elusive 1003 he's wanted so bad for so long, taken deep and controlled to completion, garnering 3 unanimous white lights. The BP went just as incredibly. He shattered his PR of 551, easily on a 1st attempt with 567.7. Loaded with an over abundance of fast twitch muscle fibers, Kieran blasted up 600.7 and finally 622.8. Believe it or not, he did his final lift so easily he looked good for as much as 644.7. In the meantime Tregloan was also having a good day. The Giant from Jersey, ENG, manhandled his attempts with utmost authority - 826 - 903 - and finally a 45-49 World Masters record of 959 (a PR by 22 lbs.). Pete had won his 6th Men's Open title last year in Capetown, recovering form a tricep injury. Today he saw flashes of his old power in this discipline managing all 3 418, 518, and finally 529. Bolton had taken Pete's long standing British Record away just this past summer, lifting 268 kg (590.8) surpassing Tregloan's best of 589.7 done in 1997. The subtotal saw Kidder way in the lead by 65 kg (143.3 lbs.). Tregloan had no chance of catching the hot American now did he? Wrong! Dead wrong! Tregloan is one of the strongest Deadlifters in History, his PR being a mind boggling 887.4, the 7th heaviest SH pull in PL History, but that was done 5 1/2 years ago. Did he still have it in him. Kidder pulled all 3: 644.8, 677.9, and finally 711. His TOT was 1060 kg (2336.9) - a huge result. Tregloan came out and with each attempt and bridged the seemingly insurmountable gap, putting himself 2.5 kg (5.5 lbs) ahead with each lift of the round: 793.6, then 826.7. It all boiled down to his final lift. The bar was loaded to 390 kg, (859.9 lbs) for the big man. Pull it and he wins his 7th World Title. Could he do it? Yes, he could. Both men had 9 for 9 days - perfect lifting. Kidder was happy with his performance, and I heard him say "Pete is a great champion and deserved to win. At least I made him work for it..." Could Tregloan have lifted more if he had to? Peter has his sights set on doing 455 kg SQ (1003), DL - 410 kg (903.9) and 1100 kg TOT 2425 before he calls it quits. I believe that he will do it.

I'll have to rate this years WPC Worlds the best in every aspect I can think of. Hats off to Minna, Ano, Sakari and everyone who worked so hard to make this memorable meet possible. Next year the WPC Worlds will be held "Down Under" in Australia. Blimey Mate, I hope to see ya there!

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?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., 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 Interview, 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 Reinhoudt, 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, Percent 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.

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

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 Glossbrenner "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 Wrenn profile, TOP 100 165s

Jan/97... IPF Men's Worlds, WPC Worlds, Step by Step Trainnig by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s

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

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 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 Philippi 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 TOPWomen, 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 Benching, Top 100 275s.

Jun/98... Mark Henry, Ernie Milian, Olympic 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, TOP100 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 Natls., 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

10 YEARS AGO in PL USA .... Scott Werner celebrated his breaking of the 500 lb. bench press barrier at 165 on the cover, and Jay Siegel covered the WDFPF Worlds in Derby, England inside. Among the winners were Eric Kupperstein at 148 (534 275 562 1371), Sean Cain at 220 with 683 413 650 1747, and Bull Stewart at 242 with 760 462 760 1984. At 129, Bettina Altizer won with 380 225 363 970, and Andrea Sortwell won at 154 with 347 203 413 964. Monolift introduced "The Super Squat Rack". Leaders of the TOP 100 132 lb. list were Kevin Westbrook's 556 squat, Doug Heath's 405 bench, and Lamar Gant's 644 deadlift and 1498 total. Bettina Altizer's 418 squat was 52nd, Jim Benemerito's 292 bench was 42nd, Rachel Mathias' 418 deadlift was 98th, and Mary Warman's 1063 total came in 75th. Paul Fletcher won the 275s at the USPF National Bench Press meet with 479 at 275. We had a report from Iceland of the World's Strongest Man contest, won by a 7 foot 350 lb. specimen, Ted Van Der Parre of Holland. Marty Gallagher described the anticipated change in weight classes for olympic lifting, and wondered if changes in powerlifting weight classes would be far behind? Future world record holder Delcy Palk won the 114s at the Texas State meet with 250 160 300 710. Dennis Cieri won the 181 lb. class lifetime title at the ADFPA All American Bench Press Championships with a 430. Larry Miller won the 165s at the Columbus PAL Bench meet with 440, and the placings in the 220s at that meet were Chuck Vogelpohl (465), J.M. Blakley (465), Ken Patterson (440), and George Halbert was 2nd in the 242s with 470. Greg Lowe won the 275s at the ADFPA Graterford Open with 913 490 700 2103. Hugh Dunagan won the Junior 198s at the NASA Oklahoma Regional with lifts of 622 407 600 1631. Tee Meyers won the Submaster 181s at the WNPF Nationals with lifts of 590 340 690 1620. Dave Tate won the 275s at the Hall of Fame meet in Toledo, OH with 760 520 675 1955. Former IPF World Record holder in the bench, Armington Rafael, won the ADFPA California/West Regional at 165 (40-44) with 551 347 501 1399. Joe McAuliffe won the 181s at athe ADFPA New Jersey State meet with 650 440 585 1675. A professional powerlifting meet, with $6000 in prize money, was advertised for Carson City, Nevada. Best lifters on the ADFPA TOP 20 242s were Ernie Surell (805 squat), William Minor (518 bench), Bull Stewart (760 deadlift and 1989 total). Also ranked were Gary Grosso's 699 squat (10th), Raoul Donati's 512 bench (2nd), Mike Anderson's 665 deadlift (14th), and C.J. Batten's total of 1703 (19th). At the Asian Championships in Jamshedpur, India, Mr. Bhaskaran set a new world record in the deadlift at 114 with 535, and 19 year old Alexei Sivokon made his international debut at 148 with a winning 573 363 (374 4th attempt) 617 1554. USPF President Sandy King indicated that there were approximately 20,000 powerlifters in the United States, and 12 card selling federations. Current strongman star Karl Gillingham won the ADFPA Hawk Country Open at 242 with 620 425 655 1700.

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 Lou Simmons
Apr/00 ... Arnold Classic,WPF 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 Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.
Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls.,IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
Oct/00 ...Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights
Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies
Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s
Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's
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 Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s
Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
Oct/01 ... World Games, TomManno Interview, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success , Jill Mills, Rich Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s
Feb/002 ... WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s
Mar/02 ... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Turtiainen Interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s
May/02 ... Brent Mikesell's 1074 Squat Plyometrics, Finnish DL Secrets, TOP 100 Benchers (Schwartz/Wilks), Jennifer Maile Workout of the Month, TOP 100 275s.
Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs.
Jul/02 ... Kennelly Benc hes 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.
Aug/02 ... APF Seniors, USAPL Men's Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Recods by Louie, Your Bench Shirt by Halbert, TOP 123s.
Sep/02 ... Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues by Blakley, TOP 100 148s
Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan Deadlift Workout, TOP 100 165s

LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK ($5 PER ISSUE) AND SEND IT TO *POWERLIFTING USA, BACK ISSUES,* POST OFFICE BOX 3238, CAMARILLO, CALIFORNIA 93011, USA.

20 YEARS AGO in PL USA .... Rickey Crain was on the cover ... in a shot taken at the Olympic Basketball Hall in Munich, Germany ... the best lighting for a powerlifting meet ever ... as part of our report of the 1982 IPF Men's World Championships. USA winners included Lamar Gant (123), Rickey Crain (165), Mike Bridges (181), Walter Thomas (198), and John Gamble (275). A new procedure was instituted by the IPF whereby no world records could be set unless an IPF approved drug control officer is present (the only such officers were Bill Jamison of Canada and George Bostrom of Sweden) and IPF drug testing procedures were followed. 1972/74 National Collegiate Champ Jake Boyer was interviewed by Tim McClellan, in which he proposed that the IPF hold a Teenage World Powerlifting Championship in 1983. Gary Zeolla described his vegetarian power diet. Qualifying totals for the USPF Senior Nationals were 1069 for the 114s, 1190 for 123s, 1284 for 132s, 1410 for 148s, 1625 for 165s, 1714 for 181s, 1813 for 198s, 1895 for 220s, 1984 for 242s, 2061 for 275s, and 2143 for SHWs. The TOP 100 165s had Rick Gaugler at Number One in the squat (710), deadlift (716), and total (1879), with Rick Weil tops in the BP (465). Fran Ruettiger was 80th in the squat with 540, Fabian Wambsgans was 98th in the bench with 350, Dave Karam was 98th in the deadlift at 562, and Joe Orengia was 79th in the total at 1415. Nominations for 5 Athlete's Rep spots included Richard Peters, Vince White, Larry Pacifico, Juli Thomas, Vicki Steenrod, Tony Fitton, Bill Davis, Jack Sideris, Michelle Greenspan, and George Hummel. Paul Brodeur won the 275s at the Oklahoma Grand with 843 446 710 2000. Fred Glass won the 123s at the Delaware Valley Open with 315 150 410 875. Danny Wohleber exceeded the world record in the 275s with a 909 squat and got one white light on an 854 deadlift try. At the same meet, Joe Ladnier won the 220s with 705 457 650 1812, and Mariah Liggett took the women's division with 330 192 424 837. Ivan Zwick won the 148s at the Northern Illinois Bench Press with 295, and Tom Hardman got a new world record of 614 in the bench at 275. Bob Wahl set a world record in the squat at 148 with his 650 at the Mountaineer Open, where Mary Ryan (later to become Mary Jeffrey) went 308 176 319 804 at 114. Former many time USA Team Coach Sean Scully won the 242s at the Vacationland Open with 633 451 677 1763. Winners at the controversial International match at Wits University in South Africa (under international sports embargo due to apartheid policy) included Hideaki Inaba at 123, Joe Bradley at 148, Ron Collins at 181, Eamon Toal at 198, and Fred Hatfield at 242 (870 440 749 2061). Marc Morishige won the Northwestern US Collegiates at 132 with 430 270 500 1200. Curtis Leslie won the 181s at the Georgia BP & DL with 350 500. T. Bruner (Tim Bruner?) was 6th out of 21 in the Novice 165s at the Texas Cup ... 11th in the class was Brad Kiltz, who later went to the Winter Olympics as a bobsledder, and Hal Hudson took the Masters Division with 573 402 600 1576 as a 275er. Eddie Morishima won the Hawaii State 148 title with 573 374 529 1477. John Ford won the Temple Hills Open with 788 429 727 1945 at 275. Tony Conyers won the Southern States 148 lb. class title with lifts of 540 390 550 1480, and his long time friend Bill Beekley took the 220s with 700 420 640 1760. Anna Liisa Prinkkala wont the Finnish Women's 105 lb. title with lifts of 231 99 281 611. Jules Pellegrino won the North Jersey Districts at 148 with lifts of 500 340 470 1310. Tom Buljat was 3rd in the 181s at Power Day IV in Clearfield, PA.

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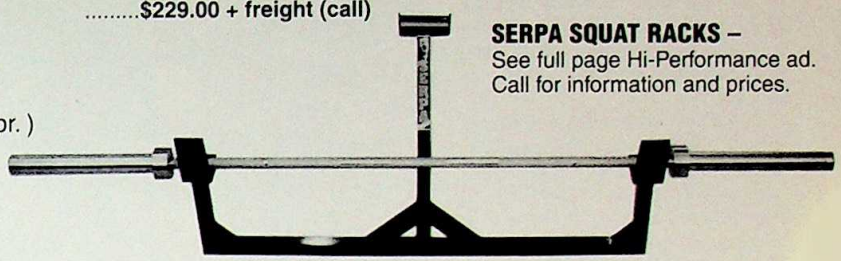

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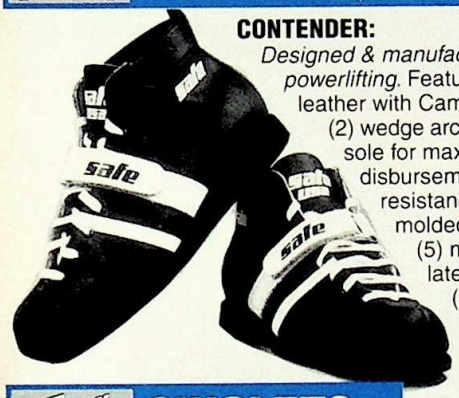

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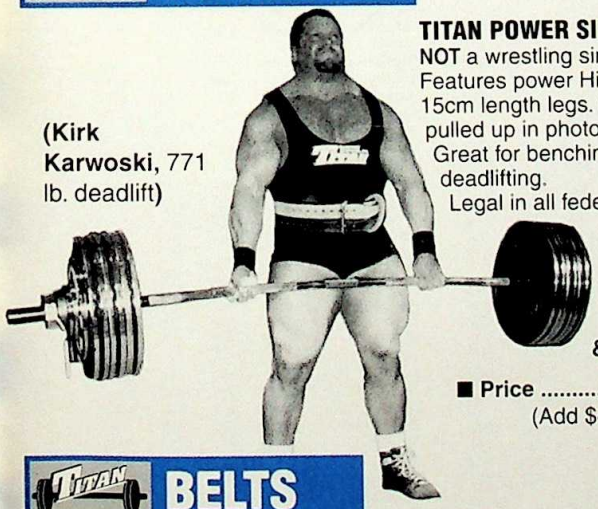

(Kirk Karwoski, 771 lb. deadlift)

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(article continued from page 9)

Following was Jaspreet Singh (India, 377.5)

100.0 kg - Marat Chirkov (Russia) got a subjunior WR 187.5 bench on his way to a 775.0 total (474.89 Wilks). Che-Jung Hsu (Chinese Taipei, 560.0) too SILVER. The competition never quite materialized in this division as **John Buford (USA)** DQ'd on SQ, while Constantine Badrakos (Australia), who was 2nd after SQ, DQ'd on bench.

110.0 kg - Team USA was strong in this division with two medals. **Drew Traub (USA)** took GOLD with a 742.5 total (437.48 Wilks), then finished off a 9/10 day with a 4th deadlift for a 313.0 subjunior WR. Traub's strong deadlifting erased a 15 kg subtotal deficit to pass Andrey Surikov (Russia, 725.0) who took SILVER. **Cody Walters** (USA, 670.0) took BRONZE. Following was: 4th - Amrit-Pal Singh (India, 535.0).

125.0 kg - Nicholas Rasmussen (USA) was one of the younger men competitors, and was best on every lift in this division to score a 672.5 total (390.45 Wilks) for GOLD. Chung Mao-Feng (Chinese Taipei, 617.5) took SILVER. Ransi Jayathilaka, the first lifter from Sri Lanka (570.0) took BRONZE. Following were: 4th - V.S. Prasoon (India, 462.5), and 5th - Biurushan Singh (India, 455.0).

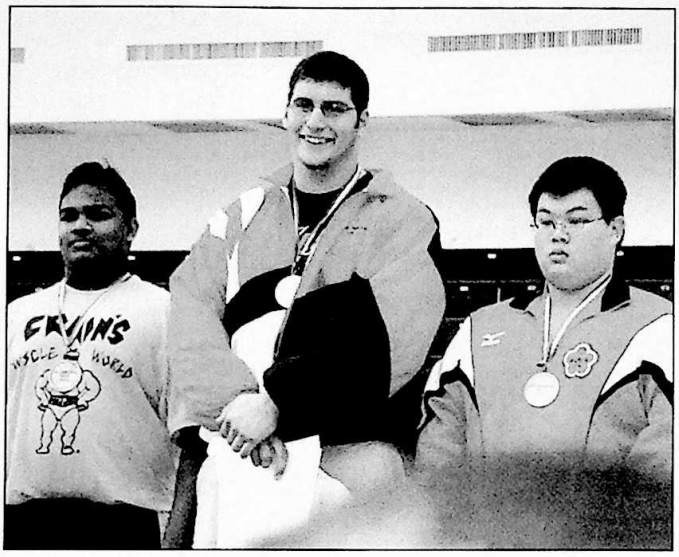
125.0+ Kg - In a strangely sparse division, Sugal Kushal (India, 555.0, 310.85 Wilks) took GOLD while teammate Bibin Bendeict (435.0, 244.07 Wilks) took BRONZE.

Both men's and women's teams finished 2nd, for an team overall 2nd to the deep overall 1st place Russian team. Host Chinese Taipei was a strong overall 3rd followed closely by 4th place India and 5th place Japan.

Best Lifters - Team USA also claimed both men's and women's Champion of Champions. Maile's 570 Wilks was easily the performance of the meet. For the men, Williams put together big lifts in the clutch during a 6/9 day for a 496.24 Wilks, edging two very fine Russian lifters, Borisov (495.43), and Saltykov (493.99 Wilks) for honors.

USA Subjunior WRs - Dickey and Maile combined for three sub-jr WRs, while Traub finished a 9/10 day with a sub-jr WR on a 4th deadlift. Perhaps most importantly, there were numerous personal bests throughout the meet.

The defining moment of the international camaraderie may have been captured in one lift for Hibino Tomoyuki of Japan. Scoresheets will simply show a deadlift score and a 4th place finish in the men's 75 kg division. Out of the medal race, but determined, Tomoyuki needed a good deadlift on a 3rd try to avoid a DQ.



***Gold for Nick Rasmussen** in the 275 s. (photos courtesy Coach Miller)*

Added to the drama were the hurried arrival of Tomoyuki's parents with a small sibling from Japan, delayed by transportation problems. Team USA led other teams to join the Japanese team in cheering Tomoyuki through, who responded and fought through to a good final lift. For moments like these, national differences dissolved in respect for the individual side of the sport of powerlifting. While, in a sense, there is no real 'friendly competition', there was good, hard competition and appreciation of personal bests among international lifters who are now new friends.

Adventures continued on the trip home. At a rest stop on the way back to Taipei, Coach's '5 minutes only!' turned into an hour when fluid began leaking from the engine of one of the tour busses. Cramming everyone into one bus actually looked like fun, but would have created The Bus That Couldn't Make Weight. Finally, just the luggage was crammed aboard, and we waited 30 minutes for a smaller passenger-only bus. At one point, Coach Miller's football instincts kicked in as he seemed to be drawing 'plays' on the ground in the parking lot for our Chinese-speaking driver (much to great amusement of our other Chinese-speaking driver). A new bus arrived on time, and thanks to Coach Miller's penchant for leaving early, we made our flight on time in Taipei with time to spare.

Experience, Team USA unity, new goals, new friends, and more stories than can be told here. ... event banners on lampposts and at the Chia-Chou Hotel ... T-shirt swapping (Japan had cool shirts) ... moped racing ... 'don't parking' signs in Putzu ... Ambassador Amber Mesik ... Coach Vassiliy ... the $30 menu at McDonald's ... palm oil, soy, and teriaki ... deep fried duck heads ... the Japanese team ... You Are My Sunshine karaoke, led by Coach Cunningham ... interest in Andy Millin's knee wrap rolling machine ... shopping in Chia-Yi city ... 'nee-how' ... foreign participants being photographed with our team members at the banquet ... firecrackers and parades to the temple ... 50 TV channels in Chinese ... Australian Eban Trager, Lifter Most Likely to be Taken Home by the US Women's Team ...

The Taiwan trip succeeded on many levels for this first Subjunior Team. For Team USA, there were some medals and some PRs. There were 'successful' performances that, nonetheless, fell short of personal expectations. There were also the inevitable missed lifts and unfortunate DQs for this young team. The spotlight and pressure of high-level competition can be a valuable diagnostic experience that tells a lifter exactly where they stand. Strengths and needs for solid fundamentals in lifting technique and mental approach were illuminated ... watching the consistent Russian lifters provided inspiration on this point. Given how our Team USA lifters respond to personal challenges, and the enthusiasm and dedication exhibited by the coaching staff, we surely expect to see everyone back again in high level competition, confident, hungry, and better than ever from the Taiwan experience.

2nd IPF Subjunior Worlds
25-29 SEP 02 - Putzu, Taiwan

Women	SQ	BP	DL	TOT
97 lb.				
Dickey/USA	236	143	281	661
Chen/TAI	231	99	275	606
105 lb.				
Maile/USA	352	198	396	947
Ryzhkova/RUS	347	159	325	832
Sokovnina/RUS	275	154	220	650
Borkotoky/IND	220	115	281	617
Kiletico/USA	220	110	248	578
Lin/TAI		242	93	220
556				
Bharati/IND	209	82	231	523
Kokue/JPN	176	77	187	440
114 lb.				
Tokareva/RUS	358	170	319	848
Chouschina/RUS	325	148	336	810
Chang/TAI	253	93	275	622
Matsuura/JPN	236	126	253	617
Hasada/JPN	220	99	231	551
Nogle/USA	292	154		
123 lb.				
Ustinova/RUS	352	181	347	881
Hitchcock/USA	281	148	325	755
Takei/JPN	264	187	297	749
Kaneda/JPN	220	165	286	672
Laxmi/IND	264	110	297	672
Wang/TAI	264	121	264	650
Arpana/IND	220	110	242	573
132 lb.				
Kosareva/RUS	402	192	385	981
Mesik/USA	319	165	347	832
Lo/TAI	303	187	319	810
Mallika/IND	292	110	308	710
Sekiguchi/JPN	198	99	209	507
Mori/JPN	154	88	220	462
148 lb.				
Khalyavina/RUS	385	231	358	975
Chen/TAI	303	159	352	815
Kiran/IND	314	132	319	766
Dennany/USA	297	143	303	744
Yamazaki/JPN	143	77	231	451
165 lb.				
Polyanskaya/RUS	418	198	396	1014
Sanders/USA	358	148	336	843
Yang/TAI	286	137	242	666
Kaimala/IND	236	99	259	595
Kaiga/JPN	176	132	231	540
181 lb.				
Chang/TAI	451	198	418	1069
Millin/USA	314	198	363	876
198 lb.				
Stesenko/UZB	418	231	374	1025
Savinykh/RUS	407	198	347	953
Gopalakrish/IND	374	148	380	903
Kakoli/IND	297	104	303	705
Hsu/TAI	242	115	242	600
SHW				
Weng/TAI	396	220	363	981
Rogova/RUS	374	231	336	942
Headrick/USA	330	187	319	837

Teams: RUS - 69, USA - 60, TAI - 58, IND - 44, JPN - 40, UZB - 12. Champion of Champions: Maile 570.39, Kosareva 497.42, Tokareva 489.37.

Men				
114 lb.				
Bychaev/RUS	396	253	374	1025
Buranov/RUS	385	209	407	1003
		4th	419	
Hafenbrack/USA	347	187	402	936
Kusakabe/JPN	242			
123 lb.				
Cheremush/RUS	418	225	429	1074
Liu/TAI	374	170	352	898
Shimizu/JPN	286			
132 lb.				
Borisov/RUS	507	292	479	1278
Su/TAI	473	292	484	1251
Ito/JPN	385	242	385	1014
Smith/USA	363	209	424	997
Suzuki/JPN	363	264	363	992
Singh/IND	330	264	352	947
148lb.				
Williams/USA	545	308	512	1366
Lee/TAI	501	264	584	1350
Faysulin/RUS	490	275	496	1262
Kumar/IND	429	253	451	1135
Marchand/USA	418	203	413	1036
Takeda/JPN	407	187	396	992
165 lb.				
Ernandos/RUS	556	380	529	1466
Ricchio/USA	490	292	556	1339
Brunfeldt/FIN	523	275	496	1295
Hibino/JPN	385	242	485	1113
181 lb.				
Saltykov/RUS	639	374	600	1614
Salo/FIN	518	286	551	1355
Duggesh/IND	496	264	479	1240
Wu/TAI	512	264	457	1234
Inoue/JPN	374	220	451	1047
198 lb.				
Maximov/RUS	617	341	611	1570
Pozdeev/RUS	606	325	633	1565
Traeger/AUS	540	303	584	1427
Baker/USA	567	281	556	1405
Singh/IND	275	181	374	832
220 lb.				
Chirkov/RUS	650	413	650	1714
Hsu/TAI	523	270	440	1234
Buford/USA				
Badrakos/AUS	534			
242 lb.				
Traub/USA	606	341	688	1636
		4th	689	
Surikov/RUS	606	374	617	1598
Walters/USA	507	363	606	1477
Singh/IND	418	297	462	1179
275 lb.				
Rasmussen/USA	540	352	589	1482
Chung/TAI	512	330	518	1361
Jayathilaka/SRI	529	220	507	1256
Prasoon/IND	352	176	490	1019
Singh/IND	418	176	407	1003
125.0+				
Kushal/IND	518	264	440	1223
Bendeict/IND	385	176	396	959

Team Points: RUS 72, USA 61, TAI 52, IND 50, JPN 32, FIN 17, SRI 8, AUS 8. Champion of Champions: Williams 496.24, Borisov 495.43, Saltykov 493.99

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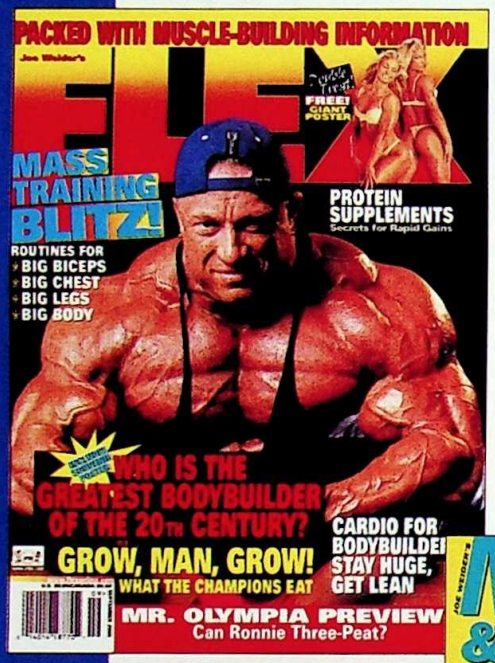

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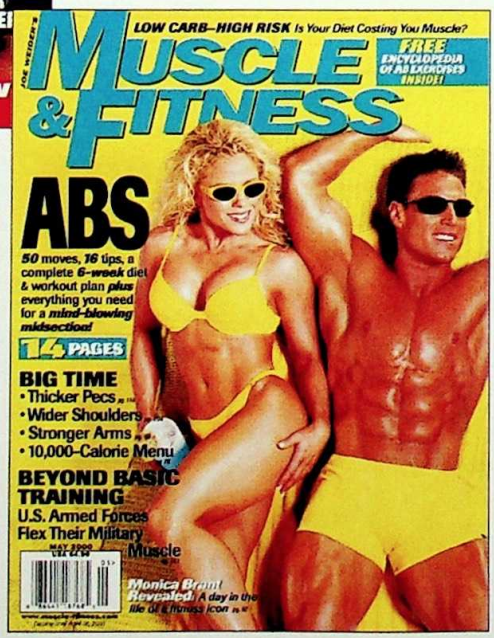

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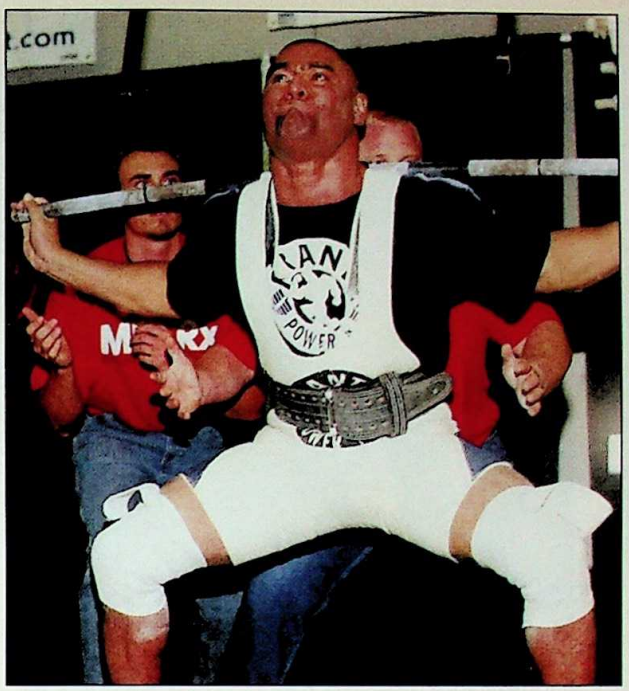
(article continued from page 5)

then had a four minute WPO wait for a further barrier bursting world record 909 in the squat. (He even tried a 931 4th attempt!) He opened up with a world record in the bench at 611, and then rammed up 633, and the 650 - driving them all up strongly, from a very efficient starting position. On a 4th attempt he did not get 684, in an effort to exceed Halbert's all time 683 lift, but did it matter? Every one of his deadlifts produced a world record total, finishing up with the all time best of 2232. After all the mayhem on the record book, Jesse ended up with $4500 for his placing and record breaking (or was it $5500?).

In the 220s, Chuck Vogelpohl was psyched to the max, but his far out wide stance initial attempt at 964 in the squat was a problem. He came back to bury the weight convincingly, and erupted upward with a sudden surge of pure explosive power. He missed 804 in the deadlift twice or he would have gone over 2300. Neo-three lift man, Kenny Patterson got a world record 673 bench on his second attempt and missed a shot at 700. Germany's Harald Selsam came up razor clean with a 903 squat, but it must have been high, but he still finished up with 2039 for 3rd place. Keith Ferrara nailed an 865 squat, after dumping 821 initially, but he could not get his benches going. Be-tattooed Arto Rajala of Finland missed two squats of 815 and did not continue. Five different nations were represented in the competition (Germany, Finland, Switzerland, Great Britain, USA).

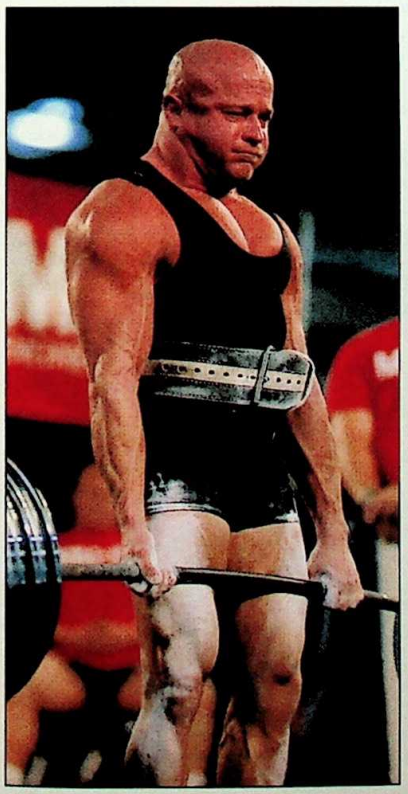
It was competitive in the 242s, though tall Jose Garcia was obviously in charge, especially after an impressive 903 squat. He missed only a 545 bench, but repeated for a success. Jeff Douglas fought back to get his 903 squat on the board, as well as a 518 BP, missing a 727 deadlift. Janne Ihalainen, lean and tall, bled dark blood from his nose after an 887 squat, and missed only a 496 bench and a 777 deadlift. He's from the same mold as countryman Ano Turtiainen. Dondell Blue weighed in at a mere 101 kgs., yet went well over 2000, missing an 876 SQ, 523 BP, and 722 DL. Paul Urchick missed a 936 squat and a PRish 584 BP, then proceeded to drop 705 twice in the DL and shock everyone, especially himself. Marc Bartley missed a 573 bench twice and was out.



***Jose Garcia** pushed 903 to completion in his classic upright form.*

At 275, Steve Goggins was ready to tackle WPO champ Turtiainen once more time. He squatted 903, then 981 (like it was 'nothing') and then a world record 1015 squat to break Ano's world record. He BPed a nice 573, missing 589, and then overhand gripped an 843 D-lift, missing 859 (although he has apparently made 900 in training with this new grip style) for a superior 2431 total. The sleek Finn is having tricep problems, this time on the opposite side, and despite getting his squat record back with 1019 (missing a further WR 1041 with a dump that had the medics come to fetch one of the spotters, who stoically absorbed the blow to his foot), he missed the 898 world record deadlift he also wanted. The miss in the squat left Ano limping a bit, otherwise, he had been expected to go 900 plus in the deadlift. Phil Story missed his 804 opener squat, and took it over for a good lift, and then missed big jumps in the bench of 584 and 628 ('daylight' under his butt, noted his training partner - Kieran Kidder). Joe Ladnier was not going to compete after having shoulder surgery 39 days before, but he was able to hit 505 in the bench on his last training session, so he came along to surprise himself with a 573 BP on his 2nd attempt and he qualified for the WPO finals as well.

Big Paul Childress came back to get a nosebleeder 1014 on his 3rd attempt squat for a new world 308 record, then came back again to get 622 on his final BP. He missed a world record 794 deadlift,

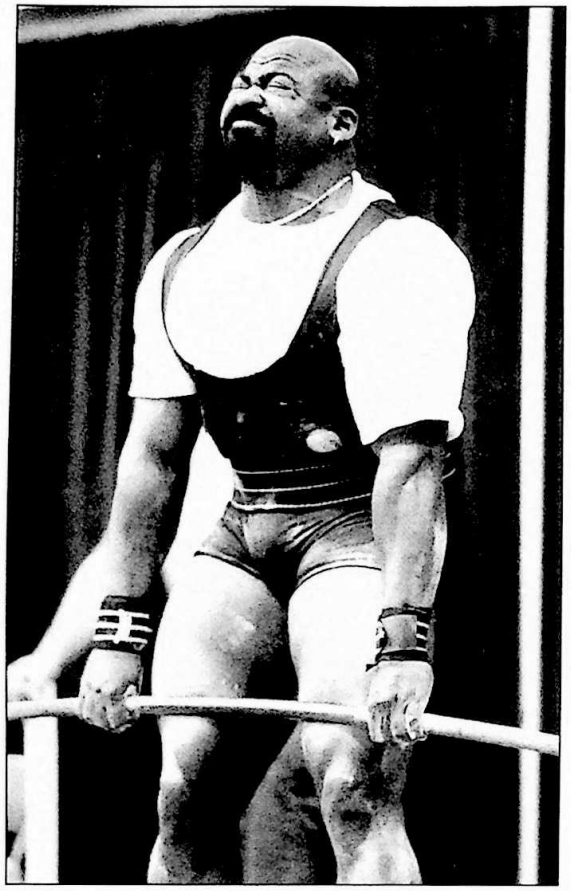


***Joe Dougherty** made 3 nice pulls @ 181*

WPO Semifinals - 8,9 NOV 02 - New Orleans, Lousiana

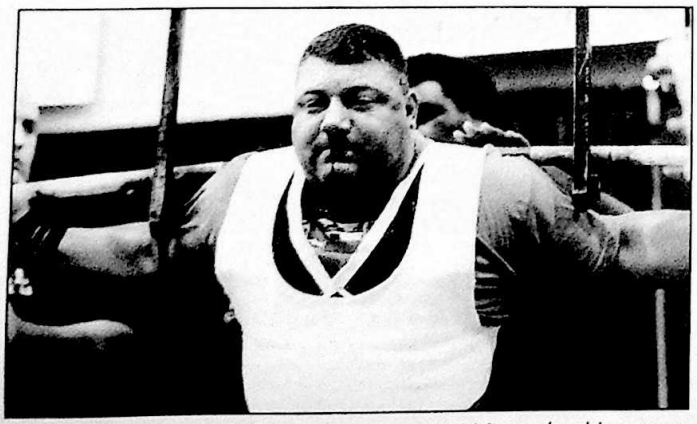
	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
132 lb.											
H. Washington	540	584	606	319	336	~~352~~	942	507	551	~~567~~	1493
August Clark	~~523~~	523	~~567~~	435	~~451~~	451	975	518	~~534~~	~~534~~	1493
					4th	~~473~~					
A. Weisberger	424	457	468	286	303	~~314~~	771	413	440	~~479~~	1212
148 lb.											
B. Schwab	606	622	~~639~~	380	424	~~447~~	1046	562	578	~~606~~	1625
S. Seilkanaho	573	611	639	380	391	~~396~~	1030	540	562	~~578~~	1592
T.J. Hoerner	600	644	672	314	336	~~347~~	1008	551	~~595~~	~~595~~	1559
		4th	~~684~~								
165 lb.											
Ron Palmer	666	710	733	435	462	468	1201	644	683	~~705~~	1884
		4th	~~755~~								
Tony Conyers	655	722	749	385	407	435	1184	633	655	683	1868
		4th	~~770~~							~~745~~	
A. Berardinelli	722	~~760~~	760	402	435	~~457~~	1195	600	~~622~~	~~622~~	1796
		4th	782								
181 lb.											
Joe Dougherty	672	733	~~771~~	468	~~490~~	~~507~~	1201	617	666	705	1906
Levi Alday	622	661	688	402	473	~~501~~	1162	600	~~639~~	~~639~~	1763
198 lb.											
Jesse Kellum	821	888	909	611	633	650	1559	622	650	672	2232
		4th	~~931~~			~~684~~					
Arnold Coleman	755	---	804	523	545	562	1366	661	705	738	2105
Tony Caprari	749	799	~~826~~	451	~~496~~	496	1295	699	749	~~822~~	2044
T. Avola	738	782	815	~~496~~	496	~~518~~	1311	694	722	~~738~~	2033
Matt Zweng	782	837	~~870~~	518	---						
J. Wardell	804	~~848~~	848	~~507~~	~~518~~						
220 lb.											
Chuck Vogelpohl	~~964~~	964	---	~~512~~	518	534	1498	744	~~804~~	~~804~~	2243
Kenny Patterson	766	804	~~826~~	622	673	~~700~~	1476	600	633	~~655~~	2110
Harald Selsam	771	859	~~903~~	473	~~490~~	~~490~~	1332	603	705	~~716~~	2039
Keith Ferrara	~~821~~	821	865	~~501~~	~~501~~						
Arto Rajala	~~815~~	~~815~~									
242 lb.											
Jose Garcia	826	881	903	523	~~545~~	545	1448	694	738	771	2221
Jeff Douglas	848	~~903~~	903	496	~~518~~	518	1421	683	710	~~727~~	2132
J. Ihalainen	815	859	887	440	473	~~496~~	1360	705	749	~~777~~	2110
Dondell Blue	799	854	~~876~~	473	501	~~523~~	1355	655	699	~~722~~	2055
Paul Urchick	876	920	~~936~~	540	573	~~584~~	1493	~~705~~	~~705~~		
Marc Bartley	843	~~892~~	~~892~~	~~573~~	~~573~~						
275 lb.											
Steve Goggins	903	981	1014	545	573	~~599~~	1587	799	843	~~859~~	2431
A. Turtiainen	975	~~1015~~	1019	440	485	507	1526	749	837	~~898~~	2364
		4th	~~1041~~								
Phil Story	~~804~~	804	848	567	~~584~~	~~628~~	1415	705	727	755	2171
Joe Ladnier	~~804~~	804	---	507	573	---	1377	699	---	---	2077
308 lb.											
Paul Childress	910	~~1014~~	1014	600	~~622~~	622	1636	722	766	~~794~~	2403
Oan Basson	903	959	1003	584	622	639	1642	644	677	705	2347
		4th	~~1026~~								
Craig Gallo	942	1003	1025	485	~~556~~	~~584~~	1510	672	755	~~782~~	2265
Beau Moore	832	~~881~~	~~881~~	~~644~~	644	~~689~~	1476	655	744	---	2221
Jon Grove	815	870	~~903~~	573	---	---	1443	722	760	771	2215
SHW											
Garry Frank	959	~~1019~~	~~1019~~	~~672~~	672	~~744~~	1631	859	909	931	2562
Don Thompson	925	964	986	~~633~~	633	~~672~~	1619	766	804	---	2425
Andy Bolton	815	859	903	540	573	589	1492	749	837	926	2420
									4th	~~932~~	
Matt Smith	848	~~931~~	~~970~~	~~617~~	617	~~672~~	1465	749	---	---	2215
Brent Mikesell	903	1003	~~1041~~	451	~~584~~	~~584~~	1454	744	---	~~804~~	2199

but had already cracked the 2400 barrier to win his class. Oan Basson was a stunner in 2nd. He went 9/10 missing only a 1026 world record squat on a 4th attempt that even his coach Joe Avigliano hardly dreamed he would even be trying, and he put almost 150 PR pounds on his total. Craig Gallo was the man who ended up with the new world record in the squat for the class with 1025, and he would have totaled much more if his shirt problems had not prevented his 556 and 584 bench attempts from counting. He was ferociously explosive in the deadlifts, but 782 would not spring up like the others had. Beau Moore tried a 308 lb. class world record in the bench with 689, but 644 had already taken him 2 tries to get circled on the scoresheet. Longbeard Jon Grove coolly qualified for the Finals with a 6/7 day.



Steve Goggins *... giving the double overhand pull a try.*

In the Supers, Brent Mikesell seemed nearly asleep in the staging area prior to his opener 903 squat, and he missed attempts of 1041 in the squat, 584 in the bench, and 804 in the deadlift, but had more than enough to win his qualifying spot. Matt Smith had troubles, missing the return signal on his 931 squat and dumping 970, as well as a sizable jump to a 672 bench, but also qualified. Andy Bolton of England steamrolled through 9 successful attempts, with his squats - particular - looking easier as the weight increased. He opened in the deadlift with 749 ("nothing"), then used his unusually massive lats and traps to hoist up 837, and then a terribly fast 926. Almost surprisingly, he missed a world record 932, just 6 lbs. more, but it was his 4th pull of the day. Don Thompson took advantage of a 6/8 day to pull his way into 2nd place in the SHWs with 2425 (missing a 672 bench, after making 633 on a re-take). With his head shaved (Kieran Kidder notes that "hair is over-rated" in the WPO), Don looks like Garry Frank's brother, and the star of the show, albeit on a rough day, was that same Garry Frank. Almost a hometown guy (about 80 miles away in beautiful Baton Rouge), Garry had dropped his bodyweight from 395 to 368, and he's got the athleticism to get his hand well above a 10' basketball rim, so he felt quick and explosive. GF opened nicely with a 959 squat, but then had trouble setting up with 1019 (racks too high?) and then did that weight easily, but it was not passed (it would have been the EIGHTH successful 1000 lb. plus squat of the contest ... when has that ever happened at a meet before?) Kieran Kidder announced that Garry had handled as much as 1070 in training. Likewise, things did not go that well in the bench, where Garry had an open back bench shirt on, but he missed 672 on his opener and had to come back to get it on the board, and that big jump to 744 wouldn't go. Garry feels that if you have to 'flare' your elbows to get the bar down to your chest, the lift is basically over anyway. He had done 650 as a final warmup ... without a shirt! With a chance at the 2700 lb. total out of reach, there was still plenty for Garry to concentrate on, with Mr. Bolton, asking "Who's the MAN" when it comes to being the world's best deadlifter, in the house. Garry opened at a huge 859, done nicely, then he jumped to 909 and looked over at his competition after making in cleanly. After Bolton made his 926, Garry strode out with a finality of purpose for the heaviest deadlift of all time - 931 pounds. Garry is both big and tall and that bar has an epic distance to travel to reach lock out, but Garry just kept hauling it up to the finish and then he held the ponderous weight for a shocking amount of time, talking and looking around with no sign of a grip problem - what an unforgettable feat of strength. He later stated that he just couldn't stop enjoying the moment, especially when the crowd got wilder and wilder in awed appreciation. Garry indicates that he felt prepared to pull as much as 948 if he had to do so, and wonders aloud if anyone will ever pull 1000. He got some nice congratulatory phone calls from some of the old timers in the sport, after word of his 931 spread around the country, from people who understand that an all time record in the deadlift is not something done with gimmicks. Even with the misses in the bench and squat, Garry still posted the 3rd highest total of all time with 2562 - and wait until the Finals roll around as there will likely be some more great pulling! (Maybe Ano can join in the fun then, too!)



Paul Childress *was one of 5 guys to go over 2400 in total at this contest.*

The on-stage powerlifting awards ceremony was quite a spectacular, with the MetRX girls presenting the champions with their medals (when they could fit them over their heads!) and a very special award that had been conceived by Scott Johnson ... like a 'Stanley Cup' of Powerlifting. Realizing the success of our kind of lifting at the Arnold Classic, and with the Show of Strength being held in the South, Scott commissioned a one of a kind sculpture by a Russian artist he was acquainted with and decided a North - South (above and below the Mason Dixon line) competition would be recognized theme. The award portrays each power discipline arrayed above the international globe. WPO Prez Kieran Kidder announced the results of this year's competition ... 31 points for the South and 22 for the North. Jesse Kellum was chosen to receive the award on behalf of the South. Of course, in the 198 lb. class he now owns the South, and the North (and the East and West, breaking the several all time Coan marks in this class). Next year in Columbus, the Westside guys will have their chance to re-claim this unique trophy, but these first year's winning lifters will already have their names engraved on it.

One of the greatest lifters in the world proved himself to be one of the greatest fans of powerlifting as well. Ed Coan was on hand, shaking hands, swapping stories, and helping several lifters, including Markus Schick, Andy Bolton, and - graciously - his sometimes rival Steve Goggins. Ed looked in great condition, and it seems the repairs from his scary accident at the Mountaineer Cup are working out 100%. He's back training, hitting 551x8 in the deadlift before coming to New Orleans to enjoy this meet, and he hopes to make his comeback at next year's Mountaineer Cup.

A Recovering Ed Coan *talks to* ***Louie Simmons*** *and* ***Arto Rajala*** *wants to know what they're saying*

TOP 100

For standard 181 lb./82.5 kg. USA lifters in results received from October/2001 through September/2002

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	804 Coleman, A..2/24/02	589 Savino, G..2/23/02	730 Austin, D..3/2/02	1984 Coleman, A..2/24/02
2	780 Kamand, T..11/18/01	540 Dougherty, J..11/18/01	705 Eiseman, T..6/2/02	1970 Dougherty, J..11/18/01
3	755 Maxwell, M..7/20/02	540 Gallagher, B..2/23/02	700 Dougherty, J..11/18/01	1910 Kamand, T..11/18/01
4	749 Wagner, R..4/6/02	535 Frazier, R..1/20/02	700 Kamand, T..11/18/01	1901 Palmer, R..6/15/02
5	749 Dougherty, J..6/15/02	523 Coleman, A..2/24/02	688 Palmer, R..6/15/02	1829 Wagner, R..4/6/02
6	744 Palmer, R..6/15/02	523 McCormick, L..8/25/02	680 Travis, D..1/12/02	1800 Austin, D..3/2/02
7	715 Austin, D..3/2/02	522 Harrington, P..8/17/02	675 Warren, C..3/23/02	1770 Maxwell, M..3/30/02
8	685 Wambsgans, F..7/20/02	505 Stevens, A..6/22/02	672 Woodley, L..11/17/01	1755 Warren, C..3/23/02
9	677 Lavelle, T..6/15/02	501 Rhoton, H..4/28/02	661 Wagner, R..4/6/02	1724 Lavelle, T..6/15/02
10	675 Woodley, L..5/18/02	500 Waites, B..11/18/01	655 Coleman, A..2/24/02	1700 Crowe, B..4/6/02
11	666 Perkins, T..6/9/02	500 Palmer, R..3/3/02	640 Siwiak, S..4/7/02	1675 Bridges, E..2/23/02
12	661 Bridges, E..2/23/02	500 Clark, B..3/31/02	639 Zweig, G..11/17/01	1675 Woodley, L..5/18/02
13	655 Guaba..1/19/02	490 Swanson, B..12/1/01	635 Wambsgans, F..11/18/01	1653 Decker, J..7/13/02
14	650 Warren, C..2/24/02	490 West, C..3/23/02	630 Moore, C..12/01	1647 Soloman, M..6/22/02
15	645 Crowe, B..4/6/02	490 Saber, J..6/23/02	630 Guaba..1/19/02	1642 Strickland, B..6/15/02
16	645 Kirschen, D..6/23/02	475 Crowe, B..11/18/01	630 Andrus, N..6/22/02	1625 Waag, N..12/9/01
17	640 Randle, J..3/23/02	475 Schmolz, C..8/10/02	625 Bridges, E..6/22/02	1615 Waites, B..11/18/01
18	639 Guzman, Q..12/8/01	473 Lavelle, T..6/15/02	625 Diaz, J..7/21/02	1615 Kirschen, D..6/23/02
19	633 Decker, J..7/13/02	470 Kilts, J..2/10/02	622 Davis..10/27/01	1605 Kusmickl..4/20/02
20	622 Williams, D..4/13/02	462 Hudson, J..4/13/02	620 White, J..11/11/01	1603 Gibson, L..4/6/02
21	622 Roy, M..5/5/02	462 Roberts, J..5/4/02	620 Braca, J..7/02	1600 Talton, J.J..3/2/02
22	622 Strickland, B..6/15/02	462 Danforth, M..9/7/02	617 Talton, J.J..12/1/01	1598 Williams, D..4/13/02
23	617 Wiley, D..5/19/02	460 Conner, T..10/20/01	617 Waag, N..12/9/01	1592 Guzman, Q..12/8/01
24	617 Soloman, M..6/22/02	460 Alvarez, O..10/27/01	617 Sonne, D..4/6/02	1585 Guaba..1/19/02
25	611 Gibson, L..4/6/02	460 VanCheri, C..3/16/02	617 Thompson, B..5/4/02	1580 Diaz, J..7/21/02
26	610 Davis, R.3/23/02	460 Masello, B..3/17/02	615 Kusmickl..4/20/02	1570 Piermattei, F..8/24/02
27	606 Denton, T..3/02	457 Pagan..10/27/01	611 McCall, E..3/16/02	1565 Wambsgams, F..11/18/01
28	606 Beaumaster, P..5/5/02	457 Stotirakos, G..9/7/02	611 Decker, J..7/13/02	1565 Beaumaster, P..5/5/02
29	605 Van Alstyne, M..6/23/02	451 Perine, R..4/27/02	610 Diaz..2/10/02	1565 Perkins, T..6/9/02
30	600 Hickombottom..12/9/01	451 Levering, B..5/19/02	610 Solomon, J..3/23/02	1565 Van Alstyne, M..6/23/02
31	600 Phillips, W..7/13/02	450 Proya, T..10/14/01	610 Maxwell, M..3/30/02	1560 White, J..11/11/01
32	600 Diaz, J..7/21/02	450 Willard, C..11/10/01	607 Penny, K..4/7/02	1559 Scully, B..10/19/01
33	600 Clickett, M..7/28/02	450 Santarone, N..12/8/01	606 McNeish, K..12/1/01	1543 McNeish, K..12/1/01
34	590 Nickerson, J..5/18/02	440 Waller, W..10/6/01	606 Lynch, R..12/8/01	1543 Coe, M..2/23/02
35	590 Piermattei, F..8/24/02	440 Evans, C..11/17/01	606 Soloman, M..6/22/02	1532 Roy, M..5/5/02
36	585 Waites, B..11/18/01	440 Sussman, J..11/17/01	605 Miller, B..12/15/01	1525 Newman, D..5/18/02
37	585 Kusmickl..4/20/02	440 Gibson, G..11/17/01	605 Foster, W..6/8/02	1521 Funakoshi, E..12/8/01
38	584 Scully, B..5/5/02	440 Coe, M..2/23/02	603 Hagedorn, R..5/18/02	1521 Ridyard, S..4/13/02
39	584 Olson, G..6/29/02	440 Gibson, L..4/6/02	601 Tyree, J..11/17/01	1521 Wiley, D..5/5/02
40	580 White, J..11/11/01	440 Banks, L..6/15/02	600 Scully, B..10/19/01	1520 Reid, T..11/3/01
41	578 Waag, N..12/9/01	435 Kirschen, D..9/29/02	600 Merrick, T..11/3/01	1510 Frankl, S..12/8/01
42	573 Smith, G..11/17/01	430 Wood, J..10/13/01	600 Carter, J.T..12/1/01	1510 Moore, C..12/01
43	573 McNeish, K..12/1/01	430 Kamand, T..11/18/01	600 Hickombottom..12/9/01	1510 Phillips, W..7/13/02
44	573 Luna, E..3/16/02	430 Swackhammer,..12/8/01	600 Kadle..12/15/01	1505 Schweikard, J..3/30/02
45	573 Peterson, D..5/25/02	430 Ramirez, A..12/8/01	600 Strickland, B..2/24/02	1505 Jackson, J..9/22/02
46	570 Urchick, J..10/13/01	430 Warren, C..3/23/02	600 Schweikard, J..3/30/02	1504 Sonne, D..4/6/02
47	570 Markley, H.R..12/8/01	430 Mamola, A..4/13/02	600 Crowe, B..4/6/02	1504 Steele, J..4/27/02
48	567 Hibbert, T..3/10/02	430 Giraldi, L..4/29/02	600 Crigger, T..5/19/02	1504 Wunz, S..6/1/02
49	567 Delgado, B..8/25/02	430 Elick, J..8/3/02	600 Fletcher, D..6/15/02	1504 Brown, J..6/02
50	565 Talton, J.J..3/2/02	430 Lewis, T..8/17/02	600 Olson, G..6/29/02	1500 Soule, J..10/27/01
51	562 Lynch, R..12/8/01	430 Homes, T..8/24/02	600 Reid, T..9/7/02	1500 Diaz..2/10/02
52	562 Lyons, A..3/16/02	430 Bedore, K..8/02	595 Garofalo, R..9/28/02	1500 Randle, J..3/23/02
53	562 Wunz, S..6/1/02	429 Frankl, S..12/8/01	590 Lyons, A..3/8/02	1500 Hall, R..7/20/02
54	562 Fox, E..6/29/02	429 Waag, N..12/9/01	590 Drinkard, M..5/11/02	1499 Lynch, R..12/8/01
55	562 Brown, J..6/02	429 DeMatteo, J..8/10/02	585 Soule, J..10/27/01	1488 Merrick, T..11/3/01
56	562 Zaworski..9/14/02	425 Carson, J..4/6/02	585 Morrison, L..9/28/02	1488 Cannizzaro, P..2/16/02
57	560 Newman, D..5/18/02	425 Tingle, T..4/7/02	584 Evans, C..11/17/01	1488 Olson, G..6/29/02
58	555 Fields, D..1/19/02	425 Ryan..4/14/02	584 Smith, G..11/17/01	1485 Hickombottom..12/9/01
59	555 Solomon, J..3/23/02	425 Furnas, A..5/4/02	584 Hambric, A..3/10/02	1485 Nickerson, J..5/18/02
60	551 Lechuga, M..11/11/01	425 Newman, D..5/18/02	584 Allen, J..3/23/02	1482 Smith, G..11/17/01
61	551 MacGillis, S..11/17/01	425 Kohler, S..6/02	580 Colondrillo, C..11/18/01	1482 Delgado, B..8/25/02
62	551 Frankl, S..12/8/01	425 Maxwell, M..7/20/02	580 Fowler, B..1/19/02	1480 Morrison, L..5/18/02
63	551 Funakoshi, E..12/8/01	424 Strickland, B..2/24/02	580 Colomb, K..3/23/02	1477 Sotirakos, G..5/4/02
64	551 Cannizzaro, P..2/16/02	424 Zangl, G..4/20/02	580 Felts, E..7/6/02	1471 Hibbert, T..3/10/02
65	551 Coe, M..2/23/02	424 Marin, J..4/28/02	580 Anderson, E..8/10/02	1471 Zaworski..9/14/02
66	551 Woodworth, M..3/3/02	424 Thurman, D..5/25/02	578 McManus, S..2/2/02	1470 Gomez, G..11/17/01
67	551 Winkler, D..3/02	424 Soloman, M..6/22/02	578 Lewis, N..9/14/02	1470 Markley, H.R..12/8/01
68	550 Scagliarini, T..12/1/01	420 Savage, J..10/13/01	578 Felton, D..9/28/02	1470 Black..4/20/02
69	550 Moore, C..12/01	420 Talton, J.J..3/2/02	575 Gomez, G..11/17/01	1465 Dialo, ZB..11/10/01
70	550 Wormley..1/6/02	420 Gentry, T..8/18/02	575 Ferguson, D..3/23/02	1465 Catalino, M..3/16/02
71	550 Meeks, R..2/9/02	420 Ward, M..8/31/01	575 Ford, J..5/18/02	1455 Clickett, M..7/28/02
72	550 Diaz..2/10/02	419 Klostergaard, J..8/25/02	575 Piermattei, F..8/24/02	1454 Winkler, D..3/02
73	550 Tatum, B..3/23/02	418 Rickett, T..10/6/01	573 Neiman..10/27/01	1454 Peterson, D..5/25/02
74	550 Lysobey, V..3/24/02	418 Funakoshi, E..12/8/01	573 Nasser, C..11/10/01	1450 Brown..1/26/02
75	550 Henninger, T..4/6/02	418 Franklin, J..2/10/02	573 Guzman, Q..12/8/01	1450 Solomon, J..3/23/02
76	550 Morrison, L..5/18/02	418 Wagner, R..4/6/02	573 Hibbert, T..3/10/02	1450 Drinkard, M..5/11/02
77	550 Hall, R..7/20/02	418 Williams, D..4/13/02	573 Ridyard, S..4/13/02	1449 Lehman, C..11/11/01
78	546 Nigro, M..3/02	418 Steele, J..4/27/02	573 MacGillis, S..4/13/02	1449 McCall, E..3/16/02
79	545 Brown..1/26/02	415 Soule, J..10/27/01	573 Wunz, S..6/1/02	1449 Lyons, A..3/16/02
80	545 Velasquez, E..3/23/02	415 Hillyard, R..12/8/01	573 Lavelle, T...6/15/02	1449 Crigger, T..5/19/02
81	545 Schweikard, J..3/30/02	415 Moore, T..1/27/02	573 Delgado, B..8/25/02	1445 Davis, R..3/23/02
82	545 Broussard, B..6/9/02	415 Scarnati, R..2/9/02	570 Urchick, J..10/13/01	1437 Luna, E..3/16/02
83	540 Reid, T..11/3/01	415 Dickey, T..3/2/02	570 Hocstein, B..11/10/01	1435 Carter, J.T..7/20/02
84	540 Sonne, D..4/6/02	415 Geraghty, M..3/30/02	568 Plush, P..8/4/02	1432 Fletcher, D..12/8/01
85	540 Ridyard, S..4/13/02	415 Foster, W..6/8/02	567 Reichert, G..4/27/02	1432 Fox, E..6/29/02
86	540 Wolter, J..4/20/02	415 Watts, S..8/3/02	565 Halko, A..10/20/01	1430 Wolter, J..4/20/02
87	540 Sacco, P..4/29/02	413 Rosenzweig, D..11/17/01	565 Ducharme, B..12/2/01	1427 MacGillis, S..2/9/02
88	540 Bider, A..5/5/02	413 Lehman, C..3/23/02	565 Ronney, J..12/8/01	1427 Thurman, D..5/25/02
89	535 Gomez, G..11/17/01	413 Lewis, P..4/20/02	565 Beaumaster, P..1/27/02	1425 Davis..3/16/02
90	535 Stumpf, B..3/8/02	413 Green, J..4/28/02	565 Motichka..6/2/02	1420 Lysobey, V..3/24/02
91	535 Catalino, M..3/16/02	413 Furusho, T..5/5/02	565 Van Alstyne, M..6/23/02	1420 Warshany..6/2/02
92	535 Jones, M..3/23/02	413 Martinez, J..8/25/02	565 Hall, R..7/20/02	1416 Hambric, A..3/10/02
93	534 Santos, R..3/16/02	410 Solomon, A..11/11/01	565 Harrington, P..8/17/02	1416 Allen, J..3/23/02
94	534 Reichert, G..4/27/02	410 Orrell, R..2/17/02	562 Catalino, M..10/20/01	1415 Meeks, R..2/9/02
95	530 Black..4/20/02	410 Heathman, S..5/4/02	562 Teeter, D..10/20/01	1410 Urchick, J..10/13/01
96	529 Michael, B..4/13/02	410 Clark, L..5/11/02	562 Dialo, B..11/10/01	1405 Woodworth, M..3/3/02
97	525 Ripley, G..10/13/01	410 Brown, J..6/8/02	562 Baertlein, B..11/17/01	1405 Denton, T..3/02
98	525 Yeargin..3/16/02	410 Russo, T.R..8/3/02	562 Shurley, J..2/2/02	1405 Reichert, G..4/27/02
99	525 Dewbre, J..3/23/02	410 Cooper, Z..8/11/02	562 Mumaw, J..4/7/02	1405 Brown, M..5/11/02
100	525 Nemac, C..3/23/02	407 Baertlein, B..11/17/01	562 Steele, J..4/27/02	1405 Marrero, O..6/23/02

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NEXT MONTH... TOP 198s

Corrections... . Gene Rychlak should have been credited with a 685 BP on the Supermen Subtotal list (Nov/02 PL USA). Paul Springer should have been recognized for his 650 BP @ 273 on the TOP 100 benchers lists in the May/02 *PL USA*. We recognize the fact that we do make errors in our own compilation of the various ranking lists and meet resultswe publish, however, in some cases we were not able to obtain a copy of the results from the meet director, and occasionally the meet results themselves contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to "PL USA ERRORS", Post Office Box 467, Camarillo, California 93011.

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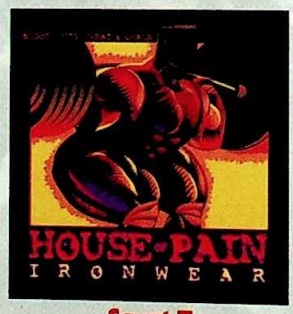
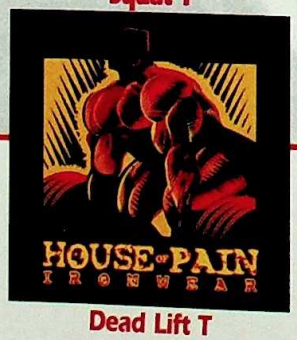
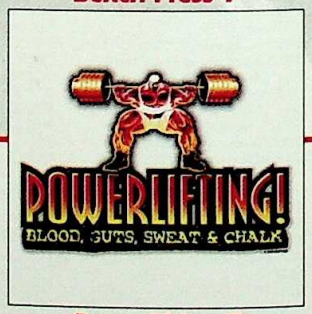


Squat T

Bench Press T



Dead Lift T



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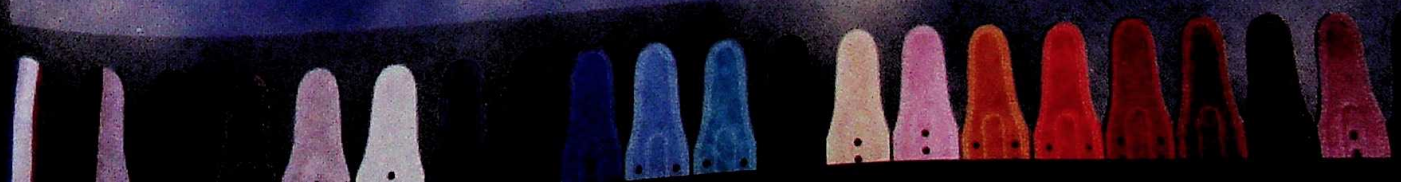

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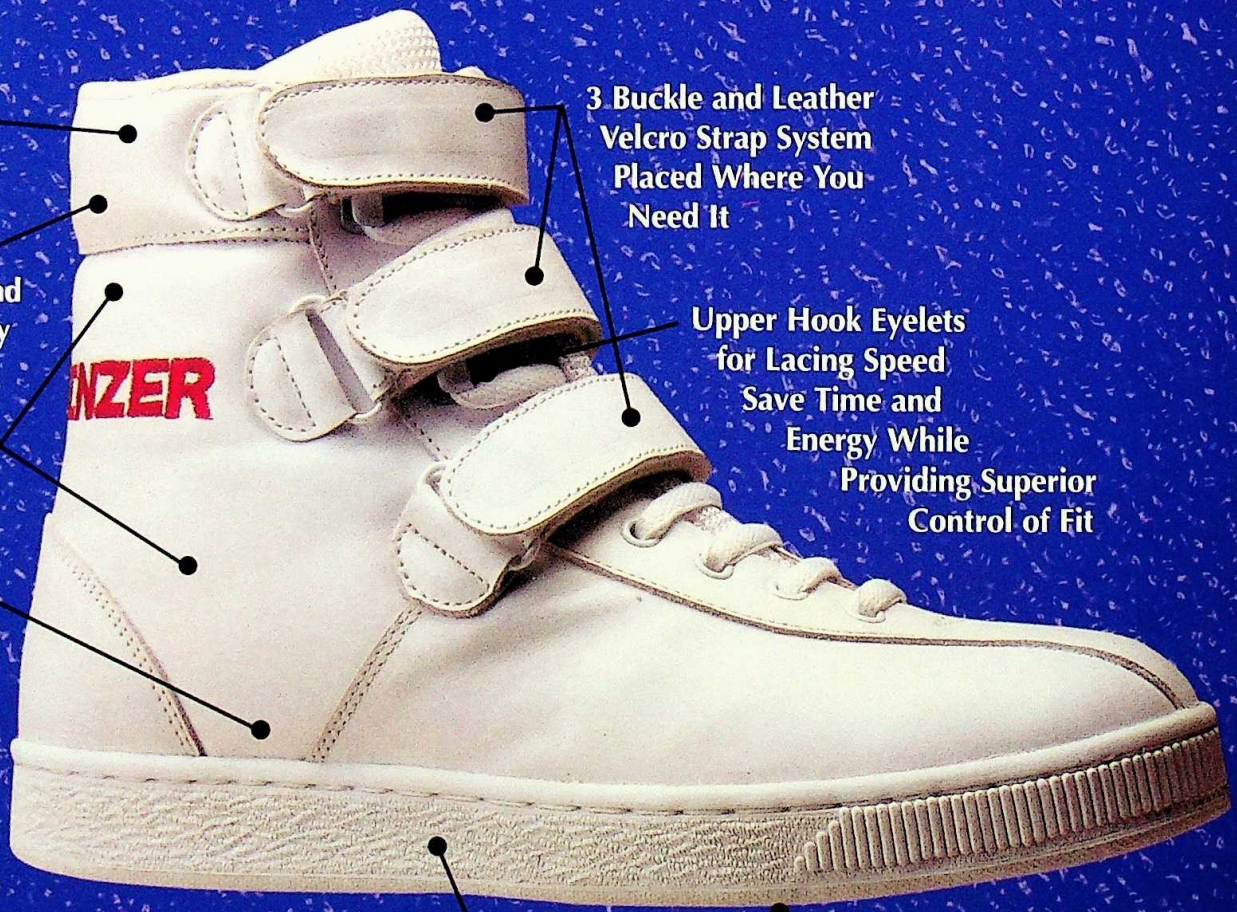

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