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JAN/2008 VOL. 31, No. 3

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ON THE COVER ... Seven of the top lifters at the WABDL World Championships. (photos by Namea Designs & PL USA)

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USP LABS WABDL WORLDS

as told to Powerlifting USA by Gus Rethwisch

11th WABDL USP Labs World Bench Press & Deadlift
15-20 NOV 07 - Anaheim, CA

There were 583 lifters from 37 states in the USA and the following countries: Finland, Sweden, Norway, Brazil, Guatemala, Canada, New Zealand, Estonia, India, United Kingdom, Saudi Arabia, Vietnam, Poland, Palestine, which amounted to 53 contestants who came from foreign countries. The contest was six days and we ran 62 flights over those six days. There were 45 world records in the deadlift and 59 world records in the bench press. The venue was the Anaheim Hilton Hotel, which is three blocks from Disneyland and many lifters brought their families and had a great time. I flew Tommy Kono in from Hawaii and Bruce Wilhelm presented him with an award as the greatest Olympic lifter of all time. Tommy won eight consecutive world championships from 1952 to 1959 in three different weight classes, 148, 165, and 181. He won gold medals each at the 1952 Olympics in Helsinki, Finland, the 1956 Olympics in Melbourne, Australia, and a silver medal at the 1960 Olympics in Rome, Italy. He competed in 40 different countries and won three Mr. Universe contests in bodybuilding. The Shah of Iran was in Honolulu sometime in the late Sixties and sent a limo to Kono's house and had dinner with Tommy Kono at the Royal Hawaiian Hotel. Tommy had won both a Mr. Universe contest and a World Olympic Lifting championship in Teheran and the Shah said the people of Iran considered him to be the greatest athlete in the world and that he had achieved almost mythical status in Iran. Tommy set 41 world records and he was the coach of the German weightlifting team at the 1972 Olympics, the Mexican weightlifting team at the 1968 Olympics in Mexico City and the Japanese weightlifting team at the 1964 Olympics in Tokyo. Tommy Kono was the first person to arouse my interest in lifting when I was growing up in northeast Iowa. When I was in 7th grade I started working in my dad's lumberyard in Harper's Ferry, Iowa, on the Mississippi River. It would take two men three days to unload 900 sacks of cement in a railroad boxcar. When I was 14, I had read where Tommy Kono had set two world records. My dad would pay two men $60 total for 2-1/2 days to unload the cement. At age 14 I said, "Give me $40 and I'll do it by myself in one day." I started at 6:30AM and finished at 6:30PM with no breaks other than juice and water. My back locked up for a full day: and if I moved at all, I got a huge cramp. I was hooked on lifting ever since, even though I didn't do any formal lifting until about nine years later. I also need to talk about the presenter of Kono's award, Bruce Wilhelm. Bruce won two World's Strongest Man contests on CBS Sports Spectacular in 1977 and 1978. He was on prime time network TV from 1:00PM to 2:00PM on Saturday for 20 Saturdays. He was one of the Miller Lite All-Stars and was featured on three different commercials that aired off and on for two years. He won the Big 8 wrestling championship for Oklahoma State, he was an All-American shot putter with 69 feet six inches being his best, at Arizona State. He swam with the Santa Clara Swim Club when he was in high school and tied for third in the 1976 Olympics in Montreal with a 485 lb. clean and jerk and 407 lb. snatch. He power cleaned 485. We became friends when I competed against him in the 1978 World's Strongest Man contest, which was contested at Universal Studios. He won and I was in fourth place, but couldn't do the refrigerator race because I had injured my heel on the tram pull and finished fifth out of ten. The meet was contested over three days. We did ten events. The temperature was 109 and they had third stage smog alerts every day. When the Strongman was televised they only did one event per Saturday for ten Saturdays, the average viewing audience was 26 million, more than what the Beatles had on the Ed Sullivan show in 1964. Back to the WABDL Worlds. The Anaheim Hilton is a 1500 room hotel, by far the best venue ever for any kind of weightlifting event in southern California, but it still doesn't quite measure up to big casino hotels like the Riviera in Vegas, which has 2200 rooms and the Peppermill and Reno Hilton in Reno, which have 1700 rooms and 2000 rooms respectively. In the **DEADLIFT Class I** Omar Alaqeeli of Saudi Arabia set a national record of 303 in the 132s. He is the first lifter from Saudi Arabia to represent his country in any international powerlifting tournament in any federation. At 148, Ben Kammueller of Wisconsin set a state record 440.7. Justin Gourley of Illinois was second with the same weight and an Illinois state record. At 165, Joseph Lamonica of Canada set a Canadian national record of 440.7 but finished second to Erik Vorsatz of California who hauled in 457.2 to win the World's in Class I/ 165. At 198 Brendan Ridings of Illinois set a state record 633.7 to beat out Earl Solidium of Hawaii who set a state record 601.8. Nate Krohn of Minnesota was third with 600.7 and a state record. Bobby Burns of Indiana was fifth with a state record 562. At 220 Jeremy Dreckset of Utah set a Utah record 606.2 to win the Worlds over Andy Whitaker of Louisiana who pulled 584 for a state record. At 259 Colin Keohuloa of Hawaii pulled a huge 661.2 for a state record to easily win the gold by about 100 lbs. In 308, Timothy Palengat pulled a California state record 633.7 to edge out Robert Speno of California who did 628.2 which was a California record for a short period of time. At super Eric Welch who is six foot six inches and hails from Nevada set a Nevada record 694.2 to beat Thomas Guiney of Oklahoma who did a respectable 661.2. The three lifters with great coefficients were: Andrew Billing of Illinois with 556.5 at 181, Brendan Riding of Illinois with 633.7 at 198, and Colin Keohuloa of Hawaii with 661.2 at 259. Moving onto Junior men deadlift, at 132 Nick Lenhart of Utah had an off day with 485. He's done over 500 lbs. In second was Neal Crago of Illinois with 457.2, which was an Illinois state record. At 148 Ben Kammueller set a WI record 440.7 to win his second word title. He also won in Class I. At 165 Laramie McMasters of Illinois won easily with an impressive 562 and an Illinois state record to boot. At 181 Steven Herrmann of Michigan opened with 617.2 and jumped to 661.2 and was close, but he still won the gold by over 100 lbs. Galen Lyle of Minnesota was second with a Minnesota state record 485. At 198, Brendan Ridings of Illinois won his second world title for the week 63.7. Bobby Burns was second with an Indiana record 562. At 220 Jason Perez of Texas won with 650.2 and Daniel Winslow of Idaho was third with an Idaho record 600.7. Andy Whitaker was fourth with a Louisiana record 584 and Patrick Shippert of Illinois was second with 606.2. At 242 Andy Munsey won the gold with 584 and came close with 617. Ben Smith of Maine was third with a state record 462.7. At 259 David Bergman of Massachusetts won gold with a 573 state record. At 308 Ronnie Castro of California didn't set a record but came up with a nice 672. At super Tyler Roessler of Utah won gold with a state record 622.7. High

Tommy Kono** formally recognized by WABDL and **Bruce Wilhelm.

***Steven Herrmann** hauls a DL.*

***Colin Keohuloa** came from HI*

***Ricardo Nort** came from Brazil*

coefficients in Junior were Brendan Ridings with 633.7 at 198, and Jason Perez with 650 at 220. In **Junior women**, Natalie Freed of Pennsylvania set a world record 303 at 105 and Katelyn Tobin of Minnesota set a world record 325 at 114. In **Law/Fire Master 40-47**/242 Jim Casemier of Michigan set a Michigan record 650.2 to beat out Yanto Soekardi who pulled 633.7. Yanto is usually capable of over 700 lbs. In **Law/Fire Master 48-55**/220 William Denniston set a Michigan record 435.2. In **Law/Fire Master women 40-47** Rauaroha Joy Heta of New Zealand set a national record 319.5. In **Law/Fire Open** men Jason Dean of Alabama set a state record at 165 with 451.7, and at 198 Adrian Yerby set a California record 600.7. At 242 Yanto Soekardi won with 633.7. At 308, Ricardo Nort of Brazil set national record 710.7 and at Super Keoni Reich of Hawaii set a world record 701.9. In **Law/Fire Submaster**, a world record was set by Ricardo Nort of Brazil, and Keoni Reich of Hawaii. In **Law/Fire Submaster women** Lee Itule of Arizona set a world record 286.5 at 148. In **Master men 40-46** Dan Guches of Oregon beat Sakari Selkainaho of Finland at 181 lbs. 589.5 to 562. Sakari set the Finnish national record. Sakari brought 14 lifters from Finland and, as usual, many are great deadlifters. At 220 Al Tortorelli was impressive with a 628.2 to beat out five competitors for the world title. At 242 Al Bianchi set a Massachusetts record 661 to edge out Jim Casemier of Michigan who pulled 650.2. At 259 Terry Putnam of Oklahoma set a state record 678.8 for the gold. Terry gave 700 a ride but no go. He wants that 700 real bad. At 275 Khalid Shadid of Texas edged Russ Bennett of Utah 673.3 to 650 and also got the Texas state record. At super, Thomas Guiney of Oklahoma set a 661 state record, to win and beat Dean Munsey of Oregon who set a 661 state record and John Hudson of Texas who set a 655 state record. John locked out 683 but was turned down 2-1. It would have given him the win. In **Master 47-53**/123 Glenn Murphy set a Maryland record 292. At 148 Dean Kaneshiro was spectacular with a world record 562 and was 120 lbs. ahead of the second place finisher. The open world record is only 578 within striking distance for Dean. At 165 Richard Cirigliano got 600.7 and tried a 618.3 world record but not quite. He still won the gold. At 181 Tom Eiseman opened with 727 and jumped to 766 for a world record. He only needed 746.2 to break Tee Myers record of 745.1. At 198 Leamon Woodly of Washington beat Sergey Dermelev of Estonia 672.2 to 617.2. Sergey at least set a national record. At 220 Neil Schoenebeck of Michigan set a state record 655.7 to win gold. At 242 Al Dawson of Washington, who brought a group of hardcore underprivileged teenagers, won gold with 666.7 and a state record. Al does a great job with those kids whom he's gotten off of the street and drugs. At 308, Alan Heta, the Vice President of WABDL for New Zealand and Australia, pulled 418.7 to finish second to the WABDL WA State Chairman Joe Mickelson who pulled 611.7. Joe works for the Seattle water department and has over 200 men underneath him that he manages. Joe does a great job as state chairman. He traveled to a meet in Cour d' Alene, Idaho, and he went to all of the meets in Washington, Olympia, Aberdeen, Seattle, Pasco, and Issaquah. That's the job of a state chairman to help out at meets and make sure that everything runs as smoothly as possible. At Super Alan Valentin of Hawaii won gold with a state record 556.5. In **Master 54-60**/165 Gregory Kleyn of Illinois set a world record 540. Alan Sheen of Louisiana was second with a state record 402.2. During hurricane Katrina Alan's home was badly damaged, but he still made it to the Worlds. That's dedication and that's what keeps me passionate about WABDL. It's for the rank and file. Everybody gets treated equally and as fairly as possible. In third place at 54-60/165 was Gary Miller of Nevada with a 336 state record. At 181, Eric Ansberry keeps making progress as he won his first World Championship in six tries with a 451.7. At 198 Anders Wahlund of Sweden came back after a three year absence due to heart problems and pulled a 573 Swedish national record to win gold. At 259 Eddie Morgan of Arkansas set a world record 651.3. Eddie is a schoolteacher who teaches math. At Super steady Leo Contreras won with an easy 413 deadlift. Leo has been to every Worlds since 2000. In **Master 61-67** there was some unbelievable deadlifting, probably the best in the whole contest, all things considered! At 148 Ted Feight, the WABDL Michigan State Chairman won with a state record 363.7. Ted won two bronze stars and a silver star in Vietnam with the Army light infantry. You would never know by looking at him, and he never told me. I was in his house once and I said, "Is this what I think it is?" He just said, "Lock

(continued on page 80)

***Big DLers** included Keoni Reich*

***Tom Eiseman** looking for 800#*

***Eddie Morgan** and his WR 651.*

***Dean Kaneshiro** .. 562 @ 148#*

***Neil Schoenebeck** got 655 lbs.*

***Sakari Selkainaho** from Finland.*

***Al Dawson** pulled a solid 666.*

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105 lbs.
Junior (20-23)
Sergiyenko-RUS 148
Open
Dzina-RUS 159
Okhotina-RUS —
115 lbs.
Teen (18-19)
Grishechkina-RUS 165
Junior (20-23)
Shmakova-RUS 137
Open
Zotova-RUS 215
Shtin-RUS 165
Gileva-RUS —
123 lbs.
Teen (16-17)
Podelko-RUS 104
Teen (18-19)
Amelina-RUS 159
Junior (20-23)
Yurina-RUS 275
Nalobina-RUS 237
Grineva-RUS 182
Isayeva-RUS 171
Open
Liptakova-SVK 198
Stepanovich-RUS 187
123 lbs.
Teen (18-19)
Ustyuzhanin-RUS 171
Kaveshnikov-RUS 126
Junior (20-23)
Kondratova-RUS 215
Stepanova-RUS 215
Open
Maltseva-RUS 242
Master (45-49)
Kharif-ISR 99
148 lbs.
Teen (18-19)
Tokareva-RUS 171
Junior (20-23)
Lovtsova-RUS —
Open
Medvedeva-RUS 264
Dubrovina-RUS 193
Master (45-49)
Markus-ISR 132
165 lbs.
Open
Sheludko-RUS 330
Sinacheva-RUS 253
Raputa-RUS 253
Mokra-SVK 215
181 lbs.
Open
Sablina-RUS 253
Rackova-CZE 198
198+ lbs.
Master (45-49)
Rantanen-FIN —
MALE
115 lbs.
Teen (13-15)
Petukhov-RUS 165
Fomin-UKR 132
Pavlyuk-RUS 121
Alexandrov-RUS 176
Open
Artemyev-RUS 297
124 lbs.
Teen (13-15)
Baranov-RUS 176
Amazyan-RUS 253
Junior (20-23)
Abdiyev-RUS 286
Open
Artemyev-RUS 303
Onuchin-RUS 253
132 lbs.
Teen (13-15)
Gornyy-UKR 154
Teen (16-17)
Shelaykin-RUS 231
Teen (18-19)
Kachan-UKR 209
Junior (20-23)
Vartanov-RUS 374
Master (40-44)
Mukhamedy-RUS 176
Master (55-59)
Cheblakov-RUS 214
Open
Vartanov-RUS 374
148 lbs.
Teen (18-19)
Pshenichnyy-RUS 242
Junior (20-23)
Karavayev-RUS 374
Kolesnikov-RUS 363
Lisunov-RUS 363
Stoyanov-RUS 363
Togoyev-RUS 319
Master (40-44)
Bychkov-RUS 187
Master (45-49)
Shteynbergs-LAT 314
Master (50-54)
Kim-RUS 363
Master (65-69)
Kiselev-RUS 203
Chistyakov-RUS 148
Open
Sivokon-KAZ 523
Speranskiy-RUS 485
Allakhverdiye-AZE 396
Nikitin-RUS 385
Eldin-FRA 319
165 lbs.
Teen (13-15)
Tychynin-RUS 336
Yakfarov-RUS 319
Teen (16-17)
Lopatin-RUS 374
Khrushchev-RUS 275
Teen (18-19)
Chebykin-RUS 402
Bogatyrev-RUS 391
Fedotov-RUS 264
Junior (20-23)
Nekipelov-RUS 485
Blinov-RUS 413
Upolovnikov-RUS 407
Zlobin-RUS 385
Abubekirov-RUS 374
Semikolenny-RUS 363
Pshenichnyy-RUS 330
Olexandr-USA —
Master (45-49)
Baranchikov-RUS 341
Stoyanov-RUS 270
Master (50-54)
Tatarkin-RUS 402
Master (55-59)
Khlopenev-RUS 330
Master (65-69)
Petukhov-RUS 314
Master (70-74)
Pereladov-RUS 209
Open
Aliyev-AZE 446
Rode-RUS 440
Kutuzov-GER 413
Paderin-RUS 413
Uskov-RUS 391
Tsetsulin-RUS 352
Abubekirov-RUS 352
Pleshkov-RUS 352
Kokorev-RUS —
Robey-USA —
181 lbs.
Teen (13-15)
Duskryadche-RUS 187
Teen (16-17)
Chudin-RUS 330
Titov-RUS 314
Abdulayev-RUS 308
Teen (18-19)
Mikayelyan-RUS 374
Fedotkin-UKR 363
Markelov-RUS 330
Junior (20-23)
Kargapolov-RUS 474
Dyatlov-UKR 418
Shapovalov-RUS 402
Grishin-RUS 396
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Master (55-59)
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Open
Koshkin-RUS 661
Nechayev-RUS 595
Popov-RUS 556
Nigmatulin-RUS 551

Vladimir Maximov *was the Best Open Bench Presser at the Worlds*

Baumer-EST 551
Garipov-RUS 485
Shchuplov-RUS 463
Metelev-RUS 451
Panin-RUS 446
Dyachenko-RUS 446
Avdonin-RUS 418
Bogatkov-RUS —
198 lbs.
Teen (16-17)
Udovichenko-RUS 330
Maklakov-RUS 286
Teen (18-19)
Romanov-RUS 440
Dorgobuzov-UKR 440
Balashov-RUS 308
Junior (20-23)
Yevtushenko-RUS 551
Abdullin-RUS 529
Hooker-USA 485
Rogov-RUS 424
Stefantsov-RUS 396
Grigoryev-RUS 330
Markiv-UKR —
Stefanchishe-UKR —
Ibragimov-AZE —
Master (40-44)
Zhernovniko-RUS 485
Rollot-FRA 440
Shubin-UKR 385
Rachkov-RUS 385
Master (45-49)
Nochvin-RUS 485
Akentyev-RUS 451
Theaux-FRA 396
Master (50-54)
Mattei-FRA 407
Zavyalov-RUS 380
Muran-RUS —
Ponomarev-RUS —
Master (55-59)
Pyatakhin-RUS 380
Barskiy-ISR 363
Metelkin-RUS 253
Master (60-64)
Bolshov-RUS 275
Mertsalov-RUS —
Open
Bazilevich-UKR 617
Mamedov-RUS 595
Shishkin-RUS 562
Severinov-RUS 551
Ponomarev-RUS 551
Ibragimov-AZE 512
Dubrovin-RUS 507
Vateha-SVK 507
Royanov-RUS 507
Ruchkin-RUS 479
Belousov-RUS 479
Mirzoyan-RUS 457
Koshkin-RUS —
220 lbs.
Teen (18-19)
Trubachistovs-LAT 396
Mashkevich-RUS 347
Tyurin-RUS 341
Junior (20-23)
Mardanov-AZE 606
Borshchev-RUS 562
Ayvazyan-RUS 551
Kurbatov-RUS 518
Kvasnikov-RUS 446
Kholkin-RUS 363
Master (40-44)
Kushin-RUS 617
Tolmachev-RUS 330
Nekhayenko-RUS —
Belikov-RUS —
Gromov-RUS —
Master (45-49)
Paley-RUS 606
Subbota-RUS 330
Master (50-54)
Tokarev-RUS 418
Master (55-59)
Givens-USA 446
Porotskiy-ISR 330
Master (60-64)
Lancaster-USA —
Master (65-69)
Martirosov-RUS 314
Master (70-74)
Goldman-RUS 352
Open
Fedyayev-RUS 661
Minuth-USA 661
Kushin-RUS 617
Paley-RUS 606
Gromov-RUS 573
Grigoryev-RUS 551
Martirosyan-RUS 551
Gorbunenko-RUS 551
Simagin-RUS 551
Petukhov-RUS 551
Palshin-RUS 540
Korshunov-RUS 529
Denisov-RUS 529
Fadeyev-RUS 507
Dolgov-RUS 507
Mirzoyan-RUS 463
Zozzoli-FRA 463
Chidingov-RUS 451
Gaak-RUS —
Bobkov-RUS —
Omelkov-RUS —
Garzha-RUS —
Berman-RUS —
Otavin-RUS —
242 lbs.
Teen (16-17)
Malyugin-RUS 463
Litvinenko-PMR —
Teen (18-19)
Shpringer-RUS 512
Pestichev-RUS 485
Junior (20-23)
Brylin-RUS 573
Kubata-RUS 529
Rondalainen-EST 463
Maslov-RUS —
Master (40-44)
Neklyudov-RUS 727
Tretyakov-RUS 672
Ponomarev-RUS 507
Podelko-RUS —
Master (45-49)
Pozdnyakov-RUS 496
Yagovkin-RUS 490
Kazanev-RUS 418
Bartolomei-USA —
Master (50-54)
Bobrov-RUS 496
Pokhvashche-RUS 485
Master (55-59)
Larin-RUS 374
Master (60-64)
Maslov-RUS 352
Ishchenko-RUS 352
Master (65-69)
Lobachev-RUS 286
Open
Neklyudov-RUS 727
Dexter-USA 705
Ozols-LAT 677
Czegeny-HUN 672
Pyshmintsev-RUS 600
Kolesnikov-RUS 573
Kostylev-RUS 551
Likhman-RUS 551
Bubnov-RUS 551
Chizhov-RUS 529
Golodnov-RUS 529
Kucherov-RUS 529
Maximov-RUS 485
Balakin-RUS —
Kurpishev-RUS —
Gorbachev-RUS —
Rakhmanov-RUS —
Tretyakov-RUS —
275 lbs.
Teen (16-17)
Voronin-RUS 352
Teen (18-19)
Krymskiy-RUS 485
Zverev-RUS 374
Junior (20-23)
Korshkov-RUS 611
Matsur-RUS 606
Master (40-44)
Duseyev-RUS 573
Chernykh-RUS 551
Luchkov-RUS 540
Norkin-RUS 507
Lukyanchik-RUS 352
Novolokov-RUS —
Master (45-49)
Lopatskiy-RUS 551
Sychev-RUS 391
Master (50-54)
Pevko-LAT 628
Zemerov-RUS 485
Bulichev-RUS 485
Rantanen-FIN —
Master (65-69)
Dmitriyev-RUS 363
Dobri-EST 319
Open
Kushnarev-RUS 749
Laszlo-HUN 733
Bobchenko-UKR 688
Koltakov-UKR 639
Velibekov-RUS 573
Duseyev-RUS 573
Dvorak-CZE 556
Seregin-RUS 518
Kadera-CZE 507
Shishlyanniko-RUS 485
Spisak-SVK 396

WOMEN	SQ	BP	DL	TOT
98 lbs.				
Open				
Novikova-RUS	242	104	226	573
104 lbs.				
Teen (16-17)				
Snakova-SVK	226	110	253	589
Open				
Dzina-RUS	286	159	308	755
114 lbs.				
Teen (16-17)				
Khabibullina-RUS	286	126	242	655
Teen (18-19)				

Alexey Sivokon *won the 148 lb. class bench press with 523 lbs.*

Kapusta-RUS —
Zaytsev-RUS —
Kiselev-RUS —
308 lbs.
Teen (16-17)
Khodyrev-RUS 352
Teen (18-19)
Lukkarinen-FIN 551
Junior (20-23)
Shlykov-RUS 595
Laptev-RUS 595
Master (40-44)
Maximov-RUS 810
Vesely-CZE 507
Open
Maximov-RUS 810
Polyakov-RUS 595
Reutov-RUS 485
Shishkin-RUS —
Murniex-LAT —
Gonchar-UKR —
Kravtsov-RUS —
Bulgakov-RUS —
Gulyayev-RUS —
Ligier-FRA —
308+ lbs.
Teen (18-19)
Sarychev-RUS 633
Master (40-44)
Clark-USA 606
Master (45-49)
Nastynov-RUS 308
Open
Shabalin-RUS 705
Budey-RUS 628
Brazhkin-RUS 595
Korkin-RUS 556
Grad-RUS —
Tsvetkov-RUS —

MALE	SQ	BP	DL	TOT
115 lbs.				
Teen (13-15)				
Pavlyuk-RUS	341	121	286	749
Petukhov-RUS	275	154	303	733
Junior (20-23)				
Scoular-GBR	330	170	374	876
123 lbs.				
Teen (13-15)				
Baranov-RUS	308	176	330	815
Gornyy-UKR	292	159	297	749
Open				
Onuchin-RUS	418	281	474	1173
Beliyev-AZE	352	220	347	920
132 lbs.				
Teen (16-17)				
Shelaykin-RUS	396	242	418	1058
Teen (18-19)				
Fatfullin-RUS	418	237	418	1074
Amazyan-RUS	396	253	396	1047
Kachan-UKR	352	214	407	975
Junior (20-23)				
Dzagoyev-RUS	440	209	352	1003
Open				
Bagin-RUS	518	275	463	1256
Master (55-59)				
Cheblakov-RUS	308	209	347	865
Zagirov-RUS	308	143	374	826
148 lbs.				
Teen (16-17)				
Kondratyev-RUS	407	275	429	1113
Junior (20-23)				
Petyanov-RUS	628	330	474	1433
Kolesnikov-RUS	507	347	463	1317
Stoyanov-RUS	507	330	463	1300
Open				
Speranskiy-RUS	683	440	551	1675
Musayev-AZE	523	330	518	1372
Atakishiev-AZE	518	325	501	1344
Master (40-44)				
Bychkov-RUS	286	198	374	859
Master (45-49)				
Shteynbergs-LAT	330	319	363	1014
Master (50-54)				
Zhidkov-RUS	429	270	474	1173
Master (65-69)				
Kiselev-RUS	292	198	363	854
Chistyakov-RUS	198	148	231	578
165 lbs.				
Teen (13-15)				
Yakfarov-RUS	518	281	440	1240
Duskryadche-RUS	—	—	—	—
Teen (16-17)				
Tibilov-RUS	606	319	551	1477
Titov-RUS	463	286	463	1212
Ilyin-RUS	518	220	440	1179
Nosyrev-RUS	396	220	396	1014
Teen (18-19)				
Sergun-RUS	584	325	529	1438
Grishechkina-RUS	253	159	281	694
Gass-RUS	242	143	220	606
Open				
Zotova-RUS	330	209	374	914
Petryukova-RUS	319	154	319	793
Master (55-59)				
Orenicova-SVK	242	143	242	628
123 lbs.				
Teen (16-17)				
Sborovskaya-RUS	242	110	275	628
Teen (18-19)				
Amelina-RUS	380	165	352	898
Junior (20-23)				
Yurina-RUS	424	264	330	1019
Isayeva-RUS	286	154	242	683
Poteshkina-RUS	286	—	—	286
Open				
Medvedeva-RUS	485	253	374	1113
132 lbs.				
Teen (18-19)				
Ustyuzhanin-RUS	308	176	264	749
Junior (20-23)				
Kondratova-RUS	429	198	352	981
Stepanova-RUS	396	209	330	937
Tomchina-RUS	385	176	352	914
Shkermuntov-RUS	352	165	330	848
Open				
Tomchina-RUS	385	176	352	914
Zubareva-RUS	275	121	253	650
148 lbs.				
Teen (18-19)				
Tokareva-RUS	341	165	242	749
Junior (20-23)				
Petrovich-BLR	352	248	418	1019
Open				
Umerenkova-RUS	418	198	374	992
Dubrovina-RUS	418	198	297	914
Bobchenko-UKR	440	—	—	440
Master (45-49)				
Fedorova-RUS	275	165	308	749
165 lbs.				
Open				
Povolotskaya-RUS	595	270	474	1339
Master (45-49)				
Sheremenko-UKR	358	170	352	881
Master (50-54)				
Stabile-USA	—	—	—	—
181 lbs.				
Open				
Sheverdina-RUS	507	369	446	1322
198+ lbs.				
Teen (18-19)				
Sarychev-RUS	633			
Master (40-44)				
Clark-USA	606			
Master (45-49)				
Nastynov-RUS	308			
Open				
Shabalin-RUS	705			
Budey-RUS	628			
Brazhkin-RUS	595			
Korkin-RUS	556			
Grad-RUS	—			
Tsvetkov-RUS	—			

Andrey Sharapov 90 kg champ.

Bogatyrev-RUS	—	—	—	—
Junior (20-23)				
Nekipelov-RUS	661	474	529	1664
Yanshin-RUS	650	396	463	1510
Petyanov-RUS	628	330	479	1438
Salnikov-RUS	606	297	529	1433
Klintsov-RUS	474	286	374	1135
Open				
Kulkov-RUS	705	385	639	1730
Glazunov-RUS	683	440	551	1675
Konstantinov-RUS	683	385	551	1620
Kutuzov-GER	584	440	507	1532
Mamedov-AZE	628	336	540	1504
Askerov-KGZ	573	396	529	1499
Ivanov-RUS	551	319	507	1377
Kokorev-RUS	—	—	—	—
Paderin-RUS	540	380	—	920
Master (40-44)				
Trukhnin-RUS	507	264	485	1256
Master (45-49)				
Breton-FRA	507	275	573	1355
Stoyanov-RUS	440	275	418	1135
Master (50-54)				
Gorodulin-UKR	551	358	540	1449
Sayfutdinov-KGZ	463	220	374	1058
Master (55-59)				
Sedelkin-RUS	496	253	440	1190
Master (60-64)				
Chepets-RUS	529	407	451	1388
Master (70-74)				
Pereladov-RUS	286	220	396	903
181 lbs.				
Teen (16-17)				
Gladun-UKR	683	363	573	1620
Krupnov-RUS	485	308	418	1212
Maklakov-RUS	—	—	—	—
Abdulayev-RUS	463	—	—	463
Teen (18-19)				
Mayorov-RUS	672	429	562	1664
Dubrovin-RUS	529	352	512	1394
Konkin-RUS	573	319	474	1366
Junior (20-23)				
Grishin-RUS	661	385	606	1653
Yakimenkov-RUS	650	407	584	1642
Dyatlov-UKR	661	407	529	1598
Gorlov-RUS	551	264	529	1344
Blinov-RUS	—	—	—	—
Druzhinin-RUS	661	—	—	661
Open				
Tomchin-RUS	771	418	683	1873
Bogdanov-RUS	683	463	639	1785
Polfuntikov-RUS	595	396	507	1499
Master (40-44)				
Alekseyev-RUS	396	264	440	1102
Master (50-54)				
Cheredniche-UKR	474	264	451	1190
Larin-RUS	341	242	352	937
Master (55-59)				
Glazunov-RUS	666	396	551	1614
Master (60-64)				
Tkachenko-RUS	573	319	523	1416
Master (65-69)				
Yakushev-RUS	402	259	429	1091
198 lbs.				
Teen (16-17)				
Panferov-RUS	529	314	451	1295
Leonnyuk-RUS	474	286	396	1157
Teen (18-19)				
Romanov-RUS	716	463	617	1796
Garmashov-RUS	650	—	—	650
Junior (20-23)				
Bezuglov-RUS	815	485	705	2006
Grigoryev-RUS	617	330	551	1499
Hooker-USA	—	—	—	—
Open				
Sharapov-RUS	826	534	700	2061
Piskunov-RUS	749	463	617	1829
Karasik-RUS	672	440	688	1802
Peter-SVK	694	474	622	1791
Zaytsev-RUS	639	474	661	1774
Budayev-RUS	639	352	622	1614
Dorgobuzov-UKR	595	463	507	
1565				
Velicka-CZE	595	440	496	
1532				
Fitkevich-UKR	—	584	—	584
Nochvin-RUS	617	—	—	617
Pavlenko-UKR	—	—	—	—
Master (40-44)				
Karasik-RUS	672	440	688	
1802				
Tyapkin-RUS	661	407	551	
1620				
Averin-RUS	396	253	374	
1025				
Master (45-49)				
Baranov-UKR	507	319	507	
1333				
Master (50-54)				
Prilipa-RUS	584	374	540	
1499				
Podryadov-RUS	507	286	446	
1240				
Potapov-RUS	496	325	418	
1240				
Master (55-59)				
Nemchinov-RUS	440	253	518	
1212				
220 lbs.				
Teen (16-17)				
Khandzhyan-RUS	496	308	418	
1223				
Teen (18-19)				
Tsatsulin-RUS	683	468	771	
1923				
Tyurin-RUS	584	374	529	
1488				
Junior (20-23)				
Bogdanov-RUS	793	485	661	
1940				
Kopyl-RUS	661	474	617	
1752				
Kakoyan-RUS	617	407	650	
1675				
Borshchev-RUS	—	—	—	—
Gavrilov-RUS	727	407	—	
1135				
Open				
Grachev-RUS	837	507	738	
2083				
Valeyev-RUS	716	485	595	
1796				
Zozzoli-FRA	—	—	—	—
Master (40-44)				
Ladeyshchiko-RUS	628	363	650	
1642				
Nechosa-RUS	661	385	551	
1598				
Bershadskiy-UKR	485	374	562	
1422				
Chertushkin-RUS	551	407	463	
1422				
Hunter-GBR	551	—	—	551
Master (45-49)				
Kholodov-RUS	440	374	440	
1256				
Didenkul-RUS	264	264	330	859
Master (50-54)				
Tokarev-RUS	617	440	595	
1653				
Chepurnov-RUS	529	308	507	
1344				
Master (55-59)				
Givens-USA	606	413	650	
1670				
Bobkov-RUS	—	—	—	—

Yuriy Ustinov (RUS) & Ed Coan

ELena Povolotskaya - 595 SQ.

Master (60-64)				
Andrianov-RUS	507	374	485	1366
Khudoleyev-RUS	485	341	—	826
Lancaster-USA	440	385	567	1394
Master (70-74)				
Skvortsov-RUS	424	292	440	1157
242 lbs.				
Teen (16-17)				
Malyugin-RUS	661	463	595	1719
Litvinenko-MLD	573	363	556	1493
Teen (18-19)				
Shpringer-RUS	639	474	440	1554
Junior (20-23)				
Brylin-RUS	837	556	766	2160
Sidelnikov-RUS	—	—	—	—
Open				
Fatemi-IRI	826	600	716	2144
Aghaev-AZE	859	529	749	2138
Kharchev-RUS	815	496	766	2077
Blinkov-RUS	815	545	716	2077
Khudoyarov-AZE	727	562	771	2061
Kozlov-RUS	777	518	727	2022
Nay-AUS	749	551	694	1995
Dvorak-CZE	749	562	672	1984
Petrov-RUS	793	507	661	1962
Ballod-RUS	826	501	611	1940
Blumfelds-LAT	727	463	727	1918
Ryabets-RUS	694	440	683	1818
Price-GBR	683	474	595	1752
Poletayev-RUS	551	—	—	551
Zaytsev-RUS	793	485	—	1278
Master (40-44)				
Pavlyuk-RUS	705	474	595	1774
Tsygankov-RUS	617	451	650	1719
Master (45-49)				
Makovskiy-RUS	540	402	507	1449
Master (55-59)				
Larin-RUS	639	374	496	1510
Dergilev-RUS	440	308	396	1146
Savelyev-RUS	330	308	463	1102
275 lbs.				
Teen (16-17)				
Smith-USA	512	253	474	1240
Teen (18-19)				
Zverev-RUS	573	407	485	1466
Open				
Glazunov-RUS	793	595	777	2166
Rudenko-RUS	854	556	755	2166
Bratanov-RUS	826	529	694	2050
Gosiyani-IRI	771	540	639	1951
Kadera-CZE	551	507	595	1653
Spisak-SVK	573	606	617	1796
Aliyev-AZE	—	—	—	—
Stepanov-RUS	—	—	—	—
Semenov-RUS	—	—	—	—
Master (40-44)				
Luchkov-RUS	330	584	451	1366
Master (50-54)				
Bulichev-RUS	683	440	440	1565
Rantanen-FIN	—	—	—	—
Master (55-59)				
Maksimushki-RUS	661	330	485	1477
Master (65-69)				
Dobr y-EST	407	347	363	1118
308 lbs.				
Open				
Snigirev-RUS	881	661	705	2248
Polyakov-RUS	815	617	711	2144
Velgos-SVK	881	463	749	2094
Gensirovskiy-UKR	837	540	661	2039
Master (40-44)				
Bergert-RUS	727	496	633	1857
Meszaros-HUN	—	—	—	—
308+ lbs.				
Teen (18-19)				
Sarychev-RUS	749	622	661	2033
Open				
Sarychev-RUS	749	622	661	2033
Migalin-RUS	727	507	688	1923
Nastynov-RUS	—	—	—	—
Master (40-44)				
Clark-USA	—	—	—	—

"Like any World Powerlifting Championship, or climbing to the summit of Mount Everest, there are always struggles. The challenges may not be predictable, yet they can cause you to adjust your plans, and this is why we must focus on the prize, to successfully reach the summit. Tolyatti was no exception. The bad weather increased the difficulty to reach the meet site on time, as airline flights from all countries were extremely delayed. In my life, I have traveleld internationally and domestically for pleasure, military duty, and career. The lesson I take with me: never panic, see the whole picture and adjust.

There was a terrorist bomb attack that killed 8-12 people and injured many more, then another bomb attack in the city of over one million. The city was locked down, and soliders were everywhere for safety. This issue stopped about 30% of the lifters from coming. I never felt that I nor the meet site was in any danger, all bags and individuals were checked at the door by soliders. There were those individuals who were inspired and made the adjustments, and those who didn't and never made it past the red lights.

REPORT: I witnessed the first WPC World Championship held in Russia. It was tremendous and filled with explosive international lifters from all over the world. In my career, I have attended many levels of international competition, all over the world, and this meet did not disappoint. Meet Directors Yuriy Ustinov and Konstantin Rogojnikov, along with their staff, engineered one of the best international meets this year. They deserve all the credit and support from the WPC. I arrived on Sunday, traveling by myself worked out well. On Monday, weigh-ins started at the meet site. There was massive room for warmups, platform, and spectators. Lifters went throught the weigh-in procedure smoothly, and at the end of the day there was a press meeting involving television, radio, and newspapers. Throughout the city, there were billboards with meet information everywhere.

With a championship this size there are always surprises. The staff had full days judging the teenage, open, masters, and bench only divisions for men and women. One section ended at 3:00AM and the next day at 1:30AM. There I was, an American, 55 years old, walking 1.5 kilometers to my hotel that early in the morning, no problem.

The front platform view was colorful, featuring the sponsors and using modern technology to provide information on the lifters. The computer system used was first class, with info in the warmup area displayed on high definition screens. Even if there was a language barrier, a lifter could track his progress. The warm up area had plenty of space, equipment, and weights. A two person medical staff was on hand for lifter access. There thre three squat monolifts in the warmup roon, placed on sheets of plywood. The monolift on the competition platform was placed on two sheets to give it a more solid base. Some lifters thought the platform monolift could have been more stable, but my thoughts are it was more stable that those in the warmup area. The spotters were some of the best I have seen and did a great job. All the judges were of international rating and acted so. They were rotated often and given suggestions when needed. After every day's events there was an award ceremony, acknowledging the lifters and their achievements with medals, trophies, certificates, and well-deserved photos. There was plenty of food and drink that could be purchased at the meet site. The main powerlifting vendors - Metal, Titan, Inzer and the t-shirts sold out completely! There will always be critics and some will never be satisfied, wait 'til the Olympics in Beijing! My opinion is that Russia is a true international player in the global powerlifting world. I left ten days later with wonderful memories of the people I met and shared time with. I confirmed what I knew already, Yuriy Ustinov and staff are the right people for the WPC job! I will be back!

Mike Sweeney, WPC/WPO President
lrnmike@aol.com

WPC/WPO Pres .. Mike Sweeney

GPC World Championships
22-27 OCT 07 - Calgary, CAN

BENCH
WOMEN
115 lbs.
(50-54)
Nefjodova-LAT 132
132 lbs.
(16-17)
Montgomer-USA 137
148 lbs.
Open
Cooney-CAN 159
(40-44)
Sparango-USA 259
(65-69)
Keresey-USA —
181 lbs.
Open
Barter-CAN 159
MEN
123 lbs.
Special Olympics
Duckett-CAN 115
132 lbs.
(65-69)
Schweitzer-GER 137
Special Olympics
Hurley-CAN 115
148 lbs.
(40-44)
Triangle-BEL 181
(55-59)
Guercio-FRA 292
165 lbs.
Junior
Clark-USA 314
(55-59)
Muller-GER 281
Lazreg-FRA 264
(60-64)
Winterschei-GER 264
Feraud-FRA 264
181 lbs.
Junior
Marro-FRA 418
Open
Sparango-USA 374
(55-59)
Leskenmaa-FIN 352
(60-64)
Kubick-FRA 330
(65-69)
Hogg-AUS 341
(70-74)
Gontoli-FRA 214
198 lbs.
Open
Gonzalez-FRA 485
(50-54)
Glenn-USA 319

Powerlifting	SQ	BP	DL	TOT
WOMEN				
105 lbs.				
Open				
Leverett-USA	286	176	314	777
115 lbs.				
(50-54)				
Nefjodov-LAT	231	121	297	650
123 lbs.				
Open				
Herbepti-FRA	330	198	330	859
(40-44)				
Senger-CAN	209	132	248	589
(50-54)				
Greco-CAN	286	176	326	789
		4th-DL-338		
132 lbs.				
Open				
Michiels-BEL	418	231	396	1047

Ann Leverett GPC World Champ

(55-59)
Kruger-GER 451
220 lbs.
Junior
Girardin-CH 407
Open
Herbert-FRA 639
Zimmerma-CAN 551
Rautio-FIN 440
(40-44)
Vrba-CZR 374
Dean-USA 330
(45-49)
Brasseur-FRA 507
Jakobowski-CAN 330
(50-54)
McDonald-USA —
(55-59)
Douet-FRA 308
(60-64)
Marion-FRA 374
242 lbs.
Open
Wooden-CAN 402
Kousa-FIN 396
(40-44)
Didler-FRA 540
Williamson-USA 463
(45-49)
Krumbholz-GER 463
(55-59)
Vetter-GER 485
(60-64)
Haudenschil-USA 501
4th-518
275 lbs.
Junior
Collins-USA 650
Open
Harrison-USA 804
Baumbach-GER 600
Ihalainen-FIN 584
(50-54)
Sinclair-USA 363
(60-64)
Meek-USA 490
308 lbs.
Open
Piatelli-CAN 600
(40-44)
Marr-USA 545
308+ lbs.
Junior
Lisogor-UKR 451
(40-44)
Watts-USA 644
(45-49)
Ramsey-USA 512

Dan Martin out of Las Vegas.

4th-DL-418
(40-44)
Hinds-CAN 143 104 176 424
148 lbs.
(18-19)
Toews-CAN 297 143 308 749
Junior
Sohier-BEL 352 154 330 837
Open
Hartnett-USA 584 264 540 1388
Baldwin-USA 501 352 474 1328
McDougall-CAN 180 115 220
517
(40-44)
Sparagn-USA 369 237 396 1003
181 lbs.
Open
Stumpfova-IRE 582 330 463 1375
(45-49)
Nefjodov-LAT 457 253 402 1113
4th-BP-259
Special Olympics Open
Cooke-CAN 99 93 132 325
McDona-CAN 77 66 148 292
198 lbs.
Special Olympics (40-44)
Sullivan-CAN 143 110 198 451
MEN
115 lbs.
Special Olympics Open
Duckett-CAN 154 143 159 457
123 lbs.
Special Olympics Open
Piche-CAN 93 115 181 391
132 lbs.
Special Olympics Open
Hurley-CAN 187 148 181 518
Special Olympics (18-19)
Hale-CAN 13 132 209 354
148 lbs.
Open
McNamar-IRE 738 385 551 1675
Lang-CAN — 226 352 578
(40-44)
Triangle-BEL 308 203 330 843
(55-59)
Bobrovit-CAN 402 292 396 1091
4th-BP-297
165 lbs.
(18-19)
Conant-USA 518 2171 407 3097
Open
Dowdell-USA 440 286 479 1207
Greenba-CAN 319 165 363 848
(50-54)
Brown-USA 402 319 407 1129
(65-69)
Hogg-AUS 132 352 176 661
Special Olympics Open
Luyendy-CAN 192 159 242 595
181 lbs.
Open
Hansjurg-CH 595 341 677 1614
Phillips-CAN 633 413 562 1609
Brooks-GBR 633 380 589 1603
Sparang-USA 518 385 479 1383
(40-44)
Graham-CAN 622 303 562 1488
(45-49)
Dunn-IRE 529 371 584 1484
Towes-CAN — 209 407 617
(55-59)

Lovelace-USA 463 330 474 1267
(60-64)
Pereira-CAN 490 104 529 1124
(65-69)
Martin-USA 508 248 457 1213
Special Olympics (40-44)
Ricardo-CAN 237 148 275 661
198 lbs.
Open
Overbay-USA 523 369 463 1355
Moore-USA — 551 600 1151
(40-44)
Johnston-CAN 738 363 170 1273
Fisher-CAN 501 308 551 1361
(45-49)
Caplan-USA 683 507 562 1752
Overbay-USA 479 303 485 1267
220 lbs.
Kratochvi-CZR 749 440 584 1774
Weiss-FRA 639 418 573 1631
Ville-FIN — — — —
Hook-USA — — — —
(40-44)
Vrba-CHZ 595 374 440 1410
(45-49)
Graham-GBR 683 418 617 1719
Slyk-CAN 237 176 286 700
(55-59)
Dunn-CAN 606 319 661 1587
Special Olympics Open
Smith-CAN 88 93 115 297
242 lbs.
Open
Kosnar-CHZ 848 595 705 2149
Middleton-GBR 793 529 716
2039
Vauls-GBR 749 518 650 1918
Zimmer-CAN 694 606 617 1918
Merrill-CAN 722 429 584 1736
Simek-CHZ 485 418 529 1433
Kousa-FIN — — — —
Ville-FIN — — — —
(50-54)
Bowman-USA 711 429 617 1758
Special Olympics (40-44)
Gray-CAN 192 154 226 573
Special Olympics Open
Harding-CAN 242 220 253 716
Russel-CAN 220 214 286 722
275 lbs.
Open
Schrott-GER 903 562 705 2171
Ihalainen-FIN 297 617 451 1366
Leavins-CAN 551 259 479 1289
Bailey-USA — — — —
(40-44)
Boulton-GBR 782 297 617 1697
Tilson-USA 644 435 584 1664
(45-49)
Marshall-GBR 848 440 771 2061
4th-SQ-881
(60-64)
Meek-USA 688 523 562 1774
308 lbs.
Open
Stutes-USA 903 705 661 2270
Piattelli-CAN 821 705 661 2188
Crets-BEL 771 529 793 2094
(45-49)
Marshall-GBR 810 485 722 2017
308+ lbs.
Open
DeVadde-BEL 727 474 573 1774

Shannon Hartnett pulling huge.

Svetlana Nefjodova from Latvia

The annual GPC World Powerlifting and Bench Press Championships were held in the beautiful city of Calgary, Alberta, Canada. Brian Johnston, meet director and company, went all out for this contest sparing no expense to make sure the venue and equipment was first rate. Linda Orr did an excellent job managing the event with valued help from Lora Greco, Michelle Senger, Paz Greenbaum, Louise Piatelli, and Shaun Owens. The meet hotel and contest venue were the beautiful Sheraton Suites Calgary Eau Claire in downtown Calgary. The city of Calgary is now a boom town with a crane on almost every block with new construction. After all the preparation the turnout from the European nations was very disappointing. There were a total of 70 powerlifting entries and 52 Bench Press only entries with most from the US followed by Canada. Great Britain mustered six powerlifters and no Bench only and Belgium had 5 powerlifters and no Bench only. With 4 out of 5 GPC Board Members living in Great Britain and Belgium I would expect better participation from those two countries. I remember the 1999 World Powerlifting Championships in Calgary, 40 powerlifters from Austria and 39 powerlifters from Great Britain alone. The GPC President explained that Calgary was just too far for the Europeans to travel. With the exclusion of Russia from the bids for future contests for the same reason and the revocation of the bid from Slovakia for 2008, which was awarded by vote at the AGM in Belgium in 2006, it seems the GPC is becoming a centralized European federation. Thanks again to Brian Johnston for providing the best spotter/loading crew available, the Heinz Buhl team from Austria. The Women led off the powerlifting with Lauren Towes of Canada winning the 18-19/67.5 kgs. category with a squat of 135 kgs., bench 65 kgs., deadlift 140 kgs. to total 340 kgs. Kelly Sohier of Belgian won her junior 67.5 kgs. class with a total of 380 kgs. and team mate Wendi Michiels won the 60 kgs. open class with 475 kgs. total. The perennial winner from Savannah, Georgia, Ann Leverett, won the open 48 kgs. class with a squat of 130 kgs., bench press 80 kgs. , deadlift 142.5 kgs. with the winning total of 352.5 kgs. Natacha Herbeptin of France won the open 56 kgs. class with a 390 kgs. total. Shannon Hartnett, a marine biologist from California, dominated the open 67.5 kgs. class with a squat of 265 kgs., bench 120 kgs., 245 kgs. deadlift, for a great total of 630 kgs. Followed by Atlanta Police Officer Sonji Baldwin with squat 227.5 kgs., bench press 160 kgs., deadlift 215 kgs. and a total of 602.5 kgs. For the bronze medal Andrea McDougall of Canada had a squat of 82.5 kgs., bench 52.5 kgs., deadlift 100 kgs. for a total of 234.5 kgs. Petra Stumpfova from Ireland won the open 82.5 class with a total of 622.5 kgs. Michelle Senger of Canada won the masters 40-44/56 kgs. class with a squat of 95 kgs., bench 60 kgs., deadlift 112.5 kgs.

and 267.5 kgs. total. In the 40-44/60 kgs. class Canadian team mate Terry Hinds had the winning squat of 65 kgs., bench 47.5 kgs., deadlift 80 kgs. to total 192.5 kgs. From the USA Monica Sparango led the 40-44/67.5 kgs. class with a squat of 167.5 kgs., bench press 107.5 kgs., deadlift 180 kgs., for a wining total of 455 kgs. In the 45-49/82.5 kgs. class Kim packer of the USA had the winning squat of 207.5 kgs., bench press 115 kgs., deadlift 182.5 kgs., for the winning total of 505 kgs. In the 50-54/52 kgs. class the lady who traveled the longest distance to win was Svetlana Nefjodova, a sports writer and newspaper editor from Latvia. With a squat of 105 kgs., bench press 55 kgs., deadlift 135 kgs., for the winning total of 295 kgs. Lora Greco of Canada had a good day in the 50-54/56 kgs. class with squat 130 kgs., bench press 80 kgs., deadlift 148.5 kgs. for a winning total of 357.5 kgs. Brad Conant from the USA led off the men's session in winning the 18-19/75 kgs. category with a squat of 235 kgs., bench press 95 kgs., deadlift 185 kgs. for a total of 515 kgs. Gerry McNamara from Ireland won the open 67.5 kgs. division with a total of 760 kgs. Todd Lang of Canada in the open 67.5 kgs. class did not have a successful squat but took lifts in the bench of 102.5 kgs. and a deadlift of 160 kgs. Ronald Dowdell of the USA who had 200 kgs. in the squat, 130 kgs. bench, 217.5 kgs. deadlift and total of 547.5 kgs. for the win in the 75 kgs. open class over Ben Greenbaum of Canada with squat 145 kgs., bench press 75 kgs., deadlift 165 kgs., for a total of 385 kgs. In the open 82.5kgs. class Kalin Hansjurg of the Sweden had a total of 732.5 kgs. barely winning over Matt Phillips of Canada with 730 kgs. total. In third was Adam Brooks of Great Britain with total of 727.5 kgs. followed by Leon Sparango of the USA with 627.5 kgs. In the open 90 kgs. class Jeremy Overbay won with squat of 237.5 kgs., bench press 167.5 kgs., deadlift 210 kgs., and total 615 kgs. over fellow American Robert Moore who opened with a strong 322.5 kgs. squat but after three attempts couldn't satisfy the judges on his depth. He went on to take token lifts of bench 250 kgs., deadlift 272.5 kgs. In the 100 kgs. open class other casualties of judges who couldn't see bottom were Larry Hook of the USA and Rautio Ville of Finland. Winning the division was Jaromir Kratochvil of the Chech Republic with a total of 805 kgs. followed by Frank Weiss of France with the total of 740 kgs. The 110 kgs. open class fared better with Martin Kosnar of the Chech Republic winning with the total of 975 kgs. followed by Steven Middleton of Great Britain with the total of 925 kgs. and with the silver medal we have Kyle Vauis of Great Britain with 870 kgs. total. Mike Merrill of Canada finished in fourth with 787.5 kgs. Casualties in the squat in the 110 kgs. class was Antti Kousa and team mate Rautio Ville of Finland. In the 125 kgs. open class Michael Schrott of Germany had one of the best squats of the day with 410 kgs. which he opened with and made on his third attempt. He benched 255 kgs. and had a deadlift of 320 kgs. for the winning total of 985 kgs. followed by Jani Halainen with the total of 620 kgs. Corey Levins of Canada won the bronze with 585 kgs. Charles Bailey gave 455 kgs. a good ride for two attempts but not to the judge's satisfaction and went to 462.5 kgs. also missing it. In the 140 kgs. class Craig Stutes the muscular strong man from Louisiana, USA managed to satisfy the judges on his second attempt with 410 kgs. in the squat, had a 320 kgs. bench and a deadlift of 300 kgs. for the best total of the meet at 1030 kgs. for the win. Mario Piatelli of Canada had a good day to take the silver medal with a good 372.5 kgs. squat, 320 kgs. bench, 300 kgs. deadlift to total 992.5 kgs. Philippe Crets of Belgian managed the bronze medal with a total of 950 kgs. The lone super heavy weight from Belgium, Gunnar De Vadder finished with a total of 805 kgs. In the master's 40-44/67.5 kgs. class Rudy Triangle of Belgium was unopposed with a total of 382.5 kgs. Vince Graham of Canada won the 82.5 kgs. class with squat of 282.5 kgs., bench 137.5 kgs., deadlift 255 kgs., and total of 704.50 kgs. Brian Johnston of Canada won the 90 kgs. class with squat 300 kgs., bench press 165 kgs., deadlift 277.5 kgs., total 742.5 kgs. followed by team mate Andy Fisher with squat 227.5 kgs., bench press 140 kgs., deadlift 250 kgs., and total of 617.5 kgs. In the 100 kgs. class the lone competitor from the Chech Republic Jan Veba won with the total of 640 kgs. Gary Boulton of Great Britain edged Rocky Tilson in the 125 kgs. class to total 779 kgs. over Rocky's squat 292.5 kgs., bench press 135 kgs., deadlift 265 kgs., to total 755 kgs. In the 45-49/82.5 kgs. class JJ Dunn of Africa won with the total of 672.5 kgs. over Phil Toews of Canada who bombed in the squat. Marc Caplan of the US had a good day with squat of 310 kgs., bench press 230 kgs., deadlift 255 kgs. for the winning total of 795 kgs. over team mate Danny Overbay of the US who finished with a squat of 217.5 kgs., bench press 137.5 kgs., deadlift 220 kgs., to total 575 kgs. In the 100 kgs. class Sam Graham of Great Britain won with a squat of 310 kgs., bench press 190 kgs., deadlift 280 kgs. to total 780 kgs. over James Slyk of Canada who had a total of 317.5 kgs. Lee Marshal of Great Britain won the 125 kgs. class with a total of 935 kgs. Greg Damminga of the US had a good day in the 45-49/140 kgs. class with a squat of 367.5 kgs., bench press 220 kgs., deadlift 327.5 kgs. to total 915 kgs. In the 50-54/75 kgs. Gary Brown of the US won his division with a squat of 182.5 kgs., bench 145 kgs., deadlift 185 kgs. and total of 512.5 kgs. Thomas Bowman of the US cruised through to win the 110 kgs. class with a squat of 322.5 kgs., bench press 195 kgs., deadlift 280 kgs. for a total of 797.5 kgs. In the 55-59/67.5 kgs. Gary Bobrovitz of Canada won with a squat of 182.5 kgs., bench 132.5 kgs., deadlift 180 kgs. and a total of 495 kgs. Robert Lovelace of the US won the 82.5 kgs. class with a squat of 210 kgs., bench 150 kgs., deadlift 215 kgs. and total of 575 kgs. Louis Dunn of Canada won the 100 kgs. class with a squat of 275 kgs., bench press 145 kgs., deadlift 300 kgs. and a total of 720 kgs. In the 60-64/82.5 kgs. class Birchmans Pereira won with a squat of 222.5 kgs., bench press 47.5 kgs., deadlift 240 kgs. and total 510 kgs. Brian Meek of the US won the 125 kgs. class with a squat of 312.5 kgs., bench press 237.5 kgs., deadlift 255 kgs., total 805 kgs. Konrad Hogg of Austria won his 65-60/75 kgs. weight Class, in spite of a leg injury with a squat 80 kgs., bench press 160 kgs., deadlift 80 kgs. to total 300kgs. Finally Dan Martin of the US won the 82.5 kgs. class with a squat of 230.5 kgs., bench press 112.5 kgs., deadlift 207.5 kgs. for a total of 550 kgs. There were 13 other special athletes who were winners including Heather Cooke of Canada who had a total of 147.5 kgs. to win the women's open 82.5 kgs. class. Also a winner in the women's open 82.5 kgs. class was Linda McDonald of Canada with a total of 132.5 kgs. Christine Sullivan of Canada won the women's master's 40-44/90 kgs. class with the total of 205 kgs. In the men's open 52 kgs. division Mathew Duckett of Canada won with a total of 207.5 kgs. The 56 kgs. class was won by Pierre Piche of Canada with the total of 177.5 kgs. Bill Hurley of Canada won the open 60 kgs. class with a total of 235 kgs. In the teenage 18-19/60 kgs. division Colin Hale of Canada won with a total of 220 kgs. The open 75 kgs. class was won by Peter Luyendyk of Canada with a total of 270 kgs. George Ricardo of Canada won the master's 40-44/82.5 kgs. class with the total of 300 kgs. Scott Smith of Canada won the open 100 kgs. class with the total of 135 kgs. Andrew Gray of Canada won the master's 40-44/110 kgs. class with a total of 260 kgs. In the open 110 kgs. class Andrew Harding of Canada won with 325 kgs. total. With the biggest total of the day Harold Russell of Canada won the open 110 kgs. class with the total of 327.5 kgs. Bench press specialists Matthew Ducket won the 56 kgs. class with 52.5 kgs. and Bill Hurley won the 60 kgs. class with 52.5 kgs. In the bench press only division Brittany Montgomery of the US leads off the women's division 16-17/60 kgs. weight class with 62.5 kgs. In the 67.5 kgs. open class Jackie Cooney-Lebbert of Canada wins the 67.5 kgs. class with 72.5 kgs. In the 82.5 kgs. open class Layna Barter if Canada wins with 72.5 kgs. Monica Sparango of the US had a good day in the 67.5 kgs. class to win with 117.5 kgs. Svetlana Nefjodova of Latvia won the 52 kgs. class with 60 kgs. Evangeline Keresey of the US had a bad day missing 75 kgs. in three attempts. In the men's Junior division 75 kgs. class Blake Clark of the US won with 142.5 kgs. Julien Marro of France won the Junior 82.5 kgs. class with 190 kgs. Julien Girardin of Sweden won the Junior 100 kgs. class with 185 kgs. Leon Sparango of the US won the open 82.5 kgs. class with 170 kgs. Laurent Gonzalez of France won the open 90 kgs. class with 220 kgs. Team mate Brice Herbert of had 290 kgs. to win the 100 kgs. open class over Jeremy Zimmerman of Canada who had 250 kgs. and Ville Rautio of Finland with 200 kgs. Rudy Triangle of Belgium won the 40-44/67.5 kgs. class with 82.5 kgs. Jan Vrba of the Chech Republic won the 40-44/100 kgs. class with 170 kgs. over Kendall Dean of the US who had 150 kgs. In the 45-49/100 kgs. class Robert Brasseur won with 230 kgs. over Peter Jakobowski of Canada who had 150 kgs. Gary Glenn of the US won the gold medal in the 50-54/82.5 kgs. class with 145 kgs. Louis Guercio of France won the 55-59/67.5 kgs. class with 132.5 kgs. In the 55-59/75 kgs. class Gerd Mueller of Germany had 127.5 kgs. to win over Mihoud Lazreg of France who had 120 kgs. Risto Leskenmaa of Finland won the 55-59/82.5 kgs. class with 160 kgs. In the 55-59/90 kgs. Klaus Gerhard Kruger won with 205 kgs. In the same age group Didier Douet of France won the 100 kgs. class with 140 kgs. In the 60-64/75 kgs. class Joachim Winterescheidt of Germany won barely by body weight of 730 kgs. with 120 kgs. over Guylhem Feraud of France who weighed 735 kgs. with 120 kgs. In the 82.5 kgs. class Jean-Marie Kubick was unopposed to win with 150 kgs. Henri Marion of France was also unopposed to win the 100 kgs. class with 170 kgs. In the 65-69/60 kgs. class Dieter Schweitzer of Germany won with 62.5 kgs. In the 82.5 kgs. class Knorad Hogg of Austria won with 155 kgs. in the 70-74/82.5 kgs. class Pierre Comtoli of France won with 97.5 kgs. Chase Collin of the US won the Junior 125 kgs. class with 295 kgs. and Junior Oleksii Lisgor of the Ukraine won the 140+ kgs. class with 205 kgs. In the open 110 kgs. class Warren Woodenof Canada won with 182.5 kgs. over Antti Kousa of Finland with 180 kgs. Tommy Harrison (US) had the heaviest bench of the day with 365 kgs. to win the open 125 kgs. over Martin Baumbach of Germany with 272.5 kgs. and Jani Ihalainen of Finland with 265 kgs. Mario Piatelli of Canada won the 140 kgs. class with 272.5 kgs. In the 40-44 age group Michelon Didier of France had 245 kgs. to win over Anthony Williamson of the US who had 210 kgs. David Marr of the US won the 140 kgs. class with 247.5 kgs. Wayne Watts of the US won the 140+ kgs. class with 292 kgs. In the 45-49 age group Udo Krumbholz of Germany won the 110 kgs. class with 210 kgs. and Art Ramsey of the US won the 140+ kgs. with 232.5 kgs. In the 50-54 age group James Sinclair of the US won the 125 kgs. class with 165 kgs. Ulrich Vetter of Germany won the 55-59/110 kgs. class with 220 kgs. Chris Haudenschild of the US won the master's 60-60/110 kgs. class with 227.5 kgs. Brian Meek of the US won the 125 kgs. class with 222.5 kgs. (L.B.)

***Charles Bailey** tried to break the 1000 lb. barrier.*

***Tommy Harrison** gets ready to rumble with 804 lbs.*

***Craig Stutes** ... 2270 total (courtesy Baker)*

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- Nick Winters

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WESTSIDE TRAINING

SPECIAL STRENGTH

as told by Louie Simmons

Do you know the importance of special strength development? What are the velocities of explosive strength and isometric strength? The answer is high velocity and zero velocity. But what does this have to do with you? Will one help develop mostly speed and the other strength?

Isometric work will increase strength where speed is less important. Explosive strength is essential when high velocity is required against small loads. Remember, the amount of speed obtained is a direct reflection of external resistance.

Let's look at how to build special strengths and to understand how important a role they play in the development of a world class powerlifter. Through much study of world class weight lifters, the average weight lifted by percent and total volume goes up as mastery of the sport increases. This rule holds true for throwers and sprinters as well. I'm probably the only person to collect data on world class powerlifters, so some may think my findings inconclusive because there's no other data to compare to. However, they are along the same lines as the Soviet Olympic lifters.

One must possess all special strengths to succeed. Explosive strength is also referred to as explosive power and is the ability to rapidly increase force (Tidow, 1990). It is best developed through jumping, bounding, and other forms of plyometrics, not Olympic lifts. To be the fastest would require no resistance.

For jumping, one must use a rotational system: vertical jumping, jumping from the knees, jumping from the knees with weight on your back, power snatch on the knees, power snatch while seated, power snatch into a split stance.

We have had enormous success with football 40-yard times from jumping with dumbbells of different weights and onto different box heights, jumping with ankle weights up to 20 pounds on each leg, a combination of jumping with dumbbells and ankle weights, and jumping onto a box while standing on a foam pad. It is to be noted that many don't know how to jump or land. Here we do a series of jumps up to a box and down and up to a second, and possibly a third.

Dr. Squat - Fred Hatfield Ph.D. *.. one of the first to squat 1000 lbs.*

Jumping is not as simple as it looks. For general explosive strength, jump down and onto an even higher box. For the development of concentric strength, we jump down from a low box to a much higher box. Eccentric development is best gained by jumping down from a high box and rebounding up to a low box. The optimal box height depends on general fitness.

Jumping with resistance does not disturb jumping form, but running with resistance will. You need to know these basic concepts. Much information can be found on this subject in the book *Explosive Power and Jumping Ability for all Sports* (Starzynski and Sozanski).

Speed strength is the ability to exert maximal force during high-speed movement (Allerheiligen, 1994). It is most common to train athletes of all types with small weight resistance to build speed strength. This is a very sensible method to increase speed, sometimes referred to as the dynamic method. This is quite common for football players. By using light weights of the same resistance over and over, one can develop a phenomenon known as the speed barrier. I watch runners run at the same pace; then eventually they cannot run faster. This is true for football players as well. If a player trains with only light weights, he will not become any stronger or faster. The problem of a speed barrier occurs most likely with novices who start sport-specific training too early without extensive GPP. You have all seen it: Ball players that only play their brand of baseball, football, or basketball (Naglak, 1977).

The answer is to raise absolute strength. Increasing maximal strength improves speed of movement with heavy weight and will have a positive effect on small loads or even body weight. Let's say lifter A can squat a max of 300 pounds and trains at 60%, or 180 pounds, for speed strength for multiple sets, and lifter B can squat 600 pounds for a max. Now let's say lifter B uses lifter A's 60% (180 pounds). Can you imagine how fast he would move the same 180 pounds? This points out the importance of raising your limit strength to improve speed strength.

How can the speed barrier be broken? On speed strength day, we use a 3-week wave with bar weight ranging from 40% to 60% of a 1-rep max. To vary the accommodating resistance, we use one, two, or three sets of 5/8-inch chain hanging from the bar. (The Westside Barbell DVDs will show you how to use chains correctly.) After a 3-week wave, switch to weight releasers. Increase or decrease the weight during the 3 weeks. We also use a wide variety of band tensions. We also hang kettle bells from the bar using a doubled-up mini-band. Use your imagination. There are many ways to break the speed barrier. For more information, see *Science of Sports Training* (Kurz).

Strength speed is sometimes referred to as slow strength. When lifting near-maximal loads over 90%, the barbell will move slowly due to minimal acceleration. As Dr. Hatfield said, no one can lift a heavy weight slow. Instead one tries to complete the lift as fast as possible. The top weight lifters overseas use weights from 75% to 85% 51% of the time.

All strength types are connected. When one is properly trained using the three methods—dynamic, repetition, and maximal effort—each method will contribute to the other two.

Of course, a barrier exists with heavy weights as well. We have all been stuck at some weight in some lift. We know that one must train as heavy and often as possible. If one trains with a weight of 90% or more for more than 3 weeks, one will fail, thus causing a slow speed barrier. What's the answer?

At Westside we use the conjugate system. Each week we max out, but we switch the core exercise each week. For example, for squat or deadlift training, on week 1 do a low box squat with the Buffalo bar; week 2, rack pulls; week 3, lightened band deadlifts; week 4, Safety squat bar on a foam box while standing on foam. On bench max effort day, on week 1 do 3-board press; week 2, cambered bar with 5 sets of

(continued on page 68)

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IPF Men's Worlds 365 kg + Deadlifts 1971-2007 *by Brad Gillingham*

Arthur White *got an 826 at 242 for Great Britain at the 1987 I.P.F. Worlds*

Vince Anello *is among the lightest lifters in history to make it into the 804# club*

John Kuc *went from the making IPF history to set new records in the ADFPA*

Rank	Name	Class	KG	LB	Place	Year
1	Meszaros-Hungary	125+	407.5	898	Trencin, Slovakia	2002
2	Meszaros-Hungary	125+	406.5	896	Sotkomo, Finland	2001
3	Noren-Sweden	125+	405	892	Fredrikstadt, NO	1987
4	Meszaros-Hungary	125+	400	881	Cherkasey, Ukraine	1998
	Meszaros-Hungary	125+	400	881	Capetown S. Africa	2004
6	Arvai-Hungary	125	397.5	876	Capetown S. Africa	2004
7	Kuc-USA	110	395	870	Arlington, USA	1980
8	Kuc-USA	110	390	859	Dayton, Ohio	1979
	Coan-USA	100	390	859	Jonkoping, Sweden	1993
	Malanichev-Russia	125	390	859	Miami, USA	2005
	Gillingham-USA	125+	390	859	Solden, Austria	2007
12	Gillingham-USA	125+	387.5	854	Trencin, Slovakia	2002
	Arvai-Hungary	125	387.5	854	Vejle, Denmark	2003
14	Kuc-USA	110	385	848	York, USA	1974
15	Kapyla-Finland	110	385	848	Den Haag, NL	1990
	Fendorenko-Russia	110	385	848	Miami, USA	2005
17	Kuc-USA	110+	383.2	845	Harrisburg, USA	1972
18	Kenady-USA	110+	382.5	843	Arlington, USA	1980
	Gankov-Russia	110	382.5	843	Cherkasey, Ukraine	1998
20	Reinhoudt-USA	110+	380	837	Birmingham, England	1975
	Reinhoudt-USA	110+	380	837	York, USA	1976
	Gillingham-USA	125+	380	837	Akita, Japan	2000
	Barkhatov-Russia	110	380	837	Solden, Austria	2007
24	Reinhoudt-USA	110+	377.5	832	York, USA	1974
	Kuster-Germany	125	377.5	832	Perth, Australia	1988
	Coan-USA	100	377.5	832	Johannesburg, S.A.	1994
	Spinov-Ukraine	125+	377.5	832	Pori, Finland	1995
	Gillingham-USA	125+	377.5	832	Trento, Italy	1999
	Malanichev-Russia	125	377.5	832	Vejle, Denmark	2003
	Bondarenko-Russia	125+	377.5	832	Solden, Austria	2007
31	Kenady-USA	110+	375	826	Turku, Finland	1978
	White-Gt.Britain	110	375	826	Fredrikstadt, NO	1987
	Podtyinni-Russia	125	375	826	Trento, Italy	1999
	Vyshnytsk-Ukraine	100	375	826	Sotkomo, Finland	2001
	Gillingham-USA	125+	375	826	Sotkomo, Finland	2001
	Fendorenko-Russia	110	375	826	Capetown S. Africa	2004
	Bondarenko-Russia	125+	375	826	Miami, USA	2005
38	Wilson-USA	125+	372.5	821	Perth, Australia	1988
	Gurianov-Russia	125+	372.5	821	Trento, Italy	1999
	Jonsson-Iceland	125	372.5	821	Sotkomo, Finland	2001
	Voroshylin-Ukraine	110	372.5	821	Vejle, Denmark	2003
	Fendorenko-Russia	110	372.5	821	Capetown S. Africa	2004
	Gillingham-USA	125+	372.5	821	Capetown S. Africa	2004
	Siders-USA	125+	372.5	821	Capetown S. Africa	2004
	Mirowski-Poland	125	372.5	821	Miami, USA	2005
46	Kuc-USA	110+	371.9	820	York, USA	1971
47	Anello-USA	90	370	815	Turku, Finland	1978
	Naleikin-Ukraine	125+	370	815	Cherkasey, Ukraine	1998
	Ukraintsev-Russia	125+	370	815	Cherkasey, Ukraine	1998
	Gurianov-Russia	125+	370	815	Cherkasey, Ukraine	1998
	Meszaros-Hungary	125+	370	815	Trento, Italy	1999
	Vyshnytsk-Ukraine	100	370	815	Vejle, Denmark	2003
	Papazov-Ukraine	125	370	815	Vejle, Denmark	2003
	Barkhatov-Russia	100	370	815	Capetown S. Africa	2004
	Ljungberg-Sweden	125	370	815	Capetown S. Africa	2004
	Freydun-Ukraine	100	370	815	Miami, USA	2005
57	Anello-USA	90	367.5	810	Perth, Australia	1977
	Anello-USA	90	367.5	810	Arlington, USA	1980
	Gillingham-USA	125+	367.5	810	Cherkasey, Ukraine	1998
	Jonsson-Iceland	125	367.5	810	Trento, Italy	1999
	Papazov-Ukraine	125+	367.5	810	Trencin, Slovakia	2002
	Muravlyov-UA	125	367.5	810	Vejle, Denmark	2003
	Suslov-Russia	110	367.5	810	Miami, USA	2005
	Harris-USA	125+	367.5	810	Miami, USA	2005
	Martikainen-FI	125+	367.5	810	Miami, USA	2005
	Cardella-USA	125	367.5	810	Solden, Austria	2007
67	Wrenn-USA	110+	365	804	Dayton, Ohio	1979
	Wrenn-USA	125+	365	804	Calcutta, India	1981
	Kuster-Germany	125	365	804	Fredrikstadt, NO	1987
	Coan-USA	100	365	804	Perth, Australia	1988
	Toivanan-Finland	100	365	804	Salzburg, Austria	1996
	Spinov-Ukraine	125+	365	804	Salzburg, Austria	1996
	Davidsen-Norway	125	365	804	Prague, Czech Rep.	1997
	Gillingham-USA	125+	365	804	Prague, Czech Rep.	1997
	Naleikin-Ukraine	125+	365	804	Prague, Czech Rep.	1997
	Podtyinni-Russia	125	365	804	Cherkasey, Ukraine	1998
	McGettigen-USA	125	365	804	Trento, Italy	1999
	Gurianov-Russia	125+	365	804	Akita, Japan	2000
	Muravlyov-Ukraine	125	365	804	Sotkomo, Finland	2001
	Fendorenko-Russia	110	365	804	Trencin, Slovakia	2002
	Malanichev-Russia	125	365	804	Trencin, Slovakia	2002
	Arvai-Hungary	125	365	804	Trencin, Slovakia	2002
	Karpik-Ukraine	125	365	804	Vejle, Denmark	2003
	Rui-Norway	125	365	804	Capetown S. Africa	2004
	Muravlyov-Ukraine	125	365	804	Capetown S. Africa	2004
	Cardella-USA	125	365	804	Stavanger, Norway	2006
	Martikainen-Finland	125+	365	804	Stavanger, Norway	2006

Meszaros of Hungary *has four of the biggest deadlifts ever done in the IPF*

Compiler Brad Gillingham *is on this list for a noteworthy eight mighty DLs*

Aare Kapyla *pulled 848 at 242 at the '90 IPF Worlds in Den Haag, Holland*

THE QUEST FOR STRENGTH

The quest for strength is one of man's basic instincts. After all, few things are more important in life than physical strength – with the exception of size. For those of us who are married to the iron and feel most at home pushing heavy-ass weights, it's our passion. The squat rack is our church and the deadlift platform, our temple. As powerlifters, we take great pride in blasting through our previous PB's and will stop at nothing until our lifts are clean. To combat the brutal assault we put our bodies through, Six Star® Muscle has created Professional Strength Whey Protein – a cutting-edge protein formula designed to repair and rebuild those war-torn muscles with biomedically engineered anabolic agents and muscle growth accelerators. And with 50 grams of high-powered, 100-percent whey protein per maximum serving, your strength and size gains will kick in from day one. With the advanced Six Star® Muscle formula surging through your veins, **the iron doesn't stand a chance.**

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Strength-Size-Power — OPTIMIZE Your Post-Workout Nutrition!!!

***Donnie Thompson** – is certainly one of the world's strongest human beings, with one of the highest powerlifting totals ever posted!*

Post-workout (PWO) nutrition has been shrouded in half-truths and lies for too long. It is time to set the record straight.

The current accepted norm for PWO nutrition is that one should consume a whey-only protein shake as soon as possible after training. The reasoning provided is that the quick absorption rate of whey stimulates protein synthesis at a time when the body is most receptive to said stimulation. This concept is valid, but neglects the "rest of the story" as Paul Harvey used to say.

Immediately after an intense session in the gym our body is in a net negative state relative to skeletal muscle protein. Intense training accelerates the catabolism of muscular protein and blunts its synthesis with this double whammy resulting in a net **catabolic** state.

The consumption of whey protein by itself PWO is really quite ineffective. Whey protein ***is*** quickly

(continued on next page)

***Chuck Vogelpohl** – raw power incarnate, a ferocious competitor!*

***Phil Harrington** – squats over 900 lbs at 181 lbs of body weight!*

(Advertisement)

absorbed and ***does*** promote a spike in protein synthesis. However, whey does **very little** to attenuate protein catabolism, thus it only affects one portion of the net protein equation and does a poor job of reversing the net catabolic state. In addition, whey's fast absorption rate is a limiting factor in that it results in a lower net retention (less amino acids are available to fuel recovery) when compared to other high quality proteins such as casein and egg.

The real key to the PWO puzzle lies in empirical evidence (what the biggest and strongest have known for years) and in the research if one is unbiased and willing to delve into the world of scientific mumbo-jumbo (I know, there are a few of those terms used here). Men like Louis Cyr, Paul Anderson, Doug Hepburn, and now Chuck Vogelpohl, Phil Harrington, and Donnie Thompson, the **strongest** men to have ever walked the planet, have always known the one must eat after training. From milk to steaks, calorie dense, protein packed foods have always been the PWO foods of choice for the mass monsters. Research proves-out this iron wisdom. A complete "meal" PWO is the most efficient means of getting the skeletal muscles into a net positive protein state. This is due to a myriad of factors of which the three most important are briefly outlined below:

***Mike Wolfe** – bench presser extraordinaire, with a ripped physique!*

1) Insulin, a very important anabolic hormone, is released primarily in response to the ingestion of carbohydrates. Insulin provides for a "permissive" effect relative to the stimulation of protein synthesis. Its presence in and of itself does not directly enhance protein synthesis, but its absence results in dramatically reduced protein synthesis.

2) Cortisol is a catabolic hormone released during and after training which both suppresses protein synthesis and enhances protein catabolism. The ingestion of a meal PWO quickly reduces its blood levels thus permitting an anabolic environment.

3) Amino acids from ingested protein work in concert with insulin to synergistically enhance protein synthesis.

Now, for an additional fact that you may never have heard before (especially in an article like this): protein synthesis, assuming a normal level of nutrition, will be spiked within a few hours of training and a net positive protein state will be realized nearly irrespective of what is done nutritionally. That said, ***a net positive state will be more quickly realized and said state will be more anabolic if one consumes a complete meal as soon as possible after training.*** If said meal is in a liquid state the results will be even better. Thus, the ideal PWO meal is a liquid shake which provides all of the macronutrients to include a high quality protein blend, a relatively high-GI rating form of carbohydrate, and a small amount of fat (so as to not delay absorption). **Opticen** by AtLarge Nutrition, LLC (www.atlargenutrition.com) is a product which does exactly that.

For best results, one 2/3 serving size Opticen shake should be consumed immediately PWO. At the 1-hour PWO mark, another shake, or a solid food meal should be consumed. Follow these instructions and you will be able to train harder, more often, and reap increased benefits from each and every training session. Heck, you may even become one of the strongest men on the planet like the AtLarge Nutrition athletes pictured above!

This is for a great cause. If you can help, we would greatly appreciate it. If you need assistance ordering books, I will be glad to help you ... Constance

GIVE A GIFT OF LOVE

Most of you know Dr. Judd Biasiotto. For those of you who might not know him, Dr. Judd is a renowned sports psychologist, an award winning speaker and writer (he has written 44 books and close to 700 articles), a celebrated educator, a world class athlete, and a close friend.

Every year Dr. Judd writes a motivational book to help the needy and impoverished. This year Dr. Judd is committed to help Judy McCarty who is suffering from a serious incurable illness and is in dire financial need. Judd wrote the book "A Time to Love" for her. ***All of the proceeds from "A Time to Love" will be donated to Judy.*** The book is totally enjoyable. It's an instructional book for the soul. "A Time to Love" is designed to be a collector's item. It has a high quality matted hardback cover with high quality paper. More importantly, the book is a treasure chest of magnificent stories that will warm your heart, enlighten your mind and inspire your soul to strive for success, happiness, and self-fulfillment. It is a splendid manuscript

about love, compassion, tolerance, courage, and self-assurance. Every page shines with warmth and wisdom. It is truly an instruction book for the soul. One of the best works I have ever read, I know you will love it. In fact, if after reading this book you don't think it is one of the most inspiring books you ever read, Dr. Judd said he would personally send you your money back and you can donate the book to your local library.

Judd and I are hoping that you might want to give it to others as a gift of love throughout the coming year. After reading this book, I think you will agree that it would be a wonderful gift for someone you love. Consequently, if you can find it in your heart to purchase additional copies of "A Time to Love" as gifts for the people you love, you will also be giving a gift of love to someone who is in great need.

To purchase "A Time to Love" go to www.DrJudd.net, which is offered at $12.95 per copy plus shipping and handling.

Constance Lee, Crlee93@aol.com

Can they make this Guarantee?

Have ridiculous, off-the-wall claims by supplement companies kept you from buying their products or "tricked" you into spending money on supplements that don't deliver? Instead of empty promises we make guarantees! We guarantee no other sports supplement company has a better line up of products at the top of their respected categories based on results than GET DIESEL NUTRITION. We don't put out under-dosed, over hyped products like this is some game with consumers. We put out products that are the best available!

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HARD CORE GYM #70
Brute Strength Gym
(Power & Strength in Norfolk, VA)
as told to Powerlifiting USA by Rick Brewer

Last month we saw some leprechauns wrestling at Shamrock Athletic Club. I've always loved leprechauns and even the Keebler elves, so that was fun. I saw a dwarf Michael Jackson dancing in the New York City subway tunnels one time, and that was a little scary – but other than that one incident - I applaud the wide diversity of life. This month, **I'm gonna tell you a joke about a 320# male gynecologist.** But hold on; I'm getting ahead of myself.

First, I got a note from **Gayle Schroeder** telling me about a new gym that was friendly to strongman competitors. Gayle has been powerlifting since 1986, and he's been promoting powerlifting meets for over a decade, so he knows what makes a good gym. Brute Strength Gym has many of the normal strongman events indoors: Conan's Wheel, Power-Stairs, Sled, Yoke, Tire Flipping, Farmers Walk, etc. AND they have keg throwing & a weighted wheelbarrow outside. Way cool by me.

There are some gyms that let you drag sleds outside, and a few other gyms that have some tires to flip – but not a lot of commercial gyms that have all of this under one roof. That's why most of my strongman friends are forced to train at home. The fact is, I can't think of a single top-tier strongest man competitor who primarily trains at a regular gym. But Brute Strength is not just a regular gym.

Here's the Brute Strength story, straight from the mouth of their director Gayle Schroeder, with random insertions from (me):

I've been a personal/ strength trainer since '94 and have had to train my clients at a local gym. ***Dr. David Peters****, who is now the owner of Brute Strength Gym, has been my client for the past 2.5 years.*

Over the past 3 years, I branched out into training middle and high school athletes. Not only do (I help them) squat and deadlift, but our training incorporates a lot of sled and strongman training. No machines, only free weight. Although the owners at the old gym had been gracious enough to allow me to bring in my own equipment, I was pretty much scoffed at by the grand trainers at that gym.

*David came to me to train him for strongman. He's a big man: 6'3", 320 lbs. Funniest thing is that he's a gynecologist. (****Told ya!****) Our (intimidating) presence and training methods, although tolerated, were not very appreciated. (Perhaps Dave's offer of free gynecological exams to various attractive women in the gym may have been offensive to some of them. Go figure.)*

So, 2 years ago we started working on ideas for the dream training facility. We had the same dream and vision: To train strongman events indoors and outdoors. To train for powerlifting with the best equipment. To train (high school) athletes as real athletes, not as fitness boys. Brute Strength Gym was soon born!

When I describe this gym to people, they do not understand - or think that I'm talking junk. (Is it cuz the initials are ***BS****?) But when they walk into the gym they are in awe!*

I have it set up so strongman events are good to go; from training to the actual competitions. Very little work-effort is needed to set up a strongest man event.

We have (2) 100 ft. lanes to perform; Sled [dragging, pulling and pushing]; Super Yoke, Tire Flipping, Farmers Walk. Also, my football and baseball players can work on their 40 and 60 sprints, as well as the shuttle. I also have ply blocks for them.

We have 4 power platforms: the big one have the Mono Lift and Hydraulic Squat; while the 2 smaller platforms are for dead-lifting, log-lifting or weight-lifting [we have bumper plates as well].

Indoors we also have the Power Stairs and Conan's Wheel, Atlas Stone.

This whole area is easily set up to run a Full Powerlifting or Weight Lifting Meet, with room for spectators; or a Strongman Competition [which we can also run outside]

We have a fully equipped weight room: all equipment is from Forza or Elite. Dumbbells [up to 200 lbs.] and plates from Ivanko. We have all the powerlifting needs: from bands to chains, and boards to power racks. We also have everything else; from kettlebells to medicine balls. (There is) not much we are missing.

Outside we are going to have a small track. In the center will be a permanently installed

Throw for Height [keg toss]; Shot-Put; Husafel Stone, and we already have a concrete arena for car flipping (who lets you flip their car?), and tire flipping.

Our lounge has a big screen TV (for people too lazy to work out?), on which we run DVDs of strongman, powerlifting, or the movie '300' (awesome flick!).

This is not just our dream [David's and mine]. This is every lifter's dream. If you can get out here to see it, you will not be disappointed. It's not fancy. It's not supposed to be. It's just a big warehouse (full of meaty

(continued on page 100)

Ben White
• 2007 Bench America Champion

"With Aplodan I plan to beat the WNPF record and one day become the best bencher in the world."

"I'M GOING TO BENCH 1,000 LBS!"

Staring upward at 711 pounds of cold iron, arms locked by his tight bench shirt, Ben White gripped the bar with his chalk-dusted hands. Psyched and in the zone, his entire body tensed under the stacked bar as his muscles unleashed the most explosive power he'd ever called upon. That was at Ben's last meet.

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- **Amplifies Strength for More Muscle Fiber Activation!**
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After just seven days of using a key ingredient in Aplodan, subjects were able to achieve higher muscle tension thresholds and thus increased muscle fiber activation greater than baseline (3.18 vs. 1.74 mins.). © 2008. All trademarks are owned by their respective trademark owners. Aplodan is patented.

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Kermit "Killer" Citron, 24-1 (22 KO)

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Scot Mendelson, World's #1 Bench-Presser
9 World Records in Powerlifting

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In a clinical study, GAKIC® supplementation increased the total muscle work performed during intense sets of resistance training by an average of 10.5 percent and increased fatigue resistance by up to 28 percent. © 2007. All trademarks are owned by their respective trademark owners. GAKIC is patented and available only from Team MuscleTech™. **For more information visit GAKIC.com℠.**

POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development

as told to PL USA by Timothy Ferris, ACSM

Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

***Scot Mendelson** is a big endorser of BodyQUICK*

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle.

5) The calcium connects the contractile machinery of the muscle (actin and myosin), and muscular contraction occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Incledon, president of Human Performance Specialists, a sports pharmaceutical consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as BodyQUICK

(Advertisement)

(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

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In one 8-week study, subjects using the Cell-Tech/Nitro-Tech Hardcore Stack increased their max bench by an average of 86.4 pounds.

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NUTRITION

Power Nutrition Q & A

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

Q: *I loved your last column on Quinoa. Since I read the article I have been eating it every day and I actually like it. You were on the money when you said that it will help give you more energy for your training. I noticed a big difference and so did my training partners when I was leaving them in the dust during our training sessions. I have a question for you about ginger. I have heard that it has a lot of health benefits. I like to drink ginger tea especially in the winter cold weather. My mom had me drink it all the time and I guess it has just stuck with me all these years. If you could give me some in depth info on it that would be great. Thanks again for such an interesting column. Sincerely,* ***Geoff Justinson***

A: It's nice to have you write back again. In regards to your question all I can say is that mom is always right and you should listen to her more often. Yes, ginger offers tons of nutritional benefits that just about anyone can take advantage of. Ginger has many known scientific health benefits and it also has a very positive reputation in Traditional Chinese Medicine as well. No matter which way you slice it there is a lot of good that can be taken from using ginger regularly in your nutrition plan. I am going to give you some of the major benefits that ginger has to offer your health. Let's take a look.

· Ginger has numerous different gastrointestinal benefits that everyone can take advantage of

· One of these benefits includes its positive affect on motion sickness and sea sickness. In one study it was actually put up against the most popular motion sickness drug and was found to be more effective at reducing symptoms

· Here is another benefit just about all male powerlifters can take advantage from. Actually their families and pets even more so. Ginger has been shown to have a positive effect on eliminating gas. You all know who you are and what you do once you come home from the gym.

· For those of you who get gas and cramping after a meal, ginger may just be the answer. Not only does it help eliminate that funk you carry around with you like a cloud of napalm, but it can also help ease stomach cramps. It can help soothe your little tummy when you decide to go and eat six greasy burritos because they were on sale for ninety-nine cents each.

· Another stomach related benefit to ginger is the fact that it helps stimulate digestion. This means that it will help you breakdown your foods more efficiently so your body will utilize more of the nutrients

· For those of you who know someone that has undergone chemotherapy you can fully attest that the side effects can be horrible. Ginger has been shown to have benefit for those individuals that are going through chemo and suffer from nausea. This is a common side effect that the large majority of people do suffer from. Different studies have shown that ginger does help reduce this problem

· In the Journal of Obstetrics and Gynaecology one study showed that consuming small amounts of ginger can actually reduce the symptoms of nausea and vomiting in pregnant women.

· If you suffer from rheumatoid or osteoarthritis listen up! Ginger has some very potent anti inflammatory benefits that can work wonders on your pain.

· Ginger won't only cut inflammation when taken daily, but it will also help reduce swelling as well.

· One very promising fact is that ginger has shown some very good effects on arthritis in the knees.

· In another study published in Osteoarthritis Cartilage, not only did those taking ginger find a huge improvement in their knee pain but they also noticed a huge difference in knee swelling.

· Now to make consuming ginger even sweeter I have even better news. Ginger has been shown to have antioxidant benefits as well.

· In case you didn't know antioxidants fight free radical damage that can cause such diseases like Cancer

· According to one very important study, ginger extract was shown to have anti tumour effects on your body's cells. If this doesn't make you want to start including ginger in your daily plan then I don't what will

· Another study showed that the active phytonutrient in ginger known as Gingerol can play a very important role in dealing with Cancer

· This study showed that it actually killed ovarian Cancer cells. Hey Power Vixens reading this pay attention

· This was caused by two different mechanisms. The first was autophagocytosis which in layman's terms is a form of self digestion that causes its destruction.

· The second mechanism was by apoptosis which is a form of programmed cell death.

Anthony Ricciuto *- the food guru behind www.NutritionXP3.com*

· Another thing that will blow your mind is the fact that these ovarian Cancer cells often become resistant to different drugs designed to destroy them. But this is not the case with ginger as the Cancer cells do not become resistant to its Cancer eradicating effects.

· Ginger has been shown to have benefits for those with Diabetes and high blood sugar levels. Ginger helps reduce serum glucose levels thereby helping improve Insulin sensitivity.

· Ginger also has a very beneficial effect on your cardiovascular system. It has been shown to help reduce your bad or LDL cholesterol and prevent hardening of the arteries.

· These are two things that all Powerlifters can take advantage from since cardiovascular disease is a plague in our sport

· Ginger also can help strengthen your immune system and protect you from invading pathogens. This has been shown with some respiratory tract pathogens known to wreak havoc especially on those who suffer from respiratory ailments like asthma.

As you can see, ginger offers a lot of health benefits that just about all of us can take advantage of. There are many ways to get your daily dose of ginger without it becoming a hassle. One way is to use it in your cooking. There are numerous dishes where you can use small amounts of ginger to help flavour up a bland dish. For those of you who like tea it is very easy to consume this as well. All you need to do is dice up a few slices of fresh ginger and throw it in your tea pot and boil. Once this is done, you can just drink it with your meals to help aid in the digestion process. You will love ginger tea on those cold and blustery winter mornings to help warm you up before you go out in the cold. You can also buy ginger tea in already prepared packets. You can find this at any Traditional Chinese Herbal store. I used to buy these all the time as all you have to do is add them to some hot water and the crystals dissolve. I would prefer you to use fresh ginger, but when time is of the essence this is better than chugging back some cola. For those of you who simply can't take the taste of ginger I recommend you get some ginger extract capsules. Make sure you get one that has at least a 5% concentration of Gingerols. This way you can take them without having to taste it. I actually like ginger slices with my sushi and sashimi. I add it right on top of the sushi and then dunk it in some soy sauce and wasabi. I am getting hungry just thinking about it, but in Japanese tradition it usually isn't supposed to be eaten with the sushi, but afterwards to clean your palate. Ginger should be something that you start incorporating into your nutrition plan for so many reasons. It doesn't have to be time consuming or a pain in the backside either.

Q: *I just wanted to drop you a line to tell you that I find your column new and interesting each time I pick it up. I also have one thing that I would like to see more of. Why haven't you done any interviews lately? You used to do them with different nutritionists or specialists in the past but I haven't seen one in a very long time. I like your column a lot but one of the things that I really found interesting was some of the interviews that you did. So what gives? Yours Truly,* ***Sherry Thomas***

A: Ok, you got me here, you are 100% correct. I have not run an interview in a long time, my bad! I am actually working with a few other nutritionists that specialize in different fields as we speak. I have some very interesting ideas planned for 2008. I am hoping to run at least 3-4 different interviews in the new year on some really good topics that will relate to powerlifters. I have some well thought out ideas that are going to help shed some light on several new topics that I have not discussed in the past. Just wait and see. Some of the information is going to shock you. Don't be too mad at me because you can look forward to some really in depth, out of the box topics that are really going to open your eyes on several different fronts. Each article or interview that I do does take a lot of time. There is a lot of prep work involved, and I try to make each of my articles to be

packed with info that you can actually apply to your life. If I just go off on a scientific tangent there will be a few of you that will find it interesting but the other 99% of you will just flip the page and read the next article in the magazine. I don't want that to happen so I try my best to write in a manner that best suits my intended audience. Since I can relate to the powerlifting community, I think I do a pretty good job at getting my message across. Don't be a hater, because you can look forward to some very interesting interviews coming just around the corner!

Q: *I have heard you promote extra virgin olive oil in your column numerous times. I was wondering what is the difference between the extra virgin olive oil and just the regular olive oil? I know the regular one is cheaper so I was wondering if there was any nutritional difference or is it all pretty much the same thing? If you could let me know more about this that would be great. Sincerely,* ***Latasha Johnson***

A: I have talked about olive oil numerous times before and the many good things it has to offer your health and performance. Not only does it taste great, (I guess being Italian has me biased) but if you consider just the cardiovascular benefits it has makes it a "must have" oil. Now there is definitely a difference when it comes to comparing extra virgin olive oil and other forms of olive oil. First off you should know that extra virgin olive oil (EVOO) comes from the first pressing of the olive. This makes it the most pure. This also means that it has the lowest level of acidity which is less than 1%. EVOO also signifies that the extraction process took place through physical means and not by the use of chemicals. It also contains no other subgrade refined oils added to the mix. This is why you will find EVOO to have the strongest and richest taste of any olive oils on the market. You should also look to make sure that it says "first cold pressed" on the label. This means not only that it contains oil from the first press, but also the fact that heat was not used in the extraction process which can damage the oil and cause its chemistry to be altered.

Let's take a look at the other types. Virgin Olive Oil is another one that you will see line the shelves at the grocery store. Its acidity rate will not usually exceed 2%. With Virgin Olive Oil no other refined oils can be added as well. There are no chemicals used in the extraction process. It will also not necessarily be the first press of the olive as with EVOO. Pure Olive oil is another term used on labels that you may notice when going to your local grocery store. This type of olive oil is not as "Pure" as the two above. This is usually blended oil. This refers to it being a mix of some refined oil and also a small portion of one of the purer forms of olive oil. To make sure you understand this properly you need to know what refined refers to when you are talking about olive oil. Refined means that the oil has been chemically treated. This is not good for several reasons. One major reason is the fact that it destroys the fatty acid content of the oil. The whole purpose of consuming olive oil, besides it tasting incredible (there I go again) is to take advantage of the health benefits these good fats have to offer your body. With Pure Olive Oil you are not getting the same cardiovascular benefit as when consuming EVOO. For my personal choice I wouldn't use anything but EVOO. You want an oil to remain as pure as possible and not to be laced with chemicals or solvents. You also want to make sure that the fatty acid structure is intact so you can take advantage of what nature intended. Remember, not only for olive oil, but for all foods, the closer it is to nature the better it is for you. This is a rule that I tell all my clients and one that holds true when choosing the best foods.

So, until next month, eat clean, train hard, and start eating more ginger as I guarantee your long term health will thank me later.

If you have any questions or comments please contact me at:

Aricciuto@NutritionXP3.com
Or check out my website at:
www.NutritionXP3.com

NOTE: I had a major virus take down my computer system in December that lasted close to two weeks before being resolved. If you have e-mailed me and not got a response, forgive me, as I have lost some of the e-mails and couldn't respond. If you sent me an e-mail, send it again, as all problems have been rectified.

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"Anything that exposes the truth about drug use in sport is good for ensuring the integrity of sport."
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DR. JUDD

What Can Be Learned From Marion Jones?

as told to Powerlifiting USA by Judson Biasiotto Ph.D.

Simply put Marion Jones is gifted. Even without drugs, Jones may very well have been the fastest woman on earth and arguably the greatest female athlete in the world. As a small child, she was great at everything she attempted ... softball, basketball, track and field, tennis, golf, even volleyball. At age 15, presumably without drugs, she ran the 200 meters in 22.87 seconds, breaking the national high school record, and at the age of 18, she led the University of North Carolina to a national championship in basketball. There was nothing she couldn't do in the field of sports at an elite level. Like I said, even without drugs, she was strictly world class. With drugs, she became otherworldly ... perhaps the greatest female athlete to ever walk the face of the earth. She certainly could outrun just about anything on earth and anywhere else for that matter. That is the catch ... with drugs she was wraithlike, without them simply world class. She clearly understood the circumstances, and she obviously understood the decision she had to make ... a choice that would be difficult for any athlete.

Bruce McDaniel, a former world class high jumper, informed me of the difficulty of making such a decision. "When I was in my first year of college," said Bruce, "my coach came to me and said that if I was ever going to make it to the next level, I would have to start using drugs. I was by far the best high jumper on the team. Actually, I was the best straddler in the world. To be honest, I really wasn't convinced that steroids were going to make me that much better so I begged off. Within less than a year, my competitors who were using steroids started closing in on me. Guys who were nowhere as good as I was were jumping right with me. I realized real quickly that unless I started using drugs I would never fulfill my dreams as an Olympic athlete. Believe me that decision haunted me for years, but I never succumbed to the temptation. I felt drug use was cheating, and I was concerned about the health effects. Of course, I never did realize my dream of being an Olympic athlete, which hurts to this very day. I am sure that is the same decision Marion Jones had to make. I am not saying I agree with her decision, but I understand why she made it. The way it is today, it is difficult to compete unless you cheat. That sounds terrible to say, but unless you are gifted, your chance of competing at a world class level are slim unless you use drugs. The fact is that drugs give you that much of an advantage. With drugs an average athlete can become world class, a world class athlete can become otherworldly ... they work just that well."

And what does this tell us? McDaniels summed that up nicely as well. "That old saying, 'Cheaters never win is the furthest thing from the truth.' Cheaters do win. If you want to win, you should cheat ... that is exactly what cases like Marion Jones and Barry Bonds tell us. Our children see that the way to succeed in sports is to cheat, and consequently many of them will give in to such temptation, especially when they see that the reward for cheating far outweighs the consequences. That is why I hope some day they can get on top of the drug situation and literally get cheaters out of all sports."

At least today Jones is extremely remorseful that she cheated ... NOT! As Mike Golic said, "She is sorry that she got caught ... it is forced remorse, not genuine sorrow." I would have to agree with Golic. I find it difficult to believe that Jones would ever have admitted she cheated if she had not gotten caught red handed. Let's be frank, she adamantly denied she had ever taken drugs for close to a decade. Worse yet, she sued BALCO founder Victor Conte, in 2004, for $25 million alleging Conte tarnished her reputation when he said on ABC's *20/20* that he supplied performance-enhancing drugs to Jones. She settled that lawsuit on February 5, 2006. According to Conte, the lawsuit cost him a lot of money to defend himself. She also slandered her ex-husband, C. J. Hunter, calling him a liar and a cheat. Just as revealing, she wrote in her 2004 autobiography *Life in the Fast Lane,* "I have always been unequivocal in my opinion: I am against performance-enhancing drugs. I have never taken them, and I never will." She also made this quote on Sept. 26, 2006 edition of *The New York Times* after receiving word that her "A" sample tested positive for a steroid at the U.S. Track and Field Championship. "I've defended myself against this. I said I never used performance-enhancing drugs. I'm for a drug-free sport."

What does this tell us? Simply put, that a cheater can also be good liar. One thing I will say, though, Jones understood exactly what she had done. She not only apologized to her family, friends and supporters, but she also apologized to all of her competitors, whom she had cheated. She acknowledged that her fellow competitors, teammates and the sport are paying the price for her mistakes and that her admission cannot erase all of that damage. And it certainly was major damage. Not only did she steal all of those Olympic medals from her competitors, but she also stole millions of dollars in bonuses and commercial endorsements. Bruce summed that up nicely also: "The gut wrenching thing from an athlete's standpoint is that you train your entire life to realize your goals. You do everything ethically and morally right and then a cheater comes along and robs you of all you worked for your entire athletic life ... the opportunity to compete, the recognition and - in many cases - a lot of money. That is certainly how it was for me. There were guys who would never have beaten me drug free, but they went right on past me because they were loaded on drugs. It is not fair and it hurts. I know a lot of people will say that everyone at that level is dirty. That is not the case. I never used drugs, and a lot of my friends who were world class competitors never used them. That is just an excuse for cheaters. Even if that were true, which it isn't, that still is not fair to the guy who does everything right and does not make it to that level because his competitors were loaded on drugs. Who knows, that guy you never heard of may very well be a world class competitor if everyone was drug free. That is the problem; good people are being robbed of their dreams."

Of course, Jones paid for her cheating and indiscretion. All of her medals, as well as her relay teammates' medals, had to be returned, and she was required to repay an estimated $750,000 that she was awarded for her winnings. Actually, the financial penalty was rather lenient considering that she earned over $20 million in endorsement moneys from her victories. That goes without mentioning the money and glory she stole from her competitors. Australian Olympic Committee Chief John Coates echoes those sentiments: "It's very, very disappointing for all of the athletes that competed against her (Jones). ... I don't think an acknowledgment now will ever right the injustice for those other ladies who were robbed of glory, money and opportunities. I would hope that she is punished thoroughly." Darryl Seibel, spokesman for the U.S. Olympic Committee, agrees with Coates: "Our position on doping is unequivocal. Doping is cheating, and under no circumstance will it be tolerated. If an athlete cheats, they deserve to pay the price for their action."

What can we learn from this? Perhaps Jon Drummond, a gold medalist in the 400 relay in Sydney summed it all up best: "Any use of performance-enhancing substances is a tragedy for the athlete, their teammates, friends, family and the sport. It's like that old saying, 'Cheaters never win.' So no matter how glorious or glamorous things look, you'll get caught and pay a price for it. It doesn't help track and field at all, except maybe by letting the world know that people always get to the bottom of things. We shouldn't be afraid of the truth, but it's sad it came to this. I hope it never happens again, but I am sure it will."

***Dr. Judd Biasiotto** squatting a world class 603 in the 132lb. class.*

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STARTIN' OUT

EXERCISE FORM

as told to PL USA by Doug Daniels

Assistance exercises can strengthen weaknesses and build on strengths on all three powerlifts. They also add variety to our workouts and also help improve our physiques. The trouble is, we do not always get the results we'd expect from our efforts. The countless tricep press downs you grunted out the last training cycle did not translate to an improved bench press. Things do not add up, but the answer may be very easy to find.

Look first at your exercise form used on your assistance work. Most lifters start out with great attention to exercise form, properly performing assistance lifts. But to keep the weight increasing, lifters add other muscles outside of the targeted ones, decreasing the range of motion of the exercise or add momentum. Ingenious lifters combine all these weight enhancing techniques to keep the weight moving up. The result is an assistance exercise barely resembling what the lifter started using.

Every exercise has standard cheating techniques universally shared by lifters. Let's look at a few of the most popular assistance exercises and the cheating techniques most commonly used. While you're reading, take an objective look at your own technique to see if it applies to you.

Let's begin with the most popular assistance exercise, the bicep curl. The majority of lifters do not lower the bar to full extension, thereby reducing the range of motion. Lifters justify this by saying this keeps tension on the bicep for building a Mr. Olympia bicep peak. This is a tired excuse. A lifter knows exactly how far he can lower the weight in a lift and still get it back up again. If he'd lower it another inch, he would not to be able to curl it up again. This is similar to cutting a squat off high, any lower and they would get buried. That is an instinctive ability lifters are born with. Another popular curl cheat is turning it into a reverse grip power clean. The weight is heaved up using more lower back and traps than biceps. Combining reducing range of motion with the reverse power clean heave-ho creates the best scenario. For best results, perform your curls with a full extension and contraction with a full range of motion. Keep your back straight and curl with the biceps, don't lift the weight using power clean technique.

Bent over rowing is a favorite lat exercise. This can resemble a bent over power clean curl as in the example above. A lot of swinging and heaving, not much lat work. Keep your back flat, parallel to the ground and pull your elbows back with the lats using the arms as hooks. Using a rowing machine can help reduce your swinging, but are not cheat-proof.

Shrugs are the best choice for deadlift lockout power, but best results come only if the traps are doing the shrugging. Too many lifters' shrugs consist of bending their arms with little, if any, shrug motion. Focus on shrugging with your traps, again using the arms as hooks. If you can bend your arms with your shrug weight, you're using some weenie weights. Use your traps to shrug and watch your deadlift improve.

Incline benches work the upper pecs and front delts. The inclined angle of the bench reduces the contribution from the pecs so less weight can be used than in the standard flat bench press. Resourceful lifters have conquered this limitation. As they press the bar, they raise their butts and lower back off the bench, moving their torso parallel to the floor, turning this exercise into a pseudo flat bench. Might as well stick with flat benches in this case. If you chose to do inclines, maintain the proper position on the incline bench. A rule of thumb is the greater the incline angle; the less pec and more delt. A thirty-degree angle may be best all around incline angle of choice.

Decline benches focus on overloading the lower pec. Some lifters claim that they can decline more than they can flat bench. The reason this is possible is they lower the bar below their chest, nearer their waists, decreasing the range of motion. Physics 101 teaches us that the less distance you need to move something, the easier it is. If you chose to do declines, lower the bar to chest level for a full range of motion and best results.

Tricep pulley pressdowns are great for building bench power but they are also victims of workarounds. They're several ways of cheating on this exercise. Leaning into the movement helps to get weight down. Keeping the elbows out away from the body adds the delts, pecs and lats to the exercise making it a dip like movement. Leaning more to one side than the other, results in more than 50% of the weight being moved by one side of your body. This results in uneven strength development and imbalance. Of course, throw in decreasing range of movement either on top or on the bottom. The pulley cable should remain in line with your nose to be sure each arm is doing its equal share. Bring the weight up as far as you can while keeping your elbows locked to the side of your torso and press the weight down to lockout.

These are just a few examples. As I wrote earlier, every exercise has some standard cheating technique. If I have described your exercise form, drop the weight used and learn and maintain proper form. This can be the hugest challenge for most lifters. Using lower weights with perfect form can be very ego killing. I sound like a skipping CD but the judges and spectators at the meets DO NOT CARE how much you can cheat curl or heave row. Using proper exercise form also greatly decreases the chance of injury. For best results, keep continual tabs on your exercise form. Increase the weight and reps only when you can do it using proper form. Have a knowledgeable lifter demonstrate proper form and critique your form. There is a chance you were performing exercise incorrectly from the get-go. If your assistance exercises are going up but your competitive lifts aren't, step back and objectively examine your exercise form.

***Bruce Randall** made huge gains in strength and bodyweight doing the Good Morning exercise. The key in any assistance movement for the powerlifts is to use enough weight to stimulate the muscles involved, but not so much weight that proper form (and maybe something else!) gets broken in the process.*

OPINION

Dear Mr. Gallagher,

I hope I caught you before you put your thesaurus away. I wanted to respond to your article in the October issue of *Powerlifting USA*. I was not intending to respond to yours, but you brought out so many valid points, I couldn't resist.

First of all, I am not sure where you are from but we Northerners don't consider NASCAR to be a sport nor do we consider the drivers to be athletes. Comparing powerlifting to race car engines caught my attention. You indicate how NASCAR placed **limits** on engine size and did so due to advances in technology. Please don't get me wrong, I am in favor of technology, but not in favor of changing the rules of our sport. Why was it ok for NASCAR to place limitations on engines, but not ok for Powerlifting to do the same? Probably for starters, unlike NASCAR, we have some 20 different organizations all of which due to egos and for monetary reasons have let our rules go to hell. How much technology did it take to go from a single ply to a double ply to a triple ply? I don't believe that was rocket science. As I stated before, when bench shirts were established, they were defined as a tight fitting t-shirt and had to follow the design of a t-shirt. Explain to me how an open back Velcro bench shirt mimics a t-shirt? Oh, I know, it's technology.

Math was my best subject in school and I greatly appreciated the fact that you figured out the percentages that shirts have typically added to one's bench press. You indicated that lifts in the bench press have improved by 40-60% and someday it may go to 100%... Can you tell me of any sport, legitimate or not, whereby an improvement of 40-60% was found and deemed acceptable? Can you imagine what would happen if the sport of weightlifting saw the type of improvement that we have seen in Powerlifting. It is making a joke out of the sport I have enjoyed for almost 40 years. ***Sometimes you have to put the sport first, ahead of everything else***. We have leaders of organizations and equipment manufacturers that support the philosophy that bigger is better, but what do you think goes through the average person's mind when he sees an individual bench 300 in the gym and 500 in a shirt. Does he come away saying "Wow that guy got 200 lbs. out of his shirt, wasn't that awesome".

I don't have a problem with technology; I just spent $80,000.00 on a laser that treats periodontal disease and am one of a handful of dentists in Ohio who have one. Yes, companies like Titan went to a stronger material and a new design. They worked within the guidelines and due to supply and demand and, probably for financial reasons, also manufacture double ply shirts. I also don't find fault with the lifters who go to triple ply or squat 4 inches high. The problem is with the organizations that allow the referees to pass a squat that is 4 inches high or a bench press where by the bar goes to the waist or they never lock out.

If, and this is a big if, the sport of powerlifting became an Olympic sport, what do you think would happen? First of all, they would want to work with an organization that has a large international following. They would also insist on a strong drug testing program. I also believe they would want an organization that adheres to a strict set of rules. The IPF has more competing countries than any other organization, they drug test and they still adhere to the basic rules of the sport. How do you explain it when an IPF champion has trouble making the Top 20 list of "*Powerlifting USA* Magazine"? Oh, I forgot, it's technology.

If a 220 lb. lifter can squat 1,000 lbs going 4 inches high wearing a double ply canvas suit with extra long knee wraps, then I give him a great deal of credit. Is that person stronger than a 220 lb lifter who squats 800 in an IPF meet? I don't know, but until the two compete head to head, I believe each one deserves credit based on what they did under a particular set of circumstances. Please don't tell me that the lifter squatting 800 is anti-technology. I recently spoke with 2 meet directors running non-sanctioned meets. Both allow for double ply, but not triple ply. Are they anti-technology? Their comments were they didn't want it to look like a circus with the triple ply. Can someone explain to me why it doesn't look like a circus with double ply or even single ply? Wherever a lifter wants to compete, under whatever conditions is all right with me. Until they have competed on the same platform with the same conditions, don't tell me one is better than the other. Each lifter has their own valid reasons for lifting as they do.

When the sport of powerlifting evolved it basically divided into 2 groups, drug free and not. You are right that we have way too many variables nowadays to secure a fair ranking system. I believe we have 3 basic groups of lifters; raw; single ply lifters who adhere to basic rules and, lastly, anything goes lifters. Each group needs to respect the others and that was my point.

Some of the higher lifts are due to technology, but most are due to heads of organizations, meet directors, equipment manufacturers and referees that have allowed the sport of powerlifting to change for the worse. You indicated that your 700+ bench press friend doesn't work his raw bench and instead of spending a year to add 50 lbs. to his raw bench he might get the 50 lb. jump by working with his shirt. Doesn't this sound absurd to you? It is a joke, not technology. So what do you tell an individual who is getting started in the sport of Powerlifting? Do you tell them it's not about how strong you are, it's about how you can master the equipment? What other sport is there that is not based on athletic performance but instead on equipment or what you call technology? Football, Basketball, Baseball, Hockey, Wrestling, Track and Field, Volleyball, I don't believe so. Now don't put words in my mouth. As in the example I gave previously, the 1,000 lb squatter is an athlete, but look at what some of these lifters are getting credit for. You gave me credit as a sensitive, intelligent person. I am hoping that you are brighter than some of these individuals that go on line and make no sense (Yes, I'm talking about you Billy).

I think I'm going to invent a bowling ball that explodes when it hits any pin and assures each person of a 300 game. Wouldn't that be wonderful? Technology is such a wonderful thing.

Larry Miller D.D.S.

Larry Miller DDS *is one of the best master bench pressers in USAPL and IPF history.*

Lamar Gant is the best of the best in the deadlift.. the shot above is from 1982 when he pulled the all time best in this weight class.

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S

123 Pound (56 Kilogram) Weight Division -- DEADLIFT

	BP	X-Bwt	American Male Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	639.3	(290.0)	*5.18X Lamar Gant/57 7/10/82 (290.0 kg. @ 56.0 kg. 1st. man to DL quint bw.) (Dayton, Oh) (USPF/IPF)
2.	578.7	(262.5)	*4.69X Damarrio "Doc" Holloway/80 4/30/06 (262.5 kg. @ 56.0 kg.) (Duluth, Georgia) (USAPL)
3.	573.2	(260.0)	*4.65X Richard Hawthorne/84 5/17/03 (260.0 kg. @ 123.4 lb.) (Gadsden, Alabama) (WABDL)
4.	573.2	(260.0)	*4.68X Mike Ewoldsen/65 2/13/05 (260.0 kg. @ 122.5 lb.) (Oklahoma City, Oklahoma) (NASA)
5.	562.2	(255.0)	4.55X Tim Taylor/66 10/28/89 (255.0 kg.) (Hills Air Force Base, Utah) (NSM)
6.	556.7	(252.5)	4.51X Dave Pattaway/59 7/28/90 (252.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
7.	551.2	(250.0)	4.46X Eric Kupperstein/66 3/6/04 (250.0 kg.) (Plymouth, Massachusetts) (USAPL)
8.	549.5	(249.2)	4.45X Mike Cross/47 8/30/74 (550.0 lb., which later weighed out at 549.5 lb.) (Arlington, Texas) (AAU)
9.	548.3	(248.7)	4.44X Allen Clark/51 2/19/72 (548.25 lb.) (Texas) (AAU)
10.	540.0	(244.9)	4.37X Miguel Castro 11/19/88 (540.0 lb.) (Schererville, Indiana) (ADFPA)
11.	534.6	(242.5)	4.33X Ernesto Milian/47 11/21/87 (242.5 kg.) (Dayton, Ohio) (APF/WPC)
12.	529.1	(240.0)	4.29X Bobby Adams 3/11/89 (240.0 kg.) (Fort Hood, Texas) (USPF)
13.	525.0	(238.1)	4.25X Joe Bradley/56 5/13/78 (525.0 lb.) (Port Edwards, Wisconsin) (USPF)
14.	523.6	(237.5)	4.24X Clarence Fielder 7/31/92 (237.5 kg.) (Raleigh, North Carolina) (USPF)
15.	520.0	(235.9)	4.21X Herb Blake/58 12/9/89 (520.0 lb.) (Adel, Georgia) (USPF)
16.	518.1	(235.0)	*4.23X Jeremy Scruggs/83 9/11/05 (235.0 kg. @ 55.6 kg.) (Fort Wayne, Indiana) (USAPL/IPF)
17.	513.7	(233.0)	4.16X Dave Weiss/69 8/24/96 (233.0 kg.) (Chicago, Illinois) (ADFPA/WDFPF)
18.	512.6	(232.5)	4.15X Bob Lech 8/18/79 (232.5 kg.) (Bay Saint Louis, Mississippi) (USPF)
19.	512.6	(232.5)	4.15X M. Long 2/13/88 (232.5 kg.) (Dallas, Texas) (USPF)
20.	507.1	(230.0)	4.11X Alan Whigham/75 5/4/02 (230.0 kg.) (Saint Louis, Missouri) (USAPL)
21.	507.1	(230.0)	4.11X Roman Garcia/84 12/4/04 (230.0 kg.) (Harlingen, Texas) (APF)
22.	507.1	(230.0)	*4.14X Erwin Gainer/66 10/15/07 (230.0 kg. @ 55.5 kg.) (Soelden, Austria) (USAPL/IPF)
23.	501.6	(227.5)	*4.06X Russ Steinhouser 6/2/84 (227.5 kg. @ 56.0 kg.) (Portland, Maine) (USPF)
24.	501.6	(227.5)	4.06X Lance Mays 4/25/92 (227.5 kg.) (Dallas, Texas) (NASA)
25.	501.6	(227.5)	4.06X Sinh Connolly 12/17/94 (227.5 kg.) (Kailua-Kona, Hawaii) (ADFPA)
26.	501.6	(227.5)	4.06X Pete Gutierrez 3/15/97 (227.5 kg.) (Chicago, Illinois) (ADFPA)
27.	501.6	(227.5)	4.06X Marc Morishige 11/15/01 (227.5 kg.) (Reno, Nevada) (WABDL)
28.	501.6	(227.5)	4.06X Bobby Sanders 11/17/02 (227.5 kg.) (Reno, Nevada) (WABDL)
29.	500.0	(226.8)	4.05X O'Neal Simmons 1995 (500.0 lb.) (Texas State Championships) (THSPA)
30.	496.0	(225.0)	4.02X Glen Shoblock 10/4/80 (225.0 kg.) (Lebec, California) (USPF/IPF)
31.	496.0	(225.0)	4.02X Cedric Butler 4/11/87 (225.0 kg.) (Fort Knox, Kentucky) (USPF)
32.	496.0	(225.0)	4.02X Mark Hartman/73 7/25/92 (225.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
33.	495.0	(224.5)	4.01X Julio Nunez/43 3/3/79 (495.0 lb.) (Denver, Colorado) (AAU)
34.	490.5	(222.5)	3.97X Tim Durachta 6/15/96 (222.5 kg.) (Saint Louis, Missouri) (ADFPA)
35.	490.5	(222.5)	3.97X Wil Taylor/69 3/29/98 (222.5 kg.) (Denver, Colorado) (USAPL)
36.	490.0	(222.3)	*4.12X Roger Thompson 11/7/98 (490.0 lb. @ 119.0 lb.) (Effingham, Illinois) (NSM)
37.	486.1	(220.5)	3.94X Vincent Niedoliwka 6/14/02 (220.5 kg.) (Killeen, Texas) (USAPL)
38.	485.0	(220.0)	*3.97X Ralph Caputo 7/23/83 (220.0 kg. @ 55.44 kg.) (Austin, Texas) (USPF)
39.	485.0	(220.0)	*3.94X Trey Cunningham/79 9/15/00 (220.0 kg. @ 55.8 kg.) (Chia Yi, Taiwan) (USAPL/IPF)
40.	485.0	(220.0)	*3.94X Mika Kiletico/80 9/14/01 (220.0 kg. @ 55.9 kg.) (Sofia, Bulgaria) (USAPL/IPF)
41.	485.0	(220.0)	3.93X Joseph Bernazzani 10/9/71 (485.0 lb.) (San Bernandino?, California) (AAU)
42.	485.0	(220.0)	3.93X Norb Paterniti 11/17/84 (485.0 lb.) (Slippery Rock, Pennsylvania) (NSM)
43.	485.0	(220.0)	*3.93X Ken Snell/59 5/5/02 (485.0 lb. @ 56.0 kg.) (Lakeland, Florida) (NSM)
44.	480.0	(217.7)	3.89X Eldrid Richard 2/6/88 (480.0 lb.) (Tacoma, Washington) (ADFPA)
45.	480.0	(217.7)	3.89X Terrence Winters 5/21/88 (480.0 lb.) (Spokane, Washington) (NSM)
46.	479.5	(217.5)	3.88X Joe Lusk 5/11/85 (217.5 kg.) (Dallas, Texas) (USPF)
47.	479.5	(217.5)	3.88X Galen Takushi 10/20/85 (140.0 kg.) (Honolulu, Hawaii) (USPF)
48.	479.5	(217.5)	*3.90X Allen Young 1/10/87 (217.5 kg. @ 55.75 kg.) (Camden, Arkansas) (NSM)
49.	479.5	(217.5)	3.88X Brian Foddrill 7/14/89 (217.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
50.	475.0	(215.5)	3.85X Marion Ray 3/22/80 (475.0 lb.) (Muscatine, Iowa) (USPF)

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.

Dave 'Slice' Weiss ... was a very successful national competitor in the A.D.F.P.A. during the 90s.

Vince Niedoliwka accomplished a lot as a teen lifter. Above he is competing at the 2002 USAPL Men's National Championship.

Herb Blake ... a warrior at the military and open national level, his best ever pull of 520 places him 15th of all time in the 123s.

Glen Shoblock was born to deadlift and he did his best at the Central California Championship in Lebec, California back in 1980.

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S

105 Pound (48 Kilogram) Weight Division -- DEADLIFT

BP	X-Bwt		American Female Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	403.4	(183.0)	*3.81X Jennifer Maile/84 2/9/02 (183.0 kg. @ 48.0 kg.) (Chicago, Illinois) (USAPL/IPF)
2.	402.3	(182.5)	*3.82X Majik Jones/53 1/28/84 (182.5 kg. @ 47.8 kg.) (Austin, Texas) (USPF/IPF)
3.	380.3	(172.5)	*3.62X Diana Rowell/57 1/29/83 (172.5 kg. @ 47.6 kg.) (Chicago, Illinois) (USPF)
4.	380.3	(172.5)	*3.62X Margaret Kirkland/63 8/4/07 (172.5 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
5.	369.3	(167.5)	3.49X Elizabeth "Ann" Leverett/54 12/7/96 (167.5 kg.) (Adel, Georgia) (USPF)
6.	363.8	(165.0)	*3.44X Sherri "Renee" Burns 5/6/88 (165.0 kg. @ 47.9 kg.) (Brussels, Belgium) (USPF/IPF)
7.	349.4	(158.5)	*3.31X Doris Simmons/52 7/28/90 (158.5 kg. @ 47.9 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
8.	349.4	(158.5)	*3.34X Paula Kovalchik/53 10/4/97 (158.5 kg. @ ~47.5 kg.) (Wilkes-Barre, Pennsylvania) (USAPL)
9.	347.2	(157.5)	*3.35X Terry Dillard-Blanchard/53 2/20/82 (157.5 kg. @ 47.06 kg.) (Auburn, Alabama) (USPF)
10.	347.2	(157.5)	*3.34X Sue Strezze-Benford 12/12/87 (157.5 kg. @ 104.0 lb.) (Columbus, Ohio) (APF)
11.	341.7	(155.0)	*3.26X Denise Johnson 2/20/82 (155.0 kg. @ 47.6 kg.) (Auburn, Alabama) (USPF)
12.	341.7	(155.0)	*3.29X Carmela Baqui/66 11/15/02 (155.0 kg. @ 104.0 lb.) (Reno, Nevada) (WABDL)
13.	341.7	(155.0)	*3.25X Ashley Matherne/83 9/8/04 (155.0 kg. @ 47.7 kg.) (Pretoria, South Africa) (USAPL/IPF)
14.	340.0	(154.2)	*3.40X Kate Washburn 10/30/99 (340.0 lb. @ 100.0 lb.) (Troy, New Hampshire) (APF)
15.	336.2	(152.5)	3.18X April Delmore/67 12/7/96 (152.5 kg.) (Adel, Georgia) (USPF)
16.	336.2	(152.5)	*3.18X Caitlin Miller/90 2/5/05 (152.5 kg. @ 47.9 kg.) (Saint Louis, Missouri) (USAPL/IPF)
17.	335.0	(152.0)	*3.28X Michelle Bertoli/50 11/29/03 (335.0 lb. @ 102.0 lb.) (Albany, New York) (IPA)
18.	330.7	(150.0)	*3.21X Pam Meister 1/26/80 (150.0 kg. @ 46.7 kg.) (Los Angeles, California) (USPF/IPF)
19.	330.7	(150.0)	*3.13X Nan Trowbridge 4/5/86 (150.0 kg. @ 105.5 lb.) (Boston, Massachusetts) (ADFPA)
20.	330.7	(150.0)	3.13X Peggy Box 1/30/88 (150.0 kg.) (Austin, Texas) (USPF)
21.	330.7	(150.0)	*3.13X Jeanna Pacyga 7/16/88 (150.0 kg. @ 105.75 lb.) (Columbus, Ohio) (APF/WPC)
22.	330.7	(150.0)	3.13X Jill Harrison 6/19/92 (150.0 kg.) (Las Vegas, Nevada) (NASA)
23.	330.7	(150.0)	*3.13X Beth Fisher-Street/65 5/5/95 (150.0 kg. @ 47.9 kg.) (Chiba City, Japan) (IPF)
24.	330.7	(150.0)	*3.13X Suzanne "Sioux-Z" Hartwig-Gary/68 11/14/98 (150.0 kg. @ 48.0 kg.) (Baltimore, MD) (USAPL)
25.	330.7	(150.0)	*3.13X Kim Goff/80 4/15/00 (150.0 kg. @ 105.75 lb.) (Colorado Springs, Colorado) (USAPL)
26.	330.7	(150.0)	*3.23X Cheryl Anderson/75 2/16/07 (150.0 kg. @ 46.5 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
27.	330.0	(149.7)	3.12X L. Fox 11/9/96 (330.0 lb.) (Oskaloosa, Iowa) (NSM)
28.	330.0	(149.7)	*3.12X Brandi Tucker 3/19/04 (330.0 lb. @ 105.7 lb.) (Killeen, Texas) (THSPA)
29.	325.2	(147.5)	*3.10X Kathy Tuite 2/20/82 (147.5 kg. @ 47.62 kg.) (Auburn, Alabama) (USPF)
30.	325.2	(147.5)	3.07X Naomi Prince 4/5/87 (147.5 kg.) (Schererville, Indiana) (ADFPA)
31.	325.2	(147.5)	3.07X Glynis Ramirez-Bierria/63 2/25/90 (147.5 kg.) (Shawnee, Oklahoma) (USPF/IPF)
32.	325.2	(147.5)	3.07X Shirley Scheffler/59 7/7/92 (147.5 kg.) (San Diego, California) (USPF)
33.	325.2	(147.5)	3.07X Lori Ferrero 7/21/95 (147.5 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
34.	325.0	(147.4)	3.07X Janet Belton 10/13/85 (325.0 lb.) (North Miami Beach, Florida) (USPF)
35.	325.0	(147.4)	*3.14X LaKenya Wysinger 3/24/00 (325.0 lb. @ 103.4 lb.) (Killeen, Texas) (THSPA)
36.	325.0	(147.4)	*3.13X Ashley Hudson-Robbins/77 7/14/01 (325.0 lb. @ 104.0 lb.) (Marietta, Georgia) (USPF)
37.	320.0	(145.1)	3.02X Judith Gedney/40 8/86 (175.0 lb.) (Milian, Illinois) (NSM)
38.	319.7	(145.0)	*3.21X Joan Fruth/54 2/20/82 (145.0 kg. @ 45.2 kg.) (Auburn, Alabama) (USPF)
39.	319.7	(145.0)	3.02X Nancy Belliveau/53 10/7/84 (145.0 kg.) (San Francisco, California) (USPF)
40.	319.7	(145.0)	3.02X Shirley Gutierrez 12/7/85 (145.0 kg.) (San Jose, California) (USPF)
41.	319.7	(145.0)	*3.05X Debbie Burke 4/6/91 (145.0 kg. @ ~47.5 kg.) (Chicago, Illinois) (ADFPA)
42.	319.7	(145.0)	*3.07X Lynne Fuller-Barlow/59 11/7/98 (145.0 kg. @ 104.0 lb.) (Lewiston, Maine) (APF)
43.	319.7	(145.0)	3.02X Stephanie Kubik 11/15/03 (145.0 kg.) (Escondido, California) (USAPL)
44.	315.0	(142.9)	*3.00X B. Conis 4/30/83 (315.0 lb. @ 105.0 lb.) (Ames, Iowa) (USPF)
45.	315.0	(142.9)	*3.00X Elaine "Scraps" Kunkle-Grimwood/70 11/19/04 (315.0 lb. @ 47.6 kg.) (Shamokin Dam, PA) (IPA)
46.	314.2	(142.5)	*3.06X Debbie Spaeth 1/28/84 (142.5 kg. @ 46.5 kg.) (Austin, Texas) (USPF/IPF)
47.	314.2	(142.5)	2.97X Silver Gotshalk 5/12/84 (142.5 kg.) (Indianapolis, Indiana) (ADFPA)
48.	314.2	(142.5)	2.97X Pam Booth 8/5/84 (142.5 kg.) (Chillicothe, Ohio) (USPF)
49.	314.2	(142.5)	2.97X G. Frederick 6/14/87 (142.5 kg.) (Clearfield, Pennsylvania) (USPF)
50.	314.2	(142.5)	2.97X Delcy Palk 7/14/89 (142.5 kg.) (Las Vegas, Nevada) (USPF/IPF)

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.

Kathy (Tuite) Leistner ... *made a lift 25 years ago at the 1982 Women's Nationals that still ranks in the ALL TIME TOP 50 today.*

Jennifer Maile *pulled an IPF World Record 403 lbs. at the 2002 USAPL Women's National Championship in Lincolnwood.*

Diana Rowell *did numerous spectacular deadlifts in the 80s.*

Majik Jones *is only the second woman in U.S.A. 105 lb. history to break the 400 pound barrier.*

Sherri Burns *did her best deadlifting at the 1988 IPF Women's Worlds in Brussels.*

Ask the Doctor

Antioxidants - Maximizing the Training Effect

as told to PL USA by Mauro Di Pasquale M.D.

This is the second in a series of three articles outlining the effects and benefits of what I call the Foundation Supplements. In my MD+ line of supplements the Foundations Supplements are represented by MVM, a multiple vitamin and mineral formula formulated for anyone who's serious about exercise, Antiox, a complete antioxidant formulation, and EFA+, an essential fatty acid formulation that has much more than just the essential fatty acids. For more information on all three of these go to www.MDPlusStore.com and don't forget to use the discount code PLUSA to get 15% off anything in my store.

Antioxidants form a front line defense against cell damage caused by free radicals, which are involved in muscle, joint and tendon damage and inflammation, degenerative arthritis and even in the aging process. The use of antioxidants can reduce free radical damage that occurs when we exercise[1] and can also attenuate the ongoing damage to injured tissues caused by free radicals, thus accelerating the healing process.

Antioxidants, such as vitamins C and E (see under Vitamins below), selenium, green tea, reduced glutathione and N-acetyl-cysteine (NAC) can play an important role in reducing inflammation and fatigue, decreasing tissue damage, and in both preventing and treating injuries.

Various antioxidants, such as vitamin E, have been found to be useful in the treatment of some forms of arthritis[2] and in dealing with the oxidative stress of exercise.[3] As well, oxidative damage has been shown to contribute to the pathogenesis of injuries and arthritis, and the use of antioxidants, such as NAC,[4] shown to have therapeutic value for reducing endothelial dysfunction, inflammation, fibrosis, invasion and cartilage erosion.

A recent study found that a combination of 2 antioxidants, selenomethionine and epigallocatechin-gallate (the main antioxidant in green tea extract), had beneficial effects on catabolic and anabolic gene expression of articular chondrocytes.[5] The authors of the study concluded that "Our data provide insights into the mechanisms whereby ECGg and selenium modulate chondrocyte metabolism. Despite their differential mechanisms of action, the 2 compounds may exert global beneficial effects on articular cartilage."

Vitamin C

Vitamin C is essential to proper collagen synthesis, and this is evident in the vitamin C deficiency disease scurvy, in which the collagen fibers synthesized in the body cannot form fibers properly, resulting in lesions, blood vessel fragility and poor wound healing.

Vitamin C has been shown to have some anticatabolic effects that likely involves decreasing exercise induced cortisol but may also have some effects through its antioxidant action. Conversely, some of the anticatabolic effects of antioxidants may be mediated through a decrease in cortisol.

Antioxidants may be of some use in training induced muscle ischemia and injury. Research shows that exercise can adversely affect muscle tissue by increasing the formation of free radicals. These free radicals can then lead to muscle fatigue, inflammation and muscular damage.[6] During normal conditions free radicals are generated at a low rate and neutralized by antioxidant enzymes in the liver and skeletal muscle and other systems. Unfortunately, the increase in free radicals caused by exercise accompanies a simultaneous decrease in the supply of antioxidants to handle them. Vitamin E, for instance, can be severely decreased by training thus depleting muscle of its major antioxidant force.[7]

A study examined the potential protective effect of pretreatment with corticosteroids or antioxidants (ascorbic acid or allopurinol) in rabbits with reperfusion-induced damage to skeletal muscle after ischemia.[8] In this study 4 hours of limb ischemia induced by a pneumatic tourniquet, followed by reperfusion for 1 hour, caused a considerable amount of ultrastructural damage to the anterior tibialis muscles accompanied by a rise in circulating creatine kinase activity. Pretreatment of animals with depomedrone by a single 8 mg bolus injection led to a preservation of the anterior tibialis structure on both light and electron microscopy. High-dose continuous intravenous infusion with ascorbic acid (80 mg/hr) throughout the period of ischemia and reperfusion also preserved skeletal muscle structure, although allopurinol in various doses had no protective effect.

These data are fully compatible with a mechanism of ischemia/reperfusion-induced injury to skeletal muscle, involving generation of oxygen radicals and neutrophil sequestration and activation. They also indicate that damage to human skeletal muscle caused by prolonged use of a tourniquet is likely to be reduced by simple pharmacological interventions.

Vitamin C is necessary for collagen synthesis and is a strong antioxidant with beneficial effects on pro-inflammatory cytokines.[9] Research on vitamin C shows that it may have important effects in reducing pain and inflammation secondary to exercise. In one study 400 mg daily of vitamin C reduced post exercise pain and inflammation.[10] Vitamin C is involved in the enzymatic hydroxylation of proline to form 4-hydroxyproline, an amino acid that is an integral part of collagen and elastin.

Coenzyme Q10 (ubiquinone-10)

Coenzyme Q10 acts as an electron carrier of the respiratory chain in mitochondria. As well, it has been shown that the reduced form of coenzyme Q10 is an important physiological lipid-soluble antioxidant and scavenges free radicals generated chemically within liposomal membranes.[11,12] It has also been shown that vitamin E and ubinone increase physical working capacity of experimental animals.[13]

Generation of free radicals and subsequent lipid peroxidation have been proposed to contribute to delayed tissue damage. One study has found that ascorbate and ubiquinol levels were decreased after trauma.[14] In this study, changes in tissue levels of ubiquinol, but not ascorbate reflected the degree of trauma. The authors suggest that ubiquinol levels may provide a useful marker of the oxidative component of the secondary injury response.

Zinc

Zinc deficiency in humans is widespread[15] and athletes may be particularly prone to lower plasma zinc levels.[16] Zinc is a constituent of more than a hundred fundamentally important enzymes, so zinc deficiency has many negative effects on almost every body function.[17] As well, zinc deficiency can adversely effect the reproductive hormones and as such impair athletic efforts.[18]

Zinc deficiency adversely affects protein synthesis. In one study the effects of zinc deficiency in rats, on the levels of free amino acid in urine, plasma and skin extract were investigated.[19] Zinc deficiency adversely affected skin protein synthesis. Especially where a deficiency may be present, supplemental zinc has resulted in an increase the secretion of growth hormone and IGF-I,[20] and testosterone[21] and to raise plasma testosterone and sperm count.[22,23]

Magnesium

Magnesium supplementation has been shown to increase protein synthesis and strength.[24] In another study the authors felt that insulin sensitivity can be improved by reduction of excessive body weight, regular physical activity and, possibly, by correcting a subclinical magnesium deficiency.[25]

Calcium

Calcium permits the contractile filaments of the muscle cell -actin filaments and myosin filaments- to

(continued on page 69)

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WDFPF World Powerlifting
18 NOV 07 - Grangemouth, SCO

Powerlifting	SQ	BP	DL	TOT
WOMEN				
98 lbs.				
Master VI				
Gedney-USA	221!*	116!*	255!*	594
	4th-SQ-226!*			
129 lbs.				
Master I				
Smith-IRE	231	143!*	253	628
176 lbs.				
Master I				
Anderso-SCO	374!*	237!*	429!*	1041!
Raw				
98 lbs.				
Master VI				
Gedney-USA	181	104	249	535
105 lbs.				
Master V				
Reeves-ENG	77	77!*	209	363
123 lbs.				
Master II				
Lozano-FRA	231!*	137	308	677!*
Open				
Marinov-GER	192	132	286	611
129 lbs.				
Open				
Isaac-ENG	181	132	308	622
Master I				
Smith-IRE	154	115!*	253	523
139 lbs.				
Open/Master V				
Kostadin-AUS	242!*	145!*	308!*	696!*
154 lbs.				
Open				
Freeman-ENG	286	154	380	821
Vogt-SWI	242	154	308	705
176 lbs.				
Open				
Roddie-IRE	253	154	319	727
Teen III				
Rebman-USA	297	143!*	297!*	738!*
198+ lbs.				
Open				
Saussios-FRA	314	231	451	997
MEN				
132 lbs.				
Master II				
Brown-ENG	385	198	474!*	1058
Master V				
Morrison-USA	275	187	319	782
148 lbs.				
Master IV				
McBride-SCO	440	264	523!*	1229!
Master V				
Colella-ITA	446	237	407	1091
Junior				
McNab-ENG	341	242	374	959
165 lbs.				
Open				
Brown-SCO	529	308	545	1383
Mikosz-ENG	507	330	440	1278
Master II				
Troullis-GBR	485!*	314!*	606!*	1405!
Master III				
Forde-IRE	451	242!*	468!*	1162!
Gayton-USA	374	264	440	1080
Master IV				
DeLaport-FRA	396	281	463	1140
	4th-SQ-418!*			
181 lbs.				
Open				
Rowe-ENG	485	308	534	1328
O'Duill-IRE	474	325	507	1306
Master I				
Redmond-IRE	—	—	—	—
Master IV				
Campbel-SCO	418	303	418	1140
198 lbs.				
Open				
Meldon-ENG	606	385!*	556	1548
Sherlock-ENG	595	396!*	507	1499

Mariyana Marinova (Germany) and Judy Gedney (USA)

Moffat-SCO	567	341	556	1466
Halai-IRE	529	380	507	1416
Crump-ENG	496	352	556	1405
Open/MPF				
Cook-WAL	—	—	—	—
Master I/MPF				
Maden-ENG	534	369	540	1444
Colella-ITA	540	385*	512	1438
Master III				
VanNiek-ENG	595	308	512	1416
220 lbs.				
Open				
Saunder-ENG	700	507	733	1940
Nosko-ENG	639	407	650	1697
Open/MPF				
Vowles-ENG	628	358	661	1647
Junior				
Hanley-IRE	485	363!*	551	1399
Master I				
O'Brien-IRE	507	396	485	1388
Master III				
Mitchell-ENG	396	286	529	1212
242 lbs.				
Open				
Norton-ENG	755!*	507	595	1857
Master III				
Pilling-ENG	639	385	639	1664
Godon-FRA	507	380	606	1493
Kirillov-RUS	418	358	396	1173
275 lbs.				
Open				
Pilling-ENG	755	507	727	1989
Tikhonov-RUS	771	534	639	1945
Andrich-USA	700	485	617	1802
Master II				
Lovejoy-USA	418	402	485	1306
Master III				
Allison-ENG	700!*	458!*	606	1764!
Davidso-SCO	463	308	485	1256
Master V				
Johnston-IRE	418	237	352	1008
Teen I				
Dechamp-BEL	474!*	242!*	463!*	1179!
Teen III				
Dechamp-BEL	584!*	325	562	1471
Raw				
114 lbs.				
Open/Teen I				
Prepelit-MOL	237!*	154!*	297!*	688!
		4th-DL-308!*		
123 lbs.				
Teen II				
Walker-USA	286	159	358!*	804!*
132 lbs.				
Open				
Gavigan-IRE	264	209	425	899
Teen I				
Stagg-USA	209	143	292	644
Teen III				
Doyle-IRE	209!*	110	341	661
148 lbs.				
Open				
Ford-ENG	385	297	512	1196
		4th-DL-523		
Open/Master I				
Bedford-ENG	402!*	286	501!*	1190!
Master I				
McKeagne-IRE	341	248!*	424!*	1014!
Master II				
Rogerso-ENG	303	198	396	898
Master III				
Meredit-ENG	380!*	270	440!*	1091!
	4th-SQ-385!*			
Open				
Stagg-USA	352	270	440	1063
Rutherfo-SCO	325	242	402	970
Cheema-ENG	264	237	363	865
Teen III				
Gormley-IRE	286!*	187!*	341!*	815!*
Teen II				
Bell-SCO	303!*	198!*	407!*	909!*
	4th-SQ-314!*			
Wallace-USA	253	181	336	771
Kirwan-IRE	198	115	286	600
Teen I				
McKeagne-IRE	253	154	341!*	749!*
165 lbs.				
Open				
Prothero-WAL	418	275	551	1245
Martin-IRE	363	275	496	1135
Munks-ENG	363	242	463	1069
Gavigan-IRE	358	220	485	1063
Taylor-ENG	297	253	474	1025
Lyon-SCO	—	—	—	—
Master I				
Constant-ENG	319	264	429	1014
Wilson-ENG	319	264	396	981
Master II				
Herbst-USA	275	286	424	986
Master III				
Roberts-ENG	363!*	220	429!*	1014
Gayton-USA	319	242	451	1014
Junior/MPF				
Wilkinso-ENG	435*	264*	496	1196*
Junior				
Kample-IRE	286	220	463!*	970!*
Teen II				
Wallace-USA	385!*	220	485!*	1091!
Lynch-IRE	286	237	407	931
Teen III				
Cheema-ENG	308	220	429	959
181 lbs.				
Junior				
Sturmer-GER	474	292	611!*	1377!
Belimen-ENG	330	264	418	1014
Master II				
Mauhour-FRA	440	286	584	1311
Edwards-ENG	363!*	308!*	440	1113
Master III				
Brogan-IRE	330!*	259!*	418!*	1008!
Master VI				
West-ENG	286	209	358	854
Open				
Ryan-IRE	509	297	584	1391
0				
Rowe-ENG	440	—	—	440
Open/Master III				
Bonner-ENG	496!*	341!*	595!*	1433
Open/Master IV				
Clow-AUS	429!*	248	468!*	1146!
Teen II				
Chism-IRE	330!*	237	440	1008!
Sciadnon-ITA	297	187	396	881
Reed-SCO	275	—	—	275
198 lbs.				
Master I				
Bailey-ENG	413	336	479	1229
Golding-ENG	396	264	485	1146
Master V				
Davies-ENG	407!*	242	485	1135
Open				
Lowe-ENG	512	380	556	1449
Scully-IRE	440	325	523	1289
DeCostan-ITA	463	275	529	1267
Yelverton-IRE	396	308	540	1245
Doyle-IRE	440	209	529	1179
Teen III				
Allison-ENG	396!*	242	529	1168
Kirwan-IRE	330	209	463!*	1003
Conlon-IRE	286	231	374	892
220 lbs.				
Junior DT				
Fennelly-IRE	496	352!*	694	1543!
Junior				
Malyshe-RUS	451	275	545	1273
Greenall-ENG	374	297	440	1113
Master I				
Gesualdo-ITA	496	352	595	1444

Chelsea Rebman ... UN, Teen 3.

Master II				
Green-ENG	429	275	540	1245
Master III				
Jex-ENG	523!*	319	595	1438
Master V				
Mansfiel-USA	440	242	463	1146
Open DT				
Marshall-ENG	573	413	661	1647
0				
Open				
Servotte-BEL	573	385	540	1499
McDonn-USA	540	385	573	1499
Allonby-ENG	418	314	540	1273
McLaughl-IRE	396	286	529	1212
Open/Master II/MPF				
Wallace-USA	540*	380*	534	
1455*				
242 lbs.				
Master I				
Trueman-ENG	551!*	341	611!*	
1504!				
Hollowa-ENG	501	314	529	1344
Meehan-IRE	485!*	264!*	556!*	
1306!				
Master III				
Pilling-ENG	551	325	573	1449
Master IV				
Leadbett-ENG	440!*	319!*	606!*	
1366!				
Master V				
McConnel-IRE	485!*	314!*	507!*	
1306!				
	4th-SQ-496!*			
Simpson-SCO	440!*	55	451	948
Open				
Jones-WAL	584	418	617	1620
Gillard-ENG	485	341	628	1455
Teen III				
Meehan-IRE	440	275!*	446!*	
1162!				
	4th-SQ-464!*			
Cathcart-IRE	308	264	463!*	1036
275 lbs.				
Open				
Evans-WAL	556	385	589	1532
Faherty-IRE	551	308	644	1504
Junior				
Allison-ENG	529!*	308	595!*	
1433!				
Teen III				
Carter-ENG	451!*	297!*	562!*	
1311!				
Master II				
Stokes-ENG	474	308	529	1311
Lovejoy-USA	446	352	507	1306
Master III				
Kirillov-RUS	424	341	463	1229
Davidso-SCO	374	286	440	1102
Master V				
Johnston-IRE	396!*	231	352	981
319 lbs.				
Master I				
Sutton-WAL	617	463	683!*	
1763!				
Open				
Baker-ENG	556	479	617	1653
Bondare-MOL	573	418	562	1554

!=Age Class Records. *=World, European, or National Records. DT=Drug Tesed. Best Lifters Women Equipped: 1st Mary Anderson, 2nd Judith Gedney, 3rd Orla Smith. Best Lifters Women Unequipped: 1st Jordana Freemantle, 2nd Rose Lozano, 3rd Gladys Saussios. Best Lifters Men Equipped: 1st Matt Saunders, 2nd Gerald Pilling, 3rd Maxim Tikhonov. Best Lifters Men Unequipped: 1st Simon Marshall, 2nd Peter Sutton, 3rd Andy Bonner. The 2007 W.D.F.P.F. POWERLIFTING WORLD

(article continued on page 90)

Mike Stagg ... co-director of the 2008 WDFPF World PL contest.

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General Physical Preparedness

THE HARD WAY

as told by Aaron DiPrima

In training, we at Strength Beyond have been focusing more on the conditioning aspect as of late, i.e., gettingin better shape so you can train harder. In my previous article I documented how my training partner Dain Soppelsa dropped almost 100 lbs. of bodyweight and kept his bench press up. These drills were part of our training during this time. Most weight training enthusiasts weight train to get in shape, we on the other hand get in shape in order to benefit our training. Plus, it is always nice not to be fat when talking to women or trying to get on carnival rides. The conditioning drills we use are always done after the workouts. This has the effect that workouts and regular training seem ridiculously easy (at this point) because for one, we are in much better shape, and two, the drills are so challenging.

One of the drills we refer to as Mark Romans (named for a pudgy, four eyed, geeky, pretentious, holier than thou moron) .He is the reason other races make fun of white people, This drill sucks as well, hence the name. To perform Mark Romans you will need Kettlebells, a Prowler, and you do not need Mark Roman, actually nobody needs Mark Roman, but every gym I've been to has at least one (some have many) but you do need a workout partner. Simply push the prowler down to the end of the parking lot, with your partner carrying the Kettlebells, switch with your parter so you are carrying the Kettlebells and he or she is pushing the prowler, walk back and then switch again, try to go until someone gives up. Try different size Kettlebells and different weights on the Prowler.

The second drill we refer to as '300s' after the movie namesake and because it will get you shredded up like a spartan soldier. Hanging around after the workouts in full spartan gear and applying lotion to your workout partners muscular shoulders in homo-erotic fashion is optional. A word of advice, if you go to a bar or nightclub in full spartan getup DO NOT BREAK CHARACTER! If you do, they will lose respect for you! This drill you do by yourself. Set up the Prowler and the Kettlbells on one end of the parking lot, and put a weighted sled with a handle on the other side. Now push the prowler to the sled, pull the sled backwards holding the handle, working the quads, back to the Kettlebells, and walk the Kettlbells to the Prowler and start over again. You can go for time or rotations. Any combinations of different size kettles or different weights on the devices can be used.

The final drill we refer to as "Porn Stars". There is no real reason we call them this, we just really enjoy porn, I guess, and wanted to give a little something back to the industry. We load up the prowler with 25 lb. plates on a crossbar we had welded on laterally. Push the prowler to the end of the parking lot, take off a 25lb plate from each side, push to the starting position, repeat stripping the weight, back and forth until there is no weight loaded laterally, now proceed to curse me for coming up with such a ridiculously painful drill, throw up, and spend the rest of the day in a wiped out coma like state.

Getting Ripped and Ready ... *article author Aaron DiPrima practicing what he preaches at the Strength Beyond facility.*

Please call with any questions
Aaron DiPrima
Strength Beyond
269-655-0066

And as much as I hate to admit it, I hope no one takes this the wrong way as Roman and I are friends. Actually I would probably guess that I am his only friend around here because everything I said about him is totally accurate and he would agree with me.

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148 lbs. & Below
B. Edwards 281
B. Silva 276
W. Claypatch 248
J. Manuel 242
B. Zak 231
H. Claypatch 204
P. DiDario 198
B. Swain 187
J. Powell 187
B. Harris 182
B. Etringer 176
K. Wescott 171
K. Self 165
S. Gubbs 165
C. Gomes 154
C. Waggoner 154
J. Feldman 138
J. Martin 132
J. Powell 132
J. Whetstone 132
J. McBride 112
J. Zak 110
K. Connelly 94
C. Dantzler 77
H. Lassiter 66
A. Fazio —
165 lbs.
J. Love 419*
K. Ackah 408
L. Dyles 369
J. Self 369
D. Moore 353
M. Binkley 353
J. Brown 336
F. Wescott 292
C. Balance 242
C. Henry 237
D. Sylvester 231
A. Donahoe 215
S. Kirkwood 209
A. Salton 182
R. Fecteau 176
E. Adams 116
181 lbs.
S. Judah 452*
W. Lynch 413
A. Bannerman 397
G. Columbo 380
K. Connelly 358
M. Rossi 336
K. Dobson 325
N. Apseloff 281
D. Jones 276
J. Wheeler 226
198 lbs.
R. Barradas 452
G. Silva 375
Summerfield 353
R. Powell 287
J. Secrist 276
M. Wilson 270
B. Dahlahmer 254
J. Ruffalo 248
A. Patterson —
220 lbs.
R. O'Dwyer 463
C. Pickett 441
K. Dulmer 419
S. Freeman 397
K. Pitt 391
D. Lhota 364
J. Jackson 353
J. Shifflett 336
J. McReynolds 298
J. Echols 292
B. Powell 287
Montgomery 242
W. Anderson 209
M. Israetel —
N. Givens —
A. Kadick —
242 lbs.
J. Wright 413
J. Roscoe 402
S. Parrish 375
J. Kelly 364
C. Kennedy 353
A. Brown 314
I. Brooks 303
CW Betts 287
M. Doherty 176
275 lbs.
D. Curtis 463
D. Owens 463
M. Steward 435
D. Trang 347
E. Stine 314
B. Biggs —
SHW
M. Belk 584*
H. Canada 474
J. Myers 386
W. Walker 364
D. Bateman 281
S. Dellinger —
WOMEN
97 lbs.
(Open)
J. McBride 112
(14-15)
K. Connelly 94
Junior
J. McBride 112

James Love and Kwansh Ackah went 1-2 in the 165 lb. class at the 100% Raw World Championships (photos courtesy of Paul Bossi

105 lbs.
(45-49)
H. Lassiter 66
123 lbs.
Open
K. Self 165
132 lbs.
(45-49)
K. Wescott 171
148 lbs.
Open
J. Zak 110
148 (30-34)
J. Zak 110!
(40-44)
J. Whetstone 132
165 lbs.
(16-17)
E. Adams 116
MEN
105 lbs.
Open
J. Martin 125
(18-19)
J. Martin 125
114 lbs.
Open
H. Claypatch 204!
(20-24)
H. Claypatch 204!
123 lbs.
Open
B. Swain 187
B. Etringer 176
(12-13)
C. Dantzler 77
(14-15)
B. Etringer 176!
(18-19)
A. Fazio —
(70-74)
B. Swain 187
132 lbs.
Open
J. Powell 187
(12-13)
S. Gubbs 165!
(14-15)
B. Harris 182!
J. Feldman 138
X. Escala 132
(16-17)
J. Powell 187
C. Gomes 154
148 lbs.
Open
B. Edwards 281
B. Silva 276
W. Claypatch 248
J. Manuel 242
B. Zak 231
(16-17)
P. DiDario 198
(18-19)
J. Manuel 242
(25-29)
B. Silva 276
(30-34)
B. Edwards 281
B. Zak 231
(60-64)
C. Waggoner 154!
P/F/M
B. Silva 276!
165 lbs.
Open
J. Love 419!
K. Ackah 408
L. Dyles 369
J. Self 369
D. Moore 353
M. Binkley 353
J. Brown 336
C. Balance 242
D. Sylvester 231
A. Donohoe 215
(14-15)
C. Henry 237!
(16-17)
S. Kirkwood 209
(18-19)
A. Salton 182
(20-24)
L. Dyles 369!
D. Moore 353
M. Binkley 353
C. Balance 242
D. Sylvester 231
(25-29)
K. Ackah 408!
(30-34)
J. Brown 336
(35-39)
J. Self 369!
(50-54)
F. Wescott 292
(55-59)
A. Donahoe 215!
(60-64)
R. Fecteau 176
P/F/M
K. Ackah 408!
M. Binkley 353
C. Balance 242
181 lbs.
(Open)
S. Judah 452
W. Lynch 413
A. Bannerman 397
G. Columbo 380
K. Dobson 325
J. Wheeler 225
(14-15)
N. Apseloff 281!
(16-17)
J. Wheeler 226
(18-19)
M. Rossi 336!
D. Jones 276
(20-24)
S. Judah 452!
P/F/M
S. Judah 452!
(35-39)
W. Lynch 413
A. Bannerman 397
G. Columbo 380
K. Dobson 226
198 lbs.
Open
R. Barradas 451
Summerfield 353
M. Wilson 270
(20-24)
J. Secrist 276
M. Wilson 270
(35-39)
R. Barradas 452
(45-49)
G. Silva 375
A. Patterson —
(55-59)
R. Powell 287
(70-74)
B. Dahlamer 254!
J. Ruffalo 248
220 lbs.
Open
C. Pickett 441
K. Dulmer 419
K. Pitt 391
D. Lhota 364
J. McReynolds 298
J. Echols 292
B. Powell 297
N. Givens —
A. Kadick —
(18-19)
A. Kadick —
(20-24)
M. Isratel —
(35-39)
C. Pickett 441
J. Jackson —
(40-44)
S. Freeman 397!
(45-49)
J. Shifflett 336
(50-54)
D. Lhota 364
B. Powell 287
Montgomery 242
(55-59)
R. O'Dwyer 463!
(65-69)
W. Anderson 209
P/F/M
S. Freeman 397!
B. Powell 287
242 lbs.
Open
J. Wright 413
J. Kelly 364
C. Kennedy 353
(12-13)
M. Doherty 176!
(16-17)
A. Brown 314
(18-19)
CW Betts 287
(25-29)
J. Wright 413
(30-34)
J. Kelly 364
(35-39)
S. Parrish 375
C. Kennedy 353
(45-49)
J. Roscoe 402
(60-64)
I. Brooks 303
P/F/M
S. Parrish 375
275 lbs.
Open
D. Owens 463
(18-19)
D. Trang 347
(30-34)
D. Owens 463
(35-39)
D. Curtis 453
M. Steward 435
(40-44)
R. Biggs —
(55-59)
E. Stine 314!
308 lbs.
Open
M. Belk 584!
J. Myers 385
D. Bateman 281
S. Dellinger —
(16-17)
D. Bateman 281
(20-24)
W. Walker 364
(25-29)
S. Dellinger —
(30-34)
M. Belk 584!
P/F/M
J. Myers 386!
SHW
Open
H. Canada 474!
T. Dillard Jr. —
(35-39)
H. Canada 474!
(45-49)
T. Dillard Jr. —
REPS
WOMEN
135 lbs.
K. Wescott 17
K. Self 9
MEN
135 lbs.
B. Harris 18
185 lbs.
A. Bannerman 34
J. Self 31
225 lbs.
R. O'Dwyer 37
K. Pitt 29
J. Jackson 24
I. Brooks 11
275 lbs.
S. Parrish 16

100% RAW Powerlifting Federation
Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. ____

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CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: _____

AGE: ____ SEX: ____ E-MAIL ADDRESS: _____

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LIFTERS SIGNATURE: _____
PARENTS SIGNATURE IF UNDER 18 YRS. OLD

DATE OF APPLICATION: _____ *(This Will Be Your Renewal Date)*

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

www.RAWPOWERLIFTING.com

!=World Records. *=Meet records. Best lifters - Teen: Michael Rossi, Female: Kerry Self, Submaster: Robert Barradas, Master I: Ed Connelly, Master II: Roy O'Dwyer, Master III: Brian Swain, Light Weight: Kwansh Ackah, Middle Weight: Robert Barradas, Heavyweight: Michael Belk, Junior: Steven Judah, P/F/M: Kwansh Ackah. World Championship Belts - Teen: Michael Rossi, Female: Kerry Self, Master: Roy O'Dwyer, Lightweight: Billy Edwards, 165 class: James Love, 181 class: Steven Judah, 198 class: Robert Barradas, 220 class: Carleton Pickett, 242 class: Jeremy Wright, Heavyweight: Michael Belk, Super Heavyweight: Herman Canada. Team Champions: Open-Raw Dogs. Mixed-Camp Mayhem, Military: Team Powell (Ft Bragg/ Pope AFB). Currituck County North Carolina was once again host to the bench press worlds. The lifting was, as always, fantastic with huge trophies and World championship belts awarded. Although there were a multitude of divisions, I always like to list the top lifters in each weight class. Every class was loaded with talent, so even if I don't mention all the lifters, I want to thank all the athletes who took the time to compete and support the 100% Raw organization. The Chris Balances, Daryl Sylvester's, Sylvester Freeman's, and one of the finest meet directors I've ever known John Shifflett. There were 30 world records in this event and many more state and national records. This event had 25 lifters drug tested and with results pending at press time. We will be looking to take the show on the road in 2008. States we are looking at are Texas, California, Nevada, Illinois and Florida. We will take a poll on our forum and this will play a huge roll in our determination of location. Every year the closest class is the women's division, as it always seems to come down to Kelly Wescott of North Carolina and Kerry Self of Virginia. Kelly proved why she's one of the best, as she hit a big 170 at 132. Somehow Kerry seems to know just what she needs, as her 165 at 123, edged Kelly once again and earned her a third consecutive world title. Can she make it four, or will 2008 be Kelly's year? Finishing in third was Janet Whestone who benched a solid 132 in the 148s. A second consistent of the world meet, is the 148 class will be the largest. With twenty seven lifters, just finishing in the top ten was an accomplishment. Master lifter Wayne Claypatch of NY found his 248 bench enough to earn him his second third place finish in four years. The real battle came down to Billy Edwards of North Carolina and Brandon Silva. Billy opened with 251, Brandon raised the bar with 265. Billy hit 271 on his second, but Brandon again answered hitting 275. Billy nailed 281 on his 3rd attempt, but this time Brandon couldn't answer leaving him as the runner up for the second strait year and earning Billy his first World title. Finishing in eighth was local legend Bryon Swain who won the best lifter Master award in the 60+ category. Two things I can say about the 165's. Looking at the past results, this was the most loaded 165 class ever. Second. This was the most talented division from top to bottom at the 2007 worlds. 2005 world champion John Self upped his bench to 369 for 2007. It was one pound less then the best ever of 370 set in 2003 by Corky Bagget. Should have been a hard lift to beat, right? John ended up in fourth. That's just how insane this class was. Larry Dyles also hit 369, but on bodyweight found himself in third place. Kwansh Ackah of Maryland only got one attempt, but it was 408 pounds at 165. He crushed the meet record by almost forty pounds. Then there was James Love who opened up with 374, and looked to be a solid second. Then he took a nice jump to 414 to take the title and the meet record, then returned for a 419 to secure the 165 World title. Interestingly, due to Kwansh's being a lot lighter, he actually won the best lifter light award as well as the best lifter police/fire/ military award. I would also like to mention Donnell Moore and Michael Binkley who both hit 353 to finish in 5th and 6th place. There has been many years that 353 would have earned a world title. Can't say it enough. Wow. What a class. The 181 class can often be boring, because it's the "Chill" Will Lynch show. Will is absolutely one of the nicest lifters I've ever met, which probably does little to ease the pain as he has won five strait world titles, and never needed more then his first attempt to do it. Will nailed his opener of 413, but something different was in the air. From Florida a young man named Stephen Judah had listed a 452 opener. Could he deliver? He did, setting a new meet record. Although Will has benched 450 on several occasions, he didn't have the strength to leap over that mark. The scary part about Stephen is he's only a junior, and won the best lifter junior award. Finishing in 3rd was 2006 198 runner up, Anthony Bannerman. Finishing in fifth was Ken Connelly of Illinois who won the best lifter (40-49), and in 6th was Michael Rossi of Massachusetts, who earned a world championship belt and best lifter award for being pound per pound the best teen lifter of the meet. This was another very loaded class. Noone had ever won back to back titles at 198. Robert Barradas of Georgia used a 452 bench to become the first, and was only four pounds off breaking the 3rd meet record of the day. He also earned the best Submaster award. The scary part about Robert is he's strong enough to contend for the 220 title, and yet at 189 pounds he's a light 198. Maybe he can be the first lifter to win six strait titles, breaking the mark of Will Lynch. George Silva of Massachusetts used a 375 to finish in second, and Mitchell Summerfield of North Carolina landed in third. With sixteen competitors, the 220 division was tied with the 165's as the second biggest class of the day. With no world champions on hand at 220, the question was who would win their first title. Kristopher Dulmer of New York used a 419 to earn the third spot. Carleton Pickett finished second in 2006, but even a 20 lb. jump to 441 left him in second again. In the end it was a surprise. Roy O'Dwyer who competes in the masters (55-59) age group proved what a master lifter can do nailing a 463 to earn the 220 world title, the master world title, and the best lifter (50-59). Absolutely one of the most inspirational lifts of the day. In 2006 the 242 class was the toughest of the meet, but missing the top three lifters from last year, this class was up for grabs. Scott Parrish took advantage using a 375 for the third spot. 220 runner up Joseph Roscoe moved up a class and his 402 was enough to earn him another runner up spot, this time at 242. 2005 world champion Jeremy hit a 413 to win his second world title in three years. Congratulations Jeremy. At 275 two time world champion and meet record holder Michael Belk moved up a class, clearing the way for another champion. Michael Stewart took third with 435, but the real war was for first between long time competitor Donald Owens and Dean Curtis. Dean opened with 429, but Donald hit 451 to win the first round. Dean and Donald would both hit 463 on their second attempts, and both missed their thirds. It came down to body weight, and Dean was the lighter lifter. What a great finish! In the heavy weight class Michael Belk increased weight translated to the biggest bench of the day. 584. It was enough to earn Michael his third world title, as well as the meet record, and the best lifter heavyweight award. He now holds the record at both 275 and SHW, joining Paul Bossi as the only muti class meet record holder. The always-popular Herman Canada used a 474 to take second in the class, and finishing in third was John Myers. I want to give a special thanks to all the officials. Jim Roberts of Maryland (head judge), local lifting legend Gene Berry, John Shifttlett, Jeremy Wright, and the worlds strongest judge Carl Elliott. Thanks to the table help of Teresa Lancaster, Melanie Leigh, and the world champion of table help Pam Balance. Thanks to the concessions of Nancy Brown and the Currituck High School wrestling team. I also want to thank the sponsors, because they are the ones that make these fantastic meets possible. Bodybuilding.com, APT Pro wrist wraps, Powerlifting USA Magazine, Critical Bench.com, Elizabeth City Jaycees, Fitness Warehouse of Elizabeth City NC, Elizabeth City Trophy and awards of NC, Bryon and Janet Swain of Elizabeth City NC, Rod Blackwell and Ram Works cleaning company of Raleigh, Brute Strength Gym of Norfolk, VA and BMF Sports.com. This meet was an exhibition in RAW strength, and a special congratulations to Kerry Self, Robert Barradas, and Michael Belk for successfully defending their titles. What a great performance by junior lifter Stephan Judah, and for veteran Roy O'Dwyer. Hope to see everyone next year. Train hard. (results courtesy of Paul Bossi)

***Kerry Self**, who benched 165 in the 123 lb. class for the world title in Currituck stands with Ms. North Carolina contestant Ashley Jordan.*

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WNPF Tennessee Championships
1 SEP 07 - Cleveland, OH

BENCH				
181 lbs.				
Subs Raw				
McCurley	225			
220 lbs.				
Lifetime Raw				
Moore!	405*			
275 lbs.				
(40-49) Raw				
Muncy	285*			
300 lbs.				
Subs Raw				
Powerliftng	SQ	BP	DL	TOT
114 lbs.				
(9-10) Raw				
Alford	100	75	135	310
198 lbs.				
Lifetime Raw				
Bishop!	505	400	550	1455
220 lbs.				
(40-49) Raw				
Linginfelter	275	265	365	905

Phillips	285
DEADLIFT	
165 lbs.	
(40-49) Raw	
McAdoo	240*
220 lbs.	
Subs	
Adcock!	565
POWER CURL	
220 lbs.	
(50-59)	
Woods	130*

*=WNPF State Records. !=Best Lifters. Team Champs: Endunamoo. (from WNPF)

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SPF World Championship
6 OCT 07 - Gatlinburg, TN

BENCH
MEN
Juniors
242 lbs.
D. Wingo 450
Open
198 lbs.
J. Michael 405
308 lbs.
R. Bagley 580
Submasters
SHW
K. Crump 425
Masters (50-54)
165 lbs.
J. Gayton 310
Masters (50-54)
SHW
M. Cain 500
Masters (60-64)
148 lbs.
T. Feight 210
181 lbs.
R. Maddox 300
Masters (70-74)
R. Gidcumb 210
Masters (75-79)
B. Bradford 240
Raw
Teen (18-19)
148 lbs.
S. Bates 270
Juniors
165 lbs.
N. Pressnell 300
220 lbs.
K. Lambardo 415
242 Class
J. Metcalf 305
SHW
S. Ford 450
Open
220 lbs.
S. Tipton 415
308 lbs.
A. Thompson 335
SHW
D. Patrick 530
Submasters
259 lbs.
M. Royulston 350
Masters (45-49)
198 lbs.
T. Lombardo 390
Masters (60-64)
181 lbs.
R. Maddox 300
198 lbs.
B. Lindsey 320
Masters (65-69)
220 lbs.
K. Rowan 285
G. Lambdin 235
Masters (70-74)
220 lbs.
C. Weichold 270
Masters (75-79)
242 lbs.
E. Jones 310
CURLS
MEN
Teen (18-19)
165 lbs.
R. Stepenson 100
220 lbs.
K. Lambardo 180
Masters (50-54)
165 lbs.
J. Gayton 120
SHW
M. Cain 200
Masters (60-64)
181 lbs.
R. Maddox 140
Masters (65-69)
181 lbs.
L. Cramer 120
Masters (70-74)
148 lbs.
R. Gidcumb 80
DEADLIFT
WOMEN
Raw
Juniors
114 lbs.
L. Trussell 185
Masters (40-44)
165 lbs.
P. McAdow 280
MEN
Equipped
165 lbs.
J. Gayton 475
275 lbs.
B. Driskell 675
Masters (40-44)
SHW
J. Searcy 800
Masters (45-49)
275 lbs.
B. Driskell 675
Masters (50-54)
165 lbs.
J. Gayton 475
SHW
M. Cain 600
Masters (70-74)
148 lbs.
R. Gidcumb 350
Raw
Juniors
SHW
S. Ford 600
Open
165 lbs.
J. Gayton 425
308 lbs.
A. Thompson 440
Sumasters
181 lbs.
W. Stover 430
198 lbs.
J. Sneed 400
259 lbs.
M. Royalston 505
Masters (40-44)
198 lbs.
B. St.Clair 425
259 lbs.
C. West 505
SHW
J. Searcy 800
Masters (50-54)
165 lbs.
J. Gayton 425
SQUAT
MEN
Multi Ply
165 lbs.
J. Gayton 425
Masters (50-54)
J. Gayton 425
Masters (65-69)
L. Cramer 420
Masters (70-74)
148 lbs.
R. Gidcumb 300
Raw
Juniors
SHW
S. Ford 525
220 lbs.
M. Smith 440

BENCH for Reps	Lbs.	Reps
MEN		
Teen (18-19)		
165 lbs.		
R. Stephenson	150	21
Open		
275 lbs.		
A. Thompson	275	12
Submasters		
198 lbs.		
B. Bind	200	12
Masters (45-49)		
198 lbs.		
T. Lambardo	195	3
Masters (70-75)		
148 lbs.		
R. Gidcumb	140	21

Push Pull	BP	DL	TOT
MEN			
Multi-Ply			
Juniors			
165 lbs.			
J. Naylor	315	500	815
J. Gayton	310	475	785
220 lbs.			
J. Fields	475	540	1015
Masters (40-44)			
220 lbs.			
G. Wilson	405	405	810
Masters (50-54)			
165 lbs.			
J. Gayton	310	475	785
Masters (50-54)			
SHW			
M. Cain	500	600	1100
Raw			
Juniors			
165 lbs.			
J. Lanzotta	305	385	690
220 lbs.			
J. Carr	325	500	825
165 lbs.			
J. Adams	235	335	570
220 lbs.			
S. Tipton	450	440	890
259 lbs.			
J. Elmore	345	630	975
308 lbs.			
A. Thompson	335	440	775
Masters (40-44)			
198 lbs.			
A. Womack	245	325	570

Powerlifting	SQ	BP	DL	TOT
WOMEN				
Single Ply				
165 lbs.				
Blankenship	420	280	410	1110
Raw				
Juniors				
198 lbs.				
K. Cooper	315	195	330	840
Open				
K. Cooper	315	195	330	840
Masters				
181 lbs.				
V. Traugot	255	145	300	700
MEN				
Single Ply				
Teen				
165 lbs.				
T. Childress	410	215	420	1045
R. Stephenson	350	245	350	900
Multi-Ply				
165 lbs.				
J. Gayton	425	310	475	1210
242 lbs.				
M. Harris	575	370	585	1530
Masters (50-54)				
165 lbs.				
J. Gayton	425	310	475	1210
Masters (55-59)				
181 lbs.				
B. Tomkins	330	260	410	1000
Masters (60-64)				
148 lbs.				
T. Feight	350	210	345	905
Raw				
Teen				
275 lbs.				
D. Olesen	465	215	450	1130
198 lbs.				
M. Bishop	510	365	535	1410
220 lbs.				
M. Smith	440	295	440	1175
242 lbs.				
J. Neuhalfen	610	430	630	1670
Submasters				
242 lbs.				
E. Whitfield	610	400	610	1620

Best Lifter Bench: Ryan Bagley. Best Lifter Raw Powerlifting: Jeff Neuhalfen. Best Lifter Multi-Ply Powerlifting: Matt Harris. Venue: Ramada Inn. We want to thank everyone for coming for taking part in the 2007 World Championship and making it a great sucess. We also want to give a special thanks to our Judges and Spotters, Rick Posey, Sam Byrd, Jim Pickett, Nicky Peppers, Derek Minor and Russ Curtis for the great job they did. Also want to give a special thanks to Victoria Rodgers for the great job at the score table that she always does. Thank everyone. (Thanks to Jesse Rodgers for providing these results)

SLP Lift for the Lord
31 MAR 07 - Scottsville, KY

BENCH
FEMALE
Raw
Master (45-49)
148 lbs.
D. Young 185*
4th-190*
Open
148 lbs.
D. Young 185*
4th-190*
MALE
Wheel Chair
198 lbs.
L. Morgan 225*
Teen (13-15)
148 lbs.
C. Foster 175
198 lbs.
T. Scott 215*
4th-220*
Teen (16-17)
275 lbs.
T. Jackson 265
4th-280
Junior
181 lbs.
C. Witcher 415*
220 lbs.
J. Thomas 450
A. King 375
242 lbs.
R. Evetts 440
Submaster
165 lbs.
R. Boswell 275
Master (45-49)
220 lbs.
R. Dickerson 320
4th-335
275 lbs.
R. Richey 560
4th-605*
Master (60-64)
165 lbs.
L. Greer 225
Master (65-69)
181 lbs.
W. Stinson 240
Open
220 lbs.
D. Nealy 720*
Raw
Novice
181 lbs.
D. Richards 325*

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Master (40-44)
275 lbs.
B. Green 340
Master (45-49)
198 lbs.
J. Taylor 355*
D. Young 325
308 lbs.
R. McGee 435*
Master (55-59)
220 lbs.
B. Johnson 305*
4th-315*
Master (65-69)
220 lbs.
C. Green 270*
DEADLIFT
MALE
Novice
181 lbs.
D. Richards 450
Teen (13-15)
275 lbs.
J. Scott 240*
4th-250*
Submaster
165 lbs.
R. Boswell 315
Master (40-44)
275 lbs.
B. Green 530
Master (60-64)
165 lbs.
L. Greer 400*
Master (65-69)
181 lbs.
W. Stinson 275

*=Son Light Power Kentucky state records. Best Lifter Bench Press: Dewayne Nealy. Best Lifter Deadlift: Billy Green. The third annual Son Light Power Lift For The Lord Bench Press & Deadlift Championship was held at Victory Hill Church. Thanks to Randy Richey and the gang from Omega Force Christian Power Team for hosting this event and for all their help in setting up, spotting and loading during the meet. As always, we opened with a prayer, giving thanks for our many blessings and remembering those in need. One of our most special concerns was for the recovery of Anthony Ervin, a great lifter from Tullahoma, Tennessee, who was involved in a serious auto accident in January, and who is still recovering at Vanderbilt Medical in Nashville, Tennessee. Rev. Rick Dickerson led us in a wonderful prayer. In the raw bench press event Debbie Young, lifting in just her second meet, broke the Kentucky state records for both the assisted and raw divisions at 45-49/148 and open 148. Debbie finished with 185, then followed with a successful personal best 190 fourth. Dustin Richards set the state record at novice 181 with 325 while Billy Green won at 40-44/275 with 340. Jay Tee Taylor set the record at 45-49/198 with 355 over Danny Young, who finished with 325. Rickey McGee broke the current state record at 308 with a solid 435. B.J. Johnson broke the state record twice at 55-59/220 with his 305 third and 315 fourth attempts. Chuck Green, who holds the state record at 65-69/220 in the assisted division, broke the raw record there with 270. In the assisted division it was Lee Morgan, breaking his own state record in the wheel chair 198 division with 225. For the 13-15 age group Cory Foster won at 148 with 175 while Tyler Scott, grandson of the great Paul Wrenn, broke the state record at 198 with 220. Terry Jackson won at 16-17/275 with a personal best 280. At junior men, Cody Witcher, cheered on by the Cody Witcher Fan Club, broke the state record at 181 with 415, just missing a final attempt with 430. At 220 it was John Thomas over Aaron King 450 to 375. Ryan Evetts took the 242 class with 440. Robert Boswell took top honors at submaster 165 with his personal best 275. In the master men's division, Rick Dickerson looked strong at 45-49/220, finishing with a solid 335. Randy Richey moved up an age class then went ahead and broke the existing state record at 45-49/275 with a solid 605 fourth attempt. Larry Greer won at 60- 64/165 with 225 while his "partner in crime" Wayne Stinson took the 65-69/181 class with 240. For the open division, Dewayne Nealy, weighing in at 200, broke the Kentucky state record at 220 with 720. Not surprisingly, Dewayne once again won the best lifter award. One of the nicest of the truly great bench pressers of all time! Moving to the deadlift event, Dustin Richards won his second title of the day at novice 181 with his personal best and new state record 450 pull! Jordan Scott, another of Paul Wrenn's grandsons, won at 13- 15/275 with a personal best 250! The kids only eleven years old! Robert Boswell also picked up his second win of the day at submaster 165 with his pr 315 pull there. Best lifter Billy Green won at 40-44/275 with 530 while Larry Greer broke his own state record at 60-64/165 with 400! Wayne Stinson tied his own state record at 65-69/181 with 275. Thanks again to all who helped out. See you all again next year. (Darrell Latch)

10th Fred Rogers/Paul Smart
10 NOV 07 - Clyde, NY

BENCH
All Lifters
165 lbs.
(50-54) Raw
E. Lascell 180*
198 lbs.
(45-49) Life E
M. Becht 325*
(35-39) Raw Life
D. Kingwater 345
220 lbs.
(45-49)
Lifetime E
D. Herbst 330
Raw Life
L. Cichelli 440*!
(45-49) E
J. Constantine 385*
242 lbs.
(50-54)
Lifetime E
M. Arcarisi 300
DEADLIFT
All Lifters
220 lbs.
(55-59) Raw
B. Marsh 500*

Ironman	BP	DL	TOT
All Lifters			
114 lbs.			
(12-13) Raw			
C. Merkle	65	205*	275
181 lbs.			
(35-39)			
J. Rosato	380*	535*!	920
(16-17) E			
C. Smith	260*	435	695
(55-59) E			
J. Hopf	240*	355*	695*
(20-23) Raw			
B. Ozog	275	475	750
198 lbs.			
Open Raw			
J. Schneck	225	305	530*
(35-39) Raw			
C. Stoeckl	315	430	745
242 lbs.			
(40-44) Raw			
E. Dibari	400	550	950
275 lbs.			
(35-39) Raw			
D. Morgan	350	460	810
(40-44) Life E			
M. Harrison	435	585*!	1020
(55-59)			
Raw Life			
D. Crans	280	470*!	750
Open Raw			
M. Scala	340	550*	890

*=State Records. !=American Records. L=Lifetime. E=Equipment. The 10th Annual AAU Fred Rogers/Paul Smart Bench Press Deadlift Classic was held at Donselaar's Partyhouse. Due to high school football season, the turnout was a little light but it was still a great day of lifting with new American and State records set. Bench records were set by John Hopf 55-59/181 Equipped NYS record of 240 lbs. Joe Rosato 35-39 Lifetime Raw 181 with a State and American record of 380 lbs. Mark Becht 45-49/198 Lifetime State record of 325 lbs. and John Constatin 220/45-49 Equip with a 385 lbs. State record. The Stallion Leo Cichelli 220/45-49 Raw set a State and American record of 440 lbs. Deadlift records were set by Chris Merkle 12-13 Raw Lifetime 114 a state record of 205 lbs. John Hopf 55-59/181 Raw a state record of 355#. Mark "Beefy" Harrison 40-44/275 a state and American record of 585 lbs. Darryl Crans 55-59/275 Raw a State and American record of 470#. Bob Marsh 220/55-59 Raw a state record of 500 lbs. and Mike Scala 275 Raw Lifetime with a 550 lbs. lift. The day was a tough day for me because my shoulders were too injured to lift. That is the first time I could not lift at the meet that honors my fallen heroes, my father Fred Rogers and my good friend Paul Smart. I thank Dr. Dave Kingwater for working on my shoulder to try to help me lift but it just wasn't meant to be. He is a great friend. I have been seeing my massage therapist Val Stowell and chiropractor James Yadanza and my shoulders are coming along finally. I would like to thank my wife Michelle, you are the best at all you do for AAU, the records, the head table, and all the paperwork. I Love you, you are my rock! To the crew: Terrry Stafford, Jason Stafford, Brett Wells, Pete Hurd (a.k.a. Tony Stewart) and Rich Molisani. I will go down to the last meet that we ever run and you guys are the absolute best, you make all this possible. I could not lift at these meet without you. Thanks to Kristi Wells for taking care of the door and 50/50 tickets. Until the New York States on February 9th and the AAU Bench Press Nationals on March 15th train drug free. (Steve Rogers AAU NYS)

AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION

AAU Membership Year is September 1 to August 31. A membership card will be forwarded to you.

Use Legal Name

First	Middle	Last		
Street Address	City	County	State	Zip
Application Date	Work Phone/Ext.	Home Phone		
E-Mail Address		Fax Number		
Birth Date	Gender ☐ Male ☐ Female	Cell Number		
Do you have Health and Accident Insurance? ☐ YES ☐ NO	Club Code (If Known)	Club Name (If Known)	Sport Code (see list below)	

By paying or authorizing payment of my annual membership dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the AAU Code, including all AAU Policies, which are available for review on the AAU Web site at www.aausports.org . **NOTE: Parent/Guardian signature if member is under 18 years old.**

Member's Signature	Parent/Guardian Signature
Date	Date

AAU National Office, Post Office Box 10,000, Lake Buena Vista, Florida 32830

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COMING EVENTS

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to 1000s of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice.

12 JAN, SLP Central Illinois Winter Open BP/DL (Athens, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

19 JAN, SLP Ozark Fitness Open BP/DL (Poplar Bluff, MO) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net,

26 JAN, SLP Flex Fitness West Michigan Open BP/DL (Holland, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

26 JAN, APF North Carolina State (Clayton, NC) Kyle Robertson, 919-625-8921

26 JAN, USPF 3rd PowerBowl BP & DL (Middletown Mall) Power Promotions, Matt McCase, Director, 210 Gilbob St., Fairmont, WV 26554, mccase@yahoo.com, 304-376-2432

2 FEB, Slaughterhouse Gym & Iron Age Gym BP/DL/Ironman (equipped & raw - Minerva, OH) Craig Hurst 330-868-7925 or Dave Bosler 330-868-3109

2 FEB, AAU Sooner State Winter Games, Crain's Muscle World, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689

2 FEB, APF Colorado State Push Pull (Pueblo, CO) Chris Helton, 719-330-6409

2 FEB, USAPL MN State Open, Angela Simons, 1168 Laurel Ave., St. Paul, MN 55104, 651-260-2644

2 FEB, SPF Alabama State PL/BP (Adult Activity Center, Gulf Shores, AL) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

9 FEB, APF Open State PL/BP/DL & Raw (Phoenix, AZ) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

9 FEB, USAPL Go Big Bench Meet, Jack Kaplan, 2146 Embden Pond Rd., Embden, ME 04958, 207-566-5727

9 FEB, WABDL PA/OH/WV/NY BP/DL World Qualifier (high end swords 1st-5th place - Holiday Inn, Beaver Falls, PA) Charles Venturella 724-654-4117, sircharles148@peoplepc.com

9 FEB - WNPF Lifetime Southern USA PL, BP, DL, PC Championships (Warner Robins, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

9 FEB - WNPF 5th South Georgia PL, BP, DL, PC (Warner Robins, GA) Troy Ford 678 817-4743, wnpf@aol.com

9 FEB, WABDL Power Station Bar Bending State Open (Humble, TX) Tiny Meeker 832-423-7662

9 FEB, IBP Regional Push Pull (Mocksville, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

9 FEB, SLP Meador's Gym Open BP/DL Classic (Lawrenceburg, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 FEB, SLP Black Iron Gym Open BP/DL (Beech Grove, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 FEB, 2nd Blackstone's Gym Classic (BP, DL, Ironman - Lafayette, OH) John Blackstone, 120 W. Main St., W. Lafayette, OH 43845, 740-502-4964

15-17 FEB, USAPL Women's Nationals (Killeen, TX) Johnny A. Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

16 FEB, USPF American Cup PL (Invitational Only - Los Angeles, CA) Steve Denison 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

15-17 FEB, LA Fitness Expo/WPO Finals/Scot Mendelson BP (Los Angeles, CA) Scot Mendelson, 818-817-3643

16 FEB, APF Open State PL/BP-DL/DL/Raw (Phoenix, AZ) J.R. Bolger, 602-820-3497

16 FEB, SLP Brickyard Open BP/DL (Milwaulkee, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

16 FEB, SPF Iron Chain Class (Woodbury, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

16 FEB, AAU Wisconsin State & Midwestern Regional BP/DL/PP, Wisconsin Health & Fitness, N112 W15800 West Mequon Rd., Germantown, WI 53022, Dave Constantineau, 262-253-1278, Guy Powell, 920-988-5161

16 FEB, West Coast Open & Novice BP, John Ford 650-303-7518

16 FEB, Red Brick Meet (Assist, Raw, all weight & age divisions - Lewiston Red Brick School, Lewiston, NY) Dennis Brochey, Meet Director, 205 N. 5th St., Lewiston, NY 14092, 716-200-3533, edbrochey@roadrunner.com. This is a benefit meet for our troops overseas and their families back here.

16 FEB, SSA Full Power/Ironman/Single Lift (Iron Asylym Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

16-17 FEB, NASA Ohio State High School & **Teenage Nationals** PL, BP, PP & PS (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

17 FEB, ADFPF 1st Rocks Massachusetts State PL (unequipped, equipped - SETS, Hingham, MA) Mark Marrocco, 781-243-1662, www.adfpf.org

17 FEB, USPF Fit Expo BP/DL (Los Angeles, CA) Steve Denison 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

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APF/AAPF WPO Schedule

2 FEB, APF Colorado State Push Pull
9 FEB, APF Open State PL/BP/DL /Raw
16 FEB, APF Open State PL/BP/DL/ Raw
23 FEB, Orlando Barbell BP/DL Classic
1 MAR, APF/AAPF Dog Pound Dog Fight PL/BP/DL
8 MAR, APF John H. Reagan PL
12 MAR, AAPF 12th Annual FrankKostyo Meet
15-16 MAR, APF/AAPF Illinois State
15-16 MAR, APF/AAPF Alabama State
16 MAR, APF California State
22-23 MAR, APF/AAPF Snake River PL/BP/DL
29 MAR, APF/AAPF Michigan State
29 MAR, APF Hawg Farm BP
12 APR, APF Gulf Coast Open
12-13 APR, AAPF Nationals
3-4 MAY, APF Master, Teen & Junior Nationals
5 MAY, APF Bench Press Meet
30-31 MAY, APF Senior Nationals
JUN, APF/AAPF Chicago Summer Bash 5
16 AUG, APF Push Pull Meet
23 AUG, APF/AAPF High Country Push/Pull
OCT, APF/AAPF Snake River
OCT, APF Halloween Monster Bench Bash
8 NOV, APF Bench Press
NOV, WPC World PL/BP

Dates subject to change Call 886-389-4744 for info. (worldpowerlifting.org) (worldpowerliftingcongress)

17-19 FEB, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

23 FEB, ADFPF Bill Beckwith Memorial PL/Single Lift, Rich Van Eck (Wayland, MI) rvaneck@bpc-bci.com, 269-521-4031

23 FEB, WABDL Karl Tyler Montana State BP (Ruby's Inn, Missoula, MT) Gus Rethwisch 763-545-8654 or 503-901-1622

23 FEB, SLP Bluegrass Open BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

23 FEB, ADAU Emmanuel Single Lift Open, Sam Contakos, Box 1084, Johnstown, PA 15907, paworkout@aim.com

23 FEB, 2nd Annual Barno/Newman Classic & IPA Qualifier (Full power, BP - Aston, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com

23 FEB, APA Louisiana Record Breakers (Natchitoches, LA - PL, BP, DL, PP, SC) Ryan Cidzik, 318-663-0077, rcidzik@yahoo.com, www.apa-wpa.com

23 FEB, APF Orlando Barbell BP/DL Classic (fUniversity of Central Florida, Orlando, FL) Brian Schwab, Meet Director, 407-678-2447, lightweightpower@aol.com

23 FEB - WNPF 2nd All Raw World Cup PL, BP, DL, PC (Raw only - Bordentown, NJ) Troy Ford 678 817-4743, wnpf@aol.com

23 FEB, Indiana High School & State Open Meet (Indianapolis) Job Hou-Seye, Meet Director, 1-888-J0B-H0USEYE

23 FEB, SPF Tennessee State (Chattanooga, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

23 FEB, West Virginia High School Powerlifting (South Charleston High School, South Charleston, WV) John Messinger, school 304-766-0352, home 304-744-2475

24 FEB, UPA Battle of the Bench Press, Jon Elick, 8226 Stoutsville Pike, Circleville, OH 43113, 740-412-1177, antman517@aol.com

24 FEB, 18th Winter BP/DL Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jjrcsmoker@hotmail.com

29 FEB - 2 MAR, 20th Anniversary Arnold Classic, www.arnoldsportsfestival.com, 614-431-3600

1 MAR, APC California State, Bob Packer, 555-322-6805

1 MAR, Police & Fire Nationals (Kansas City, KS) JDuree@aol.com

1 MAR, USAPL California State (Hemet, CA) Mike Womelsdorf, usaplcachair@aol.com

1 MAR, Dutch International PL/BP, Fitness Centrum Butzelaar, Bouwerskamp 21, 8301 AE Emmeloord, Holland, www.wpfpowerlifting.com

1 MAR, NPA Midwest Open Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

1 MAR, USPF National Qualifier (Norfolk, VA) Brute Strength Gym 757-893-9111, 757-650-5410, schroeder_gayle@yahoo.com, www.powerandstrength.com

1 MAR, Macomb Salvation Army ADFPF Record Breaker & International Qualifier (unequipped, equipped, PL/Single - Evansville, IN) Tim Piper & Judith M. Gedney 309-837-2111, www.adfpf.org

1 MAR, SPF Kentucky State PL/BP (Mt. Washington, KY) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

1 MAR, APF/AAPF Dog Pound Dog Fight PL/BP/DL (Mexico, MO) Bill Duncan, 410-474-1071

1 MAR, SLP Memphis Open BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

1 MAR, WABDL California State BP & DL (Holiday Inn, Chico, CA) Gus Rethwisch 763-545-8654 or 503-901-1622

2 MAR, New Jersey High School Drug Free PL (high school only) Paul Sacco, 609-567-0046, paulsacco567@comcast.net

2 or 9 MAR - WNPF Ohio State (Youngstown, OH) Ron Deamicis 330-792-6670, powerlt@aol.com

7-8 MAR, USAPL Military/Armed Forces Nationals, James Henderson-Coffey, 2490 Hallmark Dr., Pensacola, FL 32503, 850-748-7565

8 MAR, USAPL Virginia Open (PL/BP/DL/Ironman, raw, assisted) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com

8 MAR, USAPL MO State & Ozark Open, Harold Gaines, 2 Tristan Ter., St. Charles, MO 63303, 314-805-2044

8 MAR, WABDL Iron Gladiator World Record Breakers (Red Lion Hotel, Pasco, WA) Gus Rethwisch 763-545-8654 or 503-901-1622

8 MAR, Bench on the Bayou VI (master, teen, female, open - Lafayette, LA) Travis Werner, 337-280-6969, www.angelfire.com/theforce/ragincajuns

8 MAR, APF John H. Reagan PL (John H. Reagan High School, Houston, TX) Tom McCullough, tom_mccullough@texaspowerscene.com, www.texaspowerscene.com/meets/2008/ReaganChampionships.html

8 MAR, IBP FirstHealth BP Classic (Roddingham, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

8 MAR, USA "RAW" Bench Press Federation Spring Nationals & SLP Illinois Open BP/DL Classic, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

9 MAR, AFPF/AAFPF Illinois Open State/Credo/Raw (Bolingbrook, IL) Frantz Sports Center, 62 S. Broadway, Aurora, IL 60505, erniefrantz@aol.com, 630-897-2582

9 MAR, 100% RAW Masters National BP/SC, 100% RAW/AAU New England BP/SC, AAU (YMCA, Burlington, VT) Bret Kernoff, 802-865-2747, vermontpowerlifting.com, bret@vermontpowerlifting.com

15 MAR, Walker's Gym Bench Press for St. Jude's Hospital (Walker's Gym, Hopewell, VA) BarryWalker, 804-458-7918

15 MAR, 100% Raw Ironman Nationals/United States Open BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

15 MAR, NASA Power Sports Nationals (Un/Equipped/PS/BP/

APC California State

Powerlifting & Bench Press

(open, masters, teenage, women, junior)

A.P.C. National Qualifier

March 1st, 2008

(Fresno, CA) Bob & Kim Packer

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NASA Powerlifting & Power Sports

February 2008

9th - Arizona State, Mesa, AZ
16th - Missouri State, Diamond (Joplin area), MO
16th & 17th-Teen Nat's & Ohio State HS Champs, Springfield, OH (Greg Van Hoose)
23rd - East Texas State, Tyler, TX
23rd - Indiana State, Indianapolis, IN (Job Hou-seye)

March

1st - BP Nationals & Western States PS & PP Open, Denver, CO
15th - Power Sports Nationals, Oklahoma City, OK
16th - 1st Annual Pro Power Sports Championships, OKC
22nd-Tennessee State Championships, Pickwick State Park, TN
29-30th - High School Nationals, OKC

April

5th - Illinois State, Niles, IL. (David Oyler)
12th - Kansas State Championships, Salina, KS
19th - Ohio State Championships, Lancaster, Ohio
19th - The "Damned Large One", Madison, WI (Job Hou-seye)
26th - Iowa State Championships, Des Moines, IA
26th-New Mexico State, Rio Rancho, NM (Mike & Teale Adelmann)

May

3rd - Western State Nationals, Mesa, AZ
3rd - Oklahoma State Championships, OKC, OK
10th - West Texas State, Hereford, TX
17th - Colorado State Championships, Denver, CO.
24th - South Texas Open, Alvin, TX
Arkansas State, Russellville, AR

June

14th - East Texas Open, Tyler, TX
USA Nationals, Ohio June?????

_Complete NASA Coming Events and Entry Forms at: www.nasa-sports.com
Coming in 2008 - NASA Pro Power Sports

UPCOMING SLP COMPETITIONS

9 FEB, SLP Meador's Gym Open BP/DL Classic (Indiana)

10 FEB, SLP Black Iron Gym Open BP/DL (Beach Grove, IN)

16 FEB, SLP Brickyard Open BP/DL (Milwaukee, MI)

23 FEB, SLP Bluegrass Open BP/DL (Louisville, KY)

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122 W. Sale, Tuscola, IL 61953
217-253-5429
www.sonlightpower.com sonlight@netcare-il.com

PP - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

15 MAR, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-6125, www.strengthcondition.com

15 MAR, USAPL Alaska State, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-277-8212

15 MAR, AAPF 12th annual Frank Kostyo Meet (Lakeland, FL) Ken Snell, 863-687-6268

15 MAR, Allentown YMCA/YWCA BP/DL, Mike Macharsky or Bonnie Benner, 425 S. 15th St., Allentown, PA 18102, 610-434-9333

15 MAR, SLP Michigan Open BP/DL (Ionia, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

15 MAR, SSA War Town Challenge (Edge Fitness, Warner Robbins, GA) Jerry Vincent, 111 Sunnymeade Dr., Warner Robbins, GA 31093, Jerry.Vincent@perdue.com, 478-447-4440

15 MAR, WABDL National Teenage (Radisson Hotel, Denver, CO) Gary Gertner 720-394-6657, gertner@mullenhighschool.com

15-16 MAR, APF/AAPF Illinois State Meet (Willowbrook, IL) Eric Stone, 630-794-0594

15-16 MAR, APF/AAPF Alabama State, Buddy McKee, 3516 Park Lane, Rainbow City, AL 35906, mastermonster@comcast.net, 356-305-2380, 256-613-2753 3-5pm

16 MAR, APF California State (Sherman Oaks, CA) Scot Mendelson, 818-399-0905

16 MAR, USPF Rhode Island State, State High School, State Police & Fire PL/BP, Bob Connell Jr., Bob@ripl.org, www.ripl.org, 401-743-5739

16 MAR, WNPF Ohio State (Youngstown, OH) Ron, 330-792-670 or 330-819-3078

16 MAR, Welsh & England PL, BP, DL, Four Seasons, Trallwn Road, Llansamlet, Swansea, Ken Williams (07970 625946) Nigel Wilding (07814 939047) www.wpfpowerlifting.com

16 MAR, NASA 1st Annual Pro Power Sports (Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

22 MAR, IBP WNC Barbell Push Pull (Asheville, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

22 MAR, SLP Arkansas State BP/DL (Conway, AR) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

22 MAR, IPA Bench Armageddon Biggest Bench in Allentown (Allentown, PA) Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, Bench_a_grand@yahoo.com

22 MAR, 100% Raw Nebraska State PL/BP/PP, AV Sorenson, 4808 Cass St., Omaha, NE 68132, DJ Satterfield 402-592-1243, djnechair@yahoo.com

22 MAR, 1st Support Your Troops Strongman Challenge, Dan Belanger, Box 2050, Pace, FL 32571, 850-995-1290, dbpowersports@bellsouth.net

22 MAR, USPF West Virginia Powerlifting & Holley Open (South Charleston, WV) John Messinger, home 304-744-2475, school 304-766-0352

22 MAR, USAPL SD PL/BP, Jeff Blindauer, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411

22,23 MAR, APF/AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) 208-520-8773, snakeriverp@yahoo.com

28-30 MAR, 100% RAW/RAW United Submasters & Masters Nationals and Elementary/Middle/High School/Collegiate Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, March 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814

29 MAR, APF/AAPF Michigan State (Taylor, MI) J.J. Thomas, 734-642-7877, www.detroitbarbell.com

29 MAR, APF Hawg Farm BP (Evansville, IN) Larry Hoover, 812-385-9932, quad4hoover@peoplepc.com

29 MAR, SLP Lift for the Lord BP/DL (Cave City, KY)

29 MAR, N. Virginia Raw PL/BP (VA), John James 703-475-9885, www.northernvirginiarawpower.com

29 MAR, USAPL Police/Fire Nationals (Scranton, PA) Steve Mann, 845-485-1574

29 MAR, USAPL MS Invitational Brother Bennett PL Meet, Ted Longo, 799 Ewa St., Diamondhead, MS 39525, 228-324-1473

29 MAR, USAPL Alabama State Open, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2198

29 MAR, USAPL The Battle of the Great Lakes XI, Gary Kanaga, 591 Cornell Dr., Broadview Hts., OH 44147, 440-717-9624

29 MAR, USAPL Bare Fitness PP/BP (Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845-778-1884, fpanaro@hvc.rr.com

29 MAR, ADAU Great Lakes BP, Joe Orengia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727

29 MAR, ADAU Open Pennsylvania PL, Joe Orengia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727

29 MAR, SSA Lattimer's Jersey Iron Classic (Thorofare, NJ) Shawn Lattimer, Meet Director, 856-981-5981, slattimer@yahoo.com, www.strengthalliance.com

29 MAR, SSA West Coast Spring Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

29-30 MAR, USAPL Pennsylvania State (Scranton, PA) Steve Mann, 845-485-1574

29-30 MAR, USPF California State PL/BP/DL (Bakersfield, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

29,30 MAR, NASA High School Nationals (Un/Equipped, PL, PS, PP, BP Only - Oklahoma City, OK) Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

30 MAR, 9th Pittsburgh Monster BP/DL (men/women, all classes, cash prizes, Pittsburgh Airport Crowne Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996

30 MAR - WNPF Lifetime Single Lift National BP/DL/PC Championships (Philadelphia, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

30 MAR - WNPF American Cup Open Subs, Masters & Youth, Teen & Junior Nationals PL, BP, DL, PC (Philadelphia, PA) Troy Ford 678-817-4743, wnpf@aol.com

MAR, NASA Kentucky (PL, PS, PP, BP Only -) Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

MAR, PPL Augusta Open Strong Man & Woman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 70-790-3806, pythongym@aol.com

MAR, USAPL California State (Hemet, CA) Mike Womelsdorf, usaplcachair@aol.com

5 APR, Spring Bash Push/Pull Challenge (Tuscon, AZ) Balance Fitness, 520-292-2100 or Chris Lomuto, 520-907-3258

5 APR, IL State & YMCA Great Lakes, David Oyler & Cheryl Targos, Leaning Tower YMCA, 6300 W. Touhy Ave., Niles, IL60174, 847-828-8964.

5 APR - WNPF Lifetime Georgia PL, BP, DL, PC Championships (Atlanta, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

WNPF EVENTS

WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS. EQUIIPMENT-RAW, SINGLE PLY AND UNLIMITED DIVISIONS
PL-Full Powerlifting meet, BP-Bench Press, DL-Deadlift, PC-Powercurl

FEBRUARY 9
5th SOUTH GEORGIA PL, BP, DL, PC
Warner Robins, GA,

FEBRUARY 23
2ND ALL RAW WORLD CUP PL, BP, DL, PC
(For RAW lifters only)
Bordentown, NJ

MARCH 30
WNPF AMERICAN CUP OPEN
Subs and Masters Championships & Youth, Teen & Junior Nationals
Philadelphia, PA

Contact Troy Ford 678 817-4743 or wnpf@aol.com

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WNPF LIFETIME DRUG FREE EVENTS
(FOR THE LIFETIME DRUG FREE LIFTER)
WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS.
EQUIIPMENT - RAW AND SINGLE PLY ONLY
(NEW RECORDS AND A NEW BEGINNING FOR THE LIFETIME DRUG FREE LIFTER)

FEBRUARY 9
1st SOUTHERN USA PL, BP, DL, PC CHAMPIONSHIPS
Warner Robins, GA

MARCH 30
WNPF LIFETIME DRUG FREE SINGLE LIFT NATIONALS - BP/DL/PC
Philadelphia, PA

Contact Troy Ford at 678 817-4743 or wnpflifetime@aol.com

The APC is the only American Federation that truly exists for the lifters. The proceeds from all membership card sales goes into the Athlete's Fund to help pay for travel to the GPC World Powerlifting Championships.

February 16, 2008, APC West Coast BP, John Ford, 650-303-7518
March 1, 2008, APC California Open PL and BP
April 12, 2008, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080
May 3, 2008, APC Central California Open/Novice PL/BP
Jun 2008, APC National PL/BP (Las Vegas, NV)
July 26, 2008, APC Northern California Push/Pull, BP/DL
October 18, 2008, APC Northern California Open PL/BP, John Ford, 650-303-7518

For more information; www.americanpowerliftingcommittee.com
IronDawg Power, www.irondawg.com

5 APR - WNPF Tri-State Challenge GA, vs TN, AL (The winning WNPF state chair will take home the championship trophy so come out and represent your state, PL, BP, DL, PC - Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com
5 APR - WNPF Western PA Championships (Beaver Falls, PA) Ron Deamicis 330-792-6670, powerlt103@aol.com
5 APR, USAPL Richmond Open PL/BP (sculptured awards - Mechanicsville, VA) Phillip Battle 804-301-2196, p_battle@hotmail.com
5 APR, ADFPF Single Lift Nationals & WDFPF World Qualifier (equipped, raw, men, women, open, 3 teens, 10 masters, police/fire/military - S. Bend, IN) Dick VanEck & Jon Smoker 309-837-2111, www.adfpf.org
12 APR, SLP National Raw BP/DL (Sallisaw, OK) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
12 APR, USPF Works Fitness PL, BP, DL (Works Fitness World, New Martinsville, WV) Power Promotions, Matt McCase, Director, 210 Gilbob St., Fairmont, WV 26554, mccase@yahoo.com, 304-376-2432
12 APR, WABDL Northwest Regional BP & DL (Medford, OR) Dan Guches 541-890-3258 or Sam Pecktol 541-210-2026
12 APR, WABDL Heart of America BP/DL (Gateway Center, Collinsville, IL) Erica Haislar 618-530-5402
12 APR, APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080
12 APR, APF Gulf Coast (New Port Richey, FL) Rick Lawrence, 727-376-1707 or Bart 727-919-4738
12-13 APR, AAPF Nationals (Lake George, NY) Sam Luciano, 518-747-3242
13 APR- WNPF Upstate NY II (Buffalo, NY) Ron Deamicis 330-792-6670, powerlt@aol.com
19 APR, Bartlesville Classic (Bartlesville, OK) JDuree@aol.com
19 APR, Kern County High School Meet (Bakersfield, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com
19 APR - WNPF Lifetime All American Bench Press, Deadlift & Powercurl Championships (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
19 APR, PPL Georgia State Drug Free PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
19 APR - WNPF National BP, Bench for Reps, DL & PC Championships (Atlantic City, NJ) Troy Ford 678-817-4743, wnpf@aol.com
19 APR, Mighty Christian Powerlifting Contest IV (Dover, NJ) themightygibbors@aol.com, 973-303-3645
19 APR, Damn Large One (Madison, WI) Job Hou-Seye, Meet Director, 1-888-J0B-H0USEYE
19 APR, USPF Pro Performance Fitness Expo PL, Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com
19 APR, North Georgia Barbell Club Classic PL Showdown, Georgia Deadlift (Kennesaw, GA) Jon Grove, 770-426-1077, Kennesaw@fitnessresource.com
19 APR, WABDL Florida BP/DL (Lakeland, FL) Louis Baltz 863-687-6268
19 APR, WABDL River Country Classic (Gadsden, AL) Brant Bishop 256-390-4436
19 APR, 13th Dungeon Powerworks Slam BP/DL (3 Rivers, MI) Mark Mellinger, 369-435-7586, 15681 Featherstone, Constantine, MI 4+053.
19 APR, 100% Raw Maryland State PL/BP Open Invitational (open to all states) Dan Corridean, 240-417-2229, Bdan1745@aol.com
19 APR, SLP Wisconsin State BP/DL (Delavan, WI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
19, 20 APR, Powerpalooza 10 (Full power, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com
19, 20 APR, BPO British PL, BP, DL (University of Bath, Claverton Down, Bath, Somerset) Greg Ashford (01373 859997) www.wpfpowerlifting.com
25 APR, IBP Raw Bench Press & Strict Curl (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net
26 APR, IBP Tarheel State PL (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net
26 APR, 29th Raw ADAU Power Day Classic (separate BP and DL, open and all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
26 APR, SLP National BP/DL, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
26 APR, 100% Raw Virginia State BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
26 APR, ADFPF 3rd Massachusetts State DL Invitational (unequipped, equipped - SETS, Hingham, MA) Meet Director, Saul Shocket, www.adfpf.org, shocketa@aol.com
26 APR, ADFPF Michigan State & Open PL/Single (unequipped, equipped - Lansing Community College, Lansing, MI) Meet Director Jeff Buchin, www.adfpf.org, gedney@logonix.net
26 APR - WNPF Lifetime North American PL, BP, DL, PC Championships (Kissimmee, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
26 APR - WNPF 9th Elite Nationals & Subs/Masters National (PL, BP, DL, PC - Kissimmee, FL) Troy Ford 678-817-4743, wnpf@aol.com
26 APR, Brute Strength Strongman (Norfolk, VA) Brute Strength Gym 757-893-9111, 757-650-5410, schroeder_gayle@yahoo.com, www.powerandstrength.com
26 APR, NASA NM State (PL/BP/PS) mike@liftinglarge.com, www.liftinglarge.com
26-27 APR, 100% Raw Y Nationals Sports Weekend & Texas State (Holiday Inn Express, Plano, TX) Kirk Stroud, 512-329-8528, www.ymcanationals.com
26-27 APR, UPA Powerlifting & BP Nationals (Columbus, OH) Kenny Patterson, Meet Director, 614-335-5181, Kpatterson@unitedpowerlifting association.com, www. unitedpowerliftingassociation.com
26-27 APR, IPA Iron House Classic PL & BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at www.ironhousezanesville.com
APR (dates TBA), Triple Crowne Classic, Law/Fire Nationals, Military Nationals, East Coast Bench Press Classic (Richmond, VA) Judy & Steve Wood, 804-559-4624, vapowerlifting@aol.com
2-4 MAY (NEW DATE), USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249
3 MAY, Central California Open & Novice PL/BP
3 MAY, USPF San Diego Open PL/BP/DL, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com
3 MAY - WNPF Lifetime Palmetto PL, BP, DL, PC Championships & Collegiate Challenge (Clemson, SC) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
3 MAY - WNPF 11th Carolina State PL, BP, DL, PC & Collegiate Challenge (Clemson, SC) Troy Ford 678-817-4743, wnpf@aol.com
3 MAY, USPF Military Nationals (San Diego, CA) Steve Denison 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com
3 MAY, ADFPF Open PL/BP Challenge, Jason Peck, South Gallia High School, Gallipolis, OH, gedney@logonix.net
3 MAY, IPA Virginia State & National Qualifier (Fredericksburg, VA) Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, Bench_a_grand@yahoo.com
3 MAY, WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Don Bell 360-533-6620
3,4 MAY, WPC Austria Nationals, Harald Selsam, kapout@aon.at
3-4 MAY, APF Master, Teen & Junior Nationals & WPC World Qualifier (Baton Rouge, LA) Garry Frank, 225-241-8154
4 MAY - WNPF Flatline Classic (PL, BP, DL, PC - Richmond, KY) Evan Claunch or Mike Watkins, 859-582-9744, 606-271-0037, www.flatlinepowerlifting.com/wnpf/2008_FPC_ENTRYFORM.pdf
5 MAY, APF Bench Press Meet (Phoenix, AZ) J.R. Bolger, 602-281-6489, azapf@cox.net
10 MAY, WABDL Texas BP/DL (Houston, TX) Tiny Meeker 832-423-7662
10 MAY, Lifetime Natural Powerlifting Nationals, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
10 MAY, APA Fit For Life Power

Palooza (Shreveport, LA - PL, BP, DL, PP, SC) Ryan Cidzik, 318-663-0077, rcidzik@yahoo.com, www.apa-wpa.com

10 MAY, Mr. T's Freak Show II (strongman, powerlifting - New London, WI) Tom Theama 920-359-0432, ttheama@charter.net

16-17 MAY, USAPL Texas State, Hector Munoz, 108 S. 18th, Carrizo Springs, TX 78834, 361-813-9691

16-18 MAY (New DATE/NAME), 100% RAW/RAW United Florida State (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, May 10) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

17 MAY, WABDL USP Labs National BP/DL (Wisconsin Dells, WI) Gus Rethwisch 763-545-8654 or 503-901-1622

17 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

17 MAY, San Jose Open PL/BP/DL, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

23-25 MAY, WPC European Cup (Vienna, Austria) Harald Selsam, kapoun@aon.at

30-31 MAY 1 JUN, APF Senior Nationals (1-3 qualifies for WPC Worlds - Omaha, NE) Rick Hussey/ Becca Swanson, www.bigirongym.com

31 MAY, 3rd USPF Summerfest BP/DL (Wavetech Park) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com

31 MAY, WABDL Golden State BP/DL (Doubletree Hotel, Modesto, CA) Mike Womack 209-303-4105

31 MAY, SSA Full Power/Ironman/Single Lift (Iron Asylym Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

31 MAY - WNPF Lifetime Elite PL, BP, DL, PC Nationals (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

31 MAY - WNPF Raw Nationals & 9th Pan-American Equipped (USA, Canada, Puerto Rico - Ephrata, PA) Troy Ford 678-817-4743, wnpf@aol.com

MAY - WNPF USA vs. Brazil (Caxias do Sul, Brazil) Troy Ford 678-817-4743, wnpf@aol.com

MAY '08, WDFPF European Single Event (Como, Italy) www.wdfpf.cc

6 JUN, SPF Nationals PL/BP (Gatlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

7 JUN, NPA Central States Open Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

7 JUN, WADL National Push Pull (Sheraton Crescent Hotel, Phoenix, AZ) Gus Rethwisch 763-545-8654 or 503-901-1622

7 JUN, SLP Missouri Open BP/DL (Chesterfield, MO) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

7-8 JUN, Immaculate Heart of Mary Festival BP/DL Ironman & Strongman (Youngstown, OH) Ron, 330-792-6670 or 330-519-3078

7-8 JUN, USAPL NJ State HS PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-6125, www.strengthcondition.com

14 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

14 JUN, WABDL Rocky Mountain Regional BP/DL (Hampton Inn, Salt Lake City, UT) David Edgell 81-721-5438

13-14 JUN, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

13-15 JUN, USAPL Men's, Teen, Junior Nationals, Johnny A. Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

14 JUN, USPF Muscle Beach BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

21 JUN, WADL Northeastern Regional BP/DL (Newport, ME) Al Stork 207-223-5915

21 JUN, Sonny's 4th WABDL Push Pull (Sheraton Waikiki Hotel, Honolulu, HI) Mike Saito 808-221-0129, Jocelyn Ronolo 808-387-8776, Levana Furtado 808-368-6727

21 JUN, USA Raw Bench Press Federation Summer Nationals (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

21 JUN, USAPL SC State (Brickhouse Gym) Dan Austin, 215 Windsorcrest Rd., Columbia, SC 29229, 803-736-1956

21 JUN, ADPF PL National & WDFPF World Qualifier (equipped, raw, men, women, Open, 3 teens, 10 masters, police/fire/military - Evansville, IN) Meet directors: Mike Stagg 812-204-3755, Derek Wallace 812-217-0939, Dick Connor 812-867-1736, or 309-837-2111, www.adfpf.org

21 JUN, 100% RAW & AAU RAW Twisted Fitness Push-Pull, Bench, Deadlift & Strict Curl (Claremont, NH) Meet Director, Bret Kernoff 802-865-2747, bret@vermontpowerliting.com, www.vermontpowerlifting.com

26-29 JUN, WPF European PL, BP, DL (Kulturhalle Stadt Forchheim (Jahnhalle), Friedrich-Ludwig-Jan-Strasse, 91301 Forchhein, Germany, Peter and Jorg Wiemann, www.wpfpowerlifting.com

28 JUN, ADAU National Powerlifting (men, women, all ages) Joe Orengia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727

28 JUN - WNPF 17th New Jersey PL, BP, DL, PC (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

28 JUN - WNPF Lifetime Raw Nationals & Powerfest 2K8 (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

28 JUN, 100% Raw Freedom USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

28 JUN, WABDL 12th Alki Beach BP/DL (Seattle, WA) Bull Stewart 206-725-7894

28,29 JUN, USPF Multi-Nationals (Men, Women, Masters, Police & Fire, BP & DL, Sheraton-Providence Airport Hotel, Warwick, RI) Ted J. Isabella, 401-946-5350, uspf-ri@cox.net, www.ripl.org

JUN, APF/AAPF Chicago Summer Bash 5 (Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com

JUN - WNPF Lifetime Pan-Americans PL, BP, DL, PC Champs (Nanuet, NY) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

JUN - WNPF Powerfest 2K8 PL, BP, DL, PC (Nanuet, NY) Troy Ford 678-817-4743, wnpf@aol.com

JUN, USPF Multi-National Junior, Senior, Masters PL/BP/DL Championship (Providence, RI) Ted Isabella, uspf-ri@cox.net, Matt McCase mccase@yahoo.com

JUN, APF/AAPF Chicago Summer Bash 5 (Willowbrook, IL) Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

JUN, APC National PL/BP (Las Vegas)

5 JUL, SLP Samson's Gym Open BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

12 JUL, Nebraska Strongest Man Strongman Competition (American Legion, 230 W. Lincoln Rd., Papillion, NE 68046) DJ Satterfield 402-592-1243, djnechair@yahoo.com

12 JUL, NASA Youth Nationals & WV Open BP, PP & PS (Ravenswood, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

12 JUL, USPF Fresno Open PL/BP/DL, Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

12 JUL - WNPF North Americans PL, BP, DL, PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com

12 JUL - WNPF Lifetime USA PL, BP, DL, PC Championships (Atlanta, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

12 JUL, ANPPC World Cup PL, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

12 JUL, WABDL Midwest Regional BP/DL (Marriott Hotel, Minneapolis West, MN) Gus Rethwisch 763-545-8654 or 503-901-1622

19 JUL, PPL Southeasterns, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, , 706-790-3806, pythongym@aol.com

19 JUL, SLP Northwest Arkansas Open BP/DL Classic, 479-636-0996, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

19 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch 763-545-8654 or 503-901-1622

19 JUL, USAPL Mid Atlantic Open (PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com

19 JUL, Grand Nationals Meet (Sheboygan, WI) Rich Peters, Meet Director, 405-527-8513

19-20 JUL - WNPF Drug Free Nationals & Team Ford vs. Team Deamicis (PA) Troy Ford 678-817-4743, wnpf@aol.com or Ron Deamicis 330-792-6670, powerlt103@aol.com

26 JUL, APC Northern California PP/BP/DL

26 JUL, 4th Vermont State Open Raw BP, All American Fitness, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068, 802-999-7845, www.allamericanfitnessvt.com

26 JUL - WNPF Lifetime Youth, Teen, Junior, Subs, Masters & Police/Fire Nationals & Summer Classic (PL, BP, DL, PC - Kissimmee, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

26 JUL - WNPF 16th Florida State **& USA Championships** (Kissimmee, FL) Troy Ford 678-817-4743, wnpf@aol.com

26 JUL, SSA West Coast Summer Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

26 JUL, SLP YMCA of Kansas City Push/Pull Classic (Kansas City, KS) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

27 JUL, WNPF Drug Free

NORTH GEORGIA BARBELL PRESENTS: STACK'S GYM POWERLIFTING

2008 CLASSIC POWERLIFTING SHOWDOWN

CLASSIC - KNEEWRAPS, WRISTWRAPS, BELT & SINGLET ONLY

& GEORGIA DEADLIFT CHAMPIONSHIPS

EQUIPPED OR UNEQUIPPED

APRIL 19, 2008

COBB Conference Center
755 Cobb Place Blvd.
Kennesaw, GA 30144
770-426-5175

Contact: Jon Grove 770-426-1077 *E-mail:* Kennesaw@fitnessresource.com

Nationals (Youngstown, OH) Ron, 330-792-6670 or 330-519-3078
26-27 JUL, UPA Power Weekend, Bench Bash for Cash, Pro Powerlifting, Amateur Strongman, Amateur Bench Press, Bill Carpenter 563-599-1390, Kenny Patterson 614-563-0279
26-28 JUL, USAPL Raw National Championships (St. Louis, MO) Harold Gaines 314-805-2044, www.usaplnationals.com
1-3 AUG, AWPC World PL/BP (Oakbrook, IL) Kieran Kidder/Amy Jackson, 866-389-4744, amyljackson@cox.net
30 JUL-3 AUG, AWPC/WPC Eurasian Championships (Chelyabinsk, Russia) Vladimir Chadkov, wpc@wpc-wpo.ru
1-3 AUG, 100% RAW/RAW United Women's Nationals and Kids/Youth/Teenage Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, July 12) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us
2 AUG, USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com
2 AUG, SSA Backyard Bench/Deadlift/Iron Man (Iron Asylym Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com
2 AUG, WABDL Iron Gladiators Great Northern BP/DL (Red Lion Hottel, Olympia, WA) Gus Rethwisch 763-545-8654 or 503-901-1622
3 AUG, SLP Vince Soto Memorial/Ohio State Fair BP/DL (Columbus, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
9 AUG, N. Virginia Raw PL/BP (VA) John James 703-475-9885, www.northernvirginiarawpower.com
9 AUG, Fall Classic (Bartlesville, OK) JDuree@aol.com
9 AUG, WABDL Southern Regional BP/DL (Crown Plaza Hotel, Dallas, TX) Gus Rethwisch 763-545-8654 or 503-901-1622
9 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
10 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
10 AUG - WNPF Lifetime 1st World Cup BP, DL, PC Championships (Philadelphia, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
10 AUG - WNPF Single Lift Nationals & Ironman Nationals (BP, DL, PC - Philadelphia, PA) Troy Ford 678-817-4743, wnpf@aol.com
16 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
16 AUG, WABDL World Cup (120 Miles NW of Helsinki, Tampere, Finland) Sakari Selkainaho 011-358-505-354-106
16 AUG, APF Push Pull Meet (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net
17 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
23 AUG, 100% Raw Eastern USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
23 AUG, APF/AAPF High Country Push/Pull (Brigham City, UT) Jon Cunningham, 801-985-1164
23 AUG, IBP Mountain Bench Bash & Strict Curl (Asheville, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net
23 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
30 AUG, 2nd USPF Works Outdoor BP/DL (New Martinsville, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com
30 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova, Sacramento, CA) Jody Woods 916-524-0914
6 SEP, NASA NM Regional (PL/BP/PS), mike@liftinglarge.com, www.liftinglarge.com
6 SEP - WNPF Lifetime Southern States (Fitzgerald, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
6 SEP - WNPF 2nd Jake the Hammer Classic BP, DL, PC (Fitzgerald, GA) Troy Ford 678-817-4743, wnpf@aol.com
6 SEP, WABDL United We Stand BP/DL (New Castle, PA) charles Venturella 724-654-4117
6 SEP, WABDL Southwest Classic BP/DL (Houston, TX) Tiny Meeker 832-423-7662
6 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
7 SEP, WNPF Upstate New York II (Rochester, NY) Ron, 330-792-6670 or 330-519-3078
12-13 SEP, USPAL Bench Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624
13 SEP, NPA National Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292
13 SEP, USA Raw Bench Press Federation Fall Nationals (Holland, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
13 SEP, WABDL Hawaii BP/DL (Kamilioki Elementary School, Waimanalo, HI) Keith Ward, 808-375-8700
13 SEP, WABDL Greater Seattle Classic BP/DL (TBA, Seattle, WA) Bull Stewart 206-725-7894
13,14 SEP, USPF Muscle Beach PL/BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com
20 SEP, WABDL National Collegiate BP/DL (Gateway Center, Collinsville, IL) John Hudson 217-377-4640
20 SEP, SLP Bodyworks Gym Spears Foundation Benefit BP/DL Classic (Dry Ridge, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
20 SEP, Supreme Fitness Challenge II 100% Raw & AAU PP/BP/SC (Supreme Fitness, Brattleboo, VT) Meet Director Bret Kernoff, 802-865-2747, Vermontpowerlifting.com, bret@vermontpowerlifting.com
26 SEP, IBP 8th Bench Press Classic & Strict Curl (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net
27 SEP, IBP Regional PL (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net
27 SEP, SLP Nationals Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
27 SEP - WNPF 20th Lifetime Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com
27 SEP - WNPF Lifetime New Jersey (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
28 SEP - WNPF Lifetime Pennsylvania State (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com
28 SEP - WNPF 17th Penn States Open PL, BP, DL Champs (Ephrata, PA) contact Troy Ford 678-817-4743, wnpf@aol.com
28 SEP, UK Open PL, BP, DL (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wpfpowerlifting.com
3-5 OCT, 100% RAW/RAW United Armed Forces Nationals and North American Open (open to active duty soldiers, reservists, guardsmen, and veterans, all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, September 13) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us
4 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com
4 OCT, USPF Collegiate Nationals, (Modesto Junior College, Modesto, CA) Steve Denison 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.como
4 OCT, SPF/WBPLA World PL/BP (Gaitlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net
4 OCT, SLP Tennessee State BP/DL (Lexington, TN) Darrel Latch, 126 W.

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Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10-12 OCT, WDFPF Single Event Worlds (equipped, raw, men, women, Open, teen, masters, police/fire/military - Antwerp, BEL) Wim Backelant, 309-837-2111, www.adfpf.org

11 OCT - WNPF 9th Palmetto PL, BP, DL, PC (Clemson, SC) Troy Ford 678-817-4743, wnpf@aol.com

11 OCT - WNPF Lifetime Carolina State BP, DL, PC Championships (Greenville, SC)WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

11 OCT, SSA Full Power/Ironman/ Single Lift (Iron Asylym Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

18 OCT, SLP Monon Fitness BP/ DL (Indianapolis, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

18 OCT, PPL Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

18 OCT, USPF Monster Beach & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net, www.powerliftingCA.com

18 OCT, APC Northern California Open PL/BP, John Ford 650-303-7518

25 OCT, 4th Westminster Family Center Open BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452

25 OCT, SSA West Coast Fall Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

25 OCT, 26th Raw ADAU Central PA Open PL (open, all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

25 OCT, USPF Pro Performance Strongman/PL (Morgantown, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com

25 OCT, ANPPC National Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

25-26 OCT - WNPF Lifetime 1ST International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

OCT, APF/AAPF Snake River PL/ BP/DL & Special Olympics (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434

OCT, APF Halloween Monster Bench Bash (Eagle Nest, NM) Anita Ramsey/Churtis Schultz, 505-377-3099

1 NOV, USA Raw Bench Press Federation World Championship, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

8 NOV, SLP Ohio State BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

8 NOV, Regionals (Kansas City, KS) JDuree@aol.com

8 NOV, APF Bench Press (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net

12-17 NOV, WABDL World BP/ DL (Riviera Hotel, Las Vegas, NV) Gus Rethwisch 763-545-8654 or 503-901-162215 NOV, SLP Kentucky State BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

13 NOV, WPF World PL Championships (Vienna, Austria)

15 NOV, N. Virginia Raw PL/BP, John James 703-475-9885, www.northernvirginiarawpower.com

22-23 NOV - WNPF Lifetime 1st All-Raw World Cup Powerlifting, BP, DL & PC (Atlanta, GA or Orlando, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

22-23 NOV - WNPF 17th WNPF World PL BP, DL & PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com

13-16 NOV, WPF World PL, BP, DL (Austragungsort, Jedlersdorferstrasse 94, A1210, Wien, Austria, Gerhard Holleitner, www.wpfpowerlifting.com

NOV, WPC World PL/BP, Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

5-7 DEC, 100% RAW/RAW United Worlds (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

6 DEC, USAPL Virginia State (PL/ BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com

6 DEC - WNPF McCray/Peace Memorial BP, DL, PC **& Police/ Fire/Military Nationals** (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

6 DEC - WNPF Lifetime Ironman Nationals & East Coast BP, DL, PC (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, Wnpflifetime@aol.com

7 DEC - WNPF 7th Eastern USA PL, BP, DL, PC (Seaford, DE) Troy Ford 678-817-4743, wnpf@aol.com

6 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

7 DEC, 16th Raw ADAU Coal Country Classic (separate SQ, BP, DL, open and all age groups, men and women - Bigler, PA) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

7 DEC, BPO British BP & DL Record Breakers (Four Seasons, Trallwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wpfpowerlifting.com

13 DEC, SLP Arkansas BP/DL (Rogers, AR) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

13 DEC, 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

27 DEC, SLP The Last One! BP/DL (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

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APC Orlando Muniz-Zacca
1 DEC 07 - Hollywood, FL

Powerlifting	SQ	BP	DL	TOT
MALE				
132 lbs.				
Master (60-64)				
E. Milian	462	281	490	1233
181 lbs.				
Open				
J. Barinaga	380	259	397	1036
198 lbs.				
Open				
J. Milian	402	303	452	1157

This small powerlifting meet was set up to commemorate the passing of my good friend and training partner Orlando Muniz-Zacca. The participants of this meet also knew Orlando through the years. Even though I have not trained with Orlando lately, since I have been living in Houston, Texas, for the last year and a half, I owe many of my achievements to his coaching. Orlando had an ability that few individuals have, he could look at a lifter and tell exactly what was wrong with the lift and how to correct it. Working out with Orlando was not only limited to this unique ability, he was also one of the funniest guys I have ever met. Everyone who knew Orlando will agree on this one hundred per cent. We will miss you Big O. (Thanks to Ernesto Milian for the results)

Orlando Muniz-Zacca, shown above spotting Mike Bridges at the historic 1978 Senior National Championships, has passed away, and his friend Ernie Milian ran a meet in Hollywood, FL, to remember him.

SSA Backyard Meet
4 AUG 07 - Tribes Hill, NY

BENCH				
MEN				
181 lbs.				
Junior				
D. Cull	375			
T. Stanton	330			
Open				
R. Hillyard	390			
275 lbs.				
Masters (40-44)				
Ironman		BP	DL	TOT
WOMEN				
148 lbs.				
Open				
R. West		225	315	540
MEN				
198 lbs.				
Teen (16-17)				
J. Kiernan		315	475	790
220 lbs.				
Submaster				
M. Ferlito		425	455	880

P. Porcelli 490
308 lbs.
Teen (18-19)
W. Bonner 145
Masters (40-44)
M. Montano 485
SHW
Masters (50-54)
V. Vardine 455
F. Farina 385

(Thank you to Sandi McCaslin for results)

100% Raw North Carolina State
23 JUN 07 - Charlotte, NC

BENCH
FEMALE
148 lbs.
Master (50-54)
R. Jenkins 90
165 lbs.
Junior
L. Sandee 105
MALE
123 lbs.
Teen (14-15)
B. Etringer 160
132 lbs.
Teen (14-15)/Open
J. Powell 160
148 lbs.
Open
E. Patton 260
165 lbs.
Junior (20-24)
D. Sylvester 325
Master (60-64)
R. Fecteau 185
Open
D. Jones 305
J. Manuel 300
S. Kirkwood 265
Open/(30-34)
J. Brown 330
181 lbs.
Junior (20-24)
A. Williams 345
(25-29)
J. Adams 425
Master (50-54)
J. Layman 275
Open
D. Wilson 350
M. Franklin 325
Open/(25-29)
S. Wesley 335
Submaster
G. Dale 415
198 lbs.
(30-34)
S. Cox 315
Junior (20-24)
M. Wilson 300
Master (45-49)
T. Whitted 250
Open
Summerfield 325
J. Wheeler 310
B. Lancaster 250
Open/P/F/M
Master (45-49)
J. Lovallo 375
220 lbs.
Junior (20-24)
J. Wilson 345
Master (45-49)
R. Pardue 350
Master (65-69)
W. Anderson 125
Open/Submaster
C. Pickett 410
Submaster
C. Kennedy 385
242 lbs.
Junior (20-24)
A. Brown 375
(25-29)
J. Wright 420
Master (40-44)
E. Horwitz 225
Open/Master (50-54)
B. Powell 315
Open
Master (60-64)
I. Brooks 265
275 lbs.
Master (50-54)
J. Hilliard 475
Open
M. Belk 580
K. Cole 455
Open/(30-34)
B. Jones 540
Submaster
F. Banks 410
308 lbs.
Submaster
J. Bates 390
Master (45-49)
T. McVicker 480
SHW
Submaster
J. Gentry 445
DEADLIFT
MALE
123 lbs.
Teen (14-15)
B. Etringer 245
132 lbs.
Open/Teen (14-15)
J. Powell 225
165 lbs.
Open
S. Kirkwood 435
J. Manuel 400
181 lbs.
Master (55-59)
R. Layman 470
198 lbs.
Junior (20-24)
M. Wilson 390
Master (45-49)
T. Whitted 350
220 lbs.
Master (65-69)
W. Anderson 275
242 lbs.
Junior (20-24)
A. Brown 435
Master (40-44)
E. Horwitz 185
Open/Master (60-64)
I. Brooks 405
CURL
MALE
123 lbs.
Teen (14-15)
B. Etinger 70
132 lbs.
Open/Teen (14-15)
J. Powell 85
181 lbs.
Submaster
G. Dale 150
198 lbs.
(30-34)
S. Cox 145

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Open
Summerfield 135
Open/Junior (20-24)
B. Martin 130
220 lbs.
Submaster
BENCH for Reps
MALE
Lightweight
D. Wilson 170 32
J. Layman 180 23
B. Etringer 120 3
Heavyweight
J. Lovallo 195 31
J. Adams 180 29
G. Dale 185 29
(Thank you to Paul Bossi for these results)

NASA Push-It Pull-It Lift-It
1 DEC 07 - Albuquerque, NM

BENCH
MALE
181 lbs.
Submaster Pure
R. Widdison 330
220 lbs.
Master I
J. Berlin 451
Raw
132 lbs.
Push Pull BP DL TOT
FEMALE
148 lbs.
Master III
J. Wood 99 203 303
165 lbs.
Master III
E. Waugh 99 214 314
MALE
181 lbs.
Submaster I
T. Duran 314 435 749
198 lbs.
Master II
E. Duran 314 485 799
Open
C. Harty 374 501 876
220 lbs.
Master I
M. Teupell 418 529 948
Master Pure
R. Garcia 424 551 975
Novice
N. Garcia 369 501 870
Teen
S. Smith 319 501 821
275 lbs.
Submaster I
G. Vigil 325 385 711
Power Sports CR BP DL TOT
FEMALE
148 lbs.
Master III
J. Wood 55 99 203 358
181 lbs.
Master I
J. Sierer 55 104 231 391
MALE
220 lbs.
Submaster II
M. Hunter 110 231 380 722
242 lbs.
Submaster Pure
B. Koski 165 325 446 937

C. Pickett 175
242 lbs.
Master (50-54)
B. Powell 135
Master (60-64)
I. Brooks 75
lbs. Reps
High School
M. Klett 220
Teen
M. Klett 220
165 lbs.
Int
R. Archuleta 319
220 lbs.
Master IV
E. Evatt 264
275 lbs.
Submaster I
G. Vigil 132 325 385 843
308 lbs.
High School
T. Norwood 121 259 418 799
(Results courtesy Mike & Teale Adelmann)

WABDL Nevada State
11 AUG 07 - Elko, NV

BENCH
WOMEN
Open
148 lbs.
T. Agenbroad 104
165 lbs.
K. Williams 93
4th-104*
198 lbs.
J. Chappell 104
UL
D. Richards 187
Submaster
148 lbs.
T. Agenbroad 104
165 lbs.
K. Williams 93
4th-104*
198 lbs.
J. Chappell 104*
Teen (18-19)
123 lbs.
K. Phipps 148
MEN
Class I
148 lbs.
E. Nahorniak 341
4th-347*
K. Nichols 137
198 lbs.
B. Alvarez 441*
220 lbs.
J. Avila 358
B. Nichols —
259 lbs.
Blankenship 457*
308 lbs.
C. Wimmer 551
Disabled
220 lbs.
D. West 314
Junior 920-25)
148 lbs.
J. Frank 325*
Law/Fire
Master (48-55)
198 lbs.
M. Berteaux 455!*
Law/Fire Open
275 lbs.
T. Prince 501
308 lbs.
C. Wimmer 551*
Master (40-46)
165 lbs.
K. Lyons 308
181 lbs.
D. Carr —
Cunningham 503!*
198 lbs.
F. Dena III —
Master (47-53)
148 lbs.
S. Richey 303*
198 lbs.
R. Cowles 319
4th-325*
M .Berteaux 455*
220 lbs.
M. Mari 402*
SHW
G. Gertner 529
Master (54-60)
165 lbs.
G. Miller 336*
181 lbs.
K. Cain 242
220 lbs.
D. West 314
SHW
P. Herdt 418
Master (61-67)
181 lbs.
D. Covello 181
Master (68-74)
181 lbs.
J. DiGregorio 176*
198 lbs.
W. Prince 281
Open
181 lbs.
Cunningham 503*
198 lbs.
F. Dena III —
D. Tracy 446
308 lbs.
J. Dennison 578
Submaster (33-39)
148 lbs.
K. Nichols 137*
220 lbs.
B. Nichols —
Teen (18-19)
181 lbs.
E. Daucette 209
275 lbs.
J. Davis 275
DEADLIFT
WOMEN
Open
148 lbs.
T. Agenbroad 270
4th-283*
C. Danielson 264
4th-282*
165 lbs.
K. Williams 248
4th-264*
198 lbs.
J. Chappell 231
UL
D. Richards 429
Submaster
148 lbs.
T. Agenbroad 270
4th-283*
165 lbs.
K. Williams 248
4th-264*
198 lbs.
J. Chappell 231*
Teen (12-13)
181 lbs.
J. Wickens 281!*
Teen (18-19)
123 lbs.
K. Phipps 248
4th-270*

Eric Nahorniak qualified for the WABDL World Championships with his lifting at the WABDL Nevada State Championships.

MEN
Class I
198 lbs.
J. LaReaux 485
220 lbs.
J. Avila 468
Law/Fire
Master (48-55)
308 lbs.
K. Eyre 473*
Master (40-46)
165 lbs.
K. Lyons 385
181 lbs.
J. Cunningham
512
Master (47-53)
148 lbs.
S. Richey 413*
Master (54-60)
165 lbs.
G. Miller 314
4th-325*
181 lbs.
K. Cain 264
Master (68-74)
181l bs.
J. DiGregorio 203
4th-214*
Open
165 lbs.
A. Stephens 440
181 lbs.
Cunningham 512
198 lbs.
D. Tracy 584
*=State Records. !=World Records. Meet Director: Raul Lopez. (Thanks to Gus Rethwisch for providing the meet 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
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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_____

WISDOM

As a Power Lifter I trained to get big and strong and I thought nothing of eating a whole family pizza followed with a half gallon of ice cream by myself in one sitting. I loved Power Lifting because I could eat to my heart's content and become big and powerful!

I had a physical checkup by my family doctor two months after turning 50 years of age. At 5 feet 11 1/2 inches in height I weighed 316 pounds and my blood pressure was too high so the doctor prescribed blood pressure medication for my condition.

I told him I did not need it because I would drop my bodyweight. He countered by telling me that losing weight would not do it. He was thinking I meant 20-30 pounds but I was thinking in terms of losing 100 pounds. I left his office with the blood pressure medicine in hand but with a definite goal in mind -- that of losing 100 pounds of body fat by following a sound diet and an exercise program geared to lose body fat.

In my high school days as a champion 200-pound wrestler. I was never able to wear 36" size paints. Now I can fit into size 34". This shows the effectiveness of the TK waist band along with exercise and diet.

My background as an athlete in Power Lifting helped me set definite goals so my plan included following a good nutritional program I picked up from (Power Nutrition) articles in Powerlifting USA. Cardiovascular exercise was included too so the increased circulation prevents loose skin from forming as fat would disappear.

The cardiovascular movements such as jumping rope, biking or jogging meant constant pounding on the knee joints and to prevent wear and tear and to keep stability and warmth in the knees, I used the TK Knee Bands. The pounding affects the lower back and spine as well so I wore the TK Waist Band that kept my back warm and gave good support to the lower back.

The one thing that helped me lose inches around my waist was the TK Waist Band. It is common to lose 3 pounds or so in exercising from sweating and all this can be gained back by hydrating yourself but what most people do not understand is that the TK Waist Band helps generate heat and that in turn improves blood circulation. This, in turn, helps metabolize this area faster.

My waist came down from 44 inches to 34 inches and I did lose 100 pounds in body fat in 7 months' time. If you check my shoulder and chest area on the "after" picture, I have not lost any size or shape there but the waist has impressively trimmed down. Incidentally, my blood pressure reading is perfect and I do not take any medication. They say with age comes wisdom and I find this to be so true.

In one photo you see me wearing what I call the TK Suit of Armor for my exercise program....prevents injuries of the knees, lower back and trims the waist. The support and warmth created by the TK bands on the joints is critical especially for a heavy person who perform any repetitive movements. I strongly advise anyone who wishes to lose bodyweight to wear these TK Bands as a protective measure against stress and strain of the joints that will under go constant pounding. If your joints go, so does you cardiovascular exercises and the high metabolic rate!

PS. Now, for the first time in my life, I have a good chance of Benching double bodyweight...and at a wiser age of 51!

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HOW THE PR BELT IS WORN

1. Just wrap the belt around your waist like any normal belt.

2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.

3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.

4. Ratchet/tighten belt as desired.

5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

• It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.

• Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.

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(continued from page 18)

chains; week 3, floor press; week 4, steep incline press. These are just examples, and of course, the small exercises or special exercises will change as well, but not as often. By constantly changing the core lift each week, one can max out throughout the year without burning out. This system allows you to work on your weaknesses. This is a tremendous advantage over other systems, plus it perfects your form.

Another special strength is isometrics. Bob Peoples experimented with isometrics years ago. He found them very taxing yet very productive. He would sometimes hold the weight for 40 seconds. Bob found it hard on the circulation. A second method was to select a position and barely move the weight off the pins. Set a goal of 5 reps and work up to 10 reps; then add weight. For both systems he would use very heavy weight. We use more moderate weight for many sets.

Isometrics will build strength 15 degrees in each direction, above and below the bar position. The Eastern Bloc training system found that it was just as effective to pull on a static bar for time as it was to pull very hard for 3-6 seconds. Select three or four positions to work from in each workout.

In isometric action the muscle tension changes while the length of the muscle remains constant. The effort for the most part should be increased gradually until the desired intensity is achieved. Of course, it is hard to gauge the amount of effort being displayed. You can approximate the effort more closely by lifting a predetermined weight off one pin up to a second pin. Hold for the time desired. Always do isometric work at the end of the workout.

It is your job as a coach or a self-taught weight enthusiast to learn where and when to use the strength methods described above.

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(continued from page 46)

associate and produce the force that generates movement. When the nerve cell innervating a muscle cell signals that cell to contract, calcium is released from the sarcoplasmic reticulum into the region of the contractile filaments, thereby permitting contraction to occur. In one study calcium was shown to be effective in prolonging time of onset of fatigue in striated muscle.[26]

Several studies have shown that calcium plays a key role in body weight regulation and especially on fat metabolism (with possible effects on lipolysis, fat oxidation, lipogenesis, energy expenditure, and appetite suppression) and thus is a useful supplement for those looking to decrease weight and body fat.[27,28,29,30,31,32,33,34,35,36]

For example, Zemel et al. (2002) ;looked at the effects of calcium supplements on obese adults who were dieting. They found that a high-calcium diet (1200-1300 mg/day) resulted in greater weight and fat loss in humans compared to a low-calcium diet (400-500 mg/day).

Another study published in November, 2004 found that a high intake of calcium may hinder weight and fat regain.[37] The study found that after putting mice on a low calorie diet and producing weight and body fat loss, that those on a low calcium diet regained their weight after 6 weeks. However, for those on a high calcium diet it was a different story. They found that the high calcium diets produced significant increases in lipolysis, decreases in fatty acid synthase expression and activity, and reduced fat regain. They also found that increasing calcium through the use of dairy products had significantly greater effects on fat regain.

Chromium

It has been shown through various studies that chromium is an essential element involved in carbohydrate and lipid metabolism. Since the need for chromium increases with exercise,[38] and modern refined foods are low in chromium, there may be a need for chromium supplementation in athletes and other active people,[39] and especially in those wanting to lose weight and/or improve their body composition.[40]

Insufficient dietary chromium has been linked to maturity-onset diabetes and cardiovascular diseases, with supplemental chromium resulting in improvements of risk factors associated with these diseases.[41,42,43]

One of the most frustrating aspects of being overfat is that your body has become conditioned to converting excess calories, especially if combined with high carbohydrate intake, into body fat. Part of the problem with this fat conditioning involves insulin. The problem is that as you gain more body fat you become more insulin resistance so that you need more insulin to do the same job as when you had less body fat. This increase in insulin decreases your ability to use body fat as fuel, and stores more energy as body fat. The end result is a fatter you.

Chromium helps to increase insulin sensitivity and thus your body's ability to burn off body fat as a preferred fuel, and decreases body fat production. Along with its effects on muscle, chromium picolinate has been shown to have significant effects on body composition.[44,45,46]

Although most diets just barely provide the RDA for chromium, for many it's not enough to make up for daily losses, especially if they exercise.

Chromium and Conjugated Linoleic Acid (CLA)

It's been shown that combining chromium with CLA (see below for information on CLA) enhances insulin sensitivity and body composition even more when used together. A recent study found that CLA alone lowered body weight, total body fat mass, and visceral fat mass, the last of which decreased further with the combination of CLA and Chromium.[47]

Potassium

Potassium is one of the essential dietary minerals. While most diets supply an adequate amount of potassium, athletes may have increased needs since it is one of the electrolytes lost in sweat. While it is important for athletes to replace the increased electrolytes lost due to sweating, it is especially important to replace potassium.

Even mild potassium deficiency can lead to fatigue and decreased performance,[48] while a significant deficiency can lead to cardiac problems. Muscular fatigue is manifested by a decline in force- or power-generating capacity and may be prominent in both submaximal and maximal contractions. Disturbances in muscle electrolytes play an important role in the development of muscular fatigue. Unfortunately, surprisingly little research has been carried out to investigate the effects of exogenous potassium on training intensity and muscle hypertrophy.

Studies with isolated animal muscle fibers have shown that potassium may help alleviate muscle fatigue. KCl- or caffeine-induced release of Ca2+ from intracellular stores has been shown to decrease fatigue by reversing long-lasting interference in excitation-contraction coupling.[49]

Since some studies have implicated the decline of the intracellular to extracellular potassium gradient and extracellular K+ accumulation during activity is an essential factor of muscle fatigue,[50] it might be argued that excessive potassium accumulation at the surface of the muscle cell might increase fatigue. A recent study investigated the role of K+ in muscle fatigue by testing whether an increased extracellular K+

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concentration in unfatigued muscle fibers caused a decrease in force similar to the decrease observed during fatigue.[51] The authors concluded that exogenous potassium does not cause accumulation of K+ at the surface of the sarcolemma that is sufficiently large to suppress force development during fatigue.

It has been shown that potassium deficiency can result in lower GH and IGF-I levels and that potassium replacement restores these levels. The problem appears to be at the pituitary level rather than the muscular level since the use of GHRH did not correct serum levels.[52] As well a recent study has shown that potassium deficiency inhibits protein synthesis.[53]

Alpha Lipoic Acid

Alpha lipoic acid (ALA) has potent antioxidant properties intrinsically and secondary to its ability to increase levels of intra-cellular glutathione, and its ability to recycle other antioxidants such as vitamin C, vitamin E and glutathione.[54,55,56,57,58] ALA and glutathione have been shown to have significant effects in decreasing mercury toxicity in the body.[59]

Alpha lipoic acid also has significant anti-inflammatory properties and has been shown to inhibit IL-1, a proinflammatory cytokine and also inhibit the synthesis of PGE2 by inhibiting COX-2 activity.

This latter mode of action, along with similar effects from CLA, simulates the anti-inflammatory effects of the present class of NSAIDS such as Celebrex, Advil, Aleve, etc. As well, EFA+ contains fish oil with substantial amounts of DHA and EPA, which has also been shown to have effects similar to the anti-inflammatory prescription and OTC drugs.[60]

ALA's actions on decreasing both the pro-inflammatory cytokines[61,62] and because of its effects on decreasing secondary cortisol elevations.

It has been shown to inhibit cross-linking among proteins, a process that contributes to the aging process in the body and especially in collagen-heavy tissues such as skin. Alpha-lipoic acid activates a collagen-regulating factor known as AP-1 that turns on enzymes that digest glycation-damaged collagen and thus make the skin more supple and youthful looking.

Besides having potent antioxidant and anti-inflammatory effects, ALA also has significant anabolic effects secondary to its beneficial effects on insulin sensitivity and growth hormone and IGF-I secretion, all factors involved in maintaining, repairing and regenerating musculoskeletal tissues.[63,64,65,66]

The bottom line is that antioxidants can decrease unproductive cell damage, help the recovery process, help to prevent injuries, decrease fatigue, and play an important role in maximizing the training effect and subsequently improving performance and body composition.

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181 lbs.				
Master III				
B. Baker	365*			
Teen II				
G. Kroon	320*			
198 lbs.				
Master II				
B. Cowles	335			
220 lbs.				
Open				
B. Grow	420			
Master II				
M. Mari	430			
D. West	335			
242 lbs.				
Open				
M. Riedy	440			
Open/Master III				
D. Wolf	350			
275* lbs.				
Teen III				
D. Flonta	525*			
Master II				
C. Nielsen	315			
Master IV				
P. Herdt	—			

Powerlifting	SQ	BP	DL	TOT
WOMEN				
123 lbs.				
Open				
L. Hofheins	260	165	340	765
132 lbs.				
Open				
V. Anderson	270	185	350	805
165 lbs.				
Open				
H. Davidson	135	130	305	570
181 lbs.				
Teen II				
A. Moe	375*	185*	360*	920*
198 lbs.				
Open				
K. Bates	155	110	235	500
MEN				
132 lbs.				
Teen II				
N. Stevenson	425*	260*	415	1100*
148 lbs.				
Open				
R. Durbin	460	315	445	1220
S. Myers	340	250	440	1030
Teen II				
D. Peery	300	200	360	860
165 lbs.				
Master I				
P. Young	425	240	420	1085
181 lbs.				
Open				
J. Legard	550	285	555	1390
K. Wetzel	445	300	430	1175
E. Cristurean	430	260	465	1155
Teen II				
C. Allen	360	215	510	1085
198 lbs.				
Master I				
R. Nielsen	400	255	450	1105
Open				
P. Smith	390	255	405	1050
220 lbs.				
Open				
K. Hansell	460	300	565	1325
242 lbs.				
Open				
B. Clark	715*	440	665	
1820*				
M. Riedy	610	460	685	1755
B. Moehrke	500	340	665*	1505
R. Nielsen	440	380	500	1320
Open/Master III				
D. Wolf	515	350	520	1385
275 lbs.				
Master II				
S. Schultz	625	475*	615	1715
Open				
T. Wlkinson	500	445	600	1545
Master III				
T. Stewart	500	295	540	1335
275+ lbs.				
Teen III				
D. Flonta	650*	525*	635*	
1810*				
Open				
P. Janquart	585	365	485	1435
Master IV				
S. Anderson	135	135	135	405

* State Records. Meet Director: Bill Davis. Best Lifter Female: Amanda Moe. Best Lifter Male: Brandon Clark. "Fitness Inc., of Pocatello hosted the USAPL 17th Idaho State/Open, in which 39 people participated. 28 of these were 3 lift competitors while an additional 16 benchers competed in "Bill's Bad Ass Bench Press Meet." Competitors came from throughout the Rocky Mountain Basin and points further. In addition to the 21 lifters from Idaho, Montana sent 5, Utah provided 4, Wyoming sent 3, Oregon sent 2, Washington provided 2, 1 lifter came from Nevada, and one lifter even came from as far away as Illinois! The Idaho State Open meet is held each year in Pocatello on the Saturday preceding Thanksgiving. The most impressive male lifter was Brandon Clark, 42, from Pocatello, who won first in the open 242s with a total of 1820. Brandon stunned lifters and audience when he squatted 715 as his opener. This was after an absence of three years from competition! The most impressive female lifter was Amanda Moe, of Nampa, ID, who set a complete set of new State records for Teen Women's 181s ending with a total of 920. The most impressive male bencher was Danny Flonta of Nampa, 19, who benched 525 in the +275 class, not only an Idaho State record but also a potential USAPL American Record. The most impressive female bencher was Vickie Anderson from Butte, MT, 49, who benched 185 at a weight of only 129.75 lbs. Ordinarily we try to identify a single lifter who is the 'Most Inspirational' but this year the meet organizers decided that a certain group of lifters deserved attention for their inspiring work and progress in this sport, namely the teenage lifters of Idaho represented by Danny Flonta (19), Nick Stevenson (17), and Amanda Moe (17) who have progressed from state-wide high school meets, to National High School and National Subjunior meets to competing at the IPF World Sub-Juniors meets for the last two years. These young lifters, with their enthusiasm and perseverance in this sport, not only have represented Idaho to the rest of the nation, and the United States to the world, but they have also worked hard to encourage other young people to compete in powerlifting. We also want to recognize the role that their coach, Steve Rayborn, of Columbia High School, and Ryan Nielsen, USAPL State Referee, have played in empowering these young athletes. Steve revived the annual Idaho State High School Meets in 2003, serving as Meet Director for the past five seasons and recruiting aspiring young lifters to compete at the National and World level. Ryan Nielsen and his brother Jay have lent invaluable services to these High School meets by their judging, running the scoring table, announcing and managing the platform in an expert manner. While all the lifters competed for trophies, Idaho residents competed for the highly coveted State Champion jackets. These jackets, provided by Pepsi-Cola, are presented to the highest placing resident in each weight class and/or division. The 2007 Idaho State Champions are: Men - Nick Stevenson, Nampa; Rick Durbin, Hayden Lake; Pat Young, Boise; Joel Legard, Post Falls; Patrick Smith, Pocatello; Brandon Clark, Chubbuck; Thad Wilkinson, Pocatello; Philip Janquart, Sun Valley; Masters, Sam Schultz, Pocatello; Teen Women, Amanda Moe, and Teen Men, Danny Flonta, both of Nampa. Both ordinary and elite lifters had the opportunity to enjoy the sport in this meet thanks to the commitment of time, energy, and personal resources shown by meet directors Bill and Nancy Davis, as well as by their excellent crew of scorers (Nancy Davis and Janet Wright), announcers (Dave Gates, Misty Olsen, and Kamie Olsen), referees (Larry Ditmars, Sean Anderson, Drew Wolf and Mike Hudson), spotters, loaders, and other volunteers. We wish also to thank our permanent sponsors, namely, TITAN SUPPORT SYSTEMS, PEPSI, PIZZA-HUT, TACO BELL, COORS LIGHT, HOGIYOGI, BEST WESTERN COTTONTREE INN, WAR BONNET ELECTRIC, BLACK SWAN INN, INTERMOUNTAIN MIND MECHANICS, NUTRITION OUTLET, HONDA OF POCATELLO, GYM OUTFITTERS, SUNNYSIDE-UP TANNING, STAR 98.5 AND KOOL 94.9 RADIO STATIONS, and POWERLIFTING USA. Also we thank our local media, especially Channel Three (KIDK-TV) AND Channel Eight (KIF I-TV) for their support and coverage of this event. (Write Up by Mr. Sean Anderson.)

Brandon Clark

Amanda Moe

Jr. Danny Flonta

Pat Smith, Thad Wilkinson, Bob Moerhrke, Bill Davis, Sam Schultz. *(as seen left to right)*

USA Powerlifting™ (formerly ADFPA) Membership Application • PO Box 668, Columbia City, IN 46725

(260) 248-4889 • (260) 248-4879 fax • ***www.adfpa.com*** • ***www.usapowerlifting.com***

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.

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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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BENCH				
MALE				
148 lbs.				
Master Pro				
J. Scalzo	470			
Teen				
A. James	—			
181 lbs.				
Open Pro				
J. Frye	—			
198 lbs.				
Open				
Z. Sandrin	455			
Junior				
G. Shaaffer	—			
Open Pro				
G. Halbert	—			
220 lbs.				
Master AM				
T. Schmidt	605			
Master AM				
Powerlifting	**SQ**	**BP**	**DL**	**TOT**
WOMEN				
123 lbs.				
Submaster AM				
S. Bullock	185	95	200	480
132 lbs.				
Open Pro				
J. Forgatsch	350	210	285	845
F. Costanzo	520			
Master Pro				
J. Cash	430			
Open Pro				
M. Senter	—			
275 lbs.				
Junior				
B. Boggia	635			
Junior				
A. Hoff	610			
Master Pro				
D. Beversdorf	630			
Open Pro				
M. Blanton	520			
Master AM				
D. Wilson	—			
Open Pro				
S. Vickery	—			
308 lbs.				
Open Pro				
M. Wenning	785			
165 lbs.				
Open AM				
B. Fineis-Curr	530	335	450	1315
		4th-DL-465		
Open AM				
A. Tressler	500	330	375	1205
Teen				
J. Gheen	305	145	320	770
MEN				
132 lbs.				
Teen				
D. Leopold	335	—	285	620
148 lbs.				
Teen				
B. McCabe	355	175	410	940
181 lbs.				
Teen				
Z. Wilson	590	375	590	1555
T. Harmer	445	245	425	1115
198 lbs.				
Open Pro				
P. Harrington	920	600	680	2200
J. Adams	800	525	640	1965
B. Bishop	760	515	660	1935
M. Hill	800	460	605	1865
J. Brown	780	520	505	1805
T. Williams	550	500	500	1550
Teen				
T. Bradbury	405	245	385	1035
220 lbs.				
Junior				
G. Sherfield	—	450	560	1010
Open Pro				
R. McNutt	650	510	570	1730
D. Hanson	500	—	—	500
M. Coe	500	—	—	500
242 lbs.				
Junior				
J. Bednar	850	570	700	2120
N. Roman	705	505	755	1965
Open Pro				
M. Lewis	900	650	675	2225
M. Smith	550	—	—	550
Submaster Pro				
H. McMahan	535	425	475	1435
275 lbs.				
Master Pro				
P. Aracri	680	575	500	1755
M. Bell	—	525	425	950
D. Dague	740	500	600	1840
Open AM				
S. Copppola	864	610	700	2174
C. Young	735	550	665	1950
Open Pro				
P. Hakola	850	615	685	2150
R. Miller	700	525	575	1800
S. Henderson	600	500	600	1700
J. Obradovic	775	135	650	1560
Teen Pro				
D. Hoff	1005	680	745	2430
308 lbs.				
Junior				
C. Fought	920	600	750	2270
Master AM				
M. Woods	605	—	405	1010
Open Pro				
M. Lenigar	830	665	675	2170
T. Forby	815	525	635	1975
Steltenkamp	—	760	600	1360

Best Lifter: Phil Harrington. Best Heavyweight Lifter: Dave Hoff. (Mike Maxwell)

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BENCH	
FEMALE	
Novice	
148 lbs.	
S. Haller	180*
Submaster	
148 lbs.	
S. Haller	180*
Master (55-59)	
181 lbs.	
M. Harmon	110*
MALE	
Novice	
181 lbs.	
M. Crouch	225
198 lbs.	
C. Clark	—
220 lbs.	
J. Crouch	290
242 lbs.	
T. Warner	375
275 lbs.	
T. Mailloux	420
M. Frank	350
308 lbs.	
C. Headrich	455*
Teen (18-19)	
181 lbs.	
N. Root	265
Submaster	
275 lbs.	
C. Holloway	405
SHW	
D. Ahr	550*
Master (40-44)	
220 lbs.	
J. Hellard	350
242 lbs.	
M. Wells	450
275 lbs.	
E. Turner	485
4th-500	
Master (45-49)	
220 lbs.	
J. Thomas	450
4th-485*	

R. Leedy 385
308 lbs.
R. James 550*
Master (50-54)
275 lbs.
D. Goble 475*
4th-485*
R. James —
Master (70-74)
220 lbs.
C. Workman 275
Police/Fire
181 lbs.
S. Shuping 285
Open
198 lbs.
J. Shambre 360
275 lbs.
E. Weaver —
Raw
Teen (13-15)
114 lbs.
S. Wilcoxin 145*
165 lbs.
J. Mobley 170*
181 lbs.
T. Winhoven 195*
4th-200*
Master (40-44)

R. Allen 425*
Master (50-54)
308 lbs.
S. Whitaker 405*
Master (55-59)
275 lbs.
T. Striverson 460*
DEADLIFT
FEMALE
Master (55-59)
181 lbs.
M. Harmon 245*
MALE
Novice
181 lbs.
J. Schoonover 425*
275 lbs.
M. Frank 575*
Submaster
275 lbs.
C. Holloway 580
4th-600
Master (40-44)
242 lbs.
M. Long 500
275 lbs.
E. Turner 625
Open
181 lbs.
J. Schoonover 460

*=Son Light Power Ohio state records. Best Lifter Bench Press: Randy James. Best Lifter Deadlift: Ed Turner. Team: 1st-The James Gang. 2nd-Total Solutions. The Son Light Power The Body Building Open Bench Presss & Deadlift Championship was held at the club. Thanks to owners Neil and Jinny Schaadt for once again hosting this event. In the bench press competition first time lifter Susie Haller won at novice 148, setting the Ohio state record there and at submaster 148 with a strong 180. Marianne Harmon won at 55-59/181, also getting a new state record with 110. In the novice men's division Mark Crouch took the honors at 181 with 225 while Chad Clark failed to get in his opener at 198. Joe Crouch won at 220 with 290 while Todd Warner took the 242's with 375. At 275 it was Terry Mailloux over Michael Frank 420 to 350, as Charles Headrich broke the state record at 308 with 455. For the 13-15 age teenage men's division we had three fine lifters, each of which set new state record for their respective classes. First up was Slayde Wilcoxen at 114 with 145. Jonathan Mobley won at 165 with 179 while Tyler Winhoven got the record at 181 with 200. Nils Root won at 18-19/181 with 265. At submaster 275 Chad Holloway won with 405 and Big Doug Ahr broke the state record at shw with 550. In the master men's 40-44 age group it was Jeff Hellard at 220 with 350 and Mike Wells at 242 with 450. Ed Turner got his first official 500 bench at 275! Great job Ed! Rich Allen lifted in the raw 275 class, setting the state record there with 425. John Thomas broke the state record at 45-49/220 by five pounds, finishing with 485, taking the win over Roy Leedy, who finished with 385. Randy James broke the state record at 45-49/308 with a solid 550, coming close with his first ever 600 attempt! At 50-54/275 it was Dan Goble with a new state record of 485 while Big Steve Whitaker got both the assisted and raw state records at 308 with 405. Reese James. who had opened with a state record attempt of 520 at 275, failed with all three of his attempts. One of the greatest master lifters, Ted Striverson, made all three of his lifts at 55-59/275, finishing with a picture-perfect state raw record of 460. Charles Workman, another true Ohio legend, won at 70-74/220 with 275. In the police & fire division Scott Shuping won at 181 with 285. For the open division Jim Shambre took the 198's with 360 while Edgel Weaver, who should have won the whole thing, bombed with his opener of 700. The best lifter award went to Randy James, his first ever overall lifter award. In the deadlift event Marianne Harmon won her second title of the day at 55-59/181, setting her second state record as well, with her 245 finish. Jamie Schoonover and Michael Frank both got new state records for their novice wins at 181 and 275, finishing with 425 and 575 pounds respectfully. Chad Holloway won at submaster 275 with a great 600 pull while Mike Long got the win at 40-44/242 with 500. Best lifter Ed Turner won at 40-44/275 with 625. Jim Schoonover took the open 181 class with 460. Thanks to Eric White, Brandon Crawford and Neil Schaadt for help with the loading and spotting duties and to ten year old Dylan Park for taking pictures and helping me at the scorers table. The team award went to The James Gang, followed by the lifters from Total Solutions. (Thank you to Dr. Latch for results)

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USAPL 5th Tom Foley Classic
3 NOV 07 - Nanuet, NY

BENCH
WOMEN
Teen
C. Sperber 140
Open
S. Keeling 100
Master
S. Keeling 100
MEN
Teen
Lightweight
to 181 lbs.
B. DeMeck 315
R. Whiting 275
B. Jarak 205
Heavyweight
182+ lbs.
P. Lynch 350
A. Turdo 305
J. Gambino 425
Junior
Lightweight
to 181 lbs.
M. DeSimone 375
Z. Karpf 285
Heavyweight
182+ lbs.
A. Muscatella 385
R. Davidson 425
T. Shortall 355
Master I (40-49)
J. Peters 390
G. Kizian 380
J. Sperber 315
Master II (50-59)
P. Darbouze 60
M. Mosner 365
J. Micik 235
Police/Fire
C. Russo 425
Open
181 lbs.
C. Ruskie 390
C. Livolsi 335
198 lbs.
K. Mukherjee 300
242 lbs.
M. Ansolone 475
275 lbs.
R. Scott 575
DEADLIFT
WOMEN
S. Keeling 150
MEN
Teen
Lightweight
to 181 lbs.
J. Napoli 530
B. DeMeck 500
C. MacRobbie 375
Heavyweight
182 lbs.
M. Carter 505
P. Curry 480
P. Lynch 525
Junior
to 181 lbs.
M. DeSimone 475
A. Yudman 500
Z. Karpf 425
Heavyweight
182 lbs.
C. Merkle 540
T. Shortall 500
Submaster
B. Fahrenfeld 630
Master I (40-49)
J. Peters 425
G. Kuzian 475
J. Sperber 425
Open
165 lbs.
R. Sunshine 375
181 lbs.
J. DiRocco 425
220 lbs.
M. Sayegh 565
SHW
E. Poitevien 625

Best Bench Women: Shelley Keeling. Best Bench Men: Mike DeSimone. Best Deadlift Women: Shelley Keling. Best Deadlift Men: Brian Fahrenfeld. Best Ironwoman: Shelley Keeling. Best Ironman: Mike DeSimone. The 5th Annual USAPL Tom Foley Bench & Deadlift Classic was held at Premier Fitness. Forty-one lifters showed up to compete with all classes having great numbers. In the Bench Press Women's Division, Teenager Cassie Sperber benched 140 lbs. while Masters and Open winner Shelley Keeling benched 100 lbs. The Teenage Lightweight Division had excellent competition. Bobby DeMeck took first place benching 315 lbs., Robert Whiting second benching 275 lbs., and Brandon Jarak all the way from California, finished up with 205 lbs. The Teenage Heavyweight Division had five competitors. The top three were, Patrick Lynch benching 350 lbs., Alex Turdo with 305 lbs., and Joe Gambino in his first competition ever benched 425 lbs. The Junior division was also loaded with competitors, totaling eight. In the Lightweight Junior division. Mike DeSimone broke the New York State Junior Bench record with 375 lbs., weighing only 146 lbs. Zack Karpf, in his first ever competition, benched 285 lbs. In the Junior Heavyweight division Anthony Muscatella benched 385 lbs., just missing 400 lbs. Rob Davidson with a personal best of 425 lbs. placed second. Thomas Shortall, the only raw bencher, benched 355 lbs. and missed 395 lbs. The Master's I 40- 49 years old, was won by Jeff Peters, having the best day of his life benching 390 lbs., Gerard Kuzian was a close second benching 380 lbs. Jeff Sperber, the only raw bencher, finished up with 315 lbs. for third place. The Masters II 50-59 years old, was won by National Bench Press Champ Phil Darbouze benching 460 lbs. Second place was Mike Mosner benching a personal best of 365 lbs. Dr. James Micik finished off the Masters II group benching 235 lbs. The only Police and Fire participant was firefighter Chris Russo who after a long layoff did an easy 425 lbs. After drag racing all summer and fall, Chris trained for two weeks as a warm up for the AAU World Powerlifting Championships in Las Vegas this December. The Open Class was the smallest of the ;roup with Chris Ruskie winning the 181 lb. class benching 390 lbs. Chris Livolsi finished up in second place with 335 lbs. Kushal Mukherjee was the only 198 pounder, benching raw 300 lbs. Open 242 was won by DJ Mike Ansolone benching 475 lbs., just missing the lockout of 500 lbs. Our only 275 lb. bencher was Richie Scott, having his best day ever pressing 575 lbs. and a great attempt at 600 lbs. The Deadlift competition started off with our only woman deadlifter, Shelley Keeling pulling 150 lbs. The Teenage Lightweight division was won by Joe Napoli, pulling 530 lbs. Bobby DeMeck was 2nd with 500 lbs. and Chris MacRobbie came in third with 375 lbs. The Teenage Heavyweight division was just as close as the Lightweight division as Matt Carter won with his 505 lb. pull, Paul Curry was second with 480 lbs., and Patrick Lynch was third with 525 lbs. The Junior Lightweight division was won by Mike DeSimone pulling 475 lbs. weighing only 146 lbs. Adam Yudman, in his first competition, did great pulling 500 lbs. Zack Karpf, also in his first competition, pulled 425 lbs. The Junior Heavyweight division was won by Chris Merkle deadlifting 540 lbs. Thomas Shortall was second pulling 500 lbs. Meet Director and Submaster lifter Brian Fahrenfeld pulled 630 lbs., also as a warm up for the AAU Worlds in Las Vegas this December. The Masters I 40-49 years old, was won by Jeff Peters in his first deadlift competition pulling 425 lbs. Gerard Kuzian was second with 475 lbs., and Jeff Sperber pulled raw 425 lbs. The Open Deadlift started off with Robert Sunshine in the 165's deadlifting 375 lbs. Joe DiRocco was a last minute entry in the 181's and had a great time pulling 425 lbs. Mike "The Prince" Sayegh pulled a personal best of 565 lbs. Eric Poitevien was the only Superheavy and in preparation for the AAU Worlds, pulled a strong 625 lbs. on his second attempt. Guest lifter Warren Fahrenfeld, recovering from injuries, worked out with 550 lbs on his quest to the AAU Worlds. Ironwoman goes to Shelley Keeling, Ironman Mike DeSimone, Best Bench Mike DeSimone, Best Deadlift Brian Fahrenfeld. Thanks to the USAPL Judges John, Don, and Chris for judging a fair and successful meet. A special thanks to Scott Jaffer for commentating and to Michelle Forese and Ellen Goneconti for running the score table, and to loaders/ spotters Luigi Guarascio, Pedro Vasquez, Zach Ennis, Mike Tirado, and Scott Glick for never 'misloading the bar'. Thanks to Mike Ansolone from Non Stop Entertainment for providing music in between lifts and the announcing equipment. This meet was dedicated to FDNY Firefighter Tom Foley of Rescue 3, who was tragically killed in the WTC 9/11 Terror Attacks. Tom was an avid powerlifter, teammate, and friend to many of the lifters who participated in this event. Proceeds raised from t-shirt sales were donated to the Thomas J. Foley Scholarship Fund. (Thank you to Premier Fitness for these results)

***Some of the Participants at the USAPL Tom Foley** Bench Press/ Deadlift Classic held in Nanuet, NY. (courtesy of Premier Fitness)*

West Metro Championships
22 SEP 07 - Elk River, MN

BENCH
AAPF
WOMEN
SHW
Open
R. Nutter 376
MEN
SHW
Open
G. Riggs 566

AAPF	SQ	BP	DL	TOT
WOMEN				
123 lbs.				
Open				
K. Tobin	267	151	326	734
148 lbs.				
Open				
D. Damminga	327	211	381	904
J. Mahoney	507	301	476	1284
198 lbs.				
Open				
S. Kuderick	677	421	541	1639
APF				
MEN				
181 lbs.				
Open				
J. Schroeder	537	366	526	1429
198 lbs.				
Open				
G. Boros	527	371	481	1379
242 lbs.				
Open				
J. Neihaus	702	456	551	1709
Master's (50-54)				
J. Gnerre	767	586	691	2044
J. Wood	677	476	651	1799
275 lbs.				
Open				
R. Goldstone		—	—	—

(Thank you to Jerry Gnerre for the results)

APF
220 lbs.
Master (45-49)
R. Delisi 426
Master (60-64)
T. Morton 331
SHW
Open
C. Kadrlik 621

NASA High School National
31 MAR-1 APR 07 - OKC, OK

FEMALE	SQ	BP	DL	TOT
Frosh-Soph				
97 lbs.				
J. Cooper	121	71	203	396
	4th-SQ-132			
H. Smith	77	44	132	253
105 lbs.				
T. Smiddy	181	110	209	501
	4th-BP-121			
K. Hicks	137	66	170	374
114 lbs.				
M. Alfred	176	88	270	534
123 lbs.				
S. Smiddy	203	110	237	551
132 lbs.				
J. Wheaton	203	99	308	611
E. Smith	137	71	203	413
E. Boyd	148	77	170	396
148 lbs.				
J. Credit	187	88	248	523
J. Zinkhon	170	88	220	479
A. Rainwater	137	77	226	440
181 lbs.				
S. Kelly	226	115	303	644
198 lbs.				
A. Crichton	214	110	242	567
L. Brassfield	165	110	231	507
198+ lbs.				
M. Davis	264	154	248	666
K. Collins	187	99	242	529
Raw				
132 lbs.				
K. Dirkson	231	115	259	606
	4th-BP-121		DL-270	
A. Pence	170	115	176	463
B. Block	143	77	203	424
Junior-Senior				
97 lbs.				
M. Hinijosa	187	99	209	496
114 lbs.				
N. Davis	170	88	214	474
M. Pendleton	159	82	165	407
123 lbs.				
M. Cross	132	88	176	396
W. Corwin	126	77	176	380
132 lbs.				
C. Hancock	253	93	325	672
M. Winterhoff	270	99	281	650
		4th-DL-292		
A. Miller	203	104	203	512
148 lbs.				
S. Pinson	297	143	374	815
P. Wilson	203	66	275	545
165 lbs.				
M. Jackson	325	126	347	799
B. Wooster	253	148	297	700
	4th-DL-167			
S. Ceasar	198	104	270	573
A. Ferrell	220	115	192	529
E. Alfred	220	99	—	319
181 lbs.				
K. Cline	231	181	286	700
A. Frock	181	132	231	545
A. Martin	154	93	198	446
198 lbs.				
A. Walden	170	110	192	474
198+ lbs.				
T. Vargas	584	253	424	1262
K. Cochran	275	181	303	760
J. Stevens	132	126	242	501
Raw				
132 lbs.				
A. Pence	170	115	176	463
198 lbs.				
H. Block	231	132	253	617
4ths-248		137	270	
198+ lbs.				
M. Paris	286	137	330	755
	4th-SQ-297		DL-352	
Pure Raw				
132 lbs.				
A. Pence	170	115	176	463
Teen Raw				
132 lbs.				
A. Pence	170	115	176	463
MALE				
Frosh-Soph				
114 lbs.				
C. Wells	154	88	220	463
123 lbs.				
R. Ozuna	308	226	391	925
D. Tanner	165	115	226	507
132 lbs.				
J. Bolt	281	192	314	788
148 lbs.				
B. Boggess	341	181	385	909
D. Ducote	303	159	303	766
165 lbs.				
L. Dunlap	363	192	374	931
T. Wright	303	198	369	870
A. Stephens	297	181	358	837
J. Beard	—	187	330	518
181 lbs.				
J. Morton	380	248	429	1058
M. Krause	402	248	402	1052
T. Trout	330	226	363	920
J. Cavage	341	198	363	903
J. Ryczek	330	209	358	898
B. Sultemeier	248	170	336	755
Raw				
114 lbs.				
C. Thomas	192	121	264	578
J. Severs	198	126	308	633
123 lbs.				
B. Conley	214	187	319	722
C. Nelson	214	187	314	716
	4th-BP-192			
J. Abbott	226	176	292	694
J. Bolander	253	126	303	683
M. Cookson	170	104	253	529
R. Barrasa	231	170	303	705
132 lbs.				
B. Freeman	286	170	259	716
B. Lindeman	237	154	330	722
B. Keenan	231	165	352	749
J. Franklin	259	148	242	650
M. Puckett	192	115	203	512
148 lbs.				
B. Dolph	—	187	—	187
B. Umberham	226	132	303	661

B. Dolph	253	192	308	755
B. James	358	231	413	1003
D. Estridge	203	137	253	595
M. Sparks	253	214	402	870
P. Scholar	292	159	336	788
S. Schmid	270	154	303	727
T. Palmer	231	154	308	694
T. Bates	297	214	314	826
T. Cookson	248	170	330	749
165 lbs.				
C. Fowler	248	137	270	655
C. Reppert	253	165	303	722
J. Bonura	374	264	402	1041
J. Benear	286	203	358	848
J. Ford	396	198	363	959
J. Rangel	391	209	418	1019
L. Frost	303	209	374	887
N. Murphy	270	176	363	810
181 lbs.				
A. Cattell	308	187	352	848
A. Russell	347	242	468	1058
Overholser	369	292	463	1124
T. Skaggs	402	203	402	1008
Junior-Senior				
123 lbs.				
C. Johnson	325	187	380	892
C. Lee	248	143	314	705
165 lbs.				
M. Nesmeyer	424	270	402	1096
L. Threkeld	314	209	330	854
181 lbs.				
R. Forst	457	259	440	1157
H. Saxion	402	259	479	1140
J. Aguilar	330	242	424	997
Raw				
114 lbs.				
M. Roark	248	-159	319	407
132 lbs.				
M. Roats	281	198	391	870
D. Miller	303	159	391	854
A. Thompson	303	181	363	848
C. Bowers	292	187	369	848
B. Floyd	259	154	385	799
D. Hazlett	226	170	286	683
148 lbs.				
Hendrickson	352	198	446	997
J. Lee	391	209	385	986
F. Rodriguez	319	220	407	948
J. Smith	303	187	418	909
R. Ogden	275	198	407	881
B. Chaney	292	187	374	854
T. Chatham	275	181	380	837
165 lbs.				
C. Nissen	358	237	457	1052
P. Mercado	380	226	424	1030
C. Williams	297	264	435	997
I. Amburgey	380	209	402	992
J. Greenwood	352	214	347	914
181 lbs.				
B. Clark	440	319	562	1322
J. Downing	479	259	402	1140
	4th-SQ-490			
A. Scisney	369	286	457	1113
J. Mullins	402	259	369	1030
N. Hobbs	319	248	—	567
FEMALE	CR	BP	DL	TOT
Junior-Senior				
132 lbs.				
Winterhoff	60	99	281	440
	4th-DL-292			
148 lbs.				
K. Gilmartin	66	93	203	363
S. Seaton	60	82	209	352
181 lbs.				
K. Cline	77	181	286	545
MALE				
Frosh-Soph				
114 lbs.				
C. Thomas	66	121	264	451
123 lbs.				
C. Nelson	93	187	314	595
	4th-BP-192			
D. Bowman	60	110	203	374
132 lbs.				
B. Lindeman	112	154	330	597
M. Puckett	71	115	203	391
148 lbs.				
M. Sparks	115	214	402	733
J. Lewis	121	203	319	644
B. Dolph	93	187	308	589
T. Palmer	99	154	308	562
T. Jordan	93	143	314	551
S. Schmid	88	154	303	545
D. Estridge	71	137	253	463
165 lbs.				
L. Frost	115	209	374	700
T. Webb	115	192	363	672
J. Benear	82	203	358	644
B. Freitas	93	170	374	639
Z. Wade	104	192	341	639
G. Hughes	110	203	314	628
181 lbs.				
Overholser	143	292	463	898
	4th-CR-151			
J. Davis	132	242	424	799
J. Langley	126	242	336	705
A. Cattell	93	187	352	633
Junior-Senior				
114 lbs.				
E. Le	82	159	275	518
132 lbs.				
S. White	115	209	330	655
C. Bowers	88	187	369	644
B. Moore	88	154	358	600
D. Hazlett	82	170	286	540
T. Lu	71	126	303	501
148 lbs.				
B. Chaney	88	187	374	650
P. Pham	77	121	314	512
165 lbs.				
B. Roark	99	170	474	744
D. Toops II	104	192	336	633
181 lbs.				
D. Carter	121	226	463	810
J. Dickson	132	270	380	782
J. Downing	121	259	402	782
R. Thompson	137	259	358	755
N. Chaney	99	159	391	650
N. Charron	110	148	314	573

(Thanks to Rich Peters for these results)

WNPF Jake the Hammer Classic
8 SEP 07 - Fitzgerald , GA

BENCH		Lifetime Raw	
132 lbs.		Barnwell	340
(13-16) Raw		Lifetime/Open	
Wilcox	135	McKinney	425
MEN		Subs UNL	
80 lbs.		Mckinney	505
(11-12)		Open UNL	
Padgett	120*	Moore	455
114 lbs.		300 lbs.	
(13-16) Raw		Lifetime Raw	
Petrik	85*	Cawley	315
148 lbs.		Open Raw	
Lifetime		Cawley	315
Albert	315	(40-49) Raw	
Subs		Cawley	315
Albert	315	Lifetime/Open	
165 lbs.		Cawley	315
(13-16) Raw		(40-49)	
Wagner	205	Cawley	315
(17-19) Raw		Lifetime/Open UNL	
Wilcox	265	Cawley	700*
198 lbs.		(40-49) UNL	
(17-19) Raw		Cawley	700*
Nelson	285	SHW	
220 lbs.		Lifetime	
Lifetime Raw		Register	720*
Renfroe	370	DEADLIFT	
242 lbs.			
148 lbs.		Padgett	625
Lifetime		(40-44) Raw	
Sams	355*	Padgett	575*
MEN		POWERCURL	
80 lbs.		114 lbs.	
(11-12)		(13-16)	
Padgett	200*	Petrik	55
198 lbs.		165 lbs.	
Lifetime Raw		(13-16)	
Marsh	550	Wagner	115
242 lbs.		(17-19)	
Subs Raw		Wilcox	95
King!	620	242 lbs.	
(40-44)		Ecker	145
Ironman		BP DL	TOT
80 lbs.			
(9-10) Raw			
Parker		50* 105*	155
MEN			
165 lbs.			
(17-19) Raw			
Wilcox!		265 450	715
198 lbs.			
(13-16) Raw			
Chambers		115 250	365
242 lbs.			
(17-19) Raw			
Ecker		285 415	700
(50-59)			
Horsitng		315 485	800

*=State records. !=Best lifters. Team Champs Bench: Merritt Island. Team Champs Ironman: Merritt Island. Team Champs Powercurl: Merritt Island. This is the first Jake the Hammer Memorial Classic for the WNPF. We held this meet in honor of a great man and WNPF competitor Jake Padgett. Jake lost his life to cancer and we knew that we had to have a meet for him. I want to thank his wife and his children for allowing us to put this meet on for him. We ended up with 27 lifters from Georgia and Florida , a big thank you to Willy Wilcox and the Merritt Island Power team for coming up to Fitzgerald for this event. Thanks to the Skinny Man for helping us out by head judging, we appreciate you. Thanks to Art, Lionel, Will, Lester and Moms for helping make this meet a success. We had a few first time lifters with Kady Parker lifting in her first meet and totaling 155 lbs. Rhonda Sams pulled the biggest deadlift of the day With a 355 and a miss at 375. Rachel Wilcox benched an impressive 135 lbs. raw. Austin Firecracker Padgett benched 120 and pulled 200 weighing 80 lbs. Big Cody Petrik moved his bench up to 85 lbs. Brian Albert came all the way from the Atlanta area to bench 315 lbs. and just missed 340. Jeff Wagner benched 205 raw and curled 115 lbs. Mike Wilcox has some of the best genetics in the sport, this kid is just plain strong. He benched 265 raw and pulled 450 weighing 158. John Marsh pulled 550 and went three for three. Phillip Chambers just turned 13 years old, 195 lbs. and about 5'11" tall benched 115 and pulled 250. Emanuel Nelson benched 285 in the 17-19 division. Michael Renfroe really helped us put this meet on in Fitzgerald and I thank him for it. Mike hit his opener at 370 and missed the magic number 400 twice. Larry Horstingand Mark King drove down from the Warner Robins area and they both did well with Larry pulling 485 and Mark pulling 620 raw. Rick Padgett pulled 575 raw and pulled 625 in the equipped division. Jason Barnwell benched 340 raw in the 242 class. Brian McKinney pushed up a personal best 505 in the 242 class weighing 223 lbs. Robbie Moore was playing on the platform with easy 405, 425 and 455 successful attempts. Buddy Cawley the strongest dentist in the world did a warm-up 315 lbs. on the platform to qualify for the raw and single ply divisions at worlds and then jumped to 690 and then 700 for two more successful attempts. Charles The New "Big Tiny" Register opened with 720 and made it look like 135 lbs. on the bar. We couldn't believe how easy this weight went up. Charles is saving himself for Worlds in Atlanta where he hopes to hit 805 lbs. Its going to be some show with Charles Register, Jeff Peshek and Buddy Cawley benching at worlds in November. Thanks to everyone for making this meet a good one and hopefully we'll have more lifters join us in Fitzgerald in 2008. (WNPF)

Charles Register *benching 720 at the WNPF Jake the Hammer Classic (courtesy of Troy Ford)*

Application for Registration in the Natural Athlete Strength Association

First Name -_____ **Last Name-**_____ **Date-**___ -___ -___

Mailing Address-_____ **City-**_____

State-____ **Zip-**_____ **Phone-** ____-____-_____

Date of Birth -___ - ___ - ___ **Age-**___ **E-mail Address-**_____

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I compete in- ___ **Powerlifting** ___ **BP Only** ___ **Power Sports**

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High School $15.00 Adult $30.00

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NASA Iowa Regional
27 OCT 07 - Des Moines, IA

BENCH
148 lbs.
Open
B. Truitt 209
220 lbs.
Submaster Pure
E. Rebhuhn 363
242 lbs.
Master II
J. Truitt 363
275 lbs.
Master I
D. Walker 501
Open
E. McKelrey 424
Raw
148 lbs.
High School
R. Davis 187
Novice
K. Foshe 214
Teen
J. Perkins 209
165 lbs.
Teen
A. Kenyon 220

PS BENCH
220 lbs.
Master I
B. Phillips 358
275 lbs.
Submaster Pure
R. Meyer 286
PS CURL
MALE
148 lbs.
Open
B. Truitt 104
242 lbs.
Master II
J. Truitt 154
275 lbs.
Submaster Pure
R. Meyer 159
PS DEADLIFT
MALE
181 lbs.
High School
D. Shepard —
275 lbs.
Submaster Pure
R. Meyer 451

Push Pull	BP	DL	TOT
MALE			
275 lbs.			
Pure			
P. Morris	275	474	749
Powerlifting	SQ	BP	DL	TOT
MALE				
181 lbs.				
Open				
M. Rodriguez	413	281	501	1196
198 lbs.				
Master III				
D. Rhoades	600	253	600	1455
Master IV				
J. Felton	55	55	380	490
220 lbs.				
Master I				
J. Gazzo	385	231	512	1129
Master IV				
Rosenberger	281	170	347	799
Raw				
165 lbs.				
Master I				
D. Bland	231	176	286	694
181 lbs.				
Master I				
M. Brown	402	275	451	1129
Master V				
M. Brown	402	275	451	1129
Novice				
J. Haines	429	—	429	859
198 lbs.				
Master I				
J. Goes	369	253	435	1058
Master IV				
D. Wilson	—	88	198	286
Open				
J. Goes	369	253	435	1058
220 lbs.				
Junior				
J.Graham	529	336	573	1438
Novice				
J. Harris	418	253	440	1113
Submaster Pure				
J. Harris	418	253	440	1113
242 lbs.				
Int				
C. Frazier	512	341	534	1388
Submaster I				
J. Blaine	523	319	540	1383
308 lbs.				
Submaster I				
N. Schluter	518	369	600	1488
Submaster Pure				
A. Wright	683	512	600	1796
Power Sports	CR	BP	DL	TOT
MALE				
77 lbs.				
Youth				
S. Hou-Seye	27	44	101	173
148 lbs.				
High School				
J. Carter	55	121	242	418
J. Zhriseo	99	187	297	584
Teen				
D. Allen	104	209	303	617
198 lbs.				
Master IV				
D. Wilson	77	—	—	77
220 lbs.				
Junior				
K. Thompson	132	281	402	815
242 lbs.				
Submaster I				
R. Baker	137	242	485	865
275 lbs.				
Submaster Pure				
R. Meyer	159	286	451	898

Venue: Des Moines Strength Institute. (Thanks to Rich Peters for these results)

USPF WNY Championships
10 NOV 07 - Webster, NY

BENCH Only
MALE
Teen
N. Woloszin 215
181 lbs.
D. Keyte 305
K. Vinci —
198 lbs.
E. Carter 405
4th-415
A. Pera 550
(40-44)
242 lbs.
Ironman
198 lbs.
J. Moore
B. Wilkinson
242 lbs.
B. Trybalski
308+ lbs.
T. Zee
Guest Lifter
181 lbs.
W. LaRue

W. Cruz 425
(45-49)
242 lbs.
K. Naslund 385
275 lbs.
J. Cartagena 355
DEADLIFT
MALE
181 lbs.
K. Vinci 375
275 lbs.
J. Cartagena 590
4th-605

	BP	DL	TOT
Ironman			
198 lbs.			
J. Moore	335	450	785
B. Wilkinson	235	355	590
242 lbs.			
B. Trybalski	315	540	855
308+ lbs.			
T. Zee	450	525	975
Guest Lifter			
181 lbs.			
W. LaRue	—	465	465

The WNY Bench Press and Deadlift Championships was a fantastic meet. The contest went very well and there were no serious injuries. The meet was held at the YMCA and sponsored by the Pain Clinic. In the Teen division Bench Only in the 130 class Nick Woloszin benched 215 lbs. and just missed 220 on two attempts. He is only five pounds away from the NYS record! In the 181 Bench only division David Keyte went 2 out of 3 for the day and went home with a first place sword. Keith Vinci was injured on his first attempt yet tried all three even through the severe pain. Did I mention he is a Marine? Keith came back and won the Deadlift only in the 181 class despite the injury. In the 198 class Bench Only Edward Carter went 4 for 4 on the day and took first place. In the 242 master Division Keith Naslund took first place. In the 275 class Teen division Josh Cartagena went 3 for 3. Josh came back for the Deadlift and took first place in the 275 bench only, deadlift only and Ironman. Josh drove in from NJ the day of the meet! In the Iron man 198 class Joe Moore cleaned house and took best lifter Iron man. Bill Wilkinson had a great day and finished 2nd in the 198 Iron Man. This was Bill's first meet and he hit PRs in both the Bench and the Deadlift. In the 242 class Brandon Trybalski took first place in the Iron Man. This was Brandon's first meet and he posted some impressive lifts. Tim Zee took first place in the 308+ Iron Man with a near miss on a 500 bench and an impressive 525 deadlift. Tim definitely had more in him. In the Guest Lifter class Bill La Rue struggled on the bench, but he made up for that on the deadlift. Bill was very strong as a light 181 and will do well on the platform in the future again. Anthony Pera lived up to the nick name Bear. Anthony benched 550 lbs. and just missed 600 lbs. at 197! Lastly, Wilfredo Cruz had a great day with a 425 bench and I look forward to seeing him hit even bigger weights very soon. I would like to thank my wife for her support and help in

Application for Registration
UNITED STATES POWERLIFTING FEDERATION

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

Street Address	City

State	Zip	Area Code/Telephone

Email	Referee Status (IPF Cat. 1 Cat. 2 Nat. State)	Current High School	Special Olympian	Inmate
		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 $30.00

Make checks payable to and Mail to:

UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P.O. Box 650
Roy, Utah 84067

NOTE: $15 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 _____

White: USPF Office Yellow: Member Pink: Meet Director

making this meet a success. I would also like to thank the YMCA in Webster, NY for allowing the USPF the opportunity to hold this meet there. A big thanks to my friends Mark and Maria for their superior judging. A big thanks to Joe and Tim for pulling double duty - lifting and helping out. Thanks to the spotters and loaders - they did great! Looking forward to the meets to be held in 2008 and more success in the USPF. (results Mike Kenney NYS Chair)

APF Florida State BP/Ironman
4 AUG 07 - Boca Raton, FL

BENCH		P. Donahue	500
Open		DEADLIFT	
242 lbs.		Open/Masters	
L. Adams	550	220 lbs.	
275 lbs.		L. Russell	640
E. Rectenwald	660		

Ironman	BP	DL	TOT
Open			
198 lbs.			
J. Breece	450	560	1010
L. Hosterman	420	515	935
J. Romoser	315	430	745
Open Raw			
198 lbs.			
M. Kantor	220	445	665
Masters			
198 lbs.			
J. Romoser	315	430	745

Venue: Hardcore Crossfit. Thanks to our sponsors: Elite Fitness Systems, Hardcore Crossfit, Tuck's Nutrition, and Southside Barbell. (results courtesy of Bob Youngs)

NOVA Raw PL/BP
10 NOV 07 - Chantilly, VA

BENCH		(75-79)	
148 lbs.		H. Pitt	190!
(15-16)		242 lbs.	
N. Marchio	195!	K. Spittler	325
181 lbs.		275 lbs.	
(19-20)		S. Kuzma	475
P. Selita	285!		

Powerlifting	SQ	BP	DL	TOT
165 lbs.				
Military				
J. Lewis	320!	285!	440!	1045
220 lbs.				
J. Riker	495	415!	500	1410
(19-20)				
J. Mills	315!	265!	405!	1145
(20-24)				
J. Riker	495!	415!	500	1410
(45-49)				
D. Stanley	470!	340!	495!	1305
242 lbs.				
K. Spittler	405	325	465	1195
(45-49)				
L. Nordstrom	425!	295	515!	1235
J. Irvn	425	365!	405	1195

!=NOVA Raw Records. (results John James)

WNPF New York State Open
5 AUG 07 - Nanuet , NY

BENCH		Curry	475
123 lbs.		(40-49)	
Lifetime Raw		Sadi!	635
Peang	230	C. Slaybaugh	600
132 lbs.		(50-59)	
Lifetime		Buchbauer	470
Javakhishvili!	375	220 lbs.	
148 lbs.		Lifetime Raw	
Junior Raw		Hashemyioon	455
Desimone	305	(40-49)	
Junior		Slaybaugh	640
Desimone	355	Lopez	610
220 lbs.		275 lbs.	
(50-59) Raw		Lifetime	
Darbouze	405	Hibert	605
(50-59)		POWERCURL	
Darbouze	455	132 lbs.	
242 lbs.		Open	
Lifetime		Javakhishvili	145
Ansolone	485	165 lbs.	
(40-49)		(40-49)	
Haley	460	Antignani	130
DEADLIFT		220 lbs.	
148 lbs.		Open	
(17-19) Raw		Hashemyioon	145
MacRobbie	400	SQUAT	
165 lbs.		220 lbs.	
Lifetime Raw		Lifetime Raw	
Roca!	550	Hashemiyoon	315
198 lbs.		275 lbs.	
(17-19) Raw		Lifetime	
Carter	500	Hibert	600

APF/AAPF Membership Application

Check the box that applies below

☐ AMERICAN POWERLIFTING FEDERATION

☐ AMATEUR AMERICAN POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | DATE OF APPLICATION

CITY | STATE | ZIP CODE

AREA CODE | TELEPHONE NUMBER | DATE OF BIRTH (MO / DATE / YEAR) | AGE | SEX | US CITIZEN (YES / NO)

REGISTRATION FEE (CIRCLE APPRORIATE FEE): APF $30 | AAPF $30 | APF & AAPF $40

REGISTRATION NUMBER | E-MAIL ADDRESS

ATHELETES, fill out card completely, make check payable to and mail with fee to: APF/AAPF
505 Westgate Drive
Aurora, IL 60506
worldpowerliftingcongress.com • 1-866-389-4744

ARE YOU A PREVIOUS APF OR AAPF MEMBER? ☐ YES ☐ NO

IF UNDER 18, HAVE PARENT INITIAL

I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF OR AAPF

SIGNATURE X _____

Powerlifting	SQ	BP	DL	TOT
220 lbs.				
Junior Raw				
Gaglione	445	260	500	1205
Trayer	335	225	440	1000
Subs				
Perez!	530	365	520	1415

!=Best Lifters. A few weeks ago we were about to cancel this event with only 23 lifters entered but we decided it was important for us to establish ourselves in the Nanuet, NY area. The WNPF started in NYC back in 1988 and it was very important to us to go back to where we once started. We had this meet for the WNPF lifters in the New York area and for anyone else that lived nearby. The hotel ballroom was small and our warm up room was taken away from us by another group at the last minute, therefore we had to allow the lifters to warm-up on the platform which wasnt too bad. The next meet will be roomier for everyone with a different set up and separate warm-up room. Luis Perez lifted superbly by hitting 8 out of 9 attempts and winning best lifter. Peang (230 at 123 raw), Javakishvili (375 at 132), Desimone (355 at 148), Darbouze (455 at 220/age 50), Ansolone (485 at 242) and Haley (460 at 242/over age 40) all lifted well in the bench press. The deadlift part of the meet was exciting with MacRobbie weighing 136 deadlifting 400, Hector Rocahitting 550 in the 165s. Friends Matt Carter and Paul Curry went at it again with Carter coming out ahead. Rich Sadiv hit 635 easily and missed 700 twice, he will hit 700 very, very soon. Chet went down to the 198s to battle with Sadiv and hit 600 Lopez and Charlie went head to head in the 220 class with Chet coming out on top. Paul Buchbauer a long time WNPF member (since 1990) made a comeback and hit 470 lbs. Kevin Hibertwas impressive in both the squat and deadlift hitting 600 and 605 lbs. John Antignani did well in his first curl event this guy is built like a bodybuilder. Many thanks go to the 75 spectators that came out to support these guys, they were loud and cheering for their favorite lifters. Thanks to Roy Maxwell, Denise, Chris, Lionel, Perry, Lester, Glenda, Steve and Moms for making this meet work. We will see you all at another one and again we thank everyone for making this meet successful. Also congratulations to Dennis Cieri for winning his IPF World bench press title. He was on hand to help his buddy Glen Haley and he signed several copies of the latest issue of Powerlifting USA (The number one magazine for powerlifting) for many of the lifters and spectators. (WNPF)

World Natural Powerlifting Federation (WNPF) Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ _____ DATE OF BIRTH _____ _____ _____

AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

REGISTRATION FEE
$10.00 SPECIAL OLYMPICS
$20.00 HIGH SCHOOL
$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ _____ _____ (memberships are valid for one year)

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

Leo Houkala (SWE) *507 @ 74!*

Bud Davis *650 at 65 yrs. of age*

Teresa Jacobs *WA record setter*

Jennifer Taylor *set a new record*

Fred Peterson *.... no age limits!*

Robert Krowech *amazing pulls*

(continued from page 9)

and load, shoot, duck, run, and hope for the best. I was one of the luckier ones." Never said another word and I never asked any more about it. I saw my share of action in around Da Nang, Vietnam, from July 4, 1968 to July 4, 1969, but guys like him go to the action and make the action and it's not pretty. Most guys that think they're bad asses and haven't got a clue until you've been through what he's been through. At 165 James Christian who has been to ten WABDL World Championships and won eight of them set a Texas state record 496 to win the gold. James is 63 and weighed in at 165. Moses Timbal was a close second with a Hawaii record 485. Moses rents beautiful cabins in Hana, Maui. If you're interested call him at 808-248-7508 and combine a vacation with some workouts. Arlindo Da Silva of Brazil was third with a national record 385.7. At 181, Bob Krowech, weighing 179, set a world record 585.1 and pulled 600.7 over his knees. Phenomenal lifter. His training is over the top. He's from Minnesota. He also does lots of cardio and he's 63. He flies 150,000 miles a year. He owns his own engineering company and goes to places like Vietnam, Thailand, Indonesia, Mexico, Taiwan, Australia, you name it, and he never misses a workout. He said he had to be real creative to get 500 lbs. on the bar in Ho Chi Minh City, Vietnam. Ed Angstrom of Iowa was second with 418 and a state record. At 198 Tom Haggenmiller, the WABDL State Chairman for Minnesota and one of two lifters to make all 11 World Championships won at 198 with 457.2. At 220 Vince Breaux did 562 and attempted 600.7 to come in second to the legendary Olicio Dos Santos Filho of Brazil who set a world record with a very hard fought 672 weighing only 201.8 at age 64. Vince Breaux is 67. Olicio has the biggest erectors I've ever seen. At 259, 65-year-old Bud Davis of Utah pulled 650 in a completely stiff legged conventional style! He weighed 250 two years ago at age 63 and he pulled a 683 world record. In **Master 68-74** there was also some very impressive lifting. At 165, 74 year old Leo Houkala of Sweden set a world record 507 weighing 163.7, that's incredible! At 181 Rudy Lozano of California pulled a California record 402.2 and at 220 Jim Huggins of Washington set a state record 418.7. At 259, 69 year old Fred Peterson of Massachusetts set a world record with a huge 622.7 and got 644.7 over his knees! He will do 650 at age 70, an incredible feat of strength! He inspired me to get back into heavy lifting, saying "Don't let anybody say you are too old and don't set any limits" In **Master 75-79** Robert Cortes at age 77 pulled a world record 447 at 154#. At 242 six foot four inch Russell Combest pulled 429.7 at age 76 with Lou Corelli in 2nd with a Washington record 402.2. In **Master 80-84**/165 82 year old Jim Schall pulled 303 for a Washington state record. In **Master 85+**, 86 year old Bladen McClelland of Michigan pulled a Michigan record 275.5 weighing 172. This group of Master men from 40-46 up was incredible! In **Master women 40-46**/148 Teresa Jacobs of Washington set a state record with 414.3. Jeanne Watts was second with 385.7. At 181 Jennifer Taylor set a world record 413.2 and she had room for ten more. At 198 Kelli Sandoval won gold with an Oregon record 402.2. Karen Campbell of Maine was second with 374. Last August Karen also pulled 402.2. In unlimited Rauaroha Joy Heta of New Zealand set a national record 319.5. In **Master women 47-53**/105 Karen Poyner of Virginia edged Marie Vermes of California 270 to 264.5. Marie's 264.5 was a California record. At 114 Suzanne Hedman of California set a world record 303. At 181 Cindy Weber pulled 413.2 to beat Pamela Michaels Olson who pulled a 360.2 Washington record. In **Master women 54-60**/97 Sherry Abblett set a world record 210.3 weighing 93 lbs. It was the 6th consecutive worlds where she set a world record. At 114 Ita Pantilat of Washington set a world record with 300.8 weighing 112 lbs., close to triple bodyweight. At 148 Susan Bax set a California record

WABDL USPLabs World BP/DL
15-20 NOV 07 - Anaheim, CA

BENCH	
WOMEN	
Junior	
105 lbs.	
Freed	188#*
114 lbs.	
Tobin	143*
132 lbs.	
Ansberry	187*
148 lbs.	
Lyman	165
198 lbs.	
Vaterlaus	187
Law/Fire	
Master (40-47)	
UL	
Heta-NZL	214#
Law/Fire	
Master (56+)	
181 lbs.	
Jones	126
Law/Fire Open	
123 lbs.	
Lamp	198#*
Law/Fire	
Submaster	
148 lbs.	
Itule	187*
Master (40-46)	
97 lbs.	
Moorman	154
105 lbs.	
Vallejo	154
114 lbs.	
Rivera	165
123 lbs.	
Christopher	126
Barnhill	159
Lamp	198*
132 lbs.	
Cable	159*
Sutton	104
148 lbs.	
Bradshaw	121
Nolen	248#*
Watts	214
Jacobs	220
165 lbs.	
Klocke	—
198 lbs.	
Campbell	400#*
Sandoval	253*
UL	
Heta-NZL	214!
Master (47-53)	
105 lbs.	
Poyner	126
Vermes	82
114 lbs.	
Hedman	199#*
123 lbs.	
Denniston	104*
McGuire	104
148 lbs.	
Presley	154
165 lbs.	
Carpenter-CAN	198!
181 lbs.	
Weber	242
Michaels-Olson	220
Lewis	181
198 lbs.	
Erickson	181
UL	
Vaterlaus	254#*
Huston	220
Mangaoang	203
97 lbs.	
Abblett	85#*
114 lbs.	
Pantilat	225#*
148 lbs.	
Bax	99
198 lbs.	
Chilgren	121
Master (61-67)	
114 lbs.	
Lafferty	154
Buchanan	115*
132 lbs.	
Miller	110
181 lbs.	
Robey	248#*
Jones	126*
Master (68-74)	
123 lbs.	
Zwetsloot	101#*
181 lbs.	
Pristell	170#*
Master (75-79)	
132 lbs.	
Basso-BRA	77!
148 lbs.	
Combest	77
Master (80-84)	
132 lbs.	
Whinston	68#*
Open	
97 lbs.	
Moorman	154
105 lbs.	
Vallejo	154
Davenport	148*
Poyner	126
114 lbs.	
Pantilat	225#*
Lafferty	154
Tobin	143*
Moorman	143
Howard	132
123 lbs.	
Unson	192
Barnhill	159
Christopher	126
132 lbs.	
Hobbs	192
Ansberry	187
Burdette	181
148 lbs.	
Pukkila-FIN	275
Watts	214
Staines	159
181 lbs.	
Gathright	303*
Robey	248
Weber	242
198 lbs.	
Campbell	380#*
Loveall	259*
Oba	220
Mangaoang	181
UL	
Richards	314*
Special Olympian	
181 lbs.	
Vecchio	82*
Submaster	
123 lbs.	
Unson	192#*
132 lbs.	
Hobbs	192
Nunes	159
148 lbs.	
Pukkila-FIN	275
Itule	187*
165 lbs.	
Starks	137
UL	
Mueller	236
Teen (12-13)	
114 lbs.	
Miskinis	88#*
123 lbs.	
Samoylich	100#*
165 lbs.	
Heta-NZL	165#
Teen (14-15)	
97 lbs.	
Cunningham	121#*
Tavares	88*
114 lbs.	
Selkainaho-FIN	82!
123 lbs.	
Sanchez	159#*
148 lbs.	
Biddle	154*
165 lbs.	
Grant	148
Husseini	110*
Teen (16-17)	
114 lbs.	
Reyes	165#*
Moorman	143#*
Cade	121
123 lbs.	
Harris	170#*
181 lbs.	
Otto	187*
198 lbs.	
Sua	214#*
UL	
Biddle	143
105 lbs.	
Williams	176#*
114 lbs.	
Embry	143*
123 lbs.	
Phipps	166*
Teen (18-19)	
181 lbs.	
Gathright	347#*
MEN	
Class I	
132 lbs.	
Lenhart	319*
Alaqeeli-SAU	115!
148 lbs.	
Nahorniak	363*
Belen	314
Kammueller	275*
165 lbs.	
Anderbring-SWE	336!

with 196 to capture gold. In **Master women 61-67**/114 Betty Lafferty set a world record 214.7 weighing 108. In **Master 68-74**/181 Winifred Pristell pulled a huge 253.5 world record. The oldest women in the meet 80 year old Melicent Whinston set a world record at 132 with 143.2. She has competed in ten world championships and still competes in Masters track & field and she and her husband still drive all over the state of Oregon. He is 83 and is a retired patent attorney. In **Open men** 114 the reigning world record holder Tony Scheldrup of Minnesota (he's done 441.7) had to settle for 424 and a gold. At 132 Gary Bobrovitz of Canada beat Omar Alaqeeli of Saudi Arabia 330 to 303, both lifts were national record. Bobrovitz is with Canadian Broadcasting, in Calgary, Alberta, Canada. At 148 Nick Dunn who has traps to his ears set a world record 589.5, the old record was 578 held by Joel Scott. Nick is the epitome of a deadlifter, if you know anything about deadlifting then all it takes is one look at him and you just go, "That's a deadlifter, a gun slinger, dangerous", like you can't take it all in and really comprehend that he's turned himself into a deadlift monster. In second place was 50 year old Dean Kaneshiro with an amazing 562. At 165 Ryan Snelling won his ninth straight world championship with 622.7. Pasi Sipilainen of Finland was second with 600.7 and 50 year old Richard Cirigliano was third with 600.7. At 181, Tom Eiseman won easily with his opener at 727, which is truly remarkable except it's routine for him. I think he opens too high and he's recently done 771 on an opener and has been in the 755-766 range. If he opens at 644, then 694, then 733, now he's ready for a PR world record of 773.7 or 777. He's talking 800 but he's got other territory to cover before he hits 800 and he's going to have to weigh a full 198, in my opinion, to get a 788 on up. I was the head judge for Tee Myers in Manchester, Tennessee in August and Tee had perfect attempt of 633, 672, 716, 745.1. At 198 Josh Decker who did 705 in July had to settle for 683 and the world championship with Leamon Woodley second at 672.7 and a state record. At 220, Tatu Avola of Finland was the world champion with 716 and Niclas Friberg of Sweden was second with 650. At 259 Terry Putnam of Oklahoma set an Oklahoma record 678.8 but finished second to Eric Krych who pulled 688.7. Eric originally wasn't going to compete because he wasn't in top shape, but his 688.7 was enough. His best is 700.1. At 275, strongman contestant Ryan Klein of Nevada evaporated 800.1, extremely explosive! Phil Andrews has the world record at 810. Jussi Tuomainen of Finland deadlifted 793.5, but Dave Forstner was declared the world champion on a technicality with 672.2. Ronnie Castro was second with 672.2. At super, 58 year old Odd Haugen of Norway won with 722 and David Edgell of Utah as second with the same weight. David is the Utah state chairman. Odd has been competing in strongman competitions and has beaten most but not all of any of the strongest men in the world and they are 20-30 years younger than him. He's very impressive in stature and ability! Odd works with Apex Fitness Group and he recently sent me four products that have sent my training through the roof: (1) Extreme amino anabolic activator, (2) cell volumizer creatine glutamine, (3) extreme nitrous oxide activator, and (4) super anti-oxidant. My squat jumped 75 lbs. in one week. In **open women's** deadlift at 114 Katelyn Tobin of Minnesota won the world championship with 325 and a Minnesota record. She also set a world record in Junior. Karen Poyner of Virginia won the 105 class with 270 and Allison Barnhill won the 123 with 292. At 132 Mary Ann Hobbs was the world champion with 314, and at 148 lbs., 40-year-old plus Teresa Jacobs set a world record with 414.3. At 165, Christine Robinson won with 319.5 and Cindy Weber took home the gold at 181 with 413.2. At 198 Francesca Mangroang-Brodine edged Janet Loveall on bodyweight for the world title. They both did 396.7. In unlimited Dawn Richards pulled 440 and tock a shot at 501. She's good for 475. In **Special Olympian men's** deadlift at 242, Brady Tanner of Kansas pulled 518 for a Kansas record

Ryan Snelling *consistent winner*

Dave Forstner *double 700 club.*

Nick Dunn *born to be a puller*

David Edgell *Utah State Chair.*

Eric Krych *disdain for the iron.*

Huddleston 325
Laurel 325
Vorsatz 275
McGrail —
181 lbs.
Billing 363
198 lbs.
Ogurek 453*
Derengowski 452*
Abukhater-PAL 451
Dawidowics-POL 418!
Cotto 403
Cross 330
Bradshaw —
Solidum —
220 lbs.
Whitaker 451*
Perez 429
Armstrong 424
Hamblin 407*
Jauregui 407
Birring-GBR 385!
242 lbs.
Pokora 457*
259 lbs.
Murphy 512*
Henry 504*
Loss 468
Ewen 369
Kos 352
275 lbs.
Vickers 451
308 lbs.
Speno 523
Mata 501
Kaio 407
SHW
Guernsey 501*
Contreras 407
Murrell 402
Sayles 314
Disabled 165 lbs.
Baker-CAN 121
181 lbs.
Oliveira-BRA 330!
259 lbs.
Bonifield 363*
Elite Open
148 lbs.
Imamura —
275 lbs.
Harrison 826#*
308 lbs.
Womack —
SHW
Wong —
Junior (20-25)
132 lbs.
Lenhart 319*
148 lbs.
Kammueller 275*
165 lbs.
McMasters 314
181 lbs.
Herrmann 462
Lyle 363
198 lbs.
Samoylich 455*
Derengowski 452*
Cotto 403*
Greenberg 363
Cross 330
220 lbs.
Marrama 661#*
Demarinis 576#*
Ferguson 457
Whitaker 451
Perez 424
Herzik 385
Contreras 303
242 lbs.
Carson 611
Girard 413*
Munsey 391
Smith 385*
259 lbs.
Emelander 551
Bergman 363*
Kos 352*
Gonzalez —
Ewen —
275 lbs.
Reeves 562*
SHW
Roessler 385
Law/Fire
Master (40-47)
308 lbs.
Sua 507
SHW
Marchant 650
Law/Fire
Master (48-55)
198 lbs.
Berteaux 435
Guardado 253*
220 lbs.
Denniston 358*
308 lbs.
Sabin 611*
Law/Fire Master (56+)
198 lbs.
Parsons 435#*
Dye 319
220 lbs.
Orlando 424#*
259 lbs.
Lincoln 501
Law/Fire Open
165 lbs.
Baker 485#*
Dean 347*
181 lbs.
White 424*
242 lbs.
Tallerico 391
275 lbs.
Vickers 451
308 lbs.
Nort-BRA 600!
Austin 462
SHW
Watts 673#*
Murrell 402
Law/Fire Submaster
220 lbs.
Prose 518*
242 lbs.
Wicks 485*
Tallerico 391
Wakakuwa —
308 lbs.
Nort-BRA 600!
Austin 462*
SHW
Reich 562
Master (40-46)
148 lbs.
Venturella 426#*
165 lbs.
Lyons 330
Laurel 325
Unson 225
181 lbs.
Cunningham 504#*
Daniels 502#*
Somera 473*
Selkainaho-FIN 462!
Baertlein 440
Espinoza 385
198 lbs.
Frickey 464*
Bazinet 451*
Hatfield 440
Bradshaw —
Levering —
Noblit —
220 lbs.
Millrany 629
Pukkila-FIN 473
DeGennaro 451
Hamblin 407*
dePaz-GUA 396!
Petersen —
242 lbs.
Brubaker 617*
Young 617*
Alvari 501*
Phipps 451
Ross 418
Dahlstrom 391
Tugnait-IND —
259 lbs.
Hoekstra 622
Ludlam 584
275 lbs.
Lincoln Jr. 705
Doublin 622
Gulseth 551*
Hurley 518
Shadid 418
Kumar-IND 385!
308 lbs.
Aleaga 633
Mata 501
SHW
Overbey 705*
Marchant 650
Guernsey 501*
Wong —
Master (47-53)
148 lbs.
Evangelista —
165 lbs.
Baker 485#*
White 325
181 lbs.

***Dawn Richards** tried a 501 pull*

and Bobby Lord of Texas at 259 smoked 600.7 for a Texas record. Both of those lifts were done in perfect form with a lot of heart. In **Submaster Men**165 Monte Hokoana got 578.5 for the win but he's been there before and he's definitely good for 611 with a tweak in his training and his attempts. At 181 George Soto set a California record 545.5 and at 198 Nate Krohn of Minnesota won worlds with a 600.7. At 220 Jeremy Drecksel of Utah edged out Ed "Kookie" Barnes on bodyweight with a 606 Utah record. At 259 Bill Hislop of Michigan set a state record 628 to beat Sean Erhardt who set a Washington record 611.7. At 308 Dave Forstner of Michigan won with 672 and David Edgell beat Chris Grantano at Super 722 to 716. Chris did 733 in Hawaii in July and is capable of 744 or so if he concentrates on deadlifting and less on strongman. In **Submaster Women**, there were only six contestants and Teri Agenbroad of Nevada won at 148 with a Nevada record 297.5 with Lee Itule second with an Arizona record 286.52. Leilana McKindra of Indiana won gold with a 369.2 an Indiana record. In **Teen men 12-13**, Chace Akina of Hawaii set a world record 254.6 weighing 104. Dylan Sites of Oregon set a state record at 114 with 264. At 165 Tarig Qadir won the world's with 244.7. In **14-15**/97 Dakota Lane set a Colorado record with 330.5 to capture the world title. Max Sandoval hit a 352.5, a notable lift, to take gold at 148, and at 275 K.C. Sameylich set a Colorado record 512.5 very impressive for a 14 year old. Elliot Stratton hit 374 at 181. In **Teen 16-17**, Jacob Hendee of Washington set a world record 199.3 weighing 97.2. At 132, Josh Vernes set a California record 264.5 for the win. At 148, William Anthony Baxter set a world record 440.7 but then Eduardo Pruneda of Colorado took a fourth and beat the world record with 441.8. There were seven contestants all together at 148. At 165, Jonathan Post of Colorado set a world record 502.6 a fantastic lift at age 16. At 181, Daniel Ortiz of California pulled 496 to beat Andrew Cross of Colorado who pulled a Colorado state record 468.2. At 198, Jake Garbush of Washington and John Thrailkill of California both pulled 505. Garbush got the world title and Thrailkill the world record since he did it first. At 220, Pavel Kokhanevich of Colorado set a state record 463.8 to take the 220 class unopposed. At 242, Henry Hoy of Hawaii set a world record 529 and at 275 Delfred Kalani Kaipo of Hawaii also set a

***A. J. Mangum** 666 WR Deadlift*

***TEEN POWER** ... Jessica Hurley*

world record of 551. At 308, Tohora Harawira of New Zealand set a world record 385.7. Tohara and the rest of the New Zealand contingent really partied at Disneyland. In **Teen men's deadlift 18-19**, Vince Scavuzzo of Colorado set a state record at 148 with 447.3 and edged out Mike Nguyen of Vietnam who set a national record 446.2. Justin Gourley of Illinois was third with a state record 440.7. At 181, A.J. Mangum who only weighed 165.4 pulled a monster 666.7 world record. Jason Wright of Virginia was second with a state record 518. At 198, Trevor Herston of Washington was the world champion with a state record 540. At 220, Connor Rounds set a Washington record 584 a very respectable deadlift for a 214 lb. teenager. At 308, Abel Dominguez III of Texas pulled 600.7 for the world title. In **Teen women 12-13**/114 12 year old Ali Miskinis of Ohio set a world record 174 to win the world's unopposed. At 123, Donna Sameylich of Colorado set a state record 214.7 to beat Daria Dermelev of Estonia who pulled 187. At 165, Aroha Heta of New Zealand set a world record 242.5 and at 181 Jacqueline Wickens of Nevada pulled an incredible 308.5 at age 13 for a world record. **In Teen women 14-15**/97 Cheyene Tavares of Hawaii set a world record 200.4. At 148, Sarah Biddle of Indiana set a state record 253.5. In **16-17** five lifters set world records. Anna Cade of Washington pulled 281 at 114. Amanda Harris pulled 281 at 123; Jennifer Otto pulled 309.6 at 181. At 198, there were two monster lifts, Jessica Hurley of Hawaii won with 424.2 and Kayla Sua was second with 408.8, both world records. In **Teen women 18-19** there were only three lifters. At 123, Karina Phipps, coached by her father, pulled 270 for the win. At 165, Breanna Potrie set a California record 308.5, and at 181, Courtney Gathright got a world record 402.2. All of the deadlift sessions were very exciting and most of the lifters had great form. Many of the coaches were responsible for that form. Joe Head of Headquarters Fitness coached lifters such as Teresa Jacobs who pulled 414.3 at 165 in her forties. Seventeen-year-old Kayla Sua pulled 408. All of Joe's lifters have perfect deadlift form. Also, Team Headquarters won the team title. In second place was Team Dirty Dozen from Salt Lake City, coached by Dave Edgell. He pulled 722; Nick Dunn pulled 589 at 148. In third place was Bull Stewart's team from Seattle and all of his lifters had great form. Ron Garofalo's team Colorado Gold won the teenage team title and he deadlifts 700 at 181. The Finnish and Swedish teams were also excellent deadlifters. Moving onto the **BENCH PRESS**, in **Class I**/132, Nick Lenhart of Utah set a state record 319.5. Omar Alaqeeli of Saudi Arabia was second. At 148, Eric Nahorniak set a Nevada record 363.7. At 165, Jonas Anderbring of Sweden won gold with a national record 336. At 198, Matt Ogurek beat out nine

***Courtney Gathright** benched a WR 347#*

Lo	380	Jacka	545*	Mauldin	358	148 lbs.		Bonifield	363	Master (75-79)		Alaqeeli-SAU	110!	Tracy	—
Janoff	374	308 lbs.		Kadlub	336	Feight	214	308 lbs.		165 lbs.		148 lbs.		Brizendine	—
Brekke	303	Ryan	639	Jones	303	165 lbs.		Smith-CAN	551#	Cortes	242	Venturella	426#*	Washburn	—
Baptista-BRA	220	Schultz	611*	Guardado	253	White	270	SHW		181 lbs.		Harmon	—	220 lbs.	
198 lbs.		Kamaka	523*	Kline	—	DaSilva-BRA	220	James	462	Munly	170	Evangelista	—	Green	661
Berteaux	440	Kaaloa	479	220 lbs.		181 lbs.		Master (68-74)		198 lbs.		165 lbs.		Marrama	661#*
Solar	363	Mickelson	479	Orlando	424	Miniotta	330*	148 lbs.		Waite	181	Davila	485*	Millrany	629#*
Stirling-CAN	358	Heta-NZL	374!	Kirk	214	Angstrom	303*	Gidcumb	203	242 lbs.		Smith	447*	Bertelmann	584*
220 lbs.		SHW		Marba	—	Hawkins	270	165 lbs.		Combest	286	Sipilainen-FIN	407	Pena	540*
Macauley	507*	Manno	683#*	242 lbs.		Witzel	248	Tinkler	231	Master (80-84)		181 lbs.		Beavers	485*
Frizzell	501	Gertner	575*	Pokora	446*	198 lbs.		Goodman	220	148 lbs.		Linerud	532#*	Pukkila-FIN	473
Armstrong	424	Sayles	314	259 lbs.		Dye	336	181 lbs.		Fornachon	182#*	Neal	507	Perez	429*
Welker	374	Mersberg	—	Filho-BRA	374	Nasser	264	Vause	214	Whinston	93	Paivoke-FIN	473!	Brault	413
McHale	369	Master (54-60)		Harkins	292	Haggenmiller	264	Boyes	143	165 lbs.		Kowarsch	473*	dePaz-GUA	396!
Baldwin	—	132 lbs.		275 lbs.		Beteta	—	Lozano	—	Schall	148*	Selkainaho-FIN	462	Avola-FIN	—
242 lbs.		Bobrovitz-CAN	292#	Bonneau-CAN	534!	220 lbs.		198 lbs.		220 lbs.		White	435	242 lbs.	
Patrick	526*	165 lbs.		Webb	—	Breaux	446	Prince	282*	Miranda	236	Diaz	—	Hunter	706#*
Stevens	363	Miller	358#*	308 lbs.		Filho-BRA	352!	DiLiddo	253	Master (85+)		Hill	—	Young	617
259 lbs.		Sheen	231	Sabin	611#*	Urrea	319	Perkins	198*	181 lbs.		198 lbs.		Zimmerma-CAN	551!
Duncan	490*	181 lbs.		Fahrenbruch	534#*	242 lbs.		220 lbs.		McClelland	200#*	Decker	518*	Norman	501
Brewer	457	Plush	369	VanBrocklin	418	Evans	436*	Smith	369*	Dreyer	157#*	Gillam	501*	Dahlstrom	391
L' Huillier	451*	Alvarez	352	Knapp	407*	Smith III	436*	Bassman	369	Open		Carson	501	259 lbs.	
Arroyo	451	Ansberry	341	SHW		Garris	303	Herbein	275	114 lbs.		Militana	479	Hoekstra	622
Stanford	—	Sharma	264!	Herdt	424	259 lbs.		Ketchersid	236	Scheldrup	276#*	Frickey	464	Ihalainen-FIN	606
Hofer	—	Hill	—	Contreras	407	Lincoln	551#*	275 lbs.		132 lbs.		Bazinet	451*	Parnell	600
275 lbs.		198 lbs.		Master (61-67)		Acey	424	Kehl	447#*	Bobrovitz-CAN	292!	Abukhater-PAL	451!	Chun	573

Robert Lincoln Sr. *551 at 60+!!*

contestants with a 453.9 Michigan record. Richard Derengowski was second with an Illinois record 452.8 and Ahmed Abukhater of Palestine was third at 451.7, the toughest match-up of the week. At 220, Andy Whitaker of Louisiana set a state record 451.7 to round up gold over six contestants. At 242, Leonard Pokora of Michigan set a state record 457.2. At 259, Joey Murphy of Georgia set a state record 512.5 with Stephen Henry of California second with a state record 504.8. At 308 Robert Speno of California beat out three contestants with a 523.5. At Super, Greg Guernsey of Maine set a state record 501.5 to beat out four contestants. In **Disabled men** Steve Baker of Canada put up 121.2 At 165, Vilmer Oliveira of Brazil put up 330.5 and Mike Bonifield of California, who is over 70, benched 363.7. In **Elite Open** Jason Imamura, Steve Wong and Mike Womack all bombed-out. At 275, Tommy Harrison got a world record 826.5 weighing 268.2. Tommy is a Chicago cop and has huge arms. In **Junior men** at 132, Nick Lenhart won with a Utah state record 319.5 at 148 Ben Kammueller of Wisconsin set a state record 275.5. At 198, Slavic Samoylich of Colorado set a state record 455 to beat out five contestants. Richard Derengowski was a close second with an Illinois state record 452.8. H. Adam Cotto of Louisiana was third with a state record 403.23. At 220, Rick Marrama of Massachusetts was huge with a world record 661.2. Sean Demarinis was second with a 576.3 opener world record but Marrama destroyed that record. At 242 Christopher Carson of Ohio popped a 611.7 to far outdistance the competition. Greg Girard was in second with a Michigan state record 413.52 and Ben Smith of Maine was fourth with a state record 385.7. At 259, Tom Emelander of Texas hit a big 551 and Tom Bergman of Massachusetts was second with a state record 363.7. At 275, Daniel Reeves was very above average with a 562 Arizona state record. In **Junior women** at 105, Natalie Freed of Pennsylvania set a world record 188.3, which is a very high coefficient. At 114, Katelyn Tobin of Minnesota set a state record 143.2. Katelyn ended up with four world titles. At 132, Erica Ansberry set a California record with 187.2. In **Law/Fire Master 40-47**/Super Dave Marchant of Utah, who has the world record with 723, had to settle for 650 on this day for a world title. In **Law/Fire 48-55**/198 Mike Berteaux, one of the Colorado WABDL Chairmen, had an off day with 435. He holds the world record with 513 but he won the Worlds so he was satisfied, but probably not happy about his performance. At 220, in **Law/Fire 48-55**, William Denniston won with a Michigan record 358. At 308, Bruce Sabin finally got the magic 600 bench he was looking for with a state record 611.7. Bruce is 51 and getting stronger. In **Law/Fire Master 56+**, Joseph Parsons of Oklahoma a world record at 198 with 435. At 220, Larry Orlando of California also set a world record with 424. Robert Lincoln, Sr., of California benched 501, but he was going to come back a few days later in Master 61-67 and blow some minds. In **Law/Fire Master women 40-47**/Unlimited, Rauaroha Joy Heta of New Zealand set a world record with 214.7. Louise Jones, a very impressive six footer won **Law/Fire Master 56+**/181 women with 126. She used to compete in Track & Field and has had back problems that have hindered her training. She could easily pass for 40 due to her physical training over the years. In **Law/Fire Open** men, George Baker of Oklahoma, after a three-year absence, set a big time world record of 485 at 165. In second place was Jason Dean of Alabama with a state record 347. At 181, Anton White of Illinois set a state record 424.2. At 308, Ricardo Nort of Brazil did the first 600 bench by a Brazilian lifter, ever. At super, Wayne Watts after a four-year absence due to injuries was huge with a world record 673.3. Wayne is a great guy, and always smiling and friendly to everybody. In Law/Fire Open women, Lauri Lamp of Washington set a world record 198.2 at 123, her fifth Law/Fire world record. In **Law/Fire Submaster men**, Wayne Prose set an Illinois record at 220 with a perfectly executed 518. Cliff Wicks of Nevada won the World's at 242 with a state record 485. Ricardo Nort won his second world title of the meet with a 600.7 at 308 and Marcus Austin of Ohio was second with a state record 462.7. At Super, Keoni "Bulla" Reich of Hawaii popped a 562 for the gold. In **Master 40-46 men**/148, WABDL Chairman from Pennsylvania, Chuck Venturella set a world record 426.4. Chuck can do five reps at 310 raw. At 181, Keith Daniels of Hawaii set a world record with 502.6 and took the gold. Andrew Somera was second with a Washington 473.7, and Sakari Selkainaho was 3rd with a Finnish record 462.7. At 198, there were three bomb-outs. Jason Frickey was the winner when the smoke cleared with a Louisiana state 464.9. Mike Bazinet of Maine was second with a state record 451.7. Mike owns a mailing and labeling business in Bangor, Maine, and has a great operation. He took me for a tour of his business, how

Tommy Harrison *got an 826 BP @ 268.*

Breaking the Barrier *Bruce Sabin*

Wayne Watts *came back - 673*

Chuck Venturalla *426 @ 148.*

Rinkinen-FIN	551	Mersberg	—	Soto	308	275 lbs.		Lane	104*	Krajnik	187	Nguyen-VTN	275	Lamonica-CAN	440!
Hislop	540*	Vick	—	198 lbs.		Aumavae	606	132 lbs.		165 lbs.		Scavuzzo	242*	181 lbs.	
Desrosiers	—	Special Olympian		Carson	501*	Selstrom	579*	Daru	181*	Post	275*	181 lbs.		Billing	556
Engelke	—	105 lbs.		Ogurek	452*	Bankston	562	148 lbs.		Stern	203*	Mangum	281	Marxheimer	501
Hofer	—	Rocha	82	Dawidowics-POL		308 lbs.		Ditty	170	181 lbs.		Wilks	121	Cunningham	462
275 lbs.		148 lbs.		418!		Forstner	705*	165 lbs.		Sato III	330#*	198 lbs.		198 lbs.	
Rosendahl-FIN	611!	Mickaels	110*	Wright	—	Kaio	—	Ross	209	Cross	297*	Ommen	413*	Ridings	633*
Cikana	562	165 lbs.		Brizendine	—	SHW		181 lbs.		Ortiz	231	Gilbertson	314	Solidum	601*
Bankston	562	Turner	181*	220 lbs.		Meeker	900#*	DePinto	231	198 lbs.		Devlyn	292	Yerby	600
Pritchett	—	242 lbs.		Pena	540	Jordan	705	Stratton	203	Garbush	314*	Short	—	Krohn	600*
Stewart	—	Tanner	402*	Barnes	534	Lamont	606	Richardson	154	Thrailkill	292*	220 lbs.		Cross	562
308 lbs.		Ross	220*	DeLuca	518	Vick	—	220 lbs.		Scimeca	253*	Jimenez	358	Burns	562*
Tuomainen-FIN	804#	259 lbs.		Drecksel	418	Teen (12-13)		McKenna	236*	Palomaki	225	308 lbs.		Cotto	485
Forstner	705	Lord	286	Jauregui	407	97 lbs.		Henry	181	220 lbs.		Dominguez III	462*	220 lbs.	
Alexander	562	SHW		Green	—	Grizzle	71	242 lbs.		Saran	391*	DEADLIFT		Drecksel	606*
Smith-CAN	551!	Mayes	236	242 lbs.		105 lbs.		Comito	181	Biroan	336	MEN		Whitaker	584*
Kamaka	523	Submaster (33-39)		Wakakuwa	600	Akina	126	275 lbs.		242 lbs.		Class I		Petersen	573
Mickelson	479	148 lbs.		Thomas	507	114 lbs.		Samoylich	352*	Lindsey	369*	132 lbs.		259 lbs.	
SHW		Edralin	347	Singh-IND	418!	Sites	143	Teen (16-17)		O'Donald	341	Alaqeeli-SAU	303!	Keohuloa	661*
Meeker	900#*	Balanga	303	Tubridy	—	132 lbs.		123 lbs.		Hoy	308	148 lbs.		Henry	567
Crawford III	733	165 lbs.		259 lbs.		Grizzle	137	Tovey	181*	275 lbs.		Gourley	440*	Arroyo	501
Manno	716*	Smith	413	Chun	573	165 lbs.		148 lbs.		Kaipo	292*	Kammueller	440*	275 lbs.	
Overbey	705	Hokoana	385	Hislop	540*	Qadir	148	Belen	330	308 lbs.		Nahorniak	435	Cikana	578
Jordan	705	181 lbs.		Mercado	446*	McFarland	93	Pruneda	225	Harawira-NZL	286#	Miskinis	380	Bankston	562
O' Neill	611	Neal	507*	Erhardt	446	Teen (14-15)		Miskinis	225	Teen (18-19)		165 lbs.		Rizzo	—
Lamont	—	Paivoke-FIN	473!	Desrosiers	—	97 lbs.		Carter	203	148 lbs.		Vorsatz	457	308 lbs.	

***Ken Millrany** prepares to bench*

envelopes are stuffed, sealed, labeled, and stamped. It's an amazing process. He can do 3000 envelopes an hour. At 220, Ken Millrany of Tennessee won the Worlds with a 606.2, way ahead of second place finisher Juha Pukkila of Finland. At 242, Brian Brubaker of California finished first. Jeff Alvari was second with a Utah record 501.5. There were seven contestants at Master 40-46/242. At 259, Scott Hoekstra won the World's with a solid 622.7. Scott has been tested numerous times and has passed. At 275, Robert Lincoln, Jr., put up 705 to beat Eric Doublin of Texas who did a very respectable 622.7. Gary Gulseth of Wisconsin was third with a state record 551. Narash Kumar of India was sixth with 385.7. At Super, Ken Overbey of Alabama set a state record 705 with Dave Marchant of Utah in second with 650. Greg Guernsey of Maine was third with a state record 501.5. There were nine lifters that benched over 600 in Master 40-46 and two that benched over 700. In **Master 47-53**/165 George Baker of Oklahoma set a world record 485. George is one of the top four or five lightweight master benchers in the world. At 181/47-53 Mark Lo of Hawaii beat out four contestants with a 380. Mark and I both trained at the Power Pit in Hawaii in the eighties. At 198, Mike Bertreaux who works as an Air Marshall and travels all over the world won 198 with 440.7 but he has done 513 very recently. At 220 Ed Macauley of Oregon set a state record 507 to edge out Mike Frizzell of Illinois who put up a 501.5. At 242, Mark Patrick of Georgia set a state record 526.8 to win gold. Both Ed Macauley and Mark Patrick have trained hard and made small consistent gains the drug free way. At 259, Rick Duncan set a Texas state record of 490.5 in route to winning the world title. Ron L'Huiller of Michigan was fourth with a Michigan state record 451.7. At 308, Roger Ryan put up a 639.2 at age 51. Dennis Schultz was second with a California 611.7 and Lyle Kamaka was third with a Hawaii record 523.5. Roger Ryan has put up 700 in a two-ply shirt. At Super, Tom Manno set a world record 683.2 that had a questionable lockout. His elbows are bent from previous injuries. In second place was Gary Gertner of Colorado with a state record 575.2. Gary is the WABDL Colorado State Chairman. In **Master 54-60**/132 Gary Bobrovitz of Canada set a world record 292. Gary has recruited lifters from the Calgary area to compete in WABDL. At 165, Gary Miller of Nevada set a world record 358. Gary is from Pahrump, not far from Area 51. If all of a sudden Gary benches 558 then we would have to believe that the UFOs in and around area 51 are not USA experimental flying object. At 181, Perry Plush beat out six lifters with a 369.2 and his first place win helped Joe Head's Team Headquarters team win first place in the team competition. All of Joe Head's team members train at his gym, which is quite an accomplishment. Joe's team has won two team titles, tied for first one other time, and came in second another time. At 198, Mark "Jamey" Mauldin of Texas beat out five contestants with a 358. Jamey has brought in numerous sponsors for WABDL and on at least two occasions the sponsorship money definitely saved the federation from dire financial problems. At 242, Leonard Pokora of Michigan set a Michigan record with 446 to win the World's. Larry Orlando of California won the 220 class with 424. At 275, Collin Bonneau of Canada set a national record 534.5. Collin is an accomplished church musician. He plays all brass instruments and has played in the Canadian Royal Band. He has been a church organist for over 40 years. At 308, Bruce Sabin set a world record 611.7. It took Bruce three meets of attempting 600 before he finally got it. Dr. Jeff Fahrenbruch of Arizona also set a world record on an opener of 534.5 until Bruce broke it. At Super, long time lifter Peter Herdt won gold with 424. In **Master 61-67**/181 men, Michael Minietta of Nevada beat out four contestants with a state record 330.5. At 198, Joe Beteta or Oregon beat out four contestants with a 336, which is 30 pounds less than what he's done recently. At 220, world record holder Vince Breaux had to settle for 446 even though his world record is 458. At 242, Vietnam combat veteran Daniel Smith III set a California record 436.3 to edge out Bob Evans who did the same weight was the heavier man. Evans has the state record because he did it first. At 259, Robert Lincoln, Sr., hit the highest bench ever for a man over 60 with 551, a world record. That's an incredible lift for a man his age! It's an incredible lift for any age! At 308, Robert O. Smith, who is 65, trumps Robert Lincoln. He is heavier, but he's four years older and he did the same weight 551, an incredible feat. So both Robert Lincoln and Robert O. Smith have the highest bench over 60 and I think they both will hit 600 in their sixties in a single ply shirt! Robert O' has won ten WABDL world championships in a row. He's a member of the screen actor's guild and has had numerous bit parts in movies and has done numerous voice-overs for cartoon such as the

***Gary Gertner** coach & lifter*

***Tom Manno** made a 716 bench*

***Roger Ryan** BPed a 639 @ 51*

***Ken Overbey** hit a 705 BP.*

Palengat	**633***
Speno	**628***
SHW	
Welch	**694***
Guiney	**661**
Contreras	**413**
Disabled	
181 lbs.	
Oliveira-BRA	**440!**
Junior (20-25)	
132 lbs.	
Lenhart	**485**
Crago	**457***
148 lbs.	
Kammueller	**440***
Czaja	**363**
165 lbs.	
McMasters	**562***
Dupont	**303**
181 lbs.	
Herrmann	**617**
Lyle	**485***
198 lbs.	
Ridings	**633***
Cross	**562**
Burns	**562***
Greenberg	**551**
Samoylich	**507**
Cotto	**485**
Mokma	**468**
220 lbs.	
Perez	**650**
Shippert	**606**
Winslow	**600***
Whitaker	**584***
Herzik	**507***
Contreras	**413**
242 lbs.	
Munsey	**584**
Mendoza	**540**
Smith	**462***
259 lbs.	
Bergman	**573***
308 lbs.	
Castro	**672**
Fissori	**451**
SHW	
Roessler	**622***
Law/Fire	
Master (40-47)	
242 lbs.	
Soekardi	**633**
Casemier	**650***
SHW	
Marchant	**589**
Law/Fire	
Master (48-55)	
220 lbs.	
Denniston	**435***
Law/Fire Open	
165 lbs.	
Dean	**451***
198 lbs.	
Yerby	**600***
242 lbs.	
Casagrande-BRA	**728!**
Soekardi	**633**
Tallerico	**556**
308 lbs.	
Nort-BRA	**710#**
Austin	**501***
SHW	
Reich	**701#***
Master (40-46)	
165 lbs.	
Unson	**479**
181 lbs.	
Guches	**589**
Selkainaho-FIN	**562!**
Baertlein	**534**
Cunningham	**462**
Espinoza	**457**
198 lbs.	
Hatfield	**457**
220 lbs.	
Tortorelli	**628**
Petersen	**573**
South	**556**
Hamblin	**457**
James Jr.	**380**
242 lbs.	
Exum	**606**
Bianchi	**661***
Casemier	**650***
259 lbs.	
Putman	**678***
275 lbs.	
Shadid	**673***
Bennett	**650**
308 lbs.	
Phillips	**606**
SHW	
Welch	**694***
Guiney	**661***
Munsey	**661***
Hudson	**655***
Marchant	**589**
Master (47-53)	
123 lbs.	
Murphy Jr.	**292***
148 lbs.	
Kaneshiro	**562#***
Evangelista	**446**
165 lbs.	
Cirigliano	**600**
White	**512**
181 lbs.	
Eiseman	**727**
Lo	**501***
Brekke	**479**
Baptista-BRA	**330!**
198 lbs.	
Woodley	**672**
Dermelev-EST	**617!**
Stirling-CAN	**418**
220 lbs.	
Burlingame	**644**
Schoenebeck	**655***
242 lbs.	
Dawson	**666***
Stevens	**540***
Gaytan	**534**
Patrick	**501**
259 lbs.	
L'Huillier	**518**
Arroyo	**501**
308 lbs.	
Medak	**650**
Mickelson	**611**
Heta-NZL	**418!**
SHW	
Valentin	**556***
Master (54-60)	
132 lbs.	
Bobrovitz-CAN	**330**
165 lbs.	
Kleyn	**540#***
Sheen	**402***
Miller	**336***
181 lbs.	
Ansberry	**451**
Rankin	**446**
Wilder	**440**
198 lbs.	
Wahlund-SWE	**573!**
Stevens	**534**
Kadlub	**507**
Mauldin	**490**
Kline	**457**
220 lbs.	
Murphy	**523**
Waldorf	**507***
Wass	**479**
DelaCruz	**473**
Kirk	**369**
259 lbs.	
Morgan	**651#***
Harkins	**418**
275 lbs.	
Morgan	**529**
SHW	
Contreras	**413***
Master (61-67)	
148 lbs.	
Feight	**363***
165 lbs.	
Christian	**496***
Timbal	**485***
DaSilva-BRA	**385!**
White	**303**
181 lbs.	
Krowech	**585#***
Angstrom	**418***
198 lbs.	
Haggenmiller	**457**
220 lbs.	
Filho-BRA	**672#**
Breaux	**562**
242 lbs.	
Evans	**374**
259 lbs.	
Davis	**650**
Master (68-74)	
148 lbs.	
Gidcumb	**347**
165 lbs.	
Houkala-SWE	**507#**

***Pat Robey** from 70 up to 248 lbs.*

Incredible Hulk. He started Olympic lifting in California in 1963 and has been lifting non-stop ever since. At Super, Don James of Oregon, who has done 523 at age 63, just had knee surgery about 2-1/2 months ago and won with a 462.7. In **Master 68-74**/148 men, Richard Gidcomb set a Michigan record 203.7. At 165, Bill Tinkler of Florida put up 231.2 for a world title. At 181, Charlie Vause was good for 214.7 and a world title. At 198, William Prince put up a nice 282.1 for a Nevada state record and for his world title. At 220, Korean war hero (silver star) Harold Smith benched 369 raw at age 73! Bob Bassman of Texas was second with 369, but was the heavier man. John Herbein, a graduate of the Naval Academy and a former captain in the Navy was third with 275.5. At 275, Bob Kehl of California was very impressive with a world record 447.3 at age 69! In **Master 75-79**/165, Robert Cortes hit 242.5 at age 77 and was the best of four lifters in that age group. Russell Combest was pretty good with 286.5 raw at age 76. He's six foot four inches, and he only weighs 229. In **Master 80-84**, Robert Fornachon of California set a world record 182.8 weighing 145 at age 81. At 165, Jim Schall set a Washington record 148.7. At 83, Eugene Miranda looked pretty good with 236.7 weighing 214. In **Master 85+**, Bladen McClelland set a world record 200.4 at age 86 at 172 bodyweight! He bounces up the steps to the stage like he's 50! Dr. Donald Dreyer of Louisiana, who still practices medicine at age 86, also set a world record with 157.5 on an opener for second place. In **Women Master 40-46**/123, Laurie Lamp set a Washington record 198.2 to take the world's over three contestants. At 132, Betty Cable of Illinois set a state record 159.7 to garner top honors. At 148, Brenda Nolen of California set a world record 248 to beat four contestants. At 198, Karen Campbell, weighing 188, became the lightest woman to ever bench 400 drug-free in a single ply shirt. She has also deadlifted 402 and she's 40 years old. A tremendous accomplishment! On top of that, she passed her drug test. In second place was Kelli Sandoval of Oregon who set a state record 253.5. In Unlimited, Joy Heta of New Zealand set a national record 214.7. In **Master 47-53**/114 women, Suzanne Hedman set a world record 199.3. At 105, Karen Poyner of Virginia put up 126.7 weighing 102.4. At 123, Karen Denniston of Michigan set a state record 104.5. At 148, Peach Presley won the World's with a 154 in only her second meet. She also helped sell tickets and helped set up the hospitality suite. At 165, Nancy Carpenter of Canada set a national record 198.2 for a world title. At 181, Cindy Weber blasted 242.5 with a lot of bar speed to win the Worlds. At 198, Cheryl Erickson won a world title with 181.7. At Unlimited, Sue Vaterlaus has made small strides in her training since 2002 when she was only benching 126. Well, these small strides add up and she got a world record 254.6 to beat Margie Huston who got a 220.2. In **Master 54-60**/97 women, Sherry Abblett got a world record 85.7 weighing 93 pounds. At 114, 58-year-old Ita Pantilat at 112 got a world record 225.7. Very impressive! In **Master women 61-67**/114 Betty Lafferty of Alabama weighing 109 hit a 154 at age 63. In second was Mary Ellen Buchanan with a Washington record 115.5. At 132, Mary Miller of Indiana won the World's with 110 lbs. At 181, Pat Robey, ably coached by Joe Head, put up a very impressive 248 at age 63 for a world record. Pat is a perfect example of "it's never too late to start lifting for health." She started at age 56 and has lost 20 pounds, and her bench has gone from 70 pounds to 248 in that time. Louise Jones was second with a California record 126.7. **In Master 68-74**/123 women, Yoka Zwetsloot of California set a world record 101.2 in her first Worlds. At 181, Winifred Pristell set a world record 170.7. Bull Stewart, who is one of the best deadlifters of all time, ably coaches her. In **Master 75-79**/132 women, Malvina Basso of Brazil set a national record 77 lbs. The oldest woman in the meet, Melicent Whinston, is 80 and did a world record 68.2 weighing 132. She's in perfect shape. She walks straight with the gait of a 50 year old. In **Open Men** 114, Tony Scheldrup of Minnesota set a world record bench of 276.6. Tony also holds the world record deadlift of 441.2. At 132, Gary Bobrovitz of Canada set a national record 292. In second place was Omar Alaqeeli of Saudi Arabia with a national record 110. At 148, the two big guns Freddie Evangelista and Kevin Harmon bombed and Charles Venturella set a world record 426.4 at age 44. At 165, Ray Hickman, Michael Hara, and Joe Luther were absent and Adolpho Davila of California put up 485. He's done 507 and he's capable of a 525. In second place was David R. Smith with a Texas record 447.3. Pasi Sipilainen of Finland was third with 407.7. At 181, Don Linerud of Idaho set a world record 532.3, a big time lift. In second was Chris Neal of Mississippi with 507 and Korry Kowarsch of Minnesota was third with a state record 473.7. Kim Paivoke of Finland was fourth with a national record 473.7. At 198, Josh Decker of Michigan set a state record 518 to beat Jason Carson and Christopher Gillam of Arizona who both put up 501.5. Gillian's lift was an Arizona state record. David Militana of Tennessee was fourth with a state record 479.5 and Jason Frickey of Louisiana was fifth with a state record 464.9. At 220, Rick Marrama of Massachusetts set a world record, as did Michael Green with 661.2. Marrama was the lighter man 210.4 to 220.2 and won the world title. Ken Millrany was third with 629.3. Chad Bertelmann of Hawaii was fourth with a state record 584. Steve Pena of California, who is legally blind, was fifth with 540. At 242, James Hunter of California keeps going up the ladder quietly, with a 706.3 world record and a world title. He has set nine Open and Submaster world record in the last three years. Jeremy Zimmerman of Canada was second with a national record 551. At 259 there were three bombs, and they were all 600 benchers. Scott Hoekstra was world champion after the smoke cleared with 622.7. Jani Ihalainen of Finland was second with 606.6 and Patrick Parnell of Texas was third with 600.7. At 275, Jari Rosendahl of Finland set a national record and won the World's with 611.7 and Brad Cikana and Brandon Bankston of Louisiana were at 562 with Cikana being the lighter man at second. At 308, Dave Forstner of Michigan won with 705. Dave is the first lifter in WABDL to both bench and deadlift 700! At Super, Tiny Meeker benched 900.4 to become the first man in WABDL to bench

***James Hunter** 706 in the 242s.*

***Don Linerud** ... 532 BP at 181#*

Andrade	**363**
Tinkler	**352***
181 lbs.	
Lozano	**402***
198 lbs.	
Perkins	**374**
220 lbs.	
Huggins	**418***
259 lbs.	
Peterson	**622#***
Master (75-79)	
165 lbs.	
Cortes	**447#***
198 lbs.	
Waite	**330**
242 lbs.	
Combest	**429**
Corulli	**402***
Master (80-84)	
148 lbs.	
Fornachon	**181***
Whinston	**132**
165 lbs.	
Schall	**303***
Grubbs	**275***
Master (85+)	
181 lbs.	
McClelland	**275***
Open	
114 lbs.	
Scheldrup	**424**
132 lbs.	
Bobrovitz-CAN	**330!**
Alaqeeli-SAU	**303!**
148 lbs.	
Dunn	
589#*	
Kaneshiro	**562**
Balanga	**485**
165 lbs.	
Snelling	**622***
Cirigliano	**600**
Sipilainen-FIN	**600!**
Houkala-SWE	**507!**
Stephens	**424**
181 lbs.	
Eiseman	**727**
Jurgens	**628***
Krowech	**585***
Selkainaho-FIN	**562**
Pina	**540***
Kowarsch	**523**
Wright	**518***
Diaz	**496**
198 lbs.	
Decker	**683**
Woodley	**672**
Wilsey	**622***
Tracy	**584**
Wahlund-SWE	**573**
Mangano	**—**
220 lbs.	
Avola-FIN	**716**
Friberg-SWE	**650**
Burlingame	**644**
Brault	**545**
Simpson	**451**
242 lbs.	
Bianchi	**661**
Zimmerma-CAN	**600**
259 lbs.	
Krych	**688**
Putman	**678***
Keohuloa	**661***
Hislop	**628**
Engelke	**562**
Ihalainen-FIN	**—**
275 lbs.	
Klein	**800***
Rosendahl-FIN	**738**
Pritchett	**722**
Shadid	**673***
Cikana	**578**
308 lbs.	
Tuomainen-FIN	**793#**
Castro	**672**
Forstner	**672**
Medak	**650**
Mickelson	**611**
Phillips	**606**
SHW	
Haugen-NOR	**722!**
Edgell	**722**
Grantano	**716**
Hudson	**655**
O' Neill	**567**
Special Olympian	
105 lbs.	
Rocha	**154***
242 lbs.	
Tanner	**518***
259 lbs.	
Lord	**600***
SHW	
Mayes	**330**
Submaster (33-39)	
165 lbs.	
Hokoana	**578**
181 lbs.	
Soto	**545***
198 lbs.	
Krohn	**600**
220 lbs.	
Barnes	**606**
Drecksel	**606***
Graupmann	**451**
Friberg-SWE	**—**
259 lbs.	
Hislop	**628***
Erhardt	**611***
275 lbs.	
Bankston	**562**
308 lbs.	
Forstner	**672**
SHW	
Grantano	**716**
Edgell	**722**
Teen (12-13)	
97 lbs.	
Grizzle	**159**
105 lbs.	
Akina	**254#***
114 lbs.	
Sites	**264***
132 lbs.	
Grizzle	**220**
165 lbs.	
Qadir	**244***
McFarland	**192**
Teen (14-15)	
97 lbs.	
Lane	**203***
132 lbs.	
Daru	**330***
148 lbs.	
Sandoval	**352**
Everett	**297**
165 lbs.	
Smith	**264**
181 lbs.	
Stratton	**374**
DePinto	**369**
Richardson	**308**
220 lbs.	
Henry	**325**
McKenna	**314***
242 lbs.	
Comito	**303**
275 lbs.	
Samoylich	**512***
Teen (16-17)	
105 lbs.	
Hendee	**199#***
132 lbs.	
Vermes	**264***
148 lbs.	
Pruneda	**441#***
Baxter	**440#***
Belen	**418**
Lund	**402***
Miskinis	**380**
Carter	**330**
Krajnik	**330**
165 lbs.	
Post	**502#***
Stern	**363***
181 lbs.	
Ortiz	**496**
Cross	**468***
Sato III	**402**
198 lbs.	
Thrailkill	**501#***
Garbush	**501#***
Metzger	**435**
Phipps	**407**
Scimeca	**330***
220 lbs.	
Kokhanevich	**463***
242 lbs.	
Hoy	**529#***
Lindsey	**424***
275 lbs.	
Kaipo	**551#***
308 lbs.	
Harawira-NZL	**385#**
Teen (18-19)	
148 lbs.	
Scavuzzo	**447***
Nguyen-VNM	**446!**
Gourley	**440***
181 lbs.	
Mangum	**666#***
Wright	**518***
Wilks	**270**
198 lbs.	
Herston	**540***
Devlyn	**429**
220 lbs.	

900 and he did it in a single ply shirt. There was some controversy surrounding his lift. His left arm was either locked out or very close. The call was 2-1. The judge on Tiny's left gave him a white. The head judge Gordon Santee, gave him a red, and the judge on the right initially gave him a red and then changed it to a white because he thought the head judge said take it instead of rack it. Gordon didn't think his right arm was locked out. If anybody sees the lift on the internet use the letter P in the blue banner. GLC Direct, No Pain, and the bar starts in the middle of the straight line in the P below the circle and ends up in the same spot. With the tight sleeves on the next generation bench shirts and the forearms reacting to holding 900 gives some weird looks. Was it a good lift? I didn't see it as I was dealing with a hotel problem, but I do know that I saw 936 and he got it more than half way up, so the power was there. Do I want gifts in WABDL? Hell no! But judges are human and too many people were let up on the stage and there were too many spotters all affecting the judge's performance. Tiny also passed the drug test for the fifth time, plus at least one or two in USA Powerlifting. In 308, Steve Wong, who bombed, came within two inches of touching with 909 and blew the weight back up. James Crawford was second with 733 in super. He's done 804. Tom Manno got a 716 that was a questionable call. Ken Overbey of Alabama and Scott Jordan of Arizona both did 705. In **Open women** at 94.6, Christine Moorman benched 154.2 raw! At 105, Alexandra Vallejo put up 154 to beat Maria Davenport of Idaho who set a state record 148.7. Ita Pantilat, who is 58, beat five women with 225.7. At 123, Rachelle Unson pushed 192.7 for the world championship. At 132, Mary Ann Hobbs of Headquarters Fitness won gold with 192.7. At 148, Virpi Pukkila of Finland was the world champion with 275.5. At 181, Courtney Gathright of Texas won with a state record 303 and at 198 nobody was close to Karen Campbell who set a world record 380.2. L. Janett Loveall was second with a state record 259. At unlimited Dawn Richards set a Utah record with 314. In **Special Olympic men**, Brady Tanner put up an amazing 402 at 242. In **Submaster men** Ata Edralin of Hawaii won the World's at 148 with a 347 and a shot at 400 that was close. At 165, David R. Smith won with 413. He got 447

Rick Marrama *benched a super 661 in the 220s to win the gold.*

in Open. At 181, Jason Carson of Illinois won gold with a state record 501.5 raw. Matt Ogurek was second with a Michigan record 452.8. Robert Dawidowics of Poland was third with 418.7. At 220, Steve Pena of California put up 540 (he is legally blind) and won the Worlds. at 259, Troy Chun of Oregon got a 573 to take the World's over Bill Hislop of Michigan who set a state record 540. At 275, Sam Aumavae of Oregon coached by the legendary Mark Caplan (who squatted 740 at 198, in the old days with an ancient squat suit). Anyway, Sam benched 606 for a world championship. In second was Swede Selstrom with a 579.6 Washington state record. Swede has probably the widest shoulders of any lifter in the meet, the biggest back of any lifter in the meet. At 308, Dave Forstner of Michigan won with a state records 705.2 and again the first lifter in WABDL to both bench and deadlift 700 lbs. At Super, Tiny Meeker did 900.4 but only gets credit for 833.1 world record in both open and Submaster and 900.4 in Elite Open. Tiny's opener was 833.1. The limit for open in super is 832. you can only go the smallest increment, which is 1.1 lbs. over the limit to remain in the Open. Any lift after that puts you in Elite Open. Scott Jordan was second with 705.2 and Roy Lamont was third with 606.2, the first time Roy got over 600. In Submaster 123 women Rachelle Unson set a world record 192.7. At 148, Virpi Pukkila of Finalnd won her second world title with 275.5 and Nancy Mueller of Washington won at unlimited with 236.7. In **Teen 12-13 men** there were no state records and Dylan Sites of Oregon was the most impressive with a 143.2 bench at 114. In **Teen 14-15**/97 Dakota Lane benched a Colorado record 104.5 weighing only 82 lbs. At 132, Sean Daru of Colorado set a state record 181.7. At 181, Shane DePinto of Colorado was fairly impressive with 231 for the gold. At 220, Connor McKenna set a Colorado record 236.7 to easily win the world title and at 275 K.C. Samoylich of Colorado set a state record 352.5 which is very good for a 15 year old. In **Teen 16-17**/123 Brandon Tovey of Oregon set a state record 181.7. At 148 Travel Belen of Washington was a hundred pounds better than four other competitors with 330.5. At 165, Jonathan Post of Colorado won worlds with a state record 275.5. Jonathon was the team captain of Colorado Gold, who are coached by Ron Garofalo, won the teenage team title. Colorado Patriots coached by Gary Gertner placed second in the teen team category. At 181, Judd Sato III of Hawaii set a world record 330.5. Andrew Cross of Colorado was second with a state record 297.5. At 198, Jake Garbush of Washington won world's with a state record 314. John Thrailkill of California was second with a state record 292 and Roman Scimeca of Hawaii was third with a state record 253.5. At 220, Amritpal Saran of California was huge with a California record 391.2. At 242, Adam Lindsey of Nevada set a state record 369.2 to beat out three contestants. At 275, Delfred Kalani Kaipoi of Hawaii set a state record 292. At 308, Tohora Harawira of New Zealand set a world record 286.5 for a world championship. In **Teen 18-19**/148 men bench press Mike Nguyen of Vietnam beat Vince Scavuzzo of Colorado 275.5 to 242.5. Scavuzzo set a Colorado state record. At 181, A.J. Mangum won the bench world's with 281 to go along with his huge world record deadlift of 666.7. At 198, Matthew Ommen of Arizona set a state record 413.2 to beat out four competitors easily. At 220, Thoma Jimenez of California put up a 258 to easily win his world championship and at 308 Abel Dominguez III of Texas set a state record 462.7 to win the world's unopposed. In **Women's Teen 12-13**/114 bench, Ali Miskinis of Ohio set a world record 88 lbs. At 123, Donna Samoylich of Colorado set a world record 100.1. At 165, Aroha Heta of New Zealand set a world record 165.2 which is getting up there for a 12 year old. In teen 14-15/97, Geri Cunningham of Utah set a world record 121.2. at 114, Veera Selkainaho of Finland set a national record 82.5 to win her world title. At 123, Lacee Sanchez of Oklahoma set a world record 159.7. At 148, Sarah Biddle (154 BP @148 is an accomplished harp and piano player. In Teen 16-14/114 women, Ambyr Reyes of Utah set a world record 165.2. Sarah Moorman was in second place with a Washington and world record 143.2 that was shattered by Ambyr. At 123, Amanda Harris set a world record 170.7. At 181, Jennifer Otto won world's with a Washington record 187.2. At 198, Kayla Sua helped Headquarters Fitness win the team title with a world record 214.7 and 20 points for her team for her world title. In Teen 18-19/105, Nikki Williams set a world record 176.2. She holds world records in seven different weight classes in Teen 18-

Michael Green *great sportsman.*

Rounds	584*	Master (40-46)		Heta-NZL	319!	Pantilat	300#*	105 lbs.		181 lbs.		114 lbs.		Cade	281#*
Jimenez	490	105 lbs.		Master (47-53)		148 lbs.		Vallejo	270	Weber	413	Miskinis	174#*	123 lbs.	
308 lbs.		Vallejo	270	105 lbs.		Bax	196*	Poyner	270	Gathright	402*	123 lbs.		Harris	281#*
Dominguez III	600	114 lbs.		Vermes	264*	165 lbs.		114 lbs.		198 lbs.		Samoylich	214*	148 lbs.	
WOMEN		Rivera	270	Poyner	270	Evans	187	Tobin	325*	Loveall	396*	Dermeleva-EST	187!	Wass	336
Junior		123 lbs.		114 lbs.		198 lbs.		Pantilat	300	Mangaoang	396	165 lbs.		181 lbs.	
105 lbs.		Barnhill	292	Hedman	303#*	Chilgren	248	Howard	236	Campbell	374	Heta-NZL	242#	Otto	308#*
Freed	303#*	Lamp	209	Morris	248	Master (61-67)		Lafferty	214	UL		181 lbs.		198 lbs.	
114 lbs.		Christopher	176	123 lbs.		114 lbs.		123 lbs.		Richards	440*	Wickens	308#*	Hurley	424#*
Tobin	325#*	132 lbs.		McGuire	187	Lafferty	214#*	Barnhill	292	Submaster		Teen (14-15)		Sua	408#*
148 lbs.		Cable	281	181 lbs.		Master (68-74)		Unson	264	UL		97 lbs.		UL	
Lyman	325	148 lbs.		Weber	413	181 lbs.		Christopher	176	Unson	264	Tavares	200#*	Biddle	286
Law/Fire		Jacobs	414*	Michaels	360*	Pristell	253#*	132 lbs.		132 lbs.		148 lbs.		Teen (18-19)	
Master (40-47)		Watts	385*	Lewis	330	Master (75-79)		Hobbs	314	Hobbs	314	Biddle	253*	123 lbs.	
UL		165 lbs.		UL		132 lbs.		148 lbs.		148 lbs.		165 lbs.		Phipps	270
Heta-NZL	319!	Klocke	347	Mangaoang	341	Basso-BRA	132!	Jacobs	414*	Agenbroad	297*	Grant	286	165 lbs.	
Law/Fire Open		181 lbs.		Huston	281	148 lbs.		Watts	385	Itule	286*	Husseini	245*	Potrie	308*
123 lbs.		Taylor	413#*	Vaterlaus	270	Combest	181	Danielson	286*	165 lbs.		Teen (16-17)		181 lbs.	
Lamp	209*	198 lbs.		Master (54-60)		Master (80-84)		Staines	281	Starks	314	114 lbs.		Gathright	402#*
Law/Fire Submaster		Sandoval	402*	97 lbs.		132 lbs.		Agenbroad	281	UL					
148 lbs.		Campbell	374	Abblett	210#*	Whinston	143#*	165 lbs.		McKindra	369*				
Itule	286#*	UL		114 lbs.		Open		Robinson	319	Teen (12-13)					

#=World Records. !=National Records. *=State Records. (courtesy Gus Rethwisch and Elma Thomas, WABDL Secretary)

19.. They are as follows, 154 in 97, 176 at 105, 192.7 at 114, 204.8 at 123, 214.7 at 132, 231.2 at 148, and 264.5 at 165. That's almost impossible! Moving onto the 114 class, Cassie Embry of Utah set a state record with 143.2. At 123, Karina Phipps of Nevada set a state record 166.3 to win her world title. Her father George Phipps coaches about 15 Christian youth members in his garage and has done a terrific job with them. At 181, Courtney Gathright set a huge, large, world record of 347. She is coached by Tiny Meeker. She also set a world record deadlift of 402. she conceivably could bench 400 and deadlift 450 as a teenager. Seventy-two lifters deadlifted over 600, 12 went over 700, and one did 800. The ten over 700 were Evandro Casagrande of Brazil 728.6, Ricardo Nort of Brazil 710.7, Keoni Reich of Hawaii 701.9, Tom Eiseman of New Jersey 727.5, Tatu Avola of Finland 716.2, Jerry Pritchett of Arizona 722, Jari Rosendahl of Finalnd 738.5, Jussi Tuiomanen of Finland 793.5, Odd Haugen of Norway 722 at age 58, David Edgell of Utah 722, and Chris Grantano of California 716.2, and Ryan Klein did 800.1. Thirty three lifters benched over 600, eleven benched over 700, three benched over 800, and one benched 900. the eleven that benched over 700, including three at over 800 and one at over 900 were Robert Lincoln Jr. of California 706.1, Jussi Tuomainen of Finland 804, Dave Forstner of Michigan with 705, Tommy Harrison of Illinois 826, and Tiny Meeker of Texas 900.4, as well as James Hunter 706.5, Ken Overbey 705, Scott Wesley Jordan 705, Tom Manno 716, and James Crawford 733. I want to thank the Biddles of Indiana, Brent, Diane, Sarah, and Hannah. They came down to the loading dock and help bring all the equipment up to the ballroom, which was on the second floor. They worked numerous hours in the weigh-in room. Gary and Elma Thomas who were at the hotel from November 10 to November 23. Elma did all of the computer work, except one day. Gary and Elma stuffed lifter packets, about 400 of them, with t-shirts and programs. Gary coordinated the weigh-in room for four days. Then on Sunday November 18, Gary had emergency back surgery at University of California Irvine Medical Center. Elma was with him all night Sunday and still did the computer on Monday at age 69. Gary is also 69. Things got very hectic on Monday and Tuesday, November 19 and 20th, to say the least. When Elma couldn't do all the computer work Brent Bishop and Chris Erhardt filled in and we didn't break stride. Brent was the computer expeditor all week, and Chris Erhardt also worked on the computer, did scorekeeping and was the MC. Brian Welker and his wife Denise sold tickets, Brian judged and worked in the weigh-in room. Brian is also a major sponsor. They also flew free of charge to Phoenix and Lansing, Michigan, to help out with meets there. They are a huge support system for WABDL. Jim Presley, Peach Presley and Larry and Betty Hansen helped out with trophies, prepared the meals in the hospitality suite, sold tickets and Jim judged. Chris Erhardt also helped out with the presentation of trophies. Dr. Don Bell and Mike Scott along with Chris Erhardt were MCs. Kristy Scott was a scorekeeper. Kristy and Mike also helped in the weigh-in room. Jocelyn Ronolo was computer expeditor for the warm-up room as well as Brent Bishop. Dr. Mark Webber conducted the drug testing. Christine Goroza of Hawaii was the official photographer. Teresa Rethwisch sold tickets at the door. Don James Jr. was the platform manger. Jeff Jones, a retired police sergeant from Sparks, Nevada, provided security. Chuck Venturella and Delps Awards provided trophies and labels for the trophies. The judges were Don James, Sr., John Hudson, David Edgell, Ken Millrany, Gordon Santee, Jody Woods, Jim Snodgrass, Brian Welker, Jim Presley, Brian Baertlein, and Ken Anderson. The weigh-in room staff included Ken Overbey, Eric Krych, Shawna Staines, Austin Webb, Brent, Diane Sarah, and Hannah Biddle, Dave Forstner, Mike and Kristy Scott and Gary Thomas was the coordinator. The title sponsor was Jon Doyle of USP Labs. The other sponsors were Brent Mikesell of Iron Gladiator, Chris and Diane Winters of Aquavybe bottled water, Pete Alaniz and Ken Anderson of Titan Support Systems, Mike Lambert of Powerlifting USA, Brian Welker of Welker's Competitive Edge Gym, Camille Luprete and her customized lifting shoes, Neal Spruce and Odd Haugen of Apex Fitness, Giorgio Usai and Giorgio Usai Jr. who have contributed numerous benches and money over the years and they are from Forza Strength Systems, Chet Groskreutz of Ivanko Barbell, who have donated four complete Ivanko sets over the last few years, Shawn Madere of GLC Direct, makers of a joint formula that is among the best in the world and Christine Goroza at Namea Designs. The following lifters passed their drug tests: Tiny Meeker, Tommy Harrison, Dave Forstner, Chris Neal, Troy Chun, Karen Campbell, Tom Manno, Wayne Watts, Ken Overbey, Robert Lincoln Jr., Chris Carson, Ryan Klein, Ken Millrany and Jason Perez. Two foreign lifters, one from Brazil, one from Finland, flunked their drug tests. They both set world records. Four USA lifters flunked. One set a world record, two benched over 600 lbs. In the past, Steve Wong has been tested five times, Tiny Meeker five, and Michael Womack four times. The IPF and USA Powerlifting did everything in their power to disrupt the WABDL Worlds with their illegal ban of USA Powerlifting and IPF lifters who compete in legitimate drug tested organizations such as AAU, WABDL, and WDFPA. The APF and Ernie Frantz sued the IPF and won. Evidently the IPF didn't learn their lesson. Various names of USA Powerlifting people, state chairmen, etc., who have called up WABDL lifters and told them they would be banned if they lifted in the WABDL Worlds have been noted. These lifters are living in fear of USA Powerlifting and the IPF. The very best lifters in the USA Powerlifting are the only lifters that USA Powerlifting cares about and even they don't get rewarded with an all expenses paid trip to Europe. What's the $40 in card money being used for? Then the big name lifters are all so enamored with the chance to compete with the best in the world they are like deer with headlights in their eyes. Look who the best is. Here's the results of the Men's IPF World's 123: Won by a Russian 155 lb. ahead of the second place finisher. 132: Second place was a Russian. 148: Won by a Russian who was 138 lbs. ahead of the second place finisher. 165: Third place was a Russian and Wade Hooper, the best powerlifter in USA Powerlifting, only beat him by 34 lbs. 181: A Russian tied for first with a 1923 total. 198: A Russian finished 215 lbs. ahead of the second place finishing and looks like he could have easily totaled 2200 after making a 749 DL and missing 793 and 826. 220: The First through third were two Russian and a lifter from the Ukraine. 242: First was a Russian, second was a Ukrainian, Tony Harris of USA was sixth, 300 lbs. behind the winner and next year the gap will be bigger. 275: There was no Russian. If there was, it would have been a different story. 275+: A Russian won. In the women's world's at 198+, a Russian won, 198: A Russian was second, a Ukrainian third. 181: A Russian won. 165: A Russian won. 148: A Russian won and a Ukrainian was second. 132: A Russian won. 123: A Russian won, a Russian was second, and a Ukrainian was third. 115: A Ukrainian won. My memory isn't too good any more, but didn't the Russians and Ukrainians - their entire team - not just certain lifters have a 18 month drug suspension and then it was shortened to 12 months. I thought the minister Jim Jones was dead. Remember that guy in French Guyana? Drink the poison and if you have enough faith you won't die. Go to the IPF Worlds and drink the poison, you won't die if you have enough faith! Too much poison, too much faith, and not enough reason.

Robert Lincoln Jr. *went over 7*

WABDL World Championship Team Champions: Joe Head's Headquarters Fitness: *first row, l-r, Maryann Hobbs, Erin Lyman, Mary-Ellen Buchanan, Pat Robey; 2nd row, Gary Witzel, Marilyn Lewis, Perry Plush, Teresa Jacobs, Cheryl Erickson, A.J. Baxter, Kayla Sua; 3rd row Dan Marxheimer, Jeff Benesi, Frank Sua, Bob Robey, Keith Cunningham; 4th row Del Chinn, & Mr. Joseph Head*

Jari Rosendahl *is from Finland. (photos of this event from Namea Design & POWERLIFTING USA)*

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BENCH		Master I	
WOMEN		Frank	562
UPA		Master II	
165 lbs.		Barnett	402
Open		Open	
Yaneff	181	Barnes	606
123 lbs.		Gross	—
High School		Hudsoo	628
Quatrochi	—	Hobmeier	688
PRO		Truitt	—
105 lbs.		Greene	—
Putchio	—	308 lbs.	
181 lbs.		Master I	
Goliszek	—	Hennessey	474
UNL		Open	
Nuller		Merrill	744
358		308+ lbs.	
Swanson	501	Master I	
MEN		Nutter	573
UPA		Open	
148 lbs.		Kadrlik	611
Junior		MEN AD	
Leibfried	358	148 lbs.	
Open		High School	
Leibfried	358	Gutierrez	—
165 lbs.		198 lbs.	
Master I		Open	
Chrencik	319	Quatrochi	363
Reichert	380	220 lbs.	
181 lbs.		Master I	
High School		Johnson	341
Nelson	—	Open	
Master I		Sass	330
Rieger	402	Johnson	292
Open		275 lbs.	
Farley	479	Open	
198 lbs.		Haigh	584
Master I		308 lbs.	
Hennigar	474	Master II	
Master II		Grimm	468
Egli	—	Ryan	661
Open		308+ lbs.	
Warstler	562	Open	
Webb	—	Dolson	435
220 lbs.		PRO	
Master I		Lightweight	
Schmidke	363	Heck	694
Bauer	451	Fry	683
Berding	562	Strom	529
Open		Pfeiffer	523
Berding	562	Hillyard	369
S. Judd	611	Heavyweight	
Submaster		Luyando	905
T. Judd	551	Briggs	832
Tomaszkiewic	—	Frankl	788
242 lbs		Mickelson	335
Junior		Smith	—
Sahfield	501	Sceppe	—
Master I		Fields	—
Pernu	534	Burdette	—
Open		SHW	
Tigges	523	Kennelly	964
Biggiam	567	Harrison	804
Prazak	705	Rausch	650
275 lbs.		Vick	—
		Key	—

Venue: Grand River Center. (Thanks to Bill Carpenter for providing meet results) (excerpted from Jeff McVicar's meet report at www.jeffmcvicar.com) This weekend was nothing short of consistent huge lifting, talent, and loads of laughs. Bill Carpenter and legendary bench specialist Kenny Patterson have put together the U.P.A. and have a new label on the well known meet that Bill has put on so many times. You know I like to b.s. and pull some pranks but I never lead you

Big Bad Ryan Kennelly (McVicar)

Becca Swanson, Jeff McVicar, and Rick Hussey relaxing at the bar.

down the wrong path. I've got to tell you with the sincerity of a .45 between the eyes, this meet is a MUST ATTEND. It is smooth, professional, fast, friendly and has all the electricity of the Arnold in a much less crowded atmosphere. You can shake hands with your buddy's and the big names without having to beat your way through 10,000 strangers walking around with plastic bags of free stuff. The place is as big and nice as the exhibition hall we use for the powerlifting show at the Arnold and is in NO WAY crowded. I am trying to change that. If you ever wanted to be in a personal atmosphere with some of the biggest heros in the sport, this is the place to be. Nice hotels, good food, and Midwest hospitality. A real kick ass place to watch some freaky stuff go down, get some pictures with your heros, and bring some pictures to get autographed. I don't know a single one of these great people who wouldn't be happy to sign whatever you have. Hats off to Bill's family, Kenny, all the spotters, loaders, judges and table people for putting on the Ritz.

Now for the Talent themselves. Rob Luyando is a freak, as the world knows, and pushed just a little further with the record plates to hit a 905 at 240. Not really his style to chip it up instead of blasting it out of the water, but he gave it a shot with 921 or so and missed. Rob is a riot and is the best sport around as seen here and in his skivvies in Bodytalk Magazine. He always makes a guy feel welcome. He got down to the weight with little effort and just to show how good of shape he was in he blanked out, dehydrated, and smoked a red light, only to hit the gas in an evasive maneuver hard on a 45 degree angle over a curb, through the bushes, another curb, and into a parking lot -- with his foot on the gas the whole time!! Didn't bust a tire or anything, parked perfect! It was hilarious. I asked him if he wanted me to drive. We switched and I went up the wrong way on a one way and smoked two red lights myself. We were all laughed up purple. Tara Runde, as well as Scott Sceppe and Richie Briggs, were in the back. And they were all letting me know real loud that I was a dumbass - haha. Rob Bloated right up for the show to 260+. The man's an artist. Won the Middles. Best Lifter too.

Ryan hit a 960+ something to take the win in the Supers. The guy's a stud, literally. I was watching on a dozen occasions women elbowing each other when 'Studly' walked by with a tank top. He showed up to the meet with a pretty bad groin tear. The top of his left leg was all black and blue and he just tied it up with a knee wrap (Inzer) haha. We were talking about his warmups being fun without any leg drive and he didn't use his legs until the 960 something. It was pretty funny to see a light foot flat on the floor with 800 plus in the warm up room. Ryan is a beast. And he takes up too much room in public, haha. But he's got the all timer and the babes. What else is there anyway????

Richie Briggs is one of the funniest people I have ever met in my life. If he ever runs out of options, stand up would be a natural for him. Every move that dude makes leaves the bunch in stitches. It's hard to explain his humor but an example would be that you think you are alone with Rob or somebody laughing about something and you'll hear a quiet voice add on some derogatory phrase that tops it all and turns you close to a stroke with laughter. This happens constantly when he is around and you just cannot help but to be happy around Richie. Everyone loves that guy. Out of the blue, he's on the scene with an 830+ bench @ 242 (check results) and his form is real, real clean. The guy's a pro and a junior!! I hope he is around forever.

"Shawn Frankl" The name is synonymous with Freak. Scott Sceppe and Shawn were all set to go head to head in the 198s, both with 740-760 under their belts. Shawn had a flawless meet, like the pro that he is. His attempts were something like 40, 60, and 80, all of them textbook. What ended up was the very first 4 times bodyweight over 700 pounds. That was his goal. I was putting a little friendly pressure on him to skip the 788 and go for the big 804. He had a plan though and executed it. By the way he did try the 804 afterward and if you see the video you'll see just how close the guy was. Shawn is only 30 years old and is on a roll, benching and full power, that most of us can only dream of. This after serving a full tour of duty in Afghanistan. Nothing there better than any of our other fine troops all over the world, but I think it is well worth mentioning as a

Richie Briggs relaxes post-event.

tribute to his personality, bravery and patriotism. He's an expecting Father soon with a beautiful wife. A modest, God fearing, all around good guy. You can't help but to like and respect him.

Becca Swanson was there with Rick who also seemed quite relaxed during his coaching duties. Becca benched a 518 I believe and did it after a year and a half off with very little training time before the meet. Becca is a sweetheart and the undisputed strongest woman walking the face of the earth. All that and still cool. Rick has been battling some serious health ups and downs. He tells the horror stories with a smile. He is one of those people who will never let you feel uncomfortable. He can somehow tell a first hand account of tough things gone by and have you in stitches at the same time. He's one tough hombre. Becca and he were a great sight to see.

There are so many people to talk about. Bobby and Kathy Fields, Bobby ended up going to the hospital after the meet with a bruised lung I think . Freakin Bobby. And I think I enjoyed meeting Scott Sceppe (pronounced SEP - for you guys still trying to pronounce Rychlak (RICH-lak) haha). Scott was there with a fearsome looking monster, Nick (who's last name I couldnt get cuz Scott SCEPPE is too freakin' busy to answer his stinkin phone!.) Those two are a freakin riot. We found a lot in common to talk about, none of which would be appropriate to mention.

I could go on and on but you gotta see for yourselves. Fly out there for the next meet. Fly into Moline IL. And get a rental. It'll save you quite a bit and whatever you spend for the trip, it will be well worth the money.

Special thanks to Tony Runde for putting Rob and I up. Tony's left power training for a while and is fighting M.M.A. He's doing scary good too. Pick a fight when you meet him, hahaha, and I cant leave without saying how great it was to see the Bill Crawford, my man, buddy, teacher, and partner in crime. He was the head judge. Everyone was talking about what a great motivator he was. Thanks for readin', *JEFF McVICAR*

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Shawn Frankl's secret weapon!

(article continued from page 47)

CHAMPIONSHIPS were held in the Grangemouth Sports Stadium of Grangemouth Scotland approximately 30 miles from Edinburgh. The general location of Grangemouth made side trips to various historic sites easily accessible via train, coach/bus or car. The United Kingdom weather cooperated thereby blessing visitors with opportunities to visit a beautiful and extremely friendly Scotland. This was the second World Championships held under the direction of Scotland's Hamish Davidson who was recently featured in Milo magazine as a World Powerlifting Champion, a Strongman & Highland Games competitor. Athletes representing 14 W.D.F.P.F. Member nations participated in both the UNEQUIPPED & EQUIPPED Divisions ofPowerlifting. The WDFPF Congress held Fri. Nov. 21st, was productive and especially exciting for the ADFPF as their bid to host the 2008 POWERLIFTING WORLD CHAMPIONSHIPS was unanimously accepted by the voting representatives. Saturday, the first day of competition included 165 athletes competing in the UNEQUIPPED Division. This UNEQUIPPED Division was clearly preferred by the majority of the countries in attendance. The EQUIPPED Division was contested on Sunday when 50 athletes produced eye-bugging and sometimes gut-busting efforts to win the gold. A few brave athletes, mostly from the U.S., got

Brad Lovejoy *... Kingsville, Ohio*

Part of Team USA *... (J. Gedney)*

their money's worth from this opportunity to set/break WDFPF records by executing up to 18 attempts. Within 2 days these lifters executed up to 6 attempts in each powerlifting event: the Squat, Bench Press & Deadlift. The American Team consisted of 15 lifters; 2 strong women and 13 powerful men. 3 members of the U.S. contingent competed in full powerlifting meets 2 days in a row! By the end of Sunday's competition, our U.S. Team broke 16 World Records spread across the following competition Categories: OPEN, TEEN 2; TEEN 3; MASTERS & Police/Fire/Military. World Records established by ADFPF U.S. Teammates were as follows: Chelsea Rebman - Teen 3; Zane Walker - Teen 2; Caleb Wallace - Teen 2; Derek Wallace - Masters' 2 & PolicelFirelMilitary and Judith Gedney - M 6. U.S. Team members finishing in the top 3 places of their Weight Classes and respective Divisions were: Matthew Stagg 1st Place in Teen 1; Michael Stagg 3rd Place in Open; Jacob Wallace 2nd Place in Teen 2; Robert Herbst 1st Place in M 2; Johnny Gayton 2nd Place in M 3 missing 1 8t by body weight; Brad Lovejoy 2nd Place in M 2; Pete Andrich 3rd Place in Open; Russ McDonnell tying for 3rd,

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Russ McDonnell *Quarryville, PA*

placing 4th on body weight; Chelsea Rebman - 1st in T 3; Judith Gedney 1st in Open & M 6. Full Championships Results will be posted on the website. (J. Gedney)

A.D.F.P.F. & W.D.F.P.F. NEWS UPDATE ... Topping the list of EXCITING NEWS for 2008 is the fact that the World Drug Free Powerlifting Federation, Inc. unanimously supported the bid for the A.D.F.P.F. to host the 2008 POWERLIFTING WORLD CHAMPIONSHIPS. This event will take place in downtown EVANSVILLE, IN the venue being the CENTRE connected with the EXECUTIVE INN (our meet hotel) on NOVEMBER 22nd (UNEQUIPPED Division) & 23rd (EQUIPPED Division). The W.D.F.P.F. CONGRESS will take place on Friday, November 21st. Much appreciation goes to the Meet Directors who prepared this impressive bid. MICHAE E. STAGG, DICK CONNOR & DEREK WALLACE.

The goal of the AD.F.P.F. is to field full teams in each CATEGORY of competition including OPEN; TEEN 1; TEEN 2; TEEN 3; JUNIOR; POLICE/FIRE/MILIT ARY & MASTERS in various age-groups. ONE OPEN Team will be selected to earn Team Points competing against each of the TEAMS representing W.D.F.P.F. REGISTERED NATIONS.

SELECTION PROCESS for U.S. TEAM MEMBERS attendine W.D.F.P.F. WORLD CHAMPIONSHIPS:

1. U.S. TEAM applicants MUST be REGISTERED with the AD.F.P.F. NO LATER THAN APRIL Ist, '08.
2. World Championships QUALIFICATION TOTALS &/or SCORES must be reached or surpassed during '07 or '08 ADFPF &/or WDFPF events. (POWERLIFTING TOTALS found on pages 15-19 of your Rulebook. SINGLE EVENT SCORES can be downloaded from the Website.)
3. Lifters QUALIFYING during AD.F.P.F. NATIONAL or W.D.F.P.F. WORLD EVENTS will be considered before those qualifying in A.D.F.P.F. Meets. Applications may be considered from other DRUG-TESTED organizations.
4. Once the QUALIFICATION TOTAL/SCORE has been achieved, athletes may complete the 2008 U.S. Team APPLICATION PROCESS which will be available on the website by March.

2008 POWERLIFTING WORLD CHAMPIONSHIPS Information:

1. Lifters should be prepared for a 2 PLATFORM competition for BOTH DAYS of competition.
2. UNEQUIPPED Division competition will take place on SATURDAY, NOV. 22nd. TWO Weigh-In time will be scheduled.
3. EQUIPPED Division competition will take place on SUNDAY, NOY. 23rd. TWO Weigh-In times MAY be scheduled.
4. A social for the participants will be arranged in the hotel following the competition on Sunday.

ACCOMMODATIONS: The downtown EXECUTIVE INN connected to the Venue, has provided lifters with an excellent discounted rate; these rooms normally start at $130.00 per night but we'll be provided with rooms for $69.00/night! 100 rooms are being held for participants including a limited number of Parlor Suites (living room included with bedroom for $82.00/night. Breakfast is NOT included.

1. The hotel has a heated indoor pool.
2. Hotel Exercise facility: the ADVANTAGE COURT & FITNESS center is available to hotel guests at no extra cost and is located on the 8th floor of the parking garage connected to the Executive Inn by a crosswalk. Equipment includes tennis courts, sauna, cardio & lifting machines along with free weights.
3. The hotel restaurant is open for breakfast from 6:30 to 11:00 a.m.; for lunch from 11:00 to 1:30 p.m. and from 5:30 to 9:30 for supper.
4. Small refrigerators and/or microwaves are available for rent at $10.00 each per day.
5. Reservation information and contact numbers will be available on the website in the near future.
6. Numerous restaurants are located within walking distance including at the Casino Pavilion.

2008 W.D.F.P.Fe SINGLE EVENT WORLD CHAMMPIONSHIPS Information: AD.F.P.F. Members interested in traveling to ANTWERP, BELGIUM to participate in this exciting event should clear their calendars for the following competitive schedule: FRIDAY, OCT. 10th: SQUAT Event starting with the UNEQUIPPED Division, followed by the EQUIPPED Division. SATURDAY, OCT. 11th: BENCH PRESS Event starting with the UNEQUIPPED Division, followed by the EQUIPPED Division. SUNDAY, OCT. 12th: the DEADLIFT EVENT starting with the UNEQUIPPED Division, followed by the EQUIPPED Division. Meet Director & W.D.F.P.F. President Wim Backelant. More information on this WORLD CHAMPIONSHIPS sanctioned by the WORLD DRUG-FREE POWERLIFTING FEDERATION will soon be available. The SELECTION PROCESS FOR U.S. TEAM MEMBERS attending this WORLD CHAMMPIONSHIPS is explained above.

NOTE TO LIFTERS NOT YET REGISTERED with the A.D.F.P.F.: Complete the AD.F.P.F. Registration form, available on the website, as quickly as possible making sure that you do NOT miss the 2008 WORLD CHAMPIONSHIPS REGISTRATION DEADLINE of APRIL 1st.

A.D.F.P.F. & W.D.F.P.F. Record Certificates: A.D.F.P.F. AMERICAN, NATIONAL & STATE Record Certificates as well as W.D.F.P.F. WORLD & EUROPEAN Record Certificates are available by downloading the RECORD CERTIFICATE ORDER FORM on our website. Fill in all the REQUIRED INFORMATION and mail with the fee ($10.00 for U.S. mailings; checks made payable to S. J. McCombs) to the address provided on the form.

ADFPF Canton Open Powerlifting
10 NOV 07 - Canton, IL

BENCH
FEMALE
Raw
105 lbs.
Teen I (14-15)
J. Singel 77!*
176 lbs.
Open
B. Singel 115!*
Master I (40-44)
B. Singel 115!*
MALE
220 lbs.
Open
D. Walker 534!
Master I (40-44)
D. Walker 534!
242 lbs.
Open
G. Biggiam 474
Master I (40-44)
G. Biggiam 474!
Raw
148 lbs.
Open
N. Dreisig 303!
Junior (20-23)
N. Dreisig 303!
165 lbs.
Master II (45-49)
C. Phillips 270!
198 lbs.
Junior (20-23)
J. Shippert 314!
220 lbs.
Master VI (65-69)
T. Andrews 299!*
Master I (40-44)
J. Bultemeier 347!
242 lbs.
Open
D. Phelps 297
DEADLIFT
Powerlifting SQ BP DL TOT
WOMEN
Raw
111 lbs.
Teen I (14-15)
S. Bacon 115! 55! 176! 347!
138 lbs.
Open
L. Mangold 275! 148 325! 749!
Master I (40-44)
B. Hartman 181! 121! 253! 556!
MEN
148 lbs.
Teen II (14-25)
C. Harris 314! 203! 374! 892!
198 lbs.
Open
J. Simpson 369 275 479! 1124
220 lbs.
Teen II (14-15)
A. Winkle 468! 264! 479! 1212!
Open
D. Wilhelms 451 385! 507 1344
Military/Fire/Police
D. Wilhelms 451 385 507 1344
242 lbs.
Open
R. Pettet 501 374 523 1399
Raw
165 lbs.
Teen III (18-19)
T. Freckleton 352 292! 391 1036
Teen III (18-19)
W. Lotter 281 237 396 914
181 lbs.
Junior (20-23)
C. Stear 369 220 407! 997
Teen II (16-17)
B. Rude 292 231 303 826
198 lbs.
Junior (20-23)
R. Wilkens 319 231 402 953
220 lbs.
Open
D. Behrens 474 319 567 1361
Junior (20-23)
D. Behrens 474! 319 567! 1361
Police/Fire/Military
B. Cannon 451! 374! 507! 1333!
Open
B. Cannon 451 374 507 1333
S. Chikando 463 336! 562 1361!
Teen II (16-17)
D. Grimm 424 446 446 1317
242 lbs.
Master I (40-44)
R. Cairns 380!* 303!* 402!* 1085!*
319 lbs.
Open
C. Forestier 407 308 562 1278
Teen II (16-17)
B. Henry 374! 330 385 1091!

FEMALE
Raw
105 lbs.
Teen I (14-15)
J. Singel 203!*
176 lbs.
Open
B. Singel 237!*
Master I (40-44)
B. Singel 237!*
MALE
148 lbs.
Teen III (18-19)
B. Faught 418!
220 lbs.
Junior (20-23)
P. Wray 429
Raw
132 lbs.
Open
C. Cortney 303!*
Teen II (16-17)
C. Cortney 303!*
220 lbs.
Master I (40-44)
J. Bultemeier 424
SQUAT
165 lbs.
Teen II (16-17)
J. Ogden 358!
242 lbs.
Open
R. Pettet 518!
220 lbs.
Open
T. Wilke 518
Raw
220 lbs.
Master I (40-44)
J. Bultemeier 325
242 lbs.
Open
D. Phelps 418

!=American Records. *=State Records. Canton hosted its second annual Powerlifting Meet at Canton High School. Organizer and Canton High School teacher Chris Siders says the meet went well and the number of participants increased. There were 33 participants this year, which is over twice as many participants as last year. Ages of participants ranged from 14 to 69, and participants came from Illinois, Indiana, Michigan, Wisconsin, and Hawaii. "I was extremely pleased at the significant increase in participants this year," said Siders who hopes to see an increase again next year. Siders reports there were six Canton participants at this year's meet. Five are high school students and one is a former Canton graduate. Canton participants included: Sequoya Bacon, Tim Freckleton, Bryan Rude, Daniel Grimm, Brent Henry, and Christopher Forestier. "We are so fortunate to be able to offer this event to students to demonstrate that athletes can be successful without the use of illegal and harmful performance-enhancing drugs," emphasized Siders. Siders noted the importance of local sponsors Mid-America National Bank, Monical's, Camille's, and Canton Unit School District 66. Siders says the sponsors who support this drug-free event are extremely important. The American Drug-Free Powerlifting Federation (ADFPF) is the nation's premier amateur powerlifting organization, hosting several meets across the U.S., including the National Drug-Free Single Event and Powerlifting Meets. Siders explains they are the U.S. affiliate to the World Drug-Free Powerlifting Federation (WDFPF). Each year the ADFPF sends a team to the world events. Last year the world events were held in Ireland, and this year they will be held in Scotland. The ADFPF has petitioned for the world meet to be held in the U.S. for 2008. If they get the bid, this would provide our lifters the opportunity to compete in a world event and potentially set world records, says Siders. The meet will be held in November of 2008. "I would have to change the dates of our Canton meet to make sure we were ready for the world events, but I would be very excited to be able to enter high school lifters for this event," reports Siders. Meet Article written by Meet Director Christopher Siders. (Thanks to Judy Gedney for results)

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NPA Mid America Drug Free
10 FEB 07 - Freeport, IL

Powerliftng SQ BP DL TOT
Open
181 lbs.
R. Adams 530 315 540 1385
198 lbs.
M. Loring 550 400 565 1515
220 lbs.
Burlingame 805 390 655 1845
242 lbs.
B. Finn 670 410 600 1680
Masters
220 lbs.
Burlingame 805 390 655 1845

The Mid-American Championships was a small meet with some excellent lifting. Rich Adams got personal records in both squat and deadlift to win the 181 class with a 1385 total. Mike Loring took the 198 title with a 1515 total getting a personal record bench of 400! Duane Burlingame took the open and masters with an 1830 total. Big Brian Finn had a personal record in the squat hitting 670 strongly to add to his total winning the 242 class. Thanks to all that helped out! Till next time, please do somethign to help make the world a better place for our children. (Duane Burlingame)

SLP Strongest in Arkansas
14 OCT 07 - Dover, AR

BENCH
MEN
Teen (13-15)
181 lbs.
C. Freeman 285*
Raw
Novice
308 lbs.
C. Moore 455*
4th-470*
Master (60-64)
242 lbs.
J. Turner 345
Open
308 lbs.
C. Moore 455*
4th-470*

*=Son Light Power State Records. The Son Light Power Strongest in Arkansas Bench Press Championship was held at Flex Fitness. Thanks to owner Cordy for hosting this event. In the novice division it was Chris Moore with a new Arkansas state record of 455 at 308. A fourth with a personal best 470 was also good. Colton Freeman broke his own state record at 13-15/181 with a personal best 285. Jim Turner, state record-holder at 60-64/242 won there with 345. Then at open 308 Chris Moore won his second title of the day, breaking his second raw state record of the day. Thanks to the spotters and loaders for helping out. (courtesy Dr. Darrell Latch)

AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form

Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE; MACOMB, IL 61455

Need more information? Go to: <www.adfpf.org>

ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I 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 the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for 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 the ADFPF and the WDFPF to publish my name as a suspended member and/or member who is suspended for testing positive for a banned substance or doping method on the internet, in Powerlifting USA, in RAW POWER, or any other publication that the ADFPF and WDFPF so choose.

Signature_____ If Under 21 yrs., Parent Initial_____ Date_____ Prior Registration No._____

Name_____ Phone_____ E-mail_____

Address_____ City_____ State_____ Zip Code_____

Date of Birth_____ Gender_____ U.S. Citizen?_____ ADFPF Registered Club Member_____

Referee Ranks & Organizations_____

Active ADFPF Membership Fee $20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officiate who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is $20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of $75.00 to cover the cost of a potential future drug test).

Non-active ADFPF Membership Fee $20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF

All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

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APF Ohio State
14 OCT 07 - Circleville, OH

BENCH		McWhorter	—	
MEN		Master (45-49)		
Open		220 lbs.		
181 lbs.		R. Largent	460	
C. Scherer	375	Master (50-54)		
198 lbs.		181 lbs.		
K. Elick	530	Zimmerman	285*	
R. Schoffner	430	242 lbs.		
220 lbs.		D. Goble	475	
R. Largent	460	Master (70-74)		
275 lbs.		220 lbs.		
D. Welch	720	C. Workman	260*	
Powerlifting	SQ	BP	DL	TOT
MEN				
Open				
181 lbs.				
D. Diemert	610	355	525	1490
B. Hibbing	550	325	480	1355
198 lbs.				
S. Jeschenig	790	440	640	1870
275 lbs.				
C. Chilia	915	575	700	2190
J. Goodwin	475	550	515	1540
Teen (18-19)				
220 lbs.				
E. Lemons	625	380	525	1530
Raw				
220 lbs.				
T. Tilley	605	405	660	1670
SHW				
H. Turner	605	—	—	605

*=American Records. Bringing back full powerlifting to Circleville was a challenge. We haven't hosted a full meet here in 15 years and had drifted to hosting bench-only meets. While the number of lifters was disappointing, everything else couldn't have been better. The equipment was top-notch, the venue was spacious, and the weather was beautiful. We even welcomed a few first-timers to this great sport. The Master's benchers did a great job. Ross Largent put up a personal best of 460 in the M45-49/220. Alan Zimmerman claimed his American Record with a 285 bench in the M50- 54/181. His training partner, Dan Goble, went 3 for 3, finishing with 475 in the M50-54/242. Finally, the ever-present Charles Workman was still kickin' ass at 70 years old with his American Record of 260 in the 220s. The Men's Open benchers also hit some PR's. Chris Scherer just missed 400 in the 181s', settling for a PR of 375. In the 198's, Kevin Elick finally broke past the 500 that has been plaguing him for several meets, with a best of 530. Ron Schoffner came in next with a solid 430. Drex Welch posted a smooth 720 in the 275 class. He may be knocking down 800 next year if he keeps it up. Also in the 275s, Gerard McWhorter couldn't quite get his shirt issues ironed out and unfortunately missed all his lifts. Best Bencher went to Drex Welch. On to the powerlifting. Danny Diemert and "Bama" Hibbing battled it out in the 181's, with Diemert's 610-355-525 (1490 total) besting Hibbing's 550-325-480 (1355 total). In the 198 class, Shane Jeschenig proved that he belongs with the big boys, hitting 790-440-640 for an 1870 total. In the 275 class, Jon Goodwin lifted in his first full meet totaling 1540 by way of a 475-550-515. Jon opened by squatting raw. If he could have finished locking out 700 on subsequent attempts, that total would have been much better. Also in the 275s, Chris Chilia nailed the biggest squat of the day with 915. Tack on a 575 bench and 700 deadlift and he goes home with the biggest total of 2190. The lone Teen lifter, Easton Lemons, went 625-380-525 for a 1530 total in the 18- 19/220s. We also had two Raw Division lifters. Harry Turner, at SHW, started off well with a 605 squat. Then things fell apart when he opened a bit too heavy in the bench and bombed out. His training partner, Travis Tilley, was a machine. At 201, this guy looks like a bodybuilder but lifts like a powerlifter. Tilley drilled a 605 squat, smoked a 405 bench, and hauled up 660 to total 1670. He'll be dangerous when he learns to use gear. Best Powerlifter was Chris Chilia. I'd like to thank Jason Harbin, the APF state chairman, for his assistance with this meet. John Kelly for being my scoretable wizard and taking care of the music. Thanks to the Circleville Barbell crew for the flawless spotting/loading. Sponsors are a huge part of this sport. Chris Mason and AtLarge Nutrition provided tons of supplements to package up for Best Lifter Awards and raffle prizes. AtLarge also made sure my platform crew were dressed alike in AtLarge t-shirts. Alan, owner of APT ProWristStraps, always goes above and beyond to help with sponsorship. APT provided a case of the best wraps on the planet for sale/prizes/etc. Ken Anderson graciously donated a gift certificate for a Katana Bench Shirt to raffle, as well. Check him out at andersonpowerlifting.com for all yout Titan gear. Meet t-shirts were printed by The Max, famous for Chemically Engineered apparel. Seeker provided all the sculptured awards and BL plaques. Locally, Zanzi's Pizza was kind enough to feed all of my meet staff. Hope to make this a bigger, better event next year! (Thanks to Jon Elick for providing the meet results)

At the APF Ohio State Meet ... (left to right) APF Ohio State Chairman Jason Harbin, Darien Bolin - who sold t-shirts, and meet director Jon Elick, promoting one of the event's major sponsors, APT ProWristWraps. (photo courtesy of Jon Elick)

*Circleville Barbell's **Jon Goodwin** tried a 700 SQ in his first PL meet.*

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Telephone Number E-Mail address Date of Birth

Sex Social Security Number Signature (Parent if under 18 years old)

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Jeff Crow *pulled 565 @ 242 at the APA Iron Gladiators of the West event (Scott Taylor photo)*

APA Iron Gladiators of the West
27 OCT 07 - Sacramento, CA

BENCH

FEMALE
114 lbs.
Master I DT
B. Aerts 100!
Open DT
B. Aerts 100!
132 lbs.
Submaster DT
S. Mitchell 115
Raw
114 lbs.
Master I DT
B. Aerts 85
Open
B. Aerts 85
Open DT
B. Aerts 85
123 lbs.
Submaster DT
A. Goule 130
148 lbs.
Master I DT
C. Huff 185
4th-190!

MALE
198 lbs.
Master III DT
B. Nasser 245
220 lbs.
Master III DT
R. Urrea 315
Teen DT
M. Short 385
242 lbs.
Master III DT
D. Yancy 295
275 lbs.
Master III DT
B. Kehl 430
M. Bonifield 355
P. Crawford 295
308 lbs.
Open DT
A. Aerts 475
Master II
A. Aerts 475
Raw
242 lbs.
Master III DT
D. Yancy 295
275 lbs.
Master III DT
P. Crawford 295
308 lbs.
Master II DT
A. Aerts 390
Open
A. Aerts 390
Open DT
A. Aerts 390

DEADLIFT

FEMALE
105 lbs.
Master I DT
M. Vermes 255!*
114 lbs.
Master I DT
B. Aerts 215
Submaster DT
B. Aerts 215
Raw
114 lbs.
Master I DT
B. Aerts 175
Open
B. Aerts 175
Open DT
B. Aerts 175

MALE
198 lbs.
Master II DT
P. Dyer 405
220 lbs.
Master II DT
P. Murphy 525!
242 lbs.
Master I DT
R. Exum 600!
308 lbs.
Master II
A. Aerts 550
Open DT
A. Aerts 550
Raw
165 lbs.
Open DT
K. Tingley 425
181 lbs.
Open DT
J. Valencia 430
198 lbs.
Master II DT
P. Dyer 405
220 lbs.
Submaster
K. Brown 550
242 lbs.
Open DT
J. Crow 565
E. Holm 565
275 lbs.
Open DT
B. Glenn 480
308 lbs.
Master II DT
A. Aerts 470
Open
A. Aerts 470
Open DT
A. Aerts 470

Push Pull	BP	DL	TOT
FEMALE			
114 lbs.			
Master I DT			
B. Aerts	100!	215	315
Open DT			
B. Aerts	100!	215	315
Raw			
114 lbs.			
Master I DT			
B. Aerts	85	175	260
Open			
B. Aerts	85	175	260
Open DT			
B. Aerts	85	175	260
MALE			
198 lbs.			
Master II DT			
P. Dyer	220	405	625
220 lbs.			
Master II DT			
T. Robinson	320	330	650
K. Kirk	205	380	585
308 lbs.			
Open DT			
A. Aerts	475	550	975
Master II			
A. Aerts	475	550	975
Raw			
198 lbs.			
Master II DT			
P. Dyer	220	405	625
308 lbs.			
Master II DT			
A. Aerts	390	470	860
Open			
A. Aerts	390	470	860
Open DT			
A. Aerts	390	470	860

Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
Master I DT				
B. Aerts	140!	100!*	215	455
Open DT				
B. Aerts	140!	100!*	215	455
Raw				
114 lbs.				
Master I DT				
B. Aerts	115	85	175	375
Open				
B. Aerts	115	85	175	375
Open DT				
B. Aerts	115	85	175	375
123 lbs.				
Master II DT				
D. Cameron	140	95	200	435
	4th-SQ-150!			
MALE				
Master II				
A. Aerts	300	475	550	1325
308 lbs.				
Open DT				
A. Aerts	300	475	550	1325
Raw				
181 lbs.				
Submaster DT				
C. Conrad	325	270	415	1010
198 lbs.				
Master III DT				
D. Knapp	260	195	320	775
	4th-DL-325			
Open DT				
A. Nunez	460	315	500	1275
A. Nieto	395	325	—	720
220 lbs.				
Open DT				
L. Chitwood	415	340	485	1240
E. Helms	415	305	480	1200
M. Stumpf	425	255	480	1160
275 lbs.				
Open DT				
A. Laughlin	485	385	570	1440
308 lbs.				
Master II DT				
A. Aerts	225	390	470	1085
Open				
A. Aerts	225	390	470	1085
Open DT				
A. Aerts	225	390	470	1085

Bonnie Aerts *set records at the APA meet in Sacramento Oct. 27th*

!=California records. *=World records. DT=Drug Tested. Chip Conrad's BodyTribe Fitness was the site of this years APA Iron Gladiators event and typical of all events hosted by BodyTribe this event was well organized and exciting. Special thanks to Chip and the crew he provided for putting on an outstanding event. Lifting quality was great in both the raw categories and equipment assisted categories with the majority of lifters opting to lift in the raw divisions. Lifting raw Andy Laughlin took the overall best lifter award in the full power event. We had some outstanding ladies competing at this event. Bonnie Aerts continued to set several master records and gets better with every meet. Donna Cameron set a new California master record in the squat, Alison Goule took the women's submaster class in the bench press event with a 130 lift, and after a 20 year layoff from competing Cara Huff came back to the platform to set a California master record with a raw 190 lb. bench press! In the deadlift Maria Vermes at 104 bodyweight and at 48 years of age set California, American, and World records in the deadlift with a smooth 255 lb. pull! Way to go Maria! Quite a battle took place in the raw 220 lb. portion of the full power event with Levi Chitwood taking the lead spot with a 1240 total, Eric Helms coming right behind for the second place slot with a 1200 pound total, and in third was Matt Stumpf with an 1160 total. Another good battle took place in the master III. 275 lb. division of the bench press event with Bob Kehl emerging as the victor with a 430 lb. bench press at 69 years of age! In the second place slot was Mike Bonifield benching 355 at 66 years of age, and in third place was 62 year old Phil Crawford who benched 295. All three gentlemen did some outstanding lifts for men between 60 and 70 years of age. The raw 242 class in the deadlift event was very close. Jeff Crow and Erik Holm were right on each other. Both lifters ended up with 565 deadlifts. Both men didn't make

their 3rd attempts with Crow trying 575 pounds and Holm trying 600 and both tied on second attempts with 565. However, the first place spot in these situations goes to the lightest lifter and Crow was three pounds lighter than Holm so the 1st place spot went to Jeff Crow. Best Lifter awards were the APA Executioner sculpture which is from a line of sculptures that are available only at APA meets. Special thanks to all the lifters who showed and performed some excellent lifts, to Chip Conrad for providing a great meet site and staff, our referee's and the spotters and loaders who did one heck of an outstanding job throughout the day. I look forward to the next APA in Sacramento which will be held in March. (Scott Taylor results)

Matthew Iaconianni benched 220 at 148 at the APA Eastern US Open (Scott Taylor photographs)

Toan Khuu squatted 585 on the way to a 1580 total in the 242 lb. class in California, Maryland.

APA Eastern US Open
13 OCT 07 - California, MD

BENCH
FEMALE
UNL
DT Raw
Gloudemams 175
MALE
181 lbs.
Junior DT Raw
J. Jahn 300
Master II DT
Push Pull BP DL TOT
MALE
148 lbs.
Open DT Raw
M. Iaconianni 220 285 505
198 lbs.
Teen DT Raw
J. Eger 185 365 550
242 lbs.
Master II DT Raw
J. Ott 330 520 850
DT Raw
J. Ott 330 520 850
T. Lewis 480
DEADLIFT
FEMALE
165 lbs.
Raw
P. Zaleski 405
MALE
275 lbs.
Master I
S. Salisbury 665
BP DL TOT
275 lbs.
Submaster DT
W. Jordan 385 550 935
Open DT
W. Jordan 385 550 935
Powerlifting SQ BP DL TOT
MALE
181 lbs.
Open
DT
T. Hamer 485 345 515 1345
242 lbs.
Open DT/UNL Gear
T. Khuu 585 335 660 1580
275 lbs.
Open DT
P. McKenney 685 460 575 1720
DT=Drug Tested. Best Lifter Powerlifting: Toan Khuu. Best Lifter Push Pull: Wayne Jordan. Best Lifter Bench: Tom Lewis. Best Lifter Deadlift: Steve Salisbury. (Thanks to Scott Taylor for providing the results)

100% Raw Supreme Fitness
13 OCT 07 - Brattleboro, VT

BENCH
FEMALE
181 lbs.
Master (60-64)
C. Pacetti 77
MALE
165 lbs.
Submasters (35-39)
D. Umstead 303
181 lbs.
Submasters (35-39)
J. Freedman 308
Masters (45-49)
J. Bessette 321
220 lbs.
Master (60-64)
R. Comito 253
Masters (50-54)
K. Mattson 385
242 lbs.
Open
E. Martinez 413
275 lbs.
Master (60-64)
R. Cross 303
Masters (55-59)
D. McGinty 200
275 lbs.
Master (60-64)
R. Cross 132
4th-135
Masters (55-59)
B. Borofsky 148
SHW
Law/Submasters
R. Rebovich 184
Push Pull BP DL TOT
All Lifters
105 lbs.
Teen (12-13)
C. Parker 82 181 264
114 lbs.
Master (40-44)
D. McBurney 154 341 496
132 lbs.
Teen (16-17)
P. Willette 165 270 435
181 lbs.
Juniors (20-24)
B. O'Reilly 314 551 865
Youth (10-11)
J. Rebovich 77 209 286
4th-DL-214
198 lbs.
Teen (14-15)
K. Fagan 192 369 562
Juniors (20-24)
M. McTaggart 281 490 771
4th-DL-512
220 lbs.
Open
A. Abram 363 501 865
B. Borofsky 289
SHW
Submasters (35-39)
R. Rebovich 385
CURL
FEMALE
165 lbs.
Submasters (35-39)
R. Sorenson 88
4th-93
181 lbs.
Master (60-64)
C. Pacetti 49
MALE
165 lbs.
Submasters (35-39)
D. Umstead 132
4th-134
181 lbs.
Open
J. Freedman 140
198 lbs.
Juniors (20-24)
M. McTaggart 143
220 lbs.
Open
DEADLIFT
FEMALE
181 lbs.
Master (60-64)
C. Pacetti 220
4th-231
242 lbs.
Open
C. Minnes 633
Push Pull BP DL TOT
165 lbs.
Master I
C. Schaffer 242 292 534
Police/Fire
C. Schaffer 242 292 534
Powerlifting SQ BP DL TOT
148 lbs.
Novice
E. Campos 104 93 154 352
Submaster I
P. Gutierrez 402 281 468 1151
Teen
DelaFuente 446 220 374 1041
181 lbs.
Submaster I
V. Johnson 501 308 501 1311
198 lbs.
High School
S. Salinas 451 325 451 1229
Teen
H. Corbett 385 248 418 1052
E. Billiot 341 214 407 964
220 lbs.
Junior/Pure
D. SanMiguel 451 347 501 1300
275 lbs.
Master I
J. Cannon 457 319 457 1234
Open
J. Cannon 457 319 457 1234
Submaster I
M. Rivera 501 336 540 1377
Raw
165 lbs.
Master III
P. Miller 281 203 330 815
220 lbs.
Master Pure
G. McNeil 518 358 584 1460
242 lbs.
Submaster I
S. Berry 402 286 496 1185
Power Sports CR BP DL TOT
FEMALE
198+ lbs.
Master V
C. Cannon 88 203 341 633
MALE
165 lbs.
Master I
C. Schaffer 104 242 292 639
Master III
P. Miller 99 203 330 633
Police/Fire
C. Schaffer 104 242 292 639
220 lbs.
Master Pure
G. McNeil 170 358 584 1113
275 lbs.
Master II
R. Harris 165 325 380 870

National records were set by the following lifters: Carol Pacetti-Women's 60-64 Bench Press, Carol Pacetti-Women's 60-64 Deadlift, Carol Pacetti-Women's 60-64 Strict Curl, Donna McBurney-Woman's 40-44 Bench, Donna McBurney-Woman's 40-44 Deadlift, John Bessette-Mens 45-49 Bench Press, Ray Cross-Mens 60-64 Strict Curl, Ray Cross-Mens 60-64 Bench, Joshua Rebovich-Boys 11-12 Deadlift, Rebecca Sorenson-Woman's Submasters Strict curl, David Umstead-Mens Submasters Strict curl. (results courtesy Bret Kernoff)

NASA South Texas Open
7 JUL 07 - Alvin, TX

BENCH
MALE
220 lbs.
High School
N. Hamme 270
242 lbs.
Novice
D. Mora —
Submaster II
R. Perez 457
Raw
242 lbs.
Master III
G. Wilkerson 314
275 lbs.
Master
Pure
A. Lavick 451
SHW
Junior
C. Turner 451
PS BENCH
MALE
275 lbs.
Master II
R. Harris 325
PS CURL
MALE
165 lbs.
Police/Fire
C. Schaffer 104
275 lbs.
Master II
R. Harris 165
PS DEADLIFT
MALE
275 lbs.
Master II
R. Harris 380

Special Thanks go out to Garrett, Wayne and Don Taylor, Steve and Danielle Wisnieski, Lee and Kathy Elliff, Mike Hall and all the other great people in Alvin. Although this meet was small, we had a great time and a great vacation. We all had a great after meet meal at the Bar-B-Que place. In all there were 12 of us and we had a great time. Thanks to Everyone! Next meet in Alvin is May of 2008. See you there! (Thanks to Rich Peters for results)

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ANPPC World Cup
14 JUL 07 - Tuscola, IL

BENCH
Master (45-49)
220 lbs.
M. Maxwell 360
Master (50-54)
198 lbs.
D. Newman 385*
308 lbs.
C. Cozine 505*
Master (55-59)
181 lbs.
D. Sparks —
308 lbs.
B. Blackmon 450*
Master (65-69)
220 lbs.
C. Green 310*

Police/Fire (40-44)
308 lbs.
P. Newton 445*
Open
198 lbs.
C. Erber 230

DEADLIFT
Junior
198 lbs.
C. Fulscher 540*
Master (45-49)
181 lbs.
M. Raya 525
Open
198 lbs.
C. Erber 420*

Powerlifting	SQ	BP	DL	TOT
WOMEN				
Master (45-49)				
181 lbs.				
E. Reeves	355*	225*	345*	925*
Open				
165 lbs.				
J. Gosney	235	135	275	645
MEN				
Junior				
198 lbs.				
J. Stanton	600*	295	575*	1470
Submaster				
220 lbs.				
M. Maidens	370	280	460*	1110
Master (40-44)				
220 lbs.				
T. Carnaghi	780*	380	605	1765
Master (45-49)				
242 lbs.				
C. Price	625	—	—	—
Master (50-54)				
198 lbs.				
D. Newman	505*	385*	485*	1375
220 lbs.				
R. Butcher	475	—	—	—
Master (65-69)				
242 lbs.				
T. Hall	415*	215*	485*	1115
Open				
165 lbs.				
P. Halverson	350	335	400	1085
181 lbs.				
T. Borrelli	325	255	375	955
220 lbs.				
T. Carnaghi	780*	380	605	1765

"E" Girl Reeves with a world record 355 squat @ 45-49/181.

*=ANPPC World Records. Best Lifter Powerlifting: Tom Carnaghi. Best Lifter Bench Press: Cozy Coziine. Venue: Son Light Power Gym. At the last moment we had two teams cancel, including a team from the country of Colombia, who had problems getting here. Nontheless we had a great meet filled with some impressive lifting. Starting with the women's division, "E" Girl Reeves had a great day, setting all new world cup marks for the 45-49/181s. "E" Girl finished with a 355 squat, 225 bench and a 345 pull for a record 925 total. Jessica Gosney, lifting in her first world cup, did well at open 165. Lifting "raw", Jessica had a 235 squat, 135 bench and a 275 deadlift for a fine 645 total. Junior 198 winner, Jesse Stanton actually got in a great 700 squat, but was called for depth, then settled with his opener of 600. Making just his opening bench with 295, Jesse finished the day by making all three of his deadlifts, ending with 575. This gave Jesse a record total of 1470. Jesse's squat and deadlift were also new world cup records. Newcomer Mark Maidens won at submaster 220, finishing with a fine 1110 total. Mark, who lifts "raw" with near perfect form. set new prs in his squat with 370 and the deadlift. Mark's pull with 460 also broke the existing world cup record. In the bench press Mark finished with 280, just missing a personal best final attempt with 300. Tom Carnaghi continues to make his "comeback", lifting here at master 40-44/220. Tom started with a great 780 record squat. His 380 bench, along with his 605 pull gave him his world cup total of 1765. Tom also won at 220 open, taking the overall best lifter as well. Moing to the 50-54/198 class, Dave Newman came to break all of the records there, which he did with just his openers. Dave ended with a 505 squat, 385 bench and a 485 pull for a record 1375 total. Upset with the personal best 700 squat he came to get, Dr. Charles Price dropped out of the competition, taking Randy Butcher with him. Too bad, since Randy, who was competing in the 50-54/220 class, was on track to break some world cup records for the day. Sixty-eight year old Tom Hall won at 65-69/242 with all new world cup records. Tom finished with a 415 squat, 215 bench and a great 485 pull for a 1115 total. In the open division Phil Halverson, who was by far the deepest squatter of the meet, won at 165 with a 1085 total. Phil finished with a 350 squat, followed by a 335 bench and a 400 deadlift. Newcomer Tim Borrelli, aka "Wrap Boy", won at 181, going 325-255-375 for a great 955 total. In the bench press event Mike Maxwell won at 45-49/220, making just his opener of 360. Dave Newman broke the record at 50-54/198 with 385, as did Cozy Cozine at 50-54/308, where he finished with 505. Weighing in just over the 275 limit, Cozy won the best lifter for the bench press competition. Darris Sparks, a great master bencher from Ohio, failed with his opener of 385 three times at 55-59/181. Barry Blackmon broke the world cup record at 308 with a great 450! Another great master lifter out of Tennessee, Chuck Green broke the cup record at 65-69/220 with 310. Paul Newton broke his own world cup record at police & fire/40-44/308 with 445. Chris Erber, in his first bench press competition, won at 198 open with 230. In the deadlift event Chris Fulscher pulled a personal best and new world cup record of 540 for the win at junior 198. Wow! Mike Raya regained his title at 45-49/181 with 525. Then at open 198 came Chris Erber, who broke the world cup record with 420. Thanks to my son Joey and grandson Daniel for doing a fine job loading and spotting, and to the many others who helped out. Also to my judges Mary Tewell, Linda Middleton and my wife Susie, who also took some great pictures of the lifters. See you all this fall for the ANPPC Nationals! (Darrell Latch)

Marcel Mette of Germany finished 4th in the 75 kgs. in Togliatti, RUS.

***Craig Coombes** of Great Britain opened & closed at 925 in the squat.*

WPO Semi Finals
3-4 NOV 07 - Togliatti, RUS

Powerlifting	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
MEN										
Open										
165 lbs.										
Ayvazov-RUS	705	737	771	374	396	407	595	633	644	1824
Pryakhin-RUS	694	715	749	418	~~457~~	~~463~~	611	655	—	1824
Nekipelov-RUS	617	660	727	~~462~~	479	479	578	606	~~633~~	1813
Mette-GER	661	715	~~738~~	374	402	~~413~~	562	595	611	1730
220 lbs.										
Ayvazov-RUS	859	902	~~948~~	~~517~~	518	540	738	~~815~~	~~815~~	2182
Sharapov-RUS	793	~~858~~	~~859~~	220	—	—	220	—	—	1234
		4th-SQ-~~916~~								
Reksne-LAT	~~815~~	814	—	572	~~595~~	~~595~~	~~716~~	~~716~~	~~716~~	—
Coombes-GBR	~~925~~	~~924~~	~~925~~	—	—	—	—	—	—	—
275 lbs.										
Stepanov-RUS	837	880	~~914~~	~~528~~	529	~~551~~	683	705	727	2138
275+ lbs.										
Turtiainen-FIN	1036	1100	~~1151~~	638	~~672~~	~~672~~	815	~~859~~	—	2557
Karnaukhov-UKR	925	~~968~~	970	~~550~~	551	595	749	821	~~859~~	2386
Nastynov-RUS	925	~~1012~~	~~1107~~	506	~~562~~	584	661	716	~~760~~	2226
Murtom ki-FIN	~~970~~	~~968~~	~~970~~	—	—	—	—	—	—	—

(Thank you to Yuriy Ustinov, President AWPC/WPC/WPO Russia, for these results)

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***Ano Turtiainen** squatted 1102 and totaled 2557 at the WPO Semifinals contested in Russia*

Lakeland Powerlifting
18 NOV 07 - Coldwater, MI

Powerlifting	SQ	BP	DL	TOT
148 lbs.				
Myler	265	295	365	925
165 lbs.				
Freeman	345	285	395	1025
Brown	345	245	420	1010
Rogers	285	185	410	880
Herron	275	225	315	815
181 lbs.				
Mask	445	305	455	1205
Henderson	365	315	515	1195
Warren	315	275	455	1045
Barfell	335	225	480	1040
Johnson	245	205	405	855
198 lbs.				
Kaurman	225	195	315	735
220 lbs.				
Villa	495	305	525	1325
Morgan	315	275	530	1120
Flowers	335	225	475	1035
Harrington	275	265	365	905
248 lbs.				
Depriest	445	345	475	1265
Carter-X	—	295	500	795
275 lbs.				
Hamilton	505	385	565	1455

Meet Director: Bruce White. We had a good turn out. But, no records were set. Thanks to the meet workers as the meet ran smoothly. (Results by M. Bruce White)

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(continued from page 25)

lifters).

Why did we open it? David loves the strength sports. He supports the lifters and wants to provide them with the best equipment and environment to prepare for competition or for their personal gains. We were both tired of the negative attitude (and ridiculous rules) of other gym owners toward strength athletes. Also, I wanted a place where I could train my athletes without worrying about the weather. (And they both wanted the big-screen TV.)

Gayle, all I can say is WOW. This is probably the best strongman-training facility that I've ever heard of! So many guys have to train outside, or in barns; this is a great idea!! Sounds way cool to me, and also know how tough it can be to keep high-school lifters focused. So my hat is off to both Gayle & David!

As far as that goes; we offer a HOUSE OF PAIN shout out to all the other lifters at Brute Strength – including ***Stella Krupinski*** *(APF Nats in 2007),* ***Thomas Dillard*** *(Raw Nationals & World), a trio of strongest man competitors (****Jeff Crane****,* ***Kenny Davis****, and* ***Tim Stallings****), and to all the future supermen who are training there while still in high school.*

This article is geared for strongmen – so it is dedicated to our good friend Jesse Marunde. We have a lot of friends that are big-time strongest-men competitors, but Jesse was a special favorite. He went out in a blaze of glory doing what he loved – training for Strongest Man competition. I bow my head and offer a heartfelt prayer for his widow Callie and their family. Everyone here at HOUSE OF PAIN will miss him, and I look forward to seeing him again in heaven...

Until next time, Rick@houseofpain.com.

HOUSE OF PAIN
P.O.Box 333
Fate, TX 75132

USPF Central California
7 OCT 07 - Modesto, CA

Powerlifting	SQ	BP	DL	TOT
WOMEN				
Junior (13-15)				
148 lbs.				
C. LaMantia	121	71	214	407
Junior (19-23)				
198 lbs.				
M. Little	187	93	226	507
Open				
114 lbs.				
B. Aerts	121	93	192	407
148 lbs.				
C. LaMantia	121	71	214	407
198 lbs.				
M. Little	187	93	226	507
198+ lbs.				
N. I'Anson	380	254	358	993
Master (40-49)				
114 lbs.				
B. Aerts	121	93	192	407
198+ lbs.				
N. I'Anson	380	254	358	993
MEN				
Junior (16-18)				
308 lbs.				
D. Ortega	551	402	534	1488
Open				
114 lbs.				
C. LaMantia	110	66	159	336
148 lbs.				
S. Layman	584	385	512	1482
165 lbs.				
S. Santellan	253	203	374	832
181 lbs.				
B. Pacheco	446	370	463	1279
198 lbs.				
M. Gautreaux	424	297	435	1157
B. Ball	286	308	402	997
220 lbs.				
A. Aguilar	457	330	529	1317
242 lbs.				
B. Marum	584	451	573	1609
P. O'Neal	485	297	518	1300
275 lbs.				
A. Aerts	308	464	518	1290
308 lbs.				
B. Mikesell	771	507	655	1934
Master (40-49)				
220 lbs.				
B. Moberg	391	275	429	1096
J. Torrence	319	319	402	1041
275 lbs.				
J. Amaral	463	297	479	1240
308 lbs.				
B. Mikesell	771	507	655	1934
Master (50-59)				
220 lbs.				
B. King	666	407	672	1747
275 lbs.				
A. Aerts	308	464	518	1290
BENCH		DEADLIFT		
WOMEN		WOMEN		
Open		Junior (13-15)		
114 lbs.		148 lbs.		
B. Aerts	93	C. LaMantia	214	
132 lbs.		Open		
M. Nunes	165	114 lbs.		
198 lbs.		B. Aerts	192	
T. Stephens	104	148 lbs.		
M. Little	93	C. LaMantia	214	
Junior (19-23)		198 lbs.		
198 lbs.		T. Stephens	286	
M. Little	93	M. Little	226	
Master (40-49)		Junior (19-23)		
114 lbs.		198 lbs.		
B. Aerts	93	M. Little	226	
198 lbs.		Master (40-49)		
T. Stephens	104	114 lbs.		
MEN		B. Aerts	192	
Junior (19-23)		198 lbs.		
165 lbs.		T. Stephens	286	
J. Graziano	226	MEN		
Open		Junior (16-18)		
165 lbs.		308 lbs.		
BRisenhoover	253	D. Ortega	534	
181 lbs.		Junior (19-23)		
MRisenhoover	286	198 lbs.		
I. Smalley	—	T. Nguyen	568	
198 lbs.		220 lbs.		
C. Tremblay	—	A. Aguilar	529	
275 lbs.		Open		
A. Aerts	464	114 lbs.		
308 lbs.		C. LaMantia	159	
A. Galafate	479	165 lbs.		
308+ lbs.		S. Santellan	374	
D. Schultz	551	181 lbs.		
Master (40-49)		I. Smalley	463	
242 lbs.		220 lbs.		
D. Copeland	352	M. Fraze	507	
308+ lbs.		275 lbs.		
D. Schultz	551	A. Aerts	518	
Master (50-59)		308 lbs.		
198 lbs.		A. Galafate	501	
P. Dyer	198	Master (50-59)		
275 lbs.		198 lbs.		
A. Aerts	464	P. Dyer	385	
Master (60+)		220 lbs.		
198 lbs.		D. Burke	413	
S. LaFollette	325	275 lbs.		
275 lbs.		A. Aerts	518	
P. Crawford	297			

Meet Director: Steve Denison. International: Referee: Bill Ennis. State Referees: Alan Aerts, Kelli LaMantia, Mike Koufos, Curtis Pracht, Karen Matthews, Steve Matthews.National Referees: Pete Wilson, Steve Denison, and Chuck LaMantia.Announcer: Chuck LaMantia. Scorekeeper: Kelli LaMantia. Master Score Sheet & Computer: Steve Denison. Spotters & Loaders: Frank Cable, Charlie Telesco, John Alvarado, Paul Schwab, George Beckham, and Bryan Batista. Bar loading program: Joey Rocha and Desmond FitzGerald. Concessions: Tyler VanLoon and Chris Fernandez. (results of the meet are courtesy of Steve Denison)

NASA Arizona Regional
3 NOV 07 - Mesa, AZ

BENCH	
MALE	
198 lbs.	
Int	
L. Olsen	—
Novice	
H. Pineda	380
220 lbs.	
Master II	
J. Olson	352
Police/Fire	
J. Olson	352
SHW	
Open	
T. Manno	711
Raw	
123 lbs.	
High School	
J. Pereja	203
132 lbs.	
Teen	
J. Adams	214
148 lbs.	
Youth	
T. Manno	104
165 lbs.	
Teen	
D. Wilson	187
181 lbs.	
High School	
A. Trail	209
220 lbs.	
Master IV	
E. Evatt	259
PS BENCH	
220 lbs.	
Master IV	
E. Evatt	259
Open	
Schmuecker	363
PS CURL	
220 lbs.	
Novice	
J. Fsaguirre	137

Push Pull	BP	DL	TOT
MALE			
165 lbs.			
Teen			
D. Wilson	187	352	540
181 lbs.			
High School			
B. Trail	214	358	573
198 lbs.			
Teen			
B. Edwards	198	369	567
242 lbs.			
High School			
K. Hagberg	203	369	573
308 lbs.			
Int			
H. Thomason	479	644	1124

Powerlifting	SQ	BP	DL	TOT
MALE				
220 lbs.				
Open				
J. Correa	374	264	479	1118
275 lbs.				
Master II				
J. Kessinger	523	314	440	1278
308 lbs.				
Int				
H. Thomason	804	479	644	1929
Open				
H. Thomason	804	479	644	1929
Raw				
114 lbs.				
Youth				
M. Burkeen	187	126	231	545
123 lbs.				
High School				
B. Hicks	198	121	253	573
132 lbs.				
High School				
E. Ruiz	286	187	336	810
Junior				
E. Sanches	270	187	325	782
148 lbs.				
High School				
C. Green	336	187	396	920
Junior				
J. Garcia	336	248	457	1041
N. Weamer	319	231	380	931
Novice				
J. Garcia	336	248	457	1041
165 lbs.				
High School				
M. Lamaster	347	203	463	1014
Open				
C. Souza	319	297	440	1058
Teen				
D. Wilson	292	187	352	832
181 lbs.				
High School				
A. Trail	259	209	352	821
Open				
P. Septon	336	248	451	1036
Teen				
J. Lain	319	231	402	953
198 lbs.				
Junior				
J. Garrett	220	220	424	865
Teen				
B. Edwards	297	198	369	865
242 lbs.				
High School				
K. Hagberg	297	203	369	870

Power Sports	CR	BP	DL	TOT
FEMALE				
123 lbs.				
Youth				
K. Ishimatsu	38	66	165	270
MALE				
67 lbs.				
Youth				
S. Hou-Seye	27	44	99	170
123 lbs.				
High School				
N. Dzuback	66	126	237	429
132 lbs.				
High School				
J. Pereja	115	203	325	644
J. Charles	82	115	203	402
Junior				
E. Sanches	93	187	325	606
148 lbs.				
High School				
S. Shapiro	110	203	330	644
Teen				
T. Dwiggins	110	176	319	606
181 lbs.				
High School				
B. Trail	115	214	358	688
242 lbs.				
High School				
M. Marquez	148	275	429	854

(Thanks to Rich Peters for the results)

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WABDL 11th Alki Beach Classic
11 AUG 07 - Seattle, WA

BENCH
WOMEN
Master (40-46)
123 lbs.
L. Lamp 165
Master (47-53)
114 lbs.
J. Morris —
123 lbs.
B. Mcguire 88
165 lbs.
N. Carpenter 176
4th-188
181 lbs.
P. Michaels 220
UL
J. Mangaoang 222*
M. Huston 221*
Master (54-60)
123 lbs.
I. Pantilat 209
4th-214!*
148 lbs.
L. Lastufka —
Master (68-74)
181 lbs.
W. Pristell 143
4th-148!*
Open
165 lbs.
C. Ward 77
Teen (14-15)
123 lbs.
R. Talley 66
198 lbs.
C. Frost 204*
Teen (16-17)
114 lbs.
S. Moorman 141!*
MEN
Class I
148 lbs.
M. Doll 170
220 lbs.
N. Dufour 385
K. McQuade 358
259 lbs.
G. Loss 468
275 lbs.
B. Sargent 451
308 lbs.
E. Welch 479
4th-485*
SHW
D. Harnden 413
Junior (20-25)
181 lbs.
S. Hart 308
242 lbs.
A. Munsey 385
Law/Fire
Master (40-47)
308 lbs.
K. Lentz —
Master (40-46)
165 lbs.
D. Unson 281
198 lbs.
S. Olson 418
220 lbs.
L. Frigard 369
242 lbs.
T. Dahlstrom 402
259 lbs.
T. Christensen
552*
S. Pahre 402
275 lbs.
B. Sargent —
308 lbs.
E. Welch 479
4th-485
308 lbs.
J. Mickelson 440
Master (54-60)
198 lbs.
R. Chwalek 297
259 lbs.
D. Harkins 281
Master (61-67)
198 lbs.
G. Holzinger 336
242 lbs.
K. Johnson 303
L. Taylor 192
308 lbs.
R. Smith 535!
Master (68-74)
198 lbs.
D. Barstow 231
Master 975-79)
198 lbs.
R. Waite 165
Open
181 lbs.
D. Linerud 512*
SHW
J. Crawford 710
Special Olympian
181 lbs.
B. Steinmetz 115*
Submaster (33-39)
181 lbs.
M. Husert 236
SHW
J. Crawford 710
Teen (14-15)
165 lbs.
D. Derwon 198
220 lbs.
B. Henry 170
Teen 916-17)
S. Sandberg 231*
DEADLIFT
WOMEN
Master (40-46)
123 lbs.
L. Lamp 220
Master (47-53)
114 lbs.
J. Morris 264
123 lbs.
B. McGuire 203
UL
J. Mangaoang 358
4th-363*

Joe Mickelson - 47-53/308 lbs.

Master (54-60)
123 lbs.
I. Pantilat 271!*
Master (68-74)
181 lbs.
W. Pristell 214
4th-225!*
Open
198 lbs.
F. Magaoang 426*
Submaster
123 lbs.
R. Unson 270*
Teen (14-15)
123 lbs.
R. Talley 165
MEN
Class I
181 lbs.
T. Thomas 463*
198 lbs.
J. Sandlin 451
220 lbs.
N. Dufour 600
242 lbs.
M. Cheng 518
308 lbs.
E. Welch 661*
SHW
D. Harnden 600
Junior (20-25)
148 lbs.
M. Czaja 303
181 lbs.
S. Hart 413
198 lbs.
J. Sandlin 451
242 lbs.
A. Munsey 584
Master (40-46)
165 lbs.
D. Unson 440
308 lbs.
E. Welch 661
SHW
D. Munsey 650*
Master (47-53)
181 lbs.
L. Woodley 688
308 lbs.
J. Mickelson 529
Master (54-60)
181 lbs.
J. Rankin 451
Master (61-67)
198 lbs.
G. Holzinger 435
Mster (75-79)
198 lbs.
R. Waite 303
Open
181 lbs.
L. Woodley 688
242 lbs.
J. Sukkar 683
Submaster (33-39)
181 lbs.
M Husert 473
242 lbs.
M. Cheng 518
Teen (12-13)
123 lbs.
C. Summers 231
Teen (14-15)
132 lbs.
C. Williams 270
165 lbs.
J. Summers 248
181 lbs.
E. Stratton 347
220 lbs.
B. Henry 308
Teen (16-17)
105 lbs.
J. Hendee 176!*

!=World Records. *=State Records. Meet Director: Bull Stewart. (Thanks to Gus Rethwisch for providing the meet results)

***Andy Munsey** used his lifting at the WABDL Alki Beach competition to qualify himself for the WABDL World Championshipsin Anaheim*

TOP 100

For standard 148 lb./67.5 Kg. USA lifters in results received from OCT/06 through OCT/07

	SQUAT	BENCH	DEADLIFT	TOTAL
1	727 Schwab, B..11/4/06	530 Schwab, B..8/19/07	600 Castro, M..5/4/07	1855 Schwab, B..8/19/07
2	722 Williams, C..11/7/06	525 Ceklovsky, J..10/14/06	600 Schwab, B..8/19/07	1769 Williams, C..11/7/06
3	639 Dunn, J..6/15/07	507 Unten, K..7/14/07	595 Williams, C..11/7/06	1543 Hoerner, T.J..7/7/07
4	622 Hoerner, T.J..7/7/07	475 Smith, J..3/31/07	590 Niedoliwka, V..10/27/07	1530 Niedoliwka, V..10/27/07
5	622 Edmondson, D..8/4/07	473 Imamura, J..6/2/07	589 Hoerner, T.J..7/7/07	1490 Murygin, R..8/19/07
6	615 Murygin, R..8/19/07	451 Williams, C..11/7/06	578 Dunn, N..11/15/06	1482 Layman, S..10/7/06
7	584 Layman, S..10/7/06	445 Harmon, K..10/14/06	578 Derstine, M..12/9/06	1470 Morrow, J..12/3/06
8	584 Matsumoto, D..7/7/07	425 Albano, T..10/14/06	578 Ruiz, M..11/18/06	1466 Matsumoto, D..7/7/07
9	584 Hartnett, S..6/15/07	425 Trapani, F..3/17/07	570 Morrow, J..6/23/07	1466 Edmondson, D..8/4/07
10	573 Perry, R..6/30/07	424 Evangelista, A..6/9/07	562 Billancione, R..3/24/07	1460 Derstine, M..12/9/06
11	565 Hare, B..3/24/07	418 Matsumoto, D..7/7/07	560 Hill, C..3/24/07	1455 Trapani, F..3/17/07
12	565 Niedoliwka, V..10/27/07	413 Bohigian, K..3/17/07	558 Kaneshiro, D..7/14/07	1450 Ceklovsky, J..3/31/07
13	560 Ceklovsky, J..3/31/07	407 Byrnes, C..2/11/07	552 Hartnett, S..3/2/07	1444 Dunn, J..6/15/07
14	555 Rodgers, C..2/17/07	405 Morrow, J..6/23/07	551 Schalbach, R..7/7/07	1437 Scisney, K..10/2/06
15	555 Christensen, J..3/24/07	402 Tiley, J..1/27/07	545 Rios, S..3/24/07	1416 Wong, P..3/3/07
16	551 Scisney, K..10/2/06	402 Edralin, A..7/14/07	545 Edmondson, D..8/4/07	1399 Hartnett, S..6/15/07
17	551 Morse, C..8/4/07	396 Venturella, C..7/21/07	534 Eggers, T..11/15/06	1390 Bohigian, K..12/16/06
18	550 Barnes, C..3/24/07	391 Layman, S..10/7/06	529 Weinstein, L..12/9/06	1372 Perry R..6/30/07
19	540 Kuhns, M..10/28/06	391 Montefolka, B..6/21/07	529 Ribic, P..2/16/07	1370 Rodgers, C..2/17/07
20	540 Derstine, M..12/9/06	385 Wong, P..3/3/07	523 Scisney, K..10/2/06	1361 Montefolka, B..6/21/07
21	540 Caffey, J..3/24/07	385 Manuel, D..8/11/07	523 Phillips, J..1/27/07	1361 Baldwin, S..6/22/07
22	540 Johnson, C..3/24/07	375 Murygin, R..8/19/07	523 Sorenson, D..3/31/07	1344 Ribic, P..11/6/06
23	535 Costanzo, D..4/1/07	375 Niedoliwka, V..10/27/07	520 Edwards, J..3/24/07	1344 Weinstein, L..12/9/06
24	534 Ribic, P..11/6/06	370 O'Grady, S..10/20/07	518 Rohan, B..10/2/06	1344 Billancione, R..3/24/07
25	534 Bohigian, K..3/17/07	369 Smith, D..11/16/06	518 Layman, S..3/17/07	1339 Ruiz, M..4/14/07
26	529 Wong, P..3/3/07	369 Arnold, J..3/17/07	515 Rodgers, C..2/17/07	1330 Hill, C..3/24/07
27	529 Baldwin, S..6/22/07	365 Flowers, C..4/28/07	512 Balanga, C..11/16/06	1325 Rios, S..3/24/07
28	525 Morrow, J..12/3/06	365 McKissick, A..7/14/07	512 Salemi, M..11/16/06	1320 Revels, M..11/18/06
29	525 Trapani, F..3/17/07	363 Scisney, K.. 10/2/06	507 Murygin, R..4/28/07	1320 Christensen, J..3/24/07
30	518 Scelfo, V..4/13/07	363 Mansourian, N..12/16/06	507 Higgins, D..6/9/07	1317 Sorenson, D..3/31/07
31	515 Rios, S..3/24/07	363 Knight, E..3/24/07	507 Gutierrez, P..8/4/07	1300 Stroh, F..6/16/07
32	512 Ruiz, M..4/14/07	360 Kuhns, M..10/28/06	505 Trapani, T..3/17/07	1300 Schwalbach, R..7/7/07
33	512 Montefolka, B..6/21/07	360 Davis, M..10/20/07	505 Catell, B..8/18/07	1300 Morse, C..8/4/07
34	507 Martin, K..4/28/07	358 Leibfried, D..9/1/07	501 Langmead, G..11/16/06	1289 Waggener, Z..4/14/07
35	507 Mahoney, J..9/22/07	355 Viars, D..4/14/07	501 Padro, J..11/18/06	1280 Ingram, B..3/24/07
36	501 Weinstein, L..12/9/06	355 DeSimone..8/5/07	501 Warner, J..12/16/06	1280 Costanzo, D..4/1/07
37	501 Billancione, R..3/24/07	352 Locklear, K..3/24/07	501 Wong, P..3/3/07	1275 Caffey, J..3/24/07
38	501 Waggener, Z..4/14/07	352 Kelly, T..4/7/07	501 Tanabe, V..5/5/07	1275 Barnes, C..3/24/07
39	501 Young, D..7/21/07	352 Dunn, J..6/15/07	501 Stroh, F..6/16/07	1275 Hare, B..3/24/07
40	500 Hill, C..3/24/07	352 Baldwin, S..6/22/07	501 Perry, R..6/30/07	1273 Rohan, B..10/2/06
41	500 Flores, J..3/24/07	352 Thompson, M..7/14/07	500 Estes..11/4/06	1273 Westwood, S..6/16/07
42	500 Tepper, S..5/12/07	350 Revels, M..11/18/06	500 Revels, M..11/18/06	1270 Kuhns, M..10/28/06
43	496 Stroh, F..6/16/07	350 Fraley, J..3/25/07	500 Gayle, G..2/24/07	1255 Dipple, C..3/24/07
44	490 Johns, A..12/2/06	350 Tepper, S..5/12/07	500 Falconi, L..7/29/07	1251 Martin, K..4/28/07
45	485 Ramirez, R..3/24/07	350 Sampras, N..7/26/07	496 Krampitz, G..3/17/07	1250 Tepper, S..5/12/07
46	485 Barthold, B..3/24/07	347 Nahorniak, E..8/11/07	495 Dipple, C..3/24/07	1245 Tiley, J..1/27/07
47	485 Westwood, S..5/5/07	345 Ingram, B..3/24/07	490 Kunkel, B..11/15/06	1245 Johnson, C..3/24/07
48	485 Tanabe, V..5/5/07	341 Derstine, M..12/9/06	490 Hendrickson, N..9/4/07	1245 Robinson, M..3/25/07
49	485 Sorenson, D..8/11/07	341 Marino, M..3/10/07	485 Robinson, M..3/25/07	1245 Shouse, A..5/19/07
50	480 Mullins, L..3/24/07	341 Poitevint, K..8/11/07	485 Accadro, C..4/14/07	1240 Estes..11/4/06
51	480 Ferguson, J..3/24/07	340 Borzok, M..11/10/06	480 Ingram, B..3/24/07	1235 Figueroa, S..3/24/07
52	480 Edwards, J..3/24/07	340 Zehr, A..8/10/07	480 Figueroa, S..3/24/07	1234 Tanabe, V..8/11/07
53	475 Angkoon, R..3/24/07	336 Kunkel, B..11/15/06	480 Angkoon, R..3/24/07	1234 Sato, B..6/2/07
54	473 Keenan, N..6/21/07	336 Langmead, G..3/24/07	480 Padilla, H..4/1/07	1229 Johns, A..12/2/06
55	470 Revels, M..11/18/06	336 Acosta..4/21/07	479 Montefolka, B..12/2/06	1229 Krampitz, G..3/17/07
56	470 Hixson, A..3/24/07	336 Belen, T..6/9/07	479 Sato, B..12/2/06	1225 Flores, J..3/24/07
57	462 Silbert, L..11/4/06	336 Silva, E..7/14/07	479 Spiekerman, K..3/30/07	1223 Phillips, J..1/27/07
58	462 Robinson, M..3/24/07	336 Edmondson, D..8/4/07	479 Baldwin, S..6/22/07	1215 Ramirez, R..3/24/07
59	462 Sato, B..6/2/07	336 Sorenson, D..8/11/07	479 Matsumoto, D..7/7/07	1212 Castro, M..5/4/07
60	462 Schwalbach, R..7/7/07	330 McCoy, T..12/2/06	475 Thomas, L..2/3/07	1210 Mullins, L..3/24/07
61	460 Dickson, T..2/24/07	330 Shuhei, O..2/17/07	475 Manuel, S..7/26/07	1206 Padro, J..11/18/06
62	460 Dipple, C..3/24/07	330 Hoerner, T.J..7/7/07	473 Terwilliger, C..11/11/06	1206 Hendrickson, N..9/4/07
63	460 Figueroa, S..3/24/07	325 Rohan, B..10/2/06	473 Russell, A..3/10/07	1205 Edwards, J..3/24/07
64	457 Krampitz, G..3/17/07	325 Vargas, W..11/15/06	473 Hinz, K..3/30/07	1201 Scelfo, V..4/13/07
65	455 Robinson, P..3/9/07	325 Neal, J..4/14/07	473 Durant, S..3/30/07	1201 Young, D..7/21/07
66	455 Ingram, B..3/24/07	325 Norse, C..6/30/07	473 Waggener, Z..4/14/07	1201 Gutierrez, P..8/4/07
67	451 Bates, W..3/30/07	325 Ernest, A..7/14/07	473 Adame, A..5/5/07	1195 Rodriguez, J.J..3/24/07
68	451 Cook, C..4/14/07	325 Ramos, A..8/11/07	473 Shouse, A..5/19/07	1195 Neal, J..4/14/07
69	451 Martin, J..4/13/07	325 Frank, J..8/11/07	473 Herstein, J..8/4/07	1190 Angkoon, R..3/24/07
70	451 Shouse, A..5/19/07	325 Petrencak, S..8/18/07	473 Leanos, A..10/6/07	1190 Ferguson, J..3/24/07
71	450 Martin, E..2/17/07	320 Shouse, A..11/11/06	473 Wess, R..10/12/07	1190 Barthold, B..3/24/07
72	450 Wynn, T..4/21/07	320 Majewski, C..3/17/07	470 Bohigian, K..12/16/06	1190 Edwards, J..3/24/07
73	446 DeLaFuente, N..7/7/07	320 Costanzo, D..4/1/07	470 Hare, B..2/3/07	1185 Vera, R..3/24/07
74	445 Winchel, S..3/9/07	320 Ranelli, F..8/5/07	470 Mullins, L..3/24/07	1184 Wess, R..10/12/07
75	445 Trejo, F..3/24/07	319 Westwood, S..6/16/07	468 Evangelista, A..11/15/06	1179 Scanga, F..1/27/07
76	440 Squier, W..1/27/07	319 Beaudry, J..7/14/07	468 Lee, W..3/3/07	1175 Wynn, T..4/21/07
77	440 Brown, K..2/24/07	319 Perea, L..8/4/07	468 Acosta, M..3/3/07	1168 Piccione, J..4/14/07
78	440 Starnes, M..2/24/07	315 Liggett, M..10/14/06	468 Arnold, J..3/17/07	1165 Mojica, L..3/24/07
79	440 Hohman, Z..2/24/07	315 Renard, N..3/10/07	468 Westwood, S..5/5/07	1162 Terwilliger, C..11/11/06
80	440 Vera, R..3/24/07	315 Albert..9/8/07	465 Christensen, J..3/24/07	1162 Accardo, C..4/14/07
81	440 Mojica, L..3/24/07	314 Johns, A..12/2/06	465 Ramirez, R..3/24/07	1160 Hixson, A..3/24/07
82	440 Barrera, L..3/24/07	314 Weinstein, L..12/9/06	462 Santee, G..12/16/06	1157 Ferron, R..3/31/07
83	440 Clements, C.J..3/24/07	314 Waggener, Z..4/14/07	462 Ianno, J..10/12/07	1157 Cook, C..4/14/07
84	440 Newsome, N..3/30/07	314 Piccione, J..4/14/07	460 Williams, R..1/27/07	1157 Lewis, S..10/6/07
85	440 Raker, A..3/30/07	314 Quintana, B..7/28/07	460 Dickson, T..2/24/07	1155 Dickson, T..2/24/07
86	440 LaPierre, B..4/13/07	314 Angelone, S..10/20/07	460 Yang, L..3/9/07	1151 Silbert, L..12/9/06
87	440 Lee, G..6/30/07	310 Keirsey, D..5/19/07	460 Ferguson, J..3/24/07	1151 Bates, W..3/30/07
88	440 Hendrickson, N..9/4/07	310 Sylvester, D..7/26/07	460 Vera, R..3/24/07	1151 Acosta, M..4/14/07
89	440 Wess, R..10/12/07	310 Aldag, T..8/11/07	460 Trejo, E..3/24/07	1151 Keenan, M..6/231/07
90	435 Edwards, J..3/24/07	308 Dessau, D..11/15/06	460 Columbia, P..6/23/07	1151 Leanos, A..10/6/07
91	435 Rodriguez, J.J..3/24/07	305 Lauricella, M..11/16/06	457 Scanga, F..1/27/07	1150 Trejo, F..3/24/07
92	435 Ramierez, M..3/24/07	305 Miller, B..3/10/07	457 Bates, W..3/30/07	1145 Gengo, J..11/7/06
93	435 Joseph, C..9/15/07	305 Dreisig, N..3/10/07	457 Ferron, R..3/31/07	1140 Brown, K..2/24/07
94	430 Compos, W..2/3/07	305 Rodriguez, J.J..3/24/07	457 Dunn, J..4/13/07	1140 Lee, W..3/3/07
95	430 Williams, T..3/3/07	305 Cagno, V..3/31/07	457 Wider, M..4/13/07	1140 Baines, T..6/9/07
96	430 Burgess, D..3/24/07	305 DiFrancisco, P..5/5/07	457 Neal, J..4/14/07	1135 Burgess, D..3/24/07
97	430 Mobbs, C..3/24/07	305 Wilson, S..7/14/07	457 Piccione, J..4/14/07	1135 Mobbs, C..3/24/07
98	430 Brida, J..6/23/07	303 Cole, S..11/15/06	457 Zanetti, L..6/9/07	1129 Melancon, J..11/18/06
99	429 Rohan, B..10/2/06	303 Mach, T.J..12/2/06	455 Gengo, J..11/7/06	1129 Lee, G..6/30/07
100	429 Bissen, J..11/4/06	303 Scanga, F..1/27/07	455 Torres, A..2/24/07	1129 Fredehagen, R..8/4/07

PL USA Top 100 Achievement Awards

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NEXT MONTH... TOP 165s

CORRECTIONS ... Two lifters were left off the results of the July 28th KCF meet (Oct/07 PL USA, pg. 96). In the 242 Assisted division Mr. Pyane did 500 365 705 1570 and Mr. Harrison did 525 300 550 1375. Sabra Callahan was not credited with her 220 lb. bench press on the 123 lb. class TOP 100 ranking. Mario Forte was not credited with his 403 deadlift on the TOP 100 for the 132 lb. class. Janet Faraone did not receive credit for her 330 bench press, at 123 lbs., on the TOP 100 ranking previous to the one in the December 2007 issue of PL USA. Jeff McVicar indicates he should have been listed for a 705 BP in the TOP 100 ranking for the 198 lb. class. If you find errors in our ranking lists or the competition results that we publish, let us know at *POWERLIFTING USA* Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction in a following issue.

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