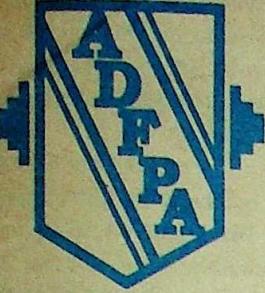


AMERICAN DRUG FREE



POWERLIFTING ASSOCIATION

The ADFPA Newspaper POWERLIFTING TODAY

VOLUME 4.5

August 1991

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Message from the President

To all members of the ADFPA:

I am both honored and proud to have been elected president of our organization. Being both an administrator and a lifter, I am aware of the strong and weak points of the ADFPA and it is my goal to correct and do away with weak points while keeping the ADFPA the best organization for drug free lifters in the U.S.

Through the efforts of everybody in the organization we will continue to grow and remain the largest powerlifting organization in the country. Every effort must be made by the meet directors and state chairman to protect our reputation or running fair, drug free competition.

Testing (a minimum of 10 percent) must be done at all meets while we make public the names of lifters who prove themselves to be drug free and proud. It is up to you to promote the ADFPA in your home town for us to grow and continue to be the best.

The National Office has now been moved to Clearfield, Pennsylvania and we are going as quickly as possible in making sure that things run smoothly. We will have some start-up problems, but as we get a little experience, we will handle your requests as quickly and accurately as possible.

When you call our office at 814 765-5577 and experienced ADFPA member (with the last name Siegel) will answer your call and handle your request.

The National Governing Body of the ADFPA, in addition to electing me and the rest of the executive board, voted on many things for the betterment of the organization. Some of these items went into effect immediately following the Men's Nationals and others will go into effect as quickly as possible.

The following are the items that were approved: (Not listed in any particular order)

1. New teenage groups are now 14-15, 16-17, and 18-19 with records already having been established at the Nationals held the first weekend of July. We will dig out the old records and try to blend the age groups.

It is possible that the records will be maintained for a few years, both in two age groups and three age groups. New qualifying totals for next year's Nationals will be published as quickly as possible. Until they are established, you must qualify at the current total for two age groups.

2. Qualifying totals have been established for National meets in the following categories, therefore eliminating the Nationals as a first meet for lifters in these categories:

- a. Teenage women as Class IV.
- b. Master women 35 to 44 as Class IV.
- c. Master women 45 and older as total at a sanctioned meet.
- d. Master men any age as total at a sanctioned meet.

3. Starting with 1992 registration (November 1, 1991) lifters will receive a pocket rule book along with their membership card.

Many people who were at the National Meeting in St. Louis signed up to serve on our many committees, but those of you who were not present did not get the opportunity.

If you wish to serve on any of the following committees please write us at the National Office as quickly as possible. We are holding off the chairing of these committees until the end of August so that you can have a chance to serve.

The committees are as follows:

Teenage, Law and legislation, Finance and Ethics, Collegiate, Armed Forces, Referees, Publicity, Drug Testing, and Masters.

At the time you read this, the first World Masters' Powerlifting Championship will be history and I personally will cut back on my competitive lifting so that I can put additional effort into keeping our organization on top of the powerlifting world.

My license plate on my van is ADFPA-1 and my efforts and those of my wife Brenda and our son Jay will be to keep the ADFPA #1.

Let me close by sharing with you my personal motto, which consists of ten two letter words; ten of the longest two letter words you will ever see.

'If it is to be, it is up to me.'

If this motto is followed by all of you, we can be the best organization for a long time.

Al Siegel



Al Siegle
ADPFA President

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Minneapolis-St. Paul, Minnesota is fast becoming the sports capitol of the Midwest.

It is the city where this year's International Special Olympics Games were held

and is the city where the Super Bowl takes place in January.

And it is now the first city to host the

Drug Free World Masters Powerlifting Championships.

Lifters could not have asked for a better venue in which to compete. An ample warm up area and pleasant surroundings were all provided by the North West Racquet, Swim, and Health Club.

But the only thing that concerned the lifters for the two day event was the challenge that faced them on the elevated platform. The challenge of the heavy iron, the only obstacle on the way to a world championship.

The women started off the first day of lifting.

The distinction of being the first competitor to win a drug free world championships goes to Sandy Brady who earned her title in the 116 pound division, 40-44 age group with a 766 pound total that included a 292 pound squat, a 143.2 bench, and a 330.5 deadlift.

Gariel Keeble (122; 40-44) won her division with a 677.7 total while Joann Reif (129; 40-44) easily handled a 595 total to claim her title.

Rounding out the age division were Bernice Gill (176) and Cyndi Regan (176+). Bernice cranked out a squat, bench, and dead of 270, 132.2, and 314 respectively to total 716.2 while Cyndi's three lifts were 407.7, 259, and 402.2 for a 1069 total.

Marie Cherbonnel (104; 45-49) finished with 606.2 pounds to become the first drug free world champion from France. In the same age division Sue Rasor out lifted Marie Francois for first in the 111's. Sue totaled 699.7 pounds to Marie's 567.5 to earn the win.

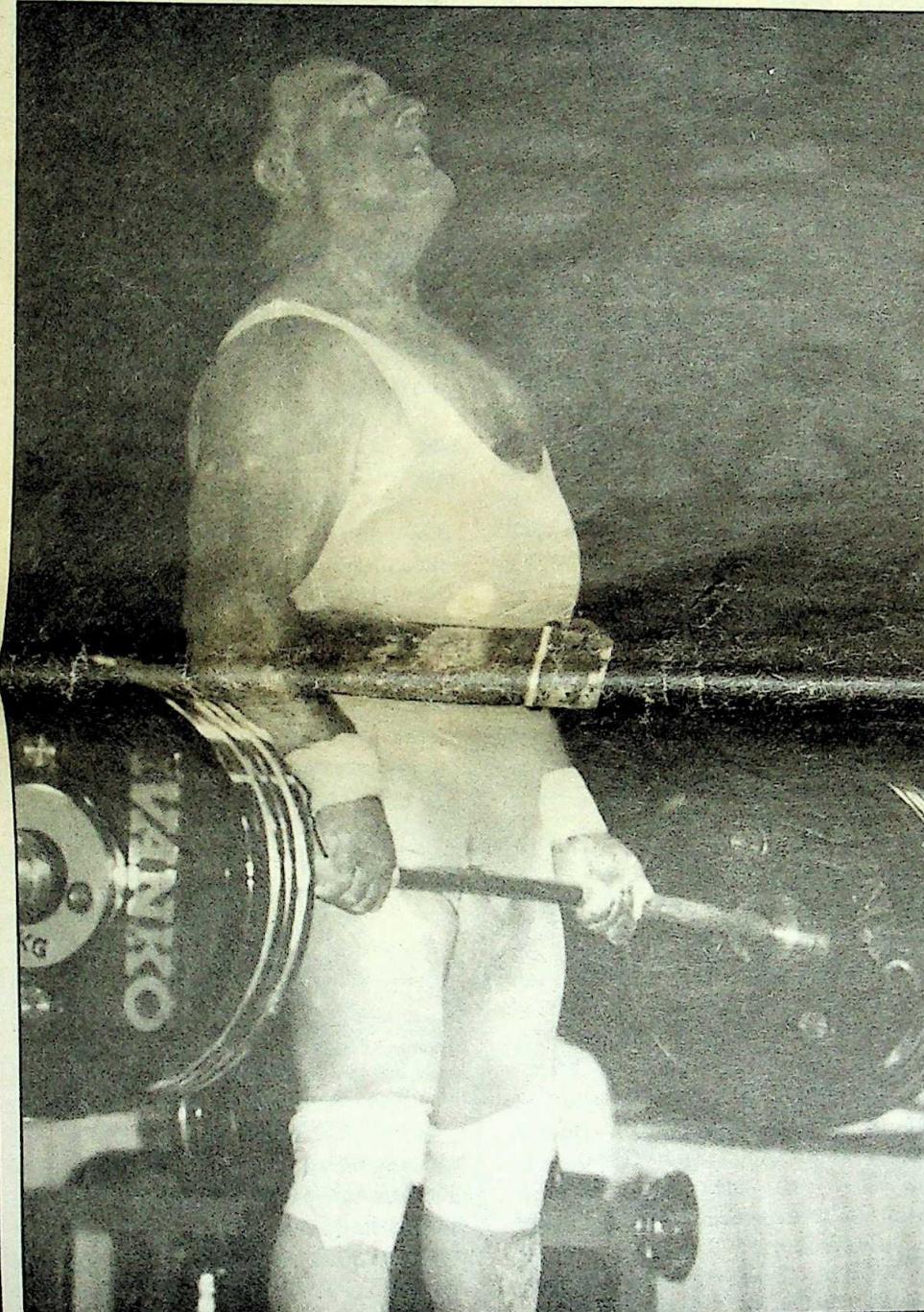
England's first drug free world champion was Pat Smith (129; 45-59) whose combined lifts totaled 584 pounds. Pat's total included a squat, bench, and dead of 253.5, 132.2, and 292.2 pounds.

Judy Gedney (104; 50-54) added to her impressive array of lifting titles with a championship total of 680 pounds. Barbara Falconio (122; 50-54) had a world total of 644.7 pounds while Maryse Trichot (129; 50-54) gave the French another title by totaling 556.5.

Completing the lifting for the women were Norma Decker (139; 60+) and Phyllis Larkin (154; 60+). Norma totaled 573 pounds while Phyllis celebrated her 76th birthday with a world championship total of 473.7 pounds.

England's Alan Gutteridge (132; 40-44) inaugurated the lifting for the men by

Please see MASTER'S, page 2



Jim West is the Irish member of the British Powerlifting Team. Jim (220; 45-49) squatted 551, benched 336, and deadlifted 606.2 for a 1,515.5 pound total to defeat Knud Hansen (USA) for the world title.

Al Siegle takes over reins of ADFPA

By GARY MORRISON

The ADFPA elections that took place in St. Louis on June 21 is a case of out with the old, in with the old.

Even though long time president Brother Bennet and vice president Bob Gaynor were not re-elected two other familiar faces were voted in to take their place.

Al Siegel, an active ADFPA member for many years, was elected to the office of president while Dennis Brady, ADFPA president from 1987 to 1988, was elected vice president. John Petroff ran unopposed for secretary/treasurer.

President Siegel began his duties almost immediately. Two weeks after the election he attended the Teen Nationals in Indiana and in June transitioned the ADFPA

office from Baton Rouge, LA to Clearfield, Pa.

"I feel that the ADFPA has grown in size and is a business and requires the management of a business," Siegel says. My business background includes a Bachelor of Business Administration degree from CCNY and 20 years of managerial experience in the manufacturing field."

Al has a long history with the ADFPA. In 1983 in Allentown, PA he was elected to the ADFPA's Executive Board and his Central Pennsylvania Open remains as one of the longest running ADFPA meets in the organization's history.

He and his wife co-direct three meets a year and, prior to his election, assisted meet

Please see WDFPF, page 2

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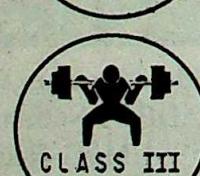
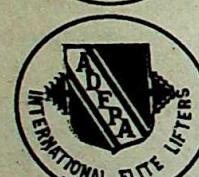
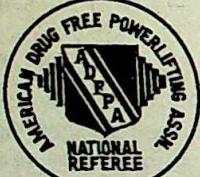
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MASTER'S

continued from page 1

totaling 1,190.2 pounds. The 148; 40-44's were won by Jeff Jacobs who totaled 1,223.5 while Daniel Delaporte from France combined his lifts to total 1,162.7 for second place.

The 45-49 year old division began with Bob Schlegel winning the 114's with a total of 881.7 pounds. Jerry Ringi needed only 931.5 pounds to win the 132's while Fred Glass (132; 50-54) cranked out 865.2 pounds to win his class.

In the 148; 50-54's Mike Lawson put together lifts of 501.5, 225.7, and 462.7 in the squat, bench, and dead to total 1,190.2. Michael Ledroit from France placed second with 865.2 pounds while Ivan Zwick, battling leg injuries, put together a 385.7 for third that included a 275.5 pound bench.

The 60 plus division witnessed Vincenzo Tidona (132) from France win his division with an 887.2 pound total. Richard Nolan placed second with a total of 633.7.

The final men to claim world titles during the first day were Dick Giller and Marshall Derek (ENG). Lifting in the 148's over 60 Dick's lifts added up to 1,036 for first while Derek's lifts totaled 936.7 for second.

Sunday's lifting began with Melvin Waldrop (165; 40-44) winning a world title with a 1,350.2 total. The 181's were easily handled by England's Ray Jone's who posted a 1,234.5 total while the 198's were won by Canadian representative Peter Perry who totaled 1,532 pounds. Jim Milligan was less than 50 pounds behind Perry with a 1,487.7. Louis Clauss from France lifted 1,289.5 to win the 220's.

Continuing in the age division the 242's were one of the most hotly contested weight classes of the day.

Lanny Shepard, Pierre Couteau (FRA), and Ian Tudor (ENG) were all within 11 pounds of each other after the bench and

squat. The deadlift decided it all for the division when Lanny pulled 655.7 pounds to 606.2 for Pierre and 573 for Ian.

After the deadlift Lanny was crowned the winner with a 1,631.2 total while Pierre and Ian totaled 1,592.7 and 1,548.5 pounds respectively.

The 40-44's were finished after Larry Garro (275) won by posting a 1,763.5 total and Paul Wren, lifting in the new 319 pound weight class, who totaled 1,763.5.

Clyde Donald (165; 45-49) won his division with a 1,234.5 pound total while Rene Double (FRA) placed second with a 1,157.2.

Walter Thomas had an easy time in the 181's winning by more than a 200 pound margin over Richard Glumac and Ali Fouchacour (FRA). Walter totaled 1,669.7 while Richard finished with 1,449.5 and Ali ended with 1,377.7.

The 198's was division which developed into a deadlift war between Derek Ambler (Eng), John Braun (CAN), and Joe Pyra. At stake was a world deadlift record which was ultimately captured by John who pulled 584 pounds to place second with a 1,455 total.

Derek pulled 573 to win the division with a 1,471 total while Joe pulled 551 for third to total 1,405.

Ireland's John West won the 220's with a 1,515.5 to defeat Knud Hansen who totaled 1,471.5. In the 242's Gene Roberson posted the highest total of the meet, 1,763.5; a squat, bench, and deadlift of 705.2, 336, and 722 to defeat Ray Toher of England who totaled 1,173.7.

In the 319's Mike Richardson set open and world records by totaling 1,339.2 pounds.

The 165; 50-54's began on Sunday with Victor Debuission (FRA) winning over Richard Flores and Dave Briggs (ENG). Debuission totaled 1,267.5 while Richard totaled 1,218, and David finished with 1,096.7.

The 181's saw Hayward Gregg totaled

1,251 to defeat Keith Murdie (ENG) who finished with 1,102.2. Bob Strang (198) overcame stomach problems while deadlifting to post a three lift total of 1,339.2. That placed him ahead of Eric West (ENG) who finished with 1,102.2.

Robert Rood (220) battled Mike Spall and came out ahead by finishing with 1,455 pounds. Mike totaled 1,168.2 for second. Bill Beckwith's three lifts were a 556.5 squat, a 374.7 bench, and a 551 deadlift to total 1,482.5.

In the 275's Frank Dias totaled 1,493.5 while ADFPA President Al Siegel's three lifts added up to 1,339.2.

The 55-59's saw Andrew McElroy (165) win with a total of 1,025 while Tom Trevorah defeated Geoff Hirst (ENG) by totaling 1,245.5. Geoff finished with 1,096.7. In the 198's Pete Hudson (ENG) lifted 1,289.5 to outlift Bernard Lemoine (FRA) who totaled 1,256.5.

In the 220's Roy Bennett won with 1,284 pounds while Ned Cramér (242) and Lou Corulli won with totals of 1,289.5 and 1,207 respectively.

Ed Hamblin (165) posted the highest total of the 60 plus division when he totaled 1,212.5 to win his world title. David Ginenthal won the 181's by lifting 1,025 pounds while John Fulton (ENG) took his division with 859.7 pounds.

An interesting battle developed between Ray Leonard and Al Bunescu in the 242's. Al led after the squat but Ray took over after the squat and bench. In the end, Ray won by totaling 1,052.5 pounds to 964.5 for Al.

The final competitor to be awarded a world championship trophy was Donald Stratton in the 275's. Don has two hip implants, raising the question as to if he has a pair of hydraulic lifts. He posted an impressive 749.5 pounds to earn his title.

Due to the printing deadline for this issue of PLT the results posted on page 23 do show forth attempts to improve on world records set by the lifters. Those world records will be published in the October issue.

5920 N Ridge, Chicago, IL 60660. (312) 561-9692.

John Petroff has served as the ADFPA's secretary/treasurer since 1987. Also a meet director, John has hosted a number of ADFPA meets including the Masters' Nationals in 1989, the 1991 Bench Press Nationals, and 1991 Men's Nationals.

His duties include taking minutes at National and/or Executive Committee meetings and handling the funds of the ADFPA.

"In respect to just handling funds," says Petroff, "I have redefined the job description to much more than what is listed in the by-laws."

"The ADFPA now has a set of working books and monthly profit and loss statements are sent to the National Office for distribution to committee members."

It is John's hope that in the year 2,000 the dividends from investments will be used to expand the services the ADFPA can offer lifters. His immediate goals are to enhance bookkeeping methods and work to increase ADFPA membership.

John can be contacted at 13267 Windygate Lane, St. Louis, MO 63146. (314) 434-5818.



Secretary/Treasurer John Petroff, President Al Siegel, and Vice President Dennis Brady will guide the ADFPA over the next two years.

tended the very first ADFPA National Championships in Boston, MA. And as a meet director he has run nothing but ADFPA meets since 1984, a total that approaches 40 contests.

Between 1987 and 1989 Dennis was the organization's president. It was during that tenure that the ADFPA became a part of world competition with the birth of the World Drug Free Powerlifting Federation.

"My philosophy has always been," he says, "is to give the lifter the best possible meet in terms of refereeing, competition, equipment, and unique awards."

Dennis's duties as vice president include overseeing the sale of official ADFPA sportswear. His address is B & W Gym,

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August, 1991

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Best in the nation compete in the 1991 Men's Nationals

By GARY MORRISON

After pulling a muscle while attempting an 837.7 pound squat, 242 pound national champion Bull Stewart's mind was not on setting new powerlifting records.

Bull's opening lift in the Men's ADFPA Nationals was a 799.2 pound squat that he handled with ease. His next attempt is what caused him a problem.

The bar didn't appear to be positioned properly on his shoulders. When he descended he had to shift his weight to control the lift and that caused him to pull a muscle in his right thigh.

He was still icing his leg after posting a 485 pound bench.

Going into the deadlift he had a 133 pound lead over his next competitor Raoul Donati. But going into the deadlift was also the uncertainty of just how he would do.

"My only concern is to win," said Stewart in the warmup room as he continued to ice his leg. "I don't care about setting any records or personal best lifts."

"I have won this championship a number of times before, I have too much pride to not win it again."

Like the veteran lifter he is he knew just what he had to do to win. He changed his opening attempt from 782 to 628.3. And when he stepped on the platform, like the champion lifter that he is, Bull ignored the throbbing pain in his thigh and all but stiffened his opening deadlift of the meet to win the championship.

Bull finished the competition with a 1,912.5 pound total. He was followed by Donati who totaled 1,857.4 and Chris McKinstry who finished with 1,813.3 pounds.

The lifting for the two day competition began in the 114's with Doan Nguyen winning total of 1,107.8. Nguyen outlifted second place finisher Henry Garcia (1,083.3) by 27.5 pounds.

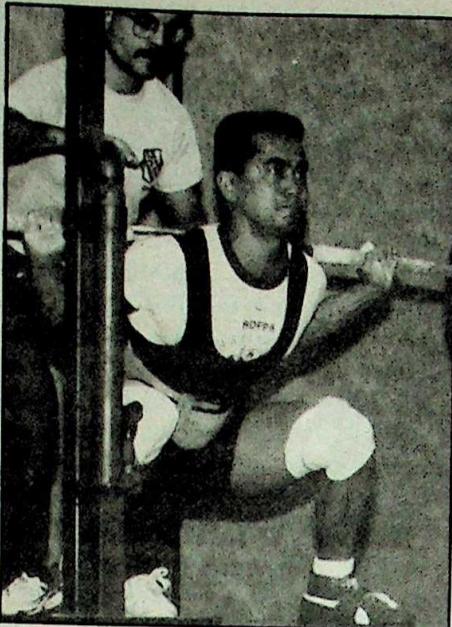
Henry missed his last deadlift of 457.5 pounds. Had he made the lift, Garcia would have totaled 10 more pounds than Nguyen.

David Ramsey won the 123's with a 1,168.4 total, 50 pounds more than Freddie Higgins who finished with 1,118.8 pounds.

Going into the deadlift the distance between the two lifters was a mere 16.5 pounds. Higgins completed his first deadlift of 407.9 pounds, missed his second and passed on his third while Ramsey completed a 424.4, missed a 435.4, and finished with a 440.9 pull to win his title.

Only 66 pounds separated the top 132 pound lifters; Todd Suttles, Herbert Blake, and William Payne after the squat and bench. Suttles, however, completed all three of his deadlifts to win with a 1,372 total.

Blake and Payne totaled 1,300.7 and 1,273.2 respectively while James Benemer-



Doan Nguyen (114) finished with a 418.9 pound squat to win his division.

ito totaled 1,245.6 for fourth.

In the 148's the spread between first and third place after all the lifting was complete was only 11 pounds.

Damin Fronzaglia totaled 1,410.9 pounds to beat Eric Kupperstein (1,405.4), and Randall Kea (1,399.9). In all, after the first two lifts there were five lifters within 29 pounds of each other.

Fronzaglia held a 66 pound lead over Kupperstein after the squat and bench but was 11 pounds behind Kea. He pulled a 523.6 deadlift while Kupperstein pulled 573.2 and milled 529. Kea pulled 501.5 and missed 529.1.

The 165's saw David Ricks total 1,741.6 to outlift Martin Beaver and Terrance Brady who totaled 1,659 and 1,482.5 for second and third place respectively.

Gregory Jones totaled 1,714.1 in the 181's to defeat Doug Parish by 11 pounds. After the squat and bench Jones held an 11 point lead and both lifters matched the other in the deadlift.

Robert Wagner missed an invitation to the World Championships by 16 pounds. The 198 pound national champion completed a 672.4 deadlift but missed 688.9. He still finished, however, with a very impressive 1,857.4 total; 50 pounds ahead of Steve Scialpi.

"I had the lift but lost my grip," said Wagner. "But I know now that I can pull the weight."

"I may have overtrained for this contest," he added. "I will probably not compete or compete very little until the Lifetime Naturals. By then I plan to go into the contest very close to contest weight instead of five pounds under like I was for this contest."

Wagner also posted a 782.6 squat and 402.3 bench. Ed Riley finished third with a 1,736.1 total.

The 220's were won by Chris Siapan-



Greg Jones (181) yanked 661.4 pounds off the floor to win his division with a 1,714.1 total.

dis who finished with a 1,851.9. He defeated Sean Cain by only 55 pounds.

The duel between those lifters was not settled until the completion of the deadlift. Chris pulled 677.9 but missed 749.6 on his next two attempts. Sean pulled 677.9 and then 711 but missed a 771.6 that would have given him the title.

The 275's was another close weight class. Bruce Gjermo totaled 2,055.8 to outlift Eric Arnold (2,039.8) by 16 pounds while Kenneth Tompson and Bartholomew Shuman finished third and fourth respectively each with a 1,884.9 total.

Closing out the lifting, Robert Dempsey won the superheavies with a 2,061.3 total while Dan McCain placed second with a 1,907.

Editor's note:

A bit of change has taken place within the ADFPA in the last two months. As reported in PLT, Al Siegle and Dennis Brady are the new president and vice president of the organization. John Petroff has been re-elected to the office secretary/treasurer.

All three men are dedicated to the success of the organization and, without a doubt, we should see the organization prosper under their leadership.

Congratulations Al, Dennis, and John.

A big 'thank you' also goes out to Brother Bennet and Bob Gaynor for bringing the ADFPA to the point where it is today; the largest powerlifting organization in the United States.

Both men's leadership is greatly appreciated. It is fortunate that both men will continue to remain a part of the ADFPA through their membership on the Executive Board and support and promotion of powerlifting meets.

The past two months have been extremely busy in that three national level and one world level contest have taken place.

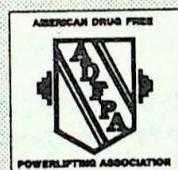
Each of these contests; High School Nationals, Men's Nationals, Teen Nationals, and Drug Free World Masters, is testimony to the quality of lifting available to ADFPA lifters on a national and world basis. Numerous state and local contests, equally of high quality, are the stepping stones to competing at those levels.

In my spare time (whatever that is) I update the top lifts for women, teen, open, and masters. It gives me the opportunity to marvel at the quality of lifting that takes place nation wide as

Please see EDITOR, page 10

1991 A.D.F.P.A. HIGH SCHOOL NATIONALS

St. Louis, Missouri



Friday, April 10th, 1:00 p.m.

(National Committee Meeting)

Saturday, April 11th: Lifting

Sunday, April 12th: Lifting

Awards:

1st thru 5th in each weight class

Two sessions per day

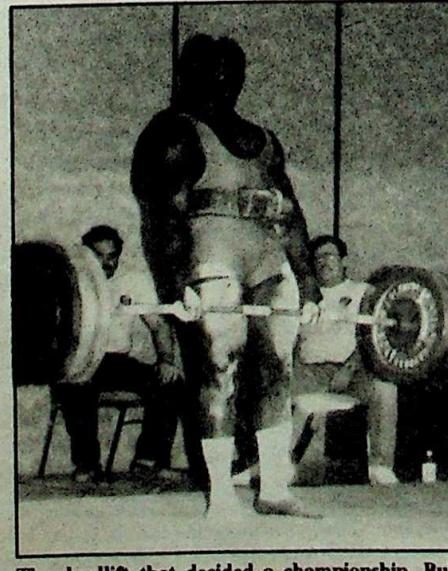
Best lifter trophies for each session

For additional information contact:

John T. Petroff
13267 Windygate Ln.
St. Louis, MO 63146
(314) 434-5818



Showing nothing but concentration Todd Suttles (132) easily handled his opening 457.5 squat. He finished with a 507.1.



The deadlift that decided a championship. Bull Stewart hauls 628.3 pounds off the floor to win the 242's.

High School Nationals

By SPERO TSHONTIKIDIS

"Awesome, powerful, spectacular, extraordinary, exhilarating."

Those were but a handful of the comments made over the Memorial Day weekend about the 1991 Men's and Women's ADFPA High School National Powerlifting Championships.

In the Freshman Division Chris Rice of Aberdeen High School won the 114 pound class while Dwight Hearn of Glen Mills Schools captured the 123's, setting a national deadlift record with a 185 kilo lift.

Port Charlotte High School's Eric Burke (132) and Attleboro High School's George Baptiste (148) both won their classes with Eric setting a Florida State 155 kilo deadlift. Hakem Williams of Glen Mills dominated the middleweights, registering a 487.5 kilo total in the 165's.

Rendell Rowe of Aberdeen High School finished with a 442.5 kilo total to win the 181's and Fort Pierce Central High School's P.J. McCarthy registered a totaled 540 kilos to claim a victory in the 198 pound class.

Glen Mills Schools, led by Dwight Hearn, Hakem Williams, and Jason Phipps, won the freshman men's team title and Carlos Sinclair of Bradwell Institute was

the outstanding freshman lifter of the meet.

Lifting in the Sophomore Division began when Attleboro High School's Don D'Agostino captured the 132 pound class with a 357.5 kilo total.

Dwayne Anderson of Glen Mills set a 192.5 kilo national squat record in route to his victory in the 148's. Teammates Tim Smith (165) and Clifton Mitchell (181) also won their classes with Tim setting a national bench record (145 kilos) and Clifton setting national records in the squat (215 kilos) and deadlift (230 kilos).

Jason Golec of Orange Glen High School won the 198's with a 535 kilo total and Robert Deaver of Glen Mills dominated the 220's setting four national records and finishing with a 617.5 kilo total.

Fort Pierce Central High School's Chris Forte won the 275's with a 587.5 kilo total and Percy Gillispie of Aberdeen High School set four national records to win the superheavyweight division.

Glen Mill, led by Dwayne Anderson, Tindee Smith, Tim Smith, Clifton Mitchell, Jason Willis, Robert Deaver, and Henry Allen won the sophomore men's team title. Attleboro High School won the freshman/sophomore mixed team title and Dwayne

Anderson of Glen Mills was the outstanding sophomore lifter.

In the Junior Division Glen Thomas of Glen Mills won the 114's with a 327.5 kilo total while teammate James Carter captured the 123's, setting national records in the squat (195 kilos) and deadlift (190 kilos).

Don Whittaker of The New Challenge School of Charlotte County won the 132's by totaling 375 kilos and Bradwell Institute's Tyrone Dudley finished with a 517.5 kilo total to win the 148's. Paul Warchol of Attleboro won the 165's (542.5 kilos) while Lavale Goldsmith of Glen Mills set a national bench record (140 kilos) and finished with a 597.5 kilo total to win the 181's.

Jerry Lee, also of Glen Mills, edged out Hill-McCoy's Nick Lazar by five kilos to win the 198's while Chichester High's Mike Jackson won the 220's with a 655 kilo total. Danny Evans (242) of Bradwell Institute and Lamont Garmon (275) of Glen Mills both won their divisions and super-heavyweight Damon Wesley from Glen Mills completed the Junior Division lifting by winning his class with a 622.5 kilo total.

Glen Mills, led by Quincy Thomas, James Carter, Leo Evans, Lavale Goldsmith, Derrick Stevenson, Jerry Lee, Lamont Garmon, and Dameon Wesley won the junior men's team title. The outstanding junior lifter was James Carter.

The Senior Division saw Chad Cartier of Hill-McCoy set a national bench press record (110 kilos) to win the 123's with a 327.5 kilo total.

Attleboro's Dennis Correia won the 132's setting national records in both the deadlift (195 kilos) and total (435 kilos). Teammate Leonard Monson finished with a 440 kilo total to win the 148's and Attleboro's Danny McAvoy (165) continued the streak with a national record in the bench.

Hill-McCoy's Corey Lake took the 181's with a 632.5 kilo total as well as a 240 kilo national record in the squat. Chris Green of Glen Mills won the 198's with a 592.5 kilo total and teammate Larry Winder won the 220 pound class with a 272.5 kilo national record in the deadlift and a 680 kilo total.

Bradwell Institute's Hughie Hunt and Elvis Dudley respectively won the 242's and 275's with Elvis totaling 675 kilos. In the superheavyweights, Derek Vander Merwe of Hill-McCoy finished the lifting with a 657.5 kilo total.

The senior men's title was won by Attleboro's Dennis Correia, Kevin McCann, Leonard Monson, Rob Daneav, Danny McAvoy, Jason Cameron, James Moffat, Jason Lawton, David Culhane, Bill Collins, and Mark Legere. Port Charlotte won the junior/senior mixed team with Fort Pierce

Central finishing second.

The ladies will be remembered for their outstanding lifting in this meet.

Twenty five high school national records were set over the course of the weekend by the 10 female lifters who participated in the contest.

Victoria Manosh of Attleboro won the 97 pound division setting a 97.5 kilo national deadlift record in the process. Fort Pierce Central's Sonja Bott set four national records in winning the 111's while Port Charlotte junior Erica McCarthy won the 116's by totaling 220 kilos.

Lisa Davis of The New Challenge School set two national records in her win of the 122's while teammates Christy Frye (four national records) and Jennifer Perrotta won their respective divisions in the 139's.

Dawn Vasques, also of New Challenge, posted a 115 kilo national deadlift record to win the 154's while Attleboro's Sharon Mackinnon set four national records to win the 176's.

Stacy Severson and Tava Ginaitt, both from The New Challenge School, not only won their respective divisions in the 176+ division but also set four national records each as well.

Sharon Mackinnon of Attleboro was the meet's outstanding female lifter with an awesome 425 kilo total in the 176 pound division.

Port Charlotte High School proved to be an outstanding meet site. And thanks to Dick Rambo, Matt Carter, and lifters from both the New Challenge School and Port Charlotte High School; the meet's physical layout was quite spectacular.

In addition to the physical layout, the contest staff did an outstanding job running four sessions in two days so that the country's top high school lifters could compete for a national title. Marge Yarger was sensational, announcing all four sessions with the assistance of her husband Dick, scoring all four sessions, and keeping track of the numerous records that were set.

Brother Bennet, Tom Trevorah, Ellen Trevorah (congratulations on becoming an ADFPA National Official), Richard Vailancourt, Steve Soukup, Curtis Beck, Perry Liles, and Denis Ference did a truly professional job of officiating.

The 'outstanding lifters' of the day were, without a doubt, the meet's spotters and loaders; Don Marlett, Elijah Creary, Nate Billmaier, and Patrice Morgan. Finally, Bob Bolster did an excellent job as platform manager, keeping the meet moving at an incredible pace.

Siegel Engraving Company provided the awesome 'made in the USA' awards and contest shirts, which added the finishing touch to a remarkable weekend of lifting.

ADFPA Classification Charts

Men's Classification Chart

Class	114	123	132	148	165	181	198	220	242	275	SHW
International Elite	1031	1119	1202	1345	1466	1582	1675	1758	1824	1874	1951
Elite	948	1025	1102	1229	1345	1450	1532	1615	1675	1714	1791
Master	860	931	1003	1119	1224	1317	1394	1466	1521	1560	1626
Class I	772	838	904	1009	1102	1185	1257	1317	1387	1405	1466
Class II	689	744	805	883	981	1053	1113	1174	1218	1248	1301
Class III	601	650	700	783	854	920	996	1025	1084	1091	1141
Class IV	518	557	601	672	733	788	838	882	915	937	996

Women's Classification Chart

Class	97	104	111	116	122	129	139	154	176	176+
International Elite	694	739	783	805	838	882	931	1020	1124	1257
Elite	639	678	717	739	772	805	854	931	1031	1152
Master	579	617	650	672	700	733	777	849	937	1047
Class I	518	557	584	606	628	661	700	768	843	942
Class II	463	496	518	540	562	584	623	678	750	838
Class III	402	430	457	488	491	513	548	595	658	733
Class IV	347	369	391	402	419	441	468	507	562	628

ADFPA NATIONAL QUALIFYING TOTALS

Men's Contests

Open Nationals	114	123	132	148	165	181	198	220	242	275	SHW
Teenage 14-16	845	955	1070	1275	1400	1500	1575	1625	1665	1700	1760
Teenage 17-19	620	720	785	875	925	975	1000	1045	1070	1095	1120
Collegiates	695	790	900	1045	1095	1165	1240	1290	1315	1330	1350
	665	770	900	1065	1190	1245	1340	1355	1365	1375	1385

Women's Contests

Open Nationals	97	104	111	116	122	129	139	154	176	176+
Collegiates	496	535	562	617	639	694	739	766	777	878
	415	445	465	485	505	525	560	610	675	755

*No qualifying totals for Masters Nationals or Women's Teenage Nationals.

**All totals must be done in a sanctioned ADFPA competition.

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Video of power meet high in production values

By GARY MORRISON

If I didn't know better I would have bet that I was watching

Travel tips for powerlifters

By BETH BULEBOSH

Once a lifter decides which meet to enter and how to train for it, the next problem is travel; how to get there and back and not detract from the main purpose of the trip.

Three problems that bedevil lifters are keeping down lodging expenses, fear of car trouble, and how to eat on a budget without resorting to a steady diet of fast food.

After the decision is made to enter a meet, contact travel bureaus for the states you will be traveling through. Many have their own tourist information centers and will send you information on the area along with free maps.

One way to find reasonable lodging is to investigate motels listed in your meet information packet, some may offer a discount to lifters. If none do, ask if they give discounts to members of any professional or service organizations or auto clubs that you may belong to.

If the meet is in a tourist area, look for a motel a few miles out of town. In Ocean City, MD a motel on the boardwalk can run \$150 a night while motels off the boardwalk can cost less than \$100 a night.

Budget motels provide clean, affordable lodging without a luxurious atmosphere. Some also offer swimming pools and cable TV. These places are a good alternative for lifters who don't want a lot of frills.

Staying with family or friends is an alternative to motels; don't, however, arrive unannounced. Your hosts may come to the meet to cheer you on and find themselves bitten by the iron bug.

The lucky lifter lives close enough to drive to the meet the morning of the event. If the weigh-ins are late enough, the lifter can drive to the meet even if it is a three hour drive. For the lifter whose budget is as tight as his squat suit, his only option may be driving to the meet the morning of the contest. If weigh-ins begin at 8:00 a.m. a lifter may have to leave at 5:00 a.m. for the show.

Just as a lifter needs to prepare for a meet, his or her car needs preparation too. This is best done with a monthly under the hood check-up and a going over by a good mechanic before the meet.

The monthly check-up can be done in a short amount of time. The first step is to check the radiator and see if the water is low. Make sure the engine is cool. If the water looks rusty or has a lot of deposits floating in it, it may need to be flushed. If the hoses around the radiator are leaking, cracked, bulging, or squishy then they should be replaced.

Check all of the hoses for leaks. And if any feel hard and brittle or soft and squishy, the offenders should be replaced.

Check the fan belt to see if it is cracked or frayed on the inside or outside. Also, see if it is glazed and shiny on the inside; any of these conditions mean the belt should be replaced.

With the engine cold, pull out your oil dipstick, wipe it off on a clean rag, and put the dipstick back. Now pull it out and read the oil level. If the reading falls below the full level then add oil to the proper level.

To check the transmission fluid on cars with automatic drive, let the engine run with the car in park. When the engine gets warm, pull out the transmission dipstick, clean it off, reinsert it, and then pull it out to read the level. If necessary, add fluid.

You can check brake fluid by opening the master cylinder. If the fluid doesn't come up to about a half an inch from the cap



Chris 'the Greek' Siapandis heads on up with 760.6 pounds on his shoulders to win the 220's at the Men's Nationals.

then your car needs brake fluid. Be careful not to get brake fluid on painted surfaces because it eats paint.

Don't forget to check your tire pressure. For this you need a pressure gauge which is available at an auto parts store. Check the car's owner's manual for the required amount of tire pressure.

Read the pressure for all of your tires and if they need air, do so at a service station before you begin your trip.

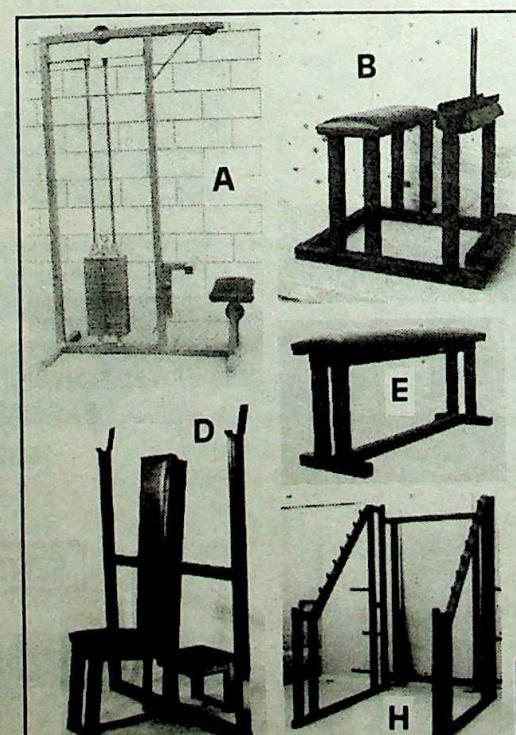
These simple checks take only a little bit of your time but they provide a lot of peace of mind.

If your car hasn't been tuned recently, that may also be a good idea because it can save wear and tear on your engine as well as save on fuel.

Speaking of fuel, your body needs some too. Avoid fast food restaurants if you are watching your weight because fast food tends to be fat food. Instead, pack bottle of fruit juice, fruit, and vegetables to snack on when the munchies strike.

Keep in mind that motel restaurants can also be expensive, especially if you are on a budget. Try going out of the tourist area and sample the small family or ethnic restaurants that may be near by.

Taking care of those little details before traveling to a meet eliminates them from becoming big problems on the day of the meet. The contest then becomes one you want to remember rather than one you want to forget.



Powerlifting Today presents: 1990 ADFPA - Women's Top 20 Master's Top 10 & Teenage Top 10

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ORDERS SENT FREIGHT COLLECT

Steroid use linked to coronary heart disease

By MIKE CHOUINARD

Concern, expressed recently in bodybuilding literature, over the increased risk associated with synthetic androgens is not surprising in view of long-standing evidence of steroid hormone control over serum cholesterol and lipoprotein.

However worthy the intent, some of the current literature on this subject is incomplete and misleading and certainly merits clarification here. This article is not directed exclusively to the drug user but rather anyone who is interested in heart disease and its prevention.

Most of us are aware that cholesterol is the precursor steroid or starting material for all native steroid hormones in higher vertebrates. It is essential to the survival of all cells in our bodies and it is manufactured within our bodies as well as absorbed through diet. Therefore, in essential amounts, it is not the horrible substance that the general population believes it to be.

I often use that argument with my wife (an overzealous health-food nut) when she's trying to rid me of that freshly barbecued protosaurus burger.

Cholesterol has a strong potential to accumulate in individuals that have sedentary lifestyles or in people with genetic disorders in lipid metabolism. Cholesterol metabolism is unique because the cholesterol molecule is structurally distinct from all other lipids such as triglycerides or fats.

This structural aspect of cholesterol prevents its metabolism as an energy source.

Cholesterol is converted to various substances in specific tissues, such as testosterone and estradiol in the gonads, cortisol and aldosterone in the adrenal, or progesterone in the corpus luteum. However, cholesterol is metabolized in large amounts only in the liver, converted mostly to bile acid.

Most of the cholesterol in mammals resides in cell membranes and in the blood, however, only specific fractions of blood cholesterol are a risk factor in coronary heart disease. Lipoproteins such as high density lipoprotein (HDL), low density lipoprotein (LDL) and very low density lipoprotein (VLDL) transport cholesterol and other lipids to various tissues through blood.

Protein components of lipoproteins, called apolipoproteins, have receptor counterparts which are essential for most of the uptake and metabolism of cholesterol in the form of LDL, VLDL, and HDL. These receptors are embedded in cell membranes and act as a selective passageway for entry of lipoprotein-cholesterol into most cells.

Several different conditions leading to heart disease can arise from abnormal function or abnormal amounts of lipoprotein, lipoprotein receptor, or any of the enzymes involved in the metabolism of lipoprotein or cholesterol.

Coronary heart disease (atherosclerosis) begins with one or more of the previously mentioned conditions, leading to the accumulation of lipid deposits in cells lining arteries. These lipid deposits are rich in cholesterol transported by LDL.

As cells beneath the lining of arteries accumulate more cholesterol, plaques, made of cholesterol, triglyceride and protein are formed, which eventually cause cell death and produce lesions in the arterial wall. This lesion formation results in local inflammation and aggregation of platelets that release and activate clotting agents.

Plaque formation is further enhanced by the formation of foam cells which are white blood cells that have acquired tremendous amounts of LDL, VLDL, and modified VLDL cholesterol. Foam cell death, caused by modified VLDL uptake, results in greater lesion progression due to the local release of cholesterol and cholesterol ester into the blood, at the site of the lesion.

Plaque formation can be chemically reversed by drugs or corrected by special invasive techniques at early stages. Unfortunately, individuals at risk are not usually aware of a problem until the onset of heart failure.

The calcification of lesions is the 'point of no return' in atherosclerosis. Calcium solidifies or harden the network of cholesterol, triglyceride and clot-forming protein, creating an inflexible mass that attracts further aggregation of platelets. The ultimate event in coronary heart disease, myocardial infarction, results upon critical occlusion of the blood vessel by a thrombus (clot) or calcified plaque.

Myocardial infarction is heart damage caused by oxygen deprivation, due to blockage of blood circulation to the heart. This blockage of arterial circulation, caused by a plaque or thrombus, often results in total heart failure.

One major defense against atherosclerosis is the lipoprotein HDL. HDL is composed of antithrombotic apolipoproteins and is involved in the transport of serum cholesterol back to the liver for metabolism

to bile acid and excretion.

HDL is labeled as 'good' cholesterol because the arterial wall cells do not significantly take up HDL-cholesterol whereas these same cells readily accumulate VLDL- and LDL-cholesterol.

Studies on the effects of specific types of athletic training on serum lipid and lipoprotein levels have led to controversial and often contradictory conclusions over the benefits derived from powerlifting, bodybuilding, and aerobic training.

One study, documented in the *The Journal of the American Medical Association* and conducted by Lin Goldberg et al., 1984, showed dramatic improvement in serum cholesterol and lipoprotein profile in previously sedentary individuals.

A moderate strength training program consisting of three sets of 3-8 repetitions of basic exercises for a maximum of three hours per week produced a tremendously favorable 16% reduction in LDL-cholesterol, a 15% increase in HDL-cholesterol, and a 7% decrease in total cholesterol with a drop in the ratio of LDL-cholesterol to HDL-cholesterol (LDL-C/HDL-C) of al-

most 30%. Another study conducted by Ben Hurley et al., 1984, showed that cholesterol levels in a group of powerlifters were not any better than those found in a group of sedentary controls. Bodybuilders and runners had much more favorable levels than both controls and powerlifters, yet, all of the participants in the study had similar body fat levels.

This same study went on to document the effects of androgenic steroid use on the serum cholesterol profile in bodybuilders and powerlifters.

The effects of oxandrolone (Anavar), methenolone acetate (Primobolan), oxymetholone (Androl), methandrostenolone (Dianabol), stanozolol (Winstrol), nondrolone decanoate (Deca Durabolin), testosterone cypionate (Depo-testosterone), and testosterone were all evaluated in volunteers, either individually or in combination, by self administration.

Androgen administration caused an unfavorable rise in total plasma cholesterol of 25%, a decrease in HDL-fraction-2-cholesterol by 55%, and an increase in the LDL-

Please see STEROIDS, page 11

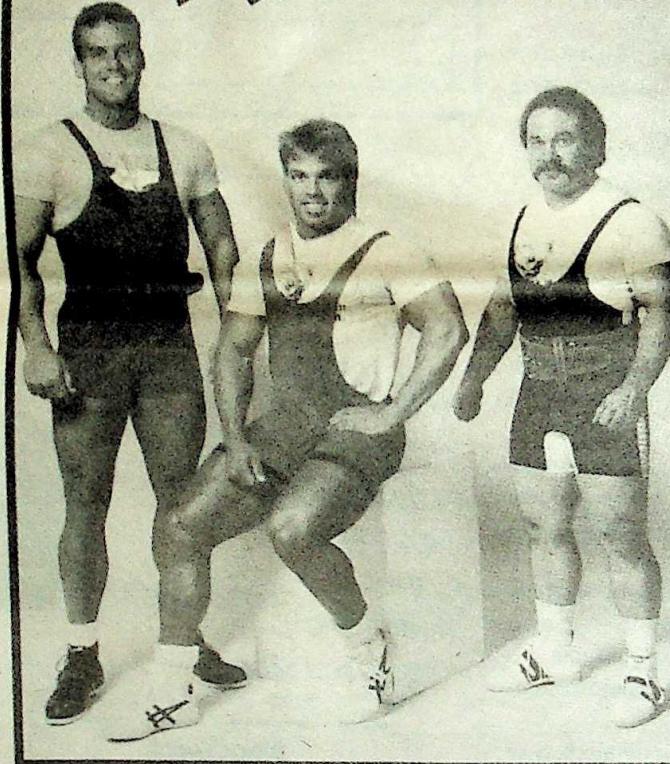
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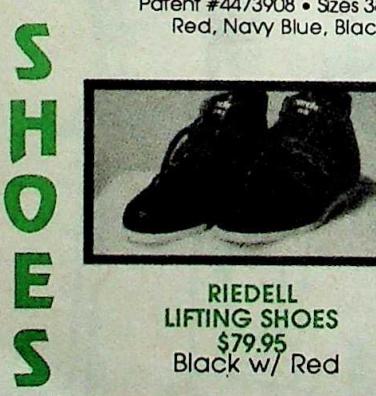
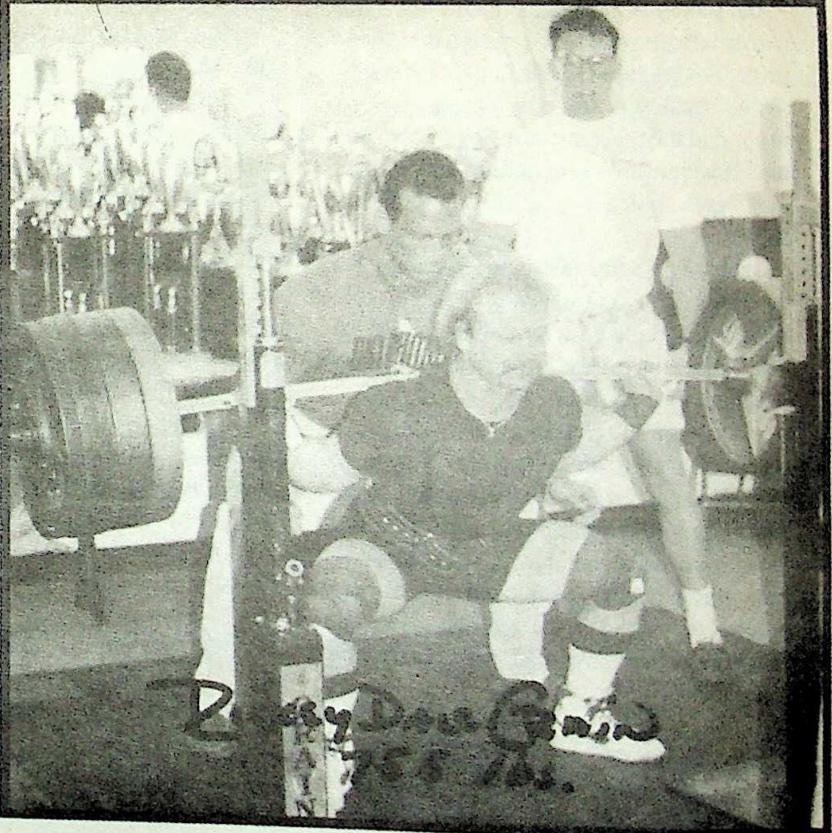


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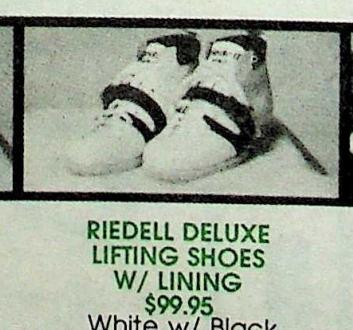
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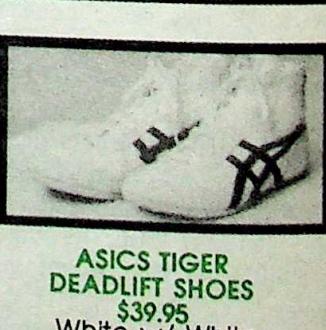
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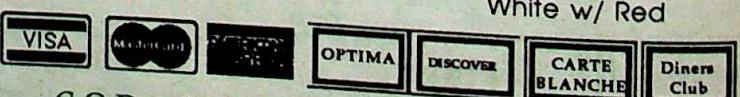


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Brother Bennet's last report

Dear ADFPA Member,

This is the last ADFPA report that will come from the Baton Rouge office. As of July 15, 1991 the ADFPA office equipment was shipped to Pennsylvania.

The new National Office will be under the direction of Al Siegel, 304 Daisy Street, Clearfield, PA 16830, (814) 765-5577.

Please direct new and renew membership cards, meet sanctions, and club sanctions to this address. Any problems or questions you may have will be handled by our new president, Al Siegel.

Please give Al your utmost cooperation as he begins the hectic task of leading the most prominent powerlifting body in the United States. New and greater things are in store for the ADFPA.

It was with reluctance that I withdrew my name from the president's ballot. There was no way I could support myself on \$2.60 or \$3.60 an hour wage. I hope you as a voting member will support at next year's national Governing Body Meeting a motion to increase the president's

salary at least \$10,000 per year. Please give it some thought anyway.

I want to thank all our state chairpersons, committee chairpersons, and executive committee for your support of the ADFPA. Together we have built an organization that is the envy of the powerlifting world. We want to continue as the leader in this sport. To do this the

ADPFA needs your continued support.

Thank you for your cooperation with me during my administration. I hope that you will keep in touch. My home phone number is (504) 336-0837. It has been my pleasure to serve you. I wish you the best in all your endeavors.

God bless you.



Brother Bennet, outgoing ADFPA president, will continue to be a part of the organization as a member of the Executive Committee.

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English lifter enjoys competing in U.S.A.

By KELLY HILL

MINNEAPOLIS - Alan Gutteridge, a 40-year-old fireman from the Midlands in England certainly enjoyed the 1991 World Masters Powerlifting Championships.

Setting world records in the squat and the bench press helped brighten his attitude considerably.

Competing in the 60-kilogram (132.2 pound) weight division, Gutteridge, a blond, curly-haired Englishman, set a world bench press record with a lift of 136 kilos, or 299.8 pounds. He failed in a later attempt to lift 137.5 kilos, or 303 pounds.

That record came shortly after he set a new world mark in the squat for his age and weight division.

Setting those world marks made Gutteridge's trip from England a success, but even before the world record efforts, he was pleased to be a part of the inaugural World Masters Powerlifting Championship.

"It's nice to be here," Gutteridge said of the meet, which was held at the Northwest Racquet, Swim and Health Club in downtown Minneapolis. "I am pleased to be here." Gutteridge benched 130 kilos (286.5 pounds) in the regular three rounds of competition, before attempting his world record lifts.

"Everything is very good, the best I have seen," Gutteridge said of the facilities at the world meet."

Gutteridge's trip from England was 14 hours and he arrived the Thursday prior to the event, which opened Saturday, Aug. 2. "It was not too bad really," Gutteridge said of the trip. "It was long, but it was O.K."

Gutteridge noted that a world record attempt was something he hoped to achieve at the first world masters meet.

"I wanted to have a go at it," he said of the records. "I'm pleased with the records."

Ira Rosen of the United States was the only other lifter in Gutteridge's age and weight class at the world meet. The meet, a two-day event, featured 65 men and 14 women. The men represented five nations - the United States, England, Ireland, France and Canada - while the women represented three countries - the U.S., England and France.

A pair of French women also found the inaugural world masters meet to their liking.

Competing alone in the 47.5 kilo (104.5 pound) class for women aged 45-49, Marie Antoinette Cherbonnel of France had no one but herself - and the world records - to beat.

Cherbonnel did beat her previous personal best, as well as the world record - and was visibly thrilled - with a deadlift of 117.5 kilos or 259 pounds. The world record came after she lifted 115 kilos (253.5 pounds) in her third lift of competition.

Marie Francoise Guinard of France also had no one but herself - and the world record - to beat when she competed alone in the 50.5 kilo (111 pound) division for women aged 45-49.

Please see ENGLISH, page 10

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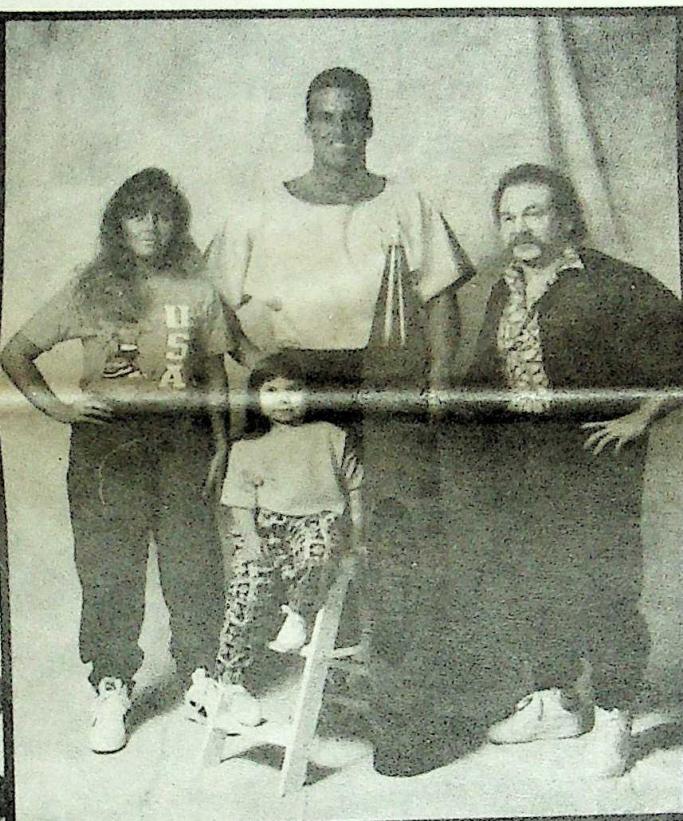
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High reps for powerlifting

By DOUG DANIELS

One of the most controversial subjects in strength training is the optimum number of repetitions to be performed for maximum results.

The number, of course, varies with the goals of the trainee.

For maximum strength building, lower reps, eight and under are preferred by most experts. For bodybuilding, higher reps, eight to 15 get the nod. In these ranges experts disagree. Some favoring near the high or low of the range, to anywhere in between.

Research, as well as experience, has shown that no single rep scheme can effect all aspects of a muscle cell. A new method to arise call 'holistic' training is gaining popularity. This method incorporates all rep ranges either in each workout or over a period of workouts or cycle. This method can be applied to our sport of powerlifting also.

Muscle tissue consists of myofibrils and mitochondria. Powerlifters by nature tend to develop the myofibrils through their near exclusive use of relatively low reps. This would imply that other parts of the muscle are not exposed to the proper rep scheme to develop them to a higher degree.

Higher reps in the 20-30 range develop the mitochondria which make up 20-30% of the size of the muscle. Logic would follow that this is definitely an avenue to explore in our quest for maximum strength development.

If we were to devote some of our training time to developing these cells we could achieve more complete muscular development. And hopefully more strength and a higher total.

This is not to say that all powerlifters should change from the basic low rep method but should slightly alter their overall training plan to reach these overlooked cells. This alteration can be achieved in several ways.

One way would be to concentrate on high rep training immediately after a layoff from a long contest cycle. A few weeks of training of about 25-50% high rep training will also be a refreshing change for both your mind and body after hitting max or near max weights leading to a contest.

High reps will also stimulate blood flow or pump to the muscles, carry toxins out of the muscles, and speed recuperation.

Another method would be to give high reps some extra use on your light training days. Also high reps could be used as a finisher or 'pump' set after your heavy work. Older lifters will realize benefits from occasional use of high reps by adding to competition longevity.

A steady diet of heavy, low rep sets,

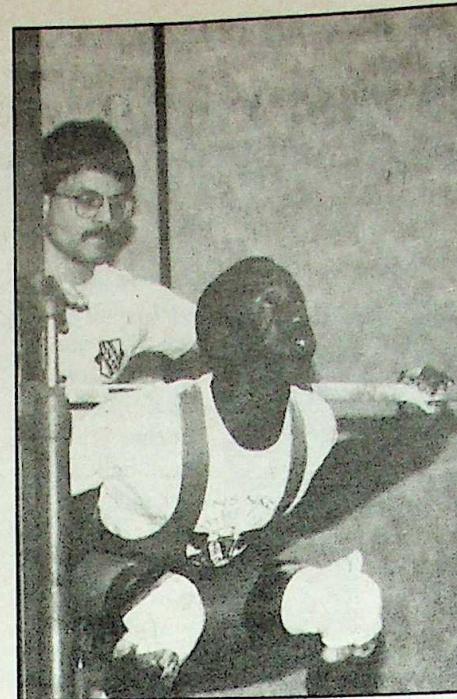
over time can really take their toll. A drug free lifter can stand to benefit too since they train without the benefits of anabolic steroids.

Since high rep training will stimulate 20-30% more of the muscle structure, a benefit may be an increase in size. Although size and strength are not related on a one to one basis, the increase in size could add an extra leverage advantage, hence bigger lifts.

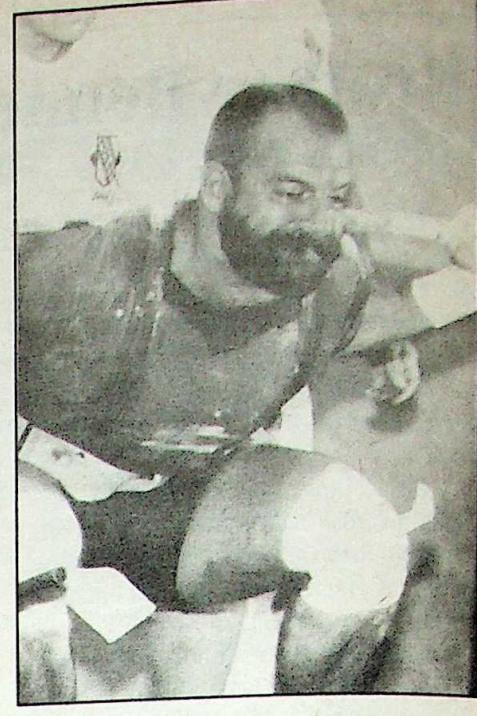
An increase in the size of arms, chest, and shoulders could result in an increase in the bench press even without a corresponding increase in muscle strength.

Which exercise you chose to work with high reps is up to you. Obviously, a set of 20-30 reps of leg work is also going to have a profound effect on your cardiovascular system, another side benefit.

I hope I have stimulated your interest enough for you to incorporate high rep training into your battle plan in a method I have outlined. Or perhaps, with your own unique application, development of an extra 20-30% of your muscle cells is



At 123, Dave Ramsey squatted 451.9, benched 275.6, and deadlifted 440.9 to win the Men's Nationals with an 1,168.4 total.



Yes, Robert Wagner (198) actually smiled when he stood up with 782.6 pounds. It helped him when his division at the Nationals with a 1,857.4 total.

the potential reward, not to mention variety, speeded recuperation, and a longer career.

Remember that basic low rep (1-8)

training has been proven to be the best rep scheme for results in powerlifting; but don't stop there. No one method exclusively will yield the maximum results in the long run.

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Masters's contest one of only two world contests hosted by Erin Feldges

By GARY MORRISON

In a very short time Erin Feldges gained a lot of experience hosting world powerlifting meets.

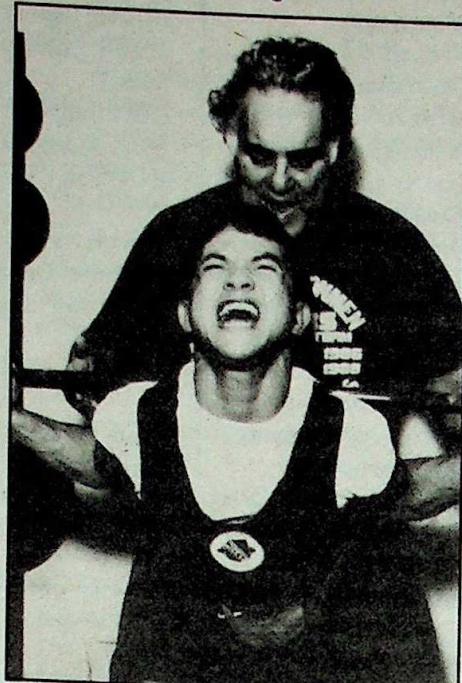
Besides the WDFPF World Masters, Feldges was also the powerlifting director for Special Olympics International Games that took place in Minnesota just two weeks before.

Feldges has been involved with Special Olympics for three years. He is often called to do powerlifting demonstrations and on a state level he has been the powerlifting meet director at the Special Olympics Minnesota State Games.

"There are about 30-40 Special Olympic powerlifters in Minnesota," said Feldges. "At the state games about 20-30 of them competed."

The call to handle the powerlifting at the International Special Olympics came two years ago from Paul Fletcher the international director for Special Olympics' powerlifting. Since then Feldges maintained an active schedule preparing for the activities that spanned three days of competition.

"We held monthly meetings until six months ago," he said. "In the last six month



Andrew Leonard won a gold medal in the International Special Olympics with a 402 pound deadlift.

we held weekly meetings. To successfully run this meet we had to establish a lot of different committees."

Those committees were responsible for securing meet directors for each day's lifting, delivery of equipment, powerlifting clinics, and awards. Other committees handled non-lifting activities such as door and hall volunteers, cheer teams, water and ice, and the media.

It came all together the week of July 21 at the O'Shaugnessy Center at College of St. Catherines in St. Paul during the Special Olympics International Games. The powerlifting portion of the Games lasted three days and included 159 lifters.

One ADFPA lifter who competed was Andrew Leonard. In 1990 Leonard placed sixth in the ADFPA Men's Nationals in the 114's with a 286.5 pound squat, a 192.7 bench, and a 395.7 deadlift, total 865.2. In the International Special Olympics he pulled a 402 pound deadlift.

"We had 70 different delegations competing," said Feldges. "Besides the United States and Canada we also had lifters from Russia, Trinidad, Honduras, France, and the United Kingdom."

He also says that Special Olympics founder Eunice Kennedy Shriver had high praise for the facilities and the way the

POWERLIFTING TODAY, August 1991 - 9

powerlifting activities were conducted.

With the International Games behind him Feldges can easily see a need for powerlifters to get involved with Special Olympics lifters.

"The biggest problem I saw is that many of coaches do not know a lot about powerlifting," Feldges says. "In some cases coaches could have helped their lifter place high by just watching what the other lifters were doing."

Powerlifting in the International Games consisted of only the bench and deadlift. The squat was added and future competitions will include all three lifts.

Next year Feldges will host the Men's Nationals. In the past he has promoted about 10 meets including the High School Nationals and Police and Fire Nationals. He has been and ADFPA state chairman for three years.

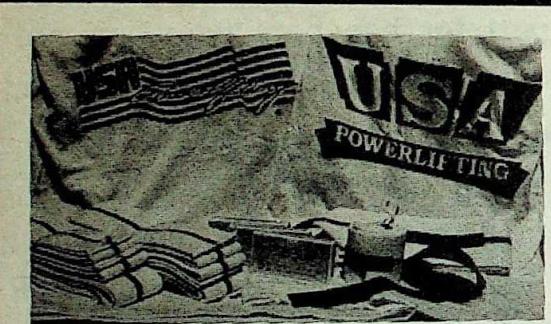
For the past five years Erin has been a staff supervisor at the North West Racket, Swim, & Health Club.

ADFPA contest listing

The following is a list of ADFPA contests from which the rankings for the women's top 20, teen's top 10, and master's top 10 have been compiled.

- Feb 2: Southeastern U.S. Powerlifting Championships; SC
Feb 2: Women's Wisconsin State & Open; WI
Feb 9: Lifetime Drug Free Nationals; AZ
Feb 9: Florida State & Teen Record Breakers; FL
Feb 10: Bench Press Championships II; NY
Feb 16: Minnesota State Seniors; MN
Feb 16: Wisconsin State Jr & Teenage; WI
Feb 17: California State Deadlift; CA
Feb 17: 3rd Annual East Coast Bench and Deadlift; NJ
Feb 23: Schweizer's 1st Annual Bench Press; DE
Feb 23: Northwest Regionals; WA
Feb 24: Viking Open; IL
Mar 2: Hawaii Championships; HI
Mar 2: Longhorn Qualifier; TX
Mar 9: Kentucky State High School; KY
Mar 9: Keep-it-Clean Bench & Dead; PA
Mar 9: Annual Best of the Best; MS
Mar 9: 9th Annual Shenandoah Open; VA
Mar 10: Midwest Teen/College; IL
Mar 10: Minnesota State Masters; MN
Mar 16: Alabama State & Fayette Classic; AL
Mar 16: Collegiate Nationals; IN
Mar 17: Towson Bench IV; MD
Mar 23: KSR Invitational; KY
Mar 23: Bench Press Nationals; MO
Mar 23: Hilltoppers Classic; MS
Mar 23: 4th Annual SDSU Invitational; SD
Mar 30: Central Florida PL Champs; FL
Mar 30: Nebraska States; NB
Apr 6: California States; CA
Apr 6: Women's Nationals; IL
Apr 6: Wisconsin State High School; WI
Apr 7: Superstars Bench Press; PA
Apr 13: Region III PL Champs; GA
Apr 13: Mississippi State Teenage; MS
Apr 13: South Dakota States; SD
Apr 20: Mid America Bench Press & Deadlift; IA
Apr 20: Michigan Teenage; MI
Apr 20: Missouri State/Ozark Open; MO
Apr 20: Vermont & New Hampshire State; VT
Apr 21: Miller Bench Press Classic; IL
Apr 21: Ohio State Open & Bench Press; OH
Apr 27: East Town Swim & Fitness; KY
Apr 27: Texas States; TX
May 5: New Jersey Bench Press; NJ
May 11: Indians States; IN
May 11: North Carolina States; NC
May 18: Police & Fire Nationals; MD
May 18: Michigan States & Bench Press; MI
May 18: Children's Miracle Network BP Classic; SD
Jun 20: Minnesota Juniors; MN

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EDITOR

continued from page 3

well as re-establish my own lifting goals.

Fortunately, I do have some computer programs that make the sorting of the information easier. I am, however, prone to some mistakes.

To remedy that I have included in this issue of PLT a clip out form to notify me of mistakes or omissions. My biggest concern is that I will omit a lifter from one of the ranking lists.

As you read the first ranking lists of 1991 please remember that the list will not be final until the end of the year. On page 9 of this issue of PLT is the list of contests that the ranking list is compiled from.

The ranking list is compiled mostly from contest from the first of the year until the end of May. There may be some contests not listed. I am aware of about 10 such events from the first of the year in which I do not have results. I will follow up with the National Office so that those results will be considered when I do future rankings.

The first of the 1991 open rankings will be published October's PLT. All rankings will be published one more time at the turn of the year to give lifters a chance to notify me of any oversights or corrections.

The April issue of PLT will carry the final women's, teens, and masters ranking while the June issue will carry the final open rankings.

I was planning on running an article in PLT about the recent events in the news concerning Lyle Alzado and Hulk Hogan, two nationally known athletes and role models for young people in this country.

As you are aware, Alzado is suffering from an inoperable brain tumor that he attributes to his 15 year use of steroids while playing football in the NFL while Hogan was granted immunity from prosecution for his testimony in a trial involving the sale of steroids.

In Alzado's case a number of questions come to my mind. In particular, he claims that 75 percent of all NFL players use steroids. If that is the case, what type of steroid testing is done and, despite all of their rhetoric, just how keen is the NFL in catching steroid abusers.

To date I have contacted the NFL office in New York City and received a copy of their drug testing policy. No one, however, would talk to me about their testing procedure.

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Hogan's case is another of deception. It was reported in the papers that he was the recipient of large volumes of steroids yet he claims to have only used them on three different occasions for medical reasons.

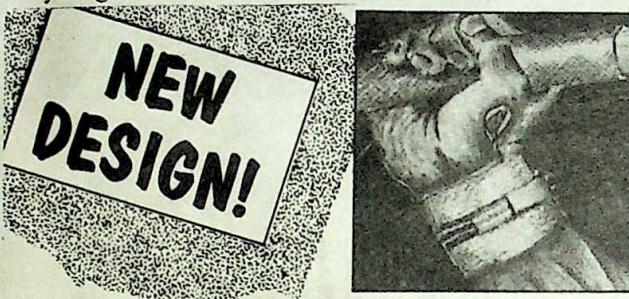
I wonder where the rest of the steroids went if all he used was a small quantity.

The NFL and WWF are two big time sports organizations. These allegations of steroid abuse are not recent yet they continue to surface. Instead of now publicizing tough policies about steroid abuse those organizations should have been on the forefront of eliminating it a long time ago.

My point is this; the ADFPA was founded on the premise that athletes should have a drug free environment in which to compete. On file in the National Office are numerous drug testing results from every sanctioned ADFPA contest from local level to national level.

Lifters in the ADFPA should be proud of the fact that even though they do not get the recognition of Lyle Alzado or achieve the fame of Hulk Hogan, it is the ADFPA lifter who is setting the standard for drug free competition in the United States.

Until proven otherwise, it is the ADFPA lifter who is the role model for this nation's young athletes.



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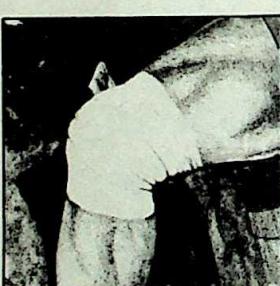
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ENGLISH

continued from page 7

Guinard, like her countrywoman, also beat her previous best, and the world record in the dead lift - and was similarly thrilled - with a new world mark of 122.5 kilos, or 270 pounds. Guinard's world record lift came after she lifted 120 kilos, 264.5 pounds, in competition.

The 1991 World Masters Powerlifting Championships, the first of its kind, was successful for organizers from the ADFPA and WDFPF and was enjoyable for lifters from around the world.

For Gutteridge, Cherone and Guinard, the first world masters meet was particularly enjoyable.

Kelly Hill is a free-lance writer who lives in Grand Rapids, Mi.

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Millhouse has sights set on two world championships

By JUDY GEDNEY &
GARY MORRISON

Gerry Millhouse may be able to realize a dream this year by winning two bench press world championships.

In March, Gerry won the 148 pound division in the Bench Press Nationals with a 413.2 pound lift. That is just a warm up for the two meets that he wants to win yet this year; the Disabled World Bench Press Championships and the World Bench Press Championships.

Gerry is a disabled athlete. He was born with spin bifida and wasn't able to walk until he was six years old. He is doing things that he was never expected to do.

"Doctors told me that I would never be able to walk," said Millhouse. "They also said I would never be able to ride a bike or

Butler seeks name and members for Christian powerlifting organization

Fayette, Alabama powerlifter Ted Butler is interested in contacting other powerlifters concerning the organization of a Christian powerlifting association.

If there is enough interest Ted would like to see an organization of this type incorporated. He has thought of several names for the organization but the one that

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Ray Bonemorito - IPF Jr. World and WDFPA
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WDFPF World Bench Press Championships in France."

He feels, however, that he would never be where he is at without the help of Judy and Roger Gedney. When he attended college at Western Illinois University, Judy and Roger were his coaches.

"I trained under them," he says. "The program I use now is the same basic program Roger and Judy developed for me."

"I owe them a great deal," he adds. "Without their help, I don't know where I would be now."

Currently Gerry works for Fitness Systems as a fitness specialist under contract at General Electric Plastics.

"My company establishes corporate fitness programs. Currently I am under contract as a fitness specialist which I think is unusual when you consider my disability."

But considering his determination to prove his doctors wrong, his determination to be the best at what he does, then there is nothing unusual about Gerry at all.

STEROIDS, from page 6

C/HDL-C ration of 280%. There was no dose response observed in these changes.

Although the change in total cholesterol in these studies is within the normal variability seen in similar studies, the changes in the ratio of LDL-C/HDL-C are highly significant and indicate a substantially increased atherogenic risk. Evidence obtained in this study has suggested that the drop in total HDL is due to a specific drop in apoprotein AI and AII components of HDL.

The drop in apo AI and apo AII is caused by the effect of androgens on the rate of lipoprotein and hepatic lipase catabolism of these apoproteins. Lipases are proteins involved in the metabolism of lipoproteins.

This increase in lipase activity has been shown in other studies where stanozolol alone was observed to cause and undesirable increase in apo AI and AII catabolism in addition to suppressed apo AI synthesis. Another recent study has clearly shown a significant, detrimental decrease in the anti-atherogenic apoproteins AI, AII, and CII caused by Dynabolon, Dec-Durabolin, Depo-testosterone, and Anvar with body-builders and powerlifters serving as their own control prior to self administration of these drugs.

Decreases in HDL fraction 2 and 3 of 54% and 33% respectively were caused by an androgen-induced increase in hepatic lipase catabolism of AI and apo CIII. The pattern of apo CIII-apo AI deficiency, brought about by steroid use, favors early development of arteriosclerosis, an advanced stage of atherosclerosis in the peripheral circulation.

Anabolic steroids enhance atherogenic risk, due to a drop in the serum level of antiatherogenic apolipoproteins AI, AII, and CIII and not by significant increase in total cholesterol. The HDL-lowering effects of nonaromatizable steroid drugs such as stanozolol and oxandrolone dissipate more quickly than those of testosterone or testosterone esters and are reversible four to five months following suspension of drug use.

Scientists do not know yet if the increased catabolism of antiatherogenic apolipoproteins caused by androgenic steroids is as harmful as the genetically caused imbalance in apo AI-apo CII resulting in high incidence of arteriosclerosis, but why take a chance in being the first victim to confirm this suspicion.

For those drug free lifters who are concerned with their cholesterol, focus on your LDL-C/HDL-C ratios. Values below 3.0 are good, below 2.0 are excellent.

WOMEN'S, continued from page 13	705.2 Grekoff, C	4/6	310.0 Grekoff, C	2/23	165.0 Biller, B	2/2	350.0 Whitaker, J	5/11	446.2 Waters, C	4/7
570.0 Beeson, J	705.0 Brown, S	2/23	300.0 Folds, K	3/30	159.7 Melick, C	3/16	325.0 Lentz, J	5/11	446.2 Regan, C	4/7
SQUAT 129 LBS	650.0 Farrell, B	3/9	275.0 Gallagher, P	2/23	155.0 Christiansen, T	2/2	315.0 Lemay, D	4/20	402.2 Avey, N	2/24
402.2 Altizer, B	635.0 Peters, B	2/2	275.0 Dean, D	4/13	154.2 Christiansen	4/6	308.5 Early, L	2/24	308.5 Keller, K	2/24
380.2 Almy, F	600.7 Rogers, S	3/2	270.0 Spann, A/2/24	2/2	154.2 Kimmy, L	2/24	300.0 Simmons, T	5/11	305.0 Ruis, T	4/27
308.5 Beckwith, K	590.0 Brink, B	2/2	255.0 Reif, J	2/2	148.7 Walp, K	3/16	285.0 Darden, J	3/2	303.0 Hoffman, A	3/2
303.0 Nollette, D	580.0 Yogerst, E	2/2	250.0 Gibson, M	2/2	135.0 Schaecher, L	2/2	281.0 Ledin, T	4/7	285.0 Lange, T	2/2
290.0 Souliers, L	570.0 Muir, S	3/9	250.0 Holt, P	4/20	130.0 Chandler, R	4/27	280.0 Freespirit, M	2/2	250.0 Barton, C	4/27
285.0 Brown, S	380.2 Stevens, M	4/6	TOTAL 139 LBS		126.7 Bockhurst, L	3/23	270.0 Hunter, S	4/27	230.0 Soper, C	2/2
280.0 Farrell, B	360.0 Redman, M	2/23	959.0 Steven, M	4/6	125.0 Tillman, L	3/30	255.0 Hinton, A	4/20	165.0 Ginaitt, T	2/18
264.5 Krauss, F	358.0 Alamo, S	3/2	925.7 DeGennero, M	4/6	121.2 Klasinski, K	3/16	225.0 Johnson, R	2/2	160.0 Hoffmeyer, L	5/18
259.0 Grekoff, C	347.0 Wagner, C	4/6	909.2 Wagner, C	4/6	121.0 Lapoint, K	3/9	225.0 Hughes, M	3/9	145.0 Williams, T	2/9
236.7 Rogers, S	336.0 DeGennero, M	4/6	892.7 Alamo, S	3/2	DEADLIFT 154 LBS		BENCH 176 LBS		145.0 Severson, S	2/9
330.5 Faraldo, C	330.5 Welding, R	4/6	859.7 Faraldo, C	4/6	413.2 Sortwell, A	4/6	250.0 Lentz, J	5/11	231.5 Regan, C	3/23
220.0 Peters, B	325.0 McCloudth, P	2/24	854.5 Gould, J	4/6	402.2 Maile, J	4/6	220.0 Wonyette, B	4/7	214.7 Shepherd, E	3/23
220.0 Brink, B	314.0 Gould, J	4/6	848.7 Welding, R	4/6	396.7 Belsito, L	4/6	214.7 Noble, L	4/7	203.7 Noble, L	4/7
190.0 Muir, S	305.0 Collar, S	2/2	800.0 Redman, M	2/23	391.2 Kimmy, L	4/6	200.0 Whitaker, J	5/11	190.0 Whitaker, J	4/7
BENCH 129 LBS	265.0 Grekoff, C	2/23	730.0 Grekoff, C	2/23	359.7 Ryskoski, T	4/6	181.7 Freespirit, M	4/7	181.7 Puglia, N	3/23
231.2 Altizer, B	260.0 Gibson, M	2/2	730.0 Whittle, L	3/30	352.5 Kantor, L	4/6	165.2 Ledin, T	4/7	185.0 Watson, A	4/21
225.7 Billings, C	255.0 Reif, J	2/2	683.2 Spann, A	2/24	325.0 Christensen	4/6	145.0 Hunter, S	4/27	181.7 Puglia, N	3/23
198.2 Almy, F	255.0 Whittle, L	3/30	635.0 Reif, J	2/2	314.0 Kahn, D	2/24	132.2 Darden, J	3/16	165.2 Avey, N	3/16
192.7 Nollette, D	248.0 Spann, A	2/24	635.0 Tallarico, A	4/13	270.0 Chandler, R	4/27	130.0 Hinton, A	4/20	154.2 Hoffman, A	3/2
185.0 Marbury, K	220.0 Folds, K	3/30	625.0 Folds, K	3/30	300.0 Christiansen, T	2/2	130.0 Lemay, D	4/20	140.0 Dangelo, M	5/5
176.2 Beckwith, K	220.0 Gallagher, P	2/23	625.0 Gibson, M	2/2	300.0 Schaecher, L	2/2	130.0 Hunter, S	4/27	137.7 Keller, K	2/24
159.7 Krauss, F	215.0 Dean, D	2/2	590.0 Gallagher, P	2/23	286.5 Walp, K	3/16	105.0 Huges, M	3/9	125.0 Barton, C	4/27
135.0 Souliers, L	215.0 Tallarico, A	4/16	590.0 Dean, D	2/2	286.5 Melick, C	3/16	95.0 Simmons, T	5/11	125.0 Ruiz, T	4/27
132.2 Grekoff, C	205.0 Holt, P	4/20	555.0 Holt, P	4/20	281.0 Klasinski, K	3/16	110.0 Lange, T	2/2	110.0 Lange, T	2/2
130.0 Nelson, J	3/9	BENCH 139 LBS		276.0 Lapoint, K	3/9	DEADLIFT 176 LBS		104.0 Morrissey, P	2/10	
125.0 Goncz, G	209.0 Faraldo, C	2/10	363.7 Ryskoski, T	4/6	270.0 Chandler, R	4/27	435.2 Wonyette, B	4/7	100.0 Ginaitt, T	2/9
121.2 Reif, J	203.7 Wagner, C	4/6	347.0 Belsito, L	4/6	245.0 Downey, C	2/2	413.2 Noble, L	4/7	100.0 Soper, C	2/2
121.0 Anderson, D	203.7 Alamo, S	3/2	347.0 Sortwell, A	4/6	240.0 Shaner, S	3/10	370.0 Whitaker, J	5/11	100.0 Severson, S	2/9
110.0 Farrell, B	187.2 Gould	4/6	347.0 Kimme4/6		240.0 Vasques, D	2/2	350.0 Hunter, S	4/27	80.0 Hoffmeyer, L	5/18
110.0 Peters, B	181.1 DeGennero, M	4/6	341.4 Christensen	4/6	215.0 Gallick, D	3/16	350.0 Lentz, J	5/11	80.0 Williams, T	2/9
110.0 Muir, S	180.0 Collar, S	2/2	330.0 Welding, R	5/11	215.0 Gallick, D	3/16	335.0 Lemay, D	4/20	DEADLIFT 176+ LBS	
110.0 Brown, S	180.0 Redman, M	2/23	320.0 Christiansen, T	2/2	270.0 Chandler, R	4/27	314.0 Freespirit, M	4/7	457.2 Hoffman, A	2/2
110.0 Yogerst, E	176.2 Welding, R	2/24	315.0 Kantor, L	2/2	964.5 Sortwell, A	4/6	310.0 Early, L	3/10	424.2 Avey, N	3/16
105.0 Brink, B	170.7 Stevens, M	4/6	308.5 Maile, J	4/6	936.7 Belsito, L	4/6	275.5 Darden, J	3/16	418.7 Waters, C	4/7
104.5 Rogers, S	170.7 Stratlow, C	3/23	286.5 Melick, C	3/16	775.0 Christiansen, T	2/2	275.0 Elkins, J	3/9	407.7 Schulz, J	4/7
DEADLIFT 129 LBS	165.2 Spann, A	2/24	281.0 Walp, K	3/16	892.7 Maile, J	4/6	275.0 Johnson, R	2/2	402.2 Regan, C	4/7
371.0 Beckwith, K	155.0 Grekoff, C	2/23	281.0 Kahn, D	2/24	881.7 Kimmy, L	4/6	265.0 Hughes, M	3/9	396.7 Clark, M	4/7
369.2 Almy, 4/6	150.0 Tallarico, A	4/13	270.0 Lapoint, K	3/9	865.0 Welding, R	5/11	260.0 Simmons, T	5/11	260.0 Soper, C	2/2
363.7 Nollette, D	148.0 Borla, K	2/10	253.5 Klasinski, K	3/16	848.7 Kantor, L	4/6	255.0 Hinton, A	4/20	225.0 Williams, T	2/9
358.0 Altizer, B	143.2 Crankshaw, C	3/23	240.0 Wilson, D	5/18	821.0 Christensen	4/6	105.0 Lemay, D	4/20	225.0 Barton, C	4/27
314.0 Grekoff, C	140.0 Cordero, E	2/17	235.0 Downey, C	2/2	770.0 Wilson, D	5/18	892.7 Maile, J	4/6	300.0 Ginaitt, T	2/9
310.0 Brown, S	137.7 McLouth, P	2/24	235.0 Chandler, R	4/27	770.0 Wilson, D	5/18	755.0 Ledin, T	4/7	275.5 Keller, K	2/24
308.5 Krause, F	137.0 Feister, K	2/10	225.0 Schaecher, L	2/2	770.0 Wilson, D	5/18	750.0 Early, L	3/10	1190.2 Regan, C	4/7
305.0 Peters, B	135.0 White, L	3/30	200.0 Shaner, S	3/10	733.0 Melick, C	3/16	750.0 Early, L	3/10	1129.7 Clark, M	4/7
295.0 Souliers, L	132.0 Limonelli, C	2/10	185.0 Tilman, L	3/30	716.2 Walp, K	3/16	655.0 Simmons, T	5/11	1129.7 Schulz, J	4/7
270.0 Muir, S	3/9	DEADLIFT 139 LBS		667.0 Lapoint, K	3/9	780.0 Lemay, D	4/20	315.0 Ruiz, T	4/27	
265.0 Brink, B	418.7 Stevens, M	4/6	154.0 Lee, D	3/9	660.0 Schaecher, L	2/2	780.0 Lemay, D	4/20	180.0 Hoffmeyer, L	5/18
260.0 Farrell, B	407.7 DeGennero, M	4/6	BENCH 154 LBS		655.7 Klasinski, K	3/16	755.0 Ledin, T	4/7	DEADLIFT 176+ LBS	
259.0 Rogers, S	370.0 Collar, S	2/2	203.7 Sortwell, A	4/6	635.0 Chandler, R	4/27	750.0 Early, L	3/10	1190.2 Regan, C	4/7
240.0 Yogerst, E	360.0 Redman, M	2/23	195.0 Wilson, D	5/18	590.0 Downey, C	2/2	675.0 Darden, J	3/2	1129.7 Clark, M	4/7
TOTAL 129 LBS	352.5 Welding, R	2/24	192.7 Kahn, D	2/24	520.0 Tillman, L	3/30	655.0 Simmons, T	5/11	1129.7 Schulz, J	4/7
991.4 Altizer, B	352.5 Gould, J	4/6	181.7 Maile, J	4/6	515.0 Shaner, S	3/10	640.0 Hinton, A	4/20	992.0 Avey, N	3/16
947.7 Almy, F	341.5 Faraldo, C	4/6	181.7 Kantor, L	4/6	457.0 Lee, D	3/9	635.0 Johnson, R	2/2	832.0 Hoffman, A	3/2
859.7 Nollette, D	340.0 White, L	3/30	180.0 Welding, R	4/11	SQUAT 176 LBS		595.0 Hughes, M	3/9	745.0 Ruiz, T	4/27
810.0 Beckwith, K	330.5 McLouth, P	2/24	176.0 DeLeo, K	2/2	462					

TEEN, from page 14

1170.0 Walendizik, J	3/16	1185.0 Francis, R 1184.0 Kelly, F 1175.0 Voss, O 1170.0 Wong, B	4/27 4/13 3/10 3/16	1365.0 Newton, R 1350.0 Bocchino, D 1350.0 Tople, B 1330.0 Robinson, L 1305.0 Lisicki, T
SQUAT 181 LBS		SQUAT 198 LBS		
535.0 Lake, C	4/20	605.0 Kikuchi, L	2/9	SQUAT 220 LBS
500.0 Hite, R	3/9	551.0 Tate, P	4/21	551.0 Wax, C
500.0 Lyons, A	4/13	545.0 Evitch, S	2/16	550.0 Noeldner, D
451.7 Gonzalez, J	3/2	525.0 Loebel, C	2/16	530.0 Ware, D
451.7 Hilderbrand, G	3/23	525.0 Bush, P	4/13	525.0 Pritchett, G
450.0 Sherrod, D	2/16	524.0 McAlister, G	4/13	520.0 Brott, D
450.0 Bitter, M	2/16	501.5 Tople, B	3/23	515.0 Dejong, G
450.0 Francis, R	4/27	507.0 Broome, L	4/13	510.0 Lukancic, J
446.2 Baudek, B	2/24	500.0 Alsteen, C	2/16	500.0 Hayes, K
441.0 Steinberger	4/21	500.0 Newton, R	4/20	485.0 Pastorello
BENCH 181 LBS		BENCH 198 LBS		480.0 Chandler, D
358.0 Liberman, A	2/10	391.2 Tople, B	3/23	BENCH 220 LBS
345.0 Orth, B	4/7	365.0 Lisicki, T	4/27	391.0 DeMaertelaere
341.5 Laitres, R	3/23	360.0 Alsteen, C	2/16	380.0 Peace, S
330.5 Hilderbrand, G	3/23	340.0 Evitch, S	2/16	365.0 Pritchett, G
330.0 Hansen, B	2/10	330.0 Newton, R	4/20	358.0 Timmons, B
330.0 Schamberger, J	3/9	330.0 Dronko, M	4/20	350.0 Stewart, D
325.0 Fields, B	4/7	325.0 Falco, V	2/10	345.0 Delbo, B
320.0 Pfeiffer, G	5/5	320.0 McDowell, L	3/9	336.0 Pastorello
319.0 Early, M	2/10	315.0 Tate, P	4/21	335.0 Sparalis, N
315.0 Mylet, M	4/7	314.0 Luca, T	2/10	330.5 Gregory, D
315.0 Stalsbury, R	4/7	314.0 Moore, M	4/13	325.0 Sakalis, N
315.0 Lyons, A	4/13			325.0 Newton, R
DEADLIFT 181 LBS		DEADLIFT 198 LBS		325.0 Wax, C
565.0 Lake, C	4/20	600.0 Loebel, C	2/16	325.0 Kennedy, A
550.0 Lyons, A	4/13	565.0 Alsteen, C	2/16	
515.0 Crockett, C	4/20	560.0 Bocchino, D	2/9	DEADLIFT 220 LBS
507.0 Steinberger	4/21	540.0 Tate, P	4/21	593.0 Fisher, F
505.0 Hite, R	3/9	535.0 Bridges, S	3/9	565.0 Brott, D
500.0 Caporosso, J	5/18	535.0 Newton, R	4/20	560.0 Quisenberry, C
485.0 Reese, K	4/13	524.0 Jones, D	4/13	530.0 Noeldner, D
475.0 Sherrod, D	2/16	520.0 Evitch, S	2/16	530.0 Lazor, N
475.0 Daly, C	3/9	520.0 Sherman, T	4/27	525.0 Ware, D
475.0 Voss, O	3/10	515.0 Sluder, C	5/11	512.0 Chandler, D
TOTAL 181 LBS		TOTAL 198 LBS		510.0 Hayes, K
1390.0 Lake, C	4/20	1425.0 Alsteen, C	2/16	501.5 Pastorello
1375.0 Lyons, A	4/13	1405.0 Evitch, S	2/16	500.0 Lukancic, J
1295.0 Hite, R	3/9	1405.0 Tate, P	4/21	TOTAL 220 LBS
1240.0 Hilderbrand, G	3/23	1390.0 Loebel, C	2/16	1372.0 Wax, C
1215.0 Schamberger, J	3/9	1370.0 Kikuchi, L	2/9	1370.0 Ware, D
1196.0 Steinberger	4/21			

POWERLIFTING TODAY, August 1991 - 15

4/20	1365.0 Newton, R	2/9	1335.0 Brott, D	5/18	1504.0 Moore, C	4/13	1328.0 Jackson, C	4/13
4/13	1350.0 Bocchino, D	4/13	1330.0 Noeldner, D	2/16	1500.0 Ingram, D	5/11	1255.0 Minton, Y	3/9
3/10	1350.0 Tople, B	4/13	1300.7 Pastorello	2/24	1475.0 Leonard, G	2/16	1240.0 Seddoris, C	3/9
3/16	1330.0 Robinson, L	4/13	1295.0 Pritchett, G	4/13	1445.0 Tetro, L	2/23	1235.0 Cummings, A	4/20
	1305.0 Lisicki, T	4/27	1290.0 Hayes, K	5/11	1430.0 Smith, J	5/11	1195.0 Leal, T	2/16
			1285.0 Fisher, F	3/9	1390.0 Hunt, H	4/13	1195.0 Petty, R	3/9
			1273.0 Chandler, D	4/13	1390.0 Robbins, M	4/13	1185.0 Woodman, T	5/18
			1270.0 Lukancic, J	3/10	1356.0 Taylor, F	4/13		
				1315.0 Cox, S	4/27			
							SQUAT 275+ LBS	
							645.0 Smith, R	3/16
							625.0 VanderMerwe, D	4/20
							620.0 Grilliette, B	3/16
							600.0 Sorto, E	3/16
							555.0 Ingle, R	3/16
							501.0 Gillespie, P	4/13
							501.0 Cherry, A	4/13
							500.0 Harper, R	5/11
							490.0 Rappley, M	4/20
							281.0 Beck, T	4/13
							275.0 Rappley, M	4/20
							BENCH 275+ LBS	
							405.0 Grilliette, B	3/16
							390.0 Sorto, E	3/16
							375.0 Smith, R	3/16
							355.0 VanderMerwe, D	4/20
							330.0 Ingle, R	3/16
							314.0 Gillespie, P	4/13
							300.0 Beck, T	4/13
							300.0 Harper, R	5/11
							281.0 Cherry, A	4/13
							275.0 Rappley, M	4/20
							DEADLIFT 275+ LBS	
							565.0 Smith, R	3/16
							560.0 Harper, R	5/11
							550.0 Grilliette, B	3/16
							525.0 VanderMerwe, D	4/20
							505.0 Ingle, R	3/16
							485.0 Cherry, A	4/13
							457.0 Gillespie, P	4/13
							440.0 Sorto, E	3/16
							425.0 Beck, T	4/13
							410.0 Rappley, M	4/20
							TOTAL 275+ LBS	
							1585.0 Smith, R	3/16
							1575.0 Grilliette, B	3/16
							1505.0 VanderMerwe, D	4/20
							1430.0 Sorto, E	3/16

Master's Top 10

SQUAT 132 LBS		360.0 Bartotti, G	5/18	303.0 Portman, J	2/24	540.0 Camp, P	3/30	SQUAT 242 LBS	
314.0 Loftus, J	2/24	325.0 Stockwell, J	3/10	303.0 Greco, S	3/23	540.0 Golec, T	4/6	755.0 Surell, E	2/2
300.0 Anderson, R	5/11	280.0 Mason, L	3/10					600.0 Krueger, G	5/18
255.0 Annis, J	3/10	275.0 Hasse, R	2/16	DEADLIFT 181 LBS		513.0 Haiseleder, D	5/18	573.0 Green, S	4/6
245.0 Ung, H	3/10	275.0 Myre, R	3/10	534.0 Ramnytz, T	4/21	1535.0 Haiseleder, D	5/18	540.0 Batton, C	2/24
BENCH 132 LBS		BENCH 165 LBS		529.0 Hogan, R	5/15	1505.0 Jenkins, T	2/2	540.0 Gourly, J	3/9
292.0 Feaster, C	3/23	352.0 Harris, J	3/23	520.0 Butler, T	3/16				

Meet Results Section

Meet Directors: Thank you once again for your prompt mailing of meet results. Every now and then we are still receiving some results without bodyweights marked in the special categories. Lifters will not be able to get their proper placement in the Top Ranking lists if this is left out. Thanks!

ADFPA Midwest Teenage/Collegiate Powerlifting Championships

March 10, 1991

Illinois

Meet Director: Riley

WOMEN **SQ** **BP** **DL** **TL****97 LBS**

Jin, L 190 100 185 475

122 LBS

Beeson, J 210 110 250 570

Ince, P 145 90 200 435

139 LBS

Snell, B 200 95 215 510

Hobbs, L 155 75 245 467

154 LBS

Shaner, S 200 75 240 515

176 LBS

Early, L 300 140 310 750

MEN**114 LBS 14-16**

Hwang, J 185 95 270 550

123 LBS 14-16

Kodiak, C 225 95 225 545

132 LBS 14-16

Gomez, D 320 210 365 895

Weiss, N 300 150 350 800

Ruettinger, J 260 150 290 700

148 LBS 14-16

Fitzgerald, J 405 200 410 1015

Bevel, T 370 185 360 915

Jasmines, P	320	185	380	885	220 LBS 14-16
Douglas, K	305	170	370	845	Lukancic, J 510 260 500 1270
Kanalakes, C	315	180	340	835	McAsssey, J 460 300 455 1215
Pacyga, K	235	170	285	690	Birsa, A 430 220 480 1130
					Contreras, R 440 240 425 1105
					Ladas, D 360 170 480 1010
					Barney, D 350 220 425 995
					220 LBS 17-19
					Ware, D 530 315 525 1370
					Kariotis, D 425 230 500 1170
					Valle, R 405 215 345 965
					Buchar, S 330 170 405 905
					165 LBS 17-19
					Boudek, B 445 245 440 1130
					181 LBS 14-16
					Proudfoot, B 425 230 460 1115
					275 LBS 14-16
					Barajas, P 390 295 385 1095
					Cordova, S 520 350 510 1380
					Gorges, K 375 240 475 1080
					242 LBS COL.
					Marsala, T 300 235 345 880
					181 LBS 17-19
					Voss, O 420 280 475 1175
					181 LBS COL.
					Paskvan, J 315 200 430 945
					198 LBS 14-16
					1st place team: Rudy's Power Team
					2nd place team: Eisenhower H.S.

					105 LBS
					Fertic, V 230 80 260 570
					Tucker, T 195 90 200 485
					Borman, B 185 90 190 475
					139 LBS
					Whitte, L 255 135 340 730
					Folds, K 220 105 300 625
					148 LBS
					Tillman, L 185 125 210 520
					OPEN MEN
					123 LBS
					Snell, K 365r 255r 450r 1070r
					132 LBS
					Garder, L 275 290 325 890
					148 LBS
					Conyers, T bl 630 410 580 1620
					O'Neill, M 425 280 415 1120
					165 LBS
					Whitten, M 485 250 515 1250
					Page, V 395 315 520 1230
					Hobson, J 430 265 470 1165
					181 LBS
					Bender, R bl 500 360 550 1410
					Lane, A 525 315 510 1350
					Davis, D 450 300 570 1320
					198 LBS
					O'Mally, S 600 300 530 1430
					Tillman, K 505 275 515 1295
					Lungari, F 480 330 480 1290
					220 LBS
					Francis, M 775r 415 710r 1900r
					Hayward, W 515 320 550 1385
					Jospeh, P 540 315 500 1355
					242 LBS

March 30, 1991
Florida
Meet Director: Baltz

OPEN WOMEN	SQ	BP	DL	TL	Harrier, T	640 425 565 1630
					Cluster, S	650 450 525 1625
					Marlin, M	515 430 555 1500
					275 LBS	242 LBS
					Williamson, S	725 490 700 1915
					Sircuro, J	730 435 580 1745
					NOVICE WOMEN	242 LBS
					105 LBS	Marlin, M
					Delmore, A	260r 160r 260 680r
					139 LBS	515 430 555 1500
					Haviland, A	280 165 310 755
					Hendricks, D	260 145 325 730
					NOVICE MEN	242 LBS
					148 LBS	Mathis, C
					Tillman, L	185 125 210 520
					123 LBS	Paolilli, J
					Snell, K	365r 255r 450r 1070r
					132 LBS	Umberger, R
					Garder, L	275 290 325 890
					148 LBS	Conyers, T bl
					O'Neill, M	630 410 580 1620
					165 LBS	425 280 415 1120
					Whitten, M	485 250 515 1250
					Page, V	395 315 520 1230
					Hobson, J	430 265 470 1165
					181 LBS	Bender, R bl
					Lane, A	500 360 550 1410
					198 LBS	525 315 510 1350
					Davis, D	450 300 570 1320
					220 LBS	600 300 530 1430
					242 LBS	505 275 515 1295
					275 LBS	480 330 480 1290
					305 LBS	600 375 625 1600
					330 LBS	550 375 500 1425
					365 LBS	480 360 515 1355

242 LBS
Marlin, M 515 430 555 1500
Mathis, C 500 350 600 1450
Paolilli, J 545 330 570 1445275 LBS
Sykes, J 565 350 53

ADFPA Mida America Festival Bench Press and Deadlift Extravaganza

April 20, 1991
Iowa
Meet Director:
Mike Foggia

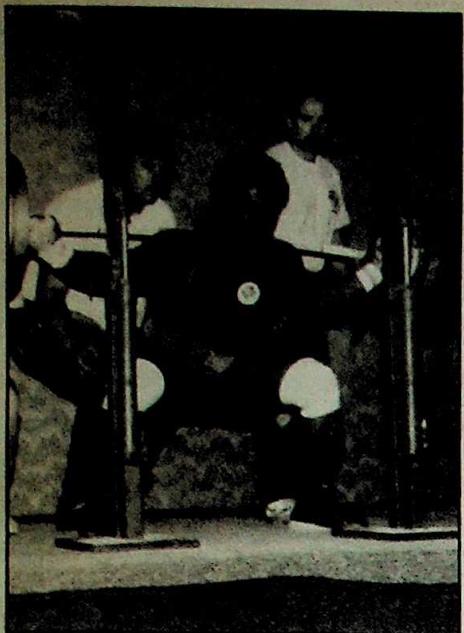
OPEN	BENCH	181 LBS	Earl, R	370	242 LBS	Haynes, R	450	198 LBS	Collett, M	400	IRON MAN		
132 LBS		Allis, K	340	Heberer, A	375	WOMEN	Loop, A	185	275 LBS	Childers, K	665	COMBINED	
Feaster, C	280	Rhiner, R	340	Stotts, R	325	NOVICE	114 LBS		114 LBS	BP & DL			
148 LBS		Gomez, R	290	Christoperson	190		Mollen, K	90	123 LBS	Weber, Q	225		
Staeffer, G	290	Kimberling, D	340	Steinmetz, J	135	MASTER	123 LBS	Lemer, B	290	165 LBS	Chavez, R	570	
Minardi, J	255	Codo, R	340	165 LBS	105	COLLEGiate	148 LBS	Halpine, J	340	181 LBS	Steinmetz, J	740	
165 LBS		Boughn, B	220 LBS	McPherson, M	275		132 LBS	Rihani, R	375	198 LBS	Gomez, R	740	
Rump, R	345	Lipscomb, L	400	Chevez, R	240		242 LBS	Montgomery, E	550	Montgomery	E	840	
Halpine, R	260	Turner, K	435	Neeb, C	195		148 LBS	Rump, R	490	Duff, S	Oberfoell, M	760	
Chavez, R	240	Holmes, S	360	Wagner, C	165		242 LBS	Smith, L	370	840	Collett, M	780	
181 LBS		Weber, M	325	181 LBS	245		181 LBS	Chavez, R	330	120 LBS	Bevenour, D	460	
Earl, R	370	Gammell, K	290	Christensen, M	225		220 LBS	Minardi, J	245	132 LBS	Montgomery, E	750	
Gomez, G	290	181 LBS	198 LBS	Weber, M	325		181 LBS	Weber, M	325	198 LBS	Bevenour, D	750	
Christenson, M	225	Haynes, R	430	Oberfoell, M	280		220 LBS	Fuller, R	260	148 LBS	Harvey, J	450	
198 LBS		Emry, K	405	Baker, J	220		220 LBS	Collet, M	400	181 LBS	Richard, A	450	
Stowell, D	360	Collett, M	380	Loop, A	185		220 LBS	Christenson, M	335	181 LBS	Gomez, R	450	
220 LBS		Heberer, A	375	Seufert, S	175		220 LBS	Van Devender, D	325	181 LBS	Hamilton, J	505	
Lipscomb, L	435	Kessel, K	365	220 LBS	330		220 LBS	Gilligly, D	330	181 LBS	Montgomery, E	750	
242 LBS		Stotts, R	325	Weber, M	325		220 LBS	Oberfoell, M	480	181 LBS	Bevenour, D	750	
Haynes, R	430	275 LBS	275 LBS	Ward, B	285		220 LBS	Shull, T	450	181 LBS	Harvey, J	450	
Collett, M	380	Wessels, T	420	Buckley, B	145		220 LBS	Seufert, S	330	181 LBS	Richard, A	450	
Slotts, R	325	IOWA CLOSED	242 LBS	DEADLIFT			220 LBS	Baker, J	325	181 LBS	Gomez, R	450	
275 LBS		148 LBS	Theisen, S	260	OPEN		220 LBS	Bockoven, J	640	181 LBS	Hamilton, J	505	
Wessels, T	420	Staeffer, G	290	Henze, C	250		220 LBS	Compton, E	600	181 LBS	Montgomery, E	750	
LIFETIME		165 LBS	165 LBS	Carl, C	300		220 LBS	Fuller, R	350	181 LBS	Bevenour, D	750	
114 LBS		Ehrhardt, R	275	275 + LBS	300		220 LBS	Hamilton, J	340	181 LBS	Harvey, J	450	
Bevenour, D	160	181 LBS	181 LBS	Liddel, L.C.	445		220 LBS	Mollen, S f	250	181 LBS	Richard, A	450	
Weber, Q	85	Gomez, R	290	Oliver, H	420		220 LBS	Montgomery, E	550	181 LBS	Gomez, R	450	
148 LBS		198 LBS	198 LBS	HIGH SCHOOL			220 LBS	Rump, R	490	181 LBS	Hamilton, J	505	
Halpine, J	235	Lawrence, T	400	165 LBS			220 LBS	Stotts, R	500	181 LBS	Montgomery, E	750	
165 LBS		Turner, T	395	Reiling, M	225		220 LBS	Collett, M	400	181 LBS	Bevenour, D	750	
Boughn, B	380	Duff, S	340	181 LBS			220 LBS	Gomez, R	450	181 LBS	Harvey, J	450	
Rump, R	345	Oberfoell, M	280	Allis, K	340		220 LBS	Oberfoell, M	480	181 LBS	Richard, A	450	
Ehrhardt, D	275	220 LBS	220 LBS	Baragas, P	315		220 LBS	242 LBS	420	181 LBS	Gomez, R	450	
260		Holmes, S	355	Van Devender, D	150		220 LBS	Rihani, R	450	181 LBS	Hamilton, J	505	
240		Gammell, K	290				220 LBS	242 LBS	420	181 LBS	Montgomery, E	750	

POWERLIFTING TODAY, August 1991 - 17

ADFPA Missouri State/Ozark Open

April 20, 1991
Missouri
Meet Director: Cissel

CLASS 1	SQ	BP	DL	TL	Lealo, N	578.5	369.2	622.7	1570.7
123 LBS					Hadley, N	451.7	407.7	551.0	1410.7
Ramsey, D	429.7	270.0	424.2	1124.2	Sampson, J	451.7	396.7	518.0	1366.7
Clemens, K	429.7	231.2	374.7	1036.0	CLASS 5				
132 LBS					132 LBS				
Levine, S	308.5	143.2	275.5	727.5	Sample, M	259.0	159.7	319.5	738.5
Madigan, M	380.2	231.2	374.7	986.5	Halpine, J	176.2	104.5	209.2	490.5
Severson, J	325.0	275.5	363.7	964.5	Steinmetz, J	285	181 LBS		
Lenins, T	325.0	275.5	363.7	964.5	181 LBS				
165 LBS					165 LBS				
Morris, S	242.5	154.2	286.5	683.2	165 LBS				
Petzoldt, R	485.0	341.5	529.0	1355.7	165 LBS				
Joplin, K	501.5	270.0	540.0	1311.5	165 LBS				
Horrighs, R	485.0	253.5	462.7	1201.5	165 LBS				
Sample, B	485.0	225.7	473.7	1184.7	165 LBS				
Thomas, D	391.5	275.5	451.7	1118.7	165 LBS				
198 LBS					198 LBS				
Wilson, W	429.7	275.5	435.2	1140.7	198 LBS				
Bialas, M	385.7	231.2	363.7	981.0	198 LBS				
242 LBS					242 LBS				
Davis, J	451.7	281.0	490.5	1223.5	242 LBS				
275+ LBS					275+ LBS				
Hadley, N	451.7	407.7	551.0	1410.7	275+ LBS				
March, M	479.5	352.5	534.5	1366.7	275+ LBS				
OPEN					OPEN				
123 LBS					123 LBS				
Sample, L	650.2	413.2	650.2	1714.0	123 LBS				
Oelrich, J	551.0	325.0	600.7	1477.0	123 LBS				
Paulus, M	562.0	314.0	551.0	1427.2	123 LBS				
Alexander, M	529.0	319.5	551.0	1399.7	123 LBS				
242 LBS					242 LBS				
Keller, R	573.0	462.7	573.0	1609.2	242 LBS				
Rankin, P	622.7	429.7	551.0	1603.7	242 LBS				
Piper, J	573.0	374.7	600.7	1548.7	242 LBS				
Smith, S	473.7	358.0	446.2	1278.5	242 LBS				
Ufford, K	705.2	479.5	755.0	1940.0	242 LBS				
Pledger, J	655.7	3							



Ernie Surell (242) is known for control when he squats. At the Nationals he also was known for his American Masters record squat of 760.6 pounds.

NEW ENGLAND,

continued from page 17

	SQ	BP	DL	TL
Cepeda, F	600	365	550	1515
Krysto, R	570	370	565	1505
Alberini, D	620	305	525	1450
Catanoso, P	500	400	540	1440
McCarthy, J	500	360	540	1400
242 LBS				
Henrique, D	570	395	575	1540
Abbott, M	550	405	570	1525
Rohner, S	600	310	540	1450
275 LBS				
Teuksbury, P	685	380	635	1700
Dameret, J	630	435	635	1700
Grosk, P	525	325	510	1360
Beauregard, S	485	465	465	1355
Leach, K	480	290	490	1270
275+ LBS				
Thorsen, G	550	375	400	1325
Firvine, J	500	245	450	1195
TEEN (Formula)				
Doherty, G	475	240	515	1230
Huston, S	515	300	510	1325
Williams, R	410	225	440	1075
Rose, D	405	195	440	1040
SUB-MASTER (Formula)				
MacLellan, B	525	285	550	1360
Berrio, P	455	235	445	1135
MASTER (Formula)				
Brown, S	460	280	500	1240
Logan, H	450	245	470	1165
Dzerlacz, F	520	315	435	1265
Brykec, J	450	300	425	1200
Larsen, L	395	255	475	1170
WOMEN (Formula)				
Elwyn, S	265	165	320	770
Lewis, L	270	180	250	700

1991 Maryland State ADPFA Powerlifting Championships

April 27, 1991

Maryland
Meet Director: Paul Griffith

	SQ	BP	DL	TL
114 LBS				
Tiberia, L o,f	125	95	225	445
123 LBS				
Craig, J o	305	235r	325	865
Farrell, B o,f	270r	100	270	640
132 LBS				
Smith, R o	390	290	355	1035
Hirao, L o,t	195	105	205	505
Isaacs, C o,t	190	85	190	465
148 LBS				
Leigh, J o	295	210	350	855
Basham, S o,f	265	180r	315r	760
165 LBS				
Ring, J o,t	510	320	470	1300
Thompson, G o	400	250	440	1090
Freeman, E o	310	290	345	945
181 LBS				
Buell, B o	405	315	390	1110
Lambert, B o	350	235	400	985
Kim, J o,f	145	115	30	560
Seems, D o	325	265	375	965
196 LBS				
Kelly, D o,t	450	285r	500r	1235r
Stewart, T o	420	235	505	1160
Burton, E o	420	250	430	1100
Kail, M t	365	225	485	1075
Byun, K o,t	345	180	345	870
220 LBS				
Shanahan, D o	540	375	605	1520
Booth, B o,t	500	365r	500	1365r
Wright, M o	345	305	435	1085
Dunton, M o,t	155	115	270	540
242 LBS				
Phillips, B o	640	375	650	1665
Measick, T o	605	400	575	1580
Cosans, S o,f	420	200	435r	1055
275 LBS				
Painter, J o	565	430	540	1535
Fesser, D o	500	335	565	1400
VanMassehove, o	395	200	420	1015
275+ LBS				
Davis, G	545	470r	550	1565
WOMEN 129 LBS				
Scully, C	275	120	275	670
WOMEN 134 LBS				
Phillips, R t	225r	95	235r	555
WOMEN 176+ LBS				
Goldsmith, C	400	220r	380r	1000

ADFPA Texas State Powerlifting Championships

April 27, 1991
U of T, Austin
Meet Director: Jan Todd

	SQ	BP	DL	TL			
WOMEN COL.					220 LBS	Valedes, R	375 245 450 1070
104 LBS					132 LBS		
Schulman, L	185	80	210	475	Arzu, C		350 225 365 940
Contreras, M	135	85	190	410	Herta del Cid V		315 165 345 825
111 LBS					148 LBS		
Ojeda, P	200	65	240	505	Bui, E		500 250 500 1250+
129 LBS					165 LBS		
Beckwith, K	260	175	371*	805+	Williams, L		500 360 500 1360
WOMEN OPEN					181 LBS		
111 LBS					Lee, J		515 330 485 1320
Isaacs, D	125	75	170	370	Romero, R		500 275 460 1235
154 LBS					198 LBS		
Chandler, R	235	130	270	635+	Bernal, J		525 305 515 1345
176+ LBS					220 LBS		630 330 610 1570
Ruiz, T	305	125	315	745	Jenkins, D		
Barton, C	250	125	225	600	MEN OPEN		
HIGH SCHOOL MEN					132 LBS		255 125 310 690
148 LBS					Molyneux, G		
York, L	410	265	450	1125+	148 LBS		
Hecox, E	295	190	395	780	Bui, E		500 250 500 1250+
165 LBS					165 LBS		
Blakenship, D	420	230	385	1035	Goodin, D		500 295 470 1265
181 LBS					Garcia, L		450 275 405 1130
Francis, R	450	270	465	1185	181 LBS		
Pannell, M	375	220	465	1060	Milfield, E		515 305 595 1415
198 LBS					Winston, P		475 280 565 1345
Wise, P	410	250	430	1090	Lee, J		515 330 485 1320
242 LBS					Romero, R		500 275 460 1235
Cox, S	500	315	500	1315	198 LBS		
TEENAGE MEN					Spence, A		145 380 145 670
165 LBS					220 LBS		
Williams, L	500	360	500	1360+	Jenkins, D.J.		630 330 610 1570
198 LBS					242 LBS		
Sherman, T	410	235	520	1165	Putnam, J		545 400 515 1460
					275+ LBS		630 400 560 1590
					MASTER MEN 40-44		

181 LBS	Smith, G	425 200 430 1055+
Hecox, C	230 245 340 815	
Klostergaard, J	145 375 145 665	

MASTER MEN 50-54

1991 New York ADFPA State Powerlifting Championships

April 27-28, 1991
Troy, New York
Meet Director: David Mitchell

OPEN WOMEN

SQ BP DL TL
97 LBS 245* 120 255* 620*

111 LBS 205* 100 230 550

Dugan, P 135 90 165 390

116 LBS 285 145 300 730

Manganiello, F 255 125 265 645

129 LBS 300* 170* 355* 825*

Buddle, S 280 130 310 720

139 LBS 300 165 290 755

Borla, K 215 150 285 650

Limoncelli, C 210 150 235 595

Camire, L 210 115 220 545

154 LBS 350* 205 400* 955*

Becht, P 235 125 280 640

OPEN MEN 114 LBS

Manganiello F f 285 145 300 730

Bradley, J f 255 125 265 645

123 LBS 390 310 460 1160

Stisser, A 350 245 400 995

Sano, S 360 200 405 965

132 LBS 460* 260 480 1200*

Pallas, A 510 315 500 1325

Dibella, J 420 245 460 1125

Jones, B 425 245 410 1080

148 LBS 515* 335 505 1355*

McElroy, J 510 315 500 1325

Bhujwani, S 470 320 485 1275

Naughton, D 420 320 450 1190

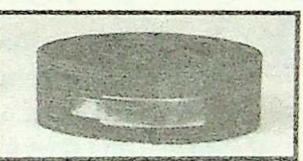
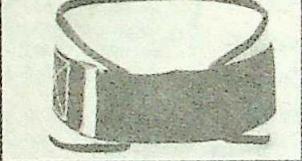
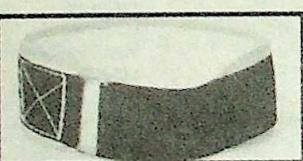
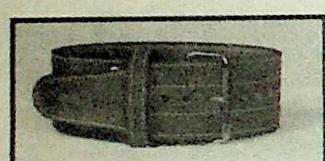
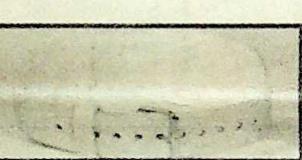
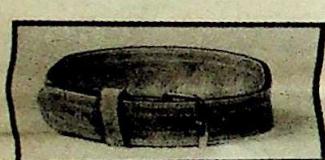
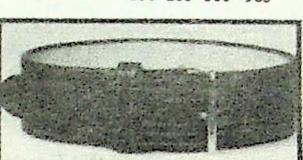
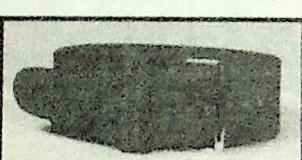
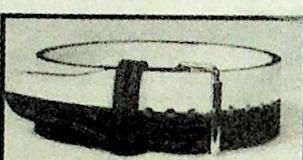
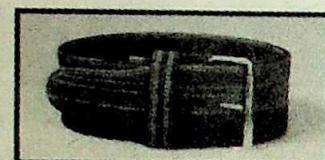
Vasile, J 410 310 450 1180

DeMaria, A 385 230 450 1065
Nautel, K 285 260 465 1010
Warner, R 345 225 425 995
Manganiello, L 360 215 405 980
Cameau, D 325 170 325 820
Demato, J 100 325 100 525
Byrnes, C 55 340 55 450
165 LBS Gauthier, D 585* 305 545 1435
Carbone, J 485 385 530 1400
Cahill, A 540 350 500 1390
Bongo, A 515 325 515 1355
Kutin, E 450 310 530 1290
Buddle, K 475 225 515 1215
Houlton, M 460 285 465 1210
Pagano, F 300 165 350 815
181 LBS Smith, J 610* 375 625 1610*
Kuisor, L 610* 355 565 1530
Piazza, T 570 360 600 1530
Szigethy, J 540 315 660* 1515
Fiorisi, P 560 415* 500 1475
Marchetti, B 510 325 555 1390
Ray, B 485 250 625 1360
Morehouse, B 500 350 500 1350
Sigler, J 500 300 500 1300
Buckhout, B 430 290 450 1170
Olikowycz, J 430 255 475 1160
Darab, J 390 310 460 1160
198 LBS Stisser, A 350 245 400 995
Sano, S 360 200 405 965
132 LBS Pallas, A 460* 260 480 1200*
Dibella, J 420 245 460 1125
Jones, B 425 245 410 1080
148 LBS Audia, J *M1 515* 335 505 1355*
McElroy, J 510 315 500 1325
Bhujwani, S 470 320 485 1275
Naughton, D 420 320 450 1190
Vasile, J 410 310 450 1180

Mennona, N 55 420* 55 530
220 LBS Siapanides *M2 750* 410 740* 1900*
Danahy, T 670 420 610 1700
Lindsey, B 575 405 650 1630
Fitzgerald, C 550 370 585 1505
Stanton, W 590 360 530 1480
Dingee, M 560 340 560 1460
Weissenburger J550 330 550 1430
Alexander, B 500 330 515 1345
Hudak, C 245 390 495 1130
Manovelos, F 570 375 145 1090
Armstrong, R 225 375 145 830
242 LBS Babbitt, R 725* 445* 655 1825*
Machin, C 715 405 650 1770
Panaro, F 600 330 600 1530
Diaz, F 575 315 550 1440
McDermott, S 525 385 500 1410
Bernardi, P 525 385 500 1410
275 LBS Culinan, S 725 430 660 1815
Martin, J 660 485 640 1785
Tomanski, J 610 405 600 1615
Warner, K 610 405 550 1656
Yorkey, S 550 380 590 1520
Spinelli, D 630 330 560 1520
Stasko, A 505 325 590 1420
Kaney, R 520 330 500 1350
Gisondi, A 425 405 400 1225
Hafener, E 145 405 255 805
SHW Finn, B 570 345 625 1540
Heese, C 575 350 610 1535
Kardun, J 590 375 570 1535
Kusior, P 570 350 550 1470
Mitchell, C 560 275 630 1465
Johnson, C 500 315 575 1390
Gehem, M 460 285 580 1325
Curran, M 450 355 475 1280
Rullo, M 460 240 565 1265
Henchey, T 135 350 135 620
Cathren, P 135 280 135 550
Calvano, C 105 325 135 535
116 LBS Roberts, H 15 135* 70 205* 410*
139 LBS Kormory, A 14 200* 80* 210* 490*
154 LBS Calderone, K 15 285* 130* 315* 730*
Sanford, J 14 1 5 0
HIGH SCHOOL WOMEN 116 LBS Vanalstyne 198
139 LBS Deigan, J 198
154 LBS LaJoy, L 198
165 LBS Hossack, S 220
181 LBS Rufano, T 181
198 LBS Wagner, R 198
212 LBS Gisondi, J 198
NOVICE MEN (114-165) by formula Buddle, K 165 475 225 515 1215
DeMaria, A 148 385 230 450 1065
Hauprich, A 165 410 255 440 1105
Warner, R 148 345 225 425 995
Zaccheo, V 165 405 225 445 1075
Manganiello 148 360 215 405 980
Vaughn, D 148 325 250 375 950
Fitzwater S 148 270 255 370 895
Pagano, F 165 300 165 350 815
NOVICE MEN (181-SHW) by formula Fittery, N 242 635 360 640 1635
Reilly, D 181 470 275 540 1285
Marte, C 220 545 350 565 1460
Reddington 198 470 300 520 1290
Nathanson M 198 455 335 500 1220
Lewis, B 181 500 280 440 1220
Vanalstyne 198 475 305 470 1250
Deigan, J 198 510 300 405 1215
LaJoy, L 198 350 340 410 1100
Hossack, S 220 385 315 460 1160
Rufano, T 181 380 255 375 1010
Wagner, R 198 400 315 435 1150
Gisondi, J 198 350 235 380 965
OPEN BENCH BP

T14 LBS Manganiello F f 145 165 LBS Manganiello, L 215
148 LBS Naughton, D 320 181 LBS Bongo, A 325
Warner, R 225 181 LBS Manganiello, L 215 415
165 LBS Fiorisi, P 215 310 Darab, J 310
181 LBS Bongo, A 325 198 LBS Mennona, N 420
Fiorisi, P 415 Curran, M 355
Darab, J 310 Henchy, T 350
198 LBS LaJoy, L 340 Hudak, C 390
Mennona, N 420 Medina, T 375
Henchy, T 350 Marte, C 350
Calvano, C 325 Alexander, B 330
220 LBS Hudak, C 390 242 LBS Babfit, R 445
220 LBS Armstrong, R 355 McDermott, S 385
Whitaker, J 320 Bernardi, P 355
275 LBS Hafener, E 405 275 LBS Hafener, E 405
SHW Snadowski, M 450 SHW Snadowski, M 450
LIFETIME BENCH 114 LBS
148 LBS Manganiello F f 145 * = State record
Byrnes, C 340 *M1 = Champion of Champion Men Day 1
Demato, J 325 *M2 = Champion of Champion Men Day 2
Naughton, D 320
Vasile, J 310
Warner, R 225

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APFFA Indiana State Powerlifting Championships

May 11, 1991
Indianapolis, Indiana
Meet Director: Kirth Vance

WOMEN SQ BP DL TL
154 LBS Welding, R 330 180 355 865
176 LBS Whitaker, J 350 200 370 920

TEEN 123 LBS
Murphy, M 275 190 310 775
Johnson, C 270 170 300 740
132 LBS
Ballard, L 385 205 355 945
Cunningham, S 320 210 315 845
Bonn, J 265 145 350 760
148 LBS
White, P Jr 435 220 435 1090
Cox, B 395 250 430 1075
Powers, G 300 235 375 910
Geigen, D 315 220 340 875
Miller, D 325 160 375 860
165 LBS
Morris, G 535 235 495 1265
Folz, E 465 240 460 1175
Faucett, D 350 220 435 1005
Wrana, J 320 200 355 875
Anglin, B 270 135 295 700
181 LBS
Foster, M 385 290 460 1135
198 LBS
Niehaus, C 415 225 420 1060
220 LBS
Hayes, K 500 280 510 1290
Hommell, P 325 240 375 940
242 LBS
Ingram, D 565 365 570 1500
Smith, J 555 325 550 1430
Hillen Brand, B 430 260 465 1155

OPEN 123 LBS
More, L 285 190 375 850
Kenny, A 330 145 335 810
Ellard, L 285 155 275 715
132 LBS
Kinser, R 335 290 360 985
Costello, D 270 190 350 810
148 LBS
Burrello, T 425 315 465 1205
Krause, R 405 290 435 1130
Hillegonds, B 345 255 405 1005
165 LBS
McCarty, M 515 325 515 1355
Niedbalski, C 495 325 485 1305
Riddle, J 455 290 525 1260
Wade, W 305 180 380 865
Haag, T 145 370 145 660
181 LBS
Love, D 605 335 600 1540
Hudak, D 520 315 570 1405
Russell, T 520 300 540 1360
Stratman, J 515 295 500 1310

Please see INDIANA, page 20

INDIANA.

continued from page 19

Seward, S	470 285 485 1240	Watkins, J	560 415 575 1550
Oeverde, M	475 265 470 1210	Schmitt, C	505 330 570 1405
Breane, C	365 320 420 1105	Purcell, C	495 345 505 1345
Quinones, D	365 270 400 1035	Smith, T	300 230 400 930
198 LBS		275+ LBS	
Prymek, R	605 330 550 1485	Vance, K	665 440 705 1810r
Bowman, R	520 300 500 1320	Heck, S	600 345 540 1485
Andrich, P	475 290 475 1240	MASTER	
Davidson, C	440 270 460 1170	220 LBS	
230 LBS		Smith, S	640r 400 620 1660
Tyning, P	645 335 650 1650	Del Real, D	560 430 505 1495
Millikan, A	630 350 600 1580	275+ LBS	
Hayes, K	530 400 540 1470	Glover, A	445 320 450 1215
Lytle, E	365 225 340 930	BEST LIFTERS	
242 LBS		Light - David Love	
Tyning, J	600 315 605 1520	Heavy - Kenny Thompson	
Miller, J	580 355 585 1520	TEAM	
275 LBS		Central Power	
Thompson, K	760r 440 715 1915	The Pit	
Mason, R	640 410 620 1670	Big John's Gym	
		TEEN TEAM	
		Big John's Gym	
		The Pit	

North Carolina ADFPA Powerlifting Championships

May 11, 1991

High Point, North Carolina
Meet Director: Donnie Kiefer

	OPEN	SQ	BP	DL	TL
123 LBS					
Yun Kim, C bl	350 270 450 1070	Adams, E	670r 440 625 1735r	Valego, B	415 225 425 1065
McLaughlin, K	290 170 350 810	Hill, G	605 425 605 1635	Costner, W	300 225 350 875
132 LBS					
Anderson, R	300 200 250 750	Burngarner, R	560 430 550 1540	Crum, J	100 480r 145 725
148 LBS					
Kiefer, D	525 300 445 1270	275+ LBS		Smith, S	460 275 485 1220
Kellam, T	410 205 480 1095	Harper, R	500 300 560 1360	Sluder, C	405 250 515r 1170
Kitchen, A	380 275 390 1045	WOMEN		220 LBS	
165 LBS		Lentz, J	325r 250 350 925	Tyson, L	405 315 385 1105
Valego, B	415 225 425 1065	MASTER WOMEN (35-39)		275+ LBS	
Gossett, A	375 245 435 1055			Harper, R	500r 300r 560r 1360r
Costner, W	300 225 350 875				
181 LBS					
Stauffer, R	500 290 525 1315				
198 LBS					
Patterson, J	525 335 475 1335				
Haddock, D	400 370 450 1220				
Dunn, R	430 275 480 1185				
220 LBS					
Faison, H bl	620 375 620 1615				
Sherrill, S	600 340 560 1500				
McKinney, M	545 350 575 1470				
Gerard, A	500 315 625 1440				
Whitehead, B	535 375 525 1435				
242 LBS					
Tate, H	535 390 585 1510				
Lewis, C	540 325 620 1485				

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1991 ADFPA Michigan State Powerlifting & Bench Press Championships

May 18, 1991	Grand Rapids, Michigan	Meet Director: Bill Beckwith	1991 ADFPA Michigan State Powerlifting & Bench Press Championships
OPEN	SQ	BP	DL
114 LBS			
Jodis, S f	225	110	250
132 LBS			
Guyan, R	440	245	435
Spies, E	355	205	345
Biehn, L	325	185	375
Torrez, M	260	150	280
148 LBS			
Johnson, T	475	305	455
Hayataka, T	325	345	415
Huey, G	365	265	405
165 LBS			
Rodriguez, R	565	355	545
Chambers, R	515	315	570
Marrison, R	530	275	485
Mumaw, J	440	225	480
Haik, R	450	260	440
Bartotti, G	360	265	430
181 LBS			
Terry, C W	570	310	650
Kanoza, B	440	315	500
Keller, T	380	255	405
198 LBS			
Reinhart, D	615	455	535
Haiseleder, D	610	370	555
Lorenzen, K	575	330	460
Ferguson, D	435	310	505
220 LBS			
Haik, R	450	260	440
Harless, D	725	490	600
242 LBS			
Frownfelter, G	530	365	600
Rivas, P	550	300	540
Brown, D	470	315	535
Douglas, J	495	320	460
244 LBS			
Cannon, J	550	405	630
Sears, J	560	355	570
Steffan, P	500	275	535
275 LBS			
Wagner, C	675	470	610
Johnson, S	540	360	550
MacLeod, K	505	340	555
275+ LBS			
Hoop, B	655	405	600
LIFETIME OPEN			
132 LBS			
Guynn, R	440	245	435
Torrez, M	260	150	280
148 LBS			
Johnson, T	475	305	455
Marsiglia, J	430	280	435
165 LBS			
Rodriguez, R	565	355	545
Chambers, R	515	315	570
White, T	445	265	485
Mumaw, J	440	235	480
Haik, R	450	260	440
181 LBS			
Terry, C W	570	310	650
Prichard, M	450	290	480
Coopersmith, D	400	255	465
Klimsza, P	390	265	450
198 LBS			
Reinhart, D	615	455	535
Cotner, R	610	385	565
Cadott, C	530	325	530
Lorenzen, K	575	330	460
Striggow, R	505	315	515
220 LBS			
Adamick, J	550	310	665
Morris, D	440	300	520
242 LBS			
Krueger, G	600	410	510
198 LBS			
Haiseleder, D	610	370	555

1991 ADFPA Men's National Powerlifting Championships

June 22 & 23, 1991
Meet Director: John Petroff
St. Louis, Missouri

	SQ	BP	DL	TL
114 LBS				
Nguyen, D	418.9	248.0	440.9	1107.8
Garcia, H	424.4	231.5	424.4	1080.3
Bourque, K	413.4	226.9	413.4	1052.7
123 LBS				
Ramsey, D	451.9	275.6	440.9	1168.4
Higgins, F	413.4	297.6	407.9	1118.8
Weiss, D	385.8	264.6	451.9	1102.3
Miller, B	418.9	275.6	402.3	1096.8
Clemens, K	424.4	231.5	380.3	1036.2
132 LBS				
Suttles, T	507.1	330.7	534.6	1372.4
Blake, H	468.5	303.1	529.1	1300.7

Payne, W	485.0	286.6	501.5	1273.2
Benemerito, J	440.9	270.1	534.6	1245.6
Pallas, A	468.5	248.0	468.5	1185.0
Jones, B	424.4	242.5	435.4	1102.3
Mannisto, M	402.3	270.1	407.9	1080.3
148 LBS				
Fronzagli, D	529.1	358.2	523.6	1410.9
Kupperstein, E	529.1	303.1	583.2	1405.4
Kea, R	534.6	363.8	501.5	1399.9
Hammer, E	545.6	330.7	501.5	1377.9
Satoshige, T	540.1	330.7	501.5	1372.4
Weinstein, L	501.5	303.1	523.6	1328.3
Audia, J	485.0	341.7	501.5	1328.3
Beatty, D	463.0	314.2	551.2	1328.3
Reinardy, J	512.6	248.0	562.2	1322.8
Jones, V	485.0	286.6	540.1	1311.7
Bowe, M	485.0	270.1	551.2	1306.2

Scialpi, S	688.9	396.8	722.0	1807.8
Riley, E	622.8	385.8	727.5	1736.1
Gibson, M	633.8	380.3	705.5	1719.6
Wessels, W	628.3	396.7	639.3	1664.5
Pratt, S	633.8	391.3	622.8	1647.9
Sample, L	600.8	363.8	633.8	1598.3
220 LBS				
Siapandis, C	760.6	413.4	677.9	1851.9
Cain, S	644.8	440.9	711.0	1796.7
Holloway, J	644.8	391.3	622.8	1659.0
Bowers, J	578.7	463.0	584.2	1625.9
Foglia, M	589.7	435.4	589.7	1614.9
242 LBS				
Stewart, A	799.2	485.0	628.3	1912.5
Donati, R	661.4	490.5	705.5	1857.4
McKinstry, C	644.8	463.0	705.5	1813.3
Luck, B	705.5	402.3	677.9	1785.7
Washington, B	639.3	385.8	677.9	1703.1

ADFPA 1991 High School Nationals

May 25-26, 1991
Port Charlotte, Florida
Meet Director: Spero Tsontikidis

FRESHMEN	SQ	BP	DL	TL
114 LBS				
Rice, C	270.0	137.7	363.7	771.5
Sinclair, C	286.5	165.2	303.0	755.0
Clark, J	281.0	159.7	286.5	727.5
Burress, E	159.7	99.0	203.7	462.7
123 LBS				
Hearns, D	259.0	198.2	407.7	865.2
Quinn, C	236.7	121.2	303.0	661.2
Nedd, D	198.2	115.5	303.0	551.0
132 LBS				
Burke, E	259.0	137.7	341.5	738.5
148 LBS				
Baptiste, G	330.5	209.2	402.2	942.2
165 LBS				
Williams, H	369.2	236.7	468.2	1074.5
181 LBS				
Rowe, R	325.0	198.2	451.7	975.5
198 LBS				
McCarthy, PJ	435.2	292.0	462.7	1190.2
Fields, D	407.7	242.5	462.7	1113.2
Phipps, J	413.2	225.7	468.2	1107.7
SOPHOMORE				
132 LBS				
D'Agostino, J	286.5	154.2	440.7	788.0
148 LBS				
Anderson, D	424.2	214.7	501.5	1140.7
Smith, T	369.2	198.2	446.2	1014.0
Outlaw, S	374.7	203.7	435.2	1014.0
Culhane, C	325.0	225.7	391.2	942.2

Wright, D	297.5	159.7	402.2	859.7
Ventriglia, F	242.5	159.7	330.5	733.0
165 LBS				
Smith, T	424.2	319.5	435.2	1179.2
Dixon, T	330.5	203.7	479.5	1014.0
Delseso, R	363.7	225.7	418.7	1008.5
Nelson, J	270.0	137.7	308.5	716.2
181 LBS				
Mitchell, C	473.7	248.0	507.0	1229.0
Bergandi, M	418.7	248.0	457.2	1124.2
Swint, P	385.7	236.7	457.2	1080.2
Willis, J	429.7	242.5	407.7	1080.2
Butler, M	292.0	154.2	341.5	788.0
198 LBS				
Goke, J	473.7	270.0	435.2	1179.2
Schlicht, R	429.7	209.2	440.7	1080.2
220 LBS				
Deaver, R	485.0	325.0	551.0	1361.2
Paxton, V	457.2	286.5	507.0	1251.0
Allen, H	385.7	242.5	501.5	1151.7
Bailey, E	429.7	259.0	519.5	1008.5
275 LBS				
Forte, C	540.0	352.5	402.2	1295.0
Sigmon, M	319.5	220.2	413.2	953.2
SHW				
Gillispie, P	501.5	303.0	451.7	1256.5
JUNIOR				
114 LBS				
Thomas, Q	248.0	159.7	314.0	722.0
McMullen, A	181.7	99.0	231.2	512.5
123 LBS				
Carter, J	429.7	176.2	418.7	1025.0
Ashley, C	275.5	165.2	352.5	793.5
Elder, J	231.2	181.7	303.0	716.2

Heredia, A	259.0	132.2	303.0	694.2
132 LBS				
Whittaker, D	303.0	170.7	352.5	826.5
148 LBS				
Dudley, T	451.7	242.5	446.2	1195.7
Holiday, H	341.5	220.2	446.2	1008.5
Cook, J	292.0	154.2	374.7	821.0
165 LBS				
Warchol, P	457.2	264.5	473.7	1195.7
Bowen, S	407.7	220.2</td		

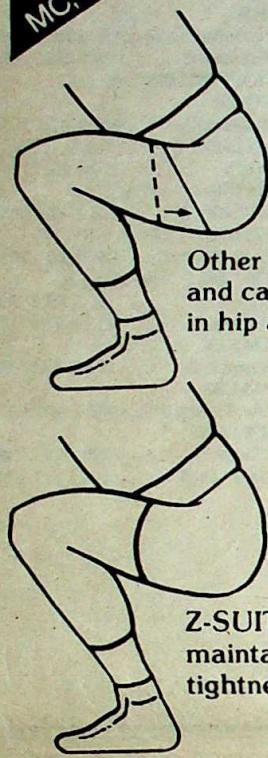
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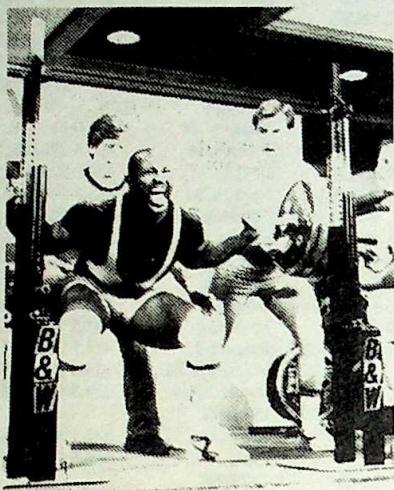
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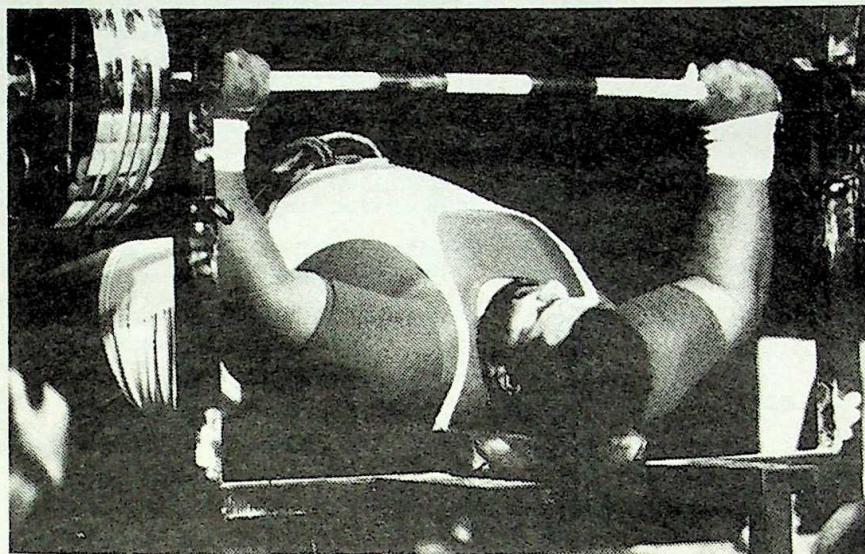
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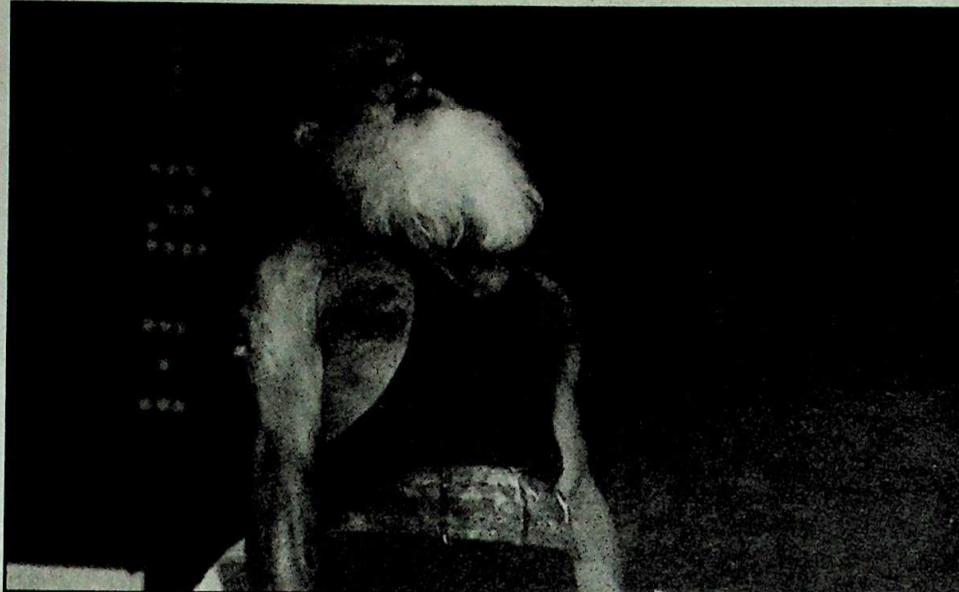
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1991 WDFPF World Masters Powerlifting Championships

August 3 & 4, 1991
St. Louis Park, Minnesota
Meet Director: Erin Feldges

WOMEN (40-44)	SQ	BP	DL	TL
116 LBS				
Brady, S USA	292.0	143.2	330.5	766.0
122 LBS				
Keeble, G USA	242.5	148.7	286.5	677.7
129 LBS				
Reif, J USA	236.7	104.5	253.5	595.0
176 LBS				
Gill, B USA	270.0	132.2	314.0	716.2
176 + LBS				
Regan, C USA	407.7	259.0	402.2	1069.0
WOMEN (45-49)				
104 LBS				
Cherbonnel FRA	192.7	159.7	253.5	606.2
111 LBS				
Rasor, S USA	248.0	159.7	292.0	699.7
Guinard, M FRA	187.2	115.5	264.5	567.5
129 LBS				
Smith, P ENG	209.2	110.0	264.5	584.0
WOMEN (50-54)				
104 LBS				
Gedney, J USA	253.5	132.2	294.0	680.0
122 LBS				
Falconio, B USA	231.5	121.2	292.0	644.7
129 LBS				
Trichot, M FRA	396.7	93.5	264.5	556.5
WOMEN (60+)				
139 LBS				
Decker, N USA	203.7	93.5	275.5	573.0
154 LBS				
Larkin, P USA	159.7	77.0	236.7	473.7
MEN (40-44)				
132 LBS				
Gutteridge ENG	418.7	297.5	473.7	1190.2
148 LBS				
Jacobs, J USA	468.2	253.5	501.5	1223.5
De laporte D FRA	418.7	270.0	473.7	1162.7
165 LBS				
Waldorf, M	490.5	292.0	567.5	1350.2
181 LBS				
Jones, R ENG	440.7	264.5	529.0	1234.5
196 LBS				
Perry, P CAN	578.5	330.5	622.7	1532.0
Milligan, J	507.0	352.5	600.7	1487.7



Vincenzo Tidona (FRA), totaled 887.2 lbs. to win the 132: 60+ division. He defeated Richard Nolan (USA) who totaled 633.7 lbs.

220 LBS	Clauss, L FRA	485.0	253.5	551.0	1289.5	198 LBS	Ambler, D ENG	556.5	341.5	5573.0	01471.5
242 LBS	Shepard, L	622.7	352.5	655.7	1631.2	220 LBS	Braun, J CAN	540.0	330.5	5584.0	01455.0
	Couteau, P FRA	606.2	380.2	606.2	1592.7		Pyra, J	562.0	292.0	5551.0	01405.2
275 LBS	Tudor, I ENG	573.0	402.2	573.0	1548.5	242 LBS	West, J IRE	573.0	336.0	606.2	1515.5
	Garro, L	650.2	2440.7	611.7	1703.0		Hansen, K	584.0	363.7	7523.5	1471.5
SHW (319+)	Wren, P	716.2	380.2	666.7	1763.5	319 LBS	Roberson, G	705.2	336.0	7222.0	1763.5
							Toher, R ENG	407.7	248.0	518.0	01173.7
							Richardson, M	468.2	347.0	523.5	1339.2
MEN (45-49)						MEN (50-54)					
114 LBS	Schlegel, B USA	336.0	170.7	374.7	881.7	132 LBS	Glass, F USA	303.0	143.2	418.7	865.2
132 LBS	Ringi, J USA	385.7	181.7	363.7	931.2	148 LBS	Lawson, M USA	501.5	225.7	462.7	1190.2
165 LBS	Doubel, R FRA	418.7	253.5	485.0	1157.2	181 LBS	Ledroit, M FRA	264.5	225.7	374.7	865.2
	Thomas, W	600.7	418.7	650.2	1669.7		Zwick, I USA	55.0	275.5	55.0	385.7
	Glumac, R	551.0	270.0	628.2	1449.5	165 LBS	Debuisson, V FRA	468.2	259.0	540.0	01267.5
	Bouchacour FRA	440.7	341.5	595.0	1377.7		Flores, R	440.7	259.0	518.0	01218.0

Briggs, D ENG	374.7	259.0	462.7	1096.7
181 LBS				
Gregg, H	479.5	270.0	501.5	1251.0
Murdie, K ENG	374.7	264.5	485.0	01124.2
198 LBS				
Strange, R	462.7	325.0	551.0	1339.2
West, E ENG	407.7	264.5	429.7	1102.2
220 LBS				
Rood, R	551.0	352.5	551.0	1455.0
Spall, M ENG	418.7	220.3	529.0	01168.2
242 LBS				
Beckwith, W	556.5	374.7	551.0	1482.5
275 LBS				
Dias, F	578.5	330.3	584.0	01493.5
319 LBS				
Siegel, A	540.0	264.5	534.5	1339.2
MEN (55-59)				
165 LBS				
McElroy, A	418.7	165.2	440.7	1025.0
181 LBS				
Trevorah, T	451.7	281.0	512.5	1245.5
Hirst, G ENG	418.7	225.7	451.7	1096.7
198 LBS				
Hudson, P ENG	462.7	275.5	551.0	1289.5
Lemoine, B FRA	468.2	303.0	485.0	01256.5
220 LBS				
Bennett, R	424.2	303.0	556.5	1284.0
242 LBS				
Cramer, N	501.5	286.5	501.5	1289.5
275 LBS				
Corulli, L	363.7	314.0	529.0	01207.0
MEN (60+)				
132 LBS				
Tidona, V FRA	297.5	220.2	369.2	887.2
Nolan, R USA	209.2	143.2	281.0	633.7
148 LBS				
Giller, D USA	341.5	242.5	451.7	1036.0
Marshall, D ENG	341.5	176.2	418.7	936.7
165 LBS				
Hamblin, E	435.2	259.0	518.0	1212.5
181 LBS				
Ginenthal, D	352.5	231.2	440.7	1025.0
198 LBS				
Fulton, J ENG	308.5	176.2	374.7	859.7
242 LBS				
Leonard, R	359.0	297.5	396.7	1052.5
Bunescu, A	396.7	192.7	374.7	964.5
275 LBS				
Stratton, D	159.7	236.7	352.5	749.5

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8/25 ADFPA Eastern U.S.A. Bench Press Championships. Open, lifetime, novice, teen, sub-master, master, & women. Contact: Geri or Bob Gaynor, 19 Sunrise Dr., Mt Top, PA 18707. (717) 823-6994 or (717) 474-6111.

9/21 & 22 ADFPA Pennsylvania State Championships. Contact: Siegel Engraving Co., 304 Daisy St., Clearfield, PA 16830, 814 765-3214 (24 hrs.).

9/28 ADFPA North Mississippi Championship Bench & Deadlift. Two separate contests. State: Open, teen, & masters. Open: Open, teen, & masters. Trophies - 1st thru 3rd in each weight class. Contact: Bill or Laura Grilliette, 11221 Big Buck, Hernando, MS 38632. (601) 429-2928.

9/29 ADFPA Maryland State Bench Press Championship (Closed). Contact: Brian Washington, 3506 Essex Rd., Baltimore, MD 21207 (301) 944-4002.

10/5 ADFPA Tri-State Open Powerlifting Meet. Contact: Burns (914) 758-6964.

10/12 ADFPA Bench Press Challenge. Open meet with conventional and unique categories. Contact Don Wallace or Brenda Owens, St. Johnsbury Academy Field House, St. Johnsbury, VT 05819. (802) 748-8683.

10/19 9th Annual ADFPA Central Pennsylvania Open Powerlifting Championships. Open Men and Women divisions below class I, Teenage and Master divisions. Limited entries, First 125 only. Contact: Siegel Engraving Co., 304 Daisy St., Clearfield, PA 16830, 814 765-3214 (24 hrs.).

11/2 ADFPA Central Jersey Open Bench Press Championships. Open men/women, teenage, masters. Contact Lloyd Weinstein, Elizabeth YMCA, 135 Madison Ave., Elizabeth, NJ 07201. (908) 355-9622 (9am - 6pm).

11/8, 9, & 10 ADFPA MASTERS NATIONALS POWERLIFTING CHAMPIONSHIPS. Daytona Beach, Florida. Contact Tom Trevorah (904 328-4804).

11/10 & 11/11 1991 WDFPF World Powerlifting Championships. Bendigo, Australia.

11/16 ADFPA SIUC Open Powerlifting Championships. Men, women, and team. Contact Barb Rester or Dominic Cittadino, 1414 Dogwood, Carbondale, IL 62901. (618) 549-8028.

11/17 ADFPA All-American Bench Press Championships. Open, lifetime, women, teen, masters, law enforcement. Contact: Geri or Bob Gaynor, 19 Sunrise Dr., Mt. Top, PA 18707. (717) 823-6994 or (717) 474-6111.

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11/23 ADFPA Longhorn Open. Contact Jan Todd, 217 Gregory Gym, The University of Texas, Austin, TX 78712. For information call Jan Todd; Work (512) 471-4890, Home (512) 447-3635.

12/2 WDFPF World Bench Press Championships. George Gerard, Angers, France.

12/7 ADFPA Kentucky State Powerlifting Championships and Open ADFPA Deadlift Championships. Henderson, KY. Meet Director Sue Payne; Days (502) 826-8354, Home (502) 826-1471.

3/7 & 8, 1992 ADFPA Collegiate National Championships. Contact Jan Todd, 217 Gregory Gym, The University of Texas, Austin, TX 78712. For information call Jan Todd; Work (512) 471-4890, Home (512) 447-3635.

4/11 & 12, 1992 ADFPA High School Nationals. Contact John Petroff, 13267 Windygate Ln., St. Louis, MO 63146. (314) 434-5818.

6/6 & 7, 1992 ADFPA Men's Nationals. Contact Erin Feldger, 2635 Abbot Ave. No., Robbinsdale, MN 55442. Work (612) 571-1865, Home (612) 588-3040.

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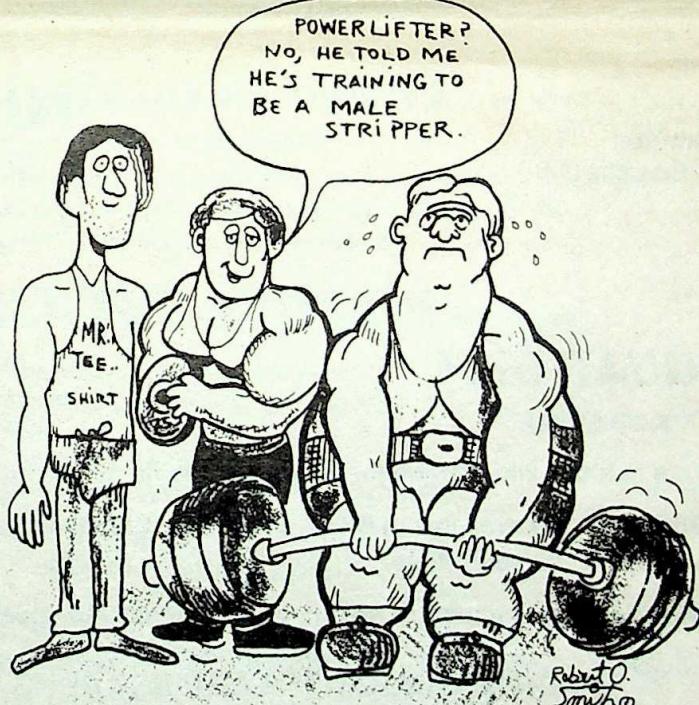
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