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ON THE COVER.... Kim Brownfield benched 612 at the WABDL Nationals (courtesy of Gus Rethwisch) and Ed Coan (below) won the $10,000 prize at the Mountaineer Cup event (Burnell)

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USPF Senior Nationals and the Mountaineer Cup No. 2

astold to Powerlifting USA by Herb Glossbrenner

The Mountaineer Race Track and Gaming Resort in Chester, WV is located about 50 miles from the Pittsburgh, PA airport. The USPF Seniors was staged at this location on June 24-25th and it was held in conjunction with the Mountaineer CUP II, an open tournament where a ten thousand dollar check was the incentive for the highest total. Fans came from near and far, with the draw of the great one himself - Ed Coan - who has the highest legit TOT in History - 2463 lbs. at a mere 242 bwt. The promoter was Nick Busick, a former law enforcement officer who may be best known for his portrayal of a pro wrestling heel called "Bully Busick" back in the early eighties. He quit the WWF afterwards to pursue other business ventures and to enjoy watching his kids grow up. Nick hit an 1818 TOT as far back as April '85 as a 242, and he could regularly bench in excess of 500 lbs. Nick's 18 year old son Bob is quite an athlete himself. He just graduated from high school, and at 6 foot, 235 lbs., he won the WV State High School Wrestling Championship. Last year he was a member of his school's undefeated football team that captured the AA Division State title. Nick is a great public relations man. He and his crew of diligent workers went far and above the call of duty to extend special courtesies to athlete and administrator alike. I should hope that everyone showed their appreciation by thanking Nick. His red carpet treatment made everyone feel like a V.I.P.

The competition was held right across from the race track. If you wanted to play the horses you could place a bet and cash in if you were lucky. TV monitors gave a clear view of the race itself, or you could look out the window and watch the race live. There was the gambling casino in the resort which featured nightly live entertainment. The bar offered free cokes to all the clients and customers.

***Susan Rinn** with 308 (Herb G.)*

The lifting events attracted a lot of PL celebrities, including: Vince Anello, many times Senior National & World Champ, who presented a free seminar peak performance. Vince brought his 81 year old mom as well as his African parrot, which he kept hidden away mostly due to the "no pets allowed" rule, but mostly because the bird has a broad vocabulary of expletives - taught by mom!. The big behemoth Willie Williams drove the 450 miles from the far end of the state and brought wife Christina to observe. At 161 she's officially done 300 this year. Coupled with Willie's 720, they make the strongest husband wife BP duo on the planet. Doug Furnas, who totaled 2400+ 13 years ago before embarking on a 10 year pro-wrestling career, was an hand to assist his old buddy Coan, as was Captain Kirk Karwoski - IPF World Champ and thousand pound squatter. What a surprise it was to see old friends Daryl Johnson and wife Toby, who is a top notch referee and Daryl, who was one of the very first Master lifters in the World to SQ 600 over the age of 60. On hand Sunday to watch the Cup were Westside Barbell Club's powerful duo, Rob Fusner and John "Chester" Stafford. Rob was fresh from his victory over Dave Barno at the York Spectacular. There Fusner hit a fabulous 2335 TOT via 905, 700, 730. The cherubic Stafford hit a deep 875 SQ there and has officially BPed 585 and DLed 790! *PL USA* feature writer Marty Gallagher was on hand to support Coan. Late arriving was Peter Thorne, former USPF President, in the loudest Hawaiian shirt I've ever seen. Jan Shendow proved his resilience driving all the way from Utah. Enough rambling, on with the lifting!

USPF Senior Nationals: Women - Ann Leverett, perennial champ from Savannah, GA brought along teammates Amy Orellana, and red headed Linda Christopher. Ann wished she had flown instead of driven, as she found her back in quite a kink! Lightest in the meet at 96 lbs. Ann had no trouble SQing 270, but got stuck arising with 286. It was a good 165 BP for Ann, but 176 twice wouldn't cooperate. With two good DLs (325) she chalked up another National title with a 760 TOT. Amy Orellana captured the 105 class without opposition. She used a super close hand grip while SQing. Her 231 1st SQ was good.

***Mike Danforth** did everything well. (Herb Glossbrenner photograph)*

Two tries at 259 weren't. A 275 2nd attempt DL gave her a victory. Susan Rinn from Texas powered through a 319 SQ, with a narrow stance, then tried 336, which didn't go. Her 220 BP, 2nd attempt, showed a reserve of power. A 303 pull assured her the 123 victory with an 843 TOT! Linda Christopher missed some big SQ & DL increases due to inexperience. She'll do much more in the future and got a nice runner-up finish here.

Men - Vladimir Rubin got the most out of the lifts he tried to take the 114s. Martin Siska was tall and lean as a sapling tree. He got a lot of family support, and was the 132 winner, but he able to won't remain in that class much longer. Robert Nosek, @ 141, was the sole 148 entrant. His SQ opener was a stumbling block. On a repeat it was good, and then he took a jump to 369 for a success. Three solid benches led to 275. He pulled 441 sumo style, and did 452 also, but beat the down signal, I believe. Mark Frankovich was too strong for Jeff Wohlfahet in the squat and deadlift. Jeff won the BP battle 248 to 242, but Mark won the 165 lb. class war 1080 to 992. Five contested at 181. Jerald Fisher of Topeka, KS needs major SQ work. His BP was his best event with 314. He finished in 6th. Two young marines stationed at Quantico, VA base slugged it out for the two higher positions. Steve Battista is Keith Garber's commanding officer who ORDERED Steve to do PL with him. Both men got 501 DL PRs. In 3rd was Matt McCase, at 175. He rode the crest of a great wave - a 9 for 9 day - 501 SQ, 352 BP, 523 DL, 1361 TOT. Max Sullivan is a Coan discovery at Quads Gym in IL. Max, who bears an uncanny facial resemblance to LA Lakers superstar Kobe Bryant, pulled 500x5 on a dare the first time he ever touched a weight and forgot about his bodybuilding ambitions. Max sailed right through all his lifts: 595 SQ, 402 BP, 606 DL - 1603 TOT. Mike Danforth of Maine was the outstanding lifter for the whole competition and won the 181s with a brilliant 10 times bodyweight performance. Mike was solid: SQing 639 and 672, but he rocked back on his heels with 688. He benched 418, then 441, and 452 as well, but they didn't give him the benefit of doubt on his last lift. Mike finished the day in a frenzy, pulling 644, 688, and finally a hard fought 705 - TOT 1818. His final lift I thought was the most impressive of the whole meeting!

The 198 class had the biggest entry list with 7. Striving to get a handle on the competition, Pat Tessaro, after SQing 617, leapt way up to 672 - missed - then went to 688. Unfortunately he severely injured his leg and was forced to withdraw. He was in a full leg cast, afterwards, limping around in a world of hurt. The brothers Magnone filled the two basement positions. Vince, the lightest (188) gave away a lot in the bigger lifts, but he outbenched his brother - so there! Bob Hayden used all 3 tries to justify his 551 opener. He was only 5 back of class leader Alan Haga following his big 424 BP. Haga dunked all 3 and had a big 628 under his column. Hayden's mere 479 DL ended his medal hopes. Haga delivered a 352 BP, and then pulled a 523 DL on his final effort TOT 1504. This assured 3rd. Joe Norman from Jacksonville, FL succeeded with 551 for his SQ opener. He risked two attempts at 584 that didn't bear fruit. Joe settled down and succeeded with

his remaining 6 lifts. With his 584 2nd DL he tied Haga's 1504 TOT, but Alan was in 2nd as lighter. With one last ditch effort Norman went to 595 - success. The 198 Winner proved to be Theodore Linn of Norfolk, VA. His 2nd attempt 595 SQ was followed by a risky miss at 655. Ted's 341 BP didn't distinguish him, but his pulling prowess certainly did. His 573 opener assured a medal, then 617 sealed his win. He followed this with 628 for a 1565 TOT.

At 220 James Thomas token lifted for fun and ended up in third place because he could. Jan Siska Jr. was listed as a guest, otherwise he'd have gotten the 2nd place that Thomas had. Chris Billings sacrificed two SQs with 650 and didn't try a 3rd. On top of his game was Jason Burnell of Hercules, CA. Jason missed only his SQ opener and had a fine day, registering a 705 SQ, 435 BP and 644 DL for a 1785 TOT. Jason seemed so pleased with his performance that he didn't mind losing an INTERNET BET with Tim "The Tiger" Bruner. At 242 William Fetty came just to bench. He put a 589 in his column, and even gave the big Sixer a one way ride. Robert Busick took time out from his driving duties to pick up 4th place. The lift-off between Lester Estevez and George Tsougaralis was a real barn burner. Evenly matched in SQ, George finished out 584 on a 3rd. Estevez took 573 for an opening lift. He gambled he could do 622, but that didn't transpire. The Greek taxed his limit with 396 and couldn't press 413. Estevez made up for his two wasted squat tries by ramming up 446. That put him 39 up going into the DL. Lester put all of his attempts in the affirmative column (600) - TOT 1620. Tsougaralis went for the silver medal on his final try. Actually there not medals for awards, but rather some attractive clock plaques . George forged into 2nd place by raising 633 perfectly.

***Tom Manno** locking out 622 lbs. (Herb Glossbrenner photograph)*

Estevez got 3rd. Allen Barja came right out of the woodwork. He proved his three lift ability in a big way here! Barja got a fine 722 SQ. This set himself up for an monster BP. He did just that on a 3rd attempt with a crisply executed 600.7! Allen didn't stop there, as he ripped up all three of his deadlifts (656) - TOT 1978. At 275 Mike Brookman was just out there to have fun and get 3rd place. Randy Boyntan balanced out with a 1719 TOT. He was staying within spitting distance of leader Deron Rogers. Rogers hunked up all his SQs and got a big 738. He BPed 402. All Boyntan could muster in the DL was 600 so Rogers lifted 672, 711, and 727, which he delivered with authority - TOT 1868. The 308 class looked to be a sure thing for 303 lb. Keith Southwood. He dunked 666 and almost got 688. Keith worked his way up to a 3rd attempt 501 BP success and was sitting pretty. Coming right in on the limit, Tom Manno stirred the crowd with a 66 lb. SQ; a feather light formality. Then putting his beefy arms and massive chest to work Tom effortlessly shoved up his 600.7 BP opener. Someone must have slipped him some Kryptonite because big Tom couldn't quite lock out 622 on both tries. Then as part of the requirement, Tom came and pulled a token DL (253). This turned out to be Tom's lucky charm hoist. Southwood, the winner, came out and missed all three of 600 DL tries. MANNO IS USPF SR. NATIONAL CHAMP OF AIL THREE LIFTS. Is this amazing or what? In the SHWS, Tony Saunders, the biggest man of the two day event, decisively blew defending champ and boss hog Al Buono right out of the water in what must be considered a major upset. Tony and Al were both in the Mountaineer Cup, which I'll expand upon later. Tony is as friendly as a gigantic pound puppy and exudes an aura of piece and joy. A special thanks goes to meet emcee David Hale, 42, of Parkersburg, WV who did a splendid job keeping the audience enthused and informed. He's now doing Chiropractic School in Atlanta.

MOUNTAINEER CUP II: An 11 man field participated in this year's Mountaineer Cup II. It was a showcase of beef and brawn in front of the ESPN cameras, a long awaited revival of PL on TV. Along with the nationwide attention, there was an even greater incentive. The winner would take home a huge cashier's check in the amount of $10,000 for putting up the highest total at the right place and right time. The runner-up would receive a check for 2 grand. Two contestants were eliminated early. Art LaBare, 38, from Costa Mesa, CA has a lot of raw power and came in bigger than ever at 288. Art's used to the luxury of the Monolift and he had difficulty walking out of the racks setting up. The bar slipped from his back on his 760 opener and hit the deck with a tremendous thud. He steadied and blew away his repeat. To stay with his competition, Art jumped to a big 848 - less than his best - but he failed it. He powered up his 529 BP tries but a tad crooked and they were not accepted. Also failing to finish up was Yugoslav champ Milan Jovanovich, 30. In his hometown of Nish, PL is the #1 most popular sport. Back there, the former basketball player with a 31 PPG average is a National hero. He won the WPA World title early this year in Lancaster, PA. Milan got off to a quick start SQing 749 and 771, before getting pinned with 804. He BPed 463, but missed a PR 490. His 661 DL tapped his limit and he was out of the competition. The 9th place finisher, Tim Bruner, gave away a lot of weight to his competitors, scaling 253. Tim appeared to be in his best shape ever establishing a PR deep 755 SQ. He had 777 almost up too, but the spotters grabbed while he was still slowly grinding his way through his sticking point. He got his 3rd over but he'd already tapped his reserve. Tim got a 485 BP, and narrowly failed 496. In the DL, he opened with a light 661 and went to 705. He started his pull and aborted it, hobbling off and holding his side. He'd pulled a lat, and was walking more cockeyed than usual the rest of the stay. His TOT was 1901, but since he'd wanted 2000, we know Tim will not retire because his thirst remains yet unquenched.

NO. 8 on the totem pole was Alfred Buono. He's a 376 1/2 pounder with a frame conducive to squatting. Al had no trouble dunking 832 and 848. He made 871 as well but got 2Rs for his great effort. Big Al benched 518 & 529, but got stopped with 540. 633 was the most Al could handle in the pull. The two time Seniors champ was pushed down one notch by burly Brian Siders, 21, who came in at 303. The promising youngster had the day of his short career here. He

***220 lb. Class Winner Jason Burnell** with friends Ed Coan, Doug Furnas and Kirk Karwoski (Herb photo)*

(article continued on page 74)

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APF Senior Nationals Pt. 2

as told to Powerlifting USA by Herb Glossbrenner

A heartwarming tribute took place at this meet when all the APF women paid homage to two of their recent dearly departed - Dawn Reshel and Tamara Grimwood. Both were trailblazers of the sport, reaching levels of excellence hitherto inapproachable. The unity of powerlifting family displayed itself with a moment of silence, all heads bowed a final farewell to two golden souls called home before their time. It was a moment to cherish.

242s - James Keller, 28, El Paso, TX is a Mary Ellen Jerumbo discovery. He switched over from bodybuilding to PLing and has been at it for just six months. His progress in such a short time reveals tremendous potential, and he is hooked on the sport. An opening 672 SQ showed effort. He stayed down twice with 705. Jim displayed good BP prowess with a 452 (2nd) and a strong try with 479. His 600 DL 2nd gave him a 1725 TOT and 4th place. Afterwards his eyeballs were red as cherries from the exertion. Matt Kroczaleski, 27, from Big Rapids, MI had, in early Oct., registered 725, 425, 660 for 1810 - a good result. He tacked no less than a whopping 152 lbs. on that result here. Matt began with 760 and squatted it easily. Next - 782 - a tad shy, and not approved. He then dipped into his "Polish Power" reserve and gave his final go - 810 - the works! He hit his depth and struggled up. This time 2 whites - good lift! Matt didn't slack up - BP: a success with 479 and 501 also, then he failed a final attempt with 507. He missed, but then made 650, which gave him a great 1962 TOT. He wanted to crash the 2000 barrier and went for 688. It didn't go, but he grabbed a well deserved bronze medal and made a big impression on everyone in his APF Sr. National debut. Paul Urchik, now 40, of Southgate, MI had his eyes set on his 4th Srs. title. He would not be denied. Paul had no problem hitting good depth with a safe 865 opener. Dennis Muratori, 34, of Huron, OH, began with 821 easily. Next he duplicated the 865 that Urchik lifted for his 2nd lift for 3 white lights. Urchik, despite the tie was lighter man, and had two left. He elected to try 903. It was difficult, but he sank it and stood for 2W. Muratori answered the challenge with the same 903 - his 3rd. With his wide hip lock stance he descended low, reversed gears and ground to completion. Everyone was cheering, but, no, only 1 white light. Urchik had chosen 936 for his last lift, thought better of it, and cancelled his attempt. Muratori had BP demons to exorcise. He escaped serious injury when at Calgary last Nov. 518 slipped and fell full force on his chest. Today got his shirt seated well and smoked 474 and 507 and finally blew up 518, looking good for as much as 529. Urchik, much improved in the BP, got all 3, duplicating the PR he'd made 3 weeks earlier at a tune-up meet in Aurora, IL. Subtotals read: Urchik - 1449, Muratori - 1383. Both men subdued 683 openers in sumo-style. Muratori's stance was ultra wide. Paul's 722 2nd round pick gave him 2166 and the certain victory. Dennis ripped up 722, a 2nd attempt, for 2105 - a PR. He went for 755 on a final try. It was going up well until his hand popped loose. Counting the lifts Dennis almost got would have made this a real barnburner. Regardless, we have a strong USA 1-2 punch for the WPC Worlds.

275 Class Winners *... (l-r) Robbins, Nichols, Levario. (Glossbrenner)*

275s - Five contested for this year's championship title. It is now necessary to qualify for the Worlds at the Seniors. There is no bye for defending World Champs. Defending 275 champ Jon Grove stayed away. Chris Taylor, 27, of Elmont, NY had finished 3rd last year @ 242 with a 2000 TOT. Smartly, he quit starving to make that class weight, and came in here heavier and bigger. Unfortunately, Chris's big tries wouldn't go. He SQ'd 672, but twice failed 722. In his pet lift, he opened with what he finished with last year - 617 - and easily pumped it. Two PR tries @ 656 wouldn't cooperate. Neither would his 688 DL attempt. A 1940 TOT had Chris chastising himself. Seems he'd spent too much time training his teammates and did not pay enough attention to himself. A tight struggle ensued between Ed Owens, a stocky black powerhouse and Noel Levario, 26, a Frantz team member from Elgin, IL. Ed had SQ difficulties and it took him three tries to register his 727 lift - and he hit his depth perfectly. Noel was a tad high on his big 810 opener, and was turned down for shallowness. He got credit on the redo and went to 865. Noel got the affirmative call, which left Owens with his work cut out for him. In the BP, Owens muscled up 501, while Levario was credited with a 507 on his second round. Noel, whose weakness is his DL, raised but 617, then couldn't elevate 661 on two tries. Owens, a good puller, had to repeat his 738 opener - a costly error. He went to 749 and got it up. It was a good lift, but left him 11 shy - 1978 for 4th place to Levario's 1989 for the bronze.

Shelby Robbins, 30, from Tuscaloosa, AL captured the runner-up position in this class for the second consecutive year. He also showed major improvement. Shelby's biggest chore was making weight. He fired off three good squats in rapid order: 733, 815 and finally a PR 848! Shelby rammed up all his benches: 501, 545, then 562, with nary a doubt. He DLed 661 and 694 cleanly to TOT 2105 and establish two more personal bests. Having achieved his goal he eased up just enough on his final 705 pull. He's on the team.

Bill Nichols, 42, Naperville, IL returned to the national scene and took the Seniors title two years ago, taking over right where he'd left off a decade earlier. Bill's the maestro of using tight fitting equipment. With platform savvy and finely tuned skills, he uses great technique to get the most from his enormous strength. Testing his groove, Nichols began at 881, but it was a bit shallow. Knowing he needed more weight to get down, he went to 914 - good this time. A final lift with 953 was so precise and easy it prompted me to shout "981", figuring he'd take an extra attempt outside the competition for a PR as well as a Masters WR. Bill wanted to save his strength; and focused on his BP. A 479 opener went, followed by a missed 501. He found his groove and it popped right up on a final effort. With his patented ultra wide dive style sumo DL he hit 705 & 749 perfectly. His final at 782 was out of position;. Result: 2204. He's our hope to bring USA a gold medal this Fall in Vegas.

308 - Tom Skiver, 34, from Cadillac, MI, a 700 bencher tested his versatility and hit a 3rd attempt 705 SQ. He opened big in the BP - his bread n' butter lift - 650! Three times it started up strong, but lost momentum and stalled midway. Skiver is a surprisingly good DLer having done 766 officially, but we

Craig Gallo *of Ann Arbor, Michigan mastered the 308 pound class.*

didn't get to see it this day! Tom Waddle, 35, the beer case tosser from Columbus, OH, possesses enormous SQ potential. Joe Avigliano, LALC leader, volunteered to call Tom's depth. Tom opened with 903, sat way down, and then came up. Everyone thought it was in, but 2R (2 red lights) appeared. His repeat was clearly shallow and a do or die third saw his belt pinch his ribs - and he aborted the try. Tom was out of the competition. His expletives leaving the platform caused Maris to flip her wig (figuratively speaking)! Buy the meet video and draw your own conclusions. (It's available from Dan DeFelice, 19641 Voiland, Roseville, MI 48066-1192 for $39.95 which includes both days action). John Schrenkel, 25, Lorain, OH, who we'd seen in action @ SHW last year came in @ 308 took 3 tries to finally get his 755 SQ, and then made BP & SQ openers for 1829 and the bronze medal. Russ Barlow, 40, has best official lifts of 880, 600, 804 (that's 2284!), so he was a genuine threat for the top spot. Russ's 771 squat dropped into the slot. He went on to attempt 815, and then 832, but they were nixed by the judges. He was right on the money with his benches, topping out at 562. Following a 738 DL opener to assure runner-up, he jumped big to 799. It was almost there, but was not quite locked out. His TOT of 2072 was not what he'd wanted. Winning his first Seniors title was Craig Gallo, 28, from Ann Arbor, MI. Craig was the surprise '98 WPC World Champ. He was 3rd that year at Seniors and got his golden opportunity to represent USA in Graz, AUT because the top two finishers at the Seniors in Northbrook couldn't go. Craig was a squat master - barreling through his lifts: 881, 903, and finally 931 which earned 2W. Craig repeated his 501 opener to get the nod of approval, then missed his jump to 545. In the DLs, he hit 705, and 733, just missing a 771 PR try. TOT 2166. Craig will face his old nemesis - Turtianen of Finland - in Las Vegas. In him and Russ rests our hopes.

SUPERHEAVYS - An outstanding group of Superheavies provided a thrilling climax to the APF Y2K Senior Nationals! Kevin Holshuer, 29, Frazeysburg, OH came in at 6'7", 337 lbs.; he still can add more muscle to his frame. I predict he'll be one of the best in a few, short years. He had a great 8-9 day in his first Seniors appearance. Kevin missed his 733 SQ opener, when it was called for depth, but made no more errors after that. He repeated and finished with a strong 766. He made all 3 benches (551) and made no misses on DL either (722) - 2034 TOT. Dave Nettles, 32, from Salisbury, MD, looked like the reincarnation of the great Jim Williams, only taller. With his golden hair bleach job, he was bigger than ever at 328.7. Two years ago in Northbrook Dave had looked great going 942 - 501 - 738 for 2182 @ 308 and 3rd place. He has massive structure, with a deep barrel chest, thick shoulders and enormous thighs. David is well known for his SQing prowess and didn't disappoint! His 903 start was deep and ridiculously EZ. Then, 953 was taken way down and blasted right up - no problem. He went to 992, and sat rock bottom, but overbalanced and didn't recover. Dave pressed 507, but missed a stab at 534. He pulled 711, then 738, before a final miss with 755. TOT 2199 - 4th place this year. The medal struggle was between three true leviathans. The defending champ looked awesome. Garry Frank, 34 @ 6'3" and 368, is a high school football head coach from Baton Rouge, LA. Garry's PL capacities are just coming into full bloom now that his pro football career is behind him. Jim Voronin, 35, from El Paso, has a heart the size of all Texas. He's also 6'3" and tipped the scales at 388. Last but not least, was Brent Mikesell. 24, at 6'1" and 334, he hails from Spokane, WA, and is the fastest rising new Superheavy sensation in the World. He'd made some tremendous improvement since last year and was expected to mount a formidable challenge to the other two monsters. Let the first superbattle of the new millennium begin!

***Big Garry Frank** took this 865 over again to produce a massive total.*

Frank, the reigning Srs. & WPC World Champ began the SQs at 865. He was wearing his brand new INZER RADICAL single ply polyester SQ suit. He sat and rose easily - 2R (2 reds) presumably for shallowness. Voronin opened with 903, got stuck, but repeated with the greatest of ease. Frank cranked 870 low for 3W. He went to 909 for his 3rd, and was just getting warmed up. He literally buried it, rock bottom, and came right up for 3W. Mikesell meanwhile came in at 881, buried it, and rebounded like a jack-in-the box. He waited out the other two and made his move. Voronin knew he needed a big SQ to stay in contention and risked 942. It was too much on this day. Mikesell took his 2nd try with 970. In Calgary, he'd made a gut busting deep 942. He sat deep and came up easily. This caused a stir throughout the audience. For a final lift he went for 1003. I never expected the lift to look so easy. He took it 2-3 inches deeper than necessary and came up quickly. Outside of Coan I've never seen a half ton handled with as much authority. He actually looked good for 1025. Red as a beet, Brent was helped off the platform. Overheated, he nearly fainted. Brent had pre-meet concerns over a pec pull. No problem materialized here. He re-grooved his 540 opener properly on his 2nd try, and went to 556 - a PR - and he blew it away! Voronin looked like he was getting his 2nd wind. He mastered all 3 benches, employing his reverse grip, palms forward style. Jim switched to this style following a pec tear a few years ago and has made steady progress. He pumped up in turn 622, then back-to-back PRs with 656 and 666. GARRY WAS WARY after he had misgrooved his 650 start. He came out and smashed it up easily on his 2nd try. He finished off with an even stronger looking 677. He called for a 4th attempt outside the competition. The bar was loaded to big 711, as Frank was going for Arcidi's WPC World record set at the Hawaii record breakers 15 years ago. Frank appeared at the rear of the platform as big as a house. He was shifting from foot to foot, the energy building to a crescendo within him. The music was blaring and the crowd screaming their encouragement as he stomped to the bar. He reclined back, grasped the cold steel in his beefy palms, and took the handoff. Slowly the bar descended, touched his chest, where it paused motionless. Radar Capehart, the head ref, shouted the signal to start. With the explosion of a 10 megaton bomb the apparatus blasted like a rocket to arms length. The crowd went bananas. He had smoked it to kingdom come. Capehart, a stickler for strictness, raved about it's perfect execution afterward. Subtotals going into the DL showed it was close: Frank (1587), Voronin (1570), Mikesell (1559). The deadlift would decide who'd be champ. Voronin had difficulty. His 711 opening weight assured third; but then he missed 733 twice - TOT 2282 - once again shy of the 2300 barrier he'd hoped to bust. Mikesell's safe start @ 699 gave him 2259. Brent went straight up to 760. It was another good lift. He now had 2319 TOT - a big PR by 77 over his previous best. The silver medal was his. He had slain the giant Voronin. He tackled 782, a weight he had wanted to make for so long. He lifted it right up as well - 2342! What a day. Brent had

APF Senior Nationals - June 10-11, 2000, Warren, MI

242	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
P. Urchick	865	903	---	518	534	545	1449	683	716	~~733~~	2166
D. Muratori	821	865	~~903~~	474	507	518	1383	683	722	~~755~~	2105
M. Kroczaleski	760	~~782~~	810	479	501	~~507~~	1311	~~650~~	650	~~688~~	1962
J. Keller	672	~~705~~	~~705~~	407	452	~~479~~	1124	562	600	~~617~~	1725
275											
B. Nichols	~~881~~	914	953	470	~~501~~	501	1454	705	749	~~782~~	2204
S. Robbins	733	815	848	501	545	562	1410	661	694	~~705~~	2105
N. Levario	~~810~~	810	865	479	507	~~518~~	1372	617	~~661~~	~~661~~	1989
E. Owens	~~727~~	~~727~~	727	485	~~501~~	501	1229	~~738~~	738	749	1978
C. Taylor	672	~~722~~	---	617	~~656~~	~~656~~	1289	650	~~688~~	---	1940
308											
C. Gallo	881	903	931	~~501~~	501	545	1432	705	733	~~774~~	2166
R. Barlow	771	~~815~~	~~832~~	518	545	562	1333	738	~~799~~	~~799~~	2072
J. Schrenkel	~~755~~	~~755~~	755	413	~~424~~	~~446~~	1168	661	~~705~~	---	1829
T. Waddle	~~903~~	~~903~~	~~903~~								
T. Skiver	600	~~677~~	705	~~650~~	~~650~~	~~650~~					
SHW											
G. Frank	~~865~~	870	909	~~650~~	650	677	1587	826	~~865~~	865	2452
				4th	711						
B. Mikesell	881	970	1003	~~540~~	540	556	1559	699	760	782	2342
J. Voronin	~~903~~	903	~~942~~	622	656	666	1570	711	~~733~~	~~733~~	2282
D. Nettles	903	953	~~992~~	485	507	~~534~~	1460	711	738	~~755~~	2199
K. Holshuer	~~733~~	733	766	518	534	551	1317	688	705	722	2039

BENCH PRESS

Women			
165			
P. Suzuki	369	380	398
	4th	403.4	
Men			
123			
D. Radel	270	~~286~~	~~286~~
181			
B. Gallagher	490	~~512~~	518
J. McCoy	~~485~~	~~507~~	~~534~~
198			
G. Saviro	~~479~~	523	~~600~~
S. Webb	479	~~490~~	~~507~~
M. Roberts	441	474	~~485~~
D. Carroll	~~452~~	~~452~~	~~485~~
220			
K. Patterson	622	~~661~~	661
B. Carpenter	~~551~~	551	---
L. Depalma	~~457~~	457	~~523~~
242			
J. Zemmin	617	644	~~661~~
J. M. Blakley	584	~~600~~	~~600~~
T. Nugent	~~452~~	~~452~~	~~452~~
275			
C. Taylor	617	~~656~~	~~656~~
C. Kelly	~~479~~	479	~~501~~
308			
R. Neiporte	617	~~644~~	---
J. Shell	545	567	~~578~~
SHW			
C. Brandenburg	407	501	~~600~~

Paula Suzuki *crashed the 400 lb. barrier in the bench for a female!*

stewed beforehand. He was tired and hot from the road trip with me in the limousine from the Detroit airport. If you could have seen those thick, nasty looking calluses on his palms, you would have said that he danced with the devil and won. He figures that they help him hold the bar on the hand where he has a finger missing from a childhood incident. Frank, not willing to take any foolish risks, came out for his DL at 826. It came up with the greatest of ease. He had 2413 - a PR TOT - right off the bat. He went straight to 865 for another competition best to exceed the 859 he'd successfully raised last year. At near lockout his left palm tore rather badly and he dropped it. Everyone thought he was done. As a rule Garry is good for just two deadlifts. Most men would have called it quits. Garry is no ordinary man. He worked himself up into a near frenzy, applied the magnesium powder to his bloody palm, and with the staccato strains of GOLDBERG's theme music blaring in the background. With the crowd yelling their support, the noise was deafening. He stormed out like a madman, stooped and grasped the bar. With a mighty swoop he dipped, straining every muscle in his body to its maximum capacity. With his enormous pull, the bar literally jumped from it's place on the platform. Up it came. He hauled it right up to completion and held it for a bit longer than necessary to prove he was the true Master of Might. His TOT - an astronomical 2452 - was also a WPC World Record. He's within 11 of Ed Coan's ceiling. If you consider Garry's 4th attempt BP- his output for the day was 2485!! What an ending to the Seniors!

Kenny Patterson *took the 220s with a ponderous 661 lb. bench press.*

Bill Gallagher *- one of the Best Lifters in the Bench. (Glossbrenner)*

Thanks to Dan DeFelice, his wife Renata, and all of the Motor City Barbell Club who worked so long and hard to make this such a great spectacle. This is the 6th APF Seniors I've covered and I won't hesitate to say it was by far the best I've witnessed. Dan's club defeated the Frantz Sports Center to capture the best team trophy honors! The judging was top notch this year with very few debatable decisions. Gold, silver and bronze medallions were the prizes. In the future it might be more acceptable not to have two referees from the same club judging their lifters on the platform at the same time. Late news flash: I'm told that Matt Zweng has retired. This was his last competition. He's sold his home in Michigan and moved to Georgia where he'll being going to Chiropractic College. We'll miss you Matt (tremendously) and good luck always. This means that Chad Hammond will move up to fill the vacancy at the Worlds. Train hard Chad, we know you will be a great team representative! I must also mention Grant "The Count" Elias of Motor City Pro Wrestling, who helped at the emcee table with Dan.

APF BENCH PRESS COMPETITION - Highlights: Paula Suzuki, 32, from HI was sensational for the women. On a 3rd attempt weighing 161 she did 180.5 (398) for a 165 WPC World record. This topped Debra Erney's 391. On a 4th Paula did 183.0 (403.4) for the heaviest BP ever by a woman at any bodyweight. Bill Gallagher won men's light outstanding award with 518 @ 181. This would've been a nation leading lift at 181 except for the 525 on May 27th by Donnie Robbins of WV at Mountain Festival BP meet in Bluefield, WV. Saviro won 198s with 523. Webb made the World Team also and was 2nd with 479 in this class. Kenny Patterson was tops in the heavier classes with a 3rd attempt success with 300 kg. (661.4) @ 220. Yes, you read it right Kenny is now down to 220 and he now holds records concurrently in 3 wt. classes: 728 @ 275, 700 @ 242 and now 661 @ 220! This lift beat the former record of 657 held by George Halbert. Zemmin hit 644 @ 242 to win with Blakley in 2nd just to qualify. Taylor's 617 topped this 275 class with Kelly 2nd. He's on the team also. Nieporte got a 617 PR at 308 before partially tearing a tricep with a 644 try. Shell was 2nd. Brandenburg was dismayed that he didn't get the 600 he'd made in training following a 99 lb. jump from his 501 2nd!

Next year's APF Seniors will be hosted by the Joe and Nance Avigliano of the Los Angeles Lifting Club in Burbank, CA. Come to sunny California and have a time you'll never forget. I'll promise you that it very well might be the greatest meet you've ever attended . How's that for incentive? See you in Las Vegas, for the AWPC Worlds followed by the WPC Worlds. November is closer than you think. Stay strong.

IPA World Championships

as told to Powerlifting USA by Nick Tsourounis

For the past three years, York Barbell has put on one of the greatest strength spectacles since its original Summer Picnics held between 1940 and 1972, and this Spectacular was the best one since the event's resurrection in 1998. This year's event encompassed the IPA World Powerlifting Championships, the Bob Hoffman Strongman Challenge, the annual York Barbell Hall of Fame Induction Ceremony, a strength seminar by Louie Simmons of Westside Barbell, and an Olympic Weightlifting demonstration. These four events brought together some of the greatest names in Powerlifting today, as well as some all-time greats.

This year's event was different in that it was one week earlier, and this year's full schedule made it necessary to extend the event one extra day. More athletes competed in the IPA World Championships this year than in the past two years, and the crowd enjoyed a playing field of 40 strongman athletes.

The schedule for this year's spectacular ran as follows: Thursday, June 15 included all Women and Teenage, and Men's divisions up to 198 lbs. Friday, June 16 included the Men's divisions 220 lb. and 242 lb. weight classes. On Saturday, Louie Simmons started the day bright and early with a full class for his educational strength seminar followed in the afternoon by the Men's 275 lb., 308 lb., and SHW divisions. On Sunday, York Barbell proudly inducted five of powerlifting's greats into the York Barbell Hall of Fame, which was followed by The Bob Hoffman Strongman Challenge, and an Olympic Weightlifting demonstration by renowned coach Leo Totten.

Thursday, June 15: As usual, this year's IPA World Championships saw the Teens, Women, and lightweight men up to 165 lbs. hit the platform on the first day's morning session. This year's first session wowed the crowd as some incredible talent lifted in this group. In the Women's division, several all-time world records were smashed. Shannon Pole-Summers cleared the platform, going on to win the Female Teen Best Lifter Award and the Amateur Female Best Lifter Award! She broke all the records in the Teenage and Elite Amateur Open with a 450 lb. squat, 280 lb. bench, and 350 lb. deadlift for a total of 1080. Best Pro Woman, Amy Weisberger from Westside rewrote the record books in the Pro 132s by benching a huge 300 lbs., while squatting 440 lbs. on a fourth attempt and pulling a 440 lb. deadlift for a 1155 total. Karen Sizemore broke an all-time world record in the bench. She benched the most ever by a female lifter with 405 lbs!

The Teen division also made some stellar performances. Robert Henning broke the squat, bench, and total records in the 14-15 year, 275 lb. weight class. There was an exciting match in the 18-19 year, 275 lb. weight class between myself and Carl Dorr. I was within striking distance at the subtotal with an IPA world record squat, but Carl ran away with the title with an IPA world record deadlift. Carl also won the Best Teen Lifter Award. Ben Brand, an 18-year-old SHW, may have bombed out, but shows incredible potential as he bombed with his opening bench, which was 450 lbs.! The most impressive in my opinion, as one of his fellow teenage competitors and as a judge, was that of 18-year-old SHW Tim Musser. Tim broke all of the records in his class RAW! I'm sorry, but an easy 700 lb. squat raw as a teen is nothing short of phenomenal. He even tried 750! Put that with a 405 bench and 565 deadlift for a raw total of 1670! And he is also one of the nicest young people you will ever meet.

***Carl Dorr II** with a 625 deadlift.*

As for the lightweight men who lifted on Thursday, there were some very impressive performances. By far the greatest show was put on by Pro 148 lb. champion, Doug Heath, who also entered in the master's (40-44) division. Doug squatted a world record 625 lbs., benched 430 lbs., and pulled 510 lbs. for a record 1565 lb. total. This is phenomenal for a 148 pounder, let alone a master 148 pounder. His tremendous performance earned him this year's Pro Open Lightweight Best Lifter. Brian Crowe totaled a world record after nearly bombing in the squat. It took him until his third attempt to get one in, and it was a gut-busting 595 lbs. His performance earned him the Men's Open Amateur Lightweight Best Lifter Award. In the 198 lb. class, Pro competitor Paul Statzer squatted a huge 800 lbs. on his way to an 1800 1b. total. Also impressive was Ryan Martucci. Ryan just turned 20 and he already broke the squat record for the juniors, which was a butt-on-heels 585 lbs., and that while weighing a very light 183 lbs.! Keep an eye on that young man!

Saturday featured all of the 220s and 242s take the platform. Amateur Open and Submaster champion Greg Simmers squatted an IPA record 740lbs. on his way to a 1680 lb. total. Pro 220 lb. winner Bobby Fields went 715 550 635 1900 to win his class. Stan Chatis broke every record in the 60-64 age group, 220 lb. weight class by going 475 310 525 1310 to claim the Amateur Master Best Lifter Award. Honorable mention also goes out to Amateur 220 lb. competitor Spencer Delisle. Spencer made his platform debut by winning his class, after recovering from a torn pec that sidelined him for quite some time. Spencer is coached by Dave Nettles, one of the greatest, and probably deepest, squatters in our sport today.

***Karen Sizemore** benches the all time biggest bench for women - a 405! (all photographs courtesy of Kelly Sports Video Productions)*

***Louie Simmons** squatted 920 lbs.*

As for the 242s, there were quite a few great competitors, but the majority of attention was directed at the great Louie Simmons. Louie, lifting in the Pro 242 lb. class, was on a roll in the squat, where he finished with 920 lbs. This is a man in his mid 50s closing in on a grand in the squat! Unbelievable! He also benched 520 lbs., and he looked primed to win his class before disaster struck. He pulled a hamstring while warming up in the deadlift, and came out to pull a token 255 just to total out. Too bad, but I don't think we've seen the last of Louie, not by a longshot. This unfortunate incident left the Pro 242 lb. class title up for grabs, which was claimed by Shawn McDonald with an 1890 lb. total. Also impressive was John Black, Jr. He broke several records in the Elite Amateur and Pro Masters (45-49) divisions by going 740 330 570 1640. The Amateur 242 lb. title, as well as the Open Amateur Heavyweight Best Lifter Award, was won via a world record 750 lb. squat which went towards an 1865 lb. total by Donnie Thompson. Rob Capozzolo, also in the 242s, came just to bench. Rob got his 560 lb. opener, but two tries with 600 lbs. just wouldnt go.

The Saturday session, which took place right after the Louie Simmons Strength Seminar, was jam packed with excitement as the big boys took the platform. In the 275 lb. class, the Amateur Open division was won by Michael Olmo via a world record 780 lb. squat and an 1830 lb. total. As for his Pro counterparts, the title was won by Milo Mills, with a great 795 lb. squat, 520 lb. bench, and a big 815 lb. deadlift for a 2130 lb. total. Second to Milo was Don Bailey, who put on a monumental performance. Don was second in the Open Pro division, and first in the Masters (40-44) Pro, with an IPA world record 950 lb. squat. This

earned Don the Pro Master Best Lifter Award. Watch for Don to break the 1000 lb. barrier soon, and as a master no less! Honorable mention for this class goes out to John Bott. John injured his knee in the squat and was unable to continue. We all wish John a speedy recovery and hope to see him on the platform again soon.

The open amateur 308 lb. class was also won by a master competitor. Richard Safreed (40-44) made a great comeback to the lifting platform just over a year after he blew his tricep by winning the Amateur Open and Master divisions with a Master record 1900 1b. total. In the Open Pro 308 lb. class, the crowd saw two lifting greats go head-to-head. Rob Fusner from Westside Barbell versus Dave Barno, who made his comeback from his devastating injury to both his hamstrings at last year's IPA World Championships, and, more recently, a bicep tear. With all his injuries repaired, Dave jumped to an early lead, squatting 950 lbs. to Rob's 905. Dave also came up with a huge 1000 lb., but got turned down on depth. Rob countered in the bench by gaining entrance to the 700 lb. club. Rob won with a 730 lb. deadlift, while Dave pulled a 775 lbs. Dave could have won with his third attempt 825, but it only made it to his knees. This gave Rob the victory, 2335 lbs. to 2325 lbs., as well as the Open Pro Heavyweight Best Lifter Award. Adding to the excitement in this class was Marv Teter with a 930 lb. squat. As for the SHWs, the big story was, yet again from Westside Barbell, Mike Ruggiera. Mike blew away a 975 lb. squat before barely, just barely, missing 1020 lbs. Throw that together with a 530 lb. bench and an 805 lb. pull giving Mike a 2310 lb. total. With the story told, it was a great weekend. Probably the best IPA meet yet. It was the smoothest, fastest running meet I've been to. And the Strongman Challenge was great also. Many thanks to everyone who helped. This includes all spotters and loaders. And special thanks to the following: Damian Corradini for sitting in the head judge's chair for three days straight, Jim Yates for keeping everything in order on the platform, Brian Hall, Floyd Powe, and Louis Jennell for judging, Mike Bernardon for his service as the Master of Ceremonies for the Hall of Fame Induction Ceremony, Marv Teter and Ken Sellers for their help in the Strongman Challenge, William Powell, for his great job on the microphone, and to Ellen and Mark Chaillet for all their effort in putting together one of the greatest power events around. If I overlooked anyone, my apologies and thanks again. Hope to see all of you next year!

IPA World Championships
15-17 JUN 00 - York, PA

Female Teen				
AM				
SHW				
Pole-Summers	450*	280*	350*	1080*
Male Teen				
AM				
14-15				
275				
R.Henning	475*	305*	380	1160*
16-17				
198				
M. Furman	500	330	575	1405
220				
J. Pierce	400	325	535	1260
18-19				
148				
P. Curley	375	265	435	1075
220				
R. Cohn	425	250	365	1040
275				
C.Dorrll	660	405	625*	1690*
N. Tsourounis	660*	380	550	1590
SHW				
T. Musser	700*	405*	565*	1670*
B. Brand	650			
Women's Open				
AM				
114				
J. Faraone	175	155	175	505
	4th	160*		
181				
J. Smith				
198				
J. Yuster	265	140	265	670
EAM				
SHW				
S. Pole-Summers	450*	280*	350*	1080*
Pro				
114				
J. Davis	325	180	395	900
132				
A. Weisberger	415	300*	440*	1155*
4th	440*			
148				
M. Jacobson	325	256	355	936
	4th	258*		
SHW				
K. Sizemore	525	405*	415	1345
Women's Submaster				
AM				
181				
K.Phillips	315	190	360	865
Women's Master				
AM				
123				
J.Novik	225	130	255	610
198				
J. Yuster	265	140*	265	670
Pro				
148				
M. Jacobson	325	256	355	936
4th attempt total				938
Men's Junior				
Am				
148				
E. Adolph	405	275	475*	1155*
165				
J. Wood	450*	345	415*	1210*
181				
L. Einfalt	500	380*	550*	1430
R. Benner	335	230	370	935
198				
R.Martaucci	585*	325	450	1360
B.Rundle	430	290	540	1260
J. Keenhold	435	275	505	1215
220				
S. Delisle	535	335	580	1450
C. Dziduch	475	335	525	1335
R. Wintermyer	300	275	365	940
242				
D. Pusey	400	315	525	1240
275				
M. Wilson	525	345	500	1370
Pro				
275				
Z. Hudak	700*	450	660*	1810*
Men's Open				
AM				
148				
J. Gengo	425	310	510	1245
165				
B. Crowe	595	425	570	1590*
181				
W. Powell	440	315	480	1235
F. Warner IV	365	260	480	1105
198				
M. Bartley	650	435	550	1635
R.Munn	575	385	580	1540
D. Fields	590	370	525	1485
T. Reumont	555	375	540	1470
S. Kerschner	470	400	530	1400
B.Lentz	560	290	500	1350
B. Anderson	505	360	465	1330
E. Wise	460	360	480	1300
P. Kirstner	375	225	450	1050
220				
G. Simmers	740	380	560	1680
A. Johnson	500	365	550	1515
C. Smith	525	370	480	1375
M. Ferlito	450	285	475	1210
242				
D. Thompson	750*	430	685	1865
R. Dayton	740	385	640	1765
D. Moore	640	405	620	1665
D. Beversdorf	700	405	540	1645
R. Smith	640	430	560	1630
J. Walk	630	360	600	1590
R. Tonini	575	430	565	1570
M. Watts	625	420	525	1570
J.Manley	575	385	605	1565
P. Simpson	610	380	570	1560
M. Brown	620	405	500	1525
275				
M. Olmo	780*	420	630	1830
A. Walker	500	405	580	1585
T.Gianotti	600	370	570	1540
J.Groff	570	380	520	1470
E.Martin	505	315	535	1355
M. Darrah	700			
308				
R. Safreed	805	470	625	1900
C.Eckroth	635	420	6450	1695
K.Miller	600	345	535	1480
J. Bernier	625	335	500	1460
SHW				
D. Oyler	755	380	680	1815*
C.Earhart	615	425	600	1640
EAM				
308				
J. Ford	745	380	645*	1770
Pro				
148				
D. Heath	625*	530	510	1565*
181				
D. DeWalt	430	350	530	1310
198				
P. Statzer	800	475	525	1800
K. Ferrara	710	350	650	1710
220				
B. Fields	715	550	635	1900
R.McDonnell	775	445	670	1890
E. Patterson	725	480	630	1835
242				
S.McDonald	685	500	705	1890
E. Clark	740	520	550	1810
J. Rooney	745	450	600	1795
L.Simmons	920	520	135	1575
M. Cardarelli	500	400	450	1350
275				
M. Mills	795	520	815	2130
D. Bailey	950	405	640	1995
M. Stuchiner	660	460	620	1740
S.Nelson	700	325	600	1625
M. Peters	520			
J. Bott				
308				
R. Fusner	905	700	730	2335
D. Barno	950	600	775	2325
M. Teter	930	550	685	2165
M. Morgan	800	600	700	2100
P. Toms	865	475	740	2080
P. Childress	850	520	700	2070
B. Youngs	840	455	655	1950
J.Sefcik	830	440	630	1900
T.Forbes Jr.	880	470		
J. Stafford	875			
SHW				
M. Ruggiera	975	530	805	2310
M. Smith	875	605	755	2235
R. Yitts	850	585	765	2200
B. Mimnaugh	900	505	735	2140
J. Willoughby	780	440	700	1920
Men's Submaster				
AM				
148				
J. Monk Jr.	460*	285	440	1185
165				
S. Shanebrook	510*	315	410	1235
L. Altschuler	410	280	380	1070
198				
R.Munn	575	385	580	1540
D. Fields	590	370	525	1485
T. Reumont	555	375	540	1470
E. Wise	460	360	480	1300
220				
G. Simmers	740*	380	560	1680
A.Johnson	600	365	550	1515
J. Pedigo	650	315	550	1515
275				
J. Groff	570	380	520	1470
M. Darrah	700			
SHW				
D.Oyler	755	380	680	1815
M. French	590	340	635	1565
Pro				
220				
J. Pedigo	650	315	550	1515
242				
K.Emery	600	420	515	1535
308				
J. Sefcik	830	440	630	1900
SHW				
B. Mimnaugh	900	505	735	2140
Men's Master				
40-44				
AM				
165				
G. Ruth	475*	255	425	1155
L. Weibley	450	235	400	1085
181				
F. Warner IV	365	260	480	1105
F. Piermattei		340		
198				
J. McDowell	635	315	455	1405
R.Miller	385	250	415	1050
220				
K. Phillips	550	390	500	1440
R.Harvey	500	300	550	1350
242				
D.Moore	640	405	620*	1665
B. Calhoun	615	435	575	1625
275				
A.Walker	600	405	580	1585
M. Harrison	500	340	460	1300
B. Thomas	455	285	510	1250
308				
R. Safreed	805	470	625	1900
EAM				
308				
J. Ford	745	380	645*	1770
Pro				
148				
D. Heath	625*	430	510*	1565*
275				
D. Bailey	950*	405	640	1995
45-49				
AM				
181				
S.Middleton	425*	305*	425*	1155*
198				
J. Sylvia	650	300	580*	1530
220				
B.Haggerty	285	180	370	835
242				
P. Simpson	620	380	570	1560
275				
J. Bechtel	605	375	550	1530
EAM				
242				
J. Black Jr.	740*	330*	570*	1640*
Pro				
242				
J. Black Jr.	740*	330	570	1640
50-54				
AM				
198				
R. Trowbridge	425	300	460	1185
275				
B. O'Brien	450	325	425	1200
Pro				
SHW				
M. Taylor	600*	360*	540*	1500*
55-59				
AM				
220				
R. Rood	550	355	520	1425
60-64				
AM				
220				
S. Chatis	475*	310*	525*	1310*
65-69				
Pro				
181				
W. Ortiz Sr.	270*	135*	185*	590
Police				
AM				
181				
W. Powell	440	315	480	1235
198				
R. Munn	575	385	580*	1540
E. Wise	460	360	480	1300
220				
A. Johnson	600	365	550	1515
242				
B. Calhoun	615	435	575	1625
K. Emery	600	420	515	1535
275				
K. Lightner	525	475	600	1600
A. Walker	600	405	580	1585
308				
J. Sefcik	830	440	630	1900
T. Forbes Jr.	880	470		
SHW				
M. Miller	680*	480	520	1680

Thank you lifters for supporting York Barbell's Strength Spectacular and the International Powerlifting Association. The lifting was more than impressive. You all made the weekend's show of strength SPECTACULAR! Best Teen: Carl Dorr II, Best Female Teen: Shannon Pole-Summers. Best Amateur Female: Shannon Pole-Summers. best Professional Female; Amy Weisberger. Best Men's Amateur Open Lightweight: Brian Crowe. Best Men's Professional Open Lightweight: Doug Heath. Best men's Amateur Open Heavyweight: Donnie Thompson. Best Men's Professional Open Heavyweight: Rob Fusner. Best Amateur master: Stan Chatis. Best Professional Master: Don Bailey. Best Team: 1st Place - Broad Run Gym Power Team; 2nd Place - Southside Gym Power Team. (thanks to Ellen Chaillet for providing these competition results to *POWERLIFTING USA*)

THE BOB HOFFMAN STRONGMAN CHALLENGE & & HALL-OF-FAME INDUCTION CEREMONY

as told to Powerlifting USA by Marty Gallagher

The York Barbell Club is alive and kicking in the year 2000. Started in the 1920s by American entrepreneur and philanthropist Bob Hoffman, York quickly became a simultaneous force in fitness and athletics. Hoffman utilized his massive disposable income, a result of his financial success in the manufacture and production of oil burners in the 1920s, to bankroll his true passion: American Olympic lifting. He began making barbells as a side venture, a way to gainfully employ his nonpareil stable of Olympic lifters that competed for his team. With the founding of York Barbell in 1938, Hoffman established a "muscle empire" that flourishes to this day -- though under a radically different corporate structure. Gone are the days of Grimek, Stancyk, Kono, Davis, Schemansky, Puleo, Garcy, March, Terpak, Dube, Bednarski and Stanko. After Hoffman's death in 1985, York went through some lean years, but fortunes revived under the leadership of Vic Standish and took a dramatic turn for the better in 1996 when York Barbell was purchased by Susquehanna Investment.

Ex-President Paul Stombaugh, according to York chronicler extraordinaire John Fair, outlined the corporate game plan a few years ago, "We want to re-establish York as a Mecca for weightlifting, powerlifting and bodybuilding." York in the year 2000, under the capable leadership of President Jake Burkhardt and Chief Executive Officer Walter Myers, is repositioned, resurgent, revitalized and renewed. One need only look at the impressive plant facility and immaculate corporate headquarters to understand that York Barbell will continue to be a major player in the worldwide fitness movement for the foreseeable future. On Sunday, July 16th, five men were inducted into the Powerlifting Hall of Fame: Rickey Dale Crain, Mark Chaillet, Fred Hatfield, Mac Richards and Doyle Kenady. A dinner had occurred the previous night and was followed by a series of speeches and good cheer and this elite group of powerlifting giants shared camaraderie, while their family and friends were on hand to offer accolades and applause. A bittersweet moment occurred when Doyle Kenady's widow, Nancy, gave an inspirational ode to Doyle that waxed from emotional to poetic and in the end not a dry eye remained in the house. Ruthie Shafer preceded Nancy with a reflective remembrance of her fallen coach that recounted his incredible ability to inspire and bring about improvement to those who heeded his iron advice.

On Sunday, the Bob Hoffman Strongman Challenge took place, and both male and female competitions were fiercely contested. Jill Mills, wife of powerlifting champion Milo Mills, dominated in the tire toss and the bar press. In the latter she blasted a staggering 200 pounds overhead. Jill weighed in at a lean and muscular 178 pounds and is one of the best female powerlifters in the world. She has bench pressed 340 and is jam-packed with gobs of functional, athletic muscle. Shannon Summers won the truck pull and Amanda Plescott captured the wheelbarrow walk, but when the dust settled Jill had easily captured the overall title. Congratulations Jill!

***Jill Mills** pressed 200 lbs. (Kelly)*

The men's competition was divided into three divisions: under 199, 200-249, and over 250 pounds. In the below 199 pound division, Vincent Cook, lean and athletic, around 5' 8" and weighing-in at 196 pounds, totally dominated, winning every single event, the only strongman athlete to do so all weekend. This guy is the Royce Gracie of strongman competitions: he threw the tire 50.3 feet, the furthest of anyone in the competition regardless of size or division, and then pressed 260 overhead, more than anyone in his or the next higher division - and the 5th highest press regardless of bodyweight! In the 200 to 249 pound division, an anomaly occurred when Jim Duggan

***Vincent Cooke** tossed the tire well. (Kellly)*

***Hall of Famers** ... front row, left to right, Vince Anello (1998), Rickey Dale Crain (2000), Ruthie Shafer (1998); back row, left to right, Mac Richards (2000), Bill Kazmaier (1998), Mark Chaillet (2000), Nancy Kenady (accepting for Doyle - 2000) and Dr. Fred Hatfield (2000). Photo provided courtesy Ellen Chaillett.*

***Duggan** pulling the truck (Kelly)*

THE BOB HOFFMAN STRONGMAN CHALLENGE

Women 133 lbs. and above

Last Name	First Name	Tire Toss	TruckPull	Press	Walk	Total
Mills	Jill	3 1.3 feet	64.25 feet	200 lbs.	12.88 secs.	37 pts.
P.-Summers	Shannon	30.01 feet	93.6 feet	140 lbs.	82.5 secs.	34 pts.
Jacobson	Mary	1 8.6 feet	57.8 feet	120 lbs.	12.75 secs.	32 pts.
Plescott	Amanda	16.4 feet	60.5 feet	100 lbs.	10.98 secs.	31 pts.
Toms	Deborah	17.4 feet	51.5 feet	70 lbs.	20.70 secs.	26 pts.

Men's Divisions

Men's 199 lbs. and below

Last Name	First Name	Tire Toss	TruckPull	Press	Walk	Total
Cooke	Vincent	50.3 feet	16.78 secs.	260 lbs.	10.53 secs.	40 pts.
Petrides, Jr.	George	39.8 feet	19.38 secs.	240 lbs.	10.73 secs.	32 pts.
Klinger	Tony	45.1 feet	17.69 secs.	200 lbs.	13.3 secs.	28 pts.
Waller	William	39.4 feet	19.94 secs.	220 lbs.	11.05 secs.	26 pts.
Rosellini	Mike	30.7 feet	18.16 secs.	200 lbs.	10.64 secs.	25 pts.
Basile	Robert	33.8 feet	19.50 secs.	200 lbs.	11.37 secs.	23 pts.
Amadio	Anthony	32.9 feet	17.19 secs.	180 lbs.	13.69 secs.	22 pts.

Men's 200 lbs. - 249 lbs.

Duggan	Jim	41.6 feet	17.97 secs.	220 lbs.	12.03 secs.	27 pts.

(tie-breaker, wheelbarrow walk for distance, Duggan won)

Baldock	Kevin	45.5 feet	18.82 secs.	260 lbs.	12.37 secs.	27 pts.
Mann	Matthew	39.0 feet	16.50 secs.	220 lbs.	12.27 secs.	26.5 pts.
Van Bolt	Kevin	44.2 feet	17.81 secs.	180 lbs.	13.89 secs.	23 pts.
Skelly	Thomas	40.2 feet	18.53 secs.	240 lbs.	13.63 secs.	22.5 pts.
Brenneman	Butch	49.5 feet	19.15 secs.	240 lbs.	13.93 secs.	20.5 pts.
Brubaker	John	36.8 feet	17.97 secs.	200 lbs.	12.87 secs.	19.5 pts.
Zygula	Frank	38.2 feet	19.12 secs.	200 lbs.	11.87 secs.	18 pts.
Hull	Todd	51.3 feet	18.63 secs.	160 lbs.	74.6 feet	14 pts.
Toms, Sr.	Michael	32.4 feet	18.38 secs.	200 lbs.	14.81 secs.	12 pts.
Carson	Duke	29.7 feet	18.37 secs.	160 lbs.	20.53 secs.	7 pts.
O'Connor	Kevin	37.7 feet	18.97 secs.	160 lbs.	16.06 secs.	5 pts.

Men's 250 lbs. and above

Last Name	First Name	Tire Toss	TruckPull	Press	Walk	Total
Sheedy	Paul	41.6 feet	16.22 secs.	340 lbs.	14.20 secs.	39 pts.
Mills	Milo	38.5 feet	17.56 secs.	260 lbs.	12.48 secs.	32.5 pts.
Parcolay	Bruce	34.1 feet	17.44 secs.	260 lbs.	22.80 secs.	24.5 pts.
Godack	Anthony	28.7 feet	18.18 secs.	300 lbs.	15.25 secs.	23 pts.
Petryszak	John	32.2 feet	17.94 secs.	280 lbs.	19.06 secs.	21 pts.
Ford	Brendan	29.5 feet	19.0 secs.	300 lbs.	18.37 secs.	19.5 pts.
Kulp	Greg	27.0 feet	17.78 secs.	200 lbs.	17.50 secs.	16.5 pts.
Ford	John	29.3 feet	18.56 secs.	160 lbs.	16.37 secs.	14 pts.
James	John	25.1 feet	19.50 secs.	240 lbs.	18.03 secs.	9.5 pts.
Tsourounis	Nicholas	23.8 feet	19.38 secs.	240 lbs.	23.07 secs.	5.5 pts.
Graver, Sr.	Thomas	19.7 feet	19.84 secs.	160 lbs.	26.98 secs.	0 pts.
Ratchkoskie	Joseph	33.1 feet	17.91 secs.	220 lbs.	scratch	

***Paul Sheedy** in the wheelbarrow walk.*

did not win a single event, but captured the overall title with his balanced performance. In the heavyweight division former national powerlifter champion Paul Sheedy crushed the competition, winning the first three events outright: the tire toss, truck pull and 2 inch overhead bar press. Paul weighed 340 pounds and simply manhandled every apparatus placed in his path. He pressed 340 pounds; light-years better than anyone, the next best being 300 pounds. Milo Mills, the patriarchal half of the Mills & Mills strongman squad, walked off the lifting platform the previous day (2nd place), slept a few hours and then put in one hell of a showing on Sunday at the Strongman Competition. He won the wheelbarrow walk and took second place in the heavyweight division, this despite giving away 50-100 pounds in bodyweight to some competitors. Wow – take the rest of the week off Milo! Jill, give that man a serious back rub! What a husband and wife team these two make – does there exist a stronger duo in the country? We doubt it.

Overall the whole York Barbell 2000 Strength Spectacular weekend came off without a hitch. The lifting was timely and run with perfect practiced precision. Nary a pause or deadspot. The Strongman segued seamlessly into the York Barbell Hall of Fame Induction Ceremony and put a fine ending day's festivities. Sunday got underway with the strongman (and woman) competition and the mood hit a high note at the bittersweet induction ceremony – it's always tough to honor a fallen warrior. The boys got psyched-up and revived the whole mood that afternoon. The event was finished off with an excellent Olympic lift demonstration by Coach Leo Totten and some top Olympic lifters. The camaraderie was impressive and the organizational planning and execution flawless. All in all, the entire York Strength Spectacular must be considered one of the nation's premier events of its type. Kudos and Hosannas for the organizational wizards behind the whole event: Mark and Ellen Chaillet. See you next year . *Marty Gallagher*

The response to our offer of the book *MUSCLETOWN USA* by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. The foundations of our sport obviously had some cracks, but the bedrock of our origins was just as obviously vital, resilient, and impossible to keep down. This is a book that you will be compelled to read from cover to cover. (432 pages, 70 illustrations) Paperback edition is $23.50 plus $4 shipping and handling per book. (Hardbound version - $65 plus $4 S&H). Send orders payable to Powerlifting USA, Box 467, Camarillo, CA 93011.

International Powerlifting Association

"Lifting for Lifters"

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Last Name _____ First _____ Initial _____ New _____ Renewal _____

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Telephone _____ Date of Birth _____ Age _____ Sex _____ Pro _____ Am _____ Elite Am _____

Sign if above answers are correct. Parents sign if under 18 years. _____ Date _____

Registration Fee: Adult $25 ~ High School and Special Olympics $15

Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.

Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

The Strongmen Interviews

TORFI OLAFSSON by Derek Cope

The scene is the World's Strongest Man Finals in Tangiers, Morocco in 1998. Under the baking sun the second event in the final is the Truck Pull. Three trucks are linked together making a combined weight of 20 tons and thirty long meters separate the start from the finish line. A great field of athletes had qualified to attack the trucks and they would finish the event in this order: 2nd Samuelsson, 3rd Kiri, 4th Ahola, 5th Zylstra, 6th De Bruyn, 7th Girard, 8th Pfister, 9th Veneberg and 10th Philippi.

The scene changes to a year later at the Valletta Harbor in Malta. One of the qualifying rounds is being contested and an event in the qualifiers is, once more, the truck pull. In this event the order of men finishing would be 2nd Girard, 3rd Vagadal, 4th Bowers, 5th Brown and 6th Dorer.

Torfi Olafsson - a huge, but agile strength athlete

The subject of this article is the man who won those two truck pulls and who is, unquestionably, one of the best truck pullers in the world as well as being a formidable all round strength athlete. Iceland's strongest man for 3 years, Torfi Olafsson is a huge man standing 6 feet 5 inches in height and weighing in at just under 400 lbs. With a chest well in excess of 60 inches and biceps that measure over 22 inches, Torfi is built for strongman events. What was Torfi's sport prior to competing in strongman events? Well, you may have already guessed it was powerlifting and Torfi has hit some huge poundages such as a 367.5 Kg (810 lb.) squat, a 230 Kg (507 lb.) bench and an excellent 372.5 Kg (821 lb.) deadlift.

In the interview conducted for *PL USA*, I asked initially how he trained the powerlifts prior to when he began competing in strongman events. In answer Torfi stated that he normally worked 12 week cycles and the repetitions would start at 5 reps and then gradually as the poundage climbed during the cycle the reps would drop down to 3s and 2s. He stated that in the off season the reps were sometimes increased to 8 in the bench press but, as a rule, he never went above 5 reps for the squat and deadlift.

Interestingly, in any 12 week cycle Torfi would only deadlift 3 times as he would become very stiff after deadlifting and wanted to avoid overtraining. This routine paid dividends for Torfi as he was able to win the I.P.F. Junior Worlds on two occasions.

Torfi's training has, by necessity, changed for strongman events. Torfi will now very rarely deadlift, but will employ snatch pulls and high pulls in his back routine along with power cleans. Lats are worked hard with lat pulldowns to front and rear along with seated rows.

This type of routine, where explosive movements are utilized, maintains Torfi's pulling power from the floor and follows the principle in previous articles in *PL USA* where athletes have increased their deadlift by employing varied exercises, distinct from the actual deadlift movement, in their routine.

In Torfi's preparation for strongman events the bench press is never worked, however, standing press, press behind neck, and incline bench pressing keep him strong and in condition for the events currently contested in strongman contests that test upper body strength. An example of Torfi's upper body strength is that he can press 140 Kg (308 lbs.) for 6 to 8 reps from the front or behind the neck.

Squats are still worked in Torfi's routine but the rep structure has changed to a higher count of 6-8 reps. Although a belt is used, a suit and wraps are not employed, but Torfi can still hit 260 Kg - 280 Kg (573 - 617 lbs.) for 6 to 8 reps in this fashion. Another movement that Torfi uses to train his legs is one that is seen relatively rarely in gyms now and that is the 'step up' with 180 kg (396 lbs.) on his back for resistance.

Cardio-vascular fitness is a must for strongmen and Torfi does not overlook this aspect of his training. Cardio training is done four times a week. Walking and running is done on a treadmill and this work, coupled with exercise on a stepping machine, is done prior to his workout with the weights. Initially, Torfi felt tired with the extra cardio work, but he has now gotten used to it. In line with this cardio work, Torfi endeavors to eat as healthily as possible and never indulges in sweets or cakes.

The result of this training is that Torfi is competitive in strongman events in both static moves and events that require movement. Proof of this was Torfi's good 2nd place finish in the Maritime Medley loading event in Malta in the qualifiers. Torfi bested excellent athletes such as Brown, Vagadal, Dorer and Bowers - all men who were lighter in bodyweight than him and who possibly had an advantage in a speed event.

Torfi's goals for the future are to be competitive and to win at World's Strongest Man level, but Torfi has not forgotten his powerlifting roots and stated that he would enter masters powerlifting meets when the time was right.

In closing the interview I asked Torfi whether he would like to mention anyone and he stated that he would like to pay tribute to, in his opinion, the strongest man of all time. Although Torfi recognizes the many great names in strength athletics, he felt one man rose above all others and that was the great, late Jon-Pall Sigmarsson.

Torfi Olafsson has proved that he is in the top ten of strongmen in the world at present. As noted in this article, Torfi leaves no stone unturned in his preparation for strongman contests. With his fitness and strength levels increasing look out for this huge Icelandic strongman to climb up the rankings as he continues his quest to attain the title of the World's Strongest Man. *Derek Cope*

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POW!ER SCENE

Labor Day already? Where did the summer go? If you're John Black, you might be asking where did the last quarter-century go, because that's how long Black's Health World has been around. And to celebrate that 25 years, and maybe head toward another 25 (or more) years, John is having a big party on the first Saturday after Labor Day – that means Saturday, September 9th. It'll be at Black's Health World, of course, in Cleveland, Ohio, and specifically it's at 11934 Lorain Ave. There will be food and music and a sports medicine clinic, and, of course, there will be powerlifting exhibitions.

All of Black's Health World's lifters, and former lifters, and friends, are invited, and things should be under way from around 11 A.M. to around 7 P.M. For more info, or directions, or whatever else you need to know, call them at 216-252-1695.

J.M. Blakley was in Ohio for thirty-five years – his entire life – but he just moved out here to sunny Southern California. J.M. had been a fixture in Ohio, lifting at the Westside Barbell Club in Columbus, and competing in the first four Arnold Classic Bench Press contests.

We caught up with J.M. after he'd been out here only for a week, and made him get in the gym and show *POW!ERLIFTER VIDEO* what a J.M. PRESS is, and how you do it, and how many you should do, and all that, so in our next issue we'll have some great footage of that, so you can increase your tricep strength and boost your bench.

J.M. is setting up to do personal training, and he's got lots of experience and academic credentials in addition to his bench press prowess. You can reach him at 213-470-4550.

Charis Nawrocki & J.M. Blakley *in front of Gold's Gym in Venice*

While we were shooting J.M., we met his fiancee, Charis Nawrocki, and she just competed in powerlifting for the first time, at one of Bob Packer's meets in Fresno, California, and totaled 705 at 123. Charis is a "success" strength coach for EAS, and has modeled for L.A. Gear, but her main focus now is on her Goddess Foundation, which aims to strengthen women physically, spiritually, and emotionally. We wish good luck to Charis and J.M., and we're always happy when Southern California gets a big-time powerlifter. We want more, so any other big-time powerlifters out there, the weather's great, and there are lots of meets.

One big-time powerlifter who recently made it out here to California was Anthony Clark, but he was only here for a few hours, as he spoke to a church group and then gave a bench press seminar, which we of course videotaped for *POW!ERLIFTER* Video. Anthony is back in action, and competing in Kieran Kidder's WPO meets in Florida.

And he's in our Volume Two of *SPECIAL EDITION of POWERLIFTER VIDEO* presents *THE BENCH PRESS*, which is now available, by calling 1-800-BARBELL. Anthony's joined by follow bench greats James Henderson, Chris Confessore, Scott Werner, and Tamara Grimwood, plus footage from the last two Arnold Classics with Glen Chabot, Willie Williams and Dave Waterman competing, and lots of technique and training tips. We got a great response to Volume One, and people have been asking when Volume Two is coming out. Well, it's out.

Anthony Clark *answering questions after his benching seminar.*

You'll see the actual workouts of the world's greatest benchers, learn their techniques and routines, catch them in big-time meet action, and, we hope, have fun watching it. And it's only $29.95, plus $2.95 s&h.

Finally, a couple of months ago we chronicled the benching exploits of our loyal reader and *POW!ERLIFTER* viewer Mike Blake, as he aimed to hit the 500 lb. mark. Well, he did it! Way to go Mike! At the APA Mon Valley Fitness Bench Press Classic, he hit 470 on the first attempt, and then smoked 500.

But he didn't stop there. Feeling strong, Mike went for 507 on the third, and he made that, with three white lights. He felt so good, he went for 520 on his fourth, but that was a little too much, and he got three red lights. Anyway, congratulations, Mike, and what's the next goal?

To all our readers, we wish you a 500 lb. bench (or if you're already there, then we wish you a 600 lb-bench), plus a great Autumn lifting season. Be strong, and we'll see you on video. *Ned Low*

Mike Blake *hitting a 500 pound bench. (All photographs are provided to PL USA courtesy of Ned Low).*

WABDL National BP/DL
24,25 JUN 00 - Dallas/Irving, TX

BENCH
WOMEN
123
V. Tyree 198
132
C. Armstead 170
165
L. Blackburn 304
199+
B. Bourg 259
K. Pitts 286
T. Malone 319
Master
40-46
123
A. James 166
47-53
148
C. Luprete 170
54-60
132
S. O'Brien 99
J. Walker 159
Submaster
34-39
132
C. Armstead 170
165
C. Crossland 225
L. Blackburn 304
199+
T. Malone 319
Submater Law/Fire
181
R. Oglesbee 192
MEN
148
E. Davidson 396
R. Morgan 330
165
W. Kampen 380
181
A. Dieppa
198
H. Rholon 490
M. Desrosiers 424
R. Gingg 424
D. Harvey 402
P. Thomas
220
M. Camarque 490
L. Jones 451
D. Flunker 413
M. Meza
242
K. Brownfield 612
J. Biewer 496
S. Ross 462
F. Silva Jr. 424
275
T. Meeker 639
R. Bullington 462
J. Robinson 462
R. Edinger 402
D. May 341
308
S. Wong
309+
S. Woelk 573
A. Ramsey 551
F. Lopez 518
T. McKinney
Teen
13-15
123
J. Chavez 170
C. Pinson 121
132
T. Godawa 236
148
K. Gingg 176
275
S. McElroy 264
16-19
165
L. Bevill 292
J. Cohen 270
181
Z. Gingg 275
198
P. Davi 435
220
R. May
242
R. Richardson 330
Junior 20-25
148
N. Gary 303
L. Edgardo 259
165
D. Hawley 391
J. Ojeda 293
M. Bivin
181
R. McKeefer 352
198
H. Rholon 490
J. McClaren 402
C. Bogart 402
C. Matthews 374
R. May 270
J. Gingg
M. Jahadi
220
M. LaMarque 490
E. Wright 429
R. Myers
242
J. McCullough 369
275
M. Sanford 407
309+
D. Brown 540
Submaster
181
T. Hambric 342
198
E. Wilkinson 501
220
J. Jackson 540
D. Flunker 413
T. Weippert 402
242
B. Leitz 520
K. Malone 424
275
J. Stewart 617
W. Pontius 369
M. Runnels 347
309+
T. McKinney
Master 40-46
132
A. Young 303
148
S. Weingust 363
J. Lawrence 341
165
P. Dunn
198
R. Gingg 424
220
M. Meza
242
J. Rodriguez 486
275
R. Bullington 462
309+
A. Ramsey 551
47-53
198
J. Snodgrass 314
220
S. Finegan 429
242
G. McCoy 451
275
A. Webb 391
T. Ekenberg 352
D. May 341
309+
C. Rosborough 501
54-60
220
R. Matheson 380
F. Silva Sr. 275
242
J. Duckett 225
61-67
165
G. Johnson 330
68-74
198
J. Cantu 374
75-79
148
J. Heizelman 165
75+
181
D. Dreyer 148
Class 1165
D. Lesmes 341
4th 369
L. Bevill 292
4th 308
181
J. Marin 385
K. Taylor 292
T. Birkhead 264
198
R. Warriner 402
K. Kirkland 402
220
T. Weippert 402
F. Silva Sr. 275
242
J. Fullerton 479
275
T. Ekenberg 352
M. Runnels 347
309+
R. Dolgener 402
Master Law/Fire
40-47
198
M. Godawa 325
220
M. McKenzie 457
48+
309+
B. Lobins
Open Law/Fire
220
C. Bowen 413
242
F. Silva Jr. 424
S. Ross 462
309+
S. Woelk 573
DEADLIFT
WOMEN
Master 40-46
105
E. Sirju 165
148
A. Scott 275
165
S. Bates 275
Master 54-60
132
J. Walker 407
148
M. Louise Coffey 170
Open
123
S. Johnson 231
V. Tyree 402
132
J. Walker 407
C. Armstead 270
199+
B. Bourg 347
Submaster Law/Fire
181
R. Oglesbee 253
Submaster
132
C. Armstead 270
Junior
123
C. McKeefer 231
Teen 16-19
148
B. McMillion 347
MEN
Teen
13-15
105
C.J. Hart 203
123
C. Pinson 203
132
T. Godawa 330
148
K. Gingg 297
165
T. Justice 236
275
S. McElroy 457
16-19
165
T. Caprari 683
L. Bevill 407
181
D. Davis 402
Z. Gingg 352
198
P. davi
220
B. Isaac 541
242
A. Schlegal 633
R. Richardson 473
Junior
123
D. Yamada 314
148
E. Lugo 402
181
W. Smith 562
C. St. Romain 507
R. McKeefer 501
198
J. Mendoza 622
C. Bogart 606
C. Matthews 540
J. McClaren 529
J. Gingg 358
220
R. Myers 551
309+
D. Brown 755
Submaster Law/Fire
165
A. Ellis 473
220
J. Jackson 611
Master Law/Fire
198
M. Godawa 418
Submaster
165
C. Dargin 573
A. Ellis 473
181
T. Hambric 600
220
T. Weippert 589
D. Flunker 578
275
M. Runnels 137
308
E. Roberts 617
Open
148
R. Morgan 402
165
T. Caprari 683
C. Dargin 573
D. Felton 545
181
R. Hagedorn 556
198
K. Kirkland 600
J. Herbein 541
220
L. Jones 650
C. Smith 611
T. Weippert 589
D. Flunker 578
275
R. Edinger 650
308
E. Roberts 617
309+
F. Lopez 639
Masters 40-46
165
J. Tyree 578
D. Felton 545
E. Diaz 490
181
R. Hagedorn 556
198
D. Anderson 512
220
W. McCoy 722
308
T. McCullough 749
Master 47-53
198
J. Snodgrass 451
275
T. Ekenberg 578
Master 54-60
165
J. Christian 496
220
F. Silva Sr. 319
242
J. Duckett 275
Master 61-67
165
D. West 402
198
J. Herbein 541
Master 68-74
C. Anderson 347
Master 75+
181
D. Dreyer 148
Class 1
165
D. Lesmes 462
L. Bevill 407
181
K. Taylor 451
B. Vickery 402
198
D. Anderson 512
220
M. Dorman 507
F. Silva, Sr. 319
242
J. Clausen 374
275
T. Ekenberg 578
M. Runnels 137

This was the 3rd WABDL Nationals. We had 62 lifters in '98, 164 in '99, and 177 this year. We had a two day attendance of 723. There was great camaraderie in the air. The hotel was only a seven minute shuttle from the Dallas-Fort Worth Airport. In the master men bench, 40-46 Allen Young of Arkansas pushed 303 at 132. Allen is the WABDL Arkansas State Chairman and is a WABDL World Judge. At 148, Sheldon Weingust set a Texas State Record with 363. Jim Lawrence of Arizona was second with 341 and an Arizona State record. At 198, Rocky Gingg, who brought his wife and two sons who also competed, set an Arizona State Record with 424. At 242, John Rodriguez set a

WABDL National Bench/Deadlift

as told to Powerlifting USA by Gus Rethwisch

Texas State record with 486. At 275, Roger Bullington, who is built very powerfully, set an Arkansas State record with 462. At super, Art Ramsey of California, rammed up 551 with his great enthusiasm and won Best Lifter in masters heavyweight. In master 47-53, Jim Snodgrass pushed 314 at 198. Sean Finegan set a Texas State Record of 429 at 220. At 242, Gregory McCoy got 451. At 275, Austin Webb set an Arkansas state record with 391 to beat Tom Ekenberg who got 352 and Dennis May who got 341. At Super Carl Rosborough broke into the 500 club with 501. Carl has 17" forearms. In master 54-60, Ronald Matheson of Arizona set a World Record with 397 at 220 to beat Felipe Silva Sr. Mr. Silva did set a Texas state record, however, with his 275. At 242, Jimmy Duckett of Oklahoma pushed 225. Jimmy has got a great sense of humor and is fun to be around. In masters 61-67, George Johnson of Corpus Christ, set a World Record with 330 at 165. In master 68-74, 198 Joe Cantu Jr. set a world record of 374 at age 70. He says he will do 435 at age 72 at 198. This guy can party with the best of them. The good thing about our sport is that it keeps us young. At 75-79, Jack Heizelman set a World Record of 165 at 148 at age 77!! Don Dreyer of Louisiana set a World Record of 148 at 181 class in 75-79. The outstanding master lifter for lightweight was Joe Cantu. In teen men's bench 13-15 age group, Jesse Chavez set a World Record of 181 at 123 pounds. Jesse had all the young women in the audience full attention with his style and look. Clayton Pinson of Oklahoma was second with 121 and a state record. At 132, Travis Godawa of Louisiana set a World Record with 236. At 148, Kyle Gingg set an Arizona State Record of 176. At 275, Sean McElroy set a Texas state record of 264. In teen men's bench 16-19 age group, Luke Bevill set a Texas State Record of 308, a very good lift for a 17 year old at 165 pounds. Joseph Cohen was second with 270. At 181, Zach Gingg set an Arizona State Record of 275. At 198, Phil Davi smashed the existing world record of 405 with 435. Phil is from Seaside, CA. At 220, Ricky May won with 314. At 242, Russell Richardson put up 330. Outstanding lifter was Phil Davi. In Submaster Bench, Tony Hambric put up 342 at 181 for a Texas State record. At 198, Ed Wilkinson did a 501 for a Texas State record. At 220, Jason Jackson of Oklahoma, the World Record Holder with 515 at 198 put up 540 to beat Dan Flunker of Texas who did 413 and Troy Weippert of North Dakota who did 402. At 242, Bobby Leitz put up a big 520 for a Texas State Record to beat Ken Malone who did 424. At 275 John Stewart went real big - 622 - enough for a World Record to beat William Pontius of Washington who did 369 and Michael Runnells who did 347. Outstanding lifter was John Stewart. In Class 1 men's bench, David Lesmes beat Luke Bevill 369 to 308 for a Texas State Record. At 181, Jose Marin set a Texas State Record with 385 to beat Kirk Taylor's 292 and Todd Birkhead's 264. At 198, Richard Warriner set a Texas State Record with 402 to beat Kevin Kirkland's 402 on bodyweight. At 220, Troy Weippert of North Dakota beat Felipe Silva Sr.'s 402 to 275 - a PR and a North Dakota State Record for Troy. At 242, Jimmee Fullerton, in his first meet, did 479 for a Texas State Record. At 275, Tom Ekenberg beat Michael Runnels 352 to 347 for a Texas State Record. At super, Robert Dolgener set a Texas State record with 402. Jimmee Fullerton was the outstanding lifter with a shaved head and a Mongolian wrestler look. In Junior men's bench, Gary Neal set a Texas State Record of 303 to beat Ed Lugo at 148. In the 165 pound class, Damon Hawley, of Virginia, beat Joe Ojeda of Texas 391 to 293. Ojeda set a Texas state record and Hawley set a Virginia state record. At 181, Richard McKeefer, of Oklahoma set an Oklahoma stater record with 352 to win his national title. At 198, Hoss Rholon blasted up 501 for a Texas state record. In fifth place was Robby May with 270. Chad Matthews was fourth with 374. Christopher Bogart from Oklahoma was third with 402 and John McClaren by virtue of being the lighter man was second with 402. At 220, Matt Lamarque of California, beat Eric Wright 490 to 429. Matt is the California State chairman and the World Record holder in this class. At 242, Jason McCullough set a Texas State Record of 369. At 275, Mac Sanford set a Texas State record of 407 and Dee Brown, full of excitement and enthusiasm, set a World Record of 551 at super and passed the drug test. He's on the Louisiana Tech power team. Best lifter was Hoss Rholon. In open men's bench, Evan Davidson of Arizona, beat Robert Morgan 369 to 330. Evan has done over 400. At 165, Wesley Kampen the proprietor of the Powerlifting Super Store did 380 for the title. Wesley is the man to buy your power gear from. At 198, Hoss Rholon won the National title with 501. Mike Desrosiers was second with an Arizona State Record of 424. Third was Rocky Gingg, also of Arizona, with 424. Fourth was Darryl Harvey with 402. At 220, Matt Lamargque did 490. Lorenzo Jones did 451 and Dan Flunker did 413. At 242, Kim Brownfield set a World Record with 612 to beat Frank Wakakuwa's old record of 611. Jeremy Biewer of Minnesota was second with 496. Steven Ross of Houston was third with 462 and Flip Silva Jr. was fourth with 424. At 275, Dennis May was fifth with 341. Rich Edinger of North Dakota got a North Dakota state record with 402 and was fourth. Rich is a lawyer and is the WABDL state chairman for North Dakota. Jason Robinson was third with 462. Roger Bullington of Arkansas was second with 462 and Tiny Meeker got a Texas state record with a huge 639, the biggest bench of the meet and came close with a World Record of 656. At 308, Steve Wong opened with 661 and then went to 705 and bombed out. He was close with 661. At Super, Shawn Woelk pushed 573 and passed the drug test for the National title. Art Ramsey was second with 551. Fred Lopez was third with 518. The outstanding lifter for lightweight was Hoss Rholon with 501 and heavyweight was Tiny Meeker. Now on to the Ladies Bench. In open women's, Valerie Tyree, who is very beautiful, pushed up 198 with ease weighing only 120. At 132, Chandra Armstead set a Texas state record with 176. At 165, Linda Blackburn became possibly the lightest woman in the world to bench 300 drug free. Taunya Malone has the highest drug free bench as far as I'm concerned at 319. Anyway, after that little bit of controversial discourse, Linda Blackburn set a world record 304 at 165. Linda is very attractive, also. At super, Taunya Malone tied her World Record with 319. Taunya is one of the

Linda Blackburn *:one of the top female benchers in the world. (Gus)*

Toni Caprari nearly pulled 700 at 161 (Photos are provided by Gus).

nicest people you will ever meet - a devout Christian, humble, and lets her lifting do the talking. In second was 327 pound Kimberly Pitts who did 286 and just missed 308. Kimberly is just a big woman - not fat at all. She's about 5' 11". In third was Brooke Bourg from Louisiana, who did 259 and almost made 286. Outstanding lifter was Linda Blackburn. In master women, Anna James set a World Record of 170 in 40-46 123 pound class. Anna is beautiful enough to be a model. She's from California. In 47-53 148, Camellia Luprete set a World Record of 170. At 132, Jo Walker set a World Record in age group 54-60 with 170. Sharon O'Brien was second with 99 and a Texas State record. Anna James was outstanding lifter. In submaster women, Chandra Armstead set a world record with 176 at 132. Linda Blackburn set a World Record with an unbelievable 304 and Taunya Malone tied her World Record with 319 in the 198+ category. In submaster Law/Fire Renee Oglesbee set a World Record with 192. Renee keeps steadily improving. Now on to the Deadlift. In open men's at 148, Robert Morgan is the National Champion with 402 at 148. At 165, Tony Caprari passed the drug test and deadlifted an unbelievable 683 at age 19 weighing 161 pounds. He had 700, but was two inches from lockout. This guy is the best deadlifter I've seen since John Kuc. At 181, Rick Hagedorn pulled 556. Rick is the Alabama state chairman. At 198, Kevin Kirkland pulled 600 to beat John Herbein's 541. John is from Pennsylvania but he is 57 years old. At 220, Lorenzo Jones set a Texas state record with 650 to beat Casey Smith from Mississippi. Casey, also, set a Mississippi state record with his 611. In third place was Troy Weippert with a North Dakota State Record of 589. In fourth place was Dan Flunker with 578. At 275, Rich Edinger did a perfect form 650 PR and North Dakota State record. Rich will deadlift 700 by the Worlds. At 308, Eric Roberts pulled 617 and Fred Lopez pulled 639 at super. Fred holds the Texas state record with 655. Outstanding lifter was Tony Caprari with his 683 at 165. In master men 40-46 age group, John Tyree did a very impressive 578 World Record at 165. He and his wife, Valerie, are the best husband and wife deadlift team in the world. At 181, Rick Hagedorn pulled 556. At 198, David Anderson from Green Bay, Wisconsin pulled 512. At 220, Willie McCoy of Omaha, Nebraska pulled a World Record of 722. Willie is fun to watch. He uses a lot of back. He's like a crane. He just keeps unwinding. At 308, Tom McCullough pulled a World Record 749. Tom has great enthusiasm on the stage and really gets the crowd going. In master 47-53, at 198, Jim Snodgrass pulled a Texas state record of 457. Jim helped promote this contest and did a lot of work to make it happen. At 275, Tom Ekenberg set a Texas state record with 578. In master 54-60, James Christian set a world record 496 at 165. James brought a team of very enthusiastic women who were competing for the first time. They were very well coached. At 220, Felipe Silva Sr. set a Texas State Record with 330. At 242, Jimmy Duckett from Oklahoma pulled 275 - just short of his Oklahoma state record. In master 61-67, Dan West pulled 402 at 165 and John Herbein set a World Record 541 at 198. John is a great master lifter and is 63 years old. In master 68-74, Chuck Anderson from Washington wasn't feeling very well and pulled 374 at 198, well short of his world record of 435. In 75-79, Don Dreyer of Louisiana set a World Record 148 at 181. Outstanding lifter in lightweight was John Tyree and heavyweight was Willie McCoy. In class I men's deadlift, David Lesmes set a Texas State Record of 479 at 165 to beat Luke Bevill's 407. At 181, Kirk Taylor, who has the crowd please with his aggression on stage, set a Texas State Record of 451. At 198, David Anderson of Wisconsin set a Wisconsin state record of 512. At 220, Felipe Silva Sr. set a Texas state record of 330, but then Mike Dorman came along and broke it; 220 at 507. At 242, Jack Clausen set a Texas state record with 374. At 275, Tom Ekenberg set a Texas state record with 578. Outstanding lifter was David Lesmes with 479 at 165. In junior men's deadlift, Dean Yamada set a Texas state record with 314. At 148, Ed Lugo pulled 402. At 181, Richard McKeefer set an Oklahoma state record with 501 to finish third. Curt St. Romain pulled 507 for second and Willis Smith set a Texas state record of 562. Willis brought a team and did a good job coaching some first time lifters. At 198, Justin Gingg set an Arizona state record with 358. John McClaren was fourth with 529. Chad Matthews was third with 540. Christopher Bogart was second with an Oklahoma state record of 606 and John Mendoza was the National Champion with 622. At 220, Ryan Myers set an Oklahoma state record with 551 and was crowned National Champion. At super, Dee Brown pulled 788 for a world record and he pulled it with flair. There were some questions with his lockout and I've noticed a lot of sumo style deadlifters that seem to have a lockout problem. The outstanding deadlifter junior was Dee Brown. In submaster men, Christopher Dargin beat Andy Ellis 573 to 473 at 165. Tony Hambric set a Texas state record with 600 at 181. Troy Weippert from North Dakota set a North Dakota state record with 589 to beat Dan Flunker of Texas who did 578. At 308, Eric Roberts was the National Champion with 617. Eric is from Alabama. Outstanding lifter was Christopher Dargin. In the master women's deadlift, there was lots of action. At 105, first time lifter, Elizabeth Sirju set a Texas state record of 165 in age group 40-46. She was ably coached by James Christian. Althea Scott set a Texas State record at 148, 40-46 with 275. Sharon bates got a Texas state record of 165 with 275. All of those women were coached by James Christian. In women's master 54-60 132, Jo Walker had the highest deadlift of the day for women with 407 World Record and tried 418. She is 57 years old! At 54-60 148, Mary Louise Coffey of Louisiana set a World Record with 187. Outstanding lifter for masters was Jo Walker. In open women's, Valerie Tyree weighing only 120 pulled a magnificent 402 and locked out 413, but had it turned down. It was obviously a World Record. Saardia Johnson was second with 231. At 132, Jo Walker pulled a great 407 at age 57 to beat Chandra Armstead's 270. At 198+, Brooke Bourg set a Louisiana state record with 347. The outstanding lifter was Valerie Tyree. In submaster women law/fire, Renee Oglesbee pulled 253. In submaster women, Chandra Armstead pulled a Texas state record of 270 at 132. In junior women, Carie McKeefer of Oklahoma pulled a World Record 231 at 123 and in teen women, Bonnie McMillion pulled a World Record 347 at 148. Teen men deadlift. In 13-15 at 105, CJ Hart set a World record of 203 as well as an Oklahoma state record. At 123, Clayton Pinson won with 203. At 132, Travis Godawa pulled up 330 and a Louisiana state record. At 148, Kyle Gingg set an Arizona state record with 297. At 165, Trey Justice set a Texas state record with 236 and at 275, Sean McElroy set a World Record with 479. In teen men 16-19, Tony Caprari was in outer space with 683 and a close try at 700 at 165. At 181, Danny Davis set an Arizona state record of 402. Zach Gingg, also of Arizona, was second with 352. At 220, Brandon Isaac, Tim Isaac's nephew, set a world record of 541 at 220. At 242, Anthony Schlegel was fantastic with 661, World Record. Anthony has a full ride scholarship in football with the air force academy to play linebacker. Russell Richardson was second with an Arizona state record of 473. In submaster Law/Fire, Andy Ellis set a World Record 473 at 165 and Jason Jackson set a world record 611 at 220. Jason is a multi - sport star. He, also, does bare knuckle fighting. You would never know it. He's very quiet, very humble. In master men Law/Fire 40-47, Michael Godawa set a Louisiana state record with 418 at 198. I would like to thank our judges: Bill Lobins of Houston, Joe McCoy, Jim Snodgrass, Ken Anderson, Mike Meza, Rader Capehart of Dallas, and Phil Cozzoni of Muskogee. The scorekeeper was Karen Anderson. Selling tickets was Karen Hensil, Elma Thomas on the computer, Gary Thomas conducted weigh - ins. The M.C. was Shelby Jones. Our sponsors were Ron Coleman and Steve Blechman of Twin Labs and Muscular Development. John Inzer of Inzer Advance Designs, Kevin Bartholomew and Flint Pruit of Ben E. Keith Distribution (Budweiser). Rich Brewer of House of Pain, Scott Safe of Safe USA, Wesley Kampen of Powerlifting Super Store. Tim Isaac of Johnston - Keay Labs, Johnny Anderson of Adrocare, Rick Crain of Crain's Muscle World, Rich Dunn of In - Shape, Prince Harrison of Optimum Fitness, Mike Bandera and Doug Patterson of Mac Barbell, Tawney Marshall of Casual Male Big and Tall, Neal Spruce of Apex Fitness, Marc Priebe of Musaghi USA, Metro Flex Gym, the home of Ronnie Coleman, two time Mr. Olympic and last but not least Powerlifting USA for their great coverage. (Thanks to Gus for contest results).

Tiny Meeker did some massive benches. (Photo courtesy of Gus R.).

Anna James broke the World and National Records in the 123 lb. wt. class. She hit a PR with 170 3/4 lb.s bp while weighing only 116. She won BL for Masters Women (Photograph was provided by Fred James)

World Powerlifting Organization

*** Important WPO™ News Flash ***

If you plan on competing in the remaining two WPO (TM) events this year, please read very carefully the following information. There are a number of changes that have been made in different areas of the WPO (TM) and I will explain them as extensively as possible.

A. The Bench Bash for Cash weight classes are: Lightweight: 132-165, Middleweight: 166-220, Heavyweight: over 220

B. Women's cash breakdown at WPO (TM) Pro Division in Las Vegas: Top 5 totals (no formula) 1st - $3,000; 2nd - $2,000; 3rd - $1,000; 4th - $500; 5th - $250

C. Men's under 220 lb. cash breakdown at WPO (TM) Pro Division in Las Vegas: Top 5 totals (no formula) 1st - $3,000; 2nd - $2,000; 3rd - $1,000; 4th - $500; 5th - $250

D. Men's over 220 lb. cash breakdown at WPO (TM) Pro Division in Las Vegas: Top 5 totals (no formula) 1st - $3,000; 2nd - $2,000; 3rd - $1,000; 4th - $500; 5th - $250

E. There will be $1,000 cash bonus for any WPO (TM) World Records that are broken.

F. There won't be any equipment checks, so there won't be any confusion for the lifters lifting in both the WPC and WPO (TM).

G. If a lifter breaks a WPO (TM) World Record but their equipment doesn't meet the WPO (TM) equipment standards the lift won't count as a World Record. The lift will count towards the contest standings for the money.

The APF has been getting a lot of phone calls regarding the actual criteria that will be enforced at the WPO (TM) Professional contest held in conjunction with the WPC World's in Las Vegas at the Plaza Hotel. I will encourage the lifters to contact Huge Iron Powerlifting secretary. Gail can be contacted at any time to accommodate any lifter's questions concerning WPO (TM) / APF Huge Iron contests. The purpose of this contest is to have additional contest footage for television, introduce the WPO (TM) to the other countries and test the waters for the woman's side of the WPO (TM). I realize that not every lifter will have a shot to be in contention for the money in Las Vegas and some lifters are upset, claiming that its not fair. I urge the lifter not to get caught up in what's fair and what's not. The money has to be distributed in this fashion because sponsors are giving just enough for the Bench Bash for Cash and the WPO (TM) contest in Vegas to finish the 2000 season. Next year is the big enchilada! As I mentioned before all of next year's WPO (TM) contests will be held at Universal Studios, Orlando, FL and there will be a significant amount of money at stake by weight class and Super Open class. Remember that there will be television cameras on site filming the massive assembly of men and women iron athletes in the heat of the competition so the World can see our sport and what we, as powerlifters, have to endure.

Also keep in mind that this is an opportunity for the lifters who didn't compete in the May 20th contest in Daytona to get a taste of the WPO (TM). Most likely as you are reading this the May 20th contest will have been aired on television and if you aren't fired up about the WPO (TM), I guarantee you will be after you see the show. It is awesome, to say the least. It is "in your face" type of television as they say in the business.

Ernie Frantz is going all out for this year's World competition. He is having state of the art technology in all areas of the competition and is working very hard to make this contest a success. He also realizes that the WPO (TM) is the future of powerlifting and invited me to incorporate a WPO (TM) contest with the WPC World's competition. ernie thought Las Vegas would be a great venue for the WPO (TM) and I couldn't agree with him more! Like I said, Ernie knows the WPO (TM) is the only way to go and is behind me 100%, as I have always been supported Ernie and will continue doing so.

Starting in the year 2002, the APF will be the amateur gateway into the WPO (TM) to be considered a Professional Powerlifter. After the 2001 WPO (TM) season at Universal Studios, you must lift as an amateur in the APF to be eligible to qualify as a pr. Some people think that I am trying to overtake the sport by running my WPO (TM) contest around the same time as the National and World competitions. I can understand how a lifter could draw that conclusion in their minds, but that isn't my game plan. The big picture is a sister amateur organization that is a WPO (TM) affiliate where the new and aspiring young powerlifters will get their start and hopefully becomes pros and lift in the WPO (TM) where they can make a respectable living. That sister organization will be the APF, which in turn will make both the APF and the WPO (TM) prosper. So those lifters who have normally competed in the Senior Nationals in the past would want to compete for money in the future. It only makes sense that once you competed for money that you would continue to do so. Then that will open the door for the up and coming lifter and there will be a whole new breed of lifters competing as amateurs at the APF National and International level to one day compete with the BIG BOYS for the BIG MONEY! So no matter what, the APF and WPO (TM) will be considered the dominant force in powerlifting from a professional and amateur standpoint. Like I mentioned, Ernie is behind me 100% and together we will strive for ultimate success so powerlifting can reach its zenith! With all the positives happening in the APF / WPO (TM) you would be silly not to lift in Las Vegas or in future WPO (TM) contests for that matter. Until now our sport that we love is absolutely nothing in today's society, but that is coming to an abrupt end fast!

Sincerely Your WPO (TM) President, *Kieran Kidder*

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What is good squat form? What does it take to develop a great squat? First you must develop the hips, hamstrings, spinal erectors, glutes, and abs. Without a strong posterior chain (the muscles on the back of the body), you will not sit back into the proper squat position. That's right. Sit back, never down. If the knees go forward in the yielding phase, they could hit the floor and the hips still would be above parallel.

TRAINING

How to Do the Squat

as told to Powerlifting USA by Louie Simmons

***Chuck Vogelpohl** uses perfect technique to squat 760 at 198. (Photograph providedcourtesy of Louie Simmons).*

I talk to strength coaches from major universities on how to squat. I tell them that we have 24 guys who have squatted over 800 and six over 900 by box squatting with a wide stance. Many times these coaches will reply, I like Olympic squatting. One reason I guess is that Olympic squatting is what they were brought up on. But why do powerlifters use a wider stance? Because you use more muscle, and isn't that what we're after on the sports field? Only a wrestler would find himself in the weakest joint angles of an Olympic squat. That's probably why there are no old, great Olympic lifters. Their joints are gone.

When a prominent pro-basketball coach said that Olympic squats were the best for his players and that a two-time bodyweight squat was all an athlete needs, I realized that a weak coach can produce only weak players. This coach and many like him must have a huge library and a very small weight room. Take Ben Johnson, for example. He squatted 620 at about 200 pounds. That's three times bodyweight! Football players' careers are being shortened not by the competition but the fact that they are too frail compared to 10 years ago. I saw Brett Favre come out of the locker room and squat cold with the linemen using the same weight. That's like having five quarterbacks protecting your quarterback, and that's bull.

Let's get to squat technique, starting with the feet. They should be pointed straight forward. This forces the hip muscles into play. It is much harder to break parallel because the hip extensors and flexors are put in a very strong position for flexion. Turn the feet outward slightly if you are not flexible or if you are very thick in the waist and upper thighs. If you see someone who walks with their feet turned outward, they have weak hamstrings.

As far as shoes go, Converse Chuck Taylors are best. Don't have $100 shoes and a 10 cent squat.

When squatting, think about pushing your feet out, not down. This will ensure that the hip muscles are working correctly. Push your knees out the entire time, starting from when you are unracking the bar. You should feel this in the hips. Next, start pushing the glutes to the rear as though you are searching for a chair that is too far behind you. Arch the lower back hard and keep the chest up. Lean forward as much as necessary to keep the bar over your center of gravity.

To ensure correct bar placement, raise the chest and pull the shoulder blades together, to place the bar back as far as possible. This creates better leverage. However, if one carries the bar too low, it causes the lifter to bend forward, destroying leverage.

What stance should you use? Everyone should box squat with a wide stance, because this builds the all-important hip muscles. Thirty years ago, the great Jim Williams said to train as wide as possible and pull your stance in, to a point, to break parallel at meet time. If you watch a great squat technician, you will notice that he bends only at the hips, the knees don't go forward, and his back does not move.

While descending in the squat, never squat down. Always squat back! If you push the glutes back, the knees will not go forward. In fact, if you sit back far enough, the shins will be past vertical. This is only possible with box squatting. And it's important because this causes a great stretch reflex. Also, by forcing your knees apart, you are significantly increasing your leverage, by shortening the distance between the hip and the knee joint. If you pull your knees together, you increase this distance and create poor leverage. In addition, this is a sign of weak hip muscles.

After breaking parallel, you must first push against the bar. After all, the bar is what we are trying to raise. Unfortunately, you see many lifters who push with their feet first. This causes you to bend forward into a good morning position, which is opposite of what you are trying to achieve, in addition to being dangerous. When your back bends, you are likely to miss a squat or get injured.

Most people think of squatting as a multijoint muscular action. I see it as flexion of the spinal erectors and hip flexors and slight flexion of the knees. It's much like trying to jump onto a high box; you flex as much as possible in the beginning and hope you make it. Others push gradually through the lift, just enough to accommodate the external force that is being applied.

As far as equipment, in a meet, wrap the knees toward the inside. This means wrap one clockwise and the other counterclockwise. This

helps to stabilize them. Wear a suit that allows the knees to be forced outward and the glutes to be pushed out to the rear. Don't wear straps that are too tight. This will cause you to bend over. In training, wear a suit with the straps down and a belt. This will help the technical aspects of squatting. When someone must wear full gear for 3-4 weeks before a meet, their technical skill is low.

To summarize, build the posterior chain: calves, hams, glutes, lower and upper back. Strong abs are a must. They are what you lean on to descend and push off of to ascend. Out of our top 100 squatters, four use an upright back position. That means that 96% lean forward, with - of course - a great arch. While descending, the glutes move first and the head and bar move last. So in the concentric phase, the opposite happens. You must push against the bar first.

One workout per week must be devoted to speed (box squatting) and one for maximal effort, with a variety of core exercises such as good mornings and squatting with special bars that change your center of gravity.

To all strength coaches: the next time you have your athletes do Olympic squats, ask yourself why. The joint angles are not advantageous for the stretch reflex. If a lineman were to use that position on the field, he would easily be pushed backward. The Olympic lifts require flexibility. There are many drills better suited to increase flexibility. Everyone thinks the Olympic lifts are so quick. While your cleans at 60% look fast, so do our box squats at 60%. The athlete who can power clean 400 uses 240 (60%). The lifter who can squat 800 uses 480 (60%). Who do you really think would be faster and stronger? Compared to a powerlifter, an Olympic lifter can't squat with the Sunday paper. A kid that can hang clean 400 would look frail to an 800 squatter. And don't forget, in Olympic lifting, as the bar is raising, the lifter is lowering himself, making it appear that they are moving the bar at great speed. Olympic lifting is the biggest bust in the United States. We have not placed a single lifter on the A list, yet strength coaches still advocate the Olympic lifts.

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STARTIN' OUT

A special section dedicated to the beginning lifter

PRE-MEET CHECKLIST

as told to Powerlifting USA by DOUG DANIELS

Let's set the scene: you're at the meet and taking your first squat attempt. As you descend, you feel your trusty old squat suit rip at the seams. After the spotters catch you and the bar is reset in the rack, your first thought is, where's your backup squat suit? Unfortunately it's still at home because you forgot to pack it along with your meet gear. Ripping your squat suit is a very possible occurrence and not having a backup suit could cost you the meet and blow all those long hours of training. Fortunately there are steps you can take to help make sure you have all the stuff you need to get the most out the meet and your training. By developing a well thought out checklist of items and issues prior a meet and going over them prior to leaving for the contest, a lifter can minimize the negative impact that unforeseen events can have on their meet results.

The first place to start is to review the contest application form. Check the date and time to be sure when the meet starts as well as when weigh-in is for the weight class you will lift in. Many weigh-ins are the night before, some are the morning of the meet and some offer both. A very important thing to notice and keep in mind is the time zone where the meet is being conducted. Potentially the meet could be on Central Time and where you live might be on Eastern Time. This is a problem here in Northwest Indiana where our corner of the state is sometimes one hour behind the rest of the state. You may want to call the meet director a few days prior the meet just to check if the meet is still on. We were the victims of an unannounced cancellation of a meet a few years ago. We drove 150 miles to central Indiana to find that the contest was not going to take place. The meet director failed to inform us of that. We woke him up in bed to find out why the contest site was locked. This only happened once, but once is more than enough, and it may be worth your time to call in advance. Also, if there are any questions on directions or motels, the meet director should be able to help. While we're on the subject of motels, you may want to book a room in advance if you plan to stay the night before or after the contest. On another occasion, six of us went down to a meet, again in good old southern Indiana, only to find there was a huge bowling convention in town that weekend. We were lucky to be able to get a conference room with cots and couches to sleep on. Learn from our experiences. (No, not all Indiana meets are like this!)

***Off Platform Planning** is required to produce a big lift, like John Yokley's Bench. (Drake)*

If the meet is sanctioned, remember to bring you membership card or money to purchase one there. Bring enough money to pay for your motel room, food and gas. A credit card is very helpful for trip expenses too.

Many lifters bring food and beverages to consume during the contest. As we all know, contests can sometimes seemingly last forever, so bring a cooler with fruit and Gatorade type drinks for starters. One word of advice on food; many lifters try to eat a big breakfast, high in carbs, etc., like pancakes. I would not eat anything for breakfast that you are not used to eating normally. Something out of the ordinary may wreak havoc on your digestive system during the meet, ruining the effects of the training you have put in for the event. Food available at a meet may not always be the best. You may want to bring a sandwich or two. If your meet is at a motel or hotel with a restaurant, you may be able to get something there in between lifts. If you forget to address the food issue, you can either go a little hungry or risk eating what's available.

The most important thing to remember to bring to a meet is your lifting gear. It's critical that you have a backup for things like your squat suit, bench shirt, belt, and knee and wrist wraps. These items can tear while warming-up or lifting on the platform as noted in the beginning of this article. Not having a backup suit or shirt can spell disaster. A good tip is to wash your squat suits and bench shirts before the meet. This will not only make them more user-friendly, but will leave them just a bit tighter for the meet.

Most meets supply chalk for the platform. As the meet goes on, the chalk tends to disappear. This can leave you without chalk for some of your attempts. I suggest bringing your own chalk in a Tupperware type container and keep it out of the view of the other competitors or it'll disappear too. Baby powder for your thighs in the deadlift and to apply under your bench shirt is great to have around. Again, keep it out of view in your gym bag when not using it.

Bring the shoes you will use for each lift. If you have a pair of squat shoes that you find are better for one type of lifting surface over another, bring these too. Just make sure that using a different shoe to better grip the platform will not upset your normal squatting pattern. Bring extra socks and underwear too.

Towels and toiletries can be valuable, especially if the meet area has shower facilities for after the contest. A warm-up suit can be comfortable between lifts to wear. Another T-shirt or two might be a good idea.

Icy Hot-type rubs may be brought along in case of injury and to lessen any pain or stiffness you may have or could develop. Aspirin or another pain reliever can be a lifesaver. The caffeine in some may also act as a slight stimulant to boot. Not all these items need to be brought into the meet area. You can keep them in your car or in your hotel room if the meet is at a hotel.

If you are worried about forgetting your cell phone so you can make calls while in the on-deck circle, you're in the wrong sport, Jasper!

There are a lot of things for a lifter to remember to do and bring to a contest. Forgetting any one of them can not only result in anxiety, but can lead to missed lifts - as in the case of the lack of a spare squat suit. Be organized in your meet preparation. Don't let all that hard training and attention to diet go to waste because of a lack of planning. Developing a pre-meet checklist beforehand is a necessary part of your contest preparation. This checklist can be updated for the next contest on your schedule if you find you have missed something. Learn from your own experiences and the experiences of others.

Doug's Web address: members.aol.com/ddan12345/default.htm

"Death is a challenge. It tells us not to waste time ... It tells us to tell each other tight now that we love each other. " - *Leo F. Buscaglia*

Dr. JUDD

Embrace Life ... Now!

as told to PL USA by Judd Biasiotto Ph.D.

Let me tell you about my good friend Dave Pasanella. Without question Dave was one of the most powerful human beings to ever walk the face of the earth. By the time he was twenty eight, he had already won three national championships, and two world championships. At an incredibly muscular bodyweight of 275 pounds David had bench pressed 605 pounds, deadlifted 854 pound, and squatted a mindboggling 1030 pounds. He also set a world record total in the three powerlifts with an outrageous sum of 2458 pounds. Think about that for a second: superheavyweights can weigh in the neighborhood of 400 pounds and yet how many of them can touch the weight Dave lifted? That fact in itself gives David's lifting otherworldly status. Certainly he has proved that you don't have to be as big as an elephant to lift one. It was no big secret that David was America's hope for the future, a heavyweight who would dominate powerlifting for a decade to come. He was just that great.

I remember that after he won his second world title he became an instant celebrity. It seemed like everyone was constantly catering to him. He was featured in just about every lifting magazine in the country. He acquired a ton of endorsements and sponsorships. Sports companies were continually sending him sweat suits and sneakers. He got opportunities to travel all over the world. He would walk into a gym and everybody would fall all over themselves just to talk to him. He had it all: money, prestige, and talent. He was literally the envy of every powerlifter in the country. And the way things looked, it was only going to get better. His future was just that bright.

Then one sunny afternoon on the way to the gym, David swerved to avoid another vehicle, drove off the road, and hit a light pole. The impact of the crash was not all that great, but he was killed instantly. I was later told that there wasn't a scratch on him. In the blink of an eye the strongest man in the world was dead, a frightening illustration that even the biggest and strongest branch of any tree can be broken. When he died it was very difficult for me, as it would be for anyone that says good-bye to some one they care about. When I got back from his funeral I was totally wiped out.

Nonetheless, David's death was a powerful reminder to me that God did not promise us anything. No one can protect us against death. It is the most inevitable part of life, and it will happen to all of us. No one is exempt from dying. Death is very democratic in that manner. All we really know is that some day death will come. That is an important lesson for all of us to learn.

Death is hard, but it is also a profound teacher. It teaches us that we don't have forever, that there is a limit. It teaches us how precious time is and how fragile life really is. It tells us to live now in the splendor of the moment, because tomorrow may never come. It teaches us to live our life fully ... NOW!

More importantly it teaches us to reach out, touch, and experience the people we love because they will not be with us forever. It teaches us to cherish the gifts that God has given us. It teaches us the beauty and excitement of being alive. As the saying goes: Today is the first day of the rest of your life. Embrace it.

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***Below** ... the late, great Dave Pasanella squatting at one of Gus Rethwisch's spectacular Hawaii contests. (photo by Ed Douglas)*

Ask the Doctor

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

DEAR MAURO: How can I decrease catabolic activity in my body? **Eric**

DEAR ERIC: By "catabolic" we mean forces that break down muscle and use it for energy. When existing muscle is broken down, your body will lose its tone and may become flabby. The Metabolic Diet, accompanied by proper exercise actually results in the body producing higher levels of testosterone and IGF-1, anabolic hormones, and lower levels of cortisol, a hormone secreted by the adrenal glands that leads to catabolism. By increasing anabolism and lessening catabolism we insure that the body retains important muscle mass and tone while you lose weight.

It has been shown that the carb-loading phase of the diet results in decreased cortisol levels. In one experiment the hormonal effects of muscle carbohydrate loading manipulations followed by a carb poor diet were studied. Carb loading provided decreased levels of cortisol not only during the carb loading phase but also in the following carb-poor time period. Also the higher fat levels and red meat that are allowed in the diet both lead to increased levels of testosterone, the most anabolic hormone in our bodies. ***Mauro Di Pasquale, B.Sc., M.D.***

DEAR MAURO: I'm currently about 210 with 15% bodyfat and would like to get up to 220 with 10% or below. I'm hesitant to try the low carb diet because the type of training that I use requires a lot of sets in a short period of time. It is a little more intense than the traditional powerlifting approach. What would you suggest Dr. Di Pasquale? I know you competed in powerlifting at the world level. **Rick**

DEAR RICK: It seems to me that you'd be most effective as a 198 pounder. While it's not that hard to decrease bodyfat while maintaining muscle mass it's a lot harder to gain any significant muscle mass while losing bodyfat. The body just doesn't work that way unless you're a beginner and/or genetically gifted. If you wanted to get to 220 lbs. and drop to 10% bodyfat you'd have to lose almost 11 pounds of body fat and gain over 20 lbs of muscle to hit 220 lbs at 10% body fat. That's not easy.

If you decide to go for the 198 lb. class then the best diet to follow is my new Metabolic Diet. I suggest you drop to around 200-203 lbs. and then drop the rest just prior to your competitions. You can get all the info you need to get started on www.AllProTraining.com, including sample 2 week diets. I suggest you start on the Assessment Phase of the diet and determine what level of carbs you need to maximize your muscle mass and decrease body fat. You should see some real differences in your body composition and while maintaining your strength within a few weeks.

If you decide to go up to the 220 lb. class then the Metabolic Diet is still for you. I would use the weekend carb-ups to dramatically increase your calorie intake while during the week. I'd keep the carbs low and the calories moderate. I'd climb to about 235 lbs. cycling your diet this way and then follow the Assessment Phase of the diet and drop your calories gradually during the week and dramatically, at least at first, over the weekend, until you hit around the 225 lb. mark or maybe a little less. At this point your body fat levels should be around 10-12 percent.

Whichever way you go I wish you the best of luck. **Mauro**

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More From Ken Leistner

I was very late coming to the internet and remain somewhat aloof from it. I don't like technology in the extreme. While I enjoy the "modern conveniences", I've also lived at length without running water, a toilet, electricity, kitchen appliances, radio, and telephone and never felt the worse for it. I certainly enjoy our flush toilet and microwave, but see clearly where our culture is headed. Powerlifting, weight training, and strength training are, strongly entrenched on the internet. There are numerous sites that cater to those who want to read about the latest happenings in the sport of PLing and more that have debate forums, chat rooms, and the opportunity to either give or take opinions regarding every aspect of the activity.

***Stephen Boyd**, Pro Bowl Linebacker for the Detroit Lions, squats heavily for sets of 15-20 at Dr. Ken's facility in prepration for the opening of the 2000 season. (Leistner)*

At first glance, this access to information may seem like a windfall to those seeking improvement. After all, any additional information can be helpful and serve to push one's total upward. Before the age of computers, before the age of videotape, and before the advent of mass media communication, an age that is perhaps only thirty to forty years in past, one had to seek out information the only way possible; they had to get off their ass and find it! There was no other way to learn about the training procedures of the better lifters. If you wished to know what men with experience were doing, you found out where they trained and you made it a point to get there. Allow me to give you some typical examples from my own history. One of the best competitive lifters in the New York City area in the mid 1960s was Joe Weinstein. He was a very strong 198 pounder who lived in Staten Island. He occasionally worked as a bouncer at the Silver Knight, a bar that was not far from where we lived. My training partner, Jack, and I would find out when Joe would be working at the bar, and make sure we were there. We would ask a hundred questions of this very nice and patient lifter and then use that information in subsequent workouts. Dennis Tinerino, who later won the Mr. America and Mr. Universe titles, would travel to the small storefront gym we trained at to seek information from Tony Pandolfo. This served as our opportunity to ask Dennis what the strong guys in Brooklyn were doing in their training. When Jack and I traveled to the Los Angeles area, we lived in Bill Pearl's Manchester Avenue gym before finding an apartment near the facility. As a football player who was interested in PLing, Bill advised me to seek the counsel of Bill West as well as Bob Zuver and his crew in Costa Mesa. Needless to say, that very weekend, we were sitting at Zuver's Gym, exposed to Tom Overholtzer and some of the other great lifters of the day. We later met Bill West at a contest held at the old Venice Beach Pavilion where his first words to me were "Hey, are you gonna lift today?" Watching Pat Casey bench press and George Frenn squat in Bill's Culver City garage would, as imagined, teach one an awful lot.

At various times, I drove or hitchhiked to York on Saturday mornings in order to watch our best Olympic lifters train and ask them as many training questions as I could think of. In every instance, the advanced lifters in York, at the original Westside Club, at Zuver's, Pearl's, and the other gyms in both the N.Y. City area and in Southern California could not have been more accommodating. They were used to being asked questions and during their early stages of training, they used the exact same procedures to learn what brought them success. It wasn't only the advanced men who had that attitude. If we heard about someone who was lifting a lot of weight, we would find out who they were, get someone to make an introduction or otherwise let them know who we were, and eventually work our way over to their basement or garage gym where we would trade training information. Almost all the time, this also meant taking a workout with that person or group of guys. There was great pleasure in not only talking about new techniques and training procedures, but actually trying them. When I owned the Iron Island Gym, on an untold number of occasions, I would answer a training question and then head over to the weights in order to demonstrate. On some Saturday afternoons, when many of the lifters were at the gym, there was enough demonstrating to constitute a real live workout! On more than one occasion, Ralph, who now owns and runs the gym, but who managed it at that time, would park himself under six hundred pounds or so, talk about squat technique, and then squat. I did the same (with much less weight) and we would then look at each other as if to say, "we're getting a bit old for this type of thing", but the point is that we learned, we "did", we passed the information on. I live on a main street in a busy town, the first over the New York City line. I train, rain or shine, hot or cold, with the garage door open which invites some to stop, pull over, and walk up the driveway. There is a lot to be said for actually watching someone train, and then getting instruction, and then "doing it", as you've been instructed, under the watchful eye of another.

The internet generation, for lack of a better term are all individuals who are hell on wheels when it comes to talking about training. They know the theories; they know, by heart, the exact training routines of the various champions; they "know". Having met some of these individuals, they haven't yet "done" nor do they "do" on a regular basis. Yes, they talk the talk, but don't actually get around to doing much of the training they do so much talking about. I am not referring to the obvious braggadocio that is common fodder on the internet; "I squatted 700x10 for five sets one minute apart, do you think I should add leg curls to get my thighs from 31" to 36"?" No, I'm talking about a multitude of "trainees" who know much more than I ever will, more than Ralph will despite our combined eighty years in the game, but who don't actually train very much or very hard when they do get around to it.

Relative to training, we've developed a voyeuristic generation, a culture built upon the "knowing", having the information, but rarely if ever utilizing it. Self discovery comes from "doing", at all times. Trial and error is the key to growing stronger emotionally and physically, not knowing the "numbers" that the champs put up that month. We apparently have a generation of "non-doers", if one is careful to read the internet sites. Guys and gals make comments that are indicative of either an extreme naivete or an absence of actual experience. When someone agrees with my philosophy and says for example, "Lou Simmons said such and such, and he is so obviously wrong", I chuckle. In many cases, the speaker has never tried to apply the principle Lou spoke of and/or has never trained doing anything like it. When Lou disagrees with me, or I disagree with Lou, or, on those occasions where we might agree on a point of training, if nothing else, we believe what we do because we've tried it, we've done it, and either it worked for us and those we train and train with, or it did not. The key is that Lou and I "did it" as did so many of the older lifters. Training is art and science, probably a lot more art and application. It is, as Kim Wood of the Cincinnati Bengals has labeled it, "a participatory art", an activity that one must do to clearly understand and learn from. While the internet might provide information, it isn't necessarily allowing many to participate fully, much to their disadvantage. *Dr. Ken Leistner*

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Rick Weil Bench Press

***Rick Weil** was a spectacularly successful bencher in the 165s and 181s back in the 1980s. Here is a reprise of his workout from the September 1985 edition of POWERLIFTING USA. (Lambert photo)*

In this article I am assuming you have a 400 lb. bench press and are looking to maximize your potential in a ten week period, First of all, any lifter with a 400 lb. bench is definitely an experienced lifter. Therefore, I will assume your problem getting maximum gains might be a plateau, sticking point, or incorrect form. Heavy weight must be attacked with a positive attitude, yet with great preparation so as to minimize any chance of injury.

If you are having trouble handing heavy weight, then I recommend doing heavy negatives. After your bench workout assuming your last set is a single with 400, go on to 425-430 for a controlled negative rep - never more than 1 rep per set. 1 or 2 sets per workout is plenty. This will strengthen tendons and prepare you mentally for the day when you will be benching the heavier weight. The lighter the weight feels to you, the easier it is to concentrate on form. When I performed a 518 bench at the Mountaineer Open, I had previously done in training negatives with 570 and 600 lbs. controlled. Negatives also help the lifter who is stuck at a certain weight for a period of time or in other words, plateaued.

Sticking points come into play quite often with the experienced lifter. It can be very aggravating. There are four basic parts to the bench press, we will call them the approach, the drive, the push, and the lock out. The approach is the part of the lift where you bring the bar down to your chest. This is important because done properly it sets up the rest of the lift for hitting the grove. Remember to stay very tight during the approach, do not relax at your chest. The negatives will help here.

When the clap is sounded, the drive part of the lift begins. Practice pause benching in the gym because good habits are hard to break as well as bad habits, Also, injury can come from sloppy form, so always train as if a judge is watching. If you are stuck at your chest, perhaps you are forgetting a very strong and important body part at your disposal – your BACK. Remember the bench press is an upper body exercise and your back is part of your upper body. Powerlifters generally have very strong lats, so why not use them? With 135 on the bar, practice using your lats to drive the weight off of your chest. You do this by initiating a lat spread of sorts at the bottom of the lift. Trying is believing - it really works and with practice your lats will drive any weight off of your chest you would normally have been stuck with. Since powerlifters train their backs, only the lifters who strictly bench need to do special back exercises. I recommend doing lat pull downs and cable seated rows for building the muscles necessary for the drive part of the bench press. Those of you with strong backs need only to work the correct form, getting used to driving with the back.

The push is that part of the lift between the drive and the lockout. Momentum is obtained from the lats in the drive, then the front deltoids must take control. Front deltoids will move weight, so train them as a separate body part. Steep incline presses will isolate the front delt if the bar is kept in close to your face and driven back towards the uprights. Seated dumbbell presses are not only great for the delts, but also one of my favorite exercises. This is performed seated straight up driving the weight with palms forward. 3 sets of 5 reps on both of these exercises is plenty. Also, only train them once a week. That's right, once a week. I have trained this way for three years, each body part once a week and made maximum gains on every cycle. This type of training also keeps injury to a minimum.

Now we come to one of the most frustrating part of the bench press, the lockout. I have seen many lifters miss what appeared to be an easy lift, right at the top. There are two reasons for missing a lift at lockout; fatigue, which can cause bad form, or not enough tricep strength. If your gym does not have a dip bar, tell the owner to get one. Weighted dips are the best exercise for lockout power available. Close grip benching puts too much strain on the wrists and hinders complete tricep movement. Doing weighted dips with heavy weight, however, will not guarantee a powerful lockout. Remember the other reason I stated for missing a lockout? Fatigue. I had pushed 3 sets of 3 reps with 285 lbs. in the weighted dips in training, yet I was having a lockout problem. After a lot of thought I realized my problem was not strength, but tricep fatigue. My triceps were pumping too fast. To correct this problem I dropped the weight on the bench after doing negatives, down to 405 and did reps until failure. By the time I could perform 10 easy reps, my sticking point was gone. Now, I am not saying you should drop to 405, but 80% of your maximum lift is a good place to start. For example the 400 lb. bench presser would start with 320 to 325 lbs. and try that for a week or two.

Here is a typical workout for the 400 lb. bencher, who is looking for a 430 lb. bench in a ten week time.

Remember to train only once a week, that is the secret to making 5 lb. jumps per week. Rest is very important as is diet, so keep all these things in mind during the 10 week period. You can do anything you set your mind to do. Never give up or say "I can't". Think positive and you will succeed.

WK	Bench Press warm up	Negatives	BP to failure	Incline Press	Seated Dumbells	Bar Dips	Tricep + Pushdowns
1	330x5x3	none	320*	225x5x3	75x5x3	3x5-	3 sets*
2	335x5x3	none	320*	230x5x3	75x3x5	3x5-	3 sets*
3	340x5x3	none	320*	3x5-	3x5-	3x5-	3 sets*
4	350x3, 400x1	425	325*	3x5-	3x5-	3x5-	3 sets*
5	355x3, 405x1	430	330*	3x5-	3x5-	3x5-	3sets*
6	360x3, 410x1	435	330*	3x5-	3x5-	3x5-	3 sets*
7	365x3, 415x1	440	330*	3x5-	3x5-	3x5-	3sets*
8	370x3, 420x1	445	335*	3x5-	3x5-	3x5-	3 sets*
9	375x3, 425x1	450	335*	3x5-	3x5-	3x5-	3 sets*
10	380x3, 430x1						

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TRAINING

The Powerlifting Insights of Ernie Frantz

as told to Powerlifting USA by Marc Cavigoli

One could argue that if powerlifting were to be represented by one man that man would be Ernie Frantz. After all, he has been training heavy since prior to powerlifting's inception, plus Olympic lifting and bodybuilding. He has done it all, but powerlifting is his true love. The sport has shaped his life and he, in turn, shaped the sport.

As a teen, I first became aware of Ernie through photos of him in *Powerlifting USA*. He was as powerful as he looked. Many bodybuilders look massive, but are relatively weak. Ernie had it all, thickness, definition and - most of all - the strength of a champion. Who can forget the classic shot of him deadlifting, veins popping out on his tattooed arms, his massive neck straining his necklace to bursting. This is what it was all about. He embodied the look that drew me to lifting weights in the first place.

Recently, I ordered Frantz's "Ten Commandments of Powerlifting" from Crain's Muscle World. The book, written in the early Eighties, promoted Frantz's emphasis of the basics. He trained four days per week, cycled his lifts, and focused primarily on the powerlifts. The old adage "If you want to get strong on the squat, then squat," could well have been said by Frantz.

Ernie Frantz *competing in the nationally televised World Series of Powerlifting held back in 1980*

Still, he has moved much iron since those days: he is now sixty five! I was curious to see if time had changed his approach to training. He seemed personable. I decided to call and see if he'd impart any insight to me over the phone.

We have a tendency to revere those champions we see in magazines. We think of them in the same realm as Hollywood celebrities, maybe even bigger. It is pleasant to find that many powerlifting greats are actually quite accessible. Our community is a small one.

Ernie generously conceded to an interview. I could tell he'd done this many times before and took it as a matter of course.

Though he admitted that change is always a factor, and that he perpetually refines his training, he still maintains the basic tenets of the book.

Ernie trains with very heavy weights and low reps. His primary method of overload is negative reps. He believes that forcing muscles to handle weight beyond their concentric contraction potential acclimates them to a new work capacity. Though most of his training is very heavy he does believe in light days. These are used when his body has not recovered fully from a workout and residual soreness remains. For Ernie, "light" still means sets of five or six at near maximum effort.

Another application of light days would be in preparation for a max single. Several days prior to a new max he attempts about 75% to 80% to "test the waters." If the body feels ready, he attempts his max as scheduled. Sometimes, however, if he feels strong on the prep day, he will max immediately.

Most of Ernie's coaching approach centers around tailoring a routine to a specific individual, and no two individuals have the same routine. Assistance work is kept to a minimum. Generally, one heavy assistance exercise is used per powerlift. This exercise is trained in a similar manner as the powerlifts with very heavy weights. Which exercise is chosen is contingent on the weak points of the individual lifter.

I asked Ernie how he developed such balanced hypertrophy since he de-emphasizes assistance work. Did he acquire this muscle from his bodybuilding days? He claims most of it came from practicing the powerlifts themselves.

So committed is he to the bench, squat and deadlift that he trains them year 'round. Variety is provided by cycling weights, sets, and reps. Nonetheless, Ernie feels many of today's novice lifters are over anxious to begin cycling. Instead of jumping into inappropriate cycling, Ernie believes young lifters should focus on basic lifts in a traditional overload system. Cycling is best reserved for established lifters who are seeking to minimize stagnation.

With competitions, novices tend to be over eager as well. They set their sights on a nationals competition prior to cutting their teeth on local and regional meets. Ernie is quick to point out that patience is an essential component of powerlifting success.

Ernie provides further variety in his routine via subtle changes in stance, grip width, and form. These alterations are often chosen to surpass a particular weakness or sticking point.

At sixty five, Ernie realizes injury is an inevitable reality for anyone who has pushed themselves year after year. He has learned that impeccable form is the best deterrent to the specter of injury. Another facet to minimizing injury is maintaining muscle elasticity. This is sustained by thorough stretching once warmed up.

Lastly, Ernie believes that the proper use of equipment is instrumental to reducing risk of injury. At the present there is a movement to "purify" powerlifting by eliminating use of equipment. Equipment free competitions are called raw meets. Frantz feels that such lifting is very risky. He feels equipment that fits correctly not only prevents injury, it also increases the amount of weight the lifter is capable of handling. He sees no cheating in this. Rather, he equates this to a golfer using the best clubs he can afford. "You don't see a competitor in the PGA break a branch off a tree to hit the ball," Ernie points out. He feels the amount of weight you lift rather than what

type of equipment you wear is what concerns most people.

As the conversation continued, I raised the issue of anabolic steroids. In "Ten Commandments..." Ernie had been refreshingly candid about steroid use, but this was written in the early Eighties, prior to the media-spawned, steroid witch hunt. He doesn't regret his candor, but points out that in no way was he endorsing drug use. To the contrary, Ernie feels drug use should be strongly discouraged in young lifters. Young male athletes have an abundance of naturally produced testosterone. With all the nutritional products out there, young lifters should be "clean."

What Ernie does support is the right of the aging athlete to maintain his normal testosterone level once advancing age lowers the body's production. This, he feels, is no different than a woman supplementing with estrogen after menopause.

He also feels that there should be no significant difference in the training of a drug free athlete versus an enhanced athlete. He feels individual differences are more relevant to training protocol than a person's drug using status.

A unique component of Ernie's philosophy is that of fasting. There are about as many powerlifters who fast as there are fish on the moon. Yet, Ernie believes in this so strongly, says he feels so well afterwards, that he routinely consoles his wife at the dinner table when she misses sharing food with him. Though he fasts only for twenty four hours, one day per month, the benefits are threefold. First, it allows rest for the digestive track. This is a commonly overlooked element of recuperation. How many powerlifters eat like horses day in day out for years? Consider that protein, a nutrient we all stock up on, is a complex molecule to digest. The fast gives the gut a much needed a rest.

The fast also cleans out the body. When constantly metabolizing nutrients, waste builds up as fast as the body can eliminate it. The fast provides a quiet time in which waste and cell toxins can be cleared.

Finally, Ernie points out that the fast helps you establish a keen willpower. If willpower and powerlifting don't do hand in hand I don't know what does.

I've put this fasting idea to the test. I must agree with Frantz; it works. I felt great. It helps keep the bodyweight in control and I've never lost strength from a one day fast.

I asked Ernie about some of the elements of powerlifting that had changed since he wrote his book. For one thing, the once fledgling women's powerlifting movement has come into its own. Ernie is very supportive of this. His wife was one of his most intense trainees. He thinks mixed gender training partners are a great way to work out and push each other to greater strength.

Another area of recent popularity is strongman competitions. He feels these are receiving popularity from powerlifters who seek fresh fields to conquer. He warns that many powerlifters incur injuries as a result of their tremendous strength coupled with insufficient exposure to the contested events. This is an endeavor that should be entered with caution and preparation.

The APF is perhaps the best symbol of Ernie's life's work. I asked him to tell me in a nutshell what the APF stands for. Ernie believes the APF is here first and foremost to represent the interests of the lifter. His current objective is to make the organization affluent enough to be able to sponsor lifters' plane tickets, hotel accommodations, etc. enabling talented athletes to showcase their abilities in national and international forums. Along with this he seeks full media and commercial endorsement so athletes can earn a living from their sport. Because of powerlifting's fundamental nature, he feels it is the backbone of all sports and therefore deserving of such exposure. He hopes to see this in his lifetime.

Not only is powerlifting an elemental force that can revitalize any activity, it is a method of coping with life's stress. Frantz believes that the focus, discipline, and release that heavy training provide can to some extent counterbalance the stresses of a bad marriage, a hostile work place, or financial worry. In today's world, a panacea of this magnitude is not to be taken lightly.

So how has powerlifting affected Ernie personally? At age sixty five, Ernie trains very heavy for brief workouts. He is careful about including too many extraneous activities that may cut into his recuperation: water skiing, basketball, going out dancing, what have you. "Age does not limit strength if one manages one's lifestyle judiciously," he says.

Looking forward to his seventies, Ernie is excited about being active and staving strong. How many people do you know who look forward to their seventies? If that is what powerlifting can do for you, I'm glad I'm a part of it!

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INTERVIEW

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

SUSUMU YOSHIDA

as interviewed for PL USA by Dr. Larry Miller

LM: Susumu, let's start out with some background information: age, occupation, family, etc.

SY: *I was born in 1950, and am married to Hisako. We got married in 1973. We have 2 children. My oldest is Eriko, who was a powerlifter in High School. She graduated from the University of Japan and is now working for an advertising company. My son, Yuta, studies music at the University and plays in a heavy metal band. I have been involved with powerlifting since 1976. I work as an architect for a large construction company, where I design building complexes.*

Susumu Yoshida *... a powerlifting athlete, referee, coach, administrator, team manager, and great guy!*

LM: How did you get started in Powerlifting?

SY: *Hisako and I were swimmers while we were in High School. I thought that we could improve our swimming by strength training, so I started to train with weights by myself. When I attended the University I trained with weights during the off season and I got very good results. After I graduated from the University, I concentrated on weight training at a gymnasium which was very popular with powerlifters. I then started Hisako with weights so that she could understand what I was doing.*

LM: How did you get involved with the IPF and how did you come to be the coach for Japan?

SY: *In 1984, I started a Powerlifting club, the "Powerhouse Weight Training Club" in Tokyo. We were training many young lifters. Our gym was able to win our Junior Nationals and our Nationals. Many of our lifters from Powerhouse qualified to lift at the Worlds. Therefore, I was selected as the coach. Twenty years ago our association was very small and they also needed a man who could speak English for contacting people outside of Japan. I then went to the Asian Championships where it was agreed that I would be General Secretary of the Asian Federation. Then I was sent to the IPF as the Asian Representative. After that, I became a member of the Executive Committee of the IPF.*

LM: Is the sport of Powerlifting popular in Japan now?

SY: *Compared to 20 years ago, yes, but compared to sumo wrestling or professional baseball, powerlifting is still very small. We have about 2,000 registered members, but we recently lost some due to the bad economy, which didn't allow for some of them to compete.*

LM: Are there problems in Japan with the use of steroids?

SY: *In 1986 we started drug testing in powerlifting and bodybuilding. I was involved in both federations with the doping committee. Since then we have administered over 300 tests and have had one positive for ephedrine. I believe that in Japan the powerlifters are clean. In bodybuilding the results have been different. Our testing is only done at contests.*

LM: How did you come to learn about the sport of Powerlifting?

SY: *I went to the US as a lifter representing Japan in 1980 at the World Championships in Arlington and I finished 12th in the 100 kg. class. I was amazed with the power of the other lifters. I found a book written by Larry Pacifico which discussed his training cycle, which was quite different from our training. We were doing maximum singles every time we trained, 2-3 times a week. Therefore, I had many injuries in my shoulders and back. I began to understand peaking and off season training and Hisako and I used this method the following year with very good results.*

LM: How did the Japanese develop some of the unusual techniques they use in the bench press?

SY: *We learned that in the Bench Press a big arch was very important to shorten the distance for the bar to travel. Gradually, we improved on our technique for the bench press.*

LM: How do the Japanese view all of the different organizations within the US?

SY: *Personally, I don't like all these federations. In Japan, we have only one federation. In the US there are many, many powerlifters. If all of these powerlifters joined one federation, then I think the Americans would become the number one country at the World Championships.*

LM: What about the variety of equipment that we use?

SY: *Equipment should all fall under one set of rules. I think everyone should follow the IPF guidelines since they are the biggest international organization.*

LM: Do you think the IPF will maintain the status quo or do you think that there may be some changes down the road?

SY: *The federation makes changes based on the opinions of many lifters. For example, many people think that the competitions are too long, so I guess that there may be some changes in reducing the number of weight classes. Some of the rules may be changed because they are too complicated. It is not easy to judge and it is not easy for the audience to understand. It should be easy for the spectators.*

LM: Are there any additional comments you would like to make?

SY: *I appreciate you taking the time to talk with me for an article in Powerlifting USA. I also need to thank Hisako for supporting me while I work for the Japanese federation, the Asian federation, and the IPF. I could not do so without her assistance. I would also like to thank the lifters at "Powerhouse"*

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Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.

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

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

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

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

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

May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.

Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.

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

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- 20 mg ephedrine
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WHY

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FLAVORS

- Fruit Punch
- Orange
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- Lemon Lime

Speed Stack™

THE PROFILE

WHAT

- Power and energy
- Only 5 calories
- 24 mg ephedrine
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- 200 mg caffeine
- ASPARTAME FREE

WHY

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FLAVORS

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- Grape

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WHY

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FLAVORS

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- Grape
- Orange

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FLAVORS

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2nd Top Gun Bench Press Challenge
15 APR 00 - Kingston, NY

WOMEN		Masters	
114		181	
Master		P. Carroll	340
R. Elliott	115	Open	
MEN		198	
Teenage		C. Halwick	260
D. Cease Jr. 148	230	Masters	
J. Murray 126	115	E. Garalewski	305
Open		Open	
132		220	
B.Colsson	270	D. Coddington	380
R. Salinas	230	M Taggard	365
148		242	
D. Gambino	285	R. Sheckler	455
T.Vining	175	S. Bower	315
181		275	
M.Geraghty	350	B. Klinger	550
P. Carroll	340	Masters	
M. Boice	260	F. Dini	520
		D. Cease, Sr.	410

This event raised $640.00 which was donated to the Special Olympics. Special thanks goes out to Fitness Unlimited, Sheldon Levy (who officiated the event), and Fred Dini and Brad Klinger for putting on a great "Bench shootout". The participants and spectators all had a great time and we were very happy to have realsed funds for such a special cause. (thanks to Pat Carroll for results)

Bainbridge High School Raw BP
18 MAY 00 - Bainbridge Island, WA

165 lbs.		Sean Roach	140
Clayton Hallum	195	198 lbs.	
Michael Wauters	160	Richard Sheets	295
181 lbs.		Josh Freeman	195
Garret Soames	235	220 lbs.	
Liam Maher	170	Matthew Wauters	232!

*–guest lifter. !–unofficial world record. Meet was held in the Bainbridge High School weight room. No shirts, wraps or assist gear of any kind was allowed. Head judge Chad Lawless (certified AAU and USAPL) officiated. AAU rules were used. Bainbridge football head coach Andy Grimm and Bainbridge HPC manager Roy Manuel were side judges. Best lifter freshman - Liam Maher. Best lifter soph - Clayton Hallum. Best lifter junior - Garret Soames. Best lifter senior - Richard Sheets. Guest lifter Matthew Wauters, an eight grader from Hyla Middle School weighing in at 204, broke the thirteen-year-old world record with a second attempt 232. Thanks to Bainbridge HPC and EMAS for the best lifter prizes. (Results from EMAS).

12th Annual Florida State DL
07 MAY 00 - Lakeland, FL

Malowe Formula		B. Mitchell	500
WOMEN		R. Dey	600
Open		S. Wood	525
K. Austin	270	G. McCartney	550
K. Sabin	370	M. Ryan	475
V. Shaw	200	D. Jonas	405
R. Ryan	160	Master 50-59	
Master		D. Hunt	520
K. Austin	270	P. O'Brien	500
Schwartz Formula		J. Wilson	360
MEN		Masters 60-69	
Teen		T. Trevorah	500
G. Wright Jr.	200	Masters 70-79	
14-15		H. Brandt	350
R. Donahay	430	Open	
A. Jameson-Lee	260	114	
C. Trevorah	300	K. Snell (BL)	445
16-17		123	
M. Jameson-Lee	375	S. Beasley	220
G. Seaholm	405	148	
C. Lehman	425	C. Leroux	475
G. Folsom Jr.	330	W. Holloway	440
18-19		165	
J. Thompson	500	G. Wright	525
J. Allen	450	181	
Junior 20-23		D. Tennyson	465
J. Burgos	460	198	
Submaster 35-39		D. Adams	545
G. Jurkowski	650	220	
R. Fortin	600	J. McGlynn	650
P. Finora	580	J. Cervero	615
M. Nichols	570	P. Finora	580
J. Santiago	505	B. Kayhart	550
R. Leskie	525	J. Lynch	530
J. Williams	500	242	
Master 40-49		J. Lankford	575
M. Whitten	545	275	
C. Nelson	580	G. Jurkowski	650

BL – Best Lifter: Ken Snell. Team Trophy: All American Gym. A good turnout of 50 lifters showed up to pull against gravity in an effort to prove who was the strongest in this "extreme" deadlift event held at Hooters Southside in Lakeland, FL. It is called "extreme" deadlifting because the platform is outside under a tent being baked by the Florida sun and lifting starts at 2:00 PM in the heat of the day. The air conditioned trained "spa boys" fell by the wayside when it comes to "extreme" deadlifting. In the women's division, Kim Austin, took first place honors in both the women's open and women's masters division with an outstanding 270 deadlift weighing only 105 lbs. Karl Sabin had an off day, but still took second place with her 370 opener. Vanessa Shaw and Robin Ryan each pulled nice lifts to take third and fourth respectively. Gregg Wright Jr., at only 11 years of age, pulled a nice 200 for first in the 11 and under class and weighing only 99 lbs. The 14-15 year old class was highly contested by using the Schwartz formula to determine who was the best as were all the other age groups except for the Open lifters. Robby Donahay, who had some extra shade due to his father's huge shadow, went 3 for 3 and pulled an outstanding 430 deadlift which is a personal best. Alex Jameson-Lee and Corey Trevorah battled for second and third respectively. Another tough class was the 16-17 year old. Max Jameson-Lee took the first place trophy with just his opener of 375 lbs. In the 18-19 year old, John Thompson, pulled an impressive 500 lbs. to win this class, followed by Justin Allen who lifted a personal best 450 to win second. Jim Borgus was uncontested in the Junior division and lifted a nice 460 lbs. The Submaster division had a large number of entrants The Submaster of the day was 275 lb. Greg Jurkowski, who lifted 650 lbs, just missing 700 on his third attempt. Ron Fortin locked out 600 lbs. for second with Paul Finora taking third place honors at 580 lbs. In the Men's Master 40-49 age group, Mike Whitten was the true master. Mike lifted an outstanding 545 lb. deadlift on his third attempt to win this division. A week earlier, Mike

At the Top Gun BP (r-l): Fred Dini - 520 lbs. 275 master, Pat Carroll 340 lbs. 181 master, Brad Klinger - 550 lbs. 275 open (Pat Carroll)

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won the Firefighters Powerlifting Olympics. Chuck Nelson, who can deadlift 315 lbs. using one finger on each hand, took second place with a nice 580 pull. Orlando's K-92 FM D.J., Bobby Mitchell placed third with a fine 500 lift. Randy Dey, one of the six 600 lb. deadlifters at the meet, settled for fourth. Don Hunt was the master of the Masters 50-59 division winning with an impressive 520 deadlift. Veteran lifter Pat O'Brien pulled 1\4 ton to take second place and "Jurassic" Jerre Wilson deadlifted a personal best 360 lbs. to finish third. Unfortunately, there was some controversy regarding this class. A lifter apparently falsified his age to compete in this age division. His real age was only 49, checked officially by public record. Needless to say, this lifter was disqualified from the meet and all future meets. It's a real shame that this type of situation happens in our sport. In the Masters 60-69, Tom Trevorah deadlifted an outstanding 500 lbs. to take top honors. Tom competed in the very first Senior National Powerlifting Championship in 1966. Tom is not only a great lifter but also a true inspiration to us all. Herb Brandt pulled a nice 350 to win the 70-79 division. We always appreciate Herb competing in our contest. He travels three and a half hours to lift in them. In the Men's Open division, Ken Snell pulled a 445 lb. second attempt to take first place and best lifter honors. Scott Beasley, despite being injured and ill, lifted a close to personal best deadlift of 220 lbs. In the 148, Chris Leroux was first with a 475 deadlift and Will Holloway came in second with 440. Gregg Wright had an off day and finished with 525 for first place. Gregg has pulled 600 lbs. in other meets. Drake Tennyson and Donald Adams each took first in their classes respectively. The highly contested 220 lb. class was won by Jim McGlynn who pulled 650 on his opening attempt and then passed on his next two attempt. Jeff Cervero came in second with a nice 620 and Paul Finora, who took third in the Submaster, also took third in this class. Jereme Lankford finished with 575 to win the 242's and Greg Jurkowski took the 275 lb. class with 650, for another first place trophy along with his Submaster title. Special thanks to Hooters, Southside Lakeland, Doug Gokee, Junk Yard Dogg, Stacey Arthur, Ellen Trevorah, Tom O'Donnell, B.J. Stigall, Cliff Fountain, Bob Donahay, Roy Richardson, Louis Baltz, and the All American Gym. (Thanks to Ken Snell for providing the results for this meet to *PL USA*).

USPF Alabama State PL
13 MAY 00 - Birmingham, AL

High School	SQ	BP	DL	TOT
148				
J. West	365	220	420	1005
181				
M. Morgan	365*	290*	405*	1060*
198				
B. Smith	525	250	550	1325
275				
E. Mathis	395*	350*	500*	1245*
Women's Open				
132				
L. Harrell	250*	100	250	600*
148				
L. Fagan	155	105	200	460
S. Endress	260	—	245	—
M. Smith	200*	140*	270*	610*
Men's Novice				
132				
0. Grayson**	350	270	430	1050
165				
P. Norman	365	220	420	1005
181				
A. Machristie	515	315	520	1350
D. Hagan	495	320	470	1285
198				
J. Love	550	315	550	1415
J. Haney	500	375	475	1350
B. Smith	525	250	550	1325
S. Kanady	350	265	405	1020
220				
L. Wright	550	355	585	1490
R. Gray	480	335	520	1335
W. Lee	415	300	470	1185
R. Pierson	415	350	415	1180
J. Flowers	405	335	370	1110
B. Whittington	315	265	405	985
242				
J. Burnette	560	350	500	1410
A. Clarkson	375	250	450	1075
275				
C. Dennis	450	320	515	1285
P. Savage	425	330	450	1205
308				
C. Savage	600	385	550	1535
J. Dyer				
Men's Novice Regional				
132				
0. Grayson**	350	270	430	1050
181				
A. Machristie	515	315	520	1350
D. Hagan	495	320	470	1285
198				
J. Haney	500	375	475	1350
220				
L. Wright	550	355	585	1490
R. Gray	480	335	520	1335
242				
A. Clarkson	375	250	450	1075
275				
P. Savage	425	300	450	1205
308				
C. Savage	600	385	550	1535
Men's Open				
165				
G. Kiser**	610*	375*	670*	1655*
181				
K. Buda	400	305	395	1100
198				
J. Baumgart	680	410	570	1660
J. Love	550	315	550	1415
R. Herring	385	325	475	1185
220				
H. Gaddis	560	450	580	1590
R. Gray	480	335	520	1335
242				
A. Carlisle	650	410	580	1640
J. Burnette	560	350	500	1410
Men's Open Regional				
198				
J. Baumgart**	680	410	570	1660
J. Haney	500	375	475	1350
220				
H. Gaddis	560	450	580	1590
R. Gray	480	335	520	1335
242				
S. Stinson	500	420	550	1470
Master's Alabama				
165 (40-49)				
G. Kiser**	610*	375*	670*	1655*
181 (50-59)				
J. Fair	305*	210	395*	910*
181 (60+)				
C. Hanner	250*	125*	275*	650*
198				
J. Haney	500	375	475	1350
T. Butler	520			
220 (40-49)				
L. Wright	550	355*	585	1490*
220				
W. Stewart	450	350	480	1280
H. Davis	410	280	455	1145
G. Bowie	325	365	400	1090
L. Boots	380	225	375	980
308				
R. Endress	395	215	330	940
Master's Regional				
198				
F. Sumner	185	295	325	805
220				
H. Davis*	410	280	455	1145
L. Boots	380	225	375	980
Special Olympics				
220				
R. Colton	315*	235	450*	1000*
242				
T. Dollar	300	155	350*	805

Men's Open Bench Press		T. VanHoorne	315
132		M. Gresham	260
J. Clark	175	275	
165		J. Pelt	315
B. Pester	350	308	
R. Hughes	315	D. Fox	470
K. Levett	240	Women's Bench Only	
198		123	
R. Williams	430	M. Hallmark	135
220		132	
R. Harrell*	465	K. Waters	115
H. Gaddis	450	148	
J. Crowley	450	H. Fields	105
R. Rogers	405	C. Moore	105
242		SHW	
S. Lewis	365	D. Callahan	265

** Denotes Bestlifter; * denotes state record. This was a fantastic turnout with regard to competitors and spectator numbers. I really want to thank Chris Key, Chad Lancaster, Traci Smith, John Green and Buddy Duke for their inexhaustible help during the day's production of the meet and in its conception. I also want to thank everyone at Steel City Fitness in Homewood, Alabama for all the time and effort they gave freely for the meet. Congratulations to all our state record breakers and to all the new competitors. The meet went off without a hitch with all competitors prepared and committed to performing at the highest level possible. We are eagerly anticipating next year's championships. Thanks to *PL USA* for posting the contest and supporting our meet. Thank you for all your support and see ya next year. Jeff Green MS, CSCS, CPFT USPF Alabama State Chairman (Thanks to Jeff Green for providing results oft his contest).

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APF/AAPF Qualifying Totals

MEN			WOMEN	
APF	AAPF	Wt.	APF	AAPF
		97	471	271
		105	517	317
757	557	114	574	324
953	753	123	632	432
1159	959	132	696	496
1279	1079	148	767	567
1400	1200	165	802	602
1553	1353	181	844	644
1653	1453	198	913	713
1735	1535	220		
1790	1590	242		
1848	1648	275		
1871	1671	308		
1890	1690	SHW	938	738

As usual, the deadline for APF/AAPF National Meet bids is October 1st, 2000. (M. Sternberg)

Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested in your competition.

2 SEP, WABDL Washington State BP & DL & Full Power (Hoquiam, WA - World Famous Clam Chowder) Don Bell, 360-533-5711

2 SEP, AAU Planet Fitnes Midwest Regional Championships (PL, BP, Push/Pull - AAU World Qualifier, Raw & Equipped Divs., teen, open, women, submasters, masters, police & fire) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, gymrate@willinet.net (entry forms available in MS Word or Lotus Word Pro)

2 SEP, USAPL 2nd Labor Day PL & BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

2 SEP (new date), Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

2-3 SEP, APA American Cup BP & DL & Powerlifting Nationals - WPA Junior, Teenage, Masters, & Submasters Worlds (Lancaster, PA) APA, Box 27204, El JoBean, FL 33927, 941-697-7962, wpa50@hotmail.com

3 SEP, King Fitness Pound for Pound Championships (most reps and tonnage - Hazlett, NJ) Ryan Vella, for past results www.kingfitnessgym.com, 732-335-0911

9 SEP, PPL Power-Mania "Drug Free" (PL, BP, DL) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA, 30906, 706-790-3806, pythongym@aol.com

9 SEP, Bench Press Competition, Greensboro, NC, Ben Holder, 336-274-2835

9 SEP, APF West Virginia Mountaineer Barbell Invitation, Mike Hill, 304-344-1928, or 727-2593 after 8 pm or Chad Miller, 304-344-9314

9 SEP, The Strength Beyond Iron Man (Paw Paw, MI) Mike Newell, 616-657-2036 or Aaron DiPrima 616-657-6698

9 SEP, 1st APF Strength Beyond BP, DL and Iron Man-Woman Championships (men/women: open, teen, jr., submaster, master) Mike Newell, 708 Marcelletti, Paw Paw, MI 49079, 616-657-2036, Fool220@220.com

9 SEP, East Coast Classic Arm Wrestling (men, women, seated - rt. hand) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

9 SEP, APF Bench Bash for Cash ($15,000 total cash prize) & NPC Daytona Beach Muscle Classic, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

9 SEP, Tennessee State Fair BP/Dl (Nashville, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9 SEP, Pound for Pound Nationals (m/women SQ/BP/DL - Kansas City) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

9 SEP, USAPL Michigan Hall of Fame meet, Dick Van Eck, 616-521-4031

9 SEP, USPF New Hampshire State BP, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489

10 SEP, WNPF Mid Atlantic Bp & Ironman/Woman (BP & DL) & USSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264

13-17 SEP, 2000 IPF Jr. Worlds (Kau-Hsiung, Taiwan)

15-17 SEP, ADAU National SQ, BP, DL (separate contests - all ages / wt. classes) Joe Orengia, 4460 W. 26th St., Erie, PA 16506, 814-833-3727

16 SEP, WABDL Not Ready for Prime Time BP & DL (Deadline 9-2-00 - Houston, TX) Bob Garza, 281-820-5923

16 SEP, Midwest Class II BP/DL Open, Bryan Busteed, 4519 S 24, Omaha, NE 68107, 402-558-5894

16 SEP, Rotty's Southern Indiana SQ/BP/DL Classic (Paoli, IN), Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 69153, 217-253-5429

16 SEP, "100% RAW" DL Nationals (men & women, all age groups/wt. classes, limited entries, deadline 8/26) Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 2008, 202-537-5941

16 SEP, NASA Texas Reg., NASA, Box 735, Noble, OK 73068, 405-527-8513

16 SEP, Big Three Classic (m/w - SQ/BP/DL - Detroit) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

16 SEP, 2000 Beast of the East, Fred Vanderveen, Box 279, Fruitland, MD 21826, 410-742-9201

16-17 SEP (revised date), USAPL Bench Press Nationals, Dr. Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 (8-10pm), www.usaplnationals.com

16,17 SEP, Big Daddy's Push Pull, 650-757-9506

17 SEP, WNPF Falls Natural (Niagara Falls, NY - PL, BP, DL - raw & assisted) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

17 SEP, 2nd Deadlift on the River, Jon Smoker, 30907 County Rd. 16, Elkhart, IN 46516, 219-674-6683

17 SEP, Police & Fire Nationals BP/BP (Holiday Inn, N. Newark, NJ) Pro Fitness, 350 Route 46, Rockaway, NJ 078666, 973-627-9156, www.profitness.com

17 SEP, Wisconsin Open II BP/DL (Burlington, WI) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

***23 SEP,** NASA East Coast BP & Curl (all wt. classes & divs. - men & women) Glenn Murphy, Box 1314, Cumberland, MD 21501, 301-759-4707*

23 SEP, 2nd Sci-Fit BP Meet, Joe Deverville, Georgia State Farmers Market, 2055 Eisenhower Pkwy, Macon, GA 31206, 912-750-7005

23 SEP, USPF Body Tech BP/DL, Howard Huddleston, 1224 N. Eastern, Moore, OK 73160, 405-794-6200

23 SEP (new date), 6th APF Wolverine Open (men/women: open, teen, jr., submaster, master) Jim Hinze, 33949 Curcio Ct., Sterling Hts., MI 48310, 810-264-1528

23 SEP, APA New England States PL & BP, APA, Box 27204, El Jobean, FL

A.P.F. 47th Annual Iron Man Bench Press - Powerlifting Championships
Sat. Dec. 9, 2000
Center Point Athletic Club
3003 N.Manoa Ave.
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Where Records and Legends have been made
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559-658-5437 (after 8:00P.M.)
9:00 A.M. Start Lifting

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SEPTEMBER 17, 2000 - POLICE AND FIRE NATIONALS - BENCH PRESS AND FULL POWER MEET. LOCATION: Holiday Inn, North Newark

NOVEMBER 18 & 19, 2000 - NJ STATE POWERLIFTING CHAMPIONSHIPS. LOCATION: Morris County Area

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33927, 941-697-7962, wpa50@hotmail.com

23 SEP, NASA Kentucky Regional PL, BP & PS (Lexington, KY) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273-2283, gvhl@wirefire.com

23 SEP, ADAU "Shake the Lake" BP and/or arm wrestling (all ages, wt. classes) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

23 SEP, St. Mary's (PA) Power Day, Ken Mountain, 814-834-9222

23 SEP, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

23 SEP, Max Flex BP & DL Classic (Buffalo, NY) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

23,24 SEP (new date), *WABDL Budweiser Strength Festival (BP, DL) & WABDL BP/DL and Oregon State PL, Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@olypen.com*

24 SEP (new date), USAPL Connecticut State Open Powerlifting, Lloyd Weinstein, 350 Brookside Dr., Fairfield, CT 06430, 203-254-8372

24 SEP, Bay State Correctional Center Meet (guest lifters welcome, 4 wks. notice) Ron Brewster, Box 73, Norfolk, MA 02056 or Tim McDonald 617-727-8474, ext. 160

24 SEP, Olympic Fitness Center BP, Terence Dangerfield, 224 N. 4th St., St. Charles, IL 60174, 630-377-7527

24 SEP, SLP Iowa State BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

30 SEP, APF L.A.L.C. Push/Pull Classic (Burbank) Joe Avigliano, 818-846-5438

30 SEP, NASA Ohio Reg. NASA, Box 735, Noble, OK 73068, 405-527-8513

30 SEP, Ozark Open III BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

SEP (new date), WNPF East Coast PL (Philadelphia, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

SEP, WNPF Delaware (PL, BP, DL, SQ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

SEP, 2000 Mile High Push & Pull, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

1 OCT, Northern Illinois Open BP/DL (Richton Park, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

5-8 OCT, WPF World BP & PL (Graz, Austria) Carl Smith, Tel/Fax +43-316-817683 or csmith@netway.at

7 OCT (new date), 4th Pottstown Invitational Power Challenge BP/DL, Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

7 OCT, Push/Pull on the River (1,500 Cash Giveaway) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922

7 OCT, USPF Law/Fire National PL (Clarksburg, WV) Tige Pratt, 304-622-7239 or John Messinger, 304-744-2475

7 OCT, Fall BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

7 OCT, USPF Central California Championships (San Luis Obispo - National Qualifier) Gene Estrada, 805-544-0155

7,8 OCT, USAPL Lifetime Drug Free National Championships, John Corsello, Box 289, Mt. Freedom, NJ 07970, 973-724-7817, clayton@blast.net

7,8 OCT, USPF BP & DL Nationals (Shiloh Inn, Portland, OR) Anthony Carrillo, Box 2124, Olympia, WA 98507, 360-754-2475

8 OCT, Northern Illinois Drug Tested Fall Classic DL/BP, Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 Stephenson St., Freeport, IL, 61032, 815-233-2292

8 OCT, APA Bay State BP/DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa

8 OCT, Greater Indianapolis Regional BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

8 OCT, USPF Push/Pull (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220

14 OCT, APA Texas Cup Classic BP & DL & Strength Sports (Waco, TX) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com

14 OCT, Walker's Gym Bench Press (open, raw, men, women, teen, master, police, fire, military) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

14 OCT, 12th Annual Indian Summer Powerlifting Meet (with BP only division) Contact: Goshen Fitness, PO Box 92, Goshen, IN 46526-0092, 219-537-9329

14 OCT, South Florida Benchoff and Monster Pull (open men, women, teen, masters BP and/or DL) Ironworks Gym, 1611 South, S.R. 7, N. Lauderdale, FL 33068, 954-974-9786

14 OCT, USAPL Columbus Day BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

14 OCT, NASA Big River Classic, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, daryltobey@aol.com

14 OCT, Fall BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

14 OCT, NASS North America's Strongest Man (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubba@aol.com

14 OCT, Flowertown Open Bench Press #2, Armorplate Gym, 908 Bacons Bridge Rd., Summerville, SC 29485, 843-821-7077 or Floyd Powe 843-875-1434

14 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

14 OCT, SLP Arkansas State BP/DL (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14 OCT, APF/AAPF Alabama Championships, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

15 OCT, Judgement Day IV BP, Joe Luciano, Greater Scranton YMCA, 706 N. Blakely St., Dunmore, PA 18512, 570-342-8115

15 OCT, Chicagoland Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

17-22 OCT, 2000 IPF World Masters (Prague, Czech Republic)

20-22 OCT, WDFPF World PL & Single Lift SQ & Congress (Antwerp, Belgium) Wim Backelant (BDFPF)

21 OCT, APF/AAPF Power Station PL/BP, Nicholas, 5634 S. 107th East Ave., Tulsa, OK 74146, 918-459-5956

21 OCT (new date), AAU World Bench Press (Boston, MA area) Larry Larsen, 155 Belcher St., Holbrook, MA 02343, 781-767-0764

21 OCT (new date), WNPF Palmetto Classic (Greeneville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

21 OCT, PPL Georgia State PL, BP, DL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

21 OCT, 9th USPF Muscle Beach Venice Special Olympics Power Lift-off (invitation only) Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice, CA 90291, 310-399-2775

21 OCT, NASA Iowa Regional (Des Moines) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 OCT, Max Flex BP & DL Classic (all divs. - Houston, TX) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

22 OCT, CPA Quebec Championship PL & BP, Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466 (tel/fax)

28 OCT, *Halloween BP/DL (Gold's Gym, Sheffield, AL) Danny Dover 256-331-9105*

28 OCT, *USAPL Hudson Open (open, teen, master, women) Shawn Cain, 1040 192 Ave., New Richmond, WI 54017, 715-246-9363/3560 (not aftern 9pm)*

28 OCT, Topeka Powerlifting Summit, James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326

28 OCT, NASA Pennsylvania Regional PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, P.O. Box 58, Millwood, WV 25262, 304-273-2283, gvhl@wirefire.com

28 OCT, 18th ADAU Raw Drug Free Central PA Open (open, teen, jr., submas-

WESTSIDE SEMINARS

Columbus Dates

2000

Oct. 21 Westside Seminar
Oct. 22 Mastering the Bench

2001

Jan. 13 Westside Seminar
Jan. 14 Mastering the Bench
Feb 24 Westside Seminar
Feb. 25 Mastering the Squat
April 7 Westside Seminar
April 8 Mastering the Bench
May 26 Westside Seminar
May 27 Mastering the Squat
June 9 Mastering the Squat
Mastering the Bench
July 14 Westside Seminar
July 15 Mastering the Bench
Aug. 25 Westside Seminar
Aug. 26 Mastering the Squat
Oct. 6 Westside Seminar
Oct. 7 Mastering the Bench
Nov. 3 Westside Seminar
Nov. 4 Mastering the Squat
Dec. 8 Westside Seminar
Dec. 9 Mastering the Bench

On Site Seminars

Albany, NY
Jan. 27 Cutting Edge Sports Science
Spring, TX
Feb. 3 Powerhouse Gym
Lock Haven, PA
March 3 Lock Haven University
Tallahassee, FL
March 10 Fahey's Gym
West Palm Beach, FL
March 24 Santaluces High School
Seattle, WA
March 31 Gold's Gym
Ontario, Canada
April 28 Good Life Fitness
Lexington, SC
May 12 Waites Fitness
Tulsa, OK
July 21 Eastside Gym
Sacramento, CA
Aug 11 24 hour Fitness
Reno, NV
Sept 22 Fitness Factory

Elite Fitness Systems
1695 Itawamba Trail
London, Ohio 43140
888*854*8806

ter, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

28 OCT (tentative) NASA N. Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

28,29 OCT, ANPPC NATIONAL DRUG FREE POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

29 OCT, *Halloween Classic BP and/or DL (teen, masters, submasters, women, open, raw) John or Kayleen Blackstone, Musclebound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840*

29 OCT, APF/AAPF Halloween Classic PL (Hurst, TX - novice, open, teen, submaster, master, BP only, DL only) Kirk Stroud, 372 E. Pipeline Rd., Hurst, TX 76054, 817-268-3488

OCT, APA Southern States PL (TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com

OCT, WNPF Fall Classic PL (NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

OCT?, NASA W.V. Regional, Greg Van Hoose, 304-273-2283, or gvhl@emwv.com

4 NOV, USAPL Central USA PL & BP (Cape Girardeau, MO), Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1241 (8-10pm), www.usaplnationals.com

4 NOV, 1st Applejack BP Open (men, women, teen, police, fire) Allan Davis, Phoenix Fitness, 333 Court St., Allentown, PA 18103, 610-797-6277

4 NOV, USPF Texas Cup Classic (men & women, below class I, open, teen, BP, master, submaster, jr. - Austin, TX) Seguin Fitness, 1415 E. Court, Sequin, TX 78155, 800-378-6460, www.seguinfitness.com

4 NOV, Farris Open BP/DL, Fitness Express, 5900 D-3 Rivers Ave., N. Charleston, SC 29406, 843-744-7800 or Floyd Powe 843-875-1434

4 NOV, NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513

4 NOV, X-treme Fitness Fall BP/DL Classic (Union, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

4 NOV, USPF BP & DL Championships, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com

4 NOV, USAPL State of Michigan Championships (BP, DL, Iron Man, PL - Lansing, MI) Mike Lawrence, 248-616-5447

4,5 NOV, *WePumpUUp.com IPA New York State Full Power and Bench Meet (all classes, m/f) Joe Giuliano, 14 Stevens Ct., Saratoga Springs, NY 12866, 518-583-7539*

4,5 NOV, Physique Magnifique Powerlifting Championships, 650-757-9506

4,5 NOV (new date), AAU Drug Free Worlds & Intl. BP (youth, teen, jr., open, submasters, masters, law enf., military, physically challenged - open/raw - men/women - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

5 NOV, APA CT Open Fall Classic BP/DL (drug tested and non-tested) Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com

5 NOV, CPA Deadlift Championships and unsanctioned Montreal Bench Press, Marcel St. Laurent, 457 7ieme Ave. N. #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466

9-19 NOV, AWPC Worlds, AWPC & WPC World BP, WPC Worlds (Plaza Hotel, Las Vegas, NV) Ernie Frantz,

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IPA New York State Powerlifting and Bench Meet

Gavin Park Gym, Saratoga Springs NY

NOV. 4-5, 2000

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1st place in Bench

$750 + 6' Trophy + prizes

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Peabody Auditorium - Daytona Beach, FL

Cash Prize Breakdown

Lightweight		Middle Weight		Heavyweight	
1st Place	$2,500	1st Place	$2,500	1st Place	$2,500
2nd Place	$1,000	2nd Place	$1,000	2nd Place	$1,000
3rd Place	$750	3rd Place	$750	3rd Place	$750
4th Place	$500	4th Place	$500	4th Place	$500
5th Place	$250	5th Place	$250	5th Place	$250

Total Cash Prize $15,000

Plus A Masters Division - $2000, $1000, $500 by Formula

World Powerlifting Organization ™

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HUGE IRON Powerlifting Schedule
YEAR 2000

September 9, 2000 - APF Bench Bash for Cash. $15,000 Total Cash Prize plus a Masters Division - $2000, $1000, $500 by formula. In Conjunction with NPC Daytona Beach Muscle Classic (Bodybuilding)

November 11, 2000 - AAPF Southern States Powerlifting Championship (Drug Tested)

December 2, 2000 - APF Southern States Open Powerlifting Championship

July 21, 2001 - WPO (TM) Semi-FInalsQualifier (Universal Studios, Orlando, Florida)

November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando, FL)

All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue, Daytona Beach, FL 32176, (904) 677-4000

800-537-5532

10-12 NOV (new date), USPF U.S.A. Nationals Open PL/BP Championships (World Qualifier - Burbank, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115 or Steve Denison 661-664-7724, pwrlftrs@dlenet.com

11 NOV, USAPL Southeastern U.S. (open, women, submaster, master, BP, entry deadline 10/16/00) Mike Requa, Box 126, Moncks Corner, SC 29461, 843-761-7642

11 NOV, ADAU South Jersey Open BP/DL, Greg & Nichole Truast, 107 Birch Ave., Egg Harbor, Township, NJ 08215, 609-407-1680

11 NOV, 7th Ed Jubinville BP (men, women - all age groups/wt. classes) Berkshire Nautilus, 205 West St., Pittsfield, MA 01201, 413-499-1217

11 NOV, Thanksgiving BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

11 NOV, AAU NC, VA, SC Regional (Henderson, NC) Ben Zak, Box 978, Grandy, NC 27939, 252-453-6116

11 NOV, AAPF Southern States (drug tested) Huge Iron, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

11 NOV, SLP Kentucky State BP/DL (Calvert City, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

11 NOV, Max Flex BP & DL USA Championships (all divs. - Denver, CO) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760

12 NOV, USAPL Day of Domination BP (Power Gym, Taylor, PA) Joe Moceyunas, 570-562-3642 or Bob Granko 570-342-0668

12 NOV, USAPL Ohio PL & BP (open men & women, teen, raw men, women, masters, & men's police & fire) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, Ed and Frank King 440-439-5464

12 NOV, AAU Mass Open PL/BP, Bruce Lynch, 165 Paul Revere Terreace, Taunton, MA 02780, 508-823-5729

12 NOV, Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14-19 NOV, 2000 IPF Men's Worlds (Akita City, Japan)

16-19 NOV, 2000 WABDL Drug Tested World BP/DL Championships (Nugget Hotel, Reno, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, wabdl.org (not .com!!), gethomas@olypen.com

17-19 NOV (new dates), WNPF Worlds (all events/divs. - Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

17-19 NOV, IPA Nationals (Colum-

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18 NOV, USAPL Idaho State/Open, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

18 NOV, PPL Georgia "Drug Free" State PL, BP, DL, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

18 NOV, NASA WV Regional PL, BP, PS (Ravenswood, WV) Greg Van Hoose, Box 58, Millwood, WV 25262, 304-273=2283, gvhl@wirefire.com

18 NOV, 3rd Southern States BP/DL Classic, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324

18 NOV, Omaha Open, Keith Machulda, 4808 Cass, Omaha, NE 68132, 402-444-5596

18 NOV (new date), SLP National 'Raw' PL, BP, DL Championships (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429

18 NOV, Iowa/Midwest Open BP/DL & Trap DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

18 NOV, ADAU North American Raw BP Championships (teen, jr., submaster, master, open) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

18 NOV, 13th Elkhart Bench Press, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516, 219-674-6683

18 NOV, USAPL Great Alaska PL Challenge & 9th annual Biggest Bench, Jamie Bursell, 9170 Glacier Wood Dr., Juneau, AK 99801, 907-789-5997

18,19 NOV, N.J. State Championships (Morris County Area) Pro Fitness, 350 Route 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

19 NOV (new date), USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS (Tuscola, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

24-26 NOV, WDFPF World Single Lift BP & DL (nr. Como, Italy) Ivano Bianchi (WDFPF Italia)

NOV, 3rd Southern States BP/DL, Tito's Gym, 245 Fairfax, Brownsville, TX 78520, 956-504-3324

NOV, USAPL Mass States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm

***2 DEC,** I.H.M. 4th annual Holiday BP, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670*

2 DEC, CPA Estrie Championship (Granby) Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, Qc., J1E 2S2, 819-346-9466 (tel/fax)

2 DEC, USAPL Nebraska Sr. State (Omaha, NE) Tim Anderson, 1829 South St. #42, Blair, NE 68008, timanderson@huntel.net

2 DEC, USPF Seminole (OK) Meet, Rickey Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689

2 DEC, USAPL Kentucky State/Blue Grass Open PL & BP (all ages & wt. classes) Steve Corum, 1614 S. Green St., Henderson, KY 42420, 270-826-8354

2 DEC, 17th Southeastern Cup, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (d), 3989 (n), bduke@surfsouth.com

2 DEC, APF Southern States Open, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000

2 DEC, Son Light Winter Classic BP/DL, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

2,3 DEC, Los Angeles Lifting Club presents WEPOF Superman II (OL - 2 Dec, PL - 3 Dec, combined or separate) Joe Avigliano, 818-846-5438

3 DEC (new date), 3rd AAPF Michigan State PL, BP, DL, John Maddox, 17036 Arlington Ave., Allen Park, MI 48101, 248-642-2002 ext 105

3 DEC, APF/AAPF Texas Powerfest 2000 (Hurst, TX - juniors, novice, open, teen, submaster, master, BP only, DI only) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwilly@swbell.net

7-10 DEC, 2000 IPF World Bench Press (Ostrava, Czech Republic)

8-10 DEC, "100% RAW" World Championships (men & women, all age groups/wt. classes, limited entries, deadline 11/1) Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-537-5941

***9 DEC,** 47th annual Iron Man BP/DL (Fresno, CA) Bob Packer, 559-439-4394 (d), 658-5437 (after 8 pm)*

9 DEC (new date), USAPL Rhode Island State PL & BP (deadline 9/9/00) David Roderick, 126 Chestnut St., Rehoboth, MA 02769, DR705@mediaone.net

9 DEC, USAPL Blue Santa PL/BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

9 DEC (new date), APF 47th Iron Man PL / BP / Physique (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

9 DEC, Mimi's Power Day BP/DL Classic (Rockford, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

9 DEC, Robbins Fitness Advantage Bench Press, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 205-344-5200

9 DEC, USPF Winter Classic DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115

9,10 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

10 DEC, WNPF Eastern Regional BP Open & Ironman/woman (BP & DL) & USSSA Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net

10 DEC, 8th ADAU Raw Drug Free Coal Country BP & DL Classic (separate meets - open, tene,jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

10 DEC, Christmas for Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

16 DEC, AAU Planet Fitness Winter Dolldrums Push/Pull (raw & equipped: teen, novice, open, masters) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, gymrat@willinet.net

16 DEC, APA BP Nationals & WPA

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Craig Safran, safrancopy@aol.com

PLer Year Banquet (Lancaster, PA) APA, Box 27204, El JoBean, FL 33927, 941-697-7962, wpa50@hotmail.com

16 DEC, USAPL 2000 Holiday Classic (national qualifier) Power Promotions, 23106 19th Dr. SE, Bothell, WA 98021, 425-486-5864, mtrupi@seanent.com

16 DEC, Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

17 DEC (new date), WNPF 3rd Sarge McCray BP/DL/IronMan Charity Event (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

31 DEC, The Last One! BP/DL Championships, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

DEC?? USPF World BP/PL (Corpus Christi, TX) Gary Pendergrass, 1415 E. Court St., Seguin, TX 78155, 830-372-3396

DEC, APF Southwest PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825

13 JAN, PPL Augusta Drug Free Open PL, BP, DL, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

19-21 JAN, USAPL Women's Nationals (all age divisions) Dr. Mike Hartle, 3835 W. Jefferson Blvd., Ft. Wayne, IN 46804, 219-456-8485

JAN, AAU Northern Virgina BP & Jr. Olympics Qualifier, AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com

3 FEB, Ladies Night Out (women only - PL, BP, DL) Rick Hussey, 8902 Grant, Omaha, NE 68134, 402-392-2446

10 FEB, ADAU Drug Free Raw 13th East Coast Classic & Raw BP Meet, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

24 FEB, USPF Oklahoma State & Classic PL/BP/DL, Rickey Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 405-275-3689

FEB, AAU Home of the Champions Bench Press Classic (National Qualifier, Richmond, VA) AAU PCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com

2-4 MAR, *Arnold Classic Bench Press Challenge, Classic Productions Inc., 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600*

10 MAR, APF Bike Week Bench Bash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

10,11 MAR, 5th APF Michigan Sr. States/2nd APF Spartan Open PL & Ironman & Woman (Men/Women: open, teen, jr., submaster, master) Dan DeFelice, 10641 Voiland, Roseville, MI 48066, 810-294-7055, www.apfmichigan.com

23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch, NZ, www.supergames2001.co.nz, info@supergames2001.co.nz

24 MAR, NASA Police & Fire Nationals, James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326

24,25 MAR, *ADAU Great Lakes PL (men & women - all ages - all wt. classes) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727*

MAR, USPF New Hampshire State & New England Open (Bedford, NH - open, women, teen, masters) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489

1 APR, *Pittsburgh Area Monster BP and/or DL (men & women - all classes/ divs. - cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Springwater Ct. Moon, PA 15108, 724-457-2708*

7,8 APR, Power Pakooza (PL, BP, DL - all div./wt. classes) Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

21 APR, WPO (TM) Qualifier (location tba), Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

28 APR, USPC Spring Classic Push Pull BP/DL (Seminole, OK) Shane Williams, RT. 1, Box 149, Wewoka, OK 74884

5 MAY, ADAU 19th Drug Free New Jersey Raw PL & Raw BP/DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

12 MAY, AAPF Florida State PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

12 MAY, USPF Collegiate Nationals (Beaver College - Glenside, PA - open to full time graduate and undergraduate college or university students) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net

13 MAY, 6th USPF American Open BP & PL (Beaver College - Glenside, PA) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@bellatlantic.net

18-20 MAY, APF Master, Submaster, Junior, Teenage Nationals, Russ Barlow, 175 Kennebec TR., Turner, ME 04282, 207-225-5070 or Shane McKenna 207-442-0180

2 JUN, APF Florida State Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

8-16 JUN, 2001, World Police & Fire Games, Union Station, 39 Jackson Pl. #300, Indianapolis, IN 46225, 317-327-2001, 222.2001wpfg.org.

30 JUN, *Intl. Bavaria Cup DL (women,men, jr., master, team) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany 0871-77575, greka@t-online.de*

JUN, WNPF American BP & DL Nationals (men, women, masters, junior, teen) Brian Washington, BOX 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net

7 JUL, APF Florida Push/Pull in Memory of Lawrence Monberg, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

12-15 JUL, USAPL Men's Nationals, James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

21 JUL, WPO (TM) Semi-Finals Qualifier (location tba) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

8 SEP, WPO (TM) Bench Bash for Cash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

OCT 2001, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

17 NOV, 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

17 NOV, ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

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

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DEADLIFT	
WOMEN	
Master 40+	
J. Sturniolo	260
Master 60+	
D. Mikoloski	225
TEEN	
D. Armstrong	415
JUNIOR	
C. Brenneman	650
C. Martin	405
MASTER 50-59	
W. Downey	460
D. Junkins	360
MEN	
OPEN	
181	
M. Martin	405
220	
G. Petrides	570
R. Pope	500
D. Lawrence	420
242	
C. Brenneman	650
M. Brown	500
275	
S. Pagtakhan	715
SHW	
J. Sauter	700

BEST LIFTER: Sherwin Pagtakhan (BP); Sherwin Pagtakhan (DL). Referee's: Wendy Edwards, Lester Maslow, Scott Taylor. Meet Coordinator: Julie Scanlon. Technical Assistant: Justin McShane. Special thanks to Gold's Gym for providing a great meet site and Julie Scanlon for coordinating a great event. Several records were set and some nice lifts registered. Big Sherwin Pagtakhan took home best lifter awards in the bench press with a 600 lift and the deadlift with a 715 pull. Junior lifter Chad Brenneman pulled a nice 650 Junior record and got 685 all the way up when he lost his grip on the bar to a callous tear. He would have easily pulled 700 had it not been for the injury. A large crowd gathered to watch the event. The lifters enjoyed having Capt. Kirk Karwoski present to assist them. A great day was had by all. (Thanks to Scott Taylor for providing these competition results to *PL USA*).

Kathy Roberts *deadlifted 430 lbs. with no equipment and won first place in the APA Glen Burnie Competition. (Courtesy of K. Roberts).*

ASPHALT GREEN PL Contest
03 JUN 00 - New York, NY

BENCH				
Open				
198				
L. Amoroso	419			
D. Erbe	314			
242				
R. McDaniels	424			
308				
F. Borrero	540			
Pre-Teen	SQ	BP	DL	TOT
114				
J. Monk	127		160	
Master				
181				
G. Galperin	248			
220				
P. Early	353			
275				
J. Rowan	424			
S. Rabitz	342			
308				
B. Brauner	441			
Teen				
114				
S. Marrero	325	160	325	810
181				
K. Rooney	254	143	270	667
275				
S. Gilligan	325	221	402	948
308+				
L. Labeur	540	243	463	1246
Women				
105				
M. Bertoli	99	143	314	556
Men				
Open				
148				
V. Centauro	358	237	391	986
165				
D. Kirschen	474	314	474	1262
181				
J. Montero	375	287	485	1147
198+				
A. Heaphy	557	364	573	1494
D. Schoen	325	226	430	981
220				
F. Ramie	402	365	529	1295
242				
F. Casillas	551		601	1152
275				
R. Capoccia	606	375	568	1549
Master				
148				
D. Corsi	365	270	469	1103
242				
H. Siegel	380	243	402	1025
275				
D. Pollio	623	143	546	1312

TEEN & PRE-TEEN BEST LIFTERS: Total (Outstanding teen lifter) – Sergio Marrero with a coefficient weight of 800 lb. SQ –321 lb; BP – 158 lb.; DL – 321 WOMEN'S OPEN BEST LIFTERS: Total (Outstanding Female Lifter) – Michele Bertoli with a coefficient weight of 586; SQ – 104 lb.; BP – 150 lb.; DL – 331 lb. MEN OPEN BEST LIFTERS (Senior 13+) : Total (Outstanding Male Lifter) – Andrew Heaphy with a coefficient weight of 875 lb.; SQ – 326 lb.; BP – Frank Borrero with a coefficient weight of 277 lb.; DL – Andrew Heaphy with a coefficient weight of 335 lb. MASTER BEST LIFTER: Total (Outstanding Master Lifter) – David Corsi with a coefficient weight of 824 lb.; SQ – Dan Pollio with a coefficient weight of 328 lb.; BP – Bill Brauner with a coefficient weight of 222 lb.; DL – David Corsi with a coefficient weight of 350lb. Summer Classic 2000 Outstanding Lifter Award – Michele Bertoli. Michele's Deadlift of 314 lbs. is a new APA/WPA world record in the women's master division. 45-49 age group / 105 lb. weight category. (Thanks to George Bardis for providing these meet results).

ATTENTION ALL ADFPF LIFTERS *... "It is time to register for the 2000 International lifting events. ADFPF membership is open to any ADFPA/USAPL members who want to lift in the WDFPF international events this year to be held in Antwerp, Belgium and Como, Italy (please refer to WDFPF schedule). The US Team will be chose by the ADFPF's Board of Directors. For further information and/or membership application forms, please contact Regina Hackney, reginah61@hotmail.com or JudithGedney, Judith_Gedney@ccmail.wiu.edu."*

Chris Brenneman *(L) congratulates Sherwin Pagtakhan on his best lifter accomplishment at the APA Glen Burnie Meet (photo by Taylor)*

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American Powerlifting Association

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Country _____ Zip Code _____ Telephone Number _____

Date of Birth _____ Age _____ Sex _____

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Priscilla Sanchez- *CA State Record; Jr. W16-17. (S. Denison)*

USPF California State PL
8-9 APR 00 - Bakersfield, CA

Special Olympian	SQ	BP	DL	TOT
123 lbs				
Matthew Prinster		137	231	369
308 lbs				
Kevin Ezell		159	281	440
Women's Open				
148 lbs				
Lisa Denison	336	154	380	870
Priscilla Sanchez*	225*	132*	275*	633*
181 lbs				
Mary Pennington	143	165	248	556
198 lbs				
Disa Hatfield	259	165	286	710
Men's Open				
148 lbs				
Scott Layman	540	358	529	1427
165 lbs				
John Cano*	308*	176*	319*	804*
220 lbs				
Jesse Branham	677	402	661	1741
John Bostick	529	391	661	1581
Lord Elliott*	507*	325	512	1344*
242 lbs				
Steve Landry	611	462	622	1697
Darin Lovat	600	380	551	1532
Brad Trujillo	551	385	512	1449
Bill McCaslin	501	325	485	1311
Kevin Westbrook	424	319	385	1129
275 lbs				
Andrew Austin	429	259	534	1222
308 lbs				
George Brink	611	402	777	1791
Men's Sub Masters				
132 lbs				
Andrew Lopez*	248*	170*	242*	661*
148 lbs				
Steve Kato*	440	303*	402	1146
198 lbs				
Paul Kelley*	407	363*	512	1283
Michael Brown	352	286	485	1124
Men's Masters 40-44				
275 lbs				
Kenneth Scott	485	468	606	1559
Men's Masters 45-49				
220 lbs				
Ruben Arredondo	473	352	473	1300
242 lbs				
Delmer Brown	501	341	501	1344
275 lbs				
Gary Ridgeway	462	352	479	1294
Men's Masters 50-54				
242 lbs				
Steve Hallman	242	231	308	782
308 lbs				
George Brink*#	611	402	777*#	1791*
Men's Masters 54-59				
181 lbs				
Edwin Hill	132	275	264	672
Men's Masters 60-64				
275 lbs				
Danny Herrera*	402	369*	402	1173
Clinton Haflich				

*** Denotes California State Record (Sanchez- Junior women (16-17) squat, bench, deadlift & total record; Cano- Junior men (13) squat bench, deadlift, & total record; Elliot-Junior men (20-23) squat and total record; Lopez- Submaster squat, bench, deadlift & total record; Kato- Submaster bench record; Kelley - Submaster bench record; Brink - Master deadlift & total record; Herrera- Master bench record. #Denotes American Record (Brink-Master 50-54 deadlift record. Best Lifter Women - Lisa Denison, Best Lifter Men- Light – Scott Layman, Best Lifter Men- Heavy – Jesse branham. This year's USPF CA State Championships were held at the Best Western hotel in Bakersfield, CA. We had a well-run meet, and everyone had a great time. Our Special Olympic lifters, Matt Prinster and Kevin Ezell once again displayed their commitment and enthusiasm for the sport. They lifted very well and really had the crowd behind them. In her first full Powerlifting meet, sixteen year-old Priscilla Sanchez was very impressive setting state and personal records. A dedicated lifter, she left the meet and still managed to make it to her prom on Saturday night! Co-meet director, Lisa Denison won the women's 148 lb. class with a PR squat, deadlift and total. She also took home the Best Lifter award for the women. Mary Pennington won the 181s and continues to improve. Disa Hatfield had her team cheering her on as she won the 198 lb. class. Saturday's competition also included the Men classes 132 to 181. Andrew Lopez, the lone competitor in the 132 lb. submaster class struggled a little with the squat then came back and went 5 for 6 in the bench and deadlift, setting state records in the process. Scott Layman impressed the crowd with some monster lifts. Missing his first 540 lb. attempt in the squat, he came back and nailed his second to get in the meet. He ended the day with a 529 lb. deadlift, went home with the Best Lifter-Light award and came back on Sunday to take the CA state referee test. Steve Kato won the submaster 148 lb. class and set a state record with a 303 lb. bench. Feeling a little under the weather didn't stop 13 year-old John Cano. He displayed incredible determination and went home with state records. The 181 lb. 55-59 class belonged to Edwin Hill. He inspired us all by going 8 for 9 in his first full competition. The men's 198 to 308+ class competition took place on Sunday. Michael Brown put up some big numbers in the submaster 198 lb. class, but it was Paul Kelley who took home the win. Paul had a great day, setting a state record with a 363 bench. Lord Elliott had a 9 for 9 day and set state junior records in the 220 lb. class for the squat and total. John Bostick took second place in the 220 lb. class showing a true competitive spirit with an impressive 661 deadlift. Jesse Branham went for 705 on his third attempt in the squat but had to settle for 677. He took home the win for the 220 lb. class and Best Lifter Heavy as well. Ruben Arredondo won the 540 lb. 45-49 class with a 1300 total. Five lifters competed in the 242 lb. open class. Steve Landry took home the honors, with a fierce effort and his family cheering him on. UCLA strength coach, Darin Lovat made a comeback to the platform and lifted well, taking second place. Both Brad Trujillo and Bill McCaslin dropped a weight class since last year's state meet, and had good numbers to show for it. Kevin Westbrook had an 8 for 9 day and also lifted well. Delmer Brown won the 242 lb. 45-49 class and Steve Hallman took the 242 lb. 50-54 trophy. First time competitor, Andrew Austin took home the win in the 275 lb. class. We're looking forward to some big lifting in the future from this guy. Frequent bench press competitor, Kenneth Scott proved that he's got what it takes for a full meet too with a win in the 275 lb. 40-44 class. Clinton Haflich had trouble with depth on the squat, but we're sure to see him again. Making a comeback to three-lift competition, Danny Herrera set a state record with a 369 bench in the 275 lb. 60-64 class. After taking the CA state referee test on Saturday, Gary Ridgeway came back on Sunday and won the 275 lb. 45-49 class. Once again, "The legend of George Brink" (just kidding George) wowed the crowd with his outstanding lifting. He set state records in the deadlift and total. He set an American record in the 308 lb. master 50-54 class with a 777 lb. deadlift, and went for 804 on a fourth attempt but it was just a little too much for him. Huge thanks go out to our referees: Don Haley, Fran Haley, Vic Elliott, Ken Wheeler, Roger Bolton, Kevin Meskew, Steve Denison, Lisa Denison, Kelli La Mantia and Chris Kostas. Spotters/Loaders: Joe Jano, Warren Woolsey and Steve Elisondo. Scorekeepers: Krishna Kostas and Kelli La Mantia. We'd also like to thank those who helped out with the attempt board. Our deep appreciation goes to Chuck La Mantia for announcing with his usual crowd-pleasing style. Many thanks as well to our sponsor; Wheelers Fitness Equipment, Inzer Advance Designs, Wright's Power Promotions, Digital Disc Jockeys, Powerlifting USA Magazine, and LazerPro Engraving. Results - Steve Denison. (Thanks to Steve Denison for providing the meet results).**

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Elite Master I II III IV	IPF Cat 1 Cat 2 Nat State	Y N	Y N	Y N

Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
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NOTE: $10 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment, and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

Signature _____

If Under 18 have Parent Initial _____

AAU Big Dawg BP
20 MAY 00 - Savannah, NY

RAW		319	
12-13		SCOTT CARTER	400#
123		EQUIPMENT	
RYAN MURRAY	65#	18-19	
165		181	
Z. TOHAFIJAN	110#*	BILL BENNETT	250#
OPEN		35-39	
148		181	
JAMIE SYKES	200#	JOHN MURRAY	340#*
60-64		20-23	
181		220	
VERN DRATT	240#*	JON SMITH	285#
OPEN		50-54	
198		220	
JESSIE COTTRELL	335#*	J. McCALLISTER	385#*
20-23		40-44	
198		220	
S. MCKENZIE	310#*	W. CARROLL	395#
18-19		35-39	
220		242	
TONY RYRKO	335#*	R. MURRAY	465#*
35-39		OPEN	
242		242	
M. HANCOCK	400#	D. KINGWATER	455#
OPEN		35-39	
275		319	
JOHN WINTER	330#	STEVE ROGERS	470#*
35-39			

*INDICATES NEW YORK STATE RECORD The Big Dawg Bench Press Record Breakers; the title says it all. A great day of bench pressing took place; 12 yr. old Ryan Murray 123# class took first place in his second meet with 65#. Then 12 yr. old 165# lifter Zach Tohafijan with a state record of 110# bench. Jamie Sykes in the 148# RAW class with a fine 200# bench. Vern Dratt 181# 60-64 RAW class with a state record of 240#. Then Bill Bennett 181# 18-19 class with a fine 250# bench. Then my good friend John Murray 181# 35-39 class with a state record of 340#. Welcome back John after a long time off. Scott McKenzie 198 RAW 20-23 class set a state record with 310# Jessie Cottrell 198# RAW with a state record of 335#. Tony Ryrko 220# 18-19 RAW with a state record of 345#. Jonathan Smith 220# 20-23 class with a first place 285#. Wayne Carroll 220# 40-44 class just missing his own state record with a 395# bench, next time Wayne you'll do it. Next, John McAllister 220# 50-54 with a new state record of 385#. Dave Kingwater in the 242 OPEN with a fine first place 455# coming off an injury. My buddy RL Murray 242# 35-39 class with a state record of 465#, it is great to see him lift good after 6 months of shoulder problems. Scott Carter 319# 35-39 RAW benched 400# and took 1st place. Finally, the BIG DAWG Steve Rogers 319# 35-39 class beat his own state record with a 470# bench. In all, 9 state records were broke with a great enthusiastic crowd at Savannah Elementary School. I would like to thank the lifters for a great meet. I also want to thank my wife, Michelle for all of her help with this meet, you're the best. Also, John Murray, RL Murray, Terry Stafford, Rich Molisani, Jason Stafford, Mark Howell, Jim Lee for all of the work you do to help set up and for spotting. Many thanks to Cody Bartlett for announcing and thanks to my niece Michelle Milella for helping with the T-shirt table. These meets get better every time. Train drug free! Results by AAU State chair Big Dawg Steve Rogers (Thanks to Steve Rogers for results).

Competitors at the May 20, 2000 AAU Big Dawg Bench Press Record Breakers: *(Front Row :Left-Right) R. Murray, RL Murray, Z. Tohafjian, D. Murray, J. Murray, J. Sykes, B. Bennett. (Back Row: Left-Right) J. Cottrell, D. Kingwater, S. Carter, T. Ryrko, S. Rogers, J. McAllister, J. Wood, M. Hancock, S. McKenzie, V. Dratt, J. Smith, W. Carroll. (This photograph was provided to the POWERLIFTING USA by Michelle Rogers).*

Women Asst.				
129				
P. DeHotman	205	110	250	565
148				
T. Leonard	300	170	340	810
165				
S. McKinley	280	165	290	735
Susan Pike	350	160	425	935
181				
S. Sandvoss	315	125	340	780
220				
M. Barba	320	185	356	855
Mens Sub Masters Asst.				
D. Lindahl	350	320	435	1105
C. Peters	485	350	515	1350
Joe Ascani	570	370	600	1540
Joe Walsh	405	300	400	1105
S. Michilson	450	305	480	1235
G. Coughlin	550	360	600	1510
T. Mancini	555	430	475	1460
Men Masters Asst.				
D. Dwyer	310	160	400	870
W. Smith	500	330	475	1305
D. Mansfield	475	225	510	1210
B. Frost	135	310	225	670
T. Gazda	440	275	545	1260
WOW				
W. Andrews	450	310	600	1360
Men Masters Raw				
Ray Houle	400	250	485	1135
D. Dwyer	310	160	400	870
J. Barrows	330	280	515	1125
Bob Todt	340	230	430	1000
Don Levesque	320	180	420	920
B. Frost	135	310	225	670
D. Mansfield	475	225	505	1205
W. Andrews	450	310	600	1360
Men Open Asst.				
C. Peters	485	350	515	1350
B. Micula	450	290	460	1200
J. Ascani	570	370	600	1540
Al Bianchi	685	405	650	1740
Jeff Dowst	475	390	540	1405
S. Michelson	450	305	480	1235
A. Monaco	560	420	525	1505
R. Chance	550	340	580	1470
D. Jeffers	630	365	580	1575
T. Mancini	555	430	475	1460
W, Andrews	450	310	600	1360
Men Open Raw				
Ray Houle	400	256	485	1135
E. Christian	315	275	425	1015
G. Holmes	500	315	500	1315
A. Monaco	560	420	525	1505
A. Mernedes	560	370	530	1460
F. Conversano	405	320	500	1225
R. DeRusha III	540	245	500	1285
W. Andrews	450	310	600	1360

Special thanks to the Massachusetts AAU, Larry Larson for all his help. Dennis Brennig for a wonderful job announcing and keeping things on the move. Last but not least Doug Hicks and Shaker Road School for the use of their wonderful facility. The 2nd annual New Hampshire State AAU 2000 Powerlifting Championship sponsored by Rob & Megan Dion and Executive Wellness Health Center, home of "The Steel Room", was glad to see the amazing participation and great camaraderie amongst our competitors. The meet slogan was "Lift Clean, Lift Heavy!", and boy did they. We were happy to have 50 competitors in a wide range of classes for this full meet. Many rivalries were established and many old rivalries were challenged. With a crowd of 200 spectators the noise level for the competitors was outrageous. Many state records were set and some were broken. We had one horrible accident with a truly dedicated competitor Scott Knight who had a double knee blow out with a 710 pound squat. Scott is Nashua High Schools Strength Coach and dedicates many hours to helping young individuals from that area. We hope a speedy recovery for a great competitor. Andrews Gym of Nashua, led by Wayne Andrews, finally ousted the much revered Galaxy Gym of Laconia, led by Wayne McClay, for the first place team trophy with only a three point split. Al Bianchi from Clinton, MA weighed in at 218 and won the Men's Best Lifter Award with a massive total of 1700 pounds. Sue Pike from Wolfboro, NH weighed in at 150 and won the Women's Best Lifter Award with an incredible total of 935. We look forward to our future AAU meets here in New Hampshire, and hope to increase the sports popularity in New Hampshire, the Live Free or Die State. (Thanks to Executive Wellness Health Center for providing these competition results to the *Powerlifting USA*).

AAU New Hampshire State
22 APR 00 - Concord, NH

AAU Teen Men	SQ	BP	DL	TOT
132				
A. McCann	210	115	315	640
148				
N. Dore	345	200	365	910
198				
G. Durso	420	250	360	1030
R. Marrama	495	335	525	1355
242				
B. Luce	495	340	455	1290
G. Levasseur	450	220	440	1110
AAU Junior Men				
181				
A. Solomine	325	235	425	985
198				
J. Deal	405	275	530	1210
220				
R. Yee	555	385	655	1595
C. Frost	400	220	460	1080
275				
Jeff Joyce	700	370	575	1645

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Adult Powerlifting Athletes	30.00	35.00

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MEMBERSHIP CATEGORY *CHECK ONE:* ___ Athlete ___ Coach ___ Official ___ Volunteer

CHECK ONE: ___ Youth Program ___ Adult Program | Added Benefit ___ Yes ___ No

Club No.: | Club Name: | E-Mail

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

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

Date of Birth | Age | Sex ☐Male ☐Female | Application Date | Social Security Number

First | Middle | Last

Address

City | State | Zip Code

County | Phone (With Area Code)

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature _____

Parent/Guardian Signature _____

WNPF North Am. BP/DL/IRONMAN
06 MAY 00 - Atlantic City, NJ

BENCH PRESS	
WOMEN	
123	
50-59	
KELLEHER	100
SHW	
OPEN RAW	
BETHEA	205
NOVICE RAW	
BETHEA	205*
33-39RAW	
BETHEA	205*
MEN	
114	
12-13 RAW	
KOCHER	110*
132	
LIFETIME	
FOLKEN-BL	365
165	
17-1 9 RAW	
KELLY,M.	295
KELLY,E.	
LIFETIME	
JOSEPH	395
GATTINELLA	305
33-39	
SANFILIPPO	360
OPEN RAW	
JOSEPH-BL	375*
LARA	360
WRIGHT	350
HENDERSON	315
LIFETIME RAW	
LARA	360
40-44 RAW	
HENDERSON	315*
POLILLO	280
181	
17-1 9 RAW	
WRIGHT	210
20-23 RAW	
WALLACE	395
LIFETIME RAW	
WALLACE	395
LIFETIME	
AFARI	385
OPEN RAW	
WALLACE	395
33-39	
FATTA	400
40-49	
BRAGAR	305
198	
14- 1 6 RAW	
FLORIO	265*
LIFETIME	
DALZELL	425
PATRICK	405
OPEN	
DALZELL	425
PATRICK	405
33-39	
PATRICK	425
SANDERS	325
OPEN RAW	
ROBINSON	375
33-39 RAW	
ROBINSON	375*
40-49 RAW	
BOVE	300*
WITMER	250
50-59	
MITSOPOULOS	390
50-59 RAW	
SMITH	260
70-79	
POWER-WATERS	230
NOVICE	
LUCKY	350
NOVICE RAW	
JOHNSON	350
POLICE	
LUCKY	350
220	
20-23 RAW	
SCOTT	385
OPEN RAW	
MCCLAIN	420
BROWN	380
FRITZ	380
LIFETIME RAW	
PAYNE	355
KAHN	320
40-49 RAW	
RAWLS	325
50-59	
COTE	430*
RISI	310
NOVICE	
RISI	310
POLICE RAW	
MILTENBERGER	370*
242	
17-19 RAW	
HERNANDEZ	285
20-23	
LORANZO	
LIFETIME RAW	
FEEHAN	460
OPEN RAW	
FEEHAN-BL	460
OPEN	
MAHER-BL	525
TAYLOR	410
33-39 RAW	
FEEHAN	460
WIGGINS	440
FEDEROWICZ	
40-49	
MAHER	525*
DOWERS	470
TAYLOR	410
CAPERS	385
ED'WARDS	
POLICE	
VAN DRIGHT	385
NOVICE RAW	
HARRIGAN	160
275	
LIFETIME RAW	
FERNANDEZ	475*
33-39	
PERROTTA	475
LIFETIME	
HUNTER	455
CHERRY	385
OPEN	
HUNTER	455
CHERRY	385
FOSTER	380
BROWN	280
POLICE	
GREEN	395
SHW	
LIFETIME RAW	
KOCHER	415
33-39 RAW	
KOCHER	415
33-39	
LOPEZ	520
40-49 RAW	
SEMMONS	405
POLICE RAW	
KOCHER	415
DEADLIFT	
WOMEN	
148	
NOVICE	
BARNHILL	225
MEN	
165	
LIFETIME RAW	
JOSEPH	365
OPEN RAW	
JOSEPH	365
181	
17-1 9 RAW	
WRIGHT	335*
LIFETIME	
KAFETZIS	500
NEIMAN	480
OPEN	
EISEMAN-BL	650
OPEN RAW	
ROBINSON	400
50-59	
SCARANDA	475
198	
OPEN	
WILLIAMS	450
LIFETIME	
BAILEY	485
IRONMAN	
WOMEN	
165	
KENNEDY	
MEN	
148	
I7-19	
WENTWORTH	
165	
33-39	
KINGURE	
17-1 9 RAW	
KELLY,M.	
181	
OPEN	
WARSHANY-BL	
POLICE RAW	
REEVES-BL	
14-16 RAW	
FRITZ	
50-59 RAW	
SCARANDA	
198	
NOVICE	
BAILEY	485
33-39	
SANDERS	610
LIFETIME RAW	
BAILEY	485
NOVICE RAW	
BAILEY	485
50-59 RAW	
SMITH	515
220	
9-11 RAW	
FERRELL	180*
LIFETIME RAW	
THOMAS	675
LIFETIME	
SAUNDERS	680
FRITZ	570
OPEN	
SAUNDERS	680
FRITZ	570
40-49 RAW	
THOMAS- BL	675*
50-59	
CINELLI	365
50-59 RAW	
CINELLLI	365
POLICE	
CINELLI	365
POLICE RAW	
CINELLI	365
242	
POLICE	
VAN DRIGHT	405
NOVICE RAW	
HARRIGAN	205
275	
40-49	
FOSTER	575
40-49 RAW	
BROWN	390
OPEN RAW	
FERRELL	650
POLICE RAW	
FERRELL	650
SHW	
OPEN RAW	
HOOLEY	610

	BP	DL	TOTAL
WENTWORTH	220	380	600
KINGURE	315	425	540
KELLY,M.	295	400	695
WARSHANY-BL	390	525	915
REEVES-BL	335	535*	870
FRITZ	160*	340	500
SCARANDA	220	475	695
OPEN			
BLOCKER	350	550	900
33-39			
SANDERS	325	610	935
BLOCKER	350	550	900
40-49			
WILLIAMS	260	450	710
50-59 RAW			
SMITH	260	515	775
NOVICE RAW			
HANILY	365	435*	800
220			
20-23 RAW			
SCOTT	385	535	920
LIFETIME RAW			
KOCHY	390	500	890
33-39 RAW			
KOCHY	390*	500	890
40-49 RAW			
BLEE	330	560	890
60-64			
SUAREZ	360*	430*	790
242			
LIFETIME			
MANN			
33-39 RAW			
MANZO	420	575	995
275			
OPEN			
PANZARELLI			
SHW			
OPEN			
HOOLEY	430	610	*1045
RYCHLAK			

*- WNPF AMERICAN RECORD, BL- BEST LIFTER
TEAM STANDINGS- 1st WORLD GYM, 2nd TEAM RECTIFY, 3rd- MANS WORLD GYM. 104 LIFTERS COMPETED IN THE 2000 NORTH AMERICAN CHAMPIONSHIPS AND TWO LIFTERS CAME FROM ENGLAND AND IRELAND TO BATTLE AGAINST THE USA LIFTERS. WE HAD A FEW LIFTERS BOMB OUT AND MANY LIFTERS PUT ON A GREAT SHOW. CONGRATS TO THOSE LIFTERS THAT SET NEW RECORDS FOR THE WNPF AND TO THE FIRST TIMERS THAT HAD THE GUTS TO STEP ONTO THE PLATFORM. THANKS TO ALL THE LIFTERS AND SPECTATORS THAT SUPPORTED THIS EVENT. THIS WAS A QUALIFIER FOR THE 2000 WORLD CHAMPIONSHIPS IN BALTIMORE AND DAYTONA. ALL FIRST AND SECOND PLACE FINISHERS NOW HAVE A CHANCE TO PUT IT ALL ON THE LINE AT THE WORLDS. THANKS TO THE WALLACE FAMILY FOR SPOTTING AND LOADING, THANKS TO THE OFFICIALS AND OTHER WNPF STAFF, YOU ARE THE BEST THANKS TO MATT SAUNDERS FROM ENGLAND AND JOHN FEEHAN FROM IRELAND FOR COMING TO THIS MEET. (WNPF) (Thanks to WNPF for providing these meet results).

North American Team Champions- (front row- left to right) Cheryl Bethea, Earl Hunter, (Back row- left to right) John Mitsopoulos, Clyde Bethea (coach), Mike Risi Fernandez, Mike Lucky, Herman Patrick, James Capers, Gary Bragar. (Photographs provided courtesy of WNPF).

Montana State High School BP
07 MAY 00 - Anaconda, MT

132	
Jim Auer	195
140	
Mark Auer	220
148	
Sloan Bauer	240
Brandon Vauthier	240
Travis Clark	215
A J Grauberger	185
156	
Jarett Laden	285
Jake Auch	260
Brad Coyne	255
Brian Hughes	240
165	
Josh Klocke	255
Michael Lewis	250
Colton Shandley	240
Jake Kiggins	235
Gregory May	230
Jesse Matson	225
Sam Pfahler	220
Cody Iddings	185
Jason Hawley	180
173	
Jason Messer	270
Clint Martin	250
Levi Braach	235
Tom Gruber	210
181	
Ryan Cobb	275
Kristian Peterson	260
Brian Patterson	225
189	
Levi Dauenhauer	325
Blake Johnson	290
Marc Boutilier	250
Thomas Wheeler	250
198	
Sean Hammond	300
AJ Peterschick	210
Larry Mc Iihargey	205
220	
Nate Chiovaro	300
Nicholas Didier	260
Hvwt	
Eric Norton	340
Dan Mc Iihargey	290
Nick Gallagher	270

Best Lifter under 165 pounds: Jarett Laden; Best Lifter over 165 pounds: Levi Dauenhauer; Most Improved Lifter: Jason Messer; Most Weight Lifted: Eric Norton, Best Lifter under 165 pounds: Jarett Laden Best Lifter over 165 pounds Levi Dauenhauer Most Improved Lifter: Jason Messer Most Weight Lifted: Eric Norton Judges: Mark Palagi, Ray Dayton, Ed Delaney, Head Scorer: Ron Hanson, Assistant Scorer: Frank Moreni Spotters: Russ Marchion, Dave Galle, Scott Morley. Weigh In: Todd Schmidt Score Board: Safron Marchion, Mandy Guhlke Announcer: Chris Marchion. 41 lifters competed in the tenth annual Montana State High School Bench Press contest held in Anaconda at the Memorial Gym on May 7th. Sean Hammon became a two time state champion by winning the 198 pound class. Last year he was the winner in the 189 pound class. Jason Messer not only moved up a weight class but he improved his best performance by 30 pounds to finish with a state champion title and the most improved lifter award. (Thanks to Chris Marchion for providing the results for this meet).

World Natural Powerlifting Federation (WNPF) Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

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

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

REGISTRATION FEE
$10.00 SPECIAL OLYMPICS
$15.00 HIGH SCHOOL
$30.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ _____ _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

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

WABDL TEXAS STATE (kg)
9 APR 00 - Houston, TX

BENCH		M. Jackson	145
Youth		M. Standberry	
123		242	
T. Kocurek	40	B. Leitz	227.5
Teen		275	
123		J. Stewart	272.5
V. Turco	75	J. Hirt	190
132		SHW	
T. Godawa	100	T. McKinney	232.5
165		MASTER	
J. Cohen	115	148	
198		S. Weingust	162.5
M.Albright	145	181	
242		E. Bergman	147.5
M. Johnson	155	198	
275		J. Snodgrass	142.5
S. McElroy	135	J. Cantu	155
Novice		220	
181		S. Rosenberg	142.5
G. Chavarria, Jr.	132.5	F. Silva, Sr.	125
220		242	
C. Smith	135	S. Finegan	187.5
242		K, Anderson	187.5
B. Birbeck	175	DEADLIFT	
J. McCullough	165	Youth	
275		105	
M. Sanford	170	S. Tillman	105
WOMEN		123	
Open		T. Kocurek	100
K. Pitts	115	165	
Master		T. Justice	105
165		Teen	
C. Luprette	75	123	
Law/Fire		V. Turco	127.5
165		132	
C. Luprette	75	R. Johnson	
181		T. Justice	160
R. Oglesbee	82.5	165	
L/F OPEN		J. Cohen	155
198		198	
G. Dillon	160	M. Albright	250
220		242	
C. Smith	135	M. Johnson	212.5
242		275	
F. Silva, Jr.	192.5	S. McElroy	205
L/F MST		Junior	
181		181	
H. Cull		W. Smith	250
198		198	
M. Godawa	157.5	J. Mendoza	302.5
220		W Law/Fire	
K. Barbier	155	181	
242		R. Oglesbee	127.5
V. McIntyre	190	Law/Fire	
SHW		220	
B. Lobins	210	C. Smith	272.5
OPEN		Open	
148		220	
S. Weingust	162.5	C. Smith	272.5
181		K. Jones	250
G. Gutierrez	175	SHW	
198		F. Lopez	295
J. Campell	167.5	Submaster	
220		181	
E. Wright	190	T. Hobson	187.5
M. Standberry		220	
242		D. Flunker	250
F. Silva, Jr.	192.5	275	
P. Parnell	217.5	J. Hirt	300
275		Master	
J. Stewart	272.5	165	
SHW		E. Diaz	220
F. Lopez	227.5	198	
T. McKinney	232.5	J. Snodgrass	200
M. Ned	292.5	220	
SUBMASTER		S. Rosenberg	250
181		F. Silva, Sr.	142.5
T. J. Hobson	137.5	242	
198		W. Cooper, Sr.	300
D. Muntz	190	305	
E. Wilkinson	202.5	T. McCullough	332.5
220			
D. Flunker	182.5		

***Ken Anderson** opens at 340 on his way to a world record 413 at 61-67, 242 lb. (photographs provided courtesy of Gus Rethwisch)*

The WABDL Texas State Bench Press and Deadlift Championship was held April 9th at the Clarion Hotel in Houston, Texas. Bob & Edi Garza were the meet directors and had fantastic trophies. They put on a first class meet. First in the Bench Press. In age 13-15, Travis Kocurek, at only age 12, put up 88 lbs. Vinny Turco put up 165 lbs for a Texas State Record at 123 and the win. Travis Godawa from Louisiana set a Louisiana State Record with 220 lbs at 132 lbs. Joey Cohen rammed up 25.5 at 165 in Teen 16-19. Sean McElroy put up a Texas State Record of 298 in 13-15 275 lbs. In Teen 16-19, Matt Albright did 319 at 198 lbs. Mark Johnson did 341.5 at 242 lbs. In Class I at 181, Gabino Chavarria did 292 for a Texas State Record. At 220, Casey Smith did 297 for a Mississippi State Record. At 242 Bruce Birbeck put up 385.75 for a Texas State Record. In Junior, at 242, Jason McCullough did 363.75 for a Texas State Record and Mac Sandford won at 275 with 375.75. In Women's Open, Kimberly Pitts did an impressive 253.5 in the unlimited division and law/fire master. In Women Master, Camella Luprette set two Texas State Records at 165 with a 165 press. In Law/Fire Submaster, Renee Oglesbee set a Texas State Record at 181 with 181.75. In Men's Law/Fire Open, at 198, Gregory Dillon set a Texas State Record with 252.5. At 220, Casey Smith set a Mississippi State Record with 297. He had, also, set one in Class I. At 242, Flip Silva Jr. put up 424 way shy of his state record of 462. In Men's Law/Fire Master, Mike Godawa set a Louisiana State Record of 347 at 198. Keith Barbier did 341.5 at 220. Vernice McIntyre, Jr. set a Texas State Record of 418.75 at 242. He, also, holds the Texas State Record at 275 with 436. At Super, 315 lbs Bill Lobins set a Texas State Record with 462.75. In Open Men, Sheldon Weingust did a pr 358 at 148. Sheldon keeps steadily improving. At 181, Gabe Gutierrez did 358.75. He holds the Texas State Record with 402 along with David Scherer. At 198, Johnny Campbell did 369. At 220, Eric Wright did 418.75. At 242, Flip Silva, Jr. did 424 to finish 2nd to Patrick Parnell's 479.5. At 275, John Stewart did a great 600.75. He's the world record holder at Submaster 275 with 611.75. In Super, some impressive lifts were registered. "Big Ned", Mark Ned, to be exact put up 644.75 to tie his Louisiana State Record. Thomas McKinney did 512.5 for 2nd and Fred Lopez was 3rd with 501.5. In Submaster 181, Tyler Hobson shoved 303. At 198, Ed Wilkinson did 446. He holds the Texas State record of 490. David Muntz was 2nd with 418.75. At 220, Daniel Flunker did 402 to beat Marvin Jackson's 319.5. At 242, Bobby Leitz set a Texas State Record with 501.5. At 275, John Stewart did 600.75 just short of his world record of 611.75. Junius Hirt, a great deadlifter, was 2nd with 418.75. At Super, Thomas McKinney won with 512.5. In Master Bench, Sheldon Weingust set a Texas State Record of 358 in age group 40-46, 148 lbs class. In Master 47-53, Eric Bergman, at 181, did a Texas State Record of 325 lbs. Jim Snodgrass upped his Texas State Record at 198 to 314. Steve Rosenberg did 314 at 220. Sean Finegan did 413 at 242. In age group 68-74, Joe Cantu did 369, at 198, for a world record and Ken Anderson did a world record at 242, in age group 61-67 with 413. In the Deadlift, Teen 13-15, Steve Tillman set a world record at 105 lbs., with a 231 deadlift. At 123, Vinny Turco did 281 for a world record - almost 3 times his weight. Travis Kocurek was 2nd with 220. At 132, Tim Justice set a Texas State Record with 231. At 275, Sean McElroy set a Texas and world record of 451 lbs. - a great lift for a 14 year old. In Teen Men 16-19, at 165, Joey Cohen pulled 341.5. At 198, Matt Albright set a Texas State Record with 551 and at 242, Mark Johnson pulled up 462. In Junior Men, Willis Smith pulled a Texas State Record of 551, at 181, and John Mendoza tied the National record at 198 with 667 and, of course, set a Texas State Record. In Women's Law/Fire Submaster, Renee Oglesbee set a world record at 181 with 281.75. In Law/Fire Men's Open, Casey Smith pulled a nice 600 at 220. For Open Men, Casey Smith beat Keith Jones 600.75 to 551, at 220. Keith did get a Texas State Record out of the deal, however. At Super, Fred Lopez pulled 650. In Submaster Men, Tyler Hobson set a Texas State Record with 413, at 181. At 220, Daniel Flunker, did 551 and at 275, Junius Hirt, pulled a Texas State Record of 661. He only weighed 253. In Master Men 40-46, 165 Enrique Diaz pulled a Texas State Record of 485 only 22 lbs shy of the world record. At 308, Tome McCullough, set a National Record with a great 733 pull. Anytime you're over 725, you're in the big time. In Master Men 47-53, at 198, Jim Snodgrass pulled a Texas State Record of 440.7. At 220, Steve Rosenberg pulled 551. At 242, William Cooper, Sr. at age 49 pulled a huge 661 for a world record. In age group 54-60, Felipe Silva, Sr. pulled 314, at 220 to tie his Texas State Record. Thanks are in order to Bob and Edi Garza for running the meet and handing out great trophies. Their sidekicks were Charlie Turco and Larry Prinze. Larry was the meet coordinator. Kristi Van Akens was the score keeper. Tiny Meeker was everywhere helping. The judges were Ken Anderson, Bill Lobins, Charlie Turco, and Bob Garza. All in all, it was a great meet. In a class venue - The Clarion Hotel and great trophies! (Thanks to Gus Rethwisch for these meet results).

***Joe Cantu and Anthony Clark** ... are at the WABDL Texas State Bench Press and Deadlift Championships.*

WABDL

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

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

Street Address	Club Name

City	State	Zip	Area Code/Telephone

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

Registration Fee $15.00
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 5292
Bend, Oregon 97708

If under 18, have parent initial _____

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

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

Signature_____

***Jon Gabriel Smoker** (11 yrs. old) deadlifted 170 lbs. at 95 lbs at the Cabin Fever Meet (Smoker Iron)*

11th Cabin Fever DL/BP
18 Mar 00 - Goshen, IN

BENCH		DEADLIFT	
242 lbs. Natural		181 lbs. Natural	
J. Casemier	345	L. Patrick	505
Masters (40+)		242 lbs.	
I. Moore	350	J. Casemier	590
198 lbs. Masters (50+)		K. Slaughter	515
R. Cuny	330	97 lbs. Youth (10-11)	
220 lbs. Masters (55+)		J. Smoker	170
J. Tafelski	225	WOMEN	
275 lbs. Masters (60+)		148 lbs.	
J. Marsala	240	M. Druba	250
165 lbs. Novice		Masters (50+)	
B. Trosper	300	M. Wider	405
181 lbs.		242 lbs.	
L. Bontrager	260	G. Williams	600
J. Dewitt		181 lbs. Novice	
275 lbs.		L. Bontrager	405
I Marsala	240	I. Dewitt	400
198 lbs. Open		198 lbs.	
S. Carter	360	T. Gingerich	405
275 lbs.		198 lbs. Open	
M. Fry	380	S. Carter	625

Special thanks to: Brendan Yoder, Mike Wider, Mark Harris, Mike Schroen, Barb Harris, Al Reed and Rob Reed. The young and the old got the best of it at the 11th Annual Cabin Fever Deadlift Meet. Not that Gentleman George Williams is old, mind you; but at this meet he was one of the older lifters, and he gave Father Time a swift kick in the teeth with a magnificent 600 at age 50. At the other end of the spectrum was Jon Gabriel Smoker in the 10-11 age group. This was a bit of a breakthrough meet for him as he hit 2 PRs and finished with a 170 at 95 lbs. with room to spare. Last year's best lifter was back, Steve Carter, and he was up to the 198 class where he went for a very high ranking lift of 675, but had to settle for a 625, which will still land him in the top 100. Jim Casemier came in looking bigger and stronger than ever at 242 and just needed a lockout on 610, while hitting a good 590. (Thanks to Smoker's Iron Works for these results)

ADAU RAW New Jersey PL
06 MAY 00 - Hopatcong, NJ

BENCH			
WOMEN		Teen 18-19	
132 class		Mike Schulties	350
Amy Perlmutter	200	319 class	
MEN		Open	
132 class		Steve Berge	400
Len Reilly	200	DEADLIFT	
148 class		MEN	
Billy Dyer	225	198 class Open	
181 class		Joe Careri Sr	525
Rich Whitney	260	Teen 18-19	
198 class		Chip Donne	400
Open		Masters 40-45	
Todd Matchick	420	Joe Careri Sr.	525
Teen 18-19		220 Open	
Chip Donne	280	Krzysztof Ksepka	640
Masters 45-49		4th	660
Vinnie Gengaro	325	Teen 16-18	
Jim Fitzpatrick	225	Andy Finland	505
Novice		242 class	
Jim Fitzpatrick	225	Open	
242 class		Miquel Lopez	525
Open		Junior	
Mike Avila	360	Mike Aliva	470
Junior		Law & Fire	
Mike Avila	360	Miquel Lopez	475
275 class		275 class Junior	
		G. Anderson IV	620

RAW POWER	SQ	BP	DL	TOT
MEN				
123 class Open				
Joe Weyman	260s	160s	370s	790s
Law & Fire				
Joe Weyman	260s	160s	370s	790s
132 class novice				
Kevin Morley				
165 class Open				
T J Kamenitzer	350s	275s	405s	1030s
Junior				
Joe Careri Jr.	400	245		
Novice				
T J Kamenitzer	350	275	405	1030
Out of State				
John Audia	385	340	520	1245
Kimson Ting	270	200	365	835
181 class Open				
Scott Eason	335	310s	510s	1155s
Teen 16-17				
R. De Stefano	440	235	505	1160
Master 40-44				
Mike Benducci	300s	225s	400s	925s
Law & Fire				
Scott Eason	335s	310s	510s	1155s
Troy Oswald	365	250	420	1035
30+				
Scott Eason	335s	310s	510s	1155s
Novice				
Troy Oswald	365	250	420	1035
Mike Benducci	300	225	400	925
Out of State				
Dean Bellantoni	435	315	585	1335
198 class Open				
Joe Careri Sr	485s	335s	525s	1345s
Teen 18-19				
Chris Weaver	500s	250	525s	1275s
Chip Donne	315	280s	400	995
Sub Masters				
Mike Viscuso	450s	370s	550s	1370s
John Sigler	415	340	545	1260
Masters 40-44				
Joe Careri Sr	485s	335s	525s	1345s
Masters 70-74				
D. Ginenthal	265	190	385	840
30+				
Dan Caffrey	430s	305s	505s	1225s
220 class Open				
Joe Janeiro	400	340	500	1240
Todd Peterson	360	265	405	1050
Teen 16-17				
Andy Finland	440s	270s	505s	1215s
Junior				
Matt Keller	475s	345s	570s	1390s
Chris Machin	540	330	630	1500
Novice				
Dan Wright	420	335	525	1280
Out of State				
Jeff Deigan	570	385	630	1585
242 class Open				
K. Fitzgerald	505s	410s	520s	1435s
Miquel Lopez	500	380	475	1355
Sub Masters				
Jim Eggerton	450	310	450	1210
Masters 40-44				
Rich Cassidy	350s	305s	465s	1120s
Law & Fire				
K. Fitzgerald	505s	410s	520s	1435s
Miguel Lopez	500	380	475	1355
275 class Open				
Lyndon Samuels	590s	455s	600s	1645s
Teen 16-17				
Vince Sensale	275s	240s	300s	815s
Junior				
G. Anderson IV	620s	425	620	1665
Sub Masters				
F. Johansson	405s	305s	520s	1230s
Masters 40-44				
Pete Gisondi	540	375	700	1615
30+				
James Feorauz	450s	340s	540s	1330s
Novice				
Vince Sensale	275	240	300	815
Out of State				
Pete Gisondi	540	375	700	1615
319 class Junior				
Nick Muscara	425s	335s	510s	1270s
Sub Master				
John Phelan	500s	405s	525s	1415s
Novice				
Nick Muscara	425	335	510	1270
Law & Fire				
John Phelan	500s	405s	510s	1415s
SHY class				
Bill Lambert	560s	350s	520s	1430s

BEST LIFTERS:		TOTAL
123 class	Joe Weyman	790
165 class	John Audia	1245
181 class	Dean Bellantoni	1335
198 class	Mike Viscuso	1370
220 class	Jeff Deigan	1585
242 class	Kevin Fitzgerald	1435
275 class	George Anderson IV	1665
319 class	John Phelan	1415
SHY class	Bill Lambert	1430

TEAM TROPHY AWARD: 1st place - Joe Carini's Basic Fitness = 61 points; 2nd place - Joe's Gym = 56 points; 3rd place - Missing Links = 49 points. This year's meet was the first RAW only NJ State Championships, with the date changed from September to May. Due to a mix up in signals it was posted late in the April issue of *PL USA*. Due to this late notice, many lifters were unaware of the date change and many did not have the opportunity to train for this meet. From the calls I received, many more lifters would like to have competed. Next year's meet is already set for May, therefore we will expect a much larger turnout in 2001. The small number of lifters, 52 competing for about 85 trophies, did not detract from some quality lifting as the lifts show. Besides the regular awards, I believe that I am the only meet director that gives out a Best Lifter Trophy per weight class, regardless of the divisions. This has been my practice for several years now, and the lifters seem to appreciate it. In her first meet, 23 year old, Amy Perlmutter bench 200 at 132, this is quite a lift for any women. Representing Basic Fitness, Joe Weyman couldn't make the 114s, and had to make do in the 123 with lifts of 260-160-370-790. Back to the diet Joe. Len Reilly won the men's 132 bench with a lift of 200, while Billy Dyer did 225, missing 240 at 148. At 165, John Audia did some fine lifting for the Missing Links, he did squats of 355-385 missing 405, he benched an impressive 340, just missing the lockout on 360, he made DL of 485-520 missing 550 for a 1245 total and best lifters. Joe Careri Jr started out strongly with 375, missing - then making a 400 squat. He benched 215-230, missing 245. However his concentration was off and he missed 475 in the DL three times. I'm sure that he will settle down and come with a vengeance. At 181 classes Rich Whitney did a 260 to win the bench competition. At 16, teenager, Rocco De Stefano did some fine lifting with 440-235-505- for 1160. Basic Fitness lifter, Scott Eason won the Open on 355-310-510 for 1155. The Best Lifter was Dean Bellantoni of the Missing Links on lifts of 435, miss squats of 475. Dean missed his opener of 285, made it and a 315 bench. His first DL was 525, missing then making 585 for a 1335 total. Things heated up in the 198 class as Joe Careri Sr. won the DL meet with a 525 lift. Chip Donne won the 18-19 bench on 280, and veteran lifter won the 45-49 master with 325. The Open winner was Todd Matchick who did 400-420 just missing 435. 10 lifters were entered in the power meet. The most honorable Dave Ginenthal at "71", impressed several of the teenagers of Joe's Gym. They wanted to know why I didn't look as good as Dave? I explained that like a fine wine, Dave gets better as he ages, while I - like a fine cheese - just get moldier. Dave just recovered from surgery and made a 265 squat, 190 bench, and a 385 DL for a 840 total. Teenager Chris Weaver showed some fine efforts with a 500 squat, 250 bench, and 525 DL, just missing 555. His total of 1275 won the 18-19 age group. Joe Careri Sr won the Masters with 485-335-525-1345, the second highest 198 total going 8 for 9! Dan Caffery made 430-305-490-1225. The Best Lifter of the class was Mike Viscuso who did 450-370-550-1370. Mike gets better with every meet. At 220 we had my Polish friend, Krzysztof Krepka who won the DL meet on lifts of 600, missed 630, made 640. On a 4th attempt he did an ever so easy 660 for an ADAU American Single Lift Record. Krz is lean, tall and STRONG!! Junior Lifter Matt Keller moved his total up with 475-345-570 for 1390 to win his division. Joe Janeiro won the Open over Todd Peterson on lifts of 400 squat, missing benches of 320 & 340 before making a 340 third attempt and all three DL, ending up with 500 for 1240. Todd took second on 360-265-405 for 1050. Teenager Andy Finland made 5 of 7 attempts. He squatted 400-440, benched 270 and made DL of 460-505 just missing 520. He totaled 1215 in the 16-17 age group. He continues to grow and improve with every meet. Two links went at it for the Best Lifters award, Jeff Deigan and Chris Machin both opened at 540, Jeff then took 570 missing 585. Chris jumped to 600, missing it twice. One of these two lifters is called "Waterfall" due to his majestic outpouring during the squat! In the bench, Chris started with 330 missed 350. Jeff was the stronger lifter with 360-385 missing 400, then the bar hit the floor. Jeff took 570-605- and an easy 630. Chris wanted the win and began with 630, and missed a strong 675 twice. Jeff won on a 1585 total to Chris's 1500. Two top links!!! At 242 Mike Avila won the bench on 360 and the Junior DL on 470. Miquel Lopez won the Open DL meet on his second attempt of 525. Mike also took second in the Open power meet with three squats of 450-480-500. He benched 380 and made his two DL attempts of 475-525 for a total of 1355. Master lifter, Rich Cassidy went 9 for 9, which in itself is excellent. This was on lifts of 350-305-465 for 1120. Kevin Fitzgerald was Best Lifter in the class, going 6 for 7. He squatted 505, made three benches of 380-400-410. He made his opening DL with 520, just missing 570 to take Best Lifter on 1435. At 275 class, Mike Schulties won the bench meet with 350. George Anderson IV won the DL meet on a lift of 620. At the peak of his form, Lyndon Samuels went 6 of 7 attempts to win the Open. He made three good squat, 550-570-590. He also made two benches of 430 and an easy 455. He started his DL with a convincing 600 and just missed locking out a 655. He totaled 1645. The Greatest Link of them all; Pete Gisondi competed making a squat of 540, missing 590 twice. He came back with two attempts at the bench of 360-375, making both. Then the bar hit the floor and Pete took over the show. The 40 year old distinguished master began with 630, then set an ADAU American Master Record of 700 (702.5) for a 1615 total. Such a lift, such great form and poise. Novice teenager in his first meet, Vince Sensale, son of a good friend of mine started his career with 275-240-300 for 815. Under the training of his father Joe, I'm sure this 16 will continue to improve. Frank Johansson won the sub Master with 8 of 9, via 405-305-520 for 1230. In his first meet, James Feorauz did fine lifts of 450-340-540 for 1330. Now for the best Lifter. His lifts were down a little from Feb. due to college exams and graduation, but he still came out strong. George Anderson IV squatted 620, missing 665 twice. He benched 405-425, missing 435. His first DL of 620 was nice and easy, however 665 proved to be too much, George won on 1665. Congrats on your graduation George. At 319 class, Steve Berge won the bench on 380-400. Junior lifter Nick Muscara keeps getting stronger as he improves with each meet. He made 8 of 9 that shows his quality. His lifts were 425-335-510 for 1270. The Best Lifter went to one of our regular supporters, John Phelan who made 8 of 9 attempts. These were 500-405-510 for 1415. SHY had one lifter, Bill Lambert who show improvement and determination every time he competes. Bill made a 560 squat, then missed 615 on depth I believe. He benched 350 and took 520 in the DL for a 1430 total. There is a great deal of behind scene effort that goes into putting on a power meet. It takes good dedicated people to help out so the meet runs smoothly. I wish to thank each of these fine folks. Tom Vara the AD at Hopatcong HS arranges the use of the gym for our meets. Thank you Tom. Ted Finland, his wife Ann and son Andy all provide support and help. Andy with his buddy Brian Smith load the truck with equipment on Friday night, unload it 6 AM Saturday. Plus, Andy lifts as well. A special thanks to both, and the best of luck to Brian Smith, who has helped me at almost every meet I've held at Hopatcong. Brian graduates this June and will go to college via a football scholarship. Thanks to several great spotter / loaders, Jay Siegel, Bugg Bayer, Brian Smith and Emanauel Elbytu. To My Good friend and announcer, Pat Cuntrera. Score keepers, Pete, Paul and my bride Gloria Jean. To the great referees, Nicole and Gregg Troast, Nike Theodorou, and Russ Barnickle. Thanks to Pete Gisondi and Joe Carini for their continued support. Thanks to Fred Meyer who conducted the drug testing on the new computer polygraph system. If anyone wants to challenge this method, one sitting with this device will make a believer of anyone. Many thanks to all and I hope I missed no one. A special thanks to the lifters, with out whom THERE IS NO MEET. Hope to see you all at the ADAU Nationals in July and at the North American Bench Press Championship in Hopatcong on Nov 18. Til then, Train smart, train drug free, Lift RAW and save money. Sincerely Jumpin Jersey Joe. (Thanks to Jumpin Jersey Joe for providing these results for the competition for the *Powerlifting USA*).

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Indiana Open BP/DL
25 Mar 00 - Indianapolis, IN

BENCH	
MEN Teen	
M. VanBruaene	265
A. Huey	260
Junior	
J. McMillin	375
D. Baughman	245
J. Voelkel	315
J. Tompkins	290
Submaster	
M. Hinders	375
P. Linville	405*
B. Ardery	265
Master (40-49)	
T. Blacketer	450
J. Helsley	430
R. Utley	310
J. Kemna	265
Master (70-79)	
T. VanArsdel	285
148 lbs.	
J. Muzik	290
F. Ranelli	280
D. Baughman	245
E. Smith	200
165 lbs.	
M. Prince	345
N. Calhoun	285*
181 lbs.	
C. Boyer	355*
B. Streib	315*
198 lbs.	
B. Grismore	425*
A. Hoffman	325*
220 lbs.	
C. VanTress	425
M. Struck	315*
4th	335*
242 lbs.	
K. Bardos	420*
B. Norman	380*
275 lbs.	
C. Robinson	400*
DEADLIFT	
MEN Junior	
J. Tompkins	475
J. Voelkel	460
Submaster	
M. Striewe	450
B. Ardery	450
Master (40-49)	
J. Kemna	585
T. Blacketer	550
148 lbs.	
F. Ranelli	385*
4th	400*
165 lbs.	
C. Stroud	400*
4th	425*
181 lbs.	
M. VanBruaene	320
198 lbs.	
M. Hinders	460
A. Huey	450
D. Apple	405
A. Hoffman	405
220 lbs.	
M. Struck	465
242 lbs.	
K. Bardos	615
B. Norman	475
275 lbs.	
H. Carson	585
SHW	
D. Minks	460

Best Lifter BP: Brian Grismore. Best Lifter DL: Jerry Kemna. The Indiana Open Bench Press/Deadlift Classic was held at World Gym West. Thanks to owner and world bench press champion Richard Erickson for once again hosting this meet. Thanks also to Dustin Minks and Bill Streib for their help spotting and loading. In the bench competition Matt Van Bruaene was the winner of the teenage class making just his opener of 265 at a 180 bwt. Andrew Huey, weighing in at 190, finished second with 260. Josh McMillin took the junior men's class with a strong 375, weighing in at only 211. Dan Baughman was second with 245 @ 147. "Wrong-Way" Dan came down from South Bend, but took a wrong turn, driving about 60 miles out of his way. But he still made it to the competition! That's dedication! Jason Voelkel was third with 315, just missing a pr with 325. Jason was followed by Ohio lifter James Tompkins who finished with 290, who also missed a pr fourth attempt with 300. Mike Hinders once again won the submaster men's class, finishing with a strong 375. A PR attempt with 385 for his third was just short of lockout. Paul Linville got all three of his attempts, ending with a personal best 405 for second place. Bill Ardery was third with 265, getting only his opener, weighing in at 180. Tom Blacketer looked strong in his win at master 40-49. Tom finished with 450 @ 220, just missing a pr fourth attempt with 475. Second place went to Jim Helsley with 430, who weighed in at 262. Roger Utley got a personal best 310 on his final attempt to finish third. Jerry Kemna was fourth with 265, getting only his opener. APF world record holder Tom Van Arsdel took the 70-79 class with a great 285, even coming close with 295! This seventy-six year old was an inspiration to us all. Jeff Muzik took the 148s with a 290 pr on his second attempt. A final attempt with 305 failed at lockout. Second place went to Frank Ranelli, who came from Ohio to compete, finishing with 280. Dan "Wrong Way" Baughman was third with 245 and Elijah Smith finished fourth, in his first competition, with 200. Mark Prince was the winner at 165 with a strong 345, missing with a pr 355 for his final attempt. Nathan Calhoun was second at 165 with a personal best 285. At 181 it was Chad Boyer, who weighed in at a light 168, finishing with 355 over Bill Strelb, who finished with 315. Both of these lifters posted new PRs for the day. Brian Grismore captured both the 198 open and best lifter honors on his way to a personal best 425. To look at this guy you would swear he would have trouble with 325, but Brian showed lots of raw power in the win. Second place at 198 went to Alex Hoffman, who also got a PR on the day with 325. Clint VanTress continues to slim down, but continues to maintain his strength, finishing with 425 for the win at 220. Second place went to Mark Struck, who got 315 then a 325 fourth attempt. This was Mark's first competition, posting three new PRs. Another fine lifter from Ohio, Kirk Bardos, got his pr of 420 in his win at 242. Second place went to Bill Norman who finished with a personal best 380. Chad Robinson rounded out the bench competition with a win at 275. Chad got his first 400 bench, in just his third competition, on his final attempt of the day. Chad, a great guy who has loads of potential, always brings his whole family with him, including his mom, brother and grandmother to cheer him on. Thanks again, Chad, for the weightlifter's bench clock. It's sitting on my desk. In the deadlift competition James Tompkins came through with the win in the junior class with 475 over second place finisher Jason Voelkel who ended with 460. Mike Striewe and Bill Ardery both finished with 450 in the submaster class. Mike won due to a lower bodyweight, though Bill jumped to a pr 500 on his final attempt, coming close to a lockout. Jerry Kemna looked strong in his master win, pulling a strong 585 @ 186. Jerry even gave 600 a hide, but failed to lockout. Tom Blacketer was second with another fine pull of 550. Frank Ranelli finished a great day of lifting with at 385, followed by a 400 pr in the win at 148. Chris Stroud also PR'd his last two attempts, ending with 425, for his win at 165. Another lifter competing uncontested, Matt Van Bruaene, took the 181s with 320. The biggest class of the day was the 198 open class, with four contestants. When all was said and done, Mike Hinders won it all with just his opener of 460. Andrew Huey was second with 450, missing his final attempt of 490, which would have been a new PR for him. Dustin Apple was third with 405, followed by Alex Hoffman with 405. Mark Struck won at 220 with 465, missing his third attempt with a PR 490. Kirk Bardos finished the day with his second win at 242, pulling a clean 615 there. Second place went to Bill Norman who finished with 475. Big Hank Carson had a few problems in the beginning, but pulled a good 585 for the win at 275. Taking the supers was Dustin Minks who only got his opener of 460. (I don't suppose it had anything to do with the fact that he loaded and spotted all of the bench competition.) Thanks again, Dustin. Best Lifter honors went to Jerry Kemna and his great pull of 585. (Dr. Darrell Latch)

Tom Van Arsdel, 76 years old, was successful with 285 at 203. (Courtesy of Son Light Gym).

Jerry Kemna (Best Lifter in the deadlift) 585 at 181 lbs.; first in masters 40-49.

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USAPL North Dakota State
06 MAY 00 - Fargo, ND

Women's open	SQ	BP	DL	TOT
132				
Diane Siveny	270	160	315	745
165				
Jennifer France	210	165	275	650
Men's Open				
132				
Viet Tran	225	205	325	755
148				
Jake Suedel	300	215	390	905
Tom Coates	290	230	360	880
Bret Mayo	295	260	300	855
165				
James Bourgeault	440	300	485	1225
Michael LeMieux	350	330	465	1145
Paul Kadlec	275	245	355	875
181				
Benito Hibbert BL	505	345	535	1385
G. Donahue	405	275	455	1135
Maxton McCann	345	315	330	990
198				
Scott Wahlberg	450	405	450	1305
John Kearney	450	270	440	1160
Jeremy Holien	255	200	330	785
275				
Jason Parker	415	385	500	1300
Teenage				
148				
Jake Suedel (19)	300	215	390	905

The Minot Air Force Base won the team competition. Benito Hibbert won best lifter.

USAPL FARGO OPEN MAY 6, 2000 FARGO, NORTH DAKOTA

Women's open	SQ	BP	DL	TOTAL
132				
Diane Siveny	270	160	315	745
Men's Open				
132				
Viet Tran	225	205	325	755
148				
Jake Suedel	300	215	390	905
165				
Paul Kadlec	275	245	355	875
181				
Maxton McCann	345	315	330	990
Joe Icenhour	390	—		
198				
Jeremy Holien	255	200	330	785
242				
Gary Minnie BL	680	460	580	1720
275				
Craig Moeckly	500	360	500	1360
SHW				
Brian Oldham	725	440	650	1815
Fred Clary	700	400	700	1800
Brad Anderson	500	520	520	1540
Teenage				
148				
Jake Suedel (19)	300	215	390	905

Gary Minnie won best lifter.

The North Dakota State Championships and the Fargo Open was a success. 22 lifters from MN and ND showed what powerlifting is all about! The contest was tailored for the lifter. For their $38.00 entry, the lifter got a meet T-shirt, sculptured trophy, and free beer and pizza afterwards. In addition, 20% of the lifters were drug tested. The contest was held in a former racquetball court. Surprisingly, the lifting area was adequate and the environment was conducive to lifting. With over 40 spectators, the place was rocking. A couple of times, I wanted to grab a smelling salt and lift. I want to thank all the support staff. Everybody that helped did a great job! Thank to the Sports Center for the use of their facility. A special thanks to Gene Bell. Gene, a powerlifting legend, helped set up and judged. More importantly, Gene brought 11 lifters from the Minot AFB, which ensured that the contest was a success. I want to thank Cory Grenz and Mark Rodacker, M.D. for spotting and loading. They did an excellent job and they had to put up with me. I was a little irritable, since I didn't sleep the night before the contest. Thanks to 2 time Collegiate National Champion Shawn Friday and Ann Schuler for judging. Once again, Ann did a great job helping me and did everything I asked her to do. Without her help, the contest could not have happened. 2 time World Champion Julie Schulz did an excellent job at the scorer's table. Thanks to Tom Haggenmiller for the use of his equipment. Last but not least, I want to thank Troy Weippert for all of his help and for the great job announcing. Troy helped me set up and did every job I asked him to do, including taking a 373 lb. lifter to MeritCare Hospital to get weighed in. Troy, were you crowded in the front seat of your car? In the ND State, in the Women's Open, Diane Siveny took first place in the 132s. She cruised, setting four state records for an impressive 745 total. Newcomer Jennifer France captured first place in the 165s and set a state bench record. In the Men's Open, in the 132s, Viet Tran took first place. Teenager Jake Suedel took first in the 148s via his state record deadlift! Jake has potential in the sport. Newcomer Tom Coates took second, while chemist Bret Mayo took third. In the 165s, James Bourgeault, in his first powerlifting contest, captured first place with a solid 1225 total. Lean Michael LeMieux took second while former boxer Paul Kadlec took third. In the 181s, Benito Hibbert took first place with a 1385 total and also captured the two foot sculptured best lifter trophy! Mr. Hibbert went 8 for 9 with solid, clean lifts. He could eventually total over 1500 at 181s. Geoffrey Donahue took second while Maxton McCann, with a 9 for 9 performance, took third. In the 198s, zoo keeper Scott Wahlberg took first on a bad day. Scott is capable of a 1400 total, but he missed a 500 squat twice on depth. John Kearney took second, while newcomer Jeremy Holien took third. Jason Parker took first place in the 275s. What the Fargo Open lacked in numbers, it made up for it with the quality of lifting, especially in the heavyweight divisions. Speaking of quality, Gary Minnie, a police officer from St. Paul, MN, captured first place on the strength of his huge 680 squat and 460 bench press. Gary was also named best lifter! In the 275s, Craig Moeckly took first place with a 1360 total. His total did not reflect his true strength as he had 95 pounds in missed lifts. Craig employs the Jerry Jones' squat technique, i.e., slow descent. This style is still popular with lifters in the Twin Cities, especially the big guys. In the SHWS, there was more beef than at the west Fargo Stockyards. Dr. Fred Clary weighed 309, Brad Anderson weighed 328, and Brian Oldham was too big to be weighed on the meet scale. Brain had to be taken to MeritCare Hospital, where he tipped the scale at 373. Brian took first place. Brian survived "B-52", scares in both the squat and deadlift, having to make his last lift in each to stay in the contest. Not to take anything away from Brian, but he may have benefited from a spotter getting in the way of the side judge on his third squat. This was Brian's first sanctioned contest. He has tremendous raw power! Once he learns proper technique and develops an "attitude" on the platform, he will instantly put on 100 pounds on his total. Dr. Fred Clary took second on the strength of his 700 pound squat and deadlift. Fred's 700 pound squat was solid and deep. My knees were practically touching the floor while spotting it. Big Brad Anderson took third place. Although Brad lifted in all three events, he primarily came to bench. Brad lifted raw in all three events and had at least 50 pounds more in both his squat and deadlift. Brad benched a state record of 520. This is quite impressive, considering Brad did not use a bench shirt, wrist wraps, or belt! These results are unofficial, pending the results of the drug tests. The following people were drug tested: Diane Siveny, Gary Minnie, Brian Oldham, Fred Clary, and Brad Anderson. Respectfully submitted by Rich Edinger, J.D. (Thanks to Richard E. Edinger for providing the results for this contest).

North Dakota State Team Champions, the Minot Air Force Base, *along with their coach, Gene Bell. (front l-r) Jeremy Holien, Tom Coates, Jennifer France, Diane Siveny, Micheal LeMieux (Back l-r) Maxton McCann, Tony, Jason Parker, John Kearney, Geoffrey Donahue, Gene Bell, James Bourgeault.. (Richard E. Edinger).*

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Power People

Bugs Bayer *(seen at left - above) has been lifting weights for 42 years, and along with* ***Andy Brown*** *(right), they have become the first world champions from Dubois, Pennsylvania, after their performances at the AAU World Championships in Atlantic City, New Jersey last October. Andy won the 18-19 year old 181 pound class with lifts of 450 250 550 1250 and Bugs won the 50-54 year old 198 lb. class with lifts of 490 260 550 1300. According to Bugs "Our numbers maynot be as large as some other groups, but we are Raw and drug free". (Bugs Bayer)*

Power Palooza II
1, 2 APR 00 - Leesport, PA

BENCH				
Submaster				
S. Zakrzenski	130			
R. Hall	120			
Open				
154				
R. Hall	120			
Master 45-49				
B. Raught	155			
Teen 16-17				
J. Wisniewski	95			
Teen 18-19				
A. Bair	130			
MEN				
Teen 14-15				
M. Bealer	240			
Teen 16-17				
K. Bast	265			
J. Poole	265			
C. Bell	345			
M. Tullio	195			
C. Quirin	205			
Teen 18-19				
B. Canfield	275			
J. Wentworth	270			
F. Ammarell	255			
P. Kiwsky	210			
Open				
148				
R. Smith	275			
E. Kissinger	230			
165				
J. Mazza	410			
J. Venner	330			
D. Pauley	270			
Raw (Light)				
D. Pauley	270			
Submasters				
J. Venner	330			
Master 40-44				
J. Doherty	430			
B. Nagle	410			
M. Gerckens	310			
H. Green	290			
B. Weidaw	315			
P. Yoder	290			
T. Evangelista	285			
Masters 45-49				
T. Ksanznak	370			
R. Cavanna	280			
P. Buchhofer	225			
Masters 50-54				
D. Ohler	305			
A. Rossi	325			
Masters 55-59				
J. Mitsopolous	380			
T. Tullio	195			
Raw (Heavy)				
B. Nagle	410			
P. Schwarze	255			
Juniors				
C. Kalbach	450			
Open				
181				
T. Ksanznak	370			
P. Contastathes	365			
Full Meet				
WOMEN	SQ	BP	DL	TOT
Open				
104				
K. Sandt	165	110	200	475
111				
S. Parrish	285	170	340	795
116				
T. Falcone	245	145	345	735
139				
M. Borzok	250	215	320	785
K. Miller	225	145	250	620
175				
D. DeFranco	275	175	330	780
RAW				
Light				
R. L. Fiore	175	100	235	510
Heavy				
J. Rinehart	215	130	300	645
Law & Fire				
S. Piper	205	135	280	620
Teen 16-17				
A. Fegely	245	140	2740	625
J. Wisniewski	160	95	225	480
K. Ziegler	115	80	160	355
MEN				
Teen 13				
R. Knoll	175	125	270	570
Teen 14-15				
D. Zachmann	455	260	490	1205
198				
B. Trice	360			
220				
C. Kalbach	450			
242				
B. Nagle	410			
275				
J. Doherty	430			
SHW				
C. Eckroth	350			
J. Weidaw	330			
G. Rychlak				
Law & Fire				
J. Mazza	410			
M. McLead	445			
DEADLIFT				
Open				
116				
T. Falcone	345			
Teen 16-17				
A. Fegely	240			
K. Ziegler	160			
MEN				
Teen 14-15				
R. Delong	390			
A. Cammauf	310			
Teen 16-17				
C. bell	585			
K. Bast	405			
N. Velazquez	405			
B. Schneider	400			
A. Heck	370			
S. Wyandt	500			
M. Tullio	315			
Teen 18-19				
J. Wentworth	380			
J. Horning	420			
Z. Peters	430			
C. Martin	450			
Open				
148				
R. Smith	350			
Masters 40-44				
P. Yoder	460			
B. Nagle	490			
P. Schwarze	315			
Masters 45-49				
P. Buchhoer				
80+				
P. Eberhardinger	225			
Submaster				
I. Fuentes	450			
Raw (Heavy)				
C. Eckroth	625			
B. Nagle	490			
P. Schwarze	315			
Open				
198				
B. Trice				
242				
C. Moyer	465			
275				
S. Weber	550			
SHW				
G. Rychlak	655			
C. Eckroth	625			
A. Keppley	250	160	350	760
J. Rowe	260	165	340	765
B. Weyandt	210	145	240	595
J. Richards	265	155	290	710
M. Riegel				
Teen 16				
B. Johnson	230	155	315	700
J. Weisman	280	210	335	825
E. Koller	310	175	350	835
R. Weand	240	125	260	625
E. Bohnenblust	250	160	345	755
S. Schaeffer	300	205	420	925
N. Cosenza	235	140	275	650
T. Noecker	200	110	260	570
S. Wyandt				
Teen 17				
D. Kratz	375	280	435	1090
M. Yanocha	405	255	425	1085
G. Amadio	250	150	300	700
R. Brooks	245	185	285	715
C. Hoshauer	290	180	380	850
M. Votodian	370	240	350	960
J. Boltz	350	185	400	935
T. Manno	335	225	365	925
P. Cha	245	135	300	680
J. Cohn	285	150	370	805
Light Teen 18-19				
P. Curley	340	260	415	1015
P. Crater	320	255	365	940
J. Kantner	330	160	350	840
K. Gelsinger	265	200	310	775
T. Hare	240	190	365	795
Heavy				
J. Horning	340	230	420	990
A. DeJesus	310	175	360	845
A. Smith	350	210	420	980
B. Shoemaker	275	175	400	850
C. Ganster				
Open				
114				
J. Gosling	380	295	425	1100
123				
B. Johnson	230	155	315	700
148				
R. Smith	350	275	350	975
S. Kaiser	285	255	400	940
R. Baker				
165				
R. Fernandez	480	250	480	1210
181				
M. Lawrence	500	310	475	1285
J. Boyer	505	275	475	1255
198				
T. Wagerle	530	355	530	1415
D. Ernst	520	355	530	1360
J. Snyder	525	310	505	1340
B. Rundle	475	285	540	1300
I. Gonzalez				
220				
P. Grohoski	640	475	580	1695
J. Holbert	555	400	610	1565
J. L. Ricks	500	300	570	1370
J. Keenhold				
242				
M.Shirey	670	360	600	1630
J. Parrish	555	400	610	1565
K. Michels	525	335	565	1425
SHW				
M. Moyer	700	420	720	1840
C. Eckroth	585	350	625	1560
Law & Fire				
J. Holbert	555	435	560	1550
J. Parrish	555	435	610	1600
D. Croley				
Masters 40-44				
J. Knoll	585	390	560	1535
R. Fernandez	480	250	480	1210
P. Schwarze	225	255	315	795
Masters 45-49				
R. Ceriani	640	450	600	1690
B. Brinton	655	475	570	1700
D. Pride	475	285	500	1260
B. Klenk	410	260	480	1150
A. Moatz	370	280	460	1110
Masters 60-64				
R. Zavacky	3045	250	480	1130
Submaster				
J. Ihli	400	250	480	1130
Raw (Light)				
J. Monk	380	280	430	1090
C. Colondrillo	360	265	510	1135
J. Braine	280	195		475
Middle				
D. Thierry	510	390	585	1485
B. Mills	420	355	560	1335
A. Parrillo	425	315	465	1205
E. Brady	330	275	485	1090
C. Pyle	350	320	455	1125
N. Cammauf	310	200	375	885

WOW!! After the success of The Inaugural Power Palooza, Schuylkill Valley High School and strength coach, Phil Yoder, stepped up to the plate and wanted to bring the show to their home turf. And boy they didn't disappoint. They entered 32 students who were a part of a record 58 teenagers from 4 local schools vying for the Inaugural Scholastic Strength Challenge Cup. The host school walked away with the 6 foot trophy. A grand total of 140 lifters entered, which is significant increase from Palooza 1. I would like to say that entertaining such a diverse group ranging from the grizzled veterans to the wide-eyed newcomers was a pleasure. Each and every competitor handled themselves with poise and the camaraderie was clearly evident. Everyone left this event learning valuable lessons that I hope they use to succeed in this great sport. All first place and best lifters received beautiful sculptured trophies supplied by Don Len Inc. Top five lifters in each class/divisions received trophies. All teenage competitors that didn't place in their respective divisions, received beautiful medals. Two sportsmanship trophies were awarded. The first went to Schuylkill Valley's own Phil Yoder. Phil did double duty with spotting and loading plates and also coaching his students when their turn arose. The second went to Franco St. PA. Franco has been missed on the platform. But he volunteered his time to track meet results on a computer program he developed. As a result, the down time between the end of each day's lifting and the awards ceremony was kept to a minimum. Which was a delight to all the lifters. Two Grand Champions were crowned as the bench press portion went to 57 year old, John Mitsopolous, who pressed 380 lbs. at 198 lbs. bodyweight. The Full Meet champion was crowned. Jason Gosling walked away with the honors. Jason totaled 1100 lbs. at 112 lbs. bodyweight. Jason had problems with his footing during the squat and waited until his 3rd attempt to get a passing squat. But after that scare, it was smooth sailing for Jason. In closing I would like to thank all the spotters and loaders: Jim Parrish, Blaine Rundle, Justin Boyer, Travis Myer, Ben Heins, Chuck Hoshauer, Carl Moyer, Adam Keppley, Mike Hummel, Eric Walborn, Jed Horning, Dave Cyfers, and spotters Chris White and Dave Siefert. You all provided a valuable service!! The head table: Christine Eisenhower, Pat Kennedy, Susan Zakrzewski, Judith Rinehart, Bill Brinton, Franco Stipa. Judges: Bob Hill, Andy Pierson, Mike Shirey, Jim Parrish, Bob Nagle, Dale Ohler, Fred Glass and his crew. Schuylkill Valley Students: Eric Walborn, Ben Heins, Liz Stays, Diane Richards, Jason Deeter, Amy Hain, Abbey Perez, Jill Romaines, Sara Bobeck, Carrie Stork. These students volunteered their time to man the admission table, T-shirt sales and take photographs of the event. Finally, I would like to thank Phil Yoder, the Athletic Boosters and the staff and student body of Schuylkill Valley High School for putting forth a tremendous effort in hosting this event and making this show one to remember. See you all at the 4th Annual Pottstown Invitational Power Challenge Oct. 7, 2000. Team Competition: Full Meet: 1st- Body Factory I; 2nd- Body Factory II; 3rd- Better Bodies; 4th- Berks County Prison; Bench Press: 1st- Kennedy's Gym. (Thanks to Gene Rychlak Jr., Meet Director, Judge, Competitor, for the meet results)

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The Lady Competitors from Iowa *- at the USA Raw Spring Nationals (l-r) Diane Harper, Jeanne Christensen, Jo Phillips, Cindy Irons, Catherine Hopkins (photo provided courtesy Son Light Powr Gym).*

USA Raw BP Spring Nationals
08 Apr 00 - Tuscola, IL

WOMEN		Open 198 lbs.	
Submaster		J. Phillips	165*
148 lbs.		MEN	
A. Davis	205*	Master (40-49)	
165 lbs.		165 lbs.	
C. Hopkins	125*	B. Davis	330
Master (40-49)		198 lbs.	
181 lbs.		J. McDonald	320
C. Irons	145*	242 lbs.	
Master (50-59)		S. Markham	370
198 lbs.		275	lbs.
D. Harper	130*	K. Hess	300
Master (60-69)		Teen 165 lbs.	
165 lbs.		P. Cloe	160
J. Christensen	130*		

* National Record. Best Lifter Women: Anne Davis. Best Lifter Men: Butch Davis. The USA "RAW" Bench Press Federation Spring Nationals was held at Son Light Power Gym. A surprisingly small turnout still yielded some great lifting along with several new records being established. The submaster women's class saw the return of Anne Davis to competition after a year long layoff Anne, who holds the open women's national record at 148, moved into the submaster's class, this being her last year to lift in that class. Anne got a strong 205 for a new national record there, before missing 210 for her final attempt. Catherine Hopkins also set a new national mark, lifting in the submaster 165 class. Catherine opened with an easy 125, but was unable to get a second attempt in. In the master women 40-49 division, feisty Cindy Irons finished with 145, another national record at 181. Diane Harper, who has been nursing an injured leg, continues to struggle with the bench, not able to push off with all her strength. Diane did hang in there, though, getting 125, then a "sloppy" 130 for a national record in the 198 master women 50-59 class. Another great inspiration in the competition was Jeanne Christensen, who took the 1.65 master women 60-69 class. Jeanne also established a new national record at 165 with her opener of 130. Jo Phillips won the open division with still another national record, this time at 198 with 165. Jo's only miss was for a personal best 170 final attempt. Jo, Catherine, Jeanne, Diane and Cindy are all trained by Vernon Phillips, trainer extra ordinaire. In the master men's 40-49 division Butch Davis took the 165 class with a strong 330. Butch then tried a 345 national record twice, both times coming close to lockout. It was great to see Butch back in competition after having hip replacement surgery last May. At 198 it was Joe McDonald with 320, though he did come close with 350 for his final attempt. Up next was Steve Markham who finished with a personal best 370 raw for the title at 242. Kurt Hess moved up to the 275 class where he captured still another title, ending with 300. The final competitor was teenager Payton Cloe who took the 165 title with 160. This fourteen year old has a lot of potential and one we will definitely be hearing from in the future. Thanks to my son Joey and Dotti Hess for their help with the competition. (D. Latch)

USAPL MAINE STATE MILLENNIUM
22 APR 00 - Union, MA

TEEN 18-19	SQ	BP	DL	TOT
165				
J. Oliveria	430	265	505	1200
148				
E. Stewart	365	240	425	1030
181				
J. Dearborn	340	190	330	860
Masters				
165				
K. Hibbard	250	150	275	675
Open				
114.				
M. Mackenzie	170	120	240	550
165				
K. Grant	225	140	270	635
D. Dow	275	155	325	755
181				
S. A. Salletta	225	145	215	585
198				
R. Morgan	180	135	310	625
MEN				
Open				
148				
J. Roy	375	360	460	1195
L. Irza	285	270	340	895
165				
S. Beavpre	540	385	505	1430
J. Oliveira	430	265	505	1200
E. Lacerte	460	280	460	1200
D. Bragdon	435	215	435	1085
C. Gifford	290	220	360	870
S. Parker	275	190	400	865
181				
J. Kaplan	490	365	550	1405
M. Twitchel	430	330	515	1275
T. Morton	355	230	425	1010
198				
P. Leighton	540	400	540	1480
M. Michael	515	305	550	1370
M. Lloyd	495	335	495	1345
220				
M. Laliberte	590	380	540	1510
D. Emmons	540	380	580	1500
A. Czyss	460	340	475	1275
242.				
M. Eugley	625	405	625	1650
G. Russo	625	435	520	1575
L. Reardon	570	375	520	1465
S. Mitchell	450	255	505	1210
275				
C. Clark	530	430	590	1550
M. Rainey	500	405	560	1465
SHW				
D. Egan	500	355	560	1415
Grand Masters				
220				
A. Ruban	535	355	550	1440
Police & Fire				
181				
T. Morton	355	230	425	1010
Submaster				
198				
J. Pettigrew	450	330	500	1280
148				
L. Irza	285	270	340	895
Masters				
220				
W. McGrath	385	305	450	1140

BP			
WOMEN			
Bench		181	
97		E. Parent	315
L. Proulx	130	D. Babcock	285
114		OPEN	
M. Mackenzie	120	148	
165		J. Roy	360
K. Grant	140	L. Irza	270
181		165	
S. A. Salletta	145	S. Beavpre	385
198		M. Farrell	220
R. Morgan	135	181	
TEEN 18-19		E. Moore	345
275		E. Parent	315
K. O'Gorman	390	D. Babcock	285
165		198	
B. Moody	265	P. Leighton	400
MASTERS		M. Lloyd	355
220		D. Groder	320
W. McGrath	305	J. Orcutt	275
165		220	
M. Farrell	220	J. Moses	340
GRAND MASTER		C. Kienzle	340
148		242	
R. Ray	225	N. Doucette	450
Police & Fire		E. Hafner	390
242		J. Guay	355
E. Hatener	390	275	
198		J. Boutot	445
D. Groder	320	C. Clark	430
SUBMASTER		K. O'Gormon	390
220		S. Reardon	190
C. Kienzle	340		

(Thanks to USAPL for providing the meet results)

Pro-Fitness DL & Keg Lift
5 Feb 00 - Pikeville, KY

WOMEN	DL	Keg Lift
Master 132 lbs.		
S. Conley	225	26
Open		
S. Hyden	225	26
MEN Open Light 181 lbs.		
M. Roberts	455	27
Master 220 lbs.		
R. Burruss	525	27
Open Middle 220 lbs.		
J. Bevins	500	30
Open Heavy 242 lbs.		
C. Hicks	600	31
Master 165 lbs.		
C. Fields	500	35

The front lateral raise was substituted for the loading medley, due to rain and cold weather. This event is part of the Pro-Fitness Challenge Points Series which consists of 17 different MultiSport events held throughout the year. These events include powerlifting, strongman, running, biking, kayaking, climbing or any combination thereof. MultiSports on the web: www.multisports.net. (Thanks to Pro Fitness for providing the results)

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9th NASA Powerlifting
18 Mar 00 - Kincheloe, MI

Pure	SQ	BP	DL	TOT
138 lbs.				
McCarthy	255	195	380	830
170.8 lbs.				
James	380	225	465	1070
Planes	365	275	390	1030
White	275	160	440	875
Will	190	185	—	—
187 lbs.				
Trent	485	320	550	1355
McDowell	365	290	350	1005
Sandoval	315	175	330	820
205 lbs.				
Suttle	—	—	—	—
227	lbs.			
Hurley	550	365	460	1375
Stevenson	510	335	505	1350
Yelle	300	240	340	880
Faulkner	545	—	—	—
Lewis	500	—	—	—
Fargo	145	470	—	—
Dozeman	—	—	—	—
Wilson	145	145	—	—
250.2 lbs.				
Mazzola	—	—	—	—
280 lbs.				
Ranney	550	325	525	1400
Burger	405	350	—	—
Submasters 227 lbs.				
Hurley	550	365	460	1375
Masters I - 227 lbs.				
Stevenson	510	335*	505	1350*

*–N.A.S.A. Michigan State Record. Meet Director: Jim Stevenson. Meet Coordinator: Dave Mastaw. Participation was down for this meet but, the performance of those who finished was a credit to our program. Jack McCarthy lifted alone in the 138 Pound Class and pulled a impressive 380 lbs. deadlift. Terry James, in only his second meet improved his squat, deadlift and total respectively to take first place in the 170 lbs. class. New lifter Mark Trent totaled 1355 in the 187s and was best lifter of the meet. My sometime workout partner Mike Hurley out totaled me by 25 lbs. to take first place in the 227 lbs. class. Red Fargo hit a big bench of 470 lbs. and a near miss at 490 Bill "TRUCK" Ranney put up some nice numbers for the win in the 280s and to let Burger know who is Boss. Thanks to the spotters and loaders for doing an excellent job. (Thanks to Jim Stevenson for results)

Jim Stevenson squatting 510 lbs. at the Kincheloe NASA meet, as a master lifter 40-49 year old age group, and meet director. (Jim).

USAPL Indiana State
13 MAY 00 - Bloomington, IN

WOMEN	SQ	BP	DL	TOT
114				
Teen 16-17				
A. Byrley	185	85	250*	520
132				
Teen 18-19				
L. Mielcarz	235	105	280	620
Master 2				
N. Hays	185	135	305	625
148				
Teen 16-17				
M. Lehman	225*	115*	300*	624
Teen 18-19				
L. Schaefer	275	125	260	660
A. Dunivan	260	115	250	625
165				
Teen 14-15				
L. Rollins	235	100	240	575
Junior 20-23				
G. Kalk	295	180	345	820
198				
Teen 18-19				
S. Fields	275	140	300	715
Open				
T. Moe	315	200	300	815
MEN				
114				
Teen 14-15				
C. Renn	210	130	290	630
123				
Open/M1				
S. Meadows	325*	210*	440*	975
132				
Teen 18-19				
R. Renn	345	185	425*	955
Open				
C. Reinitz	375	235	400	1010
148				
Teen 14-15				
J. Huczko	325*	175	385*	885
Teen 16-17				
B. Widlanski	385	185	405	975
C. Singleton	325	215	420	960
C. Sharrett	300	200	315	815
Teen 18-19				
G. Alexander	375	265*	420	1060
Open				
M. Buck	390	270	435	1095
165				
Teen 16-17				
B. Cole	350	265	405	1020
B. Mackey	315	205	370	890
J. Thomas	210	110	285	605
Teen 18-19				
B. Burris	425	225	440	1090
Open/M1				
J. Thomas	445	230	510	1185
181				
Teen 14-15				
J.E. Michael	225			
Teen 16-17				
B. Passmore	420	225	430	1075
Novice				
E. Nickson				
Open				
J. Volek	585	305	600	1490
T. Maslan				
R. Perine				
Open/Sub				
M. Carey	465	290	365	1120
Sub				
J. Dalton	405	315	480	1200
198				
Teen 16-17				
W. Literal	450	265	520	1235
S. Davies	390	315	455	1160
C. Lindaas	440	250	440	1130
J. Flanagan	385	225	410	1020
Junior20-23				
B. Johnson	445	270	475	1190
Open				
M.Willett	645*	400	665	1710
B. Barnes	580	345	650	1575
J. Campbell				
Master 2				
A. DeLong	300	165	350	815
220				
Novice				
D. Hall	450	285	450	1185
Teen 16-17				
D. Traub	485	290	575	1350
N. Haase	415	250	440	1105
Teen 18-19				
A. Schaeuble	500	300	570	1370
L. Lynch	420	250	560	1230
Open				
M. Swift	635	385	590	1610
J. Massey	600	375	650	1625
Sub				
R. Varner	485	375	535	1395
M40-44				
W. Lowey	525	350	625	1500
Master 1				
L.Hughes	405	230	425	1060
242				
Teen 14-15				
J. L. Pitts	365	230	425	1020
Open/Sub				
D. Ballard	700	400	700	1800
J. Newton	510	320	530	1360
Open				
J. Shoopman	600	400	650	1650
275				
Junior 20-23				
M. Wenning	640	400	605	1645
Open				
M. Hartle	650	485	635	1770
T. Smith	500			
319				
Open				
J. Chantler	600	360	615	1575
UNL				
Open				
S. Virgin	650	405	670	1725
B. Giffen	500	300	515	1315
OPEN PL				
148				
Master 1				
S. Sheridan	270	115	320	705
Open				
D. Bracken	500	295	485	1280
165				
Novice				
O. Velarde	325	280	400	1005
181				
Open				
B. Brown	340	250	530	1120
S. Lawson	370	270	460	1100
198				
Open				
M. Johnson	475	340	525	1340
242				
M1/Raw				
R. Ganong	535	425	600	1560
275				
Teen 14-15				
C. Bischoff	490	290	370	1150
BENCH				
Open				
148				
E. Shields	320			
242				
E. Streaty	385			
275				
M. Brown	405			
Master 1				
181				
R. Utley	280			
242				

M. Murphy	420		
Novice & Sub			
220			
B. Denlinger	420		
Sub			
J. Keough	335		
Master 2			
275			
T. Striverson	490		
Open/M1			
J. Pierce	420		

* Denotes Indiana State Record. BEST LIFTERS: WOMEN: Open- Tammy Moe; Teen- Lindsay Mielcarz; MEN: Open- Mike Willett; Teen- Geroge Alexander; Hoosier Open Pl: Men-Dave Bracken; Women-Denise Sheridan; Hoosier Open Bp: Men-Ted Striverson; Team: Iron Pit Gym-Bloomington. (Thanks for USAPL for providing these results).

Prairie State Games
25 JUN 00 - Belleville, IL

BENCH			
Teenage Lightweight		J. Smith	290
J. Amsbury	265	A. O'Dell	165
R. Garland	165	165	
Teenage Heavyweight		J. Amsbury	260
T. Sexton	105	198	
Masters 40-49		P. Marks	370
W. Garland	345	220	
B. O'Dell	325	B. Beltz	450
Masters 50+		C. Meadows	350
D. Wilson	350	275	
Open		R. Whitmore	475
148		K. Draege	350
R. Prince	290	SHW	
		P. Nowak	365

(Thanks to Dana Rosenzweig for these results).

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28th APA Flag Day BP/DL
14 JUN 00 - New Haven, CT

BENCH			
181		308	
J. Steele	250	R. Rohmer	300
N. Wellins	200	DEADLIFT	
S. Benecol	200	148	
220		J. Hovak#	325*
T. Phillips#	319*	181	
242		J. Steele	400
P. Canzanella	275	N. Wellins	200
275		242	
M. Hogan	315	P. Canzanella	315

#- Best Lifter; * New Meet Record; Place: Fort Hale Park; Meet Director: Joseph Steel; Time: 2 hours; Head Judge: Joseph Steele; Side Judges: Neal Wellins, Andrew Bram and Mark Hogan; Announcer: Andrew Bram: Sponsors: World Gym Of Hamden and the City of New Haven's Park and Rec Department. The 28th Annual A.P.A Elm City Flag Day Bench Press- Deadlifting Championships went very well with a total of eleven lifters taking part from two countries. There were two meet records set. In the Bench Press Division Ted Phillips won the 220lb class and was Best Lifter with a 319 lb. lift, that was a meet record. In the 308 lb. class 69 year old Ron Rohmer, lifting in his first meet since his heart attack six months ago, made good a 300 lb. lift. In the Deadlift Division John Hovak won the 148 lb. class and was Best Lifter with a 325 lb. lift. That was a meet record. John did all of this in his very first meet! I would like to thank all of the lifters for participating in this year's event. All of the entry fees were donated to the Veterans Memorial Hospital in West Haven, CT. This year's contest was held to honor the Veterans and all of the people on the home front who manned the factories, farms, and seaports to support our country during World War II. This donation served as a small reminder that freedom burns brightly in the Elm City, New Haven. (Thanks to Joe Steele for the meet results).

John Hovak: winner of the 198 lb. class and Best Lifter at the APA Flag Day competition . (Joesph Steele)

USAPL Glen Mills Invitational
4 Mar 00 - Concordville, PA

MEN	SQ	BP	DL	TOT
HS Jr/Sr 114 lbs.				
K. Arits	145	55	145	345
K. Vang	145	55	145	345
C. McLean	145	55	145	345
123 lbs.				
A. Shakur	145	55	145	345
L. Evans	145	55	145	345
132 lbs.				
J.Panyasee	145	55	145	345
W. Bell	145	55	145	345
D. Scott	145	55	145	345
148 lbs.				
D. Rudolph	145	55	145	345
D. Wharton	145	55	145	345
F. Groce	145	55	145	345
165 lbs.				
K. Dean	145	55	145	345
B. Parker	145	55	145	345
181 lbs.				
G. McDowell	145	55	145	345
W. Rice	145	55	145	345
198 lbs.				
B. Beaver	145	55	145	345
M. Minor	145	55	145	345
R. Toynes	145	55	145	345
T. Robinson	145	55	145	345
220 lbs.				
M. Peterson	145	55	145	345
T. Bacon	145	55	145	345
S. Gray	145	55	145	345
242 lbs.				
M. Duncon	145	55	145	345
M. Fisaga	145	55	145	345
D. Richardson	145	55	145	345
SHW				
P. Carroll	145	55	145	345
O. Gullette	145	55	145	345
Master (40-44) 220 lbs.				
M. DelSignore	145	55	145	345
Master (55-59) 220 lbs.				
K. Hansen	145	55	145	345

(Thanks to USAPL for providing these meet results)

WHC Hawaii Push - Pull
13 MAY 00 - Waialua, HI

TEEN BOYS	BP	DL	TOT
123 lbs.			
Edwin Manmano 16	220	405*	625*
Calvin Garo 17	225	385	610
148 lbs.			
Sean "Ola" Silva 18	275*	410*	680*
Eric Garo 18	255	375	630
1 65 lbs.			
Stephen Vefano 17	335*	365	700*
Matt Mamizuka 19	225	315	540
181 lbs.			
Kevin Noneza 19	315	51 5*	830
1 98 lbs.			
Lono Manners 17	425*	485*	910*
Robert "Boy" Preston	315	440	755
220 lbs.			
Justin Tadina 18	350*	530*	880*
WOMEN MASTERS			
148 lbs.			
Miyako Yano 70	175*	155*	230*
Stancy Herron	145	250	455
Rowena Bagayao	145	250	395
MEN MASTERS			
132 lbs.			
Carlos Tantog	205	385	590
165 lbs. (50-55 yrs.)			
Allen Vidal 53	340	350	690
181 lbs. (55-59 yrs.)			
Larry Van Drei 57	120*	250*	370*
220 lbs. (70-75yrs)			
James Hiramoto 70	240*	405*	645*
242 lbs. (55-59 yrs.)			
Toe Preston 56	425	615	1040
NOVICE MEN			
148 lbs.			
Lyman Holeso	270	345	615
Marnie Balubar	175		
165 lbs.			
Greydon Espinda	335	415	750
Gerald Madsen	205	470	675
181 lbs.			
Walter Enos	330	485	815
Todd Cossey	350	405	755
220 lbs.			
Kalani Davis	455	455	910
Matt Elvenia	400	500	900
Jarius Aleka	365	465	830
Boogie Pactol	350	465	815
Michael Kreiner	270	500	770
242 lbs.			
Lincoln Barit	405	475	880
Jamar Aleka	350	500	850
Superheavy			
William Maxwell	350	380	730
John Taomalatai	315	315	630
OPEN MEN			
181 lbs.			

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1997 APF Okie State Powerlifting / Open - Tulsa, OK - 2 tapes
1997 APF Masters / Teenage / Junior Nationals - Saint LOuis - 2 tapes
1997 ADFPA Women Nationals - Lincon, NE - 2 tapes
1997 USAPL Teenage/JUnior Nationals - Saint Louis, MO - 2 tapes
1997 ADFPA National Masters - Lincoln, NE - 2 tapes
1997 ADFPA National High School Championships - Alexandria, LA - 3 tapes
1997 ADFPA Midwest Bench Press - Rapid City, SD - 1 tapes

1998
1998 WPC Bench Press / Powerlifting Worlds - Graz, AUSTRIA - 7 tapes
1998 WABDL National Bench Press - Irving, TX - 1 tape
1998 USAPL National High School Championships - Lincoln, NE - 3 tapes
1998 USAPL Lifetime Nationals - Saint LOuis, MO - 2 tapes
1998 USAPL Saint Louis High School Championships - Chicago, IL -
1998 USAPL Saint Louis High School Championships - Chicago, IL -
1998 APF Senior Nationals - Chicago, IL - 2 tapes
1998 APF Southwest USA Powerlifting - Dallas, TX -
1998 APF/AAPF Okie State - Stillwater, OK - 1 tape
1998 APF Teenage/Junior/Submaster/Master Nationals - Daytona, FL - 2 tapes
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1999
1999 WDFPF World Powerlifting - Omaha, NE - 2 tapes
1999 WABDL National Championships - Irving, TX - 2 tapes
1999 USAPL Women Nationals - Lincoln, NE - 2 tapes
1999 USAPL Teenage/Junior Nationals - Lincoln, NE - 2 tapes
1999 USPF Men/Women Senior Nationals - Dallas, TX - 2 tapes
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Vern Hiromoto	365	530	895
Rato Ablao	340	500	840
Ricardo Tubbs	330	465	795
198 lbs.			
Gene Sand	445*	530	975*
Al Ku	410	540	950
Abraham Papaleo	300	500	800
242 lbs.			
Shane Ahlo	515*	600	1115*
275 lbs.			
Phillip Guerrero	405	600	955
Alex Arucan	315	530	845
Superheavy			
Malcolm Ahlo	550*	580	1130*

Most Improved Lifter–Calvin Garo; Most Inspirational Lifter–James Hiromoto & Miyako Yano; Most Outstanding–Lono Manners; Most Outstanding Women– Stancy Herron; Most Outstanding Master Lifter–Toe Preston; Most Outstanding Novice–Kalani Davis; Most Outstanding Overall–Gene Smail. Highlights of the competition included a pair of 70 year old lifters, James Hiromoto of Maui who deadlifted 405 lbs. and grandmother Miyako Yano deadlifting 150 lbs. These lifters proved that age need not be an obstacle in lifting healthy. 17 year old, Lono Manners, bench pressed a massive 425 lbs. weighing 183 lbs. Gene Smail won the Outstanding Lifter Award by benching 445 lbs. and deadlifting 530 lbs. for a total of 975 lbs. Results of the meet may also be seeing on my web page at: www.aloha.net/-daley/waialuapowerlift.html (Thanks to Dale Yoshizu for providing these competition results).

ADAU PA States and Open PL
17,18 JUN 00 - Clearfield, PA

	SQ	BP	DL	TOT
WOMEN				
148-C				
A. HAMMILL	170	99	236	507
165-A				
H. NORDER	181	110	264	556
181-B				
E. BROWN	214	104	253	573
132# CLASS				
A&C				
MIKE KUHNS	275	214	214	705
D				
CHRIS SMITH	225	165	275	666
148# CLASS				
D				
PAUL GRIFFITH	385	248	418	1052
A&C				
M. ALLGEIER	347	231	462	1041
C				
ITALO BONACCI	319	214	396	931
D				
R. DODSON	314	181	330	826
C				
M. MILANO	248	236	336	821
C				
JASON STAZER	319			
165# CLASS				
A&C				
A. HERSPERGER	336	281	429	1036
D				
JOHN KLEIN	248	209	358	815
C				
N. THEODOROU	303	203	303	810
181# CLASS				
A				
A. JOSEPH	407	330	479	1218
A&C				
K. ZAPPITELLA	319	259	457	1036
B				
GENE NATALE	292	170	429	892
198# CLASS				
A				
M. KERCHANSKY	490	336	540	1366
A				
STUART HOUGH	451	330	490	1273
A				
LESTER SMEAL	451	297	501	1251
A&C				
R. COZZA	391	303	556	1251
A,B,C,D				
BUGS BAYER	473	253	501	1229
C				
S. HUMMEL	281	181	424	914
220# CLASS				
B				
C. AMSTONE	440	325	451	1218
D				
MELVIN HUFF	325	231	429	986
242# CLASS				
A&C				
RICK DAVIS	573	314	650	1537
B&D				
FRANK PANARO	529	325	644	1499
A				
KLINGENSMITH	534	385	529	1449
A & C				
TERRYJOHNSON	413	286	507	1207
A				
G. KNOWLES	402	319	462	1184
275# CLASS				
A				
RICK EMERICK	573	407	595	1576
A				
D. RAYBUCK	551	358	622	1532
A&C				
STEVE MALESKI	496	303	496	1295
319# CLASS				
A				
R. BLANCHARD	468	297	485	1251
A				
C. AMSTONE	363	225	402	992

Divisions Entered: A– PA Open State Championships; B– Open Championships from any state; C– PA Age State Championships; D– Age championships from any state. All tested lifters passed the drug test. The following American records were either broken or established: 1. Mike Kuhns-132# — 14 & 15-Bench Press–214.94#; 2. Paul Griffith–148#-50 to 54–248.01# Bench Press, 418.87# Deadlift and 1052#Total; 3. Italo Bonacci-148#–55 to 59–319.66# Squat and 217.15# Bench Press; 4. Russell Dodson-148#–60 to 64–314.15# Bench Press; 181.87# Bench Press; 330.69Deadlift; and a 826# Total; 5. John Klein-165#-60 to 64 — 248.01# Squat; 209.43 Bench Press"; Deadlift 358.24# Deadlift; and an 815# Total; 6. Frank Panaro–242#-45 to 49–644.84# Deadlift. Outstanding lifter honors in both the lightweight and heavy weight classes were extremely close: LIGHTWEIGHT Michael Aligeier 472.5K x.7432 – 351.16; Paul Griffith 477.5K x.7328 – 349.91; Anthony Joseph 552.5K x .6263 – 346.03. HEAVYWEIGHT Rick Emerick 715K x.5245 375.01; Rick Davis 697.5K x.5371 374.62; Matt Kerchansky 620K x .5975 – 370.38. (Thanks to Al Siegel for providing these meet results to *PL USA*).

YMCA BP - DL WARS
03 JUN 00 - Kingston, NY

BENCH		Open Ironman	
WOMEN		M. Harris	400
Masters Ironwoman		Police/Fire Ironman	
198+		S. Bower	315
M. Carlson	185	275	
MEN		Open Ironman	
Master		J. Regan	345
132		Masters 60-64	
B. Coisson	275	B. Newell	295
148		319	
Teen		Teen 18-19	
D. Cease, Jr.	235	M. Kryzak	430
Open		Masters 45-49	
D. Gambino	265	F. Dini	520
R. Salinas	250	DEADLIFT	
Iron Man		WOMEN	
R. Nodar	240	Masters Ironwoman	
165		198+	
Open		M. Carlson	280
S. Glick	300	MEN	
Masters		148 Ironman	
R. Cseh, Sr.	240	R. Nodar	340
181		181	
Open Ironman		Open Ironman	
M. Geraghty	360	M. Geraghty	450
Masters 40-44		198	
P. Carroll	340	Open Ironman	
R. Cseh, Jr.	265	J. Johnson	480
198		E. Goralewski	420
Open Ironman		Police/Fire Ironman	
J. Johnson	400	J. Johnson	480
E. Goralewski	315	220	
Police/Fire Ironman		Open Ironman	
J. Johnson	400	T.R. Perna	550
220		M. Ohlhoff	535
Open Ironman		D. Coddington	400
T.R. Perna	400	242	
M. Ohlhoff	400	E. Russell	600
D. Coddington	400	Open Ironman	
242		M. Harris	550
Open		Police/Fire Ironman	
L. Saviano	500	S. Bower	450
J. Reagan	345	275	
Masters 40-44		Open Ironman	
J. Reagan	345	J. Regan	540

I want to thank all the people who helped set up and take down, Mike Harris, Bob Coddington, Robert Salinas, Shane Bower, and most of all, Dan Cease, for his untiring assistance and top notch equipment. Thanks, also, to Nancy Cease, for running the table with Nikki Bower and ace photographer, Maureen Bower. A special thanks to Banjo, Dan, and Pat Carroll for spotting and loading. Thanks, also, to Sheldon Levy for officiating. Great job, Sheldon. We really appreciate your help. (Thanks to Brad Klinger for these results).

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BENCH	
WOMEN	
Master	
V. Cook	105*
Open	
J. Stamper	180
4th	185*
D. McKnight	125*
H.r Pedigo	150
MEN	
Teen (13-15)	
Z. Clark	200*
4th	220*
Junior	
N. Harris	315
W. Cobb	225
Submaster	
P. Linville	410*
Master (40-49)	
J. Kemna	280
P. Ketchum	295*
4th	305*
Master (60-69)	
J. Rupe	350
J. Richards	270
148 lbs.	
D. Harding	255*
J. Hannon	255*
242 lbs.	
J. Ramey	315
DEADLIFT	
WOMEN	
Master	
V. Cook	175*
MEN	
Junior	
D. Apple	365*
4th	410*
Master (40-49)	
J. Kemna	525
148 lbs.	
D. Harding	405*
165 lbs.	
C. Stroud	450*
S. Lawson	435*
4th	455*
181 lbs.	
M. Johnson	570
198 lbs.	
S. Mendel	505
4th	525
242 lbs.	
J. Ramey	480*

* Personal record. Best Lifter BP: Paul Linville. Best Lifter DL: Mark Johnson. The Franklin Health & Fitness Spring Bench Press/Deadlift Classic was held at the gym. Once again an enthusiastic crowd was on hand the cheer on the lifters. A special thanks to owners Damien Katt and John Pedigo for their continued support of the sport of powerlifting. In the bench press competition master women's winner Vicki Cook competed for the first time, finishing with a personal best 105. Great way to start your powerlifting career, Vicki! In the open division Julia Stamper returned to competition after a couple of years, stronger than ever. At a bodyweight of 132 Julia finished the day with 180, followed by a personal record 185 fourth attempt for the win. Second place went to Darla McKnight with 125. This was Darla's first competition also where she also set a new PR. Third place went to defending champion Heather Pedigo who had not really been training for this competition but still did well with 150, just missing her final attempt with a pr of 160. Zach Clark took the teenage mens 13-15 division with two new personal records, 200 and a fourth at 220. Nicholas Harris won the men's junior class with a strong 315, missing 330 twice. Second place went to William Cobb, who finished with 225. All three of these young lifters were competing for the first time! The biggest lifter of the day (and best lifter) was submaster men's winner Paul Linville. Paul got a great pr with 410 on his second attempt, just missing a 420 third. At master men 40-49 Jerry Kemna got 280 at a 180 bwt to edge out Pete Ketchum for the win. Pete weighed in at 215, getting 295 then 305 on a fourth attempt. Both were personal bests for Pete. Big Joe Rupe, weighing in at 205 (and built like a bulldog!), ended with a strong 350 for the win at master 60-69. If Joe ever gets used to his bench shirt, 400+ will be history! Second place at 60-69 went to Joe's boss, county Sheriff J.D. Richards who finished with 270. Both of these men are in the right profession, 'cause only an idiot would mess with either one of them. At 148 a real battle took place with David Harding and Justin Harmon going head to head, both ending with personal bests of 255. Both lifters weighed the same at weigh-in, so both re-weighed after the competition, with David being the lighter of the two. Jason Ramey took the 242s with 315 to finished out the bench press competition. In the deadlift competition Vicki Cook continued to sine with a PR 175 for her second master's women title. Vicki has the strength to pull 200 (which she missed on her final attempt); all she needs is a little more experience and work on her form. Dustin Apple had some problems getting started but then went on to pull 365 and a fourth with 410 for the win at junior men. Both were PRs for Dustin. Jerry Kemna again won the master 40-49 class with an easy pull of 525. Jerry then came close twice with a pr 600. David Harding took the 148 open class with a pr 405 on his second pull. David actually locked out 415 for his final attempt but was called for hitching. Chris Stroud won at 165 over Steve Lawson 450 to 435, even though Steve came back for a successful fourth attempt with 455. Both lifters posted new PRs on the day. Mark Johnson, winning at 181, pulled a smooth 570, also taking best lifter honors. The most Mark had ever pulled in competition was 585, so he gave 600 a try, just missing the lockout. Steve Mendel seemed to be having some problems with his pull on this day, needing three attempt to get his opener of 505. Steve went onto pull a 525 fourth, but just seemed out of the groove. Jason Ramey won his second title of the day with a personal best 480 to take the 242 title. Thanks to John and Damien for helping with the competition, as well as Tim Dale and Rick Hall for loading and spotting. A very special thanks also to my little trophy "girls", Brittany Katt, Lauren Katt, Alaina Katt for their help. See you all again in the fall! (by Dr. Darrell Latch)

Rotty's Gym of Paoli, IN. *(l-r) Dustin Apple, Steve Hawson, Mark Johnson, Wes Jones, owner/coach- David Harding. (Son Light Gym).*

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Steve Lawson *about to lockout a pr 455. (Franklin Meet photos are courtesy of Son Light Gym).*

10th Annual Weightlifting Unlimited
01 Apr 00 - Winchester, VA

Female	
J. Robertson	165
Sharon Davis	120
Brenda Ramey	125
Gloria Carter	135
Megan Tingler	155
Teenage	
Ryan McMillian	390
Mike Gorman	325
Micky Tingler	370
Vernon Haines	280
T.J. Patton	275
Stephen Walte	200
Open	
148 lb. Wt. Class	
Frank Lupis	335
Brian Rouzer	240
Codie Gustines	150
Brett Maness	110
Open	
165 lb. Wt. Class	
Clay McFarland	350
Rockie Fraley	340
Thomas Comfort	255
Open	
181 lb. Wt. Class	
Carl West	460
Steve Battista	320
Steve Berman	0
Open	
198 lb. Wt. Class	
Travis Brown	475
Mike Bennett	410
Brian Miller	380
Jeff Gibson	310
Open	
220 lb. Wt. Class	
Gary Allen	470
Randy Robinson	440
Ruby Shiley	340
Dave Gibbs	335
Adam Herman	310
Open	
242 lb. Wt. Class	
Allen Hicks	510
Butch McDonald	475
Mike Wills	455
Darryl Dyke	425
Open	
275 lb. wt. Class	
Petey Cropp	535
Larry Short	470
Darryl Vega	415
Buck Carmack	345
Submasters 35-39	
Lloyd Roberts	500
Walter Cook	460
Mike Bennett	410
Cliff Richards	480
Darryl Vega	415
Masters 40-49	
Carl West	460
Butch McDonald	470
Frank Lupis	335
Larry Short	470
Randy Mongold	370
Rudy Shiley	340
Buck Carmack	345
Masters 50-59	
Frank Nelson	360
Jim Harman	310
Barry Shafer	340
Masters 60-69	
George Waymack	370
Nick Barolomes	295
Lt. Raw Division	
Terrance Gray	340
Julian Anderson	305
Steve Battista	320
Keith Garber	230
Heavy Raw Division	
Travis Brown	425
Tripp Spaur	325
Joe Hoskins	275

On April 1, 2000 the 10th annual Weightlifting Unlimited Bench Press Championship was held in Winchester, VA at the Eagles Club. We had 64 lifters. Carl West was the best overall lightweight lifter. Bodyweight 173 with a bench of 460 lbs., and had 480 lbs. at the top but could not lock it out. The best overall lifter in the heavyweight was Petie Cropp with a bodyweight of 248 lbs., with a bench of 535 lbs. Top four places in each division were awarded all sculptured trophies. I would like to thank the following people who have helped for the past 10 years. John Shifflett and William Thacker from Standardsville, VA who also has put on some great meets in VA. Roger Ernst from Richmond, VA, Dave Marchette from Inwood, WV, Bud Drummond, Bill Gross, and Billy for helping the spotters. All the members of Weightlifting Unlimited Bench Press Club. Hope to see everyone again next year. Thanks to all for coming this year. (Thanks to Meet director: Randy Brooks for results)

4th Western New England Open BP
04 DEC 99 - Keene, NH

BENCH	
148	
N. Pillai	245
165	
P. Soto	310
181	
C. Brien	350
F. Quirk	320
M. Farrell	215
198	
R.J. Pursell	435
G. Sotiraitos	415
J. Ascani	380
C. Kienzle	345
220	
J. Dowst	400
P. Thomsen	345
242	
R.J. Delamare Jr.	460
275	
J. Flynn	475
B. Tucker	460
308	
Jackman	530
Novice	
195	
C. Kienzle	345
211	
P. Thomsen	345
170	
M. Farrell	215
Submaster 33-39	
197	
R.J. Pursell	435
244	
J. Flynn	475
175	
C. Brien	350
198	
C. Kienzle	345
245	
P. Delamare	380
Master 40-44	
170	
F. Quirk	320
211	
P. Thomsen	345
170	
M. Farrell	215
Master 55-59	
165	
P. Soto	310
P. Clarke	220
Teen	
148	
N. Pillai (BL)	250
255	
S. Pearl	230
WOMEN	
100	
L. Proulx (BL)	130
114	
M. Dodge	115
Novice	
100	
L. Proulx	130
Master	
193	
T. Lucas	175

Director of this competition was Louie LaPoint. Head Judge was Joe Romano. Side Judges were Bill Durant, Jim Supry. Spotters, Loaders were Jerry Boucher, Ron Dion. (Thanks to Louie LaPoint for providing these contest results to *Powerlifting USA*).

Effingham Open BP/DL Classic
22 APR 00 - Effingham, IL

BENCH PRESS
SPECIAL OLYMPIC
Teenage Men
Neal Frost 55*
Junior Men
Eric Kanitz 115
Submaster Men
Jerry Flexter 95
Master Men 40-49
Jerry Thorman 85
Master Women 40-49
Doris Scott 70*
123
Josh Weaver 145
SHW
Greg Hager 180
OPEN ATHLETES
Teenage Men
Matt VanBruaene 280*
Submaster Men
Roy Grathler 350
Master Men 40-49
Bob Walker 540
Bob Demejan 355
4th 365
181
Rob Furey 360
198
Jerry Poole 405
Dan Gill 315
242
Ed Clark 530
4th 555*
275
Tim Wilson 450
Police & Fire
Earl Yingst 470
4th 490*
Master Men 60-69
Darrel Sidwell 190*
4th 200*
DEADLIFT
SPECIAL OLYMPICS
Teenage Men
Neal Frost 105*
Junior Men
Eric Kanitz 300
Submaster Men
Jerry Flexter 205
Master Men 40-49
Jerry Thorman 225
Master Women 40-49
Doris Scott 150*
123
Josh Weaver 205*
SHW
Greg Hager 350
OPEN ATHLETES
181
Rob Furey 460
198
Dan Gill 555
Benny Hutchinson 420
242
Ed Clark 550
Teenage Men
Matt VanBruaene 350

* personal record. Best Bench Presser - Bob Walker. Best Deadlifter - Dan Gill. The Effingham Open Bench Press/Deadlift Classic was held at the Village Square Mall in Effingham, Illinois on April 22, 2000. A special thanks to mall manager Joanne for her continued support of the sport of powerlifting. This event was a special one in that we had several special olympic athletes competing on this day. Many of these great athletes have competed for years and it was great to see some of our old friends again. I want to take this time to commend the great effort and service Lindell and Mabel Smith have given over the years to the special olympic athletes in Illinois. Much of their success can also be attributed to Bob Walker, who a number of years ago first started this effort years ago in southern Illinois. Thank you, all three of you, for all the love you have shown us over the years. In the bench press competition we'll begin with our special olympians. In the teenage class Neal Frost was lifting in his first competition. Weighing in at just a little over 100 lbs., this thirteen year old finished with a personal best 55. Junior class winner Eric Kanitz finished with 115. Eric is a great young athlete with a lot of potential. Jerry "Smiley" Flexter won at submaster, getting all three of his attempts to finish with 95. Jerry has been competing for several years with numerous state and national titles to his credit. Jerry Thorman is another seasoned veteran who is also a multinational champion. Lifting in the master 40-49 class, Jerry finished with 85. Master women's winner Doris Scott had a perfect three for three day, as did Jerry, to finish with 70. This was a new personal record for Doris, who also has been competing for several years. Josh Weaver competed for the first time, weighing in at 115, to take the open 123 class. This guy was built to be a lifter! Josh finished with 145, just missing 160 for his final attempt! The last lifter in this division was big Greg Hager, who took the superheavyweight class with 180. Greg has been out of competition for a while, but shows great strength and ability. In the open classes, Matt VanBruaene got a new personal record for his win in the teenage class with 280. This was Matt's second competition. Roy Grathler took the submaster class with 350. Roy's only miss was his third attempt with a pr 375. Bob Walker easily won the master 40-49 class with his opener of 540. 565 was close but not quite in the groove. Bob still was able to capture the best lifter title, weighing in at 252 just nudging out Ed Clark for the title. Second at master 40-49 was Bob Demejan who got 355 on his third attempt and 365 for his fourth. Both were personal bests, this being Bob's first competition. In the open weight classes, Rob Furey once again took the 181 class with 360, missing his pr 390 twice. Jerry Poole, in his first competition, won at 198 over Danny Gill (who?). Jerry looked strong, getting all of his lifts in and ending with a 405 personal best. Danny only got 315, but what can you expect from a guy about to turn FORTY, married to a much younger, beautiful wife. Ed Clark had a great day of lifting with a 530 third attempt for the title at 242. Ed went on to lock out a great pr 555 for his fourth attempt, which would have given him best lifter for the day. Tim Wilson is another fine lifter who took the open 275 class with a strong 450. Two attempts with a personal best 475 were just short of lockout. Big Earl Yingst got a big pr with his fourth attempt of 490 to win the police & fire class. Lifting 'raw', this guy is good for 550 with a shirt! The last bencher of the day was 65 year old Darrel Sidwell. This was Darrel's first competition ever and the little guy did great finishing up with a fourth attempt pr of 200. Not bad for a guy who weighs less than 150! In the deadlift competition let's begin again with the special athletes. Neal Frost got a personal best 105 in his win of the teenage class. This was Neal's second win of the day and his second personal record. Great lifting, Neal! Eric Kanitz got a big deadlift with 300 to take the junior men's title. Eric almost got 320 on his fourth attempt. Jerry Flexter took the submaster class with 205, weighing in at 148. Jerry's another one of those positive guys you just like to be around, always smiling! Jerry Thorman went three for three in his win at master 40-49 to finish with 225. Good pulls, Jerry! Doris Scott continued her great day of lifting with her win at master 40-49. Doris completed a perfect day of lifting with a personal best 150. Josh Weaver took the 123 open class with a pr 205. Lots of potential there! Greg Hager continued his win at SHW, finishing with a big 350. This guy is strong! In the open classes, Rob Furey pulled 460 for the win at 181. Rob just missed a pr 500 at the lockout. At 198 it was Danny Gill with 555. (Guess he had to avenge his loss to Jerry in the bench!) Danny's pull at a 198 bwt. Gave him best lifter honors for the competition. Benny Hutchinson was second at 198 with 420. Weighing in at 193! (I remember when he was 165) the boy just keeps getting fatter! Ed Clark won at 242 with 550. Normally a 600+ puller, Ed came to see where he was at and work on his technic. Last was Matt VanBruaene, winner of the teenage title. Matt finished with a great 350 pull at a 181 bwt. Thanks especially to Benny Hutchinson and my son Joey for their help and to everyone else who helped make this another fun competition. (thanks to Dr. Darrell Latch for providing these contest results)

Best Lifters at the Effingham Open *(l - r): Danny Gill (DL), Bob Walker (BP). (Photo provided by courtesy of Son Light Power Gym)*

Millennium BP/DL Championships
08 Apr 00 - Plymouth, MN

BENCH
HIGH SCHOOL
123
T. Toso 117
132
M. Harris 13 0
181
J. Axness 245
275
J. Galvin 360
N. Kuvaas 22 5
WOMEN
123
B. Gnerre 150
148
K. Faddler 125
MASTERS (40-49)
181
S. Harris 300
MASTERS (50-59)
275
R. Schubert 370
OPEN
19 8
M. Sorenson 330
K. Boelter 300
220
N. Hintze 390
C. Nelson 365
275
A. Beaudet 430
R. Schubert 370
308
K. Weispfenning 500
SHWT
K. Sartin 510
"SPECIAL" GUEST LIFTER:
242
R. Wills 355
DEADLIFT
HIGH SCHOOL
123
T. Toso 190
181
J. Axness 340
275
J. Galvin 505
N. Kuvaas 350
WOMEN
123
B. Gnerre 335
148
K. Faddler 270
OPEN
181
J. Ferris 465
198
M. Sorenson 600
A. Horbach 405
220
B. Anderson 430
242
T. Mendoza 600
275
A. Beaudet 480
SHWT
K. Sartin 600

THE GYM of Plymouth, Minnesota hosted the Minnesota Powerlifting Federations 2000 Millennium Bench/Deadlift Championships on Saturday April 8, 2000. In the bench press competition there were 19 competitors. The most note worthy standouts were Tina Tosa (123 High School) who went 2 for 3 and shows a lot of potential. Ron Schubert (275 Masters 50-59) who went 3 for 3 and made all the lifts look easy. Kregg Weispfenning (308) and Kim Sartin (SHWT) who both opened at over 500 pounds successfully. In the Deadlift competition there were 13 lifters. Deadlift standouts were; Josh Galvin (275 High School) who made 3 easy lifts. Brenda Gnerre (123 Womens) who easily made a third attempt at 335! Mike Sorenson (198 Open) who smoked a 600 on a 2nd Attempt. A special thanks to Jerry Jones, Doug Moore, Jim Cahill - who did a awesome job of judging. Brad Madvig and "The Tick" for loading and spotting. Mike Mitchell (M.C.) and Jim Yungner (Gym Owner) (Thanks to Jerry Gnerre for providing the results of this meet to the *Powerlifting USA)*.

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Charles Lee BP Challenge
15 Apr 00 - Lima, OH

WOMEN OPEN		165 (50-59)	
105		M. MIRON	220
T. TROYER	80	198 (70-79)	
165		C. LEE	230
N. BEASLEY	160	MEN OPEN	
MEN		132	
TEENS		T.DOUCE	220
132 (13-14)		E. SWEPSTON	210
E. SWEPSTON	210	148	
165 (17-19)		M.HUNTER	315
J. SIMPSON JR.	270	B. WHIPPS	315
K. SHEPARD	265	J. BOWERS	270
181(15-16)		165	
S. RACHEL	205	Y.DEMOSTHENES	325
181 (17-19)		S. MANNIS	300
K. CASTLE	260	D. THOMAS	285
B. IRONS	245	181	
198 (13-14)		R. BOPP	385
L. EHRSAN	215	T. LARIMORE	365
220 (15-16)		M. SPREEY	360
D. CRAMER	300	198	
275 (15-16)		M. MANNS	420
K. ARGABRIGHT	265	T. EHRSAN	380
MASTERS		M. MILLER	250
148 (40-49)		220	
L. WILLIAMS	155	O. WILLIAMS	415
242 (40-49)		J. THOMAS	390
B. McCOLLOW	350	D. SHEPARD	380
R. MANNS	340	275	
R. HARDESTY	320	G.HESSELING	450
275 (40-49)		R. MOORE	370
D. DICKE	450	SHW	
SHW (40-49)		D. AHR	540
D. STUCK	455	D. STUCK	455

Meet Director: Joey Simpson. Special thanks to his wife Carla (Asst.Dir.), Alicia Bell (YMCA PROGRAM DIR.) & referees Oscar Jones, Al Lotus, J. Killjohn, spotters & loaders, C. McDuffie, C. Vanderhorst. The LIMA YMCA is owed a big vote of thanks for providing the beautiful facilities and the equipment. Without the use of basic powerlifting rules one accident occurred. The lifter used the open grip, lost the weight which came crashing down on his chest at full extension. The incident was described to me as I had stepped out for a moment. Although this meet carries my name and I deem it an honor I would like it held using regulation powerlifting rules. C.W Lee, e-mail ringlee@webtv.net.Thanks. (Thanks to Charles W. Lee for providing the results for this meet to *PL USA*).

D. Ahr benched 540 *at the 2nd annual Charles Lee Bench Press Challenge, however, since it was a touch and go meet and (as seen above) elbow wraps were allowed, these lifts will not be counted in the PL USA TOP 100 rankings. (photograph provided courtesy Lee)*

Nebraska State and Midwest Open
29 APR 00 - Omaha, NE

WOMEN			
OPEN			
181		J. STUCK	450
B. SWANSON	255*	TEEN :	
MEN:		198	
OPEN		L. HAUGER	325
181		SUB-MASTER	
B. HECK	475	220	
R. WILLIAMS	425	T. HOLZAPFEL	465*
220		MASTER (40-49)	
A.WILSON	490	181	
T. HOLZAPFEL	465	C. BLADES	290
275		275	
R. ROSTERMAN	415	R. EVERETT	465
NOVICE		DEADLIFT	
165		WOMEN	
T. GILBERT	280	OPEN	
181		123	
B. BRATETIC	275	J. NUSSER	280
198		NOVICE	
C. LANDRIE	325	123	
242		J. NUSSER	280
T. CARNES	235	MEN:	
SHVV		MASTER (40-49)	
J. TEXLER	475	SHW	
OPEN		T. ACERS	620
181		OPEN	
J. LOFTMAN	315	220	
SUB-MASTER		J. RAMIREZ	455
198		242	
S. BRICLEY	350	M. UHRLAUB	600
220		MASTER (40-49)	
T. HOLZAPFEL	465	181	
M. REINIG	430	J. JONES	570
NOVICE		SHW	
275		T. ACERS	620

	BEN	DWL	TOTAL
WOMEN			
MASTER (40-49)			
148			
Z. BAUMEL	160	375	535
NOVICE			
132			
T. RICE	105	240	345
MEN			
OPEN			
114			
V. TRAN	260	440	700
TEEN			
132			
TJ.HERNAN	170	320	490
SHW			
J. HATCHER	315	500	815
SUB-MASTER			
198			
M. WILL	470	600	1070
MASTER (40-49)			
181			
S. STICKNEY	300	410	710
MASTER II (50+)			
220			
U.KANTO	300	570	870
NOVICE			
181			
P. HORNIG	315	480	795
242			
B. SIMET	370	550	920

WOMEN	SQ	BP	DL	TOT
OPEN				
165				
K. GRANDICK	335	170	370	875
SUB-MASTER				
148				
N. FULLMER	250*	180*	370*	800*
MEN:				
OPEN				
165				
S.. AUXIER	430	310	500	1250
198				
J. GRIESS	420	350	530	1300
SHW				
D. PEARSON	830*	470	750*	2050*
TEEN				
220				
C. OMAR	480	260	440	1180
275				
J. McGRATH	445	300	440	1185
J. BERGREN	320	250	385	955
SUB-MASTER				
198				
D.MCCANN	480	275	525	1280
220				
J. BOUKAL	450	325	515	1290
B. MILLER	405	300	500	1205
D.J. SATTERFIELD	335	300	430	1065
MASTER I (40-49)				
198				
T. GRINDSTAFF	405	275	3 85	1080
220				
J.ANDERSON	58 5	345	550	1480
MASTER II (50+)				
198				
R. CHARTIER	480	265	500	1245*
220				
C. TONEY	365	275	500	1140
NOVICE				
242				
T. YOUNG	410	310	435	1155
WOMEN				
OPEN				
165				
K. GRANDICK	335	170	370	875
J. COX	230	155	265	650
SUB-MASTER				
165				
S. BRESSMAN	305	185	290	780
MASTER I (40-49)				
165				
Y. BONAR	250	145	225	620
NOVICE				
165				
J. COX	230	155	265	650
MEN:				
OPEN				
165				
S. AUXIER	430	310	500	1250
198				
C. THOMPSON	465	385	575	1425
J. GRIESS	420	350	530	1300
220				
K. P.ARRISH	590	435	570	1595
242				
J. KING	600	425	540	1565
TEEN				
114				
D. BAILEY	260	200	305	765
132				
D. RATH	235	165	250	650
148				
L. MALCOME	255	180	345	780
165				
N. KRAMER	305	225	305	835
E. IBARRA	250	175	310	770
220				
G. ACON	290	255	390	935
242				
A. SCOTT	275	220	330	825
SUB-MASTER				
220				
K. PARRISH	590	435	570	1595
242				
J. KING	600	4 25	540	1565

* All - time Nebraska State Record, regardless of association. (Thanks to Rick Hussey for results).

USPF SPRING CLASSIC BP-DL
29 APR 00 - Seminole, OK

BENCH		275	
123		R C Talton MB	425
S. Jo WJB	115	G. Knight MB	345
148		308	
J. Caputo JB	125	R. Wolf SB	435
T. Stack OB	240	DEADLIFT	
165		114	
D. E. Sea JD	180	A. Hembre JD	155
B. Pratt JB	185	R. Lee C JD	175
D. Neil MB	230	148	
R. Dale OB	400	J. Caputo JD	265
L. Blackb WOB	285	T. Stack OD	400
181		165	
J J Talton JB	370	D. E. Sea JD	265
198		B. Pratt JD	415
H. Lehma OB	420	JJ Talton JD	500
J. Brando JB	280	4th JDR	525
C. Poun MB	275	198	
M. Allison MB	230	C. Poun MD	415
R. Richard OB	275	H. Lehma OD	535
H. Lehma SB	420	R. Richard OD	565
220		H. Lehma SD	535
L. Cox JB	365	220	
C. Caput MB	375	C. Caput MD	570
S.Murphy MB	370	242	
242		C. Lacall JD	370
B. Columb JB	235	B. Columb JD	420
C. Lavall JB	275	T. Porte JD	585
T. Porte JB	325	P. Mounkes OD	550
J. Park MB	385	D. Cook SD	555
P. Mounkes OB	450	275	
D. Cook SB	450	R C Talton MD	625

NOTE: WOB=WOMEN OPEN BENCH PRESS; WJB=WOMEN JUNIOR BENCH PRESS; OB=OPEN BENCH PRESS; JB=JUNIORBENCH PRESS; SB=SUB MASTER BENCH PRESS; MB=MASTER BENCH PRESS; OD=OPEN DEADLIFT; JD=JUNIOR DEADLIFT; SD=SUB MASTER DEADLIFT; MD=MASTER DEADLIFT. (Thanks to Rickey Crain for results)

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2000 Powerlifting Classic
20 MAY 00 - Danville, IL

132	SQ	BP	DL	TOT
JORDAN	400	250	430	1080
148				
JONES	500	335	500	1335
TAYLOR	500	320	475	1295
165				
HOLMES	625	350	600	1575
HENDERSON	365	200	410	1055
181				
BROWN	655	325	635	1615
DAVIS	450	350	550	1350
STARKS	465	350	520	1350
198				
NICHALSON	575	345	650	1570
GARCIA	575	300	600	1475
JENKINS	500	350	600	1450
RAWLS	600	315	515	1430
220				
HUNT	550	415	575	1540
RICHARDSON	405	375	500	1280
242				
WILLIAMS	600	440	700	1740
L. PACE	650	385	675	1710
275				
CARROL	770	475	675	1920
MASTER				
242				
40-44				
L. PACE	650	385	675	1710

The first meet for the year 2000 held at Danville was a success. Some new faces as well as old ones made for a lot of fun with almost every one chasing personal records in each weight class. It takes a lot of people to run a powermeet and run it well, and spotters as well as loaders almost never get the credit they deserve - but thanks to all who helped out - Good Job. 132 - This class had Jordan competing with himself - with no one contending. He chased the record books, with a 400 opener that was very easy. One could not anticipate misses at 425 on both his 2ND and 3RD attempts, but after doing a nice 440 in training all he has to do is zero in on a day to put it all together. Along with a fine 250 bench and easy 430 deadlift, (narrowly missing 450), Jordan put up a 1080 total for keeps. 148 - Jones also did a walk through in his weight class - moving up from the 132s from last year. This guy has put on mountains of quality muscle! His 500 squat was effortless, feeling out his new weight class he has a lot of room to grow. A 335 opener on the bench was laughably easy and had 365 within one inch of lockout before stalling. This little dynamo has already done 375 in training which makes him one of the best benchers in the country, drug free. Finishing off his day, he deadlifted 500 with power to spare also - so one can only imagine the next chapter in this man's book, a 1335 total and only weighing 141- watch what happens next. Taylor in his first meet showed plenty of drive and is brute strong. With more experience he will be very rough in the future. 165 - For the second time, Holmes hit an Elite total with some pounds left off the platforms. After sinking his opening attempt of 575 and second attempt at 625 he passed his 3RD to do some deadlifting, a very strong 350 bench and 975 subtotal set the stage for his pet lift, after a strong start with 600, 625 was very stubborn and did not cooperate on the 2ND and 3RD attempts. But a 1575 elite total goes fine along with someone that could just as easily win a bodybuilding contest and a class acting gentleman to boot. Good Job Tray. Henderson was not in the same room with Holmes at the total tome but enjoyed the lifting, and putting up his own personal best in the total, gave him a taste of what it's all about. He will be there next year with more to talk about. 181 - Just when you think you have it all figured out, how to train, how to diet, how to sleep, here comes a guy that plays basketball, sings, dances, and goes to school full time and then walks over and totals Elite at 181! Well however you slice it, the man came in this day to take command, weighing 174. Browns's 625 opener was a smoker, his 655 2ND attempt was coming up as well but then an unexplainable lean to the left, left us wondering if there was an injury, but no, on a 3RD attempt he dunked this monsterous weight and powered right up with it, ending with 325 on bench (with plenty left). He opened with a raw (No suit) 635 deadlift, two attempts at 665 for bit Elite total (with suit). It seemed to be misgrooved but came so very close, and no doubt will prevail with a lot more from this package, a 700 right Tupac? Davis and Starks were neck and neck all day, with Davis coming out on top getting his class 1 total and having, fun doing it. His 550 deadlift was not a limit and seems to have tons of room to grow. Davis has internal glow and a calm demeanor that makes you think he's not even in the meet, but will soon be a force to look for on his way to Elite status. Mr. Starks a gentleman as well will go far with more time and training. 198 - Nickalson did not have a good day - having pulled 700 in training. He had to take all three on the squat to keep from bombing, an opening bench and 1st attempt dead gave him a 1570 total for the win. Garcia was tied in the squat with Nickalson but lost ground in the bench 300 vs. 345 and again in the deadlift 600 for Garcia to Nickalson's powerful back for a 1475 class I total and a nice finish to some very good PR records that shows a lot of heart. Jenkins also making his meet debut took 3 attempts to get a squat in but made a really easy 500 to stay in the meet, and what makes this even more unbelievable is that Mr. Jenkins (Tank), is a amputee on one of his legs from the knee down. Totally unbelievable at the speed in which he comes up with these weights - along with a powerful 350 bench he started deadlifting at 500 with a slight twist obviously favoring the one leg but pulls it strongly. Tank's 575 2ND and 600 3Rd also pulled strongly with his patented twist but never-the-less made these lifts with a lot of respect. Rowls always comes into a meet intense and beating those Prs to raise his total higher. His 600 squat was easy but did not find favor with the judges until his third attempt, only getting openers on his bench and deadlift. There is a lot more in this quiet man that we call Quadzilla. 220 - After missing the last couple of meets Hunt (C-Rock) had a nagging injury that seems to have healed in all the right places. An easy 550 squat and close miss at 600 shows that he is back. A 415 bench was not a problem but 435 stalled about half way, a strong 575 deadlift gave the rock a 1540 total to go along with a nice platform presence that he showed when he was spotting / loading on the meets he missed. Both are work but winning is more fun. Richardson showed good respect for the higher caliber lifters and has good benching power, lifting raw in his first meet. He has a lot to learn and in fact will be there to prove it next year. 242 - A classic battle with two giants all the way to the end just as it should be. Master lifter Pace took control in the squat with a very low and easy 650. Williams took 600 for a ride for 3 white lights while Pace attacked 675 and 700 for close misses on his 2ND and, 3Rd attempts respectfully, but Williams came raging back in the bench hitting 440 to Pace's 385. This kept the subtotals within 5 pounds of each other with Williams now leading 1040 to 1035. In the deadlift Pace opened with a brute strong 600, Williams uncorked a 650 effort just as easy. Pace countered with a steady pull of 665 to force Willams to go for the win, a miss on a 2ND attempt with 700 left Williams in the hole. Pace put more pressure on Williams with another 3 white light success with 675. Pace finished the day with a 1710 total that should give him a good ranking in the masters list, so with Williams' back against the wall. He came back with a new attitude to pull that 700 for a PR and the win. Nice going to some very competitive athletes. 275 - Carol did not have any competition but big LA put on a show all day with only 5 attempts, starting with a 725 squat that was both deep and explosive. Next on to a huge 770 - equally deep and equally explosive, passing his third LA went on to bench 450 and 475, both very easy. Taking a token deadlift of 675 a 1920 total is the first steps to bigger and better things because he certainly left a lot behind this day, 2000 for sure in the future. Thanks go to Greg Watson for sponsoring the meet and judging two platforms all day and making it all happen! Thanks for Robert Bethel for results. Special thanks go out to all of the audio and video crew (Freeman Gunner, Feltus, Johnson.) Special Thanks to the Set up and Clean up crew (Gage Matthews, Wilson, Bulliow, McRenolds. Willis, Becton, Jackson Newmont). Special thanks to the spotters and Judges as well! (Davis, Harris Martin, Duke, Lesurp, Hughes, Hopson, Wilson, Booker, Smith, Pryer, Slater Peterson, Wormely). (Thanks to Robert Bethel for providing the results).

USAPL JOE FYDA OPEN
30 APR 00 - Bedford, OH

Grand Master	SQ	BP	DL	TOT
242				
J. Fyda	140	90	190	420
Master				
D. Miller	140	90	190	420
Grand Master				
173				
B. Cox	140	90	190	420

(Thanks to USAPL for providing the meet results).

SCI Meet
9 Jan 00 - Waymart, PA

132 lbs.	SQ	BP	DL	TOT
Smolinski*	355	210	400	965
148 lbs.				
Gomez	450	280	500	1230
Hoang	365	250	425	1040
Vasquez	335	245	385	965
165 lbs.				
Peterson	430	315	500	1245
Dale	325	300	455	1080
Huang	350	—	450	800
181 lbs.				
Muhammad	450	330	420	1200
Benzie	350	260	435	1045
198 lbs.				
James	575	360	575	1510
Soliman*	565	330	570	1465
Talet	530	—	600	1130
Welcome*	—	370	—	370
220 lbs.				
Olmo	540	360	620	1520
Fitten	505	375	550	1430
Searle*	490	325	515	1330
275 lbs.				
Rittenhouse	500	340	530	1370
SHW				
Moore	405	335	460	1200

*–Outside Community Lifter. Best Lifter-heavy: Darryl James. Best Lifter-light: Victor Gomez. Honorable Mention: Michael Olmo. Activities Manager Jerry Matous and Activities Specialist Robert Pegula would like to thank the following people for their help in making this meet a success: Referees: Mike Welcome, Scott Pentasuglio, Robert Lawless and Claude Welcome. Announcer: Wilson Harvey. Spotters/loader: Michael Williams, Jose Diaz, Thad Hampton, Frank Sanfilippo and Lamont Jamison. Video Camera: Joel Duprey, Andres Pabon, Fred Hightower. Scorekeeper: Hector Maldonado. Thanks to all the lifters who participated. (Thanks to Robert Pegula for providing these meet results to the *Powerlifting USA*).

1st place finishers in the SCI Meet (l-r): *V. Gomez, T.Peterson, J. Rittenhouse, Smolinski, Olmo, D. Moore, M. Muhammad, D. James. (this photograph provided courtesy of the Activities Department).*

AAPF Michigan State
12 DEC 99 - Michigan

BENCH
WOMEN
Masters 45-49
D. Ahrens 105*$
Submasters 33-39
K. Tesnovich 145*$
Open
148
T. Delamielleure 115
MEN
Teen 18-19
L. Crescentini 260*$
Junior 20-23
J. Johnston 330
Submaster 33-39
J. O'Brien 355
Master 40-44
J. Peretick 375*$
T. Delamielleure 430*$
M. Morefield 365*
L. Crews 365
W. Crescentini 280
Master 45-49
J. Hurtado 365*
Master 50-54
R. Ingram 440*$
M. Varwig 315*
Master 55-59
S. Skavery 355*$
Master 75-79
R. Merrell 90*
Open
181
R. Ingram 440*

POWERLIFTING

WOMEN	SQ	BP	DL	TOT
Junior				
T. Muskat	230*$	110*$	270*$	610*$
J. Spittal	290*$	140*$	315*$	745*$
L. Walsh	180	100	220	500
Submaster 33-39				
R. DeFelice	325	150*$	270*$	745*$
K. Tesnovich				
Master 50-54				
S. McPhail	75*$	75*$	145*$	295*$
Master 55-59				
P. Wexelberg	185*	95*	245*$	525*
Open				
148				
L. Fortin	240	100	285	625
181				
P. Wexelberg	185*	95*$	245*$	525*$
MEN				
Junior				
J. Johnston	405	330	440	1175
Submaster 33-39				
R. Johnson	660*$	460*	570	1690*$
C. Werda	490	370	580	1440*
S. Tracy				
198				
K. Adelson	360			
220				
J. Swirple	405			
C. Cadotto				
242				
B. Nassar	375			
275				
B. West	365			
DEADLIFT				
WOMEN				
Submaster 33-39				
K. Tesnovich	270*			
Master 75-79				
J. Merrell	65*			
MEN				
Teen 18-19				
L. Maclin				
550*$				
Submaster 33-39				
S. Tracy	425			
Master 45-49				
J. Hurtado	400*			
Master 75-79				
R. Merrell				
180*$				
Open				
165				
C.J. Champine	410			
181				
L. Patrick, Jr.	540			
220				
M. Szudarek	640*			
C. Cadotto				

Master 40-44				
M. Holowchak	480*	370*	505	1355*
Dr. J. Darga				
J. Smolinski				
Master 50-54				
R. Smelker	450*	185*	450*	1085*
R. Muskat	200*	190*	275*	665*
B. Dustman				
Master 60-64				
L. Hughes	275*	230*	330*	835*
Master 70-74				
B. Creech	200*$	110*$	215*$	525*$
Master 80-84				
R. Merrell	85*$	90*$	180*$	355*$
Open				
132				
J. Schmidt	355*	230	385*	970*
165				
C.J. Champine	405	275	410	1090
181				
A. Ward	410	250	500	1160
198				
K. Adelson	405	360	500	1265
220				
D. Sierpien	670	460	630	1760*
D. Carrol	600	505*	555	1660
M. Szudarek	670*	320	640*	1630
C. Cadotto	665			
242				
B. Nassar	475	375	440	1290
S. Rivers	475	340	475	1290
B. Boroski	355	340	440	1135
275				
J. Zemmin	730	630*$	560	1920
D. Vontom	475	300	475	1250
J. Harbourne	450	345	420	1215
308				
P. Stratakis	810*	405	625	1840
R. Johnson	660	460	570	1690
SHW				
J. Hinze				
Guest Lifters				
D. Radel	230			
J. Yu	330			
B. Luchnier	505	510		
T. Anadiotis		545		

* Denotes new AAPF Michigan State Record. $ Denotes new APF Michigan State Record. Meet Promoters: John Maddox, John Cucuirean. Head Judge: Robert Spalding, Side Judges: John Wood, Mike Andrus. Score Table: Kitty Wood, Debbie Cucuirean, Renata DeFelice. MC: John Maddox. I would like to start with a special thanks to all the leaders and spotters. With out those guys, we would still be at the meet site. Special thanks to Dan DeFelice and the Motor City Barbell Club for their assistance and sponsorship. I would also like to thank our other sponsors: Fitness Unlimited Gym, Royal Oak, MI; Mathews, Reich, Perna & Rottermond, P.C. CPA's, Bingham Farms, MI; Unique Computer Resource, Inc., Troy, MI. This year's State Meet was a great success with almost 60 lifters competing, and numerous new state records being broken. I enjoyed watching the ten women lifters. They were very impressive. Especially Renata DeFelice who was lifting quite well despite her recent discovery that she has multiple sclerosis. Other big lifts of the day belonged to John Zemmin and Paul Stratakis. John benched an incredible new state record 630 pounds and came close with 660. Big Paul Stratakis squatted a monstrous new state record 810 pounds. Paul injured his leg after that huge squat which bothered him later in the deadlift. You only have to look at the incredible numbers those master lifters pushed. Ben Creech (71), Roger Merrell (80), and Josie Merrell (77) go to show that you can be involved in this sport for a long time. These people keep getting stronger every time I see them. I do apologize for the delay in posting these results. I am a certified public accountant and got tied up during tax season. This will not happen next year. Good luck to every one. I hope you all get bigger totals next year. (results from John Maddox).

AAPF/APF South West USAPL
13 MAY 00 - Dallas, TX (kg)

AAPF RESULTS

WOMEN	SQ	BP	DL	TOT
60				
Novice				
N. Moore	77.5	47.5	105	230
Teen 15-16				
T. Pellman	92.5	52.5	115	260
Masters 45-49				
S. Byars	97.5	45	115	257.5
MALE				
Novice				
110				
M. Watson	247.5	177.5	255	680
Teen 13-15				
52				
G. Hernandez	62.5	47.5	105	215
60				
R. Morris	110	65	112.5	287.5
67				
C. Cooper	125	80	167.5	372.5
75				
K. Hill	120	82.5	152.5	355
100				
F. Lujan	175	115	197.5	487.5
110				
E. Patton	177.5	145	170	492.5
Teen 16-17				
75				
J. Whiteside	142.5	102.5	155	400
82.5				
C. Stafford	175	112.5	192.5	480
90				
J. Bider	257.5	152.5	222.5	632.5
110				
M. Austell	200	127.5	205	535
Teen 18-19				
56				
R. Davis	100	77.5	137.5	315
75				
D. Serach	160	87.5	175	422.5
L. Bevull	200	137.5	175	512.5
82.5				
C. Carrier	187.5	125	205	517.5
R. Rodriguez	220	120	230	570
90				
L. Atkins	242.5	155	237.5	635
125				
B. Rushing	230	142.5	217.5	590
Juniors				
75				
B. Aven	127.5	107.5	197.5	432.5
82				
A. Abeyta	230	125	225	580
Open				
82				
A. Abeyta	230	125	225	580
100				
L. Jones	300	197.5	282.5	780
125				
B. Foreman	245	165	320	730
Masters 50-54				
100				
B. Sims	205	130	205	540

APF RESULTS

MEN				
Novice				
82				
K. Taylor	162.5	117.5	180	460
100				
E. Causey	237.5	165	230	632.5
125				
J. Duke	282.5	187.5	200	730
Juniors				
110				
J. Rowland	230	152.5	192.5	575
125				
H. Thomason	382.5	185	300	867.5
Open				
67				
B. Marotto	207.5	140	192.5	540
75				
D. Contreras	280	185	257.5	722.5
90				
J. Jackson	310	182.5	235	727.5
125				
J. Duke	282.5	187.5	260	730
Submasters				
82				
K. Taylor	162.5	117.5	180	460
100				
R. Freeman	197.5	165	215	577.5
R. Hardy	282.5	180	250	712.5

BENCH

AAPF			
Teen 18-19		M. Green	177.5
74		Masters 45-49	
L. Bevill	137.5	90	
Teen 13-15		R. Bell	107.5
90		DEADLIFT	
J. Davis	137.5	MEN	
Open		AAPF	
125		Submasters	
M. Martin	215	100	
Submasters		S. Ashcraft	127.5
67		Teen 16-17	
K. Gasparovic	67.5	100	
100		D. Fernandez	167.5
S. Ashcraft	97.5	Teen 18-19	
Masters 50-54		75	
125		L. Bevill	175
C. Patterson	165	APF	
Masters 80-84		Novice	
67		82	
J. Heizelman	70	R. Green	207.5
APF		125	
Open		M. Farha	282.5
90		WOMEN	
M. Lozano	175	Submasters	
100		75	
M. Green	177.5	B. Hochhalter	172.5
125		Masters 65-69	
T. Counts	237.5	100	
Submasters		J. Dickson	175
100			

(Thanks to Kirk Stroud for providing the results).

Photos in PL USA ... you are welcome to submit them - of yourself, a PL friend, or an interesting person you've come across. Black & white or color, print or slide, is fine as long as it is sharply focused and properly exposed, and we need identification of both the subject and the photographer. Send to Box 467, Camarillo, CA 93011. (we pay for those shots we publish)

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(article continued frompage 7)

got a 722 SQ but didn't receive credit for his two completed tries with 766 - presumably due to depth. What a bencher this big boy is: 567, 606, and then a great 622. His momentum carried him through with a 694 2nd attempt success in the DL - TOT 2011. This gave him 7th position, beating out Buono by virtue of lighter bodyweight. In 6th place was the fast rising Alabaman Shelby Robbins. Shelby usually lifts reduces to the 275s. He finished runner-up at the APF Seniors two weeks earlier, and made the WPC World team. With no reason to do make weight here, he came in at a whopping 305. At this weight Robbins has 33" inch thighs and an upper torso that would make any mountain gorilla proud. Shelby used the suicide drop SQ style, bouncing off the bottom with his huge legs - and 804 was toast! He gave 826 a good rebound also, but didn't quite follow through. In the BP, he forgot the different USPF start signal, and though he zapped 529 like a broomstick, it was no lift. He went straight to 551 and destroyed it - 3W. A PR 567 try was within scant inches of success. Shelby opened with 705 - a PR - and rocked back on his heels, then settled down, came back, and blew it away - 2061 TOT. He'll drop back one more time to 275 for Vegas, but then it's 308 for good - then WATCH OUT!

***Scott Smith** was at his biggest: bodyweightwise, strengthwise, and paydaywise. (Jason Burnell photo)*

The 5th place finisher was a real crowd favorite. He's 5'10" - 381.4, and with an official 2143 on the books in late 1998, Tony Saunders bears striking resemblance to his late great hero Paul Anderson. He's known to his friends and followers as big "DADDY SQUAT" and showed the reason why here. He has a jovial, warm outgoing personality that endears him to everyone he meets. He opened higher than anyone except Coan - a big 903. He dumped the first one over his head and it hit the deck with a thunderous boom. Another try was not low enough, they said. With his back to the wall, Saunders forced his mighty shoulders under the ponderous apparatus and descended deep - deep - deeper. Then he slowly came up. This time GOOD! Tony rode the crest of his ovation through the remainder of his lifts. He knelt before the bench and prayed before launching up his 523 BP. His 683 sumo style DL came right up, and he pulled 705 just as easily, maybe an inch from lockout

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Charr Gahagan (220 lb class) - 800 lb deadlift

- TOT 2110. This gave him the USPF win, as well, over Mr. Buono. The 4th place finisher was none other than Ukrainian Vladimir Ivanenko who weighed in at 241.4 lbs. Vladimir had some bona fides coming in. He'd won 2 silvers, a bronze, and la 1st place gold at 242 in the IPF World Championships. It was there he SQed 916 to bust the IPF WR of Kirk Karwoski by one half kilo. Ivanenko made an 892 2nd attempt SQ good, but missed a huge 926. Vladimir got a 507 BP following two misses to stay alive. Ivanenko, a Master lifter, pulled 749 on his list try for 2127 TOT, not far from his PR of 2160! Finishing in 3rd place in this year's competition was Viktor Naleykin, 47, a stocky (300.7 lbs) 5' 7 1/2" powerhouse hailing from the Ukraine. Viktor took home the money at the first Mountaineer Cup last year. Since the economy in UKR is the pits (average monthly income equivalent of 30 US dollars) this will keep him and his family fed for years. His career started as a WLer back in 1981 at Kiev where he hoisted 369 in the snatch and elevated 468 overhead in the clean & jerk. In 1994 he became IPF World Champ @ 275 with 2116 TOT. Then in 1997 he won the Superheavyweight gold (2193). Viktor had two roadblocks standing in his path if he was to become the Cup Champ again. Let's showcase the two Americans who offered his primary opposition: Scott Smith, is a former IPF BP WR holder at 242. Early last year he became APF National bench press champ, hoisting a remarkable 650 to win that event at 242 sans shirt. At last year's USPF Sr. Nats Scott severely injured his shoulder pinioning himself beneath the SQ bar. That caused nerve damage in his hand and made the recovery process slow and tedious. The torn shoulder muscle is now healed and Scott came in at his lifetime biggest 271.3 lbs. and he sure looked it. The primary player in this three way dance was Ed Coan, the 36 year old phenom from Evergreen Park, IL. Ed has been in the game for 20 years. To make a long story short - his meteoric rise began in 1983. As he ascended through the categories, he left in its wake a cataclysm of shattered records. His list of titles and achievements could fill a book and, in fact, it does: THE MAN, THE MYTH, THE METHOD a biography by Marty Gallagher and it's available from Coan Quest, INC. With the highest recorded PL TOT in History in his name (2463), Ed strives to reach the barrier that no one has ever broken - 2500 lbs. Injured last December, Ed has spent the last 6 months rehabilitating for another assault on his goal. Only weeks before this event did the scar tissue in his leg break up. Ed appeared confident and ready. He came in @ 244, his first ever venture into the 275 lb. wt. category. Both Smith and Coan are built along the line of cement mixers. Scott motored through his SQs like a machine pre-programmed to do so: 793, 832, and finally a perfect 859. Naleykin began with 859 - no problem! He took 903 deep and arose for 2W but got pinned with a 926 try. Coan picked 920 to start off; took it rock bottom - a characteristic trait - and stood right up. Then it was up to 964 for a 2nd attempt that went just as easy. He was pacing himself, wanting to avoid injury. He picked 992 for his final lift; 27 less than the 1019 I'd seen him manhandle at last year's USPF Seniors. He stepped back, and set himself, but before he could start the lift, he got struck with severe abdominal cramps. He wisely aborted the try, and was assisted back into the SQ stands. In the BP: Naleykin posted 496, then 518, but couldn't finish off 529. Coan began with 556, then pushed up 573, a weight equal to his best - perfectly. He tried 584 a PR, but couldn't lock it out. Smith exhibited three perfect powerful strokes: 595, 622, and finally a mighty 633 - executed in perfect form - 3W. Subtotals going into the final lift read: Coan (1537), Smith (1493), Naleykin (1421). Scott continued his string of successful lifts hoisting 677, 727, and finally 744. His TOT was 2237 - by far his best ever - and he was the only man to make all 9 of his attempts. The stout Ukrainian lifted 749, and 793, and was certain of no less than third place. Now a bit of controversy reared its head. As heavier man to Smith, Naleykin needed 821 to total 2243 and beat the Smith. However, 810 was loaded. Viktor came out and pulled it strongly looking good for more. Due to the language barrier, miscommunication or whatever, he hadn't lifted what was necessary to gain 2nd place. Naleykin felt he'd been dealt a rotten apple. Meanwhile, Coan wrapped up first place and the Mountaineer Cup first place title with his 804 DL opener. He backed this up with 865, which looked no different than his first lift. His TOT was 2403, not his best, but far beyond the efforts of mortal men. He was presented the 10 thousand dollar oversized first place check. Smith won the $2,000 2nd place prize. Viktor Naleykin won nothing this year. Smith felt bad about these circumstances and made a kind good gesture. He gave Naleykin $500 of his own prize money out of the kindness and generosity of his heart. Is that a gesture of a true sportsman or what?

It was a stellar presentation. It will air later this summer on the ESPN Network. Thanks to promoter Nick Busick. He extended kindness, generosity, and good will to everyone far and above what anyone could possibly have expected. On behalf of myself and all the athletes and officials, my heartfelt thanks for his unselfishness and devotion to the greatest strength sport of all - powerlifting! The word "politics" doesn't appear in Nick Busick's dictionary. Word has it that next year's Mountaineer Cup may be in Reno, NV. See you then!

***Ed Coan** collects $10,000. Nick Busick at right (Herb Glossbrenner)*

***Tim Bruner** won the long-running "internet bet" with Jason Burnell*

USPF Senior Nationals Y2K
24,25 JUN 00 - Chester, WV

WOMEN	SQ	BP	DL	TOT
97				
A. Leverett	270	165	325	760
105				
A. Orellana	231	99	275	606
123				
S. Rinn	319	220	303	843
L. Christopher	176	121	204	512
MEN				
114				
V. Rubin	198	104	275	578
132				
M. Siska	220	115	275	622
148				
R. Nosek	369	275	441	1085
165				
M. Frankovich	363	242	452	1080
J. Wohlfahet	347	248	391	992
181				
M. Danforth	672	441	705	1818
M. Soloman	595	402	606	1603
M. McCase	501	352	523	1361
S. Battista	386	292	501	1179
K. Garber	369	242	501	1113
J. Fisher	242	314	358	914
198				
T. Linn	595	341	573	1565
J. Norman	551	369	595	1515
A. Haga	628	352	474	1504
B. Hayden	551	424	479	1455
C. Magnone	441	220	501	1162
V. Magnone	374	264	413	1052
P. Tessaro	617			
220				
J. Burnell	705	435	644	1785
J. Thomas	330	325	452	1107
Guest				
C. Billings				
J. Siska Jr.	441	242	452	1135
242				
A. Barja	722	600	656	1978
G. Tsougaralis	584	396	633	1631
L. Estevez	573	446	600	1620
R. Busick	424	314	529	1289
W. Fetty	66	589		
275				
D. Rogers	738	402	727	1868
R. Boynton	656	463	600	1719
M. Brookman	501	226	490	1218
308				
T. Manno	66	600	253	942
K. Southwood	666	501		
SHWT				
T. Saunders	903	523	683	2110
A. Buono	848	529	633	2011
Mountaineer Cup II				
E. Coan	964	573	865	2403
S. Smith	859	633	744	2237
V. Naleykin	903	518	810	2232
V. Ivanenko	892	507	749	2127
T. Saunders	903	523	683	2110
S. Robbins	804	551	705	2061
B. Siders	722	622	694	2011
A. Buono	848	529	633	2011
T. Bruner	755	485	661	1901
M. Jovanovich	771	463		
A. LaBare	760			

Best Lifter - USPF Senior Nationals - Mike Danforth;
Best Lifter - Mountaineer Cup - Ed Coan.

WNPF Virgina Natural PL
29 APR 00 - Richmond, VA

BENCH PRESS				
148				
OPEN RAW				
TRAN	235			
165				
17-19 RAW				
ESTEP	255			
20-23 RAW				
FRIEDLINE	275			
33-39				
BRAVARD	260			
181				
40-49				
PAGAN	285			
198				
20-23 RAW				
THOMPSON	270			
70-79 RAW				
SIMKO	215			
220				
LIFETIME				
HELMER	400			
LIFETIME RAW				
HELMER-BL	400			
SCHWARTZ	365			
35-39				
NUNNALLY	360			
POWERLIFTING	SQ	BP	DL	TOT
WOMEN				
165				
40-49				
HAYES	275*	180*	350*	805*
181				
33-39				
PHILLIPS	275	175	355	805
MEN				
100				
12-1 3				
CARTER	125	90	185	400
165				
60-69				
MILLER				
LIFETIME				
CLINEVELL				
181				
LIFETIME				
40-49				
BAKER	515	340	495	1350
ALSTON	475	300	550	1325
CATINA				
198				
LIFETIME				
TYLER	525	300	550	1375
OPEN RAW				
HUMPHREY	460	350	450	1260
NOVICE RAW				
HUMPHREY	460*	350*	450*	1260*
220				
17-19 RAW				
OYLER	350	255*	510*	1115
LIFETIME				
KUHNS	610	450	550	1610
LOGANBILL	525	315	525	1365
OPEN				
LUNSFORD	485	325	525	1335
33-39				
JONES	475	390	530	1395
LOGANBILL	525	315	525	1365
SHRADER	515	315	510	1340
33-39 RAW				
HYNDMAN	405	330	455	1190
242				
17-19				
SCOTT	500	275	475	1250
20-23 RAW				
ANICITO	405*	365	455	1225
UFETIME				
TURNER	745	430	600	1775
WARTHAN				
OPEN				
TAYLOR	660	405	560	1625
40-49				
PHILLIPS	525	390	570	1485
275				
14-16				
GETTY	500	270	480	1250
LIFETIME				
SHAVER	570	380	610	1560
EMRICH	560	350	590	1500
LIFETIME RAW				
BROOKS	500	420*	225i	1145
33-39				
GOODMAN	700	420	630	1750
POLICE/FIRE/MILT.				
GOODMAN	700	420	630	1750
40-49				
PATTON	575	380	530	1485
SHW				
OPEN				
KNOWLES- BL	750	480	725	1955
33-39				
BRIGGS	650	450	550	1650

*- WNPF AMERICAN RECORD, BL- BEST LIFTER, I- INJURED; TEAM CHAMPS- POWERLIFTING- WALKERS GYM. WHAT A MEET, THIS WAS A GREAT MEET. I THINK THE SURPRISE TO MOST LIFTERS WAS THE OFFICIATING, THE SPOTTERS WERE TOP NOTCH CATCHING EVERYONE THAT FAILED ON THERE ATTEMPTS AND THE GREAT ANNOUNCING BY LESTER FIELDS. WE WANTED TO BRING A GOOD MEET TO RICHMOND BECAUSE WE PLAN TO COME BACK LATER THIS YEAR. THANKS TO MR. WALKER FOR BRINGING A 14 MEMBER TEAM TO THE MEET. THANKS TO THE OTHER GYMS IN THE AREA FOR SUPPORTING THIS MEET. SOON WE WILL HAVE TO FIND ANOTHER LOCATION BECAUSE THIS AREA IS GOING TO GROW. THANK YOU TO THE SPECTATORS FOR CHEERING ALL OF THE LIFTERS ON, I KNOW THEY APPRECIATED IT AND THANKS AGAIN TO THE WNPF STAFF FOR A JOB WELL DONE. THE TOP LIFTS IN EACH CLASS WERE NEW VIRGINIA STATE RECORDS. (WNPF) (Thanks to the WNPF for providing these meet results).

OPEN RAW				
275				
LIFETIME RAW				
GARDNER	235			
DEADLIFT				
181				
20-23 RAW				
TRANT II	500*			
40-49				
PAGAN	500			
198				
40-49 RAW				
HANNAH	540*			
POL/FIRE/MILT. RAW				
HANNAH	540*			
242				
33-39				
TURNER-BL	650			
275				
LIFETIME				
GARDNER				
50-59 RAW				
BUCCHIONI	535			
SQUAT				
165				
17-19 RAW				
HARROP	410*			
SULIIVAN	325			

WNPF Virginia Natural: *Chad Knowles (320 lbs.) attempts an 825 lb. squat to break his old American Record of 805. (Photo by Lance Bravard)*

USAPL North Carolina State
28 APR 00 - Kinston, NC

WOMEN	SQ	BP	DL	TOT
Open				
165				
C. Gonzalez	180	110	225	515
Teen 14-15				
132				
D. Moore	260	125	300	685
MEN				
Junior				
148-165				
J. Moore	475	315	425	1215
J. Sanderson		290		290
148				
J. Tart	375	250	405	1030
T. Stallings	325	215	350	890
Open				
165				
M. Garner		315		
P. Harrington	560	375	540	1475
148				
D. Ginn		225		
Open/Masters 40-44				
114				
B. HunneyCutt, Jr.		215		

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Masters 40-44				
Guest Lifter				
148				
G.Cambell	55	85	185	325
181				
Teen 16-17				
D. Mora		320		
T. Wheeling	425	250	440	1115
J. Tant		155		
Open				
T. Pardue	505	335	610	1450
S. Gonzalez	525	390	530	1445
Open/Junior				
B. Carroll	415	300	475	1190
Master 45-49				
L. Jobe		315		
242				
Open				
J. Fones	455	355	440	1250
Master 45-49				
L. Hoffman	460	280	400	1140
D. Wheeling		325		
220				
Open/Junior				
J. Jones	575	320	630	1525
Open				
G. Pernell	670	435	560	1665
B. Whitman	615	400	690	1705
P. Capps	590	385	525	1500
S. Hines	570	350	656	1485
J. Brown	635	405	610	1650

Master 45-49				
R. Bearhuken	260			
Master 50-54				
J. Stockstill	405	240	425	1070
165				
Master 50-54				
A. Crenshaw		255		
198				
Open				
D. Harrison	450	315	405	1170
B. Nichols	525	360	525	1410
W. Lynch	525	485	525	1535
Junior				
T. Stewart	500	250	500	1250
SHW				
Teen 16-17				
W. Hull	600	390	560	1550
Open				
S. Slaughter	600	480	550	1630
T. Slaughter	620	450	550	1620
M. Neal	750	540	640	1930
275				
Open				
S. Davenport	650	465	620	1735
B. Dunn	625	375	555	1555
F. Hines		415		
Master 45-49				
J. Hillard, Jr.		450		
G. Hill	505	335	505	1345
Junior				
T. Murrax		320		

Master 50-54				
J. VanRohr	340			

(Thanks to USAPL for providing the meet results).

USAPL Rocky Mountain States PL
20 MAY 00 - Pocatello, ID

WOMEN	SQ	BP	DL	TOT
Open				
114				
Macy_ J	265*	170*	305*	740*
132				
Rhoden_ L	150	90	150	390
148				
Compton _E	200	150	300	650
181				
Moro_D	230	115	300	645
198				
Oxford_H	305	185	360	850
Teenage				
132				
(18-19)				
Rhoden _L	150*	90*	150*	390*
Master				
148				
(55-59)				
Compton_E	200	150	300	650
198				
(40-44)				
Oxford_H	305	185	360	850
MEN				
Open				
132				
Holbrook_M	180	200	300	680
148				
Bossung_ C	325	255	425	1005
165				
McCarthy_D	510	315	515	1340
Hutchins _T	440	330	475	1243
Young _P	455	230	500	1185
Garrity _D	335	250	415	1000
181				
Clayton _J	600	350	520	1470
Clayton _D	450	365	550	1365
Erickson _R	490	275	540	1305
Raptosh _Z	510	330	410	1250
Mecham _S	410	365	460	1235
Hall _J	445	240	475	1160
198				
Berry_ C	650	450	575	1675*
Hill_B	550	335	615	1500
Roope _D	555	385	480	1420
Compton _B	485	360	540	1385
Stansfield _C	500	345	500	1345
Hatch _C	405	250	425	1080
Fisher _J	350	250	450	1050
Hansen_ M	135	–	–	–
220				
Clark _B	650*	380	575	1605
Zolynski_ J	505	345	605	1455
Leavitt _A	500	400	550	1450
Ragain _R	530	265	550	1345
Davis_ E	465	300	500	1265
242				
Carlin_ C	700	420	665	1785
Casey_ M	540	360	560	1460
Anderson _S	600	340	520	1460
Robinson _J	460	380	545	1385
Smith_D	475	325	425	1225
275				
Thompson_J	675	410	660	1745
Thompson_J	525	405	675	1605
Schultz _S	505	315	505	1325
Wolf _D	445	340	430	1215
319				
Edgell_D	595	405	600	1600
Teen				
165				
(16-17)				
Fredrickson_S	275	170	350	795
198				
(18-19)				
Raptosh_Z	510*	330*	410	1250*
Master				
165				
(40-44)				
McCarthy_D	510	315	515	1340
Hutchins_T	440	330	475	1245
181				
(40-44)				
Clayton_D	450	365	550	1365
198				
(45-49)				
Lukens_ J	500	320	490	1310
(50-54)				
Scardino_A	400	275	425	1100
242				
(40-44)				
Robinson_J	460	380	545	1385
(45-49)				
Anderson_S	600*	340	520*	1460*
275				
(45-49)				
Wolf_D	445	340	430	1215

* - State Record. PLACEMENT BY FORMULA: WOMEN: Macy, Oxford, Compton, Moro, Rhoden. MEN'STEENAGE: Raptosh, Fredrickson MEN'S MASTER: McCarthy, Clayton, Lukens, Anderson, Hutchins, Robinson, Scardino, Wolf; TEAM: Team Fitness. (Thanks toUSAPL for providing the results)

USAPL Eastern USA BP
29 Apr 00 - Charlottesville, VA

Female		220	
123		35-39	
18-19		Andy Stec	510
Sarah Jones	90	45-49	
148		Sam Morris	400
35-39		Robert Jones	380
Susan Monaco	155	50-54	
Men		Kyle Christian	400
165		Jamie Smith	345
16-17		Jerry Pool	300
Ryan Still	285	Police	
181		Robert Jones	380
20-23		Bill Pfaff	340
Tripp Brightwell	365	242	
Police		Open & Police	
DanHicks	165	Charles Swingler	405
198		50-54	
Open & 35-39		A.C. Burke	330
John Shifflett	365	Jay Allen	315
40-44		275	
M. Lichtenberger	440	Open & 35-39	
Ken Nlenke	385	Howard Muir	355
Mike Hurd	310	Supers	
		Carl Whorley	235

(Thanks to USAPL for providing the meet results)

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is the twice a month FLASH bulletin of the Iron Game, produced through the offices of POWERLIFTING USA for over 18 years, and sent out to its subscribers via FIRST CLASS MAIL so you will get the news while it is still NEW. Each edition is packed with a huge variety of IRON GAME-oriented information - almost all of which you will never find in any other composite source. Recent issues cover a dramatically effective new performance aid - tested at Stanford University (an average set of pullups increased from 14 to 44!), the unique distinction presented to IPF General Secretary Heiner Koberich by the German National Government, which long time masters competitor got his picture into SPORTS ILLUSTRATED, a new FREE virtual on-line fitness trainer, how Powerlifting's loss and Olympic lifting's gain - Shane Hamman - finally met the tough qualifying standards to compete in the Olympics in Sydney, what's on tap for next year's Arnold Classic BP meet, the meet and lifts Bull Stewart plans to make as his comeback debut from a controversial drug test suspension, and an honor designating as "First Citizen" for a powerlifter and his wife who have providied 1300 scholarships to single parents and GED candidates as well as funds for 300 inmates to complete GED diplomas at Colorado State Prison. It's only $28 for 24 information packed FIRST CLASS issues ($39 for overseas air mail) to POWERLIFTING USA, Post Office Box 3238, Camarillo, CA 93011

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The response to our offer of the new book **MUSCLETOWN USA** by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. The foundations of our sport obviously had some cracks, but the bedrock of our origins was just as obviously vital, resilient, and impossible to keep down. This is a book that you will be compelled to read from cover to cover. (432 pages, 70 illustrations). Paperback edition is $23.50 plus $4 shipping and handling per book (we have some more of the hardbound books in stock - $65 plus $4 s/h). Send orders payable to Powerlifting USA, Box 467, Camarillo, CA 93011.

TOP 100

For standard 132 lb./60 kg. USA lifters in results received from July 1999 through June 2000.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
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3	490 Williams, M..3/26/00	380 Byrnes, C..9/11/99	551 Green, B..7/17/99	1333 Maile, J..3/25/00
4	485 Wynn, M..8/28/99	380 Folken..3/12/00	545 Weiss, D..10/23/99	1275 Kupperstein, E..2/27/00
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7	460 Whigham..6/3/00	335 Tiffany, D..2/26/00	512 Grubbs, C..4/15/00	1227 Clark, A..5/20/00
8	450 Garcia, H..12/4/99	330 Taylor, T..7/17/99	501 Maile, J..3/25/00	1212 Wynn, M..8/28/99
9	445 Kupperstein, E..2/27/00	330 Jones..10/30/99	501 Whigham..4/8/00	1201 Mirabella, C..7/17/99
10	440 Mirabella, C..7/17/99	330 Rinehart, T..2/26/00	495 Bryant, M..3/26/00	1200 Whigham..6/3/00
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13	435 Smith, T..2/5/00	303 Dawg, K..12/11/99	485 Ireland..12/11/99	1157 Edralin, D..12/18/99
14	430 Lorenz, K..3/26/00	300 Cannon, J..7/10/99	480 Cooke, J..11/19/99	1155 Weisberger, A..6/18/00
15	429 Clark, A..5/20/00	300 Weiss, D..10/23/99	480 Ortega, J..3/26/00	1150 Cooke, J..11/19/99
16	425 Mattis, J..11/19/99	300 Lippert, J..32/6/00	473 Mirabella, C..7/17/99	1150 Hile, P..2/20/00
17	425 Hile, P..2/20/00	300 Weisberger, A..6/18/00	473 Beasley, M..3/25/00	1146 Young, G..7/24/99
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85	345 Renn, R..5/13/00	236 Ware, V..6/10/00	400 Aligeier, J..3/25/00	960 Ahmed, H..3/5/00
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NEXT MONTH... TOP 148s

Corrections... In the results of the IPA Sr. Nationals on November 20, 1999, David Moore was listed as a competitor in the submaster division, however, he had actually turned 40 prior to the meet, and while he noted this to the meet promoters, it was not reflected in the results published in PL USA, nor was it noted in the TOP 20 Masters rankings for 1999 in the 242 lb. class. Art Labare's best lifts of 804 584 760 2132 were not reflected on the TOP 100 ranking for the 275 lb. class. Joel Toranzo's bench press of 680 at the IPA York Barbell meet of 6/26/99 was not listed on the TOP 100 for the 275 lb. class. Ken "Jackman" Gleason was not credited for his 575 lb. bench press in the results of the USPF New Hampshire State Open Bench Press Championships, and that amount was not indicated on the TOP 100 for the 275 lb. class as well. Gary Landess was not credited with a 365 lb. deadlift in the 132 lb. class as well as a total of 750 for the Masters TOP 20 rankings of 1999. We apologize for any mistakes and and we encourage you to please send any corrections that you find to "PL USA ERRORS" Department, Post Office Box 467, Camarillo, California 93011. (Sometimes, it takes a while to verify the correction before it is actually published)

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