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APF SENIOR NATIONALS

as told to Powerlifting USA by Herb Glossbrenner

Who would have believed that a record number 189 paid entries would show up for the 2005 APF Men and Women's Open Senior Nationals and Bench Press Championships? The turnout made this event the largest for a Senior Nationals in APF History. Meet Director Jim Hinze had set May 1st as a cutoff date. If he had more than 100 entries by that time it would be a three day meet: Fri - Sat - Sun. With less than 100 entries, it would be a two day meet, June 4-5, Saturday and Sunday. That was the way it turned out, but then a deluge of entries came pouring in after the 1st. The decision had already been made, and it was too late to change things. The Airport DoubleTree Inn, in Detroit, MI, was the meet site. It's a short hop from the airport, with free shuttle service, a convenience for everyone.

I remember Jim as Dan DeFelice's emcee from the 2000 APF Seniors in Warren, MI. Jim was 270ish then, and perhaps 100 lbs. heavier now. No wonder I didn't recognize him. The venue had not yet been set up by Friday PM. When Hinze arrived with the truck to unload the equipment, he had only two or three people to help him. He was in no condition to do all the manual labor himself, and was perspiring and cherry faced. They had no kilo plates for the warm-up room or competition, so Kieran Kidder had sent a driver with a truck of them from FL. Come weigh-in time the switch for kilos on a combo lb./kg. scale either didn't work or nobody knew how to switch it, therefore all lifters were weighed in lbs. It was necessary for me to convert all the bodyweights to kilos and interpolate coefficients for every lifter in the meet, in order to obtain a correct points rating. This is an absolute necessity if two athletes were close, as it was for the Men's Best Lifter. A backup scale should've been available.

***Deb Widdis** ... a Lady Big Iron Powerhouse*

The meet was delayed many hours. The PA system messed up, bodyweights were not programed onto the result sheets, and there were no expediter cards used. The results I was given at the conclusion of the meet were incorrect, with no bodyweights and numerous errors, wrong attempts, etc. On both days awards were handed out to the wrong people and then they were called to give them back. The village idiot would've known that Becca Swanson won the Women's Best Lifter by a landslide, but it was given to the wrong girl. Big Iron's protests fell on deaf ears, until I went to the table proving they'd used the wrong coefficient for Becca. You don't even need a formula to catch such a flagrant error.

Bottom Line: in my humble opinion, it should be mandatory that in any USA based APF National or World Meet, either Pam Clayton, WPO Secretary, or Amy Jackson, APF/AAPF Secretary, should be on hand to run the scoretable and computer. That is what they do best. Hinze promised to send me the corrected scoresheets, but he never did. I had to obtain them from the National Office a week later, and even they had mistakes and some missing bodyweights. No birth dates were provided. I had to get them all From Amy Jackson, a week later at the National Office, from what she had on file for registration purposes. Therefore many lifts which were age group records were not recognized

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We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, World's Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised to learn that she was the strongest kid in her grade school.

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as such, and were passed over. I felt bad for Jim Hinze who tried his best to have a good meet. He was put to the ultimate stress test, but was in way over his head. On a positive note, the platform crew was one of the best I've ever seen at a National or World meet. They were alert, sharp, and quick. I don't think there was a single misload in the whole meet. Matt Kroczaleski, 32, from Grand Ledge, MI, did a tremendous job as expediter on the second day. It was a tremendous help knowing who was up and what was on the bar. The awards were nice with gold loving cups given for 4th and 5th place. The judging was outstanding the first day, with Kieran Kidder keeping an eagle eye scrutinizing the judges. The second day, when Kieran's expertise as emcee was needed at the scoretable, the squat judging got a wee bit lax, as it often does for the Big Boys. Numerous records were broken, again and again. Never in any meet have 13 men squatted more than a thousand. Without further ado: the lifting.

JUNE 4 - WOMEN'S OPEN

Barbara Sieps, 38, Lincoln, NE, set all new 33-39 WRs for Big Iron winning the 97 lb. class: SQ 297.6, BP 148.8, and 3 tries to get her "stay alive" 297.6 DL, TOT 744. This erased Nadine Cohen (Baker) from the record list. At 114, Margaret Kirkland, 41, a dentist from Bradenton, FL, smashed three 40-44 WRs: SQ 402.3, DL 348.3, and TOT 931.95. Truly outstanding! Lifting solo @ 123, Laura Wilson, 42, Saginaw, MI, went 8-9: SQ 281.1, 170.8 BP, 286.6 DL, for a 738.6 TOT. Newcomer Julia Ladewski came out of nowhere to win the 132 class with amazing lifting.Her great 457.4 SQ and 1102.3 TOT may have surpassed the Junior records set by Amy Hoffman 17 years ago at the '88 APF Seniors, in Columbus, OH. The runner-up was Heidi Burke, 38 of the Omaha, NE, Big Iron team. SQ 385.8, missed, then made 407.9 with no misses thereafter (8-9) TOT 942.6.

At 148, Linda Ponce of Foster City, IA, with her wild hair and ferocious mindset, dominated her competition. She celebrated her 45th birthday by smashing AUS Taylor Young's 45-49 WR SQ with her big 473.9 opener. She TOT 1102.3, but had a lot more in her. Linda got timed out with a 501.5 2nd SQ, and tried too much weight on a 3rd. BP 187.4 good followed by huge jump & miss with 225.9. Three good DLs for Linda (440.9). Runner-up was Beth LaPierre, 26, Westland, OH with a 380.3 SQ and 870.82 TOT. Kim Czerwiec, 18, from Warren, MI, missed all her 170.8 BP tries and was out. 165s: Hillary Harper, 26, Concord, CA, SQ 374.8 opener, then bombed with 225.9 BP tries. In 3rd place was Shelly Pier, 31, with a beehive hairdo. She's big Clay Brandenburg's lady from Southgate, MI. Shelly kept us on pins and needles, finally making her 358.2 SQ 3rd, following two misses. No problems thereafter. She made all her benches (236.9), likewise with 3 DLs (341.7), and a TOT 936.96 in her first Senior Nationals. Lisa Denison, 38, Bakersfield, CA, who's really tall for this class, showed vast improvement and finished runner-up. She had a banner day going 9-9: 485 SQ, 220.4 BP, 418.9 DL and a 1124.35 TOT. This year's Senior champ is Carol Ann Myers, 39, from Defuniak Springs, GA. She's moving up the ranks quickly. She nailed a great PR 512.6 SQ on a 3rd, and salvaged a 275.6 BP on her final lift. Carol showed great resolve pulling 418.85 on her last DL following a missed 2nd for 1207.03 TOT. Strong lady!

181s: Shawna Mendelson, 32, from West Hampstead, NY, looked to be the odds on favorite, but looked overtrained and made some risky jumps, which was her undoing. Ali Huston, the sensational teen wonder (19) girl of the Big Iron club of Omaha, NE, had peaked perfectly. Ali made a clean sweep of her 18-19 WRs, surpassing her own marks by a big margin: SQ 523.6, then 551.1, 2nd, but 584.2 was too heavy. Mendelson made 562.1 for her opener, a nice lift with great strain. Her mind was set to break Jill Mills' Open WR, and absolutely nothing would change her mind. She went up to 623.91 to break the absolute mark by 1.1 lbs. She got timed out, but was allowed the attempt again. It was way too heavy. Houston missed, then made a 253.5 BP, then settled down and notched a 275.6 3rd. It was another 18-19 WR for her. Mendelson had a chance to make amends for her SQ tactics, and has a monster BP to flaunt (runs in the family). Opener 325.2 was smoked. Up to 352.7, a contest PR, and got it up, but hit the pin, and got no lift for butt raise, I'm told. A increase to 363.8 was a great lift, a PR by 22 lbs. moving her from 13th to 5th Women's Best All-Time for this class. Going into the DL, Shawna led by 99. Surely that would be safe. She pulled 402.3, followed by two misses with 451.9 - TOT 1328.28. No one expected Shawna's king size ball of yarn to come unraveled, but Ali had win on her agenda. The Teen was headed for an extreme deadlift. Opener 485 looked easy. She went straight for the win (507.1) and pulled off the upset, a 1333.8 TOT. What a shock. Not done yet, she took 518.1 on her final lift and made that too for a 1344.82 TOT. It was a sweep of her own 18-19 WRs and an upset victory. 198s: runner-up was the pigtailed Viking Girl, Erica Lawson, 28, from Manteca, CA: 402.3 SQ, all BPs to 242.5, and DL 358.2, for a TOT 1003.1. She's got a great future in the sport if she stays with it.

Ex-bodybuilder Deb Widdis, 44, Papillon, NE, is the latest Big Iron, Omaha team member to skyrocket toward stardom. Her SQs were deep and powerful: 551.1, 562.1 was easy. Coach Hussey called for 600.7 for her final lift. A score table screw-up gave her 589.7, instead, which she womanhandled for 2W, a good lift. All her SQs wiped out the 40-44 mark of 462.9, set 14 years earlier by Maris Sternberg. Deb tried 622.8 on a 4th, but it was too heavy this time. Deb got a 275.6 3rd BP, and 2 DLs (457.4). Her 1322.77 TOT also broke the 40-44 WPC WR of 1212.54, formerly belonging to Tarja Rantanen of FIN. Way to go Debbie! UNL: Rebecca Swanson, @ 242.2 looked enormous. I 'm guessing her thigh circumference matched her age (31 no less). Becca was out of action most of last year, recovering from torn biceps on both arms. Before I tell you of her barrier busting lifting here, I'll cover her trio of understudies, who performed very well themselves. In 4th, Kristen LaMonica, 40, 235.2, from Baton Rouge, LA, TOT 892.87! In 3rd was Joanna Conner, 41, 257.5 of Lakeland, FL. Following two SQ misses with 507, and 518.1 Joanna increased to 534.6, for a do or die try. She got it for a brand new 40-44 WPC WR. It erased the 473.9 lift of Maris Sternberg set 17 years ago in Atlanta. Joanna BPed 253.5 (no misses); and got all her DLs

Carol Ann Myers *with a 385 DL*

In the 181s ... *Shawna Mendelson and teenager Ali Houston.*

Kristy Reske *did great benching, but Becca was in another world.*

881 *... Scot Mendelson is back on the comeback trail (Josaitis photo)*

(424.4). This gave her a 1212.54 TOTAL, beating another of Sternberg's records (1201.52) set 21 OCT '89 in Crystal Lake, NY! Very impressive was runner-up Kristy Reske, 28, of Stockbridge, MI. At 216.3, Kristy worked up to a 551.1 SQ, solid as a rock. Her BP was amazing at 319.6, then 358.2, before missing a huge 402.3. She pulled 451.9 (missed 496) for 1361.35. This is a huge result in her Senior Nationals debut. New talent seems to be springing up everywhere. Swanson's strength was incredible. She surpassed her own records ten times in the course of the lifting: SQ 771.6, 788.1, 804.6 and then 832.2 on a 4th attempt. She made a 462.9 BP, then 479.5, and almost got 501.5 on her final push. Her DLs were executed in perfect form: 600.7, 628.4 then 640.443 (290.5), which broke her World Record set back in Nov. '03 at the Worlds in Calgary, CAN. Her TOT 873 kgs. (1924.635) marked the first time a Woman has gone over 1900 in a 3lift competition. Only divine intervention can derail her from achieving that ultimate goal of 2000! No longer a dream, it's now Swanson's scheme!

WOMEN & MEN - BENCH PRESS

The Bench Press competition took place late Saturday evening, following the men's powerlifting through the 198 lb. category. Lisa Miller, 28, 243.8 was runner-up in the Women's UNL category with a 2nd attempt 303.13! Stealing the show and winning with a record shattering performance was Sydney Thomas, 51. She's "Mrs. Captain America" in her colorful red white and blue regalia. She and coach Ernie Frantz sat right beside me as I shared in the proud moment of her jubilation. She dedicated her day's lifting to a relative fighting a battle with breast cancer. Sid smoked 292.1, and came back to make a 50-54 WR 314.1, following a miss. On a 4th Ernie picked 325.2 for her, and she made it, and then carried on a great celebration. I say she's the only woman over 50 to go over 300. Galen Scott, 43, of Port Clinton, OH, was lighter man (98.9 to 100.0) to Christopher Smith, 37, of Eaton, OH. Therefore Galen won the 220 class when both men made 661.38! In 3rd was Richie Briggs, 20 from Omaha, NE with 617.3.

Florida's Rick Lawrence, 40, hit a PR 639.4 for 2nd place @ 242, while Matt Mangum, 28, from Dekalb, IL, got all 3, (578.13) in 3rd. Aaron Wilson, 30, from Glenwood, IA, came thru with a 242 class win, with a 3rd attempt 677.92 success! Two top 242 seeds - Chip Tallman, 36, of Howell, MI, and Jeremy Blewer, 31, of Plymouth, MN, both aspired to lift 705.4, both came up with no lift. The 275 winner was David Cosnatti, 26, of Redondo Beach, CA, pressing 534.62, his opener. Another big gun misfired: Richard Putnam, 27, of Fona, NY, did 755 winning the IPA Nationals last November. He got stonewalled with 705.4. At 308, John Pinder, 46, from Zebulon, NC, took 2nd place with 562.1, while Adam Baker emerged the winner with 705.4 (an opener). Top seed Paul Key, 31, of Columbus, OH, started with a overly auspicious 804.6, missed twice and called it a day. At SHW, Tom Webster, 20, from Westland, MI, got 551.1, a 3rd round lift for runner-up. Finally back on track after two years of bombing out, Scot Mendelson, 36, of Simi, CA, weighed 308.7, just enough to be a SHW. He opened with a huge 881.8 and locked it out on his opener to end his curse. He went up to 905, just enough to exceed the best of Ryan Kennelly (902-1/2), who was on hand to observe. First try was mis-grooved. On a final attempt he put it right up, with a glitch at the top when he hit one of the uprights for a dip on the left side, but then he pressed it out. Not good was the judges ruling, but it was about as close as one could get. Scott's 881.8 lift broke his own WPC Open Men's Single lift WR, and also broke the 33-39 WR of 661.4 set 13 Nov '00, by big Clay Brandenburg. Clay had planned to lift, but as the hours grew late he wisely decided not to force himself and saved it for another day.

Chris Smith *in the Bench Only Competition ... with 661 @ 220 (Herb)*

MEN'S OPEN PL:

No entries at all in the 114, 123, or the 132 classes, and only one entry at 148. Leon Josatis, 22, Spokane, WA, lifting in his 2nd meet, went SQ 501.5, BP 363.8 and 446.4 DL, TOT 1311.7. As luck would have it, he won in his first Seniors. The 165s: Greg Ripley, 44, of Warren, MI, ice-bagged himself on the sidelines after he twanged his hamstring on a 501.5 DL. Newcomer Roger Marcus went 8/9 - 1471.58 TOT in 7th. Eric Stone, 22, Aurora, IL, came in 6th with 1521.2. In 6th position was Martin Hardy, 26, of Clinton Township, MI, with 1548.74. Jason McElroy, 35, of St. Petersburg, FL, was dead even with Brian Tincher, same age, going into the DL. Tincher had the advantage of lighter bwt, and both pulled the same 573.2 which gave Tincher the bronze when they tied with 1664.49 TOT. McElroy's forte was the SQ, where he hit a great 705.4. Tincher however drew even with his specialty - the BP (462.9) Jon Gordon, 25, Marietta, GA, went 2 for 3 on every lift - 672.4 SQ, 413.4 BP and 644.8 for 1730.62, very good lifting, to gain runner-up. Omaha's 19 year old Nick Hatch weighed in at 160.7, to forgo the struggle to make 148, and also to smash his own 18-19 WPC World Records. Nick had to repeat his 760.6 opener, a tad shallow. Next time - good. Up to 804.6, a barrier buster, as he would be the youngest as well as the lightest to hit the big eight double zero. At the end of the long 2nd flight, Nick came out to blast up 370.5 kg. (816.81). Not only was it another teen record, but also bettered the WPC Open Men's Record held by Russian Igor Shestakov. On a roll, Nick broke two of his teen BP WRs 475.09, then 501.5, his first time over the five double zero barrier in the BP. Much improved in the DL, Hatch hit 540.1 on his final try and TOT 1846.37, another 18-19 WR.

1st in his first Seniors - - - ***LEON JOSAITIS***

181s: Eight men in the lineup, but three fell by the wayside. Steve Wunz, 42, and Dearborn, MI's Fabian Wambsgans, 58, zeroed in

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***Nick Hatch** ... a teen, toying with world records (Leon)*

the BP. Tom Lavelle, 38, from Cleveland, OH, was in a solid 2nd place after his first two lifts! 727.5 SQ, and 501.55 BP. He thrice missed a 551.1 DL and it was bye-bye silver medal for him. Ryan Hicks, 27, from Gordo, AL, made only openers for a 1614.88 TOT and 5th place. Greg Brochu, 28, from Minot, MN, challenged Robert Benedix, 45, who was back in action after having underwent a quintuple (5x) heart bypass operation a couple of years ago. Doctors told Robert his lifting days were done. He proved them wrong, garnering 3rd place 1714.9 to 1703.07 for Brochu via 705.4 SQ (miss 733 WR 45-49), BP 457.4, and DL 551.1. No wonder he's called the "Miracle Man". Runner-up Michael Maxwell, 30, from Zanesville, OH, TOT 1758.18 with 733.1 SQ (1st), 451.9 BP (2nd) and 573.2 DL (opener). Mike actually attempted lifts that had he got them would have given him an 1884.95 TOT. It still wouldn't have improved his placing. Taking the 181 title was Bret Rapp, 37, of Clayton, NC. Brett looked very impressive, nailing all his SQs (799.1), got a 457.4 BP opener (twice missed 501.55), and pulled a 617.3 2nd attempt. His TOT of 1918.02 is World calibre. It was his first Seniors title and most deserved.

(article continued on page 89)

***Brett Rapp** ... squatting 699 at 181, a big time SRs debut*

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Mike Miller
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The 26th IPF Women's World Powerlifting Championships

May 26th-29th, 2005 – Ylitornio, Finland

as told to Powerlifting USA by Cheryl Anderson

The Land of the Midnight Sun greeted 95 of the best female powerlifting competitors from 21 nations for the 26th IPF Women's World Powerlifting Championships. Quietly sitting just south of the Arctic Circle, the small town of Ylitornio, Finland (with just over 5000 residents) came alive with the arrival of this history-making event and rose to the occasion. Meet Director Tero Hyttinen, of the Finnish Powerlifting Federation, and 130 volunteers have worked together since 2002 to make this history-making Championships both an enjoyable and memorable time. And it also seemed that every one of the warm and welcoming locals played a part in lending a helping hand to the success of this big event and the comfort of their visitors. Many of the local businesses (including the town supermarket) sponsored Worlds, and then the managers and employees came out to watch the action. The children of Ylitornio – especially the girls – proved to be devoted powerlifting fans at this all-female strength extravaganza. They asked for autographs and wanted to have their pictures taken with the lifters (on both their cameras and their Nokia cell phones, which are quite prized in Finland). And they had their own cheering sections for their homeland heroines ("Mervi! Mervi!"). One of the most endearing things was their greeting of "hi" that sounded like, "hey!" and their departing "hey-hey" for "goodbye," along with "kiitos" (pronounced "key-tohs") for "thanks!" My 7-year-old son became especially adept with the basics of the native tongue, and I made sure to pronounce "sauna" correctly – as "sa-ow-nah," as instructed in my travel manual, so as not to offend the locals – which seemed to both entertain and impress Raija Koskinen and the hotel chef.

Some members of Team USA had flown to the Lapland of Finland on as many as four or five planes, enduring 22+ hours of air travel before a 1 ½ hour bus ride from Rovaniemi (or Kemi) to our ultimate destination located just across the Tornio River from Sweden. One of the meet volunteers stood poised outside our gate at the Rovaniemi airport, ready to sweep us from FinnAir to our ground transportation, holding an IPF Women's Worlds sign with meet logo. He answered our many questions, waited for us to collect our baggage, and then assisted us onto our van as the rain poured down, explaining in local accent, "This is very typical weather of Northern Finland in May". He accompanied our van driver and us on our "road trip" to Ylitornio and served as a translator as well.

A Welcome to the Land of the Lapps *.... the opening ceremonies.*

Those of us who were awake – or, at least, better adjusted to the very-different time zone – took in the scenery of pine trees (with an occasional reindeer hiding behind one), hills, and yellow and red houses as we traveled down the familiar right-hand side of the roads, until we saw the vast waters of the "River Tornio."

The long hours of air travel one-way dehydrated more than 2 lbs. off me, but the food served at the Hotel Helenan Kievari seemed rich enough to put the weight back on. Those on the team accustomed to world travel already knew that we could eat more in Finland and actually lose weight in the process, but it pleasantly surprised me. Some of us missed having ice in our beverages (or even chilled drinks) the entire week and walked to the nearby Supermarket K of Ylitornio to buy familiar groceries (for example – and especially in Carly Nogle's case – ice cream). Tod Miller brought a bottle of ketchup from home to help him through the week of new delicacies, and my family brought a jar of peanut butter. Caitlin Miller had to buy a hairdryer at the town hardware/electronics store because many of us found ourselves blowing fuses even with adapters for the European electrical outlets.

Those of us who packed in anticipation of a somewhat cold climate were pleasantly surprised with warm and sunny weather (with the exception of the heavy downpours the day we arrived). This year's opening ceremony featured some young members of the Ylitornio Gymnastics Club performing the Dance of the Midnight Sun, as locals prepare to celebrate the longest days of the year in northern Finland – and we are talking about 24 hours of daylight. During our stay, the sunlight was pretty much non-stop except for a "sunset" that dimmed the sky for about 3 hours. There were a couple of mornings when I awoke to the sound of chirping birds greeting the "sunrise" at 3 a.m., or to the sound of noisy neighbors on the streets – again, around that time – peering at my clock and wondering if it were 3 o'clock in the morning or afternoon (a little disorientation happens when you have to move your internal and external clocks ahead 8 hours).

And when the lifters were not walking through town beneath the extraordinarily bright and abundant daylight that exists this far north, they were greeted with very bright and hot lights on the platform – illuminating their lifts for television. It was a very long walk from the wrapping area to center-stage, and cameramen from Eurosport TV followed the determined lifters taking their stiff-legged walks (or sometimes being carried by their coaches) down the corridor and to the platform, capturing the action throughout the 3 days.

Familiar terms to American competitors such as "on deck" and "in the hole" were not used here, but when a lifter heard her name followed by "got to be ready," it meant that her turn was coming up fast. As often occurs in an international gathering of this size, there were several instances of miscommunication or misunderstandings, many times resulting in lifters timing out (noticeably often from India).

But the well-organized team of volunteers running the meet maintained a spreadsheet projected on a big screen for those in the packed bleachers to follow the action. There were also volunteers diligently maintaining a number board showing the current weight being lifted. And the spotters did a fantastic job with good catches on some precarious squats.

Day 1: 44, 48, 52, and 56 kg classes. USA lifters: Cheryl Anderson, Jenn Maile, Sioux-z Hartwig, Caitlin Miller. Hardware count: 6 medals

44 kg. / 97 lb. class – There were only 6 lifters in the 44 kg.

Too Cool *.... Koskinen chills before winning another world title.*

First Time *... Cheryl Anderson.*

class, making for a very fast-paced meet. However, among the 6 lifters, there were very close races and numerous medals were decided based on bodyweight. USA lifter Cheryl Anderson (your reporter here) started the action with the first lift of the competition. She ended with a 7/9 performance and won the Bronze overall as well as a Silver medal in the bench press in her first IPF competition ever. Cheryl had the unusual distinction of being the only lifter in the competition to place last in squats and still end with an overall medal. Due to technicalities, she missed a PR 253.5 lb attempt that was battled all the way to lockout, and the judges wanted her to bring the bar down higher on her chest on the 2nd bench attempt (the good news was that adjustment made for an easier upward stroke on the 3rd attempt). This put her in 5th place (out of 6) at subtotals. The necessity of "the right pull" here was reminiscent of Jessica Watkin's Bronze medal win via lighter bodyweight with a big deadlift at the World's in 2003. After pulling 303 lbs, I placed 3rd overall with a bodyweight edge over France's Laurence Hernandez, the squat bronze medalist.

Raija Koskinen had yet another perfect day, just as last year in France, and won her 6th IPF Gold in this class. Her flawless execution does not happen without years of experience. This veteran has competed in every IPF Women's Worlds since 1992 in both the 44 and 48 kg classes and, in those years, has experienced everything from a bombout to Gold-medal-winning, 9/9 performances. Now this doctor from Helsinki uses her expertise to coach many competitors on Finland's women's team to medals of their own. Chinese Taipei's Weightlifting Olympian and IPF World Deadlift Record Holder, Wei-Ling Chen, came down to the 44s (97s) after being nominated in the 48s (105s) to go toe-to-toe with the defending champion. This showdown made for some great edge-of-your-seat action for the packed house, right from the get-go. Raija set a new Open World SQ record with 171 kg (375 lbs.), only to witness Wei-Ling breaking it minutes later by .5 kg. Wei-Ling, Laurence Hernandez from France and Monika Korpak of Poland each got only one bench passed and tied for the Bronze BP medal, with Wei-Ling coming out ahead by bodyweight, but with her bench behind Raija's by 17.5 kg, the subtotals showed that Wei-Ling would have to use her extraordinary pulling ability to beat Raija. When it came time for the final deadlift, she needed to pull a massive 391 lbs. to equal her total and win the Gold by bodyweight. This was well within her ability, as she holds the World Record with 385 lbs., but this day her foot slipped. Raija had been watching these final decisive minutes from the platform entrance and then shook hands with the young lifter who had battled for the Gold till the bar hit the floor. The moment concluding all of the exciting action in this weight class was featured in the local newspapers. Raija's squat set a M1 world record, and she also set a M1 total record of 410 kg. (903 lbs.) Wei-Ling's SQ and total of 402.5 kg (887 lbs.) are new Junior and Open records.

Laurence Hernandez of France and Monika Korpak of Poland tied going into subtotals with identical squats (264.5 lbs) and benches (137.8 lbs), but their deadlifts determined 4th place (286 lbs.) for France and 5th (264 lbs.) for Poland. India's Thomas Ruby pulled a 331.5 3rd attempt – a lift equal to her subtotal – winning the Bronze in the DL. She placed 6th overall.

48 kg. / 105 lb. class – Caitlin Miller had been nominated for this weight class on the heels of her 799 lb. win at Nationals, but then she grew, to say the least (not to mention she enjoyed plenty of Finnish

48 kg. Gold *... Svetlana Tesleva.*

desserts and fries during her stay in the Lapland). Due to a last-minute decision to move her up TWO weight classes, there was therefore no lifter representing the USA in the 48s/105s. Nonetheless, here was yet another exciting showdown between the top 2 lifters, multi-time World Champion Svetlana Tesleva of Russia and Yukako Fukushima, 5-time World Bench Press Champion. Their subtotals were separated by only 5 kg. (11 lbs.)! When the dust settled, Svetlana won her 7th Women's Worlds Gold with a huge 380 lb. deadlift and a 9/9 day, setting a new IPF Open world record total of nearly 1,000 lbs. (997 lbs.). Yukako had to take three attempts to get her signature lift passed at this competition, yet the friendly Japanese bench press phenom smiled her way to another Silver overall upon a successful 341 lb. pull. Vilma Ochoa of Ecuador, who competed in the 44 kg class last year, won the Bronze with just 4/9 attempts due to her strong squat (347 lbs) and deadlift (352 lbs). Finland's Sanna Apuli placed 4th with three "good lift" pulls to total 799 lbs. Marcela Balogova of the Czech Republic benched one attempt with 187 lbs, which easily won her the bronze bench medal, and placed 5th overall. A pair of French lifters, Sabine Guillaume and Vanessa Martin placed 6th and 7th, respectively, their totals separated by just 10 kg. Another pair of lifters, this time from India, took 8th and 9th places – Mohanta Mandakini and Renuka Ch. V.S.N.L. (abbreviated on the results). Shouko Tanaka, the other Japanese lifter in this class, placed 10th with a 310 kg total after a 4/9 day. The day before this, Australia's Mary Macken looked to have moved to the 97s, but she instead rounded out her usual weight class, the 105s, with a 290 kg total.

52 kg. / 114 lb. class – No strangers to IPF competition, Jennifer Maile and 2003 World Champion Sioux-z Hartwig lifted for the USA in this class. This was Jenn's first IPF competition in the 114s, and she had a tough day with squats, unable to get any of them passed. Her foot slipped just after lockout on her first try with 352 lbs, though the attempt seemed to spring up easily. Her 2nd attempt with the same weight just would not go, and her 3rd attempt was called on depth. She did not lift the rest of the day, but came back to serve as a referee (and brave the almost-blinding lights) on Days 2 and 3. Sioux-z overcame previous injuries and won the Bronze in each of the 3 individual lifts to place 4th, just missing the overall Bronze by 17 lbs. On the heels of Jenn's early departure, fans were on the edge of their seats as Sioux-z had trouble getting a bench passed until her last attempt. She had also timed out on her last deadlift, an attempt of 170 kg, just as she began to grab the bar. In this weight class, we saw another 9/9 performance from a defending World Champion: The Russian dwarf Olesya Lafina won her 3rd IPF gold with 1102 lbs., a new Open world record that looked easy. She also set new Open world SQ and BP records. Mervi Rantamaki of Finland overtook Evgeniya Arkhipenko of Ukraine by 20 kg to win the Silver. Evgeniya missed two of her deadlift attempts and ended her day with a 430 kg total and the Bronze. Yi-Ju Chou of Chinese Taipei went 7/9 and out-pulled everyone with a great 396 lbs., winning the deadlift gold, but finishing 5th overall. Ecuador's Rosa Castro turned in a 385 kg total with her opener squat and bench to place 6th. Karin Hollaus represented Austria and placed 7th with a 340 kg total.

56 kg. / 123 lb. class – In the largest weight class of the competition (14 lifters), Caitlin Miller – lifting in her first Open Worlds and the youngest competitor in the meet – placed 4th overall after moving up two weight classes and won a Bronze in the deadlift

(article continued on page 86)

IPF 26th Women's Worlds
26-29 MAY 05 - Ylitornio, FIN

97 lbs.	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
R. Koskinen	347	363	377	165	170	176	336	347	352	903
W. Chen	341	363	378	137	~~148~~	~~148~~	352	374	~~391~~	887
C. Anderson	209	231	~~253~~	143	~~154~~	154	259	292	303	688
L. Hernandez	264	~~275~~	~~275~~	137	~~148~~	~~148~~	275	286	~~297~~	688
M. Korpak	264	~~281~~	~~281~~	~~137~~	137	~~143~~	242	264	~~281~~	666
R. Thomas	220	237	~~248~~	82	93	~~99~~	297	319	330	661
105 lbs.										
S. Tesleva	352	369	380	214	226	237	352	369	380	997
Y. Fukushima	319	341	~~352~~	~~264~~	~~264~~	264	319	~~341~~	341	948
V. Ochoa	347	347	~~358~~	~~154~~	154	165	352	~~374~~	~~374~~	865
S. Apuli	297	297	~~319~~	154	165	~~176~~	308	325	336	799
M. Balogova	253	253	270	~~187~~	187	~~203~~	297	314	~~330~~	771
S. Guillaume	275	281	~~292~~	148	154	~~159~~	319	330	~~341~~	766
V. Martin	292	292	~~303~~	159	165	170	281	~~292~~	~~297~~	744
M. Mandakini	253	~~275~~	~~275~~	143	~~154~~	~~154~~	308	~~330~~	330	727
C. Renuka	253	~~281~~	~~281~~	132	143	~~154~~	286	303	~~319~~	700
S. Tanaka	253	253	~~264~~	143	154	~~170~~	275	~~292~~	~~292~~	683
M. Macken	209	237	242	104	121	~~126~~	275	~~292~~	~~292~~	639

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TRAINING

BENCH PRESS TRAINING

as told to Powerlifting USA by Louie Simmons

"If you havin' bench problems, I feel bad for you son. Westside got 99 problems, but a bench ain't one". With 15 men who bench 700 or more, I believe we have a system that proves it's the best.

Westside has two new bench stars: Jason Fry — 600 at 177 — who erased Fred Boldt's 597 at 181, and Westside's first over 800 bencher — Mike Wolf, at 825. How they accomplished these big benches and who was responsible for their training are discussed below.

George Halbert, who has broken the all-time record no less than 11 times, designed and oversaw their training. Everyone should know by now that we have two main training days for the bench. The first is for explosive strength using the dynamic effort method. Its purpose is to build a fast rate of force development. It is very important for starting strength. If you don't think so, try to imagine a slow boxing jab or try jumping onto a 50 inch box by easing off the ground. Hatfield said it best: no one tries to lift a heavy weight slowly.

On dynamic day, Mike and Jason try to move the bar as fast as possible, both eccentrically and concentrically, with the fastest switch time from eccentric to concentric. The grip is changed three times during the workout, no wider than little finger on the rings. Bands or chains are always used to accommodate resistance. Remember, there must be a correct weight at the chest and at lockout.

When bands are used, an overspeed eccentric phase occurs, providing more kinetic energy. Why is this important? Reversible muscle action is determined by the kinetic energy of the falling body, not its weight (mass) or velocity alone. (Refer to Zatsiorsky's "Science and Practice of Strength Training" and Westside's article in Powerlifting USA on Optimal Eccentrics.)

Jason has a background of explosive strength from gymnastics. Plyo pushups and, of course, all the pushups on the rings have provided a solid base to improve from. His GPP is extremely high in the upper body exercises from rigorous gymnastics as well. Not only is Jason explosive, but he has high muscular strength endurance. Speed strength work for benching is 9 sets of 3 reps with

> ***"...If you havin' bench problems, I feel bad for you son. Westside got 99 problems, but a bench ain't one."***

George Halbert, Jason Fry (600 BP @ 177), Mike Wolf (825 BP @ SHW), and the One and Only Louie Simmons. *(courtesy D. Simmons)*

a fast eccentric and concentric phase plus a fast reverse time. The bar weight for Jason is 205 plus 120 pounds of chain, which deloads and reloads during each lift. A double-looped mini-band is used instead, periodically, for speed work. This provides an additional 45 pounds at the bottom and 85 pounds at the top.

George has planned a rigorous triceps program that is constantly changing to prevent accommodation. Jason is very muscular, but is always looking to pile on more lats, upper back, triceps, delts, and forearms. With a 70 pound increase in 4 months of training at Westside, who knows what will happen, especially when he finds the shirt that works best for him. For max effort work, Jason does seated, incline, and decline presses, rack work, board work, and floor press. These exercises are performed with either chains, bands, or pure bar weight. Even isometric and very slow concentric work is done during the yearly plan.

It is very important to understand how proteins playa role when training in different intensity zones. While lifting very heavy weights for low (1-3) reps, a high rate of protein degradation occurs, keeping bodyweight down to a certain extent. When doing higher reps with lighter-weight low-intensity training, bodyweight can go up due to a lesser degree of protein degradation. Plan your yearly training accordingly to monitor body weight close to meet time.

How did George push Mike Wolf's bench from 585 to 825 in 9 months? First, even though Mike has participated in two MMA fights, his physical conditioning was rather low. His bodyweight ranges from 385 to 400 pounds. His weight was 401 when he made an 825 PR at Kenny Patterson's WPO bench qualifier in Columbus. George's first task was to get Mike in shape. Short rest periods were used in his workout.

After about 6 months, his GPP had improved. Mike was no doubt very strong, but lacked a high work capacity to achieve his lofty goals. Speed work was done with no more than 60 seconds between sets. George monitored the bar velocity to ensure that every rep was explosive but also never decelerated while pressing.

Next, Mike was placed on a regimen of max effort exercises. These were rotated every week. A large number of exercises were chosen to evaluate Mike's strengths, but most importantly his weaknesses. We found several. First, Mike had to build stronger lats. This enabled him to place the bar precisely on his chest where it needed to be. Mike had to train his lats at least three times a week. Dumbbells, barbells, and chest-supported rows were employed. Overhead band barbell rowing along with a lot of upper back work was utilized. The lat work helped to correct a second problem: bad bench form with and without a shirt.

WESTSIDE shows up in the most unexpected places *... like the backside of Mike Wolf's forearms*

Mike had trouble with floor presses because of his lack of tightness. Lying on the floor eliminates leg drive and bouncing the bar. Relying only on arm and lat tightness, Mike began to understand what being tight is and what proper form is. This has greatly reduced his chance of injury.

Being in a very small gym with 14 other 700+ benchers, Mike realized that a huge bench was possible if he followed a plan. Remember, without a plan, you plan to fail.

Next was to have Mike compete first at a money meet in Dayton, Ohio. After he missed his first two attempts with 700, I reminded him to relax and have fun. On his third, do or die, attempt, I saw him smile at his mother. A calm came over him, and he blasted up 700. Then on a fourth attempt, he smoked 750. Mike showed guts because ex-Westside Paul Keys made 765 on his third and Ohio's first 800 with 805 at 308. Congrats to Paul.

Two weeks later in Columbus, Westside got its first 800 plus, with a solid 825 bench. These two are Westside through and through. Just check out Mike's tatoos on his huge forearms.

What's next for Mike and Jason? Well, Jason has Fred Boldt to contend with. They say it's important to keep your friends close and your enemies closer. At Westside we're very close, but on the platform we're enemies. This keeps us honest. No one is a star at Westside, so we're never blinded by stardom.

As for Mike "Wolfman" Wolf, there's room for improvement in many areas. George said that Mike is just coming into his own. So watch out for the Wolfman on the prowl.

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The World's Strongest Man Super Series is a new circuit of strongman competitions to be held around the world with the TOP 4 finishers in each contest becoming eligible for the World's Strongest Man contest in China later this year. Winner at the June 18th event at Venice Beach was Mariusz Pudzianowski (above, left - Curtis Lambert photo), but Jesse Marunde (above, rt.) was only 2 points behind overall

394 lb. **Dominic Filiou** (CAN),above left, in the Pole Lift, took 4th. Former WSM winner **Janne Virtanen** (above right) came up 3rd in a tie, and **Steve Bourgeois** (CAN) seen in the middle top photo came in 6th. **David Ostlund**, in the log lift event, came in 5th (Curtis Lambert photo)

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POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

BENCH MONSTER MENDELSON DOMINATES

as told to Powerlifting USA by Marc Cavigioli

Deep in the bowels of the dark hulking building that is The Palladium of Worcester, Massachusetts Scott Mendelson, nine-time world record holder, sat on stool presiding over Atlantis Foundation's New England Bench Press Championships. An iron emperor holding court, Mendelson was not there only to spectate. He was there to rewrite the record books.

Seeing Atlantis' bench press challenge, Mendelson picked up the gauntlet and came for battle. Three hundred dollars per class winner with an additional six hundred dollars to anyone who could bench six hundred or more, plus plane tickets and accommodations: what champion of Mendelson's proportions would turn that down?

Yet there was more to it. With the splintering of lifting organizations, differing rules and rapid changes in bench shirts, it is impossible to compare athlete's accomplishments. *Unless*, that is, the lifts are performed without assistance. Mendelson was there to set the record straight, to show anyone who dares to compare. Take the damn shirts off and he will reign supreme. This is a gold standard lift, one our ancestors might hope to emulate. Not that Scott has a problem with shirts. In fact his proudest lift is his 1005 pound unofficial bench as noted on his web site www.scottmendelson.net.

But on this day, once the mortals had shown their best efforts, it was Scotty's turn. Rising from his stool he set the world ablaze. With roaring crowd on their feet, his wife slapped his face and Mendelson rolled back on the bench grabbed 715, more weight than any human in history, brought it to his chest and easily rammed it to arms length. No bogus, hokey stuff, this was under the eagle gaze of head judge Eddie Coan. Stupendous. Mendelson the Juggernaut.

I had to shake his hand. I've met many strongest men, but let me tell you, Mendelson's hand is a slab of concrete, a huge slab of concrete.

Consider that five days prior to his all time greatest raw bench, SM, (same initials as Superman, coincidence?) had surgery on his foot to repair damage from a November 2004 car wreck. On that fateful night last fall he was traveling in the fast lane when the car ahead of him abruptly swerved revealing a car parked on the freeway. Broken down with no hazard lights an elderly woman had abandoned it in the passing lane. At seventy miles per hour Mendelson's Astro Van slammed into the stationary vehicle breaking Scott's ribs, various bones in his foot and ankle and splitting his tibia. But the titanium didn't cool the Mendelson fire.

New England Bench Champs *... Brian Siders, Scott, and Josh Bryant*

Atlantis New England Bench Press
22 MAY 05 - Worcester, MA

MALE	BP1	BP2	BP3	Best
0-180 lbs.				
R. Lara	340	360	375	375
A. Wise	310	335	350	350
M. Limbaugh	315	335	345	345
D. Bloom	320	335	350	335
D. Haggett	315	335	355	335
C. Baril	325	355	340	325
B. O'Reilly	275	305	305	305
T. Rosselli	270	285	300	300
D. Fiori	255	260	270	260
J. Orcut	250	250	255	255
Baumgartner	245	265	265	245
D. Art	200	225	240	225
R. Sullivan	80	120	150	150
S. Koodman	205	205	205	—
N. Cameron	325	335	335	—
181-210 lbs.				
S. Sceppe	475	500	515	500
S. Woffard	400	430	445	430
J. Nowicki	375	400	425	425
J. Fiori	380	405	425	425
R. Marrama	415	415	420	420
C. Collins	365	385	385	365
A. Mahan	335	355	355	335
C. Peterson	315	335	345	335
211-245 lbs.				
P. Bossi	455	480	500	500
E. Paskell	405	460	500	500
J. Bianchi	460	480	480	460
W. Thorng	325	355	365	365
J. Norton	335	355	375	355
J. Gorgone	450	450	450	—
246-280 lbs.				
V. Dizenzo	510	555	555	510
E. Bostick	440	475	510	475
A. Diveneto	335	365	365	365
R. Sweeney	350	370	370	350
281+ lbs.				
S. Mendelson	660	715	730	715
B. Siders	600	650	665	650
J. Bryant	600	620	630	620
R. McCray	550	600	600	550
R. Bumgarner	425	450	460	450
K. McInnes	315	335	345	345

(thanks to Bruce DeRosier for the results)

A few days after his latest world record, I phoned the Bench Behemoth to tap the source of his strength. Thirty-six now, Mendelson began training at thirteen. And while he played all manner of team sports in his younger days he always preferred the autonomy of individual sports.

From the beginning, Scott recognized he was different. He knew he would be the strongest bencher in the world. But SM was strong in all lifts. And though his competitive career has focussed on the bench, in training he squatted over a thousand pounds and pulled eight, "raw" he adds. Nonetheless he feels he has never truly maxed out in these areas. When I asked him why he didn't compete in all three, the six foot one, three hundred and thirty pound champion chuckled, "Uh, too much work."

TRAINING

So how does a bench specialist who has ungodly three-lift strength train? Only three days per week using mostly triples. Mendelson's foundational training is five work sets of three reps, a protocol he sticks to most of the year. Prior to a competition he'll work his way down to doubles and finally singles. Doubles are begun four weeks out while singles begin two weeks away. The last week prior to a competitive lift is full rest. Unlike most elite benchers however, Scott trains heavy twice per week. Monday's focus is the bench press, Friday, board presses using a single four by four block.

It is hard to imagine how shoulders, even those as massive as SM's, can absorb such punishment year after year. But Scott says the technique in the bench has changed so dramatically with the use of shirts that shoulders are spared much of the wear and tear of former days.

Both days incorporate considerable assistance work, much of which centers around the lats and rear deltoids. This has a two-fold benefit. Strong lats and create a platform off which to bench, a fine point mentioned throughout the years by most elite benchers. Secondly a strong rear deltoid balances strength around the shoulder joint. Imbalances are common among bench fanatics and often lead to injury, tendonitis or bursitis.

Wednesday is leg work.

Mendelson is not a believer in going light. When I asked him what is a common mistake of other lifters he unequivocally stated "speed days."

While Scott doesn't perform any cardiovascular work unless he need to lose weight, during the off season he rides the recumbent bike five times per week. He feels the recumbent uses the least amount of muscle while still stimulating the cardio-pulmonary system. Not only does this work enhance recovery he also believes the stamina it develops helps his stamina. Whereas he says most powerlifters are only "good" for

two lifts he is capable of seven or eight.

Mental Approach

As most athletes know, the mental part of the game is often most critical and can provide the winning edge.

Mendelson visualizes going through the lifts in his mind before actually touching the bar. "When I lay down I never think about the weight," he says. "It's just a bar to me. The lift is already done in my mind; I just go through the motions."

I asked him what courses through his mind as his wife slaps his face preparatory to benching. "Nothing," he said, "At that point I'm not thinking anything, I'm pure aggression."

Motivation is the key to success. Asked what concise wisdom he would give to all lifters "out there" he replied "Consistency is everything. I have a saying," he says. "Discipline equals power." Training hard, being consistent and disciplined, not going out partying and doing things that are bad for your body ... you're going to get where you want to go. You need to apply yourself mentally and physically in every aspect.

"Because I'm at the top of my game every competitive bencher is out there coming for me. I have to be at my best at all times so I eat, sleep and live it. I don't just do this recreationally."

Recovery

A secret from the Bench Dragon's lair is his arcane recuperative protocol. His wife, a Fillipino woman, applies suction cups to his body. The Oriental therapeutic modality works by creating a vacuum inside the cups that draws blood and thereby promotes healing. The cups are the size of shot glasses and at times his body is adorned with up to thirty of them distributed all over. Sounds funny, but given than Mendelson benches heavy twice per week and has just benched more weight raw than any human in history perhaps there is something to it. Maybe ten years from now the average powerlifter's gym bag won't be complete without a set of suction cups clattering in its depth.

His wife also performs active release sports massage, a method of releasing adhesions and scar tissue that not only shorten range of motion and inhibit performance, but also increase risk of injury.

Though Scott only averages six and a half hours of sleep per night he believes recovery is critical. A muscle requires six full days to recover from a specific exercise. He feels many lifters unwittingly overtrain out of enthusiasm.

***Scott** driving up 730 raw in Worcester. He had made 755 in training. (Joe Mugovero)*

Diet

Training with the kinds of poundages SM routinely handles requires a tremendous amount of energy, energy he provides with twelve daily meals. While these meals are only of modest size they pack a whopping twelve *thousand* calories. Seventy-five hundred of them come in the form of blender shakes. He will soon be marketing his own weight gainer formula.

Mendelson also consumes pasta. He cooks a large quantity that he eats throughout the week. *Five* pounds of red meat *daily* assist SM in consuming two grams of protein for every gram of bodyweight. And while six hundred and sixty grams of protein sound astronomical, consider that prior to record attempts he ups his intake to four grams per pound.

Mendelson Today

On any given day Mendelson can be found training patrons at Fitness, Individualized Training (FIT) located at 13752 Ventura Boulevard in Sherman Oaks, California. The facility is the brainchild of Scott and his wife. Their idea was to create a place in which anyone, no matter how advanced, could train. All equipment is top flight Icarian, Forza, with Ivanko plates in kilos and pounds. Life Fitness and Precor make up the cardio line. In addition to the full complement of strength and cardio equipment FIT boasts a complete boxing ring with all the necessary bags and paraphernalia for gladiatorial training. Many different disciplines are taught here, boxing, kickboxing and Mui Tai, but FIT clients aren't just hardcore athletes. While pro-athletes do make up part of the clientele FIT works with all manner of trainees even housewives trying stay in shape. All training at FIT is individualized and custom tailored to suit the client's needs.

One of the really unique things about FIT is their twenty-four hour protocol. Can't sleep? Why not drop by FIT at 3 AM for a bit of personal training? There are no schedule excuses for not being the best you can be. With a children's room, the place promotes a family oriented atmosphere.

Mendelson's wife is an accomplished pro-athlete in her own right, landing a silver medal in the WPC worlds competition last year in spite of a bout of food poisoning. She is also a two-time national kung fu champion and kick boxer.

Scott feels his athletic career still holds some surprises for the lifting world. He preferred not to elucidate, however, letting his future lifting speak for itself. Aside from his own athletic endeavors SM is interested in future promotion of the sport. He would like to see larger cash prizes, television coverage, and more mainstream appreciation of strength.

Whether maximizing client results or shattering world records Scott Mendelson, winner of Bench America and the Arnold Classic, is *the* premier bench presser in the world and arguably one of the strongest men on the planet.

***Scott** has handled over 1000 pounds -- with a bench shirt -- in training sessions. (H. Glossbrenner)*

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Rick Gaugler ... pulled over 700 @ 165.

The deadlift is possibly the best test of overall body strength. Since it is such a taxing lift it must be worked very carefully to avoid overtraining.

Many lifters think that since the deadlift is such a raw test of strength they don't have to concern themselves with proper technique as they do in the bench press or squat. This is a very serious mistake! First of all, neglecting proper technique will result in injuries to the back, biceps, or hamstrings as these are most prone to injury. Secondly, proper form insures maximum pounds lifted.

The main points of proper deadlift form are (1) Keep the bar as close as possible to the body when pulling. Research has indicated that for every inch the bar is out from the legs the load of the bar is effectively increased by 50 lbs. To insure keeping the bar close make sure you properly align yourself in front of the bar. Remember, it is possible to start with your shins too close to the bar. I try to find a happy medium with the bar being 2-3 inches away. (2) Make sure your feet are spaced apart correctly, preferably with the outside of shoes lining up with knurling. (3) Keep hips down and head up before pulling. (4) Keep arms straight throughout the lift concentrating on pulling with hips and back.

The deadlift should be trained once weekly on your light squat day. Your training days should be:

TUESDAY (Light squats and deadlifts)
Squats 3 sets of 5 reps, deadlifts 2 sets of 3 reps, rack deadlifts (bar 3" below knees) 2x3, cable pulldowns (pull to throat) 3x8, bent rows (dumbbell) 3x8, situps (weighted) 2x20

FRIDAY (Heavy squats, lat work)
squats, (same lat work)

The following program will be a 10 week cycle for a 600 lb. deadlifter who uses the conventional style of deadlifting. I believe in using sets of 3 for developing max deadlift power. My normal conversion from 3s to a single is to add 75 lbs. Assuming this hypothetical deadlifter converts the same way, his best triple at the beginning of the cycle will be 525. This is the weight the cycle will be based on.

WEEK 1
Deadlift - 465x3, 465x3.
Rack Deadlift - 515x3, 515x3

WEEK 2:
Deadlift - 490x3, 490x3.
Rack Deadlift - 540x3, 540x3

WEEK 3
Deadlift - 515x3, 515x3.
Rack Deadlift - 565x3, 565x3

WEEK 4
Deadlift - 540x3, 540x3,
Rack Deadlift - 590x3, 590x3

WEEK 5
Deadlift - 480x3, 480x3.
Rack Deadlift - 530x3, 530x3

WEEK 6
Deadlift - 505x3, 505x3.
Rack Deadlift - 555x3, 555x3

WEEK 7
Deadlift - 530x3, 530x3.
Rack Deadlift - 580x3, 580x3

WEEK 8
Deadlift - 555x3, 555x3.
Rack Deadlift - 605x3, 605x3

WEEK 9
Deadlift - 490x3, 490x3. No Rack Deadlifts

WEEK 10
No Deadlifts (Meet Week)

The deadlifts are done for 2 sets of 3 reps after warmups. For example, Week 1: 245x5, 315x3, 405x2, 465x3, 465x3. The Rack Deadlifts are done with less warmup using a weight 50 lbs. over the Deadlift poundage. For example: Week 1: Rack Deadlifts 325x3, 415x3, 515x3, 515x3. All reps in the Deadlift and Rack Deadlift are done from a dead stop. No Bouncing! Also, don't use straps as they weaken the grip.

At the completion of this cycle your deadlift should have improved 30 lbs., peaking your training two weeks before the competition. The week before you will only do a recycle weight with no rack work. At the meet your attempts should be as follows: 1st - 580, 2nd - 605, 3rd - 630. Always approach your deadlift training with a high level of concentration and improved power will come faster.

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

as told to PL USA by Timothy Ferris, ACSM

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

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

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

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

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

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

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

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

5) The calcium contacts the contrac- [illegible] of the muscle (actin and [illegible] occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

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

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

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

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

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

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

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

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 875.2 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

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

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

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

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

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

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

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

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

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

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

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DR. JUDD

The Hypocrisy of Sport- Part III

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

At the '88 Seoul Olympics, Carl Lewis was the favorite to win the 100 meter dash. He was the current world record holder, and was riding a winning streak that was unparalleled in track and field history. During the year preceding the Olympics, Lewis had gone through world class competition like a hot knife through butter. In all candor, there was no one in the world who could really challenge Lewis at that distance.

Seemingly out of nowhere, this huge hulk appeared on the track. His anterior deltoids looked like bowling balls, and the middle of his back looked like a drainage ditch. His chest, arms, and legs were just as massive. His physical stature was almost beyond comprehension. He looked so big and powerful that if he hit you on the top of the head you would be eating through your fly for a month. It was Ben Johnson. Just two years before, Johnson was a skinny little kid; now he looked like one of the biggest and most powerful human beings on the planet.

Still, no one thought that Ben Johnson had a snowball's chance in hell of beating Lewis in the 100 meters. Like I said, Lewis had been invincible. Lewis was the Michael Jordan of track and field, or it could be said Michael Jordan was the Carl Lewis of basketball. Lewis was just that great. Consequently, even though Johnson was a remarkable mass of bone and muscle, no one really thought he had a chance of beating Lewis.

Well, when the gun went off, Johnson exploded out of the starting blocks like no human being ever. Most experts knew that Lewis was always a little slow coming out of the blocks. They figured that once they got to 30 meters, Lewis would start accelerating and overtake Johnson. Well, at 30 meters, it wasn't Lewis who was accelerating; it was Johnson.

Johnson covered those 100 meters faster than any man in history. He crushed the world record. Actually, he would have annihilated it further if he had not thrown his hands up in the air and looked over his shoulder to mock Lewis. Johnson shocked the world, but was he really the world's fastest human?

After the race, a rumor started circulating that Johnson had been taking drugs to enhance his performance. Johnson countered, "My speed is not in a syringe; it's in my mind." Well, two days later the world found out that his speed wasn't in his mind, but rather in a syringe. It was revealed, through drug testing, that Lewis had been taking a powerful anabolic steroid known as Winstrol Depot. Johnson's coach Charlie Francis later said that the drug was so powerful that it was like taking Johnson's starting blocks and moving them up six meters in front of the rest of the competition. Think about it! How fair is that to the rest of his competition?

Here is the part I like. After Johnson tested positive for drugs, the International Olympic Committee took Johnson's gold medal and gave it to Carl Lewis - the man who won it fair and square. They also removed Johnson's time from the record books and reinstated Lewis' legitimate world record. Last but not least, they banned Johnson from track and field for two years. Hooray for the IOC! They did what was equitable and in so doing preserved the integrity of the sport. Still, regardless of the IOC's move to reinstate Lewis as the Olympic Champion and restore his world record, Lewis was still cheated of the satisfaction of winning his medal on the track, which he surely would have done against a drug free Johnson. How unfair is that?

There is a postscript to the Johnson incident. After his two year suspension, Johnson came back and tried to compete without drugs. He couldn't break ten flat in the 100 meters. Obviously, his speed wasn't in his mind; it was in the syringe. Here was a guy who shattered the world record with drugs and couldn't run a decent time without them. In other words, Ben Johnson was a good athlete, who turned himself into a "great" runner by using drugs. Yes, drugs work ... like really well. With drugs you have a great athlete; without drugs you have a good athlete. And, yes, drugs are cheating.

Well, at least I think the use of illicit drugs to enhance performance is cheating. Interestingly, Ben Johnson doesn't think so. Johnson said he didn't believe Barry Bonds should be considered a cheater, despite accusations that he has been taking illegal substances. "I don't think he is cheating the system," Johnson said. "I think he's doing what he has to do to become the best home-run hitter of all time." Nor does he think Yankees Jason Giambi and Gary Sheffield, and track stars Marion Jones, Tim Montgomery and Kelli White are cheaters. Of course, he doesn't think he cheated either when he used drugs to take the gold away from Carl Lewis.

Johnson is also convinced that elite sprinters are using some form of performance enhancing drugs. Actually, he thinks anyone who is any good is on drugs. "Anybody that wins gold medals and sets records is not clean," Johnson said. "I'm not saying anyone did or he didn't; I'm just saying people at that level aren't clean."

Johnson maybe right! The physiological benefits that can be derived from using these drugs are enormous, especially for strength athletes. Research emanating out of Europe has revealed that when large dosages, 75-100 mg. per day, are taken in conjunction with a high protein diet and appropriate exercise, muscular strength can be increased anywhere from twenty to twenty-five percent. In short, anabolic steroids afford the athlete the ability to train longer and harder, heal quicker, and improve faster than an athlete who trains without these drugs.

From what I have learned about anabolic steroids and human growth hormone over the last decade, I am convinced more than ever that it is almost impossible for a drug free athlete in the strength and speed sports to compete favorably against a drugged athlete. The advantage that an athlete can gain by using these drugs is that great. These substances can literally extend your genetic parameters. Truthfully, you can go from being a mediocre athlete to a superman. You can become god-like.

Note, however, that I said *almost* impossible. I do believe that there are some gifted athletes who can and have competed successfully against drugged opponents. Carl Lewis, George Hummel, Hank Aaron, Willie Mays, and Dwight Stones are a few of those gifted athletes that come to mind. The problem is that the reputation of these gifted drug free athletes is also being tarnished because of the assumption that you can't compete on a world class level unless you are loaded with drugs. Flo Jo is a prime example of what I am talking about. After she annihilated her competition at the '88 Olympics, just about everyone in the country said she was on drugs even, though there was not one shred of evidence that suggested she used any illegal drugs. The great American cyclist and many time Tour De France winner Lance Armstrong was falsely accused of steroid use. In fact, a survey by ESPN revealed that more than eighty percent of the people polled believed that Armstrong was using drugs when he won the Tour De France. How fair is all this? How fair is it when an athlete works his butt off, performs within the rules of the game, and then has his reputation tarnished because the sport he competes in is permeated with cheaters. In short, the drug users have not only tainted their reputations and their sport, but the reputation of every athlete who competes successfully in sports.

I consider myself a traditionalist, and believe that most true sports fans are traditionalists at heart. I know things have changed: equipment, rules, training, etc., but the basics of sport haven't changed. It is still "the essence of sports to pit one man's natural ability against another man's ability," and when you breach that essential quality, you corrupt everything that is good about sport.

"Any time you use drugs, money, or anything else to gain an unfair advantage over your competitors you are cheating. It is as simple as that."
Carl Lewis

***George Hummel** ... founding ADFPA Executive & IPF Worlds competitor, at the '81 World Games*

STARTIN' OUT *A special section dedicated to the beginning lifter*

SQUAT REVIEW

as told to Powerlifting USA by Doug Daniels

A periodic review of your lifting technique and practices should be a constant in your training plan, no matter what level of strength and experience you have attained. If you are suffering from excessive red lights at meets or little progress, or just want to be sure everything is on target, some of my suggestions may help shed a light of a different color on the subject. This time around let's review execution of the squat.

There is no one-way-fits-all technique to squat that works for everyone. Of all the three lifts, the squat has had the most technique variations that have produced records. Records have been set with picture perfect technique, in both wide and close stance styles as well as techniques that makes you wonder how the lifter can still walk. Body structure, flexibility and plain old 'always done it that way' are some of the reasons for these variations, however, there are some basics of the squat that can be applied to many of these styles.

Let's begin with head and chest positioning. Best practice is to hold your head high with your chest out to keep the spine in an erect position. Some lifters look forward or up during the lift, some look straight ahead during the downward aspect of the squat, and, at the bottom, look upward through to completion. If your head and chest are not in the proper position during the squat, you may not be maximizing your leverage. If the head loses its proper orientation, the back will follow and vice-versa.

With the exception of upright squatters, the bar is best positioned low on the traps, just above the rear deltoid. This position allows the bar to be located over the hips for best leverage and power transfer. If the bar is positioned too high on the back, it could end up too far in front of the hips, which could cause the lifter to lean forward, resulting in a poor leverage position. Upright squatters, such as the immortal John Kuc, were able to maintain an erect position with the bar held high on the back. Many lifters start squatting with the bar held high like this and need a towel to pad that area of the traps and neck. At the meet, a towel is not an option, so I would look at finding that special spot on your back. Some novice lifters I have dealt with have had trouble finding the 'spot', but eventually they all do. Take my word for it, that spot is there. Switching to proper placement on your back could mean extra poundage almost immediately.

If you experience pain in the shoulders, elbows or wrists during the squat, it could be the result of the bar slipping down your back during the execution of your squats. As I wrote earlier, keep your head held high with the chest out and shoulders back. Maintain this form and concentrate on keeping the bar stationary on your back during your squats. This will prevent the bar from easily slipping down your back. If the bar does slip during a set, I suggest racking the weight to prevent further pain and resuming the set with more concentration to keep the bar in its proper position for the entire set.

Too rapid of a descent deserves a review. Many lifters feel dropping down fast provides a better rebound upwards, but I disagree. The opposite may actually be true. Not only does a rapid descent increase your chance for injury, but also you may lose your best position to effectively rebound from the bottom of the lift. I suggest performing ***all*** your squats in training, and at the meet, with a smooth descent and under control. Human tissue wasn't made to bounce as well as a tennis ball. One method to consider is to descend smoothly until just above parallel, then speed the descent and rebound up. Decreasing the distance of the rapid descent to just before the bottom reduces the forces you have to reverse to head back up. In addition, you can maintain a more effective leverage position throughout the lift.

Many novice lifters tend to bow their knees inward when they come out of the bottom of the squat. This is primarily due to lack of leg strength and concentration. The knees bowing inward does not provide the best power transfer from your squatting muscles. Ideally, the knees should be straight up and down for optimum results and power transfer during the entire lift. Have a knowledgeable lifter critique your squats with this in mind. If you have this problem, lower the weights a bit and squat while keeping the knees straight up and down. Increase the weight only when you can maintain proper knee position. There are some effective machines that work the inner and outer thigh that can be useful. These are not 'girls only' exercises, guys have muscle there too. Leg presses are also a good choice for correcting strength problems of this type because you can watch your knees during the exercise. If they bow inward, reduce the weight as in the squat example above. Concentrate on keeping the knees straight ahead during all your squats and leg press exercises and this problem will soon be history.

Failure to reach proper depth is the number one reason lifters don't get their squats passed. Too many lifters lean forward near the bottom of the squat in hopes of getting more depth, but what happens is the opposite. Leaning forward causes the hips to come up and this actually may result in getting less squat depth. Proper depth is best reached by not leaning forward, but by trying to keep your back as upright as possible. Sink back into your squats like sitting into a chair, do not lean forward. I strongly suggest performing all your squats in training with attention to getting the required depth.

Lifters should review their squat performance on a periodic and even on a continual basis. Over time, your form and technique can change or deteriorate. This could be due to injury, bodyweight changes, or lack of attention to detail. There is no one-way-fits-all squat, but there are many wrong and inefficient ways to squat. A knowledgeable training partner or coach can help with first hand critiques. Videotaping to review your meets and training sessions can be a great tool as well. You may not even be aware that you are guilty of some technique flaws. The saying is 'knowledge is power', but that is only partially correct. The real saying should be 'acting on knowledge is power'. Knowing something and not taking action accomplishes nothing. This review process may confirm you are currently performing optimally, so little or no changes may be required. In the near future look for reviews on the bench and deadlift, until next time, may all your lights be white.

John Kuc *carried the squat bar quite high on his back at the 1980 IPF Men's World Championships*

APF MASTERS/SUBMASTERS/JUNIORS

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BENCH				
WOMEN				
Junior				
132 lbs.				
L. Thorpe	170			
MEN				
Junior (16-17)				
123 lbs.				
J. Rivera	143			
165 lbs.				
J. Valadez	380			
220 lbs.				
M. Solomon	286			
Junior (18-19)				
198 lbs.				
L. Lacy	451			
242 lbs.				
R. Ramirez	424			
Junior (20-23)				
165 lbs.				
C. Helton	358			
242 lbs.				
R. Briggs	639			
Masters (40-44)				
181 lbs.				
D. VanAffelen	451			
N. Marinis	451			
D. Madere	407			
220 lbs.				
H. Fletcher	485			
G. Hayes	435			
WOMEN	SQ	BP	DL	TOT
Junior (13-15)				
97 lbs.				
V. Martinez	170	93	176	441
105 lbs.				
B. Morales	242	93	264	601
132 lbs.				
K. Strauss	264	110	286	661
148 lbs.				
B. Cepak	336	154	341	832
C. Rodriguez	319	104	319	744
165 lbs.				
L. Garcia	292	126	325	744
181 lbs.				
A. Raley	292	132	303	717
SHW				
A. Linehan	303	154	275	733
Junior (16-17)				
114 lbs.				
J. Hester	275	148	281	785
123 lbs.				
L. Mendez	259	110	264	633
J. Gomez	231	93	253	578
I. Rossi	214	88	259	562
132 lbs.				
M. Garza	264	99	275	639
148 lbs.				
K. Eddleman	286	176	297	760

***Lisa Yeager**... is a many time USPF/ APF Texas Champion (Gene Bell)*

242 lbs.				
J. Hendrix	468			
308 lbs.				
S. Burttschell	529			
Masters (45-49)				
165 lbs.				
B. White	136			
181 lbs.				
B. Benedix	451			
198 lbs.				
M. Miller	507			
T. Buckley	407			
220 lbs.				
K. Richardson	402			
242 lbs.				
T. Bowman	—			
275				
R. Jackson	435			
Masters (50-54)				
198 lbs.				
R. Dell	396			
Masters (55-59)				
198 lbs.				
R. Cuny	303			
220 lbs.				
D. Bell	380			
Masters (60-64)				
198 lbs.				
D. Beckinsale	369			
Master (70-74)				
165 lbs.				
D. Giller	264			

***Ten Times Bodyweight @ age 57** ..... Ernie Milian went 1162 at 114*

165 lbs.				
A. Watson	413	231	424	1069
E. Fitzpatrick	275	121	264	661
181 lbs.				
D. Hypolite	336	137	341	815
Junior (18-19)				
105 lbs.				
A. Denmon	331	181	286	799
198 lbs.				
A. Huston	5 J 8	253	479	1251
Submaster (33-39)				
165 lbs.				
M. Salazar	253	115	242	611
SHW				
A. Baehr	385	187	281	8S4
Masters (40-44)				
114 lbs.				
S. Rinn	314	209	286	810
148 lbs.				
C. McKenzie	319	143	292	755
J. Jackson	192	126	270	589
165 lbs.				
S. Hartley	253	181	248	683
198 lbs.				
D. Widdis	556	264	457	1278
SHW				
L. Yeager	380	181	358	920
Masters (45-49)				
181 lbs.				
A. Razor	385	225	331	942
198 lbs.				
V. Johnson	176	154	286	617
Masters (65-69)				
123 lbs.				
S. Clark	159	93	187	441
148 lbs.				
S. Clark	209	132	281	622
181 lbs.				
D. Rawe	187	110	221	518
MEN				
Junior (13-15)				
114 lbs.				
M. Askew, Jr.	363	242	446	479
C. Westbrook	291	170	388	385
132 lbs.				
J. Ladnier	308	132	319	760
I. Bell	308	115	264	688
148 lbs.				

R. Flores	314	176	319	810
N. Rocco	275	137	236	650
198 lbs.				
C. Davis	236	132	325	694
220 lbs.				
R. Condra	418	236	479	1135
242 lbs.				
K. Jones	314	209	352	876
275 lbs.				
K. Gerstner	418	275	418	1113
Junior (16-17)				
114 lbs.				
C. Sonnier	363	192	402	959
123 lbs.				
N. Reinert	331	259	380	970
O. Willam	203	132	325	661
148 lbs.				
J. Christensen	435	264	441	1140
165 lbs.				
S. Medina	429	281	429	1144
P. Hicks	347	159	402	909
J. Ramirez	275	209	374	859
P. Schlemmer	292	209	325	826
181 lbs.				
L. Garcia	391	214	446	1852
J. Perez	418	281	413	1113
220 lbs.				
H. Sanchez	545	347	473	1366
D. Lesak	501	221	473	1195
D. Roark	485	275	418	1179
275 lbs.				
M. Lara	601	369	606	1576
C. Vidal	551	369	457	1377
SHW				
E. Cano	314	231	380	925
Junior (18-19)				
148 lbs.				
J. Marshall	551	325	501	1377
165 lbs.				
L. Cantu	308	203	347	859
308 lbs.				
T. Foster	325	236	462	1025
Junior (20-23)				
198 lbs.				
J. Knutson	622	501	601	1725
W. Streck	562	352	534	1449
T. Reiniger	485	270	529	1284
220 lbs.				

J. Frey	699	457	633	1791
J. Allen	688	402	611	1703
I. McKay	771	303	622	1697
242 lbs.				
J. Petersen	837	473	584	1895
275 lbs.				
C. Morse	854	501	617	1973
B. Hill	601	451	578	1631
308 lbs.				
M. Higgins	854	611	639	2105
M. Holata	705	507	672	1884
J. Graham	622	424	661	1708
Submaster (33-39)				
198 lbs.				
R. Conti	573	402	534	1510
C. Green	556	369	540	1466
220 lbs.				
T. Trahan	611	385	518	1515
242 lbs.				
R. Purdy	143	529	253	925
275 lbs.				
D. Farve	722	451	562	1736
M. Askew	—	—	—	—
Masters (40-44)				
148 lbs.				
D. Abbey	—	—	—	—
165 lbs.				
S. Lumpe	567	314	468	1350
181 lbs.				
D. Madere	573	407	534	1515
Shanebrook	606	402	441	1449
198 lbs.				
A. Massie	628	319	457	1405
220 lbs.				
M. Taylor	771	540	666	1977
J. Murrell	771	424	655	1851
J. Vasquez	661	501	672	1835
K. Brantley	738	402	651	1791
H. Fletcher	—	—	—	—
242 lbs.				
R. Ward	821	473	683	1978
R. Eriksen	727	545	688	1962
T. Higgins	804	451	639	1895
K. Eddleman	501	413	473	1388
275 lbs.				
K. Tillman	1003	501	601	2185
A. Baehr	705	479	716	1901
B. Sturdivant	727	501	540	1769
308 lbs.				
D. Pearson	909	529	771	2210
S. Burttschell	—	—	—	—
Master (70-74)				
148 lbs.				
R. Richey	347	275	407	1030
Master (45-49)				
132 lbs.				
S. Richey	457	281	396	1135
165 lbs.				
B. White	479	336	385	1201
181 lbs.				
B. Benedix	710	451	556	1719
198 lbs.				
G. Bell	810	589	661	2061
R. Lynch	601	363	617	1581
T. Buckley	—	—	—	—

(continued on page 61)

***Ian Bell**, 12, is a starting fullback / linebacker and Gene Bell's son.*

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NUTRITION

Power Nutrition Q&A

Rage Against the Machine Part II

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

Controlling the Beast

In the first part of this series I went over what Cortisol was and the devastating effects that it can have on the body when overproduced. Cortisol is one of those hormones that you have to carefully monitor otherwise you will be a victim of its many pitfalls. If you want to maximize your performance and keep your health in check, excess Cortisol must be controlled or you will find yourself on the wrong side of a sharp sword's wrath! In this final installment of this series I will cover some lifestyle and nutritional methods to help control the Cortisol Beast.

Methods to Help Reduce Excess Cortisol Production

Don't Overtrain - Overtraining causes your body to abundant Cortisol. During intense training your body is producing enough Cortisol to take down an army so you have to make sure that your time in the gym is hard, but short. Why do you think the Westside Crew keeps their workouts between 45 minutes to an hour? After an hour the body's level of testosterone decreases and Cortisol production goes through the roof. This is a major mistake, especially by new lifters. They think that if an hour is good, then three hours must be three times better. The beginner is all jacked up and at the beginning he will make results on just about any program. It is the seasoned veteran who knows that you can't train hard and long in the gym. Recovery from your workouts is essential, not only for your progress, but also for keeping yourself injury free.

Take Time off - After a contest and every 12-16 weeks take a week off. This will give your body, along with your adrenal glands and nervous system, a break from intense workouts. The drug free athlete needs this even more then those who are chemically enhanced. Steroids and other anabolic agents can improve recovery and reduce Cortisol levels. The drug free athlete has to be more concerned about elevated Cortisol levels . This means you should take off a full week 3-4 times per year. You will be amazed how much better you will feel and how you will have a newfound desire to hit the weights hard again.

Follow a Proper Nutrition Program It is very important that you follow the right type of nutrition plan, not only to optimize your strength but also to keep the body healthy. Constant high levels of Cortisol in your bloodstream will cause a slew of health problems. Following a customized nutrition plan will play a major role in suppressing your Cortisol and keeping it in line with healthy levels that are needed for daily function. A proper nutrition plan will take full advantage of your anabolic hormones and maximize them to your full advantage. At the same time it will help control those hormones that are less desirable and cause decrements in your powerlifting performance and health problems down the road. The Nutrition XP3 customized nutrition system focuses not only on getting your stronger, more muscular and leaner, but it also plays a major role in balancing the many different hormones in the body. When your hormones are balanced you will see an improved rate of performance. The food that you put in your mouth plays a major role in the release of different hormones in your body. In turn, these hormones play a role in your performance and long-term health. There is a distinct science behind the theories present in the Nutrition XP3 System and this is why numerous World Champions, no matter age, gender or weight class, have seen huge improvements with their performance and their health.

Don't Stress Out Stress will take a healthy person and make them sick inside and out. I know it's hard to handle the b.s. of everyday life: the continuous ear splitting yappity yap from the old lady, the disrespectful attitude of the teenage son who thinks he is the next Eminem, the non stop aggravation from your boss, and enough bills to bankrupt a small country. It can make you feel like Michael Douglas in the movie *Falling Down*. "Going Postal" is not going to make any of these problems go away so you have to do your best to control your stress level. Did you ever notice that during times of great stress you felt physically horrible? Your energy was low, your mood depressed, your joints ached and your focus on your work was not in tune. Stress is the enemy. We have to know how to control it otherwise, it will control us. Take out all that pent up rage on the good old box squat the next time some idiot pushes your buttons.

Take Vitamin C Vitamin C can maintain a positive Testosterone / Cortisol ratio. This is important for many reasons, including increasing that total and making sure you live a long healthy life. For the serious powerlifter you should take at least 1000mg 3 times per day to help keep the Cortisol Monster at bay. Vitamin C is a water-soluble vitamin, so don't take it all at once or you will lose most of it in your urine. Break up the dose to every 4 hours.

Anthony Ricciuto ..... *this is the Man Behind x-tremepower.com*

Keep Protein Intake High Protein is one of the most valuable nutrients for a powerlifter's success. I have always recommended at least 1 gram of protein per pound of weight. There are those "holistic" nutritionists out there who would disagree with me, but when dealing with strength athletes what works in a textbook isn't necessarily going to work with a 400 pound athlete who squats over 1000 pounds week after week. The large majority of powerlifters do not take in enough protein. I have pushed this heavily with my athletes and their results speak for themselves. This is the base from which I work, and any less will not get the job done for a hardcore intense powerlifter. Maybe a golfer or a belly dancer, but not for a powerlifter.

Sleep at least 8-9 hours per night - While you sleep many different physiological processes take place. It is a time when the body heals itself from the damage you put it through during training. Not getting enough sleep will increase your Cortisol production. The body will consider this a form of stress and will jack up your Cortisol levels. You need a minimum of 8 hours per night. The more you sleep the more you will increase your lean muscle tissue and strength. It is very hard to improve your strength when you are continually sleep deprived. Naps are a very good option for lifters. Getting 1-2 hours in after you train or mid day can make a huge difference in your recovery. If you aren't sleeping, you aren't getting stronger!

Cut down on the Coffee, Sugar and Junk Foods - I know coffee, sugar and junk food are three of powerlifter's most beloved things after beer, thong bikinis, and winning the lottery, but they are not the best things for you. Hardcore coffee drinkers should realize that too much coffee can jack up Cortisol production and keep it going for close to 20 hours. To make things worse adding sugar to coffee will increase Cortisol release even more. This is one of the reasons why I recommend powerlifters ditch their coffee for Green Tea. The way that powerlifters inhale junk food is another factor that will have a negative effect on Cortisol levels. The truth needs to be known, so you don't suffer the horrible health problems that excess Cortisol can have on your body. Cut back on the coffee, watch your sugar intake, and fleave the potato chips and ice cream on the shelf of the grocery store!

Get Enough Vitamin A - Vitamin A is a fat-soluble vitamin that has been shown to help control Cortisol levels. Taking a comprehensive multivitamin should give you a decent dosage of this Cortisol buster. 90% of your Vitamin A stored in the liver with the remainder being dispersed in the lungs, kidneys and fatty tissue. Vitamin A is crucial for regenerating the cells of your body and keeping your vision on the up and up, as well as immune function. Get an adequate dose of Vitamin A, but don't overdo it because it is a fat soluble vitamin and you can cause a toxic effect if you mega-dose.

Take Glutamine Peptides - One important study showed that Glutamine is responsible for preventing muscle protein degradation that is directly caused by increased Cortisol levels. The dosage used is based on many variables including your intensity of training, weight, stress level, current immune situation and more. It helps to release Growth Hormone, is a potent cell volumizer, and protects the body from catabolism and much more. For my larger athletes I have used as high as 50 grams per day during a pre contest cycle. For most, 20 grams will be a good start, taken in 4 doses of 5 grams every 3-4 hours. IRemember Glutamine peptides and L-Glutamine is different so make sure you get the proper form.

Take Phosphatidylserine - Phosphatidylserine (PS) is known

to be a specific form of phospholipids, a component of the membranes of all the cells in your body. It has been shown to reduce Cortisol levels in athletes involved in resistance training at high intensity levels. It will help reduce Cortisol levels when they are elevated, but it has been shown not to reduce them to below normal levels in athletes. PS has also been shown to stimulate a brain neurotransmitter called Dopamine. Dopamine is known to elevate positive moods and improve sensations in the body. PS also increases brain glucose uptake which is important since glucose is the major fuel source for the brain. I would recommend 1000mg two to three times per day to help combat the Cortisol Monster. This is not a super popular supplement, but it has been shown to have a positive effect when dealing with an increased Cortisol level.

Create a Cortisol Suppressed Environment Postworkout - The most catabolic time of the day is after your workout. You must set up the proper environment to crush the Cortisol surge before it kicks you where the sun doesn't shine. One way to stop Cortisol in its tracks is to spike your insulin level hard after you train. One of the purposes of my unique "Post Workout Formula" is to create an optimal environment for recovery, growth, cell volumization, Cortisol suppression, insulin manipulation, increased protein synthesis and much more.

Include Relora - Relora is a blend of extracts from magnolia officinalis and phellodendron amurense. Relora binds to neurotransmitter receptors in the central nervous system that are specific to enhancing your mood and promoting a calming effect. Human trials have shown that Relora helps control stress related anxiety, emotional mood swings, restlessness and interrupted sleep, all of which can have a drastic effect on increasing Cortisol production in the body. It usually comes in 250 mg capsules and the average dose for an adult is 2-3 caps per day. One company that makes a very good Relora product is called Nature's Harmony. They can be located on the web at www.naturesharmony.com .

Use NO2 - NO2 stands for Nitric Oxide. NO2 is a new supplement that has been shown to increase nutrient uptake in muscles, increase lean muscle tissue, prevent muscle breakdown, increase hemodialation, prevent muscle inflammation, increase cell signaling, increasing protein synthesis and much more. It can counteract some of the negative effects of excess Cortisol production . I have incorporated this supplement in some of my athletes nutrition plan's with positive results.

Chemical Enhancement - Anabolic steroids reduce Cortisol levels and this is why those who are "cranked up" can train longer and harder without getting overtrained. The "Chemical Wizards" out there understand that there are many different drugs that can reduce Cortisol levels via a more direct route. Some athletes use a drug called Cytadren also known as Aminoglutethimide to reduce their Cortisol level. This drug is used by individuals who suffer from Cushing's Disease, a disorder where your adrenals produce abnormal amounts of Cortisol. This is highly popular with bodybuilders and world class athletes of numerous other sports, but I don't think that most powerlifters who are "enhanced" have gotten this deep into the "Pharmaceutical Realm". I am NOT recommending that you go out and load up on anabolics and Cytadren because I mentioned it in my column! These are dangerous drugs and, if used improperly, can lead to serious side effects, not to mention (for those living in North America) that they are illegal! Since most of you don't understand the science behind their application in a pharmaceutical program they should not be played with because they can have dire consequences.

These are some very good ways to keep the Cortisol Monster from taking over your performance and health. Most powerlifters don't understand hormonal physiology and how important a role your nutrition plan plays in maximizing the good and minimizing the bad. I hope I have opened your eyes to a different means of improving your performance, by taking advantage of the natural hormonal cascade that is present in your body. Ignoring personal hormonal physiology whether its testosterone, insulin, cortisol, growth hormone, thyroid, IGF-1, prostagladins, estrogen and much more can cause a major decrement in your powerlifting performance, but even more importantly it will negatively affect your health. Knowing how your body works and applying proper scientific methodology from a proper nutrition and supplementation program can produce results you never thought possible. I am here to educate the powerlifter and take his performance to new heights. The technology of powerlifting gear with the suits, shirts and wraps has made bigger lifts possible. The nutritional sciences are another area that has just been unveiled, and believe me I haven't even scraped the surface yet. Follow me, grasshopper, and you will see that I am not blowing smoke, but I am producing results from angles you never realized existed!

For those of you interested in the Nutrition XP3 customized Nutrition System please feel free to contact me for availability at

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How to Set Up A Program: A New Look at Weak Points

I don't know how many questions we've gotten regarding how to train certain weak points. Of course, almost every question is in regards to a weak muscle group or a certain portion of a lift. For the past couple of months Dave Tate and I have gone over this phenomenon and have found out that lifters need to take a step back and evaluate weak points on another level. Instead of classifying weak points as muscle groups or sticking points, it needs to be approached differently. I need to point out that this is a very rudimentary design and needs to be taken to another level. But, at the very least, this will give you a better understanding of how to evaluate your training, how to periodize (plan) your training and how to set up your training schedule to best accommodate your goals, strengths and weaknesses. Remember that if you are trying to improve them all at the same time, you are never going to get anywhere. In fact, this is called overtraining! Also, remember that not everything needs to be a "10" or be an ultimate priority.

First, take the 6 areas of training (listed below) and think about how important they are to being a powerlifter. Rate them on a scale of 1-10. This is going to be up to you and how you view them. For example, GPP for a powerlifter would consist of conditioning, mobility and flexibility. A powerlifter would have enough conditioning to perform enough volume during his workouts to achieve his goals. So, a powerlifter would need some conditioning, but not a ton. He would also need enough mobility to put his body in proper position, but he wouldn't need to be a gymnast. Understand that all areas are important, but not everything is going to be a 10. The best example of this happened to me a couple of years ago. Like many of you, I thought conditioning was of the utmost importance in training so I did a lot of work in this area. I pulled the sled, did a ton of warm-up and cool down work. While I could do this all day, I couldn't lift a damn thing. This is much like many writers who call themselves "strength" coaches. The only difference is when I was "weak" I still could bench over 500 lbs. But, I digress. Anyway, I took my conditioning level (remember this is only a part of G.P.P., despite what others may think) to a much higher level than it needed to be. When this happened, other levels began to drop off, because I was not focusing my energy in the right place. I was weak as hell, but could drag a sled forever. Great if you want to be a professional sled dragger, awful if you are a powerlifter.

Areas of Training to Evaluate (Powerlifting)

- Speed
- Strength
- Hypertrophy
- Technique
- Mental
- General Physical Preparedness

Now take the above and evaluate where you are numerically 1-10; 1 being something that would be so poor that you are embarrassed, 10 being something that you excel at and are the envy of in the strength and conditioning world. This is not the time to be hyper-critical (for example, many people will say, "I suck at everything" and while this may be somewhat true, there are things that even the weakest people are good at) but you must be honest with yourself. If you can, have a trusted training partner or partners evaluate yourself. If they are true training partners, then they will be honest.

***Justin Graalf's** excellent technique at the APF Seniors (Josaitis)*

Example: So I'm going to use myself as an example so that everyone has an idea of how to do this;

Technique: This always needs improvement and is constantly being worked on. While this is always a priority, your training will always give you the chance to improve this. This is always going to be a priority of "10" (and can never really be perfect) and will always be important.

Mental: I'm not sure how to handle this or what you need to do if you are weak at this. Maybe go read some book or take some drugs. I'm fine in this area, so I don't focus on this.

Speed: I rate the "speed" factor for a powerlifter as being about a 7 and I think that I am at the level. I do enough speed work to maintain this level and nothing more. Why? Because if I do more work, then I can't fully concentrate on the areas that I need to improve.

(Absolute) Strength: I sucked at this for a long time and still need work. For a powerlifter I ranked this a 9. This is something I need to work on so this is a priority in my training.

Hypertrophy: I am fine in this area and do just enough to maintain my muscle mass and have no reasons to move up a weight class.

General Physical Preparedness: I suck at my conditioning and mobility, especially when I'm 280+. Because of this, I need to focus on keeping my conditioning and mobility at an acceptable level. I do not go crazy with this, but need to always keep my eye on this as it will drop off quickly.

Evaluation

So now that you see how I've ranked myself, let's look at the areas that I need to improve and what needs to be maintained. I need to do just enough maintenance work to keep my speed and hypertrophy. I can't let them drop off, but I do just enough to maintain their level. Some people may even need to let things drop off a bit. Very few people fall into this category, so don't worry about that.

I don't need to see a psychologist and I'm fine under pressure, of course, if you think that being under a squat bar is pressure, then you probably have lived a pretty sheltered life.

Technique always needs to be improved and is addressed no matter what my physical weaknesses are and what my training is going to look like. So, while I'm always looking to improve, I let it fall naturally within my training plan.

That leaves me with strength and my conditioning/mobility. These two areas are what I need to concentrate on and will help guide me into setting up a program. My training plan will consist of a lot of effort on max effort work and making sure my conditioning and mobility is where it needs to be. The other parts of my training will be maintained with the least amount of work possible. Read that last sentence and internalize it.

Once you do the above, now you can better map out a plan for your own training.

For those that think you suck at everything (you probably do if you actually think like that, by the way) all you have to do is prioritize. Remember when I asked you to take each factor and rate them as how you would feel would be the most important? Take your weaknesses and see which two are the most important. Now take those two and improve on them. This is how you prioritize your training.

By the way this can be done for every sport. Simply brainstorm and think of all the characteristics (physical and mental) that your sport would need. Then rate them by importance. For example, agility in powerlifting would be a "0"; for football (depending on position) it would be an 8. Once you do that, rate your athletes and see how they measure up and create your programs based on their needs. Let's say you've got Johnny Muscles, who is an offensive lineman who bench presses 455 and squats 675. But Mr. Muscles can't side shuffle and trips over his own feet when he sleeps. He probably doesn't need a lot of work in the weight room, but needs to improve his footwork.

This is what weak point training is all about.

Questions to help you:

Speed: Do my sets at ~60% of my max move explosively and effortlessly?

Strength: Do I have the ability to grind out maximal weight for 3-5 seconds?

Hypertrophy: Do I have the necessary hypertrophy to maintain leverage in my lifts and compete in the weight class that I desire?

Technique: Is my technique consistent and dead-on? No one will ever be 100%, but do you feel comfortable using your technique as a guideline for other lifters?

Mental: Do I feel confident in my training and my goals? Do I have a positive attitude in regards to my abilities and my training?

General Physical Preparedness: Conditioning: Am I conditioned enough so that my training and workouts have enough volume and intensity for me to keep progressing?

Mobility: Do I have enough joint mobility so that my body can perform efficiently? Is my body able to go through the correct range of motion during the lifts so that I do not get injured?

These are a few basic questions that should be asked and addressed when outlining your training program. Basically, you need to find out which of these 6 things you are weakest in and address it. Remember that abilities can be maintained through concurrent training, but not everything can be raised. There must be emphasis on one or even two areas, but anymore than that and you are asking for injuries and fatigue.

Now a plan must be mapped out for you to raise your level of training in the weak area. Remember that some things may take as little as 2 weeks (conditioning) to fix or more than 6 months (straining ability). Some things may be a life long battle (mental).

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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, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

HI MAURO: Still toiling away down here with the anabolic diet ? All going very well ? Have taken some time to work through some old injuries which restricted my training intensity a little. They seem to be improving now which is allowing me to train harder and thus get more gains. I am very impressed still with the diet and feel great. I have just added coconut milk to my daily intake for some extra calories again and this is helping me immensely in reaching my daily calorie goals. I am growing before the eyes of my Personal Training classmates and am attracting some attention to your diet as a result which is great. The main reason I have emailed you is I wondered if you have ever seen this website here http://www.biblelife.org/myths.htm It seems to take an extreme approach suggesting humans don't need carbs and should not eat them at all or only occasionally at least. It just serves to reinforce the benefits of the metabolic diet really I think. At least we only carb up on weekends so that has to be better than living on a carb diet all the time. Anyway if you are able to take the time to review the contents of that rather controversial website I would love to hear you comments. It makes some shocking claims but it all seems so logical and believable. Regards, **Cameron**

HI CAMERON: *I'm glad things are going well. As far as the site has some good information but unfortunately goes too far in some of its claims. I'm always suspicious of sites that have such strong, rather evangelical, black and white statements. However, I'll reserve judgment until I get a chance to go through the site in more detail over the next few days or so and get back to you on it. I'm off on Monday for 2 weeks so it may be that long and more before I email you. There's a lot of confusion and misinformation from all sides, including the literature, the medical and dietetic establishments, the Internet, and from various companies and groups. The problem is that they don't take a comprehensive look at all the issues involved in the macronutrient debate and instead charge forward with blinders on to anything that is contrary to what they believe. I'm going to do a book for Humana Press (http://www.humanapress.com/Index.pasp), a respected scientific and medical publisher, on how diet and supplements affect body composition. This will be a book along the lines of my Amino Acids and Protein, the Anabolic Edge that I did for CRC Press back in 1997. This book is likely going to be around 300 pages of hard information and will have well over 2000 references. It should answer a lot of questions and clear up confusion on this and other topics related to low carb diets, nutritional ways to maximize body composition, including the use of specific nutritional supplement ingredients and formulations, as well as the health aspects of the various diets and regimens. Best,* ***Mauro***

HELLO MAURO: I have a very important question that I'm hoping you can answer because I have been researching this topic and asking many people for many months but have not received a solid answer yet I have Crohn's disease but have been in remission/symptom free for about 4 years. I have been seriously working out for about 4 years and am very passionate about it. Because my main goal is to get bigger and add lean muscle mass, I want to take creatine supplements and this is where my questions come in. What do you know about creatine and the effects it may have on Crohn's disease? Do you know of any websites/references where I can do more research about this? Do you know people that have had Crohn's disease and have taken creatine? If so, what happened to them. I know there are some reports out there that people who have taken creatine have had their symptoms aggravated but everything is still very much inconclusive. If you were me, what would you do? The last thing I want is to take something that will bring back my Crohn's disease. My trainer also highly recommends that I take a Nitric Oxide supplement (it's all natural amino acids). Do you know if there are also any dangers with taking this for someone who has Crohn's Disease? Thanks so much for your help. **Yosi**

HI JOSI: *There is absolutely no direct literature on the creatine/Crohn's disease connection. I've had lots of people on Creatine Advantage that have had bowel problems such as IBS, Crohn's, ulcerative colitis, diverticulitis, etc. since it has a lot of advantages over straight creatine and you don't have to take as much to get maximum effects. For more info click on the Creatine Advantage product PDF on this page http://www.mdplusstore.com/listCategoriesAndProducts.asp?idParentCategory=40. Almost everyone has done well on it at the one to two scoop a day level, all that you need to get maximum benefits. However, on higher levels it did cause some problems with GI discomfort, as creatine by itself has a tendency to do. I always suggest that people with GI problems start off with one scoop a day and take it up to two scoops max if they think they need it. Ditto with NO supplements. Resolve has significant NO effects but again I always have athletes with one problem or another start off at the lowest dose and build it up. Best regards,* ***Mauro***

DEAR DR. DI PASUALE: I apologize Dr. Di Pasquale for not responding sooner, but this is the first opportunity that I've had to work with my email this week. I am taking several classes and labs that takes more time than there seems to be in any one day. My schoolwork currently doesn't allow me much extra time to read the things that I would like to read, but I have been trying to read bits and pieces of your anabolic solutions book. It's awesome. Recent events have drastically hindered my ability to workout as I previously did with a 4-day a week westside barbell approach. I now need to shorten my workouts because of time constraints. I have also had trouble getting many good workouts because of mental/physical fatigue. I am curious as to whether you could provide me wit some training advice pertaining to exercises, reps, etc. that will allow me to continue trying to increase strength and lean mass. I know this is vague. I'm not sure how much you are able to help as I know you are very busy. I just consider it a privelage to speak with you at all. If you are like Eric, I thank God for both of you because you are truly blessed with ability and an unselfishness to share it. Thank you for your time. **Eric**

HI ERIC: *No problem about the delay. I'm in the same boat at times when I'm just too busy to deal with emails. I can empathize with your lack of time and fatigue as I've been there. Unfortunately at times you can take on too much and you just burn out. At this point it's often a good idea to regroup and take a good look at what you're doing so you can make necessary changes. It's something we all have to do at one time or another or a dark cloud starts hanging over us, when everything is an effort and fatigue keeps us at bay. As far as the training end, sometimes it's not a bad idea to cut back to training three times a week for no more than half an hour at a time. The trick to doing this is to pick 5 or 6 exercises and do just two sets per exercise. The first set is basically a warm-up set of about 10 reps. The next set is done with a weight that you would struggle with to complete 8 reps and try to do nine. In other words the second set is done to failure. Using this routine, even though it sounds like it's just not enough work to make a difference, has worked for me in the past and I still use it on and off today. At one time when I was in my powerlifting prime, I would alternated 8 week cycles in which I worked out long and hard, up to four hours a training session every ten days, interspersed with 2 hour sessions every 5 days, with four week cycles doing just one half hour sessions consisting of two sets of about 5 exercises, the main lifts plus some assistance ones, twice a week. It worked for me and at times has allowed me to still maintain and sometimes gain in strength and mass when things were just too hectic to put in the time and energy that the longer workouts required. As far as the Anabolic Solution, there's actually much more to it than I've put in my books. A lot of what is going around today as far as common knowledge and even in the research is disjointed and misleading. For example the common consensus in both the literature and in the field is that carbs and protein should be used together in the post training period to maximize glycogen stores and protein synthesis, and increase performance. This view has a lot of holes which as of yet haven't been exposed. It's my view that leaving out the carbs and taking in enough calories and protein are the most important things you can do to increase both body composition and performance. I'm working on an article on post training nutrition right now and I'll send you the article as soon as I finish it. Some of it will be in the new info piece I'm now doing for Amino version III. I'll send that to you first as I'll likely have that done in a day or so. I'll also send you the article once I put it all on paper and I'm satisfied with it. In the bigger picture, I've also agreed to do a book for Humana Press that will include some of these issues, and many more that are behind my diets and theories. I hope all of this is of some use to you. Best regards,* ***Mauro***

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The Masai warriors are uniformly feared over the entire African content. They refuse to use firearms and even archery equipment – expertly using only the spear. Young warriors (Moran) must kill a lion (with a spear) to be considered a man.

The Masai spears are more fearsome than those formerly carried by Native Americans; they have 3' long razor sharp blades. Even the standard knife carried in Masailand is a 2' long double-sided razor that would be judged a short sword elsewhere. Indeed, the knife carried by 'Crocodile Dundee' looks small in comparison.

Recently, a group of Somali outlaws took control of a major Nairobi road near Masailand. These Somalians were provided with unlimited modern assault weapons (by their protective warlords). The military and police in the area learned to stay away – Tanzania was not safe. But then the government gave up, and asked the Masai to handle it.

The Masai had tolerated the Somalian interlopers, but once their assistance was requested – their honor was at stake. No details on the number of Masai spearman involved are available, because the only survivors are Masai – and they aren't talking. The bloody scene attested to the fierce battle, but the Somali bodies are completely unidentifiable. The Masai presented the largest recognizable parts (Somali ears) to the Tanzanian government as proof that the problem was solved.

Competent warriors with efficient tactics triumph every time. They triumph over bigger budgets, and in the powerlifting world they conquer bigger teams and better gear. Central Illinois Weightlifting Gym is another such story.

I'll let Michael David Raya tell you more:

Central Illinois Weightlifting Gym has been in operation for 30 years as of 2004. It is home to Mike, Bob, and Ed Bridges; Freddie Higgins, myself, and others. "Central" is the only place we can use hand chalk and not worry about dropping weights. I ask that you consider publishing this article and the vintage photo. PL USA has been exceptionally good to us over the years. Thank you!

During the industrial age that spanned parts of the 19th and 20th centuries, Peoria, Illinois was a powerhouse of American industry. Like all truly great cities of the period, Peoria prided itself on providing its citizens with the finest recreational facilities possible. It played an important role in the development of modern athletics. Exceptional boxers, billiards players, bowlers, archers, runners, and ballplayers of every sort, hailed from Peoria.

HARD CORE GYM #43

Central Illinois Weightlifting Gym

as told to PLUSA by Rick Brewer, House of Pain

Inside the historic ***Central Illinois Weightlifting Gym*** *(courtesy Raya)*

Peoria also played a pioneering, albeit little-known, role in the development of modern weight training. The sports of Olympic lifting, bodybuilding, and powerlifting were considered little more than athletic oddities at their inceptions. Training was more instinctual than scientific. Equipment was crude and limited. Knowledge, too, was scarce, since no one had had enough experience from which to formulate a set of training principles.

Quite possibly, the first public strength training facility in Peoria was the original Young Men's Christian Association (YMCA) at 115 N. Jefferson Street. Erected in 1890, the YMCA lived up to its name, teaching many Peoria youngsters how to improve their minds and bodies as part of a Christian lifestyle. Tragically, the building was destroyed by fire in 1895. A second YMCA was built in 1911 at 6th and Franklin streets. On February 15, 1953, the "Y" made headlines when it announced that its Olympic weightlifting team had won the Illinois State Novice Weightlifting Trophy in Chicago. The YMCA's physical director, Al Dinquel, coached the team, which consisted of just three members: Sanford Cantor, Jerry Hayden, and Tom Ficken. Soon after the team's victory, financial difficulties forced closure of YMCA, which was torn down to make room for a used car lot.

On October 16, 1955, after a lengthy fundraising campaign, a third Peoria YMCA was dedicated at Hamilton and Fayette streets. The spacious, new facility was a shining example of modern architecture. Although its weight room was modest by today's standards, many great athletes would begin their careers there.

Still, during the mid-20th century, weight training was largely looked upon with disdain. It was only practiced by a small number of thick-skinned men who were willing to endure constant ridicule.

Finally, in 1974, the wheels of change began to turn in the direction of acceptance. Bob Rosa, a soft-spoken, 25-year-old powerlifter and Peoria native, transformed his longtime hobby into a business, opening Central Illinois Weightlifting Gym on north Knoxville Avenue. Little did the young entrepreneur know that his fledgling enterprise was destined to become a Peoria institution that would influence weight training worldwide.

"While I was attending high school in the late '60s, I began training with weights at the YMCA on Hamilton Boulevard," recalls Rosa, now 55. "Back then, the name of the game was Olympic lifting. We taught ourselves individual bodybuilding exercises by reading what few bodybuilding magazines were out there. No one was squatting or deadlifting. However, one of the members, Al Pollard, taught me how to bench press. He was a small man, but had the biggest chest of anyone I have ever seen.

"By the time I opened Central Illinois Weightlifting Gym, a few people were squatting and deadlifting. Everyone's squat form was terrible. Lifters would push the weight up with their knees bowing inward. Everyone used a narrow stance.

"It just so happened that I had opened up next door to Phil Koeppel's School of Karate. One of Phil's members, Charley Hayes, joined my gym. The first time Charley squatted, he automatically set down into a wide shiko-dachi (she-ko-daa-chee) or "straddle stance with the toes pointing out at 45-degree angles." When my members began utilizing this stance, the poundages they were squatting increased significantly. Mike Bridges improved upon Charley's technique by pointing his toes straight ahead so that his knees were directly over his feet. Mike soon after introduced his new squat stance to the world and it became known as the Bridges Flare. The rest is history.

"Learning to deadlift was not as easy. Powerlifting competitions were being held throughout the United States by this time. So, I'd travel to the meets, take note of the best deadlifters, and talk to them. I'd telephone people all over the country to see what they were doing. Many of the champions were selling supplements or equipment, so it was easy to get a conversation going.

"Supplementation was still in its infancy, but there were a few products available that proved legitimate and are even considered good to this day. Vince Gironda, a bodybuilding club owner in the Los Angeles area, had been touting desiccated liver tablets for years. Liver is not only a good source of protein, it is exceedingly high in B-vitamins. We now know that B-vitamins help the body withstand stress and are effective antioxidants. Gironda had his bodybuilders cycle their liver tablets, starting with around 35 tablets per day, eventually working up to something like 200 per day. Every one of Gironda's competitors were completely natural. To everyone's surprise, they were consistent winners. In fact, not one was ever defeated by a drug-enhanced lifter. I still use and sell desiccated liver.

"Having been a powerlifter since the sport's inception, I am greatly concerned that what we worked so hard for be preserved for future generations. There are a few things that are being allowed today that are making a mockery of the sport. Bench shirts, for instance, have gotten completely out of hand. If organizations are going to allow these shirts, they should at least allow deadlifters to use lifting straps. They wouldn't make a lifter's back any stronger, but would help prevent bicep tears of the supinated arm. Both palms

(article continued on pg. 94)

POWER RESEARCH

SQUATTING-TO BE EXPLOSIVE, TRAIN EXPLOSIVE

as told by Kenny Croxdale, B.A. C.S.C.S and Tom Morris, M.S., C.S.C.S.

In any field of endeavor, you want to use the right tool when completing a task. The best choice is a hammer and not a screwdriver when driving a nail into the wall. The same thing applies to training. You want to use the right training tool to invoke the desired results. Powerlifters should consider the tool of plyometric training to improve their power, which, in turn, will improve their 1RM.

To fully appreciate the value of plyometric training in the development of power, one must understand what power is and why it is important to powerlifters. As discussed in a previous article (Croxdale & Morris, 2002), power can be defined as force multiplied by distance divided by time. Since force is sometimes referred to as strength and distance divided by time is the same as speed, power, for the purpose of this article, can be defined as follows:

Power = Strength x Speed. Since strength and speed are components of power, increasing one while neglecting the other limits total power development. Unfortunately, many resistance trained athletes focus on strength because they are familiar with this traditional and well-established mode of training. Because strength and speed have a multiplicative impact on power, athletes can make greater gains if they develop both components. For example, if an arbitrary strength score for an athlete was 2, and the athlete's arbitrary speed score also was 2, the hypothetical power rating would be:

2 x 2 = 4. Doubling strength without altering speed would double power:

4 x 2 = 8. If the same athlete made only a 50 percent gain in strength and an equal gain in speed, the power rating would be:

3 x 3 = 9 (Brittenham, 1997)

All powerlifters understand what strength is. Strength is the ability to generate the maximal amount of force against an external resistance. The amount of time it takes to exert a maximal force in a strength movement like the squat is greater than one second; in contrast, "movement time during explosive activities is typically less than 300ms" (Robberds, 2001). Due to the time it takes to generate, apply and fully complete a maximal effort against a heavy object, typical strength movements are not considered speed movements. Research indicates that a heavy squat, even when performed in anexplosive manner "is an insufficient stimulus for improvements in muscle power..." (McBride et. al., 2002).

The gap between one's maximum power (developed in milliseconds) and maximum strength (developed in a second or longer) is the Explosive Strength Deficit (ESD). "ESD shows the percentage of an athlete's strength potential that was not used in a given attempt." (Zatsiorsky, 1995). Think of the Explosive Strength Deficit as a car race. Both cars have top speeds of 100 mph (1RM).

In a quarter mile race, car A is able to reach 65 mph (65% of 1RM). Car B is only able to reach 55 mph (55% of 1RM). Car A is able to generate more power than car B. Therefore, Car A's deficit is 35 % (100-65=35). Car B's deficit is 45% (100-55=45). Consequently, 35% of car A's potential was not used compared to 45% of car B's. The smaller the gap in one's Explosive Strength Deficit percentage, the greater one's explosive power.

The strength part of the power equation is where powerlifters excel. However, the majority of powerlifters lack speed. To close the Explosive Strength Deficit percentage gap, powerlifters need to implement more speed training ... specifically plyometrics.

Plyometric exercises are characterized by a powerful, explosive muscular contraction in response to a prior, immediate, rapid dynamic loading of the involved muscles. Rapid loading of the muscles using either ones body weight and/or light load causes that muscle to undergo an aggressive stretch. In order to protect the stretched muscle from injury, that stretched muscle undergoes a reflexive contraction. This stretch reflex causes a proportional contraction of the stretched muscle thereby eliciting a more powerful contraction of that muscle compared to any contraction it could have generated had it not been previously stretched. It is the goal of plyometric exercise to utilize this stretch reflex in order to cause an even more powerful, explosive movement of the muscle ... a form of sprint-assisted training.

Sprint assisted training involves overloading a muscle to cause a training effect by forcing the muscle to contract more powerfully than it would normally be capable of without the prior stretch. This pre-stretching produces a sling shot reaction. One has more firepower out of the hole, greater starting-strength.

As with all components of strength, the foundation of one strength level is built on another. "Starting strength is the underlying mechanism crucial for the display of acceleration-strength." (Siff and Verkhoshansky, 1998). "The higher the level to which starting-strength is developed, the faster acceleration-strength can be realized." (Verkhoshansky, 1977). In other words, the faster one moves from one part of the strength curve to the next, the faster one reaches the finish line or in this case locks the weight out.

One might consider starting-strength as first gear on a car and acceleration-strength as second gear.

In order to generate a hypercontraction of the muscle, one must convert the eccentric movement of the loaded muscle to a concentric contraction as soon as possible. The time between the eccentric movement and the concentric contraction is referred to as the amortization phase. By decreasing the amortization phase, a more powerful, explosive movement is generated.

The amount of time spent in the amortization phase is the determining factor in a movement being plyometric or not. Research by Wilson et. al. (1990) examined different delay times in the bench press and

***Doug Furnas** was one of the most explosive squatters in lifting history. (Greg Johnson)*

showed that the benefits of prior stretch may endure for as long as 4 seconds, at which point it is suggested that all stored elastic energy is lost. This could lead one to believe that there is full retention of a stretch reflex if the amortization phase is 4 seconds or less. However, the stretch reflex begins to dissolve immediately. Even a short pause will negate the stretch reflex.

Additional research indicates that "delays as short as .02 seconds are sufficient to dissipate the benefits of prior stretch", with up to 50% of the stretch reflex being lost in one second. (Siff and Verkhoshansky, 1998).

Therefore, it can be concluded that the longer the pause, the less powerful the contraction. To put it simply, the longer it sits, the heavier it gets.

Plyometric training has the added benefit of allowing explosive power to be generated throughout the entire range of motion of a movement. Traditional barbell and dumbbell training actually causes one to actively decelerate the load during the later portion of the movement. The National Strength and Conditioning Association (2002) indicates that "performing speed repetitions as fast as possible with light weights (e.g., 30-44% of 1RM) in exercises in which the bar is held on to and must be decelerated at the end of the joint's range of motion (e.g., squat) to protect the joint does not produce power or speed training but rather teaches the body how to decelerate, or slow down. If the load can be released into the air (i.e., the bar can be let go at the end of the range of motion, making it ballistic), the negative effects are eliminated."

With this information in hand, the various method of developing squatting speed will be explored with the ultimate goal of increasing ones 1RM. The order in which the following methods are presented are from "easiest' to "hardest". The authors suggest that the athlete work his/her way sequentially from #1 to #5 over the course of their squat training program (based on Chu's periodization of plyometric training (1992)). This will allow the lifter to establish a base of plyometric conditioning and then progress up through the more difficult activities while minimizing the chance of injury and maximizing power. The following exercises are of a highly intense nature and extreme caution should be taken when performing them.

1) Barbell Quarter Jump Squats: Barbell Jump squats involve performing a quarter squat where the individual aggressively explodes up during the concentric phase of the lift. The powerful extension of the hips and knees should propel the lifter into the air as if s/he were performing a vertical jump. Upon landing one needs to stop the downward movement as quickly as possible. Then explode back into the air. Initially, the lifter should perform the exercise without weight just utilizing their body weight. As one's tolerance improves, external weight may be added. When performing non-resisted jump squats, the authors suggest using an aggressive arm swing as a form of sprint assisted training(over-speed training) to more fully exploit power output.

2) Barbell Non-Impact Plyometric (Siff and Verkhoshansky, 1998) Jump Squats: Same as the Barbell Quarter Jump Squats. However, instead of executing a quarter squat, one performs a powerlifting squat to parallel or just below. The lifter slowly lowers him/herself down to within two to four inches of the parallel. The lifter then quickly drops the last two to four inches, rebounding out of the hole and forcefully exploding up into the air.

3) Barbell Sub-Maximum Impact Plyometric (Siff and Verkhoshansky, 1998) Jump Box Squats: Same as the Barbell Non-Impact Plyometric Jumps Squats. Only the lifter slowly lowers him/herself to a box. Then the lifter executes a and goact time on the box must be kept to a minimum between the eccentric braking and concentric acceleration, the amortization phase. The shorter the amortization phase (transition between eccentric to concentric), the more power generated. This is a height of the box for powerlifters should be where the legs are parallel with the ground.

While performing a touch and go off the box increases power, it also amplifies the loading on the spine. Thus, EXTREME CAUTION should be taken with this exercise. Lifters concerned with the loads placed on the spine should eliminate Barbell Sub-Maximum Impact Jump Box Squats from their program.

4) Load Release Jumps (Siff and Verkhoshansky, 1998): Load release jumps are similar to jump squats. One can execute this from a quarter squat or parallel squat position, depending on the area in which one needs to build explosive force. Two of the methods that can be utilized are dumbbell release jumps squats and barbell jump squats with weight releasers attached to the bar.

Dumbbell release jumps squats involve a very sturdy, well built bench or box and a dumbbell. Place the bench or box in front of you. You will be jumping up on it. Get a dumbbell and hold it in front of you. Quickly drop into a squat. As you drop into a squat, the dumbbell will end up between your legs.

Just prior to exploding up onto the bench, release the dumbbell. Wearing a weight vest can provide additional loading to this movement.

The second form of load release jumps is barbell jump squats with weight releasers. Weight Releasers are attached to the barbell. The weight releasers can be set to fall off the bar at a selected height, thus a load release effect is achieved. Once the load is released, the lifter explodes into the air in essence performing a vertical jump.

5) Depth Jumps: Depth jumps involve stepping off boxes of various heights and upon landing on the floor with both legs simultaneously, exploding vertically into he air...again aggressively using the arms the added power.

"The average heights for depth jumps are 0.75-0.8 meters (27-30 inches). Athletes over 220 pounds should use heights of 0.5-0.75 meters (18-27 inches)." (Dassie, 1999).

If one wishes to add external weight, the recommended plyometric jump squat training percentages are 10-40% of 1RM of the squat (Lamont & Stone, 2001).

Within this training range, 30% of 1RM of the squat has been indicated to be the most productive plyometric training percentage to increase force and power (Kaneko, et. al., 1983). Performing jump squats with 10-40% of one's squat 1RM is a potentially dangerous activity especially considering the load absorbed by the spine upon landing from the jump.

Sets and reps for these exercises should be the same as with strength training, 5-10 sets of 1-5 reps. Rest periods of one to three minutes between sets. The rest periods need to be long enough so that one is able exert maximal force in each of the movements. These power movements are performed first in any training program when one is fresh and can exert the most amount of force. Explosive training sessions should be performed once or twice a week.

Examples:

Barbell Quarter Jump Squats. Based on 500 lb quarter squat, no wraps or lifting suite. The top set of 150 lbs being 30% of 500 lbs, 1 RM. 45 lbs X 5; 75 lbs X 5; 100 lbs X 3; 125 lbs X 3; 150 lbs X 3.

Barbell Non-Impact Plyometric Jump Squats and Barbell Sub-Maximum Impact Plyometric Jump Box Squats. Based on a 500 lb powerlifting squat, no wraps or lifting suit. The top set of 175 is 35% of 500 lbs, 1RM. 75 lbs X 5 reps; 100 lbs X 5 reps; 125 lbs X 3 reps; 150 lbs X 3 reps; 175 lbs X 3 reps.

Dumbbell Load Release Jumps. Loads of up to 20% of 1RM or less usually work best. The top set of 100 lbs is 20% of a 500 squat, 1RM. 20 lbs X 3; 40 lbs X 3; 60 lbs X 3; 80 lbs X 3; 100 lbs X 3.

Barbell Load Release Jumps Squats. The same percentages of 10-40% will apply to this exercise as it does to Barbell Jumps Squats. The total load of the barbell and weight releasers should not exceed 40% of 1RM with 30% of 1RM being the most effective. Thus, the total weight of the bar with weight releasers attached would be 150 lbs (30% of 1RM) for someone who is able to squat 500 lbs.

Here are some sample programs. Note that in all of these examples the total poundage with the weight releases is 150 lbs, 30% of 1RM. 50 lbs barbell X 5 sets of 1 rep with 100 lbs on the weight releasers; 75 lbs barbell X 5 sets of 1 rep with 75 lbs on the weight releasers; 100 lbs barbell X 5 sets of 1 rep with 50 lbs on the weight releasers.

Depth Jumps. The distance one drops provided the loading in this movement.

By varying the distance one will vary the load, impact force. 5-10 sets of 1-5 reps with the recommended box height. The focus of these exercises is on speed. The movement must be explosive. One must generate enough power so that one's feet leave the ground. If not, then the load needs to be reduced. The goal is to be as explosive as one can with as much weight as one can use.

Since speed is not typically considered an important component of a strength program, the majority of powerlifters ignore this facet of training. Powerlifters need to appreciate the vital part speed plays in the quest for strength. Yes, strength is the most important component of powerlifting. However, in moving a heavy object up a mountain, power is essential. Power creates the momentum needed to slide through one's sticking point, outrunning gravity. Increasing speed through plyometrics magnifies one's power and strength. In a nutshell, you lift like you train. To be explosive, train explosive.

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LEGENDS OF POWERLIFTING
"The California Hercules"
Roger Estep ... The Early Years - Part I
as told to Powerlifting USA by Ron Fernando

The study of mythology has always been a interest of mine, and since I grew up in the pre-Internet, pre X-box, pre-satellite TV era, entertainment for me often would involve spending hours poring over mundane tomes like the Study of Mythology by Edith Hamilton. Geeky stuff, I realize, but in those dusty old books, I discovered something I never knew I possessed - a true PASSION for STRENGTH. Nowhere was strength epitomized more than in the story of Hercules, the revered hero-god of Greek mythology, who achieved fame and glory through his famous twelve Labors. Among them, he killed Hydra, a multi-headed, man-eating monster; wrestled the savage lion of Nemea; and destroyed the fearsome Birds of Stymphalia. Not once did Hercules flinch as he faced his vicious opponents, and not once did he experience defeat. Hercules was, in mythology, a shining example of true valor, which leads me this story of a modern day Hercules- a man who was to many a perfect combination of a Greek God-like physique AND mind numbing power - a man who could have been a running back for the Cleveland Browns or an outfielder for the Yankees. A man, who when his country called, unflinchingly went to do his duty in one of history's dirtiest, most politically tainted theatres of operation - the jungles of Viet Nam. This was a man who performed his share and MORE of Herculean Labors, all with unstinting humility and respect for his fellow human being. This is a man named Roger Estep. Younger readers may scratch their shaven heads or tweak their goatees and wonder "Who exactly is Roger Estep, anyway, and how is this going to help me squat or bench more?" I say - SHUT THE HELL UP - and keep reading. You will learn the true meaning of STRENGTH, POWER and - yes - even the lost art of SPORTSMANSHIP. Sets and reps can wait, this is a story of a true CHAMPION. You may even be a better powerlifter for it.

Roger Estep was born in the small town of Wellston, Ohio, and like many of his era he used sports as a vehicle to achieve greatness. He was a true high school superstar, playing both wingback and halfback on a T-formation team. Oh yeah, Roger played on the other side of the ball too as an aggressive boundary corner. Roger was also an outstanding baseball player and was flirting with the idea of turning pro when the tides of history changed his life. Like all young men of the era, Roger faced the requirement of entering his name in the Selective Service pool for the Viet Nam draft. When some of our generation shied away from an unpopular war by either discovering a variety of physical ailments, entering college to seek educational deferment, or simply hightailing it to the tree-hugging confines of Canada, Roger did the opposite. He enlisted in the Army, chose ELEVEN BRAVO (Infantry) for his MOS (Military Occupational Skill), went through the rigorous "planned hell" of Basic, Advanced Individual Training, Airborne, and Ranger School, and eventually got posted with the ultra-prestigious 82nd Airborne Division in Ft Bragg, NC. The 82nd has a long and storied history, going back to World War II when they stormed Utah Beach during D-Day and, though losing the greater part of their number, managed to put a hammerlock on the dreaded Nazi Waffen SS legions, thus leading to the eventual defeat and utter humiliation of the Third Reich. Their reputation for toughness, courage, and brute strength is legendary - one just does not simply apply and be accepted to the 82nd. One has to be cut out of certain, almost mystical, mold to be a part of this elite bunch, and Roger fit this to a T, even at that young age. He served his time in the 'Nam with honor, and performed tasks well beyond the psyche of a 19 year old. When others his age were surfing, going through fraternity rush parties, and sweating it out over finals, Roger was tirelessly working for our common American interests in the steaming hells of the Mekong Delta, with the Montagnard tribesmen of South Vietnam, and patrolling the DMZ.

***Roger** with his world record 770 lb. squat done at the Parkersburg YMCA in West Virginia, weighing 196, back-spotted by Dave Waddington, Jack Wilson, and Steve Wilson. (photo by Jerry Koplin)*

*"Look at Me, Mom" on **Roger Estep Day** in his hometown of Wellston, Ohio. (photograph by Tim Gillis)*

It was during these years that he met Carol, a woman who has touched his life so very specially for the last 30 plus years. Carol was a Senior in high school when Roger was getting ready to join the Army. He had just started to work out with weights in his best friend Terry Brennan's garage, and Carol used to drive by on many a weekend and see the two guys pounding out set after set of barbell curls. "He used to call me up and brag about how big his biceps were" Carol recently told me. He would measure it every day". The year of 1969: Neil Armstrong walked on the Moon, sideburns, wide ties and clunky heels were all the fashion. Gas "wars" were the rage with rival stations trying to one-up each other, selling it for 15 cents a gallon and lower. NBC's "Laugh-In" was the raciest thing on TV and, yes, the sport of Powerlifting was actually around. Still trying to kick loose from the iron grip of the York Barbell Club and its patriarch, Bob Hoffman, Powerlifting had taken root in the Golden West where many of the early superstars began their meteoric rise to the top. These pioneers trained outside in backyards, in dank garages, or in rattletrap apartments. Two such lifters pooled equipment and started training in a small garage on Neosho St. in Culver City, on the west side of Los Angeles. While the equipment and supplements of the day were absolutely rudimentary, the intensity was not. These early day Iron Warriors came to train and train they did, developing a unique system that flew in the face of conventional philosophy, a system that lives on today. Stories started to trickle out of these dungeons, garages, and makeshift venues of huge Lifts made by the California Monstermen - whispers about unheard of squats, deadlifts that resembled mythological events, and bench presses by middleweights that rivaled the heavyweight standards, and a nameless "system" that produced almost instant results for those unafraid to attempt it. Many a budding powerlifter around the

***Roger** competing in Lompoc, California in the mid 1970s under the watchful spot of George Frenn. The progress Roger demonstrated at this competition clearly marked him as someone to closely watch in the future. (this photograph is from the collection of Myers Badura)*

US heard the song of the "Siren of Strength", and made the "Iron Pilgrimage" to Los Angeles. Roger heard it too, but put it in the back of his mind as he boarded a C-130 in Ft. Bragg, heading for Vietnam. "Some day", he thought. "Some day." He trained some in those early days in Vietnam, with high rep bodyweight exercises such as pull-ups, dips, pushups and using whatever makeshift equipment, such as cement filled coffee cans, he could to maintain his regimen. Ever in his mind, though were the images and rumors of the Monstermen of California, of sun baked shores, bronzed bikini clad bodies, movie stars, and a land of opportunities untold. "Someday soon", he told himself, especially on those long dreary patrols where one slipup could mean an agonizing death. Roger completed his tour of duty just before the Vietnam conflagration finished in ignominy. He and his lady love Carol had corresponded, but, like so many couples of the era, they had drifted apart. Life went on. Gas wars were a thing of the past, replaced by gas rationing. Jimi Hendrix and Janis Joplin died, the triple option was being run with reckless abandon in countless of college football stadiums, Watergate was around the corner and Roger Estep was ready to begin life as a civilian. He worked for a while as a coal miner in Ohio where his natural strength and toughness stood him well. The money he made in this rigorous venture, plus the GI Bill, enabled him to get his college education at Ohio University, where he majored in Zoology, finishing with a Bachelor of Science. He then moved to New Martinsville, West Virginia where his ascent into the Pantheon of Powerlifting Mythology really began. There he met the enigmatic Luke Iams, all 345 lbs. of him, and the rest of his "Wild Bunch" - mini brute Chuckie Dunbar, Jack Wilson, and the current patriarch of West Virginia Powerlifting, Paul Sutphin. One of Roger's assets was his ability to learn. Roger would sit in respectful awe and listen as the garrulous Iams would talk about a strange new system of training so unique in its simplicity that almost anyone could prosper from it. "So, I thought I would try it, why not" said Roger. "It seemed to have done Luke and the boys a lot of good." The system, of course, was the ORIGINAL WESTSIDE BARBELL training system as devised by those two lifters on Neosho St. in Culver City - George Frenn and Bill "Peanuts" West. The system was simple on the face of it, but involved doing exercises that many Powerlifters of the day would have laughed at and many so-called Strength Coaches would have shuddered at - actually squatting down with huge, maximum weights on a box - or literally "throwing" the weight off the chest using several thick pads - the infamous "Belly Toss". The experts of the day, awash in their scientific knowhow and Universal Gym mentality, chalked this program up as a system for "Madmen", one that would produce "more injuries than medals". Though Louie Simmons, today's Guru of Powerlifting, will quote Mel Siff, Yuri Verkoshansky and A.S. Prilepin as quantitative sources of proof for this plan of attack, he will always recognize that the ORIGINATORS of this system were Frenn and West. The year - 1977, we were dumbfounded by the special effects of the new movie "Star Wars", Jimmy Carter became President of the United States, and Elvis Presley died. That same year, Roger Estep exploded onto the world powerlifting scene like a multi-megaton nuclear device. At a small meet in West Virginia, Roger totaled the unheard of poundage of 1945, at a mere 193 lbs. of bodyweight. He did this with a suit so porous you could poke your finger through it, and a belt thin enough to fold into a roll like a newspaper, Ace bandages, and old work boots. Of course, he had to BACK his Squats out of a rack, sit DEEP into the hole, wait for a PAUSE in the Bench and weigh in 2 hours before the competition. His squats were PERFECT - deep - upright - explosive. If they gave style points for the squat, Roger would have scored a "perfect 10" every time. Fast forward to 1979, the venue - Dayton, Ohio - Larry Pacifico, himself a multi-world Champion, faced the challenge of putting on an IPF World Championships AND lifting in it. That team read like a Who's Who's of Powerlifting History - Chuckie Dunbar at 114, the fabulous Lamar Gant at 123, young Mike Bridges at 165, Walter Thomas at 181, Roger Estep and deadlift sensation Vince Anello at 198, a slimmed down John Kuc at 242, and a pair of titanic superheavies - Paul Wrenn and future World's Strongest Man - Bill Kazmaier. Roger, though favored, unfortunately was a victim of nerves and came in a close second to Canada's Tom Campbell. I believe that if the meet had NOT been so close to his home, he would have won. Imagine thousands of folks in the hall chanting "Estep, ESTEP, ESTEP". Roger was and still is a very shy person, one who never resorted to the chest thumping, head banging tactics, and one whose quiet demeanor belied a raging maelstrom of power within.

END OF PART ONE

***Roger** contesting the 1979 IPF Men's World 198 lb. class title in Dayton, Ohio, a competition televised on CBS Sports Spectacular. Unfortunately, Roger passed away on June 23rd, after a long battle, involving numerous major surgeries, against a particularly virulent form of brain cancer. The noble character that Roger exhibited throughout his military, sports, and professional careers remained vital in this ultimate fight for his existence.*

Someday I will...

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Someday I will prepare with everything I have.
Someday I will perform to my best ability.
Someday I will prevail.

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German Nationals (kg)
1,2 APR 05 - Ruesselsheim, GER

WOMEN	SQ	BP	DL	TOT
52 kgs.				
I. Tronke	122.5	82.5	125	330
M. Steiner	90	52.5	107.5	250
S. Kalz	90	65	85	240
60 kgs.				
R. Schreiber	132.5	75	160	367.5
D. Falck	130	70	165	365
67.5 kgs.				
vonBachhaus	175	120	177.5	472.5
I. Naarmann	107.5	65	122.5	295
M. Messer	102.5	62.5	125	290
75 kgs.				
E. Gall	160	122.5	197.5	480
A. Peters	130	82.5	145	357.5
F. Shurmann	120	85	120	325
82.5 kgs.				
J. Dietz	165	107.5	142.5	415
I. Douglass	155	85	170	410
90 kgs.				
Herchenhein	200	122.5	217.5	540
MEN				
67.5 kgs.				
M. Bielau	215	120	225	560
T. Korell	210	120	227.5	557.5
A. Denk	190	142.5	205	537.5
J. Kammerer	190	120	200	510
D. Schumann	177.5	122.5	202.5	502.5
F. Binger	167.5	112.5	205	485
H. Heinrich	175	117.5	182.5	475
75 kgs.				
P. Schmidt	242.5	130	242.5	615
U. Bauer	222.5	122.5	257.5	602.5
F. Seth	220	137.5	205	562.5
J. Geerhardt	180	120	240	540
M. Bernhard	185	110	217.5	512.5
82.5 kgs.				
Lichtenauer	277.5	172.5	265	715
S. Soirl	265	187.5	255	707.5
M. Schnurr	275	155	267.5	697.5
J. Muller	275	180	240	695
Kronschwitz	260	190	220	670
C. Erbs	240	130	272.5	642.5
E. Derzapf	250	160	230	640
N. Mathies	250	155	235	640
S. Bedrich	240	160	225	625
R. Schroder	220	165	230	615
C. Schadel	230	125	225	580
T. Konstanny	190	120	250	560
P. Leister	160	155	175	490
90 kgs.				
B. Konrad	300	210	285	795
F. Virzi	310	200	280	790
M. Hinz	300	192.5	275	767.5
S. Rogalsky	270	202.5	280	752.5
T. Prohl	280	205	255	740
Grimminger	230	165	227.5	622.5
M. Glaser	222.5	142.5	227.5	592.5
S. Priebe	185	122.5	220	527.5
A. Schulz	140	212.5	140	492.5
T. Beier	—	—	—	—
T. Ziegler	—	—	—	—
100 kgs.				
Kurzendorfer	305	245	275	825
N. Esipov	280	215	280	775
M. Simpig	290	185	280	755
T. Hochstein	285	190	265	740
M. Hellwig	275	150	305	730
R. Maier	270	180	270	720
T. Haaser	270	170	262.5	702.5
T. Kramer	250	170	270	690
F. Seidel	250	177.5	255	682.5
E. Gnahs	230	165	270	665
C. Stornfels	255	150	257.5	662.5
C. Schyschka	255	155	247.5	657.5
110 kgs.				
D. Flaminio	367.5	237.5	280	885
S. Schafer	300	250	285	835
A. Reiz	327.5	190	300	817.5
U. Rohde	310	200	290	800
A. Stanik	280	207.5	280	767.5
H. Franke	275	205	250	730
R. Gobel	240	205	245	690
Czeranowski	265	160	265	690
M. Margraf	210	160	255	625
R. Johne	—	—	—	—
125 kgs.				
M. Schroder	340	255	325	920
A. Hoffmann	385	210	325	920
A. Dorner	360	220	302.5	882.5
L. Reumuth	310	215	255	780
T. Wellecke	280	215	285	780
S. Grobmann	280	180	280	740
R. Kuster	290	110	285	685
Kronemann	215	142.5	230	587.5
125+ kgs.				
Kondraschow	367.5	251	342.5	961
Kronemann	330	270	300	900
K. Haasler	330	230	300	860

Strongest Lifter at the German Nationals - ***Jewgenij Kondraschow***

M. Kleidt	320	245	270	835
A. Blank	285	175	280	740
J. Rekittke	250	—	—	—

(Thank you to Hermann Korte for results)

NASA New Mexico
7 MAY 05 - Rio Rancho, NM

PS BENCH		Master-4	
WOMEN		A. Saraguard	125
148 lbs.		B. Long	190
Master-1		PS SQUAT	
V. Behouth	35	WOMEN	
165 lbs.		165 lbs.	
Master-2		Master-3	
E. Keen	45	E. Waugh	60
198 lbs.		MEN	
Junior		97 lbs.	
M. Keen	50	Youth	
MEN		A. Romero	207.5
220 lbs.		181 lbs.	
Master-3		Novice	
R. Keen	90	R. Romero	170
Int		220 lbs.	
B. Long	175	Int	
PS DEADLIFT		B. Long	207.5
WOMEN		BENCH	
148 lbs.		WOMEN	
Submaster-1		123 lbs.	
V. Behouth	95	Submaster-1	
165 lbs.		T. Adelmann	117.5
Master-2		123 lbs.	
E. Keen	92.5	Pure	
198 lbs.		T. Adelmann	117.5
Junior		132 lbs.	
M. Keen	107.5	Master-2	
MEN		S. Sermay	52.5
220 lbs.		MEN	
Master-3		220 lbs.	
R. Keen	152.5	Master Pure	

G. Schuster	147.5	275 lbs.		
Master-1		Open		
G. Schuster	147.5	R. Kahle		245
PUSH PULL		BP	DL	TOT
WOMEN				
123 lbs.				
Submaster-1				
T. Adelmann		117.5	160	277.5
Pure				
T. Adelmann		117.5	160	277.5
165 lbs.				
Master-3				
E. Waugh		47.5	105	152.5
220 lbs.				
Master-1				
R. Garcia		182.5	232.5	415
Master Pure				
M. Teupell		190	237.5	427.5
WOMEN	SQ	BP	DL	TOT
123 lbs.				
Master-1				
J. McCarty	117.5	62.5	120	300
Submaster-1				
T. Adelmann	142.5	117.5	160	420
Pure				
T. Adelmann	142.5	117.5	160	420
132 lbs.				
Master-2				
S. Sermay	92.5	52.5	92.5	237.5
165 lbs.				
Teen				
B. Greene	75	57.5	97.5	230
181 lbs.				
Novice				
K. Weier	90	52.5	105	247.5
Pure				
K. Weier	90	52.5	105	247.5
Junior				
A. Kahle	127.5	60	112.5	300
198 lbs.				
Novice				
M. McLean	130	102.5	192.5	425
Master Pure				
S. MacKay	252.5	200	230	682.5
198+ lbs.				
Master Pure				
A. Hurley	107.5	102.5	140	350
MEN				
148 lbs.				
High School				
D. Garcia	135	55	165	355
Submaster-1				
M. Starr	950	220	142.5	362.5
165 lbs.				
High School				
A. Alvarez	112.5	75	147.5	335
G. Rodriquez	115	85	130	330
Submaster Pure				
T. Duran	192.5	120	200	512.5
Master Pure				
T. Montano	187.5	105	200	492.5
A. Caceres	210	137.5	200	547.5
Master-1				
A. Caceres	210	137.5	200	547.5
181 lbs.				
Teen				
S. Williams	75	52.5	75	202.5

High School				
E. White	125	85	167.5	377.5
Master Pure				
P. Buehler	205	120	212.5	537.5
Master-1				
Ammerman	227.5	177.5	212.5	617.5
High School				
P. Villalobos	97.5	75	142.5	315
198 lbs.				
High School				
S. Cobos	142.5	110	185	437.5
Master-1				
J. McCarty	210	137.5	242.5	590
Master-2				
E. Duran	185	127.5	222.5	535
220 lbs.				
Submaster-1				
G. Rundell	230	125	207.5	562.5
242 lbs.				
C. Story	215	162.5	235	612.5
275 lbs.				
Teen				
D. Velasquez	142.5	90	175	407.5
308 lbs.				
Master Pure				
N. Barnreiter	340	205	302.5	847.5
R. Anttila	290	177.5	220	687.5
Power Sports	CR	BP	DL	TOT
97 lbs.				
Youth				
A. Romero	160	160	400	720
148 lbs.				
Master-3				
S. Billington	20	30	80	130
165 lbs.				
Master-3				
E. Waugh	32.5	47.5	80	185
181 lbs.				
Master-3				
J. Cole	47.5	92.5	182.5	322.5
Novice				
R. Romero	55	127.5	192.5	375
275 lbs.				
Pure				
E. Kisner	82.5	167.5	215	465

(thanks to Mike Adelmann for the results)

4th Coast Guard Bench
15 APR 05 - Clearwater, FL

BENCH		275 lbs.	
FEMALE		D. Pettis	445
181 lbs.		J. Parrish	440
A. Daw	140	Master	
MEN		T. Gregory	405
198 lbs.		D. Harris	385
M. Marsh	350		
242 lbs.			
F. Schuetz	500!		
C. Pourciaux	—		

!=Best Lifter. Special thanks goes out to Gayle Coyle from MWR Miami and Lt. "Buzz" Buskirk for helping fun a very smooth meet. Also thanks goes out to USCG Air Station Clearwater for holding the annual event. (results by Frank Schuetz)

IPA INTERNATIONAL POWERLIFTING ASSOCIATION
Lifters for Lifters — Pro-Am Powerlifting

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Last Name _____ First _____ Initial ____ New Member ____ Renewal ____ Exp. Date ____

Street Address _____ City _____

State or Providence _____ Zip Code _____ Country _____

Telephone _____ Email Address _____ Date of Birth ____ Age ____ Sex ____

Pro____ Am ____

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USAPL Illinois State
30 APR 05 - Harrisburg, IL

BENCH
WOMEN
105 lbs.
Teen-1
P. Schutt 55
132 lbs.
Open
K. Davis 95
148 lbs.
Teen-2
B. Moore 165
Master-1
S. Motsinger 120
Master-2
D. McIntosh 100
165 lbs.
Junior
D. Ital 115
MEN
123 lbs.
Teen-3
M. Harper 120
148 lbs.
Teen-1
C. Motsinger 160
Junior
C. Bramlet 235
165 lbs.
Teen-2
A. Hall 235
198 lbs.
Teen-3
A. Odenwald 365
220 lbs.
Master-1
C. Nolen 295
Teen-2
R. Burlinson 175
Open
J. Lawson 405
Teen-3
K. McNease 385
Junior
B. Stewart 490
DOC
L. Edwards 430
275 lbs.
DOC
M. Crank 445
Open
S. Bales 370
Junior
P. Little 390
Master-2
M. Aydt 365
HW
Open
J. O'Neill 575
M. Rose 550
Master-2
T. Thomas 400
A. Goodson 335
Master-4
B. Adams 380

WOMEN	SQ	BP	DL	TOT
132 lbs.				
Opne				
K. Davis	95	100	200	395
165 lbs.				
Junior				
D. Ital	115	200	230	545
MEN				
123 lbs.				
Teen-3				
M. Harper	120	155	250	525
148 lbs.				
Teen-1				
C. Motsinger	160	250	300	710
Teen-2				
C. Kurtz	175	315	375	865
Junior				
C. Bramlet	235	255	330	820
165 lbs.				
Teen-2				
A. Hall	235	385	405	1025
220 lbs.				
Teen-2				
R. Burlison	175	375	375	925
Master-1				
S. Crane	390	555	555	1500
Open				
S. Crane	390	555	555	1500
T. Robbins	380	495	550	1425
B. West	340	500	550	1390
T. Stanley	—	—	—	—
242 lbs.				
Junior				
T. Timmons	350	425	525	1300
HW				
Open				
M. Organ	500	600	550	1650
Teen-2				
A. Goodson	335	500	470	1305
Master-1				
D. Kurtz	285	445	450	1180

Best Lifter: Matt Organ. Best Bench: Jim O'Neill. (Thanks to USAPL for the results)

***Caleb Motsinger** spotted by his Dad (& Meet Director) Mark Motsinger at the USAPL IL States/*

NASA Natural Nationals (kg)
13 FEB 05 - OKC, OK

PWR SPORTS
BENCH
MEN
Junior
148 lbs.
C. McEwen 130
Submaster-1
275 lbs.
A. Wright 225
Master-2
220 lbs.
J. Fickel 152
Master-4
242 lbs.
E. Evatt 132
Master Pure
E. Evatt 132
Open
SHW
R. Anderson 232
Pure
242 lbs.
E. Evatt 132
WOMEN
High School
132 lbs.
J. Rutledge 62
CURL
MEN
Submaster-2
308 lbs.
C. Spirrison 75
Master-2
198 lbs.
T. Bowland 57
220 lbs.
J. Fickel 67
WOMEN
C-3
165 lbs.
J. Petray 25
High School
132 lbs.
J. Rutledge 35
DEADLIFT
MEN
Novice
G. Thiel 242
Submaster
Pure
G. Thiel 242
Master-2
198 lbs.
R. O'Dell 195
220 lbs.
G. Runge 175
J. Fickel 170
SQUAT
WOMEN
Master-3
165 lbs.
E. Waugh 52
PWRLIFTING
BENCH
MEN
Junior
148 lbs.
C. Strength 127
198 lbs.
B. Baker —
308 lbs.
B. Brunner 182
Master-1
148 lbs.
Edmondson 145
198 lbs.
L. Dennis 182
242 lbs.
L. Elliff 227
N. Eddins 202
275 lbs.
S. Cyranoski 210
Master-2
148 lbs.
C. Kennedy 115
165 lbs.
S. Stewart 152
198 lbs.
J. Parsons 150
J. Guardado 110
220 lbs.
R. Powell 160
G. Runge 122
275 lbs.
G. Knight —
Master-3
181 lbs.
C. Lynn 90
220 lbs.
B. Helmich 172
242 lbs.
G. Wilkerson 155
Master-4
165 lbs.
H. Hager 92
242 lbs.
E. Evatt 132
Master-5
198 lbs.
L. Dennis 182
Master Pure
148 lbs.
Edmondson 145
C. Kennedy 115
165 lbs.
S. Stewart 152
220 lbs.
N. Judd 220
242 lbs.
E. Evatt 132
308 lbs.
C. Siddell 250
SHW
M. Mitchell 205
Novice
275 lbs.
M. Hauser 170
SHW
A. Borden 160
Open
148 lbs.
Edmondson 145
242 lbs.
F. Schuetz 217
308 lbs.
C. Spirrison 227
P/F
242 lbs.
J. Blaine 195
308 lbs.
L. Willison 215
Pure
148 lbs.
Edmondson 145
165 lbs.
G. Baker 205
H. Hager 92
198 lbs.
T. Stuart 215
220 lbs.
R. Powell 160
M. Romero —
Push Pull
MEN
Junior
198 lbs.
P. Hughes
308 lbs.
B. Brunner
Master-1
148 lbs.
D. Edmondson 145
220 lbs.
T. Campbell
242 lbs.
N. Eddins
M. Bean
308 lbs.
M. Adelmann
Master-2
242 lbs.
F. Schuetz 217
E. Evatt 132
Submaster-1
220 lbs.
J. Thompson 242
SHW
R. Anderson 242
Submaster-2
198 lbs.
S. Wingert 162
308 lbs.
C. Spirrison 227
Submaster Pure
148 lbs.
F. Stroh 135
220 lbs.
J. Thompson 242
308 lbs.
R. Kahle 257
Teen
181 lbs.
C. Sells 85
198 lbs.
J. Mejia —
WOMEN
123
J. Yamashita 95
165 lbs.
J. Petray 40
Open
123 lbs.
J. Yamashita 95
148 lbs.
L. Siddell 92
PN
123 lbs.
J. Yamashita 95
132 lbs.
T. Adelmann 107

Push Pull	BP	DL	TOT
MEN			
Junior			
198 lbs.			
P. Hughes	105	155	260
308 lbs.			
B. Brunner	182.5	290	47204
Master-1			
148 lbs.			
D. Edmondson 145	235	380	
220 lbs.			
T. Campbell	182.5	142.5	325
242 lbs.			
N. Eddins	202.5	285	487.5
M. Bean	155	262.5	417.5
308 lbs.			
M. Adelmann	252.5	290	542.5
Master-2			

PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94.. . Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points , TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/ Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s

Jun/95... Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... Triple SENIORS ISSUE ADFPA/ APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

Jul/96... AAU Men's, USPF JRs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.

Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s

Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s

Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s

Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start

181 lbs.			
B. Weber	127.5	235	362.5
198 lbs.			
J. Thomas	122.5	190	312.5
220 lbs.			
R. Powell	160	237.5	397.5
242 lbs.			
G. Clock	187.5	252.5	440
Master-3			
220 lbs.			
B. Helmich	172.5	245	417.5
308 lbs.			
H. Heyman	120	200	320
Master Pure			
148 lbs.			
D. Edmondson 145	235	380	
220 lbs.			
N. Judd	220	252.5	472.5
242 lbs.			
M. Bean	155	262.5	417.5
SHW			
D. Oyler	195	290	485
Novice			
165 lbs.			
S. Bennett	1005	207.5	312.5
C. Whitted	75	115	190
220 lbs.			
G. Thiel	182.5	242.5	425
Open			
148 lbs.			
D. Edmondson 145	235	380	
198 lbs.			
S. Wingert	162.5	215	377.5
P/F			
308 lbs.			
B. McGothlin	147.5	227.5	375
Pure			
148 lbs.			
D. Edmondson 145	235	380	
198 lbs.			
T. Stuart	215	237.5	452.5
220 lbs.			
R. Powell	160	237.5	397.5
Submaster-1			
198 lbs.			
C. Droegemeier	145	205	350
220 lbs.			
J. Thompson	242.5	325	567.5
Submaster Pure			
220 lbs.			
G. Thiel	182.5	242.5	425
308 lbs.			
R. Kahle	257.5	285	542.5
Teen			
220 lbs.			
M. Oyler	55	100	155
WOMEN			
Int			
123 lbs.			
J. Yamashita	95	173.5	268.5
198+ lbs.			
C. Baker	45	107.5	152.5
Master-1			
132 lbs.			
H. Hughes	70	175	245
148 lbs.			
D. Manno	65	112.5	177.5
165 lbs.			
S. Bagby	62.5	137.5	200
198+ lbs.			
M. Gailey	77.5	190	267.5
K. Berryman	50	125	175
Master-3			
165 lbs.			
E. Waugh	45	97.5	142.5
Pure			
148 lbs.			
L. Siddell	95	92.5	187.5
D. Manno	65	112.5	177.5
Novice			
123 lbs.			
J. Yamashita	95	173.5	268.5
198+ lbs.			
J. Parton	72.5	120	192.5
Open			
114 lbs.			
H. Fry	57.5	128.5	186
123 lbs.			
J. Yamashita	95	173.5	268.5
198 lbs.			
A. Green	60	115	175
Pure			
123 lbs.			
J. Yamashita	95	173.5	268.5
Submaster-1			
132 lbs.			
T. Adelmann	107.5	152.5	260
198 lbs.			
K. Neal	35	102.5	137.5
198+ lbs.			
N. Curcio	62..5	120	182.5
Submaster Pure			
132 lbs.			
L. Anderson	55	97.5	152.5
Power Sports CR	BP	DL	TOT
MEN			
Master-1			
165 lbs.			
B. Anderson	60	115	182.5	357.5
220 lbs.				
J. Linder	62.5	117.5	175	355
Master-2				
198 lbs.				
J. Thomas	50	122.5	190	362
J. Vogt	55	105	185	345
R. O'Dell	55	—	—	—
220 lbs.				
B. Johnson	50	102.5	185	337
J. Fickel	67.5	152.5	170	390
242 lbs.				
G. Clock	62.5	117.5	252.5	492
Master-3				

Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

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

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

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

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

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

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

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

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

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage

Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.

Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/ WDFPF Split, TOP 100 SHWs.

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

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

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

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

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

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

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

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

May/99 ... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.

Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs

Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s

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

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

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Natls, 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, Strongman II, TOP 100 198s

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

Mar/00 ... USAPL Women's , 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, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s

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

Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP 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 114s

Aug/00 ... USAPL Men's, APF Srs. Pt. I,

308 lbs.
H. Heyman — 120 200 257
Master Pure
198 lbs.
R. O'Dell 55 — — —
Novice
165 lbs.
S. Bennett 55 105 207.5 367
Open
148 lbs.
J. Phillips 57.5 127.5 228.5 413
Open
165 lbs.
J. Hunn 70 140 182.5 392
198 lbs.
J. McDougal 65 172.5 250 487
P. Hughes 47.5 92.5 155 295
220 lbs.
T. Tucker 82.5 152.5 295 530
308 lbs.
J. Crone Jr. 77.5 170 272.5 520
PF
308 lbs.
B. McGothlin 80 147.5 227.5 455
Pure
148 lbs.
J. Phillips 57.5 127.5 228.5 413
220 lbs.
T. Tucker 82.5 152.5 295 530
Submaster-2
220 lbs.
T. Tucker 82.5 152.5 295 530
275 lbs.
D. Harris 92.5 200 297.5 590
308 lbs.
J. Crone Jr. 77..5 170 272.5 520
Submaster Pure
148 lbs.
J. Phillips 57.5 127.5 228.5 413
198 lbs.
J. McDougal 65 172.5 250 487
308 lbs.
J. Crone Jr. 77.5 170 272.5 520
WOMEN
Junior
181 lbs.
J. Tanner 27.5 60 112.5 200
Master-1
198+ lbs.
M. Gailey 47.5 77.5 190 315
Master-3
165 lbs.
E. Waugh 27.5 45 97.5 170
Master Pure
132 lbs.
T. Ishimatsu 25 50 85 160
Open
198 lbs.
R. May 40 65 137.5 242
Pure
198+ lbs.
J. Springer 50 117.5 197.5 365
Submaster Pure
148 lbs.
S. Brilliant 25 45 80 150
YOUTH
FEMALE
97 lbs.
K. Ishimatsu 10 17.5 45 72.5
114 lbs.
C. Wingert 22.5 37.5 75 135
MALE
66 lbs.
Q. Wingert 10 17.5 52.5 80
77 lbs.
T. Kennedy 15 22.5 52.5 90
88 lbs.
C. Anderson 15 25 65 105
220 lbs.
M. Oyler 30 55 100 185
Powerlifting SQ BP DL TOT
MEN
High School
198 lbs.
R. Conner 242.5 140 210 592.5
220 lbs.
C. Anderson 245 177.5 260 682.5
J. House 272.5 170 260 702.5
Junior
165 lbs.
K. Jones 222.5 115 230 567.5
198 lbs.
C. Stacy 227.5 147.5 217.5 592.5
Junior
198 lbs.
D. Hofstrom 127.5 92.5 150 370
220 lbs.
S. Donahue 277.5 150 242.5 670
308 lbs.
B. Brunner 250 182.5 290 722.5
Master-1
123 lbs.
M. Ewoldsen 230 137.5 260 627.5
148 lbs.
C. Brown 255 140 250 645
D. Edmondso 246 145 235 626
181 lbs.
T. Perkins 310 177.5 255 742.5
R. Sherwood 237.5 133.5 227.5 600
D. Black 210 137.5 185 532.5
198 lbs.
J. Stone 237.5 175 237.5 650
S. Kivela 227.5 152.5 207.5 587.5
L. Dennis 192.5 182.5 192.5 567.5
220 lbs.
N. Judd 257.5 220 252.5 730
R. Tavanello 232.5 165 210 607.5
M. Hearing 200 147.5 207.5 555
275 lbs.
S. Cyranoski 330 210 272.5 812.5
SHW
D. Oyler 320 195 290 805
Master-2
148 lbs.
C. Kennedy 157.5 115 155 427.5
181 lbs.
B. Weber 228.5 127.5 235 591
220 lbs.
R. Powell 182.5 160 237.5 580
B. Johnson 160 110 185 455
242 lbs.
G. Clock 257.5 187.5 252.5 697
Master-3
165 lbs.
J. Carleo 165 1002.5 187.5
455
181 lbs.
C. Lynn 85 90 115 290
198 lbs.
J. Stovall 210 112.5 210 532
220 lbs.
B. Helmich 237.5 172.5 245 655
308 lbs.
H. Heyman 190 120 200 510
Master Pure
148 lbs.
D. Edmondson 246 145 235 626
B. Sato 192.5 120 192.5 505
165 lbs.
M. Woodworth 256 161 237.5
654.5
181 lbs.
R. Sherwood 237.5 135 227.5 600
198 lbs.
J. Stone 237.5 175 237.5 650
S. Kivela 227.5 152.5 207.5 587.5
L. Dennis 192.5 182.5 192.5 567.5
220 lbs.
N. Judd 257.5 220 252.5 730
SHW
D. Oyler 320 195 290 805
A. Borden 295 160 260 715
S. Jones 295 165 207.5 667.5
Natural
220 lbs.
T. Campbell 182.5 182.5 142.5 507.5
165 lbs.
C. Whitted 120 75 115 310
J. Cowles — 80 — —
198 lbs.
A. McKay 182.5 102.5 190 475
220 lbs.
D. Gulling 200 162.5 237.5 600
SHW
A. Borden 295 160 260 715
Open
148 lbs.
D. Edmondson 246 145 235 626
181 lbs.
D. Black 2110 137.5 185 532
198 lbs.
G. Green 275 185 260 720
T. Stuart 227.5 215 237.5 680
P. Roberts 207.5 152.5 2230 590
S. Wingert 200 162.5 215 577.5
Droegemeier 232.5 140 205 577.5
220 lbs.
J. House 272.5 170 260 702.5
308 lbs.
L. Willison 215 215 212.5 642
.5
P/F
220 lbs.
R. Tavanello 232.5 165 210 607.5
242 lbs.
J. Blaine 277.5 195 272.5 745
308 lbs.
L. Willison 215 215 212.5 642.5
Pure
123 lbs.
M. Ewoldsen 230 137.5 260 627.5
148 lbs.
D. Edmondso 246 145 235 626

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AAPF/APF Natls.,IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s

Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s

Oct/00 ...Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.

Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz[Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s

Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s

Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s

Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, Westside Deadlifting, WPC Worlds Pt. II/BP

Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s

May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's

Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals,, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s

Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit,, TOP 100 123s

Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s

Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s.

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

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

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

Feb/002 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s

Mar/02 ... USAPL Women's Natls, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"

Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s

Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.

Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.

Aug/02 ... APF Seniors, USAPL Men's Natls, USPF Srs/Mountaineer Cup IV, Strong Legs for Recods by Louie, Your Bench Shirt by Halbert, TOP 123s.

Sep/02 ... Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s

Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s

Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s

Dec/02 ... WPO Semis (931 DL!), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181

Jan/03 ... IPF Men's Worlds, WABDL BP

165 lbs.				
M. Woodwort	256	161	237.5	654.5
181 lbs.				
T. Perkins	310	177.5	255	742.5
198 lbs.				
T. Stuart	227.5	215	237.5	680
P. Roberts	207.5	152.5	230	590
220 lbs.				
R. Powell	182.5	160	237.5	580
M. Romero	300	—	—	—
J. Thompson	—	—	—	—
J. Ransbottom	365	242.5	—	607.5
SHW				
A. Borden	295	160	260	715
Submaster-1				
198 lbs.				
P. Roberts	207.5	152.5	230	590
C. Droegemeier		262.5	140	205
577.5				
SHW				
J. Freeman	255	227.5	250	732.5
Submaster-2				
148 lbs.				
F. Stroh	215	135	205	555
S. Goldberg	147.5	100	182.5	430
F. Stroh	215	135	205	555
Submaster Pure				
181 lbs.				
W. Johnson III	215	147.5	212.5	575
198 lbs.				
G. Green	275	185	260	720
242 lbs.				
R. Baker	220	140	220	580
275 lbs.				
T. Larson	265	175	237.5	677.5
P. Thomas	212.5	207.5	250	670.5
308 lbs.				
R. Kahle	365	257.5	285	907.5
SO				
242 lbs.				
B. Tanner	210	137.5	200	547.5
Teen				
148 lbs.				
J. Cox	70	35	77.5	182.5
198 lbs.				
R. Conner	242.5	140	210	592.5
A. McKay	182.5	102.5	190	475
WOMEN				
198+ lbs.				
J. Springer	130	117.5	197.5	445
Int				
114 lbs.				
H. Fry	125	57.5	128.5	311
123 lbs.				
J. Yamashita	127.5	95	173.5	396
Master-1				
132 lbs.				
H. Hughes	142.5	70	175	387.5
198+ lbs.				
K. Berryman	—	57.5	—	—
Novice				
123 lbs.				
J. Yamashita	127.5	95	173.5	396
Open				
123 lbs.				
J. Yamashita	127.5	95	173.5	396
132 lbs.				
M. Carter	152.5	75	162.5	390
Pure				
123 lbs.				
J. Yamashita	127.5	95	173.5	396
181 lbs.				
A. Kahle	125	60	125	310
Submaster-2				
132 lbs.				
M. Carter	152.5	75	162.5	390
Teen				
181 lbs.				
A. Kahle	125	60	125	310
YOUTH				
MALE				
77 lbs.				
R. Bean	32.5	25	50	107.5

(thanks to Richard Peters for these results)

USAPL Oxman Open/Masters
3 APR 05 - Denver, CO

BENCH				
WOMEN				
123 lbs.				
J. Harms	143			
148 lbs.				
A. Miller	176			
WOMEN	SQ	BP	DL	TOT
123 lbs.				
J. Harms	148	143	220	512
165 lbs.				
J. Lerew	281	137	292	710
220 lbs.				
L. Schaeffer	198	132	424	755
MEN				
148 lbs.				
D. Flagg	369	236	507	1113
165 lbs.				
J. Frank	413	314	446	1173
C. Newborth	363	281	446	1091
K. Leins, III	363	253	440	1058
181 lbs.				
R. Garofalo	545	385	655	1587
198 lbs.				
R. Clark	545	407	606	1559
R. Martinez	473	347	485	1306
R. Keele	358	220	440	1019
J. Lujan	341	270	341	953
P. Predecki	225	253	418	898
220 lbs.				
B. Steinbach	490	325	501	1317
T. Ruppert	429	330	485	1245
J. Miller	413	352	429	1196
A. Pares	451	297	429	1179
J. Handley	292	209	369	870
242 lbs.				
Skelton, Jr.	418	451	451	1322
B. Oliver	374	358	468	1201
R. Fleming	220	137	220	578
275 lbs.				
F. Baja	600	314	584	1499
HWT				
H. Willis	501	374	600	1477

(Thanks to USAPL for providing results)

MEN	
242 lbs.	
R. Treantos	435
HWT	
D. Gaudreau	644
J. McIntyre	402

*The Best & ONLY Lifter at the SLP Jimmy Duckett Classic... **Jimmy D!***

SLP Jimmy Duckett Classic
20 MAR 05 - Springfield, MO

BENCH
MEN
Master (65-69)
242 lbs.
J. Duckett 365!

Hey, I finally did it...had a meet with only one lifter! That has to be some kind of a record, I know it is for me. But I still had the competition, the one thing I have never done... cancel a meet because I didn't get a big turnout. And every time I have had a small meet, the lifters always tend to set new personal or even state records. And it was true with even Jimmy Duckett, the world's oldest hippy lifter! Jimmy started with an easy 335 before taking a 355 state record second attempt. A third with a personal best 365 was perfect in every way! After some rest Jimmy tried 375, coming within two inches of locking out, having just missed the groove at the bottom. I know Jimmy's goal is 400 and I believe with his new shirt he will be there before too long, which ain't bad for a sixty-five year old 242 lifter! Thanks to Joey and others who helped out spotting, loading and judging this competition. (Thanks to Dr. Darrell Latch for providing results)

USAPL Sioux City Open
6 MAR 05 - Sioux City, IA

BENCH		M. Fitzgerald	165
MEN		220 lbs.	
181 lbs.		D. Gengler	155
R. holtz	85	275lbs.	
198 lbs.		T. Driscoll	175
J. Mattison	192.5		
WOMEN	SQ	BP	DL	TOT
114 lbs.				
N. Humm	45	30	72.5	147.5
123 lbs.				
K. Thernes	125	67.5	145	337.5
T. McDonald	67.5	35	70	172.5
132 lbs.				
K. Eslick	120	62.5	140	322.5
148 lbs.				
S. Pelletier	75	42.5	102.5	220
198 lbs.				
H. Black	120	87.5	135	342.5
SHW				
T. Walters	192.5	85	160	437.5
S. Thurston	105	72.5	132.5	310
MEN				
114 lbs.				
D. Neylesa	60	—	82.5	—
132 lbs.				
T. Williams	100	70	162.5	332.5
J. Squibb	100	72.5	137.5	310
148 lbs.				
J. Teig	145	100	195	440
J. Franco	150	97.5	150	397.5
C. Fury	100	80	137.5	317.5
M. Lofing	182.5	105	190	477.5
J. Balamenos	140	87.5	185	412.5
165 lbs.				
T. Gill	187.5	127.5	202.5	517.5
A. Ford	170	97.5	172.5	440
A. Mason	142.5	85	160	387.5
M. Markley	120	—	162.5	—
B. Jackson	110	77.5	142.5	330
J. Ochs	—	—	—	—
181 lbs.				
S. Fuller	177.5	120	172.5	470
D. Baas	140	107.5	192.5	440
N. Aldrich	122.5	77.5	160	360
A. Myers	97.5	62.5	127.5	287.5
J. Trenhaile	170	125	192.5	487.5
S. Auxier	212.5	145	267.5	625
198 lbs.				
R. Miller	170	125	235	530
B. DeBlau	190	137.5	195	522.5
T. Petekavich	—	142.5	202.5	—
D. Heeren	192.5	120	237.5	550
K. Crowell	147.5	—	195	—
220 lbs.				
B. Jarecki	267.5	170	267.5	705
S. Todd	250	150	250	650
C. Metzol	22.5	175	240	637.5
M. Jackson	162.5	127.5	210	500
M. Tabor	142.5	87.5	172.5	402.5
B. Glisson	92.5	—	122.5	—
242 lbs.				
A. Tomes	170	120	227.5	517.5
275 lbs.				
J. Hinrich	227.5	142.5	225	595
C. Noring	185	127.5	207.5	520
C. Burke	177.5	130	192.5	500
SHW				
S. Logan	295	222.5	295	812.5
N. Schluter	225	145	250	620
D. Walters	212.5	147.5	230	590

(thanks to USAPL for providing the results)

Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.
Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.
Mar/03 ... Brad Gillingham Comeback, Men's 300 kg &Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists
Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt.1, Equipment, Never Looking Back by Louie, TOP 100 242s.
May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.
Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs
SEP/03 ... USAPL Men's Natls, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s
Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.
Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr. Worlds, Mastering Technique by Louie, TOP 148s
Dec/03 ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04 ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s
Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s
Mar/04 ... USAPL Women's Natls., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s
Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.
Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s
Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Tim SQ/TOT, TOP 100 SHWs
Sep/04 .... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s
Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s
Nov/04 ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.
Dec/04 ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s
Jan/05 ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s
Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s
Mar/05 ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s
Apr/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s
May/05 ... Pat Casey Passes, "Then and Now" by Louie S., Mike Miller Interview, Performance Supplementation, TOP 20 Masters-Women-Teenage ranking lists
Jun/05 ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s.

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All Church Open Powerlifting
5 MAR 05 - Succasunna, NJ

WOMEN	SQ	BP	DL	TOT
T. Ball	170	115	175	460
114 lbs.				
M. Parker	100	75	150	325
C. Jacobsen	75	70	145	290
123 lbs.				
M. Esposito	175	145	275	595
T. Ball	170	90	190	450
132 lbs.				
H. Pena	260	180	320	760
K. Petty	175	135	260	570
J. DiAgostino	110	90	200	400
148 lbs.				
I. Bonacci	335	200	400	935
J. Scaccio	285	225	365	875
J. Watkinson	190	135	225	550
J. Theriault	185	120	235	540
S. Gifford	170	135	155	460
165 lbs.				
E. Brohm	365	250	450	1065
E. Johnson	235	175	355	765
181 lbs.				
C. Welsch	450	320	455	1225
P. DiQuattro	325	265	415	1005
G. Johnson	185	200	300	685
198 lbs.				
R. Spitzner	315	300	470	1085
M. Aquilano	250	250	365	865
J. Theriault	250	210	350	810
220 lbs.				
B. Royer	530	385	525	1440
M. Rello	395	285	455	1135
S. Buck	385	215	445	1045
A. DiAgostino	275	245	355	875
F. Vogel	300	240	325	865
A. Roman	200	150	275	575
S. Nigito	155	145	200	500
242 lbs.				
V. Sternberg	525	400	500	1425
L. King	360	325	430	1115
D. Westcott	315	270	425	1010
M. Buck	335	285	350	970
L. Gonzalez	—	410	—	—
Over 242 lbs.				
N. Ball	650	520	575	1745
F. DeFeo	585	400	575	1560
T. Clifford	500	400	630	1530
A. Detomaso	565	340	525	1430
R. Madera	510	395	520	1425
J. Szorozy	460	350	585	1395
M. Locondro	530	340	405	1275
N. Rumualdo	400	340	420	1140
S. King	470	275	355	1100
R. Hooper	355	275	310	940
R. Batista	350	200	390	940
E. Debus	—	—	600	—

Joel Toranzo made his comeback at the All Church Meet (P. Amerman)

Best Squat: Chris Welsch. Best Bench press: Nathan Ball. Best Deadlift: Eric Brohm. Best Lifter: Eric Brohm. Team Results: 1. Hillside LBC-True Strength Club, 35 Points. 2. Deepwater UPC, 11 Points. 3. (tie) Mighty Gibbors, 4 Points. 3. (tie) St. Kunegunda Ch., 4 Points. 3. (tie) Word of Life, 4 Points. 3. (tie) Calvary, 4 Points. 7. (tie) Spirit & Life, 3 Points. 7. (tie) St. Elizabeth, 3 Points. 9. (tie) Holy Savior, 2 Points. 10. (tie) St. John's, 2 Points. Guest Lifters: John Bernor, Squat-1st attempt-900. Joel Toranzo, Bench press - 1st attempt - 645, 2nd attempt - 670. Chris Taylor, Deadlift - 1st attempt - 550, 2nd attempt - 600. Mike Melussi, Squat - 415x8, Bench press - 225x10, Deadlift - 325x8. A few highlights from the 2005 "All Church Contest" (Held at Hillside Lutheran Brethren Church). 1st time lifter, Eric Brohm totaled 1065, and received the "Best Deadlift" and "Best Lifter" Trophies. Chris Welsch won the "Best Squat" trophy with a 450 lb. squat (at a bodyweight of 181). His 1225 total represents a 220 lb. increase over last year's meet. Nate Ball won the "Best Bench press" trophy, with a bench press of 520 at a bodyweight of 273. His 1745 total represents a 220 lb. increase over last year's total. The superheavyweight class was easily the most competitive class this year, with 12 total lifters, and 9 of the top lifter totaling over 1100 lbs. John Bernor squatted an easy 900 lb. squat for an exhibition lift, and then spoke to the crowd about his relationship with Jesus Christ, the strongest man that ever lived. Joel Toranzo is back! After a severe injury in early march of last year (double triceps tear), he was told that he would never bench press over 500 lb. He spoke about how his faith carried him through this trial, and then proceeded to bench press 640 lbs. for his first attempt, 670 lbs. for his second attempt, and just narrowly missed with 700 lbs. on his third attempt. Chris Taylor (who did an exhibition lift of 725 lbs. in the bench press last year) deadlifted 550 lbs and 600 lbs., and spoke about overcoming obstacles in lifting and life. Chris is built for bench pressing (short arms, huge chest and upper body), so deadlifting is really difficult for him. But, he looked pretty solid in the lifts, and ready for some more in future contests. (Meet results by Pastor Pete Amerman)

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23 JUL, SLP ARKANSAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 JUL, USAPL Iron Works Bench and Deadlift, Matt Smith, 1111 E. Wackerly St., Midland, MI 48642, 989-837-8700, powerlifter@charterinternet.com.

23 JUL, ADAU (Raw) Squat Nationals (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr.,. Easton, PA 18045, 610-258-1894, nutritek@aol.com

23 JUL, ADAU (Raw) Bench Press Nationals (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr.,. Easton, PA 18045, 610-258-1894, nutritek@aol.com

23 JUL, ADAU (Raw) Deadlift Nationals (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr.,. Easton, PA 18045, 610-258-1894, nutritek@aol.com

23 JUL (New Date), PPL Southeastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

23 JUL, WABDL House of Pain Push Pull Nationals (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654

23 JUL (new location), WNPF South Florida BP, DL, PC (Plantation, FL) Brian Burritt 772-621-8988 or bburritt@hatshackcom

23 JUL, APA 2nd annual Jackson Open Battle of the Bad PL, BP, DL, PP (Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

23 JUL, USAPL Carolina Clash PL & BP Championships - Cleveland Mall, NC. Rob Wess at rwess@darrcam.com or 704-538-6099.

23 JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

23 JUL, AAU Larry Garro Memorial BP - DL - Iroman - Ironwoman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

23-24 JUL, USAPL PL Championships at the Tropical Games of the Palm Beaches, Robert Keller, 4264 Vineyard Circle, Weston, FL 33332, 954-384-4472.

24 JUL, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29-31 JUL, APWC Worlds (United National Qualifier - Chicago, IL) 386-734-3128, worldpowerlifting.org

30 JUL, The New Gym BP APF/AAPF Summer Slam (W. Hempstead, NY) Shauna Mendelson & Chris Taylor, 516-993-6378, www.lentv.net

30 JUL, NASA Total Body Fitness Summer Classic BP/PP/PS (Paintsville, KY) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com.

30 JUL, WABDL Rocky Mountain Classic BP/DL (Holiday Inn Airport, Boise, ID) Gus Rethwisch, 503-901-1622 or 763-545-8654

30 JUL, NASA Colorado Grand, Nationals, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com , P.O. Box 735, Noble, OK. 73068

30 JUL, NASA Tri-State Natural (1st 50 entries) Smitty, The Gym, 112 W. North St,. Flora, IL 62839, 618-662-3414 1-8PM M-F, lesmitty@bspeedy.com

30 JUL, SLP Open World BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

30 JUL, APF West Coast Push-Pull, John Ford, 650-303-7518

30 JUL, Vermont State Open BP, All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, Rick Poston, 802-865-3068

30 JUL, APF Barbee Classic (San Antonio - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

30,31 JUL USAPL Seminole Classic (Tallahassee, FL). All weight classes and divisions. Robert Keller/Les Cramer, www.seminoleclassic.com.

30-31 JUL, AAU Junior Olympics - New Orleans, La - ages 5-21, aausports.org or contact meet director Judy Wood - 804-559-4624 after 7pm est or 804-512-0921 or email: judi6108@aol.com

31 JUL, ISS Wisconsin BP Championships (Kenosha, WI) Mike Strom, 262-654-6020, mikesbench@hotmail.com.

JUL, NHSP Push-Pull Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

JUL, APF Valley Classic (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

JUL, USSA Men & Women PL Nationals, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

5 AUG, NAP PL Open Senior Nationals, Bob Garza, 281-820-5923.

6 AUG, APA Barbenders Classic (Reston, VA) Len Walker, 2009 Stanford Square, Apt. #100, Sterling, VA 20166, 240-286-7603, tazrocs@netzero.net

6 AUG, APF/AAPF Pennsylvania State PL/DL, Keith McNeish, 237 Meadowfield Ln., Jefferson Hills, PA 15025, 412-400-1675

6 AUG, 2nd USAPL Maximum Metal Outdoor BP (Dunmore, PA) Jason Richardson, 570-341-7665, 570-840-4462, JRicha3593@msn.com

6 AUG, APF Southeast Challenge (Orange - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

6 AUG, APA Heavy Metal BP/DL/Push-Pull (Taylorville, IL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

6 AUG, USPF Venice Beach Push-Pull (combined total) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

6 AUG, Florida State BP Championship, Dwayne Kouf, Stacey Motter, Ed Rectenwald, or Bob Youngs 561-718-9877, Southsidebarbell@hotmail.com

6 AUG, WNPF Single lift Nationals & Ironman Nationals (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com

6,7 AUG, WABDL National BP/DL (Sheraton Airport, Portland, OR) Gus Rethwisch, 503-901-1622 or 763-545-8654

7 AUG, APF California State (full meet), Scott Mendelson, 818-399-0905, www.scotmendelson.net

7 AUG, USAPL Tennessee Extreme PL, Floyd Lawson, 1744A Bennett Circle, Harriman, TN 37748, 865-882-6400

7 AUG, USAPL Hawkeye Open PL/BP (Sioux City, IA) Bryan Getchell, 713-258-4965, myweb.cableone.net/bgetch20

7 AUG, SLP VINCE SOTO MEMORIAL OHIO STATE FAIR BP/DL CHAMPIONSHIP (Columbus, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 AUG, APC Southern California PL/BP, Open/T/M/W/Jrs. Kegrice's Gym, 2210 4th Ave., San Diego, CA 92101, 619-237-5438, www.calapc.net

13 AUG, AAU Winston Salem BP Challenge (Winston Salem, NC) Keith Payne 336-766-3347, keith@ironboypowerlifting.net

13 AUG, USAPL Catonsville Summer Sizzle, James Bardsley Jr., 1151 Dorsey Rd., Hanover, MD 21076, 410-553-0525

13 AUG (NEW DATE), Arkansas

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APF/AAPF/WPO Schedule

July 29th-31sts, APWC Worlds (Unified National Qualifier) Chicago, Illinois, Kieran Kidder

Aug, WPO Qualifier, Kieran Kidder

September 3rd, APF Georgia State PL/BP, Kennesaw, GA, Jon Grove

September 10th, APF Gulf Coast Open PL/BP, Hudson, FL, Rick Lawrence

September 17th, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

October 7th-9th, WPO Semifinals + WPO BB4Cash @ GNC SOS, Atlanta, GA, Kieran Kidder

October 15th, US National PL Championships (Unified Nationals). Las Vegas, NV. AAPF/NASA/AAU/USPF joint effort.

November 3rd-6th, WPC Worlds/WPO European Semifinals/WPO European BB4Cash. Helskinki, Finland. Minna & Ano Turtiainen

November 19th, AAPF Southern States, Kieran Kidder

December 3rd-4th, APF Southern States, Jax, FLA, Kieran Kidder

Dates subject to change Call 386-734-3128 for info.

(worldpowerlifting.org) (worldpowerliftingcongress)

Benchpress Association (ABA) Central Arkansas BP & DL (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

13 AUG, 10th Granite State Open BP (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

13 AUG, SLP WISCONSIN STATE FAIR BP/DL CHAMPIONSHIP (West Allis, Wi.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 AUG, WABDL Deep South BP/DL (Baton Rouge, LA) Reed Bueche, 225-638-3210

13 AUG, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

13 AUG, APF/AAPF Mississippi State PL/BP (Biloxi, MS) Joe Ladnier, 1185C Gorenflo Rd., D'Iberville, MS 39540, 228-669-4240, www.joeladnier.com

13 AUG, Larry Flynn Classic Powerlifting & BP Meet - Gold's Gym, 6501 S. Frontage Rd., Merriam, KS 66202, NASA Sanctioned Meet - Drug Free!, Meet Director: Jim Duree, Meet Coordinator: Jim Mellon, 816-868-4570, www.larryflynnclassic.com.

13,14 AUG, APC Region-I Powerlifting & BP Championships - Dayville, CT. Scott Lee or Tom Stucke, 860-779-0673, www.americanpowerliftingcommittee.com.

13,14 AUG, WABDL Can Am Cup (Okotoks (Calgary), Alberta, Canada) Bruce Greig, 403-938-3067

13, 14 AUG, NASA World Cup, PL'ing, BP, Push/Pull & Power Sports, Okla City, OK. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com , P.O. Box 735, Noble, OK. 73068

13,14 AUG, AAU Open Nationals & Masters Nationals (Massachusetts) Larry Larsen, 781-767-0764, www.aausports.org

14 AUG, 2nd Maryland's Strongest Police/Fire/Corrections PL (Columbia, MD) Vic Selvaggi, vselvaggi@co.ho.md.us

14 AUG, WNPF Motown Open - Detroit, MI, Richard Van Eck (269) 521-4031 or Jeff Buchin (517) 622-3890

14 AUG, SLP MISSOURI STATE FAIR BP/DL CHAMPIONSHIP (Sedalia, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 AUG, Belle Chasse Military/Civilian Powerlifting Contest (intra-service teams, open, masters, special Olympian, women, teens, school teams), Bob Hafner, 1205 Lake Louise Dr., Gretna, LA 70056, 504-393-9521.

20 AUG, USAPL Southern Regional (Radisson Hotel, Tucson, AZ) John Pena, 520-312-2110

20 AUG, NAS Hudson River Strongman (Milton, NY) Steve Mann, 845-489-2304, steve@purepowerlifting.com

20 AUG, AAU World Qualifier (youth & adult, PA) Zeke Wilson

20 AUG, APA Twin State Open Strict Curl/BP/DL/Push-Pull (Keene, NH) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

20 AUG, USAPL Virginia State PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

20 AUG (New Date), WNPF Ralph Peace Memorial (Asheville, NC) Lester Fields, 770-842-2137 or lesterwfields@aol.com

20 AUG, USAPL NJ Bench Press Open, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

20 AUG, NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

20 AUG, Northern Virginia Raw BP Championships (Sterling, VA), John James, 703-475-9885, www.northernvirginiarawpower.com.

20 AUG, 21st Annual Iowa State Fair BP/DL - Pure, Natural, Novice, Master 1 & 2, Submasters, Women, Teens, Beginner. Jeff Baird, bairdzz@aol.com

20 AUG, APF South Dakota Bench Bash, Summit Activities Center, 1801 Summit St., Yankton, SD 57078. Josh Law, 605-665-2705, lawmerica@hotmail.com, www.upfsd.com.

20 AUG, WABDL Tennessee State BP/DL (Holiday Inn, Murfreesboro, TN) Ken Millrany, 931-962-1596

21 AUG, SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP (Springfield, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 AUG, APF/AAPF Summer Heat PL/BP (Gold's Gym, Rock Hill, SC) Will Millman, APF/AAPF SC Chairman, 843-886-5366, Fax 843-886-3509, Shelter223@aol.com

27 AUG, APC Region-III Powerlifting & BP Championships - Athens, GA. LB Baker 770-725-6684 or 770-713-3080, www.americanpowerliftingcommittee.com or www.irondawg.com.

27 AUG, WABDL 9th annual Alki Beach BP/DL (Seattle (Alki Beach), WA) Bull Stewart, 206-725-7894

27 AUG, 2nd Drug Free Summer Time Splash Southern Ohio PL/BP (Moraine, OH) David Ricks, 937-435-2127, RICKS181@HOTMAIL.COM

27 AUG, SLP KENTUCKY STATE FAIR BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 AUG, SPF Strongest BP/DL in the South (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

27 AUG, USAPL 2nd Annual Southern OH PL & BP Championships, Dave Ricks, 8835 Winston Farm Ln., Dayton, OH 45458, 937-435-2127.

27 AUG, WABDL Scandinavian BP/DL (WABDL World Qualifier - Tampere, Finland) Sakari Selkainaho, 358-14-423-856

28 AUG, Central BP League & E-normous PL 15th Endless Summer Class Push/Pull (Granger, IN - Fit Stop) Anson Wood, 574-903-4586, www.e-normous.biz

AUG, USAPL Florida State Powerlifting Training Camp (novice, intermediate/advanced lifters, West Palm Beach, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl

AUG, USAPL Florida State Referee Clinic (certifications of state/national referees, Ft. Lauderdale, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl

AUG, WNPF AL-MS-LA State Championships- Lester Fields, 770-842-2137 or lesterwfields@ao1.com

AUG, WPO Qualifier (sanctioned APF) 386-734-3128, worldpowerlifting.org

3 SEP, SPF Virginia State Push/Pull, BP (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

3 SEP, NASA Kansas Grand (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

3 SEP, APF Georgia State PL/BP (Kennesaw, GA) Jon Grove, 386-734-3128, worldpowerlifting.org

3 SEP, WABDL Oklahoma State BP/DL (Powerhouse Gym, Tulsa, OK) Cale Sherwood, 918-955-4789

10 SEP, APA Palm Beach Open PL/BP/DL/PP (Palm Beach Gardens, FL) Scott Taylor, PO Box 27204, El Jobean, FL 33927, 941-697-7963, fax 413-828-6102, scott@apa-wpa.com

10 SEP, New Image Fitness Center Meet (teen, women, open, submaster, master, awards) Ruby Mosier, 607-565-4439, 307 Broad St., Waverly, NY 14892

10 SEP, USAPL Tri-State PL Championships, Dan Hilliard, 740-282-0152, 55 Lounez Ave. , Wheeling, WV 26003

10 SEP (NEW DATE/LOCATION), WNPF Lifetime Drug Free Nationals (Armonk, NY or Piscataway, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com

10 SEP, APF Gulf Coast Open PL/BP (Hudson, FL) Rick Lawrence, 386-734-3128, worldpowerlifting.org

10 SEP, USPF Venice Beach PL/BP, Steve Denison,

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July 10 - USA Championships, Atlanta, GA

August 6 - Single lift Nationals & Ironman Nationals Atlantic City, NJ

August 14, Motown Open, Detroit, MI. For this event call Dick @ 269-521-4031

20 August, Ralph Peace Memorial/NC Championships, Asheville, NC

PO BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com, website - members.aol.com/wnpf

Bench America Qualifiers

23 July - WABDL House of Pain Push Pull Nationals, Sheraton Brookhollow, Dallas, Texas. Qualifier for Bench America. No Deduction. Every Bencher has to wear a single ply shirt and every bench presser qualifying for Bench America must also do a deadlift.

6,7 August - WABDL House of Pain National BP/DL Championships, Sheraton Airport Hotel, Portland, Oregon. Normal WABDL rules. Double ply shirts allowed. Come see the beautiful Northwest -- Oregon and Washington -- two of the most scenic states in the country.

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10 SEP (new date), NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Mike Adelmann, powerlifter@surfbest.net

10 SEP, SLP TENNESSEE STATE FAIR BP/DL CHAMPIONSHIP (Nashville, Tn.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

10 SEP, the Power Quest Strength Promotions BP Championship, Days Inn, Fremont, OH. Rob Twining 419-307-4162.

10 SEP, APF Massachusetts Open Bench Press Championships, Steve Smith, 978-361-6729, 4 Liberty St. Unit 2, Salisbury, MA 01952, smsrudedog@adelphia.net

10 SEP, WABDL Idaho State BP/DL (Templin Red Lion Hotel, Post Falls, ID) Roger Neff, 208-964-0194

10 SEP, 100% Raw Virginia State BP, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

11 SEP, United We Stand (BP, DL, Ironman, Ironwoman, Raw, Equipped, all classes, trophies, 1st-5th $30.00 entry fee, free meet t-shirt), Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117.

17 SEP, APA Upper Carolina BP/DL/PP (Williamston, SC) Kate Taillon, 310 Thornblade Blvd., Greer, SC 29650, 864-286-0532, kathryn264@charter.net

17 SEP, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

17 SEP, WNPF Upstate NY II PL/SQ/DL/BP/PC (Clyde, NY) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

17 SEP, WABDL Nevada State BP/DL (Elko, NV) Raul Lopez, 775-753-2374, rlopwts@frontiernet.net

17 SEP, Open BP meet, Glenwood Athletic Club, (Glenwood, AR) Jason or George at 870-356-6250

17 SEP (New Date), NPA (drug free) Nationals BP&DL, Fitness Lifestyes, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifedb@cs.com

17 SEP, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 SEP, Sci Fit of GA 7th annual Bench Press, Joe Deverville, 2055 Eisenhower Pkway, Macon, GA 31206, 478-750-7005

17 SEP, APF Northern California Open, John Ford, 650-303-7518

17 SEP (revised date), APF/AAPF Midwest Classic (Missouri/Kansas/National Records. All divisions plus police/fire. Olympic weightlifting exhibition). Susan Sharpe-Patterson 816-914-9709 or www.midwestbarbell.com.

17 SEP, NASA E. Texas Regional (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

17 SEP, WABDL West Coast Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654

17-18 SEP, USAPL Bench Press Nationals, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-275-7069

18 SEP, USPF US Open BP/DL Championships (Ramada Inn-Morgantown, WV) Matt McCase, 210 Bilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com

18 SEP, 7th Deadlift on the River, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516

24 SEP, APA Gerogia Open Power Fest BP/DL/PP/SC (Conyers, GA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

24 SEP, APA Baddest Bench in the South/Louisiana State Powerlifting Championships BP-only, BP for cash, PL/PP (Monroe, LA) Ryan Cidzik, 315-794-1836, RCidzik@yahoo.com, www.apa-wpa.com.

24 SEP, NASA VA Regional PL/BP/PS/PP (Wytheville, VA) Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, 304-273-2283, g v h l @ w i r e f i r e . c o m , www.vhepower.com

24 SEP, 100% Raw Tri-State Pl (Hagerstown, MD) w w w . r a w p o w e r l i f t i n g . c o m , r a w l i f t i n g @ a o l . c o m , litjohnraw@aol.com

24 SEP (New Date), WABDL Hawaii State BP/DL (Waimanalo, HI) Keith Ward, 808-259-5266

24 SEP, Bartlesville Drug Free Classic, Gilkey's Gym, 5701 SE Adams Blvd,. Bartlesville, OK 74006, 913-626-1141 or 626-1142, jduree7086@aol.com

24 SEP, SLP OPEN NATIONAL POWERLIFTING/BP/DL CHAMPIONSHIP (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

24 SEP, NASA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24 SEP, APF Hawg Farm Come & Get 'Em (Henderson, KY) Larry Hoover, RR3, Box 164, Princeton, IN 47670, 812-385-9932, quad4hoover@peoplepc.com

24,25 SEP, APF/AAPF Sin City Ironfest, "Bring it If You Got it", Powerlifting & BP (Police/Fire, Women, Teen, Junior, Men, Open, Submaster, Master, 114 lbs. - SHW, No Late Entries Accepted!), - The Gym, Las Vegas, NV. Mark Swank, Meet Director, 72-245-6852 and Carol Upton, Assistant Meet Director, 702-656-6762, 3010 N. Torrey Pines Dr., Las Vegas, NV 89108, thegymlasvegas@earthlink.net

29 SEP, SLP Genesis Open Push/Pull Classic (Celina, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953,

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SEP (Date Change), WNPF Northern Florida BP, DL, Ironman & PC (Lake City, FL) Lester Fields, 770 842-2137 or lesterwfields@ao1.com

30 SEP-1 OCT, BenchAmerica 3 (Elgin, IL "DO YOU QUALIFY"), info@benchamerica.com.

1 OCT, USAPL Albany Strength Powerlifting Championships, John Payette, 518-433-1703, 332 Central Ave., Albany, NY 12206

1 OCT, 2nd Ironman PL/BP (Cleveland, OH) Gary Kanaga, 591 Cornell Dr., Broadview Hts., OH 44147, 440-717-9624, gary.kanaga@nordoniaschools.org

1 OCT, APF/AAPF 2nd NYC Coliseum Impact PL for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 7509 71st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com

1 OCT (NEW DATE), WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8339

1 OCT, WABDL Night of the Champions (All American Gym, Lakeland, FL) Ken Snell, 863-687-6268

1 OCT, SLP FALL BENCH PRESS/ DEADLIFT CLASSIC (Mattoon, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

1 OCT, Arkansas Benchpress Association (ABA) Arkansas Open BP & DL, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

1,2 OCT, 14th WNPF World Powerlifting Championships (Philadelphia, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515

1 -3 OCT, WPA - APA World BP/DL/SC Championships (Hanover, PA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

2 OCT, ADAU Connecticut State Open PL/BP, Rob Delavega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8584, phgbrookfield@sbcglobal.net

2 OCT, SLP IOWA STATE BP/DL CHAMPIONSHIP (Clinton, Ia.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7-9 OCT, WPO Semi-Finals & WPO BB4Cash @ GNC SOS (Atlanta, GA), 386-734-3128, worldpowerlifting.org

8 OCT, NASA Big River Classic (full meet, BP/PS), Tobey & Daryl Johnson, Blytheville, AR.

8 OCT, ADAU "No Druggies Allowed" Raw SQ, BP, DL (no total - men & women - open & all ages) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

8 OCT, SLP OKLAHOMA STATE BP/DL CHAMPIONSHIP (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8 OCT, NASA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

9 OCT, SLP MISSOURI STATE BP/DL CHAMPIONSHIP (Springfield, Mo.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14, 15, 16 OCT, (new location) WDFPF Single Lift Worlds (Whitney, England near Oxford) jm-gedney@wiu.edu

15 OCT, Walker's Gym Bench Press Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

15 OCT, 9th Annual PA Power Challenge (Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

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15 OCT, NASA Kentucky Regional PS/PL/BP/ PP (Louisville, KY) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

15 OCT, SLP ARKANSAS STATE BP/DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

15 OCT, US National PL Championships (Unified Natioanls - Las Vegas, NV - AAPF, NASA, AAU, USPF joint effort), 386-734-3128, worldpowerlifting.org

15 OCT, The Ashtabula YMCA Bench Press Championship, Ashtabula, OH, Lonnie Anderson, 440-964-3013, anderson1142@yahoo.com.

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkni Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

15 OCT, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

15 OCT, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

15-16 OCT (corrected dates), AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports@org or aaupower@aol.com, Va Powerlifting Association - 1811 Southcliff Road, Richmond, Va 23225

16 OCT, SLP Big Bench at the French BP/DL/C Classic III (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17-23 OCT, GPC World PL/BP (Dessau, Germany) LB Baker, 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com or www.americanpowerliftingcommittee.com

22 OCT, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

22 OCT, 3rd Tom Foley BP/DL Classic, Drug Free (Nanuet, NY) Brian Fahrenfeld 845-920-0501, Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954, www.premierfitnessny.com

22 OCT, NASA Eastern States Regional PL/BP/ PS/PP (Wheeling, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

22 OCT, 1st NASA Unequipped Nationals (Biltmore Hotel, Oklahoma City, OK) Rich

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Peters, Box 735, Noble, OK 73068, 405-527-8573 sqbpdl@aol.com

22 OCT, NASA Colorado Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

22 OCT, SLP MID-AMERICA OPEN BP/DL CHAMPIONSHIP (Metropolis, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 OCT, 23nd Annual Raw A.D.A.U. "Central PA Open" Powerlifting Championships Open and All age Groups for both men and women The longest. continually conducted DRUG-FREE meet in Pennsylvania Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

23 OCT, USAPL Southeastern USA Regional BP/PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

23 OCT, 3rd Mid-Western USA Power Day PL/BP/DL/SC Championships (Cedar Falls, IA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

23 OCT, SLP HARD CORE OPEN II BP/DL CHAMPIONSHIP (Chicago, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 OCT, APA Gatorland Open BP/DL/PP/SC (Bartow, FL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

29 OCT, 4th Atlantis Strongest Man in New England, Trap Bar/DL/BP/Weighted Chin-Up/Thomas Inch (Paxton Center School, Paxton, MA) Benefits Paxton Fire Dept. , 508-885-3686.

29 OCT, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 OCT (corrected date), USAPL Blue Ridge BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

29 OCT, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

29 OCT, 8th Fred Rogers/Paul Smart BP/DL, Clyde, NY. Steve Rogers 315-365-3377. Seeper67@tds.net.

30 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

OCT, 8th Granite State Open DL/Cheat Curl (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

OCT, WNPF Michigan State and Open, Benton Harbor, MI, Richard Van Eck (269) 521-4031

OCT, NHSP PL Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

OCT, NASA Kentucky Regional 'PL'ing, BP, Push/Pull & Power Sports, Louisville,Ky. Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or e-mail gvhl@wirefire.com

3-6 NOV, WPC Worlds/WPO European Semifinals/WPO European BB4Cash, Minna & Ano Turtiainen Helsinki, Finland, 386-734-3128, worldpowerlifting.org

5 NOV, 2nd Atlantis New England Powerlifting Championships, must weat singlet, belts, wrist wraps, and chalk only (Leicester, MA) , 508-885-3686.

5 NOV, Gym Yard Dog Open (Richmond, VA) Johnny Bender 804-262-8004

5 NOV, NASA Illinois Regional PL/BP/PS/PP (IL) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

5 NOV, APF Texas Cup (Dallas - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

5 NOV, APA 4th annual Battle of the Badasses BP, DL, PP (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

5 NOV, Northern Virginia Raw PL & BP Meet (Sterling, VA) John James, 703-475-9885, www.northernvirginiarawpower.com.

5 NOV, NASA Iowa Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

5 NOV, USAPL California State (PL, BP - Dublin, CA) Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

5 NOV, USA 'RAW' BENCH PRESS FEDERATION WORLD CHAMPIONSHIP (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5 NOV, USAPL NJ State, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

5 NOV, AAU Star City Classic (Lincoln, NE) Howard Huffman

6 NOV, 2nd Atlantis Strongest Man in America, Trap Bar DL/BP/PP/Weighted Chin-up/Thomas Inch (Leicester, MA) 508-885-3686.

8-13 NOV (REVISED NEW DATE - new website) - IPF Men's Worlds (J.L. Knight Center, Miami, FL) Robert Keller, 954-384-4472, rhk@verizon.net, www.ipfworlds.com

8-13 NOV (REVISED DATE), IPF Pan-American Men's & Women's PL (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

12 NOV, APA Great Lakes Open PL/PP/BP/DL/SC (Bay City, MI) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

12 NOV, WLOP C.T. Classic Bench Press Competition (all weight classes, all ages, trophies, elite, mastes, amateurs, youth) WLOP 7238 S. Painter Ave., Whittier, CA 90602, 562-693-8005, www.worldlegionofpower.com

12 NOV, 12th Berkshire Nautilus Memorial Push N' Pull (all wt. classes/divisions, awards to top 5, no late entries) Glenn McBurney, 413-499-1217, Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201

12 NOV, NASA WV Regional PL/BP/PL/PP, Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

12 NOV, ADAU BP/DL Meet (raw/drug free) (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888

12 NOV, USAPL Ohio BP/PL, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464.

12 NOV, SLP OHIO STATE BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 NOV, NASA Arizona Regional, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, SBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

12-13 NOV, WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com

13 NOV, SLP Central Illinois Open BP/DL (Hillsboro, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11-13 NOV (NEW DATE), IPA Senior National Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet at echaillet@aol.com or Mark Chaillet 717-495-0024, chailfit@suscom.net.

16-21 NOV, WABDL World BP/DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch,

UPCOMING SLP COMPETITIONS

16 JUL - ANPPC World Cup PL/BP/DL

30 JUL - SLP Open World BP/DL Championship

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

August 13, 2005 San Diego Open, James Kegrice www.kegricegym.com
August 13-14, 2005 APC Region I, Dayville, Ct., Scott Lee, 860-779-0673.
August 27, 2005 APC Region III, L B Baker 770-725-6684 cell 770-713-3080
September 17, 2005 APC Northern California Open, John Ford 650-303-7518
October 17-23, 2005: Global Powerlifting Committee (GPC) World Powerlifting and Bench Press Championships, Dessau, Germany.
December 11, 2005 52nd. ANNUAL IRON MAN BOB PACKER (559) 322-6805
February 11, 2005 APC Bench Press National Championships, L B Baker 770-725-6684
For more information, www.americanpowerliftingcommittee.com
L B Baker@americanpowerliftingcommittee.com

503-901-1622 or 763-545-8654
19 NOV, Sacramento Open PL/ Push-Pull/BP/DL/Strict Curl Championships (Sacramento, CA) Chip Conrad bodytribefitness@hotmail.com or Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.
19 NOV, AAPF Southern States, 386-734-3128, worldpowerlifting.org
19 NOV, YMCA Nationals (Austin, TX)We accept all federation and YMCA cards. All weight classes and divisions. Raw, single ply and unlimited equipment. Les Cramer/ PLJ, PO Box 300966, Austin, TX 78703, www.powerlifting-journal.com.
19 NOV, 100% Raw World BP (Currituck, NC) www.rawpowerlifting.com, rawlifting@aol.com, 252-339-5025
19 NOV, USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK 73107, 405-321-1775
19 NOV, SLP KENTUCKY STATE BP/DL CHAMPIONSHIP (Louisville, Ky.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
26 NOV (NEW DATE), NASA Kansas City Regional, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1141, 626-1142, jduree7086@aol.com, www.lenexastrehghtandfittness.com
NOV, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com
NOV, APF Northern California, John Ford, 650-303-7518
NOV, Mass/Rhode Island State Open PL. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711. www.newenglandusapl.com and www.nextlevel-fitness.com.
2-4 DEC (NEW DATE), WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu
2-5 DEC, AAU World Bench, Deadlift and Push-Pull (Laughlin, NV) Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-4797, MARTIN.J.DRAKE@BOEING.COM
3 DEC, Walker's Gym Deadlift Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918
3 DEC, USAPL Ed Nellor Memorial HS Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-3672
3 DEC, Ed Nellor Memorial Collegiate Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-3672
3 DEC, APF Rio Grande Valley (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
3 DEC, SLP CHRISTMAS FOR KIDS BP/DL CHAMPIONSHIP (Mattoon, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
3-4 DEC, APF Southern States (Jacksonville, FL), 386-734-3128, worldpowerlifting.org
3,4 DEC (NEW DATE), WNPF Drug Free for Life/Battle of the Countries Championships (Orlando, FL or Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com
4 DEC, SLP Missouri Christmas For Kids BP/DL Championship (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
4 DEC, 13th Annual Raw A.D.A.U. "Coal Country" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com
9-11 DEC, USAPL American Open PL/Invitational BP (Philadelphia, PA) Robert Keller, rhk@verizon.net, 954-384-4472
10 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-687-4182, timanderson@huntel.net, www.usapl-ne.com
10 DEC, SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
10 DEC, IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.
10 DEC, NASA Missouri Regional (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com
10 DEC (date change), WNPF New Jersey State/Open (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA. 30214, 678-817-4743 or wnpf@aol.com
10 DEC, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com
10 DEC, USAPL Christmas BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com
10,11 DEC, 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net
11 DEC, SLP Turner Classic BP/ DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
31 DEC, SLP "THE LAST ONE" BP/ DL CHAMPIONSHIP (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
DEC, 100% Raw World PL, www.rawpowerlifting.com, rawlifting@aol.com
27-29 JAN 06 - 2005 AAU World Championships (three lifts) and International Bench Press Contest (Richmond, VA - Holiday Inn): aaupower@aol.com or Va Powerlifting Assoc., 1811 Southcliff Road, Richmond Va 23225
14 JAN 06, APF Michigan Bench for Cash. Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017. 313-610-2019. Jimharborme@comcast.net.
11-12 FEB, NASA Ohio State High School/**Teenage Nationals** PL/BP/ PS/PP (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com
18,19 FEB (revised date), USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709, www.geocities.com/ floridausapl
25 MAR, AAPF 10th annual Frank Kostyo Memorial, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268
MAR 06, Mass State Open High School Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711. www.newenglandusapl.com and www.nextlevel-fitness.com.
MAR, IPF/NAPF North American Regional Open (San Juan, Puerto Rico) Robert Keller, rhk@verizon.net
8,9 APR Power Palooza 9 (Leesport, PA) Full Power, BP/DL. Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.
13-16 APR 06, USAPL Collegiate Nationals (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.ipfworlds.com
19-23 APR, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.ipfworlds.com
19-23 APR, IPF World Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.ipfworlds.com
22 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268
APR, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, 501-860-6851
26-28 MAY 06, WDFPF European Single Lift Championships (Varese, Italy) jm-gedney@wiu.edu
13 MAY, USAPL Florida State HS PL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
14 MAY, USAPL FLorida State HS BP & DL (Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
MAY 06, New England States Open Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711. www.newenglandusapl.com and www.nextlevel-fitness.com.
6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com
7-9 JUL (06-NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller 954-384-4472, www.geocities.com/ floridausapl
7 JUL (06), USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl
8 JUL (06), USAPL Men's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller 954-384-4472, www.geocities.com/floridausapl
15-22 JUL (06) Gay Games Powerlifting (Chicago, IL - register by 15 JUL 05 for out of competition testing program), info@GayGamesChicago.org, www.GayGamesChicago. org
JUL 06, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
14,15 OCT 06, WDFPF Single Lift Worlds (Bendigo, Australia) jm-gedney@wiu.edu
OCT 06, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709
1-5 NOV, 2006 GPC World PL/ BP (Gent, Belgium) LB Baker 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com or www.americanpowerliftingcommittee.com
10-12 NOV 06, WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu

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7 MAY 05 - Pocatello, ID

BENCH		B. Baker		330
WOMEN		G. Irvin		245
Open		198 lbs.		
148 lbs.		J. Jenkins		215
D. Marts	215!	220 lbs.		
MEN		J. Weber		370
Open		275 lbs.		
123 lbs.		R. Hill		525!
P. Gilpin	225!	A. Watson		430
165 lbs.		D. Wolf		400
A. davis	300	275+ lbs.		
181 lbs.		P. Herdt		405!
E.Millburn	435	M. Klindt		545
B. Parke	385			
WOMEN	SQ	BP	DL	TOT
Open				
148 lbs.				
D. Marts	295	215!	290	800
Master				
148 lbs.				
Master-2				
D. Marts	295	215!	290	800
MEN				
Open				
165 lbs.				
P. Young	435	250	450	1135
181 lbs.				
D. Millburn	475	435	450	1435
198 lbs.				
J. Jenkins	135	215	410	760
220 lbs.				
B. Beers	405	275	475	1155
242 lbs.				
T. Wilkinson	440	370	545	1355
275 lbs.				
A. Watson	535	430	500	1465
Teen 916-17)				
132 lbs.				
K. farmer	315	205	330	850
Z. Henson	200	120	305	625
Teen (18-19)				
B. McGlochin	290	170	300	760
148 lbs.				
Teen (16-17)				
T. Belen	335	245	365	945
181 lbs.				
Teen (18-19)				
E. Millburn	475	435	450	1435
220 lbs.				
Teen (14-15)				
M. Frost	315	250	365	930
Teen 918-19)				
B. Gross	335	220	430	985
Master (40-44)				
165 lbs.				
P. Young	435	250	450	1135
275 lbs.				
Master (50-54)				
K. Adams	345	305	265	915

Jon Jenkins deadlifting 410 in Idaho with a prosthetic limb (Wayne Rhoden photo)

!=State Records. Placement by formula: Women - Donna Marts. Men Teen BP - Klindt, Hill Millburn, Parke, Watson. Men Teen Full - Millburn, Belen, Farmer, Frost, McGlochin. Men Master Full - Adams, Young. Team: Fitness, Inc. Fitness Inc., of Pocatello, Idaho, hosted the 14th annual Rocky Mountain States Powerlifting Championships. 26 powerlifters participated, with competitors coming from Idaho, Montana, Nevada, Oregon, Utah, Washington State and Wyoming. While 15 lifters participated in the three-lift competition, an additional 11 lifters participated in Bill's "Big Cat" bench-only meet. In the three-meet competition, this year's most impressive male lifter was Eric Millburn, a 19-year old lifter from South Jordan, Utah, at a bodyweight of 178.5 pounds. He squatted 475, benched 435, and deadlifted 450 for a total of 1,435. The most impressive female lifter was Donna Marts, 45 years old, from Idaho Falls, Idaho, at a bodyweight of 142.2 pounds. She squatted 295, benched 215, tying an existing Idaho State Women's Open bench record, and deadlifted 290 for a total of 800. Earlier this year Donna Marts placed second in the USAPL Women's Nationals in the M-1 (40-44 years old) 148 weight class. The most inspirational lifter was Jon Jenkins of Kalispell, Montana, who participated in both the three-lift meet and the bench-only meet with a prosthetic limb: Jenkins lost his right hand and forearm due to a severe electrical burn during his childhood. To the tremendous cheers of the on-lookers, the 31-year old Jenkins, weighing 193 pounds, squatted 135, benched 215, and deadlifted 410 for a total of 760. This was his first-ever powerlifting competition. Taking the overall Men's Best Bench was Jenkins's training partner, Mitch Klindt, 35 years old, also from Kalispell, Montana, with a final bench of 545. Donna Marts was also this year's best female bencher with her 215, which also sets a new Idaho State Women's Master bench record. Team Fitness took first place trophy with 21 points. In addition to many fine performances by first-time and returning lifters, there were two teenage male lifters from Shelton, Washington State: Travis Belen, a 148 BWT 15 year-old, and Kevin Farmer, a 132 BWT 17 year-old, both achieved qualifying totals to be able to compete in this year's USAPL Teen and Juniors Nationals meet. Master lifter Dave Wolf (50) of Rock Springs, Wyoming, achieved his first-ever 400 pound bench. Another master lifter Peter Herdt (55) of Pocatello, Idaho achieved both his long-sought 400 pound bench on his second attempt but then landed 405 on his third attempt. Both ordinary and elite lifters had the opportunity to enjoy the sport of powerlifting in this meet, thanks to the commitment of time, energy, and personal resources shown by meet directors Bill and Nancy Davis. And by their excellent crew of scorers (Nancy Davis, Jessica Hauber, and Janet Wright), announcers (Brian Smith and Darrin Barendregt), referees (Sean Anderson, Brad Compton, Bill Davis, and Drew Wolf) , spotters, loaders, and other volunteers. We wish also to thank our permanent sponsors, Namely, Pepsi, Pizza- Hut, Taco Bell, Coors Light, Hogi Yogi, Best Western Cottontree Inn, War Bonnet Electric, Gate City Distributors, the Black Swan Inn, Intermountain Mind Mechanics, Star 98.5 and Kool 94.9 Radio Stations. Other fine companies who sponsored this event include Gate City Real Estate (Pocatello), Nutrition Outlet (Boise), Gym Outfitters (Boise), Muscleinfusion (Idaho Falls), Elite Nutrition Center (Idaho Falls), and the Powerlifting Superstore. Also we thank our local media, especially Channel Six (KPVI-TV) and the Idaho State Journal, for their support and coverage of this event. (Thanks to Sean K. Anderson, USAPL Idaho State Chairman, for the results and report.)

(continued from page 28)

220 lbs.				
P. Roberts	705	402	644	1752
K. Richardson	628	402	628	1658
G. Bradshaw	628	385	584	1598
K. McFarland	501	336	512	1350
242 lbs.				
J. Gnerre	688	518	655	1862
T. Bowman	—	—	—	—
275 lbs.				
L. Mistric	799	540	601	1940
B. McKee	755	545	601	1901
R. Jackson	501	435	380	1317
308 lbs.				
M. McDaniel	854	468	595	1918
Masters (50-54)				
181 lbs.				
J. Tyree	578	369	534	1482
G. McMillan	551	275	540	1366
198 lbs.				
R. Dell	688	396	562	1647
275 lbs.				
J. Anderson	771	451	584	1813
Masters (55-59)				
114 lbs.				
E. Milian	457	242	462	1162
181 lbs.				
P. Boutte	606	331	501	1438
B. Johnson	—	—	—	—
198 lbs.				
M. VanCleave	644	347	562	1554
J. Razor	435	336	441	1212
220 lbs.				
J. Burgard	573	308	501	1383
R. Olinger	—	—	—	—
275 lbs.				
D. Varela	661	573	601	1835
D. Brooks	628	358	540	1526
308 lbs.				
B. Meek	777	534	651	1962
Masters (60-64)				
165 lbs.				
J. Nickele	457	275	143	876
220 lbs.				
T. Lancaster	424	407	562	1394
C. Wahl	331	198	336	865

Best Lifter Junior Men: Max Higgins, SHW. Best Squat: Jon Petersen, 242. Best Bench: Max Higgins, SHW. Best Deadlift: Chris Sonnier, 114. Best Lifter Junior Women: Ali Huston, 198. Best Squat: Ali Huston, 198. Best Bench: Amber Denmon, 97. Best Deadlift: Ali Huston, 198. Best Lifter Masters Men: Ernesto Milian, 114. Best Squat: Ernesto Milian, 114. Best Bench: Gene Ben, 198. Best Deadlift: Ernesto Milian, 114. Best Lifter Masters Women: Deb Widdis, 198. Best Squat: Deb Widdis, 198. Best Bench: Susao Rioo, 114. Best Deadlift: Sue Clark, 148. (thanks to Meet Director Gary Pendergrass for providing these results)

***Mike McDaniel's** 854 squat @308 broke Brian Meek's 793 lb. record*

NASA Kansas State (kg)
9 APR 05 - Salina, KS

BENCH				
MEN				
181 lbs.				
Submaster-2				
C. Beck	167.5			
Submaster Pure				
C. Beck	167.5			
198 lbs.				
Submaster-1				
T. Lyon	172.5			
Submaster Pure				
T. Lyon	172.5			
220 lbs.				
Natural				
S. Craig	165			
Submaster-1				
S. Craig	165			
242 lbs.				
Int				
N. Maddox	170			
Master-1				
D. Suttle	165			
SHW				
Submaster-2				
C. Espinosa	242.5			
Push-Pull		BP	DL	TOT
MEN				
198 lbs.				
Novice				
K. George		170	270	440
Pwr Sports	CR	BP	DL	TOT
MEN				
148 lbs.				
Master-1				
B. Anderson	60	107.5	182.5	350
D. Eslinger	60	112.5	172.5	345
165 lbs.				
Natural				
J. Hunn	67.5	137.5	182.5	387.5
181 lbs.				
High School				
Master-5				
M. Mitchell	202.5			
Novice				
V. Kenton	190			
Master-5				
V. Kenton	170			
PS BENCH				
WOMEN				
198+ lbs.				
High School				
C. Weaver	77.5			
220 lbs.				
Police/Fire				
T. Long	165			
PS CURL				
MEN				
242 lbs.				
Master Pure				
D. Suttle	62.5			
R. Cooper	45	122.5	185	352.5
220 lbs.				
Master-2				
J. Fickel	72.5	152.5	175	400
242 lbs.				
High School				
M. Wegener	75	145	192.5	412.5
308 lbs.				
Master-1				
J. Gossard	62.5	167.5	185	415
Master-5				
J. Gossard	62.5	167.5	185	415
Natural				
J. Gossard	62.5	167.5	185	415
Pure				
J. Gossard	62.5	167.5	185	415
Pwrlifting	SQ	BP	DL	TOT
WOMEN				
198+ lbs.				
Submaster-2				
Bloomquist	120	52.5	127.5	300
MEN				
165 lbs.				
Teen				
A. Boggs	227.5	107.5	192.5	527.5
Master Pure				
M. Bohm	195	117.5	200	512.5
Novice				
J. Sexton	140	132.5	187.5	460
High School				
Leimkoehler	147.5	90	182.5	420
220 lbs.				
High School				
B. Simpson	205	137.5	217.5	560
Int				
G. Baker	260	167.5	230	657.5
242 lbs.				
Submaster Pure				
C. Ferri	272.5	172.5	285	730
275 lbs.				
Master-1				
R. Newton	212.5	125	215	552.5
Novice				
R. Lemmings	250	152.5	247.5	650
Teen				
J. Perryman	217.5	150	200	567.5
308 lbs.				
Police/Fire				
C. Cookson	290	205	295	790

(Thanks to Richard Peters for the results)

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USPF California State
19 MAR 05 - Los Alamitos, CA

BENCH
WOMEN
165 lbs.
Open
M. Asp 325
4th-330
181 lbs.
K. Womack 308
Junior (20-23)
K. Womack 308
Master (40-44)
T. Reed 159
MEN
148 lbs.
Master (70-74)
J. Andres 165
165 lbs.
Junior (20-23)
C. Kirish 209
Master (45-49)
W. Holland 275
181 lbs.
Open
L. Sparango 281
Submaster (35-39)
M. Valencia 363
Master (45-49)
T. Hendron 209
Master (65-69)
R. Lozano 369
Master (70-74)
R. Simon 253
198 lbs.
Junior (16-17)
M. Molletta 292
Open
D. Dowell 352
Master (55-59)
Cummerow 352
Master (65-69)
L. Manly 264
220 lbs.
Open
N. Herroz 451
Junior (20-23)
L. Castillo 402
Master (40-44)
S. Vincent 341
Master (45-49)
M. Long 352
Master (50-54)
S. Winters 336
Master (55-59)
B. Evans 385
Master (65-69)
F. Irons —
242 lbs.
Novice
R. Costa 468
A. Ramirez 325
Master (45-49)
S. Williams 479
B. Hegel 391
Master (50-54)
S. Stone 402
Master (55-59)
R. Stevens 341
Master (60-64)
D. Smith III 363
275 lbs.
Open
M. Womack 600
S. Hoekstra 584
Junior (16-17)
A. Garcia 402
M. Story 281
Junior (20-23)
M. Womack 600
Master (45-49)
S. Belanger 358
B. Long —
Master (55-59)
D. Knapp 352
Master (60-64)
J. Parker 325
308 lbs.
Submaster (35-39)
D. Marr 479
Master (40-44)
C. McGuire 413
Master (45-49)
D. Smith 451
DEADLIFT
WOMEN
Master (40-44)
165 lbs.
T. Reed 303
MEN
165 lbs.
Junior (16-17)
E. Perez 385
4th-396
Master (55-59)
G. Santee 501
4th-518
181 lbs.
Open
L. Sparango 374
Junior (13-15)
Hernandez 374
4th-396
Master (45-49)
T. Hendron 303
Master (70-74)
R. Simon 342
198 lbs.
Open
J. Hernandez 523
Master (45-49)
J. Avila 584
Master (60-64)
R. Taylor 418
Master (65-69)
L. Manly 308
242 lbs.
Junior (13-15)
A. Ramos 402
4th-440
Junior (16-17)
J. Rodriguez 385
4th-402
Novice
Longfellow 611
Submaster (35-39)
K. Rinehart 534
Master (45-49)
B. Hegel 540
Master (50-54)
Cracknell 540
Master (55-59)
R. Stevens 341
4th-352
275 lbs.
Open
R. Stewart 573
B. DeWeese 551

WOMEN	SQ	BP	DL	TOT
148 lbs.				
Novice				
M. Sparango	154	110	192	457
Master (40-44)				
M. Sparango	154	110	192	457
Open				
165 lbs.				
L. Denison*	363	165	143	672
198 lbs.				
Submaster (35-39)				
N. Ianson	143	187	181	512
MEN				
132 lbs.				
Junior (20-23)				
J. Veloz	220	165	259	644
Open				
R. Guaderrama	352	275	352	980
148 lbs.				
Junior (13-15)				
S. Kirishian	253	143	303	699
Junior (20-23)				
D. Olson	—	—	—	—
165 lbs.				
Junior (20-23)				
T. Olson	—	—	—	—
Master (70-74)				
B. Cortes	253	203	363	821
181 lbs.				
Open				
L. Sparango	330	281	374	986
Junior (16-17)				
J. Longfellow	330	214	402	947
Master (45-49)				
B. Byrne	363	286	402	1052
198 lbs.				
Open				
J. Aguirre	540	374	545	1460
J. Hernandez	578	358	523	1460
4th-SQ-600				
Junior (16-17)				
J. Belanger	363	209	407	980
Master (50-54)				
L. Vallot	170	187	203	561
Master (60-64)				
Carpenter	462	347	402	1212
4th-BP-375				
Master (60-64)				
R. Taylor	264	165	418	848
Master (65-69)				
L. Manly	303	264	308	876
220 lbs.				
Open				
F. Toledano	578	347	633	1559
M. Tronske	529	402	501	1432
Master (40-44)				
M. Tronske	529	402	501	1432
Master (45-49)				
Womelsdorf	358	203	402	964
Master (55-59)				
K. Croxdale	451	352	578	1382
B. Evans	490	385	341	1217
242 lbs.				
Open				
A. Acevedo	479	380	529	1388
B. Hegel	429	391	540	1360
Novice				
R. Costa	451	468	512	1432
Longfellow	—	—	—	—
Junior (18-19)				
J. Sliede	485	330	507	1322
Master (45-49)				
B. Hegel	429	391	540	1360
275 lbs.				
Open				
K. Boyce	672	396	573	1642
B. Greer	—	—	—	—
Submaster (35-39)				
K. Boyce	672	396	573	1642
Master (45-49)				
B. Greer	—	—	—	—
308 lbs.				
Open				
R. Speno	710	512	606	1829
B. Meek	672	485	573	1730
Master (55-59)				
B. Meek	672	485	573	1730
308+ lbs.				
Open				
G. Garcia	606	578	710	1895

Thanks to all our valuable help. Referees: Bill Ennis, International. Gordon Santee, International. Jack Hughes, International. Gretchen Buerki, National. Chris Kostas, National. Pat McNeil, National. Lance Slaughter, National. Pete Wilson, National. Kevin Meskew, National. Gary Ridgeway, State. Score table: Chuck LaMantia, Announcer. Kellie LaMantia, scorekeeping. Krishna Kostas, scorekeeping. Spotters/loaders: Lord Elliott, Art Labare, Carl Lux, Ruben Arrendondo, Delmer Brown, Doug Hester. Setup/Cleanup crew: A big thanks to Manny Sanchez and the Orange County Strength Club! Sponsors: Inzer Advance Designs, California Army National Guard, House of Pain Ironwear, XS Energy Drinks, BFC Audio, Chuck LaMantia, METRX Nutrition. (Thanks to Steve Denison for providing the results to Powerlifting USA)

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If Under 18 have Parent Initial _____

Signature _____

IBP Red Swaim Memorial DL
23 APR 05 - Winston Salem, NC

DEADLIFT
WOMEN
Raw
114 lbs.
Novice
S. Couick 175
4th-190
148 lbs.
Intermediate
L. Dean 350
4th-370
165 lbs.
Novice
R. Braglin 245
4th-250
Police/Fire
T. McManus 285
4th-300
181 lbs.
Open
J. Langdon 320
198 lbs.
Master (40-44)
M. Boyles 200
4th-210
MEN
Raw
77 lbs.
Youth (8-9)
L. Hedrick 155
114 lbs.
Teen (12-13)
T. Payne 190
123 lbs.
Teen (14-15)
D. Phipps 205
4th-225
132 lbs.
Teen (16-17)
C. Ladd 295
148 lbs.
Master (50-54)
R. Smith 460
165 lbs.
Police/Fire
M. Ligon 430
Submaster
M. Ligon 430
Teen (16-17)
C. Martin 410
181 lbs.
Intermediate
B. Spayd 520
Junior
B. Hooker 480
Master (40-44)
B. Upchurch 370
Master (45-49)
B. Walker 580
Master (50-54)
B. Gelsomino 445
Police/Fire
R. Bagley 415
Submaster
R. Bagley 415
198 lbs.
Intermediate
D. Ezzell 440
Master (50-54)
M. Brady 515
Master (55-59)
M. Thomas 550
Y. Sumner 355
Open
G. Polk 620
G. Crook 585
220 lbs.
Novice
T. Hedrick 530
4th-550
D. Howe, Jr. 470
4th-500
Junior
L. Bullins 475
Master (40-44)
T. Hedrick 530
Open
B. Schmidt 660
Open/Raw
M. Groce 555
Police/Fire
J. Couick 630
Submaster
B. Marcellino 450
242 lbs.
Intermediate
J. Crouch 565
Junior
S. Bowles 455
4th-465
Novice
B. Moore 530
4th-555
Police/Fire
K. Hubbard 530
275 lbs.
Intermediate
Dzeskewicz 540
4th-550
Open
C. Harper 450
Submaster
B. Nance 585
T. Langdon 505
SHW
Intermediate
J. Gentry 580
Equip.
319 lbs.
Master (40-44)
C. Pressley 700
Open
C. Pressley 700
Submaster
Weaver, Jr. 705

(Thanks to Keith Payne for these results)

Charles Pressley coming back strong after several years out of Powerlifting, eadlifting 700 pounds at the Red Swaim Memorial Deadlift Championships. (photo courtesy of Keith Payne)

NASA BP Nationals (kg)
5 MAR 05 - Denver, CO

BENCH
MEN
High School
123 lbs.
B. Peterson 80
165 lbs.
T. Rhiner 137.5
C. Radovich 135
Master-1
165 lbs.
K. Kaiser 122.5
T. Cencich —
181 lbs.
L. Dennis 182.5
L. Oviatt 150
198 lbs.
B. Shalkowski 227.5
H. Sturman 175
R. Martinez 167.5
220 lbs.
L. Lipscomb 195
Schmuecker 165
Angelopulos —
242 lbs.
M. Ota 260
275 lbs.
R. Geller 185
Master-2
198 lbs.
S. Harms 165
E. Hopkins 125
220 lbs.
J. Ponzi 175
242 lbs.
N. Miller 195
H. Blackmon —
Master-3
181 lbs.
J. McDermott 142.5
242 lbs.
J. Jones 195
Master-4
242 lbs.
C. Doggett 142.5
E. Evatt 125
308 lbs.
J. McIntyre 187.5
Master Pure
181 lbs.
L. Dennis 182.5
198 lbs.
E. Hopkins 125
220 lbs.
Schmuecker 165
242 lbs.
M. Ota 260
N. Miller 195
J. Jones 195
E. Evatt 125
Natural
165 lbs.
S. Iannetta 135
181 lbs.
L. Oviatt 150
Novice
165 lbs.
J. Bennet 117.5
P/F
242 lbs.
N. Miller 195
Pure
165 lbs.
J. Mouzon 192.5
S. Iannetta 135
T. Cencich —
198 lbs.
B. Shalkowski 227.5
K. Folkers 220
220 lbs.
L. Lipscomb 195
Schmuecker 165
242 lbs.
M. Ota 260
E. Evatt 125
Submaster-1
181 lbs.
E. Baca 152.5
242 lbs.
J. Lynn III 172.5
275 lbs.
J. Whitbread 195
Submaster Pure
165 lbs.
S. Iannetta 135
198 lbs.
R. Roberto 142.5
Teen
165 lbs.
T. Rhiner 137.5
275 lbs.
B. Walsh 182.5
WOMEN
Ant
198+ lbs.
A. McTighe 107.5
Master-1
123 lbs.
K. Hughes 81
Master-2
198+ lbs.
A. McTighe 107.5
Master Pure
123 lbs.
K. Hughes 81
165 lbs.
D. Waddell 72.5
198+ lbs.
A. McTighe 107.5
Pure
198+ lbs.
A. McTighe 107.5
Submaster-1
114 lbs.
H. Patel 67.5
132 lbs.
M. Cencich 60
Submaster Pure
114 lbs.
H. Patel 67.5
Teen
97.5 lbs.
J. Welton 22.5
PS BENCH
MEN
Master-1
165 lbs.
K. Kaiser 122.5
242 lbs.
W. Hundley 170
275 lbs.
R. Geller 185
Master-4
242 lbs.
E. Evatt 125
Master Pure
242 lbs.
W. Hundley 170
E. Evatt 125
Natural
165 lbs.
S. Iannetta 135
Pure
242 lbs.
E. Evatt 125

CURL
MEN
Master-1
165 lbs.
K. Kaiser 67.5
DEADLIFT
MEN
Int
198 lbs.
J. Phillips 247.5
Master-1
165 lbs.
K. Kaiser 160
Master-2
181 lbs.
F. Thrall 172.5
Master Pure
275 lbs.
H. Willis —
Pure
198 lbs.
J. Phillips 247.5
Push-Pull
MEN
High School
165 lbs.
N. Reitfors
Junior
148 lbs.
C. Rohwer
Master-1
181 lbs.
L. Dennis
198 lbs.
R. Martinez
R. Byars
220 lbs.
T. Campbell
242 lbs.
A. Martinez

SQUAT
MEN
Master-2
181 lbs.
F. Thrall 145
WOMEN
P/Int
148 lbs.
A. Miller 80
Master-1
123 lbs.
K. Hughes 81
Novice
148 lbs.
A. Miller 80
Pure
114 lbs.
H. Patel 67.5
123 lbs.
K. Hughes 81
148 lbs.
A. Miller 80

	BP	DL	TOT
	135	227.5	362.5
	92.5	185	277.5
	182.5	205	387.5
	167.5	215	382.5
	152.5	205	357.5
	170	272.5	442.5
	137.5	185	322.5
	275 lbs.		
S. McReynolds	172.5	277.5	442.5
Master-2			
220 lbs.			
J. Ponzi	175	245	420
Master-5			
181 lbs.			
L. Dennis	182.5	205	387.5
Natural			
198 lbs.			
L. Sanchez	142.5	252.5	395
220 lbs.			
T. Campbell	170	272.5	442.5
P/F			
242 lbs.			
R. Strang	167.5	190	357.5
Submaster-2			
220 lbs.			
C. McClanahan	175	257.5	432.5
Teen			
220 lbs.			
M. Deavours	122.5	227.5	350
WOMEN			
Submaster Pure			
114 lbs.			
H. Patel	67.5	122.5	190

	CR	BP	DL	TOT
MEN				
Master-1				
165 lbs.				
K. Kaiser	67.5	122.5	160	350
Pure				
198 lbs.				
J. Lynn Jr.	665	117.5	65	247.5
M. Miller	67.5	135	195	397.5
WOMEN				
Master-1				
165 lbs.				
D. Waddell	46	72.5	127.5	246

(thanks to J.T. Hall for sending results)

POWER EATING... is your nutritional guidebook to gaining muscle while cutting fat. Written by a consultant to the NBA, NFL, and world class bodybuilders, POWER EATING focuses on the specific dietary needs of serious strength trainers. This 2nd edition contains all the updated info on building strength and power, increasing energy, and losing fat. A unique rating system is available in the book to determine if a particular supplement will be worth the investment to you, possibly useful, a waste of time, or harmful. POWER EATING is available from Powerlifting USA, Box 467, Camarillo, CA 93011 for $17.95 plus $4.00 shipping and handling.

WNPF Western PA
2 APR 05 - Beaver Falls, PA

SQUAT
Raw
132 lbs.
(13-16)
M. Misorski 245!
165 lbs.
(13-16)
B. Bruce 265!
220 lbs.
(17-19)
D. Berardelli 480!
(13-16)
R. Cook 405!
DEADLIFT
Raw
114 lbs.
(13-16)
C. Michalke 220!
123 lbs.
(13-16)
M. Engle 265!
SHW
Police/Fire
J. Nichols 455
Lifetime
S. Cline 560
BENCH
Equipped
165 lbs.
(20-23)
A. Reino 300
Ironman
148 lbs.
(13-16)
Raw
R. Luklan, Jr.
181 lbs.
(13-16)
Raw
Q. Kale
(17-19)
Raw
K. Davis
(20-23)
Equipped
M. Linzo
198 lbs.
(17-19)
Raw
C. Allphouse
220 lbs.
(20-23)
Equipped
R. Babbitt II
242 lbs.
(17-19)
C. Chambers
SHW
Police/Fire
S. Cline
Assisted SQ

(40-49)
C. Venturella 365!
220 lbs.
(50-59)
B. Kolling 375!
275 lbs.
Police/Fire
J. Begue 530
SHW
Lifetime
J. Peshek* 660
Raw
132 lbs.
(17-19)
J. Maluga 205!
148 lbs.
(13-16)
D. Crissey 310!
181 lbs.
(50-59)
J. Welch 305!
220 lbs.
(50-59)
D. Lhota* 380!
242 lbs.
(40-49)
R. Villani 355!
CURL
242 lbs.
(40-49)
R. Villani 170!
BP DL TOT
185 295 480
190 325 515
275 495 770
240 475 715
270 405 675
370 560 930
300 500 800
500 560 1060
BP DL TOT

114 lbs.
(13-16)
D. Wrobel 215! 110! 205! 530!
148 lbs.
(40-49)
J. Dye 375! 240! 390! 1005!
165 lbs.
Lifetime
A. McVaney* 585 340 555 1480
181 lbs.
(40-49)
G. Foy 420 215 430 1065
242 lbs.
Lifetime
D. Fryberger 585 300 525 1410
SHW
Police/Fire
P. D'Antonio 600! 475! 545! 1620!
Raw
FEMALE
Lifetime
L. Hillard 180! 115! 245! 540!
MALE
114 lbs.
(13-16)
C. Michalke 185 135 220 540
123 lbs.
(13-16)
M. Engle 215! 140! 260! 620!
132 lbs.
(13-16)
M. Misorski 245! 110! 245! 600!
148 lbs.
Lifetime
R. Neurohr 275! 260! 445! 980!
165 lbs.
(13-16)
M. Lyden* 365 265 390 1020
Lifetime
M. Hart* 340! 280! 525! 1145
181 lbs.
(13-16)
T. Ellis 335! 260! 380! 975!
198 lbs.
(13-16)
D. Delauter 310 205 315 830
220 lbs.
(17-19)
J. Rytel 470! 300! 470 1240
(13-16)
R. Cook 405! 205 420 1030
242 lbs.
Lifetime
S. Palucka 410 — — —
SHW
(20-23)
J. Rekasie 515 385 530! 1430

!=State Records. *=Best Lifters. Once again Black Hawk High School was the scene for the W.N.P.F. Western PA contest. Several lifters turned out making this another excellent meet. Several teenagers from the Beaver Falls area competed under the coaching eye of John Misorski Jr. In the powerlifting equipped divisions, teen lifter Drew Wrobel set all new state records winning his class, as did master lifter John Dye in the 148 lbs. class. 165 lbs. lifter Allen McVaney did some strong lifts winning the lifetime division. Best lifter Greg Foy turned in a strong total in the 181 lbs. masters class. Duane Fryberger, who improves in every meet, also turned in some strong lifts, in the 242 lbs. lifetime class. SHW Paul Dantonio set all new state records and a new American record in the Police/Fire division. In the raw divisions, the teen lifters dominated the classes with eight lifters putting up the weight. Cody Michalke turned in a strong total in the 114 lbs. class as did Matt Engle, who set all new state records in the 123 lbs. class. In the deadlift only division, Michalke also set a state and a American record. 132 lbs. teen Matt Misorski set new state and American records winning his class, as did Tyler Ellis in the 181 lbs. class. Misorski also set a new state record in the squat only division. Teen Matt Lyden turned in a strong total, taking his class and best lifter in the teen divisions. Teen Dennis Delauter put up some strong lifts in the 198 lbs. class. Strong lifts were also made by Josh Rytel and RJ Cook in the 220 lbs. classes, with Rytel and Cook setting new state records, and RJ setting a state record in the squat only division. Female lifter Lee Ann Hillard set new state and American records in the 132 lbs. lifetime division, and she was the only female to compete. Rick Neurohr, Mike Hart and Scott Palucka came representing Harts Gym, with Neurohr and Hart setting new state and American records. Hart walked away with best lifter. Scott unfortunately was sick and had a rough day but he'll be back for nationals. Newcomer John Rekasie set a new state record in the saw division in his first contest. In the Ironman events, once again the teenagers dominated the competition. Teen lifters Rick Luklan Jr., Quintan Kale, Kris Davis, Chris Allphouse and Colin Chambers all turned in strong totals winning their divisions. Mike Linzo and Robert Babbitt n also put up strong numbers in the junior divisions. SHW Chane Cline put up some strong lifts winning the Police/Fire division, in the Ironman and the deadlift only classes. Jim Nichols also did a strong lift in the deadlift only division. In the bench equipped divisions, 165 lbs. lifters Antonio Reino and Chuck Venturella did some strong lifts, with Chuck setting a new state record. Master lifter Bill Kolling set a new state record in the 220 lbs. class. Strong lifts were put up by Jeff Begue and Jeff Peshek winning their divisions. Peshek took best lifter in the raw divisions. New state records were set by John Maluga, Dustin Crissey, Dave Lhota and Ron Villani. Lhota took best lifter and Villani won in the powercurl. Master lifter Jack Welch set a new state record competing in his 50th meet. A special thanks to all the lifters and my crew who helped make this another successful meet. Thanks to the Black Hawk School District who supports drug free athletic competition. (Thanks to Ron Deamicis for providing these meet results)

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AGE_____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5YRSMIN._____

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(678) 817-4743

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 from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

WLOP California State
26 FEB 05 - Oceanside, CA

BENCH
MEN
Master (50-54)
Elite
242 lbs.
B. Carne 355*
Master (60-64)
Elite
220 lbs.
A. Nerenberg 340!
Open
181 lbs.
Elite
L. Bynum 425*
Amateur

165 lbs.
D. Bedford 315
220 lbs.
C. Torres 365
242 lbs.
D. Garcia 405
275 lbs.
C. Johnson 315
Youth (16-18)
J. Gutierrez 265
WOMEN
Amateur
165 lbs.
L. Rupe 115

!=World Records. *=National or State Records. The World Legion of Power sanctioned "The California State Championship" at the Mission Fitness Center, which is headquarters for the WLOP North San Diego. David Garcia is Chapter President. The WLOP is a raw (no bench press shirt) and drug free organization. The event was drug tested. Records set: Dr. Arnold Nerenberg, Masters (60-64), 220 lbs., best lift - 340 lbs., new World Record. Lance Bynum, Open 181 lbs., best lift - 425 lbs., National record. Bob Carne, Master (50-54), 242 lbs., best lift - 355 lbs., new State Record. For more information about WLOP go to worldlegionofpower.com. (thanks to Grant Moffitt for these meet results)

At the Wapakoneta YMCA Bench Press Meet: (l-r) *Charles Lee (84 - 225 lbs.), Jeff Telljohn (69 - 390 lbs.), Mike Wolfe (35 - 600 lbs. raw).*

Wapakoneta Family YMCA
12 MAR 05 - Wapakoneta, OH

BENCH
WOMEN
Open
123 lbs.
T. Dross 95
148 lbs.
A. Lolo 145
K. Whitaker 140
Master (40-49)
148 lbs.
K. Whitaker 140
MEN
Teen (16-17)
132 lbs.
J. Dement 240
148 lbs.
M. Rone 260
242 lbs.
T. Copeland 250
275 lbs.
J. Deville 235
Teens (18-19)
148 lbs.
D. Crist 225
165 lbs.
T. Renfrew 260
242 lbs.
B. Banks 325
Open
132 lbs.
J. DeMent 240
148 lbs.
L. Tyler 310
165 lbs.
D. Costilla 360
J. Welker 250
181 lbs.
M. Stull 415
J. Swavel 410
J. Dross 300
D. Weikert 290
198 lbs.
J. Fry 530
N. King 405
R. Schoffner 360
M. Law 300
C. Cira 300
220 lbs.
J. Whaley 525
J. VanDyne 500
J. Palomo 425
242 lbs.
S. Tanner 475
B. Westfall 445
B. Sammons 380
M. Raffel 350
275 lbs.
C. Jackson 475
J. Sager 470
S. Kellogg 455
K. Purcell 440
Machcinski 425
D. Simpson 425
W. Gibson 400
SHW
B. Hartman 505
S. Burd 500
A. Fails 435
Master (40-49)
165 lbs.
J. Welker 250
198 lbs.
B. Saxton 295
220 lbs.
C. Jones 405
S. Long 325
SHW
C. Hoffer 520
Master (50-59)
181 lbs.
M. Walters 195
198 lbs.
D. Trent 285
220 lbs.
Lemmerhirt 310
242 lbs.
N. Perez 400
Master (60-69)
SHW
J. Telljohn 390
Master (80-89)
198 lbs.
C. Lee 225

The Wapakoneta Family YMCA's 1st annual Bench Press meet was a great success. There were 52 lifters, and a very lively audience of 90 people. Lima, Ohio's Charles Lee, 84 years old, benched 225 pounds. Charles holds over 25 world records. Jeff Telljohn, 68 years old, from Wapakoneta, Ohio, benched 390 pounds. Jeff holds several SHW Master world records. Guest lifter Mike Wolfe ended the meet with a raw bench of 600 pounds. Thanks to all the volunteers for an excellent job. (These meet results courtesy Sarah Smeltzly)

APC Georgia State (kg)
9 APR 05 - Athens, GA

BENCH
MEN
56 kgs.
Open
R. Johnson 72.5
60 kgs.
(45-49)
G. Bradley 102.5
60 kgs.
(35-39)
K. Dean 157.5
(60-64)
C. Dennis 160
Open
M. Green 250
110 kgs.
Open
Williamson 187.5
(35-39)
Williamson 187.5
140 kgs.
Open
R. Paden —

MEN	SQ	BP	DL	TOT
56 kgs. (13-15)				
P. Dunn 75 kgs.. (55-59)	112.5	95	142.5	350
D. Thompson 90 kgs.. (16-17)	205	112.5	187.5	505
R. McNeil (20-23)	227.5	137.5	227.5	592.5
J. Spence (45-49)	262.5	167.5	240	670
R. Baker 100 kgs. Open	235	175	230	640
A. Nash Submaster	237.5	192.5	235	665
J. Schraub 110 kgs.. (16-17)	332	192.5	235	804.5
J. Seabolt Open	217.5	150	230	597.5
T. Fontanez	310	227.5	295	832.5
M. Robbins 125 kgs. Open	280	157.5	272.5	710
J. Green	307.5	160	307.5	775
E. Stoker	305	127.5	305	737.5
P. Savage	250	147.5	202.5	600

140+ lbs.
Open
C. Savage 265 182.5 260 707.5
(Thanks to L.B. Baker for providing results)

Son Light Power Chain O'Lakes
5 FEB 05 - Waupaca, WI

BENCH
MEN
Teen (16-17)
198 lbs.
K. Rabe 140
Submaster
275 lbs.
T. Theama 250
Master (40-44)
242 lbs.
T. Bauer 410!
Master (45-49)
181 lbs.
D. Ploetz 310
198 lbs.
G. Koch 195
4th-210
220 lbs.
(Raw)
D. George 310!
275 lbs.
R. Fleming 385
4th-400
Master (60-64)
242 lbs.
E. Zappen 170
4th-175!
Police/Fire
242 lbs.
S. Becker 560
4th-575!
Open
181 lbs.
C. Neal 405
SHW
B. Weigel 425
DEADLIFT
MEN
Teen (13-15)
148 lbs.
K. Rabe 310!
Teen (18-19)
165 lbs.
J. Mountjoy 345
Junior
148 lbs.
K. Koch 265
Submaster
275 lbs.
T. Theama 450!
Master (40-44)
242 lbs.
T. Bauer 500
Master (45-49)
220 lbs.
S. Coogan 550
Master (50-54)
220 lbs.
T. Glembin 635!
Master (55-59)
275 lbs.
R. Sadowski 500!
(60-64)
242 lbs.
E. Zappen 275!
4th-300!
Open
148 lbs.
K. Rabe 310!
2-Man
198 lbs.
D. Rabe &
K. Rabe 600!
WOMEN
Master (40-44)
148 lbs.
R. Shull 255!

Best Lifter Bench: Shawn Becker. Best Lifter Deadlift: Tom Glembin. !=Son Light Power Wisconsin state records. The Son Light Power Chain O' Lakes Bench Press/ Deadlift Championship was at Fitness Headquarters. Thanks to Bob and Janet Heiner for all of their continued efforts in promoting this annual event. In the bench press competition Kevin Babe got a new personal record at 16-17/198 with his 140 effort there. Tom Theama also got a new pr of 250 along with his win at submaster 275. Tony Bauer continues to improve with each new competition, breaking his own personal and Wisconsin state record at 40-44/242 with 410. A final attempt with 420 should have gone, but failed just at the top. Dennis Ploetz won at 45-49/181 with 310 while Gary Koch took the 198's with 195. A fourth with a personal best 210 was also good! Dennis George broke his own state record at 242 with and easy 310 raw. Dennis dedicated his lifts to his father, Floyd George, who turned eighty-three on this day. He bought Dennis his first set of weights more than thirty-five years ago, carrying them out of the store under one arm. Dennis just wants to thank his Dad for being his dad! Then at 275 it was Ron Flemming with his first official 400 bench, making that weight on his fourth attempt! Ed Zappen broke his own state and personal record at 60-64/242, finishing with 170, before coming back with a solid 175 fourth. Best lifter Shawn Becker took the police & fire 242 class with 560. A fourth with a pr 575 also broke Shawn's state record there by five pounds. Shawn is so naturally strong that he still simply "muscles" the weight up, even with a good bench shirt. I'd just like to see him in a really great shirt... we're talking 625-650! In the open division newcomer Chris Neal got a pr at 181 with 405. Lot's of potential here! Then at shw was Big Bob Weigel with a strong 425. With a little coaching this kid will go over 500 soon! In the deadlift competition Roberta Shull was competing for the first time, taking the 40-44/148 class with a personal best 255. This was also a new Wisconsin state record for her class! Kelly Rabe broke his own state record at 13-15/148 with 310. Kelly's pr also broke the state record for the open 148 class! Jake Mountjoy won at 18-19/165 with 345 while Keith Koch moved up to junior 148 and the win there with 265. Tom Theama won his second title of the day at submaster 275 with his 450 state record pull. This was also a new personal record for Tom. Tony Bauer matched his personal best at 40-44/242 with 500 while Stuart Coogan finished with a hard-fought 550 at 45-49/220. Tom Glembin looked strong at 50-54/220, breaking his own state record with 635. A fourth with 650 looked even stronger, but was aborted due to a slight upper back muscle pull. Weighing in at just 208, Tom easily won the best lifer award. Richard Sadowski continues to come back from a hamstring pull of last year, but still won at 55-59/275 with a new state record of 500! This was the hardest pull of the competition, and a good one! Ed Zappen pulled his first ever 300 deadlift on his fourth attempt with his win at 60-64/242 again. This followed his third with 275 and his second win of the day! In a special 2-man event, the father/son team of Dave and Kevin Rabe blew away their own state record at 198 with 600! Thanks again to Bob and Janet Heiner for all their help and to my son Joey for loading and spotting. (Thanks to Dr. Darrell Latch for results)

American Powerlifting Committee (APC)
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Icelandic Bench Championships
29 JAN 05 - Reykjavik, ICE (kg)

WOMEN
52 kgs.
Einarsd6ttir 50
60 kgs.
T. Overvliet 45
67.5 kgs.
Guosteinsdott 100
90+ kgs.
J. Cristiansen 120
MEN
67 kgs.
H. Birkisson 95
S. Sverisson 80
82.5 kgs.
D. Gala 180
S. Borgarson 175
E. Jonsson 160
90 k gs.
I. Arnason 210
J. Gylfuson 185
Gudjonsson 150
H. Arnarson 95
P. Johannsson —
Eysteinsson —
100 kgs.
Hermannsson 220
R. Fridriksson 210
F. Bragason 190
A. Bjornsson 180
110 kgs.
J. Baldurson 250
S. Olafsson 130
O. Arnason —
S. Smarason —
125 kgs..
I. Ingvarsson 280
J. Bjornsson. 250
B. Sigurdsson 220
125+ kgs.
A. Jonnsson 280
M. Magnusson 270
K. Haraldsson 250

(results courtesy of Olafur Sigurgeirsson)

USAPL Dirty Deeds Invitational II
12 FEB 05 - Lafayette, NJ

MALE	SQ	BP	DL	TOT
Open				
198 lbs.				
R. Benemerito	650	315	705	1670
181 lbs.				
J. Benemerito	555	420	525	1500
M2				
181 lbs.				
B. Clayton	445	305	450	1200
Open				
275 lbs.				
J. Lauder	525	370	545	1440
242 lbs.				
R. Kruzsely	520	500	565	1585
J. Rosinski	585	405	645	1635
Open				
165 lbs.				
K. Davis	355	195	355	905
181 lbs.				
Teen (16-17)				
C. Miller	355	195	355	9005
132 lbs.				
Teen (14-15)				
J. Mariani	310	205	335!	850
WOMEN				
148 lbs.				
K. Walford	365!	245!	500!	1110

!=State Records. Coordinator: Gerard Dally. (Thank you to USAPL for the results)

DON'T TRAIN ALONE - ALWAYS USE SPOTTERS.
DON'T TRAIN WHEN HURT - ALWAYS CONSULT A DOCTOR.

USPF/AAU Oklahoma State (kg)
5 MAR 05 - Claremore, OK

48 kgs.	SQ	BP	DL	TOT
MO				
N. Owen	62.5	57.5	125	245
67 kgs.				
MB				
S. Tallman	—	—	—	—
75 kgs.				
MB				
J. Stultz	—	150	—	—
MD				
R. Crain	—	—	170	170
MD4				
R. Crain	—	—	—	—
MJ				
Studebaker	—	120	195	315
82 kgs.				
MB				
D. Madere	—	167.5	—	—
MM				
T. Marsh	—	92.5	172.5	265
C. Gray	232.5	82.5	—	315
D. Madere	242.5	167.5	240	650
MO				
D. Madere	242.5	167.5	240	650
90 kgs.				
MB				
J. Parsons	—	155	—	—
MB4				
J. Parsons	—	—	—	—
MJ				
W. Streck	237.5	160	245	642.5
MM				
R. Werner	—	—	—	—
B. Crouch	182.5	—	182.5	365
J. Dotson	217.5	147.5	197.5	562.5
G. Bishop	245	167.5	255	667.5
125 kgs.				
MO				
D. Morrison	195	200	227.5	622.5
SHW				
MB				
Hummingbird	—	212.5	295	295

MEN: Outstanding Squat - Duane Madere. Outstanding Bench Press - Dennis Morrison. Outstanding Deadlift - Duane Madere. Outstanding Lifter - Duane Madere. Outstanding Single Lift Bench Press - Duane Madere. Outstanding Single Lift Deadlift - Ray Lepley. Women: Outstanding Lifter - Nicole Owen. (from Rickey Dale Crain)

Robert Dennis - Best Assisted Male

AAU Triple Crown
23-24 APR 05 - Richmond, VA

FEMALE	SQ	BP	DL	TOT
Assisted				
165 lbs.				
Open				
K. Walford	369	248	512	1129
Raw				
105 lbs.				
Lifetime				
Masters (55-59)				
E. Newton	93	77	192	363
Master (55-59)				
E. Newton	93	77	192	363
114 lbs.				
Open				
H. Yerby	192	115	259	567
148 lbs.				
Lifetime				
Open				
A. Posey	170	104	220	496
Masters (40-44)				
R. Souders	225	126	275	628
165 lbs.				
Masters (45-49)				
Washington	203	154	303	661
198 lbs.				
Youth (12-13)				
M. Culver	137	82	187	407
198+ lbs.				
Submasters (35-39)				
Y. Pierrello	198	143	303	644
		4th-DL-319		
MALE				
Assisted				
97 lbs.				
Teen (14-15)				
W. Wright	198	104	203	507
181 lbs.				
Open				
J. Pruitte	374	325	440	1140
220 lbs.				
Masters (40-44)				
M. Bennett	473	385	699	1559
		4th-DL710		
242 lbs.				
Open				
R. Hickman	545	363	551	1460
Teen (14-15)				
N. Nickerson	347	203	352	903
275 lbs.				
Lifetime				
Masters (50-54)				
D. Thomas	214	275	457	947
Masters (50-54)				
D. Thomas	214	275	457	947
Open				
R. Dennis	650	501	650	1802

Kim Walford Best Assist. Female

Raw				
105 lbs.				
Kids (10-11)				
C. Dantzler	71	55	154	281
114 lbs.				
Open				
C. Dantzler	71	55	154	281
123 lbs.				
Teen (14-15)				
D. Eckel	231	137	308	677
165 lbs.				
Lifetime/Open				
L. Gaugler	330	281	385	997
Masters (45-49)				
J. Polak	457	330	512	1300
Teen (16-17)				
J. Carter	369	248	435	1052
S. Madrid	275	203	363	843
Teen (18-19)				
A. McGowan	424	248	457	1129
181 lbs.				
Lifetime				
Masters (45-49)				
J. Felletter	363	209	429	1003
Teen (14-15)				
M. Wilson	319	220	402	942
198 lbs.				
Lifetime				
Masters (50-54)				
D. Nixon314	214	347	876	
Lifetime				
Masters (60-64)				
Barnett, Jr.	143	220	314	677
Masters (40-44)				
T. Williams	402	248	314	964
Masters (45-49)				
L. Prestipino	424	292	451	1168
Open				
T. Williams	402	248	314	964
220 lbs.				

ASSOCIATION OFFICE COPY

- This is a membership application form. Complete all areas and return Part One to the address shown.
- For information on registration and program, call 1-800-AAU-4USA.
- AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

ANNUAL MEMBERSHIP DUES

	Regular Fee	"AB" Fee
Youth Athlete	10.00	12.00
Coach	12.00	14.00
Volunteer or Official	12.00	Not Available
Adult Athletes in the Following Sports: Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball	10.00	12.00
Adult Athletes in the Following Sports: Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting	20.00	23.50
Adult Athletes in the Following Sports: Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling	20.00	25.00
Adult Athletes in the Following Sports: Chinese Martial Arts, Judo, Jujitsu, and Karate	Not Available	25.00
Adult Tae Kwon Do Athletes	20.00	Not Available
Adult Powerlifting Athletes	30.00	35.00

AAU National Headquaters
c/o The Walt Disney World Resort
PO Box 10,000
Lake Buena Vista, FL 32830

SPORT CODE ____ ____ ASSOCIATION CODE ____ ____

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

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

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

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

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

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 _____

Wallace Barnett Jr., winner of the Fred Lange Memorial award at the AAU Triple Crown (Barb Beasley)

Youth (12-13)				
P. Collins	132	110	198	440
T. Proctor	126	93	165	385
242 lbs.				
Military				
Open				
R. Williams	402	303	435	1140
Military				
Submasters (35-39)				
R. Williams	402	303	435	1140
Teen (16-17)				
M. Bowne	369	336	473	1179
	4th-BP-358			
Masters (40-44)				
D. Wood	473	308	446	1229

Best Lifter Female Raw Open: Heidi Yerby. Best Female Raw Master: Danene Washington. Best Female Assisted Open: Kimberly Walford. Best Male Raw Open: Lee Gaugler. Best Male Raw Master: John Polak. Best Male Assisted Open: Robert Dennis. Best Male Assisted Master: Michael Bennett. (results courtesy Barbara Beasley)

NASA High School Nationals (kg)
2,3 APR 05 - OKC, OK

BOYS	SQ	BP	DL	TOT
Freshman-Sophomore				
114 lbs.				
A. Thompson	87.5	55	127.5	270
T. Cookson	87.5	52.5	110	250
123 lbs.				
C. Simon	102.5	72.5	145	320
C. Wiltz	80	60	102.5	242.5
132 lbs.				
K. Fetter	127.5	87..5	172.5	387.5
D. Amoe	140	85	157.5	382.5
K. Joulert	140	67.5	160	367.5
A. Palmer	125	87.5	147.5	360
148 lbs.				
B. Clark	167.5	107.5	217.5	492.5
M. Nesmeyer	1725	102.5	175	450
C. Nissen	135	102.5	182.5	420
B. Nelson	142.5	75	197.5	415
C. Causey	137.5	80	165	382.5
C. Ulmer	130	87.5	160	377.5
T. Istre	105	87.5	155	347.5
Thibodeaux	115	87.5	135	337.5
C. Presley	122.5	75	137.5	335
D. Simon	97.5	62.5	145	305
E. Cyranoski	127.5	90	—	—
J. Meeks	—	—	—	—
165 lbs.				
B. Alexander	165	105	170	440
A. Hall	142.5	87.5	205	435
S. Strong	140	107.5	160	407.5
S. Smith	127.5	87.5	172.5	387.5
L. Pryor	117.5	97.5	160	375
A. Leger	112.5	80	142.5	335
D. Arcenaux	92.5	82.5	115	290
181 lbs.				
A. Crawford	200	117.5	192.5	510
T. Conway	155	117.5	210	482.5
J. Ellison	137.2	117.5	207.5	462.5
D. Otis	157.5	100	197.5	455
D. Dugas	157.5	97.5	185	440
J. Brewer	137.5	85	155	377.5
B. Hobia	130	100	142.5	372.5
198 lbs.				
L. Loafman	192.5	112.5	217.5	522.5
A. Scisney	190	117.5	210	517.5
C. Leger	162.5	115	195	472.5
220 lbs.				
L. Taugher	205	147.5	237.5	590
J. Acroix	170	105	205	480
242 lbs.				
Z. Calhoun	210	97.5	207.5	515
S. Bergeron	162.5	115	177.5	455
K. Fixico	167.5	115	142.5	425
275 lbs.				
W. Dyal	227.5	160	210	597.5
B. Cogswell	175	125	190	490
308 lbs.				
C. Carter	182.5	97.5	172.5	452.5
SHW				
W. Reese	155	87.5	157.5	400
D. Guillorg	142.5	57.5	137.5	337.5
Junior-Senior				
123 lbs.				
R. Wiltz	167.5	105	190	462.5
R. Ballard	175	115	170	460
L. Pierce	122.5	77.5	150	350
B. Leblanc	127.5	67.5	127.5	322.5
132 lbs.				
D. Nugent	125	77.5	157.5	360
Underwood	135	67.5	155	357.5
148 lbs.				
N. LaBarbera	167.5	122.5	210	500
J. Thibodeaux	160	130	165	455
A. McGarry	157.5	102.5	185	445
A. Tucker	145	87.5	145	377.5
M. Perry	105	75	157.5	337.5
165 lbs.				
V. Perryman	212.5	—	190	285
R. Barnes	180	140	200	520
D. Bennett	192.5	130	182.5	505
V. Heller	150	115	210	475
T. Prejean	170	102.5	185	457.5
L. Watkins	170	102.5	170	442.5
181 lbs.				
D. Barnett	192.5	130	182.5	582.5
D. Pirkle	217.5	107.5	225	550
D. Anderson	182.5	122.5	220	525
J. Rivera	175	120	227.5	522.5
B. Collins	182.5	127.5	197.5	507.5
J. Redmond	182.5	125	197.5	505
198 lbs.				
D. Majure	245	132.5	256	633.5
B. Granger	190	137.5	215	542.5
220 lbs.				
C. Anderson	255	182.5	262.5	700
J. Bezucha	225	160	227.5	612.5
J. Krawice	215	155	240	610
D. Rivera	192.5	137.5	255	585
Z. Comeaux	207.5	142.5	210	560
R. Douglas	192.5	142.5	203.5	538.5
C. Childs	155	107.5	197.5	460
242 lbs.				
K. Riggs	255	155	255	665
J. Bell	232.5	157.5	237.5	627.5
J. Coleman	162.5	102.5	185	450
B. Glass	—	—	—	—
A. Ernest	245	—	—	—
275 lbs.				
B. Coxon	232.5	152.5	275	660
J. Cogswell	245	177.5	215	637.5
G. Switzer	235	127.5	262.5	625
L. Bowen	220	140	205	565
J. Perryman	215	140	190	545
308 lbs.				
J. Cheeseman	280	205	275	760
C. Viator	145	92.5	165	402.5
SHW				
D. Hawkins	235	170	232.5	637.5
E. Robison	227.5	170	227.5	625
D. Stroud	207.5	137.5	235	580
GIRLS				
Freshman-Sophomore				
97 lbs.				
L. Etheridge	75	25	72.5	172.5
114 lbs.				
M. Slaughter	75	35	82.5	192.5
132 lbs.				
J. Sparkman	112.5	50	122.5	285
J. Woods	95	45	110	250
148 lbs.				
D. Bishop	95	37.5	95	227.5
F. Brown	—	—	—	—
165 lbs.				
K. Miller	122.5	67.5	142.5	332.5
A. Leger	110	47.5	117.5	275
K. Bellm	82.5	57.5	110	250
B. Manuel	70	42.5	100	212.5
181 lbs.				
L. Allen	120	62.5	146	328.5
198 lbs.				
A. Bagwell	145	62.5	145	352.5
SHW				
D. Jackson	120	70	125	315
K. Scott	85	55	115	255
M. Predium	75	—	—	—
Junior-Senior				
105 lbs.				
M. Jones	87.5	45	112.5	245
114 lbs.				
C. Stiltner	—	78.5	100	226
S. Baldwin	100	42.5	132.5	275
123 lbs.				
W. Walsh	112.5	47.5	112.5	272.5
D. Frank	100	40	112.5	252.5
132 lbs.				
A. Spain	120	55	115	290
C. Batchan	100	47.5	110	257.5
181 lbs.				
A. Suggs	142.5	65	160	367.5
198 lbs.				
M. Tuttle	135	60	137.5	332.5
A. Brousard	115	65	120	300
SHW				
J. Middleton	182.5	105	155	442.5
C. Tezena	82.5	50	130	262.5
C. Smith	67.5	45	87.5	200
BOYS	CR	BP	DL	TOT
Junior-Senior				
114 lbs.				
S. Ellefsen	30	52.5	110	192.5
Z. Sprague	27.5	57.5	105	190
C. Anderson	27.5	35	80	142.5
123 lbs.				
S. Sonaty	40	50	127.5	217.5
A. Thornburg	35	57.5	122.5	215
T. Collins	25	45	102.5	172.5
132 lbs.				
S. Shope	42.5	85	132.5	260
148 lbs.				
B. Roark	45	67.5	190	302.5
J. Dickson	40	90	130	260
J. Born	32.5	60	125	217.5
165 lbs.				
T. Thullen	50	82.5	185	317.5
181 lbs.				
D. Carter	47.5	92.5	162.5	302.5
J. Bradley	45	80	162.5	287.5
198 lbs.				
C. Harris	50	100	167.5	317.5
M. Ryan	52.5	85	170	307.5
220 lbs.				
Kilongkilong	525	100	195	347.5
J. Davis	47.5	95	180	322.5
C. Raper	45	92.5	160	297.5
L. Taylor	45	80	147.5	272.5
242 lbs.				
C. Hughey	52.5	102.5	220	375
J. Collier	55	107.5	157.5	320
275 lbs.				
W. Dyal	60	145	210	415
J. Brock	47.5	95	150	292.5
308 lbs.				
N. Wright	50	77.5	172.5	300
Junior-Senior				
114 lbs.				
C. Stiltner	47.5	78.5	100	226
R. Murrillo	17.5	70	47.5	135
148 lbs.				
J. Lloyd	50	100	162.5	312.5
M. Copeland	42.5	67.5	160	270
165 lbs.				
A. Coffey	57.5	112.5	210	380
R. Buckner	50	95	175	320
181 lbs.				
D. Wade	58.5	115	172.5	346
J. Garber	47.5	—	—	—
198 lbs.				
J. Ricketts	67.5	115	187.5	370
M. Hobbs	52.5	130	185	367.5
Shackelford	57.5	107.5	185	350
220 lbs.				
R. Douglas	52.5	105	203.5	361
C. Childs	50	107.5	197.5	355
M. Farrier	52.5	90	172.5	315
275 lbs.				
C. Foster	40	117.5	165	322.5
308 lbs.				
J. Cheeseman	72.5	147.5	275	495
GIRLS				
Freshman-Sophomore				
114 lbs.				
C. Wingert	26	37.5	75	138.5
123 lbs.				
T. Alvarez	25	37.5	75	137.5
S. Seaton	22.5	35	80	137.5
C. Rasmussen	22.5	37.5	75	135
132 lbs.				
K. Miller	25	37.5	110	172.5
K. Gilmartin	25	37.5	75	137.5
148 lbs.				
S. Kennedy	25	42.5	125	192.5
165 lbs.				
K. Bellm	32.5	57.5	110	200
SHW				
D. Jackson	37.5	70	125	232.5
S. McCall	32.5	45	100	177.5

(thanks to Rich Peters for sending these meet results to Powerlifting USA)

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis that a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for $14.95 plus $4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

Reb Brick BP Classic II
19 FEB 05 - Lewiston, NY

WOMEN
Raw
132 lbs.
Junior (20-23)
J. Jitomir 160
242 lbs.
Submaster (35-39)
A. Lockhart 175
MEN
Raw
104 lbs.
Youth (9-10)
T. Braughler 50
114 lbs.
Youth (11-12)
R. Stevenson 50
148 lbs.
Youth (9-10)
B. Thomas 115
Teen (13-14)
C. Stevenson 105
Teen (15-16)
F. Duchow 230
Master (60-69)
M. Jones 100
165 lbs.
Teen (15-16)
E. Denk 235
J. Didas 225
Junior (20-23)
T. Venne 255
Master (40-49)
Monteleone 215
Master (50-59)
S. McKay 100
181 lbs.
Teen (15-16)
Braughler, Jr 135
Teen (17-19)
S. Scibetta 250
P. Thomas 225
Junior (20-23)
Descrocher 300
Open (24-34)
R. Scibetta 275
Master (40-49)
R. Scibetta 275
Master (70-79)
L. Marmet 105
198 lbs.
Teen (15-16)
J. Hams, Jr 230
Teen (17-19)
B. Miner 260
Open (24-34)
J. Greene III 355
T. Braughler 230
Master (40-49)
J. Hams, Sr
220 lbs.
Open (24-34)
A. Lewis 445
Master (40-49)
P. Didas 285
Master (50-59)
D. Worth 200
Master (60-69)
B. Shields 250
Submaster (35-39)
Braughler, Sr 300
C. Wilson 275
Police
M. Kenney 275
242 lbs.
Teen (15-16)
C. Collins 215
Teen (17-19)
A. Castillo 245
Master (40-49)
D. Swick 355
Military
R. Hueber 345
275 lbs.
Submaster (35-39)
J. Hall 410
Master (40-49)
J. Linton 415
Police
M. Wasik 400
SHW
Submaster (35-39)
A. Williams 440
Master (40-49)
Anderson, Sr 455
Master (50-59)
J. Greene, Jr 375
Assisted
148 lbs.
Open (24-34)
A. Jackson 310
165 lbs.
Teen (15-16)
S. Stevenson 140
198 lbs.
Teen (15-16)
T. Stevenson 195
Teen (17-19)
C. Wolfe 205
Submaster (35-39)
S. Hailey 485
220 lbs.
Open (24-34)
C. Hoplight 365
Master (40-49)

Sean Hailey, *Outstanding Lifter at the Red Brick Classic, with a close 500 lb. attempt in the 198 lb. Submaster division (from Dennis Brochey)*

R. Petrie 405
242 lbs.
Teen (17-19)
S. Swogier 265
Open (24-34)
P. Clifton 365
Guest Lifter
P. Dick 625
275 lbs.
Junior (20-23)
V. Aloion 485
Open (24-34)
J. Wnuk 485
Master (40-49)
T. Stevenson 275

Best Female Lifter: Jean Jitomer. Best Male Lifter: Sean Hailey. Team Trophy: Stevenson (Father/Son) Team. Guest Lifter: Patrick Dick. This meet was sponsored by the Niagara Powerlifting Club. It was held at the historic Lewiston Red Brick School. This meet was a fund raiser for families of local troops stationed in Iraq and Afghanistan. Over $4,500 was raised for support groups from the 107th Air Refueling Wing and 914th Airlift Wing, located in Niagara County, NY. We would like to thank Marianne Gittermann, Lewiston Recreation Director, and her staff for the use of the facility, all our corporate, small business and individual sponsors, the Niagara Powerlifting Club team members: Dennis Brochey, Thomas Delorimiere, Patrick Dick, Johnny Elsberry, and Tony Evans. A special thanks to my teammate and workout partner, Bob Petrie, and his family of June, Becky and Sammy. (Thanks to Dennis Brochey for providing these results)

WABDL Florida State BP/DL
16 APR 05 - Lakeland, FL

BENCH
WOMEN
Teen (13-15)
132 lbs.
B. Rains 125
148 lbs.
C. Kirkland 70
165 lbs.
C. Kirkland 135
4th-140
Junior
148 lbs.
A. Tribble 170
Submaster
198+ lbs.
A. Silk 165
Master (40-46)
123 lbs.
M. Kirkland 175
MEN
Teen (13-15)
97 lbs.
B. Silk 82
132 lbs.
J. Szparaga 165
148 lbs.
S. Knopp 140
165 lbs.
D. Davis 235
4th-245
181 lbs.
H. Joyer 220
308lbs.
K. Joyer 285
4th-300
Teen (16-19)
242 lbs.
T. Brown, III 390
Junior
198 lbs.
D. Beasock 335
Submaster
181lbs.
R. Birt 430
259 lbs.
L. Widener 365
Class-1
132 lbs.
J. Szparaaga 165
181 lbs.
L. Glenn, Jr. 395
259 lbs.
R. Zareck 405
4th-415
Open
165 lbs.
B. Moorehead 407
181 lbs.
C. Brawley 295
198 lbs.
R. Kelly 470
259 lbs.
K. Rains 505
Law/Fire
(48+)
220 lbs.
T. Lang 425
259 lbs.
F. McBride 300
4th-305
Law/Fire
Open
259 lbs.
J. Rinardo 450
Master (40-46)
259 lbs.
K. Rains 505
Master (47-53)
198 lbs.
K. Conaway 375
R. Douglas 350
220 lbs.
T. Lang 425
Master (54-60)
220 lbs.
T. Jenkins 385
242 lbs.
P. Kinser 350
259 lbs.
M. Ruiz 300
Master (61-67)
181 lbs.
M. Williams 285
259 lbs.
R. Zareck 405
4th-415
F. McBride 300
4th-305
275 lbs.
E. Hargrove 285
Master (68-74)
165 lbs.
B. Tinkler 235
198 lbs.
B. Remley 295
242 lbs.
J. Young 380
DEADLIFT
WOMEN
Teen (13-15)
148 lbs.
C. Kirkland 170
4th-185
165 lbs.
C. Kirkland 255
4th-265
Junior
148 lbs.
A. Tribble 370
Open
165 lbs.
J. Douham 300
Submaster
198+ lbs.
A. Silk 295
Master (40-46)
123 lbs.
M. Kirkland 340
MEN
Teen (13-15)
97 lbs.
B. Silk 200
132 lbs.
J. Szparaga 230
148 lbs.
R. Lynch 355
Junior
198 lbs.
D. Beasock 455
Class-1
114 lbs.
S. Beasley 250
132 lbs.
J. Szparaga 230
181 lbs.
T. Calhoon 495
Open
132 lbs.
K. Snell 435
181 lbs.
C. Brawley 450
198 lbs.
J. Cervero 625
Master (40-46)
132 lbs.
K. Snell 435
181 lbs.
T Calhoon 495
242 lbs.
B. Hammock 600
Master (47-53)
181 lbs.
J. Lynch 500
Master (54-60)
148 lbs.
L. Casanova 270
165 lbs.
K. Mannchen 380
242 lbs.
P. Kinser 520
259 lbs.
M. Ruiz 515
Master (61-67)
181 lbs.
M. Williams 400
Master (68-74)
165 lbs.
B. Tinkler 300

Best Female Bench Press: Margaret Kirkland. Best Male Bench Press: Ryan Kelly. Best Female Deadlifter: Margaret Kirkland. Best Male Deadlifter: Jeff Cervero. The women's division took to the platform first with Brittany Rains, competing in her first contest and benching a Florida state record 125 lbs. in the teen (13-15) division. 132 lbs. class, Chloe and Cari Kirland both benched state records and won their respective weight classes in the 13-15 age group. The sisters are the daughters of world class powerlifter Margaret Kirkland. Aiyisha Tribble set a state record with an impressive 170 lb. bench to win the junior 148 lb. class. In the submaster division, Ann Silk benched a nice 165 lb. to win the 198+ class. Mighty Margaret Kirkland benched a whopping 175 lbs. at a bodyweight of 118 lbs., in the 40-46 division. She tied her own state record and won the best female award in the bench press. Brandon silk proved that just because you

100% RAW Powerlifting Federation
Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. ____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: ____ ____ ____

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

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NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.

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

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

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

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weigh 97 lbs., it doesn't mean you're a weakling. Brandon benched a state record 82.5 lbs. to win the 97 lb. class in the 13-15 age group. Jon Szparaga won the 13-15/132 lb. class with a nice state record 165 lb. bench. Skylee Knopp benched a respective 149 lb. to win the 148 lb. class, in the 13-15 age group, while competing in her first contest. Dalton Davis benched an impressive 245 lb. state record 4th attempt to win the 165 lb. class in the 13-15 age group. The Joyer brothers each won their classes with state record and Troy Brown benched a 340 lb. state record to win the 242 lb. class in the 18-19 age group. Don Beasock benched a nice 335 lb. to win the 198 lb. class junior division. In the submasters, Ryan Birt pushed up an impressive 430 lbs. to win the 181 lb. class. Lawrence Widener established a state record 365 lb. to win the 259 lb. class. Jon Szparaga set a state record in the 132 lb. class-1 division, with a 165 lb. bench. Larry Glenn Jr. benched a state record 395 lb. to win the class-1 181's. Richard Zocock won the 259 lb. class with a 4th attempt 415 bench. In the open division, Brett Moorehead set the state record in the 165 lb. class with a 407.5 bench. Carson Brawley benched a nice 295 lbs. to win the 181 lb. class and Ryan Kelly won the 198 lb. class with a 470 lb. bench. Ryan also won the award for the best bencher of the meet. Kenny "Come Back" Rains, after about a 10 year hiatus, lifted a state record 505 lbs. to win the open 259 lbs. class. The law/fire division had 3 competitors with Tim Lang setting a state record in the 48+ 220 lb. class, pushing up 425 lbs. Joe Rinaldo won the open 259 lb. class with a state record 450 lbs. and Francis McBride won the 48+ age group 259 lb. class with a 4th attempt state record of 305 lbs. there were 14 competitors in the masters division with Kenny Rains setting a state record 305 lbs. in the 40-46 age group 259 lb. class. Kim Conaway took first over Rod Douglas in the 47-53 age group 148 lb. class. Tim Lang set a state record in the 47-53 age group, 220 lb. class with a 385 lb. bench. Palmer Kinser pushed up a 350 lb. bench to set a state record in the 54-60, 242 lb. class. Miguel Ruiz set a state record with a 300 lb. bench in the 54-60 age group 259 lb. class. Marvin Williams set the record breaking pace in the 61-67 age group by benching a state record 285 lb. in the 181 lb. class. Richard Zareck pushed-up a very impressive 4th attempt 415 lbs. to set a new state record in the 259 lb. class and take 1st place over Francis McBride. Ed Hargrove benched 285 lbs. to win the 275 lb. class, in the 61-67 age group. Bill Timkler benched a nice 235 lbs. to win the 68-74 age group, 165 lb. class. Bill Remley benched 245 to win the 198 lb. class. Bill will some day bench that elusive 305 lbs. Johnny Yong narrowly missed a 400 lb. bench, but still wound up with a very impressive 380 lbs. to win the 242 lb. class. the deadlift portion of the meet started with the women pulling some impressive number. The Kirkland sisters are taking after their mom by setting state records. Chloe pulled a 4th attmept 185 lb. state record while her sister Cari pulled a 4th attempt 265 lb. state record. Aiyisha Tribble deadlifted an impressive 370 lbs. to set a state record in the junior division 148 lb. class. Julianne Dunham tried for the state record on her 2nd and 3rd attempts but had to settle for 300 lbs. to win the 165 lb. open division; not bad at all for only her second meet. Ann silk lifted 295 lbs. to win the 198+ submaster division. Margaret Kirkland kept up with her daughters by letting a state record 340 lb. deadlift. this extremely impressive lift earned her the best female deadlifter of the meet. Brandon Silk pulled a nice 200 lbs. state record deadlift in the 97 lb. class 13-15 age group. Jon Szparaga's 230 lb. pull was a state record in the 13-15 age group and so was Ray Lunch's 355 lb. pull in the 148's. Don Beasock deadlifted 455 lbs. to win the junior 198 lb. class. Scott Beasley pulled a nice 250 lb. deadlift to win the class-1 114 lb. class and Jon Szparaga pulled another state record deadlift in the class-1 132 lbs. with 230 lbs. Tim Calhoon tried on his 2nd and 3rd attempts to break the state record in the class-1 181 lbs. class, but had to settle with his 445 opener. In the open division, Ken Snell pulled a state record 435 lbs. in the 132 lb. class. Carson Brawley deadlifted 450 lbs. to win the 181 lb. class. Jeff Cervero pulled an impressive 625 lbs. wo win the 198 lbs. class and it earned him the best deadlifter award of the meet. In the masters 40-46 age group, Ken Snell only pulled his opener in the 132s. Tim Calhoon also only pulled his opener of 495 lbs. in the 181 lbs. class. After losing 60 lbs., Bubba hammock deadlifted an impressive 600 lbs. in the 242 lbs. weight class, for a state record. Jim Lynch deadlifted 500 lbs. in the 47 53 age group to win the 181 lbs. class. Louie Casanova pulled a state record 270 lbs. in the 54-60 age group 148 lbs. class. Kurt Mannchen hoisted a nice 380 lbs. for a state record in the 165 lbs. class. Palmer Kinser set another state record with a 520 lbs. pull in the 242 lb. class. Miguel Ruiz finished with a state record 515 lbs. in the 259 lb. class 54-60 age group. Marvin Williams deadlifted a state record 400 lbs. in the 61-67 age group, 181 lbs. class. Bill tinkler pulled a state record 300 lbs. to win the 165 lbs. class in the 68-74 age group. A special thanks to Louis Baltz, All American Gym, Gus Rethwisch, Junk Yard Dogg, Johnny Best, Dan Jonas, Michelle Lucas, Nate Dunham, Steve Beck, Randy Dey, Brett Moosehead, Swane Strickland, Silk Video, Gearman Nutrition, House of Pain, and all the lifters and spectators who make these meets possible. (Thanks to Ken Snell, of All American Gym, for providing the results)

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SLP Police/Fire/Master National
13 MAR 05 - Tuscola, IL

BENCH
MEN
Master (45-49)
SHW
J. Ray 450!
4th-455!
Master (50-54)
220 lbs.
T. Boyer 500!
Police/Fire
(40-44)
198 lbs.
L. Banks 415!
242 lbs.
D. Walker 650!
Police/Fire
Open
242 lbs.
D. Walker 650!

!=Son Light Power national records. Best Lifter: David Walker. The second annual Son Light Power Police/Fire & Master's National Bench Press Championship was at Son Light Power Gym. With only five entries it was a short one, but one in which each lifter broke existing records for their respective weight classes. In the master's 45-49 age division it was Jim Ray for the win at shw with a solid 450. A fourth with 455 was also good, breaking his own national raw record for that class by twenty pounds. This along with the fact that Jim competed just yesterday in Ohio, where he only got 435! At 50-54/220 it was Tom Boyer for the win, making just his opener. But that opener was quite an opener, Tom finally getting his first official 500 bench! And it was a new national record as well! In the police & fire division Lee Roy Banks won at 40-44/198 with an easy 415, though 425 just couldn't seem to lock! Still, another national raw record for him! In the 40-44/242 and open police & fire 242 class it was all David Walker. After being out of competition for more than a year (working in national security) David came back strong with a new national record for both classes with 650! David was also awarded the best lifter trophy for the competition. Thanks to my son Joey, grandson Daniel and Wee-Man for all their help loading and spotting and to the competitors for helping each other out. Thanks also to Sean Corbett for his great lift-offs and to our trophy girl Crystal, the best looking girl at the meet! (Thanks to Dr. Darrell Latch for results)

USAPL Virginia Open
26 MAR 05 - Charlottesville, VA

BENCH
WOMEN
148 lbs.
Open
(40-44)
A. Tallarico 195
181 lbs.
(14-15)
B. Haines 115
MEN
114 lbs.
Open
J. Nuteman 85
165 lbs.
(16-17)
R. Young, Jr. 190
181 lbs.
Open
(40-44)
C. Merritt 340
198 lbs.
Open
(50-54)
A. Statman 280
220 lbs.
Open
S. Beam 415
(33-39)
R. Young, Sr 335
Ironman
132 lbs.
Raw
Open
H. Readores 240 320 560
165 lbs.
Raw
Open
C. Johnson 300 500 800
181 lbs.
Raw
(16-17)
J. Greene 185 360 545
198 lbs.
(55-59)
J. Harmon 345 480 825
242 lbs.
Open
D. Cooper 430 725 1155
Raw
Open
(40-44)
K. Ryder 450 710 1160
WOMEN SQ BP DL TOT
97 lbs.
Open
(50-54)
W. Burnette 235 165 290 690
(55-59)
E. Newton 100 75 180 355
132 lbs.
(50-54)
K. Schmeets 240 135 300 675
242 lbs.
(35-39)
D. Johnston 395
(45-49)
A. Haines 325
275 lbs.
Raw
Open
(40-44)
K. Ryder 450
D. Nolen 405
Raw
(35-39)
S. Kuzma 455
Supers
Open
(45-49)
B. Gillespie 710
DEADLIFT
220 lbs.
Raw
(35-39)
R. Andrews 500
(50-54)
D. Morris 425
275 lbs.
Raw
Open
J. Lowry 660
BP DL TOT
148 lbs.
Armed Forces
L. Reams 225 175 255 655
Raw
(40-44)
G. Updyke 180 100 275 555
Supers
(45-49)
S. Zabawa 225 185 350 800
MEN
165 lbs.
Open
(40-44)
K. Smith 400 250 450 1100
181 lbs.
(20-23)
R. Howell 500 370 425 1295
Open
(50-54)
R. Green 535 340 600 1475
(35-39)
J. Lafferty 425 285 400 1100
198 lbs.
(55-59)
B. Lindsey 450 380 500 1330
220 lbs.
Open
J. Nicolsi 650 425 550 1625
(40-44)
G. Stang 450 400 480 1330
(50-54)
B. Criner 425 265 425 1115
Raw
(50-54)
D. Morris 325 190 425 940
242 lbs.
(20-23)
A. Saavendra 415 270 500 1185
(40-44)
M. Hill 475 350 515 1340
Police
B. Rochefort 550 400 530 1480
Open
A. Harmon 325 355 400 1080
275 lbs.
Raw
Open
K. Ryder 550 450 710 1710
(20-23)
J. Hicks 480 335 510 1325
Supers
Open
(20-23)
J. Wehrman 545 455 575 1575
(Thanks to John Shifflett for these results)

***Ken Ryder** with his new USAPL 40-44 American DL record-710 at the Virginia Open (by William Morris)*

USAPL March Madness
12 MAR 05 - Warwick, NY

FEMALE BP DL TOT
Youth
C. Hammer-131 150 235 385
M. Albizu-98 135 200 335
W. Slicker-111 120 175 295
F. Gerachty-112 140 140 280
MALE
Youth
C. Forbes-131 200 305 505
D. Windhausen-130 155 280 435
T. DeCamp-132 85 160 245
148-165 lbs.
T. Albano 345 430 775
Master
R. Coisson 260 350 610
Novice
J. Gould 140 300 445
D. Berrios 100 250 350
B. Tripp — 300 300
Open
M. Gerachty 400 500 900
C. Prody 340 435 775
P. Kerwin 225 485 725
Junior
R. Winter 225 325 550
181 lbs.
Master
T. Piazza — — —
Open
R. Hart — — —
Master (45-49)
J. Mitsopoulos 320 — 320
Junior
C. Lyman — 525 525
Special Olympics
D. DeCamp 150 300 450
A. Radzieski 135 230 365
Junior
J. Leone 375 575 950
R. Winters 225 325 550
198 lbs.
Master (45-49)
J. Payette 370 510 890
Raw
Police/Fire
Master (40-44)
G. Alvarez 270 475 745
Novice
S. Woffard 430 — 430
M. Eaheart — — —
Junior
B. Sniffen — 440 440
Teen
N. Scarpulla 275 410 685
B. Salowich 160 310 470
S. Huber — 465 465
Novice
S. Hackel 265 500 765
M. Standhart 245 440 685
220 lbs.
Master (60-64)
R. Hurley 290 — 290
Special Olympics
C. Hinkley 210 — 210
Master (45-49)
R. Greenspan 410 — 410
Master (55-59)
M. Makofsky 440 — 440
Teen
J. Seiel 255 480 735
Master (40-44)
J. Skordinski 350 — 350
Raw
Master
C. Slaybaugh — 625 625
T. Sexton — 460 460
Teen
K. Young 350 — 350
Novice
D. Rossman 300 — 300
D. Anderson 245 — 245
B. Blazo 225 — 225
242 lbs.
Submaster
A. Cavello 360 465 825
Open/Raw
Novice/Master
G. Haley 385 — 385
Open
Junior
V. Bielia 230 — 230
Open
Lifetime/Raw
C. Stolicker 375 — 375
Master
Police/Fire
V. Maldfeld 180 335 515
Novice
C. Kamil 315 530 845
Master
B. Sacco 285 450 735

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

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

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

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

Name: _____ Phone: (_____)_____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

Membership Prices: *(please circle one)* • Adult - $40.00 • High School Division (Full year; any meet) - $30.00 • Special Olympian - $10.00
• High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - $15.00 • Upgrade from current HS Seasonal to HS Div. Full year - $15.00

Competing Divisions: *(please circle all that apply)* Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire
High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May31 Special Olympian

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•White Referee Designation Polo - $30.00(s-xl) $32.50(xxl & up) (size ___ qty. ___) •Logo Patch - $5.00 (qty. ___) (Shpg for patch: .50)
•Lifter Classification Patch - $5.00 (qty. ___) *(must provide meet results)* •Hats - $15.00 (qty.___)*(colors: white, navy, black)*

Check/Money Order # _____
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Card # _____ - _____ - _____ - _____
Cardholder Signature: _____
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Membership Price: $ _____
Merchandise Total: $ _____
Merchandise Shipping: $4.00
Total Purchased: $ _____

(White Original – National Office • Yellow – Seller's Copy • Pink – Lifter's Copy)

Open			
Military			
R. Cancelino	440	660	1100
K. Roberts	350	515	865
College			
M. Clark	400	625	1025
275 lbs./SHW			
Teen			
J. Basale	315	500	815
Open			
T. Lamendola	440	—	440
J. Sulowhoski	—	—	—
Special Olympics			
J. Edie	240	450	690
S. Gallagher	160	—	160
Submaster			
P. Porcelli	480	520	1000
Open/Raw			
Submaster			
Police/Fire			
R. Miller	485	—	485
D.LeFEvre	350	525	875
Special Olympics			
R. Davis	170	180	350
J. Fogha	335	450	785

Qualifier	SQ	BP	DL	TOT
Teen				
MALE				
Scarpulla-189	375	275	410	1060
C. Forbes-131	275	200	305	780
FEMALE				
Windhaus-130	275	155	280	710
Collegiate				
MALE				
J. Leone-179	450	375	575	1400
M. Clark-242	600	400	625	1625
Huckle-194	455	260	500	1215

We had 51 lifters with 10 Special Olympians. I want to thank all the table workers and all my referees for their time on each platform, and my spotters and loaders. They worked great without any mis-loads on the two platforms. We also had 6 people qualify for the teen nationals and 3 West Point cadets try to qualify for the collegiate Nationals. Three on a special sheet with 3 squats, bench presses, and deadlifts, for the national office. Meet Director: Charlie Schroeder. (Thanks to Charlie Schroeder, NYSC, USAPL, for results)

***Mark Ligon** benches 245 at the IBP Raw Bench Meet. (Keith Payne)*

IBP Raw Bench Championships
22 APR 05 - Winston Salem, NC

BENCH	
WOMEN	
Raw	
165 lbs.	
Novice	
R. Braglin	125
Teen (16-17)	
C. Clifton	85
181 lbs.	
Open	
J. Langdon	165
198 lbs.	
Master (40-44)	
M. Boyles	170
MEN	
Raw	
114 lbs.	
Teen (14-15)	
A. Nelson	130
123 lbs.	
D. Phipps	90
4th-100	
165 lbs.	
Teen (16-17)	
C. Martin	235
Police/Fire	
M. Ligon	245
181 lbs.	
Teen (16-17)	
M. Bowen	245
Submaster	
R. Bagley	285
Police/Fire	
R. Bagley	285
Open	
J. Wright	320
Master (40-44)	
B.Upchurch	300
198 lbs.	
Master (50-54)	
S. Durham	325
Intermediate	
D. Ezzell	280
220 lbs.	
Open	
B. Williams	425
Novice	
D. Howe, Jr.	340
Master (60-64)	
B. Liles	250
Master (50-54)	
D. McMillan	380
Master (40-44)	
M. Wall	340
Junior	
L. Bullins	425
4th-430	
K. Barnhardt	425
242 lbs.	
Police/Fire	
K. Hubbard	345
Novice	
b. Moore	395
Master (55-59)	
L. Bearden	255
275 lbs.	
Teen (16-17)	
D. Atkins	305
Submaster	
B. Nance	425
Intermediate	
J. Smith	425
319 lbs.	
Police/Fire	
C. Elliott	525
SHW	

Open
M. Neal 550
(thanks to Keith Payne for these results)

Open Bench Press Meet
16 APR 05 - Glenwood, AR

BENCH		P. Brewer	165
WOMEN		C. Boreing	405
Open		Middle (175-195)	
M. Fryar	80	J. Scott	410
MEN		P. Clark	405
Teen		Heavy (196-215)	
Light (156-174)		S. Irwin	405
S. Holt	265	R. Land	390
Super (216+)		S. Hardage	350
D. Mabery	270	D. Partee	325
Sr. Light (156-174)		J. Fryar	325
H. Hager	230	D. Threlkeld	325
Sr. Middle (175-195)		Super (116+)	
T. Lewis	270	J. Davis	410
Light (156-114)			

We had 16 lifters compete at the Glenwood Athletic Club. I would like to thank everyone that came out to cheer on these lifters. (results courtesy Glenwood Athletic Club)

APA Kentucky State
SEP 04 -

BENCH				
181 lbs.				
Open				
E. Patterson	—			
198 lbs.				
(18-19)				
B. Singleton	355			
242 lbs.				
Open				
198 lbs.	SQ	BP	DL	TOT
Open				
L. Hoover	785!	530	600	1915!
242 lbs.				
Open				
J. Wegant	500	385	455	1340
308 lbs.				
Open				
T. Vaughn	850	—	—	—

G. Buechlein	705!
SM	
S. Queener	350
242 lbs.	
(40-44)	
D. Anguish	525
308 lbs.	
JR	
N. Winters	530!

!=World records. (results by Wade Johnson)

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A PARADIGM SHIFT IN KNEE WRAP DESIGN!

***Rebekah Rollins** pulls at the APA Battle of the Carolinas. (S. Taylor)*

APA Battle of the Carolinas
16 APR 05 - Florence, SC

BENCH				
MEN				
Submaster				
148 lbs.				
F. McNeil	315			
165 lbs.				
J. McElveen	320			
198 lbs.				
Master-2				
A. Ott	315			
Open				
P. Byrd	380			
Drug Free				
J. Rhodes	305			
Master-2				
G. Abdon	435			
220 lbs.				
Master-3				
J. May	300			
Push-Pull		BP	DL	TOT
WOMEN				
UNL				
Junior				
R. Rollins		75	170	245
MEN				
181 lbs.				
Master-1				
S. Moore		380	405	785
Junior				
B. Sword		215	425	640
Master-3				
J. Shoaf		—	—	—
198 lbs.				
Junior				
R. Eller		230	360	590
220 lbs.				
Teen				
K. Hogg		340	455	795
Drug Free				
J. Rierson		—	—	—
242 lbs.				
Junior				
B. Gardnert		405	455	860
Open				
C. Liles		405	500	905
Master-1				
M. Wade		430	525	955
		4th-BP-455		

Best Lifter Bench Press: George Abdon. Best Lifter Deadlift: Chris Hewitt. Best Lifter Push-Pull: Mark Wade. This event took place at Extreme Fitness of Florence, and was very well organized, with a large group of vocal and supportive spectators. Special thanks to Extreme Fitness for doing a great job setting up the lifting area, providing some beautiful and excellent scorekeepers/announcer, and some outstanding spotters who did an excellent job through out the day. I would also like to thank our referee's for doing an outstanding job, providing strict but fair and consistent judging. (Thanks to Scott Taylor, APA President, for sending results)

NASA Arizona State (kg)
26 MAR 05 - Mesa, AZ

BENCH				
WOMEN				
Novice				
148 lbs.				
B. Colbert	37.5			
Int				
B. Colbert	37.5			
MEN				
Submaster-2				
198 lbs.				
R. Serafin	152.5			
C. Omatsu	150			
Submaster-1				
220 lbs.				
J. Marconato	182.5			
Pure				
165 lbs.				
T. Thompson	137.5			
181 lbs.				
R. Thompson	150			
242 lbs.				
M. DesRosier	253			
Novice				
165 lbs.				
T. Thompson	137.5			
181 lbs.				
V. Lozada	157.5			
198 lbs.				
C. Omatsu	150			
Natural				
181 lbs.				
R. Thompson	150			
198 lbs.				
R. Hammonds	140			
Master-3				
181 lbs.				
B. Calvan	122.5			
275 lbs.				
F. Davis	—			
Master-1				
181 lbs.				
D. Bjornstad	137.5			
198 lbs.				
W. Sword	165			
Push-Pull		BP	DL	TOT
WOMEN				
Master-1				
148 lbs.				
D. Manno		67.5	115	182.5
Master Pure				
D. Manno		67.5	115	182.5
MEN				
Youth				
95 lbs.				
T. Manno		27.5	65	92.5
Powerlifting	SQ	BP	DL	TOT
WOMEN				
Teen				
165 lbs.				
B. Greene	67.5	57.5	100	225
MEN				
Teen				
242 lbs.				
J. Carlile	270	172.5	255	697.5
275 lbs.				
J. DeMaria	232.5	122.5	237.5	592.5
D. Velasquez	147.5	75	160	382.5
Submaster Pure				
220 lbs.				
B. Thompson	272.5	192.5	250	715
Submaster-1				
198 lbs.				
C. Williams	255	145	227.5	627.5
220 lbs.				
B. Thompson	272.5	92.5	250	715
SHW				
J. Anderson	260	185	287.5	732.5
Pure				
165 lbs.				
P. Cousins	160	130	177.5	467.5
181 lbs.				
D. Keating	217.5	170	235	622.5
220 lbs.				
B. Thompson	272.5	192.5	250	715
J. Golea	272.5	187.5	240	700
242 lbs.				
J. Carlile	270	172.5	255	697.5
SHW				
W. Carpenter	295	170	262.5	727.5
Novice				
220 lbs.				
G. Gonzales	185	—	165	220
Natural				
198 lbs.				
C. Williams	255	145	227.5	627.5
Master Pure				
165 lbs.				
G. Smith	240	145	255	640
181 lbs.				
J. Coates Jr.	—	145	255	185
198 lbs.				
P. Harrity	202.5	132.5	185	520
SHW				
K. Halicek	237.5	155	—	392.5
Master-2				
198 lbs.				
F. Millan	250	117.5	245	612.5
Master-1				
132 lbs.				
J. Bissen	177.5	95	185	457.5
181 lbs.				
C. Brown	205	142.5	227.5	575
Int				
181 lbs.				
D. Torrez	277.5	175	232.5	685
High School				
220 lbs.				
A. Chee	127.5	67.5	170	365
Power Sports	CR	BP	DL	TOT
WOMEN				
Open				
132 lbs.				
T. Ishimatsu	25	50	87.5	162.5
Master-5				
132 lbs.				
T. Ishimatsu	25	50	87.5	162.5
Master-1				
123 lbs.				
J. Dutra	32.5	50	95	177.5
MEN				
Youth				
97 lbs.				
K. Ishimatsu	12.5	17.5	45	75
Teen				
198 lbs.				
J. Pothoff	62.5	117.5	172.5	352.5
Submaster-2				
220 lbs.				
D. Diehl	67.5	122.5	267.5	457.5
Novice				
181 lbs.				
A. Whitten	70	130	215	415
Master-2				
198 lbs.				
J. Hamilton	77.5	140	170	387.5
220 lbs.				
R. Lacey	70	132.5	227.5	430
Master-1				
220 lbs.				
R. Cheatham	57.5	150	187.5	395
Junior				
148 lbs.				
G. Pineda	60	117.5	127.5	305
Int				
148 lbs.				
Higginbotham	55	105	182.5	342.5
High School				
123 lbs.				
I. Pineda	42.5	90	115	247.5
198 lbs.				
J. Vedder	60	133	176	369

(thanks to Rich Peters for sending results)

3rd World Gym of Cape May's BP
7 MAY 05 - Cape May, NJ

WOMEN		A. Famiano	480
Celeste	155	M. Church	405
MEN		275 lbs.	
148 lbs.		P. Mamgran	530
W. Adams	290	M. Cooper	405
165 lbs.		SHW	
J. Armbruster	350	T. Barbaccio	600
M. Maines	295	D. Kreig	500
181 lbs.		C. Littos	450
M. Harkin	475		
T. Morris	300		
242 lbs.			
D. Stevenson	560		

Lightweight Overall Winner: Mike Harkin. Heavyweight Overall Winner: Don Stevenson. This was a great event, with some intense competitors. Definitely our best competition yer! Many of the contestants learned of our event because of the article in Powerlifting USA. Thank You Bill Geisel. Sponsors: Phil Juice Co., L & E Dist., and ATF Fitness Products. (Thanks to World Gym of Cape May for the results)

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AAU Virginia State
23-24 APR 05 - Richmond, VA

MALE	SQ	BP	DL	TOT
Assisted				
220 lbs.				
Lifetime				
Masters (40-44)				
M. Bennett	473	385	699	1559
		4th-DL-710		
Lifetime				
Open				
K. Spitzer	600	462	567	1631
Lifetime				
Submasters (35-39)				
K. Spitzer	600	462	567	1631
242 lbs.				
Lifetime				
Open				
B. Self	683	462	600	1747
275 lbs.				
Lifetime				
Masters (50-54)				
D. Thomas	214	275	457	947
Masters (50-54)				
D. Thomas	214	275	457	947
Raw				
123 lbs.				
Teen (14-15)				
D. Eckel	231	137	308	677
165 lbs.				
Teen (18-19)				
A. McGowan	424	248	457	1129
181 lbs.				
Teen (14-15)				
M. Wilson	319	220	402	942
198 lbs.				
Lifetime				
Masters (60-64)				
Barnett, Jr.	143	220	314	677
275 lbs.				
Lifetime				
Masters (40-44)				
D. Wood	473	308	446	1229

Best Female Raw Open: Heidi Yerby. Best Female Raw Master: Danene Washington. Best Male Raw Master: Dave Wood. Best Male Assisted Open: Brian Self. Best Male Assisted Master: Michael Bennett. (Thanks to Barbara Beasley for providing results)

SLP Midwest Open BP/DL
20 FEB 05 - Clinton, IN

BENCH		DEADLIFT	
Teen (13-15)		Submaster	
220 lbs.		198 lbs.	
M. Ladd	240!	J. Ellis	525!
Junior		Master (40-44)	
198 lbs.		242 lbs.	
J. Nicholson	315	R. Naccarato	500!
Master (40-44)		Master (45-49)	
242 lbs.		242 lbs.	
R. Naccarato	370	C. Coleman	500
308 lbs.		4th-530	
R. Nicodemus	500!	Open	
Open		181 lbs.	
181 lbs.		T. Cottrell	450
T. Cottrell	270	198 lbs.	
242 lbs.		E. Schmid	500
S. Noel	425	242 lbs.	
4th-435		S. Noel	600
275 lbs.		275 lbs.	
J. Howery	525	J. Howery	500

!=Son Light Power Indiana state records. Best Lifter Bench Press: Jeremy Howery. Best Lifter Deadlift: Spencer Noel. The Son Light Power Midwest Open Bench Press/ Deadlift Championship was held at 7th. Street Health & Fitness. Thanks to owner Mike Whiteman for hosting this event. In the bench press competition Mike Ladd broke the existing Indiana state record for the 13-15/220 class with his 240 personal best final attempt. This was just Mike's second competition ever! At junior 198 it was Jason Nicholson with 315 for the win. First-time competitor Randy Naccarato won at 40-44/242 with a personal best 370. Also at 40-44, lifting raw, was 308 winner Ron Nicodemus. Ron not only set the state record here at 500, but broke the existing SLP raw national record as well! In the open division it was Tim Cottrell for the win at 181 with 270 while Spencer Noel took the 242's with 425, followed by a 435 fourth. This was Spencer's first competition also. Then at 275 it was best lifter Jeremy Howery. Jeremy finished with a new personal best 525, lifting at a 260 bodyweight. 555 was close, coming within two inches of lockout! With his new Rage-X shirt coming Jeremy will soon be over 600! In the deadlift competition Joe Ellis broke the state record at submaster 198 with a great 535 final, pull! Joe hopes to be at 550 by nationals! This was also a new personal best for Joe! Randy Naccarato got a new personal record at 40-44/242 with 500, which was also a new state record for that class! Clifton Coleman won at 45-49/ 242 with 500, followed by a strong 530 fourth attempt. Then in the open division it was Tim Cottrell for the win at 181 with 450. Eric Schmid won at 198 with his first ever 500 pull! This was Eric's first meet also! Spencer Noel won the best lifter award along with his second title of the day at 242 with the biggest pull of the day, 600! Then at 275 it was Jeremy Howery with his 500 opener. Thanks to my son Joey, grandson Daniel and Wee Man for all their help, and to our trophy girl, Bobbie Nicodemus. (Thanks to Dr. Darrell Latch for results)

*18 yr. old **Andrew McGowan** (VA) at the Virginia State meet (Beasley)*

CPU Canadian Nationals (kg)
7-10 APR 05 - Calgary, Alberta

BENCH			
WOMEN			
Open			
52 kgs.			
L. Dalling	85		
M. Lee	52.5		
C. Power	45		
56 kgs.			
A. Batten	55		
60 kgs.			
D. Parker	87.5		
H. Ayles	72.5		
67.5 kgs.			
J. Smith	70		
K. Dennis	95		
A. Bishop	80		
J. Franklin	70		
75 kgs.			
R. Fowler	85		
82.5 kgs.			
S. Haywood	65		
K. Turcotte	70		
M. Hartle	107.5		
90 kgs.			
R. Marion	105		
J. Macdonald	110		
MEN			
Junior			
75 kgs.			
R. Prive	155		
82.5 kgs.			
S. Lucyk	185		
B. Lyon	150		
H. Nijjar	100		
90 kgs.			
S. Byrne	142.5		
100 kgs.			
N. Higginson	180		
110 kgs.			
J. Macdonald	212.5		
125 kgs.			
D. Bennett	182.5		
125+ kgs.			
R. Fowler	205		
Master (40-49)			
67.5 kgs.			
R. Talon	155		
82.5 kgs.			
J. Marentette	180		
90 kgs.			
M. Vezina	150		
100 kgs.			
S. Flemming	175		
P. Gidney	170		
M. Walker	152.5		
R. Payne	152.5		
110 kgs.			
D. Royer	170		
125 kgs.			
R. Daigle	—		
J. Kirkbride	200		
125+ kgs.			
S. O'Halloran	282.5		
K. Breiter	200		
Master (50-59)			
H. Hanec	—		
D. Froese	182.5		
WOMEN	SQ	BP	DL	TOT
Open				
48 kgs.				
M. Ludski	90	35	112.5	237.5
52 kgs..				
Master-1				
J. Sandu	130	65	155	350
Open				
D. Richard	105	60	110	275
56 kgs..				
Open				
A. Batten	125	60	152.5	337.5
T. Coderre	100	45	120	265
60 kgs..				
Junior				
E. Rutko	140	75	137.5	352.5
Open				
H. Ayles	165	80	175	420
A. Bishop	142.5	82.5	170	395
D. Fraser	92.5	52.5	125	270
67.5 kgs..				
Master-1				
R. Heck	127.5	67.5	147.5	342.5
J. Smith	97.5	67.5	107.5	272.5
M. Koprnicky				
162.5				
C. Bonneau	—			
Master (60+)				
D. Gill	115			
R. Smith	—			
Open				
67.5 kgs.				
D. Yueng	180			
J. Rhea				
157.5				
75 kgs.				
T. Kean				
182.5				
R. Miller	160			
82.5 kgs.				
J. Lee	—			
G. Doucette	215			
A. Ziffle	165			
90 kgs.				
C. Virtue				
222.5				
J. Butt				
207.5				
M. Breen				
152.5				
J. Miljour	—			
M. Singh	—			
100 kgs.				
J. Arnold	240			
S. Duncan	175			
J. Giffen	255			
A. Kurylue				
207.5				
T. Ekert	195			
S. Parker				
192.5				
S. Brown	200			
D. Suberlak				
282.5				
W. Orr	—			
C. Harwood	—			
Sub-Junior				
C. Hartle	65			
S. Virk	62.5			
H. Sahota	50			
O. Sandu	67.5			
A. Sahota	50			
P. Gosselin				
147.5				
J. Rai	65			
Master-2				
J. Warne	122.5	80	125	327.5
Open				
K. Dennis	160	96	150	405
J. Franklin	127.5	62.5	157.5	347.5
K. Baines	105	55	140	300
SJ				
R. Fowler	160	82.5	170.5	412.5
75 kgs..				
Open				
K. Smith	137.5	67.5	140	345
SJ				
K. Pike	125	67.5	110	302.5
82.5 kgs.				
Open				
M. Hartle	160	100	132.5	392.5
90+ kgs..				
Jun				
K. Gauthier	145	82.5	145	372.5
Open				
J. Macdonald	65	110	65	240
MEN				
Blind				
82.5 kgs.				
Open				
M. Mahil	190	135	195	520
90 kgs.				
Open				
A. Bury	195	132.5	222.5	550
R. Truchon	180	140	190	510
100 kgs.				
Master-3				
R. Villeneuve	160	112.5	185	457.5
Sub-Junior				
56 kgs.				
J. Marentette	145.5	82.5	182.5	410
67.5 kgs.				
S. Virk	137.5	62.5	157.5	357.5
C. Hartle	137.5	65	137.5	340
H. Sahota	105	45	120	270
75 kgs.				
K. Robak	147.5	97.5	170	415
O. Sandhu	100	65	145	310
A. Sahota	95	57.5	125	277.5
82.5 kgs.				
K. Lyon	195	100	210	505
90 kgs.				
R. Rowsell	210	165	232.5	607.5
J. Thul	SK	230	147.5	230
607.5				
B. Dumas	195	107.5	215	517.5
100 kgs.				
J. Rai	100	60	125	285
125 kgs.				
M. Sedor	187.5	157.5	197.5	542.5
Junior				
60 kgs.				
D. Heisel	180	107.5	195	482.5
R. Laniec	—	—	—	—
75 kgs.				
D. Young	227.5	137.5	205	570
J. Jamison	192.5	100	197.5	490
82.5 kgs.				
D. Shea	250	165	260	675
B. Lyon	225	165	230	620
H. Niliar	170	100	207.5	477.5
90 kgs.				
N. Rivard	250	160	245	655
M. Benoit	235	150	242.5	627.5
L. Benoit	210	157.5	230	597.5
100 kgs.				
S. Hastings	287.5	185	245	717.5
N. Higginson	220	180	242.5	642.5
110 kgs.				
J. MacDonald	265	207.5	277.5	750
J. Byrne	265	195	290	750
G. Young	275	187.5	257.5	720
D. Bennett	—	—	—	—
125 kgs.				
J. Hancock	227.5	162.5	255	645
J. Linteris	—	—	—	—

125+ kgs.				
R. Fowler	275	207.5	250	732.5
Open				
60 kgs.				
A. Thomas	170	100	180	450
67.5 kgs.				
L. Noppers	232.5	140	265	637.5
J. Rheaume	212.5	152.5	215	580
A. Chan	175	165	210	550
A. Gallant	190	140	202.5	532.5
75 kgs.				
B. Summers	255	180	255	690
T. Kean	237.5	180	227.5	645
Demidenko	240	155	245	640
W. Albert	—	—	—	—
82.5 kgs.				
G. Doucette	250	150	280	680
J. Dougall	240	167.5	260	667.5
V. Byrne	240	157.5	252.5	650
A. Ziffle	237.5	160	225	622.5
90 kgs.				
S. Powell	265	190	280	735
J. Butt	275.5	200	245	702.5
P. McDonald	275	165	260	700
D. Simpson	262.5	155	257.5	675
100 kgs.				
Weatherbie	335	242.5	300	877.5
E. Gagnon	335	190	287.5	812.5
B. George	285	175	285	745
J. Oliveira	267.5	190	247.5	705
S. McKenzie	—	—	—	—
110 kgs.				
J. Emberly	335	230	302.5	867.5
J. Hali	310	217.5	327.5	855
H. Aguilar	330	250	272.5	852.5
A. Kuryluc	300	205	275	780
G. Power	—	—	—	—
125 kgs.				
M. Holloway	335	265.5	300	900
K. Banner	365	170	320	855
S. Magistrale	305	227.5	307.5	840
J. Halliday	282.5	210	300	792.5
S. Campbell	280	200	282.5	762.5
C. Hawkshaw	280	195	250	725
D. Brown	—	—	—	—
125+ kgs.				
C. Yantha	282.5	200	312.5	795
Master (40-49)				
R. Talon	230	155	230	615
B. Brothers	192.5	92.5	225	510
B. Hindley	235	135	257.5	627.5
W. Urban	207.5	137.5	227.5	572.5
J. Becker	290	177.5	285	752.5
A. Ulry	230	110	240	580
J. Marentette	237.5	165	267.5	670
T. Perry	240	165	245	650
P. Gidney	235	165	260	660
R. Strong	260	172.5	295	727.5
Glofcheskie	—	—	—	—
T. Nicholls	340	255	330	925
S. OHalloran	331	285	275	890
B. Haywood	277.5	177.5	255	710
Master (50-59)				
G. Moore	230	130	238	597.5
H. Greenidge	212.5	172.5	227.5	612.5
L. Levesque	195	122.5	202.5	520
T. Stewart	185	115	217.5	517.5
D. Cormier	240	168	205	612.5
S. Charest	195	110	217.5	522.5
W. Forsey	—	—	—	—
S. Seguin	240	167.5	265	672.5
G. Power	240	157.5	250	647.5
P. Francis	230	145	227.5	602.5
T. Young	230	172.5	272.5	675
G. Armour	235	167.5	260	662.5
C. Bonneau	—	—	—	—
Master (60+)				
90 kgs.				
H. Franczak	155	82.5	170	407.5
100 kgs.				
D. Gill	—	—	—	—
125 kgs.				
Mulholland	220	167.5	265	652.5
125+ kgs.				
R. Smith	200	220	230	650

(Thanks to Jimmy Hall, APU President, for providing these meet results to PL USA)

APA Southeast Open
30 APR 05 - Bradenton, FL

BENCH		Master-3	
WOMEN		L. Lichtle	250
123 lbs.		181 lbs.	
Open		Open	
J. Rotsinger	145	A. Wainer	435
Submaster		198 lbs.	
C. Daiello	140	Master-2	
MEN		J. Sansevere	330
165 lbs.		Master-3	
J. May	300	MEN	
Master-4		220 lbs.	
B. Rosenfield	310	Open	
220 lbs.		L. Russell	600
Teen-3		Master-2	
L. Anderson	340	L. Russell	600
Master-3		275 lbs.	
J. Yong	—	Master-2	
M. Hummel	800	S. Williamson	500
SHW		Drug Tested	
Drug Tested		K. Helms	800
K. Helms	600		

DEADLIFT				
WOMEN	SQ	BP	DL	TOT
123 lbs.				
Master-1				
M. Kirkland	335	165	335	835
148 lbs.				
Master-1				
C. McKenzie	330	145	260	735
Teen-1				
C. Kirkland	120	90	180	390
165 lbs.				
Teen-1				
C. Kirtland	220	130	250	600
MEN				
181 lbs.				
Submaster				
V. Lysobey	620	400	455	1440
Teen-3				
Squicciarini	385	275	425	1085
198 lbs.				
Drug Tested				
D. Bennett	—	275	385	660
Junior				
Walguarnery	625	345	500	1470
220 lbs.				
Drug Tested				
J. Pritchard	610	340	500	1450
Master-2				
J. Murrell	680	420	640	1740
R. Saldan	500	315	500	1315
J. Murrell	680	420	640	1060
242 lbs.				
Drug Tested				
D. Daubert	675	500	550	1725
Submaster				
D. Daubert	675	500	550	1725
Master-2				
P. Ryan	—	—	—	—
275 lbs.				
Junior				
D. Beers	630	405	620	1655
Master-2				
T. O'Donnell	685	450	665	1800

BEST LIFTERS: Margaret Kirkland - Women Powerlifting. John Murrell - Overall Powerlifting. Mike Hummell - Overall Bench Press. Burt Rosenfield - Master Bench Press. Larry Russell - Overall Deadlift. John Murrell - Overall Push/Pull. RECORDS SET: Cynthia Daiello - Women's Submaster 123 lb., Florida State Record, Bench Press 140. Cheryl McKenzie - Women's 40-44, 148 lb., Canadian Record (CPA), Squat 330. Margaret Kirkland - Women's 40-44, 123 lb., Florida State Record, Squat 335. Margaret Kirkland - Women's 40-44, 123 lb., American Record, Squat 335. Tom O'Donnell - 50-54, 275 lb., Florida State Record, Squat 685. Tom O'Donnell - 50-54, 275 lb., Florida State Record, Deadlift 665. Tom O'Donnell - 50-54, 275 lb., American Record, Squat 685. Tom O'Donnell - 50-54, 275 lb., American Record, Deadlift 665. Tom O'Donnell - 50-54, 275 lb., World Record, Squat 685. Tom O'Donnell, 50-54, 275 lb., World Record, Dead lift 665. Ross Saldan - 50-54, 220 lb., Canadian Record (CPA) Squat 500. Michael Walguamery - Junior 198 lb., Florida State Record, Squat 625. Michael Walguarnery - Junior, 198 lb., American Record, Squat 625. Michael Wafguarnery - Junior, 198 lb., World Record, Squat 625. Chloe Kirkland - Teenage 13-15, Florida State Record, Squat 120. Lee Lichtle - 60-64, 165 lb., Florida State Record, Bench Press 250. Special thanks to Muscle Works Gym of Bradenton for providing a great meet site and equipment, and the spotters/loaders and referee's for putting in a long day. The judging was excellent as was the spotting and loading. Not an error was made all day. Margaret Kirkland wowed everybody with some awesome master lifts while her teenage daughters also did some outstanding lifting and set some nice records. Cheryl McKenzie of Canada was quite impressive and did make an attempt at 401 in the squat. Had she succeeded it would have been the highest squat every preformed by a female Canadian lifter. Cynthia Daiello did some awesome lifting with a nice 140 bench press not wearing any gear such as bench shirt etc. Well done Cynthia! Jenn Rotsinger was impressive just missing a 170 bench press. Michael Walguamery did a nice deep Junior record squat with 625 at 194 bodyweight 58 year old Larry Russell smoked a 600 opener on the deadlift and just missed 670. Speaking of Master lifters, Tom O'Donnell played things conservative and passed all his 3rd attempts. He ended up with a 685 squat and 665 deadlift at 52 years of age. I especially enjoy watching Tom compete as I remember when he first started training at 38 years of age. I have watched him progress over the years and turn into one of the best master lifters in the wor1d. But Rosenfield continues to be impressive through the decades. Now 73 years old Burt put up a 310 lb. Bench press. John Murrell took best lifter in the full power and the push-pull event John just missed a 740 squat on depth being just a hair too high. Mike Hummel amazed everybody with a 565 bench press and an attempt at 600 with a prosthetic arm from the elbow down. It was a great day full of great lifts. Several could not attend as they were getting ready for the WPA World Championships in a few weeks but those that were able to attend put on a great show. The APA will return to Bradenton in November. (Thanks to Scott Taylor, APA President, for providing the meet results)

John Murrell won Best Lifter in both the full power and push/pull events at the APA Southeast Open. (photograph by courtesy of Scott Taylor)

APPLICATION FOR REGISTRATION

American Powerlifting Association World Powerlifting Alliance

First Name Last Name Middle Initial Today's Date

Street Address City State Zip Code

Telephone Number E-Mail address Date of Birth

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

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ADAU Power Day
30 APR 05 - Bigler, PA

BENCH
FEMALE
114 lbs.
Submaster (35-39)
C. Butler 85
132 lbs.
Junior (20-23)
E. Knapp 110
Master 945-49)
R. Blowers 125
4th-130
148 lbs.
Junior 920-23)
C. Shimmel —
181 lbs.
Open
V. Howe 145
MALE
105 lbs.
Youth (10-11)
A. Zalar 80
132 lbs.
Teen (12-13)
P. Zalar, Jr. 130
Teen (18-19)
C. Bloom 210
148 lbs.
Open &
Master (40-44)
G. Teeter 270
Open
J. Stayer 240
Master (55-59)
S. Confer 185
165 lbs.
Teen (16-17)
Bardsley, III 190
181 lbs.
Open &
Master (45-49)
Bardsley, Sr. 315
Open
L. Howe 295
Master (55-59)
J. Orengia 265
198 lbs.
Open &
Master (40-44)
M. Tonkovich 360
Open
S. Hough 340
220 lbs.
Open
P. Horan 400
M. Holbert 350
Simanovich,Jr 325
Master (45-49)
A. Campiere 350
Master (50-54)
C. Ryce 245
Master (65-69)
J. Herbein 230
4th-240
242 lbs.
Open
B. Schmidt 435
W. Riddle 335
Open &
Master (40-44)
B. Sisko 330
Master (40-44)
P. Kelley 370
Open &
Teen (16-17)
N. Seinera 355
Submaster (35-39)
E. Wells 315
Teen (16-17)
J. Brown 315
275 lbs.
Open
M. Norris 425
Teen (14-15)
D. Anderson 375
4th-385
Master (40-44)
A. Buzzeo 340
Master (50-54)
Swatsworth 305
319 lbs.
Master (60-64)
Simanovich 315
4th-325
DEADLIFT
MALE
132 lbs.
Teen (12-13)
P. Zalar, Jr. 255
148 lbs.
Open
J. Stayer 380
Master (40-44)
G. Teeter 270
165 lbs.
Open
B. Vacante 400
181 lbs.
Master (50-54)
N. Theodorou 565
Open &
Master (55-59)
J. Orengia 495
198 lbs.
Submaster (35-39)
A. Luciani 505
220 lbs.
Open
B. Simanovich, Jr. 610
M. Holbert 465
Master (45-49)
A. Campiere 370
Master (50-54)
C. Ryce 385
242 lbs.
Submaster (35-39)
E. Wells 575
Junior (20-23)
A. Finland 540
Master (45-49)
S. Legensky 420
275 lbs.
Teen (14-15)
D. Anderson 460
4th-485
Master (40-44)
A. Buzzeo 450
319 lbs.
Master (45-49)
T. Finland 605
SHW
Master (45-49)
D. Fafinski 500

6 Pals who, combined, deadlifted over 4150# *... bottom row - Vince Anello, Don Reinhoudt, top row - Joe Orengia, Al Siegle, Bugs Bayer, Nick Theodorou, at the A.D.A.U. Power Day contest (courtesy Siegel)*

The 26th Annual Powerday Bench Press & Deadlift Classic was held at the Bigler Civic Center in Bigler, PA. This meet is the oldest, and continuously run meet of its kind in the world. It started in 1980. Two great lifters of the past, Don Reinhoudt and Vince Anello were present as guests of honor for the meet. The lifters learned a little about the history of our sport. After the benching was over and we were setting up for the deadlift, the bar was loaded to 886# and Don Reinhoudt came out of the audience for a picture taking session, with the weight he did about 30 years ago. Vince Anello arrived at about this time, but we saved his appearance until after the deadlift competition. Then the bar was loaded to 821#, his best competitive lift at 198#, almost 30 years ago. They both were a great inspiration and the time spent after the meet and hearing their stories kept several of us laughing for hours. On to the meet results: The meet started with the light weights and the women and saw 5 of the first flight benchers establish or break American records. Crystal Butler, Rebecca Blowers, Chris Bloom and Gary Teeter all broke age group records while Virginia Howe upped her own Open American record. Rebecca also earned Outstanding Female honors with her lifting. The next two flights had several records broken also. John Herbein, Nick Seinera, Dan Anderson and William Simanovich Sr. all broke American age group records with their lifts. In the 242# class, 25 year old Bill Schmidt of New Jersey won Outstanding Male lifting honors with his 435# bench. Bill has returned to the platform after several years of inactivity. It has been since he won Outstanding Lifter Honors at the AAU's Junior Olympics, several years ago. Mike "Bear" Norris and Rev. Matt "The Pressing Parson" Holbert, lifted for the "Home Team" Downtown Weightlifting Club and had personal bests with their 425# and 350# efforts. Deadlifting turnout was smaller than expected with several no shows, but the quality was excellent. Thomas Fafinski, Nick Theodorou, Gary Teeter, Ed Wells, Dan Anderson, Teddy Finland and Dan Fafinski all broke American age group records. Nick's pull of 565# also broke the Open 181# record, while earning him the Outstanding Deadlifter award. Judging was handled by Brenda and Allan Siegel. Bugs Bayer, Jay Siegel, Gary Yoder, Bear Norris and Chris Bloom handled the spot loading. Bill Ogden was our MC. He was supported by the fine table help of Judy and Pete Zimmerman. All in all, a fun day for the lifters. The following passed the urine test: James Bardsley, Jr., Matt Holbert, Patrick Horan, Nick Seinera, Patrick Kelly, Dan Anderson, and Ed Wells. (Thanks to Al Siegel for providing these meet results)

NASA Wisconsin State
2 APR 05 - Sheboygan, WI

BENCH
WOMEN
198+ lbs.
Submaster
C. Reynolds 160
MEN
132 lbs.
Teen
B. Aldag 145
148 lbs.
Master-1
A. Olsen 320
T. Aldag 285
D. Aldag 235
Master Pure
A. Olsen 320
T. Aldag 285
165 lbs.
Teen
D. Thomas 315
J. Jacket 230
181 lbs.
Open
Vongebouthon 380
198 lbs.
Teen
M. Clark 335
Master-2
S. Pribyl 290
Master Pure
S. Pribyl 290
275 lbs.
Master-4
d. Murphy 285
308 lbs.
Open
F. Elvarez 440
DEADLIFT
275 lbs.
Open
C. Gorte 525
CURL
275 lbs.
Master Pure
B. Eder 160

Push-Pull		BP	DL	TOT
242 lbs.				
Teen				
W. Bemis		275	490	765
Power Sports	CR	BP	DL	TOT
WOMEN				
198+ lbs.				
Submaster				
C. Reynolds	85	160	295	785
C. Reynolds	300	160	295	755
MEN				
242 lbs.				
Open				
B. Mueller	190	330	675	1715
123 lbs.				
Teen				
J. Anderson	60	110	210	380
181 lbs.				
Master-3				
R. Corey	90	300	170	560
Powerlifting	SQ	BP	DL	TOT
165 lbs.				
Master-1				
D. Felton	340	250	555	1145
J. Wink	405	210	405	1020
181 lbs.				
Novice				
D. Ploetz	325	285	305	915
Master-1				
D. Anderson	520	295	480	1295
198 lbs.				
Master-1				
S. Korff	600	390	510	1500
Master-2				
D. Altsteen	420	320	450	1190
Master-4				
P. Jensen	250	215	370	835
Master Pure				
S. Korff	600	390	510	1500
220 lbs.				
Teen				
K. Roy	315	235	405	955
Novice				
M. Jacobs	385	275	465	1125
Submaster-2				
J. Halverson	615	375	615	1605
R. Matthews	445	280	475	1200
Master-1				
M. Becker	650	460	530	1640
Lifetime Pure				
M. Becker	650	460	530	1640
C. Anstead	450	300	405	1155
242 lbs.				
Teen				
W. Bemis	450	275	490	1215
Open				
M. Sprangers	415	250	455	1120
275 lbs.				
Master-1				
J. Wood	500	350	475	1325
308 lbs.				
Open				
J. Cera	630	415	600	1645

There were 44 entries at "The Big One," this past Saturday, at Southside Alliance

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If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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Date of Birth:_____ Age:_____ Sex:_____ U.S. Citizen?_____ UAPC Registered Club Represented:_____

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Church. The event was the first powerlifting meet to be held in Sheboygan County in 23 years, and had in addition to the number of lifters involved, 177 spectators over the age of 12 in attendance, plus about another 25 to 30 children under the age of 12. The nationally certified NASA Referees, booth vendors, and event support staff put the total crowd at well over 250 people. The meet was sanctioned by the Natural Athlete Strength Association, which tests its lifters for the presence of steroids, growth hormones, and psychomotor stimulants. The youngest lifter of the day was Samson Hou-Seye, age 5, whose participation made state weightlifting history, as the youngest lifter ever to enter a sanctioned weightlifting event. Weighing in at 44 lbs., Samson won 1st place in the power sports youth division, by strict curling 10 lbs., bench pressing 25 lbs., and deadlifting 50 lbs. Hou-Seye was successful 6 of 9 attempts. The oldest lifter of the day was Peter Jensen, age 74 who competed in the masters IV, 198 lbs. Powerlifting division. Pete finished in 1st place with lifts that included a 250 lbs. squat, a 215100. Bench press, and a 370 lbs. deadlift. Jensen was successful on 8 of 9 attempts. The best lifter of the day, with the highest coefficient of weight lifted compared to actual bodyweight, was Steven Korff, a 45, from Sheboygan Falls. Korff, who lifts at the Sheboygan YMCA, Squatted 600 lbs., bench pressed 390 lbs., and deadlifted 510 lbs., for an event total of 1500 lbs, taking 1st place in the 198 lbs. Masters 1 Division. The heaviest total the day was accomplished by Justin Cera, of Marshfield, who finished the day with 1645 lbs., in the 3081bs. Weight division. Veteran lifter and many time national champion Marty Becker, age 41, finished with a 1640 lbs. total, in the 220 lbs. Masters I division, for a 1st place finish. Hou-Seye, Jensen, and Becker are all Sheboygan residents. Meet Director Job Hou-Seye, 37, said that the event ended up exceeding his expectations, stating, "All in all, people in the crowd kept telling me that they were very impressed with the location and conduct of the meet." Hou-Seye added that although he himself was too busy to compete in the meet, he was pleased with his son's performance. Samson has never pulled 50 lbs. in his gym. The cheering of the crowd made him pull his 3rd deadlift to completion, I'm convinced of that." It was announced at the meet, that later this summer, Wisconsin may host the first ever Regional Umbrella Meet, which will invite powerlifters from all of the nationally recognized Drug free organizations to compete in one absolute championship event. NASA, the AAU (Amateur Athletic Union), the USPF (United States Powerlifting), and the AAPF (Amateur American Powerlifting Federation) have come together to form an umbrella organization for a National championship to determine who the absolute best drug free powerlifters in America are. The tentative Regional Umbrella Meet would sanction anybody with a qualifying total to compete at the U.S. National Powerlifting Championships. Job Hou-Seye thanked the Meet sponsors, lifters, officials, other support staff, and crowd for their attendance, concluding, want to thank everyone for coming today. You all contributed in making this a great Event for the City of Sheboygan." Local Sheboygan lifters accounted for nearly 40% of the Meet's entries. Although not a Sponsor of the Meet, and not directly involved with the setup or conducting of the Event, I want to give a big thanks to Mike Wade, a Member of Southside Alliance Church, who I hired to create all of the Plaques given out at the awards ceremony. Mike is a great woodworker, and did a fine job on these awards. Finally, I want to thank all of our sponsors, and ask that you please consider patronizing them, when you have a need that is related to their field of business. They were instrumental in financing all of the marketing and preparation expenses associated with this meet. (Thanks to Job Hou-Seye for providing these contest results)

USA Raw BP Spring Nationals
3 APR 05 - Tuscola, IL

BENCH			4th-290
MEN		Police/Fire	
Submaster		308 lbs.	
275 lbs.		M. Hopkins	500!
J. Beaton	520	Open	
4th-530!		198 lbs.	
Master (40-49)		J. Carson	440
242 lbs.		4th-450!	
K. Haines	410	220 lbs.	
4th-420		K. Smith	435
Master (50-59)		4th-440	
242 lbs.		275 lbs.	
K. Hess	285	C. Mann	430

Best Lifter: Jeff Beaton. !=USA RAW Bench Press Federation national records. The USA RAW Bench Press Federation Spring Nationals/World Qualifier was held at Son Light Power Gym. This event qualified a few more competitors for the first-ever world 'raw' bench press championship, to be held November 5, 2005. In th submaster division, best lifter Jeff Beaton had a great day, finishing with 520 @ 275. Weighing in at the limit, Jeff, who even takes his own lift-off, finished with a solid fourth of 530, matching the existing national record there. In the master's division, Kurt Haines won at 40-49/242 with 410. A successful fourth with a new personal best 420 capped off a great day of competition for Kurt. Kurt Hess finished with 290 for the win at 50-59/242, having one of his best days in nearly two years. Kurt, who had shoulder surgery about five years ago, continues to improve with age. In the police & fire division Big Mike Hopkins finally got that 500 he has been working so hard for the past three years! Making that weight on his final attempt broke his own national record of 485. In the open division Jason Carson won at 198 with 440. Weighing in at just 185, Jason came within five pounds of taking the overall title. A fourth with a personal best 450 broke the national record there. At 220 it was Kanji Smith with two new personal records, a third with 435, followed by a solid fourth with 440. Our final lifter was Corey Mann, who captured the title at 275. Corey also got two new personal records with his 430 second and 450 final attempts. Even though our turnout was small, everyone either came close to or set new personal records on the day. Good energy! Thanks to Joey and Wee-Man for their help. (These meet results are provided courtesy of Dr. Darrell Latch)

Best Lifter Jeff Beaton *with awards from the Spring Nationals (Latch)*

Chris Rossi *benches at the New Jersey High School meet (Salandra)*

USAPL New Jersey High School
17 Apr 05 - Toms River, NJ

Fresh/Soph		C. Rossi	60
FEMALE		242 lbs.	
132 lbs.		A. Salzman	107
L. Christiana	30	Senior	
165 lbs.		123 lbs.	
A. Davia	50	P. Sabba	90
MALE		148 lbs.	
114 lbs.		R. Schofeild	97.5
D. Scillath	65	165 lbs.	
132 lbs.		N. Rigney	147.5
E. Williams	57.5	A. Teti	97.5
148 lbs.		198 lbs.	
L. Zavaglia	102.5	C. Fugee	152.5
165 lbs.		220 lbs.	
J. Smith	75	Berezansky	142.5
Z. McGavisk	72.5	C. Jordan	105
181 lbs.			
J. Jansky	80		
S. Montano	72.5		
Mychalczuk	110		
220 lbs.			
B. Humphrey	142.5		

New Jersey Hillsborough High School boys and girls Raiders Powerlifting team was the winner of this year's 2005 USAPL NJ High School Bench Press Championships. In second place was Toms River High School, in Toms River NJ, who posted very strong results. Hillsborough High School in New Jersey held the first USAPL High School Bench Press Championships. Jim McFarland HHS Strength Coach and Mark Salandra life time ADFPA/USAPL member sponsored this meet to start promoting Powerlifting to the age group of 14 to 18 year olds in New Jersey. The contest was a huge success with a total of 20 lifters 18 boys and 2 girls and 2 teams Hillsborough High School and Toms River High School competing for Strongest High School in New Jersey. Best Female Lifter from Hillsborough High School who was in the Freshman/Sophomore division at 15 years of age was Angela Davia lifting 50 kilos or 110 lbs. in the Bench Press. Best lifter in the Male category was Neil Rigney from Toms River High School in the Senior division 165 lbs. weight class lifting 147.5 kilos or 325 lbs. Bruce Harper from the NY Jets was onsite to address the audience and to talk about how good health and strength and conditioning helped him become a professional NFL player and how important it is for children to grow up and be great citizens not only good athletes. We would like to thank all our sponsors, judges, spotters and volunteers for not having their help we would never have been able to hold such a fun and successful competition. A special thanks to Bill Clayton NJ USAPL Chairman who was there each step of the way to make sure we had everything we needed to hold this competition. (results courtesy of Mark Salandra)

APA Battle on the Bay
4 JUN 05 Bay City, MI

BENCH				T. Neymeiyer	350*
MALE				DEADLIFT	
148 lbs.				MALE	
Master-1				181 lbs.	
D. Militello	215*			Drug Tested	
181 lbs.				J. Mumaw	525*
Drug Tested				Teen	
M. Duffey	440*			A. Militello	445*
Submaster				Master-1	
M. Duffey	440*			J. Mumaw	525*
198 lbs.				Master-2	
Open				G. McMillan	545
R. Williams	—			198 lbs.	
Submaster				Master-2	
R. Williams	—			R. Batko	510*
Master-1				Teen	
R. Brandi	375*			C. Schmidt	440
242 lbs.				Drug Tested	
Submaster				Guntermann	575
T. Pearch	430*			Open	
Master-1				J. McMillan	680
Krzyzaniak	280			Master-1	
275 lbs.				Krzyzaniak	425
Teen					
Push-Pull		BP	DL	TOT	
MALE					
114 lbs.					
Teen					
P. Vaprezsan		105*	200*	3050	
148 lbs.					
C. Ault		240*	415*	655	
220 lbs.					
Teen					
N. Everson		295*	435*	730	
Submaster					
J. Vaprezsan		315	460*	775	
242 lbs.					
Drug Tested					
D. DeBoer		425*	620*	1045	
Submaster					
D. DeBoer		425	620	1045	
Master					
K. Krzyzaniak	280	425	705		
275 lbs.					
Drug Tested					
R. Bucholtz		285	525	810	
308 lbs.					
Drug Tested					
C. Ewald		555*	675*	1230	

*=Michigan State Records. Special thanks to Old Town Gym for an outstanding meet site, some fantastic spotters, and an overall great atmosphere which was very lifter and spectator friendly. I would also like to give special thanks to the referee's who did a great job with fair and consistent judging throughout the day. Lots of great lifts were registered and many state records were set. I was particularily impressed with the teenage lifters and the quality of their lifts. The APA will be returning to Bay City in November. We look forward to yet another great event at that time. (Thanks to Scott Taylor, APA President, for results)

NASA Tennessee State
23 APR 05 - Selmer, TN (kg)

Pwr Sports				T. Henry	70
BENCH				Submaster	
WOMEN				Pure	
Master-3				132 lbs.	
165 lbs.				J. Rhodes	60
J. Petray	42.5			MALE	
Submaster				Int	
Pure				198 lbs.	
132 lbs.				B. Bradley	—
J. Rhodes	55			Master-1	
MEN				242 lbs.	
Junior				R. Dilworth	250
165 lbs.				Pwrlifting	
J. Brown	152.5			BENCH	
Master-4				Pure	
198 lbs.				165 lbs.	
T. White	85			T. Price	152.5
CURL				Int	
WOMEN				181 lbs.	
Master-3				A. McGaha	142.5
165 lbs.				Master-1	
J. Petray	25			165 lbs.	
Submaster				S. Fickes	137.5
Pure				220 lbs.	
132 lbs.				K. Leary	145
J. Rhodes	27.5			242 lbs.	
MEN				J. Rose	175
Int				Master	
181 lbs.				Pure	
A. McGaha	65			220 lbs.	
Master-4				K. Leary	145
198 lbs.				242 lbs.	
T. White	55			J. Rose	175
Natural				Natural	
M. Waters	62.5			198 lbs.	
DEADLIFT				M. Waters	102.5
Master-1				Novice	
220 lbs.				242 lbs.	
Shackelford	172.5			J. Rose	175
Submaster				WOMEN	
Pure				Pure	
308 lbs.				SHW	
R. Downs	205			M. Garret	90
SQUAT					
WOMEN					
Master-1					
132 lbs.					
J. Moore	57.5				
148 lbs.					
PL Push Pull		BP	DL	TOT	
Junior					
165 lbs.					
J. Brown		152.5	210	362.5	
Master-1					
220 lbs.					

Greg McMillan *prepares to pull at the APA Battle on the Bay (Taylor)*

K. Leary		145	177.5	322.5
Master				
Pure				
220 lbs.				
K. Leary		145	177.5	322.5
Police/Fire				
308 lbs.				
B. McGlothlin		155	245	400
Submaster-2				
275 lbs.				
T. Dunlap		137.5	182.5	320
Teen				
132 lbs.				
J. Hamm		75	127.5	202.5
Pure				
SHW				
M. Garret		90	157.5	247.5
Pwr Sports	CR	BP	DL	TOT
MALE				
Int				
198 lbs.				
B. Bradley	60	162.5	235	457.5
220 lbs.				
E. Freeman	160	205	227.5	485
242 lbs.				
D. Davis	87.5	177.5	210	475
Master-1				
198 lbs.				
E. Coutu	70	152.5	212.5	435
242 lbs.				
R. Dilworth	77.5	185	250	512.5
E. Akins	67.5	160	215	442.5
Novice				
181 lbs.				
L. Tucker	72.5	130	225	427.5
J. Smith	65	142.5	202.5	410
198 lbs.				
H. Rodriguez	70	120	205	395
220 lbs.				
R. Bewley	70	140	215	425
308 lbs.				
B. McGlothlin	87.5	155	245	487.5
Pure				
181 lbs.				
L. Tucker	72.5	130	225	427.5
Submaster-2				
220 lbs.				
T. Tucker	80	155	282.5	517.5
308 lbs.				
J. Crone Jr.	80	182.5	265	527.5
Submaster				
Pure				
220 lbs.				
T. Tucker	80	155	282.5	517.5
308 lbs.				
J. Crone Jr.	80	182.5	265	527.5
WOMEN				
Master-1				
132 lbs.				
J. Moore	27.5	45	90	162.5
148 lbs.				
T. Henry	27.5	45	92.5	165
Powerlifting	SQ	BP	DL	TOT
High School				
198 lbs.				
J. Terrell	162.5	107.5	150	420
Int				
242 lbs.				
D. Beale	190	135	195	520
Junior				
181 lbs.				
T. Gibson	155	122.5	200	477.5
242 lbs.				
S. Donahue	245	142.5	227.5	615
Master-1				
198 lbs.				
J. Gooch	195	110	215	520
275 lbs.				
M. Akins	215	162.5	235	612.5
Master-2				
220 lbs.				
B. Beerman	227.5	150	232.5	610
Natural				
198 lbs.				
J. Gooch	195	110	215	520
Novice				
181 lbs.				
B. Stinson	190	—	202.5	282.5
198 lbs.				
C. Evans	185	105	195	485
Teen				
181 lbs.				
R. Fowler	115	65	165	345
WOMEN				
Submaster-1				
148 lbs.				
T. James	115	55	110	280
Master				
Pure				
148 lbs.				
T. James	115	55	110	280

(Thanks to Rich Peters for sending results)

SLP Harvey's Gym Open BP/DL
2 APR 05 - Columbia, TN

BENCH		4th-340	
MEN		220 lbs.	
Novice		C. Nunley	415
198 lbs.		242 lbs.	
B. Watson	375!	J. Weaver	545
T. Gray	345	J. Hill	520
275 lbs.		308 lbs.	
E. Ladd	420!	R. Mangrum	450
4th-435!		4th-475	
Teen (18-19)		DEADLIFT	
148 lbs.		MEN	
J. Harwell	225!	Novice	
220 lbs.		198 lbs.	
B. Bost	250!	T. Gray	435
Junior		275 lbs.	
SHW		E. Ladd	500!
R. Wilkerson	525!	Teen (13-15)	
4th-550!		198 lbs.	
Submaster		M. Bizzell	355!
198 lbs.		Junior	
T. Gray	345	SHW	
220 lbs.		R. Wilkerson	495!
B. Snipes	315	Submaster	
242 lbs.		198 lbs.	
J. Weaver	545	T. Gray	435
Police/Fire		Master (45-49)	
242 lbs.		181 lbs.	
K. Johnson	500	N. Wilson	540!
Open		Open	
198 lbs.		181 lbs.	
R. Howard	330	N. Wilson	540

Best Lifter Bench Press: Jeff Weaver. Best Lifter Deadlift: Nathan Wilson. !=Son Light Power Tennessee state records. The Son Light Power Harvey's Gym Open Bench Press/Deadlift Championship was held at Harvey's Gym. Held on the same weekend as Columbia's "Mule Days", there were a whole lot more mules in town than lifters! But that's okay, because we still had a great meet and lots of fun! Thanks to gym owner Andy Harvey for hosting this competition and to managers Jake and Sarah for all their help. In the bench press event Bobby Watson won at novice 198 with 375, breaking the Tennessee state record there. Second place at 198 went to Tony Gray, who finished with 345. At novice 275 it was Elliott Ladd with 420, followed by a successful fourth of 435. Both were not only new personal bests for Elliott, but also new state records for the class! James Harwell won at 18-19/148 with 225 while Brandon Bost finished with 250 at 18-19/220. Both lifters established new state records for their respective classes. In the junior division, another first-time lifter was shw winner Robert Wilkerson. Big Robert set the state record there with his 525 third and 550 personal best fourth attempts. And, Robert was lifting 'raw'! Tony Gray took the submaster 198 title with 345, while Bruce Snipes won at 220 with 315. Both lifters were lifting 'raw'. At 242 it was Jeff Weaver, settling with his opener of 545, after missing a new state record second attempt with 585. Passing on his third, Jeff took the open 242 title as well, and was awarded the best lifter trophy for the competition. Keith Johnson, also had some problems, making just his opener with 500, and the title at police & fire/242. In the open division it was newcomer Rodrick Howard with 330, followed by a successful fourth of 340 and the win at 198. Taking the 220 title with 415 was Chris Nunley, who has increased his bench by 100 pounds in the past year! Taking second place at 242 was J. B. Hill, who finished with a personal best 520. Roy Mangrum, who has also made some fantastic gains in the past year, won at 308 with 450 and a fourth with a new personal best 475! 500 is just one good lift away! In the deadlift competition Tony Gray won his second and third titles of the day with his 435 pull. Elliott Ladd won his second title of the day with his first ever 500 pull! This was also a new state record at novice 275, giving Elliott his second state record on the day! Matthew Bizzell set the state record at 13-15/198 with his 355 final attempt while Robert Wilkerson set the record at junior shw with 495, lifting as a guest lifter. Then at 45-49/181 and open 181 it was best lifter Nathan Wilson. Nathan finished the day with a great 540 triple bodyweight pull, weighing in at just 180! Thanks to my son Joey and Wee-Man for their help loading and spotting and to everyone else who helped out. Hope to see you all back again next year! (results from Dr. Darrell Latch)

Harvey's Gym Open Best Lifters: *Jeff Weaver (l) and Nathan Wilson*

2nd Galesburg Bench Blast
5 MAR 05 - Galesburg, IL

WOMEN		181 lbs.	
A. Park	225	J. Akin	350
S. Martin	230	R. Malone	340
C. Blair	145	198 lbs.	
B. Malone	140	T. Reese	500
MEN		D. Hart	430
Teen (16-17)		T. Bloom	380
J. Nash	225	220 lbs.	
Master (40-49)		M. Maurer	440
T. Reese	500	J. Veabel	410
R. Malone	340	J. Vess	390
J. Wiles	400	242 lbs.	
Open		Underwood	510
148 lbs.		T. Nash	500
M. Manns	280	SHW	
165 lbs.		B. Ware	500
J. Parr	365	D. Akers	405

Meet Director: Marty Akin. Best Lifters: Ann Park, and Tom Reese. (Thanks to Julie Akin and Jim Malone for providing results)

Back Issue of the Month

One of the great gentleman of the sport of Powerlifting ... WALTER THOMAS ... graced the cover of the Dec/95 issue of POWERLIFTING USA, in a shot taken at the site of one his great World Championship victories, Munich, Germany, and the first article in the issue was an in-depth interview with this legend ... he reveals the 5 factors that led to his recovery from back injury to win another open IPF world title, bringing his spread of wins to 3 different decades. You can als learn the three reasons that he got into Powerlifting (one of them involved being gunshot twice in 1967). The Workout of the Month was by fast rising ADFPA superheavyweight squatter, Rob Huesman. Louie Simmons talked about "The Trip" ... how Westside Barbell got started and some of the incredible talents who have come through the door in the meantime. Rick Brunner, of Atletika supplements, detailed a study he had commissioned about personal trainers, and his plan to turn this career path into a much more successful venture. Hoosier strength star Larry McWhorter was profiled by his friend Herb Glossbrenner. We also had coverage of the IPF Bench Press Worlds, where James Henderson electrified the crowd while winning his 2nd straight gold medal. A real pioneer of powerlifting (and a great friend and supporter of Pat Casey) was Leo Stern, interviewed by Myers Badura. "In 1948, we started powerlifting. We didn't call them powerlifting contests .... " Darren Robinson, the half Hawaiian, half Scottish/Viking star of ADFPA competition, was interviewed by Bob Gaynor (... "I've been benching 400 since I was 17 years old!"). On Herb Glossbrenner's All Time TOP 50 165/181 Women's rankings, Dawn Sharon led the 165s with 1512 with Jan Todd 39th with 1047. In the 181s, Tamara Rainwater-Grimwood led the way at 1520 with Maris Sternberg at 17th with 1151. Part II of the series "The Foundation and Application of Periodized Training" by Dan Wagman Ph.D. ran over 3 pages in this issue. Judd Biasiotto interviewed training expert Stefan Korte (... "Olympic lifting is dying in the Eastern Bloc Countries") and Doug Daniels' "Startin' Out" covered shoulder shrugs. Ken Leistner profiled his long time buddy Ralph Raiola. On our TOP 100 181 lb. class list, Ray Benemerito was #2 with 725 in the squat, with A. Serio (wasn't the at the Masters meet last issue?) at 78th with a 584. Dave Waterman led the BP with 520 (he was destined to do much more than that!), with Mike Danforth at 71st with 413. In the d-lift, Ray B. led the way with 744, with his NJ bud Gerry Dally at 98th with 570. Of course, Ray took the total .. with 1906, on his best lifting day ever, and Aaron Byas (another Master Blaster these days) was 98th with 1465. In the results section, we noticed what Hennis Washington won the 132s at the ADFPA Florida State meet with 462 292 457 1210. Keith Kanemoto (still at it in the Masters ranks!) won the 181s with a 441 BP at ADFPA California State BP meet, where current IPF World Masters Record holder Russ Kitani won the 242s with 501. Matt Zweng, who went on to ambush Jesse Kellum in WPO competition, won the 181s at the APF Big Iron on the River meet with 600 440 500 1540. Lance Slaughter won the USPF Muscle Beach BP in Venice with a 374 at 148. This edition is just one of DOZENS of back issues of PL USA that are currently still available. Check out a synopsis of each back issue that you can still obtain from the PL USA stockpile on pages 48-51 of this issue.

Jeanne Watts' 402 World Record

WABDL West Coast BP/DL
18 SEP 04 - Sacramento, CA

DEADLIFT
WOMEN
Junior
123 lbs.
M. Hahn 271
4th-281
148 lbs.
G. Gendotti 259
165 lbs.
S. Armstrong 374
Master (40-46)
123 lbs.
A. Barnhill 265
132 lbs.
J. Deuser 308
A. Brisbane 303
148 lbs.
S. Hedman 325
S. Maher 325
165 lbs.
S. Moore 203
181 lbs.
Soul-Dangel 336
198 lbs.
D. Plank 292
199+ lbs.
S. Vaterlaus 259
J. Petrey 253
Master (54-60)
198 lbs.
K. Polansky 330
199+ lbs.
D. Chillgren 242
Master (75-79)
132 lbs.
P. Forquer 154!
Open
105 lbs.
A. Vallejo 286
114 lbs.
MacQuarrie 231
123 lbs.
M. Hahn 271
4th-281
A. Barnhill 265
132 lbs.
A. Brisbane 303
148 lbs.
J. Watts 341!
B. Braguine 304
4th-319
199+ lbs.
D. Myers 479!
Submaster
105 lbs.
A. Vallejo 268
148 lbs.
J. Watts 370
165 lbs.
P. Carroll 242
199+ lbs.
D. Myers 479
Teen (13-15)
148 lbs.
B. Bragulna 304
4th-319
Teen (16-19)
165 lbs.
L. Tarkon 286
Teen (18-19)
123 lbs.
K. Phipps 231
4th-236
199+ lbs.
L. Vaterlaus 246
4th-259
MEN
Class-1
165 lbs.
K. Herzik 380
J. Mayes 389
181 lbs.
T. Eriksen 462
D. Madera 407
220 lbs.
A. Tortorelli 513
E. Barnes 545
259 lbs.
N. Williams 383
309+ lbs.
L. Contreras 440
Junior (20-25)
148 lbs.
S. Salemi 402
198 lbs.
K. Vorsatz 490
242 lbs.
Schwacofer 501
259 lbs.
J. Ortega 558
K. Gideon 374
Law/Fire
Open
242 lbs.
D. Arredondo 578
Law/Fire
Submaster
198 lbs.
S. Pearson 540
4th-587
220 lbs.
L. Nino 584
242 lbs.
K. Rinehart 578
259 lbs.
M. Smyser 529
Master (40-46)
165 lbs.
P. O'Neil 336
Master (41-53)
198 lbs.
McCormack 501
259 lbs.
G. Stevens 534
309+ lbs.
L. Contreras 440
Master (54-60)
198 lbs.
L. Blum 479
K. Kirk 303
Master (80-84)
181 lbs.
B. Accosta 248
Open
198 lbs.
R. Lewis 683
242 lbs.
D. Tubridy 473
308 lbs.
N. Riai 650
Submaster (34-39)
K. Rinehart 578
Teen (16-19)
165 lbs.
M. Salami 402
Teen (18-19)
198 lbs.
M. Minahan 479
E. Vorsatz 407
220 lbs.
A. Contreras 383
BENCH
WOMEN
Junior
165 lbs.
S. Armstrong 231
181 lbs.
K. Womack 203
WOMEN
Master (40-46)
105 lbs.
C. Fujisaki 160!
123 lbs.
A. Barnhill 143
132 lbs.
A. Brisbane 198
J. Deuser 176
E. Womack 132
148 lbs.
S. Hedman 181
S. Maher 143
165 lbs.
S. Moore 143
181 lbs.
A. Soul-Dangel
—
J. Hase 181
M. VanDam 209
198 lbs.
D. Plank —
199+ lbs.
S. Vaterlaus 231
Master (54-60)
198 lbs.
K. Polansky 165
199+ lbs.
D. Chilgren 99
Master (75-79)
132 lbs.
P. Forquer 77
Open
105 lbs.
C. Fujisaki 160
114 lbs.
MacQuarrie 121
132 lbs.
A. Brisbane 198
148 lbs.

Mike & Kelly Womack (all photographs are by CSS Photo Design)

J. Watts 215
B. Braguine 198!
Teen (13-15)
148 lbs.
B. Sraguine 198
165 lbs.
O'Halloran 148
Teen (16-19)
123 lbs.
K. Phipps 115
165 lbs.
L. Tarkon 110
199+ lbs.
L. Vaterlaus 176
Submaster
105 lbs.
A. Vallejo 166!
148 lbs.
J. Watts 215
MEN
Class-1
165 lbs.
A. Davis 368
4th-391
K. Harzik 275
J. Mayes 236
181 lbs.
T. Eriksen 314
198 lbs.
J. Stinson 330
R. Elay 225
220 lbs.
E. Bernas 448
M. Hatftald 448
R. Yost 424
B. Butko 248
242 lbs.
Douglas 414
J. Laija 352
J. Pritchatt 303
259 lbs.
N. Williams 121
275 lbs.
B. Sabin 482
308 lbs.
W. Alex 435
309+ lbs.
N. Tuffanelli 501
L. Contraras 429
Junior (20-25)
148 lbs.
B. DaLuz 275
4th-286
S. Salemi 275
198 lbs.
K. Vorsatz 319
220 lbs.
J. Smith 402
242 lbs.
Schwacofer 330
259 lbs.
K. Gideon 292
Law/Fire
Master (40-47)
198 lbs.
R. Lopez 485!
308 lbs.
J. Tovar 600!
Law/Fire
Master (48+)
220 lbs.
J. Jones —
D. Martinez 418!
4th-424
275 lbs.
B. Sabin 462
Law/fire
Open
242 lbs.
D. Arredondo —
Law/Fire
Submaster
198 lbs.
S. Pearson 385
220 lbs.
J. DeLuca 325
259 lbs.
M. Smyser 402
Master (40-46)
198 lbs.
J. Cavanaugh 383
H. Williams 275
220 lbs.
DeGennaro 347
242 lbs.
G. Phipps 374
275 lbs.
R. Ludlam 573
W. Faulkner 418
Master (47-53)
181 lbs.
P. Janoff 347
F. Gray 248
198 lbs.
McCormack 374
T. Robinson 308
D. Bertier 308
275 lbs.
M. Johnson —
309+ lbs.
L. Contreras 429
Master (54-60)
220 lbs.
D. Marba 402
G. Hawkins 264
Master (61-67)
242 lbs.
M. Bonifield 341
Master (68-74)
181 lbs.
J. McEwen 203
242 lbs.
J. Peters 209
308 lbs.
J. Krachunis 303!
Master (75-79)
165 lbs.
R. Fomachon 203
Master (80-84)
181 lbs.
B. Accosta 165
Open
198 lbs.
F. Salinas 369
T. Robinson 308
R. Gloria 248
220 lbs.
M. Ludivico 363
242 lbs.
J. Hunter 579
D. Tubridy 473
308 lbs.
N. Rial 496
Submaster (34-39)
165 lbs.
A. Davila 386
181 lbs.
A. Agamao 501
220 lbs.
M. Hatfield 446
M. Ludivico 363
242 lbs.
J. Hunter 579
275 lbs.
R. Uncoln 562
Teen (13-15)
123 lbs.
J. Minehan 137
4th-154
Teen (16-19)
132 lbs.
M. Lauricella 221
165 lbs.
M. Salemi 187
198 lbs.
M. Minahan 281
E. Vorsatz 275
E. Bledsoe 253
220 lbs.
A. Contreras 264

!=World Records. Jody and Loraine Woods were the Meet Directors and they always put on a first class meet. They had 145 lifters. World records in the deadlift were set by Paulie Forquer, who pulled 154.2 at 132 at age 77! Jeanne Watts, who has unbridled enthusiasm for the deadlift, pulled 370.3 in submaster 148 and then upped that to 380.2 at the worlds in November. She will hit 400 this year and maybe even 420. Donna Myers, who is a Sheriff's Deputy and is the biggest women I ever saw at 6'5" 300+ and all muscle, pulled a world record 479.5 and locked out 501.5 in her 2nd meet. The 501.5 was turned down for hitching. In teen women

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:
Adults $25
Teens $15
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 27499
Golden Valley, MN 55427

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_____

13-15 148#, Brittany Bragwine set a world record 319.5. In the bench press, world records were set by Rudy Lopez with 485 in law/fire master 40-47 198#; Jamie Tovar who popped a 600.7 in law/fire master 7th world record in 3 years with 424.4; in law/fire master 48+; JP Krachunis set a world record 303 in master 68-74 308# class. JP is a trainer and trains his prot,g, Donna Myers, who may deadlift 700# if she stays with it. JP wrestled professional for many years under the name of "The Bear." Carin Fujisake set a world record in the bench with 160.8 in master women 40-46 105#. Carin only weighed 101#. Alexandra Vallejo set a world record in submaster women 105# with 166.3 and Brittany Braguine set a world record 198.2 in teen 13-15 148#. Jeanne Watts, Brittany Braguine and Alexandra Ballejo are all trained by Rene Nielson of the Pacifica Athletic Club. Most of Rene's world record setters are women and in the last 3 years more than 25 world records have been set by Rene's female team members and they were to go o in November to finish 2nd in team standings at the world championships. Moving on to state records in the deadlift, Nathan Williams set a Nevada record 363.7 in class-1 259#. In junior women 123#, Minh Hahn elevated 281 for a California record 281# in only her 2nd meet - more than twice her body weight. In junior women 265, Sabrina Armstrong set a California record 374.7. In law/fire open, Deerek Arredondo set a California record 578.5 at 242#. Derek is part of Matt Lamarques "Iron Society Team" out of Monterey, California. All of the Iron Society team members are using the explosive pop at the beginning of the deadlift with great success. Some semi-famous deadlifter taught them that technique. Steve Pearson set a California record 567.5 in l/f submaster 198# and Lorenzo Niko set a California record 584 in l/f submaster 220. In master men 80-84 181, 80 year old Bob Accosta pulled 248 for a California state record. The older master lifters always amaze me. Never quit lifting. Always have goals even if you don't compete. In open 198 Ryan Lewis was noteworthy with a 683.2 California record at 198. In submaster 242, Kevin Rinehart put up a 578.5 for a California record. In submaster women, Patti Carroll lifted 242.5 at 165 for a California record. The following women were more than competitive in the deadlift and all set California records: Lauren Vaterlaus in teen 16-19 unlimited set a record 259# and her mother, Sue Vaterlaus lifted the same weight in the same weight category in master 47-53. In master 47-53 198, Diane Plank hauled in 292, and Judith Petray in master 51-60 165# pulled 253.5. Karina Phipps set a Nevada record and broke it twice with 231.2 and 236.7 in teen 16-19 123#. In the bench press 25 state records were set in addition to the lifters already mentioned who set world records. In class-1 165, Adolfo Davila set a California record with 391.2. In junior men, California State records were set by Bryan DaLuz at 148 with 286.5 and Sebby Salemi with 275.5 at 148 which was broken on a 4th by Bryan DaLuz. Jason Smith set an Arizona record 402.5 in junior 220. In law/fire, California records were set by Bruce Sabin in law/fire 48+ 275# with 462.7. Steve Pearson launched 385.7 in l/f submaster 198 and Mike Smyser put up 402.2 in l/f submaster 259#. In master men 40-46 275 Rich Ludlam put up a huge 573 and in master 47-53 181, Paul Janoff dunked 347 for a California record. In master men 54-60 220, Dave Marba slung back 402.2 for a California record and showing no signs of slowing down with age. Speaking of age, 8- year old Bob Accosta put up 165.2 for a California record. In women's benching, Sabrina Armstrong in junior 165, popped 231.2 for a California record. Kelly Womack set a California record 203.7 at 181. In master women, Alene Brisbane set a California record with 198.2 at 132. In master 47-53 181#, Mary-Ann VanDam set a California record 209.2. In master 47-53 unlimited, Sue Vaterlaus put up a nice 231.2. In open 148, Jeanne Watts benched a 215.8 California record to go along with her 370 deadlift California record. In teen women 13-15 165#, Margot O'Halloran set a California record 148.7 and Lauren Vaterlaus in teen 16-19 unlimited pushed 176.2 for a California record. Pacifica Athletic Club coached by Rene Nielsen and captained by Jeanne Watts won the team title. I want to thank Jody and Lorraine Woods, the Meet Directors, Dave Faceland, who works tirelessly to help Jody loading equipment and delivering it and then tearing down. The judges were Mike Moore, Ken Anderson, Jim Sherfield, and Scott Cartwright. Elma Thomas was on the computer. Lorraine Woods was the MC. Gary Thomas was the weigh-in room supervisor. (Gus Rethwisch)

MINUTES OF THE AMERICAN DRUG-FREE POWERLIFTING FEDERATION's June 11, 2005 Meeting (The Purple Hotel; Chicago, IL.)

The formal start of the meeting was 12:30 p.m. **Introductions & Welcome:** The following MISSION STATEMENT was reviewed; an agreement was quickly reached that this would work; the ADFPF would follow the WDFPF lead and sanction Strongman & Highland Games events. It was made clear that suggestions and revisions of the ADFPF Mission Statement were welcome. **ADFPF Mission Statement:** To provide amateur athletes with legitimate drug tested powerlifting, Strongman/woman, Highland Games experiences (competitions, clinics & workshops) through local, regional and National championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration. The Business meeting used the following format: **ORGANIZATIONAL ARRANGEMENTS: FINANCES: BANK ACCOUNT:** The ADFPF has a Bank Account in place within the Structure of a Not-for Profit status. The fact that we are a Not-for-Profit organization, allows us to accept donations and provide the donor with a form for Tax exempt status. **ADFPF payments have already been made for the following:** The ADFPF has paid their 2005-2006 WDFPF Registration dues ($100.00 for the nation plus $1.00 per registered national member). Two drug tests have been completed (negative results); all bills paid ($75.00 per test for a total bill of $150.00). Our meeting room for today has be paid for by a donation. **Upcoming ADFPF bills: INSURANCE:** Agreement was reached to start the ADFPF insurance in 2006 UNLESS the ADFPF has an opportunity to host an ADFPF or WDFPF event in 2005. Some meets held in school facilities, may have insurance provided by paying for a "rider" for the specific day of the event. One ADFPF Insurance Bid was received but the cost was higher than anticipated so the recommendation was to check other insurance companies and to also talk with NSI / West Bend Mutual Insurance Company about options that may reduce the cost listed on their bid. **MARKETING ideas:** The group was in agreement to initially focus on the UNEQUIPPED Division of competition. (The only supportive equipment allowed in the UNEQUIPPED Division will be the lifting belt and wrist wraps.) It was decided to place a monthly ADFPF informational advertisement into *Powerlifting U.S.A.* along with other powerlifting-related magazines. Fliers were another potential to advertise upcoming ADFPF competitive schedules. **OPERATING EXPENSES PROVIDED THROUGH:** #1: The current ADFPF Registration Fees is $20.00 per member. It was agreed to stay with that amount as long as possible. #2: Hosting competitions. Recommendations included the following: Hosting Local Events. This was accepted. Dennis Brady will try to host 4 to 6 ADFPF events in Illinois. The Michigan meet organizers will try to host 4 to 6 ADFPF events in the State of Michigan. An effort to host an ADFPF meet in the state of Indiana will be made. ADFPF publicity notices will seek potential State Chairs and Meet Directors. Place a bid to host the WDFPF PAN-AMERICAN CHAMPIONSHIPS early in 2006. Hosting this event was not considered an option at this time. Host a 2006 ADFPF NATIONAL POWERLIFTING CHAMPIONSHIPS for men & women. This was supported. Dennis Brady will host this event in APRIL, 2006. Host a 2006 ADFPF MASTERS' NATIONAL POWERLIFTING CHAMPIONSHIPS for men & women. This was supported. This event will be held in Lansing Michigan in MAY, 2006. Host a 2006 ADFPF SINGLE EVENT NATIONAL CHAMPIONSHIPS. This was supported for the month of FEBRUARY. #3: TAX Exempt Donations. **ADFPF Logo:** Jeff Buchin had a Logo design presented during the meeting. It was agreed that the ADFPF Logo will be used for our ADFPF advertisements with the potential of having a contest for ADFPF members to create an official Logo. **ADFPF Rules and Policies: ADFPF Rulebook**: A new rulebook will be written to accommodate the rules and policies we wish to accept from the 1992 A.D.F.P.A. Rulebook as well as those rules and policies we choose to adopt from the W.D.F.P.F. Rulebook. The meeting participants were given copies of both of these Rulebooks and will review them a.s.a.p. to provide suggestions in formatting our new ADFPF Rulebook. It was agreed upon that the ADFPF would follow all WDFPF rules concerning drug testing; personal competitive equipment; platform equipment; technical and competitive rules including the following: Weight Classes for Men and Women. Check ADFPF website for this information. Divisions of competition: UNEQUIPPED (the only supportive equipment allowed would be the lifting belt and wrist wraps) and EQUIPPED (single play supportive squat & deadlift suits; single ply supportive bench shirts (Canvas is NOT ALLOWED; shirts must NOT have any open seams or fasteners; shirts must fit similar to a T-shirt covering the torso: shoulders, chest and back; supportive shirts are limited to ONLY the Bench Press Event). Belt; knee and wrist wraps. All equipment must meet rulebook specifications BUT WILL NOT BE LIMITED TO select BRAND NAMES. Categories of competition: OPEN (minimum age 14 years); POLICE/FIRE/MILITARY (OPEN category only); TEEN 1 (14-15); TEEN 2 (16-17); TEEN 3 (18-19); JUNIOR (20-23); MASTERS' 1 (40-44); M 2 (45-49); M 3 (50-54); and so on in 5 year increments. **ADFPF Member's Rulebook:** It was agreed that a small ADFPF Rulebook would be designed to send to each ADFPF member as they register there by alerting them to rules concerning personal lifting equipment, weight classes, Divisions of competition and Categories of competitions. We hope to have this manuscript ready in the very near future. **ADFPF RECORDS:** The focus of ADFPF competition will be on the UNEQUIPPED Division at this time. ADFPF records will be registered from each ADFPF Sanctioned event. All Record information will be taken form the Competition TABLE SCORE SHEETS and the INDIVIDUAL LIFTER'S ATTEMPT CARDS listing the results of each of their attempts. **ADFPF Sanction fees:** It was agreed to charge an ADFPF Sanction Fee of $20.00 for regular meets and $50.00 for National Championships. **MARKETING IDEAS:** This will be discussed in the future. **LOGO:** We have a Logo to use at this time. The ADFPF may decide to have a competition in the near future, for an official ADFPF Logo. **ADFPF RULEBOOK:** Work on the NEW ADFPF rulebook will begin immediately. The ADFPF follow all WDFPF rules concerning drug control; personal and platform specifications, technical and competitive rules including the following: Weight Classes (11 for women; 12 for men) Lifting Divisions: UNEQUIPPED (the only supportive equipment allowed is the lifting belt and wrist wraps). EQUIPPED (supportive suits allowed ; supportive shirts allowed only in the Bench Press event; belt; knee wraps & wrist wraps. All personal equipment must be within rule constraints. Lifting categories: OPEN (minimum age of 14); TEENAGE 1 (14-15 years); TEENAGE 2 (16-17 years); TEENAGE 3 (18-19 years); JUNIOR (20-23 years); MASTERS': 1 (40-44 yrs.); M 2 (45-49 yrs); M 3 (50-54 yrs); M 4 (55-59 yrs.); etc. in 5 year increments. POLICE/FIRE/MILITARY (OPEN category only) **CONSTITUTION:** Agreement was reached to review the 1992 ADFPA By-Laws as well as the WDFPF Constitution before construction of the ADFPF Constitution. **REGISTRATION:** We will temporarily handle registrations through the current process and via our ADFPF website (<www.adfpf.org>). We are seeking APPLICATIONS for the position of REGISTRAR. Membership cards will include pertinent information including NAME, ADDRESS, DATE of BIRTH; AGE; GENDER; TEAM; I.D. number; referee status; agreement to OUT-OF-COMPETITION and TARGET Drug-Testing. **OFFICERS:** It was agreed that at this time the ADFPF would be run by a Board of Directors. We may be best served at this time with a Board of Directors. We have 3 people committed to work on this board but are seeking other APPLICANTS. Currently the Board of Directors is: DENNIS BRADY; JUDITH M. GEDNEY & RICHARD VAN ECK. **DRUG CONTROL COMMITTEE/OFFICER;** both for **IN & Out-of-Competition** testing: Dennis Brady will be the DCC Chair. **REFEREES:** We currently have several WDFPF International Referees throughout the U.S. and will soon establish requirements and tests in order to re-test this pool and to add to the ADFPF Referee pool. We welcome interested Referees from various organizations. All ADFPF events will require attendance of referees in a Referee's Clinic prior to the competition. **PUBLICITY COMMITTEE:** The ADFPF is seeing applicants at this time. **SELECTION OF 2005 U.S. TEAMS:** An application process is in place for selection of U.S. Teams entering WDFPF competitions this year. The potential to continue with this process through 2006 was discussed. When the "application process" is used for U.S. Team selection, preference will be given to lifters completing in ADFPF National competitions. **WEB SITE:** <adfpf.org> The following be included: INTRODUCTORY INFORMATION with MISSION STATEMENT; MEMBERSHIP REGISTRATION FORM to print and mail; DIRECTORY INCLUDING CONTACTS WITH: BOARD OF DIRECTORS; DRUG CONTROL OFFICER; REFEREES; PUBLICITY. ADFPF/WDFPF CALENDAR; ADFPF & WDFPF RULEBOOKS for downloading (WDFPF is already available on the site); ADFPF & WDFPF CONSTITUTION & BY-LAWS for downloading (WDFPF is already available on the site); WDFPF RECORDS for EQUIPPED & UNEQUIPPED Divisions; MEN & WOMEN; all weight classes and lifting categories. (These documents are ready to post but are not yet on the website.) ; GUEST BOOK; FORUM; PHOTO ALBUM; TECHNIQUE CUES FOR LIFTERS, COACHES & REFEREES. **WEB MASTER:** We currently have a webmaster who can be reached via the website (<www.adfpf.org>) or at: <strykr@cybersouth.com> **CANCELLATIONS:** We've had several cancellations prior to this meeting and appreciated the contacts from everyone. Some presented agenda proposals (all of which were discussed).

APF/AAPF Membership Application

Check the box that applies below

☐ AMERICAN POWERLIFTING FEDERATION

☐ AMATEUR AMERICAN POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | DATE OF APPLICATION

CITY | STATE | ZIP CODE

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

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

REGISTRATION NUMBER | E-MAIL ADDRESS

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

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

IF UNDER 18, HAVE PARENT INITIAL

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

SIGNATURE X _____

75 year young ***David Ginenthal***

USOC-USAPL Tropical Games
16,17 JUL 04 - Palm Beach, FL

BENCH			
WOMEN			
Open			
D. Lundgren	102.5		
MEN			
Open			
S. Tsuda	—		
C. Dixon	227.5		
M. Rogolino	190		
Broverman	187.5		
Master (70+)			
B. Tinkler	102.5		
Master (60+)			
Broverman	187.5		
P. Currey	137.5		
Master (50+)			
G. Walker	185		
Master (40+)			
D. Klein	167.5		
WOMEN	BP	DL	TOT
Master (40+)			
B. Lemus	75	87.5	162.5
Collegiate			
R. Monfort	50	90	140
J. Wiersma	42.5	107.5	150
MEN			
Teen (14-15)			
N. Russell	42.5	100	142.5
Teen (18-19)			
J. Scott	120	130	250
Collegiate			
K. Stofan	112.5	175	287.5
A. Simons	145	200	345
C. Wilcoxson	157.5	192.5	350
J. McNeil	122.5	200	322.5
R. Hall	110	182.5	292.5
B. Markham	127.5	230	357.5
R. Hayne	162.5	195	357.5
Submaster			
M. Ritter	137.5	207.5	345
Master (40+)			
G. Wright	155	272.5	427.5
M. Brown	145	205	350
J. Clark	182.5	295	477.5
Master (60+)			
P. Currey	137.5	165	302.5
D. Mathews	112.5	170	282.5
Open			
J. Ulvang	195	275	470
J. Wilsey	160	237.5	397.5
M. Brown	145	205	350
J. Landau	187.5	265	452.5
J. Dieffenbach	1825	260	442.5
T. Nelson	155	215	370

(Thanks to Robert Keller for the results)

Police/Fire

C. Lui	165
DEADLIFT	
MEN	
Open	
E. DeLeon	237.5
Master (40+)	
S. Bloom	295
S. Conlin	227.5
Master (50+)	
L. Russell	272.5
Master (60+)	
P. Currey	165

USAPL GA State/Southern States
29 FEB 05 - Duluth, GA (kg)

BENCH				
181 lbs.				
Master				
J. Shoaf	120			
220 lbs.				
Master (60-69)				
K. Rowan	137.5			
MEN	SQ	BP	DL	TOT
132 lbs.				
Washington	255	152.5	242.5	650
165 lbs.				
Teen				
A. Singleton	190	115	172.5	477.5
181 lbs.				
M. Stanley	237.5	147.5	250	635
C. Wright	232.5	135	260	627.5
Open				
198 lbs.				
A. Johnson	252.5	172.5	260	685
M. Christie	220	157.5	245	622.5
A. Campbell	232.5	145	240	617.5
T. Nerlin	195	142.5	222.5	560
220 lbs.				
G. McCaulla	252.5	142.5	242.5	637.5
242 lbs.				
J. Brown	325	197.5	340	862.5
J. Demchak	260	172.5	255	687.5
C. McCoy	205	125	272.5	602.5
275 lbs.				
M. Anderson	370	240	310	920
D. Rogers	350	182.5	350	882.5
Master (40-49)				
181 lbs.				
M. Stanley	237.5	147.5	250	635
C. Wright	232.5	135	260	627.5
W. Kellett	160	115	192.5	467.5
220 lbs.				
M. Brown	255	165	242.5	662.5
Master (55-59)				
242 lbs.				
C. Taylor	262.5	182.5	262.5	707.5
R. Proctor	217.5	167.5	240	625
Master				
148 lbs.				
B. Coleman	165	82.5	147.5	395
181 lbs.				
H. Salis	112.5	95	145	352.5
WOMEN				
Open				
132 lbs.				
M. Hayes	142.5	87.5	182.5	412.5
Master (50-59)				
165 lbs.				
J. McGrady	35	37.5	92.5	165

(Thanks to USAPL for providing the results)

242 lbs.

Open	
J. Demchak	172.5

Coliseum Impact NYC Meet
2 OCT 04 - Middle Village, NY

	SQ	BP	DL	TOT
WOMEN				
148 lbs.				
Junior				
L. Brown	—	116	292	—
Open				
165 lbs.				
K. Deruvo	337	237	330	903
181 lbs.				
Magallanes	176	116	242	534
MEN				
165 lbs.				
Teen				
J. Staab	298	242	501	1041
B. Kim	387	275	407	1068
Junior				
D. Federici	—	352	—	—
181 lbs.				
Novice				
Papadimitriou	364	369	446	1178
Novice				
A. Kokell	—	224	—	—
Teen				
I. Fernandez	474	259	463	1196
Masters (40-44)				
G. Alvarez	386	259	407	1052
Z. Turowski	579	—	528	—
Masters (50-54)				
R. Gottfried	403	253	528	1184
Masters (75-99)				
D. Ginenthal	298	187	374	859
198 lbs.				
Junior				
E. Settel	435	—	600	1151
Open				
A. Seunarime	447	319	534	1299
R. Cano	419	259	424	1101
Masters (40-44)				
R. Ingravera	645	369	600	1613
Masters (45-49)				
S. Sokolowski	—	308	—	—
220 lbs.				
Novice				
S. McGrath	—	308	—	—
Subs				
R. Stallica	—	413	—	—
242 lbs.				
Open				
L. DePalma	777	550	572	1899
L. Holm	557	347	501	1404
Masters (40-44)				
P. Chapman	—	287	—	—
J. Evangelista	—	287	—	—
Masters (55-59)				
R. Renz	474	358	462	1294
275 lbs.				
Junior				
D. Brown	484	385	510	1379
Open				
R. Pac	403	451	572	1426
R. Sjoberg	704	314	600	1617
Subs				
G. Allen	—	440	—	—
R. Madera	529	352	539	1420
308 lbs.				
Novice				
Mangiaracina	315	308	462	1085
T. Harris	—	385	—	—

Best Male Lifter ***Ricardo Ingravera***

On Saturday, October 2nd 2004, Coliseum Gym in Middle Village, New York, hosted the 1st Annual "Coliseum Impact Powerlifting NYC Championship" sanctioned by the APF/AAPF. This meet was orchestrated to satisfy two important goals: One being to bring back the sport of powerlifting to NYC, and the other to raise money for the Cooley's Anemia Foundation, a non-profit voluntary health organization that's dedicated to help find a cure for Thalassemia, a fatal, genetic blood disorder that afflicts children and young adults. By the end of the day, Coliseum Gym issued a check to the Cooley's Anemia Foundation in the amount $1,500.00 and everyone was pumped up in all the excitement. The pump had started from the evening before when many volunteers from the community pulled an all-nighter to set up the gym including moving out the gym equipment, building a stage, and setting up 200 seats for spectators. A professional DJ volunteered his time for our event where each lifter had an opportunity to choose his own inspirational music. The music not only revved up the lifters, but also stimulated the audience into a complete frenzy of excitement. Pasteur Vincent Linguiti, from Valley Stream, started the event with an inspirational morning prayer that in essence celebrated the sport of powerlifting through its ability to motivate people to shoot for the stars, overcome personal hurdles, and bring athletes together. Truly, how many athletes in other sports offer the same amount of support and camaraderie to their colleagues while rooting for their competitors to make their lifts? Lifters included athletes ranging from 18 years old to 75 years young, and two athletes who made impressive benches with cerebral palsy. Salvatore's, a neighborhood Italian res-

taurant, donated an array of Italian hot specialties making for a delicious lunch break. Dr. Columbia Miller, a phenomenal chiropractor whose specialty is in kinesiology, offered free tune-ups to lifters looking for that extra edge. Due to her many years of experience with athletes and strength conditioning, we thank her for her commitment to powerlifting, and have no doubt that her work helped our lifters to perform their best. In the TEEN division at 165, first time raw lifter Jordan Staab broke the AAPF American record on his 2nd deadlift at 467 lbs. and came back to break it again on his 3rd lift at 501 lbs. In the TEEN division at 181, Ian Fernandez broke the AAPF American record on his 3rd attempt by deadlifting 463lbs. In the MASTERS division, forty-four years old Ricardo Ingravera at 198 broke the AAPF American record by pulling a 600 lbs. deadlift. Seventy-five years young David Ginenthal at 181 broke the AAPF American record by deadlifung 374 lbs. David G., whose background is in education and dance, only started powerlifting at the ripe age of 65. Two raw and first time lifters with cerebral palsy had very impressive benches. In the NOVICE class at 181, forty-six years old Anthony Kokell benched 2751bs. Thirty-four years old Sean McGrath at 220 pushed an inspirational 308 lbs. Other exciting lifts included in the SUBS at 220 Ron Stallica, lifetime unequipped. who bench pressed 413 lbs. At tifty-nine years old and at 242. Richard Renz, lifetime raw, made all 9 lifts look like child's play totaling 1294 lbs. Robert Sjoberg at 275 showed an electrifying squat by lifting 7041bs. The trophy for Best Squat went to Ricardo Ingravera who squatted 645 lbs. The trophy for Best Bench Press went to Louie DePalma who benched 551 lbs. and had an overall impressive total of 1,900. The trophy for Best Deadlift went to Jordan Staab, pulling over 3 times his body weight. The female Best Lifter trophy was awarded to Katie Deruvo, who energized the audience with all her lifts totaling 903. The male Best Lifter trophy was presented to Riccardo Ingravera who impressed everyone and inspired all the younger lifters totaling 1,613. Coliseum Gym looks forward to hosting many more shows in the near future. Teddy and Stacy Theodoropoulos are the owners of Coliseum Gym and are also lifetime drug-free competitive super heavyweights who wholeheartedly love the sport and are committed to seeing powerlifting thrive in NYC and raising money for charity. They look forward to running many more meets in the upcoming future. Special thanks out to Chris Taylor and his lifters for giving us all their love and support and all our volunteers who know nothing of the term sleep deprivation. (These results provided by courtesy of Coliseum Gym)

*Best Female Lifter... **Katie Deruvo***

WNPF National Masters
26 FEB 05 - Wayland, MI

BENCH				
Men				
165 lbs.				
Master-1				
S. Hazelton	385			
A. Sharpe, Jr.	—			
181 lbs.				
Master-1				
C. Houser	297			
Master-4				
J. Schroder	214			
Master-5				
J. Kiszelik	—			
220 lbs.				
Master-2				
M. Mellinger	435			
M. LeClair	413			
MEN				
242 lbs.				
Submaster				
J. Casermeir		402	600	1003
WOMEN	SQ	BP	DL	TOT
132 lbs.				
Master-1				
K. Waltema	176	—	—	—
K. Hockeborn	253	203	264	727
Master-5				
C. Roush	71	137	209	347
Master-7				
A. Collins	110	88	202	418
T. Drotar	104	77	176	358
Master-8				
G. Johnson	92	88	132	314
Master-10				
V. Palazzolo	402			
Master-4				
J. Brodsky	297			
Master-5				
Karitzbender	303			
242 lbs.				
Master-4				
R. Arnold	336			
Master-5				
A. Seaman	325			
Master-6				
T. Andrews	336			
275 lbs.				
Submaster				
J. Garza	413			
Master-2				
B. Martin	473			
BP	DL	TOT		
402	600	1003		
Master-4				
D. Meadows	104	88	104	341
MEN				
165 lbs.				
Submaster				
P. Coats	507	330	551	1388
M. Ruelawn	446	440	485	1372
Master-1				
A. Sharpe, Jr.	—	—	—	—
Master-6				
D. Steele	209	143	297	650
181 lbs.				
Master-3				
C. Huey	402	—	—	—
Master-6				
R. Ringewold	446	225	479	1151
Master-8				
B. Creech	148	110	242	501
198 lbs.				
Master-1				
J. Jachim	303	325	391	953
Master-4				
R. Batko	485	242	512	1240
220 lbs.				
Master-3				
F. Givens	606	418	666	1691
S. Cohle	424	314	501	1239
F. Hockeborn	462	347	468	1278
Master-4				
D. Finley	303	192	330	826
Master-5				
A. Zing, Jr.	—	—	—	—
242 lbs.				
Master-2				
T Stiverson	600	462	600	1664
Master-4				
R. Arnold	308	336	374	1019
Master-5				
R. VanEcx	165	165	165	496
275 lbs.				
Master-4				
G. Krueger	165	165	165	496
Master-5				
P. Bergan	165	165	165	496
308 lbs.				
Master-3				
N. Manning	—	—	—	—

(Thanks to Richard Van Eck for results)

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(article continued from pg. 11)

with a 385 lb. pull. The 14-year-old had a nearly perfect day with an 8/9 performance; her only miss was her opener squat which was turned down for depth, but rocketed up easily. She (and her easy-looking deadlift) was the talk of the crowd, from the bleachers all the way back to the warm-up area. Tatyana Eltsova of Russia missed each of her 3rd attempts and still took the Gold with a 520 kg total. Ayako Ikeya of Japan just missed two attempts this year and won the Silver; and another home crowd

Russian Power ..... *Maria Revva*

favorite, Mervi Sirkia of Finland, placed 3rd for the Bronze with 422.5 kg after moving up from the 114s. Poland's Maria Szymkowiak, like Caitlin, missed just one attempt at this year's Worlds – a squat. She matched her total of 400 kg., but placed 5th, behind her by bodyweight. Elodie Farque of France placed 6th, and Teresa Sawyer of Great Britain finished just behind her by 10 kg for 7th place. Three competitors tied with a 370 kg total: Sweden's Marie Eriksson (who went 8/9), Jenny Hunter of Great Britain (who brought just her opener squat and bench into subtotals), and Jeannette Gevers of Australia. In this order, they took 8th, 9th, and 10th place by bodyweight. Jeannette had led the trio at subtotals but missed her second and final pulls. Japanese lifter Hisami Moritsuka placed 11th with a 310 kg total. Hong Kong was represented by Wing-Yuk (Josephine) Ip, who placed 12th and also served as a side referee the next day. Two lifters in this class had an unfortunate day at this year's Worlds: Ukrainian Mariya Chepil had just completed a Bronze-medal-winning squat performance with 175 kg, only to fail all 3 attempts on the bench; and Denisse Molina of Ecuador had trouble with getting any of her squats passed. Although they were disqualified, Mariya completed a 175 kg deadlift and Denise continued with a 75 kg bench and a 150 kg deadlift.

Day 2: 60, 67.5, 75, and 82.5 kg classes. USA lifters: Carly Nogle, Priscilla Ribic, Disa Hatfield. Hardware count: 6 medals

60 kg. / 132 lb. class – Despite a 4/9 day, 18-year-old Carly Nogle (Caitlin's tie-dyed-tee and ice-cream-eating partner) placed 4th overall at her 2nd Open World's, improving upon her placement from last year. She won a Bronze in the deadlift with her opener of 391 lbs. Her 2nd attempt of 418 lbs. came up and locked out, but after she awaited a "down" command from the judges (which just didn't seem to be happening), she lost her grip. Her final pull of 451 lbs. was a very valiant attempt to win the Bronze, but it was not to be in Finland. Maria Revva of Russia won every Gold medal available in this class and concluded her day with a 1240 lb. total and lots of smiles on the podium. Another lifter representing the host country, Paivi Haapoja had a day of silvers, winning three with her squat, deadlift and overall placement. Ukraine's 18-year-old Maryana Plasksyva won the Bronze and set new Sub-Junior records in the SQ and total. Behind Carly's 4th place finish was Naide Badeti Tejeswini's 422.5 total to place 5th. This competitor from India looked to have either timed-out or passed on her final deadlift. Australian Mary Giffin flew all the way from the Land Down Under and took 6th with a 400 kg total. She had some trouble with the squat and bench, but stuck with all of her pulls to successful completion. Jadwiga Radwanska of Poland placed 7th but won the bench bronze medal with 242.5 lbs. Japan's Kazumi Tachibana turned in a 7/9 performance to place 8th. Just as in the 56 kg, there were two bombouts in this class: Mayumi Kitamura of Japan could not satisfy the judges with any of her bench attempts, and Ukraine's Tetyana Prymenchuk – who had been nominated #2 in this class – struggled through this contest from start to finish. She took three tries to get a squat passed, then three to get a bench attempt (which, in itself, won a Silver medal) – only to run out of gas during deadlifts. Her horrified reaction to this tragedy was evident as she placed her hands on her head and stood there on the platform for a moment, staring at the bar in disbelief.

67.5 kg. / 148 lb. class – This was the one of the most closely-watched – and closely contested – showdowns in the competition.

A 4/9 day ... *still led to a silver medal for Priscilla Ribic in the 148s*

With a Russian chief referee in place for this class, last year's World Champion Priscilla Ribic had the pressure of performing as flawlessly as possible. She ended up having a 4/9 day in Finland, but still won the Silver overall with a 595 kg total, just missing the Gold by bodyweight. She also collected a colorful hardware collection of bronze in the SQ, silver in the BP and gold in the DL. Ukraine's young competitor Tetyana Skrypka won the gold with a 7/9 performance and, having tied Priscilla, a lighter bodyweight edge. Along the way, she set new sub-junior records in all three lifts and total. Natalia Barybina of Russia, who was #2 in the nominations, won the bronze in this very close race after missing her last attempt for each lift, plus her 2nd attempt on the bench. At subtotals, 25 kg separated the top three competitors. In this situation, each lifter's number of successful attempts had weighed much

Carly Nogle, Todd Miller, & Caitlin Miller.

114 lbs.										
O. Lafina	440	463	485	253	270	286	286	308	330	1102
M. Rantamaki	369	385	396	~~192~~	192	203	352	374	391	992
Y. Arkhipenko	308	341	358	203	220	231	~~358~~	358	~~391~~	948
S. Hartwig	336	~~363~~	363	~~203~~	~~203~~	203	336	363	~~374~~	931
Y. Chou	325	341	~~363~~	143	165	176	374	396	~~429~~	914
R. Castro	325	325	~~341~~	170	~~181~~	~~181~~	330	352	~~363~~	848
K. Hollaus	286	~~308~~	~~308~~	143	154	~~159~~	297	308	~~314~~	749
J. Maile	352	~~352~~	~~352~~	—	—	—	—	—	—	—
123 lbs.										
T. Eltsova	418	446	~~457~~	264	281	~~292~~	396	418	~~440~~	1146
A. Ikeya	369	396	407	226	~~237~~	237	369	391	~~402~~	1036
M. Sirkia	352	352	369	192	~~203~~	203	341	358	~~374~~	931
C. Miller	297	297	336	143	154	159	330	363	385	881
M. Szymkowiak	319	336	~~347~~	181	187	192	319	336	352	881
E. Farque	297	314	325	165	176	~~187~~	319	341	352	843
T. Sawyer	292	314	~~330~~	187	187	~~203~~	297	319	~~325~~	821
M. Eriksson	264	292	~~303~~	148	159	165	297	336	358	815
J. Hunter	286	~~286~~	286	~~187~~	187	~~198~~	319	341	~~352~~	815
J. Gevers	319	~~330~~	330	165	~~176~~	~~176~~	319	~~330~~	~~330~~	815
H. Moritsuka	220	242	253	~~176~~	176	~~198~~	242	264	~~275~~	683
W. Ip	220	~~253~~	253	~~148~~	148	~~165~~	242	275	~~297~~	677
M. Chepil	363	385	~~402~~	~~231~~	~~231~~	~~231~~	363	385	~~407~~	—
D. Molina	352	~~352~~	~~352~~	148	165	~~170~~	330	~~358~~	~~358~~	—
132 lbs.										
M. Revva	429	446	463	~~281~~	281	~~297~~	474	496	~~507~~	1240
P. Haapoja	418	418	440	181	192	~~203~~	413	440	~~457~~	1074
M. Plaksyva	396	~~413~~	424	198	209	220	352	374	~~385~~	1030
C. Nogle	369	369	~~402~~	192	209	~~226~~	391	~~418~~	~~451~~	970
N. Tajeswini	330	330	352	203	~~209~~	~~209~~	352	374	—	931
M. Giffin	325	325	~~341~~	198	~~209~~	~~209~~	330	347	358	881
J. Radwanska	286	~~308~~	308	220	~~242~~	242	297	308	~~325~~	859
K. Tachibana	286	308	314	143	~~154~~	154	286	308	~~314~~	777
T. Prymenchuk	396	~~396~~	396	~~275~~	~~275~~	275	~~396~~	~~396~~	~~396~~	—
M. Kitamura	336	358	~~374~~	~~270~~	~~270~~	~~270~~	~~363~~	~~363~~	~~363~~	—

A JUNIOR! *... Tetyana Skrypka.*

more than what was loaded on the bar. Great Britain's Gillian Wright saw white lights on every one of her attempts until her final deadlift, which placed her 4th overall with 477.5 kg. Maria Koskinen of the host country missed just two attempts all day and totaled 470 kg, just 7.5 behind Gillian, to place 5th. Norway's Bente Arntsen had an almost perfect day with just one squat miss. She benched her way to a bronze medal in this lift and placed 6th. Mohantu Ranu of India took 7th, while Jackie Blasbery of Great Britain ended with 8th place after missing her final pull. Mohantu and Jackie's totals were separated by just 2.5 kg. Estonia's lifter, Inna Terasmaa, completed all of her attempts except her first two squats and ended her day placing 9th.

75 kg. / 165 lb. class – No USA lifter competed in this weight class this year. Marina Kudinova won the Gold and the title of "Champion of Champions" after a 7/9 performance in which she totaled 1388 lbs. She stayed atop the podium throughout the awards ceremony with the exception of the deadlift gold awarded to Lesya Humynska of the Ukraine, who had been tied with Norway's Inger Blikra at subtotals. In the end, Lesya won the Silver with a 518 lb deadlift, and the Bronze went to Inger, who had a perfect day of lifting and set new M1 SQ and total World records along the way. Another lifter was in this close race as well, and her 4th place finish was surprising: Hanna Starodubtseva of the Ukraine had been ahead of both the Silver and Bronze medalists by 12.5 kg with her subtotal. Her only miss of the day was her 462 lb. deadlift, but had she attempted 457.5 lbs. instead (she successfully pulled 451 just before), a possibility may have existed of a tie with Inger's total. This scenario would have meant an overall Bronze medal by bodyweight – close as close could be! Marian Gibson from Great Britain missed each of her 3rd attempts, but placed 5th with a 515 kg total. Heidi Hille Arnesen, the blonde Norwegian with a colorful streak in both her hair and warm personality (she kept asking my 7-year-old son for a dance, but concluded she must be too old for him), placed 6th with an 8/9 performance at her first IPF Worlds. Sweden's Leena and Lena T.'s (Takamaa and Tjader), took 7th and 8th this year. Lena Tjader enjoyed an 8/9 day, but placed behind her teammate. Gily Martinez, representing Venezuela, had a 4/9 day, but was just 2.5 kg behind her after the final pulls. She finished with 402.5 kg to round out the class.

82.5 kg. / 181 lb. class – Disa Hatfield, in her first IPF competition ever, went 7/9 – achieving personal bests in all three lifts and her total (she added almost 40 lbs to her Nationals total, halfway across the world!) – and placed 4th.

The 198 Winners *... Jessica O'Donnel, Inna Orobets, Bonica Brown*

Small Squat also won the Bronze in (of course) the squat with 485 lbs. The top two competitors this year, Kateryna Boroday of Ukraine and Ielja Strik of the Netherlands, were separated by just 12.5 kg. at subtotals. They both missed their final two deadlift attempts, leaving each with a 200 kg. (440 lb.) deadlift, and giving Kateryna the Gold. Ielja won the Silver, again just missing the Gold by 12.5 kg. Olesya Rychkova of Russia performed three white-light deadlifts, ending with a 215 kg. final attempt. That gave her the Bronze and a total that was just 12.5 kg from the Silver. Sweden's Malin Eriksson and Monica Porter of Great Britain tied with 537.5 kg, and Malin placed ahead of her by bodyweight, taking 5th place. Tarja Koski-Sipila of Finland had a good day with her squats, but she ended with just her bench and deadlift openers, giving her 7th place with 532.5 kg. 8th place went to Rosemarie Beer of Austria with a 487.5 total, while Min-Chu Hung of Chinese Taipei placed behind her by 12.5 kg and took 9th. India's two lifters, Subhaswa Shikhare and T. Rajasree rounded out the class, both missing their last two deadlifts.

Day 3: 90 and 90+ kg classes. USA lifters: Jessica O'Donnell, Bonica Brown, Harriet Hall. Hardware count: 7 medals

90 kg. / 198 lb. class – The USA was represented by two outstanding lifters in this seven-woman weight class with Jessica O'Donnell (Watkins) and Bonica Brown. Jess lifted with her usual great intensity, went 4/9 and still won the Silver in the SQ and BP and the Gold in the DL, a combination that meant the overall Silver medal with a 590 kg (1300 lbs.) total. Her final attempt with 545 lbs. would have given her the Gold, but that (both the deadlift and a World Championship win) was meant for another place and time, as it is surely well within her reach. Bonica won a bronze for both the squat – which set a new World Junior SQ record of 473 lbs. – and bench, as well as the overall Bronze with an almost-perfect, 8/9 performance. Her only miss was her final deadlift attempt of 210 kg, which would have broken her own Sub-Junior World record. The crowd seemed to enjoy her squatting style which made her attempts look not only easy, but fun. Inna Orobets of the Ukraine won the Gold, along with two other golds for her strong squat and

148 lbs.										
T. Skrypka	501	501	512	297	~~314~~	314	463	479	485	1311
P. Ribic	490	490	~~518~~	297	~~314~~	~~314~~	501	523	~~529~~	1311
N. Barybina	474	496	~~512~~	275	~~286~~	~~286~~	440	463	~~485~~	1234
G. Wright	341	369	374	220	231	242	418	435	446	1052
M. Koskinen	374	385	402	242	253	259	352	~~374~~	374	1036
B. Arntsen	352	363	~~374~~	264	275	281	363	374	380	1025
M. Ranu	374	396	~~418~~	154	~~170~~	170	396	413	~~446~~	981
J. Blasbery	319	341	352	209	220	~~231~~	374	402	~~413~~	975
I. Terasmaa	308	~~308~~	308	214	226	237	330	363	385	931
165 lbs.										
M. Kudinova	529	551	~~567~~	~~308~~	308	330	474	496	507	1388
L. Humynska	496	529	540	231	253	~~270~~	496	518	~~523~~	1311
I. Blikra	463	485	501	264	281	292	451	479	485	1278
H. Starodubtseva	463	496	518	275	292	303	418	451	~~463~~	1273
M. Gibson	380	413	~~429~~	275	292	~~303~~	407	429	~~440~~	1135
H. Arnesen	424	440	451	231	237	~~242~~	407	418	429	1118
L. Takamaa	341	363	~~380~~	198	209	214	352	~~374~~	~~374~~	931
L. Tjader	308	330	341	198	209	220	~~308~~	330	330	892
G. Martinez	369	396	~~413~~	198	~~209~~	~~209~~	292	~~308~~	~~308~~	887
181 lbs.										
K. Boroday	518	~~540~~	540	330	347	~~358~~	440	~~451~~	~~457~~	1328
I. Strik	496	518	~~529~~	~~341~~	341	~~354~~	440	~~463~~	~~474~~	1300
O. Rychkova	474	~~507~~	~~507~~	~~308~~	308	325	440	463	474	1273
D. Hatfield	446	485	~~507~~	303	319	~~330~~	363	396	407	1212
M. Eriksson	429	474	474	253	~~270~~	270	385	440	~~468~~	1185
M. Porter	457	457	~~468~~	259	270	275	396	451	~~468~~	1185
T. Koski-Sipila	429	463	474	270	~~281~~	~~286~~	429	~~446~~	~~446~~	1173
R. Beer	352	~~374~~	385	264	275	~~281~~	374	396	413	1074
M. Hung	330	~~463~~	~~463~~	~~330~~	330	~~352~~	275	385	~~418~~	1047
S. Shikhare	352	352	~~396~~	154	~~165~~	165	374	396	~~396~~	892
T. Rajasree	308	330	352	148	165	~~170~~	330	~~352~~	~~352~~	848

Disa Hatfield *... all new PR marks*

bench. And both lifts were her openers! Great Britain's Jean Maton enjoyed a perfect 9/9 performance and a 4th place finish with 475 kg. Gopalakbishnan Ambili of India totaled 432.5 kg and took 5th, while her teammate Chitra T. (abbreviated in the results) just missed 3 attempts all day and finished right behind her for 6th. Monique Hartle, representing Canada and successful with all her benches and deads, placed 7th with a 400 kg total. There were only two weight classes in the entire competition in which all lifters were successful with both their 1st and 2nd attempt deadlifts, and this class was one of them (the other was the 44 kg. / 97s). A couple of local Finns (one of them the husband of the Hotel Helenan Kievari's manager) joined the Team USA cheering section in the bleachers, enthusiastically following their lead to root for Jess, Bonica and Harriet this last day of lifting.

TEAM USA *... (bottom row, l-r) Priscilla Ribic, Caitlin Miller; (middle row) Rob Keller, Matt Gary, Mike O'Donnel, Dr. Larry Maile, Cheryl Anderson, Jessica O'Donnell, Harriet Hall, James Hart, Bonica Brown, Ivan Ribic; (back row) Todd Miller, Disa Hatfield, Sioux-z Hartwig, Jennifer Maile, Carly Nogle. (all photos courtesy Anderson)*

90+ kg. / 198+ lb. class – Harriet Hall won 5th place with a 4/9 day, having technical problems that caused missed depth on her last two squat attempts, yet she established a new IPF M2 bench record with 347 lbs. Galina Karpova of Russia had a perfect day and won the all the Gold medals in this class by a landslide while establishing three new Open World records in the SQ, BP and total. Her World record bench of 420 lbs – the biggest of the meet – was successfully completed on a 4th attempt and its apparent ease drew quite a reaction from many in attendance. The same could be said about her final squat and deadlift. She kissed the plates loaded on the bar after her history-making lifts. Chinese Taipei's Chen-Yeh Chao won the Silver overall, as well as silver medals for her squat and bench. Viktoriya Olenytsya of Ukraine won the Bronze. However, the Netherlands' Joanne Schaefer took the bench bronze from her with 352 lbs. and by a lighter bodyweight edge of about 35 lbs, winning 4th overall. Her teammate, Brenda van der Meulen, had a perfect day of lifting and placed 6th with a 570 kg total. Poland's Anna Sliwinska placed 7th with a 560 kg, while Katariina Nokua of Finland finished behind her by 7.5 kg to take 8th. Malin Vikberg of Sweden was another lifter who missed no lifts in this class, ending with a 9th place 460 kg total. Passing (or timing out of?) her last pull, India's Guha Sampa finished 10th. Other than this, she had just missed one other lift, her 3rd attempt on the bench.

This year's Best Lifters were Russians Marina Kudinova, Olesya Lafina, and Maria Revva, and Russia won the Team Championship. They once again had 6 first-place winners for the perfect total of 72 pts. Ukraine took 2nd with 61 pts., while Finland won 3rd in their homeland with 51 pts. USA took 4th place with 48 team points – just three points shy of the placing in the top three. Seven of the ten USA team members had moved up from their nomination positions.

Team USA's excellent coaching staff this year included Larry Maile, Tod Miller, Jim Hart, Ivan Ribic, Matt Gary, and Mike O'Donnell. This team of team coaches worked extremely well together and dedicated long hours to doing everything possible to help each lifter perform as best she could. Robert Keller, Jenn Maile, Jim Hart, and Dr. Mike Hartle also served as hard-working referees throughout the Championships. Pete Alaniz of Titan Support Systems generously sponsored the team with gear.

Next year's championships in Stavanger, Norway will be held November 5th-12th, 2006. It will be a combined IPF Men's and Women's Open Worlds. They have been planning for this event since November 2003 and have the event website in place at http://www.styrkeidrett.no/wc2006/ which even has an online store in place now. I hope to see you there for another big show!

Harriet Hall *stands tall in the DL*

198 lbs.										
I. Orobets	529	~~551~~	~~556~~	~~363~~	363	~~381~~	429	451	463	1355
O'Donnell-Watkins	507	~~551~~	~~551~~	308	~~336~~	~~336~~	451	485	~~545~~	1300
B. Brown	407	457	474	226	248	259	385	429	463	1162
J. Maton	341	363	385	220	242	253	363	385	407	1047
G. Ambili	363	~~385~~	385	137	148	~~159~~	396	440	~~468~~	953
T. Chitra	363	363	385	154	176	187	341	352	~~363~~	903
M. Hartle	314	~~336~~	~~336~~	209	226	231	297	314	336	881
198+ lbs.										
G. Karpova	617	639	661	363	385	407	485	518	551	1620
C. Chao	529	551	~~562~~	385	~~396~~	~~396~~	451	474	~~496~~	1410
V. Olenytsya	551	551	~~584~~	~~352~~	352	~~369~~	496	~~518~~	~~518~~	1399
J. Schaefer	479	501	518	341	352	~~363~~	440	463	474	1344
H. Hall	501	~~529~~	~~545~~	~~308~~	319	347	451	485	~~504~~	1300
B. Meulen	440	474	485	319	341	347	385	413	424	1256
A. Sliwinska	485	485	~~507~~	297	341	~~363~~	374	407	~~429~~	1234
K. Nokua	485	~~518~~	~~518~~	~~253~~	253	270	440	463	~~485~~	1218
M. Vikberg	308	341	369	220	242	253	319	369	391	1014
G. Sampa	374	396	418	198	214	~~220~~	352	374	—	1008

Nation (points): 1st Russia-72, 2nd Ukraine-61, 3rd Finland-51, 4th U. S. America-48, 5th Great Britain-32, 6th India-29, 7th Chinese Taipei-26, 8th Japan-23, 9th Netherlands-21, 10th France-21, 11th Poland-20, 12th Norway-18, 13th Sweden-18, 14th Ecuador-13, 15th Australia-7, 16th Austria-7, 17th Czechia-6, 18th Canada-4, 19th Estonia-2, 19th Venezuela-2, 21st Hong Kong-1. Champion of Champions: 1st Kudinova Marina-Russia, 2nd Lafina Olesya-Russia, 3rd Revva Maria-Russia.

Galina Karpova *... SHW winner*

(article continued from page 8)

198s: the heavier categories were loaded with 16 men in the 198s. Four got eliminated. Larry Hoover, 35, from Princeton, IN, stayed alive with his last try 733.1 SQ. He didn't survive the BP, as he missed 2 with 501 and then a big jump to 551.1. Jamie Hanson, 32, from Howell, MI, zeroed with a 600.7 SQ. Sean Heffernan, 30, from Indianapolis, IN, went nil with a 650.3 SQ. Last out was Jeremy J. Thomas, 24, from Woodhaven, MI, dead in the water following 766.1 dunk misses. Placing 11th and 12th were two MI men. Scott Kuderick, 31, of Lincoln Park, with TOT 1625.9 while Nicholas Lewis TOT 1620.39. In 10th was Tony Garland, 34, of Hilliard, FL, 1686.53! Sean Baker, 34, from Tulsa, OK, did him 11 better for 9th place with 1697.55. Adam James, 27, Schenectady, NY, was 8th with 1703.07. Same sum, but lighter bwt. was Nathan Gentges, 19, of Sedalia, MO, finishing 7th. Gentges set two 18-19 WPC WRs with his 529.1 BP and 1703.07 TOT. In 6th was Edmund D. Nesti, 34, of Shelburn, VT with 727.5, 429.9 and 600.7, for a 1758.2 TOT. In 5th spot was Chris Belshe, 30, who hit 716.4 SQ and TOT 1791.25. David Hanson, 25, from Indianapolis, IN, had to sauna right up to the last minute to make weight. Dave came through with a nice 3rd attempt 733.1 SQ. He used his barn door wide shoulders and bowling ball delts to ram up the biggest BP of the whole class, 534.6. Dave pulled 584.2 (2nd) for 1851.88 TOT and finished 4th. He thought he got third when he was called and given the award, but they made a mistake and he had to give it back. He's Mike Coes training partner. They push themselves to greater heights. Bronze medalist Ryan Lunsford, 29, of Atlanta, GA, made a strong impression with an 804.6 SQ, 479.5 BP (opener) missing twice at 534.6, and then he pulled a 672.4 for the highest pull of the whole class and a 1956.6 TOT. Battling it out for top honors were Michael Coe, 34, two time ('02 & '03) Seniors Champ in this class from Indianapolis, IN, and Joseph Norman, 37, from Jacksonville, FL. Coe, with his massive upper body and tiny wasp waist looked larger than he really was. Mike repeated his 760.6 SQ opener after getting a questionable depth call on his opener. Then he fought out 804.6 on a 3rd. Norman made all 3. His final lift of 832.3 was a new WPC 33-39 WR. When push comes to shove both men are strong. Norman succeeded with 501.55, 2nd round, while Coe lifted 523.6 easily on his 2nd. Coe got 551.1 up on his 3rd, but got called for something. Norman had a 5 lb. lead, plus lower bodyweight, going into DL. Norman pulled a 650.3 opener, but made a crazy jump and missed 705.4 twice. His 1984.16 TOT was a new 33-39 WR. Coe played it cool, pulled 600.7, then 655.8. Why? He needed 661.4 to win, and did it on his 3rd. Coe won his 3rd APF Senior National Title with a 1989.71 TOT. Coe's BP and TOT were both 33-39 WRs. No one, including Mike, realized it, because neither lift was applied for.

Michael Coe *won his 3rd APF Seniors (Herb G.)*

2ND DAY - JUNE 5

220s: Another packed class with 18 entries. In 11th place Elliott Shutts, 18, Las Vegas, NV, busted

Best Lifters at the 2005 APF Senior Nationals

SQUAT-WOMEN

Age	Lifter	Lift	Bwt.	Coeff	Rating	Age/Fact.	Final
31	1.Swanson	377.5	@ 109.86	.69158	261.071		261.071
44	2.Widdis	267.5	@ 85.46	.7700	205.975	x1.044	215.057
41	3.Kirkland	182.5	@ 51.89	1.10946	202.476	x1.005	212.599
45	4. Ponce	215.0	@ 67.00	.90490	194.553	x1.06	206.226
24	5. Ladewski	207.5	@ 59.80	.9903	205.487		205.487
32	6. Mendelson	255.0	@ 81.37	.79328	202.286		202.286
39	7. Myers	232.5	@ 72.03	.859292	199.785		199.785
19	8. Huston	250.0	@ 82.36	.78784	196.960		196.960
38	9. Denison	220.0	@ 74.70	.83835	184.437		184.437
28	10. Reske	250.0	@ 98.10	.72100	180.250		180.250

BENCH PRESS-WOMEN

Age	Lifter	Lift	Bwt..	Coeff	Rating	Age/Fact.	Final
31	1. Swanson	217.5	@ 109.86	.69158	150.418		150.418
32	2. Mendelson	165.0	@ 81.37	.79328	130.891		130.891
28	3. Reske	162.5	@ 98.10	.7210	117.162		117.162
39	4. Hyers	125.0	@ 72.03	.859292	107.411		107.411
44	5. Widdis	125.0	@ 85.46	.7700	96.25	x1.044	100.485
24	6. Ladewski	100.0	@ 59.80	.9903	99.030		99.030
19	7. Huston	125.0	@ 82.36	.78784	98.480		98.480
30	8. Pier	107.5	@ 73.57	.847022	96.054		96.054
41	9. Kirkland	82.5	@ 51.89	1.10946	91.530	x1.003	91.805
38	10. Sieps	67.5	@ 43.70	1.2642	85.330		85.330

DEADLIFT-WOMEN

Age	Lifter	Lift	Bwt.	Coeff	Rating	Age/Fact.	Final
31	1. Swanson	290.5	@ 109.86	.69158	200.904		200.904
45	2. Ponce	200.0	@ 67.5	.90490	189.980	x1.06	191.838
45	3. Ladewski	192.5	@ 59.80	.99030	190.632		190.632
19	4. Muston	235.0	@ 82.36	.78784	185.142		185.142
41	5. Kirkland	158.0	@ 51.89	1.10946	175.294	x1.005	176.170
38	6. Sieps	135.0	@ 43.70	1.2642	170.667		170.667
	7. Widdis	207.5	@ 85.46	.7700	159.775	x1.044	166.805
38	8. Burke	190.0	@ 59.24	.99779	164.635		164.635
39	9. Myers	190.0	@ 72.03	.859292	164.124		164.124
26	10. LaPierre	172.5	@ 64.68	.930228	160.464		160.464

TOTAL-WOMEN

Age	Lifter	Lift	Bwt.	Coeff	Rating	Age/Fact.	Final
31	1. Swanson	873.0	@ 109.86	.69158	603.749		603.7119
24	2. Ladewski	500.0	@ 59.80	.99030	495.150		495.150
44	3. Widdis	600.0	@ 85.46	.7700	462.000	x1.044	482.328
19	4. Huston	610.0	@ 82.36	.78784	480.582		480.582
45	5. Ponce	500.0	@ 67.00	.90490	452.450	x1.06	479.597
32	6. Mendelson	602.5	@ 81.37	.79328	77.951		477.951
41	7. Kirkland	422.5	@ 51.89	1.10946	468.746	x1.005	71.089
39	8. Myers	547.5	@ 72.03	.859292	470.462		470.462
28	9. Reske	617.5	@ 98.10	.7210	445.217		445.217
38	10. Denison	510.0	@ 74.70	.83835	427.558		427.558

SQUAT-MEN

Age	Lifter	Lift	Bwt.	Coeff.	Rating	Age/Fact.	Final
40	1. Hoskinson	495.0	@ 137.00	.53377	264.216		264.216
19	2. Hatch	370.5	@ 72.90	.70340	260.697		260.697
58	3. Wambsgans	300.0	@ 81.00	.65235	195.705	x1.322	258.722
32	4. Mehan	470.0	@ 24.10	.5465	256.855		256.855
36	5. Stratakis	482.5	@ 150.50	.522775	252.238		252.238
36	6. Grandick	455.0	@ 120.57	.55038	250.423		250.423
33	7. Forbes	457.5	@ 124.73	.54572	249.667		249.667
27	8. Allocco	455.0	@ 122.83	.54797	249.326		249.326
25	9. Fay	55.0	@ 123.29	.54745	249.089		249.089
33	10. Aichs	482.5	@ 160.00	.515875	246.330		246.330

BENCH PRESS-MEN

Age	Lifter	Lift	Bwt.	Coeff	Rating	Age/Fact.	Final
24	1. Simmons	325.0	@ 108.32	.56497	183.615		183.615
40	2. Frank	357.5	@ 165.74	.511879	182.996		182.996
23	3. Robertson	322.5	@ 107.96	.56556	182.393		182.393
36	4. Grandick	330.0	@ 120.57	.55038	181.625		181.625
28	5. Hayles	320.0	@ 109.77	.562852	180.112		180.112
30	6. Bernor	340.0	@ 147.50	.525075	178.525		178.525
32	7. Taylor	330.0	@ 133.36	.53705	177.227		177.227
26	8. Atkins	297.5	@ 99.43	.582725	173.360		173.360
35	9. Lewis	357.5	@ 238.13	.78505	171.965		171.065
33	10. Dick	292.5	@ 109.68	.57281	167.516		167.546

DEADLIFT-MEN

Age	Lifter	Lift	Bwt.	Coeff	Rating	Age/Fact.	Final
25	1. Gordon	292.5	@ 74.80	.6899	201.795		201.795
29	2. Lawson	367.5	@ 121.84	.54901	201.761		201.761
28	3. Bayles	347.5	@ 109.77	.562852	195.591		195.591
38	4. Ruggeria	37Z.5	@ 158.49	.516945	192.562		192.562
21	5. Gulledge.	350.0	@ 122.38	.54847	191.964		191.964
32	6. Mash	335.0	@ 107.23	.56672	189.851		189.851
40	7. Frank	365.0	@ 165.74	.511879	186.835		186.835
29	8. Lunsford	305.0	@ 90.00	.61185	186.614		186.614
32	9. Mehan	337.5	@ 124.10	.5165	184.413		184.143
36	10. Johnston	327.5	@ 109.68	.562940	184.362		184.362

TOTAL-MEN

Age	Lifter	Lift	Bwt..	Coeff	Rating	Age/Fact.	Final
40	1. Frank	1195.0	@ 165.74	.511879	611.695		611.695
36	2. Grandick	1110.0	@ 120.56	.55039	610.921		610.921
28	3. Bayles	1077.5	@ 109.77	.562852	606.473		606.473
32	4. Mash	1055.0	@ 107.23	.56672	597.689		597.889
32	5. Mehan	1090.0	@ 124.10	.5465	595.685		595.685
19	6. Hatch	837.5	@ 72.90	.70340	589.097		589.097
27	7. Allocco	1067.5	@ 122.83	.54797	584.957		584.957
24	8. Simmons	1035.0	@ 108.31	.56497	584.743		584.743
38	9. Ruggeria	1127.5	@ 158.49	.516945	582.856		582.856
40	10. Hoskinson	1080.0	@ 137.00	.53377	580.716		580.716
26	11. Atkins	990.0	@ 99.43	.582725	576.897		576.897
25	12. Hudak	1047.5	@ 121.02	.54988	575.999		575.999

no less than three 18-19 WPC WRs: 760.6 SQ, 529.1 BP, and 1879.5 TOT. This kid's going to be a real tough customer in the years to come. In 10th place was Bobby Myers, 40, of Defuniak Springs, FL, who went 4-9 for a good 1901.48 TOT. With his lady Carol Ann Myers winning the Women's 165s they make quite the Dream Team! Doug Caroll, 36, of Southgate, MI, was ranked among the top 5 going into the DL with a 788.1 SQ, and 584.2 BP. His lowly 545.6 DL prevented him from making a higher finish (1918.02 for 9th). In 8th was Dan Blankenship, 27, Harrisburg, PA. He went 4-8 doing 1923.5 TOT with his 551.1 BP the outstanding lift. Seventh place went to Cory Akers, 30, of Cortland, IL. He had well balanced lifting climbing the ranks fast: 810.1 SQ, 523.6 BP and 650.3 DL, for a 1984.16 TOT. Very impressive in his Seniors debut. The sixth place finisher was Brian Mull, 31, of Elkhorn, NE. He's another of the Fabulous Big Iron Omaha wrecking crew, and a superstar in the making: SQ 837.7, BP 485, DL 677.9 TOT 2000.69. Another man coming up fast is Scott Rowe, 31, of Constanha, NY: 821.2 SQ, along with his powerful 622.7 BP had him in 3rd place come pull time. He only hoisted 606.2 which caused him to slip to fifth. His TOT was 2050.3. In 4th place was Lance Mosley, age 32, and he battled the tremendous veteran powerhouse Paul Urchik, the 2003 Seniors Champ who is now age 45, and hails from Brownstown, MI. Mosley ground up 815.6, but 832.2 stopped. SQ Master Urchik, straining for all he was worth, kept both 843.2 and 870.8, his final SQ, perfectly balanced, and grooved them both, for the biggest SQ of the whole class. Urchik BP'ed 551.1 while Mosley managed 562.1. Paul had a 44 lb. advantage going into the DL. A good thing, because he strained his back and could negotiate only his 655.8 opener. He couldn't clear the platform with either 699.9 or 749.6. Mosley got 688.9, but it wasn't enough to steal third place from Urchik who came out with bronze at 2077.85 to Mosley's 2066.83. Runner up was Chris "Ox" Mason of Winston-Salem, NC. He dropped down a weight class from the 242s, a move that almost did him in! Chris managed an 854.4 SQ, but missed 881.85. Chris BP'ed 633.8, which exceeded the 33-39 WR, but he could not get 650.3. Chris secured his 666.9 DL opener for a 2155.01 TOT, another 33-39 WR. He tried to pull 688.9, missed, and went to 699.9 which could've given him gold. No lift. The 220 Seniors champ for '05 is Tony Atkins, 26, of Walkertown, NC. Those North Carolina boys pack quite a one - two punch, don't they? Atkins seemed to get stronger and more confident with each lift: SQ 854.4, BP 633.8 then 655.8 to put him up 22. He tried a WR 673.51 to better Kenny Patterson's record, but couldn't finish it off. He pulled 3 (672.4) for a 2182.57 TOT. What a promising future he has in store.

242s: This class was the biggest of the whole meet with 25 participants. It was also one of the strongest bunch of contestants in PL History. Two strong contenders to get into the medal winning trio didn't make it. Mike Roberts, 26, of North Canton, OH SQ'ed a good 832.2, then missed his huge BP tries: 644.8, 688.9 and finally 716.4. Kyle Robertson, 23, of Benson, NC took all 3 tries to succeed with his 931.45 WPC Junior WR SQ, as well as stay in the contest. He ended up with a huge 711 3rd attempt BP. At this point, he led everyone. His exuberence was short lived, 3 times missing his 677.9 DL attempts. With his elimination the Junior WR SQ he'd worked so hard for was also nullified. Five others zeroed: Peter Grosso, James Schneider, Eugene Covy, Ron Jones, and Ray Pierce.

10th place: Robert Ferris, 33, of Midland, MI, 1984.16 TOT. In 9th was Patrick Dick, 33, of Niagra Falls, NY. He posted a big 644.8 BP on route to his 1995.18 TOT. Butch Smith, 40, from Phillipsburg, NJ, is one strong "Master Blaster". In 8th place he made 815.6 SQ, 507.1 BP and 677.9 DL, for a 2000.69 TOT. No misses for Butch until his final 705.4 pull try! Finishing in 7th was Matt Smith, 32, from Midland, MI. Matt fortified his 804.6 SQ, then hit 600.7 BP and pulled up 644.8 for a fine 2050.3 TOT. Blane Stussy, 30, from Chehalis, WA, is renowned as a bencher, and came in 6th, proving he's strong in all the lifts: 766.1 SQ, 650.3 BP, 688.8 DL for a 2105.41 TOT. All his lifts were openers, utilizing pure raw boned strength. Fourth and 5th place were up for grabs. Mike Johnston, 38, the strongman competitor from Columbia, SC, fought tooth and nail with Justin Graalfs, 25, of Council Bluffs, IA. Talk about being evenly matched: Graalfs forged ahead with his 964.52 wide stanced SQ. Johnston opened with 920.42, no problem. He overestimated his ability and went to 1003, twice no dice! Graalfs got a 518.1 BP opener, then hit the rack with 534.6. Johnston trimmed his deficit to 5, hitting 556.6 (2nd). Both men pulled 722.1. For Johnston a 2nd attempt and Graalf's last! Mike found 755 too heavy and got 5th. Graalfs hit 2204.62 for a 4th place finish. Christian Simmons, 24, of Ocean Springs, MS, has strength that is almost uncanny. He has absolutely no fear of the weights. He mis-

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WOMEN											
165 lbs.											
J. Turshnuik											
SHW											
S. Thoms											
L. Miller											
MEN											
165 lbs.											
T. Hensley											
181 lbs.											
M. Minuth											
T. West											
198											
S. Webb											
220 lbs.											
C. Smith											
G. Scott											
R. Briggs											
F. Woodson, Jr.											
J. Martin											
WOMEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT
97 lbs.											
B. Sieps	130	135	~~140.5~~	62.5	62.5	67.5	202.5	~~130~~	~~135~~	135	337.5
114 lbs.											
M. Kirkland	165	182.5	~~187.5~~	75	80	82.5	265	147.5	158	~~162.5~~	422.5
123 lbs.											
L. Wilson	115	122.5	127.5	72.5	73.5	~~85~~	205	115	120	130	335
132 lbs.											
J. Ladweski	~~192.5~~	192.5	207.5	100	~~110~~	~~110~~	307.5	165	180	192.5	500
H. Burke	~~175~~	175	~~185~~	72.5	82.5	87.5	262.5	150	162.5	165	427.5
148 lbs.											
L. Ponce	215	~~227.5~~	~~227.5~~	25	85	~~102.5~~	300	175	180	200	500
B. LaPierre	162.5	~~172.5~~	172.5	57.5	~~85~~	85	257.5	130	137.5	~~152.5~~	395
K. Czerwiec	130	145	~~145~~	~~77.5~~	~~77.5~~	~~77.5~~	—	—	—	—	—
165 lbs.											
C. Myers	~~217.5~~	217.5	232.5	115	115	125	357.5	175	~~190~~	190	547.5
L. Denison	190	210	220	77.5	95	100	320	165	182.5	190	510
S. Pier	~~162.5~~	~~162.5~~	162.5	92.5	100	107.5	270	130	142.5	155	425
H. Harper	170	~~182.5~~	~~182.5~~	~~102.5~~	~~102.5~~	~~102.5~~	—	—	—	—	—
181 lbs.											
A. Huston	237.5	250	~~265~~	115	122.5	125	375	220	230	235	610
S. Mendelson	255	~~283~~	~~283~~	147.5	~~160~~	165	420	182.5	~~265~~	~~265~~	602.5
198 lbs.											
D. Widdis	250	255	267.5	~~120~~	120	125	392.5	200	207.5	~~210~~	600
		4th-SQ-~~282.5~~									
E. Lawson	182.5	~~280~~	~~280~~	97.5	107.5	110	292.5	155	162.5	~~167.5~~	455
J. Pinckard	217.5	222.5	~~227.5~~								
J. Proce	~~227.5~~	~~227.5~~	~~227.5~~								
242 lbs.	BP1	BP2	BP3								
A. Wilson	297	~~307.5~~	307.5								
R. Lawrence	~~278.5~~	282.5	290								
M. Mangum	240	255	262.5								
C. Dexter	242.5	~~255~~	255								
B. Edwards	250	~~272.5~~	~~272.5~~								
T. Bartolomei	~~215~~	~~215~~	222.5								
C. Tallman	~~320~~	~~320~~	~~320~~								
J. Biewer	~~320~~	~~320~~	~~320~~								
275 lbs.											
D. Cosnotti	242.5	~~275~~	~~275~~								
R. Putnam	~~280~~	~~280~~	~~280~~								
308 lbs.											
A. Baker	320	~~332.5~~	~~332.5~~								
J. Pinder	~~255~~	255	~~275~~								
P. Key	~~365~~	~~365~~	—								
SHW											
S. Mendleson	400	~~410.5~~	~~410.5~~								
T. Webster	220	235	250								

SHW											
B. Swanson	350	357.5	365	210	217.5	~~227.5~~	582.5	272.5	285	290.5!	872.5
		4th-SQ-377.5!									
K. Reske	217.5	237.5	250	145	162.5	~~182.5~~	412.5	185	205	~~225~~	617.5
J. Conner	~~230~~	~~235~~	242.5	102.5	112.5	115	357.5	177.5	187.5	192.5	550
K. LaMonica	152.5	162.5	~~167.5~~	92.5	~~110~~	~~110~~	245	160	~~165~~	—	405
MEN											
148 lbs.											
L. Josaitis	227.5	~~260~~	~~260~~	145	155	165	392.5	185	192.5	202.5	595
165 lbs.											
N. Hatch	345	~~345~~	365	212.5	215.5	227.5	592.5	230	240	245	837.5
	4th-SQ-370.5!										
J. Gordon	280	305	~~312.5~~	172.5	187.5	~~192.5~~	492.5	~~280~~	280	292.5	785
B. Tincher	~~285~~	~~285~~	285	202.5	210	~~220~~	495	247.5	260	~~272.5~~	755
J. McElroy	287.5	310	320	165	175	~~182.5~~	495	240	260	~~272.5~~	755
M. Hardy	~~285~~	285	292.5	170	182.5	~~192.5~~	475	227.5	~~245~~	—	702.5
E. Stone	260	290	~~305~~	142.5	155	165	455	192.5	228.5	235	690
R. Marcus	220	237.5	250	155	~~167.5~~	172.5	422.5	212.5	230	245	667.5
G. Ripley	252.5	~~275~~	275	150	~~160~~	~~160~~	425	215	~~227.5~~	~~227.5~~	640
E. Talmant	~~265~~	265	287.5	60	~~152.5~~	~~152.5~~	347.5	245	265	277.5	625
181 lbs.											
B. Rapp	312.5	337.5	362.5	200.5	~~227.5~~	227.5	590	262.5	280	~~287.5~~	870
M. Maxwell	332.5	~~352.5~~	~~352.5~~	~~205~~	205	~~220~~	537.5	260	~~382.5~~	—	797.5
R. Benedix	300	320	~~332.5~~	195	202.5	~~217.5~~	527.5	237.5	250	—	777.5
G. Brochu	267.5	287.5	300	177.5	190	197.5	497.5	257.5	275	~~282.5~~	772.5
R. Hicks	295	~~317.5~~	~~317.5~~	200	~~220~~	~~217.5~~	495	237.5	~~260~~	~~260~~	733.5
T. Lavelle	305	320	320	200.5	227.5	~~237.5~~	557.5	~~250~~	~~250~~	~~250~~	—
Wambsgans	300	~~312.5~~	~~312.5~~	~~120~~	~~120~~	~~120~~	—	—	—	—	—
S. Wunz	272.5	~~282.5~~	~~282.5~~	~~102.5~~	~~102.5~~	~~102.5~~	—	—	—	—	—
198 lbs.											
M. Coe	~~345~~	345	365	227.5	237.5	250	602.5	272.5	297.5	300	902.5
J. Norman	312.5	365	377.5	205	227.5	~~230~~	605	295	~~320~~	320	900
R. Lunsford	~~325~~	337.5	365	217.5	~~242.5~~	~~242.5~~	582.5	272.5	292.5	305	887.5
D. Hanson	~~320~~	320	332.5	228.5	227.5	242.5	575	250	265	~~272.5~~	840
C. Belshe	~~325~~	325	~~340~~	190	~~200~~	200	525	270	~~227.5~~	287.5	812.5
E. Nesti	330	~~352.5~~	~~352.5~~	~~195~~	195	~~255~~	525	~~272.5~~	~~272.5~~	272.5	797.5
A. James	330	~~347.5~~	352.5	147.5	~~225~~	~~237.5~~	500	240	265	272.5	772.5
N. Gentges	~~272.5~~	~~272.5~~	272.5	207.5	227.5	240	512.5	~~250~~	250	260	772.5
S. Baker	285	~~307.5~~	~~307.5~~	185	200	207.5	492.5	265	277.5	~~285~~	770
T. Garland	~~317.5~~	~~317.5~~	317.5	~~192.5~~	197.5	207.5	525	240	~~255~~	~~255~~	765
S. Kuderick	307.5	~~342.5~~	~~342.5~~	180	~~187.5~~	~~187.5~~	487.5	227.5	250	—	737.5
N. Lewis	265	~~267.5~~	~~292.5~~	~~170~~	175	~~192.5~~	440	295	~~207.5~~	~~207.5~~	735
J. Hanson	~~272.5~~	~~272.5~~	—	—	—	—	—	—	—	—	—
S. Hefferman	~~292.5~~	~~292.5~~	~~295~~	—	—	—	—	—	—	—	—
L. Hoover	~~332.5~~	~~332.5~~	332.5	~~227.5~~	~~227.5~~	~~250~~	—	—	—	—	—
J. Thomas	~~347.5~~	~~347.5~~	~~347.5~~	—	—	—	—	—	—	—	—
220 lbs.											
T. Atkins	365	377.5	387.5	287.5	297.5	~~305.5~~	685	287.5	300	305	990

grooved 936.96, then came back and blew it away. He jumped huge to 1003, but lost it coming up. His 672.4 BP opener beat the 661.4 WPC Men's Open record I saw Willie Wessels do in 1997 at the Atlanta APF Seniors. Simmons upped his newly created record to 716.4 (2nd) then jumped to a wacky crazy 755, an awesome try that didn't pan out. Christian had an incredible 66 lb. lead over two established superstars with an unreal 1653.46. ST. He'd used up all his artillery and missed a mere 628.3 DL twice,before I gave him a tip I'd learned from Hatfield. It must have worked because he got his 3rd and a solid 3rd place with a 2281.78 TOT.

The DL ability of the top American lifters today is, for the most part, pathetic compared to the first two lifts. I discussed this matter with my good friend Scott DePanfilis of Body Tech Strength Promotions. Scott is from Plaistow, NH, and has established himself not only as a great videographer, but also as a man with great insight into the sport of PL. Scott believes nobody can DL anymore because their body atrophies from wearing the SQ suit. I think most are just too lazy to work it, because you can get so much more out of equipment in the first two lifts. That's the easy way out. I didn't see probably a dozen DLs in the whole meet that were very impressive. This is so sad because the deadlift is really the only pure strength lift left and nobody seems to be able to do it anymore. Officials don't know how to judge the lift anymore. At least 50% of the deadlifts I see passed these days aren't locked out, especially with sumo style. American DLing has decayed in the past two decades. In the 80s we had 20 or 30 lifters who could pullover 800. Today you can almost count them on the fingers of one hand.

Jim Grandick has made amazing progress in a short time. (Josaitis)

The battle for top spot boiled down to two men, Joe Bayles, 28, a steadily rising talent from Heath, OH, and the man I've proclaimed (perhaps prematurely) as the new PL icon of the 21st Century, Travis Mash, of Mocksville, NC. In his last outing, Mash looked invulnerable at 220 having twice exceeded Coan's unreachable 2403 TOT with 2410 @ the WPO Finals last October in Atlanta, then 2414 at the WPO Super Open March 4 in Columbus, OH. It was there he came within inches of locking out 804.6 DL which would have given him a mind boggling 2480.2 TOT @ 220. Bayles came in with strong credentials, winning the IPA Nats last November with a 2325 TOT. Mash didn't try to make 220s here, and came in at 236.4. He looked uncomfortable with this increased bwt. It soon became evident he was suffering from burnout. Nothing went right. Mash missed his 925.94 SQ opener, but

C. Mason	~~387.5~~	387.5	~~400~~	267.5	287.5	~~295~~	675	302.5	~~312.5~~	~~317.5~~	977.5	S. Cole	375	400	410	257.5	275	282.5	692.5	295	320	330	1022.5
P. Urchick	~~382.5~~	382.5	395	~~245~~	250	~~275~~	645	297.5	~~317.5~~	~~340~~	942.5	K. Gulledge	370	395	~~400~~	242.5	262.5	~~280~~	657.5	350	~~385~~	~~385~~	1007.5
L. Mosley	352.5	370	~~377.5~~	252.5	255	~~265~~	625	297.5	~~312.5~~	312.5	937.5	D. Mount	385	422.5	~~440~~	265	282.5	300	722.5	275	285	~~295~~	1007.5
S. Rowe	351.5	372.5	~~387.5~~	267.5	282.5	~~282.5~~	655	~~275~~	275	~~287.5~~	930	J. Myers	375	~~400~~	400	~~285~~	285	~~297.5~~	685	320	~~357.5~~	~~362.5~~	1005
B. Mull	380	~~395~~	~~395~~	215	220	~~227.5~~	600	295	307.5	~~310~~	907.5	J. Lawson	342.5	367.5	~~365~~	255	~~265~~	~~265~~	622.5	342.5	367.5	~~395~~	990
C. Akers	337.5	357.5	367.5	227.5	237.5	~~242.5~~	605	272.5	290	295	900	L. Estevez	385	410	~~415~~	260	~~277.5~~	~~277.5~~	670	272.5	~~285~~	~~285~~	942.5
Blankenship	340	~~352.5~~	~~352.5~~	~~242.5~~	242.5	250	590	282.5	~~320~~	—	872.5	S. Woods	387.5	420	~~465~~	242.5	~~245~~	~~265~~	662.5	250	~~272.5~~	272.5	935
D. Carroll	337.5	357.5	~~370~~	~~235~~	250	265	622.5	247.5	~~272.5~~	~~272.5~~	870	M. Swank	332.5	345	357.5	258.5	272.5	~~282.5~~	630	287.5	295	~~302.5~~	925
B. Myers	345	~~367.5~~	~~367.5~~	~~227.5~~	227.5	~~235~~	572.5	272.5	290	~~295~~	862.5	C. Chillia	350	~~372.5~~	372.5	242.5	~~257.5~~	~~253.5~~	615	282.5	297.5	310	925
E. Shultz	310	335	345	215	232.5	240	585	250	267.5	~~277.5~~	852.5	A. Roberts	325	350	365	220	235	250	615	272.5	292.5	~~300~~	907.5
A. Briggs	300	~~327.5~~	327.5	212.5	~~227.5~~	~~227.5~~	540	250	270.5	290	830	J. McQuaid	~~365~~	365	~~392.5~~	212.5	~~230~~	~~230~~	577.5	307.5	~~332.5~~	~~332.5~~	885
M. Szudarek	327.5	350	362.5	170	180	182.5	545	265	282.5	~~292.5~~	827.5	D. Richard	295	317.5	~~327.5~~	250	~~272.5~~	~~272.5~~	567.5	295	~~307.5~~	—	862.5
T. Hypes	320	~~335~~	~~335~~	242.5	~~255~~	~~255~~	562.5	242.5	~~255~~	~~265~~	819.5	J. Poremba	~~437.5~~	~~437.5~~	~~450~~	—	—	—	—	—	—	—	—
R. Fuciarelli	320	~~342.5~~	~~342.5~~	202.5	212.5	~~227.5~~	532.5	252	280	~~292.5~~	812.5	J. Howery	~~320~~	~~320~~	~~320~~	—	—	—	—	—	—	—	—
J. Adams	~~340~~	~~365~~	~~365~~	—	—	—	—	—	—	—	—	T. Forbes	412.5	~~412.5~~	457.5	227.5	242.5	~~255~~	700	~~330~~	~~345~~	~~345~~	—
J. Griggs	~~365~~	~~365~~	~~365~~	—	—	—	—	—	—	—	—	C. Fay	410	432.5	455	242.5	~~250~~	~~250~~	652.5	~~302.5~~	~~302.5~~	~~302.5~~	—
B. Carroll	~~422.5~~	~~422.5~~	~~422.5~~	—	—	—	—	—	—	—	—	M. Wenning	377.5	~~397.5~~	—	260	~~275~~	275	652.5	~~307.5~~	~~307.5~~	—	—
A. Driggers	~~392.5~~	~~392.5~~	~~392.5~~	—	—	—	—	—	—	—	—	A. Mehan gst	417.5	445	470	~~262.5~~	262.5	282.5	752.5	282.5	322.5	337.5	1090
242 lbs.												308 lbs.											
J. Bayles	380	~~410~~	410	~~300~~	320	—	730	335	347.5	~~365~~	1077.5	J. Hoskinson	462.5	~~485~~	495	255	272.5	~~280~~	767.5	305	312.5	~~322.5~~	1080
T. Mash	~~420~~	432.5	~~455~~	287.5	~~312.5~~	~~312.5~~	720	335	~~345~~	~~365~~	1055	C. Taylor	387.5	~~410~~	410	307.5	320	330	740	250	272.5	290	1030
C. Simmons	~~425~~	425	~~455~~	305	325	~~342.5~~	750	~~235~~	~~285~~	285	1035	G. Theriot	~~420~~	420	437.5	220	237.5	255	692.5	320	330	~~342.5~~	1022.5
J. Graalfs	410	430	437.5	235	~~242.5~~	~~242.5~~	672.5	~~312.5~~	312.5	327.5	1000	J. Grove	395	~~417.5~~	417.5	277.5	287.5	—	705	275	~~290~~	290	995
M. Johnston	417.5	~~455~~	~~455~~	235	252.5	~~262.5~~	670	317.5	327.5	~~342.5~~	997.5	S. Robbins	365	387.5	400	267.5	277.5	295	695	290	~~300~~	~~305~~	985
B. Stussy	347.5	~~370~~	~~370~~	295	~~320~~	~~320~~	642.5	312.5	~~325~~	~~325~~	955	R. White	407.5	—	—	~~297.5~~	227.5	240	647.5	317.5	~~330~~	~~330~~	965
M. Smith	342.5	365	~~375~~	250	~~272.5~~	272.5	637.5	272.5	292.5	~~300~~	930	R. Barlow	~~375~~	415	~~422.5~~	215	~~230~~	~~230~~	630	292.5	325	~~340~~	955
B. Smith	325	355	370	~~195~~	217.5	230	600	290	307.5	~~320~~	907.5	J. Burdick	350	~~377.5~~	~~377.5~~	237.5	252.5	~~260~~	602.5	260	277.5	287.5	890
P. Dick	347.5	~~365~~	~~365~~	275	285	292.5	640	265	~~285~~	~~285~~	905	J. Biddle	340	~~365~~	365	200	217.5	~~230~~	582.5	272.5	287.5	~~292.5~~	870
R. Ferris	350	365	~~410~~	250	~~305~~	~~320~~	615	285	~~300~~	~~300~~	900	M. Morgan	342.5	~~362.5~~	—	—	—	—	—	—	—	—	—
L. DePalma	355	372.5	~~387.5~~	245	255	260	632.5	242.5	255	~~275~~	887.5	C. Wiers	400	~~425~~	~~425~~	~~287.5~~	~~330~~	~~330~~	—	—	—	—	—
R. Tinney	~~365~~	~~365~~	365	215	227.5	235	600	285	~~305~~	~~305~~	885	B. Quinn	387.5	~~422.5~~	~~422.5~~	—	—	—	—	—	—	—	—
P. Wylie	327.5	342.5	352.5	227.5	~~227.5~~	~~237.5~~	580	300	~~327.5~~	~~327.5~~	880	D.Gratton gst	382.5	402.5	417.5	265	277.5	285	702.5	275	290	~~300~~	992.5
T. Higgins	~~365~~	372.5	~~397.5~~	~~205~~	205	~~227.5~~	577.5	290	~~320~~	~~320~~	867.5	SHW											
S. Donegan	322.5	337.5	350	230	~~235~~	235	585	~~277.5~~	277.5	~~292.5~~	862.5	G. Frank	~~460~~	460	472.5	332.5	357.5	~~365~~	830	365	365	—	1195
J. Czerwiec	347.5	347.5	~~365.5~~	195	~~210~~	~~210~~	542.5	~~300~~	300	~~325~~	842.5	J. Lewis	439.5	472.5	~~500~~	327.5	350	357.5	830	295	320	332.5	1162.5
P. Bowlby	302.5	322.5	~~327.5~~	230	~~242.5~~	—	552.5	147.5	—	—	700	M. Ruggeria	435	467.5	~~482.5~~	287.5	~~310~~	~~310~~	755	350	372.5	~~372.5~~	1127.5
P. Grosso	~~382.5~~	~~400~~	~~400~~	—	—	—	—	—	—	—	—	C. Aichs	~~477.5~~	477.5	~~500~~	~~320~~	320	~~342.5~~	797.5	295	320	~~337.5~~	1117.5
J. Schneider	~~320~~	~~320~~	~~320~~	—	—	—	—	—	—	—	—	P. Stratakis	465	~~482.5~~	482.5	265	~~277.5~~	~~277.5~~	747.5	320	345	—	1092.5
K. Robertson	~~412.5~~	~~412.5~~	412.5	~~285~~	285	322.5	735	~~307.5~~	~~307.5~~	~~307.5~~	—	J. Bernor	455	~~472.5~~	~~477.5~~	327.5	340	~~365~~	795	295	~~327.5~~	~~327.5~~	1090
M. Roberts	365	377.5	~~387.5~~	~~292.5~~	~~310~~	~~325~~	—	—	—	—	—	S. Henderson	432.5	455	465	~~282.5~~	282.5	~~292.5~~	747.5	320	~~337.5~~	~~337.5~~	1067.5
E. Covy	~~357.5~~	~~380~~	~~387.5~~	—	—	—	—	—	—	—	—	C. Gallo	~~447.5~~	447.5	467.5	255	267.5	~~277.5~~	735	310	327.5	~~365~~	1062.5
R. Jones	365	385	392.5	~~250~~	—	—	—	—	—	—	—	J. Ewing	457.5	~~470~~	~~470~~	~~245~~	245	262.5	720	295	~~312.5~~	~~325~~	1015
R. Pierce	365	~~390~~	390	~~250~~	~~250~~	~~250~~	—	—	—	—	—	J. Toranzo	~~400~~	400	~~410~~	280	295	~~295~~	695	250	260	275	970
McIntyre gst	300	~~320~~	320	250	~~262.5~~	~~262.5~~	570	~~250~~	250	~~272.5~~	820	K. Southwood	337.5	367.5	~~387.5~~	252.5	260	~~277.5~~	627.5	255	~~272.5~~	~~272.5~~	882.5
275 lbs.												G. Fields	295	~~317.5~~	~~317.5~~	192.5	~~200~~	~~207.5~~	487.5	255	~~270~~	~~270~~	742.5
J. Grandick	412.5	437.5	455	320	327.5	330	785	~~325~~	325	~~332.5~~	1110	R. Hodge	305	332.5	~~352.5~~	~~245~~	—	~~252.5~~	—	—	—	—	—
M. Allocco	415	442.5	455	277.5	~~282.5~~	295	750	287.5	302.5	317.5	1067.5	T. Harold Jr.	~~430~~	~~455~~	~~455~~	—	—	—	—	—	—	—	—
Z. Hudak	382.5	~~410~~	410	287.5	300	~~320~~	710	287.5	~~302.5~~	337.5	1047.5	T. Skiver	387.5	~~410~~	~~410~~	~~320~~	~~320~~	—	—	—	—	—	—

moved up to 953.5 and got it. He wanted to get a big advantage early. Up to 1003. He had it cockeyed on his shoulders, two or three inches to his left. He took it down deep, with his trademark hip dip to insure depth, started up, but tilting to his left he stuck about three quarters up. It was an effort that exausted him and he never did recover. In the BP he opened with 633.8, then went to 688.9 and missed twice. He looked stale as last week's toast. Bayles, in the meantime, looked as sharp as a tack, posting personal bests of a 903.9 SQ and 705.4 BP. Going into the DL Bayles was 22 up. Both he and Mash made good 738.6 openers. Travis went to 760.6, but the SQ had taken it's toll and he couldn't pull through. Bayles saw his golden opportunity and took 766.1 and made a nice lift. Bayles now had a TOT of 2375.48, 49 more than he'd done before, and a 49.6 lead over Travis. Who would've thunk it? Both men took 804.6 final lifts, neither succeeding. Bayles had risen to the occassion had pulled the upset of the meet. Mash finished 2nd with 2325.87 TOT. As for Travis, he will wisely forgo the Mountaineer Cup to get some badly needed R&R and regenerate the mighty turbine that had sputtered on this day. He will be ready for the big WPO Meet later this Summer in Chicago.

Paul Stratakis *made one of the biggest squats ever. (L. Josaitis)*

275s: the 2nd biggest class with 21 entered, and 5 falling by the wayside. Charles Fay, 25, Boca Raton, FL, made a big 1003 SQ, but bombed in DL. Ted Forbes, 33, West Haven, CT, came through with a 1008.6 SQ, final try, BP 534, then missed all his DLs too. Another 1000+ SQ'er, John Poremba, 24, of Amsterdam, NY couldn't get a big dunk past the judges, and was also eliminated. Matt Wenning, 25, of Muncie, IN, and Jereme Howery didn't make it through either. Fifteen of the 17 finishers TOT over 2000.69, tremendous depth. Lester Estevez, 32, from Jacksonville, FL, 268.2, finished 11th with 2077.85. Tenth place went to Shelby Robbins, 33, Lancaster, GA back in action after a few years away. Stronger than ever, Shelby went 881.8, 650.3, 639.4, for a 2171.55. He sweated down to 275, in his trademark plastic raincoat, just as I remember him doing 5 years ago. Jason Lawson, 29, 268.6 impressed me tremendously with an overpowering 2nd attempt 810.1 DL for a 2182.57, a 9th place finish. He made his big DL look so easy, I was surprised when he failed 826.6 on his last try. Eighth place was Jeremiah Myers, 28, 266.2 of Columbus, OH who an had an excellent result of 2214.64. He just missed huge tries with 804.6 DL which could have boosted his sum to 2314.85 and vaulted him into 4th place. Scott Mount, 40, 273.6, from Nelsonville, OH, made a big result of 2221.15. The TOT as well as his 661.4 BP erased the long standing WPC 40-44 WRs set by the great Tim Bentley of 600.75 and 2199.11 17 years ago at the '88 APF Seniors. At the time Bentley was the first Master Lifter in the World to BP over 600! Kyle Gulledge, 21, at 269.8 totaled the same 2221.15 as Mount, but came in 6th place, lighter in bodyweight. Kyle is another DL afficionado. He ripped up a 771.6 opener like an empty bar, then shot the works going for 848.8, just a tad too much this day. He's done 825 officially. Zech Cole, 21, 274.2 from an obscure Ohio town, is another new face with overabundance of great talent. SQ 903.9. His BP broke the Junior (20-23) WR of Konstantin Konstantinovs, LAT - a big 622.7. He also pul1ed 727.5 for a perfect 9-9 day for 2254.22 to secure 5th place. In 4th place was my nutty buddy, Zach Hudak, 25, now training under the guidance of Louie Simmons at Westside Barbell in Columbus, OH. That's a big step up from training alone! We finally got to see a glimpse of Zach's true awesome potential. SQ 903.9, BP 661.4, DL 744.1, 6-9 day and great 2309.34 TOT a strong 4th place in the toughest 275 lineup in PL History. In 3rd place is the constantly improving Michael Allocco, 27, from Sarasota, FL. Mike had a great day making 8-9 attempts. He SQ 1003.1 in his perfect upright style, BP 650.3 and DL 699.94, for a 2353.43 TOT. Runner-up was Alberta, Canada's, Allan Mehan, 32, @ 273.6. Al had the best day of his life setting an Open Men's WR SQ on a third attempt with 1036.17 which was indisputable! He also posted a fine 622.7 BP, and the biggest pull of his lifetime, 744.1. Allan was not hesitant to let the crowd know that he just totaled 2403.03. Competition like the world has never seen before brings out the best of the best! This year's champ has taken a quantum leap to the very top of the pecking order in just one short year. James Grandick, 36, 265.8 of Omaha, NE's Big Iron Gym came close to a perfect day.

Runner up in the 2003 WPC Worlds in Calgary @ 275 with a 2204.62 TOT, Jim won gold last year in Fresno with 2259 and won Best Lifter. Now he has a Senior national title to go with his other accolades. Jim made a big increase back in January when he hit a big 2364.4 TOT via 970, 661.4 and 733. His goal here was not only to win but to eclipse alongstanding WPC Open Men's TOT record belonging to a PL legend, the late great David Pasanella (1115.0/ 2458.15) set back in 1989 only months before his untimely death in a tragic auto accident. Jim buckled down and went straight to the task. He hit his 3rd attempt 1003 SQ, indisputably deep with a Crain "hip-dip" at the bottom and powered right up. At this point the light box conked out for good. We had to wait for the three thumbs up. Each of his BPs erased the 319.5 (705.0) record held by Craig Tokarski, done over 10 years ago: 705.4, 722.1 and 727.6. This gave him history's biggest 275 subtotal 1730.63. On his opening pull ,716.4, Jim was very psyched and his grip slipped. The loaders wire brushed the bar, and he came back and made it for a 2447.13 TOT and the win. One lift left. Up to 733. Jim had done it 5 months before in IA. He missed, a great disappointment for him. There will be another time. This will make him just that hungrier to get it.

308s: Bart Quinn, 37, of Port Richey, FL, SQ 854.3, missed 931.45 twice. He evidently hurt himself, and dropped out. Chris Wiers, 28, 304.4, from Auburn, ME, was a strong contender to win it all based on last year's Seniors performance of 2386.5, weighing 317.9. Chris didn't have a good day. He SQ 881.8, then missed 936.95 twice. The BP, usually his best lift, was his undoing. Chris missed 633.8, then two tries with 705.4, and was eliminated! Mike Morgan, 29, of Ottawa, CAN, got pancaked, face down on the platform with 799.1. Not seriously injured, but shaken up; Mike tried it again, missed, then didn't return. Russ Barlow, 45, 300, of Turner, ME (the APF Vice President) broke Bruce Greig's 45-49 909.4 WR SQ with 914.9 on a 2nd attempt. He coasted to a 2105.4 TOT & 7th place. In 6th was Robert White of Kalamazoo, MI, scoring 2127.46. CAN's David Gritton of Banford, ONT, is grandson of the Olympic WL Bronze Medalist @ 165. Gerald Gratton, Helsinki, FIN (1952). Weighing 286.2, his SQs (920.42) were deep and a pleasure to watch. His BP was flawless (628). David pulled 639.3 for a 2188.9 TOT, and a well earned 5th place. Jon Grove, 31, Dallas, GA, looked like a Brahma Bull. He pulled 639.4 also, to put himself five above David in 4th place with 2193.6 TOT. Greg Theroit, 21, of Baton Rouge, LA, 286, got a good 964.52 3rd SQ WPC Junior WR for 2254.22, another JR WR. What a surprise was the 2nd place finish of Ronkonkoma, NY's Christian Taylor, age 32. Chris looked rather big enough to burst at 294, but the added beef made him lots stronger. He smashed all his personal bests big time! SQ 903.9, BP 727.5, DL 639.4, for a TOT 2270.76. He went 9-9. His 2nd place finish was his highest in Senior National competition. Jim Hoskinson, now 40, is a true Miracle Man. He got involved in PL to rehab himself after suffering horrific injuries, which included a complete double quad tear and a ruptured achilles tendon. Doctors said he'd never walk again. Jim's battle for self preservation has transformed him into one of

the strongest men in the World. He won the WPC World Championships in Fresno and overwhelmed his opponents here winning his first Seniors title. He's polite, quiet. with a soft spoken gentle demeanor that doesn't reflect his ferocious looks He had no challengers today. Jim's squats are an awesome display of power, with 1019.63 right off the bat. He went to 1069.24, which was ruled shallow. He has no fear of heavy weights. He went up to 1091.29. He sank it lower. Stood - good! A new WPC Men's Open as well as a 40-44 WPC WR. James hit his best ever BP today (600.75) on a 2nd attempt. He pulled two (688.9) for 2380.99 TOT, 71 better than he's done before. A big victory for a big hearted guy.

SUPERS

It was a dream line-up of fifteen of the strongest men on earth. The only other place you could see such ponderous pachyderms would, of course,be the WPO. This prestigious meet was a stepping stone to get there. Three men in this class bombed out. Early on it was Ron Hodge, 26, 322, from Kennesaw, GA. Another big boy, Tom Skiver, 346.1, from Cadillac, MI, zeroed with a 705.4 BP after making a 903.9 SQ. A giant newcomer is Tim Harold Jr., 21, from Pataskala, OH. At age 21 and 433.2, and about 6'8", he blocks out the sun. Tim has to be the biggest boy Louie Simmons has ever coached. He's already over 2400 in the 2 short years he's lifted. I understand Tim came into this meet injured, but he gave it the ole college try. His 947.9 opener wouldn't go, and two tries with a big 1003 left him watching the rest of the meet. Keith Southwood, 40, of Jacksonville, FL, finished 11th with 1945.57. BP specialist Joel Toranzo, 34, 321.8 from Lyndhurst, NJ, suffered a double tricep rupture a year or so ago when a 775 BP he was attempting fell on his face. Joel resurfaced here doing all 3 lifts. Is that cool or what? He got an 881.8 SQ, 650.3 BP, and a 2138.5 TOT, good enough for 10th place in this awesome field. John Ewing, 24, 319.8 of Livonia, LA, was back in action only 8 months following a broken forearm at the 2004 WPC Worlds in Fresno, CA. He came in 9th here. Almost fully re-habed, he opened with a PR 1008.6 SQ, but missed with 1036.16 twice. He BP'ed 578.7. 99 less than the weight that did him in last Fall. John scored 2237.69 a PR TOT, quite impressive since he hasn't had a complete recovery yet. In 8th place was Craig Gallo, age 33, from Dexter, MI. Craig has been out of action himself the past couple of years, due to a ruptured quadricep. Craig looked good in all his lifts: 1030.66 SQ (3rd) a PR. A 589.7 BP (another PR), and he equaled his best ever, which was TOT 2342.41. Eleven pounds ahead of Gallo in 7th place was sensational newcomer Shedrick "Tex" Henderson, age 28, who is about 6'6", 400.8 from Columbia, SC. He's a reincarnation of the late great "O.D. Wilson". Tex made all his SQ's 1025.14, and a 622.8 2nd attempt BP. Despite two miscues with a 744 DL, Shedrick TOT 2353.43. Finishing in 6th position was last year's surprise champ (2347.92) @ 308. This year he's a wee bit heavier (around 325 or so). Jonathan Bernor's wife sat beside me rooting him on. He SQ 1003.1 a good opener, but got denied 1041.68, then 1052.7, on depth calls. His BP is awesome. Bernor made 722 and 749.6 look easy, but lost a big attempt with 804.6. Bernor pulled 650.3 like nothing, then lost two tries with 722. TOT 2403.03 a PR result. Paul Stratakis, 36, Roseville, MI, 331.8 is a late bloomer. He hit 2255 last year and was way stronger now. He made the biggest successful SQ of the class (1063.73) 3rd. He BP'ed 584.2 on an opener and hoisted a respectable 760.6 2nd attempt for 2408.55. Paul was satisfied waived his 3rd. In 4th was Chad Aichs, 33, a big, bearded fellow from Sparks, NV. Aichs psyches up furiously. He scowls, howls, and growls. He opened huge 1052.7 - a miss! He returned to make a rousing success. He made a big jump to 1102.3 - no lift today. He has no fear of the barbell. He opened big in BP - 705.4, and a miss! But, he came right back and made it. His huge 1758.18 S.T. set him up for his 705.4 2nd DL to make a 2463.66 TOT, only good enough for 4th place in this fantabulous competition. In 3rd place was big Mike Ruggeria, 38, 349.4 of Galloway, OH. No heebie-jeebies today for Ruggeria. He wore a scowl of utmost confidence. Mike, the pride of Westside Barbell, had a real good day. He squatted 1030.6 with power to spare, then missed a 1063.73 last attempt. Mike aced a 633.8 BP, then missed a 683 PR twice. A very good DLer, Mike hoisted 821.2, 2nd lift, TOT 2485.71.

Runner-up in his first ever APF Senior Nationals, was the gigantic Jeff Lewis, 35, of Arnold, MO. Jeff weighed in at 525 and is the heaviest of the world's strongest PLers. Jeffis on a two year vacation from the USAPL and decided to jump into the hotbed where the Big Boys play. Jeff did not have a lot of time to learn how to use the equipment to his full advantage, but he did quite a remarkable job on such short notice. He was coached by his friend and USAPL colleague Dr. Patrick Anderson, D.C. Jeff is quite agile considering his enormous girth. His thighs measure at least 50inches, and his chest is nearly six feet in circumference (69" no less). To get below parallel in SQ, Jeff finds it necessary to "sit on his ankles" (almost). He opened with 964.52, a toy, then went straight to 1041.68 equally as easy! He tried a monster 1102.3 final lift and got up, though it was ruled high. Jeff has perfect leverages for benching. His chest is so huge that with the maximum allowable grip, his stroke is maybe 6-8 inches. He did 722, then 771 a PR, and finally 788.1. All lifts looked easy. I thought he might have been good for 804.6, but Dr. Anderson told me he hasn't got used to locking out such big weights yet. Jeff was testing waters he'd never explored before. Lewis pulled a PR 733.1 DL for a great 2562.87 TOT on an 8-9 day. He's going to make the ground shudder and shake when he jumps in the WPO competition. Garry Frank has been under the weather for over a year. In 2004 at the Arnold weekend, Garry hit a 2703 total. One month later he did 2805.38. Shortly after that Garry was struck with injuries. Sciatica, stemming from his football days, flared up and all but incapacitated the big man. Then a shoulder problem plagued him. Garry bombed at the 2004 Worlds in Fresno and dislocated his shoulder in the SQ at the WPO Super Finals this past March. It was redemption time. Garry was back to prove he's "still the man". He lifted gingerly so as not to cause any more trauma. Garry got timed out when his rack height was calibrated wrong and he couldn't get 1014.1 out of the Monolift to commence. He was quite annoyed at this. His repeat went easy, but he'd wasted an attempt. Up to 1041.67 - final SQ. Garry took it extra deep to assure whites. He finished it off with effort, and got a good lift! In the BP he took it easy 722.1, then 788.1, a new WPC Open Men's WR, and a stab at 804.6 that was mis-grooved. In the DL, a safe 804.6 assured his win with 2634.52, a WPC Open Men's WR. Yet another Senior National title for Garry who came in at a streamlined 365.39. He took a tug at 848.7, but not so hard as to aggravate his back. It didn't clear the deck.

The competition was over and all the awards were distributed by 3 AM Monday morning. Jim Hinze was left holding the bag, the trash bag, that is. He asked for some of the lifters still hanging around to pitch and help, but - of course - nobody did. What did he expect - a small amount of gratitude for all the hard work? Jim said 'never again', but I'll bet you a dollar to a donut he'll be bidding for it sometime again. When you are glutton for punishment,it's just in the blood.

***Short Stroke** ... big, BIG Jeff Lewis benching off a 69" chest (Herb Glossbrenner photo)*

(article continued from pg. 41)

would be facing the lifter, thereby protecting the biceps."

Rosa speaks from experience. Over its 30-year history, Central Illinois Weightlifting Gym has produced many successful Olympic lifters, powerlifters, and bodybuilders. The legendary powerlifter, Mike Bridges, learned to squat, bench press, and deadlift at Central Illinois Weightlifting Gym, going on to win an incredible eight world championships. Younger brother Bob also enjoyed a successful powerlifting career. In 1995, he made an unofficial, world record deadlift of 735 pounds in the 165-pound weight class.

Lightweight powerlifting phenomenon, Freddie Higgins, another of Rosa's protégés, racked up five world championship titles during the '80s and '90s. He's bench pressed an amazing 319 pounds in the 123-pound weight class.

In all, Rosa's members have set 131 world powerlifting records. But, the records don't stop with powerlifting.

In 1986, Central Illinois's resident bodybuilder, Greg Ulrich, reached for the stars, becoming Mr. Illinois and later advancing to the "Universe."

Bob Kuhn, who has been with Rosa since the gym opened, has won two world arm wrestling titles. The list goes on.

Today, Central Illinois Weightlifting Gym is still producing champions. While most are young men and women, a surprising number are middle-aged or older.

As a current member of Central Illinois Weightlifting Gym, I can attest to the soundness of Bob Rosa's training techniques. In 2003, I broke Son Light Power International state and national deadlift records for the 198-pound class of the masters 45-49-year-old division with lifts of 565 and 580 pounds respectively. Admittedly, these were modest accomplishments compared to those of Rosa's world-class lifters. Still, a number of people have asked me how I am able to increase my PR (personal record) at age 46. I know they expect some great revelation, but my answer always reflects the training principles of the past. I insist on adhering to the "basic" training concepts developed by the lifters of old. Intensity, consistency, and recovery are the keys to success with any form of weight training. Now in my 21st year as a powerlifter, I've been delighted to find that lifting only gets easier. Young, hungry lifters are often intense and consistent, but invariably refuse to yield to the fact that recovery is 50% of weight training.

Bob Abner, a 27-year bodybuilding veteran who has trained a long line of champion, female bodybuilders at Central Illinois Weightlifting Gym agrees. "Intensity truly is the key to bodybuilding or what powerlifters refer to as assistance training," states Abner. "Most people make the mistake of resting too long between sets. A pro bodybuilder moves quickly from set to set. If you can't finish your workout in 45 minutes to an hour, you're not training with the proper intensity. Train hard, go home, down ample amounts of quality protein, say 300 grams per day, and relax. Consistently practice these principles and you will get results."

"The gym business has changed," admits Rosa. "Today, not everyone who walks into my gym wants to be an Olympic lifter or powerlifter. The average person just wants to lose weight. Most of the younger guys want to bodybuild. But, no matter what your goal, if you walk through that door and train properly, you're going to see results. That makes you a winner.

"The hardest part of this business is getting people to understand that the training principles are the same whether they want to compete or just get into shape. If you want to lose weight, do what professional lifters do when they want to drop to a lighter weight class. Train the weights to increase fat-burning muscle. Second, reduce the amount of fat in your diet. Third, raise your metabolism by performing some sort of aerobic exercise, such as running on a treadmill or riding a bike for 30 minutes, four or five days per week. Most people are shocked at how little time is required to train effectively. If powerlifters and bodybuilders don't workout for three hours every day, why would someone with a less ambitious goal?"

Rosa maintains that the road to success for competitors and casual lifters alike is to develop weight training into a lifestyle that not only becomes automatic, but enjoyable.

"The gym becomes a second home," he explains. "The camaraderie among people who train with weights is unique. Everyone is focused, yet each one helps the other achieve his or her goals. Isn't that what it's all about?"

With another ten years to go before retirement, Rosa is still excited about the future of his gym. "I know there are young men and women out there who have yet to discover weight training," he says, smiling. "I'm looking forward to helping them reach their goals. They can come here, sling hand chalk, and drop weights without getting yelled at. The emphasis here is on improving."

Proper research, training, and old-school methods have done well for the P/Lers in Peoria. Sounds like owner Bob Rosa really knows what it takes. Just like the Masai spearmen.

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TOP 100

For standard 275 lb./125 kg. USA lifters in results received from April/2004 thru April/2005

	SQUAT	BENCH	DEADLIFT	TOTAL
1	1057 Bartley, M..3/5/05	826 Fiedler, A..8/7/04	830 Gulledge, K..9/18/04	2463 Bartley, M..3/5/05
2	1008 Garcia, J..10/10/04	815 Crawford, B..3/12/05	822 Barno, D..7/11/04	2436 Holdsworth, J.L..6/6/04
3	1005 Poremba, J..11/21/04	755 Putnam, R..11/21/04	820 Stafford, J..4/4/04	2436 Stafford, J..3/5/05
4	1003 Griffin, M..11/6/04	740 Coulter, M..7/10/04	805 Myers, J..11/21/04	2414 Garcia, J..10/10/04
5	1003 Bailey, C..11/7/04	730 Kelley, B..12/4/04	804 Jackson, J..5/1/04	2403 Griffin, M..11/6/04
6	976 Basson, O..11/21/04	727 Holdsworth, J.L..6/6/04	804 Holdsworth, J.L..6/6/04	2358 Patrick, J..10/10/04
7	970 Levario, N..6/26/04	722 Franco, A..2/20/05	800 Lowe..5/15/04	2303 Story, P..6/6/04
8	955 Lowe..5/15/04	722 Stafford, J..3/5/05	800 Jurkowski, G..12/5/04	2292 Levario, N..6/26/04
9	942 Forbes, T..6/6/04	715 Lade, S..3/19/05	800 Lawson, J..12/11/04	2281 Grandick, J..10/2/04
10	940 Wendler, J..4/4/04	710 Lane, H..5/2/04	799 Griffin, M..11/6/04	2276 Smith, S..6/6/04
11	936 Patrick, J..10/10/04	700 Peshek, J..11/15/04	782 Garcia, J..10/10/04	2270 Lowe..5/15/04
12	935 Green, J..11/21/04	700 White, B..8/21/04	775 Sargent, H..8/21/04	2265 Myers, J..11/21/04
13	931 Fay, C..12/5/04	700 Taylor, C..8/21/04	771 Abbott, J..4/3/04	2243 Forbes, T..6/6/04
14	930 Tillman, K..4/23/05	699 Bartley, M..3/5/05	771 Courtney, A..5/1/04	2227 Panora, G..10/31/04
15	925 Smith, S..6/6/04	683 Grandick, J..8/7/04	771 Patrick, J..10/10/04	2225 Wendler, J..4/4/04
16	920 Stafford, J..6/6/04	683 Delaval, M..4/9/05	771 Rogers, D..2/19/05	2210 Askew, M..4/9/05
17	905 Grandick, J..10/2/04	680 Harrison, T..12/18/04	771 Holmes, C..3/12/05	2204 Cardella, T..7/11/04
18	905 Mount, S..11/21/04	677 Bowman, D..3/12/05	766 Cardella, T..7/11/04	2200 Millheiser, K..7/11/04
19	903 Holdsworth, J.L..6/6/04	675 Zemmin, J..7/24/04	766 Holloway, P..11/15/04	2200 Taylor, C..8/21/04
20	903 Story, P..6/6/04	665 Leach, J..5/2/04	760 Hodges, J..10/9/04	2200 Gulledge, K..9/18/04
21	903 Durham, B..8/7/04	661 Erickson, J..7/24/04	760 Panora, G..10/31/04	2200 Primeau, P..11/21/04
22	903 Alloco, M..8/22/04	660 Bruce, T..9/18/04	760 Dahlen, C..11/20/04	2193 Bailey, C..11/7/04
23	903 Panora, G..10/31/04	657 Vargo, P..7/17/04	755 Story, P..6/6/04	2190 Hudak, Z..11/21/04
24	903 Askew, M..4/9/05	650 Wendler, J..4/4/04	750 Millheiser, K..4/17/04	2188 Castile, C..3/5/05
25	900 Bott, J..12/18/04	650 Smith, S..6/6/04	749 Jacobs, J..5/1/04	2171 Allocco, M..8/22/04
26	870 Primeau, P..11/21/04	650 Klinger, B..7/10/04	749 Lanier, M..6/19/04	2160 Fay, C..6/19/04
27	870 Castile, C..3/5/05	650 Cawley, B..7/24/04	749 Parkhurst, S..6/19/04	2150 Durham, B..8/7/04
28	870 Estevez, L..4/2/05	650 Patrick, J..10/10/04	749 Durham, P..8/7/04	2149 Lanier, M..6/6/04
29	865 Lanier, M..6/19/04	650 Allocco, M..11/6/04	744 Pritchett, J..5/22/04	2140 Poremba, J..11/21/04
30	860 Buck, D..9/18/04	650 Primeau, P..11/21/04	744 Forbes, T..6/6/04	2130 Mount, S..11/21/04
31	859 Grove, J..6/6/04	650 Hudak, Z..11/21/04	740 Howard, K..10/10/04	2125 Sargent, H..8/21/04
32	855 Mimnaugh, B..12/18/04	650 Mount, S..1/29/05	733 Ransbottom, J..8/15/04	2120 Mimnaugh, B..12/18/04
33	850 Millheiser, K..7/11/04	644 Story, P..6/6/04	733 Grandick, J..10/17/04	2110 Jurkowski, G..12/5/04
34	850 Cole, Z..7/11/04	644 Rollins, D..6/19/04	733 Tuchscherer, M..4/17/05	2105 Wagner, G..7/11/04
35	850 Myers, J..11/21/04	644 Levario, N..6/26/04	730 Kroczaleski, M..7/24/04	2101 Basson, O..11/21/04
36	848 Wagner, G..7/11/04	644 Wilson, A..4/2/05	730 Mazan, N..11/6/04	2100 Koch, D..11/21/04
37	848 Saldierna, E..7/11/04	640 Knight, M..1/29/05	727 Hudson, J..11/15/04	2088 Lade, S..1/29/05
38	848 Jurkowski, G..12/5/04	635 Rectenwald, E..3/19/05	727 Castile, C..3/5/05	2085 Campbell, G..12/11/04
39	843 Dippre, C..12/11/04	630 Millheiser, K..7/11/04	725 Vickery, S..7/10/04	2072 Estevez, L..4/2/05
40	835 Sargent, H..8/21/04	630 Martinez, J..12/4/04	725 Koch, D..11/21/04	2061 Saldierna, E..7/11/04
41	835 Hudak, Z..11/21/04	628 Read, A..4/3/04	725 Davidson, D..4/16/05	2060 Bott, J..12/18/04
42	830 Woods, S..10/23/04	628 Rhodes, C..5/2/04	722 Medak, A..6/19/04	2050 Ferguson, W..7/11/04
43	826 Cardella, T..7/11/04	625 Mayer, K..6/5/04	722 Schoen, S..7/11/04	2050 Ransbottom, J..8/15/04
44	825 Koch, D..11/21/04	625 Deweese, K..7/24/04	720 Mimnaugh, B..12/18/04	2050 Buck, D..9/18/04
45	825 McQuaid, J..12/18/04	625 Hoffman, M..9/11/04	716 Bartley, M..6/6/04	2050 Anderson, M..12/11/04
46	821 Halliwell, P..4/24/05	625 Basson, O..11/21/04	716 Culnan, S..7/11/04	2040 Ramsey, W..7/11/04
47	820 Youngs, B..5/30/04	625 Snyder, J..3/12/05	716 Fernandez, J..8/22/04	2035 Green, J..11/21/04
48	815 Robinson, J..4/4/04	625 Kroczaleski, M..3/19/05	710 Harth, R..6/26/04	2033 Culnan, S..7/11/04
49	815 Wenning, M..7/11/04	625 Welch, D..3/26/05	710 Ryder, K..3/26/05	2033 Wenning, M..7/11/04
50	815 Taylor, C..8/21/04	625 Pechmiller, B..4/2/05	705 Martin, M..4/3/04	2030 Cole, Z..7/11/04
51	815 Anderson, M..2/19/05	622 Garcia, J..10/10/04	705 Madvig, B..4/24/04	2025 Hoffman, M..9/11/04
52	815 Fannon, T..4/3/05	622 Cardella, T..11/14/04	705 Fay, C..6/19/04	2015 Youngs, B..5/30/04
53	810 Theriot, G..6/6/04	622 Lane, N..11/15/04	705 Whalen, E..7/11/04	2015 Majerle, M..9/18/04
54	810 Weber, B..10/23/04	622 Womack, M..3/5/05	705 Hudak, Z..8/14/04	2006 Healy, R..10/17/04
55	805 Campbell, G..12/11/04	620 Campbell, G..12/11/04	705 Isabella, T..8/14/04	2006 Dippre, C..12/11/04
56	804 Ferguson, W..7/11/04	617 Hoekstra, S..5/22/04	705 Healy, R..10/17/04	2006 Tuchsherer, M..4/17/05
57	804 Ryder, C..4/24/05	617 Harris, P..8/7/04	705 Holate, M..11/6/04	2005 Martin, M..4/3/04
58	800 Adams, B..4/4/04	617 Finegan, S..11/15/04	705 Manning, S..1/15/05	2005 Shuman, B..7/11/04
59	800 Petricari, C..5/30/04	615 Mackey, K..4/2/05	705 McQuaid, J..12/18/04	2005 McQuaid, J..12/18/04
60	800 Ramsey, W..7/11/04	611 Belk, M..5/2/04	705 Askew, M..4/9/05	2000 Cartwright, S..8/14/04
61	800 Shuman, B..7/11/04	611 Watkins, J..6/12/04	705 Stumbo, C..4/10/05	1980 Lawson, J..12/11/04
62	800 Hoffman, M..9/11/04	610 Myers, J..11/21/04	700 Houston, S..5/2/04	1978 Abbott, J..4/3/04
63	800 Gulledge, K..9/18/04	610 Harris, M..4/16/05	700 Carter, J..6/12/04	1978 Chovanec, J..4/17/05
64	800 Majerle, M..9/18/04	606 Nichols, B..5/8/04	700 Duncan, L..7/24/04	1973 Ward, S..7/11/04
65	800 Dimiduk, M..11/21/04	606 Norris, R..11/15/04	700 Soekardi, I..8/22/04	1970 Weber, B..10/23/04
66	800 Floyd, J..12/11/04	606 Gilliam, A..4/23/05	700 Majerle, M..9/18/04	1956 Theriot, G..6/6/04
67	800 Evans, M..12/11/04	605 Powell, S..8/29/04	700 Bajsert, B..11/27/04	1951 Shiffer, D..12/11/04
68	788 Cartwright, S..8/14/04	605 Timbs, H..9/11/04	700 Geiger, M..1/15/05	1950 Robinson, J..4/4/04
69	788 McDaniel, M..10/14/04	605 Van Boxel, M..3/19/05	700 Driskill, B..1/22/05	1945 Rogers, D..2/19/05
70	788 Favre, D..11/6/04	605 Ridgon, R..4/3/05	699 Smith, S..6/6/04	1930 Petriacari, C..5/30/04
71	782 Lade, S..7/11/04	600 McCaslin, Z..4/17/04	695 Youngs, B..5/30/04	1929 Whalen, E..7/11/04
72	782 Rhodes, M..10/31/04	600 Lincoln, R..4/24/04	694 Ferguson, W..7/11/04	1929 Holmes, C..3/12/05
73	782 Bonneville, G..4/24/05	600 Jacobs, J..6/19/04	694 Anderson, M..12/11/04	1920 Hayes, K..4/24/04
74	775 Riedy, C..4/17/04	600 Shipley, S..6/19/04	690 Lanoue, B..1/8/05	1918 Meulenberg, R..7/11/04
75	771 Rogers, D..2/19/05	600 Knobler, J..6/27/04	688 Schaeuble, A..4/17/04	1912 Parkhurst, S..6/19/04
76	771 Anderson, J..4/2/05	600 Hicks, A..7/10/04	688 Wagner, G..7/11/04	1907 Halliwell, P..4/24/05
77	766 Ransbottom, J..8/15/04	600 Micka, J..7/24/04	688 Meulenberg, R..7/11/04	1905 Madvig, B..4/24/04
78	760 Higgins, M..5/2/04	600 E'Dalgo, C..9/18/04	688 Shiffer, D..12/11/04	1901 Harth, R..6/26/04
79	760 Harth, R..6/26/04	600 Griffin, M..11/6/04	685 Taylor, C..8/21/04	1901 Isabella, T..8/14/04
80	760 Forby, T..7/11/04	600 Holloway, P..11/15/04	685 Stewart, K..9/4/04	1900 Morrow, C..2/26/05
81	760 Hayes, K..12/4/04	600 Manning, S..1/15/05	685 Adams, B..11/13/04	1900 Billiot, D..4/2/05
82	760 Soppelsa, D..3/19/05	600 Lemanski, T..12/5/04	685 Billiot, D..4/2/05	1900 Rigdon, R..4/3/05
83	760 Billiot, D..4/2/05	600 Anderson, P..12/11/04	683 Capps, J..5/2/04	1900 Evans, M..4/10/05
84	755 Nessa, K..4/17/04	600 Estevez, L..4/2/05	683 Dippre, C..12/11/04	1896 Bonneville, G..4/24/05
85	755 Ford, J..5/9/04	600 Askew, M..4/9/05	683 Ringer, M..4/10/05	1890 Gonzales, D..5/2/04
86	755 Arroya, P..8/7/04	600 Barnett, R..4/16/05	683 Chovanec, J..4/17/05	1890 Stewart, K..9/4/04
87	755 Chovanec, J..4/17/05	590 Vickery, S..8/8/04	680 Robinson, J..8/28/04	1885 Woods, S..10/23/04
88	750 McKimmie, S..4/4/04	589 Rogers, C..4/2/04	680 Pace, L..10/30/04	1879 Anderson, P..7/11/04
89	750 Morgan, M..7/24/04	589 Ludlam, R..11/15/04	680 Primeau, P..11/21/04	1879 Meek, B..4/10/05
90	750 Wagner, J..9/11/04	589 Castile, C..3/5/05	680 Pressley, C..1/22/05	1875 Bowlby, P..3/05
91	750 Simpson Jr., P..11/21/04	585 Martin, D..4/3/04	680 Meador, L..4/2/05	1873 Rhodes, M..10/31/04
92	750 Morrow, C..2/26/05	585 Winter, R..11/20/04	677 Drummond, F..4/24/04	1870 O'Donnell, M..11/13/04
93	750 Holland, P..2/26/05	585 Martens, R..1/22/05	677 Levario, N..6/26/04	1868 McDaniel, M..10/14/04
94	749 Gonzales, D..5/2/04	585 Balthazor, D..1/05	677 Saldierna, E..7/11/04	1862 Nessa, K..4/17/04
95	749 Culnan, S..7/11/04	584 Donati, R..4/25/04	677 Krych, E..11/15/04	1857 Denison, S..7/10/04
96	749 Whalen, E..7/11/04	584 Plante, G..9/12/04	677 Bailey, C..12/5/04	1855 Simpson Jr., P..11/21/04
97	749 Isabella, T..8/14/04	584 Bailey, C..11/7/04	677 Green, J..4/9/05	1851 Toland III, J..7/11/04
98	749 Healy, R..10/17/04	584 Kesling, T..11/15/04	675 Mason, C..4/24/04	1851 Holate, M..11/6/04
99	744 Cyranoski, S..6/6/04	584 Castillo, M..3/5/05	675 Beck, B..8/7/04	1851 Ryder, C..4/24/05
100	744 Parkhurst, S..6/19/04	581 Sibeto, P..3/13/05	675 O'Donnell, M..11/13/04	1850 Riedy, C..4/17/04

PL USA Top 100 Achievement Awards

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NEXT MONTH... TOP SHWs

CORRECTIONS ... Dave Bevesdorf's lifts of 775 squat and 1950 total were not reflected on the TOP 100 for the 275s in the July 2004 issue of PL USA. Nathan Gentges' lifts of 610 SQ, 475 BP, and 1640 TOT were not reflected on the TOP 20 Teenage 198 list for 2004. On the TOP 20 for Women in 2004, Amy Weisberger's best lifts at 132 should have been 512 308 468 1289, and at 148 she should have been credited with a 556 squat, as well as a 462 deadlift and 1062 total. Mike Ferrantelli should have been credited with a 573 bench press on the TOP 100 list for the 220 lb. class. Brad Vargason did not receive credit for a 705 lb. squat on the TOP 100 list for the 181 lb. class. Dan Blankenship did not receive credit for his lifts of 780 520 685 198 from the IPA Nationals of 2003 on the last TOP 100 list for the 198 lb. class. John Galligan should have been credited with his 4th attempt 785 BP at SHW on the TOP 20 Masters list. Report errors to Box 467, Camarillo, CA 93011

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28 MAY 05 - Oviedo, FL

BENCH
MEN
165 lbs.
B. Schwab 475
Junior
J. Land 335
181 lbs.
Open
R. Hines 450
Master-4
E. Foran 205
198 lbs.
Drug Tested
B. Highnote 485
Open
T. Walyos 300
G. Manney —
Submaster
Wahrenbergr 310
Master-1
G. Godwin 275
G. Manney —
220 lbs.
Handicap
Shackelford 125
Teen
B. Lessmann 410
Open
A. Yearby 585
C. Eaddy 450
A. Medina 375
Master-1
A. Yearby 585
J. Fore 355
Master-3
Churchman 371
242 lbs.
Drug Tested
D. Shaw 565
Open
J. Jordan 480
Submaster
D. Shaw 565
275 lbs.
Open
D. Rollins 635
Drug Tested
T. Gainer 475
Junior
C. Briley 450
Master-2
T. Gainer 475
Master-3
Groenendaal 225
308 lbs.
Open
J. Medoche 600
Submaster
J. Berry 435
SHW
Open
S. White 700
4th-706
Submaster
S. White 700
4th-706
DEADLIFT
MEN
165 lbs.
Open
B. Schwab 615
Teen
R. Lynch 365
Junior
T. Watkins 425
181 lbs.
Master-1
J. Lynch 501
Master-4
E. Foran 275
198 lbs.
Open
T. Walyos 450
Drug Tested
J. Cervero 645
Master-1
G. Godwin 435
220 lbs.
Teen
B. Lessmann 430
Open
L. Russell 650
A. Medina 505
Master-2
L. Russell 650
4th-670
242 lbs.
Open
J. Jordan 600
275 lbs.
Master-3
Groenendaal 400

The 2005 APA Central Florida Championships was very successful with 45 entrants. Cash prizes and supplements were given to the overall best lifters. Brian Schwab took home the cash in the deadlift with a pull of 615 pounds at 161.5 bodyweight, while Shannon White took home the cash in the bench press with 700 pounds at 317 bodyweight. Shannon took a successful 4th attempt with 706 pounds, knocking James Henderson's APA Florida state record out of the books. Special thanks to John Herrick, owner of World Gym, for providing great sponsorships, a great meet site, and some outstanding spotters for this event. I would especially like to thank Powerlifting USA magazine for sponsoring this event and many other great APA events. It is much appreciated. Beautiful swords mounted on wood plaques were presented to lifters in all places. Although at the time of this writing, I do not yet know all the records that were set at this event, I will mention the ones I am aware of. All records will be updated and posted on the APA website. Shannon White set a Florida SHW record with a 706 bench press. 76 year old Earl Foran set master records in the bench press (205) and deadlift (275). Brian Highnote set a drug free Florida state bench record in the 198 class with a 485 lift. Alvin Yearby set a Florida master record in the 45-49 220 category with a 585 bench. Mike Churchman (62) set Florida records, American records, and World records in the bench press, with a lift of 371 pounds. Tallie Gainer (46) set a Florida drug free master record in the bench press with a 475 pound lift. Larry Russell (58) set a Florida deadlift record with a 365 pull while his Dad Jim Lynch set a Florida master and a American & World Record pull of 501. Nice to see father/son combos in the sport. Jack Groenendaal set a Florida master deadlift record. At 65 he pulled 400 pounds. Drug free best lifter award winners were: Dan Shaw, with a 565 bench press at 238 bodyweight, Jeff Cervero with a 645 deadlift at 195.5 bodyweight. (Thanks to Scott Taylor for these results)

Jeff Cervero deadlifts at the APA Central Florida Open. (S. Taylor)

NASA Powersports Nationals
12 MAR 05 - Springfield, OH

BENCH
WOMEN
Master-1
123 lbs.
L. Lowery 57.5
Master-2
148 lbs.
B. Beazley 60
MEN
Junior
148 lbs.
E. Schneider 112.5
Master-1
220 lbs.
J. Forren 177.5
242 lbs.
K. Robbison 200
Master-2
181 lbs.
Bokuniewicz 120
198 lbs.
D. Vargo 142.5
220 lbs.
J. Fickel 145
242 lbs.
M. Brown 165
Master-3
220 lbs.
K. Rowan 137.5
Master Pure
220 lbs.
J. Forren 177.5
SHW
J. Ray 197.5
J. Phillips 182.5
Natural
242 lbs.
K. Robbison 200
SHW
J. Ray 197.5
Novice
198 lbs.
M. Johnson 150
220 lbs.
J. Spear 147.5
Pure
165 lbs.
F. Newbill 167.5
220 lbs.
J. Hall 192.5
242 lbs.
K. Robbison 200
Submaster Pure
181 lbs.
J. Molkentin 150
242 lbs.
K. Robbison 200
CURL
Master-2
181 lbs.
Push-Pull
MEN
Junior
Bokuniewicz 52.5
220 lbs.
J. Briner 71
J. Fickel 70
242 lbs.
W. Lamb 72.5
Master Pure
SHW
J. Phillips 80
242 lbs.
J. Lovelien 92.5
DEADLIFT
WOMEN
Master-2
148 lbs.
B. Beasely 137.5
MEN
Int
220 lbs.
S. Avery 280
Master-2
J. Fickel 185
Natural
220 lbs.
S. Avery 280
Pure
220 lbs.
S. Avery 280
Teen
181 lbs.
M. Lenzi 230
Youth
97 lbs.
L. McGonagle 57.5
SQUAT
WOMEN
Master-1
123 lbs.
L. Lowery 102.5
181 lbs.
J. McWhirt 247.5
Master-2
148 lbs.
B. Beasley 82.5
Youth
97 lbs.
K. Kimble 75
MEN
Junior
242 lbs.
J. Steiner 200
Master-2
165 lbs.
McGonagle 162.5
Master-3
181 lbs.
P. Miller 120
Teen
181 lbs.
M. Lenzi 425

	BP	DL	TOT
242 lbs.			
J. Steiner	145	235	380
Master-2			
165 lbs.			
M. McGonagle	95	157.5	252.5
198 lbs.			
B. O'Dell	125	190	315
Master Pure			
198 lbs.			
B. O'Dell	125	190	315
Pure			
275 lbs.			
N. Sabatino	190	260	450
Submaster-2			
242 lbs.			
D. Blevins	160	235	395
Teen			
181 lbs.			
M. Lenzi	130	230	360
WOMEN			
Master-1			
181 lbs.			
J. McWhirt	80	130	210
Youth			
97 lbs.			
L. McGonagle	22.5	57.5	80

MEN	SQ	BP	DL	TOT
Int				
220 lbs.				
K. Spurrier	75	142.5	180	397.5
Master-1				
181 lbs.				
B. Boyer	75	157.5	245	477.5
220 lbs.				
J. Raley	65	165	182.5	412.5
J. McDonald	67.5	1475	192.5	407.5
Master-2				
198 lbs.				
B. O'Dell	50	125	190	365
220 lbs.				
J. Fickel	70	145	185	400
275 lbs.				
C. Bloomquist	75	175	275	525
SHW				
B. Lobins	87.5	187.5	213.5	488.5
Master-3				
181 lbs.				
P. Miller	45	80	153.5	278.5
Master Pure				
198 lbs.				
J. Christy	62.5	137.5	182.5	382.5
B. O'Dell	50	125	190	365
242 lbs.				
R. Lacey	80	170	250	500
R. Whitmire	77.5	205	160	442.5
Novice				
308 lbs.				
J. Allen	72.5	165	160	397.5
P/F				
275 lbs.				
C. McCoy	72.5	165	250	487.5
Pure				
181 lbs.				
B. Kimble	65	137.5	205	407.5
Submaster-1				
181 lbs.				
J. Montebon	65	150	195	410
Submaster-2				
242 lbs.				
J. Lovelien	92.5	167.5	247.5	507.5
D. Blevins	70	160	235	465
Submaster Pure				
148 lbs.				
D. Deibel	65	—	152.5	95
181 lbs.				
B. Kimble	65	137.5	205	407.5
220 lbs.				
C. Rasmussen	72.5	125	232.5	430
242 lbs.				
J. Lovelien	92.5	167.5	247.5	507.5
308 lbs.				
M. Jones	67.5	170	227.5	465

(thanks to Rich Peters for sending results)

USAPL Power Point Qualifier
22 APR 05 - Waianae, HI

MEN	SQ	BP	DL	TOT
Master-1				
148 lbs.				
D. Matsumoto	165	165	165	495
Master-2				
242 lbs.				
N. Crabbe	165	165	165	495

(Thanks to USAPL for providing results)

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