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MUSCLE MENU

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ON THE COVER.... daughter Jennifer Maile (left) - who just won the 105s at the USAPL Women's Nationals (Hartwig), son Justin Maile (center - Isagawa), and father Larry Maile (right) are all on this month's PL USA TOP 20 rankings. Mother Janna Maileis a previously ranked women's nationals competitor.

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TRAINING

HOOKING UP THE BANDS

as told to Powerlifting USA by Dr. Larry Miller

I have been using the Jump Stretch Rubber Bands for almost 2 years now. My training partners and I are still experimenting with them, but we have developed some information that we thought we would pass along.

First of all, I must give credit where credit is due. I have discussed using a force plate to measure the resistance that the rubber bands create, but not having taken Physics since 1978 I wasn't sure where to begin. Three of my training partners, Steve Spinelli, Steve Petrencek and Frank Palmer came up with a plan that I do believe actually works. Steve S. brought in a carjack and he borrowed a digital scale. As you can see from Picture 1, while the bands were hooked up to the bar, they jacked up the digital scale to mimic different positions on the bench including the tension at the chest (11 inches from the top of the pad), mid-point (16 inches from the pad) and lock-out (21 inches from the pad). I will present the information as we recorded it and then in layman's terms (which is about as detailed as I am prepared to go) explain what it means. The pictures will demonstrate what we did.

Picture 1: Steve Spinelli (left) & Steve Petrencek (right). (Larry Miller).

First of all we need to discuss how to hook the bands on to the bench. You should look for 2 items on your bench. First of all, you should have a support bar underneath the bench that is an inch or two above the floor (Picture 2). This will allow you to stretch the bands for added resistance and allow you to center the bands easily. It is also a plus to have a second set of racks on the bench. This will allow you to add extra loops to the bar and work the bottom half of the bench off your chest. If you don't have a bench as described above you will have to improvise. Just remember, tensions will change. The first thing you need to do is to tie the two bands together. Hook one end of the bands over be end of the bar. Take the bands under the bench with the knot directly under the center of the bottom support. Hook the other end of the band around the other side of the bar. To do a double loop, have someone pull on the band on one side and double loop it around the bar. Then repeat for the other side. According to our homemade force plate, the double loop adds an additional 20 lbs. of tension. If you lower the bar to the second set of uprights (which are positioned a couple of inches off your chest) you can add a third loop to the bands. Adding the third loop will add an additional 30 lbs. of tension to the bands above the double loop.

Picture 2: Frank Palmer spotting Larry Miller (notice support bar & 2 different rack heights). (Photograph provided courtesy of L. Miller).

Hopefully everyone is following me. Let's use an example. You place 135 lbs. on the bar and you have hooked two blue bands tied together under the bench. At your chest, the weight on the bar is now 155 lbs. If you push the bar an additional 5 inches (mid range), the weight now becomes 175 lbs. Go another 5 inches to lockout and the weight is now 195 lbs. This set up allows for an additional 60 lbs (195 - 135 lbs.) of band tension above what you originally had on the bar at lockout. If you double loop the bands, you now have approximately 175 lbs. of tension at your chest, 195 lbs. at your mid range and 215 lbs. at lockout. If you triple loop the bands, you have 205 at your chest, 225 at mid range and 250 at lockout. The green bands add tensions of 150 lbs., 165 lbs. and 180 lbs. to the bar. If you add a green to a blue, the tensions are additive. For instance at your chest a blue band added 20 lbs and the green added 15 lbs. When we put the two on together, we had a total of 35 lbs of tension.

Picture 3: Steve Spinelli showing how to properly attach the bands.

Another method of adding tension to the bands is to wrap it around the bottom support keeping the knot on top of the support as opposed to having it underneath the support (Picture 3). We did not calculate the added tension in this position.

When you place the bands around the bar with the bar in the highest position in the uprights you will be working the lockout part of your lift. You will also be working the middle part of the bench. When you place the bar on the lower set of uprights, you have the ability to add additional loops to the bands since the bands

***Picture 4**: Steve Spinelli spotting; Steve Petrencek benching (Notice how clevice attaches band to power rack). (Photo by Larry Miller).*

are not overly stretched. With the bar in the lower upright position, we place two sets of blue bands around the bar. We double loop one and triple loop the other. It isn't easy to add that triple loop but if you have one person pulling on the band and the other adding a loop, it is possible. In this position we do partial reps from our chest to the mid range. It is very difficult to lock out the bar in this position. With 135 lbs. on the bar, the two sets of blue bands, double and triple looped, add 105 lbs of tension at the chest, 150 lbs at the mid range and if you can lock it out, you have added 210 lbs of tension. So, in essence, the bar has 135 lbs on it, but with the bands, it's 240 at your chest and 345 lbs at lockout. With the bar set at the lower uprights, you should have 2 lifters do the lift off from the sides. When we do these band presses, it is easiest to start the lift at the chest instead of at lockout since the bands are not heavily stretched at your chest. I encourage you to use spotters on each side, in addition to one behind you.

Before I forget, when the bands are positioned under the upright, try and center the knot where the bar contacts your chest. This way the bands won't pull you out of your groove.

Training with the bands can be very tough on the body and you should be very careful. Some lifters like Joe McAuliffe, who has an exercise physiology background, recommends cycling the bands into your training.

***Picture 5**: Frank Palmer doing the rubber band tricep push downs.*

The bands can also be placed in the power rack. We are using something called a clevice (Picture 4) to attach the bands to the racks. Using the clevice allows us to keep the tension on the bands even on both sides. If you try to tie the bands, you inevitably will not have the sides even and it may cause you to pull to one side or the other. With heavy weights, you might place too much stress on your body. We are using 2 sets of blue bands and we double loop them both on the end of the bar from the top of the power rack. Setting the bands in this manner allows you to lock out heavy weights. For instance, with 315 lbs on the bar, the weight on the chest is 135 lbs. The bands support the bar with about 180 lbs of tension. At mid range the weight is 190 lbs and at lockout, the weight is 250 lbs. What we are able to accomplish within the power rack is to load the bar to 550 lbs or so. Although we didn't measure the tension at the chest, it is probably around 275 lbs and we are probably locking out 490 lbs or so.

For those of you who wear bench shirts, the mechanics of the shirt provides you with help off the chest and as you get closer to lock out, the shirt stops working and you are on your own. The bands also create a situation whereby the resistance increases as the bar progresses towards lockout. The tension the bands supplies becomes an excellent plyometric exercise for developing explosive strength which is advantageous in all of the three powerlifts.

There are a number of additional ways to use the bands. You can hook a light pink band up for added resistance for tricep extensions or lat pulldowns (Picture 5). The personal trainers at our gym use them for additional tension when working the abs. I am sure if you want, you can stay up all night long figuring out ways to incorporate the bands into your training program. Since I haven't squatted or deadlifted in more than three years, I haven't looked into using them for these exercises. Some lifters at the gym do use them for squatting and deadlifting and my advice is be careful and use spotters. I believe that when using the bands, it is important as you adjust to the bands and the weight on the bar, you should add resistance with the bands and drop the weight on the bar. Our "Jump Stretch Rubber bands" have been subjected to a great deal of tension and are still holding up quite well. For benching, I recommend using the Blue bands if you are a 300 lb. bencher. The green bands are good if you are in the 250-300 lb. range and the pink bands if you are below 250 lbs.

Dick (The Rubber Band Man) Hartzell has many uses for his rubber bands. They are used by numerous professional sports teams, i.e. Cleveland Indians and Cavaliers, New York Yankees, Atlanta Braves, Dallas Cowboys, Florida Marlins, Denver Broncos, Charlotte Hornets and many more. Most professional athletes use the bands for stretching. Personally, I don't know of anyone as flexible as Dick. Although not a Physical Therapist, I have sent a number of people to Dick who have already been to their share of therapists. In every instance, Dick has helped these individuals immensely. Stretching and flexibility are extremely important to powerlifters, so in the future, I will review stretching exercises with the bands as well as traction methods with the bands if you are nursing a sore shoulder or back, etc.

When lifters call me regarding the bands, I always tell them the same thing. Once you try them, you will be sorry you didn't start them sooner.

Larry (Dr. Bench Press) Miller

***Left to right**: Steve Petrencek, Steve Spinelli, Dick (Rubber Band Man) Hartzell, Larry Miller. (All these photographs provided by Larry Miller).*

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TRAINING

Westside Deadlift Training

as told to Powerlifting USA by Louie Simmons

I am pictured with two of the greatest deadlifters of all time: Vince Anello and Jim Cash. Jim deadlifted 837 at 220, and Vince deadlifted 821 at 198.

I saw Vince for the first time in 1966, when he pulled 525 at 165. I knew then he was destined for deadlifting greatness. I recall asking Vince what made his deadlift go up. His reply was that anything made his deadlift go up. At the time, I was confused by his answer. I later realized what he said was not confusing, but my lack of training knowledge had kept me in the dark. I read Bill Starr's article about raising your deadlift without deadlifting. Was this what Vince was telling me? Was this the conjugate method? The answer is yes to both.

At Westside, the tenth best deadlift by coefficient is 710 at 198. We also have five lifters who have pulled 800 or more. Among the women, Doris Simmons pulled 349 at 105, Amy Weisburger 450 at 123, and Mariah Ligget 485 at 132 while training at Westside. These lifts were accomplished by deadlifting, at the most, one time every 4 weeks and more usually once every 8-10 weeks.

***Louie Simmons** (middle) pictured with two of the greatest deadlifters of all time, Vince Anello (left, 821 @ 198) and Jim Cash (right, 837 @ 220). (This photograph taken by Eskil Thomasson).*

Our training is comprised of squatting or arched-back good mornings one week and bent-over good mornings the next week. You must bend over because the back has flexion. We use a wide assortment of cambered bars to change the leverage.

There are many ways to train. My objective is to teach you to train yourself. You must do what works best, not what you like best. Don't forget that.

Jerry Obradovic pulled 804 at 275 by doing lots of ab work, high reps on the Reverse Hyper, and 3-5 reps on a very low box, 4-6 inches below parallel, with a Safety Squat bar. He also did high reps, 6-8, in the bent-over good morning with a Buffalo Bar. He would test his deadlift once a month by pulling a rack pull with the plates 2-4 inches off the floor. He also

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did lat work of all kinds three times a week. All this netted him an 804 deadlift and a 644 bench to go with it.

Chuck Vogelpohl has a 793 deadlift at 242, and a 771 deadlift and 551 bench at 220. First of all, he trains 10-14 times a week. He always does abs in these extra workouts, and five workouts involve lat work. After speed squats on Friday, he will do 6-10 singles in the deadlift with 500 pounds, either sumo, conventional, or standing on a 1-4 inch box. They are very explosive.

On Monday, max effort day at Westside, Chuck works up to a max good morning or box squat with a variety of boxes. He will use a box deadlift or rack deadlift only as a test of his progress, not to build the lift. Chuck does a lot of work on the Reverse Hyper. He always works low back and hamstrings before lats.

John "Chester" Stafford, who deadlifts 800 and totals 2280, trains much like Chuck, maxing out for a single on a box squat or good morning. The exercises for the squat are the same for the deadlift. John does a lot of standing abs and leg raises. He will only do a box or rack deadlift to test his deadlift, not to build it.

I do a lot of pulling of weight sleds to build my deadlift. I train lats and upper back about 5 times a week, mostly during short, 20-30 minute, extra workouts. I do about 10-14 workouts a week. Here are some examples: glute/ham raises and abs; reverse hypers, lats, and abs; sled pulling, lats, and abs; band-only good mornings, hamstring work, and abs. I also feel that box squatting with or without bands will increase your deadlift fast. I deadlift with bands or chains to a fast single, then do low back. On max effort day, I prefer to do a max single on a low box or a triple in the conventional good morning or a single in the concentric style good morning. Having made a top 10 deadlift in three weight classes has served me well.

The late Matt Dimel hit not only a 1010 squat but also an 821 deadlift. While he did all of the above, he would also work up to 600 for a single with the plates 2 inches off the floor. Then he would place a 1 inch mat under his feet and do a second single. More and more mats were added until the bar was touching the top of this feet. These were done with about 1 minute rest between sets. He also did a lot of lat work and work on the Reverse Hyper at least 4 times a week. Matt had very strong abs, which enabled him to do a sit-up with 115 pounds on an Olympic bar held behind his head while his legs were straight out on the floor.

Jeff Chorpenning had a 750 deadlift at 198. He did a lot of heavy abs and low back on the Reverse Hyper. He used a wide sumo style, and very wide box squatting helped a great deal. He would max out on a low box squat and, of course, do an assortment of good mornings.

What do these workouts have in common? These lifters always max out on some box squat level, mostly very low, or a good morning. They only use the deadlift to test their progress, not to build the deadlift. Lots of small extra workouts for abs, hamstrings, and lower or upper back are done. Any combination will work. Heavy sled pulling can take the place of max effort work 1 out of every 4 workouts.

If these men and women have bad form, they will do special work to correct it, i.e., the conjugate method. The top pullers here can deadlift almost the same with any deadlift style. If not, this shows a weakness in some muscle groups.

Because the deadlift is done last at a meet, when you're tired, we do a box squat or good morning first before trying a max box or rack pull. This keeps you honest. One must be in good shape to deadlift well in a meet. That's where all the extra workouts pay off. If you deadlift all the time, it will kill you in the long run, mentally and physically. Don't let this happen to you.

Everyone at Westside does these workouts at one time or another. It does not matter what sequence or rotation you use. Change the core lift each week and the special exercises whenever you feel it is necessary.

Remember what Vince said? I think this is what he had in mind.

Westside Barbell
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USAPL Women's Nationals

as told to Powerlifting USA by Dr. Michael Hartle

The outside temperature gauge read 10 degrees F in the early morning hours of January 20, 2001. However, the inside temperature was a lot hotter due to the event that was beginning. The 2001 USA Powerlifting (USAPL) Women's National Powerlifting Championship was set to begin. This year's contest was being held in Fort Wayne, Indiana at the Grand Wayne Center in downtown Fort Wayne. The meet site was spacious and plentiful. 9000 sq. ft. provided ample room for these ladies of iron to stretch out and warm-up properly. The Meet Directors were Drs. Monique and Michael Hartle. 98 of the nation's strongest ladies descended upon Fort Wayne to show how much iron they could lift. These strong lady athletes were also trying to place themselves on various USAPL-IPF World Teams for the upcoming year.

The competition got under way at 9:00 am after the Star Spangled Banner was sung by Mrs. Margaret Pletcher. The first order of business was the 97, 105 and 114 lb. classes. The different divisions that were contested throughout the weekend here were the Open, Teen, Junior and Master. Stephanie McMillian repeated her win from last year with another victory and a Junior American record in the bench press. Cathy Solan repeated her second place finish from last year with 49 years young Donna Aliminosa winning third place honors. Erin Dickey secured the win in the Teenage 2 division (16-17 years old) with some solid lifting.

***Stephanie McMillian** (right), with friend, was the 97 pound champ.*

In the 48 kg. class, Jennifer Maile followed her father's lead at the World Master's Championships and pushed some huge numbers to win the Open and Teen 2 divisions here. She also won Best Lifter for the 44 - 56 kg. classes and Best Lifter Overall!! The amazing thing is she is only 16 years old and re-set the Open American records in the squat, bench and the total. According to the numbers on the IPF page this total would place her fifth in the WORLD. Wow!!! Carly Nogle won the Teenage 1 (14-15 years old) division with Jennifer Ray - one half of the Ray twins competing at this competition - unfortunately not able to get a squat passed. Cheng-er Mehmedbasich and Ann Leverett won the Masters 1 (40-44 years young) and the Masters 2 (45-49 years young) respectively while 60 years young Judy Gedney, who is a former IPF Women's World Champion, won the Masters 5 (60-64 years young) division.

***Sioux-z Hartwig** is the 114 lb. national champ. (photos by Hartwig).*

In her new weight class for the competition, 52 kg, Sioux-z Hartwig won her class with a 9 for 9 day and beating second place, Elisabeth Street, by 15 kilograms. Sioux-z had some really balanced lifting performing the powerlifting hat trick. Kimberly Goff of the infamous Louisiana Tech team, placed third in the Open with a win in the Junior division. She is someone to watch in the future. Everyone in the weight class in the Open division was in their 30s or older and she is only 20. Carmella Baqui, from Hawaii, and Sally Bowers, from Alaska, some of our farthest travelers, received 4th and 5th while Karen Gordon secured 6th place. Maura Shuttleworth also had difficulty with the squats and finished early. Jessica Ray, the other half of the Ray twins, finished in first place in the Teen 1 division. Chelsea Jacobs, Teen 2; Lisa Carroll, Masters 1; and Sally Bowers , Masters 3 (50-54 years young) each won first place in their divisions.

In probably the biggest win of her life, Ball State University and Team Indiana member Michelle Amsden used every muscle fiber of her being to push, pull, strain and sweat her way to the Collegiate American deadlift record and the Open division championship of the 56 kg class. She also won the Junior division title. Diane Siveny, from the cold state of North Dakota, took the second place honors in the Open while winning the Masters 1 division ahead of Lynn Whidden and Lanette Lopez. Brenda Howard from South Dakota received the top honors in the Masters 2 division with Natasha McLean winning the Teen 2 division. Missing from the platform was our 2000 Open Champ Sandy Mobley, who is not lifting due to a back injury. She plans on coming back very soon! Despite the injury she was there to cheer us all on and support the lifters.

***Michelle Amsden** with a hard fought victory in the 56 kg. class.*

***Angie Overdeer** prevailed in a very competitive 132 lb. division.*

The next and final class to hit the stage to finish Saturday's sessions was the 60 kg class. What a class. Eight ladies showed up to do battle in the Open division alone. 3 of these ladies had won this class at previous editions of this contest. Angie Overdeer, living 30 miles from the meet site and the better half of the President of USAPL, Michael Overdeer, won this class in 1997; Jennifer Rey, from Louisiana/Texas, 2-time National Champ and Ellen Stein, last years National Champ. Thrown into this mix was Jennifer Thompson, a bench press specialist with some other strengths up her sleeve. By the time the dust had settled on this class, Overdeer had gone 7 for 9 to grab first place with Jennifer "Surprise" Thompson breaking an Open IPF World Record in the bench with a whopping 122.5 kg and a good deadlift to pull into second place, Stein finished third with the winning deadlift halfway up and Rey finished fourth. Nicole Sperbeck, a part of the Alaska Iron Maidens team, set a Teenage American Record enroute to winning the Teenage 3 (18-19 years old) division. Amber Mesik, of the powerful

***Kara Bohigian** had big hair and big enough lifts to win the 148s.*

(article continued on page 94)

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified by 1.2 (600 divided by 500)

Deadlifting for TROLLS!

as told to Powerlifting USA by Bruce Anderson

Do you feel like you've gone through life standing in a ditch? Do you see the tops of peoples' heads when everyone else is seated and their navels when you're all standing? Does anyone ever try to stick a candle in your dome at Halloween? Have you wondered why they have push/pull competitions rather than push/push?

If you've answered "yes" to one or more of the above questions, then this article is especially for you - because you are a "TROLL".

Trolls are easy to spot (unless they're in a crowd!). They're chief characteristics are short limbs, a long torso, a big, beautiful head, and a deadlift around a 100 lbs. less than their squat. If this sounds familiar, cheer up, all is not lost. While you may never lift the likes of a Lamar Gant or such, that's not to say that you'll never be able to bring your deadlift to a state of respectability.

The first thing you'll have to do in your quest is scrutinize everything you're reading about working out. When you check out someone else's training routine, ask yourself the following: is this person drug-free, is his history drug-free, or does he contain "artificial flavorings and preservatives"? What organization does he/she lift in? A boost of 10% or more from longer wraps and extra layers of fabric will make even the worst program seem like a winner (even a pile of doggy-do will shine if the sun hits it just right!).

***Gary Heisey** (above) was definitely not a "TROLL". With his relatively long limbs and short back, he pulled a magnificent 925 lbs. Nonetheless, Bruce was able to PR in the deadlift three meets in a row, using the same principles described in this article.*

Other things to take into consideration include the author's age, experience, and genetics. Just as a Junior may not benefit from a Master's program, two lifters the same age may not have an advantage in using the same plan if one's a veteran and the other's a novice.

All men are created equal. What, equally different? Not even. And what about the half of the "men" that are women? You can overcome a lot of genetic difficulties, but you certainly can't dismiss them.

For instance, when I first learned about Sumo style deadlifts I thought they would be great for me. Between their inherent shortening of the stroke and my short legs, I figured with a little work I'd be pulling another 50 or 100 lbs. How about 70 lbs. less!

What I overlooked was how my long back and short arms would force me to reach down so far that my hips were way behind me, much too low, and they forced the weight over my heels rather than the middle of my foot. Still, Sumos are a useful part of my program, as you'll see.

With conventional style deadlifts, the problems are just the opposite: hips too high and the bar out over the toes. For years, my answer to this was to tuck down my butt, essentially making the beginning of the deads comparable to the bottom of the squat. This kept the bar over the middle of my foot (most of the time) and my numbers were decent, but it also gave me a sticking point just below the knee at the transition from the legs to the hips. If I couldn't hit this spot with an abundance of momentum, I'd often just stay right there. Later on, my lower back would be extremely sore and I'd mistakenly think that I needed more back work, that my back wasn't strong enough.

This is a common problem and it is very deceptive until one realizes what's really going on, which is that your back is sore because it is trying to compensate for what your hips are supposed to be doing. Your lower back acts mostly as a stabilizer during the movement. When you're bent over a bar it's at a very disadvantageous position, leverage-wise. If your hips don't do their job and get you out of this position quickly, you get an inordinately severe amount of pressure in the area, followed later by that familiar soreness and the mistaken belief that your back is not up to par.

To summarize the problems: bar too far out in front; sticking point; sore lower back.

The solution, of course, was to strengthen the hips and quickly get the heck out of Dodge, at least when it comes to bar speed! To snooze is to lose. Time is of the essence. The early bird... etc., etc. One of the ways to do this was through the use of speed training (duh). Eight sets of triples as outlined by Louie Simmons, but with a twist. I do them with a wide Sumo stance until a month or two out from the meet to build the adductors along with the speed. I also do my first couple of warm-ups on my heavy days Sumo for the adductors and also because they save my back for the top sets (if you have a grip problem, try doing your first warm-ups underhand and the next ones overhand). This I'll do all the way through, even at the meet. Wide box squats accomplish pretty much the same thing, and - of course - both these exercises target what we're really after, the hips, as in glutes and hamstrings.

Nothing will work these muscle groups any better than stiff-legged deadlifts. That's stiff-legged, not straight-legged. You want to build your hips, not hyperextend your knees. Besides, this position hits them better. Bend at the waist, unlock your knees slightly, and pull. Use an overhand grip with straps to balance the work on both sides of your body and pull slow and conTROLLed. This is not a speed movement. Lower the weight the same way, slow and conTROLLed, touch the floor without bouncing, and repeat. Don't pause these reps at the bottom. You want to work the glutes and hams, not overstrain the lower back. I do one set once or twice a month for six reps.

I first did an isometric rack pull with 200 lbs. under my meet PR. The bar was on the floor, the pins in the rack were set where when I pulled the bar up to them, the bottoms of the plates would be 4 or 5 inches off the floor. I pulled the bar up and, after it stopped bouncing, tried to pull the bar through the pins for 5 seconds. Then I put the bar down and nearly collapsed (you may want to have your blood pressure checked before attempting this one boys and girls). Anyway, the very next week I went right through my sticking point. Definitely a keeper, as far as training tips go! A set or two once or twice a month works for me.

The summer of '94 I started doing weighted side bends and weighted straight-leg sit-ups. As I got stronger in these two exercises, all my powerlifts improved. I started the side bends with a light dumbbell, I think it was a 40, and the sit-ups with a 25 lbs. plate. Not too long ago I did the former with bodyweight, 190, for a set of 10, and the latter for 10 with 435 lbs. of plates on my chest. This was over a period of 5 years. Take it slow, add weight every couple of weeks or months and watch abs, obliques, and hip flexors grow (not recommended for that bodybuilder "V" look unless you plan on wearing a corset). These two exercises will tremendously stabilize your upper body while increasing your resistance to lower back pain, and as a bonus, during squats they'll make the bar on your back feel about a 100 lbs. lighter than before you used them.

Finally, whether you're Irish or Polish, human or troll-ish, finish off every workout with either reverse hypers or back extensions. I like a weighted set of 10 reps to build, followed by an un-weighted rep out set to flush out my lower back and hip area.

BRUCE ANDERSON

LOUIE SIMMONS PRESENTS

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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, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: Your Metabolic Diet is the best thing that's ever happened to my training. I've been on your diet the past six months and have seen more progress than I made in the last three years. It's amazing. By working on the troubleshooting guide and experimenting I find that I do best only carbing up every three weeks. And even then I only do it for one day since after 24 hours I start bloating up and don't feel nearly as good. Actually doing it this way gets rid of my carb cravings and helps me stick right to the diet. Since I've been on the diet I've gone from 195 lbs at 15% bodyfat to 205 lbs. at 8% bodyfat. Even though I've only gained ten pounds the real figures are interesting. At 195 lbs I had almost 30 lbs. of fat on me. That means that my lean body mass was only just over 165 lbs. Now I'm only carrying just over 16 pounds of fat (and you do need some bodyfat to be healthy) but close to a whopping 190 lbs. of lean body mass. That means that although I only gained 10 pounds, I actually gained close to 25 lbs. of muscle and lost almost 15 lbs. of fat. You wouldn't believe the difference. Not only do I look good, but my lifts have all gone up by over 10%, with my bench going from 370 lbs to 455 lbs, making me much more competitive in powerlifting.

I do have a few questions however:

Question 1 - Since vanadyl is supposed to increase glucose transport into cells, is it safe to take vanadyl on a daily basis without taking in carbs. I want to take vanadyl to help shuttle creatine and aminos into my muscles.

Question 2 - If not, does creatine still get absorbed when insulin levels are extremely low as on the Metabolic Diet.

Question 3 - Is it safe to carb up only one day every three weeks.

Please help me to make this diet even more effective. I've asked other people these questions, including some experts, and they just haven't been able to give me a reasonable answer. I know that you're the expert's expert when it comes to low carb and phase shift dieting and I highly value your opinion. I really look forward to hearing from you.

Thank you, **Larry**

DEAR LARRY: *I'm glad that you're making such great progress on my Metabolic Diet. I used this diet back in the 1970s and 1980s when I was a competitive powerlifter and I know that it works. Since then thousands have also found out how much my diet can improve both their body composition and strength. I usually don't recommend vanadyl for several reasons. First of all, because of the possible toxicity. Secondly, and more importantly as far as it's insulin action, is that it mimics insulin rather than increasing insulin sensitivity or increasing insulin levels. In fact, it would likely lower insulin levels. As such, and since it's the elevated insulin that increases the absorption and utilization of creatine, vanadyl may be counterproductive. There is nothing in the literature that shows that vanadyl can increase creatine transport and utilization.*

Instead in my formulations I use compounds such as the various amino acids, chromium, alpha lipoic acid and others that either increase insulin levels or increase insulin sensitivity. Have a look at www.allprotraining.com and look under the products. Under products look at the my new nutritional supplement line to see how I've used these various compounds instead of carbs to increase the effects of insulin and as such increase the function of creatine.

Keep in mind that you don't have to have an increase in insulin to make use of creatine supplements. It's just that it's more effective if you have the insulin working for you. In the long run, it likely doesn't make a lot of difference. Where insulin may make a difference is in the immediate post workout phase. That's why right after training I recommend an amino acid mixture to both increase the amino acid level in the blood and muscle, but also to increase both insulin and growth hormone and thus make maximum use of that post training time period when the body supercompensates and tries to maximize protein synthesis. If you look on www.allprotraining.com under APT Amino, you'll see what I consider to be the best amino acid mix to be used immediately after training. Also, in the first few hours after training I also recommend that you take in a combination of whole protein, fats (to maximize the all important intramuscular triglycerides) and a small amount of carbs. Of course, on the weekend, if you train I recommend that you take in a significant carb load along with your whole protein and fat within that two hour window.

As far as your third question, you're obviously an efficient fat oxidizer and as such have an easy time of using fat as your primary fuel. Others are not and couldn't go for as long as you can without taking in carbs. Use whatever works for you. That's the underlying principle of my new Metabolic Diet. It's meant to be individualized according to a person's metabolism.

Best of luck, ***Mauro Di Pasquale M.D.***

Publications by Mauro G. Di Pasquale, B.Sc., M.D., MRO, MFS - *New for 2000 - The Metabolic Diet* - If you're confused as to what kind of diet you should be following and how best to use the bewildering array of nutritional supplements that's out there, join the club because you're not alone. Just about anybody who is serious about sports and exercise is bombarded by claims made by all the diet gurus and supplement manufacturers. After a while it gets pretty hard to sort out just what kind of diet and supplements are best for maximizing strength and muscle mass, and minimizing body fat. But there is a solution. The Metabolic Diet is the only diet and nutrition book you need in order to maximize muscle mass and strength, and decrease body fat. It encompasses all the various diets that are carbohydrate conscious, those that are champions of low dietary carbohydrate intake to one degree or another such as my Anabolic Diet, and those that follow the more conventional high complex carbohydrate, lower fat approach. Not only that but The Metabolic Diet also covers everything you need to know about how to use the present crop of nutritional supplements so that you'll get maximum results from your hard training. The Metabolic Diet is based not only on my experiences but also on all the available medical and scientific research. That's what makes it the ultimate diet book. It takes into account our genetic and environmental differences and allows everyone to find the right diet and nutritional supplement stack for them. The Metabolic Diet is a one-stop solution to the age-old dieting and nutritional supplement dilemmas. Don't miss out. Order a copy right now. You won't be disappointed. The Metabolic Diet, Hardcover, 512 pages. Order from www.allprotraining.com or call 1-800-519-4094.

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Dr. JUDD

POINTS TO PONDER - PART I - All Men Were Not Created Equal

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

I was talking to a colleague of mine the other day about how insensitive the American culture is in its treatment of men who are athletically challenged and yet how considerate and attentive we are to men who are athletically gifted. You know that is the case. It is one of life's obvious inequities. Athletically impaired individuals are discriminated against with respect to grades in school, job opportunities, and social acceptance. These individuals are also frequently stereotyped as lazy, inferior, and lacking in will power. On the flip side, the athletically gifted are customarily portrayed as being stylish, confident, and self-assured. Of course, they are also given more opportunities for social and economic growth. In fact, there is an abundance of research which indicates that Americans believe that superior athletes are better human beings than non-athletes. Not surprisingly, Americans also believe that unsuccessful athletes are better human beings than non-athletes are.

In the words of Henny Youngman, P-L-E-A-S-E. All you have to do is look at the background and lifestyle of certain of our country's best athletes to realize that such a notion is absolutely absurd. Check out Mike Tyson, Pete Rose, and Dennis Rodman for starters. Certainly there are more redeeming qualities in life than slam-dunking a basketball or beating someone senseless in a boxing match. At least, you would think so, but that's not the mindset of most Americans.

Is it fair? *... that great lifters like Mike Bridges seem to have had such great advantages?*

I think it is safe to say athletes and non-athletes live in two different worlds. The former men are treated with respect and privilege, while the latter group is treated with relative indifference. Of course, none of this is fair and none of it makes sense. After all, there are many people who are kinesthetically deficient through no fault of their own. They are simply an outgrowth of their genetic inheritance, their social environment, and their personal psychology. Not only that, but many unskilled individuals are not only wonderful people, they also contribute more to our society then a truckload of guys running around in short pants.

I pursued that point with my associate for a good fifteen minutes. If the truth be known, I was trying to defend another friend of mine who is a magnificent human being, but who basically functions like a motor moron and whom I felt was being discriminated against by some of the other athletes in the gym. "It is not fair," I protested "that we judge people by standards they have little control over."

Then my colleague said something that I thought was extremely profound. He said, "We are not all equal. Some of us are smarter than others, some of us can run faster and jump higher than others. There is no reason why the gifted shouldn't be rewarded for their talent. If someone does better then someone else, even if it is solely because of his genetics, he should get the gold medal or the Nobel Prize. Michael Jordan, Tiger Woods, Albert Einstein, and Steven Hawking are gifted individuals and they should be rewarded for the excellence they bring to their field. We are all different and we are all unique. Some of us are built for success and others are not. It is just the nature of the world."

Of course, my friend is right. We are all different and we are all unique. Some of us have greater talents for sports than others. Some of us are more creative and intelligent than others. Some of us are more attractive than others. There is no doubt that God did not make us all equal. My colleague is also right when he says "that excellence should be rewarded." It would be just as unfair to ignore people who are successful as it would be to slight people who are not blessed in the same way.

Still, although men are not created equal, they should be treated equally. Just because Michael Jordan can slam-dunk a basketball and Steven Hawking can unravel some of the greatest mysteries of the universe does not mean that these men should be treated with greater human importance then any other human being. We are all God's children. Think about that the next time you decide to judge someone on the basis of their athletic prowess.

LIFE IS NOT ALWAYS FAIR

In sports it you train with high intensity, eat properly, get sufficient rest and lead a clean life, all the time, you will reach the top. It is as simple as that - except for fortune, destiny, karma, luck, chance, biorhythms, meteorological conditions, eugenics, heredity, environment, inter-psychic psychology, injury, sickness, accidents, impairment, coaching, teammates, friends, money, cheating, equipment, education, occupation, wife, children, bad spotters, judges with poor judgment, competitors endowed with talent, lifting conditions, people with hidden agendas, and drugged athletes.

In other words, there are just some circumstances in life that can not be controlled. No matter how hard we work or how good a life we lead, there is always the possibility that something unexpected can happen ... something that we have no control over. In brief, life is not always fair.

Why is it that Michael Jordan, Tiger Woods, and Eddie Coan are genetically gifted? Why is it that some people have all the luck and others have little? It may have to do with fate, chance, or maybe even the astrological sign you were born under. Then again, it may have to due with attitude, confidence, courage or a million other things. I suspect that what appears to be blind luck is more often than not the residue of design. You know the old adage - "I have been training twenty years to become an overnight success". To be quite candid, I don't really know the answer. It is like asking the questions "why does God allow the innocent people to suffer", and "the good to die young"? The uncomplicated answer is that life is not always fair. Some people deserve better and others deserve less. Call it what you like: fate, karma, destiny, the fact remains that some people seem more blessed than others and some people get more breaks than others. God has given us an imperfect world and all we can do is the very best with what He has given us. In a nutshell - you have to play the cards you are dealt

POW!ER SCENE

Powerlifting on TV? Well, we're getting a little of it out here in Southern California. KABC-TV, ABC's 2nd largest station in the U.S., is putting together a feature on *POW!ERLIFTER* Video hostess

***Left to Right**: Steve Chaceon, Rob Fukuzaki, and Vicky Hembree. (Photo provided courtesy of Ned Low).*

***Vicky Hembree** holding a copy of The Daily Breeze. (Ned Low).*

Vicky Hembree, to run on their Eyewitness News program. Sports anchor Rob Fukuzaki and cameraman Steve Chaceon came down to Carson in their blue Eyewitness News van, brought out their big Betacam camera, and shot Vicky at work, at home, and at Bernie's Powerhouse Gym.

Vicky got to talk about powerlifting, and show what the three lifts are, and discuss her career and lifting goals, and the viewers will get to see what powerlifting is, and how both men and women can do it, and how lifters of all ages can do it. We tried to get Rob Fukuzaki to do a little lifting, but he declined, though he did say he had started some training recently. Kudos to KABC for publicizing powerlifting.

The folks at KABC found out about Vicky from an article on the front page of *The Daily Breeze*'s sports section (see picture,) which also focused on Vicky's lifting and what the sport of powerlifting is. And two weeks previously Vicky and I had been up at UCLA, where Vicky gave a squat and bench seminar to the UCLA men's and women's track team's shot putters and javelin and discus throwers. UCLA is the defending NCAA Women's Indoor Champion, and training with the team are two former UCLA athletes, both Olympians. Seilala Sua is the U.S. champion in the discus and competed in the 2000 Olympics in Sydney, and John Godina won a silver medal in the shot put in the 1996 Atlanta Olympics and a bronze at the 2000 Sydney games. They both got coached by Vicky on their squatting and benching techniques.

UCLA head track and field coach Art Venegas is constantly scouring the sports world for new ideas to continually update the training methods employed by his athletes, and he's the one who brought Vicky in, to talk about powerlifting and do the seminar and the coaching.

By now, a lot more of Southern California should have heard of powerlifting and have a good idea of just what it is. Now it's time for the rest of the country to follow suit.

Before we move on from Southern California, though, we want to mention Dawn Sutherland, because we ran into her at Gold's Gym in Venice and thought we should have her in Power Scene. Dawn squats (up to 315) and benches (up to 185) as part of her bodybuilding training, and does lots of curls to build those arms. As you can see, she also does lots of stretching, and has remained injury-free for the 17 years she's been weight training. She recently moved here from England, and we wish her lots of success in the U.S.

***Randy "Raz" Radwizon** doing the Zercher squat. (Photograph courtesy of Ned Low to PLUSA).*

And moving just across the border into Nevada, the USPF will be holding it's 2001 Sub-Master and Masters Powerlifting Championships on May 12 and 13 in Las Vegas. Steve and Lisa Denison and Chris Kostas will be putting on the meet, and they do an excellent job, so if you're interested, call for info at 661-664-7724. Or you can download an entry form from www.powerliftingca.com

Finally, from our loyal reader Mike Blake of Pennsylvania came this photo of one of his training partners, Randy "Raz" Radziwon. Raz won the 1997 AAU Nationals and the 1997 WDFPFS, and last year hit an 835 squat but what impressed us was that he's done a Zercher squat with 600 lbs. That's a big Zercher squat.

Hoping all of you hit big squats, and big benches and deadlifts, 'til next month, keep enjoying the world's strongest sport. See you on video.

NED LOW

***Dawn Sutherland** doing some stretching out at the Gold's Gym in Venice, CA*

STARTIN' OUT

A special section dedicated to the beginning lifter

NARROW STANCE SQUATS

as told to Powerlifting USA by DOUG DANIELS

Each of the three powerlifts has one very effective assistance lift. The squat has the narrow or close stance squat. Simply put, the narrow stance squat is just what it says, a squat with a narrow stance. The narrow stance reduces the contribution of the hips into the squat and throws more emphasis on the thighs. Since the narrow stance squat really is a squat, the positive transfer of strength gain to your normal squat is high, similar to the relationship between the close grip bench press and the regular bench press. So that means that gains on this exercise stand a high probability of showing up in your competitive squat.

The width of your stance I recommend is shoulder width, which is narrower than most competitive squat stances used by powerlifters. This style of squat is a favorite of Olympic lifters. I suggest using this width stance no matter how wide your normal competitive stance is. For lifters using an extremely wide stance, this can be a real shocker for both you and your thigh muscles so using this stance may require some getting used to at first. The balance and leverage involved is vastly different. Large lifters may have trouble using shoulder width stance, so in that case, try to get as close as comfortably possible. I recommend using a weight equal to about 50-60% of your competitive single for sets of 12 reps for the first week or two. After this, increase the weight until you find a weight that is challenging for sets of 5-12 reps. As with all new exercises or exercise variations, I always caution you to take a short period of time to get accustomed to the movement. This will help avoid injury and help insure you perform the exercise correctly from the start. If you use deficient form with lighter weights, you stand little chance getting the move down pat later with heavier weights.

***Dr. Fred Hatfield** utilized a fairly narrow squat stance for his competition lifting*

Dr. Fred Hatfield, aka Dr. Squat, was a major proponent of high bar Olympic squats as an assistance exercise for the squat. His results certainly backed up his beliefs, as he just may just have been the most prolific squatter ever. The Russian and Eastern Bloc lifters built a lot of their squatting prowess using narrow stance squats. Before we started to lift against those countries in powerlifting competition there were rumors of Russian superheavies olympic squatting 1000 lbs. That probably was a myth, but their lifts registered in competitions since then do support Dr. Squat's fondness for this exercise.

I did not possess the flexibility to perform squats with an erect back position as he suggested, but narrowing my stance as described and maintaining as erect posture as I was capable of still gave me great results. Some lifters may have trouble keeping their heels on the floor at the low position. This can be remedied with gastrocnemius stretches. Other lifters may use a small plate under their heels for the same effect. Olympic squats also entailed resting the bar high on the back as opposed to the normal power squat in which the bar rests just above the rear delt. If holding the bar that high causes discomfort, place the bar in your normal power squat position. This will still have a positive effect.

The best time to work these squats into your routine is during your off season, that is, the time prior to 8-10 weeks before a meet or when your training is non-specific, and dedicated to such things as correcting weaknesses or bodybuilding. I believe sticking with regular form squats throughout your entire training year will not give the best long term results, since the thighs will never be worked in the intense manner that a narrow stance lift produces. As far as depth goes; parallel is sufficient. Descend in a controlled manner, trying to keep your torso as erect as possible and avoid bouncing at the bottom. Hamstring flexibility is at a premium here and it is worth working on. Any such work on flexibility will greatly benefit not only your narrow squats, but also your competitive style squat and your deadlift.

If you chose not to do all your squats during the off season with a narrow stance, you may want to try throwing in one or two sets at the end of your squat workout for 6-12 reps. This can yield some good results. Drop these no later than 3-4 weeks away from a meet to focus in on meet performance and to avoid overtraining. They also can be used as a light day substitute for regular squats. Don't go overboard on assistance work however. Reps are up to you, but I would concentrate on the 5 to 12 rep range, varying your work reps over your training period. Refer to past articles I have written regarding this method.

Another key is to not use a squat suit, knee wraps or even a belt while doing these squats. This equipment tends to lift some of the weight for you. Make your muscles do the work. As you enter your contest training, you can use the equipment combined with your now stronger normal stance squats.

Phase into contest training style gradually. Don't go from your last entirely narrow stance squat workout to heavy competitive squat training directly. You must reacquaint yourself with your normal squat stance and, hopefully, your new and improved squatting power. You may even notice that your most effective competitive stance may have changed somewhat due to an increase in your thigh power. Keep in mind that your most effective squat stance may not remain static over time as your strength, leverage and bodyweight go throught changes. Maintain your flexibility work throughout the year as it benefits your entire training effort.

I believe all lifters should give narrow stance squats a try next off season, either by using them exclusively during that period of time or by working them into your routine as a "finisher" or light day exercise of choice. I'm certainly not trying to turn any of our readers into Olympic lifters, but in this case they have something to contribute to our cause. You may need to make a few adjustments to your execution and use of the narrow stance squats, but it can pay big dividends.

Doug's Web address: members.aol.com/ddani12345/default.htm

World Powerlifting Organization News (TM)

What's the Difference?

Here at the WPO (TM) we have been overwhelmed with telephone calls of support and questions about similarities and differences between what we do at a WPO (TM) event and what is done at others, namely "the rules."

Major questions asked by lifters:

1. What are the qualifying totals?

60 kg. 1159; 67.5 kg. 1322; 75 kg. 1450; 82.5 kg. 1581; 90 kg. 1664; 100 kg. 1752; 110 kg. 1810; 125 kg. 1856; 140 kg. 1898; SHW 1912.

2. What are the specialty classes?

There are three "Super Open" classes beginning with the "Lightweight" (0 to 75 kg.), "Middleweight" (75.01 to 90 kg.) and 90.01 kg. to unlimited.

3. Are the "Super Open" classes scored by total or formula?

Total. Yes, we have lifters against other lifters out of class, but the lifter who lifts the most is the strongest.

4. Are there any women's divisions as of now?

No, unless otherwise advertised. We do have future plans to add women's professional powerlifting.

5. What are the equipment rules?

SQUAT: A basic singlet must be worn. It must be full-length polyester or canvas. Squat equipment allowed in various combinations.

Polyester single-ply suit (double-ply brief)

Polyester double-ply suit (single-ply brief)

Canvas single-ply suit (double-ply brief)

Canvas double-ply suit (single-ply brief)

All briefs will be made of polyester material and will not exceed top of lifter's navel and will not exceed bottom of lifter's squat suit. Thus, by definition, a brief can be supportive but is not another suit.

BENCH PRESS SHIRT - A bench shirt single or double polyester or denim can be worn. The shirt must be a single component. Sleeves must be short and remain above the elbow when worn. There is ONE PATCH LIMIT on a bench shirt. This patch must be a repair and shall not exceed 16 square inches. Any material exceeding these dimensions will be considered an EXTRA LAYER.

DEADLIFT SUITS - A basic singlet must be worn. It must be full-length polyester or canvas. Suit and brief requirements same as the squat rules (i.e. layers).

6. Is there an equipment check?

Yes, all equipment is checked before any lifter weighs in. During the event equipment is checked at random and after each and every world record made.

***WPO President Kieran Kidder** at the WPC Worlds*

7. Are costumes allowed?

Yes, as long as it does not interfere with lifting or judging.

8. How do I qualify?

By submitting proof of qualifying total to the WPO (TM) secretary (Lisa at 904-677-4000) with your contest entry. All qualifying totals must have been made at one of the major lifting federation's worlds or national events in the last five years. If one is not qualified and wants to qualify, they may enter any of the upcoming Huge Iron events. Beginning in January 2002, all qualifying totals must be made at WPO (TM) sanctioned events.

9. I have heard that the WPO (TM) has 48 hr. weigh-ins, is that true?

YES, main objective to lift big and reduce possibility of injury.

10. I have heard that in the WPO (TM) a lifter must declare their opening attempt for all three lifts at weigh-in and cannot change any of these under any circumstances?

YES, this is true.

11. In single lift contests, can openers be changed after being given at weigh-in?

NO, the same rules apply in single lift contests as three lift contests

12. I have heard that the WPO (TM) has two platforms #1 and #2, can you explain?

YES. All lifters will take their first attempt in the first round of their flight on platform #1. A made attempt will allow the lifter to continue and take their second and third attempts on platform #2. If a lifter fails to make the opening attempt, he will be forced to take his second attempt on platform #1. In other words, a lifter does not progress to platform #2 until the opener is made. This platform #1 and #2 concept holds true for the bench press and deadlift.

13. Is it true that a lifter only has two attempts to make an opener and if neither is successful he is not allowed to continue ("bombout")?

Yes

14. Is it true that fourth attempts that are made count toward the lifter's total?

Yes, a fourth attempt can only be taken if the third attempt is made and the attempt exceeds the WPO (TM) world record.

15. If I am the last lifter in the flight; make my third attempt and want to take a fourth attempt, how much time do I have?

A lifter will first have one minute to decide their next weight, the loaders will then load the bar, time will then begin (5 minutes for being the last lifter plus 5 additional minutes). If a lifter is one of the last four lifters of the flight they can also request 5 additional minutes.

NOTE: All WPO (TM) rules are left to the discretion of the WPO (TM) President (Kieran Kidder) and WPO (TM) Technical Director (Russ Barlow).

Kieran and I have nothing but the best interests of the elite lifters all over the world in mind. We do not frown upon criticism. In fact, this is how we will grow in strength and numbers. If you have any questions about the rules, call Huge Iron at 904-677-4000 and request a WPO (TM) rule book. Remember: Stay Hardcore! (*Russ Barlow*, WPO (TM) Technical Director).

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HARD CORE GYM#2

Big Iron Gym in Omaha, NE... *as told to POWERLIFTING USA by Rick Brewer, of House of Pain*

Chalk is flying everywhere, and several lifters are fighting a triple-ply bench shirt. People are yelling encouragement at the next lifter as he fires up for a personal record. Are you at a meet? No. You are in Omaha's answer to powerlifting heaven: BIG IRON GYM! Big Iron Gym is in Omaha, Nebraska. All Powerlifters; from young to old, and novice to veteran are welcome! Let's look a little deeper.

Part-owner Rick Hussey was the first to be inducted into the Nebraska Powerlifters Hall of Fame. The other owner is Becca Swanson who is very close to a 605 deadlift. Yes, she can almost pull 600! Rick and Becca have worked together to build a powerlifting gym *par excellence*. Together, they have gathered a huge family of lifters under one roof! This family includes some outstanding lifters, but no "prima donnas" who hog the glory.

Rick calls the attempts for all competitors, and sets the intense atmosphere and pace. Team members credit Rick with their 110% efforts! The entire team is involved in each challenging attempt, motivating each other by screams and back slaps, and sharing the excitement of success. (Dysfunctional lifters the world over know: if you don't scream at each other - you're not a family. Do you have a family at your gym, or just some people you know?) The "Big Iron" team has unity, goals, and hard-core dedication. If you don't have this at your gym ... move (or create it).

OK, you say, so they scream at each other. We all know weak sissies who scream, but can't lift. If the gym was "all bark - no bite" we wouldn't care. But this gym is the home of six 500 pound benchers with bodyweights ranging from 181 to 275 pounds. If they have a specialty, maybe the bench press is it. Brad Heck just benched 510 at 181, and he has hit 500 in several previous meets! Big Iron claims to be the home of the strongest squatters in the state, and boasts a superheavy (John Sympek) who squats 850. If Nebraska has some stronger squatters, let me know - I'm listening.

***Heavy Bench Day** at Big Iron Gym. (This photograph provided courtesy of Hard Core Gym to PL USA)*

Undoubtedly some of the strongest female lifters train at Big Iron, and Becca Swanson (see photo) has deadlifted 585!! When she has kids, they can tell their friends at school "My mom is stronger than you!" and they'll be telling the truth. Becca deadlifted 580 pounds in the 198s at this year's Nebraska State and Midwest Open Powerlifting meet. Her other lifts were in the TOP TEN list of 1999 in *PL USA* and SHE EVEN COMPETES AS A BODYBUILDER! QUIT IT! She has been in *FLEX* magazine twice so she must be a serious bodybuilder.

Becca isn't the only strong female at Big Iron. Taylor Rice is only 13, but she already deadlifts 275. Rick says she loves powerlifting so much, she will struggle with a tough pull - fighting and fighting - until she is blue in the face. Love it. Just so you know: Taylor, every time you see the kaleidoscope lights and almost black out on heavy deadlift - it makes you stronger, and more and more fearless. Lift on.

Brad Heck says the most inspirational guy of all is Dan Cummings. Dan is a 275 pound submaster who has bone cancer. I'll let Dan tell it:

"I have cancer now and still do daily treatments of a drug called interferon. The type of cancer I have is CML (chronic myeloid leukemia). It is cancer of the bone marrow and blood. I was diagnosed over 5 years ago and was told I had 6 months to a year to live. Thank God they were wrong. I've always loved weight training and entered my first powerlifting competition about 3 years ago. I was hooked. The guys and gals at Big Iron Gym have been a lot of support and motivation and I'm looking forward to competing with them again."

Dan is probably the strongest bencher, with his recent 550 at the meet on 11/18. I used to train with a friend named Billy who blamed all of his missed attempts on his "bone cancer". Of course, Billy was perfectly healthy. Dan really does have bone cancer - and he is still getting stronger, and still competing. What's your excuse?

Dan's story makes me think, and it also makes me want to go train at Big Iron Gym! Next time I'm in Omaha, I'll do just that. If you can drive there, go to 8902 Grant Street and say hello! Hard-Core old-school gyms are not dead. Write and tell us about yours:

House of Pain, P.O. Box 333,
Fate, TX 75132
or
email comments to:
rick@houseofpainironwear.com

***L to R** at the Hard Core Gym: Brad Heck 510 BP @ 181, Rick Hussey owner/coach, Becca Swanson owner/585 DL @198 (Photo provided courtesy of Hard Core Gym)*

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WPC World Championship, Pt. II

as told to Powerlifting USA by Herb Glossbrenner

The last WPC Worlds Championship of the Century took place the third week in Nov. at the Plaza Hotel Downtown in Las Vegas, NV. In a previous installment I covered the Men and Women's Open (last issue). Elsewhere in this issue I've separately reported the WPC World Bench Press Championships. This leaves the Teens, Juniors, Submasters and Masters, which I'll cover here. These divisions were contested as part of these championships on November 14-17.

TEEN WOMEN - Priscilla Giddings, 17, (USA) claimed her 181 age group with a slew of WRs, 4 within the competition, SQ 309, BP 176, TOT 850. She got two more on extra tries SQ 241, & 177 BP. Rosie Yanikyan is short and beefy at 190. She dunked a WR 220 SQ, ditto the same weight for a WR DL as well to capture the 18-19, 198 division. Gold for Canada.

TEEN MEN - The 13-15 group starred USA's Matthew Schiff at 165 with a very impressive 473 SQ and 1168 TOT. Stan Duplessis, RSA, had stroked 220 earlier on to win the World Bench Championship. He was saving his strength for an all out effort here: SQ 639, BP 352 and a whopping WR 595 DL (1587 TOT). The 16 year old also tried an unsuccessful WR 370.5 bench. Looks like he was playing possum! He won the 16-17 220 class. Russ Flanders (USA) took 2nd. Duplessis's teammate Carl Van Heerden weighed 222 and dug up a gold doubloon for himself - TOT 1388 for the 13-15 242 win. Other 16-17 champions were Brandon Matthews (148) and Edward Simons (198) both of the USA. In the 18-19 bunch, the USA collected 4 wins: Robert Nosek got his 286 BP (finally) on his 3rd, and DLed 441 for an 1124 TOT at 148. Michael Jovanovic, resident clown of the LALC, gets real serious when he competes. Had it not been for a butt raise on his 2nd BP, Mike would've had an absolutely perfect day. He ran away from Owain Rowland, GB, to claim the middleweight gold for the USA: 424 SQ, 314 BP, 501 DL - 1240 TOT all CA records. Jon Richards, CAN, had dibs on the 181 title, but let it slip away, by missing all his SQs. Patrick Sparks, USA, earned the best Teenager award with an impressive display at 275. He got a 711 SQ, a big 502 WR bench along with a 595 pull for 1808. Christian Oberschick from the Austrian camp claimed the 220 class title (1620) over USA's Justin Fitz who scored 1433.

Stan Duplessis of South Africa *with a World Record 370 BP attempt.*

JUNIORS WOMEN - There were only two ladies in the 20-23 bracket. Anne Dorner, GER, won out over Michigan's Jessica Spittal - 865 to 771 at 148. Jessica is a real go getter and will return.

JUNIORS MEN - The Junior men had a big field of 25. Unfortunately 6 of them failed to make a total. Best lifter in the lighter categories was Ray Miskell, 22, a 120 lb. college student. He's been lifting for two years now and under Bob Packer's coaching has blossomed into a real talent. He blasted CA state records with a 363 SQ and 402 DL for a 981 TOT. He also got a 380 SQ and 424 DL, but the judges said nix. Greenfield, IN is the home of Hoosier Shane Dishman. He was able to win the World title that slipped away in CAN. This time he made a 1355 TOT with a good 501 SQ and a super strong 402 BP, his favorite lift. The 198 division pitted two top guns: Mighty Mark Phillips of Georgia vs. Marvelous Mark Fanone of Michigan. It was a USA clambake. Phillips hung in there, but didn't get his best. Mark P. got a 661 SQ (688 not approved), BPed 402 (a PR) and pulled a 639 opener. He'd previously done 700, but missed a 688 DL here - TOT 1703. Fanone couldn't be stopped this day: SQ 705, 446 BP, and a 683 DL for an 1835 TOT. A 4th attempt WR try with 711 cleared the deck - that's all. Mark thanks his great coach Dan DeFelice for showing him the way to realize his true potential. Phillips will have clear sailing aiming for the Junior World Title in 2001 in Capetown, South Africa. Fanone is retiring from PL to try his hand at weightlifting. He'll be coached by Bud Charniga of Livonia, MI. Fanone earned the outstanding lifter award for the heavier Junior division. At 220 Bernard Schwab, AUT, blew away the rest of the field. He was strong as heck: 727 SQ (miss 799), BP 429, and a 716 DL (miss 728 WR 4th) - TOT 1873! After Francois Retief, RSA, bombed, Justin McShane (USA) outstripped GBR's Benjamin Blackwell to get silver (1532 to 1510). Jose Garcia, 235, ran roughshod over his 242 opponents Kz Mapasa, RSA (233) as well as GBR's Carl Rogers (230.3). Great lifting too: 771 SQ, 473 BP, 688 DL for a 1934 TOT. Likewise Mikko Hamalainen was boss man at 275. The fabulous Finn posted the highest result of all the Junior contestants with 2138! He made an 859 SQ, a 551 BP and a 727 DL. Mikko needed all 3 SQ tries to get his lift. He also took two shots at a 578 BP, but did not succeed. He also missed his final DL - a WR 749 attempt. Keep your eye on this guy! Chalk up the 308 division to Vugar Namazov of AZERBAIJAN, a former Russian satellite, now an independent nation. Vugar got all the competition he wanted in the first two lifts from Robert Anton (a Hoosier bruiser). Anton jumped in front 705 to 661 in the SQ. Namazov pressed 418. Then Anton responded with 424 for a USA lead. It all turned around in the deadlift. Anton closed out with 628 (1663). Vugar flaunted his pulling prowess, and humped up a mighty 749 on his 2nd try. That was all she wrote. In 3rd was big Onn Basson of Israel who was boss dog on the bench with a huge 529 without a shirt. With a properly fitted Inzer double denim he will blow away 600! His 1708 TOT could easily be 2000 by next year with a good coach. The Supers featured PL's high roller, Aaron Ross of Century City, CA, who has the MIRTH as well as the GIRTH. This bad boy had his heart set on a 2204 TOT. His plans went awry. The new Monolift caused him to lose his composure. Aaron imagined his 837 opener was heavy, but he bailed out under 903, having balance problems. Aaron lost all incentive after that and tokened in the other lifts to finish. He drowned his sorrows for two days but after that he went an a rampage in the casino. It's amazing how that green folding stuff can change your outlook on life. He'll make that thousand kilos and more if he gets it all together. His last year as a Junior will be his best ever.

WOMEN'S SUBMASTERS - USA picked up 3 golds in this group. Saba Wilson went 8/9 and hit a 672 TOT - to get the win at 123. Kim Pfeiffer of Fresno, CA dunked 363 and TOT'd 854 @ 165. This gave her silver to RSA's Liza Allworth. Weighing 150, Liza put on a dazzling 9/9 display: 396 SQ, 226 BP, 385 DL, 1008 TOT. Teammate Rene Schoeman was smokin' too! She got a 374 SQ, 193 BP and a 402 DL, also with no misses! Norma Garcia, 39, who came up with the design and idea for the roller-back scoreboard used at these championships is one innovative lady. A former marathon

Priscilla Giddings *- Teen 181s*

Michael Jovanovic *took the Teen 165s. (Glossbrenner photographs)*

***Best Teen Lifter** ... Sparks with his third attempt 595 – to stay alive!!*

runner, Norma's a nurse, bookkeeper, mother of two, and has been PLing only two years. She earned the 165 silver here and set CA state records in her last contest as a submaster: 363 SQ, 181 BP, and 876 TOT. She's coached by entrepreneur gym owner and husband Al in Sacramento, CA and has some big lifts planned as she embarks on her Masters quest. Patti Carson of New Mexico came in at a mere 167, but got the 181 win with 936. Austria's Eva Vit had her way in the heavyweights - 887 TOT.

WOMEN'S MASTERS: Fifteen strong provided excitement in the ladies' Masters. Nadine Baker (95.4 lbs.) may be TINY, but she's MIGHTY! This Bogart, GA librarian must have read the Book of Strength: SQ 214, BP 132, DL 270, TOT 617. This performance earned her OUTSTANDING LIFTER overall! LALC's new blushing bride Jo Taylor, now Jo Rodefer, (95.2) took the 97 lb. 50-54 title. In hitherto unexplored territory, she set 9 WRs, sweeping the title with a 126 SQ, 99 BP and 214 DL (440 TOT). The 2nd lady to deliver a world title to coach Joe Avigliano was the smiling Michelle Kilikouskas. Michelle beat veteran Karin Heidl (AUT) in the 40-44 114s, 562 to 490 TOT. Idaho's sweetie pie Linda Higgins took the 50-54, 114s coming back from serious injury. Linda, no longer limping, pulled 259 on her last DL to stand atop the highest pedestal - once again WORLD CHAMP. Coach/husband Mike was pleased as punch. Helen McCalom ruled the 123s (55-59). Wendy Greig didn't have extra duties this year (she co-hosted - with husband Bruce - the '99 WPC Worlds in CAN), other than to look after her own lifting. A 308 SQ, 165 BP, and 358 DL led to an 815 TOT, and 132, 40-44, top honors for her. Barbara Fruzyna, with a new blond look, wowed the crowd and won the 132s, 45-49 group. Big bencher-husband Ernie Anderson was on a field trip, but she was in good hands with stand-in coach Ernie Frantz, one of the legends of our time. Barb Cameron of CAN took the 40-44 148 class solo while teammate Pat Thomas went to town in the 65-69 age bracket. Pat - who looks at least 20 years younger than she really is - blasted WRs: a 99 BP, 253 DL and 529 TOT. Supposedly, Ponce de Leon is her next door neighbor. Patricia Damn, the DAME from MAINE, keeps improving. She dunked a big 314 on her way to 181 (50-54) gold. Arlene Ramsrud made a shambles of the 70-74 world records. She broke the BP mark twice (99), and ditto for the DL (259) for a 496 sum. She's catching up with hubby Bill. Mona Overstreet captured the women's 40-44 198s. She had an 8/9 day and is getting ready to bust heads in the new women's pro football league. Despite being overworked for many days, Maris Sternberg came to life on the platform. Her strength has returned. She got a hot squat - 352 - and a TOT of 887. Leslie Miller, CAN, won the plus 198 class while Maris ruled at 198 once again. Leslie set a WR 402 DL to total 975.

***Ray Miskell** squats 363 in the Junior 123 class for 3 white lights.*

SUBMASTER'S MEN - GER's champ was Stegh Stegi with 881 @ 148. CAN's winner was Vince Graham at 165 with 2 WRs: a 374 BP and a 551 DL. Randy Etsell had dibs on the 220 silver: 600 DL, 1548 TOT. He yielded gold to USA's Eric (The Marauder) Maroscher, who did a 661 SQ, 402 BP, and 600 DL. At 181, USA's Brian Vales survived his 595 SQ threepeat, and settled down to hit a 418 BP, 595 DL, and 1559 total. USA teammate Christian Moore nabbed silver with 1477 & pulled a WR 628. Brent Tracey had smoothing sailing at 198 when APF Srs. runner-up Tony Butson bowed out in the BP. Tracey earned best lifter award with 677 SQ, 507 BP (his specialty), and a 622 DL for 1807. Jean Marc Chenin, FRA, was one tough customer. He added a monster 545 BP to go with his 727 SQ and 661 DL - 1934 TOT. This gave him top honors at 242, and was just too much for Texan Greg "the Viking" Crowder to overcome. Greg scored 2nd with 1840. There were two golds for USA Icelanders named Adalsteinsson. Agnar dunked a monster 788 SQ at 275 for an 1862 TOT. Axel had the DL power (705) for the 308 championship.

MASTERS MEN - A huge group of 79 masters in all the age brackets provided some great lifting for the days of Nov 15 & 16th. Nobody this year under the 148 division. That's where Martin Heindl, AUT, won the 45-49 group with 1151 to go with wife Karin's silver. Budgie Mullan, GBR, SQ'd 308, then tokened the rest of the way. Robert Charles was pitted against Surrinder Dhah - OK vs. CA. Pappy SURRENDERED DA title (pun intended) after starting too high (with a 462 SQ) and was unable to get low enough to please the judges. Fred Glass revealed to me his secret of strength (liquid minerals). He acted as frisky as a colt and he's age 64. Fred yanked 429, then 435 at 140 bwt., and danced a jig all night long! Unbelievable would be a good adjective to describe Michigan's 70 year old Frank Richey. The 146 lb. ageless marvel SQ'ed 314 and just barely missed a WR 352. Next he popped two WR benches - back to back - 259 and 270! He then pulled a 402 DL to total 986! The 165 class had nine going for the gusto! At 40-44 Steve Lumpe flaunted the biggest BP (330), however, Gary Reichert, 41, had too much of everything else (595 SQ and 589 DL). Avtar Jawanda, 49, GBR got a lucky break when Art Little gave up the gold in the BP and was gone. Wally Brown, 52, RSA also took an early exit at 50-54. Back from injury, Gordon Olson, 51, cut weight to 165 and looked lean and mean. He manhandled a 540 SQ and then tried a WR 606, BPed 286, pulled 567 then missed a WR 600 try - TOT 1427. He dropped 15 lbs. of bodyweight in a short time and nearly killed himself. QUOTE THE OLSON: NEVERMORE! Sure winner at 55-59, Joe Nickele, tore his bicep two weeks out and therefore forfeited the title to his pal Herb Glossbrenner - an early Christmas present presented on a golden platter. Richard Flores, 62 did some terrific lifting and earned the 60-64 title. He pulled a WR 529 to complete his winning day. Pierre Pothee, 76, a Frisky Frenchman, nailed a good 275 WR SQ on a 4th. He made a 154 BP, and got WR 320.8 DL. At 181, the 40-44s saw Greg ZWEIG lift BIG! At 41 he DLed 633 and hit a 1543 TOT. Doug Peterson, USA, demolished his Austrian opponent in the 45-49s and afterwards went on an adventurous trek to heaven knows where with his best pal (his brother). Anton Mikysek, 51, AUT claimed the 50-54 crown after Fabian Wambsgans, 54, USA couldn't get approval for any of his 3 SQ lifts at 611. Ian Morris, 61, RSA warhorse became champ again at 60-64. He was injured last year, but

***Mark Fanone** ... will go from this victory to olympic weightlifting.*

stroked a 242 BP this time after a 374 SQ, and finished by pulling 440. No question that Ian is the life of the party. Bill Ramsrud, 72, continued his charade of being about ready for the bone orchard. Just about the time we were ready to shovel dirt on him, he comes out and rips up a 474 DL. What a sandbagger. The 198 class showcased a 3 way dance in 40-44. Lester Maslow, 41, (USA) SQ'd 644. American teammate Ken Richardson, 41, used all 3 tries to get 600. Heinz Buhl, 44, AUT issued the challenge with 628 and tried to get the lead with 661. In the BP, Maslow settled for 386. Buhl pressed 413 to 418 for Richardson. Subtotals: Buhl now ahead (1041), Maslow (1030). Richardson trailed (1019). In the DL the order reversed. Maslow self-destructed, getting 518, twice missing with 578 and 589, and he finished 3rd (1548). Buhl negotiated 573, but 606 - the winning lift - was too heavy (2nd 1614). Richardson upped 600 to assure victory, then made 617 also (1636). THE FIGHT WAS TIGHT among 3 in the 45-49 group also. Going into the final lift, Paul Latter, 48, GBR led his British backup David Long by 44, and was ahead of USA's Russell Dell by 66, Long's 551 earned 3rd (1510). Latter's 573 put him over the top (1576). Dell pulled 589. This put him solidly in 2nd (1532). Russ tried 628 on his last lift. This would tie the British lifter and give him the win as lighter man. He couldn't pull it up. At 50-54, the USA's Len Mintus rose to the occasion. Good in all 3 lifts, Len got a 567 SQ, a 358 BP, and a 551 DL - 1477 TOT. Robert Jordon, 54, of GBR tried to pull forth the victory with his 600 last ditch effort. Didn't go - 1433 TOT - 2nd place. Scott Velliquette, 53, from Hollywood, CA, got caught napping on warmups. His great 363 BP was best of the group. He got bronze for the LA Lifting Club with 1322. Henri Marion, 57, FRA held off James Rouse, 59, to capture the 55-59 championship 1433-1405! L.B. Baker, 63, joined wife Nadine in claiming gold. L.B. proved that he's NOT A BLUFF, that he's still GOT THE STUFF. Darian Miller, CAN and a young 77, was feeling his oats this day. He got a bit ambitious and thought he could get a 264 SQ. Instead it got him! At 220, the great competitive spirit of the athletes continued to blossom. George Pessell, 41, a Californian, is laid back and lets his lifting do his talking: SQ 644, BP 429, DL 628, a landslide victory - 1703. Austria's Christian Mikysek, 43, was runner-up with 1510. At 45-49 it was yet another 3 way tussle to decide the outcome. Sakari Mantyla, FIN, had the biggest DL (672), but it wasn't enough to make up the ground he'd lost - his 1658 TOT earned 3rd. USA's A.J. Henderson fought Phillip Bell, GBR, tooth and nail. Henderson took a commanding lead (683), but jumped way too high to 744. Bell SQ'd 595, then following A.J's 385 best effort BP, Phil bagged a big 462 BP and was only 16 back. Henderson hoisted 617, then missed 650 - TOT 1686 - a silver at least. Phil stooped to conquer. His 628 opener gave him the gold as lighter man. To prove his worth he also lifted 661 - TOT 1719. FIVE ALIVE at 50-54. Alan Luker, 50, of GBR overpowered everyone; 705 SQ, 347 BP and a huge 716 DL (TOT 1769). He dared WR attempts with 760 on his 3rd and also an extra attempt. Not quite there. Frenchman

WPC World Championships
14 Nov 00 - Las Vegas, NV

WOMEN	NAT	CAT	SQ	BP	DL	TOT
Teen 60 kgs.						
L. Kert-Kravitz	CAN	16-17	—	—	—	NIL
82.5 kgs.						
P. Giddings	USA	16-17	140.5*	80*	165	385.5*
		4th-SQ-155		BP-80.5		
R. Yanikyan	CAN	18-19	100*	50	100*	250
Teen MEN 75 kgs.						
M. Schiff	USA	13-15	215	110	205	530
100 kgs.						
S. Duplessis	USA	16-17	290	160	2709	720
R. Flanders	USA	13-15	172.5	97.5	167.5	437.3
110 kgs.						
C. Von Heerden	RSA	13-15	240	135	255	630
67.5 kgs.						
B. Matthews	USA	16-17	132.5	87.5	160	380
90 kgs.						
E. Simons	USA	16-17	147.5	92.5	187.5	427.5
67.5 kgs.						
R. Nosek	USA	18-19	180	130	200	510
75 kgs.						
M. Jovanovic	USA	18-19	192.5	142.5	227.5	562.5
O. Rowland	GBR	18-19	185	92.5	205	492.5
82.5 kgs.						
J. Richards	CAN	18-19	—	—	—	NIL
100 kgs.						
C. Oberschlick	AUT	18-19	290	155	290	735
J. Fitz	USA	18-19	250	150	250	650
125 kgs.						
P. Sparks	USA	18-19	322.5	228*	270	821
Juniors WOMEN 67.5						
A. Dorner	GER	20-23	150	too	142.5	392.5
J. Spittal	USA	20-23	135	77.5	147.5	350
Juniors MEN 52 kgs.						
T. Muskat	USA	20-23	105	—	—	NIL
56 kgs.						
R. Miskell	USA	20-23	165	97.5	182.5	445
75 kgs.						
S. Dishman	USA	20-23	227.5	182.5	205	615
S. Souchon	FRA	20-23	160	117.5	175	452.5
T. Von Stryp	RSA	20-23	—	—	—	NIL
90 kgs.						
M. Fanone	USA	20-23	320	202.5	310	832.5
M. Phillips	USA	20-23	300	182.5	290	772.5
100 kgs.						
B. Schwab	AUT	20-23	330	195	325	850
J. McShane	USA	20-23	242.5	170	282.5	695
B. Blackwell	GER	20-23	240	180	265	685
F. Swanepoel	RSA	20-23	—	—	—	NIL
F. Retief	RSA	20-23	—	—	—	NIL
110 kgs.						
J. Garcia	USA	20-23	350	215	312.5	877.5
K. Mapasa	RSA	20-23	300	183	295	780
C. Rogers	GBR	20-23	260	140	230	630
T. Schmitz	GER	20-23	290	187.5	—	NIL
125 kgs.						
M. Hamalainen	FIN	20-23	390	250	330	970
A. McKenzie	RSA	20-23	350	245	300	893
B. Boechler	CAN	20-23	297.5	187.5	272.5	757.5
J. Garza	USA	20-23	227.5	160	237.5	625
140 kgs.						
V. Namazov	AZE	20-23	300	190	340	830
R. Alon	USA	20-23	320	192.3	283	797.3
O. Bassan	ISR	20-23	270	240	263	775
A. Ross	USA	20-23	380	62.5	62.5	503
M. Schultz	CAN	20-23	NIL	—	—	NIL
Submaster WOMEN 56 kgs.						
S. Wilson	USA	33-39	112.5	62.5	130	305
60 kgs.						
L Thorpe	CAN	33-39	125	67.5	147.5	340
67.5 kgs.						
R. Schoeman	RSA	33-39	170	87.5	182.5	440
N. Garcia	USA	33-39	165	82.5	150	397.5
75 kgs.						
L. Allworth	RSA	33-39	180	102.5	175	457.5
K. Pfelffer	USA	33-39	165	70	152.5	387.5
82.5 kgs.						
P. Carson	USA	33-39	147.5	105	172.5	425
+90 kgs.						
E. VIT	AUT	33-39	165	87.5	155	407.5
Masters WOMEN 44 kgs.						
N. Baker	USA	40-44	97.5	60	122.5	280
J. Rodefer	USA	50-54	57.5*	45*	97.5*	200*
52 kgs.						
M. Kilikouskas	USA	40-44	92.5	45	117.5	255
K. Heindl	AUT	40-44	85	42.5	95	222.5
L. Higgins	USA	30-34	70	47.5	117.5	235
56 kgs.						
H. McCalom	GER	55-59	90	55	130	275
60 kgs.						
W. Greig	CAN	40-44	140	75	162.5	370
A. Fruzyma	USA	45-49	105	47.5	112.5	265
67.5 kgs.						
B. Cameron	CAN	40-44	110	55	115	280
75 kgs.						
P. Thomas	CAN	65-69	80	45*	115*	240*
82.5 kgs.						
P. Damon	USA	50-34	142.5*		82.5	125
330						
A. Ramsrud	USA	70-74	62.5	45*	117.5*	225*
90 kgs.						
M. Overstreet	USA	40-44	142.5	97.5	170	410
M. Sternberg	USA	50-54	160	77.5	165	402.5
+90 kgs.						
L. Miller	CAN	50-54	160	100	182.5	442.5
Submaster MEN 67.5						
S. Stegi	GER	33-39	150	100	150	400
75 kgs.						
V. Graham	CAN	33-39	235	170*	250*	675
82.5 kgs.						
B. Vales	USA	33-39	270	190	247.5	707.5
C. Moore	USA	33-39	237.5	447.5	285*	670
D. Rees	GBR	33-39	250	160	255	663
90 kgs.						
B. Tracey	USA	33-39	307.5	230	282.5	820
A. Butson	USA	33-39	280	—	—	NIL
100 kgs.						
E. Maroscher	USA	33-39	300	182.5	272.5	755
R. Etsell	CAN	33-39	260	170	272.5	702.5
110 kgs.						
J.M. Chenin	FRA	33-39	330	247.5	300	877.5
G. Crowder	USA	33-39	320	215	300	835
F. Schulze	GER	33-39	310	230	260	800
C. Peters	RSA	33-39	270	160	312.5	742.3
D. Fedderra	CAN	33-39	260	195	230	685
B Stradeski	CAN	33-39	232.5	80	180	492.5
125 kgs.						
An. Adalsteinsson	USA		33-39	357.5	177.5	310
845						
P. Lilliebridge	AUS	33-39	250	235	270	753
140 kgs.						
Ax. Adalsteinsson	USA		33-39	275	202.5	320
797.5						
Masters MEN 16NOV00						
67.5 kgs.						
M. Heindl	AUT	45-49	170	130	222.5	522.5
S. Dhah	USA	50-54	35	75	120	230
R. Charles	USA	50-34	NIL	—	—	NIL
B. Mullan	GBR	55-59	140	45	125	310
F. Glass	USA	60-64	150	72.5	197.5*	435
F. Richey	USA	70-74	142.5	122.5	165	447.5
75 kgs.						
G. Reichert	USA	40-44	270	145	267.5	682.5
S. Lumpe	USA	40-44	205	150	200	555
A. Jawama	GBR	45-49	215	122.5	210	547.5
A. Little	USA	45-49	230	—	—	NIL
G. Olson	USA	30-54	245	130	237.5	647.5
W. Brown	RSA	50-54	NIL	—	—	NIL
Glossbrenner	USA	55-59	135	110	140	383
R. Flores	USA	60-64	205	125	240*	570
P. Pothee	FRA	75-79	117.5	70	145.5*	333
		4th-SQ-125*				
82.5 kgs.						
G. Zweig	USA	40-44	260	152.5	287.5	700
D. Peterson	USA	45-49	230	150	247.5	627.5
B. Stockner	AUT	45-49	170	110	180	460
A. Mikysek	AUT	50-54	200	50	230	480
F. Wambsgans	USA	50-54	NIL	—	—	NIL
R. Brown	GBR	55-59	NIL	—	—	NIL
I. Morris	RSA	60-64	170	180	200	480
K. Hogg	AUT	60-64	130	145	120	395
B. Ramsrud	USA	70-74	65	85	213	365
90 kgs.						
K. Richardson	USA	40-44	272.5	190	280	742.5
H. Buhl	AUT	40-44	285	187.5	260	732.5
L. Maslow	USA	40-44	292.5	175	235	702.5
P. Latter	GBR	45-49	280	175	260	713
R. Dell	USA	43-49	250	177.5	267.5	695
D. Long	GBR	43-49	255	180	250	685
L. Mintus	USA	50-54	237.5	162.5	230	670
R. Jordan	GBR	50-54	260	130	260	630
S. Velliquette	USA	50-54	217.5	163	217.5	600
H. Marion	FRA	55-59	240	165	245	630
J. Rouse	USA	55-59	227.5	175	235	637.5
L. Baker	USA	60-64	190	143	210	343
D. Miller	CAN	75-79	NIL	—	—	NIL
100 kgs.						
J. Pessell	USA	40-44	292.5	195	285	772.3
C. Mikysek	AUT	40-44	255	150	280	685
P. Bell	GER	45-49	270	210	300	780
A. Henderson	USA	45-49	310	175	280	763
S. Manityla	FIN	45-49	290	337.5	303	732.5
B. Kelly	USA	45-49	240	127.5	230	617.5
A. Luker	GBR	50-54	320	157.5	325	802.5
J. Nickel	FRA	50-54	270	172.5	275	717.5
R. Olinger	USA	50-54	230	157.5	250	657.5
J. Wolberg	CAN	50-54	207.5	172.5	250	630
J. Burgard	USA	50-54	230	137.5	205	372.5
D. Hamblet	USA	55-59	185	155	257.5	597.5
S. Bunu	RSA	55-59	210	125	217.5	532.5
R. Damon	USA	60-64	205	110	205	520
R. Spaulding	USA	65-69	200	112.5	187.5	500
J. Miller	USA	70-74	170	100	215	483
		4th-112.5*-112.5				
110 kgs.						
B. Barclay	USA	40-44	287.5	197.5	312.5	797.5
J. Mazmanian	USA	40-44	277.5	182.5	317.5	777.5
R. Allison	GBR	40-44	300	200	250	750
G. Schranz	AUT	45-49	260	217.5	317.5	795
D. Williams	GBR	45-49	300	190	250	740
B. West	GBR	50-54	385*	200	300	885
S. Sandbeag	USA	60-64	280*	173	282.5*	737.5
125 kgs.						
L. Marshall	GBR	40-44	380	190	335	905
D. Tocl	AUS	40-44	350	230	325	905
J. Avigliano	USA	40-44	300	NIL	—	NIL
J. Florio	USA	45-49	382.5	200	292.5	875
K. Lindstrom	FIN	45-49	300	170	310	780
I. Visser	RSA	45-49	315	NIL	—	NIL
T. Bentley	USA	50-54	342.5	220	300	862.5
P. Rantenen	FIN	40-44	290	215	280	785
M. Israelson	USA	40-44	322.5	187.5	230	760
B. Greig	CAN	45-49	NIL	—	—	—
B. Meek	USA	50-54	350	NIL	—	NIL
C. Clonce	USA	55-59	250	145	222.3	617.5
J.M. Cavelier	FRA	60-64	220	180	190	390
+140 kgs.						
H. Smith	RSA	40-44	350	195	280	825
P. Niemandt	RSA	45-49	370	180	305	853
G. Brink	USA	50-54	330	197.5	342.5	870
M. Doggendorf	USA	50-54	307.5	192.5	305	805
D. Mackenzie	USA	60-64	190	360	210	560

*=World Record. #=National Record.

Onn was ON!!! *Mr. Basson of Israel benched 529 in the Junior 308s.*

Jean-Michel Nickel hauled up 600 for 2nd (1581). Robert Olinger, USA, TOT 1449 for 3rd place. In the 55-59 bracket, Dan Hamblet, 57, earned a gold for USA as he out-lifted Sidwell Bunu, RSA, 1317 - 1218! Ron Damon, 63, followed wife Patricia's example. He won gold with an 1146 TOT in the 60-64 group. Bob Spaulding, 65, was on top of his game. Not only did he win the title, but he gloated about out-benching me as well. Joe Miller, 71, @ 215 leisurely whacked off 2 WR squats (374), blasted a WR 248 BP on an extra try then pulled a 474 DL for 1069 total. No wonder he's dubbed "the phenom"! The 242 class saw some great lifting in the 40-44 group. John Mazmanian drank double cappuccinos in the casino. He brought it too the platform, but though he SQ'd 611 and BP'd 402, he trailed USA teammate Bill Barclay by 55. Then THE COFFEE KICKED IN. Bill had SQ'd 633 and benched 435 with no misses. Barclay hoisted all 3 pulls and finished a perfect 9-9 day - 1758 TOT. By now the MAZ MAN was a MAD MAN. John's neuroreceptors were alive and firing. He pulled a big PR 699.967 lbs. 3rd attempt DL which had the crowd cheering. This gave him 2nd (1714). Going into the DL, Raymon Allison, 43, GBR led both Barclay and John. He couldn't keep pace in the DL (551) and settled for 3rd (1653) to the great American duo. Two days later John got married right there in Vegas. Congrats to both he and his blushing bride. The 45-49s saw Gerhard Schranz, 45, AUT overcome the 27 lb. deficit (after 2 lifts) of Doug Williams (a Bob Hoffman look a like). Schranz, SQ'd 573 to Doug's 661. Gerhard gained the upper hand in BP - with his big 473 to Doug's 418. He lowered the boom with his huge 699 DL (Williams got only 551) to blast himself way ahead and win gold - 1752 to 1631! The all-time legend. Bill West, announced his retirement following his winning the 50-54 World title. He had no challengers. He's just that good. The 54 year old British artifact at 230 destroyed the WR SQ with 848. He went on to register a 441 BP and 661 DL for 1951 TOT. It was his 14th World Title lifetime accumulation. I wonder if the old fire has dwindled or the lure of the barbell will be too great to resist. We should be thankful to Bill for providing us numerous exciting moments on the World platform, beginning over a quarter of a century ago and reaching the end of the line here. At age 60, Skip Sandberg made his debut in this new age group. He produced a triplicate of WR squats to begin; 556, 606 & 617. He also pulled a World Mark 622 DL - TOT 1625. Lee Marshall, 41, from GBR vacated his head ref's chair long enough to don his regalia and challenge Dino Toci, a 43 year old Australian, for the 275 gold. You couldn't have found a better matchup. Marshall, 246, hunked up a monster dunk of 837 a 3rd attempt, and lifted 418 on his final BP try. Toci, 268, rode all three of his down and up (771), then uncorked a huge (507) 3rd BP to take the lead by 11 (1273 to 1267 at ST). Toci opened with a big 716 DL. Marshall lifted wisely assured silver with his 661 opener, then lifted 727, and finally 738. This tied the Aussie's 1995 TOT, and took the lead on lighter bodyweight. Toci jumped to 760, confident of his ability but missed it. For his final try, he failed again and pulled his hamstring and limped off. The USA team slot belonged to Joe Avigliano, 40, of the L.A. Lifting Club team. He was doing double duty, coaching his elite wife and his entourage of club participants. He came in at 243 from drinking a gallon of water to make the class. Joe sank a PR 661 SQ opener; ditto 688, but got turned down. His 705 3rd wasn't passed either. In the BP got up his 407 opener, but it was a tad cockeyed! He missed again, then ripped his denim shirt. Three strikes - he's out. Two weeks later, he got the APF CA State mark 722.5 SQ, and benched 405 two days before having his elbow scoped, and pulled a PR 615 DL - TOT 1722.5 and he dropped back to 220 too! Built like a Mack truck, John Florio, 48, was an awesome force at 45-49. He sank a big 843 SQ, benched 441 (missed 507) and pulled a 2nd attempt 644 deadlift for 1929. He was lifting back in the Sixties, but it seems like only yesterday. Tim Bentley, 52, captured the World title in the 50-54 age category. He did 755 SQ, 485 BP and 661 DL for 1901 TOT. In a couple more years he'll have Florio to keep him on his toes. At 308, the contest between Pekka Rantenen, 43, and big Matthew Israelson, 44, of the USA was breathtaking. Pekka SQ'd 639, but Matt uncorked a big 711 lift, Matt BP'd 413, then took a quantum leap to 501, but he couldn't handle it. Rantenen, trailing by 11, after popping a 474 BP, was ready to strike. Both men opened at 551 in the DL. Nothing had changed. Matt went to 606, and had it within inches of completion, but couldn't straighten up. I believe the velcro on his canvas squat suit had been cinched too tightly - TOT 1675 and runner-up for Matt. With his missed DL he'd have had the same total as the Finn (Pekka DL'd 617 for 1730), but would have lost as heavier man. Brian Meek, 54, SQ'd 771, but then ran into BP problems. He almost got his final lift at 551, but ended up with nil. At 55-59 Charles Clonce tried a WR 551 DL on a 3rd, but missed. He won his division with a 1361 TOT, and had a gold to match his wife's (she was BP World Champ). Jean-Marie Caveller, 62, proved the FRENCH can BENCH with his 418 and 1300 TOT. +308 - Hannie Smith, 40, (324) RSA was strong like a Cape Buffalo: SQ 771 - following missed opener; but he failed a big jump to 837. He got all his BPs (429), and made a 677 DL (1818 TOT) To back up a bit, at 308 the 45-49 title was vacant. Bruce Greig, CAN, 48, had sustained a 2nd degree tear to the outside left thigh muscle on his 815 opener and was unable to continue. His 5th world title will have to remain on hold until Nov. 2001 where in Capetown, RSA he'll be ready to conquer the barbell once again. Bruce is an exceptional deadlifter (in the 800s) and ran last year's exceptional Worlds in Calgary. The 45-49 Supers title went to Phil Niemandt, 48, of South Africa with an 815 SQ, a 396 BP, and a 672 DL - 1884 TOT. A few years ago Phil was ready to THROW IN THE TOWEL - but WOW! LOOK AT HIM NOW. George Brink, USA (313 and now 51) had recently pulled 804 in an official contest, and hoped to do it here. He looked to be right on track to do so: SQ 727 was followed by 2 WR benches - 429 & 435. He opened his pulls with 755, and handled it like a toy. The big Californian went up to 804 and took 2 cracks at it - not today - TOT 1918. Runner-up at 50-54 was Mike Doggendorf, 50, a Louisville, KY gym owner. The ex-pro wrestler started PL back in the Seventies and renewed it again a few years ago. He made 677, 424, and 672 here (1774) and will be aiming to claim Phil's title in Capetown. USA's Don MacKenzie, 61 (312.8) claimed the 60-64 Supers victory with a perfect 9-9 day - 1234 TOT.

This brings to a conclusion the last WPC Worlds of the 20th Century. As we began the new millennium, we look for bigger and better things for WPC. It's also the gateway to Kieran Kidder's WPO with huge cash awards waiting to be claimed. CU in Capetown 2001!

Maris Sternberg *... back on a roll!*

Bill West *lost his grip on this 705, but has held on to many world championship titles over the years!*

WPC World Bench Press

as told to Powerlifting USA by Herb Glossbrenner

The last WPC World Bench Press Championships of the century was held Nov. 19th, 2000, a Monday at the Plaza Downtown Hotel in Las Vegas, NV (USA). This event took place the day before the WPC World championships began. It was a big turnout with 119 contestants battling for the titles. The competition was very well organized. There were no problems running the entire event in one day which also included the AWPC benchers, which I've previously reported.

WOMEN - There were 19 ladies representing 7 different nations. The breakdown of distributed medals were as follows: Germany collected the most with 6 golds and 1 silver. USA was next with 4 golds, 1 silver. South Africa won 3 golds, Austria had 3 champions. GBR and FIN each claimed a winner. The champ for GBR was little Leslie Watson, who pressed 132 at her 97 lb. bwt. Karin Heindl lifted 93 in the 114 open group to win. Nance Avigliano, 44, of the LA Lifting Club, a 2 time women's senior PL champ, entered and won the 123 open title. Nance who'd lift in the women's PL open later on used this as a tuneup. She'd cut a lot of bwt. to make this category, and overshot her mark, coming in way light (118.8), and delivered a WPC 40-44 WR 195 on her opener, and took no further attempts. Ohio's Tina Rinehart nearly zeroed at 132. It look her 3 attempts to make her 319 opener, equivalent to her own WR. She finally squeezed it out satisfactorily on her last try. Anne Dorner, GER (140.6) BP'd 220 for the 148 jr. title. Her teammate Angelika Barwa took the 33-39s in the same class with 214 lift. Now 47, Sidney Thoms from the windy city (Chicago) at a trim 178 racked up 236 on her comeback trail. Hermine Krivaner, 65, proved age is not a deterrent. She stroked 108 lbs., a WR in her 132 division, 65-69 age bracket, and the other Austrian champ was Eva Vit. At 207.6 she took the Submasters heavyweight with a 187 lift. The biggest lift of the day among all women was 336 delivered by Tarja Rantanen (FIN) at 189 bwt. She used this as a warmup for the WR bench she'd deliver in the PL competition. Margaret Clonce, 34, at 244 upped 132, a gold medal effort also. Teenager Hanna Berher, 18, of GER hit a winning 163 lift at 132. RSA's Mirinda Van Dyk scaled 222 and punched up 264 in the women's open unlimited class. Later she'd win the PL title as well. Vicki Huyser, also from south Africa (140.8) won the BP 148 open with a 198 lift. Later she too would become a WPC women's open PL Champ.

MEN - The men had no less than 101 lifters from 13 different nations. SM, Duane Radel, USA took the 123 title with 286 on a 2nd, but missed 297. Likewise, wheelchair bound Del Olson won the 33-39 group at 123, lifting 233 on his final try. This was equivalent to the best lift of Reno Karkuschke, GER, who took the open 132s. Later on, Reno became the 132 WPC World Powerlift Open Champ. At 148 it was Robert Moers who captured the open title with a good 358 effort. Astounding is the only word to describe Marcus Shick of Germany. At Kieran Kidder's WPO bench bash for cash on Sept. 9 he established the greatest formula BP for men of all time (562 at 152 bwt). Marcus collected $4500 and used it for this meet. He weighed 151.6 here and was credited with 540 on a 2nd try. This won the 165 open title. He tried to beat his own record with a 4th at 563, but it was not to be. The Juniors 148 winner was Mushvig Gadeiyev, AZE, with 297. J. Werner, GER made 341 and tried a WR 359 with success. Martin Heindl, AUT, was champ at 45-49. A hurt Surrinder Dhah, 52, USA a former WL champ from India was the 50-54, 148s winner. Budgie Mullen, GBR, came in here having a broken arm surgically repaired only 6 weeks prior. He smartly tokened to get gold in 55-59. Austrian Erwin Trichlin popped up 209 for the 60-64 victory. He went on to miss a 221.5 WR try. In the 165s - USA's Mike Spradling got a nifty 264 in the 16-17 teens. Germany's Dennis Brant elevated the winning 292 lift for 18-19s. T. Van Stryp, RSA, raised 286 at 20-23. Nick Marinis, USA, hoisted a big 352 in the Submasters to win a gold medal. P. Rein, 41, of GER duplicated that same weight for the 40-44 victory. GBR's Avtar Jawanda gets his strength from his white beard and turban. He upped 264 for 45-49 honors. Franz Haar, 53, AUT lifted a 314 win in his division. Philipp Crusius, 64, was a Deservin' German. He lifted a most impressive 292 to capture his age bracket world title. At 181 Dan Vincent, 19, USA made all his lifts (308). American Dennis Ricketts, USA outdistanced Marek Ptak, GER in the junior div. He fortified his 435 lift in the second round. Jerry Knudtson, 40 (USA) had his own way (286) at 40-44. At 45-49 Steve Egli, 45 (USA), missed, then made 308 for 2nd place. The winner was Rislo Leskenmaa, FIN (49), with a WR 507 on a 3rd - wow: those Finns sure can BP. At 50-54 an old friend I hadn't seen in 25 years made his appearance. Robert Ingram and I had lifted against each other at 148 in the 1973 USA Sr. Nationals in York, PA. Robert took 2nd place, there and I was 7th. Now at 53 he's bigger and better than ever. Ingram won with a WR 451 lbs. He's still a BP phenom. In the 55-59 group Stefan Kobli, 55, established a WR of his own on the way to winning - 396! In runner-up spot was John Schwan, who got 253 at age 57. AUT's Konrad Hogg, 62, hogged the 60-64 gold all for himself - 308 no less. In the 198s, Mike Roberts, USA, topped Michael Maass (319) and Norb Kunert, GER (413) to capture the 198 Jr. Div. with 462! Luis Gayek, GER, earned the Submasters and open title ramming up 529! He made a WR 540 4th. USA's Greg Savino aspired to beat him, but failed all his tries at 556. Glenn Clayman (43) USA exceeded Herb Buhl, AUT (190) with his 468 effort to claim 40-44 gold. Franz Tope (46) AUT was best in 45-49 with 418. Germany's Marek Morawski (51) pressed 374 for his 30-34 victory. Alred Stolz (59) AUT raised 374 for the 33-39 win. Ian Morris, 61, the RSA Federation President told me risque jokes after benching 264 for his 60-64 gold. What a funny guy. At 220 there was a class full of powerful contenders. Armens Isahanov, 19, LAT secured his 429 opener to capture the 18-19 crown. The 16-17 group saw Stanley Duplessis also capture a gold medal. A Junior Bloomer Francois Retief, RSA, rammed up 429 and also won. What a battle took place at submaster! Byron Gregory, USA, injured himself trying 507. Too bad, he's one of the BP greats, doing 524 in '99. Robert Brasseur, FRA, popped 518 for bronze. The USA's mighty Rick Lawrence began with 573, a new world record. Rene Imesch, from Switzerland stalked him and duplicated that 573 on a 2nd try. Then Rene rose to the occasion and ground out a monster 595 lift to snap Rick's still smoldering record and gain victory. Lawrence, who'd done 600 in September, came out for 606 to gain the gold, but missed twice. There was a surprise upset at 40-44. Robert Rigert, 44, USA pulled it off with 446 lbs. Jon Wolbers (52) of Canada dominated at 50-54 (374). Dan Purcell (53) USA pressed 319 to win his group. Marc Lebolay, 62, of France was utterly amazing - BP'ing 429 - a big lift for his age. Bill Carpenter, USA, won best lifter and open divisions at 220 punching up 611!! The 242 class had 10 men distributed in the various age brackets. A mighty bunch of benchers they were - J. Biermokdt, GER, was 33-39 champ with a powerful punch

Tarja Rantanen *(Finland - seen above) and* ***Nance Avigliano*** *(USA - below) were among several lifters who competed in both the WPC World Powerlifting Championships and the WPC World Bench Press Championships, requiring them to lift during the course of the meets.*

***Herb Glossbrenner** took home some world championship gold*

- 573! The runner-up Jean Marc Henin of France made 518, then attempted 578 overtake him. Pekka Tamminen, in another Finnish finish, powered up 462 for 40-44 top honors. At 45-49 the winner was Gerhard Schkanz, 45 (485) another gold for Germany. Sixty one year old Leo Detter demonstrated Austrian power with his 341 world championship lift. The strongest of all at 242 was John Zemmin, USA. Hailing from the great state of Michigan he cranked a big 617 lift before failing at 630. Thirteen vied at 275 - Herbert Winkleman, a German destroyer, cranked out the Big Sixer (600) for the subs. Rosek, 42, his teammate pumped 485 for a win in the 40-44s. Robert Walker, 48, USA stayed focused and cranked up 529 the 45-49 winning lift. In this group, Bennie Dooley (48) USA, at only 243.5 bwt., stroked 496 for 2nd place. Peter Oprawill (58) of AUT got the title at 55-59 taking only one lift. Jack Twet, 66, popped a WR 325 on a 2nd attempt to garner gold. It was tough company for the USA's Colin Kelly in the open class. Colin (236.8) hoisted 501 but got shut out of medals (4th). Can you believe it? Unto Raatinien, SWE (233.9) manhandled 595, but settled for silver because Herb Winkleman was entered in the Open division also. Capturing the coveted world title was the barrel chested New York colossus Chris Taylor. Chris did the job with 628 on his 2nd lift, and he then missed a huge try with 661. If it weren't for Chris, Budweiser would go out of business. It's true! It's true! The 308s was a procession of powerful pressers: Jeff Telljohn (64) USA not only won his 60-64 division, but delivered a WR 391 in doing so. Hannie Smith, 40, RSA popped up 352 in the 40-44 for the championship gold. Mike Robertson (300) RSA smoked 485 to become submaster champ. Onn Basson of Israel claimed victory in the juniors. At 276 he blasted up 440 so easily we were blinking our eyes in disbelief. Onn was on! He forfeited further attempts to save his best for the PL competition. The 308 open competition had a quintet of burly beefers. Socca Rantanen (278) bowed out with 485. Left now was a fearsome foursome. Uwe Frey (288.3) from Germany negotiated 507 on his 2nd lift for 4th place. Now, a trio battled on. Holger Kuttrof (303.5) was a big German who BP'd a big 584, but missed his 3rd with 600 - bronze medal. The battle for gold turned out to be between Jamie Shell of MI and unheralded Scott Mendelson, 31, from Southern CA. A surprising development was that Mendelson didn't know that he was lifting against Shell. Jamie had been mistakenly put in the following session. Mendelson had finished, and Shell had the advantage of knowing what he needed to lift. Mendelson was psyched and got eyes for top prize. With Joe Avigliano coaching him, Scott took Joe's handouts and delivered all 3 - 606, 628, and finally 644! Wow! Who is this guy who weighed a mere 277.5? Shell knew what he had to do. He made 617 after a missed opener. He tried 650 for the win, but couldn't handle it. Superheavys - The stellar attraction was Anthony Clark of Texas who holds the all-time record for the biggest bench ever done. He came in at 320.9 bwt. here and looked like he's back on the road to seeking good health. He vaporized 500 sans shirt in his trademark reverse grip style backstage, and looked strong with perfect technique. He opened too high at 733 and missed all 3 attempts. He had trouble getting the weight to his chest. When he finally touched, he had it moving almost up, but not quite. This left three others to battle for the medals. Mario Bottcher (329.3) age 40 of Germany was plenty strong. He pressed 573, but missed an age group WR with 608 for the 40-44 title. Two contested for the open division supremacy - Ingo Czeplinski (330.6) was another big determined German. He inched out a good 573 opener, but failed twice to get 595. The big surprise of the whole meet was Clay Brandenburg, from Michigan (USA). He's short and almost as wide as he is tall with a big barrel of a chest and short arms. He'd earned his berth here by doing 501 at the Nationals, and trying a 600 there that pinned him. This was no indication of what we'd expect here. Clay was hotter than a pepper sprout. He'd made incredible improvement, and opened at 606 - and blew it up. Next he went straight to 661 and rammed that up as well, seemingly with power to spare. He went straight to 705 on his final lift and darn near got it. Wow! Clark, being a great sportsman, congratulated Mr. Brandenburg for his splendid performance. The man of the Day is Clay.

This concludes the 2000 edition of the world bench press championships. Next year the event (2001) will be in Capetown, South Africa. Qualify and he there!

***Anthony Clark**, at a trim (for him!) 320, wasn't able to get a bench in, but had some great products for sale. (Herb Glossbrenner photos)*

WPC World Bench Press
13 Nov 00 - Las Vegas, NV

WOMEN	Nat	Wt.	Class
48 kgs.			
L. Watson	GBR	60	Open
52 kgs.			
K. Heindl	AUT	42.5	Open
	WR 40-44		
56 kgs.			
N. Avigliano	USA	87.5	open
D. Hurst	USA	70	open
60 kgs.			
H. Berhe	GER	73	18-19
T. Rinehart	UDA	145	open
G. Diecks	GER	40	50-54
H. Krivaner	AUT	49	63-69
67.5 kgs.			
V. Huyser	RSA	90	open
A. Dorner	GER	100	20-23
A. Barwa	GER	97.5	33-39
K. Dethlefson	GER	85	40-44
75 kgs.			
L. Allworth	RSA	85	open
82.5 kgs.			
S. Thoms	USA	107.5	40-44
I. Hagge	GER	92.5	40-44
90 kgs.			
T. Rantanen	FIN	152.5	open
M. Clonce	USA	60	50-54
+90 kgs.			
E. Vit	AUT	85	23-39
+90 kgs.			
M. Vajndyk	RSA	120	open
MEN 56 kgs.			
D. Radel	USA	130	33-39
60 kgs.			
D. Olson	USA	115	33-39
R. Karkuschke	GER	115	open
S. Grot	GBR	100	open
67.5 kgs.			
M. Gadelyev	AZE	135	20-23
R. Moers	FRA	165	open
J. Werner	GER	155	40-44
M. Heindl	AUT	125	45-49
S. Dhah	USA	75	50-54
B. Mullen	GBR	45	35-39
E. Trichlin	AUT	93	60-64
75 kgs.			
M. Schick	GER	245	open
M. Spradling	USA	120	16-17
D. Brandt	GER	132.5	18-19
T. VanStryp	RSA	130	20-23
N. Marinis	USA	160	33-39
P. Riem	GER	160	40-44
A. Jawanda	GBR	120	45-49
F. Haar	AUT	142.5	50-54
Y. Lazreg	FRA	70	50-54
MEN 75 kgs.			
H. Glossbrenner	USA	100	55-59
P. Crusius	GER	132.5	60-64
P. Pleair	FRA	60	70-74
82.5 kgs.			
D. Vincent	USA	135	18-19
D. Rickets	USA	197.5	20-23
M. Ptak	GER	160	20-23
V. Torren	GER	175	open
J. Knudtson	USA	130	40-44
R. Leskenmaa	FIN	30	45-49
S. Egli	USA	140	43-49
R. Ingram	USA	203	50-54
S. Kobli	AUT	180wr	55-59
J. Schwan	USA	115	55-39
K. Hogg	AUT	140	60-64
90 kgs.			
M. Roberts	USA	210	20-23
N. Kunert	GER	187.5	20-23
M. Maass	AUT	143	20-23
L. Gayek	GER	240	33-39
R. Nogili	SUI	215	open
G. Melumjans	LAT	190	open
R. Archibal	RSA	180	open
G. Savino	USA	NIL	open
G. Clayman	USA	212.5	40-44
H. Buhl	AUT	190	40-44
F. Tope	AUT	170	45-49
M. Morawski	GER	170	50-54
F. Modliba	AUT	135	50-54
A. Stolz	AUT	170	55-59
W. Ancterewicz	USA	130	53-39
I. Morris	RSA	120	60-64
F. Krivanex	AUT	90	60-64
100 kgs.			
S. Duolessis	RSA	100	16-17
A. Isahanov	LAT	195	18-19
F. Retief	RSA	195	20-23
		w/r	
R. Imesch	SUI	270	33-39
		w/r	
R. Lawrence	USA	260	33-39
R. Brasseur	FRA	235	33-39
B. Gregory	USA	NIL	33-39
R. Rigert	USA	202.5	40-44
T. Bestah	FRA	175	40-44
J. Wolbers	CAN	170	50-54
D. Purcell	USA	145	55-59
M. Lebolay	FRA	195	60-64
B. Carpenter	USA	277.5	Open
110 kgs.			
C. Van Heerden	RSA	100	16-17
J. Biermokdt	GER	260	33-39
J.M. Chenin	FRA	233	33-39
F. Schutm	GER	220	33-39
P. Tamminen	FIN	210	40-44
W. Germayer	AUT	150	40-44
G. Schkanz	GER	215	45-49
V. Schliescke	GER	NIL	45-49
L. Detter	AUT	155	60-64
J. Zemmin	USA	280	open
125 kgs.			
H. Winkleman	GER	272.5	33-39
M. Rosek	GER	220	40-44
J. Heavey	USA	190	40-44
R. Walker	USA	240	45-44
B. Doolky	USA	225	45-49
M. Schroder	GER	210	45-49
J. Nussbaumer	AUT	205	45-49
P. Oprawill	AUT	122.5	55-59
J. Twet	USA	147.5	65-64
C. Taylor	USA	283	open
H. Winkleman	GER	272.5	open
U. Raatinien	SWE	270	open
C. Kelly	USA	227.5	open
140 kgs.			
S. Mendelson	USA	292.5	open
J. Shell	USA	280	open
H. Kuttrof	GER	263	open
U. Frey	GER	230	open
S. Rantanen	FIN	NIL	open
O. Basson	ISR	200	20-23
M. Robertson	RSA	220	33-39
H. Smith	RSA	110	40-44
		w/r	
J. Telljohn	USA	177.5	60-64
+140 kgs.			
M. Bottcher	GER	260	40-44
C. Brandenburg	USA	300	open
I. Czeplinski	GER	260	open
A. Clark	USA	NIL	open

119 lifters competed, comprised of19 women and 100 men. The 19 women represented 6 different countries. The 100 men represented 15 countries. Best Lifter Men - Bill Carpenter.

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ADFPA-USPF
National Champion

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Z-Lock (anti-slip mechanism)

Z-SUIT

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1003 SQUAT

Jesse Jackson
711 SQUAT at 148 b.w.

Matt Dimel
1010 SQUAT

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52 / 54 / 56

49/48
52/53

WNPF World Championships

as told to Powerlifting USA by WNPF President Troy Ford

I want to start out by saying that this had to be the best WNPF World Championship in the history of the league. Everything ran smooth and I have never seen so many lifters that didn't know each other and got along the way these guys did. I mean some of these guys just met and they were motivating each other, helping each other in the warm-up room and on the platform and cheering for each other. This is what this sport is all about - yes - the competitive part is all good, but when you have guys supporting each other like this it's just great. If you are a lifter and you are looking for this type of atmosphere then all I ask is to give us a try. What a meet, we had almost 250 total lifters from 8 countries, there was some big lifting and huge performances by many lifters. The 2000 Worlds was held at the Best Western Hotel in Baltimore, MD, a nice facility over 7000 square feet of space. The only complaint we had was the price of the rooms at the hotel, but everyone seem to love the venue. We gave out medals to all first, second, and third place winners, 42" trophies and big 28" championship cups for first place and screen printed plaques for 2nd through 8th place. We received many compliments on the awards. All we heard all three days was you have the best spotters in the world. These guys caught every missed lift and they only had one misload and motivation on the platform is a top priority with these guys. Thanks to John Wallace, Mike Parker, Kenny Wallace, Steve Brown, and Adrian Locklear. Of course, the judges were loved and hated throughout the meet, but we realize that it is a part of the sport. Overall the judges did their job and did it well. There were many unlocked knees in the deadlift, above parallel squats and uneven presses. This was the WNPF world championship and they weren't giving anything away. I must say that they didn't take any lift from any lifter - if a red light was given it was given for a reason. I say it time and time again, I wish every powerlifter would sit in the CHAIR and JUDGE. I guarantee they would see things from a different perspective. The MC Lester Fields did his usual fabulous job, motivating each and every lifter and he kept the meet running smoothly. In 2001, Ron Deamicis will get the powerlifting worlds in Youngstown, OH and I will have the Bench/Deadlift & Ironman Worlds sometime in November either in Pennsylvania, New Jersey, or Georgia. We used the Monolift on the platform and we also had one in the warm-up room. We held our annual banquet at the hotel with 70 lifters and family members in attendance with the top 2000 lifters receiving awards at the banquet.

Belinda Hayes, *Masters American Record Holder in the squat, bench, and deadlift, is shown above with her 340 lb. deadlift (Lance Bravard)*

Over the three days we had an attendance of over 700 people - cheering, clapping, and stomping as my MC Lester Fields would say. On to the meet, in the women's division we had a few outstanding performances by Elizabeth Torres 680 @ 114, Ronna 630 @ 105, Belinda Hayes 795 @ 165 in the masters division and best lifter Beth Orliss 905 @ 165. Many of the teenage lifters showed out also, Granger 555 total, Laigle 455 total, Seyfried 565 total, Moran 630 total. In the men's division at 132 pounds Whigham and Maez from Mexico were ready to battle. Maez couldn't get a squat passed, squatting to parallel. Whigham went on to win this class with a fine performance 1,180 total. Vincent Brown & Russ Granato battled in the 148 open class with Brown winning another WNPF world title. After the meet, Russ Granato talked about how great of a lifter Vincent Brown is and he was happy to have a chance to compete against him. In the 165s what a contest, Elsberry, Metivier and Zimmerman had the crowd going with only 65 lbs. Separating them. Elsberry ended up with 1195, Metivier 1165 and Zimmerman with his best performance total at 1130. The youngster from PA, Mr. Welch at 50+ years old, had the highest total out of all the 165ers with a 1340 total. The juniors Petrelli and Thomas put on a show with only 35 pounds separating them 1080 to 1045. THIS IS COMPETITION. In the 181s Rocco De Stefano from PA. set all new world records in the teen raw division. In the open 181 Barry Lafoy won his 8th WNPF World title, the most in the history of the league. Everyone waited for the anticipated battle in the 181 open raw division, four fine athletes going full tilt for the 2000 WNPF World title. Harry Reeves from Delaware won this class by 5 pounds. Rich Romberger placed second with a 1355 total. If Rich had went up 10 more pounds on his last deadlift he would have beat Harry and captured his first WNPF title. Mike McNinch last year's champion placed third and coming in fourth place was last year's junior world champion, Jeff Kramer. Joe Lamonica from Canada placed first in the submasters raw division. Tony Williams from Mexico tried to get in one squat to stay in the meet but he was unsuccessful. Polis, Hailey and Stathopoulos battled in the 198 open division with Hailey coming in first for his first world championship. Last year's champ Rod Watkins and runner up Mike Honaker were unable to make this event. Norman Blocker from PA placed first in the open raw division over Mr. Taylor from Ohio. Daniel Sanders always improving Dan "the man" Sanders captured his first title in the 198 submasters class with a 1415 total. Gregg Hatten and John Phillips both won their first world title in their class. Ron "Meet Director of the Year" Deamicis won his third straight world title in the masters and police raw divisions. Tom Mascio, owner of Mascio's Gym had to withdraw from the meet due to serious injury to his spine. This would have been a good battle between Ron and Tom, maybe next year. Tom Smith from VA Beach, VA bombed out of the full meet because of depth but put up good numbers in the bench & deadlift worlds. John Herbein from PA won his class this year. John had to withdraw last year due to injuries and guess what - he was hurting again, but he was determined to get on the platform this year to perform. I must give John a lot of credit for stepping onto the platform with the numerous injuries that he has. This is what you call dedication and a love for the sport. Vic Scaranda from Atlantic City, NJ set a new deadlift record in

Mr. Zimmerman *with his 340 lb. bench attempt in the 165s. (Bravard)*

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Showing How It's Done *- Tee Meyers with his 720 deadlift. (T. Ford)*

the 198 50+ masters division. Mr. Baker, teenager from PA, set four new WNPF world records in his class and made an impressive 510 lb. squat. Joe Kuhns from VA - everyone called him little Joe, but there's nothing little about this man - won the 220's with a 1620 total with Rydelek coming in 2nd and Bob Cavanaugh coming in third. The two powerhouses: Cox from DE and Klayhold from FL, couldn't make it to this meet due to injury and expenses. These two men would have put on a show with both totaling over 1800 pounds in the 220's. Kliefoth, Zimmerman, and Quinn battled in the 220's. Kliefoth won the squat battle with a 625. All three men were close in the bench and deadlift, therefore Kliefoth took the 2000 World title with a 1,550. Dwight Huell captured his second title in a row beating NJ's Ralph Menendez. Ralph had a good day in the squats making 2 out of 3 squats. This is usually his problem at many WNPF events, but he sank two squats and set a new world squat record. He couldn't get a bench press in and bombed out in this lift. Frank Blee won his first raw title in the 220 masters with a 1410 total over Bill Misorski. Brian Jones defeated the weight lost man Tom Cinelli in the masters 50+ raw division. Tom has lost over 60 pounds since last year. Mr. Bowman won his first title in the junior 242 division. Ray Seifert took first in both the open and police divisions, 242 raw that is. In the 275's Cory Ferrell won his first WNPF world title in the open division over an injured Jeff Peshek. Jeff was able to set a new record in the bench press with a 570. Terrance Brooks decided to go raw this year and he has been on a booming pace, demolishing everyone in his path. Terrance has to be one of the best raw lifters in any organization - he totaled 1785 @ 275. He would have totaled more if he had gotten his 445 bench press. He totaled more than the equipped 275 open division lifter Corey Ferrell. Dirk Pounds placed second to Terrance and Troy Brooks placed third with his best total ever. Anthony Goodman totaled 1850 and won the submasters and police divisions. Mike Torrie placed 2nd and seemed to really enjoy himself at the meet all three days - we love this man's personality. Two of the nicest guys in the WNPF Jim Simmons and Paul Bergan met for the first time in the worlds with Jim Simmons winning the squat and bench press battle and Paul Bergan winning the deadlift event, but it was Simmons coming out the winner in this class for his third WNPF world title in a row. In the SHW Rick Wheeler from CA won another WNPF title in the masters. Rick was in a lot of pain throughout the meet, taking a token deadlift just to stay in the meet. Big Chad Knowles posted the highest total ever in the WNPF with a 2100 pound total. When I first met Chad in 1998 I knew this guy was special. You could just tell that he was going to be a star. Chad opened up with 750 in the squat and smoked it. He went to 815 for his second and was called on depth. At this point, Chad seemed to get very angry with the official's call. I felt it was time for me to have a talk with the big man. I said a few words to the big man to calm him down and, guess what, he came out and smoked a new WNPF world record 850 pounds. I was glad that I was able to help him out a little. He then went on to bench 500 pounds and he needed 750 pounds in the deadlift to reach the magic mark of 2100 and got it. Chad will be close to 2150 in the near future and, believe me, this man is the future of WNPF. Where is Audley Baker? I must thank Ryken High School for bringing a team to this meet, all of the kids lifted in the 3rd International Cup Championships and they all lifted well. Thanks to the coaches for teaching these kids the correct powerlifting techniques and for encouraging all of them to do their best. Not one of them bombed out and they all had a good time. We look for a good relationship between the WNPF and Ryken in the future. BENCH PRESS WORLDS - Laura Proulx from Massachusetts set a new record in the raw and equipped classes. She broke the long standing record of Connie Newman with a 140 bench. Cheryl Bethea won her first WNPF title in the subs and open division. Josh Giambalvo from PA took home his first title in the 123 teenage division. Josh Dern won his class in the 148's and Bernard Wright on with his opener of 370 pounds and he set a new World record. Steve Joseph took second with 360 lbs. Emanuel Sanfilippo took the submasters class over Angelo Gattinella. Brad Lane and Rone Karkoska tied in the 165 masters class with 250 lbs. Brad Lane won on bodyweight. Team Misorski's team member's Sangerman, Matt and John Jr. all won their class to give their team the win in the raw division. Lee Zimmerman won the 165 open class over favorite Steve Joseph. Steve didn't get in a bench press to stay in the placing. Flavio Danna from Brazil won over Pennsylvania's Humphrey Afari. Flavio also won the best lifter award in the bench for day two. Jim Fatta took home a 2000 World title in the submasters division. Stan Freed set a new World record and defeated John Misorski Sr. in the masters 50+ division. The 198s was full with quality lifters, all of them trying to win the 2000 title. No one knew who would come away with the gold with the top guys Dalzell, Handlin, Barbarino, Kelley, and Patrick going for it and you couldn't forget about Pollack, Casagrande and Carricuto. Sean Handlin placed first with 430, Bart Kelley (part of the twin powers) placed second with 425. Bart would have won on his last attempt if he had made it. Joe Dalzell placed third and Herman Patrick of World Gym placed fourth. John Phillips (OH) and the favorite John Mitsopoulos (NJ) went head to head in the masters 50+ division. Phillips took the title from Mitsopoulos, he bench 350 for the win. John Mitsopoulos would have won on his last attempt, but the weight seesawed to completion. There was some disagreement, but if you get three red lights something must have been seen from all three officials. I'm sure John will be back stronger in 2001. We couldn't wait for the master of the benchers Brad Kelley to lift, he weighed in at 219. Brad got his opener of 520 and went for the world record at 545 and smoked it. He then tried 560 for his third, but couldn't lock out. We were hoping for Drisdom and Barrett to compete in this class but neither one of them showed up for the meet. Schwartz and Davis won their first world titles in the WNPF. Mark Maher, the big bencher from NJ, had problems from his first bench to his last. He opened with 535 and missed it three times and he was out of the meet. Mark was going after Joel Toranzo's 560 record. Mr. Vargo and Mr. Taylor took him their first titles also. Steve Cooke and Tom

Jeff Peshek *benching 570 pounds. (photograph courtesy of Troy Ford)*

WNPF World Championships
17-19 NOV 00 - Baltimore, MD

BENCH
WOMEN
97
Open
Proulx 140*
Open Raw
Proulx 130*
165
40-49 raw
Petrella 80*
50-59 raw
Hartnett 110*
SHW
Open Raw
Bethea 195*
33-39 raw
Bethea 195*
MEN
80
9-10
Misorski 50-
123
14-16
Glambalvo 210*
17-19
Dern 235
Open
Henderson 335
40-49
Henderson 335
165
20-23
Elrod
20-23 raw
Elrod 320*
Open
Zimmerman 320
Joseph
Open raw
Wright 370*
Joseph 360
Tyler 300
Sangermano 210
Ahuja -IN/GL 275
33-39
Sanfilippo 375
Gattinella 300
33-39 raw
Sangermano 210
40-49
Farrell 240
40-49 raw
Farrell 225*
50-59 raw
Lane 250*
Karkoska 250
181
17-19 raw
Wright 220*
Open
Danna - BZ/BL 420
Afari 375
Open raw
Wallace 390
Misorski Jr. 320
Kramer 300
20-23 raw
Wallace 390
40-49
Fatta 390
Fiumara 350
33-39 raw
Misorski Jr. 320
40-49
Brager 310
50-59 raw
Freed 315*
Misorski Sr. 245
Police/Fire/Milt
Danna 420
198
Open
Handlin 430
Kelley 425
Dalzell 415
Patrick 405
Barbarino 370
Casagrande- BZ 330
Carricuto 325
Pollack
Open raw
No -BL 410
Daubler
33-39
Handlin 430
Patrick 405
40-49 raw
Gaskin 310
50-59
Phillips 350
Mitsopoulos 340
50-59 raw
Smith 250
60-69
Herbein 265
Police
Kelley 425
Lucky 355
220
Open
Kelley -BL 545*
Fritz 370
Risi
Open raw
Schwartz 365
Fritz 330
33-39
Nunnally 385
40-49
Horvath 340
40-49 raw
Johnson 325
Misorski 255
50-59
Risi
50-59 raw
Davis 320
Cinelli 270
70-79
McGuire 285*
Police/Fire/Milt.
Kelley 545*
242
Open
Vargo 485
Taylor 425
Maher
Open raw
Cooke 430
Hicks 320
33-39 raw
Cooke 430
Erb 350
40-49
Taylor 425
LeBlanc 405
Capers 355
Maher
40-49 raw
D' Alessandro 385
50-59
Glenney 375
Police/fire/milt.
D' Alessandro 385
275
Open
Peshek 570
Disantostefano 530
Open raw
Raynore 465
Johnson 385
Hilderley 380
Silverbloom 345
Fernandez
33-39
Peshek 570
Perotta 500
Johnson 410
33-39 raw
Kocher 365
40-49
Hunter 470*
Cherry 385
40-49 raw
Jackson 470*
Fultz 385t
Hilderley 380
Silverbloom 345
50-59
Dolton 405
Poston 300
70-79 raw
Romero 245
Police/fire/milt.
Dolton 405
Kocher 365
SHW
Open
Washington 525
Miller
Open raw
Washington- BL 525*
Dixon 460
33-39
Lopez 530
33-39 raw
Dixon 460
40-49 raw
Irby 480*
Semmon 440
Police/fire/milt.
Lopez 530
International Cup III
198
Open Cahill 385
DEADLIFT
WOMEN
132
40-49
Walker 310
165
40-49
Petrella 160*
50-59
Hartnett 160*
MEN
132
Open
Whigham- BL 505*
165
Open
Rijos-Soto -PR/BL 600*
Zimmerman 460
Joseph 355
20-23
Thomas 415*
33-39
Bravard 500
181
17-19
Wright 350*
4th 380*
Open
Danna -BZ 535
Neiman 525
Skinner- CN 470
Lockdear 455
40-49
Skinner - CN 470
Police/fire/milt.
Danna- BZ 535
Skinner - CN 470
198
Open
Meyers - BL 720*!
Casagrande - BZ 685
Carricuto 530
Herbein 530
Pollack 520
Williams 510
33-39
Sanders 615
Blocker 525
40-49
Welton 475
50-59
Smith 550
Scaranda 525
Police/fire/milt.
Williams 510
Stathopoulos 490
220
Open
Thomas - BL 640
Fritz 600
40-49
Thomas 640*
Huell 525
Johnson 520
Powerlifting SQ BP DL TOT
WOMEN
105
Open
Kassell 210 140 280 630
114
Torres -PR 265* 115* 300* 680*
132
Open raw
Kelly 170 125 180 475
33-39 raw
O' Donald 175* 100 225* 500*
148
14-16 raw
Granger 200* 105* 350* 555*
165
Open
Orliss 330 205* 370* 905
40-49
Hayes 270* 185* 340* 795*
40-49 raw
Petrella
50-59 raw
Hartnett 110* 115* 160* 385*
MEN
132
Open
Whigham 440* 235* 505* 1180*
Maez- MX
33-39
Maez
148
20-23
Mascio 325 240 360 925
Open
Brown 515 250 480 1245
Granato 430 290! 460 1180
40-49
Brown 515* 250 480t 1245t
Brochey 320 255 325 900
Police/fire/milt.
Brown 515 250 480 1245
165
14-16
Baker 300 175 325 800
20-23 raw
Petrelli 390* 295* 395 1080*
Thomas 345 285 415* 1045
Open
Elsberry 410 325 460 1195
Metivier 405 265 475 1145
Zimmerman 350 320 460 1130
33-39
Bravard 350* 260* 500* 1110*
Kingure
40-49
Elsberry 410 325 460 1195
Horvath 425
Misorski, B. 405
50-59
Cinelli 360
242
Open
Harrigan 360
33-39
Aziz 575
Erb 525
40-49
LeBlanc 605
Lovejoy 550
50-59
Bucchioni 535*
Dusenbury 510
40-49
Brown 415
50-59
Bergan 500*
SHW
Open
Wright 670
Washington 570*
40-49
Wright 670*
SQUAT
132
Open
Whigham 440*
181
Open raw
Kramer 420
198
33-39
Sanders 520*
50-59
Smith
Police/fire/milt.
Stathopoulos 385*
220
40-49
Huell 490
242
Open
Maltezos 650*
40-49 raw
Lovejoy 520*
International Cup
242
Open
Maltezos 650*
Metivier 405 265 475 1145
50-59 Raw
Fleming 335* 95* 405* 835*
50-59
Welch -BL 475* 335* 530* 1340*
Police/fire/milt.
Kingure
Police/fire/milt. raw
Thomas 345* 285* 415* 1045*
181
17-19 raw
DeStafano 445- 250* 535* 1230*
20-23
Hicks 465 315 450 1230
Open
Lafoy -BL 585 415 635 1635
Lawrence 525
Open raw
Reeves- BL 475t 330 555 1360*
Romberger 435 355* 565* 1355
Mc Ninch 475t 335 440 1250
Kramer 420 300 430 1150
33-39 raw
Lamonica - CN 300 185 410* 895
40-49
Williams -MX
Police/fire/milt. raw
Reeves 475* 330 555* 1360*
198
Open
Polis 475 360 565 1300
Halley 465 325 445 1235
Stathopoulos 385 290 490 1165
Open raw
Blocker 450 340* 525 1315
Taylor 430 295 505 1230
33-39
Sanders 520 340 615 1475
Polis 475 360 565 1300
Lombardo 420 350 450 1220
33-39 raw
Blocker 450 340* 525 1315
40-49
Hatten 460 200 525 1185
Williams 400 260 510 1170
40-49 raw
Deamicis 400 265 535* 1200
50-59
Phillips 430 350 500 1280
Scaranda 400 250 525* 1175
50-59 raw
Smith
60-69
Herbein 300 265 530* 1095
Police/fire/milt. Raw
Deamicis 400 265 535* 1200
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11-13
Ferrell Jr. 180* 115* 235* 530*
14-16
Baker 510* 250* 450* 1210*
Open
Kuhns 620 450 550 1620
Rydelek 505 375 560 1440
Cavanaugh 550 365 550 1415
33-39 raw
Kliefoth 625* 350* 575 1550*
Zimmerman 580 345 530 1455
Quinn 450 350 620* 1420
40-49
Huell 490 300 525 1315
Menendez 590*
40-49 raw
Blee 530* 340* 540* 1410*
Misorski 365 255 405 1025
50-59 raw
Jones 450* 280* 500* 1230*
Cinelli 325 270 360 955
242
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Bowman 565 410 610* 1585
Open raw
Seifert 610 370 570 1550
Hennebert 455
33-39 raw
Gallagher 500
40-49 raw
Lovejoy 520* 345 550* 1415*
50-59 raw
Bucchioni 410* 280* 535* 1225*
Police/fire/milt.
Aziz 610 410 575 1595
Police/fire/milt. raw
Siefert 610* 370* 570* 1550*
275
Open
Ferrell 710 350 720* 1780
Peshek 50 570* 50 670
Open raw
Brooks 650* 415 720* 1785*
Pounds 520 415 605 1540
Brooks 500 345 555 1400
33-39
Goodman 700 450 700* 1850
Torrie 560 440 525 1525
De Santis 525 375 525 1425
Peshek 50 570* 50 670
40-49
Koehler 450 335 500 1285
50-59 raw
Smith 405* 325* 405* 1165*
50-59
Simmons 475 365 470 1310
Bergan 400 275 500* 1175
Police/fire/milt.
Goodman 700 450 700* 1850
SHW
Open
Knowles- BL 850* 500* 750* 2100*
Yoder 560 385 580 1525
40-49
Wheeler 735* 430 315 1480
International Cup III
Women
132
14-16
Dodson 115 75 160 350
Frauenfelder 90 105 125 320
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Trudell 125 75 210 410
17-19
Laigle 125* 120* 210* 455*
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17-19
Seyfried 205* 130* 230* 565*
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14-16
Moran 200* 130* 300* 630*
SHW
Farrell 180 100 190 470
MEN
123
11-13
Hughes 200* 150* 245* 595*
14-16
McCall 210 125 175 510
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17-19
Burgess 195 125 255 575
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14-16
Buckingham 95 85 175 355
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Massino 190 135 285 610
Moran 185 115 210 510
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O' Brien 300 175 365* 840
Berned 185 115 190 490
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14-16
Seyfried 405 150 405 960
Police/fire/milt.
Koch

Team Competition - PL - Overall 1st - Team Ironworks, 2nd - Mascio's Gym, Teenage Team - 1st - Ryken High School, Bench Press - Raw - 1st - Misorski's Gym, Overall - 1st Team Rectify, 2nd - World Gym Dunnelen, 3rd - Mans World. * denotes WNPF World record, BL - Best Lifter, ! Masters World Record, GL - guest lifter, t - tied world record, PR - Puerto Rico, CN - Canada, MX - Mexico, BZ - Brazil, IN - India, all others were from the USA.

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McGuire won their classes also. Disantostefano and Perotta placed second to Peshek in the 275 open and submasters. Mr. Raynor and Mr. Fernandez the favorites in the 275 raw division went head to head. Raynor won the class with 465 and Fernandez bombed out with 475 pounds, maybe next year. The masters 40+ raw division was good with Jackson, Fultz, Hilderley and Silverbloom. Mr. Robert Jackson, 46 years old benched 470 pounds and a new world record. Bob Fultz tied the world record in the 40-44 division with a 385. Hilderley came in with a fine performance with a 380 and Silverbloom from FL placed fourth with a 345. Kocher and Dolton placed first in their classes. In the SHW class Mo Washington (Warren Sapp look a like) took home the titles in the open raw and equipped class with a 525 bench. He set a new record in the raw division, beating John Jahn's record. David Lopez from Mans World Gym ended up with 530 pounds for the win. Mr. Dixon from FL tried for the world record in the submasters but was unsuccessful but he won his class. CB Irby put on a bench press clinic in the Masters class benching 480 and tried 500. Clarence Semmon (Big C) improved to 440 and placed second. WORLD DEADLIFT CHAMPIONSHIPS - Sandra Walker from Augusta, GA placed first in the 132 masters division with a 310 deadlift. Petrella and Hartnett both placed first in their classes and also set new WNPF world records. Allen Whigham pulled 505 in the 132 class for the win. Carlos Rijos won the 165 open division over Zimmerman and Joseph. George Thomas won his class in the police division. Lance Bravard from VA won the submasters division. In the 181's the competing countries were Brazil came out the winner with Danna pulling 535 lbs., USA's Neiman ended up second and only 10 lbs. back at 525. Skinner from Canada pulled 470 and Locklear pulled 435. Tee "Skinny Man" Meyers from Augusta, GA put on a show. He went head to head with Casagrande from Brazil. They both opened with 640 pounds, then Casagrande went to 685 to push pass Meyers and Meyers answered with a 700 lb. pull. Before Meyers pulled the 700 he looked over to Casagrande and said "Casagrande - let me show you how it's done" and pulled 700 with ease. Casagrande was done for the day and settled for second place and Meyers went on to set a world record in the open and masters and finished in first place. Carricuto and Herbein tied with 530 with Carricuto winning on bodyweight but keep in mind, Herbein is over 60 years old and he went into the open division and not the masters. That's what you call competitive. Steve Pollack placed fifth in this class. Dan Sanders defeated Norm Blocker in the submasters division pulling 80 lbs. more. Williams defeated Stathopoulos in the police division. Perry Thomas competed in the open and masters division and won both classes. Perry pulled a new WNPF world record on his first attempt with a 640. There were five other masters in this class with Huell placing second, Johnson in third, Wildman Horvath in fourth, and Bill Misorski in fifth. Cinelli and Harrigan both pulled 360 lbs. for the win in their classes. Mr. Aziz, the newcomer to the sport and a former bodybuilder, is always improving and won his class over Joe Erb. Eric Leblanc, long time WNPF member, won the masters over Brad Lovejoy. Larry Bucchioni placed over Dusenbury in the masters 50+. Before the meet Larry asked a question about him lifting raw and Dusenbury lifting with gear. It seems as though he was a little bit worried about this since we do not have a raw division in the deadlift. Larry came out the winner and like we always say, it doesn't matter if you have gear on or not, if you can pull - you can pull and Larry proved this. This is not to say that Dusenbury can't pull (510 lbs. at 55 years young). It's just that Larry was better on this day. Jim Dusenbury did lock out 540 twice, but he didn't lock his shoulders back on either lift. Iry Brown went uncontested in the masters and Dorian Wright placed first in the open and masters division. WNPF WORLD SQUAT - All of these lifters won their classes, Whigham, Sanders, Huell, Aziz, Maltezos, Lovejoy and Kramer. With the most impressive lifts coming from Whigham 440 @ 132 and Maltezos 650 @ 242. Again, we want to thank all of the lifters that supported this meet and thank the spectators for supporting us also. The 9th WNPF World Championships is over and it was a success. We're sure that many lifters left this meet with a new outlook for the WNPF world championships on how things are done and many of them will be better prepared for the 10th world championships next year. Ron Deamicis will host the World Powerlifting (three lift event) and World Squat event in Youngstown in September. Troy Ford will host the Bench Press, Deadlift and Ironman World Championships in November, either in Pennsylvania, New Jersey or in Atlanta, Georgia, stay tuned. Please check out the 2001 WNPF schedule for an upcoming meet near you. We have over 70 meets scheduled for next year and we should be near you if not call the WNPF office at 770-996-3418 and maybe we can work at having a meet in your area if you want us there. (Thanks to WNPF for providing the results).

***SHW World Champ Chad Knowles** pulling 750. (photo courtesy Ford)*

World Natural Powerlifting Federation (WNPF)
Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

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

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

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WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

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

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

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POWERLIFTING USA presents the

WOMEN'S TOP 20

These are the TOP 20 women powerlifters in the United States for the year 2000. If any errors or omissions are noted, please report them to *POWERLIFTING USA* Magazine, P.O. Box 467, Camarillo, CA 93011. We make errors in the compilation of this list, and some meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's gender or bodyweight, in which case we don't know which class to credit the efforts against.

Katie Ford *... one of USAPL's steadily rising junior lifters after her performance at the 2001 USAPL Women's Nationals (photograph by Sioux-z Hartwig)*

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97 SQUAT

320 Grimwood, E..10/21/00
286 McMillian, S..4/15/00
270 Leverett, A..6/24/00
248 Solan, C..1/29/00
236 Ramirez, A..4/8/00
220 Hoffman, S..3/11/00
220 Baker, N..5/20/00
210 Luc, L..3/5/00
200 Hartman, A..3/24/00
200 Schmoyer, H..4/1/00

198 Talbott, V..1/29/00
195 Ufret, G..4/1/00
190 Moye, S..1/22/00
190 Aliminosa, D..4/1/00
190 Dickey, E..5/7/00
187 Kirts, A..4/14/00
185 Docken, J..3/11/00
180 Gillette, B..3/4/00
180 Taylor, A..3/11/00
180 Gillespie, B..3/24/00

97 BENCH

165 Leverett, A..6/24/00
145 Grimwood, E..10/21/00
143 Baker, N..5/20/00
140 Proulx, L..5/20/00
135 Ufret, G..4/1/00
126 McMillian, S..1/29/00
126 Anderson, C..9/16/00
121 Talbott, V..1/29/00
121 Hoffman, S..3/24/00
121 Ramirez, A..4/8/00

120 Snyder, R..3/18/00
115 Solan, C..5/24/00
115 Southichack, N..6/10/00
110 Talavera, S..4/15/00
105 Luc, L..3/5/00
105 Docken, J..4/1/00
105 Turner, B..6/3/00
104 Rodefer, J..5/20/00
99 Shumaker, T..4/8/00
99 Hamfeldt, M..4/15/00

97 DEADLIFT

325 Leverett, A..6/24/00
310 Grimwood, E..10/21/00
308 McMillian, S..1/29/00
290 Ufret, G..4/1/00
286 Baker, N..5/20/00
286 Solan, C..10/17/00
259 Talbott, V..1/29/00
253 Southichack, N..6/10/00
250 Turner, B..6/3/00
245 Hartman, A..3/24/00

242 Ramirez, A..4/8/00
242 Souza, M..8/12/00
240 Moye, S..1/22/00
235 Brown, R..10/21/00
231 Luc, L..3/24/00
231 Taylor, A..3/24/00
231 Aliminosa, D..10/17/00
230 Schmoyer, H..5/13/00
225 Kirts, A..4/14/00
225 Dickey, E..11/4/00

97 TOTAL

775 Grimwood, E..10/21/00
760 Leverett, E..6/24/00
716 McMillian, S..4/15/00
650 Baker, N..5/20/00
650 Solan, C..10/17/00
620 Ufret, G..4/1/00
600 Ramirez, A..4/8/00
578 Talbott, V..1/29/00
560 Hoffman, S..3/11/00
540 Luc, L..3/5/00

535 Turner, B..6/3/00
525 Hartman, A..3/24/00
520 Moye, S..1/22/00
518 Aliminosa, D..10/17/00
505 Schmoyer, H..5/13/00
501 Kirts, A..4/14/00
501 Souza, M..8/12/00
500 Dickey, E..11/4/00
495 Taylor, A..3/11/00
479 Martin, T..3/24/00

105 SQUAT

341 Barlow, L..6/10/00
319 Maile, J..3/24/00
319 Leverett, A..4/15/00
314 Hartwig, S..1/29/00
300 McMillian, S..10/28/00
297 Kirkland, M..12/2/00
270 Goff, K..4/15/00
253 Baqui, C..3/18/00
253 Gedney, J..6/10/00
248 Long, J..3/24/00

242 Ellis, J..1/29/00
240 Cook, S..1/22/00
237 Pixley, D..3/18/00
231 Egleston, K..4/8/00
231 Smith, K..4/14/00
231 Paul, N..4/15/00
231 Orellana, A..6/24/00
225 Ufret, G..12/2/00
220 Ryman, K..2/29/00
214 Eaton, P..3/18/00

105 BENCH

210 Barlow, L..12/16/00
192 Maile, J..9/13/00
181 Leverett, A..4/15/00
170 Distaulo, T..11/12/00
154 Hartwig, S..1/29/00
154 Kirkland, M..6/3/00
145 Mamola, A..10/14/00
143 Bertoli, M..6/3/00
143 Ufret, G..12/2/00
140 Becerra, K..11/7/00

140 Kassell..11/17/00
137 Krochmal, C..2/20/00
137 McCormack, V..5/20/00
135 Lafferty, B..2/26/00
135 Proulx, L..10/8/00
130 Gedney, J..3/18/00
130 McMillian, S..10/28/00
126 Paton, V..11/17/00
121 Ocampo, J..1/29/00
121 Egleston, K..4/8/00

105 DEADLIFT

341 Leverett, A..4/15/00
330 Goff, K..4/15/00
330 Baqui, C..11/16/00
325 Maile, J..9/13/00
320 Bertoli, M..8/12/00
319 Barlow, L..6/10/00
314 Hartwig, S..1/29/00
303 Ufret, G..12/2/00
300 McMillian, S..10/28/00
292 Kirkland, M..6/3/00

286 Ellis, J..1/29/00
286 Eaton, P..3/18/00
286 Long, J..3/24/00
285 Hernandez, M..3/25/00
281 Gedney, J..1/29/00
281 Hitchcock, A..3/24/00
280 Ryman, K..2/29/00
280 Kassell..11/17/00
275 Ocampo, J..1/29/00
275 Orellana, A..6/24/00

105 TOTAL

832 Leverett, A..4/15/00
832 Barlow, L..6/10/00
826 Maile, J..9/13/00
782 Hartwig, S..1/29/00
738 Kirkland, M..6/3/00
735 McMillian, S..10/28/00
699 Goff, K..4/15/00
677 Baqui, C..3/18/00
672 Ufret, G..112/2/00
661 Gedney, J..6/10/00

633 Ellis, J..1/29/00
633 Long, J..3/24/00
630 Kassell..11/17/00
610 Ryman, K..2/29/00
606 Orellana, A..6/24/00
600 Cook, S..1/22/00
595 Ocampo, J..1/29/00
595 Eaton, P..3/18/00
589 Digman, S..8/26/00
578 Hitchcock. A..3/24/00

114 SQUAT

341 Barlow, L..10/28/00
325 Rinn, S..3/11/00
325 Davis, J..6/15/00
292 Cullum, A..1/29/00
286 Bowers, S..4/28/00
285 Parrish, S..4/1/00
281 Andries, A..1/29/00
280 Falcone, T..8/12/00
270 Marcellis, Ja..4/8/00
270 Beraldi, N..4/15/00

270 Walk, W..10/21/00
265 Macy, J..5/20/00
264 Andrews, S..6/3/00
264 Nichols, P..8/12/00
260 Crowder, S..3/24/00
259 Shear, J..3/18/00
259 Marcellis, Je..4/8/00
250 Deville, A..1/8/00
250 Baqui, C..12/2/00
248 Bullara, C..3/11/00

114 BENCH

225 Rinn, S..3/11/00
215 Pitts, L..8/12/00
203 Tyree, V..11/16/00
181 Davis, J..1/29/00
170 Parrish, S..4/1/00
170 Macy, J..5/20/00
170 Coulombe, T..11/17/00
165 Cullum, A..1/29/00
159 Lee, B..2/19/00
159 James, A..4/15/00

155 Distaulo, T..3/25/00
155 Shuttleworth, M..4/29/00
155 Schachner..7/8/00
155 Falcone, T..8/12/00
154 Andrews, S..6/3/00
154 Gagliardi, D..11/17/00
148 Mollohan, T..5/20/00
145 Kirkland, M..1/29/00
143 Andries, A..1/29/00
143 Beraldi, N..4/15/00

114 DEADLIFT

429 Tyree, V..11/16/00
395 Davis, J..6/15/00
370 Falcone, T..8/12/00
363 Lee, B..2/19/00
347 Bowers, S..10/17/00
340 Parrish, S..4/1/00
320 Fromolz, B..3/11/00
315 Walk, W..10/21/00
314 Bechtold, J..11/16/00
314 Baqui, C..12/2/00

308 Rinn, S..3/11/00
308 Shear, J..3/18/00
305 Macy, J..5/20/00
303 Kyle, A..3/24/00
303 Beraldi, N..4/15/00
303 Jordan, C..7/8/00
300 Scudder, A..9/24/00
292 Cullum, A..1/29/00
292 Andries, A..1/29/00
292 Marsh, J..3/24/00

114 TOTAL

900 Davis, J..6/15/00
859 Rinn, S..3/11/00
805 Falcone, T..8/12/00
795 Parrish, S..4/1/00
760 Bowers, S..10/17/00
749 Cullum, A..1/29/00
740 Macy, J..5/20/00
720 Walk, W..10/21/00
716 Andries, A..1/29/00
716 Beraldi, N..4/15/00

696 Andrews, S..6/3/00
694 Shear, J..3/18/00
688 Nichols, P..8/12/00
688 Baqui, C..12/2/00
661 Bullara, C..3/11/00
661 Marcellis, Je..4/8/00
655 Jordan, C..7/8/00
644 Lublkin, B..4/15/00
644 Boutte, C..12/2/00
628 Marsh, J..3/24/00

123 SQUAT

450 Weisberger, A..2/20/00
400 Burkey, J..4/1/00
374 Avigliano, N..6/10/00
369 Tyree, V..12/2/00
352 Mobley, S..1/29/00
341 Kelii..4/6/00
330 Andrews, S..2/19/00
325 Allison, S..4/6/00
325 Rinn, S..11/4/00
314 Amsden, M..4/15/00

303 Wilson, L..3/11/00
297 Andries, A..4/15/00
295 Lewis, P..1/22/00
292 Nawracki, C..3/11/00
290 Bartek, D..3/24/00
286 Jackson, D..3/18/00
286 Tucker, T..10/28/00
281 McNulty, D..2/25/00
281 Matt, A..3/24/00
281 Casper, P..4/28/00

123 BENCH

292 Weisberger, A..2/20/00
290 Lippert, J..4/1/00
240 Arel, J..3/18/00
231 Rinn, S..12/2/00
225 Radcliffe, S..4/15/00
225 Gomez-Leon, S..11/18/00
209 Kelii..4/6/00
203 Tucker, T..10/28/00
203 Remiticado, J..11/17/00
198 Tyree, V..6/24/00

192 Mobley, S..5/25/00
192 Avigliano, N..11/17/00
185 Macy, J..11/18/00
176 Amsden, M..4/15/00
176 Deberry, M..8/12/00
170 Fusco, S..3/25/00
170 Gordon, K..9/23/00
170 Russell, J..9/24/00
170 Taubmann, H..11/17/00
167 Wilson, L..8/12/00

123 DEADLIFT

450 Weisberger, A..2/20/00
424 Tyree, V..3/11/00
391 Avigliano, N..11/17/00
380 Mobley, S..1/29/00
374 Kelii..4/6/00
363 Tucker, T..10/28/00
352 Amsden, M..4/15/00
347 Jackson, D..3/18/00
345 Falcone, T..4/1/00
341 Bryant, P..8/5/00

337 Patterson, C..11/17/00
336 Livingston, L..3/11/00
335 Lewis, P..1/22/00
335 Gnerre, B..4/8/00
330 Conway, K..1/29/00
330 Remiticado, J..11/16/00
325 Hayes, S..2/26/00
320 Kirkland, M..1/8/00
320 Bartek, D..3/24/00
315 Matt, A..1/8/00

123 TOTAL

1180 Weisberger, A..2/20/00
975 Tyree, V..3/11/00
942 Avigliano, N..6/10/00
925 Kelii..4/6/00
903 Mobley, S..1/29/00
860 Burkey, J..4/1/00
854 Tucker, T..10/28/00
843 Amsden, M..4/15/00
843 Rinn, S..6/24/00
793 Jackson, D..3/18/00

788 Andrews, S..2/19/00
782 Allison, S..4/6/00
780 Macy, J..11/18/00
760 Wilson, L..3/11/00
755 DeBerry, M..8/12/00
749 Hicks, C..1/29/00
749 Casper, P..4/28/00
745 Lewis, P..1/22/00
744 Rude, T..3/24/00
740 Bartek, D..3/24/00

132 SQUAT

440 Weisberger, A..6/15/00
402 Diamond, M..6/10/00
374 Ware, V..11/17/00
369 Wessels, D..11/10/00
347 Overdeer, A..4/6/00
341 Stein, E..5/25/00
341 Hack, R..6/3/00
340 Niederkorn, R..3/11/00
336 Femia, C..1/29/00
330 Walker..12/9/00

325 Allison, S..1/29/00
325 Rey, J..1/29/00
319 Darling, J..1/29/00
314 Aguila, V..1/29/00
314 Farrell, A..4/1/00
303 DeFelice, R..11/10/00
303 Pritzi, M..11/11/00
300 Nelson, L..6/10/00
292 Thompson, J..11/11/00
290 Middleton, L..5/20/00

132 BENCH

330 Rinehart, T..2/26/00
314 Lippert, J..11/17/00
310 Weisberger, A..12/3/00
275 Thompson, J..11/11/00
259 Altizer, B..9/16/00
236 Ware, V..6/10/00
231 Darling, J..1/29/00
225 Diamond, M..6/10/00
220 Gomez-Leon, S..3/25/00
214 Overdeer, A..4/6/00

210 Familetti, N..8/12/00
205 Vlack, Y..8/5/00
203 Femia, C..1/29/00
202 Perlmutter, A..5/6/00
200 Simons, A..4/29/00
200 Mosier..5/6/00
195 Phinney, N..11/18/00
192 Dauenhauer, B..8/5/00
187 Stein, E..5/25/00
187 Evans, C..8/26/00

132 DEADLIFT

460 Weisberger, A..12/3/00
418 Stein, E..10/17/00
408 Lippert, J..11/17/00
407 Walker, J..6/24/00
402 Diamond, M..6/10/00
402 Ware, V..6/10/00
374 Gantz, H..11/16/00
370 Wessels, D..11/10/00
363 Overdeer, A..4/6/00
363 Allison, S..12/2/00

360 Maluszewski, M..3/25/00
360 Walker..12/9/00
352 Femia, C..1/29/00
336 Perez, S..4/8/00
336 Thompson, J..11/11/00
325 Niederkorn, R..3/11/00
325 Armond, M..3/29/00
319 Aguila, V..1/29/00
319 Dingle-Craig, K..4/28/00
319 Brocato, R..12/2/00

132 TOTAL

1155 Weisberger, A..6/15/00
1030 Diamond, M..6/10/00
970 Ware, V..6/10/00
942 Stein, E..10/17/00
925 Overdeer, A..4/6/00
903 Thompson, J..11/11/00
892 Femia, C..1/29/00
875 Walker..12/9/00
871 Wessels, D..11/10/00
859 Darling, J..1/29/00

848 Allison, S..12/2/00
825 Niederkorn, R..3/11/00
804 Hack, R..6/3/00
793 Pritzi, M..11/11/00
782 Farrell, A..4/1/00
777 Aguila, V..1/29/00
767 Mosier..2/26/00
766 Dingle-Craig, K..4/28/00
760 Simons, A..4/29/00
760 Brocato, R..12/2/00

148 SQUAT

529 Liggett, M..11/17/00
507 Jerumbo, M..6/10/00
446 Dangerfield, N..6/10/00
407 Lercangee, P..5/20/00
400 Auckland, L..4/1/00
380 Demarest, K..4/28/00
374 Scheffler, M..8/12/00
370 Houston, P..9/9/00
370 Roberts, R..10/28/00
365 Fuhrman, D..12/3/00

363 Garcia, N..5/20/00
363 Bush, A..12/2/00
352 Bohigian, K..11/11/00
347 Covington, D..1/30/00
347 Hetzel, M..2/25/00
347 Callier, K..4/15/00
340 Hack, R..12/2/00
336 Denison, L..4/8/00
330 Anderson, J..3/11/00
330 Becher, C..6/17/00

165 SQUAT

451 Scanlon, J..6/10/00
415 Loya..11/4/00
385 Ribic, P..4/15/00
385 Carson, P..2/6/00
374 Belsito, L..1/30/00
374 Tacktill, J..6/10/00
374 Pfeiffer K..12/9/00
370 Pike, S..11/18/00
360 Musser, D..4/1/00
352 Sortwell, A..10/7/00

347 Pollock, M..4/8/00
345 Wessler, B..11/17/00
341 Ford, Katie..1/30/00
341 Rosencrantz, T..3/25/00
340 Orliss..7/29/00
336 Ryan, D..5/20/00
335 Grandick, K..4/29/00
335 Collins, T..12/2/00
325 Newman, C..1/30/00
325 Chow, S..9/9/00

181 SQUAT

520 Boshoven, L..5/28/00
473 Ford, Krista..6/10/00
451 Priest, B..6/3/00
446 Look, L..1/30/00
405 Chow, S..4/15/00
400 Cataldo, L..11/18/00
374 Belsito, L..5/27/00
369 Martin, C..6/10/00
360 Malkasian, M..9/2/00
355 Holoway, K..11/4/00

352 Carson, P..5/20/00
352 Giddings, P..8/20/00
347 Black, T..11/10/00
341 Haynes, J..3/25/00
340 Jones, K..12/9/00
336 Fletcher, S..2/25/00
336 Cannon, C..8/13/00
330 Ford, Katie..3/25/00
330 Griffin, N..4/16/00
330 Hunter, S..6/4/00

198 SQUAT

515 Boshoven, L..11/5/00
485 Hembree, V..3/19/00
473 Look, L..5/28/00
418 Watkins..9/15/00
396 Williams, G..4/6/00
396 Hall..5/28/00
396 Barbee, S..12/3/00
391 Werle, F..11/11/00
375 Hunter, S..12/2/00
369 Cataldo, L..1/30/00

352 Sternberg, M..11/14/00
350 Trufant, A..10/28/00
350 Roberts, K..12/9/00
341 Meynard, L..3/25/00
330 Norton, J..2/26/00
330 Griffin, N..12/2/00
325 Gooden, J..3/25/00
320 Whittlessey, K..1/22/00
320 Johnson, D..1/22/00
319 Baker, K..4/8/00

SHW SQUAT

550 Sizemore, K..11/17/00
523 Willett, L..5/21/00
473 Greenup, S..3/25/00
468 Hall, H..10/18/00
462 Rogue, J..4/8/00
450 Pole-Summers, S..6/16/00
429 Dials, T..3/25/00
418 Craver, E..4/28/00
418 Hembree, V..8/27/00
415 Sabin, K..4/1/00

407 Pledger, S..1/30/00
402 Oiler, J..4/8/00
385 Slanaker, J..2/26/00
385 Shepard, T..8/13/00
385 Hallen, S..10/18/00
374 Brooks, S..4/16/00
370 Werle, F..8/13/00
369 Watkins, J..1/30/00
363 Gibson, N..3/25/00
363 Abrego, Y..4/16/00

148 BENCH

303 Weisberger, A..4/16/00
292 Liggett, M..6/10/00
290 Blackburn, L..7/8/00
281 Lippert, J..8/12/00
258 Jacobson, M..6/16/00
245 Auckland, L..4/1/00
236 Lercangee, P..5/20/00
235 Parrish, N..4/8/00
225 Dangerfield, N..6/10/00
225 Jerumbo, M..6/10/00

225 Haller, K..8/27/00
220 Heywood, L..3/11/00
220 Slaga, D..3/18/00
215 Borzok, M..4/1/00
215 Robertson, J..10/14/00
214 Gardella, J..10/21/00
214 Darling, J..12/8/00
210 Miller, K..11/4/00
209 Beckwith, K..1/30/00
209 Callahan, T..9/16/00

165 BENCH

403 Suzuki, P..6/10/00
314 Scanlon, J..11/17/00
304 Blackburn, L..6/24/00
300 Williams, C..1/29/00
280 Crossland, C..11/11/00
264 Tacktill, J..11/17/00
254 Jacobson, M..8/12/00
248 Sortwell, A..6/10/00
245 Welch, M..3/4/00
242 Perron, S..9/16/00

240 Tillinghast, M..3/11/00
240 Turcotte, C..5/13/00
236 Newman, C..9/14/00
230 Lewis..7/8/00
225 Ivers, M..1/22/00
225 Carson, P..2/6/00
225 VanBuskirk, L..5/7/00
225 Plant, R..11/18/00
225 Anderson, G..11/18/00
225 Sauer, H..12/10/00

181 BENCH

352 Priest, B..6/3/00
310 Boshoven, L..1/15/00
275 Williams, C..5/20/00
255 Swanson, B..4/29/00
255 Cataldo, L..11/18/00
253 Kimoto, J..6/10/00
253 Thoms, S..8/20/00
253 Sortwell, A..12/8/00
250 Crossland, C..12/9/00
248 Look, L..1/30/00

245 Stack, M..7/22/00
242 Carson, P..5/20/00
231 Ferrela, C..10/21/00
225 Winegardner, S..3/25/00
225 Fletcher, S..3/25/00
225 Ford, Krista..6/10/00
220 Jones, K..12/9/00
214 Ford, Katie..3/25/00
214 Pack, S..3/25/00
210 Millin, M..11/4/00

198 BENCH

325 Arvin, J..8/12/00
308 Hembree, V..3/19/00
305 Boshoven, L..11/5/00
292 Barbee, S..3/11/00
281 Hall..1/8/00
265 Roberts, K..5/7/00
253 Look, L..5/28/00
253 Lonn, S..11/19/00
250 Sabin, K..1/29/00
236 Cataldo, L..1/30/00

231 McTighe, A..4/1/00
225 Calhoun, P..1/30/00
220 Overstreet, M..5/20/00
220 Feusi, L..11/19/00
215 Alston, V..6/10/00
214 Williams, G..1/30/00
210 Francis, J..1/29/00
210 Allen, S..4/15/00
203 Pack, S..6/4/00
203 Watkins..9/15/00

SHW BENCH

410 Sizemore, K..11/17/00
363 Ferrell, D..9/16/00
336 Pitts, K..11/19/00
325 Malone, T..3/18/00
314 Willett, L..5/21/00
303 Hembree, V..5/6/00
286 Hall, H..10/18/00
280 Pole-Summers, S..6/16/00
275 VanDyke, C..9/16/00
275 Hallen, S..10/18/00

265 Callahan, D..5/13/00
259 Weber, V..2/20/00
259 Bourg, B..6/24/00
250 Sabin, K..4/1/00
248 Lenz, C..4/16/00
231 Greenup, S..3/25/00
231 Dials, T..3/25/00
230 Werle, F..8/13/00
225 Craver, E..4/28/00
225 Thoms, S..5/21/00

148 DEADLIFT

501 Dangerfield, N..6/10/00
457 Clark, R..4/6/00
429 Weisberger, A..4/16/00
424 Lercangee, P..5/20/00
424 Liggett, M..6/10/00
418 Jerumbo, M..6/10/00
407 Roberts, R..4/15/00
407 Amerling, A..8/12/00
407 Catron, R..8/26/00
400 Slaga, D..6/11/00

396 Covington, D..1/30/00
385 Auckland, L..4/1/00
380 Beckwith, K..1/30/00
380 Denison, L..4/8/00
380 Wessler, B..8/5/00
380 Cowan, J..11/4/00
375 Baumel, Z..4/29/00
370 Fullmer, N..4/29/00
369 McMillion, B..11/18/00
367 Fuhrman, D..12/3/00

165 DEADLIFT

440 Pike, S..11/18/00
429 Belsito, L..1/30/00
429 Scanlon, J..6/10/00
425 Swander, T..3/25/00
420 Ribic, P..4/15/00
405 Fletcher, S..6/15/00
405 Loya..11/4/00
402 Tacktill, J..6/10/00
391 Sortwell, A..6/10/00
382 Jacobson, M..11/18/00

380 Reske, K..1/4/00
375 Wessler, B..11/17/00
374 Everett, K..4/8/00
370 Grandick, K..4/29/00
370 Orliss..11/18/00
369 Welding, R..1/30/00
369 Carson, P..2/6/00
363 Ivers, M..1/22/00
360 Hayes..6/17/00
358 Ford, Katie..1/30/00

181 DEADLIFT

510 Boshoven, L..1/15/00
501 Priest, BZ..6/3/00
473 Look, L..1/30/00
457 Ford, Krista..6/10/00
435 Hunter, S..6/4/00
430 Schaefer, L..10/7/00
425 Cataldo, L..11/18/00
418 Belsito, L..5/27/00
402 Rovnak, C..8/19/00
400 Chow, S..4/1/500

400 Jones, K..12/9/00
380 Carson, P..11/14/00
375 Phillips, K..12/9/00
374 Fletcher, S..2/25/00
374 Cannon, C..8/13/00
370 Martin, C..3/18/00
369 Ford, Katie..3/25/00
365 Holloway, K..11/4/00
363 Giddings, P..8/20/00
358 Haynes, J..3/25/00

198 DEADLIFT

505 Boshoven, L..11/5/00
462 Look, L..5/28/00
457 Hall..5/28/00
451 Hembree, V..3/19/00
451 Shaefer, L..6/4/00
450 Hunter, S..12/2/00
430 Roberts, K..5/7/00
424 Barbee, S..12/3/00
418 Williams, G..1/30/00
385 Overstreet, M..5/20/00

380 Cataldo, L..1/30/00
363 Norton, J..2/26/00
363 Sternberg, M..11/14/00
360 Oxford, H..5/20/00
360 Abrego, Y..12/2/00
358 Baker, K..4/8/00
358 Watkins..4/16/00
350 Whittlessey, K..1/22/00
350 Harris, S..1/22/00
350 Knittel, L..11/12/00

SHW DEADLIFT

457 Hall, H..10/18/00
451 Willett, L..5/21/00
446 Hembree, V..8/27/00
430 Sizemore, K..11/17/00
424 Greenup, S..1/30/00
415 Sabin, K..4/1/00
413 Watkins J..1/30/00
402 Edelson, N..3/19/00
391 Pledger, S..1/30/00
385 Ferrell, D..1/30/00

374 Abrego, Y..4/16/00
370 Werle, F..8/13/00
365 Pole-Summers, S..12/8/00
363 Craver, E..4/28/00
363 Cal, D..11/19/00
360 Dials, T..1/22/00
360 Bourg, B..5/27/00
352 Rogue, J..4/8/00
352 Brooks, S..4/16/00
350 Gibson, N..3/25/00

148 TOTAL

1201 Liggett, M..11/17/00
1173 Dangerfield, N..6/10/00
1157 Jerumbo, M..6/10/00
1069 Lercangee, P..5/20/00
1030 Auckland, L..4/1/00
964 Roberts, R..4/15/00
947 Demarest, K..4/28/00
936 Jacobson, M..6/16/00
931 Clark, R..4/6/00
925 Covington, D..1/30/00

914 Scheffler,M..8/12/00
910 Houston, P..9/9/00
909 Bohigian, K..11/11/00
903 Beckwith, K..1/30/00
900 Fuhrman, D..12/3/00
892 Hetzel, M..2/25/00
892 Amerling, A..8/12/00
880 Strylund, L..10/28/00
880 Hack, R..12/2/00
876 Catron, R..8/26/00

165 TOTAL

1195 Scanlon, J..11/17/00
1025 Tacktill, J..6/10/00
1015 Loya..11/4/00
1014 Belsito, L..1/30/00
990 Ribic, P..4/15/00
986 Sortwell, A..10/7/00
981 Carson, P..2/6/00
975 Pike, S..11/18/00
940 Wessler, B..11/17/00
905 Orliss..11/18/00

905 Musser, D..4/1/00
903 Ford, Katie..1/30/00
898 Newman, C..1/30/00
890 Collins, T..12/2/00
881 Chaney, D..11/11/00
875 Grandick, K..4/29/00
870 Pollock, M..4/8/00
865 Pfeiffer, K..12/9/00
860 Reske, K..11/4/00
859 Perron, S..1/30/00

181 TOTAL

1325 Boshoven, L..5/28/00
1306 Priest, B..6/3/00
1168 Look, L..1/30/00
1157 Ford, Krista..6/10/00
1080 Cataldo, L..11/18/00
1000 Chow, S..4/15/00
992 Belsito, L..5/27/00
970 Carson, P..5/20/00
960 Jones, K..12/9/00
931 Hunter, S..6/4/00

925 Fletcher, S..2/25/00
920 Martin, C..3/18/00
920 Holloway, K..11/4/00
914 Ford, Katie..3/25/00
910 Phillips, K..12/9/00
887 Cannon, C..8/13/00
882 Schaefer, L..10/7/00
865 Giddings, P..8/20/00
848 Kalk, G..12/9/00
843 Haynes, J..3/25/00

198 TOTAL

1325 Boshoven, L..11/5/00
1223 Hembree, V..3/19/00
1190 Look, L..5/28/00
1129 Hall..5/28/00
1086 Barbee, S..12/3/00
1020 Hunter, S..12/2/00
1020 Roberts, K..12/9/00
1019 Williams, G..1/30/00
975 Cataldo, L..1/30/00
975 Watkins..9/15/00

947 Shaefer, L..6/4/00
909 Overstreet, M..5/20/00
887 Sternberg, M..11/14/00
850 Oxford, H..5/20/00
850 Trufant, A..10/28/00
845 Abrego, Y..12/2/00
837 Baker, K..4/8/00
830 Knittel, L..11/12/00
826 Norton, J..2/26/00
820 Whittlessey, K..1/22/00

SHW TOTAL

1390 Sizemore, K..11/17/00
1289 Willett, L..5/21/00
1212 Hall, H..10/18/00
1151 Hembree, V..8/27/00
1124 Greenup, S..3/25/00
1080 Sabin, K..4/1/00
1080 Pole-Summers, S..6/16/00
1074 Ferrell, D..1/30/00
1019 Dials, T..3/25/00
1008 Craver, E..4/28/00

1003 Hallen, S..10/18/00
986 Watkins, J..1/30/00
986 Pledger, S..1/30/00
986 Rogue, J..4/8/00
970 Werle, F..8/13/00
942 Abrego, Y..4/16/00
920 Oiler, J..4/8/00
915 Slanaker, J..2/26/00
914 Lenz, C..4/16/00
909 Shepard, T..8/13/00

*"Once again my heart is heavy with the loss of another lifter and friend. **Joellen Glitt**, Masters Champion and Record Holder, lost her battle with cancer recently. Wife of APF Board Member Dean Glitt, it was rare to see one without the other. She was his heart. As a WPC official, she worked hard to insure fairness at meets. As a friend, she was one of the best. As a lifter, she was a worthy competitor. I cherish my times with her to talk and share experiences. She will be missed by family, friends, and the lifting community. I know I will miss her greatly.'*

MARIS ANNE STERNBERG

***Tina Rinehart** recently took gold at athe WPC Worlds and she set a world record at the 2000 Arnold Classic, where her 330 lb. lift is the best of all time, for the women's 132 lb. class, in any federation. According to Bob Shaefer, who took and provided this photograph, "We would like to thank John Inzer and Stacker 2 (NVE) for their support." She will be lifting at this year's Arnold Classic as well and we hope to have a report of that event in the next issue of Powerlifting USA.*

POWERLIFTING USA presents the

TEENAGE TOP 20

These are the TOP 20 Teenage powerlifters in the United States for the year 2000. If any errors or omissions are noted, please report them to *POWERLIFTING USA* Magazine, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers teenage or high school division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case - we don't know which weight class to credit the efforts against.

Tony Caprari is the current IPF Junior World Champion and has ranked lifts at 165 and 181. (photograph taken by Hiro Isagawa)

Yes, You Can... order the deluxe *Powerlifting USA* Achievement Certificates and Mounting Plaques, ladies, to commemorate your accomplishments on the competition platform. The Certificates are printed in Red and Gold ink, embossed with the official gold seal of *Powerlifting USA* Magazine, and individually signed by *PL USA* Editor, Mike Lambert. Complementing the certificates are our woodgrain finish wall mounting plaques, a beautiful way to display the documentation of your strength world success. The certificate and plaque together are $21.95, and certificates alone are $6.00. If you appear on the list, you are eligible. Send your name and address, weight class, lift, and date it was made, along with payment to PL USA, Box 467, Camarillo, CA 93011 (CA residents add 7 1/4% sales tax)

114 SQUAT
400 Lloyd, M..3/25/00
380 Milnes, R..3/25/00
375 White, D..3/25/00
370 Fair, T..3/25/00
365 Hamric, R..3/25/00
365 Marrero, S..6/24/00
360 Falcon, J..3/25/00
350 Scruggs, J..3/25/00
345 Donnahoe, B..3/25/00
345 Ortiz, R..3/25/00

340 Henderson, C..3/25/00
335 Brinkley, J..3/25/00
330 Quintanilla, D..3/25/00
330 Crain, J..3/25/00
325 Rodriguez, J..3/25/00
325 Day, M..3/25/00
320 Longoria, J..3/25/00
320 Alexander, R..3/25/00
315 Forel, S..3/5/00
308 Menogan, K..4/14/00

114 BENCH
230 White, D..3/25/00
225 Donnahoe, B..3/25/00
220 Fair, T..3/25/00
205 Ortiz, R..3/25/00
200 Bailey, D..4/29/00
195 Lloyd, M..3/25/00
195 Milnes, R..3/25/00
195 Scruggs, J..3/25/00
195 Longoria, J..3/25/00
195 Alexander, R..3/25/00

192 Maile, J..7/13/00
190 Montes, G..3/25/00
187 Lopez, M..4/14/00
187 Beckerich, J..9/16/00
185 Brinkley, J..3/25/00
185 Rodriquez, J..3/25/00
180 Quintanilla, D..3/25/00
176 Schommer, J..3/25/00
175 Falcon, J..3/25/00
175 Kahanek, J..3/25/00

114 DEADLIFT
415 Falcon, J..3/25/00
405 White, D..3/25/00
405 Lloyd, M..3/25/00
395 Yarbrough, J..3/25/00
390 Fair, T..3/25/00
385 Donnahoe, B..3/25/00
370 Milnes, R..3/25/00
365 Quintanilla, D..3/25/00
360 Brinkley, J..3/25/00
358 Jackson, H..4/14/00

355 Henderson, C..3/25/00
350 Forel, S..3/5/00
350 Rodriquez, J..3/25/00
350 Hamric, R..3/25/00
350 Day, M..3/25/00
350 Montes, G..3/25/00
350 Jackson, G..11/25/00
345 Longoria, J..3/25/00
345 Crain, J..3/25/00
340 Ortiz, R..3/25/00

114 TOTAL
1010 White, D..3/25/00
1000 Lloyd, M..3/25/00
1000 Fair, T..3/11/00
955 Donnahoe, B..3/25/00
950 Falcon, J..3/25/00
950 Milnes, R..3/11/00
920 Bray, J..3/11/00
890 Ortiz, R..3/25/00
885 Crain, J..3/11/00
885 Scruggs, J..3/25/00

880 Brinkley, J..3/25/00
875 Quintanilla, D..3/25/00
875 Marrero, S..6/24/00
860 Longoria, J..3/25/00
860 Rodriquez, J..3/25/00
855 Henderson, C..3/25/00
850 Yarbrough, J..3/11/00
850 Hamric, R..3/11/00
845 Alexander, R..3/25/00
835 Rodriguez, R..3/11/00

123 SQUAT
435 Goins, T..3/25/00
410 Picou, J..3/25/00
405 Lewis, J..3/25/00
390 Rivas, D..3/25/00
390 Jones, J..3/25/00
385 Palmer, B..3/25/00
385 Matthews, C..3/25/00
370 Bowling, G..3/25/00
370 Garcia, J..3/25/00
360 Vasquez, R..3/25/00

360 Walding, D..3/25/00
358 Mabb, S..4/14/00
358 Ward, A..4/14/00
355 Adami, T..3/25/00
355 Rodriguez, J..3/25/00
352 Fair, T..6/9/00
347 Shakur, A..3/25/00
347 Gillette, M..4/8/00
341 Hall, B..4/14/00
341 Mixon, V..4/14/00

123 BENCH
245 Salazar, P..3/25/00
245 Snider, C..10/14/00
236 Donnahoe, B..6/9/00
235 Palmer, B..3/25/00
231 Payer, J..8/26/00
230 Garcia, J..3/25/00
225 Rivas, D..3/25/00
225 Garo, C..5/13/00
220 Morris, J..3/18/00
220 Hoffman, J..3/18/00

220 Goins, T..3/25/00
220 Manmano, E..5/13/00
215 Lewis, J..3/25/00
215 Carajal, E..3/25/00
215 Broussard, D..3/25/00
210 Patzner, J..4/1/00
210 Jenkins, T..10/14/00
210 Giambalvo..11/17/00
205 Jones, J..3/25/00
205 Miller, J..6/10/00

123 DEADLIFT
425 Rivas, D..3/25/00
425 Bowling, G..3/25/00
424 Shakur, A..3/25/00
415 Vasquez, R..3/25/00
410 Adami, T..3/25/00
407 Donnahoe, B..6/9/00
405 Jones, J..3/25/00
405 Manmano, E..5/13/00
402 Hunter, D..4/14/00
400 Goins, T..3/25/00

400 Parker, P..10/7/00
396 Evans, L..3/25/00
396 Leverson, T..4/14/00
391 Rose, A..4/14/00
390 Lewis, J..3/25/00
385 Garo, C..5/13/00
380 Rodriguez, J..3/25/00
375 Hernandez, G..3/25/00
375 Arellano, E..3/25/00
374 Forel, S..3/25/00

123 TOTAL
1120 Goins, T..3/11/00
1070 Rivas, D..3/11/00
1015 Lewis, J..3/11/00
1000 Jones, J..3/25/00
990 Picou, J..3/11/00
985 Garcia, J..3/11/00
980 Palmer, B..3/11/00
975 Bowling, G..3/25/00
975 Donnahoe, B..6/9/00
970 Vasquez, R..3/25/00

955 Adami, T..3/11/00
950 Matthews, C..3/11/00
945 Walding, D..3/11/00
940 Salazar, P..3/11/00
925 Rodriguez, J..3/11/00
920 Shakur, A..3/25/00
910 Robinson, T..3/11/00
909 Rose, A..4/14/00
903 Fair, T..6/9/00
900 Hernandez, G..3/25/00

132 SQUAT
540 Maile, J..3/25/00
490 Williams, M..3/25/00
440 Scott, O..3/25/00
430 Lorenz, K..3/25/00
424 Ortega, J..4/8/00
415 Miller, J..3/25/00
413 Panyasee, J..3/25/00
410 Gallavan, D..3/5/00
402 Rivas, D..4/14/00
402 Ross, M..4/14/00

400 Bryant, M..3/25/00
400 Kalina,J..3/25/00
400 Mercer, C..3/25/00
396 Caldwell, J..4/14/00
396 Kiletico, M..6/9/00
391 Smith, L..3/25/00
391 Laney, M..4/14/00
390 Goodwyn, D..3/25/00
385 Collins, T..3/25/00
385 Sansom, J..3/25/00

132 BENCH
292 Maile, J..3/25/00
290 Gallavan, D..3/5/00
275 Forehand, J..12/9/00
265 Jones, T..3/25/00
260 Horton, J..10/14/00
248 Osgood, D..10/28/00
248 Remiticado, G..11/16/00
245 Williams, M..3/25/00
245 Ortega, J..3/25/00
245 Collins, T..3/25/00

245 Phillips, S..3/25/00
236 Stacy, J..3/25/00
236 Ross, M..4/14/00
236 Kiletico, M..6/9/00
236 Godawa, T..6/24/00
230 Lorenz, K..3/25/00
230 Sanchez, A..3/25/00
230 Ankrom, A..3/25/00
230 Giambalvo, J..6/15/00
225 Seymour, S..2/19/00

132 DEADLIFT
501 Maile, J..3/25/00
495 Bryant, M..3/25/00
480 Ortega, J..3/25/00
473 Beasley, M..3/25/00
470 Williams, M..3/25/00
462 Smith, L..3/25/00
455 Sansom, J..3/25/00
451 Kiletico, M..6/9/00
440 Seymour, S..2/19/00
440 Brown, G..3/25/00

435 Smiths, M..1/22/00
435 Goodwyn, D..3/25/00
435 Price, H..4/14/00
435 Renn, R..6/9/00
430 Sanchez, A..3/25/00
429 Lark, F..4/14/00
429 Judge, J..4/14/00
429 Toro, D..6/9/00
425 Scott, O..3/25/00
425 Collins, T..3/25/00

132 TOTAL
1333 Maile, J..3/25/00
1235 Williams, M..3/25/00
1140 Ortega, J..3/11/00
1125 Scott, O..3/11/00
1120 Gallavan, D..3/5/00
1105 Collins, T..3/11/00
1085 Wallace, K..3/11/00
1085 Bryant, M..3/25/00
1085 Kiletico, M..6/9/00
1058 Beasley, M..3/25/00

1058 Smith, L..3/25/00
1055 Lorenz, K..3/25/00
1052 Panyasee, J..3/25/00
1052 Osgood, D..10/28/00
1045 Goodwyn, D..3/25/00
1040 Phillips, S..3/11/00
1040 Sansom, J..3/25/00
1025 Kalina, J..3/25/00
1020 Garcia, D..3/11/00
1020 Miller, J..3/25/00

148 SQUAT
600 Maile, J..9/15/00
530 Bryant, T..3/25/00
515 Davis, W..3/25/00
501 Ramos, C..4/8/00
479 Galina, M..4/8/00
475 McNew, S..3/25/00
475 Venters, T..3/25/00
470 Willis, C..3/25/00
465 Buehrer, D..3/25/00
465 Kreg, B..3/25/00

460 Silas, O..3/25/00
446 Munoz, J..4/8/00
446 Kibler, D..6/10/00
440 Bridgewater, B..3/25/00
440 Rudolph, D..3/25/00
440 Dews, B..4/8/00
435 Baston, M..3/25/00
435 Vaughn, S..3/25/00
430 Zapata, E..3/25/00
429 Kreft, D..3/25/00

148 BENCH
325 Martin, M..11/17/00
319 Kempf, J..8/12/00
310 Cervantes, S..3/25/00
308 Gallavan, D..3/25/00
308 Maile, J..9/15/00
308 Hanifen, L..9/16/00
305 Pierce, D..10/15/00
305 Tafelski, B..11/4/00
303 Nosek, R..5/20/00
300 Mangino, L..10/15/00

297 Galina, M..4/8/00
295 Syc, J..7/15/00
290 Bridgewater, B..3/25/00
286 Hall, P..4/14/00
286 Enloe, M..6/3/00
286 Jarrett, M..8/26/00
286 Parker, A..11/17/00
285 Shively, A..2/5/00
285 Ellis, G..2/5/00
285 Todorich, F..3/25/00

148 DEADLIFT
650 Bryant, T..3/25/00
525 Silas, O..3/25/00
523 Dews, BZ..4/8/00
518 Munoz, J..4/8/00
501 Harper, B..4/14/00
501 Kibler, D..6/10/00
495 Willis, C..3/25/00
490 Galina, M..4/8/00
490 McLendon, V..4/14/00
485 Kibler, K..6/10/00

480 Davis, W..3/25/00
480 Venters, T..3/25/00
475 McNew, S..3/25/00
473 Alexander, S..2/12/00
473 Saxton, R..4/14/00
457 Kreft, D..3/25/00
457 Nindorf, K..3/25/00
457 Ramos, C..4/8/00
455 Griffin, J..1/22/00
451 Street, A..3/25/00

148 TOTAL
1440 Bryant, T..3/25/00
1361 Maile, J..9/15/00
1325 Davis, W..3/11/00
1267 Galina, M..4/8/00
1240 Willis, C..3/25/00
1223 Munoz, J..4/8/00
1218 Ramos, C..4/8/00
1215 Willis, Z..3/11/00
1215 Silas, O..3/25/00
1205 Venters, T..3/11/00

1205 McNew, S..3/25/00
1195 Bridgewater, B..3/11/00
1190 Kibler, D..6/10/00
1185 Baston,M..3/25/00
1160 Kirby, C..3/11/00
1160 Buehrer, D..3/25/00
1155 Cervantes, S..3/25/00
1151 Dews, B..4/8/00
1146 Gallavan, D..3/25/00
1135 Kreft, D..3/25/00

165 SQUAT
560 Suter, J..1/8/00
551 Caprari, T..6/10/00
540 Bass, L..4/14/00
525 Carr, C..3/25/00
525 Villareal, G..3/25/00
523 Whitfield, T..4/14/00
520 Smith, W..3/5/00
520 Hadnot, R..3/25/00
520 Guerrero, J..3/25/00
515 Isom, M..3/25/00

515 Green, P..3/25/00
505 Smith, T..1/22/00
500 Logan, A..1/22/00
500 Monk, J..3/25/00
496 Roberts, J..4/15/00
490 Morgan, E..3/25/00
485 Exson, C..4/14/00
473 Luckett, M..3/25/00
473 Dean, K..3/25/00
473 Jackson, L..4/14/00

165 BENCH
380 Pease, J..6/10/00
360 Caprari, T..6/3/00
352 Arreseigor, E..4/15/00
350 Barnes, D..4/1/00
347 Kaneshiro, C..7/22/00
345 Madison..12/16/00
340 Palumbo, A..5/6/00
340 Warpeha, F..6/25/00
340 Reid, P..7/1/00
335 Vefano, S..5/13/00

335 Daviera, J..10/15/00
330 Paige, Z..7/29/00
325 Alberes, J..1/8/00
325 Garza, W..2/20/00
325 Guerrero, J..4/8/00
325 Kempf, J..7/16/00
320 Blubaugh, M..8/5/00
320 Gianoti, J..10/15/00
320 Beaudry, J..11/18/00
319 Dellmyer, L..4/29/00

165 DEADLIFT
688 Caprari, T..6/10/00
585 Roberts, J..1/22/00
562 Guerrero, J..4/8/00
562 Redmon, W..12/9/00
551 Exson, C..4/14/00
551 Kimble, L..4/14/00
550 Hadnot, R..3/25/00
545 Alcock, S..6/3/00
535 Escamilla, B..3/25/00
534 Munoz, J..8/5/00

529 Ruiz, J..3/12/00
529 Brooks, S..3/25/00
529 Beck, B..3/2/500
525 Monk, J..3/25/00
525 Walker, K..3/25/00
523 Bass, L..4/14/00
523 Jackson, L..4/14/00
518 Williams, D..3/25/00
515 Smith, T..1/22/00
515 Suter, J..1/22/00

165 TOTAL
1631 Caprari, T..6/10/00
1415 Hadnot, R..3/11/00
1405 Guerrero, J..4/8/00
1350 Smith, W..3/5/00
1335 Taylor, A..3/11/00
1320 Monk, J..3/11/00
1315 Suter, J..1/8/00
1315 Smith, T..1/22/00
1295 Isom, M..3/11/00
1295 Brooks, S..3/25/00

1295 Carr, C..3/25/00
1295 DeLeon, A..3/11/00
1290 Roberts, J..1/22/00
1289 Luckett, M..3/25/00
1289 Redmon, W..6/10/00
1280 Escamilla, B..3/11/00
1275 Walker, K..3/25/00
1273 Bass, L..4/14/00
1273 Munoz, J..8/5/00
1262 Whitfield, T..4/14/00

181 SQUAT
605 Morrow, M..3/25/00
600 Caprari, T..3/18/00
600 Milam, J..4/8/00
570 McMullen, L..3/25/00
562 Suter, J..3/26/00
555 White, J..3/25/00
550 Alaniz, R..3/25/00
545 Rice, W..3/26/00
541 Brewer, D..6/10/00
540 Johnson, D..3/25/00

181 BENCH
420 Young, N..3/5/00
405 Solomon, A..11/12/00
402 McMellan, R..5/7/00
400 Robinson, J..4/15/00
380 McDowell, B..7/29/00
380 Harris, A..9/17/00
375 Jennings..7/26/00
375 Floyd, D..11/7/00
374 Howard, B..12/2/00
365 Smith, J..7/22/00

181 DEADLIFT
670 Morrow, M..3/25/00
655 Caprari, T..2/26/00
600 Moore, L..1/22/00
578 Suter, J..3/26/00
570 White, C..1/22/00
562 Rice, W..3/26/00
560 Haralson..6/3/00
551 Hernandez, J..3/26/00
550 Pugh, M..3/25/00
550 Bustillos, J..3/25/00

181 TOTAL
1610 Caprari, T..3/18/00
1605 Morrow, M..3/11/00
1475 Capitello, S..3/11/00
1450 Windham, N..3/11/00
1432 Rice, W..3/26/00
1405 Suter, J..3/26/00
1405 Milam, J..4/8/00
1400 Alaniz, R..3/25/00
1395 Johnson, D..3/11/00
1380 McMullen, L..3/25/00

535 Womack, Z..7/29/00
534 Michael, B..7/16/00
530 Rickey, D..3/25/00
525 Capitello, S..3/25/00
523 Wright, J..4/29/00
518 Sanchez, D..3/12/00
518 Cameron, L..4/14/00
518 McKay, I..6/17/00
515 Troutt, A..9/9/00
507 Sharkey, M..6/3/00

198 SQUAT
617 Goldin, M..11/11/00
610 Bider, J..5/27/00
600 Wagner, S..2/20/00
600 Davis, P..3/25/00
585 Abrego, M..3/25/00
582 Elliott, C..3/18/00
580 Munshower, P..3/25/00
575 Trianiaphilides..3/25/00
556 Marrama, R..8/13/00
551 Brown, B..4/15/00

551 Ball, A..4/15/00
550 Brown, J..1/22/00
550 Trietsch, J..3/25/00
540 Borchardt, D..3/11/00
540 Scroggins, L..3/25/00
540 Wendel, E..4/1/00
535 Burrow..3/25/00
534 Johnson, J..3/26/00
534 Atkins, L..5/13/00
529 Birdsley, M..2/26/00

220 SQUAT
650 Coleman, D..4/15/00
650 Scott, E..4/15/00
628 Ryan, N..4/15/00
628 Anderson, D..7/8/00
622 Miller, D..2/20/00
617 Bacon, T..3/26/00
615 Emnott, J..3/11/00
611 Brown, J..4/15/00
610 Swanson, J..1/22/00
600 Garrett, A..3/25/00

600 Campbell, J..4/8/00
600 Mitchell, B..4/15/00
600 Wagner, S..4/29/00
600 Davi, P..12/9/00
600 Theorell, J..12/16/00
589 Collins, T..4/15/00
585 Dotson, J..3/25/00
570 Morales, M..3/25/00
570 DeLosSantos, A..3/25/00
565 Green, K..3/5/00

242 SQUAT
650 Divincenti, J..3/26/00
650 Hall, A..8/5/00
644 Morse, C..8/5/00
635 Romero, N..3/25/00
630 Contreras, M..3/25/00
620 Ybarra, J..3/25/00
620 Harbour, D..3/25/00
605 Bob, L..3/25/00
600 Shop, J..1/8/00
600 Schlager, J..3/25/00

600 Martinez, M..3/25/00
600 Illingworth, B..3/25/00
600 Gavin, W..4/15/00
600 James, J..4/15/00
600 Cyphert, B..6/17/00
590 Soigniee, B..1/22/00
590 Estringel, O..3/25/00
589 Doss, K..4/8/00
585 Townsend, J..12/2/00
580 Guzman, M..3/25/00

275 SQUAT
710 Sparks, P..11/14/00
685 Hunt, K..3/25/00
677 Bryant, J..6/11/00
665 Johnson, J..3/25/00
660 Harris, N..3/25/00
660 Dorr II, C..6/18/00
660 Tsourounis, N..6/18/00
635 Barnett, J.J..3/25/00
635 Reed, M..3/25/00
630 Norice, C..3/25/00

630 Rico, A..3/25/00
628 Aspuru, F..11/10/00
620 McElveen, B..3/25/00
617 Saldierna, E..6/11/00
611 Montgomery, S..4/15/00
610 Promise, R..3/25/00
605 Goldberg, S..3/11/00
600 Wright, L..1/22/00
600 Dunn, S..3/25/00
600 Whitworth, J..3/25/00

SHW SQUAT
804 Nelson, C..6/11/00
800 Deary, B..3/25/00
785 McGee, J..3/25/00
780 Achtsam, F..3/25/00
750 Collier, A..3/25/00
749 Richards, E..6/11/00
749 Harris, R..6/11/00
716 Spencer, C..4/15/00
705 Bivens, E..3/25/00
705 Jones, R..4/8/00

700 Musser, T..6/18/00
685 Orosco, A..3/25/00
675 Branch, C..3/25/00
675 Felder, R..3/25/00
670 Williams, J..3/25/00
650 Mason, J..3/25/00
650 Mosley, L..4/15/00
650 Brand, B..6/18/00
640 Dominque, J..3/25/00
635 Frazier, J..3/25/00

365 Cooper, Z..8/13/00
360 Caprari, T..3/18/00
358 Rodriguez, A..6/10/00
355 Fiore, T..5/20/00
352 Palombo, A..11/17/00
347 Higgins, J..12/16/00
341 Alaniz, R..4/8/00
341 Terrell, H..4/14/00
341 Jovanovic, M..5/20/00
340 Vanison, G..3/11/00

198 BENCH
470 Reilsono, C..3/26/00
435 Davi, P..6/25/00
425 Manners, L..5/13/00
425 Fidler, J..7/1/00
420 McMillian, R..12/16/00
408 Loomis, J..6/4/00
407 Konstantopoulos..2/20/00
405 Witt, E..7/8/00
402 Albert, K..12/9/00
400 Roy, R..11/19/00

396 Cridge, E..10/28/00
380 Goldin, M..6/10/00
380 Steinberg, J..8/5/00
380 Sladana, J..10/14/00
370 Smith, D..12/9/00
369 Roberts, M..1/22/00
369 Roy, R..3/18/00
369 Johnson, J..3/26/00
369 Marrama, R..8/13/00
365 Floyd, D..3/18/00

220 BENCH
479 Larsen, A..3/26/00
473 Sowder, T..5/21/00
451 Goldworthy, D..6/4/00
424 Davi, P..12/9/00
410 Bird, A..2/26/00
410 Witt, E..4/29/00
407 Aulisio, B..4/30/00
402 Etheredge, M..12/3/00
391 Mitchell, B..4/15/00
391 Lobliner, M..4/16/00

385 Garrett, A..3/25/00
385 Young, T..3/26/00
380 Watkins, E..3/25/00
380 Higgins, L..6/3/00
380 Gibson, S..8/5/00
380 Theorell, J..12/16/00
375 Cellante,J..3/26/00
375 Etheridge, C..12/16/00
370 Edwards, J..2/27/00
370 Nadeau, J..3/11/00

242 BENCH
430 Golden, T..8/5/00
425 Townsend, J..12/2/00
420 Darden, C..3/25/00
418 Huddleston, M..4/8/00
415 Wall, K..11/7/00
415 Milliken, D..12/16/00
405 Zertler, R..5/7/00
400 Everett, A..7/15/00
396 Jordan, J..3/19/00
390 Lloyd, K..7/8/00

385 Geisler, T..2/26/00
385 Roesler, T..11/19/00
380 Ybarra, J..3/25/00
375 Romero, N..3/25/00
375 Smith, T..5/20/00
374 Seath, M..8/6/00
370 Rankin, J..3/11/00
370 Schlager, J..3/25/00
370 Tingler, M..4/1/00
369 Etheridge, M..3/11/00

275 BENCH
507 Bryant, J..6/11/00
502 Sparks, P..11/14/00
490 Strickland, H..5/20/00
440 Promise, R..3/25/00
425 Milliken, D..5/20/00
424 Sacher, C..2/12/00
424 Hunt, K..4/8/00
415 Dunn, S..3/25/00
407 Aspuru, F..11/10/00
407 Cam, J..11/18/00

407 Cornett, C..12/2/00
405 Dorr II, C..6/18/00
391 Stoddard, C..3/26/00
390 Norice, C..3/25/00
390 O'Gorman, K..4/22/00
385 Whitworth, J..3/25/00
385 Young, T..3/25/00
380 Ryan, L..3/18/00
380 Harris, N..3/25/00
380 Arnold, K..4/1/00

SHW BENCH
507 Harris, R..6/11/00
462 Sacher, C..9/23/00
455 McGee, J..3/25/00
430 Williams, J..3/25/00
430 Tausa, T..6/3/00
430 Kryzak, M..6/3/00
418 Tofferi, N..3/26/00
415 Harris, G..4/15/00
413 Richards, E..6/11/00
407 Achtsam, E..4/8/00

407 Nelson, C..6/11/00
405 Musser, T..6/18/00
402 Conkey, L..6/11/00
402 McDaniel, S..11/19/00
395 Thomas, C..11/19/00
391 Ward, J..4/30/00
390 Hull, W..4/29/00
385 Collier, A..3/25/00
385 Frazier, J..3/25/00
385 Kuhnen, J..11/11/00

550 Womack, Z..7/29/00
545 Arceneaux, B..6/10/00
540 Cameron, L..4/14/00
540 Cunningham, J..9/24/00
535 Windham, N..3/25/00
535 DeStafano..11/18/00
534 Sharkey, M..6/3/00
534 Bainbridge, J..6/10/00
530 Johnson, D..3/25/00
529 Dykstra, M..3/26/00

198 DEADLIFT
666 Reynolds, K..3/26/00
640 Koulopoulos..6/18/00
639 Wendel, E..6/10/00
623 Hayes, T..11/18/00
622 Davi, P..8/12/00
611 Robinson, T..3/26/00
589 Cridge, E..10/28/00
585 Brown,J..1/22/00
584 Steger, J..2/19/00
580 Smith, J..3/25/00

580 Furman, M..8/5/00
578 Ruben, K..4/15/00
575 Brown, A..7/9/00
562 Marrama, R..8/13/00
560 Davis, P..3/25/00
560 Yosko, B..3/25/00
556 Beaver, B..3/26/00
556 Goldin, M..11/11/00
556 Eslick, K..11/18/00
551 Semon, K..3/12/00

220 DEADLIFT
650 Coleman, D..4/15/00
628 Miller, D..2/20/00
628 Bacon, T..3/26/00
628 Schlegel, A..11/18/00
622 Campbell, J..4/8/00
617 Swanson, J..3/26/00
617 Davi, P..12/9/00
615 Rowe, B..3/25/00
610 Funk, M..3/25/00
605 Upton, C..1/22/00

605 Miller, B..12/8/00
600 Papillion, C..3/25/00
600 Fitz, J..5/20/00
600 Hubbard, K..6/4/00
600 Hollendonnar, T..7/1/00
600 Walker, M..9/17/00
595 Theorell, J..12/16/00
590 Patton, J..3/25/00
589 Mitchell, B..4/15/00
585 Dotson, J..3/25/00

242 DEADLIFT
633 Schlegel, A..6/25/00
625 Myers, B..7/8/00
625 Field-Eaton, C..12/16/00
620 Sylve, J..3/5/00
617 Upton, C..4/15/00
611 Fitz..2/27/00
611 Doss, K..4/8/00
610 Milliken, D..12/16/00
610 Taylor, L..12/16/00
606 Porter, T..5/6/00

600 Shop, J..1/8/00
600 Wade, J..3/25/00
600 Franch, S..3/26/00
589 Divincenti,J..3/26/00
584 Stainbrook, J..3/26/00
580 Richards, R..3/25/00
570 Martinez, M..3/25/00
567 Etheridge, S..6/3/00
565 Fong, P..3/25/00
562 Smith, M..4/15/00

275 DEADLIFT
665 Johnson, J..3/25/00
665 Barnett, J.J..3/25/00
644 Bryant, J..6/11/00
635 Miller, S..7/22/00
633 Duncan, M..3/26/00
628 Milliken, D..10/18/00
628 Taylor, L..11/18/00
625 Dorr II, C..6/18/00
622 Sparks, P..5/21/00
611 Montgomery, S..4/15/00

606 Clark, T..3/26/00
606 Stainbrook, J..6/11/00
600 Blier, C.J..3/25/00
600 Hunt, K..4/8/00
589 Burrell, S..4/15/00
580 McClain, C..8/5/00
575 Perez, R..3/25/00
575 Terrence, J..3/25/00
573 Carroll, J..3/11/00
573 May, J..4/16/00

SHW DEADLIFT
777 Richards, E..6/11/00
655 Tausa, T..6/3/00
639 Harris, R..6/11/00
633 Newton, J..4/15/00
606 Achtsam, F..4/8/00
606 Mosley, L..4/15/00
600 Dominque, J..3/25/00
600 Washington, T..3/25/00
600 Doolittle, J..3/26/00
600 Conkey, L..4/1/00

600 Spitz, J..4/2/00
600 Greeniee, E..4/8/00
600 Hensarling, L..4/15/00
600 Howell, R..4/15/00
600 Nelson, C..6/11/00
600 Yates, S..12/8/00
595 Williams, S..1/22/00
589 Gibbs, N..4/16/00
585 Whitwort, A..1/22/00
585 McGee, J..3/25/00

1380 Solomon, A..11/12/00
1377 Howard, B..12/2/00
1375 Bustillos, J..3/11/00
1375 Womack, Z..7/29/00
1366 Brewer, D..6/10/00
1365 White, J..3/11/00
1350 Rickey, D..3/11/00
1350 Pugh, M..3/11/00
1350 Jones, J..3/11/00
1333 Sanchez, D..3/12/00

198 TOTAL
1554 Goldin, M..11/11/00
1510 Wendel, E..6/10/00
1499 Wagner, S..2/20/00
1493 Cridge, E..10/28/00
1488 Marrama, R..8/13/00
1482 Robinson, T..3/26/00
1471 Reynolds, K..3/26/00
1470 Smith, J..3/11/00
1470 Davis, P..3/11/00
1470 Abrego, M..3/11/00

1445 O'Brien, D..3/11/00
1440 Bider, J..5/27/00
1438 Elliott, C..4/29/00
1435 Christian..3/11/00
1430 Trianiaphilides..3/25/00
1427 Johnson, J..2/26/00
1425 Burrow..3/11/00
1416 Semon, K..3/12/00
1410 Bell, A..7/16/00
1405 Furman, M..6/17/00

220 TOTAL
1664 Coleman, D..4/15/00
1642 Davi, P..12/9/00
1581 Mitchell, B..4/15/00
1575 Theorell, J..12/16/00
1560 Garrett, A..3/11/00
1559 Bacon, T..3/26/00
1554 Miller, D..2/20/00
1548 Campbell, J..4/8/00
1545 Matthews, R..3/11/00
1535 Swanson, J..1/22/00

1520 Funk, M..3/25/00
1504 Ryan, N..4/15/00
1499 Fitz, J..5/20/00
1493 Brown, J..4/15/00
1482 Scott, E..4/15/00
1477 Wagner, S..4/29/00
1470 Forward, W..3/11/00
1465 Rowe, B..3/25/00
1460 Patton, J..3/11/00
1460 Anderson, D..7/8/00

242 TOTAL
1600 Romero, N..3/11/00
1575 Milliken, D..12/16/00
1560 Townsend, J..12/2/00
1554 Hall, A..8/5/00
1548 Divincenti, J..3/26/00
1545 Bob, L..3/11/00
1537 Morse, c..8/5/00
1535 Sylve, J..3/5/00
1535 Ybarra, J..3/25/00
1515 Shop, J..1/8/00

1510 Huddleston, M..4/8/00
1504 Upton, C..4/15/00
1500 Schlager, J..3/25/00
1500 Field-Eaton, C..12/16/00
1485 Martinez, M..3/11/00
1475 Savannah, A..3/11/00
1475 Contreras, M..3/11/00
1475 Howard, P..3/11/00
1475 Darden, C..3/11/00
1471 Fitz..2/27/00

275 TOTAL
1824 Bryant, J..6/11/00
1807 Sparks, P..11/14/00
1730 Johnson, J..3/11/00
1708 Hunt, K..4/8/00
1690 Dorr II, C..6/18/00
1675 Barnett, J.J..3/25/00
1620 Promise, R..3/11/00
1590 Tsourounis, N..6/18/00
1587 Aspuru, F..11/10/00
1570 Dunn, S..3/25/00

1570 Norice, C..3/25/00
1565 Blier, C.J..3/25/00
1555 Dehoyes, S..3/11/00
1555 Harris, N..3/25/00
1554 Montgomery, S..4/15/00
1550 Reed, M..3/25/00
1543 Stainbrook, J..6/11/00
1537 Duncan, M..3/26/00
1535 Dvoracek, D..3/11/00
1535 Barbosa, J..3/11/00

SHW TOTAL
1940 Richards, E..6/11/00
1896 Harris, R..6/11/00
1825 McGee, J..3/25/00
1813 Nelson, C..6/11/00
1800 Achtsam, F..3/11/00
1800 Deary, D..3/11/00
1800 Collier, A..3/11/00
1670 Musser, T..6/18/00
1655 Dominque, J..3/11/00
1645 Tausa,T..6/3/00

1630 Williams, J..3/25/00
1620 Jones, R..4/8/00
1595 Branch, C..3/25/00
1590 Orosco, A..3/25/00
1575 Newton, J..4/15/00
1570 Bivens, E..3/25/00
1570 Frazier, J..3/25/00
1565 Felder, R..3/11/00
1554 Spencer, S..4/15/00
1550 Hull, W..4/29/00

Jeff Theorell *competed at the USAPL Holiday Classic on December 16th, posting numbers that earned consideration for this year's Powerlifting USA TEENAGE TOP 20 ranking list in the 220 lb. division. (Brian Baertlein photo)*

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POWERLIFTING USA presents the

MASTERS TOP 20

These are the TOP 20 Master powerlifters in the United States for the year 2000. If any errors or omissions are noted, please report them to *POWERLIFTING USA* Magazine, Box 467, Camarillo, CA 93011. We do, course, make our own errors in the compilation of this list, which covers masters division competitors ONLY, but some significant meet results are never received at our office for inclusion in the rankings. Furthermore, some of the results we do receive do not specify the lifter's age or bodyweight, and - in the latter case - we don't know which weight class to credit the efforts against.

Cathy Solan, seen above winning her masters category at the 2001 USAPL Women's Nationals, is one of many women masters who have made the TOP 20 list. (photo by Sioux-z Hartwig)

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114 SQUAT
380 Snell, K..4/1/00
319 Leverett, A..4/15/00
286 Bowers, S..10/17/00
275 Murphy, G..2/12/00
259 Shear, J..3/18/00
248 Solan, C..1/29/00
236 Gedney, J..1/29/00
220 Baker, N..5/20/00
214 Eaton, P..3/18/00
203 Killikauskas..11/14/00

192 Brigham, C..11/18/00
190 Aliminosa, D..4/1/00
187 Ewing, P..3/18/00
180 Scudder, A..9/24/00
176 Tighe, T..3/11/00
170 Souza, M..8/12/00
165 Mehmedbasich..4/30/00
154 Higgins, M..11/14/00
143 Rodefer, J..5/20/00
126 Schoonmaker, L..11/4/00

123 SQUAT
462 Snell, K..11/11/00
374 Lamb, B..6/3/00
352 Barleen, D..5/6/00
336 Higgins, F..5/6/00
330 Galant, A..5/6/00
330 Meadows, S..12/9/00
319 Murphy Jr., G..8/12/00
286 Jackson, D..3/18/00
281 McNulty, D..2/25/00
281 Casper, P..4/28/00

275 Hicks, C..1/29/00
275 Liberatore, J..2/26/00
275 Fruzyna, B..5/20/00
236 Howard, B..8/26/00
231 Lopez, L..1/29/00
225 Novik, J..6/15/00
209 Whidden, M..1/29/00
185 Abrams, S..2/29/00
170 Catron, D..9/23/00
145 Barnes, C..4/1/00

132 SQUAT
407 Rosen, I..5/6/00
400 Redding, J..4/1/00
380 DelGallo, R..4/1/00
358 Corsello, J..5/6/00
352 Shivaie, H..5/6/00
341 Kennedy, C..6/3/00
341 Stein, E..10/17/00
319 Holzbauer, D..5/6/00
308 Maulding, Q..3/11/00
308 Burgess, I..5/6/00

308 Kawasaki, N..11/10/00
297 Bishop, T..5/6/00
290 Middleton, L..5/20/00
286 Dingle, K..1/29/00
286 Blaize, M..5/6/00
260 Landess, G..7/8/00
248 Rosenblum, M..3/18/00
248 Lonsdale,L..10/28/00
245 Walker, S..9/9/00
240 Norris, M..4/22/00

148 SQUAT
625 Heath, D..6/16/00
530 Payne, P..6/24/00
529 Weinstein, L..5/6/00
518 Cyr, A..5/20/00
515 Brown..11/17/00
490 Bridges, A..5/6/00
490 Griffith..5/13/00
485 Mason, M..4/1/00
480 Johnson, S..4/1/00
479 Charles, R..5/20/00

450 Belt, D..10/28/00
435 Whitney, D..4/1/00
435 Cruz, R..7/8/00
430 Granato..7/29/00
424 Glass, F..5/20/00
420 Love, B..11/4/00
415 Wider, M..10/14/00
413 Lofing, M..7/16/00
407 Houle, R..8/12/00
402 Pellegrino, J..5/6/00

165 SQUAT
644 Conyers, T..12/2/00
610 Kiser, G..5/13/00
606 Roy, M..5/6/00
600 Fields, D..2/26/00
595 Reichert, G..11/16/00
578 Little, A..3/11/00
575 Wahl, R..11/12/00
567 Tyree, J..3/11/00
560 Rivera, M..7/8/00
551 Wodraska, C..11/10/00

545 Cayer, A..5/6/00
540 Olson, G..11/16/00
530 Snell, S..4/1/00
530 Gill, U..9/24/00
529 Flores, R..5/20/00
515 Jacobs, J..8/12/00
510 McCarthy, D..5/20/00
496 Duran, L..4/8/00
496 Alduenda, S..5/6/00
485 Welch..7/8/00

181 SQUAT
805 Kamand, T..11/18/00
650 Wambsgans, F..5/20/00
633 Olson, G..6/17/00
620 Woodley, L..12/16/00
606 Wiley, D..6/10/00
601 Piermattei, F..11/18/00
600 Zweig, G..5/20/00
595 Maile, L..10/21/00
580 Smoker, J..5/28/00
578 Scully, B..5/6/00

114 BENCH
235 Snell, K..1/29/00
215 Huneycutt, B..4/28/00
215 Murphy Jr., G..6/10/00
181 Leverett, A..4/15/00
159 James, A..4/15/00
143 Baker, N..5/20/00
140 Bertoli, M..8/12/00
137 Krochmal, C..2/20/00
135 Lafferty, B..2/26/00
135 Karas, J..11/11/00

126 Gedney, J..1/29/00
126 Shear, J..3/18/00
126 Bowers, S..10/17/00
121 Mehmedbasich..1/29/00
121 Brigham, C..4/28/00
121 McNeely, V..11/16/00
120 Peterson, A..2/26/00
115 Ewing, P..3/18/00
115 Solan, C..10/17/00
110 Spaletto, C..2/20/00

123 BENCH
270 Garvey, F..4/30/00
270 Snell, K..11/11/00
253 Barleen, D..5/6/00
236 Higgins, F..5/6/00
225 Gomez-Leon, S..11/18/00
220 Murphy Jr., G..3/18/00
220 Pichay, V..3/18/00
220 Meadows, S..12/9/00
215 Raburn, J..4/30/00
214 Lamb, B..6/3/00

190 Muth, L..4/15/00
170 Galant, A..5/6/00
170 Taubman, H..11/17/00
166 James,A..6/24/00
165 Liberatore, J..2/26/00
165 Patterson, C..8/5/00
159 Hicks, C..1/29/00
159 Jackson, D..3/18/00
159 Casper, P..4/28/00
154 Bryant, P..8/5/00

132 BENCH
305 Young, A..3/4/00
292 Corsello, J..5/6/00
275 Coisson, B..6/3/00
265 Wooddell, K..1/29/00
233 Kawasaki, N..11/10/00
220 Maulding, Q..3/11/00
220 Calhoun, B..3/18/00
220 Gomez-Leon, S..3/25/00
220 Holzbauer, D..5/6/00
215 Redding, J..4/1/00

214 DelGallo, R..4/1/00
209 Rosen, I..5/6/00
209 Shivaie, H..5/6/00
209 Burgess, I..5/6/00
209 Kennedy, C..6/3/00
209 Boston, M..10/28/00
205 Tantog, C..5/13/00
187 Napp, G..4/30/00
187 Evans, C..8/26/00
181 Stein, E..1/29/00

148 BENCH
430 Heath, D..6/16/00
370 Yu, J..8/5/00
369 Bridges, A..5/6/00
369 Evangelista, F..8/5/00
363 Weingust, S..6/24/00
352 Lawrence, J..3/4/00
347 Lupis, F..12/2/00
335 Henderson..7/27/00
320 Larson, G..3/18/00
319 Weinstein, L..5/6/00

319 Stewart, S..6/3/00
315 Nellis, V..2/6/00
315 Colella, A..2/26/00
315 Ankrom, E..6/15/00
308 Uyeoka, B..4/8/00
308 Zerbe, S..6/10/00
305 Johnson, S..4/1/00
305 Granato..7/29/00
300 Scribner, J..11/12/00
297 Colleia, C..3/11/00

165 BENCH
481 Miller, L..5/6/00
479 Hara, M..9/16/00
435 Hamby, D..11/11/00
407 Higa, C..6/10/00
405 Craig, S..8/20/00
402 Conyers, T..9/9/00
402 Yu, J..9/16/00
400 Scardina, S..5/6/00
400 Santarone, N..12/16/00
385 Kiser, G..7/22/00

369 Herdling, B..2/20/00
369 Rivera, M..11/10/00
365 Watkins, B..5/13/00
363 Cayer, A..5/6/00
363 Tyree, J..11/17/00
360 Cardon, L..12/9/00
358 Marzheimer, D..11/17/00
352 McAllister, L..2/12/00
352 Roy, M..10/20/00
340 Vidal, A..5/13/00

181 BENCH
468 Beebe, B..9/23/00
460 West, C..4/1/00
450 Egli, R..8/20/00
446 Ingram, R..5/20/00
430 Green..7/29/00
430 Wood, J..8/20/00
429 Zangl, G..5/6/00
425 Kohler, S..9/2/00
418 Owens, M..3/19/00
418 Klostergaard, J..9/17/00

114 DEADLIFT
465 Snell, K..4/1/00
347 Bowers, S..10/17/00
341 Leverett, A..4/15/00
330 Murphy Jr., G..2/12/00
320 Bertoli, M..8/12/00
308 Shear, J..3/18/00
300 Scudder, A..9/24/00
286 Baker, N..5/20/00
286 Solan, C..10/17/00
286 Eaton, P..3/18/00

281 Gedney, J..1/29/00
270 Austin, K..5/17/00
259 Tighe, T..3/11/00
259 Killikauskas..11/14/00
259 Higgins, L..11/14/00
253 Ewing, P..3/18/00
253 McNeely, V..11/16/00
250 Metcalf, P..3/25/00
242 Souza, M..8/12/00
236 Schoonmaker, L..11/4/00

123 DEADLIFT
479 Snell, K..11/11/00
440 Meadows, S..5/13/00
429 Barleen, D..5/6/00
413 Lamb, B..6/3/00
395 Muth, L..4/15/00
380 Liberatore, J..2/26/00
374 Higgins, F..5/6/00
374 Galant, A..5/6/00
347 Jackson, D..3/18/00
341 Bryant, P..8/5/00

337 Patterson, C..11/17/00
336 Murphy Jr., G..8/12/00
325 Hayes, S..2/26/00
314 Hicks, C..1/29/00
314 McNulty, D..2/25/00
308 Lopez, L..1/29/00
308 Casper, P..4/28/00
300 Rogers, D..7/22/00
270 Whidden, M..1/29/00
259 Howard, B..8/26/00

132 DEADLIFT
440 Rosen, I..5/6/00
425 Redding, J..4/1/00
424 Shivaie, H..11/16/00
418 Stein, E..10/17/00
407 Barleen, D..4/28/00
407 Walker, J..6/24/00
405 Kawasaki, N..11/10/00
402 Corsello, J..5/6/00
391 DelGallo, R..5/6/00
391 Holzbauer, D..5/6/00

385 Tantog, C..5/13/00
374 Bishop, T..5/6/00
370 Landess, G..7/8/00
363 Burgess, I..5/6/00
352 Boston, M..10/28/00
336 Blaize, M..5/6/00
325 Calhoun, B..3/18/00
315 Norris, M..4/22/00
310 Walker, S..11/17/00
308 Dingle, K..1/29/00

148 DEADLIFT
550 Johnson, S..4/1/00
550 Belt, D..10/28/00
545 Weinstein, L..5/6/00
530 Whitney, D..4/1/00
515 Payne, P..6/24/00
510 Heath, D..6/16/00
507 Bridges, A..5/6/00
500 Corsi, D..11/5/00
496 Uyeoka, B..11/17/00
490 Houle, R..8/12/00

480 Brown..2/19/00
480 Love, B..11/4/00
479 Cortes, R..5/6/00
475 Ankrom, E..6/15/00
473 Evangelista, F..8/5/00
468 Cyr, A..5/20/00
462 Charles, R..5/20/00
460 Granato..11/17/00
457 Miller, T..8/26/00
451 Shivaie, H..2/19/00

165 DEADLIFT
683 Conyers, T..12/2/00
670 Kiser, G..5/13/00
611 Cayer, A..5/6/00
606 Reichert, G..5/20/00
605 Cirigliano, R..8/5/00
600 Tyree, J..3/11/00
600 Wahl, R..7/22/00
562 Nickele, J..5/20/00
560 Snell, S..4/1/00
556 Roy, M..10/20/00

551 Olson, G..2/12/00
551 Guthrie, G..5/6/00
550 Fields, D..2/26/00
545 Pittman, D..2/26/00
545 Whitten, M..5/7/00
545 Felton, D..6/25/00
540 Theodorou, N..4/29/00
540 Davis, K..7/22/00
540 Buddle, K..8/12/00
535 Rivera, M..7/8/00

181 DEADLIFT
705 Kamand, T..11/18/00
665 Woodley, L..8/27/00
633 Zweig, G..11/16/00
620 Alston, J..7/1/00
606 Wright, C..6/10/00
606 Wambgans, F..12/2/00
600 Beck, G..2/27/00
589 Scully, B..5/6/00
584 Lynch, R..4/29/00
584 McMillan, G..6/25/00

114 TOTAL
1075 Snell, K..4/1/00
832 Leverett, A..4/15/00
795 Murphy Jr. G..2/12/00
760 Bowers, S..10/17/00
694 Shear, J..3/18/00
655 Gedney, J..1/29/00
650 Baker, N..5/20/00
650 Solan, C..10/17/00
595 Eaton, P..3/18/00
585 Scudder, A..9/24/00

575 Bertoli, M..8/12/00
562 Killikauskas..11/14/00
556 Ewing, P..3/18/00
534 Tighe, T..3/11/00
518 Brigham, C..4/28/00
518 Aliminosa, D..10/17/00
518 Higgins, L..11/14/00
507 Mehmedbasich..4/30/00
501 Souza, M..8/12/00
468 Rodefer, J..5/20/00

123 TOTAL
1212 Snell, K..11/11/00
1036 Barleen, D..5/6/00
1003 Lamb, B..6/3/00
975 Meadows, S..5/13/00
947 Higgins, F..5/6/00
876 Galant, A..5/6/00
865 Murphy Jr., G..8/12/00
820 Liberatore, J..2/26/00
793 Jackson, D..3/18/00
749 Hicks, C..1/29/00

749 Casper, P..4/28/00
705 McNulty, D..2/25/00
650 Lopez, L..1/29/00
622 Howard, B..8/26/00
611 Whidden, M..1/29/00
610 Novik, J..6/15/00
600 Fruzyna, B..5/20/00
540 Abrams, S..2/29/00
505 Catron, D..9/23/00
445 Rogers, D..7/22/00

132 TOTAL
1058 Rosen, I..5/6/00
1052 Corsello, J..5/6/00
1015 Redding, J..4/1/00
975 DelGallo, R..4/1/00
970 Shivaie, H..5/6/00
947 Kawasaki, N..11/10/00
942 Stein, E..10/17/00
930 Holzbauer, D..5/6/00
881 Burgess, I..5/6/00
843 Bishop, T..5/6/00

837 Maulding, Q..3/11/00
837 Kennedy, C..6/3/00
790 Landess, G..7/8/00
782 Calhoun, B..3/18/00
782 Boston, M..10/28/00
760 Blaize, M..5/6/00
755 Dingle, K..1/29/00
715 Norris, M..4/22/00
705 Barleen, D..4/28/00
705 Middleton, L..5/20/00

148 TOTAL
1565 Heath, D..6/16/00
1394 Weinstein, L..5/6/00
1366 Bridges, A..5/6/00
1335 Johnson, S..4/1/00
1325 Payne, P..6/24/00
1280 Belt, D..10/28/00
1267 Cyr, A..5/20/00
1250 Brown..2/19/00
1215 Whitney, D..4/1/00
1201 Mason, M..4/1/00

1180 Granato..11/17/00
1179 Charles, R..5/20/00
1173 Uyeoka, B..4/8/00
1162 Houle, R..8/12/00
1160 Cruz, R..7/8/00
1160 Meekins, J..12/2/00
1135 Griffith, P..5/13/00
1113 Cortes, R..5/6/00
1107 Lofing, M..7/16/00
1102 Corsi, D..6/3/00

165 TOTAL
1730 Conyers, T..12/2/00
1655 Kiser, G..5/13/00
1521 Cayer, A..5/6/00
1510 Roy, M..10/20/00
1504 Tyree, J..3/11/00
1482 Reichert, G..5/20/00
1475 Fields, D..2/26/00
1455 Rivera, M..7/8/00
1455 Wahl, R..11/12/00
1438 Little, A..3/11/00

1427 Olson, G..11/16/00
1410 Snell, S..4/1/00
1365 Jacobs, J..8/12/00
1350 Guthrie, G..5/6/00
1350 Gill, U..9/24/00
1340 McCarthy, D..5/20/00
1340 Welch..11/18/00
1328 Alduenda, S..5/6/00
1322 Nickele, J..5/20/00
1322 Flores, R..11/10/00

181 TOTAL
1925 Kamand, T..11/18/00
1620 Woodley, L..12/16/00
1592 Maile, L..10/21/00
1570 Zweig, G..5/20/00
1565 Wiley, D..6/10/00
1559 Scully, B..5/6/00
1532 Piermattei, F..11/18/00
1521 Wambsgans, F..5/20/00
1510 Beck, G..2/27/00
1477 Petersen, D..5/20/00

578 Peterson, D..5/20/00
567 Graham, D..11/11/00
560 Beck, G..2/27/00
551 Santos, R..12/2/00
550 Harrison, M..1/15/00
545 Varrone, J..5/20/00
540 White, R..4/1/00
540 Johnson, S..4/2/00
540 Lynch, R..4/29/00
540 Egli, R..5/20/00

198 SQUAT
665 Anderson, B..3/26/00
660 Kanemoto, K..2/12/00
655 Corsitto, J..11/18/00
650 Maslow, L..5/21/00
650 Sylvia, J..6/17/00
640 Newman, D..8/20/00
639 Richardson, K..3/11/00
639 Benford, G..5/21/00
639 Atkinson, J..5/21/00
635 McDowell, J..6/17/00

628 Taghivand, B..11/11/00
622 Ferstler, G..5/7/00
617 Lohman, M..5/7/00
611 Buljat, T..5/21/00
610 Lawrence, D..9/23/00
610 Bower, B..11/18/00
606 Rhodes, D..2/19/00
606 Traub, L..5/7/00
606 Johnson, B..6/3/00
606 Solan, D..11/12/00

220 SQUAT
720 Burlingame, D..10/29/00
720 Avigliano, J..12/3/00
705 Henderson, A.J..5/21/00
705 Black, J..5/21/00
699 Garcia, C..8/5/00
688 Roberts, S..10/21/00
666 Magoon, D..4/1/00
661 Delsignore, M..4/16/00
661 Mistric, L..12/3/00
660 Conklin, T..1/22/00

660 Ferro, B..10/29/00
644 Hasler, L..3/11/00
644 Pessell, G..11/16/00
639 Ruiz, L..5/21/00
615 Montembault, D..9/24/00
611 Musto, M..3/19/00
606 Durso, J..3/19/00
605 Funaro, A..2/27/00
600 Beekley, B..4/2/00
600 Sample, L..4/8/00

242 SQUAT
804 Francis, M..11/11/00
766 Bruner, T..12/3/00
740 Black, J..6/18/00
694 Garcia, C..12/3/00
690 Johnson, A..3/26/00
685 Ruquet, E..11/18/00
683 Henderson, A..11/16/00
675 Hendrix, R..4/15/00
661 Mistric, L..6/3/00
655 Hudyma, B..4/29/00

650 Davidson, D..3/18/00
650 Pace, L..5/20/00
650 Deverville, J..12/2/00
645 Moore, D..11/19/00
639 Cain, S..5/7/00
634 Barclay, B..5/21/00
639 Hill, B..6/4/00
639 Simonovich, J..8/12/00
633 McDaniel, M..11/4/00
630 Farney, M..3/18/00

275 SQUAT
950 Bailey, D..6/18/00
865 Nichols, B..5/21/00
850 Burton, D..11/19/00
843 Florio, J..11/16/00
805 Dimiduk, M..9/3/00
804 Bentley, T..5/21/00
771 Meek, B..11/16/00
738 Wilson, B..8/13/00
727 Frizzell, M..4/30/00
720 Lewis, C..8/6/00

710 Israelson, M..11/16/00
705 Messinger, J..3/25/00
699 Surell, E..6/3/00
699 Herrier, T..11/11/00
688 Hammes, W..2/19/00
688 Tarrus, W..2/27/00
683 King, J..3/11/00
677 Weeks, T..5/7/00
672 Pektol, S..4/9/00
670 Deutsch, L..11/19/00

SHW SQUAT
950 Hunt, J.R..11/19/00
900 Magee, J..7/8/00
850 Branham, M..2/26/00
815 Ford, J..2/12/00
805 Safreed, R..6/18/00
804 Lewis, C..12/9/00
793 Lee, B..8/27/00
766 Jacobson, B..4/1/00
755 Wheeler..11/19/00
727 Brink, G..11/6/00

725 Graham, R..5/21/00
720 Meek, B..12/3/00
716 Doggendorf, M..5/21/00
705 Patrow, D..2/19/00
705 Brodeur, P..5/21/00
705 Pledger, J..11/4/00
688 Nyholm, K..8/13/00
683 Gresham, B..12/3/00
672 Mersberg,J..12/2/00
670 Cappocia, R..8/13/00

418 McAllister, L..11/18/00
415 Alstadt, G..3/18/00
415 Kamand, T..11/18/00
413 Maile, L..10/21/00
410 Allen, J..3/11/00
402 Tjan, J..3/18/00
402 Jones, J..11/17/00
400 LeSage, D..5/6/00
395 Dowling, M..11/18/00
391 Scully, B..5/6/00

198 BENCH
534 Herring, G..11/18/00
485 Newman, D..8/20/00
485 Piggee, D..11/18/00
485 Beebe, B..11/18/00
465 Kanemoto, K..2/12/00
465 Clayman, G..5/13/00
455 Palmer, C..7/29/00
451 O'Dwyer, R..4/30/00
450 Clark, Z..12/9/00
446 Sbalchiero, F..2/20/00

446 Miller, M..5/20/00
445 Cichelli..12/16/00
440 Lichtenberger, M..4/29/00
435 Edwards, J..5/20/00
430 Watson, D..7/22/00
429 Jekov, E..12/9/00
424 Gingg, R..6/25/00
420 Maltson, K..5/12/00
420 Wood, J..7/22/00
418 Fidler, J..6/4/00

220 BENCH
585 Yearby, A..8/26/00
529 Dooley, B..3/26/00
523 Beaudoin, S..2/12/00
507 Miller, N..6/4/00
501 Harrison, R..8/13/00
500 Pochiba, B..2/5/00
490 Foster, G..6/10/00
490 Bell, G..9/17/00
485 Barber, G..3/18/00
480 Ehrhardt, R..7/8/00

480 McMillan..7/26/00
475 Schoenebeck, N..10/14/00
470 Funaro, A..8/13/00
465 Braz, S..11/11/00
462 Lipscomb, L..2/5/00
462 Smith III, D..3/19/00
457 McKenzie, M..6/25/00
455 Morris, S..10/14/00
450 Blackeler, T..3/25/00
450 Sowder, T..4/22/00

242 BENCH
540 Lee, D..2/26/00
540 Thompson, A..11/19/00
535 Harvie, D..9/23/00
525 Mahr..5/6/00
507 Dooley, B..8/6/00
500 Beler, G..8/20/00
500 Chrun, G..9/2/00
500 Blackeler, T..10/8/00
490 Walker, S..4/29/00
486 Rodriguez, J..6/25/00

485 Miller, N..8/13/00
485 Genet, P..11/11/00
485 Bruner, T..12/3/00
480 Dowers..6/18/00
479 Conley, J..3/26/00
479 Mulder, D..11/19/00
475 Gnat, P..2/26/00
475 Wilson, D..3/25/00
475 McDonald, B..4/1/00
475 Covert, J..6/10/00

275 BENCH
610 Nelson, G..4/15/00
560 Walker, B..2/26/00
560 Klinger, B..8/13/00
556 Thompson, A..6/10/00
530 Lazzareschi, G..3/19/00
535 Lewis, C..8/6/00
535 Deutsch, L..11/19/00
530 Knight, M..2/27/00
530 Johnson, K..8/13/00
529 Hood, R..11/19/00

525 Bentley, T..3/26/00
525 Zupko, M..6/16/00
524 Moon, C..11/19/00
523 Andrews, D..11/19/00
520 Graube, J..3/18/00
520 Dini, F..4/15/00
520 Martin, B..11/4/00
513 Frosland Sr., D..11/19/00
507 Meek, B..4/15/00
507 Frizzell, M..11/10/00

SHW BENCH
639 Gillespie, B..11/19/00
635 Hunt, J.R..11/19/00
628 Manno, T..3/19/00
610 Tancil..7/26/00
578 Ramsey, A..12/9/00
567 Cutts, R..10/21/00
562 Lewis, C..12/9/00
551 Cain, M..5/21/00
550 Brown, P..6/25/00
529 Patterson, R..11/19/00

525 Graube, J..6/18/00
525 Turner, R..8/9/00
523 Lee, B..4/9/00
523 Cable, F..12/30/00
520 Thomas, L..4/15/00
520 Dini, F..6/3/00
520 Brust..6/24/00
518 Young, R..11/19/00
515 Gertner, G..6/25/00
512 Lobins, B..9/16/00

584 Maile, L..10/21/00
584 Hagedorn, R..11/17/00
575 Pirozzolo, T..2/27/00
575 Piermattei, F..11/18/00
573 Zangl, G..5/6/00
573 Ezzell, A..5/6/00
573 Petersen, D..5/20/00
573 Graham, D..5/20/00
573 Olson, G..6/17/00
570 Plush, P..4/15/00

198 DEADLIFT
720 Meyers..11/18/00
694 Cole, D..2/26/00
683 Ferstler, G..5/7/00
677 Traub, L..5/7/00
661 Byas, A..5/7/00
650 Clark, Z..12/9/00
625 Valchine, J..3/26/00
622 Lohman, M..5/7/00
622 Richardson, K..5/21/00
622 Dell, R..5/21/00

622 Johnson, D..11/17/00
622 Lewis, R..12/2/00
610 Anderson, B..3/26/00
606 James, M..6/4/00
606 Lynch, R..11/10/00
606 Taghivand, B..11/11/00
605 Butler, T..8/10/00
600 Rhodes, D..2/19/00
600 Sheehan, M..2/27/00
600 White, E..3/19/00

220 DEADLIFT
734 McCoy, W..11/18/00
683 Stratton, D..11/18/00
677 Terman, M..5/7/00
675 Thomas..5/6/00
666 Hasler, L..3/11/00
661 Pessell, G..5/21/00
661 Ruiz, L..5/21/00
655 Burlingame, D..4/2/00
655 Musto, M..10/29/00
650 King, A..7/22/00

644 Clark, D..5/7/00
640 Funaro, A..2/27/00
640 Ferro, B..10/29/00
639 Fisher, K..3/19/00
633 Roberts, S..5/7/00
633 Dienell, D..5/7/00
630 Conklin, T..1/22/00
628 Sample, L..4/8/00
628 Mistric, L..12/3/00
625 Beekley, B..4/2/00

242 DEADLIFT
760 Davidson, D..3/18/00
727 Cain, S..5/7/00
727 Francis, M..11/11/00
716 Harper, R..10/22/00
705 Cooper, W..12/3/00
699 Mazmanian, J..11/16/00
690 Capello, J..11/19/00
688 Barclay, B..11/16/00
675 Pace, L..5/20/00
675 Bartholomew, G..7/30/00

665 Davis, B..12/16/00
661 Bruner, T..12/3/00
650 Gomes..3/12/00
650 Panaro, F..8/27/00
650 Driskill, B..11/19/00
645 Gregory, J..12/9/00
639 Sandberg, S..3/26/00
630 Campbell, P..3/26/00
630 Hendrix, R..4/15/00
630 Steele, G..4/29/00

275 DEADLIFT
771 Nichols, B..5/21/00
725 Gisondi, P..2/6/00
722 Hodges, J..2/27/00
710 Dimiduk, M..4/2/00
705 Meek, B..4/15/00
700 Bentley, T..3/26/00
699 Weeks, T..5/7/00
688 Pektol, S..4/9/00
683 Capps, J..2/27/00
680 Lewis, C..8/6/00

672 Morgan..10/14/00
670 McGeorge, B..7/1/00
661 Kraft, D..3/19/00
661 Brooks, T..11/19/00
660 Rgnonti, D..10/28/00
655 Phillips, B..3/5/00
650 Hammes, W..2/19/00
650 Peterson, K..8/13/00
650 Duesberry, D..11/4/00
644 King, J..3/11/00

SHW DEADLIFT
788 Brink, G..4/15/00
749 McCullough, T..6/25/00
733 Barlow, R..8/5/00
710 Pope, J..12/9/00
705 Lewis, C..12/9/00
700 Hunt, J.R...11/19/00
699 Doggendorf, M..5/21/00
683 McClune, B..8/26/00
683 Lee, B..8/27/00
672 Curtis, P..1/22/00

670 Wright..7/8/00
670 Meek, B..12/3/00
665 Saunders, N..1/22/00
661 Brodeur, P..5/21/00
661 Stout, T..12/2/00
660 Jacobson, B..4/1/00
650 Burtzloff, B..5/6/00
650 Nyholm, K..8/13/00
650 Pecktol, S..11/19/00
645 Ford, J..6/18/00

1460 Lynch, R..4/29/00
1444 Zangl, G..5/6/00
1444 Egli, R..5/20/00
1444 Graham, D..11/11/00
1420 Harrison, M..1/15/00
1416 Santos, R..12/2/00
1415 Johnson, S..4/2/00
1405 Baker, M..12/9/00
1400 Plush, P..4/15/00
1399 White, R..4/1/00

198 TOTAL
1658 Richardson, K..3/11/00
1656 Traub, L..5/7/00
1655 Kanemoto, K..2/12/00
1650 Anderson, B..3/26/00
1650 Clayman, G..11/18/00
1647 Ferstler, G..5/7/00
1614 Maslow, L..5/21/00
1605 Newman, D..10/29/00
1598 Cole, D..2/26/00
1598 Taghivand, B..11/11/00

1592 Lohman, M..5/7/00
1581 Burgess, C..4/1/00
1570 Byas, A..5/7/00
1570 Lewis, R..12/2/00
1565 Dell, R..5/21/00
1565 Benford, G..5/21/00
1559 Atkinson, J..5/21/00
1537 Solan, D..11/12/00
1530 Sylvia, J..6/17/00
1530 Bower, B..11/18/00

220 TOTAL
1760 Burlingame, D..7/8/00
1741 Pessell, G..5/21/00
1730 Hasler, L..3/11/00
1730 Roberts, S..5/7/00
1730 Ferro, B..10/29/00
1722 Avigliano, J..12/3/00
1705 Funaro, A..8/13/00
1697 Mistric, L..11/4/00
1680 Magoon, D..4/1/00
1660 Conklin, T..1/22/00

1658 Ruiz, L..5/21/00
1647 Musto, M..3/19/00
1642 Henderson, A.J..5/21/00
1631 Sample, L..4/8/00
1603 Black, J..5/21/00
1598 Dienell, D..5/7/00
1595 Terman, M..11/12/00
1590 Montembault, D..9/24/00
1580 Beekley, B..4/2/00
1576 Clark, D..5/7/00

242 TOTAL
1984 Francis, M..11/11/00
1912 Bruner, T..12/3/00
1829 Cain, S..5/7/00
1785 Davidson, D..3/18/00
1757 Barclay, B..11/16/00
1755 Ruquet, E..11/18/00
1714 Mazmanian, J..11/16/00
1710 Pace, L..5/20/00
1705 Hendrix, R..4/15/00
1705 Hudyma, B..4/29/00

1703 Deverville, J..12/2/00
1686 Henderson, A..11/16/00
1685 Calhoun, R..6/18/00
1681 Sandberg, S..6/17/00
1675 Capello, J..3/19/00
1665 Moore, D..6/18/00
1658 Mistric, L..6/3/00
1658 Harper, R..10/22/00
1653 McDaniel, M..11/4/00
1640 Black, J..6/18/00

275 TOTAL
2132 Nichols, B..5/21/00
1995 Bailey, D..6/18/00
1967 Bentley, T..5/21/00
1935 Lewis, C..8/6/00
1934 Meek, B..4/15/00
1929 Florio, J..11/16/00
1915 Dimiduk, M..4/2/00
1829 Frizzell, M..4/30/00
1818 Weeks, T..5/7/00
1802 Wilson, B..8/13/00

1791 Hammes, W..2/19/00
1785 Pektol, S..4/9/00
1774 Messinger, J..3/25/00
1750 Burton, D..11/19/00
1719 Tarrus, W..2/27/00
1719 McDaniel, M..6/3/00
1719 Harrier, T..11/11/00
1714 Capps, J..8/13/00
1708 King, J..3/11/00
1705 Reese, M..6/16/00

SHW TOTAL
2285 Hunt, J.R..11/19/00
2083 Lewis, C..12/9/00
1989 Lee, B..8/27/00
1920 Magee, J..4/2/00
1918 Brink, G..11/16/00
1900 Safreed, R..6/18/00
1900 Meek, B..12/3/00
1865 Ford, J..2/12/00
1851 Doggendorf, M..5/21/00
1824 Cain, M..4/30/00

1768 Nyholm, K..8/13/00
1765 Wheeler..6/18/00
1763 Brodeur, P..5/21/00
1755 Saunders, M..1/22/00
1752 Jacobson, B..4/1/00
1745 McCullough, T..5/27/00
1741 Burtzloff, B..5/6/00
1719 Pledger, J..4/8/00
1715 Wetzel, M..4/2/00
1710 Pope, J..12/9/00

Leamon Woodley *represents excellence in both the Masters and Military categories of the 181 lb. class. (Brian Baertlein photo)*

There were errors in the report of the AWPC World Championships (p.14 January 2001 PL USA). ***David Solan****, seen squatting above, actually made a 606 squat and 1537 total in the 198 lb. class and he also won the Best Lifter for the Masters in the Heavyweight Division (trophy seen below). Mr. Solan had a record breaking 633 deadlift in 1999 that was not reflected on the TOP 100 listing for the 198s. (photographs courtesy of Solan)*

2000 WPL/USPF Worlds (kg)
2-3 DEC 00 - Corpus Christi, TX

BENCH		
MEN		
Open		
148		
F. Lupis	157.5	
B. Carr	152.5	
181		
S. Battista	147.5	
K. Taylor	137.5	
198		
J. Waters	172.5	
220		
J. Guerra	192.5	
M. Valverde		
242		
F. Silva Jr.	182.5	
308		
L. Polk	250	
Junior 15-16		
308		
S. Mc Elroy	137.5	
Junior 18-19		
220		
M. Etheredge	182.5	
Junior 20-23		
198		
M. McCumb	162.5	
275		
M. Long	195	
Submasters 35-39		
198		
E. Wilkinson	215	
220		
M. Henry	177.5	
E. Carper	145	
242		
T. Arnold	177.5	
Masters 40-44		
242		
D. Kyle	210	
G. Pamplin	195	
Masters 45-49		
148		
S. Weingust	162.5	
F. Lupis	157.5	
242		
F. Castaneda		192.5
308		
M. Ivey		197.5
Masters 50-54		
242		
E. Smith		152.5
275		
B. Wright		147.5
Masters 55-59		
220		
F. Silva Sr.		125
Masters 70-74		
220		
L. Taylor		
Police/Fire		
181		
S. Battista		147.5
198		
J. Waters		172.5
220		
M. Henry		177.5
242		
P. Rodriguez		202.5
F. Silva Jr.		182.5
275		
B. Rectenwald		197.5
WOMEN		
Open		
114		
L. Christopher		52.5
123		
S. Rinn		105
132		
P. McCormick		72.5
Submaster		
114		
L. Christopher		70
123		
S. Rinn		105
Junior		
16-17		
132		
R. Brocato		70
20-23		
132		
M. Davis		45

Ed Coan had some trouble with a whippy bar and passed his 3rd squat at the WPL World Championships, effectively ending that day's quest for a 2500 total. (photo courtesy Pendergrass)

Powerlifting	SQ	BP	DL	TOT
MEN				
Open				
148				
T. J. Hoemer	262.5	140	250	652.5
M. Duhon	205	125	210	540
165				
J. Tyree	252.5	157.5	262.5	672.5
181				
M. Knight	217.5	155	270	642.5
K. Taylor	192.5	137.5	227.5	557.5
R. Brandon	190	142.5	215	547.5
S. Battista				
198				
P. Burch	272.5	172.5	280	725
T. Linn	275	152.5	295	722.5
A. Haga	282.5	170	247.5	700
M. Mangum	252.5	190	255	697.5
R. Ohland	230	155	240	625
220				
L. Mistric	300	180	285	765
T. Derry	272.5	200	272.5	745
242				
E. Coan	450	255	385	1090
T. Bruner	347.5	220	300	867.5
M. Griffin	320	190	312.5	822.5
M. Blankeley	262.5	215	295	772.5
G. Tougaraki	272.5	197.5	290	760
242				
E. Cunnane	260	210	267.5	737.5
275				
J. Fowler	327.5	187.5	307.5	822.5
M. McDaniel	300	187.5	280	767.5
308				
A. Labare				
SHW				
F. Lopez	317.5	245	292.5	855
D. Griffin	245	140	220	605
Junior 13-15				
114				
T. Seward	82.5	52.5	92.5	227.5
123				
Z. O'Quinn	92.5	57.5	120	270
308				
S. McElroy	140	137.5	220	497.5
Junior 16-17				
148				
K. Lorenz				
Junior 20-23				
123				
J. Finklestein	140	72.5	165	377.5
148				
T.J. Hoemer	262.5	140	250	652.5
181				
K. Garber	197.5	122.5	237.5	557.5
R. Ellis				
198				
A. Lorenz	287.5	170	255	712.5
242				
E. Steiner	315	192.5	295	802.5
J. King	280	195	102.5	577.5
275				
S. Etheredge	250	167.5	250	667.5
Submaster 35-39				
181				
T. May	220	107.5	205	532.5
198				
J. Vasquez	270	175	282.5	727.5
T. Linn	275	152.5	295	722.5
B. Hurt	250	157.5	252.5	660
S. Saxby	182.5	127.5	205	515
242				
M. Christian	262.5	197.5	252.5	712.5
T. Valdez	210	160	142.5	512.5
275				
N. Singleton	305	190	315	810
R. Norris	62.5	62.5	292.5	417.5
Master 40-44				
181				
R. Santos	250	147.5	245	642.5
R. Sanders	235	132.5	230	597.5
S. Smith	160	142.5	192.5	495
198				
H. Creech	232.5	162.5	242.5	637.5
D. England	125	105	160	390
220				
L. Mistric	300	180	285	765
B. Jasperson	237.5	182.5	257.5	677.5
242				
T. Bruner	347.5	220	300	867.5
C. Garcia	315	117.5	265	697.5
275				
M. McDaniel	300	187.5	280	767.5
308				
C. Bryant	277.5	157.5	255	690
Master 45-49				
165				
J. Tyree	252.5	157.5	262.5	672.5
275				
J. Putnam	277.5	187.5	250	715
308				
B. Gresham	310	172.5	272.5	755
Master 50-54				
181				
P. Boutte	235	137.5	235	607.5
E. Leverett	200	152.5	227.5	580
198				
B. Johnson	265	102.5	235	605.5
220				
L. Rapier	262.5	150	227.5	640
242				
E. Smith	272.5	152.5	245	670
275				
B. Wright	165	147.5	187.5	500
Master 55-59				
220				
H. Bodden	165	137.5	197.5	500
275				
W. Morris	252.5	172.5	240	665
C. Clonce	250	150	242.5	642.5
Master 60-65				
242				
R. Rood	227.5	160	245	632.5
Master 65-69				
198				
D. Dumoit	115	77.5	137.5	330
Master 70-75				
198				
A. DeMello	75	75	155	305
220				
L. Taylor			155	155
Master 75+				
198				
R. Monahan	90	70	130	290
Police/Fire				
165				
A. Ellis	170	137.5	235	542.5
181				
K. Garber	197.5	122.5	237.5	557.5
S. Battista				
198				
H. Creech	232.5	162.5	242.5	637.5
J. Anding	227.5	130	250	607.5
220				
T. Derry	272.5	200	272.5	745
J. Guerra	237.5	192.5	192.5	622.5
242				
M. Christain	262.5	197.5	252.5	712.5
275				
W. Morris	252.5	172.5	240	665
308				
B. Gresham	310	172.5	272.5	755
WOMEN				
Open				
Junior 16-17				
114				
C. Boutte	112.5	50	130	292.5
M. Baker	80	40	100	220
132				
R. Brocato	130	70	145	345
Junior 18-19				
105				
J. Ellis	102.5	45	112.5	260
K. Smith	100	37.5	110	247.5
123				
D. Bartek	115	57.5	135	307.5
148				
A. Bush	165	62.5	145	372.5
S. Perez				
Junior 20-23				
148				
B. McMillion	117.5	75	162.5	355
Submaster				
114				
L. Christopher	45	52.5	100	197.5
123				
S. Rinn	145	105	142.5	392.5
Master 40+				
198				
S. Barbee	180	120	192.5	492.5

Best Lifter -Open Men 242: Ed Coan; Open Women 123: Valerie Tyree; Best Deadlift - Men 242: Ed Coan; Women 123: Valerie Tyree; Best Bench - Men 242 Ed Coan; Women 123 Susan Rinn; Best Squat - Men 242 Ed Coan; Women 123 Valerie Tyree. Record established - Susan Rinn: 123 submaster American Record BP, 123 Open Women State Record BP, 123 Open Women State Record Single Lift BP, 123 submaster State Record BP, 123 submaster State Record Single Lift BP; Mark Christian: 242 Police State Record Squat, 242 Police State Record Deadlift; Sean McElroy: 308 Jr. Men 14-15 State Record Squat, 308 Jr. Men 14-15 State Record BP, 308 Jr. Men 14-15 State Record Deadlift, 308 Jr. Men 14-15 State Record Total, 308 Jr. Men 14-15 American Record Squat, 308 Jr. Men 14-15 American Record BP, 308 Jr. Men 14-15 American Record Deadlift, 308 Jr. Men 14-15 American Record Total; Barry Gresham: 308 Police State Record Squat, 308 Police State Record BP, 308 Police State Record Deadlift, 308 Police State Record Total, 308 Master Men 45-49 State Record Squat, 308 Master Men 45-49 State Record BP, 308 Master Men 45-49 State Record Deadlift, 308 Master Men 45-49 State Record Total; Valerie Tyree: 123 Open Women State Record Squat, John Tyree: 165 Masters 45-49 State Record Bench; Michael McCumber: 198 Jr. Men 20-23 State Record Single Lift Bench; Megan Davis: 148 Jr. Women 20-23 State Record Single Lift Bench; Rachel Brocato: 132 Jr. Women 16-17 State Record Total, 132 Jr. Women 16-17 State Record BP; Matt Long: 275 Jr. Men 20-23 State Record Single Lift Bench. Team Competition - Boutte's Texas Barbell Club: Kristin Smith Jr. Women 18 -9, Charity Boutte Jr. women 16 -12, Allison Bush Jr. women 18 -12, Rachel Brocato Jr. women 16 -12, TJ Hoemer Jr. men 20 - 12, Paul Boutte Masters 50 -12, Elvin Smith Masters 50 -9, Larry Mistric Masters 40 -12, Mike McDaniel Masters 40 -12, Brenda Coody Open women -9, Mike Griffin Open men -8, Steve Smith Masters 40 -0, Bill Hurt Submaster -12 = Total 131. Corpus Christi Power Team: Shary Barbee Women 40 -12, Terry Seward men 13 -12, Hugh Creech Master 40 -12, Roy Sanders Submaster -9, Larry Rapier Master 40 -12, John Fowler Open -12, Joe Putnam Master 40 -7, David Griffin Open -8, Charles Bryant Master 40 -9, Chris Garcia Master 40 -10 = Total 111. Team Fitness Ducanville Texas: Valerie Tyree Women - 12, John Tyree Master 40 -12, Bonnie McMillion Jr. Women 18 -12, Andy Ellis Submaster -12, Merissa Baker Jr. Women 18 -9, Zaci O'Quinn Jr. Men 13 - 12, Buddy Wright Master 50 -12, Jesse Vasquez Submaster -12, Kimberly Vasquez Women -9, Dwayne England Master 40- 9 =Total 111. (Thanks to Gary Pendergrass of Seguin Fitness for providing the results of this competition to *PL USA*).

PRESS RELEASE: On February 10, 2001, Bill Crawford established a new standard for Powerlifting by establishing the highest bench press by formula at a sanctioned powerlifting meet - ever. At the Iron Island Classic in Oceanside, NY, Bill pressed an incredible 750 pounds at a bodyweight of 275! In the last few years, Bill has established himself as one of the most respected and knowledgeable strength and speed trainers in the entire Northeast. Prior to his 750 Bench Press, Mr. Crawford was already a 9 time World Record Holder for the Bench Press. Bill is currently Head Trainer at the Adirondack Nautilus in Queensbury, NY. Currently in the prime of his Powerlifting career, Bill is in training himself and working with several athletes for Powerlifting meets taking place throughout the year 2001. Mr. Crawford holds an Associates Degree and Multiple Training Certifications. An advocate for safe lifting techniques and the proper use of protective equipment like wraps and belts; Bill spends most of his time assisting athletes and coaches excel into their upcoming sports events and seasons."

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IM

White's Truck Stop/Augusta YMCA Bench Press Classic
14 OCT 00 - Staunton, VA

BENCH	
FEMALE	
105	
A. MAMOLA	145
148	
J. ROBERTSON	215
165	
C. WILLIAMS	285
198	
S. MAYO	75
MEN	
132 Open	
D. CLOPTON	210
148 OPEN & 40-49	
F. LUPIS	340
181	
C. MCFARLAND	370
S. DATTISTA	300
B. HELTZEL	230
198	
OPEN & 40-49	
D. WATSON	425
TEENAGE	
R. MCMELLEN	415
20-23	
K. GARBER	270
35-39	
A. JOHNSON	365
220	
K. KENYON	465
50-59	
J. SMITH	
242	
W. MCCOMBS	500
G. MADDOX	430
35-39	
J. HOOVER	425
275	
S. STAPLETON	450
SUPERS	
M. MAYNARD	520
J. CROWDER	460

A VERY SPECIAL THANKS TO ALL THE SPOTTERS/ LOADERS, JUDGES AND TO DAVE WHITE THE MEET SPONSOR FOR A GREAT TIME AND A GREAT MEET. LOOK FOR THE SPRING MEET NEXT APRIL. (Thanks to John Shifflett for results).

One KILOGRAM equals 2.2046 Pounds

For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

USAPL Central USA (kg)
04 NOV 00 — Cape Girardeau, MO

BENCH				
WOMEN				
148				
Open				
M. Post	82.5			
Master 40-44				
M. Post	82.5			
165				
Teen 14-15				
L. Pledger	47.5			
MEN				
132				
Open				
J. Hunn	82.5			
148				
Masters 60-64				
I. Zwick	117.5			
181				
Open				
D. Riney	182.5			
T. Scagliarini	155			
Teen 14-15				
N. Genteges	102.5			
Masters 55-59				
W. Smith	112.5			
198				
Open				
D. Madere	195			
K. Hazlett	175			
J. Stanley	170			
R. Petzoldt	170			
J. Neal	160			
WOMEN	SQ	BP	DL	TOT
105				
Teen 14-15				
Jen. Ray	87.5	40	112.5	235
114				
Open				
L. Schoonmaker	57.5	32.5	107.5	197.5
Teen 14-15				
Jes. Ray	97.5	47.5	112.5	257.5
M. Mayer	70	30	85	185
Teen 16-17				
A. Jackson	77.5	42.5	105	225
Masters 40-44				
L. Schoonmaker	57.5	32.5	107.5	197.5
123				
Open				
K. Gordon	97.5	67.5	137.5	302.5
132				
Open				
H. Burroughs	67.5	35	87.5	190
148				
Teen 18-19				
L. Schaefer	115	57.5	115	287.5
165				
Open				
D. Hicks	137.5	62.5	142.5	342.5
Teen 14-15				
L. Pledger	107.5	47.5	127.5	282.5
Teen 16-17				
S. Vidmar	75	32.5	110	217.5
181				
Teen 16-17				
A. Thomas	82.5	35	107.5	225
198				
Teen 16-17				
M. Hunt	77.5	55	112.5	245
198+				
Open				
S. Pledger	182.5	72.5	165	420
Teen 18-19				
S. Pledger	182.5	72.5	165	420
MEN				
132				
Open				
J. Hunn	105	82.5	155	342.5
148				
Open				
J. Dixon	205	115	217.5	573.5
R. Accardi	165	95	177.5	437.5
Teen 18-19				
R. Accardi	165	95	177.5	437.5
Masters 40-44				
B. Coleman	165	127.5	182.5	475
Masters 60-64				
I. Zwick	65	117.5	65	247.5
165				
Open				
K. Dickson	202.5	107.5	200	510
Teen 16-17				
J. Stratton	167.5	115	195	477.5
D. Phillips	137.5	95	155	387.5
Novice				
S. Kaufman				
181				
Open				
T. Scagliarini	242.5	155	222.5	620
J. Bell	180	110	202.5	492.5
Teen 14-15				
N. Genteges	152.5	102.5	175	430
Masters 45-49				
J. Bell	180	110	202.5	492.5
198				
Open				
D. Madere	262.5	195	240	697.5
R. Williams	250	172.5	250	672.5
R. Petzoldt	212.5	170	250	632.5
K. Richardson	245	150	225	620
G. Ludwig	242.5	155	220	617.5
J. Neal	227.5	160	227.5	615
G. Brumn	182.5	127.5	177.5	422.5
Masters 40-44				
G. Ludwig	242.5	155	220	617.5
R. Scholz				
220				
Open				
R. Lawary	295	182.5	300	777.5
M. Bauman	272.5	155	240	667.5
M. Mitchell	255	150	247.5	652.5
S. Riley	185	120	200	505
Teen 14-15				
M. Orender	170	85	165	410
Novice				
E. Williams	207.5	120	235	557.5
S. Riley	185	120	200	505
242				
Open				
T. Stanley	255	172.5	250	672.5
K. Nance	170	115	202.5	487.5
Novice				
R. Moses	220	155	230	605
275				
G. Ludwig	155			
R. Williams	150			
T. Hamilton	117.5			
R. Scholz	115			
Teen 18-19				
D. Farrar	95			
Master 40-44				
G. Ludwig	155			
G. Heleine	145			
R. Scholz	115			
Master 45-49				
J. Bell	115			
Masters 50-54				
B. Harris	130			
220				
Open				
J. Thiele	152.5			
M. Mitchell	150			
S. Riley	120			
Teen 18-19				
J. Thiele				
242				
Open				
S. Kramer	215			
P. Andrich	187.5			
275				
Ope				
L. Parris	147.5			
275+				
Master 45-49				
E. Finnell	190			

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Open				
T. Rubey	292.5	200	312.5	805
275+				
Open				
D. Garris	305	237.5	295	837.5
J. Pledger	320	182.5	287.5	775
R. Ramsey	295	182.5	275	752.5
E. Sorto	307.5	207.5	232.5	747.5
R. Smith	277.5	165	257.5	562.5
B. Mitchell	185	150	227.5	562.5
Teen 14-15				
J. Newsome	160	97.5	192.5	450
Novice				
J. Henson	242.5	145	240	627.5
Masters 40-44				
J. Pledger	320	182.5	287.5	775
R. Smith	277.5	165	257.5	700

Best Lifters (PL) Open Women: Karen Gordon; Open Men: Rodney Lawary; Teen Women: Sabrina Pledger; Teen Men: Ross Accardi; Masters Women: Lisa Schoonmaker; Masters Men: Jerry Pledger; Novice Men: Russ Moses; Teams: Open Men: Universal Physique; Teen Women 1st: S & M Fitness; Teen Women 2nd: Universal Physique. Best Lifters (BP): Open Women: Maureen Post; Open Men: Duane Madere; Teen Women: Lindsay Pledger; Teen Men: Jeff Thiele; Masters Women: Maureen Post; Masters Men: Ivan Zwick. (Thanks to USAPL for providing these results of this competition to *POWERLIFTING USA. Magazine*).

USAPL Southeastern US Meet
11 NOV 00 - Moncks Corner, SC

WOMEN				
132				
J. Thompson	275			
165				
L. McGill	176			
Powerlifting	SQ	BP	DL	TOT
WOMEN				
Open				
105				
A. Leverett	286	181	336	803
132				
J. Thompson	292	275	336	903
148				
K. Bohigian	352	203	352	907
A. Watson	286	159	297	742
165				
R. Hackney	242*	132		
181				
C. Hall	137	137	225	499
198				
F. Werle	391			
MEN				
Open				
132				
O Rogel	380	209	380	969
148				
A. Gatewood	341	203	363	907
C. Coyle	203	154	270	627
198				
B. McGill	203			
MEN				
198				
C. Champion	341			
S. Williams	154	126	259	539
J. Ridgeway	132	99	259	490
165				
T. Thomas	600	369	562	1531
R. Eaddy	578	341	606	1525
M. Stanley	457	325	501	1283
D. Thompson	374	358	380	1112
V. Constantino	253	308	220	781
181				
J. Goethe	479	330	490	1299
P. Logsdon	325	176	407	908
A. Tucker	270	181	325	776
R. Wise	231	137	286	654
198				
G. Jones	672	424	661	1757
M. Goldin	617	380	556	1553
C. Champion	507	341	451	1299
D. Harrison	451	314	451	1216
D. Scott	385	330	490	1205
220				
G. Goodell	578	358	534	1470
242				
T. Kennedy	551	418*	584	1553
275				
A. Edwards	187	181	325	693
Submaster				
165				
M. Stanley	457	325	501	1283
181				
J. Goethe	479	330	490	1299
198				
D. Scott	385	330	490	1205
275				
B. Dunn	600	385	551	1536
Master 40-44				
165				
V. Constantino	253	308	220	781
198				
B. Taghivand	628	363	606	1597
Master 60+				
275				
A. Arrington	545	308	507	1360

* denotes state record. Best Lifters: Greg Jones & Ann Leverett. (Thanks to Mike Requa for results).

Topeka Summit PL/BP & PS
28 OCT 00 - Topeka, KS (kg)

Power Sports	C/SQ	BP	DL	TOT
Teen				
127				
N. White	13c			13c
154				
D. Wilson (so)	31c	77	102	211
J. Cantwell	70c			70
J. White	113s	77	140	331
B. Davidson		86		86
250				
R. White	140s	104	145	331
Junior				
B. Skaggs (so)	31c	61	106	168
SHW				
M 4				
L. Betzer		129		
Bench Press				
Novice				
154				
J. Woodward		127		
187				
G. Matz-F		163		
280				
B. Holms-P		181		
Pure				
187				
M. Wilson		165		
SM1				
280				
B. Holms-P		181		
Sm2				
227				
S. Venable		188		
M2				
187				
J. Adcox-F		120		
M3				
227				
T. Billings		143		
Powerlifting Youth				
44				
T. Kennedy	121pts.			
66				
K. Warring	120 pts.			
C. Jennings	134 pts.			
121				
T. Rustard	109 pts.			
154 - P				
D.Henderickson	122 pts.			
Powerlifting	SQ	BP	DL	TOT
Novice				
148				
M. Warring-W	75	36	95	206
178				
M. Webb-W	52	36	122	211
Teen				
128				
J. Dunn	50	40	86	177
Nat				
154				
J. Cantwell		113	227	340
Pure				
170				
M. Cairns	170	136	184	490
280				
J. Mellon	286	152	272	693
Sm1				
170				
R. Cairns	218	165	215	600
187				
E. Williams	202	129	215	547
227				
K. Parrish	250	204	250	705
J. Warring-P	204	163	213	581
D. Robbins	204	125	210	538
280				
J. Mellon	268	152	272	698
Sm2				
B. Blake	261	179	256	697

P-after name designates a police officer; W-designates a women; F-is for firefighters; SO- is for special olympic. We wish to express our thanks and appreciation to all who came to the Topeka power lifting meet. We were especially proud of the Special Olympic lifters and the youth lifters. They all did an outstanding job. We also want to thank everyone who helped with judging and loading. You all had part in making this meet a SUCCESS. (Thanks to Jim & Kathy Duree for providing the results of this meet to *Powerlifting USA*).

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- 240 mcg chromium

WHY

RIPPED FORCE® is the original hyper-thermogenic pre-workout and fat mobilizing sports drink.★ RIPPED FORCE® delivers power and energy when it's needed most, and includes 23 grams of energy packed complex and simple carbs for a total energy drink.★

FLAVORS

- Fruit Punch
- Grape
- Lemon Lime
- Orange
- Pink Grapefruit

- 11 mg synephrine
- 200 mg caffeine
- ASPARTAME FREE

WHY

When you need maximum physical and energy with minimal calories, SPEED STACK™ delivers!★ SPEED STACK™ contains a powerful amount of ephedrine, synephrine and caffeine with only 5 calories. This awesome tasting drink is 100% aspartame free.

FLAVORS

- Fruit Punch
- Grape

REQUIRES IGNITION

AMERICAN BODY BUILDING™

Extreme Ripped Force™

THE PROFILE

WHAT

- Extreme hyper-thermogenic formula
- 24 mg ephedrine
- 200 mg caffeine
- 250 mg L-carnitine
- Added electrolytes - potassium, sodium and phosphorus

WHY

EXTREME RIPPED FORCE™ contains a synergistic

Inferno™

THE PROFILE

WHAT

- Thermogenic and mass
- 20 mg ephedrine
- 23 g whey protein isolate
- 75 mg caffeine
- 239 mg L-carnitine
- 160 calories

WHY

Walker's Gym Bench Press Classic
14 OCT 00 - Hopewell, VA

WOMEN				181					
Open				W. Craig	350				
131+				P. Baker	350				
K. Phillips	205			K. Parker	300				
RAW				220					
130				A. Read	385				
B. Beasley	135			D. Ward	380				
T. Cooper	115			T. Love	335				
131+				L. Mason	300				
D. Peagram	180			275					
S. Combs	175			J. Holmes	330				
MEN				Teen					
Open				181					
165				K. Harris	245				
K. Feels	325			242					
198				C. Harris	315				
J. Kuhns	430			Police					
G. Ferrell	400			181					
J. Thompson				W. Craig	350				
275				198					
D. Pullen	370			J. Harper	320				
Open - Masters				275					
40-49				J. Henry	385				
148				SHW					
S. Zerbe	300			B. Sandy	390				
181				Master					
M. Baker	335			40-49					
220				181					
S. Morris	455			J. Alston	280				
242				198					
J. Giles	430			J. Hansen	325				
50-59				50-59					
198				181					
T. Mitchell	330			L. Cooper	225				
275				198					
J. Von Rohr	375			R. Nelson	260				
70+				220					
SHW				D. Taylor	300				
B. Harris	280			60-69					
RAW				165					
165				J. Miller	135				
S. Gay	315			70+					
B. Dubich	275			220					
D. Montena	200			D. DeCaprio	220				

Spectator's donations were collected for the St. Judes Children's Hospital. Thanks for the donations. Walker's Gym would like to thank all the gym members that helped with the "set - up," loading, spotting, judging, and cleaning up. (Thanks to Barry Walker for providing these contest results).

USAPL Michigan State
04 NOV 00 - Lansing, MI

BENCH				Open					
WOMEN				S. Mc Ginnis	440				
148				B. Hislop	400				
T 3				M1					
A. Meldrum	135			M. Mellinger	360				
M 2				M2					
F. Taylor	130			B. Thayer	365				
M 3				M 4					
S. Lumbert	135			R. Hemenway	320				
198				J. Bradski	295				
M2				M5					
S. Lipinshi	100			C. Soles	375				
MEN				242					
114				Open					
T 2				B. Lipinski	400				
D. Dewater	145			R. Abfalter	395				
148				P/F					
M 2				B. Stears	430				
K. Romo	245			M1					
165				R. Zimmerman	335				
Open				M3					
J. Smith	300			G. Washington	330				
D. Mogge	285			M5					
Raw				M. Marsh	370				
P. Shann	320			275					
M. Spencer	250			Open					
M 1				M. Warner	475				
D. Stain	225			M1					
181				B. Martin	520				
SM				M2					
F. Stokes	300			B. Johnson	385				
Open				319					
M. Coleman	435			Open					
V. Mahaffey	400			M. Sanders	470				
M1/Open				DEADLIFT					
J. Marks	375			MEN					
198				148					
M1				M7					
D. Horn	310			L. Slotnick	85				
M 3				181					
M. Varig	310			SM					
220				R. Boogaard	485				
SM Raw				198					
J. Champion	405			Open					
Raw				O. Fidelino	440				
J. Valpatic	280			275					
				M3					
				M. Miller	400				
Powerlifting		SQ	BP	DL	TOT				
WOMEN									
97									
T2									
E. Dickey	185	90	225	500					
105									
T1									
C. Nogle	160	75	200	435					
114									
T2									
C. Jacobs	235	110	260	605					
M9									
A. Kowalski	35	35	35	105					
132									
T1									
A. Mesik	240	95	300	635					
P. White	210	105	235	550					
T2									
N. McLean	205	140	305	650					
T3									
F. Gross	260	150	290	700					
Open/Junior									
J. Green	180	95	245	520					
M8									
J. Merrell	30	45	85	160					
148									
T1									
L. Branch	165	90	225	490					
Open									
K. Miller	275	210	360	835					
D. Steele	225	155	275	655					
M7									
G. Johnson	45	60	55	160					
165									
T2									
K. Smott	225	120	285	660					
Open/Junior									
K. Reske	325	155	380	860					
M2									
D. Cairns	65	45	85	195					
181									
T1									
M. Boffenbarger	185	105	240	530					
T2									
K. Holloway	355	200	365	920					
M. Millin	320	210	310	840					
198									
T2									
S. Snyder	210	110	255	575					
M5									
D. Steele	165	130	190	485					
M6									
A. Collins	85	75	135	295					
198+									
M3									
J. Chrsnell	280	110	320	710					
MEN									
123									
T1									
V. Niedoliwka	315	195	350	860					
132									
T2									
P. White	245	150	300	695					
148									
T1									
J. Jacobs	305	160	335	800					
R. Lewis	230	175	325	730					
T2									
D. Kibler	445	230	490	1165					
J. Nonley	390	215	445	1050					
165									
T1									
C. Saltzman	295	140	360	795					
T2									
R. Burns	325	210	420	955					
L. Saunders	320	205	405	930					
T3									
C. Clark	440	260	505	1205					
181									
T2									
M. Clark	360	235	365	960					
198									
T1									
C. Wilkes	225	120	300	645					
242									
T1									
N. Bagley	350	235	340	925					
132									
Open									
J. Clarmamitaro		205	355						
148									
Open									
B. Proxmire	340	275	445	1060					
SM									
T. Geyer	450	315	460	1225					
M2									
B. Lowe	420	195	480	1095					
M8									

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Open				
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D. Harkless	330	285	380	995
Junior				
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M2				
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M7				
B. Creech	185	105	230	520
M9				
R. Merrell	85	75	150	310
181				
Raw				
D. Nelson	500	315	510	1325
Novice/Raw				
G. Zictlow	350	225	475	1050
M3				
T. Keller	345	240	315	900
181				
Open/Junior				
J. Decker	560	360	625	1545
Open, S/M				
J. Mumaw	475	275	525	1275
Open				
M. Smith	450	290	430	1170
Out of State M1				
J. Maranette	555	350	595	1500
198				
Open				
C. Terry	685	360	770	1815
J. Soule	500	410	600	1510
M. Poirier	420	330	515	1265
Out of State open				
J. Becker	625	395	650	1670
D. Bolton	540	335	590	1465
D. Pigozzo	540	335	545	1420
Novice				
T. Doll	430	290	450	1170
E. Reid	425	250	425	110
S/M				
M. King	450	250	430	1130
Out of State M1				
S. Seguin	475	315	555	1345
M3				
J. Curtain	380	210	480	1070
M4				
D. Finley	245	170	285	700
M7				
L. Korpal	170	160	220	550
220				
Open				
D. Whittle	635	485	630	1750
M. Lawrence	560	320	560	1440
Out of state Open/M4				
S. Glover	400	260	425	1085
Junior				
D. DeMay	405	295	505	1205
Novice				
K. Storey	400	360	415	
M2				
J. Smolinski	445	320	525	1290
S. Cole	400	300	460	1160
M4				
A. King	480	320	600	1400
242				
Open				
B. McIntyre				
B. Nassar	500	400	450	1350
M. Chapman	530	300	460	1290
Novice				
T. O'Brein	335	215	365	915
Out of state				
Open				
M. Griffin	625	540	625	1790
M1				
R. Strong	520	315	585	1420
M7				
J. Gould	100	125	205	430
275				
Open				
C. Werda	575	410	630	1615
K. Miller	560	430	625	1615
C. Horton	560	370	615	1545
W. Hanna	615			
P/F				
D. Voth	530	430	560	1250
Raw M3				
G. Krveger	335	300	500	1135
319				
Out of state open				
D. Grahon	730	515	605	1820
open				
V. De Fonzo	525	375	655	1555
Aziz Wesolowski				

(Thanks to USAPL for providing the meet results).

4th Annual Judgement Day BP
15 OCT 00 - Scranton, PA

BENCH	
Teen	
14-16	
123	
A. Heyott	170
132	
B. Kraynak	135
148	
L. Mangino	300*
W. Lubeck	275
BJ Ahmadzadeh	265
17-19	
123	
A. Reeves	175
132	
J. Decker	215
148	
D. Pierce	305
M. Shiffer	230
165	
J. Gianott	320*
C. Zdunik	280
T. O'Brien	250
181	
J. Wo	305
N. MuRusa	245
J. Maresh	240
198	
T. Couch	305
220	
S. Powell	345
Junior (20-23)	
148	
D. Davis	215
165	
S. Scarantino	345*
S. Thomas	300
181	
B. Kizer	330
198	
E. Bronko	310
220	
N. Gadola	365
Open	
148	
D. Pierce	305
G. Teeter	305
L. Mangino	300
165	
C. Barkley	400
B. Legg	230
181	
A. Miller	350
D. Adams	290
198	
J. Brown	450
R. Toole	405
M. Berger	285
220	
N. Williams	460
A. Stancauage	400
W. McFarland	390
242	
D. Harris	355
275	
J. Berkowitz	445
R. Bogden	400
Submasters (35-39)	
148	
G. Teeter	305
Masters 40-44	
132	
G. Napp	185*
Masters 45-49	
148	
J. Kauarnas	225
165	
B. Legg	230
181	
T. Scopelliti	245
Master 50-54	
165	
J. Freemont	250*
242	
D. Harris	355
Master 55-59	
181	
R. DeAngelo	220
Lifetime	
148	
M. Mee Han	270
242	
D. Harris	355
275	
R. Bogdin	400
Police & Fire	
165	
R. Legg	230

Best Male - Jimmy Brown; Best Teen - David Pierce; Team - The Olympians. Dennis "Niko" Hulslander (guest lifter) performed a "close grip" bench press of 465 lbs. and just missed 505 lbs. Special thanks to Theresa Nealis - for running a great contest. To our announcer - Sue McDermott. To the Judges - Bob Granko - John McGowan, Ed McIntyre and Joe Nealis. To the spotters: Rosario Riggi, Chucky Cost:.nzo, Carl Pisa. (results from Joe Nealis).

USAPL Maryland State BP/DL
04 NOV 00 - Ocean City, MD

BENCH	
MEN	
Senior Division Closed	
181	
D. Pouchan	365
M. Wilhelm	300
220	
J. Marvel	300
242	
B. Weston	475
Master Closed 50-54	
181	
L. Lindsay	270
198	
E. Bolliuger	325
220	
M. Levin (BL)	335
242	
L. Marrod	260
Senior Division Open	
181	
N. Duonnolo	325
220	
K. Ravenell	450
Master Open	
45-49	
275	
B. Brinton	490*
Junior Open	
165	
M. Noctor	260
242	
S. Haas	350
WOMEN	
Senior Closed	
114	
K. Muttart	105
132	
L. Lilienfield	160*
165	
S. Washington	120
DEADLIFT	
MEN	
Senior Closed	
242	
B. Weston	625*
Master Closed 50-54	
242	
L. Harrod	400*
Junior Open	
165	
M. Noctor	525*
WOMEN	
Senior Closed	
114	
K. Muttart	230!
132	
L. Lilienfield	280*!
165	
S. Washington	205

! denotes MD State Record; * denotes Best Lifter. Special thanks go out to USAPL State Chairman Dennis "Big Cat" Reamy Jr. John Mogavero and Barb Engler for helping the meet to run smooth and successful. (Thanks to Gary Howard for results).

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2,3 MAR NASA Natural Nationals (PL, BP, PS - Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 MAR (new date & phone # correction), AAU BP & PL Open Virginia State (Richmond, VA - National Qualifier) AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com

3 MAR, Arnold Classic World Record Bench Press Competition, Classic Productions Inc., 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600

3 MAR, East Coast Push/Pull Meet (Woodstock, GA - BP and/or DL, women, jr., teen, open) Stack's Gym, 2375 Hwy 92, Acworth, GA 30102, 770-974-5986

3 MAR, Walker's Gym Bench Press Classic (raw & open - teen, men, women, masters, police, military, fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

3 MAR, 4th Dave Swiniarski BP, John Flynn, 59 Lake St., W. Peabody, MA 01960, 978-535-1533

3 MAR, 10th North Penn YMCA Larry Frederick Jr. Memorial Bench Press Challenge (Lansdale, PA) Steven Unrath, 215-368-1601 ext 230

***3,4 MAR,** WABDL Pepsi Northwest Regional BP & DL (Doubletree Inn, Springfield (Eugene), OR - world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, FAX 541-388-1122*

4 MAR, USAPL Military Nationals PL/BP (Killeen, TX) Johnny Graham, 254-526-0779, Jtruck52@hotmail.com

4 MAR, Northern Illinois Open Drug Tested Championships PL & BP & DL, Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 60132, 815-233-2292

4 MAR, New Jersey High School Drug Free Championships (Hammonton, NJ) Paul Sacco, 609-567-0046 or 704-2400 Ext. 112

9-11 MAR, USAPL Collegiate Nationals (Holiday Convention Center, Alexandria, LA) Duane Urbina, 318-473-4567

***10 MAR,** APF Michigan Sr. State (men, women - open, teen, jr., submaster, master, novice) Jim Hinze, 33949 Curcio Ct., Sterling Hts., MI 48310, 810-381-6499, jimh@teamubs.com*

***10 MAR,** APA Colorado Open BP, DL, Push Pull (Aurora, CO) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com*

10 MAR, CPA Championships, Martin Theriault, 215 Moge, Sorel, Quebec J3P 6X1, Canada, 450-742-9792

10 MAR, 7th Snake River BP & DL, Meet Directors Mike & Linda Higgins @ YMCA 208-523-0600 5-7 MWF, 155 N. Corner Ave., Idaho Falls, ID 83402, apf_id_mhiggins@yahoo.com

10 MAR, Chief PL Invitational, Santaluces High School, 6880 Lawrence Rd., Lantana, FL 33462, Dwayne Kouf, 561-642-6200 ext 6457

10 MAR, 1st annual Hopewell BP (1 Feb 01 deadline - no entry free - guest speaker) Steve Warren, 4620 Grey Oak Tr., Gainesville, GA 30507, 770-535-0193

10 MAR, NASA Missouri State HS (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

10 MAR, SLP March Madness BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

10 MAR, WNPF Dayton Open BP/DL & Ironman (Dayton, OH) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

10 MAR, All Church Powerlifting Championships (open to all church members and church sponsored teams) Pastor Tony Karlik, Bethany LBC, 233 Westcott Blvd., Staten Island, NY 10314.

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

10,11 MAR, USAPL California State, Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464

10,11 MAR, USAPL Virginia Open PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

11 MAR, Illinois High School (men & women, varsity & frosh-soph) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

11 MAR, USAPL Washington County Open (Ft. Calhoun, NE - PL, BP, DL) Tim Anderson, 402-426-0665, www.NebraskaPowerlifting.com

11 MAR, SLP Pecatonica Fitness BP/DL Classic (Pecatonica, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

***17 MAR,** APA Volunteer State BP, DL, Push Pull (Chattanooga, TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com*

***17 MAR,** APF Nebraska & Midwest Open (Big Iron PL Meet) Omaha Armory Garrison, 6929 Mercy Rd., Omaha, NE, Rick Hussey, 402-392-2446*

17 MAR, Maximum Press BP, Bluefield, WV, Don Robbins Jr., 304-327-5072, drobbinsjr@citlink.net

17 MAR, NASS Metroplex Strongman Challenge (open, teen, masters, men & women - Euless, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

17 MAR, USAPL Michigan's Elite Qualifier (limited to Michigan's Elite strength athletes - national qualifier) Mike Lawrence, 248-813-9866

***17 MAR,** Drug Free World Record Breakers BP Challenge, WABDL OK. St. BP/DL (world championship qualifier - drug tested), 2 Man DL Challenge, Eastern OK Bodybuilding (cash prizes - all dlus. - Muskogee, OK) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059*

17 MAR, 2nd Ron's Gym BP Contest, Ron's Gym, 5131 E. Calla Rd., New Middletown, OH 44442, 330-542-2355

17 MAR, 7th Mon Valley Fitness Center Bench Press Classic BP/DL & BP for reps, MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438, mfvc@dp.net

17 MAR, SLP Heath Clifton Memorial BP/DL Classic (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

17 MAR, USAPL Illinois State / Great Rivers Open PL/BP (open, masters, teenage, collegiate, police & fire, d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

17 MAR, AAU National BP & DL, Carroll County H.S. BP, & BP, Curl, Chinup meet (men, women, fire, police, spec. olympics) G. Murphy Jr., Box 1013, Westminster, MD 21158, 301-759-4707

17 MAR, WNPF Alabama State, Pedro Hollingsworth, 3500 McFarland Blvd.,

MAY 18, 19, 20TH, 2001

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FOR INFORMATION CALL RUSS BARLOW (207) 225-5070

OR SHANE MCKENNA (207) 442-0180

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Bench Press/Deadlift
Championships
March 17 & 18, 2001
No Qualifier Needed
Meet Director: John Ford
68 Westlake Ave. #B
Daly City, CA 94014
650-757-9506

Northport, AL 35473, 205-333-9952
17,18 MAR, IPA World Cup BP & DL Championships, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506
18 MAR, APF/AAPF Maine St., Scott Blanchard, 41 Cassell St., Lewiston, ME 04240, 207-795-0016
18 MAR, APA CT Open Bench Bash, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com
18 MAR, WNPF Western New York (Niagara Falls) national qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm
18 MAR, WNPF Northeastern PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
23 MAR - 1 APR, Supergames, Keith Schultz, Box 22266, High St., Christchurch, NZ, www.supergames2001.co.nz, info@supergames2001.co.nz
***24 MAR,** USPF Texas State (Ft. Hood - Men/Women, Open, Below 1, 13-23 in 2 year age groups, submaster, masters (5 year groups to 70+), BP, Police/Fire - awards to all lifters) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com*
24 MAR (new date), APA East Coast PL (Chincoteague, VA) Gayle Schroeder, strength@exis.net, 757-481-6963, www.powerandstrength.com
24 MAR, I.S.A. Nationals (BP/DL & BP Bodywt. for reps - Douglasville (GA) Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299
24 MAR, NASA Kentucky State PL, BP, PS (Lexington, KY) Greg Van Hoose, RT 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com
24 MAR, IPA High School Nationals, David Bradshaw, McDonough H.S., 7165 Marshall Corner Rd., Pomfret, MD 20675, 301-934-2944
24 MAR, AAU All-South Classic & N.C. State Masters/Submasters PL/BP, Sandy Lemonds, Box 704, Randleman, NC 27317
24 MAR, USPF WV PL/USPF WV Single Lift SQ & DL/Holley Open BP and/or DL (3 separate contests) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475
24 MAR, USAPL Battle of the Great Lakes IV (PL & BP - Cleveland, OH - men & women: open, HS (fr-so) & (jr-sr), 20-23, masters, collegiate, police, military, fire, novice) Gary Kanaga, 6346 Chestnut Hills Dr., Parma, OH 44129, 440-884-7608, bench500@msn.com
24 MAR, USPF New Hampshire State (residents only) & New England Open PL/BP (all lifters welcome) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com
24 MAR, USAPL Iron Man Bench, Deadlift and Record Breaker, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com
24 MAR, NASA Texas State (Longview) NASA, Box 735, Noble, OK 73068, 405-527-8513
24 MAR, SLP Missouri State 'Raw' PL/BP/DL, (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
24 MAR, Oregon APF Rage for Records BP/DL (state/national)+, Big Bear's Gym 136 SE 1st, Newport, OR 97365, 541-574-4507, dozer2000@hotmail.com
24 MAR, WNPF S.C. State/Open PL (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
24 MAR, NASA Police & Fire Nationals, James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326
24,25 MAR, APF California State PL/BP (Fresno, CA) Bob Packer, 559-439-4394
24,25 MAR, USAPL Oregon State (Open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570
24,25 MAR, ADAU Great Lakes PL (men & women - all ages - all wt. classes) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
***25 MAR,** 5th Frank Kostyo Memorial USAPL Southeastern PL, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 863-687-6268*
25 MAR (NEW DATE), USPF Rhode Island Championships (PL/BP), Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728
25 MAR, WNPF Charlotte Open BP/DL & Ironman (Charlotte, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
30 MAR, Immaculate Heart of Mary Spring BP, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
30 MAR - 1 APR, USAPL High School Nationals PL (Ft. Hood, TX) Johnny Graham, 254-526-0779, Jtruck52@hotmail.com
30 MAR - 1 APR, 100% Raw BP Nationals (men & women, all age/wt. groups) Dave Lhota, 250 Peninsula Dr. Indian Lake, Central City, PA 15926, 814-754-8306
***31 MAR (NEW DATE),** 11th annual Weightlifting Unlimited BP, Randy Brooks, 525 Whitacre St., Winchester, VA 22601, 540-667-6288 6-9pm*
31 MAR, RGVPF State DL, Tito's Gym, 78 Creekbend, Brownsville, TX 78521, 956-504-3324
31 MAR, American Heart Association BP (high school, open - St. Louis, MO) Pat Rankin, 314-298-7209
31 MAR, (verified date) Immaculate Heart of Mary Spring Bench Press, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
31 MAR, 21st APR Central Ohio Open BP (open, masters, teen, women) Doug Glitt, 9955 Shepherd Rd. #F-9, Lockbourne, OH 43137, 614-492-0856
31 MAR, Bench Press for the Sky (Big Rock, IL) Wayne Shadix, 630-892-6715, wayne_lety@msn.com
31 MAR (NEW DATE), USPF North Jersey High School, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-1260, uspfehorton@aol.com
31 MAR (NEW DATE), USPF New Jersey State, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-1260, uspfehorton@aol.com
31 MAR (new date), WNPF Virginia State/Open PL (Richmond, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
31 MAR, USPF Georgia State PL (residents only) & Deep South Open BP (Forsyth, GA - Holiday Inn) Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (w), after 7 pm 896-3889, bduke@surfsouth.com
31 MAR, SLP Powerhouse Open BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
31 MAR, 3rd Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608
1 APR (new date & contact) 12th Cabin Fever DL & BP, Jon Smoker, 30907 CR 16 W., Elkhart, IN 46516, 219-674-6683
1 APR, 2nd annual Pittsburgh Area Monster BP and/or DL (men & women - all classes/divs. - cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Springwater Ct. Moon, PA 15108, 724-457-2708
3,4 APR, IPF World Masters BP (Luxembourg)
***7 APR,** Golden Hawk's BP (All Div. by weight, Raw & Equipped - Fundraiser to equip. weight room) Ken Kocher, 737 N. Jerome, Allentown, PA 18103, 610-433-5012.*
***7 APR (SECOND NEW DATE),** Lawrence Garro Memorial WNPF BP/DL & USPC Power Curl Championships, Brian Washington, Box 20042, Baltimore, MD 21284, ecpower@bellatlantic.net, 410-265-8264*
***7 APR,** USPF 10th U.B. BP & DL Open (Buffalo, NY) Matt Maliselwicz, 716-645-1169, mmm25@acsu.buffalo.edu*
***7 APR,** USAPL Capital City Push/Pull (DL/BP - Lansing CC) Jeff Buchin, 517-483-1227 (W), 669-9368 (H).*
***7 APR,** USPF NC State BP, Phil Harrington, 1112 Haymarket Ln., Wilmington, NC 28412, 910-791-4614 or 262-1547*
7 APR, USAPL Arizona State PL & BP (open men & women, team, assisted & raw divisions) Black Bart's Fitness Center, 861 E. Cooley, Showlow, AZ 85901, Roma Brannon 520-537-2930
7 APR, Slamfest 2001 BP Meet, Cimmerian Gym, 412 S. Mitchell St., Cadillac, MI 49601, 231-779-4961 (Tom Skiver)
7 APR, 4th AAU Hawaii State PL/BP (world qualifier) Keith Ward, 41-857 Kalani-anaole Hwy, Waimanalo, HI 96795, 808-259-5266
7 APR, NASS Dino Day VII (open, teen, masters, men & women - Columbus, OH) Nick Osborne, 614-481-9839, nao@care.net
7 APR, USAPL 4th Capital City Push/Pull Classic (Lansing CC, Lansing, MI) Jeff Buchin, 517-483-1227, 669-9368 (eve)
7 APR, USA 'RAW' Bench Press Federation Spring Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com
7 APR, WNPF Pennsylvania State/Open PL (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
7-8 APR, Beast from the East Bench Press Wars, Johnny Griffith, 2306 Glascock St., Raleigh, NC 27616, 919-833-9493 or 919-872-6648, www.mdacow@aol.com
7,8 APR, NASA High School Nationals (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513
7,8 APR, Power Palooza (PL, BP, DL - all div./wt. classes) Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823
***8 APR,** APA Capital District BP & DL (open to any lifter - Glen Burnie, MD) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com*
8 APR, SLP Primetime Fitness Spring BP/

WESTSIDE SEMINARS

Columbus Dates

2001

Jan. 20 Westside Seminar
Jan. 21 Mastering the Bench
Feb 24 Westside Seminar
Feb. 25 Mastering the Squat
April 7 Westside Seminar
April 8 Mastering the Bench
May 26 Westside Seminar
May 27 Mastering the Squat
June 9 Mastering the Squat
Mastering the Bench
July 14 Westside Seminar
July 15 Mastering the Bench
Aug. 25 Westside Seminar
Aug. 26 Mastering the Squat
Oct. 6 Westside Seminar
Oct. 7 Mastering the Bench
Nov. 3 Westside Seminar
Nov. 4 Mastering the Squat
Dec. 8 Westside Seminar
Dec. 9 Mastering the Bench

On Site Seminars

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

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Jamie Harris
760# BP

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DL Classic (Crestwood City, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

***14 APR,** Montana State Meet, Doug Roope, 950 Wildwind Rd., Helena, MT 59602, 406-458-0264*

14 APR, Spring 2001 BP ($100 to overall lb. for lb. strongest BP) Jim King & Keith Parrish, 3229 Queen Ridge Dr., Independence, MO 64055, BIGBENCH2000@aol.com

14 APR, NASS Tri-State Strongman Delta Upsilon's (novice & open, 225 & under and over 225 - Canton, OH) Pete Hettinger, 217-231-7076

14 APR, IPA 1st annual Woodmen Open BP, Woodmen of the World Bldg., 272 Power House Rd., Moncks Corner, SC 29461, Floyd Powe, 843-875-1434, Kyonte13@aol.com

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

***21 APR (NEW DATE),** Iron Warriors Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com*

***21 APR,** Max Fitness & Nutrition BP, Dave Bellomo, 1510 E. 3rd St., Williamsport, PA 17701, 570-321-5339*

21 APR, 9th Red Baron BP, Corning Community College - Attn: Intramural & Recreation, 1 Academic Dr., Corning, NY 14830, Deb Prutsman, 607-962-9476

21 APR, The Training Center's 5th Strongman Contest, John Green, 102 Beaver Court East, Bear, DE 19701, 302-322-0926, JSmith3287@aol.com

21 APR, ADAU PA State (men's open, teen, jrs.) Nick Theodorou, Nutritional Technologies, 5 Stonecroft Dr., Easton, PA 18045, 610-258-1894, nutritek@aol.com

21 APR, NASA Indiana State (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513

21 APR, SLP Effingham Open BP/DL Classic (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

21 APR, USPF Alabama State PL, Southeastern Regional PL & BP, Alabama High School PL, Alabama Special Olympics for Keys 4 PKU Foundation (open, class II, masters, women, high school) Jeff Green/Chris Key, 2728 19th Pl. South, Birmingham, AL 35209, 205-870-5438

21 APR, WNPF Western Pennsylvania (Black Hawk High School, Beaver Falls, PA) national qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm

21 APR, USAPL Missouri State/Ozark Open PL/BP (men & women - full meet - open, master, teen, novice; BP - open, master, teen) Mike Cissell, 15 Lakeside Dr. Lake St. Louis, MO 63367, 636-625-1225 ((8-10pm) mcis904082@aol.com

21 APR, Spring Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

21 APR, Iowa/Midwest Open BP/DL, Trap DL (Open, Novice, Teen, Submaster, Master, Women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240

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

21,22 APR, Monster Muscle.Com World Record Breakers (Doubletree Hotel, Pasco, WA) Gus Rethwisch, 541-389-0600, fax 541-388-1122

***21,22 APR,** Budweiser WABDL World Record Breakers (Doubletree Hotel, Pasco, WA, world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, FAX 541-388-1122*

22 APR, CPA Championships BP, DL, Push & Pull, Marcel St. Laurent, 457 7ieme Ave. Nord. #1, Sherbrooke, Quebec, J1E 2S2, Canada, 819-346-9466 or 819-346-6104 (fax).

27-29 APR, AAPF Nationals and APF Police & Fire Nationals, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-610-4749

27-29 APR, 100% Raw Elementary, Middle, High School, Collegiate Nationals (men & women, all youth & jr. age groups & wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

***28 APR,** USPF N. Carolina State BP (Ramada Inn, Wilmington, NC) Phil Harrington, 910-262-1547 or 791-4614*

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

***28 APR,** WABDL Georgia State BP/DL (Atlanta, world championship qualifier - drug tested) Steve Ramey, 770-381-6919*

28 APR, 2ND Annual Southwest Virginia Bench Press (over 20 awards - greatest lifters of all levels - Christianburg Rec. Ctr.) Margaret Mitchell, 540-382-2349.

HUGE IRON Powerlifting Schedule YEAR 2001

June 6,7, 2001 - AAPF National Champions (Las Vegas, NV)

June 23,25, 2001 - APF Senior Nationals (Ormond Beach, FL)

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

August 6, 2001 - Police & Fire Nationals (Las Vegas, NV)

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

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

***28 APR,** WABDL Outdoor Georgia State BP (open, teen, novice, masters - world championship qualifier - drug tested) George Herring, 2486 Lawrenceville Hwy, Suite 140, Lawrenceville, GA 30044, 770-963-6738*

***28 APR,** 22nd ADAU Raw Drug-Free "Powerday" BP & DL Classic (separate meets - open, teen, jr. submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com*

28 APR (new date), IPA E. Coast BP & DL Nationals, Competitive Edge, 33501-A Lake Rd., Avon Lake, OH 44012, Drew Lindsley, 440-930-2272, lindsley@apk.net

28 APR, USPF Montana State Open, James Greene, 1903 Kensington, Missoula, MT 59801, 406-542-7002

28 APR, USAPL Heavy Metal Classic Full Meet, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

28 APR, NASA North Carolina State (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

28 APR, SLP National BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

28 APR, APF/AAPF Iron Island Spring BP & DL (separate meets - open m/f, masters m/f - limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com)

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

28,29 APR, NASA West Virgina State PL, BP & PS, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

28,29 APR (NEW DATES), WPA Worlds (Lancaster, PA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

28,29 APR, AAU USA BP & DL (Best Western Image Suites - Moreno Valley, CA - World BP qualifier - open, lifetime, masters, life masters, jr., submasters, law/mil, physically challenged for men and women, all classes - raw & equipped, youth teen raw only. Entry deadline 4/1/01) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, NTRLPWER@PE.NET

28,29 APR, WNPF Pan-AM PL (West Palm Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

29 APR, Durand Fitness Center Spring Classic BP/DL, Steve Eisen, 217 E. South St., Durand, IL 61024, 815-248-3709

29 APR, USAPL All-American Invitational BP, Power Gym (Taylor, PA) Joe Moceyunas 570-562-3642, Bob Granko 570-342-0668

29 APR, AAU New York State, Tom Gunthorpe, 512 Stone St., Oneida, NY 13421, 315-363-2171 or Mark Kodya 315-363-6084

APR, PPL Spring Classic Drug Free PL, Tee Meyers, 2250 Lumpkin Rd., Augusta, CA 30906, 706-790-3806, pythongym@aol.com

4-6 MAY, USAPL National Masters (Killeen, TX) Johnny Graham, 254-526-0779, Jtruck52@hotmail.com

***5 MAY,** WABDL Utah State (Holiday Inn, SLC - world championship qualifier - drug tested) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037*

***5 MAY,** Biggest Bench on the River IV ($5,000 Cash) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922.*

5 MAY, Canadian Drug Free National PL & BP (Taber, Alberta, Canada) Randy

Sparks, 403-223-2479

5 MAY, USAPL 5th Detroit Rock City PL (Total or Stay Home - Powerlifters Only - Specialists Not Allowed - Detroit, MI) Mike Lawrence, 1175 W. South Blvd., Troy, MI 48098, 248-813-9866

5 MAY, ADAU 19th Drug Free New Jersey Raw PL & Raw BP/DL & Raw 2 Lift for Total, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

5 MAY, Southern States BP (open, women, teen, novice, masters, police & firefighters) Weightlifting Equipment of GA, 150 Sagebrush Rd., Stockbridge, GA 30281, 770-474-2633

5 MAY, WABDL Busybodies Fitness BP/DL (North Bend, OR - world championship qualifier - drug tested) Dave Cheek, 541-751-9505

5 MAY, 2nd Spring Bench Press, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

5 MAY, USAPL Maine State Open PL & BP (Union, ME - men & women open, submaster, grandmaster, teen, police & fire) Mark Clevette, Box 506, Warren, ME 04864, MJclevette@cs.com

5 MAY, Clarion Barbell's Pennsylvania State Open PL/BP, Mark Watts, 105 Crestmont Dr., Shippenville, PA 16254, 814-227-2041, mjwatts53@hotmail.com

5 MAY, NASA Missiouri State (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

5 MAY, SLP Indiana State BP/DL (Frankfort, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

5 MAY, APA Great Lakes Open BP, DL, Push-Pull & Great Lakes Armed Forces Meet (Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

5 MAY, WNPF BP/DL & Ironman Nationals (Las Vegas, NV) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

5,6 MAY, Strongest Man in New York (The Bronx) Marc Seda, 800-322-0766, strongman1nyc@aol.com

6 MAY, Hooters Florida State DL, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 863-687-6268

6 MAY, SLP Southeast Iowa BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

6 MAY, G.B.C. Barbell's 8th "No Druggies Allowed BP" (equipped & raw) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620

12 MAY, APA Texas Open & Texas Jr. High & High School PL & BP (Houston, TX) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

12 MAY (new date), Blue Ridge Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

12 MAY, NASA Kansas State (Wichita) NASA, Box 735, Noble, OK 73068, 405-527-8513

12 MAY, SLP Cross County Mall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

12 MAY, APF Venice Beach Strict Curl, Venice Beach Rec. Ctr., 310-399-2775

12 MAY, WNPF American PL Championships (Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

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

12,13 MAY, Strongest Man in New York (Queens) Marc Seda, 800-322-0766, strongman1nyc@aol.com

12,13 MAY, WABDL Twin Lab North American BP & DL (Holiday Inn Select North, Dallas (Irving) TX - world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, fax 541-388-1122

12,13 MAY, TwinLab North American BP & DL (Holiday Inn Select North, Dallas (Irving), TX) Gus Rethwisch, 541-389-0600, FAX 541-388-1122

12,13 MAY, USPF Master & Submaster Nationals (Las Vegas, NV) Steve Denison, 661-664-7724, email - pwrlftrs@msn.com, www.powerliftingca.com, Chris Kostas - 661-245-0115, Kostas@frazmtn.com

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

18-19 MAY, WABDL Alabama St. BP & DL (Gadsden, AL - world championship qualifier - drug tested) Rich Hagedorn, 256-442-1271

18-20 MAY, NAPF North American Championships (Minneapolis, MN) Steve Gavin, 612-207-4796, stevegavin@hotmail.com

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

19 MAY, IPA S. Carolina State & Open BP (Hilton Head Island High School) Floyd Powe, 103 Afton Ct., Summerville, SC 29485, 843-875-1434, Kyonte13@aol.com

19 MAY, USPF Spartan BP, Kevin Meskew, 9235 Woodale Ave., Arleta, CA 91331, 818-899-7555, warrior01@earthlink.net

19 MAY, WABDL Riverfest BP & DL Championships (Gadsden, AL - Musical Guests include Credence Clearwater Revival, Vince Gill, Sister Sledge - world championship qualifier - drug tested) Rick Hagedorn, 256-441-0143, (fax) 256-441-7283

19 MAY, USAPL Steeler High School (Granite City, IL) Rick Fowler, 618-451-4737, www.usaplnationals.com

19 MAY, 5th Baddest of the Bad BP, Mike Farmer, 21 W. Clark Ave., BOX 199, Milford, DE 19963, 302-430-5632 12pm - 8pm

19 MAY, Canadian PL/BP Championship (LCC Barn, Lethbridge Community College, Letheridge, Alberta, Bruce Greig, 403-938-3067, FAX 403-938-0489

19 MAY, NASS Missouri Strongman Contest, Willie Wessels, Rick King & Jim Davis, 2551 Woodson Rd., Overland, MO 63114, 314-609-6031, dwes37016@aol.com

19 MAY, 2nd Firehouse Strongman contest, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com

19 MAY, 10th USAPL Rocky Mountain States PL & Big Cat BP, Fitness Inc., 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

19 MAY, NASA New Mexico State (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

19 MAY, Lifetime Natural Powerlifting Society Nationals, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

19 MAY, WNPF Mid-NY State BP/DL & Iron Man (Binghampton, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

19,20 MAY, AAU National Powerlifting Combined Championships - Raw AAU - North American Raw, Bench Press AAU - North American Bench Press (teen, open, submaster, master, youth - equipment & raw) Larry Kye, 114 Chickasaw Pl., Jacksonville, AR 72076, 501-982-7668

19,20 MAY, Strongest Man in New York (Manhattan) Marc Seda, 800-322-0766, strongman1nyc@aol.com

20 MAY, Best of the Southwest IV (Natural, Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Siwiak, 724-941-7270

2001 USPF Master and Submaster National Powerlifting Championships
May 12 & 13, 2001
Plaza Hotel & Casino - Las Vegas, Nevada
For more information call Steve Denison 661-664-7724, Email: pwrlftrs@msn.com. Chris Kostas 661-245-0115. Get entry form by going to www.powerliftingca.com

20 MAY, World Gym Spring Push/Pull, Jeff Butler, 2500 Miracle Ln., Mishikawa, IN 46545, 219-254-0460.

20 MAY, 19th USAPL Viking Open (men, women, teen, jr., master) B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

20 MAY, SLP Hard Core Gym BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

20 MAY, WNPF Lifetime Drug Free National BP/DL & Ironman & New England States BP/DL/Ironman (Danbury, CT) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

23-27 MAY, IPF Women's Worlds (Usti Nad Labem, CZ)

26 MAY, APA Arizona Open BP/DL (Tucson, AZ) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

26 MAY, CAN AM Bench Press ($3000 in prizes) Paul Roy, 1381 St. Paul, St. Cesaire, Quebec, J0L 1T0, Canada, Tel/Fax 450-469-0808.

26 MAY, WABDL Capitol City BP & DL (Gold's Gym - Sacramento, CA - world championship qualifier - drug tested) Jody Woods, 916-431-5503

26 MAY, NASA East Texas State (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513

26,27 MAY, Strongest Man in New York (Brooklyn) Marc Seda, 800-322-0766, strongman1nyc@aol.com

27 MAY, Double Masters Power/BP Meet (Gr. Rapids, MI) Jon Smoker, 30907 CR 16 W Elkhart, IN 46516, 219-674-6683

MAY, NASA Pennsylvania State PL, BP, PS (Pittsburgh, PA) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

2 JUN, WABDL Western Regional BP/DL (Pepper Mill Hotel, Reno NV - For Lifters in CA, NV, WY, UT, NM, AZ - world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, Fax 541-388-1122

2 JUN, Minnesota St. BP/DL (open, teen 915 & under, 16-17, 18-19), masters (40-49, 50-59, 60+) men & women - non-residents allowed, The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064

2 JUN, WNPF Teen, Jr., Submaster, Masters Nationals & Texas State PL (Dallas, TX) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

2,3 JUN, Strongest Man in New York (Staten Island) Marc Seda, 800-322-0766, strongman1nyc@aol.com

2,3 JUN, NASA Masters & Submasters, BP only & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

3 JUN, SLP Indiana Summer BP/DL (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

6,7 JUN, AAPF National Championship (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com

8,9 JUN, WNPF American BP & DL (men, women, masters, junior, teen) Brian Washington, BOX 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net

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

9 JUN, MDSA Open/Closed "Scoot to the Loot" North American Games, Darwin Jacobson, Box 1031, Willmar, MN 56201

9 JUN, USPF Region III (open, class II, women and masters divisions) Ann/Earl Leverett, 2326 E. 43rd St., Savannah, GA 31404, 912-232-4575, e.leverett@att.net

9 JUN, WABDL Arizona Regional BP/DL (Holiday Inn, Mesa - world championship qualifier - drug tested) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037

9 JUN, USPFS. Texas (Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. increments to 70+) Bench, Police/Fire, awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin TX 78155, 800-378-6460, www.seguinfitness.com

9 JUN, NASS Tennessee State Strongman (open, teen, masters) Bubba Melton, 510 Mitchell Rd., McKenzie, TN 38201, 901-352-1378, heavydutybubba@aol.com

9 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

9 JUN, APF Venice Open BP, Venice Beach Rec. Ctr., 310-399-2775

9 JUN, WNPF Tennessee State/Open PL (Nashville, TN) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

10 JUN, SLP Wisconsin Open BP/DL (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

15-16 JUN, York Barbell Strength Spectacular & IPA Worlds, Ellen or Mark Chaillet, York Barbell, 3300 Board Rd., York, PA 17402, 800-358-9675, emchaillet@yorkbarbell.com

16 JUN (NEW DATE), *6th AAU Suburban North YMCA BP/DL Classic (Catasqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-8714, Snace@hotmail.com or Nick Theodorou (610-258-1894)*

16 JUN, Summer Push/Pull Meet, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683

16 JUN, WABDL N. Dakota & Minnesota State BP & DL (world championship qualifier - drug tested), Rich Edinger, Box 1295, Fargo, ND 58107, 701-298-0764, 361-

1141

16 JUN, INSA USA Championship (Plano, TZX-PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness 817-268-3488

16 JUN, 2nd Raw Summertime DL, Graham Bartholomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com

16 JUN, USA 'RAW' Bench Press Federation Summer Nationals (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

16 JUN, USAPL Eastern USA Open BP, **USAPL National Squat,** John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

23 JUN, NASA WV Open PL, BP, PS (Buckhannon, WV) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

23 JUN, APF Central California Open & Novice PL/BP (Fresno, CA) Bob Packer, 559-439-4394

23 JUN, WNPF Roanoke Open PL (Roanoke, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

23,24 JUN, USAPL Men's Teen & Jr. Nationals B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

23,24 JUN, TwinLab World Cup BP & DL Championships (Holiday Inn Airport Hotel, Portland, OR) Gus Rethwisch, 541-389-0600, FAX 541-388-1122

23,24 JUN, AAU World BP (Rancho Buena Vista Performing Arts Center, Vista, CA - open, lifetime, masters, life masters, jr., submasters, law/mil, physically challenged for men and women. All classes for raw and equipped. Youth teen raw only. Entry deadline 5/30/01) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, NTRLPWR@PE.NET

see www.usapowerlifting.com for meet information

23,24 JUN, APF Senior Nationals, Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com

23,24 JUN, WNPF Lifetime Nationals, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm

23,24 JUN, West Coast Open (Ocean Front Hallmark Resort) Big Bears Gym, 136 SE 1st, Newport, OR 97498, 541-574-4507, dozer2000@hotmail.com

***24 JUN,** Midwest open (PL, BP, DL - drug tested) Grant Noeske or Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292*

24 JUN, NASS Thick Bar Worlds (open, teen, masters, men & women - Hurst, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

24 JUN, WNPF Ralph Peace Memorial BP/DL & IronMan, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

***JUN,** APA Southern States (Montgomery, AL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com*

JUN (TBA), ADAU (Anti-Drug Athletes United) Nationals (Pittsburgh, PA - Men & Women - Open, Teen, Junior, Submaster, Master) Mike Mastrean, 428 Justus St., Carnegie, PA 15106, 412-429-3521.

JUN, I.S.A. Intl. Strength Challenge Power Clean/BP/Dl & State BP, I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.comor Keith 770-949-9299

***3 JUL,** Iowa/Midwest Open Touch and Go BP (Sigourney, IA - Open, Novice, Team, Submaster, Master, Women) Wayne Hammes, BOX 433, Oskaloosa, IA 52577, 575-673-5240.*

***7 JUL,** APA Tennesee Open BP/DL (Nashville, TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com*

7 JUL, NASA Tennessee Classic (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

7 JUL, WNPF USA BP/DL & Ironman (Bordentown or Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

7,8 JUL, Twin Lab WABDL World Cup BP & DL (Holiday Inn Airport Hotel, Portland, OR - world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, fax 541-388-1122

8 JUL, WNPF Can-AM PL (Detroit, MI) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

13,14 JUL, Strongest Man in New York Finals, Marc Seda, 800-322-0766, strongman1nyc@aol.com

***14 JUL,** 2nd New England's Strongest Man - Woman (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590*

14 JUL, 3rd Summer Slam Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

14 JUL, NASS SW USA Strongman Challenge (open, teen, masters, men & women - Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, e-mail wwillyh@swbell.net

14 JUL, ANPPC World Cup (Chicago,

A.A.U. Combined Nationals - Raw AAU - North American Raw, AAU Bench Press, North American BP

Event Date: May 19-20,2001
Site: Little Rock Air Force Base, 6th Street Building 1220, Jacksonville, Arkansas
Meet Director: Larry Kye (501) 982-7668
Entry Fee: $45.00 per lifter/$45.00 per team
Entry Deadline: Postmarked by May 10, 2001 ($15.00 fee for late entries)
Mail Entry: ATT: Larry Kye, 114 Chickasaw Place, Jacksonville, AR 72076
Eligibility: AAU Lifters - Teens, Open, Submasters, Masters, Youth
Weigh-in: 6:00PM to 7:00 PM Fri., May 18; 7:00AM to 8:00AM Sat., May 19; 6:00PM to 7:00PM Sat., May 19; 7:00AM to 8:00AM Sun., May 20
Rules Meeting: 8:30AM Saturday, May 19, 2001. 8:30AM Sunday, May 20, 2001
Starting Time: 9:00AM - Saturday (Wt. 97-198.4) and Sunday (Wt. 220.5-319.7)
Rules: A.A.U. Rules - Equipment & Raw

Little Rock Airport to Meet Site

Distance approximately 23 miles Approximate Travel Time 33 minutes

		Miles			Miles
1)	Turn right onto Airport Road	.1	8)	Take US-67 N/US-167 N	10.7
2)	Take the I-440 West ramp	.8	9)	Take exit 11, towards AIR FORCE BASE	0.0
3)	Merge onto I-440 W.	2	10)	Merge onto TP White Drive	.1
4)	Take the I-30 EAST/US-65 NORTH/US-167 NORTH exit number 138A towards DOWNTOWN	.4	11)	Turn Left	0.0
5)	Merge onto I-30 E	4.1	12)	Turn slight left onto Evans St/Vandenberg Blvd.	.1
6)	Take the US-67 N/US-167 N/I-40 exit, exit number 143B, towards MEMPHIS	.4	13)	Stay straight to go onto Vandenberg Blvd.	1.6
7)	Merge onto I-40 E/US-67 N/US-167 N.	1.1	13)	Turn Left onto Arnold Drive	.8

Recommended Hotel: CRANBURY INN 2110 JOHN HARDIN DR. JACKSONVILLE, AR (501)985-7666
$48.88 plus tax

IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

14 JUL, APF Venice Beach Open DL, Venice Beach Rec. Ctr., 310-399-2775

***15 JUL,** 17th ADAU Raw Drug Free "No Boys Allowed" (Pennsylvania - women's men submaster, men master state PL meet - residents only, plus open meet - same categories) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com*

15 JUL (new date), WNPF USA PL Championships (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

***21 JUL,** USPF California State PL/BP, Kevin Fisher, 151 S. Ontare, Santa Barbara, CA 93105, 805-963-3439, Kfisher54@aol.com*

21 JUL, Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183

21 JUL, NASA Tri-State Natural (Monolift for squats, no entry fee for special olympians, PL, BP, PS) Smitty, 508 E. 5th St., Flora, IL 62839, 618-662-3413 1-8pm CST

21 JUL, USAPL 4th BP & DL Battle on the Beach (BP, DL, IronMan - Metro Beach, Mt. Clemons, MI) Mike Lawrence, 248-813-9866

21 JUL, NASA Grand Nationals (Hickory, NC) NASA, Box 735, Noble, OK 73068, 405-527-8513

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

27-29 JUL, 100% Raw Sr. Nationals (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

***28 JUL,** Northeast Canadian Championships BP/DL (Matane) Roberto St. Pierre, 418-562-9176*

***28 JUL,** USPF Gulf Coast (Orange, TX - Men/Women: Open, Below 1, 13-23 in 2 yr. age groups, submaster, master in 5 yr. groups to 70+) BP, Police/Fire - awards to all lifters) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com*

28 JUL, NASS Minnesota State Strongman (open, teen, masters) Jeff Bissonnette, 14733 60th St. N., Stillwater, MN 55082, 651-430-9594. Jackie__jeff1@msn.com

28 JUL, SLP Frankfort Hotdog Festival BP/DL (Frankfort, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

28 JUL, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881

28 JUL, WNPF Raw Nationals & North American Championships (Anaheim, CA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

28,29 JUL, Twin Lab WABDL National BP & DL (Sheraton Hotel, Birmingham, AL - world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, fax 541-388-1122

JUL, Powermania Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

JUL, I.S.A. 3rd Limestone Classic BP/DL (Bedford [IN] Boys Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Steve 812-279-3187

JUL, Madison Co. Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

4 AUG, SLP Ohio State Fair BP/DL (Columbus, OH) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

4 AUG, APF Vench Beach Push/Pull PL, Venice Beach Rec. Ctr., 310-399-2775

4 AUG, WNPF New Jersey State/Open PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

5 AUG, WNPF Newark Open BP/DL & Ironman (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

6 AUG, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugeiron.com

***11 AUG,** 6th APF Granite State Open BP $ 4th Granite State Open DL (men, women, teen, jr., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590*

11 AUG, APA Bench Press Nationals (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

***11 AUG,** 2nd APF USS Escanaba Memorial PL/BP Classic (Grand Haven, MI) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obrienta@iserv.net, www.apfmichigan.com*

11 AUG, USAPL Mississippi State, Rhodes Fitness, Hardy Court Shopping Center, Gulfport, MS 39507, 228-868-0190 or 896-3277.

11 AUG, INSA North American Championships (Mesa, AZ - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness 817-268-3488

***11 AUG,** WABDL Alki Beach BP & DL & Strongman Contest (world championship qualifier - drug tested), Bull Stewart, 206-723-4696*

11 AUG, USAPL N.J. Bench Press Open, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

11 AUG, Green County Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

11,12 AUG, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

12 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

17-21 AUG, IPF World Games PL (Akita, Japan)

18 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

18 AUG, WNPF Central SC Open BP/DL & IM (Columbia, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

18,19 AUG, 8th AAPF/APF Snake River Pl & BP, Mike & Linda Higgins c/o YMCA, 155 W. Corner Ave., Idaho Falls, ID 83402, MWF 5-7, 208-523-0600, apf_id_mhiggins@yahoo.com

19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

19 AUG, WNPF Tarheel Open BP/DL & Ironman (Fayetteville, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

25 AUG, 11th Endless Summer BP & DL Classic (Elkhart, IN) Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471

25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

25,26 AUG, USAPL Lifetime Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

26 AUG, WNPF Grand Canyon Open BP/DL & Ironman (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

AUG, NASS Dino Day VIII - Ohio Valley Strongman (Columbus, OH) Nick Osborne, 614-481-9839, nick@phostraining.com

AUG, AAU Nevada/California & Utah High School PL & BP Regionals on Friday before AAU Raw Nationals (youth, teen (14-15, 16-17, 18-19)) Mike Grajek, 702-498-9867, grajek@sisna.com

***1 SEP,** WABDL Great Northern Idaho Iron BP/DL (Best Western Resort, Post Falls, ID, 10 miles from Spokane and Coeur D'Alene - world championship qualifier - drug tested) Gus Rethwisch, 541-389-0600, Fax 541-388-1122 or Suzi Camps, 208-773-9219*

2 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

***8 SEP,** WABDL N. California BP & DL (San Francisco, CA (world championship qualifier - drug tested) John Ford, 650-757-9506*

8 SEP, USAPL Deadlift Nationals (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

8 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

8 SEP, APF Venice Beach W. Coast Open BP, Venice Beach Rec. Ctr., 310-399-2775

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

12-16 SEP, IPF World Juniors (Sofia, Bulgaria)

15 SEP, 3rd Annual Deadlift on the River, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683

15 SEP, USAPL Michigan Hall of Fame (BP, DL, PL) Dick Van Eck, 616-521-4031

15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513

15 SEP, SLP Village Square BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

16 SEP, SLP Iowa State BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

21-23 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes) Dave Lhota, 250 Peninsula Drive Indian Lake, Central City, PA 15926, 814-754-8306

22 SEP, 1st Fall Strongman Challenge, Graham Barthlolomew, 301-893-8290 after 8:30PM, Grahambo@libertybay.com

22 SEP, NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513

22 SEP, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

22,23 SEP, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

***29 SEP,** WABDL Washington State BP & DL (Hoquiam, WA - world championship qualifier - drug tested) Don Bell, 360-533-5711*

29 SEP, NASA West Texas Regional (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513

30 SEP, SLP NATIONAL 'RAW' POWERLIFTING CHAMPIONSHIPS (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

SEP, APA Powerlifting Nationals (California) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

SEP, I.S.A. Regional BP & BP bodyweight for reps (Douglasville [GA] Boys & Girls) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299

SEP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513

SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

***6 OCT,** USPF Central California, Gene Estrada, 526 Dana #4, San Luis Obispo, CA 93401, 805-544-0155*

6 OCT, 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

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

6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

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

13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

16-21 OCT, IPF World Masters (Moose Jaw, Canada)

***20 OCT,** 19th ADAU Raw Drug Free "Central PA Open" (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com*

20 OCT, NASA East Texas Regional (Longview) NASA, Box 735, Noble, OK 73068, 405-527-8513

20 OCT, SLP Fall BP/DL Classic (Rich-

Big Daddy Productions presents the IPA California State Powerlifting & Bench Press Championships May 12 & 13, 2001

Meet Director: John Ford 68 Westlake Ave. #B Daly City, CA 94014 650-757-9506

mond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

21 OCT, *CAN AM BP & DL & Push/Pull (Montreal) Marcel St. Laurent, 457 7leme Ave. Nord. #1, Sherbrooke, Quebec, J1E 2S2, Canada, 819-346-9466, Fax 819-346-6104.*

26-28 OCT 2001, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramey, Aguadilla, PR 00604, 787-890-4636

27 OCT, INSA World Championship (Plano, TX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-363-3727, Stroud's Fitness, 817-268-3488

27 OCT, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/f, masters m/f, limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com

27,28 OCT, NASA North Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513

27,28 OCT, ANPPC NATIONALS (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

28 OCT, *Best of the Southwest V (Natural, Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Siwiak, 724-941-7270*

OCT, 1st Southeastern Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

OCT, NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

OCT???, NASA Big River Classic (Blytheville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513

OCT???, NASA W.V. Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

OCT???, NASA PA Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513

3 NOV, *USPF Texas Cup (Austin - Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. age increments to 70+), BP, Police/Fire - awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com*

3 NOV, USAPL State of Michigan Championships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031

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

3 NOV, SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

3 NOV, *WNPF Eastern Regional & Maryland State BP & USPC Eastern Regional Curl, Brian Washington, Box 20042, Baltimore, MD 21284, Ecpower@bellatlantic.net*

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

4 NOV, USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

10 NOV, NASA Wisconsin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

10 NOV, SLP Illinois State BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

10,11 NOV, USAPL N.J. State PL, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

11 NOV, *Quebec Championships PL/BP, Marcel St. Laurent, 457 7leme Ave. Nord. #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466, or fax 819-346-6104*

11 NOV, I.S.A. Gold's Gym BP Challenge BP Regionals (Amarillo, TX) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Teresa 806-359-5438

11 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

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

13-18 NOV, IPF World Mens (Sotkamo, Finland)

15-19 NOV, 24 Hr. Fitness WABDL World BP & DL Championships (Pepper Mill Hotel, Reno, NV) Gus Rethwisch, 541-389-0600, fax 541-388-1122

17 NOV, NASA Arizona Regional (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-8513

17 NOV, SLP Kentucky State BP/DL (Paducah, KY) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

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

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

24 NOV, NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

NOV, USAPL National Police & Fire PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

1 DEC, *USPF Winter Classic BP/DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115, Kostas@frazmtn.com or Steve Denison, 661-664-7724*

1 DEC, *Estrien Championships (PL & BP - Granby, Canada) Benoit Brodeur, 450-378-7666 or 372-0087 (Fax).*

1 DEC, "Miller Chev" Christmas BP Classic (open, teen, women, masters) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gnerre (E) 763-753-6064

1 DEC, NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

1 DEC, SLP Son Light Winter Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

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

1,2 DEC, NASA Novice Nationals???, NASA, Box 735, Noble, OK 73068, 405-527-8513

5-9 DEC, 100% Raw World Championships (men & women, all age/wt. classes) Dr. Spero Tsonotikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

6-9 DEC, IPF World Bench Press (Taupo, New Zealand)

8 DEC, SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

8 DEC, APF 48th Iron Man Open PL & BP, Mr. & Ms. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packer, 559-439-4394

8,9 DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

9 DEC, *ADAU 9th Raw Drug Free "Coal Country" BP & DI Classic (separate meets - no total - open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com*

15 DEC, 16th Christmas BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

30 DEC, SLP The Last One! BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, Sonlight@netcare-il.com

DEC, I.S.A. Two Worlds Collide BP/Clean & Jerk - individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299

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

8 APR, *New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com*

29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany)

10-15 SEP 02, IPF World Juniors (Venezuela)

9-13 OCT 02, IPF World Masters (Cordoba, Argentina)

12-17 NOV 02, IPF World Men's (Bratislava, Slovakia)

5-8 DEC 02, IPF World Bench Press (Luxembourg)

P.S. when writing include a Stamped, Self-Addressed Envelope . (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

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

MEET DIRECTORS... there are HUNDREDS of meets for readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We even do the typesetting for you - FREE!!

Blacksmith Open/Indiana State
9 DEC 00 - Columbia City, IN

BENCH		(Master 1)		
165 lbs. (Open)		R. Jones		157.5
J. Runyon	—	220 lbs. (Master 1)		
181 lbs. (M1)		G. Homola		157.5
J. Lindsey	125	242 lbs. (M1)		
198 lbs. (T 18-19)		B. McIntyre		190
N. DeBalty	147.5	275 lbs. Open		
(Open)		G. Lealifano!		230
M. Johnson	170	319+ (M1)		
M. Fensler	150	K. Luczkowski		187.5
WOMEN	SQ	BP	DL	TOT
132 lbs. M2				
N. Hays	80●	60●	140*	280*
148 lbs. T 18-19				
A. Dunivan	122.5	55	105	285
Junior				
M. Brubaker!	142.5	92.5*●	152.5	387.5
Open				
S. Simmons	132.5	77.5	150	360
165 lbs. M1				
D. Cairns	32.5	25	52.5	110
T 18-19				
A. Justice	82.5	57.5	95	235
Open				
A. Pankoke	132.5	97.5	137.5	337.5
181 lbs. Junior				
G. Kalk	145*●	80*	160*	385*●
198 lbs.M2				
A. Collins	32.5	40	75	147.5
MEN 123 lbs. T 16-17				
C. Warmke	105	85	142.5	332.5
O&M 1				
S. Meadows	150*	100*	185	435
132 lbs. Open				
J. Engle	162.5	125	182.5	470
148 T 14-15				
J. Huczko	150*	92.5	182.5*	425*
Junior				
K. Kibler	207.5	105	220	532.5
D. Hargrove	170	132.5*	187.5	490
165 lbs. T 18-19				
B. Redmon!	170	137.5	255	562.5
A. Fry	177.5	130*	182.5	490
Junior				
S. Oden	185	110	195	490
J. Sills	147.5	97.5	172.5	417.5
Open				
E. Nickson	227.5	160	250	637.5
J. Williams	167.5	125	182.5	475
M2				
R. Merrill	40	30	85	155
T 18-19				
J. Daviera	—	—	—	—
181 lbs. Junior				
A. Davis	185	125	200	510
J. Welu	165	120	220	505
M. Robertson	152.5	112.5	167.5	432.5
Open				
P. Gutwein	227.5	137.5	262.5	627.5
J. Mumaw	215	127.5	240	582.5
M2				
R. Sowala	160*	125*	180*	465*
B. Creech	90	47.5	107.5	245
198 lbs. Novice				
R. Butler	210	142..5	245	597.5
C. Flanagan	—	—	—	—
Open				
J. Goodhew!	272.5	187.5	287.5	747.5
T. Thompson	250	155	250	655
J. Campbell	227.5	137.5	282.5	647.5
C. Pancott	227.5	140	245	612.5
M. Willett	102.5	102.5	322.5*	527.5
M1				
B. Jones	215	157.5	235	607.5
M2				
D. Hardy	192.5	162.5*	200	555
220 lbs. Open				
A. Schaeuble	245	150	272.5	667.5
J. Archer	195	162.5	217.5	575
Junior				
A. Schaeuble	245	150	272.5	667.5
E. McKeley	207.5	152.5	250	617.5
M1				
J. Valpatic	187.5	137.5	205	530
M2				
L. Weiss	227.5	132.5	237.5	597.5
242 lbs. Open				
T. Kollars	212.5	155	265	632.5
275 lbs. Open				
M. Wenning	300	205	280	777.5
D. Schneider	292.5	172.5	292.5	757.5
D. Elliott	227.5	182.5	250	660
T. Smith	100	210	287.5	597.5
Junior				
M. Wenning	300*	205*	280*	777.5*
319 lbs. Junior				
T. Stott!	290*	207.5*	295*	800*
T. Buntin	—	—	—	—
319+ lbs. M1				
K. Luczkowski	227.5	187.5	182.5	597.5

Weights are in kilograms. Bodyweights listed in pounds (lbs.). * denotes a new Indiana State Record. ● denotes a new American Record (junior & master). ! indicates Best Lifter award winners. (thanks to USA Powerlifting for providing these results to *POWERLIFTING USA* Magazine)

Hwy 17A Touch Go and Pre-Teen BP
09 DEC 00 - Moncks Corner, SC

C. Corkey (6)	27	C. Driggers	300
S. Corkey (9)	41	P. Byrd	250
D. Abdon (9)	61	151-165	
D. Corkey (11)	58	R. Alvarado	330
J. C. Coker (10)	60	R. Wilmonth	275
G. R. Nobles (10)	55	166-181	
J. Wilkerson (10)	65	E. Dunlap	260
D. Corkey (10)	48	182-202	
L. Byrd (13)	60	G. R. Nobles	325
J. Kent (15)	180	J. Coker	375
WOMEN		203-235	
Open		R. Lord	540
97-130		R. Lewis	410
N. Brooks	65	T. Haulahan	475
MEN		241-275	
Open		R. Kent	370
134-150		275+	
P. Burris	325	S. Walls	405

(Thanks to Floyd Powe for providing these results).

AAU 2000 Fred Rogers/Paul Smart
23 SEP 00 - Savannah, NY

BENCH		220	
RAW:		40-44	
165		Wayne Carroll	375
70-74		50-54	
Pete Bush	165*	John McAllister	390*
Open		242	
148		35-39	
Jamie Sykes	205	RL Murray	460
181		319	
Paul Pollack	240	35-39	
198		Steve Rogers	460
Jessie Cottrell	325	DEADLIFT	
Scott McKenzie	305	148 Raw	
220		Jamie Sykes	305
40-44		165 Raw	
Dave Herbst	320	12-13	
Open		Mike Krisoff	300*
George Laughlin	325	198 Raw	
242		Dan Miller	565
35-39		220	
Mark Harrison	345	40-44	
319		Dave Herbst	560
Open		Raw	
Jeff Lewis	455*	George Laughlin	495
EQUIPMENT:		242 Raw	
132		Shane Lotz	435
Open		35-39	
Chris Byrnes	363!	Mark Harrison	475
198		275	
Open		Raw	
Jonathan Smith	275	Tom Kristoff	600

*STATE RECORD SET; !STATE AND AMERICAN RECORD SET. The 3rd Annual Fred Rogers/Paul Smart Classic was held September 23, 2000 with a great group of lifters. Some state records were broke along with one American record. 72 year old Pete Bush 1st place with 165 lbs. 132 pound Chris Byrnes with a state and American record 363 lbs. Chris always amazes the crowd and the other lifters no matter where he goes. Congratulations! 148 class Jamie Sykes took 1st place with 205. 181 RAW Paul Pollock in his first meet with 240 lbs. 198 OPEN Jonathan Smith with 275 lbs. 198 RAW saw Jessie Cottrell with 325 lbs. He edged out good friend Scott McKenzie who lifted 305 lbs. 220 40-44 Dave Herbst with a 1st place RAW 320; 220 RAW George Laughlin first meet ever lifted 325. 220 40-44 Wayne Carroll as always 1st place with 375. 220 50-54 saw John McAllister break his own state record with 390. 242 RAW 35-39 Mark Harrison 1st place with 345. 242 35-39 my friend RL Murray 1st place with 460. 319 RAW Jeff Lewis state record 455 just missing 505. 319 35-39 the Big Dawg Steve Rogers 460 tried to break his own state record with 475 just could not lock it out. In the Deadlift 148 RAW 1st place Jamie Sykes with 305. 165 12-13 Mike Kristoff with a state record of 300. This kid has a promising future. 198 RAW Dan Miller 1st place 565. 220 40-44 pulled 1st place with 560. 220 RAW 1st place went to George Laughlin with 495. 242 35-39 RAW Mark Harrison 1st place with 475. 242 RAW the chiropractor Shane Lotz first meet ever pulled 1st place with 435. 275 RAW 1st place went to "The Man" Tom Kristoff with a 600# pull with an injured back. Tom is one of the best 275# RAW full meet lifters in the country and deserves more press. As always a great day of lifting and I would like to thank my wife Michelle, you're the best. She helps these meets run smoother ever time. I would like to acknowledge people who set up and tear down every time: Jim Lee, Rich Molisani, Mark Howell, RL Murray, Terry Stafford, Jason Stafford and Tom Kristoff. My niece Michelle Milella for running the T-shirt table and Brian "The Buzz" Black for his great job of announcing. Also a special thank you to Rich Molisani and Mark Howell for their superb job spotting. The Savannah Elementary School staff for all of their support. Referees Tom Kristoff, Mark Kodya, RL Murray, Terry Stafford, Chris Byrnes and Steve Rogers. Welcome back drug testing to the AAU, so when you lift in the AAU, you'd better be DRUG FREE. (Thanks to AAU NYS chair Steve Rogers for providing the results of this contest).

Participants in the 2000 Fred Rogers/Paul Smart Classic; Row 1- Ryan Harrison, Ryan Murray, Chris Byrnes, R.L. Murray, Shane Lotz, Paul Pollock, Jamie Sykes, T.C. Carroll; Row 2 - Mark Harrison, Tom Kristoff, Steve Rogers, John McAllister, Jeff Lewis, Jessie Cottrell, Scott McKenzie, Dan Miller, George Laughlin, Jonathan Smith, Dave Herbst, Wayne Carroll; Row 3 - Mike Kristoff. (photo provided by Michelle Rogers)

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"Lifting for Lifters"

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State or Province _____ Zip Code _____ Country _____

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

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Bob Hafner Memorial Meet
21 OCT 00 - New Orleans, LA

	SQ	BP	DL	TOT
Men				
123				
Special Olympics				
Martin Martinez		135	335	470
132				
D. Dawson	205	130	275	610
148				
BP Only				
James Echols		205		
165				
BP Only				
Chris Albert		350		
Chad Tillman		300		
Scott Konecni		260		
181				
Open/Special Olympic				
Mark Tusa	515	260	480	1255
BP Only				
Matt Sprvill		385		
198				
Open				
Ray Judy	500	305	500	1305
Patrick Pope	440	220	450	1110
Special Olympic				
Raul Ramirez	380	190	400	970
DL Only				
Larry Tilley			500	
220				
Open				
Jody Steen	695	425	575	1695
Josh Stovier	530	385	550	1465
BP Only				
Cassius Scott		365		
DL Only				
Bob Hafner			520	
242				
Open				
Barry Haynes	660	435	650	1745
Jack Reape	655	430	605	1690
275				
Open				
Joe Armstrong	535	350	560	1445
Bryan Cagnet	285	185	375	845
BP				
Shane Jackson		410		
SHW				
BP				
Rene Phillips		510		
Brandon Williams	505			
Masters				
Open				
C. Dimaggio	285	180	350	825
M. Martinez Sr.	315	175	335	825
BP				
Roy Guldry		315		
WOMEN				
123				
BP				
Bernice Gilley		90		

The meet took place at the Lee Circle YMCA on a fantastic Gulf Coast autumn day. The perfect weather kept the gymnasium open to the streets, and passersby on their way to the street festival the next block over were treated to quite a PL show. Bob Hafner, meet director and namesake of this meet that celebrates his great victory over leukemia, prides himself on an on time meet start, a great all you can eat lunch break, great awards, and a meet that leaves you time to see the sights of the Big Easy. We were done by 2 PM! Lifting was kicked off by Martin Martinez Jr. who had a good day in the DL and made both attempts. David Dawson at 132 put together a superb 9/9 day. James Echols made all 3 BP at 148 finishing at 205 in his first meet. At 165, we had our first contested class where Chris Albert took home first with a shirtless 350! Chad Tillman made 300 for second and Scott Konecni 260 for third. At 181, Special Olympic Mark "Music Man" Tusa was on fire going 9/9 with more left. Matt Spruill benched a strong 385. The 198 class was won by Ray Judy on a tough 4/9 day, but a win is a win. Patrick Pope never got it going and came in 2nd. Special Olympic Raul Ramirez only missed his third BP to finish 3rd in the open and win the Special Olympic. He is over 6'3" and has lots of room to grow. Larry Tilley, in his first meet since completing chemotherapy for cancer, made 3 hard deadlifts, giving it his all. He will be back to 100% within a year! At 220, Jody Steen is a force to be reckoned with on the National Level. Weighing only 212, he made 1695 on 6 attempts. Once he gets more experience and is a full 220, watch out! Josh Stovier was 8 for 9 and also has room to grow at a mere 211. Cassius Scott made all 3 BP to finish with 365, and meet director Bob Hafner, between running the meet, pulled a nice 2nd attempt 520 DL. At 242, Barry Haynes has grown into a new weight class with room for more at only 230. Jack Reape was 8 for 9 only missing the 700 squat he made last year. At 275, Joe Armstrong only missed his last DL and Bryan Cagnet only missed his first squat. Shane Jackson made a nice 410 opener in the bench but was done for the day there. SHW benchers Rene Phillips and Brandon Williams both made their 2nd attempts, and each just missed their 3rds. In the masters Chalie Dimaggio won on bodyweight (by 1/4 lb.) over Martin Martinez Sr. These two warhorses only decided to compete at the last minute and they all capable of much more when peaked. Roy Guidry made all 3 BP to finish at 315. Our only woman competitor, Bernice Gilley, made a nice 90 lb. BP in her first meet. A lot of potential is there if she wants it. Bob's meet is known for his awesome awards, quickly run meet, and benefit of the doubt judging. This year was no exception, and the clear laminate plaques with their sky blue inscription were beautiful! Bob really goes out of his way to give unique awards, and if you are looking for an early fall meet to combine with a visit to America's best restaurant city, see ya next year! (Thanks to Mr. Reape for these results).

*Special Olympian/Open 181 lb. **MARK TUSA** with a 515 squat at the Hafner Memorial. (Reape)*

USAPL Tri - Services Championships
04 NOV 00 - Annapolis, MD

WOMEN	SQ	BP	DL	TOT
105				
Bentzel	200	105	220	525
114				
Paul	225	100	250	575
Bryant	175	110	220	505
123				
Kammier	245	130	300	675
Nguyen	150	105	210	465
132				
Rendon	170	110	255	535
Stewart	120	75	175	370
148				
Odom	240	135	300	675*
Tan	245	130	300	675
Adams	215	125	295	635
Szirak	210	140	275	625
Thomas	185	100	290	575
Fedden	180	115	275	570
Sadeghzaden	215	105	235	555
Ouellette	185	100	225	510
McDermott	155	105	255	415
165				
Loya	415	195	405	1015
Hitchcock	235	125	295	655
Powalski	225	125	235	585
Cartus	155	115	260	530
Kenny	115	95	175	385
181				
Goldenburg	145	90	205	440
198+				
Mansfield	290	170	340	800
MEN				
123				
Balke	260	210	310	780
Lomax	235	160	315	710
132				
Sainato	355	235	415	1005
Speakman	330	235	380	945
Morris	315	245	375	935
Dirienzo	285	230	385	900
Sisti	310	210	335	855
Byers	285	205	335	825
Panier	210	185	305	700
148				
Sullivan	435	300	530	1265
Portis	420	280	410	1110
Chin	325	285	390	1000
165				
Sweger	455	350	505	1310
Hillery	460	265	500	1225
Hockridge	425	245	485	1155
Mac Gillis	425	225	475	1125
Mroszyczyk	370	285	465	1120
Ghazal	345	320	415	1080
Kim	255	210	385	850
181				
Caprari	545	335	565	1445
Cook	475	280	570	1325
Zeigler	475	275	500	1250
Simmons	455	310	480	1245
Wergeland	410	330	500	1240
Heyman	325	335	520	1180
Farmer	405	245	450	1100
198				
Bownas	515	310	635	1460*
Frizzelle	515	375	570	1460
Shakarian	515	285	600	1400
Vian	515	330	530	1375
Sawruck	460	340	540	1340
Hohreiter	415	275	500	1190
Gerwitz	400	300	450	1150
Newton	360	240	440	1040
Duff	355	195	400	950
220				
Anderson	510	335	555	1400
Obele	500	340	530	1370
Binder	475	275	555	1305
Cooper	410	350	500	1260
242				
Smoot	475	335	500	1310
Hay	365	300	480	1145
275				
Ives	400	300	405	1105
Boersma	205	185	415	805

* denotes winner on bodyweight. PRAISE THE LORD! What an honor and a pleasure it was to be a part of the Tri - Services Championships! It truly is rewarding to watch America's future leaders "battle" it out on the platform while supporting each other on each and every lift. First and foremost, let me give thanks to the Good Lord. Throughout the entire day of lifting no one was injured, both Army and Air Force had safe trips home, and several athletes qualified for the 2001 USAPL Collegiate Nationals! God is so good! In addition, a special "behind the scenes" thanks to USAPL President Mike Overdeer and USAPL Maryland State Chairman Dennis Reamy. Mike and Dennis were instrumental in awarding an extraordinary late sanction and showing great support and understanding for the growth of "Academy lifting" within the USAPL. Thank you both so much! USAPL Executive Secretary Marsha Serre served as Head Judge for the contest. Marsha was supported by Maryland State referees Mark Daniel (a special thanks to Mark's friends whose names I do not know - thank you both very much!), Chris Boone, and Tom Wiley, as well as Colorado state referees Brian Friedhoff and Josh Sullivan. Many thanks to each of them for enduring endless hours in the chair supporting some of America's finest collegiate strength athletes! Maryland's favorite "Big Guys," Joe Sauter and Tom Wiley, assisted by "Big Tony" from the Air Force Academy worked the platform all morning, afternoon, and early evening. Need I say more? God Bless you guys! Finally, thanks to CPT Keith Mishoe (Navy OIC) and Michael Wright (Navy coach), SFC McMaster (Army NCOIC) and MAJ James O'Connor (Army OIC), and CPT Andy Bates (Air Force OIC) for their endless hours of dedication to the lifters and their help and support at the meet. Thanks to each of you! And now to the lifting... Navy's Julia Loya dominated the women's division. The reigning IPF World Champion finished with lifts of 415, 195, 405 (1015 total) to capture the 165 pound class and win the Champion of Champions award. Teammates Amanda Kammier and Rachel Odom also won their respective classes, with Amanda taking top lightweight honors and Rachel taking top heavyweight honors. The Navy women also won the team trophy finishing with 54 points. Josh Sullivan of the United States Air Force Academy was the male Champion of Champion. Josh had an outstanding day, going 435, 300, and 530 (1265 total) in the 148s. Navy lifters, Andrew Capriari and Ben Bownas captured Best Lightweight and Best Heavyweight honors, respectfully, leading the Navy men to a first place finish. Ben had an exciting match - up with Army's Bryan Frizzelle that came down to the final deadlift. Ben won with a 635 pound pull to win on bodyweight. Both Bryan and Ben lifted flawlessly, and showed great intensity on the platform. Navy finished with a clean sweep in the team category, placing first in the Overall Combined division as well. Next year's Tri - Services will be at the United States Air Force Academy in Colorado Springs, Colorado. Congratulations to all the athletes, and we look forward to seeing you on the platform real soon! One last thing. Michael, could you please pass the salt? *God Bless, Spero Tshontikidis.* (Thanks to USAPL for these results).

Ben Bownas *with his 635 pull for the win at the USAPL Tri-Services meet. Coach Mike Wright is in the background. (photograph provided courtesyTshontikidis)*

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3rd AAPF Michigan State
03 DEC 00 - Allenpark, MI

BENCH				
WOMEN				
Masters 40-44				
A. Digon -165	165*			
Open				
148				
A. Digon	165			
MEN				
Junior 20-23				
J. Johnston -181	365*			
Submaster 33-39				
T. Wallance -181	385			
W. Bahna -242	470*			
Master 40-44				
M. Flag -275	505*			
L. Crews -242	375*			
J. Darga -198	300			
Master 45-49				
G. Foley-181	305			
P. Kosmicki-220	320*			
Master 50-54				
M. Varwig -198	315*			
Master 55-59				
Hemenway -220	315*			
Master 60-64				
M. Marsh -242	380*			
Open				
242				
W. Bahna	470			
P. Moore	405			
DEADLIFT				
MEN				
Submaster 33-39				
T. Wallance -181	520*			
Master 40-44				
J. Darga -198	500*			
50-54				
M. Varwig -198	365			
Open				
181				
L. Patrick	515			
220				
C. Cadotto	660*!			
Powerlifting	SQ	BP	DL	TOT
WOMEN				
Teen 14-15				
K. Cuciurean -114	135*			
Submaster 33-39				
Melissa S. -114	190*	90*	240*	520*
Master 45-49				
D. Cairns- 165	70*	55*	100*	225*
Master 50-54				
S. McPhail -165	85*	90*	170*	345*
Master 55-59				
A. Collins -198	80*	85*	150*	315*
Open				
114				
Melissa S.	190*	90*	240*	520*
148				
R. Muratori	230	120	275	625
MEN				
Junior				
L. Hutchinson -181				
Submaster 33-39				
J. Proce -198	420*	325*	440*	1185*
T. Mather -132	275*!	180*!	305*!	760*!
Washington -198	345	315	440*	1100
J. Perry -220				
Master 40-44				
B. Denlinger -242	565*	425*	535*	1525*
B. Fabiano -181	430*	370*	520*	1320*
J. Darga -198	420*	300	500*	1220
Master 45-49				
J. Koplin -181	450*	310*	460*	1220*
J. Smolinski -220	475*	340*	520*	1335*
M. Weller -198				
Master 55-59				
J. Miller -242				
Master 60-64				
L. Hughes -198	275*	215	350*	840*
Master 70-74				
B. Creech -181	200*	110*	235*	545*
Master 80-84				
R. Merrell *165	65	80	200*	345
Open				
132				
T. Mather	275	180	305	760
165				
P. Keinath	430	345		
181				
B. Fabiano	430	370	520	1320
198				
D. Lomp	630	405	610	1645
D. Carrol	635	435	520	1590
S. Taylor	580	360	460	1400
D. Griffin	410	285	460	1155
220				
C. Cadotto	665	400	660*!	1725
M. Szudarek	660	325	625	1610
S. Barker	500	275	505	1280
B. Boroski	365	320	450	1135
M. Armentrout	285	225	365	875
C. Phillips				
J. Perry				
242				
J. Zemmin	700	605*	520	1825*
S. Rivers	575	420	480	1475
P. Moore	530	405	510	1445
T. Pearch	450	325	465	1240
275				
M. Kroczaleski	850*	500	705*	2055*
D. Vontom	630	415	540	1585
308				
P. Stratakis	815*	420	660*	1895*
R. Johnson	660	465	600	1725
SHW				
B. Wheeler	490	240	400	1130
Guest Lifters				
J. Hinze	500	340	505	1345

* Denotes new AAPF Michigan State Record; ! Denotes new AAPF National Record. Meet Promoters: John Maddox, John Cuciurean. Judges: Robert Spaulding, Mike Andrus, Renata DeFelice, John Wood, and Mary Sternberg. I would like to start with a special thanks to all the loaders and spotters. With out those guys, we would still be at the meet site. I would also like to thank our sponsor Fitness Unlimited Gym, Royal Oak, MI. This year's State Meet was a great success with almost 60 lifters competing, and numerous new state records being broken. See everyone next year. (Thanks to John Maddox for providing these contest results).

Ken Snell squatted 462 *at 123 lbs. bodyweight and 42 years of age at the AAPF Southern States Meet.*

AAPF Southern States PL (kg)
11 NOV 00 - Ormond Beach, FL

Women (formula)	SQ	BP	DL	TOT
G. Ladesic (BL)	102.5	60	140	302.5
D. Montgomery	102.5	65	137.5	305
M. Pritzl (132)	137.5	85	137.5	360
K. Stokes (132)	92.5	45	112.5	250
L. Folsom (132)	92.5	37.5	115	245
C. Gale (198)	90	47.5	122.5	260
MEN				
Teen (formula)				
B. Hopper (198)	230*	155	237.5	622.5
J. Barbosa (148)	152.5	82.5	202.5	437.5
R. Donahay (165)	172.5*	112.5	200	485
J. Dubay	172.5	112.5	147.5	432.5
Junior (formula)				
McCahon (220)	282.5	157.5	300	740
N. Hammer (242)	307.5	182.5	265	755
M. Hollingsworth	272.5	157.5	237.5	667.5
J. Bowers (181)	207.5	132.5	220	560
A. Poplodorov	212.5	147.5	272.5	632.5
C. Charron (220)	197.5	142.5	195	535
J. Cannon (220)				
Masters (formula)				
K. Snell (123)	210	122.5	217.5	550
M. Francis (242)	365*	205	330	900
D. Graham (181)	257.5	145	252.5	655
T. Harrier (275)	317.5	207.5	255	780
P. Genet (242)	250	220	267.5	737.5
L. Gnat (220)	242.5	172.5	205	620
G. Morning (220)	200	155	215	570
T. Roman (275)	227.5	175	182.5	585
T. Haller (165)	117.5	107.5	157.5	382.5
Amsberger (242)	220	130	197.5	547.5
J. Bradley (308)	165	135	192.5	492.5
R. Barnes (198)	200	135	60	395
L. Russell (220)	162.5			162.5
F. Pelino (275)	185			185
Open				
123				
K. Snell (BL)	210	122.5	217.5	550
148				
W. Holloway	165	117.5	217.5	500
J. Barbosa	152.5	82.5	202.5	437.5
165				
G. Wright	222.5	165	250	637.5
R. Thompson	227.5	117.5	272.5	617.5
R. Donohay	172.5	112.5	200	485
181				
B. Strickland	265	165	255	685
D. Belanger	227.5*	150	250	627.5
D. Graham	257.5	145	252.5	655
R.T. Mc Clain	227.5	167.5	197.5	592.5
T. Giacobbe	225	145	212.5	582.5
198				
D. Peterson	297.5	202.5	240	740
V. Lopez	198	185	225	605
D. Schultz	210	150	195	555
J. Olikswycz	220	147.5	180	547.5
220				
B. Borgo	305	197.5	240	742.5
P. Mc Cahon	282.5	157.5	300	740
P. White	272.5	190	272.5	735
L. Mosley	255	182.5	260	697.5
Henderson-Coffey	240	162.5	250	652.5
J. Thrift	215	175!	205	595
C. Nadzeika	227.5			
C. Sherman				
242				
G. Martin	250	230*	285	765
N. Hammer	307.5	182.5	266	755
F. Webber	272.5	210	250	735.5
N. Therrell	285	182.5	250	717.5
R. Cole	235	147.5	280	662.5
J. Kipp	227.5	142.5	245	615
T. Maxted	250	155	192.5	597.5
K. Mink				
275				
J. Luker III	277.5	182.5	250	710
S. Vanlandingham	25			

* denotes a new state record; ! denotes a new masters division state record. Team Trophy Winner: Team Corry. (Thanks to Huge Iron for providing the results of this meet to *Powerlifting USA*).

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X-Treme Fitness Fall BP/DL
04 NOV 00 - Union, MO

BENCH PRESS	
open women	
Emily Bradley	130*
Miranda Scul	195*
4th	205*
L. Schaeg	125
master women 40-44	
Kathy Jones	160*
Andrea Apple	110*
4th	115*
master women 45-49	
D. Withington	140*
Ida Undine	120
teenage men	
Jack Tankersley	240*
Chris Holloway	290
4th	295*
Jason Brown	180*
Junior men	
Nick Young	450*
master men 40-44	
John Kesler	300
Tori Karim	275
master men 45-49	
Greg Chrun	485
Wally Strosnider	355
Charles Martin	340
master men 50-59	
Jon Springmeyer	325
Barry Falconer	255
165	
John Kesler	300
181	
Quentan Rogers	335
Lonnie Keathley	260
Ed Benton	230
198	
Warren Holloway	280
220	
Matt Schaffer	375*
Jeff Withington	360
Keith Waddle	235*
242	
Greg Chrun	485
Kevin Hahn	450
Jim Schrader	310
275	
Michael Porter	400
Justin Rost	275
Dr. S. Wilcoxen	230*
308	
Ron Serra	475
shw	
Carl Lynch	235
DEADLIFT	
open women	
Emily Bradley	225*
Miranda Scott	285
master women 45-49	
D. Withington	270
master men 40-49	
Michael Porter	450
master men 50-59	
Barry Falconer	450
198	
S. Killingsworth	465
220	
Matt Schaffer	550*
Russell Kempen	490
4th	505*
242	
Jim Schrader	520

* personal record. Best Lifters - BP: Nick Young; DL: Matt Schaffer. The X-treme Fitness Fall Bench Press/Deadlift Championships was held at the club in Union, Missouri on November 4, 2000. Many thanks to Bill White, his wife and staff for hosting this event. Also thanks to our spotters and loaders, Mike White, "Buck" Buchanan and Lonnie Keathley for all their help. A very special thanks to Caleb Ransom for his help with the trophy presentation. In the bench press competition we had three women in the open division, all good lifters. By formula, Emily Bradley came out the winner with a 130 personal record at a 119 bwt. Miranda Scott was second with a 195 pr and an even greater 205 pr fourth attempt. Lynshawna Schaeg was third with 125, kind of struggling on this day. Kathy Jones took the master women's 40-44 class with a great 160 pr, weighing in at 148. Second place went to Andrea Apple, who actually got two new personal records, 110 on her third attempt and a 115 fourth. In the master women's 45-49 class it was Debbie Withington the winner over Ida Undine 140 to 120. Both women missed their final attempts, though Debbie's second attempt was a personal best for her. Jack Tankersley was the winner of the teenage class, finishing with a personal record 240 at a bodyweight of 150. Lifting in his first competition, Chris Holloway finished second with 290, following that with a personal best 295. Jason Brown, who is a great natural deadlifter, was third with 180, another personal record. Nick Young took the junior class with what was to be the best overall lift of the meet. Weighing in at just 181, Nick got a 450 pr on his second attempt, just missing a 470 third attempt. In the master men's 40-44 class John Kesler came out on top with a solid 300 @ 164. Tori Karim was second with 275, making only his opener, missing 300 twice. At 45-49 Greg Chrun was the winner, finishing the day with 485 and a near miss with 500 at a 242 lb. bwt. Wally Stronider was second with 355 @ 198, passing on his third attempt. Charles Martin was third with 340, coming close with a 355 fourth attempt. The ever-ageless Jon Springmeyer won at master 50-59 with an easy 325. Two more attempts with 340 were close but short of lockout. Barry Falconer, a newcomer to the sport, was second with 255. Weighing in at just 165, Barry came close with 270 twice. In the open men's division John Kesler won his second competition of the day with a win at 165. At 181 it was Quentan Rogers with 335 for the win. Lonnie Keathley was second with 260, coming close with a 265 pr fourth attempt, while Ed Benton finished third with 230. Warren Holloway took the 198 class uncontested, getting just his opener of 280. This was Warren's first competition. At 220 it was Matt Schaffer, also in his first competition, finishing with the win and a personal best 375. Jeff Withington was second with 360, getting only his opener. Third place at 220 went to Keith Waddle, who got a personal best of 235. Greg Chrun, who took the master men's 45-49 class, also took the open 242's with his strong 485. Second place went to Kevin Hahn, who continues to chase 500. Kevin finished with just his opener of 450, after two misses at 490. Jim Schrader, who also got only his opener, was third with 310. Michael Porter took the 275's with 400, after missing that weight on his second attempt. Justin Rost was second on the strength of his opener of 275. Dr. Steven Wilcoxen was third, making all three of his attempts to finish with a personal best 230. Big Ron Serra got all three of his lifts in, as he won the title at 308 with 475. Carl Lynch took the shw class with an easy 235, just missing a pr 245 twice. In the deadlift competition Emily Bradley took her second title of the day with another personal mark on the day. Emily's 225 @ 119 placed her ahead of Miranda Scott, who finished with 285, before taking and getting a personal best 305 fourth attempt. Lone master women's competitor Debbie Withington settled with just her opener of 270 after missing a pr 290 twice to take that class. Michael Porter won at master 40-49 with an easy 450 while Barry Falconer pulled that same weight for the win at master 50-59. Stacy Killingsworth took the open 198 class with 465. At 220 it was Matt Schaffer with a personal best 550 for the win. Weighing in at 215, this gave Matt the best lifter award for the competition. Second place at 220 went to Russell Kempen, who got all four of his attempts to finish with a personal record 505. Jim Schrader won at 242 with a strong 520 pull. Thanks again to all who helped with the competition. See you all next year. (Thanks to Dr. Darrell Latch for providing the results of this contest to *PL USA*).

Best Lifter Nick Young PRs 450 at 181 *for 1st place in the Junior Men's Category at the X-treme Fitness Fall Bench/Deadlift Championships. (Latch)*

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2000 AAU State BP IV & Regionals
07 NOV 00 - Henderson, NC

BENCH		M. Ange	405@
132		Teen	
C. Biggs	150	165	
148		J. Ross (19)	265@
P. Barnes	270	E. Henderson (15)	160
B. Zak	265	E. Gareti (15)	145
M. Perry	270@	181	
165		D. Floyd (19)@	375r*
L. Bond	295	E. Jones (15)	170
A. Crenshaw	255	198	
J. Ross	265@	T. Terry (15)	185
R. Williams	240	242	
M. Torez	165	K. Wall (18)r	415*!
E. Henderson	160	20-23	
E. Gareti	145	220	
181		D. Burns	360
D. Floyd	375@	319	
R. Young	245	D. Saunders	345*
E. Jones	170	35-39	
198		132	
T. Holland	400@	C. Biggs	150*
V. Armstrong	365	165	
J. Hansen	330	L. Bond	295
B. Gabber	325	181	
D. Coble	315	R. Young	245
D. Foster	310	198	
M. Leibacher	300	V. Armstrong	365*
L. Hogan	275	D. Coble	315
J. Jones	265	220	
A. McKnight	245	D. Lawrence	360*
T. Terry	185	242	
220		C. Sneed	410
D. Young	375	319	
D. Weinder	360	T. Bridges	400*
D. Burns	360	40-44	
D. Lawarence	360	165	
J. Richardson	350	A. Crenshaw	255
242		M. Torrez	165
A. Proctor	470	198	
R. Terry	450	J. Hansen	330*
K. Wall	415	L. Hogan	275
C. Sneed	410	220	
R. Saten	345	D. Young	275r
275		242	
S. Reid	530	R. Terry	450*
B. Weaver	430@	319	
G. Stevens	350@	W. Ferguson	365r*
S. Deuel	305	D. Mitchell	340
T. Dorsey	305	SHW	
319		K. Payne	385*
B. Simpson	460	45-49	
C. Middleton	475@	198	
G. Briggs	450	B. Gabbert	325*
T. Bridges	400@	M. Leibacher	300
W. Ferguson	365	275	
D. Saunders	345	G. Stevens	350@*
D. Mitchell	340	50-54	
SHW		165	
D. Allen	425@	A. Crenshaw	255
M. Ange	405@	M. Torrez	165
K. Payne	385	Novice	
WOMEN		198	
105		J. Jones	265
40-44		A. McKnight	245
K. Beccerra	140*!	220	
148		J. Richardson	350
Open		319	
J. Zak	125	D. Saunders	345
181		Regional Championship	
35-39		198	
V. Cherry	165*	40-44	
SHW		T. Holland	400
35-39		45-49	
B. Olson	185*!	M. Leibacher	300
NC State Championship		220	
Open		20-23	
148		D. Burns	360
P. Burris	270	50-54	
M. Perry	270@	D. Winder	360
B. Zak	265	242	
165		18-19	
J. Ross	265	K. Wall	415!
R. Wilmonth	240	35-39	
198		A. Proctor	470
D. Foster	310	45-49	
M. Leibacher	300	R. Staten	345
275		275	
S. Reid	530	50-54	
B. Weaver	430@	T. Dorsey	305
S. Deuck	375	319	
319		35-39	
C. Middleton	475@	G. Biggs	450
B. Simpson	470	SHW	
W. Ferguson	365	40-44	
SHW		D. Allen	425r

@ – assisted lifter; assisted lifters had 15 pounds subtracted for overall placings. * denotes state record; r – meet record; ! denotes American Record.

Three months before this meet I sold my house, and found out my new house was running months behind schedule. I knew it would be too late to change our phone number in *Pl. USA* and to make matters worse most of our current lifters would be stuck with my old phone numbers. I want to start by thanking Ricky Young for taking over the meet, and how he still managed to draw 60 lifters blows my mind. Looking at the *Pl. USA* results, I believe this is the largest sanctioned meet in NC this year, which continues a three year tradition... watch out next year, because we will shoot hard for 100+ lifters!!! I want to thank Southern Vance and their athletic director of E. Wilson and Davis Aysuce for once again letting us host our meet at their wonderful school. I want to thank our judges Ed Brooks, Lewis Broadie, William Hawkins III (all three are current American record holders), Mario Torrez, Ricky Young, and a guest appearance by one of my favorite judges Steve Lundy. I want to thank Dave Young, Victor Armstrong, Paul Richardson and Alwin McKnight for spotting. Thanks to the head table manned by Janice Young and Jennifer Zak. Well on to the meet. We had sixty lifters, fifty of them choosing to compete RAW. In the interest of space I will mention the top three overall lifters in each weight class and as always I subtract fifteen pounds for assisted lifters when determining their overall positions. Please remember the REAL winners are the lifters that hit their personal goals and had fun!!! Relatively new lifter, Charles Biggs, was the only lifter at 132, but his (35-39) 150 state record made him the first regional champ of the day. The 148 class was probably the closest class of the day, as the top three lifters were separated by fifteen pounds going into final attempts. A very light Melvin Perry would bench 270, but since he was assisted it worked out to 255. It would have been enough for first place and a state record if he had weighed two pounds less and been a 132. 1999 runner up Ben Zak would bench 265 to move into the lead, but first time lifter Philip Burris would answer with a 270 to become the 148 regional champion. Larry Bonds would win the 165 class with his opener, but still worked his way up to a 290 to extend his win. Master lifter Albert Crenshaw, 255 would move him up a spot from last year to finish in second. Johnathon Ross would also move up one spot to finish in third this year, and if he had locked out his final attempt he could have moved into second. Teen lifter, David Floyd, finished third overall in 1999 at 198, but this year we came in as a very trim 181 and it paid off. David would bench a teen state, teen regional, and teen American record 375 to become regional champ. Finishing in second for the second straight year was meet director Ricky Young, and in third was Ernest Jones from host Southern Vance High School. With eleven lifters the 198 class was the biggest of the day. Tommy Holand would bench 400 to become the first lifter of the day to win back to back regional titles... way to go Tommy!!! Victor Armstrong would bench a (35-39) 365 state record which would move him into second... a nice jump from fourth last year. Jim Hansen would benched a (40-44) 330 state record, which would bump him way up from his 7th place finish last year. It was great to see the return of Brad Gabbert whose (45-49) 325 was a state record, and he was only five pounds from finishing in the top three. We had a great fight at 220, but experience showed as Dave Young's 375 was a regional record, and a solid improvement from his fourth place finish last year. David Burns would bench 360 to finish in second on bodyweight over submaster Donnell Lawrence. Credit has to be given to Joseph Richardson who was only ten pounds out from finishing in third place. In the 242 class, Robert Proctor had to compete against two American record holders, but his 470 would earn him his first regional title. 1998 regional champ Rufus Terry elected to lift RAW, and his 450 bench was enough for a state and American master record. Finishing in third was the amazingly strong Ken Wall who benched a teen American record 415. The last time I saw Ken was two years ago and he was thirty pounds heavier. Ken Sneed had verily missed weight at 220, which is unfortunate because his 410 bench would leave him in fourth, but it would have won the 220 class. In the 275 class, Shawn Reid had no trouble dominating the class with a RAW 530 bench. Finishing in second was Bruce Weaver with 430, and in third was Gary Stevens. Normally the 319 class is a small one, but on this day we had seven strong lifters. Pulling out of the pack to win was Buddy Simpson who would bench 460. Cary Middleton would bench 475, but since he was assisted he's lose fifteen pounds which would tie him with Bobby, and as the heavier lifter he'd finish in second. In third was Gerald Briggs with a big 450. Every time Gerald comes to a meet everyone asks whose weight class he's in, because he's so muscular it looks like he could bench 600 pounds. Rounding out this great class, David Saunders benched 345 to set a (20-23) state record, and long time veteran Walter Ferguson benched 365 to break (40-44) state record. Dan Allen was defending 319 champion, moving up to SHW seemed no problem as his 425 was a regional record, and would make him the second lifter of the day to win back to back titles. Finishing in second with 405 was Mike Ange, and rounding out the class was Keith Payne, who benched a 385 (40-44) state record, and would have moved into second if he locked out his weighed in at 103 and benched a state and (40-44) American record of 140. Karyn would win the best lifter light award making her the third and final lifter to win back to back regional titles, light weight champ for the second straight year. Winning the 148 class with a 125 bench, and finishing second pound per pound in the light weight divisions would be Jennifer Zak. We had a great close for the heavyweight regional title. At SHW Becky Olson would bench 185 for a state and American (35-39) record, and become the heavy weight regional champ. At 181, Vanessa Cherry would set a (35-39) 165 state record and finishing second overall in the heavyweight regional. Vanessa lost by about a pound for the best lifter award, which is a reminder of why it's so important to weigh in with as little as possible... because in a meet as big as this EVERY POUND COUNTS!!! As always the team division is where the excitement starts. Winning the open bench championship was David Young's NC Bench Warriors. Winning the mixed bench title was Coastal Carolina Power-lifters headed by Ricky Young and Ben Zak. Winning the regional's in their first team appearance was Walter Ferguson's House of Pain, and winning the teen state title was the host team Southern Vance High School coached by Mr. Wilson, and able assisted by the one and only Rufus Terry. I want to thank all the lifters that took the time to compete with us and for the record my new phone number is 1-252-441-4930!!! (Thanks to Ben Zak for providing the results of this competition).

AAU Southeastern Regional Team Champs: "House of Payne" *based in Winston-Salem, NC - front row, left to right, Mike "Young Lion" Lovelace, Walter "Truck" Ferguson, Lyle "Hitman" Hogan; back row, left to right, Kent "Man-Child" Wall, Dan "Goldberg" Allen, Keith "Take It To The House" Payne. (photograph by courtesy of Ben Zak)*

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2nd Annual APA Columbus Day BP
03 OCT 00 - Hamden, CT

BENCH		275	
Women		Jim Whiting	315
132		308	
Shawl King (BL)	100	Ron Rohmer	275
Jonie Moore	90	Master	
Men		148	
148		55-59	
Sam Cannady (BL)	250	S. Cannady(BL)	250
165		181	
A. Goodfellow	200	55-59	
181		Neal Wellins	205
Neal Wellins	205	198	
Pat Cute	200	45-49	
Dave Wilcox	195	Joseph Steele	250
198		275	
Joseph Steele	250	40-44	
220		Jim Whiting	315
Dan Daye	300	308	
Ed King	275	65-69	
Ben Flyer	250	Ron Rohmer	275

Meet Director: Joseph Steele; Head Judge: Joseph Steele; Side Judges: Mark Hogan and Andy Bram; Announcer: Andy Bram. Meet Report: The 2nd annual A.P.A. Columbus Bench Press Championship went very well. A total of 13 lifters took part in the meet. In the Women's Division, Shawl King lifting in her first meet won the 132 lb. class and won best lifter with 100 lb. bench pass. In the men's and master's Division, Sam Cannady was Best Lifter in both Divisions and won the 148 lb. Class with a 250 lb. lift the meet was held after the Columbus Day parade in New Haven. World Gym of Hamden marched in the parade. Some of lifters took part in the parade, then competed in the meet. (Thanks to Joe Steele for providing these results).

APA Texas Cup BP, DL, OP
14 OCT 00 - Waco, TX

BENCH		H. Thomason	425
Women		DEADLIFT	
Open (formula)		Women	
L. Saldana	135*	Open (formula)	
R. Bracato	135*	R. Bracato	275*
Men		T. Pellman	250
Teenage		Men	
J. Sladana	380*	Junior 20-23 (formula)	
C. Snider	245*	R. Ellis	550*
Junior 20-23		H. Thomason	650*
H. Thomason	425*	Master 40-49	
Master 40-49		G. Dzuris	350
G. Dzuris	215	Open	
Open		181	
148		W. Smith (BL)	560
B. Carr	350*	220	
198		G. Dzuris	350
C. Washburn	405	275	
220		H. Thomason	650
G. Dzuris	215	Strict Overhead Press	
242		Open 275	
V. Rodriquez		H. Thomason	235
275		B. Reed	235

* denotes a record. BL - Best Lifter Award (Thanks to APA for providing these meet results to *PL USA*).

Neal Wellins, 57, was winner of the 181 lb. class at the APA Columbus Day Bench. (Joe Steele)

APA New England Open BP
18 MAR 00 - Durham, CT

Women (Formula)		Master 60+	
D. Slaga-145	220*	A. Meyers-183	215
J. Arel-121	240*	Open	
Men		123	
Special Olympics		V. Pichay	220!
S. Curtis-154	125	148	
Teenage		G. Larson	320!
J. Syc-145	260	N. Rybicki	290#
Junior (formula)		S. Micciulla	245
N. Rybicki-135	290	J. Haynes	205
J. Chisholm-189	340	198	
J. Vynalek-207	250	B. Swanson	500$
C. Raffile-251	245	220	
S. Curtis-154	125	E. Flori	465
Submaster (formula)		P. Murtaugh	465
E. Flori-209	465	A. Murray	430
P. Murtaugh-218	465	J. Gardner	385
A. Murray-212	430	242	
M. Slaga-232	405	M. Slaga	405
Master 40-49 (formula)		275	
J. Abely-201	405	J. Toland	460
Master 50-59 (formula)		T. Toland	425
R. Cote-219	430	A. Mecteau	385
D. Bishop-174	125		

* denotes CT Record. ! denotes Master Records. # denotes Massachusetts Junior Record. $ denotes NY Record - best lifter award. Special thanks to Coach Lombardi of Cognichaug High School and the crew of assistants he gave us to make this meet function smooth and efficiently. I would also like to thank Donna Slaga (CT Chairperson), and her husband Mark for all the assistance provided with helping me keep things rolling smoothly and to my daughter Jennifer Taylor and her fiance Lou Cortezzo for doing a great job as meet officials (and for providing coffee and donuts to the staff). I'd like to thank Roland Cote for the use of his great stopwatch which I accidently took home with me and will mail back to him. As always, than you to the lifters for a great show of sportsmanship and showing the spectators what a great sport powerlifting is. Scott Taylor - APA President. (Thanks to Bruce Swanson for providing these meet results).

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American Powerlifting Association

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Street Address _____ City _____ State or Province _____

Country _____ Zip Code _____ Telephone Number _____

Date of Birth _____ Age _____ Sex _____

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Parents Initial _____
If Under 18 yrs.

I Certify that the above answers are correct

X_____

CPA Championnat Canadien DL/BP
05 NOV 00 - Montreal, Canada

DEADLIFT		M 50-54	
WOMEN		M. Sadovski	350
132		181	
Junior		Teste	
N. Coderre	250	sub	
open		S. Hebert	425
L. Landry	380	4th	435
sub		J. Lamonica	430
L. Landry	380	4th	440
148		220	
Junior		M 45-49	
M. Guilbault	320.5	G. Marceau	400
4th	330*	242	
open		open	
L. Levasseur	275	E. Ouellet	525
MEN		Y. Gauthier	635
123		BENCH	
Junior		WOMEN	
J. - Yves Ouellet	300*	132	
148		N. Coderre	120
open		L. Landry	190
M. St - Laurent	505	MEN	
4th	515*	Juniors	
M 55-59		J. - Yves Ouellet	165
M. St - Laurent	505*	M. Bouchard	290
4th	515*	Seniors	
148 Teste		C. Marceau	345
open		D. Veillette	195
M. St - Laurent	505*	E. Ouellet	280
4th	515*	S. Hebert	300
M 55-59		E. Chevrier	375
M. St - Laurent	505*	P. Abram	480
4th	515*	P. Remy	350
181		Maitres	
sub		M. Sadovski	240
G. Archambault	400	S. Quintal	320

Best lifter men and men teste: Marcel St- Laurent; Best lifter women: Lisa Landry. Head Referee: Diane Roy; Side Referee: Kim St - Laurent & Raymond Carey; Annoucer: Raymond Carey. (Thanks to Marcel St - Laurent for the meet results).

CPA Championnat Quebecois
22 OCT 00 - Sherbrooke, Canada

BENCH		M 50-54	
WOMEN		J. Leblond	280
165		4th	285
M 40-44		M 55-59	
S. Trepanier	200*	A. Deladurantaye	330
MEN		M 60-64	
132		J. Marchand	300
Open		242	
D. Veillette	185	Junior	
sub		M. Page	400
D. Veillette	185	4th	420
148		open	
T 18-19		F. Plamondon	370
P. Normandin	225	S. Fauteux	330
165		M. Plourde	390
T 16-17		E Ouellet	
D. Langlois	210	sub	
181		M. Plourde	390
Open		F. Plamondon	370
J. St - Pierre	420	308	
198		sub	
T 18-19		M. Robitaille	365
F. Prevost	310	SHW	
4th	325	sub	
open		C. Marceau	335
A. Forcier	285	M 50-54	
sub		M. Gosselin	65
A. Forcier	285		

Powerlifting	SQ	BP	DL	TOT
WOMEN				
132				
junior				
N. Coderre	210	140*	235	595*
4th			245	
148				
open				
L. Landry	277.5	215	400	892.5
sub				
L. Landry	277.5	215	400	892.5
MEN				
165				
open				
E. Lessard	480	330	500	1310
181				
open				
C. Dallaire	540	310	635	1501
4th		326		
M 40-44				
C. Dallaire (BL)	540	310	635*	1501*
4th		326		
198				
T 18-19				
F. Prevost	380	310	475	1165
4th	405	325		
220				
M 40-44				
J. -Paul Marceau	275	250	320	845
M 45-49				
G. Marceau	340	270	430	1040
M. Lehoux	405	285	450	1140
242				
T 13-15				
F. Turcotte	475	280*	465	1220
open				
S. Fauteux	265	330	480	1075
275				
open				
M. Bernier	610	450	600	1660
sub				
L Lesage	550	390	640	1580

Powerlifting - Best Lifters: Men - Claude Dallaire; Women - Lise Landry. Meet director: Marcel St - Laurent; Head Referee - Marcel St - Laurent; Side Referee - Diane Roy & Kim St-Laurent; Announcer: Gilles Poirier & Diane Roy; Scoring: Martine de Villers. Bench Press - Best Lifters: Men - Jacky St - Pierre; Women - Suzanne Trepanier. Meet director: Marcel St-Laurent; Head Referee - Marcel St-Laurent; Side Referee - Diane Roy & Kim St-Laurent; Announcer - Diane Roy; Scoring - Martine De Villers. (Thanks to Marcel St. Laurent for results).

APA Orlando Open BP/DL
21 OCT 00 - Orlando, FL

BENCH		275	
Submaster (formula)		S. Lacey	470
M. Schwagel	445	M. Schwagel	445
J. Taylor	425	M. Kinsey	410
Teenage (formula)		E. Martin	
I. Anderson	265	308	
C. Reynolds	200	D. Follins	
Master (formula)		DEADLIFT	
40-49		Teenage (formula)	
G. Boldissar	425	S. Laver	440
D. Baumstein	425	C. Reynolds	385
S. Pullaro	350	Submaster (formula)	
50-59		M. Hendely	510
G. Walker	405	M. Schwagel	485
60-69		Open	
D. Botelho	165	148	
Open		J. Hope	350
148		165	
J. Hope	265	P. Fulton	465
165		181	
P. Fulton	265	D. Adams	500
181		S. Rutsis	480
B. Highnote	360	198	
T. Houke	320	J. Davidson	430
B. Rutsis	300	V. Lopez	420
H. Griffin		220	
198		R. Meyer	615
V. Lopez	390	D. Flunker	585
S. Pullaro	350	M. Hendley	510
220		242	
R. Meyer	465	D. Nichols	630
G. Walker	405	J. Macartney	620
242		275	
J. Keene (BL)	520	M. Kinsey (BL)	750
E. Jackson	475	E. Martin	535
J. Macartney	455	M. Schwagel	485
G. Boldissar	425	308	
D. Nichols		D. Rollins	650

The 2000 APA Orlando Open was held at Orange Ave Gym. Orange Ave Gym is the oldest gym in the USA and was a great site for an event. The meet was run outside of the gym under a tent which was provided courtesy of Rich Meyer. Special thanks to all of the spotters, loaders, Rich Meyer, and Orange Aveune Gym formaking this a top notch event. Stay tuned for our next Orange Avenue Gym event to be hel in February, 2001. (Thanks to Scott Taylor - APA President for providing these competition results).

Lake Canyon BP Challenge
21 OCT 00 - Galt, CA

BENCH		242	
Men		Open Raw	
132		C. Daniels	400
Youth (11) Raw		275	
T. Knight	160*	Open Assisted	
Youth (11) Assisted		J. Malone	430
T. Knight	170*	B. Allen	400

* personal record. The Lake Canyon Bench Press Challenge featured 11 year old - 132 lb. - Tony Knight of Galt, CA, bench pressing a huge 160 lbs. raw and 170 lbs. assisted (a single ply poly bench shirt). I believe this is the most weight ever lifted in the bench press by an 11 year old boy at 132 BWT! If not, it's real close. Tony has put on about 7 lbs. of bodyweight and 40 lbs. on his raw bench press in just a little over 3 months! His secret is HEAVY SINGLES in the BENCH PRESS - training once a week. Craig Daniels benched a big RAW 400 at 242. James Malone won the 275 class with a 430 ASSISTED bench press. I'd like to thank all the judges, spotters, loaders at the Dungeon Gym, for making this event possible. (Results by Mike Knight).

USAPL 2000 Ohio State PL/BP
12 NOV 00 - Bedford Heights, OH

BENCH	
WOMEN	
Open	
T. Distaulo (105)	170!
Van Dykes (257)	270
Raw	
B. Fazio (122)	105
MEN	
Teen	
Saintendy (176)	285
Heverley (120)	190
R. Risner (262)	300
E. Berry III (122)	175
G. Quinn (253)	275
D. Miller (126)	170
Open Masters 40-49	
T. Richards (179)	390
D. Miller (165)	335
J. Scribner (147)	300
Open Masters 50-59	
Goldsmith (178)	350!
R. Klebach (305)	426*
J. Fyda (229)	300
Raw Masters 40-49	
B. Smith (267)	375
E. King (163)	280
G. Foley (174)	275
G. Napp (129)	185
Raw Masters 50-59	
R. Klebach (305)	426*
P. Ventre (194)	275
Open	
165	
A. McVany	310
181	
J. Ross	420!
A. Solomon	405*
T. Richards	390
220	
R. Young (540)	540*
Powerlifting	SQ
WOMEN	
Open	
Ruffeuer (145)!	275
D. Sheridan (146)	280
L. Knittel (183)	300
Van Dyke (257)	55
Raw	
L. Knittel (183)	300
Tomecnko (166)	225
MEN	
Teen	
A. Solomon (179)	500
N. Snyder (249)	530
Open Masters 40-49	
R. Wahl (164)!	575
M. Terman (218)	575
Lumimba (262)	540
M. Digangi (154)	340
R. Meier (189)	330
Open Masters 50-59	
J. Fyda (229)	360
R. Klebach (145)	145
Raw Master 40-49	
E. King (163)	375
B. Foster (216)	420
J. Sabo (182)	275
Raw Masters 50-59	
M. Landino	480
N. Cairl	425
S. Pyle	420
242	
K. Mayer	535
S. Mendenhall	345
D. Callahan	330
275	
J. Defour	490
M. Hartle	465
F. Palmer	455
P. Aracri	445
J. Martinex	440
M. Reese	410
SHW	
W. Likens	500
R. Klebach	426
T. Mendinhall	400
Police & Fire	
N. Cairl	424
D. Goldsmith	350
M. Reese	410
D. Sustin	330
Raw Bench	
165	
D. Seman	300
E. King	280
181	
D. Flanik	340
N. Piazza	315
J. Curran	275
198	
M. Seman	390
W. Mason	275
242	
V. Tartatino	355
275	
B. Smith	375
SHW	
R. Klebach	426

Some of the King's Gym Team Members *at the 2000 Ohio State Championships. They are 10 time State Champions, National Team Champions, and Team Kings Gym has many state, national, and world champions. Front Row: (left to right) Barb Fazio, Dave Seman, Jeff Hixon, Steve Herrick, Ed King, Alan Solaman, Dr. Larry Miller, Terry Isaac, Eric Curry, Ben Sustin, Dan Sustin; Back Row: Mark Seman, Vic T., John Sabo, David Miller, Jay Mason, Vince Tarantino, Mike Karowski, Sean O'Callaghan, Jim Ross, Pat Cunningham, Jason Ross, Marc Terman, Dick Goldsmith, Nick Keleman, and Frank Palmer. (King's Gym)*

K. Lanci (233)	145	145	400	690
Raw Masters 60+				
C. Lee (192)	225*	225*	350*	800*
Open				
148				
T. Straub	450	325	500	1275
R. Thompkins	400	280	390	1070
165				
J. White!	550	350	610	1500
J. Hixon	465	415*	500	1380
N. Mercorel	440	375	500	1315
P. Keenan	515	315	480	1310
G. Foy	380	230	425	1035
181				
J. Ross	505	420	525	1450
D. Sustin	525	330	525	1380
J. Lupia	480	315	525	1320
C. Pappas	480	325	430	1235
198				
J. Beck!	650*	400	625	1675
S. Krebs	550	405*	550	1505
S. O'Callaghan	525	350	600	1475
J. Selby	500	340	540	1380
220				
N. Keleman	600	430	630	1660
V. Murphy	655	370	635	1660
V. Wells	535	380	655	1570
S. Pyle	520	420	600	1540
R. Bluck	525	405	525	1455
C. Basmagy	450	350	500	1300
R. Young	145	540*	145	830
242				
P. Cunningham	670	370	630	1670
275				
M. Hartle	635	465	585	1685
M. Reese	600	410	655	1665
P. Aracri	615	445	515	1575
T. Clary	490	310	460	1260
SHW				
W. Likens	600	500	645	1745
Police & Fire				
M. Reese	600	410	655	1665
D. Sustin	525	330	525	1380
J. Keough	455	335	500	1290
B. York	500	350	540	1390
Raw Powerlifting				
165				
E. King	375	280	475	1130
181				
N. Piazza	470	315	500	1285
J. Ross	405	315	510	1230
198				
S. Patrick	405	410	455	1270
J. Sensenbaugh	405	310	470	1180
220				
S. Green	460	405	575	1440
B. Shannon	475	365	500	1340
B. Foster	420	320	530	1270
K. Kosisko	405	250	470	1125
242				
M. Copeland	465	405	485	1355
S. Gilbert	470	360	550	1340

Powerlifting	SQ	BP	DL	TOT

The 2000 Ohio State Powerlifting and Bench Press Championships was a great success. With 107 lifters and over 350 spectators from Ohio and surrounding states, this was the largest state meet in years. The following competitors set American Records; Ralph Young: 540 bench press; Ralph Kiebach: 426 bench press; Allan Soloman: 405 bench press; Steve Krebs: 405 bench press; Jeff Hixon: 415 bench press; Jason Beck: 650 squat; Chuck Lee: 225 squat, 225 bench, 350 deadlift, 800 total. Chuck is over 80 years old!! The following competitors won best lifter; Powerlifting: Women - Mary Ruffeuer; Master - Bob Wahl; Men Light - John White; Men Heavy - Jason Beck; Bench Press: Women - Terri Distaulo; Master - Dick Goldsmith; Men Light - Jason Ross; Men Heavy - Ralph Young. The first place team awards in the powerlifting and bench press went to King's Gym. Three of the four best lifter awards in the bench press went to King's Gym team members. A special thanks goes out to all the spotters, loaders, judges, concessions, and scorer's table personnel. These people volunteered their weekend to help make this year's state championships the best ever. Without their help it would not be possible. (Thanks to Ed King for the results).

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ADAU National SQ, BP, DL
15-17 SEP 00 - Erie, PA

SQUAT	
Women	
148	
Master 40-44	
A. Gretch	130
Men	
105	
Youth 10-11	
R. Plowman	155
165	
Open	
J. Harlan	365
242	
Junior 20-23	
R. Walker	475
4th	485
Master 40-44	
B. Lovejoy	450
Open & 2 Junior	
B. Moody	445
Submaster 35-39	
D. Shimandale	420
BENCH	
Women	
148	
Master 40-44	
A. Gretch	115
Men	
105	
Youth 10-11	
R. Plowman	105
4th	110
Teen 14-15	
H. Claypatch	95
4th	100
132	
Open	
S. Fellows	230
Open & Sub 35-39	
L. Reilly	210
165	
Teen 16-17	
A. Hersperger	290
Master 40-44	
W. Claypatch	260
181	
Junior 20-23	
J. Stoner	315
4th	325
Open & Teen 18-19	
S. Geibel	300
Master 55-59	
C. Beliveau	250
198	
Open	
H. Thomas	355
Open & Sub 35-39	
B. Sisko	315
220	
Master 40-44	
D. Sherwood	370
4th	400
242	
Open	
S. Pollard	390
G. Wolbert	385
G. Plowman	375
R. Hennings	350
Junior 20-23	
R. Hennings	350
R. Walker	320
B. Moody	315
Master 45-49	
R. Schaack	280
275	
Master 40-44	
D. Stoner	360
DEADLIFT	
Women	
97	
Teen 18-19	
C. Vieceli	180
148	
Master 40-44	
A. Gretch	225
Men	
165	
Open	
G. James	455
Open & Master 40-44	
K. Stoner	420
181	
Open	
D. Heintzel	505
R. Gregory	465
198	
Open & Master 60-64	
J. Herbein	515
4th	520
Open	
S. Loebach	440
242	
Junior	
R. Walker	560
Master 40-44	
B. Lovejoy	540
Open & Junior 20-23	
B. Moody	540
Junior 20-23	
R. Hennings	450

Outstanding squatter was 22 year old, Rich Walker of Punxsutawney, PA. Outstanding bench presser was 30 year old, Scott Pollard of Slippery Rock, PA. Outstanding deadlifter was George James. (Thanks to Siegel Engraving Company for the meet results).

2000 ADAU Central PA Open
28 OCT 00 - Clearfield, PA

BENCH	
Physically Challenged	
W. Clouthier	391$
M. Aldridge	374$
C. Courtney	259
A. Hendrickson	248

Powerlifting	SQ	BP	DL	TOT
WOMEN				
132				
M. Matuszewski	225	126	352	705*
148				
K. Iszkula	236!	115	303	655
K. Woodside	176	126!	248	556
MEN				
114				
C. Stoner	94!	55!	143	292!
132				
M. Boston	220	209	352!	782
165				
M. Catalino	518*!	319	545!	1383
M. Skal	336	308	445	1091
R. Jimenez	275	209	347	832
181				
J. Brown	468	374	473	1317
D. Teeter	451	314	507	1273
A. Joseph	418	325	512	1256
J. Thek	380	330	496	1207
J. Orengia	336	281!	507	1124
D. Banik	336	259	507	1096
A. Schmidt	319	187	402	909
P. Guzenski	220	176	374	771
198				
E. Cridge	518!	385	589!	1493!
4th		396!		
R. Toole	490	391	435	1416
B. Woolston	473	352	540	1366
B. Bayer	468!	259	551!	1275!
J. Breese	429	286	529	1245
G. Lindsey	391	281	440	1113
220				
T. Braca	485	314	551	1350
A. McClaine	473	308	523	1306
C. Amstone	485	330	451	1267
242				
R. Davis	584	303	716*!	1603
C. Chiaro	462	363	551	1377
R. Rood	451	325	523	1300
T. Johnson	413	270	485	1173
S. Tietrich	402	325	440	1168
J. Lawson	358	270	429	1058
N. McClaine	319	248	380	947
275				
R. Emerick	600	402	600	1603
D. Smith	501	369	540	1410
S. Maleski	540	325	518	1383
M. Kantz	490	325	534	1350
319				
D. Stoner	462	402!	512	1377
R. Blanchard	457	308	551	1317
B. Hickman	462	336	512	1311
A. Siegel	407!	231!	440!	1080!

Michelle Matuszewski was the winner of the 132 pound weight class at the A.D.A.U. Central Pennsylvania Open competition, where she also set a new A.D.A.U. American Raw Total Record. (photograph provided to POWERLIFTING USA by Joe Orengia)

This meet is the longest running drug tested meet in the state of Pennsylvania, having started in 1983 and it has been running continuously since that time. Five lifters were tested by urine analysis and two other ADAU members were "Out of Meet" tested, with all seven passing, according to test results received from Quest Diagnostics. Many Pennsylvania state powerlifting records were broken, in addition to the many American Records which are referred to above. The Outstanding lifter award winner was Matt Catalino, of Erie, Pennsylvania. Thanks to the following helpers: Judging was handled by Brenda Siegel, Nick Theodourou and Allen Davis, with lifters Joe Orengia and Allan Siegel sitting in for American Records. Announcing was done by Jersey Joe Pyra with the capable table help of Angel Siegel and twins Jennifer and Sarah Ogden. Spot loading was done by Jay Siegel, Dave Yoder and Mike "Bear" Norris. (The results of this competition were sent by Al Siegel, meet director).

ADAU 2000 North American BP
18 NOV 00 - Hopatcong, NJ

BENCH	
MEN	
97	
11 & Under	
J. Lugo	45
Youth Amer. Rec.	45
114	
Teen 14-15	
H. Claypatch	110
Teen Amer. Rec.	110.5
165	
Open	
J. Caliguari	300
Submaster	
J. Caliguari	300
Sub Amer. Rec.	301
Master40-44	
W. Claypatch	260
Mastrs Amer. Rec	260.5
181	
Open	
M. Salandra	320
S. Eason	300
Submaster 35-39	
M. Salandra	320
Master 45-49	
R. Whitney	260
198	
Open	
T. Matchick	435
Open Amer. Rec.	435.7
Sub Amer. Rec.	435.7
E. Lugo	280
Submaster 35-39	
E. Lugo	280
Masters 45-49	
V. Gengaro	340
Mastrs. Amer. Rec	341.5
Masters 60-64	
B. Phillips	370
Mastrs. Amer. Rec	372
220	
Teen 18-19	
D. Millet	290
242	
Junior 20-23	
B. Schmidt	400
Jr. American Rec.	401
Masters 40-44	
F. Vogel	255
Mastrs Amer. Rec	255.5
Masters 45-49	
J. Sensale Jr.	360
275	
Teen 16-17	
V. Sensale	275
Junior 20-23	
M. Avila	385
Jr. Amercican Rec	386
319	
Open	
P. Cuntrera	285
Submasters 35-39	
J. Phelan	410

Best Lifter: 97 class - Jon Lugo; 114 class - Hunter; 165 class - Joe Caliguari; 181 class - Mark Salandra; 198 class - Todd Matchick; 220 class - Dan Millet; 242 class - Bill Schmidt; 275 class - Mike Avila; 319 class - John Phelan. Team Trophy First Place - Joe Carini's Basic Fitness. This turned out to be a small but pleasant meet with some outstanding RAW lifters. Todd Matchick in the 198 did an easy 435 for an American Record. Bill Schmidt who no longer plays football, came down from a high of about 275 BWT to about 240. He set a Junior American Record of 400 in his new wt class. Master lifter Vinnie Gengaro, one of our regular lifters set an American Masters record of 340. Gentleman lifter Bill Phillips set an American Master Record of 370 at age 60!! Our youngest lifter, Jon Lugo 11, was one of three father/ son teams: Jon and Eddie Lugo, Hunger (14) and Wayne Claypatch, and Vince (16) and Joe Sensale Jr. made this a rewarding family experience. We're looking forward to seeing many of them return at the Feb. East Coast Classic PL meet which will also have a Bench and DL meet. This meet was drug tested, urine testing being the venue. I wish to thank the many people who helped make this meet a success. Spotter/ loaders Paul Guzenski and Mike McDonald. Referee Russ Barnickle, one of the most supportive people who has come to nearly every meet I've held. Referee Nick Theodorou who support our sport and also runs a supplement company, Nutritech 610-253-6800. My dear friends, referee Rich Schmidt and scorekeeper Barbara Schmidt. Thanks to Gentle Joe Carini for bringing in his troops. Without these fine folks, I could not run these meets. A very sincere thanks to the lifters who came to our meet, without them there is no PL. Many thanks to all. Have a great holiday season and we'll see you in February. (Thanks to Jumpin Jersey Joe for providing the results of this meet).

ADAU Shake the Lake BP
23 SEP 00 - Erie, PA

BENCH	
Women	
123	
S. Stonick	75*
148	
S. Villo	120*
Men	
B. Gregory	240*
165	
L. Dellmyer	335*
R. Martucci	310
M. Skal	300
J. Martucci	235
Junior	
A. Hendrickson	250*
181	
J. Orengia	280*
198	
B. Sisko	320
Masters	
J. Toth	300
220	
P. Huntley	275
Teen	
M. Aldridge	370*
242	
T. Gibson	430*
R. Hennings	352*
SHW	
W. Clouthier	386*

* denotes a record. If you live in a state that has been having a drought problem, I know how you can solve it. First, take your car and have it professionally cleaned then second, plan an outdoor weightlifting contest! Al Siegal gave the rules clinic as I grabbed as much help as I could and we moved the contest into the Custom Audio Installation garage. They were the meet promoters and sponsored the entire event (Bench press, arm wrestling and car stereo contest). A big thank you goes to Custom Audio World Submasters champion and owner of Custom Audio, Sondralee Villo even competed in the bench and arm wrestling and placed first and second respectfully, while setting a submasters bench record. In the men's 148 class Brian Gregory won gold while setting a Junior American Record and at 165 Luke Dellmyer did the same. Yours truly, Joe Orengia, had a good day while winning the 181 lbs. class with an American Masters Record. At 220, Matt Aldridge was very impressive with his Teen American Record. A physical disability doesn't hold this man down. Terry Gibson and Ramone Hennings went first and second at 242 lb. with Gibson's American Record, which gave him Outstanding Lifter and gave Hennings a Junior American Record. In the Supers, Wayne Clouthier set the Open Record. Another Champion that doesn't let a disability get in his way. Thanks to all the help...let's do it again. (Thanks to Joe Orengia, Anti-Drug Athletes United Vice President, for providing these meet results).

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Winners from the 2000 *USPF Law/Fire Nationals. Front row (l-r): Brian Reynolds, Bill Rectenwald, Mike Weiss, Jim Rubenstein, Charles Swingler. Back row (l-r): Tige Pratt (meet director), Jay Henry, Anthony Spencer, Travis Pardue, Terry Tsourotis. (Courtesy of John Messinger).*

Best Lifters *in the Kentucky State BP/DL. (left-right) Troy Tingle (Bench Press), David Anguish (DL). (Photograph courtesy of Dr. Darrell Latch).*

2000 USPF Law/Fire Nationals
07 OCT 00 - Nutter Fort, WV

181	SQ	BP	DL	TOT
Senior Division				
T. Pardue	490	330	600	1420
198				
Submaster				
M. Weiss	402	259	363	1024
220				
Submaster				
J. Henry	143	374	385	902
Master 45-49				
J. Rubenstein	529	336	523	1388
242				
Senior				
C. Swingler	473	385	501	1359
Master 45-49				
B. Reynolds	143	303	501	947
275				
Senior				
A. Spencer	451	330	473	1254
Master 45-49				
B. Rectenwald	143	424	424	991
308				
Senior				
T. Tsovrotis	551	413	540	1504
Guest lifter				
T. Pratt			655	

(Thanks to the USPF for providing these results).

Son Light Kentucky State BP/DL
11 NOV 00 - Calvert City, KY

BENCH PRESS

submaster women		123	
148		Beth Book	265
Crystal Bailey	135*	submaster women	
165		165	
Cyndi Crossland	280*	Cyndi Crossland	325*
master women 50-54		master women 50-54	
165		165	
Gayle Paff	70	Gayle Paff	190*
teenage men 16-17		teenage men 16-17	
165		165	
Chuck Hires	250*	Chuck Hires	405*
198		4th	415*
Justin Robertson	225	198	
242		Justin Robertson	250
Jessie Cornwell	210*	teenage men 18-19	
teenage men 18-19		165	
275		Kyle Snider	330*
P. J. Paff	250*	4th	345*
submaster men		275	
220		P.J.Paff	360*
David Anguish	450*	submaster men	
master men 45-49		220	
242		David Anguish	730*
John Thomas	185*	master men 45-49	
master men 50-54		242	
275		John Thomas	365*
Butch Adams	390*	master men 50-54	
master men 60-64		275	
198		Butch Adams	450
Tom Barth	305*	master men 60-64	
open men		198	
165		Tom Barth	430*
Troy Tingle	415*	open men	
4th	425*	165	
242		Lewis Oliveros	430*
Joe Carter	415*	198	
275		Joey Greenwell	450*
Jack Jesse	435*	242	
Lee Green	410	Joe Carter	630
DEADLIFT		Bryan Kelley	440*
junior women		4th	450*

Best Lifter BP - TROY TINGLE; Best Lifter DL - DAVID ANGUISH. Team Champions - SHOWTIME'S GYM. *personal record. The Son Light Power sanctioned Kentucky State Bench Press/ Deadlift Championships were held November 11, 2000 at Baptist Family Fitness in Calvert City, Kentucky. We had some great lifters representing the great state of Kentucky, including the NASA National Powerlifting Team, Showtime's Gym, coached by multi - national champion David Anguish. A special thanks to the staff at Baptist Fitness and especially Butch Adams for all the effort they put into this competition. In the bench press competition we had two great submaster women's competitors. Winning at 148 was Crystal Bailey, who only got her opener of 135, though it was a personal record for her. Crystal was lifting in her first competition. At 165 it was Oklahoma native Cyndi Crossland with a great 280 personal record on her final attempt. A fourth attempt with 300 was about ten pounds too much on this day, but will definitely be a reality soon. Great lift, Cyndi! Our third female competitor was master 50-54 competitor Gayle Paff, who took the 165 class. Gayle finished with 70 after missing that weight on her second attempt. In the teenage 16-17 age group Chuck Hires set a personal record with his 250 at 165. Justin Robertson won at 198 with 225 and Jessie Cornwell took the 242's with a personal best 210. At 18-19 P. J. Paff got a pr with 250 to win the title at 275. Up next was the winner of the submaster 220 class, David Anguish. David seems to get stronger with each competition, finishing here with a new personal mark of 450. David always seems to start the bench competition with a shaking opener, but by the time his third attempt comes around he is solid as a rock. The mark of a great lifter! John Thomas, lifting in his first competition, only got his opener of 185, but that was good enough for the win at 242 in the master 45-49 class. Butch Adams looked strong with his 390 pr, as he won the master men 50-54 class. Another Oklahoma native, Tom Barth, age 60, took the 198 class with a pr 305. Here is another young (?) lifter who continues to improve with each new competition. Troy Tingle was our best lifter for the bench competition, as he won the open 165 title. Weighing in at the limit, Troy finished with a pr 415, but then followed that with a very strong 425 fourth attempt. Joe Carter came all the way from Carthage, Tennessee (home of Al Gore) to take the title at 242 ending with a personal best 415. Maybe it was that extra fifteen pounds he was carrying that made the difference! Chubby boy! Jack Jesse took the 275 class with a personal best 435 for his final attempt. Lee Green was second with 410, managing just his opener. In the deadlift competition Beth Book took the junior women's 123 class with and easy 265. A 275 pr third attempt fell just short of lockout. Cyndi Crossland finished her best day of lifting to date as she took the submaster 165 class, finishing with another personal record of 325! Gayle Paff also set a new pr on the day, winning at master 50-54, 165 class, with a great 190 pull. This little lady could have pulled 200! Chuck Hires took his second title of the day with his win at 165, teenage 16-17. Chuck pulled a strong pr third attempt of 405, followed with a 415 fourth. Justin Robertson also won his second crown of the day with an easy 250, lifting in the 198 class. At teenage 18-19, Kyle Snider won at 165 with a pr 330. Kyle then came back with a successful fourth attempt of 345. P. J. Paff also got a new pr on the day with a strong 360 pull to take the 275 class. Up next was our best deadlifter of the competition, David Anguish. David's final pull of 730 was the strongest I had ever seen him to be, and was a new personal record for him. John Thomas got his best pull ever with a 365 pr for the win at master 45-49, 242. Butch Adams, just off of his win at the ANPPC Nationals, took the 275's in the master 50-54 class with a conservative 450. Tom Barth also pulled a new personal best with his 430 as he won the master 60-64, 198 class. In the open class Lewis Oliveros got three good pulls in, finishing with a personal best 430 @ 165. Joey Greenwell took the 198 class with another pr, this one at 450. Joe Carter won at 242 with and easy 630, followed by Bryan Kelley with 440. Bryan finished with a great pr pull of 450 for his fourth attempt. The Kentucky State team championship went to Showtime's Gym, with teammates David Anguish, Beth Book, P.J. Paff, Gayle Paff, John Thomas, Chuck Hires, and Joey Greenwell. Thanks also to my spotters and loaders Joey Latch, Joey Greenwell and Cory Lovette for all their help. See you all next year! (Thanks to Dr. Darrell Latch for providing these meet results).

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

If Under 18 have Parent Initial _____

Signature _____

Best Lifters at the Son Light Power Arkansas State BP/DL meet *were (l-r) D.D. Nichols (BP) and Todd Dearling in Deadlift. (Darrell Latch)*

Arkansas State Bench Press/Deadlift
14 OCT 00 - Rector, AR

BENCH PRESS		Mike Meeker	365*
WOMEN		220	
teenage 18-19		Matt Whitworth	380
148		Ricky Coggins	335
Mikka Robinson	135*	242	
master		Larry Young	380
40-44		Brian Coffell	375*
123		275	
Terry Morris	120*	D. D. Nichols	600
MEN		Greg Clayton	435
teenage 18-19		SHW	
220		Chris Rannals	470*
Drew Price	300*	DEADLIFT	
308		WOMEN	
Jamie Sawyer	280	master 40-44	
junior		123	
198		Terry Morris	225*
Matt Fisher	275*	4th	245*
submaster		MEN	
242		submaster	
Jay Hicks	335*	165	
148		Todd Dearing	540*
Albert Pyland	310	master 40-44	
165		148	
Glen Thomas	330	Harry Wakefoose	330*
Parrish Morris	260	4th	350*
181		165	
Chis Sorrentino	310	Parrish Morris	400*
198		242	
Glenn Pitts	380	James Schenck	460*

* personal record; Best Lifter: Bench - D. D. Nichols; Deadlift - Todd Dearing. The Son Light Power sanctioned Arkansas State Bench Press/Deadlift Championships were held October 14, 2000 at Pro Fitness in Rector, Arkansas. A special thanks to Pro Fitness owner Kevin French and his family for hosting this event. Also thanks to all who helped load, spot and judge this event. We had a good turnout, with twenty-four entries; a good beginning. In the bench press event, teenage women's winner Mikka Robinson got a new pr with a solid 135 @ 148. Mikka had missed that weight on her second attempt before coming back for a successful third. Terry Morris captured the 123 lb. class of the master women's 40-44 division, also scoring a personal record in the process. Weighing in at 123, Terry finished with an easy 120. Both of these girls were competing in just their second meet. In the teenage men's 18-19 group, Drew Price, took the 220 class with a PR 300. Drew also came close with a 325 third attempt. Jamie Sawyer won at 308, finishing with his opener of 280, after missing his last two attempts with 315. Matt Fisher was the winner at 198 in the junior men's class, getting a personal best 275 on his second attempt. Matt was lifting in his first competition. At submaster it was Jay Hicks winning at 242, finishing with a great 335 personal best. Jay even took a stab at a 350 fourth attempt, missing just short of lockout. In the open division it was the great lifter at 148, Albert Pyland. Albert, who lifts "raw", looked strong, finishing with 310 for the win. At 165 it was Glen Thomas over Parrish Morris 330 to 265. A misload with 375 caused Glen to fail with his final attempt at 355, which would have been a new pr for him. Parrish had some problems with the bench, getting just his opener, after missing 285 twice. Chris Sorrentino won uncontested at 181 to finish with 310 Chris missed a personal best 325 twice, but it will be good for 350 once he gets used to his shirt! Glenn Pitts got 380 in his win at 198, but missed a pr 400 twice. Next time, Glenn! Second at 198 was Mike Meeker, who finished with a personal best 365. Matt Whitworth also finished with 380, taking the 220's. Matt also came close with a pr 400 for his last two attempts. Ricky Coggins was second at 220, getting just his opener of 335. Ricky then jumped to 365 where failed to lockout on his last two attempts. Larry Young took the 242's with another 380, missing a pr 405 third attempt. Brian Coffell was second with 375, also missing his third attempt with a pr 400 for the win. Up next was the great D. D. Nichols, who was having some problems with his shoulder, so really didn't push it too much. Didn't push it?! D. D. got an easy 600, letting up on a 650 pr when his shoulder began to bother him. Once D. D. gets healthy again, and gets back on a good training schedule, and gets a good shirt, he will be the next legitimate 700 + bencher. D. D. took the 275's and best lifter award for the competition. Second at 275 was Greg Clayton, who was lifting in his first competition. Greg finished with a personal best 435, weighing in at 258. At shw it was deadlift marvel Chris Rannals, showing he's not just got a strong back! Chris looked stronger with each lift, finishing with a personal best 470 for win. In the deadlift competition Terry Morris captured her second title of the day at master 40-44, taking the 123 lb. class with a strong 225 pull. Terry, then proceeded to lockout a fourth with 245! Todd Dearing came to get 540, and he did just that, taking the 165 lb. class and best lifter honors as well! With great form Todd walked through his attempts of 500, 520 & 540. All at a 165 lb. bodyweight! Harry Wakefoose also had a great day, taking the 148 lb. class of the master 45-49 division. Harry finished with a pr 330 third attempt, then called for a 345 fourth. Well, we wanted him to go for 350 so we added the extra weight then pretended to have made a mistake after he pulled it. (When are these lifters going to catch on?!) Parrish Morris also got a pr with his 400 pull at 165 for the win. Not one to be different, James Schenck also got a new pr on the day with a solid 460 for the win at 242. James actually locked out 490 but was called for hitching. But boy does this kid have potential! Thanks again for everyone's help, the support of Pro Fitness's great spectators and to my two little helpers Levi and K. J. Hicks. See you all next year! (Thanks to Dr. Darrell Latch for providing the results of this meet to *Powerlifting USA*).

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Bill Norman *with a 525 deadlift at the WEPOF Kentucky Open. (photograph courtesy of S. Corum)*

WEPOF Kentucky Open
22 APR 00 - Louisville, KY

BENCH		DEADLIFT	
Teen		Teen	
123		123	
L. Meyers	95	L. Meyers	195
Open		Open	
132		148	
S. Holley	270	M. Evans	450
165		165	
T. Tingle	405	J. Watson	480
J. Watson	360	242	
198		B. Norman	525
D. Nealy	500	275	
JT Hall	405	C. Steenburgen	620
4th	425	Master	
J. Branch	385	148	
N. Hamilton	345	M. Evans	450
W. Maddix	335	220	
220		T. Blacketer	515
M. Sealy	410	K. Morrison	360
D. Tolle	350	242	
275		R. Ganong	615
L. Hoover	500	D. Fulton	550
J. Jess	425	RAW DEADLIFT	
M. Bastin	365	Teen	
Master		148	
220		T. Piramo	376
T. Sowder	450	181	
T. Blacketer	425	T.S eawright	500
E. Layer	365	Open	
242		198	
R. Ganong	425	N. Hamilton	520
275		PUSH/PULL TOTAL	
J. Helsley	425	Teen	
G. Theiler		Raw	
260		148	
RAW BENCH		T. Piramo	610
145		Teen Open	
T. Piramo	280	181	
181		B. Goldammer	555
T. Seawright	340	Open	
Open		148	
148		M. Evans	700
J. Piramo	295	165	
181		J. Watson	840
J. Higgins	340	J. Angel	590
198		198	
J T Hall	405	N. Hamilton	865
4th	425	220	
N. Hamilton	345	C. Poore	970
242		242	
G. Stevenson	430	B. Norman	925
Submaster		275	
242		D. Sims	855
B. Goodman	500	SHW	
J. Parks	405	T. Vaughn	1175
Master		Master	
220		148	
E. Layer	330	M. Evans	700
242		181	
J. Vincent	400	J. Portman	750
SHW		220	
E. Jackson	275	T. Blacketer	940

(Thanks to Stiles Corum for providing the results, who apologizes for the delay in submitting them).

USAPL 10th Idaho State Meet
18 NOV 00 - Pocatello, ID

BENCH				
WOMEN				
123				
K. Walker	135			
132				
N. Phinney	195			
148				
E. Farnsworth	180			
E. Compton	145			
MEN				
Open				
148				
A. Davis	230			
Powerlifting	SQ	BP	DL	TOT
WOMEN				
Open				
123				
J. Macy	280	185	315	780
132				
D. Probst	175	135	230	540
148				
T. Stevens	120	75	180	375
E. Compton	195	145	275	615
198				
L. Croxall	135	135	255	525
MEN				
Teenage				
181				
M. Bradley	315	225	380	920
Masters				
181				
J. Harten	380	260	400	1040
198				
J. Lukens	500	330	490	1320
K. Tuten	450	290	540	1280
B. Bower	610	370	550	1530
A. Scardino	470	275	475	1220
220				
T. Troy	440	275	440	1155
N. Johansen	375	300	425	1100
R. Marchant	345	325	385	1055
242				
S. Anderson	580	360	530	1470
B. Davis	450	340	645	1435
275				
K. Eyre				
D. Wolf	500	330	435	1265
319				
L. Ditmars	500	420	450	1370
Open				
132				
M. Holbrook	270	210	325	805
148				
M. Thornton	410	315	425	1150
A. Davis	330	230	365	925
F. Ramirez	350	235	360	945
165				
P. Young	430	205	430	1065
181				
J. Rodriguez	630	370	550	1550
J. Barrett	335	200	340	875
198				
S. Mechum	440	370	440	1250
B. Compton	490	365	545	1400
J. Clayton	605			
220				
E. Long	570	350	510	1430
M. Oulman	400	250	385	1035
A. Leavitt	515	420	575	1510
S. Mortensen	565	380	525	1470
J. Fisher	395	270	450	1115
T. Troy	440	275	440	1155
J. Zoaynski	525	375	600	1500
Q. Frank	700	460	655	1815
R. Niecon	490	370	500	1360
242				
E. Davis	520	340	535	1400
S. Anderson	580	360	530	1470
D. Romero	425	420	540	1385
275				
S. Schultz	540	340	560	1440
P. Janquart	590	535	440	1365
D. Wolf	500	330	435	1265
D. Shuler	475	370	525	1370
K. Eyre				
H. Otto	405	255	450	1110
B.Stewart	530	300	505	1335
P. Turner	510	310	505	1325
319				
J. Kenn	600	375	600	1575
L. Ditmars	500	420	450	1370
V. Hatfield	800	520	735	2055
C. St. Clair	500	420	575	1495

Big House Power 27 points: 319 (M) V. Hatfield - 1st place, 7 points; 319 (M) J. Kenn - 2nd place, 5 points; 319 (M) C. St. Clair - 3rd place, 3 points; 275 (M) H. Otto; 220 (M) Q. Frank - 1st place, 7 points; 198 (M) J. Clayton; 198 (M) S. Mecham - 2nd place, 5 points. Team Fitness: 43 points: 198 (F) L. Croxall; 132 (M) M. Holbrook - 1st place, 7 points; 148 (M) M. Thornton - 1st place, 7 points; 148 (M) A. Davis - 3rd place, 3 points; 198 (M) B. Compton - 1st place, 7 points; 220 (M) S. Mortensen; 242 (M) E. Davis - 2nd place, 5 points; 242 (M) S. Anderson - 1st place, 7 points; 220 (M) J. Fisher; 275 (M) S. Schultz - 1st place, 7 points. (Thanks to Bill Davis for providing the results of this contest). "Fitness Inc., of Pocatello, Idaho hosted the 10th Annual Idaho State/Open Powerlifting Championships and 'Bill's Bad-Ass Bench Press Competition' in which 55 powerlifters and 13 bench pressers participated. Competitors came from Montana, Nevada, Oregon, Washington, Wyoming, with a sizable contingent from Utah, including the 'Big House' powerlifting team led by Joe Kenn, Strength Coach of the University of Utah. The Idaho State/Open Powerlifting meet is held each year in Pocatello, Idaho on the Saturday preceding Thanksgiving. Joe Kenn is an icon of powerlifting in the Northwest. Previous to his current position, he was strength coach for Boise State where he also coached the Boise State Powerlifting Team. His teams have, and probably will continue to be, an impressive collection of determination, talent, technical proficiency, and strength. Over the last couple of years, Joe himself has suffered from back injuries. However, this day marked his return to the world of competitive powerlifting. He went 9 for 9 and slammed an exclamation point on the day by holding his final deadlift in locked position well past the referee's command 'down' and yelling *'I'm Baaaaaack'*. Joe totaled 1575 pounds and exceeded his own expectations for the day. Welcome back Joe! The most impressive lifter was national level competitor Vann Hatfield at a body weight of 303 pounds, who posted the biggest total with 2055 lbs. Vann, who competed in the USAPL Men's Open Nationals last July, squatted 800, benched 520 and deadlifted 735 and is a member of Joe Kenn's 'Big House' team. For his efforts this day, Vann was awarded the Best Overall Lifter and received a lifting suit courtesy of TITAN SUPPORT SYSTEMS. The most inspirational lifter was Bud Bower, a 58 year old Master lifter from Spokane, Washington, who at a bodyweight of 197 pounds squatted 610, benched 370, and deadlifted 550 for a total of 1520 pounds. Bud Bower placed first out of 13 competitors in the Masters division calculated by formula across all weight classes. In 'Bill's Bad Ass Bench Press' the Best Bench among the men was that of Jon Cunningham who, at a bodyweight of 164 pounds benched 385 pounds. Jon is counting the days to when he will assault 400 pounds. The Best Bench among the women was that of Nan Phinney who, at a bodyweight of 130 pounds benched 195 pounds. Nan who recently got married (congratulations Nan!) returned to competitive powerlifting following a 2 year absence. Nan was ranked among the top 10 female bench pressers nationally in her weight class a couple of years ago. She looked as if she is ready to regain her spot amongst the nation's best. While all the lifters competed for trophies, Idaho residents competed for the highly coveted State Champion Jackets. The Jackets, provided by Pepsi-Cola, are presented to the highest placing resident in each weight class and/or division. The 2000 Idaho State Powerlifting champions are Mark Holbrook (132), Mitch Thornton (148), Pat Young (165), Jesse Rodriguez (181), Brad Compton (198), Allen Leavitt (220), Sean Anderson (242), Sam Schultz (275), Corey St. Clair (319), Sean Anderson (masters), Jenny Macy (open women, division I) and Lisa Croxall (open women, Division II). Congratulations to all of our state champs. Many thanks are owed to Bill and Nancy Davis for their ongoing sponsorship of this meet. Special thanks to Brad Smith, our announcer, and to Nancy Davis and Janet Wright for running the scoring table, and especially to Steve Sims, Utah State USAPL Chair, who assisted in judging, and to our other judges and those who served as spotters and loaders. Along with Pepsi-Cola, we also thank Pete Alaniz of Titan Support Systems, Pizza Hut, Taco Bell, Sysco Foods, Swift, and Coors Light for their generous sponsorship." (article courtesy of Brad Compton).

TEAM FITNESS at the USAPL Idaho State Meet: *(top row, left to right) Sam Schultz, Brad Compton, Sean Anderson, Jim Lukens, Erik Davis; (bottom row, l-r) Adam Davis, Nan Phinney, Shane Mortensen, Lisa Croxall, and Daniel Shuler. (Margaret Mortensen)*

Mitch Thornton *locking out a deadlift. (Wayne Rhoden photo)*

AAU All South
17 JUN 00 - Asheboro, NC

SQUAT				
Men Open				
181				
A. Johnson				
M. Sechvest	660			
Submaster				
M. Sechrest	660			
Master 50-59				
198				
F. Sumner	230			
Submaster				
B. Pribble	530			
BENCH				
Master 50-59				
198				
F. Sumner	295			
Open				
198				
C. Middleton	450			
K. Burkett	425			
Submaster				
K. Burkett	425			
220				
O. Helmer	415			
Master 50-59				
H. Neely	360			
Powerlifting	SQ	BP	DL	TOT
165				
Master 50-59				
R. Hammond	335	225	330	890
181				
Master 40-49				
M. Buady	365	320	465	1150
Junior				
J. Elliott	425	300	425	1150
Submaster				
242				
Teen 14-15				
T. Rush	225			
Open				
S. Devel	300			
275				
Open				
B. Weaver	470			
DEADLIFT				
181				
Open				
M. Sechrest	620			
Submaster				
M. Sechrest	620			
198				
Master 50-59				
F. Sumner	325			
220				
Open				
J. D. Hutchens	515			
242				
Teen 14-15				
T. Rush	420			
Open				
T. Smith	660			
B. Weaver	650			

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

May/95... Mike Bridges, Jamie Harris' 740

M. Sechrest	660	365	620	1645
Open				
M. Sechrest	660	365	620	1645
J. Moore	500	370	475	1345
J. Elliott	425	300	425	1150
198				
Master 50-59				
F. Sumner	230	295	325	850
Submaster				
B. Pribble	530	290	550	1370
220				
Open				
J. Winters	540	440	570	1550
242				
Open				
J. Brown	670	400	620	1690
Submaster				
J. Brown	670	400	620	1690
Teen 14-15				
T. Rush	315	225	420	960
Master 50-59				
M. Molles	550	325	500	1375
Master 60+				
A. Arrington	600	315	525	1440
275				
Open				
B. Weaver	500	470	650	1620
T. Smith	585	365	660	1610
T. Fuley	550	350	600	1500
Submaster				
B. Dunn	550	390	565	1505
Master 50-59				
D. House	530	285	500	1315
Teen 16-17				
J. Simmons	400	180	380	960

Meet director: Sandy Lemonds; Champion of Champions: Marty Sechrest (C of C Trophy was dedicated to the memory of Burnes "BJ" Hughes II). (Thanks to Sandy Lemonds for these meet results).

2000 Omaha Open
18 NOV 00 - Omaha, NE

BENCH		T. Fuller	200
MEN		220	
Open		C. Garmong	310
181		275	
B. Heck	510!	T. Zielinski	350
K. Kincaid	255	Novice	
242		165	
T. Holzapfel	510	E. Morris	220
275		181	
D. Cummings	550!	E. Lease	265
Submaster		WOMEN	
220		165	
M. Will	490!	L. Jess	140
S. Duff	450	DEADLIFT	
242		MEN	
T. Holzapfel	510!	Open	
275		198	
D. Cummings	550!	J. Ramirez	475
G. Moore	500	Teen	
Masters 40-49		242	
148		M. Burke	450
R. Beck	285	Masters 40-49	
165		SHW	
C. Bencke	225	T. Acers	620!
181		WOMEN	
M. Dowling	395	148	
198		Submasters	
D. Harvey	300	N. Fullmer	385!
242		Teen	
R. Hykel	350	165	
SHW		T. Rice	275
M. Madigan	415	Open	
Masters 50+		198+	
148		B. Swanson	580!

Combined (BP+ DL)	BP	DL	TOT
MEN			
Open			
165			
B. Rilling	330	470	800
Teen			
165			
J. Jasa	195	335	530
Submaster			
220			
J. Boukal	305	510	815
Masters 40-49			
T. Acers	355	620!	975
Novice			
242			
B. Hein	450	565	1015
WOMEN			
Teen			
198+			
C. Nuzum	140	330	470

FULL MEET	SQ	BP	DL	TOT
Open				
148				
T. Ouellette	350	280	440	1070
275				
G. Moen	555	405	620	1580
J. McGrath	400	315	450	1165
SHW				
J. Sempek	750	450	625	1825
Teen				
275				
J. McGrath	400	315	450	1165
Submaster				
220				
DJ Satterfield	365	300	435	1100
275				
J. Kunzman	500	345	520	1365
Masters 40-49				
198				
T. Grindstaff	460	295	430	1185
220				
B. Miller	410	290	510	1210
242				
J. Anderson	585	360	515	1460
275				
TJ Driscoll	500	375	570	1445
Masters 50+				
181				
J. Kohl	325	245	400	970
Novice				
220				
J. Engle	385	285	550	1220
J. Adams	350	275	350	975

! denotes all time Nebraska state record regardless of association. Outstanding lifters; Full Meet: J. Sempek, Bench: B. Heck; Deadlift: B. Swanson; Combined: B. Hein. Congratulations to this years Nebraska Powerlifting Hall of Fame Inductees; Ron Chartier, Carmen Magistro, Ed Nellor, and Mark Schellen. (These results by Keith Machulda).

Nebraska HALL OF FAME Inductees: *(left to right) Ed Nellor, Ron Chartier, Carmen Magistro, and Mark Schellen (photo by Machulda)*

13th Annual Elkhart Bench Press
18 NOV 00 - Elkhart, IN

148		Ron Cuny	
Rob Langwell	290	220	
165		Master 45+	
Joe Penazzo	250	Tony Horvath	325
Open		242	
R. Salvagni	440	Natural	
181		Mike Johnson	450
Mike Schroen	320	Open	
Masters		Terry Mansfield	515
Mark Harris	310	Master 50+	
198		G. Washington	330
Natural		275	
Al Reed	430	Natural	
Leon Bontrager	275	George Lealiifano	540
Brendan Yoder		Rob Bled	465
198		Ben Homer	340
Women		Master	
Lynne Boshoven	295	Scott Carlson	460
Open		SHW	
Angel Cancel	330	Natural	
Master		Bruce Pacolay	375
Darrell Horn	325	Master	
Masters 50+		Rocky Turner	

Best lifter - $200 - Rich Salvagni, Runner-up - $100 - Terry Mansfield. Team champion and 2000 Central Bench Press League Champion - The Goshen Power Alliance. Special thanks to Mike Wider, Dan Martin, Gil Mendez, Carol Smoker, Brendan Yoder, and Al Robinson. This year's Elkhart Bench Press Classic produced 3 ranked lifts and several other close misses at ranked lifts. Leading the hit parade and copping $200 for best lifter was Rich Salvagni, making a 440 at 165. He also made a pr 460 but lost it 2 to 1 on a controversial judging call for raised hips. An appeal was made for a video tape review, but the tape was inconclusive, so the judges' call was left to stand. Runner - up best lifter for $100 was Terry Mansfield, 242, who made a 515 after missing it once and it should land him close to the top 60. Having trouble getting the weight down and in the groove because of the tightness of his shirt, he must have had the weight at or near the bottom for a good 5 seconds: I couldn't believe he still came up with it. George Lealiifano also hit a big 540 in the 275 lb. class to also get a lift which should be close to the top 60. Also in the 275's Rob Reed went for a top 100 lift of 530 but the lockout wasn't quite there. Coming in 3rd was the always impressive Ben Homer, the powerlifter with blinders on. I hadn't seen him lift for a couple of years, but the focus, technique, discipline are all still there. As is usually the case he was dialed right in as to what he was capable of, getting all 3 attempts and finishing with a pr attempt of 340 raw with a classic 2 - fist arch. Not overly gifted genetically, he gets 100% out of what Mother Nature has given him, and I would never count him out getting competitive on a National level in 5 to 10 years with his single minded pursuit, and love, for the game. He would also make a wonderful coach some day. I wish I could bottle what he has and pass it out to the lifters I coach. 2 lifters also attempting top 100 lifts in the 198 class were Al Reed, who attempted 470, 20 lbs. over his previous best. His foot slipped as he was getting his initial drive, so we'll never know. Brendan Yoder went for broke with a 452.5 which would have given him runner - up best lifter, and while it wasn't there, you certainly can't fault a guy for laying it all on the line. Also impressive in the 198s was Angel Cancel, getting a 330 with a broken pinkie. In the 220's, 45+, Tony Horvath got another pr for a second meet in a row with a 325. His protege, Rob Langwell was also impressive, getting a strong 290 at 141 lbs., raw. Also looking good in the Masters div. was Scott Carlson, who was close with a 500. And rounding out the highlights was Elkhart's own Mike Johnson, who tied Mike Bogart for the best ever bench by an Elkhart resident with 450. It came up strong so he tried a 460 which wasn't quite there. Chances are he'll be King of the Mountain after his next meet. The Goshen Power Alliance pulled off a 3 - peat in getting the CBPL's League Championship this year. Way to go guys! I just noticed that no CBPL records have been broken this year with one meet left to go in Cadillac Michigan. But a review of them shows that it's quite an impressive list with several very recognizable names. They are as follows: 114 - 205 P. Tomlinson, 90, Elkhart, IN; 123 - 235 Steve Petrencak, Elkhart, IN; 132 - 400 Doug Heath, 97, Lima, OH; 148 - 370 James Zubeck, 94, Gary, IN; 165 - 450 Rich Salvagni, 99, Elkhart, IN; 181 - 452.5 Isiah Jackson, 97, Valparaiso, IN; 198 - 470 Isiah Jackson, 97, Elkhart, IN; 220 - 540 Ron Walsh, 97, Elkhart, IN; 242 - 555 J. M. Blakely, 94, Goshen, IN; 275 - 645 Mike Siegler, 99, Elkhart, PA; 308 - 650 Tom Skiver, 97, Roseville, MI; SHW 700 Tom Skiver, 98, St. John, MI. (Result by Jon Smoker).

2000 Halloween Open
05 NOV 00 - Wyoming, MI

BENCH				
198				
A. Cancel	350			
Powerlifting	SQ	BP	DL	TOT
Open				
181				
G. Mendez	435	260	145	840
Women				
198				
L. Boshoven	515	305	505	1325
Teen 14-15				
B. Miller	425	210	425	1060
Master 60+				
198				
M. Miller	425	245	390	1060

This couldn't have been a more successful meet for the lifters Lynne Boshoven coaches, as they all hit personal bests across the boards. Angel Cancel certainly put in a gutsy performance in getting his pr bench of 350 as he lifted with a broken pinkie finger from an accident at work. Now there's a guy

Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s

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

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

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

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

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

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

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

Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

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

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

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

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

Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

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

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

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

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

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

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

Oct/97... Brad Gillingham Profile, Resis-

who wants it bad, to lift through something like that. Mike (Gramps) Miller and his 15 year old Son, Brandon, did an amazing unintentional thing: they both totaled the same (1060), which is something I've never seen before. Was that synchronicity or what? Gramps got bragging rights for awhile as he was the lighter of the two. And that's probably the last time that will happen since Brandon obviously has youth on his side; not to take anything away from Gramps. That's an amazing thing to get all pr's at 62 years of age! The avatar herself, Lynne Boshoven, lifted well within herself in getting a nice 1325 total, but she had to have taken a special pleasure in her students' lifting on this particular day, since you can't do any better than all pr's for everyone. (Thanks to Jon Smoker for these results).

Franklin Health & Fitness BP/DL
12 NOV 00 - Franklin, IN

BENCH PRESS		198	
open women		Joey Simpson	415*
Marsha Beasley	190	4th	425*
police & fire		220	
Michelle Sultzer	120*	Chris Allen	500*
teenage men 18-19		4th	515*
Matt VanBruaene	280	242	
submaster men		Monte McDaniel	440
Joey Simpson	415*	Darren Bradley	425
4th	425*	shw	
Junior men		Dave Allen	440
Jed Bell	310*	DEADLIFT	
Joe Allen	285*	open women	
Eric Allen	265	Michelle Sultzer	230*
master men		youth lt. wt.	
40-49		Andre English	95*
Monte McDaniel	440	youth hvy. wt.	
Joe McDonald	330	Lloyd Allen	100*
50-59		teenage men 18-19	
Don Shotts	255*	Matt VanBruaene	425*
4th	265*	master men 70-74	
181		Harry Landers	355
Ron Palmer	370	181	
Joe Myrick	325	Ron Palmer	500
Lance Betts	315	198	
		Steve Mendel	520
		Andrew Huey	475*

Best Lifter - BP: Chris Allen; DL: Ron Palmer; *personal record. The Franklin Health & Fitness Bench Press/Deadlift Classic was held at the gym in Franklin, Indiana on November 12, 2000. Many thanks to owner John Pedigo for his continued support of the sport of powerlifting and for once again hosting this annual event. In the bench press competition Marsha Beasley came in at a 158 bwt. and pressed a strong 190 for the open women's title. Marsha's final attempt with 200 was close, failing just short of lockout. Michelle Sultzer was our other women's competitor, lifting in the police & fire division. Lifting in her first competition, Michelle finished with 120 after coming close with a pr 135 third attempt. Matt VanBruaene took the teenage men 18-19 class with a strong 280, also missing his final attempt, this time with 300. Joey Simpson took the submaster men's class with a great 415 pr, following that with a 425 fourth attempt. Joey also took the open men's 198 class. In the men's junior class three childhood friends squared off against each other for the title. After the smoke settled it was Jed Bell for the win with a personal best 310. This was Jed's first competition. Second place went to Joe Allen, who finished with a pr 285, weighing in at 170. Cousin Eric Allen only got his opener of 265, missing 285 twice, to finish in third place. At master men 40-49 Monte McDaniel took the win with a strong 440 third attempt. Monte's only miss came with a 450 pr fourth attempt. Monte also won at 242 open. Joe McDonald was second at 40-49 with 330. Don Shotts was the winner at master 50-59 finishing with a personal best 255. Don, who was lifting in his first competition, also got his fourth attempt for another pr at 265. At 181, in the open division, it was Ron Palmer, a great natural 'raw' lifter, with 370 for the win. Joe Myrick was second with 325, while Lance Betts was third with 315, which was a personal best for him. Up next was our best lifter and 220 winner, Chris Allen. Chris had been a little concerned with a slight muscle pull, but finished with the best day of his career. After working for the past year, Chris finally reached his goal of a 500 bench. But you know how those Allen boys are, he couldn't stop there, so he went on to a successful fourth attempt with 515! Congratulations, Chris. At 242 Darren Bradley finished second to Monte McDaniel with 425. A 450 third attempt for the title stopped just short of lockout. At shw it was Dave Allen, making his opener of 440, though injuring his pec in the process. We all hope the injury is not too serious and that Dave is back in competition real soon. In the deadlift competition Michelle Sultzer took her second title of the day with an easy 230 opener. Two more attempts with 275 failed to lockout, but hey, it's her first competition, and before long she will be pulling 300+, especially since her coach is Ron Palmer. In this competition we had two young lifters, Andre English, age 7, weighing 65 lbs., and Lloyd Allen, age 12 and weighing in at 70 lbs. Taking the lightweight class was Andre with a personal best 95. Lloyd finished with 100 for the heavyweight title. Both set new personal records on the day, both lifting in their first competition. Matt VanBruaene also got a new pr with his 425 pull for the win at teenage 18-19. Up next was the ageless wonder Harry Landers. Harry, who just turned seventy this year, took his class with an easy 355 pull, weighing in at 165. Harry received his award then showed the rest of us "youngsters" how to do the side splits. I just hate this guy! Ron Palmer took the 181's with his second attempt of 500 before jumping to a personal best 615, which he almost locked out! Still, his 500 was good enough for best lifter over 198 winner Steve Mendel. Steve only got his opener of 520, failing to lockout with 540 twice. Andrew Huey was second at 198 with 475, which was a personal record for him. Thanks to my spotters and loaders Seth Cain, Robert Allen and Joey Simpson. A special thanks to my other helper (and trophy girl) Jasmine Taylor. See you all next year! (Results by Dr. Darrell Latch).

Best Lifters at the Franklin Health & Fitness BP/DL Classic were:
(left to right) Ron Palmer - DL, and Chris Allen - BP. (Dr. Darrell Latch)

USAPL Fall Classic
28 OCT 00 - Baton Rouge, LA

	SQ	BP	DL	TOT
BENCH				
275				
R. Bueche		450		
MEN				
Open				
165				
D. Cagnolati	450	375	460	1315
220				
J. Reape	635	420	600	1705
275				
P. Fletcher (BL)	705	405	730	1910
SHW				
K. Wnuk	700	500	660	1860
College				
123				
D. Holoway	345	190	425	960
132				
R. "Chip" Perrin	310	210	300	820
198				
J. Nicolosi	550	335	500	1385
220				
T. Werner	630	380	565	1575
E. Salderra	675	345	575	1595
WOMEN				
College				
105				
S. McMillian	300	130	300	735
148				
R. Roberts	370	180	380	930
J. Newman	210	135	225	570
165				
C. Yrisha Day	275	135	340	750
T. Williams	235	105	265	605
198				
A. Trufant	350	165	335	850

(Thanks to Paul Fletcher for providing the results).

USAPL State Push-Pull Competition
28 OCT 00 - Rancho Cordova, CA

BENCH		DEADLIFT	
WOMEN		WOMEN	
Special Olympics		165	
165		Open	
T. Vreeland	65	P. Carroll	180
Open		MEN	
148		123	
L. Appett	165	Teen 14-15	
MEN		D. Harter	255
165		132	
Open		Teen 15-16	
S. Dias	370	J. Huffman	250
181		148	
open		Teen 16-17	
J. Juarez	355	C. Etter	360
J. Meixner	345	Master 3	
S. O.		J. Randazzo	360
J. Ganiello	85	165	
M-2		Teen 16-17	
E. Martinez	275	B. Donnam	400
220		181	
M-3		Teen 16-17	
C. Rice	270	M. Dole	410
Novice		Teen 14-15	
R. Maldonado	275	P. Boozer	325
242		198	
Novice		Teen 16-17	
R. Hebler	330	J. Taylor	375
275		Open	
M-4		L. Reali	552.5
E. Olson	350	Master 2	
E. Johnson	350	L. Reali	
319		552.5*	
Open		220	
J. Shiffield	450	Junior	
319+		A. Papier	460
Master 1		Teen 14-15	
A. Ramsey	545	B. Hutter	315
		Master 3	
		D. Imrie	475
		275	
		Teen 14-15	
		N. Billeci	365

BENCH/DEADLIFT	BP	DL	TOT
WOMEN			
132			
M 7			
P. Forgver	80	155	235
MEN			
148			
S O			
R. Roe	85	145	230
165			
Teen 18-19			
S. Carr	240	385	625
Novice			
R. Grounder	185	350	535
181			
Master 4			
S. O'Neil	275	480*	755
Master 8			
B. Acosta	190	325	515
Open			
J. Hunter (BL)	340	565	905
Submaster			
J. Hunter	340	565	905
198			
Junior			
E. Rees	400	580	980
C. Nabar	335	415	730
G. Strommen	280	440	720
Open			
A. Johnson	405	585	990
E. Rees	400	580	980
C. Cooley	400	540	940
C. Nabar	315	415	730
Teen 16-17			
D. Cody	240	460	700
Master 1			
B. Stedman	325	550	875

tance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.

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

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

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

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

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

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

May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s.

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

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

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

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

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.

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

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

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

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

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

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

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

Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s

Aug/99 ... the Rubber Band Man, the

220			
S. O.			
C. Dalton	185	245	430
Open			
P. Olmstead	325	420	745
S. Bronc	400	600	1000
Master 2			
M. D. Musto	435	655	990
P. Pankowski	335	505	840
Master 5			
P. Wagner	282.5	300	582.5
Teen 16-17			
K. Levman	225	315	540
242			
Open			
J. Tremblay (BL)	430	640	1070
P. Cooper	440	525	965
R. Exum	370	570	940
K. Armstrong	370	465	835
275			
Master 3			
R. B. Hamilton	245	430	675
Junior			
D. Freelan	465	575	1040
Open			
A. Moore	415	505	920
L. Vargas	355	500	855
Master 4			
R. Spikes	310	580	890
Master 3			
K. Delaplaine	335	515	850
319			
Master 4			
L. Contreras	420	470	890
Open			
L. Contreras	420	470	890

Best Lifters: Jeff Hunter - Light; Jerry Tremblay - Heavy; Ronne Spikes - Master. (Results by USAPL).

Chad Holmes locks out 825 without any lifting equipment other than a belt in the 242 lb. class at the Son Light Power National Raw Championships. (Latch)

Son Light Power National "Raw" PL
18 NOV 00 - Fredricktown, MO

BENCH PRESS				
teenage women 13-15				
242				
Amber Walker	85			
master women 40-44				
123				
Terry Morris	105			
teenage men 13-15				
242				
Chris Holloway	290			
teenage men 18-19				
220				
Drew Price	310			
submaster men				
165				
Robert Schubert	325			
4th	330			
master men 40-44				
165				
John Kesler	305			
242				
Steve Hazen	345			
Powerlifting	SQ	BP	DL	TOT
youth men light weight				
114				
Tim Stevenson	120*	75*	150*	345*
teenage women 18-19				
114				
Sarah Andrews	215*	95*	185*	495*
4th			205*	515*
teenage men 18-19				
165				
Garrett Senciboy	225*	220*	320*	765*
submaster men				
220				
Kevin Tucker	315	330	450*	1095
master men 40-44				
4th	350			
master men 50-54				
242				
Robert Bullock	295			
open men				
165				
John Kesler	305			
Parrish Morris	260			
181				
Quentan Rogers	350*			
198				
Warren Holloway	300*			
4th	305*			
275				
Larry Young	405			
DEADLIFT				
master women 40-44				
123				
Terry Morris	250*			
open men				
165				
Parrish Morris	415*			
242				
Chad Holmes	825			
165				
Tim Fletcher	450	300	410	1160
198				
Ron Stevenson	290	260	400	950
novice men				
165				
Rick Bertel	300*	215	335	850
181				
Brad Pitt	340*	230*	440*	1010*
4th			450*	1020*
242				
Darren McClain	385*	345*	525*	1250*
open men				
198				
Ricky Coggins	425	370*	455	1250
220				
Jack Groves	535	420	605	1560
Benjamin Moore	515*	340*	555*	1410*
4th			575*	1430*
Brian Hosford	525	325	545*	1395
242				
Chad Holmes	725*	450*	825*	2000*

* personal record. Best Lifter - BP: Robert Schubert; Powerlifting: Chad Holmes. The 2000 Son Light Power National "Raw" Powerlifting Championship was held at Titan Gym in Fredricktown, Missouri on November 18. Thanks to owner John Vacca for hosting this event and his continued support of the sport of powerlifting. John himself is a great natural "raw" powerlifter who also excels in strongman competitions. Well, here we had a great "raw" competition, where the only thing allowed was a belt, no lifting suit, no bench shirt, no wraps - a true test of strength. A very special thanks to my helpers Chris Hoover, Chris Schubert, Brad Pitt and Angel Miller for all their help. In the powerlifting event we started with a young lifter who weighed in at a mere seventy-two pounds. Tim Stevenson was eleven years old and did some great lifting in his very first competition. Tim finished with a 120 squat, a 75 bench and a 150 deadlift for a 345 total. These were all new personal marks for Tim who completed 8 out of 9 attempts on the day. Great job, Tim! In the teenage women's division, 114 winner Sarah Andrews was just as impressive. Also lifting in her first meet, Sarah finished with a 215 squat, a 95 bench and a 185 (followed by a 205 fourth attempt) deadlift for a great 495 (515) total for the win. Sarah showed lots of potential as she seemed to get stronger with each attempt. Garrett Senciboy also got all new pr's on the day as he experienced his first taste of competition. Lifting in the teenage 18-19 division, 165 class, Garrett ended with a 225 squat, 220 bench and a 320 pull to total 765 for the day. Lone submaster winner Kevin Tucker took the 220 class with a 315 squat, a 330 bench and a pr 450 deadlift to total 1095 for the win. In the process Kevin broke the existing Missouri State records in the bench, deadlift and total. In the master men 40-44 division, it was Tim Fletcher taking the 165 class. Tim got all three of his squats and benches, finishing with 450 and 300, while making just his opening deadlift of 410 for a great 1160 total. Tim's squat, bench and total were also new Missouri State records. Ron Stevenson took the 198 master 40-44 class with a 290-260-400-950 day of lifting. Ron broke all of his existing state records except the deadlift as he completed 8 out of 9 of his lifts. In the novice men's division, Rick Bertel won the 165 class with a personal best 300 squat. Rick followed that with a 215 bench and a 335 deadlift for an 850 total. Brad Pitt (no not the actor) was lifting in his first powerlifting competition, though he is a very accomplished strongman competitor. Brad showed a lot of natural strength as he finished with a 340 squat, 230 bench and a 440 deadlift for a 1010 total. Brad came back with a 450 fourth attempt in the deadlift to give him a 1020 total. Our final novice lifter was 242 winner Darren McClain. This was also Darren's first competition where he posted all new pr's by going 385-345-525-1250 on the day. Since there were no novice competitors at the Missouri State competition, these three lifters established new state records as well. In the open men's division Ricky Coggin's, known for his great benching, took the 198 class, squatting 425 and pulling 455 to go with his 370 bench for a 1250 total. Ricky's bench was a new personal record for him and gave Ricky a new state squat and total record. Jack Groves looked strong as he captured the 220 class over Benjamin Moore and Brian Hosford in the biggest match up of the day. Jack came to lift as evident in his 535 squat, his 420 bench and his 605 deadlift. In doing so Jack broke John Vacca's state record squat, deadlift and total with 1560. Finishing in second place at 220 was Benjamin Moore, who had a perfect 10 for 10 day of lifting to total 1430. Ben got all new pr's with his 515 squat, 340 bench and 555 (575 fourth) deadlift to go along with his total. Brian Hosford was third with a 1395 total. Brian got a big 525 squat followed by a 325 bench and a personal best 545 deadlift to complete a great job of lifting for him. Finally, our overall best lifter and winner of the open men's 242 class, Chad Holmes. With by far his best day ever lifting "raw", Chad finished the squats with a great pr 725 with good depth. Chad also got a new pr in the bench with 450. But Chad's specially has always been the deadlift, as he showed us again today. Opening with an easy 725, his 775 second attempt was just slightly heavier. Then came a big 825 final attempt, which he slowly brought up to lockout. Another new personal record and a great 2000 total! And that was "raw", using only a belt! Great lifting Chad! Moving to the single lift events, Amber Walker competed for the first time, taking the teenage women's 13-15 age group, 242 class with her opener of 85, missing 100 twice. Terry Morris got 105 in her win at 123, master women 40-44, also missing her last two attempts, here at 115. At teenage 13-15 Chris Holloway took the 242's with a big 290, making all three of his attempts. Our other teenage competitor in the teenage division, Drew Price, got a big 310 for the win at 220. Drew was lifting in the 18-19 age group. Robert Schubert garnered best lifter honors for his 325 final attempt winning the 165 submaster title. Robert also got his fourth attempt with a new state record 330. John Kesler took both the master 40-44 and open 165 titles finishing with a strong 305. Both were new Missouri State "Raw" records. Steve Hazen looked strong as he won the master 40-44, 242 title, finishing with 345. A fourth attempt with 350, was just as easy for Steve. In the masters men 50-54 division, Robert Bullock won with a 295 after coming close with 310 on his final attempt. Parrish Morris finished second to John Kesler in the open 165 class making just his opener of 264 Quentan Rogers got a new personal record as he won the 181 class, making 350 for his second attempt. This was also a new state record for Quentan. Warren Holloway got two new pr's with his 300 third attempt and 305 fourth, winning at 198. Larry Young now holds both state records at 242 and 275 as he took the 275's with an easy 405. In the deadlift division, Terry Morris won at master 123 with a great pr pull of 250. Husband Parrish also got a new personal record with his 415 to win the open 165 class. Then, of course, there was Chad Holmes with that great 825 pull at 242. Well, the first SLP National "Raw" competition was a good one and we are all looking forward to next years event. See you there! (Results of this competition provided to *Powerlifting USA* by Dr. Darrell Latch).

"Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie SImmons, TOP 100 123s
Sep/99 ... USAPL Men's Natls., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith - Triac, York Spectacular, TOP 100 132s
Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.
Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s
Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00 ... Arnold Classic,WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wrpas, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.
Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Natls.,IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
Oct/00 ...Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights
Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies
Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s
Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

LIST THE ISSUES YOU WANT TO RECEIVE (AND ANY ALTERNATE SELECTIONS, IN CASE WE CAN'T FILL YOUR FIRST CHOICE), MAKE OUT A CHECK ($5 PER ISSUE) AND SEND IT TO *POWERLIFTING USA, BACK ISSUES,* POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA. (WE CAN QUOTE LOWER PRICES ON QUANTITY ORDERS)

Northern Illinois Fall Classic BP/DL
08 OCT 00 - Freeport, IL

BENCH	
Men	
Teenage	
165	
M. Spradling	265
B. Hastings	210
Open	
165	
B. Gadbios	345
J. Clower	205
181	
R. Guy	300
198	
S. Sager	250
275	
D. Barta	375
SHW	
J. Miller	415
DEADLIFT	
Men	
Teenage	
165	
B. Hastings	405
4th	415
Open	
165	
B. Gadbios	405
J. Clowe	370
198	
S. Sager	435
275	
D. Bartha	520
SHW	
A. Miller	585
Masters	
198	
G. Griffin	480
4th	500
242	
S. Eisen	420

Powerlifting came to Freeport, IL for the first time in 18 years on Oct. 8th, 2001 at Fitness Lifestyles Fitness Center. The Northern IL Fall Classic was a tested event with lifters competing in the bench press and deadlift. The meet ran very smooth and everyone had a great time. We had a number of great sponsors for the meet, a big thank you to Inzer Advance Designs, Safe USA, The Power Store, House of Pain Ironwear, and Capitol Discount Nutrition. In the bench press competition, after the chalk had settled in the 165 lb. teenage class, Mike Spradling took the win with a lift of 265 lbs. raw. Impressive lift for this young man. Mike will be competing at the AWPC Worlds in Vegas at one of the legendary Ernie Frantz meets in Vegas next. Taking second was Brandon Hastings with a lift of 210 lbs. Also, lifting Raw in the 165 lb. men's open class, Ben Gadbios took the win with a lift of 345 lbs. Ben was too quick off the chest on his first and second lifts but his third was good. Second went to Jason Clower with 205 lbs. lifting raw. In the 181 lb. class, Rich Guy took the win with a lift of 300 lbs. Rich hit the upright on his third attempt just missing 315 lbs. Rich lifted raw and with some time and a shirt he will move up fast. Steve Sager took the 198 lb. class with a lift of 250 lbs. raw. In the 275 lb. class, Dave Barta put up 375 lbs., Dave missed 405 lbs. on his third attempt. In the SHW class, Joel Miller made 415 lbs. look easy to take the win and complete the bench press event. In the deadlift, Brandon Hastings pulled an impressive 405 lbs. lifting raw in the teenage 165 lb. class. Brandon then took a fourth attempt and lifted 415 lbs. In the master 198 lb. class, it was George Griffin getting the win with a lift of 500 lbs. raw. George had set a goal of 500 lbs. and he did it, next time set that goal higher. In the 242 lb. master class, Steve Einsen pulled 420 lbs. raw. Steve owns Durand Fitness Center and really cares about the sport. In the men's 165 lb. open class, Ben Gadbios only got his opener of 405 lbs.; why he missed his 2nd and 3rd lifts is our guess as good as mine. Jason Clower took second with a pull of 370 lbs. Steve Sager took the 198 lb. class with a pull of 435 lbs. Dave Bartha pulled 520 lbs. for the win in the 275 lb. class, 600 is around the corner, he just needs to try harder. Adam Miller pulled 585 lbs. for the win in the SHW class which went up easy. A big thank you to Inzer Advance Designs, Safe USA, The Power Store, House of Pain Ironwear, Capitol Discount Nutrition, Fitness Lifestyles, and fans that came to support the meet. Till next time train hard, heavy, and drug free. Set a good example for our sport and support Mike Lambert, *Powerlifting USA* Magazine, all the quality meet directors and companies that help our great sport. (Thanks to Duane Burlingame for providing the results of this meet).

USAPL Power Surge 2000
26 AUG 00 - Alliance, NE (kg)

BENCH				
WOMEN				
Open				
132				
B. Anderson	50			
148				
R. Catron	82.5			
Unlimited	77.5			
Masters				
123				
B. Howard	57.5			
MEN				
Open				
123				
J. Payer	105			
148				
C. Hughs	147.5			
J. Hill	90			
165				
C. Hill	115			
181				
R. Goodenberger	120			
J. Worthman	120			
198				
E. Magdaleno	177.5			
Powerlifting	SQ	BP	DL	TOT
WOMEN				
Open				
105				
S. Digman	92.5*!	50*!	125*!	267.5*!
123				
B. Howard	107.5	57.5	117.5	282.5
148				
R. Catron	130	82.5	185	397.5
J. Livingston	70	45	112.5	227.5
198				
L. Schaefer	142.5	77.5	195	415
K. Wills	77.5	50	100	227.5
Unlimited				
M. Carlson	140	77.5	155	372.5
Masters				
123				
B. Howard	107.5	57.5	117.5	282.5
148				
J. Livingston	70	45	112.5	227.5
198				
L. Schaefer	142.5*	77.5	195*	415*
MEN				
148				
C. Hughs	215	147.5	240	602.5
T. Eichner	162.5	125	160	447.5
M. Jarrett	150	130	162.5	442.5
J. Hill	110	90	145	345
165				
C. Hill	140	115	167.5	422.5
181				
B. Keim	210	127.5	205	542.5
D. Lane	157.5	95	202.5	455
198				
D. Brecht	212.5	137.5	215	565
E. Magdaleno				
242				
S. Howard	232.5	137.5	210	580
SHW				
B. McCune	260	185	310*	755
Teen				
123				
J. Payer	115	105*	120	340
S. Huffman	100	55	95	250
148				
M. Jarrett	150	130	162.5	442.5
J. Hill	110	90	145	345
198				
N. Runge	112.5	102.5	182.5	397.5
Masters				
165				
S. Hill				
181				
J. Burke	122.5	110	130	362.5
J. Vogt				
198				
H. Huffman	155	122.5	197.5*!	475
242				
S. Howard	232.5	137.5	210	580

220	
T. Anderson	227.5
C. Cottrell	220
275	
D. Pearse	
SHW	
D. Gaudreau	255
R. Lester	240
Teen	
123	
J. Payer	105
132	
J. Cisneros	92.5
148	
J. Hill	90
198	
N. Runge	102.5
Masters	
181	
J. Vogt	
N. Backous	115
SHW	
G. Dugan	

* American Record; *! a Nebraska State record. Overall Best Lifters: Female powerlifter - Renaee Catron; Female Bencher - Renaee Catron; Lightweight Male powerlifter - Chris Hughes; Lightweight Male Bencher - Chris Hughes; Heavyweight Male powerlifter - Brent McCune; Heavyweight Male Bencher - Dan Gaudreau. Overall winners were based on the Wilks Coefficient Formula . American Records: set in the squat, deadlift, and total in the M1 (age 40) female by Linda Schaefer; set in the deadlift in the M3 (age 53) male by Brent McCune; set in the bench in the teen 16-17 (age 17) male by Jeremy Payer. Nebraska State Records: set in the squat, bench, deadlift, and total in the junior (age 20) female bye Shae Brost; set in the deadlift M2 (age 45) male by Howard Huffman. Other state records were broken as well, but cannot verify them at this time. We had 35 entrants from 5 different states. There were 5 American Records broken and several state records as well. Special thanks goes to you and all my sponsors. I also could not have done it without the volunteers that helped, many of whom were new at helping at meets and did great! I'd also like to thank my National Refs, Jim Hart (also a IPF qualified ref), Kirk Spell, and Don Macke. Rob Grisham also made a special trip down from Colorado to help us out as well with refereeing and doing several other things for the meet, too. (Thanks to C. Michelle James, meet director, for providing the meet results to *PL USA*).

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24 SEP 00 - Rockaway, NJ

BENCH				
Masters				
G. Bunch	390			
Open				
181				
D. Sustin	325			
Powerlifting	SQ	BP	DL	TOT
Women				
J. Davis	305	180	375	860
Men				
Masters				
"Rudy" Ruettiger	480	320	520	1320
Open				
148				
J. Gengo	385	300	350	1035
181				
D. Sustin	510	325	540	1375
"Rudy" Ruettiger	480	320	520	1320

220	
T. Corsi	420
242	
G. Bunch	390
275	
K. Hebert	465

Best Lifter (BP) - Kevin Hebert; Best Lifter (PL) - Daniel Sustin. (Thanks to USAPL for these results).

USAPL Gateway Invitational
09 SEP 00 - Seattle, WA

MEN	SQ	BP	DL	TOT
181				
M. Beavers	575	350	575	1500
WOMEN				
148				
P. Houston	370	190	350	910
165				
S. Lee Chow	325	170	325	820

(Thanks to USAPL for providing the meet results).

Lifters from the Drug Free Northern Illinois Fall Classic. *(photograph courtesy of Duane Burlingame)*

Roxana High School Team *at the Winter Classic BP/DL (left-right): David Gan, Jeff Welker (coach), Ryan Cincoski, Donny Hayes, (front) Eric Drew. (This photograph provided courtesy of Dr. Darrell Latch).*

Son Light Winter Classic BP/DL
02 DEC 00 - Tuscola, IL

BENCH PRESS		**teenage men 13-15**	
teenage men 13-15		Eric Drew	260*
Eric Drew	125*	4th	275*
teenage men 16-17		**teenage men 16-17**	
Victor Munoz	320*	Ryan Cincoski	350*
Ryan Cincoski	255*	4th	400*
David Gan	225*	Dave Gan	300*
Donny Hayes	125*	4th	325*
teenage men 18-19		Donny Hayes	260*
M. McKibben	240*	4th	275*
4th	250*	**teenage men 18-19**	
master men 40-49		M. McKibben	440 *
Mark Wittler	340	**master men 40-49**	
4th	345	James Ewing	500
James Ewing	250	198	
181		Jim Metzger	525*
Chris Soffentino	275	220	
220		Steven Zelmer	475*
Steven Zelmer	350*	242	
308		James Schenck	475*
Chris Rannals	450	308	
DEADLIFT		Chris Rannals	740

Best Lifter: CHRIS RANNALS; Best lifter: CHRIS RANNALS *personal record. The Son Light Winter Classic was held December 2, 2000 at Son Light Power Gym in Tuscola, Illinois. We had good small turnout with some great lifters and some new faces as well. A special thanks to Joey, Daniel and Jeff Welker for all their help with the competition. In the bench press competition Eric Drew took the teenage 13-15 class with a personal best 125. At 16-17 Victor Munoz won with a personal best 320, just missing a 335 fourth attempt. Ryan Cincoski, David Gan and Donny Hayes all lifted as guest lifters, but all finished with new personal records on the day. Ryan, weighing 175, lead the way with 255. David was next with 225 @ 234. Donny Hayes was third with 125. New comer Marcus McKibben took the 18-19 class with a solid 240, weighing 169. Marcus also made a fourth attempt with 250. Mark Wittle continues to get stronger with each new competition, as he easily takes the master 40-49 class with 340. Mark followed that with a solid 345 fourth. James Ewing, who had just completed a 5K run earlier that day, took second with 250. Chris Sorrentino came all the way from Paragould, Arkansas to take the open 181 class with his opener of 275. This was a little disappointing to Chris, who has been up around the 320-330 range lately. Don't worry, Chris, just keep plugging away and some day it will all just fall into place and you'll nail 350+ before long! At 220 Steven Zelmer had a great day, getting pr's at 320 and 350 for his final attempt for the win. Up next was the best lifter, Chris Rannals, with an easy opener of 450 for the win at 308. Chris passed on his last two attempts to save it all for the deadlift. In the deadlift competition Eric Drew won at 13-15 with a great pr pull of 260, followed with a fourth at 275. Ryan Cincoski took the 16-17 class with 350, coming back with a strong 400 pr fourth. Dave Gan was second with 300, followed with a 325 fourth attempt and Donny Hayes was third with 260 and 275, both pr's also. Marcus McKibben again took the 18-19 class with a great 440 pr pull. Marcus had missed that same weight for his second before coming back on his final attempt. At master 40-49 James Ewing won with a strong 500, missing his final attempt with 525. Jim Metzger, lifting in the open 198 class, came and got a great pr with 525. Jim, who is actually a master lifter, almost locked out 550 on his final attempt. Steven Zelmer again took the 220's here with a personal best 475. Steven even locked out 500, though was called for hitching. James Schenck also got a new pr with 475 as he captured the title at 242. Up next was Chris Rannals, one of the top deadlifters in the country, and one of the few to pull over 800! Chris has slimmed down a bit, lifting here in the 308 class where he pulled a strong 740. A final attempt with 760 stalled halfway up, but should have gone. This boy's not too far away from 800 again! Best lifter, again. Thanks again to all the lifters, helpers and spectators who came to be a part of this event. A special congratulations to Eric Maroscher, who just won his first WPC World Championship last week. Eric, along with ANPPC World Cup Champion Keith Earley were there to support training partner Jim Metzger. I would also like to mention our appreciation to Jeff Welker, who is a teacher and trainer at Roxana High School in Roxana, Illinois, for bringing his students, Ryan Cincoski, David Gan, Donny Hayes and Eric Drew to their first competition. See you all next year. (Thanks to Dr. Darrell Latch for providing these meet results).

APF Southern States (kg)
2 DEC 00 — Ormond Beach, FL

WOMEN (formula)	SQ	BP	DL	TOT
G. Ufret (105) BL	102.5	65	137.5*	305
Kirkland (105)	135*	62.5	122.5	320
J. Licata (181)	142.5*	90*	150	382.5*
Colbert (132)	110	50	115	275
D. Casias (165)				

MEN				
Teen (formula)				
B. Howard (181)	227.5	170	227.5	625
Cornett (275)	250*	185*	230*	665*
Junior (formula)				
D. Hicks (220)	295*	172.5	272.5	740
W. Feagle (181)	192.5*	135	215*	542.5*
S. Abbott (165)	212.5	165	225	602.5
Leshley (148)	195*	87.5*	205*	487.5*
J. Hope (148)	137.5*	120*	162.5*	420*
J. Gill (220)	215	102.5	217.5	535
Blachino (198)	172.5*	125*	207.5*	505*
Trustmen (198)	25	182.5	25	232.5
Masters (formula)				
Wambsgans (181)	275	125	275	675
Conyers (165)	292.5*	182.5*	310*	785*
DeVerville (242)	295	195	282.5	772.5
J. Brogan (165)	220	127.5	205	552.5
R. Lewis (198)	272.5*	157.5*	282.5*	712.5*
L. Barry (220)	185	137.5*	225*	547.5*
Callahan (275)	230	170	247.5*	647.5
O'Shaughnessy	255*	157.5	262.5	675
Open				
132				
H. Washington	187.5*	132.5*	230*	550*
165				
T. Conyers	292.5*	182.5	310*	785*
S. Wunz	227.5	142.5	232.5	602.5
181				
J. Hicks	227.5	157.5	227.5	612.5
R. Parker	207.5	135	227.5	570

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198				
R. Lewis	272.5	157.5	282.5	712.5
J. Wisenbaker	272.5	155	272.5	772.5
J. Todd	227.5	162.5	247.5	637.5
220				
R. Meyer	290	230	257.5	777.5
E. Jackson	272.5	227.5	272.5	772.5
J. Keena	290	230	235	755
S. Schuler	242.5	217.5	250	710
J. Webb	260	165	260	685
Guest Lifter				
K. Patterson		312.5		
242				
J. Jacobs	337.5	220	322.5	880
E. Swan	325	200	295	820
J. Macartney	310	217.5	285	812.5
J. Davis	320	200	282.5	802.5
M. Thompson	290	217.5	282.5	790
D. Jones	305	182.5	242.5	730
O'Shaughnessy	255	157.5	262.5	675
T. Curtis	250	152.5	240	642.5
275				
P. Story (BL)	357.5	242.5	337.5	937.5
M. Kinsey	295	210	345	850
G. Jurkowski	320	200	325	845
M. Lanier	330	187.5	315	832.5
D. Hollis	295	212.5	305	812.5
T. Beale	322.5	190	272.5	785
M. Haaker	275	197.5	272.5	745
B. Abbott	280	150	287.5	727.5
J. Callahan	230	170	247.5	647.5
E. Stoker	250	102.5	282.5	635
E. Martin	220	147.5	267.5	635
S. Lacey	260	235		
308				
B. Moore		372.5		

*denotes New Florida State Record. (Thanks to Lisa Gregory of Huge Iron for providing these results).

Christmas for Kids BP/DL
10 DEC 00 - Mattoon, IL

* personal record. Best Lifters - Bench Press: RON PALMER; Deadlift: RON PALMER. The third annual Christmas For Kids was held at the Cross Country Mall in Mattoon on December 10, 2000. Competitors brought toys along with their entry fees to help make it a better Christmas for the needy children of the community. Thanks to the Mall Association for once again sponsoring this event. In the bench press competition, lone women's competitor Michelle Sultzer got a new personal best with her win in the open class with 130. First-time competitor Michael Taylor also pr'd with 315, taking the junior class at a bodyweight of just 155. In the master men 40-49 class Greg Chrun came out on top with a strong 500, weighing in at 240. Second place went to Rob Furey, who had to settle with his opener of 370 after missing a pr try at 395 for his final attempt. Michael Porter was third with 415, which was a pr for him. We had two competitors in the master men 60-69 class, Darrel Sidwell and Allen Gregory. It was Allen's first competition, but you would have never known it, as he came away the winner with 240 @ 215. Might have had something to do with his coach, ANPPC World Cup Champion Todd Rohrs. Sixty-six year old, 160 lb. Darrel Sidwell was close behind with 185, missing 200 twice for the win. In the open classes, Randy Dye took the 148 class with 250. It was Randy's first competition. Ron Palmer won at 165, getting a new personal record there with 410. Ron was also awarded the best lifter award for the bench press competition. Rob Furey took the open men's 181 class with his 370. Tony Lindauer looked strong as he took the 198 class with 385, just missing a pr 400 twice. Keith Parrish had a good day, finishing with a personal best 485 on his fourth attempt in his win at 220. Good to see Keith compete again, who came all the way from Independence, Missouri. Greg Chrun won his second title of the day after Glenn Beuchlein failed to get his opener of 565 at 242. Glenn is one of the top benchers in the country at 242 with a 620 to his credit, but hadn't had his bench shirt in over a year and it just wasn't working for him. Thanks though, for all the toys you brought, Glenn! Michael Porter took the 275's with his 415 pr. Our final lifter, Dustin Minks won at 308 with a strong 335, just missing a pr 350 on his fourth attempt. In the deadlift competition, Michelle Sultzer won her second title of the day, getting her second pr of the day with her open win. Michelle just got stronger with each of her attempts to finish with a big 300 on her final lift. Congratulations, Michelle! We also had a youth competitor, seven year old Andre English. Andre first competed a month ago in Franklin, Indiana and equaled his lift there with 80, just missing 95 twice. The son of Ron Palmer, Andre is bound to be a good one! Rob Furey got an easy 470 opener at master 40-49 and looked good for the 510 pr he tried for his second attempt. Stopping just short of lockout, Rob passed on his final attempt. Allen Gregory won his second title of the day with his win at master 60-69, finishing with a strong 360. Not bad for a sixty-three year old kid! First-timer Zach Lane had a great day, winning the teenage class with a pr 350 before coming back with 360 for a fourth attempt. As in the bench competition, Ron Palmer took the 165's here with a strong 600, also taking best lifter honors. Benny Hutchinson just keeps getting fatter, but he does keep getting stronger. Benny pulled a strong 445 with about fifteen pounds more in him for the win at 198. Dustin Minks looked strong at 308 with his 500 opener, but fell short of lockout with his second attempt pr 525. Thanks to my son Joey for his help, to Jasmine and two time WPC World Bench Press Champion Bob Walker for his help. Bob presented me with the Ron Butler award for my contributions to the sport, which I am very appreciative of. Ron was a competitive powerlifter who passed away a few years ago. Thanks also to everyone who attended and helped out with this needy cause. (Thanks to Dr. Darrell Latch for these meet results).

Dr. Darrell Latch receives the Ron Butler Memorial award from 2-time WAPF BP Champ Bob Walker for his many years in the sport .

BENCH PRESS	
women	
Michelle Sultzer	130*
junior men	
Michael Taylor	315*
master men 40-49	
Greg Chrun	500
Rob Furey	370
Michael Porter	415*
master men 60-69	
Allen Gregory	240
Darrel Sidwell	185
148	
Randy Dye	250*
165	
Ron Palmer	410*
181	
Rob Furey	370
198	
Tony Lindauer	385*
220	
Keith Parrish	475
4th	485*
242	
Greg Chrun	500
G. Buechlein	—
275	
Michael Porter	415*
shw	
Dustin Minks	335
DEADLIFT	
youth	
Andre English	80
master men 40-49	
Rob Furey	470
master men 60-69	
Allen Gregory	360
open	
women	
Michelle Sultzer	275*
4th	300*
teenage men	
Zach Lane	350*
4th	360*
165	
Ron Palmer	600
198	
B. Hutchinson	445
308	
Dustin Minks	500

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1st Annual Fall Classic BP/DL
21 OCT 00 - Richmond, IN

BENCH PRESS		Shawn Miller	330*
open women		220	
Kelly Whitaker	125*	Sean Flanagan	385*
Melanie Gibson	75*	242	
4th	85*	Jeff Ritzler	420
police & fire		Rick Kinder	420
Chris Smith	410*	Carlos Moore	320*
Mike Hackney	275	275	
teenage men 18-19		Steve Whitaker	400*
Darren Collins	180	308	
submaster men		Jason Orick	520
Jeff Ritzler	420	Mike Adkins	275*
John Weber	365	**DEADLIFT**	
master men 40-49		teenage women	
M. Wigglesworth	410*	Renee Brown	230*
4th	420*	4th	235*
T. Thompson	350*	open women	
master men		Robin Witham	270*
50-59		teenage men 18-19	
W. Smallwood	360	Kris Robbins	450
Ken Haskell	265*	submaster men	
60-69		Jeff Ritzler	460
Jeff Telljohn	400	master men 50-59	
165		Ken Haskell	425*
Ryan Jones	290	198	
A. Rosenberger	240	Shawn Miller	500*
181		4th	520*
Tracy Conner	375	220	
Steve Watts	360	Kevin Rock	560*
198		308	
Jeremy Herlyn	345*	Andrew Adkins	660*
Nate Wilson	340*	Mike Adkins	480*

* personal record. Best Lifter - Bench: Jason Orick; Deadlift: Andrew Adkins. The first annual Fall Classic Bench Press/Deadlift Championships were held October 21, 2000 at Powerhouse Gym in Richmond, Indiana. Many thanks to owner Jim Hoskinson for hosting this event which brought thirty - five entries from the Eastern Indiana - Western Ohio region. In the bench press competition, a newcomer to the sport, Kelly Whitaker, took top honors in the women's class, finishing with a personal best 125. Kelly and her husband, Steve, have been involved in bodybuilding for years, and decided to try another sport. We're glad they did! Taking second place in the women's class was Melanie Gibson, lifting in just her second competition. Melanie got a pr with 75 on her second attempt, missing 85 for her third, but coming back for her fourth to get that 85 for another personal record on the day. Chris Smith looked strong with a pr 410 on his final attempt to capture the police & fire division over second place finisher, Mike Hackney, who ended with 275. Chris came close with a fourth at 420, while Mike was making his powerlifting debut. Darren Collins weighed in at 118, but finished with 180 for the win at teenage men 18-19. Darren had lost a few pounds, which showed in his lifting, since he only got his opener in. At submaster it was Jeff Ritzler for the win with 420 @ 225. Second place went to John Weber who finished with his opener of 365. Mike Wigglesworth had a great day at master 40-49, going 4 for 4, all being new personal records. Weighing in at 242, Mike finished with 420 on the day. Second place went to Tuskahoma Thompson, who got a new pr with his opener of 351. This was Tuskahoma's first competition and he lifted well. Wayne Smallwood, who will be sixty years old in January (looks forty!) won the 50-59 class with 360 @ 190. Wayne just missed the lockout with a pr 370 on his final attempt. Second place at 50-59 went to newcomer Ken Haskell, who finished with his opener of 265. Up next was WAPF World Champion Jeff Telljohn, who at sixty-four, has to be one of the top master benchers in the world. Coming back from some minor injuries, Jeff got a clean 400 bench at a bodyweight of 300! In the open division, Ryan Jones took the 165 class with solid lifting, finishing at 290. Andy Rosenberger was second with 240; this being his first competition. Tracy Conner took the 181's, missing his opener of 365, but coming back to take that weight on his second attempt, then finishing with 375. Steve Watts was second with 360, just missing a 375 pr third attempt for the tie (both men weighed in at 181). We had three great lifters at 198, all of which had the strength to win the class! But when the smoke cleared Jeremy Herlyn came out on top with a 345 pr lift. Second place went to Nate Wilson with a personal best 340. Shawn Miller was third with 330, another personal best! All three of these lifters were competing for the first time, and all three set new prs! Sean Flanagan was alone at 220 but still got a pr 385 without anyone to push him. At 242 Jeff Ritzler took the class over Rick Kinder, who also finished with 420, but weighed two pounds more than Jeff Rick, didn't put his shirt on until his third attempt with 475, which wasn't enough to get the weight down to his chest. Carlos Moore, lifting in his first meet, got a pr 320 to finish third. Steve Whitaker took the 275's with three near perfect lifts, finishing with a personal best 400. Then at 308 was best lifter Jason Orick, who finished with 520, looking good for ten pounds more. Jason had been having some problems with his left shoulder so didn't really push it. Jason is a really great guy, with a great attitude about the sport; the kind of thing that keeps me in the sport. Jason even jumped in after the bench to help with the loading for the deadlift, which I really appreciate. Mike Adkins, also in his first competition, finished second to Jason with his opener of 275. Lifting as a guest lifter was Jim Hoskinson, trying out his new shirt, but just getting his opener of 500. Jim was shooting for the 550 he had gotten in the gym the week before. In the deadlift competition we had our own miniature version of Supergirl, Renee Brown. This little thing couldn't have been over 4'6" tall or weighed more than 75 lbs. (even though she claimed to weigh 95 lbs.); but this teenager could pull some weight! Making all three of her attempts, Renee finished with a personal best 235 and could have easily pulled 250! Her coach Ron Everett said "She doesn't even know how strong she is; I can't even get her to talk!" Great lifting Mini - Mite! In the open women's class, Robin Witham also had a great day, pushing two new prs to end with 270. This girl will be pulling 300 in no time at all! Kris Robbins pulled a strong 450 at 181 to take the teenage class. That back strength must have come from that Mohawk - type hairdo he was sporting! Jeff Ritzler won his third title of the day with his win at submaster, finishing with a strong 460 pull. At master 50-59, first - time lifter Ken Haskell pulled three new prs to finish with 425 and the win. Shawn Miller avenged his third place finish in the bench to take the deadlift title at 198. Shawn pulled with some of the best form of the competition to finish with a 500 pr third and 520 pr fourth attempt. At 220 it was Kevin Rock with a pr 560 @ 210 for the win. Then at 308 was the battle of two brothers, Andrew and Mike Adkins. I mentioned earlier, this was Mike's first competition, but he did well, finishing with a 480 personal best with good form. But it was his brother who stole the show, pulling a great 660 personal record third attempt. Andrew not only won the class, but best lifter for the competition as well! Congratulations, Andrew! Thanks to all who helped with the competition and a special thanks to my little trophy girl, Maci Rock, Kevin Rock's eight year old daughter. I want to also thank Ron Everett for bringing his team to this competition and let him know how much I appreciate all the work he puts into training his lifters. We all had a great time! See you all next year! (Thanks to Dr. Darrell Latch for providing these contest results).

Best Lifters at the Fall Classic were Andrew Adkins for the Deadlift with a 660 PR at 308, and Jason Orick for the Bench Press with 520 at 308. (photo courtesy of Dr. Darrell Latch)

Honeymoon Couple in First Meet!!! Steve Whitaker - 1st at open 275 BP with a PR 400, and Kelly Whitaker - 1st at open women BP with a PR 125 at the Fall Classic. (photograph provided courtesy Dr. Darrell Latch)

S&M Fitness Strongman/DL
OCT 00 - Harrisburg, IL

Women's Open		198	
165		M. Hunt	275
S. Vidmar	235	HW	
Teen Men		C. Smock	190
165		B.Little	170
S. Sha	360	Women's Teen 14-15	
220		114	
C. Evans	345	M. Mayer	180
Men's Open		L. Jerrels	160
220		123	
M. Hammer	370	C. Mitchell	160
275		132	
W.Hinkle	475	H. Jackson	190
Women's Teen 16-17		A. Rheaume	175
97		148	
T. Bethel	150	S. Gardner	165
132		181	
A. Cousins	205	J. Johnson	225
T. Atkinson	195	198	
148		A. Bush	220
A. Crank	215	Strongman Meet	
S. George	195	Lightweight	
165		J. King -Harrisburg	
M. Mattingly	260	S. Draper - Harrisburg	
M. Ellis	210	Heavyweight	
181		P. Andrich - Racine, WI	
D. Ital	235	A. Henson - Harrisburg	
A. Thomas	235		

This was S&M Fitness' second annual Strongman / deadlift contest. As usual the event was a blast. The competitors put on a great show. Pete Andrich from Racine, WI amazed the crowd with his speed and strength, as did all the participants. Pete Andrich's best event would have to be the log press. Adam Henson stood out in the tire flip and the truck pull. In the lighweight class Jeremy King did an outstanding job. He pulled a truck 75 feet in 30.4 seconds. Sean Draper held his own in the meet, weighing in as the lightest competitor at 180 lbs. Sean pulled out the best lightweight time in the log stack. A large crowd turned out to watch our local strongmen and deadlifters. Both events were held in the road in front of the gym. The deadlift contest consisted of 25 deadlifters. Of those 25 lifters, 21 of them were teen women. Mark and Susan Motsinger, owners of S&M Fitness, coach a large powerlifting team targeting high school age students. With the help of Harrisburg High School and April Horning, Mark and Susan have coached over 50 lifters and captured 33 Illinois State records. We are looking forward to the upcoming Illinois State meet and an opportunity to establish and break more state records. We would like to thank the judges in this event who never miss a meet: Ton Foster, Larry P. Marcum and Scotty Dearing. Keeping the scorer's table in order were two powerlifters who did not compete in this meet: Amanda Jackson and Sophia Hobson. They will compete in the March Illinois State meet. Other helpers were Adam Dennison, Rick Dearing and Brian Mitchell. S&M plans on hosting another strongman / deadlift contest in the spring. (results from S&M Fitness)

We believe this is ***Pete Andrich*** *at the S&M Fitness Strongman / DL competition. (from S&M Fitness)*

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Push/Pull on the River
7 OCT 00 - New Roads, LA

BENCH		A. Grezaffi		405
Masters		Open 275 lbs.		
(45-49)		J. Blakely		640
198 lbs.		S. Mendelson		605
R. Lopez	285	4th		625
(50-54)		T. Babcock		450
E. Howard	390	Guest Lifter		
Junior		R. Bueche		450
220 lbs.				
WOMEN		BP	DL	TOT
114 lbs.				
A. Allen		110	250	360
148 lbs.				
D. Joyner		120	305	425
165 lbs.				
L. Keller		120	260	380
181 lbs.				
B. Marchive		95	240	335
Teen 114 lbs.				
M. Campbell		100	250	350
123 lbs.				
P. Parker		175	400	575
C. Bush		160	275	435
R. Cheek		135	275	410
148 lbs.				
T. Smith		175	315	490
165 lbs.				
K. Bello		195	430	625
T. Bordelon		175	330	505
181 lbs.				
S. Mougeot		205	350	555
198 lbs.				
G. Gomez		285	440	725

At the Push Pull *on the River Meet, the Best Lifter was August Clark (right) where he won $300. He made a 400 pound bench press and a 480 pound deadlift and also made a fourth attempt of 500 pounds. He was also a participant in the Biggest Bench of the River III Meet. In that meet, he made a 405 lb. bench press at 132 pound bodyweight. (Photo provided to Powerlifting USA by Maximum Fitness).*

C. Debetaz	115	225	340
220 lbs.			
T. Marchive	265	475	740
242 lbs.			
D. Darensbourg	265	350	615
SPECIAL			
R. Jarreau	235	350	585
Junior 242 lbs.			
M. Brann	320	530	850
Masters (40-44)			
220 lbs.			
L. Cunningham	300	475	775
242 lbs.			
B. Murpby	365	540	905
SHW			
O. Cowan	425	350	775
(50-54) 198 lbs.			
E. Howard	390	455	845
(60-64) 181 lbs.			
B. Callihan	235	435	670
Open 148 lbs.			
A. Clark	400	480	880
181 lbs.			
D. Cagnalotti	400	460	860
198 lbs.			
S. Lemarie	335	560	895
T. Earnest	365	500	865
220 lbs.			
K. Levatino	435	550	985
T. Austin	420	540	960
S. Tate	400	530	930
242 lbs.			
B. Murphy	365	540	905
275 lbs.			
B. Henry	415	540	955
308 lbs.			
P. Fletcher	480	730	1210
K. Wnuk	500	700	1200
SHW			
R. Phillips	500	525	1025
O. Cowan	425	350	775

Best Lifter Women: Ambre Allen $300. Best Lifter Open: August Clark $300 BD #136.. Best Masters: Emanuel Howard $300. Best Lifter Junior: Matthew Brann $300. Best Teenage: Philip Parker $300. Best Lifter Teen: Phillip Parker $300. Biggest Bench Award: J.M. Blakely $300 BD #274. Meet Director: Reedd Beuche. Judges: Sarge Pendley, Gerry Chidester, Pat Chidester, and Debbie Alexander. Photographer: Katrina Amacker. Computer Operator: Ryan Sanders. Scorekeeper: Denise Bueche. Thanks to all spotters and loaders. About 400 spectators, and seen on local TV. (Thanks to Maximum Fitness for providing thesemeet results).

At Left ... *Dave Waterman, sponsored by MetRX, took the $2200 cash prize at Reed Bueche's Biggest Bench on the River III contest with a 600 pound bench weighing 192 pounds. Spotters include Travis St. Romain and Chad Cicero. (photo provided by Maximum Fitness)*

Biggest Bench on the River III
6 MAY 00 - New Roads, LA

WOMEN		D. Cagnolatti	375
114 lbs.		J. McGrew	370
A. Allen	90	198 lbs.	
132 lbs.		R. Pursell	435
B. Mosier	200	C. Kennedy	425
165 lbs.		E. Howard	400
K. Callier	170	220 lbs.	
M. Brneiser	120	P. Fremin	370
181 lbs.		S. Tate	360
V. Alsten	200	242 lbs.	
Teen		B. Nichols	510
132 lbs.		T. Beale	460
T. Godawa	225	T. Babcock	450
C. Bush	150	275 lbs.	
165 lbs.		T. Cunningham	475
A. Palumbo	340	308 lbs.	
K. Dickinson	260	K. Wnuk	575
181 lbs.		P. Fletcher	500
S. Mougeot	200	Q. Aucoin	475
198 lbs.		SHW	
J. Clay	275	O. Cowan	385
242 lbs.		Best Lifters	
J. Townsend	415	114-181 lbs.	
T. Williams	175	S. Scardina	400
275 lbs.		198-SHW lbs.	
H. Strickland	470	K. Wnuk	575
Masters		Open (Cash)	
(40-44)		D. Waterman	600
165 lbs.		K. Brownfield	590
S. Scardina	400	J. Kellum	575
181 lbs.		R. Lawrence	570
D. LeSage	400	D. Nealy	545
198 lbs.		A. Clark	405
R. Boudreaux	410	K. Gleason	590
M. Godawa	335	K. Taylor	575
275 lbs.		WOMEN (Cash)	
S. Falcon	405	B. Mosier	200
R. Pourciau	335	Coefficient 223	
SHW		V. Alston	200
O. Cowan	415	Coefficient 183.5	
(45-49)		Teen (Cash)	
198 lbs.		H. Strickland	470
R. Babin	335	Coeffecient 280.913	
(50-54)		A. Palumbo	340
198 lbs.		Coefficient 257.1814	
E. Howard	400	Masters (Cash)	
D. Cummerow	365	K. Taylor	575
(55-59)		Coefficient 362.512	
220 lbs.		S. Scardina	400
C. Lambert	300	Coefficient 293.026	
(60-64)		E. Howard	400
181 lbs.		Coefficient 282.304	
B. Callihan	250	Open (Cash)	
(75-79)		D. Waterman	600
165 lbs.		Coefficient 389.7	
D. Dreyer	140	K. Brownfield	590
Open		Coefficient 370.638	
(Trophies)		J. Kellum	575
165 lbs.		Coefficient 364.7225	
S. Scardina	400	R. Lawrence	570
A. Palumbo	340	Special-198 lbs.	
181 lbs.		R. Jarreau	240
S. Kennedy	380		

Meet Director: Reed Bueche. Judges: Sarge Pendley, Gerry Chidester, Patchidester, and Debbie Alexander. Computer Operator: Ryan Sanders. Score Keeper: Denise Bueche. Photographer: Katrina Anacker. Thanks to all spotters and loaders. Dave Waterman, 600 lbs. bench, $2200 cash, BD #192. Kim Brownfield 590 lbs. bench, $1000 cash, BD #205. Jesse Kellum 575 lbs. bench, $700 cash, BD #210. Rick Lawrence 570 lbs. bench, $400 cash, BD #210. Over 1200 spectators, and seen on local TV. Best Lifters Trophy Division: Light - Sid Scardina, 400 lbs. bench, BD #170. Heavy - Kory Wnuk, 575 lbs. bench, BD #288. Biggest Bench IV will be May 5, 2001. August Clark, 405 lbs. bench, BD #132 (awesome). (Results courtesy of Maximum Fitness)

THE TRIO SEEN AT LEFT ... *J.M. Blakley, who bench pressed 640, and Scott Mendelson (standing at the right) who bench pressed 605 and also made a fourth attempt of 625 which was good, flank Push/Pull on the River meet photographer Katrina Amacker. (Photograph provided to Powerlifting USA by the courtesy of Maximum Fitness).*

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2000 AAU North Carolina Best in State

	AST. Bench	RAW Bench	AST P-Lifting	RAW P-Lifting	TEEN BP	TEEN PL (RAW)
114	125 G. Gordon	125 G. Gordon	585 K. Holroyd	585 K. Holroyd	125 G. Gordon	585 K. Holroyd
123	220 J. Morris	220 J. Morris	670 T. Lyons	670 T. Lyons	195 D. Henries	670 T. Lyons
132	245 L. Mabinton	245 L. Mabinton*	870 L. Mabinton	870 L. Mabinton	245 L. Mabinton*	870 L. Mabinton*
148	300 D. Moore	300 D. Moore*	1160 J. Meekins	1160 J. Meekins*	300 D. Moore*	975 D. Moore*
165	330 D. Donald	330 D. Donald	1195 D. Donald	1195 D. Donald	210 J. Barnes	920 N. Delodge
181	375 D. Floyd	335 D. Floyd	1645 M. Seachrest*	1400 T. Pardue*	325 D. Floyd*	1115 R. Melton
198	445 T. Weekly	425 A. Felton	1565 T. Weekly	1240 N. Roten	325 I. Johnson	1240 N. Roten
220	500 C. Gibson	400 K. Mallory	1810 C. Gibson*	1480 J. Rogers*	300 D. Pittman	1200 J. Gordon*
242	500 S. Reid	500 S. Reid	1690 J. Brown	1375 D. Michels	420 K. Wall*	1255 E. Frasure
275	535 C. Elliott	535 C. Elliott	1680 J. Haller	1680 J. Haller*	360 E. Murphy*	1335 E. Murphy*
319	485 A. Cherry	460 B. Simpson*	1050 J. Pendelton	1050 J. Pendelton	325 K. Cole	1030 K. Cole
SHW	405 M. Ange	405 M. Ange*	740 J. Bradshaw	740 J. Bradshaw*	185 J. Bradshaw	740 J. Bradshaw*

FORMULA - WOMEN/MASTERS

* denotes best in state record.

	AST Bench	RAW Bench	AST P-lifting	RAW P-Lifting
Women	T. Collins	K. Beccerra	T. Collins	K. Neiding
	K. Beccerra	G. Chavis	K. Neiding	G. Chavis
	C. Chavis	S. Gill	G. Chavis	S. Gill
	S. Gill	K. Neiding	S. Gill	R. Carlton
Master	R. Terry	R. Terry	J. Meekins	J. Meekins
	L. Broadie	D. Young	T. Thompson	B. Soloman
	W. Hawkins III	J. Meekins	D. Pagan	R. McClendon
	D. Young	J. Hansen	A. Arrington	B. Strauss

USA 'Raw' BP Federation
19 NOV 00 - Tuscola, IL

BENCH		master men 40-49	
open women		165	
165		Butch Davis	340*
Michelle Sultzer	125*	198	
junior men		Russell Carney	370
242		4th	380
M. Novoseletsky	365*	198	
open men		Joe McDonald	340
181		4th	350
Ron Palmer	380*	220	
Jack Brown	360	Dennis George	320
Sam Nolan	315	242	
198		Kurt Hess	300
Russell Carney	370	275	
4th	380	Mark Wittler	335
242		master men 60-69	
Randy Biggiam	410	181	
4th	415	Ron Bishop	300*

*national record. Best Lifter - RON PALMER The USA 'RAW' Bench Press Federation Grand Nationals were held November 19, 2000 at Son Light Power Gym in Tuscola, Illinois. The turnout was smaller than in the past but lifters were represented from Wisconsin, Illinois, Indiana, Ohio and Tennessee. In the women's division, lone competitor Michelle Sultzer set a new national record at 165 in the open women's class. Michelle opened with an easy 110 before powering up her record 125. Michelle's final attempt at 135 was within her range but she failed to lockout after moving out of her groove. Junior men's champion Mike Novoseletsky successfully defended his title at 242 and in the process broke his own national record of 360 with a great 365 pr effort. Mike made all three of his attempts with ease and power. Butch Davis moved up to the 165 class, tying Willis Wiger's 340 national mark in the master 40-49 division. Butch continues to get stronger as he continues to get older, even after last year's hip surgery. In the same master's division, Ohio's own Russell Carney got all four of his attempts, finishing with a strong 380 for the win at 198. Russell continues to maintain his strength even after dropping down two weight classes in the past two years. Indiana's Joe McDonald was second at 198 with 340, coming back for a successful fourth attempt with 350. That was within two pounds of Joe's personal best. Dennis George came down from LaCrosse, Wisconsin to take the master 40-49 220 class. Dennis went from his opener of 290 to 305, then 320 for the win, missing only a fourth attempt with a pr 335. Kurt Hess captured another title at 242 with an easy 300, missing a fourth with 305. Kurt continues to improve after shoulder surgery from a couple of years ago. Mark Wittler captured his first master's grand national title at 275, finishing with 335. Also missing his fourth attempt this was still the most Mark had lifted since his college football days. Who said you couldn't get stronger as you age? Our final master competitor was sixty-four year old Ron Bishop, who already has a number of national titles to his name. Ron won again here, finishing with a national record 300, lifting in the 60-69 181 class. Ron even came within inches of locking out a fourth attempt with 310. In the open men's division, we had a full class at 181. Finishing in first place was Ron Bishop, who is a great natural 'raw' lifter. Ron finished with his second attempt of 380, before calling for a pr 400 third attempt. Stopping just short of lockout, Ron then settled with his 380, which by the way was a new national record at 181. This lift gave Ron the best lifter award for the competition. Finishing second to Ron was Jack Brown with 360. Jack hails from Tullahoma, Tennessee, and is a consistent double bodyweight lifter. Sam Nolan finished in third place at 181 with 315. Sam tried a fourth with 325, failing just short of lockout. Russell Carney also took the open 198 class with his 370/380 lifting. The last lifter of the day was also the biggest lifter with the biggest lift, Randy Biggiam. Randy looked in top shape as he took the open 242 class, making all four of his attempt. Randy started with a conservative 385, before moving to 400, then 410. A fourth with 415 was just as easy, giving Randy his first grand national title. Thanks to Kurt Hess and the others who helped out, and a very special thanks to Dot Hess for working the table and announcing the competition. See you all again next year! (Thanks to Dr. Darrell Latch for providing the meet results).

Best Lifters *at the USA 'RAW' BP: L to R: Ron Palmer (in men's division) and Michelle Sultzer (in women's division). (Photo by Dr. Darrell Latch).*

"Python Power League" 2000
09 SEP 00 - Augusta, GA

BENCH		G. Bartley	385
WOMEN		G.Jones	345
123		242	
54-60		raw	
B. Cooter	95	B. Sturdivant	355*
MEN		R. Hageman	275
165		subs	
subs		R. Padgett	400
T. Johnson	240	DEADLIFT	
181		WOMEN	
novice		54-60	
B. Corley	345	B. Cooter	200*
open		MEN	
B. Corley	345	220	
198		14-16	
novice		B. Helton	235*
J. Mgghee	400*	242	
220		raw	
17-19		R. Padgett	625*
G. Chambless	210*	subs	
47-53		B. Sturdivant	485
G. Jones	345*	40-46	
raw		R.Hageman	475

Full Power	SQ	BP	DL	TOT
WOMEN				
123				
open				
L. Herman	145*	100*	175*	420
132				
40-46				
S. Walker	245*	100	300	645
148				
subs				
P. Hitt	225*	85*	225*	535*
SHW				
novice				
A. Jones	200*	125	325	640*
40-46				
J. Borchardt	135*	75*	185*	395*
MEN				
132				
open				
J. Myers	315*	240*	315*	870*
165				
40-46				
C. Leverette	330	200	445	975
open				
J. Tillman	450	360	500	1310
M. Judge	430	315	480	1225
181				
17-19				
T. Newberry	375	225	500	1100
PFM				
T. Butler	500*	355	425	1280
novice				
J. Merritt	315*	215	440	970*
198				
10-13				
P. White	185*	115*	300*	600*
4th			315*	
220				
open				
G. Campbell	600	505*	550	1655*
17-19				
G. Chambless	325*	210*	405*	940*
47-53				
A. Isaac	320*	165*	405*	890*
242				
40-46				
B. Bridges	390	325	400	1115
raw				
B. Bridges	390*	325*	400*	115*
275				
54-60				
R. Money	455*	335	450	1240

WOMEN - best bench: Lily Herman; biggest bench: Anitra Jones; best deadlift: Sandra Walker; biggest deadlift: Anitra Jones; big fox: Sandra Walker; best lifter: Sandra Walker. MEN - best bench: Greg Campbell; biggest bench: Greg Campbell; best deadlift: Marvin Judge; biggest deadlift: Rick Padgett; best lifter: Greg Campbell (note Campbell beat Tillman by 6%!... 799% to 793%!) Best Dawg: Greg Campbell; best teen: Terrence Newberry; best legend: Bob Money. We did it again! What did we do? We had fun..... we lifted a lot of weight and showed the crowd how "Drug-free" powerlifters have a good time! We had some newcomers such as Lily Herman, Jamie McGhee, Brandon Helton and Joyce Borchardt. We had some stars such as..... Marvin Judge (Best Deadlifter), Rick Padgett (Biggest Deadlift and Lily Herman Best Female Bench press. But.... the two Superstars were Sandra "Cocoa" Walker (USA Deadlift Champion) .... Best Female Deadlift, Best Female Lifter and Highest Female Total. and Greg "Da Head" Campbell (World Bench Press Champion) who took the Best Bench, Biggest Bench, Best Lifter and the Highest total awards! With Campbell bench pressing over 500 pounds and with "Cocoa" Walker's awesome deadlifts and the high quality of lifters at our contests, the friendships that are formed, it is no wonder we are growing and that we are more like a family instead of a powerlifting organization. I just want to say thanks to the staff..... "Ne Ne", "Ash Cake", "Soup Bone", "Bo", "Brittany", "Shae", "Terrence", "Sharay", Vice-Presidents "Cocoa "Walker and "Jukebox" Smith and anyone else who helped make this competition possible for without these people we are nothing.... Thanks! Until we lift again .... Stay Clean, Stay Strong & I'll See ya on the platform! (Thanks to Tee "Skinny Man" Meyers, PPL President for providing the results of this competition).

Bob Money and *"Coach" Money". Bob won "Best Legends Lifter" at the PPL Power Mania 2000. (This photograph from Python Gym).*

AAU North American PL, BP/DL
26, 27 AUG 00 - Moreho Valley, CA

BENCH		
WOMEN		
97		
open		
Lee Ann Dalling	72.5	
123		
RM 45-49		
M. Irving	57.5	
132		
novice		
K. Cheng	72.5	
RM 40-44		
C. Evans	85	
181		
law		
S. Pipes	42.5	
R 60-64		
S. Pipes	42.5	
R Youth		
J. Nugent	45	
MEN		
148		
RM 70-74		
J. Selby	50	
165		
R. Open		
L. Wilkerson	167.5	
R Teen 14-15		
B. Short	107.5	
RM 50-54		
S. Okada	150	
181		
Junior		
S. Faasamala	182.5	
M 45-49		
B.J. Tralongo	160	
M 65-69		
R. Simon		
R HS		
N. Moretti	92.5	
R Junior		
S. Faasamala	182.5	
R Youth		
J. Indivino	62.5	
RM 45-49		
E. Silva		
198		
law		
S. Arase	175	
LM 45-49		
M. Drake	150	
LM 55-59		
L. Hilger	135	
Military		
J. Hackett	130	
novice		
G. Luetkmeyer	125	
open		
J. Hackett	130	
R. Life		
R. Jackson	185	
R. Mil		
R. Jackson	185	
R Novice		
R. Jackson	185	

R. Open		
R. Jackson		185
RM 50-54		
G. Luetkmeyer		125
RM 55-59		
M. Stewart		155.5
4th		157.5
220		
submasters		
B. Dunham		240
242		
open		
I. Toma		165
RM 55-59		
R. Indivino		162.5
275		
high school		
B. Faasamala		172.5
LM 45-49		
C. Milligan		150
R Teen 14-15		
B. Faasamala		172.5
R Teen 16-17		
D. Zhang		150
RM 60-64		
D. Herrera		160
320		
R Sub		
D. Faasamala		220
sub		
D. Faasamala		220
DEADLIFT		
148		
RM 55-59		
T. Miller		
165		
open		
A. Franks		255
198		
collegiate		
S. Toal		210
life		
M. Drake		215
LM 45-49		
M. Drake		215
M 45-49		
M. Drake		215
open		
C. Turner		320
R Open		
P. Beck		267.5
RM 50-54		
G. Luetkmeyer		165
RM 70-74		
A. Demello		147.5
220		
open		
P. Beck		267.5
T. Falbo		285
242		
RM 70-74		
H. Brandt		150
275		
M 45-49		
C. Milligan		185

Powerlifting	SQ	BP	DL	TOT
WOMEN				
114				
novice				
C. Jordan	95	57.5	117.5	270
open				
C. Jordan	95	57.5	117.5	270
sub				
C. Jordan	95	57.5	117.5	270
132				
RM 40-44				
D. Brill	82.5	70	115	267.5
165				
R Novice				
J. Feeley				
open				
C. Shuck	80	60	107.5	247.5
199				
R Open				
V. Hembre	190	130	202.5	522.5
MEN				
148				
M 55-59				
T. Miller	182.5	100	207.5	490
R Sub				
S. Kato	195	120	190	505
R Youth				
J. Gonzales	92.5	72.5	155	320
RM 40-44				
S. Gallan	177.5	102.5	197.5	477.5
RM 70-74				
J. Selby	70	50	90	210
165				
high school				
R. Andrews	120	97.5	142.5	360
open				
A. Franks	237.5	155	252.5	645
R high school				
J. Bray	80	85	110	275
R HS 18-19				
J. Ward	100	70	117.5	287.5
R T 16-17				
J. Granger	137.5	92.5	195	425
181				
Junior				
A. Tasaka	187.5	127.5	205	520
Life				
D. Keating	182.5	132.5	205	520
novice				
D. Keating	182.5	132.5	205	520
R Junior				
J. Douglas	127.5	110	195	432.5
R Open				
T. Anderson	187.5	137.5	200	525
RM 40-44				
B. Weiss	100	100	100	300
198				
Law				
M. Owen	190	162.5	205	557.5
Life				
J. Golec	262.5	180	232.5	675
M 45-49				
M. Owen	190	162.5	205	557.5
military				
J. Hackett	182.5	130		312.5
novice				
G. Luetkmeyer	137.5	125	165	427.5
open				
J. Golec	262.5	180	232.5	675
J. Hackett	182.5	130		312.5
C. Turner	282.5	205	320	807.5
P. Beck	202.5	125	267.5	595
R Open				
P. Beck	202.5	125	267.5	595
RL 60-64				
B. Strange	195	142.5	240	577.5
RM 50-54				
E. Lewis	182.5	100	182.5	465
G. Luetkmeyer	137.5	125	165	427.5
RM 60-64				
D. Neville	110	87.5	150	347.5
RM 70-74				
A. Demello	95	60	147.5	302.5
220				
Law				
T. Ziegler	240	157.5	225	622.5
open				
R. Becsel	205	172.5	242.5	620
T. Falbo	287.5	182.5	285	755
T. Ziegler	240	157.5	225	622.5
R Junior				
B. Marum	185	132.5	210	527.5
RL 45-59				
E. Berteaux	205.5	130	237.5	573
4th	207.5			
242				
T. Schade	250	175	272.5	697.5
high school				
N. Van Schaak	137.5	102.5	167.5	407.5
M 45-49				
R. Figueroa	255	200	237.5	692.5
M 55-59				
J. Dumont	150	100	150	400
novice				
M. Dahlstrom	205	130	185	520
open				
T. Gauthier	295	192.5	260	747.5
J. Martini	197.5	170	195	562.5
I. Toma	220	165	210	595
R Junior				
R. Beck	170	105	192.5	467.5
R Open				
A. Brill	245	160	292.5	697.5
4th			294	
R Sub				
A. Brill	245	160	292.5	697.5
4th			294	
RM 40-44				
D. Simmons	65	65	65	195
RM 55-59				
J. Dumont	150	100	150	400
sub				
S. Landry	245	200	290	735
275				
Military				
S. Mullin	227.5	145	250	622.5
open				
S. Mullin	227.5	145	250	622.5
R Open				
S. Mullin	227.5	145	250	622.5
R Sub				
S. Mullin	227.5	145	250	622.5
275				
R Teen 16-17				
D. Zhang	190	150	230	570
RM 60-64				
D. Herrera	65	160	75	300
RM 65-69				
L. Thomason	170	140	185	500
319				
M 40-44				
B. Lee	360	232.5	310	902.5
M 45-49				
D. Dreyer	255	175	275	705
open				
B. Lee	360	232.5	310	902.5
J. Pritchett	277.5	197.5	320	795

(Thanks to Martin Drake for providing the results).

"Teen" Jerry Pritchett *sitting low with an attempt at 705 in the squat.*

Chris Turner with 705. *(all photographs courtesy Margaret Irving)*

Bruce Lee *squatting 793 at the AAU North American Championships*

Lee Ann Dalling *of Canada with her world record 159 lbs. at 97 lbs.*

APF Michigan Bench Press
20 JAN 01 - Clawson?, MI

Bench for Cash		J. Ellsworth-220	386
MEN		Master 50-54	
J. Zemmin-275	705	L. Hasler-242	446
Brandenburg-Shw	672	Master 55-59	
T. Skiver-SHW	628	J. Durazo-220	254
G. Scott-220	551	Open	
R. Palmer-181	413	181	
R. Kusmack-198	419	R. Palmer	413
A. Jones-275	474	198	
L. Hasler-242	446	M. Andrus	402
D. Richard-242	441	S. Grant	380
J. Johnston-198	375	220	
G. Ellas-198	365	B. Moritz	424
K. Cribbs-198	353	242	
J. O'Brien-220	358	L. Hasler	446
H. Lane-275		D. Richard	441
M. O'Donnell-275		C. Phillips	424
Winter Bench Bash		T. Pearch	331
MEN		275	
Junior 20-23		G. Szolack	474
J. Johnston-198	375	D. Forstner	463
Master 40-44		H. Lane	
Schoenebeck-220	480	308	
A. Jones-275	474	J. Shell	612
J. Peretick-181	353	SHW	
K. Cribbs-198	353	T. Skiver	628
J. O'Brien-220	358	Submaster 33-39	
Master 45-49		T. Skiver-SHW	628

The first ever APF Michigan Bench for Cash and Winter Bench Bash lived up to the premeet hype in a huge way. This meet has the potential to be "the" meet to start off each New Year. John Zemmin stole the show with a simply amazing bench of 705 lb. at a bodyweight of only 259 lbs. The lift was powerful and flawless. He took home $500 for first place in the cash part of the meet. John is definitely one of the top benchers around. Big Clay Brandenburg took home $300 for second place with an easy 672. Clay came about an inch short of locking out 722 and took an attempt at 755, which rolled out of his hands onto his chest. The excellent spotting of Paul Stratakis and Brian Nassar saved Clay from serious injury. Tom Skiver pressed 628 to take third place and a check for $200. Galen Scott earned a gift certificate from House of Pain Ironwear for finishing fourth. Horace Lane made some impressive attempts including an attempt at 716. Unfortunately, he was not able to get any lifts passed on this day. There were 15 lifters in the cash part of the meet. The Winter Bench Bash displayed some fine lifting as well. House of Pain Ironwear provided gift certificates for the best lifters in the Heavyweight, Lightweight, and Master divisions of the meet. The amazing Les Hasler took the Masters, Tom Skiver won the Heavies, and Ronald Palmer took home best lifter in the Lightweight category. The Junior division had Jeff Johnston winning with a fine bench of 375. Jeff is one of the top juniors in the state of Michigan. The Masters 40-44 was the most competitive division in the meet. Neil Schoenebeck took first place with an impressive 480. Anthony Jones came in second with a 474. Jim Peretick came next with a 353. Jerry Ellsworth won the Masters 45-49 with a nice 386 bench. Les Hasler won the 50-54 division with an amazing 446. Jose Durazo won the 55-59 with a 254. The Open division had some fine lifting as well. Ronald Palmer went three for three and ended up with a 413 in the 181's. Mike "Mad Dog" Andrus hit a personal best of 402 to win the 198's. Shane Grant finished second with a 380. Billy Moritz hit a nice 424 to take the 220's. In the 242's, Les Hasler edged out Derek Richard for first place with a 446. Derek hit 441. Chris Phillips took third with 424. Greg Szolack busted a gut to hit 474 to takes the 275's. Dave Forstner nailed 463 to take second. He went on to try a fourth attempt of 655 for a state record and absolutely nailed it! Paul Sazy drove a long way to compete but could not get an attempt in today. Tom Skiver won both the Submasters and Supers with an impressive 628 lb. bench. Judges for the meet were Bob Spaulding, Dante Fortin, and Mike Fesseden. They were strict but fair and consistent. To pull off a cash meet, the judging is very important and these guys lived up to the task. Many thanks go out to them. Dante was very instrumental in ensuring the meet was ready to go beforehand. Big Paul Stratakis and Brian Nassar did an outstanding job spotting and loading. Dr. James Chantler, the human kilo chart, also helped with the spotting and loading duties. These guys never had a misload and made sure no lifters were hurt. Great job and many thanks, guys! The meet attempts and results were quick and accurate due to the now famous meet director program written by Jim Hinze of Visionary Business Systems. Not only did he write it, he ran it at the meet. Mitch Armentrout helped with setup, take down and did some time at the scorers table. I especially want to thank my wife Cindy who along with Judi Hinze, ran the concession table and the door. I want to thank our sponsors too. Visionary Business Systems provided the prize money for the cash meet. House of Pain Ironwear (1-888-H-O-PAIN) provided gift certificates for the best lifter categories. Meet videos were made by Mike Andrus and are available for $12. This price includes shipping. We also have t-shirts left over from the contest for $9. If you are interested, contact me at jimharbourne@home.com or write to me at Jim Harbourne 1018 Coolidge Ave. Clawson, MI 48017. Trophies were provided by Jon Smoker (1-800-760-3257). This meet was a massive group effort and I want to thank all involved. The APF in Michigan will grow to be stronger and better than ever! Train hard and train smart. (Thanks to Jim Harbourne, APF Michigan Co-chairman for these meet results).

USAPL N-Cal Winter Classic
30 DEC 00 - Napa, CA (kg)

BENCH		242 lbs.	
WOMEN		Open Heavy	
148 lbs.		K. Armstrong	177.5
Open Light		R. Exum	160
L. Appell	82.5	R. Hebeler	157.5
MEN		181 lbs.	
220 lbs. Teen		Master Light	
R. White	127.5	J. Jones	—
165 lbs.		220 lbs.	
Open Light		Master Heavy	
S. Diaz	167.5	C. Rice	122.5
181 lbs.		275 lbs.	
Open Light		Master Heavy	
S. Diaz	160	K. Delaplaine	155
J. Meixner	155	242 lbs.	
220 lbs.		Master Heavy	
Open Heavy		W. Page	150
M. Ludovico	232.5		

WOMEN	SQ	BP	DL	TOT
198 lbs. Master Heavy				
S. O'Neill	32.5	62.5		
MEN 181 lbs. Teen				
N. Luiz	230	110	240	580
220 lbs. Teen				
R. White	185	127.5	207.5	520
165 lbs. Open Light				
D. Bracken	230	140	230	600
198 lbs. Open Heavy				
C. Cooley	202.5	187.5	265	655
275 lbs. Open Heavy				
D. Freeland	232.5	195	262.5	690
L. Vargas	220	165	247.5	632.5
242 lbs. Open Heavy				
K. Armstrong	200	177.5	220	597.5
R. Magni	—	—	—	—
Master Heavy				
F. Cable	285	237.5	227.5	750
R. Spikes	215	140	272.5	627.5

Meet Director: Jason Burnell. December 30th marked the last chance for lifters to compete and to set Cal State Records. Despite a rather small turnout we witnessed some good lifting and saw a few new lifters break into the sport. Susan O'Neill has watched husband Shane lift many times but waited 55 years to try powerlifting for herself. She made two flawless bench presses in the contest and later added three successful deadlifts as a guest lifter. Our other lady lifter was one of several competitors coached by newly crowned World Bench Press Champion Mike Hara. Louisa Appell made all three bench presses, finishing with 181 pounds at 148! The Open men's lightweight bench press saw twin brothers Shawn and Shayne Dias battling it out with Josh Meixner. Josh made a 341 lbs. attempt at 181 to take the 3 spot. Shayne made his debut at this contest and made a nice 352 lb lift as a light 181 (167 lbs. Shawn has a few contests under his belt and that experience allowed him to best his big brother (by 13 minutes) by a few pounds and take the 1st place award in the Open Lightweight Division. The open men's heavyweight division saw Ryan Hebeler (another Hara protege) trade placings with Robert Exum. Robert edged Ryan by 2.5 kgs. to take 3rd place. Ken Armstrong, who has improved steadily all year made all three benches to nail down the 2nd spot. Way out in front was Michael Ludovico with a 512 lb opener at 217 pounds. Mike .... Team California wants YOU! Jeff Jones had a rare off day in the bench and went to the showers early. He's a veteran lifter though and will be back better next time. Our Masters Heavyweights had a surprise ending. The lightest and oldest lifter walked away with the win! But it wasn't a cakewalk. Wesley Page, another Hara lifter, wore a big smile all day and made three benches in his first meet to take third place. This friendly fellow is a pleasure to be around and spent the day cheering everyone on. In second place was 51 year old veteran lifter Kirk Delaplaine with a fine 341 lbs. effort at 246 lbs. body weight. Coming in first, though, was 74 year old Charles Rice who at only 203 lbs. benched 270 lbs. There may be snow on the roof, but the fire inside is burning HOT! Way to go gentlemen! Two Teen lifters, Nick Luiz at 173 lbs. and Rick White III at 209 lbs. battled in the full meet. Rick had some trouble in the squats, taking three attempts to get one passed. This allowed Nick to build a big lead. Rick out benched Nick, but Nick unleashed a PR State Record Pull to cinch the victory. David Bracken came all the way from New Mexico to lift with us. David told me it was the first time his family would get to see him lift and he made sure to put on a great show for them. A perfect 9 for 9 day and smooth technique allowed Dave to post a 600 kgs. total at 156 lbs. His Wilks formula score was the highest of all the open lifters. Five lifters battled for top honors in the Open Heavyweight division. Ricardo Magni may have opened a bit high and had some problems in the squat. Ken Armstrong had a perfect 9 for 9 day to take the 0 spot. In only his second full meet he's added 57.5 kilos to his total since the State Meet in April. Nice lifting! Liborio "Junior" Vargas had an 8 for 9 day, missing only his third bench. He is making nice progress from meet to meet and will be putting up some big numbers really soon. I see 600 400 600 within a year for Liborio. Big David Freeland at only 22 years old totaled 690 kilos to take second. This guy has the frame to hold 300 lbs. is only going to get better. Clint Cooley came out of nowhere to take first place. At only 196 pounds, Clint more than held his own with the big boys, putting up a nice 655 kg total to take the class. Ron Spikes and Frank Cable battled it out in the Masters Heavyweights. Frank was making a return to squatting after a back injury over a year ago. He built a lead with a nice 628 squat and a 523 bench. His opening pull of 501 was easy but he felt a twinge in his back and passed the next two. Ron's opening pull made it close. His second lift of 600 lbs. was enough to pull him within 9 formula points of Frank. It looked tough but smooth. After some consideration, he passed his third as well. I would like to thank all the lifters for coming out. Thanks also to Basics Gym, Mike Koufos for helping with the setup and all of my judges, staff and spotters. No one can put on a meet alone and I thank you all for pitching in. Finally, big Thank You's to our sponsors and supporters of California Powerlifting - Inzer Advance Designs and House of Pain IronWear! Their help makes it all possible. (Thanks to Meet Director Jason Burnell for these results)

Mimi's Power Day BP/DL Classic
09 DEC 00 - Rockford, IL

BENCH PRESS		198	
teenage men 13-15		Paul Henry	375*
S. D'Agostin	175	Tony Coduto	355*
Jon Wright	130*	242	
4th	140*	David Walker	500
teenage men 16-17		Don Powers	425
Mike Spradling	275	DEADLIFT	
Darren Powless	275	teenage men 13-15	
teenage men 18-19		S. D'Agostin	355*
Mark Judson	300*	4th	375*
junior men		teenage men 18-19	
Matt McCarter	225	Mark Judson	415*
David Lamps	150	4th	425*
novice 123		submaster men	
Dan Petersen	100	Barry Holifield	480*
4th	105*	4th	505*
novice 242		master men 40-49	
Dana Lamps	165	Kim Long	560
submaster men		Stuart Coogan	540
Brad Scroggins	350	master men 50-59	
master men		Bob Hochstein	450*
Bob Hochstein	240*	181	
Richard Lee	120	Fred Hatfield	425
181		198	
Mike Strom	350	Robert Hanson	500*
4th	355*	242	
Fred Hatfield	220	Stuat Coogan	540

* personal best Best Lifters - Bench Press: DAVID WALKER; Deadlift: KIM LONG. Team Champions: Trail's End. Mimi's Power Day Bench Press/ Deadlift Classic was held at Rhino's Fitness Center in Roscoe, Illinois on December 9, 2000. A very special thanks to owner Bill Johnson for being such an gracious host of this event. Rhino's Fitness is very unique in that it includes one of the largest boxing facilities in Illinois and the home to a number of professional fighters. This was the first bench press event to be held there and since Bill was quite impressed with the lifters we will probably try to promote another event such as this next year. Thanks again Bill. In the bench press event Richard Lee, who trains a large number of young lifters in his home gym, brought a sizable team to this event again. One of these was the winner of the men's teenage 13-15 class, Spencer D'Agostin. Spencer had some problems getting started, but finished with 175 for the win. Teammate Jon Wright was the runner- up at 13-15, but finished with a 130 pr, followed by a 140 pr fourth attempt. This was Jon's first competition. Mike Spradling took the 16-17 age group with a strong 275 over Darren Powless, who finished with 275 also. Mike weighed in at 168 for the win, while Darren was at 190. Both lifters made all three of their attempts. Mark Judson began what would be his best day of lifting ever, as he took the teenage 18-19 group with a personal best 300, weighing in at 170. In the junior division, Matt McCarter took the title with a strong 225 final attempt. Training partner David Lamps was second with 150, just missing a final attempt for a personal record of 160. Lifting in his first competition, Dan Petersen won the novice 123 class with a personal best 105. Our other novice competitor was Dana Lamps, who finished with 165 for the title at 242. Brad Scroggins looked strong was he captured the submaster title with 350, just missing a final attempt pr with 365. Newcomer Bob Hochstein won the master title with a personal best 240 over Richard Lee, who finished with 120. In the open division, Mike Strom came down from Wisconsin to take the 181 title. Mike finished with a strong 350, then came back with an even stronger pr 355 for the win. Second place went to the son of one of the all- time greats, Fred Hatfield. Fred Jr. hadn't competed for more than six years, but is getting the itch back. Fred finished with 220. At 198 it was Paul Henry for the win with a personal best 375 over Tony Coduto, who also finished with a new personal record of 355. At 242 it was best lifter David Walker with a great 500 bench. David came close with a 520 pr third attempt, missing only due to a tough lift off. Don Powers was second at 242 with a strong 425, finally getting that opener on his third attempt. In the deadlift competition, Spencer D'Agostin won his second title of the day with a 355 third and 375 pr fourth attempt. Fifteen year old Spencer weighed in at only 175! Mark Judson took the older (18-19) teenage title finishing with a 415 pr, followed by a 425 fourth attempt. Mark won both the teenage 18-19 bench and deadlift titles, posting new personal records in both! Barry Holifield continues to improve as he continues to drop bodyweight (lifting here at 223). Taking the submaster class, Barry pulled a pr third attempt with 480, before coming back with 505 for the win. Kim Long took the master 40-49 class over another great master puller, Stuart Coogan. Kim finished with 560 and the best lifter title while Stuart finished with 540. Bob Hochstein took the master 50-59 class with a personal best 450, weighing in at 181. Fred Hatfield won at 181 with a good 425 pull, using great form (wonder where he got that?). Robert Hanson was another first time competitor. Robert won at 198, finishing with a great 500 pr pull, just missing the lockout on his final attempt with 510. Stuart Coogan took the 242s with 540. Richard Lee's team, Trails End, took team honors. Thanks to my spotters, loaders and judges, Joey Latch, Chuck Burwell, Tony Coduto, Brad Scroggins and Bob Vivier, who served as head judge. I want to also express my appreciation for Richard Lee and the great job he does with all of his kids. See you all next year! (Thanks to Dr. Darrell Latch for these results).

Trails End *- Spencer D'Agostin, Jon Wright, Darren Powless, Mark Judson, Matt McCarter, David Lamps, Dana Lamps, Dan Petersen, Richard Lee. (Photo by Dr. Darrell Latch at Mimi's Power Day meet).*

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USAPL Holiday Classic
16 DEC 00 - Seattle, WA

WOMEN	SQ	BP	DL	TOT
114				
Open				
R. Sexton	155	80	205	440
L. Martin	165	100	170	435
148				
T2				
T. Ellingsworth*	85	70	200	355
Open				
C. Schurman	225	135	275	635
M2				
G. Bennet%	215	120	275	610
165				
Open				
K. Slocum	150	110	220	480
181				
Open				
T. Leonard	165	100	255	520
MEN				
165				
T1				
R. Hughes*	130	105	250	485
T2				
J. Martonik	400**	225**	470**	1095**
T3				
B. Taylor	415	240	425	1080
SO				
E. Fleming	165**	115	290**	570
Junior				
E. Dodd	250**	185**	370**	805**
G. Ramos*	170	190	275	635
198				
T2				
H. Hazen	500*	320**	515**	1335**
M1				
D. Harding	395	315	450	1160
M. Olson	370	250	450	1070
B. McLaughlin	275	200	450	925
M3				
B. Davenport	275	190	300	765
M4				
T. Cushman	275	290**	425	990
M7				
C. Anderson	110**	120**	375**	605**
220				
T3				
J. Theorell	600	380**	595	1575**
M2				
B. Coury	520	325	530	1375
M3				
W. B. Richards	320	290	450	1060
242				
T2				
C. Field-Eaton	550	325	625	1500
T3				
D. Milliken	550	415**	610	1575
L. Taylor	545	290	610	1445
M2				
L. Jones	610	325	550	1485
M3				
T. Hennessy IV	460	325	525	1310
M4				
N. Flom	465	275	525	1265
275				
P&F				
T. Ovens	475	360	450	1285
165				
Open				
M. S. Berry	560	385	560	1505
V. Ledford●	365	295	410	1070
R. Gadbury	350	250	430	1030
M1				
V. Ledford●	365	295	410	1070
181				
Junior				
G. Johal	465	360	480	1305
E. Lindley#	390	245	275	910
Open				
L. Woodley ●	620	340	660	1620
J. Legard	560	305	665	1530
P.D. Serry	500	400	530	1430
G. Johal ●	465	360	480	1305
D. Unson	500	235	445	1180
R. Borman●	385	285	450	1120
M1				
L. Woodley●	620	340	660**	1620
198				
Open				
D. Iverson	500	430	605	1535
W. Campbell●	515	405	525	1445
I. Rodrigues#	400	320	530	1250
D. Schurman	425	135	505	1065
220				
B. Heck	715	370	665	1750
S. Seiber	575	390	500	1465
B. Martin	540	370	510	1420
J. Meullion	490	390	520	1400
R. Yost	430	295	450	1175
242				
Open				
D. Richardson	540	405	540	1485
K. Schmeckpeper	505	320	500	1325
275				
D. Reece	655	420	500	1575
G. Wainwright	600	330	615	1545
275+				
Open				
J. Binkowski	870	575	720	2165

Teams: 1st *Washington State School for the Blind; 2nd #24 hr. Fitness Lakewood. ●denotes multi - division entry; ! Best lifter men; % Best lifter women; ** new WA state record. The USAPL Holiday Classic on December 16th in the Seattle area included Team Strength Online lifters Dean Reese and Doug and Courtenay Schurman as well as lifting legend John Binkowski. Dean, Doug, and Courtenay all did TSO proud. In spite of missing his first two attempts in the deadlift, Dean took first place in the 275 men's division. Doug, lifting raw in the 198 class, totaled 1065. John Binkowski is as impressive as he looks in his picture and weighed in at 378.6 pounds. He nailed an 870 opener on the squat, but missed on two attempts at an unbelievable 925. The spotters did a great job of handling all that weight. Bink had a strange habit, even after the missed attempt was racked, of staying under the rack with his hands still on the bar, pausing for a few seconds as if he didn't want the lift to end. On the bench he went two for three, making 550 and 575 before missing at 590. He pulled a massive 720 for his opening deadlift but couldn't get 760 past his mid-calf sticking point in two attempts. A very gracious guy, he stayed around and chatted with the other lifters after the awards ceremony, where he was presented as Best Male Lifter. Other impressive lifters included Leamon Woodley, who totaled 1620 in the 181 class at the age of 43; Bob Heck's 715 squat in the 220 class, where he totaled 1750; Matthew Berry's 1505 total in the men's 165 class, and Gloria Bennet winning Best Female Lifter. Teen Olympic lifters Jeff Theorell and Hunter Hazen, put up new state records and numbers that belong in the men's open categories. Another crossover lifter, Jon Martonik, also set state records. The inspiring lifters from the Washington State School for the Blind took him the First Place Team trophy. More than 80 lifters entered, though some didn't show, perhaps because of the snow in the passes. The numbers were manageable and fortunately, Tom Griffin and world class lifter Yueh Chun Chang handled the announcing duties, with Gus White and John Naab taking care of the scoring to keep the meet running smoothly. We'd like to thank all of our FABULOUS volunteers, some of which came great distances just to help out. Thanks to our sponsors: Inzer Advance Designs, and Milestone's American Grill. Also a big thank you to Betty Gibbs and Shaklee, David Engstrom, Dr. Mark Webber, Ron Nail and Bioplex Nutrition, Barbara Suder and Nikken and Gateway Athletic Club, Seattle. Last, but certainly not least, our wonderful judges. Gariel Keeble, Chris Grekoff, Mike Mooney, Paula Houston, Roger Silva, Richard Schuller, and lifter John Newton who took his practical exam for State Judge Certification. Without you, there would be not meet! (Thanks to Power Promotions for providing the meet results).

Best Male Lifter *at the USAPL Holiday Classic - John Binkowski (Baertlein photo)*

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IBSA Powerlifting Championships
24-27 NOV 00 - Arnhem, HOL

WOMEN	SQ	BP	DL	TOT
Juniors				
67.5				
Ellingsworth -USA	45	30	85	160
82.5				
A. Miller-USA	95	55	137.5	287.5
Masters 1				
56				
E. Jones-USA	90	52.5	100	242.5
Masters II				
67.5				
Thompson-CAN	42.5	35	80	157.5
Open				
Loukprasong-USA	47.5	20	57.5	125
MEN				
Junior				
67.5				
R. Chu-USA	85			
75				
A. Bury	150	100	200	450
82.5				
J. Villarreal	155	85	190	430
D. Cooper	125	60	165	350
T. Ekert	180	162.5	210	552.5
Masters I				
90				
C. Barrios	160	115	150	425
82.5				
A. Rojas	140	95	150	385
100				
R. Carrich-USA	170	160	192.5	522.5
J. Asgaribezayek	225	130	245	600
Masters II				
90				
N. Sinardi-USA	190	100	205	495
100				
J. Burakovas				
Masters III				
100				
R. Villeneuve	180	122.5	220	522.5
82.5				
R. Bergland	102.5	80	160	342.5
Open				
52				
H. Ghosali-Iran	100	77.5	145	322.5
56				
Hosseinipirkouhi	145	77.5	172.5	395
60				
S. Brown-ENG	160	80	200	440
M. Irandost-Iran	140	100	160	400
G. Mejias-VEN	120	75	140	335
67.5				
H. Marabonpour	150	125	190	465
V. Gimius-LIT	120	85	160	365
75				
J. Jiri-CHEZ	160	110	220	490
82.5				
R. Ahmadi-Iran	217.5	125	215	557.5
R. Ledesma-Spain	185	110	180	475
P. Valera-VEN	130	90	160	380
L. Garcia- VEN	160			
Gvazdaukis -LIT	140			
90				
H. Cuppen- NED	215	155	245	615
R. Truchon- CAN	180	140	205	525
F. Najera -Spain	160	110	190	460
A. Bello -VEN	155	105	200	460
100				
S. Pena -USA	220	172.5	220	612.5
R. Urbonas -LIT	170	130	210	510
Janatipour -Iran	175	110	220	485
110				
A. Galvez -Spain	210	140	270	620
125				
C. Colchado -USA	227.5	170	272.5	670

Cody Colchado of Texas *had the biggest total of the meet. (photographs are courtesy of Brian Blum)*

Allies and World Champions: *Candy Loukprasong (USA) and Stephen Brown (England)*

November 24-27 in Arnhem, The Netherlands, blind powerlifting took a big step in joining the International Blind Sports Association. IBSA governs several sports for blind athletes which are included in the prestigious Paralympic games. Blind powerlifting was formerly held under the auspices of the International Blind Powerlifting Federation. By joining IBSA blind powerlifting hopes to make it to the Paralympics along with the disabled powerlifting program already in the games. Team USA consisted of nine athletes, three coaches and a small contingent of friends and family. Robb Peck of the US Association of Blind Athletes was head coach and records keeper for IBSA. Powerlifting coach Robert Massey is an experienced powerlifter who looks like one. He has helped team USA on and off the platform for the last six worlds. Robert also handled the Lithuanian team because their coach was a teacher from their blind school but knew little about powerlifting. Bob has totaled about 1532 lbs. so far and plans to maybe go to next years IPF Worlds Masters at 220 lbs. Statistician Kandi Lukowski gained valuable experience at this meet that will help her team at the Washington State School for the blind. The category I IPF referees and other VIPs were very happy with the turnout of forty lifters from the USA, Canada, Iran, Venezuela, England, Spain, Lithuania, and the Netherlands. This turnout bodes well for the future of blind powerlifting. In March of this year the rule for determining the overall best team was changed from awarding separate men's and women's team trophies to a combined overall team trophy. The top six lifters from each team were counted toward team points regardless of sex or age. This rule change was protested by the Iranian team as women are not allowed to compete for their country. The first day of competition included all women's and masters divisions. Lifting in her first worlds thirty year old Candy Loukprasong from Bellevue, WA picked up the first gold medal for the USA in the 40 kg. class weighing in at just 34.4 kg. Even at this light body weight she almost broke the world record in the squat going deep enough to satisfy the judges but too deep to come up with the weight. She opened with an easy 20 kg. in the bench then lifted 25 kg. twice but not smoothly enough for the IPF judges. She finished up with a 57.5 kg. deadlift and won third place best lifter for women. Candy is stronger than these numbers indicate and will be back at the next worlds to break the squat and total record. Trisha Ellingsworth of Yakima, WA won the junior women's 67.5 kg. class. Trisha works out with the team at the Washington State School for the Blind 6 am Monday through Thursday. She is young and has a long lifting career ahead of her. Like the announcer said in the junior women's 82.5 kg. class, it's Miller time. Asya Miller of Leeper, MI won her second gold medal while setting all the world records in the new junior class. She just returned from the Paralympics where her goalball team finished sixth and she also finished third in the discus with a personal best. In the junior men's 67.5 kg. class Robert Chu, also from the Wash. St. School for the Blind, set a new junior record in the squat. Unfortunately this record won't count because he bombed in the bench. Rob is young at 15 and will be back at the next worlds. Edie Jones from Lutz, FL won the 56 kg. masters I class breaking records in the squat, bench, deadlift and total. Edie has been lifting since 1994 and feels the US blind team is good for blind people, that it gives them freedom and lets them go places they would not normally go and meet people with the same impairments that they would not get to meet. Edie is veteran of six worlds and won a bronze medal in judo at the '98 worlds in Madrid. Edie was the best women's lifter and also won a new award presented by the Canadians to the lifter who improved the most since the last worlds. Her total improved by a big 47.5 kg. Nick Sinardi from FL, winner of the masters II 90 kg. class, has been to ten world championships. He has four gold medals, two silver, two bronze and three bombouts under his belt. Nick has a coach for each lift at home. He feels the meet was run well but there was not enough time to warm up. He was also bummed when someone broke his deadlift record in the open class. Ron Carich from Collinsville, IL won the mens 100 kg. masters II class. Ron broke the bench press world record with his opener then broke his own record two more times ending with 160 kg. Ron has competed in regular meets since the late '80s and has been to eight worlds. Ron attended with his wife Suzanne and their daughter Amy. Several people help him at the gym where he trains plus his wife and also his brother. Other highlights for the first day include 82 year old Sarah Thompson from Canada. She is still lifting strong and setting records in the women's masters II 67.5 kg. class. Big man from Iran, Johanbakhsh Asgaribezayek had the biggest total of the day with 600 kg. All of the Iranian lifters are reported to be soldiers blinded by chemical weapons during some war. The second day was men's open with 22 lifters starting. Team USA had two men entered. We gave three cheers to Stephen Brown of England. He was tied with Irandost at sub-total time in the 60 kg. class. Our coaches offered Stephen all the beer he could drink at the banquet if he could beat the Iranian and thus ensure the team title for USA. We needn't have worried. Stephen impressed everyone using his big deadlift to win by 40 kg. Our hosts were very proud of Harrie Cuppen, the lone entrant from the Netherlands. Besides winning the 90 kg. class and setting a new deadlift world record, Harrie also won the best men's lifter award. Way to go Harrie. Steve Pena of San Jose totally dominated the men's 100 kg. class winning by 102.5 kg. He only got his openers in the squat and bench press. Steve has been to five worlds placing third the first time then second the next before winning. Last time he bombed out but came back for his second gold medal this year. Steve works out at home with his dad and coach. He feels the sport is great and there are a lot of good competitors. Cody Colchado from Linn, TX did very well overall and got the gold medal. He did not get any records today because they decided as a team to go up a weight class, he gained a half pound to guarantee team points. This is Cody's fourth worlds. He has three wins and one bombout. Cody works out with his coach Robert Contraes or at home on their ranch with his wife Jolee and seven year old daughter Tabatha. He is honored to represent USABA and the USA and owes a lot to all the friends, family and sponsors who have helped him. Cody is a junior at the University of Texas, Pan American studying kinesiology and health working to be an adaptive physical education instructor. Cody is also a two time USABA national champion in the pentathlon. Best lifter awards were presented at the banquet. After Team USA won the coveted Team trophy three members of the Iranian coaching staff launched a complaint. They knew the rules but were so mad they grabbed their lifters and left before eating their specially prepared food. The next day they did not even wait for the chartered bus but headed in taxis to their embassy for unknown reasons. There is speculation about whether they will return to the next world championships to be held in either Spain or Venezuela in the year 2002. DISABLED POWERLIFTING I once read a comment by Scott Warman about how he was happy his friend who had lost a leg in an accident still competes in men's open meets and not in the disabled divisions. Well his friend is missing a great opportunity, he could be competing at a world championships if he wanted to. He could qualify for an IPF bench press championships almost at will at this time. But once at the worlds he would face stiff competition. Many people don't know that there is a disabled division at the IPF bench press world championships. This is the only opportunity for disabled lifters to lift side by side with the best able bodied lifters in the world. This division is open to any person with a physical disability. Ed King and Larry Miller have assured me that a disabled lifter can show up at the USAPL Bench Press Nationals next September in Columbus and qualify for the worlds. Check Coming Events in *Powerlifting USA* for info. The disabled division at the IPF worlds is held under IPC rules. The International Powerlifting Congress holds its own physically challenged world championships every year with the Paralympics every fourth year. The close relationship between the Paralympics and the Olympics may someday give powerlifting a backdoor to Olympic recognition. When it comes to top disabled powerlifting the Paralympics are the zenith of competition for elite athletes with physical disabilities. A winner at the IPF event might place third at the Paralympics. There are many disabled lifters of high caliber in the world. In the women's division at one IPC world championships I have counted three double bodyweight benchers. If these women had been lifting in the IPF women's open division that year they would have taken gold. But that is like comparing apples and oranges because they did not allow bench shirts for the disabled women. For more information about powerlifting in the Paralympics contact awesome bench presser Kater Cornwell at (704) 392-8616. Robert Massey from St. Thomas, U.S. Virgin Islands, has been associated with USABA since 1993. He would like to reach out to all blind athletes and hopes to bring in more lifters. Contact him directly at (340) 774-3564. Bob says, "We need to recruit, we need to build our team and keep it strong. We have been doing good so far and need to continue that." The Special Olympics has given developmentally disabled athletes an international venue for over 30 years. Athletes compete in 17 winter and summer sports staggered every two years. Powerlifting is growing and more people would like to be on teams but there is a lack of coaches. If any lifter is looking for a way to give something back to the sport than coaching a special olympics team might be a rewarding if not challenging experience. Try contacting your local or state Special Olympics office as a starting point. (Thanks to Brian Blum for these results and report).

TEAM USA at the IBSA World Championships: *front row: Edie Jones, Cody Colchado, Asya Miller, Candy Loukprasong. Rear: Ron Carich, powerlifting coach Robert Massey, Steve Pena, Trisha Ellingsworth, Kandi Lukowski, Robert Chu, Head Coach Rob Peck, Nick Sinardi*

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ANPPC National BP/PL
28, 29 OCT 00 - Tuscola, IL

BENCH				
master men 40-44				
198				
Dave Newman	**425***			
220				
D. Burlingame	**385**			
master men 45-49				
148				
Dennis Belt	**280***			
198				
Luke Trammell	**365***			
master men 50-54				
275				
Butch Adams	**380***			
open men				
Powerlifting	**SQ**	**BP**	**DL**	**TOT**
open women				
242				
Miranda Scott	**125***	**185***	**300***	**610***
master men 40-44				
198				
Dave Newman	**640***	**425***	**540**	**1605***
220				
D. Burlingame	**720***	**385**	**655**	**1760**
Anthony Bass	**550**	**385**	**550**	**1485**
master men 45-49				
148				
Dennis Belt	**450***	**280***	**550***	**1280***
181				
Richard Palmer	**515***	**300**	**500***	**1315***
198				
Luke Trammell	**600**	**365***	**450**	**1415**
220				
Bernie Ferro	**660***	**430***	**640***	**1730***
master men 50-54				
275				
Butch Adams	**480**	**380***	**480**	**1340**
master men 55-59				
242				
Walter Allen	**450**	**300**	**500**	**1250**
open men				
148				
Dennis Belt	**450**	**280**	**550**	**1280**
165				
William Foster	**570**	**370**	**585***	**1525**
Wade Phillips	**505**	**395***	**460**	**1360**
181				
Richard Palmer	**515**	**300**	**500**	**1315**
Daryl Evrard	**400**	**350**	**400**	**1150**
Jim Kennedy	**320**	**200**	**430**	**950**
198				
Tom Carnaghi	**865***	**380**	**675**	**1920**
Dave Newman	**640**	**425**	**540**	**1605**
220				
D. Burlingame	**720**	**385**	**655**	**1760**
Benny Finch	**600**	**395**	**600**	**1595**
T. Hollendonner	**530**	**300**	**620**	**1450**
308				
Dustin Minks	**540***	**320***	**500***	**1360***
shw				
Fred Sorg	**700**	**420**	**585**	**1705**

Best Lifters - Powerlifting: Tom Carnaghi; Bench Press: Andrew Spielman; Team Championships: Southern Illinois Uplifters. *denotes ANPPC national record. The 2000 ANPPC National Powerlifting Championships were held at Son Light Power Gym in Tuscola, Illinois on October 28 & 29. The ANPPC continues to thrive, with another good turnout of lifters and an enthusiastic crowd of onlookers. Before I begin I must thank my judges Susan Latch, Linda Middleton and Keith Earley who did a great job both days. Keith, who also loaded, spotted, and encouraged each lifter, was a major factor in the success of this competition. Another major factor was the loading and spotting by the members of the Carnaghi - Maroscher Powerlifting Team: Tim Hollendonner, Wade Phillips, Benny Finch, Eric Maroscher, Tom Carnaghi, Jeff Stukel and Tom Reimer. Thank you all very much. On a sad note, the past week we lost another great lifter, Dave Bianchi. Dave was a close friend of Tom Carnaghi and some of his team members and will be missed by all who knew him. This national championship is dedicated to his memory and our prayers go out to all of his family and friends. Turning to the lifting, we had but one female competitor, but she was a good one! Miranda Scott was lifting in just her second competition; her first full meet. Lifting in the open women's 242 class, Miranda established all new national records with a 125 squat, 185 bench and a big 300 deadlift for a 610 total. Once she gets her squats down this girl will be a great one! At master 40-44 Dave Newman captured the 198 class with outstanding lifting. Dave started with a personal best squat of 640, which was also a new national record. He followed that with a strong 425 bench; another record! Finishing with a 540 pull, Dave's total of 1605 was still another national record at 198! Duane Burlingame continues to reign at 220, taking his third consecutive title at that class. Duane had his best day ever in the squat with a national record 720 on his final attempt. Duane followed that with a 385 bench and a 655 deadlift to tie his existing total record of 1760. Second place at 220 was Anthony Bass, who came all the way from Ypsilanti, Michigan to compete. Anthony had a great day, squatting 550, benching 385 and pulling 550 for a 1485 total. Anthony showed a lot of potential, with a 1600 total in sight soon! At master 45-49, Dennis Belt continues to prove why he is one of the top lifters in the world at 148. Dennis set all new national marks with a great 450 squat, 280 bench and a 550 deadlift, for a 1280 total. Having a perfect day of lifting, Dennis' 550 pull would place him in the top ten *PLUSA* listing. Training partner Richard Palmer also had a great day of lifting, capturing the title at 181. Richard's 515 squat was a national record, finishing the day 3 for 3 there. Getting only his opener of 300, Richard failed at a national record 330 twice. But a great national record pull of 500 gave him another record with his total of 1345. Luke Trammell continued his undefeated master's title streak with his win at 198, posting a national record 365 bench in the process. A slight muscle pull with 630 in the squat made Luke settle with an easy 600 (he looked good for 650). With the help of the infamous Dr. Robert Middleton, Luke was able to finish the meet, pulling just his opener of 450 for a 1415 total. Bernie Ferro (a legend in his own mind) defended his title at 220, having the greatest competition of his career. Setting all new national records, Bernie squatted 660, benched 430 and pulled 640 for a 1730 total. Bernie, who is also a great national level bodybuilder, had a perfect (just like him) 9 for 9 day of lifting. At 50-54 Butch Adams set all new personal records along with national records in the bench with 380 and total at 1340. Having just turned fifty-four, Butch continues to get stronger each year, just missing his final attempts of 500-400-500. Walter Allen was our final master's competitor, taking the 55-59 242 class, as he did last year. Overcoming some injuries since last year, Walter still had a good day of lifting, going 450-300-500-1250. He'll be back, though, next year in the 60-64 class stronger than ever! In the open men's division, Dennis Belt took the 148 class with that great 1280 total that won at masters. William Foster came up from Gallatin, Tennessee for the win at 165, having a great day of lifting along with a new national deadlift record of 585! William, who recently became the father of twins, didn't seem to be too worn out, as he posted a 570 squat and a 370 bench to go along with his record pull, for a 1525 total. Second place went to Wade Phillips, another great lifter who got a pr 505 squat along with a great 395 national record bench and a 460 pull for a 1360 pr total. That 400 bench is just an attempt away, Wade! Richard Palmer took the 181's without too much effort, going 515-300- 500- 1345 for his second title of the day. Daryl Evrard was second with 1150, which was a new personal record for him, as was his 400 squat and deadlift, to go along with his great 350 opener bench. Jim Kennedy was third, struggling throughout the day with his lifts. Jim had not competed in over a year and had lost quite a bit of bodyweight, but still finished the meet with a 320-200-430-950 showing. Don't worry about it Jim, we've all been there! Then at 198 came the real show, Tom Carnaghi's continued assault on the all - time squat record at 198! Tom opened with a DEEP 800, which would have passed anywhere. Next came 840, then a pr and national record 865. Good lift! (Tom had 900 in him!) In the bench Tom continues to struggle with a left elbow injury, but did get a strong 380. On to the deadlift where he finished with an easy 675 for a record total 1920! First place at 198 and best lifter award for the competition, again! Dave Newman was second at 198 with his best ever total, 1605. Duane Burlingame captured the open 220's along with his master's win, while Benny Finch was second and Tim Hollendonner third. Benny had a great day, getting all new personal records with his first 600 lb. squat and deadlift along with a 395 bench for a 1595 total. Tim Hollendonner also posted new pr's in each of his lifts, going 530-300-620-1450, missing only his final attempt in the squat with 570. A great natural deadlifter, Tim did well in his first full meet. In the newly established 308 class, Dustin Minks set all new national records with his 540 squat, 320 bench, 500 deadlift and 1360 total. Dustin has the potential to total much higher, but just hasn't quite hit his groove yet. At shw Fred Sorg once again took the title, starting with a strong 700 squat. Fred wanted 760, which is well within his range, but missing his opener caused him to pass on his third attempt. Fred is always strong in the bench, getting 420 with ease. That was followed by a 585 pull for a 1705 total for the win. In the bench press competition, Dave Newman took both the master 40-44 and open 198 class with his national record master's lift of 425. Duane Burlingame won at master 40-44, 220, with 381 At master 45-49, Dennis Belt set another national record at 148 with a clean 280, while taking second in the open class. Also at 45-49 was Luke Trammell, who finished with his record 365 at 198. Butch Adams took the 50-54, 275 class with a record 380. Best lifter Andrew Spielman has continued to improve upon his form, finishing with a personal best 385 for the win at 148. Wade Phillips won at 165 with his national record lift of 395. At 181 it was Daryl Evrard with his opener of 350, missing a record 380 twice. Tom Carnaghi was second at 198 with 380. At 242 it was Tobey Hays, who had to settle with his opener of 480, after missing 500 twice. That was still good enough for the win over Gene Beler, who also struggled after getting his opener of 460. Both of these lifters are capable of near 550 benches. At shw it was Fred Sorg with 420. The team championship went to The Southern Illinois Uplifters with members Dennis Belt, Daryl Evrard, Richard Palmer, Walter Allen and Duane Burlingame. Thanks again to all who helped make this event a continued success. (Thanks to Dr. Darrell Latch for providing these results).

***Andrew Spielman** won Best Lifter in the Bench Press competition.*

***One of the Best** ... Dennis Belt locks out a National Record 550 at 148, in the 45-49 masters category.*

***Tom Carnaghi** nails a Personal Record and National Record 865 squat in the 198s for Best Lifter. (all photographs provided courtesy Dr. Darrell Latch)*

***Miranda Scott** completes her first 300 lb. deadlift. She set all new records in the 242 Open division*

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23 SEP 00 - Bend, OR

BENCH
WOMEN
Submaster
181
S. Allen 198
4th 203
Open
165
B. Ann Herlford 181
Masters 47-53
132
J. May 132
165
B. Ann Herlford 181
Masters 54-60
181
J. Hamblin 176
4th 181
MEN
Teen 13-15
148
A. Munsey 115
Teen 16-18
220
S. Hoffman 281
242
B. Backstrom 355
275
G. Warren
308
C. Sacher 457
4th 462
Class I
148
D. Engles 315
220
J. Schrag 345
Open
181
L. Jones 446
B. Beebe 451
308
S. Selstrom 523
Junior
123
L. Culp 303
4th 341
148
D. Engles 314
B. Kunkel 303
220
J. Schrag 347
242
A. Grover 341
Submaster
220
S. Hager 347
275
K. Walden 534
4th 556
Masters 40-46
181
B. Beebe 468
275
D. Frosland Jr. 473
C. Moon 496
K. Sacher 512
Masters 47-53
308
D. McCreary 424
Masters 54-60
181
J. McCamman 275
242
T. Bunce 335
SHW
D. James 440
Masters 61-67
275
G. Johnson 275
K. Nichols 270
Masters 68-74
198
D. Frosland Sr. 286
DEADLIFT
WOMEN
132
H. Beach 220
165
M. Jagoda 325
Masters 47-53
132
J. May 287
MEN
Submaster Law/Fire
220
K. Eller 529
R. Valentine 413
242
T. Kopta 512
Masters Law/Fire 40-47
181
T. Wilson 580
Open Law/Fire
181
T. Wilson 540
198
E. Rox 490
220
P. Cicero 490
242
J. McGrath 451
Masters 40-46
181
D. Jay Hall 490
Masters 47-53
165
J. Clay
Masters 54-80
198
R. Wyles
Masters 61-67
242
R. Cox
308
G. Johnson 308
275
K. Nichols 457
4th 462
Teen 13-15
148
A. Munsey 325
220
C. Crossen
275
N. Heppner 501
4th 523
Teen 16-19
165
C. Guches 462
S. Willis 352
275
A. Bales 451
181
F. Silva 468
Open
148
D. Keranen 314
165
J. Clay
SHW
D. Munsey 733
Junior
148
B. Kunkel 424
198
S. Manley 650

About 45 lifters competed for bench press and deadlift WABDL World & State Records at the Bend Fitness Center,` formerly Powerhouse Gym. The gym is now owned by Byron Beebe and George Nelson, two of WABDL's greatest master benchers. In teenage bench 13-15 age group, Andy Munsey at 148 put up 115 in his first meet. In teenage 16-19, Scott Hoffman put up 281 in the 220 lb. class. In the 242, Brian Backstrom did a nice 352 and was close with 380. At 308, Cody Sacher set a world record of 462. Cody is one of the top collegiate wrestlers in the country. In masters bench 40-46 age group at 181, Byron Beebe did 468. At 275, Don Frosland Jr. tied Kurt Sacher and won on bodyweight with 473. Don is the world record holder with 508 and both he and Kurt went at it lift for lift. 473 on an opener and then they both tried 512 for a world record. Don actually locked his out, but his butt came off the bench. Carroll Moon sneaked in for the win with a 496. In masters 47-53 308 lb. class, Dave McCreary put up an easy 424 but took too big a jump to 485. He probably had 450 in him. In 54-60 181, Jerry McCamman pushed 275. At 242, Terry Bunce did 336. At super, Donald Jones the current world record holder at 468, had to settle for 440. In masters 61-67, Gary Johnson set a Washington State record with 303 in the 275 lb. class. Keith Nichols was second with 270. In masters 68-74 198 lb. Don Frosland Sr. did 286 and came over so close with 297 for an Oregon state record. In submaster 220, Sam Hagen did 347 in his first meet in about 5 years. In submaster 275, Kendall Walden set an Oregon state record in his first meet with a bionic 556. In junior men Lyle Culp set a world record with 365 in the 114 lb. class. That's a major lift. He has a very short lockout and was within a hair of a triple bodyweight bench of 342. At 148, Donny Engles beat Barry Kunkel 314 to 303. At 220, Joshua Schrag put up 347 and Adam Gruver did 341 at 242. In class I bench, Donny Engles set a Washington state record at 148 with 314. In 220, Joshua Schrag did 347. In open men, Byron Beebe, who rarely loses in master or open, beat Lee Jones 451 to 446 in the 181 lb. class. At 308, Swede Selstrom, who is huge, did 523 but had shirt problems. His 523 was basically raw. In master women, Janet May did 132 missing a state record of 143. At 165 47-53, Betty Ann Heriford did a PR 181. At 181, Joyce Hamblin in 54-60 181 lb. did 176 and missed a world record of 182. In submaster woman Sharon Allen set two world records with lifts of 198 and 203 in the 181 lb. class - very impressive. In the deadlift in junior men, Barry Kunkel pulled a big 468 - 6 pounds shy of the Oregon state record. Steve Manley pulled an even bigger 650 at 198 but missed a world record 672. In open men's deadlift, Dean Keranen who has done 507 at 148 was hurt and only did 314. At super, Dean Munsey pulled a PR 733 for an Oregon state record. Dean is a powerlifter with a 2000+ total to his credit and a strongman contestant having finished second in the Northwest strongman last year. In teen men's deadlift, Andy Munsey set a world record of 325 in 13-15 148 lb. class. In the 275 lb. class, Nick Heppner set an Oregon record of 523. In 16-19 165 Casey Guches set an Oregon state record of 462. Shaun Willis was second with 352. At 181, Frank Silva did 429. At 275, Aaron Bales did a nice 451. In masters division deadlift, David Hull did an Idaho state record with 490 in 40-46 181 lb. class. In master 61-67 275, Keith Nichols set 3 world records ending up at 462. In the 308 lb. class 61-67

Don Frosland *did a 512 WR attempt in the 40-46 275 pound class. (Photographs by Gus Rethwisch).*

Dean Munsey *deadlifted 733 (Photograph by Gus Rethwisch)*

Sharon Allen *181 submaster BP 203 world record. (Gus Rethwisch)*

Gary Johnson did a 308 world record. In open men's law/fire in 198, Eric Fox did an Oregon state record with a 518. At 220, Phil Cicero opened with 490 and went for the Oregon record of 512 with a 523 but couldn't pull it off. At 242, Jeffrey McGrath did 451 but missed the Oregon record of 490. At 181, Terry Wilson set a world record of 540. Terry also set a world record in masters 40-47. In submaster law/fire at 220, Kevin Eller set an Oregon state record with 529. At 242, Tyler Kopta set an Oregon state record with 512. In master women 47-53 132 lb. class, Janet May set a world record with 287. Janet is coming back from obviously a very successful back surgery. In women's open, Heidi Beach won at 132 with 220 lb. in her first meet. Michello Jagoda set an Oregon state record at 165 with 325. I would like to thank Chris Erhardt, Donna Delleree and Dave Check who were the judges. Tonya Williams was the scorekeeper. James Partch led the spotters/loaders. I want to thank our sponsors - Rick Brewer from House of Pain, John Inzer of Inzer Advance Designs, Ron Coleman of Twin Lab & Muscular Development, Wes Kampen of Powerlifting Super Store, Mike Lambert of *Powerlifting USA*, Craig Grim of Budweiser, Neal Spruce of Apex, Tim Isaac of JK Labs, Bob Thomas Chevrolet, Pepsi Cola, GNC, and Frank Wilson of the Bend Riverside Motel. (Thanks to Gus Rethwisch for providing the results of this competition to *PL USA*)

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Signature_____

Ed Jubinville Memorial BP Contest
11 NOV 00 - Pittsfield, MA

BENCH		M. Bessette	205
WOMEN		198	
114		14-15	
14-15		I Russell	150
E. Frost	60	Junior	
129		N. Godfrey	340
40-44		Open	
C. Burnett	165	W. Parks	465
139		B. Gazalile	420
35-39		G. Ting	375
P. McCann	140	A. Martin	285
176		35-39	
Open		W. Parks	465
W. Wolfe	140	40-44	
50-54		S. Smith	465
S. Cseh	80	45-49	
176+		J. Riotte	340
14-15		50-54	
V. Merighe	155	C. Frost	345
J. Russell	105	220	
66-69		16-17	
B. Shepetin	85	M. Merighe	230
MEN		Junior	
114		J. Johnson	410
45-49		Open	
J. Karas	135	A. Murray	440
148		J. Ford	435
16-17		C. Clapp	420
G. Smith	160	J. Johnson	410
Junior		C. Norris	345
D. Williams	230	T. Patruno	220
165		35-39	
14-15		A. Murray	440
D. Hilton	160	F. Engel	325
18-19		40-44	
S. Kershner	265	C. Clapp	420
Open		F. Mink	410
R. Pelkey	420	J. Sloan	400
S. Kershner	265	R. Shipman	385
M. Ioannov	250	242	
35-39		14-15	
T. Fresia	300	L. OLensky	210
K. Nautel	265	18-19	
M. Ioannov	250	J. Sherwood	305
40-44		Open	
J. Wysock	305	G. Beinstein	535
D. Horton	240	R. Delamave	485
65-69		B. Fitzgerald	350
R. Cseh	230	275	
181		Open	
Open		G. Jackson	425
D. De Brocky	155	SHW	
40-44		18-19	
R. Kent	285	J. Kuhnen	385
45-49		D. Jones	330
C. McConn	315	Open	
66-69		M. Morgan	575

The seventh annual Ed Jubinville Memorial Bench Press Contest was deemed a great success. A blend of beginners and seasoned veteran lifters kept everyone interested. Carolyn Burnett benched 165 at a bodyweight of 129 to beat out seven other contestants for the women's best lifter trophy. Forty - five year old paraplegic, Joe Karas, competed in the 114 pound class with absolutely no special considerations. Joe's lift of 135 was far below what he has done in the gym. With some more experience in competition, Joe should show big gains. The audience loved his gutsy performance. Bob Pelkey was the outstanding lifter in the lighter classes - his 420 at a bodyweight of 157 was one of the best lifts this contest has ever seen. Matt Morgan won the best lifter in the heavy classes. 306 pound Morgan made his opener of 575, but misses two attempts with 625. Right behind Morgan was Gordon Beinstein. Gordon made his opener of 535, but the 240 pounder missed the 555 that he needed to beat out Morgon for best lifter. The comradeships and sportsmanship the big guys showed was exemplary. R.J. Delamare made 485 at a bodyweight of 242 - he just missed his last attempt of 500. Calvin Frost won the best lifter in the master's divisions. Two lifters came, who failed to realize that late entries were not being accepted. They were allowed to lift without their scores counting in the standings. Jim Abley made a 400 lift while weighing 203, while Ben Lees, lifting without a shirt, made a very impressive 500 pound attempt while weighing 216. Ben Lees might be a force to reckon with in the future. This year there was a very good turn out of team entries. Trophies were awarded to the top five teams. Last year's winners, Basement Benchers from Valatia, NY, repeated as victors. Second place, T-N-T wrestling from Schenectady, NY was a spirited group including several teens. Third place went to the host team, Berkshire Navtilos. Fourth place went to Iron Man Machine of Pittsfield, MA. Kidsport of Amherst, MA won fifth place. Jim Ramondette, the owner of Berkshire Nautilus, did his usual fine job of announcing. Head judge was Bob Najimy. Side judges were Marc Farinon and Ben Phillips. Loader - spotters included John Nesbit, Damon Bartlett, Peter Barrett, Eric Gibbs, and Frank Willard. Scorekeepers were Glen Mc Burney and Barbara Conway. Thanks to everyone. (Thanks to Bob Conway for providing the results of this contest to *PL USA*).

Bob Pelkey benched 420 *at a bodyweight of 159 at the Ed Jubinville Memorial Championships to win a Best Lifter award. (Bob Conway)*

Minnesota's Raw Meet II
18 NOV 00 - Bloomington, MN

WOMEN	SQ	BP	DL	TOT
123				
B. Gnerre (BL)	220	150	330	700
132				
C. Bissonnette	155	85	220	460
K. Sorenson (M)	45	130	245	420
148				
B. Schwain (M)	135	85	160	380
165				
V. Green (T)	75	95	170	340
Men				
165				
Rene Phan	215	300	300	815
Nick Rachuna (T)	230	175	385	790
181				
Tony Reid (BL)	475	370	570	1415
Sid Reid (M)	395	270	520	1185
M. Bardwell (M)	335	270	375	980
198				
Mike Sorenson	400	315	585	1300
Carl Holleman	400	325	480	1205
Troy Hirdler	330	330	400	1060
Bill Morris	340	300	400	1040
220				
Rick O'Mara (M)	430	365	545	1340
John Dorsher (M)	455	320	550	1325
Keith Belisle	475	360	465	1300
Joe Hickman	285	355	405	1045
Nathan Guentzel	350	230	410	990

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242				
Dirk Larson	550	335	610	1495
275				
Dan Kennedy (T)	400	250	410	1060
R. Rozenberg (M)	300	315	375	990

22 lifters and countless spectators (well, at least I couldn't count them all) braved the harsh Minnesota winter weather to make Raw Meet II a success. Lifters of all ages and experience levels left their knee wraps, power suits and bench shirts at home. We tried some MN non-conventional powerlifting protocol which included early weigh ins, press signal on the chest, use of a deadlift bar and loading all of the plates facing inward. Pure anarchy to say the least, we may never be the same. The women's division had first time lifters ranging in age from 14 to 60. That is good to see. Brenda Gnerre won the 123's with a fine 700 lb. total. We also saw some very impressive lifting from the men with Tony Reid totaling 1415 in the 181's. In the 220's, Rick O'Mora finished in first place in a close contest over John Dorsher who gave his last deadlift a real ride but wasn't to be. Dirk Larson lifted well in the 242's. Best lifters for the contest were Brenda Gnerre and Tony Reid. I would like to thank Doug Moore for the venue; Shawn Friday, Brian Hudyma and Dan Rgnonti for judging; Brad Madvig, Steve Gavin and Mary Gordon for their excellent platform management and Jerry Gnerre for announcing. (Thanks to Dennis for providing these results).

***Best Lifters** at the Minnesota Raw Meet II: Brenda Gnerre & Tony Reid.*

USAPL Hudson Natural Open
28 OCT 00 - Hudson, WI

Special Olympian	SQ	BP	DL	TOT
Roy Lehman	340	200	400	940
Women				
Laura Strylund	320	195	365	880
Violet Stephens	250	155	330	735
Lori Loughney	305	185	325	815
Jessica Nowak	225	115	260	600
Nicole Wilson	210	100	300	610
Teen Men				
Luke Bergmann	440	250	480	1170
Tony Williams	360	230	345	935
Lance Vanthoof	350	250	405	1005
Masters I				
B. Hudyma (49)	640	415	630	1685
Dan Rgnonti (44)	620	395	660	1675
Rick Kolbeck (41)	610	395	620	1625
M. Rufflo (43)	525	270	530	1325
Ed Piwonski (45)	430	300	440	1170
M. Laabs (40)	460	285	550	1295
L. Peterson (41)	455	330	470	1255
Masters II				
Sid Reid (52)	475	280	530	1285
B. Sullivan (52)	465	305	500	1270
Bob Morton (53)	415	275	415	1105
C. Mattson (59)	235	175	285	695
Men's Open				
148				
Dave Thompson	460	305	470	1235
165				
Mike Hulse	490	290	465	1245
181				
Blake Hanson	500	315	540	1355
Jon Ness	425	290	425	1140
198				
S. Lindquist (BL)	560	335	605	1500
John Shields	550	370	525	1445
Shawn Friday	480	350	575	1405
Troy Brummund	440	290	545	1275
220				
Bill Pechmiller	630	465	500	1595
Billy Arnold	575	360	575	1525
Tom Hines	540	365	595	1500
Keith Belisle	580	405	515	1500
Ken Graack	580	315	545	1440
Jason Adamski	505	405	510	1420
Andy Schweitzer	475	280	500	1255
Kevin Hendler	365	300	440	1105
242				
Mitch Edelstein	580	420	660	1660
Fred Nowak	600	435	605	1640
Charlie Bradford	540	350	610	1500
Jim Bentley	315	300	450	1065
275				
Scott Lade (BL)	740	545	630	1915
Richard Auxer	605	425	710	1740
Antonio Holley	605	415	600	1620
Steve Johnson	480	—	—	—
SHW				
Jake Eddy	640	400	650	1690
Jason Christus	550	475	150	1175

This was the 12th Hudson Natural Open. It remains as a very successful meet due to the quality of lifting, as well as the quality of help. Many thanks to all of the lifters and helpers. The meet was sanctioned by the USAPL. (Results by Shawn Cain).

2000 USPF Bench & Deadlift
04 NOV 00 - Cranston?, RI

BENCH		J. Johnson	
WOMEN		275	
C. Geswein -132	150	Lazzareschi (BL)	530
Teenage		J. Bourgault Sr.	435
C. Lacroix -242	300	SHW	
M. Connors -198	280	A. Jordan	
Masters		DEADLIFT	
G. Lazzareschi Jr.	530	Teenage	
A. Tridenti Jr.-220	420	M. Connors -198	470
J. Goncalves -198	265	C. Lacroix -242	415
181		Masters	
N. Paolello	370	J. Goncalves -198	465
B. Ducharme	355	181	
J. Carreiro	325	B. Ducharme	570
J. Signore Jr.	320	N. Paolello	540
D. MacDonald	310	J. Signore Jr.	530
198		J. Carreiro	480
P. Elliott	355	D. MacDonald	465
242		198	
J. Connors	500	P. Elliott	455
B. Delamare	480	242	
A. Baccari	440	J. Connors	500

I would like to thank all my judges, spotters, loaders, score keepers, and my announcer who helped out this meet. As always they all were a big help in making this years contest a successful one. I would also like to thank all the lifters for participating in this fun meet. In a personal note, this year was a very trying year for me with numerous family illnesses. I (Ted Isabella) am sorry to say now that this contest calendar year is over, this will be the last contest I will run for a little bit. I have to take some time away from the sport I love to take care of my family. I will still be the USPF State Chairman for RI and help any person willing to continue on running contest until my return. I would like to thank all my state lifters for their support through the years and now. (Thanks to Ted Isabella for providing the results of this contest to *PL USA*).

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The response to our offer of the new book **MUSCLETOWN USA** by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. (432 pages, 70 illustrations). Paperback edition is $23.50 plus $4 shipping and handling per book (we have some more of the hardbound books in stock - $65 plus $4 s/h). Send orders for MUSCLETOWN USA payable to Powerlifting USA,Post Office Box 467, Camarillo, CA 93011.

Kirk Karwoski *congratulates Linda Jo Belsito on her Middlewt. win.*

Plainwell Knights team from the frozen tundra state of Michigan, rewrote the record books in the squat, deadlift and total winning the Teen 1 division. Also in this class were Nancy Hays, age 62, competing in the Masters 5 (60-64 years young) and Elma Beck, lifting in the Masters 8 (75-79 years young) division.

Sunday started sharply at 9:00 am with the 67.5 kg class. There were 11 lifters in the Open class, with a grand total of 19 ladies in the 67.5 class. Coming out of nowhere, Kara Bohigian went 8 for 9 and used

Leslie Look *- 181 lb. champion.*

her strong, thick legs that were shaped on the weightlifting stage over the last few years, to propel her into first place. Following behind her were Louisiana Tech standout Rebecca Roberts, Priscilla Ribic, former class champion Donna Covington and Rhonda Clark. Former class champion Paula Houston wasn't able to get a squat passed and 2 other ladies weren't able to finish the contest because of the deadly red lights. Regina Hackney, Masters 5, and Dr. Georgia Johnson, Masters 7 (70-74 years young) won their divisions.

In a repeat of the 1999 Women's Nationals, the top three place winners of the 75 kg Open class were the same: Linda Jo Belsito, Andrea Sortwell and Katie Ford. There were

(article continued from page 12)

In the 198 lb. class *the champs were 1st placer Linda Schaefer and 2nd placer Paulette Calhoun.*

10 ladies in the Open division with some great balanced lifting. Malinda Baum and Deanna Chaney tied, with Baum being lighter bodyweight. Ruth Welding and Michele Brubaker of Ball State University and Team Indiana fame were separated by 2.5 kg. Marsha Serre, USAPL Secretary/Treasurer, came back after ACL reconstruction of her knee last year and yelled her way to win the Masters 3 division.

2-time IPF Women's World Championship Silver Medalist, Leslie Look, survived some stomach turmoil to win the 82.5 Open class while re-writing the Open Total record, beating the previous record owned by her, by 7.5 kg. During the deadlift, Leslie decided to see if PJ Couvillion, Chief Referee, had quick reflexes and gave him her famous test. He passed with flying colors! Gretchen Kalk, of Ball State University/Team Indiana, easily won the Junior division. Sue Ann Pack, Masters 5, re-wrote the record books during every lift.

The second to last class being contested, the 90 kg class, saw Linda Schaefer alone in the Open division. After securing her win with her opening deadlift, she went immediately to 208 kg, a new IPF Masters World Record. She tried it on the second attempt, but got three red lights. A third attempt wasn't any closer. What an effort!! She attempted the last deadlift of the contest, so the crowd was really behind her. Rebekah Rudometkin set an new Teenage American total record after a 5 for 9 day. Not too shabby! Paulette Calhoun rounded out the class by

taking second in the Masters 1 class.

The last class of the day were the big and beautiful ladies, the 90+ kg class. Last year's champion, Liz Willett easily won the Open division. Only thing is it took her until her third squat to get an attempt in. She then went on to get only her opening bench. When it came time to deadlift, she put on a show, pulling up 200 kg to finish 5 for 9 and a National Champion. Another person who also had problems with getting a squat passed was Harriet Hall. Unfortunately, she was not as lucky as Liz and missed all three squats in her new weight class. Sue Hallen took second place in the Open and won the Masters 1 division over Lori Loughney. Sabrina Pledger cruised to third place in the open, just 7.5 kg behind Hallen and won the Teen 3 division.

***Liz Willet** was still smiling after a tough day at 198 plus.*

Best Lifters: Open: 44 - 56 kg: Jennifer Maile; 60 - 75 kg: Kara Bohigian; 82.5 - 90+ kg: Leslie Look; T1: Jessica Ray; T2: Jennifer Maile; T3: Katie Ford; Junior: Rebecca Roberts; M1+M2: Ellen Stein; M3+M4: Sally Bowers; M5+M6+M7+M8: Judy Gedney. Team awards: Open: Titan; Teen/Junior: 1. Plainwell Knights, 2. Team Indiana; Combined: 1. Alaska Iron Maidens, 2. Phantom Warriors, 3. Team Indiana.

The meet ran very quickly with no injuries or misloads! We had been planning this meet for the last 2 years and with the help of Technical Secretary PJ Couvillion with some of the pre-meet preparation in regards to the IPF paperwork, it went off without a hitch. Also after many days of music threat mail from Look and Willett, we tried to accommodate the ladies with some Beastie Boys, Metallica, and AC/DC, etc. for inspiration. Thanks to Dr. Larry Miller, we were able to use his wonderful ER Racks - a phenomenal innovation in the world of powerlifting!! To compliment these were a brand new set of Ivanko plates and bar that we purchased for this meet. The awards were USA Powerlifting medals with laser-engraved plaques for the Best Lifters. Our Team plaques even had a quartz-driven clock at the top of the award. The evening of the meet we were featured on the Fort Wayne evening news and Leslie Look made the front cover of the morning Fort Wayne newspaper with a great article to boot!!

Our thanks go out to Dr. Mike Cissell, Dr. Larry Miller and USAPL President Mike Overdeer and his wife Angie for the use of their equipment; Meet Announcer Richard Duke (who did a great job even with this meet being only his second PL competition); Meet Referees PJ Couvillion, Ruth Welding, Sue Hallen, Joe Marksteiner, Greg Page, Dr. Mike Cissell, Rick Fowler, Vince White, Joe Goodhew, Dr. Larry Miller; platform managers Dr. Larry Miller, Steve Howard, Rick Fowler and Scott Macklin; spotters and loaders Big Mike Hodge, Frank Palmer, Mike Lawrence, Brian Proxmire, John Schumaker, Jhormy Martinez, Brian Kurtz, Adam Krouse, Eric "Handoff Man". A HUGE THANK YOU to the Executive Women International members who volunteered their help with this competition. Additional thanks goes out to expediters Gily Martinez, Dr. Monique Hartle, Lynn Berry; Security Cynthia Fielden, Carol Spicer, Pam Michalec, Kathy Goffer; Photographer Paul Spicer; Admissions Sarah Vetter, Susan Lees; gophers Colin and Anthony Hartle; chiropractic sports care Dr. Camille D'Amato with massage therapists Melanie Brunson and Sandra Roe. Thanks to LeeAnn Pollock and Sonya for helping us out tremendously in obtaining the Grand Wayne Center/Fort Wayne Hilton for a great meet site and catering to all of our needs. Thanks to our sponsors: Allen County Family & Sports Chiropractic, John Healy and Northwestern Health Sciences University, Open View MRI/Fort Wayne Radiology, Fort Wayne Visitors and Convention Bureau, Configurations, Indiana Physical Therapy, Grand Wayne Center, Antibus Scales, Premier Financial Group, Nutritional Technologies and Titan Support Systems. Thanks to Liz Willett for assisting us with this article. We will be putting on more National Powerlifting Championships and possibly World Championships in Ft. Wayne in the years to come. Congratulations to all the above competitors on some great lifting!! Remember, Be Healthy and Be Strong!! Drs. Monique & Michael Hartle

USAPL Women's Nationals
20-21 JAN 01 - Ft. Wayne, IN

	SQ	BP	DL	TOT
97 lb.				
S. McMillian	286	132	281	699
C. Solan	242	121	281	644
D. Aliminosa	170	93	231	496
16-17				
E. Dickey	203	93	237	534
Junior				
S. McMillian	286	132	281	699
40-44				
C. Solan	242	121	281	644
45-49				
D. Aliminosa	170	93	231	496
105 lb.				
J. Maile	336	203	325	865
J. Ocampo				
14-15				
C. Nogle	192	66	209	468
J. Ray				
16-17				
J. Maile	336	203	325	865
40-44				
C Mehmedbasich	132	121	187	440
45-49				
A. Leverett	286	165	336	788
60-64				
J. Gedney	231	132	264	628
114 lb.				
S. Hartwig	330	187	347	865
E. Street	319	159	352	832
K. Goff	303	110	363	777
C. Baqui	275	132	341	749
S. Bowers	259	132	336	727
K. Gordon	203	148	308	661
M. Shuttleworth				
14-15				
J. Ray	220	110	259	589
16-17				
C. Jacobs	220	115	264	600
40-44				
L. Carroll	159	77	187	424
50-54				
S. Bowers	259	132	336	727
123 lb.				
M. Amsden	319	159	363	843
D. Siveny	270	159	319	749
16-17				
N. McLean	192	121	281	595
Junior				
M. Amsden	319	159	363	843
40-44				
D. Siveny	270	159	319	749
M. Whiddenn	242	132	270	644
L. Lopez	209	121	286	617
45-49				
B. Howard	237	132	270	639
132				
A. Overdeer	352	220	374	947
J.Thompson	319	270	341	931
E. Stein	341	181	402	925
Conway-Belgrave	319	154	347	821
V. Aguila	325	159	325	810
S. Allison	292	159	352	804
N. Sperbeck	264	159	286	710
14-15				
A. Mesik	259	99	303	661
C. Wettach	214	88	220	523
16-17				
R. Willis	286	143	286	716
18-19				
N. Sperbeck	264	159	286	710
Junior				
Conway-Belgrave	319	154	347	821
40-44				
K. Dingle-Craig	253	165	314	733
45-49				
E. Stein	341	181	402	925
B. Cromwell	225	121	264	611
60-64				
N. Hays	176	132	303	611
75-79				
E. Beck	143	77	187	407
148				
K. Bohigian	402	214	413	1030
R. Roberts	369	187	424	981
P. Ribic	369	181	418	970
D. Covington	341	187	391	920
R. Clark	303	176	418	898
G. Nosbisch	286	214	341	843
M. Ruffener	275	220	325	821
N. Goodson	303	165	286	755
P. Houston				
L. Styrlund				
R. Catron	286			
14-15				
P.White	242	110	248	600
16-17				
H. Sterzick	248	132	336	716
18-19				
G. Nosbisch	286	214	341	843
W. McKelvey	242	110	281	633
A. Dunivan	264	115	231	611
L. Schaefer	225	132	248	606
Junior				
R. Roberts	369	187	424	981
K. Callier	352	181	336	870
40-44				
D. Covington	341	187	391	920
60-64				
R. Hackney	225	121	275	622
70-74				
G. Johnson	66	71	66	203
165 lb.				
L. Belsito	374	192	413	981
A. Sortwell	347	248	336	931
K.Ford	336	209	363	909
K. Reske	336	170	391	898
C.Newman	341	203	336	881
M. Baum	319	181	374	876
D. Chaney	308	220	347	876
R. Welding	314	170	363	848
M. Brubaker	292	214	336	843
T.Williams	176	126	314	617
14-15				
L. Pledger	231	110	253	595
16-17				
K. Smoot	203	115	292	611
18-19				
K. Ford	336	209	363	909
Junior				
M. Brubaker	292	214	336	843
40-44				
L. Belsito	374	192	413	981
A. Sortwell	347	248	336	931
J. Livingston	170	104	248	523
45-49				
R. Welding	314	170	363	848
50-54				
M. Serre	248	126	314	688
181 lb.				
L. Look	468	248	468	1184
C. Martin	352	192	363	909
S. Chow	352	187	363	903
G. Wolfenberger				
14-15				
M. Buffenbarger	225	110	259	595
16-17				
K. Holloway	336	187	358	881
M. Millin	363	198	275	837
40-44				
G. Wolfenberger				
60-64				
S. Pack	259	198	292	749
D. Steele	203	143	242	589
198				
L. Schaefer	275	176	424	876
16-17				
R. Radomedkin	347	165	352	865
40-44				
L. Schaefer	275	176	424	876
P. Calhoun	292	225	303	821
50-54				
L. Willett	490	292	440	1222
S. Hallen	358	242	352	952
S. Pledger	352	165	391	908
H. Hall				
18-19				
S. Pledger	352	165	391	908
40-44				
S. Hallen	358	242	352	952
L. Hopkins	385	165	347	897
60-64				
H. Hall				

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