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— Volume 32, Number 1 – November 2008 —

NIGHT OF THE LIVING DEADLIFT ..... Alex Campbell 6
GPC WORLDS ..... Bob Packer 10
DEFLATING BALLOON MAN ..... Rick Weil 12
THE FINAL INCH COUNTS ..... Dr. Larry Miller 14
NITRO TECH HARDCORE ..... Team MuscleTech 16
IPA PRO-AM, PART II ..... Scott DePanfilis 18
BRIAN CARROLL INTERVIEW ..... Mike Westerdal 20
ALL WORLD DEADLIFT ROUTINE ..... Brent Howard 26
DEADLIFT TIPS ..... Doug Daniels 28
DR. JUDD ..... Judd Biasiotto Ph.D. 30
UPA PRO-AM WEEKEND ..... Bill Carpenter 32
HARDCORE GYM #79 ..... Rick Brewer 34
UNCONVENTIONAL BEAST ..... Aaron DiPrima 34
POWER NUTRITION ..... Anthony Ricciuto 38
ASK THE DOCTOR ..... Mauro DiPasquale M.D. 41
ALL TIME TOP 50 MEN 165 SQ ..... Mike Soong 46
ALL TIME TOP 50 WOMEN 132 SQ ..... Mike Soong 47
HISTORY OF PL, 70s, Pt. 1 ..... Bob Gaynor 48
COMING EVENTS ..... Mike Lambert 61
UNCLASSIFIED ADS 110
TOP 100 123s ..... Mike Lambert 111

ON THE COVER ... Tee Meyers at the USAPL Night of the Living Deadlift Contest (photo courtesy of Alex Campbell)

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USAPL Night of the Living Deadlift Glory

In July, the USAPL decide it needed a deadlift only qualifier for the East Coast for the Arnold Pro Deadlift Competition sponsored by GNC. It made perfect sense that the biggest deadlift only meet in the nation should have deadlift only qualifiers in both the West (Denver) and the East. The USAPL took a gamble on the tiny town of Elizabethton, TN, but it worked out perfectly in the end. The Night of the Living Dead has built up a pretty good reputation in the past four years and when it was sanctioned to become the deadlift only qualifier for the east a few of the big name deadlift only guys showed up to earn their spot to the Arnold. Just because this meet had become USAPL sanctioned did not mean that the format would change. The music was still blaring, the fog machine was still rolling, the money was still being shelled out, the house lights were still off, the spot lights were still on, and of course the most insane crowd in all of powerlifting was still there. Even though it was more of an elite level meet, we decided to start the meet by showing off some of the high school lifters that the proceeds were going to in this meet. I am so glad we did. Paul Mount (86 lbs.), Sarah Kapoor (110 lbs.), and Holden Blevins (122 lbs.) put on a fantastic show for the crowd. All of them have only been lifting for nine months and were not really peaked up for the meet but lifted well. Mount pulled right at double bodyweight, Sarah went two times her bodyweight, and Blevins killed 305 for a PR and then jumped all the way to 366 for his first triple bodyweight pull. He had it way above his knees when he surprised himself with how fast he pulled it and lost his balance. He was very upset with himself and wanted to try again. I promised him he would get that and more at his next meet. Now, on to the big name lifters. Deron Rogers was a lifter that had already graced the Arnold stage. He wisely chose to come and defend his ranking at this meet. Unfortunately he was having an off day and looked pretty sick at weigh-ins. He told me he came all the way from Murfreesboro and wanted to try and lift, but would just have to see where he was after warm-ups. He opened with 705 and just missed it. Since he has pulled much more than that, it was obvious he was nowhere near his previous pulling condition. You have to admire his heart for driving five hours and giving it his most valiant effort. Paul Sutphin has to be regarded as a legend in the sport. He has been competing at a high level for 30 years and has been a judge for 25. He filled both jobs at this meet. He came and just hit a 510 raw on his second and then took his judge's chair for the rest of the meet. He came to the meet on short notice and really used it more as a training day, but I still find it impressive that he can go over 500 raw any day at over 50 years old and just above 200 pounds of bodyweight. Charlie Conner is one strong teenage lifter. He finished third at 181 in a tight battle at the 2008 USAPL High School Nationals. He has since moved up to 198 and took this meet on four days notice. He started light and jumped big. He smoked 525 on a second. His PR is 545. He felt good and figured he had nothing to lose and jumped to 600. It was just a bit too much on this day, but be looking for much more from this young man in the near future. Dean Nichols is a fine SHW lifter from South Carolina. He has been hitting mid 700's for a while and has been working hard to move up to 800. He drove up the seven hour trip the day of the meet and wasn't feeling very well either, but he lifted valiantly anyway. He pulled 705 super easy on an opener. He then went to 755 which was going well all the way to the very top, where just short of lockout it stalled and came out of his hand. He missed it again on his third, but inspired everyone with his lifting. We look forward to that 800 pull from him soon. Mike Stanley is a great full meet lifter at 165. He finished 4th at the 2008 USAPL Men's Nationals despite being in the master's class. He was kind of torn about coming to this meet, because it was really for deadlift specialists and the big goal was to qualify for the Arnold. With such a light bodyweight he felt pulling the 705 would be a big stretch even though he has pulled mid 600's in a full meet. He was just hoping to have fun and maybe put up a really good Wilks score of over 200. He killed a 560 on his second and just missed a 610 on his third. If he would have hit that 610, he would have been right at the 200 Wilks he wanted. Mike is one of the nicest guys in the sport and a great lifter, and we are so glad he came up and lifted with us all the way from South Carolina. Mike Nease is one of the greatest deadlifters in the world when he is in top shape. The first time I ever saw this guy lift he pulled 800 in gym shorts and did not even know he was going to be lifting that day. I saw him obliterate the American record for the Master's II deadlift by about 100 pounds at our state meet, although it did not count, because we did not have three national referees. Mike is also ranked in the top five master's lifters of all time in the entire world with 866. He just had shoulder surgery a few months ago, had a bad hamstring pull, and had dropped about 30 pounds in recent months. He informed me he would not be in top shape but if he says he is coming he would be there. He came there determined to get that Master's II record even though he was not peaked. He took 735 on a second and just killed it and even held it there for a couple of extra seconds to make sure. He then jumped to 760 and had that thing about one inch from lockout before it slipped from his grip. He had plenty of strength to do that and more. When his hamstring and shoulder get healed up, he will be ready to go deep into the 800's again. We had several fine female lifters entered in the meet, but the injury bug hit, so the only female looking to make her way to the Arnold stage was Rhonda "Big Kuntry" Sams from GA. Tee Meyers trains this young lady and she has plenty of attitude, lots of potential, perfect form, and is very strong. She had two very strong first attempts that ended with 425. She wanted 445, but when she realized that 455 would give her the 200 Wilks minimum to qualify for the Arnold, without hesitation she called for that number. She had that lift going well and it was above her knees and almost to lockout, but she just ran out of steam. She is a fine female lifter and we hope to see her get qualified for the Arnold next year. Josh Rohr is one of the finest young 181 lifters in the world. He is a former IPF world team member and medalist. He had a back injury last year and is coming back from that injury. He wanted to get into the Arnold badly even though the odds are kind of stacked against the little guy. He trained his butt off to pull that 705. He took huge jumps between lifts just saving up that energy for his last pull. He did 585 and 645 easily and then the bar was loaded with the magical qualifier. It was going to give him one sick Wilks score of about 214 if he pulled it. He walked up to that bar amazing the crowd that a lifter so small and with such low muscle mass could hoist weights anywhere near this. He put everything he had into that lift, but on this day it was just not to be. I really look forward to him qualifying next year, because this young man's future is bright. This left a huge showdown between four of the best pullers in America. Bob Eucker came in at the heaviest weight of the four at 236. He had pulled 800 in training a few years back, but after a brief layoff is working his way back into the high 700's again. He opened with 710 and really smoked it off the floor, but let his weight get forward at the top and missed it. He retook it on his second to insure he met the 705 minimum requirement for the Arnold and absolutely destroyed the weight. This meant he would have to jump big on his third to get a Wilks score high enough to try to get an invite. He went to 760. It was the perfect attempt as it was right on his limit but he still pulled it solidly. I expect this young man to be hitting 800 really soon, and if he gets that Arnold invite watch out for 800. Now, only three were left and this was a lineup of three of the great 181/198 lifters in the world. The lightest of the three was Tom

(continued on page 106)

Paul Sutphin *– W. Virginia Legend*

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GPC World Powerlifting & Bench Press Championships

as told to Powerlifting USA by Bob Packer

This year's GPC World Powerlifting Championships was hosted by the newly formed GPC Great Britain, under the capable direction of Lee Marshall, the current GPC Technical Chairman. Lee and his crew did a great job of running a very smooth and on time competition. The competition was held in the town of Lemington Spa. This town has its origins as far back as the 17th century, and quite a few very scenic historic landmarks close by. Lemington Spa is about an hour and half a train ride from London, through the rainy lush English countryside. This area is also rich in powerlifting history, as the IPF held its first out of the US World Powerlifting Championships up the road in Birmingham 33 years ago. This years competition had 268 competitors from 18 countries present. The GPC also added three new countries with Brazil, Camaroon, and Australia joining the GPC as well as the USPF from America as a new affiliate.

The first day and half consisted of the bench press competition at which there were seven women and 87 men entered. In the women's division the most impressive lifter was Dagmar Liptakova of Slovakia. Dagmar, though had very long limbs didn't really look the part of a great bench presser. Dagmar's first attempt at smoking 102.5 kgs. and a second attempt at 112.5 kgs. changed our mind quickly, and a near miss with 116 kgs. on her third attempt for a try at a world record. In the men's 60 kg. class the lone entrant was an Azerbijian lifter, Samir Mammadov. Samir made an easy opener at 120 kgs. and then jumped to 150 kgs. on his second before a World record attempt at 166 kgs. stopped him on his third attempt. The 67.5 kgs. class was a fight to the finish with Mustapha Redouani of France and Rustev Musayev of Azerbijian with both completing in the 152.5 kgs. and Musayev winning the gold by being lighter in body weight. The 75 kg. class open division had some great competition between four lifters. Cedric Martin of France narrowed it to three when he missed his 190 kg. opener and 197.5 kgs. on his second and third attempts.

The only super heavyweight competing, **Kari Kalliola** of Finland

The contest was now clearly between the USA's Dr. Dudley Robey and two Azerbijian lifters Ramin Rzayev and Bayram Aliyev. Dr. Robey opened at a cautious 185 kgs. and then waited for both the Azerbijian lifters. Both Rzayev and Aliyev finished at 197.5 kgs. This left Dr. Robey for a nice jump to 200 kgs. for the win. After shaky hand-offs on his second and third attempts, Dr. Robey had to call it a day and the bronze medal. Rzayev bested his fellow Azerbijian lifter by being the lighter man. In the 82.5 kgs. class in open, Jan Matcj of Slovakia pretty much had things to himself after Namik Jafarof of Azerbijian missed all of his attempts. Matej went onto a third attempt world record third attempt of 218 kgs. The 90 kg. Class saw an Azerbijian lifter, Mustafa Ahmadwev get a seam splitting 255 kgs. on his third attempt and the gold. In the masters division 45-49 Christian Klicki of France made three successful attempts at 215 kgs., 220 kgs., 240 kgs., and tried a world record 253 kgs. on a third attempt. Klaus Kruger of Germany was a class act in the 55-59 division with four successful attempts at 200 kgs., 210 kgs., 215 kgs., and a world record 217.5 kgs. The 100 kg. class was competitive bench pressing at it's finest. Three lifters, Vladimir Flimel of Slovakia, Benjamin Brissez of France, and Ibrahim Ibrahimov of Azerbijian. Consistent success with all three attempts at 262.5 kgs., 210 kgs., and 272.5 kgs. put Flimel of Slovakia in the gold. Brissez looked as though he could have ended in first, but jumped from a second attempt success at 262.5 kgs. To 305.5 kgs. for a world record and failed. Ibraimov missed all three of his attempts at 265 kgs. twice and 272.5 kgs. and left the competition. This left third place to the lifter from the Czech Republic, Petr Palacky, with his first attempt success at 170 kgs. It should also be mentioned that several of the master lifters in this class were also very impressive. In the 55-59 age group, Axel Gerdsdorf and Hans-Jurgen Borkowski had quite a go at it with their respective 212.5 kgs. and 200 kgs. finishes for first and second places. The 110 kgs. class was definitely the action class of the big men. Master 40-44 saw a nice tussle between Great Britains, Jerry Faulks and Didier Michelon of France. Both lifters opened with 250 kgs., but only Michelon of France was successful. Forced to take 250 kgs. for an easy success on his second attempt, Faulks played it safe and made a fine 260 kgs. on his third for the gold. Michelon, for whatever reason, didn't care about a win and only world record, missed by 300.5 kgs. badly twice, thus ending in second place. The Open division had six lifters vying for first place, including one who bombed out the day before. Martin Baumbach of Germany proves once again that the lifter that makes most lifts at this type of competition will eventually be the winner. Completing three successful attempts of 265 kgs., 275 kgs., and 282.5 kgs., got him the gold. Staroddubskiy of Russia completed only his opener at tough 280 kgs. and missed 285 kgs. badly twice. The same Ibrahimov, who bombed out at 100 kgs. the day before was back to try his luck in this class and receive the third place bronze medal for his second attempt of 277.5 kgs. The 125 kgs. class saw Jami Ihalainen take an eye popping third attempt at 302.5 on his third attempt for the gold here. Strimie of Serbia and Alberts of Great Britain scored a distant second and third at 290 kgs. and 260 kgs. The master lifters were quite impressive in this class. Germany's Udo Krumholz and Andreas Richter scored impressive first places in the 45-49 and 50-54 age divisions with their 235 kgs. and 230 kgs. bench press successes. Great Britain's Mick King was very impressive at 55-59 and scored a bog 260 kgs. third attempt success ans was ever so close to the big 272.5 kgs. on a fourth attempt for a world record, just missing it at the lockout. Master lifter Joachim Eulenstein of Germany, lifting in the 60-64 age group scored three great successes at 155 kgs., 15 kgs., and 175 kgs., for a gold. If I hadn't seen his score card I would have thought him to be fourty and very impressive physically. The 140 kgs. and super heavyweights was to be, or should've been dominated by the big boys from Finland. In the 140 kgs. class, Jonas Rantanen, through a scare in to us when he missed his first attempt at 340 kgs. and subsequently 350 kgs. on his second attempt. Rantanen got himself together and go a gut busting 350 kgs. on his third. Rantanen tried a fourth attempt at 360.5 kgs. for a world record, but it barely left his chest. Rantanen's 350 kgs. success left Koldovsky of Czech Republic in a distant second with 237.5 kgs., and Kadera, also of the Czech Republic, in third place with 232.5 kgs. and the bronze. The only super heavyweight entered was Finland's Kari Kalliola. Lifting only in the 45-49 age group, Kari had three unsuccessful attempts at 270 kgs. to close the 2008 GPC World Bench Press Championships. After all the usual awards were handed out by Lee and Marie Marshall, now comes the Best Bench Press awards for women and men, Dagmar Liptakova of Slovakia and Jonas Rantamen of Finland respectfully. Both of these lifters received some very outstanding looking swords and scabbards.

Kim Packer's beautiful technique (photos courtesty of Wendi)

This year's GPC World Championships had a total of 21 women entered, but it was Julie Klosturova in the 18-19 teenage division who stole the show. This super strong teenager fro Slovakia put together a 220 kgs. squat, 122.5 kgs. bench press, and then went to work on the deadlift with a third attempt success at 177.5 kgs., and a fourth successful world record at 183 kgs. This gave Julie a total of 520 kgs. and the Teen/Junior Best Lifter award. Sabine Guillaume, lifting at 48 kgs., took the Women's Open Best Lifter award with a fine 355 kgs. total via a 130 kgs. squat, 72.5 kgs. bench press, and a 152.5 kgs. deadlift. The Master's Women's Best Lifter award went to the USA's Evangeline Keresey for the third year in a row. Lifting 0.1 kgs. over the 60 kgs. weight class limit, Evangeline lifted at 67.5 kgs. and set three GPC World Records at 65-69. Despite several stays in the hospital and three different types of surgeries within the last year, she still managed a 130 kgs. squat, 62.5 kgs. bench press, but took onl on edeadlift at 120 kgs., because of a pulled hamstring. She still totaled 312.5 kgs. This lady truly loves this sport and plans on being here next year, better than ever. Wendi Michiels of Belgium, lifting in

(continued to page 92)

Jeremy Hoornstra -*Team MHP Member*
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Deflating the Balloon-Man

as told to Powerlifting USA by Rick Weil

I kept thinking about that smashed Mountain Dew can I saw in the road during my morning run. Was it symbolic to my life or just a litter bug? Four weeks ago that was my favorite drink; Four weeks ago I was thirty pounds overweight; Four weeks ago I could not run a mile without stopping three times; Four weeks ago I started Core Fitness Boot Camp Training at the YMCA.

I have already dropped twenty pounds and my morning run today was five miles; I completed the run without ever breathing hard. That first week was tough. About forty-five of us started the class at 5:30 in the morning. There was Dasher, Kahuna, Big New Yorker, everyone had a nickname and most were in shape. Nobody knew who I re ally was. My secret was safe and I could just be the middle age fat guy trying to get into shape. I was happy with Tampa Bay knowing me as the Balloon-man; running my art studio, decorating for parties, making balloon sculptures for the young and old. That lasted a week and then George saw me in the gym and told Sarge who told everyone.

Our instructor is Erica Stein all 5 foot nothing and tough. The respect she has earned is apparent among the more veteran of the morning torture group. She has a sense of humor that is subtle and cruel. I liked her from the start. The four day a week course is a combination of calisthenics, running, and stretching. Erica pushed all of us to the limit and tried to push us a little harder each workout. I combined the training with a tough diet. Fruit was the daily fare followed by a balanced dinner of pasta, veggies and chicken. The weight just seemed to fly off of my BIG FAT BELLY. Injuries came during the first four weeks. A strained knee, a pulled ham string, but I kept going. I may be the fat guy, but I am still the World Class Athlete under all of the blubber.

I started noticing people in public more. Were they ever in shape and let it all go as I did? Were any of them High school or College athletes at one time? Did some of them go to the gym when they were younger and then family, career and laziness got the better of them? That is probably what happened in many of their cases. If it can happen to the number one rated Unequipped Bench Presser in the world, it can happen to anyone. The big difference is I am doing something about it.

Rick Weil, at the 1985 YMCA Nationals with Ed Coan and Doug Furnas

I rationalized the pain in my own peculiar way. There are 168 hours in the week and only four of them are torture. Getting up at 4:30 a.m. is not hard; it is the going to bed at 8:00 p.m. that is tough. Looking at the world has always been an exciting game for me. Finding the positives in a negative situation is the goal. I recall the movie "The World According to Garp" with Robin Williams. Garp is looking to buy a new home and while looking at it from the front yard, a small single engine plane crashes into the roof. Garp quickly proclaims, "We'll take it." He then explained to his puzzled wife and realtor that the chances of that ever happening again are virtually non-existant. They will be safe here. A positive from a negative. Gasoline recently hit four dollars a gallon. I tired quickly of hearing the complaints and concocted my positive perspective. I made up a story about pushing my Big Ram pick-up that gets 14 miles to the gallon, all the way to a job. It was pulling a trailer and loaded down pretty good. The job was seven miles away so round trip was fourteen. I further stated it took me all day to make the trip and return back to my shop. I was exhausted but I saved four dollars. Naturally people told me I was making it up and I conceded that indeed I found that four dollars to ride in air conditioned comfort, listening to the radio and making the trip in ten minutes sure seemed like a bargain. A positive from a negative.

I am not looking to break more world records. The ones I have are still holding after 22 years. Being in the Bench Press Hall of Fame and rated number one is such an honor. Life, however, keeps me humble. The past is a tool to making a better future. Therefore; I am going to continue the Core Fitness training and stay in shape. The class is four weeks on and one week off. I am running daily and dieting during this off week. I have about ten more pounds to lose and a lifetime to stay in shape. I am drinking lots of water and no Mountain Dew. The next class starts in seven days. I know I will not be the fat guy anymore; hopefully I will not be the world champion either among my peers. I will be happy to just be a part of the group with High Tower, Little Bear, Spaghetti Man and the rest. I am looking forward to Erica giving me a nickname, as is her choosing. She can call me whatever she likes and I will proudly answer "Here" during roll call. I will smile through the pain even during those insane "Fire Hydrants" Don't ask...

Weil with Bootcamp instructor Erica Stein

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WESTSIDE TRAINING

It's The Final Inch That Counts

as told to PL USA by Dr. Larry Miller

I recently injured my rotator cuff and, therefore, spent more time as a spectator than a lifter at the recent USAPL Bench Press Nationals in Charlotte. Although there were some great performances, there were a greater number of bad lifts. I had the luxury of watching much of the meet from the Jury table.

As I watched the bar go from hand off to the chest, I caught myself predicting whether or not the lift was going to pass. I was surprised how often I was accurately predicting the success of each lift. What I focused on was the path of the bar to the chest. If the lifter controlled the bar on a straight line to the chest, they got the lift. If the shirt pulled them north or south, they missed.

I was recently in Columbus with Louie Simmons. Louie opened his gym (on his day off) to meet past IPF Silver medallist and friend Dave Schneider and myself to help work on my shoulder and help Dave with his training. I asked Louie if he was the one who had recommended bringing the bar down to the chest in different positions. Lou confirmed that he prefers training in 3 positions, high, low and competition. At the time I didn't follow Louie's advice. My thought at the time was that you can't overtrain the position that the bar travels. Even if you train your bench rep after rep to go to the same position on your chest, there is still a chance that you may bench out of your groove. We are susceptible to the same problem that pitchers have with their mechanics. They've been throwing for years, but all of a sudden their kick is too low or they are releasing the ball at the wrong time. So, what happens when you're out of your groove? You are probably going to be weak and not very explosive. Most of the shirts that I have worn tend to pull me south towards the abs. So, going back to what Louie suggested, you might want to start doing some benches just out of your groove. This way, you won't be as adversely affected when the shirt pulls you north or south.

Every meet I go to, I see lifter's using boards to break in their shirts. Personally, I don't use the boards and here is why. The most difficult part of the bench with today's shirts is the last inch or two above the chest. This is where you need to focus, not the 3 or 4 inches above. So how do you set the shirt for your opening attempt? Well, I wrote an article a while back on breaking in the shirts in the power rack with bands. With Monster mini bands or light bands doubled up in the power rack you can bring the bar down with some speed. You can use a very heavy weight since both the bands and the shirt are supporting much of the weight. By using speed with heavy weights you can establish a consistent groove. I think your best bet is to break in the shirt as best you can prior to a meet. Some guys put

(continued on page 67)

***Dr. Larry Miller** has tried a wide variety of training and rehabilitation methods to maintain and improve his world class bench press standing*

King of the Squat!

Vlad Alhazov-Team MHP Member
1,250lbs. Squat

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POWER RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Nitro-Tech® Hardcore

as told to PL USA by Team MuscleTech

FEED YOUR GAINS

In the realm of powerlifting, the goal is always to add more weight to your total. However, in order to add serious poundage to any lift, your body requires critical macronutrients. That's why any experienced powerlifter knows that the key to jacking up their total is proper nutrition and supplementation. You should be flooding your muscles with tons of calories coming from a high-quality protein source. Sure, your body needs carbs and fats to help power your lifts, but in the end it's the amino acids contained in protein that act as the foundational building blocks for huge strength and mass increases. This build-up of strength and mass is the direct result of anabolism that occurs in the body.

Anabolism is technically a set of metabolic pathways that result in the construction of molecules from smaller units. Therefore, this anabolic process takes the protein you have ingested and turns it into the strong, dense muscle you require to increase your total. Since protein is so critical to muscle and strength growth, one would then conclude that any protein is just as good as the next, right? Wrong. In the grand scheme of things, all proteins were not created equally. Although each does have some sort of advantage, there are very clear-cut choices as to which protein sources are superior to others.

GOAT PROTEIN

Although once touted as the perfect protein, this claim has come under fire for being misleading and based solely on marketing hype. One myth that people commonly hear about goat protein is that it has the highest Biological Value (BV)– a measure of protein quality. BV measures the amount of nitrogen retention caused by ingestion of proteins by analyzing the amount of nitrogen that is expelled from the body after being consumed. Originally, this scale was based on eggs, therefore eggs were given a value of 100. Some companies claim that goat protein has an even higher BV, 104 to be exact, and is often heard, in some marketing campaigns, to have the highest BV of any protein. However, this has not been substantiated by real science. Actual scientific research shows that whey protein also has a BV in the neighborhood of 104![1] As far as goat protein goes, don't waste your money on an ingredient so lacking in hard clinical data.

EGG PROTEIN

As noted before, the BV was established on this highly touted protein source. But as time goes on, knowledge and technology make great advancements and things change. The same applies to the knowledge behind this once-legendary protein source. The BV scale was established based on an egg being an ideal protein source. But as whey protein became more popular in the mass market, it was discovered that it had an even higher BV than egg protein![1] On top of all this, egg protein tends to digest much slower than whey protein,[2] so it's not the best choice for the most critical musclebuilding window immediately post-workout.

REGULAR WHEY PROTEIN

This is the most popular choice for many experienced athletes around the world. Regular whey protein has truly earned a reputation as the be-all and end-all of essential protein supplementation. Whey protein, which is derived from cow's milk, has one of the highest BVs of any other protein source[1] and is chock-full of all the amino acids your body requires to pack on more strength and mass. The problem many athletes face today is choosing a protein in a saturated market. The choice has become much easier because scientific research has found a superior whey protein formula that blows regular whey protein out of the water!

142% MORE STRENGTH with Nitro-Tech® Hardcore!

Nitro-Tech Hardcore is a revolutionary protein formulation that has been scientifically shown to be far superior to regular whey protein! In fact, it is so advanced and effective, it's America's #1 musclebuilding protein. Developed by Team MuscleTech™ researchers, Nitro-Tech Hardcore is loaded with three musclebuilding blends that are designed to amplify strength and muscle gains, fast. And what's more, a precise portion of protein particles have been pulverized to be up to 7,400 percent smaller than regular protein particles. This delivery technology is scientifically engineered to deliver key amino acids to muscles faster than regular whey protein.

To prove how effective this formula is, Team MuscleTech™ researchers organized a third-party, double-blind, placebo-controlled study at a state-of-the-art research facility. The results showed that Nitro-Tech Hardcore test subjects gained an average of 34 pounds on their bench press in just six weeks! Regular whey test subjects only gained 14 pounds. This is a dramatic, 142 percent greater increase in bench press strength in a matter of weeks! And these clinical results merely represent the average of the test subjects' results! In fact, one extraordinary Nitro-Tech Hardcore test subject added 60 pounds to his bench press!

The scientific results are as obvious as your choice should be Nitro-Tech Hardcore is clearly superior to regular whey protein for building strength and mass, fast! If you're ready for the best scientifically studied methods to add more weight to your total, then you need to get Nitro-Tech Hardcore the number one choice of whey protein for powerlifters worldwide.

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ZERO WAIT-TIME PRE-WORKOUT FORMULA

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As a powerlifter, you know there are no such things as "light days." Every time you step into the pit you're after big numbers – it's make or break. Your ultimate goal is to crush your previous best lifts. This unforgiving sport can drain you physically and mentally. When you step up to the platform, your muscles need to be primed with endless strength and power and your mind needs to be focused to the point where every lift feels light.

There are a ton of supplements out there to choose from, but many lack the scientific support to yield any kind of noticeable results. That's why Team MuscleTech™ researchers engineered naNO Vapor™ – a zero wait-time pre-workout formula, ultra-dosed with scientifically researched ingredients that will make you stronger. With over 60 cutting-edge ingredients infused into six extremely powerful blends and backed by countless stacks of scientific research, you'll stimulate all the anabolic, neurological and metabolic pathways necessary to crush another PB. Join countless powerlifters that have made naNO Vapor America's #1 selling pre-workout nitric oxide formula and feel its vaso-anabolic power that will make you bigger and stronger, faster!

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Power Station PRO/AM Pt. II

as told to Powerlifting USA by Scott DePanfilis

Before I begin Day Two of the PRO division, I want to list all the sponsors: Westside Barbell, Powerstation Gym, Chad Norvell of Norvell's Landscaping Inc., American Fighter, McDonald Insurance, At Large Nutrition, Dan Johnston, JMI Inc., Legend Fitness, Ginny Phillips, APT, Karen Extreme, Healthy Image, Power Barr, Queen City Rackqet and Fitness. Mike Ferguson would also like to thank all volunteers that helped to make this meet such a great success. Author's note: We've witnessed some disasters at the national level over the past ten years, but the 2008 PRO/AM spotters were incredible. They stayed in close without interfering. Even when the bar was loaded to 1,000 pounds or more, not a single lifter or bar hit the floor - truly outstanding work.

At the close of Saturday's PRO/AM, we left the convention hall with Doris Simmons. Most everyone leaving the venue appeared energized with the first day of the pro meet. Downstairs in the main lobby the behemoth SHW Matt Smith stood with a few others. You can always spot Matt in a crowd. He was disappointed he could not compete because of a neck injury, but still drove down from Columbus to help spot Westside Barbell team members, Greg Panora, Tony Bolongne, Dave "Neutron" Hoff, Luke Edwards, Shawn Nutter and from South Carolina SHW, Donny Thompson. In 2001-2002, Matt was one of the first successful Westside powerlifters to enter the WPO through the APF.

To give you a sense of how well Saturday ran, when I looked at my watch the time was just 3:30 PM; my God - the sun was still out. Later that evening we would have dinner with Matt, Bob Youngs, his wife, John Bott, Matt Wilson, Dan Dague, Mike Stuchiner, Lisa and Ken Wheeler, and a few other lifters. I want to mention that 165, Lisa Wheeler competed in the Amateur division on Friday and squatted a PR 500 lbs.

I had not eaten during the meet Saturday. Although the strip mall restaurants were convenient, they just weren't enticing. We ended up driving about 20 minutes to Argosy Casino and Hotel in Lawrenceburg, IN. The casino floats on the Ohio River. We ate at the "Passport Buffet" - excellent! I just want to thank our waitress, top notch, and all the guests that gorged themselves on macaroni & cheese, deep pan pizza, salad, hot buns & butter and Jello, leaving all the Maine rock crab legs and shrimp for me. I really appreciate that.

The following morning we arrived at the hall around 8:30 AM. Posted on the wall in the warm-up area was the order of the two flights. The first flight was the 220s up to 242. The second flight consisted of the 275s up to SHW. The meet began and for many the strategy seemed to be "extreme" heavy openers, like last year. At least nine competitors were opening at over 1,000 in the squats, astonishing. After the dust chalk cleared, eleven competitors bombed out; a majority, during the squat. The overall winner and placement was by formula, however, this report is based on the lifting order. First on the squat platform was 242 Chris Taylor. Chris has had a roller coaster lifting career. We first met him ten years ago. At the time, he was known for his 700 plus bench, but over the years Chris developed into a full-power force to be reckoned with. Chris had a heart attack in June of 06, and then made a miraculous recovery. We've seen Chris compete as heavy as 308, but he appears comfortable at 242. At this level of competition, Chris appeared confident, fueled by a higher power. His numbers were 855, 750, and 680 deadlift. He finished the day with a 2,285 total.

***Mike Cartinian** won some cash*

***Charles Bailey** – lifting big at 44*

Up next from Pennsylvania was 220 Dan Blankenship. Dan trains Westside, but the pressure was on with 220 Clint Smith, Larry Hook and Mike Schwanke waiting in the wings. Last year, Dan didn't get his squat passed, but this time he did. Dan began with a strong 825 opener; but two attempts with 875 were not successful. He went on to bench his 540 opener, and then repeated a 660 opener, got it! His final total 2,025. These days we take for granted the poundage and totals. Who'd ever believe we'd witness over a half-dozen 1,000 pound squatters in the middleweight division or bench presses exceeding 700 lbs. on a regular basis?

Out of Finland 220 Ilkka Mursu was next, from Finland. I can't imagine having to compete after traveling so far. Ikka struggled with his first two squat attempts with 825 lbs. He got a little forward on his opener and wisely caught it in time to repeat the lift, but no luck. Finally on his third attempt, he moved his feet out a little wider and went down and up. No problems at all during the bench and deadlift event. Ikka pressed 675, and had a magnificent pull of 760. He attempted an 800 pull, but no go! He totaled 2,260.

Up next out of Oregon was 220 Larry Hook. We first watched Larry compete at the 2006 WPO Middleweights in Lake George, NY, and I think also at the WPO. Super intensity, highly conditioned, Larry was certainly a stand out, even with the likes of Shawn Frankl and Brian Carroll in the same weight class, arguably the greatest assembly of 220s ever. Fast forward to the PRO/AM, Larry opened with 850. At the top of the lift, right after the front judge said squat, Larry looked like he double pumped the bar during the descent, and even though the lift looked clean at the bottom he was red lighted. On his second attempt, Larry went to 925, which he's capable of. The squat was a little rushed and the bar never settled on his massive shoulders. When the front judge called "squat", Larry fell forward and the spotters jumped in for the save. Larry repeated the 925 on his final attempt, and wound up falling backwards into the back spotter. That was it, bad break, he certainly looked like he was more than ready to do some damage in the 220 weight class.

Next up out of California and Diablo Gym was 242 Dalen Randa. Dalen competed in the Power Station AMs last year, and after fighting through some tough lifts, missed three attempts with 615 lbs., in the deadlift. On this day, Dalen opened with 850 lbs. He took it off the rack, and began to descend. His form looked solid at the bottom, but then his hips gave out. He may have lost his concentration, tough to say, but the spotters jumped in. On second and third attempts he looked exhausted and was out. Out of Ohio, 242 Shawn Nutter was next. Lifting on the Westside Barbell team Shawn opened with 855, a little wobbly at the top, but down he went, just not low enough and he received red lights. Shawn repeated the lift on his second attempt, strong, no problem there, but 910 was a bit rushed, he actually had to regroup after a faulty start, but the bar drifted forward throwing Shawn off balance. He yelled out "take-it." The spotters moved in quickly. Benching went great: 585 and 610 on his third attempt, terrific execution. Shawn opened with a 655 deadlift, no problem. He jumped to 715, got it up to his knees, but it came back down. He kept the weight the same, and this time Shawn completed the lift, but I'm guessing his knees weren't locked and he got red-lighted. Shawn ended up totaling 2,120.

***Sergiy Karnavkhov** of the Ukraine*

***Chuck Fought** – lifting big at 22*

Out of Florida, lifting for Team Samson, 28, Clint Smith was next. At 220 Clint opened with a deep 855 squat, and although his second and third attempt looked picture perfect at 885, both proved to be a little too heavy. Clint is another gifted bench presser and produced a tremendous 725 opener. He tried 780, but missed it twice. During the deadlifts, Clint opened with 710, and then pulled 740. He totaled 2,320. Thanks to the Schwartz coefficient, Clint found himself in the upper middle of the pack, great job. Next up was another Floridian, lifting out of Orlando Barbell, 242 Jo Jordan; an all around solid lifter, great attitude on and off the platform, and sponsored by Elite Fitness Systems. We've watched Jo compete during the APF Southern States, and the APF Seniors. His numbers keep going up. During this PRO/AM Jo Jordan totaled 2,305 lbs. He began with a 910 squat opener, followed by 950, but he drifted back, and wisely shook his head for spotters to take it. He came back out to repeat the lift, and this time nailed it! It looked really solid. I see 1,000 pound squats in Jo's competitive future. During the bench, Jo pressed 615, 635, but missed 660. He cruised mightily through the deadlifts 655, 700, and 720 - somebody did his homework!

The next powerlifter was from Iowa, 26, Jeremy Frey. Weighing 242, but appearing much larger, mainly because of his huge legs, Jeremy impressed a lot of coaches/trainers and was also sponsored by Elite Fitness Systems. Take a look at these numbers, 940, 740, and 770, with a 2,450 total. It didn't hurt having bench "Phenom" Rob Luyando coaching. With current champions Greg Panora, Brian Carroll, and Jim Grandick hitting between 2,500 and 2,600 totals, Jeremy had his work cut out for him. We think he's got the potential to set some records in the near future. Jeremy attempted a 1,000 squat, and also an 800 pull; he's ideal for sponsorship! Another lifting stud was 220

(continued on page 88)

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INTERVIEW

BRIAN CARROLL – TEAM SAMSON

by Mike Westerdal of CriticalBench.com

CB: Brian it's an honor to conduct this interview. I've seen you compete first hand a few times now. Very impressed with your 2535 Total @ 242 from the APF Intramural Meet in GA. Highest total of the meet, congratulations!

Brian Carroll: Thank you Mike. I appreciate your time and support. I had a decent meet and did ok going 6-9.

CB: How long have you been powerlifting? How did you first get started in the sport?

BC: I did my first meet March of 03 and started training for it that January. I totaled 1752 @ 220 via 705, 424, 622. I had a friend tell me I was doing the meet, so I said ok, and went and did it. Haha

CB: That's the way to start, just dive right in. What weight classes and federations have you competed in? Have you always competed equipped?

BC: Mostly APF. I have done some WPO and one IPA meet. I have only competed in the 220 and 242 pound weight classes. Yes, my meets have always been geared. I have no desire to compete raw. The best compete geared, so that's where I choose to lift.

CB: What is your favorite lift out of the three and why?

BC: For the longest time it was the squat. Now, I'm starting to really like benching. I have had my times of really liking the dead, but that just depends on how it's moving at the time.

CB: What was your all-time favorite moment so far in your powerlifting career?

BC: I would have to say my favorite was breaking the all time world record squat at the WPC Worlds in 2006 with 1030 @ 220. I wanted to break it so bad for a while and was thrilled when I made it happen.

CB: I can see that being a huge emotional high. Brian, every lifter is different when it comes to getting motivated for a big lift. What goes through your head moments before you step on to the platform?

BC: I just try to remember to keep my form and not get too crazy and screw the lift up.

CB: You train with Team Samson. Tell us about the atmosphere, what your teammates are like and what you've learned since you started training there. How did Team Samson Powerlifting start?

BC: It's a great atmosphere where we train! My teammates are great to me and we have a very friendly, anything goes atmosphere. We all give each other so much crap, but we are there to better each other and we know that. TSP started at the middle of '03 with Adam Driggers, Tony Garland, Brandon Tripp, and Shane Shepard. I joined shortly after in October of 03 and we became an official team around the end of the year.

Brian Carroll can move almost unheard of weights in the squat

CB: How important are your training partners? Could you have reached the level you are without them?

BC: They are very, very important to me. I couldn't even be close to where I am without them. No, I couldn't do it without them.

CB: What does your training regimen consist of? Do you take any time off during the year? How many days a week do you train? All powerlifting or do you any bodybuilding exercises? Break it down for us, we're dieing to know!

BC: Typically I train four days a week I train bench on Mondays and upper back on Wednesday. Thursday I train light chest and shoulders, Friday I train the squat and dead. The Wednesday and Thursday training sessions are more body building exercises, while Monday and Friday are the heavy days. I like to take 2 heavy days then follow it with a light day, that way I don't beat myself up too much.

CB: What are your best lifts in competition and in the gym?

BC: Competition: 1052 squat, 733 bench and 771 dead. Gym: 1100 squat, 750 bench and 800 dead.

CB: Holy mackerel. You're the 2nd ranked 242er of all time when it comes to your total. How hungry are you for the #1 spot? Any other records you are proud of?

BC: I am very hungry for the #1 spot. I know that Greg and Jim are so tough and well rounded that I will have to be spot on to have a chance. I still have the WPC/APF world record for the 220 open squat, multiple junior world records in the WPC/APF and all of the Florida state records @ 242 except for the bench.

CB: Impressive. This is an interview by Critical Bench and we are talking to a 700 Pound + Bench Presser. What tips or advice can you give the readers to give their bench presses a boost?

BC: Train heavy and hard. Work every aspect of the lift. Off the chest, lockout, etc. Keep plugging away, but at the same time, don't be scared to change things if they stop working. Don't be too cool to take advice from anybody, especially top and experienced lifters.

CB: As a WPO competitor how do you feel about the USAPL taking over at the Arnold? What do you think is the biggest geared meet of the year that the best of the best compete at?

BC: I feel that the USAPL is boring and I wouldn't want to watch the meet at the Arnold. The Pro-Am is the biggest and baddest around right. Louie does an awesome job with it and that's why it's such a huge success.

CB: Brian, use your crystal ball and look into the future 5 years from now. What is the all-time world record equipped and raw bench press?

BC: Geared: 1150, raw: around the same .. and Kennelly will have both.

CB: What advice would you offer a young lifter wanting to get started in the sport that you wish you knew when you first started out?

BC: Listen to the guys who know their stuff. Listen, listen, and listen more. I hate new guys that don't want to listen, but act like they want to get better or bitch about their lifts not being top level in just one year of lifting.

CB: Powerlifting is still pretty much an underground sport. Do you like it this way or do you hope that one day its gets more exposure and becomes as popular as other extreme sports?

BC: I don't like it being so underground. I hope that one day it gets to be a popular extreme sport!!!! It is such a great hobby/sport and it's a shame its not more mainstream and popular.

CB: If you could change one thing about the powerlifting community as a whole, what would it be?

BC: Less complaining and crap on the net.

CB: What's your diet like? Do you take any supplements?

BC: I eat often and not so clean. I eat lots of chicken, rice, potatoes, beef, sandwiches, burritos, pasta, dairy products, and protein shakes. I also supplement with Hypergain Creatine and Nitrobol. I have

(continued on page 103)

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The Making of a POWERLIFTER!

as told to Powerlifting USA by Travis Bell and his Westside Odyssey

The thought of Westside Barbell and its iconic owner, Louie Simmons, can be an intimidating one for many an aspiring powerlifter. As we all know, thoughts and myths sometimes stray far from reality. For those who know Louie, or who have met him, they will tell you that he is one of the most accessible men in his field. Louie is a busy guy, but he is known for taking a few minutes out of his hectic days to dole out training advice to those who seek it via a phone call to Westside. So it was with Travis Bell...

Travis Bell (image above) and contemplating his next move (below)

Travis Bell was exposed to the iron game at an early age. His father trained at home with weights as far back as he can remember. As so many young men do, Travis wanted to emulate his father and began lifting weights on his own at the tender age of 12. At 16 he was given a membership to the local Powerhouse Gym franchise along with some training sessions from an ex-bodybuilder. Those sessions lead to his early interest in the sport of bodybuilding. Travis did well in the sport, but quickly concluded the grueling pre-contest dieting required was just not his cup of tea.

Enter powerlifting. Travis was highly competitive by nature and knew he loved the iron, so powerlifting was the obvious choice as it did not require the aforementioned starvation diets. Early success only proved to fuel his fire with a win in his very first meet (a solid 320 lbs raw bench in the 181 lbs class).

His early success quickly devolved to training frustration. He had obtained a single ply bench shirt and was struggling with it. The nuances of geared benching eluded him, and he simply did not have access to the proper help. As often happens, fate intervened in the form of a recommendation from a friend at home that Travis check out the Westside Barbell website (www.westside-barbell.com). Travis did just that and was amazed to find that he had arguably the greatest powerlifting mind and resource in the world literally only a 1 hour drive away!

With some trepidation (remember the Westside intimidation factor) Travis decided to give Westside a call. To his surprise, Louie himself got on the line and spoke with him. Showing some of the steely resolve that makes him such a fierce competitor, Travis had the gumption to ask Louie if he could come to Westside for some direct training advice. Louie agreed, and the next phase of Travis' powerlifting evolution had begun.

Travis recalls well his first Westside visit. Perhaps it was nerves, but getting lost 3 times on his way to Westside did not bode well for the budding powerlifter. He finally arrived at the gym. Taking a few moments to collect himself, he entered Westside with visions of a crazed, super-intense and frightening Louie Simmons impatiently awaiting him (despite their amicable phone call days earlier). Nothing could have been further from the truth! Louie was indeed awaiting his arrival, but instead of being angry and intense he was filled with energy and excitement! He was ready to work with this newcomer and to do as he always does, school him in the ways of proper training and help him to optimize he strength potential. In short, teach him the Westside training methodology.

As has been the case so many times prior, Travis' training at Westside took him to strength heights he could only previously have dreamed of! Travis' best benching prior to joining Westside was a 365 lbs raw and a 475 lbs equipped press. In short order, Louie's instruction took him to his current tested PRs of 520 lbs raw and 725 lbs equipped! In fact, he is currently tantalizingly close to an 800 lbs equipped press at 242 lbs body weight and has that as his goal for the upcoming Pro-Am meet in August.

TRAVIS' WESTSIDE TRAINING TEMPLATE

Travis is a quick study and his thirst for power spurred him to eagerly absorb everything Louie and the great lifters at Westside (George Halbert, Mike Wolfe, Greg Panora, Matt Smith, and Phil Harrington just to name a few) threw his way. Below is the resultant training template he currently follows:

Monday: Back and Shoulders; **Tuesday:** Light Biceps; **Wednesday:** ME Bench; **Thursday:** Squat; **Friday:** Back and Shoulders; **Saturday:** DE Bench; **Sunday:** Off.

As you can see, Travis is a bench specialist, but he trains his entire body.

For the uninitiated, ME work consists of the lifter warming up to a 1 repetition maximum (1RM) personal record (PR) attempt on a given exercise which is rotated weekly usually for 3-4 week cycles. The rotation of exercises is referred to as the conjugate method. The conjugate method allows for weekly 1RM attempts without overtraining via the fact that variations, even small ones, in different exercises tax the central nervous system (CNS) differently thus precluding neural stagnation which is one of the primary underlying factors of generalized overtraining.

DE day usually consists of speed work. Speed work for the bench press consists of 3 reps completed in a target time of 3 seconds or less. This timeframe mimics that of a 1RM attempt (as 1RM attempts are slower by definition) thus allowing the lifter to train their nervous system to fire explosively in less time than it takes to perform a 1RM. Resistance used for speed work should be no more than 60% of one's tested raw (no special bench shirt) 1RM, or 55% of one's tested equipped 1RM. The use of jump stretch bands and or chains is recommended (see www.westside-barbell.com) to provide for accommodating resistance and thus to overcome the inherent limitations of the barbell.

A recent ME Wednesday for Travis:

FOAM PRESS

Travis: "I've never done these before so it was a new experience for me. I must say I really liked them! All sets were done raw with a medium grip (pinkie on the ring)."

135x8;225x5; 315x3; 405x1; 495x1; 585x1; 675x1; 725x1; 765x1; 815x1; 835x1.

"I then moved my grip in a bit (about thumb length from the smooth part of the bar) and did some foam presses for reps." ... 500x10; 500x10.

"Next was some triceps work. I did what we (at Westside) call

(Advertisement)

Panora Presses. These are named for Greg Panora, one of the top powerlifters in the world. They are basically a triceps rope pressdown with a range of motion (ROM) which is limited to the bottom half of the movement." 80x10; 80x10; 80x10; 80x10.

Pec Deck: 140x15; 140x15; 140x15; 140x15.

TRAVIS' DIET AND SUPPLEMENTATION

Like most powerlifters, Travis does not follow a regimented diet in the classic sense of calorie counting and the consumption of specific foods at specific times. Travis is a lifter who has a hard time putting on and maintaining body weight thus he consumes a minimum of 5, and up to 7 meals per day. The meals consist of high protein, calorie dense foods such as meats, eggs, whole milk, and just about anything else that he feels will add to his daily calorie count and be of some benefit to building size and strength.

Travis' supplementation regimen is a direct result of his affiliation with Westside Barbell. Louie Simmons personally uses, endorses, and has his athletes take AtLarge's supplements. Louie's (and the other lifters at the gym) endorsement was good enough for Travis. He tried some of the products and was hooked! About a year after initially trying the products Travis was offered a sponsorship and is now one of an elite group of strength athletes sponsored by AtLarge Nutrition, LLC.

Travis performing a Panora Press to forcus work his triceps

A recent ME Wednesday workout for Travis: The Foam Press

Travis' daily supplement intake includes the following AtLarge Nutrition (only available at www.atlargenutrition.com) products: Nitrean, Opticen, ETS, RESULTS, Multi-Plus; Fish Oil.

Here are Travis' thoughts on the products in his own words:

"I feel that a high protein intake is vital for powerlifters, so I supplement 200g+ of Nitrean daily in addition to the protein I get from solid foods. Opticen is my supplement of choice for post-workout purposes. ETS, RESULTS, Multi-Plus, and Fish Oil are all taken daily. I honestly cannot say enough about RESULTS. I've been taking it for almost 3 months now and I've never felt this strong before! I typically hit PRs on ME day, but right now they are coming in **much** bigger jumps than before. I recover faster and have gotten significantly bigger. What more could you ask for from a supplement?"

WRAP

Travis entered Westside a neophyte powerlifter with a burning desire to be the best. His accomplishments thus far have far exceeded his wildest dreams. Follow the Westside template (www.westside-barbell.com), make sure you are consuming sufficient calories for growth, use the best supplements on the planet (www.atlargenutrition.com), and perhaps you too can blow away your powerlifting goals!

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WORKOUT OF THE MONTH

The ALL-WORLD Deadlift Routine

as told to Powerlifting USA by Brent Howard

Why did I choose the name All-World Deadlift Routine? Well, first, it sounds good. But seriously, over the years and specifically for this article I have solicited input from, and studied the routines of some of the best deadlifters and deadlift technicians in the world (men like Bruce Greig, Spud, Eddy Coan, John Mathieu, Damian Osgood, Louie Simmons, Brad Gillingham, Jon Kuc, Andy Bolton, Scorpion, Vince Anello and many, many more).

The deadlift is the powerlift which has seen the lowest percentage and absolute increase in the last 2 decades. The records now compared with the records of 10 or even 20 years ago are only marginally higher, especially relative to the increases we have seen in the other 2 powerlifts (the squat and bench press). Why? The primary contributors are a combination of training methods and equipment. The powerlifting gear of bench shirts and squat suits provide much greater aid to their respective lifts than any deadlift suit. The training methods which have come into vogue in the last decade or so have de-emphasized or even eliminated heavy contest-style pulling as a regular part of one's training, thus having (in my opinion) a retarding effect on the advancement of the lift as a rule.

Brent Howard *concentrates as he gets ready to pull in a WABDL World competition.*

Powerlifters from Finland are some of the best deadlifters in the world. It is no coincidence that one of the primary focuses of their famous Finnish Deadlift Routine is the incorporation of heavy pulling every week. This concept is in-line with the concept of motor learning and the fact that optimization of demonstrable strength can only occur when maximal neural adaptation to a specific movement has occurred. It flies in the face of the idea of not deadlifting to improve one's deadlift. INCREASE YOUR BENCH WITHOUT BENCHING ..... sounds silly, doesn't it? NO ONE would try that routine, now would they?! So why should the deadlift be any different? Answer: IT ISN'T! THERE ARE NO MAGIC ROUTINES OR SUPER GEAR TO PUSH THE DEADLIFT UP INSTANTLY. IT TAKES HARD WORK!!

My own training has led to what I consider to be a happy medium between the Finnish concept (which includes a more or less standard form of periodization) and the use of special apparatus (such as bands and chains) and exercises. I have tried many routines, and early in my career the standard periodization worked wonders for me (getting me to 700 rather quickly), but I had to come up with something else to push well into the 700s and more. In addition to the Finns, I have studied the methods of the greatest individual pullers of yesteryear, guys like Jon Kuc and Vince Anello. They developed incredible pulling power without ever using a band or chain. Ease off your pulling to rest your CNS??? Can you imagine a training article by Kuc or Anello encouraging such nonsense?

The following program I have developed and outlined should be considered one of deadlift specialization. It will generate awesome results provided the trainee is willing to let his or her squat and bench take a back seat for the entire training cycle. This is a DEADLIFT program designed to dramatically increase your pull!

The All-World Deadlift Program

EXERCISES:

REVERSE BANDS: This movement incorporates blue jump stretch bands (you can buy them at: http://www.westside-barbell.com/bands.htm) hanging from 5'6" from the floor (per Louie Simmons' recommendation). To gauge their setup you can hang a 135 lb. barbell and it should just touch the floor. This movement takes advantage of the lightened method which allows for lockout-focused training.

AGAINST BANDS: Uses purple bands for the majority of trainees with advanced pullers (650 lbs. and up) using green bands. Anchor the bands using a jump stretch platform if available. If not, be sure to anchor the bands to the floor or just above it. Double up the bands on the bar for maximized resistance at the top of the movement. This form of training provides for another lockout-focused variation.

BOX PULLS: The barbell is rested on 5" blocks of wood (one on each end). This provides for a partial range of motion (ROM) movement and supra-maximal loads.

HEAVY = Specified repetition max for the day

MEDIUM = 10-15% lighter load than "heavy" above

(continued on page 90)

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STARTIN' OUT

DEADLIFT TIPS

as told to by Doug Daniels

Small changes can make a measurable difference. This statement can easily apply to deadlifting. This month's article lays out some tips that may seem subtle, but can make a positive difference in your maximum deadlift. By combining several of these sugestions, results can be further compounded. Most of these tips are common sense plus a little Physics 101, and they are easy to try.

The resistance the bar encounters as it moves up the legs from the floor to lockout is the first obstacle to address. One way to reduce friction is to use talcum powder on the front of your shins, knees, thighs and the bottom of your lifting suit legs. This will help the bar climb up the lower body a bit easier. Take the container of powder and splash a moderate amount on these areas. Then turn the container upside down (with the opening shut, of course) and spread it around with the container's bottom. Be careful not to get any on your hands. If you get any talc or baby powder on your hands, you will have trouble gripping the bar. In that case, wipe it off and chalk your hands up before you lift. For safety and courtesy reasons, apply and spread the powder while in the on-deck area and not on the platform. Excess powder on the platform could cause a lifter or spotter to slip and fall. If you notice any excess powder on the platform before you or a buddy lift, ask the spotters to clean the area prior to your attempt.

Competitive swimmers unknowingly provided deadlifters a very useful tip. Some swimmers shave their heads in order to decrease resistance while in water and hopefully decrease their lap time. Powerlifters don't need to shave their heads, but shaving the front of your thighs can have a similar effect on the resistance the bar faces going up your thighs. Shaving the front of your thighs from the knees to just above where the bar stops at lockout can help reduce friction on the bar as it is dragged up your thighs. This can be done a day or two before the meet. Little things like reducing friction on your legs can make a critical difference.

To help maintain your grip on the bar, we need to do the opposite of the above paragraph and increase friction or resistance. To accomplish this, rub chalk or magnesium carbonate on your hands. Many meets supply chalk near the platform, but over the course of the meet, it either gets borrowed, broken into tiny pieces, or used up. Other meets do not supply any chalk at all. For these reasons, bring your own stash of chalk in a Tupperware-type container for ready access and storage. I would suggest keeping your stash hidden or you'll end up providing chalk for your whole lifting flight and perhaps run out when you need it most. Over the course of the meet, the competition bar may develop a build-up of chalk on the knurling from all the previous lifters' attempts. If you notice this, request the loaders to scrape the chalk off with a wire brush before you lift.

Footwear can be a difference maker too. The ideal deadlift footwear should be low to the ground to reduce the distance the bar must travel. Non-skid soles are a plus as they help provide a stable base during the set-up and the lift itself. For conventional deadlifters, I recommend house slipper-type shoes or even actual house slippers. They provide the features I just outlined and also meet rule requirements for footwear. Wrestling shoes are an alternative, but they cost a bit more. You can pick these up at a sporting goods store. Sumo lifters may want to try a cross-trainer shoe for more foot and ankle support. The key to remember is to get shoes with a low, flat heel. A higher heel will angle you forward and decrease your leverage position, requiring you to pull the bar back as well as up. This wastes strength and. Even a degree or two will add more pounds to your deadlift. On a max attempt, every ounce that can be eliminated makes a difference.

Easy To Make Changes *can lead to pounds on your deadlift*

I really can't understand why some lifters wear knee wraps while deadlifting. Wraps are absolutely essential for the squat, but for the deadlift, they can be counter-productive. Deadlifting with wraps could cause your knees to lock out prematurely, reducing the contribution from your legs to the deadlift. If sore knees make it necessary for you to wear knee wraps while deadlifting, I suggest consulting a sports medicine doctor to address that problem. I strongly urge you reconsider using knee wraps for the deadlift.

Deadlift form and execution can really make a difference. The more efficiently you can move the weight, the more you can potentially lift; it's that simple. Set-up is first. Many lifters tend to position their bodies too far from the bar. This causes the bar to be pulled in as well as up to lockout as leverage is decreased while the chance of injury is increased. Just like wearing a higher heel shoe, having to pull the bar back or into your body adds more effort to the lift. A key to competitive lifting is to decrease the distance the bar must travel to lockout. If the bar must be pulled in to your body as well as up, the distance the bar must travel is increased. Physics and common sense dictate you can lift more weight over a shorter distance than a longer one. Set up no farther away than 2-3 inches from the bar. I favored touching the bar with my shins at setup. Flexibility can help you achieve a more efficient pulling and setup position, so don't underestimate its importance. You may suffer some scratches and abrasions on your shins, but no one ever said powerlifting was glamorous.

Your grip width is also important. The narrower the grip, the less distance the bar must travel. A narrower grip also allows you to assume a more upright position, closer to lockout, and also adds more leg power. If you deadlift conventional style, grip the bar at shoulder width just outside the start of the knurling. Sumo deadlifters can grip narrower, straddling the knurling and the smooth part of the bar. There may be a limited number of lifters who gain leverage by using a wider grip, but give a narrower grip a try.

You can still blow everything by making an all too common error at lockout. In the desire to demonstrate a complete lockout to the judges, some lifters lean back so far that they cause their knees to bend. This sometimes results in a red light from an alert judge. A fully upright position with your shoulders slightly back will satisfy the judges.

Any combination of these tips can give your deadlift an instant boost without any increase in your strength or changing your training routine one bit. These suggestions are based on common sense and simple physics. Reduce or increase friction where applicable and decrease the distance the bar must travel by using proper footwear and lifting technique. Subtle adjustments to your overall deadlift approach can make a measurable difference in your meet results.

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DR. JUDD

GREATNESS ... WHAT IT REALLY TAKES – PART III

as told by Judson Biasiotto Ph.D.

There are so many great athletes who have poor genetics but have produced mind-boggling success that you have to conclude that success is not contingent on strictly natural ability.
—Jim Ochowicz

If you will recall last month, I mentioned that in the Seventies I was a researcher with the Kansas City Royals Baseball Academy. The Academy was truly one of a kind with no predecessor and no impersonator. It was an institution of the future that was functioning in the present ... an Orwellian adventure into sports science that was easily five decades ahead of any sports complex the world had ever known. There was no better place to be in the Seventies if you were into sports.

The Academy was the brainchild of Ewing Kauffman, the owner of the Kansas City Royals baseball team. Kauffman believed that athletes who had raw physical talent could be turned into major league prospects by scientific means. Consequently, athletes were procured for the Academy not on the basis of their baseball experience or talent, but rather on the basis of their physical and psychological prowess. In fact, many of the athletes who were drafted by the Academy had never played a day of baseball in their lives. The Academy, unlike other professional baseball organizations, went after the world's biggest, strongest, and fastest athletes regardless of what sport they belonged to. In short, they were looking for the best bodies in the world, not the best baseball players.

Dr. Judd *had all his lifts biomechanically analyzed*

Once they had the best bodies, they attempted to turn them into the best baseball players in the world. No expense was spared by Kauffman to make his dream a reality.

A fifteen million dollar complex was constructed in Sarasota, Florida. The complex consisted of five major league baseball fields, an Olympic size swimming pool,

tennis courts, handball courts, two lakes, living quarters for 125 athletes that were fit for a king, a large cafeteria, ten classrooms, a huge clubhouse, and 6 scientific sports laboratories that were equaled by none in the Western World. The laboratories had every piece of scientific equipment imaginable related to sports. It was a researcher's paradise.

As you might expect, the Academy had some of the most renowned sports scientists in the world ... the greatest minds in sports research.

One of the major investigative avenues was to ascertain which variables in performance separated good athletes from great athletes. They literally spent tens of thousands of dollars along these research lines. One variable that they clearly identified in elite athletes was their biomechanical efficiency. They all possess excellent biomechanics in the skills they perform. Once that was ascertained, they went on and literally spent millions of dollars finding ways to improve their players' biomechanics. That may sound a little ostentatious, but that is how important the Academy felt proper biomechanics were to the success of their players.

To be quite candid, I can personally attest to the effectiveness of having good biomechanics. You see I used all of the techniques that the Academy had to improve my lifts in powerlifting. Let me tell what I did and how my performance was affected. The only reason I am going to use my personal experience to explain this to you is because it is more germane to powerlifting, and more importantly, it makes me sound good. So, please bear with me because this is going to be one of those "once upon a time" stories.

As a powerlifter I did not possess any extraordinary physical gifts ... just about every lifter I competed against had more muscle mass and density than I had ... including the women. Believe me I looked nothing like a power athlete, let alone a world-class power athlete. I had very little muscle and even less definition. At best I had a body of an eleven-year-old stamp collector. In fact, my legs were so skinny that I looked like a pair of pliers in shorts. During the first two years of my powerlifting career, I lost every competition that I entered. In some meets I was as far as two hundred pounds behind going into the deadlift. Heck, some lifters could probably have beaten me without even deadlifting. There was a joke going around that the AAU was going to ban me from competition because I was impersonating a powerlifter ... I think it was a joke. All of that changed within less than a year after the scientists at the Academy corrected my biomechanics.

The first thing they did was a biomechanical analysis of my lifts. Understand that form and/or efficient biomechanics is an individual matter...it is specific for each individual. Since I was rather tall for a bantamweight, they were hoping to minimize the disadvantage of my height by increasing the efficiency of my movements in each lift. In order to determine the proper form for my anatomical structure, they took electromyographic readings while I experimented with different hand spacing in the bench and different foot spacing in the squat and deadlift. They also tested me on various force platforms. I don't know exactly how they did it, but in less than a month, they put together a detailed biomechanical analysis of each one of my lifts.

What they found was extremely informative. From a biomechanical standpoint, I was doing just about everything wrong! For example, my foot spacing in squat was about six inches too narrow for me to get maximum thrust from my legs and hips. Also, my hip positioning during descent put me in such a poor anatomical position that I literally had to descend a good two inches further than was necessary to break parallel. Even my feet had to be re-positioned so that I could drive upward with maximum power. In short, I literally had to re-learn how to squat, bench press and deadlift.

After they determined the proper biomechanics for my anatomical structure, for a month and a half my training consisted mainly of practicing my new form. During this time, I used very light weight, approximately sixty percent of my maximum. Every one of the lifts that I made during these initial training sessions was videotaped from numerous angels. After each lift, the tapes were played back so that I could analyze my mistakes against a computerized generated image of myself. I spent plenty of time analyzing those films. It helped make me more aware of even minute errors in my form.

Eventually, John Ott, a time-lapse photographer from Disney World, filmed my lifts. Ott set up a series of cameras to photograph my lifts from several angles. Once he filmed me making the lifts with perfect form, the Academy got Faye Reid, a cartoonist, to replicate each frame of the film. After she completed the drawings for each lift, she went back to each picture, and with the help of a team of biomechanics experts, she drew in the actual muscle groups that I used during each segment of the lift. The drawings were done so ingeniously that if you flipped through them, you could see how each muscle group was recruited for the lift. For example, looking at the bench press, you could see exactly in which segment of the lift the latissimus dorsi came into play, when the deltoids were activated, and when each one of the triceps' heads was being used.

In all, Reid made close to 1,500 drawings. After they were completed, they were made into a loop film so that I could view them continuously. By viewing the film, I was able to become aware of the muscles I was using during each segment of my lifts. When I got stuck at a certain part of the lift, I knew exactly which muscles to recruit and/or concentrate on to make the lift. The film also helped me to perfect my form.

For example, it taught me the exact moment during my squat when I should kick my hips in and throw my shoulders back. In short, by using the films as a training aid, I learned to synchronize my mind with my body. During my lifting career, I must have reviewed those films at least ten thousand times.

What were the results? Well, I don't want to brag, but - of course - you know I will. I went from being one of the worst powerlifters in the world to one of the best. If I had not gotten seriously injured, I think I could have been the best. Of course, it is easy to say that since there is no way to prove it ... that is honestly how I feel though. (It might be noted that I am drinking heavily while I am writing this.) There were a lot of athletes who had greater physical prowess than I had -- athletes who should have beaten me easily but never could. Like I said, at best I had the body of an eleven-year-old stamp collector. There is no way I should have been able to beat some of the guys that I did, but I beat them and many of them I beat soundly. The secret to my power is that I had flawless biomechanics. If you analyze my squat, bench press or deadlift form, you will find that it is impeccable. I had an extremely efficient, smooth, compact stroke in every one of those lifts.

That is the same thing the Academy found ... the more efficient they made their players' biomechanics the better they performed. Interestingly, few powerlifters even consider perfecting their biomechanics ... a mistake of significant magnitude. As noted, good biomechanics can be the difference between being good and being great.

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UPA Pro-Am Power Weekend

The UPA Pro-Am Power Weekend was held at the beautiful Grand River Center in Dubuque, Iowa, July 12 & 13. We had lifters from all over the nation and as far away as the Ukraine. This meet was a two day meet with a amateur bench meet on Saturday morning, Pro Bench Bash for Cash Saturday night and Pro Full Power on Sunday. The pro shows placing were by Schwartz formula. The amateur bench meet started off the events for the Power Weekend. In the 114 lb. class Teresa "Little T" Putchio hit a nice solid 209 lift on here first attempt and missed 220 on her 2nd and 3rd. Jason "Tadow" Carson at 198 bwt. went 2 for 3 in the morning show hitting a best of 540. Then Jason came back and did the night show the Bench Bash for Cash and went 3 for 3 hitting a best of 573 topping his morning show best of 540. That was incredible. Great job Jason. Todd Frank at 41 years old lifted a PR in the 242 class with 600 lbs. Todd has hit a PR of 600 in the 242 and 275 class. Topping out the morning show was best lifter John Berding with a huge lift of 672 lb. in the 220 lb. class. John is getting stronger with every meet he does. Congratulations to all of the Amateur morning show lifters. The UPA Bench Bash for Cash: Every year I hold the BB4$ we get the best benchers in the world to lift in it. This year was even better. The crowd was large and really in to the meet this year. I really feel this will be one of the premier meets for the best bench only guys. The stage, loud music, and big crowd has the feeling of a mini Arnold Classic bench meet. The lifters were going for a total of $2000 in cash awards. Starting out with the lightweight division (220.5 and under) Janet Farone of Metalmilitia all the way from New York at a bodyweight of 132 lb. was the only woman stepping up and going against the men. Janet lifted a strong 330 lb. and missed 363 on her 2nd and 3rd attempt. Rudy Hillyard from Pennsylvania lifted a PR of 446 lb. As some of you know and some of you who don't know, might say Rudy is handicapped. I say Rudy is a true warrior and let's nothing stop him from doing what he loves to do. Rudy it a great guy and comes to all my meets no matter what it takes. I appreciate that kind of support and thank you Rudy. Tim Hensley from Detroit Barbell took 3rd in the LW division with a lift of 633 lb. Matthew Minuth from Zenzen Powerlifting Team took 2nd place in the LW division. Matthew lifted 755 lb. and just missed 771 at a bodyweight of 219 lb. Ex Bodybuilder turned freak bencher. This guy is only 27 and I have a feeling he will be breaking some world records soon. Very strong and built to bench. Jake Prazak from North Iowa Powerlifting Team won $1000 in cash for 1st Place in the LW division with a lift of 804 at a bodyweight of 220 lb. Jake took 2 shots at Rob Luyando's 220 lb. 832 lb. record with 834 lb. and was very close. Jake keeps getting stronger each meet and I see the 220 bench only record being broken very soon. In the Heavyweight division Mark Bell of Super Training Team from California at a bodyweight of 308 lifted a PR of 810. Mark has the slowest press I have ever seen. The guy just muscles the weight up. Great job Mark. I was real happy to see Chris Smith get a big lift in. Chris has had some bad luck at my meets and this meet he stepped up and pressed a big lift of 749 at 242 body weight. My good friend Sebastian Burns of MetalMilitia from New York took 3rd place in the HW. Sebastian missed his opener, but then came back on his 2nd attempt of 749 and finishing with a strong 788 for his 3rd. Matt Hobmeier from W. Heights, Iowa was on fire this day. Matt went 3 for 3 749, 771, and 804. Matt drives 6 hours to train with us once a month. Matt had some tough frustrating workouts for a long time and pulled it together for the big show. Great job Matt, all your hard work paid off. Now on too the two best benchers in the world. I always like to see Rob lift. The crowd really gets in to

(article continued on pg. 100)

Best Lifter Ltweight *- Vladimir Venglovschi with Kenny Patterson and Bill Carpenter*

Best Lifter *– Matt Kroczaleski*

Best Hvy BPer *- Ryan Kennelly*

UPA Pro-Am Power Weekend - 12-13 JUL 08 - Dubuque, IA

BENCH	BP1	BP2	BP3	Best
FEMALE				
114 lbs.				
Open AD				
T. Putchio	209	~~220~~	~~220~~	209
MALE				
181 lbs.				
Master (40-44)				
J. Chrencik	446	457	~~468~~	457
T. Quetrochi	~~385~~	385	—	385
Master (45-49)				
T. Pernu	~~567~~	~~567~~	~~567~~	—
Open				
M. Ryan	~~418~~	~~451~~	474	474
W. Keith	~~501~~	~~501~~	~~501~~	—
Teen (16-17)				
D. Beaudry	314	~~330~~	~~341~~	314
198 lbs.				
Master (60-64) AD				
D. Swift	440	501	~~507~~	501
Open AD				
J. Carson	474	518	540	540
Submaster AD				
J. Becker	402	435	446	446
220 lbs.				
Master (40-44)				
J. Berding	~~672~~	~~672~~	672	672
R. Hennigar	567	~~600~~	~~600~~	567
Open AD				
J. Becker	402	435	446	446
J. Fogle	~~385~~	385	402	402
Submaster AD				
J. Carson	474	518	540	540
242 lbs.				
Master (40-44)				
T. Frank	~~600~~	600	~~622~~	600
D. Schmidtke	424	~~457~~	~~457~~	424
Open				
J. Westphal	~~578~~	578	~~600~~	578
Tomaskiewic	507	518	529	529
275 lbs.				
Master (40-44)				
S. Drake	~~584~~	—	—	—
Open				
C. Truitt	507	529	551	551
308 lbs.				

Junior				
J. Alwerdt	479	501	540	540
D. Leibfried	446	474	~~501~~	474
SHW				
Master (40-44)				
S. Nutter	~~600~~	~~600~~	~~600~~	—
Submaster				
C. Kadrlik	617	650	~~661~~	650
Tomaskiewic	507	518	529	529
BENCH for $	BP1	BP2	BP3	Best
FEMALE				
Lightweight				
132 lbs.				
J. Farone	331	~~364~~	~~364~~	331
MALE				
Lightweight				
148 lbs.				
O. Mihai	364	~~419~~	~~430~~	364
165 lbs.				
D. Nelson	~~546~~	~~546~~	~~546~~	—
181 lbs.				
T. Hensley	~~634~~	634	~~661~~	634
R. Hillyard	~~408~~	424	446	446
198 lbs.				
M. Strom	573	601	~~612~~	601
J. Carson	502	551	573	573
220 lbs.				
J. Prazak	805	~~834~~	~~834~~	805
M. Minuth	722	755	~~772~~	755
J. Reyes	650	~~672~~	~~672~~	650
Heavyweight				
242 lbs.				
C. Smith	~~733~~	~~750~~	750	750
275 lbs.				
R. Luyando	~~948~~	~~948~~	948	948
S. Burns	~~750~~	750	788	788
J. McMillan	~~705~~	705	728	728
308 lbs.				
M. Bell	777	810	~~832~~	810
M. Hobmeier	750	772	805	805
R. Ryan	650	~~716~~	~~716~~	650
J. Shell	~~744~~	~~772~~	~~838~~	—
P. Key	~~816~~	~~865~~	~~865~~	—
SHW				
R. Kennelly	1014	1075	~~1102~~	1075
P. Ratsch	~~650~~	~~650~~	~~832~~	—

Powerlifting	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
MALE										
Lightweight										
148 lbs.										
C. Svoboda	~~502~~	~~502~~	~~502~~	—	—	—	—	—	—	—
165 lbs.										
A. Valleza	584	~~617~~	~~617~~	441	~~474~~	474	496	~~518~~	518	1576
G. Reichert	485	~~551~~	~~551~~	342	364	~~386~~	507	551	~~573~~	1400
181 lbs.										
S. Schneider	402	~~507~~	~~546~~	276	~~314~~	~~320~~	408	496	~~529~~	1174
198 lbs.										
J. Baker	650	~~672~~	~~672~~	452	~~468~~	~~468~~	568	601	~~612~~	1703
220 lbs.										
V. Venglovschi	794	860	887	518	~~595~~	~~595~~	728	772	~~805~~	2177
S. Sass	639	661	~~700~~	402	~~424~~	~~424~~	584	612	~~639~~	1675
Heavyweight										
242 lbs.										
M. Kroczaleski	~~1003~~	~~1014~~	1014	672	705	~~722~~	761	783	620	2502
J. Frey	882	953	987	645	705	~~739~~	711	766	799	2491
S. Orta	678	~~761~~	761	369	~~419~~	~~419~~	502	573	~~623~~	1703
275 lbs.										
A. Carlquist	926	~~1009~~	1009	634	705	716	672	711	739	2464
J. Garcia	976	1014	1042	562	595	~~628~~	744	783	~~810~~	2447
P. Arroyo	777	~~832~~	~~832~~	551	584	~~612~~	612	656	~~672~~	2017
L. Bush	551	601	~~634~~	452	~~529~~	~~551~~	430	463	502	1554
308 lbs.										
S. Cartwright	~~1047~~	~~1058~~	1058	606	639	~~656~~	705	~~755~~	~~755~~	2403
SHW										
P. Ratsch	601	700	~~755~~	314	634	~~705~~	502	557	~~584~~	1890

Best Lifter Bench: John Berding. Best Lifter Powerlifting: Matt Kroczaleski. Best Lifter Bench for Cash: Ryan Kennelly. (Results courtesy from Carpenter William)

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Hard Core Gym #79

MUSCLE WORKS GYM

as told to Powerlifiting USA *by Rick Brewer*

We, at Muscle Works Gym, have read your columns on hardcore gyms in Power lifting U.S.A on a regular basis. (That comment - although obvious flattery - will get you published; I've been hoping for years that someone reads these! RB) We have often wondered why we are not mentioned, probably because none of us had written you. (Also, we've featured so many other FL gyms that some other states were jealous. Evidently, there are zero hardcore gyms in Rhode Island and Idaho. RB) This seemed to be the perfect time to tell you about our gym.

Muscle Works Gym just had four lifters compete at the AWPC World Meet; Mike Allocco, Margaret Kirkland, and Vinny Lysobey - all three got best lifter. (That's a lot of Best Lifters.) All the people mentioned train at Muscle Works. The part that makes it a little more interesting is that Muscle Works is a 4,600 sq. ft. gym in Bradenton, FL. Muscle Works definitely fits the term Hardcore Gym. We have no ceiling; a roof - yes, but a ceiling - no. We have three-quarter inch rubber floors through out the entire facility, with bright yellow concrete block walls, located in a storage unit behind a strip mall. We also have a plethora of world record certificates on the wall and a lot of trophies on the bag rack as you enter. The gym has a personality of its own - once you come in you feel like part of the group, everyone helps everyone. You can contact me (Van Searcy) at the gym (941)752-9828 or by mail 447 Cortez Rd W. Bradenton Fl. 34207 - and I'll help you with the info.

Van; first of all, thanks for pretending to read the Hard-Core Gym articles. It will delay my suicide plans and also make my mom so proud. (Call her Nana.) I'll have to tell her about this important reader discovery, because even she just pretends to read the articles - but she'll be so proud when I tell her. (Some readers know Nana from power lifting meets.) Who started the gym, and why is it so long and skinny? Tell me more! Rick

We have a gym with it's own personality. (So does First Lady Health Spa, but they're not Hard-Core. RB) Muscle Works was started in 1989 as a Power House gym. It was owned by a bodybuilding couple, Dave and Lynn Kaufman. As the last sentence intimates they started it as bodybuilding gym. They sold it for some unknown reason, probably the long hours, to Reggie Blankenship. He moved it to another location we managed (my father managed the first location). Reggie was a powerlifter so the gym had a mixture of lifters, but then Reggie went through a divorce. I had been lifting there for quite awhile. When his divorce played out,

I wound up with the gym. When we leased the gym space to the anchor tenant of that plaza, we had to move the gym. Fortunately, the majority holder of that plaza was buying another plaza a half mile away - but the only space available in that plaza was the storage area in the back. I know it was long story but you asked. (My bad)

The lifters train together most of the time but most have screwy schedules. Friday is dead lift day, Saturday is squat day (don't even try to get close to the Monolift on Sat), and Tuesday is bench day. There are about 3 different groups of lifters but they intermingle so much, that there is no telling who is in which group. (I was at that party, but someone had to drive me home. RB)

The gym is the prototype for the modern Hardcore Gym; older but very effective equipment, rubber floors throughout, ugly yellow concrete walls, chalk everywhere, a self designed dead-lift platform (because they broke my foundation), anchor chains in five gallon buckets, trophies galore when you walk in the door, world record certificates with Powerlifting USA rankings on the walls, some pictures of some of the record lifts, and a stereo that drives two 2.5 X 3.5 inch speakers (Wow! Usually you have to ride in an old AMC Gremlin to get this speaker size and quality! RB) playing mostly 80's hard rock but you never know what you are going to get. The air conditioners work most of the time when the chalk doesn't clog the filters, but the filters have to be changed every two weeks. The dimensions are different too 30 X 145 ft.

There are two stories that are lifting related that I can recall. Vinny Lysobey was training for the AWPC World Meet; he was benching, somehow something went wrong, and the bar wound up on his neck (not the funny part). The next day; Vinny's angry wife came in looking for the spotters, you should have seen all the big lifters running from a 120 lb. wife. (Girls are the mean ones; I would've ran and hidden, too. RB)

We have had a few good powerlifting meets at the gym, most of them were Scott Taylor's meets. The weigh-ins were generally the night before. I was at the counter one time, when a guy with one arm walked in and asked where the scales were. I had to ask; he said he was going to bench and squat. The next day he did, and he benched 550. (I can't remember this one-armed lifter's name, but I've seen this guy bench at meets before! Very impressive! If you know his name, please email it to me. RB)

The difference this gym has is in the people we have, from every walk of life. We have ditch diggers, we have computer scientists, doctors, judges you name it. Mike Allocco got married a couple of months ago; he laid the invitation list on the front counter for anyone to get an invite. We only have 170 members max. The wedding was 45 miles away and had about 170 people, but fully 55 guests were lifters from the gym. I was impressed by the solidarity.

The gym is different because of the people. Different, YES, but also 3 of the best lifters in the world train in a 4,600 sq ft gym in Bradenton Fl. that has been open for 20 years. That is unique. (And, it's a very long and skinny gym. RB)

The person who took the impromptu photos is Margaret Kirkland's daughter. I don't think I told you that Margaret was on the cover of Powerlifting USA a couple of months ago.

Thanks to Van for the info, and thanks to MK's daughter for the photos from the gym! Little known fact is that about 11 or 12 years ago; HOUSE OF PAIN used a rented long-skinny storage space - until we moved to our present location in Fate. Muscle-Works Gym is a very cool gym, even if it is yet another gym from Florida. Do the rest of you states have any gym-pride? Heck, there are way more lifters in CA & TX than in FL; there should be more HardCore Gyms in both states. I thought FL was best known for 'Girls Gone Wild' spring-break videos, alligators that eat poodles, and retirees getting struck by lightning on golf courses. But the FL crew keeps cranking out stronger people from all of these HardCore Gyms. What about the Midwest? Hey Salt-Lake, hey Detroit, hey St. Louis - can I get a shout? I know some beasts that live in Hawaii; where do you train? What about all of you Yankees in the North-east; do any of you train in a HardCore Gym?!? Holla back or I'll say you are DEAD.

Comments and gym-info: rick@houseofpain.com

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An Unconventional Beast

as told to PLUSA by Aaron DiPrima

Having trained with weights for nearly 20 years, without so much as a week off, except for the occasional BigFoot safari, but chasing an imaginary monkey around the woods for a week is pretty physically draining as well, traditional stuff has grown beyond boring. This has led my training partners and myself to experiment with our resources and develop alternate forms of conditioning. Some of these have been very successfully implemented, such as our outdoor drills covered in previous articles, and some not so successfully, such as our countless hours of frantic meth-enhanced nude line-dancing which, while rigorous, failed to produce notable conditioning results, or favorable criminal records.

Omitting Olympic Weightlifting, which is a highly skilled sport, the main popular forms of weight or resistance conditioning are Bodybuilding, Powerlifting, and the Strongman contests. My training is a pretty even distribution of all three of these disciplines. Following such a program, I have not been able to master one particular sport, lift or event. This however, is the widest, most diverse base of conditioning that I have ever had, and I could easily switch focus on any one of the sports for a cycle and be somewhat competitive, except perhaps for bodybuilding, due mostly to my Jim-Beam-and-Frosted-Flakes binges and the manic, uncontrollable sobbing that accompanies them.

I have always used the Westside barbell program as a general template, as it allows a broad base that one can modify as they become stagnant or bored. Also, those Eastside fools got nothin, yo. Incorporating bodybuilding is pretty easy and can be done a couple of different ways. You can replace the speed work with bodybuilding work; you can replace max effort work with bodybuilding work; or, as I prefer, reduce the volume or intensity on the main speed and max work and then doing bodybuilding afterwards. Instead of doing four or five exercises, the traditional template allows for increasing it to 8 or more, and this can also be broken down over two days, especially on the max effort days. So a typical two day split may look something like this:

Day 1

–FloorPress up to 90%
–Dumbbell incline 4x15-20
–Machine Press 3x20
–Tricep Dumbbell ext. 4x10
–Tricep cable work 10 minutes
–Side lateral work 3x15-20
–Rear delts 2x20
–Abs

Day 2

–Pullups 4x10
–Lat Pulls 5x15-20
–Cable rows 100 reps total
–Peering into the vast emptiness of your soul 20 reps
–Shrugs 10x10
–Bicep work 15 sets total

Incorporating the bodybuilding work into the template is generally pretty easy. The Strongman stuff can be implemented just as easily by switching the core movements with Strongman events. For instance, Max Effort Bench can be a Log Press for a heavy single or best set, Speed Deadlifts can be exchanged for Tire Flips, and general assistance exercises can be switched to lower impact outside drills and Strongman events. Followed rigorously, this program can also make the voices stop whispering those evil thoughts in your mind.

With just a couple rearrangements you have a system that is working all three of the disciplines.

Day 1

–Log Press 3x5
–Dumbbell incline 4x15-20
–Machine Press 3x20
–Tricep Dumbbell ext. 4x10
–Tricep cable work 10 minutes
–Vigorously spank Dain 50 reps
–Side lateral work 3x15-20
–Rear delts 2x20
–Abs

Day 2

–Truck Pull 1 set for time
–Pullups 3x bodyweight to failure
–Cable rows 100 reps total
–Farmers walk with Kettlebells 4 trips to grip failure
–Bicep work 15 sets total

Again this is just one example, and keep in mind that this will make you the proverbial jack of all trades, but you will not be in a position to master any particular one.

Please call with any questions or Bigfoot sightings:

Aaron DiPrima
Strength Beyond
269-655-0066

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NUTRITION

Power Nutrition Q & A

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

The Bang Behind BōkU™
A Roundtable discussion with Leading Experts on this new Super Food

Part 1

You know I am big on promoting the health of our lifting community. Due to the fact that so many lifters do suffer from numerous different health conditions this has become one of my main priorities. In reality it is the main concern even above helping you attain that bigger total because without your health you will never reach the top of your game. The reason why so many lifters have these health problems is that the majority do nothing to improve their health or prevent these diseases them from happening in the first place. With most lifters it is only when they have a health condition kick them in the backside, then and only then do they sit up and take notice. Time and time again I have even seen lifters know that they have a cholesterol problem or elevated triglycerides only to see their nutritional journal on how they inhaled a dozen doughnuts, 50 chicken wings and washed it down with a six pack of Bud. I am not here to rain on your parade but the reality is you have to take your health into consideration. I know most of you may think I push the whole health thing too much. Once you taste a major health problem like a heart attack or have been diagnosed with Type II Diabetes, all of a sudden you will see that maybe I didn't push it enough.

The reason why I am excited is because of a new product that I want to introduce to you. I go above and beyond in my quest to let you guys in on the best natural supplements and foods. I am into super foods and greens products. In a time when most foods are loaded with impurities, additives, refined ingredients, and pesticides, strength athletes need super concentrated nutrition that processed foods aren't providing. I look to super foods to help fill the gap that is missing from so many lifters' nutritional daily intake. I also recommend these foods to lifters for many other reasons. First off since so many lifter's diets are lacking in the proper nutrient profile to support their health and intense training sessions, it is imperative that you provide your body with the nutrients, both macro and micro to help keep you healthy and strong. The product that I wanted to let you know about is BōkU™. That may sound like an odd name but this product is anything but odd. In fact it is one amazing greens super food that is at the top of its category. This powerful formula was created by the innovative minds of Reno Rolle and Dr. BJ Adrezin. When it comes to Greens or Super food products I have been through the gamut of using just about every formula on the market. Of all the ones that I have tried BōkU™ really stood out. To let you know more about the different health and performance benefits it has to offer I decided to conduct a roundtable discussion with many leading experts in Holistic Nutrition and Medicine. I also contacted the formulators of BōkU™ and medical professionals that are inclined to the natural health sector to help give you the inside scoop on what Boku can offer from a scientific point of view. In this first part of the discussion I wanted to ask some question that I thought you would be interested in knowing and at the same time help give those lifters who are not familiar with these types of super foods what they can offer you for your performance and health. In this first part most of the questions will be answered by Lynn Rolle, the CEO of BōkU™ Super Foods. Also answering questions will be Chakra Earthsong, a leading alternative health consultant and Holistic Nutritionist. So here it goes.

Anthony Ricciuto: What inspired you to create BōkU™ Super Food and how did you arrive at the formula?

Lynne Rolle: Well our our Mission Statement is simple and sincere: "To positively impact the highest number of people possible, with the healing power of natural, organic nutrition."

BoKU Super FoodTM was born out of necessity. When Reno's son was diagnosed with a focus problem in 1994, we rejected the automatic prescription for Ritalin(r) and began searching for alternatives to mainstream mind-altering pharmaceuticals. The naturopathic physician that we consulted had experienced recent success with a new powder supplement containing super green algae, spirulina, and other potent, live foods. We were skeptical at first, but after seeing the results with our son, it ignited our passion for using food as medicine. We began to realize that society may have become addicted to pharmaceuticals and that nature may actually have better answers to all our ailments.

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

Over the years we sampled and familiarized ourselves with various Superfood products from all over the world.

My husband Reno and I attended a health retreat in Calabasas, California a couple of times each year. This retreat is often referred to as a yoga and hiking "Boot Camp." Each day, we hike an average of 14 miles and do several hours of yoga and various other exercises. All while restricted to 1400 calories of organic vegetarian food, organic decaffeinated teas and pure water. It was during these retreats that we began experimenting with our own Superfood formulations to ascertain the direct benefits we were receiving.

I personally have a thyroid condition and like many women my age, have experienced wildly fluctuating hormone levels and the related challenges. We began early tests by including an incredible substance from high in the mountains of South America called Maca. A nutrient dense Superfood, Maca has been used for thousands of years to balance endocrine function and as a fertility and sexual enhancement food. It's also amazing for pure energy without the spikes and crashes associated with caffeine and other stimulants. We were absolutely blown away by the effects we experienced flooding our blood with pure organic nutrition during these intense experiments. We are both well into our 40s, and we were out-hiking, out-lifting, out-running... out-performing other members that were sometimes more than 20 years younger! My thyroid condition is gone and I've lost almost all of the 20 extra pounds I had been carrying around since my children were born.

In 2005, Reno co-created an historical best seller on the subject of natural cures. "Natural Cures They Don't Want You to Know About" was number one on the NY Times list for 18 weeks, and has sold in excess of 10 million copies and is widely considered the most successful self published book of all time. This experience vaulted our interest in natural medicine even further and placed Reno in the company of some of the most brilliant medical doctors, homeopaths, herbalists, naturopaths, and organic formulators. Our vast network of alternative health practitioners and researchers proved to be great resources for sourcing ingredients, and ultimately the formula for BōKU™ Super-food.We began working with these amazing minds to create the ultimate full spectrum Superfood. After working for several years on countless formulations, BoKU™ International was officially launched in July 2007.

AR: Your latest product, BōKU™ Superfood, is one of the hottest superfoods on the market today. Can you explain to the readers what a superfood is and what its purpose?

LR: There are certain plant-based foods that are so nutrient-dense that they actually create health in the body! BōKU™ SuperFood is such a formula. Many of these incredibly powerful foods have been used for thousands of years. They turbo charge immune function, fight sickness and can help heal the body. BōKU™ is a synergistic blend of the most powerful phytonutrients, nutrients derived from our earth's plants. They flood the cells with bio-available, organic nutrition to shift the body into a natural state of balance, producing superior health. Many people are unaware of how few nutrients they are able to absorb from man-made, synthetic supplements. Synthetic supplements are heavily processed and are manufactured in pharmaceutical plants and chemical factories. The body cannot even recognize or assimilate the majority of these formulations. Boku Super Food is pure nutrition directly from nature, made from beautiful, living plants.

AR: BōkU™ is one of the most nutritionally dense greens superfoods on the market. Can you tell us what the different ingredients are in BōkU™?

LR: It's a very long list! Our proprietary mix contains over 30 different ingredients. Our web-site, www.bokusuperfood.com offers detailed information on every ingredient. It's worth noting that

BōkU™ contains no fillers of any kind. Every single ingredient in our formula is there for a specific reason. BōkU™ is a broad-spectrum superfood that contains essential vitamins, trace minerals, antioxidants and probiotics. Experts are blown away when they read our label and discover that we've really missed nothing. Here is a label breakdown of what BōkU™ contains per serving.

BōkU™ SUPER FOOD- Formula by Dr. BJ Adrezin

BOKU SUPER GREEN (3000mg)

Organic Spirulina, Organic Chlorella (Cracked Cell Wall), Organic Full Spectrum Grasses™: Organic Barley Grass (Nectar, and Juice), Organic Oat Grass (Nectar, and Juice), Organic Alfalfa (Nectar, and Juice), Organic Gotu Kola, Organic Nettle, Organic Kelp, Organic Bladderwrack, Organic Nopal Cactus, Organic Dandelion Leaf, Organic Horsetail, Organic Broccoli Juice, Organic Kale Juice, Organic Spinach Juice, Organic Cabbage Juice, Organic Parsley Juice, Organic Klamath Lake Blue-Green Algae

BOKU SUPER CHOCOLATE MACA (2500mg)

Organic Maca Root Juice, Organic Cacao (organic raw chocolate), Organic Sweet Mesquite Pod, Organic Carob

BOKU SUPER BERRIES (2000mg)

Organic Hawthorn Berry, Organic Goji Berry Juice, Organic Acai Berry, Organic Blueberry Juice, Organic Blackberry Juice, Organic Raspberry Juice, Organic Strawberry Juice, Organic Cranberry Juice

BOKU SUPER EXTRAS (1960mg)

Boku Super Sprouts (Organic Flax Sprouts, Organic Chia Sprouts, Organic Broccoli Sprouts, Organic Quinoa Sprouts, Organic Millet Sprouts, Organic Buckwheat Sprouts, Organic Amaranth Sprouts), Organic Date, Organic Carrot Juice, Organic Beet Juice, Boku Super Enzymes (Amylase, Protease (3 different potencies), Bromelain, Cellulase, Lipase, Alpha-galactosidase, Papain), Probiotic (vegan grown), Organic Red Dulse, Himalayan Pink Crystal Salt

AR: Wow that is one amazing formula. It looks like you have put many of the best herbs and super foods all in one place. Since purity of product is a big concern today for those purchasing natural foods and supplements can you tell me about your production facilities?

LR: BōkU™ Super Food is hand blended and packaged with care in a state-of-the-art GMP facility in the USA. We were touring the facility recently, and I have to say,

Lynn Rolle – BōkU(tm) CEO

it's quite impressive. You can literally eat off the floor in our plant. Given our kosher and organic certifications, we are subject to unannounced inspections and are held to the most stringent standards imaginable; which is exactly how we like it!

AR: What is the dosing program for taking BōkU™? How can it be used?

LR: We always recommend starting slow. Begin with 1 tablespoon or scoop per serving blended into your favourite juice or pure water, and gradually increase as desired. It's virtually impossible to overload your system with Boku Super Food. Many of our customers, especially athletes and weightlifters, will mega-dose. The small dose of 3-4 tablespoons offers the equivalent of an incredibly nutrient-dense meal. Just 1 tablespoon, the beginner's dose, floods the cells with vital nutrition and also truly satisfies deep hunger. That's why so many first-time users report easy weight loss with Boku Super Food. By flooding your cells with organic nutrition, cravings disappear and you find yourself snacking less. In addition, energy levels sky rocket from our organic maca and other powerful ingredients. You'll be naturally motivated to work out. For many, the feeling after enjoying a superfood drink is similar to caffeine high. Caffeine and other stimulants boost you up, but only temporarily. BōKU™ offers an energy lift without the peaks, crashes and resulting adrenal stress. In fact, BōkU™ Super Food delivers an incredibly smooth energy rush while soothing and nourishing your glands, rather than pounding them with stimulants. Energy derived directly from nutrition is the best possible choice for our bodies, and will deliver the best workouts possible.

AR: This is my thoughts exactly when I am designing nutritional plans for my world class athletes. I always stress that you want to fuel the body so it can perform at an optimal level. Can you overdose on BōkU™? Should this be a concern for lifters?

LR: It's important to note that Boku SuperFood is not a supplement. BōkU™ is a broad-spectrum superfood. As I mentioned earlier, it's virtually impossible to overdose with BōKU™. Mega-dosing is not only safe, but encouraged. Depending on the individual and the level of toxicity, there may be adverse reactions to the cleansing benefits of BōkU™. Common sense and trial is the way to go. Again, start out slowly, see how your body responds and build from there. My husband takes 6-8 tablespoons mixed in a shaker of juice before he hits the gym. Sometimes, he'll do this twice a day or more! He is 47 years old and in the best shape of his life. We have many professional bike riders, motorcycle racers, football players, fighters and other athletes that mega-dose constantly and swear by the results.

AR: Does BōkU™ need to be taken on an empty stomach or can it be mixed with food?

LR: For best results take BōKU™ on an empty stomach. This way there's less chance of impeding absorption and you will really feel the rush of nutrients. Of course, this assumes a relatively clean colon that is not super clogged and highly toxic. The main goal is to get BōkU™ in the system. For people with congested, toxic colons, we have our Super Cleanse products, Steps 1 &2. This is a simple three-day cleanse to help move out the waste and impurities so the nutrients in Boku can speed their way into the cells through the colon, where they are absorbed. Taking it on a full or empty stomach is less important than ensuring that your body is capable of assimilating efficiently.

AR: Should BōkU™ be cycled or can you take it for long periods of time? Will it lose its effectiveness if it isn't cycled?

LR: That's a very astute question. Cycling leads to optimal body response. It also prevents food sensitivities from developing when consuming the same foods (even healthy ones) over a long period of time. People can cycle in different ways. A common way to cycle is taking a week off every 2-3 months. Most people don't cycle, and we have not had any reported problems with taking BoKU for months at a time. BoKU is so nutrient -dense that there is major benefit, cycling or not. Shortly we will have additional Boku Super products that can be cycled between each other. Announcements will be made thru our Newsletter & web site as released.

AR: How will BōkU™ help powerlifters with their energy levels? Many powerlifters consume large amounts of caffeine because they lack energy. Can you give us some reasons why Boku will help energize lifters without the stimulating effect?

LR: BōkU™ delivers amazing energy benefits. The difference is that the energy comes from pure nutrition, the way the body prefers it, not from a drug. Caffeine is a stimulant that basically hammers the adrenal glands, triggering the release of adrenaline. Remember adren-aline is the "fight or flight" hormone that is released during high-stress events. Going to the gym for a work-out or getting through your day at work should not be a high-stress event. We don't need a jolt of adrenaline energy. We need the smooth, lasting energy that can only come from pure nutrition. Beating up our adrenals with caffeine is very dangerous and can lead to big problems down the road. A little bit of caffeine is fine - probably no harm in a cup of coffee, once a day. But most of these supp-lements and energy drinks contain way too much of it. After a while we find ourselves needing more and more. We all know someone that visits Starbucks several times a day or drinks a full pot of coffee just to get through the day. They probably all started with one cup.

AR: I couldn't agree with you more

LR: There are way too many people that rely on stimulants just to get them through their day and this should not be the case. The problem is that their nutrition choices are simply the worst foods imaginable that is not fuelling them to even get through their work day let alone intense training. This can only lead to more health problems down the road.

AR: Can you tell the readers what type of energy they will feel when they take BōkU™?

LR: The energy from BōkU™ comes on gradually and stays with you, without the jolts and crashes you get from caffeine or other artificial stimulants. Once you've experienced this pure, powerful energy, you'll never go back to caffeine. And again, it's important to remember that while you're enjoying this amazing, clean energy, you're soothing and nourishing your glands instead of pounding them into submission. Eventually, over-taxed adrenals burn out. It's believed that this can lead to Chronic Fatigue Syndrome, where there's just nothing left for

(Continued on page 94)

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Longevity in Powerlifting ... Krista Ford is still going strong after 24 years. Krista's been involved with track & field, softball, golf, flag football, bobsled and powerlifting (both sports where she has made the US Team). 3 keys to her longevity have been the ability to take constructive criticism, listening to her body (she's come back from many injuries including rotator cuff tears, ACL tears, and elblow surgery), and financial backing (Inzer Advance Design has been a major supporter of her power equipment for over 15 years). With multiple National and World titles behind her, and a host of records, she looks forward to many years of breaking her own personal records. She has been called the female Ed Coan because of her awesome technique in all three disciplines, which came from years of practice. She graciously wishes to acknowledge some great lifters who have come before her: the late Dawn Reshel, Tamara Grimwood, Anthony Clark, and Dave Pasanella, as well as Mariah Liggett, Doris Simmons, Mary Jeffrey, Nancy Dangerfield, Laura Dodd, Janice Roge, Margaret Kirkland, Amy Weisberger, Lynn Boshoven, Ed Coan, Ken Lain, Gary Heisey, Jesse Jackson, Scott Warman, Curtis Leslie, John Ware, Brian Meek, Anthony Conyers, Russ Barlow, and Ernie Frantz.

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Ask the Doctor

Questions answered by Mauro Di Pasquale MD

Hey Mauro: I was just wondering how many grams of protein the body can absorb during one meal if I'm taking my protein from eggs lets say, which is 100 for biological value. Somebody told me that the body can't absorb more than 27g at a time so theres no point in taking more than that every 2-3 hours. Is this true? Thanks, **Mat**

***Hi Mat**: The amount of protein that you can absorb, and utilize for protein and energy metabolism, varies greatly depending on circumstances such as genetics, type of protein, diet, body weight, activity/sport level, etc. Also since your body will adjust to increasing protein intakes, the amount that you can absorb at any one time can be proportional to the amount that you take in over the longer term. For example someone who only takes in a small amount of protein will have trouble efficiently absorbing much larger amounts until his body adjusts to the protein load.*

It's also important to consider what happens to the protein once it's absorbed. Although it's too complex a subject to go into here, I think it helps if you consider various proteins to be similar to carbs and as such some get absorbed quickly (high glycemic sugars and carbs) while others are absorbed slowly (starches and low glycemic carbs). Whey protein is an example of the former while casein is an example of the latter. The absorption rate as well as the amount absorbed can dramatically affect protein metabolism. For example, taking in large amounts of say whey protein results in more of the protein being used for energy and transformed to glucose (gluconeogenesis).

There's a lot more to all of this so if you're interested in the details you may want to get a copy of my new book, Amino Acids and Proteins for the Athlete, the Anabolic Edge – it's available at www.mdplusstore.com.

Best regards, ***Mauro***

Mauro: I have always had great results with your phase shift diets, especially the Anabolic Solution for Powerlifting, in the past. Since returning to the anabolic diet, recently I have begun to cut up and have experienced more definition, but have to not be able to get rid of my gut. I have a bloated feeling, especially when carbing. I have, however, lost body fat and confirmed this with the use of body fat calipers. Some advice from others has been to colon cleanse. They believe this could get rid my gut. I have seen many advertisements on TV and on the Internet about colon cleansing. Do you have any thoughts or opinions you could share with me? Thanks for your time. **Dan**

***Hi Dan**: You can try colon cleansing but I doubt it will give you any real results. Getting rid of the gut usually involves decreasing body fat both superficially, between the abdominal muscles and the skin, and more importantly the fat between the backbone and the skeletal muscle, i.e. the visceral adipose tissue (VAT). Increased VAT has been shown to be related to insulin insensitivity, metabolic syndrome, diabetes, cardiovascular disease, etc. in men so it's important to get rid of as much of it as you can. Colon cleansing will decrease the amount of fecal matter in your bowels so it seems like it's helping, especially if you've been constipated and thus backed up, but it's really doing very little in the long term to decrease your gut and nothing to decrease VAT.*

Cutting back more on the calories, and decreasing the carb up by say limiting it to one day or even half a day, will help. You may also want to use supplements such as LipoFlush and GHboost (the Body Composition Combo at www.mdplusstore.com), which are extremely effective for improving body composition, and decreasing both superficial body fat and VAT. To find out how look at the PDF files available on line on each of the supplements. Let me know how things work out.

Best regards, ***Mauro***

Dr Mauro: I liked your article on lipoic acid so went from there to read more on it. I came across one article though (by someone called David Barr), who said that through the way it affects ampk levels, it shuts off muscle growth. What's your opinion on this? Would it have this affect? Thank you for your time,

Simon Pitt (England, UK)

***Hi Simon**: I'm not familiar with David Barr's writings so looked up his article at http://www.t-nation.com/free_online_article/sports_body_training_performance_bodybuilding_supplements/ala_anabolic_fat_loss&cr=. In that article he states that "how ALA works, it increases levels of the protein called AMPK". In fact ALA does different things in different tissues. In pancreatic cells it does increase AMPK but does the opposite in some other cells and tissues – for example it can suppress AMPK – see Kim MS, Park JY, Namkoong C et al (2004) Anti-obesity effects of alpha-lipoic acid mediated by suppression of hypothalamic AMP-activated protein kinase. Nat Med 10:727–733.*

The story on ALA, as with almost everything else when you get down to exacting the mechanisms and interactions, is far from complete and we have much to learn. At present, however, small to moderate doses, at least in my view, are beneficial on many fronts, including body composition. Larger doses may be counter productive as ALA can have prooxidant effects under the right conditions and can impair metabolism, decrease certain processes, and increase tissue dysfunction and even apoptosis.

Best regards, ***Mauro***

The 27th USAPL Women's National Powerlifting Championships will be held Saturday/Sunday, February 14 & 15, 2009 at the Hyatt Hotel, in downtown Miami, Florida. An application for the event can be found here: http://www.usaplnationals.com/2009-wome ... index.html. I would like to begin by stating the volunteers of USA Powerlifting – Florida are very excited about hosting this year's championship.

I have placed this year's championship in a location with the highest possible degree of activities for you and your family members. The hotel and venue are located just 10 minutes away from both South Beach and Bayside Marketplace -- two of the most popular attractions Miami has to offer. Information pertaining to these two "Hot" tourist spots can be found at the following web-links: http://www.southbeach-usa.com and http://www.baysidemarketplace.com

The equipment for the championship will be of international calibre, and will include six [6] ER/Combo squat/bench press racks from Denmark, and six [6] sets of calibrated Ivanko bars/weights. This equipment will be used both on the competition platform and in the warm-up area. A computerized scoring system shall be used to direct and calculate the individual and team scoring for the championship. The Florida Gulf Coast University Powerlifting Team will be handle the spotting/loading and are the fastest and best loaders in the game.

Key and important, the championship will be drug-tested in accordance with USAPL/IPF standards. IPF Referees will be in attendance for lifters to set both World and American records. In addition, if you require powerlifting gear, commercial sellers will be available with the most up-to-date equipment to accommodate your specific needs.

As a kind and gentle reminder, please be aware of the deadlines AND Group Code, to make your hotel reservations. It is VERY important that you make your reservations early, as this is high season for tourism in Miami! The competition will be held on President's Day Weekend, which are the same dates as the Miami International Boat Show [largest in the world], so if you miss the deadline, locating a hotel room, in and outside of Miami, for a reasonable price, will be quite difficult.

Information pertaining to the boat show can be found here: http://www.miamiboatshow.com/

If you have any questions regarding this championship, or if I can be of further assistance, I can be reached via e-mail: rhk@verizon.net or by: 954.790.2249 – I am here to answer all of your questions.

To close, on behalf of USA Powerlifting, I would like to take this opportunity to wish you much success with your training for this competition and look forward to seeing you at the championship in Miami!

Sincere regards, Robert Keller, Contest Director
2009 USAPL Women's National Powerlifting Championships

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• **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast- sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

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• **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faultering with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.

• **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

• The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.

• **RageX** in **DOUBLE LAYER**. Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.

• Guaranteed. Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

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PHENOM

The *Phenom* is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary *HardCore* material. The only technology of this kind, the *Phenom* will provide you with incredible power off the chest through the mid and top range of motion and it will keep this power; lift after lift, competition after competition.

- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive HardCore material which will provide you with the most incredible rebound power available in the powerlifting world. HardCore material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifing gear.
- Since the Phenom is made from the HardCore material, you will also experience many more performance benefits. The Phenom will keep it's memory and will not stretch out. You will be able to use the Phenom for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the Phenom has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

Extreme performance technology makes the *Radical Denim* the choice of most all the world record breakers who wear a denim shirt. The heaviest construction available for the maximum in benching prowess. The *Radical Denim* will provide you with the top end denim experience.

- The Radical Denim is the most extreme bench pressing experience for top level benching.
- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
- The Ultimate Denim has virtually no stretch to it and works best for lifters with a beefier upper body.

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Inzer Advance Designs Logo T-Shirts
This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

$8.00
(2X-3X add $2.00 4X-5X add $4.00)

Camo T-shirts
Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo.

$10.00

Tank Tops
Quality summer weight Tank Top with two color logo Comes in either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white, black, navy blue, royal blue, and red.

$10.00

Warm Up Pullover Crewneck
Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

$14.95

Warm Up Pants
This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

$23.95

Hoodie
Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

$19.50

Jersey Knit Short
50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.

$12.95

Beanies
Embroidered with two-color Inzer logo, available in black, grey, and red.

$10.00

Gym Bag
This large deluxe embroidered gym duffel is easy to look at! Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"
$25.00

Suit Slippers
Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.

$19.95

Fitting Gloves
Save your fingers when handling and fitting gear on workout partners or yourself! The Atlas Fitting Gloves also work great in strongman events!

$4.95

Stickum Spray
Use this excellent tool for a variety of performance tweaks in training and competition.

$5.95

Gym Chalk
Essential for workouts and competitions, magnesium of carbonate block chalk.

$10.00

Elbow Sleeves XT
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

$55.00

Knee Sleeves XT
The high tech knee support advantage for strongman competitors and other athletes.

$55.00

Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.

$4.95

Power-Surge Red Line Wrist Wraps
Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

$12.50

Power-Surge Red Line Knee Wraps
Power-Surge Double Red Line Competition Knee Wraps. Extra thick. Strong support. Easy to wrap to full tightness. Comfortable.

$16.50

Form-Foam™ Lifting Gloves
Custom gripping power and supreme stability control. Power-Surge.

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Iron Wrist Wraps Z
The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.

$17.00

Iron Wraps Z
The most powerful, most popular, most effective knee wrap in the world!

$22.00

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Forever Lever Belt 13MM
The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.
$70.00

Forever Buckle Belt 13MM
The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.
$70.00

PR Belt
A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it.
$140.00

Forever Belts™ are guaranteed forever!

Forever Lever Belt 10MM
All the manufacturing quality and Lever Belt action in a pliable 10mm thickness.
$60.00

Forever Buckle Belt 10MM
Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle.
$60.00

Power Belt Quality Economy
Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price.
$39.95

Max DL
The incredible propulsion of **MAX DL** will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.

$145.00

Lifting Singlet
Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.

$33.00

Z-Suit
The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

$42.00

Champion Suit
Champion Suit has proven itself in countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.

$42.00

The Pillar
The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

$115.00

Standard Blast Shirt
Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.

$38.00

High Performance HD Blast
Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD ™ polyester material.

$77.00

Heavy Duty Erector Shirt
HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.

$55.00

Heavy Duty Groove Briefs
Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

$26.00

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*The Greek – **John Topsoglou***

***Jim Rush** – 25 years later, still top 50*

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 165 Pound (75 Kilogram) Weight Division — SQUAT

	Squat	X-Bwt	Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	854.3 (387.5)	*5.18X	Tony Conyers/59 9/24/05 (387.5 kg. @ 74.84 kg.) (New Port Richey, Florida) (APF)
2.	837.8 (380.0)	*5.08X	Nick Hatch/85 6/2/06 (380.0 kg. @ 74.8 kg.) (Las Vegas, Nevada) (APF/WPC)
3.	825.0 (374.2)	*5.00X	Angelo Berardinelli/65 7/9/04 (825.0 lb. @ 165.0 lb.) (Shamokin Dam, Pennsylvania) (IPA)
4.	825.0 (374.2)	*5.16X	Brian Schwab/74 8/23/08 (825.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA)
5.	820.0 (371.9)	*4.97X	Al Caslow/80 8/23/08 (820.0 lb. @ 165.0 lb.) (Sharonville, Ohio) (IPA)
6.	800.0 (362.9)	*4.85X	Rickey Dale Crain/53 11/22/96 (800.0 lb. @ 165.0 lb.) (New Carrollton, Maryland) (IPA)
7.	799.2 (362.5)	*4.85X	Ron "Lionheart" Palmer/73 3/4/05 (362.5 kg. @ 74.8 kg.) (Columbus, Ohio) (WPO)
8.	782.6 (355.0)	*4.73X	Dan Petrillo/79 3/2/07 (355.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
9.	777.1 (352.5)	*4.70X	Wade Hooper/70 3/2/08 (352.5 kg. @ 75.0 kg.) (Columbus, Ohio) (USAPL/IPF)
10.	771.6 (350.0)	*4.68X	Brian Tincher/70 3/2/07 (350.0 kg. @ 74.8 kg.) (Columbus, Ohio) (WPO)
11.	766.1 (347.5)	*4.65X	Jay Rosciglione/56 5/31/96 (347.5 kg. @ 74.7 kg.) (Atlanta, Georgia) (APF/WPC)
12.	765.0 (347.0)	4.63X	Jose Perez/60 11/20/94 (765.0 lb) (Brick, New Jersey) (APF/WPC)
13.	751.8 (341.0)	*4.61X	Ausby Alexander/56 4/2/89 (341.0 kg. @ 163.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
14.	750.0 (340.2)	*4.67X	Martin Hardy/79 1/27/07 (750.0 lb. @ 160.6 lb.) (Columbus, Ohio) (APF)
15.	749.6 (340.0)	*4.55X	Jason McElroy/69 3/2/07 (340.0 kg. @ 74.8 kg.) (Columbus, Ohio) (WPO)
16.	744.1 (337.5)	*4.50X	John Inzer/62 7/16/88 (337.5 kg. @ 165.25 lb.) (Columbus, Ohio) (APF/WPC)
17.	725.0 (328.9)	*4.42X	Brian Crowe/70 11/12/06 (725.0 lb. @ 164.0 lb.) (York, Pennsylvania) (IPA)
18.	722.0 (327.5)	4.37X	Mike Bridges/57 4/19/80 (327.5 kg.) (Auburn, Alabama) (USPF/IPF)
19.	711.0 (322.5)	*4.30X	Rick Gaugler/54 3/13/82 (322.5 kg. @ 75.0 kg.) (Hacienda Heights, California) (USPF)
20.	705.5 (320.0)	*4.30X	John Reese/80 10/9/04 (320.0 kg. @ 74.4 kg.) (Atlanta, Georgia) (WPO)
21.	705.0 (319.8)	*4.27X	Joey Almodovar/66 2/8/98 (705.0 lb. @ 165.0 lb.) (Columbus, Ohio) (APF)
22.	705.0 (319.8)	4.26X	Tom LaVelle/67 10/31/98 (705.0 lb.) (Annapolis, Maryland) (IPA)
23.	700.0 (317.5)	*4.40X	Al Calmese 9/28/91 (700.0 lb. @ 159.0 lb.) (Memphis, Tennessee) (NSM)
24.	700.0 (317.5)	4.23X	Willie Grider 3/27/93 (700.0 lb.) (Forsyth, Georgia) (USPF)
25.	700.0 (317.5)	4.23X	Rich Salvagni/78 10/28/01 (700.0 lb.) (Wyoming, Michigan) (NSM)
26.	700.0 (317.5)	4.23X	Bob Wahl/60 1/8/83 (317.5 kg.) (Columbus, Ohio) (USPF)
27.	700.0 (317.5)	*4.56X	Jordan Dunn/91 8/4/07 (317.5 kg. @ 69.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
28.	694.5 (315.0)	4.20X	Fred Toins/65 7/28/90 (315.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
29.	694.5 (315.0)	4.20X	Michael Cartinian/76 2/1/97 (315.0 kg.) (Irving, Texas) (APF)
30.	694.5 (315.0)	*4.21X	Brian Strickland/69 3/4/05 (315.0 kg. @ 74.8 kg.) (Columbus, Ohio) (WPO)
31.	690.0 (313.0)	4.17X	Rob Wagner/64 4/4/87 (690.0 lb.) (Wilkes-Barre, Pennsylvania) (ADFPA)
32.	688.9 (312.5)	*4.17X	Daniel Gay 7/23/83 (312.5 kg. @ 75.0 kg.) (Austin, Texas) (USPF)
33.	688.9 (312.5)	*4.19X	John Topsoglou 7/7/84 (312.5 kg. @ 74.6 kg.) (Dayton, Ohio) (USPF)
34.	688.9 (312.5)	*4.17X	Gene Bell/56 7/7/84 (312.5 kg. @ 74.9 kg.) (Dayton, Ohio) (USPF)
35.	683.4 (310.0)	4.13X	George Herring/59 7/31/82 (310.0 kg.) (Mobile, Alabama) (USPF/ADFPA)
36.	683.4 (310.0)	*4.13X	Dan Austin/58 11/15/96 (310.0 kg. @ 75.0 kg.) (Salzburg, Austria) (USPF/IPF)
37.	683.4 (310.0)	*4.14X	Mike Luckett/81 8/7/04 (310.0 kg. @ 165.0 lb.) (Dubuque, Iowa) (APF)
38.	683.4 (310.0)	*4.14X	Greg "Spanky" Fields/75 3/12/05 (310.0 kg. @ 165.0 lb.) (Attalla, Alabama) (APF)
39.	683.4 (310.0)	*4.14X	Devin Cagnolatti/73 4/9/06 (310.0 kg. @ 74.9 kg.) (Baton Rouge, Louisiana) (AAPF/AWPC)
40.	677.9 (307.5)	*4.16X	David Contreras 8/12/01 (307.5 kg. @ 73.9 kg.) (Orlando, Florida) (WPO)
41.	677.9 (307.5)	*4.11X	Jon Gordon/80 9/10/05 (307.5 kg. @ 165.0 lb.) (Woodstock, Georgia) (AAPF)
42.	677.9 (307.5)	*4.12X	Eric Talmant/74 12/4/05 (307.5 kg. @ 74.55 kg.) (Jacksonville, Florida) (APF)
43.	677.9 (307.5)	*4.11X	Eric Stone/83 8/3/08 (307.5 kg. @ 74.8 kg.) (Oak Brook, Illinois) (AAPF/AWPC)
44.	675.0 (306.2)	4.08X	Larry Stone 2/16/80 (675.0 lb.) (Anamosa, Iowa) (USPF)
45.	675.0 (306.2)	*4.09X	Jim McCarty, Jr./60 9/15/85 (675.0 lb. @ 74.9 kg.) (Terre Haute, Indiana) (NSM)
46.	672.4 (305.0)	*4.08X	David Ricks/59 11/19/94 (305.0 kg. @ 74.69 kg.) (Johannesburg, South Africa) (USPF/IPF)
47.	672.4 (305.0)	4.07X	Quincy Guzman 4/28/95 (305.0 kg.) (Honolulu, Hawaii) (APF/WPC)
48.	670.0 (303.9)	*4.11X	Jim Finch 2/12/84 (670.0 lb. @ 163.0 lb.) (Ravenna, Ohio) (USPF)
49.	670.0 (303.9)	4.05X	Al "Pit Bull" Trice 6/26/93 (670.0 lb.) (Dallas, Pennsylvania) (FCI)
50.	666.9 (302.5)	*4.03X	Jim Rush 7/10/82 (302.5 kg. @ 75.0 kg.) (Dayton, Ohio) (USPF)

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 10/30/08.

***Joey Almodavar** – a successful training protege of Dr. Leistner*

***Angelo Berardinelli** – over 800*

***David Contreras** went to WPO*

***Tony Conyers** is the best of the best*

ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S
132 Pound (60 Kilogram) Weight Division — SQUAT

		Squat	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	556.7	(252.5)	*4.24X	Nance Avigliano/56 8/25/02 (252.5 kg. @ 59.5 kg.) (Red Deer, Alberta, Canada) (APF/WPC)
2.	540.0	(244.9)	*4.12X	Amy Weisberger/65 1/27/07 (540.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF)
3.	529.1	(240.0)	*4.03X	Mary Ellen Jerumbo-Warman/58 11/9/96 (240.0 kg. @ 59.6 kg. (Durban, South Africa) (APF/WPC)
4.	500.0	(226.8)	*3.85X	Jenny Burkey/70 12/15/07 (500.0 lb. @ 130.0 lb.) (Lake George, New York) (APF)
5.	485.0	(220.0)	*3.91X	Margaret Kirkland/63 12/1/07 (220.0 kg. @ 56.2 kg.) (Jacksonville, Florida) (AAPF)
6.	463.0	(210.0)	*3.52X	Julia Kaufman-Ladewski/80 6/2/06 (210.0 kg. @ 59.6 kg.) (Las Vegas, Nevada) (APF/WPC)
7.	457.5	(207.5)	*3.46X	Ruthi Shafer/59 1/30/83 (207.5 kg. @ 132.25 lb.) (Chicago, Illinois) (USPF)
8.	457.5	(207.5)	3.46X	Mariah Liggett-Brock/58 7/6/91 (207.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
9.	451.9	(205.0)	*3.45X	Bettina Altizer/62 4/20/96 (205.0 kg. @ 131.0 lb.) (Wilkes-Barre, Pennsylvania) (ADFPA)
10.	451.9	(205.0)	*3.45X	Stacy Urso/71 4/3/04 (205.0 kg. @ 59.5 kg.) (Round Rock, Texas) (APF)
11.	446.4	(202.5)	*3.38X	Beth LaPierre/79 8/4/07 (202.5 kg. @ 60.0 kg.) (Rosemont, Illinois) (AAPF/AWPC)
12.	439.0	(199.1)	3.32X	Felicia Johnson-Almy/58 5/15/88 (439.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
13.	429.9	(195.0)	*3.27X	Vicky Steenrod/49 6/1/85 (195.0 kg. @ 59.6 kg.) (Vienna, Austria) (USPF/IPF)
14.	430.0	(195.0)	3.25X	Diane Frantz 2/15/87 (430.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
15.	430.0	(195.0)	3.25X	Anna Blakely 10/20/93 (430.0 lb.) (Wilmington, Ohio) (APF)
16.	429.9	(195.0)	3.25X	Kathy Baker 11/21/91 (195.0 kg.) (Las Vegas, Nevada) (APF/WPC)
17.	429.9	(195.0)	*3.26X	Vanessa Schwenker-Ware/63 5/31/96 (195.0 kg. @ 131.8 lb.) (Atlanta, Georgia) (APF/WPC)
18.	426.1	(193.3)	3.22X	Jodi Teter 6/26/98 (426.1 lb.) (York, Pennsylvania) (IPA)
19.	425.0	(192.8)	*3.24X	Ashley Boyce/61-04 11/22/96 (425.0 lb. @ 131.0 lb.) (New Carrollton, Maryland) (IPA)
20.	425.0	(192.8)	3.21X	Lee Denmon/63 12/1/07 (425.0 lb.) (Mauriceville, Texas) (APF)
21.	418.9	(190.0)	3.17X	Tonya Myers/70 11/3/94 (190.0 kg.) (Columbus, Ohio) (APF/WPC)
22.	415.0	(188.2)	3.14X	Melanie Diamond-Sefcik/55 11/19/99 (415.0 lb.) (York, Pennsylvania) (IPA)
23.	410.0	(186.0)	*3.11X	Bianca Stone/64 8/22/08 (410.0 lb. @ 131.8 lb.) (Sharonville, Ohio) (IPA)
24.	407.9	(185.0)	3.08X	Nora Cline 12/10/88 (185.0 kg.) (Irving, Texas) (USPF)
25.	407.9	(185.0)	*3.10X	Heidi Burke/68 11/29/05 (185.0 kg. @ 131.5 lb.) (Omaha, Nebraska) (APF)
26.	405.0	(183.7)	*3.09X	S. Easter 4/7/90 (405.0 lb. @ 131.0 lb.) (Whitman, Massachusetts) (USPF)
27.	402.3	(182.5)	*3.08X	Judith Averbach 2/1/86 (182.5 kg. @ 59.3 kg.) (Salt Lake City, Utah) (USPF/IPF)
28.	402.3	(182.5)	*3.04X	Amy Hoffman 7/16/88 (182.5 kg. @ 132.25 lb.) (Columbus, Ohio) (APF/WPC)
29.	402.3	(182.5)	*3.18X	Carrie Boudreau/67 7/11/97 (182.5 kg. @ 57.3 kg.) (Philadelphia, Pennsylvania) (USPF/IPF)
30.	402.3	(182.5)	*3.26X	Valeri Tyree/73 3/16/02 (182.5 kg. @ 123.4 lb.) (Houston, Texas) (USPF)
31.	402.3	(182.5)	3.04X	Dionne Wessels 8/2/02 (182.5 kg.) (Athens, Georgia) (AAPF/AWPC)
32.	402.3	(182.5)	*3.05X	Alison Franciscus/63 4/15/07 (182.5 kg. @ 59.9 kg.) (Monroe, Louisiana) (AAPF/AWPC)
33.	402.3	(182.5)	*3.04X	Jennifer Perry/82 2/16/08 (182.5 kg. @ 60.0 kg.) (Killeeen, Texas) (USAPL/IPF)
34.	402.3	(182.5)	*3.07X	Jalena Bennett/84 5/30/08 (182.5 kg. @ 131.0 lb.) (Omaha, Nebraska) (APF/WPC)
35.	400.0	(181.4)	*3.04X	Carly Nogle/87 11/13/04 (400.0 lb. @ 131.7 lb.) (Plainwell, Michigan) (USAPL)
36.	400.0	(181.4)	*3.08X	Jules Furniss/83 6/28/08 (400.0 lb. @ 130.0 lb.) (York, Pennsylvania) (IPA)
37.	390.0	(176.9)	*2.97X	Angie Overdeer/70 9/6/03 (390.0 lb. @ 131.5 lb.) (East Lansing, Michigan) (USAPL)
38.	385.8	(175.0)	*3.10X	Tracie Tucker 3/2/02 (175.0 kg. @ 124.6 lb.) (Oklahoma City, Oklahoma) (NASA)
39.	385.0	(174.6)	2.91X	J. Rhodes 7/6/96 (385.0 lb.) (New York, New York) (IPA)
40.	380.3	(172.5)	2.88X	Charla Lineman 4/13/86 (172.5 kg.) (Dallas, Texas) (USPF)
41.	380.3	(172.5)	2.88X	Rachel Mathias/60 7/31/92 (172.5 kg.) (Raleigh, North Carolina) (USPF)
42.	380.3	(172.5)	2.88X	Cathleen Kelii/54 2/1/97 (172.5 .) (Saratoga, California) (ADFPA)
43.	380.0	(172.4)	2.87X	Denise Johnson 11/22/83 (380.0 lb.) (Salem, Oregon) (NSM)
44.	380.0	(172.4)	2.87X	Pascale Lercangee/63 3/29/97 (380.0 lb.) (Kalamazoo, Michigan) (APF)
45.	380.0	(172.4)	*2.98X	Jordan Scott 3/19/04 (380.0 lb. @ 127.4 lb.) (Killeen, Texas) (THSPA)
46.	380.0	(172.4)	*2.91X	Jan Morello/83 11/6/04 (380.0 lb. @ 130.6 lb.) (Baton Rouge, Louisiana) (USAPL)
47.	378.2	(171.5)	2.86X	Gayla Crain/60 4/19/80 (171.527 kg.) (Manhattan, Kansas) (USPF/IPF)
48.	375.0	(170.1)	2.83X	Sandra Flores-Alamo 11/23/91 (375.0 lb.) (Honolulu, Hawaii) (APF/WPC)
49.	375.0	(170.1)	2.83X	Monica Turner 3/27/93 (375.0 lb.) (Lancaster, Pennsylvania) (APA/WPA)
50.	374.8	(170.0)	2.83X	Angie Huey-you 8/18/90 (170.0 kg.) (Galveston, Texas) (USPF)

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 10/30/08.

Nance Avigliano *– #1 and still "QUEEN OF EXTREME"*

Mary Ellen Jerumbo-Warman *– the first woman to squat more than four times her bodyweight*

USA Powerlifting's ***Angie Overdeer*** *and* ***Bettina Altizer.***

Sandra Flores-Alamo *in Hawaii*

The late, great **Ashley Boyce**

The History of Powerlifting

The 1970s, Part 1 *as told by Bob Gaynor*

The 1970s could be labeled the Golden Age of Powerlifting. The number of registered lifters grew through the 1970s and peaked right around 1980. A true International World Championship was being held. By the end of the 70s powerlifting had two networks (CBS and NBC) covering the sport. Also through the 70s, there was just one true National Championship.

None of this was without a struggle. The issue of excessive wrapping was addressed at the 1969 Nationals, but it did not go away. Lifters who used wrapping just became more creative. I lifted in a meet in New Jersey in November of 1970 and a Senior Nationals winner was getting changed at the same time I was. I watched in amazement as he put on one layer of clothing after another. The bed sheets were gone, but other methods were used.

During the 1970s drug usage became more widespread. There were no rules against it, and most thought it was the only way to be competitive.

The AAU would control Powerlifting for another ten years. This was good and bad. The AAU was a large organization, and could handle administrative issues well. The country was divided into regions and each had an office. I was in the Middle Atlantic Region. What I really liked was how the meets were set up. There was a Junior Mid-Atlantic Championship in late winter, and four to six weeks later was the Senior Mid-Atlantic Championships. Each state in the region then held their State Championship in early Summer. The Junior Nationals were in August and the Senior Nationals in September. Open Meets were held in the Fall and early Winter.

Some of the names from the 1960s, Peanuts West, Pat Casey, Gene Devers and Ronnie Ray faded from the National scene. They were replaced by Rhodes, Crawford, Pacifico, Anello and quite a few new Supers.

A training routine that was very popular at the time was the 5-4-3-2-1-5 program. Let's show how this would work with the squat. The first set would be 400x5, then 420x4, 440x3, 460x2, 480x1, 425x5. If you complete all lifts you add five pounds to each set the following week.

Bill Clark continued to promote powerlifting and his concentration at that time was prison lifting. One of the things Bill did was put on a ten lift meet for prisoners.

Contests continued to grow in size, and the thirty and forty lifter meet became seventy and eighty lifters. They also became much longer as most meets were single day affairs.

For 1970 the Juniors were to be held in Denver and the Seniors in New Orleans.

In 1970, Don Blue, a prison lifter, set squat, deadlift and total records in a meet in Lansing, Kansas in the 148 lb. class. A big lift of the year was Jim Williams at the Junior Mid-Atlantic Championships in February of that year benching 628 to exceed Pat Casey's 617.

Last time we talked about scales having to be certified the day of the meet. Most thought the scales should be next to the platform to immediately weigh record attempts. Early in 1970 Jerry Jones lost an American Deadlift Record because the scales were not certified. The record, if it had been accepted, would have been short lived, as Vince Anello did 701-1/2 a few weeks later.

At Jim Taylor's Eastern Open Power Meet, (later to be called the Chattanooga Open), Russ Fletcher deadlifted 804 and totaled 2070 for new American Records. A new name, Tim McLain of Kansas City, claimed the 181 lb. deadlift record with a lift of 687. Larry Pacifico upped the 198 lb. total record to 1750. George Frenn squatted 720 and deadlifted 775 at the Azusa Police Invitational to set 242 lb. records.

The Collegiate Nationals were held at Michigan State University. The 198 lb. class was especially talent heavy with Vince Anello, Pat O'Brien, Steve Miller, Bill Ennis and Joe Spack.

At the Juniors in Denver they had fifty four lifters over two days. Jim Witt, National Powerlifting Chairman, was on hand to insure the rules were followed. What was allowed was a rubber waistband under the lifting belt. The only American record set at this meet was Anello's 725 lb. deadlift. This was one of the first meets to have a deadlift figure on the trophies. Almost all previous meets had used Olympic lifting figures.

The Seniors were held in New Orleans on August 22 and 23. There were forty seven lifters and many records, and a little controversy. Dave Moyer cleaned up at 123. He was not at his best, but he won by 100 lbs. Mike Cross at 132 was down by 70 lbs. going into the deadlift, but pulled an American record at 556 lbs. to win. Jack Welch and Doc Rhodes took the 148s and 165s. Alabama's Bob McKee, with a big 655 lb. deadlift, won at 181. Bombing out at 181 was the late George Crawford. George had a 100 lb. lead at subtotal. He opened at 545 and missed all three attempts. This would not be the last time the deadlift haunted George. Finishing third at 181 was Joe Spack. Part of powerlifting is the personalities. Everyone who knew Joe had numerous stories to tell about him. He called himself "Jelly Bean", and talked to someone who lived in his gym bag. I was told Joe entered a physique contest. His posing routine consisted of a left arm single bicep pose which he pointed to with his right hand. At 198 Larry Pacifico beat Jack Barnes and Joe Weinstein. The star of the meet was Jon Cole. I think this was his fmest meet. There was strict judging and decent control of excessive wraps. Cole out-totaled the Supers to win easily at 242. Cundy again prevailed at Super. He needed two attempts at 785 in the Deadlift, but captured another Senior National title.

The controversy surrounded Jim Williams. Jim benched 615, and back then the bench was still the first lift. He opened with 700 in the squat, went to 730, had trouble with the racks and missed. For his third attempt, Jim asked for the racks to be adjusted, but for some reason the head judge would not allow it. Jim refused to take his third attempt. He was talked into deadlifting, but only made a halfhearted attempt.

In 1970, Muscular Development, Muscle Builder and Iron Man were the best sources of printed powerlifting info. Today, in addition to Powerlifting USA, we have the internet, but back then it was the telephone. My inside source of info was Jim Williams. I can't imagine what his phone bill was. He spent hours each day on the phone talking to lifters allover the country.

Late in 1970 we began to hear talk of a possible World Championships in 1971. Records set that Fall were Tom Overholtzer's 1610 (wraps ??) at 181, and Boston's Joe Leonardis' 390 bench at 165. At the El Paso Power Meet, Cole totaled 2090. A new name appeared in the Western PA Open. Don Reinhoudt.

An international meet in Los Angeles between the Southern California Association and a British team took place. George Frenn squatted 815. The British won the meet six classes to three.

Some of the meet directors during this time were Les Cramer, Tom Snelgrove, Charles Gschwind, Clay Patterson and Curtis Walker.

In 1971 the Juniors were held in West Patterson, New Jersey, directed by Frank Bates and the Seniors in Dallas by Jim Witt.

There were many meets and records before the Nationals were held in 1971. The Scranton YMCA always held a big meet in February. 1971 was no exception, with the

At the '71 World Championships : *(l-r) Don Cundy, John Kuc, Jim Williams, Hugh Cassidy, Carlton Snitkin*

Jon Cole and George Frenn: superstars of powerlifting during the early 1970s, trading world records at 242 back and forth until they actually exceeded the marks of the superheavies. Seen above at the Mexico City Olympics, both were great track and field athletes as well.

Eastern United States Open. This meet always drew big time lifters. George Crawford, Dave Moyer, Jack Kammerer, Pat O'Brien, Joe Weinstein, Tom Scott and JoJo White and Larry Pacifico, just to name a few. Crawford set a new 165 lb. squat record with a 604-1/2, and about three weeks later he upped this to 615. Big Jim Williams benched 635 and totaled 2025 for two new American records. Jim had a third attempt at 670. John Kuc lifted in this meet as a 242 lber. Soon after this Big Jim would talk him into going Super. Tom Scott beat John, who suffered only one other defeat in his career. John needed a heavy deadlift to win, and we all tried to talk him into it. John always had his own thought process, and he took less than needed for a win on his third attempt and made it easily. He then asked for a fourth attempt and did ten more pounds than he would have needed for the win. Very strange!

Also in February, Lyle Schwartz in MD magazine proposed a new formula for powerlifting. The sport used the Hoffinan formula at this time and Lyle thought it favored the heavier lifter, and his was a much fairer formula. Formulas have always been troubling. How do you compare someone weighing 132 lbs. with someone weighing 242 lbs.? I am not sure there is a fair method. I attended a national meet in 1973 where a second place finisher based on formula was the best lifter. He totaled five pounds less than the class winner, but weighed four pounds less. Eventually the award became Champion of Champions to prevent this.

Early in 1971 a Classification System for powerlifters was established based on total. At that time it was Class III, Class II ,Class I, and Master. Everyone was wearing their classification patches.

With a Worlds to be held that year information on foreign lifters was only available, and very little, through MD. No one knew who would be competing. England adopted the name powerlifting that year, prior to that they called the lifts the Strength Sets. England squatted first, then benched, followed by the Deadlift. They would eventually persuade us to do the same.

In May 1971, Terry Todd and Paul Anderson began combining for a monthly article in MD on size and strength. Most found this to be informative and entertaining.

Steroids were openly discussed. Some information was pro, some con, and some was hard to believe stories of steroids driving people crazy. The top drugs of the day were orals, Winstrol, produced by Winthrop, and the really big one was Dianabol produced by CIBA.

The first 2100 lb. total was done by George Frenn, at the Pomona Police Association Power meet. Along with the total, George squatted 853, a record that was very controversial and stood for ten years. The stories were rampant. George weighed more than 242, the squat was three inches high, and he had more wraps than a mummy. I was not there, but supposedly Don Haley was one of the judges and Don has an impeccable reputation.

About a month later at the Tolleson Open, Jon Cole went 525-800-815-2140 to break the total and deadlift records. Around the same time Vince Anello took the 198 lb. deadlift record from 725 to 774-1/2. What a jump!

Allan Clark set a new deadlift and total record to top Dave Moyer's long standing mark. Pacifico benched 515 and totaled 1815 at 198.

There was an interesting occurrence at the Central California meet. Tom Overholtzer was disqualified for excessive wraps. Bob Packer was involved in this. I believe this was the first time this had happened.

The Juniors were August 7th and 8th in West Patterson, New Jersey. The Weightmasters from NE Pennsylvania had hoped to take the team titles, but we had four bombouts and two sub-par performances. So much for that. At 123 Gerald Ringi topped John Redding by 10 lbs. Iain Burgess took the 132s and Ron Ingram won at 148. These first three classes had twenty-seven lifters. Compare that to the number we get today in these weight classes. George Crawford won easily at 165, with Jersey Joe Pyra finishing second.

As I stated before, the personalities make the sport, and Joe was a unique critter. Pyra competed from the early 60s through the late 90s. He was also an official, meet director ,and administrator. For those who knew Joe, he always seemed to find a way to become involved in controversy. He also had many original ideas. I competed in one of his meets in the early 1970s where at a weigh-in he took a straight edge and magic marker and drew a line on the outer part of each lifter's thigh from knee to hip joint, a great reference point for the judges. Joe always helped me at my meets. The second ADFPA North Americans I promoted drew 219 lifters. I think it was the largest meet ever held, to that date. Every time I went to the mailbox I got sick. I called Joe and he brought a crew from New Jersey and took care of one of the platforms for me.

Back at the Juniors, George Clark beat Joe Spack at 181, and a fellow by the name of Louie Simmons was third. Bill Ennis won the 198 lb. class with very balanced lifts.

Tony Grigor, whom I was training with at the time, was probably the most unusual lifter I ever saw. Tony had a PhD in chemistry, and at one time worked for NASA. We both had a goal to deadlift 700 lbs. at 198 at that meet. Three weeks before I did 640x3. which I thought would give me a chance. In the same workout Tony did 650x9. The first rep was slow and the next eight identical. Tony, who squatted a class best 575 at that meet, could do 525x8. His rep ability was amazing. He opened in the deadlift with 660, which would give him third and missed it three times. How could someone do 650x9 and miss 660? I have told his story numerous times, and many do not believe it, but it is true.

At 242 Tom Scott was an easy winner. Tom looked like a powerlifter, a stocky barrel chested, big-legged lifter. Tom set two National Records at this meet. The winner at Super, after some big name bomb-outs, was 400 lb. Tim Hasse. What I remember about Tim at this meet was he was always outside smoking.

There was some controversy at this meet, and it involved the judges. I think this was the first time at a National Meet where a side judge raised his hand as soon as he saw an infraction, and the lifters thought this prejudiced the other judges. To my way of thinking it is a safety factor for the lifter. As a head judge I have struggled as to when to tell the spotters to take the weight, because neither side judge gave me an indication that the lift should be taken. This year at a BP/DL meet in Boca Raton, FL, a lifter was struggling with a very heavy bench. I saw the head judge look at both side judges, but neither gave any indication. Luckily, the spotters saved the lifter.

The Seniors were held in Denver. There were fifty one lifters. Allan Clark won the 123s by almost 200 lbs. Milt McKinney took the 132s and Bill Spangler edged Jack Welch for the victory at 148. George Crawford seemed to have cured his deadlift problems and took the 165s. Jack Barnes won by 100 lbs. at 181. At 198 it was Pacifico. Kanter, Weinstein, Jones and Anello. It was the most competitive class of the meet. Larry totaled 1805 for the victory. Anello finished fifth, but pulled 750.

Tom Scott won the 242s totaling 35 lbs. more than he did at the Juniors. Hugh Cassidy of Oxon

Hill, Maryland, dominated the Supers. Jon Cole missed all his squats and was out.

Terry Swift of Stillwater, Oklahoma held the first three platform meet in 1971. Jim Messer held a novice meet on December 2nd in Norristown, PA, that drew 124 lifters.

The first Worlds was held on the first weekend in November at the William Penn Auditorium. This was not a gym or a YMCA, but actually a stage setting. The turnout of lifters was light. I think the title and the prospect of strict judging kept many home. There were mainly American lifters, but England took two titles.

Precious McKenzie, then of England, was the 123 lb. champion. This was a rare defeat for Dave Moyer. The 132 lb. class was the largest of the competition with nine lifters. Milt McKinney of Toledo, Ohio, defeated Enrique Hernandez of California by 10 lbs. Michael Shaw of England defeated USA's Jack Welch and Jack Kemmerer to take the 148 lb. World Championship.

The funniest moment of this contest was Tom Snelgrove running out of the wann-up area with Shaw's knee wraps. Tom was yelling "they are 30 feet long". England, at that time, had no limit on the length of knee wraps. I am not sure if they were 30 feet, but they were at least 18 feet. I can still picture Tom with the wraps draped all over his body.

At 165 there were only three entries, George Crawford, Joe Pyra and England's Ron Collins. Collins missed all his benches and was out. Crawford squatted 625 and took an easy victory. At 181, Arizona's Jack Barnes had very little competition and took the first world title in that class.

At 198 it was Larry Pacifico and John Kanter. Larry out-benched John by 55 lbs. (the bench was still the first lift), but John out squatted Larry by the same amount. In a dead heat at subtotal, Larry was the lighter man, and he matched John's deadlifts for the first of his many world titles. The 242 lb. class was disappointing with only two lifters. Carlton Snitkin and bulked up 198 lber. Joe Weinstein. Carlton took the victory by 65 lbs.

The Supers really put on a show. Big Jim Williams, Hugh Cassidy, John Kuc at 272 lbs., JoJo White and multi time National Champ Don Cundy. There was no rounds system at this time. The bar weight continued to progress upward, and you lifted when it reached your weight. You might have to follow yourself or you could have twenty attempts between yours. Cassidy benched 570, which was more than everyone except Williams. Jim began at 630, easy! Jim then followed himself with 660 for another success. In the squat Cassidy and Williams both made 800, so as it usually did, the title would come down to the deadlift. Williams opened with 700 and made no more. I had trained with Williams and Kuc for this meet, and I knew that Jim never deadlifted, and it would cost him again.

Don and Cindy Reinhoudt: *were a familiar sight at major lifting events.*

Don Cundy opened with 800 in an attempt to get back in the hunt, but had three misses. Cassidy needed 790, more than he had ever done, but it slowly came up, and he tied Williams and was the lighter man. Hugh himself said he had not expected to make the lift. It seemed like the meet was over. But wait! Kuc was still going. John had opened with 750 and it looked like 135. He did not wear a belt. John went to 820 for a new American Record. This was probably a bad choice. John asked me what he needed to win, and 875 was the number. The bar was loaded, for the heaviest weight ever attempted. The 875 left the ground and stalled just above his knees, but it proved to John that it could be done. John competed on and off for another 15 years and never again was defeated.

In the Fall of 1971 Muscular Development gave itself the title of the Official Powerlifting Journal. Bill Starr, who had left York, started his own Weightlifting Journal publication. The real breakthrough was Dan Dewell's Powerlifting News. Dan had numerous eager correspondents from over the country sending him sometimes weekly updates. It was a great source of information and my first subscription cost $3 for a year.

With the two new publications, along with the existing ones, the coverage of powerlifting improved. I spent the winters of 1971/1972 training with Jim Williams and John Kuc at the old YMCA in downtown Scranton. Each session amazed me as one of the two exceeded at least one of the American Records. At one Saturday session Jim and John both exceeded the squat record. Jim benched 675, which was 15 lbs. over his record, and John exceeded the American deadlift record. It was truly amazing. John was getting bigger each week and he added weight to his squat every week. Both were unique individuals in their own way. John was attending college in Wilkes-Barre. The school had limited on-site parking, but had a huge lot about 1/2 mile from the school. On squat days, if John could not get a parking place near the school, he would not go to class, because he thought the 1/2 mile walk would affect his squats.

With the YMCA being in downtown Scranton, it was also difficult to park. There was a 'no parking' area outside the YMCA, but Jim told me to park there. I don't know how many tickets I got, but I gave each one to Jim, and never heard anything about them.

There was and still is in powerlifting controversy over how good a lift might have been. In the case of these two, they used nothing except legal wraps and their lifts were very clean. Both went well below parallel in the squat.

The 1972 Juniors were to be held in Wisconsin, the Seniors in Denver, and the Worlds again in York. York was pushing to change the sequence of the lifts, having the squat instead of the bench as the first lift. They said this would increase totals with the longer rest between the squat and deadlift. The real reason, or at least a big part of it, was Great Britain was making this a big issue. Myself, and many of those that trained with us, would rather deadlift right after squatting. The warm-ups required less time and effort..

The question of who was the World's Strongest Man and the battle of lifts and words between the superheavyweights dominated much of 1972. MD articles fueled the strongest man challenge. Everyone wanted to beat Paul Anderson. In speaking with John Grimek and John Terpak, who both saw Paul Anderson on a regular basis, they indicated he did not have much interest. He did accept the challenge, in this manner. He would travel to York and do all three powerlifts and three Olympic lifts in a one hour time frame. Anyone could do the same where and when they wanted to, provided it was done within one hour and had National Judges. There were no takers.

Other lifters were breaking records in 1972, Jack Kammerer deadlifted 601 at the Salem County Open, Vince Anello deadlifted 780 at the Ohio States, George Crawford totaled 1555 at the Key to Sea Championships, and soon after Doc Rhodes did 1575 at 165 at the N. Louisiana Championships.

Big Don Reinhoudt squatted 835 and Marty Joyce at the New England States deadlifted 698 at 181. Steve Crandell of Phoenix benched 437 at 165 and Pat Neve benched 468 at 181, and Al Hart did 359 at 132. Hart set a bench record every time he lifted. Pacifico did a 530 bench press and 1900 total.

At the Japan Power Championship at 123 lbs, a lifter by the name of Hideaki Inaba lifted. Who has competed at a world level longer than Inaba?

Charles Gschwind was the new powerlifting chairman. Bob Crist, Joe Zarella, Dick Young, Bill Stevens, Al Treaster, Terry Swift and Ralph Sesso were promoting meets. Some Meet Directors, especially in the South and in California, were using the 222 or 225 lb. weight class.

The National Collegiates in the 70s and 80s was a big meet The 1972 version had 85 lifters, including Carlton Snitkin, Jake

Boyer, Enrique Hernandez, Bill Ennis and Ralph Sesso.

John Kuc traveled out to Cincinnati to an Open Meet promoted by Charles Gschwind and did 585-865-840-2290 for three American Records.

The Juniors in Cambridge, WI had 57 lifters. John Redding at 123, Gary Wardell at 132, Richard Luckman at 148, and Tony Carpino at 165 were winners. At 181 Paul Woods beat Marty Joyce on bodyweight. Paul won numerous titles in that manner. Tom Farchione at 198, Mike MacDonald at 242, and Lyle Schwartz at Super were the other winners. John Kuc and I were going to go, but a devastating flood hit our area in June. Communication was limited for weeks and some areas were not livable for months. This changed our plans.

Ron Chrysler promoted the Seniors in Denver. The turnout was light. At that time there was no requirement to lift in the Worlds, so many lifters skipped the Seniors. John Redding and Richard Luckman added the seniors title to the Juniors they had won weeks before. Franklin Riley won at 132 and Joe Spack got this National win at 165. Doc Rhodes bombed, as did American record holder Jess Woods. Jack Barnes again had an easy victory at 181. Jerry Jones at 198, Ernie Doe at 242 and Jon Cole with 570-865-820-2255 took the Supers.

There seemed to be more focus on the 1972 Worlds than any other Worlds, with the possible exception of the first year that drug testing was done. The focus in 1972 was the Supers. Whether it was MD, Ironman or Powerlifting News, the Supers was what was talked about, Jim Williams, Jon Cole, Don Reinhoudt, JoJo White, Don Cundy and John Kuc.

Williams posted a letter in MD and Powerlifting News inviting all the Supers. He also personally called then to insure attendance. Supposedly all except Cundy were going to show. Williams talked to Cole three weeks before and he said he was coming.

Then one week before the Worlds Cole lifted in AZ and set squat, deadlift and total records. He then announced he would not go to the Worlds, and hoped Wi1liams and Kuc would be subject to the same judging he had in Arizona. It's hard to imagine a local meet would have stricter judging and weighing of records than a World Meet. Williams was furious and Kuc was disappointed. Cole was lucky because Kuc would have kicked his ass.

I always admired Jon Cole, but his failure to show at the 1971 and 1972 Worlds bothered me. In 1971 he claimed he tripped the day before he was to leave, but York never had an entry. Then in 1972, lifting in Arizona the week before, I was told by an Arizona lifter that he was fearful his deadlifts would not be passed. I guess we will never know.

This year's Worlds was two days. The 123s had Dave Moyer, John Redding, Mike Cross, but Precious McKenzie won by over 100 lbs. At 132 there were eight lifters, four were Americans. Franklin Riley had an easy victory. At 148 there were ten competitors. including 1971 Champion Michael Shaw and former National Champion Jack Welch. The competition was close, but Jack Kammerer's big 605 lb. Deadlift gave him the victory.

Ron Collins was the story in the 165 lb. class winning by 130 lbs. George Crawford did not lift and Doc Rhodes continued to have problems in the squat, missing 530 three times. If he had just got in one squat, it might have been a different story. England had won two of the first four weight classes.

In the 181 lb. weight class, Vince Anello came down from 198 and Jack Barnes and Paul Wood went up. Vince posted a nice 1635 total to win. Vince Peterson of Rochester. New York was second.

There was great competition at 198, Jerry Jones, Jack Barnes and Butler, PA's Tony Fratto. Barnes benched 430 and squatted 715 to have a 35 lb. lead at subtotal. Jack could get no more than 600 and had to settle for third. Fratto pulled 670 to take second, and Jerry Jones with an 1805 total was World Champion..

Larry Pacifico moved up to 242 and hoped to be the lightest man to bench press 600 lbs. 225 lb. Mel Hennessey was also looking for a big bench. Met got 565 and Larry at 227 lbs. got 575. In the squat Mel did 710 and Larry did 700 for a 1975 total and another World Championship.

The Super line-up was JoJo White, newcomer Paul Wrenn, Don Reinhoudt, Jim Williams and John Kuc. Cole did not show.

Don benched 590, using his wife Cindy for handoffs. Kuc became the third man to bench press 600 lbs. Now Mr. Williams took over. 630 was easy, 675 looked just as easy. Jim got 700 about halfway up. In the squat JoJo White missed all three attempts. Kuc started with 805 and it looked like 135, Jim made 825 and Don got 830. Kuc did 860 on his second, again easy. His goal had been 900, but moved it to 905 because of Cole. His 905 was described as a perfect squat. Kuc now had a five pound lead and the contest was over. Kuc deadlifted without a belt, did 800 and 845, and got 875 to his knees. This, like most of John's contests, were won on the first deadlift.

Driving home after the meet, John (who was very conservative in planning what he could do) thought 2550 for next year was realistic. Two weeks later he had his blood pressure taken and immediately started to reduce bodyweight.

***Vince Anello** made deadlift history again and again in several classes.*

Shawnee High School Head Powerlifting Coach Tim Seelig, Nick Hannah, Ashlee Anders, Dylan Jamison, Kirsten Lute, David Ricks at the USAPL Ohio State meet. (from left to right)

What they had to start $0.00; what they needed $15,000. Why did they need it? To get all the way to from Springfield, Ohio to Oklahoma for the National power lifting meet. The Clark-Shawnee High School power lifting team had worked long, hard hours to get there. They lifted for 15 to 20 hours a week, not to mention the extra hours they spent getting ready to compete. The SHS power lifters had to pay their way to get to Nationals. Fund raisers were held, sponsors were called, and whatever remained the lifters were responsible to pay out of pocket.

When Tim Seelig first began coaching powerlifting at Shawnee 5 years ago, there were about 30 athletes and more girls than guys. Since then, the team has exponentially expanded, and it has evened out in gender. Last year the team had 100 athletes, and 52 of them went to compete at Nationals. So far this year, with just pre-sign ups, the team has 130 athletes, making this Shawnee's biggest sport.

Shawnee is one of the few schools that have power lifting as a varsity sport. The coaches treat the guys and girls with same standards, no matter what. The team has an extremely long season that runs from November to April with practices every weekday and meets on the weekend. Individual lifters pay to participate in meets. During January and February there is a local meet almost weekly, and in March and April there is a championship meet about every 3 weeks.

The Lady Braves powerlifters have 2 national championship titles and are undefeated. Last season both the men and the ladies won Nationals. Yet with all the great pride the power lifting program has brought, it still has trouble being taken as a "quality" program, struggling to survive. The Ohio High School Association does not recognize power lifting as a sport, in the way that they recognize football, basketball, cheerleading and bowling. These athletes work hard and train as much as any other sport. The power lifters need to get a sanctioned tournament to help keep the sport alive.

Shawnee High School has always backed the program. The team just recently got backing from the Springfield News-Sun, a local paper, and the team and program managers hope to earn some more support as a result.

It would not be that hard for high schools to create a power lifting team. Most schools already spend hefty amounts of money on weight rooms. As Coach Tim Seelig said, "This is a sport for many different types of kids, and not everyone can play basketball or be a wrestler." (by Sarah McLaughlin)

The 2008 National High School Team Champions – Shawnee Powerlifting (courtesy Seelig)

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275 lbs.				
Open UG				
J. Maxwell		500	550	1050
Powerlifting	SQ	BP	DL	TOT
MALE				
220 lbs.				
Open Raw				
Z. Geeting	525	425	575	1525
Submaster Raw				
R. Tyo	475	275	550	1300

UG=Unlimited Gear. (from Scott Taylor)

WNPF N Americans/Lifetime USA
12 JUL 08 - Atlanta , GA

BENCH
WOMEN
105 lbs.
(45-49) Raw
Mondragon! 90
132 lbs.
(13-16) Raw
Wilcox! 140
148 lbs.
Subs Raw
Fouts 110
MEN
114 lbs.
(13-16) Raw
Wilcox! 90
132 lbs.
(50-54) Raw
Araujo 170*
148 lbs.
Open
Albert! 380
165 lbs.
(17-19) Raw
Wilcox! 310*
Lifetime Raw
Paige# 380
181 lbs.
Open SP
Fisher 420
Subs SP
Fisher 420
(45-49) Raw
Wilcox! 315
(50-54) Raw
Wagner 275
198 lbs.
Subs Raw
Harper 380
Lifetime SP
Smith 425
Open SP
Minor 405
Subs Raw
Harper! 380
220 lbs.
Lifetime Raw
Renfore 410
Open Raw
Renfroe 410
Lifetime SP
Burritt# 510
(40-44) SP
Burritt 510*
Purvis 405
(45-49) Raw
Kayes 335
(60-64) Raw
Coleman 300
(60-64) Raw
Dudley! 300*
242 lbs.
(40-44) SP
Pate 470
(45-49) SP
Millrany 375
275 lbs.
(55-59) SP
Eddins 340*
BENCH Reps
WOMEN
114 lbs.
(45-49)
Hall 45*
123 lbs.
(45-49)
Dean 50*
132 lbs.
(55-59)
Araujo 20*
148 lbs.
Open
Albert!# 34*
165 lbs.
Lifetime
Paige 29
198 lbs.
Subs
Harper 29*
Subs
Harper! 29*
220 lbs.
Lifetime
Renfore 23
Mayers 19
(40-44)
Burritt 27
DEADLIFT
114 lbs.
(13-16) Raw
Robertson! 155
132 lbs.
(50-54) Raw
Araujo 225*
181 lbs.
(45-49) Raw
McCarraghur 510*
198 lbs.
Subs
Vincent 455
(50-54)
Meyers# 735
220 lbs.
(45-49) Raw
Kayes 500
275 lbs.
(40-44) Raw
Robertson! 450*
(45-49)
Burnette 500
(55-59)
Eddins 565*
300 lbs.
Subs
Braden 630
Lifetime
Braden 630
SHW
(45-49) Raw
Nichols# 780*
POWERCURL
WOMEN
114 lbs.
(40-49)
Hall 65
123 lbs.
(40-45)
Dean# 75*
148 lbs.
Open
Fouts 75*
165 lbs.
(40-49)
Baxter 75
MEN
114 lbs.
(13-16)
Robertson! 50*
165 lbs.
Open
Paige 105
181 lbs.
(50-59)
McCarraghur 145
198 lbs.
Open
Harper# 165
Open
Harper! 165
220 lbs.
(60-69)
Coleman 160*
275 lbs.
(50-59)
Eddins 170*
SQUAT
275 lbs.
(40-44) Raw
Robertson! 425*

Powerlifting	SQ	BP	DL	TOT
WOMEN				
105 lbs.				
(45-49) Raw				
Mondragon	135*	90*	165*	390*
114 lbs.				
(45-49) Raw				
Hall	150*	120*	265*	535*
123 lbs.				
(45-49) Raw				
Dean	170	155*	260	585
132 lbs.				
(13-16) Raw				
Wilcox	185*	140*	205*	530*
148 lbs.				
Subs Raw				
Fouts	185	110	215	510
Lifetime SP				
Sams#	380*	120	420*	920*
Lawson	245	160	240	645
165 lbs.				
(40-44) Raw				
Baxter	225*	110	275	610
SHW				
(40-44) Raw				
Bonds	230	125	305*	660
MEN				
114 lbs.				
(13-16) Raw				
Wilcox	135*	90*	200*	425*
123 lbs.				
(17-19) Raw				
Jooma	135*	115	200	450
165 lbs.				
(17-19) Raw				
Wilcox	405	310*	435*	1150*
181 lbs.				
Lifetime Raw				
Waldron	485	300	585	1370
Lifetime				
Demons	435	285	500	1220
(40-44) SP				
Wilson	475	355	480	1310
(45-49) Raw				
Wilcox	505*	315*	500*	1320*
198 lbs.				
Lifetime Raw				
Cuadrado	455	330	545	1330
Open SP				
Driggers#	575	500	625	1700
220 lbs.				
Lifetime Raw				
Mayers	525	350	545	1420
(45-49) Raw				
Housworth	405	265	330	1000
242 lbs.				
Open Raw				
Balicki	365	275	505	1145
275 lbs.				
(17-19) Raw				
Millwood	410	255	500	1165
(17-19) Raw				
Millwood!	410*	255*	500*	1165*
Lifetime				
Cherry	450	450	555*	1455
SHW				
Lifetime Raw				
McLaughlin	615	450*	615	1680
Schultz	575	390	600	1565
Open Raw				
Schultz!	575*	390*	600*	1565*

*= National Records. #=Best Lifters.

Candace Pahl *benched 195 at the APA Buckeye Open (S. Taylor)*

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

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!=WNPF Lifetime USA Lifters. SP=Single Ply. Team Champs Women's Division: Bailey's Barbells, Open Powerlifting: Willy's Powerhouse, Open Bench: Willy's Powerhouse. We had a total of 58 lifters from 9 states. Seven tested and all passed. This meet is starting to come back to being the big summer meet in Georgia for the WNPF. We want to thank the many lifters that came out and gave us a chance to show them what type of meet we can put on. Thanks to my staff, Wade Johnson from Tennessee, Tom Isbell from South Carolina, Greg Campbell from Augusta, Perry Thomas from Delaware, Adrian Locklear from Atlanta, Steve and Cindy Yeargin from Spartanburg, SC, Jamie Cooper and Moms Ford from Atlanta, Tee Meyers from Augusta, Tremaine from Louisiana, Big Brad from Georgia and Jason and Amber from Atlanta. No one bombed out and everyone qualified for the WNPF Worlds in November. There were some outstanding performances today from many lifters and I will highlight some of them, sorry I cannot highlight everyone but we do appreciate everyone's performances. Charlotte Hall in the 114 class totaled 535 lbs raw in the masters division. Jackie Dean totaled 585 lbs in the 123 lb. class and curled 75 lbs. to win the best lifter award in the curl. Rachel Wilcox benched an impressive 140 lbs in the bench press in the 132 class and she is 16 yrs. old. Jeannea Lawson had the highest bench of the day wit a 160 lb. lift. Rhonda Sams had the highest squat and deadlift with a 380 and 420 in the 148 class she also took home the best lifter award in the full meet. Brian Albert benched an impressive 380 lbs and missed 410 in the 148 class, he also did 34 reps in the rep contest to win best lifter. Charlie Paige benched 380 raw and could have benched at least 400 lbs. When Charlie benches the bar explodes off his chest to over halfway and then he drives with his triceps, he is a very impressive bencher. Brian Fisher lifting in his first WNPF meetbenched 420 lbs. in the 181 class to set a new state record. Willy Wilcox from Florida totaled 1320 lbs. in the 181 masters with a very impressive 505 squat. John Demons from Augusta looks like a MUCH YOUNGER Tee Meyers with his form and impressive lifting. If John sticks with this sport he will total much more in the near future. Nate Wilson totaled 1310 in the masters single ply division. WC Waldron put up a 1370 total in the 181 raw division with a 485 squat and 585 deadlift. Mark Driggers hit 1700 lbs in the 198 class, Mark had a depth problem with his first squat attempt but he came back strong with a 2 for 3 day in the squat, he also hit a 500 bench and a 625 deadlift. He passed on two attempts so there is no telling how much more he would have totaled. All 198'ers better watch out for Mark in November. What can you say about Tee Meyers, just say WOW. 51 years old still deadlifting750+ and no one commands the crowds attention more than the Skinny Man. Tee is loud at the meets, always running his mouth but this is how he stay's fired up and keeps other lifters fired up. Many people that don't know him thinks he is just a guy that can lift a lot of weight and always talking. Believe me Tee will hel anyone and everyone at these events, he gets in some lifters faces to fire them up and these guys love it, it's a show and most people love it. Were glad Tee is a part of our organization and he has been since 1992. He hit 735 on his second attempt and missed 765 on his third when his hand got caught on his wrap on the way up. Dave Harper hit a 380 raw bench and 165 curl in the 198 class. Ryan Smith hit a 425 bench and missed 440 in the 198 class and Craig Minor hit a 405 in the same class. Damon Mayers will hit a 1500 lb total in the 220's very soon. Two 60+ year olds hit 300 lbs. on the bench Bill Dudley and Bill Coleman. Brian Burritt from Florida missed 510 on his second but came back and smoked 510 on his third and he won the best lifter award. Ken Millrany hit a 375 on his opener to get one on the boards and jumped to 600 lbs and couldn't lock it out. He came so close to getting this lift, I'm sure he will get it up in November. David Pate from GA. hit a 470 with more in the tank in the 242 masters division. Chris Burnette from NC hit a 500 lb. deadlift in the 275 masters class. Chris is moving up with his deadlift in every meet. The Alabama guys Josh and Mike, both guys are about 6 foot, 20 with rack heights well over 20 both did a great job. Both of these guys are strong with not much technique (1565 and 1165 totals) but this will come in time but overall very impressive. Jim Cherry is a very think and muscular guy, Built perfectly for the sport, very strong but also lacking in technique. He moves weight so quick and explosively but he has to think a little more and be more in control and then watch out. He will hit 1700 lbs. in no time! Charles Eddins 55 yrs. old and what an impressive 565 deadlift and he curled 170 lbs. Tim Mclaughlin from Penn. Totaled 1680 raw in SHW class and almost went 9 for 9. Big Dean Nichols from SC is one of Tee Meyers buddies. These two go at it at every WNPF meet. Tee talks smack and Dean gives it right back to him. Many lifters probably think they don't like each other but this is what I was talking about earlier, these guys love each other. Tee helps Dean to pull more with a friendly competition. Dean is about 130 lbs. heavier than Tee but they try to out deadlift each other all the time. This time Big Dean came out on top with a 780 lb. pull and this was his limit today. If a fly would have landed on the bar Big Dean would have missed this attempt. Also I forgot to mention he did this RAW. 800 lbs. is just around the corner and it couldn't happen to a nicer guy. We will see you all a the WNPF World Championships in November. (courtesy of the WNPF)

SPF Emerald Coast Push/Pull
2 AUG 08 - Pensacola, FL

BENCH		SHW		
Teen (16-19)		R. Wilkerson		—
148 lbs.		DEADLIFT		
A. Belter	205	Open Raw		
Law/Fire		198 lbs.		
(Single Ply)		M. Melancon		535
181 lbs.		242 lbs.		
J. Dean	370	A. Heid		550
Open Raw		Open		
181 lbs.		(Single Ply)		
C. Crawford	375*	275 lbs.		
Open		A. Kashack		505
(Single Ply)				
For Total		BP	DL	TOT
Open Raw				
165 lbs.				
M. Stremcosky	300	415	715	
	4th-BP-315		DL-435	
259 lbs.				
Raw				
D. Johnson		415	505	920
Submaster Raw				
SHW				
C. Coaker		440	660	1100
Open				
(Single ply)				
220 lbs.				
C. Holston		480	565	1045
275 lbs.				
(Single Ply)				
H. Strickland		470	550	1020

Best Lifter Bench: Cory Crawford. Best Lifter Deadlift: Mark Melancon. Best Lifter for Total: Chris Coaker. Meet presented by: Belanger Power Sports & Max Muscle. Venue: The Dock on Pensacola Beach. (Dan Belanger of Belanger Power Sports)

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ST210	24"	Diameter apx weight 476lbs	$169.00

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SAVE 257%!
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SAVE 233%!
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1200 gm
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SAVE 207%!
Incredible!

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SAVE 106%!
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USPF Eldridge Top Gun/AZ State
27 SEP 08 - Tombstone, AZ

BENCH				
Open				
198 lbs.				
R. Thayer	276			
Masters (45-49)				
165 lbs.				
M. Jones	193			
DEADLIFT				
Open				
198 lbs.				
Powerlifting	SQ	BP	DL	TOT
WOMEN				
Open				
148 lbs.				
V. Yarbrough	320	154	325	799
Junior (18-19)				
275 lbs.				
B. Judd	132	100	254	486
MEN				
Open				
132 lbs.				
P. Kartchner	165	121	276	562
181 lbs.				
D. Kroeker	375	204	502	1080
198 lbs.				
R. Thayer	276	276	413	965
D. Judd	287	138	331	755
220 lbs.				
E. Yarbrough	452	336	551	1339
M. Morales	231	276	281	788
S. Henshaw	353	292	463	1108
308 lbs.				
M. Bowden	408	408	485	1301
B. Barthel	331	358	303	992
Junior (13-15)				
114 lbs.				
T. Judd	143	110	226	480
132 lbs.				
P. Kartchner	165	121	276	562
181 lbs.				
K. Judd	265	149	347	761
Junior (16-17)				
165 lbs.				
B. Barthel	187	132	226	546
Junior (18-19)				
275 lbs.				
N. Eldridge	309	176	419	904
Submasters				
181 lbs.				
D. Kroeker	375	204	502	1080
220 lbs.				
M. Morales	231	276	281	788
Master (40-44)				
220 lbs.				
E. Yarbrough	452	336	551	1339
Master (45-49)				
165 lbs.				
M. Jones	314	193	331	838
308 lbs.				
M. Bowden	408	408	485	1301
B. Barthel	331	358	303	992
Master (70-74)				
R. Thayer	413			
Juniors (13-15)				
181 lbs.				
K. Judd	347			
Submasters (35-39)				
275 lbs.				
P. Habib	435			
Masters (45-49)				
165 lbs.				
M. Jones	331			

Best Lifters *at the Tom Eldridge Top Gun Arizona State Meet: (left-right) Brianna Judd, Victoria Yarbrough, Edward Yarbrough, Phillip Habib, Nicholas Eldridge (Tom's Grandson in his first powerlifting meet), and Richard Thayer. Victoria and Edward also received the Memorial Tom Eldridge Overall Full Meet Best Lifter Trophies. (This photograph was provided to PL USA by courtesy of Dannie Eldridge)*

198 lbs.				
D. Judd	287	138	331	755

(results provided courtesy Danni Eldridge)

USAPL Mid Atlantic Open
19 JUL 08 - Stanardsville, VA

BENCH				
181 lbs.				
Open				
R. Maggi	350			
(40-44) Raw				
J. Penn	300			
220 lbs.				
(14-15) Raw				
J. Hugh	175			
Ironman				
148 lbs.				
(45-49) Raw				
C. Penn		130	245	375
181 lbs.				
(40-44) Raw				
J. Penn		300	450	750
UNL				
(45-49) Raw				
J. Penn		370	525	895
Powerlifting	SQ	BP	DL	TOT
FEMALE				
123 lbs.				
(65-69)				
E. Trubic	150	75	180	405
148 lbs.				
(45-49) Raw				
275 lbs.				
(40-44) Raw O				
McGlothlin	410			
UNL				
Open Raw				
J. Woytasik	405			
(45-49) Raw				
J. Penn	370			
BP	DL	TOT		
C. Penn	115	130	245	470
181 lbs.				
Open Raw				
T. Emrich	240	110	225	575
MALE				
132 lbs.				
College				
J. Sine	375	240	385	1000
148 lbs.				
(14-15)				
J. Vance	220	130	280	630
181 lbs.				
Open Raw				
J. Preskar	365	265	460	1090
(40-44) Raw				
J. Penn	310	300	450	1060
198 lbs.				
(16-17) Raw				
R. Poland	230	205	325	760
(18-19)				
C. Ek*	350	315	475	1140
(40-44) Raw				
M. Grizzard	285	205	375	945
(55-59)				
J. Harman	275	275	430	980
220 lbs.				
(16-17)				
J. Sine	270	205	315	790
(16-17) Raw				
J. Blake	325	200	400	925
(40-44) Raw				
W. Slade	490	330	480	1300
(45-49)				
G. Stang	480	420	460	1360
242 lbs.				
Open				
D. Mason	650	500	600	1750
A. Harman	500	385	465	1350
W. Shirley	450	315	480	1245
Open Raw				
M. Baugham	435	320	545	1300
(20-23)				
S. Murden	500	390	510	1400
(45-49) Raw				
D. Benedict	425	325	460	1210
(55-59)				
J. Sheckler	430	340	435	1205
UNL				
(45-49) Raw				
J. Penn	350	370	525	1245

(Thanks to John Shifflett for these results)

USAPL Ragin Cajun Qualifier
7 JUN 08 - Lafayette, LA

Powerlifting	SQ	BP	DL	TOT
132 lbs.				
D. Murphy	300	200	300	800
165 lbs.				
Higginbotham	405	300	405	1110
J. Melancon	405	330	435	1170
220 lbs.				
J. Clay	545	375	500	1420

Coordinator: Travis Werner. (via USAPL)

ADFPF Bill Beckwith Memorial
13 SEP 08 - Grand Rapids, MI

BENCH				
220 lbs				
Master V				
D. Finley	270!*			
242 lbs.				
Master I/P/F/M				
D. Walker	557!*			
319 lbs.				
Master I				
C. Torres	397			
Master II				
D. Stouder	485!			
RAW				
138 lbs.				
Open Master II				
K. Hockeborn	220!*			
165 lbs.				
Junior				
A. LeClair	237!			
FEMALE	SQ	BP	DL	TOT
Raw				
154 lbs.				
Open Master III				
C. Burr	231!*	171!*	364!*	766!*
Master III				
S. Sanaghan	182!	88!	287!	557!
Open				
198 lbs.				
J. Todd	231!*	204!*	380!*	816!*
MALE				
148 lbs.				
Open				
D. Wilson	347!*	287!*	463!*	1097!
181 lbs.				
Master V				
J. Smoker	314	204	435	953
220 lbs.				
Open				
R. Pettet	502	347	513	1361
Raw				
148 lbs.				
Master I				
T. Greenman	336!*	276!*	424!*	1036!
Open				
D. Wilson	331	303!*	468!*	1102!
165 lbs.				
Junior				
C. Baiers	303!	287!	452!*	1042!
181 lbs.				
Junior				
A. Passorelli	287	237!	391	915
Open				
M. Guillen	364!	276	413	1053
Master V				
R. Batko	342	204	452!*	998
198 lbs.				
Teen II				
K. Meaux	309	265!	353	926
Master VI				
K. Donnelly	231!*	215!*	375!*	821!*
220 lbs.				
Open Junior				
D. Allison	540!	325	507!	1372!
Master I				
D. Latimer	364!	237!	408!	1009!
Master VII				
198 lbs.				
Master III				
W. Nicolen	336!*			
Master VII				
E. Crossland	121			
220 lbs.				
Master II				
M. LeClair	380!*			
Master III				
D. Burr	243!*			
Master V				
R. Arnold	305!*			
319 lbs.				
Master III				
J. Millikan	364!*			
SQUAT				
314 lbs.				
Open Master II				
D. Stouder	485!*			

Application for Registration
UNITED STATES POWERLIFTING FEDERATION

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

Street Address | City

State | Zip | Area Code/Telephone

Email | Referee Status JPF Cat. 1 Cat. 2 Nat. State | Current High School Y N | Special Olympian Y N | Inmate Y N

Current Collegiate Y N | U.S. Citizen Y N | Date of Birth / / | Sex M F | Today's Date / / | Card Issued By

Registration Fee $30.00
Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P.O. Box 650
Roy, Utah 84067

NOTE: $15 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

If Under 18 have Parent Initial _____

Signature _____

White: USPF Office Yellow: Member Pink: Meet Director

T. Andrews 242 lbs. Master III	270!*	281	314!*	865!*
G. Zylstra 275 lbs. Open	198!	215!	259!	672!
B. Kipp Open Master I	375	320	419	1113
R. Cairns Master III	457!*	320!	474!	1251!
A. Ninaber 319 lbs. Master III	463	386	783	1631
M. Hanfelt Master II	160!*	154!	298!*	612!
D. Stouder	452	419*	452	1323

*=American Records. !=State Records. The annual Bill Beckwith Memorial Powerlifting and Single Event Championships was held at the Fulton Ave. Grand Rapids Salvation Army facility. Meet Director Richard Van Eck, our American Drug-Free Powerlifting Federation President, was a long-time friend of Bill Beckwith. Many lifters who knew Bill continue to support this memorial event. The "Sal" facility turned out to be a great venue, as the administrators were super-supportive as they ministered to the needs of the lifters. The relationship between the meet directors and the "Sal" staff was so good that The Salvation Army agreed to allow the ADFPF to host their 2009 Single Event National Championships there on March 14th. We encourage all ADFPF members as well as new members to get prepared for this 2009 event so that they will be able to qualify for the 2009 WDFPF Single Event World Championships held in Bradford, England on June 5-7. In that World championships lifters may compete in one, two or in all three powerlifting events; they may select either or both the unequipped or equipped divisions. Thirty-eight, participants arrived to compete and concur, which was 34 men and four women. The competitive options included unequipped and equipped divisions in powerlifting as well as unequipped and equipped divisions in each of the single events (squat, bench press and deadlift). Twenty-nine lifters selected the unequipped division with nine entering the equipped division. As usual, the meet equipment was top notch thanks to Dick's Eleiko Kilo weight plates, electric squat racks, etc. The heavy trailer was delivered to Grand Rapids thanks to ADFPF meet director and referee, John Jackim. Officiating this event was Dick Van Eck, Jack Bowen, John Jachim and the Gedneys. Scoring table crew was Jan Van Eck, Barb Bowen and announcer Greg Drobny. The many outstanding attempts led to setting 116 records with 25 athletes qualifying for international competition. Very impressive to say the least. The breakdown of new ADFPF records included 38 American powerlifting records with eight American single event records. And, 62 powerlifting state records were set with nine single events state records. The Illinois, Indiana, Michigan and Wisconsin records have been updated. Two Canadians traveled from Ontario to join the unequipped division competition. Eddi Crossland, 74 years of age won his Category in the 90 kg. class and established a new personal best in the bench press event. Adrian K. Ninaber who coaches Eddie Crossland, won the 125 kg. class. The following outstanding athletes established American records in each of the four powerlifting events: Carol Burr (70 kilo class), open and M3 Categories; Jasmine Todd (90 kilo class), open Category; Todd Greenman (67.5 kilo class), M1 category and Kenneth Donnelly (90 kilo class) M6 category. David Wilson (67.5 kilo class) set four American and four State records in the Equipped Division, M3 category and three American and state records in the unequipped division. Lifting in both divisions of powerlifting did not seem to phase this outstanding lifter. Dennis Stouder (+145 kilo class) of Nappanee, IN set both an American and State records in the equipped division single event squat thereby qualifying him to compete in all three events of the 2008 Single Event World Championships. Other meet athletes who are also on the USA Team traveling to Antwerp Belgium for this world championships are Wisconsin's David J. Walker (110 kilo class) and Michigan's Tim Andrews (100 kilo class). The following participants established American and state records in the unequipped division of the Single Event Bench Press: Koley Hockeborn (63 kilo class), open and M2 categories; Wayne Nicolen (90 kilo class) M3 category; Mark LeClair (100 kilo class), M2 Category; DuWayne Burr (100 kg class) M3 Category and Jerry Millikan (+145 kilo class), M3 category. Two participants set American and state records in the Single Event Bench Press equipped division,: Doug Finley (100 kilo class), M5 and David Walker (110 kilo class), M1 and P/F/M categories. Quest Diagnostics carried out the mandatory 10% drug testing required in all ADFPF and WDFPF competitions. The laboratory reports indicate negative use of banned substances. Following the competition the athletes, coaches, officials, friends, relatives and other spectators helped to put away chairs, fold the tarps protecting the gym floor, carry out and load the competitive equipment in the waiting trailer. As a relatively small organization, the ADFPF develops fellowship in that everyone is friendly, helpful and encouraging towards one another including those who host and runs competitions. Anyone who has hosted, or been involved in running a meet, knows how tiring it is at the end of a long day to tear down the meet site. Each meet official was grateful to have such supportive people in the organization. Amazingly everyone stayed throughout the awards program to cheer and say "good job" to one another. Another nice gesture was made by Gary Morrison who took pictures of every lifter's opening attempt offering to e-mail pictures at no cost to the participant to any interested athlete. Many thanks Gary. (Thanks to Judy Gedney for results)

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

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

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

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

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

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

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

Name_____ Phone_____ E-mail_____

Address_____ City_____ State_____ Zip Code_____

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

Referee Ranks & Organizations_____

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

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

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

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

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COMING EVENTS

MEET DIRECTORS ... a listing here is a FREE service. Send details, preferably at least 3 months prior to your event, to 'Coming Events', Box 467, Camarillo, CA 93011 to obtain proper advance notice.

29 NOV, PPL National Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

29 NOV, NASA Oklahoma Open, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

NOV, AAU World Military PL/ World Bench Press/World Full Power/International BP, DL, Push-Pull (Virginia) Judy & Steve Wood, Jill Meads, 804-559-4624, vapowerlifting@aol.com

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

NOV, APA Can-Am International (PL, BP, DL, PP - Freeport, ME) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4727

5-6 DEC, 100% Raw Masters Nationals (Lebanon, NH) Bret Kernoff, 802-865-2747, bret@vermontpowerlifting.com

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

6 DEC, USAPL Fife Power Company Holiday Classic, Steve Slavens, 5616 20th St. E., Tacoma, WA 98424, 253-435-0023

6 DEC, USAPL Tennessee High School Qualifier (Gray, TN) Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, 423-725-2418

6 DEC, NASA Missouri Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

6 DEC, AAPF River Valley Club Championships (Lebanon, NH) Bret Kernoff, brett@vermontpowerlifting.com

6 DEC, APF Iron Man (Fresno, CA) Bob & Kim Packer, 559-322-6805, 559-323-3892

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

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

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

6 DEC, IPA 3rd Annual Christmas Carnage (Full, BP - Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

6 DEC, Walker's Gym Deadlift Classic (for St. Jude's Hospital - open, raw, men, women, masters, teen, police/fire) Walker's Gym 220 E. Broadway, Hopewell, VA 23860, 804-457-7918

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

6 DEC, 100% Raw Masters Nationals & AAU/AAPF River Valley Club Championships, (River Valley Club, Lebanon, New Hampshire) Bret Kernoff, bret@vermontpowerlifting.com

6 DEC, 8th Annual Pocket Samson's Christmas BP/DL (all divisions/weight classes for men and women, pre-registration deadline 11/15/08, limit 50 lifters) Glenn Murphy Jr., Box 1013, Westminster, MD 21158

6 DEC, APF Gulf Coast (Beaumont, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

6 DEC, Pride RAW BP & DL (Coeur d'Alene, ID) (509) 868-2192, Pride-Powerlifting.com.

6 DEC, NASA New Mexico Push-it, Pull-it, Lift-it (Rio Rancho, NM) NASA, Box 735, Noble, OK 73068, SQB-PDL@aol.com, 405-527-8513

6 DEC, 3rd Children's Christmas Classic Touch N' Go BP (Breakaway RecPlex, Celina, OH) Mike Wolfe, after 4pm weekdays, (419) 584-2393, bigbadwolfe900@yahoo.com.

6-7 DEC, AAPF/APF Southern States (Jackson, FL) Wayne Pullum, IRONOVERLORD@aol.com

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

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

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

12-14 DEC, USAPL American Open (St. Louis, MO) Harold Gaines, 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

13 DEC, APF South Carolina (Columbia, SC - with Donnie Thompson of Progressive Sports Physical Therapy) Will Millman, shelter223@gmail.com, 843-886-5366

13 DEC, Paxton Strongman Four (Paxton, MA) Nathan Fitzgerald (508) 791-3291, paxtonpowergym@charter.net, paxtonpowergym.com

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

13 DEC, Iron Chamber Gym BP & DL (Sun Valley High School, 5362 State Rt. 183 NE, Magnolia, OH) Jeff Begue, (330) 844-1011, ICG-Pride@Hotmail.com.

13 DEC, 100% Raw Christmas Clas-

APF/AAPF/WPO Schedule

6 DEC, AAPF River Valley Club

6 DEC, APF Gulf Coast

6 DEC, APF Iron Man

6 DEC, AAPF River Valley Club

6,7 DEC, APF/AAPF Southern States

13 DEC, APF South Carolina

17 JAN, APF/AAPF Battle on the Bay

14 FEB, APF Arizona Open State

14 MAR, APF/AAPF Spring Challenge

15 MAR, AAPF Raw Bench Press

14, 15 MAR, APF/AAPF Illinois State

MAR, APF/AAPF Illinois State

4 APR, APF Cassstrength Missouri Open

4-5 APR, AAPF Nationals

APR, APF High School Nationals

MAY, APF Master/Teen/Jr. Nationals

27 JUN, APF/AAPF Chicago Summer Bash

22 AUG, APF/AAPF Summer Challenge

Dates subject to change Call 866-389-4744 for info.

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sic BP/CR (Standardsville, VA) John Shifflett, 434-985-3932

13 DEC, WNPF Winter Classic & **WNPF Lifetime BP, DL, PC Nationals** (Kissimmee, FL) Troy Ford, 678-817-4743, wnpf@aol.com

13 DEC, USA Power Open BP & DL, Dave West, B&R Family Fitness Club (PA) 215-355-2700 x130

13 DEC, 21st Elkhart BP Classic (Elkhart, IN) Jon Smoker, jjrcsmoker@hotmail.com

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

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

13 DEC, Golden Bear Bench Press Classic (WI) Steve Fronk, 715-736-7560, unitedag@chibardun.net

13 DEC, NASA West Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

13 DEC, USAPL Ketchikan PL, Douglas Greg, 1225 S. Pt. Higgins Rd., Ketchikan, AK 99901, 907-247-8463

13 DEC, IHM Holiday Bench Press (Youngstown, OH) Ron DeAmicis, 330-792-6670

13-14 DEC, Police & Fire Nationals, Harold Gaines, 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

20 DEC, NASA Illinois Christmas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

27 DEC, 3rd annual Gene Rychlak Jr. Bench Press Classic (Boyertown YMCA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, bench_a_grand@yahoo.com

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

DEC, AAU World Bench Press, World Push-Pull (Nevada) Martin Drake, 951-928-4797, naturalpower@earthlink.net

DEC, USAPL Florida Senior State Games BP & DL (Age 50+ - Ft. Myers/Cape Coral, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

DEC, APF-AAPF Southern States PL/BP, Kieran Kidder, 866-389-4744, amyljackson@aol.com

10 JAN, ADAU Raw Power Steel City Challenge (BP, DL - Community College of Allegheny County, Boyce Campus Gymnasium, Monroeville, PA) 412-335-7569, www.adaurawpower.com, monsters_unlimited@msn.com

10 JAN, NASA Gilmer Open (Gilmer, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

10 JAN, IBP Regional Push Pull (Mocksville, NC) Keith Payne, keith@ironboypowerlifting.net

17 JAN (NEW DATE), USAPL Louisiana State (Lafayette, LA) Meet Director, Travis Werner, 337-349-2006, traviswerner123@yahoo.com, www.ragincajunpowerlifting.com

17 JAN, NASA Chippewa Classic (Chippewa, WI) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

17 JAN, APF/AAPF Battle On The Bay Old School Open (Bay City, MI) Vince Scelfo, 989-672-0830

17 JAN, 100% Raw Virginia State Single (BP, DL, SC - Stanardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com www.virginiapowerlifting.blogspot.com,

17-18 JAN, IPA Columbus Pro Am (Courtyard Marriott, Columbus, OH) Dan Dague, 614-554-8824, lexenxtreme@aol.com, www.lexenxtreme.com

24 JAN 09, Capital District Tri-City BP/DL, Bethlehem Area YMCA, 900 Delaware Ave., Delmar, New York 12054, Tom Corazzini, 518-439-4394, ext. 1442, tcorazzini@cdymca.org

24 JAN, USAPL Capitol City Clash (Lincoln, NE) Bill Sinclair, 1497 Rd. R, Howells, NE 68641, 402-986-1784

24 JAN, ADFPF PL & Single Event Challenge (Mexico High School, Mexico, MO) Bill Duncan, www.adfpf.org

24-25 JAN, NASA Natural Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24-25 JAN, Raw Unity Meet (New Port Richey, FL) erictalmant@yahoo.com, www.rawunitymeet.com

24-25 JAN, USPF American Cup PL/Fit Expo BP/DL (Los Angeles Convention Center) Steve Denison, pwrlftrs@msn.com, www.powerliftingCA.com, 661-333-9800

25 JAN, USPF Los Angeles Fit Expo BP & DL (open - Los Angeles Convention Center) Steve Denison, pwrlftrs@msn.com, www.powerliftingCA.com, 661-333-9800

25 JAN, IPA Jersey Power Classic (all divisions) Henri Skiba, 732-598-9369, astroboy252@mac.com

30-31 JAN, UPA Iowa & Midwest PL, Bill Carpenter, UPA Vice President, (563) 599-1390, BCarpenter@UnitedPowerliftingAssociation.com.

31 JAN, USPF 4th PowerBowl BP & DL (Parkersburg, WV) Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

31 JAN, 3rd ADFPF PL/Single Lift Championships (Church of the Gentle Shepherd, Six Lakes, MI) John Jachim, JM-Gedney@wiu.edu

31 JAN (NEW DATE), USAPL Raw HS (Scranton, PA) Steve Mann, www.purepowerlifting.com

31 JAN (NEW DATE), USAPL NE Regional HS (Scranton, PA) Steve Mann, www.purepowerlifting.com

1 FEB (REVISED DATE), USAPL Raw Collegiate (Scranton, PA) Steve Mann, www.purepowerlifting.com

1 FEB, USAPL NE Regional Collegiate (Scranton, PA) Steve Mann, www.purepowerlifting.com

7 FEB, NASA Arizona State (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

7 FEB, SSA CandyAzz Classic (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com.

7 or 21 FEB, USPF San Jose Open PL, BP, DL, Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

13-14 FEB, USAPL Women's Nationals (Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net,

USPF 55th Iron Man Open

Powerlifting & Bench Press Challenge

(open, masters, teenage, women, junior)

Mr. Iron Man, Ms. Iron Woman

Over 40 Mr. Iron Man

USPF Div. II National Qualifier, GPC Rules

December 6th, 2008

(Fresno, CA) Bob & Kim Packer

559-322-6805 559-323-3892

NASA Powerlifting & Power Sports

November

29th - Houston Open (Alvin, TX?)

December

6th - Missouri Regional

6th - New Mexico Push-Pull (Rio Rancho, NM)

13th - West Texas Regional

20th - Illinois Christmas Regional

January

10th - Gilmer Open (Gilmer, TX)

17th - Chippewa Classic (Chippewa, WI

24-25th - Natural Nationals (OKC, OK)

February

7th - Arizona State (Mesa, AZ)

14th - Missouri State (Joplin, MO)

28th - Indiana State

28th - East Texas State (Tyler, TX)

March

7th - Colorado State (Denver, CO)

14th - Tennessee State (Pickwick Park, TN)

28-29th - PS Nationals/Pro Power Sports (OKC, OK)

April

4-5th - High School Nationals (OKC, OK)

11th - Kansas State

18th - Iowa State (Des Moines, IA)

25th - Wisconsin Regional

25th - Arizona State High School BP/PL (Mesa, AZ)

May

2nd - Western States Nationals (Mesa, AZ)

9th - Oklahoma State (OKC, OK)

16th - Bench Press Nationals (Denver, CO)

August

1st-2nd - NASA World Cup (OKC, OK)

October

24th - 32nd Oklahoma Grand (OKC, OK)

24th - Unequipped Nationals (OKC, OK)

31st - Wisconsin State

Coming Events/ Entry Forms at: www.nasa-sports.com

UPCOMING SLP COMPETITIONS

6 DEC, SLP TN Christmas for Kids (Memphis, TN)

13 DEC, SLP Arkansas BP/DL (Rogers, AR)

27 DEC, SLP The Last One! BP/DL (Tuscola, IL)

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

www.geocities.com/floridausapl

14 FEB, APF 2nd Arizona Open State (Peoria, AZ) J.R. Bolger, 623-236-8265

14 FEB, NASA Missouri State (Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

21 FEB, USPF 2nd Ohio BP & DL (Columbus, OH) Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

21 FEB, Red Brick Bench Press VI (Red Brick School, Lewiston, NY) Dennis Brochey, 302 N. 5th St., Lewiston, NY 14082, (716) 200-3533, cdbrochey@roadrunner.com, http://niagarapowerliftingclub.com.

21 FEB, ADAU Raw Power Emmanuel Greater Single Lift Open (Johnstown, PA) Sam Contakos, Box 1084, Johnstown, PA 15907, (814) 270-1464, Jim, paworkout@aim.com.

28 FEB, NASA Indiana State, NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

28 FEB, USAPL Virginia Open (PL/BP/DL/Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

28 FEB, NASA E. Texas State (Tyler, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

28 FEB, USAPL 3rd Aggie Invitational, Dustin Wilde, 177 Oak Run, College Station, TX 77845, 830-534-8441

28 FEB, USAPL South Dakota PL & BP, Jeff Blindauer, 5912 W 56th St., Sioux Falls, SD 57106, 605-201-2411

1 MAR, WNPF Ohio (Youngstown, OH) Ron DeAmicis, 330-792-6670

5-8 MAR, Arnold Sports Festival PL/BP (Columbus, OH), 614-431-2600, www.arnoldsportsfestival.com

7 MAR, NASA Colorado State (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

7 MAR, 11th Winter Bench Press (open, teen, women, submaster, master, trophies, cash prizes - Atilis Gym, Wildwood, NJ) Chris Lambert, 609-729-2050

7 MAR, USPF 2nd Pennsylvania BP & DL (Pittsburgh, PA) Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

7 MAR, Gym Warriors PL & BP (trophies, prizes - Peabody, MA), pauldesimone01@aol.com

8 MAR, Welsh & England PL, BP & DL (Qualifiers for British Championships - Four Seasons, Trallwn Rd., Llansamlet, Swansea) Entry to BPO no later than February 15th, Meet Director Ken Williams, 07970-625946, www.wpfpowerlifting.com

14 MAR, ADFPF Single Event Nationals (SAL, Grand Rapids, MI) Richard Van Eck & John Jachim, JM-Gedney@wiu.edu

14 MAR, 100% Raw Ironman Nationals & United State Open (BP, DL, SC - Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com,

14 MAR, NASA Tennessee State (Pickwick Park, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

14 MAR, APF/AAPF Spring Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890

14 MAR, IBP King of Hill Push Pull (Asheville, NC) Keith Payne, keith@ironboypowerlifting.net

14 MAR, WABDL National Collegiate BP & DL (University of Houston Downtown, Houston, TX) John Hudson, 217-377-4640, hudson@uhd.edu

14-15 MAR, APF/AAPF Illinois State (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, www.apf-illinois.com, www.chicagopowerlifting.com

15 MAR, AAPF Raw BP (Haverhill, MA) Bret Kernoff, brett@vermontpowerlifting.com

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

21 MAR, USPF 28th Texas State Powerlifting & Single Lift Championships (Austin, TX) Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

28 MAR, USAPL 12th Battle of the Great Lakes (FP, BP, PP - Cleveland, OH) Gary Kanaga, 440-241-7984, www.bigkspowermeets.com

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

28 MAR, Northern Virginia Raw PL/BP, John James, 703-475-9885, www.northernvirginiarawpower.com

28 MAR, USPF California State PL, BP, DL (Los Alamitos, CA) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

28 MAR, 100% Raw Nebraska State (A.V. Sorensen, 4808 Cass St., Omaha, NE) DJ Satterfield, 402-592-1243, djnechair@yahoo.com

28-29 MAR (new date), NASA Power Sports Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

29 MAR, 10th Pittsburgh Monster BP/DL (men & women, all classes, cash prizes - Pittsburgh Airport Crown Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996

29 MAR (New Date), NASA Pro Power Sports (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

MAR, USAPL Mass High School PL, Eric Cordeiro, eccbeast@yahoo.com

MAR, APF-AAPF Illinois State (Willowbrook, IL) Eric Stone, 630-794-0594, thestone@chicagopowerlifting.com

4 APR, APF Cassstrength Missouri State Open (Blue Springs, MO) Brandon Cass, 816-690-6769, cassstrength@cs.com

4 APR, USPF Collegiate National/Las Vegas Open PL, BP, DL, PP (UNLV, Las Vegas, NV) Joe Dentice, lvjoe700@aol.com

4 APR, APC Georgia State PL/BP (Athens, GA) L.B. Baker, 770-713-3080, www.americanpowerliftingcommittee.com

4 APR, USPF 4th Works PL & Single Lift (New Martinsville, WV) Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

4-5 APR (new date), 26th NASA High School Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

4-5 APR, AAPF National Championships (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434, snakeriver@yahoo.com

11 APR, NASA Kansas State, NASA, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

11 APR, SSA Imperium (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com.

18 APR, MHP Kings of the Bench III & MHP Clash of the Titans II Powerlifting ($10,000 total cash prize money, four weight divisions, wraps, chalk, belt only - Ronnie Coleman Classic Expo, Mesquite Convention Center, Dallas, TX) Sean Katterle, (503) 221-2238, SeanZilla@HardcorePowerlifting.com, www.HardcorePowerlifting.com, www.MaxPerformance.com, www.MetroFlexGym.com, www.MetroFlexGymProductions.com.

18 APR, 14th Dungeon Powerworks Slam (BP, DL - Three Rivers, MI) Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 4904, 2269-506-5386

18 APR, ADFPF Chicagoland PL/Single Event (B&W Gym) Clint Phillips, Bill Lotter, JM-Gedney@wiu.edu

18 APR, NASA Iowa State (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

18 APR, 3rd Power Promotions Sports & Fitness Expo (Parkersburg, WV) Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

18-19 APR, British PL, BP & DL (University of Bath, Claverton Down, Somerset, GBR) Entry to BPO no later than March 27th, Meet Director Greg Ashford, 01373-859997, www.wpfpowerlifting.com

18,19 APR, USAPL Indiana State PL/BP (open, masters, teen, youth, high school, jr., out of state lifters welcome - Winchester, IN) Sonny Runyon, 765-716-2587, power-

WNPF Powerlifting

World Natural Powerlifting Federation

Upcoming events
November 2, 2008- WNPF All-American Championships & WNPF LIFETIME World Cup Championships- Philadelphia, PA

November 22/23- WNPF WORLD CHAMPIONSHIPS & WNPF LIFETIME International Cup- Atlanta, GA

December 6- WNPF Bordentown Open, Sarge McCray Bench, Deadlift & Powercurl
December 7- WNPF Delaware State Championships- Seaford or Rehobeth, DE
December 13- WNPF Winter Classic & WNPF LIFETIME Bench Press, Deadlift & Powercurl Nationals- Kissimmee, FL

Contact information: Troy Ford, 678 817-4743 or wnpf@aol.com
Website- www.members.aol.com/wnpf

house562@comcast.net, Joe Goodhew, 765-744-6528, j.goodhew@comcast.net

18-19 APR, IPA Power Palooza 11 (Full, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

19 APR, WNPF 13th Upstate New York (Buffalo, NY) Ron DeAmicis, 330-792-6670

24-26 APR, UPA Powerlifting & Bench Press National Championships (Grand River Center, Dubuque, IA) Kenny Patterson, UPA President, (614) 563-0279, KPatterson@ UnitedPowerliftingAssociation.com, Bill Carpenter, UPA Vice President (563) 599-1390, BCarpenter@ UnitedPowerliftingAssociation.com. Entry form: www.upa-iowa.com.

25 APR, NASA Wisconsin Regional, NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

25 APR, Kern County High School (Golden Valley HS, Bakersfield, CA) Toby Henry, 661-330-2600, toby_henry@khsd.k12,ca.us

25 APR, NASA Arizona State HS BP/PL (Mesa, AZ) Walt Sword

APR, APF High School Nationals, (Baton Rouge, LA) Garry Frank, 225-241-8154, bulldogbr@bellsouth.net

1-3 MAY, USAPL Master Nationals, Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

2 MAY, Ohio USPF Division I & II PL & Single Lift State(Linton Community Center, Plainfield, OH) Tim Cochran, Ohio USPF Chairman, Box 11, Belpre, OH 45714, tncochran@yahoo.com

2 MAY, USPF San Diego Open PL, BP, DL (San Diego, CA) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

2 MAY, NASA Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

9 MAY, IBP NC State Youth/Teen PL (Statesville, NC) Keith Payne, keith@ironboypowerlifting.net

9 MAY, NASA Oklahoma State (OKC) NASA, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

9 MAY, WNPF 13th Western Penna (Beaver Falls, PA) Ron DeAmicis, 330-792-6670

9 MAY, **100% Raw National Masters/**North American Open Powerlifting (Zion Crossroads, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com,

16 MAY, NASA Bench Press Nationals (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

16 MAY, USAPL New England States Open PL, Greg Kostas, 781-447-6714

23 MAY, IBP SC State P-P (Seneca, SC) Keith Payne, keith@ironboypowerlifting.net

23 MAY, USPF Military Nationals PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

24 MAY, USPF Muscle Beach BP/DL (Venice Beach) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

30 MAY, USPF 4th Summer Fest BP & DL (Parkersburg, WV) Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

MAY, APF Master, Teen, Jr. Nationals (Baton Rouge, LA) 225-241-8154, bulldogbr@bellsouth.net

5-7 JUN, WDFPF World Single Event (Bradford, England)JM-Gedney@wiu.edu

5-7 JUN, RAW United National Championships, Spero Tshontikidis, 4353 Collinwod Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cfl.rr.com.

6 JUN, USPF Sierra Nevada Cup PL, BP, DL (Grass Valley) Karen and Steve Matthews, 530-477-2946 or 432-1426, Karen@mail2freedom.com

6 JUN, USAPL Big K's 7th annual PL Meet, (FP, BP, PP - Cleveland, OH) Gary Kanaga, 440-241-7984, www.bigkspowermeets.com

13 JUN, IHM Festival BP (Youngstown, OH) Ron DeAmicis, 330-792-6670

13-20 JUN, USPF Western States Police & Fire Games (College of the Canyons, Santa Clarita, CA) Sgt. Jonna Wiltshire, 626-300-3122, www.wspfg2009.org

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14 JUN, IHM Strongman (Youngstown, OH) Ron DeAmicis, 330-792-6670

20 JUN, USAPL Mid Atlantic Open (PL, BP, DL, Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

26-28 JUN, European PL, BP & DL (Amsterdam, HOL) entry to BPO no later than May 15th, Meeet Director Ed Fennema, www.wpfpowerlifting.com

27 JUN, APF/AAPF Chicago Summer Bash VI (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, www.apf-illinois.com, www.chicagopowerlifting.com

3-5 JUL, USPF National PL, BP, DL (Anaheim, CA) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

12 JUL, USAPL Deadlift Push Pull Nationals (Miami, FL) Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249

18 JUL, SSA Nationals (full power, Ironman, single lift - Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com.

24-25 JUL, Vermont State Open Raw BP (S. Burlington, VT) All American Fitness Center (802) 999-7845.

24-26 JUL, 100% Raw Nationals (Charlottesville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

25 JUL, USPF 2nd Virginia State BP & DL, Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

1 AUG, USPF Muscle Beach Push-Pull (Venice Beach, CA) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

1,2 AUG, NASA World Cup (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

8 AUG, Northern Virginia Raw PL/BP, John James, 703-475-9885, www.northernvirginiarawpower.com

15 AUG, 2nd ADFPF Battle on the Beach (BP, DL and/or Ironman, State Park, Holland, MI) John Jachim, JM-Gedney@wiu.edu

22 AUG, APF-AAPF Summer Power Challenge Northwest (Oregon City, OR) Chris Duffin, 503-780-8890

22 AUG, 100% Raw Eastern USA Open (BP, DL, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

29 AUG, USPF 3rd Ohio Open PL & Single Lift (Cincinnati, OH) Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

5 SEP, UK Open PL, BP & DL (University of Bath, Somerset, GBR) Entry to BPO no later than August 15th, Meet Director Greg Ashford, 01373-859997, www.wpfpowerlifting.com

11-13 SEP, Raw United Armed Forces Nationals & Raw United Florida State Championships, Spero Tshontikidis, 4353 Collinwod Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cfl.rr.com

12-13 SEP, USPF Muscle Beach PL, BP, DL (Venice Beach, CA) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

12-13 SEP, USAPL Bench Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624

26 SEP, USPF 3rd Pennsylvania Open PL & Single Lift (Pittsburgh, PA) Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

3 OCT, USPF Central California Open PL, BP, DL (Modesto, CA) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

3 OCT, 21st Ashtabula YMCA Bench Press, Lonnie Anderson, 1142 E. 15th St., Ashtabula, OH 44004, 440-964-3013, anderson1142@yahoo.com

17 OCT, Monster Bench/Night of Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-723-3350

17 OCT, SSA Asylum Power (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 829-7990, www.ironasylumgym.com.

24 OCT, NASA Unequipped Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24 OCT, NASA 32nd Oklahoma Grand (OKC, OK) NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

24 OCT, USPF 4th Regional PL & Single Lift (Parkersburg, WV) Matt McCase, 304-376-7538, mccase@yahoo.com, www.uspf.com

31 OCT, 5th Westminster Family Center Open Bench Press (WFC, 11 Longwell Ave., Westminster, MD) Scott Bixler, 443-789-9452

31 OCT, NASA Wisconsin State, NASA, Box 735, Noble, OK 73068, SQBPDL@aol.com, 405-527-8513

10-15 NOV, WPF World PL, BP, DL (Riviera Hotel Casino, Las Vegas, NV) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

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

14-16 NOV, WDFPF World Powerlifting (Foggia, Italy) JM-Gedney@wiu.edu

4-6 DEC, RAW United World Powerlifting Championships, Spero Tshontikidis, 4353 Collinwod Dr., Melbourne, FL 32901, 321-505-1194, rawunited@cfl.rr.com

5 DEC, USAPL Virginia State (BP, DL, PL, Ironman, Raw, Assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

12 DEC, USPF NorCal PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM

12 DEC, 100% Raw Christmas Classic (BP, SC - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com

13 DEC, British BP & DL Record Breakers (Connaught Leisure Centre, Tongham Rd., Aldershot, Hampshire, GBR) Entry to BPO no later than November 22nd, Meet Director David Carter, 07770-757321, www.wpfpowerlifting.com

18-20 JUN 2010, USAPL Men's Open & Teen/ Junior Nationals (California site, TBA) Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, 310-995-0047

2-7 NOV 2010 World PL, BP & DL Championships (University of Bath, Somerset, GBR) Entry to BPO no later than September 23rd, Meet Director Greg Ashford, 01373-859997, www.wpfpowerlifting.com

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WABDL Buckeye Classic
14 SEP 08 - Beaver Falls, PA

BENCH
FEMALE
Master (47-53)
105 lbs.
K. Poyner 132
132 lbs.
R. Patterson 110
Master (54-60)
105 lbs.
T. Gill 145!*
Open
123 lbs.
A. Marx 121*
Open
132 lbs.
R. Patterson 110
Teen (12-13)
105 lbs.
A. Miskinis 77
Teen (14-15)
148 lbs.
D. Meeks 88
MALE
Class I
220 lbs.
J. Gfeller 331
R. Gregory 336
275 lbs.
J. Conley 525*
309+ lbs.
L. Atkins 452
Junior (20-25)
198 lbs.
C. Sparks 265*
220 lbs.
D. Barth 502*
242 lbs.
R. Chmura 601
275 lbs.
J. Conley 525*
J. Leonard 518
Law/Fire
Master (40-47)
242 lbs.
J. Pfeiffer 327*
Law/Fire
Master (56+)
309+ lbs.
B. Lobins 601*
Law/Fire Open
220 lbs.
S. Cook 314
242 lbs.
J. Pfeiffer 327*
Law/Fire
Submaster
259 lbs.
M. Zingaro 673!*
Master (40-46)
242 lbs.
R. Hyde 424*
275 lbs.
T. Gibson 705*
Master (47-53)
148 lbs.
Evangelista 424!*
J. Kavarnos 243
308 lbs.
R. Lukland 226*
Master (54-60)
123 lbs.
R. Gill 226
309+ lbs.
B. Lobins 601*
Master (61-67)
242 lbs.
B. Bidinotto —
Master (75-79)
220 lbs.
R. Combest 281!*
Open
132 lbs.
Bochonowicz 209
148 lbs.
Evangelista 424!*
D. Miskinis 257*
T. Pinkett 430*
181 lbs.
J. Ihlenfeld 436*
198 lbs.
B. Zemaitis 424
220 lbs.
J. Gfeller 331
242 lbs.
C. Carson 656*
275 lbs.
T. Gibson 705*
309+ lbs.
K. Patterson —
Submaster (33-39)
259 lbs.
M. Zingaro 673!*
309+ lbs.
K. Patterson 601
Teen (12-13)
114 lbs.
M. Gagnon 77*
165 lbs.
S. Warburton 182!*
198 lbs.
D. Pfeiffer 149*
Teen (14-15)
132 lbs.
M. Aiello 110*
148 lbs.
N. Bauer 160
181 lbs.
H. Haiden 276*
259 lbs.
N. Bartell 380!*
Teen (16-17)
148 lbs.
D. Miskinis 257*
Teen (18-19)
242 lbs.
R. Ryan 526!*
DEADLIFT
FEMALE
Master (47-53)
105 lbs.
K. Poyner 278!*
132 lbs.
R. Patterson 237
Open
123 lbs.
A. Marx 303*
132 lbs.
R. Patterson 237
Teen (12-13)
105 lbs.
A. Miskinis 204
Teen (14-15)
148 lbs.
D. Meeks 237*
MALE
Class I
220 lbs.
R. Gregory 452
259 lbs.
R. Skaris 540*
275 lbs.
J. Conley 562
Junior (20-25)
198 lbs.
N. Bruno 530*
J. Tindall 463*
275 lbs.
J. Leonard 602*
Law/Fire
Master (40-47)
242 lbs.
J. Pfeiffer 326*
Law/Fire Open
242 lbs.
J. Pfeiffer 326*
Master (40-46)
165 lbs.
R. Bruno 369*
Master (47-53)
148 lbs.
J. Kavarnos 413*
308 lbs.
R. Lukland 573*
Master (54-60)
123 lbs.
F. Principati 303
220 lbs.
J. Phillips 424*
Master (61-67)
242 lbs.
B. Bidinotto 353*
Master (75-79)
220 lbs.
R. Combest 441
Open
132 lbs.
Bochonowicz 257*
148 lbs.
D. Miskinis 441*
198 lbs.
N. Bruno 530*
D. Swingle 496*
Submaster (33-39)
220 lbs.
R. Gregory 452
259 lbs.
R. Skaris 540*
Teen (12-13)
165 lbs.
S. Warburton 276*
198 lbs.
D. Pfeiffer 254*
Teen (14-15)
132 lbs.
M. Aiello 276*
148 lbs.
N. Bauer 325
181 lbs.
H. Haiden 309*
Teen (16-17)
148 lbs.
D. Miskinis 441*
165 lbs.
B. Bennett 386*

!=World Records. *=State Records.

***Ali Miskinis** with a WABDL World Record, 221 DL @ 12-13 (above) and other WABDL Buckeye Classic lifters (C. Venturella)*

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USPF Sierra Nevada Cup
27 SEP 08 - Grass Valley, CA

BENCH
WOMEN
Junior
198 lbs.
H. Keola 160
Open
123 lbs.
B. Aerts 116
Master (40-49)
123 lbs.
B. Aerts 116
148 lbs.
L. Powell 187
MEN
Junior (18-19)
181 lbs.
G. Lewis 353
Open
165 lbs.
L. Selig 320
181 lbs.
A. Hall 309
198 lbs.
S. Buckley 430
C. Young 254
220 lbs.
J. Willis 143
242 lbs.
J. Chaaban 518
J. Hunter 419
275 lbs.
A. Aerts 468
308+ lbs.
M. Womack —
Submaster (35-39)
308+ lbs.
R. Lopez 551
Master (40-49)
198 lbs.
C. Young 254
220 lbs.
M. DeGennaro 419
J. Amaral 347
242 lbs.
J. Chaaban 518
J. Johnson 452
J. Hunter 419
275 lbs.
M. Goodwin 463
Master (50-59)
165 lbs.
A. Nebo 347
275 lbs.
A. Aerts 468
Master (60-69)
220 lbs.
D. Marba 424
DEADLIFT
WOMEN
Junior
198 lbs.
H. Keola 331
Open
123 lbs.
B. Aerts 223
220 lbs.
D. Sultan 187
Master (40-49)
123 lbs.
B. Aerts 223
220 lbs.
D. Sultan 187
MEN
Open
181 lbs.
A. Hall 463
198 lbs.
S. Buckley 628
220 lbs.
P. O'Neal 524
J. Morrison 507
S. Matthews 441
275 lbs.
A. Aerts 551
Master (40-49)
198 lbs.
C. Young 386
220 lbs.
J. Amaral 485
S. Matthews 441
242 lbs.
J. Johnson 551
J. Chaaban 502
Master (50-59)
132 lbs.
J. Nunez 276
220 lbs.
D. Burke 424
275 lbs.
J. Dentice 595
A. Aerts 551
Master (60-69)
198 lbs.
D. Knapp 314
242 lbs.
R. Pagal 463

Powerlifting	SQ	BP	DL	TOT
WOMEN				
Junior				
198 lbs.				
H. Keola	342	160	331	832
Open				
123 lbs.				
S. Hedman	265	193	303	761
B. Aerts	182	116	223	521
Master (40-49)				
123 lbs.				
B. Aerts	182	116	223	521
MEN				
Junior (18-19)				
148 lbs.				
A. Boom	320	220	375	916
181 lbs.				
G. Lewis	435	353	474	1262
198 lbs.				
J. Tripodi	358	298	452	1108
Junior (20-23)				
220 lbs.				
E. Reyes	402	441	435	1279
Open				
132 lbs.				
G. Molina	287	243	402	931
165 lbs.				
A. Jimenez	380	298	386	1064
181 lbs.				
K. Schiessl	540	342	502	1383
A. Machuca	474	303	524	1301
A. Hall	347	309	463	1119
198 lbs.				
S. Buckley	579	430	628	1637
220 lbs.				
N. Willis	557	408	573	1538
P. O'Neal	507	336	524	1367
K. Nieznanski	502	336	507	1345
J. Amaral	496	347	485	1328
242 lbs.				
J. Chaaban	535	518	502	1554
P. Harmon	502	369	502	1372
L. Allenger	386	402	500	1289
275 lbs.				
A. Aerts	375	468	551	1394
308 lbs.				
B. Cikana	623	557	562	1742
Submaster (35-39)				
181 lbs.				
B. Pacheco	491	386	474	1350
Master (40-49)				
181 lbs.				
K. Schiessl	540	342	502	1383
220 lbs.				
K. Nieznaski	502	336	507	1345
J. Amaral	496	347	485	1328
242 lbs.				
J. Chaaban	535	518	502	1554
J. Johnson	502	452	551	1505
275 lbs.				
M. Goodwin	502	463	540	1505
Master (50-59)				
242 lbs.				
W. Jandoc	634	435	573	1642
275 lbs.				
A. Aerts	375	468	551	1394
Master (60-69)				
198 lbs.				
D. Knapp	243	176	314	733
220 lbs.				
R. Erikson	452	280	464	1196
242 lbs.				
R. Pagal	397	309	463	1168
Master (70-79)				
181 lbs.				
D. Torrence	353	243	358	953

Powerlifting Best Lifters: Women-Suzanne Hedman, Open Men-Shawn Buckley, Junior Men-Greg Luis, Master Men-Donald Torrence. Bench Press Best Lifters: Women-Lani Powell, Open Men-John Chaaban, Master Men-Dave Marba. Deadlift Best Lifters: Open Women-Heather Keola, Open Men-Shawn Buckley, Master Men-Ron Pagal, Master Women - Bonnie Aerts. Best Team: Team Bonnie and Alan Aerts. Meet Promoter & Director: Karen & Steve Matthews. Announcer: Karen Matthews. Score Cards: Terry Stephens. Bar Loading Program: Janelle Burke, Catherine La Brie, Laura Leathly. Referees: Jody Woods, John Ford, Curtis Pracht, Steve Matthews, Karen Matthews, Alan Aerts, and Joe Dentice. Thanks to our Spotters & Loaders: William Southard, David Burke, Quincy Adams, Steve Matthews, and Mike. Thanks to our sponsors: Team Alan and Bonnie Aerts, Iron Bug Clothing, Anytime Fitness and Universal Nutrition. Thanks to our vendors: Iron Bug Clothing, Curtis Pracht & CSS Photo Design, Keith Lemm. (thanks to Steve Denison for providing these results)

R.A.W. UNITED NEWS "Our Worlds on December 6 & 7 will be our first sanctioned meet. This decision was prompted by both lifter and meet director requests to include a desire to legitimize record lifts and afford lifters from other federations an inexpensive alternative. The company will continue to offer entry fee optioins at its National and International contests, and will continue to welcome lifters from other federations by honoring their current membership cards. Lifters possessing a current card from any recognized federation will continue to be afforded a R.A.W. United card free of charge, and lifters that do not possess a card can purchase one for just $10.00. Finally, and most importantly, R.A.W. United, Inc. will continue to operate as a Christian-based company (lifters of all faiths are welcome at our meets) and donate its proceeds to the brave men and women of the United States Armed Forces." *Spero Tshontikidis*

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(continued from page 14)

on a new shirt and break it in that day. Unfortunately, we can't use a power rack with bands at every meet. Another option, although a bit dangerous is to just do negatives during your warm up. Problem #1 is you'll have to go heavy. Possibly close to or above your opening attempt. Problem #2 is you will need good spotters. If you can lower the bar as quickly as possible to your chest and then have the spotters take the weight, you won't be exerting too much energy. The force generated by moving a heavy weight quickly should allow you to maintain the proper groove. I would recommend the use of safety racks just in case.

If you are going to use boards, don't stop at one board unless you're confident that the last inch or two will not move the bar out of your groove. When I am working with lifters at meets and they have the bar at arm's length waiting to begin the lift, you will hear me yell quite loudly, "Straight down". That should be your area of focus. If you bring that bar straight down, you have a much better chance of finishing the lift.

The next time you are at a meet, watch whether or not the bar goes straight down and if not, see if the lifter gets the lift. If the lifter is out of the groove he may be training his bench an inch or two north and south of their competition bench or they may just be strong enough to muscle the weight up. Tim Anderson recently set I believe an IPF world record at Bench Nationals and based on the path the bar took, I didn't think he would get the lift, but Tim hung in there and muscled it up for a very impressive lift. I was wondering what he may have lifted had the bar path been better.

Another consideration is to film a number of your lifts from the side. Use different shirts and see how each affects your groove. Pull the neck down low and again compare the path of the bar. You might also want to slightly change the sleeve angles and again see what position allows for a bigger bench. Part of the problem may be that you are in a shirt that has a sweet spot an inch below the nipples, but you bench an inch above the nipples. Your choices are to adapt to the shirt or look for a different shirt or to play with the sleeve angles and the collar position.

While I was down in Columbus, Louie showed me his kettlebell benches with his new bar; which I believe is made out of PVC. Not only do the kettlebells supported by the mini-bands, vibrate, but also you have a bar that is shaking like crazy (kind of reminds me of lift-off man Eric Curry trying to dance). It is one of the best bench press assistance exercises I have ever seen and also one of the toughest. Louie also introduced me to Indian Clubs, a great piece of equipment for shoulder rehab as well as warming up the shoulder. Thanks to Louie's help I am finally feeling as if I can start benching again after 6 months off. You can get more info on his web site.

USAPL Larry Garro Memorial
30 AUG 08 - Towson, MD

BENCH				
FEMALE				
220 lbs.				
(20-23)				
G. Howard	138			
Raw				
148 lbs.				
Open				
A. Mundt	116			
MALE				
181 lbs.				
Open				
S. Greene	419			
S. Davenport	380			
220 lbs.				
(20-23)				
D. Willis	408			
Open				
T. Getsinger	452			
D. Willis	408			
242 lbs.				
Open				
J. Witt	540			
275 lbs.				
(20-23)				
M. Hedlesky	457			
Raw				
123 lbs.				
(20-23)				
N. Hutson	281			
Push Pull		BP	DL	TOT
FEMALE				
148 lbs.				
Open				
A. Mundt		116	248	364
MALE				
165 lbs.				
Open				
J. Kariv		375	457	832
181 lbs.				
(18-19)				
W. Leung		254	358	612
(20-23)				
S. Kidd		298	435	733
P. Levande		193	353	546
Open				
S. Kidd		298	435	733
165 lbs.				
(50-59)				
G. Struder				215
(60-69)				
P. Winter				220
220 lbs.				
(60-69)				
B. Blough				270
DEADLIFT				
FEMALE				
148 lbs.				
Open				
A. Mundt				248
220 lbs.				
(20-23)				
G. Howard				314
MALE				
181 lbs.				
Open				
S. Davenport				518
198 lbs.				
(60-69)				
N. Singh				397
220 lbs.				
Open				
M. Bennett				661
P/F/M				
M. Bennett				661
242 lbs.				
Open				
G. Finley				502
198 lbs.				
Open				
R. Armstrong		314	441	755
220 lbs.				
Open				
M. Bennett		402	661	1064
242 lbs.				
(50-59)				
J. Ott		314	502	816
Open				
G. Petrides Jr.		452	568	1020
275 lbs.				
Open				
D. Cooper		413	716	1130
E. Barnes		391	463	854
P/F/M				
E. Barnes		391	463	854
Powerlifting	SQ	BP	DL	TOT
FEMALE				
132 lbs.				
(40-49)				
M. Gunji	237	127	220	584
148 lbs.				
(40-49)				
C. Daniel	198	138	248	584
Open				
A. Mundt	182	116	248	546
165 lbs.				
(40-49)				
P. Johnson	193	121	276	590
(60-69)				
M. Serre	215	94	331	639
MALE				
148 lbs.				
(20-23)				
A. Kang	419	243	435	1097
Open				
K. Fleming Jr.	270	259	424	953
165 lbs.				
(20-23)				
C. Hultquist	314	226	402	942
(40-49)				
A. Brayton	342	237	408	987
Open				
D. Myers	331	270	408	1009
181 lbs.				
(20-23)				
S. Kidd	474	298	435	1207
P. Levande	281	193	353	827
(70-79)				
J. Katzman	320	248	391	959
Open				
S. Kidd	474	298	435	1207
198 lbs.				
(40-49)				
M. Daniel	474	375	491	1339
J. Armendariz	364	254	413	1031
(60-69)				
A. Shaklin	303	215	314	832
Open				
A. Bigbee	535	408	524	1466
K. Smith	452	276	513	1240
A. Cohn	430	309	502	1240
R. Armstrong	474	314	441	1229
220 lbs.				
(20-23)				
D. Willis	535	408	518	1461
(40-49)				
T. Price	535	380	540	1455
D. Kafes	413	276	474	1163
S. Bixler	386	380	386	1152
Open				
D. Willis	535	408	518	1461
R. Tamburello	463	364	551	1378
J. Dausch	413	265	485	1163
S.O.				
E. Brock	485	380	524	1389
242 lbs.				
(20-23)				
C. Clark	463	320	529	1312
Open				
R. Bostick	628	524	529	1681
275 lbs.				
(16-17)				
J. Petrides	375	226	468	1069
(20-23)				
J. Galloway	601	402	601	1604
(40-49)				
E. Barnes	502	391	463	1356
Open				
M. Eaton	628	402	705	1736
E. Barnes	502	391	463	1356
Open Raw				
J. Keller	601	402	584	1587
P/F/M				
E. Barnes	502	391	463	1356
SHW				
(20-23)				
J. Urdahl	452	265	463	1179

(Thanks to Brian Washington for results)

IBP Mountain BP Bash/Strict Curl
23 Aug 08 - Asheville, NC

BENCH
MALE
97 lbs.
Youth (12-13) Raw
J. Delgado 85
105 lbs.
Youth (12-13) Raw
J. Etringer 90
123 lbs.
Youth (12-13) Raw
Daubenmire 125
132 lbs.
Teen (14-15) Raw
B. Etringer 205
148 lbs.
Novice Raw
J. Gouge 265
Submaster (35-39) Raw
L. Keenon 290
Youth (12-13) Raw
Z. Carr 90
165 lbs.
Inter. (24-34) Raw
N. Nantambu 230
Master (45-49) Raw
S. Hargrove 265
Teen (14-15) Raw
J. Ingram 235
181 lbs.
Master (65-69)
J. Shoaf —
Open Raw
J. Quick 265
Teen (14-15) Raw
L. Parker 220
Teen (18-19) Raw
L. Williams 205
Youth (12-13) Raw
J. Davis 120
198 lbs.
Master (60-64) Raw
K. Harmon 350
220 lbs.
Master (50-54)
B. Langenfeld 230
Master (55-59) Raw
L. Allman 285
242 lbs.
Junior (20-23)
B. Hill 405
Open
B. Hill 405
Teen (18-19)
J. Warren 515
275 lbs.
Master (45-49) Raw
C. Whitt 355
4th-365
Submaster (35-39)
R. Allman 565
STRICT CURL
MALE
97 lbs.
Youth (12-13) Raw
J. Delgado 45
105 lbs.
Youth (12-13) Raw
J. Etringer 50
123 lbs.
Youth (12-13) Raw
Daubenmire 85
132 lbs.
Teen (14-15) Raw
B. Etringer 115
148 lbs.
Submaster (35-39) Raw
L. Keenon 115
4th-120
Youth (12-13) Raw
Z. Carr 45
181 lbs.
Master (65-69) Raw
J. Shoaf 115
Open Raw
J. Quick 120
4th-130

Rodney Allman benched 565 at the IBP Mountain Bench Bash. (photo courtesy of Keith Payne)

Teen (14-15) Raw
L. Parker 125
Youth (12-13) Raw
J. Davis 60
242 lbs.
Master (40-44) Raw
L. Monroe 220
4th-230
275 lbs.
Master (45-49) Raw
C. Whitt 140
4th-150

Outstanding Lifters: Rodney Allman-Open, Jordan Warren-Teen. Keith Harmon-Master. 1st Place Team: Chesnee Powerliftng Team. Venue: WNC Barbell. (Keith Payne)

USAPL Master Nationals
2-5 MAY 08 - Miami, FL

Powerlifting	SQ	BP	DL	TOT
123 lbs.				
Master V				
A. Galant	320	149	336	805
132 lbs.				
Master I				
Kupperstein	518	292	557	1367
B. Foddnil	397	265	452	1113
Master II				
K. Jones	397	265	397	1058
Master V				
R. Trujilo	353	226	413	992
Master VII				
M. Lawson	231	215	342	788
Master VII				
D. Maler	259	127	353	739
148 lbs.				
Master I				
D. Matsumoto	562	424	518	1505
Master II				
B. Sato	463	276	491	1229
S. Lewis	487	292	452	1231
Master III				
P. Mears	402	204	419	1025
Master IV				
R. Blaumuller	—	—	—	—
Master V				
J. Jacobs	430	248	480	1157
J. Yeats	364	215	446	1025
R. Coleman	281	149	320	750
Master VI				
J. Wolff	292	176	391	860
Master IX				
R. Nolan	149	138	276	562
165 lbs.				
Guest				
J. Dalessio	546	369	557	1472
Master I				
D. Thompson	540	419	518	1477
M. Stanley	468	347	568	1383
Master II				
G. Page	573	391	579	1543
M. Sigala	491	325	551	1367
C. Lewis	551	320	—	871
Master III				
P. Long	474	—	524	998
Master IV				
G. Klein	474	254	551	1279
J. Riazza	408	160	408	976
Master V				
R. Salmati	298	—	—	298
Master VI				
S. Alduenda	386	287	491	1163
Master VII				
B. Brant	391	204	4872	5467
R. Mattson	220	209	430	860
Master VIII				
D. Godwin	187	154	314	656
Master X				
Archambault	353	187	386	926
181 lbs.				
Master I				
L. Gibson	590	480	678	1747
R. Wenner	518	364	535	1416
Master II				
B. Scully	590	364	573	1527
F. Agoa	435	320	562	1317
J. Braca	573	—	—	573
Master III				
R. Stone	546	386	562	1494
A. Little	562	270	612	1444
A. Byas	507	309	606	1422
B. Clayton	413	331	435	1179
W. Kellett	—	—	—	—
Master IV				
Klostergaard	386	380	419	1185
G. Saxon	364	226	452	1042
W. Terry	364	276	375	1014
Master V				
R. Contreras	463	314	507	1284
B. Weinstock	402	204	474	1080
J. Stevens	402	215	452	1069
N. Singh	314	231	386	931
A. Trepper	353	—	—	353
Master VI				
J. Lyons	424	270	402	1097
R. Schuller	397	248	452	1097
D. Martin	441	—	—	441
198 lbs.				
Master I				
C. Terry	678	364	744	1786
J. Brown	661	463	568	1692
R. Johnson	474	281	551	1306
I. Valentin	463	336	496	1295
B. Bumbaum	331	265	408	1003
M. Jarrett	—	—	—	—
Master II				
G. Jones	672	468	661	1802
T. Hambria	535	364	601	1426
R. Falcone	529	364	496	1389
J. Monahos	557	303	507	1367
J. Daily	535	325	524	1383
Master III				
M. Bridges	562	463	639	1664
K. Watson	435	303	524	1262
G. Grahn	468	320	474	1262
Master IV				
D. Worley	529	198	496	1224
M. Stevens	353	254	446	1053

R. Pentlant	—	—	—	—
Master V				
F. Rice	502	226	584	1312
B. Lindsay	474	391	441	1306
J. Yakubovsky	452	276	502	1229
T. Bayer	535	—	—	535
220 lbs.				
Master I				
S. Walls	705	474	639	1819
D. Mahan	584	364	634	1582
B. Thomas	601	342	606	1549
J. Sheehan	601	391	529	1521
K. Farley	474	430	529	1433
R. Miller	—	408	579	987
J. Damchak	606	—	579	1185
J. Schraub	—	—	—	—
Master II				
J. Ulvang	650	435	628	1714
D. Currence	645	457	612	1714
J. Hare	606	452	606	1664
M. Edelstein	551	391	634	1576
T. Womack	502	424	507	1433
E. Feldman	551	165	463	1179
Master III				
R. Baxter	617	358	612	1587
G. Edwards	485	375	617	1477
T. Acker	419	303	502	1224
J. Bell	480	303	435	1218
Womelsdorf	402	298	391	1091
Master IV				
F. Givens	551	639	639	1830
Master V				
A. Speech	176	309	331	816
D. Clark	—	—	—	—
T. Amngton	480	281	474	1235
Master IX				
J. Wales	209	176	276	661
242 lbs.				
Guest				
A. Fritz	772	502	689	1962
Master I				
P. Maynard	502	408	446	1356
Master II				
B. Birchmeier	518	364	551	1433
Master III				
G. Pamplin	683	570	573	1827
S. Cain	590	446	584	1620
M. Bowen	546	353	524	1422
Zintemastere	485	386	535	1405
P. Pares	502	—	573	1075
R. Chavez	634	—	601	1235
Master IV				
S. Stevens	182	138	138	457
Master V				
C. Taylor	579	303	551	1433
Master VI				
B. Helmich	540	397	619	1556
275 lbs.				
Guest				
C. Doyle	711	468	634	1813
Master I				
A. Harris	838	452	716	2006
T. Smith	705	507	573	1786
D. Rogers	661	386	694	1742
C. Werda	606	402	634	1642
S. Culnan	739	518	—	1257
McDonough	—	—	—	—
Master II				
D. Gonzales	705	518	661	1885
B. Collins	689	524	645	1857
K. Ryder	645	535	650	1830
J. Capps	661	502	661	1824
J. Dentice	474	402	584	1461
Master III				
Wainwright	601	408	535	1543
T. Stewart	502	287	546	1334
B. Schull	485	325	518	1328
D. Schneider	—	—	—	—
Master IV				
B. Sinclair	568	413	573	1554
S. Anderson	628	353	468	1450
A. Wood	446	—	474	920
Master V				
W. Morris	568	424	513	1505
UNL				
Master I				
B. Gilingham	805	601	838	2243
R. Edinger	634	457	612	1703
Master II				
J. Weiss	705	386	639	1731
M. Casey	584	408	601	1593
G. Hart	557	336	452	1345
D. Gaudreau	777	—	—	777
Master III				
R. Hendrix	766	474	694	1935
Master IV				
S. Green	705	408	661	1775
R. Crawford	507	408	529	1444
Master VI				
H. Heyman	402	220	474	1097

(Thanks to the USAPL for providing results)

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USPF Georgia State
29 MAR 08 - Macon, GA

BENCH				
Police/Fire				
220 lbs.				
M. Gaines	182			
Teen (14)				
123 lbs.				
R. Colbert	55			
Masters				
148 lbs.				
G. Loston	152			
181 lbs.				
J. Hutson	217			
R. Maddox	145			
220 lbs.				
P. Newsom	162			
242 lbs.				
M. Hollis	150			
R. Venable	157			
275 lbs.				
T. Colbert	162			
Open				
181 lbs.				
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Class II				
148 lbs.				
T. Ray	127	65	107	299
Open				
148 lbs.				
N. Mazza	142	82	122	347
198 lbs.				
M. Toole	207	107	205	515
MALE				
Teen				
275 lbs.				
J. Brown	227	157	147	532
Masters				
198 lbs.				
B. Lindsey	227	170*	1858	582
K. Crawford	185	170	205	560
H. Sauls	142	95	160	397
220 lbs.				
C. Myers	292	165	257*	715
242 lbs.				
J. Bowen	260	172	250	682
M. Dorter	185	137	205	527
Open				
165 lbs.				
B. Hamilton	207	117	227	552
198 lbs.				
K. Fulgham	255	160	250	665
220 lbs.				
W. Kelly	320	170	277	767
J. Huston	217			
198 lbs.				
C. Lewis	177			
242 lbs.				
A. Hamilton	215			
308 lbs.				
R. Baggley	250			
SHY				
J. Carter	220			
Class II				
165 lbs.				
J. Benton	122			
220 lbs.				
L. Miller	160			
242 lbs.				
Snake	195			
308 lbs.				
J. Teal	215			
B. Hayes	185			
J. Whita	175			

W. Lattimore	230	160	237	627
242 lbs.				
T. Lane	272	172	260	705
D. Howell	242	—	—	242
Class II				
148 lbs.				
S. Fulgham	155	107	165	427
165 lbs.				
B. Hamilton	207	117	227	552
198 lbs.				
K. Folghan	255	160	25	665
J. Hyer	277	165	215	657
S. Lipsey	232	167	245	645
B. Bloser	227	152	225	605
S. Strickland	232	125	217	575
H. Sauls	142	95	160	397
242 lbs.				
T. Lane	272	172	260	705
275 lbs.				
B. Pierce	185	170	250	605
P. Hall	—	—	—	—
308 lbs.				
M. Ganzalez	255	190	245	690

*=Masters State Records. (Buddy Duke)

Europa Powerlifting Supershow
15 AUG 08 - Dallas, TX

BENCH		Master (40-44)	
132 lbs.		C. Castanon	310
Teen (16-17)		DEADLIFT	
C. Wegmann	385	148 lbs.	
148 lbs.		Teen (18-19)	
Teen (18-19)		E. Enoh	385
E. Enoh	225	242 lbs.	
198 lbs.		Submaster (33-39)	
Submaster (33-39)		S. Brown	540
R. Miller*	440	Master (40-44)	
242 lbs.		C. Castanon	435
Teen (18-19)		Master (50-54)	
J. Lucero	430	B. Dobson	575
Submaster (33-39)		Open	
S. Brown	365	A. Schlegel*	650

*=Best Lifters. A huge thanks to head judge Jim Voronin, side judges Maria McCullough, Courtney Gathright, score keeper and meet director Tom McCullough, co-meet director and annoncer Josh Bryant, and the spotters and loaders. Without the hard work of these individuals, the meet would not have taken place. A special thanks to our sponsor John Inzer and Inzer Advance Designs and the Europa hosts Ed & Betty Pariso. (Tom McCullough)

Summer Push/Pull
08 JUN 08 - Granger, IN

BENCH		FEMALE	
FEMALE		148 lbs.	
148 lbs.		M. Bischoff	95
M. Bischoff	115	MALE	
MALE		148 lbs.	
220 lbs.		(60+)	
(45+)		M. Wider	450
R. Gray	340	220 lbs.	
DEADLIFT		(45+)	
		R. Gray	340

Venue: The Fit Stop. Special thanks to Mike Wider and Jon Gabriel Smoker. This meet featured two people who had been out of the Iron Game for a while and another who's been at it for 37 years. Ron Gray and Marianne Bischoff came up from West Lafayette and lifted very well, both gettting PRs in the bench and deadlift. Mike Wider, multi AWPC World champ and record holder, used this as a little tune up for the worlds and made a smooth 450 at 148/60+. (thanks to Jon Smoker)

***Anthony Schlegel**, Best Deadlifter at the Europa Real Raw event, receives the respect of co-meet director/announcer Josh Bryant. (photo from Tom McCullough)*

USAPL Raw Nationals
26-28 JUL 08 - St. Louis, MO

Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
Master III Open				
K. Poyner	176	127	265	568
114 lbs.				
Open				
Shuttleworth	187	149	248	584
Master III Open				
D. Nelson	165	143	231	540
Teen III				
P. Schutt	154	99	243	496
123 lbs.				
Open				
K. Clark	220	132	314	667
Open				
F. Friday	226	110	265	601
132 lbs.				
Open				
B. Rich	259	187	303	750
J. Varner	231	121	320	672
A. White	204	110	265	579
132 lbs.				
Master I				
M. Stein	193	127	276	595
132 lbs.				
Master III				
B. Tatulinski	187	105	265	557
32 lbs.				
aster IV				
Stein	276	143	336	755
32 lbs.				
en II Open ML				
Lewis	204	121	320	645
8 lbs.				
aster I				
Motsinger	182	121	248	551
pen				
Winter	160	105	243	507
5 lbs.				
pen				
Smith	231	154	259	645
nior				
Mundy	215	127	237	579
nior				
Arkus	—	—	287	287
1 lbs.				
pen				
Gosney	—	—	—	—
8 lbs.				
aster III				
houweiler	209	127	259	595
NL				
Master I				
J. Youssef	182	121	259	562
MALE				
114 lbs.				
Teen I Open				
S. O'leary	165	99	254	518
Teen II Open				
J. Hendrix	204	176	165	546
Teen III				
J. Hinkel	364	215	209	788
C. Tourres	336	220	204	761
123 lbs.				
Master I				
D. Hall	231	110	265	606
Teen I				
B. Wegner	154	105	193	452
132 lbs.				
Master VII				
S. Smith	149	171	270	590
148 lbs.				
Open				
A. Leanos	457	287	452	1196
M. Stagg	369	259	452	1080
A. Priebe	353	220	386	959
D. Navar	325	254	364	942
Schoonover	281	254	402	937
Junior				
J. Rein	320	93	408	920
J. Koogler	303	204	347	854
Master II Open				
S. Lewis	386	259	446	1091
Master III				
P. Drenik	303	193	413	909
Master IV				
R. Blaumuller	198	165	265	628
Master VI Open				
M. Lawson	276	204	342	821
Teen III				
L. Pruneda	336	187	424	948
165 lbs.				
Open				
J. Palliser	419	287	452	1157
I. Wylie	364	281	452	1097
C. Lynch	397	—	—	397
Master I				
C. Covington	314	198	358	871
Master II Open				
K. Bolen	452	270	468	1190
Master IV Open				
M. Brusser	276	259	441	976
Master VII				
R. Mattison	—	—	375	375
Teen I				
A. Weisiger	281	160	380	821
S. Wellman	248	215	248	711
Teen III				
E. Miller	347	358	502	1207
B. Lundak	386	270	380	1036
T. Weingand	303	226	402	931
Teen III Open				
S. Nonemaker	375	254	364	992
181 lbs.				
G				
Dzamikashvil	419	353	661	1433
Open				
T. Reid	513	375	634	1521
M. Lane	463	292	667	1422
D. Jurgens	463	292	617	1372
C. O'Toole	502	342	529	1372
S. Clark	402	281	457	1141
D. Kuhl	380	259	452	1091
J. Warpeha	331	342	408	1080
Junior				
D. Monteith	303	231	336	871
Master I				
R. Wenner	424	331	524	1279
C. Patton	287	237	430	953
Master II				
R. Garofalo	474	347	579	1400
L. Slaughter	364	342	408	1113
Master IV				
S. Reid	358	231	435	1025
Teen I				
C. Forshey	342	281	457	1080
J. Burke	292	209	430	931
Teen III				
D. Bishop	402	276	463	1141
Lonacharich	375	303	452	1130
R. Benedict	336	215	430	981
J. Daniel	375	226	364	965
198 lbs.				
CL				
J. Pope	380	276	424	1080
Open				
C. Terry	557	292	705	1554
N. Divine	568	375	584	1527
S. Howard	452	386	584	1422
J. Mosley	452	314	568	1334
D. Benac	369	309	562	1240
J. Lawrence	402	303	529	1235
J. Vining	353	380	485	1218
T. Borrelli	364	265	424	1053
L. Zirkelbach	226	138	320	683
Junior				
B. Hudson	463	320	551	1334
Junior CL				
E. Burks	480	342	623	1444
D. Hauskins	452	325	452	1229
Junior Open				
A. Cohn	424	303	513	1240
D. Clarke	419	287	502	1207
Master I				
M. Fensler	446	320	535	1301
Master I Open				
T. Gibson	540	413	623	1576
Master II				
J. Monahos	480	325	513	1317
M. Johnson	380	265	540	1185
Master II Open				
R. Clark	474	287	551	1312
V. Parets	452	287	562	1301
Master III Open				
J. Evans	463	138	562	1163
Master V				
J. Yakubovsky	386	254	485	1124
B. Lindsey	375	—	—	375
Master VII				
D. Quevreaux	154	204	265	623
Teen III				
C. Motsinger	408	254	502	1163
Teen III CL				
J. Walker	331	231	468	1031
Teen III Open CL				
A. Hare	480	336	485	1301

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Phone (614) 801-2060

American Powerlifting Committee (APC)
www.americanpowerliftingcommitte.com
P O Box 40
Bogart, Ga. 30622

As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

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220 lbs.				
PF				
M. Wolf	375	391	496	1262
Open				
J. Impastato	540	419	612	1571
D. McLaren	491	342	606	1439
M. Woody	502	292	645	1439
T. Pardue	480	325	601	1405
G. Andreasen	441	336	485	1262
J. Brown	507	281	463	1251
T. Smallwood	430	265	546	1240
M. Bishop	452	—	—	452
Junior				
C. Mueller	402	303	485	1190
T. Birchmeier	424	259	502	1185
Junior CL				
Schamburg	485	331	573	1389
D. Nunn	424	325	502	1251
Master I				
D. Mahan	524	325	562	1411
D. Butler	391	281	468	1141
Master I Open ML				
T. Saunders	557	369	612	1538
Master II				
S. Heyl	358	298	452	1108
Master II Open				
J. Hare	502	402	551	1455
B. Schmidt	502	336	551	1389
T. Ruppert	375	243	435	1053
Master III Open				
S. Roberts	568	320	612	1499
J. Bell	364	243	402	1009
Master IV				
J. Valpatic	408	270	485	1163
Master IV PF				
S. Mingus	408	—	—	408
Master VII				
J. Weiss	220	182	298	700
Teen II				
J. Heule	303	231	309	843
Teen III				
J. Norcott	518	303	601	1422
L. Burchett	397	347	397	1141
242 lbs.				
Open				
C. Holmes	584	386	700	1670
D. Sledge	502	452	700	1653
E. Frank	562	435	601	1598
E. Auerbach	446	320	606	1372
S. Welch	452	303	507	1262
Junior				
S. Baquet	435	270	601	1306
Master I Open				
P. Wylie	441	364	601	1405
Master II				
J. Dorsher	480	309	518	1306
B. Birchmeier	457	276	491	1224
Master II ML				
G. Mendoza	430	331	463	1224
Master II Open				
E. Kutin	424	364	573	1361
Teen II				
C. Youssef	226	165	364	755
Teen III Open				
M. Rehan	601	408	502	1510
275 lbs.				
Open				
J. Thiele	672	419	672	1764
T. Benefield	606	480	667	1753
N. Weite	634	424	667	1725
J. Dibert	540	485	601	1626
J. Robison	595	380	595	1571
K. Milnes	573	314	601	1488
C. Beck	502	386	551	1439
P. Buss	463	391	513	1367
Junior Open CL				
J. Grosulak	606	413	639	1659
J. Auerbach	535	452	590	1576
Master I Open				
R. Edinger	535	325	606	1466
Master II				
R. Brose	524	331	551	1405
Master II Open				
K. Ryder	529	430	672	1631
Master III				
K. Hutchinson	342	402	424	1168
Master IV				
R. Beuch	408	369	496	1273
Teen III				
T. Gordon	491	336	468	1295
J. Crawford	463	402	408	1273
UNL				
Open				
B. Madvig	645	452	639	1736
J. Cahill	606	441	672	1720
A. Willcox	568	342	623	1532
Junior Open				
A. Hesser	551	386	612	1549
Master I				
McDonough	601	413	612	1626
Master II				
J. Pope	623	419	711	1753
W. Duncan	496	303	529	1328
Teen II				
M. Mangoff	331	281	413	1025
Teen III				
J. Wade	—	320	419	739

(Thanks to Harold Gaines for the results)

REFEREE STATUS: National Referee _____ State Referee _____

Club No. | Club Name:

Membership good for 1 year from date of application.
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First Name | Middle Name | Last Name

Address

City | State | Zip Code

E-mail | Phone (With Area Code)

I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book.

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

Member's Signature _____

Parent/Guardian Signature _____

For more information, contact:
Allan Siegel, President, CFO
304 Daisy Street • Clearfield, PA 16830
Phone or Fax: 814-768-9400
E-mail: al@pikitup.com • Website: www.pikitup.com

NASA Indiana Regionals
9 AUG 08 - Kokomo, IN

BENCH				
242 lbs.				
Master III				
G. Gulley	375			
Raw				
181 lbs.				
Junior				
A. Pappas	331			
PS CURL				
181 lbs.				
Master I				
D. Whitley	105			
198 lbs.				
Master III				
Push Pull		BP	DL	TOT
242 lbs.				
Novice				
S. Stafford		336	441	777
275 lbs.				
Master II				
T. Wagoner		347	463	810
SHW				
Master I				
T. Allred		601	634	1235
Master V				
T. Allred		601	634	1235
Police/Fire				
T. Allred		601	634	1235
Powerlifting	SQ	BP	DL	TOT
Raw				
181 lbs.				
Natural				
C. Wheeler	430	325	452	1207
I. Gonzalez	353	287	419	1058
198 lbs.				
Junior				
T. Cooper	408	292	430	1130
275 lbs.				
Submaster				
M. Babb	584	424	518	1527
308 lbs.				
Master I				
R. Nicodemus	546	465	606	1617
Master V				
R. Nicodemus	546	465	606	1617
Natural/Pure				
R. Nicodemus	546	465	606	1617
Power Sports	CR	BP	DL	TOT
MALE				
77 lbs.				
Youth				
S. Hou-Seye	33	44	105	182
148 lbs.				
Junior				
T. Meney	127	270	386	783
165 lbs.				
Master III				
R. Brantley	105	226	303	634

Meet Director: Job Hou-seye. (Rich Peters)

D. Granson	105
220.25	
Master V	
J. Hou-Seye	88
PS DEADLIFT	
FEMALE	
165.25	
Novice	
J. Stafford	204
MALE	
275.50	
Master III	
C. Sanders	474

APA Maine Iron Bash
27 JUL 08 - Freeport, ME

BENCH				
114 lbs.				
Teen (13-15)				
Z. Pease	100			
165 lbs.				
Master				
M. St.Laurent	320			
DEADLIFT				
198 lbs.				
Push Pull		BP	DL	TOT
WOMEN				
148 lbs.				
Master Raw				
C. Merrill		115	230	350
MEN				
220 lbs.				
Master				
D. Frye		355	550	905
275 lbs.				
Open Raw				
C. Popovich		450	600	1050
Open				
C. Popovich		450	600	1050
SHW				
Open Raw				
M. Seldin		205	425	630
Powerlifting	SQ	BP	DL	TOT
WOMEN				
97 lbs.				
Master				
D. Aliminosa	215	105	245	565
MEN				
181 lbs.				
Junior				
D. Hall	420	290	475	1200
198 lbs.				
Teen (18-19)				
M. Bruno	430	305	560	1295
J. Bruno	420	300	510	1230
220 lbs.				
Open Raw				
S. sarbor	335	250	340	925
Open				
G. Sousa	530	360	500	1390
C. Beaulieu	510	300	560	1370
242 lbs.				
C. mower	435	320	485	1240
275 lbs.				
Teen (16-17)				
N. Beittel	315	250	405	970
Master Raw				
D. Morgan	455	345	505	1305

Teen (18-19) Raw	
A. Worobec	475
OVERHEAD PRESS	
275 lbs.	
Open Raw	
C. Popovich	300
STRICT CURL	
198 lbs.	
Master Raw	
P. Ciarrocchi	115

A very special thanks to SM Hall and Ken Mattson fo taking over and running this competition for me. I drove up from Florida and blew the motor of my vehicle in Massachusetts on the drive up. Apparently the meet was very well run because I received several calls from lifters stating how much they enjoyed it. (Scott Taylor)

Powerlifting USA Press Release

Hello fellow lifters. Please read this press release in its entirety as there is some very important information in it. I wanted to provide everyone with the following update on developments and progress toward the 2nd Annual Raw Unity Championships. I would also like to thank Mike Lambert for his gracious help and support of Raw Unity.

Since all federations have now had their national meets, it is appropriate to talk about what is next. Did you do well at your chosen federation's national meet? Well, in all fairness so did many other lifters. So which lifters are actually deserving of being the best raw lifter in their respective weight classes? Come and find out at the 2009 Raw Unity Championships; where the best lifters regardless of federation are invited to compete under one roof with a common set of rules.

Web Site: In case you are not aware, the official meet web site is http://www.rawunitymeet.com. Most of what you need to know about the meet will be posted on the site, along with each newsletter, entry form, and any changes that may occur. If you know of anyone that is interested in competing, attending, or helping out at the Raw Unity Meet I ask that you direct that person to the web site or my email address for information. Many thanks go out to Bud Lyte and BMF Sports for building and maintaining the site.

Raw Unity Championships Documentary: A professional film crew has been put together to do a documentary on the 2009 Raw Unity Championships. We will certainly focus on the lifts but more importantly we will be profiling several lifters from the competition and showing more about the people that participate in the sport of powerlifting (with intimate interviews) as well as the sport of powerlifting itself. I will be sure to keep everyone informed as the details continue to solidify. My intention is to market this production to the likes of Spike TV and other similar channels with the goal being to get the documentary on TV.

1 Day Event: The 2009 Raw Unity Championships will be a 1 day event. It will be limited to 50 full power competitors and 20 bench only competitors. The competition will be on January 24th in New Port Richey. More information can be found on the web site. Qualifying totals will be accepted up until December 31, 2008 and we are now taking applications. The qualifying totals for each weight class can be found on the home page and you can use any meet to qualify just as long as you can verify your results as being done raw. For qualifying purposes the definition of raw is whatever that federation says it is. For example, if someone competes in the APA then they are allowed to use the monolift and knee wraps. However, once they are at the Raw Unity Championships they are subject to the rules and regulations that we have outlined specifically for Raw Unity. These can also be found on the web site.

Sponsors: We have been blessed to have BMF Sports, APT Pro Straps, Titan Support Systems, Critical Bench, Powerlifting USA (???), and AtLarge Nutrition back on board again as sponsors for the 2009 event. The actual prize money is still being determined but it looks to be the same as last year.

Meet Venue and Shuttle Service: The Raw Unity Meet will again take place at the Quality Inn & Suites Hotel and Conference Center in New Port Richey, Florida, which is 31.54 miles north of the Tampa International Airport. Room rates of $69/night should help to make the event affordable in this tough economy for those that attend.

Sanctioning: The 2009 Raw Unity Championships will be a non-sanctioned competition. However, Jon Hall at Powerlifting Watch does recognize the competition and your lifts will be recorded and included in his rankings lists. If you have any questions on what this may or may not entail for you, the lifter, please email me at erictalmant@yahoo.com.

Kilos or Pounds? Although I agree that this is the United States of America and that we use pounds, the Raw Unity Meet will be in kilos. We will use a set of Ivanko Chrome Competition plates for the meet and would much rather know that the weight on the bar is accurate. We will be sure to provide lifters, friends, and family with a kilo-pounds conversion chart and announce attempts in both kilos and pounds. We will also have the Bar Load Software (thanks Joe Marksteiner!) projected upon a large screen so that everyone in attendance can follow along in real time. The warm up area will be in pounds.

Entry Fees: The entry fee for the full power will again be $60 and for bench only it will be $50. This will be payable by check, money order, or PayPal. I would advise that you get your entry fees in early not only to help me out and make my job easier, but to let your fellow competitors know who will be coming and competing. We will maintain an active list of those competitors that have registered and paid their entry fee on the official web site.

Drug Testing: A minimum of 10% of those that enter the tested division will be drug tested. Please know that if entering the tested division that you have as good a chance as anybody at being tested. Every lifter that enters the drug tested division will be required to send a second check with the entry fee for $100 to cover drug testing. Therefore, if you are entering the meet under the tested division, you will make one check out for the entry fee and one check out to cover the drug testing. I will not cash the second checks because after the meet all of the checks will be shredded except the people that get tested. If they pass, then the check is torn up. If they fail, they are out $100 and I do not need to worry about tracking them down to pay for a failed test. I believe that this will help to keep things honest for those of you that want to compete in the tested division.

If for some reason a lifter decides to switch divisions from tested to non-tested and vice versa, they simply need to notify me of the change. I will even accept these changes the day before the meet. However, I will advise anyone that originally enters the non tested division and but wants to switch to the tested division to have their check book handy, because they will be required to write a $100 check just the same as the others in the tested division.

As always, if you have any questions at all please do not hesitate to contact me at erictalmant@yahoo.com. I return every email that I receive.

I thank each and every one of you for your time and support.

In Strength and Health, Eric

APF Big Iron Open
6 SEP 08 - Omaha, NE

BENCH		**181 lbs.**		**R. Briggs**	**865**	**181 lbs.**		**Natural**		**308 lbs.**			
FEMALE		**J. Coker**	**772**	**Junior**		**D. Sorrell**	**485**	**198 lbs.**		**D. Gross**	**672**		
Open		**198 lbs.**		**165 lbs.**		**220 lbs.**		**T. Quick**	**413**	**M. Hobmeier**	**—**		
165 lbs.		**M. Cartinian**	**689**	**C. Svoboda**	**386**	**J. Berding**	**—**	**Open**		**Teen**			
K. Yaneff	**204**	**220 lbs.**		**220 lbs.**		**308 lbs.**		**220 lbs.**		**181 lbs.**			
MALE		**S. Frankl**	**871**	**C. Dejongh**	**502**	**S. Barnes**	**—**	**J. McClaren**	**623**	**R. Hurkman**	**314**		
Guest		**275 lbs.**		**242 lbs.**		**SHW**		**J. Prazak**	**—**				
				J. McGrotty	**474**	**S. Nutter**	**634**	**275 lbs.**					
				Master I		**J. Robinson**	**606**	**C. Truit**	**529**				

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Teen				
132 lbs.				
M. Bennett	**259**	**154**	**270**	**683**
Open				
181 lbs.				
K. Cary	**601**	**364**	**391**	**1356**
MALE				
Guest				
181 lbs.				
A. Caslow	**827**	**546**	**700**	**2072**
275 lbs.				
J. Grandick	**1058**	**805**	**750**	**2612**
Junior				
165 lbs.				
M. Manley	**661**	**347**	**606**	**1615**
181 lbs.				
T. Goetsch	**584**	**419**	**540**	**1543**
C. Yuhas	**568**	**243**	**502**	**1312**
308 lbs.				
J. Laski	**772**	**601**	**628**	**2001**
Master I				
181 lbs.				
P. Mies	**661**	**—**	**590**	**—**
220 lbs.				
J. Falcon	**678**	**628**	**502**	**1808**
R. Bauer	**540**	**441**	**474**	**1455**
275 lbs.				
G. Damminga	**904**	**513**	**717**	**2133**
Natural				
242 lbs.				
R. Weir	**728**	**435**	**573**	**1736**
Open				
181 lbs.				
C. Yuhas	**568**	**243**	**502**	**1312**
198 lbs.				
J. Peterson	**750**	**507**	**529**	**1786**
220 lbs.				
T. Bollig	**788**	**—**	**—**	**—**
308 lbs.				
R. Goldstone	**805**	**639**	**634**	**2078**
Teen				
181 lbs.				
G. Falcon	**551**	**287**	**441**	**1279**

Venue: Big Iron Gym. (Becca Swanson)

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22 JUN 08 - Humble, TX

BENCH	
WOMEN	
Master (40-46)	
165 lbs.	
J. Jackson	148
Open	
165 lbs.	
Q. Rodriguez	110
MEN	
Class 1	
165 lbs.	
R. Johnson	270
181 lbs.	
J. Kearns	424
R. Johnson	236
220 lbs.	
L. Baker	363
259 lbs.	
J. Dunn	—
Elite Open	
259 lbs.	
J. Laskowski	501
Junior (20-25)	
308	
D. Dees	418
Law/Fire	
Master (40-47)	
181 lbs.	
J. Chaney	286
Law/Fire Open	
181 lbs.	
D. Bickerstaff	380
Master (40-46)	
165 lbs.	
R. Johnson	270
181 lbs.	
R. Espinoza	226
275 lbs.	
J. Stewart	—
308 lbs.	
K. Shadid	424
SHW	
L. Polk	573
Master (47-53)	
181 lbs.	
Radmilovich	270
M. Knutson	264
220 lbs.	
R. Vraspier	418
M. Gibson	413
SHW	
K. Sayles	—
Master (54-60)	
198 lbs.	
B. Kline	391
Open	
148 lbs.	
D. Smith	429
220 lbs.	
M. Gibson	413
308 lbs.	
K. Shadid	424
Submaster (33-39)	
148 lbs.	
D. Smith	429
308 lbs.	
F. Alexander	545
Teen (12-13)	
97 lbs.	
M. Saldivar	99
Teen (16-17)	
123 lbs.	
T. Banaszak	—
198 lbs.	
C. Lee	308
DEADLIFT	
WOMEN	
Master (40-46)	
165 lbs.	
J. Jackson	292
Open	
165 lbs.	
Q. Rodriguez	286
MEN	
Class 1	
181 lbs.	
D. Bickerstaff	551
220 lbs.	
L. Baker	501
308 lbs.	
K. Shadid	650
Law/Fire Open	
181 lbs.	
J. Chaney	575
D. Bickerstaff	551
Master (40-46)	
181 lbs.	
J. Chaney	575
R. Espinoza	501
259 lbs.	
J. Laskowski	534
SHW	
J. Tabarlet	418
Open	
259 lbs.	
J. Dunn	672
308 lbs.	
K. Shadid	650
SHW	
J. Tabarlet	418
Submaster (33-39)	
259 lbs.	
J. Dunn	672
Teen (16-17)	
123 lbs.	
T. Banaszak	330
198 lbs.	
C. Lee	512
220 lbs.	
A. Kendrick	426
Teen (18-19)	
A. Mangum	633

Khalid Shadid *was one of the top deadlifters at the WABDL Texas State Bench/Deadlift with a 650.*

The WABDL Texas State Bench Press and Deadlift Championships were held at the Humble Civic Center. Tiny Meeker was the meet director. Let's begin with the bench press. In Class 1, Ronny Johnson won at 165 with a solid 270. At 181, Jim Kearns pushed an impressive 424.2 to beat out Juan Araguz, who benched 236.7. Lee Baker won at 220 with 363.7, but James Dunn failed to get a lift passed at 259. Big Jason Laskowski lifted in the Elite Open Division, but elected to lift RAW for this meet, finishing with a powerful 501.5 at 259. Jason had quite a struggle to make weight, but came in right at 259. We had on lifter in the Junior Division: Dustin Dees at 308. Dustin finished with a very strong 418.7. At Law/Fire Master (40-47), veteran Joseph Lee Chaney set Texas State Record at 181 with a press of 286.5. David Bickerstaff won in Law/Fire Open at 181 with a 363.7, and went on to set a Texas State Record on a fourth with 380.2. On to Master (40-46), where Ronny Johnson won at 165 with 270. At 181, Rolando Espinoza took the title with 226.8. John Stewart was lifting at 275 and manhandled some huge weights, with all attempts above 700. Unfortunately, he couldn't get any attempts to touch. At 308, super deadlifter Khalid Shadid won with a respectable bench of 424.2. Lance Polk won the Supers with a Texas State Record 573, which yours truly will be aiming for at the Dallas meet. In the Master 47-53 Division, we had very close competition at 181 with Paul Radmilovich of Oklahoma edging out fellow Oklahoman Mark Knutson 270 to 264.5. Paul and Mark were trading Oklahoma State Records back and forth throughout the meet. The crowd also enjoyed some close competition at 220, where Rick Vraspier won with a 418.7, edging out Mark Gibson, who benched 413.2. Big Keith Sayles had some shirt trouble and failed to get a lift passed. At Master 54-60, Brian Kline won with a Texas State Record 391.2. Josifinia Jackson lifted in the Women's Master (40-46) Division, winning at 165 with a Texas State Record 148.7. In the Open Division, world-class bencher David R. Smith won the 148s with a Texas State Record 429.7. Mark Gibson took the 220s with 413.2, and Khalid Shadid won at 208 with 424.2. Querubin Rodriguez won at Open Women 165 with a solid 110. In the Submaster Division, David R. Smith won the 148s with a Texas State Record 429.7, while Frederick Alexander took the 308s with 545.5. Crowd favorite Michael Saldivar was the star of the meet, winning the Teen (12-13) Division at 97 lbs. while weighing only 65. You can't say the Michael is "confined" to a wheelchair. He may use a wheelchair to get up on the platform, but once he's on the bench he's nothing but one impressive lifter, powering up a Texas State Record 104.5 on this day. And we discovered after the meet that he did it on a dislocated elbow to boot! That's toughness! At Teen (16-17), Trevor Banaszak failed to get a lift passed at 123. Corey Lee won at 198 with an impressive 308.5. On to the deadlift. In the Class 1 division, David Bickerstaff was the winner at 181 with a fine 551. Lee Baker won at 220 with 501.5, and Khalid Shadid pulled a Texas State Record 650.5 to win the 308s, weighing in at just above the 275 limit. In Law/Fire Open, Joseph Lee Chaney continued his record-setting ways with a 562 at 181, following up with a 4th with 575.2 for a new Texas State Record. David Bickerstaff was second with 551. Chaney was also the star of the Master (40-46) division, where his 575.2 was also a Texas State Record at 181. Rolando Espinoza took second with 501.5. At 259, Super Bencher Jason Laskowski pulled 534.5 for the win, and John Tabarlet of Louisiana won at SHW with 418.7. We had one lifter in the Women's Master (40-46) division, Josifina Jackson, who won at 165 with 292. In Open Men, James Dunn won at 259 with a Texas State Record 672.2. Khalid Shadid took the 308s with at Texas State Record 650.2, and John Tabarlet of Louisiana won at SHW with 418.7. Our lone competitor at Open Women was Querubin Rodriguez, who won at 165 with a 286.5 pull. James Dunn was the winner in the 259 weight class of the Submaster Division with his Texas State Record 672.2. At Teen Men (16-17), Trevor Banaszak took the 123s with a Texas State Record 330.5. At 198, Corey Lee pulled an amazing 512.5 for a new World Record! Alex Kendrick won at 220 with at Texas State Record 426.4. A.J. Mangum was the sole competitor in the Teen Men 18-19 Division, winning the 181s with an impressive 633.7. Courtney Gathright while Tiny Meeker was the M.C. Tiny once again had one of the most experienced judging crews in WABDL for this meet: Jim Snodgrass, Texas State Co-Chairman Brian Welker, and Texas State Co-Chairman and National Collegiate Chairman John Hudson. Spotters were Big Craig Murrow and even Bigger Blake Sterling, two of the finest spotters in the sport. Craig and Blake were backed up by Safi Sasi. Sponsors were Welker Engineering Company, Welker Competitive Edge Gym, Inzer Advance Designs, Labrada Nutrition, Dr. Charles Hilborn- Discover Chiropractic, Casa Del Pueblo, GLC 2000, Phil Baumann, Aquavibe, House of Pain, Camille "The Boot Lady" with Universal Boots, Randy Risher Fitness, and Tiny Meeker's Power Station. Awards were swords provided by Charles Venturella. (from John H. Hudson, Ph.D.)

WABDL

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

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

If under 18, have parent initial_____ Signature_____

APF Maine State
16 AUG 08 - Westbrook, ME

BENCH				
MALE				
J. Gotlieb	735			
Master (51+)				
D. Dahms	170			
G. Boudreau	430			
Master (40-50)				
J. Maxim	470			
K. McLaughlin	—			
Push Pull		BP	DL	TOT
MALE				
Teen				
C. Morah		250	480	730
J. McKee		250	275	525
Master (51+)				
J. Stabile		165	370	535
F. Ventriglia Sr.	185	300	485	
Master (40-50)				
D. Moore		405	555	960
J. Grant		350	475	825
C. Youzna		240	460	700
E. Baker		455	550	1005
J. Hron		275	470	745
A. Lyons		265	425	690
D. Puckett		450	610	1060
J. Grosser		325	565	890
T. Crumb		365	450	815
F. Ventriglia Jr.	260	460	720	
J. Carey		300	425	725
V. Thompson		185	590	775
G. Levasseur		500	630	1130
P. O'Reilly		495	625	1120
J. Hroh		380	520	900
M. Lapointe		660	760	1420
C. Ryder		550	625	1175

Venue: Dyna Maxx Gym, Westbrook, ME

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198+ lbs.
Pure
M. Keen —
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MALE
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Master I
A. Cacares 314
Master Pure
A. Cacares 314
275 lbs.
Police/Fire
B. Adams —
Submaster II
D. Medina 457
B. Adams —
308 lbs.
Novice
Manzanares 419
Push Pull
FEMALE
132 lbs.
Master III
Int
Manzanares 419
Pure
R. Kahle 540
Raw
105 lbs.
Youth
C. Hamblin 39
181 lbs.
Junior
A. Vineyard —
Pure
A. Vineyard —
198 lbs.
Master Pure
H. Denish 88
220 lbs.
Master Pure
Richardson 176
Pure
E. Meyer —
242 lbs.
Open
C. Ford 474
PS BENCH
242 lbs.
Submaster I
C. Ford 474
PS CURL
242 lbs.
Submaster I
C. Ford 220
4th-226

	BP	DL	TOT
S. Sermay 165 lbs. Master Pure	116	165	281
E. Keen 181 lbs. Master III	116	259	375
E. Waugh MALE 148 lbs. Int	94	231	325
M. Wallace 165 lbs. Master III	243	331	573
A. Gonzales 181 lbs. Master Pure	160	254	413
T. Duran 198 lbs. Master II	276	441	716
E. Duran 220 lbs. Master Pure	331	480	810
R. Garcia Open Pure	—	—	—
R. Jennings 242 lbs. Master I	303	502	805
D. Hamblin Submaster II	413	485	898
G. Vigil	342	468	810

Powerlifting	SQ	BP	DL	TOT
FEMALE Raw 114 lbs. Novice				
J. Najera 181 lbs. Master III	187	128	243	558
E. Waugh	154	94	231	480
Open E. Waugh MALE 181 lbs. Master Pure	154	94	231	480
T. Duran 198 lbs. Master II	424	276	441	1141
E. Duran 242 lbs. Junior	408	331	480	1218
M. Allen Open	711	—	601	1312
M. Allen Master I	711	—	601	1312
D. Hamblin Raw 165 lbs. Master III	502	413	485	1400
A. Gonzales Police/Fire	154	160	254	568
G. Climaco Submaster I	276	193	342	810
G. Climaco 181 lbs. Int	276	193	342	810
E. Ahlskog 198 lbs. Master II	276	231	375	882
J. Thomas 220 lbs. Master II	342	265	441	1047
Richardson Master Pure	265	176	342	783
Richardson Open	265	176	342	783
A. Boyer Police/Fire	386	298	424	1108
A. Boyer Submaster I	386	298	424	1108
A. Boyer Submaster Pure	386	298	424	1108
B. Koski 242 lbs. Master III	386	287	430	1102
J. Whitlow Power Sports	187	314	502	1003
FEMALE 105 lbs. Master II	CR	BP	DL	TOT
McCormick	55	127	149	331
	4th-SQ-61		DL-160	
114 lbs. Master I				
A. Donohue 123 lbs. Submaster II	39	72	204	314
T. Adelmann MALE 181 lbs. Master II	94	193	287	573
R. Hotz	105	176	314	595
J. Donohue 198 lbs. Master Pure	88	160	331	579
H. Denish 220 lbs. Submaster Pure	66	88	243	397
B. Koski 242 lbs. Master I	154	287	430	871
C. Ford	220	474	551	1246
	4th-CR-226			
Master III				
K. Hardy Submaster II	121	298	298	716
G. Vigil	154	342	468	965

Venue: The Sports Club. Keep Lifting Large.
(results courtesy Mike and Teale Adelmann)

USAPL 5th Pete Lanzi Memoral
7 JUN 08 - Cleveland, OH

BENCH
114 lbs.
Y. Hao 120
123 lbs.
H. Daher 105
B. Elibal 190
148 lbs.
M. Gambino 225
J. Scribner 285
165 lbs.
P. Hoffman 185
D. Ochi 295
L. Miller 440
181 lbs.
D. Jones 275
198 lbs.
E. Santiago 315
J. Wrabel 390
T. Stroshine 530
220 lbs.
G. Saultz 480
242 lbs.
K. Mayer 625
275 lbs.
J. Behari Jr. 455
SHW
T. Wallick 200
C. Cline 535
W. Likens 685

Ironman	BP	DL	TOT
FEMALE 114 lbs.			
M. Beno 123 lbs.	95	210	305
L. Hilliard MALE 123 lbs.	105	250	355
I. Weber 148 lbs.	150	305	455
M. Freecorn 181 lbs.	240	350	590
J. Sabo	285	425	710

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220 lbs.				
J. Heffern		250	470	720
242 lbs.				
D. Hilliard		300	440	740
275 lbs.				
T. Quick		225	400	625
SHW				
K. Kesner		435	655	1090
FEMALE	SQ	BP	BP	TOT
105 lbs.				
B. Morris	90	95	130	315
148 lbs.				
Marksteiner	225	180	300	705
MALE				
148 lbs.				
D. Craigo	330	200	375	905
Ruszkiewics	310	200	420	930
P. Drenik	380	220	435	1035
165 lbs.				
R. Dunn	240	185	300	725
Z. Batcho	315	230	485	1030
E. Miller	335	345	500	1180
181 lbs.				
Z. Nitz	410	235	445	1090
B. Routzong	375	255	500	1130
198 lbs.				
M. Cury	365	240	495	1100
D. Yanoscik	400	300	425	1125
J. Mack	390	350	510	1250
N. Schneider	470	270	570	1310
S. Howard	490	385	590	1465
220 lbs.				
J. Marshall	430	240	505	1175
R. Shearer	450	320	550	1320
D. Polis	520	460	575	1555
242 lbs.				
N. Cline	340	225	500	1065
J. Alogla	420	300	500	1220
N. Durse	450	335	500	1285
E. Auerbach	430	325	600	1355
B. Bolyard	460	330	620	1410
B. Eucker	650	515	720	1885
275 lbs.				
D. Smith	475	290	475	1240
J. McGowan	500	345	455	1300
J. Auerbach	515	450	595	1560
SHW				
N. Chesley	455	405	635	1495
R. Luklan	550	500	575	1625

(Results provided courtesy Gary Kanaga)

100% Raw Bulldog Classic
10 MAY 08 - Moyock, NC

BENCH
FEMALE
198 lbs.
Open (20-24)
L. Parrish 270
MALE
114 lbs.
Open Teen (12-13)
K. Williams 85
123 lbs.
Open Teen (12-13)
A. Brown 120
132 lbs.
Open Teen (18-19)
K. Woolard 155
148 lbs.
Open Teen (14-15)
J. dickerson 145
S. Gubbs 175
165 lbs.
Open Teen (16-17)
S. May —
B. Lesinski 205
P. diDario 225
181 lbs.
Open Teen (16-17)
J. Wheeler 240
Messersmith 245
220 lbs.
P/F/L Open
A. Johnson 415
Open Teen (14-15)
K. Rodgers 245
P/F/L
M. Molina 320
242 lbs.
Open Teen (12-13)
M. Doherty 190
Open Teen (16-17)
T. Adams 220
275 lbs.
Master (45-49)
J. Lewis 315
Open P/F/L
P. McMillan 405
308 lbs.
Open Teen (14-15)
D. Sutton 325
4th-330
DEADLIFT
114 lbs.
Open Teen (12-13)
K. Williams 150
123 lbs.
Open Teen (12-13)
A. Brown 225
132l bs.
Open Teen (18-19)
K. Wollard 295
148 lbs.
Open Teen (14-15)
J. Dickerson 275
165 lbs.
Open Teen (16-17)
P. diDario 400
B. Lesinski 500
181 lbs.
Open Teen (16-17)
J. Wheeler —
Messersmith 405
220 lbs.
Open P/F/L
A. Johnson 495
Open Teen (14-15)
K. Rodgers 350
4th-405
P/F/L
M. Molina 530
242 lbs.
Open Teen (12-13)
M. Doherty 270
Open Teen (16-17)
T. Adams 415
275 lbs.
Open P/F/L
P. McMillian 600
308 lbs.
Open Teen (14-15)
D. Sutton 540

Best Lifter Bench: Aaron Johnson. Best Lifter Deadlift: Brian Lesinski. (Paul Bossi)

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APA Bay State Open
28 JUN 08 - Northampton, MA

BENCH
FEMALE
148 lbs.
Master I DT
N. Famigletti 245*
MALE
165 lbs.
Submaster
Raw DT
T. Clark 265
P. Volpe 250
220 lbs.
Open DT
G. Ting 475
Police/Fire
G. Ting 475
Master I Raw
C. Clapp 405
M. Mitchell 315
Master II
Ken Mattson 550
Open Raw
C. Clapp 405
M. Mitchell 315
Police/Fire Raw
M. Mitchell 315
275 lbs.
Open DT
G. Jackson 550
Submaster DT
G. Jackson 550
Master II DT
B. Borofsky 400*
SHW
Open
Raw DT
A. Heller 400
Submaster
Raw DT
A. Heller 400
CURL
MALE
220 lbs.
Master II
Raw DT
K. Mattson 180
275 lbs.
Master II
Raw DT
B. Borofsky 150!

DT=Drug Tested. *=State Records. !=World Records. (results courtesy of Scott Taylor)

100% Raw Eastern USA Open
23 AUG 08 - Stanardsville, VA

BENCH
FEMALE
148 lbs.
(45-49)
C. Penn 135
MALE
114 lbs.
(18-19) Open
R. Marcellino 180
123 lbs.
Handicaped
T. Lilly 112
165 lbs.
(14-15)
T. Godbold 210
181 lbs.
(40-44)
M. Moyer 290
(45-49)
J. Penn 290
L. Nash 275
198 lbs.
Open
A. Adkins 335
(40-44)
D. Koser 335
(45-49)
J. Ferrell 290
220 lbs.
(20-24)
A. Shorb 300
(35-39)
Pickelsimer 285
242 lbs.
(35-39)
C. Clark 350
275 lbs.
(50-54)
B. Phillips 325
308 lbs.
(45-49)
J. Penn 360
308 lbs.
(45-49)
D. Sanders 225
DEADLIFT
FEMALE
165 lbs.
(70-74)
R. Dearden 95
MALE
181 lbs.
(45-49)
J. Penn 380
L. Nash 350
220 lbs.
(20-24)
A. Shorb 475
(35-39)
Pickelsimer 485
242 lbs.
(35-39)
C. Clark 520
275 lbs.
(50-54)
B. Phillips 600
308 lbs.
(45-49)
J. Penn 500
D. Sanders 300
STRICT CURL
MALE
198 lbs.
Open
A. Adkins 135
220 lbs.
(20-24)
A. Shorb 162
(65-69)
D. Oprison 120
308 lbs.
(45-49)
D. Sanders 105

I would like to thank all the lifters for coming to the contest. Thank you to Paul Bossi and Elizabeth City Trophy Shop for the really nice awards. Thanks to all the meet help who volunteered. Will Morris IPF World champion and Jesse Sheckler 100% Raw National Champion for judging. Ziba Dearden and AL for spotting and loading and breaking down the platforms. Jeremy Shifflett my wonderful son who came home from college and announced and worked the scoring table. Chad Clark and Scott Pickelsimer for helping set up and cleanup after the contest. (John Shifflett)

100% RAW Powerlifting Federation
Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. ____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

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

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

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$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: **100% RAW**
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NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.

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

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

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

www.RAWPOWERLIFTING.com

***Kerri McCaslin**, still gracing the platform at the ripe old age of 12, shows she has the strength and technique to play with the big boys. She's benching under the scrutiny of father Zane McCaslin and bench superstar Joe Ceklovsky (photograph is courtesy of Sandi McCaslin)*

SSA Beast of Chrome & Steel
12 JUL 08 - Bradford, PA

BENCH
WOMEN
97 lbs.
Open/Youth (11-12)
K. McCaslin 140
198 lbs.
Masters (40-44)
T. Brown 155
198+ lbs.
Open
Masters (40-44)
S. McCaslin 425
MEN
181 lbs.
Open
E. Eliason 490
198 lbs.
Open
M. Wolfley 705
220 lbs.
Open
R. Ruthmall 525
Masters (40-44)
L. Rutecki —
242 lbs.
Ironman
181 lbs.
Submaster
D. Fichter 365 475 840
198 lbs.
Open
S. Kuhns 600 455 1055
E. Markulis 330 500 830
Junior
T. Bumgardner 365 510 875
M. Merhar 385 455 840
220 lbs.
Open
D. Zahno 375 540 915
Junior
G. Hamm 300 465 765
Submaster
D. Wray 505 500 1005
275 lbs.
Open
M. Ladewski 530 675 1205
Submaster
S. Brown 475 515 990
(Thank you to Sandi McCaslin for results)

Masters (40-44)
B. Michalski 350
275 lbs.
Teen (18-19)
J. Watson 370
Open
M. Coulter 705
308+ lbs.
Open
Z. McCaslin 705
DEADLIFT
WOMEN
132 lbs.
Teen (13-15)
M. Melo 370
MEN
181 lbs.
Junior
T. Livingston 500
198 lbs.
Open
T. Myers 590
220 lbs.
Submaster
L. Pulucci 550
BP DL TOT
D. Kelly 300
198 lbs.
Junior (20-23) Raw
M. Raiola 345
4th-350
Master I
B. Swanson 475
Master I Raw
B. Swanson 440
Open
B. Swanson 475
Open Raw
B. Swanson 440
242 lbs.
Open Raw
J. Scott 395
275 lbs.
Master I
L. Saviano 585
Police/Fire
B. Lapila —
341 lbs.
Master I
M. Gerard —
CURL
114 lbs.
Teen (16-17) Raw
N. DiCiancia 60
181 lbs.
Master II Raw
B. Willoughby 90
Master III Raw
A. Colonis 110
198 lbs.
Junior (20-23) Raw
Push Pull
WOMEN
UNL
Master
P. Dupuis 130 275 405
MEN
114 lbs.
Teen (18-19) Raw
C. Stapleton 135 225 360
181 lbs.
Teen (16-17)
J. Baril 275 385 660
S. Buccheri 205 420 625
Junior
D. Toledano — — —
198 lbs.
Open Raw
K. Cousin 340 455 795
Junior (20-23) Raw
D. Anneser 380 485 865
220 lbs.
Junior (20-23)
N. Pourro — — —
Junior (20-23) Raw
E. Discko 315 475 790
Submaster Raw

D. Anneser 160
220 lbs.
Open Raw
M. Amici 140
Submaster Raw
M. Peters 185
M. Amici 140
DEADLIFT
FEMALE
UNL
P. Dupuis 275
MALE
148 lbs.
Master I Raw
J. Fernandez 345
Open Raw
M. Dimauro 430
165 lbs.
Teen (16-17) Raw
A. Olink 425
Junior (20-23) Raw
C. Puorro 450
181 lbs.
Master II
B. Willoughby 355
Master III Raw
J. Varrone 485
Teen (16-17) Raw
R. Pelletier 490
220 lbs.
Master II Raw
M. Kiefer 485
242 lbs.
Open
A. Klunduk 700
BP DL TOT

APA Nutmeg State Open
16 AUG 08 Wallingford, CT

BENCH
114 lbs.
Teen (16-17) Raw
N. DiCiancia 150
148 lbs.
Teen (16-17) Raw
J. Rocks 235
165 lbs.
Junior (20-23) Raw
A. Leiter 245
181 lbs.
Open
S. Ritucci 360
Master II Raw
M. Peters 365 600 965
Open Raw
J. Payne 335 500 835
Police/Fire
N. Pourro — — —
242 lbs.
Teen (16-17)
Scott Grant 365 575 940
Police/Fire Raw
D. Ierardi 310 475 785
Master I Raw
D. Ierardi 310 475 785
275 lbs.
Open
E. DeNeuth 275 470 745
308 lbs.
Open
J. Flores 515 550 1065
341 lbs.
Junior Raw
K. Luca 265 500 765

Push Pull Raw Best Lifter: Don Anneser. Push Pull Best Lifter: Joshua Flores. Bench Raw Best Lifter: Bruce Swanson. Bench Best Lifter: Lou Saviano. Deadlift Best Lifter: Arthur Klunduk. Curl Best Lifter: Mike Peters. Venue: Metal Health Gym. Special thanks to Nic Ugolic, the staff of Metal Health Fitness, our judges, spotters and loaders who did an excellent job putting on an awesome meet. The spotters did some real good saves especially one lift where the weight went flying over the lifters jaw. Although the claim for bench shirts is joint protection I can only wonder if it is worth the trade because they are getting to be more and more hazardous in other ways. The majority of the lifters competed RAW and we are seeing more and more RAW lifting in the APA. Thanks again to all who organized, worked at, judged, and spotted at this event and special thanks to the spotters who did an awesome job keeping the lifters safe. (courtesy of Scott Taylor APA President)

Pride Summer Record Breakers
12 JUL 08 - Coeur d'Alene, ID

BENCH
Open
181 lbs.
D. Rodgers 335
220 lbs.
J. Larsen 260
242 lbs
C. Williams 425
Master (40-46)
242 lbs.
C. Williams 425
Master (47-53)
181 lbs.
B. Baker 35
Master (47-53)
220 lbs.
M. Salansky 460
275 lbs
D. Hernandez 420
Raw
Youth (7-8)
80 lbs.
J. Martin 55
4th-60
Teen (13-15)
148 lbs.
J. Kitchen 155
Teen (16-19)
114 lbs.
D. Street 115
165 lbs
T. Wheatley 205
Z. Nicklas 255
Junior (20-25)
165 lbs.
J. Scholten 275
242 lbs.
C. Figueroa 350
4th-360
Open
308 lbs.
C. Pottoroff 325

Law/Fire Raw
Junior (20-25)
198 lbs.
J. Scholten 275
Submaster (34-39)
198 lbs.
T. Rahm 355
M. Davis 335
Master (40-46)
181 lbs
D. Switzer 290
4th-300
198 lbs.
S. Switzer 330
220 lbs.
M. Martin 315
308 lbs
J. Scott 465
308+ lbs.
C. Nielsen 345
Master (68-74)
259 lbs.
Johnson Sr. 275
WOMEN
Open
114 lbs.
M. Davenport 200
123 lbs
D. Snow 185
132 lbs.
S. Franks 185
Submaster (34-39)
D. Snow 185
Master (40-46)
132 lbs
S. Franks 185
Raw
Teen(16-19)
148 lbs
C. James 125
Open
123 lbs.

***Tom Rahm** made the Pride Summer Record Breakers his first powerlifting competition, and at this contest he benched 355 and deadlifted 475. (photograph provided by courtesy of Wes Kampen)*

D. Snow	135	T. Mick	405
4th-145		4th-425	
Submaster (34-39)		Junior (20-25)	
123 lbs.		220 lbs.	
D. Snow	135	R. Young	660
4th-145		242 lbs.	
148 lbs.		C. Figueroa	520
J. Hughes	110	4th-530	
Master (40-46)		308 lbs.	
198 lbs.		C. Schmidt	600
S. Stutheit	170	4th-625	
Master (47-53)		Open Men	
198 lbs.		259 lbs.	
H. Oxford	200	J. DeRousie	660
Master (54-60)		4th-685	
123 lbs.		308 lbs.	
R. Vannoy	80	C. Pottoroff	500
DEADLIFT		Submaster (34-39)	
Open		T. Rahm	450
181 lbs.		4th-475	
D. Rodgers	535	Master (47-53)	
220 lbs		275 lbs.	
J. Larsen	480	D. Hernandez	540
242 lbs.		4th-555	
C. Williams	640	Master (68-74)	
Master (40-46)		220 lbs.	
242 lbs.		B. Johnson	380
C. Williams	640	259 lbs.	
Master (61-67)		Johnson Sr.	325
165 lbs.		WOMEN	
L. Forbes	345	Open	
4th-360		123 lbs.	
Master (68-74)		D. Snow	330
259 lbs.		132 lbs.	
Johnson Sr.	300	S. Franks	320
Master (75-79)		Submaster (34-39)	
242 lbs.		123 lbs.	
L. Coruelli	360	D. Snow	330
Raw		Master (40-46)	
Teen (13-15)		132 lbs.	
148 lbs.		S. Franks	320
J. Kitchen	275	Raw	
4th-300		Teen (16-19)	
Teen (16-19)		C. James	260
114 lbs.		Master (54-60)	
D. Street	300	123 lbs.	
4th-315		R. Vannoy	150
165 lbs.		4th-160	

We would like to thank all the lifters that came out. This was a great competition. Special thanks to Silver Valley Fitness, Iron Mike's Gym and Smitty's Gym. For upcoming Pride Powerlifting events, current records and past results visit our website at www.PridePowerlifting.com. (Thank you to Wesley Kampen for results)

15th Miller's Ironhouse Natural
14 JUN 08 - Cumberland, MD

BENCH		B. Jones	320
WOMEN		M. Swarner	315
L. Bridges	90	220 lbs.	
J. Shore	80	S. Hess*	430
MEN		275 lbs.	
Teen (14-16)		J. McCullough	375
L. Davis	195	G. Ray	340
D. Drummond	120	G. Hess	330
D. Arnold	160	275+ lbs.	
c. Shore	80	T. Smith	275
Teen (17-19)		Open	
D. Wharton*	305	148 lbs.	
Depasquale	240	D. Pezzonite	—
J. Shepherd	225	181 lbs.	
Subs (35+)		J. Palmer	310
T. Wharton	475	L. Brown	265
B. Jones	320	198 lbs.	
Master (40+)		D. Durbin	310
J. Palmer	310	220 lbs.	
Master (55+)		T. Wharton*	475
B. Shafer	400	242 lbs.	
R. Brooks	390	R. Robinson*	590
Raw		J. Alderman	405
165 lbs.		275 lbs.	
Despasquale	240	B. Clark	520
181 lbs.		275+ lbs.	
J. Wanmeter	260	B. Younker	455
198 lbs.		B. Carmack	365
Reps Contest		Bwt.	Reps
Light			
C. Cloud		22	180
D. Pezzonite		22	140
Heavy			
B. Clark		25	275

*=Best Lifters. Venue: Allegany High School. Forty lifters traveled from Maryland, Pennsylvania, Virginia, West Virginia, and New Jersey to compete. Randy Robinson, from Summit Point, WV, had another big day with his 590 pound bench press to win the 242 class and the open heavyweight best lifter award. Tim Wharton bacmeback to his alma mater to win the 220 class with a nice 475 bench and also took home the other best lifter award. Sam Hess, from Hancock, MD, won the raw 220 class with his impressive 430 bench and he also won the overall best lifter award for teh raw division. The best lifter award for the teen division was won by Dustin Wharton, who lifted 305 pounds. This year's meet also included a body rep contest. Chuck Cloud, from Voorhess, NJ, tied David Pezzonite, from Slaneville, WV, with 22 reps in the lightweight class. Berry Clark did 25 reps of 275 to win the heavyweight class. "This is a drug free competition in which all competitors can display their God-given natural ability while following a strict judging format. Competition is exciting and it promotes healthy living and motivates men and women of all ages to get involved in some sort of physical activity," says Miller. Special thanks to my Dad, Mike Miller, Andy Panone, Carl Seeker, Chris Shrout, Tony Smit, Anita & Dillon Arnold, and those who participated and came out to support this event, and especially PLUSA. For information on next year's competition, which will be held in June, call 301-777-0644. (results courtesy Miller's Ironhouse)

Cabin Fever Meet
23 MAR 08 - Grand Rapids, MI

Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
Oosterhouse	255	75	235	565
165 lbs.				
(50+)				
L. Boshoven	575	250	505	1345
MALE				
132 lbs.				
Youth				
S. King	255	95	250	600
220 lbs.				
Master				
M. King	620	—	—	620
(55+)				
T. Sheehan	655	440	505	1600

This meet featured another amazing performance by Lynne Boshoven as she put together her best total ever at any age, any weight. Now over 50 she doesn't even need to make weight anymore, usually coming in at around 160, compared to some meets when she was younger and was over 190. It just doesn't compute. At the other end of the spectrum was young Stephen King who put together his 1st total of 600. Way to go Stephen! The meet was unfortunately marred by an accident involving his Father, Mike. He used a new bench shirt he was not used to and his tricep gave way and the bar came crashing down on his nose. As is often the case with this type of injury, the bar doesn't travel far enough to do severe damage, but he did have a bloody nose and was pretty shook up, which is understandable. But everyone was very relieved that he didn't have a more severe injury. A word to the wise I guess; get used to those shirts before you use one in a meet. (Thank you to Jon Smoker for these results)

SSA Beast of the Northeast
8 MAR 08 - Bradford, PA

BENCH
181 lbs.
Open
E. Eliason 450
198 lbs.
Open
M. Wolfley 720
I. Kucenski 245
J. Kaziska 235
220 lbs.
Open
S. Vinelli 600
R. Ruthmell 500
Submaster
D. Gregory 550
Masters (40-44)
P. Parks 410
Masters (55-59)
B. Shaffer 380
242 lbs.
Open
J. Hendryx 525
Teen (18-19)
Z. Allen 375
275 lbs.
Submaster
E. Bedow 475
308 lbs.
Open
Ironman
Unlimited
WOMEN
114 lbs.
Open
J. Ochoa 185 360 545
MEN
148 lbs.
Teen (13-15)
D. Rimer 175 300 475
Teen (16-17)
A. Eaton 135 265 400
165 lbs.
Teen (13-15)
W. Gillen 185 365 550
181 lbs.
Submaster
D. Fichter 300 470 770
198 lbs.
Open
S. Kuhns 550 455 1005
E. Gustafson 350 475 825
220 lbs.
Masters (40-44)
T. Myers 385 660 1045
242 lbs.
Submaster
D. Wray 440 485 925
275 lbs.
Open
B. Berchyold 375 475 850
C. Phillips 600 — —
308 lbs.
Masters (55-59)
B. Carmack 365 430 795
SHW
Open
S. Lewis 545 655 1200
B. Yonker 465 665 1130
Raw Open
P. Bullers 425 650 1075
S. Hermann 415 650 1065
(results provided courtesy Sandi McCaslin)

N. Walrod 500
SHW
Open
B. Yonker 465
DEADLIFT
WOMEN
123 Teen
M.y Melo 360
MEN
181 lbs.
Teen (16-17)
K. White 480
198 lbs.
Junior
J. Mercer 450
220 lbs.
Open
C. Beatty 475
Submaster
L. Polucci —
275 lbs.
Open
B. Thompson 625
G. Scarnatti 465
Masters (50-54)
G. Scarnatti 465
SHW
Open
B. Yonker 665
BP DL TOT

Sam Kuhns, showing so much consistency in his bench press, pushed up an impressive 550 at the SSA Beast of the Northeast competition. (thanks to Sandi McCaslin for providing photograph)

USAPL EAC PowerPlay
17 MAY 08 - Glenwood Sprgs., CO

BENCH
WOMEN
165 lbs.
C. York 198
Raw
SHW
Master I
K. Henrie 116
MEN
165 lbs.
Master IV
J. Terry 226
181 lbs.
Master II
T. Cencich 397

198 lbs.
Open
M. Ehlers 336
275 lbs.
Master III
D. Wolf 375
SHW
Master VII
J. Telljohn 386
Raw
220 lbs.
Master II
T. Mystrom 265
275 lbs.
Open
W. Ehlers 364

Powerlifting SQ BP DL TOT
WOMEN
148 lbs.
Junior
J. Koerperich 204 105 215 524
Open
B. Anderson 303 165 303 772
165 lbs.
Master II
D. Jeffrey 193 143 209 546
198 lbs.
Open
J. Lerew 281 182 287 750
Master II
J. Lerew 281 182 287 750
Raw
132 lbs.
Open
M. Davis 182 116 237 535
148 lbs.
Open
P. Winter 187 105 265 557
165 lbs.
Open
L. Smith 237 160 265 661
181 lbs.
Open
R. Bresky 215 99 259 573
MEN
165 lbs.
Master IV
M. Cucinella 402 281 435 1119
J. Terry 243 226 358 827
181 lbs.
Open
R. Garofalo 562 408 623 1593
C. Carter 287 209 347 843
198 lbs.
Open
S. Clark 391 259 474 1124
220 lbs.
Teen I
J. Heule 435 298 402 1135
Open
B. Radulovich 728 446 650 1824
Master II
T. Ruppert 430 336 513 1279
Master III
D. Wolf 452 375 524 1350
Raw
181 lbs.
Open
C. Clark 336 314 424 1075
198 lbs.
Open
Alkhoudairy 303 231 369 904
Meet Director: Kimberly Henrie. (USAPL)

APA Tri-State Border Duel
23 AUG 08 - Amory, MS

BENCH
148 lbs.
Open
K. Harmon 470!*#
165 lbs.
Raw Submaster
M. Mitchell 135
181 lbs.
Raw Junior
T. Lloyd 250
Submaster DT
C. Neal 545!*#
Submaster
R. Grubbs 355

198 lbs.
Raw Master III
T. Holman 125#
220 lbs.
Junior
S. Fountain 410
Master I
S. Self 425
275 lbs.
Open
J. Barnes 475
Raw Master I
R. Sanderson 350
Raw Junior
J. Bailey 405
CURL
MALE
220 lbs.
Raw Junior
S. Fountain 160
242 lbs.
Raw Junior
J. Bailey 165
DEADLIFT
FEMALE
97 lbs.
Raw Youth
C. Harmon 75
MALE
BENCH for Reps Lbs. Reps
FEMALE
148 lbs.
Raw
A. Micka 75 71
Push Pull BP DL TOT
220 lbs.
Raw Junior
B. Pitts 290 540 830
242 lbs.
Open
R. Clayton 475 585 1060
#=Mississippi records. *=American records. !=WPA World records. Best Lifter Raw Push Pull: Brandon Pitts. Best Lifter Overall Push Pull: Rance Clayton. Best Lifter Raw Bench Press: Jeremy Bailey. Best Lifter Overall Bench Press: Kevin Harmon. Best Lifter Raw & Overall - Deadlift: Jared Wilsey. Best Lifter Overhead Press: Seth Coker. Bets Lifter Strict Curl: Sam Fountain. (from Scott Taylor)

198 lbs.
Raw Open
J. Wilsey 590
242 lbs.
Open
R. Clayton 585
OH PRESS
275 lbs.
Raw Junior
S. Coker 300
308 lbs.
Raw Open
J. Micka 250

IBP Southeastern Championships
28 JUN 09 - Rockingham, NC

BENCH
FEMALE
165 lbs.
Open
T. Walker 255
Submaster (35-39)
T. Walker 255
MALE
148 lbs.
Novice Raw
D. Lowery 275
165 lbs.
Master (45-49) Raw
S. Hargrove 280
Youth (12-13) Raw
R. Lassiter 115
198 lbs.
Master (40-44) Raw
Powerlifting SQ
FEMALE
198+ lbs.
Master (45-49) Raw
I. Owens 190 110 265 565
MALE
88 lbs.
Youth/Teen (12-13) Raw
J. Delgado 140 80 180 400

L. Schirloff 360
275 lbs.
Master (45-49) Raw
C. Whitt 345
Open
R. Allman 545
308 lbs.
Submaster (35-39)
Raw
M. Belk 590
DEADLIFT
132 lbs.
Master (50-54) Raw
G. Raisin 235
4th-240
308+ lbs.
Teen (16-17) Raw
D. Mckeithen 550
BP DL TOT

123 lbs.
Youth/Teen (12-13) Raw
L. Holler 155 125 240 520
4th-DL-250
132 lbs.
Youth/Teen (12-13) Raw
C. Rhymer 155 145 300 600
G. Daubenmire 155 115 215 485
148 lbs.
Master (40-44)
R. Wess 445 270 475 1190
Open
R. Wess 445 270 475 1190
Youth (10-11) Raw
Z. Carr 90 65 180 335
4th-SQ-105 DL-190
165 lbs.
Teen (14-15)
J. Shue 325 280 360 965
4th-SQ-335 DL-375
Teen (14-15) Raw
R. Davis 235 165 315 715
4th-DL-325
Youth/Teen (12-13) Raw
J. Davis 130 115 220 465
4th-SQ-135
181 lbs.
Teen (14-15) Raw
K. Loibl 300 185 330 815
4th-DL-340
Teen (16-17) Raw
J. Kocan 270 225 285 780
4th-DL-305
Master (40-44) Raw
E. Bell 380 245 440 1065
4th-DL-450
Open Raw
E. Bell 380 245 440 1065
4th-DL-450
198 lbs.
Master (45-49)
S. Whiting 525 385 515 1425
Master (45-49) Raw
P. Capps 390 300 455 1145
242 lbs.
Open Raw
J. Cravy 365 295 465 1125
275 lbs.
Master (40-44)
R. McMillan 600 355 545 1500
308 lbs.
Master (50-54) Raw
W. Greene 400 325 510 1235
4th-SQ-425 BP-340
308+ lbs.
Intermediate (24-34) Raw
C. Martin 650 425 550 1625
Open Raw
C. Martin 650 425 550 1625
Teen (18-19) Raw
R. Baxter 445 400 485 1330
Outstanding Lifters: Rob Wess, Scott Whiting.
1st Place Team: ARMS. (Keith Payne)

Chip Martin did some nice lifting at 308+ in the IBP Southeast Championship (courtesy of Keith Payne)

Powerlifting Super Show
16 AUG 08 - Dallas, TX

BENCH
FEMALE
114 lbs.
Master (40-49)
A. Larson 133
181 lbs.
Novice
S. Stark 182
Open
165 lbs.
S. Keller 408
MALE
Junior
220 lbs.
J. Hill 424
Master (40-49)
181 lbs.
S. Blevins 408
220 lbs.
G. Bishop 419
242 lbs.
D. White 380
M. Gibson 402
Paruszewski 441
275 lbs.
P. Kirkpatrick 226
308 lbs.
D. Mann 502
Master (50-59)
181 lbs.
M. Dedman 309
Novice
275 lbs.
T. Davis 513
Open
165 lbs.
J. Voss 259
181 lbs.
P. Turner 160
220 lbs.
I. Alonzo 408
242 lbs.
D. Downey —
A. Schroder —
J. Ross 264
J. Daugherty 209
Submaster
198 lbs.
P. Munoz 424
Teen (16-17)
N. Nichols 298
DEADLIFT
MALE
Open
165 lbs.
J. Voss 402
181 lbs.
A. Magnum 623
P. Turner 254
198 lbs.
C. Jenkins 293
220 lbs.
B. Buriel 661
Master (40-49)
181 lbs.
S. Blevins 441
220 lbs.
G. Bshop 573
275 lbs.
J. Ross 319
Master (50-59)
275 lbs.
G. Villanova 485
Submaster
308 lbs.
M. Dunkin 639
Teen (18-19)
181 lbs.
A. Magnum 623
SQUAT
MALE
Master (40-49)
275 lbs.
P. Kilpatrick 265
Open
SHW
C. McConely 342
Submaster
198 lbs.
P. Munoz 347

Powerlifting Junior	SQ	BP	DL	TOT
275 lbs.				
S. Carroll	507	331	413	1251
Master (40-49)				
181 lbs.				
S. Blevins	220	408	441	1069
220 lbs.				
G. Bishop	568	419	573	1560
Master (50-59)				
220 lbs.				
W. Hayes	513	358	441	1312
Novice				
148 lbs.				
N. Fuerta	452	231	386	1069
Open				
165 lbs.				
B. Marotto	507	369	457	1334
198 lbs.				
T. St. John	198	132	198	529
M. Barman	154	165	231	551
D. Hawes	342	243	364	948
220 lbs.				
C. Momenloff	265	215	254	733
T. Nava	325	309	397	1031
242 lbs.				
J. Reape	650	325	182	1157
275 lbs.				
D. Ortiz	777	502	551	1830
Submaster				
275 lbs.				
J. Love	601	419	672	1692
Teen (16-17)				
148 lbs.				
N. Nicholas	430	298	375	1102
198 lbs.				
Z. Karl	397	259	474	1130

(Thank you to Kirk Stroud for these results)

APA Texas Open
2 AUG 08 - Mcallen, TX

BENCH
165 lbs.
Master I
G. Garza 280
E. Garcia 190
220 lbs.
Teen Raw
R. Stockton 330!*
275 lbs.
Submaster
F. Garcia 530
Open
F. Garcia 530
DEADLIFT
WOMEN
165 lbs.
Master I
Push Pull
198 lbs.
Master I
R. Espinoza
J. Jackson 315
Open
Q. Rodriguez 315
MEN
181 lbs.
Open
J. Araguz 430

Powerlifting	SQ	BP	DL	TOT
WOMEN				
132 lbs.				
Master I Raw				
A. Bautista	180!*	115!*	130!*	525!*
148 lbs.				
Open Raw				
L. Saldana	295!*	150	315	760!*
MEN				
114 lbs.				
Master III Raw				
E. Millian	325!*	215!*	420!*	960!*
Open Raw				
E. Millian	325!*	215!*	420!*	960!*
181 lbs.				
Open				
T. Pike	350	195	440	985
198 lbs.				
J. Saldana	600*	450	500	1550
220 lbs.				
J. Alvarado	640	420	470	1530
242 lbs.				
Junior UNL				
J. Pillado	700	485	635	1820*
275 lbs.				
Submaster/Open				
F. Garcia	700	530	545	1775
308 lbs.				
Open				
M. Taylor	660	430	550	1640
Master II				
J. Saldana	405!	360	365	1130

*=APA American Records. !=WPA Records. Texas Records Set by: Araceli Bautista, Lori Saldana, Querubin Rodriguez, Josie Jackson, Ernest Millian, Geraudo Garza, Ernie Garza, Rolando Espinoza, and Ryan Stockton. Best Lifter Powerlifting Female: Lori Saldana. Best Lifter Deadlift Female: Querubin Rodriguez. Best Lifter Powerlifting: Jorge Pillado. Best Lifter Powerlifting Raw: Ernesto Millian. Best Lifter Push Pull: Rolando Espinoza. Best Lifter Bench Press: Fernando Garcia. Best Lifter Bench Press Raw: Ryan Stockton. Best Lifter Deadlift: Juan Araguz. A very special thanks for Bodybuilders Powerhouse Gym of McAllen, Texas for providing an awesome meet site and Robert Jacksonf or organizing a very efficient and well run meet that was enjoyed by all attending. Special thanks to our judges, spotters, and loaders for doing an excellent job throughout the day. Several records were set at this event and a lot of competitors chose to lift RAW and set some outstanding record in the RAW categories. Among those recently coverting to RAW lifting was Ernesto Millian. Ernesto set some big numbers wearing gear and continues to do so lifting RAW. Stay tuned fo the next APA Texas event, which is being scheduled for November. (Scott Taylor)

16th Senior Olympics/CA State
15 JUN 08 - Arcadia, CA

BENCH
WOMEN
(50-54)
Lightweight
S. Slater 62*
(60-64)
Lightweight
S. Sneider 70*
Middleweight
A. Connelly 95*
Mid-Heavywt.
L. Jones 135*
(65-69)
Lightweight
H. Tropp 112*
(75-79)
Lightweight
L. Martin 60*
(85-89)
Lightweight
B. Maullin 55*
MEN
(50-54)
Mid-Heavywt.
McLaughlin 340*
220 lbs.
Heavyweight
R. Cook 365*
275-308 lbs.
Heavyweight
V. Olotoa 365*
(55-59)
Middleweight
T. Strafaci 275*
(60-64)
Middleweight
B. Weinstock 195*
Light-Hvywt.
P. Antoine 240*
220 lbs.
Heavyweight
R. Connelly 195*
242 lbs.
Heavyweight
P. Rose 190*
275 lbs.
Heavyweight
D. Smith 230*
275 lbs.
Heavyweight
W. Mathise 300*
(75-79)
Middleweight
B. Kesling 175*
220 lbs.
Heavyweight
J. DiMarco 265*
(85-89)
Heavyeweight
E. Malin 155*
220 lbs.
Heavyweight
I. Glosser 175*

Heavyweight
E. Nelsen 220*
(65-69)
Mid-Heavywt.
J. Lynch 335*
220 lbs.
Heavyweight
H. Sneider 250*
242 lbs.
Heavyweight
L. Jaro 325*
J. Kholos 170!
SHW
E. Stanley 200*
(70-74)
Light-Heavywt.
S. Gim 275*
242 lbs.

*=Gold Medals. !=Silver Medals. The 16th Annual Powerlifting Competition at Sneiders Family Fitness had a special feel to it. The athletes were very pumped up as always but this was the State Senior Games. Some remarkable lifting took place. Our usual best lifters because of age and body weight were Beatrice Maullin, age 87, putting up 55 lbs. This may not seem like a lot of weight to someone in their 20's but it is equivalent to someone much younger lifting over 200 lbs. The same holds true for Eugene Malin at age 88 lifting 155 lbs. Other new rising lifters were Stanley Gim who only weighed 182 lbs. and put up 275 lbs. at age 74. As usual Jack Lynch is one of the best all-around fitness people in San Gabriel Valley who has done 30 chin ups, 118 push-ups as well as his 335 lbs. bench press at age 65. World champion Louise Jones put up 135 lbs. Helene Tropp who is a national champion as well did a 112 lb. bench press which is 10 lb. over her bodyweight. These remarkable women are sure to find their names to be in the Senior Olympics Hall of Fame. Sarah Sneider who has been a winner every time picked up her 13th gold medal. She is a versatile athlete participating in track, rope climb, and chin ups as well. Arlene Connelly who is one of the most persevering athletes picked up her 10th gold medal with a lift of 95 lbs. The new rising stars were Randy Cook of Beaumont who did a mighty 365, Larry Jaro of Scottsdale who did an excellent 325, and Pasadena's Tom Strafaci who put up a big 275 while weighing only 154. This is the largest meet for seniors in the United States. We are very happy to see these very fine athletes work toward their unlimited human potential. They are reversing the aging process as well as having the time of their lives. Long live the Senior Olympics in the days ahead. Till next year Hubba, Hubba, Hubba! (Harry, Sarah, and Rob Sneider, Powerlifting Coordinators for the California State Senior Olympics)

***Beatrice Maulin**, right, who won her 80th gold medal at the age of 87 at the Senior Olympics, is congratulated by Cynthia Rosedale, the California State Senior Olympics Commissioner. (photo courtesy of Harry and Sarah Sneider)*

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WNPF All-Raw World Cup
23 FEB 08 - Bordentown, NJ

BENCH
WOMEN
114 lbs.
(40-49)
Longshore 110*
148 lbs.
Lifetime
Feeney! 145
Levesque 110
165 lbs.
Lifetime
Macri 100
(40-49)
Macri 100*
MEN
132 lbs.
(13-16)
Litowsky 150*
148 lbs.
(40-49)
Fernandez 265
181 lbs.
Lifetime
Gentzel 290
198 lbs.
(40-49)
Bowers! 325
220 lbs.
Lifetime
Caffrey 300
(40-49)
Howard 365
(50-59)
Temprano 355
242 lbs.
Lifetime
Maltezos 410
Open
Ergemlidze! 440
275 lbs.
(17-19)
Falconio 280
(40-49)
Chiavacci 375*
BENCH Reps
148 lbs.
WOMEN
(1/2 Bwt.)
Lifetime
Feeney 48
165 lbs.
(40-49)
Macri 16
MEN
(Bwt.)
181 lbs.
(40-49)
Wilhelm 22*
220 lbs.
Open
Vepkvadze 26
(40-49)
Howard 28
242 lbs.
Open
Ergemlidze! 33
Mazanishvili 31
DEADLIFT
MEN
80 lbs.
(11-12)
Bowers 135*
132 lbs.
(17-19)
Macrobbie 380*
181 lbs.
Lifetime
Roca 525
Neary 480
Gentzel 405
Open
Dzamukashvi! 705*
198 lbs.
Lifetime
Sadiv 640
(40-49)
Sadiv 640
Znaczko 325
220 lbs.
Junior
Carter 500
Lifetime
Reed 575
Marshall 475
Caffrey 470
(40-49)
Yarnell 535
Open
Orkodashvili 575
275 lbs.
(40-49)
Chiavacci 550*
POWERCURL
WOMEN
148 lbs.
Open
Levesque 65
165 lbs.
Open
Macri 60
(40-49)
Macri 60*
MEN
132 lbs.
(13-16)
Litowsky 65*
165 lbs.
Open
Staab 155*
(60-69)

Richard Ambrose was Best Lifter at the WNPF All Raw World Cup (photo by courtesy of Troy Ford)

Staab 155*
181 lbs.
Open
Wilhelm! 170*
(40-49)
Wilhelm 170*
St. Fleur 160
198 lbs.
Open
Skinner 140
(40-49)
Skinner 140
220 lbs.
Open
Vepkvadze 175
Marshall 160
Caffrey 145
242 lbs.
Open
Mazanishvili 180
275 lbs.
(50-59)
Grossman 155
SQUAT
WOMEN
148 lbs.
Lifetime
Levesque 175
MEN
181 lbs.
(50-59)
Weinstein 320*
220 lbs.
Lifetime
Caffrey 410
Marshall 380
242 lbs.
Lifetime
Maltezos! 550
Open
Maltezos 550
Subs
Maltezos 550*

Powerlifting	SQ	BP	DL	TOT
WOMEN				
105 lbs.				
(40-49)				
Rudek	75	60	160	295
114 lbs.				
(40-49)				
Longshore	150*	110*	150*	410*
132 lbs.				
Lifetime				
Deane!	205	130	295*	630
148 lbs.				
Lifetime				
Levesque	175	110	225	510
MEN				
181 lbs.				
Lifetime				
Hobaica	550*	380*	600	1530*
Junior				
Hobaica	550*	380*	600	1530*
Nolan	475	325	625*	1425
Open				
Dzamukashvi!	485	395*	705*	1585*
(40-49)				
St. Fleur	350	285	475	1110
198 lbs.				
Open				
Phillips	405	310	530	1245
220 lbs.				
Lifetime				
Hannington	475	275	500	1250
Caffrey	410	300	470	1180
Marshall	380	280	475	1135
Anastasiou	365	285	475	1125
Georgantzis	315	210	450	975
Open				
Orkodashvili	485	285	575	1345
Wood	450	285	515	1250
242 lbs.				
(17-19)				
Malave	500*	405*	525*	1430*
Lifetime				
Miller	425	370	500	1295
Antoine	350	230	525	1155
Open				
Miller	425	370	500	1295
Subs				
Miller	425	370	500	1295
(40-49)				
Tortorelli	455	275	455	1185
275 lbs.				
Lifetime				
Ambrose!	575*	410*	600*	1585*
Haddaway	540	400	600	1540

*=WNPF World Raw Records. !=Best Lifters. Team Champs: Strong Island Power. (WNPF)

USAPL Raw Push Pull
17 MAY 08 - Embden, ME

BENCH
FEMALE
Raw
165 lbs.
R. Kaplan 180*
198 lbs.
K. Campbell 275
A. Pluntke 155
MALE
Raw
MALE
165 lbs.
A. Hutchins 245
220 lbs.
R. Golgano 325
A. Lane 245*
P. Ciarrocchi 230*

Powerlifting	BP	DL	TOT
FEMALE			
148 lbs.			
Open			
J. Dunphy	150	385	535
165 lbs.			
Teen			
R. Kaplan	180*	330	510
198 lbs.			
Open			
K. Campbell	275	365	640
Master			
K. Campbell	275*	365	640
MALE			
Youth (13)			
D. DelGallo	130	250	380
123 lbs.			
M. DelGallo	165*	335	500
132 lbs.			
L. DelGallo	150*	350	500
165 lbs.			
K. Mullin	160	320	480
J. Sincyr	180	250	430
A. Hutchins	245	365	610
275 lbs.			
S. White	365	500	865

*=Maine State Records. This meet was presented by Carrabec Will Power. Best Overall Female Lifter: Karen Campbell. Best Overall Male Lifter: Chris Murray. (Thanks to USAPL for providing results)

USAPL Florida State/4th HS
26 APR 08 - Ft. Lauderdale, FL

BENCH
MALE
Florida State
181 lbs.
Teen (16-17)
A. Barrerio 243
Open
B. Walde 276
Master (40+)
B. Walde 276
198 lbs.
Master (60+)
G. Walker 375
220 lbs.
Master (60+)
L. Soosato 419
Master (70+)
J. Kluft 303
Police/Fire
Military
S. Eisman 325
Special Olympian
A. Cohen 138
Raw
S. Eisman 325
242 lbs.
Open
C. Calvano 551
Master (40+)
P. Maynard 424
275 lbs.
Master (40+)
S. Clez 452
Master (50+)
A. Suarez —
Police/Fire
Military
D. Sansom 380
275+ lbs.
Police/Fire
Military
J. Myers 430
Open
E. Rufus 573
DEADLIFT
MALE
Florida State
165 lbs.
Teen (18-19)
J. Ianno 480
181 lbs.
Junior (20-23)
S. Ferraresi 485
198 lbs.
Raw
M. Kantor 408
275 lbs.
Police/Fire
Military
D. Sansom 474
275+ lbs.
Police/Fire
Military
J. Myers 540

Push Pull	BP	DL	TOT
MALE			
165 lbs.			
Raw			
Z. Nicholas	474	766	1240
Teen (18-19)			
J. Ianno	480	750	1229
181 lbs.			
Open			
M. Alkinany	485	904	1389
198 lbs.			
Open			
J. Gerardo	502	1031	1532
Junior (20-23)			
N. Lee	457	794	1251
Raw			
M. Kantor	358	551	909
220 lbs.			
Junior (20-23)			
R. Decker	408	772	1179
Master (40+)			
P. Maynard	402	827	1229
275 lbs.			
Master (40+)			
J. Dundon	568	1080	1648
Police/Fire/Military			
D. Sansom	474	854	1328

World Natural Powerlifting Federation (WNPF) Membership Registration

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CITY, STATE, ZIP _____

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

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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.

At the Vermont State Open Bench Press, Meet Director Rick Poston presents the award to Bob Cseh Sr., age 73, for his Sr. Grandmaster win.

275+ lbs.				
Police/Fire/Military				
J. Myers		540	970	1510
Powerlifting	SQ	BP	DL	TOT
MALE				
148 lbs.				
Varsity HS				
J. Laite	331	215	463	1009
220 lbs.				
Varsity HS				
J. Roane	413	325	502	1240
275+ lbs.				
Varsity HS				
M. DiBiase	298	838	529	1664

The 6th USAPL Florida State Bench Press/ Deadlift Championships & 4th USAPL Florida State High School Powerlifting Championships were held at Nova Southeastern University. (courtesy from USAPL)

4th Vermont State Open
26 JUL 08 - S. Burlington, VT

BENCH	
FEMALE	
Open	
B. Empurto	125
K. Palmisano	—
Master (35-50)	
M. Corlsen	205
D. Hadley	160
Grandmaster (51-60)	
E. Lotz	120
Senior Grandmaster (61+)	
S. Cseh	90
Teen (13-19)	
M. Rollins	115
L. Hadley	105
MALE	
Open	
132 lbs.	
R. Gagne	230
D. Blake	170
148 lbs.	
S. Asselin	315*
T. Barrett	275
S. Walker	235
E. Hofman	220
165 lbs.	
J. Caligiuri	280
L. Nunn	235
S. O'Brien	225
181 lbs.	
R. Yaney	265
D. Goldstein	245
198 lbs.	
J. Curry	360
B. Ward	325
M. Murphy	295
K. Surprise	280
220 lbs.	
T. Gilbert	430
242 lbs.	
S. Cliche	420
G. Cookman	375
B. Roberts	330
275 lbs.	
H. Parizo	400
D. Miller	290
HVY	
J. Holmes	235
Teen (13-19)	
L. Nunn	265
J. Beckert	225
T. Simmons	225
J. Bairunas	—
Master (35-50)	
S. Cliche	400
S. Curry	315
J. Curry	360
Grandmaster (51-60)	
H. Parizo	400
B. Cseh Jr.	250
B. Lapage	200
Senior Grandmaster (61+)	
B. Cseh Sr.	220*
C. Deveau	200

*=State Records. Best Lifter: Tyler Gilbert. Overall Team Winners: 1st-All American Fitness, S. Burlington, VT, 2nd-Animal Park, NY, NY, 3rd-Collins Perley Pressers, St. Albans, VT. Thank you and congratulations to all the winners. It was a delight and honor to have Bob Cseh Sr. here for the VT State Open Raw Bench Press, Championship especially on his birthday the 26th of July when he turned 73. In addition his wife entered for the first time ever and won the Women's Senior Grandmaster (Age 61 and up) Division and son Bob Cseh Jr. won 2nd place in the Men's Grandmaster Division. A special thanks goes out to this year's teams for competing. Bob Sr.'s team Animal Pak won 2nd place with only five bench press competitors and Collin's Perley Presser's won 3rd place in their first competition. Again thank you to head judges and score keepers, longtime fTiends Steve and Debbie Dolgin. Debbie holds the Women's Masters and Open State Records with a 230 lbs. bench press and a body weight of 145 lbs. at age 58. Steve is a seven time VT State Powerlifting Champion. Thank you to all the spotters and judges: Patrick Murray, Tom Cline, and Clarence Long, without whom we would not have been so successful. Thank you to Rick Poston owner of All American Fitness for posting these results. A lot of people may remember Rick was owner of Gold's Gym in Tampa, FL whose late wife Debra Poston had the best bench of all time at 332.5 lbs. and was on the cover ofPowerlifting USA in July, 1985. Over the years many powerlifter's trained with Rick, one of which was Tony Conyers (Nov. 2005 Issue) who holds the All Time Record for the 1651lbs. weight class. Tony lifted at Rick's Florida state bench press in the 148 lbs. weight class for many years whilte he and Rick Weilput the bench press competition on for 11 years ina row. Rick Poston continues this tradition in Vermont and welcomes all who come to Vermont to come in and stop in to work out at All American Fitness. Many thanks to Powerlifting USA for printing this. (Thanks to Rick Poston for providing these results)

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APA Gatorland Open
30 AUG 08 - Tampa, FL

BENCH				
MALE				
165 lbs.				
Teen (16-17) Raw				
M. Gauthier	225			
181 lbs.				
Teen (16-17) Raw				
R. Lynch	205			
Master I				
R. Cowser	450			
198 lbs.				
Open Raw				
J. Hill	440			
220 lbs.				
Master I				
R. McCloud	—			
242 lbs.				
Open Raw				
J. Ruth	410			
Submaster Raw				
J. Booker	405			
Master I UNL				
Push Pull		BP	DL	TOT
MALE				
198 lbs.				
Open Raw				
J. Perez		255	400	655
Master IV Raw				
J. Ruffalo		255	325	580
220 lbs.				
Master III				
B. McGuire		330	390	720
Full Power	SQ	BP	DL	TOT
FEMALE				
148 lbs.				
Open Raw				
J. Pelloni	230	150	245	625
198 lbs.				
Open Raw				
T. Stallings	315	225	400	940
	4th-BP-235			
MALE				
148 lbs.				
Sub-Teen (11-12)				
J. Sundey	230	145	250	640
	4th-SQ-245			
165 lbs.				
Teen (13-15) Raw				
T. Standifer	280	150	275	705
275 lbs.				
Teen (16-17) Raw				
R. Martin	375	235	410	1020

UNL=UNL Gear. Venue: Pitbull Gym. Raw & Overall Best Lifter: Taylar Stallings. Best Lifter Push Pull: Juan Perez. Best Lifter Bench Press: Rich Cowser. Raw Best Lifter: Joe Hill. Best Lifter Curl: Bill Bradford. A very special thank you to Pittbull Gym of Tampa for saving the day. The event was originally supposed to be held in Zephyrhills and close to the meet date I went past the facility and saw that it had closed. The event was quickly relocated and went on as planned thanks to Pittbull Gym. The lifting quality was great and several raw records were set. Special thanks to the staff of Pittbull Gym, our spotters, loaders, referee's, and other meet staff for making this a very smoothly run and efficient event. Those visiting Florida who need a "powerlifter friendly" place to train will be at home here. Several top notch lifters including Tony Conyers, and Brian Highnote train there. I look forward to the next event at Pittbull Gym. (Results courtesy from Scott Taylor)

R. Squire	435			
Master I Raw				
J. Ruth	410			
Master III Raw				
Churchman	305			
308 lbs.				
Master I Raw				
J. McNeal	350			
CURL				
MALE				
198 lbs.				
Master III Raw				
J. May	110			
275 lbs.				
Master II Raw				
B. Bradford	180			
308 lbs.				
Open Raw				
A. Manske	175			
DEADLIFT				
181 lbs.				
Teen (16-17)				
R. Lynch	575			
Master I				
P. Tidmarsh	259	121	298	678
Teen II				
S. Lewis	248	121	309	678
148 lbs.				
Junior				
E. Anderson	248	132	226	606
Open Raw				
J. Joiner	254	132	281	667
Teen III				
A. McWeeny	254	138	309	700
165 lbs.				
Teen II				
E. Gremmer	287	116	248	650
181 lbs.				
Open				
A. Taylor	—	171	364	535
Teen I SO				
L. Beshirian	—	44	—	44
198 lbs.				
Open				
F. Mangaoang	353	198	427	978
Open Raw				
T. Gack	193	138	259	590
UNL				
Master III				
J. Mangaoang	—	204	—	204
MALE				
114 lbs.				
Teen I				
A. Diallo	116	66	165	347
Teen I SO				
A. Thomas	—	61	—	61
Teen II SO				
J. Hendee	154	83	209	446
123 lbs.				
Teen II SO				
D. Hammond	—	127	—	127
132 lbs.				
Teen II Raw				
W. Smith	331	220	320	871
148 lbs.				
Junior				
K. Powers	369	226	424	1020
Master IV Raw				
D. Higgins	254	182	435	871
Open Raw				
R. Bondurant	—	276	—	276
J. Lee	—	—	—	—
Teen I SO				
J. Kreher	—	215	—	215
Teen II SO				
T. Shepard	132	99	176	408
Teen III SO				
J. Prater	—	154	402	557
Czaja-Guyott	—	—	358	358
165 lbs.				
Teen II Raw				
B. Switzer	254	171	353	777
E. Orcutt	—	237	—	237
Teen III				
A. Schaefer	320	176	353	849
181 lbs.				
Junior Raw				
B. Totey	424	347	457	1229
Master V				
J. Rankin	391	215	441	1047
A. Tepper	353	254	419	1025
M. Jones	187	165	243	595
Master VII Raw				
R. Waite	—	—	292	292
Open				
D. Emeott	430	276	452	1157
J. Cranston	—	—	557	557
Open Raw				
T. Ross	452	259	502	1213
M. Hysert	380	237	480	1097
D. Unson	424	243	424	1091
E. Dodd	298	237	441	976
M. Fregerio	408	265	—	672
198 lbs.				
Master II Raw				
P. Fernandez	—	281	—	281
Master III				
R. Chwalek	—	281	—	281
Master III Raw				
S. Faulkner	182	198	226	606
Master IV				
W. Terry	369	303	375	1047
Master VI Raw				
B. Knudsen	259	248	325	832
D. Barstow	—	226	—	226
Open				
B. Wilks	441	408	540	1389
Open Raw				
B. Franklyn	—	—	507	507
Teen I SO				
N. Purcell	—	66	204	270
Youth I				
D. Borchardt	276	154	276	705
220 lbs.				
Junior				
D. Marx	430	292	584	1306
Master I				
G. Reboton	485	281	513	1279
Master I Raw				
R. Mui	430	259	513	1202
T. Karnetani	—	424	—	424
Master II				
Master IV				
M. Brusser	276	281	413	970
Master V Raw				
M. Mikhlin	121	198	265	584
Master VI				
R. White	—	165	270	435
Open Raw				
D. Rodgers	331	243	457	1031

Jacob Sundey *deadlifted 250 pounds in the Sub-Teen (11-12) division at the APA Gatorland Open in Tampa, FL. (Scott Taylor)*

Washington State Championships
16 MAR 8 -

Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
Open				
Loukprasong	99	61	132	292
114 lbs.				
Master IV				
I. Pantilat	231	215	303	750
Teen I SO				
S. Aparece	66	55	138	259
J. Patching	—	55	99	154
Teen II				
V. Shaw	171	72	204	446
123 lbs.				
Master I Raw				
L. Lamp	176	171	226	573
Master III				
S. Lohani	116	66	176	358
132 lbs.				

J.C. Perez and Taylor Stallings *at the APA Gatorland Open Championships at Pitbull Gym in Tamap, FL. (Scott Taylor)*

Second Generation Powerlifter Vincent James *deadlifts 120 pounds in the 8 year old division at the NOVA RAW Powerlifting meet. (Thanks to his proud father John James for providing photograph)*

J. Dietz	402	402	402	1207
Master V				
R. White	—	303	—	303
Open				
K. Gack	650	502	601	1753
M. Maury	468	320	502	1290
F. Schuetz	—	364	—	364
Open Raw				
B. Lovelace	502	331	474	1306
Z. Sahraie	468	303	518	1290
Mukhamediye	441	331	502	1273
Teen II				
I. Allen	276	187	375	838
Teen II Raw				
S. Sandberg	254	248	353	854
242 lbs.				
Junior				
J. Kline	683	452	601	1736
Master I				
S. Sieber	601	369	617	1587
B. White	254	325	452	1031
Master I Raw				
J. Collins	—	—	513	513
Master II				
G. Nucci	507	375	502	1383
Master IV				
S. Slavens	463	402	540	1405
Master IV Raw				
M. Murphy	—	320	502	821
Master V Raw				
R. Hamilton	287	237	402	926
Master VI Raw				
L. Taylor	—	187	—	187
Open				
T. Waters	557	353	518	1427
Open Raw				
H. Higgins	303	287	551	1141
N. Anderson	—	303	—	303
Teen I Raw				
J. Lindenstein	254	243	386	882
Teen II Raw				
D. Hatfield	—	187	375	562
275 lbs.				
Teen II				
J. Rhodes	364	303	397	1064
UNL				
Master III				
R. Hendrix	733	485	650	1868
Master VI				
R. Smith	—	468	—	468
Open				
E. Bath	474	364	507	1345
Open Raw				
J. Weller	—	353	529	882
Z. Hubbell	—	386	—	386

(Thanks to Richard Schuller for results)

NOVA Raw PL/BP
9 AUG 08 - Chantilly, VA

BENCH				
MALE				
165 lbs.				
J. Witham	260			
Powerlifting	SQ	BP	DL	TOT
MALE				
105 lbs.				
(8-9)				
V. James	35!	60!	120!	215!
165 lbs.				
C. Sawyer	405!	275	370!	1050!
220 lbs.				
J. hough	405	365	435	1205
(45-49)				
J. Pitt	315	300	405	1080
242 lbs.				
R. Stackpole	350	185	405	940
(45-49)				
J. Irvin	485!	345	450	1280
275 lbs.				
(45-49)				
J. James	405!	335!	535!	1275!

!=NOVA Raw Records. This was a fun meet with eleven new NOVA Raw records set. Vincent James, lifting in his first meet, estsablished records in the 8-9 year old division. Jimmy Witham benched 260 at 165. Jesse Irvin set a new squat record at 242/45-49 with 485 lbs. Semper Fi! Thank you to all the lifters for coming to the meeet. As often is said, their is no meet without the lifters. Thank you to Mike Lambert of PLUSA. Thanks to Carl Seeker for the great awards. Our next meet is November 15, 2008. (courtesy John James)

SPF Arkansas State Powerlifting
16 AUG 08 - Russellville, AK

BENCH	
MEN	
220 lbs.	
J. West	375
259 lbs.	
D. Martin	525
4th-540	
275 lbs.	
H. Timbs	730
Submasters	
275 lbs.	
H. Timbs	730
Masters (40-44)	
220 lbs.	
J. West	375
259 lbs.	
D. Martin	525
4th-540	
Raw	
Juniors	
165 lbs.	
J. Coffman	270
MEN	
181 lbs.	
J. McDougal	410
4th-420	
198 lbs.	
J. Rogers	395
275 lbs.	
B. Taylor	515
Submasters	
198 lbs.	
D. Shirley	360
4th-375	
Masters (40-44)	
275 lbs.	
B. Taylor	515
Masters (45-49)	
22o lbs.	
Ketcherside	330
242 lbs.	
J. Alaniz	370
DEADLIFT	
MEN	
275 lbs.	
J. Carter	715
Raw	
Masters (40-44)	
220 lbs.	
C. Hatley	400
STRICT CURLS	
MEN	
181 lbs.	
J. Smith	185
198 lbs.	
J. Rogers	195
220 lbs.	
T. Tucker	200
Submasters	
181 lbs.	
J. McDougal	180
198 lbs.	
D. Shirley	155
Masters (40-44)	
165 lbs.	
J. Phillips	155
220 lbs.	
C. Hatley	145
4th-155	
259 lbs.	
R. Storment	165
Masters (45-49)	
242 lbs.	
J. Alaniz	150

BENCH Reps	Lbs.	Reps
MEN		
165 lbs.		
J. Coffman	155	27
181 lbs.		
J. McDougal	180	37
198 lbs.		
J. Roger	200	28
Submasters		
198 lbs.		
D. Shirley	200	23
Masters (40-44)		
165 lbs.		
J. Phillips	160	26
220 lbs.		
J. West	215	15

Push Pull	BP	DL	TOT
MEN			
275 lbs.			
J. Carter	550	715	1265
Raw			
Pre-Teen			
132 lbs.			
A. Elam	160	280	440
	4th-BP-300		
Teen (16-17)			
148 lbs.			
E. Saneoeal	185	325	410
165 lbs.			
K. Homer	225	325	450
	4th-BP-340		
Teen (18-19)			
165 lbs.			
L. Johnson	230	365	595
	4th-BP-390		
MEN			
181 lbs.			
J. McDougal	410	575	985
	4th-SQ-420		
259 lbs.			
J. Smith	435	725	1160
Masters (50-54)			
D. Greer	125	225	350

Powerlifting	SQ	BP	DL	TOT
MEN				
Single Ply				
220 lbs.				
K. Mattison	630	450	560	1640
Masters (45-49)				
198 lbs.				
J. Williams	375	265	425	1065
Masters (50-54)				
242 lbs.				
B. Campell	580	320	400	1300
Multi-Ply				
242 lbs.				
R. Elam	510	390	500	1400
Raw				
Teen (18-19)				
148 lbs.				
U. Ventura	295	165	400	860
Juniors				
181 lbs.				
K. Hennington	400	260	505	1165
SHW				
J. Vick	645	430	685	1760
		4th-DL-665		
MEN				
181 lbs.				
J. Smith	405	330	540	1275
SHW				
J. Vick	645	430	685	1760
		4th-DL-665		
Masters (40-44)				
259 lbs.				
R. Storment	485	300	520	1305
	4th-SQ-500			
Masters (60-64)				
220 lbs.				
R. Patterson	250	225	365	850

SPF Arkansas State Powerlifting and Bench Press Championship: Terry Tucker as the meet director along with Jeff Phillips and Jamie McDougal as Co-Directors put on an incredible meet Saturday. It was there first meet ever directing for the SPF and what a great job they did in there on home town of Russellville, AR. This meet was put on in the Russellville Junior High School Gym. Not only a HUGE place, but extremely nice, even had there own warm up room already there. Judging was great and even across the board, Spotters and loaders were great, no one dropped a bar and there were no miss loads. Terry and the Top Hogs had plenty of help to do what ever needed to be done, even the Top Hogs that were lifting were still on hand to help out anywhere they were need. Lori Elem done a great job announcing and helping out Victoria Rodgers at the Score table which left me with pretty much nothing to do but walk around and watch a great job in progress. We had a great and lively crowd that cheered these guy on all day long. Again, from start to finish, I couldn't ask for a better ran meet. Everyone kept asking my wife and I if we would come back to Russellville and our answers were, WE CAN'T WAIT. So Dec.6th. we will be back in Russellville with the Top Hogs to do it all over again with the SPF Strongest in the South. If you want to take part in a great meet be sure to be there, you won't be sorry. (Thank you to jesse Rodgers for providing results)

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(continued from page 18)

Mike Schwanke out of Florida, an amazing competitor, and a 2,450 total, which put him in fourth place overall - just out of contention for the cash prizes. His numbers were 950, 700, and a rib cracking 800, and at 220, what can I say, mind-boggling! He even tried pulling 815. Wait until you see the video clips!

The final four competitors in this first flight are all world class. First off, our buddy 242 Jim Grandick was back in action. Lifting out of Big Iron in Omaha, Nebraska, Jim was injured during the WPC Worlds two years ago, but is now making (made) an amazing comeback. He did the smart thing, took some time off to regroup. Jim totaled 2,565. His numbers were 1,015, 805, and 745, which only took Jim to third overall - that's just nuts, but a cash prize is always a good thing! 242 Greg Panora opened with 1,010, but his second attempt at 1,055 looked miraculous. During the bench Greg pressed 770, but two attempts with 800, and 805 were no go. His secret weapon, which isn't much of a secret anymore, is a monstrous 800 deadlift. If you are competing against Greg, and slightly ahead after the sub-total, chances are he's going to pull at least 800 lbs. At 242 Greg totaled 2,625 and wound up winning the heavyweight division. He received $2,500.

If that wasn't enough, 242 Brian Carroll was also in the running, but got injured during the deadlifts, possibly a small biceps tear. Brian is phenomenal; take a look at these numbers 1,050, 785, and 735, Brian smoked though the bench press event, starting with 735, 760, and finally 785. After pulling 735, he didn't come out for his second attempt; was he injured? The bar was loaded to 760, Brian came out with a black wrap around his left elbow, bravely attacked the bar, the pain was obvious; he backed away and left the platform. His final total was 2,570 which put him in second place in the heavy division. He also received $1,500.

At 220 Sam Byrd was back again for his second PRO/AM. Last year Sam squatted an amazing 1,050 at a bodyweight of 198. He turned a lot of heads that day, even SHWs, but then he failed to make three bench attempts with 635, and it was over. Wearing TITAN support gear, Sam opened with 1,050 lbs.; he went down hit about parallel, and came back up. He got red-lighted. Jon Grove set up Sam for his second attempt. Sam went down this time a lot tighter, and from my point of view, slightly lower, but he got red-lighted again. His third attempt got forward at the bottom, and the spotters jumped in. Sam is without a doubt one of the strongest lifters in the sport today.

***Matt Wenning** – all time @ 308*

I also want to mention another 242 competitor who was injured, but did phenomenal deadlifting for the audience just the same. Matt Kroczaleski out of Michigan, and sponsored by EFS, hit the platform with three magnificent pulls, 760, 800, and a wicked 810. Great to seem him make that last one!

To my surprise the first lifter to hit the stage from the heavier division was 308 Tony Bolongne. We were expecting some big things from Tony, but the bar was loaded to 160? He walked out in a singlet, not good. We were told he was injured warming up back stage, what a tough break. He was ready, we were ready. Fortunately, Tony did come back out to bench, and had no problem pressing 800 pounds; he attempted 850 twice, but no luck. Tony may have total 2,600 or more, and now I'll have to wait another year to see it?

***Greg Panora** won the heavywts*

As you may have guessed, most of the bomb outs occurred in the 275 to SHW division. I keep in contact with competitors year round. I like to check in and see how training is going. 308 John Manly had mentioned he injured his leg, and with this PRO/AM being a high visibility show with great lifters, he wasn't about to miss it. Unfortunately, John's squats weren't deep enough for the judges. He had a grimace on his face, but I know he didn't want to miss this opportunity; a true warrior.

At 275 out of Westside Barbell, Luke Edwards was next. We've watched Luke compete in the APF, and IPA. In 07 Luke did the IPA Nationals raw and totaled 1,850. The stress on the muscles, joints and connective tissues has got to be taxing, but Luke went 700, 450, and 700. On this day, Luke opened with 930, looked great. Then he went to 1,000 lbs., but didn't come down deep enough to get the white lights. It was close, and he looked determined. Luke repeated the lift, and this time, you could see him dip at the bottom. Fantastic, up he came, the lift was passed, and Luke let out a big yell. It's great when it all comes together like that. During the bench press, Luke opened with 680 no problem, but 705 twice seemed to stall near the top. Luke is a great deadlifter, and opened with 770, but it got a little wobbly over the knees and got red lighted. He repeated the lift with success. Then the bar was loaded to 840, a 70 pound jump, but the bar stalled just below the knees. What a fighter; keep watching this lifter as he exceeds 2500 and then 2600 next year.

Next to hit the platform was 275 Dave "Neutron" Hoff, an amazing teenage lifter, now 20, out of Ohio. A miss during his opening 930 squat attempt, Dave regrouped, and clearly smoked 930 on his second attempt. For his final attempt, the bar went to 1015, but it was a bit too much. With blood streaming from his nose, Dave shook his head "no" on the way down. The spotters quickly took it away. The rest of his lifts were picture perfect. He benched 690, 740, and 780, and then pulled 690, 770, and a monstrous 800 lbs., looked explosive and effortless. It's excellent to see this next generation of hardcore lifters.

Up next from the Ukraine, Sergiy Karnavkhov. I think he may have been wearing just a single ply squat suit from TITAN. What a bull, a fierce competitor, and like all his team mates from the Ukraine, unparalleled squatting and deadlifting ability. Sergiy had arguably the deepest squat, and he made it look easy. He was successful with all three attempts, 930, 990, and 1,035. His Achilles' heal is his bench press, 595 opener, and two misses with 630. If Sergiy could develop a 700 or 750 bench he would clearly be a top contender. Not to disrespect his trainers, Sergiy may want to consider a bench seminar here in the States. His deadlifts were done all raw, 725, 760, and then a huge 790. He let out a primordial scream, it was awesome.

Lifting out of Westside Barbell 275 Jermiah Meyer was up next. He bombed out in the squats. He opened with 930 lbs., but it looked a bit shaky throughout the lift, and he cut it high. His second attempt was 970, and he was more in the groove, came down deeper, but not deep enough. He gave 970 a final attempt, got down to parallel, but during the dip he lost his balance and the spotters jumped in. It was over.

308 A.J. Roberts, just 23, and now living in Kentucky totaled 2234. When we first met A.J. he was training with Brent Mikesell out of Washington State. Originally from England, A.J. is planning to move his family to Ohio, and train at Westside Barbell. On this day, A.J. got his opener, a beautifully executed 935 squat. Two attempts with 1015 were deep, but not enough pop out of the hole. A.J. followed up with a 705 bench and 705 deadlift. I can only image what a year at Westside Barbell will produce?

Out of "Strength Beyond & Fitness," Kalamazoo, MI 275 Dain Soppelsa was up next. Dain opened with 950. It started a little shaky, but Dain got it down deep. As he came out of the hole, he drifted slightly back, and the spotters jumped in. The audience collectively let out a soft oohhhh, as with every competitor, we all want to see them make their lifts. Dain repeated the lift, sunk it, but got stuck in the hole. A third attempt with 1,000 pounds was a bold move, but again he drifted back and he was out of the show. There's no doubt he can handle this weight, and take it down deep, but not today. 308 Mark Bell was

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IPA Powerstation PRO/AM
22-24 AUG 08 - Sharonville, OH

Powerlifting	SQ	BP	DL	TOT
WOMEN				
Open				
132 lbs.				
B. Stone	410	275	385	1070
148 lbs.				
S. Hartnett	570	280	525	1375
Weisberger	550	325	470	1345
165 lbs.				
L. Phelps	700	455	560	1715
L. Wheeler	500	250	420	1170
M. Henry	465	300	400	1165
181 lbs.				
L. Jaskiewicz	400	205	370	975
198 lbs.				
C. Clodfetter	520	265	505	1290
MEN				
Open				
165 lbs.				
B. Schwab	825	605	615	2045
A. Caslow	820	540	685	2045
Berardinelli	730	540	615	1885
K. Chester	600	575	500	1675
181 lbs.				
M. Cartinian	890	700	645	2235
T. Ramos	810	570	680	2060
B. Tincher	750	540	635	1925
N. Strong	720	520	565	1805
D. Wilcox	750	430	575	1645
S. Selkainaho	700	465	560	1725
P. Mies	665	405	575	1645
D. Diemert	620	400	600	1620
D. Petrillo	—	520	600	—
B. Strickland	—	430	550	—
198 lbs.				
S. Naleykin	970	730	760	2460
A. Driggers	925	600	680	2205
J. Adams	720	820	565	1805
J. Coker	745	805	500	2050
M. Maxwell	740	470	570	—
Z. Whalen	635	450	575	1660
J. Dubyk	540	420	500	1460
B. Bishop	700	52	650	1870
J. Venezia	375	310	480	1165
S. Frankel	135	850	145	1130
220 lbs.				
Schwanke	950	700	800	2450
C. Smith	855	725	740	2320
I. Mursu	825	675	760	2260
K. Milyutin	880	640	640	2160
Blankenship	825	540	660	2025
J. Jester	770	560	570	1900
J. Noell	675	455	605	1735
R. McNutt	680	475	575	1730
L. Greek	650	435	600	1685
B. Crumm	640	420	550	1610
C. Sias	335	260	475	1070
242 lbs.				
G. Panora	1055	770	800	2625
B. Carroll	1050	785	735	2570
J. Grandick	1015	805	745	2565
J. Frey	940	740	770	2450
J. Jordan	950	635	720	2305
C. Taylor	855	750	680	2285
P. Hakola	860	630	710	2200
S. Nutter	855	610	655	2120
D. Neely	815	600	655	2070
Kroczaleski	750	550	750	2050
D. Varela	785	600	625	2010
K. Kim	775	500	615	1890
A. Gatson	700	500	500	1750
Kroczaleksi	60	45	810	915
275 lbs.				
D. Hoff	930	780	800	2510
L. Edwards	1000	680	770	2450
Karmavkhov	1035	595	790	2420
J. McMillan	800	730	750	2280
C. Telesco	915	660	665	2240
M. Burrows	925	635	600	2160
R. Douglas	760	605	660	2025
S. Henderson	725	555	635	1915
M. Madjar	800	500	600	1900
D. Minks	705	600	500	1805
M. Burke	740	500	530	1770
A. Leisove	700	450	575	1725
M. Brookman	675	455	505	1635
Christopher	600	460	500	1560
J. Meyer	—	670	750	—
C. Vogelpohl	—	600	770	—
D. Soppelsa	—	650	650	—
308 lbs.				
C. Fought	1080	715	875	2670
M. Wenning	1085	815	765	2665
A. Roberts	935	705	705	2345
T. Shull	850	575	650	2075
J. Gilpin	825	500	730	2055
R. Green	600	505	520	1625
R. Gilmore	500	425	580	1505
M. Bell	—	765	650	—
J. Manly	—	710	700	—
M. White	—	650	750	—
T. Bolongne	160	800	145	1105
SHW				
M. Wilson	1015	740	675	2430
J. Pegg	900	45	630	1575

(Results courtesy from Scott DePanfilis)

next. Mark owns "Super Training Gym" in Sacramento, CA. He's a positive advocate of power and strength. He opened with 960, took it down deep, but as he began to raise up he drifted to the right and the spotters jumped in. It had the appearance of a misload, but that was not the case. His second attempt was misgrooved, but his third attempt was on the money, a quick dip at the bottom, but the judges thought otherwise. We were disappointed.

This year a handful of 308/SHW did do their homework in preparation for this PRO/AM, and as a result we watched 308 Matt Wenning, the only competitor to go nine-for-nine, a brilliant display of intelligent, planned numbers leading up to a unparalleled total of 2,665. His total was a new 308 World Record. Moments later Matt's total was taken away by 308 Chuck Fought, who is just 22. Chuck lifted after SHW Matt Wilson, but I want to mention this powerhouse now. Chuck totaled 2,670. This kid is the real deal and lifting very maturely for such a young age. Matt Wenning's numbers were 1,085, 815, and 765. Needless to say he wasn't playing it safe, he was going all out, and just 35 lbs. away from a 2,700 total, amazing. Matt won the best squat, and best bench press awards, each $1,000. Chuck Fought's numbers were 1,080, 715, and a kick-ass 875 deadlift. It was one of those moments in powerlifting when someone does something extraordinary. Chuck won a $1,000 for that pull! Again, the 2,700 lb. threshold is just 30 lbs. away, but at 22, Chuck could

***Chris Taylor** looks good lighter*

***Sakari Selkainaho** of Finland with **Louie Simmons** of Columbus, OH*

be looking at 2,800. Both these incredible lifters train out of LexenXtreme.

308 Mike White was up next, looking like the poster child for Powerlifting. Mike operates "Strength and Beyond Fitness" in Michigan. He opened with a smart 975, he took it down, but just not deep enough for the judges, looked to be about parallel. He jumped to 1,050, and then 1,070. Although he looked assertive and powerful, both attempts were caught by the spotters in the hole. So frustrating! We'd like to see Mike finish this event.

Out of Jacksonville, FL, up next was 275 Charles Bailey who is now 44, and stronger than ever. Charles has competed in several federations, APA, USPF, APF, and IPA, probably more, but these are the ones that come to mind. No wonder Elite Fitness Systems sponsors Charles, what better way to get the "EFS" name out nationally than with a stud like Charles winning the 275 class most every time. While a majority of competitors pick one or two meets a year, Charles will compete four or more times a year, and sometimes back to back. Charles opened with 1,000 lbs., down and up! The audience was impressed. Then he did it again with 1,050 lbs.! He gave 1,080 a ride, but the judges called it no good, maybe depth, but it still looked tremendous. During the bench, Charles gave 705 a try three times. The first attempt rolled out of his grip at the bottom toward his face. The second attempt looked solid. The judges thought otherwise, not locked out. His third attempt also rolled, but this time toward his belly. So frustrating! I think he may have tweaked a bicep, but Charles is a smart lifter, and I'm sure he's on the mend.

Up next, and the only SHW to finish the show was Matt Wilson. Matt's had an impressive career as a junior and now, at 28, he's a well established lifter who has the respect of many in this sport. While some competitors sacrifice a career and family for powerlifting, Matt's been successful at balancing all three. On this day, the squat bar was loaded to 1,015 lbs., down and up he went, white lights. Matt took a 65 lb. jump, but it was a little too much and he passed his third attempt. During the bench, Matt produced two clean presses of 685, and 740 lbs. An attempt with 760 got out of the groove. Finally during the deadlifts, Matt opened with 675, no problem, but took another bold jump of 70 lbs.; too much. Matt ended the day with a 2,430 total. He possesses the ability to hit bigger totals; and we'd like to see 2,500 lbs.

Two more impressive lifters to go, first up was the current world champion, SHW Donnie Thompson. He looked tremendous in his INZER squat suit. One of the more conditioned Supers I've ever scene, Donnie trains with a number of different tools to build his strength, including Kettlebells (check out one of his seminars). Donnie opened with 1,080. It was a toy; though he didn't get his depth, but the way he handled the weight left everyone eager to see more. I couldn't believe how fast he popped up, like it was 135. Donnie trains at "The Compound" in Columbia, South Carolina. I still haven't made it down there, but I'm planning on it. He lives there! Donnie came back out, and this time the bar was loaded to 1,160 lbs. It looked a little rushed, shaky, and the big man fell back into the arms of SHW Matt Smith. Next the bar was loaded to 1,200 lbs. This time, he looked tight, a smooth descent, but he cut it a little high before coming up. You should see the size of Donnie's quads, no wonder he toys in the 1,000 plus pound squatting realm. No passed lifts today, but he can certainly handle the weight, and it's just a matter of time before he sets a squat record. I just hope its here at the PRO/AM under the scrutiny of Bob and John. Arguably, if you can get a squat passed at the PRO/AM, it's a major accomplishment that's valid.

Finally we come to the last lifter. At 43, Chuck Vogelpohl looked chiseled, not an ounce of fat. Chuck competed at 275. He had the largest opener in the flight, a whopping 1,120 lbs. Chuck is by far one of the most energizing powerlifters ever to walk the planet. No wonder he's emulated by so many other lifters, I guess it's a form of adulation, but ultimately there can only be one Chuck Vogelpohl. During his descent with 1,120 lbs. he was more than deep enough. His helpers/handlers were screaming commands throughout the lift, I don't know if it helps or distracts, but with such tremendous weight Chuck's knees buckled in the hole, and the spotters moved in and grabbed the bar. He appeared mentally undamaged, and walked off the platform as if he did a warm-up set. During his second attempt he repeated his opener, everyone calmed down, and this was to be his most superb effort. Down to parallel, and from my prospective, slightly deeper, then back up again - amazing, but no lift. Not deep enough? If you watch the video, Chuck ascends, but falls slightly forward before racking. My guess that was the reason for the red lights, but man what an effort! 1,165 lbs. was now loaded on the bar for his final attempt. I think he moved his legs out wider? Chuck took the weight off the rack, and on the way down drifted back into the spotter, it was over. What a tough break, but Chuck having competed in so many competitions, appeared at ease, the mark of a professional.

What a show, what a show, looking forward to this event next year. Thanks to Lou, Doris, Mike, Marcia and everyone for their hospitality.

(continued from page 26)

LIGHTER = A load which would permit the completion of 4 or more reps more than that prescribed for the set (i.e. if the set calls for 10 reps you choose a load which you can get for 14+)

SETS AND REPS KEY:
1x3 = 1 post-warm-up set of 3 reps

Disclaimer: I have purposely left the loads and routine in general somewhat vague as I firmly believe the reader must experiment within the parameters of the general template provided. Your physiology, level of physical preparation, and life stressors etc. are all unique and thus mandate a routine which some leeway.

ining for your bench e performed as normal. e an exception in that n "cruise control" for n of this program s being on building erform box squats for 8 sets of 2 reps rk. To read more oncepts presented cle and generalized g training you can go lowing websites:

v.wannbebigforums.com (Powerlifting/Olympic Lifts forum)
www.westside-barbell.com (collection of articles written by Louie Simmons)

www.elitefts.com
(articles etc.)

Program Goal: Prior to commencing this program you should set a realistic target goal (realistic being a 20-40 lb. increase). Any percentages listed below will be based upon your target goal (ex: target = 500 lbs - 84.5% = 422 lbs).

WEEK 1: Reverse bands: 1x3 med, 1x3 heavy

WEEK 2: Against bands: 2x3 heavy

WEEK 3: Reverse bands: 1x3 personal record (pr) attempt, then 1x3 medium

WEEK 4: Against bands: 1x3 pr attempt, 1x3 lighter

WEEK 5: 84.5 Percent for a triple (all gear - regular deadlift with no bounce off deck)

WEEK 6: No pulls!

WEEK 7: Box pulls: 3 heavy singles

WEEK 8: Against bands: 3x3 heavy

WEEK 9: Box pulls: 3 singles with increased load from week 7

WEEK 10: Against bands: 1x3 pr attempt, then big single

WEEK 11: 87.5 Percent for a triple (all gear - regular deadlift from floor)

WEEK 12: No pulls!

WEEK 13: Box pulls: pr attempt

WEEK 14: Against bands: pr attempt, then 1x3 lighter

WEEK 15: Reverse bands: go up to goal weight plus 5 pounds!

WEEK 16: Floor pulls: 90 percent for triple!! (All gear)

WEEK 17: No pulls

WEEK 18: Work up to last warmup, suit straps down, 10-12 days out from competition or max attempt

COMPETITION OR MAX ATTEMPT: Go get your goal!

ASSISTANCE WORK:

DEADLIFT DAY:
- Alternate barbell rows for 1 ultra heavy set and one down set with dumbbell rows (same rep scheme). On "no pull" weeks skip the rows.
- Alternate stiff-legged deadlift off a 3 inch box (no belt) and seated good mornings. Do both for 2x5 medium. On "no pull" weeks skip this exercise.
- Chins: 3x10-15 or until failure if you cannot get the required rep count. Follow with front lat pulls: 3x10-15.
- Machine rows: 3x10-15
- Db shrugs: 2x20 (no straps)
- Add seated cable rows for 3x7 on "no pull" days.

SQUAT DAY:
- Reverse or regular hypers: 3x10-15
- Weighted abs (various exercises): 3x10-15

SUPPLEMENTS:
I SUGGEST YOU FOLLOW a supplement regimen similar to mine. I use the following products daily:

- Nitrean protein by atlarge nutrition (www.Atlargenutrition.Com). This is a protein-only blend of 3 types of whey (isolate is the most abundant form), casein, and egg proteins. It is a highly versatile protein that can be used for all purposes (pre and post workout, prior to bed etc.).

- Opticen (atlarge nutrition) post workout/meal replacement supplement. I use this product to help with post workout recovery and to add some additional quality calories when needed.

- Ets (atlarge nutrition) for speeded recovery and to aid with joint care. Ets is a very unique product (the only one of its kind on the market to my knowledge) which reduces muscle soreness, improves recovery, and can help with minor joint pain (something which all powerlifters experience from time to time).

Do not neglect diet, get enough protein and rest!

Questions or comments?
Sgtrock804@yahoo.Com

Semper Fi

Brent Howard *showing what heavy deads will do for your back! (photo courtesy of B. Howard)*

OUR GOAL WAS TO SIMPLIFY THE SUPPLEMENTS BUYING PROCESS

Why is Buying Supplements So Darn Confusing?

It isn't anymore, now that you can get everything you need all in one product.

Are you going nuts trying to make sense out of all the new-fangled bodybuilding supplements now on the market? Are you frustrated and confused by the endless array of "new" products being peddled in all of the muscle magazines?

If you're like most weight trainers, you're probably blown away by this alphabet soup of supplements. Dazed instead of dazzled. Maybe you've even stopped taking supplements altogether. If anyone can make any sense out of all this chaos then they deserve a medal.

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Well now you can!! It's a product called HOT STUFF and it's been delivering fantastic results to bodybuilders and weight trainers for almost 20 years now. In fact, by conservative estimate, at least 4,000,000 people have used Hot Stuff since its debut in 1989. Millions are still using it today.

The beauty and simplicity of Hot Stuff is that it combines 55 bodybuilding supplements into an all-in-one, jam-packed, turbo-charged super powder. No more experimenting with this and that. No more guess work. It's all here. We've done it all for you. Taking bodybuilding supplements was never easier.

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Some of our critics have questioned the wisdom of mixing all of these ingredients into one powder. That's because they've never tried Hot Stuff. If they had, they would know just how great this product really is. And the reason for that is synergy among all of the various ingredients. That means they all work together kind of like a symphony, making the whole greater than the sum of its parts.

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(continued from page 10)

Bob Packer of Fresno, California

the 67.5 kgs. class, turned in a good performance in spite of having to help run this meet. Wendi made 8 of 9 attempts only missing her third attempt squat at 200 kgs. Wendi benched a strong third attempt at 110 kgs. and followed this with a third success in the deadlift at 185 kgs. for a 485 kgs. total. The USA's Kim Packer was the women's master 45-49 champion again in the 82.5 kgs. class. Kim nailed two great squats at 192.5 kgs. and 205 kgs. before narrowly missing 222.5 kgs. world record twice on her third and fourth attempts. Kim ended her day with a total of 497.5 kgs. for another gold medal for the USA. Also worthy of noting in this strong group of women were Monnika Rovna of the Czech Republic and Elena Stasttna of Slovakia, whoput on quite a show at 60 kgs. Monika got a great squat 207.5 kgs. and totaled 460 kgs., along with a 87.5 kgs. in the bench press and 165 kgs. deadlift. Not to be completely outdone here, Elena Stastna completed three squats, bench pressed a large 97.5 kgs. and pulled three deadlifts for a total of 435 kgs. Look for a lot more from these two next year with more experience.

This year's GPC World Championships had no men entered below 67.5 kgs. This could be food for thought for possibly someday removing some of the lighter weight classes. There were four lifters entered in the 67.5 classes. These four were all in different divisions. The teenage 18-19 year old winner, Jochim Derudder of Belgium did a great 230 kgs. squat and missed 248 kgs. on a fourth for a world record. Being somewhat tall for this class, his lifting was outstanding. Derudder ended with a 575 kgs. total. Junior Bary Keehan of Ireland again of slight build, put together a fine total of 557.5 kgs. via a 205 kgs. squat, 132.5 kgs. bench press, and a 220 kgs. deadlift. Master lifter Janis Steinberg of Latvia, lifting at 50-54, put together a fine 570 kgs. total via a 217.5 kgs. squat 142.5 kgs. bench press, and a 210 kgs. deadlift. Steinberg completed all nine attempts. Azerbijian's Rustem Musayev, lifting alone in the open division, could have done a lot more had he been pushed. Musayev got a 647.5 kgs. total for the gold via a 265 kgs. squat, a strong 162.5 kgs. bench, and a first attempt deadlift of 220 kgs.

The 75 kgs. open class was only Andras Csiszar of Hungary. Andrus, with his nearest competitor some 80 kilos behind him, sailed to a 9 for 9 win at 772.5 kgs. via a 290 kgs. squat, a 180 kgs. bench press, and an easy third attempt deadlift at 280 kgs. Yalcin Raghirov of Azerbijian had an okay day with his 667.5 total via a 260 kgs. squat, 147.5 kgs. Bench press and 270 kgs. Deadlift, and a sure second place. However the real show here was the master 45-491ifter Gerry McNamarra of Ireland. McNamarra opened with easy 330 kgs. squat and then proceeded to obliterate the world record with a fine three white success on second attempt at 360 kgs. Wisely passing his third after giving us a lesson on squatting, Gerry went on to make two bench presses at 170 kg. And 180 kgs. and missing his third at 185 kgs. This gave him a 540 kgs. subtotal to which be added his first attempt deadlift of 232.5 kgs. for a fine 772.5 kg. total.

The 82.5 kg. open class was again dominated by another lifter from Ireland, Patrick McNamarra. The very solidly built McNamara gave us a good scare as he missed his first two squats at 330 kgs. and 335 kgs. before finding his groove with 340 kgs. Making only bench presses at 185 kgs. and 192.5 kgs Patrick put together a 812.5 kilo total with his second attempt deadlift of 280 kgs. Junior lifter Jan Matcj of Slovakia was the outstanding lifter in this group. Matej put together a strong 782.5 kilo total via a 320 kgs. squat, 210 kgs. bench press, and a second attempt deadlift of 252.5 kgs. Master lifter J.J. Dunne at 45-49 put together a fine 702.5 kg. total and nearly made a world deadlift of 282.5 kgs. on his third and fourth attempts. Another master lifter of note in this class was Canada's Birchmans Pereira at 60-64, who made a strong world record squat of 228 kgs. on his third attempt and totaled 547.5 kgs. and nearly made a world deadlift at 237.5 kgs. for a 547.5 kg. total. Some great lifting here.

The 90 kg. open class was a shoot-out between Britains, Chris Jenkins and Slovakia's Stefan Sokoly. Both lifters appeared extremely powerful right out the gate and it was anybouies guess who would prevail here. Both lifters made three squats with Jenkins in front by 5 kilos. The bench press saw the tables turn here as Sokoly gained the lead by 7.5 kilos. Physically, Jenkins would 've taken this class, but only made his opening deadlift 310 kgs. and missed 320 kgs. twice for 870 kgs. total. The Slovakian made three good ones and ended with 310 kgs. for a 572.5 kg. total. Third place lifter Petri Salmela of Finland wasn't having a great day and yet managed a 795 kg. total on only four completed attempts. There was also great lifting done by several master lifters. My old Ian Morris from South Africa and one of the OPC's greatest supporters had a nice day slightly over the 82.5 kg class limit in the 65-59 division via a 180 squat, 90 kg. bench press and a 160 kg. deadlift for a 430 kg. total. Pat Kelly on the other end of the age spectrum at 40-44 had a great day with a world record squat of 336 kgs. and a 845 kg. total for first place. Look at the totals of the other lifters in the 90 kgs. class and you see some quality lifting at all levels.

The 100 kg. class was divided into A and B Groups because of the large number of entries and some very close competition. The Juniors and the Masters up to 45-49 in this group with the 50-54 Masters and the Open lifters in the B group. In the A group, Pauli Rabkonen of Finland squared off against the very muscular Marco Glaser of Germany and Great Britain's Jason Griffith. Rahkonen was able to hold off both Glaser and Griffith with a 7 for 9 day that saw his 300 kg. second attempt squat. 195 kg. second attempt bench press, and 3 for 3 in the deadlift at 260 kgs., 270 kgs., and 280 kgs. for a 715 kg. total. The real fireworks here was the outcome of second and third place. Glaser finished with three deadlifts at 245 kgs., 257.5 kgs., and 262.5 kgs. for a 742.5 kg. total. Griffith had one deadlift left for the win at 272.5 kgs., but it barely cleared the floor leaving Glaser in second place and Griffith with 725 kgs. for third place. We will see much more from these three Juniors in the future. In the Master 40-44 Sami Kapio of Finland took a commanding lead after a second attempt successful squat at 400 kgs. and held the lead with a 190 kgs. bench press and a 300 kg. deadlift, for a 890 kg. total. Second place lifter Michel Bereznak of Slovakia posted a nice 9 for 9 for a 812.5 kg total. Third place lifter, Steve Hunter made three good squats at 250 kgs., 270 kgs., and 280 kgs. coupled with two good bench presses and two successful deadlifts ending with a 760 kg. total. Lifting alone at 45-49, Ireland's very energetic and muscular lifter Sam Graham put together a fine 790 kg. total via a 320 squat, 190 bench press, and a 280 kg. deadlift. Sam is one of the GPC's most enthusiastic supporters and contributes his time to devdoping our span in Ireland. Group B featured seven open class lifters and one master at 50-54. Gerry McAffee of Great Britain was a one man show in this class with his 340 kg. squat and a close miss at 377 kgs. on his third, which would have been a World record. McAffee added two successful bench presses at 180 kgs. and 190 kgs. for a 532.5 kgs. subtotal. Gerry completed a second attempt deadlift of 300 kgs. for a 832.5 kg. total.

Master lifter, **Gerry McNamara** (Ire.)

Jonas Rantanen of Finland – world class bench pressing and squatting

With seven deep in the open 100 kg. it soon became apparent that the names to watch were Eddie Bilek of Ireland, Jamie Burke of Great Britain, and Jaromir Kratchovil of the Czech Republic. After some hefty squatting by all three with Burke at 380 kgs., Kratchovil at 375 kgs., and Bitck at 365 kgs., it looked like anybody's horse race at this point. All three bench pressed well with Binks second attempt 255 kg. leveling the playing for both him and Burke at a 620 kgs. subtotal going into the deadlift. Kratchovil ended with a 237.5 kgs. bench press and 612.5 kg. subtotal. Making only the opening deadlift, Kratchovil at 270 kgs. and Burke at 282.5 kgs. put them on the bench to watch Bitek of Ireland to score 280 kgs. on his first attempt, and a solid 300 kgs. on his second attempt to get the win at 920 kgs. All three of these lifters merit future attention. Burke ended in second place with 902.5 kgs. and Kratchovil in third place with 882.5 kgs.

This class like the 100 kg. class had a lot of lifters. Thirteen lifters entered in 110 kg. class with three of them being masters. There were two lifters at 45-59 and one at 55-59 with the rest lifting in the open. A very fit and trim looking Juraj Pastor of Slovakia posted a huge 360 kg. squat on his third attempt and two token bench presses at 120 kgs. and 130 kgs. due to a shoulder injury for a 490 kg. subtotal. Alan Gilbert of Great Britain got a 400 kg. subtotal and managed a second attempt deadlift success at 260 kgs. for a 660 kg. total and second place. Pastor got only his opener at 280 kgs. for a 770 kg. total and first place. Fellow master Louis Dunn lifting injured took only token squats and bench presses and made two deadlifts at 265 kgs. and 295 kgs. before two world attempts at 315.5 kgs. ended his day at a 495 kg. total and first place. The open class saw three of the major players bomb-out of competition otherwise the outcome here could have been quite different. Great Britain's Delroy McQueen missed all three squats at 420 kgs. Finland's Kousa and Rosendahl both missed all of their deadlifts thus changing the picture considerably in this class. The first three places would be a struggle between Martin Kosnar of the Czech Republic, Bakhityar of Azerbijain and Russia's Serge Stardubsky. Kosnar had a huge lead with his seam ripping third attempt squal at 410 kgs., while Stardubsky and Bakhityar ended with 390 kgs. and 365 kgs. in the squat. Kosnar maintained his lead with his strong opening bench press of 300 kgs. only to miss his 320 kgs. twice for a 695 kg. subtotal. Starodubsky made a third attempt a tough one at 290 kgs. after missing it on his second attempt leaving him with a 680 kgs. subtotal. Guliyev fell behind in subtotal with his 240 kgs. bench press for a 605 kgs. subtotal. Now, into the deadlifting. The tables could have easily turned because Kosner made on his opening deadlift of 300 kgs. as 320 kgs. stopped him twice, leaving him with a995 kgs. total and the win. Starodbusky of Russia made only his opener at 280 kgs. and missed the 320 kgs. he needed for the win twice. Guliyev opened with a strong 360 kgs. in the deadlift and missed 380 kgs. on his second attempt a little out of the groove and then chose 390.5 for the win and a new world record, but it was not to be this day and a third place finish with a 960 kgs. total. Great Britain's Steve Middleton and Kyle Vauls fought it out for fourth and fifth place with the deadlift being the determining factor and only 2.5 kgs. separating them. In sixth place with a 860 kgs. total was another of Great Britain's lifters, Matt Griffith. This guy will be heard from as he is built to lift and with a little more experience will post some big ones in the future.

Peter Tregloan, GPC President

The 125 kgs. class was large and went nine deep in the open division. The master lifters were no slouches here either. In the 40-44 age group there were two very good lifters and at 45-49 there was meet direcdtor Le Marshall, who had a pretty good day despite the duties of running one of the best GPC world championships ever along with his lovely wife Marie. Master lifter Kelly Thomas of Ireland literally stole the show in this class. Lifting against an ever improving Gary Boulton of Great Britain, these two represented master's lifting at it's finest. Thomas put together a world class total of 1040 kgs. with three strong squat at 380 kgs., 420 kgs., and a big 440 kgs. Gary Goulton of Great Britain was vastly improved over last year's performance iin Calgary. Gary buried a third attempt 365 kgs. squat for three white lights. Boulton got three successful attempts at the bench press with 160 kgs., 175 kgs., and 190 kgs., while Kelly opened with amazingly easy 250 kgs. and jumped to a successful 280 kgs. on his second. Kelly Thomas just barely locking out 300 kgs. on his third attempt. Boulton managed a third attempt success in the deadlift at 320 kgs., which gave him the record setting 1040 kgs. and first place. Meet director Lee Marshall, lifting alone at 45-49, opened with a 400 kgs. squat for three whites and

Jari Rosendahl of Finland – LEANER AND MEANER THAN EVER!

jumpled a world record at 430 kgs. for a world record. Trying 440 kgs. on a fourth, but cut it short for three reds. Lee went on to make three successful bench presses at 200 kgs., 210 kgs., and 220 kgs., which I believe was a PR of sorts. Looking tired and a little drawn, Marshall completed a slow 300 kgs. deadlift and missing 330 kgs. twice. Marshall ended with a fine 980 kgs. total for first place with a world record total. The open class found Azerbijian lifter Rufat Aghayev going toe to toe with Rweiko Kruse of Germany. Fr first and second place while third and fourth place had fireworks between Dan Dvorak of the Czech Republic and Mattie Lehto of Finland. Pount for pound, this class had probably the finest squats in the competition. Three open lifters squatted 400 kgs. or better. Reiko Kruse got three, yes three squats at 400 kgs., 425 kgs., and 435 kgs., and Aghayev also got three squats 402.5 kgs., 420 kgs., and 430 kgs. After the bench press both Kruse of Aghayev were tied with a 685 kg. subtotal. Both lifters benched well but when the weight got to the floor the game of cat and mouse between these two started. Kruse opened with 315 kgs., which gave him a 1000 kgs. total. Aghayev opened his deadlifts with 320 kgs., which gave him a 1015 kg. total. Both lifters went to 330 kgs., but Kruse lost his balance with a wide sumo stance and fell backwards and down. Aghayev succeeded with the 330 kgs. and now has a 1015 total. Kruse needed 330 kgs. to win on bodyweight, but barely breaks the floor. Having won, Aghayev then made a half hearted attempt at 335 kgs., knowing he had already won. Both Dvorak and Lehto totaled 975 kgs. with Dvorak getting third place on lighter bodyweight. Each of these two lifters both only made five attempts. Some great lifting here and look at the score sheets for further information on the other lifters who rounded out this class.

The 140 kg. and super heavyweights were lifting together in the last session and will be discussed together. The 140 kg. open class was dominated by Jonas Rantanen of Finland opening his squat with 480 kgs., which made me believe that this guy could indeed handle his next attempt at 505 kgs. Completing his second attempt, Rantanen received three red lights for a lack of depth. Rantanen sat low with his third attempt and failed to rise. Considering he bench presses earlier in the week and squatted before this event it was amazing that he got 347.5 kgs. and 360 kgs. on his second before 370 kgs. Opening with an easy 320 kg. deadlift and jumping to 347.5 kgs. on his second attempt gave Rantanen the super total of 1187.5 kgs. A distant second place was Radovan Kadera of the Czech Republic who totaled 855 kgs. via a 315 kg. squat, 240 kgs. bench press, and a 300 kgs. deadlift. (40-44) lifter Ian Mitchell put together a fine total unopposed in this class with 780 kgs. via a 330 kg. squat, 165 kg. bench press, with misses at 227.5 kgs. and 232.5 kgs., and a third attempt deadlift 285 kgs. Finland's Kari Kalliola dominated the

Jami Ihalainen gets ready to lift

(continued to page 98)

(Continued from page 39)

the body to give. It's much better to nourish these glands with maca and the other powerful nutrients in BōkU™ Super Food, so the adrenaline is there for you when you really need it!

AR: I agree fully Lynn. I have seen many people diagnosed with Chronic Fatigue Syndrome and there is no doubt the high level of stimulants that they consumed daily for many years basically burned out their adrenal glands. BōkU™ is no doubt one very powerful alkalizing formula. Can you explain to the readers why having your body in an alkaline state is so important for preventing disease?

Chakra Earthsong: Getting and keeping your body in an alkaline state is important for staving off illness and disease. An acidic condition is a breeding ground for disease. A good healthy pH level is between 6.5 -7.00. When your body functions from a balanced pH it indicates that your cells are receiving the correct amount of oxygen and nutrients, and are able to eliminate toxins and excess waste efficiently. It is interesting to note that many weight lifters rely on protein since it is known as the building block to increased muscle density and the fastest way to lose weight and add muscle. Unfortunately, many foods high in protein, including red meat, poultry, dairy products such as milk, yogurt and cheese, and even raw nuts and seeds, fall into the acid-forming category. The real solution for those lifters committed to high protein loading is to balance protein intake with alkaline-producing vegetables, such as dark leafy greens, fresh salads and veggie juices, and easiest of all, BōKU™ SuperFood. Boku contains alkalizing ingredients that help balance acidic protein consumption, as well as regulate appetite and stabilize blood sugar. In doing so, BōKU™ can help prevent, and in some cases heal, predispositions towards diseases which stem from highly acidic conditions, such as arthritis, joint and digestive problems, acne, irritability, low immunity, and a host of others.

AR: I know a lot of readers will wonder, how does it taste?

LR: BōkU™ has a very neutral taste, and is especially mild for such a green, super nutrient-dense food. It mixes easily with your favourite juice or beverage. Here is what Mike Adams of NaturalNews.com said about the taste:

"BōkU™ Super Food tastes like a rich, green superfood. This isn't some sweetened-up candy. It can be a little rich for people new to these tastes. So if you're new to superfoods, I recommend blending in a small amount (like 1/4 teaspoon) into your smoothie for 3 days, then doubling that to 1/2 teaspoon for 3 more days, then doubling that to 1 teaspoon for 3 days, and then going for 1 tablespoon (or more) thereafter. Note that chocolate will really help mask the taste, as will stevia or raw honey.

But once you really get into superfoods, you'll come to enjoy the taste. Although I still like to add sweeteners to my superfoods, I don't mind shoveling in three or four spoonfuls of this BōkU™ Super Food. Tastes great to me! (But, alas, it's an acquired taste. If you've been drinking sodas sweetened with high-fructose corn syrup, your taste is so distorted by the crack-like sugars that you'll be in for quite a surprise when you drink REAL food for a change, so ease into this)." -Mike Adams

AR: In my experience of taking superfood products one of the clichés is that the better the superfood tastes the less nutritionally dense the formula is, but this is not the case with BōkU™. Can you explain how you made a super, nutrient-dense formula and made it taste good?

LR: The taste is all in the balance. Boku is like a world class orchestra, the power is in how each individual instrument (ingredient) is balanced to make beautiful and delicious "Boku music".

AR: Since BōkU™ is so nutritionally dense, how would you compare a daily dose of Boku to eating natural foods?

CE: BōKU™ SuperFood cannot and should not replace a healthy, preferably organic, whole foods diet. We need fresh fruits, vegetables, healthy oils and fats, quality protein, and a diverse selection of complex carbo-hydrates every single day. BōKU™ enhances and can easily replace synthetic supplements, and adds such an important element to the diet, it would be impossible to eat or even find the quantity and quality of food available in it on a daily basis.

AR: Now there are a lot of greens products out on the market today what can you tell the readers

why BōkU™ stands out from them all?

CE: BōkU™ has superior taste without compromising in-gredients. It hits the nail on the head, so to speak. No other formula comes close to reaching the same level of nutrient density without fillers to mellow the intense green taste of most green foods.

AR: Where do the ingredients in BōkU™ come from?

LR: Not only is Boku USDA certified organic as the seal on the container testifies we are also certified as Kosher. The combination certifies the utmost in purity and quality control.

AR: Can you explain to the readers why taking a multi vitamin is simply not enough and why adding in a superfood like BōkU™ is needed for optimal health?

CE: Multivitamins are generally synthetically produced. They contain so many different ingredients compressed into one, often large, tablet that it is difficult to know if one is absorbing and able to utilize the nutrients. With BōKU™, direct delivery proves an advantage - many feel the beneficial impact immediately.

AR: Can BōkU™ help Powerlifters with their recovery from intense training?

CE: BōKU™ SuperFood post-workout offers a deep, intense flood of whole food nutrition. All of the ingredients in BōKU™ are bio-available, meaning they affect the body right away. After heavy workouts it's important to offer nutrients for repair and immediate energy replacement, which Boku does.

AR: What about increasing oxygen uptake to working muscles, can BōkU™ help in this way?

CE: Yes, because BōKU™ is a green food created primary from plant nutrients that require oxygen to grow. Green foods naturally oxygenate the body and the planet!

AR: What about muscular endurance? Can BōkU™ help improve this area of training for the lifter?

CE: Yes, real endurance emerges from a strong nutritional bank, so to speak; taking super- dense BōKU™ SuperFood offers just that - deep, dense nutrition which feeds the body for the long haul. Fast food offers a cheap fill; BōKU™ goes the distance. One of the main benefits of Maca Root is supporting the lifter in muscular endurance & muscle recovery

AR: Optimizing the body's natural hormones will definitely improve physical performance. How does BōkU™ play a role in this?

CE: Feeding the body nutrient-dense BōKU™ feeds the glandular system, resulting in hormonal balance. Plus, the maca powder contained in BōKU™ supports and energizes hormone levels, naturally.

AR: Many lifters have digestive issues from not eating as clean as they should. How does BōkU™ help with digestion and assimilation of the foods we eat?

CE: BōKU™ is fiber rich and also contains Omega 3 oils. We also didn't forget the very important probiotics, and enzymes. All of which can improve digestion, assimilation and also elimination of toxins from the body.

AR: These are all ingredients that I have my elite athletes use in their nutritional plans. Anyone that reads my column regularly knows that I am big on Omega 3's and increasing your daily fiber intake because most people do not get enough in.

Part 1 Overview

So as you can see BōkU™ is truly a wonder source of nutrition that all lifters can take advantage of. In this time and age of long work days and our super busy schedules, many lifters do not get the quality of nutrition their bodies need. I wanted to introduce the Powerlifting community to the many benefits that a superfood like Boku can offer in terms of health and performance. I personally use Boku and that is why I wanted you to know the many positive benefits that I have found using it myself. In the second part of this series I will be discussing some more advanced medical questions with Chief Formulator Dr. BJ Adrezin. We will take a look at some of the health conditions that are most occurring with lifters and how Boku can help in getting them under control. We will also take a look at Pharma-ceutical Enhancement and the role super foods play in keeping the body healthy for those that are using performance enhancing drugs. So until next month eat clean, train hard, and stay healthy.

If you have any questions or comments contact me at: Aricciuto@NutritionXP3.com. You can also look at my website at: www.NutritionXP3.com

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USPF Nationals
28-29 JUN 08 -Warwick, RI

BENCH
DAY 1
WOMEN
123 lbs.
B. Aerts 117
132 lbs.
L. Steele 226
148 lbs.
L. Richardson —
K. Matthews —
165 lbs.
J. Casey 132
Submasters
148 lbs.
K. Matthews —
Master (45-49)
123 lbs.
B. Aerts 117
MEN
132 lbs.
B. Henson 154
148 lbs.
M. DeSimone 315
M. Wiener 281
165 lbs.
D. Henson 325
R. Sunshine 276
181 lbs.
B. Masello 540
Junior (13-15)
123 lbs.
B. Henson 154
132 lbs.
N. Litowsky 187
Junior (16-17)
148 lbs.
G. Gendron —
165 lbs.
D. Borokove 204
Junior (18-19)
165 lbs.
B. Whiting 303
B. Cieciorka 287
Junior (20-23)
148 lbs.
M. DeSimone 314
181 lbs.
Muscatella,Jr —
Submasters
181 lbs.
B. Masello 540
Master (40-44)
148 lbs.
M. Wiener 303
165 lbs.
R. Sunshine 276
181 lbs.
D. Henson 326
Master (50-54)
165 lbs.
S. McElroy 303
BENCH
DAY 2
WOMEN
165 lbs.
L. Richardson 303
MEN
220 lbs.
S. Rowe 628
S. Seeppe 628
R. Pinelli Jr. 535
242 lbs.
A. Shaffer —
275 lbs.
J. Moore 540
J. Jackson 468
Lazzareschi —
B. LaPila —
308 lbs.
A. Aerts 448
T. Isabella 435
B. Tucker 430
J. Potts II —
Junior (20-23)
220 lbs.
R. Pinelli Jr. 535
242 lbs.
A. Shaffer —
Submasters
220 lbs.
S. Schnitzer —
242 lbs.
M. Kenney —
SHW
R. Desmond —
Master (40-44)
220 lbs.
P. Vega 507
275 lbs.
R. Scott —
A. Gonzales —
308 lbs.
T. Isabella 437
J. Potts II —
Master (45-49)
242 lbs.
J. Johnson 441
308 lbs.
B. Tucker 430
Master (50-54)
220 lbs.
P. DarBouze 474
M. Vainas —
242 lbs.
D. Burke 231
275 lbs.
Lazzareschi —
308 lbs.
A. Aerts 448
Master (60-64)
242 lbs.
C. Tallman 442
Master (65-69)
220 lbs.
L. Negriff 435
Master (70-74)
220 lbs.
B. Bradley 276
Police/Fire
220 lbs.
L. Stravato 375
275 lbs.
Lazzareschi —
B. LaPila —
308 lbs.
B. Tucker 430
Master (45-49)
220 lbs.
L. Stravato 375
308 lbs.
B. Tucker 430
Master (50-54)
275 lbs.
B. Gonsalves 353
Lazzareschi —
Master (60-64)
242 lbs.
C. Tallman 443
DEADLIFT
DAY 1
WOMEN
123 lbs.
B. Aerts 222
132 lbs.
L. Steele 303
148 lbs.
K. Matthews 358
Submasters
148 lbs.
K. Matthews 375
Master (45-49)
123 lbs.
B. Aerts 222
MEN
148 lbs.
M. DeSimone 507
165 lbs.
R. Sunshine 419
181 lbs.
D. Jurgens 672
Fahrenfeld 612
Junior (13-15)
132 lbs.
N. Litowsky 303
Junior (16-17)
165 lbs.
D. Borokove 314
Junior (18-19)
165 lbs.
B. Whiting 430
Junior (20-23)
148 lbs.
M. DeSimone 507
181 lbs.
Muscatella Jr 502
Master (40-44)
165 lbs.
R. Sunshine 419
DEADLIFT
DAY 2
MEN
198 lbs.
J. DiRecco 524
220 lbs.
J. Johnsen 529
275 lbs.
J. Jackson 761
308 lbs.
T. Isabella 694
A. Aerts 584
Junior (20-23)
220 lbs.
R. Pinelli Jr. 617
Submasters
220 lbs.
J. Johnsen 529
S. Schnitzer —
308 lbs.
E. Poitevien 635
M. Feathers 518
Master (40-44)
308 lbs.
T. Isabella 694
J. Potts II —
Master (45-49)
242 lbs.
J. Johnson 551
Master (50-54)
220 lbs.
K. Fisher 634
242 lbs.
D. Burke 480
308 lbs.
A. Aerts 584
Police/Fire
220 lbs.
L. Stravato 524
Master (45-49)
220 lbs.
L. Stravato 507
Master (50-54)
275 lbs.
B. Gonsalves 502

Powerlifting	SQ	BP	DL	TOT
DAY 1				
WOMEN				
123 lbs.				
B. Aerts	154	117	222	493
132 lbs.				
L. Steele	243	226	303	772
148 lbs.				
K. Matthews	—	—	375	375
Submaster				
148 lbs.				
K. Matthews	—	—	375	375
Master (40-44)				
132 lbs.				
L. Moran	116	88	165	369
Master (45-49)				
123 lbs.				
B. Aerts	154	117	222	493
MEN				
148 lbs.				
D. Matsumoto	573	424	518	1516
S. Layman	584	397	518	1499
C. Nelson	292	287	364	942
Submaster				
165 lbs.				
T. Roselli	375	309	452	1135
Master (45-49)				
165 lbs.				
R. Metivier	424	287	452	1163
Master (60-64)				
165 lbs.				
G. Santee	303	215	419	937
Junior (13-15)				
132 lbs.				
N. Litowsky	243	187	303	733
Junior (16-17)				

***Scott Smith** was the strongest man at the 2008 USPF Multi-National Championship in Rhode Island.*

165 lbs.				
A. Grissinger	314	204	386	904
DAY 2	SQ	BP	DL	TOT
MEN				
198 lbs.				
R. Celli	700	623	678	2001
220 lbs.				
D. Haggett	694	529	661	1885
E. Kratz	672	507	656	1835
S. Schnitzer	—	—	—	—
275 lbs.				
S. Smith	871	689	745	2305
S. Denison	705	613	672	1991
C. Bailey	805	—	—	805
J. Ransbottom	—	—	—	—
308 lbs.				
T. Isabella	805	437	694	1936
J. Dentice	408	386	602	1396
A. Aerts	265	448	584	1296
SHW				
E. Dalbo	518	331	452	1301
Submaster				
220 lbs.				
S. Schnitzer	—	—	—	—
242 lbs.				
D. Smiley	612	502	645	1758
M. Kenney	—	386	—	386
275 lbs.				
S. Smith	871	689	744	2304
S. O'Malley	457	331	502	1290
Master (40-44)				
275 lbs.				
M. Menslage	551	419	606	1576
308 lbs.				
T. Isabella	805	437	694	1936
J. Casciato	—	—	—	—
SHW				
E. Dalbo	518	331	—	849
Master (45-49)				
220 lbs.				
G. Grissinger	546	402	634	1582
242 lbs.				
J. Johnson	441	441	551	1433
275 lbs.				
S. Denison	705	612	672	1990
C. Bailey	805	—	—	805
308 lbs.				
J. Dentice	408	386	602	1396
Master (50-54)				
198 lbs.				
Montembault	502	314	502	1317
B. Davignon	—	—	—	—
220 lbs.				
G. Baxter	485	353	574	1412
M. Richards	485	—	—	485
242 lbs.				
M. Hearing	—	—	—	—
308 lbs.				
A. Aerts	265	448	584	1296
Master (60-64)				
242 lbs.				
C. Stanley	551	364	551	1466
Junior (20-23)				
198 lbs.				
E. Joseph	353	402	540	1295

(Thank you to Bob Connell for the results)

Courtney Stanley *with his new American USPF Masters 60-64 age group single lift record of 622 at the American Record Breakers meet prmoted by Matt McCase. (photograph taken by Charles Venturella)*

WNPF Carolina/Lifetime Palmetto
3 MAY 08 - Clemson, SC

(40-49) SP				
Yeargin!	580	375	620	1575
220 lbs.				
Lifetime Raw				
Mayers	495	340	525	1360
242 lbs.				
Lifetime Raw				
Moody	500	385	550	1435
275 lbs.				
Lifetime Raw				
Furlong	575	435	590	1600
WNPF Lifetime				
198 lbs.				
(40-49) SP				
Greene	400	280	480	1160
220 lbs.				
(50-59) SP				
Langenfeld	335	230	385	950

!=Best Lifters. *=American Records. Team Champs: Furman University, 11 years in a row. (results provided courtesy WNPF)

BENCH				
WOMEN				
105 lbs.				
(20-23) Raw				
Grossnickle	85			
132 lbs.				
(20-23) Raw				
Miller	150			
MEN				
181 lbs.				
(40-49) Raw				
Peters	350			
220 lbs.				
(40-49) SP				
Isbell!	500			
(50-59) Raw				
Caterisano	320			
242 lbs.				
(40-49) SP				
Trull	275			
275 lbs.				
(20-23) Raw				
Menocal	350			
Chancellor	315			
BENCH				
242 lbs.				
(40-49) SP				
Mauldin	360			
Powerlifting	SQ	BP	DL	TOT
198 lbs.				
(40-49) Raw				
Monroe	415			
BENCH Reps				
105 lbs.				
(20-23)				
Grossnickle	29			
132 lbs.				
(20-23)				
Miller	51			
MEN				
220 lbs.				
(50-59)				
Caterisano!	14			
275 lbs.				
(20-23)				
Menocal	13			
Chancellor	12			
DEADLIFT				
275 lbs.				
(40-49)				
Burnette	450			
DEADLIFT				
242 lbs.				
(40-49)				
Mauldin	470			
POWERCURL				
242 lbs.				
(40-49)				
Monroe	235			

USPF American Record Breakers
23 AUG 08 - Martinsville, WV

DEADLIFT				
FEMALE				
148 lbs.				
Open				
S. Shafer	248			
123 lbs.				
(18-19)				
K. Graham	237*			
MALE				
Guest Lifter				
T. Lambiotte	121			
114 lbs.				
Guest Lifter				
T. Perkins	110			
(13-15)				
C. Kelley	314*			
123 lbs.				
(40-49)				
B. Kelley	347*			
198 lbs.				
Open				
J. Blackstone	551			
Push Pull	BP	DL	TOT	
MALE				
220 lbs.				
Open				
R. Celli	639*	661	1301	
242 lbs.				
Open				
J. Holmes	452	—	452	
Submaster (35-39)				
R. Harbert	463	573	1036	
Master (40-49)				
R. Perkins	413	—	413	
R. Larkey	430	—	430	
Master (60-69)				
C. Stanley	—	623*	623	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
148 lbs.				
Junior (20-23)				
N. Freed	182	149	281	612
123 lbs.				
Open				
A. Marx	171	99	259	529
132 lbs.				
Master (40-49)	Open			
R. Patterson	160	105	220	485
198 lbs.				
Master (40-49)				
L. Gilbreath	—	99	248	347
MALE				
114 lbs.				
Junior (13-15)				
C. Warner	198	105	226	529
D. Jeffrey	265	187	287*	739
132 lbs.				
Junior (13-15)				
L. Wright	160	138	193	491
148 lbs.				
Junior (16-17)				
T. buck	254	187	314	755
T. Knight	—	270*	314	584
165 lbs.				
Open				
S. Contreras	441	298	524	1262
198 lbs.				
Open				
J. Stottlemire	573	491	584	1648
220 lbs.				
Police/Fire				
S. Cook	513	314	535	1361
Master (50-54)				
M. Richards	491	342	496	1328
Master (40-49)				
C. Hazen	419	265	430	1113
Open				
M. McCase	606	446	705	1758
242 lbs.				
Submaster (35-39)				
A. Letto	601	408	650	1659
275 lbs.				
Junior (20-23)				
C. Dilucente	502	402	601	1505
Open				
Frankovitch	430	452	507	1389
Master (50-54)				
N. Busick	507	408	138	1053

*=American Records. Venue: Work's Fitness. The meet was organized to provide sufficient facilities, equipment and National and International referees to give athletes the opportunity to set full powerlifting and single-lift USPF American Records. (results of the meet provided by Courtney Stanley, WPF Secretary)

(continued from page 93)

super heavyweight class with his 430 kg. squat, bench press of 365 kgs., and a second attempt deadlift of 277.5 for a 1072.5 kg. total. Second place was a walkaway for big Phil Crets of Belgium. Very tall got two strong squats in at 360 kgs. and 380 kgs. before his third was called on for depth. Crets sailed through three bench presses at 235 kgs., 250 kgs., and 260 kgs., for a 630 kg. subtotal. Young and with a lot of room to grow, Crets is only 25 years old and went through his first two deadlifts at 300 kgs. and 340 kgs., with greatest of skill and precision only to get to excited and in a hurry and miss his last attempl with 370 kgs. at his knees. Crets totaled 970 kgs. for second place. Another young lifter from Belgiun, Gunnar DeVadder fought it out for third place with Andrus Grusas of Ireland. Both lifters succeeded with 350 kg. squats, but after the bench presses, DeVadder took a 35 kg. lead with 265 kg. Third attempt bench press. Though a fair deadlifter, Grusas could make up this 35 kg. lead with his 300 kg. third attempt deadlift and with 880 kgs. total for fourth place while DeVadder received third place 885 kgs. DeVadder, like his friend Crets, has a lot of growing to do and will be heard from in the future in this class. We can't leave this class without talking about big Dave Firzbeory of Ireland. This man at 151 kgs. bodyweight and lifting in the masters 40-44 age group, presented himself as a mountain of man and had the lifts to back it up. Making three successful squats at 360 kgs., 400 kgs., and 412.5 kgs., that was mighty impressive. Again big Dave got three successful bench presses at 280 kg., 290 kgs., and 300 kgs., for a 712.5 kg. subtotal. Making only 285 kg. deadlift on his second attempt left this big man with an impreesivc 997.5 kg. total and a lot of potential for the future.

It was hard to believe that this week of great lifting had come to such a quick end. The only business left now was handing the Best Lifter awards to their deserving winners. Three awards were presented in the women's division. The Master Female Lifter once again went to the USA's Evangeline Keresey. The Best Teenage/Junior Best Lifter went to Julia Kosturova of Slovakia, and the Open Best Female went to France's Sabine Guillaume. In the men's division, the Master Men's Best Lifter went to our meet director, Mr. Lee Marshall. The Best Teen/Junior Lifter went to Jan Matej of Slovakia. The big surprise was the Open Men's Best Lifter, which went to Jonas Rantanen of Finland. The Best Team award went to the team from Finland. We want to congratulate Lee and Marie Marshall and their crew for a first class and smoothly run world championships. We hope to see everyone next year in France and a strong presence from our newest GPC member, the USPF as the affiliate now representing the United States.

Vangie Keresey judged as well

Tatu Avola pulls for Finland

GPC World Championships
8-12 SEP 08 - ENG

BENCH		
FEMALE		
115 lbs.		
Teen (16-17)		
Hojsikova-SVK	165	
123 lbs.		
Open Submaster		
Beneke-GER	143	
132 lbs.		
Master (45-49)		
Anger-GER	121	
Open Submaster		
Liptakova-SVK	248	
148 lbs.		
Open		
Mokra-SVK	220	
Teen (18-19)		
Kosturova-SVK	248	
MALE		
132 lbs.		
Open		
Mammadov-AZE	331	
165 lbs.		
Open		
Rdouani-FRA	336	
Musayev-AZE	336	
Junior		
Rudhytskyy-UKR	265	
Master (50-54)		
Mirza-GBR	287	
Master (55-59)		
Collins-GBR	265	
Master (70-74)		
Scheweitze-GER	143	
165 lbs.		
Master (50-54)		
Heartwell-GBR	331	
Master (55-59)		
Muller-GER	303	
Steffen-GER	220	
Master (60-64)		
Lazreg-FRA	287	
Feraud-FRA	281	
Winterschei-GER	270	
Open		
Rzayev-AZE	435	
Aliyev-AZE	435	
Ogrenchuk-UKR	331	
Martin-FRA	—	
Open Submaster		
Dudley-USA	408	
181 lbs.		
Junior		
Matej-SVK	480	
Master (40-44)		
Greberis-LAT	430	
Master (45-49)		
Dolz-GER	369	
Master (50-54)		
Wagner-GER	265	
Master (55-59)		
Leskenmaa-FIN	375	
Master (65-69)		
Kubick-FRA	331	
Open		
Berrichi-FRA	386	
Open Submaster		
Read-GBR	287	
Trusscott-GBR	287	
Jafarof-AZE	—	
198 lbs.		
Master (40-44)		
Winfield-GBR	287	
Master (45-49)		
Klicki-FRA	529	
Beniston-GBR	441	
Master (50-54)		
Hardy-GBR	441	
Denis-FRA	424	
Master (55-59)		
Kruger-GER	474	
4th-480		
Master (60-64)		
Petrovs-LAT	298	
Master (65-69)		
Morris-IRE	198	
Teen (16-17)		
Kunz-GER	220	
Teen (18-19)		
Bakus-CZR	375	
Open		
Ahmadov-AZE	562	
Velicka-CZR	452	
Open Submaster		
Gonzalez-FRA	485	
Salmela-FIN	441	
Zinko-UKR	309	
220 lbs.		
Junior		
Rahkonen-FIN	446	
Master (40-44)		
Saudners-GBR	441	
Burrell-GBR	441	
Master (55-59)		
Gersdorf-GER	468	
Borkowski-GER	441	
Master (65-69)		
LeBolay-FRA	364	
Open		
Flimel-SVK	601	
Brissez-FRA	579	
Palacky-CZR	375	
Ibrahimov-AZE	—	
Open Submaster		
Heartwell-GBR	—	
242 lbs.		
Master (40-44)		
Faulks-GBR	573	
Michelon-FRA	551	
Master (45-49)		
Brasseur-FRA	309	
Master (55-59)		
Vetter-GER	463	
Douet-FRA	309	
Open		
Baumbach-GER	623	
Starodubski-RUS	617	
Ibrahimov-AZE	612	
Hron-CZR	430	
Open Submaster		
Matej-SVK	606	
Kousa-FIN	540	
275 lbs.		
Master (45-49)		
Krumboholz-GER	518	
Master (50-54)		
Richter-GER	507	
Massey-GBR	408	
Master (55-59)		
King-GBR	573	
Master (60-64)		
Eulenstein-GER	386	
Open Submaster		
Ihalainen-FIN	667	
Open		
Strinic-SER	639	
Alberts-GBR	573	
Rosendahl-FIN	—	
308 lbs.		
Master (40-44)		
Vesely-CZR	540	
Master (45-49)		
Kari-FIN	—	
Open		
Rantanen-FIN	772	
Kadera-CZR	513	
Open Submaster		
Koldovsky-CZR	524	

Powerlifting	SQ	BP	DL	TOT
FEMALE				
105 lbs.				
Open				
Guillaum-FRA	287	160	336	783
115 lbs.				
Teen (16-17)				
Hojsikov-SVK	287	171	254	711
123 lbs.				
Open				
Birch-GBR	187	116	198	502
Aliyeva-AZE	331	176	—	507
Master (55-59)				
Orenicov-SVK	292	193	259	744
132 lbs.				
Master (40-44)				
Thomas-GBR	375	176	331	882
Open				
Tovna-CZR	457	193	364	1014
Stastna-SVK	402	215	342	959
148 lbs.				
Open Submaster				
Michiels-BEL	419	243	408	1069
Leinonen-FIN	463	182	386	1031
Teen (18-19)				
Kosturov-SVK	485	270	391	1146
		4th-DL-403		
Master (65-69)				
Keresey-USA	287	138	265	689
Junior				
Keehan-IRE	452	292	485	1229
Master (50-54)				
Steinberg-LAT	480	314	463	1257
Open				
Musayev-AZE	584	358	485	1427
Teen (18-19)				
Derudder-BEL	507	287	474	1268
165 lbs.				
Junior				
Derudder-BEL	430	237	419	1086
Master (45-49)				
McNamar-IRE	794	397	513	1703
Open Submaster				
Csiszar-HUN	639	397	617	1653
Open				
Baghirov-AZE	551	325	595	1472
181 lbs.				
Master (45-49)				
Packer-USA	452	243	402	1097
Open				
McKay-GBR	243	99	248	590
MALE				
181 lbs.				
Matej-SVK	705	463	557	1725
Kaukola-FIN	573	364	579	1516
Master (45-49)				
Dunne-IRE	573	380	595	1549
Master (60-64)				
Pereira-CAN	474	193	540	1207
		4th-SQ-503		
Master (65-69)				
Dillon-IRE	397	276	513	1185
Open				
McNamar-IRE	750	424	617	1791
Open Submaster				
Ghafoor-GBR	331	220	375	926
Jafarov-ZAE	441	419	441	1301
198 lbs.				
Teen (18-19)				
Janis-SVK	573	408	529	1510
Master (40-44)				
Kelly-IRE	741	463	661	1865
Vrba-CZR	573	375	485	1433
Master (45-49)				
Beniston-GBR	694	452	551	1698
Master (65-69)				
Morrs-IRE	397	198	353	948
Open Submaster				
Sokoly-SVK	772	468	683	1924
Salmela-FIN	661	452	639	1753
Jenkins-GBR	783	452	683	1918
Open				
Velicka-CZR	683	441	551	1675
Brooks-GBR	595	375	573	1206
220 lbs.				
Junior				
Rahkonen-FIN	661	430	617	1709
Glaser-GER	606	452	579	1637
Griffiths-GBR	683	353	562	1598
Marsen-GBR	606	320	551	1477
Master (40-44)				
Kaipio-FIN	883	419	661	1963
Bereznak-SVK	716	402	672	1791
Hunter-GBR	617	452	606	1675
Master (45-49)				
Graham-GBR	705	419	617	1742
Master (50-54)				
McAfee-GBR	750	424	661	1835
Open Submaster				
Bitek-IRE	805	562	661	2028
Price-CAN	595	441	485	1521
Avola-FIN	794	507	—	1301
Open				
Burke-GBR	838	529	623	1990
Kratchovi-CZR	827	524	595	1946
Kackulic-CZR	661	485	595	1742
Palacky-CZR	595	402	595	1593
242 lbs.				
Master (40-44)				
Meehan-IRE	617	353	529	1499
Master (45-49)				
Pastor-SVK	794	287	617	1698
Gilbert-GBR	485	397	573	1455
Master (55-59)				
Dunn-GPC	176	265	650	1091
Open				
Kosnar-CZR	904	628	661	2194
Guliyev-AZE	805	529	794	2127
Starodubski-RUS	860	639	617	
2116				
Griffiths-GBR	728	507	661	1896
Rowlands-GBR	728	430	529	1687
Rosendah-FIN	783	573	—	1356
Open Submaster				
Middleto-GBR	772	557	639	1968
Vauls-GBR	794	529	639	1962
McQueen-GBR	—	—	—	—
Kousa-FIN	794	529	—	1323
275 lbs.				
Master (40-44)				
Boulton-GBR	805	419	639	1863
Kelly-IRE	970	617	705	2293
Master (45-49)				
Marshall-GBR	948	485	728	2161
Open Submaster				
Aghayev-AZE	948	562	728	2238
Kruse-GER	959	551	694	2205
Dvorak-CZR	882	568	700	2149
Price-GBR	705	474	606	1786
Open				
Lehto-FIN	860	573	716	2149
Mrkvica-CZR	750	496	683	1929
Kitchene-GBR	661	452	650	1764
Kerekes-SVK	683	457	557	1698
Rogers-GBR	—	—	—	—
308 lbs.				
Master (40-44)				
Mitchell-GBR	728	364	628	1720
Open				
Rantanen-FIN	1058	794	766	2618
Kadera-CZR	694	529	661	1885
Open Submaster				
Ihalainen-FIN	165	—	—	—
308+ lbs.				
Master (40-44)				
Fitzhenry-IRE	909	661	628	2199
Open				
Kallioila-FIN	948	805	612	2364
Crets-BEL	838	551	750	2138
DeVadde-BEL	772	584	595	1951
Grusas-IRE	772	507	661	1940
Junior				
Godber-GBR	573	375	551	1499

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(article continued from pg. 32)

the meet when Rob lifts. I even seen little kids and adults pounding on the stage with there fist to get Rob fired up. The guys that know Rob know he goes all out to help others at meets. From picking up lifters at the airport at 2 in the morning and running around helping me out. When I seen Rob miss his first two attempts at 948, all could think of is Rob's kindness just caught up to him on this night. I was running the meet and knew Rob needed some mental help. LOL! Rob's last attempt I got right in his ear and reminded him how nice he was and that he is the best. Well, not quite that way, I said a few censored words. Rob blasted 848 up on his 3rd attempt for 3 white lights. It is unreal what this guy does meet after meet. To come back after missing your first two attempts is very hard to do, but if anyone can do it Rob can. Great job my friend. Ryan "Benchmonster" Kennelly from Washington State proved on this night why he is the best bencher on planet Earth. Ryan hit his opener of 1014. On his 2nd Ryan went for the all time Record with 1074. Ryan approached the bench with the crowd cheering for him. Ryan took the 1074 and blew it up faster then any other weight I have ever seen him do. The crowd was really in to it and let Ryan know the lift was good before he got off the bench. When Ryan called out for a 4th attempt of 1102 I thought for sure he was going to get it. It was a good try but just short of lock out. Ryan took first in the HW and won the Best Lifter award. Ryan is one of the nicest guys in Powerlifting I have ever met. Ryan will not hesitate to take pictures and talk to all of his fans at the meet. The guy is class act and I hope to see him at many more of my future meets. The 2nd day of lifting on Sunday was the Full Power Pro meet. $4000 in Cash awards was up for grabs. In the Lightweight division Jake Baker of Team Carpenter from Dubuque, IA took 3rd place with a total of 1703 at a body weight 197. Jake is only 20 years old and just did the pro meet to get some experience. 3rd place is really good experience and he hit a PR in the deadlift with 600 lb. Great job Jake! Andres Valleza from Washington State took 2nd place with a total of 1576 at a body weight of 152. Nice lifting. 1st place is my favorite Ukraine lifter Vladimir Venglovschi. Vladimir always brings me cool gifts from the Ukraine, his broken English is hard to understand but always a great guy to have at my meets. Thank you for coming all the way over from the Ukraine to do one of my meets. Vladimir at a bodyweight of 217 lb. squatted 887, benched 518, deadlifted 771 and totaled 2177. Vladimir took home $2000 in cash. Then again I saw him heading over to the casino after the meet. In the Heavyweight division Josie Garcia from Aurora, IL took 3rd. Josie squatted 1041, benched 595, deadlifted 782, and totaled 2447 at a bodyweight of 253 lb. Excellent lifting Josie. 2nd place went to one of the most intense lifters in Powerlifting Jeremy Frey of Team Carpenter & Elite FTS from Mount Vernon, IA. Jeremy is the strength coach from Cornell College. Jeremy is another guy on my team that will go all out to help his fellow lifter and always gives a hand to help me out with my meets. Thank you. Jeremy's lifts were Squat 986, Bench 705, and pulled a strong 799 for a total of 2491! All PR's for Jeremy. Matt Kroczaleski from Detroit, MI was the big winner. Matt took home the $2000 in cash and the best lifter award. In the squat Matt missed his first two openers and got his 3rd lift of 1014 to stay in the meet. In the bench Matt hit a best of 705, but suffered a tear in his tricep. Matt finished out the meet like a true warrior and pulled a big 782 deadlift for a total of 2502 at a bodyweight of 228! Awesome lifting Matt! I am glad you and your crew made it over for the meet. I first like to thank all the people who help set up-break down the meet site. The Grand River Center, Luke, Chad, Brian, Jake, John, Tony, JD, Paul, Dustin, Jeremy, Rob, Sass, and anyone else I forgot. You guys are awesome. With out you there would be no meets. Thank you to all the judges - Jeff Baker, Rick Baker, Gary Reichert, Steve Sass, and a special thanks to Bruce McIntyre and Dick Zenzen for stepping in when we were short judges. Dick is a great guy and just loves the sport. We need more people like Dick in Powerlifting. Thank you to all the spotters/loaders - Luke Tigges, JD Dotson, Chad Truitt, Chuck Baxter, Taylor Herbst, and Paul Harris. I know it is not an easy job and I truly appreciate the hard work that goes in to loading heavy weights all day. Thank you to my wife Molly Carpenter for announcing, table help - Co-meet Director Kenny Patterson, my daughter Kayla Carpenter, John Hefel, Becky Stover, And Tara Runde. Special thanks to the Runde family for setting up two of the lifters in there house because Dubuque ran out of hotel rooms. LOL! My Dad and Step mom Dennis and Stephanie Carpenter for working the door and clothing booths. Thank you to all the sponsors: West Metro, Atlarge Nutrition, Nutribodies, APT, INC, Anderson PowerLifting, Dubuque Glass, Hoolihan's Restaurant, Tan World, Design Tile, Professional Window & Tint, EPIC Construction, Diamond Jo Casino, Budweiser, and GNL Productions. Last but not least - Thanks to all the lifters who came to the meet and supported the UPA Pro-Am Power Weekend meet. (results/photos/report were provided by the courtesy of Meet Director Bill Carpenter)

***Blayre Ward** – with 1075 lb. record bench presser Ryan Kennelly. Blayre is Meet Director Bill Carpenter's godson.*

***Jeremy Frey,** the strength coach at Cornell College, had all PRs at the U.P.A. Pro-Am Power Weekend.*

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12 JUL 08 - Minneapolis, MN

BENCH
WOMEN
Junior
123 lbs.
K. Tobin 154
4th-159*
Master (40-46)
198 lbs.
M. Berry 275*
UL
K. Franklin 275
Master (47-53)
123 lbs.
S. Sanford 99
132 lbs.
J. Rivet 148
148 lbs.
D. Damminga 203*
165 lbs.
L. Staplin 187*
Open
132 lbs.
J. Rivet 148*
MEN
Class I
242 lbs.
T. Goerish 451
308 lbs.
C. Reuben 462
Elite Open
SHW
R. Vick 854
Master (40-46)
181 lbs.
D. Reiman 451
198 lbs.
J. Struntz 352
4th-374*
259 lbs.
J. Steffens 424*
275 lbs.
G. Gulseth 523
Master (47-53)
165 lbs.
M. Benson 275
181 lbs.
J. Fjelstad 363
198 lbs.
M. Borg 374
4th-400*
242 lbs.
D. Rygh 501
4th-512*
J. May 275
275 lbs.
N. Cozine 479
4th-501*
Master (54-60)
220 lbs.
M. Lowry 380*
R. Waldorg 281
Open
198 lbs.
D. Ross 413
4th-440*
242 lbs.
M. Vinopal 573*
259 lbs.
M. Taschuk ---
J. Steffens 446
275 lbs.
C. Noble 479
4th-501*
Submaster (33-39)
198 lbs.
D. Ross 413
4th-440
242 lbs.
T. Goerish 451
275 lbs.
D. Lewis 606
308 lbs.
C. Reuben 473
Teen (12-13)
123 lbs.
J. LeClair 104*
S. Draayer 99*
Teen (14-15)
105 lbs.
P. Hawkinson 77
4th-82*
Teen (18-19)
165 lbs.
T. Miller 352*
275 lbs.
J. Greenberg ---
DEADLIFT
WOMEN
Junior
123 lbs.
K. Tobin 352!*
Master (47-53)
132 lbs.
J. Rivet 352*
148 lbs.
D. Damminga 407!*
Open
105 lbs.
C. Anderson 332!*
132 lbs.
J. Rivet 352*
Submaster
105 lbs.
C. Anderson 332*
MEN
Class I
181 lbs.
M. Reuer 424*
220 lbs.
B. Bittner 600
4th-611*
242 lbs.
B. Graupmann 545
275 lbs.
J. Greenberg 523
4th-551*
Junior (20-25)
148 lbs.
K. STroebl 402
4th-414*
Master (40-46)
220 lbs.
M. Edelstein 666
242l bs.
B. Graupmann 545
308 lbs.
T. Guiney 573*
Master (47-53)
181 lbs.
D. Gelton 573*
242 lbs.
R. Monroe 451*
Master (54-60)
220 lbs.
G. Edwards 567
4th-578*
Master (61-67)
165 lbs.
D. Johnson 545!*
198 lbs.
R. Krowech 600
4th-611*#

!=World Records. #=National Records. *=State Records. Fifty lifters attended this meet at the classy five star Marriott Hotel in West Minneapolis. Four world records were set in the deadlift. Katelyn Tobin in the Junior 123 pulled 352.5, close to triple bodyweight. Her training partner Debbie Damminga pulled a 407.7 in Master 47-53/148 for a world record. They are both coached by Greg Damminga who has squatted 900 lbs. and benched over 500. both of these ladies are laid back and one world never know by looking at them that they possess such exceptional power. Cheryl Anderson, weighing 104.6 set a world record 332.7, which is 18 lbs. over triple bodyweight. Cherly is extremely aggressive at the bar. it was her first world record in WABDL. The fourth world record was set by Dennis Johnson, weighing only 164.4 at age 65, pulled 545.5. Dennis is capable of pulling 600. He is usually 198 or 220 and has set records in these classes back in 2000 and 2001,but he has been dropping down to 181 where he pulled a world record 580 a couple of years ago and just recently dropped down to 165, where once he settles in at that bodyweight he should hit 600. In Master 61-67/198, Bob Krowech pulled a national record 611.7 at age 63. In any other federation that's a world record, but Olicio Dos Santo from Brazil pulled 661.2. Olicio is the best master deadlifter in the world, considering he's 63 and pulled 672.2 last November, weighing 204. However, I believe bob can catch Olicio in two years. He's the most competitive lifter I have ever seen. Other great master deadlifters are Tom Eiseman with 772 at age 49 at 198, Jerry Capello with 806.7 at age 50 at 242, Tee Meyers who has done 760 at 198 at age 50, and Richard Cirigliano 619.4 at 165 at age 53. Gary Edwards was impressive with a 578.9 Minnesota State record at 54-60/220 in the deadlift. Other state records that were on the radar was Ben Bittner with 611.7 in Class I/220, Jacob Greenberg of Wisconsin with 551 in Class I/275, Mitch Eddelstein with 666.7 in Master 40-46/220, Thomas Guiney of Oklahoma pulled 573 in Master 40-46/308. Dave Felton, the WABDL Wisconsin state chairman pulled 573 in Master 47-53/181. He's in the top ive all time in Master 47-53 in WABDL in both 165 and 181. Jonnel Rivet in Master 47-53/132 pulled a Minnesota record 352.5. Obviously there was some great femle deadlifting in this meet! Ben Tittle set a Minnesota record dead of 635.9 in Open 198. Brian Durham had the highest deadlift in the contest with a Minnesota state record 716.2. He was also drug tested and passed. Mrak Taschuk was a competitive second with a 677 and a game try at 716. Travis Miller pulled a 407.7 at 165 in 18-19 age group in only his second meet. Jacob Greenberg of Wisconsin set two state records with a 551 in both Class I/275 and Teen 18-19/275. In the bench, Robert Vick put up a monster 854 with perfect lockout, but your typical shirted bench, a little on the wobbly side but no double of dipping. Robert weighed in at 382.8 and passed the drug test. Kately Tobin at 122.4 set a Minnesota bench record of 159.7 in Junior to go along with her world record deadlift. In Master men 40-46/198 Joel Strantz set a Minnesota record 374.7 and in 40-46/259 Jason Steffens set a Minnesota record 424.2. Jason has been a sponsor for this meet in past years and is much appreciated in his efforts to help WABDL survive in USA Powerlifting territory. In Master 47-53/198 Mike Borg set a Minnesota record 400 and in Master 47-53/242 don Rygh finally got his first 500 bench with a 512.5 Minnesota record. He only weighed 228 and he also has done a lot to help promote WABDL in Minnesota. His training is intense and smart. He only benches once a week and I assure you anybody that trains with him will improve. Noble Cozine of Iowa got his first 500 bench at 47-53/275 and was like a kid at Christmas. It wa a goal he had been after for many years. Maurice Lowery of Oklahoma set a record 380 in 54-60/220 and traveled all the way from Tulsa to lift and visit his father. In Master women 40-46/198 Michonne Berry set an Illinois record 275.5 in her first WABDL meet. In unlimited, Kelly Franklin benched 275.5 raw with 15 lbs. to spare. In Master 47-53/132, Jonnel Rivet set a Minnesota record 148.7 in the same age group at 148. Debbie Damminga set a Minnesota record 203.7 and Lisa Staplin at 165 set a Minnesota record 187.2. In Open men, Dave Ross set a Minnesota record 440.7 at 198. At 242, Matt Vinopal was huge with a wise record 573. Noble Cozine set an Iowa record 501.5 at 275 to go along with her master record. In Teen 12-13/123, Joshue LeClair set a Minnesota record 104.5 at 123 and Travis Miller set a wise record 352.5 in Teen 18-19/165 in only his second meet. I want to thank Chuck Wong who did the scorekeeping. The judges were Jerry Gnere, Dan Hawkinson, and John Husdon. The sponsors were Dr. Fred Clary of Advanced Injury Rehabilitation, Brian Welker of Competitive Edge Gym, Brent Mikesell of Iron Gladiator, Alan Thomas of Apt Wraps, Shawn Madere of GLC 2000, Mike Lambert of Powerlifting USA, Ken Anderson and PEte Alaniz of Titan Support Systems, Jon Doyle of USP Labs, Chet Groskreutz of Ivanko Barbell, Neal Spruce and Odd Haugen of Apex Fitness, Grace Cloniger of House of Pain West and Giorgio Usai Jr. and Sr. of Forza Strength Systems. (report provided courtesy Gus Rethwisch)

Don Rygh *got a 512 bench at 242 lb., 47-53 age group. (photograph provided by Chuck Venturella)*

Cheryl Anderson *poses with the sword she won for her world record deadlift at the WABDL Midwest Championships with WABDL President Gus Rethwisch*

(continued from page 20)

never had much success with an NO2 product or creatine, but my lifts are crazier than ever and I'm on both right now.

CB: We all feel at home in the gym around our peers, but how do people react in the outside world when you tell them you squat over a grand and bench over 700? Is it even worth explaining about equipment to someone who doesn't know what it is?

BC: I honestly don't like to discuss much about my lifting with people outside powerlifting. Lots of reasons for my stand on that, but mainly because so many people lie about what they actually can lift, so I don't want to sound like one of "those guys". I also don't like to sound like I'm bragging either. When they hear what I lift, they do freak, lol..

CB: What do you like to do away from the gym for fun?

BC: I like to go to church, movies, go out to eat, go fishing and spend time with my friends and family.

CB: As a massage therapist what kind of person or physique do you hate massaging the most, you must have a funny story about this?

BC: I really dislike massaging beautiful women. It's a horrible thing ... Nah, one that is hard to work on is really tiny women who are very bony. I have fat hands and it's hard to work on somebody who is mostly bone. I think the funniest thing to ever happen to me while working is a male client kept telling me as I was working on his back that "Brian.. your arms are so tremendous"... It was strange!!

Brian and some Team Samson training buddies. (Critical Bench)

CB: That's funny. What are your future goals Brian? Professionally, personally and in powerlifting.

BC: I'm single. I would like to have a family some time soon. I am 27, so I'm not so young anymore. I do like massage for a living, but it's hard on the body and I know I can't do it forever, so I need to find my niche soon and I'm sure I will. As far as powerlifing, I want to hold the top spot @ 242 and eventually @ 275 before I can't do this any longer.

CB: I don't think anyone doubts you can achieve whatever you want. What has powerlifting taught you about yourself and life? What motivates you to compete?

BC: Powerlifting has taught me much humility and patience. It is a hard pill to swallow sometimes, especially when you train for a meet for 12 weeks and something doesn't go your way and you end up going home early after the squat. I do it because I love it and want to be the best at it.

CB: Anyone else you would like to thank?

BC: I would like to thank Jesus for keeping TSP safe all the years training and at the meets. I would like to thank John Inzer for all his help and gear. Inzer you are incredible. I would like to thank you Mike and Critical Bench for all the help as well and I'm looking forward to working with Critical Bench in the future. Thank you Adam, Clint, Tony, Daniel, Travis, Tim, and all the rest of Team Samson. Adam has always provided the best possible place to train and we are all forever grateful to him. Thank you Frankl, Rick Hussey and all of Big Iron for their help with the bench. Rob you have been a big help as well. Hook, Byrd and all my other very close friends I have made through powerlifing. Thank you Lester for all you have done too. I wouldn't trade my last 5 years that I spent powerlifting and traveling for anything. Thank you to everyone who has supported or helped me at one time or another, whether it be a donation or a ride to or from the airport etc. Thank you so much!

NASA Gilmer Open
6 SEP 08 - Gilmer, TX

BENCH
FEMALE
Raw
148 lbs.
Master I
R. Hedrick 116

MALE
308 lbs.
H. Thomason 562
Raw
242 lbs.
Open
L. Kelly 369
275 lbs.
Master II
R. Duncan 380
PS BENCH
MALE
220 lbs.
Youth
D. Peters 105
PS CURL
MALE
220 lbs.
Youth
D. Peters 61

Push Pull	BP	DL	TOT
FEMALE 148 lbs. Master I R. Hedrick	116	237	353
MALE 308 lbs. Int H. Thomason	562	689	1251
Powerlifting FEMALE 220 lbs. Master II Vanderlong	SQ 116	BP 88	DL 193	TOT 397
Raw 165 lbs. Int Scarborough	121	88	193	402
MALE 198 lbs. Int A. Veron	430	364	524	1317
308 lbs. Int/Open H. Thomason	854	562	689	2105
Raw 242 lbs. Master I K. Romero	551	347	573	1472
Open L. Kelly	452	369	452	1273
Power Sports	CR	BP	DL	TOT
FEMALE 123 lbs. Master I A. Love	55	105	243	402
148 lbs. Master Pure R. Hedrick	55	116	237	408
MALE 165 lbs. Master I D. Holland	116	215	452	783
220 lbs. Int Leonguerrero	132	287	441	860
Open/Submaster II G. Garner	138	336	303	777
Police/Fire Leonguerrero	132	287	441	860
SHW Master II G. Wells Jr.	88	215	243	546

(Results of this competition were provided to POWERLIFTING USA through the courtesy of Rich Peters, the President, NASA)

NASA East Texas Regional
4 OCT 08 - Tyler, TX

BENCH
MALE
181 lbs.
Submaster
Pure
M. Ealy 309
242 lbs.

Police/Fire
M. Gonzalez 287
PS CURL
MALE
198 lbs.
PS CURL
MALE
198 lbs.
Submaster II
S. Chaderton 143

Push Pull	BP	DL	TOT
MALE 198 lbs. Submaster II S. Chaderton	309	430	739
308 lbs. Int H. Thomason	540	650	1190
Powerlifting FEMALE	SQ	BP	DL	TOT
Raw 165 lbs. Int Scarborough	138	83	209	430
MALE 165 lbs. High School J. Arnold	402	243	402	1047
Teen J. Arnold	402	243	402	1047
181 lbs. Master III D. Lees	375	187	353	915
Submaster I R. Allen	364	287	424	1075
Submaster II M. Ealy	397	309	430	1135
Submaster Pure M. Ealy	397	309	430	1135
198 lbs. Master Pure B. Frasier	529	397	535	1461
Submaster II S. Chaderton	419	309	430	1157
220 lbs. Int S. Dickerson	358	303	369	1031
242 lbs. Master I J. Goodson	584	424	551	1560
275 lbs. Junior C. McDowell	430	331	413	1174
308 lbs. Int H. Thomason	882	540	650	2072
Novice R. Skinner	154	220	331	705
Open H. Thomason	882	540	650	2072
Power Sports	CR	BP	DL	TOT
MALE 165 lbs. Master I D. Holland	116	215	402	733
198 lbs. Submaster II S. Chaderton	143	309	430	882
275 lbs. Master II D. Harris	204	452	623	1279

(Thanks to Rich Peters - NASA for results)

APF-AAPF Florida State
21 JUN 08 - Ft. Lauderdale, FL

BENCH
MALE
Master
220 lbs.
D. Broverman —
Master AAPF
D. Broverman —

Open
242 lbs.
M. Westerdal 617
SHW
K. Southwood —

Powerlifting	SQ	BP	DL	TOT
FEMALE Open S. Mikolay	402	226	353	981
A. Vargas	231	154	226	612
MALE Masters 181 lbs. D. Agostini	584	408	562	1554
198 lbs. D. Herring)	650	413	562	1626
J. Ruffalo	231	243	303	777
220 lbs. B. McGuire	364	303	419	1086
D. Broverman	—	—	—	—

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POWER WRAP $19.00
POWER WRIST WRAP $15.00 w/ wrist loop

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242 lbs.				
G. Larkins	623	402	551	1576
Masters AAPF				
220 lbs.				
D. Broverman	132	—	—	132
Open				
198 lbs.				
D. Flesh	816	502	601	1918
D. Herring	650	413	562	1626
H. Hosterman	502	375	529	1405
220 lbs.				
B. Ellers	678	474	601	1753
242 lbs.				
D. Kouf	761	480	661	1901
M. Westerdal	524	617	562	1703
275 lbs.				
D. Garcia	452	474	507	1433

So here we go again. The Florida state Open meet was held at the El Palacio Hotel and conference Center 4900 Powerline rd Ft. Lauderdale Fl. The rooms were $59.99 a night. My wife and I left Jax at 400 am Friday and headed south on I-95. We went straight to the Florida Everglades Holiday Park and took an airboat ride with a few Russian and American Tourists. The boat driver got within two feet or so from a live 13 foot Florida Alligator sunning on the bank. The Gator posed for pictures with the tourists, and then ate the Yankee lady's pet chiwawa. We then hopped on the turnpike and headed on down to the Monkey Jungle in Homestead. Where the humans are in a cage and the monkeys run free. It was cool to see live monkeys and feed them raisons and cranberries. It's funny how the dominant male monkeys will run off the other male monkeys and eat their food. There's always a bad __ in every bunch. One monkey swung all around his cage. Go to my you tube page (search ksouthwood) and you'll see it under our weekend. Ft. Lauderdale is on the east coast of Florida approximately 30 minutes north of Miami, 30 minutes south of West Palm Beach. The Miami Dolphins and Florida Marlins share the Stadium which is right off I-95. Sports is big business in South Florida, Dan Marino is to Miami what Elvis is to Memphis. People down there even pack it in at the Hi-Li arenas. I never really understood that sport, throw around a little ball and catch it in a basket conformed to your arm and throw it again. What aspect of the game are you betting on? Somebody please fill me in. Ft. Lauderdale is loaded with miles of Famous beaches. And the strip during spring break is the place to be. I don't remember much from when I was down there in 1984 (from FSU), but I do remember knocking over a lifeguard stand with a couple in it, pushing the bums off the wall, and tackling a guy in the middle of the street for no reason, because my friends Dan Morris and Dave Roberts said "Go hit that Guy, Keith " Isn't it great that the party days are long gone for most of us. I don't know how we didn't end up in the Broward County Jail, thank you Jesus. As some of us know, jail ain't no fun even for one night. On to some better accommodations, the El Palacio Hotel and Conference Center. The Florida Apf Chairman Kieran Kidder gets this space most every year, for this meet, This is the 11th year in a row for this meet, Kieran was saying, only surpassed by the Southern States which I wrote about in PL USA before. The first room we went to the bed felt like a concrete block so we called the front desk and "Juan" came up." I told him I needed to change rooms, he said, "Why they're all the same." I was getting a little perturbed at this point so I said a little louder "we need to change rooms Senior'. He complied and moved us from room 8010 to 8014. What a difference it made it was like moving from the motel 6 to the Embassy Suites. The new bed felt like a cloud. There were only a few lifters around on Friday Night. Dutch Flesh from Orlando Barbell and his Family and Ronnie Paris. Refs Wayne Pullum and Dennis arrived around 7:00pm. They were all in the Hotel Sports Bar talking so I tried to go in and see them. The freaking door was locked. I could see them through the glass window, but all I could do was wave at them. Bad karma for me, you'll find out later. Dutch's wife later told me the bartender told them to lock the door. Oh well. Saturday morning I was relaxed, too relaxed. The lifters started pouring in for the rules meeting at 9:30. Wayne gives a thrilling overview of the rules for squats benches and deadlifts. Wayne got so excited after he was done he moon walked over to the scorers table where KK and Amy Jackson (APF Secretary) were. Just kidding Wayne. Did you and Dennis drive the Aflac bug down? The atmosphere for the meet was electric. The lifters all broke out into the Electric Slide for a minute and then we got started. First up were the women Amy Vargas (age 24) and Suzanne Milikoy. Both started out a little nervous on the squats but both powered thru on their third lifts. Amanda wrap's her knees so tight she did the Frankenstein walk up to the monolift. The both achieved nice totals, Amanda in her first meet. Suzanne a claims adjuster from Tampa Florida and Girlfriend to Mike Swanke was the most color coordinated of the meet. The master's lifters came out in force. Bill from Palm Coast had a good day. 363-303-418 age 59, trains with me sometimes at Orlando Barbell. So did David Agistini from Tampa Barbell. David a construction worker and sometimes Gearman Nutrition employee Moved the weight around well all day. Greg Larkins (28 year air force Veteran) and Mike Westerdall (Critical Bench webmaster and powerlifting sponsor had good days. They both were pulling Conventional wearing an Inzer Fusion DL suit. C.P.A Dan Herring (Belle Glade Fl) pulled a nice 545 Sumo. Westerdall hit a 617 bench, the fifth one from Tampa Barbell to do so. Tommy Fannon feeds his guys raw meat down there. Seriously they have a good thing going down there, as well as Bob Yung's Southside Barbell in Boca Raton, who sent some lifters down. The best lifter of the meet was Orlando Barbell's Dutch Flesh. A Ga-Fla truck driver and masters 198 lber, Dutch has been around for a while, and has excellent squat form and platform savvy. He hit a nice 815 third squat (Frantz canvas) suit, followed by a 501 bench and a 601 pull for a 1917 pr total around this weekend. His wife Melonie, Ronnie Paris and Dutch's sons were there for support. . But Dutch didn't wear his trademark ten gallon cowboy hat around this weekend Great day for Dutch. Dwayne "Coach" Koff had some of the highest numbers in the meet including a 760 squat and a high 600 dl, Check his total below. Dwayne teaches High school in the area and coached Hs football for 6 years, some of his players are in the NFL right now. The bible says Pride comes before the fall. I'm a believer now. I was a little overconfident coming into this meet. And way too relaxed. After the rules meeting I went up to the room and took a nap. I bombed in the bench only; the last lift was 655, close. My 9lb tabby cat Tiger could have locked out more weight than me that day. Lesson learned; stop doing heavy singles to boards every week, Thanks Tommy Fannon and Jim Hoskinson for the needed coaching. On to the next meet, the WPC worlds in November. Check worldpowerlifingcongress.org for details. This will be big. Over 300 lifters from many different countries. It would be nice if Andy Bolton or Vlad came over and lifted. The Apf is strong in Florida. Although this was a small meet a good time was had by all. God Bless (Keith Southwood)

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(continued from page 6)

Eiseman from New Jersey weighing in at 180.25. He is the only man in the history of the world that has stood up with 800 pounds. He has been working his way back up through the 700's the past few years and had a close miss at it just a few months before. Of course this would be a slightly different environment from his normal meets with the bar that was not specialized for deadifting and all of the tough competition based on Wilks score instead of just people from his weight class. Tom took a gamble in dropping the weight before this meet to try and get the best Wilks score possible, but would it turn out to be a smart move? Next was Robert Herring and he is an unknown to many. He has done a couple of 100% Raw meets locally in North Carolina and another local meet in Georgia. He decided to do a tune-up meet the week before and what a tune-up it was with a 752 pull raw at 195 pounds. He hoped that with adding his suit he would do something even more mind boggling to get qualified for the Arnold. Herring is also a member of the US Army and has to train around those requirements as well. Would choosing to do a warm-up meet raw just one week before turn out to be the right move? Tee Meyers was the heaviest man of the final three freaks. He weighed 195.25. He chose not to cut any weight and wanted to pull something ridiculous. He almost did not come as his brother passed away the night before. But Tee is a true iron warrior and decided to come up and lift and dedicate his performance to his brother. It was a very emotional night for him and the crowd automatically gravitated toward him and his cause. Meyers and Herring chose to open up with the 705 minimum to get into the Arnold. Both men absolutely crushed the weights with not one red light between them. Eiseman decided to open up slightly higher with 715, and it came up fast off the floor, but right before lockout he let his weight get forward and the bar kind of dipped right before lockout. Although he did lock it out, he got three reds from the judges. Eiseman decided to go up despite his miss to 730, Herring chose 740, and Meyers jumped the biggest to 750. Eiseman again rocketed his lift off the floor, but this time his hips were too far behind and he held the weight for about four seconds just a hair shy of lockout but just could not slide those hips through for that final push. Lesser judges might have been fooled because it was so close, but the judges made the right call and again threw three reds. Herring walked out to take his 740, but his set up was a bit off. He let the weight roll away from him at the bottom and the weight came off the floor ever so slightly and then went back down and rolled up against his shins and he pulled it up. The judges threw three reds for the up and down movement off the floor. Meyers was left and he came out and really had his lift in the groove and pulled it up nicely. There was a misload, however, on his lift. Initially the judges thought it was 760, but the realized it was really 745. Tee was a bit disheartened by the change, but elected not to retake 750, but instead to go up to 760 on his final lift. This would tie him for the heaviest attempt even if he and Eucker got theirs, he would have the better lift on the lighter bodyweight. It was not a bad strategic move because his form was really on and he was killing some weights. He also had some huge crowd support behind him. Eiseman came out for his 730 third and was very focused. He stood behind the platform with his eyes closed looking more like a martial artist than a powerlifter. The crowd was going nuts for him to stay in the meet. After I got the crowd pumped on the mic, I even moved out to right beside the platform for a good view. Tom set it up perfectly this time and the weight absolutely blew off the floor up to lockout. He had just pulled the biggest Wilks score on the Arnold rankings. Herring was next. He went up to 750 even though he was called on his previous 740. He felt he had the strength and he wanted to win the good natured rivalry for most weight pulled between he and Meyers if Meyers were to miss his last attempt. He set up for that lift and his well muscled physique went to work on that huge pull, but it was just not to be on this night. Now, it was down to only Meyers. I don't know who ever gave him the nick name "Skinny Man", but they obviously never saw him without his shirt on. His torso is thick and ripped and he was ready to demonstrate that his muscles were not just for show. If Tee could pull this weight, he would move into the #2 spot on the Arnold DL rankings. The crowd left the stands and spilled out onto the floor just behind the head referee and was going insane for his last pull. Meyers used his flawless technique to get the weight easily off the floor and above his knees but just before lockout he slowed down and seemed to lose both his grip and his air at the same time and collapsed in exhaustion on the bar. It was just a hair too heavy on this night. What a show it was. Four men are now ranked in the top 12 of the Arnold DL rankings. After everyone makes their final declarations for the meet, we hope that all four of them get the invite to compete. I really think that all these lifters should be commended for doing this meet to get to the Arnold. Herring, Meyers, and Eiseman have not done a USAPL meet in a long time, but they decided to come together and give the powerlifting community what it needs more of; head to head match-ups between the best lifters regardless of federation. It was great night of deadlifting, but the amazing part is that it is only a glimpse into what will happen at this year's Arnold DL event. When you add in a few more of the best pullers in America with a few of the best from Europe, it will be a deadlift show for the ages. (Alex Campbell, USAPL TN Chair, NOTLD Director and Promoter)

Tom Eiseman – "what can I say?"

Mike Nease, one of the greats, prepares to smoke a deadlift

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

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

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APA Delaware Power Classic
10 MAY 08 - New Castle, DE

BENCH				
STD				
Open DT				
165 lbs.				
M. Obey	375			
UNL				
Junior				
220 lbs.				
D. Poole	550			
Open DT				
275 lbs.				
R. Aikens	650			
Raw				
Junior DT				
275 lbs.				
Hutchinson	335			
Master III DT				
181 lbs.				
B. Roberts	235			
242 lbs.				
D. Barnes	285			
DEADLIFT				
Raw				
Teen (13-15) DT				
275 lbs.				
M. Serrano	355			
Open				
Push Pull				
MALE				
Raw				
Open DT				
198 lbs.				
J. Bowen		315	505	820
220 lbs.				
C. Webb		410	550	960
J. Stoklosa		335	315	650
275 lbs.				
D. Hill		255	365	620
Master II DT				
220 lbs.				
C. Webb		410	550	960
Powerlifting	SQ	BP	DL	TOT
MALE				
STD				
Master IV DT				
220 lbs.				
H. Beaudet	275	290	480	1055
		4th-DL-500		
UNL				
Junior				
220 lbs.				
D. Poole	600	550	550	1700
Open				
308 lbs.				
D. Murray	865	255	550	1640
SHW				
M. Nickel	675	525	505	1705
Raw				
Teen (13-15) DT				
165 lbs.				
B. Barron	250	160	315	725
		4th-SQ-275	DL-325	
Teen (16-17) DT				
165 lbs.				
B. Ellingsworth	375	250	425	1050
		4th-DL-435		
181 lbs.				
F. Ogundare	340	205	450	995
		4th-SQ-360		
242 lbs.				
A. Brewer	300	230	405	955
275 lbs.				
J. Widener	545			
Master III DT				
198 lbs.				
F. Warner	480			
SQUAT				
UNL				
WOMEN				
Open				
165 lbs.				
T. Mangini	525			
MEN				
STD				
Master III DT				
242 lbs.				
D. Barnes	520			
Raw				
Open DT				
275 lbs.				
R. Aikens	730			
STRICT CURL				
MALE				
Open DT				
165 lbs.				
M. Obey	165			
Master III DT				
198 lbs.				
F. Werner	135			

David Poole sets a Junior Bench Press record with 550 lbs. (Baird)

4th-SQ-325 DL-425

Venue: The Training Center. Meet Director: Kate Baird. May 10 2008 marked the third anniversary of the Delaware Power Classic at the Training Center in New Castle, DE. The event is now sanctioned by the APA, and still brings together some of the best and most entertaining lifters in the Mid-Atlantic region. One world record was set this day by David Poole in the Junior 220 class, who popped a 550 bench easily right up. Several DE state records were also set. The Sussex Tech Team was represented by four teen lifters all in their very first event. Benjamin Barron, Brad Ellingsworth, Franklin Ogundare and Aikeem Brewer all look to be strong lifters with great futures on the platform. Teri Mangini narrowly missed a world record squat this time, but she's got the power to do it easily another day. RudyAikens first wowed us with thighs the size of large tree trunks, but wowed us even more with an easy raw 730 squat. Darrell Barnes showed unwavering determination finally coming through with his 520 in the Masters III. David Murray and Marty Nickel each continue to improve with bigger lifts each time I see them. Blair Roberts,Don Hutchinson and Mark Obey all brought their best efforts in for some great benching.Rudy Aikens blew his shirt out on a big 700. Chris Webb keeps breaking his own records every time he competes. Jon Stoklosa was rebounding back from an ACL tear, but is rehabbing very nicely. David Hill showed us the most enthusiasm of the day along with his superb technique. Jim Widener came and showed us why they call him BigWides - easy deadlifting for him this day, but I know he's got more in that tank for next time! Jai Bowen appeared to be a little off this day, but still gave us some good looking lifts. Manuel Serrano at 14 looks capable of lots of big lifts should he continue to pursue this sport in the years to come. Hank Beaudet had to be talked into pulling a fourth and surprised himself with a beautiful 500 deadlift. My "Spirit of Lifting" Award goes to Francis Warner this time he brought pure joy with him and it came through in his lifts! We managed to raise $100 for the Special Olympics of DE, in honor of our meet photographer Hank Stoklosa. And let me not sign off by saying I have the absolute BEST support behind me while running these meets. I could not do this without the generous support of The Jersey Iron crew (especially Big Tone Barbaccio), Club Dynamo gang out of Maryland, Jack and Chrissy Osborne of The Training Center, various "Animals" Phil and Boz you are UBER spotter/loaders, my son Slater Clampitt for his time and talent, and, of course, Len Walker! (thanks to Kate Baird for providing these results)

Rudy Aikens powers up a raw 730 squat at the APA Delaware meet. (photos courtesy Kate Baird)

USAPL Summer Power Fest
2 AUG 08 - Houston, TX

BENCH				
FEMALE				
105 lbs.				
Open				
M. Pfister	182			
MALE				
181 lbs.				
Junior				
K. Rausa	237			
Open				
J. Kearns	457			
198 lbs.				
Masters				
B. Kline	375			
S. Green	364			
D. Schneider	342			
Powerlifting	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
Open				
A. Awalt	391	187	369	948
132 lbs.				
Junior				
S. Baker	369	204	375	948
M. Grant	237	160	248	645
148 lbs.				
Junior				
S. Eliasson	270	160	281	711
MALE				
114 lbs.				
Junior				
K. Bui	259	143	237	639
Youth				
M. Densford	83	83	154	320
B. Dorman	66	55	132	254
148 lbs.				
Junior				
E. Luera	375	276	397	1047
165 lbs.				
Junior				
Z. Waggener	502	331	524	1356
Junior				
C. Dupuis	430	298	430	1157
Masters				
A. Sheen	265	215	386	865
Open				
R. Torres	314	270	336	920
181 lbs.				
181 lbs.				
G. VonKennel	292			
220 lbs.				
Junior				
J. King	402			
Masters				
C. Turco	507			
242 lbs.				
Masters				
S. Rosenberg	281			
275 lbs.				
Masters				
B. Propst	391			
B. Eaton	292			
Open				
W. Wakefield	226			
Junior				
D. Thomas	386	254	457	1097
Masters				
A. Rausa	226	231	364	821
Open				
D. Sullivan	276	325	474	1075
J. Gallmeier	331	270	380	981
198 lbs.				
Junior				
T. Godawa	661	457	612	1731
A. Burstyn	402	254	535	1190
220 lbs.				
Junior				
J. Bernal	380	243	402	1025
W. Blackmon	579	386	590	1554
R. Davenport	502	287	562	1350
D. Allums	369	226	413	1009
242 lbs.				
Junior				
J. Carney	650	474	584	1709
L. Brown	—	369	546	915
UNL				
Junior				
D. Sanchez	579	325	424	1328

Meet Directors: Tony Cardella & Christy Newman. (Results courtesy Tony Cardella)

USPF Belpre Homecoming
9 AUG 08 - Belpre, OH

BENCH		DEADLIFT	
WOMEN		MEN	
Open		Guest	
148 lbs.		90 lbs.	
C. Williams	270	S. Clendenin	148
MEN		High School	
High School		90 lbs.	
114 lbs.		L. Hill	148
Z. Wilson	115	114 lbs.	
148 lbs.		Z. Wilson	242
T. Green	253	148 lbs.	
Z. Trembly	231	Z. Trembly	451
165 lbs.		T. Green	380
C. Richards	220	165 lbs.	
Open		C. Richards	369
198 lbs.		Open	
J. Stottlemire	507	198 lbs.	
R. Randolph	259	R. Randolph	385

Venue: Belpre Civitan Park. Best Female Bench: Christina Williams. Best Male Bench: Josh Stottlemire. Best Male Deadlift: Zac Trembly. I would like to give special thanks to Dave Jeffrey, Courtney Stanley, Dan and Garrett Lass, Rob Graham, Anthony Letto, Ricky Sanchez and Kenny Richards for spotting and loading, and Heather Mercer. (Thank you to Tim Cochran, Ohio USPF Chairman, Meet Director/Promoter for providing the results)

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CBPP-.5KG	2	Black	0.5 Kg
CBPP-1.25KG	2	Black	1.25 Kg
CBPP-2.5KG	2	Black	2.5 Kg
CBPP-5KG	2	Black	5 Kg
CBPP-10KG	2	Black	10 Kg
CBPP-15KG	2	Yellow	15 Kg
CBPP-20KG	2	Blue	20 Kg
CBPP-25KG*	**6**	**Red**	**25 Kg**
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NPA Nationals
20 SEP 08 - Freeport, IL

BENCH			242 lbs.		
MALE			R. Hanson	365	
Teen			275 lbs.		
181 lbs.			C. Cozine	510	
P. Brown	295		SHW		
198 lbs.			J. Miller	435	
W. Cole	275		DEADLIFT		
Junior			MALE		
198 lbs.			Masters		
A. Staver	340		165 lbs.		
Open			R. Lee	260	
198 lbs.			198 lbs.		
N. Howland	275		B. Hochstein	570	
242 lbs.			220 lbs.		
C. Grimm	420		S. Coogan	510	
Submaster			242 lbs.		
239 lbs.			J. Dean	360	
P. Mercado	—		308 lbs.		
Masters Senior			J. Miller	465	
198 lbs.			Open		
B. Hochstein	235		165 lbs.		
Masters Junior			B. Folgate	520	
198 lbs.			181 lbs.		
G. Koch	265		K. Koch	330	
220 lbs.			SHW		
D. Leslie	370		A. Miller	480	

Lifters came from three states to compete in the bench press and deadlift. The meet started with Nick Howlan in the bench press putting up 275 lbs. to win the 198 open class. Bob Hochstein took the senior masters 198 with a press of 235 lbs. Not bad for the Gary Busey look alike that's a deadlifter. Gary Koch took the 198 junior masters with a press of 265 lbs. Jerry Dean got a strong opener at 250 lbs. to win the masters 242 class. Will Cole won the 198 teenage with a press of 275 lbs. Pete Brown, lifting in his first meet, put up a solid 295 lbs. to take the 181 teen title. Adam Stover won the 198 junior class with solid lifts hitting 340 lbs. on his third attempt. In flight two, Robert Hanson, a deadlifter, won the 259 masters with a press of 265 lbs. Dave Leslie hit a strong 370 lb. press to win the masters SHW class. He would have smoked his third attempt, which was 505 lbs., but he hit the upright and that caused problems. Cozy Cozine came in getting a lifetime PR pressing 510 lbs. to win the 275 masters and take best lifter honors. Big Brother Bear Paul Mercado had an off day not getting a lift in. Fighting to touch each time, Paul, the great lifter he is, brushed it off and knows it was a learning experience. In the deadlift, Richard Lee came over making 260 lbs. look easy to win the masters 165 class. Awesome guy said he will retire from lifting next year. He is a class act. Kerry Dean lifted in the 242 masters pulling 360 lbs. easy to win the class. Keith Koch won the 181 open with a pull of 330 lbs. John Miller, from Team Miller, pulled an easy 465 lbs. to take the 308 masters class. Barry Folgate pulled a solid 520 to win the 165 open class. He tossed the weight down after hitting that big pull, we gave it to him as the little fella was a bit over excited. Don't want to deny a lift because someone gets a little excited too early. Adam Miller came in with an injury. It appeared only getting his opener of 480 lbs. to win the SHW open class. Bob Hochstein won the 198 senior masters with a nice lift of 570 lbs. It was a slow one, but strong Stewart Coogan pulled 510 lbs. to take the 220 masters title on his opener. Looked like he was going to get his second pull, but it just didn't happen. A big thank you to all our hlep! Jen Mercado, Mrs. Brother Bear, Barry Folgate, Mike Murray, richard Lee, Mike Pettinger, and Cozy Cozine. Until next time, do something to make the world a better place for our children. (results of this competition were provided to PL USA by Duane Burlingame)

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I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFPF or AAFPF

Signature X

TOP 100

For standard 123 lb./56 Kg. USA lifters in results received from SEP/07 through AUG/08

	SQUAT	BENCH	DEADLIFT	TOTAL
1	486 Kirkland, M..5/30/08	347 Faraone, J..12/15/07	510 Smith, C..3/29/08	1306 Gainer Sr., E..10/14/07
2	485 Gainer Sr., E..10/14/07	314 Gainer Sr., E..10/14/07	507 Gainer Sr., E..10/14/07	1215 Lawrence, J..3/29/08
3	475 Laznovski, N..3/29/08	314 Cordova, P..3/1/08	490 Naquin..6/12/08	1160 Kirkland, M..5/30/08
4	470 Lawrence, J..3/29/08	297 Pham, H..11/17/07	475 Lawrence, J..3/29/08	1140 Smith, C..3/29/08
5	450 Tran, C..4/19/08	275 Rotar, P..3/15/08	460 Soliz, C..3/29/08	1135 Laznovski, N..3/29/08
6	425 Carr, N..6/22/08	270 Lawrence, J..3/29/08	451 Tran, C..6/12/08	1115 Tran, C..4/19/08
7	410 Soliz, C..3/29/08	270 Hadden, J..3/29/08	441 Meadows, S..4/5/08	1110 Soliz, C..3/29/08
8	405 Rotsinger, J..1/12/08	265 Gonzales..3/29/08	440 Laznovski, N..3/29/08	1096 Naquin..6/12/08
9	405 Rotar, P..3/7/08	265 Ramirez..3/29/08	435 Duran, J..3/29/08	1050 Gonzales..3/29/08
10	405 Smith, C..3/29/08	264 Adelman, T..2/16/08	430 Dupuis, D..11/3/07	1050 Ramirez..3/29/08
11	402 Naquin..6/12/08	254 Kirkland, M..5/30/08	419 Kirkland, M..5/30/08	1045 Sanders, J..3/29/08
12	400 Jorgenson, M..2/23/08	250 Ward..3/29/08	415 Jorgenson, M..2/23/08	1040 Jorgenson, M..2/23/08
13	400 Oliver, T..3/29/08	245 Lovell, M..2/9/08	415 Sanders, J..3/29/08	1035 Rotar, P..3/7/08
14	395 Ramirez..3/29/08	245 Sanders, J..3/29/08	415 Phillips..3/29/08	1025 Oliver, T..3/29/08
15	390 Pham..3/29/08	245 D., Von..3/08	407 Rein..6/12/08	1014 Rein..6/12/08
16	385 Gonzales..3/29/08	242 Peang..11/9/07	405 L., Joel..3/08	995 Dupuis, D..11/3/07
17	385 Sanders, J..3/29/08	240 Soliz, C..3/29/08	402 Marzo, D..11/3/07	986 Meadows, S..4/5/08
18	385 Rein..6/12/08	236 Freeman, J..9/3/07	400 Perry, C..2/24/08	980 Rotsinger, J..1/12/08
19	380 Perry, C..2/24/08	235 Dupuis, D..11/3/07	400 Oliver, T..3/29/08	980 Martinez..3/29/08
20	380 Condiff, C..3/29/08	235 Martinez..3/29/08	400 Council, B..3/29/08	980 Ramirez..3/29/08
21	380 Denmon, L..5/4/08	235 Roemer, N..4/5/08	400 Ray, G..3/29/08	980 Condiff, C..3/29/08
22	374 Gutierrez, V..11/17/07	235 Poindexter..6/28/08	395 Nguyen, M..2/2/08	970 Council, B..3/29/08
23	370 Ramirez..3/29/08	231 Matherne, A..10/14/07	395 Rotar, P..3/7/08	970 Carr, N..6/22/08
24	369 Freeman, J..9/3/07	231 Huneycutt, B..7/19/08	390 Gonzales..3/29/08	965 Huerta..3/29/08
25	365 Huerta..3/29/08	230 Kilts, R..12/15/07	390 Ramirez..3/29/08	965 Phillips..3/29/08
26	355 Martinez..3/29/08	226 Pope, D..11/3/07	390 Martinez..3/29/08	955 Lovell, M..2/9/08
27	355 Ray, G..3/29/08	225 Lee, J..12/8/07	390 Jones, D..3/29/08	950 Perry, C..2/24/08
28	355 E., Craig..3/08	225 Gill, R..2/9/08	385 Ramirez..3/29/08	950 Ward..3/29/08
29	352 Brown, J..2/16/08	225 Jorgenson, M..2/23/08	385 Cooper, K..3/29/08	945 Pham..3/29/08
30	350 Rosinbaum, C..2/2/08	225 Hood, J..3/1/08	385 Mohammed, T..6/28/08	940 Duran, J..3/29/08
31	350 Lovell, M..2/9/08	225 Orsi, D..3/15/08	380 Walker, D..2/16/08	936 Freeman, J..9/3/07
32	350 Council, B..3/29/08	225 Smith, C..3/29/08	380 Huerta..3/29/08	935 Ray, G..3/29/08
33	350 Williams, J..3/29/08	225 Condiff, C..3/29/08	375 Pedroza, J..2/2/08	931 Pope, D..11/3/07
34	350 Nguyen, J..3/29/08	225 Ramirez..3/29/08	375 Azard, S..2/24/08	925 Wallace..6/12/08
35	347 Van Dusen, K..9/4/07	225 Oliver, T..3/29/08	375 Condiff, C..3/29/08	920 Van Dusen, K..9/4/07
36	347 Wallace..6/12/08	225 Tran, C..4/19/08	375 Pham..3/29/08	920 D., Von..3/08
37	345 Warren, D..3/29/08	225 Kennedy, R..7/26/08	375 Wallace..4/19/08	910 Martinez, S..1/12/08
38	341 Meadows, S..4/5/08	220 Martinez, S..1/12/08	375 Kennedy, R..7/26/08	910 E., Craig..3/08
39	340 Martinez, S..1/12/08	220 Laznovski, N..3/29/08	374 Pope, D..11/3/07	905 Jones, D..3/29/08
40	340 Phillips..3/29/08	220 Council, B..3/29/08	369 Conley, B..3/29/08	903 Matherne, A..2/16/08
41	340 L., James..3/08	220 Huerta..3/29/08	365 Shaw, I..2/2/08	900 L., James..3/08
42	336 Dunn, K..11/17/07	220 Rein..6/12/08	365 Ward..3/29/08	895 Cooper, K..3/29/08
43	336 Boutte, C..10/27/07	215 Rotsinger, J..1/12/08	365 Williams, J..3/29/08	892 Dunn, K..11/17/07
44	336 Miller, K..2/16/08	215 Rosinbaum, C..2/2/08	365 M., Dishum..3/08	892 Denmon, L..5/4/08
45	335 Allen, M..3/14/08	215 Carr, N..6/22/08	365 Jones, N..5/31/08	885 Williams, J..3/29/08
46	335 Ward..3/29/08	215 Gonzalez, J..6/28/08	363 Van Dusen, K..9/4/07	881 Brown, J..2/16/08
47	330 Dupuis, D..11/3/07	214 Callahan, S..2/16/08	360 Rotsinger, J..1/12/08	876 Marzo, D..11/3/07
48	330 Pope, D..11/3/07	214 Claypatch, H..6/28/08	360 Plummer, J..2/2/08	875 Rosinbaum, C..2/2/08
49	330 Goodwin, A..2/16/08	210 Thomas, D..1/12/08	360 Lovell, M..2/9/08	870 Thomas, D..1/12/08
50	330 Matherne, A..2/16/08	210 Brettingen, A..3/7/08	360 Debose, P..2/16/08	865 Lopez, R..2/16/08
51	330 D., Von..3/08	210 Phillips..3/29/08	360 Melo, M..3/8/08	860 Mohammed, T..6/28/08
52	325 Baker, S..9/4/07	210 L., James..3/08	358 Walker, Z..10/12/07	859 Conley, B..3/29/08
53	325 Lopez, R..11/17/07	209 Van Dusen, K..9/4/07	358 Lopez, R..11/17/07	855 Davant..3/29/08
54	325 Sehon, C..2/16/08	209 Beckman, A..11/17/07	358 Banaszak, T..2/9/08	850 Shaw, I..2/2/08
55	325 Schillinger, A..3/7/08	209 Sauer, H..11/17/07	357 Farrar, A..10/12/07	850 Warren, D..3/29/08
56	325 Gaona, J..3/14/08	209 Carlson, B..1/26/08	355 Steinmetz, N..3/7/08	845 Pedroza, J..2/2/08
57	320 Thomas, D..1/12/08	209 Lopez, R..2/16/08	355 Hall, J..3/7/08	845 Plummer, J..2/2/08
58	320 Debose, P..2/16/08	209 Conley, B..3/29/08	355 Schillinger, A..3/7/08	845 Gonzalez, J..6/28/08
59	320 Prince, J..2/23/08	209 Stevens, J..4/26/08	352 Dunn, K..11/17/07	843 Miller, K..2/16/08
60	320 Cooper, K..3/29/08	205 Logsdon, H..9/8/07	352 Brown, J..2/16/08	840 Walker, D..2/9/08
61	319 Williams, M..9/4/07	205 Murphy, D..3/8/08	352 Tobin, K..7/12/08	840 Goodwin, A..2/16/08
62	319 Galant, A..5/2/08	205 Duran, J..3/29/08	350 Lee, J..12/8/07	840 Richard, K..2/23/08
63	315 Bell, J..1/12/08	205 Winn, K..3/29/08	350 Martinez, S..1/12/08	840 Prince, J..2/23/08
64	315 Paris, J..2/16/08	205 E., Craig..3/08	350 Shepard, C..2/2/08	840 Steinmetz, N..3/7/08
65	315 Blankenship, C..2/23/08	205 R., Jeremy..3/08	350 Warren, D..3/29/08	835 Nguyen, J..3/29/08
66	315 Steinmetz, N..3/7/08	205 Hedman, S..5/17/08	350 Winn, K..3/29/08	832 Carlson, B..1/26/08
67	315 Saenz, C..3/14/08	203 Pereja, J..11/3/07	350 L., James..3/08	830 Bell, J..1/12/08
68	315 Jones, D..3/29/08	203 Dunn, K..11/17/07	350 E., Craig..3/08	830 Hill, J..1/26/08
69	315 Davant..3/29/08	203 Benton, G..11/17/07	350 C., Tononta..3/08	830 Nguyen, M..2/2/08
70	310 Walker, D..2/16/08	203 Hughes, K..3/1/08	348 Muth, L..4/12/08	830 Sehon, C..2/16/08
71	310 Figureda, I..2/16/08	203 Meadows, S..4/5/08	347 Kelley, B..8/23/08	830 Blankenship, C..2/23/08
72	310 Stifflemire, C..3/14/08	203 Knight, T..4/19/08	345 Nealy, D..10/27/07	830 Hall, J..3/7/08
73	308 Goodin, S..11/3/07	203 Naquin..6/12/08	345 Zamaripa, A..2/9/08	830 Winn, K..3/29/08
74	308 Kemper, T..2/16/08	203 Wallace..6/12/08	345 Bhura, J..2/23/08	825 Debose, P..2/16/08
75	305 Nealy, D..10/27/07	203 Pantilat, I..7/12/08	345 Davant..3/29/08	825 L, Joel..3/08
76	305 Shaw, I..2/2/08	203 Lamp, L..8/2/08	345 O'Neill, A..3/29/08	821 Beckman, A..11/17/07
77	305 Zamaripa, A..2/9/08	200 Hill, J..1/26/08	345 D., Von..3/08	821 Kemper, T..2/16/08
78	305 Wigham, T..2/16/08	200 Richard, K..2/23/08	345 Gonzalez, J..6/28/08	820 M., Dishum..3/08
79	305 DiGese, B..2/23/08	200 Jones, D..3/29/08	341 Matherne, A..10/14/07	815 Baker, S..9/4/07
80	305 Hall, J..3/7/08	198 Sullivan, G..9/29/07	341 Kemper, T..12/8/07	815 Laudadio, A..12/1/07
81	305 Guerra, H..3/14/08	198 Goodin, S..11/3/07	340 Hofheins, L..11/17/07	815 Digese, B..2/23/08
82	303 Beckman, A..11/17/07	198 Barrasa, R..3/29/08	340 Thomas, D..1/12/08	815 Orsi, D..3/15/08
83	303 Laudadio, A..12/1/07	195 DeGese, B..2/23/08	340 Hill, J..1/26/08	810 Goodin, S..11/3/07
84	303 Schraub, G..4/12/08	195 Davant..3/29/08	340 Richard, K..2/23/08	810 Schillinger, A..3/7/08
85	300 Ellis, R..1/12/08	192 Unson, R..11/18/07	340 Reed, V..3/2/08	810 Jones..3/29/08
86	300 Plummer, J..2/2/08	192 Banaszak, T..2/9/08	340 Wainio, N..3/7/08	805 Nealy, D..10/27/07
87	300 Nguyen, M..2/2/08	192 Cobb, S..3/1/08	340 Snow, D..8/23/08	804 Walker, Z..11/17/07
88	300 Richard, K..2/23/08	192 Cazares, F..4/5/08	336 Laudadio, A..12/1/07	804 Galant, A..5/2/08
89	300 Rose, K..2/23/08	190 Bell, J..1/12/08	336 Galant, A..5/2/08	800 Wigham, T..2/16/08
90	300 Cunahan, E..2/24/08	190 Perry, C..2/24/08	335 Cabison, K..12/8/07	800 McGlynn, M..3/2/08
91	300 McGlynn, M..3/2/08	190 Doan, J..3/8/08	335 Prince, J..2/23/08	800 Brettingen, A..3/7/08
92	300 Larson, I..3/7/08	190 Cooper, K..3/29/08	335 Jones..3/29/08	795 Ellis, R..1/12/08
93	300 Duarte, A..3/14/08	190 M., Derek..3/08	335 R., Jeremy..3/08	795 Zamaripa, A..2/9/08
94	300 Thomas, J..3/14/08	190 Elibal, B..6/7/08	335 DelGallo, M..5/17/08	795 O'Neill, A..3/29/08
95	300 Duran, J..3/29/08	187 Swain, B..11/17/07	330 Freeman, J..9/3/07	793 Stevens, J..4/26/08
96	300 Jones..3/29/08	185 Cabison, K..12/8/07	330 Goodwin, A..2/16/08	790 Falls, B..2/9/08
97	297 Carlson, B..1/26/08	185 Ellis, R..1/12/08	330 Miller, K..2/16/08	790 Paris, J..2/16/08
98	295 Pedroza, ..2/2/08	185 Plummer, J..2/2/08	330 Blankenship, C..2/23/08	790 Azard, S..2/24/08
99	295 Norman, T..3/14/08	185 Falls, B..2/9/08	330 Hood, J..3/1/08	782 Pantilat, I..7/12/08
100	295 Perkins, T..3/14/08	185 Sehon, C..2/16/08	330 McGlynn, M..3/2/08	780 Brennan, J..2/7/08

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NEXT MONTH... TOP 132s

CORRECTIONS... Charles Bailey should have been credited with an 1102 squat in the TOP 100 ranking for the 275 lb. class. The results of the APF Maine State Meet on page 90 of the August 2008 issue of PL USA were incorrectly multiplied by a factor of 2.2046. Last issue's TOP 100 list for the 114 lb. class was mistakenly labeled for the SHW class. Matt Hobinger's last name was incorrectly spelled on the TOP 100 list for the 275 lb. class, for his 688 lb. bench press. Ellen Stein should have been credited with a 391 lb. deadlift on the All Time TOP 50 list for 123 lb. women that was published in our September 2008 edition of POWERLIFTING USA. If you find errors in our weight class rankings or in the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the manner (which can take a variable length of time, depending on the specific situation) and an appropriate correction in a following issue.

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