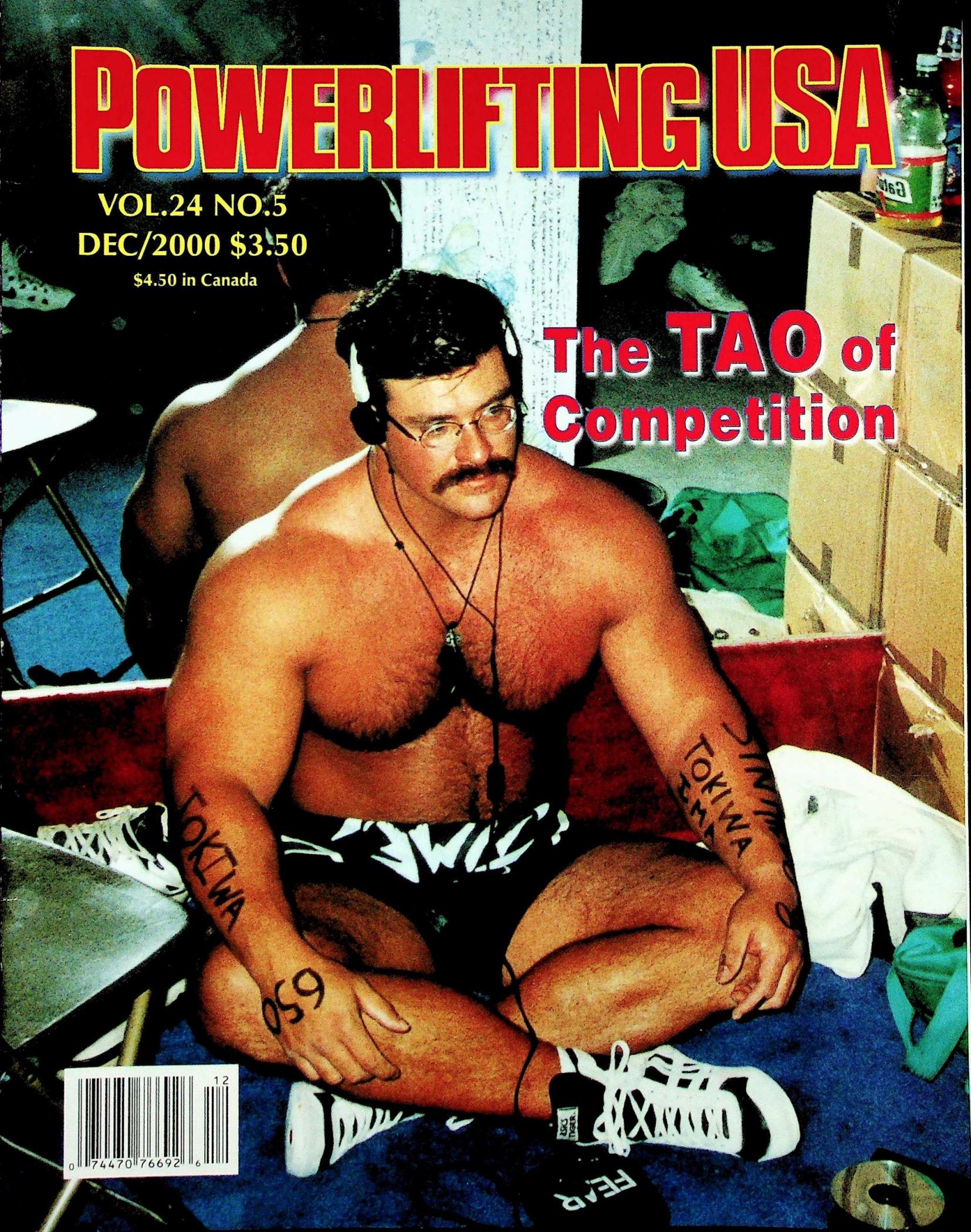


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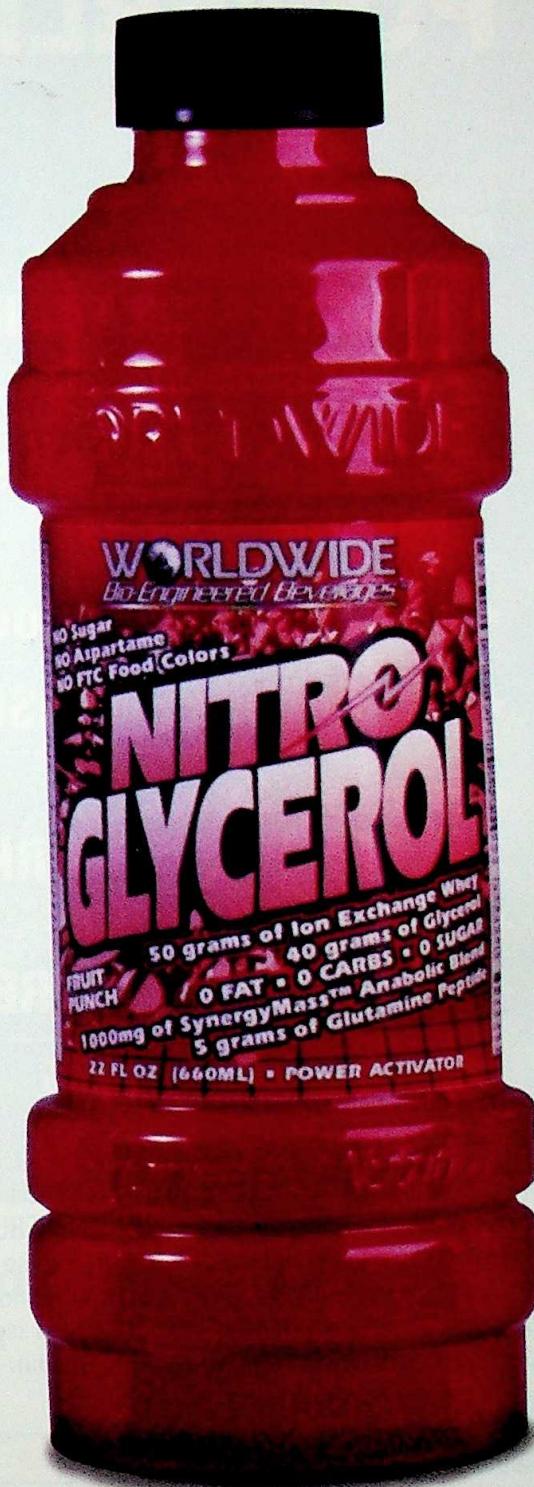
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ON THE COVER.... J.M. Blakley deep in concentration prior to lifting at Ken Lain's 1996 Baddest Bench in Texas (J. Anderson)

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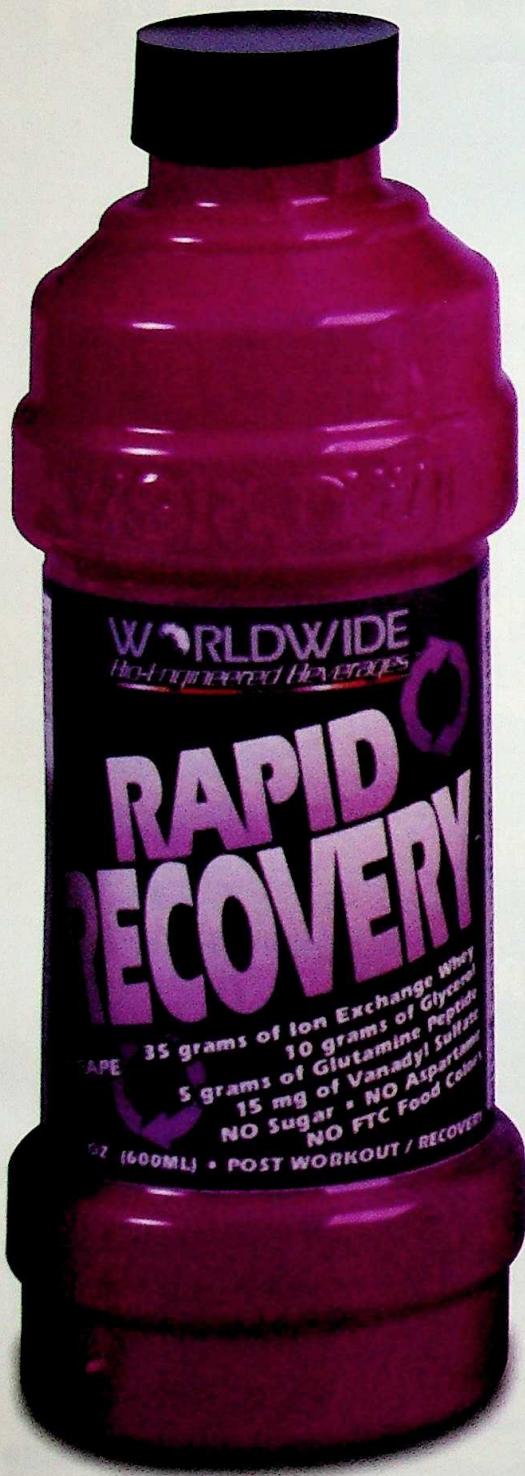
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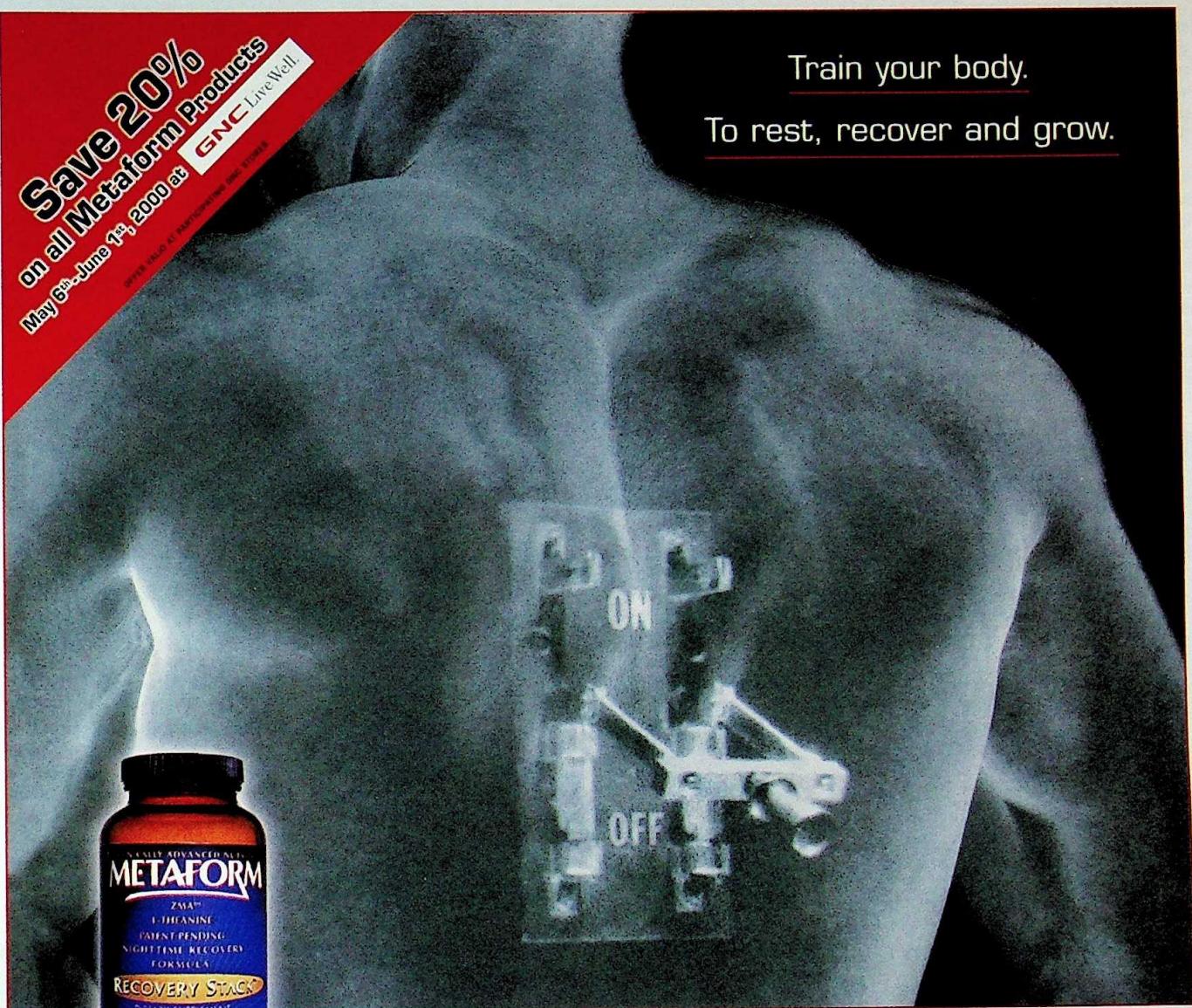
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Improving your performance is more than sets and reps and biomechanical technique. In fact it can be much more. But one thing is sure: everyone is looking for improved performance, and if you're not, why the heck are you reading *PL USA*?

I personally came to a point where I realized that if I was going to do things that no one had done before (i.e. record lifts), I was going to have to try things no one had tried before. I began searching for ways. I very quickly found my strengths in physical training (the set and rep and percentages and mechanics mentioned earlier) and just as quickly my weakness became apparent... the lack of mental

The TAO of Competition Pt. I as told to Powerlifting USA by J.M. Blakley

training. I had spent years of study and practice learning training theory and physiology and given only a modicum of attention to the psychological. I became convinced that this was my greatest area for improvement. So, over the past few years my physical training has been about 5 hours per week and my mental training averages, in phases, over 20 hours per week. I am still at the beginning of my education in this, but have already reaped innumerable benefits both in and out of Powerlifting. It is in response to

many, many requests that I will attempt to share a small portion of what I have come to view as my greatest reward from the sport and I am confident that these mental paradigms will be of at least some value for all. For me they are the reason I remain in Powerlifting. They are truly among my treasures.

STAY OPEN - A monk visited the Master seeking to learn the secrets of enlightenment. The monk viewed himself a pious and evolved soul and had made much spiritual progress. He came to the Master after years of meditation, prayer, and good works convinced that with the Master's help he would finally reach Nirvana. Upon their first meeting the monk respectfully asked for the Master's teaching. Joshu (the Master) said they would begin with a cup of tea. The monk held out his tea cup and Joshu began to pour. He poured until the cup was full to the very brim and then, to the monk's great surprise, the Master continued to pour tea into the cup which was now overflowing onto the monk's hands and down to the floor. Finally, the monk could not contain

himself any longer and pulled the cup back shouting "Master, the cup is full!" to which Joshu replied "As a full cup can hold no more, a full mind can hold no more. I can not teach one who already knows everything."

What the Master was saying was that a person can not learn new ideas if he thinks he already knows it all. One must have an empty cup (an open mind) if one expects to be filled. If your mind is set then your cup is full and new ideas have no room. Keep open to new ideas and there is room to grow. If you want to improve, you may have to look in a new place.

I had to look in a new place. It was with an open mind that I traveled to Westside Barbell. I had to overcome my "full cup" and experience new ideas. I admit this was not comfortable. I had enjoyed much success as my own coach and as I always say, "people with some success under their belt are the least coachable athletes." But if I had not kept an open mind, I would have never learned about training with chains which has now become a staple of mine during the peaking phase. Lou Simmons also kept an open mind and personally used one of my favorite tricep techniques in his training to break the 600 lb. bench mark at age ... , oh let's just say "mature". Lou is possibly too open and at times the Westside crew must feel more like guinea pigs than trainees. But thanks to Lou, you and I don't have to try every single new method that comes along - he already has! (Lou has the time and resources to do it!). And it is this openness which has afforded much of his success. Remember: stay open.

With that longwinded but necessary introduction in mind, I will present some concepts which have been of great value in my psychological training program. You may find them a bit unconventional, but you may also find at least some use for it in your own program. I hope there is room in your cup.

THERE IS NO COMPETITION, YOU ARE YOUR OWN COMPETITION. You must first realize that you can not compete against others or against the weight. That is an illusion. You can only compete against yourself.

You cannot compete against the weight because the weight is not *against* you; nor is it for you. It just is. It will not be your opponent even if you try to vilify it or ascribe value to it. It does not act good or evil anymore than it acts for or against

you. You can say to yourself "I will do battle against the Iron" but rest assured it doesn't play along. It just is. You play that game alone.

And you really can't compete against others either. True, sometimes they will play along with the game, but in Powerlifting it really is clear that what they do or don't do is very distant from what you do or don't do. You can both pretend you are competing against each other, but really you are competing nearby each other. You don't even occupy the platform at the same time! In boxing this illusion is harder to recognize as one sees the participants duke it out, and there is confusion as to whether the two are opponents (illusion) or rather partners (each enables the other to exist; a one man boxing match would not draw much interest; and one is void without the other) both competing against themselves. But in Powerlifting the lines are clearer. **YOU ARE THE COMPETITION.**

You must first recognize your role as your own opponent. As Pogo said "I have seen the enemy and they is us." Herrigel writes in *ZEN AND THE ART OF ARCHERY*, "The martial artist seeks not to master forms and techniques but rather to master himself." So it is with the competitive experience; the true opponent is yourself. Coming to grips with this is the first step and enables you to focus on the real objectives. If you are still distracted by external "competitions" you can not even get to the *real* battle, and you lose by default. Face yourself. Accept this responsibility.

VICTORY IS INTERNAL - Victory is not decided by outcomes. It is decided by right action. For example, if you take home a first place trophy but lift 35 lbs less than your personal best or your personal goal for the meet, or because the other lifters in your class were two teenage lifters in their first meet, how much victory do you feel? What satisfaction is there in that outcome? Likewise, if you post a p.r. by 15 lbs and take home a 3rd place trophy because your class had the national champ and a close rival pushing each other up to record setting levels, how much despair do you feel? How much satisfaction do you get from being caught up in the moment of all of you each driving themselves for their best? It's likely you'll agree that you would trade the 1st place trophy for the 3rd given the circumstances. Victory is not decided by outcomes. One more example is this: Which would you choose? You place 1st posting 5 lbs. under your p.r. or you place 2nd posting 5 lbs over your p.r.? If you chose to win, but not *improve* your performance over runner-up,

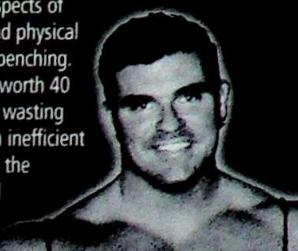
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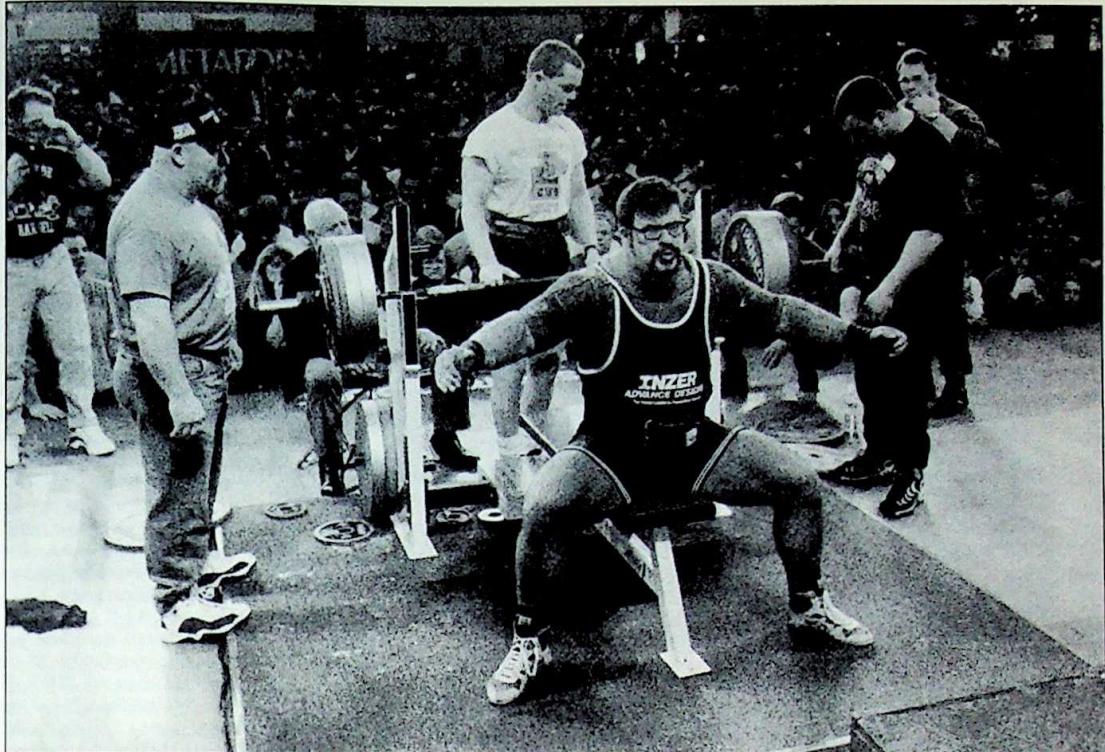
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Putting the TAO to the test... J.M. Blakley prior to his 705 lb. attempt at the 1998 Arnold Classic (C. Putnam photo)

you can probably stop reading this article now - it won't reach you. (But on second thought, maybe you should gut it out; you may need to read it the most.) Most people realize the inherent truth here: *you could win - yet lose - and you could lose - yet win.*

Outcomes are illusions too. Outcomes are "won" against external opponents. True victory is won against oneself, and sometimes is not readily apparent. You must answer to yourself - I'll repeat this - you must answer to yourself

RIGHT ACTION - What constitutes victory is right action. You must strive for excellence in your actions and disconcern yourself with outcomes. You must concern yourself only with your actions and be unaffected by other competitor's actions. You have no effect on what they do. But you have *total effect* on what you do. Remember to stay focused on the true opponent: yourself. Only you can change what actions you will take and to what extent. *Don't let your actions or choices be Influenced by others.* At the meet pay no attention to outside events (unless you are there to learn from others in which case you will sacrifice performance and focus for knowledge, which would be better served if you were helping another and not competing yourself) and keep your thoughts on exactly what it is you must do at each moment to do your best. Set goals for yourself that are not linked to outcomes but rather to actions.

For example: Wrong goal: bench 400. Right goal: keep elbows tight and stable. Wrong goal: beat so and so. Right Goal: Drive hard from the chest and kick the triceps in early. Wrong goal: be national champion. Right goal: stay focused, keep calm until it is time, don't waste my energy. If you fill your attention with all the things you should be concentrating on, you won't have time to get caught up in the external bullsh**. You'll be busy! Fill yourself with right action.

Right action is choosing the correct act for the circumstance. Right action is behaving *truthfully*. Act according to choice, choose according to what you truly feel is right. This is not a discussion of right and wrong in the classical sense. Nor is it intended as license for irresponsibility. In fact quite the opposite - right action implies accountability. Believe fully in your acts and act *fully* according to all your ability. Right action is acted with *full conviction* and intention. There can be no partial effort. NO 90 PERCENT! That is not truthful. Sell out for what you believe and hold back nothing. Right action begins and ends within yourself. Victory is assessed by the warrior not by slaying opponents and dragons but by acting truly from their core in all things - regardless of the win/loss columns. If the warrior acts rightly he is not assured a winning outcome but is assured inner victory. And as has been illustrated that is where the real battle is occur-

ring and is the only victory of any value at all.

However, it is highly likely that right action brings forth both inter-

more than you can imagine.

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On September 12-17, 2000 the IPF held its annual World Junior Powerlifting Championships, this year hosted by the Chinese Taipei Powerlifting Association in beautiful Chiayi City, Taiwan. The USA fielded a complete team this year; 21 lifters + 1 alternate/coach. Along with coaches Larry Maile and Jim Ford, we brought in Tod Miller of Michigan and Paul Boutte of Texas to help out. Our USA team started its trip in Austin, Texas, with 12 of its team members throwing a send-off dinner for our team sponsors, Tim Bruner and Mike & Micki Scheffler, at a local eatery. Tim, Mike, and Micki really hustled for us in the months preceding our trip, getting donations, renting hotel rooms, etc., and the team felt it was fitting to honor their efforts. Beautiful plaques, donated by "Siegel Engraving, of Clearfield, PA, were awarded to our sponsors, although Tim couldn't make it due to an obligation to assist big Anthony Clark at a meet in Daytona the same weekend. The 12 team members flew out of Austin to San Francisco where we met the remainder of our team, who flew in from all across the country. Dr. Maile's group of 4 from Alaska and P.J. Couvillion from Hawaii completed our group for a total of 41 team members and family for the 13 1/2 hour flight over to Taipei. Taiwan is a beautiful, tropical island paradise with people that are the friendliest anywhere. We took a 3 1/2 hour bus ride down the island to the meet city Chiayi, where we stayed at a hotel right in the heart of the city. Our inn keeper, Mr. James, never missed an opportunity to help us or have Chinese tea. You had only to go out the front door to get the flavor of this far eastern city. The amount of travel takes its toll; and this must be noted as a factor in these kinds of sporting events, as it wore down some of our young lifter's stamina, but they were all willing to accept the challenge and represent our country to the best of their abilities. The distance to be traveled to this meet was a factor for other

IPF JUNIOR WORLDS as told to Powerlifting USA by Jim Ford



TEAM USA for the 2000 Junior Worlds (bottom row, left to right) T. Tude, J. Darling, J. Maile, L. Maile, T. Cunningham; (2nd row, l-r) K. Goff, T.J. Hoerner, C. Grubbs, K. Ford, J. Watkins, J. Loya, C. Newman; (3rd row) M. Amsden, T. Caprari, N. Tylutki, B. Robbins, S. Greenup; (4th row) P.J. Chovanec, A. Poulich, T. Miller, J. Maile; (top row) J. Ford, T. Cardella, M. Green, E. Richards. (photo courtesy J. Ford)

countries as well, and the meet attendance was smaller than expected. The Russian coach told me not all of his team's prospective members could afford to go this far a distance to compete. In particular, the great Russian lifters Suslov (100 kg.) and Bondarenko (125+ kg.) were absent. Russian Head Coach, Vladimir Bogatchev, was not in attendance. We missed seeing Vlad, as he has become a good friend. The lack of full team from Russia is, in part I think, due to the Russian Sports Federation earmarking most of their funds for Olympic athletes this year. As I interviewed some of the Russian team, they indicated that their

lifters were mostly from eastern Russia, making the trip to Asia much closer than for those from Moscow and Eastern Europe regions. The competition itself was held in the nearby neighborhood of Putzu City, with the venue being the beautiful Chiayi County Stadium; a huge, modern, well maintained, indoor multi-use sporting facility. The Republic of China Sports Federation pulled out all the stops to put together a great sporting event for all the IPF nations involved. The opening ceremonies were grand, with local school children dancing in regional attire. Then there were speeches by local dignitaries. Meals were served at different times of the day, and being typical Taiwanese cuisine, it could only be described in Western circles as "exotic"! It didn't take to long before our big guys found the local McDonalds!

When final nominations were in, it left many classes overloaded with heavy talent; and some a bit thin due to low attendance. With 56 Women lifters and 83 Men, it was a fine showing of the best junior age lifters for this international competition.

Day One - After the opening ceremonies, the lifting began with the 44 kg class. Chen-Ju Chen of Chinese Taipei dominated this class with a big 150 kg squat and 165 kg Deadlift to total 370 kg and win the Gold. The Silver Medal went to Benedicte Lepanze of France with a 72.5 kg Bench press, and total of 320 kg. Maria Teran of Venezuela made a fine showing for the Bronze, finishing with 297.5. The USA had no lifter in this class, as Stephanie Macmillan had to bow out at the last minute and an alternate filled her spot elsewhere. We know

Steph will be back next year.

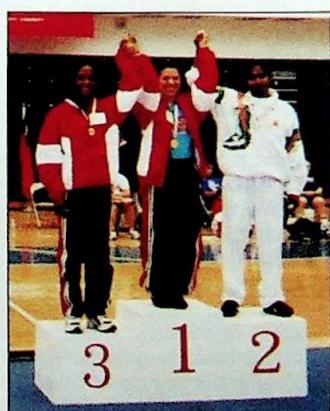
48 kg. - This class was the first chance for the USA to show its lifting talent and we did that with one of our finest, young Jennifer Maile. Always improving, Jennifer swept this class and the Gold medal with a 375 kg total and a bench of 87.5 kg for this 105 lber. Jenn broke all the Teenage American Records and tied the Women's Open records in Bench Press & Total. Silver went to V. Renuka of India with a 340 kg total. First time IPF lifter, Kim Goff of the USA, made a fine showing, capturing the Bronze. This LA Tech lifter went home with a best DL medal when she pulled 150 kg. Kim was an alternate and a great addition to the USA squad.

52 kg - Kuan-Ting Chen of Chinese Taipei won this close battle with Yoliman Cobos of Venezuela. Chen was up only 17.5 kg at the subs; and knowing that Cobos had a big pull, Chen pulled 145 kg and totaled 387.5 to win; as Cobos pulled 160 kg for the Gold in DL; and Silver Medal overall. The Bronze went to Aigul Gayfulina of Kazakhstan with a 360 kg finish. B. Irin of India took 4th and Tamoe Tani of Japan took 5th. There was no USA lifter in this class this year; as Andrea Cullum passed on coming to the competition.

56 kg. - This was a battle of true champions between Elena Shadrina of Russia and Nadezhda Malyugina of Uzbekistan. Shadrina got her third squat, at 180 kg (396 lbs.) and Malyugina countered with a successful 187.5 kg (413 lbs.). Malyugina hit a fine 85 kg Bench, but was soon overshadowed by Shadrina's counter of 102.5 kg.! At the subs Shadrina was up by 10 kgs with 282.5 kg to Malyugina's 272.5. Shadrina pulled 175 kg to finish with 457.5 kg. and Malyugina's 180 kg pull, the Gold medal for DL, was enough to



TEAM UKRAINE: (l-r) Ivan Zbandut, Larysa Vitsevska (runner-up Best Lifter Women), Ivan Shlyakhta (runner-up Best Lifter Men), Konstanty Milutyn (bronze at 82.5 kg), Artem Nikolenko (bronze at 75 kg), Lesya Cuminska (Best Lifter Women), Coach Dmytro Solovyov (J. Ford photo)



Winners at 48 kg: (l-r) Goff (USA) - bronze, Maile (USA) - gold, Renuka (IND) - silver. (Ford photo)

lock up the silver overall, with just 5 kg. between the two. Shadrina's finish left her 3rd out for best overall lifter. Michelle Amsden of USA took 6th with a 360 kg total; and Tricia Rude of USA, just 17 years old, finished in 8th with a 347.5 kg

total. I must say I have seldom seen the poise and confidence of these two first time USA lifters in an IPF competition. In the past we have not had depth in this division, but these two give us a glimpse at the future.

60 kg. - This class gave us our first glimpse of the might of the small, but very potent team from Ukraine. Larysa Vitsevaka handily disposed of all the competition to claim undisputed World Championship of the 132s. Her 500 kg total (1102 lbs.) was 2nd best on formula for the competition and 65 kg. better than the runner up Hsiao-Li Hsu of Chinese Taipei who finished with 435 kg. Hsin-Hui Chou of Chinese Taipei took 3rd with 417.5 kg. Jill Darling of the USA demonstrated her poise as she was overweight up to the last minutes of the weigh-in and ended up making weight at exactly 60 kg. with just minutes to spare. Jill, a world class lifter, needed all her experience to get her by as she received some poor handoffs in her specialty, the bench press. Still she placed a respectable 5th and won valuable points for the Women's team.

67.5 kg. - This class featured the Best Lifter for the Women's competition, Lesya Guminska of the Ukraine. Originally nominated at 75 kg., she dropped down to the 67.5s for the easy victory. Lesya, aided by her husband and Coach of the Ukraine team, Dmytro Solovyov, was really a class act. He is a world champion himself, and guided her to flawless victory. Her 547.5 kg total was 112.5 kg. better than the number two slot, Viktoria Pisarenko of Russia. The Bronze medal went to Ai Muneyasu of Japan with 380 kg. There was no USA lifter in this class, as Rebecca Roberts opted to pass on her last year of eligibility as a junior.

75 kg. - This class was an example of how strategies for team titles can create

odd matchups. Originally, this would have been a hotly contested class between the great Elena Yurik of Russia, Guminska of the Ukraine, and Hsieh of Chinese Taipei. To our surprise, at the nominations meeting, Yurik went to 82.5 kg to do battle with Manakova of the Czech Republic; Guminska dropped to 67.5 kg; and Hsieh also went to 82.5s. This was a great opportunity for the USA squad who had two fine lifters, Julia Loya of the Naval Academy; and veteran Christy Newman of LTU (filling in an alternate spot). It was Loya with 447.5 kg. for the Gold, and Newman with 407.5 kg. for the silver medal. Both had meets that were in the range of their best totals and Newman punched out a big 107.5 kg Bench in the process. It was especially rewarding for Christy, as this was her last year of eligibility for the Jr. Worlds. Julia, just 20 years old, has great potential for the future. The bronze went to Rani Babita of India with 387.5 kg.

82.5 kg. - This class was a hotly contested battle between the veteran Elena Yurik of Russia, Chiu-Hua Hsieh of Chinese Taipei, and last year's world champion, Alena Manakova of the Czech Republic. Yurik got in a 195 kg. Squat; while champion Manakova had some bad luck and couldn't get a squat in and was eliminated. Hsieh jumped ahead and completed a 220 kg for the lead. Yurik shortened the lead with a Junior World Record BP of 145 kg. (319 lbs.). Hsieh countered with a very respectable 135 kg (297 lbs.) and at the subs it was Hsieh with 355 kg. and Yurik with 340 kg. Hsieh, just 20 years old, pulled 190 kg for a 545 kg total. The veteran Yurik dug deep and pulled 205 kg for the tie; and won on bodyweight. This was personally satisfying to Yurik, who lost out last year due to a back injury at Junior Worlds in the Czech Republic. She is a great champion and this was a fine



Justin Maile's attempt at a Jr. World Record of 293 kgs. (J. Ford)

showing in her last year as a junior lifter. The Bronze went to Hui-Chi Chen of Chinese Taipei with 487.5 kg. The USA lifter in this class, Katie Ford, succumbed to weight problems and cramps leaving her with a 6/9 day and 8th place. Manakova, last year's champion, who bombed on squats, was seen telling Katie that even experienced lifters have off days.

90 kg. - This class once again saw domination by great Russian lifting talent. It looked to be a close race between Russia's Yulia Kurina and local favorite Chia-Hui Tsai of Chinese Taipei, however, the gold was put out of reach early when Kurina posted an easy Junior World Record squat of 240 kg (529 lb.). Tsai followed with a 200 kg squat, but that still left her 40 kilos back. A race was shaping up for the bronze between Jennifer Busby of Great Britain and Jessica Watkins of the USA. Busby, weighing only 83.1 kg., was the only British woman lifter. She made a fine showing in her last year of competition as a junior. She got in a 180 kg squat, only to be followed by Watkins 190 kg. Hildeborg Hugdal of Norway hit a 185 kg to make it a 3 way race for the bronze. In the Bench Press, Kurina pushed out a 105 kg press to lock

out; only to be followed by Tsai's 110 kg for best bench honors; and that shortened Kurina's lead to 35 kgs. In the three-way for 3rd, Busby hit 87.5 kg, Watkins 92.5 kg., and Hugdal went 95 kg. Watkins was in the third spot at subs with 282.5 kg; followed by Hugdal with 280 kg and Busby with 267.5 kg. It would come down to the DLs, and Kurina easily captured the Gold with a 205 kg pull; Tsai and Busby battled for Silver in the Deadlift and both pulled 175 kg. This gave Tsai 485 kg and the Silver overall; Watkins and Hugdal both pulled 160 kg.; with Watkins tying Busby with 442.5 total; and the Bronze going to Busby on bodyweight. Jessica, who worked with Mike and Angie Overdeer in preparation for this Juniors, showed great confidence. Her aggressiveness on the platform was very amusing to the reserved Taiwanese observers. Great lifting, Jess!

90+ Kg. - the Russians again showed there is no dearth of lifting talent from their country as Elena Avilkina dominated this class with a huge 252.5 kg (556.6 lb.) squat and the biggest total of the Women's division with 600 kg. Although the Russian squad was smaller than usual, they managed to bring what it takes to be victorious. USA's Sara Greenup, copped the Silver Medal in a tight race with Mary Alvarado of Venezuela who took the Bronze. Sara, from Nebraska, blew her suit on 2nd attempt squats and made a valiant attempt at 227.5 kg on her third; receiving red lights for depth. There was an amusing occurrence on Sara's DLs; she missed her opener and as a gesture of good will, Vassily, the Russian coach, offered to help get Sara "in the mood" for her next attempt. In the patented Russian style, and much to Sara's surprise, he really worked over her ears! With tears in her eyes, Sara went out and pulled the 190

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WOMEN		SQ	BP	DL	TOT
97 lb. weight class					
Chen TAI	330	121	363	815	
Lepanske FRA	248	159	297	705	
Teran VEN	264	110	281	655	
105 lb.					
Maile USA	308	192	325	826	
Renuka IND	292	137	319	749	
Goff USA	270	99	330	699	
114 lb.					
Chen TAI	341	192	319	854	
Cobos VEN	330	165	352	848	
Gayulina KAZ	292	154	347	793	
Irin IND	330	99	330	750	
Tani JPN	209	110	264	584	
123 lb.					
Shadrina RUS	396	226	385	1008	
Malyuginova UZB	413	187	396	997	
Chou TAI	352	220	347	920	
Chou TAI	330	137	369	837	
Ogijama JPN	275	187	341	804	
Amsden USA	303	154	336	793	
Gaylard AUS	292	170	314	777	
Rude USA	275	176	314	766	
Hashimoto JPN	275	126	308	710	
132 lb.					
Vitsevka UKR	424	248	429	1102	
Hsu TAI	352	209	396	959	
Chou TAI	336	209	374	920	
Fabre FRA	347	187	336	870	
Darling USA	297	214	308	821	
Raquet FRA	270	154	330	755	
Bolivar VEN	319	132	264	726	
Hayashida JPN	209	110	231	551	
148 lb.					
Guminska UKR	473	259	473	1207	
Pisarenko RUS	407	187	363	959	
Muneyasu JPN	319	198	319	837	
Leonova UZB	319	159	325	804	
165 lb.					
Loya USA	396	198	391	986	
Newman USA	325	236	336	898	
Babita IND	352	143	358	854	

Suzuki JPN	330	154	330	815
Rupindra IND	314	121	308	744
181 lb.				
Yurik RUS	429	319j	451	1201
Hsieh TAI	485	297	418	1201
Chen TAI	418	242	413	1074
Slivinska POL	407	253	391	1052
Mure JPN	396	253	374	1025
Krivenko RUS	385	192	396	975
Hasizume JPN	396	209	352	959
Ford USA	330	209	347	887
Manakova CZE	198 lb.			
Kurina RUS	529j	231	452	1212
Tsai TAI	440	242	385	1069
Busby GB	396	192	385	975
Watkins USA	418	203	352	975
Hugdal NOR	407	209	352	970
Lee TAI	198 lb.			
Kurina RUS	529j	231	452	1212
Tsai TAI	440	242	385	1069
Busby GB	396	192	385	975
Watkins USA	418	203	352	975
Hugdal NOR	407	209	352	970
Lee TAI	198 lb.			
Avilkina RUS	556	292	473	1322
Greenup USA	473	225	418	1118
Alvarado VEN	507	198	385	1091
v.d.Meulen HOL	385	242	374	1003
Team Champions: Russia 62, Chinese Taipei 59, USA 57, Japan 37, India 30, Venezuela 29, Ukraine 24, France 21, Uzbekistan 16, Kazakhstan 8, G. Britain 8, Poland 7, Holland 7, Norway 6, Australia 4. Champion of Champions: Guminska 575.69, Vitsevka 563.30, Shadrina 541.31.	114 lb. class			
Men	SQ	BP	DL	Total
114 lb. class				
Koga JPN	429	270	402	1168
Wszola POL	496	270	402	1168
Hsu TAI	385	242	485	1113
Kondoh JPN	418	270	402	1091
123 lb.				
Hsieh TAI	479	303	556	1339
Koga JPN	429	270	479	1179
Cunningham USA	440	253	485	1179
Tinebra FRA	468	270	429	1168
Kuan TAI	457	225	479	1162
Sinde IND	385	214	462	1063
132 lb.				
Baluev RUS	661	424	666	1752
Homik CZE	606	440	661	1708
Tylutki USA	633	341	650	1625
Arakawa JPN	578	306	606	1504
Poulich USA	573	440	578	1592
198 lb.				

Latal IND	462	292	507	1262
Yang TAI	429	242	573	1245
Kytola FIN	473	259	485	1218
Fujita JPN	418	275	440	1135
Peng TAI	148 lb.			
Lapshin KAZ	606	374	512	1493
Huang TAI	518	369	573	1460
Spychala POL	551	308	562	1421
Maile USA	600	308	451	1361
Kenis CZE	485	314	496	1295
Higashi JPN	473	308	473	1256
Kearlton GB	462	236	446	1146
Hoerner USA	589			
165 lb.				
Caprari USA	551	369	672	1592
Andersson SWE	562	380	628	1570
Nikolenko UKR	617	396	551	1565
Nowak GER	573	385	529	1488
Hsieh TAI	595	325	545	1466
Robbins USA	556	341	556	1455
Darco FRA	534	341	545	1421
Haddou FRA	551	341	518	1410
Summers CAN	496	319	562	1377
Bowman GB	485	319	540	1344
Neville AUS	485	358	501	1344
Chen TAI	485	297	485	1267
Szabolcz AUS	457	292	485	1234
Yasukawa JPN	496	308		
181 lb.				
Shyakhta UKR	677	396	738	1813
Brauer GER	639	369	622	1631
Milutyn UKR	639	418	567	1625
Chang TAI	617	374	551	1543
Loricourt FRA	578	319	606	1504
Kirketeig NOR	562	336	529	1427
Wendt USA	507	336	518	1361
Mishra IND	468	314	550	1333
McGowan GB	507	303	518	1328
198 lb.				

Kishimoto JPN	573	501j	518	1592
Ogg GB	595	358	628	1581
Kahn IND	551	341	595	1488
Achkit HOL	551	325	556	1432
Matthew IND	485	297	485	1267
220 lb.				
Chovanec USA	622	407	661	1692
Omland NOR	650	396	606	1653
Arakawa JPN	573	429	611	1614
Tesaki JPN	611	385	567	1565
Dhillon IND	540	358	540	1438
227 lb.				
Dedulia RUS	815j	496	716	2028
Fateyev KAZ	782	479	738	2000
Kopola FIN	672	451	722	1846
Green USA	600	473	639	1714
Lin TAI	639	435	551	1625
Visser HOL	595	374	578	1548
253 lb.				
Malanichev RUS	815	496	738	2050
Borg SWE	755	518	733	2005
Cardella USA	760	512	705	1978
Yamanoto JPN	650	446	573	1669
Correys RSA	606	429	606	1642
Diack CAN	462	330	551	1344
Hoffman GER	705			
SHW				
Serebyakov RUS	771	473	716	1962
Kunish RUS	738	496	688	1923
Richards USA	744	396	771	1912
Tallqvist FIN	749	462	688	1901
Zint GER	661	529	650	1840
Fullerton GB	617	385	639	1642
Masuda JPN	595	418	507	1521
Hsieh TAI	617	330	573	1521
Team Competition: Russia 69, USA 56, Chinese Taipei 50, Japan 46, India 34, Ukraine 28, Germany 22, Kazakhstan 21, Finland 21, Poland 20, France 20, Sweden 18, G. Britain 16, Czech Republic 15, Norway 14, Canada 7, Holland 7, Republic of South Africa 6, Australia 2. Champion of Champions: Hsieh 561.93, Shyakhta 553.87, Dedulia 545.56. (results of this competition were provided courtesy of Thomas Klose)	Team	Competition:	Russia 69, USA 56, Chinese Taipei 50, Japan 46, India 34, Ukraine 28, Germany 22, Kazakhstan 21, Finland 21, Poland 20, France 20, Sweden 18, G. Britain 16, Czech Republic 15, Norway 14, Canada 7, Holland 7, Republic of South Africa 6, Australia 2. Champion of Champions: Hsieh 561.93, Shyakhta 553.87, Dedulia 545.56. (results of this competition were provided courtesy of Thomas Klose)	



Winners in the 75 kg. class: (l-r) Anderson (SWE)-bronze, Caprari (USA) - gold, Nikolenko (UKR) - silver, plus John Stephenson (GB)

DL that gave her the Silver Medal. Although this kind of stimulation is a bit unusual in Western circles; it was a great honor for the Russian to make this gesture. Although painful to Sara, she made the DL! The veteran Bren Van Der Mullen of Holland was up from the 90 kg class of last year, weighing in at only 90.1 kg, and made a fine showing of 455 kg for 4th.

Russia swept the Women's Team points with 62 points; followed by a close race between Chinese Taipei with 59 points and USA with 57 points. This was the finest placing by the USA's Junior women in many years and coaches Maile & Ford were seen proudly displaying the 3rd place Trophy at the Banquet. Our Junior women are a super group of talented ladies!

BEST LIFTERS (Champion of Champions) were: Guminska of Ukraine (579.69 pts); Vitsevska of Ukraine (563.3 pts.); Shadrina of Russia (541.31 pts.).

Day 2 - with all the Women's classes being contested on Day One, a tired coaching staff began Day 2 with preparations for the men's competition. It was inspiring that all the USA Women's team turned out in a show of unity to cheer on the men as they did battle in their individual classes.

52 kg. - With only three lifters in this class, it was still a tight battle for the veteran Darius Wszola of Poland, a former champion. Although short in stature he once again showed how big a man he is by posting a huge 225 kg squat and 122.5 kg. Bench to put it out of reach for the others. His 182.5 DL gave him the gold with a 530 kg total. The battle was for Silver between Chih-Chiang Hsu of Chinese Taipei and Tomoyuki Kondoh of Japan. Hsu posted a 190 kg squat, only to be overshadowed by Kondoh's 190 kg final squat. In the Bench Press, Hsu went 110.5 kg only to be bested by Kondoh's 122.5 kg push. At the subs it was Kondoh with 312.5 kg to Hsu's 285 kg. So, at the DL, when Kondoh pulled 182.5 kg., Hsu was able to put together his best lift, for the win. Hsu's 220 kg pull was good enough to total 505 kg and give him a 10 kg victory over Japan's Kondoh, with 495 kg.

56 kg. - This was a great contest for observers because it was close for spots 2, 3, 4, and 5, who all finished less than 10 kilos apart. First, let's clear the air on the undisputed winner. It would be easy to say Tsung-Ting Hsieh of Chinese Taipei is one of the best deadlifters in the

world, but watching him here, it was obvious he does it all very well. His 217.5 squat, 137.5 kg BP, and 252.5 kg DL gave him a total of 607.5 kg @ 56 kg class; the Gold in squat, BP, DL & overall along with BEST LIFTER in the Men's competition! What more can be said? Well, we could mention that he's just 18 years old!

This was the first class with a USA lifter, namely Trey Cunningham, of LTU and a veteran of IPF competition since 1997. Trey is a very composed young man and when he enters a meet, he comes to win and is impressive to watch. Last year, in the Czech Republic, he was edged out by the French lifter Fredric Tinebra by 5 kilos. They were both here again and from the start they were both gunning for each other. As they traded lifts, back and forth, and came off the platform, they traded cold stares at each other. It was exciting to watch and young Trey never blinked as he put together a great meet. When it was all over Trey had edged Tinebra by 5 kilos and tied Koga of Japan for the Silver. Cunningham took the Bronze on heavier bodyweight - 55.8 kg for Cunningham to 55.5 kg. for Koga. The final totals were: Hsieh - 607.5 kg; Koga - 535.5 kg; Cunningham - 535.5 kg.; Tinebra - 530 kg.; and Kuan of Chinese Taipei - 527.5 kg.

60 kg. - In the 132s it was a dead heat as Russia's Andre Zviagintsev and India's Ahmed Fayyaz both posted respectable squats of 235 kg. K. Latish of India followed with 210 kg. In the Bench the Russian began to widen his lead, posting 147.5 kg to Fayyaz's 142.5 kg. Latish held his third spot with 132.5 kg. Zviagintsev put it away with a 227.5 kg pull; for a total of 610 kg.; and a Silver in the DL. Silver overall went to India's Fayyaz who finished with a fine 215 kg DL for a total of 592.5 kg. The Bronze went to India's K. Latish with 572.5 kg. Noteworthy was the Gold Medal for the Deadlift which went to Sheng-Nan Yang of Chinese Taipei, who turned in a hefty 260 kg. Whereas it might be said that the Japanese are turning out some fine Bench Presser's these days; it might as well also be noted that the Taiwanese are developing some respectable Deadlifters! There was no USA lifter in this class as Justin Maile moved up to 67.5s.

67.5 kg. - This class saw a very talented Maxim Lapshin of Kazakhstan take top honors with a 15 kilo margin



Gennady Dedulia of Russia with a Jr. World Record 815 lbs. in the 110 kg. class (J. Ford photograph)



Winners in the 125 kg. class: (l-r) Cardella (USA) - bronze, Malanichev (RUS) - gold, Borg (SWE) - silver, P.J. Couvillion (USA) - official. (Jim Ford photograph)

over Lung-hsing Huang of Chinese Taipei. Lapshin's big 275 kg squat, followed by a 170 kg BP, was to much for Huang to overcome in his specialty, the deadlift. Huang's 260 kg pull gave him a lock on the Silver medal overall; and he was 17.5 kg over third place Spychala of Poland. In 4th was Justin Maile of USA. Up from the 132s for the first time, Justin, a terrific talent and only 18 years old, squatted an easy third attempt with 272.5 kg for the Silver in the Squat. With this on the books, and with only minutes to rest, Justin called for a 4th attempt Junior World Record of 293 kg. Half way up it stalled, but it was obvious to all that it was within his range; expect to see this and more records from this young Hercules. The other USA lifter, T.J. Hoerner, one of the favorites in this class, had a tough afternoon. After a fine showing in the squat, where he went 3/3 - finishing with a good solid 267.5 kg last attempt; he went off to prepare for the Bench Press. It is not clear to me if there was not enough time for warm-ups or perhaps he was just starting too high, but T.J. struggled valiantly to get a bench passed. Not this day! It was a tough break, but like the sportsman he is, T.J. took it in stride, and I know he will learn from his experience and come back to dominate this class; as he moves out of the Junior division. He is one of the finest 148s in the world today.

Day 3 - 75 kg. - The 165s was a chance for the USA to use one of its new secret weapons; first time IPF lifter, Tony Caprari. At 19 years of age, Tony is a phenomenal lifter and a Deadlift specialist that brings to this writer's mind the vision of great Deadlifters like Vince Anello and Lamar Gant. This is not to say he is poor in the other two lifts, he is not. It is to say that if you are not ahead of Tony at subs; you better hang it up! With this in mind, lifting began in the 75 kg. class: Artem Nikolenko of Ukraine hit 280 kg in the squat; followed by Hsieh of Chinese Taipei with 270 kg and Nowak of Germany with 260 kg. Anderson of Norway got 255 kg and Caprari of USA got 250 kg, as both struggled and only got their openers. In the Bench Press, Anderson pushed out 172.5 kg; Nowak 175 kg; and Nikolenko hit a high of 180 kg for gold in the BP. Caprari made a very respectable 167.5 kg. At the subs it was: Nikolenko with 460 kg; Nowak with 435 kg; Anderson with 427.5 kg; and Caprari and Hsieh tied

with 417.5 kg. It is noteworthy that young Brad Robbins, a USA alternate, was next with 407.5 kg. With Caprari back 42.5 kgs., we came to the Deadlift. With confidence beyond his years, Tony unleashed his specialty. With a 305 kg pull he was able to catch and pass the leaders and win by 10 kilos. It was Caprari 722.5; Anderson 712.5 kg; and Nikolenko for the Bronze with 710 kg. Brad Robbins made an outstanding showing in his first IPF competition, and in a tough class, to finish 6th with 660 kg. Brad is from Georgia and has been working with Sherman Ledford and the brothers Golden; Ryan & Matt. For someone who has just been training a couple of years, check out the rugged physique on this young lifter!

82.5 kg - Here premiered a young man to watch, 18 year old, Ivan Shlyakhta of Ukraine. He completely dominated this class winning gold medals for Squat, Deadlift and overall; with a Silver for the Bench Press. A huge 335 kg Deadlift stands out among his lifts; along with the BEST LIFTER runner-up title derived from a total of 822.5 kg @ 81.8 kg bodyweight!

Christian Bauer of Germany followed with the Silver; and Ukrainian teammate Konstanty Milutyn took the Bronze.

90 kg. - This class had some great lifting and exciting moments. Aleksey Baluev of Russia won Gold by 20 kilos over Jiri Hornik of Czech Republic. The USA had two lifters, Angelo Poulich from Pennsylvania; and Nick Tylutki, an alternate from Minnesota. Angelo, from Penn State, was helped in his preparations by the very experienced Steve Mann; and he came ready to lift. He is a very easy going, likeable young man who becomes ferocious when it is his time to lift some iron. There was a tense few moments when he got to the Deads and was red lighted on his first two tries. But Angelo, with all his teammates cheering him on, pulled his last attempt with 262.5 kg for whites! A humble Angelo, acknowledged afterwards that it was a dumb mistake on his part to change gear at the last minute, and promised to never make that mistake again! Oh yes, one more comment on Angelo, this guy can Bench Press! His 200 kg BP was good for the bronze. He came away with a respectable 5th place finish. Our alternate, Nick Tylutki, is a rough cut diamond, just waiting to be polished to perfection! Brad Madvig warned me of Nick's potential, and now I'm a believer. Nick put together a 287.5 kg Squat (Silver) and a 295 kg Deadlift (Bronze) for 3rd overall and the Bronze medal. Nick agrees that with some hard work on his BP he will have the whole package. He already shows the poise and confidence of a much experienced lifter. Way to go Nick! There is no way to conclude this class without giving mention to Yoichi Kishimoto of Japan who set a Junior world Record Bench Press of 227.5 kg (501.5 lb.); and on a 4th attempt completed, for two white lights, 240 kg (529 lb.)! Yoichi is one of the Bench Pressing perfectionists that the Japanese have been turning out lately, with incredible technique and perfectly tailored shirt (Crain, I believe). He smashed the old record by many kilos, and finished 6th overall in a field of 10.

100 kg. - After final nominations the

normally large 220 lb. class was reduced to just 5 lifters. No doubt the exodus was caused by the anticipation of an appearance by the elite Russian lifter, young Nikolay Suslov. With so many lifters going up to 110 kg to avoid him, it was with much surprise that we greeted the info that not only he, but Bondarenko (125+ kg) would not be competing in the Junior Worlds this year. After winning top honors as BEST LIFTER in both Junior Worlds and Men's Worlds last year, I suspected he was just learning to save himself a bit, so as not to burn out at age 20. Talking with the Russian team, however, convinced me it was much more basic. With the Russian economy in a slump, he was like so many others, and couldn't afford the long trip to Taiwan. Of those that remained in the 220s, USA's P.J. Chovanec ended up on top with a 767.5 kg total and the Gold in Deadlift and Overall. Silver went to Tor-H Omland of Norway with 750 kg; and Bronze to Daisuke Arakawa of Japan with 732.5 kg. P.J. showed well in his first IPF appearance and gained team points and valuable experience for our young squad. This is historically a tough class and P.J. Chovanec will continue to improve and lift in international competition again. He also earned two other top honors: asking the most questions by a rookie; and having the biggest entourage of supporters to come to the meet! Since he's contemplating going to LTU next year, I'll give him my favorite Billy Jack Talton expression, "Way to Work" P.J.!

110 kg. - The 242s was a class filled with some very strong young men; most notably the young Russian strongman, Genady Dedulia, 23 years old from the hot eastern Russian town of Khabarovsk. He speaks very good English, and I was able to talk to him about many issues. He has been training for 6 years; the first three alone, and then for the last three with a coach who could help get him to this level. His 920 kg total here was his all-time best and enough to get him 3rd place in the BEST LIFTER compilation for this years Jr. Worlds. We had a good laugh as we discussed the lifters who fled 100 kg to avoid Suslov; and then came to 110 kg's to meet him, as an unknown, and were greatly surprised! His 920 kg total, a JR. WORLD RECORD, was coupled with a 370 kg (815 LB) JR. WORLD RECORD Squat! The Silver went to Dmitry Fateyev of Kazakhstan with 907.5 kg total. The Bronze was awarded to Hannu Kopola of Finland with 837.5 kg. The USA lifter in this class, Michael Green of Washington, is an interesting story. Mike's big; and has the frame to grow into a much bigger lifter, and he has gotten to this level in short order. I think he has been training only for a couple of years, and under less than perfect conditions. He has been left to improve by sheer natural talent and self-motivation. Mike took a Bronze in the Bench Press with 215 kg and a 4th place overall. With a bit more time to hone his skills, Mike could be a dominant force among heavyweight lifters. Oh yeah, he's a super nice guy too!

125 kg. - The 125s were a class of 7 and it was evident from the start that it would be a match up of the Russian bear Andre Malanichev and the USA's Tony Cardella, plus you can throw into the mix



Coach Larry Maile at the Banquet after the competition, with the TEAM USA's hard won awards.

a strong Martin Borg of Sweden, who came in light at 115 kgs. bodyweight. Cardella and Malanichev had met once before at '98 Jr. Worlds in Györ, Hungary; with the Russian walking away with the victory; and Tony finishing 4th. Malanichev missed his opener on depth, while Cardella aced all his squats in perfect fashion; for all whites! Tony's final was with 345 kg and Borg managed 342.5 kg. On a questionable depth call, Malanichev was given whites on his final with 370 kg. Cardella and Borg traded Benches, with Borg ending with 235 kg and Cardella closing with 232.5 kg. It was apparent that had Tony taken a minimum of 5 more kgs. he would have easily won Gold for the Bench. It was that easy! Nevertheless, Tony's calls were perfect as he was 6/6 at subs. It was Malanichev with 595 kg and Cardella and Borg tied at 577.5 kg. Malanichev pulled 335 kg to secure the Gold with a meet high total of 930 kg. Cardella made a valiant effort of 335 kg for the Silver and was inches of completion; but he stalled at the top. This made Borg's 332.5 kg a second place finish and the Silver Medal. Tony had a near perfect meet, going 8/9, and had he completed those last few inches on his third attempt, he would have finished his Junior career with the Silver. All who watched Tony were impressed with his composure.

sure. It must be in great part due to his adviser and sage - the great Ed Coan. I, for one, have had the great privilege to work with and assist Tony for the last three years at the Jr. Worlds and I will say he will be greatly missed on our team. He is one of the original team members that competed in the '98 Jr. Worlds when the USAPL first got the IPF membership and, in a hurry, put together a Jr. team for the Worlds. With Newman, Hoerner, and Cardella graduating out, it only leaves Jenn Maile and Katie Ford from the original group. Tony will bring a wealth of talent to the Men's open Division.

125+ kg. - As the big boys made ready to finish the competition, it was apparent that the Russian team planned on finishing with a perfect score, as has been their profile of late. They brought two big men to this division, both somewhat unknown. We were expecting Bondarenko, last year's 275 Jr. World Champ, to try and capture this unlimited title, but he was a no-show. The Russians seem to have depth that lets them pass their "A Teamers" and replace them with very formidable "B team" competitors. This was the case here. Alexey Serebyakov and Andrey Kunish were a 1-2 punch that was unstoppable. Serebyakov brought in a big 890 kg total for the Gold Medal; followed by Kunish with 872.5 kg for the Silver Medal. The USA's big Ernie Richards, the heaviest in the meet at 157.4 kg. (347 lbs.) bodyweight brought home the Bronze medal with a 867.5 kg total. Ernie actually lost a few pounds during the week preceding his lifting, and had a little trouble with squat form, and then a close call when he went to 3 attempts to get a bench passed. His Deadlift was ONLY 350 kg; not a max for Ernie's potential in the pull. Had he got another Bench and or met his capacity for Deadlifting, the Medal situation would have been different. As it was, Ernie's Bronze Medal brought valuable points to our squad. Ernie is another LTU lifter; very dedicated to his lifting; and at the same time smart, with a quick sense of humor. He took it all in stride and said he would learn from this trip and renew his training with a deepened desire to tap his great potential. Of this I have no doubt!

Russia swept the Men's Team Championships with 69 points; one short of

perfect. The USA was second with 56 points; and Chinese Taipei was third with 50 points. It was the USA's finest showing in many years and the best ever finish by a USAPL fielded team.

BEST LIFTERS - Tsung-Ting Hsieh, Chinese Taipei - 561.93 points; Ivan Shlyakhta, Ukraine - 553.87 points, Genady Dedulia, Russia - 545.56 points.

The 2000 IPF Junior World Championships were a great success; due in no small part to many people: including all our team members who trained and worked so hard, making the sacrifices needed to get us to Taiwan and back with many Medals and 2 Victory Cups! This includes a special group of alternates who stepped in to fill slots: Kim Goff, Christy Newman, Clay Grubbs (lifter & Coaching), Brad Robbins, Nick Tylutki and Ernie Richards. Larry Maile and I were helped greatly with coaching help from Todd Miller and Paul Boute; along with team members that stepped in to help where needed. Thank you to Miss Brenda, our interpreter and liaison from the Taiwanese government and the Chinese Taipei PLing Federation. On a personal note, thanks to Chen-Yeh Chow, a great lifter and coach of the Taiwanese team. Her gifts to myself and Larry Maile were far to lavish and generous. You do us a great honor with your generosity. Please thank your countryman for all the friendliness and hospitality. Thank you Mister James for providing our home away from home, in your hotel. Enough can't be said about P.J. Couvillion who traveled all this way at his own expense, to referee and support our team. I can still hear P.J. telling the young lifters who weren't happy with their performance to keep it all in perspective and to remember that the idea of this sport is to have fun and enjoy your participation, regardless of placing. I used to think he was the strictest referee around. I now think he is the most "consistent" & "fair" referee out there. He has a great sense of justice and balance about his decision making. Thanks again P.J.! Thanks to all the family and friends who traveled to far away Taiwan for this memorable experience. Thanks to all you coaches and trainers back home who put in long hours with these team members. Also, to you who through the internet sent your support and best wishes. Thanks Steve Mann for our web site. Let me once again bring up our Sponsors who put their money where their mouths are: Mike & Micki Scheffler, Tim Bruner, INZER ADVANCED DESIGNS, TITAN SUPPORT SYSTEMS and Pete Alaniz, CRAINS MUSCLE WORLD LMT. and Rickey Dale Crain, SIEGEL ENGRAVING and Al Siegel, Bastrop Travel Inc., LaQuinta Hotels, United Airlines, and all of you who unselfishly made a contribution to the travel fund of these young lifters. You truly helped to make "America's Team" possible.

I am told that there are new admissions to the IPF, now with over 80 countries, and the word is that next year's IPF Junior Worlds in Sofia, Bulgaria may see the largest number of competing nations and lifters ever assembled for a international lifting competition. So gear up and get your training cycles ready, its "SOFIA 2001"

Good lifting to you all.



Thanking TEAM USA's Jr. World sponsors: (left to right) Jim Ford, Miki Scheffler, Mike Scheffler, Tony Cardella. (photograph by M. Nelson)

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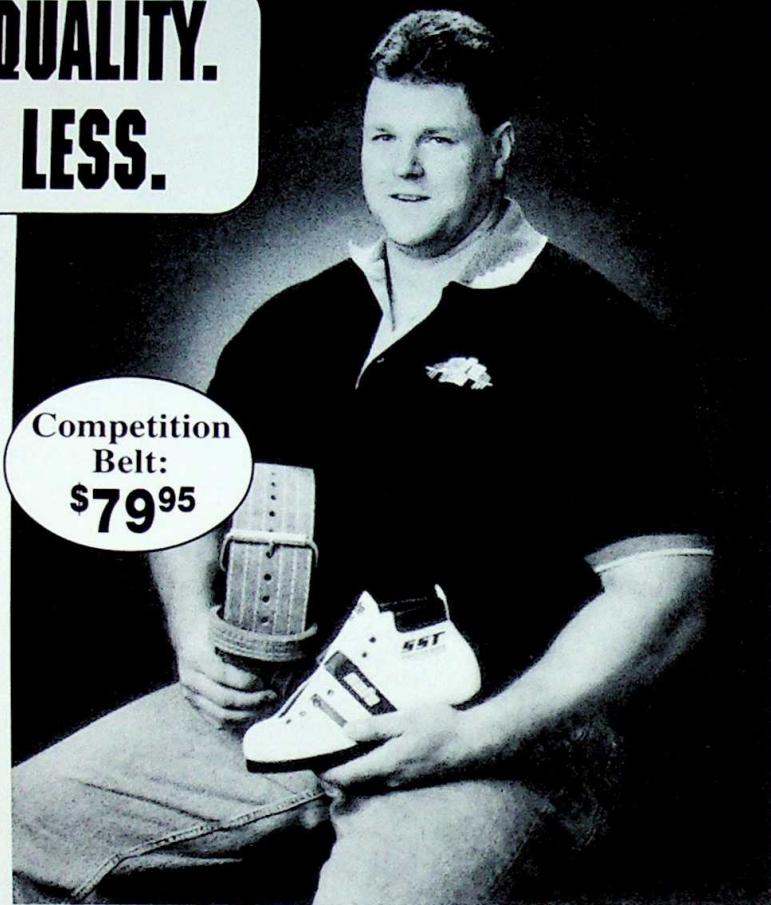
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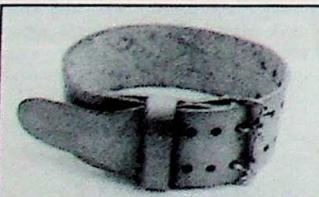
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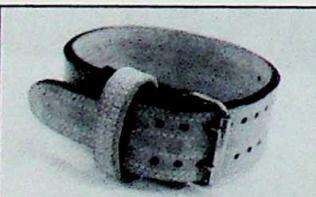
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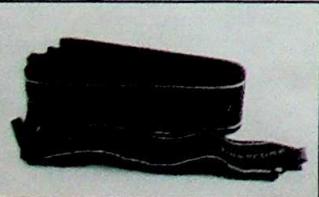
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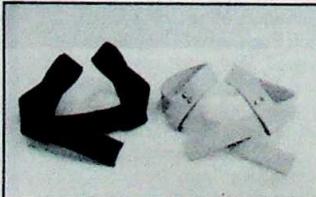


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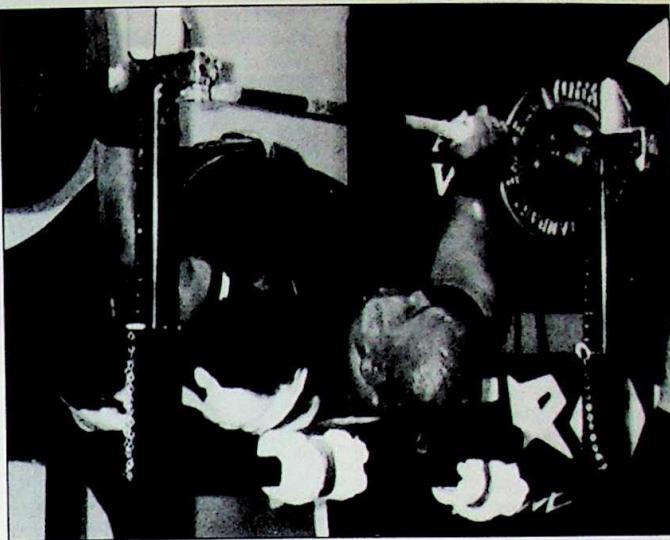


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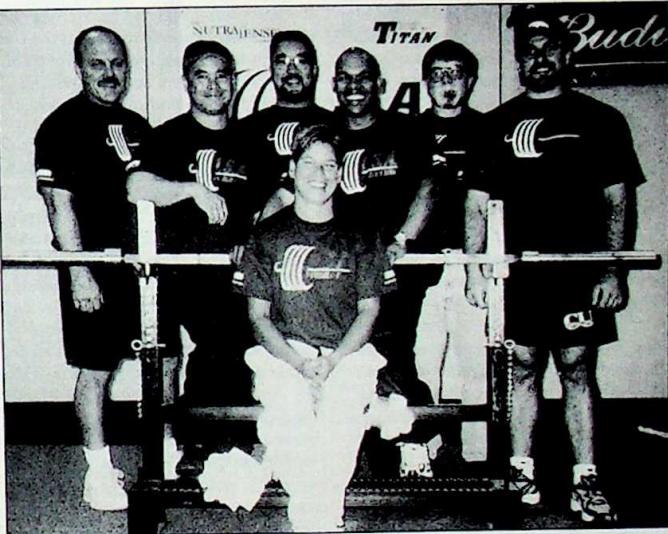
**USAPL Bench Press Nationals
16-17 SEP 00 - St. Louis, MO**

WOMEN	B. Tafelski	286	J. Springmeyer	308	Open
97	Junior	286	D. Hawkinson	314	D. Doan
Open	L.Hanifen	308	W. Smith	248	R. Donati
C. Anderson	126	286	S. Wiegard	347	D. Meeks
Lifetime	J. Scherer	198	J. McDermott	325	C. Rhodes
C. Anderson	125	Lifeline	70-74	325	M. Maher
123	G. Simmons	330	P. Westling	220	W. Thomas
Police & Fire	B. Tafelski	286	Open	325	R. Donscheski
B. Anderson	115n	Police & Fire	198	325	J. Reyes
40-44	J. Thomas	336	R. DeCourt	523	A. Atel
A. Apple	104	Raw	J. McAliffe	523	S. Levy
132	P. Prado	220	S. Spinelli	485	352
Open	40-44	220	B. Swanson	473	R. Kitani
B. Altizer	259	P. Prado	M. Crawford	451	B. Nichols
J. Thompson	253	45-49	D. Madere	418	18-19
Lifetime	M. Anderson	60-64	M. Burns	413	M. Copeland
B. Altizer	259	60-64	D. Geistlinger	380	R. Bluck
148	I. Zwick	270	J. Vining	413	Lifetime
Open	T. Fiala	203	D. Watson	380	D. Doan
T. Callahan	209	165	18-19	380	R. Donati
H. Sauer	198	Open	D. Schroeder	253	W. Thomas
M. Post	176	M. Hara	479n	308	462
Junior	S. Kerman	479	D. Geistlinger	380	J. Yanovitch
J. Roberson	203	L. Miller	473	380	R. Kitani
E. Peterson	187	A. Fumas	396	380	B. Nichols
Lifetime	B. Tincher	385	Lifetime	380	Police & Fire
T. Callahan	209	G.Dolci	352	380	D. Doan
Police & Fire	R. Phan	303	M. Burns	413	D. Meeks
E. Peterson	187n	14-15	S. Patrick	407	R. Donscheski
40-44	R. Tuck	225	Police & Fire	407	Military
M. Post	176	18-19	M. Crawford	451n	418
45-49	J. Anderson	253	J. Vining	451n	R. Bluck
H. Sauer	198	M. Evers	D. Watson	451n	380
165	J.DaViera	Junior	Middleton	402	Lifetime
Open	J. Clingenpeel	358	40-44	402	D. Doan
S. Perron	242	M. Evers	Raw	402	R. Donati
14-15	M. Evers	253	40-44	402	W. Thomas
L. Pledger	88	Lifetime	40-44	402	462
Lifetime	M. Hara	479n	40-44	402	J. Yanovitch
S. Perron	242	A. Fumas	396	402	R. Kitani
181	J.Rennish	330	45-49	402	B. Nichols
Open	K.Howell	330	W. Strosnider	352	Police & Fire
A. Sortwell	236	Police & Fire	40-44	352	D. Doan
T. Rosencrantz	148	R.Phant	50-54	352	R. Donati
18-19	Raw	303	D. Cummerow	380	W. Thomas
T. Rosencrantz	148	J. Rennish	330	380	462
40-44	B.O'Connell	308	D. Lindsey	380	J. Yanovitch
A. Sortwell	236	R.Phant	303	380	R. Kitani
SHW	40-44	303	D. Swift	374	B. Nichols
Open	M. Hara	479n	60-64	374	Police & Fire
D. Ferrell	363	45-49	D. Ballen	314	D. Doan
C. Van Dyke	275	L.Miller	473	314	R. Donati
S.Hallen	264	50-54	T.Scott	341	W. Thomas
18-19	T. Byington	231	B. Rosenfield	303	429
S.Pledger	121	60-64	220	303	M. Porter
Lifetime	H. Meeks	242	Open	402	352
D. Ferrell	363	181	R. Young	540	45-49
C. Van Dyke	275	Open	T. Anderson	501	50-54
40-44	L.McCormick	512	G.Bell	490	55-59
C. Van Dyke	275	D. Cleri	512	55-59	M. Marsh
S.Hallen	264	D. Thurman	512	380	380
MEN	T. Pickett	418	G.Sweeney	236	J. Yanovitch
114	J. Sussman	380	T. Succarotte	380	R. Kitani
Open	M. Geraghty	369	T.Hays	380	B. Nichols
J. Beckerich	187	K.Kubat	352	380	Police & Fire
16-17	B.Hibbert	347	C.Steele	402	D. Doan
J. Beckerich	187	B.Scherer	330	40-44	R. Donati
123	P. Carroll	325	J.Janek	275	W. Thomas
Open	R. Utley	308	Lifeline	275	462
S. Petrenack	303	308	D.Johnson	473	J. Yanovitch
16-17	N. Gentges	225	K.Farley	446	R. Kitani
J. Payer	231	16-17	446	380	B. Nichols
Junior	R. Tellberg	330	R. Fowler	363	Police & Fire
J. Payer	231	18-19	T. Anderson	501	D. Doan
Lifetime	A. Harris	380	L. Malcomson	319	R. Donati
S. Petrenack	303	B.Michael	308	319	W. Thomas
132	Junior	308	J.Hart	275	462
Open	J. Sussman	380	Military	275	J. Yanovitch
R. Allen	319	380	G.Bell	490	R. Kitani
B. Miller	297	40-44	490	380	B. Nichols
R. Coisson	253	M. Geraghty	369	380	Police & Fire
16-17	P. Carroll	325	K. Ruble	413	D. Doan
R. Accardi	203	45-49	J. hart	275	R. Donati
Lifetime	B. Shcerer	330	C. Steele	314	W. Thomas
B. Miller	297	50-54	J. Lewis	611	462
40-44	Military	308	D. Gruener	584	J. Yanovitch
R. Coisson	253	B. Hibbert	347	562	R. Kitani
148	R. Tellberg	330	A. Kisrow	385	B. Nichols
Open	Raw	55-59	R. Hemenway	319	Police & Fire
L. Slaughter	402	60-64	J. Bourisaw	314	D. Doan
J. Thomas	336	40-44	S. Wseeney	314	R. Donati
G.Page	336	D. Rosenzweig	385	314	W. Thomas
G. Simmons	330	K. Nienke	64-69	314	462
J. Golba	325	P. Carroll	347	314	J. Yanovitch
J.Kempf	308	325	C. Dogget	314	R. Kitani
L.Hanifen	308	308	C. Remley	314	B. Nichols
P.Prado	220	45-49	75-79	314	Police & Fire
M. Anderson	18-19	D. Brady	391	314	D. Doan
L. Hanifen	308	R. Tafelski	236	314	R. Donati
J. Kempf	308	50-54	G. Wseeney	236	W. Thomas
J. Kempf	308	J. Klostergaard	418	154	435
J. Kempf	308	M. DiBattista	308	154	435
J. Kempf	308	50-54	A. Reel	440	435
J. Kempf	308	50-54	242	440	435

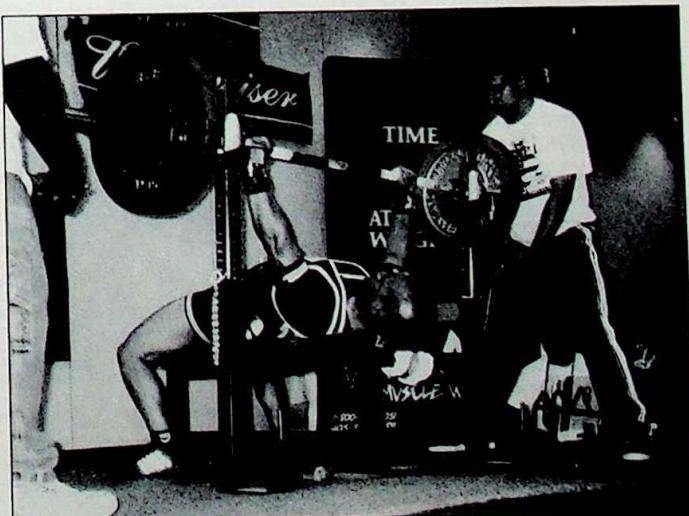
USAPL Bench Press Nationals



550 lb. Jeff Lewis benched 611 and just missed 639. (Ron Clark photo)



Team California will have four lifters on the USAPL National Bench Press Team to compete at the IPF Bench Worlds. Back Row, l-r, Bob DeCourt, Mike Hara, Russell Kitani, Lance Slaughter, Dave Cummerow, Jeff Sussman. Front, Tammi Callahan. (photo courtesy Lance Slaughter)



148 lb./67.5 kg. Wt. Class Men's Open Champion - Lance Slaughter

This was the LARGEST championship in IPF history with 275 lifters, 233 men and 42 women, from 34 countries competing for Masters gold. The host city, Usti nad Labem, is located in the Czech Republic, about an hour's drive from Prague. This big meet, run by the ever busy Jiri Hofrik and his Czech friends, went very well, but there were some unique challenges. Inzer Advance Designs, sponsor of the contest, was called in to assist in clearing the way and getting the Ivanko bars and weights to the site. It was a rush call to say the least. Tom Lincir, President of Ivanko, personally got the bars onto the plane. That was where the story began. The plane had mechanical problems. The bars and weights got to Amsterdam late. They were placed on a truck to Lenz, Austria, about 5 hours from the meet site. A dispute erupted between Austria and the Czech Republic and the border was shut down. The short version is the bars arrived on Tuesday night and the lifting went off on time Wednesday morning and few were aware of all the behind the scenes activities.

There was concern about such a big contest and two platforms were made ready, however, the staff and officials decided to go with one platform. They did a great job of moving this big meet along. John Stephenson and P.J. Couvillion were busy lining up the next day's activities well after midnight and were back on site by 6:30 am each day. The IPF General Secretary should be in the Guinness Book of World records as the man who scored more hours of powerlifting than anyone in history. General Secretary Koberich was on hand from the first lift to the last, as always. We all got to see the award he received recently from the German Government for his contribution to sports. IPF President Norbert Wallauch was on hand for the opening few days and then he was on his way for his historic meeting with IOC President Juan Antonio Samaranch. IPF President Wallauch and the General Secretary have been very busy with powerlifting's application for IOC recognition.

The Americans enjoyed the buying power of the US dollar in the Czech Republic. This lent itself to a number of shopping trips and evenings of fine dining.

The women were first to lift. Their competition was divided into three classes: Up to 52 kg, to 67.5 kg and 67.5 kg plus. The Finnish lifter,



Ellen Stein won a silver to help the USA team take the team win.

IPF MASTERS WORLDS

as told to Powerlifting USA by Peter Thorne



Harriet Hall accepts her Best Lifter award. (photos by Mr. Otto)



Mike Roy won silver at 165 lbs.

Viitalaari, took the first class, up to 52 kg, with three world master's records. USA's Sally Bowers was 4th and Cathy Solan fifth, with both getting personal best totals. Donna Aliminosa took 10th.

In the 67.5 kg, USA's 'never unnoticed' Ellen Stein totaled 427.5 kgs (942 lbs.) and got the silver medal behind Kashirina of Russia. USA's Kate Dingle Craig was 8th and 13th was Lanette Lopez.

Then came the 67.5 kg plus class. The USA's Harriet Hall reeled in the gold with three world masters records on the way. Harriet was dominant in her class posting a 550 kg total (1,212 lbs.). At 52 years of age, Harriet was Champion of Champions in the 50 plus division. Against the younger lifters, Harriet was the number 3 woman lifter overall by points. Many of the other coaches remarked at her lifting, which showed tremendous power and very little technique. Harriet was described as "country strong" and we were told she grew up in the Carolinas. When asked, Harriet, who now lives in Alaska, shattered that myth and said she grew up in the city. She said she did play a lot of sports. At any rate, Harriet led the America women's team to first place



Ruth Welding - picking up points

In the 125 kg. class Tom Weeks of New Hampshire was 9th. Holland's Homunbdany was dominant in the total. En route to his win he kept his noisy cheering crowd on edge. He took three attempts on his opening squat 350 kgs (771 lbs) and made it on his third. He opened with 230 kgs on the bench and missed it twice before making the 507 lbs. on his third try.

The 125 kg plus class saw some world records fall. Winner Frank Jorgensen made a 4th attempt World Masters Deadlift Record of 365.5 kgs (805 lbs). Japan's Ujiie, with the support of a loud and colorful Japanese cheering section, set a new masters World record in the bench press with 255.5 kgs (563 lbs). Ujiie took fourth place behind Slovakian and Russian competitors.

The Masters II classes for lifters over 50 are now reported. 56 kg class: The ever present Mr. Hideaki Inaba treated all his fans to another great performance and another gold medal to add to his vast collection. Mr. Inaba, at age 56, totaled 557.5 kgs (1,229 lbs). He weighed in at 53.2 kgs, and he is the only IPF master lifter, of any age, to total more than 10 times his bodyweight.

60 kg class: Another of the powerful lifters from Japan, Okiura, gave Japan their third consecutive gold medal. Ira Rosen, one of the Alaskan contingent, picked up second place for Team USA. Ian Burges had a tough day, making 5 lifts and finishing in 5th place.

65.5 kg class: Robert Cortes, from California, took 6th place. Robert was the oldest gentleman in the competition and he posted 505 kgs (1,113 lbs.) total at 70 years of age. Jules Pellegrino, out of New Jersey, finished in 7th place. John Hibbert of Great Britain was the winner.

75 kg class: Lokhov of Russia dominated this class of 16 men with a 670 kg (1,477 lbs) total. Sam Alduena, a fun loving live wire from California, ended up in 5th place.

82.5 kg class: Will Lincoln gave Britain its 2nd gold medal. There were no USA lifters in this class.

90 kg class: Vereschagin of Russia took a close, 2.5 kg win, over Sochanski of Poland. Andy Cristo of USA placed 13th. Bud Bowers of Washington came up with his squats strongly, but was not down far enough for white lights and



Sam Alduenda is made ready for the bench press by Alex Galant.

was out of the contest. Last year Bud had met the same fate in the bench press.

100 kg class: Vladimir Korolov opened with a world master's record squat and squatted 310 kgs (683 lbs) as Ukraine took second, followed by the Czech Republic.

110 kg class: Lovasz, of Hungary, hit a 322.5 (711 lbs) world record masters squat and a world record masters total 840 kgs (1,851 lbs) for a 125 kg win over 2nd place Mazuhuta of Russia. Ron Burnett, yet an-



Sean Cain made all his attempts to win the 40-49 242s

IPF Masters World Championships

17-22 OCT 00 - Usti Nad Labem

WOMEN SQ BP DL TOT

Up to 114 lbs. weight class

Viltasaari FIN	314!	170	369!	854!
Eremenko RUS	297	137	330	766
Karbysheva RUS	292	148	286	717
Bowers USA	286	126	347	760
Solan USA	248	115	386	650
Omori JPN	286	132	303	722
Bruder GER	270	115	281	666
Uvachan RUS	270	148	286	705
Matsuura JPN	264	159	275	699
Allimino USA	187	99	235	518
Turunen FIN	181	110	220	512
Bouille FRA	220			
Up to 148 lb. class				
Kashirina RUS	369	187	407	964
Stein USA	341	181	418	942
Ishikawa JPN	315	198	341	865
Vivijles BEL	292	154	363	810
Daumas FRA	297	159	347	804
Bass GB	297	154	369	821
Hykova CZE	275	165	341	782
Dingle USA	275	165	308	749
Louarduzzi FRA	275	143	297	716
Takacova CZE	319	187	308	815
Dowsett GB	253	126	341	722
Takahashi JPN	231	122	231	584
Lopez USA	209	110	281	600
Lankau GER	225	143	264	633
Nothnagel GER	198	126	242	567
Kimura JPN	286			
Over 148 lb. class				
Hall USA	468!	286!	457	1212!
Spronk HOL	352	214	402	970
Beer AUT	380	231	391	1003
Fomina RUS	385	148	385	920
v.d. Meulen HOL	363	187	374	925
Welding USA	303	159	358	821
Hallen USA	385	275!	341	1003
Hollanos GB	358	126	330	815
Hranickova CZE	303	143	270	716
Gardarsdottir ICE	253	181	347	782
Richards GB	264	126	292	683
Schijndel HOL	264	132	336	733
Wass GB	264	137	275	677
Beninga GER	214	148	264	628
Team Competition: USA 48, Russia 39, Holland 16, Japan 16, Finland 13, G. Britain 11, Austria 8, France 8, Belgium 7, Czech Republic 7, Germany 7, Iceland 1. Champion of Champions Overall: Viltasaari (FIN) 517.15, Kashirina (RUS) 494.81, Hall (USA) 465.52, Champion of Champions over 50; Hall (USA) 465.52, Bowers (USA) 434.59, Bass (GB) 433.44				
Men Masters I (40-49)				
114 lb. class				
Taguibao PHI	363	176	418	959
Kagawa JPN	297	236	341	876
Yamashita JPN	264	242	286	793
123 lb.				
Yamakawa JPN	473	187	490	1151
Sotowa JPN	435	203	424	1063
Barleen USA	352	248	413	1014
Raj IND	396	187	407	992
Timirgarleev RUS	358	220	396	975
Kedziora POL	303	236	413	953
132 lb.				
Sayaplin RUS	473	270	496	1240
Vincent FRA	446	286	479	1212
Kamalh IND	473	220	485	1179
Bochkowsky UKR	395	214	485	1096
Corsello USA	330	281	391	1003
Merzlyakov RUS				
Posokhin RUS	523	330	573	1427
Welnstein USA	523	303	540	1366
Mihok SLO	501	319	518	1339
Miki JPN	501	352	485	1339
Rooch GER	440	374	512	1328
Lopez SPA	473	286	529	1289
Talon CAN	446	336	462	1245
Flores GB	440	242	451	1135

Rautialinen FIN 407

Gildesberg DEN 330

Shrivastava IND 165 lb.

Nicolini ITA 612!

Roy USA 600

Cayer USA 534

Khosravi IRA 540

Solan USA 248

Omori JPN 286

Bruder GER 270

Uvachan RUS 270

Matsuura JPN 264

Allimino USA 187

Turunen FIN 181

Bouille FRA 220

Up to 148 lb. class

Viltasaari FIN 314!

Eremenko RUS 297

Karbysheva RUS 292

Bowers USA 286

Solan USA 248

Omori JPN 286

Bruder GER 270

Uvachan RUS 270

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For Review the new video "THE BENCH PRESS, VOL. 2" from Ned Low at **POW!ERLIFTER VIDEO Magazine** is now available, and our review copy revealed some sensational training and action footage from the previous 7 years of **POW!ERLIFTER VIDEO Magazine** (they've been putting this great series out for THAT LONG?!?). The action starts off with a unique DOUBLE "STAR WORKOUT" with Scott Werner (the first middleweight to bench over 500) and Chris Confessore (a 700 pound plus bencher) and the synergy from these two working out - simultaneously together - while expounding about their insights into successful BP training as they go, is worth the price of this tape by itself! These are some seriously muscular guys and they are both very well spoken in this presentation. Next it's off to the All American Gym in Florida for IPF world record holder James Henderson's workout. Not only is this guy super BIG, and the weights he uses astonishingly ENORMOUS (you gotta see the footage of him popping up 600x3 RAW!), but his personality is HUGELY entertaining and enlightening at the same time! From there, it's off to Anthony Clark's back workout, the foundation for his formidable bench pressing power. If you want to see some incredible body mass - this is the segment for you! There's also footage of the great lifting at the '99 Arnold Classic, with the likes of Anthony Clark, Dave Waterman, and Willie Williams. A very nicely done "Coach's Corner" by Jay Schroeder is the next section up - featuring a useful analysis of whether you could be a "chest" bencher or a "shoulder" bencher. There is also a dramatic segment on what not to do in the bench press - a lifter painfully dropping a bar on his chest! C.T. Fletcher is featured next, in his "office" - the American Eagle Gym - with a very entertaining exposition about how he does "his thing" (600 + bench presses!). The final segment is bench phenom Bob Seibold's bench and assistance routine, highlighted by a spectacular 605 lb. attempt by this most muscular 200 pounder. Time flies and by the time you turn around it's hard to imagine just how many great bench workouts have been brought to you by Ned Low at **POW!ERLIFTER VIDEO Magazine**. This tape will inspire and remind you with some spectacular footage of some of the greatest upper body strength athletes of all time. (\$29.95 per tape, plus \$2.95 handling, or \$49.90 for both Volume 1 and Volume 2. Call 1-800-BARBELL to order or see their advertisement in this issue of **PL USA**)

Flash Report W.D.F.P.F. Championships

The W.D.F.P.F. World Powerlifting & Sport Championships were held on Saturday 21st October and Sunday 22nd October at the "Fort Van Merksem" recreational centre in Antwerp, Belgium. The championships were organized well by Wim Backelant and just some of the nations represented were USA, Canada, Australia, England, France, Ireland, Belgium, Scotland, Fiji, Russia, and Tahiti.

The standard of lifting was excellent and the W.D.F.P.F.'s strict testing policy was adhered to with 10% of the lifters being target tested by urinalysis.

The highlight of the meet was undoubtedly Audley Baker's sensational total which eclipsed Mark Phillipi's world record total at 145 kg. set in 1996. Audley Baker was introduced to **PL USA** readers in the October 1999 issue where Audley stated that one of his short term lifting goals was to total in the 970's. With Mark Phillipi's world record total of 967.5 kg. as a target, Audley started his squats with an easy 360 kg. and then jumped to a world record 390 kg. On this second attempt the bar was whipping badly which caused Audley to fail the weight. Undeterred Audley called for the same poundage on a third attempt and drove it up for a successful attempt and new world record.

Stalking the world record total Audley aced all three in the bench and hit 200-230-232.5. Audley's drive from the chest is absolutely phenomenal and the weight only slows down near the lock out. With some lock out training Audley has the potential of a 250+ kg. bench press.

With his highest ever sub-total in the bag, Audley opened his deadlifts with 320 and then called for 347.5 kg. which he got to make history with a world record 970 kg. total. As stated in the October 1999 **PL USA** article Audley's next goals are a 400 kg. squat and a 1000 kg. total. With now four consecutive W.D.F.P.F. World Titles under his belt Audley is the most successful 145 kg. lifter in W.D.F.P.F. history and can lay claim to being one of the strongest legitimate drug free lifters in the world. (Thanks to Derek Cope for this report).

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Ted Arcidi, Anthony Clark,
Jamie Harris, Greg Warr
& Dave Waterman's
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INTENSE BENCH WORKOUTS –
Check out Louie Simmons and
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See **WORLD RECORDS Set!**

VOLUME 2 *NEW!*

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Chris Confessore, Scott Werner,
James Henderson,
"Barbarian" Bob Seibold

More with **ANTHONY CLARK**

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POW!ERLIFTER
VIDEO MAGAZINE

If it's December, it must be time for the annual *POWER SCENE* shopping guide for powerlifters. But first, a little powerlifting update on Jamie Harris, who is returning from retirement. Jamie's first post-retirement meet ended before it began, as his shirt popped in the warm-up room, and Jamie didn't have a back-up. So he did a bench exhibition for the crowd, culminating in a 660 for two reps, with no shirt. Jamie's still on track for the IPA Nationals, which should have already occurred by the time you get this magazine.

On to Christmas shopping, for that powerlifter in your life. Or maybe you're the powerlifter in your life. Either way, it's time to be rewarded for another hard year of lifting and training.



Suit Slippers from Inzer Advance Designs are designed to help you pull your lifting suit on very easily

You've seen their ads throughout the magazine, and Inzer Advance Designs has a full range of lifting gear designed to boost your lifts. From bench shirts to the new lifting shoe, squat suits and slippers (illustrated in the picture) to wraps and t-shirts, there's a lot of top equipment. And as you can see in



Blythe models the Inzer T-shirt

POWER SCENE

the pictures of 6'6", 300 lb. Blythe and 5'5" Bethany, it comes in all sizes. Call them at 800-222-6897.



Bethany shows off her Inzer shirt

If they don't have what you want, maybe Crain's Muscle World does. They've got the largest collection of powerlifting products around, from equipment to books and videos to clocks and socks to supplements. Plus power bars, collars, protein cookies, and dumbbell racks. If you can think of it, Crain's probably has it. They're at 800-272-0051.

For you well-dressed powerlifters, well, we'll let House of Pain owner Rick Brewer put it in his words. "If you train to 'stay in shape', Do Not Call House of Pain. We make gear for fanatics! Psycho-gym rats: We have your gear! From leather vests and jackets, to leather gym bags, we've got everything a gym rat needs."

You can reach House of Pain at 888-463-7246.



House of Pain has all kinds of sportswear for the hardcore lifter

Another type of clothing is available from Colleen Kelly's company, [sexyswimwear.com](http://www.sexyswimwear.com). See her picture, and guess what she makes and sells.

Right. Colleen always points out that 70% of her sales are made to men. You can see more of her designs in *IRONMAN Magazine*'s swimsuit issues, and you can buy her suits on her website or by calling 310-281-8601.



Colleen Kelly of Sexy Swimwear.

Colleen is just one of the swimsuit models in the current issue of *POWELIFTER Video*, which is our second ever swimsuit issue, and it's got a double-length segment on Louie Simmons and bench press training at the Westside Barbell Club, J.M. Blakley demonstrating the J.M. press, a bench workout with Markus Schick, Joe DeAngelis squatting 500 lbs. for 20, yes 20, reps, and the usual contest footage and highlights.

Plus, *POWELIFTER Video* is running a special offer, where all new subscribers get a FREE copy of *THE BENCH PRESS Video*, featuring the bench workouts of Anthony Clark, Jamie Harris, Ted Arcidi, Greg Warr, and Dave Waterman, plus footage of world record lifts, and more bench training with Louie Simmons.

THE BENCH PRESS Video was a big seller when it came out last year, and now Volume Two is out, featuring bench workouts with Chris Confessore, Scott Werner, James Henderson, Bob Seibold, and Anthony Clark, plus coach's corner on the bench.

Regular issues of *POWELIFTER Video* are only \$22.90; the Bench Press Special issues are \$32.90. Call 1-800-BARBELL. (That's 800-227-2355.)

As you bench more weight, you may want to check out the new



Add pounds to your Bench with *POWELIFTER* Video magazine.

Power Press self-spotting bench press machine. (That's Jamie Harris using it in the picture.) If you're having trouble racking the bar, just press your foot on the foot pedal for a spot. For more info, or pricing, or size specifications, call Concepts 2000 at 810-615-5478.



The self-spotting POWER PRESS

Still haven't seen what you want? How about a powerlifting seminar to boost your PR's? Dave Tate and Elite Fitness Systems have scheduled a huge number of Westside Seminars for 2001, and while most of them are in Columbus, Ohio, they have added a lot of out-of-state seminars. From Albany, NY to Sacramento, CA, they're covering a lot of the country. Call 888-854-8806 to check out these highly regarded seminars.

And, finally, every powerlifter knows about *Powerlifting USA*, but do they have a subscription? PL USA has a special going on, where you can get one year of *PL USA* plus one year of the twice-monthly *POWER HOTLINE*, for \$50, a nearly \$10 savings from buying them separately. Call 800-448-7693 to sign up.

Wishing everyone a Merry Christmas, along with great strength, no injuries, and lots of PR's. Have a great holiday season. NED LOW

**APA National Championships &
WPA Junior - Master Worlds
2-3 SEP 00 - Lancaster, PA**

BENCH	Drug Free			
WOMEN	J. Kaesere	405		
16-17	275			
181	40-49			
M. Malkasian	155	J. Walk		
MEN	308			
Masters 50-59	Drug Free			
148	B. Frisby	525		
T. Tullio	180	40-49		
165	T. Graver	390		
Drug Free	50-59			
J. Rubio	360	L. Schoelkopf		
K. Kuhn	305	SHW		
33-39	Open			
J. Rubio	360	H. Wilson	550	
J. Snyder	300	R. Carrion	520	
Open	DEADLIFT			
J. Rubio	360	WOMEN		
181	132			
Drug Free	70-79			
L. Ryan	370	J. Merrill	80*	
40-49	181			
S. Kohler	425	16-17		
198	M. Malkasian	325*		
Open	MEN			
O. Alvarez	500	148		
J. McVicar	460	50-59		
33-39	T. Tullio	275		
D. Moore	410	181		
40-49	Open			
B. Blackburn	355	L. Ville	500	
50-59	198			
J. Mitsopoulos	400	Open		
220	J. McVicar	550		
40-49	242			
W. Luciano	390	Open		
33-39	C. Seeker	725		
T. Vellake	525	275		
Open	40-49			
T. Vellake	525	M. Dimiduk	650	
R. Montgomery	242	Teen		
Nationals	SQ	D. Armstrong	505	
WOMEN	BP	DL	TOT	
105				
Drug Free				
J. Hautaniemi	190	105	235	530
33-39				
J. Hautaniemi	190	105	235	530
198				
40-49				
C. Lewis				
MEN				
165				
80-89				
R. Merrill	90*	75*	180*	345*
Drug Free				
B. Crowe	626	430	555	1585
181				
Drug Free				
M. Twitchel	450	340	530	1320
33-39				
M. Martin	355	300	375	1030
40-49				
F. Piermattei	575*	360	565	1500
198				
Drug Free				
H. Reece	440	295	480	1215
60-69				
J. Herbein	375	260	530	1220
4th	420*	540*		
220				
Drug Free				
K. Poteal	365	205	400	970
242				
Drug Free				



Julie Hautaniemi squatted 190.



John Mitsopoulos benches at the APA Nationals. (Taylor photos)



78 Yr. Old Josie Merrill (Taylor)

G. Russo	685	470	550	1705
C. Phillips	475	405	500	1380
D. Lawrence	525	320	475	1320
J. Stahl				
Open				
J. Birley	455	300	370	1225
50-59				
T. Levering	365	340	300	1005
275				
Open				
M. Dimiduk	805*	400	650	1855
33-39				
A. Griffith	710	450	500	1660
40-49				
M. Dimiduk	805*	400	650	1855
308				
Drug Free				
A. Lawrence	800	500	730	2030*
Masters				
WOMEN				
132				
40-49				
J. Sturniolo	45	130	270	445
MEN				
165				
80-89				
R. Merrill	90*	75*	180*	345*
181				
50-59				
D. Junkins	280	225	360	865
198				
33-39				
A. Omoski	385	310	375	1070
60-69				
J. Herbein	375	260	530	1220
4th	420*	540*		
220				
33-39				
C. Seeker	700	540	725	1965
50-59				
A. Tamberg	275			
40-49				
M. Dimiduk	805*	400	650	1855

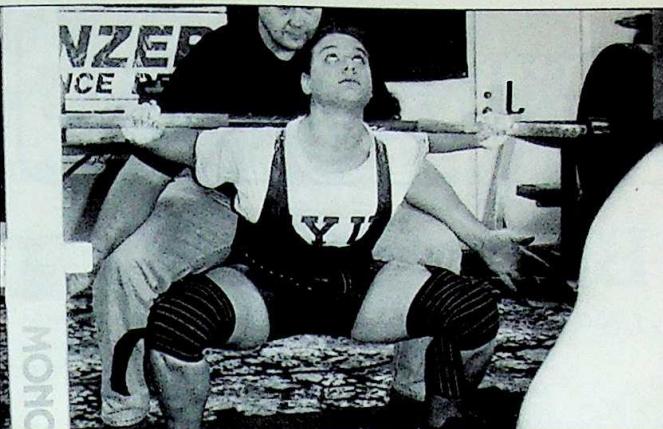
Juniors				
WOMEN				
181				
16-17				
M. Malkasian	360*	155	325*	840*
MEN				
181				
20-23				
A. O'Brien	430	360	485	1275
198				
13-15				
S. Huntzinger				
20-23				
J. McShane	600*	325	600	1525*
C. Martin	375	279	400	1045
220				
20-23				
R. Crist	400	300	410	1110
275				
16-17				
D. Armstrong	145	280	505	930

*denotes a record lift. Best Lifters: BP (Lightweight) - Scott Kohler; BP (Heavyweight) - Tony Vellake; BP (Drug Free) - Brent Frisby; Deadlift - Carl Seeker; Junior Worlds Lightweight - Andy O'Brien; Junior Worlds Heavyweight - Justin McShane; Junior Worlds Female Teenage - Margaret Malkasian; Master Worlds Female - Jan Sturniolo; Master Worlds Lightweight - Doc Junkins; Master Worlds Heavyweight - John Herbein; Master Worlds (Submaster) - Carl Seeker; Junior Worlds Teenage - Devon Armstrong; Nationals Lightweight - Fred Brian Crowe; Nationals Heavyweight - Carl Seeker. Once again, the American Powerlifting Association (APA) and World Powerlifting Alliance (WPA) brought together the best powerlifting has to offer next door to the birthplace of American Weightlifting - York, PA. The event was held at the Quality Inn & Conference Center Ballroom in Lancaster, PA. I apologize to the lifters who tried to tell me the turnout would be effected by running an event on Labor Day Weekend. Had I re-scheduled the date there would have been a 50% higher turnout. This was the only weekend I could get this meet site however and it was a great facility for this event. The meet venue was beautiful, with no bad spectator seating and hundreds of spectators attending each day. Close circuit TV / video monitors were placed in the warmup area thanks to the video company filming the event - Kelly Sports Video Productions. Visit their website at www.kellysports.bizland.com. I would recommend Kelly Services to any promoter who wishes good, high quality coverage of an event. Special thanks to Coca Cola for sponsoring this event. Monolifts were present in the warm-up area and lifting platform and equipment was top quality thanks to Carl Seeker who was co-director of this meet and did all the actual preparation work to make this a quality event. Perfection is all that can be said about the set up Carl provided for the lifters. The APA has gained nearly 1000 new lifters in the year 2000 thanks to hard working, conscientious promoters like Carl Seeker who put the APA several notches above others in quality. I would like to thank Sue Mason, Tom Leveling, Kathy Roberts, Wendy Edwards, Terri Grimwood, Robert & Elaine Grimwood, John Bott, and all spotters, loaders and the other meet staff who put in a long, hard weekend making this event a success. Special thanks are also given to 700 bENCHER Joel Toranzo, Chris Taylor, Julie Scanlon, Capt. Kirk Karwoski, the Westside crew, the Iron Island gang, and all others who assisted the lifters at this meet and added to the quality of the event. Saturday, September 2, 2000, Womens & all weight classes through 181: The music boomed and action began with the women and competitors 114 lb. through

181 lb. classes. Women's Divisions - Some very notable lifting came from teenager Margaret Malkasian who competed in the 181's. At 17 years of age she squatted 360, bench pressed 155, and deadlifted 325 for an impressive 840 total. Julie Hautaniemi of New Hampshire weighed in at 98 lbs. and did some impressive lifting and won her class (105) with lifts of 190 on the squat, 105 bench, and 235 deadlift. Very impressive was "newcomer" Josie Merrill. Josie has only been training for a few months and what made her special was that fact that she began lifting at 78 YEARS YOUNG! Josie was in the deadlift event and pulled a nice solid 80 lbs. Jan Sturniolo took the 132's master class at 49 years of age. She put in a token squat and benched 130 and deadlifted 270. Men's Divisions - Competing in the Masters 148 lb. class, 81 year old Roger Merrill was just as fascinating to watch as his lovely wife Josie. Roger has only been training for a few months and walking proof that you can begin lifting and compete at any age. Roger is a Church Pastor from Michigan. Roger managed to set all new WPA World Records in the 80-84 age bracket with a very deep 90 pound squat, 75 pound bench press, and 180 pound deadlift. Brian Crowe did some incredible lifting in the Drug Free 165 lb. class with a 625 squat, 430 bench press, and 530 deadlift. 555 slipped out of his hand after he locked out a second attempt with 555. He again locked out 555 and passed out for a moment which cost him the lift. Still he settled for a nice 1585 total which is incredible for a man weighing under 165 lbs. Fred Piermattei competed in the Masters 40-49, 181 class and registered some great solid lifts with 575 squat, 360 bench, and 565 deadlift for a big 1500 total. Andy O'Brien from Prince Edward Island, Canada took the Junior 181's with a 1275 total, while Michael Twitcher won the Open Drug Free 181 lbs. with a 1320 total. Some great 181 lifters participated. Sunday, September 3, 2000 - Mens 198 through SHW classes: Sunday's crowd of spectators grew bigger right in stride with the lifters. John Herbein has put many years into this sport and as always put on a fine performance. Competing in the 60-69 Masters 198 class he totaled a nice 1220. He ended the day by pulling a record 540 lb. deadlift. Justin McShane got the crowd rocking with an earth shattering performance. Competing in the Junior 198 class he started the day rolling by performing a world record 600 squat. His bench was at 325 and he ended up with a strong 600 deadlift. He declined his 3rd attempt deadlift to settle for a Drug Free Junior World Record Total of 1525 pounds. The contributions this young gentleman make to the sport are numerous. Justin is often seen officiating at events, spotting, loading and on top of that he maintains the American Strength Legend Website and has the "Best" Powerlifting Forum on the internet. It's called Diesel Power Forum and is located at <http://www.mcshane-enterprises.com/DPF>. His website provides unbiased and complete coverage for "all federations" that represent our great sport. Second to Justin in the 198 lb. class was Chris Martin. Al Oronoski took the submasters with 1070. Howard Reece put in a great performance in the drug free 198's with a 1215 total. Action in the 242's was hot and heavy with Carl Seeker competing as a submaster and registering an awesome 700 squat, 520 bench and a near miss of 560, and 725 deadlift with a narrow miss on a 740 attempt. His total was 1965 which set some new records. The action in the Drug Free 242 class was between John Stahl, David Lawrence, Chris



Glenn Russo won drug free 242s



Margarett Malkasian squatted 360 at 181, 16-17. (S. Taylor photos)

Phillips, and Glen Russo of Vermont. Russo dominated the class with a 1705 total. 22 year old Jon Birley returned to the platform with only 7 weeks of training and a 5 year layoff. He ended up with a 1225 total. Tom Levering put on a nice performance in the 242 lb. 50-59 class with a 1005 total. We are very grateful to Tom for spending the entire day announcing on Saturday. Leading the pack in totals for the 275's was 46 year old Mark Dimiduk. Mark put in a Master record squat of 805. He was a bit off on his bench and had to settle for 400. He opened with an easy 650 deadlift but due to slippage problems missed two attempts with 715. Andy Griffith was very impressive in the submaster 275's with a 710 squat, 450 bench, and 500 deadlift. He totaled 1660. Devon Armstrong a teenage 275 put in a token squat, 280 bench and then went for the big pull with 505 at 17 years old! Aaron Lawrence competed in the 308's and did some outstanding lifting. He squatted 800 just narrowly missing 815. His bench was a nice 500 and he topped the day with a 730 deadlift setting a 2030 total. No superheavy's were present in the full power events. The battle of the superheavy's came in the bench only portion of the meet. BENCH

PRESS ONLY: Jack Rubio took the Drug Free 165 class with a nice 360. He was followed by Ken Kuhn who ended up with 305. Competing as a 165 submaster was John Snyder who settled for 300 after a 320 attempt. Scott Kohler competed as a Master 40-49, 181 lb. lifter and ended with a nice, effortless 425. Leo Ryan settled for 370 after a near miss with 390 while Teenager, Nicholas Denney, smoked 340. In the 198s Jeff McVicar rammed up 460 and had plenty to spare. Bill Blackburn (40-49 div) did 355 to win his class, while John Mitsopoulos of New Jersey set some Master records in the 50-59 with a nice 400 lift. Dean Moore took the Submaster 198s with a 410 bench and misses with 425. Tony Vellake of Florida was the star performer in the 220s with a well earned 525 attempt. Tony almost had 535 locked out and came within an inch or two. Wilson Luciano competed in the 40-49 and took the class with 390. Jim Kaeser took the 242s with 405. Brent Frisby of Delaware put in an awesome 525 and narrowly missed 550 in the Drug Free 308 class. The final bench showdown took place in the Supers. Heath Wilson emerged as victor with a 550 lift and narrow miss at 600. Second place went to Rich Carrion with a 520 lift.

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Both were gentle giants and great guys to be around. I would like to express special thanks to all my friends who made this memorable and enjoyable event possible. Without your assistance, some very special memories of a lifetime would be nonexistent. Your support and contributions to the APA ensure our growth and continued success as the best federation in the US to lift for. It is with your efforts, camaraderie, and support that you and all the athletes bring to the APA that we are the number one organization today. Another year is coming toward its end and with it, another year of

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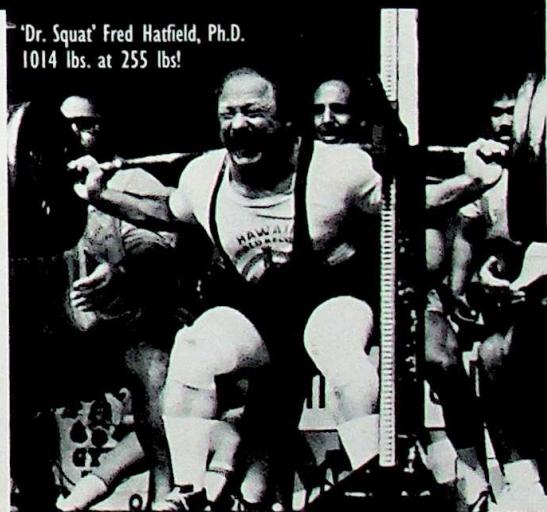
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POWER PROFILE

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

Harrison Benner is a man who has been training and competing in olympic lifting, bodybuilding, and powerlifting since 1937. He has always been a great competitor and a true credit to the sport.

I remember when he along with five others and myself formed the Hillcrest Barbell Club in San Diego, California. From the seven original members we grew into a membership of around 30 members, but due to the outbreak of the second World War, we had to close the club. Right after the bombing of Pearl Harbor, the Army informed us that we had 24 hours to remove our equipment from Balboa Park as the National Guard was going to move in and take over the area. I recall moving all those weights and equipment in my 1934 Ford 2 door sedan (it was brutal).

I don't know what happened to all our barbells

and dumbbells, because we all entered the service or went to work in the aircraft plant. Harrison ended up in the infantry and fought in Europe. He continued to train when

Harrison Benner *as told to Powerlifting USA by Leo Stern*



Harrison recently won his class at the APF L.A. Lifting Club meet at age 80! (Mark Herman)

he was able to find the weights and always seemed to stay in shape.

He lifted as a middleweight in olympic lifting and represented us in all our competitions. He was the

top middleweight in San Diego. He also competed in physique contests, and placed 4th in the 1943 Mr. America contest. Jules Bacon was the winner with Dan Lurie

taking second.

We started powerlifting in San Diego in 1948 and Harrison continued to compete as a middleweight. We used 5 lifts in the beginning: the standing 2 arm curl, bench press, squat, deadlift, and the straight arm pullover on the floor. In the beginning, others thought we were nuts - everyone else was involved in the three (olympic) lifts and bodybuilding. We went up to L.A. and demonstrated what we were doing down here. We performed in Long Beach at a regular contest. They did not accept it at first, in fact, the AAU banned it and said they would not sanction such a contest. Our answer was "So What!", and we continued to run contests in our area and we found it to be growing more and more popular

as time went on. We cut it down to just three lifts: the bench press, squat, and deadlift, and once the guys in L.A. got involved the records really moved up and our competitions overtook the regular olympic lifting contests. Peary and Mabel Rader were the ones, with their *LIFTING NEWS* publication, who spearheaded publishing information on our competitions and they created a great deal of interest. The publication *POWERLIFTING USA* is a fantastic publication and I was amazed when I saw my first copy given to me by Editor in Chief Mike Lambert at a powerlifting meet put on by Myers Badura in Ft. Dick, California a few years back. The magazine had been out for years, but that had been my first opportunity to see it for myself.

But, to get back to the purpose of this piece, which is to recognize Harrison Benner, an Iron Man who has been competing for over sixty years, and who remains a champion. I believe this is remarkable, no matter what the sport.

Through all these years I have never heard of "Harry" injuring himself. He has always been healthy, and - being a Mormon - he does not drink or smoke. I am amazed how he has maintained his enthusiasm and desire for all these years, and he is still a champion.



The Team that won the Tri City Championship between Los Angeles, Long Beach, and San Diego; (left to right) Bill Lowrance (132 - National Champion 1948), Ken Swanson (148), **Harrison Benner** (165), Frank Jaques (181), Don Arnold (Hywt.), and Leo Stern . (photograph provided courtesy of Leo Stern)

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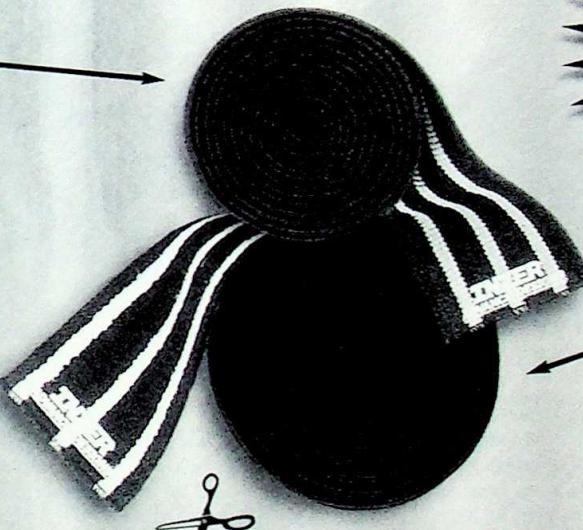
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A PARADIGM SHIFT IN KNEE WRAP DESIGN!

Before powerlifting's inception as an organized sport, those who wanted to test their strength entered weightlifting competitions. Though there were odd lift competitions, they were sparse and the contested lifts varied from event to event. At the time, weightlifting was comprised of three lifts: the press, the snatch, and the clean and jerk. The press was eventually dropped because competitors became adept at leaning backwards, making it an incline press without a backrest. The primary unadulterated, pure strength lift was eliminated by the International Weightlifting Federation in January of 1973 (1).

As lifting records increased, technique gained importance. Gone were the Paul Anderson days when brute strength could capture first place. Powerlifting's birth resulted from the dissatisfaction some felt with weightlifting. If brute strength could not win, things had gone awry. After all, pure strength was what many aspired to - their raison d'être. Shouldn't the winner of a competition be the strongest?

The powerlifters were chosen as movements because, while encompassing many subtle nuances of technique, they nonetheless are a test of raw strength. Eventually, powerlifting surpassed weightlifting in popularity in the United States and were it not for the Olympics, weightlifting would have even less exposure than it currently enjoys. In weightlifting's heyday, overhead lifting was the test of manhood. According to my father, both in the U.S. and in Europe, this was the first question asked the moment you were recognized as a lifter, just as "How much can you bench?" is today's mantra. Though the overhead lifts have fallen out of vogue, they still have a place in strength training.

How overhead lifts affect the bench press, however, is a matter of contention. One school of thought expounds them as being beneficial. Constituents of this philosophy include Ted Arcidi, famous for gargantuan behind-the-neck presses,(2). On the other hand Bill Kazmaier does not believe there is much strength transfer (3).

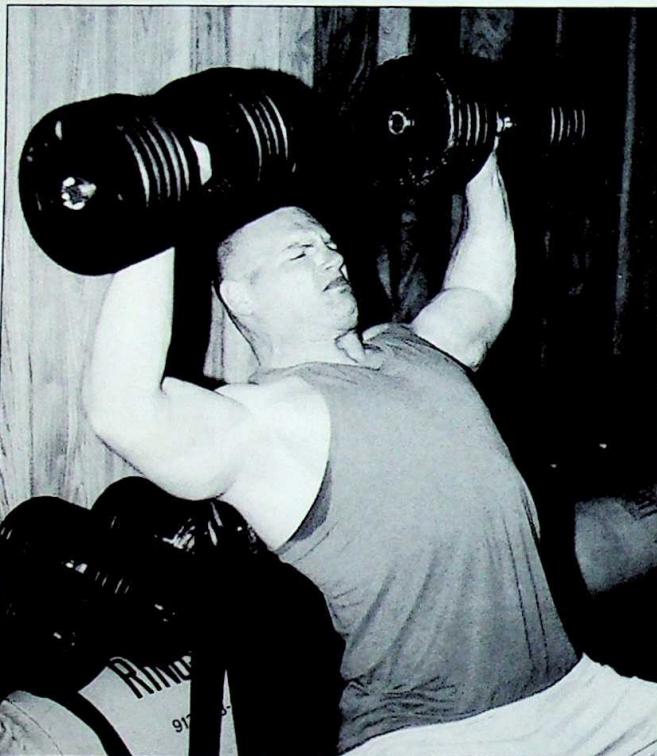
In spite of its debated contributions to the bench press, overhead lifting has tremendous strength developing properties of its own. I recently witnessed Kazmaier, (now focusing less on pure powerlifting), pressing a pair of hundred pound dumbbells from the seated position for 32 consecutive reps (he has since done 35)!

Gary Taylor, Welsh strongman and winner of the '93 World's Strongest Man contest, is credited with ramming a whopping 595 over-

TRAINING

OVERHEAD LIFTING

as told to Powerlifting USA by Marc Cavigioli



Marc Cavigioli ... training overhead dumbbell presses in July, 2000

head for a new world record. His attempt to behind the neck jerk 600 for the *Guinness Book of World Records* is on hold as he returns from unrelated injuries, (5).

Still others warn that the deltoid joint is unnecessarily stressed by overhead pressing. Strength and conditioning specialist, Steve Dain, has coached Troy Chance to a 551 bench at 250 bodyweight and Shay Fanning to a 512 bench at 270, (both lifts in drug tested NASA meets), in each case specifically staying clear of overhead work, (4).

While it is true joint problems can be created or exacerbated with this movement, enough varieties of the movement exist to circumvent many potential problems: standing, seated, behind-the-necks, barbell, dumbbell, one hand, two hand, alternating, strict military, continental pushes and jerks. To be sure, if you have questionable shoulder joints you should consult your orthopedic surgeon prior to giving any variation a whirl. If you get the

green light, follow his/her advice. Choose exercises that are most comfortable to perform. In the past, I have used an underhand grip, (it was awkward at first), to minimize inflammation induced impingement.

For newcomers, a brief synopsis of the above will prove useful in wading through variations. The barbell standing press is self explanatory. Seated presses are usually done with a back rest to alleviate pressure on the lumbar area. Another reason for choosing a seated variety is to eliminate leg drive and put the entire focus on the deltoid. While such isolation is popular with bodybuilders, purists consider seated presses a weak, second-rate developer. Standing not only allows more weight to be used, but develops the torso more fully, stressing support muscles along the spine, abs, and the various and sundry small stabilizers. Nonetheless, seated presses have their place and can be selected if deemed medically necessary, for variety, or to

isolate.

Pressing can be performed from the front or behind the neck. Pressing from the back is usually out of a rack, if you are training alone, because it is difficult to reach the bar without a hand off. Behind-the-necks put tremendous stress on the shoulder joint. Even so, enough genetic variations exist in shoulders that many lifters manage very respectable weights, (Gary Taylor). Be careful if you decide to try these, however.

Military presses are the strictest of standing types. The name originates from the military salute position: feet close together, back absolutely straight, eyes riveted forward. This was a particular style of competitive lift in the late 1800s, analogous to the strict curl competitions of today.

Conversely, the continental press is a much looser form. It was practiced on continental Europe distinguishing it from the stricter, clean style seen in Great Britain. The name refers to the style in which the bar is shouldered rather than a variation of the actual press. Since heavy weight was often used by fat men, these lifters found it easier to heave the bar first to the top of their prodigious bellies. A second heave brought the bar to chest height. This "shouldering" the bar was a two stage lift, unlike the stricter clean. Once shouldered, the bar was pressed often with a generous backward lean.

A push press is simply an overhead press, but with an initial boost given by the legs. As the weight increases this permeates into a push jerk: with initial leg drive followed by a quick dip in the legs to facilitate lockout. This sounds complicated and is often tricky for neophytes, but comes natural if enough weight is used to necessitate a cheating style. In essence, the push jerk is a stylized and practiced cheating movement.

Pushes, jerks and presses are sometimes called rack pushes, jerks or presses which simply means the bar was taken from a rack at chest height rather than shouldered first.

Finally, to acclimate the body to ever increasing weight, overhead supports are used. These can be done as heavy lockouts off the top of a power rack to strengthen the shoulder girdle. Alternatively, the arms are kept fully locked and the legs raise the bar just enough to clear it from its resting place. This allows super heavy weight to be used and it strengthens the entire body. Once you've tried these and feel confident, recall the great John Grimek reputedly performing them with eight hundred pounds back in the drug free era. When his rela-

tively light bodyweight is accounted for, all of us have an objective to shoot for!

In the last century, beer garden giant Carl Swoboda immortalized dumbbell overhead presses. From him, various exemplary practitioners have carried the torch: Arthur Saxon, John Davis, Chuck Ahrens, Anderson, and many others. Dumbbells are challenging, as each arm must stabilize independently. However, they offer a great range of options for hand positioning making them a possible choice for rehabilitating an injury, or those plying a particularly strong groove.

Another variation suited to reducing shoulder impingement is called pronation presses, (Arnold presses in bodybuilding lingo). In this exercise the dumbbells are held supinated, (palms facing you), in front of the chest at the bottom position. As the dumbbells are driven overhead, they are pronated. In other words, as you push the dumbbells upwards, you rotate your palms to face away from you at the top. Your hands also widen on the way up and come back together at the top. On the descent they are rotated to the original position.

One hand presses allow more weight to be used as the torso can be twisted to help raise the dumbbell. In this variation, as is common

using dumbbells, palms often face the head. Alternating presses can either be done see-saw fashion, (very tough), or one at a time.

No article on overhead work would be complete without mentioning the bent press. This esoteric lift is hardly practiced today, but was quite popular with our predecessors. To execute this lift a heavy dumbbell, but more usually a barbell, is shouldered with one hand, (a specialized feat in itself). The hand then drives the weight to lockout while the torso dips down and away, coming to a resting position with the opposing elbow propped on the opposing knee. This is a very tricky lift to learn, but serious poundage can be used if it is executed with an efficient style.

Combining pushing exercises on the same day has always proved most productive for me. This maximizes stimulation while allowing for complete recuperation on off days. Terry Grimwood, renowned powerlifting coach and husband to the late, great Tamara Rainwater-Grimwood, slightly modifies this while adhering to the principle in his first rule. All pressing movements are performed on the same day or one day following! Similarly his third rule states, "Never combine pressing and pulling movements on the same day except arms for warming up," (6).

To maximize stimulation heavy weights should be used, yet this is impeded if overhead work immediately follows heavy benches. Therefore, I often let my anterior deltoids recover a bit by doing something like abs between benches and overhead presses. Physiologists are still exploring neural fatigue and how it relates to performance decrement, but muscle fatigue is familiar to all of us. Planning workouts carefully reduces its deleterious effects.

As a drug free and older athlete, I limit pressing to four sets per workout: two progressive warm-ups, and two work sets. Comparatively, the powerlifters are worked five or six sets per workout.

After years of short stroke pressing, I finally caught myself on video during one of our taping sessions at Iron Shark Barbell. I was mortified to see that I was actually only doing half reps. I have since emphasized the lockout and hold it for a least a fraction of a second. I also push my head forward between my upper arms rather than staying in a backwards lean. I feel this is essential if one wants to truly claim a weight as conquered.

Some variation of overhead lifting is done once or twice per week. However, I never use the same exercise twice in a given week as my current program utilizes no light

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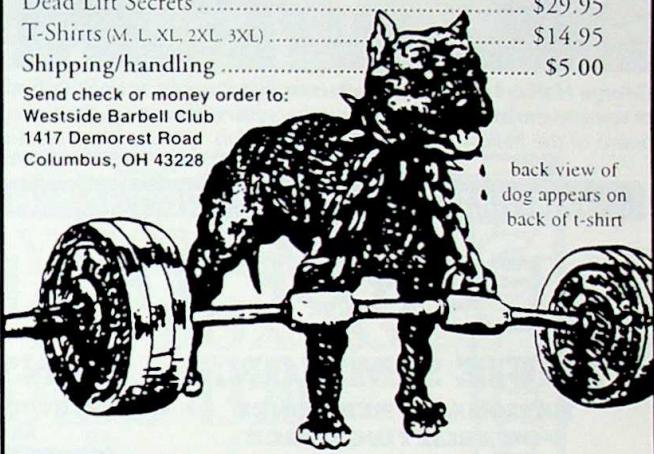
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days. Repetitions vary. For a few weeks I'll work higher, (up to 10s), then a month or so of 3s, 2s, or singles. Another idea is to do low reps alternated with higher reps on the next workout, (not considered a light day if you have to push yourself). Six to eight reps emphasize hypertrophy, while the low reps maximize strength without dramatic increases in size.

As an aside, noted bent presser Arthur Saxon had freakish strength, (370 lb. bent press!), at the light bodyweight of 210 pounds, (5'8"). Many questioned how he developed such power in so small a body. Genetics aside, it is clear from his writing that his protocol emphasized strength development with little training for muscle size. He advocated two workouts per week with a great variety of lifts using primarily singles. Such work enabled his brother, Kurt, to put 290 overhead while weighing 168 with a 15 1/4 inch upper arm, (7).

Overhead lifting strengthens the shoulders while providing significant, multi-joint stimulation for the triceps. At times, I use close grip overhead pressing on a Smith machine or with an EZ curl bar in place of close grip bench pressing. Since the anterior deltoid is fundamental to the bench press and the triceps are crucial to the lockout, overhead

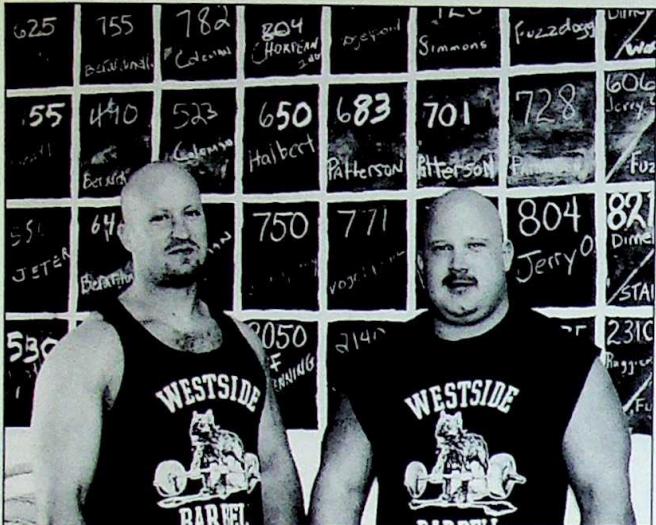
pressing may be an answer to a bench press stalemate. It can be emphasized in the off season, or during your competitive training cycle, depending on your recuperative abilities.

While many disagree on the merits of overhead pressing for the bench press, each athlete should decide for him or herself. Do not shun something untested. Barring joint pain, it behooves us all to experience the effects of this elemental lift.

Traditionalists argue overhead lifts are a truer test of upper body strength than the bench. Whatever your stance on this issue, overhead presses stand on their own as a strength developer. Most great overhead lifters had very respectable bench presses, often achieved without practicing them. If your routine needs a new challenge, overhead lifting might provide the pizzazz you're looking for.

References:

- (1) The Iron Game, David Webster, 1976.
- (2) The Bench Press, Judd Biasiotto, Ph.D. & Klaus Arndt 1995-1997.
- (3) Conversation with Kazmaier, May, 2000.
- (4) Conversation with Steve Dain, M.Ed., C.S.C.S., May, 2000.
- (5) Sons of Samson, Vol. 2, David Webster, 1997.
- (6) Grimwood Strength System, Terry and Tamara Grimwood, 1995.
- (7) The Development of Physical Power, Arthur Saxon, 1906; reprinted by Wm. F. Hinbern, 1997.



George Halbert and Kenny Patterson (left tonight, at right) in front of some of the most impressive numbers you will ever see, the record board of the hallowed Westside Barbell Club. (Diane Black photo)

TRAINING

More World Record Benches

as told to Powerlifting USA by Louie Simmons

Westside Barbell has two 700 bench presses and holds four of the 12 all-time best in the 12 weight classes. So we feel we have a good idea how to bench press.

Let's look at a typical speed day (Sunday) for George Halbert. Until about 8 weeks from the contest, George likes to do very fast back-to-back sets with only one training

partner. The time between sets for George is 20-25 seconds. This is very taxing, but builds dense muscle and helps to release growth hormone. This type of training is referred to as lactic acid tolerance training. He does his benches with roughly 50% of his best. After he does 8-10 sets of 3 reps, George will do tricep extensions and rear and side delt work.

In the spring of 1999, George benched 630 at 198. His top training weight for speed day was 315. On September 9, 2000, at the Bash for Cash in Daytona, George made an all-time record of 633 and then 650 at 197.4, with his predecessor, Dave Waterman, competing in the same weight class.

To achieve his new record, George used a light band on his benches on speed day. The bands added 45 pounds at the chest and 110 pounds at the top. Every 3 or 4 weeks, George would use 2 sets of 5/8 chain, which would add 40 pounds at the top and zero at the bottom. This system would be used the last 2 or 3 weeks prior to a meet. The purpose is to deload the extra eccentric properties that bands force upon the muscular and central nervous systems, thus providing a bit of active rest. Each set of 3 reps is to be lowered and reversed as fast as possible. The set of 3 reps should duplicate the time period that his top bench press of 650 takes, even though it is broken up into 3 eccentric and 3 concentric movements.

Out of 200 lifts at 50% of his record, George will do 20, or 10%, of his reps with a slightly heavier weight. If this weight slows down, George knows his force production is somewhat slow (a test), but his never is.

On Wednesdays, George uses the maximal effort method. He does several core exercises, some with chains or bands and some with just barbell weight. Here are some of George's favorites.

He will do a 5-board press with an additional 150-300 pounds of band tension at the top. When the bar is lowered to the board, it has a great amount of tension at that point. This requires George to start explosively to the very top. One to

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3 reps are used for a few weeks until no further progress is made.

George does rack lock-outs on three different levels, near top lock-out level. Our racks can be adjusted 1 inch at a time. George will perform 4-10 singles.

A third max effort core lift is the bench press with a single weight, say 405. Sets of 5/8 chain are draped over the ends of the bar, one set at a time, until he can't complete a single.

A test of strength for George is the floor press with 200 pounds of chain draped over the ends of the bar.

Here are some comments from George:

- * Be explosive with all exercises.
- * When doing lock-outs, con-

centrate on starting the bar off the pins with as much force as possible to overcome inertia.

* Stay with close grips.

* The muscle groups to concentrate on are the triceps first, then lats, and finally upper back and rear and side delts.

* Learn what a proper groove is: a straight line, not over the face. When the bar goes over the face, the elbows must turn out. This can cause rotator injury and undue stress on the connective tissue of the chest.

George has made an all-time best at 242 of 688 at a real bodyweight of 227, a 657 at 220, and a huge 650 at 197 on September 9, 2000. This was done in a heads-up confrontation with Dave Waterman, a spectacular bench presser. There

is a saying, keep your enemies close. Although George and Dave are friendly, they are at war on the bench.

Now on to Kenny Patterson. On dynamic day, Sunday, Kenny follows the same principles as George: lots of speed, close grips, lots of triceps, lats, upper back, and rear and side delts.

On max effort day, Kenny does a lot of 2- and 3-board press. He prefers to work up to one single.

He does band presses with the bar suspended from bands from above, which makes the bar 150 pounds lighter at the chest, or with a weaker band that is 100 pounds less on the chest. He will always work up and try a PR.

Kenny does a lot of floor presses. He, like George, feels the floor press is truly a test of strength.

Kenny likes to add on occasion lockouts in the seated position. The bar is placed at levels ranging from the top of the head to 2-3 inches above the head.

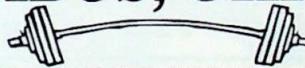
Kenny holds three world records: 728 at 275, 701 at 242, and 683 at 220 (actual bodyweight 217).

Not only do George and Kenny hold four of the all-time world records in the 12 classes, but they also hold some of the best coefficients on the Schwartz formula: George's 650 is #2, Kenny's 683 is #3 and his 728 is #4. So who is #1? The German hulk, Markus Schick, who did 562 at 152 bodyweight.

But we have a plan for Markus at the next meeting in Columbus at the Arnold Classic. We may have to kidnap him.

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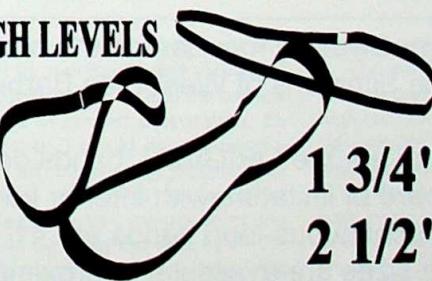
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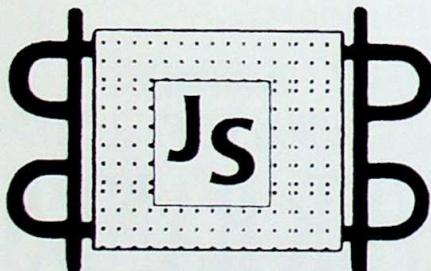
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Over the last decade or two many sports have witnessed an explosion in the gear used in competition to aid athletes' performance. High tech ice skates helped racers decimate world records in the last Winter Olympics. Super aerodynamic ski helmets helped decrease the drag of the downhill skier. The latest addition, widely used at the Summer Olympics, was swimming with shark-like bodysuits that help the swimmer propel himself through the water as well as "Jaws". Powerlifting has not escaped by any stretch. Knee wraps promising huge rebounding properties can be seen in ads throughout this magazine. Squat suits have been a staple of the lifter seemingly forever. Following the success and impact of the squat suit was the bench press shirt, which appeared in the 1980s (yeah, it's been that long). Since then, countless bench records have been set with them and many top lifters endorse them. If you've read any of my previous articles you know I always stress that proper use of any exercise or gear is critical in getting maximum results and the bench press shirt is no different.

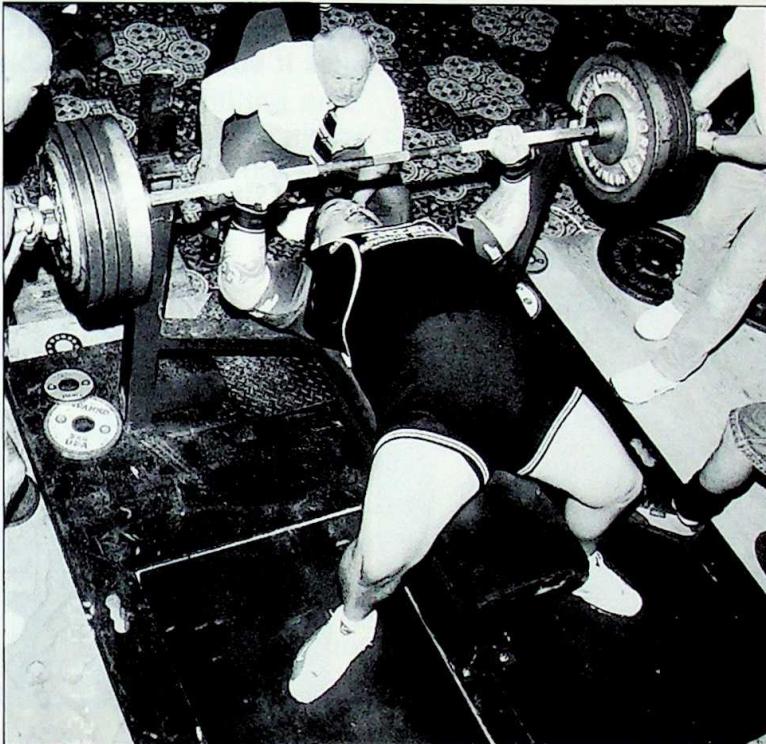
The best place to start is the importance of proper sizing. For the shirt to be most effective, you must give accurate measurements when ordering. I have seen lifters wearing shirts 1 or 2 sizes too big, then complaining that the shirt doesn't work. Typically, a bench shirt should fit like a squat suit; that is, tight and uncomfortable. Comfort will come after your last bench press when you take it off. Wearing a shirt may even leave small bruises on your chest and shoulders just as a squat suit may leave them on your hips and thighs. Don't give larger measurements just to make yourself feel bigger than you really are! No one will ask you what size shirt you are wearing when you miss your opener. I have seen experienced lifters really struggle to get into bench shirts and squat suits smaller in size than many intermediate and novice lifters use. They want max results, and to heck with any hang-ups on the size they ordered!

Getting one on is next. Most require help from a partner to pull it over your head and down all the way. The key area to make sure of is that it is properly seated in the armpits. Have someone grab part of the shirt and pull it out, then down. That is important! This will yield the best fit especially in the

STARTIN' OUT

A special section dedicated to the beginning lifter

The Bench Press Shirt as told to Powerlifting USA by DOUG DANIELS



Big Time Bencher Steve Wong changed bench shirts between his attempts at the 1999 WABDL World Championships. (photograph courtesy of Brian Baertlein)

armpit area and will also help to prevent tearing the shirt during the lift. The shirt usually comes with directions and some suggest wearing it for a while to let your body heat help adjust the fit, and then have your helpers work on getting an even better fit. The best position to assume while wearing one between attempts would be with arms crossed at the chest or with your hands behind your head.

Training with a bench shirt is the next logical topic. Being similar in purpose and effect to squat suits, your training should follow the same principles. Since use of the shirt will cause it to wear and lose its benefits, have one for training and one for competition. The shirt used for training could also be used as backup for a meet in the event of tearing. Some

lifters use a looser or less expensive shirt for training, saving their good one for the contest and the last few weeks of contest preparation. Either way, I would suggest using a shirt in training for singles and doubles only. Using one for higher rep sets defeats the purpose, as you would be using the shirt to lift the weight and not the muscles that need to be strengthened.

While training with one, try hitting the chest at different areas. Some lifters may get better results from a shirt when they hit their chest with the bar a bit lower (towards their lower chest) than without one. The shirt will change your leverage, so experiment. When you find the optimal point on the chest, practice hitting that spot every time in training when using a shirt. That

effort should become second nature by contest time.

The final issue to consider would be the meet itself. Make sure you take a backup shirt with you in case your main shirt tears or gets lost. Put the shirt on for your last two warm-ups. After your last warm-up, cross your arms at the chest or place your hands behind your head as you wait your turn to lift. Keep it on between attempts and have your helpers re-adjust the shirt before every attempt.

There are a few more things to think about when using a bench shirt. First, most shirts supply explosive power off the chest, but after the bar is several inches off the chest, the shirt basically loses this effectiveness. The bencher must always be aware of this. If not, he will not 'catch up with the bar' and the bar will stall and he could miss the lift. The bar must be pressed explosively throughout the entire movement to help prevent this stalling phenomenon.

Benefits gained by a lifter from a bench shirt will vary. Most will gain a minimum of 5-10 pounds while others could gain 30 pounds or more. It depends on leverages as well as a particular weakness in the bench press. In addition, they can add a degree of confidence. If a lifter has a weak start, the shirt will partially compensate for that weakness. Even if the lifter has good drive off the chest without a shirt, he stands to benefit from its use. The additional drive off the chest could provide enough momentum to drive the bar past a sticking point later in the lift if he pushes hard early. Lastly, an injured lifter could benefit from the support given by the shirt.

The bench shirt has become an integral part of powerlifting as has high-tech ice skates, aerodynamic ski helmets and shark swimsuits have for their sports. In raw meets, lifters do not use most supportive gear, but in 'cooked' meets, if a lifter does not use all the gear available to its fullest, he is giving his opponents an automatic advantage. If you have not tried a bench shirt yet, give it a try. If you have and have not received the results you expected, then try some of my suggestions. Just remember that a bench shirt will not make up for poor training. You can bet your shirt on that.

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

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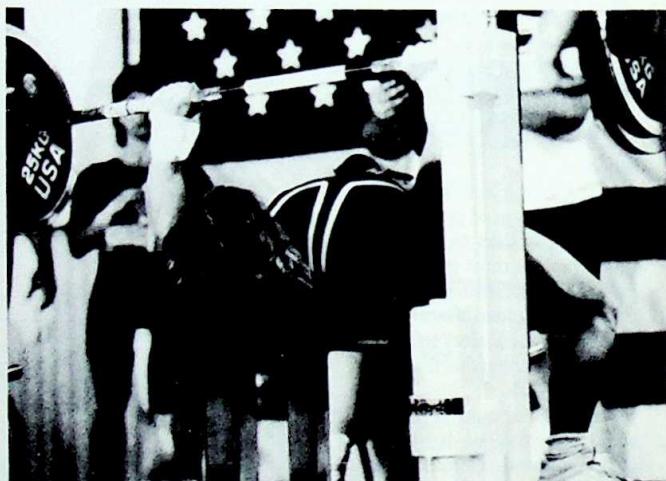
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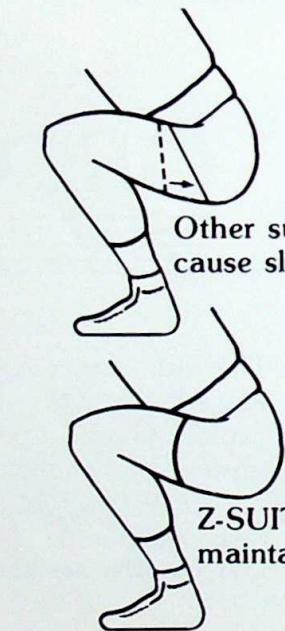
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Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

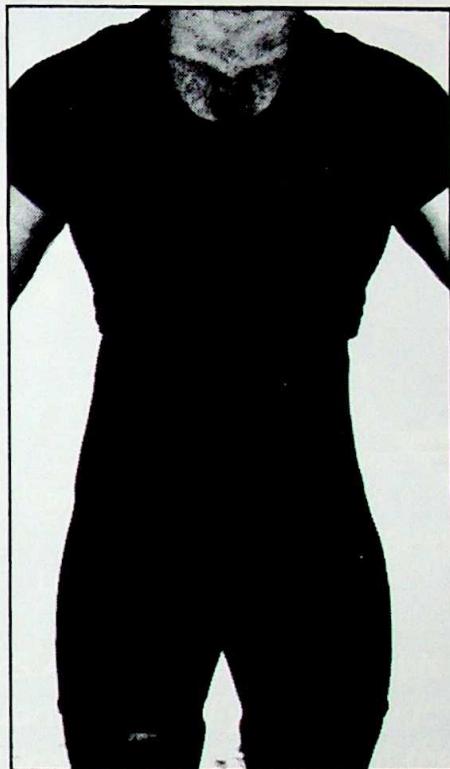
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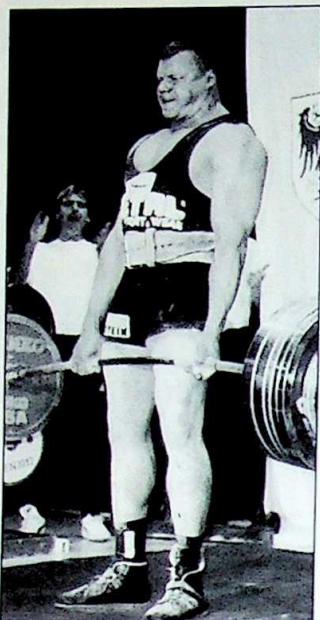
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WPC European Championships
4-7 MAY 00 - Haiming, Austria (kg)

BENCH	J. Walker	217.5
Women	M. Schroder	217.5
M 40-44	140	
52	H.-D. Ackermann	200
K. Heindl	40	M 50-54
M 45-49	75	
75	F. Haar	135
I. Hage	82.5*	F. Lazreg
M 65-69	82.5	125
60	S. Kobli	180.5*
H. Krivanek	47.5!	A. Mykisek
Open	90	
52	T. Nicoleau	167.5
M. Wanker	52.5	M. Morawski
60	155	
C. Muller	85	F. Modiba
K. Dethleffsen	82.5	145
67.5	90	
B. Peacock	97.5	A. Stolz
A. Barwa	92.5	172.5*
A. Kunitzky	47.5	M 60-64
82.5	75	
C. Phan Dinh	125	E. Trichlin
90	P. Crusius	98!
C. Schopper	82.5	
+90	110	K. Hogg
V. Eva	90	157.5*
Men	90	4th
T 13-15	100	160.5!
90	M. Le Bolay	185
S. Kurz	102.5!	L. Dettler
T 16-17	110	175*
67.5	140	
S. Gundacker	65	J. M. Cavelier
75	190*	
S. Kuhleis	100	
D. Dittrich	56	
T 18-19	95	R. Karuschke
75	105	
D. Brandt	67.5	
110	R. Moers	160
I. Armens	122.5	M. Herok
Junior	75	120
75	202.5!	G. Hanns
R. Malfer	175	T. Vogel
82.5	155	D. Daempfer
M. Ptak	147.5	
M. Maass	82.5	M. Szyla
100	150	222.5
Z. Vagar	212.5	M. Epple
110	R. Berndt	212.5
H. Winkler	210	P. Weibel
M 40-44	200	
67.5	180	D. Cauchois
U. Werner	162.5	M. Fruel
R. Gaschka	155	155
M. Heindl	212.5	
S. Jenewein	115	R. Leskenmaa
75	210	L. Gayek
B. Rien	235	R. Vogilli
90	220	E. Spielbichler
S. Kaleja	240	212.5
P. Biason	185	S. Piscopo
S. Bianchi	227.5	210
100	165	J. Wiemann
C. Plachy	N. Kalenius	M. Auer
110	190	90
G. Schranz	130	J. Rintala
G. Gurschka	110	100
125	195	R. Brasseur
A. Mrosek	240	+90
140	185	V. Kulmala
G. Holleitner	227.5	E. Pongracz
M 45-49	235	E. Vit
110	210	100
J. Nussbaumer	165	M. Pfausler
125	190	130

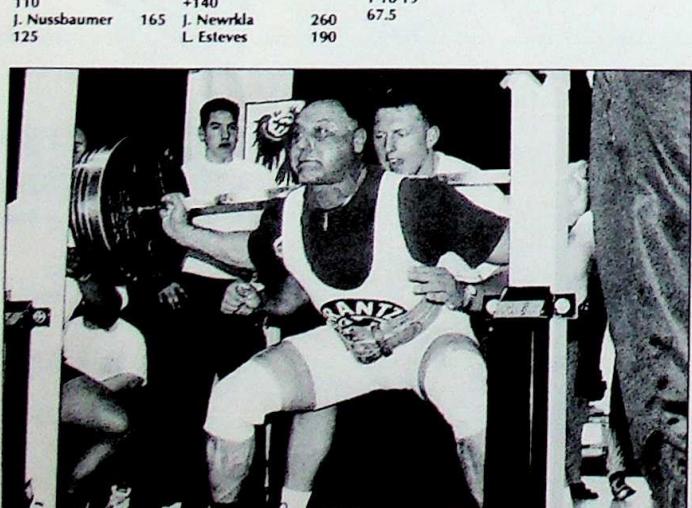


881 lb. deadlift - Ano Turtiainen

		185	70	170	425		405*	205	320	930
D. Festi	82.5	250*	180*	270	700*	M. Weiler	405*	205	320	930
A. Faradiov	4th	260*				J.M. Chenin	325	247.5	297.5	870
90						M. Kopp	330	230	280	840
P. Ecchell	100	210	110	230	550	A. Turtiainen	412.5	257.5	400!	1070*
J. Korpela	110	305	130	240	675	S. Hayn	325	200	320	845
M. Dopper	110	245	150	240	635	H. Kuttroff	415.5*	270	330	1015.5*
I. Ibrahmov	110	240	180*	270*	695*	P. Martikainen	400	255	320	975
A. Simek	Junior	245*	145	252.5	642.5	H. Dorer	345	220	335	900
67.5						R. Mobius	350	205	292.5	847.5
S. Souchon	75	177.5	117.5*	175	470	O. Frey	335	235	275	845
R. Malfer	82.5	190	145	210	545	The 2000 Europeans were hosted in the west of Austria, in Tyrol, a region famous for skiing in winter and hiking in summer. HAIMING, the village 25 miles west of Innsbruck, is surrounded by high mountains, and is well known to have one of the biggest rafting bases at the River Inn. The venue was at hotel "FOHRENHOF" and was an ideal place for this big event, organized by Sir Henry STROJ. 11 nations with more than 180 lifters were present for this event and this shows that WPC Europe is on the way to becoming the biggest federation in Europe. International referees from Belgium, Great Britain, France, Austria, and even South Africa's Hannie Smith were present, to guarantee a high standard. Austria's president, Franz MARES, did a great job as master of ceremonies and WPC - Europe Secretary Peter PACAS, unable to compete after suffering a ruptured biceps tendon, was platform manager and loading chief. The venue was perfect - for the lifters as well as for the spectators. Henry STROJ organized a nice opening ceremony. About 50 musicians from Haiming marched through the village, followed by politicians and the representatives of each country, right into the venue. A 118 x 118 inch big PC screen for the spectators and television screens in the wrapping area made the championship well followed by spectators as well as the lifters. BENCH PRESS: Outstanding women lifter was Phan Dinh, Catherine from France with a 125 kg. press. Poland's Szyja, Marek was overall winner in the men's division, with a 222.5 kg. press in the 82.5 division. Remarkable also was the world record from 62 years old Konrad Hogg from Austria with 160.5 kg. in the 82.5 division. POWERLIFTING EVENT: Once more Carol Blair, starling for the Austrian team, showed that she's a very outstanding lifter. 240 kg. in the squat, and a very close 275 kg. deadlift (two reds, one white light) drove everybody in the venue crazy. Edith Pongracz, the Technical Officer for WPC - Europe, made a new personal record in the squat with 230 kg. MEN: There was one man that surprised everyone - Ano Turtiainen from Finland. A 1070 kg. total (2354 lbs.) at 275 lbs. underlined the high standard at this Europeans. Unbelievable for everyone was how easily he pulled the world record of 400 kg. in the deadlift. Ano knows only one goal for the Worlds in Las Vegas: the overall world record in the deadlift for all federations. If he has a good day, I'm sure he will do it! Germany's Holger Kuttroff went very, very deep with his 415.5 kg. squat and also surpassed the 1000 kg. total with 1015.5 kg. at SHW (2234 lbs.) (European record). Next year's Europeans will be hosted in Helsinki, Finland, which is even yet expected to become a great spectacle! (Thanks to Peter Pacas, WPC - Europe Secretary, for providing the results via Herb Grossbrenner).				
J. Halzer	90	225	110	245.5*	580.5	C. Urbanc	325	177.5	315	817.5
T. Nappe	100	285	175	257	717.5	M 40-44	187.5	130	233.5*	551
R. Walner	100	260	152.5	250	662.5	M. Heindl	187.5	130	233.5*	551
B. Schwab	100	350*	207.5*	320	877.5!	B. Stockner	187.5	110	210	507.5
V. Zeynalov	90	260	190	270	720	F. Schon	275	157.5	277.5	710
K. Holzer	90	275	172.5	270	717.5	S. Bianchi	280	165	245	690
C. Rogers	110	240	122.5	230	592.5	C. Mikysek	270	150	260	680
H. Winkler	125	345*	162.5	250	757.5	M. Lutz	240	140	240	620
M. Hamalainen	125	380.5*	260.5!	327.5!	968.5!	G. Schranz	270	212.5	330	812.5
V. Namazov	4th	345	170	335	850	L. Marshall	380	190	350	920
140		365*				M 45-49	100			
C. Urbanc	140	325	177.5	315	817.5	P. Bell	270	207.5	290	767.5
M 40-44	140	187.5	130	233.5*	551	H. Strof	260	175	280	715
67.5	187.5	110	210	507.5	J.M. Nickel	270	165	265	700	
M. Heindl	140	275	157.5	277.5	J. Pollendorfer	275	165	250	690	
A. Dorner	140	140	90	120	R. Thomas	200	140	200	540	
Junior	140	275	157.5	277.5	M 50-54	200	140	200	540	
52					75					
A. Fernandes	140	95*	45*	87.5*	C. Windegger	155	105	150	410	
M 40-44	140	90		90*	A. Mikysek	200	60	230	490	
52					90					
F. Rainer	140	155	70	170	J. Gruber	170	82.5	200	452.5	
C. Rainer	140	155	70	170	J. Grether	215	160	215	590	
56					M 55-59	215	160	215	590	
J. Thomas	140	170	77.5	167.5*	R. Neururer	120	50	160	330	
B. Peacock	140	120	100	142.5	H. Marion	260*	167.5*	250*	677.5*	
140	120	120	100	362.5	T 16-17	110				
E. Pongracz	140	230	127.5	215	R. Neururer	140	50	160	330	
E. Vit	140	175	95	180	G. Westreicher	170	80	170	420	
Men	140	180	100	180	J.M. Cavelier	230!	200!	220!	650!	
140	190	190	170	450	M 65-69	140				
T. Joch	140	225	122.5	250*	67.5					
T 18-19	140	225	122.5	250*	R. Necesany	157.5	90	166.5!	414	
140	225	125	100	612.5*	P. Pothe	115!	72.5!	140!	327.5!	
140	225	125	100		75!	145!				
M 60-64	140	230	130	190	R. Karkuschke	162.5	110	172.5	445	
82.5	140	230	130	190	S. Cook	215	120	230	565	
82.5	140	230	130	190	75!	145!				
W. Haider	140	270	155	252.5	W. Haider	270	155	252.5	677.5	
L. Segrer	140	270	150	245	L. Segrer	270	150	245	665	
82.5	140	310	185	290	E. Alblas	310	185	290	785	
82.5	140	240	152.5	265	M. Fruel	240	152.5	265	657.5	
82.5	140	240	135	282.5	A. Signorini	240	135	282.5	657.5	
82.5	140	255	160	230	H. Greiner	255	160	230	645	
90		250	137.5	220	P. Schwarz	250	137.5	220	607.5	
H. Sommer	90	285	165	300	H. Sommer	285	165	300	750	
G. Schober	90	280	170	250	G. Depner	382.5!	220	347.5	950!	
100					D. Warren	317.5	210	320	847.5	
G. Depner	100	317.5	210	347.5	E. Wasmer	275	180	260	715	



Peter Pacas rupturing his left bicep tendon in a meet just prior to this contest, while pulling a new Austrian Masters Record in the D-lift.



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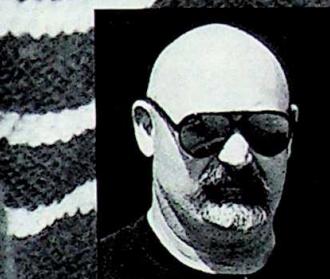
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Death is a great teacher. It teaches us to love, to care, to reach out to others right now because tomorrow is not promised ... it teaches us to embrace life NOW! - Judd Biasiotto

When I was a little boy I would see this guy every Sunday at church who looked like superman. Well actually he looked better than superman. I'm serious! He had a body that appeared to be chiseled out of kryptonite. I swear his muscles looked like they were going to rip right through his shirt and pants. He was that big and powerful looking. At the time I had never seen a human being that big and muscular. I would just sit there in church and watch every move he made. I was literally spellbound by his presence. He was gigantic! A real Goliath!

His name was James Brocious. Perhaps you have heard the name? At that time he was one of the best Olympic lifters and body-builders in the country and is still fairly renowned in weightlifting circles. Actually his reputation was not only that of a great lifter, but also of a kind gentleman. In fact his moniker was "The Gentle Giant". I was fortunate enough to witness both aspects of his personality. In the weight room I saw him exhibit extraordinary intensity and power. Watching him lift at times was frightening to me. He was that intense and brutal with the weights. Yet everywhere else he was so tender and loving ... like a life-size teddy bear. It was weird and wonderful seeing a man that powerful but yet so vulnerable and caring. I really liked that about him. His demeanor clearly demonstrated that you could find gentleness in the strong.

I don't recall exactly how it all came about but somehow my father persuaded Mr. Brocious to teach me how to lift weights. It was one of the best things that ever happened to me. I will say this: I will never forget James Brocious because he was responsible for getting me off the streets and giving me some direction in my life. I would also have to say that he was responsible to a great measure for the success that I eventually enjoyed in the sport of powerlifting and bodybuilding.

Every day after school I would go over to his house and we would go into his garage and lift weights for an hour or so. Actually he did more than just help me to lift weights, he taught me how to lift weights. He trained me to develop picture perfect form on all of my lifts including

Dr. JUDD

People First ... Things Second as told to PL USA by Judd Biasiotto Ph.D.

my supplementary exercises. He also taught me about such things as isometrics, isotonics, isokinetics, negatives, super-setting, partials, and cycling. It was an incredible learning experience for me. He worked with me five days a week for seven straight years.

Every day we would go into his garage to train for a couple hours and then go up into his kitchen where his wife Betty would serve us a huge dish of strawberry Jell-O with globs of whipped cream on it. I loved that Jell-O. To tell the truth when I first started training I was motivated more by the Jell-O then I was the lifting ... it was that good. Don't get me wrong - when I worked out there, I trained hard, as hard as I ever trained in my life. He would push me to my very limit every day. Some days I would leave that garage shaking; like a leaf from fatigue. He never showed me any mercy either. Believe me - I learned a lot about discipline, obedience, hard work and pain while I trained there. He was a tough coach, but like I said a loving one. I'm not ashamed to say that I really loved him. I wanted him to be proud of me and I worked my butt off to achieve that goal. I was just a little boy but I trained like a man. I mean that. I never missed a practice, and I never ever gave less than my very best.

I don't want to brag, but when it was time for me to go to college I was by far the strongest kid in our entire town. I went on to prove that my freshman year in college by winning a number of fairly prestigious weightlifting championships. Actually I really got wrapped up in competitive lifting when I got to college. In fact, I got wrapped up in everything when I got to college. I got a full time job in professional baseball, I went to school full time and I lifted weights full time. It was insane. I never had any time for anything.

I would go home on my college break and I would be jammed with work. Every single time I went home my mother would say, "Mr. Brocious



Dr. Judd Biasiotto totaled elite in the AAU

was asking about you. He heard that you won some contest and he is really proud of you. You need to go by and see him." And I would say, "I'm definitely going to do that." But, I was always so busy doing something, I would never get a chance to see him. This went on for years.

My career was going great though. I was getting excellent grades in school, I was doing some landmark research in professional baseball, and my lifting was super. I was killing myself but I was doing great. The discipline and dedication to hard work that I had learned from training with Mr. Brocious was without question a factor in my success in all of these areas. Then something really great happened. I posted the best powerlifting total in the nation in the flyweight division. That was the ultimate achievement for me. I couldn't wait to get home and tell everyone. Actually, I didn't wait. I took a plane home that very day to surprise my family. We had a great big meal that night to celebrate my victory. We had minestrone soup, zucchini, spaghetti alfredo, and lasagna. It was sheer joy! A meal suited for a god. I'm sure after I got done eating my cholesterol level was astronomical.

The next day I went straight to Mr. Brocious' house. When I got there, Betty came to the door. I could tell right away that she was glad to see me. I said, "Is Mr. Brocious home?" And she looked at me kind of puzzled like and then she said in a soft voice, "Judd you haven't heard? Jim died a month ago of a heart attack." My heart literally sank into my stomach. The next thing I knew I was standing there with tears rolling down my cheeks. I was totally devastated.

That night I got some strawberry Jell-O and a can of whipped cream. I spooned out a big dish and then piled half the can of whipped cream on top of it. I couldn't eat it though. I just sat there crying and thinking about how I never told this magnificent man how much he had meant to me. How much I loved him and how much he did for me. I only wish I had. It is so sad because I had every opportunity in the world to reach out to him, to tell him that I loved him and that he was responsible for a great deal of my development.

Sometimes we get so wrapped up in ourselves that we forget what is really essential in life. We think that possessions are essential ... a nice house, an expensive car,

and lots of money. We have this idea that our goals and future is what really counts in life. Consequently, we spend our time trying to accumulate material things for the people we love and ourselves. What we don't seem to understand is that the people who really love us want what we are - not what we have. This was one of the most painful lessons I've ever had to learn. It is a lesson that I learned early in my life and one that I have learned well.

Today I make a point to see something special in the people I come in contact with and I take the time to tell them what I see that makes them so special to me. I never put anything off until tomorrow any more. If I'm with someone I care about I tell him or her immediately. I will say, "You are important to me, and my life is so much richer because you are in it." Every day I try to do something for somebody. It is one of my primary goals in life. People first, things second ... NOW! In short I live in the present because you never know ... tomorrow may never come. You have to love now, and you have to do for others now. The time to reach out to others is now. The time to give thanks is now. The time to love is now. The time to live is now.

WORKOUT of the Month

As far as I am concerned the squat is the most taxing lift in Powerlifting. If it's really worked hard, one workout a week is plenty. My lower back gets too fatigued with more than one squat or deadlift workout per week.

Another notion of mine that might be considered controversial is that I hardly ever do singles when peaking for a meet. I feel heavy, low rep sets really build the power. In this sample workout, let's say your best squat is 700 lbs. A realistic goal would be 720-730 for your next meet.

Another training technique I use is to only wrap for the heavy set of the workout. By doing most of the squat without wraps I get a real kick from them when I do use them. I also do not use a tight lifting suit until Week Nine. The warm ups are not meant to be taxing, and are only designed to get you ready for the

Paul Wrenn's 12 Week Squat Cycle.

heavy set.

I only squat to train my squat, but when a meet is not close you may include front squats and good mornings for a change.

Yours for strength

Paul Wrenn
402 Hawkins Rd.
Clarksville, TN 37040

Week 1: 135x5, 225x4, 315x3, 405x2, 500x2.

Week 2: 155x5, 245x4, 335x3, 425x2, 520x5.

Week 3: 175x5, 265x4, 355x3, 445x2, 540x5.

Week 4: 195x5, 285x4, 375x3, 445x2, 540x5.

Week 5: 215x5, 305x4, 395x3, 485x2, 580x2.

Week 6: 135x5, 235x5, 325x4, 415x3, 505x2, 600x3.

Week 7: 155x5, 255x5, 345x4, 435x3, 525x2, 620x3.

Week 8: 175x5, 275x5, 365x4, 455x3, 545x2, 640x3.

Week 9: 195x5, 295x5, 385x4, 475x3, 565x2, 660x2.

Week 10: 215x5, 315x5, 405x4, 495x3, 535x2, 680x2.

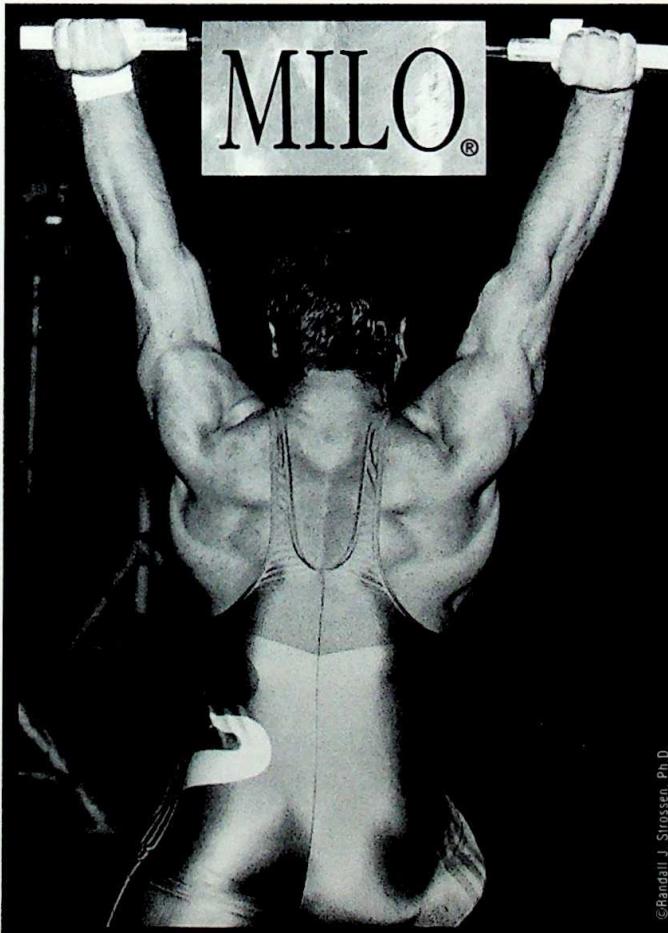
Week 11: 215x5, 315x5, 405x4, 495x3, 585x2, 650x1

Week 12: 135x5, 225x3, 315x3, 405x2, 505x1, 570x1

Attempts at Meet: 1st - 640,
2nd - 680, 3rd - 720.



Paul Wrenn has won IPF World Titles and set IPF World Records in the squat, and continues to win in the masters division. Above, he squats in deep style at the '78 Seniors. We reprise his 1984 routine as part of our Workout of the Month Anthology



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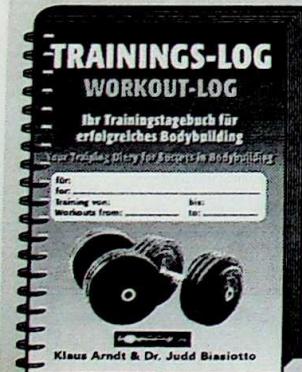
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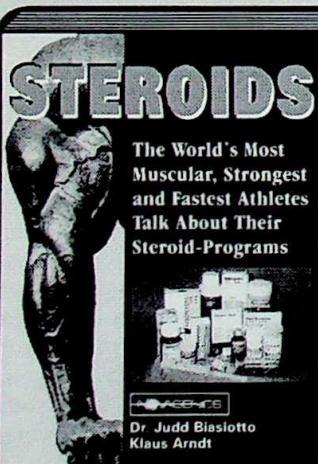
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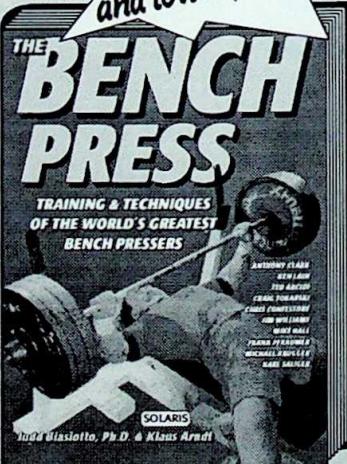


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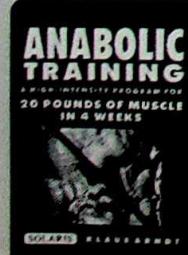


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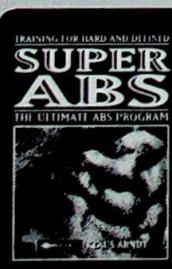
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ON
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World Class

Judd Biasiotti, Ph.D.

SOLARIS

Ask the Doctor

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

DEAR MAURO: I have always wondered if you should wait until muscle soreness has completely disappeared before working that muscle group again. Right now I wait until I'm not sore after lifting weights, but it takes two or three days before I'm ready to work out again. Or should I reduce my intensity? Raymond H.

DEAR RAYMOND: There's a lot of controversy over this question. Most people believe that delayed onset muscle soreness (DOMS) results from some damage to muscle fibers and as such it's counterproductive to train again until the soreness is gone. A small number of people feel that you get maximal muscle growth if you train again before the soreness goes away. In fact, these people believe that the only productive workouts are the ones that produce DOMS. These people feel that anything else just doesn't force adaptation by the muscles and subsequently result in ongoing muscle hypertrophy.

Personally I feel that some soreness is desirable, but it shouldn't last beyond the day after you train. If it does I'd cut back on the intensity until you reach a happy medium - increases in strength and muscle growth, without ongoing muscle damage and inflammation.

Mauro Di Pasquale M.D.

DEAR MAURO: We met at a seminar you gave. You noticed that I had a slight tremor in my hands and suggested that there was some nutrition enhancements that could help or eliminate the tremor. I thought I would follow up with you on the subject. Do you have a recommendation. Thanks. Tim S.

DEAR TIM: I remember sending you a letter with some questions about the tremor. From your reply it sounds like you have essential tremor, a very common problem that manifests itself as we get older. Unfortunately there's no medication or treatment that helps without causing substantial side effects. That might be OK if the tremor is really bad but not for mild tremor. You'd just be exchanging one set of problems for another.

Nutritionally we have just the thing that should help. My new GHboost (available at www.allprotraining.com) is made for the job as well as increasing growth hormone (GH) levels it also stabilizes brain neurotransmitters. There are no hormones or anything that can cause side effects in GHboost so there's no harm in trying it out.

Use it for a month or so and you should notice a difference. Let me know how it works and how you feel after you've been on GHboost for a few weeks. I'd be surprised if it didn't help. **Mauro Di Pasquale M.D.**

DEAR MAURO: I've got a question regarding the Metabolic Diet. I'm a 22 year old male who lifts and plays all kinds of sports year round. I'm 5'9" in height, weigh around 330 pounds and have a large frame. I want to get rid of the excess body fat and lift in the 125 Kg class. Recently, I lost about 25 lbs. in about 3 months. I did this pretty much with a low fat and high carb diet, with a lot of chicken salad in between, and also doing some running and cardio. I want to lose about 25 more pounds, and get to around

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

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285 and then slowly get down another five pounds or so in order to hit the 125 kg class. My question is whether or not I should try and use the same diet as I did to lose the 25 lbs over the coming summer months, or whether or not I should try the Metabolic Diet (I've read all the info. and studies)? **Zachary M.**

DEAR ZACH: It all depends on the results you got following the low fat diet. If you lost a lot of body fat and maintained most of your muscle mass and strength then I'd say stick on the same diet and see if it continues working. If you lost a lot of muscle mass or if the diet stops working then I'd try the moderate phase of the Metabolic Diet to see how you do. If you make progress stick with the moderate phase. If you hit a plateau or if you're not doing as well as you'd like then give the strict or assessment phase a try. It comes down to finding out your carb set point and the macronutrient levels that are just right for your metabolism. All this is explained in detail in my new book. By reading the book you should be able to easily determine which kind of diet works best for you. As well you might want to try some of the products in my new nutritional supplement line. This supplement line is geared to maximize the effects of the Metabolic Diet and to maximize muscle mass and strength. **Mauro Di Pasquale M.D.**

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hs	227		57.5		280	
154.3	N. Miller	220	pure		J. Jenkins	55
P. Gustason	120	K. Counts	140	S. Petrencak	cm5	
jr	J. Wilde	102.5	205		280	
187	250.2	K. Hisenbeck			B. Eder	75
B. Rose	162.5	G. McCoy	220		cna1	
m1	M. Stumbo	210	57.5		315	
205	B. Wilson	192.5	teen		PJ Paff	45
R. Harrison	220	D. McAnally	185	G. Rakes	cpure	
m2	S. Kroll	165	Women	30	315	
138.8			cp		PJ Paff	45
S. O'Brien	45	E. Olson	160	J. Lippert	csteen	
187	315		227		M. Lukens	92.5
G. Maloney	182.5	T. Manno	280	J. Meuth	315	
J. McDermott	162.5	nat			PJ Paff	45
m5	315	T. Manno	280		Deadlift	
187.5			97.5		m5	
J. McDermott	162.5	PJ Paff			187	
J. Alcoff	115	pure			D. Lamps	45
nat	250.2				J. Alcoff	teen
127.8	S. Kroll				170.8	190
S. Petrencak	127.5	280			B. Edere	75
154.3	C. Cookson	182.5			cm2	
C. Moss	115	E. Olson	160	D. McAnally	250.2	
170.8	315				dlm4	
S. Ward	187.5	T. Manno	280	PS Full Meet	shw	
187	PF Paff				J. Jenkins	142.5
M. Feinberg	205	sm	97.5		Curl	
B. Rose	162.5	227			BP	
J. McDermott	162.5	G. Evans	195		DL	
205	315				TOT	
R. Harrison	220	A. Myers	217.5			
M. Olstein	280					
pure	M. Lukens					
127.8	teen					
S. Petrencak	127.5	315				
138.8	PF Paff					
B. Whitt	147.5	WOMEN	97.5			
154.3	int					
C. Moss	115	138.8				
170.8	J. Lippert					
S. Ward	187.5	138.8	127.5			
M. Laurel	137.5	110.2				
187	P. Nichols					
M. Feinberg	205	m1	65			
B. Rose	162.5	138.8				
J. McDermott	162.5	M. Hetzel	87.5			
205	N. Hawkins	60				
T. Baker	150	m5				
K. Hisenbeck		138.8				
M. Olstein		N. Hawkins	60			
sm	pure					
127.8	119					
S. Petrencak	127.5	D. Husel	60			
138.8	138.8					
B. Whitt	147.5	J. Lippert	127.5			
154.3	M. Hetzel	87.5				
C. Moss	115	N. Hawkins	60			
170.8	Power Sports					
S. Ward	187.5	BP				
M. Laurel	137.5	hs				
205	205					
M. Olstein		D. Hawkins	120			
teen		jr				
154.3		170.8				
J. Cantwell	110	K. Johnson	145			
205		pure				
J. Prothro	117.5	S. Petrencak	127.5			
HWT Lifters		205				
hs		C. Poore	187.5			
280		K. Hisenbeck				
C. Brutscher	102.5	teen				
jr		170.8				
250		G. Rakes	47.5			
T. Sisson	202.5	bpm2				
m1		227				
227		S. Caldwell	177.5			
R. Harrison	227.5	shw				
N. Miller	220	B. Rakestraw	160			
J. Wilde	102.5	bpm4				
250.2		280				
M. Stumbo	210	J. Jenkins	107.5			
R. Lacey	195	Curl				
S. Kroll	185	hs				
280		170.8				
L. Goins	212.5	M. Judson	60			
R. VanDorn	182.5	205				
315		D. Hawkins	52.5			
T. Manno	280	int				
m2		170.8				
227		J. Odom	57.5			
S. Caldwell	177.5	jr				
K. Counts	140	187				
250.2		M. McCarter	70			
G. McCoy	220	205				
D. McAnally	165	D. Lamps	40			
280		m1				
E. Olson	160	187				
J. Duree	130	T. Villa	70			
315		m3				
J. Ayers	212.5	154.3				
shw		R. Lee	35			
B. Rakestraw	160	170.8				
m3		M. Logsdon	50			
280		m5				
T. Wellborn	152.5	154.3				



KENTUCKY MASTERS 2 POWER SPORTS competitor Cayle Paff was not only at the meet as a competitor, but to also cheer on son P.J. Paff, who competed in curls and bench press. (Smitty)

187	G. Martin	62.5	150	185	397.5
	teen				
154.3					
J. Cantwell	65	110	227.5	402.5	
S. Lancaster	42.5	72.5	155	270	
want					
127.8	B. Book	30	50	115	195
	wpure				
127.8	B. Book	30	50	115	195
	int				
J. Meuth	62.5	122.5	175	360	
jr					
250.2	D. Lamps	45	70	137.5	252.5
	315				
L. Johnson	60	152.5	295	507.5	

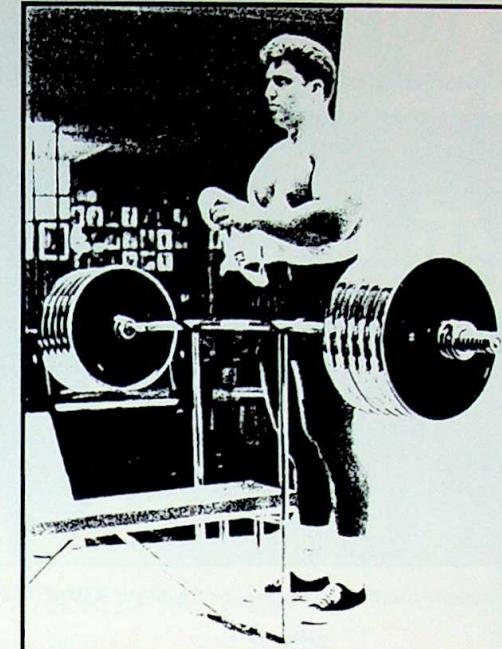


NASA World Cup Bench Press and Powerlifting Team Champions - the McDermott Team - kneeling (l-r) Mary Hetzel, Margaret DeBerry, Penny Nichols, Jim McDermott (Coach); 2nd row - Nancy Hawkins, Ms. DeBerry, Glenn Murphy, Travis Dunlap, Bob Merz; 3rd row - Neil Miller, Leroy Carduno, Tom Manno, Pete Bouchard. The McDermott Team also won world team titles in '94, '96, '97, and '99. (McDermott photo)



TEXAS'S ROBBIN HEDRICK's set up for the deadlift was picture perfect in the Women's Natural 110 pound class. Hedrick made a final deadlift of 209.2 pound on her way to a 496 winning total.

J. Alcoff	130	115	190	435
L. Gardeuno	115	92.5	160	367.5
205				
M. Chishom	250	165	247.5	662.5
E. Rodriguez	235	147.5	232.5	615
D. Brown	190	122.5	205	517.5
nat				
127.8				
J. Gering II	120	62.5	152.5	335
154.3				
C. Moss	107.5	115	160	382
170.8				
B. Broussard	245	147.5	240	632.5
pure				
154.3				
M. Woldsen	252.5	127.5	245	625
B. Merz	117.5	87.5	155	360
187				
J. Mechleowitz	260	172.5	240	672.5
205				
E. Rocha	232.5	170	237.5	640
sm				
154.3				
C. Moss	107.5	115	160	382.5
B. Merz	117.5	87.5	155	360
170.8				
B. Broussard	245	117.5	240	632.5
D. Davis	172.5	125	185	482.5
187				
S. Ham	187.5	122.5	215	525
205				
M. Mercado	227.5	145	202.5	575
teen				
154.3				
J. Cantwell	125	110	227.5	462.5
int				
227				
J. Marshall	250	175	255	680
B. Cucci	237.5	182.5	257.5	677.5
jr				
227				
T. Myers	307.5	167.5	275	750
J. House	250	155	245	650
280				
H. Thomason	402.5	187.5	300	890
315				
M. Graham	240	182.5	325	747.5
m1				
227				
R. Birch	252.5	170	272.5	695
R. Thoni	220	150	202.5	575.5
J. Wilde	192.5	102.5	227.5	522.5
R. Davis	182.5	102.5	205	490
250.2				
S. Cyranoski	302.5	192.5	272.5	767.5
R. Chavez	287.5	160	260	707.5
J. Cannon	220	137.5	227.5	585
280				
J. Capps	290	192.5	295	777.5
P. Bouchard	260	175	280	715
m2				
227				
S. Caldwell	70	177.5	70	317.5
280				
J. Duree	272.5	130	222.5	625
m3				
280				
J. Twel	155	140	227.5	522.5
m5				
227				
S. Johnson	245	175	227.5	647.5
J. Wilde	192.5	102.5	240	535
250.2				
B. Wilson	335	192.5	290	817.5
R. Chavez	287.5	160	260	707.5



MIGHTY MIKE EWOLDSSEN didn't have his favorite competitor, Texas's Mark Wordworth, to battle, but the Kansas Youth Minister still claimed an Outstanding Lifter Trophy with a 551 pound squat on his way to a 1,377 lb. total in the 154 pound class. Mike is the current NASA Athlete of the Year. (Smitty pic)

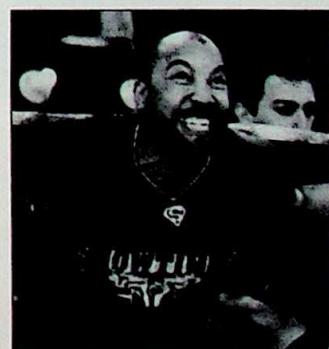
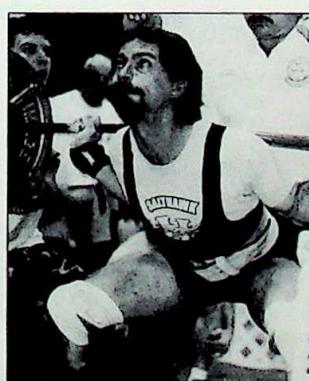
Legendary Pat Casey King of Powerlifters now reveals his training secrets and training techniques

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Showtime's Powerlifting Team, led a contingency of 12 lifters onto the lifting platform at the Biltmore Hotel to the 2000 Power Sports Team Championship with a point difference of 120 point to 116. Anguish was one of the nation's first gym owners to embrace Power Sports when presented by NASA President Rich Peters. He and his Showtime team have claimed the NASA Grand National Championship on several occasions, but this was their first showing at this level and they made the most of it with the World Cup Team Title, plus several Outstanding Lifter Awards. The weekend kicked off with the female duo of Beth Book and Gayle Paff picking up a trio of first - place finishes for Showtime. They would go on to share the Outstanding Lifter awards for the first day. Things just kept getting better for the Kentucky team with the large duo of Lateef Johnson and Anguish closing out the championship effort. Johnson, who missed his first curl attempt because he was still wearing a "Hamburgler" outfit. He purchased a one - piece lifting singlet, made a 132.2 - pound curl and closed out the day with an American Record deadlift of 650.2 pounds. It was also the heaviest Power Sport deadlift of the meet. Anguish competed in both Power Sports and the full meet, taking first place with a 1207 total in Power Sports and second place in the 227 pound class Sub Master's class with a 1620.2 pound total. His 1207 pound total was just ahead of Georgia's Randall Lacey Masters Pure total of 1168.2 pounds. Lacey was actually ahead of Anguish through the bench press by five kilos, but Anguish out pulled Lacey 600.7 pounds to 551 pounds for the Outstanding Lifter title on Sunday. The team title claimed by Showtime's Gym, over a team from Rockford, IL, was the only one not won by Colorado's Jim McDermott. (Thanks to Smitty for providing the results to Powerlifting USA).



DAVID "SHOWTIME" ANGUISH competed in both Powerlifting and Power Sports at this year's World Cup. He had a 601 pound squat on his way to a 1621 pound full meet total. (Smitty photograph)

MEN'S TOP 50 ALL-TIME

132 lb. class as ranked by Herb Glossbrenner

SQUAT
 650 BRADLEY, J 17NOV 80
 595 GANT, L 08 APR 88
 589 CABICO, R 08 APR 88
 575 BIASIOTTO, J 30 MAY 86
 560 JOHNSON, D 12 SEP 90
 556 WESTBROOK, K 21 JUN 92
 551 LAWSON, C 12 FEB 86
 551 POULIN, E 01 MAY 92
 550 PELL, R OCT 86
 545 HEATH, D 14 MAR 92
 (10)

545 MAYS, L 23 APR 94
 540 SIEGEL, S 09 MAR 91
 540 MAILLE, J 15 MAR 00
 535 SHACKELFORD, N 10 NOV 90
 534 HANSOR, C 06 JUL 85
 534 KEA, R 05 JUL 86
 530 PATTAWAY, D 30 APR 88
 530 NGUYEN, H 11 DEC 93
 529 VENDONCK, R 19 MAR 80
 529 KIMURA, M 23 MAR 87
 (20)

529 FOGLT, P 02 DEC 87
 529 SUTTLES, T 18 JUN 93
 529 WARMAN, M 10 NOV 96

525 STEINHouser, R 15 NOV 86
 523 ALFORD, S 28 JUN 86

523 FONYVILLE, S 26 MAY 90

523 OLSON, B 28 OCT 95

520 CARR, J.D 15 NOV 86

520 MILIAN, E 02 NOV 91

518 MCFARLAND, S 17 DEC 83
 (30)

518 WOLFORD, T 14 DEC 85

518 DRUM, S 06 JUN 87

518 WASHINGTON, H 20 MAY 00

515 CANGEMI, E 08 JAN 83

515 COLLINS, L 08 MAR 96

512 VEDRO, F 82

512 THURM, J 23 JUL 89

512 BLAKE, H 06 JUL 91

510 BROWNSTEIN, E 05 OCT 91

510 KUPPERSTEIN, E 16 OCT 94
 (40)

507 FINCH, J 05 JUL 86

507 LOMBARD, T 01 MAY 93

507 WYNN, M 01 AUG 98

505 TAYLOR, T 2 FEB 90

505 SIMMONS, JUN 91

501 RUETTIGER, F 28 MAR 81

501 YOSHIZU, D 03 MAR 85

501 WONG, B 19 MAY 85

501 RAMSEY, D 22 NOV 87

501 EDMONSON, D 13 FEB 88
 (50)

Roy Folken just recently jumped to the #1 spot with his 430 at 132.

BENCH PRESS DEADLIFT

430 FOLKEN, R 16SEP00 683 GANT, L 11 NOV 88

424 WARR, G 09 MAY 93 620 CARR, J.D 15 NOV 86

415 ITO, D 23 JUL 94 610 TERRY, J 89

410 HEATH, D 07 MAR 98 610 MONTGOMERY, E 24 MAY 98

396 BRADLEY, J 06 DEC 80 606 VEDRO, F 09 JAN 83

396 UNTEN, K 03 JUL 99 600 BRADLEY, J 07 APR 79

396 CLARK, A 20 MAY 00 600 SHACKELFORD, N 20 APR 91

390 WATSON, M 22 JUN 90 584 CASTRO, M 12 NOV 94

390 DETORE, P 11 JAN 82 578 LAWSON, C 06 JUL 85

385 ORTIZ, D 23 JUL 94 578 TAYLOR, T 11 JUL 97

(10) (10)

380 CURRIN, M 27 MAY 89 570 WILLIAMS, V 09 DEC 81

380 SPRINGARN, B 01 MAY 93 570 COLLINS, L 08 MAR 96

380 GRABOWSKI, J 28 AUG 93 567 HANSOR, C 06 JUL 85

380 BYRNES, C 03 AUG 96 565 GRAY, D 17 MAR 79

375 JOHNSON, D 12 SEP 90 565 TOINS, F 19 MAR 83

370 BARTON, JUN 91 565 MILIAN, E 13 APR 85

370 CAVIN, D 02 JUN 93 565 KUPPERSTEIN, E 27 FEB 00

365 COUCH, R 02 SEP 89 564 CLARK, ALLEN 12 NOV 77

365 JACKSON, A 19 MAR 94 562 MABIE, L 17 FEB 79

363 ANDRADE, A 08 DEC 79 560 BENOIT, B 14 AUG 76

(20) (20)

363 KEA, R 30 MAR 85 560 PATTAWAY, D 30 APR 89

363 MINICH, J 06 NOV 93 556 CROSS, M 22 AUG 70

362 LAWRENCE, J 17 NOV 90 555 BENEMERITO, J 28 MAR 92

360 WATKINS, JUN 91 552 WEISS, D 10 OCT 98

359 HART, A 08 JUL 78 551 STEINHouser, R 28 JUN 86

358 COVINGTON, A 11 JUN 85 551 SUTTLES, T 19 NOV 92

357 CARRAWAY, J 28 NOV 87 551 GREEN, B 16 JUL 99

355 LORENZETTI, P 14 SEP 91 550 SHEETZ, P 16 APR 83

352 GANT, L 07 NOV 88 545 ARTHUR, M 20 AUG 77

352 WACKER, D 11 OCT 92 543 LORD, A 17 FEB 68

(30) (30)

352 MORISHIGE, M 14 SEP 96 541 LASATER, K 09 OCT 82

350 FERRERA, M 26 ARR 86 540 BISTANY, E 01 DEC 62

350 PEREZ, J 28 NOV 87 540 HUMMELL, G 18 AUG 79

350 SCALZO, J 14 JUL 91 540 MCFARLAND, S 17 DEC 83

350 TRANSFIGURATION 03 AUG 91 540 KEA, R 30 MAR 85

350 SANDOVAL, R 01 AUG 92 540 RICHARDS, J 17 JUN 86

350 MCGOWAN, G 23 APR 94 540 HEATH, D NOV 88

347 TRUJILLO, P 03 NOV 77 540 LOMBARD, T 01 MAY 93

347 HANSOR, C 27 JUN 82 534 MCKINNEY, M APR 72

347 YOSHIZU, D 03 MAR 85 535 RILEY, F 11 NOV 72

(40) (40)

347 KIMURA, M 23 MAR 87 535 RYBICKI, C 28 OCT 79

347 MUKITE, J 16 AUG 87 534 CAPUTO, R 06 JUL 85

345 BENSON, L 23 NOV 85 534 OLIVER, J 19 JUN 92

345 BEASTLEY, U 15 DEC 90 533 WESBY, J 16 JUL 67

341 HUMMEL, G 26 AUG 78 530 SOJAZI, J 68

341 CABIO, R 23 JUL 89 530 MAYS, H 07 DEC 87

341 SUTTLES, T 31 JUL 92 530 BUTLER, C 03 MAR 90

341 CUNHA, J MAY 99 530 BLAKE, H 02 DEC 90

340 HERNANDEZ, E 29 MAY 77 529 RUETTIGER, F 28 MAR 81

340 PIRO, D 04 JUL 87 529 BIASIOTTO, J SEP 82

(50) (50)

TOTAL

1587 GANT, L 08 APR 88
 1559 BRADLEY, J 27 MAR 82
 1470 HEATH, D 14 MAR 92
 1440 CARR, J.D 15 NOV 86
 1440 SHACKELFORD, N 10 NOV 90
 1438 HANSOR, C 06 JUL 85
 1438 CABICO, R 08 APR 88
 1416 LAWSON, C 12 FEB 86
 1416 SUTTLES, T 18 JUN 93
 1416 TAYLOR, T 11 JUL 97
 (10)

1405 KEA, R 30 MAR 85
 1400 WILLIAMS, V 09 DEC 81
 1383 VEDRO, F 09 JAN 82
 1380 STEINHouser, R 15 NOV 86
 1355 ALFORN, S 05 APR 85
 1350 BLAKE, H 23 NOV 91
 1345 SIEGEL, S 09 MAR 91
 1345 MAYS, L 23 APR 94
 1345 COLLINS, L 08 MAR 96
 1344 WASHINGTON, H 20 MAY 00
 (20)

1340 JOHNSON, D 13 SEP 90
 1339 MCFARLAND, S 17 DEC 83
 1339 COVINGTON, A 20 JUN 85

1135 MILIAN, E 13 APR 85
 1333 BIASIOTTO, J 09 SEP 82
 1333 MAILLE, J 25 MAR 00
 1330 SIMMONS, JUN 91
 1328 KIMURA, M 23 MAR 87

1325 CAVIN, D 26 JUN 92
 1322 DRUM, S 06 JUN 87
 (30)

1322 OLSON, B 28 OCT 95
 1320 KUPPERSTEIN, E 16 OCT 94

1317 HUMMELL, G 18 AUG 79

1317 FINCH, J 05 JUL 86

1317 PATTAWAY, D 30 APR 88

1315 NGUYEN, H 11 DEC 93

1315 MABIE, L 17 FEB 79

1311 RUETTIGER, F 28 MAR 81

1311 YOSHIZU, D 03 MAR 85

1311 FOGLT, P 02 DEC 87
 (40)

1311 BENEMCRITO, J 01 MAY 92

1310 KING, C 18 FEB 84

1306 OLIVER, J 19 JUN 92

1306 LOMBARD, J 19 JUN 92

1306 SHEETZ, P 16 APR 83

1300 VERDONCK, R 19 MAR 80

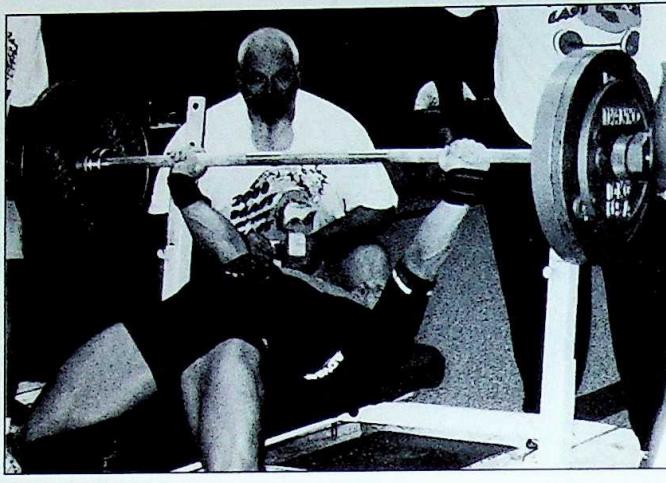
1300 CURTIN, M 13 FEB 86

1300 PATERNITI, N 28 JUN 86

1300 HERNANDEZ, E 29 MAY 77

1300 PELL, R OCT 86

(50)



Roy Folken just recently jumped to the #1 spot with his 430 at 132.



Joe Bradley's 650 squat at the 1980 World Championships was so explosive it seemed like he could have done 700, at 132 lbs.!



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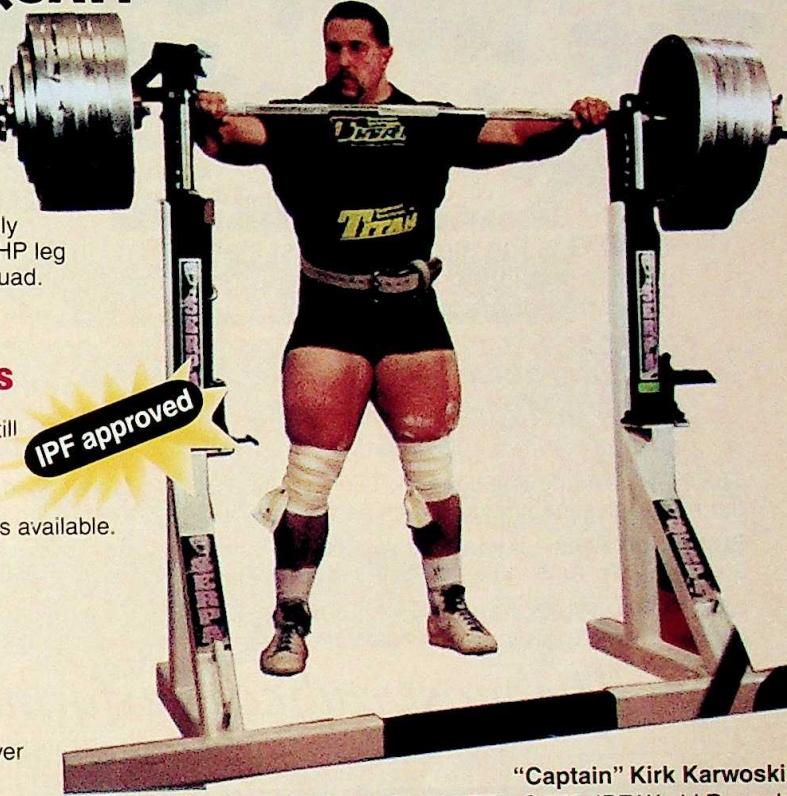
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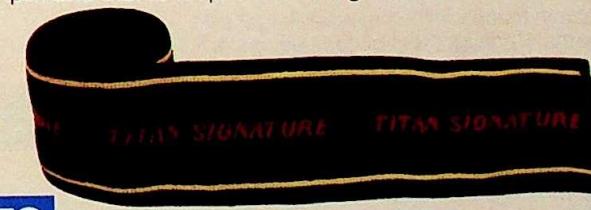
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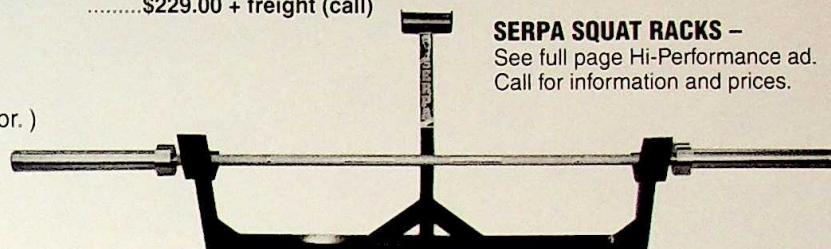


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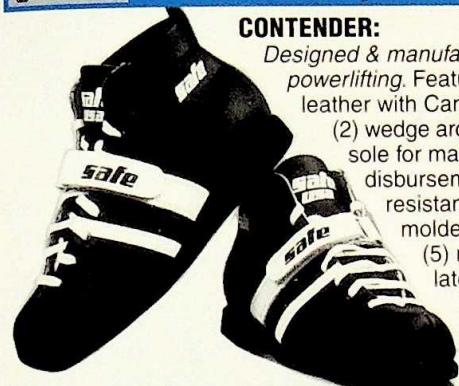
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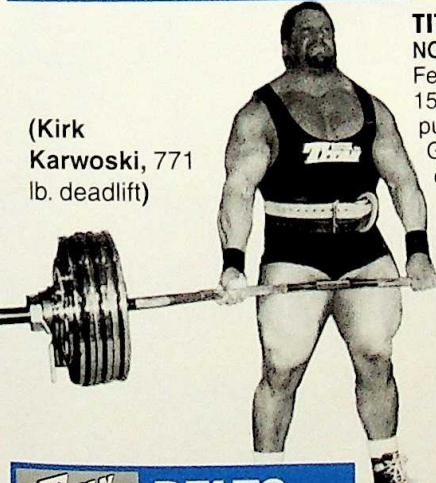
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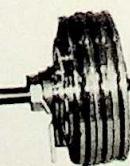
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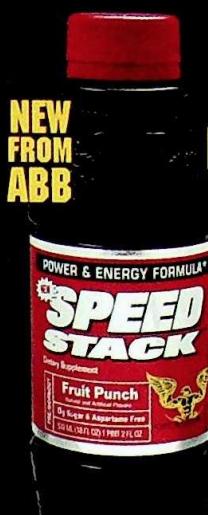
WHY

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FLAVORS

- Fruit Punch
- Orange
- Grape
- Pink Grapefruit
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Speed Stack™



THE PROFILE

WHAT

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

WHY

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

FLAVORS

- Fruit Punch
- Grape

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Extreme Ripped Force™



THE PROFILE

WHAT

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

WHY

EXTREME RIPPED FORCE™ contains a synergistic formula that combines a maximum amount of ephedrine and caffeine for energy and fat mobilization.★ EXTREME RIPPED FORCE™ also provides L-carnitine, guarana extract, electrolytes and energy packed complex and simple carbs for maximal short and long term energy.★

FLAVORS

- Fruit Punch
- Grape
- Orange

Inferno™



THE PROFILE

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- Thermogenic and mass
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- 75 mg caffeine
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WHY

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FLAVORS

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- Grape

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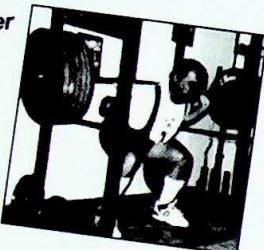
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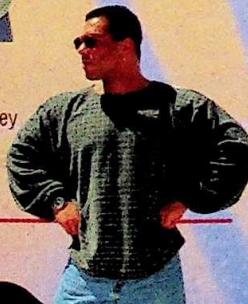


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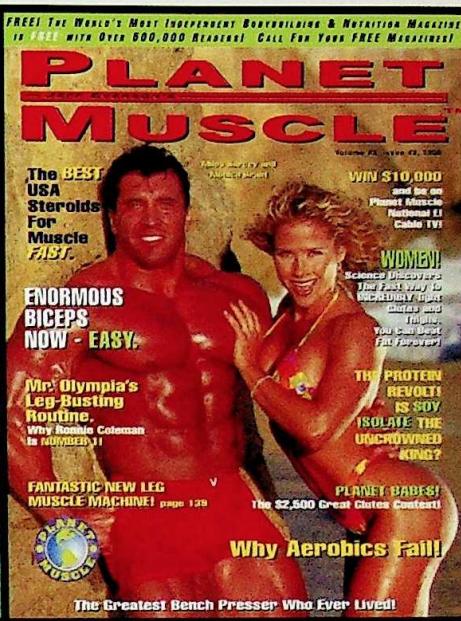
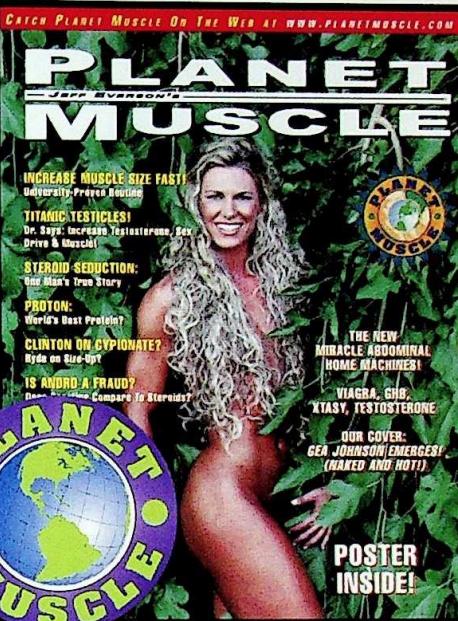
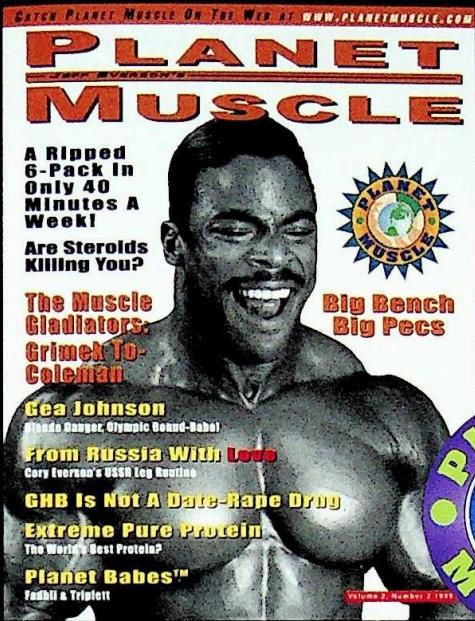
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2 DEC, APA Mid Atlantic BP, DL, Push/Pull (Glen Burnie, MD) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

2 DEC, NASS Teenage, Masters, Women National Strongman Championships Fit For Life Center, Ft. Worth, TX, Bill Holland, 817-847-6082

2 DEC, "Jim Miller's" Christmas Bench Press (Teen, Open, Master-Men & Women) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, David Harrison, 763-441-4232 (Day), Jerry Gneire, 763-753-6064 (e)

2 DEC, N.C. AAU State (Raw & Full Gear - Men & Women - Teen, Open, Submasters, Masters) J. Howie, 209 Myers St., Monroe, NC 28110, 704-289-4940/8716, jhowie@trellis.net

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

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

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

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

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

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

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

2,3 DEC, USPF/WPL World BP/PL (Men & women, open, junior, masters, submasters) (Corpus Christi, TX) Gary Pendergrass, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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

3 DEC, Ohio Open BP & DL, Power Station Gym, Middletown, OH 513-825-3604 or us-muscle.com

3 DEC, 3rd USAPL New England States Open BP, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm EST

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

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

8-10 DEC, WPC World Cup (PL) & World Bench Breakers, Gars/Kamp-Austria (40 miles from Vienna), +43/512/26 12 00 (Fax), Peter Pacas

8-10 DEC, "100% RAW" World Championships (men & women, all age groups/wt. classes, limited entries, deadline 11/1) Spero Tshontikidis,

4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-537-5941

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

9 DEC, ISA Power For Purpose Classic BP/DL & BP Bodywt. for reps, Mark Phillips, 9190 Hwy 5, Douglasville, GA 30134, 770-596-2133 or 949-9299

9 DEC, Hwy 17-A Touch and Go BP and Pre-Teen BP Jam, The Dungeon Gym, 2839 S. Live Oak Dr., Moncks Corner, SC 29461, 843-761-5632 or Floyd Powe 843-875-1434

9 DEC, APA Mountain Region PL/BP (Elkins, WV) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@yahoo.com

9 DEC, Slamfest 2000, Cimmerian Gym, 412 S. Mitchell St., Cadillac, MI 49601, 231-779-4961

9 DEC, Ozark Open, Casey Fant, 1330 SE 14th Street, Bentonville, AR 72716, 501-204-1000

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

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

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

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

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

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

10 DEC, Norwich Family YMCA BP (teen, women, masters, open) Tom Revoir, 68 N. Broad St., Norwich, NY 13815, 607-336-9622

10 DEC, WNPF Eastern Regional BP & USPC Power Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, ecpower@bellatlantic.net

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

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

16 DEC, USAPL Maine Holiday Classic PL/BP (Union, ME - men & women open, submaster, grandmaster, teen, police & fire) Mark Cleverte, Box 506, Warren, ME 04864, mcleverte@cs.com

16 DEC, River Valley Bench Press, Horseheads H.S., 113 Halloran Dr., Breesport, NY 14816, John Comereski, 607-739-7322

16 DEC, APF Hardcore BP, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

16 DEC, AAU Planet Fitness Winter Dolldrums Push/Pull (raw & equipped: teen, novice, open, masters) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 515-325-5070

16 DEC, APA BP Nationals & WPA PLer Year Banquet (Hermitage, TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962,

wpa50@hotmail.com

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

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

17 DEC, 1st "Show Me State" BP, Jim King's Big Iron Gym, 3229 Queen Ridge Dr., Independence, MO 64055, 816-350-3439

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

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

6 JAN, APA Iron Warrior Open BP, DL, Push/Pull (Waukegan, IL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

13 JAN, APA Gulf Coast Open BP & DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

13 JAN, NASA Ohio State BP (W. Liberty H.S., W. Liberty, OH) Dick Cordial, 937-653-5504, squat@forjory.net

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

14 JAN, Winter Blues Meet (PL, BP, DL; Grand Rapids, MI) Jon Smoker, 30907 CR16W, Elkhart, IN 46576, 219-674-6683

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

20 JAN, APA California Open BP/DL (Modesto, CA) APA, Box 27204, El

Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

20 JAN, WNPF New York St./Open BP/DL & IronMan (Armonk, NY) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

20 JAN, USAPL Louisiana State (plus out of state division) Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-753-8586

20 JAN, APF Michigan Bench for Cash (cash division: 1st-3rd on Reshel Formula - \$1000 total, subject to increase, open division plus jr., submaster, master by formula)

Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114 (after 3pm EST), jimharbourne@home.com

20 JAN, Tri-City BP & DL, Tom Corazzini, Albany YMCA, 274 Washington Ave., Albany, NY 12203, 518-449-7196 ext 16

21 JAN, Durand Fitness Center Winter Classic BP/DL, Steve Isom, DFC, 217 E. South St., Durand, IL 61024, 815-248-3709

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

27 JAN, APF West Coast Push/Pull/PL (Fresno, CA) Bob Packer, 559-439-4394

27 JAN, WNPF Florida State/Open BP/DL & Ironman (Lake City, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

27 JAN, WABDL Southeastern USA BP/DL, Belanger Power Sports, Box 173, Century, FL 32535, 850-327-6016

27 JAN, Mid Virginia BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifing@aol.com

28 JAN, World Gym Winter Push/Pull, Jeff Butler, 2500 Miracle Ln., Mishawaka, IN 46545, 219-254-0460

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Olympics Qualifier, AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 703-397-0534, aaupcva@cox.rr.com

2-4 FEB, 100% Raw Eastern Regional (men & women, all age/wt. groups) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

3 FEB, USPF Steel City Fitness BP for the Key 4 PKU Foundation (open, class II, masters, women, high school) Jeff Green - Chris Key, 2728 19th Pl. South, Birmingham, AL 35209, 205-870-5438

3 FEB, APA Alabama Open BP & DL (Montgomery) APA, Box 27204, El Jockey, FL 33927, 941-697-7962, apapresident@angelfire.com

3 FEB, WABDL BP/DL Championships (Holiday Inn, Mesa, AZ) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037

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

4 FEB, WNPF Ohio Championships National Qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm

4 FEB, Pump Total Fitness Open BP (teen, open, women, masters) Jeff Davis, 2352 N. US 27, St. Johns, MI 48879, 517-224-2441

10 FEB (new date), USAPL Rhode Island State PL & BP (deadline 1/27/01) David Roderick, 126 Chestnut St., Rehoboth, MA 02769, DR705@mediaone.net

10 FEB, RAW Inc. Central VA Meet, Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-537-5941

10 FEB, 10th New Castle BP Championships, Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, 724-658-7529

10 FEB, APF/AAPF Iron Island Classic PL & BP (open m/f, masters m/f - limited to 1st 60 Plr, 1st 30 BPers) Iron Island Gym, 516-594-9014, or jtb2040@aol.com

10 FEB, APF Nevada State PL/BP, Anthony Pastorello, 2640 Westwood Dr., Las Vegas, NV 89109, 702-655-0825

10 FEB, NASA Virginia State PL, BP, PS (Charlottesville, VA) Greg Van Hoose, RT.

1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

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

11 FEB, APA Florida Open (Orlando) APA, Box 27204, El Jockey, FL 33927, 9 4 1 - 6 9 7 - 7 9 6 2 , apapresident@angelfire.com

11 FEB, Open Bench Press Meet, Frank Palino, Oswego State Univ., Oswego, NY 13126, 315-341-2405

11 FEB, WNPF Arizona State/Open PL (Phoenix, AZ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

17 FEB, APA Maryland Open (Glen Burnie) APA, Box 27204, El Jockey, FL 33927, 941-697-7962, apapresident@angelfire.com

17 FEB, WABDL Texas State BP & DL (Clarion Hotel, Houston, TX - deadline 2/3/01) Bob Garza, 281-820-5923

17 FEB, Northeast Strongman Showdown (pro/am, 3 wt. classes) Art McDermott, 978-474-1718, highlandstrength@medioone.net

17 FEB, WNPF Virginia State Open PL (Richmond, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

17 FEB, Iron Society's Budweiser WABDL California State BP/DL, Matt Lamarcue, Box 1992, Monterey, CA 93942, 831-277-IRON

17,18 FEB (new date), NASA National High School PL Boys & Girls Team Championship (Fr., So., Jr., Sr. divisions) Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45368, 937-568-9116

17,18 FEB (new date), WePumpUp.com IPA New York State Full Power and Bench Meet (all classes, m/f) Joe Giuliano, 14 Stevens Ct., Saratoga Springs, NY 12866, 518-583-7539

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

18 FEB, King Fitness Pound for Pound (most reps/total tonnage) Matt Kelly 3253 Hwy 35 N., Hazlett, NJ 07730, 732-335-

0911, www.kingfitnessgym.com

24 FEB, 1st WPO (TM) Qualifier (Universal Studios - Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugelron.com

24 FEB, APA BP & DL Judgement Day, St. Marys Health & Recreation, 499 Spruce St., Suite 13, St. Marys, PA 15857, 814-834-9222, drmtn@penn.com

24 FEB, USPF Kentucky State & Pikeville Open BP, Don Fields, 1243 S. Lake Dr., Prestonsburg, KY 41653, 606-886-8604, profitnes@multisports.net

24 FEB, WNPF Maryland State/Open PL (Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

24 FEB, 11th Winter Classic, Goshen Fitness, Box 92, Goshen, IN 46527, 219-537-9329

24 FEB, USPF Florida State, Bill Beekley, 4215 Carmen St., Tampa, FL 33609, 813-289-3063

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

24-25 FEB, USAPL Pennsylvania St. (State College, PA) Steven T. Mann@yahoo.com or 914-473-5230

25 FEB, WNPF 3rd Northeastern BP/DL & Ironman (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

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

3 MAR (new date), AAU BP & PL Open Virginia State (Richmond, VA - National Qualifier) AAUPCVA, 809 Mosby Hollow Dr., Herndon, VA 20170, 203-397-0534, aaupcva@cox.rr.com

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

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

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

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

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

10 MAR, USPFN Jersey High School, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-1260, uspfhorton@aol.com

10 MAR, USPF N. Jersey State, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 9 0 9 8 - 2 8 2 - 1 2 6 0 , uspfhorton@aol.com

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

10 MAR, APF Bike Week Bench Bash, Huge Iron, 910

S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

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

11 MAR, WNPF Buckeye Open PL (Toledo, OH) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

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

17 MAR, WNPF Alabama State, Pedro Hollingsworth, 3500 McFarland Blvd., Northport, AL 35473, 205-333-9952

18 MAR, WNPF Western New York (Niagara Falls) national qualifier, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670 after 5pm

18 MAR, WNPF Northeastern PL (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

24 MAR, Oregon APF Rage for Records BP/DL (state/national)+, Big Bear's Gym 136 SE 1st, Newport, OR 97365, 541-574-4507, dozer2000@hotmail.com

24 MAR, WNPF S.C. State/Open PL (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

24,25 MAR, APF California State PL/BP (Fresno, CA) Bob Packer, 559-439-4394

24,25 MAR, USAPL Oregon State (Open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570

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

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

30 MAR - 1 APR, 100% Raw BP Nationals (men & women, all age/wt. groups) Dave Lhota, 250 Peninsula Dr. Indian Lake, Central City, PA 15926, 814-754-8306

31 MAR, 12th Cabin Fever DL & BP, Goshen Fitness Center, Box 92, Goshen, IN 46527, 219-537-9329

31 MAR, 3rd Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608

MAR, NASA Kentucky State PL, BP, PS (Lexington, KY) Greg Van Hoose, RT 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

MAR, USPF Rhode Island Championships (PL/BP), Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728

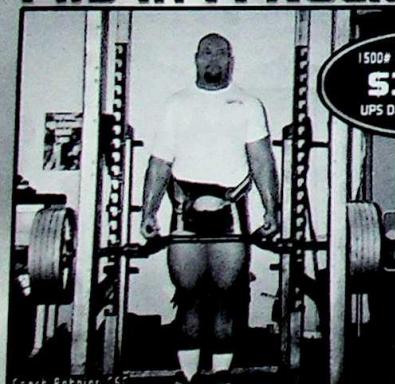
MAR, USPF New Hampshire State & New England Open (Bedford, NH - open, women, teen, masters) Dave Follansbee, www.usabodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489

1 APR, 2nd annual Pittsburgh Area Monster BP and/or DL (men & women - all classes/divs. - cash prizes - Holiday Inn Airport) Mike Barravecchio, 301 Springwater Ct. Moon, PA 15108, 724-457-2708

7 APR, WNPF Pennsylvania State/Open PL (Lancaster, PA) WNPF, Box 142347,

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

On Site Seminars

Albany, NY

Jan. 27 Cutting Edge Sports Science

Spring, TX

Feb. 3 Powerhouse Gym

Lock Haven, PA

March 3 Lock Haven University

Tallahassee, FL

March 10 Fahey's Gym

Seattle, WA

March 31 Gold's Gym
Ontario, Canada

April 28 Good Life Fitness
Lexington, SC

May 12 Waite's Fitness
Tulsa, OK

July 21 Eastside Gym
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84032 Landshut, Germany 0871-77575,
grelka@t-online.de

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

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

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

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

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

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

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

28 JUL, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881
28 JUL, WNPF Raw Nationals & North American Championships (Anaheim, CA)
WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418,
wnpf@aol.com
JUL, Madison Co. Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm,
valifiting@aol.com

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

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

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

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

10,11 AUG, WABDL Twin Lab National
BP/DL (Sheraton Hotel, Birmingham, AL) Gus Rethwisch, Box
5295, Bend, OR 97708, 541-389-
0600

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

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

18 AUG, WNPF Central SC Open BP/DL

& IM (Columbia, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

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

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

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

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

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

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

7 OCT, APA Bay State Open BP & DL
(Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-

7962, apapresident@angelfire.com

27 OCT, APF/AAPF Iron Island Halloween
BP & DL (separate meets, open myf, masters myf, limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com

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

3 NOV, WNPF Eastern Regional & Maryland
State BP & USPC Eastern Regional Curl, Brian Washington, Box 20042, Baltimore, MD 21284, 3cpower@bellatlantic.net

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

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

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

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

NOV, USAPL National Police & Fire

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PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifiting@aol.com

1 DEC, APF Southern States Open PL,

Huge Iron, 910 S. Atlantic Ave., Daytona

Beach, FL 32176, 904-677-4000

5-9 DEC, 100% Raw World Championships
(men & women, all age/wt. classes)
Dr. Spero Tshontikidis, 4850 Connecticuit Ave. NW #903, Washington, DC 20008, 202-282-0528

8 DEC, APF 48th Iron Man Open PL & BP,
Mr. & Ms. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packer, 559-439-4394

8,9 DEC, USAPL Virginia State PL/BP,
John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifiting@aol.com

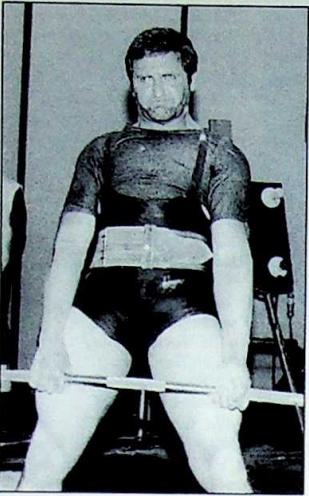
15 DEC, 16th Christmas BP/Curl,
John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifiting@aol.com

P.S. when writing include a Stamped, Self-Addressed Envelope. (USA meets only). If you phone, please note if there is a specific time to call and DONT CALL COLLECT.

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

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NASA Masters/Submasters PL/BP/PS		187	R. Carver	55	72.5	165	295.5
3,4 JUN 00 - Nashville, TN (kg)							
BENCH PRESS	G. Carlson	182.5	35-39	227			
30-34	50-54		D. Anguish	82.5	150	282.5	515
138.8	154.3		C. Smith	72.5	147.5	235	455
R. Peters	147.5	S. Stewart	145	250.2			
205	S. Tarp	127.5	E. Cross	60	142.5	215	417.5
G. Riley	170	187	40-44				
35-39	J. Wood	192.5	205				
170.8	J. Kiser	130	B. Solomon	80	147.5	262.5	490
J. Lawson	183.5	J. McDermott	-160	J. McDonald	75	150	205
187	205		227				
J. Brown	-165	J. McDermott	162.5	B. Bean	55	147.5	237.5
205	55-59		250.5				
C. Barnett	162.5	250.2	R. lacey	80	192.5	272.5	545
B. Pool	157.5	J. McKenzie	165	45-49			
227	280		205				
J. Ritzler	182.5	J. Duree	127.5	J. Donnelly	55	150	195
P. Arrowood	165	60-64	227				
J. Poole	162.5	170.8	J. Wilde	42.5	92.5	210	345
W. Jones	160	Joe McDermott	147.5	64-69			
B. Maupin		J. Coleman	122.5	280			
250.2	187			J. Jenkins	52.5	97.5	117.5
T. Neal	172.5	S. Curley	165	bp30-34			
40-44	65-69		170.8				
127.8	187		J. Schandelmayer	115		115	
B. Lamb	97.5	T.C. Lewis	120	bp35-39			
170.8	m5		205				
R. Utley	137.5	154.3	B. Pool	157.5		157.5	
205	S. Stewart	145	bp40-44				
J. Fidler	190	187	170.8				
227	J. Wood	192.5	R. Utley	137.5		137.5	
D. Bahakel	205	J. McDermott	-160	250.2			
250.2	227		M. Wigglesworth	160		160	
R. Lacey	192.5	N. Miller	230	M. Murphy	195		195
280	250.2		bp50-54				
H. Davis	182.5	K. Hutchinson	205	227			
SHW	280		S. Caldwell	170		170	
E. Curry	192.5	G. Carlson	182.5	c35-39			
45-49	w40-44		227				
138.8	138.8		D. Anguish	82.5		82.5	
C. Kennedy	95	N. Hawkins	65	J. Ritzler	65		65
187	w45-49		280				
M. Pittman	170	187	M. Lukens	97.5		97.5	
227	A. McTighe	95	c40-44				
N. Miller	230	w55-59	187	227			
D. McMillian	212.5	187	R. Heine	62.5		62.5	
250.2	S. Pack	92.5	205				
K. Hutchinson	205	wm5	B. Solomon	80		80	
M. Murphy	195	138.8	B. Wansley	65		65	
E. Atkins	172.5	N. Hawkins	65	250.2			
280	187		M. Wigglesworth	75		75	
B. Krasinki	197.5	A. McTighe	95	280			
30-34	C	BP	DL	TOT	P. Bouchard	60	60

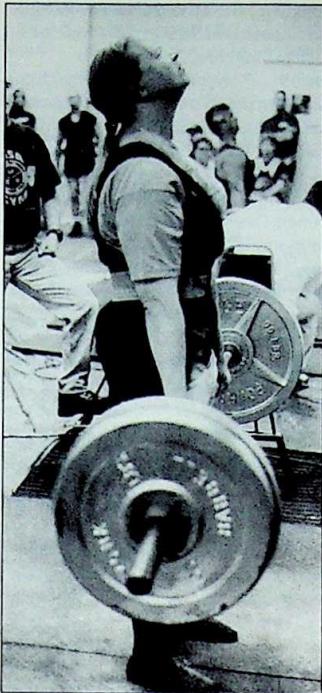


MIKE JAMES BATTLED with fellow Illinois lifter Danny Gill all day at the Master's Nationals before pulling out the state record setting final deadlift of 606.2 pounds. Gill managed to edge him for the overall, but the Illinois duo spent the entire day cheering for each other. (Smitty)

sq35-39	227	D. Anguish	227.5		227.5
250.2	E. Cross	220		220	
sq40-44	205	B. Solomon	175	175	
227	B. Bean	215		215	
sq50-54	154.3	S. Tarp	160		160
127.8	wsq30-34	107.5		107.5	
V. Small	30-34	107.5		107.5	
154.3	187	T. Suttles	227.5	170	227.5
227	G. Wren	192.5	125	205	522.5
250.2	S. Richardson	227.5	162.5	280	720
L. Loganbill	272.5	160	225	657.5	
J. Wilkin	182.5	125	200	507.5	
227	T. Dunlap	292.5	175	307.5	775
280	S. Emmelhainz	310	215	290	815
W. Johnson	295	190	260	745	
315	S. Marcum	325	225	282.5	832.5
34-39	154.3	M. Woodworth	237.5	152.5	227.5
M. Woodworth	237.5	122.5	220	562.5	
J. Green	220	R. Aragon	90	105	345
170.8	187	T. Perkins	285	160	237.5
G. Smith	240	147.5	260	647.5	
187	W. Agnew	227.5	165	260	652.5
B. Broussard	252.5	142.5	245	640	
D. Grimm	200	132.5	242.5	575	
205	G. Sewell	200	145	250	595
C. Barnett	205	162.5	220	587.5	
227	J. Dwyer	302.5	162.5	295	760
D. Anguish	227.5	192.5	282.5	702.5	
C. Smith	280	177.5	235	692.5	
W. Jones	185	160	215	560	
B. Maupin	272.5			272.5	
250.2	R. Dilworth	300	207.5	282.5	790
T. Neal	252.5	172.5	250	675	
E. Cross	220	142.5	215	577.5	
280	K. Malchow	300	210	277.5	787.5
P. Vargo	272.5	182.5	282.5	737.5	
M. Lukens	62.5	192.5	250	505	
315	E. Smith	367.5	220	295	882.5
SHW	J. McNair	277.5	-185		92.5
40-44	127.8	B. Lamb	170	97.5	187.5
187	R. Nevins	207.5	145	212.5	565
J. Conley	160	102.5	200	462.5	
205	D. Gill	250	150	265	665
M. James	235	137.5	275	647.5	
227	B. Vivier	260	175	260	695
B. Bean	215	147.5	237.5	600	
250.2	R. Chavez	277.5	155	250	682.5



The McDermott Bench Press & Powerlifting Team won the Bench Press and Powerlifting Team Championships at the 2000 NASA Masters & Submasters Nationals, as they did at the '95, '96, and '97 meets. Numerous World and American Records were set by team members, including Outstanding Lifter Neil Miller's 507 lb. M-1 World Record Bench Press at a 220 lb. bodyweight (heaviest bench of the competition) and oldest team member Joe McDermott's double bodyweight M-3 World Record Bench Press of 331 lbs. on his 4th attempt. Front row: (l-r) Mark Woodworth, Joe McDermott, Nancy Hawkins, Kay Lamb, Jim McDermott, Crusher Kennedy; back row - Neil Miller, Sam Stewart, Jerry Wood, Allannah McTighe, Dan Gill, Jim Conley. (missing was Carolyn Jacobs). photograph provided to by Jim McDermott.



COLORADO'S Linda Shaefer is just about to lock out an impressive 451.7 pound deadlift in the Superheavyweight division of the Women's 35-39 age division. Linda just missed a 1,000 pound total with a three-lift amount of 947.7 pounds. (photo courtesy of Smitty)

187 D. Robbins	110	115	130	355
227 D. Johnson	345	150	240	635
m5 170.8 L. Donahue	147.5	113.5	165	426
187 L. Garduno	115	92.5	175	382.5
J. McDermott	192.5	-160		32.5
205 E. Rodriguez	232.5	150	235	617.5
J. McDermott	200	162.5	182.5	545
227 R. Klinger	255	187.5	227.5	670
250.2 R. Chavez	277.5	155	250	682.5
w35-39 110.2 S. Andrews	120	70	126	316
138.8 R. Hack	155	67.5	142.5	365
154.3 S. Geus	72.5	37.5	112.5	222.5
SHW L. Shaefer	142.5	82.5	205	430
w40-44 127.8 C. Anderson	100	60	112.5	272.5
w45-49 110.2 C. Jacobs	80	52.5	112.5	245
154.3 P. Carter	85	65	145	296
w50-54 187 S. Hunter	150	75	197.5	422.5
w55-59 138.8 K. Lamb	87.5	47.5	97.5	232.5
S. Pack	117.5	92.5	140	350
wm5 154.3 P. Carter	85	65	146	296
110.2 S. Andrews	120	70	126	316

(Thanks to NASA for providing the meet results).

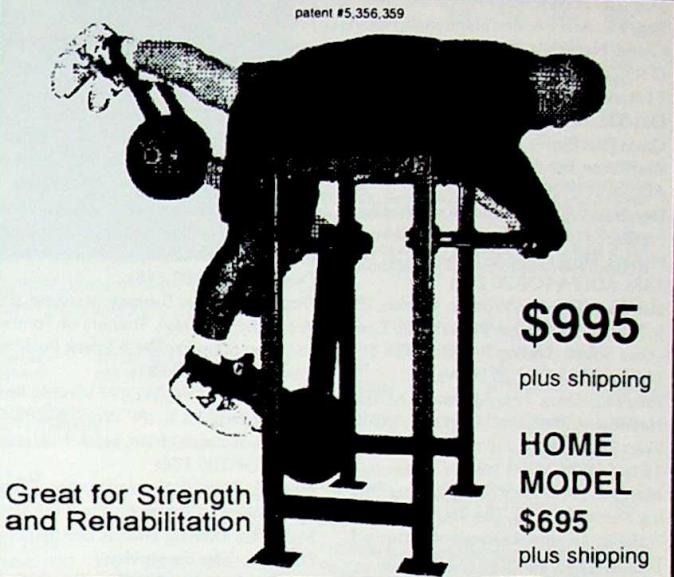
**WNPF Western PA
08 JUL 00 - Beaver, PA**

A. Schatzman	230	152.5	222.5	605
280 P. Bouchard	250	160	272.5	682.5
R. Carpenter	247.5	195	240	682.5
45-49 138.8 C. Kennedy	155	95	130	380
L. Coxsey	180	112.5	215	507.5
R. Fowler	175	82.5	185	442.5
187 S. Miscoi	150	120	165	435
L. Garduno	115	92.5	170	377.5
205 E. Rodriguez	232.5	150	235	617.5
D. Bledsoe	152.5	142.5	162.5	457.5
M. Soler	152.5	137.5	137.5	427.5
250.2 B. Hill	290	165	255	710
280 B. Krasinski	272.5	197.5	272.5	742.5
J. Ingram	272.5	192.5	275	740
50-54 154.3 S. Tharp	160	127.5	205	492.5
170.8 L. Donahue	147.5	113.5	165	426
187 D. Rhoades	265	137.5	252.5	655
K. Pickens	235	152.5	212.5	600
J. McDermott	192.5	-160		32.5
J. Kiser	-192.5	130		62.5
205 C. Anstead	215	145	212.5	572.5
J. McDermott	200	162.5	182.5	545
J. Bandy	210	117.5	207.5	535
S. Westrich	190	-132.5		57.5
250.2 R. Hardin	212.5	157.5	230	600
J. Hurle	227.5	137.5	215	580
55-59 227 B. Donovan	202.5	112.5	237.5	552.5
280 J. Duree	270	127.5	232.5	630
60-64 154.3 R. Dodson	157.5	77.5	160	395
170.8 J. Klein	137.5	95	175	407.5
J. McDermott	70	147.5	70	287.5
65-69 154.3 M. Logsdon	160	100	185	445
POWERLIFTING Teen 14-16	345	SQ	A. Basillon*	300
T. Miller	270	BP	D. Baker Jr.*	475
	130	DL		
	260	TOT		
	660			

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lifitters Jeff Kramer and Josef Schaffer, in his first full meet, turned in nice totals to win their divisions. In the assisted bench press teen, Eric Witt pushed up a nice lift to win his division. Dave Peterson and Dave Depaolo did strong lifts winning in the 220 lb. and 242 lb. classes. Brad Powell had the biggest lift of the day winning best lifter in the assisted division of the bench. In the raw bench press, Richard Neurhor set a new record in the 132 lb. class as did Dennis Marinkovic in the 220 lb. Masters class. John Misorski Jr. and Senior both did fine lifts again winning the submaster and master class in the 181 lb. and 198 lb. classes. Josef Schaffer did a strong lift to win the 198 lb. class and best lifter in the raw bench and Scott Palucka had the highest bench edging out Jeffrey Begue to win the 242 lb. lifetime division with Begue winning the Police division. Tia Matthews, the only female did nice lifts in the squat and deadlift and Richard Neurhor set a new record in the 132 lb. class deadlift, in the squat three teens set new records, with Derek Baker doing an easy 475 lbs. Thanks goes out to all the lifters and to my spotters and judges who made this meet enjoyable. A special thanks to the Black Hawk School District and their personnel for their cooperation and the use of their school. (courtesy of Ron Deamicis).

2000 Indepence BP Championships
22 JUL 00 - Stanardsville, VA

BENCH	242
WOMEN	B. Lilly
132	P. Conover
L. DiCaprio	80
MEN	40-49
181	M. Durrelle
T. Santymire	390
L. Carroll	375
198	Open & 40-49
D. Watson	430
A. McGlammy	360
R. Adkins	345
40-49	Strict Curl
220	M. Quarto
R. Cash	400
50-59	D. Bishop
J. Smith	355
Supers	J. Sheets
	180

Special thanks to the judges: Huggy Sherman; Sam Morris, Roger Ernest. (Thanks to John Shifflett for providing the results of this meet to PL USA).

PL USA Back Issues

- May/93...** NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
- Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
- Sep/93...** ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
- Oct/93...** APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
- Dec/93...** WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
- Jan/94...** IPF Men/Women Worlds, IPF Jr./Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 20 SHWs.
- Feb/94...** Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
- Mar/94...** Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
- Apr/94...** Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
- May/94...** USPF/ADFPA Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
- Jun/94...** NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s
- Jul/94...** USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
- Aug/94...** APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
- Sep/94...** ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
- Nov/94...** WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
- Dec/94...** Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.
- Jan/95...** WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
- Feb/95...** World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
- Mar/95...** Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
- Apr/95...** NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.
- May/95...** Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
- Jun/95...** Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
- Jul/95...** IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
- Sep/95...** TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creative, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
- Oct/95...** Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
- Dec/95...** Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
- Jan/96...** IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
- Mar/96...** TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
- Jul/96...** AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s
- Aug/96...** ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
- Sep/96...** USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.
- Oct/96...** WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Grossbrenner "Responds to the Response", TOP 100 148s
- Nov/96...** APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wren profile, TOP 100 165s
- Feb/97...** Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s
- Mar/97...** TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo
- Apr/97...** Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt 2, TOP 100 242s.
- May/97...** Dream Team Pt 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
- Jun/97...** J.M. Blakley Profile, Dream Team Pt 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
- Jul/97...** Shane Hamman Profile, Doug Heath Squat Workout Pt 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
- Aug/97...** Power of Color, How to BP 500
- Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s**
- Sep/97...** USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
- Oct/97...** Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
- Nov/97...** U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
- Dec/97...** Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austin DL, TOP 100 181s
- Jan/98...** IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
- Feb/98...** WABDL Worlds, IPFBP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s
- Mar/98...** Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
- Apr/98...** Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
- May/98...** Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Benchings, Top 100 275s.
- Jun/98...** Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
- Jul/98...** Kirk Karwoski, Angelo Berardelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
- Aug/98...** USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
- Sep/98...** APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
- Oct/98...** "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.
- Nov/98...** A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
- Dec/98...** IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
- Jan/99...** WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
- Feb/99...** WPC Worlds Pt. 2, Coan goes 2463 - USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
- Apr/99...** The ED COAN Book, Why Whey?, Gordon Sante Profile, 3x3 Training Pt 5, Training Methodologies by Louie Simmons, TOP 100 242s.
- May/99...** LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
- Jun/99...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
- Jul/99...** Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s
- Aug/99...** the Rubber Band Man, the "MuscleTown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
- Sep/99...** USAPL Men's Nats., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith - Triac, York Spectacular, TOP 100 132s
- Oct/99...** USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
- Nov/99...** Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.
- Dec/99...** IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
- Jan/00...** IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
- Feb/00...** WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s
- Mar/00...** USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons
- Apr/00...** Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
- May/00...** Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
- Jun/00...** Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.
- Jul/00...** WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.
- Aug/00...** USAPL Men's, APF Srs. Pt. I, AAPF & APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
- Sep/00...** USPF Srs., IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
- Oct/00...** Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
- Nov/00...** Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights
- LIST THE ISSUES YOU WANT (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CA 93011, USA.**

2000 American Open PL (kg)					
11,12 MAR 00 - Philadelphia, PA					
WOMEN	SQ	BP	DL	TOT	
52					
Teen 14-15					
M. Hsiao Open	57.5	25	60	142.5	
T. Falcone (OL)	125	70	155	350	
S. Parish Master 35-39	112.5	72.5	152.5	337.5	
T. Falcone	125	70	155	350	
S. Parish	112.5	72.5	152.5	337.5	
60					
Teen 14-15					
R. Reilly	72.5		77.5	150	
A. Hamilton	67.5	37.5	77.5	182.5	
J. Frauenfelder Open	40	47.5	72.5	160	
J. Kralz	117.5	62.5	130	310	
67.5					
Teen 14-15					
M. Willy	67.5	42.5	77.5	187.5	
M. Trudell	87.5	37.5	90	215	
Teen 16-17					
A. Laigle Junior 20-23	80	50	97.5	227.5	
F. Grundman Open	92.5	62.5	85	240	
T. Kunsman	117.5	98.5	155	360	
82.5					
Teen 14-15					
S. Moran	77.5	47.5	127.5	252.5	
Teen 18-19					
A. Doucette	107.5	50	97.5	255	
90					
Teen 18-19					
J. Seyfried 90+	105	62.5	92.5	260	
Teen 14-15					
E. Wathen MEN	72.5	32.5	90	195	
52					
Teen 16-17					
M. Sack	56				
Teen 16-17					
M. Pittelli, Jr.	67.5	65	112.5	245	
60					
Teen 14-15					
B. Shambry	107.5	77.5	150	335	
Teen 16-17					
M. Pacienza	102.5	82.5	102.5	287.5	
D. Burgess	85	55	110	250	
67.5					
Teen 14-15					
E. Bradley	120	90	172.5	382.5	
Teen 16-17					
M. Pheulpin	127.5	97.5	145	370	
J. Scanlon	100	65	110	275	
D. Moore	97.5				
Teen 18-19					
P. Curley Open	147.5	117.5	190	455	
C. Prigg	170	112.5	237.5	520	
P. Bozza					
J. McLane					
Master 40+					
C. Prigg	170	112.5	237.5	520	
75					
Teen 14-15					
R. Duncan	100	82.5	172.5	355	
Teen 16-17					
R. Sannasardo					
Teen 18-19					
C. Fischer	102.5				
A. McDonald					
Junior 20-23					
R. Rosali Open	187.5	130	212.5	530	
H. Prigg	160	180	200	540	
D. Turko	155	135	200	490	
Master 35-39					
H. Prigg	160	180	200	540	
M. Pellow	172.5	137.5	197.5	507.5	
Master 40+					
K. Ahern	182.5	115	202.5	500	
82.5					
Teen 14-15					
R. O'Brien	152.5	80	162.5	395	
J. Goldbach					
Teen 16-17					
R. Jeffries	102.5	57.5	137.5	297.5	
J. Giovannazzo	157.5	92.5	162.5	442.5	
Teen 18-19					
D. Patriso	152.5	122.5	197.5	472.5	
Junior 20-23					
L. Einfelt Collegiate	240	167.5	245	652.5	
L. Einfelt Open	240	167.5	245	652.5	
M. Barcelone	205	150	222.5	577.5	
Master 50+					
E. Puglise	170	100	197.5	467.5	
90					
Teen 14-15					
T. Taylor	90	60	137.5	287.5	
D. Beckford	125	65	137.5	327.5	
Teen 16-17					
W. G. - O'Brien					
Teen 18-19					



Joe Hirsch with a 210 kg. bench press for first place in the 110 kg. class at the USPF American Open. (photograph provided courtesy Keller)

J. Prigano	310	170	340	820
F. Ponte	220			
165				
J. Dibendetto	240	220	270	730
181				
PJ Affinito	365	255	405	1025
K. Rooney	275	145	285	705
198				
K. Barnes	205	135	330	670
220				
S. Jablar	360	285	475	1120
M. Gonzales	400	225	380	1005
242				
F. Lamotta	225	225	400	850
B. Burke	315	135	135	585
275				
B. Panasidil	375	290	450	1115
D. Mazan	340	225	435	1000
S. Gilligan	360	220	405	985
V. Sensabe	315	265	325	895
J. Rodgers	285	205	380	870
SHW				
LJ LaBeur	550	225	440	1215
S. Morris	335	245	450	1030
Highlights: Team Winner - St. Joe's Montauk; State Records - Sergio Marrero at 112 1/4 squealed 365 lbs.; Best Overall Lifter Award - Sergio Marrero; Best Bench Press - Frank Ponle 220 lbs. at 138 lbs.; Michael Reuther 11 years old - 330 lbs. total at 115 lbs. (Thanks to Ron Reuther for these meet results).				

USPF New England BP 17 JUN 00 - Bedford, NH

BENCH	181
Sub Master	
B. Tucker	500
P. Halliwell	400
J. Bourgault	415
Master	220
D. Montembault	375
M. Martins	315
T. Whalen	270
Open	
B. Tucker	500

* Denotes Best Lifter. This years contest was held at the Tara Wayfarer in Bedford, NH. A great venue conveniently located off of Interstate 293, it hosted one of the best contests I've ever seen! We had a full day of great lifting and the camaraderie between everyone was outstanding! Never in my seven years of this sport have I seen such a great group of people! You guys can all come back to my contests anytime! Special Thanks go out to Brian Farmer of Yankee Farmers Market.com, 5 Time World Powerlifting Champion Rocco Boulay of FlexRx.com, Jamie Fellows and Mark Mauzy of Superior Fitness, and Lance Taylor of Europa Sports Products (800-447-4795) for all of their help. Remember, to see what's happening in New England powerlifting check out our USPF NH state website: www.AMERICANPOWERLIFTING.com or www.USABODYBUILDING.com. See ya all next year! (Thanks to Dave Follansbee, NH State Chair for providing the results for this competition).

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Current Collegiate <input type="checkbox"/> Y <input type="checkbox"/> N		Date of Birth <input type="text"/> / <input type="text"/> /	Sex <input type="checkbox"/> M <input type="checkbox"/> F	Today's Date <input type="text"/> / <input type="text"/> /
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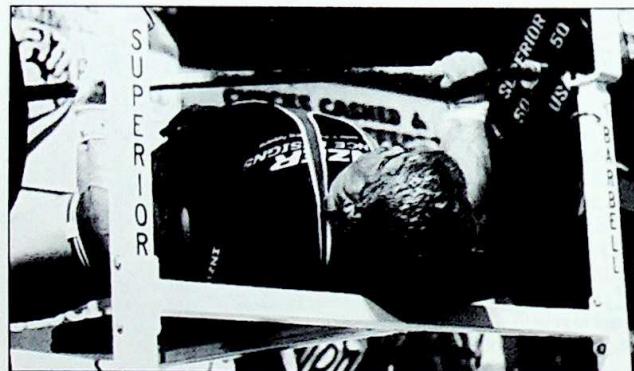
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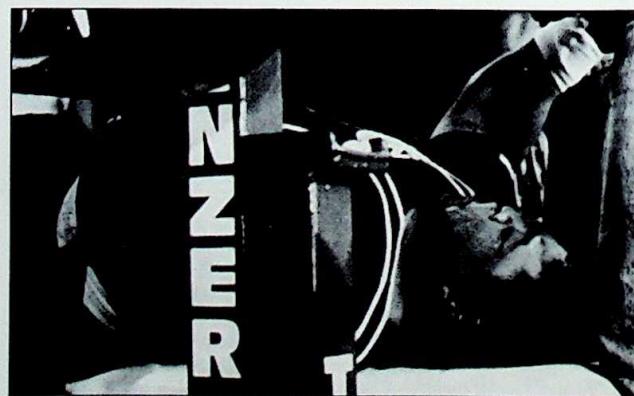
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WABDL World Cup
5,6 AUG 00 - Wilsonville, OR

DEADLIFT	40-47	BENCH MEN	308	J. Luther (BL)	424	165	
MEN	165	Class 1	R. O. Smith	440	A. Carroll	374	
Masters	R. Straker	380	J. Shapiro	61-67	J. Romaro	341	
40-46	Open		275	K. Nichols	270	D. Travis	
148	148		242	L. Luther	319	Master	
F. Evangelista	473	F. Evangelista	275	J. P. Krachunis	303	J. Anthony	
165	181		308	303	303	C. Patterson (BL)	
R. Davidson	451	L. Woodley	303	D. Frosland Sr.	281	165	
181	198		Open	A. Slater	468	123	
L. Woodley	661*	J. Hoiby	303	K. Rose	402	P. Bryant	
198	220		148	Submaster		154	
F. Peters	578	W. McCoy	303	F. Evangelista	369	B. Heriford	
220	727*	D. S. Edmondson	303	M. Coffey	341	176	
W. McCoy				K. Phanekham	330	E. Sim	
275		B. Thompson	303	165	485	54-60	
J. M. Ceccarelli	501	B. Thompson	303	R. Hickman	220	F. Dena	
47-53	242			A. Carroll	374	G. Camp	
148	4th	B. Matheson	303	148	308	115	
H. Shivaie	407*	275		C. Cunningham (BL)	567	G. Michell	
198		J. Fernandez	303	T. Mitchell	380	71	
R. Ward	407	688		105	WOMEN	Teen 13-15	
D. Smith	385	R. Budde	281	M. Pederson	88	114	
54-60	Junior 20-25		A. Slater	123	Teen 16-19	E. Schneider	
308	165		J. Hernandez	123		115	
R. O. Smith	578	D. Travis	369	S. Radcliffe (BL)	214	R. Malone	
61-67	220		F. Evangelista	308		137	
242	C. Ratliff	545		B. Sekermostrovich	132	Junior	
K. Nichols	446	165		275	B. Dauenauer	187	
4th	451*	R. Davidson	259	G. Nelson	192	132	
308	B. Matheson	644	J. Kasper	573	A. Ferschweiler	148	
J. P. Krachunis	194*	WOMEN	352	R. Kennelly (BL)	170	Wurdinger-Kelly	
68-74	Junior		F. Peters	705		170	
198	20-25		J. Hernandez	518			
D. Frosland Sr.	374	148		L. Jackson	501		
Teen 13-15	M. Merrill	225		275			
97	Submaster			R. Hickman			
A. (T.R.) Brooks	236	D. Frosland Jr.	508*	181			
105	123		K. Sacher	468			
R. Hernandez	181	T. Hams	286	N. Mortier	314		
J. Hernandez Jr.	181		J. M. Ceccarelli	242			
Teen 16-19	148		A. Ramsey	512			
J. Lee	286	Wurdinger-Kelly	281	M. Seath	297		
242			J. (Randy) Young	485			
C. Field-Eaton	600	165		G. Marquez	374		
M. Seath	507*	P. Ribic	47-53	C. Sacher (BL)	435		
275		B. Heriford	380*	Master Law/Fire			
G. Marquez	551	165	148				
Class 1	123	D. Smith	209	R. Straker	203		
148	220		R. Dunn	303	J. Jones (BL)	391	
J. Shapiro	352	C. Patterson	336*	B. Sekermostrovich	41h	At 308, Robert O. Smith, radio disc jockey, actor, cartoonist for Powerlifting USA, set a much awaited world record 578. I was glad to see that one. In master 47-53, Homi Shivaie set a world record 407 at 148. Homi is from the San Jose, CA area. David Smith from Medford, Oregon was second with 385. At 198 Robert Ward did 407 for the win. At 308, Robert O. Smith, radio disc jockey, actor, cartoonist for Powerlifting USA, set a much awaited world record 578. I was glad to see that one. In masters 61-67, Keith Nichols set his third world record since June with 451 at 242. J.P. Krachunis, also set a world record 304 at 308 lbs. J.P. is an old professional wrestler from years back. He just lost 35 lbs. and looks pretty good. Don Frosland Jr., 71 years young, who had open heart surgery about 10 years ago pulled an Oregon State Record 374 at 198 in the 68-74 age group. Leamon Woodley won the outstanding lifter. In teen men deadlift in 13-15 age group, Adrian Brooks pulled a world record 236 at 97 lbs. at age 12! Very impressive. At 105 pounds, Johnny Hernandez Jr. was tied by his brother Rocky at 181. Rocky was the lighter man	
165	123		D. McCreary	407	309+		
J. Withers	440	P. Bryant	341*	J. Dooley	507	J. Meuser	
198	165		48+		292		
M. Coffey	485	B. Heriford	275	48+			
4th	501	148		220			
J. Hoiby	479	198		220			
220		T. Strom	236*	D. Covello	259	J. Rhyne	
J. Hernandez	501	Submaster		181		Submaster Law/Fire	
275	220		T. Camp	380	181		
L Harju	556	J. Hernandez	501	R. Bish	385		
4th	562	242		E. Sim (BL)	485		
C. Huwe	402	J. Fernandez	688	Junior			
4th	424	308		148			
Master Law/Fire	672	G. Nelson (BL)	573	R. Johnson	181		
		A. Adalsteinsson	363	D. Cone	165		



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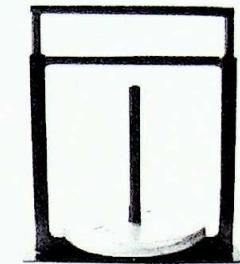
and won. Rocky's lift was an Idaho State Record. In 16-19 teenage, Jeff Lee from the Washington School for the Blind pulled 286. At 242, Matt Seath, pulled a Washington State Record 518 but lost to Cameron Field - Eaton who pulled a big Oregon State Record of 600 and almost pulled 633. At 275, Gilbert Marquez pulled a Washington State Record of 551. Outstanding lifter was Cameron Field - Eaton. In Class 1 men, Jon Shapiro a special Olympian from San Jose pulled a class 1 California State Record 352 at 148. He was coached very well by Homi Shivaie who trains numerous special Olympic lifters. At 165, Joseph Withers set a Washington State Record of 440. At 198, Marc Coffey with perfect form and tremendous concentration set a California State Record of 501. Jeff Hoiby was second with a Washington State Record of 479. At 220, Johnny Hernandez pulled 501. At 275, Leo Harju pulled 562 California State Record after missing it. I went in the warm up room, got his explosion off the floor going, and he ripped it up on a fourth. Cory Huwe was second with 424, Washington State Record. Outstanding lifter was Joseph Withers. In Law/Fire master 40-47 at 105 pounds, Robert Straker pulled a world record 380. In sub-master deadlift, Johnny Hernandez pulled 501 at 220. Joe Fernandez, who holds the Oregon State Record of 705 at 275 pulled 688. Joe and Jay Papish supplied weights for the warm up room and I used to train with Joe at the Pawer Pt. in Hawaii. Axel Adalsteinsson pulled 672 at 308. In open men's deadlift, Freddie Evangelista pulled 473 at 148. Leonam Woodley pulled a big 661 at 181. Jeff Hoiby won at 198 with 479. At 220, Willy McCoy of Nebraska pulled a world class 727. Scott Edmondson was second with 644. Scott holds the Oregon State Record with 670. Matt Crosby was third with 600 and Bryan Thompson of Arizona was fourth with an Arizona State Record of 534. At 242, Ben Matheson pulled two world records - in junior division and won the open as well - 644 and 661 and he looked good for more. He's from Pasco, Washington and is also a bodybuilder. At 275, Joe Fernandez pulled 688 at 275 and Deon Askanas came all the way from San Jose, California to pulled 600 at 308. Outstanding lifter was Leonam Woodley. In junior men's deadlift, Duane Travis pulled a world record 562 at 165. Duane impresses me with the ease that he pulls. The weight doesn't intimidate him. Cody Ratliff, one of Skip Sandberg's pupils pulled a tremendous 545 a good improvement of over 60 pounds in 4 months. At 242, as I stated earlier Ben Matheson set two world records with authority. Outstanding lifter was Duane Travis. In women's deadlift, Melinda Merrill set a Washington State Record of 225 at 148 junior division. In submaster women, Theresa Hamps pulled 286 at 123. She's trained by Ross Phillips. At 148, Cindy Wurdinger - Kelly pulled 281. In open women, Cindy Wurdinger - Kelly pulled 281 at 148. At 165, Priscilla Ribic in her first contest pulled a world record 380. Priscilla is from Spokane, Washington. Betty Heriford was second with 275. In master women 40-46, Carol Patterson set a world record 336 at 123 pounds. Carol was in retirement for 10 years and is making a comeback. She looks terrific. At 47-53 age group, Pal Bryant pulled a fabulous world record of 341 at age 49 weighing only 121. Betty Heriford who holds the world record of 292 at 165 had to settle for 275 on this day. In master 54-60 198 pounds class, Thea Strom from Yuba City, CA pulled a world record 236 pounds. She's coached by J.P. Krachunis. In bench press in men's class 1, Jon Shapiro pushed 275 at 148 for a California State Record. At 165, Joseph Withers benched 352 for a Washington State Record. Lee Luther was second with an Oregon State Record 319. At 181, Frank Sevier pushed 303 for the win. At 198, Jeff Hoiby beat Marc Coffey 380 to 341. Marc's 341 was a California State Record. At 220, Bryan Thompson set an Arizona State Record of 396 to beat Jim Salchenberg's 303. At 242, Doug Mulder set an Oregon State Record of 440 and was named best lifter. At 275, Corey Huwe beat Ron Budde 380 to 281. At 308, Frank Hernandez set an Oregon State Record of 303. In master men 40-46 bench Freddie Evangelista pushed 369 at 148 - 11 pounds shy of the world record. At 165, Richard Davidson beat Jack Kasper 259 to 242. At 198, Frank Peters did 352. At 242, Joe Harms coached by Terry Luehrs did a nice 446 to beat Michael Sinner who did 391. At 275, Don Frosland Jr. set a world record - his second one of the year with 508 at 275 pounds. Kurt Sacher was second with 468. Mario Ceccarelli was third with 352. At 308, Art Ramsey rammed up a California State Record 518. Art is always a pleasure to watch and to party with and talk over the good old days with a few buds. James Randy Young set a Washington State Record at super with 485. In master 47-53 at 148, Homi Shivaie set a California State Record of 209. At 198, David Smith won with 209. At 220, Rick Dunn put up 303. At 242, Bennie Dooley quietly goes about his business and put up a nice 507 Washington State Record. At 308, Dave McCreary set an Oregon State Record of 407. In master 54-60, Don Covello of California won at 259. Terry Camp did 380 in a comeback meet from an injury. Terry holds the world record at 418. At 242, Terry Bunce did

325. At 275, Dennis Cone set a California State Record of 363, but had the misfortune of going up against George Nelson who opened with 573 at age 55. George wears a double denim and not a triple like some have claimed. Triples are illegal in WABDL as well as canvas. Nobody enters as many meets as him or trains as heavy as often as him. He tried 611, but it wouldn't go. He got it about half way up. He was best lifter in heavyweight masters. Lightweight best lifter for masters was Freddie Evangelista. At 308, 54-60 Robert O. Smith from Canada did 440. In master 61-67 Keith Nichols did 270 at 242 and J.P. Krachinski did 303 at 308 for a California State Record. In master 68-74, Don Frosland Sr. did 281 at 198, 11 pounds shy of Brian Christensen's World Record. In open men's bench Freddie Evangelista beat Korn Phanekhom 369 to 330 at 148. At 165, Joe Luther one of the best 165 pounds around did 424. Ray Hickmon was second with 391 and Anthony Carroll was third with 374. At 198, Jeff Holby put up 380. At 220, Austin Slater beat Will Crossen's Jr. Washington State Record of 465 with a 468. Johnny Hernandez of Idaho was second with 429. At 275, George Nelson won with 573 at age 55. At 308, Ryan Kennelly opened with 705 and went to 749 and came within 3" of lockout on two tries!! Ryan is the strongest bench presser in the world today. Brian Jackson was second with 518 and Lonny Haywood did 501. Ryan Kennelly was best lifter. In teen men's bench, Johnny Hernandez beat his brother Rocky 93 to 66 pounds in 105 pound class in 13-15 age group. In teenage 16-19, Nick Mortier coached by Don Frosland Jr. put up a PR 314 at 181. Matt Seath did 297 at 242. Gilbert Marquez set a Washington State Record of 374 at 275 and Cody Sacher who holds the world record at 451 in 308 pounds class had to settle for 435 on this day. At least he was named best lifter. In master law/fire in 40-47 165, Robert Stroker did 203. Jeff Jones, my first training partner I ever had going back to '72 in Hawaii, put up a Nevada State Record 402 at 22 40-47 and his first 400 pound bench. Jeff was a happy camper on his way back to Sparks, Nevada. John Meuser did 292. Oregon State Record at super. In submaster law/fire, Robert Bish set a world record 385 at 181 and Ed Sim set a world record 485 at 198 and was named best lifter for all of law/fire. In junior men's bench press, Johnson did 181 at 148. Joe Luther won at 165 with 424 with a try at a world record 447. Anthony Carroll was second with 374. Jesse Romero was third with 341. Duane Travis was fourth with 325 and Lee Luther was fifth with 319. At 198, John Anthony did 341 and at 220 Austin Slater set a world record with 468. Joe Luther was named best lifter. In submaster men, Bill Dena set a Nevada State Record with 413 in submaster 198. At 220, Johnny Hernandez did 429 and Jim Cunningham who did his first 600 pound bench in Eugene, Oregon on June 3rd opened with 467 but dropped 600 on his chest when his left hand feel asleep. He was very sore, but he's coming around nicely. Jon was best lifter for the submasters. In open women, Mary Peterson won at 105 with 88 pounds in her first meet. At 123, Shelley Radcliffe put up a 214 and was named best lifter. At 132, Brooke Dauenhauer put up 192 pounds in her first meet in four years. At 148, Cindy Kelly put up 170. At 165, Priscilla Ribi put up 203 and Betty Heriford was second with 176. In master women bench, Carol Patterson set a Washington State Record with 165 at 40-46 age group at 123 pound class. She was also named outstanding lifter. Pat Bryant set a world and Washington State Record with 154 pounds at 123 pounds in age group 47-53. Betty Heriford did a PR 176 at 165 in 47-53. Gloria Camp did 115 at 123 in age group 54-60. Gloria took a year off because of a shoulder injury but seemed to be in good shape on this day. In master 68-74, Gloria Michell has set a world record of 100 pounds at age 72, but could only manage 71 pounds at this meet. In teen women bench, Emily Schneider set a world record 115 in teen 13-15 114 pound class, and Rachel Malone had an off day with 137 pounds at 198+. I would like to thank Gary and Elma Thomas for helping with weigh-ins and other expertise on the computer not to mention the numerous hours they put in a month prior to a meet getting flights and general information ready for T-shirts, programs, etc. I would also like to thank James Parch for running the platform, York Barbell for supplying the platform, weights, In-Shape for supplying the bench. The judges were Terry Luchs, Dave Cheek, Gus Warrington, Joaquin Diaz de Leon, and Ross Phillips. I would like to thank our sponsors, Ron Coleman and Steve Blechman of Twin Labs and Muscular Development Magazine, Wesley Kampen of the Powerlifting Superstore, Rich Brewer of House of Pain, John Inzer of Inzer Advance Designs, Neal Spruce of Apex Fitness the makers of the best creatine on the market, Doug Patterson and Mike Bandera of Mec Barbell. Rich Dunn of In-Shape Strength Equipment, Mysm, Ty and Preston Nelsons of Nelsons Nautriplus, Johnny Anderson of Advocare, Scott Safe of Safe USA, Mike Lambert of Powerlifting USA, Tim Isaac of Johnston Keay Labs and Bob Hill of Lo Prinza Gym. (Thanks to Gus Reithwisch for providing these meet results).

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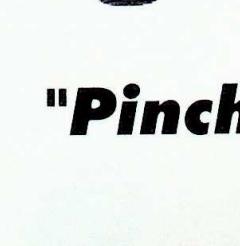
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WABDL Hawaii BP/DL Invitational

10 JUN 00 - Honolulu, HI

BENCH	S. Kaneshiro	424
WOMEN	J. Yoshimura	418
Junior	A. Iramina	374
181	K. Tolentino	363
J. Kimoto	253I	352
Law/Fire	S. Lau	336
148	B. Ishikawa	336
R. Plant	182*	181
Open	V. Miyoi	440
105	198	
C. Baqui	115*	220
114	W. Omura	451
E. Avillanoza	121*	G. Arrell
C. Ford	93	462
123	242	
J. Remiticado	181	S. McShane
132	275	578
R. Encarnacion	126*	S. Ahlo
148	J. Fernandez	507
R. Plant	187*	F. Wakakuwa
181	Submaster	
J. Kimoto	253*	123
N. Southichack	115*	B. Au
Teen 13-15	165	253I
114	S. Kaneshiro	424I
T. Akina	71*	L. Rabacal
132	181	385
A. Skellington	79*	V. Miyoi
148	198	435
K. Ventura	110I	W. Omura
Teen 16-19	275	451*
J. Remiticado	181	D. Ng
MEN	308	424*
Class 1	C. Bowman	418
198	SHW	
G. Jyo	385*	M. Ahlo, Jr.
220	Teen 13-15	589I
N. Nip	473*	105
J. Aleka	396	I. Hladky
242	132	99I
C. Mock, Jr.	418*	Teen 16-19
275	G. Remiticado	93*
G. Shibao	435*	236*
E. Barnes	352	C. Bowmar
Junior	181	SHW
165	S. Verano	315
R. Kawabata	363*	L. Manners
T. Tom	347*	DEADLIFT
M. Moore	209	WOMEN
220	Junior	
M. Lamarque	509	181
4th	518!	J. Kimoto
S. Kilgore	308*	352
275	Open	
P. Guerrero	402	C. Baqui
4th	424*	308
Law/Fire	114	319!
181	C. Ford	231*
K. Nakamura	380*	123
220	J. Remiticado	310*
G. Arrell	551	181
242	J. Kimoto	352
C. Mock, Jr.	418	98
275	N. Southichack	253*
F. Wakakuwa	114	Teen 13-15
Law/Fire Submaster	T. Akina	187
275	SHW	
D. Ng	424*	4th
220	132	203!
M. Ahlo, Jr.	589I	A. Skellington
165	148	192I
L. Rabacal	385I	K. Ventura
Master 40-46	4th	253
165	Teen 16-19	264!
C. Higa	402	123
4th	407I	J. Remiticado
220	MEN	310!
K. Wilson	220*	Class 1
308	198	
K. Ward	369	A. Ku
SHW	220	600*
L. Kamaka	457*	N. Nip
Master 47-53	4th	556
220	242	573*
C. DeSoto	352	C. Mock, Jr.
Master 54-60	275	622*
165	G. Shibao	523*
M. Timbal	286	
242	165	
T. Preston	440*	M. Moore
Master 61-67	4th	374
220	220	385*
R. Yoshida	231	M. Lamarque
4th	236*	540*
Master 68-74	275	S. Kilgore
181	275	507
K. Koki	325I	P. Guerrero
Master 75+	Law/Fire	589*
198	181	
G. Escher	93*	K. Nakamura
Open	242	523I
132	C. Mock, Jr.	
K. Unlen	374	622
148	Law/Fire	
M. Hokoana	363*	C. Higa
K. Luna	358	SHW
165	275	
	D. Ng	600!

NOTE: All items require weight plate(s) for resistance.
Weight plates are not included. Shipping additional.

Master 40-46		K.Luna	479	148, Rebecca Plant did a world record of 187. In open women Carmela Baqui did a state record of 165.
165	D. Kaneshiro	S. Lau	507	115 at 105. Noy Southchack did a state record of 523.
4th	534!	A. Iramina	501	At 97 lbs. Al 114, Evelyn Avillanoza rammed up 121
220		B. Ishikawa	402	for a state record. Candy Ford was second with 93.
K. Wilson	385	220	At 123, Jill Remiticado did 181 for the win but short	
4th	402*	A. Fritz	650	of her world record 192. Al 132, Reyna Encarnacion
308		4th	661*	set a Hawaii state record of 126. Al 148, Rebecca
K. Ward	446	C. DeSoto	602	Plant set a state record of 187 and al 181, Julie
4th	451*	242	Kimoto set a state record of 253. In teen women,	
Masters 47-53		D. Robinson	677*	Tania Akina set a state record of 71 at 114 in 13-15.
220		S. Ahlo	578	Azure Skellington and Krystle Ventura also set
C. DeSoto	602!	275	Hawaiian state records in 13-15 weight class 132 and	
Master 54-60		R. Kawamoto	622	148 with 79 and 110 respectively. In deadlift
165		E. Barnes	440	class 1, Al Ku set a Hawaii state record of 600 at 198.
L. Texeira	429	Submaster	600	At 220, Nolan Nip set a Hawaii state record of 573.
4th	435*	123	Calvin Mock Jr. pulled a nice 622 state record at	
M. Timbal	391	B. Au	352*	242 and Gilbert Shiba pulled 523 state record at
242		275	275. In junior 165, Michael Moore pulled a state	
T. Preston	606	R. Kawamoto	622*	record 385. At 220, Matt LaMarque pulled 540 and
Masters 61-67		D. Ng	600	Steve Kilgore pulled a Hawaii state record 507 for
220		308	second. LaMarque is from Seaside, California. At	
W. Kaimikaua	451*	C. Bowman	545	275, Philip Guerrero pulled a state record 589. In
Masters 68-74		Teen 13-15	law/fire open at 181, Kirk Nakamura pulled a	
181		105	world record 523 and Calvin Mock Jr. hauled in	
K. Koki	281*	T. Hladky	220*	622 at 242. In law/fire 48+, Wilbert Kaimikaua
Masters 75+		97	pulled a state record 451. In law/fire submaster	
198		I. Hladky	187*	Darryl Ng pulled an awesome 600 world record in
G. Escher		Teen 16-19	the 275 pound class. In master men age group 40-	
Open		132	46, Dean Kaneshiro pulled a world record 534 at	
148		G. Remiticado	402*	165. Dean will pull 600 at worlds. At 220, Ken
M. Hokoana	512	198	Wilson pulled a state record 402 as did Keith Ward	
4th	529!	N. Kapalu	473*	who did 451 at 308. In master 47-53, Craig DeSoto
This event had 82 contestants and was staged at				was very impressive in setting a world record 602
Ward Warehouse Shopping Mall Amphitheater.				at 220. He uses an overhand grip and beat Gary
Mike and Kim Saito were the meet directors. In the				Miller's world record of 601. Gary is my training
bench press in class 1, Greg Jyo put up 385 at 198				partner and knows how to deadlift. In master 54-
for a Hawaii state record. At 220, Nolan Nip beat				50. Larry Texeira set a Hawaii state record of 435
Jarius Aleka 473 to 396. Nolan's 473 was a Hawaii				to beat Moses Timbal who did 391. Larry is 60, so
state record. Al 242, Calvin Mock Jr. set a Hawaii				he will move into the 61-67 age group soon where
state record with 418. Al 275, Gilbert Shiba, also,				he may set a world record. In 54-60 242, Toe
set a Hawaii state record with 435. Eric Barnes was				Preston did a good 606. He holds the world record
second with 352. In junior men, Randy Kawabata				at 650 so he was a little disappointed. He tried 651
wet a state record at 165 with 363. Taylor Tom was				but no - go. Toe has helped me tremendously
second with 347 and Michael Moore was third with				hauling weights and equipment for the past Hawaii
209. At 220, Matt LaMarque from Seaside,				Record Breakers tournaments in the 80s and 90s.
California set a world record 518 on a fourth - his				In master 61-67, Wilbert Kaimikaua set a state
509 on a third was also a world record. Steve				record 451. Wilbert is 64 and entered my very meet
Kilgore of Hawaii was second with a 308 Hawaii				on September 18, 1973 at Nuuanu YMCA in Honolulu.
state record. At 275, Philip Guerrero set a Hawaii				In master 68-74, Kiyoshi Koki set a state
state record at 424. In law/fire men open, Kirk				record 281 at 181. In open men, Monte Hokoana
Nakamura set a Hawaii state record with 380 at				set a state and world record of 529 to beat Jody
181. Greg Arrell set his state record with a huge				Craston's world record of 514. Monte missed 529
551 at 220 and a close try at a monster 578. Calvin				on his third and took his deadlift suit off and was
Mock Jr. did 418 at 242 and Frank Wakakuwa				through for the day. I went over to him and said,
bombed out on a 622 opener at 275. In law/fire				"Put the damn suit on, we're getting a world record
submaster, Darryl Ng set a Hawaii state record at				on a fourth." I showed him how to explode off the
424 in 275. Malcolm Ahlo Jr. set a world record at				floor and he came back and got it. Not everybody
super in law/fire submaster with 589 and a close try				picks up my technique that fast. So it was a credit
at the big 600. At 165 law/fire submaster, Lance				to Monte and besides, he seemed to put everything
Rabacal set a world record with 385 - big time lift				he had into his third attempt failure at 529. So it
for 165 in any division. In master men 40-46, Clyde				was a good ending and the highlight of the meet for
Higa set a world record of 407 at 165. He, also,				me as he jumped into my arms with disbelief. Kimo
holds the world record at 148. Al 220, Ken Wilson				Luna was second with 479 at 148. Still a good lift
set a state record with 220. Al 308, Keith Ward who				for 148. He's done more than 500 pounds. At 165,
coaches the Fear God Power team, set a state				Shane Lau beat Aaron Iramina 507 to 501. Brian
record with 369. Al super, an old "Power Pit"				Ishikawa was third with 402. Al 220, Al Fritz hauled
training partner of mine, Lyle Kamaka did 457 for				in a big 661 for a state record. Craig DeSoto was
a state record. In master 47-53, Craig DeSoto did				second with 602 but Craig already had a world
a 352 at 220. In master 54-60, Moses Timbal did				record to his credit in master 47-53, so that didn't
286 at 165 and Toe Preston did a Hawaii state				dampen his day. At 242, Darren Robinson did a
record of 440 at 242. In master 61-67, Richard				master 677 for a state record. Shane Ahlo was
Yoshida did a state record of 236 at 220 and in				second with 578. Shane and his brother Malcolm
master 68-74, Kiyoshi Koki did a very good 325				are built for benching and pool table dancing,
world record at 181. In master men 80+, George				more about that story some other time. At 275,
Escher did 93 pounds world record at 198. In open				Rosson Kawamoto set a state record of 622 after it
men, Kerwin Unten did 374 at 132. Kerwin holds				was determined that Grant Higa was a resident of
the world record at 123 with 374. At 148, Monte				Oregon when he did 683 in November of '97. Eric
Hokoana beat Kimo Luna 363 358 and got a				Barnes was second with 440. In submaster men,
state record to boot. Al 165, Sean Kaneshiro beat				Bernard Au did a state record 622 at 275. Darryl
the current world record holder, Jason Yoshimura				Ng was second with 600. At 308, Clifford Bowman did
424 to 418. Aaron Iramina was third with 374,				545. In teen men 13-15, Terry Hladky set a state
Kenny Tolentino was fourth with 363, Shane Lau				record 220 at 105, his brother Isiah won at 97
was fifth with 352 and Brian Ishikawa was sixth				pounds with 187. In teen 16-19, Gary Remiticado
with 336. Al 181, Vincent Miyoi did 440 for the				pulled a state record 402 at 132, and Noah Kapalu
win. At 198, Wendall Omura did 451 a PR, to take				ripped up a state record 473 with authority at 198.
it all. At 220, Greg Arrell did 551 to beat Al Fritz				In women's deadlift, Julie Kimoto in junior 181 did
who did 462. Al 242, Shane McShane did 578 and				352 and tried the magic 400 barrier but couldn't
tried 600. Shane Ahlo was second with 507. Al 275,				quite do it. Julie will deadlift 500 pounds in a
Jay Fernandez put up 562 - as you can see the				couple of years. In open women at 97 pounds, Noy
Hawaiians are great bench pressers with a lot of				Southchack pulled a state record 253. That's a
depth. In submaster men, Bernard Au set a world				great weight for a 97 pound woman only 24 years
record with 253 at 123. Sean Kaneshiro set a world				old. At 105, Carmela Baqui pulled a huge 319
record at 165 with 424. Lance Rabacal was second				world record weighing only 104. That's big time!!
with 385. Al 181, Vincent Miyoi set a Hawaii state				Candy Ford pulled a 231 state record at 114. Jill
record with a 440 to beat Glenn Villamia in a close				Remiticado pulled a world record 310 at 123 in the
battle - Gleni did 435. Al 198, Wendall Omura set				teenage and a state record in the open. She's a
a Hawaii state record with a 541. Al 275, Darryl				great deadlifter and is only 18 years old. The sky
Ng set a Hawaii state record of 424. At 308, Clifford				is the limit for her. In teen women 13-15, 3 world
Bowman did 418 in his first meet. In super, Malcolm				records were set. Tania Akina did 203 at 114. Azure
Ahlo set a world record of 589. In teenage 13-15,				Skellington did 192 at 132 and Krystle Ventura did
Terry Hladky set a world record at 105 with 99				264 at 148. I want to thank Mike and Kim Saito for
pounds. His brother Isiah set a state record of 93 at				putting this meet on. Kim does a terrific job on the
97 lbs. In teenage 16-19, Gary Remiticado did 236				computer and Mike has good rapport with all the
for a state record. Stephen Verano did 314 at 181				Hawaii lifters. Michael Awi, a great bencher in
and Lono Manners set a state record of 385 at 198.				years put in Hawaii, did an excellent job on the
Lono also holds the record at 181 with 374 and is				the mike - Kerwin Unten, Mike Saito and myself were
one of the most sought after running backs in the				the judges. Hawaii still has the strongest people in
nation. In women's bench, Julie Kimoto set a world				the world and they really appreciate strength.
record in junior 181 with 253. In law/fire at				(Thanks to Gus Reithwisch for providing results.)

WABDL Not Ready for Prime Time

16 SEP 00 - Houston, TX (kg)

BENCH	Submater	J. DeBose Jr.	220	198
WOMEN	198	S. Campagna	217.5	T. J. Hobson
master	198	Master (53-59)	220	195
123	242	J. Snodgrass	215	D. Flunker
C. Day	240	C. Brown	220	252.5
submaster	202.5	C. Turco	275	
242	275	R. Earle	240	245
T. Malone	232.5	J. Hirt	295	
open	232.5	H. Bodden	197.5	272.5
K. Pitts	240	Submaster	242	
L/F sm	240	J. Walker	177	C. Brown
181	240	C. Smith	272.5	
R. Oglebee	227.5	T. Walker	177	C. Brown
MEN	182.5	WABDL "Not Ready For Prime Time" bench and		
Teen	181	deadlift contest was held at the Clarion Hotel. Bob		
123	181	Garza, meet director, always puts on a friendly first		
C. Snider	185	class contest. There were 60 contestants, some		
T. Solais	185	working to qualify for the WABDL World Championships		
242	198	in Reno, Nevada, November 16-19, 2000.		
M. Johnson	182.5	There was a great battle going on between two of		
Novice	182.5	the top women benchers in the world. Dr. Kimberly		
198	185	Pitts, women's open, and Taunya Malone, 242		
F. Sihota	125	submaster, both opened with easy 292 lb. lifts.		
Junior	125	Kimberly made 308.5 lbs. on her second attempt to		
198	125	attempt with Taunya successfully upping the ante		
H. Rhoton	215	to 314 lbs. Kimberly made 319.5 lbs. to tie the		
L/F MST	215	world record and go three for three. Taunya went		
SHW	215	for 325 on her third, gave it a good ride, but came		
B. Lobins	232.5	up short. The following World Records were set -		
L/F Open	232.5	Joe Cantu, Masters 68-74 Bench 380.2 lbs., Ken		
220	232.5	Anderson, Masters 61-67 Bench 415.7 lbs., Bill		
R. Rivas	115	Lobins, Master 48+ Law & Fire Bench 512.5 lbs.		
242	115	Best lifters bench were: open 165-198 lbs. Hoss		
F. Silva, Jr.	195	Rhoton, Open 200 lbs. + John Stewart, Submaster		
Master (40-46)	210	Bobby Leitz Master 40-49 John Yu, Masters 50+		
165	210	Joe Cantu. Best lifters deadlift were: Masters men		
J. Dunn	145	Steve Rosenberg. Meet director Bob Garza challenged		
J. Yu	182.5	WABDL state chairman, Ken Anderson, to a team rep		
M. Doucet	125	contest. Bob and Ken selected 3 man teams who would make rep 50% of their best		
181	125	contest lift that day. It was very exciting with team		
T. Smith	155	Houston edging out team Dallas by 3 reps! Monday		
220	155	morning there were plenty of sone pecs for sure!		
N. Garcia	175	Thanks to our judges, Joe McCoy, Bob Garza, and Jim Snodgrass, and our announcer, Larry Prince, who did a great job of getting everybody pumped up and making it interesting for the crowd. Platform		
C. Turco	182.5	manager, Ken Sweet, kept the bar loaded properly with no misleads. The loaders and spotter		
Master (47-53)	182.5	team mad up of Bennie Alexander and Andrew		
220	182.5	Brouchet did an outstanding job! Special thanks to		
S. Rosenberg	145	lifter, Tyler Hobson, whose company Pendulum Fitness Inc., provided their latest design bench for		
181	145	this meet. It was designed for powerlifting and was		
D. Bell	145	perfect for spotting. To our sponsors AAMCO Transmissions, Rhonda L. Bean, D.O.S., Inzer Advance Designs, Ezidzone Diesel Repair, Bob & Ed's Trophies and Pendulum Fitness Inc. Thanks for		
S. Finegan	190	your continued support! And last but not least our		
SHW	190	support staff who made it all possible, John DeBoe, Jackie Doran, Toni Engelhardt, Charlie Garcia, Andrew Garza, Robby Garza, Jackie Lee, Velma Nealy, Danny Rannals, Ulysses Smith and Kristi Van Aken. (Results provided by Jim Snodgrass).		
B. Lobins	232.5			
Master (54-60)	181			
198	181			
F. Silva Sr.	120			
220	120			
H. Bodden	150			
Master (61-67)	220			
242	220			
K. Anderson	187.5			
Master (68-74)	187.5			
198	187.5			
J. Canu	172.5			
Master (40-46)	172.5			

Excellent Benchers at the WABDL Not Ready For Prime Time meet
- Taunya Malone (left) and Kimberly Pitts. (courtesy of Ken Anderson)



AAU USA Championships																
18-19 MAR 00 - Moreno Valley, CA																
BENCH	77 YOUTH 10-11	R Open	165	R Novice	167.5	R Junior	120	77.5	72.5	125	75.5	G. Ashton	4th	105	115	252.5
WOMEN	N. Yokley	R SUB	165	R Open	177.5	H. Avila	185	105	M 45-49	R. Deisenroth	305	P. Ewing	85	52.5	115	145*
123	4th	B. Nichols	165	J. Fahrenbruch	177.5	R. Deisenroth	210	105	P. Ewing	T. Dorsey	370	C. Baqui	115	52.5	140*	307.5!
RM 40-44	123	RM 45-49	165	RL 50-54	130*	R. MIL	160	105	C. Baqui	D. Sandberg	RT 14-15	P. Eaton	97.5	42.5	130	270
M. Irving	57.5	M 45-49	165	T. Dorsey	192.5!	A. Vasquez	165	105	P. Eaton	D. McNulty	M. Galeano	115	52.5	115	145*	
132	D. McNulty	60*	165	D. Smith	177.5	J. Fahrenbruch	107.5	105	P. Eaton	R. Gallan	4th	M. Eaton	97.5	42.5	130	270
R Open	B. Jephcott	80	160	R. Gallan	319	L 65-69	110	110	P. Eaton	D. Sub	L 65-69	114	114	114	114	114
B. Jephcott	80	D. McNulty	60	160	220	J. Fontaine	182.5!	182.5!	P. Eaton	R. Gallan	M 40-44	M 50-54	M 50-54	M 50-54	M 50-54	
148	132	D. McNulty	60*	160	M 65-69	D. Crowder	182.5!	182.5!	P. Eaton	D. Sub	M 55-59	J. Shear	J. Shear	J. Shear	J. Shear	
R Law	148	K. Mikusova	35	160	M 65-69	T. Manno	187.5	187.5	P. Eaton	J. McIntire	M 45-49	117.5*	117.5*	117.5*	117.5*	117.5*
L. Wernli	80	RO	115	160	M 65-69	R. O'Smith	178.5	178.5	P. Eaton	J. Manno	M 55-59	123	123	123	123	123
R Novice	80	G. Ashton	72.5	160	M 55-59	Open	177.5	177.5	P. Eaton	R. O'Smith	M 70-74	M 45-49	M 45-49	M 45-49	M 45-49	
L. Wernli	80	4th	75.5	160	D. Smith III	197.5!	197.5!	P. Eaton	R. O'Smith	Open	M. Bonani	87.5	77.5	165	165	165
R Sub	80	G. Ashton	72.5	160	210*II	I. Hrytz	240	240	P. Eaton	R. O'Smith	R. O'Smith	D. McNulty	110!	60	142.5	142.5
4th	80.5	4th	75.5	160	J. Ramsay	180	R LM 40-44	170*	P. Eaton	I. Hrytz	R. O'Smith	100	60	142.5	142.5	
165	181	J. Ramsay	200.5	160	R Life	K. Ward	170*	170*	P. Eaton	R. O'Smith	I. Hrytz	D. Jackson	130	72.5	157.5	312.5
R Junior	Raw Law	200.5	160	200.5	R Open	170*	170*	P. Eaton	I. Hrytz	R Life	C. Meier	177.5	277.5	455	455	455
K. Wilks	67.5	S. Pipes	42.5!	200.5	J. Hardin	225	R Open	170*	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
181	RM 60-64	S. Pipes	42.5!	200.5	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130*	72.5!	157.5*	1360*
R Law	37.5	181	J. Hardin	225	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
S. Pipes	181	J. Hardin	225	200.5	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
RM 60-64	37.5	181	J. Hardin	225	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
M. 40-44	37.5	181	J. Hardin	225	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
S. Pipes	37.5	181	J. Hardin	225	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
198	37.5	181	J. Hardin	225	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
RM 40-44	37.5	181	J. Hardin	225	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
V. Crowell	80	K. Kardasova	95!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
A. Wilks	67.5	LM 40-44	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
MEN	67.5	A. Wilks	70!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
148	67.5	A. Wilks	70!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
RM 40-44	67.5	A. Wilks	70!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
R. Iopollo	130	4th	72.5!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
165	105 Youth 12-13	105 Youth 12-13	105 Youth 12-13	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
RL 60-64	123	M 40-44	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
J. Lopez	95	123 M 40-44	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
198	123 M 40-44	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!	
L. 45-49	123	M 40-44	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
M. Drake	155.5	RM 45-49	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
Law	155.5	RM 45-49	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
M. Owen	177.5	148	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
M. 55-59	177.5	148	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	M. O'Kelly	90	160	250	250
R. Matheson	177.5	148	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
M. Stewart	154	165	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
220	165	165	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
R 45-49	165	165	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
T. Campo	165	165	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
R Law	165	165	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
T. Campo	165	165	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
R Life	165	165	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
R. Rich	140	RM 60-64	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
RM 65-69	140	RM 60-64	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
J. Fontaine	115	SUB	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
RM 70-74	115	S. Evans	130	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
A. Pio	155	Teen 14-15	130	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
4th	157.5	R. Mayfield	85	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
275	Teen 16-17	85	181	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
M. 60-64	181	C. Yokley	130*	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
D. Herrera	187.5	4th	130*	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
M 65-69	187.5	C. Phillips	117.5	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
L. Thomason	152.5	181	148	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
DEADLIFT	152.5	LM 60-64	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
WOMEN	152.5	S. Wiegand	152.5	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
88	152.5	S. Wiegand	152.5	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
RY 12-13	92.5	M 40-44	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
J. Nugent	42.5	J. Yokley	65	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
MEN	42.5	J. Yokley	65	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
181	42.5	J. Yokley	65	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
M 40-44	42.5	J. Yokley	65	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
A. Hoyos	92.5	M 65-69	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
198	92.5	M 65-69	100!	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
Colegiate	200	L. McCormick	235*	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
S. Toal	200	4th	240*	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
Lifetime	190	J. Cunningham	175	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
Open	190	J. Cunningham	175	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
J. Hackett	235	R. Griffis	147.5	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
J. Wiseman	235	J. Yokley	65	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
R NOV	235	J. Yokley	65	181	J. Hardin	225	J. Hardin	225	P. Eaton	I. Hrytz	R Life	D. Jackson	130	72.5!	157.5	360!
M 45-49	205	E. Silva	100	181	J. Hardin	225	J. Hardin									

Alan Vasquez	162.5!	120!	220!	502.5!
Open				
A. Angel Vasquez	162.5	120	220	502.5
T. Lipke	222.5	130	215	567.5
Sub				
B. Croft	242.5!	125	255	622.5
181				
RM 40-44				
G. Wilkins	190	160	250!	600
M 45-49				
M. Owen	220	185!	220	625!
4th	227.5	190!		
M 60-64				
R. Lozano	175!	147.5!	210!	532.5!
MIL/LAW				
M. Owen	220	185!	220	625
4th	190!			
P. Russ	235!	167.5	235!	637.5
Open				
P. Russ	235	167.5	235	637.6
D. Legarreta	242.5	167.5	270	680
J. Knoore	270	165	267.5	702.5
198				
M 45-49				
M. Drake	157.5	137.5!	202.5	497.5
4th	138!			
M 55-59				
D. Parsons	150	135	170	455
M 70-74				
J. Weiss	87.5!	82.5!	75!	245!
Open				
T. Homer	205	142.5	270	617.5
A. Funtanilla	215	182.5	232.5	630
J. Wiseman	267.5	157.5	262.5	687.5
Submasters				
J. Wiseman	267.5	157.5	262.5!	687.5
220				
M 40-44				
D. Roman	227.5	160	227.5	615
J. Durso	275!	162.5	272.5!	710
M 45-49				
K. Fisher	255!	167.5!	290!	712.5!
M 50-54				
T. Fitzgibbon	182.5	122.5	177.5	482.5
B. Evans	220!	165!	220!	605!
M 55-59				
L. Blum				
M 60-64				
D. Taylor	240!	147.5!	237.5!	625
MIL/LAW				
E. White	250!	210!	282.5!	742.5!
Open				
J. Durso	275	162.5	272.5	710
E. White	250	210	282.5	740.5
S. Wails	305	192.5	285	782.5
242				
M 40-44				
S. Gaytan	245	75	75	395
K. Deutsch	277.5	165!	260!	702.5!
M 55-59				
J. Dumont				
MIL/LAW				
J. Butler	227.5!	167.5!	227.5!	622.5!
Open				
I. Toma	215	160	210	585
K. Deutsch	277.5	165	260	702.5
Submasters				
V. Hill	205	165	277.5	647.5
275				



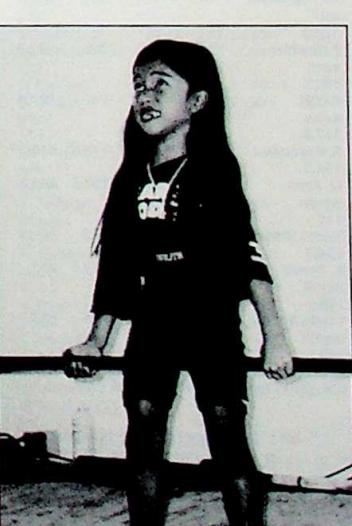
Leonard Szymanski with an AAU American Record 655 deadlift.

LM 50-54			SUB	
T. Dorsey	185!	130!	225!	540!
M 40-44			S. Kato	165!
B. Williams	115	120	140	375
D. Kraft	255	192.5	300	747.5
M 50-54			LM 50-54	
T. Dorsey	185	130	225	540
M 55-59			R. Scott	187.5!
B. Davis	217.5	150	290!	657.5
MIL/LAW			M 50-54	
E. Flegg	250!	150!	207.5!	1607.5!
Open			R. Scott	187.5!
R. Speno	290	207.5	265	762.5
319			M 55-59	
M 50-54			R. Hutchinson	152.5
D. Delmeyer	257.5	160	235	652.5
M 55-59			MIL	
R. O'Smith	242.5!	187.5!	R. Garafalo	215
Open			SUB	150
J. Prichett	272.5	190	305	767.5
Submasters			R. Garafalo	215
W. Anderson	207.5	165	210	582.5
RAW			R. Garafalo	215
132			M 40-44	150
B. Calhoun	107.5	100	147.5	355
M 45-49			G. Wilkins	190
148			Open	160!
Life			E. Nadal	145!
S. Kato	165!	117.5!	190!	472.5!
LM 70-74			181	
M 45-49			J. Weiss	87.5!
B. Calhoun	107.5	100	207.5!	75!
LM 45-49			245!	
148			R. Scott	187.5!
Life			R. Garafalo	215
S. Kato	165!	117.5!	Youth 12-13	150
LM 45-49			D. Delin	155!
148			4th	100!
Life			4th	175!
S. Kato	165!	117.5!	4th	430!
LM 70-74			180!	
M 45-49			M. Drake	157.5!
148			138	205!
Life			138	205!
S. Kato	165!	117.5!	190!	472.5!
LM 45-49			M. Drake	157.5!
148			138	205!
Life			138	205!
S. Kato	165!	117.5	190	472.5
LM 45-49			M. Drake	157.5!
148			138	205!
Life			138	205!
S. Kato	165	117.5	190	472.5
LM 45-49			M. O'Kelle	145
148			145	85
Life			145	165
S. Kato	165	117.5	190	472.5
LM 45-49			D. Parsons	150
148			150	135
Life			150	170
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	117.5
148			165	117.5
Life			165	117.5
S. Kato	165	117.5	190	472.5
LM 45-49			165	

ing World Champion Cecelia Evans. First timer Lisa Wernli lifted like a seasoned champion. Lisa broke the American record in the 148 Raw Submasters class with a terrific 176. This lift was also good for top honors in the Novice and Raw Law Enforcement classes. World Bench Press Champion Gretchen Aston entered her first push pull event. The result was an American Record 254 pound deadlift in the 148 pound Raw Open class. 1996 North American Teen Best Lifter Katrina Brown returned to the platform after a 4 year hiatus. Her return was triumphant as she took her 148 Raw Teen class. Watch for her numbers to skyrocket as she rededicates herself to serious training. Anna Matheson (Bernie's Powerhouse) was one of nearly a dozen lifters who came here to get qualifying lifts for the National Powerlifting Championships. After her obligatory squat Anna went to work on her Bench and Deadlift. Her win in the 165 Raw 40-44 class indicates she is ready for the Nationals and Worlds. Mother Daughter Champions Angie and Kim Wilks (Heavy Metal Gym) repeated their class placings from the 1999 World Bench. Here Kim took the 165 pound Raw Junior class, while Angie finished second in the 198 Raw 40-44. World Champion Valerie Crowell again to the Raw 40-44 class. World Champion Sharon Pipes (Natural Power) kept her unbeaten streak alive by taking the Raw 60-64 and Law classes in American Record style. Light Weight Men World Champion Mike Booker (NaturalPower) had an off day in the bench and only got his opener (275 raw), but hit a PR 303 deadlift to take the 114 Raw Open class. Eric Mendoza (Oceanside HS) was victorious in the 114 pound 14-15 Raw Teen class. Jose Cruz (Oceanside HS) lifted great as he took the 123 14-15 class in record style. His teammate Johnny Hoyt also lifted great but had to settle for second behind Lando Israel in the 14-15 132 division. Lando pulled a nice 636 dead for the victory. Agless Jim Selby (NaturalPower) used this meet as a tuneup for the AAU Nationals. Here he won the 70-74 and 70-74 raw 148 classes, lifting with ease. A 303 bench and 385 deadlift were good enough for Steve Kato to capture the 148 raw open, raw submaster and raw lifetime classes. Look for much more from Steve later in the year. The 148 raw 16-17 class was packed with good lifters from Oceanside High School. Raymond Weckman 441 pounds for fourth. Third went to Daniel Galeano with 507. Daniel Sardino outpaced Robert Martin for first 584 to 512. Lifting in the 12-13 148 raw class was a star in the making. Josh Gonzales (Team Too Strong) finished his day with a 297 deadlift and a 435 two lift total. Robert Cortes (NaturalPower) showed why he is the greatest drug free lifter in the history of the sport. This soon to be 70 year old legend played with a 259 bench and 462 deadlift, lifting raw in the 165 class. Robert weighed less than 150. Tom Lipke lifted like a veteran in taking his novice 165 class with a nice 755 two push/pull. Mike Adams did likewise in the Raw Novice 165 with a 760. Mike also won the Raw Submasters. Dave Matheson (Bernies) was here to qualify for the raw Nationals. His total was the tops in the 40-44 masters category. His teammate Chris Patton had the same goal and finished second in the 165 raw subs. A 590 push/pull put Jonathan Lemus (Oceanside HS) atop the leader board in the 165 16-17 raw class. Trent Sabo, Rudy Alvarez and Pejay Beniques finished 1-3 in the raw 165 18-19 class. All are from Oceanside HS. Andy Hoyos (NaturalPower) is a pulling machine, however he got hurt just before the event. Being a trooper he decided to just bench. After testing the waters with his back, he decided to take a light opener and call it a day. He still capture top honors in the 40-44 181 class. Pat Russ (Team Too Strong) pulled a record 512 deadlift enroute to his victory over Brad Fraley in the 181 military class. Brad says the record will be his in November. Brad's protege Richard Stephan was the 181 Novice winner. The 181 Open class went to Donald Leggetta and his balanced lifting. 181 Raw Junior Victor, Hyman Avila lifted cautiously in his push/pull debut. Expect much more from Hyman in the near future. A long layoff didn't seem to effect Fred Diesenroth as he used balanced lifting in his conquest of the 40-44 raw 181 class. Allen Vasquez (Team Too Strong) prepared for the Nationals by winning the Raw Military class. Nicholas Rodriguez won the 16-17 raw teen 181 class, while teammate Mario Galeano won the gold in the 14-15 raw class. Legend Rudy Lozano (NaturalPower) was the easy 60-64 champion. Heavy Weight Men: 198 - Shane Toal is incredible. A few years back a major auto accident nearly took his life. Now he pulls big deadlifts and then proceed to spot and load for 2 full days. His 441 captured the 198 Collegiate class. Martin Drake (NaturalPower) set an American Record in the 198 45-49 lifetime division with a 344.8 and a raw American Record deadlift of 451.9. Martin's teammate Mitch Owen won the 198 45-49 push/pull with a fine 87.1. Mitch also won the law enforcement class. Lifetime 198 champion Jon Wiseman also went to war in the Open class. In the open his 849 left him in the runner-up slot behind Chris Meier (NaturalPower). Chris used a 611 to seal the victory. Daren Centeno (NaturalPower) and James

Hackett entered the deadlift only. They captured the Lifetime and Open respectively. James also won the raw Military deadlift. Max Bonani enjoyed the sweet taste of success, annexing the 70-74 and 70-74 raw 198 classes. Michael O'Kelley was a dual winner. His victories were in the 198 raw life 55-59 and raw 55-59 classes. Melvin Stewart (NaturalPower) set a raw American 55-59 bench record with a 339.5 effort. Submasters Dave Lewandowski (Bernie's) and Jesse Israel took the respective Raw and Equipped classes with room to spare. Oceanside Assistant Coach Todd Falk proved to the kids he can lift as well as coach. Todd was the raw novice push/pull champion. Josh Smith's big pull was the difference in the 14-15 raw teen class, as he defeated fellow Oceanside teammate Justin Thomas. Dave Wayne was the 18-19 raw teen champion. 220 - Don Irrie came to pull / His 501 was the winning lift in the 50-54 class. Bob Evans (NaturalPower) used a 363 bench and 485 deadlift to take the 50-54 push/pull. Bob's deadlift was a PR. Dan Smith III (NaturalPower) won the 55-59 class with a 441 bench and 413 deadlift. American deadlift record holder Larry Blum was hurt. Here he took just token lifts as qualifiers for future events. Bencher Todd Campo took the raw 45-49 and law classes with a 363. Ed Bereteaux (NaturalPower), broke Martin Drake's American deadlift record in taking the 45-49 raw lifetime class. Rodney Rich (Heavy Metal Gym) hit a PR 308 and claimed top honors in the raw, lifetime class. Jerry Fontaine used his Vegas winning ways in the Raw Masters 65-69 class. Dan Mahan (Bernie's) used this event as a tuneup for the raw nationals. In the process he took the Open class with an 870. Teen Allen Morton ceased the opportunity and captured first in the 16-17 raw class. Then there was Al Pio. Lifting Raw in his first meet and weighing only 200 pounds, he astounded everyone with an American record 347 bench! By the way Al lifted in the 70-74 class. 242 - The great John Dumont (NaturalPower) barely broke a sweat with his 551 raw deadlift. Lifting raw John won his age group in the raw and equipped classes. Coach Gene Abernathy pulled the toughest deadlift I have seen in a decade. His raw 479 helped him win the 55-59 raw push/pull. Veteran Teen lifter Justin Crite pulled out a body weight victory over first timer Brad Bruening in the 16-17 class. Both totaled 727.5 for the two lifts. Look for a rematch soon! Vincent Garcia (NaturalPower) won the raw open in his first push/pull. Victor Hill (NaturalPower) was delighted with American record 601 deadlift in the raw lifetime class. 275 and 319 - Danny Herrera (NaturalPower) known benching. His 413 American record in the 60-64 275 class is the proof. Robert Speno (NaturalPower) totaled a nice 1047 for his winning lifts in the Open push/pull at 275. Brett Williams (NaturalPower) had been so busy at work, he found little time to train. The result was a PR deadlift and raw 40-44 class win. Sounds like a great training plan! Jonathan Crite pulled 501 enroute to the raw 16-17 push/pull victory. Leonard Szymanski made the trip from Pennsylvania a worth while one. His American record 655 lead the way in 4 classes including the Open. He also won best lifter honors. Dave Dreyer (NaturalPower) used an American Record 531 to overcome his 314 bench (shame on you brother) and stake him to victory in the 45-49 319 class. William Anderson enjoyed his first push/pull meet. His lifts lead the way in the Novice class. (Thanks to Martin Drake for providing the results of this meet to PL USA).	97 13-14 I. Hladky 105 11-12 T. Hladky 132 35-39 D. Ortiz 148 M. Monroe 165 W. Chun 16-17 A. England 18-19 C. Kaneshiro 181 K. McMahon 13-14 T. Kaneshiro 198 D. Crowder D. Kaneshiro 220 N. Nip 18-19 T. Kaneshiro 35-39 D. Yamada 40-44 K. Wilson 45-49 M. Drake 60-64 W. Kaimikaua 60-64 R. Yoshida 242 E. Ho 275 G. Payne 35-39 C. Kostas 319 R. Gandeza Jr. 319+ K. Alves Chace Akina - Youth Best Deadlift. Conrad Pratt - Youth Best Bench. Brianna Hladky - Girls Best Bench. Tania Akina - Girls Best Deadlift. Coedy Kaneshiro - Teenage Boys Best Bench. Todd Kaneshiro - Boys Best Deadlift. Marvin Monroe - Champion of Champions, Best Men Bench. Derrick Kaneshiro - Champion of Champions, Best Men Master Bench. Greg Payne - Push/Pull Open Men's Champion of Champions. Nolan Nip - Deadlift Open Champion of Champions. "Aloha E Komo Mai Waimanalo, Hawaii. Here in the Hawaiian Island chain we have five islands. They are from west to east as follows: Kauai, Oahu, Molokai, Maui, Big Island (Hawaii). The meet was held on Saturday, July 22nd on Oahu at the First Baptist Church of Waimanalo, home of the Fear GOD Powerlifting Team, as our 3rd annual Push/Pull Championships. It was an overcast day, with a few trades - no kona, as we say on the Islands. The neighbor's sow (large pig) was making some noise. You see - Waimanalo's really country. One of our lifters from Mississippi, Ken Wilson, says it reminds him of back home, where he had his own pet sow. He wants everybody to know his sow is a female pig. Martin Drake gave the rules clinic and Herb Lee, Sunday School Teacher, opened us with a prayer in English and Hawaiian. We had world class officials. They were Mr. and Mrs. Don Haley and Mr. Newlywed himself, Chris Kostas, who at our last meet proposed to Krishna and luckily she felt sorry for him and said "yes", and they were married the day after the meet. I guess the honeymoon is over, 'cause after six years of not lifting, he has decided to lift at this meet. We offered Raw and Assisted divisions allowing the lifters to choose how they wanted to lift, not the equipment companies (sorry). The meet opened with Waimanalo's own ukulele girl, Katrina Akina, just 7 years old and 39 lbs. bodyweight, followed by the smartest girl in her class, Brianna Hladky, who was followed by the laziest girl in her class, Tania Akina. World champion Carmela Baqui, Mother of the UKU girl and Lazy Girl took it easy today. Saving it for the World Championships in November. All the way from Kauai, Samantha Alves, who forgot her deadlift shoes and was accompanied by her coach and Father Kalika "Koa Man" Alves. Azure Skellington, who wants everybody to pronounce her name properly, blamed her father for her poor performance. But I say it was from her big butt that was too high. Our aloha goes out to Lalasia Anzai for coming out from Big Island and getting bigger lifts every time. Speaking of trips Anna Stencil made it from Kentucky and Amanda Malone, who	42.5 70 47.5 85 150 157.5 20 55 110 152.5 102.5 185 10.11 52.5 85 92.5 135 150 252.5 172.5 205 220 255 150 252.5 110 117.5 190 212.5 327.5 165 215 20 277.5 110 20 142.5 Chace Akina - Youth Best Deadlift. Conrad 13-14 I. Hladky 105 11-12 T. Hladky 132 35-39 D. Ortiz 148 M. Monroe 165 W. Chun 16-17 A. England 18-19 C. Kaneshiro 181 K. McMahon 13-14 T. Kaneshiro 198 D. Crowder D. Kaneshiro 220 N. Nip 18-19 T. Kaneshiro 35-39 D. Yamada 40-44 K. Wilson 45-49 M. Drake 60-64 W. Kaimikaua 60-64 R. Yoshida 242 E. Ho 275 G. Payne 35-39 C. Kostas 319 R. Gandeza Jr. 319+ K. Alves Chace Akina - Youth Best Deadlift. Conrad Pratt - Youth Best Bench. Brianna Hladky - Girls Best Bench. Tania Akina - Girls Best Deadlift. Coedy Kaneshiro - Teenage Boys Best Bench. Todd Kaneshiro - Boys Best Deadlift. Marvin Monroe - Champion of Champions, Best Men Bench. Derrick Kaneshiro - Champion of Champions, Best Men Master Bench. 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one could understand, came from Alabama. The accent was worse than some hauli coming off the plane trying to speak pigeon. Starting the men's flight with Waimanalo's own bad boys, Chace Akina and Keoki Akina. Keoki is known as Weinberg Villages' Ladies' Man. Both settling American Records. From Kanoe, our two time AAU World Bench Champion, Conrad Pratt set an American Record 11 lbs. In the bench press and is coached by his father, Harvey Pratt. Our two honor roll students, Isaiah Hladky and Terry Hladky both set American Records and are both high honor roll students. Great Job! In the 132 open bench only, Mr. Drug Free, himself Doug Ortiz, multi - record holder fell just short of another record. All the way from Milliani looking for adventure was the Navy's own Marvin Monroe benching 2.5 times his body weight RAW! Aaron "Too Tall" England made his showing butt in the air deadlifting but that's all right for your A Kamehameha Honor Student. Michael "Guard" Moore joined the 400 club on deadlifting and that was also 2.5 times his bodyweight. Wei Chun easily handled the empty bar after a great lift off from USU Girl, Kyle. "The Pile" McMahon just piled up a few more records with his name on them. Kevin McMahon is the official transportation and maintenance driver for the Fear GOD Team. Speaking of records, the Kaneshiro family did it today and they did it RAW! Coedy, Travis, and Todd all set American Records but their father and coach, Derrick does 2.5 times his body weight RAW on the bench as a master lifter. Donald Crowder keeps getting stronger every meet. Speaking of strong, Nolan Nip, in the 220s was the strongest he needs to get to the Worlds for some real competition. Dean Yamada didn't get Best Lifter this time but a big mahalo goes out to him for all his work in helping The River of Life Mission here in Honolulu. Ken "Cup Cake" Wilson got a little better on the bench, but bombed on the deadlift; he really misses his pet sow. Martin Drake entertained the crowd with his more than white legs. I mean WHITE!! Do get dark glasses at La Dali!! Mr. Law Enforcement and all around Great Guy, Mr. Wilber Kaimikaua retired Hawaii 50 or HPD (R), 50 stands for the 50th state and HPD Honolulu Police Department Retired pulled like he was still on the beat. Another fine young man retired Post Master, Richard Yoshida benched big, who also helped with the River of Life Mission. Mahalo Plenty!!! This is the first time we saw Edmund Ho. Hope to see you at the next meet. All the way from Kauai came Kalika Alves and Ray Gandeza Jr. These guys are big, so big they had to come on different planes. Kalika is the "Koa Man" in Kauai and Randy is Kauai's biggest deadlifter. Another Big Raw lifter was Greg Payne from Hilo, Hawaii who is the biggest Raw and Drug Free Powerlifter in the Islands until someone takes their gear off and proves otherwise. Last, but not least Mr. Honeymoon himself, Chris Kostas. What a come back, white legs and all, tell me the sun doesn't shine in California? Well, we had a good meet, excellent officials, great lifting, and mahalo plenty to Olivet Baptist Church for the spotters. Keneke's BBQ for the food and refreshments. And most of all The First Baptist Church of Waimanalo for the use of the facility Mahalo!! and God Bless!! (Thanks to Keith Ward for results).



In the AAU Hawaii Push/Pull, Katrina Akina, 7 years old, deadlifted 70 lbs. at a bodyweight of 38 lbs. (Photograph provided by courtesy of Keith Ward)

18-19	A. Bird	245	167.5	245	657.5	18-19	J. Bryant	307.5	227.5	292.5	827.5	G. Eastes	100	R. Ortega	47.5	120	182.5	350
	A. Shaeuble	230	132.5	262.5	625		J. Stainbrook	267.5	157.5	275	700	bpp		sm1	250.2			
Jrs.	P.J. Chovanec	295	185	312.5	792.5	E. Saldierne	280	162.5	252.5	695	205		250.2	D. Harris	82.5	172.5	262.5	517.5
J. Wilkens	265	205	257.5	727.5	H. Strickland	Bomb					bpm2		smpure	170.8				
T. Werner	262.5	172.5	247.5	682.5	A. Stiverson	295	205	275	775	205	K. Hilsenbeck		132.5	R. Ortega				
242 lb.					P. Battle	305	195	272.5	727.5	250.2	T. Brown	182.5	youth	119				
16-17	C. Morse	265	145	242.5	652.5	J. Bainbridge	240	187.5	270	697.5	cint		119	T. Brown	30	47.5	87.5	165
	G. Latte	230	145	232.5	607.5	SHW					154.3		170.8	T. Brown				
S. Francis	M. Choate	217.5	110	182.5	510	14-15	C. Bischoff	225*	137.5!	177.5!	540	J. Odom	57.5	D. Scheihagen	60	122.5	185	367.5
T. Golden	Bomb	250	Bombed		16-17	W. Hull	Bomb	0	0	0		cm1		Powerlifting	SQ	BP	DL	TOT
J. Stiverson	Bomb				N. Fitzpatrick	Bomb	0	0	0		280		hs					
N. Hatt	Bomb				18-19	L. Conkey	247.5	182.5	245	675	G. Eastes	55	280					
18-19	J. Townsend	255	187.5	242.5	685	Jrs.					205			P. Vaughan	212.5	120	175	507.5
T. Geisler	240	160	245	645	E. Richards	340	187.5	352.5	880	K. Hilsenbeck	62.5	187	D. Scheihagen					
Jrs.	R. Golden	292.5	237.5	282.5	812.5	R. Harris	340	230	290	860	T. Brown	90	P. Roberts	165	100	205	470	
M. Green	275	212.5	285	772.5	C. Nelson	365	185	272.5	822.5	dim1		J. Calton	140	165	205	510		
J. Gordon	275	202.5	272.5	750	I denotes American Record; *denotes National Record. (Thanks for USAPL for providing results).					280	G. Eastes	152.5	Jr					
J. King	277.5	180	277.5	735						dism2		280	H. Thomason	345	182.5	290	817.5	
275 lb.										205	K. Hilsenbeck	190	m1					
14-15	W. Hull	Bomb	0	0	0					m1		187	R. Sherwood	242.5	145	227.5	615	
16-17	S. Griffin	255	160	222.5	637.5	Power Sports	CL	BP	DL	TOT	SHW		m2					
D. Helkowski	240	137.5	235	622.5	bpm1					R. Vanzo	218.5	205	R. Thomas	240	152.5	222.5	615	
T. Nelson	250	137.5	190	577.5	280					mp		mpure	205					

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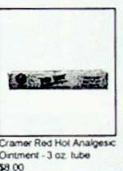
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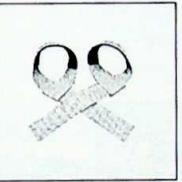
Heat - Pain Relieving
Liniment w/ applicator
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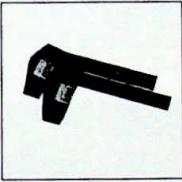
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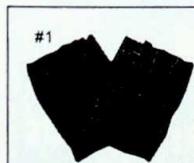
Padded Training Straps w/ neoprene
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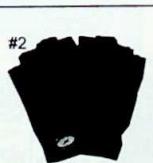
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Style #3 (Leather-Spandex w/ wrist wrap)



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Style #1 (Leather w/ webbed back)
Style #2 (Spandex Cabretta Leather)



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Style #1 (Leather w/ webbed back)
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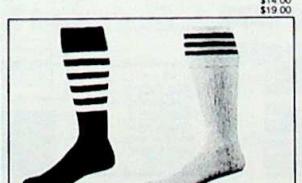
Pump Time Clock
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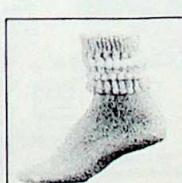
Autographed Color Picture Of
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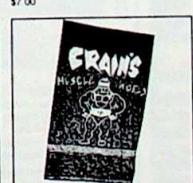
Puma Nylon Sports Bag (assortment of colors)
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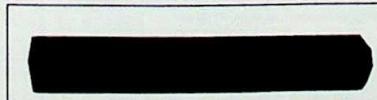
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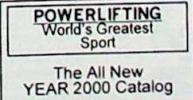
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sm1	250.2			
D. Harris	82.5	172.5	262.5	517.5
smpure	170.8			
T. Ortega	132.5			
youth				
119				
T. Brown	30	47.5	87.5	165
novice				
170.8				
D. Scheihagen	60	122.5	185	367.5
Powerlifting				
hs				
280				
P. Vaughan	212.5	120	175	507.5
int				
187				
P. Roberts	165	100	205	470
SHW				
J. Calton	140	165	205	510
Jr				
280				
H. Thomason	345	182.5	290	817.5
m1				
187				
R. Sherwood	242.5	145	227.5	615
m2				
205				
R. Thomas	240	152.5	222.5	615
mpure				
205				
S. FensterMacher	215	135	210	560
nat				
187				
R. Morris	285	155	262.5	702.5
205				
B. Carey	240	170	255	665
280				
H. Thomason	345	182.5	290	817.5
novice				
138.8				
B. Grantonic	132.5	85	160	377.5
187				
P. Roberts	165	100	205	470
205				
E. Rocha	220	160	242.5	622.5
227				
M. Martin	192.5	115	197.5	505
250.2				
M. Rivera	200	140	250	590
M. Hunter	152.5	127.5	170	450
onat				
187				
R. Morris	285	155	262.5	702.5
pure				
154.3				
S. Russell	160	105	195	460
227				
L. Cicconi	295	152.5	262.5	710
315				
S. Baker	290	177.5	350	817.5
sm1				
187				
R. Morris	285	155	262.5	705.5
205				
L. Jones	310	192.5	275	777.5
227				
B. Carey	240	170	255	665
sm2				
187				
M. Buller	227.5	137.5	255	620
227				
M. Mercado Jr.	222.5	145	215	582.5
227				
L. Cicconi	295	152.5	262.5	710
315				
B. Dosier	185	152.5	235	572.5
want				
154.3				
M. Sheffler	165	88.5	160	413.5
whs				
127.8				
T. Pellman	95	47.5	95	237.5
wpure				
154.3				
B. Phillips	97.5	75	150	322.5
wsm1				
110.2				
R. Hedrick	78.5	46	93.5	218
R. Hedrick	78.5	46	93.5	218
154.3				
J. Johnson	110	65	150	325
youth				
138.8				
M. Mercado	85	37.5	85	207.5
BENCH PRESS				
int				
170.8				
T. Hedrick				
187				
T. Thigpen	135	5	115	152.5
novice				
187				
C. Martin	187.5	280		
m1				
250.2				
Elliott	220	187		
SHW				
R. Vanzo	218.5	sm2		
m2		187		
205				
G. Boelter	132.5	sm1		
mpure		110.2		
154.3				
R. Hedrick		110.2		
46				

(Thanks to NASA for providing the meet results).

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BENCH PRESS		Powerlifting		SQ	BP	DL	TOT	J. Galney	155	92.5	172.5	420	R. Valenzuela Jr.	272.5	195	185	652.5							
bphs	C. Stuart	140	154.3	D. Torrejon	165	112.5	150	427.5	C. Musselman	225	142.5	205	572.5	sm2	187									
170.8	T. Green	92.5	D. James	147.5	170.8	N. Wahlsrom	167.5	95	217.5	480	L. Rector	210	165	197.5	572.5	A. Koehler	175	112.5	185	472.5				
bpm3	154.3	250.2	B. Mallaburn	142.5	280	B. Vacchina	265	142.5	205	612.5	T. Burke	295	167.5	280	742.5	A. Barnes	275	165	235	675				
J. Lopez	92.5	J. Barton	117.5	J. Shockey	222.5	147.5	225	595	A. Pastorello	255	182.5	235	672.5	teen	154.3									
bpm3	154.3	315	R. Cross	197.5	int	J. Marshall	262.5	170		432.5	C. Jones	222.5	102.5	227.5	552.5	R. Velazquez	220	132.5	200	552.5				
J. Lopez	92.5	pure	170.8	R. Cross	227	jr	170.8		J. Keating	192.5	142.5	185	520	L. Means	62.5	47.5	102.5	212.5						
jr	170.8	R. Wallace	170	R. Coleman	142.5	205	R. Hudson	235	137.5	220	592.5	E. Tejada	215	137.5	205	557.5	205							
R. Wallace	250.2	B. Mallaburn	142.5	H. Green	182.5	N. Poole	197.5	130	182.5	510	J. Mancini	170	142.5	170	482.5	D. Anderson	285	152.5	225	662.5				
m1	187	m1	315	T. Manno	278.5	m1	187		D. Tanner	157.5	115	150	422.5	novice	187									
D. Tanner	115	sm1	187	C. Bair	160	m2	170.8		J. Golec	255	170	245	670	R. Fox	62.5	47.5	67.5	177.5						
227	K. Scully	205	315	R. Cross	197.5	B. Thompson	145	112.5	177.5	435	L. De Alva	205	152.5	205	562.5	wbs	110.2							
280	G. Fizer	210	315	H. Green	182.5	W. Kindred	190	147.5	237.5	575	B. Radke	295	192.5	285	772.5	C. Jordan	105	55	137.5	297.5				
T. Manno	278.5	teen	138.5	P. Waldron	50	227	250.2		D. Gertson	125		125		wpure	154.3									
m2	170.8	C. Jones	127.5	C. Waldron	150	M. Vogt	172.5	110	182.5	465	D. Holloway	237.5	215	287.5	740	S. Waits	115	60	115	290				
C. Jones	127.5	187	187	P. Glen	112.5	D. Gertson	125		D. Kralovetz	295	182.5	205	682.5	D. Manno	115	52.5	90	257.5						
m3	170.8	J. Gainey	92.5	92.5	170.8	J. Gainey	92.5		SHW					wsm2	110.2									
J. Gainey	315	L. Vasquez	92.5	262.5	wbpm	170.8								C. Jordan	105	55	137.5	297.5						
m5	315	T. Manno	92.5	182.5	L. Vasquez	92.5																		
SHW	SHW	D. DeRosier	315	278.5	L. Vasquez	92.5																		
D. DeRosier	315	novice	170.8	197.5	wpure	187																		
R. Cross	187	M. Pennington	85	155	wsm2	187																		
C. English	187	S. Mollohan	127.5	127.5	154.3	D. Manno	52.5																	
O. Alcantar	187	R. Alcantar	187	C/SQ	M. Pennington	105																		
Power Sports	bpm2	315	O. Hampton	160	160	bpp	315																	
bpm2	315	O. Hampton	160	160	bpp	315																		
O. Hampton	160	O. Hampton	160	205	205	O. Hampton	160	160	Stretching / Anderson	\$16.00	Beyond Crunches / Tatsouline	\$34.95	Beyond Stretching / Tatsouline	\$34.95	Power To The People / Tatsouline	\$34.95	Laminated Stretching Poster 23" X 30" / Pearl	\$19.95	Toning Your Body / Bently & Harfield	\$3.00				
bpp	315	O. Hampton	160	205	205	O. Hampton	160	160	Super Abs / Anderson & Harfield	\$12.95	Super Crunches / Tatsouline	\$12.95	Absolutely Abs / Harfield	\$10.00	Harcore Bodybuilding / Bassutto	\$18.95	All Sports Training Manual / Everson	\$8.00	Keys To The Inner Universe / Pearl	\$B 32.95				
227	J. Peru	185	185	50 Ways To Build Muscle Fast / Tuttle	\$9.95	Facts & Fallacies Of Fitness / Sif	\$34.95	Supertanning / Sif	\$54.95	Goerner The Mighty / Mueller	\$22.00	Legendary Abs II / Robinson	\$16.95	Donald Dinnin First Sporting Superstar / HB	\$B 32.95	Sandow The Mighty March / Webster	\$12.00							
S. Sims	315	O. Hampton	160	205	205	O. Hampton	160	160	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00	Super Abs / Anderson & Harfield	\$12.95	Keys To The Inner Universe / Pearl	\$B 32.95	Stretching / Anderson	\$16.00						
O. Hampton	315	O. Hampton	160	205	205	O. Hampton	160	160	Super Crunches / Tatsouline	\$12.95	Absolutely Abs / Harfield	\$10.00	Harcore Bodybuilding / Bassutto	\$18.95	All Sports Training Manual / Everson	\$8.00	Keys To The Inner Universe / Pearl	\$B 32.95	Stretching / Anderson	\$16.00				
bpp	315	O. Hampton	160	205	205	O. Hampton	160	160	Super Crunches / Tatsouline	\$12.95	Super Crunches / Tatsouline	\$12.95	Goerner The Mighty / Mueller	\$22.00	Legendary Abs II / Robinson	\$16.95	Donald Dinnin First Sporting Superstar / HB	\$B 32.95	Sandow The Mighty March / Webster	\$12.00				
227	J. Peru	185	185	50 Ways To Build Muscle Fast / Tuttle	\$9.95	Facts & Fallacies Of Fitness / Sif	\$34.95	Supertanning / Sif	\$54.95	Goerner The Mighty / Mueller	\$22.00	Keys To The Inner Universe / Pearl	\$B 32.95	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00					
S. Sims	315	O. Hampton	160	205	205	O. Hampton	160	160	Stretching / Anderson	\$16.00	Heavy Iron / Harfield	\$29.95	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95
O. Hampton	315	O. Hampton	160	205	205	O. Hampton	160	160	Heavy Iron / Harfield	\$29.95	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95		
bpp	315	O. Hampton	160	205	205	O. Hampton	160	160	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95				
227	J. Peru	185	185	50 Ways To Build Muscle Fast / Tuttle	\$9.95	Facts & Fallacies Of Fitness / Sif	\$34.95	Supertanning / Sif	\$54.95	Goerner The Mighty / Mueller	\$22.00	Keys To The Inner Universe / Pearl	\$B 32.95	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00					
S. Sims	315	O. Hampton	160	205	205	O. Hampton	160	160	Heavy Iron / Harfield	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95				
O. Hampton	315	O. Hampton	160	205	205	O. Hampton	160	160	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95				
bpp	315	O. Hampton	160	205	205	O. Hampton	160	160	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95						
227	J. Peru	185	185	50 Ways To Build Muscle Fast / Tuttle	\$9.95	Facts & Fallacies Of Fitness / Sif	\$34.95	Supertanning / Sif	\$54.95	Goerner The Mighty / Mueller	\$22.00	Keys To The Inner Universe / Pearl	\$B 32.95	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00					
S. Sims	315	O. Hampton	160	205	205	O. Hampton	160	160	Heavy Iron / Harfield	\$29.95	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95		
O. Hampton	315	O. Hampton	160	205	205	O. Hampton	160	160	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95				
bpp	315	O. Hampton	160	205	205	O. Hampton	160	160	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95						
227	J. Peru	185	185	50 Ways To Build Muscle Fast / Tuttle	\$9.95	Facts & Fallacies Of Fitness / Sif	\$34.95	Supertanning / Sif	\$54.95	Goerner The Mighty / Mueller	\$22.00	Keys To The Inner Universe / Pearl	\$B 32.95	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00					
S. Sims	315	O. Hampton	160	205	205	O. Hampton	160	160	Heavy Iron / Harfield	\$29.95	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95		
O. Hampton	315	O. Hampton	160	205	205	O. Hampton	160	160	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95				
bpp	315	O. Hampton	160	205	205	O. Hampton	160	160	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95						
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S. Sims	315	O. Hampton	160	205	205	O. Hampton	160	160	Heavy Iron / Harfield	\$29.95	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95		
O. Hampton	315	O. Hampton	160	205	205	O. Hampton	160	160	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95				
bpp	315	O. Hampton	160	205	205	O. Hampton	160	160	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95						
227	J. Peru	185	185	50 Ways To Build Muscle Fast / Tuttle	\$9.95	Facts & Fallacies Of Fitness / Sif	\$34.95	Supertanning / Sif	\$54.95	Goerner The Mighty / Mueller	\$22.00	Keys To The Inner Universe / Pearl	\$B 32.95	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00					
S. Sims	315	O. Hampton	160	205	205	O. Hampton	160	160	Heavy Iron / Harfield	\$29.95	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95		
O. Hampton	315	O. Hampton	160	205	205	O. Hampton	160	160	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95				
bpp	315	O. Hampton	160	205	205	O. Hampton	160	160	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95						
227	J. Peru	185	185	50 Ways To Build Muscle Fast / Tuttle	\$9.95	Facts & Fallacies Of Fitness / Sif	\$34.95	Supertanning / Sif	\$54.95	Goerner The Mighty / Mueller	\$22.00	Keys To The Inner Universe / Pearl	\$B 32.95	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00	Stretching / Anderson	\$16.00					
S. Sims	315	O. Hampton	160	205	205	O. Hampton	160	160	Heavy Iron / Harfield	\$29.95	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95		
O. Hampton	315	O. Hampton	160	205	205	O. Hampton	160	160	The Serge Redding Story	\$29.95	Might, Muscle, & Miracles Video / Heppburn	\$29.95	Anatomy Of Strength Video / Heppburn	\$29.95	Rick Weil: THE BENCH PRESS	\$29.95	#1 - Add 50-75 lbs To Your Bench Press / Well	\$29.95	POWELRLIFTER \$19.95	\$19.95				
bpp	315	O. Hampton	160	205	205	O. Hampton	160	160	Might, Muscle, & Miracles Video / Heppburn	\$														

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BENCH PRESS				250.2			
154.3	205	R. Sol	120	C. Morsei	272.5	155	247.5
C. Wilcoxson	100	J. Trent	110	C. McClain	205	102.5	197.5
A. Henderson	95	227		M. Harris	225	177.5	227.5
170.8		C. Price	130	J. Brown	155	95	182.5
M. King	100	250.2		T. Gilder	267.5	142.5	192.5
187		B. Tew	125	B. Vacchino	217.5	142.5	215
A. McCullly	125	280		jrsr hvy	217.5	215	575
J. Edwards		J. May	147.5	205			
MEN				L. Scroggins	240	130	227.5
fr-so	SQ	BP	DL	M. Carey	202.5	125	212.5
119			TOT	A. Lundgren	210	105	222.5
M. Lopez	100	85	142.5	R. Sol	200	120	215
T. Myers	80	60	105	J. Higdon	185	112.5	215
T. Davis	72.5	37.5	107.5	S. Lewallen	180	110	182.5
C. Hammons	60	42.5	100	B. Brennig	130	140	190
127.8		J. Kailer	202.5	J. Kailer	160	105	190
J. Paul	125	85	165	227			
M. Craigie	117.5	65	135	D. Coleman	295	165	295
S. Nichols	112.5	52.5	125	B. Mitchell	272.5	177.5	267.5
J. Hodge	85	65	125	S. Abegg	230	167.5	227.5
138.8		J. Adams	227.5	M. Newton	227.5	152.5	222.5
M. Ginnestra	165	85	175	A. Korza	190	112.5	220
J. Delco	112.5	62.5	157.5	K. Easley	200	100	207.5
D. Heckmaster	92.5	70	132.5	I. Burgos	175	135	192.5
J. Stanley	82.5	57.5	125	G. Everett	190	95	172.5
T. Gay		T. Wallace	202.5	J. Adams	157.5	92.5	187.5
154.3		C. Marsh	145	A. Korza	157.5	85	177.5
J. Thompson	152.5	115	195	K. Easley	125	105	187.5
A. Henderson	167.5	95	462.5	I. Burgos	175	135	295
C. Wilcoxson	162.5	100		G. Everett	190	95	457.5
K. Zartman	162.5	85		J. Adams	190	105	145
M. Murrow	135	97.5		K. Easley	200	100	507.5
H. Nichols	137.5	92.5		I. Burgos	175	135	502.5
D. Washington	147.5	92.5		G. Everett	190	95	457.5
J. Davis	132.5	77.5		J. Adams	190	105	145
E. Vittelo	117.5	80		K. Easley	200	100	507.5
B. Green	120	72.5		I. Burgos	175	135	502.5
C. Deatherage	110	67.5		G. Everett	190	95	457.5
C. Vague	-137.5			J. Adams	190	105	145
B. Whitlam	-125			K. Easley	200	100	507.5
170.8		J. Davis	205	I. Burgos	175	135	502.5
N. Wahlstrom	172.5	97.5	210	G. Everett	190	95	457.5
M. King	140	100	170	J. Adams	190	105	145
C. Iverson	135	90	180	K. Easley	200	100	507.5
K. Hill	125	77.5	130	I. Burgos	175	135	502.5
187		J. Davis	205	G. Everett	190	95	457.5
P. Grattan	130	70	142.5	J. Adams	190	105	145
127.8		C. Price	175	K. Easley	200	100	507.5
D. Rivas	182.5	92.5	182.5	G. Everett	190	95	457.5
M. Laney	177.5	92.5	182.5	J. Adams	190	105	145
P. Esposito	165	85	165	K. Easley	200	100	507.5
G. Miller	115	102.5	177.5	G. Everett	190	95	457.5
138.8		J. Adams	145	J. Adams	190	105	145
D. Evans	190	105	205	K. Easley	200	100	507.5
R. King	157.5	72.5	182.5	G. Everett	190	95	457.5
A. Muntz	-127.5			J. Adams	190	105	145
J. Bell	145	-105		K. Easley	200	100	507.5
154.3		R. Velazquez	187.5	G. Everett	190	95	457.5
B. Sol	165	105	205	J. Adams	190	105	145
L. Dougan	175	102.5	182.5	K. Easley	200	100	507.5
W. Reeves	132.5	72.5	142.5	G. Everett	190	95	457.5
170.8		J. Roberts	225	J. Adams	190	105	145
P. Cobbs	220	112.5	237.5	K. Easley	200	100	507.5
B. Sunday	220	130	200	G. Everett	190	95	457.5
P. McGinnis	187.5	127.5	217.5	J. Adams	190	105	145
D. Moore	187.5	137.5	200	K. Easley	200	100	507.5
A. Calhoun	190	105	212.5	G. Everett	190	95	457.5
CR Davis	160	112.5	230	J. Adams	190	105	145
J. Carioti	170	135	185	K. Easley	200	100	507.5
C. Waddle	175	117.5	185.5	G. Everett	190	95	457.5
J. Hall	155	97.5	200	J. Adams	190	105	145
B. Rothrock	137.5	92.5	167.5	K. Easley	200	100	507.5
P. Chaney	192.5			G. Everett	190	95	457.5
187		K. Ruben	235	J. Adams	190	105	145
A. McCully	197.5	125	227.5	K. Easley	200	100	507.5
C. Doyle	197.5	117.5	222.5	G. Everett	190	95	457.5
D. Beavers	220	102.5	195	J. Adams	190	105	145
C. Carrier	185	120	200	K. Easley	200	100	507.5
C. Staley	187.5	100	200	G. Everett	190	95	457.5
N. Marcus	155	112.5	190	J. Adams	190	105	145
B. Jaworski	135	125	185	K. Easley	200	100	507.5
T. Kylosaari	150	92.5	197.5	G. Everett	190	95	457.5
M. Siebert	185	137.5	65	J. Adams	190	105	145
J. Edwards	-200			K. Easley	200	100	507.5
fr-so hvy		J. Trent	190	J. Adams	190	105	145
205		J. House	172.5	K. Easley	200	100	507.5
		K. Lee	160	J. Adams	190	105	145
		M. Mena	140	K. Easley	200	100	507.5
		F. Lujan	167.5	J. Adams	190	105	145
227		A. Voigt	155	K. Easley	200	100	507.5
		A. McCleary	137.5	J. Adams	190	105	145
		Z. Davis	120	K. Easley	200	100	507.5

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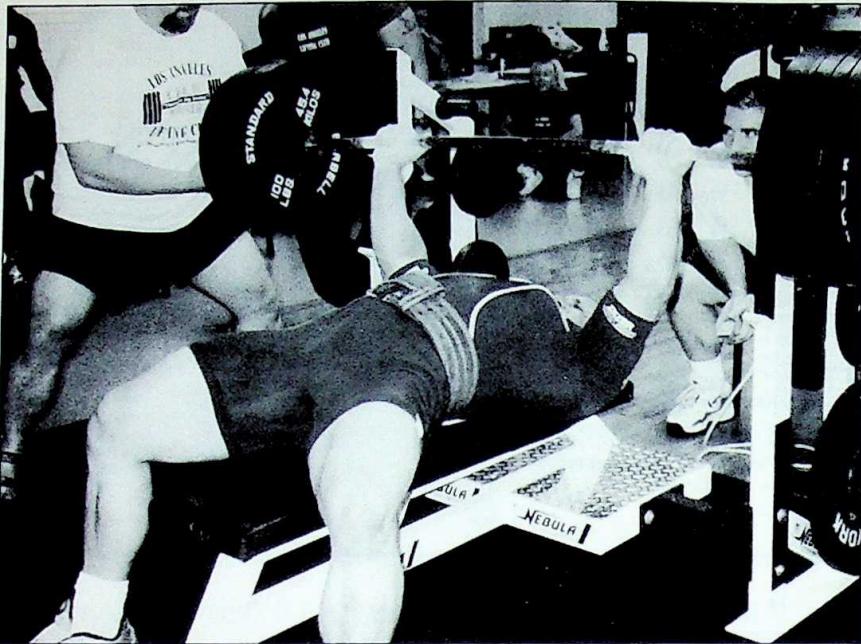
BEST ANABOLIC

**APF Los Angeles Lifting Club BP
05 AUG 00 - Burbank, CA**

BENCH	165
WOMEN	55-59
Masters	H. Glossbrenner 260*
148	80+
55-59	H. Benner 200
L. Di Tullio	95* 198
40-44	50-54
M. Raia	145* S. Velliquette 340
MEN	220
Open	40-44
114	G. Pessell 450*
H. Pham	315* 50-54
165	B. Evans 370*
S. Ward	415 55-59
198	B. Dillon 215
B. De Court	525 242
220	40-44
J. Greco	300 M. Lutz 445
242	B. Harris 325
A. Waldon	475 45-49
M. Lutz	445 A. Waldon 475*
Z. Passman	415 65-69
275	E. Anderson 435
S. Mendelson	600* 275
Junior 20-23	40-44
148	C. Bowden 480*
J. Do	205* 55-59
165	M. Cunningham 375*
P. Ayala	310 60-64
Masters	D. Herrera 365

* Denotes State Record. REFEREES: Technical Director - Gordon Santeet, Head & side refs, John Planas, John Mazmanian & Bryan Delgado. LOADERS & SPOTTERS: Dan Madigan, Teddy Grant, MEET DIRECTORS: Joe & Nance Avigliano. SCORE KEEPERS: Jo Taylor - Roderfer, Dan Jesolva, Joe Avigliano. EXPEDITOR: Karl Roderfer. ANNOUNCER: Joe Avigliano. PHOTOGRAPHER: Mark Herman. SUPPORT STAFF: George Rada, Michael Jovanovic, Bud, John Casacio, Sean McMunn, Deanne Miller, Adam O'Brien, Lance Slaughter, Justin Ownes, Herb Glossbrenner, Pedro Ayala, Scott Velliquette, Juan. BEST LIFTERS: Women- Marie Raia, Men- Harrison Benner. This meet was held at the Moose Lodge in Burbank. We would like to thank Stan, Gail and The Loyal Order of Moose for their hospitality and patience. I personally would like to thank Gordon Santeet for taking time out of his busy schedule to help us once again and John Mazmanian for driving 3 hours to help referee (it's always nice to see these two guys). And a big thanks to all our staff for once again seeing to it that our meets run perfectly. You are the best! A special thanks goes to Mark Herman who is always there to see that our decor is perfect and the lifters are captured on film. On to the lifting. The Women's Division had two entrants in the 148 1b. class. The 40-44 group winner was Marie Raia who jumped in late for her first contest and came through with a 145 lb. effort that was good for a state record the Best Lifter Trophy. More meets might be in her future. 55-59 group winner was our own Louise DiTullio. Louise set a state record with a nice 95 lb. lift. She continues to improve and is an

inspiration to all in our gym. The Men's Open: Hung Pham, the 114 1b., dynamo set a PR with an easy 315 lb. 1b. effort. His 3rd attempt of 320 lbs. was close. Hung is ranked #2 in the country in the Bench Press and it looks like he's on his way to #1. 165 1b. open winner was Steve (Steve) Ward. Steve is another unbelievably strong athlete. He weighed in at 158 lbs. and finished with 415 lbs. on his 3rd attempt. Steve's shirt blew on his 2nd attempt and he showed mental toughness to come back and nail it on his 3rd. The 198 1b. Open winner is many time IPF World Champion Bob DeCourt. Bob is one strong guy. He opened with 525 no problem! Attempts 2 & 3 were at 550, but he just couldn't find the groove on his shirt. I've seen him do 545 in the gym so once he gets used to the DBL Ply shirt look for 565. The 220's had first timer Jason Greco of our gym. Jason always wanted to do 300 lbs. And doing it in his first contest is a great accomplishment. We are all proud of him. The 242's had three entrants who are all strong. 3rd Place went to San Francisco's Zach Passman. We have gotten to know Zach through our contests and are always glad to see him. A very enthusiastic and encouraging lifter, he is always rooting for his fellow lifters. Today he set a PR of 415 lbs., which was a 20 lb. improvement. Great Job Zach! Second Place went to Mike Lutz of Kerman, CA. Mike came ready to lift. All three of his attempts were so easy it looked like the bar. His 3rd attempt of 445 lbs. was good enough to take 2nd place. Next time, more weight for Mike. The winner of the 242's was the shirtless wonder, Alvin Walden, who blew away all three attempts and continues to improve each meet. Alvin finished with 475 lbs., which was also good for a state record in the 45-49 age group. Congrats Alvin! The 275 1b. Open had our own Scot (Madman) Mendelson. He weighed in at 255 lbs. and opened with a state record 570, which was done lightning quick. On the 600 1b. 2nd attempt (his goal) which was pretty darn easy, he broke his own state record. His 3rd attempt at 620 lbs., failed at



Scot Mendelson with a state record 600 lbs. at 255 bodywt. (Mark Herman/LALC photo)

the pins. A great day for Scot who got retribution for the Cal State where let's just say he had some problems. Nevertheless, it was a 55 lb. gain since April. He is one strong guy who will be a force to be reckoned with in Bench Press contests across the country. The Junior Division had two entrants. The 148 1b. class had first timer John Do who set a state record with his shirtless opener of 205 lbs. He will improve as he just missed 225 on his 2nd attempt. The 165 1b. winner was Pedro Ayala (LALC). Pedro is down a weight class and just missed tying his 181 lb. PR, but finished with an impressive 310 lb. Bench. Pedro is getting stronger each week - look for him to improve greatly. The Men's Master 165 1b. 55-59 class went to the one and only Herb Glossbrenner. Herb broke his own state record with his opener of 260 lbs. His second attempt of 270 lbs. was turned down (2 to 1). A quick change to his denim shirt and a lofty 280 lb. call for his 3rd attempt. The stage was set, we heard the press, but they had the nerve to turn down Herb! He had it going but the bar wobbled a little. Next time should be no problem. The 80+ 165's went to one of the toughest guys you'll ever meet. Harrison Benner

drove from San Diego Saturday morning, left at 5 am, to lift in LA at 9:30 am. He then proceeded to blow away all his attempts, finishing with a new state record of 200 lbs. - no shirt. I'm sure we all wish when we are 80 years old we can accomplish this feat. Super impressive and a true gentleman, he also took home the Best Lifter Trophy. Master 198 1b. 50-54 winner was LALC's Scott Velliquette. Using this meet as a tune-up, Scott continued his perfect lifting, going 3 for 3 to follow up his 9 for 9 lifting at the Masters Nationals in Aurora, IL in May. Scott finished with an easy 340 lb. Bench Press and is currently getting ready for the WPC Worlds in Vegas. The 220's 40-44 group winner was WPC World Champion George Pessell. George is ranked #2 in the 220 Masters in Powerlifting. We recently got to know George in Aurora, IL at the Nationals and he is a classy professional lifter. This day he set a state record despite blowing his shirt on his second attempt. After a quick shirt change, his 450 lb. 3rd attempt gave him the state record and the win. 55-59 group winner is a LALC gym member who continues to improve each year. Burnette Dillon went 3 for 3 and a PR of 215 lbs. Burnette had never lifted a weight until last year. He is an example of what can be done no matter what age you start at. The 242's 40-44 2nd place went to Bill Harris. Bill trains at LALC via the Internet. Bill's PR was 275 lbs. when he contacted us last year. This year he did 325 lbs., no shirt, a great improvement. The 242 40-44 winner was Mike Lutz who completed his bookend collection with his 2nd trophy of the day and a 445 lb. bench. 45-49 group winner, setting a new state record was Alvin Walden. Alvin also completed a bookend sweep, collecting his 2nd trophy of the day with a 475 lb. Bench Press. The 65-69 age group winner was Ernie Anderson with a nice 435 lb. bench. Ernie is a very strong man, but I'm going to talk about this man's character. Ernie won the Best Lifter Trophy by formula. The APF uses the Reshel System to determine the Best Lifter. Now there is no doubt Ernie is the Best Lifter, but he believes the system favors the older lifters. With this in mind, as I presented him with the trophy, Ernie explained his belief and presented it to the person he thought was most deserved of it. He gave it to Harrison Benner who was by the way third behind Ernie in the Best Lifter race. A classy act that drew a standing ovation from the whole crowd for both men. Ernie Anderson and Harrison Benner, two class acts. The 275 Masters 40-44 winner was another shirtless lifter who set a state record with 480 lbs., Craig Bowden. Craig gave 500 a ride but came up a little short. He'll get it next time. The 55-59 winner was Gold's Gym Northridge owner, Mike Cunningham. This was Mike's first meet and he did not disappoint with a state record 375 lbs. Hopefully more meets are in Mike's future. And finally the 60-64 group winner was Danny Herrera. Danny's arm was bothering him so it slowed him down a little bit, but not much, as he was still strong enough to muster up 365 lbs. Great job! This concludes the 2000 Los Angeles Lifting Club Summer Bench Blast. Nance and I would like to thank everyone who helped make this such a fun event and to all the lifters who participated in this meet. Strength & Honor! (Results by Joe Avigliano)

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MASTERS YES NO		NAME OF CLUB YOU REPRESENT	
CLUB MEMBER			

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AURORA, IL 60505

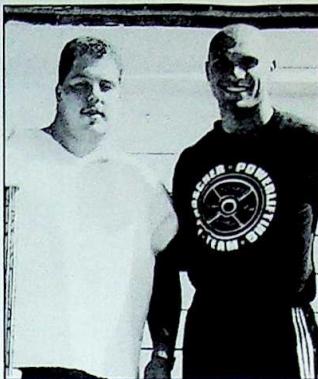
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Son Light Power National BP/DL
01 JUL 00 - Indianapolis, IN

BENCH	275
teenage men 13-15	Dustin Minks 295
220	4th 315*
Z. Clark	230 308
teenage men 18-19	David Calloway 520*
165	police & fire
Phil Reid	340* 198
junior men	Gary Combs 400
308	DEADLIFT
Nicholas Harris	340* teenage men 13-15
submaster men	132
242	Joey Latch 195
Paul Linville	430* teenage men 18-19
master men 40-44	220
198	T. Hollendonar 600*
Gary Combs	400 master men 40-44
master men 50-54	220
198	Shawn O'Kelley 405
F. Medvescek	330 master men 50-54
master men 60-64	198
242	F. Medvescek 420
Tom Richardson	265* 242
master men 70-74	Darrell Latch 425
220	master men 60-64
Allen Glass	235 242
4th	240 Tom Richardson 300*
165	181
Chad Boyer	355 Bob Duhamell 400
4th	370* 198
Mark Walker	235 Marc Fensler 550
181	Keith Warren 525
Keith Ott	360 242
Bill Lowe	300 Darrell Latch 425
Bill Steib	300 275
Lance Betts	295* Dustin Minks 500
198	308
Gary Combs	400 David Calloway 575
Best Lifter - DAVID CALLOWAY; Best Lifter - TIM HOLLOWDONNAR; *personal record. The first annual Son Light Power National Bench Press / Deadlift Championships were held July 1, 2000 at World Gym Indianapolis West. Many thanks to Shawn O'Kelley and his family for hosting this competition. The O'Kelleys recently purchased the gym and have already made some great improvements to offer the very best in a health club facility, serving the western portion of Indianapolis. We all wish them the very best! In the bench press competition first up was our youngest competitor, Zachary Clark. Lifting in the teenage 13-15, 220 class, Zach finished with 230, just missing a personal best of 250 for his final attempt. In the teenage 18-19 age group, Phill Reid took the 165 class with 340. This was a new personal record for Phil, who almost locked out 360 on his third attempt. In the junior division it was Nicholas Harris for the win at 308. Nicholas also got 340, also a new pr for him, then also tried 360 for his final attempt. Paul Linville looked strong on all three of his attempts, finishing with a new personal record of 430. Paul weighed in at 238, lifting in the 242 class. Turning next to the master's classes, Gary Combs won at 198, lifting in the master 40-44 group. Gary only got his opener of 400, missing 415 twice. Of course, I don't suppose that six hour drive from Parkersburg, West Virginia had anything to do with it! Gary also won the police & fire and open 198 classes. Frankie Medvescek won at 198 in the master 50-54 age group. Frankie finished with 330, missing a fourth pr attempt of 350. Tom Richardson, lifting in just his second competition, got a new personal best of 265. The sixty - three year youngster won the 242 class, weighing in at the limit. Up next was Indiana's favorite son, Allen Glass. It's always so good to see Allen, who is now seventy - two (looking twenty years younger) just as strong as ever. Allen lifted conservatively, finishing with a 235 third, followed by a 240 fourth attempt. Allen lifted in the 220	



Best Lifters at the Son Light Power National BP/DL Championships were (left) David Callaway for the Bench Press, and Tim Hollendonar for the Deadlift (photo courtesy Dr. Darrell Latch)

class. Chad Boyer took the open 165 class with 355. A fourth was also good with 370, a new personal best for him. Mark Walker was second with 235, making just his opener. We had a full class at 181, with four lifters. In first place was Keith Otto, way out in front with 360. Keith weighed in at just 179, missing his last two attempts at 375. Bill Lowe was second with 300, weighing in at 175. Also getting 300 was Bill Streb, who weighed but one pound more than Bill Lowe. Fourth place went to Lance Betts who finished with a personal best 295. This was Lance's first competition. At 275 it was Dustin Minks, who made all four of his attempts look EASY! Dustin finished with a personal best 315 on his fourth attempt, making it look like 350 would go! Last up was David Calloway, who took the 308 class. David had a great day, getting all three of his attempts, with personal bests at 505 and his final at 520. Weighing in at 295, David easily took best lifter honors. In the deadlift competition I talked my son Joey into competing, even though he had not really been training for this meet. At twelve years of age, Joey pulled an easy 195, but once again had problems with 205. In the teenage 18-19, 220 class we saw quite a lifter. Nineteen year old Tim Hollendonar pulled his first 600 ever in competition. Weighing in at 202, Tim also gave 610 a ride, ending up just short of lockout. Not only was this the biggest lift of the competition, but also the best, giving Tim best lifter honors. Tim is trained by Eric Maroscher of the infamous Maroscher Power Team. As master 40-44, Shawn O'Kelley returned to the deadlift platform after a few years to take that class at 220. Shawn finished with an easy 405 for the win. At 50-54 it was Frankie Medvescek with 420 for the win at 198. For several years Frankie competed as a bodybuilder, and it shows, but now he's hooked on powerlifting! I, for one am glad he is, because he always brings with him his beautiful girlfriend, Susie, when he competes. Hey, here's an aside, Frankie, maybe she could come by herself sometime, and just leave you at home! Well, I pulled an opener of 425 for the win at 242, still having problems with my hip! Hopefully, most of this is in my mind and I can get back to some serious lifting again soon. Gotta keep my feet wet, thought Tom Richardson continues to improve, though,

taking the master 60-64, 242 class with a personal best 300. He was good for 10-15 lbs. more! Bob Duhamell won the open 181 class with 400, just missing a personal record 420 for his final attempt. At 198 it was Marc Fensler with a picture - perfect pull of 550 for the win. Marc's only miss was his final attempt of 570. Second at 198 was Keith Warren, who finished with 525. Keith also locked out 540 and 555, but was called for hitching. Dustin Minks got an easy 515 at 275, before missing a pr 525 for his last pull of the day. Just needed a little more hips into it! David Callaway pulled a strong 570 for the win at 308. A very special thanks to our loaders and spotters, Andy and Joey O'Kelley for doing such a fine job throughout the competition. Also thanks to my son Joey and Carle O'Kelley for their help. (Thanks to Dr. Darrell Latch for providing these contest results).



Graham Bartholomew pulling 670 at the Summertime Deadlift meet. (photograph provided courtesy of Graham Bartholomew)

to mention for all your help and support!! We look forward to a bigger stronger deadlift meet next year - let's see how much we can put on our deadlift bar! Check out some of the lifts we had this year / pretty good for raw lifting! (Thanks to Graham Bartholomew for providing these contest results).

Annual Harbor Walk BP
26 JUL 00 - Georgetown, SC

BENCH	70+
148	R. Smith 175
Open	198
Lambert	225 Adams 375
Thomas	225 50-54
Teen	Conway 300
Thomas	225 220
165	Lord 510
Tisdale	340 McMillian 480
Cagle	315 Ward 445
Nesbit	300 40-49
181	McMillian 480
Cribb	325 275
Bremner	325 Hollaway 405
Ackerman	315 SHW
Teen	Tancil 610
Jennings	375 Masters 40-49
Jackson	230 Tancil 610
	50-54 Blackmon 450

Winyah Fitness Center. Owner: Alan & Steele Bremner; Meet Director: Alistair Bremner. Special thanks to the "Table": Verlinda McMillian, Debbie Barino, Suzette Tancil. (Results by Suzette Tancil).

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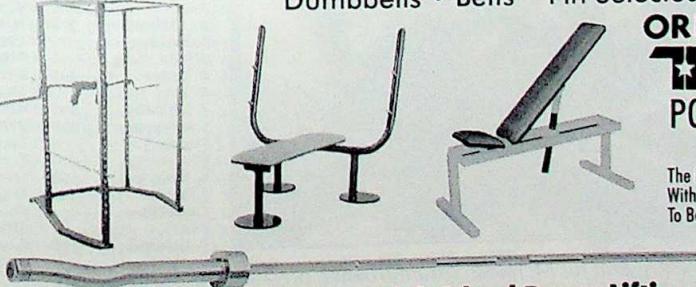
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**7th Eastern OK Bench Press
08 JUL 00 - Eufaula, OK**

WOMEN	198	
123 K. Rogers	115	W. Thacker
C. McKeever	100	D. Marchant
D. Strome	100	J. McKnight
148 L. Blackburn	242	J. Donaldson
T. Hummingbird	290	T. Putnam
165 C. Crossland	110	R. Sanders
181 T. Frizell	275	T. Shipp
M. Deveau	240	T. Davis
MEN	350	M. Richards
Teen	135	E. Ironhawk
		SHW
114 C.J. Hart	100	D. Hummingbird
123 S. Whited	148	Masters
C. Pinson	150	R. Charles
J. Rose	181	250
132 J. Forehand	130	R. Babin
N. Perkins	195	415
165 A. Bongiovanni	280	R. Boudreaux
D. Armstrong	275	415
A. Shine	280	P. Radmilovich
C. Potter	235	B. Lumpkin
B. Webster	140	W. Johnson
181 G. Johnston	310	200
A. Smith	265	R. Hood
198 M. McLaughlin	280	R. Bullington
220 J. Cannon	308	450
T. St. Romain	325	N. Jones
J. Girty	320	400
D. Daresbourg	275	SHW
242 K. Lloyd	165	D. Chaffin
R. Foote	365	561
B. Ward	315	L. Bradham
B. Hill	225	L. Babin
SHW	198	270
E. Gonzalez	300	S. Green
Junior	220	R. Neal
148 R. Seymour	550	385
165 M. Bivins	265	J. Jackson
181 R. McKeever	165	L. Clouse
B. O'Dell	360	S. Green
220 S. Tate	230	R. Bueche
242 T. Sisson	385	420
K. Marchant	425	R. Bullington
Submaster	220	420
165 B. Lee	305	S. Rodenburg
220 L. Clouse	425	K. West
Novice	425	T. Ward
165 J. Dombeck	315	420
A. Bongiovanni	280	M. Hamby
B. Brown	280	R. Elliot
R. Vaughn	305	PROS
		K. Brownfield
		616
		J. Jackson
		550
		L. Bradham
		385
		R. Bueche
		465
		L. Stogsdill
		395
		R. Boudreaux
		415
		S. Green
		410
		J. Meeks

If I could sum this year's meet up in one word it would be INCREDIBLE! This meet had the largest number of lifters we have ever had for the event held on the Lake Eufaula Cove. 90 lifters. The lifters from Louisiana were welcomed with good ole Oklahoma hospitality. There were also lifters from Texas, Missouri, Kentucky, Arkansas, and Kansas. Several WABDL state, national, and world records were broken. How about Linda Blackburn's world record lift of 290 lbs. At 147 lbs. bwt. Jason Jackson of Eufaula, improved his lifting up to a 550 lb. bench weighing only 215 lbs. The teenage lifters did an excellent job along with the masters lifters. Big Dan Chaffin bench a 561 at SHW in the masters 40-46 group. Four men benched 500 lbs. or over and one benched 616 lbs. (which was the incredible Kim Brownfield). The women's lifting was once again phenomenal this year. Kim had recently lost his favorite uncle who had taught him everything he knows about cattle, fishing, and hunting and to care about children in his community. This meet was dedicated to him. We will miss you Bill Brownfield. (Results provided by Sugar Brownfield).



Lance Clouse of Ft. SMith, Arkansas, posing at the Best Body on the Beach contest, which he won after competing in the Eastern Oklahoma Bench Press Championships. (photograph provided by courtesy of Kim Brownfield)



Left to Right: Phoenix Fitness Bench Press Classic II Meet Director Allen Davis, Best Lifter Middleweight Rondell McNeil, Phoenix Fitness owner Mark Riggelman. (photograph was provided courtesy of Allen Davis)

**Phoenix Fitness BP Classic II
19 FEB 00 - Allentown, PA**

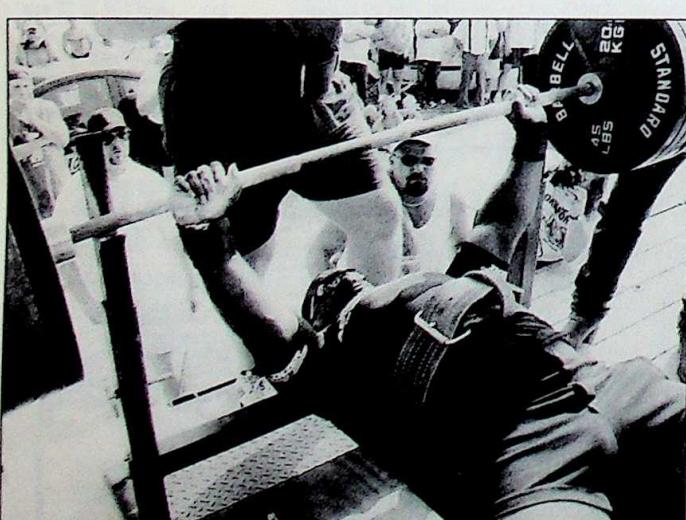
BENCH WOMEN		Max Reps	
J. Halleman	170	E. Schok	105
L. Sharkey	130	G. Thompson	63
P. Sassaman	115	3 Rep Curl	
L. Fox	105	E. Schok	160
C. Graham	95	G. Thompson	160
Max Reps		J. Rivero	
J. Halleman	53	Middleweight	120
L. Fox	47	Max Bench	
P. Sassaman	45	R. McNeil	370
L. Sharkey	45	J. Kassis	355
C. Graham	18	T. Tavares	335
3 Rep Curl		Max Reps	
J. Halleman	90	J. Kassis	113
P. Sassaman	65	T. Tavares	103
L. Fox	60	R. McNeil	72
L. Sharkey	60	3 Rep Curl	
C. Graham	55	R. McNeil	160
Great Job Ladies! Way to Go First Time Competitor! Kassis		T. Tavares	140
Carrie Graham.		Lightweight	
MEN		Max Bench	
Heavyweight		J. Bare	205
Max Bench		Max Reps	
G. Thompson	385	J. Bare	63
E. Schok	375	3 Rep Curl	
J. Rivero	325	J. Bare	135

Thanks to all the participating sponsors who made our Phoenix Classic Bench Press II a great success. Primo's for providing us with fruits for all the lifters, to American Appliance for supplying the Sportsman Awards, and to Weis Markets for supplying the water and Gatorade for all the lifters. I especially would like to thank the staff and owners of Phoenix Fitness for their never ending faith and support in me. (Thanks to Allen Davis for results).

**USPF Rhode Island State PL & BP
19 MAR 00 - Cranston, RI**

WOMEN	198	
K. McElroy	200	C. Ferreira
MEN		235
Teen		Open
181 J. Carreiro	325*	148
220 M. Vieira	300	J. DelBonis
198 M. Connors	275	B. Masello (BL)
Submasters		470*
SHW		
B. Tucker	465	C. Am
275 T. J. Isabella	430	N. Paolello
Masters		340
275 G. Lazzareschi Jr.	550	220
J. Bourgault Sr.	400	P. Buono
		450
275 J. Speaks	385	J. Connors
Guest Lifters		500
242 B. Delamare	470	A. Baccari
Powerlifting Women		440
T. Lucas-198	180*	BP DL TOT
	170*	230*
		580*

* RIRecord; BL- Best Lifter. I would first like to thank all my sponsors, Dr. Robert A. L'Europa, Ocean State Gym, Fitness Technologies and Holiday Inn. Without them I would not be able to put on this contest each year. I would like to thank all my judges, spotters, loaders, score keepers and my announcer who helped out this year. As always they all were a big help in making this years Championships a success. Again I had a large competitor along with the largest spectator turn out ever. Again, like last year, I had a growing number of Masters and Sub - Masters lifters along with even more new and old faces, all taking a crack at state records, plus we also had a number of guest lifter compete in the contest. In a personal note, I (Ted Isabella) would like to thank Robert A. L'Europa for his continuous care of me in trying to keep me healthy and support he gives to the sport I love. This year was a very trying year for me with numerous family illnesses. I am sorry to say that this year's RI Championships will be the last one for me for a bit. I have to take some time away from the sport to take care of my family. I will still be the USPF State Chairman for RI and help any person willing to continue this contest until my return. I would like to thank all my state lifters for all their support through the years and now. (Ted Isabella).

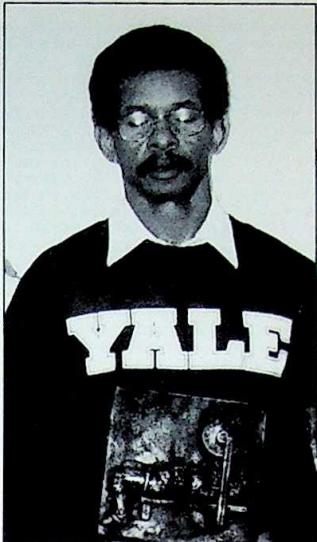


Jason Jackson, a Deputy Sheriff for McIntosh County, bench pressing 550 lbs. at 215 lbs. bodyweight at the Eastern Oklahoma BP meet. (photograph provided to Powerlifting USA courtesy of Kim Brownfield)

**7th APA World Gym Bench Press
26 AUG 00 - Hamden, CT**

BENCH	275	
WOMEN	R. Rohmer	327
97	308	
K. Steele	80	K. Ponteau 250
Submasters		J. Bryant 225
97		Masters
K. Steele	80	148
MEN	55-59	
Teenage	S. Cannady	287*
275	181	
J. Perez	250	45-49
Open	J. Steele	220
148	55-59	
S. Cannady	287	N. Wellins 200
181	242	
J. Steele	220	45-49
N. Wellins	200	M. Hogan 300
242	275	
M. Hogan	300	65-69
S. Rewards	275	R. Rohmer 327*

* World Record. Meet director: Joseph Steele; Head Judge: Joseph Steele; Side Judges: Neal Wellins and Mark Hogan; Announcer: Neal Wellins; Sponsor: World Gym of Hamden. The 7th APA World Gym Record Breakers Bench Press Invitational went very well with ten lifters. There were two World Records set. In the Masters Division, Sam Cannady set a new World Record in the 148 lb. class, 55-59 age group with a 287.5 lb. lift. He broke his old record. Ron Rohmer set a new World Record in the 275 lb. class 65-69 age group with a 327 lb. lift. He also broke his own record, which he had set last month. After the contest, Coach Andy Bram was honored. He has been coaching powerlifting for the last 20 years at Wilbur Cross High School in New Haven, CT. He has made a significant impact on the growth of the student-athletes and is a great role model. (Result by Joseph Steele).



Sam Cannady set a new APA World Record in the 148 lb. class, 55-59 age group, with a 287.5 lb. bench press at the 7th APA World Gym Bench Press Championships. (photograph by Joe Steele)

**Immaculate Heart of Mary BP/DL
10 JUN 00 - Youngstown, OH**

BENCH	W. Kolling	325
WOMEN	R. Dennison	275
14-16	220	
T. Matthews	75	R. Miller 515
MEN	40-49	
Teen 14-16	S. Popovich	350
114	R. Villani	330
T. Kolsky	120	424
M. Trepasso	95	Open
148	D. Swope	500
R. Rappach	210	R. Hennings 325
J. Cretella	150	20-23
165	R. Hennings	325
M. Lenzi	170	40-49
181	J. Coverd	475
D. Olsavsky II	275	50-59
T. Aceveco	135	R. Taylor 280
198	275	
M. Senchesak	200	Open
M. Grannison	175	M. Mikulas 420
242	P. Hillard	400
L. Crawford	260	K. Miller 350
SHW	20-23	
A. Bosilow	240	M. Mikulas 420
Teen 17-19	SHW	
132	40-49	
J. Martin	190	B. Lenzi 485
148	R. Giancola Jr.	325
J. Tammaro	225	DEADLIFT
181	WOMEN	
P. Lubonovich	335	165
C. Steepleton	325	14-16
M. Cleverger	250	T. Mathew 135
220	MEN	
B. Penwell	335	Youth 50 lbs.
S. Protopapa	320	R. Deamicis Jr. 60
148	Teen 14-16	
Open	114	
J. Thomas	350	N. Hoffman 145
C. Venturella	320	165
33-39	M. Lenzi	370
C. Venturella	320	198
Police & Fire	M. Senchesak	310
J. Thomas	350	181
165	Open	
Open	D. Keefer	375
D. Fronzaglia	425	T. Sargianopolis 365
33-39	33-39	Colbert and Ralph Taylor did strong lifts to win the Masters divisions. In the 275 lb. class another close race occurred in the Open division with Marty Mikulas edging out Paul Hillard and Keith Miller for the win. Bill Lenzi came back and put up another strong bench to win the Masters class just missing 500.
J. Leone	285	S. Sheaker 450
181	198	IN THE DEADLIFT RON DEAMICIS JR. PULLED A STRONG LIFT WEIGHING ONLY 45 LB AND BEING SIX YEARS OLD IN THE YOUTH DIVISION
Open	Open	AND THE CROWD GAVE HIM GREAT SUPPORT. IN THE TEEN CLASSES NICK HOFFMAN, MATT LENZI AND MATT SENCHESAK PULLED SOME NICE LIFTS TO WIN THEIR DIVISIONS. IN THE MENS CLASSES DOUGLAS KEEFER EDGED OUT TONY SARGIANOPOLIS TO WIN THE 181 LB.
M. Marone	385	R. Swan 470
D. Keefer	385	275
T. Sargianopolis	325	R. Swan 470
D. Olsavsky II	275	J. Blackstone 530
W. Barber	260	220
33-39	Open	
J. Fiumara	355	B. Bagnal 565
20-23	275	
F. Minniti	275	A. Spencer 570
R. Estes	225	Police & Fire SHW
198	40-49	
J. Phillips	375	B. Lenzi 540
50-59	R. Giancola Jr.	515

RICK SWAN WON THE OPEN DIVISION AND GAVE A GOOD RACE TO JOHN BLACKSTONE WHO WON THE SUBMASTERS DIVISION. BRIAN BAGNAL AND ANTHONY SPENCER BOTH PULLED STRONG LIFTS TO WIN THE HEAVIER CLASSES AND BILL LENZI EDGED OUT REGGIE GIANCOLS JR. FOR THE SHW CLASS. THE WEATHER WAS GREAT AND THE LIFTERS DID A SUPER JOB AS THE MEET WAS HELD OUTSIDE AS ALWAYS. A SPECIAL THANKS TO MY FAMILY AND FRIENDS WHO I WOULD NOT BE ABLE TO HOLD THIS MEET WITHOUT, THEY ALWAYS DO A SUPER JOB. AGAIN A SPECIAL THANKS TO FATHER POPOVICH AND ALL THE COMPETITORS. (Thanks to Ron Deamicis for meet results).

G. Coines	600	450	700	1750
D. Sharkey	710	400	550	1660
G. Bellinger	575	365	630	1570
J. Dundon	600	415	530	1545
V. Smith	500	360	600	1460
UNL				
T. Forbes Jr.	750	450	640	1840
S. Clark	425	450	475	1350
W. Forchion	135	315	135	585
T. Carney	355	225	440	1020
J. Wells	420	285	435	1140
G. Jonas	275	205	315	795
198				

**Central Georgia BP/DL
26 AUG 00 - Macon, GA**

BENCH	S. Jones	425
Teenage	T. Lloyd	390
13-16	SHW	
J. Dugger	A. Davis	460
C. Johnson	155	Best Lifter - Light Wt.
17-19	W. James	345
J. Ridley	285	Best Lifter - Heavy Wt.
Open	H. Gillis	465
132		DEADLIFT
J. Harrison	195	Teenage
148	13-16	
W. James	345	J. Harrison 200
G. Evans	305	17-19
J. Ridley	500	
C. Burnam	285	Open
198	165	
H. Gillis	465	S. Johnson 315
J. Roberson	410	198
J. Bloodworth	320	H. Gillis 575
C. Haugabrook	430	J. Roberson 550
E. Johnson	300	M. Inabinett 550
275		Best Lifter - Light Wt.
M. Inabinett	500	J. Ridley 500
F. Thomas	460	Best Lifter - Heavy Wt.
C. Donaldson	455	H. Gillis 575
198		The contest host was Rob Daughtry and it was held at his gym, Macon Muscle on Riverside Drive. (Thanks to Sandy and Becki Ellis for these results).

J. Candler	45	45	300	390
C. Jones	225	270	315	810
220				
J. Ponzi	515	350	535	1400
J. Lawler	505	315	500	1320
P. Downes	365	240	400	1005
242				
T. Butler	555	340	605	1500
J. Jones	225	270	315	810
198				
J. Yong	400	400	315	1115

**The Training Center's Summer BP
15 JUL 00 - New Castle, DE**

BENCH	220	
WOMEN	A. Succarolle	500
165	J. Payne	390
L. Feeny	155	J. Murray 385
MEN	242	
J. Manlove	320	J. Arnold 500
181	V. Bond	440
M. Spinazzola	285	P. Norris 435
J. Kerr	280	J. Gismonde 375
198	275	
W. Croner	470	
B. Blevins	450	A. Edwards 450
M. Caserla	450	308
C. Palmer	450	B. Frisby 535
M. Warren	420	SHW
M. Honaker	405	H. Wilson 525
J. Hunter	500	
L. Belzer	285	

Best Lifters: Open Women - Laura Feeney, Open Lightweight Men - Barry Blevins, Open Heavyweight Men - Anthony Succarolle. Thanks to all the lifters that made the first Training Center's Bench Press Competition a big success and best of luck in the future competitions. For our first meet, we had a great turnout of 22 lifters. We would like to give a special thanks to Doug Houser, Mason Shively and Steve Bradley for loading and spotting, John Green, Chet Donato, and Pat Toms for judging, and Joyce Smith, Karen Donato, and Suzanne Foraker for a smooth running expeditor table. (Thanks to The Training Center for these results).

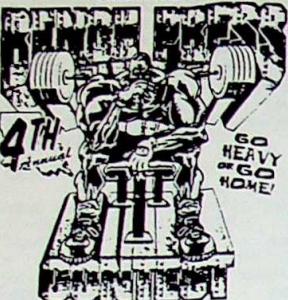
**International Law Enforcement PL
10 AUG 00 - Cocoa Beach, FL**

Open	SQ	BP	DL	TOT
165	230	255	310	795
K. Rustam				
181				
R. Gurrero	560	315	520	1395
T. Holmes	515	390	475	1380
198				
J. Murrell	660	415	615	1690
J. Meade	535	350	550	1435
J. McDaneld	525	325	510	1360
220				
J. Ulvang	650	420	620	1690
J. Dwyer	675	340	600	1615
C. Adams	575	420	580	1575
R. Buster	625	350	560	1535
242				
D. Daubert	700	480	590	1770
R. Johnson	600	400	600	1600
P. Delgado	580	360	605	1545
K. Emery	570	440	465	1475
M. Jones	500	390	450	1340



LSTA - Troop B Affiliate

Grant-A-Wish



June 17th, 2000
Meet Director
TPR. Arrid C. Hansell
Assistant Director TPR. Shona Jackson

4th Annual LSTA Grant a Wish BP
17 JUN 00 - Kenner, IA

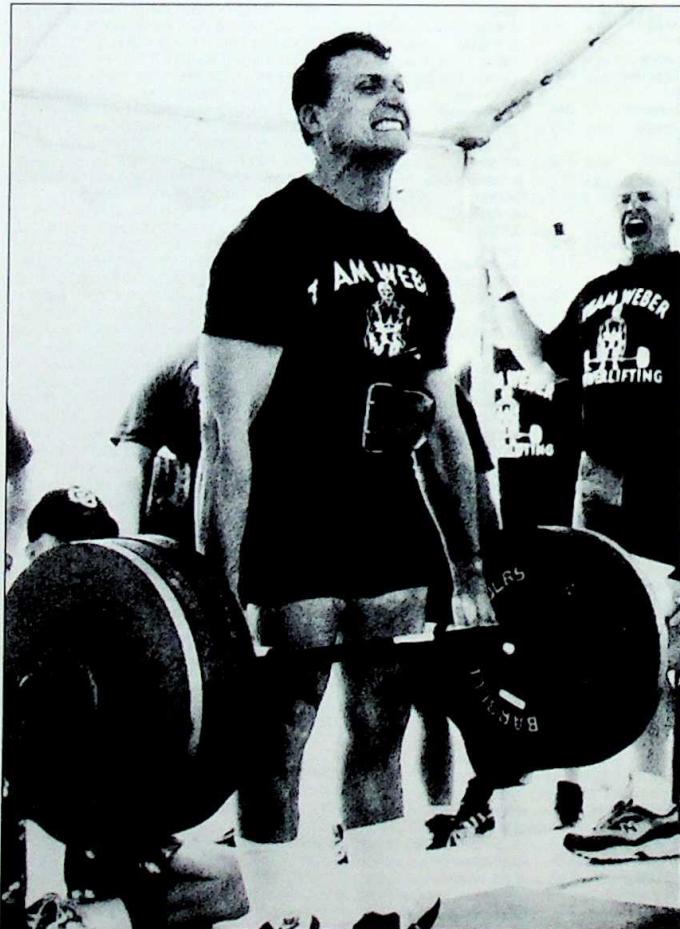
	WOMEN	242			
Open	B. Nichols	515			
116	J. Blackwell	475			
A. Allen	110	L. Stevenson Jr.	460		
122		275			
C. Farina	110	P. Fletcher	475		
J. Dansby	85	R. Rueche	460		
154	T. Babcock	455			
T. Miles (BL)	140	SHW			
MEN	K. Wnuk (BL)	550			
Special Olympics	S. Maddox	520			
123	B. Williams	520			
M. Martinez Jr.	140	Master 40-49			
181	165				
M. Tusa (BL)	300	C. Rood	300		
198	181				
R. Ramirez	185	T. Smith	280		
Teen 14-16	198				
123	R. Boudreaux	405			
J. Miles	90	C. Lundsgard	340		
148	C. Leech	305			
A. Delgado	215	220			
165	R. Jackson	360			
S. Konecni (BL)	255	242			
181	H. Lavin (BL)	435			
Z. Desselle	200	E. Banks	380		
220	S. Nichols	365			
L. Dessel IV	260	275			
D. Darsenbourg	225	L. Dessel III	400		
A. Johnson	185	A. Arena	365		
242	Master 50+				
A. Baldwin Sr.	305	181			
T. Brantley	190	R. Guidry	275		
275	A. Smith	225			
T. Williams	185	198			
SHW		E. Howard (BL)	400		
L. Ancar	310	J. Junsch	330		
Teen 17-19	220				
148	L. Numa	275			
G. Aucoin	215	Police/Fire			
165	Lightweight				
B. Weathersby	300	148			
198	L. Jones (BL)	340			
C. Miller	305	J. John II	185		
242	181				
J. Townsend (BL)	420	A. Roy	350		
Lightweight		J. Jones	300		
165		20-29			
T. "Big T." Tyson	370	J. Swain	250		
D. Cagnolatti	350	140-170			
J. Comardelle	335	L. Howard	465		
181	J. Vining (BL)	198			
Weathersby (BL)	400	J. Norwood	370		
R. Brown	385	220			
M. Spruill	355	M. Sanders	480		
Heavyweight		M. Bruno	475		
198	S. Tate	370			
R. Salcher	440	40-49			
S. D. Thompson	415	J. Blackwell	475		
J. Norwood	370	D. Lehr	245		
220	S. Jackson	415	50+		
M. Sanders	480	B. Duncan	270		
J. Reape	410	R. Reford	225		
T. Austin	405	141-170			
		R. Weber Jr.	245		
		206-224			
		M. Sharp	265		
		535*	800		

with free t-shirts and programs for the lifters. We feel that these are the things that helped us grow from thirty six lifters in 1997 to one hundred and three lifters in 1999. This event is the culmination of months of planning. It reflects our best effort to bring you the most professional contest that we could produce given the resources at our disposal. Remember this meet is one of three fund raising events designed to aid the L.S.T.A. in raising money to grant wishes to terminally ill children. So if you enjoy participation in this contest, please encourage a friend to enter the competition. More competitors will ensure that we will be able to continue providing the lifters with a fun event in which they can display their strength while they support a worthy cause. Good luck to everyone and enjoy the competition. (results courtesy of Arrid C. Hansell).

is 56 and a half years young. Bob and wife Jerri are volunteer weight trainers at Camanche High School. Bob has also helped train in the last 5 years, 6 National Champions, 5 American Record Holders and many State record holders, including himself and has trained many high school students who have lifted over 600 lbs. with the trapbar. "It's the way we train our 10 week cycle, it's nothing like anyone in the country does. When you can take a 131 lb. girl who has never used a trap bar, show her the correct way and she pulls a 325 lb. lift. That saying something." This town is known for deadlift. This meet is put on by our sponsors who pay for our trophies, etc. They are: Snodgrass Motors, A Job Trophy's, Economy Systems, Inc., Paul Revere's Pizza, Zippy Lube (10 minute oil change), Bi-State Heating & Air, Tom McManus (backhoe & trucking service), Schul Engineering, Phil's Country Barn, River Bend Chiropractic, D.M. Services Inc., Cedar Heights, Firearm's Repair, Blue Bird Transfer & Storage, Gary Foster CPA PC, Wisor Feed & Grain, Kelly Oil, Easter Iowa Tire, Carpeland USA, All Pet's Mobile Clinic, AV Transportation (trucking service), Witt's Small Engine Clinic, PCD Graphics, Luck Bill & Myrt Palmer, Camanche High School, Camanche Elementary, Gary Kampe, Dave & Cathy Musal (computer work), Mark & Bonnie Sharp (weight equipment). Our helpers are: Afton, Kim, Steve Wagner, Dave & Cathy Birdsley, Agina, Dan Phipps Jr., Robbie, Frank Grage, Robin, Robert Weber III, Tonya, Chad Winzel - Spratt, Megan, Deb Medinger, Chad Sieble, Troy Crigger, Linda Pingle, Mr. Bruce, Lora Flinn, Richie Klahn, Kevin Kinnealy, Darren Miller, Mr. Franciscion, all the football players who helped move the weights from the school to the park and back. River Bend Chiropractic to Dr. Picchiotti and Dr. Slattery for giving adjustments and massages to all who needed. Next year the meet will be held August 4, 2001 at the high school. It will be Team Weber Camanche High Shootout. Entry fees will stay the same. There will be late fees after July 20, 2001. See you in the little town with the deadlifters. Bring your high school and do bench or full meet, high school only. Open class full meet only. Contact Robert Weber Jr., 1412 5th Street, Camanche, Iowa 52730, Phone 319-259-8695. (Thanks to Jerri Weber for results).

Bearfest III
15 JUN 00 - Tulsa, OK

BENCH	AAPF Masters
148	C. Coulson 455
AAPF Open	AAPF Submasters
K. Perez	165 D. Hummingbird 430
AAPF Teenage	T. Guiney 105
J. Caputo	130 Deadlift
181	148
APF Open	AAPF Teenage
S. Baker	360 J. Caputo 275
198	198
APF Open	AAPF Open
R. Richardson	275 R. Richardson 560
AAPF Submasters	AAPF Submaster
K. Hilsenbeck	340 K. Hilsenbeck 160
APF Open	220
C. Henry	395 AAPF Masters
APF Masters	C. Cupulo 565
P. Radmilovich	350 APF Open
220	J. Griggs 600
AAPF Masters	D. Whittle 600
C. Caputo	390 J. Cox 530
APF Open	SHW
D. Whittle	500 AAPF Submasters
J. Griggs	425 T. Guiney 630
J. Cox	350 AAPF Masters
SHW	C. Coulson 550
Best women's bench: Kim Perez, Best men's bench: Dan Whittle; Best male deadlift: Rick Richardson; Best Lifter: Dan Whittle. Bearfest III was promoted by Bear Smith at Eastside Gym. The numbers of lifters were down from last year due to injuries, but it turned out to be excellent meet. Fourteen lifters excelled in breaking personal and state records. In the bench press, Kim Perez of Oklahoma City, took best female bench honors in the AAPF 148 lb. class with a 165 lb. bench. Dan Whittle of Tulsa took best male bench presser, by benching 500 lbs. In the APF 220 lb. class, Dan Whittle, also, won best overall lifter with a 500 lb. bench, and a 600 lb. deadlift. My personal thanks to Eastside Gym, Eddie Vaughn (APF/AAPF Oklahoma State Chairman), the APF/AAPF, my wife Jeanie, the lifters, and all the people behind the scenes who helped make Bearfest III an enjoyable meet. Stay tuned for Bearfest IV. (Bear Smith)	



Robert Weber Jr. pulls 575 in the Trap Bar Deadlift, at 162 lbs. bodyweight and 56 1/2 years of age, at the Camanche Days Championships. (photograph provided courtesy of Team Weber Powerlifting)

Sky Ranch for Boys PL 05 AUG 00 - Sky Ranch, SD				
132	SQ	BP	DL	TOT
J. Best	275	195	350	820
C. Gould	135	130	225	490
J. Barkoff	135	110	245	490
S. Ygnatowicz	125	110	205	440
148				
T. Colvin	300	155	225	680
A. Frederick	225	145	275	645
D. Lipkins	190	180	315	685
A. Matney	175	160	275	610
M. Broveak	180	140	240	560
D. Faure	125	95	155	375
T. St. John	115		225	340
165				
J. Sullivan	340	195	390	925
F. Lepe	260	205	330	795
C. Lesnet	220	225	360	805
J. Langley	135		210	345
181				
D. Plummer	230	205	390	825
J. Schofield	215	190	335	740
F. Starr	140	155	260	555
198				
M. Hackbarth	300	275	450	1025
M. Burkman	330	225	390	945
T. Merchant	185	175	250	610
220				
B. Noel	250	200	370	820

Special thanks to Sandy Miller for flying out from NY to help judge and coach the meet. (Thanks to Ron Miller for providing these results to PL USA).



A Sky Ranch Thank You ... "I'm a counselor who works with troubled youth. I find my work very rewarding and fulfilling, and one of my greatest pleasures at work is coaching powerlifting. We were recently treated to a powerlifting seminar by South Dakota State Chairman for USA Powerlifting, Steve Howard. Steve reviewed the rules and regulations for his upcoming meet and also gave some excellent training tips for the boys. I personally have not met a more generous and dedicated man to our sport. The boys at Sky Ranch and myself would like to thank Steve Howard for all his help and continual dedication towards powerlifting." Steve is at far right in the photo above, just behind Ron. Ron would also like to thank Arlyn Dyce for the use of his gym (The Weight Room) and Jamie Timm for always helping Sky Ranch powerlifting. (photo courtesy of Ron Miller)

USAPL Sacramento Push/Pull 17 JUN 00 - Rancho Cordova, CA

BENCH		
Open	Master 2	
165	J. Randazzo	360
M. Hara	450	165
J. Meixner	295	Teen
181	P. Boozer	300
S. Dias	350	B. Baker
220	Master 2	295
R. Exum	285	E. Martinez
275+	181	400
D. Freeland	420	K. Kaestner
Deadlift		
Teen		
114	N. Luiz	350
D. Harter	205	220
148	Teen	
C. Hernandez	355	J. Taylor
C. Etter	335	335
BENCH/DEAD		
Women	BP	DL
Master 3	TOT	
114		
C. Brigham	110	250*
Master 4		360
198		
K. Pouansky	110	190
Men		400
148		
Special		
A. Farahmand	65	135
Open		200
B. Uyevica	280	495
		785

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

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

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method on the Internet, in Powerlifting USA, or any other publication that USAPL so chooses. All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

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Open

C. Aichs

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Master 3

T. Nugent

355 440 795

*Denotes State Record. Best Lifter: Push/Pull Lifters only; Drew Coby (Teen); Chris Brigham (Light); Keith Kanemoto (Heavy); Bob Accosta (Master). (Thanks to USAPL for providing the meet results).

USAPL Minnesota BP Championship 18 MAR 00 - Plymouth, MN

BENCH	T. Hirdler	320
WOMEN	T. Poecel	315
Open	Masters 50-59	
97	D. Hawkinson	330
C. Anderson	110	T. Hagenmiller
114		310
Shuttleworth (BL)	150	T. Lohman
Teen 16-17		405
114		D. Johnson
L. Fischer	105	380
123		D. Lux
T. Toso	115	300
MEN	Junior	
Teen 16-17	J. Hodge	405
123	Open	
T. Odell		450
L. Austin		410
J. Hoffman	220	M. Ready
148		400
M. Lohman	215	S. Nelson
Junior		300
T. Williams	225	D. Szamban
Open		315
E. Alter	280	Junior
165		J. Stordahl
Teen 18-19		335
S. Nasinski	250	Teen 14-15
Junior		235
B. Kegler	265	J. Stevenson
Open		425
L. Martins	340	B. Huymda
R. Pahn	300	335
W. Kish	285	B. Huymda
Masters 40-49		425
P. Baer	300	B. Mozis
Masters 50-59		240
J. Tini	290	Teen 14-15
181		235
Junior		N. Kuvas
S. Hodge	310	Teen 18-19
Open		J. Galvan
J. Marispni	410	Junior
J. Sussman	405	A. Beaudet
D. Miller	360	425
Masters 40-49		M. Gordon
G. Alstadt	415	470
R. Leppa	365	M. Gordon
198		470
guest		Masters 40-49
L. Boyles	455	D. Rgnonti
Open		390
L. Varges	365	M. Masters 50-59
M. Cooper	405	R. Davies
L. Gaylad	325	290
R. Magni	375	S. SHW
Master		J. Hirdler
M. Burns	415	400
K. Hare	415	J. Davies
T. Lohman	405	290
J. Hirdler	400	Junior
C. Nelson	355	The Tick

(Thanks to Brad Madvig and Jim Cahill for results).

Maine State Push/Pull
05 AUG 00 - Turner, ME

	BP	DL	TOT
Men			
Guest			
Russ Barlow 308	501	733	1234
JR			
Scott Blanchard 198	374	600	975
Alex Scpton 181	319	462	782
Josh Wagner 147	225	374	600
Josh Scholl 214	319	485	804
Shawn Swiderski 143	242	314	556
Master (40-49)			
Richard White 177	325	562	887
Christopher Clark 203	325	567	892
Dominic Mirone 162	209	440	650
Kevin Inman 210	286	462	749
Master (50+)			
Stanley Muller 220	259	396	655
Open			
K.Jackson Gleason 282	551	672	1223
Michael Kalter 218	396	727	1124
George Solirakos 188	424	584	1008
Tim Bellmore 181	424	584	975
Andrew Connors 228	501	606	1107
Chris Wiers 307	540	622	1162
Brent Howard 219	374	683	1058
Richard White 177	325	562	887
Tim Goode 174	352	507	859
Michael Eugley 233	374	633	1008
Del Harrington 228	391	600	992
Dan Whalen 218	407	551	958
Steve Robyck 254	440	551	991
Randy Pushard 166	314	457	771
Christopher Clark 203	325	567	892
Charlie Kanavas 180	308	501	810
Robert Jodoin 217	352	518	870
Matt Griffin 217	347	523	870
Earl Cole 148	236	396	633
Keith Schofield 323	424	501	925
Russell Bickford 205	314	451	765
Jason Connors 207	270	473	743
Roland Ingrisano 211	275	473	749
Stephen Gorham 214	330	424	754
Frank Ventriglia 186	225	451	677
Bret Moorehead 156	325		325
SubMaster			
Tim Goode 174	352	507	859
Dan Whalen 218	407	551	958
Steve Robyck 254	440	551	991
Randy Pushard 166	314	457	771
Troy Conquest 274	380	303	683
Teen			
Rico Minervino 181	281	462	743
Michael Purington 133	121	303	424



Tim Bellmore pulls 551 to place 4th in the Open Division at the Maine State Push/Pull (photo provided courtesy of Russ Barlow)

Women

	BP	DL	TOT
JR			
Ericka Blanchard 122	132	244	374
Master (40-49)			
Betty White 160	132	275	407
Open			
Michele Cooper 178	143	275	418
Team: Ultimate Fitness Center. I would like to thank everyone who supported this year's APE Maine State Push/Pull. Again this was a great success attracting 52 lifters from throughout New England. A special thanks to my partner Shane McKenna, the people of Universe Gym, Andy Connors, Steve Cole, Dan Bellmore, Steve Smith, Everett Tyler, Monique Cole, Liz Lowsoule, Mich-			

elle Curtis, Norm Guay, Dan Levesque, Lynne Barlow and all the spotters and loaders for without your help, there would be no Maine State Push/Pull. Remember to stay hard-core. (Thanks to Russ Barlow for providing the results for this contest).

Open	Kyle, Bill	700	550	650	1900
JR	Turner, Ellis	630	400	630	1660
C. West	Wagner, John	610	340	555	1505
J. Floyd	Isbell, Jamie	-	-	-	-
H. Howard	Submaster				
Master (40-49)	Turner, Ellis	630	400	630	1660
D. Lee	Wagner, John	610	340	555	1505
F. Quirk	Isbell, Jamie	-	-	-	-

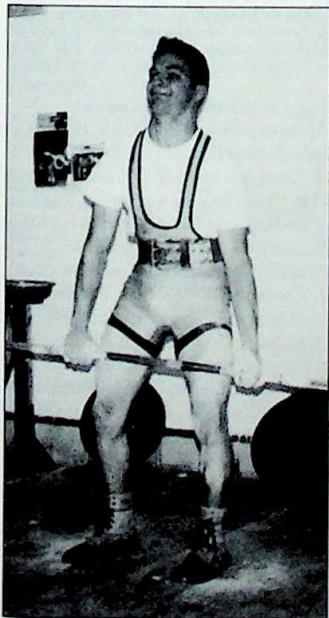
**14th Southeastern Illinois BP & DL
29 JUL 00 - Harrisburg, IL**

WOMEN	BP	DL
S. Motsinger	120	245
MEN		
148		
A. Dennison	250	
181 police and fire		
R. Dearing	300	
Open		
D. Rees	275	475
Juniors		
J. Sheldon	265	
198		
J. King	460	
Masters		
G. Baker	450	
Police and fire		
M. Carwyle	325	505
220		
D. Ratliff	365	
A. Henson	315	360
242		
R. Hesterly	350	
275		
W. Hinkle	300	440
B. Rath	430	
G. Richard	315	
308		
R. Hudnell	435	505
SHW		
R. Ramos	425	500

This 14th Annual meet was held in the aerobics room at S & M Fitness. Every year we put on this event to help our area lifters prepare for upcoming meets. Out of the 16 lifters 16 were members of S & M Fitness Power Team. We would also like to extend a big thanks to the spotters and loaders Ron Rann and Sean Draper. Our head judge was Andrea Cullum who competed in the 1999 world meet in Czech Republic. Side judges were Scott Dearing, Larry P. Marcus and Butch Melvin. Setting out this meet and working the scorers table was Sophia Hobson and Amanda Jackson with Harvey Slaton overseeing. Mark Motsinger played two roles as announcer and coach, what a guy. This meet is always a lot of fun for the members of S & M Fitness who turn out in large numbers to watch their friends and family members compete. For many of our lifters it was their first meet. It was Josh Sheldon's first meet and hopefully he will not be scared to compete again since his shoulder came out of socket on his third attempt. OUCH! That's what you call giving it all you've got! (Thanks to S & M Fitness for providing the results for this meet).

**3rd Annual Oneida Iron Cross
20 AUG 00 - Oneida, NY**

MEN	SQ	BP	DL	TOT
Junior				
13-15				
J. Gunthorpe	190	120	175	485
18-19				
T. Benda	300	195	400	895



Tony Benda pulls 400 at the 3rd annual Oneida Iron Cross Power Meet. (B. Gunthorpe photograph)



TEAM S&M Fitness ... (left to right, front row) Sophia Hobson, Amanda Jackson; standing - Mark Motsinger, Greg Richard, Adam Henson, R.D., Ron Ramos, Suzanne Motsinger, Richard Hesterly, Greg Baker, Robert Hudnell. (photo provided courtesy S&M Fitness)

Open
181
M. VanAlstyne 620 365 535 152-0
220
K. Modya 490 370 390 125-0
242
J. LaBarbera 415 285 460 116-0
Master 40-44
D. Gunthorpe 155 165 345 665
Master 45-49
T. Gunthorpe 365 260 415 104-0
The 3rd Annual Oneida Iron Cross Power Meet held on August 20, 2000 in Oneida, New York was a huge success. While the meet did not draw as many lifters as expected, it did include lifters running the gamut from neophyte to accomplished lifters. The newest lifters to the sport included Dave Gunthorpe and Troy Benda. Gunthorpe lifted in the Master's 40-44 division in his first 3-lift meet and managed to pull 345 for a personal record. Benda lifted in the junior men's 18-19 division and is a relative neophyte to the sport. He displayed excellent concentration and effort in going 8 for 8 and only passing on his final deadlift. His deadlift of 400 at 148 lb. bodyweight is his definite strong point and he should go far in the sport as this writer feels Benda will easily pull triple bodyweight with continued training and stays focused (stick with it Troy). Jesse Gunthorpe lifted in the junior men's 13-15 division and came away with 3 personal records with a 190 squat, 120 bench, and a 485 total. In his third 3-lift meet and is improving steadily. Jeff LaBarbera and Tom Gunthorpe lifted in the 242 open class and the Master's 45-49 division respectively. Both lifters had agreed to lift with only 1 week's notice just to fill out the field. LaBarbera squatted 415, benched 285, and pulled 460 for an 1160 total thus proving the concept of muscle memory. Gunthorpe set personal records in the squat with a 365 effort, a 1040 total and going 9 for 9 in the meet, not bad for one week's training. Kirk Modya lifted in the 220 open class and had his best meet in some time. Modya posted a 1250 total that included a fine 490 squat, a 370 bench, and a 390 deadlift. While Modya was pleased with his performance (as he should be), his friends and fellow lifters are greatly inspired, because they know how diligently he trains and considering his health problems he never gives up and makes us all realize what can be accomplished with a can-do-never-say-die attitude. The highlight of this meet as well as the previous Oneida Iron Cross meets was the inclusion of Mark VanAlstyne. VanAlstyne was easily the most accomplished lifter to grace the platform at this meet. Lifting in the 181 open class and weighing in at 178 Mark wowed the audience and other lifters to witnessing a near 3.5 times bodyweight squat of 620, a triple bodyweight deadlift of 535, and a solid 365 bench for a 1520 total. The Oneida Iron Cross Powerlifting Club may never be privileged to see better lifting unless Mark returns next year. Any meet is only as successful as the people who give their time to referee, load / spot, coaches, give encouragement, video tape, announce, and any other of a myriad of duties that may arise with running a meet. Referees Dwight Dalley, Mike Winton, Brett Spencer, and Jim Crowley exhibited the best qualities of refereeing making consistent and fair calls. Scott Thurston, Jeff LaBarbera, Jim Crowley, Steve Stechyshyn, and Tom Gunthorpe acted as spotters/loaders in addition to lifting and / or other duties required of them. No one was injured and the lifting was performed smoothly in

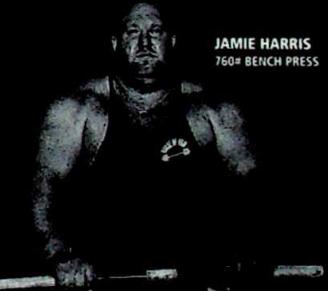
no small part to their efforts. Bonita Clark videotaped the event for posterity and did an excellent job. Steve Lowell announced the meet along with scorekeeping duties and showed great promise for public address. No money changed hands with these people for their help and they offered or accepted their duties freely and gave their word that they would be there and they were. For their help, I hope this thank you is sufficient. It is sincere, because I have recently witnessed other larger meets that have not got the help of such support people, especially referees. Lastly I would like to thank my wife Barb for putting up with all this and I realize that I could not do it without her and her support. I love you and will make up for shooting the bull with the guys three hours after the meet was over on your day off. (Results by T. Gunthorpe).

**Summer 2000 Push/Pull Meet
18 JUN 00 - Elkhart, IN**

BENCH	198	
Masters	C. Flannigan	305
181	242	
M. Harris	300	R. Medlin 330
242	275	
T. Werblo	320	S. Mendlikowski 350
Masters 50+	DL	
275	Masters Women 75+	
T. Striverson	480	
Teen	132	
198	J. Merrell	75
J. Monroya	310	Masters 80+
Open	165	
181	R. Merrell	175
M. Schroen	315	Open
220	198	
M. Banner	420	J. Campbell 550
B. Lopez	275	
J. Quiroz	440	T. Kollars 500
308	275	
S. Tucker	450	B. Costello 450
SHW	Novice	
K. Luczkowsk	410	T. Locke 400
Novice	198	
181	C. Flannigan	465
M. Lyczynski	275	
	S. Mendlikowski	550

Teams: Lynch's Gym, Goshen Power Alliance; Best lifters: BP-Ted Striverson \$100. DL-John Campbell \$100. Special thanks to Mr. & Mrs. Brendan Yoder, Rob & Al Reed and Theresa Barnes. Once again we had perfect weather. The star of the bench division was Ted Striverson, who at age 53, made 3 strong, clean lifts, finishing with an excellent 480 at 256 lbs. He has the eye of the IPF Masters record of 507, and from what I saw this is a very real possibility. Another Master, Tim Werblo, used all the fresh air to his advantage and hit a pr of 320. In the Novice div. Mike Lyczynski was impressive, going 3 for 3 in his first meet, finishing with a strong, raw 275 at 181. Mike Banner was the best open lifter, getting a nice 420 at 220, which also copped a case of beer for him in a 3 way bet with a couple of his teammates. Big Lou came back after a couple of years and was not that far off his best, getting a 410. In the deadlift everyone was inspired by the lifting of Josie Merrell who made a pr of 75 in the 75 and over, and husband, Roger who competes in the 80 and over and went 3 for 3, finishing with a 171. Best lifter went to John Campbell once again, who made a 550 in the 198's. (Thanks to Jon Smoker).

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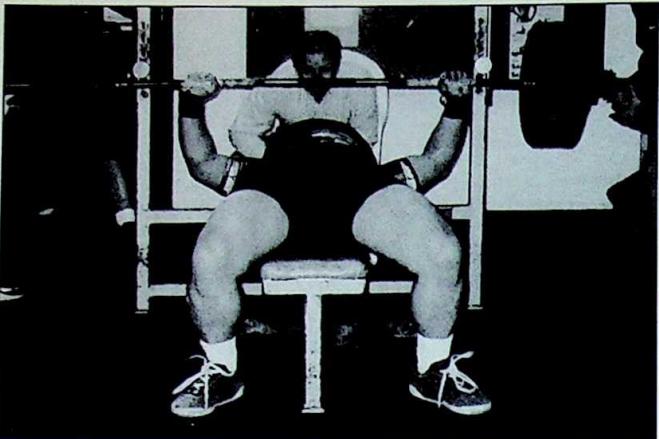
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2000 Fitness Quest BP Contest
15 Apr 00 - Eau Claire, WI

BENCH	Novice Light		
Open Light	Nick Wilkie	195	
Dan Mildbrand	355	Matt Oscarson	195
Dave Draeger	290	Novice Middle	
Jason Gisselbeck		Travis Steivang	340
Open Middle		Tad Beeksman	260
Matt Nielsen	400	Novice Heavy	
Mike Fleming	390	Sean Coffey	300
Tom Guelzow	350	Bill Hazuga	275
Steve Schaefer		Steven Adams	265
Open Heavy		Masters	
Bill Pechmiller	500	Jeff Radloff	470
J. C. Franco	440	Submasters	
Mark Jangula	430	MikeLinnell	355
Scores based on Wilks table. On April 15, 2000, at the 12th Annual Central Wisconsin Bench Press Contest, held in Eau Claire, Wisconsin, Jeff Radloff a Master lifter (48 yrs old) from Merrill, Wisconsin, tore his calf muscle in a freak accident moments before his first attempt. While putting his bench shirt on, one of the helpers slipped and Jeff took a knee to the back of his calf which resulted in tearing of the muscle. Jeff was advised by many of his fellow lifters not to lift, but as always, he never listened. Jeff was able to put up 450, 460, and a personal best of 470 @ a bodyweight of 230, taking first place in the Masters division and having the second highest push of the meet. Immediately after the meet Jeff spent the next 3 days in the hospital and 6 weeks recovering. Additionally Jeff was able to compete in the bench press again on 3 July, in Milwaukee, Wisconsin, at the Canadian-American Police and Fire games, resulting in a first in the Masters in the 242 class, and Best lifter in the Overall Masters division. (Thanks to Mike Fleming longtime lifting partner, for these results.)			



Jeff Radloff, at the 2000 Fitness Quest meet, lifted 470 lbs. after a freak calf injury. (photograph provided courtesy of Mike Fleming.)

CPC Canadian Championships
29 JUL 00 - Okotoks, Alberta

BENCH					
82.5					
P. Greg	135				
100					
D. Asplund	155	SQ	BP	DL	TOT
WOMEN					
Teen					

60	L. Kert	110	40	110	260	L. Thorpe	137.5	65	147.5	345
75	R. Yanikyan	122.5	60	107.5	290	L. Bank	115	45	115	275
Junior						A. Dusterbeck	160	90	180	430
56	J. Almeida	115	40	110	265	56				
60	K. Ottenbrett	130	60	110	300	W. Greig (56)	147.5	70	160	377.5
Open						67.5				
60	C. Stuckey	135	72	127.5	335	B. Cameron (41)	130	52.5	130	312
S. Downie	120	67.5	130	327	P. Thomas (41)	102.5	45	117.5	205	
75	S. Spencer	157.5	90	142.5	390	82.5				
Submaster						J. Jameson (54)	130	50	60	240
56	J. Eckstrano	80	30	87.5	197.5	L. Miller (66)	202.5	115	177.5	495
60						MEN				
						Open				
						67.5				
						R. Harper	240	130	235	605
						75				
						J. Skow	182.5	80	170	422.5
						82.5				
						S. Molnar	290	175	290	755
						C. Evan	300	195	260	755
						90				
						E. Mil-Homens	272	200	302.5	775
						T. Tzavaras	200	130	187.5	519
						100				
						T. Kay	307.5	210	272.5	790
						B. Cydeyko	227.5	150	200	577.5
						110				
						C. Kill	320	170	272.5	762.5
						S. Hogg	255	182.5	227.5	665
						125				
						S. Weisman	365	212.5	345	922
						B. Grewal	280	200	240	720
						P. Bowsher	250	140	242.5	632.5
						140				
						A. Meehan	455	245	280	980
						M. Schultz	367.5	227.5	272.5	862.5
						G. Snelgrove	295	210	227.5	732

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125	J. Margells	140	107.5	162.5	410
75	J. Sommerville	180	80	200	460
140	J. Campacci	180	95	195	470
140+	M. Mullunogh	175	110	160	445
82.5	J. Judge	190	80	200	470
C. Heavins	137.5	92.5	197.5	422.5	
J. Richards	160	80	180	420	
Junior					
82.5	C. Fidyk	190	140	225	565
100	J. Martini	270	165	245	680
125	B. Beechler	297.5	205	275	77.5
140+	P. Irvine	160	125	110	395
90	Guest lifter				
90	S. Duplesis	250	120	240	610
Submaster					
75	V. Graham	272.5	165	237.5	675
82.5	B. Johnston	235	110	242.5	587.5
90	R. Etzell	260	182.5	275	717
100	B. Stradeski	235	92.5	160	487
110	P. Smith	237.5	135	215	587.5
125	P. Wells	220	132.5	230	582.5
125	R. Worrad	227.5	120	200	547.5
SHW	L. Desjarus	280	190	230	750
Master					
90	D. Miller	145	70	152.5	367.5
100	J. McKenzie (50)	210	115	220	545
100	G. Irvine (46)	245	155	215	615
110	J. Wolbees (54)	205	165	260	630
110	D. Fuss (42)	300	215	287.5	802.5
125	J. O'Connor (53)	260	127.5	222.5	610
125	T. Brooks (41)	300	170	280	750
140	B. Greig (48)	385*	180*	380*	945
This was our best showing of lifters at our Canadians. There was some great totals. We are becoming competitive with other countries. Wendy and I have work very hard to bring the sport out of the dark ages in Canada. I want to thank the following that help our meet. Head - D. Mandeville, M. Greig, L. Brooks. Judges - Gary Baum (USA), Wendy Greig, Leslie Miller, Shawna Brown, Shawn Hogg. All the others that help set up. Allan Meehan squatted 1014 lbs. (460 kg.). Bruce Greig WR - squat 848 lbs. (385 kg.). WR Deadlift 837 lbs. (380 kg.). This is in masters 308, 48 years old. Sheila Downie, Kelly Ottenbrett, and Wendy Greig competed 4 weeks earlier in the Alberta Body Building, then won the Canada Powerlifting. (Thanks to Bruce Greig for providing the results to PL USA).					

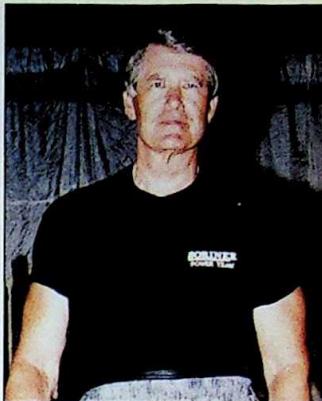
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USAPL 3rd Annual Idaho BP/DL
22 JUL 00 - Idaho Falls, ID

BENCH		Master 40-44
WOMEN	165	M. Adamson 325
Open	181	
K. Walker	140*	D. Clayton 385
148		B. Baker 340*
E. Compton	150	275
Master 50-59		S. Schultz 330*
148		Master 45-49
E. Compton	150	220
MEN		R. Marchant 315
Open		Master 50-54
148		198
M. Preslar	235	A. Scardino 275*
165		T. Meyers 330
J. Cunningham	385**	DEADLIFT
R. Neal	320	WOMEN
B. Donovan	265	148
181		Open
D. Clayton	385	E. Compton 275
B. Baker	340*	Master 55-59
198		E. Compton 275
J. Hernandez	420	MEN
B. Compton	360	165
B. Hill	350	B. Donovan 465
Y. Bartlett	270	198
J. Fisher	240	B. Hill** 585*
M. Nelson	220	M. Nelson 520
A. Leavitt	400*	J. Hernandez 510
B. Clark	370	J. Fisher 450
242		S. Davis Raw
D. Thompson	430	220
M. Knudsen	400	B. Clark 575
275		A. Leavitt 181
J. Galvan	380	M. Knudsen 560
S. Schultz	330	J. Bigby 14-16
T. Meyers	330	M. Nelson 525
319		J. Newberry 17-19
G. Brower	450*	T. Long 600
J. Long	425	G. Campbell 575
Teen		Open
16-17		G. Campbell Military
148		D. Curth 310
M. Preslar	235*	D. Gurt 470
J. Walije	235*	R. Lockhart 405
18-19		500
275		905
J. Galvin	380	Females: Best Bench - Jeri Keel, Biggest Bench - Traci Hentges; Best Deadlift - Sandra Walker, Biggest Deadlift - Anitra Jones; Best Lifter - Jeri Keel, Heaviest Total - Sandra Walker. Males: Best Bench - Darrell Hamby, Biggest Bench - Greg Campbell; Best Deadlift - Johnathan Gray, Biggest Deadlift; Best Lifter - Greg Campbell, Biggest Total - Greg

*Denotes State Record; **Denotes Best Overall Deadlift. (Results provided by Apple Athletic Club).



Mack Branham, 69 yrs. old, was Best Lifter at the PPL East District Georgia Games (Python Gym).

PPL E. District GA Games
10 JUN 00 - Augusta, GA

BENCH	SHW	
WOMEN	A. Jones	290
Open & Subs	MEN	
105	165	
J. Keel	105*	Novice
Military		J. Couch 260
165		Youth
K. Gurt	95*	P. White 275
MEN		Open
165		J. Gray 525
Novice		181
T. Johnson	235	14-16
40-46 & Open		J. Bigby 260
D. Hamby	420*	Novice
220		K. Riddle 485
Novice		198
J. Hancock	305	40-46
Raw		T. Meyers 660
G. Barley	405	220
G. Jones	330	68+
47-53		M. Branham 480
G. Jones	330	242
68 & Over		54-60
M. Branham	290	L. Huey Novice & Subs 370
275		D. Hilt 475
Open		
Jukebox	435	47-53
DEADLIFT		A. Isaac 400
WOMEN		275
Novice		Open
148		D. Rogers 705
P. Hitt	225	BP DL TOT
Iron Maidens		
105		
Open & Subs		
J. Keel	105*	195* 300
123		
47-53		
B. Cooter	110	200 310
132		
40-46		
S. Walker	105	285 390
4th		300*
Open		
T. Hentges	125	190 305
47-53		
D. Potter	95	155 250
MEN		
165		
Youth		
J. Bridges	100	200 300
T. Montgomery	120	210 330
Open		

Campbell; Best Legends Lifter - Mack Branham. For the second year in a row the organization who originated powerlifting in the Georgia Games, was the site of some spectacular lifting! From Sandra "Cocoa" Walker's 300 lb. deadlift at 132 lbs., to Greg Campbell's 515 lb. bench press at 198 lbs., to 69 year old Mack Branham's nearly 500 lb. deadlift to the WWF style deadlift demonstration by Tee "Skinny Man" Meyers and Deron "Roadkill" Rogers. What I am trying to say is... We had a great time! We all got T-Shirts and we all got medals and we all made new friends. The "Iron Maidens" of the Python Power League were in full force! For some reason we have an abnormally high percentage (25%) of lady lifters in our meets and we'd like even more! These ladies show that you can lift weights and yet maintain that natural feminine beauty that God has blessed them with! You go girls! Names to look out for in the coming year... Darryl "Shorty" Hamby, Sandra "Cocoa" Walker, Greg "Da Head" Campbell, Jeri "The Gnat" Keel and Johnathan Gray! Until next time... Stay clean, stay strong and I'll see ya on the platform! (Thanks to Tee "Skinny Man" Meyers, PPL President, for the meet results).

International Bavaria Cup Deadlift
01 JUL 00 - Landshut, Germany (kg)

DEADLIFT	W. Franke	270
Wom e n	S.Schmid	265
-52	S. Tessler	255
M. Laesser	112.5	+125
-56	R. Sautner	340
A. Kemper	160	E. Ascher 300
-75	J. Breitenfellner	275
S.Zangerle	140	16 - 23 yrs
I. Kunkel	140	-67.5
V. Loch	137.5	P. Schiffner 190
-75		-75
E. Bachmeier	195	F. Dorfner 240
+90		-82.5
S. Sauter	200	M. Hellwig 245
Men		T. Willinger
-67.5		237.5
M. Riesch	240	R. Ossner 220
-75		A. Grundinger 170
A. Hoffmann	185	-90
-82.5		M. Hellwig 280
V. Kraus	312.5	F. Sauerer
R. Singer	260	242.5
Y. Malka	255	-100
G. Grossbeck	250	M. Fischer
J. Mueller	230	257.5
R. Buckl	205	-110
-90		V. Golder 265
J. Edmond	290	-125
R. Huber	280	P. Hesse 280
F. Schmidtmann	260	40 + yrs
M. Ziege	230	-75
W. Golzer	227.5	U. Wuth 180
A. Sassi	220	-82.5
R. Georgius	220	J. Lorber 205
D. Mittendorf	220	-90
-100		J. Thomas 255
H. Ebert	320	F. Stadler 200
S. Allhoff	310.5	J. Oppeneder 195
R. Weiss	290	F. Reiss 190
J. Korb	280	-100
R. Brucherseifer	207.5	M. Mueller 310
-110		G. Bach 225
J. Hochstetter	320	-110
G. Bellinger	295	H. Maas
O. Gotz	285	297.5
J. Griessl	260	F. Lachajzyk 270
A. Dudek	255	F. Kettgruber 210
M. Mosig	235	W. Kriška 180
D. Krueger	230	-125
-125		U. Abels 230
J. Mayrhofer	325	

(Thanks to Karl Auer for providing these results).



Eva-Maria Bachmeier was the Best Woman competitor at the International Bavaria Cup Deadlift Championships. (Karl Auer photograph)

W. P. O.™
World Powerlifting Organization™
YEAR 2000
Membership Application



PLEASE PRINT CLEARLY * COMPLETE ALL BLANKS

Last Name	First Name	Initial		
Street Address/P. O. Box				
City		State	ZIP	
Telephone Number		Date of Birth	Age	Sex
Social Security Number		Occupation		Date of Application
IF UNDER 18 PARENT MUST INITIAL		BY SIGNING THIS APPLICATION I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE W.P.O.™		
		SIGNATURE x _____		

YEAR 2000 Membership Registration Fee: \$ 25.00

Mail Application & Check To: Huge Iron Production, Inc.
 910 S. Atlantic Avenue
 Ormond Beach, FL 32176

WNPF New Jersey Natural
29,30 JUL 00 - Bordentown, NJ

Bench Press	Fornaro	475
Women	33-39	
132	Fornaro	475
33-39 Raw	40-49 Raw	
Emig	155 Semmon	420
Men	Police	
148	Lopez BL	520
40-49	Deadlift	
Henderson	335 Women	
165	165	
Novice Raw	33-39	
Gibbons	250 Poitevien	240
Lane	240 Men	
181	165	
Lifetime	40-49	
Gattinella	340 Jones	480
Open Raw	181	
Wright	365 17-19	
33-39	Herzlich	475
Booker	340 40-49	
40-49 Raw	Motichka	550
Witmer	250 198	
40-49	Weber	470
Green BL	430 Police	
Open	Weber	470
Green	430 Open Raw	
198	Favre	535
33-39	33-39	
Sanders	330 Sanders	570
70-79	220	
Power-Waters	225 14-16 Raw	
220	Foster	380
Open Raw	50-59	
McCoy	395 Cole	500*
McClain	385 275	
Kahn	340 40-49 Raw	
Lifetime	Foster	
Wetzler	385 Open	
Kahn	340 Poitevien BL	685
40-49	SHW	
Rawls	365 40-49 Raw	
Glenney	360 Dulack	430
Novice Raw	33-39 Raw	
Depero	285 Fornaro	515
50-59 Raw	Squat	
Cole	380*220	
50-59	40-49	
Cole	415 Menendez	560
70-79	242	
McGuire	265*Police	
242	Aziz	580
17-19 Raw	Lifetime	
Hernandez	275 Maltezos	620*
40-49	Open	
Taylor	425 Maltezos	620
Open	SHW	
Taylor	425 40-49 Raw	
Police Raw	Dulack	380*
Green	410	
SHW	Stathopoulos	
140-149	33-39	
165	Sanders	510
Orliss	40-49	
MEN	Mascio	475
148	Hatten	480
17-19	Znaczko	350
Mascio	50-59	
40-49	Scaranda	440
	220	910
SQ BP DL TOT		



All Three Judges had the "Mr. Clean" look at the WNPF New Jersey Natural meet on July 29th and 30th. Left to right; Mike Bailey, Lee Zimmerman, and Jules Dolci. (photo courtesy of Andrea Zimmerman)

WNPF Police/Fire/Military Nationals
11 JUN 00 - Newark, NJ

BENCH	40-49	
148	275	
OPEN	OPEN	
STATUTO	280	
165	DIPASQUALE	525
OPEN	SMITH	430
TROMBETTA	360	OPEN RAW
181	KOCHER	385
OPEN	SCHELL	355
GEORGE	360	SHW
BARBIER	350	OPEN
HOCKWITT	330	CATLI
198	HIEL	500
OPEN	33-39	
SCILLIERI	450	LOPEZ
PASSANO	420	DEADLIFT
220	198	
OPEN	OPEN	
CAPENTER	410	WILLIAMS
33-39	220	
MCGEE	350	40-49
40-49	340	HORVATH
242	242	450
OPEN	33-39	
MCLEOD	435	AZIZ
33-39	275	
MCLEOD	435	OPEN RAW
SHANLEY	405	FERRELL
LUNA	345	SQUAT
33-39 RAW	33-39	
TANKE	415*	AZIZ
POWERLIFTING	SQ	575*
165	BP	TOT
20-23 RAW		
THOMAS	355	1040
181	285	
OPEN RAW		
REEVES	420*	1320*
198	350*	550*
40-49	390	1120
242	270	
33-39	405	
AZIZ	575	1475
275	365	
40-49	490	1295
KOEHLER	330	
OPEN	475	
FERRELL	620	1700
SHW	380	
OPEN	700	
MACCRI	625	1590
TEAM CHAMPIONS-PASSAIC COUNTY SHERIFF DEPT.	460	
DEPT. BENCH PRESS I-TIED WNPF AMERICAN RECORD	505	
THIS WAS THE FIRST MEET FOR WNPF MEET DIRECTOR PAUL DUNN AND A VERY SUCCESSFUL ONE ALSO. THANKS TO ALL THE LIFTERS FOR ATTENDING AND ESPECIALLY THE GUYS FROM PASSAIC FOR BRINGING THEIR TEAM.	1590	
THANKS TO THE HELPERS AND FOR THE HUGE AUDIENCE THAT CAME TO CHECK THIS MEET OUT. PAUL WILL HOST A NUMBER OF MEETS IN 2001 FOR THE WNPF, MAKE SURE YOU ATTEND ONE OF THEM. (RESULTS PROVIDED BY WNPF).		

World Natural Powerlifting Federation (WNPF)
Membership Registration

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ DATE OF BIRTH: _____

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

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

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

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

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

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

2000 APA CAN - AM BP

12 AUG 00 - Northampton, MA

BENCH	R. Shipman	385
WOMEN	50-59(formula)	
open (formula)	R. Cole	440
L. Pitts (BL)	215	4th (MW)
L. Landry	210	R. Smolen
N. Familietti	210	Master 70+
MEN	A. Meyers	210
Special Olympics	Open	
G. Chicoine	180*	165
Teen (formula)	280	B. Moorehead
D. Whitman	181	335
R. Abely	280	C. Willard
Junior (formula)	198	430
R. Chicoine	440	M. Theriault
J. Vynalek	260	445
F. Fornier	220	R. Chicoine
Submaster (formula)	220	G. Ting
G. Belinstein	550	350
W. Parks	455	P. Barrett (BL)
F. Willard	375	530
Master	242	G. Beinstein
40-49(formula)	445	B. Sisk
4th (CR)	452	485
J. Abely	400	N. DeBeer
C. Clapp	405	R. Shipman

*Denotes Special Olympian record. CR- Canadian Record, and MW- Master World Record. Special thanks to the spotters, loaders, and referee's who did a great job at this event and to Phil Katsar of Universal Health & Fitness for making the event and cash prizes possible. \$100 cash prizes were given to the Female & Male Best Lifters and to the biggest Bench Press of the day. The recipients were Lynne Pitts, Pete Barrett, and Gordon Belinstein. Quality of lifting was fantastic as the sportsmanship shown by all. (results courtesy of Scott Taylor)

York Strength Spectacular BP
15-18 JUN 00 - York, PA

BENCH	EAM	
MEN	242	
Teen 14-15	C. Summers	275*
AM	PRO	
132	198	
J. Giambalvo	230* J. McNeil Jr.	350*
Teen 16-17	220	
148	J. McNeil Jr.	365*
M. Martin	275 Open	
220	AM	
C. Smith	370* 242	
Masters 45-49	L. Gerczak	425
S. Morris	430* EAM	
PRO	132	
308	R. Folken	370*
J. Graube	525* PRO	
Masters 55-59	242	
AM	R. Capozzolo	560
198		
J. Dohm	255	

* denotes IPA Record. (Results by Ellen Chaillet).

Flowertown Open Bench #2
14 OCT 00 - Summerville, SC

Women Open	308	
114	J. Blackmon	455
N. Brooks	45	
Teen	Submasters	
18-19	220	
132	C. Griggs	330
J. Horton	260	
148	Police	
T. Alvarado	250	
14-15	D. Conway	305
198	Masters	
W. Effner	220	
Men	242	
220	H. Blackmon	335
Pro	55-59	
R. Lord	440	
AM	J. Blackmon	455
G. Nobles	275	
242	Pro	
H. Blackmon	335	
(results courtesy IPF State Chairman, Floyd Powe)	J. McNeill	370

Puerto Rico Senior Nationals
22, 23 JUL 00 (Kilos)

	SQ	BP	DL	TOT
C. Perez	50	250	62.5	137.5
56				
D. Cabrera	115	72.5	145	332.5
V. Coss	47.5	37.5	80	165
60				
M. Fernandez	167.5*	90*	175*	432.5*
M. Olmo	77.5	47.5	107.5	232.5
O. Ramos	95	40	95	230
67.5				
N. Nieves	185*	82.5*	185*	452.5*
Y. Quinonez	87.5	37.5	100	225
L. Ortiz	65	40	100	205
75				
L. Perez	160*	72.5	177.5*	397.5*
D. Talavera	150	80	147.5	297.5
J. Bernabel	75	45	105	225
R. Rodriguez	70	35	100	205
82.5				
G. Costa	132.5*	72.5*	177.5*	382.5*
90				
A. Riguall	150*	57.5	150*	357.5*
N. Viera	75	47.5	110	232.5
MEN				
52				
J. Rosario	165	102.5	165	435*
A. Morel	120	90	130	340
R. Isaac	87.5	65	115	268.5
56				
N. Maseller	140	82.5	147.5	370
60				
A. Ruiz	182.5	90	182.5	455
A. Santiago	172.5	102.5	170	445
67.5				
L. Velez	175	120	205	500
R. Ramos	170	135	182.5	487.5
E. Toledo	195	110	180	485
E. Vargas	177.5	92.5	195	465
M. Gonzalez	147.5	77.5	155	380
D. Diaz	130	95	145	370
D. Rivera	90	80	125	295
A. Castillo	95	55	117.5	267.5
E. de Loon	N/L	N/L	N/L	
75				

J. Beria	190	125	217.5	532.5
A. Ramos	205	107.5	210	522.5
M. Perez	192.5	97.5	230	520
H. Garcia	155	100	200	455
A. Castillo	162.5	102.5	180	445
J. Acosta	125	102.5	165	392
82.5				
L. Tapia	247.5*	155	220	622.5
K. Negron	197.5	150	197.5	545
M. Natal	220	127.5	195	542.5
J. Perez	175	137.5	195	507.5

Carla Perez, 10 yrs. old, is coached by her father Caros Perez at the Puerto Rican Senior Nationals. Her mother, Norma Nieves, was Best Women's Lifter in the '99 AAU Worlds. (photograph courtesy Nestor Gregory)

International Powerlifting Association

"Lifting for Lifters"

Application for Registration

Last Name _____ First _____ Initial _____ New _____ Renewal _____

Street Address _____ City _____

State or Province _____ Zip Code _____ Country _____

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

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

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

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

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

USPF Winter Blast Full Power Meet

15 JAN 00 - Concord, NH

Juniors 20-23 SQ BP DL TOT

C. Carlson 375 260 415 1050

C. Overlock 350 305 400 1055

B. Holt 270 160 320 750

Submasters 33-39

R. Messina 550 325 605 1480

T. Davis 515 330 555 1400

M. Drouin 500 350 525 1375

Masters 40-49

J. Smith 535 285 550 1370

R. Renshaw 375 260 415 1050

C. McDonald 315 200 415 930

Open

B. Holt 270 160 320 750

J. Panteleedes 505 325 475 1280

C. Carlson 375 260 415 1050

G. Boncimino 350 215 390 955

181

C. Cegelis 470 330 520 1320

J. Werra 350 250 380 980

W. Daniel 275 275 275 275

198

J. Smith 535 285 550 1370

R. Fowler 460 330 540 1330

C. Carle 420 270 445 1165

C. McDonald 315 200 415 930

A. Welch 420 275 500 1195

220

T. Enquist (BL) 655 385 605 1645

T. Davis 515 330 555 1400

C. Overlock 350 305 400 1055

R. Renshaw 242

R. Messina 550 325 605 1480

275

D. Behrens 560 345 500 1405

M. Drouin 500 350 520 1375

SHW

S. Muniz 405 370 450 1225

BL denotes Best Lifter. Meet director: Jamie Fellows; score keepers: Paul Mancini, Rodney Roy. The USPF sanctioned its winter full-power meet on Saturday, January 15 in Concord, New Hampshire. Jamie Fellows, our meet director, showed up with only one lifter for this meet. But everything went as smooth as always. The 148 lbs. class only had two lifters. Brian Belanger put up some good numbers for his first meet, 365 squat, 230 bench, 415 deadlift for a 1035 total and first place. Second place went to another first time competitor, Brian Holt: 270 squat, 160 bench, 320 deadlift, 750 total. The 165 lbs. class had 3 lifters. J. Panteleedes took first place with some impressive numbers, 505 squat, 325 bench, 475 deadlift for a 1280 total. He just missed a 500 deadlift. Second place went to Carl Carlson who also took first place in the junior's with a 375 squat, 260 bench, 415 deadlift for a 1050 total. Gaspare Boncimino took third with a 350 squat, 215 bench, 390 deadlift and a 955 total. The 181 lbs. class had only three lifters. Craig Cegelis took first place with a 470 squat, 330 bench, 520 deadlift and a 1320 total. Jim Werra came in second with a 350 squat, 250 bench, 380 deadlift, and a 980 total. Third place went to Billy Daniel. Billy is in a wheelchair so he can't do the squat or deadlift, but he can bench 275. It went up like it was a warm up, he just missed 300. Next time Bill. The 198 lbs. class had five lifters. Joel Smith took first place with a 535 squat, 285 bench, 550 deadlift for a 1370 total, that also gave him the first place master 40-49. Second place went to Ray Fowler. He did a 460 squat, 330 bench, 540 deadlift for a 1330 total. Third place went to Chris Carle. He did a 412 squat, 270 bench, 445 deadlift for a 1165 total. The 220 lbs. class didn't have much competition for Tom Enquist. He opened the squat with a 655 that went like a piston, down and up. Then he called for 710 to break the state record of 700, but it just wasn't to be on this day. He went on to bench 385, deadlift 605 for a 1645 total for first place and best lifter. Second place went to Terry Davis. He did a 515 squat, 330 bench, 555 deadlift for a 1400 total. Third place went to Carl Overlock. He did a 350 squat, 305 bench, 400 deadlift for a 1055 total and a second place junior. The 242 lbs. class only had one lifter. Big Rich Messina did a very deep 550 squat, 325 bench, 605 deadlift for a 1480 total and first place submaster. The 275 lbs. class had two lifters. David Behrens went 9 for 9 and took the class with a 560 squat, 345 bench, 500 deadlift for a 1405 total. Mark Drouin took second with a 500 squat, 350 bench, 525 deadlift for a 1375 total. A special thanks to Rodney Roy, our recreation director, for doing a fine job setting things up and thanks to the spotters and loaders: Jason Carroll, Charles Dranis, Al Eason, and Paul Walsh. Paul Mancini and Rodney Roy did the score keeping. (Thanks to Thomas Enquist for results).



Left to right ... Brian Belanger and Tom Enquist (Best Lifter) at the USPF Winter Blast meet. (photograph courtesy of Thomas Enquist)



The S&M Fitness Team who competed at the USAPL Midsummer meet: left to right - Chelsea Keener, Suzanne Motsinger, Amanda Jackson, and Heather Burroughs. (Courtesy of Suzanne Motsinger)

USAPL Henderson Midsummer PL
24 JUN 00 - Henderson, KY

	WOMEN	SQ	BP	DL	TOT
Open					
114	M. Denton	185	80	280	545
123	A. Jackson	155	100	225	480
132	H. Burroughs	140	85	185	410
148	L. Schaefer	280	130	270	680
165	S. Motsinger	200	125	240	565
198	C. Keener	120	75	205	500
MEN					
148	Open				
T. Denton	375	285	450	1110	
Masters					
P. Payne	530	280	515	1325	
Teen					
C. Singleton	355	230	415	1000	
181					
Open					
D. Hinton	500	325	550	1375	
198					
Submaster					
E. Williams	410	240	500	1150	
Master					
S. Busby	440	260	475	1175	
220					
Open					
B. Johnson	450	270	500	1220	
Master					
D. Book	475	300	450	1225	
242					
Open					
B. Stone	440	365	550	1355	

(Thanks to USAPL for providing the meet results).

East Jersey State Prison Meet
04 JUL 00 - Rahway, NJ

BENCH		Thompson	405
Lightweight		Chambers	405
Harley	365	Masters	
Smith	325	Mincey	405

On July 4th, we had about 17 guys enter the bench press contest held in the prison recreation yard. It was a raw contest no-bench shirts and nobody that was a state powerlifting champion lifted in this contest. The weight classes were lightweight 148-220.9 and Heavyweight 220 to SHW and Masters 40 and over and the Schwartz formulas was used. In the lightweights Harley came in first place at a bodyweight of 169 with a bench of 365. In the Heavyweights, I was lifting in my first contest of any kind with bad prison food, no supplements, etc. I was at a bodyweight of 232, my first lift was 365, my second lift was 385, and my third lift was 405. I was not the strongest guy here thanks to D. Carson a many time state powerlifting champion helping me with my form and technique and your maga-

zine Powerlifting USA, I was able to wing! In the masters, Mincey won first place at age 45. Weighing 218, he benched 405. Nice lifting, gentlemen. Thanks to the Four state powerlifting champions who judged the contest. Thanks to the weight loaders and spotters. Prisoners ran the whole meet. You guys did a great job! (from Patrick Thompson).

Adrian Deadlift Competition
27 MAY 00 - Adrian, MI

Deadlift		Waterford	405
132		198	
Garza	275	Lambert	535
145		Johnson - Bey	495
Walton	405	Harris - Bey	495
165		199+	
Coats	485	Q. Wade	675
Watkins - El	475	Spleights	475
Davis	445	Probe	405
Gauthier	425	Best lifter - Light	
181		P. Coats	485
Henderson	515	Best lifter - Heavy	
Barwiler	445	T. Young	675
Owens	435		
Byrge	405		

A special thanks to the people who helped make this meet possible. Judges, floor managers, score keeper, loaders. A special thanks to the Recreation

Department for allowing us to use the weight pit for this competition. (Thanks to Larry Tisi for providing these meet results to the Powerlifting USA).

Mid-South Raw PL Open

17 JUN 00 - Vilonia, AR

	13-16	BP	Curl	PC	DL
114	114				
Eric Cliff	125			230	
Wesley Phenis	100		95	180	
D.J. Horton				135	
Jesse Isom			145	270	
Stuart Thomas	100			210	
148					
Craig Brandon	160		165	295	
165	165				
Nathan Kleffner	235	120		350	
Scott Carpino	205			410	
Aaron Sowards	185		165	335	
181					
James Hunt				330	
220					
Kevin Bradford	220		190		
275					
Craig Johnson	265			405	
319					
Cary Gilbert	270				

Anthony Osbon	220	170	340
319+			
Jonathan Vick	250	195	400
17-19			
148			
Aaron Barlow	225		
165			
Dustin Smith	200	100	385
198			
John Johnson	310		545
20-23			
165			
Gabe Ellis	280		
220			
Eric Black	290		385
Open			
148			
Matt Coltherm	260	100	300
165			
Bobbie Thomas	240	110	
Scott Carpino			210
John Kennett		190	350
181			
Eric Shelley		115	
198			
Brian Bond	325	150	
Kevin Creekmore	175	100	
275			
Rusty Stafford	450		
319			

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Jason Hartness	505
Kris Shinn	420
30-39	
200	
Charles Jackson	425
242	185
Anthony Bowden	340
319	
Jeff Daniel	430
40-49	
148	
Doug Horton	425
198	
Raymond Mace	135
275	
Larry Kye	325
319	255
Milton Williams	320
50-59	
165	
John Kennett	260
Daniel Singleton	240
198	
Ken Jordan	235
220	100
Bob Hillis	235
70-80	
165	
Carl Neel	180
(our thanks go out to Dan Singleton for providing these competition results to Powerlifting USA).	

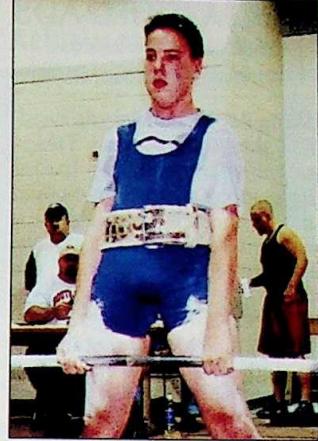
**Powhatan C.C. "Raw" Meet
AUG 00 - State Farm, VA**

WOMEN	SQ	BP	DL	TOT
I. Boykin	260	185	375	820
181				
R. Morton	365	330	450	1145
G. Boney	305	275	435	1015
T. Deberry	325	200	425	945
198				
J. Green	525	315	525	1365
J. Edmonds	415	325	505	1245
A. Anderson	365	310	430	1105
220				
K. Mundy	450	285	600	1335
G. Amos	400	275	475	1150
242				
M. Reid	460	335	475	1270
275				
W. Griffith	525	355	575	1455
J. Tullck	365	265	405	1035
I wish to thank Spero Tshontikidis for driving all the way from MD on a Saturday to referee and sponsor this Raw Meet. All those who participated in this event totally appreciate the interest shown by Mr. Tshontikidis. I thought the lifting was very good considering the limited amount of time we've been able to get in the weight room. As usual the loaders and spotters did an excellent job on the platform directed by Brian Woodworth. Alex and Mike did an outstanding job at the scorers table despite				

being hounded by the lifters. If there is anyone I forgot to thank (oh yeah, thanks to "Mom" for her superior directions on how to get in and out of the complex) it wasn't on purpose. We hope to have another RAW Meet in the not too distant future. Yeah, jasy, your guys are the best! (Thanks to Jack Tuller, Coach P.C.C. PL Team, "Warriors of Steel", for providing the results for this contest to PLUSA).

**Midwest Class II/Novice BP/DL
16 SEP 00 - Omaha, NE**

BENCH	Master
WOMEN	220
Master	C. Garmond 305
148	242
165	Z. Baumel 155 R. Hylkel 365
L. Jess	145* Exhibition BP
MEN	Open
Open	181
T. Vu	B. Heck 500*
220	Submaster
B. Vincent	165 T. Hozapel 480
D. Neely	335 DEADLIFT
290	MEN
Teen 220	J. Smith
J. Smith	Master 220
B. Miller	8. Miller
405	



13 year old Chad East pulls 315 at the Midwest Class II/Novice Meet. (photograph by Busteed)

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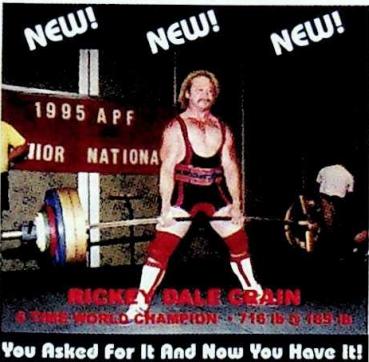
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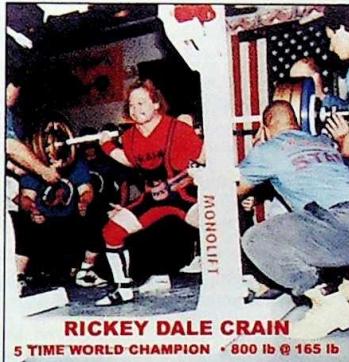


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WOMEN	BP	DP	TOT
Teen			
165			
T. Rice	115	235	350
MEN			
Teen			
165			
C. East	140	330	470
Open			
220			
J. Adams	285	380	665
242			
T. Young	325	405	730
Master			
198			
T. Grindstaff	310	425	735
220			
B. Miller	290	505	795
Best lifters: Bench - Rick Hylkel; Deadlift - Brad Heck. * All time Nebraska State Record regardless of Association. (Results provided by Bryan Busteed).			

**USAPL Mississippi State
29 JUL 00 - Gulf Port, MS**

BENCH	220	S. Nichols	340
Open		SHW	
181		L. Belzer	270
J. Swain		Ladies Masters	
198			
J. Smith	445	105	
J. Vining	440	A. Peterson	115
242			
B. Nichols	500*	L. Justice	85
Masters 40-49		Teen 16-17	
165		181	
D. Horton	205	A.J. Harris	360
198			
M. Skrmetta	240	220	
Powerlifting	5Q	BP	
Teen 16-17		DL	
198			
J. Recore	370	225	440
220			
J. Plummer	330	225	420
Teen 18-19			
220			
M. Brann	455	300	530
242			
J. Townsend	580	420	540
Masters 40-44			
242			
B. Murphy	525	374	500
Masters 50-54			
181			
B. Murphy	435*	275	505*
J. Desefano	400	190	460
198			
L. Langlins	405*	250*	475*
Open			
181			
M. Casano	465	320	515
J. Murphy	400	255	485
198			
V. Keyhea	600	375	600
220			
C. Neal	600	410	500
C. Berry	500	350	570
T. Austin	425	400	530
242			
B. Murphy	525	385	600
B. Nichols	440	500*	475
275			
B. Henry	500	380	500
* denotes State Record; Best lifters: Open - Vinson Keyhea, Master - Jim Wold, Teenage - Jim Townsend. (Thanks to USAPL for the meet results).			

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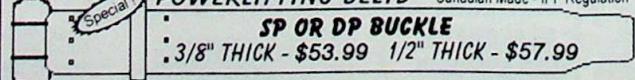
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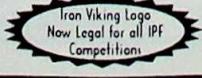
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89	573 Pacello, R..4/8/00
90	573 Broussard, B..6/3/00

91	424 Owen, M..11/20/99
92	424 Wood, J..6/3/00
93	424 Bellmore, T..8/5/00
94	422 Ives, D..12/18/99
95	420 Lafay, J..11/20/99
96	420 Clark, B..3/25/00
97	420 Moes, D..3/25/00
98	420 Waller, W..5/13/00
99	420 Kelly, R..6/10/00
100	420 Frazier, R..7/22/00

101	595 Legarreta, D..3/18/00
102	595 Preston, G..6/10/00
103	595 Goodrich, K..8/12/00
104	595 Hutchison, L..6/25/00
105	595 Blair, J..11/19/99
106	589 Bellmore, T..11/6/99
107	589 Knorr, J..3/18/00
108	589 Szczerba, B..5/6/00
109	589 Williams, B..10/24/99
110	589 Stewart, M..11/20/99
111	589 Weisheneker, S..2/26/00

112	584 Smoker, J..10/2/99
113	584 Bememerito, J..4/15/00
114	584 Gavlik, S..9/23/00
115	584 Suter, J..3/25/00
116	584 Scheunadre, B..12/18/99
117	584 Beck, G..2/26/00
118	584 Guerro, R..8/10/00
119	584 Pacello, R..4/8/00
120	584 Broussard, B..6/3/00

121	415 Altstadt, G..3/18/00
122	415 Buechler, P..3/18/00
123	415 Martin, D..5/21/00
124	415 Pantuso, J..7/29/00
125	415 Underwood, G..10/9/99
126	415 Shattuck, D..6/3/00
127	415 Brandon, M..7/9/00
128	415 Klostergaard, J..9/16/00
129	415 Lynch, R..7/9/00
130	415 Plemmert, F..4/15/00

131	578 Suter, J..3/25/00
132	578 Beaumaster, P..7/9/00
133	578 Perine, R..7/9/00
134	578 Garcia, J..10/30/99
135	575 Newkirk, D..2/26/00
136	575 Turnbow, P..3/5/00
137	575 Hunter, J..3/25/00
138	575 Williams, N..3/25/00
139	575 Pirosolo, T..2/26/00
140	575 Hagedorn, R..5/20/00

141	575 Beavers, M..9/9/00
142	575 Agamo, J..8/12/00
143	575 Furness, A..12/4/99
144	575 Swackhamer, S..3/11/00
145	575 Allen, J..3/11/00
146	575 Marispini, J..3/18/00
147	575 Plemmert, F..4/15/00
148	573 Petersen, D..5/20/00
149	573 Graham, D..5/20/00
150	573 Smith, G..6/3/00

151	407 Ridyard, S..3/11/00
152	407 Terry, A..3/11/00
153	407 Thomas, P..9/16/00
154	405 Suemani, J..3/18/00
155	405 Ferris, G..12/4/99
156	405 Szczerba, B..12/18/99
157	405 Banks, L..3/26/00
158	405 Belanger, D..5/20/00
159	405 Serrocio, W..6/17/00
160	405 Kelly, S..12/10/00

161	573 Olson, G..6/17/00
162	573 Brandon, M..7/9/00
163	570 Johnson, M..4/9/00
164	570 Phush, P..4/15/00
165	570 Jones, J..4/29/00
166	567 Morris, R..3/11/00
167	567 Wiley, D..6/6/00
168	565 VanWinkle, B..10/2/99
169	565 Szczerba, B..12/18/99
170	565 Catalino, M..10/24/99

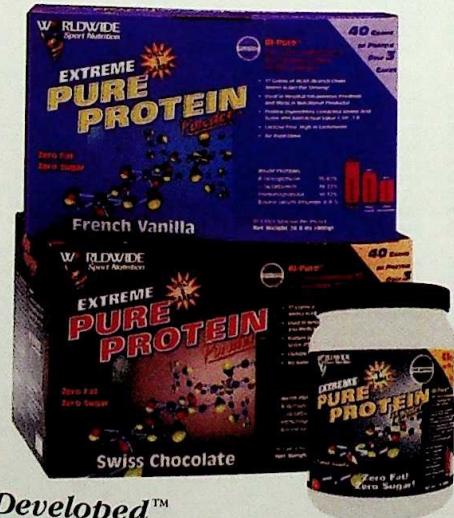
171	545 Rice, W..3/25/00
172	545 Varone, J..5/20/00
173	545 Remie, J..6/15/00
174	545 Harrison, M..1/15/00
175	545 Lunford, R..1/15/00
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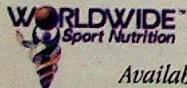


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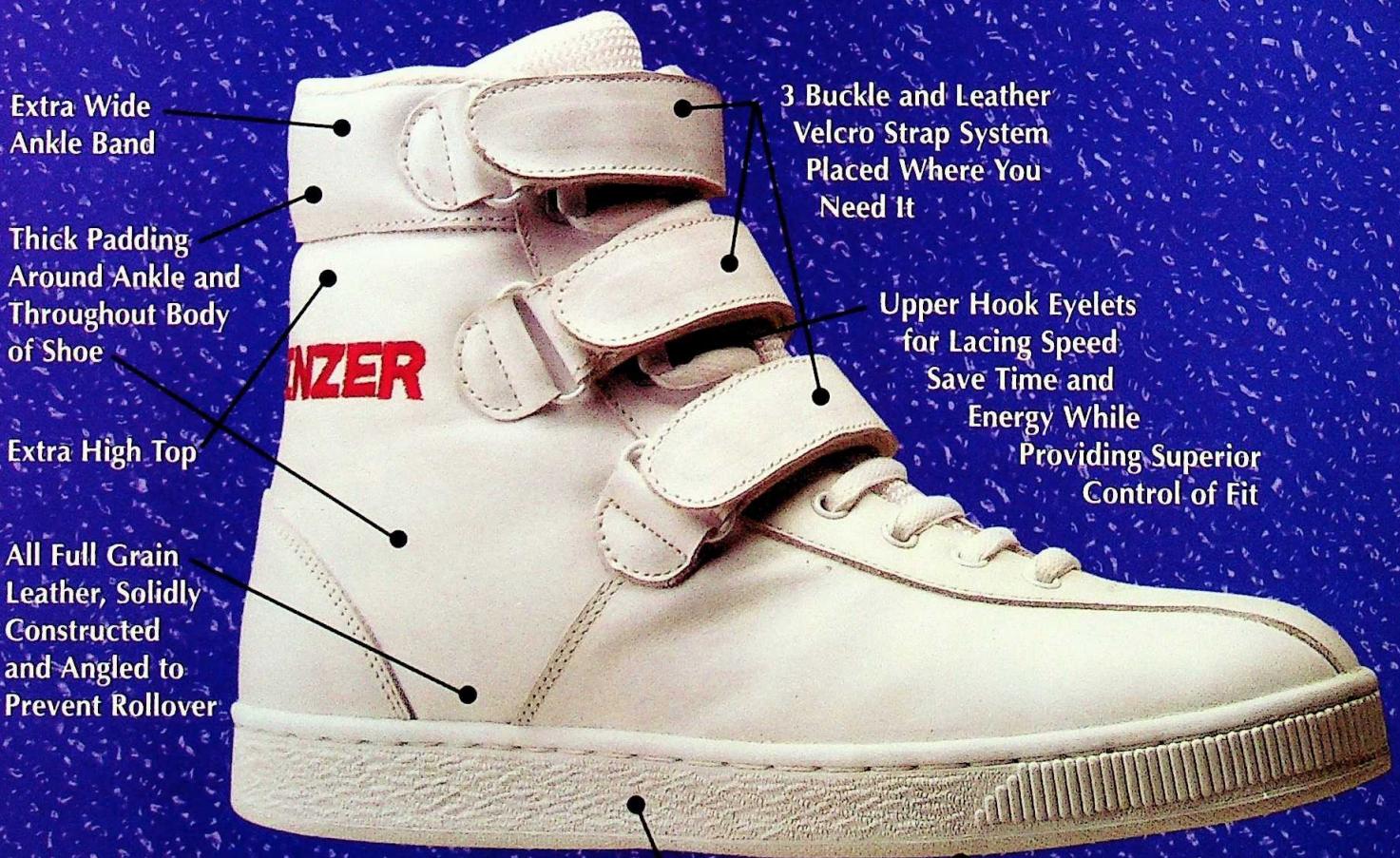
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