

The ADFPA Newsletter

# POWERLIFTING TODAY

VOLUME 3.5  
July, August 1990

## Editors Note:

The ADFPA is continuing to grow well this year. The National Meetings will be coming up soon. Make sure you let your representatives know your opinions on any current issues in our organization. Or if you have any ideas for the betterment of the ADFPA, please make them known.

A well informed, active membership means continued growth with a solid foundation.

## Powerlifting Today

P.O. Box 435  
Plymouth, IN 46563

Editor: Donna Wicker  
Photographer: Paul Wicker  
Publisher: Paul Wicker

Advertising rates available upon request.

*Reproduction of this magazine is prohibited without written permission by the editor. Opinions expressed are those of the writers and not necessarily those of Powerlifting Today.*

AMERICAN DRUG FREE



POWERLIFTING ASSOCIATION

# WDFPF World Powerlifting Championships



The three best lifters of the World Championships in the Men's Division were-Martin Beavers (1st), Todd Suttles (2nd), and Ray Benemerito (3rd).

460  
340  
530  
1350  
1300

# 1990 WDFPF World Championships

Vachant did an excellent job in hosting their second International competition at the Meaux Sports complex. Whereas the warm-up facilities were rather spartan, and the meet ran a bit slow, the venue, video tie-in to the warm-up area and hospitality for outweighed the few blemishes of the competition.

The Friday prior to the competition, competitors, officials and guests were treated to a reception given by the Mayor of Meaux in the City Hall. The pomp and circumstance with a European flare was well received by all. This began the noticeable evidence of the U.S. lifters being well received by the French.

Before I give my account of the competition, I will give a brief synopsis of the World Committee meeting. The meeting took place on Friday afternoon and lasted for a little over five hours. Election of officers took place. All existing officers were elected to their respective positions: Ken Smith of Great Britain President, Georges Gerard of France-Vice-President, and John Petroff of the United States-Secretary General and Treasurer. It was reported that the WDFPF was incorporated in the U.S. Other noteworthy items included the addition of the 90+ kg. class for the women which takes the place of the current 80+ kg. class. The 80 kg. class was also added. For the men, the 145 kg. class was added and the SH-W class is now 145 kg. plus. The rule on maximum team number was adjusted to reflect the new weight classes. The only other agenda item of interest to others not directly involved in the day to day running of the WDFPF is the failure to accept supportive shirts. The 7-9 vote defeating the motion was a closer vote than last year's vote in Chicago. A very interesting note that needs mentioning is that two of the English delegates who voted against the motion voiced an interest in supportive shirts shortly after the meeting was concluded. I am sure the motion will find its way to the 1991 agenda and feel sure it will pass. The last item of interest in the meeting was the final approval for the site of the 1991 Worlds. The competition will be held in Australia on November 11 & 12.

The 1990 Worlds boasted 96 lifters from eight different countries. Thirty three new World Records were set and two were tied. There were no team points kept due to the WDFPF's posture against team competition, but a quick glance of the results finds 18 first places and one second for the United States. Tony Pechail coached both the women's and men's teams. Tony was sponsored by the Up-Time Company who paid for his airfare to France. He did an excellent job in assisting every member of the U.S. team.

Judy Gedney was the only lifter in the women's 44 kg. class. She posted a 307.5 kg. total for her 4th World title. Judy didn't break any of her World records perhaps due to spending four weeks working in Hainu then going to the IPF Worlds prior to flying to Meaux.

Robin Jewett won in the 47.5 kg. category setting new World records along the way in the squat, deadlift and the total. Her nearest competitor Brigitte Collin of Belgium, was 67.5 kgs. back for second place. Peggy Allant of France was third and Paula Thompson of Great Britain was fourth.

Evelyne Debos of France proved her promise of last year by taking the 111lb. class. Debos tied one and set two new World records in her quest for the first place trophy. She would have had her hands full had Kelly Moore of the U.S. not failed to get in a legal squat. Hopefully these women will meet again in 91. Three different countries were represented in the 53 kg. class. Mindy Garner took home her second World title with a 380 kg. total. Annette Blinde represented Great Britain very well taking second with a 340 kg. total and a new World record bench of 80 kgs. Helene Reuillon and Marie France-Becuve both of France took third and fourth respectively.

A close battle ensued in the 55.5 kg. class between Roxanne Hack for the U.S. and Edith Lemoulle for France. Lemoulle came out on top by 10 kgs. when the final deadlift was done. Kim Detenon of Great Britain was only 15 kgs. behind Hack for third place. Dominique Math-

## Georges Gerard and his partner Daniel Gindham of Australia.

Felecia Johnson-Almy had a much better World meet this year. She brilliantly represented the U.S. in the 58.5 kg. class. Felecia shattered three and tied on World record. She set a record in the squat with a 155 kg. effort and pulled a record deadlift of 177.5 kgs. Her record total of 417.5 kgs. broke the previous Catherine Brice both of France placed second and third respectively. Placing fourth was Suzanne Brooker from Great Britain. Brooker's lifts are not impressive when reading the results, but realize that these lifts were done only two weeks after she gave birth to a beautiful baby boy. Suzanne was training for the Worlds up to the day she gave birth. If my memory serves me correctly, I believe she had a heavy deadlift workout on that day.

Michelle DeGennaro coasted to an easy victory at 63 kgs. with a 370 kg. total. Ausie Joanne Edwards lifted quite impressively finishing only 22.5 kgs. behind Michelle. England's Liza Poole placed third with a 335 kg. total. Fourth went to Laurence Morales of Belgium. France's Martine Bureau beat out Great Britain's Wendy Samways for the fifth place trophy.

At 70 kgs. Linda Jo Belsto walked away with her first World title. She demonstrated textbook form in every lift and it showed in her total. Linda Jo probably wanted to win more than any other lifter at the competition. You only had to look at the elation on her face to see that she was pleased with her performance. Ely Millington from Great Britain finished 30 kgs. behind Linda Jo for second place. Another British lifter, Michelle Dinnage, posted a 302.5 kg. total for her third place finish.

Betsy Wonyetye just keeps on improving. I can't wait to see what she does next year.

"Dominating" is a one word description of Betsy Wonyetye's performance in the 80 kg. class. Betsy broke her own squat and total record on her way to her third World title. Betsy easily out totalled Joy Dobson of Australia by 67.5 kgs. Joy attempted to break her own World record deadlift on a fourth attempt only to have the judges turn it down. In third was Chantal Coulon of France and Donna Bonner, lifting for the British placed fourth.

Cyndi Regan had her chance to win her first World title and met the challenge triumphantly in the 80+ kg. class. She won by a margin of 172.5 kgs. and broke three World records previously held by Carol Waters. Viewing Cyndi's lifts from the jury, it was apparent that every lift she attempted was extremely easy. Not only was I impressed, but the crowd was equally impressed by her performance.

The climax of the first day's competition was the awarding of the Best Lifter trophy. Felecia Johnson-Almy won this prestigious award. Just a few weeks prior to the nine hour flight to Paris, Felecia moved into a new home.

Moving can be mentally and physically taxing. It's going to take more than extrinsic factors to topple Felecia from her position at the pinnacle of women's drug free lifting on the National or International level.

The first day of competition was witnessed by an extremely enthusiastic crowd of about 600. They cheered, sounded horns, and banners waived when lifters from the various countries came to the bar. It was truly a site to witness.

On Sunday, 1500+ spectators came to view the men's competition. The Friday's local paper carried an article about the competition and a picture of Bull Stewart appeared next to the article. The article highlighted the U.S. Team and especially Bull, Mike Hall and Willie Austin. It was a contradiction of the common belief that the French do not care for Americans. Wherever these three went they were asked for autographs and handshakes. It was great to see French powerlifting "groupies". I am sure Bull, Mike and Willie enjoyed the extra attention given by the French in their "hero-like" treatment.

Keith Bourque won the 52 kg. class with his 467.5 kg. total. He also set a new World record with a squat of 187.5 kgs. Graham Price represented Britain to take second.

Andrew Giannino lifted for the U.S. in the

## Georges Gerard and his partner Daniel Gindham of Australia.

Felecia Johnson-Almy had a much better World meet this year. She brilliantly represented the U.S. in the 58.5 kg. class. Felecia shattered three and tied on World record. She set a record in the squat with a 155 kg. effort and pulled a record deadlift of 177.5 kgs. Her record total of 417.5 kgs. broke the previous Catherine Brice both of France placed second and third respectively. Placing fourth was Suzanne Brooker from Great Britain. Brooker's lifts are not impressive when reading the results, but realize that these lifts were done only two weeks after she gave birth to a beautiful baby boy. Suzanne was training for the Worlds up to the day she gave birth. If my memory serves me correctly, I believe she had a heavy deadlift workout on that day.

Michelle DeGennaro coasted to an easy victory at 63 kgs. with a 370 kg. total. Ausie Joanne Edwards lifted quite impressively finishing only 22.5 kgs. behind Michelle. England's Liza Poole placed third with a 335 kg. total. Fourth went to Laurence Morales of Belgium. France's Martine Bureau beat out Great Britain's Wendy Samways for the fifth place trophy.

At 70 kgs. Linda Jo Belsto walked away with her first World title. She demonstrated textbook form in every lift and it showed in her total. Linda Jo probably wanted to win more than any other lifter at the competition. You only had to look at the elation on her face to see that she was pleased with her performance. Ely Millington from Great Britain finished 30 kgs. behind Linda Jo for second place. Another British lifter, Michelle Dinnage, posted a 302.5 kg. total for her third place finish.

Betsy Wonyetye just keeps on improving. I can't wait to see what she does next year.

"Dominating" is a one word description of Betsy Wonyetye's performance in the 80 kg. class. Betsy broke her own squat and total record on her way to her third World title. Betsy easily out totalled Joy Dobson of Australia by 67.5 kgs. Joy attempted to break her own World record deadlift on a fourth attempt only to have the judges turn it down. In third was Chantal Coulon of France and Donna Bonner, lifting for the British placed fourth.

Cyndi Regan had her chance to win her first World title and met the challenge triumphantly in the 80+ kg. class. She won by a margin of 172.5 kgs. and broke three World records previously held by Carol Waters. Viewing Cyndi's lifts from the jury, it was apparent that every lift she attempted was extremely easy. Not only was I impressed, but the crowd was equally impressed by her performance.

The climax of the first day's competition was the awarding of the Best Lifter trophy. Felecia Johnson-Almy won this prestigious award. Just a few weeks prior to the nine hour flight to Paris, Felecia moved into a new home.

Moving can be mentally and physically taxing. It's going to take more than extrinsic factors to topple Felecia from her position at the pinnacle of women's drug free lifting on the National or International level.

The first day of competition was witnessed by an extremely enthusiastic crowd of about 600. They cheered, sounded horns, and banners waved when lifters from the various countries came to the bar. It was truly a site to witness.

On Sunday, 1500+ spectators came to view the men's competition. The Friday's local paper carried an article about the competition and a picture of Bull Stewart appeared next to the article. The article highlighted the U.S. Team and especially Bull, Mike Hall and Willie Austin. It was a contradiction of the common belief that the French do not care for Americans. Wherever these three went they were asked for autographs and handshakes. It was great to see French powerlifting "groupies". I am sure Bull, Mike and Willie enjoyed the extra attention given by the French in their "hero-like" treatment.

Keith Bourque won the 52 kg. class with his 467.5 kg. total. He also set a new World record with a squat of 187.5 kgs. Graham Price represented Britain to take second.

Andrew Giannino lifted for the U.S. in the

## Georges Gerard and his partner Daniel Gindham of Australia.

Felecia Johnson-Almy had a much better World meet this year. She brilliantly represented the U.S. in the 58.5 kg. class. Felecia shattered three and tied on World record. She set a record in the squat with a 155 kg. effort and pulled a record deadlift of 177.5 kgs. Her record total of 417.5 kgs. broke the previous Catherine Brice both of France placed second and third respectively. Placing fourth was Suzanne Brooker from Great Britain. Brooker's lifts are not impressive when reading the results, but realize that these lifts were done only two weeks after she gave birth to a beautiful baby boy. Suzanne was training for the Worlds up to the day she gave birth. If my memory serves me correctly, I believe she had a heavy deadlift workout on that day.

Michelle DeGennaro coasted to an easy victory at 63 kgs. with a 370 kg. total. Ausie Joanne Edwards lifted quite impressively finishing only 22.5 kgs. behind Michelle. England's Liza Poole placed third with a 335 kg. total. Fourth went to Laurence Morales of Belgium. France's Martine Bureau beat out Great Britain's Wendy Samways for the fifth place trophy.

At 70 kgs. Linda Jo Belsto walked away with her first World title. She demonstrated textbook form in every lift and it showed in her total. Linda Jo probably wanted to win more than any other lifter at the competition. You only had to look at the elation on her face to see that she was pleased with her performance. Ely Millington from Great Britain finished 30 kgs. behind Linda Jo for second place. Another British lifter, Michelle Dinnage, posted a 302.5 kg. total for her third place finish.

Betsy Wonyetye just keeps on improving. I can't wait to see what she does next year.

"Dominating" is a one word description of Betsy Wonyetye's performance in the 80 kg. class. Betsy broke her own squat and total record on her way to her third World title. Betsy easily out totalled Joy Dobson of Australia by 67.5 kgs. Joy attempted to break her own World record deadlift on a fourth attempt only to have the judges turn it down. In third was Chantal Coulon of France and Donna Bonner, lifting for the British placed fourth.

Cyndi Regan had her chance to win her first World title and met the challenge triumphantly in the 80+ kg. class. She won by a margin of 172.5 kgs. and broke three World records previously held by Carol Waters. Viewing Cyndi's lifts from the jury, it was apparent that every lift she attempted was extremely easy. Not only was I impressed, but the crowd was equally impressed by her performance.

The climax of the first day's competition was the awarding of the Best Lifter trophy. Felecia Johnson-Almy won this prestigious award. Just a few weeks prior to the nine hour flight to Paris, Felecia moved into a new home.

Moving can be mentally and physically taxing. It's going to take more than extrinsic factors to topple Felecia from her position at the pinnacle of women's drug free lifting on the National or International level.

The first day of competition was witnessed by an extremely enthusiastic crowd of about 600. They cheered, sounded horns, and banners waved when lifters from the various countries came to the bar. It was truly a site to witness.

On Sunday, 1500+ spectators came to view the men's competition. The Friday's local paper carried an article about the competition and a picture of Bull Stewart appeared next to the article. The article highlighted the U.S. Team and especially Bull, Mike Hall and Willie Austin. It was a contradiction of the common belief that the French do not care for Americans. Wherever these three went they were asked for autographs and handshakes. It was great to see French powerlifting "groupies". I am sure Bull, Mike and Willie enjoyed the extra attention given by the French in their "hero-like" treatment.

Keith Bourque won the 52 kg. class with his 467.5 kg. total. He also set a new World record with a squat of 187.5 kgs. Graham Price represented Britain to take second.

Andrew Giannino lifted for the U.S. in the

## Georges Gerard and his partner Daniel Gindham of Australia.

Felecia Johnson-Almy had a much better World meet this year. She brilliantly represented the U.S. in the 58.5 kg. class. Felecia shattered three and tied on World record. She set a record in the squat with a 155 kg. effort and pulled a record deadlift of 177.5 kgs. Her record total of 417.5 kgs. broke the previous Catherine Brice both of France placed second and third respectively. Placing fourth was Suzanne Brooker from Great Britain. Brooker's lifts are not impressive when reading the results, but realize that these lifts were done only two weeks after she gave birth to a beautiful baby boy. Suzanne was training for the Worlds up to the day she gave birth. If my memory serves me correctly, I believe she had a heavy deadlift workout on that day.

Michelle DeGennaro coasted to an easy victory at 63 kgs. with a 370 kg. total. Ausie Joanne Edwards lifted quite impressively finishing only 22.5 kgs. behind Michelle. England's Liza Poole placed third with a 335 kg. total. Fourth went to Laurence Morales of Belgium. France's Martine Bureau beat out Great Britain's Wendy Samways for the fifth place trophy.

At 70 kgs. Linda Jo Belsto walked away with her first World title. She demonstrated textbook form in every lift and it showed in her total. Linda Jo probably wanted to win more than any other lifter at the competition. You only had to look at the elation on her face to see that she was pleased with her performance. Ely Millington from Great Britain finished 30 kgs. behind Linda Jo for second place. Another British lifter, Michelle Dinnage, posted a 302.5 kg. total for her third place finish.

Betsy Wonyetye just keeps on improving. I can't wait to see what she does next year.

"Dominating" is a one word description of Betsy Wonyetye's performance in the 80 kg. class. Betsy broke her own squat and total record on her way to her third World title. Betsy easily out totalled Joy Dobson of Australia by 67.5 kgs. Joy attempted to break her own World record deadlift on a fourth attempt only to have the judges turn it down. In third was Chantal Coulon of France and Donna Bonner, lifting for the British placed fourth.

Cyndi Regan had her chance to win her first World title and met the challenge triumphantly in the 80+ kg. class. She won by a margin of 172.5 kgs. and broke three World records previously held by Carol Waters. Viewing Cyndi's lifts from the jury, it was apparent that every lift she attempted was extremely easy. Not only was I impressed, but the crowd was equally impressed by her performance.

The climax of the first day's competition was the awarding of the Best Lifter trophy. Felecia Johnson-Almy won this prestigious award. Just a few weeks prior to the nine hour flight to Paris, Felecia moved into a new home.

Moving can be mentally and physically taxing. It's going to take more than extrinsic factors to topple Felecia from her position at the pinnacle of women's drug free lifting on the National or International level.

The first day of competition was witnessed by an extremely enthusiastic crowd of about 600. They cheered, sounded horns, and banners waved when lifters from the various countries came to the bar. It was truly a site to witness.

On Sunday, 1500+ spectators came to view the men's competition. The Friday's local paper carried an article about the competition and a picture of Bull Stewart appeared next to the article. The article highlighted the U.S. Team and especially Bull, Mike Hall and Willie Austin. It was a contradiction of the common belief that the French do not care for Americans. Wherever these three went they were asked for autographs and handshakes. It was great to see French powerlifting "groupies". I am sure Bull, Mike and Willie enjoyed the extra attention given by the French in their "hero-like" treatment.

Keith Bourque won the 52 kg. class with his 467.5 kg. total. He also set a new World record with a squat of 187.5 kgs. Graham Price represented Britain to take second.

Andrew Giannino lifted for the U.S. in the

## Georges Gerard and his partner Daniel Gindham of Australia.

Felecia Johnson-Almy had a much better World meet this year. She brilliantly represented the U.S. in the 58.5 kg. class. Felecia shattered three and tied on World record. She set a record in the squat with a 155 kg. effort and pulled a record deadlift of 177.5 kgs. Her record total of 417.5 kgs. broke the previous Catherine Brice both of France placed second and third respectively. Placing fourth was Suzanne Brooker from Great Britain. Brooker's lifts are not impressive when reading the results, but realize that these lifts were done only two weeks after she gave birth to a beautiful baby boy. Suzanne was training for the Worlds up to the day she gave birth. If my memory serves me correctly, I believe she had a heavy deadlift workout on that day.

Michelle DeGennaro coasted to an easy victory at 63 kgs. with a 370 kg. total. Ausie Joanne Edwards lifted quite impressively finishing only 22.5 kgs. behind Michelle. England's Liza Poole placed third with a 335 kg. total. Fourth went to Laurence Morales of Belgium. France's Martine Bureau beat out Great Britain's Wendy Samways for the fifth place trophy.

At 70 kgs. Linda Jo Belsto walked away with her first World title. She demonstrated textbook form in every lift and it showed in her total. Linda Jo probably wanted to win more than any other lifter at the competition. You only had to look at the elation on her face to see that she was pleased with her performance. Ely Millington from Great Britain finished 30 kgs. behind Linda Jo for second place. Another British lifter, Michelle Dinnage, posted a 302.5 kg. total for her third place finish.

Betsy Wonyetye just keeps on improving. I can't wait to see what she does next year.

"Dominating" is a one word description of Betsy Wonyetye's performance in the 80 kg. class. Betsy broke her own squat and total record on her way to her third World title. Betsy easily out totalled Joy Dobson of Australia by 67.5 kgs. Joy attempted to break her own World record deadlift on a fourth attempt only to have the judges turn it down. In third was Chantal Coulon of France and Donna Bonner, lifting for the British placed fourth.

Cyndi Regan had her chance to win her first World title and met the challenge triumphantly in the 80+ kg. class. She won by a margin of 172.5 kgs. and broke three World records previously held by Carol Waters. Viewing Cyndi's lifts from the jury



Mike Hall atop the victors platform.

**1990 WDFPF World Championships**

6/30 &amp; 7/1

S B D Tot

Women's Div.

44 kgs./97 lbs.

Gedney US 110.0 62.5 135.0 307.5

47.5 kgs./104.75 lbs.

Jewett US 130.0W 57.5 132.5W 320.0W

Collin B 87.5 70.0W 97.5 255.0

Allant F 70.0 40.0 110.0 220.0

Thompson GB 67.5 40.0 95.0 202.5

50.5 kgs./111.25 lbs.

Delbos F 135.0W 65.0 170.0W 370.0W

Moore US — — — —

53 kgs./116.75 lbs.

Garner US 152.5 65.0 162.5 380.0

Blindt GB 115.0 80.0W 145.0 340.0

Reuillon F 112.5 62.5 140.0 315.0

Becwe F 102.5 55.0 120.0 277.5

55.5 kgs./122.25 lbs.

Delouflec F 140.0 70.0 157.5 367.5

Hack US 140.0 62.5 155.0 357.5

Detenon GB 130.0 57.5 155.0 342.5

Mathieu F 115.0 85.0 130.0 330.0

Girdham A 130.0 52.5 145.0 327.5

58.5 kgs./129 lbs.

Almy US 155.0W 85.0W 177.5W 417.5W

Cadres F 130.0 70.0 155.0 355.0

Brice F 105.0 57.5 137.5 300.0

Brooker GB 110.0 70.0 107.5 287.5

63 kgs./139 lbs.

DeGemmato US 142.5 70.0 157.5 370.0

Edwards A 130.0 62.5 155.0 347.5

Poole GB 112.5 62.5 160.0 335.0

Morales B 122.5 60.0 140.0 322.5

Bureau F 110.0 72.5 130.0 312.5

Samways 20+ kgs./154.25 lbs.

107.5 50.0 142.5 300.0

142.5 kgs./176.25 lbs.

Belsito US 147.5 85.0 170.0 402.5

Millington GB 142.5 65.0 165.0 372.5

Dinnage GB 125.0 47.5 130.0 302.5

80 kgs./176.25 lbs.

Wonyetye US 202.5W 105.0 197.5 505.0W

Dobson A 152.5 82.5 202.5W 437.5

Coulon F 112.5 97.5 165.0 375.0

120.0 135.0 310.0

20+ kgs./176.25 lbs.

Regan US 212.5W 122.5W 182.5 517.5W

Wakefield GB 140.0 62.5 140.0 342.5

Cainor B 130.0 52.5 150.0 332.5

Men's Div.

52 kgs./114.5 lbs.

Bourque US 187.5W 92.5 187.5 467.5

Price GB 160.0 90.0 185.0 435.0

56 kgs./123.5 lbs.

Giannino US 167.5 114.0W 207.5 487.5

Brouillet F 170.0 100.0 200.0 470.0

Kahn GB 160.0 80.0 212.5 452.5

Gould A 130.0 97.5 150.0 377.5

80 kgs./132.25 lbs.

Surtes US 212.5 137.5 242.5W 592.5W

Ledroit F 230.0 112.5 192.5 535.0

McFirish I 172.5 90.0 192.5 455.0

67.5 kgs./148.75 lbs.

Benemerto US 250.0W 142.5 272.5W 665.0W

Blindt GB 230.0 145.0 255.0 630.0

Lespoix F 242.5 132.5 242.5 547.5

Dousset F 195.0 110.0 250.0 490.0

25 kgs./165.25 lbs.

Beavers US 292.5W 170.0W 277.5 740.0W

Mezzanotte B 277.5 147.5 280.0 705.0

Lynch GB 225.0 157.5 237.5 620.0

Duhem F 250.0 150.0 220.0 620.0

Whiteman A 195.0 105.0 210.0 510.0

Hurgens B 180.0 92.5 190.0 462.5

Heyboer H 220.0 132.5 277.5 642.5

Tiebackx B 237.5 — — —

100 kgs./220.25 lbs.

Austin US 342.5W 160.0 310.0W 812.5W

Urbaniak F 300.0 195.0 270.0 765.0

Bonner GB 285.0 170.0 270.0 725.0

Radkowski F 260.0 150.0 260.0 670.0

Alvarez B 245.0 185.0 220.0 650.0

El Majhoubi M 220.0 135.0 200.0 555.0

110 kgs./242.5 lbs.

Pridgen US 307.5 175.0 310.0 792.5

Keyha US 305.0W 152.5 337.5W 795.0

Devaux F 260.0 182.5 300.0 742.5

Lagache F 260.0 162.5 290.0 712.5

Foulser GB 270.0 100.0 280.0 650.0

Altin A 232.5 132.5 277.5 642.5

Heyboer H 220.0 132.5 240.0 592.5

Tiebackx B 237.5 — — —

125 kgs./275.5 lbs.

Stewart US 350.0 210.0 345.0W 905.0

Leadbetter GB 260.0 190.0 330.0 780.0

Thoron B 180.0 120.0 240.0 540.0

125+ kgs./275.5 lbs.

Hall US 365.0 240.0 250.0 855.0

Gardner GB 240.0 140.0 270.0 680.0

44 kgs./97 lbs.

Squat: 187.5 kgs. / 413.25 lbs.

Bench: 107.5 kgs. / 236.75 lbs.

Dead: 215.0 kgs. / 473.75 lbs.

Total: 475.0 kgs. / 1047.00 lbs.

56 kgs./123.5 lbs.

Squat: 192.5 kgs. / 424.25 lbs.

Bench: 114.0 kgs. / 251.25 lbs.

Dead: 210.0 kgs. / 462.75 lbs.

Total: 500.0 kgs. / 1102.25 lbs.

60 kgs./132.25 lbs.

Squat: 235.0 kgs. / 518.00 lbs.

Bench: 145.0 kgs. / 319.50 lbs.

Dead: 242.5 kgs. / 534.50 lbs.

Total: 592.5 kgs. / 1306.00 lbs.

67.5 kgs./148.75 lbs.

Squat: 250.0 kgs. / 551.00 lbs.

Bench: 147.5 kgs. / 325.00 lbs.

Dead: 272.5 kgs. / 600.75 lbs.

Total: 665.0 kgs. / 1466.00 lbs.

75 kgs./165.25 lbs.

Squat: 292.5 kgs. / 644.75 lbs.

Bench: 170.0 kgs. / 374.75 lbs.

Dead: 305.0 kgs. / 672.25 lbs.

Total: 740.0 kgs. / 1631.25 lbs.

82.5 kgs./181.75 lbs.

Squat: 282.5 kgs. / 622.75 lbs.

Bench: 195.0 kgs. / 429.75 lbs.

Dead: 335.0 kgs. / 738.50 lbs.

Total: 810.0 kgs. / 1785.50 lbs.

90 kgs./198.25 lbs.

Squat: 305.0 kgs. / 672.25 lbs.

Bench: 207.5 kgs. / 402.25 lbs.

Dead: 337.5 kgs. / 744.00 lbs.

Total: 797.5 kgs. / 1758.00 lbs.

100 kgs./220.25 lbs.

Squat: 342.5 kgs. / 755.00 lbs.

Bench: 212.5 kgs. / 457.25 lbs.

Dead: 340.0 kgs. / 749.50 lbs.

Total: 875.0 kgs. / 1929.00 lbs.

125 kgs./275.5 lbs.

Squat: 390.0 kgs. / 859.75 lbs.

Bench: 227.5 kgs. / 501.50 lbs.

Dead: 345.0 kgs. / 760.50 lbs.

Total: 952.5 kgs. / 2099.75 lbs.

125+ kgs./275.5+ lbs.



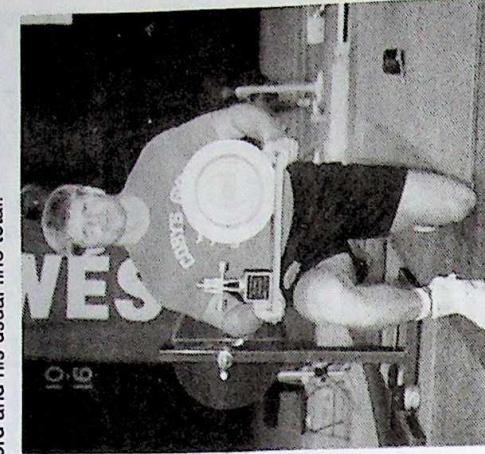
## ADFFPA Police & Fire National Champs.

by: Steve Johnson

The 1990 Police and Fire Powerlifting and Bench Press Nationals were hosted by Northwest Powerlifting, May 20, at Northwest Racquet, Swim and Health Club, St. Louis Park, Minnesota. This contest was a great success bringing lifters from all over the nation. I want to thank Erin Feldges, Cort Larson, Brother Bennett, and Northwest Powerlifting for enabling us to bring this meet back again in 1990. Apparently the ADFFPA Executive Committee discontinued the "national" sanction for this contest in 1989 and only through the above persons' efforts was a "probationary" national sanction allowed. This contest will only survive if the lifters get involved and organize through their state chairman and the national office. Fitness programs are becoming more and more a part of the police and fire departments around the country—Drug Free Powerlifting is an exemplary way of displaying the results of the strength training in these programs.

The lifting began with Rae Ballard

lifting in the 139 pound class uncontested. Rae, from Alameda County Sheriff's Office, CA, was the only woman competitor and set all the records (both master and open) for her class. At 148, Michael Johnson of Lawton Police Department, OK, also lifted uncon-



*The Police & Fire Championships Team was from Lawton, OK: (left-right) Michael Johnson, Coby Carden, Clancy Williams, Ray Ortiz, Mark Forman, Robert Puccino.*

### Message from the President

After an unusual, interesting but successful World Championships in Meaux, France, the U.S. ADFFPA World Team returned home victoriously. Our lady lifters took eight first places, one second with one bombout. Seventeen world records were set by the women and twelve of these by the U.S. The men's team posted ten first places. The ADFFPA had no representatives in the 82.5 kg. class. Eighteen world records were established and sixteen of these by the Americans. The ADFFPA does not declare a world champion team. This concept is based upon friendly, sportsmanslike competition among nations. Countries represented were America, Australia, Belgium, France, Great Britain, Holland, Ireland, and Morocco. Egypt was absent this year and missed. Although Hong Kong and India applied for membership, neither was represented. With pride, the ADFFPA salutes its World Team!

The second weekend in July marked the Teenage Nationals in St. Louis, MO. One hundred, twenty-four lifters registered for the two day, two platform meet. Several new records were set. Meet directors, John Petroff and Dr. Mike Cissell, were well organized. Spotter-loaders did a fine job. The judges worked tirelessly and efficiently. The ADFFPA graciously thanks Mr. Petroff and Dr. Cissell and their staff for a job WELL DONE.

### MEET DIRECTORS-NOTE BIEN

-Equipment checks are mandatory at all ADFFPA contests.

-Every participant MUST sign the legal release form and the certification paper.

-Lifting in shorts and T-shirts is not allowed. A one piece lifting suit must be worn.

-To lift in any ADFFPA national contest, the lifter MUST qualify in a sanctioned ADFFPA meet.

-Reimbursement forms must be received by the National Office within thirty days of the actual meet date.

-Complete record forms must be received within thirty days (fifth certificate for teenage and master unless one is already on file, scale certification, drug test results, and meet results). Please use the proper new record form.

Some have been slow in getting drug test results to the National Office. Let's try to improve upon this, please. Meet sanctions are automatically voided if the proper requirements are not fulfilled. This is not fair to the lifters. The ADFFPA appreciates its meet directors and urges them to observe all rules governing a sanction. If you have any problems, please contact the National Office.

Letters have been mailed to all state and national judges whose memberships have elapsed. On August 15th, all inactive judges will be purged from our list of judges. To be reinstated, one will have to take the test again. The new list will be sent to all members of the National Committee.

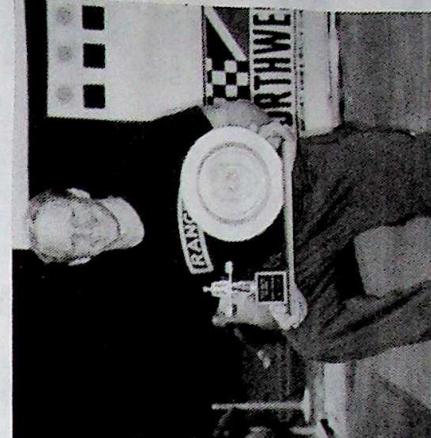
Don't forget to get your bids for National meets into the National Office prior to the National Meeting on August 31st. Let us continue our efforts to preserve the concept of the drug free lifting in the ADFFPA—the Healthy Alternative. Things may not always go according to the wishes of an individual but as a group we are moving in the right direction. Stay healthy.

God Bless You.

Brother Bennet

### Coby Carden-Lightweight Best Lifter.

The 165 pound class had eight competitors, with veterans Francis Ruetiger from Joliet Police Department, IL, and Louis Distretti from Memphis Fire, TN, battling for first place. Francis finished first with the biggest squat and deadlift of his class. Louis turned 40 and set all new master records for his class, finishing second. First time competitor Pat Beaumaster, New Hope Police Department, MN, did very well setting a bench record at 320 and totalizing 1200 without using suits or wraps. At 181, Coby Carden, Lawton Police Department, OK, again retained his first place and lightweight best lifter setting a 360 bench record and his usual fine total.



### Olusegun Sijuwade-Heavyweight Best Lifter.

The 181's, Michael Rappley, Batavia Police Department, IL, was ahead of Olusegun Sijuwade (formerly known as Robert Craft), Milwaukee Police Department, WI, at subtotals. Both of them squatted 580 and Michael outperformed Olusegun by 10 pounds with a 370. Olusegun then pulled an awesome 665 record deadlift to total 1605, winning his class and heavyweight best lifter.

### Oklahoma's Team again captured first place with some fine lifting by Robert Puccino, Lawton City Police Department, to win at 220. At 242, Mark Elder, Dodge City Fire Department, KS, came prepared to lift setting a 420 bench and 1660 total record to capture first place. At 275, Kenneth Ufford, Overland Police Department, KS, did some fine lifting setting a record bench of 490. Ken owns all the records at 275 but fell short today totalling 1800.



### Message of Sadness

For a message of sadness. Enclosed is a picture of one of my former lifters who tragically died on June 16, 1990. Her name is Alanna Miltich and was only 20 years old at the time of her death. Alanna competed in the ADFFPA Women's Nationals in 1986 and 1987 in the teenage divisions. She placed second in 1986 to Tricia Mathis at Boston and was first in Tempe in 1987. She was a two time ADFFPA State Teenage Champion and won three other titles as well. She tied the Teenage Bench Press record in 1987 and had as her best lift a 242 deadlift at a bodyweight of 104.

After high school graduation, she enrolled in college locally and was a second semester sophomore. About three months ago, she was involved in an auto accident and was being treated for whiplash. She suffered severe headaches, however, and was hospitalized after a particularly bad episode. The hospital examined her including a spinal tap and immediately air lifted her to the Henry Ford Hospital in Detroit. She was operated on, but passed away ten days later. An autopsy is incomplete at this time, but it is felt that Alanna had either a cerebral aneurism or a tumor which might have taken off due to the accident.

I will miss her friendliness and humor. She was a pleasure to be around. This points out the necessity to realize how precious, but how fragile life is. If a tribute could be paid to her memory, it would be for her friends to live our lives the way GOD intended, to include religion and drug free living in a positive and healthful manner and to take nothing for granted. I for one will miss her humor. As her coach about the only thing I can pass on to her is "Shalom sweetheart, rest in peace".

Alanna Miltich

### Louis Distretti-Masters Lightweight Division Champion.

In the lightmasters division, Memphis Fire Fighter Louis Distretti captured first setting all new records. Heavy masters division was won by Ron Foreman, Plymouth Police Department, MN. Bruce Johnson, Minneapolis Police Department, MN, set a new bench rec-



## **ADFP&A High School National Powerlifting Championships**

The 1990 ADFFPA High School Nationals were held in St. Louis Park, Minnesota at the prestigious 250,000 sq. foot Northwest Racquet Swim & Health Club. The event sported 171 students from over twenty states which made for a lot of exciting lifting. With so many athletes, the meet was a two-day, two-platform affair and the eight warm-up stations all came in use. Surprisingly, this meet came off without a single major glitch and there were very few minor ones. The Northwest staff, volunteers and especially our National Judges are due many thanks. A big thank you to Brother Bennet who tirelessly judges practically the whole meet.

The meet started Saturday morning with the Freshmen lifters in the morning session and the Junior lifters in the afternoon. These two groups comprised about 100 of the lifters so everyone was put to the test early Sunday had the Sophomore lifters in the morning and Seniors in the afternoon. Records have been kept for this meet by grouping 9th-10th and 11th-12th grades. Our format allowed single grades to compete against each other only and for lifters in the younger grades to hold National records for at least a day. Also, instead of best lifter awards, we multiplied the lifters' Schwart or Malone score by their 1989-90 GPA to award Academic All-American awards in each grade.

At 123, Quinn Nockerts had the big squat to place over Christian Matilla. Dennis Correia and Dan Dugan really battled it out at 132. It came down to the deadlift with both pulling a record 400 lbs. Dan got the record on bodyweight but Dennis took the win with a 5 pound edge on total. Third was Michael McCullough. The 148's records were set by first Dan McAvoy in the squat and third place Ernest Peralta in the bench. John Elkins lifted well for an easy second. The 165's comprised 13 lifters. National records were set by first place Corey Lake in the squat, dead and total. Fourth place Brad Benson set the bench record. Jason Lawton cruised to second and Steve Schaefer placed third. At 181, Mike Dronko took the bench record but couldn't catch Mark Paone for first. Mike Colman had the impressive deadlift to grab third. The totals were spread out at 198 with a big deadlift by Ronald Newton for first, Aaron Breit took second and David Culhane third. The 220's were decided by the deadlifts. William Collins had the big one for first, Jerome Blumhoefer placed second and Chris Olson third. At 242's, things were decided early. Joe Soyring had the record squat for first and Brady Mier's big bench and deadlift just couldn't catch him. Vance Johnson placed third. Mark Legere was the only entrant at 275. The SHW's were won by Derek VanderWerf over Randy Forpahl.

**FRESHMAN:** Our only girl's competitor of the morning, Samantha Waldniff, lifted well and now holds National records in all lifts. In the 114's, there was a tight battle for first with Matt Vaneman ahead by 5-10 lbs. on each lift over Jason Jeinsassser and Jeremy Gomez in third. Tim Wissinger cruised to the 123 title with Mark Masters just ahead of Nathan Smith for second. At 132, Jamie Warchol had the big squat to take first and Ron Lancette edged out Russell Harris for second. Our first National records were set in each lift by Bill Colizas in the 148's. Christopher Moore did well and placed second, with Tom Hinrichs following up in third. At 165, Jeremy Van Guilder was down 25 lbs. at sub-total time but had a huge pull to take first. Second went to Jason Golec and third to John Baldus. More National records were set at 181 by third place Robert Schlicht in the squat, fourth place Brad Macvig in the bench and Matt Ricketts edged out Brett Roden for first with a record deadlift and total. Bert Eisenbach finished out at first in the 198's. In the 220's, first place was up for grabs with Dan Stickney pulling fifteen pounds more than Vaughn Paxton and Ed Bailey in third. Brent Lauder and Dean Beyer tied in the 242's. With rent being the lighter, he was awarded first. Our only competitor at 275, William Oginsky, did well. Our Academic All-American winners: Girls-Samantha Waldniff and Boys-114 champ and 4.0 student Matt Vaneman.

**SENIORS:** The event was rounded out Sunday by the seniors. At 105, Kathy Milbrandt, 116 Tammy Schuerman, 129 Nancee Yaggie and 154 Amanda Tholin all set records. The boys began with 114 records in the squat, dead and total by Quyen Tran placing over 16 year old senior Kiet Nguyen. Ken Novotny took the 123's. At 132, Larry Judy didn't let lack of competition stop him from setting bench, dead and total records. At 148, David Fleck dominated with record squat, deadlift and total. The battle for second was won by Daryl Rieli over Tim Narsted. In the 165's, Keith Lambert edged out Norman Briones and Sean Rankin placed third. At 198, Jeff Leo, "Mr. I Can't Go", didn't get the big bench he was looking for but placed first. Following were Terry Good and Jeffrey Houser. The 220's featured some big totals by Robert Bogdan and Tim Houseman with Robert's squat telling the difference. Mark McClellanahan had what it took to place third. Al Fox made it happen at 242. Special Olympian Kris Klinth had a good day at SHW. Academic All-American were: Girls-Sarah Collar and Boys-Daniel McAvoy who said "No one has ever called me smart!"

Sunday morning began with two girl competitors. In the 111's, Char Landsgaard set all National records and in the 116's, Marianne Jones also set all records. At 114, Mark Brooks lifted alone and at 123, Billy Smith did very well with Travis Stokes placing second. Jason Zenanko set National records in the bench and total to take first at 148. Paul Larchol came in 100 lbs. ahead of Daniel Sommine for second with all lifters doing very well. At 165, Chris Peterson lifted steady to take first, Travis Thompson followed closely for second. Corey Crockett had the big deadlift to third. More National records were set at 181 by Troy Hughes in the bench and total categories. Branden Meyer edged out Jim Zahill by 10 lbs. in the deadlift to take second. At 198, Brian Katz set both National and Teen-American records in the bench press and total to move out almost 200 lbs. ahead of the competition. Chad Desjariais had an excellent day to take second and Jonathan Foss followed for third. Mike Schellenberger set more records at 220 in the bench, dead and total. Michael Lazar and Robert Ringenberger battled hard and very close behind first with Nick Letting the pull he needed to tie Robert and take second with a lighter bodyweight. At 242, Jason Elder set a record in the squat and SHW Dean O'Neill set all records. Academic All-Americans are: Girls-Char Landsgaard and Boys-Chad Desjariais. Both athletes are 4.0 students.

**TEAM COMPETITION:** The team competition was fierce and exciting. All teams were very supportive of

Both their own athletes and those on the o-

---

**ADFPA High School Nationals**

5/9 & 10/90

by: Erin Feldges



165

# 1990 Men's Top 50

This is the first publication of rankings in 1990. These began from January 1. Do not order certificates from this list. These are for your information to set your goals for the remainder of the 1990 year of competition. See if you can rank in the final standings when the year is through.

114 lb. Squat	114 lb. Bench	114 lb. Deadlift	114 lb. Total
415.00 Garcia, H...5/26	290.00 Cruz, A...4/22	473.75 Thompson, R...3/17	1055.00 Garcia, H...5/26
415.25 Bourque, K...7/1	260.00 Honeycutt, B...4/1	435.25 Vera, J...4/14	1080.50 Bourque, K...7/1
358.00 Schlegel, C...5/26	245.00 Garcia, H...5/26	415.00 Vera, J...4/14	1025.00 Vera, J...4/14
347.00 Vera, J...4/14	242.50 Bourque, K...3/17	413.25 Bozzelli, B...3/17	959.00 Bozzelli, B...3/17
330.50 Bozzelli, B...3/17	240.00 Guang, H...3/31	391.25 Bozzelli, B...3/17	936.75 Thompson, R...3/17
325.00 Guang, H...3/31	236.75 Garcia, H...4/28	385.00 Bardeen, D...5/19	900.00 Bardeen, D...5/19
320.00 Bardeen, D...5/19	230.00 Garcia, H...4/28	380.00 Bardeen, D...5/19	914.75 Schlegel, B...6/9
314.00 Tran, Q...2/17	230.00 Huneycutt, B...2/	375.00 Schlegel, B...2/25	910.00 Bardeen, D...5/19
314.00 Miner, K...4/21	214.75 Schlupek, B...4/21	375.00 Miner, K...4/21	876.25 Miner, K...4/21
305.00 York, G...5/19	210.00 Huneycutt, B...4/21	374.75 Miner, K...4/21	876.25 Miner, K...4/21
300.00 Leonard, A...5/5	205.00 Bardeen, D...5/19	363.75 Bates, H...3/17	855.00 Beugien, T...1/27
300.00 Paoli, J...5/26	203.75 Lombardo, D...3/24	355.00 Guang, H...3/31	840.00 Paoli, J...5/26
292.00 Moore, A...4/21	203.75 Bourque, K...3/17	352.50 Guang, H...3/31	837.50 Moore, A...4/21
290.00 Fishchoggi, C...5/26	200.00 Beugien, T...1/21	350.00 Paoli, J...5/26	832.00 Lombardo, D...3/24
286.50 Lombardo, D...3/24	198.25 Navidad, R...4/21	343.00 Navidad, R...4/21	830.00 Tran, Q...6/10
285.00 Beugien, T...1/27	192.50 Bardeen, D...3/24	341.50 Lombardo, D...3/24	810.00 Moore, A...4/21
281.00 Thompson, R...3/17	190.00 Paci, J...5/26	340.00 Tran, Q...6/10	804.50 Finley, L...3/24
281.00 Bates, H...3/17	187.25 Navidad, R...4/21	336.00 Moore, A...4/21	797.00 Navidad, R...4/21
281.00 Schlegel, C...5/26	187.25 Reevils, R...3/17	330.00 Bardeen, S...3/17	755.00 York, G...5/19
270.00 Finley, J...3/24	187.25 Miner, K...4/21	330.00 Pulece, T...5/26	750.00 Fishchoggi, C...5/26
270.00 Mahoney, P...6/9	185.00 Schlegel, B...2/25	327.25 Reevils, R...3/17	855.00 Beugien, T...1/27
245.00 Whitbeck, W...?	185.00 Leonard, A...5/26	319.50 Robinson, D...3/23	740.00 Mahoney, P...6/9
240.00 McCann, K...6/9	181.75 Thompson, R...3/17	315.00 Robinson, D...3/23	735.00 Whitbeck, W...?
236.75 Rhodes, B...3/23	181.75 Finley, J...3/24	315.00 Robinson, D...3/23	722.00 Schlegel, C...5/26
235.00 Pulece, T...5/26	181.75 Moore, A...4/21	315.00 Moore, A...4/21	713.00 Reevils, R...3/17
235.00 Vaneman, M...6/9	175.00 Moore, A...4/21	314.00 Pulece, T...5/26	704.00 Moore, A...4/21
231.25 Nguyen, K...6/9	175.00 Whitbeck, W...?	300.00 York, G...5/19	680.50 McCann, K...6/9
231.25 Navidad, R...4/21	165.25 Robinson, D...3/23	297.50 Aloover, E...3/24	680.50 McCann, K...6/9
225.00 Kleinassner, J...6/9	165.25 Kleinassner, J...6/9	295.00 Nguyen, K...6/10	668.75 Aloover, E...3/24
214.75 Robinson, S...3/7	155.00 Nguyen, K...6/10	292.00 Rhodes, B...3/23	639.25 Rhodes, B...3/23
214.75 Heater, S...3/23	150.00 Kashenina, D...1/21	286.50 Robinson, G...2/17	633.75 Robinson, G...2/17
210.00 Reevils, R...5/26	150.00 Kashenina, D...1/21	270.00 Wright, R...3/23	605.00 Kashenina, D...1/21
203.75 Robinson, G...2/17	145.00 Matheny, P...6/9	250.00 Duncan, K...3/23	580.00 Kashenina, D...1/21
190.00 Kashenina, D...1/21	143.25 Robinson, G...3/24	242.50 Kashenina, D...1/21	573.00 Kashenina, D...1/21
190.00 Nun, B...6/9	135.00 Vaneman, M...6/9	235.00 Kashenina, D...1/21	565.50 Wright, R...3/23
181.75 Duncan, K...4/21	130.00 Fischchoggi, C...5/26	225.00 Westring, C...5/25	523.50 Duncan, K...4/21
180.00 Gomez, J...6/9	130.00 Fischchoggi, C...5/26	225.00 Kleinassner, J...6/9	505.00 Brooks, M...6/10
175.00 Baker, S...2/10	125.00 Robinson, S...3/17	220.00 Baker, S...2/10	500.00 Gomez, J...6/9
170.75 Wright, R...3/27	125.00 Gomez, J...6/9	200.00 Baker, S...2/10	490.00 Westring, C...5/25
165.00 Brooks, M...6/10	125.00 McCann, K...6/9	195.00 Gomez, J...6/9	475.00 Baker, S...2/10
150.00 Westring, C...5/25	120.00 Brooks, M...6/10	190.00 Strickler, J...2/10	410.00 Strickler, J...2/10
135.00 Strickler, J...2/10	115.50 Hester, S...3/23	115.50 Wright, R...3/23	270.00 Wright, R...3/23
115.50 Wright, R...3/23	115.50 Wright, R...3/23	115.50 Wright, R...3/23	270.00 Wright, R...3/23
115.00 Rhodes, B...3/23	115.00 Rhodes, B...3/23	115.00 Rhodes, B...3/23	270.00 Wright, R...3/23
110.00 Rhodes, B...3/23	110.00 Rhodes, B...3/23	110.00 Rhodes, B...3/23	270.00 Wright, R...3/23
110.00 Vickers, R...4/1	100.00 Baker, S...2/10	100.00 Baker, S...2/10	270.00 Wright, R...3/23
93.50 Duncan, K...4/21	100.00 Baker, S...2/10	100.00 Baker, S...2/10	270.00 Wright, R...3/23
85.00 Strickler, J...2/10	85.00 Strickler, J...2/10	85.00 Strickler, J...2/10	270.00 Wright, R...3/23
370.00 Millier, B...5/26	365.00 Holberman, D...3/23	353.50 Brogden, L...4/14	1077.50 Schlegel, C...5/26
407.75 Goodpasture, J...4/21	402.25 Lockerman, D...3/24	353.50 Heuning, D...4/21	1080.25 Goodpasture, J...4/21
400.00 Pitche, J...1/27	400.00 Pitche, J...1/27	353.50 Goodpasture, J...4/21	1080.25 Goodpasture, J...4/21
391.25 McComb, D...3/24	391.25 Jackson, R...3/24	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
330.00 Reynolds, S...3/10	330.00 Reynolds, S...3/17	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
347.00 Foster, J...1/27	347.00 Foster, J...1/27	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
330.00 Jenkins, B...2/17	330.00 Jenkins, B...2/17	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
319.50 Young, P...4/21	319.50 Young, P...4/21	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
347.00 Kinser, R...4/21	347.00 Kinser, R...4/21	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
330.00 Belcastro, F...4/28	330.00 Belcastro, F...4/28	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
330.00 Joy, L...6/10	330.00 Joy, L...6/10	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
325.00 Hoenecker, J...2/17	325.00 Hoenecker, J...2/17	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
340.00 Bilem, S...4/14	340.00 Bilem, S...4/14	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
370.00 Millier, B...5/26	363.75 Villamar, R...4/21	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
358.00 Reynolds, S...3/10	358.00 Reynolds, S...3/10	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
336.00 Lowder, N...5/5	336.00 Lowder, N...5/5	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
319.50 Young, P...4/21	319.50 Young, P...4/21	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
347.00 Kinser, R...4/21	347.00 Kinser, R...4/21	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
330.00 Belcastro, F...4/28	330.00 Belcastro, F...4/28	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
330.00 Joy, L...6/10	330.00 Joy, L...6/10	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
325.00 Hoenecker, J...2/17	325.00 Hoenecker, J...2/17	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
340.00 Bilem, S...4/14	340.00 Bilem, S...4/14	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
370.00 Millier, B...5/26	363.75 Villamar, R...4/21	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
358.00 Reynolds, S...3/10	358.00 Reynolds, S...3/10	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
336.00 Lowder, N...5/5	336.00 Lowder, N...5/5	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
319.50 Young, P...4/21	319.50 Young, P...4/21	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
347.00 Kinser, R...4/21	347.00 Kinser, R...4/21	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
330.00 Belcastro, F...4/28	330.00 Belcastro, F...4/28	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
330.00 Joy, L...6/10	330.00 Joy, L...6/10	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
325.00 Hoenecker, J...2/17	325.00 Hoenecker, J...2/17	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
340.00 Bilem, S...4/14	340.00 Bilem, S...4/14	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
370.00 Millier, B...5/26	363.75 Villamar, R...4/21	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
358.00 Reynolds, S...3/10	358.00 Reynolds, S...3/10	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
336.00 Lowder, N...5/5	336.00 Lowder, N...5/5	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
319.50 Young, P...4/21	319.50 Young, P...4/21	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
347.00 Kinser, R...4/21	347.00 Kinser, R...4/21	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
330.00 Belcastro, F...4/28	330.00 Belcastro, F...4/28	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
330.00 Joy, L...6/10	330.00 Joy, L...6/10	365.00 Pitche, J...1/27	1080.25 Goodpasture, J...4/21
325.00 Hoenecker, J...2/17	325.00 Hoenecker, J...2/17	365.00 Pitche, J...1	

440.00 Lumkin, E. 4/14	319.00 Gannon, D. 5/20	470.00 Rohan, B. 5/19	1173.75 Brewer, J. 3/17	1173.75 Burrolo, T. 4/21	578.50 Pratt, M. 1/21	375.00 Matsushin, D. 5/20	600.00 Madlock, E. ?	1500.00 Kusior, L. 5/26
445.00 Shye, J. 5/5	310.00 Charles, A. ?	468.25 Gullen, O. 4/14	1165.00 Salehuddin, R. 5/26	1165.00 Salehuddin, R. 5/26	578.50 Bell, M. 3/25	374.75 Judo, N. 4/21	590.00 Applegate, G. 4/28	1499.00 Windquist, M. 2/17
435.25 Damring, R. 3/24	308.00 Kupperstein, E. 3/24	468.25 Starley, J. 4/21	1162.75 Guillen, O. 4/14	1162.75 Guillen, O. 4/21	575.00 West, K. 1/13	370.00 Parish, D. 2/17	578.50 Bagley, G. 3/21	1493.50 Wais, S. 4/14
435.00 Crawford, S. 4/14	305.00 Hurner, B. 4/1	468.25 Krause, R. 4/21	1162.75 Guillen, O. 4/14	1162.75 Guillen, O. 4/21	575.00 Lambert, I. 2/17	370.00 Farnish, R. 3/31	575.00 Escamilla, R. 3/31	1493.50 Farzaneh, B. 3/17
425.75 Hendel, W. 4/21	305.00 Kabasakalian, D. 4/1	465.00 Sanchez, M. 5/26	1150.00 Sanchez, M. 5/26	1151.75 Glen, S. 3/17	573.00 Bagley, G. 3/17	370.00 Bell, M. 2/17	575.00 Parker, C. 2/17	1488.00 Ethington, B. 3/17
425.00 Bowe, M. 2/17	303.00 Strickland, D. 3/10	462.75 Weber, T. 3/17	1151.75 Glen, S. 3/17	1151.75 Glen, S. 3/17	569.75 Wan Cleave, M. 3/31	370.00 Farzaneh, B. 3/17	575.00 Earle, S. 3/3	1485.00 Farzaneh, B. 3/17
418.75 Mustari, C. 1/21	303.00 Siekawa, S. 3/17	460.00 Lumpkin, E. 4/14	1150.00 Miller, L. 5/5	1150.00 Miller, L. 5/5	565.00 Farzaneh, B. 3/3	370.00 Souza, N. 4/1	575.00 Earle, S. 3/3	1486.00 Markham, B. 2/17
418.75 Hill, K. 2/17	303.00 Sigala, M. 5/5	460.00 Luttrell, J. 5/5	1146.25 Krause, R. 4/21	1146.25 Krause, R. 4/21	565.00 Farzaneh, B. 3/25	369.25 Winquist, M. 2/17	573.00 Carden, C. 5/20	1461.50 Escamilla, R. 3/31
418.75 Gaydos, C. 3/24	303.00 Gaydos, C. 3/24	460.00 Karo, M. 5/5	1146.25 Krause, R. 4/21	1146.25 Krause, R. 4/21	562.00 Ybarra, F. 3/17	369.25 Ford, D. 4/21	573.00 Welch, J. 6/9	1460.50 Pratt, M. 1/21
<b>165 lb. Squat</b>	<b>165 lb. Total</b>	<b>661.25 Ricks, D. 3/17</b>	<b>1692.00 Ricks, D. 3/17</b>	<b>562.00 Welch, J. 6/9</b>	<b>365.00 Applegate, G. 4/28</b>	<b>567.50 Fleischer, E. 6/9</b>	<b>1455.00 Burns, D. 5/19</b>	
655.00 Beavers, M. 1/27	440.00 Ricks, D. 3/17	655.00 Ricks, D. 3/17	1645.00 Beavers, M. 1/27	656.00 Gilman, D. 4/14	365.00 Mariano, J. 5/26	565.00 Bradham, C. 5/26	1455.00 Jackson, M. ?	
644.75 Ricks, D. 3/17	415.00 Whitley, N. 7/1	640.00 Griffin, K. 1/27	1587.25 List, T. 4/21	550.00 Leggett, S. 4/14	355.00 Acuado, R. 5/26	562.00 Pratt, M. 1/21	1450.00 Alason, K. 3/31	
615.00 Kiefer, D. ?	405.00 Whitley, N. 7/1	611.75 Beavers, M. 7/1	1576.25 Benemerito, R. 3/17	560.00 Shockey, S. 4/28	363.75 Burns, J. 3/17	562.00 Clark, Z. 2/11	1449.50 Haller, K. 3/17	
606.25 List, T. 4/21	405.00 Morrison, E. 2/18	606.25 List, T. 1/21	1575.00 Benemerito, R. 3/17	560.00 Bremi, R. 4/14	363.75 Pomponio, J. 3/17	562.00 Schuenauer, T. 3/17	1449.50 Pomponio, J. 3/17	
600.75 Benemerito, R. 3/17	400.00 Brehm, D. 4/14	606.25 Moore, B. 5/19	1555.00 Rock, J. 2/17	560.00 Licardello, M. 5/26	363.75 Walls, S. 4/14	562.00 Ybarra, F. 3/17	1445.00 Lamberti, I. 2/17	
591.75 Guzman, Q. 3/31	390.00 Domineili, G. 5/26	600.75 Benemerito, R. 3/17	1467.00 Guzman, Q. 3/31	556.50 Greco, S. 4/21	363.75 Kuhmann, K. 4/14	562.00 Russell, T. 4/21	1445.00 Taghvand, B. 2/17	
590.00 Rock, J. 2/17	385.00 Rick's, D. 3/17	600.00 Hayden, L. 3/3	1450.00 Reider, K. 1/27	551.00 Racio, G. 4/28	363.75 Kuhmann, K. 4/14	562.00 Russell, T. 4/21	1445.00 Perez, R. 4/14	
575.00 Neuhauser, M. 1/27	385.00 Beavers, M. 1/27	590.00 Reider, K. 1/27	1450.00 Reider, D. ?	550.00 Atkinson, T. 3/3	363.00 Velasquez, G. 5/20	560.00 Greenan, T. 3/24	1440.00 Gilman, D. 4/14	
575.00 Reider, K. 1/27	385.00 Gibson, J. 4/21	580.00 Bremer, B. 5/19	1449.50 Gibson, J. 4/21	550.00 Applegate, G. 4/28	363.00 Carden, C. 5/20	560.00 Blumgardner, D. ?	1440.00 Greene, E. 5/26	
560.00 Bailey, L. 3/3	380.25 Friday, S. 3/24	578.50 Hollnagel, R. 1/21	1440.00 Griffin, K. 1/27	550.00 Savage, W. 4/28	358.00 Paull, R. 3/17	558.75 Macristie, A. 3/31	1440.00 Bradham, C. 5/26	
551.00 De Cesenzio, 4/21	380.25 List, T. 4/21	578.50 Fomby, L. 3/24	1435.75 Heyse, D. 3/10	550.00 Knoll, J. 5/5	355.00 McLeod, M. 2/18	556.50 Pomponio, J. 3/17	1438.50 Bell, M. 3/25	
551.00 Gibson, J. 4/21	380.00 Salzman, S. 1/20	570.00 Mangine, F. 2/17	1432.75 Heyse, D. 3/10	550.00 Acuado, R. 5/26	355.00 Bower, B. 4/14	556.50 Athias, G. 4/21	1438.50 Bell, M. 3/25	
556.50 Kiefer, D. ?	380.00 Whitley, N. 7/1	570.00 Neupauer, M. 1/27	1432.75 Heyse, D. 3/10	550.00 Como, B. 5/9	355.00 Schianti, M. 5/20	555.00 Athias, G. 4/21	1438.50 Bell, M. 3/25	
545.50 Krodenberger, 4/21	380.00 Benemerito, R. 3/17	567.50 Garofalo, R. 3/17	1432.75 Garofalo, R. 3/17	550.00 Escamilla, R. 3/31	352.50 Zweig, G. 1/21	555.00 Ziegler, F. 3/17	1427.25 Barra, F. 3/17	
545.00 Hansford, J. 2/17	380.00 Raco, G. 4/28	567.50 Greene, E. 3/17	1432.75 Fomby, E. 3/24	550.00 Fomby, E. 3/24	352.50 Able, R. 3/10	555.00 Hughes, J. 2/17	1425.00 Parker, C. 2/17	
540.00 Saunders, C. 3/24	375.00 Rock, J. 2/17	562.00 Short, M. 3/3	1425.00 Hayden, L. 3/3	545.50 Fiorini, P. 4/21	352.50 Chiofalo, J. 3/10	555.00 Pauli, R. 3/17	1425.00 Lindon, T. 5/19	
529.00 Braum, C. 3/24	375.75 Domineili, G. 5/26	562.00 Shor, M. 3/3	1420.00 Domineili, G. 5/26	545.50 Fiorini, P. 4/21	352.50 Schmidt, B. 3/17	551.00 Kusior, L. 4/21	1420.00 Savage, W. 4/28	
529.00 Grandominico, 3/24	360.00 Russell, L. 3/31	562.00 Short, M. 3/3	1416.25 Greene, V. 3/17	540.00 Teller, M. 3/3	352.50 Schmidt, B. 3/17	551.00 Knoll, J. 5/5	1420.00 Knoll, J. 5/5	
529.00 Calvert, R. 5/19	360.00 Derick, T. 4/22	562.00 Shor, M. 3/3	1416.25 Grandominico, 3/24	540.00 Dufur, K. 2/25	352.50 Peizadi, R. 4/21	551.00 Peizadi, R. 4/21	1420.00 Hartley, K. 1/27	
523.50 Hawsley, D. 3/10	358.00 Connor, C. 4/28	562.00 Brown, B. 1/20	1416.25 Greene, A. 1/20	540.00 DeBeliso, P. 4/21	352.50 Bongi, A. 4/21	551.00 Bongi, A. 4/21	1410.75 Athias, G. 4/21	
523.50 Morris, R. 3/10	358.00 McGraw, R. 4/28	562.00 Brown, B. 1/20	1416.25 Baertlein, M. 3/24	540.00 Baertlein, B. 1/27	352.50 Bongi, A. 4/21	551.00 Byrd, E. 4/21	1410.75 Athias, G. 4/21	
<b>165 lb. Deadlift</b>	<b>165 lb. Total</b>	<b>661.25 Ricks, D. 3/17</b>	<b>1692.00 Ricks, D. 3/17</b>	<b>562.00 Welch, J. 6/9</b>	<b>365.00 Applegate, G. 4/28</b>	<b>567.50 Fleischer, E. 6/9</b>	<b>1455.00 Burns, D. 5/19</b>	
534.50 Fomby, E. 3/24	370.00 Taylor, M. 5/5	550.00 Rock, J. 2/17	1410.75 Calvert, R. 5/19	550.00 Savage, W. 4/28	358.00 Paull, R. 3/17	558.75 Macristie, A. 3/31	1440.00 Bradham, C. 5/26	
534.50 Peach, J. 3/24	365.00 Brown, J. 4/21	550.00 Everett, J. 4/28	1405.00 Descenzio, 4/21	550.00 Mariano, J. 5/26	355.00 McLeod, M. 2/18	556.50 Athias, G. 4/21	1438.50 Bell, M. 3/25	
534.50 Gibson, L. 4/21	365.00 Brown, J. 4/21	550.00 Lake, C. 5/9	1400.00 Descenzio, 4/21	550.00 Schmidl, J. 1/27	355.00 Bower, B. 4/14	556.50 Athias, G. 4/21	1438.50 Bell, M. 3/25	
534.50 Krodenberger, 4/21	360.00 Benemerito, R. 3/17	545.50 Kuhn, E. 4/21	1395.00 Neupauer, M. 1/27	550.00 Schmidl, J. 1/27	355.00 Schmidl, J. 1/27	556.50 Athias, G. 4/21	1438.50 Bell, M. 3/25	
534.50 Domineili, G. 5/26	360.00 Easton, C. 3/17	545.50 Greene, E. 3/17	1395.00 Neupauer, M. 1/27	550.00 Schmidl, J. 1/27	355.00 Schmidl, J. 1/27	556.50 Athias, G. 4/21	1438.50 Bell, M. 3/25	
529.00 Braum, C. 3/24	360.75 Short, M. 3/3	546.25 Quatela, J. 1/28	1394.25 Dittler, K. 2/17	550.00 Schmidl, J. 1/27	355.00 Young, M. 4/1	556.50 Athias, G. 4/21	1438.50 Bell, M. 3/25	
529.00 Grandominico, 3/24	360.00 Russell, L. 3/31	546.25 Bailey, L. 3/3	1395.00 Schmidl, J. 1/27	550.00 Schmidl, J. 1/27	355.00 Young, M. 4/1	556.50 Athias, G. 4/21	1438.50 Bell, M. 3/25	
529.00 Calvert, R. 5/19	360.00 Derick, T. 4/22	546.25 Boyd, G. 4/21	1395.00 Schmidl, J. 1/27	550.00 Schmidl, J. 1/27	355.00 Young, M. 4/1	556.50 Athias, G. 4/21	1438.50 Bell, M. 3/25	
523.50 Domineili, G. 5/26	352.50 DeBeliso, P. 4/13	546.25 Weil, R. 2/1						

220 lb. Squat		220 lb. Bench		220 lb. Deadlift	
755.00	Austin, W.	7/1	Bullard, M. <sup>?</sup>	485.00	Girton, M. <sup>4/29</sup>
725.00	Brown, Z. <sup>4/29</sup>		Cain, S. <sup>4/14</sup>	1830.00	Cain, S. <sup>4/14</sup>
715.00	Ambrosino, M. <sup>4/29</sup>		Peace, B. <sup>4/14</sup>	1800.00	Brown, Z. <sup>4/29</sup>
713.00	Graham, J. <sup>3/31</sup>		Tyning, P. <sup>4/22</sup>	1792.00	Graham, J. <sup>3/31</sup>
705.25	Cassidy, J. <sup>4/22</sup>		Austin, W. <sup>7/1</sup>	1791.00	Austin, W. <sup>7/1</sup>
700.00	Bullard, M. <sup>?</sup>		How, B. <sup>5/19</sup>	1775.00	Girton, M. <sup>4/29</sup>
688.75	Pauli, R. <sup>3/18</sup>		McCurdy, C. <sup>4/22</sup>	1750.00	Bullard, M. <sup>?</sup>
680.00	Millage, J. <sup>5/26</sup>		Picco, J. <sup>2/18</sup>	1740.00	Ambrosino, J. <sup>4/29</sup>
677.75	Duvall, M. <sup>7/17</sup>		Brown, Z. <sup>4/29</sup>	1736.00	Ambrusino, J. <sup>4/22</sup>
672.25	Sianides, C. <sup>4/22</sup>		Cox, G. <sup>2</sup>	1735.00	Millage, J. <sup>5/26</sup>
640.75	Cain, S. <sup>3/17</sup>		How, B. <sup>5/5</sup>	1736.00	Tillman, K. <sup>3/18</sup>
650.25	Girton, M. <sup>3/18</sup>		DelReal, D. <sup>4/22</sup>	1708.50	Millage, J. <sup>5/26</sup>
650.25	Sianides, C. <sup>4/22</sup>		Hartmann, M. <sup>4/21</sup>	1708.50	Pauli, R. <sup>3/18</sup>
670.00	Girton, M. <sup>4/29</sup>		Layne, S. <sup>3/31</sup>	1695.00	Beamesderfer, J. <sup>4/29</sup>
661.25	Banks, V. <sup>4/14</sup>		Miller, C. <sup>3/3</sup>	1675.25	Tyning, P. <sup>3/18</sup>
660.00	Cain, S. <sup>4/14</sup>		Bowers, J. <sup>1/28</sup>	1675.25	Tillman, C. <sup>4/18</sup>
660.00	Ebner, R. <sup>4/29</sup>		Terrell, M. <sup>5/6</sup>	1675.25	Franz, R. <sup>4/22</sup>
650.25	Tyning, P. <sup>3/18</sup>		Banks, V. <sup>4/14</sup>	1675.25	Spaniades, C. <sup>4/22</sup>
650.25	Liandrou, L. <sup>4/22</sup>		Swain, A. <sup>3/31</sup>	1675.00	Bonner, D. <sup>4/29</sup>
650.25	Palmer, B. <sup>4/14</sup>		Shepard, D. <sup>3/31</sup>	1665.00	Ebner, R. <sup>4/29</sup>
650.00	Beamesderfer, J. <sup>4/29</sup>		Johnson, N. <sup>1/13</sup>	1658.75	Sample, Le. <sup>4/22</sup>
645.00	Miller, C. <sup>3/3</sup>		Johnson, N. <sup>1/13</sup>	1630.50	Terrell, M. <sup>5/6</sup>
644.75	Tillman, K. <sup>3/18</sup>		Parker, K. <sup>5/6</sup>	1635.00	Terrell, M. <sup>5/26</sup>
645.00	Dick, D. <sup>1/21</sup>		Millage, J. <sup>5/26</sup>	1631.25	Smith, S. <sup>4/22</sup>
630.00	Pryor, J. <sup>2/25</sup>		Marshall, R. <sup>3/18</sup>	1631.25	Gonzales, D. <sup>3/17</sup>
630.00	Bonner, D. <sup>4/29</sup>		Sample, Le. <sup>4/22</sup>	1631.25	Smith, S. <sup>4/22</sup>
630.00	Douson, K. <sup>5/6</sup>		Spaniades, C. <sup>4/22</sup>	1628.25	Charleston, R. <sup>3/3</sup>
625.00	Crolley, K. <sup>2/18</sup>		Thurston, P. <sup>4/22</sup>	1620.00	Beamesderfer, J. <sup>4/29</sup>
622.75	Smith, C. <sup>3/18</sup>		Lymon, J. <sup>4/22</sup>	1618.75	Beamesderfer, J. <sup>4/29</sup>
622.75	Pampil, G. <sup>4/14</sup>		Russo, J. <sup>1/20</sup>	1615.00	Charleston, R. <sup>3/3</sup>
622.75	Smith, S. <sup>4/22</sup>		Gross, J. <sup>5/20</sup>	1625.00	Charleston, R. <sup>3/3</sup>
620.00	Kane, J. <sup>4/29</sup>		Allen, M. <sup>5/20</sup>	1625.00	Charleston, R. <sup>3/3</sup>
617.25	Franz, R. <sup>4/22</sup>		Phoe, D. <sup>3/17</sup>	1615.75	Charleston, R. <sup>3/3</sup>
617.25	Sample, Le. <sup>4/22</sup>		Smith, S. <sup>4/22</sup>	1617.25	Charleston, R. <sup>3/3</sup>
613.25	Egley, G. <sup>5/19</sup>		Kay, E. <sup>4/22</sup>	1610.00	Pyra, J. <sup>2/25</sup>
617.25	Sample, Le. <sup>4/22</sup>		Kane, J. <sup>4/29</sup>	1610.00	How, B. <sup>5/26</sup>
615.00	Wimberly, C. <sup>2/18</sup>		Platt, J. <sup>4/1</sup>	1610.00	How, B. <sup>5/19</sup>
615.00	Charleston, R. <sup>3/3</sup>		Brown, Z. <sup>4/29</sup>	1617.25	Liandrou, L. <sup>4/22</sup>
615.00	Hudmyr, C. <sup>5/19</sup>		Ferro, B. <sup>1/21</sup>	1607.75	Leedham, S. <sup>1/21</sup>
615.00	Oakes, G. <sup>5/19</sup>		Franz, R. <sup>4/22</sup>	1607.75	Leedham, S. <sup>1/21</sup>
611.75	Smith, C. <sup>3/18</sup>		Long, H. <sup>1/28</sup>	1611.75	Leedham, S. <sup>1/21</sup>
611.75	Palmer, B. <sup>4/14</sup>		Boyd, M. <sup>2/18</sup>	1610.00	Long, H. <sup>1/28</sup>
610.00	Rood, B. <sup>6/10</sup>		Flannery, P. <sup>3/24</sup>	1605.00	Boyd, M. <sup>2/18</sup>
610.00	Mancuso, M. <sup>4/29</sup>		Flannery, P. <sup>3/24</sup>	1605.00	Boyd, M. <sup>2/18</sup>
610.00	Ort, R. <sup>4/22</sup>		Maddalone, R. <sup>4/1</sup>	1592.75	Dick, D. <sup>1/21</sup>
606.25	Leland, E. <sup>6/9</sup>		Newsome, L. <sup>5/19</sup>	1606.25	Newsome, L. <sup>5/19</sup>
605.00	Jones, K. <sup>1/21</sup>		Ebner, R. <sup>4/29</sup>	1590.00	Miles, C. <sup>3/3</sup>
605.00	Howell, J. <sup>5/20</sup>		Furlong, B. <sup>5/27</sup>	1590.00	How, B. <sup>5/5</sup>
605.00	Terman, M. <sup>5/6</sup>		Kane, J. <sup>4/29</sup>	1620.00	Fitz, J. <sup>4/1</sup>
605.00	Wimberly, C. <sup>2/18</sup>		Brown, Z. <sup>4/29</sup>	1617.25	Liandrou, L. <sup>4/22</sup>
605.00	Charleston, R. <sup>3/3</sup>		Dick, D. <sup>1/21</sup>	1607.75	Platt, M. <sup>1/21</sup>
605.00	Hudmyr, C. <sup>5/19</sup>		Platt, M. <sup>1/21</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Oakes, G. <sup>5/19</sup>		Durden, G. <sup>3/18</sup>	1576.25	Platt, M. <sup>1/21</sup>
605.00	Smith, C. <sup>3/18</sup>		Wine, T. <sup>3/17</sup>	1575.00	Platt, M. <sup>1/21</sup>
605.00	Palmer, B. <sup>4/14</sup>		DePree, J. <sup>4/22</sup>	1600.75	DePree, J. <sup>4/22</sup>
605.00	Rood, B. <sup>6/10</sup>		Boyd, M. <sup>2/18</sup>	1600.75	DePree, J. <sup>4/22</sup>
605.00	Mancuso, M. <sup>4/29</sup>		Nelson, W. <sup>4/14</sup>	1600.00	DePree, J. <sup>4/22</sup>
605.00	Ort, R. <sup>4/22</sup>		Fleming, H. <sup>4/29</sup>	1570.00	DePree, J. <sup>4/22</sup>
605.00	Leland, E. <sup>6/9</sup>		Bonner, D. <sup>4/29</sup>	1600.00	Bonner, D. <sup>4/29</sup>
606.25	Jones, K. <sup>1/21</sup>		Dotson, K. <sup>5/6</sup>	1600.00	Bonner, D. <sup>4/29</sup>
605.00	Terman, M. <sup>5/6</sup>		Thomas, R. <sup>5/20</sup>	1605.00	Thomas, R. <sup>5/20</sup>
605.00	Wimberly, C. <sup>2/18</sup>		Skroblin, M. <sup>4/22</sup>	1600.75	Skroblin, M. <sup>4/22</sup>
605.00	Charleston, R. <sup>3/3</sup>		Rhodes, R. <sup>1/20</sup>	1600.75	Rhodes, R. <sup>1/20</sup>
605.00	Hudmyr, C. <sup>5/19</sup>		Oelrich, J. <sup>4/22</sup>	1600.75	Oelrich, J. <sup>4/22</sup>
605.00	Oakes, G. <sup>5/19</sup>		Long, H. <sup>1/28</sup>	1600.75	Long, H. <sup>1/28</sup>
605.00	Smith, C. <sup>3/18</sup>		Carroll, D. <sup>4/14</sup>	1600.00	Carroll, D. <sup>4/14</sup>
605.00	Palmer, B. <sup>4/14</sup>		Boyd, M. <sup>2/18</sup>	1600.00	Boyd, M. <sup>2/18</sup>
605.00	Rood, B. <sup>6/10</sup>		Flannery, P. <sup>3/24</sup>	1605.00	Flannery, P. <sup>3/24</sup>
605.00	Mancuso, M. <sup>4/29</sup>		Flannery, P. <sup>3/24</sup>	1605.00	Flannery, P. <sup>3/24</sup>
605.00	Ort, R. <sup>4/22</sup>		Maddalone, R. <sup>4/1</sup>	1592.75	Dick, D. <sup>1/21</sup>
605.00	Leland, E. <sup>6/9</sup>		Cluster, S. <sup>4/1</sup>	1592.75	Dick, D. <sup>1/21</sup>
606.25	Jones, K. <sup>1/21</sup>		Heck, S. <sup>4/22</sup>	1590.00	How, B. <sup>5/5</sup>
605.00	Terman, M. <sup>5/6</sup>		Dick, D. <sup>1/21</sup>	1587.25	Platt, M. <sup>1/21</sup>
605.00	Wimberly, C. <sup>2/18</sup>		Platt, M. <sup>1/21</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Charleston, R. <sup>3/3</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Hudmyr, C. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Oakes, G. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Smith, C. <sup>3/18</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Palmer, B. <sup>4/14</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Rood, B. <sup>6/10</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Mancuso, M. <sup>4/29</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Ort, R. <sup>4/22</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Leland, E. <sup>6/9</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
606.25	Jones, K. <sup>1/21</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Terman, M. <sup>5/6</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Wimberly, C. <sup>2/18</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Charleston, R. <sup>3/3</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Hudmyr, C. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Oakes, G. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Smith, C. <sup>3/18</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Palmer, B. <sup>4/14</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Rood, B. <sup>6/10</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Mancuso, M. <sup>4/29</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Ort, R. <sup>4/22</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Leland, E. <sup>6/9</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
606.25	Jones, K. <sup>1/21</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Terman, M. <sup>5/6</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Wimberly, C. <sup>2/18</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Charleston, R. <sup>3/3</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Hudmyr, C. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Oakes, G. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Smith, C. <sup>3/18</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Palmer, B. <sup>4/14</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Rood, B. <sup>6/10</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Mancuso, M. <sup>4/29</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Ort, R. <sup>4/22</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Leland, E. <sup>6/9</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
606.25	Jones, K. <sup>1/21</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Terman, M. <sup>5/6</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Wimberly, C. <sup>2/18</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Charleston, R. <sup>3/3</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Hudmyr, C. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Oakes, G. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Smith, C. <sup>3/18</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Palmer, B. <sup>4/14</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Rood, B. <sup>6/10</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Mancuso, M. <sup>4/29</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Ort, R. <sup>4/22</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Leland, E. <sup>6/9</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
606.25	Jones, K. <sup>1/21</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Terman, M. <sup>5/6</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Wimberly, C. <sup>2/18</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Charleston, R. <sup>3/3</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Hudmyr, C. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Oakes, G. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Smith, C. <sup>3/18</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Palmer, B. <sup>4/14</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Rood, B. <sup>6/10</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Mancuso, M. <sup>4/29</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Ort, R. <sup>4/22</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Leland, E. <sup>6/9</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
606.25	Jones, K. <sup>1/21</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Terman, M. <sup>5/6</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Wimberly, C. <sup>2/18</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Charleston, R. <sup>3/3</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Hudmyr, C. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Oakes, G. <sup>5/19</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Smith, C. <sup>3/18</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Palmer, B. <sup>4/14</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Rood, B. <sup>6/10</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Mancuso, M. <sup>4/29</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>
605.00	Ort, R. <sup>4/22</sup>		DePree, J. <sup>4/14</sup>	1580.00	Platt, M. <sup>1/21</sup>

SAFETY IN LIFTING

by: Doug Daniels

About the last thing we as weight trainers need is an unnecessary injury while training; yet there are many potential situations that can be avoided that do hurt lifters every year. Some injuries are minor, some are serious. In order to discuss safety in lifting we must address various conditions that can involve injuries.

Let's start with a look at the equipment we use. This includes bars, benches, racks, pulleys, dumbbells, cables, and various machines. The most important thing as far as equipment is concerned is to know how to properly use them. This knowledge can usually be gained from a instructor at the gym you train at or from other experienced lifters. If you train at home, consult the instructions that hopefully come with the equipment or the vendor who sold you the apparatus. When first using new equipment go easy on the weight used til you are comfortable with it.

Another factor involving usage of equipment is to make sure it is in good operating order. Don't always depend on gym personnel to keep tabs on their equipment. They usually find out from gym members using them. If you find something wrong, report it immediately and don't use it until it's fixed. Benches should be sturdy, bars should have secure sleeves; collars should tighten and loosen easily and hold fast. Dumbbells should be tight and all weights should be flush with the collars and inner sleeve. Cables on pulleys should show little if any sign of wear. Overhead pulleys should be mounted securely. Squat and power racks should also be sturdy, secure, and untippable.

The most controllable factor that can prevent injuries is the method you perform your exercises. Sloppy performance or using too much weight can sometimes be asking for an injury like a strained or pulled muscle. If you don't know how to do an exercise, consult a magazine like this one, or ask an experienced lifter or gym instructor. In addition monitor your exercise form constantly to make sure you are on the right track.

Warmups can help prevent injuries. Make sure before you perform any exercise that you have warmed up adequately. Most routines start with lighter sets then lead into more intense work. The next factor is spotting. This is very critical while lifting heavy weights. Good spotting has saved many a lifter's neck. The most important factor with spotting is to remain alert. A situation demanding a spotter's reaction could occur in an instant. Also, a spotter should have in his mind what he will do if a situation arises that requires his intervention. If you don't have reliable spotters, you should reconsider performing heavy, dangerous lifts like benches and squats. Two pieces of equipment available at most gyms that can add a great deal of safety to a heavy workout are squat racks and a power rack. Some can be set so that if a lift is missed the rack will catch the weight without hurting anyone. If you don't have a rack, consider buying or making one. Make sure they are sturdy and don't tip.

By their nature, machines like Nautilus, Universal, etc. are safer than free weights like barbells and dumbbells, so using free weights requires more attention. Always make sure the bar

or dumbbells are loaded correctly. I was at the gym the other day and one young lifter was going to squat 225 pounds out of the power rack. His only problem was he had one 45 pound plate on one side and three 45 pound plates on the other. Luckily he reracked the bar quick enough before a certain accident occurred. Make sure while lifting your spotter watches so that the plates on the barbell you are using don't slide off. Better still, use a good set of collars. For some reason some lifters just don't want to use them; they believe the weights will stay on "like glue". Collars are especially important while doing squats or other moves that the bar travels a good distance. Also make sure the weights are flush to the inner sleeves before every set and retighten the collars.

A good habit to develop is to make sure the area you are lifting in is uncluttered and dry, no one trips. Also, if you are in a crowded gym, be careful not to bump anyone who is lifting near you. Make sure the area you choose to use is not too close to other lifters or high traffic areas. When you finish with a bar or plate, put it back. This is good gym etiquette, which is something many people lack.

If you have any questions or comments

**Doug Daniels**  
P.O. Box 1974  
Highland IN 46340

## Meet Results Section

**Meet Directors:** Thank you once again for your prompt mailing of meet results. There were several meet results turned in recently that did not have the bodyweights in the special categories. Lifters will not be able to get their proper placement in the Top Ranking lists if this is left out. Thanks and keep up the good work!

### Legend for meet results:

b-best lifter  
f-female lifter  
g-guest lifter  
m-master lifter  
t-teenage lifter  
s-State record-this denotation may apply to several different categories ie. State, Teenage, State Master, Open State, etc. It is normally obvious from the category the athlete is lifting in.

\*Open American record

M-Master American record

T-Teenage American record

C-Collegiate American record

These are the most common denotations used in meet results. If there are any different things we need to note, they will be explained at the bottom of the individual meet results.

### North Carolina State Champs.

Open Div.

114 W. Whislett

245s 175s 315s 735s

J. Speight

135 220s 135 490

A. Charles b

540 310 530 1380

W. Bell

475 300 475 1250

S. Norton

165 340s 135 675

D. Kieler

181 615s 335 500 1450

M. Jackson

535 320 600 1455

S. Rozier

530 290 490 1310

E. Thayer

470 325 515 1310

G. Key

198 400 305 500 1205

E. Sampson b

595 350 615 1580s

H. Faison

550 330 620s 1500

R. Rogers

470 360 590 1390

J. Patterson

515 330 500 1345

K. Webber

500 350 470 1320

C. Scott

220 385s 225 635

R. Terry

135 365 145 645

S. Sherrill

580 310 600 1490

A. Gerard

475 340 540 1420

G. Cox

145 450s 275 580

R. Winecoff

530 370 530 1430

W. Dickerson

500 325 510 1325

L. Lyczkowski

275 315 455 1270

G. Hill

605 420 605 1630

SHW

J. Perry

725s 550s 650s 1925s

Open Bench Div.

114 B. Huneycutt

123 J. Speight

220s

S. Norton

A. Charles

165 D. Kieler

181 T. Wells

E. Thayer

18B C. Scott

R. Rogers

K. Weber

22Q G. Cox

D. Newtron

J. Lampkin

242 J. Fiacco

D. Young

C. Orr

275 G. Hill

420 Male Masters Div.

40-44 181

E. Thayer

470s 325s

515s

1310s

D. Renn

460 350s

575s

1385s

W. Dickerson

490 325s

510

1325

C. Orr

135 450s

985s

181 F Craft

95s 330s

145s

570s

Women's Masters Div.

315s 250s 360s

925s

	Nebraska State Meet			
	S	B	D	Tot
132 J. Piegl	225s	110	270	605
148 T. Vu	405	270s	450	1125
T. Fullmer	400	235	440	1075
J. Halpine	175	230	330	735
165 B. Zeingt b	510	310	530	1350
S. Bolter	480	210	480	1175
C. Rule	440	240	455	1100
D. Durre	405	230	445	1075
S. Vanek	400	275	400	950
C. Beebe	335	215	400	950
R. Halpine	175	265	270	710

**ONLY \$7.50**

**POSTPAID**

\$1.00

TO THE ADFPA FOR

EACH BADGE PURCHASED

\$2.50 DONATED TO THE ADFPA FOR

EACH BADGE PURCHASED

Please specify either:

Gold for National Referees

Silver for State Referees

and

Clutch back (with pins)

or Slip-on pocket type

Send check or money order to:

**SIEGEL ENGRAVING**

Recognition Professionals

304 Daisy Street

Clearfield, PA 16830

(814) 765-3214

	Colorado State & High Plains Open		
	S	B	D
3/11/90	405	600	1555
	525	305	485
	455	295	475
	220	245	1225
	505	345	555
	525	345	565
	550	345	575
	525	345	585
	505	—	—
	220	245	1225
	505	345	555
	525	345	565
	550	345	575
	525	345	585
	505	—	—
	220	245	1225
	505	345	555
	525	345	565
	550	345	575
	525	345	585
	505	—	—
	220	245	1225
	505	345	555
	525	345	565
	550	345	575
	525	345	585
	505	—	—
	220	245	1225
	505	345	555
	525	345	565
	550	345	575
	525	345	585
	505	—	—
	220	245	1225
	505	345	555
	525		

181 T. Schuerman	275.0	157.5	255.0	687.5
J. Ponponio	240.0	165.0	252.5	657.5
F. Ybarra	235.0	137.5	250.0	647.5
T. Lenz	230.0	127.5	240.0	597.5
B. Kennedy	297.5	145.0	220.0	572.5
S. Mattingley	215.0	137.5	217.5	570.0
T. Brinker	210.0	125.0	237.5	567.5
S. Skaggs	195.0	130.0	220.0	545.0
J. Lucchino	185.0	135.0	217.5	537.5
E. Sweeney	175.0	142.5	212.5	530.0
J. Lynn m	190.0	120.0	192.5	502.5
M. Lockwood	170.0	105.0	187.5	462.5
D. Sanders	167.5	112.5	175.0	455.0
Dodenhoef t	145.0	77.5	182.5	405.0
R. Vaughan m	145.0	90.0	167.5	402.5
M. Swayer	—	—	—	—
198 M. Garland	255.0	142.5	245.0	642.5
R. Chavez	247.5	132.5	240.0	620.0
S. Williams	182.5	137.5	250.0	570.0
L. Louis	255.0	100.0	205.0	560.0
McDermott m	242.5	—	—	—
220 D. Gonzales	272.5	200.0	267.5	740.0
D. Price	272.5	160.0	282.5	715.0
M. Cook	245.0	170.0	242.5	657.5
J. Whittle	262.5	147.5	252.5	662.5
T. Knight	250.0	167.5	245.0	662.5
R. Cass	250.0	152.5	250.0	652.5
S. Harris	230.0	147.5	245.0	622.5
G. Whyte	230.0	137.5	250.0	617.5
T. Campbell	195.0	137.5	260.0	592.5
T. Stewart	227.5	117.5	232.5	577.5
K. Wood	207.5	137.5	232.5	577.5
K. Chang	215.0	160.0	195.0	570.0
W. Weese t	167.5	117.5	177.5	462.5
242 M. Halterman	312.5	230.0	280.0	822.5
B. Oglein	272.5	165.0	277.5	715.0
R. Brown t	250.0s	155.0s	255.0s	660.0s
R. Owen	250.0	187.5	227.5	665.0
SHW	230.0	245.0s	240.0	715.0
M. Dallas	227.5	200.0	250.0	677.5
R. Burdham	Teenage Div.	BE A WINNER!	BE A WINNER!	BE A WINNER!
R. Brown	250.0	155.0	255.0	660.0
M. Cass	180.0	115.0	185.0	480.0
J. Jones	115.0	90.0	157.5	362.5
S. Schillinger	127.5	57.5	142.5	327.5
Nightwalker	130.0	92.5	182.5	405.0
W. Weese	167.5	117.5	177.5	462.5
S. Dodenhof	145.0	77.5	182.5	405.0
Masters Div.	177.5	110.0	190.0	477.5
D. McComb	190.0	120.0	192.5	502.5
J. Lynn	145.0	90.0	167.5	402.5
R. Vaughan	242.5	—	—	—
Colorado State Champion	High Plains Open Best Lifter:	Light-Tom Schuerman	Heavy-Mike Halterman	Ron Garafalo
High Plains Open Best Lifter:	Light-Tom Schuerman	Heavy-Mike Halterman	Ron Garafalo	Colorado State Champion Best Lifter:

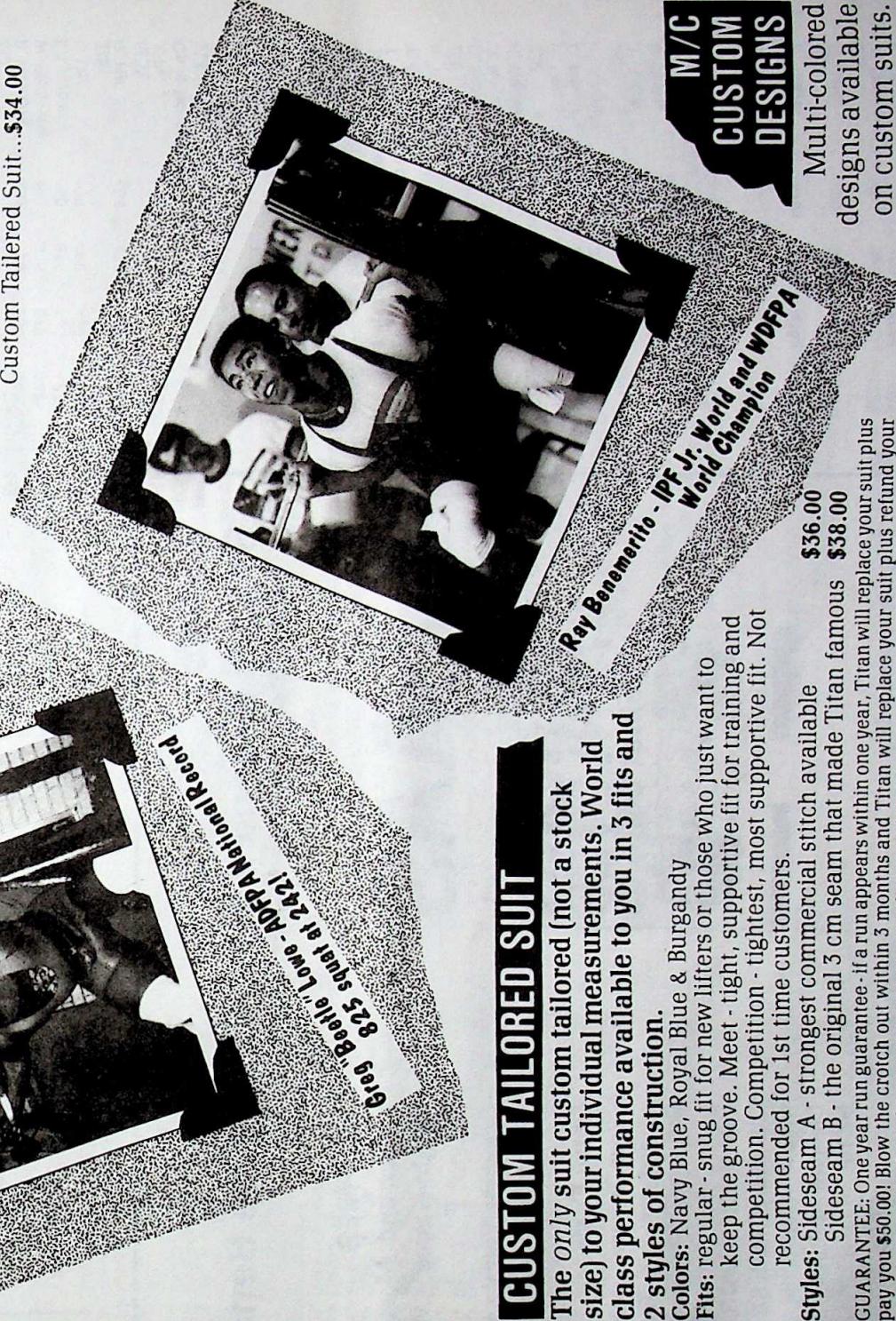
**AT TITAN, WE HAVE A COLLECTION OF PICTURES WE'RE VERY PROUD OF. THEY ARE PICTURES OF WINNERS WEARING TITAN SUITS (OF COURSE)!**

# Be a part of the Titan Picture!

## THE VICTOR

World Record setting performance in a stock sized suit! Colors (Royal Blue, Navy Blue & Burgundy) Sizes (even sizes 20 thru 56. If unsure of your size, fill out tailoring info below.) Available in high & low cut.

**GUARANTEE:** Blow the crotch out within two months and receive a new suit PLUS \$20 back. Same one year guarantee as on our Custom Tailored Suit...\$34.00



## Pikeville Open Bench & Deadlift

### 3/24/90 Bench Deadlift

#### Bench Div. Deadlift Div.

Women's Div. Woman's Div. Burchett-111 250s Stanley-111 240s

K. Cox-154 135s K. Cox-154 275s

Stanley-111 105s Sweeney-116 225s

Howard-176 135s Howard-176 305s

#### Teen (14-16)

Light Vickers-123 180 S. Gibson-132 300

Gibson-132 185 Vickers-123 235

#### Teen (17-19)

Middle T. Kidd-148 215

Mullins-181 230

#### Heavy L. Rose-165 200

H. Heavy T. Stone-198 215

Wallen-SH-W 315

P. Griffith-275 205

#### Masters Div.

Howard-165 120s

D. Peck-220 295

D. Klaber-165 260

Brennan-181 285

Brennan-181 285

Karonak-198 285s

Karonak-198 245

Men's under 148 200

Men's under 148 275

J. Harris-148 275

Gibson-181 185

Men's 149-165 185

Pennell-165 325

D. Klaber-165 260

L. Rose-165 200

Howard-198 245

Karonak-275 285

P. Griffith-275 245

J. Ford-220 300

Men's 236-SHW 490

W. Bab-275 445

T. Shaw-SHW 310

Karonak-275 310

Hammond-220 310

Richards-220 310

D. Peck-220 295

Men's 191-235 325

D. Klaber-165 260

J. Ford-220 515

McMillion-220 500

Karonak-275 475

D. Peck-220 375

Brennan-198 145

Men's 149-165 425

Pennell-165 400

Men's 166-190 275

J. Harris-148 275

Brennan-181 560

Men's 191-235 515

Hammond-220 580

J. Ford-220 515

Men's 236-SHW 445

T. Shaw-SHW 310

Karonak-275 245

P. Griffith-275 245

Best Lifter Bench: Waymond Babb

Best Lifter Deadlift: Jerry Bosken

The first sanctioned ADFPA contest in Eastern Kentucky was a success thanks to the 28 lifters who competed and the excellent people from Pikeville who helped run the contest. They are too numerous to mention all, but the people from Don's Pro Fitness Center are the best, they just get in there and do the

## CUSTOM TAILEDORED SUIT

The only suit custom tailored (not a stock size) to your individual measurements. World class performance available to you in 3 fits and 2 styles of construction.

Colors: Navy Blue, Royal Blue & Burgundy

Fits: regular - snug fit for new lifters or those who just want to keep the groove. Meet - tight, supportive fit for training and competition. Competition - tightest, most supportive fit. Not recommended for 1st time customers.

Styles: Sideseam A - strongest commercial stitch available. Sideseam B - the original 3 cm seam that made Titan famous. GUARANTEE: One year run guarantee - if a run appears within one year, Titan will replace your suit plus pay you \$50.00! Blow the crotch out within 3 months and Titan will replace your suit plus refund your money. One month replacement guarantee on the rest of the suit.

**M/C**

**CUSTOM**

**DESIGNS**

Multi-colored designs available on custom suits. Send for info.

**Chinese-American Postal Meet**

4/1-8/90 Overall-Ernie Fleischer

Team Standings:  
US-117 China-73



Bill Duncan organized this Chinese-American Postal Meet.



**WRIST WRAPS**

**RED DEVILS** (Red Line Velcro) constructed with Red Line Material with thumb loop and velcro. Features *Titan stitching, velcro will not rip off. The STRONGEST wrist wrap ever-guaranteed.* \$ 9.00  
1 pair  
2 pair

**Standard Wrist Wraps:**

\$ 4.50  
5.00

coverage of the biceps/triceps plus the lats, pecs, and

deltoids. Complete upper torso support. Special cross cuts of Ultra-Might fabric (the most supportive material available) provide the power. It also provides

excellent support for benchers who can not use

conventional shirts or for those who want protective/

passive support.

Available in 2 models and 11 colors/

color combinations. (a) Navy Blue (b) Navy Blue/Black (c)

(d) Navy Blue/Gold (e) Royal Blue (f) Royal Blue/ Black

(g) Royal Blue/Gold (h) Burgundy (i) Burgundy/Black

(j) Burgundy/ Gold

THE OLYMPIAN

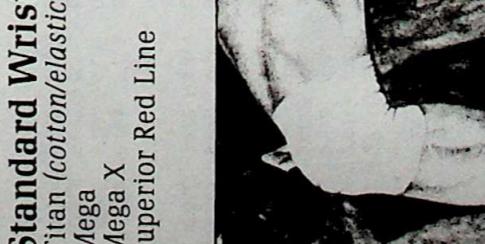
in even chest sizes 32-60

GUARANTEE: Same 1 year run guarantee as the Custom Tailored shirt. Two month blow out replacement guarantee...\$30.00



**KNEE WRAPS**

**RED LINE PLUS** (new - 145% stretch. #1 wrap on the market) 1 pair \$11.00 sale 2 pair 20.00 sale



**KNEE WRAPS**

**Red Line**

(original - 110% stretch)

1 pair \$11.00 sale

2 pair 20.00 sale

**Mega Wrap X**

(double thick, excellent

rebound)

1 pair \$11.00

2 pair 20.00

**Mega Wrap**

(heavy duty wrap, grade 1 material)

1 pair \$ 7.00

2 pair 12.00

Regardless of whether or not this is the first power meet in China, it was for each of these bodybuilders, who lifted, not with suits and wraps but, in sweats and street clothes. The Americans, on the other hand, were the "old hands", nine of twelve being over 40. I will neither comment on age or conditions, as the main purposes of the meet were to stimulate interest in powerlifting in China, to promote friendly competition on both sides, and to arouse the attention of the weightlifting "powers that be" in Beijing. All of these were achieved.

Ernie Fleischer (53) of OHG Gym, in Cleveland, was best lifter, with Ren Yun Jiang of the National Defense Gym in Kunming taking runner-up. US took the meet 117-73, using international scoring. Results have been forwarded to the Japan Powerlifting Association, as well as the Powerlifting Association of the Philippines, to encourage their participation in postal format power meets with China.

Results submitted by: Bill Duncan

**1st Portland Powerlifting Champs.**

4/14 & 15/90

**S      B      D      Tot**

Men's Div.				
114 Phumchaong	85.0	32.5	87.0	204.5
123 R. Yun Jiang	125.0	100.0	135.0	360.0
S. Hughes	68.0	32.5	72.5	173.0
148 W. Zhong Xi	120.0	80.0	140.0	340.0
Y. Guo Xiang	120.0	80.0	135.0	335.0
W. Gui Sheng	110.0	95.0	130.0	335.0
H. Yang Lin	100.0	100.0	110.0	310.0
165 T. Gordon	145.0	100.0	165.0	410.0
Y. Qiu Yun	140.0	115.0	150.0	405.0
Y. Bo	130.0	80.0	140.0	350.0
181 E. Fleischer	227.5	127.5	245.0	600.0
D. Jalovic	182.5	130.0	185.0	497.5
J. Schubert	185.0	120.0	190.0	495.0
M. Ping	120.0	100.0	140.0	360.0
242 B. Karhan	185.0	115.0	210.0	510.0
H. Prechell	182.5	92.5	185.0	460.0
B. Duncan g	210.0	110.0	205.0	525.0
Women's Div.				
114 L. Yin	100.0			
132 X. Shao Lin	105.0			
X. Xia	105.0			
Best Lifters:				
China-Ren Yun Jiang				
America-Ernie Fleischer				

**DEADLIFT / BENCH SHIRTS**

It's been called the ultimate test of strength -THE DEADLIFT. And now there's a shirt designed for complete coverage of the biceps/triceps plus the lats, pecs, and deltoids. Complete upper torso support. Special cross cuts of Ultra-Might fabric (the most supportive material available) provide the power. It also provides excellent support for benchers who can not use conventional shirts or for those who want protective/ passive support.

As for the heavyweight guys, it was a battle. Rick Cox flew in from Rialto, California to lift and lift well. He took first in the 220 weight class. The best lifter for the heavy weights was Ken Griffin. He pulled 705 lbs. on the deadlift. He weighed in at only 177 lbs.

I've had many compliments from everyone, so I hope I can do this again next year. I am very thankful for the lifters that helped load and spot. You were a tremendous help, thanks again.

See you next year!

Results submitted by: Lyndon Bannister

**FREE wrist wraps with purchase of suit or shirt!**

GUARANTEE: One year run guarantee - if a run appears within one year, on the upper shirt, Titan will replace your shirt plus pay you \$50.00! Three month blow out replacement guarantee.....\$34.00

**CUSTOM TAILEDORED:**

GUARANTEE: Same 1 year run guarantee - if a run appears within one year, on the upper shirt, Titan will replace your shirt plus pay you \$50.00! Three month blow out replacement guarantee.....\$34.00

**Women's Div.**

4/21 & 22/90      S      B      D      Tot

ITEM	COLOR	1st Choice	Alternate	SIZE	QUANTITY	PRICE
*CUSTOM TAILEDORED SUIT	REG. □	MEET □	COMP. □		.	
THE VICTOR * (IF UNSURE OF SIZE GIVE INFORMATION BELOW)	STYLE A □	STYLE B □				
THE OLYMPIAN SHIRT						
*CUSTOM TAILEDORED SHIRT						
KNEE WRAP □ RED LINE PLUS □ MEGA WRAP X	N/A					
WRIST WRAP □ TITAN □ MEGA □ RED DEVILS	N/A					
WRIST WRAP □ MEGA X □ SUPERIOR RED LINE	N/A					
*TAILORING INFORMATION						
Are you a repeat customer? _____						
Male □ Female □						
Height _____	Weight _____	Hips (largest part) _____				
Leg (largest part) _____	Overall _____	(top of trap to 6" below crotch) _____				
Chest _____	Arm _____					
SHIPPING/HANDLING						
OVERSEAS ADD 20% FOR AIR						
TX. RESIDENTS ADD 7.50% SALES TAX						
<b>TOTAL</b>						
• USA • <b>MASTERCARD • C.O.D. • UPS DELIVERY •</b>						
• J. Audia b 222.5 107.5 227.5 600.0						
• J. Jacobs 200.0 117.5 242.5 560.0						
• J. DiBella 172.5 115.0 217.5 550.0						
• R. Villamar 165.0 100.0 220.0 485.0						
• J. Pena g 175.0 127.5 127.5 —						
• J. Faraldo 122.5 80.0 150.0 352.5						
• J. Sodalis 125.0 75.0 115.0 315.0						
• L. Mallia 90.0 40.0 92.5 222.5						
• L. Manganiello 112.5 57.5 130.0 300.0						
• Z. Gerling b 132.5 75.0 147.5 355.0						
• L. Safran 117.5 65.0 145.0 327.5						
• S. Buddle 127.5 60.0 137.5 325.0						
• B. Miller 137.5 70.0 150.0 357.5						
• C. Faraldo 122.5 80.0 150.0 352.5						
• J. Sodalis 125.0 75.0 115.0 315.0						
• L. Kahrs 135.0 60.0 150.0 345.0						
• D. Hubbard 45.0 45.0 125.0 215.0						
• L. Sissier 142.5 85.0 170.0 397.5						
• K. Miner 112.5 57.5 130.0 300.0						
• A. Stissier 140.0 102.5 170.0 412.5						
• J. Siris 127.5 87.5 167.5 382.5						
• J. Pena g 112.5 57.5 130.0 300.0						
• J. Audia f 132.5 107.5 200.0 512.5						
• T. Pallas 205.0 117.5 242.5 560.0						
• J. Jacobs 190.0 137.5 217.5 550.0						
• J. DiBella 165.0 100.0 220.0 485.0						
• R. Villamar 152.5 100.0 175.0 427.5						
• A. DeMaria 165.0 100.0 175.0 427.5						
• L. Gibson 242.5 187.5 227.5 657.5						
• De Cesenzo g 250.0 160.0 227.5 637.5						

— CALL TOLL FREE FROM ALL 50 STATES AND PUERTO RICO! —

1-800-627-3145 OR 1-512-981-6749

1-800-627-3145 OR 1-512-981-6749



B. Brady-242	J. Goodwin	242.5	145.0	225.0	612.5	
S. Levin-242	T. Russell	220.0	137.5	255.0	612.5	
H. Stoverock-165	D. Hudak	205.0	152.5	245.0	602.5	
W. Chandler-220	D. McKinney	217.5	142.5	212.5	572.5	
L. Bargatz-181	D. Smith	197.5	112.5	225.0	535.0	
V. Johns-165	J. Kammerer-242	192.5	122.5	205.0	520.0	
R. Hauwig-181	Bartlome sm	177.5	105.0	220.0	502.5	
E. Lambert-181	S. Wilkies t	192.5	92.5	197.5	482.5	
F. Straussner-Jr-220	E. Muider t	167.5	115.0	165.0	447.5	
J. Clayton-148	D. Love	285.0	160.0	300.0	745.0	
W. Williams-198	S. Pazzell	227.5	195.0	257.5	680.0	
J. McKenna f-104	D. Soltan m	230.0	145.0	272.5	680.0	
M. Keleman f-139	R. Bowman	240.0	137.5	232.5	610.0	
G. Litzsinger-220	B. Bills	222.5	155.0	227.5	605.0	
Ozark Masters Div.-formula placement	B. Brainard	205.0	152.5	227.5	585.0	
W. Peters-181	C. Zavelia t	200.0	140.0	227.5	567.5	
S. Greco-181	R. Schmitt	205.0	120.0	240.0	565.0	
D. Rhoades-181	W. Ewen II t	205.0	110.0	240.0	555.0	
D. Schaeffer-SHW	K. Hayes t	192.5	100.0	205.0	497.5	
B. Brady-242	M. Kruse	187.5	115.0	177.5	487.5	
S. Levin-242	J. Boling sm	185.0	120.0	157.5	462.5	
H. Stoverock-165	B. Griffin m	65.0	152.5	65.0	282.5	
H. Scheibler-181	P. Tyring	287.5	162.5	310.0	760.0	
R. Hauwig-181	S. Smith m	282.5	175.0	282.5	740.0	
E. Lambert-181	E. Kay	255.0	130.0	282.5	667.5	
J. Clayton-148	A. Ortiz	250.0	155.0	260.0	665.0	
W. Williams-198	B. Hackard	237.5	157.5	265.0	655.0	
J. McKenna f-104	Sirvisher m	212.5	177.5	227.5	617.5	
M. Keleman f-139	C. Lothamer	227.5	147.5	227.5	602.5	
G. Litzsinger-220	T. Maloney t	215.0	137.5	217.5	580.0	
Missouri Women's Div.-formula placement	J. Smith t	200.0	127.5	217.5	545.0	
L. Hagan-116	J. Washel t	190.0	150.0	205.0	545.0	
D. Collins-122	242.	295.0	220.0	302.5	817.5	
M. Nappie-139	J. Miller	260.0	175.0	272.5	707.5	
W. Chestnut-97	T. Mooney	255.0	155.0	295.0	702.5	
Ozark Women's Div.-formula placement	J. Walkins	250.0	175.0	262.5	687.5	
J. Greden-104	D. Ingram t	250.0	162.5	260.0	662.5	
P. McLouth-139	J. Tying sm	255.0	142.5	262.5	660.0	
N. Avey-176+	E. Perry t	230.0	165.0	205.0	600.0	
Ozark Teenage Div.-formula placement	K. Thompson	337.5	210.0	337.5	885.0	
C. Holmes-198	R. Mason sm	285.0	190.0	280.0	755.0	
F. Elliott-148	C. Schmitt	245.0	137.5	250.0	632.5	
K. Rhodes-148	C. Purcell	205.0	150.0	220.0	575.0	
A. Allen-181	SHW	132.	200.0	203.5	817.5	
D. Huring-132	J. Magree	295.0	190.0	287.5	772.5	
A. Miller-132	J. Walkins	250.0	175.0	262.5	687.5	
T. Wise-148	D. McFarling	335.0	165.0	265.0	765.0	
S. Fodge-181	S. Runyon	305.0	195.0	262.5	762.5	
T. Briley-220	Peckingaugh	272.5	152.5	250.0	675.0	
E. Julian-165	S. Heck	270.0	142.5	217.5	630.0	
E. Julian-165	T. C. Brown	192.5	200.0	195.0	587.5	
Results submitted by: Craig Fostering	Best Lifters:					
C. Holmes-198	Light-Mike McCarthy					
F. Elliott-148	Heavy-Kenneth Thompson					
K. Rhodes-148	Teenage-Chad Hollenbaugh					
A. Allen-181	Masters-Steve Smith					
B. Maguire-148	Sub-masters-Roger Mason					
D. Huring-132	Open Team Standings:					
A. Miller-132	The Pit-Evansville					
T. Wise-148	Central Power Gym-Columbia City					
S. Fodge-181	Ironworks Power Team-Muncie					
T. Briley-220	Teenage Team Standings:					
E. Julian-165	The Pit-Evansville					
E. Julian-165	Greenwood Power Team-Greenwood					
Results submitted by: Craig Fostering	Many thanks go to the helpers, spotters/loaders, officials, people who saw a need and just stepped in to fill it-our deepest gratitude to the countless volunteers					

**Indiana State & Bench Press Championships**

4/21 & 22/90      S    B    D    Tot

Women's Div.      111      105.0      75.0      115.0      295.0

129      D. Sorg      117.5      60.0      122.5      300.0

139      J. Prince m      65.0      47.5      112.5      225.0

154      L. Kimmey      140.0      70.0      160.0      370.0

176+      D. Kahn t      112.5      82.5      127.5      322.5

Whitaker      132.5      82.5      182.5      397.5

176+      L. Ramirez sm      52.5      50.0      75.0      177.5

Men's Div.      114      A. Moore t      132.5      82.5      152.5      367.5

A. Moore t      105.0      90.0      157.5      352.5

R. Natividad t      105.0      90.0      157.5      352.5

K. Duncan      82.5      42.5      112.5      297.5

123      R. Burris      182.5      105.0      182.5      470.0

D. Geiger t      100.0      82.5      125.0      307.5

A. Kenny      115.0      60.0      122.5      297.5

132      R. Kinser      157.5      137.5      177.5      472.5

T. Moore t      140.0      67.5      182.5      390.0

Cunningham t      127.5      82.5      140.0      355.0

J. Sammons t      127.5      75.0      132.5      335.0

G. Powers t      105.0      75.0      142.5      322.5

148      T. Burroell t      182.5      142.5      207.5      532.5

R. Krause      180.0      127.5      212.5      520.0

E. Butler t      190.0      105.0      220.0      515.0

D. Geiger t      167.5      147.5      187.5      502.5

V. Pritt t      162.5      115.0      190.0      467.5

M. Moore      155.0      112.5      162.5      430.0

D. Bacon m      145.0      107.5      170.0      422.5

S. Baker      237.5      125.0      227.5      615.0

Hollenbaugh t      230.0      130.0      230.0      590.0

C. Niedalski      232.5      137.5      215.0      585.0

L. Muro      182.5      170.0      207.5      562.5

S. Sowards      200.0      125.0      227.5      527.5

D. Wadding      195.0      105.0      227.5      527.5

E. Folz t      190.0      92.5      192.5      475.0

E. White t      170.0      100.0      182.5      452.5

R. Rust t      115.0      87.5      160.0      362.5

181      B. Mires      240.0      155.0      245.0      640.0

B. Mires      240.0      167.5      232.5      640.0

D. Ford      240.0      167.5      232.5      640.0

without whose untiring efforts this event could not have taken place. Most of all, thanks to the Lord of All Creation who we lift up by providing a forum for recognition of natural athletes. He is truly the source of all power.

**Bench Press Div.**

**Women's Div.**

**Men's cont.**

198      Ramire z sm      50.0      S. Pazdell      195.0

Sp. Oly. Div.      148      S. Gray      172.5

R. Hoole      30.0      T. Dant      157.5

D. Solan m      52.5      D. Solan m      145.0

G. Millhouse

**Page 15**

D. Reph	520	285	520	1325	220	C. Smith	525	385	500	1410	Men's Masters Div.
SHW						M. Perry	500	370	530	1400	Hochsprung
V. Kennedy	805	450	645	1900		B. Rivera	550	325	480	1355	245
T. Schott	750	400	660	1790		V. Kaminsky	490	325	480	1285	335
D. Nettes	730	355	635	1720		G. Dobson	440	300	480	1220	R. Healy
E. Opitz	145	360	145	550		E. Anderson	400	270	480	1150	J. Stockwell
Results submitted by: Bob & Geri Gaynor						J. Flacco	135	135	710	198	—
											—

### Miller Bench Classic

4/22/90	Bench	Open Div. cont.	Bench	225	220	C. McKinstry	640s	450	700s	1790s	Men's Masters Div.
Women's Div.	200	165	J. Gaffin	385	181	T. Armstrong	665	430	635	1730	J. Ferguson
L. Weaver			L. Muro	370		R. Mancusi	575	390	625	1590	B. Keller
J. Anderson	115	115	J. Derick	360		R. Moretti	550	385	605	1540	242
B. Brink						D. Connors	650	390	550	1470	J. Ruiz
S. Lee	55					B. Campbell	560	360	585	1450	D. Kennedy
Masters Div.						B. Quartuccio	430	300	465	1195	275
B. Evans-198	385		R. Belcastro	420		T. Mahoney	680	415	660	1755	D. Gillogly
A. Anderson-220	335		D. Brady	395		D. Connor	630	420	585	1635	SHW
S. Craig-148	285		R. Walsh	340		W. Tarras	530	375	560	1465	L. Kapeller
J. Matishak-242	400		S. Carly	340		L. Turley	530	375	560	132	Men's Grand Masters Div.
G. Krueger-275	405		B. Oliver	325		D. Condon	430	345	475	1275	A. Siegel
R. Flores-165	290		J. Delk	315		J. Coan	660	425	640	1725	J. Omundson
Weismuller-198	360					O. Lomba g	660	425	640	1725	G. LaBelle
M. Collet-220	350		L. Regaldo	400		I. L. Mahoney	650	420	585	1465	P. Markert
J. Feig-165	255		B. Evans	385		D. Connors	630	420	585	1410s	R. Davis
T. Harris-181	295		M. Evans	370		W. Tarras	530	375	560	132	230s
W. Usher-220	285		M. Capriotti	325		L. Turley	530	375	560	1275	230s
D. Perry-220	225		L. Porfilio	360		D. Condon	430	345	475	1275	198
R. Fuller-198	250		F. Weissmuller	360		J. Coan	660	425	640	1725	198
Open Div.			P. Thurston	420		O. Lomba g	660	425	640	1725	198
A. Cruz b	290		B. Smith	355		I. L. Mahoney	650	420	585	1465	198
132			M. Mendoza	340		D. Connors	630	420	585	1410s	198
L. Mendoza	245		R. Fuller	250		W. Tarras	530	375	560	132	198
F. Belcastro	240		P. Thurston	420		L. Turley	530	375	560	1275	198
148			T. Widner	355		D. Condon	430	345	475	1275	198
G. Baker	340		M. Mendoza	340		J. Coan	660	425	640	1725	198
A. Muro	335		R. Fuller	250		O. Lomba g	660	425	640	1725	198
R. Schreiter	315		P. Thurston	420		I. L. Mahoney	650	420	585	1465	198
B. Anderson	310		B. Smith	380		D. Connors	630	420	585	1410s	198
C. Feaster	295		M. Collet	355		W. Tarras	530	375	560	132	198
S. Craig	285		R. Rihami	300		L. Turley	530	375	560	1275	198
G. Jones	275		P. Thurston	420		D. Condon	430	345	475	1275	198
R. Gandy	250		R. Cox	435		J. Coan	660	425	640	1725	198
R. Chavez	180		J. Matishak	400		O. Lomba g	660	425	640	1725	198
M. Jones	225		M. Marcotte	380		I. L. Mahoney	650	420	585	1465	198
M. Jones	430		G. Krueger	405		R. Rihami	300	185	450	1410s	198
G. Fimbiani	400										198

### Team Standing

#### Strong Athletes Against Steroids

##### Big Time Gym

The Gym  
Thanks to Zulanas Distributors, distributors of Miller Bear, for sponsoring our meet. Thanks to everyone from "The Gym" for spotting and loading, and to Len Boile for his great job as M.C.  
Thanks to Dennis & Sandi Brady for their help.  
We had 70 lifters and we finished in under 3 hours.  
Hope to see everyone next April for the Miller Bench Classic 1991.  
Results submitted by: Dave Dunne

### Region III Championships

4/28 & 29/90	S	B	D	Tot	Women's Div. below 139	139	295	290	655	655	Men's Masters Div.
Skicewicz-111	255	110	290	655	Hendricks-139	240	140	330	710	710	245
A. Coba-139	195	130	315	715	V. Godby-111	195	130	225	550	550	235
Villaneus-111	—	—	—	—	Woman's Div. above 139	300	160	300M	760	760	225
Trevorah-176	335	140	275	750	H. Fleming-220	555	280	480	1435	1435	215s
S. Allison	135	130	185	450	K. Williams-198	475	270	480	1225	1225	215s
S. Vezo-165	345	210	400	955	P. Bush-198	425	265	405	1095	1095	215s
P. Madden-165	155	330T	300	785	T. Trevorah-181	470	300	500	1270	1270	215s
J. Fairfax-165	335	140	275	750	H. Anhaus-181	430	245	305	765	765	215s
E. Garcia-198	500	325	550	1375	J. Milligan-198	525	350	585	1460	1460	215s
F. Flack-242	515	410	510	1435	D. Brown-198	510	275	505	1290	1290	215s
Kayinsky-220	490	290	480	1260	Quarantucci-242	430	300	465	1195	1195	215s
V. Daniels-198	390	260	320	970	V. Daniels-198	390	260	470	1145	1145	215s
T. Dopson	435	290s	500s	1225s	Open Div.	132	—	—	—	—	215s
P. Carlo	135	260	135	530							215s
M. McMillian	470	240	500	1210							215s
J. McGowan	345	210	405	960							215s
D. Poinsett	490	275	460	1225							215s
D. Thompson	430	245	470	1145							215s
R. Pruet	—	—	—	—							215s

### Minnesota State Champs.

### 5/5/90

### Teenage Div.

<del>44</del>	J. M. Freiermuth	445	320	550	1315	D. Sholing	550	250s	530s	1330s		
	K. Kitzman	455	305	475	1235	S. O'Reilly	300	145	355	800		
<del>45</del>	J. Cummins	390	280	445	1115	<b>SHW</b>	L. Vaught	300s	210s	350s		
<del>46</del>	J. Dubay	415	300	435	1150	Teams:	Park Center-43 pts.			860s		
<del>47</del>	J. Versluis	355	220	410	985	Cannon Falls High School-40 pts.						
<del>48</del>	J. How	585	340	665s	1590	Hermantown-20 pts.						
	A. Breth	225	305	375	905	The 1990 ADFAA Minnesota Teen State Powerlifting Championships were held Saturday, May 5th at Cannon Falls High School. Although the numbers were down a bit this year, we had excellent competition. This year, we split up the 14-16 yr. olds from the 17-19 yr. olds, with each session going 3 places back on awards. This really brought out the 14-16 year old lifters. At 114 in the 14-16 year old bracket, newcomer Chad Westring went uncontested for the win. The 123's saw a good battle between 4 lifters. Billy Smith from Park Center ended up in the top spot, followed by Josh Hamilton, Andy Lorenz, and Brent Lundell. The 132's was won by the 132 lb. Jr. State Champ, Kris Norman. Kris also placed runner-up at Teen Nationals last year. In second was Steve Sandberg who put together a nice first meet. The 148's were dominated by Jason Zenanko. Jason set 3 state records and also qualified for Teen Nationals. Shawn Garrett of Cannon Falls came in second. At 165, all 4 contestants totaled 1000 or more, with Travis Thompson or Northfield coming out on top with a nice state record deadlift of 470 lbs. Phil Meyers, Jeremy Van Guilder, and Troy Hughes finished off the top 4. The 181's were very competitive with Cannon Falls' Chris Ekstrom winning. In this class, the state deadlift record was broken 4 times, once by Ekstrom, once by Rod Thiebar, and twice by Timm Maas, who ended up with the record of 470.						
<del>49</del>	J. Drachek	455	270	460	1185							
	J. Holmes	—	—	—	—							
<del>50</del>	<b>SHW</b>											
<del>51</del>	J. Forpahl	380	240	420	1040							
<del>52</del>	<b>Teenage Men's Div. (14-16)</b>											
<del>53</del>	J. Westring	150	115	225	490							
	J. Smith	225	160	310	695							
<del>54</del>	J. Hamilton	200	135	300	635							
	J. Lorenz	200	120	280	600							
<del>55</del>	J. Lundell	205	120	225	550							
	J. Norman	300	200	320	820							
<del>56</del>	J. Sandberg	275	135	345	755							
	J. Zenanko	360	275s	420s	1055s							
<del>57</del>	J. Garrett	260	140	300	700							
	J. Thompson	415	230	470s	1115							
<del>58</del>	J. Meyers	360	215	460	1035							
	J. Van Guilder	355	210	435	1000							
<del>59</del>	J. Hughes	360	260	380	1000							
	<b>1</b>	Ekstrom	410	195	460	1065						
<del>60</del>	J. Maass	340	225	470s	1035							
	J. Thiebar	350	215	465	1030							
<del>61</del>	J. Provost	350	240	425	1015	Jerry Blumhoefer						
	J. Cahill	330	240	405	975	walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>62</del>	Roden	370	180	410	960	second, with Pagel coming out on top.						
						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
<del>63</del>	Foss	360	200	405	965	walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
	PageL	360	180	370	910	second, with Pagel coming out on top.						
<del>64</del>	Dibble	350	165	380	895	At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>65</del>						second, with Pagel coming out on top.						
						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
<del>66</del>						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
						second, with Pagel coming out on top.						
<del>67</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>68</del>						second, with Pagel coming out on top.						
						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
<del>69</del>						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
						second, with Pagel coming out on top.						
<del>70</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>71</del>						second, with Pagel coming out on top.						
						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
<del>72</del>						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
						second, with Pagel coming out on top.						
<del>73</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>74</del>						second, with Pagel coming out on top.						
						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
<del>75</del>						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
						second, with Pagel coming out on top.						
<del>76</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>77</del>						second, with Pagel coming out on top.						
						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
<del>78</del>						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
						second, with Pagel coming out on top.						
<del>79</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>80</del>						second, with Pagel coming out on top.						
<del>81</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>82</del>						second, with Pagel coming out on top.						
<del>83</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>84</del>						second, with Pagel coming out on top.						
<del>85</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>86</del>						second, with Pagel coming out on top.						
<del>87</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>88</del>						second, with Pagel coming out on top.						
<del>89</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>90</del>						second, with Pagel coming out on top.						
<del>91</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>92</del>						second, with Pagel coming out on top.						
<del>93</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>94</del>						second, with Pagel coming out on top.						
<del>95</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>96</del>						second, with Pagel coming out on top.						
<del>97</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>98</del>						second, with Pagel coming out on top.						
<del>99</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>100</del>						second, with Pagel coming out on top.						
<del>101</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>102</del>						second, with Pagel coming out on top.						
<del>103</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>104</del>						second, with Pagel coming out on top.						
<del>105</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>106</del>						second, with Pagel coming out on top.						
<del>107</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>108</del>						second, with Pagel coming out on top.						
<del>109</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>110</del>						second, with Pagel coming out on top.						
<del>111</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>112</del>						second, with Pagel coming out on top.						
<del>113</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>114</del>						second, with Pagel coming out on top.						
<del>115</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>116</del>						second, with Pagel coming out on top.						
<del>117</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>118</del>						second, with Pagel coming out on top.						
<del>119</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>120</del>						second, with Pagel coming out on top.						
<del>121</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>122</del>						second, with Pagel coming out on top.						
<del>123</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>124</del>						second, with Pagel coming out on top.						
<del>125</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>126</del>						second, with Pagel coming out on top.						
<del>127</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>128</del>						second, with Pagel coming out on top.						
<del>129</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>130</del>						second, with Pagel coming out on top.						
<del>131</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>132</del>						second, with Pagel coming out on top.						
<del>133</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>134</del>						second, with Pagel coming out on top.						
<del>135</del>						At 198, Jonathan Foss was the champ followed by Aaron Pagel and Justin Dibble. Jerry Blumhoefer						
						walked away with the 220's, setting a nice 310lb. state record bench. Joe Pagel and Nick Gruidl battled for						
<del>136</del>						second, with Pagel coming out on top.</						

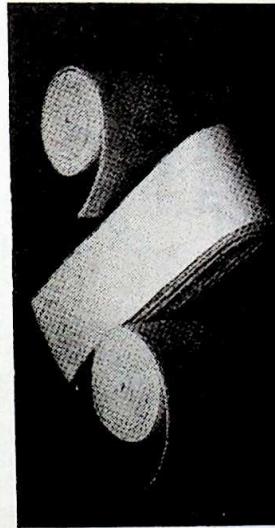
三

- REVERSIBLE WRESTLING SUITS  
2 suits in 1, give height & weight.. \$19

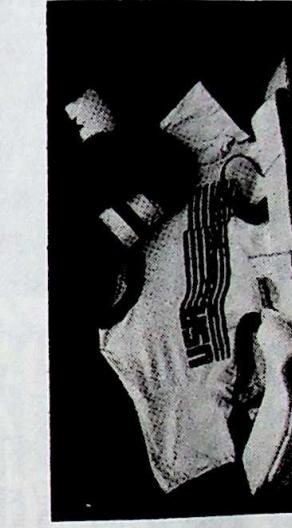


**The ELITE WRAP '12** We have for the last three years been trying to come up with a knee wrap that was not just a copy of something else on the market. We wanted the best and we finally did it • more tensile strength than any other wrap on the market • quicker and stronger rebound than any other wrap - this means your most explosive squat ever • the widest wrap on the market (the rules say wraps must not exceed 8 cm in width. the ELITE WRAP '12 is 7.9 cm wide. The three other leading wraps on the market are between 7.5 - 7.65 cm wide). Ours are 5% wider and still legal!!! • outperforms and outlasts all other wraps on the market.

D. Henderson	600	
K. Dotson	630	400
A. Parker	550	365
S. Wilcock	570	360
R. Hudic	570	390
D. Earle	565	360
P. Puccini t	500	350
B. Matyus	455	345
D. Hess	450	285
Zakrzewski t	385	290
D. Hollern	390	265
P. Partsch	440	245
<b>242</b>		435
D. Robinson	660	465
Cunningham	680	390
J. Killian	625	400
Rosenstrator	625	400
R. Radziwon	600	405
T. Messick	605	405
W. Parks	550	420
M. Falo	535	430
B. Krasinski	545	340
R. Hill	550	360
C. Brooks t	485	320
Robinson m	505	275
Eberhardinger m	150	125
<b>275</b>		245
L. Garro	665	470
S. White	650	415
D. Henderson	575	365
M. Mano	570	390
B. Hippard m	610	350
K. Klingler	570	360
F. Hnatt m	—	—
<b>SHW</b>		—
R. Bishop	690	440
E. Willow	560	310
A. Carr	475	425
<b>280</b>		500



distinctive blue line down the middle



Elite Deadlift Bar.....\$245  
Elite Squat Bar.....\$245  
Texas Power Bar.....\$185

- All items in stock, no waiting  
C.O.D. orders by mail or phone

**ELITE** Sales, Inc.  
Box 345, Accord, MA 02018  
(800)-433-0324  
In Mass. call (617)-749-4389

T. Mcintyre

West Virginia Champs.					
5/19/90	S	B	D	Tot	
Women's Div.					
Light	255	135	295	685	
S. Muir-122	220	100	250	570	
Heaw					
L. Kirk-154	255	130	335	720	
A. Smith-176	275	135	315	725	
Boswell-154	250	130	275	655	
Masters Div.					
Light					
J. Miller-165	340	220	380	940	
B. Shafner-198	380	285	425	1090	
Christman-148	315	200	—	—	
Heavy					
Gourley-242	515	305	560	1380	
L. Arthur-220	505	280	505	1290	
Thompson-220	385	210	450	1045	
Class II Div.					
114					
G. York	305T	150	300	755	
123					
T. Williams f	255	135	295	685	
J. Martino g	315	170	350	835	
148					
S. Lawrence	350	240	400	990	
A. Lloyd	390	205	390	985	
B. Drinkard	340	220	415	975	
A. Ernst	275	180	340	795	
G. Christian	315	200	—	—	
165					
S. Deshong	450	245	400	1095	
L. Barron	410	235	400	1045	
Washabaugh	325	200	430	955	
J. Miller	340	220	380	940	
G. Holliman	147.5	115.0	200.0	462.5	
165					
J. Vining	157.5	145.0	195.0	497.5	
T. Baker	170.0	120.0	187.5	477.5	
181					
G. Holliman	147.5	115.0	200.0	462.5	
165					
J. Vining	157.5	145.0	195.0	497.5	
T. Baker	170.0	120.0	187.5	477.5	
181					
G. Holliman	147.5	115.0	200.0	462.5	
165					
G. Egley	265.0	187.5	252.5	705.0	
B. Grillette	260.0	172.5	237.5	670.0	
L. Newsome	227.5	140.0	275.0	642.5	
SHW					
R. Smith	272.5	150.0	245.0	667.5	
Open Div.					
132					
D. Stanbro	155.0	80.0	177.5	412.5	
R. Hensarding	120.0	85.0	165.0	370.0	
M. Blaize	137.5	72.5	147.5	357.5	
165					
R. Calvert	240.0	152.5	247.5	640.0	
B. Moore	227.5	117.5	275.0	620.0	
T. Baker	170.0	120.0	187.5	477.5	
181					
G. Holliman	147.5	115.0	200.0	462.5	
198					
L. Broome	215.0	115.0	205.0	535.0	
220					
A. Oakes	260.0	157.5	280.0	697.5	
225					
B. Grillette	260.0	172.5	237.5	670.0	
SHW					
R. Smith	272.5	150.0	245.0	667.5	
Results submitted by: Perry Liles					

**Mississippi State Champs.**

5/19/90	S	B	D	Tot	
Class I Div.					
123	115.0	97.5	165.0	377.5	
B. Huskey					
132					
D. Stanbro	155.0s	80.0	177.5	412.5s	
R. Hensarding	120.0	85.0	165.0	370.0	
M. Blaize	137.5	72.5	147.5	357.5	
148					
K. Hyde	145.00	92.5	182.5	420.0	
165					
J. Vining	157.5	145.0	195.0	497.5	
T. Baker	170.0	120.0	187.5	477.5	
181					
G. Holliman	147.5	115.0	200.0	462.5	
165					
J. Vining	157.5	145.0	195.0	497.5	
T. Baker	170.0	120.0	187.5	477.5	
181					
G. Holliman	147.5	115.0	200.0	462.5	
165					
G. Egley	265.0	187.5	252.5	705.0	
B. Grillette	260.0	172.5	237.5	670.0	
L. Newsome	227.5	140.0	275.0	642.5	
SHW					
R. Smith	272.5	150.0	245.0	667.5	
Open Div.					
132					
D. Stanbro	155.0	80.0	177.5	412.5	
R. Hensarding	120.0	85.0	165.0	370.0	
M. Blaize	137.5	72.5	147.5	357.5	
165					
L. Broome	215.0	115.0	205.0	535.0	
220					
A. Oakes	260.0	157.5	280.0	697.5	
225					
B. Grillette	260.0	172.5	237.5	670.0	
SHW					
R. Smith	272.5	150.0	245.0	667.5	
Results submitted by: Perry Liles					

**ELITE****—The ELITE SUIT 2—****The NEW ELITE SUIT 2 Featuring...**

Nicks Gym Annual Spring Classic

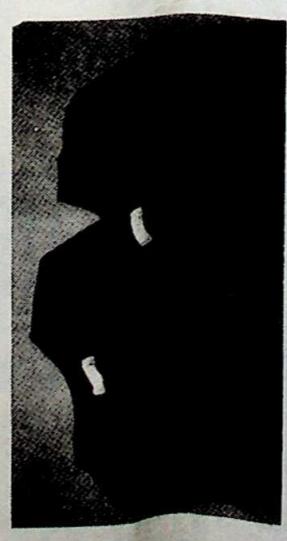
5/19/90	S	B	D	Tot	
114	320	205	385	910	
D. Barleen					
165					
W. Miller	325	225	390	940	
J. Lane	285	215	400	900	
181					
L. Hull	315	190	400	905	
M. Stineburg	265	185	400	850	
198					
B. Wrenn	520	325	425	1270	
B. Merkle	485	305	475	1265	
M. Krull, Sr.	400	215	400	1015	
J. Hull	385	225	400	1010	
D. Larsen	275	165	365	805	
220					
J. Miller	525	370	575	1470	
D. Berger	400	290	475	1165	
T. Miller	365	255	365	1005	
242					
S. Thomas	480	260	500	1240	
H. Rambur	400	305	515	1220	
225					
E. Field	525	370	545	1440	
Women's Div.					
129					
C. Wurdinger	180	120	250	550	
J. Briery	155	85	175	415	
176					
L. Hull	125	110	240	465	
Teenage Div.					
132					
A. Honea	245	165	325	735	
M. Krull, Jr.	265	180	315	760	
181					
B. Bell	350	310	400	1060	
E. Richards	305	195	400	880	
198					
S. Moore	—	—	—	—	
L. Wilson	—	—	—	—	</td

L. Nelson	460	280	470	1210	154	Christensen	285	145	300	730	
R. Ford	375	285	415	1075	155	B. Roberts	200	160	—	—	
D. Johnson	330	225	400	955	176	B. Allen	135	—	—	—	
Prudhomme	355	240	360	955	176	Masters Div.	95M	200M	320M	615M	
R. Chaney	—	—	—	—	—	W. Bruno	270	195	350	815	
T. Linden	540	335	550	1425	1225	A. Siegel	95M	200M	320M	615M	
E. Rodriguez	450	275	500	1225	1150	Heaw	560S	425S	485	1470S	
R. Fazzini	415	255	480	1150	1025	D. Burgess	370	260	430	1060	
Prudhomme	400	210	415	1025	—	M. Roberts	250	205	390S	845	
R. Porter	—	—	—	—	—	J. Clark	—	—	—	—	
P. Morley	505	290	530	1325	—	L. Nelson	—	—	—	—	
R. Werner	475	285	550	1310	—						
K. Beilis	460	340	485	1285	—						
C. Erikstrup	455	325	500	1280	—						
L. Nelson	—	—	—	—	—						
C. Ryseth	—	—	—	—	—						
S. Ladendorf	—	—	—	—	—						
B. How	605	330	675Ts	1610	—						
B. Hudyma	615	390	600	1605	—						
K. Gillingham	550	400	600	1550	—						
R. Dusthawk	500	280	490	1270	—						
R. Thiebar	242	570	—	—	—						
Gillingham b	635	445	685s	1765	—						
F. Clary	600	365	650	1615	—						
R. Simmons	550	330	625	1505	—						
M. Hartle	555	360	590	1505	—						
J. Salzer	575	335	610	1520	—						
D. Burgess m	560s	425s	485	1470s	—						
B. Bossert	440	—	—	—	—						
J. Green	—	—	—	—	—						
Women's Div.	104	—	—	—	—						
K. Raley	100	60	145	305	—						
A. Canellos	111	120	65	350	—						
T. Sell b	122	225	145	280s	650s	—					
L. Weigert	129	185	95	250	530	—					
N. Nutter	175	130	270	575	—						
C. Murray	165	95	220	480	—						
E. Yogerst	139	240	115	230	585	—					

Gary Baker was this year's winner of the Northwest Cup along with Lightweight Best Lifter at the Northwest Open.

Gary Baker was this year's winner of the Northwest Cup along with Lightweight Best Lifter at the Northwest Open.

**ELITE**



Gary Baker was this year's winner of the Northwest Cup along with Lightweight Best Lifter at the Northwest Open.

### THE INZER BLAST SHIRT

- Designed to aid and support your bench press throughout the entire range of motion.
- Guaranteed against blow-outs for 5 weeks
- Used by the Worlds best benchers
- When ordering give size or relaxed chest, shoulders (around chest and shoulders), and arm measurements.
- Available in Royal Blue or Black..... \$38



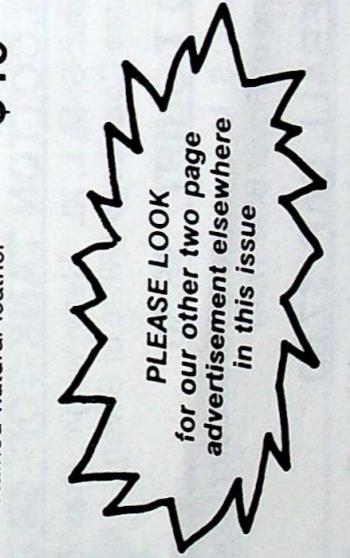
### ELITE TRAINING BELT

- Suede on inside to prevent slipping
- Five rows of heavy duty stitching
- Competition legal, 10 cm by 13 mm
- Available in beautiful mahogany \$49
- stained natural leather



### ELITE COMPETITION BELT

- The finest suede and leather available
- Five rows of heavy duty stitching
- Available in black or royal blue
- 10 cm by 13 mm \$62



### SHIP TO:

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Telephone \_\_\_\_\_  
\_\_\_\_\_  
MC  VISA Card No. \_\_\_\_\_  
Exp. Date \_\_\_\_\_  
Signature \_\_\_\_\_  
\_\_\_\_\_  
Express Mail Available

Product/color \_\_\_\_\_  
Size \_\_\_\_\_  
QTY. \_\_\_\_\_  
Price \_\_\_\_\_  
Ext. \_\_\_\_\_  
\_\_\_\_\_  
Shipping/Handling \$2.50  
\_\_\_\_\_  
Overseas orders add 20% for surface freight, 30% for air freight  
\_\_\_\_\_  
ELITE SALES, Inc. COD Orders \$3.50 extra  
Box 345 Total Amount Enclosed  
Accord, MA 02018 Overseas orders add 20% for sur-  
In Mass. (617)749-4389 face freight, 30% for air freight  
1(800)433-0324 \_\_\_\_\_  
\_\_\_\_\_  
Call Toll Free 1-800-433-0324

Master Card and VISA Accepted  
In Mass. Call (617)749-4389

Joel Feich (414) 363-5653

47-Wisconsin High School State Meet; Glen Steffen (715) 537-3014

47-Wisconsin Men's Senior State Meet; Lee Graese (715) 234-1496

Northwest Cup Champion: Gary Baker  
Congratulations to the following lifters for their outstanding performances:  
Gary Baker  
Ellie  
Monte Mason  
Brad Gillingham  
Master

8/4-Minnesota State Bench Press Championships; Erin Feildges, 5525 Cedar Lake Rd., St. Louis Park, MN 55416 (612) 546-2995

8/11-Novice Classic; Erik Potter (602) 841-5429 or Louis Sampredo (213) 269-8267

8/11 & 12-Florida State Powerlifting Championships & 1st Florida State Bench Press Champs.; Tom Trevorah, 411 Belmont Dr., Palatka, FL 32177 (904) 328-4804 after 4:00 p.m. No entry will be accepted after July 30th (Post marked).

I would also like a few lifters to compete in a meet at the Florida Correctional Institute at Marianna Florida on May 13th. No entry fee. Drug tested 3 years.

8/18-Men's & Women's Lifetime Drug Free Teenage Battle of Champions; Spero Tshontikidis, 17325 Bernard St., Port Charlotte, FL 33948

8/19-King's Gym Ohio Bench Press & Deadlift Meet; Ed or Frank King (216) 439-5464

8/31 & 9/1 & 2-ADFPAs Men's National Powerlifting Championships; Dennis & Sandi Brady, B & W Gym, 5920 N. Ridge, Chicago, IL 60660 (312) 561-9692 or 87-1062

9/8-Antioch Open; Joel Saldana, 2736 Entrada Circle, Antioch, CA 94509 (415) 757-5535

9/9-3rd Annual Region II & New York Bench or Deadlift Championships; Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07823

9/13-3rd Annual Central Minnesota Powerlifting Open; Kantor (612) 393-2043

10/14-All-American Bench Press Championships (Open, Novice, Women, Men, Teenage, Men's Masters, Collegiate & Team); Mike Cissell, 15 Lakeside Dr., Lake Saint Louis, MO 63367 (314) 625-1225 days

Open Bench Meet; Denis Ference, P.O. Box 603, Hinesville, GA 31313 (912) 363-5234

9/30-Juniors Open Powerlifting Championships; Brian Washington, 3506 Essex Rd., Baltimore, MD 21207 (301) 944-4002

10/17-Hudson Natural Open & 2 Man Deadlift Contest; Shawn L. Cain, Rt. 2, Box 250-C, New Richmond, WI 54017 (715) 246-3214

10/20-California State Bench Press Championships; Joe Randazzo, P.O. Box 69036, Stockton, CA 95209-0386 via SASE (209) 951-7824 after 8:00 p.m.

10/27-Hudson Natural Open & 2 Man Deadlift Contest; Erik Bob Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707 (717) 823-6994 between 10:00 a.m. and 6:00 p.m.

Press Championships (Open and Lifetime); Gerior Bob Gaynor, 19 Sunrise Dr., Mountaintop, PA 18707 (717) 823-6994 between 10:00 a.m. and 6:00 p.m.

10/20-8th Annual Central Pennsylvania Open (Men, Women, Teen, Below Class I, Masters); This meet will fill up. Limited to first 130 lifters only-No exceptions. Al Siegel, 304 Daisy St., Clearfield, PA 16830 (814) 765-3560

10/27-Western Kentucky Open; Bill Whitmore (502) 827-0956

12/1-4-South Carolina State Championships; Jim (Mac) McPartland, MMWR Gym, Beaufort, SC 29904 (803) 522-7192

11/10 & 11-Pennsylvania State Championships (Open and Class I); Jim Thomas, & Wilkes-Barre YMCA, 40 W. Northampton St., Wilkes-Barre, PA 18702 (717) 823-2191

11/17-Southwest Championships; Erik Potter (602) 841-5429 or Louis Sampredo (213) 269-8267

12/14-Men's & Women's Lifetime Drug Free Teenage Championships; Spero Tshontikidis, 17325 Bernard St., Port Charlotte, FL 33948

Some tentative dates for 1990:  
September or Late November-Below Class I in Pittsburgh, PA

2/2-Wisconsin Women's State Meet; Bruce Sullivan (414) 639-3210

2/7-Wisconsin High School State Meet; Joel Feich, 328 Gibson St., Mukwonago, WI 53149 (414) 363-5653

47-Wisconsin Men's Junior & Teenage State Meet; Bruce Sullivan (414) 639-3210

2/7-Wisconsin Senior State Meet

# *ADFPA State Records Section*

Minnesota State Records		Women's Teenage (17-19)		Men's Teenage (14-16)		Women's Teens (14-16)		Men's Teens (17-19)		Women's State Records	
Men's	Women's	Q. Tran	92	K. Milbrandt	114	K. Milbrandt	114	K. Milbrandt	114	K. Milbrandt	205
114	92	J. Chavez	305	K. Milbrandt	205	M. Karo	95	M. Karo	165	K. Milbrandt	95
Q. Tran	305	J. Chavez	215	K. Milbrandt	95	M. Karo	225	K. Milbrandt	75	K. Milbrandt	225
215	225	J. Chavez	385	K. Milbrandt	225	M. Karo	210	K. Milbrandt	200	K. Milbrandt	830
385	210	T. Beugens	854	K. Milbrandt	520	Merchilewitz	315	K. Milbrandt	440	K. Milbrandt	104
854	520	T. Beugens	104	K. Milbrandt	520	M. Karo	820	K. Milbrandt	123	K. Milbrandt	111
104	123	G. Baker	123	K. Milbrandt	185	M. Karo	104	A. Peterson	225	T. Zuhlsdorf	310
123	185	G. Baker	435	K. Milbrandt	100	M. Karo	355	A. Peterson	115	M. Roinick	245
435	100	R. Hoff	281	J. Hoglund	250	M. Karo	235	A. Peterson	225	M. Roinick	375
281	250	G. Baker	455	J. Hoglund	525	M. Karo	350	A. Peterson	565	M. Roinick	900
455	525	R. Hoff	1146	J. Hoglund	111	M. Karo	940	A. Peterson	132	K. Milbrandt	111
1146	111	R. Hoff	132	M. Jones	320	M. Karo	111	A. Peterson	440	L. Reini	200
132	320	R. Hoff	460	C. Mortenson	165	M. Karo	400	L. Landsgaard	180	L. Reini	105
460	165	R. Hoff	297	M. Jones	402	M. Karo	270	L. Landsgaard	100	M. Karo	280
297	402	R. Hoff	473	M. Jones	881	Merchilewitz	375	L. Landsgaard	200	M. Karo	410
473	881	R. Hoff	1212	M. Jones	116	M. Karo	1040	L. Landsgaard	480	M. Karo	1120
1212	116	R. Hoff	148	M. Jones	132	M. Karo	148	M. Karo	148	L. Reini	116
148	132	J. Reindary	500	T. Marsaa	275	Zimmerman	116	A. Peterson	462	L. Reini	250
500	275	R. Hansen	345	T. Marsaa	170	J. Zenanko	385	A. Peterson	265	M. Karo	305
345	170	D. Fleck	550	T. Marsaa	352	J. Zenanko	275	L. Hare	135	M. Karo	305
550	352	Niederkorn	1260	T. Marsaa	770	J. Zenanko	450	A. Peterson	280	D. Fleck	550
1260	770	Niederkorn	165	T. Marsaa	122	J. Zenanko	1080	A. Peterson	670	D. Fleck	1260
165	122	M. Thompson	570	S. Truenow	260	D. Odenbach	122	M. Karo	165	C. Kantor	122
570	260	R. Wiggin	360	S. Radtke	150	D. Odenbach	430	L. Hare	210	C. Kantor	523
360	150	J. Reindary	590	T. Sell	280	D. Odenbach	275	L. Hare	130	R. Melquist	325
590	280	D. Higgins	1405	T. Sell	650	T. Thompson	470	L. Hare	225	C. Kantor	573
1405	650	D. Higgins	181	T. Sell	129	D. Odenbach	1155	L. Hare	565	C. Kantor	1366
181	129	C. Kantor	600	P. Schultz	355	B. Hagie	129	M. Karo	181	L. Hare	129
600	355	M. Siegler	405	A. Gapsinski	182	B. Hagie	462	R. Melquist	540	L. Gapinski	265
405	182	C. Kantor	600	N. Yaggie	330	B. Hagie	314	M. Siegler	405	S. Waisanen	105
600	330	C. Kantor	1470	P. Schultz	860	T. Maass	470	M. Freiermuth	565	L. Gapinski	300
1470	860	C. Kantor	198	P. Schultz	139	B. Hagie	1218	M. Bannach	1444	L. Gapinski	665
198	139	D. Bichter	640	P. Schultz	385	C. Desjarlais	198	N. Yaggie	198	N. Yaggie	139
640	385	M. Siegler	435	P. Schultz	210	C. Desjarlais	425	S. Waldriff	250	M. Siegler	575
435	210	J. Bernstein	600	N. Yaggie	385	C. Desjarlais	285	S. Waldriff	130	M. Siegler	435
600	385	D. Bichter	1570	P. Schultz	950	B. How	551	S. Waldriff	250	M. Siegler	570
1570	950	D. Bichter	220	P. Schultz	154	B. How	1218	S. Waldriff	630	M. Siegler	1555
220	154	B. Crane	650	D. Mitzel	375	C. Desjarlais	154	S. Waldriff	220	M. Siegler	154
650	375	M. Siegler	465	D. Mitzel	225	B. How	555	S. Waldriff	225	M. Siegler	630
465	225	B. How	675	D. Mitzel	412	J. Blumhoefer	310	S. Waldriff	125	M. Siegler	465
675	412	M. Siegler	1675	D. Mitzel	1012	B. How	580	S. Waldriff	255	B. How	675
1675	1012	M. Siegler	226	T. Schreder	176	B. How	1415	S. Waldriff	605	M. Siegler	1675
226	176	M. Siegler	700	T. Schreder	340	D. Sholing	176	S. Waldriff	242	M. Siegler	176
700	340	M. Siegler	523	T. Schreder	150	D. Sholing	550	S. Waldriff	242	M. Siegler	680
523	150	B. Gillingham	685	T. Schreder	325	D. Sholing	250	S. Waldriff	125	M. Siegler	523
685	325	M. Siegler	1860	T. Schreder	799	D. Sholing	530	S. Waldriff	255	B. How	630
1860	799	M. Siegler	227	K. Capriglione	425	D. Sholing	530	S. Waldriff	605	M. Siegler	1780
227	425	J. Green	740	K. Capriglione	190	D. Sholing	1330	S. Waldriff	275	L. Pomeroy	1780
740	190	M. Dongoske	450	K. Capriglione	385	B. Oman	400	S. Waldriff	556	L. Pomeroy	380
450	385	J. Freiberg	655	K. Capriglione	1000	T. Hubbard	270	S. Waldriff	551	L. Pomeroy	551
655	1000	J. Green	1785	K. Capriglione	455	B. Oman	455	S. Waldriff	1488	L. Pomeroy	1488
1785	455	S. Safe	750	S. Safe	500	B. Oman	1110	S. Waldriff	556	Schaeflauer	605
750	500	S. Safe	665	S. Safe	665	L. Vaught	300	S. Waldriff	380	Schaeflauer	390
665	665	S. Safe	1915	S. Safe	1915	L. Vaught	310	S. Waldriff	550	Schaeflauer	550
1915	1915	S. Safe	860	S. Safe	860	L. Vaught	350	S. Waldriff	1540	Schaeflauer	1540

<i>P. Markert</i>	430	<i>S. Radike</i>	605
<i>P. Markert</i>	1050	<i>Women's Masters</i>	
<b><i>Masters over 55</i></b>			
	<u>104</u>		
A. Siegel	230	J. Hoglund	175
A. Siegel	215	J. Hoglund	100
A. Siegel	320	J. Hoglund	250
A. Siegel	730	J. Hoglund	525
Omundson	370		
Omundson	240		
Omundson	435		
Omundson	1045		
<u>220</u>			
P. Markert			365

**OFFICIAL ADEBA SBOBTSWEAB AND MOBE\***



**SATIN AWARD JACKET \$37.50**  
Sizes: S, M, L, XL, XXL Kasha Flannel Lin  
Contrasting Cuff One Color Logo on Back  
(Royal Blue or Red) (XXXL \$45.00)

**NYLON GYM BAG 18"x10" \$12.00**

**100% COTTON TANK TOP \$9.00**  
With One Color Logo (Navy Blue or Red)  
Sizes: S, M, L, XL Heavyweight, Preshrunk,

**50/50 T-SHIRT \$8.50**

Three Color Logo (White or Silver)  
Sizes: S, M, L, XL, XXL Three Color Logo on  
(Red or Royal Blue Trim)

**BASEBALL CAP \$7.00**  
Mesh Back With Seamless White Front. Three  
One size fits all (Royal Blue or Red)

**20 oz. POLYPROPYLENE COFFEE**  
With Two Color Logo. Good For Hot and Cold  
(Virtually Unbreakable)

**CREW NECK SWEATSHIRT \$16.50**  
Sizes: S, M, L, XL, XXL White and Light Blue;  
Sleeve: High Crew Neck; Rib Knit Waistband, (

19 Sunrise Dr.  
Mountaintop, PA 18707



# POWER PLACE PRODUCTS

202 E. 5TH Street  
Fowler, IN 47944

(317) 884-0524

## OLYMPIC OR SMALL HOLE PLATES

GOOD QUALITY      AMERICAN MADE

**\$0.35 / lb.**

(FOB Fowler, IN)

**7' OLYMPIC BAR--\$75.00**

(600 lb. maximum load)

**310 lb. SET - Bar / Collars / Plates - \$185.00**

## POWERLIFTING TODAY

P.O.BOX 435  
PLYMOUTH, INDIANA 46563

BULK RATE  
U.S. Postage  
**PAID**  
Permit #235  
Plymouth, IN

