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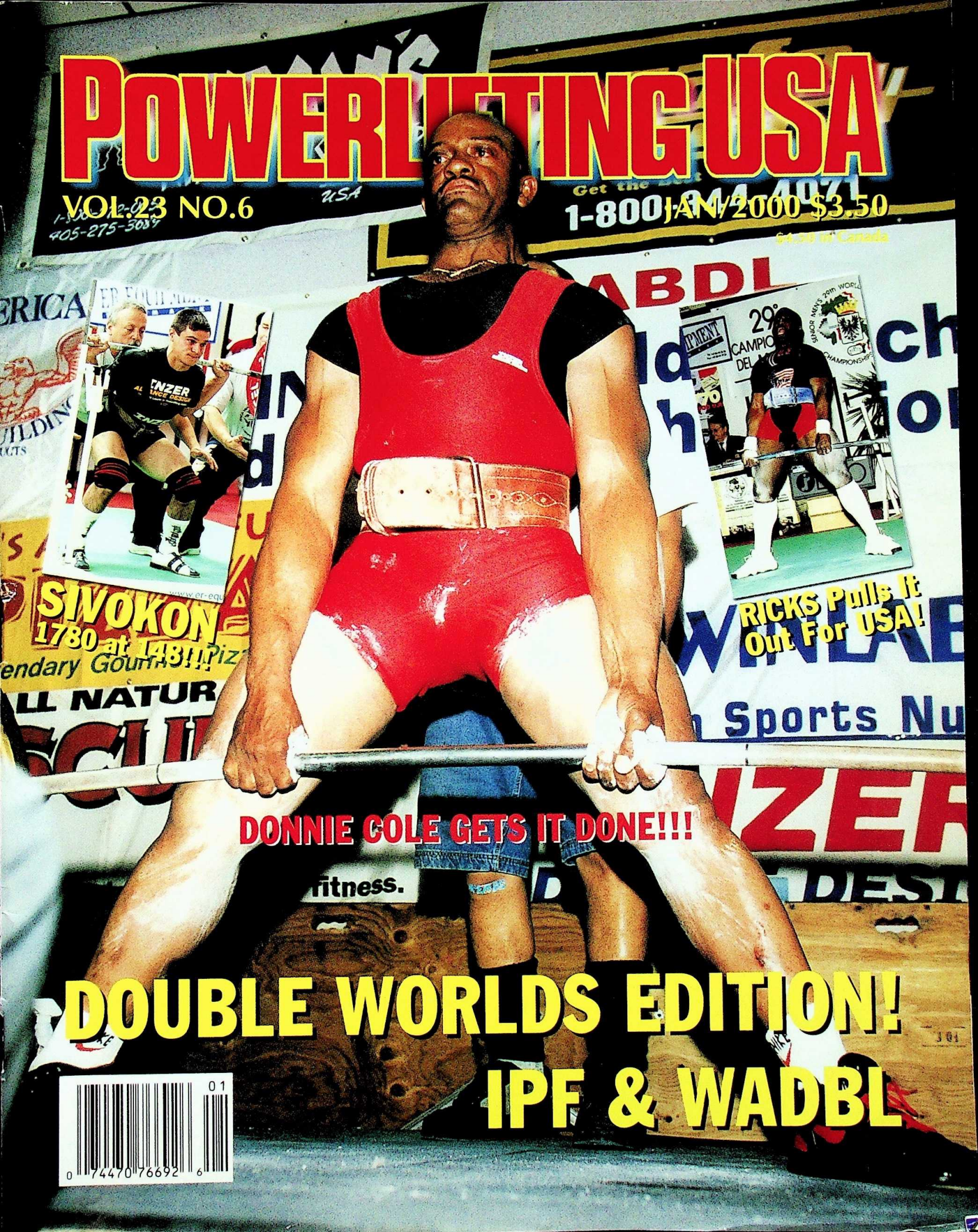

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MUSCLE MENU

- Volume 23, Number 6 - January 2000 -

IPF WORLDS.....Peter Thorne.....6
WABDL WORLDS.....Gus Rethwisch.....9
TOP 100 198s.....Mike Lambert.....15
WOMEN'S TOP 50 165s.....Herb Glossbrenner.....16
POW!ER SCENE.....Ned Low.....17
WORKOUT OF THE MONTH.....Vince Eldridge.....18
DAVE RICKS INTERVIEW.....Dr. Larry Miller.....20
THE RUSSIAN MYSTERY.....Marty Gallagher.....22
EXTRA WORKOUTS.....Louie Simmons.....24
PURSUIT OF SUCCESS, PT. 7.....Judd Biasiotto Ph.D.....26
CLOSE GRIP BENCH PRESS.....Doug Daniels.....32
WEAPON 11.....Rick Brewer.....34
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....36
ASK THE DOCTOR.....Mauro Di Pasquale MD.....37
RUSTY STAFFORD INTERVIEW.....Larry Kye.....39
STRONG MAN II.....Rick Fowler.....42
COMING EVENTS.....Mike Lambert.....49
W.P.O. PRO POWERLIFTING.....Kieran Kidder.....56
UNCLASSIFIED ADS.....87

ON THE COVER.... WABDL's Donnie Cole (Brian Baertlein photo), IPF's Sivokon and Ricks (Hiro Isagawa photos)

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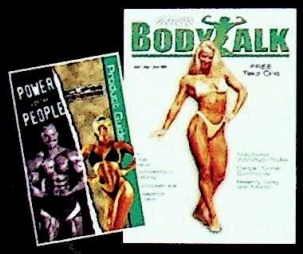

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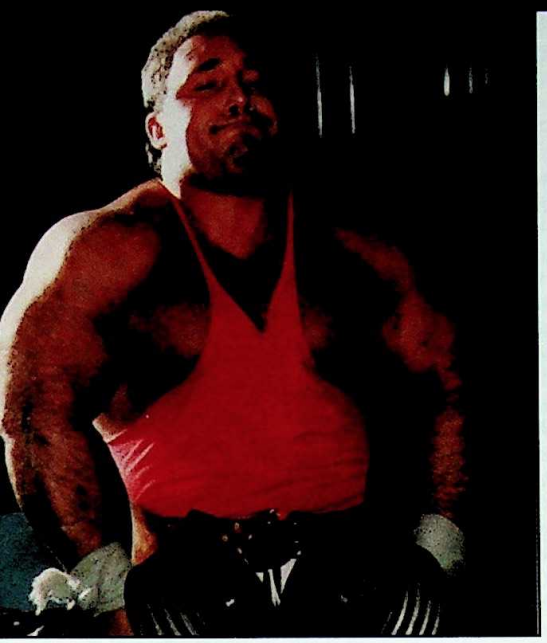

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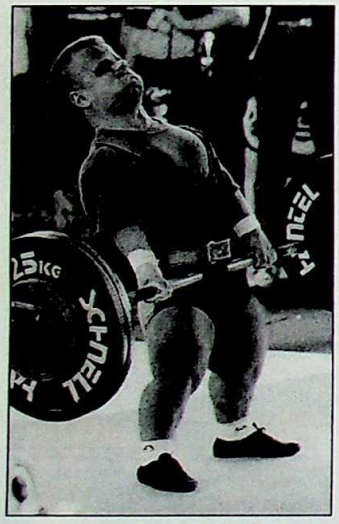
IPF Men's Worlds

as told to PL USA by Peter thorne

November 18th, 1999 was the starting date of the IPF Men's World Championships. Two hundred and eleven men from 49 countries, competing for 11 world championship titles, arrived in the Tyrolean Alps in the Italian town of Trento. Trento is just a short hop from the Austrian border sits in between the peaks of the Alps. The lifters were scattered out among several hotels and the venue was just a short distance away in the town of Gardola. It venue was spacious and the glass in the ceiling looked out onto the snow capped Alps. The warm up area was roomy and well laid out. The lifting area was large and provided excellent spectator viewing. This meet had the largest number of lifters of any IPF Men's Championships, and thus it was decided to attempt to run 2 platforms in order to shorten the lifting day. After a short try, the idea was abandoned and lifting for the rest of the meet was done on one platform. Some of the days did go long, however, the meet ended approximately on time.

It all started quite predictably with Poland's 52 kg. perennial champion Andrzej Stanaszek taking the lead with a 275 kg. (606 lbs.) squat leading to a 592.5 kg. (1,306 lbs.) total. Lu/Shih Wu Of Chinese Taipei was second with 575 kg. (1,267 lbs.). Third place was Anbu of India who pulled a 242.5 kgs (534 lbs.) deadlift. Ervin Gainer of the USA had his best day ever with a personal best in all 3 lifts and a 5th place finish with 530 kg. (1168 lbs.) This was a new American record total. Mr. Inaba of Japan, 23 times world champion, (17 open and 6 masters world titles) opened with a 230 kgs squat. He was unable to make his opener and was out of the contest. In South Africa, just a month before, Mr. Inaba, at 55, won the World Masters Championship and he was the only lifter in that contest to lift 10 times his bodyweight.



The Hardest Lift *for Stanaszek is the deadlift. (Photos by Isagawa)*

123 lb. World Champion again *...Pavlov has not gone to the dogs.*

The 56 kg. class again belonged to Konstantin Pavlov of Russia again this year. Pavlov's 630 kg. (1388 lbs.) total gave him a 30 kg. advantage over Ting of Chinese Taipei. Again it was India in 3rd place by virtue of another big deadlift, as Loganathan pulled 240 kg. (529 lbs.) for the bronze. Mr. Subrata Dutta, the Indian Vice President has been bringing full teams of Indian lifters to almost every IPF contest. The USAPL's Will Taylor managed only his opener in the squat and deadlift for an 8th place finish.

60 kg. class: Gerald McNamara of Ireland went 8 for 9 and took the gold medal with a 660 kg. (1,455 lbs.) total. Gerald's winning margin over Russia's Andruchin came in the bench press with 150 kg. (330 lbs). Isagawa of Japan and Petrov of Bulgaria battled to a tie for 3rd place, and the bronze medal was awarded to Mr. Isagawa by virtue of his lighter body weight. Mr. Isagawa benched 172.5 kg. (380 lbs.) and missed 182.5 kg. (402 lbs) twice. Tim Taylor (USA) had the bar loaded to 270 kg. in the deadlift and a try at 3rd place but he did not make the lift and settled in 5th place. Wim Elyn, the past world champion had trained and was ready for the contest, however he is a member of the Belgium army bomb disposal team and was

Gerry McNamara (IRE) *- 60 kg.*

1999 IPF CONGRESS ... "The long awaited 1999 IPF Congress took place in Trento, Italy on Wednesday, Nov. 18th at 10:00am. It was one of the largest congresses ever with 38 nations provdin gvoting delegates. A prarade was scheduled to follow the congress, however, the main mission of this congress, on this day, was to complete the election process. The marchers were getting ready adn the rain started to fall as the congress was electing a new president. After the committee reports and candidate speeches came the voting. Several new IPF officials were voted in. Norbert Wallauch is the new IPF President. Dr. Mauro DiPasquale of Canada was elected Vice President of North America. Alan Ferguson of South Africa was elected Vice President from Africa. The elections were done, the rain slacked off, and the parade began. With promises for the future the IPF marchers paraded down the streets of Trento with their new president. Norbert Wallauch, the new IPF president is a very nice man who has a rich history in sports and the sport of powerlifting. The IPF is very fortunate to have a man of his stature as IPF President." *Peter Thorne*

IPF Men's World Championships
17-21 NOV 99 - Trento, Italy (kg)

52.0 Kg	SQ	BP	DL	Total
Stanaszek/Pol	275.0	172.5	145.0	592.5
Lu/Chi	230.0	115.0	230.0	575.0
Anbu/Ind	225.0	97.5	242.5	565.0
Glarje/Ind	207.5	97.5	232.5	537.5
Gainer/USA	185.0	130.0	215.0	530.0
Yakan/Jpn	182.5	147.5	192.5	522.5
Wszola/Pol	210.0	110.0	180.0	500.0
Degovets/Ukr	180.0	115.0	180.0	475.0
Inaba/Jpn	000.0	000.0	000.0	
Vith/Den	000.0	000.0	000.0	
56.0 Kg				
Pavlov/Rus	245.0	170.0	215.0	630.0
Hsieh/Chi	220.0	140.0	240.0	600.0
Loganatahn/Ind	230.0	115.0	240.0	585.0
Brandtzaeg/Nor	230.0	130.0	220.0	580.0
Nemeth/Aus	205.0	120.0	240.0	565.0
Koike/Jpn	207.5	130.0	217.5	555.0
Francis/Ind	200.0	115.0	235.0	550.0
Taylor/USA	180.0	135.0	202.5	517.5
Kolsovsky/Slo	180.0	137.5	160.0	477.5
Rakhmnklov/Uzb	170.0	95.0	180.0	445.0
Nursakhatov/Tkm	000.0	000.0	000.0	
60.0 Kg				
McNamara/Ire	247.5	150.0	262.5	660.0
Andruchin/Rus	255.0	137.5	262.5	655.0
Isagawa/Jpn	222.5	172.5	235.0	630.0
Petrov/Bul	255.0	150.0	225.0	630.0
Taylor/USA	210.0	150.0	245.0	605.0
Sahu/Ind	212.5	130.0	257.5	600.0
Selberg/Swe	235.0	150.0	215.0	600.0
Srikumar/Ind	222.5	132.5	232.5	587.5
Tromp/Hol	220.0	150.0	195.0	565.0
Chan/Chi	205.0	105.0	230.0	540.0
Cuccu/Ita	200.0	110.0	215.0	525.0
Radzevich/Lat	227.5	162.5	135.0	525.0
Yang/Chi	160.0	80.0	282.5	522.5
Connolly/Can	192.5	110.0	202.5	505.0
Avolio/Arg	180.0	000.0	000.0	
67.5 Kg				
Sivokon/Kaz	302.5	202.5	302.5	807.5
Olech/Pol	310.0	160.0	302.5	772.5
ElbeghitiFra	252.5	132.5	275.0	660.0
Takahashi/Jpn	250.0	177.5	227.5	655.0
Kouzhakhmtv/Kaz	245.0	155.0	252.5	652.5
Sacco/Ita	250.0	130.0	255.0	635.0
Gray/GB	225.0	140.0	257.5	622.5
Vene/Slo	165.0	90.0	170.0	425.0
Mahesh/Ind	215.0	000.0	000.0	
75.0 Kg				
Bazaev/Ukr	310.0	175.0	305.0	790.0
Furazhkin/Rus	305.0	192.5	290.0	787.5
Baranov/Rus	307.5	165.0	307.5	780.0
Hooper/USA	320.0	207.5	252.5	780.0
Wegiera/Pol	290.0	200.0	275.0	765.0
Rimoldi/Ita	280.0	155.0	320.0	755.0
Turakhanov/Kaz	290.0	160.0	292.5	742.5
Theys/Bel	270.0	180.0	290.0	740.0
Takahishi/Jpn	275.0	187.5	270.0	732.5
Celis/Ven	275.0	150.0	300.0	725.0
Joudgudis/Lit	275.0	160.0	282.5	717.5
Valentinsen/Nor	265.0	160.0	280.0	705.0
Skogly/Nor	245.0	162.5	282.5	690.0
Usami/Jpn	250.0	180.0	260.0	690.0
Elangovan/Ind	265.0	150.0	265.0	680.0
Nikolaizig/Ger	247.5	175.0	250.0	672.5
O'Connor/re	230.0	157.5	280.0	667.5
Mamukov/Uzb	250.0	160.0	250.0	660.0
Leung/Can	230.0	130.0	247.5	607.5
Casas/Arg	230.0	155.0	220.0	605.0
Medina/Mex	225.0	130.0	225.0	580.0
Martinez/Col	230.0	000.0	000.0	
Niccolini/Ita	000.0	000.0	000.0	
Lappi/Fin	245.0	000.0	000.0	
82.5 kg				
Ricks/USA	315.0	210.0	332.5	857.5
Mor/Rus	317.5	225.0	315.0	857.5
Ghilardi/Ita	300.0	190.0	350.0	840.0
Soloviov/Ukr	310.0	222.5	290.0	822.5
Turner/USA	300.0	195.0	300.0	795.0
Kurtiak/Ukr	285.0	182.5	310.0	777.5
Carter/GB	277.5	172.5	320.0	770.0
Coimbra/Lux	285.0	175.0	300.0	760.0
Brown/Bah	292.5	182.5	282.5	757.5
Sasaki/Jap	280.0	210.0	265.0	755.0
Gandner/Fra	280.0	187.5	285.0	752.5
Andersson/Swe	285.0	190.0	277.5	752.5
Singh/G.	267.5	190.0	282.5	740.0
Bruggink/Hol	267.5	177.5	277.5	722.5
Petrischor/Aus	270.0	192.5	260.0	722.5
Matveyev/Kaz	270.0	145.0	300.0	715.0
Neto/Fra	272.5	197.5	245.0	715.0
Toso/Ita	260.0	157.5	285.0	702.5
DiMarco/Ger	260.0	180.0	250.0	690.0
Karatajevs/Lat	280.0	150.0	250.0	680.0
King/NZ	257.5	140.0	267.5	665.0
Kaelin/Swi	220.0	150.0	270.0	640.0
Hung/Chi	210.0	130.0	260.0	600.0
Bakhshaliev/Tkm	000.0	000.0	000.0	
Hsieh/Chi	000.0	000.0	000.0	
Ivanushins/Lat	250.0	162.5	000.0	
Turesson/Swe,	000.0	000.0	000.0	
Santos/Por	000.0	000.0	000.0	
90.0 Kg				
Tarasenko/Rus	345.0	247.5	342.5	935.0
Fedenko/Rus	337.5	215.0	330.0	882.5
Romanenko/Uk	355.0	195.0	330.0	880.0
Stiklestad/Nor	335.0	197.5	335.0	867.5
Szymkowiak/Pol	310.0	210.0	345.0	865.0
Theuser/Cze	340.0	212.5	310.0	862.5
Benemerito/USA	310.0	222.5	320.0	852.5
Bettati/Ita.	325.0	172.5	315.0	812.5
Krokkee/Hol	300.0	227.5	285.0	812.5
Desachy/Fra:	307.5	210.0	292.5	810.0
Sohlman/Fin.	300.0	205.0	305.0	810.0
Gecas/Lit	320.0	195.0	290.0	805.0
Vincenti/ta	322.5	175.0	307.5	805.0
Welna/Pol	305.0	190.0	310.0	805.0

To Powerlifting: "On November 17th, 1999 in Trento, Italy, I was elected president of the International Powerlifting Federation. This is a great honor for me. This is also a large responsibility which I fully respect for the sport. First I must thank the many supporters of my candidacy and the delegates who voted for me to become IPF President. To others I call on you to join me to share a friendship among all members of the IPF. The unfortunate events of the past will be left. The past is over. And there shall be no one to accuse or blame for what has happened. We are not to look back. We will look forward and take responsibility for our future. We will also look forward to working together with the lifters, nations, administrators, sponsors and supporters in order to move in to the millennium as a united sport. IPF Powerlifting shall be one sport without different factions. I have looked at the areas where there were once problematic issues and I find people who are eager to work with me to end those problems. For example, I have every reason to be confident about my excellent working relationship with John Inzer, who is one of the biggest supporters of powerlifting, in resolving some of these past issues. After my initial meetings, I am very optimistic about the future. I look with favor to those who have a positive outlook for the future and are willing to end arguments, but I have little patience to those who wish to continue in a negative way about this sport and the people who support powerlifting. I can see some great news for powerlifting in the year 2000.

For those who do not know me, I have a long history in sports starting as a weightlifter, and than as a powerlifter. I first competed in powerlifting in 1961. I founded the Austrian Powerlifting Federation and have been the only president of that federation. I have worked with the government of my country and obtained enough funds for powerlifting so that beside other supports every medal winner at IPF World Championships gets a small salary until the next championship. For nearly 40 years I have been a sportswriter for the largest newspaper in Austria with over 2.8 million readers. I currently sit on several sports panels. One of these is the national sports panel which overseas all the sports, including Olympic sports. I have made friends and acquaintances with top people in the IOC that I believe will be helpful with the sports relationship to the IOC. Currently, I am an ombudsman for athletes. In this role I represent athletes who have been wronged by their association or ruling organization. I believe powerlifting, like all sports, begins with the athlete. The rest of us support the athlete and work to provide the best of opportunities for the athlete that his or her sport can provide. I wish to say thank you to everyone in powerlifting for giving me this trust. I will publish timely updates as progress is made on many issues. Again I will ask all of you for your support as we move powerlifting into the year 2000. We can accomplish so much by working together." Yours in powerlifting, *Norbert Wallauch*, IPF President

Hausburg/Ger	312.5	177.5	310.0	800.0
Beligov/Kaz	310.0	175.0	285.0	770.0
Kalic/Fra	292.5	182.5	295.0	770.0
Kholnazarov/Tjk	260.0	185.0	310.0	755.0
Hornik/Cze	280.0	190.0	280.0	750.0
Vasilev/Bul	260.0	160.0	295.0	715.0
Luzanov/Uzb	270.0	170.0	275.0	715.0
Singer/Aus	245.0	195.0	270.0	710.0
Gomez/Mex	250.0	155.0	300.0	705.0
Miranda/Bra	235.0	170.0	300.0	705.0
Hernandez/Ven	280.0	180.0	240.0	700.0
Nas/Aus	252.5	165.0	265.0	682.5
Salazar/Col	245.0	160.0	270.0	675.0
Teixeira/Por	232.5	150.0	267.5	650.0
Shnier/Aus	000.0	000.0	000.0	
AlEmiry/UAE	270.0	000.0	000.0	
100.0 Kg				
Suslov/Rus	380.0	230.0	342.5	952.5
SolovivUkr	377.5	240.0	335.0	952.5
Harris/USA	352.5	215.0	350.0	917.5
Ukhach/Ukr	350.0	240.0	325.0	915.0
Buttigieg/Fra	345.0	232.5	307.5	885.0
Christoffrsen/Nor	340.0	227.5	312.5	880.0
Palokangas/Fin	342.5	197.5	310.0	850.0
Woodside/Bah	320.0	200.0	322.5	842.5
Neselius/Swe	290.0	205.0	310.0	805.0
Baldi/Ita	290.0	197.5	297.5	785.0
Simmoneta/Aus	300.0	160.0	320.0	780.0
Calderini/Lux	305.0	182.5	287.5	775.0
Vorup/Den	305.0	165.0	292.5	762.5
Nugteren/Hol	260.0	205.0	292.5	757.5
Lin/Chi	300.0	185.0	270.0	755.0
Karpenko/Kaz	312.5	172.5	250.0	735.0
Pereira/Por	280.0	160.0	290.0	730.0
Weatherbie/Can	255.0	192.5	280.0	727.5
Gerold/Aus	275.0	180.0	272.5	727.5
Lousich/New	282.5	192.5	252.5	727.5
Inglese/Aus	275.0	147.5	287.5	710.0
Thanglarajan/Ind	275.0	140.0	270.0	685.0
Sojer/Slo	215.0	160.0	230.0	605.0
Selem/Per	200.0	140.0	200.0	540.0
Martins/Por	000.0	000.0	000.0	
Kichi/Spa	000.0	000.0	000.0	
Voso/Ita	000.0	000.0	000.0	
Rantanen/Fin	000.0	000.0	000.0	
Hiragishi/Jpn	000.0	000.0	000.0	
Phelan/Ire	210.0	140.0	000.0	
110.0 Kg				
Ivanenko/Ukr	415.5	220.0	345.0	980.0
Gankov/Rus	360.0	240.0	350.0	950.0
Henry/GB	370.0	212.5	325.0	907.5
Arvai/Hun	330.0	220.0	340.0	890.0
Pronier/Fra	325.0	205.0	350.0	860.0
Trascinelli/Ita	315.0	192.5	342.5	850.0
Yoshida/Jpn	320.0	215.0	300.0	835.0
Logan/Aus	315.0	170.0	315.0	800.0
Kool/Hol	280.0	207.5	312.5	800.0
Pomana/NZ	360.0	60.0	352.5	772.5
Hansen/Den	290.0	200.0	275.0	765.0
Liang/Chi	355.0	180.0	220.0	755.0
Henderson/NZ	280.0	177.5	285.0	742.5
Samper/Col	280.0	150.0	280.0	710.0
Bontekoning/Hol	287.5	150.0	260.0	697.5
Chen/Chi	250.0	160.0	250.0	660.0
Nastran/Slo	250.0	142.5	240.0	632.5
Esparza/Mex	220.0	140.0	210.0	590.0
Khanna/Ind	250.0	000.0	000.0	
125.0 Kg				
Podtynni/Rus	405.0	222.5	375.0	1002.5
Jonsson/Ice	390.0	242.5	367.5	1000.0
Muravliov/Ukr	385.0	230.0	350.0	965.0
Ljungberg/Swe	365.0	230.0	355.0	950.0
Leiato/USA	350.0	262.5	330.0	942.5
Abrutis/Lit	367.5	217.5	345.0	930.0
Lehto/Fin	327.5	240.0	335.0	902.5
Pomana/NZ	365.0	230.0	300.0	895.0
McGetigan/USA	320.0	205.0	365.0	890.0
Rydheim/Nor	335.0	195.0	330.0	860.0
Wamsteeker/Hol	325.0	205.0	320.0	850.0
Celio/Can	340.0	195.0	310.0	845.0
Vikberg/Swe	300.0	245.0	290.0	835.0
Ferguson/RSA	315.0	185.0	317.5	817.5
Ranglhura/NZ	320.0	190.0	300.0	810.0
Dianklych/Uzb	310.0	180.0	310.0	800.0
Roberts/Aus	310.0	180.0	265.0	755.0
Conrado/Bra	290.0	187.5	250.0	727.5
Neele/Hol	280.0	170.0	260.0	710.0
Novak/Slo	000.0	000.0	000.0	
Midote/Jpn	390.0	000.0	000.0	
125.0+ Kg				
Gurlanov/Rus	395.0	267.5	372.5	1035.0
Gillingham/USA	375.0	267.5	377.5	1020.0
Naleikin/Ukr	400.0	240.0	360.0	1000.0
Meszaros/Hun	390.0	225.0	370.0	985.0
Savickas/Lit	400.0	240.0	340.0	980.0
Drobets/Ukr	390.0	220.0	340.0	950.0
Sedmik/Cze	340.0	245.0	330.0	915.0
Wahlguist/Swe	350.0	225.0	325.0	900.0
Naude/RSA	355.0	215.0	315.0	885.0
Kossen/Hol	335.0	230.0	305.0	870.0
Chao/Chi	300.0	125.0	320.0	745.0
Chang/Chi	250.0	130.0	200.0	580.0
Maekelae/Swe	000.0	000.0	000.0	
JansenHol	70.0	000.0	000.0	

Teams: Russia 69, Ukraine 57, US.America 48, Poland 38, India 35, Japan 31, Italy 27 Kazahkstan 25, France 23, Chin.Taipei 22, Norway 22, Sweden 18, G. Britain 17, Hungary 14, Ireland 13, Lithuania 13, Czechia 10, Iceland 9, Austria 9, Finland 9, Holland 9, Bulgaria 8, New Zealand 8, Australia 7, Bahamas 5, Slovenia 5, Luxemburg 4,, Uzbekistan 4, Canada 4, Belgium 3, R.S.Africa 3, Mexico 3, Germany 3, Slovakia 2, Brazil 2, Denmark 2 , Colombia 2 , Latvia 2, Venezuela 2, Portugal 2, Peru 1, Switzerland 1, Argentina 1, Tajjikistan 1.

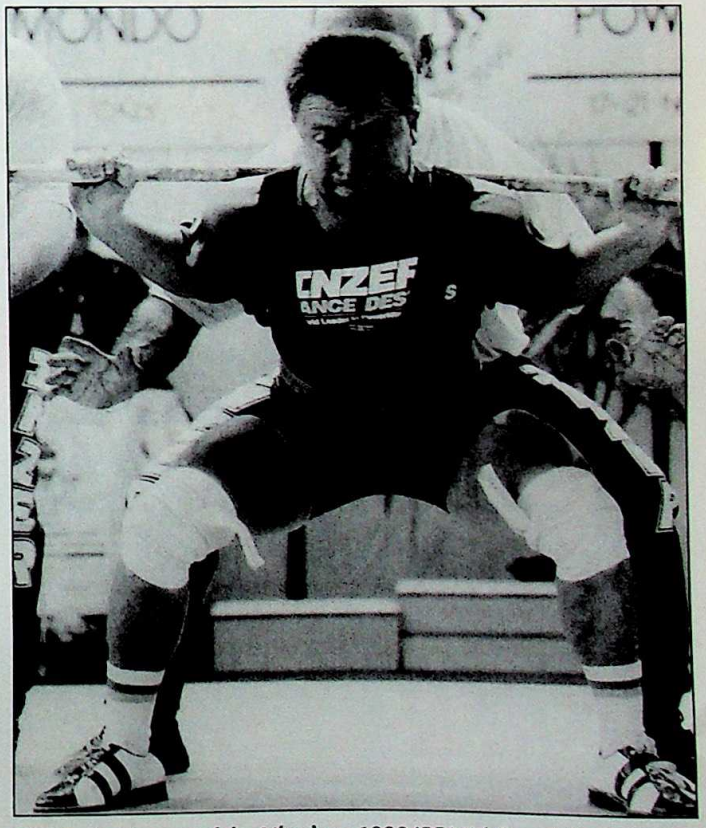
Champion of Champions: 1. Sivokon/Alexey/KAZ 627.10, 2. Tarasenko/Andrei/RUS 598.21, 3. Stanaszek/Andrzej/POL 592.20

called away to Macedonia to dismantle mines left after the war in Kosovo. 17 year old Yang Sheng Nan of Chinese Taipei placed 13th, but he pulled a Jr. World record Deadlift of 282.5 kgs (622 lbs).

The 67.5 class saw some world records as Alexey Sivokon made the gold medal all his. After the squats were over Jaroslaw Olech was 7.5 kg. ahead in 1st place by virtue of his world record 310 kg. (683 lbs.) squat. Sivokon came back in the bench, breaking his own world record with 202.5 kegs (446 lbs.) and a had a 35 kg. lead going into the deadlift. His 807.5 kg. (1,780 lbs) total put him in first place and assured him of yet another "Best lifter of the Meet" award. Poland's Olech was 2nd with 772.5 kgs. (1,703 lbs.) total. Olech had made a 55 kg. improvement in his total in just one year, and had the second highest Wilkes points total behind the class winner Sivokon. This just demonstrates Sivokon's dominance in the sport and the depth of talent this weight class. Elbeghiti of France pulled 275 kg. (606 lbs.) to take third place over Takahashi of Japan. There were no American lifters in this class as Wade Hooper, who usually competes at 67.5 kg., moved up to the 75 kg. class.

The 75 kg. class replayed the traditional rivalry between Russia and the Ukraine. Bazaev of the Ukraine got the gold medal with a 790 kg. (1,741 lbs.) total and a 2 1/2 kg. win over Russia's Furazhkin. Wade Hooper got out in front at the start with a big 320 kg. squat (705 lbs.) and a strong bench of 207.5 kgs (457 lbs.). However, Victor Baranov of Russia pulled a 307.5 kg. (678

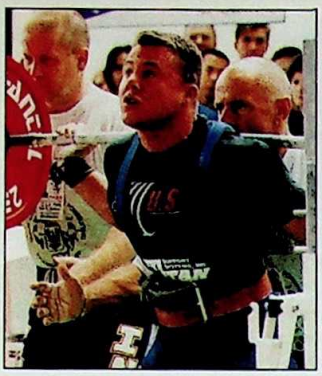
(article continued on page 82)



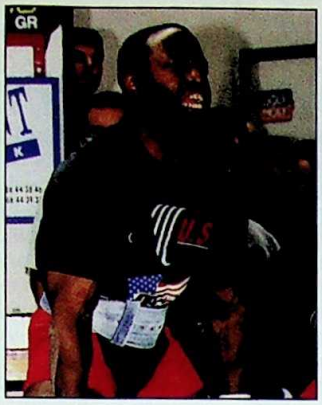
Sirajoutin Bazaev of the Ukraine *- 1999 IPF Middleweight Champion*

TEAM USA
for the IPF Worlds

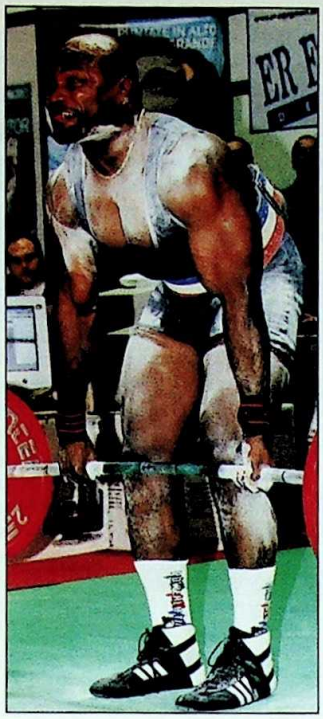
Erv Gainer ... PRs & 5th at 52kg.



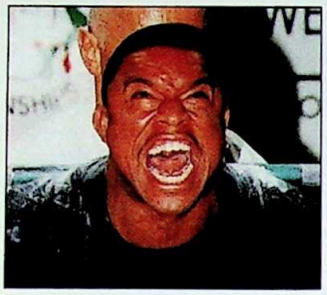
Wade Hooper - 4th in the 75 kgs.



Dave Ricks - gold medal at 181

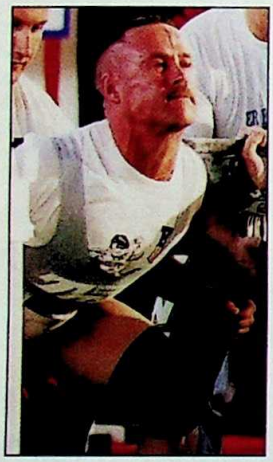


Tony Harris - Bronze at 110 kg.



Chris Turner ... 5th at 82.5 kgs.

Ray Benemerito - 7th at 90 kgs.



Wil Taylor - 7th at 56 kgs.

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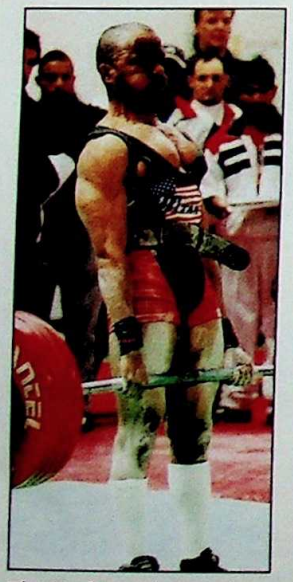
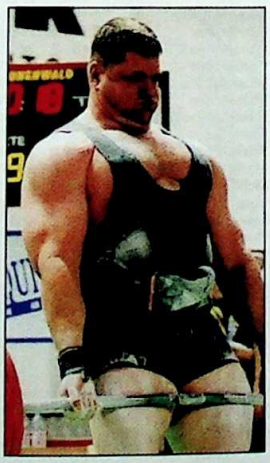
Tony Leiato - 5th at 125 kg.

Pat McGettigan came 9th



Tim Taylor - 5th @ 60 kgs.



Brad Gillingham - silver at SHW. (all Isagawa photos)

TwinLab WABDL BP/DL Worlds

The Twin Lab WABDL World Bench Press and Deadlift Championships held at the Holiday Inn Airport, Portland, Oregon on Nov. 5-7th was almost the perfect meet. Each day started at 8:30 and was no more than 15 minutes late at the end of the day; 7:30 on Friday and Saturday, and 6:30 on Sunday. A total of 236 deadlifters and 290 bench pressers took part. The actual number of lifters was 441. The hotel had 480 room nights and did over $200,000 worth of business. The total 3 day attendance was 3,178. The size of the room was 16,000 square feet.

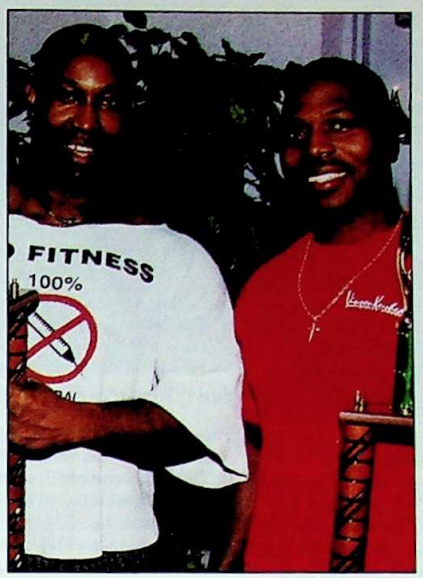
On to the lifting. In the open womenas bench at 105, Lupe Aguilar set a world record with 203#. She has cut down from the 123# class and hasn't lost any strength. Master lifter Cheng-er Mehmedbasich was 2nd with 126#. Cheng-er is out of Colorado. At 114, 42 year old Jana Gedde set a world record with 181 3/4. At 123 Shelley Radcliffe, who holds the world record at 227 and is ranked 12th all time, had an off day, but she still won with 209 to 192 3/4 for Jill Remiticado from Hawaii. Jill is only 18. She has lots of potential at 132. Jerri Lynn Lippert beat Amy Hughes, 264 1/2 to 236. Jerri Lynn went on to set a world record on a 4th with 275 1/2 - that's world class - and she was named the outstanding female bencher of the meet. At 165, Mary Jacobson of Alameda, California beat Gina Anderson of Sacramento, 236 to 231. Betty Heriford was 3rd with 165. Mary is a lawyer and is 45 years old! At 181, 26 year old Julie Kimoto from Hawaii won with 242 1/2.

In teen women bench, 13-15, Emily Schneider set a world record with 104 at 114#. Kayleigh Haff from the Washington School for the Blind benched 60 1/2# at 132. In the 16-19 age group, Jill Remiticado set a world record with 192 3/4 at 123. Christie Hansen won at 148 with 192 3/4. Christie is the world record holder with 209 3/4. Jill Remeticado was outstanding lifter.

***Jo Walker** pulled 396 at 126 and age 55!*

In Junior Women, Tracey Bryan from Spokane, WA won the 148s with 203#. Lisa Pollari won at 165 with 170# and Julie Kimoto set a world record with 242 1/2 at 181.

In Master Women, 40-46, Cheng-er Mehmedbasich set a world record with 1264 in the 105 lb. wt. class. Jana Gedde won with 181 3/4 at 114#. Sandra Hayes out of Mississippi set a world record with 159 3/4 at 123 and beat Pam Jenkins who did 104. At 132, Sandy Gomez Leon set a world record with 203 3/4. At 148 Jean Turc from Fort Smith, Arkansas won the gold, beating Jo Ann Bauer with 165# on bodyweight. At 165 Mary Jacobson set a world record with 236 3/4. In master women 47-53, Janet May won at 132 with 1324. Betty Heriford beat Camellia Luprete from Texas with 165 to 154. In master 61-67, Marcia Turner, who has been competing for 3 years, finally hit 100# with a world record 104 1/2 at 148#. In womens master 75+, Gloria Tomlin set a world record with 77# at 148. The outstanding lifter was Mary Jacobson.



***Bull Stewart and Vinson Keyhea** (Brian B.)*

In Master Women Law/Fire, Joann Bauer set a world record in age group 38-47, 148# class, with 165#. Camellia Luprete set a world record with 154# in age 48+, 165# class.

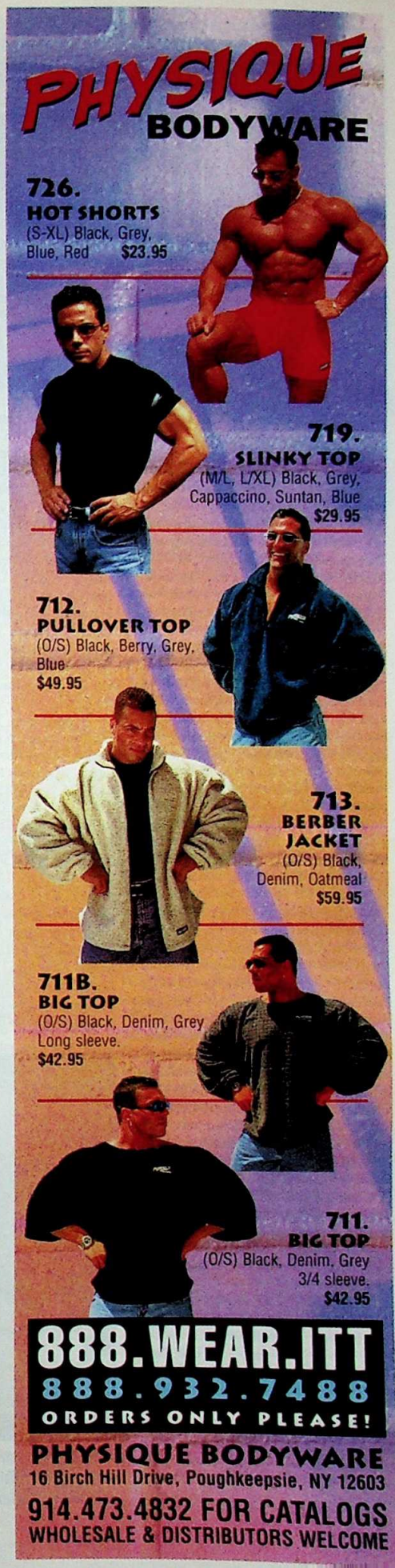
In open women Law/Fire, Gina Anderson set a California State Record with 231.

In submaster women, Roberta Hunt won at 123 with 104#. Jennifer Souders, who was coached by Bull Stewart, won at 132 with 121. Susan Gill keeps improving, due to her coach Jerry Capello. She did 165 at 148. Kim Meeder, who runs a youth ranch, did a 181. Sharon Allen set an Oregon State record with 187 at 198. Taunya Malone was in tears of happiness with her 319 1/2 world record in the 199+ division. That could be the highest bench ever by a drug free female lifter. Taunya is out of Houston, TX. The outstanding lifter was Taunya Malone.

In master men Law/Fire bench in age group 38-47, highway patrolman Craig Palmer out of Montana, set a world record with 440 3/4 to beat Jeff Holloway's 314 at 198. In 220, Jeff Jones, a policeman out of Sparks, Nevada and who was my first workout partner in 1972, did a 352. Rene Phillips, out of Louisiana, set a world record with 501 1/2 at Super. In age group 48+, Bob Keynon set a world record with 336 at 198#. At 220, Les Peratrovich set a world record at 330 1/2 and Paul Goodwin, out of Seaside, CA, set a world record in the 308s with 424#. Outstanding lifter was Craig Palmer.

In open men's Law/Fire Sakari Selkainaho of Finland, 165, beat Bob Bisti on bodyweight with a 352 1/2 at 181.

***Steve Beaudoin** - benched 545. (Allured)*



Ana Santiago *of Gautemala in a photograph by Brian Baertlein.*

Barry Duran, coached by Terry Luehrs, won the gold with 424. Erick Kuskie, whose law enforcement job is to catch and prosecute child pornographers, was 2nd with 347. Mike Miner was 3rd with 303, a Washington State record. At 198, Craig Palmer beat Robert Derringer 440 to 380. Derringer ended up with a Washington State record. At 220, Simon Mantel took the gold with 380. At 242, Frank Wakakuwa, one of the best drug free benchers in the world (he has done 633) beat Rasoula Muhammud, 573 to 468. Mr. Muhammud got a Washington State record. Todd Love out of Arizona won the 275s with authority - 551. At 308, Malcolm Ahlo Jr. from Hawaii beat Rick Russell from California 551 to 391. The outstanding lifter was Frank Wakakuwa.

In Junior Men's, Barry Kunkel won the 132s with a fine 281. At 148, Anthony Carroll set a Washington State record with 336 to beat Donny Engles 308 and Ross Johnson's 187. At 165, Joe Luther tied John Korn's world record with 436. Joe's brother Lee was 2nd with 341 1/2. At 181, John Korn III set a world record with 491 1/2 to beat Joe Bruno's 435. Ryan Harris was 3rd with 369 and Shawn Rianey was 4th at 303. At 198, Chris Bogart out of Oklahoma did a very good 413 to beat Austin Slater's 402. John Anthony was 3rd with 308 1/2. At 220, Kevin Rose - coached by the legendary Jeff Magruder - beat Joe Farmer 413 to 374. At 242, Cody Smith from Oakland, California beat Bryan Dodge with 407. Dodge is from Arizona and did 407 also, but lost on bodyweight. Surinder Singh Jagder from India was 3rd with 242. At 275, Andrew Snider of Klamath Falls, Oregon beat Joe Theissen of Canada, 451 to 429. At 308, Trevor Crandall, coached by Jeff Magruder, set a world record with 540. The outstanding lifter lightweight was John Korn III. The outstanding lifter heavyweight was Trevor Crandall.

In teen men's bench, age group 13-15, Stefon Hudson from the Washington School for the Blind, coached very well by Rob Peck, won at 97# with 55. At 132, Gary Remiticado set a world record with 214 3/4, At 148, Robert Chu from the Washington School for the Blind benched 93 1/2. My hat's off to the lifters from the Washington School for the Blind. They have a great coach in Rob Peck and they brought their own cheering section of 40 people. At 165, Ray Hughes, again from the Washington School for the Blind, benched 104 1/2. At 198, Chad Crossen, coached by his father Will Crossen Jr. (the world record holder in the master 40-46 with 552) did 225 3/4. At 220 Keenan Brown won with 132. At 242 Jordan Cam, whose father was one of the top collegiate wrestlers in the country in the late 70s, set a national record with 336. At 275 Sean McElroy set a world record with 264 1/2.

In teenage 16-19, Daniel Weekly of Florida beat Ryan Snelling of Missouri with 281#. Ryan lost on bodyweight. At 165, Gregory Vanison of Georgia won with 325. At 181, Chris Pagdilao of Hawaii, beat Anthony Palombo of Louisiana, 363 to 330. At 198 Phillip Davi of California won the gold over a class of 6 with 363 3/4. Spencer Murphy, the world record holder in 13-15 198 with 314, was 2nd with 341. In 3rd was Greg Rose with 336. Jordan Pelletier was 4th with 319 1/2, Nick Mortier was 5th with 292 and Ed Sun was 6th with 281. At 220, Ryan Myers from Oklahoma, the former world record holder with 450, did a subpar 429 to beat Brian Clare, who did a 264. Another Oklahoman, Brant Hill, was 3rd with 181 3/4. At 242, Adrian Larsen, the world record holder in 198 with 405 and the former world record holder at 220 with 446, won with a 468 over Dustin Wick's 303. Bull Stewart coaches Dustin and once Dustin gets his training going he will deadlift 600 and bench 400 within a year. At 275, David Onishi won with 319 and Jacob Clifton, gently coached by Jeff Magruder, won at 308 with 3304. Outstanding lifter 13-15 was Gary Remiticado and outstanding lifter 16-19 was Adrian Larsen.

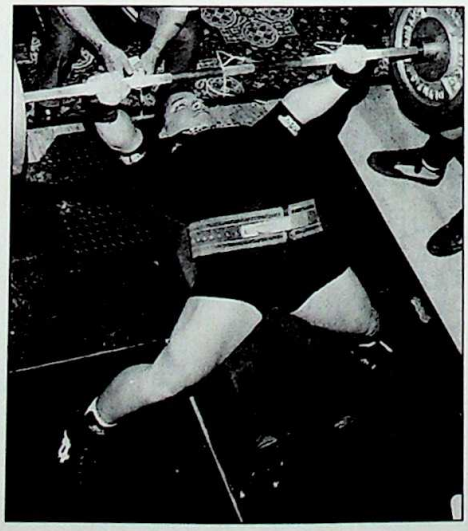
In open men, 19 lifters benched over 500 and three did over 600. At last year's worlds, 7 benched over 600. At 132, Kerwin Unten, who holds the world record at 123 with 374, benched 369 to take the 132s. At 148 Mike O'Hora, from Vermont, set a world record with 413 to beat Evan Davidson from Arizona, the former world record holder, who did 385 3/4. Wesley Kampen was 3rd with a Washirgton State record of 369 and Kimo Luna of Hawaii was 5th with 352. Freddie Evangelista was 4th with 363. That was a very tough class. At 165, we had another battle. Joe Luther won with a world record tying 436. Steve Ward from Los Angeles was 2nd with 418, edging out Jason Yoshimura on bodyweight. Jason is from Hawaii. In 4th was Sakari Selkainaho, from Finland, who did 352. Lee Luther was 6th with 341 and Tolan Furusho was 5th with 352. At 181, there were 9 contestants. John Korn III set a world record with 491 1/2 to beat Joe Bruno, who did 435. Brian Vales of Arizona was 3rd with 413. Allen Berry, who also did 413, was 4th. Jeff Hoiby was 5th with 391, and Bill Love was 6th with 380. Mike Miner was 7th with 303. Don Gullick was 8th with 297 1/2 and Todd Birkhead was 9th with 264 1/2. At 198, Gustavo Warrington, the current world record holder with 556, did 523 to beat Rodney Schrum of Indiana, who did 501 1/2. Eric Thomas was 3rd with 413. At 220, Steve Beaudoin won with 545 1/2. Jeremie Winters of North Carolina came up with 496, and Matt LaMarque of California made 479. Roderick Rogers of Alabama was next up with 424, followed by Simon Mantel with 380. At 242, there were 7 contestants. Larry Birgado of Hawaii was the surprise winner over the favorite Frank Wakakuwa, 584 to 573. Another Hawaiian, Shane McShane, did 562 for 3rd. Yet another Hawaiian, Shane Ahlo, did 529 for 4th. Casey Gallagher was 5th with 523 1/2, and Matt Crosby was 6th with 462 3/4 and Tajinder Singh from New Delhi, India was 7th with 396 3/4 without a shirt. At 275, George Nelson, at age 55, made a 589 1/2. He locked out 600 twice. His butt was off the bench 3/4 of an inch. Todd Love of Arizona was next up with 551. Tomonari Yamanaka of Japan was next with 501. At 308, Tim Isaac bombed out with 672. Evidently he had a shoulder injury. Steve Wong of Minnesota won with 600 3/4. Tiny Meeker of Texas was 2nd with 589 1/2. Jim Cunningham of Oregon was 3rd with 540 and Lonny Haywood of Washington was 4th with 523 1/2. At Super, 5' 11", 361# Kiu Tuita has 24" calves, 24" arms and a 63" chest. He popped up 700 like water, but tore his tricep on 722. He's from Tonga. Michael Kromer was 2nd with 562. Brian Jackson was 3rd with 490 and Thom Chase from Vermont was 4th with 479 1/2. The outstanding lifter lightweight was Gustavo Warrington.

In Master Men Bench, age group 47-53, Larry Muth of Coos Bay, OR beat the current world record holder Satoru Ebihara of Japan 203 to 198, in the 123# class. At 165 Leonard McAllister beat Ashok Sharma of India with a 352. At 198 Warren Orbaugh Stoessel of Guatemala won with 363 3/4. At 220, Steve Ramey of Georgia beat Bill Sekermestrovich, the current world record holder, 462 to 440. Rainer Gessman of Germany was 3rd with 363 3/4. At 242, Mike Magruder, the brother of Jeff Magruder, won with 435. At 275, Bennie Dooley, the current world record holder at 40-46, 275 with 501, won with 518. Austin Webb of Arkansas was 2nd with 402. At 308 Paul Goodwin won with 424. At Super, Carl Rosborough, who has 18" forearms and wears a size 70 bench shirt, did 468. The outstanding lifter was Bennie Dooley.

In master men 40-46, Allen Young of Fort Smith, Arkansas did 303 at 132 for the gold. At 148, Freddie Evangelista won the world championship with a 363 to Hawaii's Clyde Higa, who did a 358, but Clyde set a world record on a 4th with 380. At 165, Dan Marxheimer, coached by Bull Stewart, beat Bob Avery, 336 to 303. At 181, Byron Beebe had an off day with 440. He's the current world record holder with 491 1/2. Richard Hagedorn of Alabama was 2nd with 336. At 198 Darris Piggee set a world record with 496 to beat Rocky Gingg of Arizona, who did 402. Dean Wilson was 3rd with 374 3/4 and Steven Gall was 4th with 363. At 220, Steve Beaudoin, coached by Tod Becraft, set a world record with 545 1/2 and won the gold. At 242, Will Crossen Jr. had an off day with 507 to win the gold. He holds the world record with 552. Roger Nelson was 2nd with 435 and Tim Elbert was 3rd with 314. At 275 Don Frosland Jr. set an Oregon State record with 490. At 308, Steve Brown won with 451 3/4. He also did a great job on the mike, MCing for two days. Bill Gillespire, the strength coach for the U of Washington, could not lift on Saturday and had to lift on Sunday. He could have easily beaten Mr. Brown, as he did a world record 589 1/2 at 308, 40-46. At Super, Art Ramsey, the biggest fan of the sport of powerlifting - I know for a fact he loves the sport more than anybody I know and has sacrificed tremendously - finally had his big day - a world record 574 to beat Michael Cain's record of 573. Paul Ratsch was 2nd with 451 and Brian Rehberg was 3rd with 424. The outstanding lifter in 40-46 light-

Jerri Lippert *out of PA (Baertlein)*

Meet Director ***Gus Rethwisch*** *with Powerlifting Immortal* ***Precious McKenzie. (B. Baertlein)***



Wide Stance Bench Pressing *by Gustavo Warrington. (in a Brian Baertlein photograph)*

***Willie McCoy** deadlifts (Baertlein)*

weight was Darris Piggee. In Heavyweight, it was Steve Beaudoin.

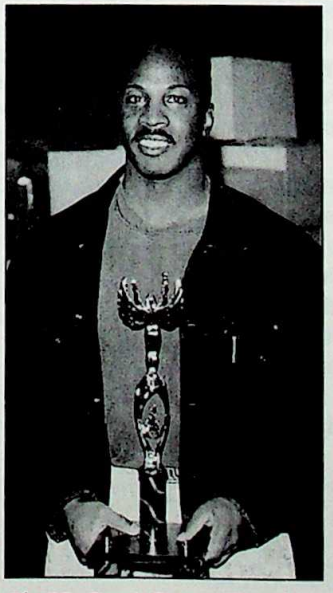
In master men 54-60, Moses Timbal from Hawaii won at 165 with 281, 65# higher than his last meet. At 181, Ken Scheuer beat Elvis Presley, 325 to 275 1/2. Elvis Presley is really James Reynolds, who is an Elvis impersonator. In 3rd was Richard Schuller, who did 242. At 220, Jimmy Young did 374 and is closing in on Skp Sandberg's world record of 396. At 242, Brian O'Toole of San Clemente, California won with 220#. At 275, the best master bencher in the world and probably the best bencher in the world - all things considered - George Nelson, set a world record of 589 and locked ot 600 3/4 twice!! at age 55!!! drug free - he's passed four drug tests. He weighs only 261. Bill Gillespie, who just turned 40 and who is drug free, but weighs 300 did the same weight - and Bill is a great master lifter, who did 628 last year in the Submasters and passed the drug test. The key thing here is that he's 55, not 45 or so. At 55, every lifter I know of is trying to hang on to what little strength and energy they have left. George has benched 530# or over in 17 contests in the last 2 years and has entered 46 contests since August of '93. On his 3rd attempt, his 600 was perfect, except during the last 1/4 of the lift, when his butt came off 3/4 of an inch, which was a credit to our judging - I saw only one bad call the whole meet. Moving on at 308, Robert 0. Smith of Vancouver, Canada, the *Powerlifting USA* cartoonist, won with 424. At Super, Donald James, did 440 and holds the world record with 451. The outstanding lifter was George Nelson. George was also the outstanding male lifter of the meet, 40 and over.

In master 61-67, I renewed an old acquaintance with Precious McKenzie of New Zealand. Precious set a world record of 248 at 132. He's still got it. At 148, Larry Vincent won with 253 1/2. At 165, George Johnson set his 7th world record in the last year with 325. Jerry Gladson was 2nd with 225 and Don West was 3rd at 192 3/4. At 181, Donald Barven won with 292. At 198 Earl Cotton Jr. beat John Herbein of Pennsylvania 314 to 270. At 220, Gordon Brand, who is in a wheelchair, did 203. Gordon is a fighter and someone to admire. At 275, David Johnson won with 374 3/4.

In master 68-74 at 181, Ross Phillips beat George Stimac 264 to 248. Stimac did set a Washington State record to ease his loss. In Master 75+ former Marine Otis Whitehead, who fought at Iwo Jima, set a world record 220 at 198. He's from Couer D'Alene, Idaho. At 220, Bob Woods knows only one direction - up. He set a world record 286 1/2 at 275. Cal Davis, always happy - always positive, set a world record with 264 1/2.

In submaster men, 123, Paul Kaiser set a world record with 248. Mike O'Hora set a world record with 413 at 148. At 165, there were 7 contestants. Steve Ward set a world record with 148. Eric Lumpkin was 2nd with 369. Vilmar Oliveira of Brazil was 3rd with 363. Bob Bish of Oregon was 4th with 352. Sakari Selkainaho of Finland was 5th with 352. Arun Sharma of India was 6th with 341 and Steve Hodge of Washington was 7th with 292. At 181, Allen Berry of Spokane, WA beat Dan Belanger of Florida with 396 3/4 to 374 3/4. At 198, Dean Iverson set a Washington State record with 462 3/4 to win all the marbles. Johnny Hernandez of Idaho was 2nd with 440 3/4. Craig Palmer was 3rd with 440 /34 and Wendall Omura of Hawaii was 4th with 429. At 220 Roderick Rodgers of Alabama beat Dale Skidmore of Utah, 424 to 402. At 275 there were 5 contestants. Eric Doublin of Texas was the winner after the smoke cleared. He did 551. Bob Vessells of Alabama was 2nd with 523. Phil Morrison of Oregon was 3rd with 446. Mark Jackson, an old friend, was 4th with 440. Victor Shaw of California was 5th with 413. At 308, Malcolm Ahlo Jr. set a Hawaii State record with 551 to beat John Barade's 540 and Jim Cunningham's 523. At Super, Randy Shepherd of Hawaii set a world record of 573 to beat Ron Phillips of Louisiana, who did 479. James Young was 3rd with 468 and ion Bellino was 4th with 424. Outstanding Lifter lightweight was Mike O'Hora and heavyweight outstanding lifter was Eric Doublin.

Deadlift Division report. In open women law/fire, Gina Anderson set a world record with 308 in the 165# class. In master women law/fire Joann Bauer set a world record in the 1484 class, 38-47 age group with a 292# effort. Susan Gill, the current world record holder with 352 at 48+, 148#,



***Big BP** - Darris Piggee (Baertlein)*

***Ultra Master** - Bob Woods (Brian)*

hit a 330 for the gold at this meet. Camellia Luprete of Texas set a world record at 165#, 48+, with 281#

In master women, 40-46, Cheng-er Mehmedbasich set a world record at 105# with 209. She was a world class track and field athlete and will improve and will improve dramatically. Jana Gedde, who has won fitness contests and bodybuilding contests and who is the current world record holder at 114# with 341, upped the ante to 258 for the gold and the world record. At 123, Janie Turnage set a Washington State record with 264. At 132, Sandy Gomez-Leon set a Washington State record with 303. Julie Ridgeway was 2nd with 253 1/2. At 148, Joann Bauer edged Cirdy Cameron 292 to 286.

In master women 47-53, Susan Gill won with 330. At 165, Camellia Luprete beat Betty Heriford 275 1/2 to 259. At 132, 55 year old Jo Walker, who was the outstanding female deadlifter of the meet, did an unbelievable 396 weighing only 126!!!!

In open women deadlift, Ana Santiago did a world record 319 1/2 weighing only 94#. Ana is from Guatemala. At 105, Cheng-er Mehmedbasich of Colorado did a 203. At 114, Jana Gedde won her 2nd gold with a 358. At 123, Jill Remiticado of Hawaii did 308. At 132, some great lifting took place. Jerri Lynn Lippert of Pennsylvania was 3rd with 330, but she went on to do a world record at 364 3/4. Bull Stewart's wife Flo was 2nd with 363 3/4. The winner, with her second gold was 55 yr. old Jo Walker with 396#. At 148, Rosemary Panza, very colorful with her purple hair, great tattoos, and a great psyche to boot, screamed up 281#. At 165, my faithful scorekeeper Beth Mallory, out of Tri Cities, Washington, did 325 to win the Worlds. Gina Anderson of Sacramento was 2nd with 308. Gina and Beth both will deadlift 400 within 1 1/2 years. Betty Heriford, who is 47, was 3rd with 259. At 181 20 year old Julie Kimoto was very impressive with 385 and a world record. At 199+, Sarah Murray pulled the magical 400 with a world record 413. Her goal is to deadlift 500 drug free. The outstanding lifter was Ana Santiago.

In teen women, 13-15, Kayleigh Haff did a Washington State record of 148 3/4 at 132. Alissa Rowland set both a teen and open world record of 319 1/2 at 198#. In 16-19 age group, at 123 Jill Remiticado continues to improve and impress with her lifting prowess with a world record 308 1/2. At 132, Brooke Ringe did a 259. outstanding lifter was Jill Remiticado.

In Junior Women, Kandi Lukowski set an Oregon State record of 165 at 123 and Julie Kimoto won her 2nd gold with 385, a world record at 181.

In submaster, Teresa Harms, coached by Masters legend Ross Phillips set a world record with 275 1/2 at 123#. Roberta Hurt was 2nd with 254. At 132, Jennifer Souners pulled a 231. She was coached by Bull Stewart and that, combined with her intensity, should put her at 300 in no time. At 148, Susan Gill set a world record with 341 1/2. She's coached by Jerry Capello, who had a world record himselt. At 199+, Sarah Murray set a world record with 413. Outstanding lifter was Susan Gill.

In master men deadlift 40-46, Dean Kaneshiro from Hawaii set a Hawaii Etate record at 148# with 485 in beating Freddie Evangelista who did 462 - a PR for him. At 165, Dan Marxheimer beat Robert Straker 451 to 402. At 181, Greg Zweig from Illinois beat 4 other lifters with a very good 617 pull. Richard Hagedorn of Alabama was 2nd with 551. Andrey Hoyos of Los Angeles was 3rd with 529 and Enrique Diaz of Texas was 4th with 479 1/2. In 5th was Mark Moore with a PR 473. At 198, Donnie Cole of Houston, Texas pulled a world record 722, followed by Mark Bryant's 523, and Dean Wilson and Stevan Gill did 485. At 220, Joe Costa beat Jim Waldo 655 to 573. Waldo and Costa both had off days. At 242, Jerry Capello, the Guru of Medford, set a world record 688. At 308, Sam Pecktol pulled 672 to beat Steve Drown's 551. At Super, Paul Ratsch, the world record holder at 683, beat Brian Rehberg adn Terry Acers of South Dakota, who did 600 and 589 respectively. Outstanding lifter lightweight was Donnie Cole. Outstanding heavyweight lifter was Jerry Capello.

In master men 47-53 Larry Muth set a world record with 402 at 123. Satoru Ebihara of Japan was 2nd with 3084. At 165, Kerry Long set a world record with 4854. At 181, Gene Alexander won with 551. At 198, Warren Orbaugh Stoessel pulled a 501 to win the gold for Guatemala. Dave Cheek was 2nd with 468. Godfrey Holzinger was 3rd with 457 and Robert Ward of Astoria, Oregon was 4th with 435. At 220, there was a great battle with J.V. Askem from Sequim, Washington winning the gold with 556 1/2. Craig Desoto of Lahaina, Hawaii was 2nd with 551. Jon Wolbers of Canada was 3rd with 540 and Bill Anderberg of Medford, Oregon was 4th with 512 1/2. At 242, Mike Magruder edged out Dale McPherson 578 to 573 in a close one. They are both capable of over 600#. Outstanding lifter was Larry Muth.

In open men law/fire deadlift Sakari Selkainaho of Finland kept up the great tradition of Finnish deadlifters by doing a world record 573 at 165. In 2nd was Eric Kuskie of Sacramento with 490 1/2. At 181, Robert Perkins set a Washington State record with 518. At 198 Robert Derringer set a Washington State record with 529. At 220 Brent Howard from Maine beat Calvin Mock from Hawaii 688 to 600 3/4. Calvin got a Hawaii State record out of the deal. At 242, Rasoula Muhammud set a Washington State record with 611 3/4. At 275, Todd Love from Arizona pulled a 551 - the same as his bench. At 308, Rick Russell of California beat Chris Raffelson 589 1/2 to 551. Rick is the current world record holder with 622. outstanding lifters were Brent Howard and Sakari Selkainaho.

In master men 54-60, 165, James Chris-

(article continued on page 78)

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97	SQ	BP	DL	TOTAL
Female Open/Submaster Raw				
R. Snyder	130	120	155	405
Female Teenage Raw				
L. Bentzel	135	85	210	430
Open Male Assisted				
A. Morell	240			
105				
Female Open Raw/Assisted				
C. Baqui	175	90	265	515
Female Junior/Open/Assisted				
K. Feliciano	220	100	300	620
114				
Female Master Raw				
S. Pearl	160	90	225	475
Female Master Assisted				
J.Shear	230	130	290	650
Female Junior/Open Assisted				
Y. Martinez	250	90	300	640
Female Open/Law/Fire				
L. Christopoulos	145	80	225	430
Male Open Master Assisted				
K. Snell	375	225	455	1055
Male Open Master Raw				
G.Murphy Jr.	275	190	325	790
123				
Master Female Raw				
C. Winkelbach	140	85	250	475
Female Open/Junior/Raw				
R. Skal	215	150	336	701
Female Open Master Raw				
K. Duncan	225	130	310	665
Female Open Junior Assisted				
D. Ramos	280	160	330	740
Female Open Master Assisted				
D. Jackson				
Male Teenage Raw				
H. Alvarez	225	140	280	645
Male Junior Open Assisted				
E. Colondres	320	170	420	910
132				
Female Open Raw				
M. Matuszewski	220	110	356.5	686.5
Female Open Assisted				
F. Stewart	302.5	140	360	802.5
Female Master Raw				
B.Beasley	175	130	315	620
Female Open Raw				
M.Moses	225	130	320	670
Female Open Assisted				
M.Fernandez	300	175	350	825
Female Junior Assisted				
M. George	230	130	300	660
Male Open/Master Raw				
B. Calhoun	250	240	315	805
Male Open/Teenage Assisted				
W. Perez	370	170	440	980
Male Open/Submaster Assisted				
O.Rivera	325	215	440	980
Male Open/Master Assisted				
A. Ruiz	400	190	440	1030
148				
Female Master Raw				
P. Gibbs	180	100	300	580
Female Teenage Raw				
K. Iszkula	220	115	280	615
Female Open/Master Raw				
P. Roman	235	140	290	665
Female Master Raw				
J. Meads	230	125	305	660
Female Open Raw/Assisted				
A. Amerling	275	155	380	825
Female Master Assisted				
J. Wood	300	145	320	765
Female Open Assisted				
N. Nieves	400	165	385	950

Mike Mastrean (courtesy Garreffi)

Lady Lifters: *Molly Moses, Michelle Matuszewski, Sondra Lee Villo, Becky Skal, Marina George, Kaleena Iszkula. (Joe Orengia photo)*

Female Submaster Raw				
S. Villo	190	115	295	600
Female Open Raw				
J. Gardella	255	215	335	805
Male Open Raw				
C. Simeone	355	275	375	1005
Male Open/Master Raw				
R. Houle	405	270	505	1180
Male Master Raw				
P. Griffith	415	235	400	1050
Male Open Raw				
E. Faford Jr.	420	250	520	1190
Male Master Assisted				
T. McCarty	410	280	465	1155
Male Master Assisted				
D. Whitney	445	250	525	1220
Male Teenage Raw				
W.Regan	340	280	395	1015
165				
Female Master Assisted				
G. Leader	280	180	285	720
Female Open/Master Assisted				
D. Talavera	300	150	315	765
Female Submaster Raw/Assisted				
M.Hightower	250	215	300	775
Female Open/Master Raw				
P. Marrama	255	150	340	745
Male Master Raw				
R. Herbst	330	310	450	1090
Male Master Raw				
B.Crawford	350	275	420	1045
Male Teenage Raw				
B. McHall	365	185	475	1025
Male Master Raw				
S. Brown	410	250	455	1125
Male Junior Raw				
R.Rosati	440	285	450	1175
Male Master Raw				
N. Theodorou	450	235	565	1250
Male Teenage Raw				
D. Wisnicwski	450	270	480	1200
Male Open/Submaster Assisted				
G. Wright	480	350	500	1430
Male Open Raw				
J. Braca	470	345	620	1435
Male Master Assisted				
R. Cirigliano	500	280	550	1330
Male Teenage Assisted				
D. Petrillo	510	330	535	1375
Male Open Assisted				
D. Fronzaglia	575	410	550	1535
Male Open Assisted				
M. Clickett	580	380	485	1445
Male Teenage Assisted				
L. Perez	440	250	475	1165
Male Master Assisted				
J. Brogan	440	250	470	1135
Male Open/Law&Fire				
J. Audia	400	355	505	1225
181				
Female Master Assisted				
S. Pack	250	200	310	770
Male Master Raw				
D. Ginenthal	325	210	395	930
Male Master Assisted				
V. Scaranda	400	225	500	1125
Male Open Raw				
S. Gardner	475	350	525	1350
Male Master Raw/Assisted				
G.Rogers	400	215	500	1115
Male Teenage Raw				
A. Brown	450	250	550	1250
Male Master Law/Fire Raw				
R. Pamulo	445	205	445	1095
Male Master Assisted				
M. Stevens	440	260	551	1251
Male Master Raw				
D. Schuman	470	300	475	1245
Male Junior Raw				
D. Nelson	490	315	500	1305
Male Open Raw				
B. Schell	490	350	615	1470
Male Junior Raw				
J. Beck	505	315	600	1420
Male Open Raw				
M.Kerchansky	505	340	545	1390
Male Submaster Assisted				
D. Low	565	335	555	1455
Male Open/Submaster Raw				
G.Applegate	575	370	600	1545
Male Open Assisted				
B. Strickland	640	370	585	1595
Male Junior Assisted				
M. Catalino	605	350	565	1520
Male Teenage Raw				
P. Deignan	320	230	450	1000
Male Submaster Assisted				
K. Zappitella	420	285	480	1185
198				
Female Open Raw				
B.Hirai	315	200	325	840
Female Open/Submaster Raw				
V. Hembree	405	282.5	430	1117.5
Male Master Raw				
J. Weiss	200	190	275	665
Male Master Raw				
R. O'Brien	330	265	400	985
Male Master Assisted				
J.Herbeln	400	250	540	1200
Male Master Raw/Assisted				
G. Manly	350	225	440	1025
Male Master Raw				
T. Smith	380	265	570	1215
Male Master Raw				
D. Parsons	375	325	400	1100
Male Master Raw				
B. Cahill	400	300	525	1225
Male Master Raw				
R.Fitzgerald	415	320	450	1175
Male Teenage Raw				
J. Anderson	435	320	520	1275
Male Master Assisted				
R.Shepard	440	315	465	1220
Male Junior Raw				
B. Bownas	450	285	520	1255
Male Master Assisted				
G. Shanholtz	500	385	535	1420
Male Master Raw				
S. Caldwell	515	335	585	1435
Male Master Raw				
B. Bayer	505	260	550	1300
Male Open/Submaster Assisted				
C. Blough	500	360	550	1410
Male Open Raw				
D. Thierry	550	415	600	1565
Male Open Raw				
J. Deigan	550	380	600	1530
Male Open Assisted				
M. Mastrean	735	475	640	1850
Male Master Raw				
M. Sarnoff	245	115	330	690
Male Open/Master Assisted				
N. Gregory	500	315	500	1345
220				
Male Master Raw				
T. Weiss Jr.	350	300	450	1100
male Open Assisted				
J. Jimenez	420	290	450	1160
Male teenage raw				
A. Finland	425	250	490	1175
Male Junior Raw				
J. Pierson	525	360	625	1510
Male Master Assisted				
P. Ryan	530	265	540	1335
Male Master Raw				
B. Boyles	535	330	590	1455
Male Open/Submaster Assisted				
R. Schmidt	560	375	600	1535
Male Master Raw				
A. Williamson	620	360	540	1520
Male Open/Submaster Assisted				
R. Sequeira	705	400	670	1765
Male Master Raw				
C. DeSoto	350	305	540	1195
Male Master Raw				
C. Crider	435	315	525	1275
Male Open Assisted				
C. Perez	545	350	525	1430
242				
Male Teenage Assisted				
J. Murphy III	425	220	500	1145
Male Master Raw				
N. Custovic	460	345	525	1330
Male Master raw				
F. Peterson	475	330	650	1455
Male Submaster Raw				
J. Erb	455	330	490	1275
Male Teenage Raw				
B.Lukowich	485	290	550	1325
Male Teenage Raw/Assisted				
T. Golden	500	345	570	1415
Male Submaster Raw				
B. Wigmore	520	375	575	1470
Male Master Assisted				
B. Lovejoy	555	360	525	1440
Male Master Assisted				
J. Gregory	605	350	640	1595
Male Open Raw				
D. Robinson	650	390	680	1720
Male Open/Submaster Assisted				
P. Thorbahn	710	400	580	1690
Male Law/Fire Assisted				
B. Eyler	545	365	565	1385
Male Open Raw				
D. Riffle Jr.	575	390	650	1615
Male Open/Junior Assisted				
L.Nieves	630	370	600	1600
275				
Male Master Raw				
T. Dorsey	420	310	485	1215
Male Master Raw/Assisted				
R. Cross	445	355	480	1280
Male Submaster Raw				
P. Groark	540	365	605	1510
Male Submaster Raw				
T. Wiley	585	460	605	1650
Male Open/Submaster Raw				
P. Gisondi	590	370	695	1655
Male Open Raw				
B. Cangelosi	660	480	650	1790
Male Master Assisted				
R. Blankenship	570	350	540	1460
Male Open Assisted				
O. Orengo	545	385	550	1480
319				
Male Master Raw/Assisted				
K. Ward	450	371	455	1276
Male Master Raw				
D. Stoner	485	3445	540	1370
Male Master Assisted				
P. Wrenn	690	355	640	1685
Male Open Raw				
G. Payne	710	490	755	1955
SHW				
Female Submaster Assisted				
N. Edelson	275	135	380	790
Male Open Raw				
J. Sauter	710	440	665	1815
Male Open/ Master Raw				
K. Nyholm	705	410	655	1770

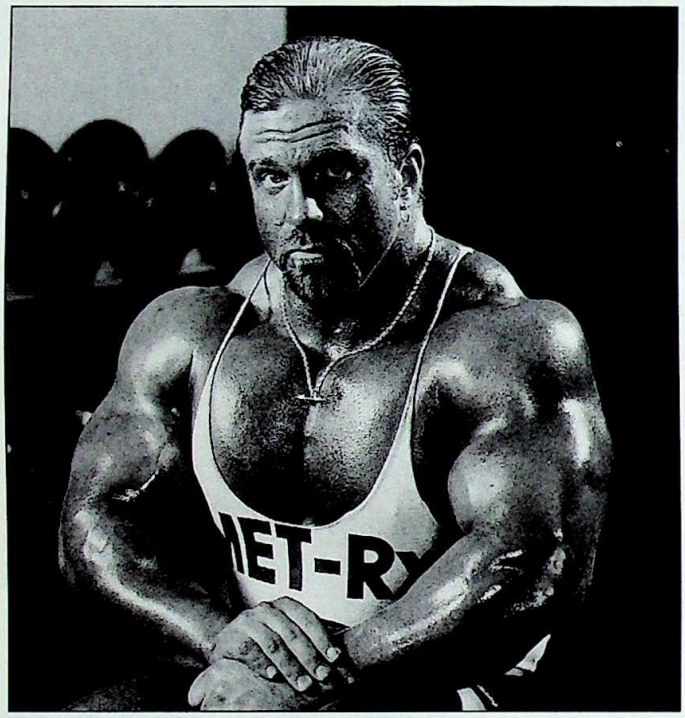
It was a long meet but a good one with 155 lifters. Puerto Rico sent 15 lifters, Ecuador set 1 and Germany sent 1. Other countries had problems with visas but all in all there was a good turnout. Larry Larsen and his choice of referees were excellent. I heard no complaints from any of the lifters. There were some big totals in this meet. Greg Payne from Hawaii totaled 1955 at 319 pounds. Mike Mastrean lifted at 198 and totaled 1850. Mastrean was also the best heavyweight lifter using the Malone Formula. Damian Fronzaglia withi a 1535 at 165 captured the best lightweight lifter. In the female lighweight division, Migdalia Fernandez totaled 825 for the best lightweight while Vicky Hembree at 198 took the best heavyweight female award totaling 1117.5. In the team event, Puerto Rico (coached by Nestor Gregory) and Joe's Gym of Erie (coached by Joe Orengia) split first place while Bay City gym took third. Many thanks go out to the table people, spotters, loaders, referees and Hamilton Twp. PAL for their tremendous help (thanks to Tony Garreffi, Meet Director, for results)

Peter Thorbahn (Joe Pyra photo)

USA DL Nationals
10 OCT 99 - Bedford Hts., OH

Women	
123	
Michelle Amsden	345
Teen	
18-19	
Michelle Amsden	345
132	
Susan Simmons	345
148	
Renee Catron	400
Denise Sheridan	340
Masters	
Denise Sheridan	340
Teen	
14-15	
M. Lehman	240
181	
Lori Miller	350
Teen	
14-15	
123	
K. Schaarschmidt	275
132	
F. Comunale Jr.	285
16-17	
123	
R. Schaarschmidt	235
132	
Ryan Renn	430
165	
Billy Redmen	535
Ben Widlanski	455
242	
Tom Golden	560
18-19	
148	
Jason VVaterman	440
198	
Adam Scharuble	485
220	
David Evers	600
Masters	
40-44	
165	
Robert Wahl	575
181	
Curtis Wright	600
198	
Mike Krasowski	610
275	
John Kruszynski	650
SHW	
Anthony Phillips	315
45-49	
132	
Gary Landers	340
198	
Marty Kiels	470
220	
Jim Jeurink	520
242	
Stephen Jacoby	525
SHW	
Richard Sadowski	540
50-54	
181	
Sam Greco	520
242	
Joe Fyda	470
55-59	
165	
John Nesbitt	505
198	
Delbert Blasser	440
242	
Floyd Hayes III	525
60+	
148	
Russell Dodson	400
181	
John Klein	385
Men	
148	
Police and Fire	
Ernie Ankrom	460
Raw	
Ernie Ankrom	460
Loual Al-Samkari	425
Ron Thompson	400
165	
Open	
John White	600
Billy Redmon	535
Justin Cecil	500
181	
Open	
Mike Willett	665
C. Fulford	610
Curtis Wright	600
Sam Greco	525
Jack Jenkins	500
Raw	
Jim Ross	525
Police and Fire	
Joe Stanley	520
Rick Hill	520
198	
Open	
Craig Terry	740
Mike Krasowski	610
Sean Malecha	575
Collegiate	
Sean Malecha	575
Junior	
Rya Stills	585
220	
Open	
Sean O'Callaghan	645
Marc Terman	640
Junior	
James Tompkins	450
Police and Firemen	
Joe Keough	525
242	
Open	
Raoul Donati	710
John Bond	500
275	
Open	
Mike Ricker	655
John Kruszynski	650
Eric Longsdorf	640
Rick Dryden	615
MarkReese	610
Richard Auxer	600
Police and Fireman	
Mark Reese	610
Military	
Richard Auxer	600

This years Deadlift Nationals were held in Cleveland, Ohio and although the turnout was light, the lifters had a good time. The meet promoters were Ed and Frank King and Larry Miller. The meet also saw Al Siegel return to a USA PL platform as referee which was great to see. The women's division had some impressive numbers starting with Michelle Amsden in the 123 lb. class. Michelle pulled 345. At age 19 it was also an impressive lift for the teenage division. Susan Simmons pulled the same as Michelle did in the 132 lb. class. Renee Catron cracked the 400 mark in the 148 lb. class. Denise Sheridan won the Masters with a pull of 340 . Lori Miller won the 181s with a lift of 350 lbs. In the teen division, Mary Rose Lehman pulled 240 in the 148's. The men's started with teen Kyle and Russ Schaarschmidt winning their respective age group in the 123 lb. class with lifts of 275 and 235. 132 lb. teen, Frank Comunale Jr. hit a 285 and Ryan Renn pulled a strong 430 while lifting in the 132s in the 16-17 age group. Likewise Billy Redmen hit a solid 535 in the 165's. Tom Golden won the 242s with a DL of 560. In the 18-19 division, Jason Waterman won the 148s with a lift of 440, Adam Scharuble won the 198s with a DL of 485 and David Evers hit a 600 in the 220 lb. division. The Masters division age 40-44 started out with long time Powerlifter Bob Wahl coming back from a recent biceps tear to hit a 575. Bob will be a strong contender in the upcoming Master's Nationals. Strong lifting continued with Curtis Wright hitting a 600 in the 181s and local lifter Mike Krasowski pulling 610 in the 198s. John Kruszynski hit a 650 in the 275s. Anthony Phillips was having fun and pulled a 315 in the Supers. In the 45-49 division Gary Landers hit a 340 in the 132 category. Mary Kiels pulled 470 in the 198s. Jim Jeurink got a dl of 520 in the 220s, Stephen Jacoby pulled a 525 in the 242s and SHW Richard Sadowski pulled a 540. In the 50-54 division, long time lifter Sam Greco pulled a 520 in the 181s and local lifter Joe Fyda got a 470 in the 242s. John Nesbitt pulled a 505 in the 165s in the 55-59 age group. Delbert Blasser lifting in the 198s pulled 440 and Floyd Hayes III hit a 525 in the 242s. In the 60+ age division, Russ Dodson pulled 400 in the 148s and John Klein pulled 385 in the 181s. The open divisions saw Ernie Ankrom win the Raw and Police and Fire division with a DL of 460 in the 148's. Local lifter John White pulled 600 to win the 165s, but John had a great deal of trouble making weight. Mike Willett won best lifter in the light division with a strong lift of 665 in the 181s and Jim Ross won the Raw division with a lift of 525. Joe Stanley won the Police and fire on bodyweight with a pull of 520. The 198s saw the meet's outstanding lifter, Craig Terry, pull 740. Sean Malecha won the Collegiate with a DL of 575 and Junior lifter Ryan Stills pulled 585. The 220s saw 2 local lifters compete and Sean O'Callaghan won with a DL of 645. Joe Keough won the Police and Fire with a pull of 525 and Junior lifter James Tompkins pulled 450. Raoul Donati only got his third attempt DL of 710 to win the 242s. The 275s were the large class with 6 lifters finishing. Mike Ricker pulled 655 to win by 5 lbs. Mark Reese won the Police and Fire with a pull of 610 and Richard Auxer pulled 600 to An the Military. Thanks to all the judges, spotters and family members that made the meet so enjoyable for the lifters. (results courtesy of Larry Miller)



Dave Waterman *was in magnificent shape for the Bench Bash for Cash (South) promoted by Kieran Kidder, but he saved a 4th attempt for his planned exhibition at the MR. OLYMPIA, but his appearance was canceled a couple of days prior to that event. Dave has now relocated to Florida. (photograph provided by the courtesy of Dave Waterman)*

Big Guns at the" BASH" *... included (left to right) J.M. Blakley, Kenny Patterson, Louie Simmons, Dave Waterman, and Ryan Desmond (thanks for this phoitograph g out to Rick Lawrence, who just raised his hips a bit on his attempt at 534 in the 198s at the Bench Bash).*

APF Bench Bash for Cash (kgs)
9 OCT 99 - Daytona Beach, FL

Amateur by Formula	BP1	BP2	BP3	Pts.
Teen				
60 kg.				
D. Hogan	115	~~125~~	125	208.4
Master				
E. Foran 78	97.5	102.0	107.5	193.1
H. Brandt 108	95	100	105	167.8
F. McBride 106	132.5	140	142.5	158.7
B. Finkler 77	85	92.5	~~97.5~~	148.7
J. Callahan 116	157.5	~~167.5~~	~~172.5~~	142.9
Open				
Satterfield 78	~~227.5~~	227.5	232.5	243.9
T. Meeker 126	267.5	~~287.5~~	~~287.5~~	229.0
P. Kletz 115	~~232.5~~	232.5	~~255~~	202.5
Rectenwald 97	210	220	220	194.7
J. Greene 79	~~170~~	~~170~~	170	180.7
C. Brown 71	137.5	142.5	147.5	172.0
J. Schuette 80	147.5	155	160	167.4
R.Arnold 89	150	~~170~~	172.5	167.3
T. Brewin 92	145	155	160	147.4
Professional by formula				
D. Waterman 86	272.5	277.5	285	282.7
K. Patterson 108	290	317.5	322.5	282.3
JM. Blakley 109	275	290	300	265.8
R. Desmond 129	305	325	325	259.9
B. Moore 145	282.5	290	297.5	248.4
J. Schwenker 87	250	~~260~~	~~260~~	246.3
R. Lawrence 89	232.5	~~242.5~~	~~245~~	225.5
G. Halbert 109	~~292.5~~	~~320~~	~~320~~	
R. Walsh 99	~~255~~	~~265~~	~~267.5~~	

The Southern version of this Kieran Kidder produced event was held Oct. 9th in Daytona beach, and much like the Northern version of the event (held on August 8th in Lewiston, Maine and reported in the Nov. '99 *PL USA*) the two top guns at the previous meet were at each other again. This time Kenny Patterson MADE the fabulous 701 lb. bench that he missed in August, and he did so weighing only 238,but Dave Waterman rose to the occasion once again to get a 628 lb. bech weighing only 191, and that was enough to once again edge Kenny (who missed at 710) for first palce overall, but onl by .4 points on formula. In 3rd place was J.M. Blakley, who made a 661 lb. bench in the 242s, and 4th was Ryan Desmond, who made a 672 at 129.4 kilos bodyweight. 5th was Beau Moore's 655

USAPL Eastern Regional BP
23 OCT 99 - Kinston, NC

Women	
165	
H. Jones	135
Teen 14-15	
SHW	
W. Hull	355s
Teen 16-17	
165	
C. Kiziah	315
Junior	
148	
T. Stallings	230
Submaster	
242	
L. Corbin	370
Master 45-49	
220	
L. Hoffman	270
Master 50-54	
275	
D. Herring	275s
Open	
148	
B. Waites	300
D. Ginn	255
165	
C. Hearney	275
181	
S. Gonzalez BL	360
198	
C. Matos	390
220	
M. Noble	390

(thanks toUSAPL for providing these meet results)

USAPL East Coast Deadlift
29 AUG 99 0 Newburgh, NY

Women	
105	
Juliza Ramirez	180
114	
40-44	
JudithTomaskovic	290
Special Olympics	
181	
Eddie Decamp	300
198	
Robert Jones	455
Men	
148	
David Corsi	480
165	
Military	
Chris McGrail	405
Bob Engstom	400
181	
David Picard	515
Robert Batista	500
Tom Favada	550
Submasters	
James Breese	520
Dave Picard	515
Bill Marchetti	490
45-49	
David Banik	530
Novice	
Robert Batista	500
Juinor	
Hal Scholnick	500
Military	
Joe Heyman	450
198	
Warren Farenfeld	630
C.Claybaugh	525
David Novrocki	520
40-44	
Frank Fino	440
45-49	
James O'Reardon	455
Novice	
Mark DelPozzo	515
Military	
Kevin Grant	525
220	
Brian Farenfeld	630
C. Slaybaugh	550
40-44	
Chris O'Brien BL	660
50-54	
Martin Vogt	405
60-64	
Stan Chatis	480
Ed Brown	420
Novice	
Joe Sleboda	450
Military	
Ferdell Harris	550
Micah Blais	425
242	
Frank Panaro	635
Bruno Dibella	615
Daniel Ronga	570
Jim Regan	540
45-49	
Frank Panaro	635
50-54	
Jim Dusenbury	510
275	
J.B. Lee	620
William Brown	400
Submatser	
J.B. Lee	620
Mike Brown	525
William Brown	400
55-59	
PaulMcCartin	505
Novice	
Mike Brown	525
Guest/S.O.	
Tugboat	385

(thanks tothe USAPL for providing these results)

TOP 100

For standard 198 lb./90kg. USA lifters in results received from November 1998 through October 1999.

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	848 Kellum, J..7/11/99	628 Waterman, D..10/9/99	770 Brookins..11/14/98	2061 Kellum, J..7/11/99
2	810 Carnaghi, T..10/31/99	585 Adams, J..8/29/99	766 Terry, C..2/7/99	1929 Zweng, M..11/7/98
3	793 Zweng, M..11/7/98	584 Kellum, J..8/8/99	760 Buffkin,J..3/6/99	1900 Brookins..11/14/98
4	740 McGlynn, J..6/26/99	556 Warrington, G..11/14/98	755 Meyers, T..7/25/99	1895 Benemerito, R..7/18/99
5	735 McCarty, J..2/27/99	556 Schwenker, J..3/6/99	750 Gahagan, C..12/12/98	1890 McGlynn, J..6/26/99
6	735 Mastrean, M..10/24/99	550 Zweng, M..2/27/99	733 Keyhea, V..11/14/98	1855 Carnaghi, t..10/31/99
7	733 Collings, P..4/11/99	535 Herring, G..4/17/99	733 Benemerito, R..7/18/99	1850 Mastrean, M..10/24/99
8	730 Adams, J..2/27/99	525 Cieri, D..6/12/99	722 Wagner, R..7/18/99	1846 Wagner, R..7/18/99
9	725 Schmidt, J..5/22/99	515 Lynch, W..1/23/99	700 Siwiak, S..1/17/99	1830 Adams, J..2/27/99
10	716 Crass, D..4/10/99	512 DeCourt, R..12/13/98	694 Cole, D..2/6/99	1800 Terry, C..11/7/98
11	710 Parkins, K..3/14/99	512 Lawrence, R..10/9/99	685 Benyaminovich, B..2/20/99	1800 McCarty, J..2/27/99
12	710 Anderson, B..9/26/99	510 Jackson, J..7/10/99	685 Kegrice, K..5/22/99	1791 McAuliffe, J..7/18/99
13	705 Benemerito, R..7/18/99	510 Campbell, G..7/25/99	683 Anderson, S..12/20/98	1774 Tracey, J..5/22/99
14	700 Brookins..11/14/98	507 Gallegher, B..4/18/99	683 Garrett, K..4/10/99	1768 Bell, G..10/23/99
15	694 Welch, L..9/18/99	500 Patterson, E..11/7/98	683 Ferstler, G..7/3/99	1750 Schmidt, J..5/22/99
16	688 Benford, G..5/22/99	500 McGlynn, J..6/26/99	680 X, L..5/22/99	1747 Parkins, K..3/14/99
17	683 Vineyard, S..7/11/99	500 Cormier, S..7/17/99	677 Demoff, B..5/2/99	1745 Gahagan, C..12/12/98
18	683 Butson, A..7/11/99	500 Webb, S..8/22/99	675 Beaufort, T..7/17/99	1735 DeCaprio, D..12/12/98
19	683 Karam, D..8/15/99	490 Vrabel, J..6/27/99	675 Evert..10/390/99	1735 Anderson, B..9/26/99
20	680 DeCaprio, D..12/12/98	490 Wilkinson, E..9/25/99	672 Powell, M..5/15/99	1730 Anderson, S..12/20/98
21	675Cruz..11/14/98	485 Tracey, J..5/22/99	666 Fabrizio, C..9/26/99	1720 Tessaro, P..11/22/98
22	675 Inlow, J..5/2/99	485 McAuliffe, J..7/18/99	665 Calhoun, J..7/.25/99	1720 Siwiak, S..1/17/99
23	670 Terry, C..11/7/98	485 Savino, G..10/30/99	665 Carnaghi, T..10/31/99	1719 Collings, P..4/11/99
24	666 Olson..11/7/98	480 Barrett, P..3/6/99	661 Manley, S..3/28/99	1714 Vineyard, S..7/11/99
25	666 Garrett, K..4/10/99	480 Foster, G..10/24/99	661 Richards, J..8/15/99	1708 Welch, L..9/18/99
26	661 Egli..11/7/98	479 Piggee, D..11/14/98	660 Wilcox, S..10/23/99	1703 Shaw, B..3/20/99
27	661 Anderson, S..12/20/98	479 King, C..11/14/98	660 Nichols..10/30/99	1697 Buffkin, J..3/6/99
28	661 Bell, G..10/23/99	479 Yokley, J..3/6/99	655 Moore..11/14/98	1681 Patterson, E..5/22/99
29	660 Tessaro, P..11/22/98	475 Gibson, T..11/8/98	655 McAuliffe, J..7/18/99	1680 Johnson..11/14/98
30	655 Shaw, B..3/20/99	475 Brown, T..3/27/99	655 Bostic, J..2/7/99	1680 Demoff, B..5/2/99
31	650 Demoff, B..5/2/99	475 Vance, B..3/27/99	650 Zweng, M..11/7/98	1680 Inlow, J..5/2/99
32	650 Solan, D..5/2/99	475 Mastrean, M..10/24/99	650 Tessaro, P..11/22/98	1675 Gibson, T..11/8/98
33	650 Tracey, J..5/22/99	474 Olson, R..6/20/99	650 Currence, D..1/30/99	1675 Cruz..111/14/98
34	650 Berry, C..5/22/99	473 Cook, J..6/20/99	650 McCarty, J..2/27/99	1670 Berry, C..5/22/99
35	650 Magee, M..6/6/99	473 Hansen, B..9/19/99	650 Stepney, T..3/13/99	1665 Oluwabusola, T..11/22/98
36	650 McAuliffe, J..7/18/99	472 Kanemoto, K..5/22/99	650 Boyd, J..3/20/99	1664 Egli..11/7/98
37	650 Trammel, L..10/31/99	470 Stec, A..11/22/98	650 McGlynn, J..6/26/99	1660 Jones, R..11/22/98
38	645 Allesandro, J..1/17/99	470 Tracey, b..3/27/99	650 Kellum, J..7/11/99	1658 Butson, A..7./11/99
39	645 Blue, D..6/12/99	470 Feinberg, M..4/10/99	650 Shaw, B..17/25/99	1650 Richards, J..8/15/99
40	644 Horrighs, R..7/18/99	470 Marcinkowski, K..6/12/99	650 Khalfani, J..9/12/99	1647 Benford, G..5/22/99
41	640 Johnson..11/14/98	470 Wirth, B..9/18/99	645 Braxton..11/14/98	1647 Compton, R..9/19/99
42	640 Cole..11/14/98	470 Alvarez, O..10/30/99	645 Linn, T..11/22/98	1642 Currence, D..1/30/99
43	640 Stierhoff, J..2/27/99	468 Alvarado, J..5/8/99	645 Heck, R..4/25/99	1642 Goodhew, J..7/18/99
44	640 Schmidt, B..6/26/99	465 Wolfley, M..1/17/99	645 Lewis, R..6/12/99	1637 Keyhea, V..1/23/99
45	639 Kanemoto, K..5/22/99	463 Mangum, M..5/22/99	644 Krejci, J..2/21/99	1636 Garrett, K..4/10/99
46	639 Jackson, J..5/29/99	462 Dohanluk, R..5/23/99	644 Groman, T..2/28/99	1631 Olson..11/7/98
47	635 VanAlstyne, M..3/14/99	462 Bell, G..10/23/99	644 Bell, G..10/23/99	1630 DePalma, L..2/20/99
48	635 Arcano, J..3/20/99	460 Hernandez, J..4/17/99	640 Johnson..11/14/98	1630 Rhoton, H..3/28/99
49	633 Wagner, R..7/18/99	460 Tingle, B..4/24/99	640 Cole..11/14/98	1630 Allesandro, J..6/26/99
50	633 Richards, J..8/15/99	460 Smith, B..5/30/99	640 DeCaprio, D..12/12/98	1626 Blue, D..6/12/99
51	633 Compton, R..9/19/99	460 Tarr, G..6/18/99	640 Mastrean, M..10/24/99	1625 Benyaminovich, B..2/20/99
52	633 Fanone, M..9/19/99	460 Davis, T..7/10/99	639 Steele, K..5/23/99	1620 Cole..11/14/98
53	630 Baxter, R..11/21/98	460 Hernandez, M..9/18/99	635 Taveres, J..3/14/99	1620 Paige, v..11/22/98
54	630 Oluwabusola, T..11/22/98	460 Clayman, G..10/2/99	635 Ray, T..10/23/99	1620 Stierhoff, J..2/27/99
55	630 Siwiak, S..1/17/99	457 Benemerito, R..7/18/99	633 Parkins, K..3/14/99	1620 Gallen, S..2/27/99
56	630 Bray, D..8/21/99	457 Seibold, S..8/7/99	633 Tracey, J..5/22/99	1620 Crass, d..4/10/99
57	628 Atkinson..11/7/98	455 Bonish, R..12/5/98	633 Rigsby, M..7/25/99	1620 Schmidt, B..6/26/99
58	628 Taghivand, B..2/13/99	455 Anderson, T..5/1/99	630 Ksepka, K..11/21/98	1615 Boyd, J..3/20/99
59	628 Diaz, V..7/11/98	455Maddox, D..6/19/99	630 Oluawabusola, T..11/22/98	1614 Burgess, C..11/8/98
60	625 Gibson, T..11/8/98	455 Edwards, J..7/10/99	630 Valchine, J..1/17/99	1614 Taghivand, B..2/13/99
61	625 Wormely..10/30/99	451 Twyman..11/7/98	630 Everett..4/24/99	1614 Kanemoto, K..5/22/99
62	623 Keyhea, V..1/23/99	451 Madison..7/10/99	630 Inlow, J..5/2/99	1614 Baertlein, B..8/1/99
63	623 Seamann, K..6/12/99	450 Brookins..11/14/98	630 Farenfeld, W..8/29/99	1605 Keleman, N..4/11/99
64	622 Baertlein, B..8/1/99	450 Gallen, S..2/27/99	628 Burgess, C..11/8/98	1600 Bray, D..8/21/99
65	620 Jones, R..11/22/98	450 Cuomo, V..2/27/99	628 Schmidt, B..2/13/99	1600 Lomp, D..10/2/99
66	620 DePalma, L..2/20/99	450 Cotillo, C..3/20/99	628 Goodhew, J..7/18/99	1600 Arnold, S..10/2/99
67	620 Heck, R..4/25/99	450 Rhoton, H..3/28/99	625 Jones, R..11/22/98	1598 Solan, D..5/2/99
68	617 Johnson, A..2/7/99	450 Harrell, R..4/10/99	625 Callahan, N..3/13/99	1592 Johnson, A..2/7/99
69	617 Garcia, L..5/22/99	450 Bell, C..4/17/99	625 Schmidt, J..5/22/99	1592 Vasquez, J..3/20/99
70	617 Capozzi..6/13/99	450 Pensyl, S..5/1/99	625 Yawn..7/18/99	1590 Baxter, R..11/21/98
71	617 Gahagan, C..7/18/99	450 Herbrechtsmeier..5/2/99	625 Compton, R..2/6/99	1590 Heck, R..4/25/99
72	615 Bower, B..11/21/98	450 Celli, R..5/8/99	622 Stratton, D..11/14/98	1590 Beaufort, T..7/17/99
73	615 Boyd, J..3/20/99	450 Van Lenten, D..6/12/99	622 Paige, V..11/22/98	1587 Fanone, M..5/2/99
74	611 Goodhew, J..2/7/99	450 Vining, J..6/12/99	622 Johnson, A..2/7/99	1587 Capozzi..6/13/99
75	610 Gallen, S..2/27/99	450 Shalkowski, B..6/27/99	622 Welch, L..5/2/99	1585 Holcomb, R..2/27/99
76	610 Newman, D..7/24/99	450 Hall, E..8/14/99	622 Fanone, M..5/2/99	1581 Horrighs, R..7/18/99
77	610 Arnold, S..10/2/99	447 Larsen, A..5/23/99	622 Vineyard, S..7/11/99	1581 Linn, T..7/25/99
78	610 Linn, T..10/24/99	446 Omura, W..7/3/99	622 Vasquez, J..7/25/99	1576 Reynolds, F..4/18/99
79	607 Patterson, E..5/22/99	446 Crawford, M..9/19/99	622 Mil-Homens, E..9/11/99	1575 Stepney, T..3/13/99
80	605 Green, R..3/20/99	445 Caserta, M..2/20/99	620 Hopstetter, M..3/28/99	1575 Callahan, N..3/13/99
81	605 Rodacker, M..4/24/99	445 Gillis, H..4/10/99	620 Brooks, A..4/25/99	1575 Hopstetter, M..3/28/99
82	600 Burgess, C..11/8/98	445 Berry, C..5/22/99	620 Celli, R..5/8/99	1575 Thomas, W..6/19/99
83	600 Currence, D..1/30/99	445 Ozbourne, R..6/27/99	620 Deigan, J..7/18/99	1575 Nichols..10/30/99
84	600 Holcomb, R..2/27/99	445 Sussman, J..6/27/99	620 Walker, J..8/21/99	1570 Rodacker, M..4/24/99
85	600 Dalton, P...3/14/99	445 Boyles, L..7/31/99	617 Olson..11/7/98	1570 Magee, M..6/6/98
86	600 Vasquez, J..3/20/99	445 Reilsono, C..9/18/99	617 Nowack, A..3/20/998	1565 Zweig, A..3/7/99
87	600 Knapp, K..3/20/99	445 Watson, D..10/24/99	617 Titel, L..3/28/99	1565 Nowack, A..6/5/99
88	600 Semdley, A..3/27/99	440 Egli..11/7/98	617 Jefferson, J..5/1/99	1565 Perry, T..6/23/99
89	600 Rhoton, H..3/28/99	440 Paige, V..11/22/98	617 Iverson, J..7/31/99	1565 Taveres, J..6/27/99
90	600 Keleman, N..4/11/99	440 Sbalchiero, F..12/6/98	615 Sparrow, W..11/22/98	1565 Ray, J..10/23/99
			611 Davis, M..12/6/98	1565 Thierry, D..10/24/99
91	600 Lipsey, E..4/11/99	440 DePalma, L..2/20/99		
92	600 Harris, J..5/15/99	440 Cormier, E..3/6/99	611 Patterson, E..4/18/99	1560 Braxton..11/14/98
93	600 Chaves..6/13/99	440 Herby,K..4/10/99	611 Gallagher, B..4/18/99	1560 Caserta, M..2/20/99
94	600 Sansbury, T..6/18/99	440 Purshell, R..4/24/99	611 Stills, R..4/18/99	1559 Chaves..6/13/99
95	600 Thomas, W..6/19/99	440 Palmer, C..8/15/99	610 Krasowski, M..10/10/99	1555 Sansbury, T..6/18/99
96	600 Fields, D..6/26/99	440 Hall, J..8/22/99	606 Crass, D..11/7/98	1554 Golden, M..6/20/99
97	600 Taylor, S..6/26/99	440 Beecham, B..9/11/99	606 Costa, J..11/14/98	1553 Lewis, R..6/12/99
98	600 Tavares, J..6/27/99	440 Arnold, S..10/2/99	606 Posey, K..11/14/98	1550 Valchine, J..1/17/99
99	600 Buckner, M..9/25/99	440 Landino, M..10/9/99	606 Federman, S..12/12/98	1550 Arcano, J..3/20/99
100	600 Lomp, D..10/2/99	435 Satcher, R..11/14/98	606 Schepper, T..2/21/99	1550 Kegrice, J..5/22/99

PL USA Top 100 Achievement Awards

Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is $6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for $21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send $6 per certificate or $21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7 1/4% tax).

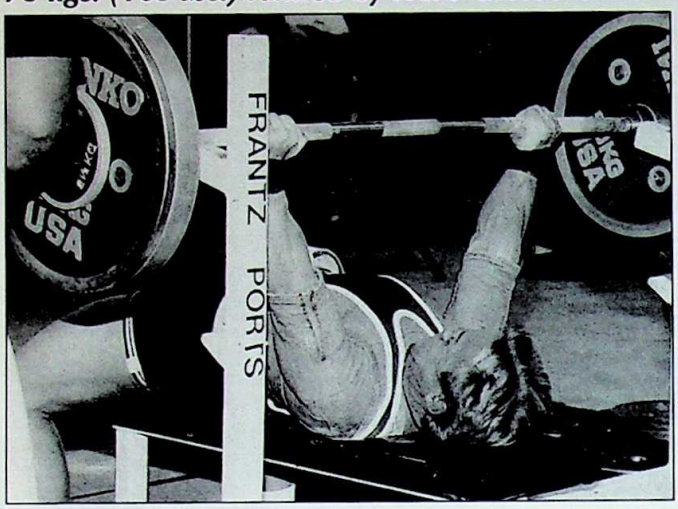
NEXT MONTH... TOP 220s

Corrections... We recognize that we do make some of our own errors in our compilation of the various ranking lists we publish throught the year, however, in some cases we were not able to obtain a copy of the meet results from the meet director, and occasionally the meet results themselves contain errors as well. Dyke Naughton of Cutting Edge Sports Sciences was not credited with his 512 squat on the TOP 100 list afor the Middleweights, for the time period of September 1998 through August 1999. This was from a meet that we did not receive the results of. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, regardless of the source of the problem, and we encourage you to please send any corrections that you find to "PL USA ERRORS" Department, Post Office Box 467, Camarillo, California 93011.

P.S. the TOP 20 rankings for the year 1999 in the categories of Teenage, Master, and Women are coming up in the March 2000 issue of *POWERLIFTING USA*. If you have not seen your results published yet, contact the meet director and urge him or her to provide us withthe meet results as soon as possible (before the end of January if possible) or let us know the details.

WOMEN'S TOP 50 ALL-TIME

75 kgs. (165 lbs.) ranked by Herb Glossbrenner



Deb Erney *almost broke the 400 pound barrier as a Middleweight*

SQUAT

589	VANDEWEGHE,S	13DEC98
567	DODD,L	21NOV91
534	BYLAND-ROHAL,T	26JAN85
523	ERNEY,D	31MAY96
501	POWELLS	16JUL88
479	STEENROD,V	30JUN96
475	ROSS,A	04MAR84
468	FAY,T	22NOV87
468	ROGE,J	89
457	ROBERTSON,S	11JUN97
	(10)	
457	SCANLON,J	10JUL99
452	GRASER,J	06DEC96
446	MURPHY,M	19JAN85
446	PIERCE,J	17JUL89
446	DIANDA,T	26JUL91
441	PTOMEY,T	07MAY82
441	SKIBYAK,B	19APR86
441	YANCEY,B	19JUN92
441	DANGERFIELD,N	21OCT93
441	O'NEIL,R	05MAR95
	(20)	
435	NOBLE,L	08FEB87
435	OYLER,K	11APR87
435	TODD,J	12MAY84
430	NEWELL,R	O8JUN85
430	MCCARTNEY,J	22OCT88
429	SORENSON,D	01NOV86
429	CORSON,S	20MAY89
429	STEVENS,M	IIMAR92
425	LASHLEY,T	21MAY88
424	YOUNG,D	08DEC90
	(30)	
424	HOUSTON,P	20APR96
420	BUTLER,C	13JUN87
418	MITZEL,D	07FEB87
418	OWEN,E	JUL89
413	LITTLETOH,D	18MAY86
413	MITCHELL,K	12DEC87
413	BROWN,J	12APR97
410	SCHROEDER,J	16OCT94
407	MCELROY,D	29JAN84
407	KLING,C	01DEC84
	(40)	
407	TROSPER,C	15OCT94
407	GADZINKAS,L	04JUL98
405	ALLENS	09JAN88
405	STEVANS,C	08OCT88
402	WEYLAND,J	20FEB82
402	SRUWER,A	85
402	MARQUIS,A	18JAN87
402	WOOD,L	02MAY87
402	LEWIS,J	05MAR92
402	GENNARO,M	08MAY94

Stephanie Virgin *was her name when she lifted in the USPF Srs.*

BENCH PRESS

391	ERNEY,D	11NOV95
374	VANDEWEGHE,S	13DEC98
363	HARRELL,J	03DEC88
319	STEENROD,V	20OCT95
315	DIANDA,T	26MAY94
310	WOOD,L	02MAY87
303	LENTZ,J	07OCT95
303	PRIEST, B	09MAY98
303	SCANLON,J	10JUL99
292	ROGE,J	89
	(10)	
292	ROBERTSONS	21JUL95
285	VERHAGEN,L	18OCT86
280	GORDON,B	22JUL95
280	WILLIAMS,C	99
275	WEYLAND,J	30JAN83
275	POWELLS	16JUL88
275	FORD,K	03NOV94
275	STROUD,S	16MAY98
275	WARNER,J	26SEP98
270	BYLAND-ROHAL,T	26JAN85
	(20)	
270	BATLINER,C	24APR88
270	STEVANS,C	08OCT88
270	ROYDHOUSE,C	06OCT90
265	BLACKBURN,L	10JUL99
264	BROWN,J	12APR97
264	SERPA,J	12APR97
259	GRIMMIUS,N	18NOV89
255	PATTON,D	25FEB96
255	VAIL,C	23APR98
2S3	ELDRIDGED	06MAY90
	(30)	
253	MITCHELL,K	28JUL90
250	BUTLER,C	13JUN87
250	HOOPER,P	10OCT87
25O	WHITHAM,D	08DEC91
250	MINQUET,	OIMAY93
250	ROGERS,K	22FEB97
250	KNIGHT-MCNEIL,G	14NOV98
248	SORENSON,D	01NOV86
245	FREEMAN,S	13OCT85
245	DODD,L	07JUN86
	(40)	
245	PARENTI,C	20JUL91
245	BATREAL,P	25OCT92
244	YANCEY,B	19JUL92
242	SPRINGSTEEN,S	11AUG84
242	MITZEL,D	07FEB87
242	PIERCE,J	22APR89
242	LEWIS,G	05MAR92
242	WILSON,	IIJUN94
242	BYERS,	30SEP95
242	VANBUSKINK,L	16MAY98

DEADLIFT

551	BYLAND,ROHAL,T	26JAN*85
534	DODD,L	21NOV91
512	SORENSON,D	01NOV86
507	CARMEN,N	26JAN85
501	PIERCE,J	22APR89
501	OWEN,E	JUL89
501	DIANDA,T	26JUL91
501	BROWN,J	11JUL97
498	ROGE,J	89
496	ERNEY,D	21JUN97
	(10)	
485	NEWELL,R	08JUN85
485	POWELLS	16JUL88
485	DANGERFIELD,N	21OCT93
485	STEENROD,V	30JUN96
479	FAY,T	22NOV87
479	FORD,K	06AUG94
479	VANDEWEGHE,S	13DEC98
468	TODD,J	13MAY84
463	WOOD,L	02MAY87
463	ELDRIDGE,D	27JUN90
	(20)	
463	TROSPER,C	28OCT95
460	FREEMAN, S	13OCT85
457	PTOMEY,T	07MAY82
457	SULINSKY,C	OIDEC84
437	HARRELL,J	25MAY85
457	YOUNG,D	08DEC90
452	MARQUIS,A	21JUN84
452	JENKINS,E	21JUN86
452	ALEKSA,S	31JAN88
452	WOOTEN,V	16JUL88
	(*0)	
452	LOOK,L	25JAN98
450	FORTUNADO,L	15FE887
450	BUTLER,C	13JUN87
450	BISSETTE,W	01NOV87
4 46	MCELROY, D	20MAY84
446	ROBERTSON,S	26JUL96
445	ROSS,A	04MAR84
445	O'NEIL,R	05MAR95
445	GORDON,B	22JUL95
441	MITZEL,D	07FEB87
	(40)	
441	STRENGTH,M	03DEC88
441	LEWIS,G	05MAR92
440	MCCARTNEY,J	22OCT88
440	MCCLOUD,R	30AUG97
435	BOSHOVEN,L	20JUL85
435	JOHNSON,K	26JUL91
435	JOHNSON,J	20FEB92
435	STEVENS,M	11MAR92
430	SCHROEDER,L	16OCT94
429	MURPHY,M	19JAN85

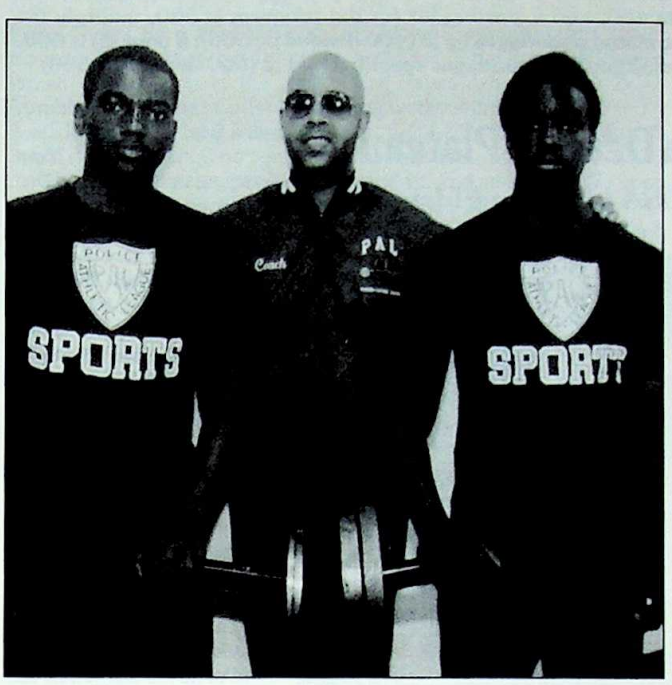
TOTAL

1444	VANDEWEGHE,S	13DEC98
1355	BYLAND,T	26JAN85
1344	ERNEY,D	31MAY96
1317	DODD,L	21NOV91
1278	STEENROD,V	30JUN96
1262	POWELLS	16JUL88
1258	ROGE,J	89
1223	DIANDA,T	26JUL91
1184	FAY,T	22NOV87
1179	SCANLON,J	10JUL99
	(10)	
1175	WOOD,J	02MAY87
1173	ROBERTSON, S	26JUL96
1168	BROWN,J	IIJUL97
1162	SORENSON, D	01NOV86
1146	OWENS,E	JUL89
1146	DANGERFIELD,N	21OCT93
1146	FORD,K	03NOV94
1141	HARRELL,J	25MAY85
1140	ROSS,A	04MAR84
1125	NEWELL,R	08JUN85
	(20)	
1120	BUTLER,C	13JUN87
1118	YOUNG,D	08DEC90
1113	GRASER,J	06DEC86
1110	O'NEIL,R	03MAR95
1*02	MITZEL,D	07FEB87
1091	WEYLAND,J	30JAN83
1091	SKIBYAK,B	19APR86
1085	ELDRIDGE,D	27JUN90
1085	MITCHELL,K	28JUL90
1085	LEWIS,G	05MAR92
	(30)	
1080	PTOMEY,T	07MAY82
1080	MURPHY,M	19JAN85
1080	LOOK,L	25AN98
1075	FORTUNADO,L	15FEB87
1075	GORDON, B	05FEB95
1074	TROSPER,C	15OCT94
1069	CARMEN,H	26JAN85
1069	YANCEY,B	19JUN92
1065	FREEMAN, S	13OCT85
1063	MARQUIS,A	21JUN84
	(40)	
1063	OLYER,K	IIAPR87
1058	HOUSTON,P	20APR96
1055	MCCARTNEY,J	22OCT88
1047	TODD,J	13MAY84
1047	PATTON,D	20MAY84
1045	DONATO,K	21NOV97
1041	ALEKSA,S	31JAN88
1041	STEVENS,M	IIMAR92
1040	ALLENS	09JAN88
1040	SCHROEDER,L	16OCT94

Terry Byland-Rohal *pulled 551*

POW!ER SCENE

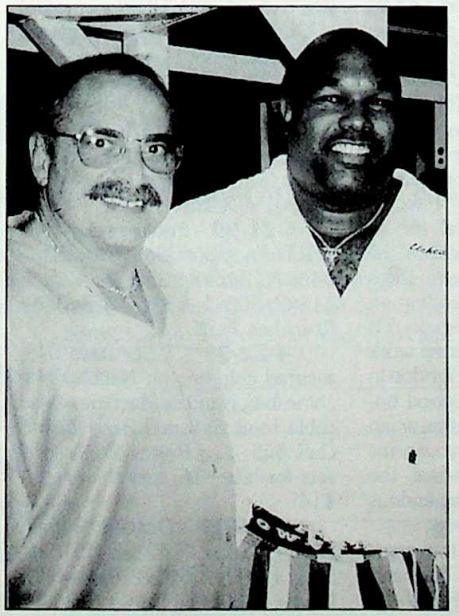
Happy New Millenium! And New Year, and New Century, and welcome to our first column of the millenium. *Power Scene* is now in its sixth year of covering the comings and goings of the lifting world, and we look forward to lots more interesting stories to tell you about.



***P.A.L. Pals** (left-right): Stan Henry, Carlos Stewart, Andre McDonald*

One very interesting story is that of New York's Carlos Stewart, who was recently written up in one of the New York newspapers, along with two of his lifters, Stan Henry and Andre McDonald. Carlos coaches the two high school students in powerlifting, and they train in Carlos' backyard, where he built a mini-gym.

Even though they're only teenagers, they're moving some heavy weight. Andre recently totaled 1185 in the 181 class, and captured the AAU North American title in his class, while Stan came in second in that meet with an 1120 total in the 165 class.



***Larry Blum and Dave Fitzgerald** (left to right) before their final pre-meet bench workout at Gold's Gym. (photos courtesy of Ned Low)*

Stan and Andre are part of a PAL (Police Athletic League) team, which is coached by Carlos. They're currently training for the APF New York State Championships, which will be at the Iron Island Gym in March. Good luck to these future powerlifting stars of this new century.

The Iron Island gym was the scene of the APF Halloween Bench Wars, and two California lifters made the trek east to compete. Big Dave Fitzgerald, a former Connecticut resident, returned to Iron Island and hit a 600 bench and a 610 deadlift. Larry Blum of Long Beach, California hit a 330 bench and a 570 deadlift. Traveling 3000 miles to compete in a meet that's not a national championship - that's true powerlifting spirit!

We caught up with Dave and Larry at their final bench workout before the meet, when they came up to Gold's Gym in Venice to train. (They usually hit the iron in Long Beach, in Larry's garage.) They both had excellent final workouts, and Dave repped 500 in the bench easily.

Gold's Gym in Venice was recently sold, along with the Gold's franchising operation, to what is now Gold's Gym International. I sat down and talked with Sean Ratliff, the corporate general manager, about their plans.

Gold's is already the largest franchiser of gyms in the world, with over 500 Gold's Gyms. Of those, nine (Venice and eight in the Washington D. C. area) are company owned, and they plan to up that number in the next few years to over 100, through buying existing gyms and opening new ones. They are also looking to increase the number of franchised gyms to nearly 1000 in the next few years, so these guys will be busy.

Sean is based in the D. C. area, and is in Venice for a three-month stint to make Gold's in Venice even better. (I think it's great already, but a new bench for bench pressing would be nice, and it could be a little quieter near the aerobics area. I know, powerlifters usually don't get near the aerobics area, but at Gold's the cardio area is right next to it, and powerlifters should do cardio, whether they want to or not. OK, enough preaching). You can visit Gold's on the web at www.goldsgym.com

Last month I promised to talk about UCLA's great throwing coach (and head tack and held coach) Art Venegas, who has studied powerlifting legends like Fred Hatfield and Louie Simmons in order to make his throwers as good as possible. Art, and UCLA, just purchased the entire set of *POW!ERLIFTER* Videos (26 issues), so there must be a lot of benefit for them in seeing how powerlifters train, but there's also a lot of benefit for powerlifters in how Art's throwers train.

They essentially do a decathlon of weight training, with a lot of front and back squats, a lot of pressing movements, and a lot of cleans and snatches. They marry heavy powerlifting with heavy Olympic lifting, and add some bodybuilding style training for hard to get muscle mass. And then there's the psychological element, with a need to work on focus.

***Art Venegas** coaching at UCLA. (S. Quintard)*

Art's methods have been developed during his twenty years of coaching, and he's coached dozens of the best in the U.S. and the world, so pay attention.

Well, that's it. Stay strong and set see you on video. Or on the web, at www.powerpower.com. *Ned Low*

***Sean Ratliff** ... the Corporate General Manager of the newly formed Gold's Gym International group.*

WORKOUT of the Month

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

Break ng Through a Deadlift Plateau

as told to Powerlifting USA by Vince Eldridge

Hello, there. My name is Vincent Eldridge, and I want to share a deadlift routine with you that has finally gotten my deadlift to increase by 36 pounds in about one year, after I was stuck with no gains in the deadlift for more than four years. First, a little background info on myself.

I'm 34 years old, and started training in 1978 at age 13, at a Naval Base my Dad was stationed at in California, doing bench presses and upper body work only. In 1980, we moved back to Bremerton, Washington, and for several months I didn't train. Then, for Christmas in 1980, my parents bought me a membership in a local gym, and I've been training ever since, having first competed in 1982, and now I have entered more than 50 meets. I've always competed in the Superheavyweights. I also want to add that I am a drug-free powerlifter, and I prefer to enter drug tested meets.

Now, on to the training. In December 1993, I did a personal best deadlift of 705. My progress had gone fairly well up to that point, as I had been getting stronger every year. From January 1994 through April 1998, I had no gains for the deadlift at all. Every time I went for 710 or 715, I would miss the attempt. I was becoming more and more disappointed with the lack of progress, and I was thinking I should retire from the platform and no longer compete. In May of 1998, I felt I had nothing to lose, and I decided to talk to a top lifter who could give me some advice and get my deadlifts moving upward again.

I called Gus Rethwisch of Bend, Oregon, whom I knew as a top meet promoter/director, and he was also a top deadlifter from the mid 1970s through the 1980s, having done an 865 in 1986. Additionally, he was in the same weight class as I was - Superheavyweight. Now, we talk nearly every week now, as he gives me routines to try. Gus has taught me quite a bit, as I will try to explain.

I've learned that I was stuck in a rut, for over 4 years, because I was using the same old deadlift cycle. It was an eight week cycle, adding 20 lbs. a week. The first four weeks, after warmup sets, I would work up to one or two sets of four reps. The second four weeks I would work up to one of two sets of doubles. For example, starting off in Week One, after 4 or 5 warmup sets, I'd be at 480 pounds for 2 sets of 4 reps (2x4) and at Week Eight, I would be at 620 pounds for one set of 2 reps (1x2). Assistance work would be done after deadlifts and would include one or two lat exercises for 3 sets each of 6 to 10 reps. Then I would do barbell shrugs for 3 sets of 6-8 reps, plus one or two sets of abdominal work, like crunches or leg raises. Two to four weeks before the meet, I would drop the assistance work. In the "off season" I would do just about the same, except I would alternate one week regular form deadlifts and one week stiff-legged deadlifts. I would do higher reps (8-12) and add a few extra sets on all assistance exercises. That was basically it. I was stuck in a rut, when I think back on it.

***Vince Eldridge** deadlifts in ADFPA competition.*

What I have learned from Gus is to do lots of power rack partial deadlifts from the top of the knee cap to lockout, real heavy. I never use straps, I just grip hard, and pull, pull, pull. Sometimes he has me do partials from different heights (like mid-shin to lockout and/or mid-thigh to lockout), but the main movement is top of the knee to lockout. I do these every other week. The week in between, I do regular form deadlifts, just as you would use in a meet. I increase these every other week, building to a new personal record (PR) triple at 14 to 15 days out from the contest. A week later (7-8 days from meet day) I finish with regular form deadlifts for just 5 sets total, 5 reps each set. For example, 135 on the first set, then on the fifth set doing around 500 to 515 for 5 reps. After the PR triple day, the main thing that Gus says to do is to get rested up for the meet.

I usually do my deadlifts on Fridays, and the day after I do deadlifts (Saturday, for me) I do lat work. I don't do shrugs anymore. Gus says they are a waste of energy, so I just do lots of lat work. Now that I don't do the lat work on the same day that I deadlift, I have a lot more energy and my hands aren't tired or hurting from deadlifts. Doing all the work on the same day, I would average 5-6 sets in total for lat work. I now do anywhere from 10 to 20 plus sets of lat work. Reps vary, from 5 to 12, depending on my mood and energy. Also on this day, I do 4 to 6 sets of bicep work to keep the bicep muscle/tendon in shape for deadlifting. A good tip, especially for beginners, is that when you deadlift, always keep your arms straight, and never bend at the elbows as that puts tremendous strain on the bicep tendons.

Pick the lat exercises that work best for you. Everyone is different. The ones that I like and which work for me are: T-bar rows, assisted chin-ups, seated cable rows, lat pulldowns to the front with an underhanded grip.

I rest on Sunday, and on Monday I do squats and leg work. Even though I'm specializing on the deadlift, another key bit of advice from Gus is that I should continue to work the squat and legs hard. Most of the time I use full gear (knee wraps, squat suit, and belt). Gus has me do the following on leg day: Squat, 4 or 5 reps, adding weight each week, then 1/4 squats for 3 or 4 sets doing triples most of the time, adding weight each set. Leg curls are next, for varying sets and reps, usually 4 to 8 sets of 5 to 10 reps. Then I do calves, either seated or standing, for 3 to 6 sets of 5 to 12 reps. At the end of all my workouts I do some stomach work, most of the time leg raises and/or crunches for high reps.

I started this routine in June of 1998. It got me a PR 710 in August 1998. I then got a 716 in March 1999. Then, in May of 1999, I had my best ever day on the platform. I made two PRs in the deadlift. On my second attempt I made 717, and on my third attempt I got 741, which was a world record (for one month) in Gus' W.A.B.D.L. organization. I should add that I use the conventional style and not sumo in the deadlift.

From my training log, I'll show you part of the routine, starting about five weeks out, which led to my 741 deadlift.

4-21-99 - Power rack partial deadlifts (top of the knee to lockout) 245x7, 245x7, 335x5, 425x3, 515x2, 605x1, 635x3, 715x3; Ab Crunches 2x25.

4-22-99 - T-Bar rows 6x8, assisted chin-ups on Nautilus Machine 4x6, Nautilus Machine seated cable rows 3x8 and 3x6, Barbell Curl 5x5, Leg Raises 2x20 (total sets for lats - 16, and total reps - 114)

4-26-99 - Deadlift, 245x7, 245x7, 335x3, 425x3, 515x2, 555x3, 580x2, 605x2; Seated Calf Raises 4x10, Leg Raises 3x20.

4-28-99 - Squat (with full gear) 135x8, 225x5, 315x3, 405x5, 365x5; Quarter Squats (with full

gear) 545x3, 655x3, 750x3; Leg Curls 4x6; Standing Calf Raise 4x10, Crunches 2x35.

5-1-99 - Deadlift Partials - top of knee to lockout in the power rack 245x8, 335x5, 425x4, 515x1, 605x1, 685x1, 735x1, 775x2. (Note: I went for a third rep and moved it 3 or 4 inches, but it wasn't locked out properly at the top); Dumbbell Hammer Curls 5x6; Seated Calf Raises 4x12, Crunches 3x20.

5-2-99 - T-Bar Rows 5x6; Assisted Chin-ups 5x6; Leg Raises 1x40. (lat sets total - 10 and reps total - 60)

5-4-99 - Squat (full gear) 135x8, 225x6, 315x3, 405x2, 455x3, 490x4; No Quarter Squats; Leg Curls 3x8; Seated Calf Raises 3x12; Crunches 2x25.

5-7-99 - Deadlift 245x8, 335x5, 425x3, 515x1, 585x1, 635x3 (new personal record for a triple!); Z-Bar Curl 5x6; Seated Calf Raises 4x12; Leg Raises 3x15.

5-8-99 - Nautilus Machine Seated Cable Rows 6x6; Crunches 2x30.

5-10-99 - Squat 135x8, 225x5, 315x3, 405x2, (now full gear) 455x5, 495x4; Quarter Squats (full gear) 515x3, 605x3, 695x3, 775x3; Leg Curls 3x8; Standing Calf Raises 3x8; Seated Calf Raises 2x12; Leg Raises 2x20.

5-14-99 - Deadlift 135x5, 245x5, 335x5, 425x5, 515x5 (last deadlifts until the meet); Standing Calf Raises 3x8; Leg Raises 2x15.

5-16-99 - Squat 135x8, 225x8, 275x8 (no gear); Leg Curls 3x8; Seated Cable Rows 3x8; Lat Pulldown (close grip - palms toward body) 3x8; T-Bar Rows 3x8; Seated Calf Raises 3x8; Crunches 2x30; last workout until the meet.

5-22-99 - Day of the Meet. 5 warmup sets. 1st attempt - 633 - good lift. 2nd attempt - 717 - good lift and new PR. 3rd attempt - 741 - good lift and new PR, state record, national and world record in W.A.B.D.L. for one month.

There you have the deadlift routine that finally got my deadlifts moving again. To quickly summarize; do your regular deadlifts every other week, and the week in between do power rack partials from varying positions, but especially from the top of the knee to lockout. Then (always) the day after deadlifts or lockouts, do your lat workout. No more shrugs. Continue to do your squats, and do quarter squats, leg curls, calf work, and abdominal sets as well.

If you have any questions or comments, feel free to write and/or call me: Vince Eldridge, 3309 Harkins Place, Bremerton, WA 98310, (360) 373-2789

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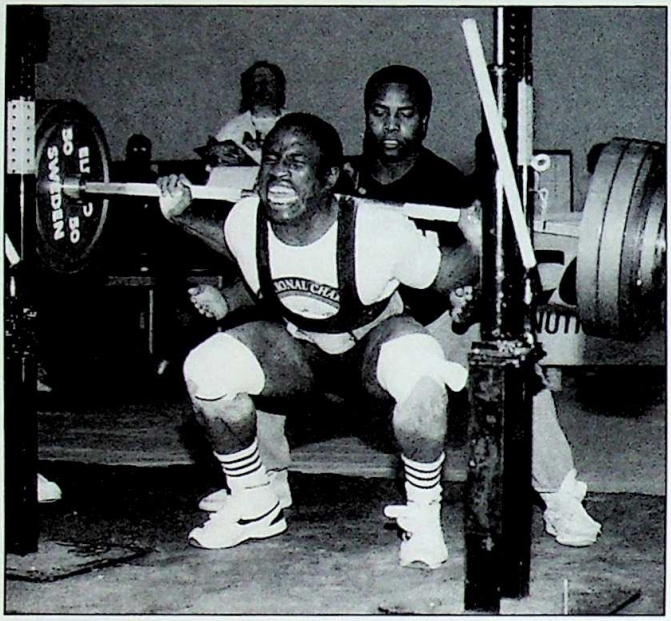
INTERVIEW

Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

An Interview with Dave Ricks

as told to Powerlifting USA by Dr. Larry Miller



Commander David Ricks USN *interviewed prior to the '99 Worlds*

LM: Dave, let's start with some background information about yourself, like your age, occupation, and family.

DR: *I am a commander in the US Navy. I am 40 years old and I have a wife of 18 years, Julia, and a son, Justin, who just turned 14.*

LM: How did you get started in Powerlifting?

DR: *I started powerlifting at the Naval Academy in 1981 as part of their powerlifting team. I did pretty well my first year, taking third at the Collegiate Nationals. After graduating from the Naval Academy, I did light training. I didn't get back into Powerlifting until the mid 1980s, when I was transferred to Hawaii. I competed at the State level in Hawaii from about 83-87. I then moved to Southern California to attend graduate school, where I competed at the State level. At that time I got better and better, as more and more people gave me training tips. At one tournament in 1989 I finished first at a California Drug Free contest and someone advised me to try powerlifting at the National level. The following year, I started to compete at the National level.*

LM: What type of training program are you on?

DR: *I train my squat and DL over a 12 week program when I train for a major tournament. The bench I train over a 10 week program. Prior to that 12 week program, I have mini training cycles where I train up to 80%.*

LM: Do you do anything in the way of supplements?

DR: *I take aminos and a multivitamin and the last 4 years, I have been taking creatine. It has helped me from a strength standpoint to handle the heavy poundages. I come off the creatine 10 days before the competition so that I can drop the water weight and bodyweight without any cramping.*

LM: What are some of the records that you hold?

DR: *I hold the Lifetime American Drug Free total record and the National Total records at 165 and just recently got the National BP record at 181.*

LM: Do you have any immediate goals left in PL?

DR: *To win another World Championship at 181. Last outing, I felt that I had left something on the plate when I returned from the Ukraine in 1998. So I'd like to go to Italy and get that title back.*

LM: Who are some of the athletes that you've run across whom you admire and whom you've come to be friends with?

DR: *I have met quite a few people over the years. Sean Scully has been a great coach and mentor. He is an excellent coach at the major tournaments. Some of the great lifters that I have competed with are Gene Bell, Dan Austin, Martin Beavers - they're all outstanding folks.*

LM: What are some of your views on the drug issue?

DR: *I started with the ADFPA initially and then to the USPF because they were the gateway to the IPF Worlds and now I am back to the USAPL because they are the link to the IPF Worlds. From a drug testing standpoint, I prefer to stay with an organization that tests for steroids. That gives credibility to the younger lifters. If you stay drug free and keep things in balance, these are the kind of goals that you can achieve. Unfortunately, because of all the different organizations out there, the sport of powerlifting has been watered down significantly.*

LM: What do you thin it will take to bring the organizations together under one roof?

DR: *That's a tough question. For the younger lifter, they need to find an organization that they feel comfortable with. It will take a lot of leadership from one or two key organizations to pull the rest of the pack together. Those involved can't be egotistical, but instead must do what is best for the sport of powerlifting. The other aspect is getting the Olympic recognition. Whether that comes by way of the USOC or some other organization, that will be the one thing that will bring the sport together. The Olympics is a premier event and to have powerlifting on the venue will enhance our credibility.*

LM: As far as your training goes, what type of equipment do you use?

DR: *I use a Titan squat suit and Titan wraps and a regular singlet to DL, because I DL sumo and I need the hip flexibility.*

LM: Over the years are there any memorable moments that you can share with us?

DR: *Winning my first World and National Championship would be the most memorable. When I started out lifting, I didn't imagine myself at a National level, let alone World level. The other thing is the ability to help the up and coming lifters. Being a good mentor is probably most enjoyable to me. No one achieves success by themselves, so you have to give back to the sport. I had some help when I was stationed in California in 1988 from a Chiropractor, Dr. Jerry Moylan, who was a Masters lifter. We became friends and he gave me some outstanding training techniques. I have also always been open to suggestions. Also, here in Charleston, Dr. Bernie Miller has provided me with some outstanding Chiropractic care. I would highly recommend anyone who wants to do strength training, link up with a good chiropractor. It will help you get through difficult training problems and injuries. No matter where I am stationed in the Military, I always make myself available to the beginning lifters.*

LM: Anyone in closing, you'd like to make mention of or thank?

DR: *I would like to thank God who has helped me along the way and who's helped me stay injury free. I want to thank my wife Julia because without a good supporting cast, when you're training those long hours, it is hard to get everything accomplished. You also have to keep things in balance, because if your work suffers or family life suffers, it's all for naught. Have personal goals, but keep things in balance. Make sure you take care of your family, keep your faith and work hard at your job.*

LM: What brought you back to high level lifting and the USAPL?

DR: *When I started, I thought I would peak in my late 20s or early 30s, but after the World Championships in 1994 in South Africa, where I lost 15 pounds to lift in the 165 lb. class, I said I was done as a 165 lb. lifter. I was stationed in Japan at that time and was moved to Orlando during the Summer of 1995 and didn't have the right training facilities and I had other priorities in life, so I kind of stayed in shape, but didn't really compete. In the summer of 1997, I was stationed in Charleston, S.C., and I found out that the USAPL was now the link to the IPF. I thought that would be an interesting meet to train for. My goal was just to compete with some old friends and I was very fortunate to do well at that meet. I love to challenge myself to higher limits. In closing, I also do customized squat / bench / deadlift programs for $25.00 or if you have some general questions, my E-mail address is DRicks4744@AOL.COM.*

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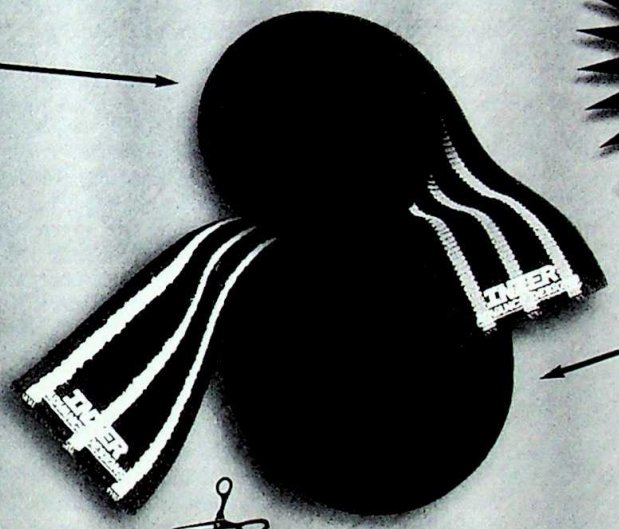

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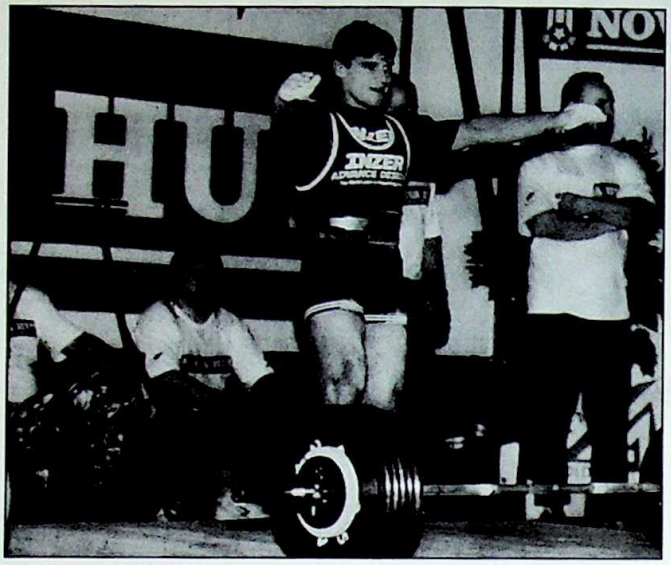
The RUSSIAN MYSTERY

How Do They Do It? ... *by Marty Gallagher*

Has anyone noticed how thoroughly and completely athletes from the former Soviet Union dominate the international powerlifting scene? While the Ukrainians and Russians fight it out amongst themselves for the world team title, the once indomitable USA is left to fight over table scraps with the likes of Chinese Taipei and Japan. And this Russian-bloc dominance extends and applies equally to the women and junior powerlifters competing at their respective world championships. About the only time powerlifters from the former USSR don't win world team titles is if the meets are held in remote (for them) locations and the dirt poor lifters cannot afford the trip. During Muhammad Ali's invincible mid-Sixties peak it was said that the only way for another boxer to beat him would be to blow up the airplane carrying him to the bout. Or, in the case of powerlifters from the fifteen republics of the now defunct Evil Empire, set the cost of the airfare to the world championships out of their price range.

Over the past decade, since the fall of the Berlin Wall and the dissolution of the Communist Empire, Iron Curtain powerlifters gained a toehold, then a foothold, and finally a chokehold on the sport of powerlifting at the international level. Athletes from these impoverished areas now exert domination so total and complete as to be unassailable. The degree of dominance is only fully apparent when you add together the combined scores of mini-nations that collectively comprise the former USSR: Russia, Ukraine, Kazakhstan, Lithuania, Belorussia, Latvia, Moldavia, etc. Most powerlifters are aware that the Ukraine and Russia routinely trade the IPF world team title back and forth, but few realize how overwhelming the degree of dominance would be if all the sister countries were allowed to compete under the same banner. It would be a massacre.

Is it possible to coldly examine the "Soviet" dominance of powerlifting and extrapolate conclusions as to how and why? Is there a single secret, or series of secrets, that can be uncovered and used for our own jingoistic benefit on this side of the big pond? Winston Churchill once called the Soviet Union a "riddle wrapped in an enigma inside a paradox" and the same quizzical, head scratching puzzlement could be directed towards former Iron Curtain powerlifters. How do these dirt-poor lifters whip the best lifters the West has to offer, despite our high-tech science, fabulous food, wonder supplements, glittery equipment and our (supposedly) cutting-edge training methods? Can we untangle the jumble of disjointed facts, boil them down into a distilled essence and extract a few lessons that could be confiscated and incorporated for our own benefit?



***Alexei Slvokon** (KAZ) dominates like a Mike Bridges or Ed Coan did.*

Before we look for reasons we need to understand the adversity that these powerlifters overcome in their day to day existence. Ponder for a minute, just how bad living conditions in the former communist empire are in order to appreciate just how incredible their domination is. If true greatness is measured by overcoming adversity, then these lifters are truly great. Let us first grasp how lousy their reality actually is.

A quick glance reveals that living conditions are terrible throughout the former Soviet Union. The land itself is an ecological disaster and political corruption has eaten into the societal fabric like a cancer. Any member of last year's USAPL world championship team that traveled to the Ukraine can attest that poverty, as we in the United States define the term, is the norm. Apartments are overcrowded and living space is at a premium. One world traveler back from a Moscow visit recently related to me his puzzlement as he saw floor after floor, row after row, building after building of apartments with enclosed balconies. "They had constructed wood shanty structures on the apartment balconies. I pointed it out to a guide and he said, 'Oh yes, that is where they put the grown children, or, if at daughter or son gets married, the newlyweds might move into the home-made balcony to save money."

Food is sub-par and scarce in the republics that comprise the former Soviet Union. While lifters in Western countries eat steak and drink MetRx, lifters in the Russia gratefully eat whatever is available and stand in endless long lines to get it. Starch is the mainstay of their diet, beef is non-existent, pork is fatty and tough, fresh green vegetables are scarce as hen's teeth, the overall food quality poor, and the available quantities spare. Nutritional supplements are unheard of. Poor living conditions are compounded with subpar food and making a living is tough, with no social safety nets like welfare or unemployment compensation for people who lose their jobs or get laid off. The job situation is bad with long hours and poor pay. In the bad old days of Communism the workers had a joke about their state created jobs: "We pretend to work and they pretend to pay us." Sadly, that is the case even today.

Little has changed and the average Comrade struggles to make enough money to have a roof over his head and buy enough food to eat. In the United States we haven't seen conditions like this since the Great Depression of the 1930's. These terrible circumstances are widespread yet from this rat's nest of adversity, wave after wave of powerlifting 'Terminators' march forth, spawned and launched in assembly-line fashion. It leaves you scratching your head and it seems contrary to every dictate of logic. A scientific study on the matter would almost have to draw the bizarre conclusion that economic chaos and deprivation are somehow good for producing powerlifting world champions. Or, conversely, that the ease of life in Western society is not conducive for germinating champion lifters. It is a mystery worthy of Sherlock Holmes.

The training facilities are no better then the quality of the food or the availability of decent shelter. All the gyms are basically same: a few barbells, lots of mismatched plates, some dumbbells and a rickety bench or two with homemade squat racks. The "training facility" is usually in a frigid garage, school gym or boiler room since heated space is at such a premium for living. True, in the large cities there are a few relatively fancy facilities, but their "best" could be topped by any local Gold's or World gym in the smallest American town. The Russian lifters will use wraps, bench shirts and lifting suits for years, a pair of new wraps costs the equivalent of a month's salary and a squat suit is treasured like a family heirloom. Their success cannot be attributed to gear or equipment.

On a related note: when I was in Slovakia competing in the IPF world masters championships a few years back, we stayed at a crummy hotel with one telephone for 400 guests. The rooms were the size of a walk-in closet, beds the size of a cot and four rooms shared a single bathroom. And this was the town's fancy hotel. The food sucked, everyone chained smoked, and the staff and local people were quite unfriendly, seeming to be eternally pissed-off. At 10 AM every day, the hotel bar was jammed with Iron Curtain lifters and coaches pushing and shoving with dour locals to get bar stools and guzzle straight shots of chilled vodka. After three days I told myself that if I had to live here, I too would become an AM vodka drinker. Incongruously, upon arrival the Russian team acted as if they had won the lottery and were in Disneyland. "Compared to where they live this is Disneyland!" quipped a knowledgeable world traveler who had visited their homeland.

With their plastic shoes, cardboard suitcases and polyester suits, these men were ecstatic to be in this god-forsaken hamlet. Where I saw a miserable, grey, dank hotel in a depressed slum town, to these less fortunate men it was a 5-star hotel in an exotic location with fabulous food and wonderful people. This in a town that looked liked the South Bronx and where the coolest, hippest place for young people to gather was at the lunch counter of a three-story K-Mart (yes, K-Mart) in the center of town. To Soviet Empire natives it was Trump Plaza. Perceptions are formed in relation-

ship to our particular and peculiar social and economic background and this pathetic hotel, one that would not measure up to the lowliest standards of the humblest Red Roof Inn in Anywhere USA, was a magnificent pleasure spa to the unlucky lifters from desolation row.

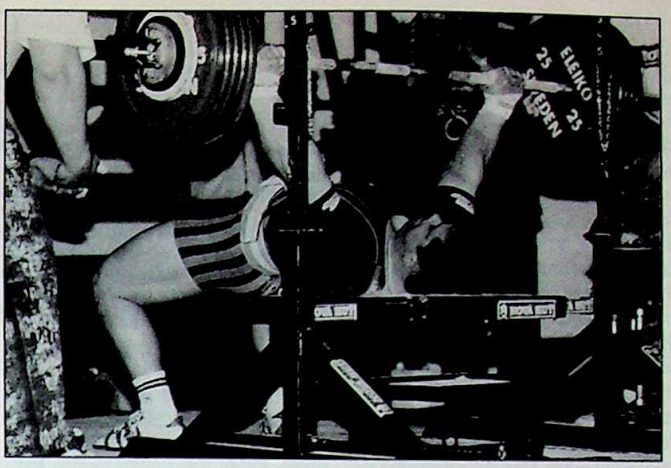
Yet, they lift like Gods.

Drugs? Do you really think lifters living below the poverty level will have better drugs than European lifters who can walk into Spanish or Italian Pharmacies and cop without a prescription, or wealthy Americans who can walk into a Tijuana pharmacy and do likewise? And while the Russians have a thriving black market steroid industry, the money is not made on impoverished locals, rather it is smuggled to Brighton Beach, New York or Canada and sold to North Americans who can easily afford the 1000-fold profit markup that the makers are truly after. Without doubt certain Eastern lifters use drugs, but they are of no better quality then those available to like-minded Americans. The days when Communist nations were involved in the governmental sponsorship of drugs are long gone. Powerlifting was never included in the exclusive circle of Olympic sports that received state-sponsored money for athletics. In the old days, super drugs were designed by Red scientists and administered by medical doctors to Dragolike athletes on the state payroll. The Soviet bloc produced supermen and women who performed spectacularly in epic cold war athletic battles. Them days are long gone. The likelihood that a destitute Russian powerlifter inclined to steroid usage can get better pharmaceuticals than American or European drug users is a debatable proposition. No super drugs exist in Russia and a lack of financial resources hamper all but a connected few.

Nor can dominance be laid at the feet of some superior training style as the geography involved insures that lifters from one region would not train the same as powerlifters from another, no more than lifters from Maine train like those in Dallas. Soviet Empire lifters do not even share a common language. Nor do they have sophisticated network of high tech communication like we in the West posses for accessing training-related information. No powerlifting magazines, no Internet, few libraries and books, no *Powerlifting USA* or Goheavy.com to act as a training and informational clearing-house. There exists no single training methodology to conveniently assign domination credit.

Confused? You should be.

Is there some grand commonality; a single factor or factors that unites Russian to Ukrainian to Kazakhsthany and accounts for their powerlifting proficiency? One could conclude that nutrition and supplementation are over-rated as it relates to strength enhancement. Or, conversely, it could be argued that if Iron Curtain lifters had access to our nutritional supplements they would be even greater - a truly frightening thought. If proper diet and nutritional supplementation are so critical to powerlifting success (as we in the West so quickly, commonly, and without hesitation affirm) how do you account for superlifters who don't get enough to eat? Eastern bloc powerlifters have not the financial wherewithall to devour high-tech nutritional supplements that Western lifters assume are indispensable for success and a logical conclusion could be drawn that we in the West put too much stock in nutrition. Further, are we in the West distracted from powerlifting's core essence? Faked out and deluded by too many nutritional strategies, too many fancy training devices, superfluous techniques, ceaseless searches for exercise variety, fancy-pants high-tech machines and all manner of power-related exotica? Do we have too much variety?



Alexiy Soloviev *(UKR) won the 220 lb. title at the 1997 IPF Worlds.*

The USSR powerlifters have a primitive commonality in their eating, training and living conditions. They lack variety. Their poverty demands they stick to power basics: they squat, bench press, deadlift, and do damned little else. Who can argue - should we emulate them and become purposefully primitive?

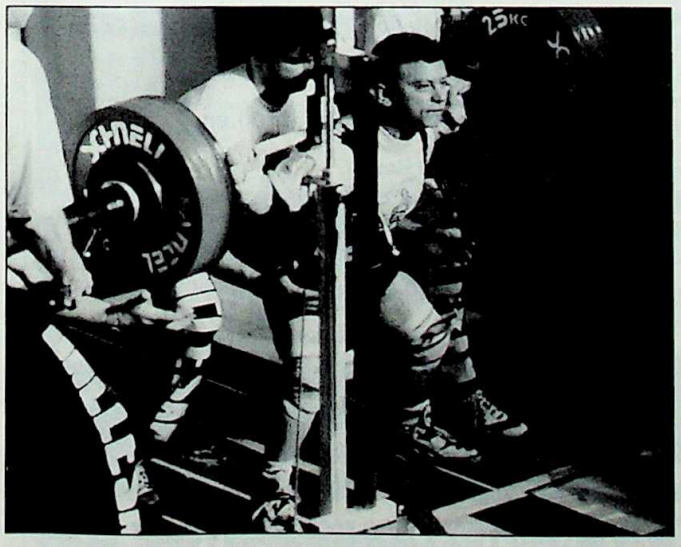
Perhaps economic limitations that enforce a reliance on the basics - squatting, benching and deadlifting - is a key to the power puzzle. Perhaps their deprivation is their salvation. Perhaps grinding poverty forces them to rely on ultra-basics. We in the West are continually wowed by the latest innovation, seduced by shortcuts, lured by sleek and glossy exercise machines and. razzle-dazzle nutritional supplements, debuted each year like GM introducing the latest Chevy minivan. Human nature given an opportunity prefers choice to monotony, variety over sameness, but perhaps our affluence is our downfall. We are continually searching for variety (the spice of life) when in powerlifting it might well be the kiss of death.

Meanwhile the Ukrainian and Russian, undistracted and single-minded, squats with a barbell, benches with a barbell, deadlifts with a barbell and does little else. Is it possible that this primitive approach, narrow as a pie sliver, totally lacking in variety, is the secret of Soviet success? What other commonality could you attribute it to?

The other candidate does not cost money to obtain: Mind Power. I suggest that other considerations are the psychological components of powerlifting: psyche, drive, tenacity, intensity and determination. Perhaps powerlifting excellence can be laid at the feet of burning desire. Perhaps possessing an intense desire to stand out from the faceless grey masses fuels the primitive workouts of the single-minded Russian or Ukrainian. A powerlifter, armed with a barbell, possessing minimal equipment, can go to the top and win a world championship if he or she has certain genetic advantages, good coaching and provided that they burn for it internally. To be a national or world champion distinguishes an individual from all others around him. This drive for distinction is a mighty motivator. Not many individual sports can be excelled at using less equipment and require less training time than powerlifting. This desire to stand out, be distinctive compared to the other faceless comrades in a grey and oppressive society should never be underestimated. People strive for excellence for a wide variety of reasons, but regardless the motivation, if the lifter can generate a fire-in-the-belly yearning, athletic miracles can occur.

In uniformly depressed areas, sport success is a way for someone to distinguish himself or herself. In such societies people are yoked to eternal drudgery and labor and while there is no guarantee that winning a national or world powerlifting title will make the slightest economic difference to the aspiring lifter, at least it offers an opportunity, however slight, to break out of the sameness. A man with a national or world title on his resume might be able to break out of the mines or factories - otherwise, forget it! The alternative is a life of toil and heartache without the slightest hope of escape or distinction.

So what is the answer to the mystery of Russian domination? Damned if I know.



Konstantin Pavlov *(RUS) has been an exceptional champion at 123*

TRAINING

EXTRA WORKOUTS

as told to Powerlifting USA by Louie Simmons

I recall reading about a great Chinese fighter named Chen Fake (Fay-kee). When he was a child, he was very small and weak and lagged behind the other students. He asked the Master how he would ever be able to catch the better students when they were progressing at the same rate. The Master thought for a while and said, "While the others take their afternoon nap, you train. And at night while they sleep, you train." After taking the master's advice and doing extra workouts for some years, Chen Fake surpassed the top students and eventually became Grand Master of the Chen style Tai Ti Juan. This is a true story, and what I am about to describe is also true.

Like Chen Fake, if you are to become better, you must do more work. But how?

We know that a workout should last 45 minutes, 60 minutes at the most. Your energy and testosterone levels will fall off greatly after that. So common sense tells us that longer workouts are not the answer. But we must spend more time in the gym. This can be done by adding more workouts.

At Westside, we hold 3 of the 12 all-time bench press records. How? We do a dynamic method workout using 60% of a 1 rep max for the development of force. It also is intended to build starting and reversing strength and, with the help of bands, to almost eliminate the deceleration phase of the bench press. After the bench press, triceps, lats, and delts are trained maximally for the development of absolute strength in each of the individual muscle groups. This is done on Sunday.

On Wednesday we do max effort exercises with a barbell. Many core exercises are done, but only one per workout, e.g., floor press, steep incline, chain press. Remember, just one per workout. This is followed by pushing the triceps, lats, and delts to the max. All workouts should last no more than an hour.

As of October 1999, we have 8 men with a 600 or more bench, the biggest triple body weight bench (683 at 227), a 657 world record at 220, a 701 world record at 238, and a 728 world record at 275. How do we do this? By adding special workouts. These workouts last 20-30 minutes. They are intended to raise work capacity; this is called general physical preparedness (GPP).

For example, George and Kenny do two special workouts per week. They are done on Monday and Friday. Each workout will begin with the triceps. They use several exercises, such as barbell or dumbbell extensions, cable pushdowns for high reps or heavy weight (always changing the bar attachments or the angle of the exercise), pushups, or super-high-rep medicine ball throws. The same approach is used for the delts and lats. Upper back exercises are rotated in the same way. These workouts are done for restoration, as well as raising work capacity. Why is this so important?

The more special workouts George and Kenny do, the harder the two main workouts can be without them experiencing ill effects. If you want to do more, your workout must be continually harder. This means higher intensity and greater volume.

One must also be able to recover from the workouts. There are three main methods of restoration.

(1) Anabolic. This is, of course, out of the question for the truly drug-free lifter.

(2) Therapeutic: massage, sauna, whirlpool, ice, electric stimulation, and so forth.

(3) Small workouts that last 20-30 minutes, 24 hours after major workouts. These workouts have the advantage that work can be done on a particular muscle group, one that needs attention for either strength building or restoration.

Let's say at first glance a lifter appears to have very large arms, but on closer inspection his delts and lats look underdeveloped. Although he may have a good bench, can you imagine if his delts and lats matched the development of his arms? His bench would certainly be much greater. That is what special

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workouts are for. If this lifter continues to neglect his lagging muscle groups, his bench will never increase. Also, he may be risking injury by not attending to his weaknesses. Even anabolics or massage and such cannot cure a weak muscle group.

In the old Soviet system, 10-16 workouts per week were prescribed. In football, 3-a-days are quite common; that's 15 a week, but no one seems to think that's unreasonable.

Here is an example of our major and extra workouts. The squat and deadlift use the same muscle groups, so we use a speed day for squatting with 50-60% of a 1 rep max for multiple sets and perhaps do 4-8 singles in the deadlift with 50-70% (using only one percentage per workout). Both the squat and deadlift must be emphasized for speed. After the percent training, we move to special exercises for the glutes, hams, torso, and hips. We pick exercises that work at least two muscle groups concurrently: for example, glute/ham raise, reverse hyperextensions, pull-throughs, sled work. This will save time and is very productive. Train the abs standing up.

On max effort day, we max out on good mornings, super-low box squats with different bars, heavy sled pulling, bent-over rows, rack pulls, etc. In addition to regular weights, add chains and bands and adjust the resistance. Do the special exercises after maxing out on the core exercises. On max effort day, use only one core lift, followed by two to four special exercises.

The extra workouts may consist of sled pulling. Here's are some typical workouts: Pull the sled for 10 min, glute/ham raises for 5 min, abs for 5 min (20 min workout). Reverse hypers for 10 min, lats for 10 min, abs for 5 min (25 min workout). Pull-throughs for 10 min, abs for 10 min, dumbbell shrugs for 5 min (25 min workout). Any combination will work.

Johnny Parker, the long-time strength coach of the Patriots, told us a story about an old Soviet coach. Johnny asked him what to do on Monday after a game on Sunday. The coach said to work the players legs. "What about Tuesday?" Johnny asked. The coach replied, "Work their legs." Johnny asked, "What about Wednesday?" The coach said, "Work their legs.' Johnny said, "Wait a minute." The coach laughed and explained that you can work the legs every day, as long as you switch exercises. That is what we do. We constantly change exercises so the body won't adapt to the stimulus.

One can mix and match two or three special exercises in a short, intense workout lasting no more than 30 minutes. The lower or upper body can be trained like this. Start with two additional workouts a week, and slowly increase to three or four. The more advanced you become, the more special work is required. Powerlifting is like any other sport; to become better, you must do more work.

Remember, use exercises that build the muscles. The muscles can be trained very hard and often, large muscle groups every 72 hours and smaller muscle groups every 24 hours or less. If baseball pitching coaches understood this, perhaps they would use a 3-day rotation, working half the staff every 3 days for a month, then the other half for a month, while the resting half would go through a series of restorations. It is almost impossible to win 30 games with a 5-day rotation. Yet there used to be 30-game winners. It's all about GPP (general physical preparedness) and SPP (special physical preparedness). If I may go where I don't belong again, let's look at the home run race. Ken Griffey Jr. started out like fire in the home run race, doing quite well until the All-Star break. Then a meltdown occurred. His physique shows that he does little GPP work. As a result, he fades badly near the end of the season, mostly from small injuries. On the other hand, it is obvious that Sosa and Mac do extra workouts outside of baseball. Doing so enables them to hit home runs right into October.

Let's review. Extra workouts work for great fighters and baseball players, and - of course - they will work for you. They may help you make that third attempt in the squat, bench, or deadlift.

Remember, for benching only, add two workouts per week. They must consist of special exercises for the pressing muscles: triceps, delts, lats, upper back, abs. Do only two or three per workout, which should last less than 30 minutes. Rotate the exercises as often as necessary. The extra workouts for the squat and deadlift should be no longer than 30 minutes, paying special attention to the abs, entire back, hams, and glutes, again doing two or three exercises per workout. Always work the abs in each workout, plus one or two other exercises.

The main purpose is restoration and raising the weakest muscle groups up to or surpassing the stronger ones. We must learn to train scientifically. The man whose mind won't change will also have a total that won't change.

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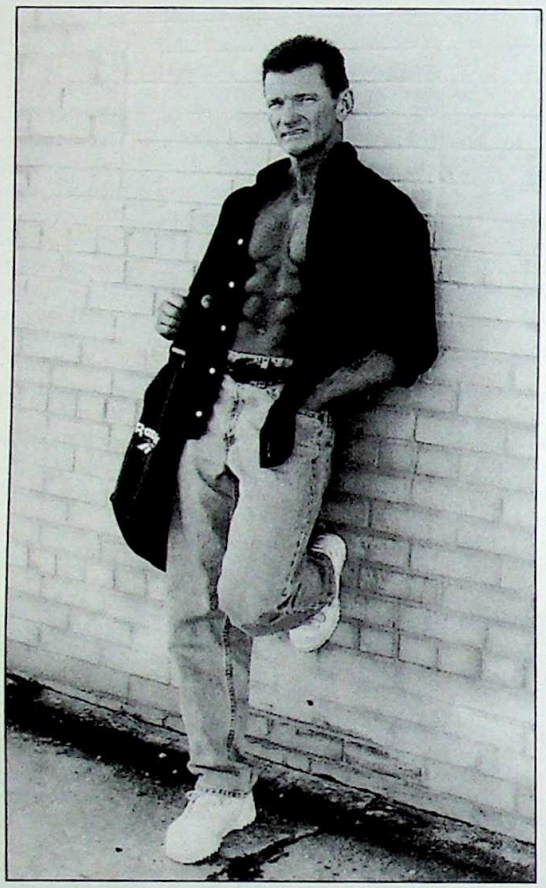
Dr. JUDD

In Pursuit of Success, Pt. 7

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

I believe that you will find that patience and persistence is another very important aspect in achieving peak performance. Nothing worth having in life comes easy or naturally. You've got to be patient and work at it, if you're going to succeed. When things get tough and your back is against the wall, that is when you really have to plug away. You have to refuse to quit. Don't even entertain the thought. You have to think positive. You have to believe that you can still achieve your objective, provided you persist. Rid yourself of negatives. Such self-defeating words are for fatalists, not intelligent people. That's the type of mindset you need if you want to be successful It's always too soon to quit ... never quit, and nothing is impossible ... nothing. No matter how overwhelming the situation seems, it can be handled, provided you're patient and persistent.



***Dr. Judd Biasiotto** has learned the Secretsof Success*

Unfortunately, patience is one quality that most Americans know little about. Everyone wants to be successful, but few people are willing to pay their dues to reach that level of achievement. I know a lot of guys who have these magnificent goals in life, but when they don't materialize immediately they're ready to quit. They have this mentality that things should happen overnight and when they don't, they don't know how to cope. They have absolutely no patience or persistence. Actually, it shouldn't really surprise anyone that most Americans think that way. After all, we live in an "instant gratification" society - one that has conditioned us to believe that whatever we want should be at our disposal immediately or sooner. Think about it for a second just about everything in America is "instant." Through our sophisticated satellite and telecommunication systems we can communicate with anyone in the world - instantly. Hell, we televised the Gulf war. With our supersonic jets we can visit any place in the world - seemingly on an instantaneous basis. We have drugs that can bring us instant relief, instant strength, and instant happiness. Through cybernetics we can get instant information, instant data, and even instant analysis. When you think about it, just about everything in America is instant.

Being a bachelor has really made me appreciate the instant gratification condition. I'll go home after a tough day at the office, take a box of Lean Cuisine out of the fridge, throw it in the microwave, press a few buttons and "presto," an instant seven course meal. If I'm too lazy to microwave, I'll drive over to the 'golden arches' and get my food even faster. Now there's a real scenario. Have you ever watched someone who had to wait at McDonald's for more than a minute for their food? They absolutely freak. They'll be jumping all over the place saying things like, "What are they doing, killing the cow?" No patience! We expect everything now - instantly!

Check this out. If I run out of money, there's this machine at the bank called "Benny." I drive up to it, press a few buttons, and - presto - instant money. I was doing that for years before I realized that they were taking that money out of my account.

And have you ever watched the television program "Mission Impossible?" I love this show! Every week these guys will solve a world crisis in an hour. And they've been doing that every week for the last ten years. Isn't that incredible? No wonder people in America can't understand why we haven't cured AIDS yet or why cancer is still a major health problem. We have been conditioned to think that we can do anything in America at the drop of a hat. Of course, you don't have to stretch your imagination too far to understand why most Americans have trouble dealing with a little adversity. When people are taught their whole life that things work out immediately, they expect that kind of consistency in their own life, but when it doesn't work out that way they "freak." They don't have the patience or persistence to work things out for themselves; they've never been taught those qualities.

The love game in America is a prime example of what I'm talking about. Listen to this, two out of every four marriages end in divorce. In Southern California it's almost three out of four marriages that end in divorce. Casual relationships that start with great feelings of love and tenderness last on the average three months. The abortion rate is epidemic, as is the illegitimate birth rate, and the S.T.D. rate. Genital Herpes alone is as common as a head cold. Hell, even computers used in dating services have viruses these days. Why so many problems with intimate relationships in our culture ... obviously there are numerous reasons, but certainly one of the reasons is the lack of patience and persistence. When people in our culture start a relationship, they don't even take the time to find out who their partner is before they're using the "L" word and jumping into bed. They want instant love - instant sex. Next thing you know, they're married. Then when things become a little difficult or unpleasant, instead of trying to work through the problems they just move on. They can't handle anything that's a little unpleasant. They've been told from day one that life is joy, pleasure and happiness. Unfortunately, life is also trials and tribulations. You've got to be patient and work at it, if you're going to succeed. No matter how overwhelming the situation seems it can be handled provided you're patient and persistent.

Think about this, it took Thomas Edison almost ten thousand unsuccessful experiments before he invented the light bulb. It took Jim Fix more than fifteen years to find someone to publish his best selling book, *Everything You Wanted to Know About Running*. Steve Young sat on the bench behind Joe Montana for seven years before he got a chance to start for the San Francisco 49ers. And listen to this, Joe Tanner spent seventeen years in the minor leagues before he was brought up to the major leagues. Be assured that God is with those who persist patiently.

In the Far East there is a magnificent, tall plant called the Chinese bamboo. It's grandeur and beauty is astounding. A full grown Chinese bamboo easily stands over one hundred feet. Amazingly, the tree seldom grows more than three or four feet the first four years after it is planted. During those first four years the people water and fertilize the tree with seemingly little in thge way of results. Then the fifth year in a span of a few weeks the tree grows ninety feet in height. Is that incredible or what? Of course, the question is did the bamboo grow ninety feet in five weeks or five years? The Chinese will tell you straight away that it grows ninety feet in five years. Why? Because they know that if they fail to water or fertilize the tree at any time during those five years it will die.

The same thing happens in life all the time. You work like crazy to make gains, but the results you get are at best negligible. It's as if your effort is totally fruitless. Then, all of the sudden, everything seems to fall in place and the next thing you know you're making enormous gains. That is certainly the way it was with my powerlifting career.

When I first started competing in powerlifting I lost all the time. In my first seven competitions I finished dead last. I wasn't just beaten either. At times, I was absolutely destroyed and humiliated. It wasn't unusual for me to find myself two or three hundred pounds behind the leaders going into the deadlift.

I hate to admit this, but some guys could have beaten me without even bench pressing. Their squat and deadlift totaled more than I totaled on all three lifts. Heck, at that time women and children could have beaten me. There was even a joke going around that the American Athletic Union was going to revoke my lifting card for impersonating an athlete. At least I think it was a joke. My little sister Mary Jean begged me to quite competing because, as she put it, I was embarrassing the family.

Believe me, I was just that bad. And it wasn't because I didn't try. I worked super hard at my sport every day. I gave my entire heart and soul to it, but I just couldn't seem to make any progress. During a three year period my total improved a miserable 50 pounds. A lot of people told me I should quit, but I knew better. Even though it didn't show, I could feel myself growing physically and mentally as an athlete from one day to the next. I was establishing a flawless groove, learning how to drop weight, how to compete, how to train. Like I said, I was growing, it just wasn't discernible. I knew that if I just persisted, eventually everything would fall into place. And that is exactly what happened. In the fourth year of my career I came out of nowhere to post a nationally ranked total and then less then 4 months later I posted the third best total in the world. What happened? Simple! Like the Chinese bamboo, those first few years I was establishing my roots - a firm foundation - and when it came time to really grow I shot up like a rocket. Boy did I grow and I never stopped growing until I retired seven years later. It wasn't what I did the fourth year that brought everything to fruition. It was all the years combined. It was all the hours I spent learning about the sport, all the hours of training, all of the learning experience I gained from competing that got me to the top.

When things really look hopeless, that's where you have to really suck it up. You have to think positive. You have to believe that you can still achieve your objective provided you persist It's always too soon to quit ... never quit, and nothing is impossible . . . nothing.

Believe me, patience can take you to the stars.

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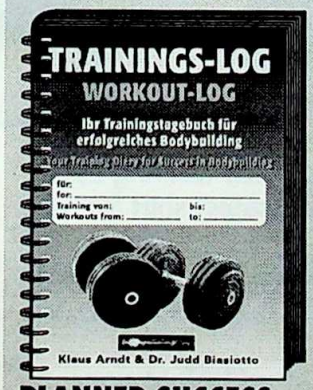

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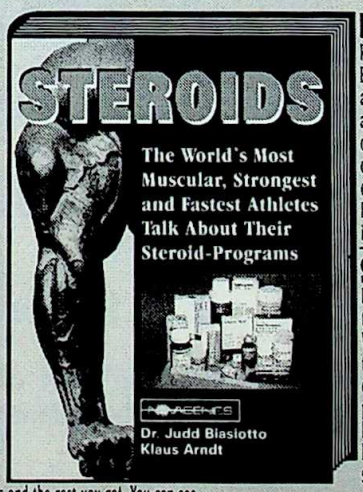

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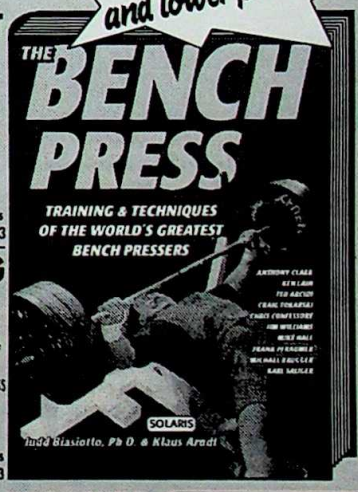

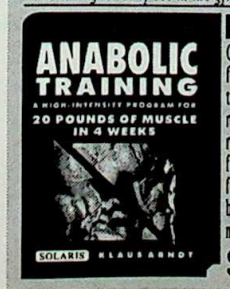

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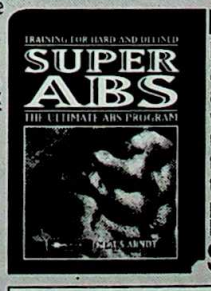

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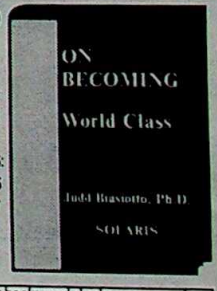

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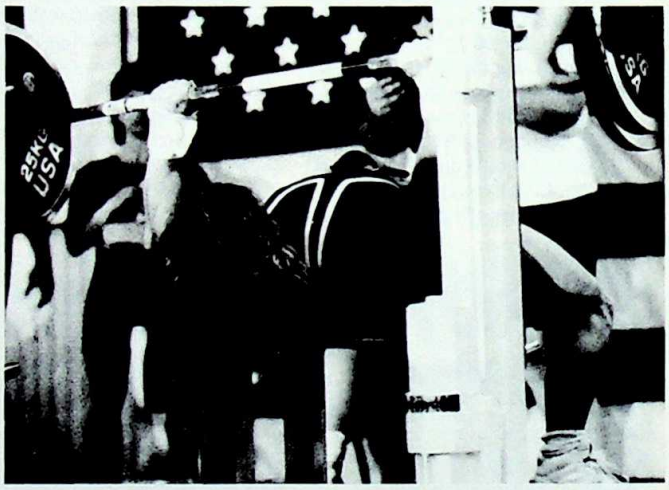

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STARTIN' OUT

A special section dedicated to the beginning lifter

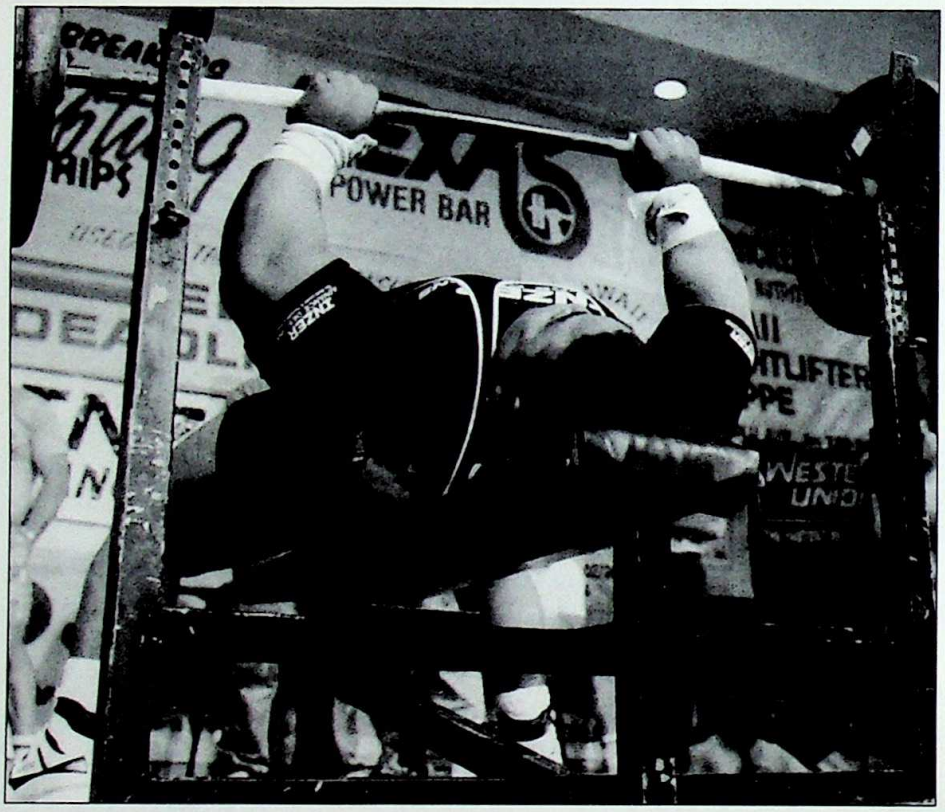
Close Grip Bench Press

as told to Powerlifting USA by DOUG DANIELS

I probably could write an article for *PL USA* every month on the bench press and readers would still want more. In this article I would like to cover what I believe to be the best assistance exercise for the bench press; the close grip bench. The best way to become proficient at something is to practice that activity and the bench press is no different. However, good assistance exercises can lead to better results if used properly. As with the three powerlifts, execution and technique when doing assistance work is important.

Basically, close grips are regular flat benches done with a narrower than normal grip spacing. This narrower grip decreases the involvement of the pecs, overloading the triceps. Substandard tricep power can be a major limiting factor in getting a bigger bench and close grips are the best way I know of 'unsubstandardizing' your triceps.

Though performing this exercise may seem very basic, many lifters who currently use close grips in their training do not perform them in the most effective manner. The problem starts with the definition of 'close'. If the grip is too close, the effectiveness of the exercise is greatly degraded. I've seen grips as narrow as 6 inches wide or even as close as pressing with the hands touching together in the center of the bar. This close of a grip not only causes undue wrist pain and poor control of the bar, but also decreases the amount of weight the lifter can use. Range of movement is also compromised as the lifter can only lower the bar until the hands and wrists hit the center of the chest. If this sounds like a lot of negatives, you're right The good thing is that this situation can be easily corrected.



Before he switched *to a reverse grip, Anthony Clark was quite a narrow grip bench presser.*

The optimal grip spacing is shoulder width. This spacing allows improved bar control and the use of substantially more weight. Also the arms can now be lowered to the sides of the torso increasing the range of movement. These improvements to the execution of the exercise translate into superior muscular and strength development. Tricep involvement is still maximized using this width of grip. Use of this width grip is a no-lose situation for any lifter interested in improving his bench press, tricep size, and power.

There is more than just adjusting your grip width to get maximum results. There are a few execution tips to consider even if you are already using the suggested width. Better leverage can be achieved by hitting the bar a little lower on the chest, below the nipple level, compared to normal benches. Be aware that when you reach failure during a set of close grips, the bar tends drop more quickly down on your chest than with a normal grip bench due to tricep fatigue. Make sure your spotter is aware of this possibility. As with regular benches, your elbow position during the lift can be varied to achieve specific effects. Keeping the elbows close to the torso can further emphasize tricep involvement. This may effect the amount of weight used. If you make any of these adjustments, back off the weight you use until you are using good technique. I can not stress enough that any exercise technique change must be gradually introduced in order to avoid unnecessary injury or setback.

Close grips are not a tricep isolation exercise like pulley pressdowns. They're a compound movement with other muscle groups sharing the work. By performing the exercise in the manner I have suggested, the contribution of the other muscle groups is minimized. Lifters with slight pec injuries can also use close grips, which could possibly allow them to get a reasonable degree of training on the bench and not aggravate their injury. Of course, you must be extremely careful, and if there is still any pain at all, seriously reconsider any further exercise. Close grips make a great finishing move after regular benches. They also can be used to the exclusion of regular benches on 'light' days or as the second bench workout of the week.

Usually, the more similar the assistance work is to the targeted lift, the more positive transfer will result from that kind of assistance training. This is true with close grips; they are bench presses. Another variation is partial close grips. Lifting the weight through the bottom 1/2 or 2/3 of the movement or lifting the weight through the top 1/2 or 2/3 of the movement can target a specific portion of your bench press. If the start of your press is your weakness, a partial press 1/2 or 2/3 up may be an option, and so on. Decreasing the range of movement will also allow you to use more weight, further overloading that portion of the lift. Finally, the close grip bench is not limited to a barbell. They can also be done on equipment like Smith machines and the like that allow grip variations.

If you have not tried close grip benches, give them a shot. If you have used them, but failed to get the results you wanted, evaluate my suggestions to see if any apply to you. Any change could result in a more effective workout. Close grips provide many benefits such as tricep overload, the possibility to work around injury, and the stimulation of variety in your training program. I hope this article can satisfy some of the need for more information on the bench press, at least until next month.

Doug's Web address: members.aol.com/ddan112345/default.htm

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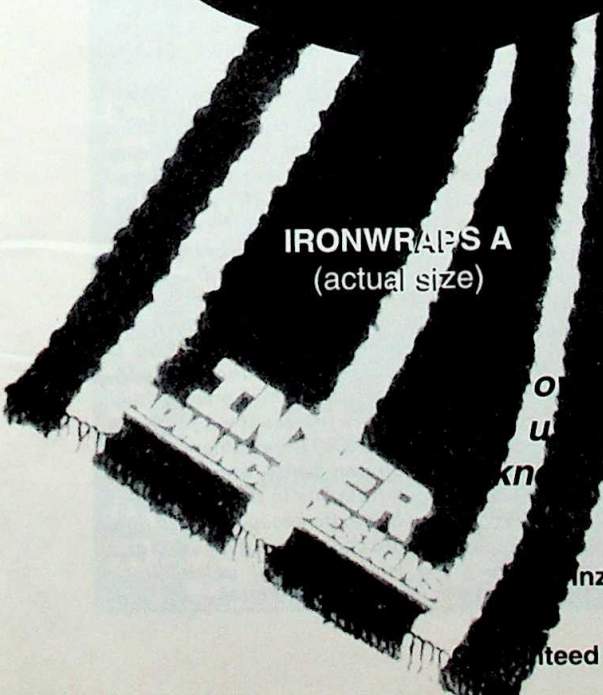

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Weapon 11: Focus Forward

as told to PL USA by Rick Brewer, House of Pain

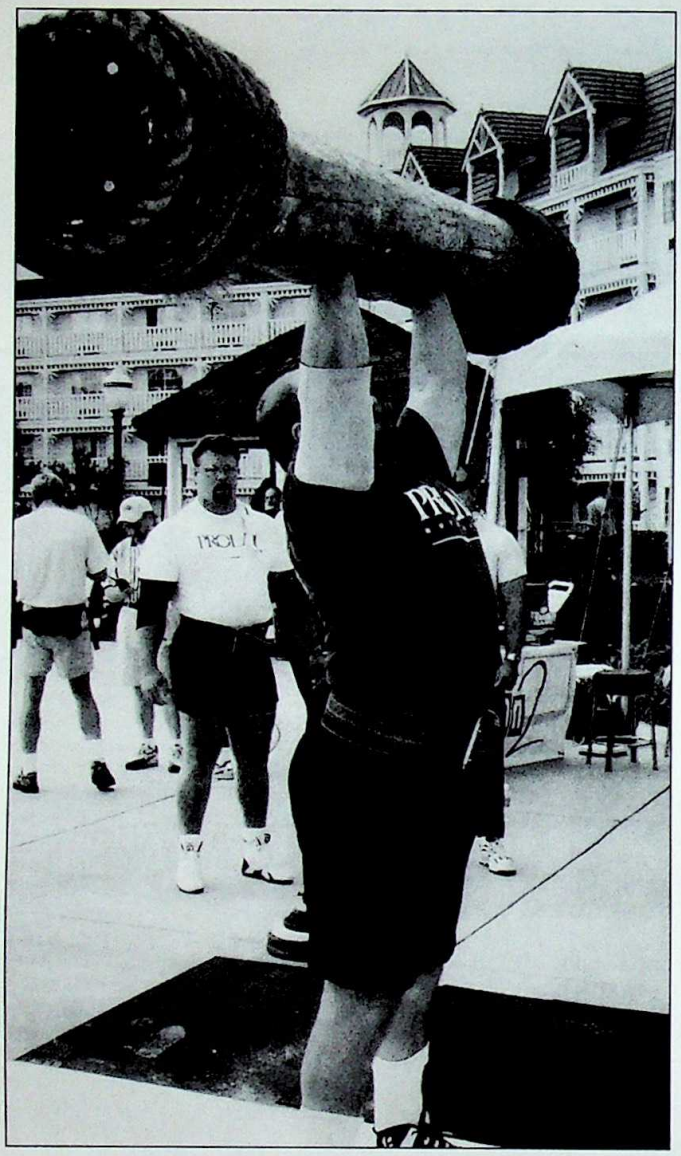
First, thanks to alert reader Richard Slade in Michigan for correctly identifying the "dead monk" mentioned 2 months ago. The monk was Telemachus, and he dropped into the gladiatorial ring (to be killed) in 404 AD. Emperor Honorius witnessed the murder, and thereafter cancelled the gladiatorial conflicts. It's good to know another lifter who also wastes time on arcane trivia!

Speaking of which, Judd Biasiotto recently mentioned the explorer Hernando Cortez, and his memorable habit of burning his (escape route) ships on shore to focus the attention of his men on success. I've always loved this story:

Five hundred years ago, Hernando Cortez sailed to conquer Aztec Mexico. Keep in mind the lengthy travails of an extended sea-voyage in that era. His men became disgruntled on the sea-trip, and some wanted to return home. They weren't sure the promise of gold was worth entering the strange land. They finally arrived. When the supplies were safely unloaded on the beach - Cortez burnt the ships! This removed the possibility of quitting, and concentrated the energy and attention of his men on successful survival in the new land. You've got to love this strategy! (It worked)

I use it on myself, and it still works! A few years back, I wanted to box in a "golden gloves" style match. I was terrified, and knew that I would back out if there was anyway out. *So I told everyone that I would box.* I told them when and where the bouts would be held, and invited them to come see. This removed all hope of retreat! I had to train, and train hard, so that * wouldn't be embarrassed in front of all my friends! I "focused forward", and succeeded (by TKO).

Everyone is looking somewhere. You can look backward, and lament the past. You can look forward, and plan strategically for success. If you don't know what your plan is, it's hard to tell if your workouts are on track. What do you want to squat next year? Next month? What will your total be? *Focus on the future, and plan for it now.* No one can really maintain. If someone tells me "I'm not trying to get strong; I'm just trying to stay in shape" I always think they're a weakling or wimp. I cannot maintain a peak and I don't know anyone who can. I can maintain a peak as long as I can tread water. (And both are tough to do for long.) I'm always getting weaker or stronger - and the only way I can maintain is if I choose to be as weak as an 8 year old girl. As soon as I slack off - I begin getting weaker and smaller. If I travel and miss a workout, I can feel myself shrinking. Ok, maybe I am crazy, but I choose to "focus forward".



***Big Jim Voronin** puts some of his immense shoulder power to work.*

Assuming you are going to move forward, don't look too far ahead. It's discouraging to think of the entire journey. Take your strength increases one step at a time. Looking at the next step builds excitement. Looking too far ahead builds fear.

Hannibal was one of the greatest generals who ever lived (we've mentioned him before). When he was commanding Carthaginian troops in Rome, he won every major battle but couldn't seize the capitol city of Rome. One dark night, horsemen rode into camp and delivered the severed head of his brother. Although he loved his brother, he did not cry. He only commented, "I see there the future of Carthage." Fear of this future didn't paralyze him. Fast forward to his urgent recall home, due to the Roman general Scipio Africanus laying siege to Carthage. Hannibal's troops and supplies dispersed, he was at a decided disadvantage. Scipio Africanus defeated Hannibal! As Carthage burned, Scipio (not Hannibal) wept because in the flames he saw the future of all great nations - including his beloved Rome. Although Scipio became a minor politician, his career stalled. Had his fear of the future paralyzed him?

How far forward should you look? In general, look to the end of your current training cycle. A little beyond if you are nearing completion. If you aren't training for a meet, look 2-3 months ahead. In the off season, look toward assistance work progress, and toward increasing your work capacity. What should you do first? Write down the areas that need the most work, and attack them in order of importance. A Cowboy's Guide To A Happy Life suggests that you "don't worry about bitin' off more than you can chew. Your mouth is probably a whole lot bigger'n you think!" Sounds like sage advice. The same guide also acknowledges that "Good judgement comes from experience, and a lot of that comes from bad judgement."

When you have a little time under your power-belt, you may need to modify your attack. But you still have to focus on the future. (NO ONE wants to hear about how strong you used to be! See House of Pain shirt design "HOLD THIS" for help on this problem.)

For additional assistance tips, let's go back to the monster Big Jim Voronin. I imposed on him again, in the quest for training ideas. He was kind enough to share these ideas - shortcuts to good judgement:

SQUAT ASSISTANCE - For the squat, I have two favorite assistance exercises. I like to do heavy partials from a standing position or after walking out the weight with 100-150 lbs. over the top work set for the day. I have a training partner call me at the half squat of just above the half squat position. This stimulates my central nervous system for the heavier weights and gets me mentally set. I also LOVE to do box squats, usually at 3-4" above parallel with about 50-75 lbs. over the top set of the day. This is not pure Louie, but more of what Roger Estep, George Frenn, and Luke Iams would do. It was said that Estep did 1000 lbs. this way at just over 200 lbs. bodyweight! These are the guys who put box squats in our vocabulary (no disrespect to Louie).

BENCH PRESS ASSISTANCE - For bench, I have a few I like to do. I like to do heavy negatives like Jim Williams and Jon Kuc used to do, with 50 lbs. over the top set of the day, making sure that the eccentric phase is very slow coming down. I do this for a double or triple. I also like to do medium to close grip benches after benching. This is great for triceps. I also like dumbbell bench and rack presses, but I stop rack presses about five to six weeks out, depending how my body and bench are so I don't overtrain late in the cycle. I used to like to do heavy weighted dips with a chain around my waist and a loaded vertical weight stack from the floor. This keeps it from

being awkward like a dip belt, which don't hold a lot of weight in the first place and can be pretty worthless. Since my pec tear, I can't do dips like I used to any my elbows are taking a beating since the WSM contest and are healing up. I have a new exercise developed by the Kaz himself

I do Kaz presses to the chin on a Smith machine. This is like "jaw breakers" but better and safer, and you can use more weight, and in turn, build a better bench. Lying down, you take the bar down to the throat with the elbows in and high, with the rotation at the elbow. When the forearm is just at or above parallel to the floor, push up keeping the elbows in tight. You can use more here than a French press. Hey if it's good enough for Kaz, it's damn sure good enough for me.

I also am a big believer in shoulder work as long as I don't overtrain them for bench day. I love to do shoulders, but always have to back off for the meet.

DEADLIFT ASSISTANCE - Deadlift: ahhh yes. First of all, I use a version of Louie Simmons ideas and do a lot of volume early on for the first half of my cycle. My favorite deadlift exercises are pulls with the bar on 10" and 14" blocks (that is the plates are that far off the floor). I also like doing rack pulls at various positions, wherever I feel I need the work. I have always gotten great results from block deads, but have to make sure I don't overdo them. After all, we don't pull from a block in the meet! Reverse hypers are also a part of my low back training as well as squat training.

I do variations of upper back work such as rows, dumbbells, shrugs, and of course neck work. I like doing neck for two reasons: It is part of the upper back and helps in the top part of the deadlift, and I like having a large neck. It's gotten a lot of attention lately (there I go as Arnold's new villain "the Neck") I have done a neck raise with 225 for seven, and 250 for five. But as usual, have to back off since the meet is coming up and I focus on the lifts.

Yes, some of these assistance methods are a little different. *That's the point!* Which of them will work for you? Try'em and find out. That is the only way you'll know for sure. All your ideas are worthless until you grab that steel and see what happens. Don't be afraid to fail with big weights - just use a good spotter and learn from your mistakes. Remember the cowboy tips, especially where the good judgment comes from. Stay focused.

Don't look TOO far ahead. Slow simple progress is safe, measurable with a training log (don't trust your memory), and over time will produce BIG totals. Just don't quit. Burn that ship on the shore of broken dreams right now. Walk towards the future, even when progress is slow. Sometimes your progress may seem too slow. Here is an interesting view from Big Jim on steroids, supplements, and the "magic pill".

SUPPLEMENTS - One additional thing that has to be addressed in a tactful way, is the use of supplements. First of all, the novice lifter is going to want to have every advantage to get stronger faster. This is one area that irritates me to no end. It never fails that I see people in the Health Food Stores buying the latest supplement that is "guaranteed" to build massive size and strength. Despite any claims by any supplement maker, a novice needs to remember this: There is no magic supplement that will make you instantly stronger or bigger. It takes hard training and eating, Period. Pacifico once said "Hard work is everything." Too many trainees look for a McDonald's answer for a long term issue. They will automatically think that if they just take so and so supplement, they can slack off in their training and will still get big and strong. (This applies to both legal and illegal supplements, as well as "grey market" supplements). Again, eat, train, and sleep big to get big. No way around it.

Remember the lyrics to the old Jefferson Airplane tune; "some pills make you larger, and some pills make you small. But the ones that mother gives you, don't do anything at all." No, it doesn't mean anything special, I just thought I should mention it.

The last item is that you will definitely have to try a few peaking routines before you find one that is well suited to you. You can find one or two every month in this magazine check the back issues. Ask local powerlifters, and buy a few strength books. Just get several to try before you settle on your own Holy Grail.

Next month: The Good, The Bad, and The Ugly of "Winner Take All." Guest appearance by a draft horse (or two).

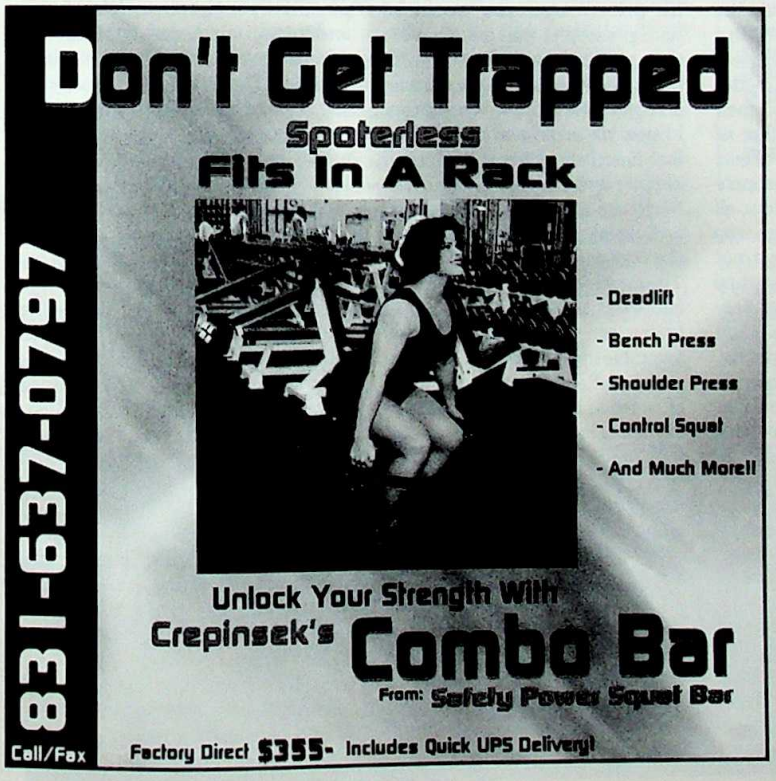
NASA - Update — Happy New Year and Thank You! The Natural Athlete Strength Association would like to extend its thanks to all lifters, referees, spotters, loaders, and everyone who has supported our organization over the past decade. NASA is pleased to report that it is Y2K compliant and moving forward toward growth in 2000 with many exciting competitions planned.

Each year the overall 'Athlete of the Year' award is presented at the Nationals Awards Banquet at the Natural Nationals Powerlifting Championship. This honor is presented to someone that possess not only a good total, but also outstanding sportsmanship, and who has contributed to the organization and the sport of powerlifting both on and off the platform. The 1999 Overall Athlete of the Year went to Terry Perkins of Ohio. In addition to the overall athlete there are other subcategories such as 'Official of the Year', 'Coach of the Year', 'Meet Director of the Year' and others. This years Natural Nationals is scheduled for February 25th thru the 27th in Oklahoma City with the Awards Banquet to be held that Saturday evening at 7 PM.

NASA will continue its overall yearly schedule of state meets in the winter and spring and regional championships to be held in the fall. Other National championships for this year include the High School Nationals on April 14th - 16th in Dallas, Texas and the Masters/ Submasters Nationals scheduled for June 5th and 6th in Nashville, Tenn. Due to its success, the World Cup has been expanded to a 3 day meet and will be August 11th - 13th in Oklahoma City. NASA is aggressively working toward an expanded international presence at this time.

In addition to our traditional powerlifting and bench press meets, NASA has a newly formed classification called 'Power Sports'. This competition was designed to appeal to the unequipped lifter and consists of the strict curl, bench press and deadlift. Lifters in this division may compete for total or in any individual lift event. NASA maintains American and World records for Powerlifting, Bench Press and Power Sports in all categories and age groups. Record certificates are available upon request.

NASA is dedicated to continuing its tradition of well run, quality, competitive, and most importantly 'FUN' events in the new millennium. We invite all new and experienced lifters to give one of our meets a try. We are always seeking suggestions from our members on ways to improve our meets and organization. For additional information call the NASA headquarters at (405) 527-8513, E-mail at SQBPDL@aol.com or visit our main web site at www.nasa-sports.com or the NASA Power Sports web site.



More From Ken Leistner

I was just referred to an interview with ed Coan on a computer site called deepsquattaer.com. I am almost useless on the computer withlittle desire to improve my skills so every now and then, someone will call or write or e-mail and say, "check this out because I know you won't see it otherwise". This particular interview was very informative, with Ed talking in detail about his squatting techniques and his liftinghistory. Ed then finished the interview by taking a compliment I gave to him, and turning it into a negative statement. I want to address this point as it has implications for the lifting and eventual progres for almost every *PL USA* reader.

Ihave stated that, in my opinion - and it is just an opinion, no better or worse than anyone else's - that Bill Kazmaier has been the strongest man the world has seen. While I certainly respect the strength demonstrations of all others who came before or since, Kaz had it all, an ability to demonstrate and exert his strength and power in many different ways, and better than the others. I also have made the statement in this magazine, that if head access to the wider squatting bars, the stiffer bars that are now available, even the use of a Monolift type device, he would have set records that would have stood, literally, forever. And to give himeven more credit, I don't think I ever saw him perform a squat that was questionable if it was a big, record setting lift. This is not a statement that can be made by those lifting in certain organizations, nor by some who notoriously have squattted high and yet have been credited with a record lift. Bill would barrel up from any depth withconfiction, speed, and the absolute certainty that you were witnessing a legal, acceptable squat.

No one can say anything negative about the lifting of Ed Coan either. He has proven himself in so many competitions, over many weight classes, and is in theminds of many, a greater lifter than Kaz because he made lfits at a lighter bodyweight, that very well may stand as records forever. He too has demonstraed flawless technique. You have never heard complaints by the pundits of the sport, stating that "when I attended this meet, the squatting was terrible. Coan did not go deep enough yet he was credited with... " No, I can't recall that ever occurring because Ed also, like Kaz, makes good, solid legal lifts.

These two men, among others, are also blessed with a determination and emotional makeup that allows them to train harder than you or me. they walk into the gym with a focus and ability to expend themselves that others can talk about, but rarely demonstrate. They certainly don't demonstrate it on an ongoing, workout by workout basis. There is no getting aroudn the fact that powerlifting is very much a mental or emotional sport and these two menhave, for lack of a better term, an ability to "control their minds" that is far beyond that of most other athletes. This allows them to both train and compete "better" than most others. Now, all of that being said, this is in no way an implication that they have not given great thought to what they are doing in the gym. Kaz was very innovative, finding out what worked best for him. Many would say to me, "he's almost bodybuilding - how can he do so well in the lifts? How can he recover training five or six days a week?" Kaz had found out what worked best for him through what I'm sure was a tremendous amount of analytical work, experimentation, plain, hard trial and error effort. Same for Ed Coan. Through long hard time in the gym, they found those things that worked well and discarded the rest. They also had a conviction that what they were doing was best for them. They did not jump on whatever was "hot" at the time or the latest program in *PL USA*. This was a convictionthat came from their tinkering,hard work, and thought. Both of these men also have knock-out physiques. I don't think that muchhas to be said regarding Kaz; even at his present age, you would be hard pressed to find anyone who is as physically impressive. In his prime, he would walk into a room and everyone's mouth would drop. I know mine did and not just the first time I saw him. It happened almost every time! Coan is as thick as a brick wall. He has very well developed musculature and, like Kaz, is extremely impressive. The development of their musculature has also given them certain leverages, which are obviously favorable to powerlifting. Yes, they may be at a disadvantage in one lift relative to another,but generally speaking, these guys, at least for some of the lifts,have developed physiques that are "built for the purpose to which they are being applied". In short, they train or trained to lift and they can, in fact, lift.

Bill Kazmaier and Ed Coan *at the '99 USPF Senior Nationals (Mojden)*

I made the statement, again - numerous times, that if one copied all of the tings both Kaz and Coan did, they shold not expect to be a Kaz or a Coan. The typical powerlifter does not have the body leverages, will never have the outstanding muscular development, probably cannot maintain the enormous mental focus in training or while competing, and for many other reasons,just can't and won't ever do what these two guys have done. This is what has made them great. It seems as if Ed has taken that and similar statements to mean "Dr. Ken thinks I was born with an advantage and didn't have to work hard to get where I am". Needless to say, thi is not even close to what I mean or have meant. The point, and it is a legitimate and strong point, is that you can move into Ed's house and do exactly what he does. I'm sure you will improve, especially if you try to expend the same type of energy into your lifting as he does, but you will not duplicate what Coan has done. I doubt that anyone will. You canmove into Kaz's house and eat what he eats, lift what he lifts and you will not be Kaz. There is and will only be one Kaz, ever. Of this I am sure. One can only train as hard as possible and as consistently as possible and follow principles that work for the specific individual. Those principles, according to many, many authors in *PL USA*, certainly seem to vary an awful lot withmen and women winning world titles doing little more than the three lifts, some doing the lifts with little assistance work,some following the varied approach of Louie with great results. The bottom lineis that in every area of human endeavor,there are greats, leaders, some whose accomplishments will never be touched. They got to that pinnacle through extremely hard work and many emotional qualities that others don't ahve. This is the role of genetics. This is not to say that literally anyone and everyone could not improve following their advice, but again, men like Kaz and Coan will always, like a Michael Jordan, have qualities and a level of success that will remain untouchable. How this was misunderstood, well, many of my writings are misunderstood. I have always managed to sit just outside the mainstream of the sport, with no intent to do so. This, I believe, has produced this type of response before,but it should be obvious that, first and foremost, Kaz, Coan, and manyothers, both from my day and now, are great. They are great because they have the emotional and physical makeup to be great, that is, they can train harder, longer, and more consistently than you, me, and most others. They have good leverages and they know, through long trial and error, how to use their physical gifts. They have worked and worked to reach their zeniths. This is what makes them special and allows them to stand out.

Ask the Doctor

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

DEAR MAURO: I am just starting to get serious about powerlifting and I have a question about muscles becoming catabolic. What I understand is that when a muscle is said to be catabolic it has been deprived of food and nutrients after a stimulus period such as a workout. My question is once a muscle has become catabolic can you recover from that by consuming what is needed such as a balanced meal of some sort of supplement or is that growth period lost and you need to stimulate the muscles again?

Also what is the time period that it takes for your muscles to become catabolic and how could you prevent this from happening over night while you sleep? Thank you in advance and I hope to hear from you soon. **Ed**

DEAR ED: *Both anabolic and catabolic refer to protein synthesis. Anabolic means that overall there is a net positive protein synthesis and catabolic means that there is a net negative protein synthesis. So in catabolic conditions more protein is broken down than is formed so that overall there is a decrease in muscle mass.*

In normal people, exercise if one of the big factors that result in a catabolic response. That's why it's so important to capitalize on the post exercise increase in protein synthesis and glycogen regeneration. After exercise, if you provide the body with enough protein and calories, the muscle grow more rapidly than at any other time.

If you go for more than three hours without eating, your body starts to break down muscle protein for its energy and to supply certain tissues with specific amino acids. At night, however, the catabolic response is attenuated naturally so it's counter productive to interrupt your sleep and get up in the middle of the night to try and take in some protein.

The best thing to do is to take a high protein snack before bed and when you get up. Of course, if you're up in the middle of the night for some other reason, you could grab a snack since you've short-circuited the body's natural attenuation of the catabolic response.

If you're interested in all the ins and outs of protein synthesis, including energy and muscle metabolism and how to maximize the anabolic response to proteins and amino acids, you might want to try and get a copy of my new book, Amino Acids and Proteins for the Athlete: The Anabolic Edge. It's available from CRC Press at www.crcpress.com or by calling them at 1-800-272-7737 (in Florida and outside continental USA call (561) 994-0555). I hope that this information helps. ***Mauro Di Pasquale MD***

PUBLICATIONS BY MAURO G. DIPASQUALE, B.SC., M.D, MRO, MFS. NEW FOR 1997 FROM CRC PRESS - AMINO ACIDS AND PROTEINS THE ANABOLIC EDGE - An in depth look at the effects of amino acids and proteins on muscle mass, strength and performance. This book is divided in two parts. The first part covers the physiological and pharmacological effects of proteins, amino acids and their derivatives while the second part discusses the practical applications; how to best use our present knowledge of these substances to increase the anabolic effects of exercise. To order call (800) 272-7737 or in Florida or outside North America call (407) 994-0555.

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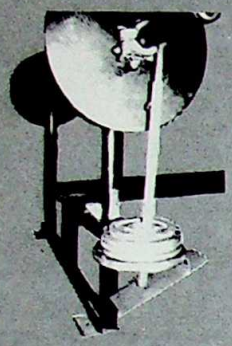
WEIGHT RELEASE DEVELOPS EXPLOSIVE STRENGTH



Louie Simmons says, "They are, no doubt the best apparatus I have ever used for the bench press."

Weight Release, patent no. 4,856,774 a plyometrics device, enables you to lower a heavy weight, and the instant the bar touches your chest, the additional weight loaded disengages from the lifting bar.

Diagram 1

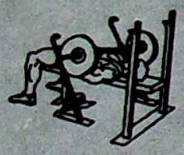


Diagram 2

Diagram 3

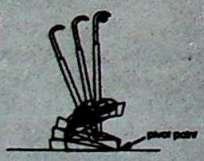


Diagram 4

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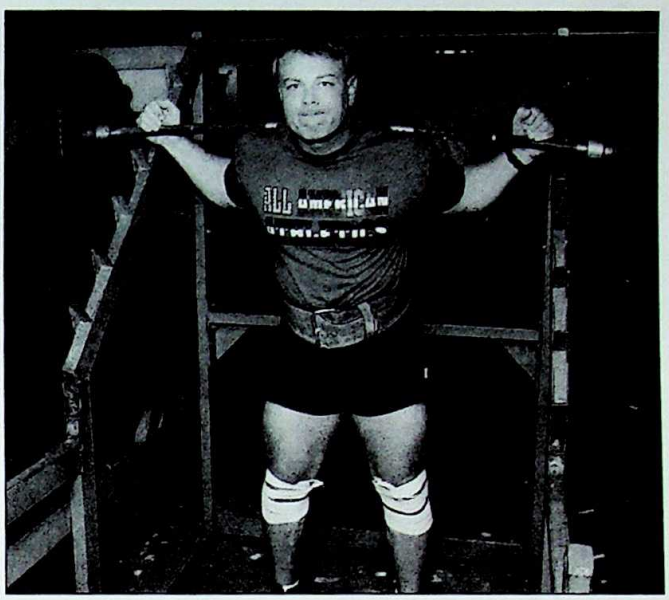
INTERVIEW

Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

RUSTY STAFFORD

as interviewed for PL USA by Larry Kye



Rusty Stafford *getting ready to squat. (photograph by David Bell)*

LK: Could you please tell us a little about yourself.

RS: *Well, I live in Berryville, Ar. I usually compete in the AAU-PC masters and open divisions. I am 6'2" and 260 lbs. I am also an AAU-PC referee.*

LK: How did you get started in powerlifting?

RS: *Well, like a lot of kids, I started lifting to make myself a better football player in high school. I was really lucky to have a coaching staff that knew their way around a weight room (Thanks coaches Clark, McCallister and especially Clemons,). During college, I started competing, mostly in bench meets, while I worked as a trainer. (A couple of leg injuries prematurely ended my football career).*

LK: What do you consider to be your greatest accomplishment as a lifter?

RS: *So far, it would have to be setting the AAU American open bench press record (raw) in the 275 lb. class. Setting the state bench records (raw and assisted) and getting the Best Bench and Outstanding Lifter awards at the Arkansas state championships was nice too.*

LK: Why did you choose to compete in the AAU-PC?

RS: *After not having competed for about 12 years, I picked up a copy of POWERLIFTING USA at the gym. In the upcoming events section I noticed all the meets that were held. I initially started back with another organization, and then I met Larry Kye. He bent over backwards to help. The AAU has such a great reputation in sports. I also agree with the AAU-PC's policy on drug testing and equipment, though I would like them to allow knee wraps for raw lifters. In fact, I would like to see bench shirts and supportive suits eliminated altogether. It would be a truer test of strength, as well as leveling the field for all contestants.*

LK: Could you tell us a little about your training methods?

RS: *Off-season, I train 4 days a week. Light-bench (80% of heavy day), shoulders a triceps on Monday, legs and upper back on Wednesday, heavy bench on Friday, squats and lower back on Saturday.*

When I decide to enter a major meet, I will make a schedule counting back from the meet date. We start with a week out of the gym (We take a week off every 8-10 weeks to prevent burnout and to heal up). Then time permitting, we will start an 8-week general conditioning cycle or 'phase'. In this phase we will do more assistance work with higher reps, less rest in between sets, while also working on weak point training. At the end of Phase I, we will again take a week off.

Phase II. We start getting heavier, squats reps down to 5-8 (no belt or gear yet), with 1 or 2 sets of box squats at the end. On heavy bench day we pyramid to 6-8 reps, followed by 1 light set. Light bench day we work on bar speed and technique, using 80% of the weight of heavy day, with nothing to failure (we don't want to overtrain the shoulders and chest) followed by a lot of shoulder work, plus dips. On leg day, we do deadlifts every other week, and lots of leg work and high rack pulls on the other weeks. I have gone to this to keep from overtraining my lower back.

Peaking. After taking a week off to rest and recuperate from all the heavy training, (and so we were mentally fresh) we start our 6-week peaking cycle. Initially, we will still workout 4 days a week. We will start taking creatine (with grape juice). In this cycle we plan all of our workouts very carefully, using our training logbooks from previous meets as a guide. We will gradually do fewer though heavier reps, while eliminating assistance lifts. At week 4, we drop light bench, and start using a belt and knee wraps on heavier squats, and a belt on deadlifts. Week 3 we will use full gear (If we are lifting assisted), and squats and deadlifts will be on the same day. 20 days out, we will go real heavy on squat and deadlift, to see were we are and to figure out our weights for the meet. 14 days out we do the same on the bench. The last squat/deadlift workout is only 80% (10 days out), as is the last bench (7 days out).

LK: Do you have any advice for someone preparing for their first meet?

RS: *I would recommend that they enter as a raw lifter in at least their first 2 meets. This will let them concentrate on their lifts and get used to competing, usually they will have a much better chance of winning raw as well, as many of the most experienced lifters lift assisted.*

Also, I would strongly suggest that they keep a training log, in which they plan every workout, and then record the actual lifts. This can be an invaluable tool in planning future workout schedules, as you can gauge your progress, thus showing you what worked and what didn't.

LK: Do you have any advice on diet and supplements?

RS: *Well, I believe real strength is built in the gym, not bought in a bottle. But as a vegetarian, I do take a protein supplement 2 or 3 times a day, and take creatine the last 6 weeks before a meet.*

LK: Is there anything you would like to change about our sport?

RS: *Yes! The public perception of our sport (or the lack thereof). Ours is not a sport just for genetically gifted drug enhanced monsters. If I hear one more time how "nobody around here is interested in powerlifting", I'll go insane! There are a lot of people interested in powerlifting; they just don't know it yet! Every high school and most colleges in the country have a gym full of young people training the power lifts, so as to be better in their respective sports. If they (and their coaches) could be attracted to our sport, it would not only help us become better recognized but would also give them the motivation to train harder.*

Also, most commercial gyms have several lifters, who though past the "prime" age of most competitive sports, would thrive in powerlifting if they were aware that, yes, they could still compete.

LK: The AAU is leading the way with innovations such as Raw and Wildcard meets. What is your opinion of these?

RS: *I like wildcard for smaller meets, for state championships and bigger, I would prefer 3 lifts.*

As I said earlier, I really like RAW. I would like it much better if knee wraps were allowed (I hope Harry Halverstadt is reading this, hint, hint!) Then I would never mess with those silly suits again.

LK: What other interests do you have besides lifting?

RS: *Well, besides spending time with a certain blonde workout partner, I am the owner of The Gym here in Berryville, and I'll be hosting the 2000 State Meet for the AAU. I enjoy sailing my boat, teaching scuba diving, as well as hiking and caving here in the Ozark mountains of NW Arkansas. I also like to read.*

LK: What are your goals in lifting?

RS: *Short term, I would like to break the assisted American bench record, (open and masters), to go with my Raw record. Long term, I would like the squat record as well, but I don't think Bull Stewart is too worried yet. And of course I would like to be on the cover of Powerlifting USA.*

LK: Any final remarks?

RS: *I would like to thank all the people, in all the organizations, who do so much work to make powerlifting meets possible. Thank you Linda and Larry Kye, "Big Lift Bobby" Thomas, Al Siegel, Harry Halverstadt, and all the people like them! And a big thanks to Powerlifting USA, not only for providing me with this forum, but for being such a great resource for us lifters.*

ANPPC National Championships
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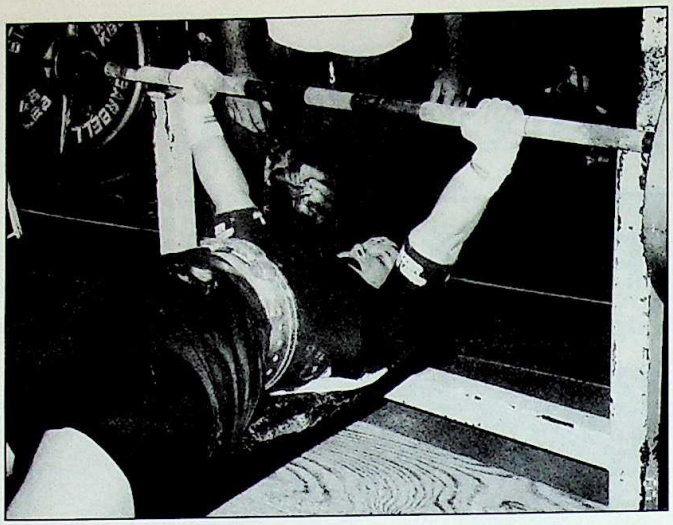
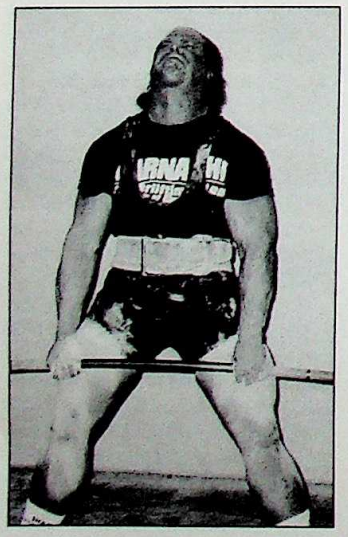
BENCH PRESS				
Women 45-49				
148				
Peggy Berry	170*			
4th	175*			
Men 40-44				
220				
D. Burlingame	380			
275				
Keith Earley	405			
45-49				
181				
Richard Palmer	315*			
198				
LukeTrammel	360*			
220				
Bernie Ferro	420*			
50-54				
242				
Darrell Latch	185			
Teen Women	SQ	BP	DL	TOTAL
242				
Jordan Sipes	140*	125*	300*	565*
	4th	155*	340*	
Master women 40-44				
148				
Pam Gibbs	190*	*100*	305*	595*
		4th	315*	
Master women 50-54				
132				
Linda Middleton	275*	140	250	665
Open women				
132				
Linda Middleton	275	140	250	665
Master men 40-44				
165				
Darrell Kibler	455*	245	435	1135
198				
Fitz Fitzgerald	450	340	470	1260
220				
D. Burlingame	635*	38o	640	1655*
275				
Keith Earley	440	405	455	1300
Master men 4549				
181				
Richard Palmer	455*	315*	445*	1215*
4th	470*			
198				
Luke Trammel	650*	360*	525*	1535*
220				
Bernie Ferro	640*	420*	630*	1690*
Master men 50-54				
242				
Darrell Latch	545*	185	400	1130
275				
Butch Adams	405	380*	425	1210
Master men 55-59				
198				
Bill Griffith	215	215	270	700
220				
Walter Allen	400	280	500	1180
Master men 60-64				
198				
Dennis Wilson	440*	265*	420*	1125*
Master men 70-74				
181				
Paul Westling	370*	225	385	980*
Open men				
165				
Darrell Kibler	455	245	435	1135
181				
Steve Beccue	520	350	560	1430
275				
ButchAdams	380*			
55-59				
198				
Bill Griffith	215			
70-74				
181				
Paul Westling	225			
Open Men				
181				
Jim Stockman	315			
198				
Tom Camaghi	380			
220				
Eric Maroscher	400			
242				
Darrell Latch	185			
SHW				
Fred Sorg	430			
181				
Scott Wallace	500	300	530	1330
Brandon Doster	485	300	475	1260
4th	505			
198				
Tom Carnaghi	810*	380	665	1855*
Benny Finch	570	320	570	1460
Jim Conley	355	215	430	1000
220				
Eric Maroscher	675	400	640	1715
D. Burlingame	635	380	640	1655
Dan Gill	540	325	575	1440
242				
Dan C ulpepper	655	405	140	1200
Darraell Latch	545	185	400	1130
275				
Brad Saunders	550	385	535	1470
Lindell Smith	550	250	470	1270
SHW				
Fred Sorg	670	430	585	1685
Dustin Minks	500	280	450	1230



Peggy Berry finishes a national record 170 at 148, 45-49, women.,



Tom Carnaghi locks out 665 to total a national record of 1855 .

* ANPPC National Record. Best Lifters: open women - Linda Middleton; open men - Tom Carnaghi; lightweight master men - Paul Westling; heavyweight master men - Bernie Ferro; bench press - Bernie Ferro. The 1999 ANPPC National Powerlifting Championship was held October 30 & 31 at Son Light Power Gym in Tuscola, Illinois. With nearly fifty entrants from throughout the US this turned out to be on of the most successful Nationals of recent years. Another thing which made it so much fun was the attitudes and energy of the lifters which always seems to be present at this meet. The teenagers, women and masters lifted on Saturday while the open competitors did their thing on Sunday. Many thanks to our sponsors, Tuscola Tourism and our local Burger King for their support. Also a big thank you to our judges, loaders and spotters: Eric Smith, Darrell Kibler, Linda and Bob Middleton, Paul Kohlbecker, Susan Latch, Dave Bragg, Eric Ruff and Glenn Drake. Saturday was a great day of lifting; the energy was great, everyone lifted well and all had a great time! Jordan Sipes, a sixteen year old from Jefferson City, Missouri got the competition off on the right foot by posting all new national record for the 242 lb. class. Jordan squated 140, benched 125 and pulled 300 for the win. Jordan was so strong, she called for and got fourth attempts in both the squat (155) and deadlift (310) for a record total of 590. Great lifting; what potential! Pam Gibbs, also from Jefferson City, was due for shoulder surgery on the following Monday, and although she was obviuosly in pain, had the day of her life! Pam got all new national records in the squat(19O), bench (100), deadlift (305) and total (595) on her way to her first ANPPC national title. Pam came back and pulled a great 315 deadlift for another record total of 605 in the master 40-44 148 class. Four-time national champ Linda Middleton added a fifth title to her growing numbers with a win in the master 50-54 and open 132 classes. Linda had been training for another bodybuilding title, but was able to get a national record squat of 275 in spite of limited training. She added a 140 bench and a 250 pull for a 665 total, which also earned her the best title for the women. In the master men 40-44 division, defending champion at 148, Darrell Kibler, moved up to 165 for the title there. Darrell started with a great 455 personal and national record squat, following that with a 245 bench and a 435 pr pull for a great 1135 total. At 198, Missouri's own "Fitz" Fitzgerald also had a great day of lifting, with personal records in both the squat (450) and deadlift (470). This added with his 340 bench gave Fitz a great 1260 total. Duane Burlingame captured his second consecutive title with his biggest total to date. Duane got all three of his squats, finishing with a pr and national record 635. In the bench Duane again got all three of his lifts to end with a pr 380- Getting only his opener of 640 after missing 670 and scratching his third, Duane still finished with a pr and national record 1655 total. Keith Earley captured his first national title in the 275 class going 440 405 455 1300. This was Keith's biggest total to date, though his potential is far beyond this. Big Keith is such a nice and gentle guy, a real credit to the sport. Oh, yea, Keith, thanks also for helping spot and load the second day! Moving to the 45-49 age group, up from Southern Illinois came Richard Palmer for the win at 181. Richard posted all new national records there, squatting 455, then a 470 fourth, a 315 bench and a 445 deadlift for a 1215 total (1230). Weighing in at 178, Richard's total placed him second for best lifter honors in the lightweight master classes. At 198 it was once again Luke Trammel who captured his fifth consecutive master national title. Luke had his best day of lifting in his long and illustrious career, with all new national record along the way. Luke squated 650, benched 360 and pulled 525 for his best total ever of 1535. This boy just keeps getting older and better! Up next was newcomer and bodybuilder exordinaire Bernie Ferro. This Chicago outlaw came down fom the big city and just made us all look bad! Weighing in at 214, Bernie proceeded to destroy the records at 220, squating 640, benching 420 and pulling 630 for a 1690 total. Seriously, though, Bernie is a great guy who stays in shape all year long bodybuilding and powerlifting and it was great to have him here for the first time. Oh, yea, he's also got a great looking girlfriend, Ellen, who just completed her sixth Chicago Marathon. At 50-54 242 winner Darrell Latch started out fine with a national record 545 squat, but then reinjured his shoulder, pulling only 400 to finish the competition. (Don't they shoot horses when they get old or injured?) Winning at 275 was Butch Adams who set another national record with his fine benching abilities. Butch, who hails fron Metropolis, Illinois (the home of Superman) finished with a 380 to go with his 405 squat and 425 deadlift for a 1210 total. Moving to the 55-59 group, Bill Griffith lifted well in his first national competition, going 215 215 270 700. Bill's 270 deadlift was a personal best as he captured the title at 198. Winning at 220 was Walter Allen with a good total of 1180. Walter squated 400, benched a strong 280 and pulled a big 500 for his title there. Dennis Wilson retained his title at 198, master men 60-64, again with all new national records. Dennis went 8 for 9, finishing with 440 265 420 1125. Another lifter who just keeps getting better! Then the master's master was up, Paul Westling. Paul has won so many national and world titles, we've just quit counting. This 71 year old is so consistent! Having moved up from 165 to 181 in the past year, Paul is lifting better than ever, with a national record 370 squat, a 225 bench and a 385 deadlift for a record total 980. Paul's efforts won him best lifter honors for the lightweight masters. Bernie Ferro won best lifter for the heavier masters. In the bench press competition Indiana's Peggy Berry came over just to bench, leaving with the 148 title for the master 45-49 women. Peggy, who has won the open and master titles a number of times, showed her strength, getting all four of her attempts and finishing with a national record 175 in the process. Duane Burlingame took the master men's 40-44 220 class with 380 while Keith Earley won at 275 with a strong 401 At 4549 Richard Palmer took the 181's with a record 315, while Luke Trammel broke the 198's with 360 and Bernie Ferro now owns the 220 record with 420. At 50-54 an injured Darrell Latch took the 242's while Butch Adams posted a new national record with 380 at 275. Bill Griffith won at 198 in the 55-59 group, finishing with 225 and Paul Westling pressed the same weight in the master 70-74 181 class. In the open competition, which took place on sunday, Darrell Kibler's 1135 total took the open title at 165 along with his master title of the day before. At 181, first-time ANPPC competitor Steve Beccue took the title from defending champion Scott Wallace. Steve had a perfect 9 for 9 day with all new personal records, going 520 350 560 1430. Scott finished with 500 300 530 1330 for second, missing each of his final lifts. Third place went to Brandon Doster, who had great squatting form; great depth! Brandon got a fourth attempt pr of 505 which could just as easily been 550! Brandon went on to get a 300 bench and a 475 deadlift for a 1260 total. At 198 it was the always-impressive Tom Carnaghi, who blew everyone away with his squat and total! Tom opened with 735 on the squat, missing his 780 second on depth. Tom re-centered himself, then proceeded to squat a personal best and national record 810 for his third! In the bench Tom blew away 380, but also blew his shirt, which left 400 on his chest. A few problems on the deadlift with his lockout, due to his suit, but all three did go, with 665 being his last attempt. This gave Tom a national record total 1855, first place at 198 and best lifter for the open classes. One of the brightest stars on this day was the perfect 9 for 9 lifting of Benny Finch. Benny, lifting in his first full competition, got all new pr's, going 570 320 570 1460 to finish second behind Tom (Thanks Benny for all your help!) Third place went to Jim Conley, who also had a perfect 9 for 9 day, finishing with 355 215 405 1000, all new personal records for him. There was a battle at 220 with Duane Burlingame's 1655 total a pretty tall order for Eric Maroscher to surpass. Eric would have to have the best day of his career, which meant some big pr's would have to be set. Well, that was just what he did! Opening with an easy 600 squat, 640 was just as easy, a new pr! Then came his final squat of 675 and another personal record! 700 would have gone! Three for three in the bench, ending with an easy 400 with another 3 for 3 pull finishing up with a 640 pr and a great 1715 total! First place! Third place at 220 went to Dan Gill from The Gym of Flora, Illinois. Dan got new pr's in the squat (540) and bench (325), then pulled a 575 deadlift for a fine 1440 total. At 242 Daniel Culpepper got a personal record 655 squat on his second attempt, then called for a final attempt of 700. On his way up with that weight Daniel pulled an upper quad muscle, and though in obvious pain finished the meet with a 405 bench and a 140 deadlift for the win. Another injured horse, Darrell Latch placed second. At 275 it was Brad Saunders winning his first ANPPC national title with a 1470 total. Brad got new pr's in the squat (550) and the bench (385) along with a 535 pull, placing over Lindell Smith who finished with a 1270 total. Smitty's 550 squat and 470 deadlift were new pr's, a great day of lifting! Smitty is the owner of The Gym of Flora, Illinois. At SHW it was Fred Sorg over Dustin Minks for the title. Fred came out strong with a big 670 squat and a 430 bench, both new pr's. An easy 585 pull gave Fred a big 1685 total, retaining his shw title from last year. Dustin also got a pr squat with 500, along with a 280 bench and a 450 deadlift for a 1230 total, finishing second. In the open bench press competition Jim Stockman went 3 for 3 in his win at 181, finishing with 315. Tom Carnaghi took the 198's with 380 while Eric Maroscher got 400 at 220. Darrell Latch took the 242's with Fred Sorg pushing the highest bench of the day with 430 for the SHW title. The best lifter in the bench press competition went to Bernie Ferro who finished with 420 @ 214. Thanks again to all the competitors, the spectators and helpers for making this another great meet! See you all again next year! (Dr. Darrell Latch)

Best Heavyweight Master Lifter and Best Bencher - Bernie Ferro.
(All photos courtesy of Dr. Latch)

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Strongman Competition II

as reported to PL USA by Rick Fowler, MC

The second annual Strongman Competition was held in St. Louis, Mo. on Saturday, Sept. 18 and featured 40 strongmen who came out to do battle for the Children's Miracle Network. The CMN of St. Louis raises money each year and splits the ENTIRE amount between two of St. Louis' major hospitals. According to CMN president Gil Engler, not one penny goes towards salaries or is skimmed off of the top for miscellaneous hidden expenses. Everything goes to the hospitals. Everything. Event promoter Jim Davis is involved heavily in raising money for charities, and the CMN of St. Louis benefited directly from his work. Before we begin the results of the competition the work of this individual should be recognized. Upon meeting Jim, you will find he is a pretty unforgettable individual - for many reasons.

Open Division Winners: *left to right, Phil Pfister (1st place - $4000), Pat Rankin (3rd place - $1500), Whit Baskin (2nd place - $2500), as they were announced by Rick Fowler (far right).*

At first glance of Jim, I thought for sure that he could easily get a job as the official Oakland Raiders mascot. Jim stands around 6'5", tipping the scales near 270 lbs., with great big tattoo covered forearms and cannonball sized biceps at the top. Jim wears a patch over his right eye, has a mustache & goatee, wears his hair in a ponytail and covers it all under a ballcap. He is something the late Lyle Alzado & John Matuzak both would have been proud of.

His rough exterior is misleading. Jim is one of the nicest guys you'd ever meet. This military veteran's entire purpose for organizing events like this one is children. His goal is to make things better for kids, no matter if it's through fundraising or taking groups to the campground in southern Missouri. If it's for kids, he's with it man! As for the competition, Davis did an amazing job putting this together, and honestly, in this author's opinion, he by far outdid the expectations. And now, on to the competition.

In the 220 lb. Division we had 20 strongmen entered hailing from as far away as Finland to compete. The first event was the beer keg load, in which the contestants loaded five 200 lb. kegs onto the back of a pickup truck. The top of the pack had 33 year old Brian Duncan of White Lake, Michigan placing 5th. Daniel James just ahead by a 1 second margin; local competitor Mark Slivinksi coming in 3rd; and 1000 lb. squatter Willie Wessels, of St. Louis, Mo. was the runner up to Jari Veiola, a physical therapist from Finland. Jari's 1st place time was 28.34 seconds.

In the Yoke Walk the competitors carried a 600 lb. yoke, comprised of 2 sand filled barrels, suspended by chains at the ends of a power bar, down an 80 ft. course. This one gave many trouble from the beginning, and only a handful actually went the distance. The top three would stay the same as they were in the keg load, with the exception of Wessels smoking Veiola and everyone else for 1st place in this event. Willie practically ran down the course with 600 pounds on his back! Jari's second place time of 20.54 was almost 5 seconds faster than Slivinski's 25 second run, but Willie almost cut Jari's time in HALF! His 11.77 second run down the course has to be the play of the day. Much of the day would be a battle between Willie & Yari with a couple of others challenging occasionally.

Moving onto the car flip, most of the lightweights had trouble in this event. 33 year old Jason Sportsman, a truck driver from St. Louis, managed to crack the top five with his 4th place time of 26.10. Jari was quite a bit quicker coming in third, just a second behind Willie. The top spot in this one though, was earned by 22 year old Tommy Shields, who trains with Pat Rankin and the wild bunch from St. Louis. Tommy is a plumber by trade, standing a lean 6' 3" and 220 lbs. With a few more years under his belt he will be hard to beat in the light division.

For the harness pull we brought in two 18,000 lb. Ryder moving trucks. The top five ended up looking like this: Slivinski in 5th; Jari just ahead in 4th; Daniel James coming in at 24.54; and it was Tommy Shields once again, but this time it was a second place finish for the lad; and winning the harness pull with a time of 23.84 seconds was the standout Willie Wessels. The harness pull, in this author's opinion, was impressive to the fans, but overall it takes too long to get the trucks back to exactly where they need to be; not to mention fit the next competitors in the harnesses. I'm sure Jim Davis will take everything back to the drawing board and come up with something even more impressive for next year.

The final event was a Medley consisting of four objects. At the beginning of the course the contestants did the Farmer's walk with 200 lb. concrete suitcases in each hand. After approximately 25 feet, they dropped the suitcases and pulled 3 kegs of beer weighing 700 lbs. After the kegs it was onto a 600 lb. tire, which had to be flipped at least 2 or 3 times to cross the line; and from the tires it was onto the wheelbarrow push, which consisted of a motorless S-10 pickup with handles protruding from the bed. By far the hardest part of the Medley was completing the final step, the S-10, especially considering the Farmer's walk was the very first portion. Vermont state weightlifting champion Brian Duncan wrapped up the 5th place points with his 42.69 second time. "Kid Dynamite" Tommy Shields held off most of the pack placing fourth, just a little ahead of Duncan. Third place went to Wessels, who was bested by Jari Veiola for the runner-up points. Top honors in the Medley went to Mark Slivinski, the 34 year old mechanic from nearby St. Peters, Mo.

In the Final standings it was closer than most had thought. Willie Wessels walked out with the 1st place trophy and cash after a fine day. Willie, you will remember, was one of the top 242 lb. powerlifters in the world, totaling over 2,400 lbs! Though he looked good from the start and ended up on top, Jari Veiola was just 3 points back. A better time in the Harness pull certainly could've changed things in his favor. Jari is built like a brick, carrying very little bodyfat on his heavily muscled frame. He trains 10 times a week back in Finland, which even includes an hour of swimming twice a week. What a sight it was on the Thursday before, watching Jari and his partner, open class competitor Sami Heinonen, walk through the grocery store with Pat Rankin. Pat had the pleasure of picking the guys up before the TV interviews were taped that day. A testament to their healthy way of living, they were dead set on getting enough egg whites, chicken and rice. At one point while waiting for the them near the checkout line, your starving announcer was even scolded for knocking off a quart of chocolate milk. These guys were really great to meet and were a pleasure to be around. That same day the 2 from Finland were a big hit at Pat's daughter Raquel's grade school. The guys ate it up as they had the kids point to their homeland on the map. With their English being somewhat choppy though, they were a little confused by Pat as to what day he thought it was. As we left the grocery store that Thursday, Pat offered each of them a cold one. As one would guess, they declined with the reply of "Sadudaynite, Sadudaynite". Of course anyone who knows Pat, knows this guy can put 'em away. I couldn't stop laughing at the confused look on their faces as Pat seriously replied - "Hell, every night's a Saturday night for me."

Third place went to Mark Slivinski, which was pretty amazing considering he did not even place in the 2 car flip. That being known, Slivinski pulled off a major feat in this author's book. Not to be forgotten, though, is Tommy Shields. In only his second year as a strongman, look for him to only get better. His 4th place finish is probably the biggest surprise of the 220 lb. division. One final note here: Our thoughts were with Dennis McGee when he went down in the 2 car flip due to a serious knee injury. After being carried off the playing field, he went to the hospital later that evening. Fortunately, from what I understand, he is going to be fine and there is no serious ligament or tendon damage.

The Open class brought 20 men who weighed a minimum 221 lbs. to the playing field. We had guys ranging from the 250 lb. Joe Routh, a 25 year old tirebuilder from Des Moines, Iowa; to the 6' 8" 390 lb. mammoth from Ft. Wayne, Indiana named Doug Ahr. For

this different breed of strongmen, the implements were slightly heavier than those used for the 220 lbers. The differences were the kegs up to 250 lbs; the 700 lb. yoke walk; and in the Medley the suitcases were 250 lbs. Initially, the Open class was scheduled to pull 13 ton Budweiser Beer trucks instead of the Ryder trucks. But each time the truck was backed up, the pressure in the brake system made the trucks impossible to pull. So, due to circumstances out of our control the Bud trucks were foregone for the lighter 9 ton trucks.

In the Keg Load, Chad Coy cracked the top 5 with his time of 33.50. Just ahead in fourth was the gigantic Phil Pfister of Charleston, WV. Folks, if you haven't heard of Phil yet, look out. This guy is our newest rising star in Strongman competitions. Pfister finished fourth in the 1998 World's Strongest Man competition last year in Morocco, which is the highest finish of a US competitor since 1990! At 6' 5" and 315 lbs., he has a huge frame sporting mega-wide shoulders and paws bigger than catchers mits. 3rd place went to 22 year old Whit Baskin, who had just arrived after competing in this years WSM. Whit displays an unbelievable amount of muscularity and has potential practically oozing out of him. 2nd place went to Karl Gillingham of Northfield, MN. Had he not dropped the final barrel, he may have won with the top time. Karl placed earlier this year in the Beauty & the Beast out in Hawaii. Traveling to St. Louis with Karl were his youngest brother Wade, who also entered the Open class at 275 lbs; his younger brother Brad, a 6' 5", 320 lb. monster who is the reigning superheavyweight champ in the USAPL; and their father Gale Gillingham, a former great for the Green Bay Packers who played during the Lombardi era. Yessir, you can say this family is loaded with genetics! Brad

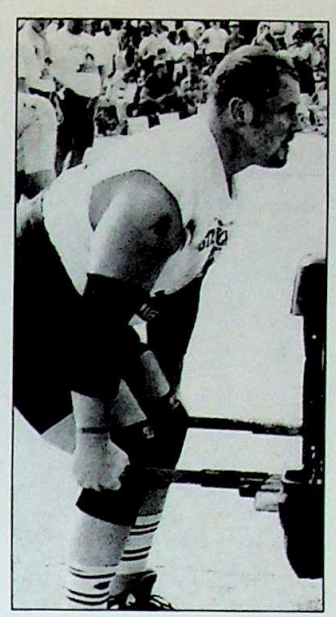
***Mark Slivinski** (above, flipping a tire) won $700 for his 3rd place finish in the 220 lb. class. Jari Veiola took home $1500 for 2nd, and Willie Wessels $2500 for 1stt place. (photos courtesy Fowler)*

was even a great interview between events, commenting on the contest and level of competition. Finishing a second faster than Karl was 4 time World's Strongest Man winner from Iceland, Magnus Ver Magnusson. Magnus was a major hit with the crowd, of whom many I'm sure heard the radio advertisements all week promoting Magnus heavily.

In the Yoke walk, only three competitors were able to complete the course. The top five were rounded out by St. Louisan Vae Mafuli, who went a distance of 44' 7". Fourth place went to 25 year old Allen Pyburn from Huntington, TN. Whit Baskin duplicated his placing in the keg load by also placing third in the Yoke walk. Runner up was Pat "Crankin" Rankin, who ran down the course at an unbelievable time 19.59. Even more impressive though, was Phil Pfister's time of 16.94 seconds to take 1st in the event!

The Open class had quite a bit more success with the 2 car flip than the 220 lbers. There were only a couple strongmen weren't quite strong enough to flip both cars. 26 year old Sami Heinonen of Rauma, Finland used the leverage of his 6' 5" structure to aid in his 13.12 second, 5th place finish. Whit Baskin, once again cracked the top 5, this time he came in at 4th place with a time of 13.11 seconds, just one hundredth of a second faster than Sami. The persistent Pat Rankin hung in there once more for another high finish by coming in third. Magnus Ver Magnusson turned in a pretty good time himself with 12.74 seconds and second place. The winner for the car flip was Phil Pfister, who between flipping the cars and running down the course, looked like a complete madman on the loose! He was really psyched!

In the Harness pull we had a bit of difficulty early on, but were able to get the bugs worked out. After a couple of pulls, one of the tires on the Bud trucks blew out due to the starting block that was used. It was then decided to use just one Bud truck and each man would pull by himself. But after a few strongmen had pulled, Karl Gillingham got ready to pull and the truck did not move an inch. This was where the problems were encountered, with the build up of pressure in the brakes. It was impossible to pull the truck, so the big guys would settle for pulling the 9 ton Ryder moving trucks. Indiana's strongest man, Big Doug Ahr, was just three hundredths of a second from cracking the top five in this one. His time of 20.50 seconds was good enough for the 6th place points. 5th place was sewed up by last year's runner up, Allen Pyburn. Sami was just edged into 4th place, by 3rd place finisher Pat Rankin, who was merely 2 hundredths faster. The runner up was 28 year old Wade Gillingham who ironically had to race against his older brother Karl. The winning time though, was 18.59 seconds by Phil Pfister. It was pretty clear to most by this time, that Pfister would probably walk away with the whole shooting match. After winning three of the first four events, he was clearly in the driver's seat.



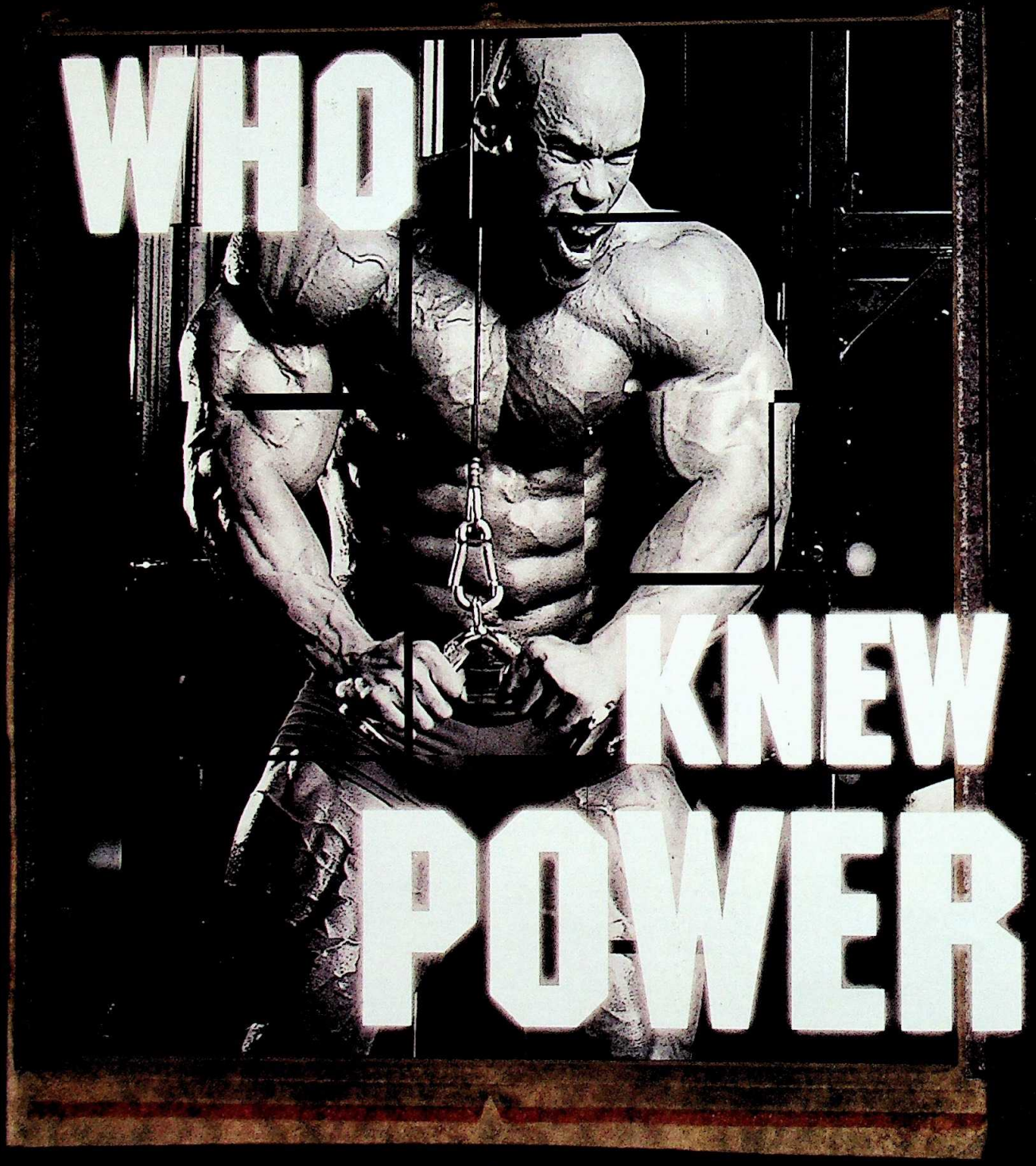
***Magnus Ver Magnusson** in the truck lift, part of the Medley event*

At the end of the Harness pull the top five were as follows: 1. Pfister, 36 pts.; 2. Rankin, 28 pts.; 3. Baskin, 24 pts. 4. Magnus, 23 pts. 5. a tie between Sami & Wade, both at 18 pts. Going into the final event the crowd attendance was at it's highest, as people were surrounding the entire course, several persons deep. Many even stood on whatever they could find to get a better view. Just before the Open class began the Medley we even had an on the spot interview with Rankin and Pfister, built up much like a pre-fight warmup. This author first interviewed the local boy Pat Rankin, getting his comments on the day's competition and the challenge of squaring off against Pfister for all the marbles. I then went to Pfister, who like Rankin, didn't need much coaching on what to say. It was a hit with the audience as each guy held their attention during the interview. At the conclusion, in a Mills Lane tone, I told the guys that they both knew the rules, and to shake hands and come out fighting! The final line before beginning our Medley was a real stern "Let's get it on!"

Just before the Medley kicked off, Magnus had relayed to me that he may drop out of this event due to some pin setting in down in his knees. Once things got going though, it was a different story. The true warrior he is, he gave it all he could on that particular day and turned in a 6th place effort for the Medley. 5th place went to Wade Gillingham, who conquered the 4 implement course in a little over 50 seconds. Sami Heinonen took 4th with his time of 47.45 seconds. Chad Coy suddenly came to life in the end with his miraculous 3rd place finale. Second place went to Phil Pfister, who by this time was sitting pretty far out of everyone's reach. The winner of the Medley was 22 year old Whit Baskin, who used this finish to vault ahead of Pat Rankin in the final standings. Going into the competition most agreed that it would be tough to crack the top 10, and for the most part they were right. The competition was pretty stiff, especially for a second year event that wasn't expected to be this big. It was a foregone conclusion that Pfister would take the cake by the end of the day, and he did so by a major margin of 12 points. Whit Baskin may have been able to challenge had he not entered the WSM the previous weekend. 3rd place went to 280 lb. Pat Rankin, who despite being outweighed by many of the strongmen, gets a lot of mileage out of his own will to push himself. After it was all over, we did another interview, this time with Magnus Ver Magnusson. A 4 time winner of the WSM competition, Magnus should be honored, regardless where he places. As he indicated, had just entered another event the prior weekend to this one. And despite having some aches and pains, after getting a call on his cell phone, he decided to come at the last minute since it benefited the Children's Miracle Network. Our hats are off to you, Magnus, you are a true champion!

Afterwards, medals were given out for the top three placings in each event; as well as giant trophies and some cold hard cash for the top ten. One of the highlights were the kick the guys got from receiving their awards from the beautiful Budweiser girls. More importantly, the real fun was had by a few of the Children's Miracle Network kids, who also gave out awards. This contest had just about everything you could ask for. Jim Davis did an outstanding job. The local news stations were out on Thursday to film for their later broadcasts; there was a film crew covering the whole contest; the monster truck Big Foot was there on display; 97.1 The Rock was broadcasting from the venue; there was a custom motorcycle show with more Hogs than you've ever seen; John Brookfield and his crushing grip was on hand to attempt a world record for Guinness Book; the Omega Force power team was on hand doing some 800+ lb. massive log squats; there were pony rides for kids; a Bible quiz booth was even set up by one of the sponsors; heavy music pounding all day; on top off all of that, there was even a sleepless, over-caffeineated announcer at the helm. You name it and Davis had it there at the parking lot of "Incahoots", a spacious country & western bar located in the west part of St. Louis. And of course, Bar-B-Q and cold ones sold very well all day! I would not even begin to try thanking everyone who helped out at this event. The staff was enormous. Between the muscle crew provided by Rankin & Wessels; and the crew of bikers brought in by Davis, there were near a hundred people that played a part in this production!

I understand that next year's even is already in the works. Harrah's Casino, a major sponsor of this year's event, is looking to hold it there possibly. Until next time, keep gettin' strong!



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J. Ramirez -	225
165	
R. Scott	260
198	
P. Davi	315
OPEN.	
198	
P. O'Donnell	405
A.J. Agamao	385
M. Deanda	350
P. Hyre	325
220	
D. Farrow	505
J. Shura	405
4th	410
2421b.	
J. Tovar	415
275	
B. Clark	425
308	
T.Yamanaka	475
Sub-Master (35-39)	
198	
M. Williams	345
220	
G. Ponder	335
E. Taylor	285
R. Reynolds	235
242	
N. Hertsch	425
275	
G.Haynes	5 10
SHW	
L. Ransom	405
Master 1 (40-44)	
18 1	
J. Mosqueda	385
242	
C. Warrick	285
275	
B. Keith	450
Master II (45-49)	
SHW	
P.Goodman	385
Master III (60 & over)	
242	
E. Anderson	415
Guest Lifter	
Andre Harrel	395

Meet director Matt Lamarque wishes to thank Michelle Ivers, owner of Bayside Fitness in Seaside, Ca, for letting me put our first meet on at her gym. Our best lifters of the meet were Veronica Bustos for the women with 155 lb. bench press weighing only 132 lbs.. In the mens it was Danny Farrow with a 505 lb. bench press weighing only 215 lbs.. We have decided that at all our meets we are going to have a trophy for the lifter that impressed us the most with strength, skill, heart and attitude. That trophy is called the Iron Swoldier Award and will be given out at the meet directors discretion. It's a little added bonus to the lifters that put out such great efforts. This meets Iron Swoldier Award went to Ernie Anderson of Ukiah, Ca. He was the star of the meet with a 415 lb. bench press weighing only 240 lbs. The impressive part is that he is 66 years old. Now that's SWOLL! I would like to thank my wife DeeDee, my spotters Aron and little Chuck, my judges Yanto and Joe, and my photo lady Sue. STAY SWOLL! (results courtesy of Matt Lamarque)

Thompson Barbell Big Badge Bench
6 NOV 99 - Columbia, SC

Women			
G. Moore 145 BL	185	T. Martella 202	360
C. Reynolds 210	135	B. Kennedy 237	460
Men		R. Ashe 155	300
A. Walker 253	385	S. Puckett 198	300
J. Smith 247 BL	505	B. Brown 191	360
S. Williams 198	455	D. Conway 198	300
T. Hollis 284	405	B. Dowdy 189	315

Bayside Bench Press Classic *(left to right) Meet Director Matt Lamarque, Iron Swoldier Award Winner Ernie Anderson, and judge Yanto Soekardi. Ernie benched a raw 415 lbs. at 66 years of age!*

International Powerlifting Association sanction meet. Richland County Sheriffs Department and Thompson Barbell Company Big Badge Bench Press was held at Sesqui-Station 9600 Two Notch Road. This event was a fund raiser for Sister Care of the Greater Columbia, South Carolina area. Gladys W. Moore and James Smith were overall Best Lifters. (thanks to Floyd Powe for providing these results)

APF Iron House Classic
2 OCT 99 - Zanesville, OH

Teens	SQ	BP	DL	TOTAL
132				
A.Rowani	220	165	290	575
165				
E. Meyer	335			
198				
C. Rolli	545		600	
Women				
148				
P. Lercangee	415	235	420	1070
Masters				
Doggendorf 319	750	430	725	1905
D. Fulton 220	700	430	605	1735
G. Clayman 198	490	460	550	1500
R. Burgess 220	595	350	485	1430
M.Neumaier 198	405	3420	390	1215
B. Pochiba 220		460		
Open				
123				
R.Duang		225		
132				
A. Rowan	220	165	290	675
148				
S. Rawlings	305	240	380	925
165				
A. McVaney	580	285	550	1415
J. Friend	560	320	465	1345
181				
B.Van Winkle	565	335	565	1465
M. Maxwell	600	325	520	1445
A. Walton	520	325	530	1375
B. Alley	430	325	515	1270
198				
S.Arnold	610	440	550	1600
G. Clayman	490	460	550	1500
T. Ball	540	415	545	1500
T.Schneider	475	420	525	1420
B. McNutt	490	385	485	1360
J.Murphy	465	275	485	1225
T.Smith	440	305	480	1225
S.Kerchaver	425	340	440	1205
220				
C.Schaftlein	685	405	575	1665
P. Tedrick	560	250	575	1385
J. Adams	55	535		
B. Pochiba		460		
242				
E. Owens BL	725	500	760	1985
J. Hall	630	425	560	1615
J. Andrews	525	430	530	1475
L.Halter	605	315	550	1470
275				
J. Ritchie	730	600	620	1950
S. Mount	750	475	615	1840
C. Bemgardener	545	420	605	1570
R. Seabolt	585	425	525	1535
R. Matthews	465	310	425	1200
S. Brooks	55	500	45	600
D. Coleman	630			
B. Meyers	580			
R.Rhoads	55			
SHW				
K. Holshuer	730	530	690	1950

Please thank the Judges, loaders and spotters and the people who worked the table and Westside Barbell for the use of their equipment. (Thanks to Matt Hershberger & Ironhouse Gym for results).

USAPL Ohio State Bench Press
9 OCT 99 - Bedford Hts., OH

Masters		Raw	
40-49		David Semen	285
J. Cash 220	420	Corey Peavy	245
R. Hall 181	340	181	
B. Gallagher 181	345	Steve Spinelli	450
D. Miller 165	310	Bill Gallager	345
T. Ramey SHW	400	Jack Jenkins	340
S. Jacoby 242	335	C. Pappas	325
E.Talbot 181	275	Greg Cutlip	315
50-59		Raw	
R. Goldsmith 181	335	Bob Roche	285
J. Fyda 242	350	198	
60+		Mike Landino	440
Ray Klocek 198	305	Eric Newland	385
Harry Rome 165	185	Aaron Cook	275
Teen		Raw	
Ryan Romero132	275	Mark Seman	400
Greg Cutlip181	315	Tim Robinson	365
DavidTeets 220	340	Roman Creh	350
T. Golden 242	335	Tony Periandi	315
Z. Godlsmith148	250	220	
Justin Smith181	280	Ralph Young	520
D. Miller114	125	Dennis Callahan	340
Women		Raw	
Barb Curtis 123	100	Rusty Bluck	350
Men's Open		242	
114		Kevin Mayer	525
Daniel Miller	125	Raw	
Raw		Stephen Jacoby	335
Daniel Miller	125	275	
132Open		Frank Palmer	420
Ryan Romero	275	Mark Reese	410
Fred Marquinez	265	Tin Mendenhall	365
Raw		Raw	
Fred Marquinez	265	Frank Palmer	420
148		Jason Parman	405
Open		SHW	
Ernie Ankrom	305	Travis Shields	575*
Zach Goldsmith	250	Andy Shields	530
John Schneider	240	Lary Haley	380
165		Raw	
Larry Miller	490*	Micakl Robinson	500
Terry Isaac	350	Thomas Ramey	400

We had approximately 54 lifters entered. The team trophy went to Kings Gym. The outstanding lifter awards went to Jim Cash in the Masters, Lany Miller in the open 114-181 and Travis Shields in the open 198-SHW. Impressive lifts came from Teenager Ryan Romero with a lift of 275 at a body wt. of 125 lbs. There were also strong lifts from Ralph Young in the 220 lb. class with a bench of 520. Ralph is going to Finland for the Bench Worlds. Kevin Mayer had a big bench of 525 in the 242 lb. class. I was impressed with the progress of my present and past training partners. Steve Spinelli won the 181s with a 450 bench and Frank Palmer won the open and raw divisions in the 275 lb class with a strong 420 lb lift. The old guy, Ray Klocek, broke 300 in the 198 lb class in the 60-64 age group. Another old training partner, Terry Isaac came up from Tennessee to challenge me in the 165s and had had a fine lift of 350. It appears as if the rubber band training has helped all of us immensely. Travis Rogers attempted 600 on his final attempt in the supers, but maybe in the near future he'll get it. Jim Cash only got his opener but Jim will be back for the Masters in May and I'm sure he'll be pushing more weight then. It was great to have my good friend Al Siegel back in the referee's chair on both Saturday and Sunday. Brenda Siegel worked the scorer's table. The lifters were quite happy to see Al back in the chair. Without sounding egotistical, for me, the highlight of the meet was my 30 years of weight training finally resulting in a triple bodyweight bench press. I weighed in at 163 and hit 490 on my final attempt with Al Siegel as head judge. After 19 years of competition I wanted to thank my family for their support, my training partners and Kings Gym. I also need to thank people like Ernie Frantz and Ricky Crain. I also need to thank the "Rubberband Man", Mr. Dick Hatzell. At age 45, I was wondering when my lifts would start going down instead of up. Now I feel as if the sky is the limit and I will bench more than I could ever imagine. Hopefully 500 is right around the corner. A special thanks to the spotters and loaders. Fellow meet director Gary Kanaga brought in some of his students to help out and the world's greatest lift off man, Eric Curry was there. Eric just received a plaque from Dennis Brady for the great job he did at the Bench Nationals in Chicago. The King family did a great job providing a great meet venue for the lifters and keeping them well fed. The trophies from Siegel engraving were, as always, fantastic. (thanks to Dr. Larry Miler for the results)

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"Lifting for Lifters"

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

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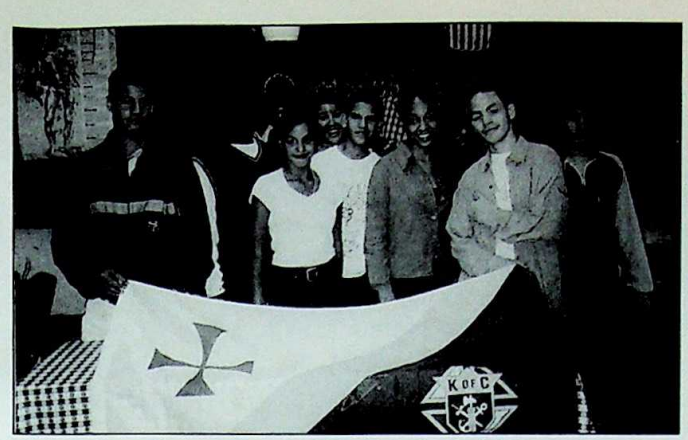

***The Green Cluster Class** holding the flag of the sponsor of the Columbus Day Bench Press Championships - the Knights of Columbus.*

1st WCHS Columbus Day BP
11 OCT 99 - New Haven, CT

GIRL'S DIVISION	
105-lb-class	
Nadine Hawkins!	85
Rosaly Albiro	60
Luz Alvarez	60
LIZMane Garcia	60
Marquetta James	60
Luz Alvarez	55
Lin Saiyan	50
Octavia Jackson	45
114-lb.class	
Krystale Wilson	60
Lizmarie Garcia	50
BOY'S	
114-lb.class	
Damion Lofter	100
Paul Smith	100
Luis Santana	100
Hector Ayala	75
Emmanuel Ayala	70
123-lb.class	
Miguel Roman	105
Luis Santana	100
Carlos Feliciano	90
Michael Moore	60
132-lb.class	
Nestor Silva!	150
Marcus Davis	145
148-lb.class	
Kewon Strickland	125
L. Thipharacksa	120
Omar Hanerdez	105
Johnnie Arthur	100
Randy Jones	95
165-lb.class	
Jajaun Newton	150
Miguel Avila	145
Alex Reyes	130
Phillip Dennis	125
Kevin Marwell	90
220-lb.class	
Ray Soto	200
Miguel Morg	150
Marcus Preston	145

! - Best Lifter. Place: Wilbur Cross High School. Meet Director: Joseph Steele. Time: 3 hours. Head Judge: Joseph Steele. Side Judges: Andrew Bram and Neal Wellins. Sponsor: Knights of Columbus. The 1st Annual A.P.A. Wilbur Cross High School's Columbus Day Bench Press Championships went very well. There was a total of 34 lifters taking part, and for all lifters this was their first contest. This was a special project on Columbus Day. The school was closed after the Columbus Day parade and the lifters who marched in the parade came back to school to lift in the meet. Ray Soto had the heaviest lift in the contest with a 200-lb. bench press. He lifted in the 220-lb.class. In the Girl's Division, Nadine Hawkins was the Best Liftee with a 85-lb. bench press in the 105-lb.class. In the Boy's Division, Nestor Silva benched pressed 150-lbs. In the 132-lb. class and he was Best Lifter. The Green Cluster wer team champions. (courtesy Joe Steele)

Halloween BP/DL Midnight Meet
30 OCT 99 - Wyoming, MI

BENCH DIVISION		DEADLIFT DIVISION	
181 TEEN		165 TEEN	
JAMES DEKLYEN	165	JAMES DEKLYEN	335
198 TEEN		198 TEEN	
B. MILLER	165	B. MILLER	380
165NOVICE		220 TEEN	
G.MENDEZ	205	HARTESVELDT	440
181 NOVICE		165 NOVICE	
ANGEL CANCEL	250	GI. MENDEZ	335
242 NOVICE		181 WOMEN/MASTER	
VIC MILLER	205	L. BOSHOVEN	505
198 MASTER		148 GUEST	
GRAMPS MILLER	245	SHACKELFORD	505

No one who knows me will be surprised that I held a bench/deadlift meet at MIDNIGHT on DEVIL'S NIGHT!! I have always believed that most people lift better at night having been up all day and having eaten at least a couple of good meals. I decided to go one better and SERVE a meal at the meet. Since SUBWAY sandwiches are the mainstay of my diet I provided the lifters with a big party sub and sodas. This meet produced some excellent lifting!! We had three novice lifters put up a personal best bench. Angel Cancel opened with 185 and was still blowing weights away at 295 .... long after he exhausted his three meet attempts. Gramps Miller (age 61) has a physique most 20 year olds would die for. It's exciting to watch him improve with every competition. Everyone was fired up for the deadlifts. Our head referee Norm Shackelford was dressed in street clothes and had a cast on one of his fingers when he decided to try to deadlift. He pulled a very easy triple (sans any warmup) with 505. I was feeling good myself and blew away 505 for three reps. This meet was so well received by the lifters that I am looking forward to promoting more of these late night meets. (results of this competition were provided to *PL USA* by Lynne Boshoven)

USA BP for Aplastic Anemia
14 AUG 99 - Lancaster, PA

Teenage		R. Biser	300
114		242	
J. Wenger	105	M. Cooper	395
220		275	
G. Kuhns	185	J. Kleinsmith	425
Women Amateur		K. Schneider	320
181		308	
G. Sizer	155	T. Graver Sr.	355
Men Amateur		T. Graver Jr.	340
148		Pro	
A. Wentzel	225	198	
165		E. Hall	450
R. Frayley	315	275	
J.Hartranft	315	N. Gadola	435
K. Baum	305	Masters	
C.Ingram	270	T. Graver Sr.	355
E. Koehrsen	255	Submasters	
181		E. Hall	450
P. Eberley	385	J. Kleinsmith	425
S. Kohler	360	T. Orna	350
T.Orner	350	Women AM Submaster	
C.Hall	315	G. Sizer	155
220			
G. Robb III	365		

Best Lifter Award went to: Nick Gadola. Bench Reps Competition: Men - Mark - 28, Women - Jen Burke - 52. A special thanks goes out to the Lancaster YMCA for allowing us to hold this benefit meet at their facility. It was really a great day, really competitive. A special thanks to all R&A's Fitness Factory friends, who also pitched in to help. This meet could not have been without all the help and support, so thanks and we hope to have a bigger turnout next year. (results from Dean Moore)

WNPF Alabama Open
23 OCT 99 - Northport, AL

Squat/Men		Police/Fire	
Open		Sanders, M.	470
Hoskins, C.	670	Molay, R.	425
40-44		45-49	
Hoskins, C.	*670	Walker, E.	455
Bench Press/Men		5*454	
114		Abston, R.	380
Open		275	
Atchley, T.	145	Open	
132		Esposito, M.	410
Teen Raw (17-19)		SHW	
Parker, W.	185	Open	
181		Sorto, E	480
Open		Deadlift/Men	
Perkins, J.	340	198	
Police/Fire		Open	
Perkins, J.	340	Ray, J.	635
Parker, P.	325	33-39	
198		Ray, J. BL	635
Police/Fire		242	
Arnold, N.	325	20-23	
220		Alexander, T.	625
Open (Raw)		Police/Fire	
Smithson, T.	335	Alexander, T.	625
50-54		Open	
Abston, R.	380	Davidson, D.	660
242		275	
Open		Esposito, M.	575
Sanders, M.	470		

Women	SQ	BP	DL	TOTAL
123/33-39(Raw)				
Wright, A.	220	*140	*275	635
148				
Police/Fire (Raw)				
Rowe, P.	215	165	225	605
165				
Teen				
Perkins, T.	290	150	300	*740
Men	SQ	BP	DL	TOTAL
132				
Open				
Whigham	115	230	470	1115
181				
20-23				
Hicks, R.	425	300	475	1200
Open				
Hicks, R.	425	300	475	1200
198				
Open				
Ray, J.	560	370	635	1565
33-39				
Ray , J.	560	370	635	1565
220				
50-54				
Darr,T.	280	290	360	930
242				
Teen				
Dennis Jr., C.	420	300	460	1180
Open				
Noland, L	550	355	575	1480
4044				
Davidson, D.	700	375	660	1735
275				
Open				
Esposito, M.	525	410	575	1510
SHW				
20-23				
Taylor, A.	650	385	600	1635

* - WNPF American Record. Top lifts from the Alabama residents are new state records. This was the first WNPF Alabama State competition since the WNPF split from the WDFPF and there shall be many more to come. Thanks to all of the lifters that supported this competition, including those lifters that came from Georgia and Mississippi. Congratulations to Annette "Tweety" Wright, Taylor Perkins, Charlie "Squat" Hoskins for establishing new American Records within the WNPF and to Four Horsemen Powerlifting Club for their outstanding performance in taking the Team Championship. There were over 100 spectators on hand to cheer for these lifters. Best Lifters of the Competition: Annette Wright, Overall Woman Powerlifter; Dan Davidson, Overall Male Powerlifter; Charlie Hoskins, Best Lifter-Squat; Malachi Sanders, Best Lifter-Bench Press; Jeff Ray, Best Lifter-Deadlift (Best lifter determined through the Wilkes Formula). A special note of thanks to Ralph Peace, Ted Butler and Barry LaFoy for judging this competition. Also, thanks to Troy Ford, Larry Noland and my wife Rita Hollingsworth for helping with the preparatory work involved and to the loaders and spotters for the competition, especially Shelby Robbins from Fitness Advantage for his help spotting during the big liftss. Thanks to Lester Fields for his "as-always" outstanding job of announcing the contest to the audience. Two contestants were chosen tbr random drug testing, both with negative results. (Competition results provided by Pedro Hollingsworth).

MICC Novice Meet
26 SEP 99 - McNeil Island, WA

132	SQ	BP	DL	TOTAL
TU LE	225	185	330	740
148				
MARTINEZ, J	325	245	385	995
165				
YOUNG, J	450	350	465	1265
FASHAW, D	405	335	500	1240
KITT, E	365	270	455	1090
40+				
DONINGUEZ,A	315	200	365	880
181				
BROWN, M	450	375	535	1360
KENNON,C	500	310	475	1285
WASHINGTON	365	315	450	1130
198				
HAACK, J	585	375	535	1495
MCJIMPSON,D	455	350	495	1300
TAYLOR,T	315	330	375	1020
40+				
AMELINE,B	315	240		1010
CHAVEZ, R	315	300	385	1000
GARCIA,J	315	290	350	955
GALLAGHER, D	250	265	405	920
HOSKINS, J	260	275	350	885
220				
TINKLEMAN,M	500	315	500	1315
242				
MILLER,M	605	465	560	1610
40+				
HEIB, P	500	275	475	1250
SHERWOOD,R	405	315	530	1250

(thanks to Tammy Hickey, Rec. Spec. for results)

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

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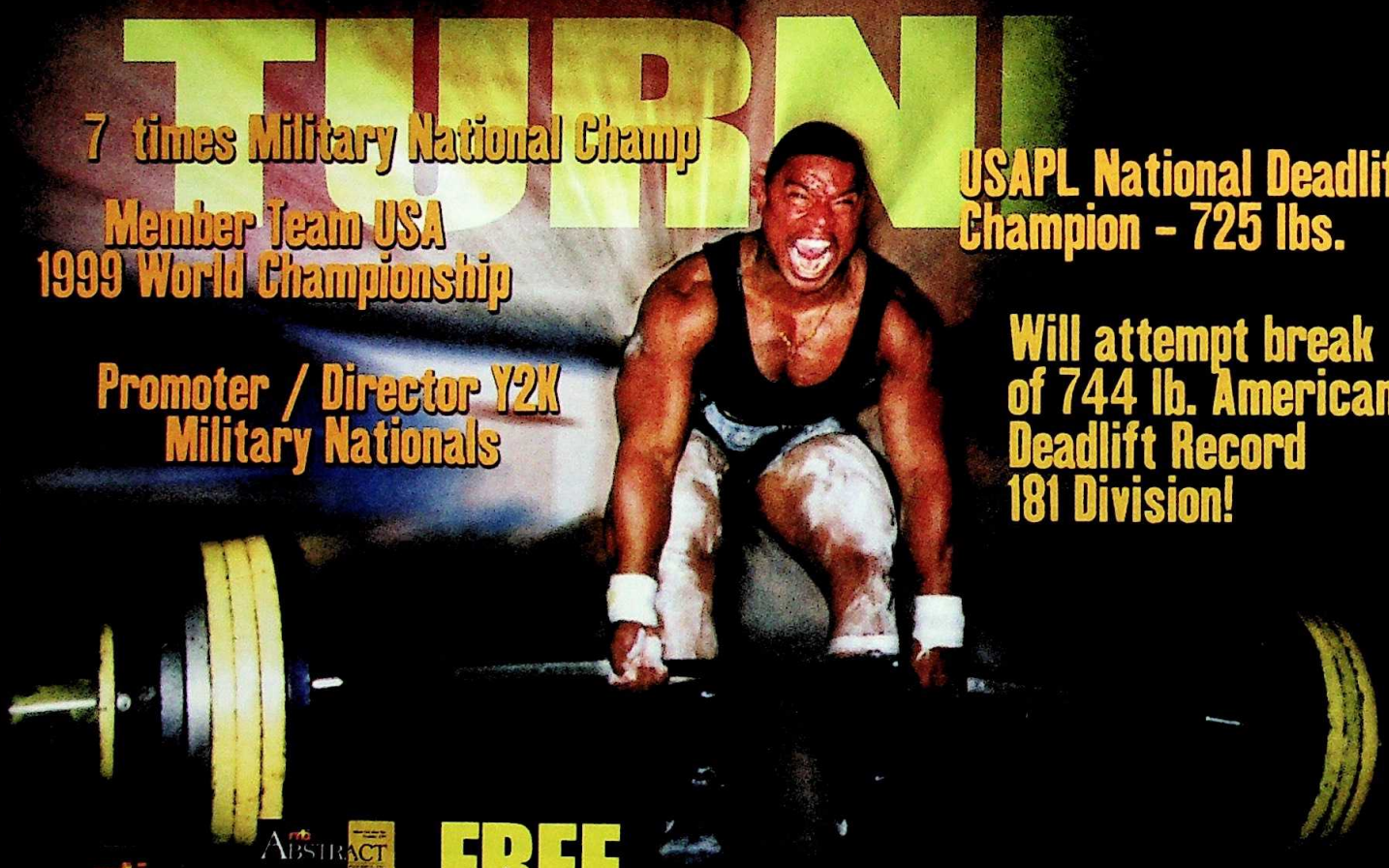

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Coming Events

MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY potential entrants.

8 JAN, *APA Nevada State BP/DL, David Simmons, Box 15429, Las Vegas, NV 89114, 702-338-5112, nevadapower@aol.com*

8 JAN, *Windy City BP/DL Classic (Darien, IL) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429*

8 JAN, *NASA Arkansas Open (Ft. Smith, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513*

8 JAN, *APA Gulf Coast BP/DL (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.com/fl/wpaapacpa*

14 JAN, APF Michigan State Meeting (MI resident PLers only) Dan DeFelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055 after 6PM please

15 JAN, *7th PPL Augusta Drug Free Meet (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com*

15 JAN, A Cold Day In Tuscola BP/DL Classic (Tuscola, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

15 JAN, Pro-Fitness Squat & Farmers Walk, Pro Fitness Multisports c/o Don Fields, 1243 S. Lake Dr., Prestonsburg, KY 41653, 606-886-8604 or profitns@multisports.net

15 JAN, AAU South Jersey Open PL, BP, DL - raw & assisted) Waretown Health & Fitness, 609-660-9770

15 JAN, NASA Ohio State BP, Dick Cordial, 3993 Valley Dr., Urbana, OH 43078, 937-653-5504

15 JAN, USAPL Louisiana State/Open, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-753-8586

15 JAN, Mid Virginia BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

15 JAN, USPF Winterfest Met (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220

15,16 JAN, Strength & Track Clinic with Bench Press, Deadlift, and Clean Contests (Louie Simmons, Al Oerter, Brian Oldfield, Al Vermeil) Marty Schnorf, 503 E. Main St. #4, Toledo, IL 62468, 217-348-0819 or 217-345-3767

16 JAN, Winter Blues Invitational Power Meet (Grand Rapids, MI) Jon Smoker, 30907 C.R. 16 W., Elkhart, IN 46516, 219-674-6683

22 JAN, *APF Ohio State Meeting, Brent Tracey, 740-452-8801*

22 JAN, *WABDL California State BP/DL (Casa Munras Hotel), Matt Lamarque, Box 1992, Monterey, CA 93942, 831-214-IRON*

22 JAN, *NASA Illinois State (Fairview Hts. [St. Louis] IL) NASA, Box 735, Noble, OK 73068, 405-527-8513*

22 JAN, Pro-Fitness Bench & Tire Flip, Pro Fitness Multisports c/o Don Fields, 1243 S. Lake Dr., Prestonsburg, KY 41653, 606-886-8604 or profitns@multisports.net

22 JAN, Volunteer State Open BP/DL Classic (Carthage, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

22 JAN, AAU New York State BP/DL, Champion Fitness Center, 787 Pre-emption Rd., Geneva, NY 14456, 315-789-9483

22 JAN, USAPL Wisconsin State, Scott Webster, 2997 Freedom Rd., Oneida, WI 54155, 920-869-1065

22 JAN, USAPL Southern Region Collegiate Classic, Willie Mastin, 13010 Ocean Glade, San Antonio, TX 78249, 210-699-0964

28-30 JAN, USAPL Women's Nationals, Johnnyt Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

29 JAN, *Mid South Raw (Arkadelphia, AR) PL/BP/DL (teen, jr., open, submasters, master) Dan Singleton, 1200 3rd St., Hot Springs, AR 71913, 501-623-6014*

29 JAN, *2nd Better Bodies BP Challenge, Tracy Peal, 882 Springdale Dr., Exton, PA 19341, 610-363-1930*

29 JAN, Pro-Fitness Deadlift & Loading Medley, Pro Fitness Multisports c/o Don Fields, 1243 S. Lake Dr., Prestonsburg, KY 41653, 606-886-8604 or profitns@multisports.net

29 JAN, Ozark Open BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

29 JAN, USAPL Southeastern U.S. (entry deadline 1/7/00) Mike Requa, Box 126, Moncks Corner, SC 29461, 843-761-7642

29 JAN, Capital District BP/DL, Tom Corazzini, Albany YMCA, 274 Washington Ave. Albany, NY 12203, 518-449-7196 ext 16

29 JAN, USAPL Florida State BP, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 941-687-6268

29 JAN, APF West Coast Push/Pull (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

30 JAN, World Gym Open BP/DL Classic (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

JAN, USPF MD State PL/BP (Baltimore - drug tested - open, teen, jr., collegiate, pol/fire/mil, submaster, master) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net

5 FEB, *Coastal GA Bench Press (men, women, master, teen) Ann/Earl Leverett, 912-232-4755 (night, weekends)*

5 FEB, *USAPL Sportsfest 2000, Cheryl Singleton, 10409 Glascow Dr., Yukon, OK 73099, 800-476-0036, usaplokla@aol.com*

5 FEB, *APA Lonestar PL/BP & E. Texas Collegiate &* ***APA High School & Jr. High School Championships*** *(Waco, TX) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.com/fl/wpaapacpa*

5 FEB, Midwest Supernatural BP/DL Classic, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

5 FEB, USPF California St BP/DL (Orange County) Victor Elliott, 714-841-3055 or pager 714-268-4665

5 FEB, WNPF Region II (PL, BP, DL, SQ) and ISA Region II BP/Pull/IronMan (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

5,6 FEB, NASA BP & Power Sports Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513

5,6 FEB, AAU National Collegiates, Little Rock AFB Fitness Center, Larry Kye, 501-982-7668

5,6 FEB, APF/AAPF Texas State PL, BP, DL (Dallas) James Capehart, 972-253-8575

6 FEB, *Oswego State University BP Championships (all classes & team) Frank Paino, Laker Hall, Johnson Rd., Oswego, NY 13126, 341-2405*

6 FEB, WNPF Ohio Championships (national qualifier, open to out of state lifters) Ron DeAmicis, 6531 New Rd., Youngstown, OH

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44575, 330-792-6670 after 5pm.
6 FEB, Pump Total Fitness BP (teen, master, women, open) Jeff Davis, 2352 N. US 27, St. Johns, MI 48879, 517-224-2441
12 FEB, *Williamsport YMCA Baddest BP, Dave Bellomo, 320 Elmira St., Williamsport, PA 17701, 570-323-7134*
12 FEB, *USPF 12th Drug Free Raw East Coast Classic PL/BP (raw & assisted, open, teen, jr., submaster, master, law & fire, novice) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695*
12 FEB, WPA Can Am Intl. BP & DL (Northampton, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa
12 FEB, Mason-Dixon Open BP/DL (Calvert City, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
12 FEB, APF/AAPF Nevada State PL/BP (limited to 1st 50), Anthony, 2640 Westwood Ave., Las Vegas, NV 89109, 702-655-0825
12 FEB, IPA California State PL/BP & National Qualifier, John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506 or 878-0100 (gym)
12 FEB, USAPL Michiana PL, Mike Michelakis, 1111 Marshlyn, Niles, MI 49120, 616-687-8186
12 FEB, USAPL Bill Beckwith Memorial BP & DL Qualifier (Wayland, MI) Rich Van Eck, 45451 Peninsula Dr., Grand Junction, MI 49050, 616-521-4031
12,13 FEB, *WABDL Oregon State BP/DL (Quality Inn, Salem, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600*
13 FEB, Apex Gym BP/DL Classic (Rockford, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
13 FEB, USAPL "Top Gun" BP (Taylor, PA) Power Gym, Joe Moceyunas, 570-562-3642, or Bob Granko 570-342-0668
19 FEB, *USAPL California State DL & New Millenium BP (Los Altos Hills, CA) Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464*
19 FEB, *USAPL Minnesota Masters/Juniors & Novice Open, Bill Omundson, 4063 Ugstad Rd., Hermantown, MN 55811, 218-729-9532*
19 FEB, *NASA Iowa State (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513*
19 FEB, *APA Atlantic Seaboard BP & DL (Palm Bay, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa*
19 FEB, USA "RAW" BENCH PRESS WINTER NATIONALS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
19 FEB, 10th Winter Bench Press Classic, Mike Shroen, 1920 Elkhart Rd., Goshen, IN 46526, 219-537-9329
19 FEB, WNPF Florida (PL, BP, DL, SQ) and ISA BP/DL/IronMan (Lake City, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
19 FEB, Westfield Shoppingtown USPF Full Power, Anthony Carrillo, Box 2124, Olympia, WA 98507, 360-754-2475
20 FEB, *APF Illinois State, Frantz Studio, 62 S. Broadway, Aurora, IL 60505, 800-537-5532*
20 FEB, *1st W. Lafayette Classic BP (open, raw, teen, women, submaster, master) Musclebound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840*
20 FEB, Southeast Iowa Open BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
20 FEB, IPA Westside Invitational (Holiday Inn West, Columbus, OH) Elite Fitness Systems, Box 14037, Columbus, OH 43214, 614-309-6176
25 FEB, USPF Florida State, Bill Beekley, 4215 Carmen St., Tampa, FL 33609, 813-289-3063
25-27 FEB, NASA Natural Nationals (OKC, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513
25-27 FEB, Arnold Classic BP, Arnold Fitness Expo, 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600
26 FEB, *WABDL S.E. USA Regional BP/DL (Clarion Hotel, Pensacola) Dan Belanger, Box 173, Century, FL 32535, 850-327-6016*
26 FEB, *USPF Oklahoma State/Oklahoma Classic PL/BP/DL, James Dehaven, 806 Alameda, Norman, OK 73071, 405-364-9123*
26 FEB, *Super Bench 2000 (men, women, teen, jr., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590*
26 FEB, USPF Kentucky State (Pikeville YMCA), Pro Fitness Multisports c/o Don Fields, 1243 S. Lake Dr., Prestonsburg, KY 41653, 606-886-8604 or profitns@multisports.net
26 FEB, Southern Illinois BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
26 FEB, USAPL Tri-Fitness Millenium BP & DL (open, women, teen, master) Mark Cinque, 230 W. Dares Beach Rd., Prince Frederick, MD 20678, 301-855-1991
26 FEB, Tropical Gym & Fitness S.E. Florida BP/DL (open, teen, master, women) Tropical Gym, 4970 W. Atlantic Blvd, Margate, FL 33063, 954-973-6610
26 FEB, Body Factory Full Power Challenge/BP, Body Factory, 520 Applegate Ave., Pen Argyl, PA 18072, Jim Parrish 610-863-1090
26,27 FEB, *NASA Combined Ohio High School State Boys/Girls PL/BP Meet (9-10, 11-12),* ***National High School Team (9, 10, 11, 12)*** *Gary Scholl, 37 Wildwood Dr., S. Charleston, OH 45368, 937-568-9116*
26,27 FEB, 18th annual USAPL Shenandoah Open PL & BP, Tom Giordani, 54 Phillips Way, Sharon, PA 16146, 724-342-2525
26,27 FEB, USPF New York State PL & BP (Radisson Corning, Corning, NY) John Comereski, 113 Halloran Dr., Breesport, NY 14816, 607-739-7322
FEB, USPF Philadelphia Open BP/DL (drug tested - open, teen, jr., collegiate, pol/fire/mil, submaster, master) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net
FEB/MAR, AAUPC MD/VA/DC State (men & women - all AAUPC age/wt. classes) Dr. Spero Tshontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874
4 MAR, *APF Bike Week Bench Bash & Deadlift, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000*
4 MAR, *USAPL Dakota BP (men, women, teen, collegiate, masters, sculptured trophies) Rich Edinger, Box 1295, Fargo, ND 58107, 701-799-5316*
4 MAR, SLP Missouri State "RAW" PL (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
4 MAR, USPF Central California BP (Bakersfield) Chris Kostas 661-242-8116 or Steve Denison 661-664-7724
4 MAR, WABDL Oklahoma State BP/DL, Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059
4 MAR, All Church Meet (open to all church members and church sponsored teams) Pastor Peter Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410
4 MAR, Police & Firefighters Nationals (Holiday Inn KCI, Kansas City, KS, 816-456-2345) James Duree, 913-596-7326
5 MAR, ANPPC Central USA PL, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
5 MAR, USPF New Jersey High School Drug Free Championships, Paul Sacco, 609-567-0046
11 MAR, *USAPL 3rd Judgment Day/Eclipse 2000 Drug Free BP, Joe Luciano, Greater Scranton YMCA, 706 N. Blakely*

St., Dunmore, PA 18512, 570-342-8115, ext 230

***11 MAR,** NASA Ohio State (Springfield, OH) NASA, Box 735, Noble, OK 73068, 405-527-8513*

11 MAR, WPA World CUp BP (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa

11 MAR, WPO Qualifier, Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000

11 MAR, USAPL Military Nationals (San Diego area, CA) Chris Turner, 619-238-7168 (h)

11 MAR, March Madness BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

11 MAR, AAU State Championships (raw/assist., open, submaster, master, youth, teen - natl. judges, world qualifier) Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266

11 MAR, 16th Mike Giardina's Biggest Bench Press (open men, women, teen, submaster, masters) Mike Giardina, 990 Hudson Acres Dr., Pine City, NY 14871, 607-739-4419 (after 6pm)

11 MAR, Hawaii State PL (raw/assist, age 5-95, all divisions, World PL qualifier) Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266

11 MAR, USPF Texas State (Dallas, TX - Men & Women, open, BP, class I, teen, 40-49, 50+, submaster, 20-23) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460

11 MAR, APF Central Calif. Open/Novice, PL/BP (Fresno, CA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860

11 MAR, 4th APF Michigan Sr. State PL (men/women: open, teen, jr., submaster, master, novice) Dan DeFelice, 19461 Voiland, Roseville, MI 48055, 810-294-7055 after 6PM please

11,12 MAR, USAPL Massachusetts State Open High School (boys & girls) H. Waldron, Coyle & Cassidy H.S., 2 Hamilton St., Taunton, MA 02780, 508-823-6164 ext 680

12 MAR, Wisconsin Open BP/DL (Burlington, WI) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

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

***15 MAR,** APA New England Collegiate & High School & Regional BP (New Haven, CT) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa*

***18 MAR,** Snake River BP/DL (non-sanctioned - Idaho Falls, ID) Michael & Linda Higgins (M-F, 3-6PM, 208-523-0600)*

***18 MAR,** USAPL Illinois State/Great Rivers Open PL/BP (open, women, teen, submaster, master, police & fire, d.o.c.) Mark Motsinger, 201 N. Gum St., Harrisburg, IL 62946, 618-252-0881*

***18 MAR,** AAU Arkansas State (open to all, Eureka Springs) Rusty Stafford, Box 699, Berryville, AR 72616, 870-423-2000*

***18 MAR,** AAU Iowa Planet Fitness Push Pull Challenge (assisted & raw, teen, novice, open, masters) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, gymrat@willi.net*

***18 MAR,** WNPF Alabama Open, Pedro Hollingsworth, 3202 Bermuda Dr., Northport, AL 35473, 205-333-9952*

***18 MAR,** NASA Pennsylvania St. (Pittsburgh, PA) NASA, Box 735, Noble, OK 73068, 405-527-8513*

18 MAR, Y2K Muscle Power Bash BP/DL Classic (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

18 MAR, 11th Cabin Fever DL plus BP, Mike Shroen, 1920 Elkhart Rd., Goshen, IN 46526, 219-537-9329

18 MAR, Miami County Championships (high school, masters, open men & women) Greg Barnett, 11 S. Pearl, Paola, KS 66071, 913-294-5720/3197

18 MAR, USAPL The Battle of the Great Lakes III PL & BP (Cleveland, OH - H.S. - FR/SO - JR/SR, JRS, Men & Women Open, masters 40-49, grandmasters 50-59, great grandmasters 60+, police/military/fire, raw, collegiate, novice, 1st meet) Gary Kanaga, 6346 Chestnut Hills Dr., Parma, OH 44129, 440-884-7608 (h), bench500@msn.com

18 MAR, Old Dominion BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

18 MAR, CPC Western Canadians, Allan Sprague, Box 150, Mile House, BC, Canada, 250-296-3676 or Jon Wolbers 250-989-1545

18,19 MAR, USAPL Oregon State (open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570

19 MAR, USPF Rhode Island State PL/BP, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com

19 MAR, WNPF Western New York (Niagara falls, NY - national qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670 after 5pm.

24-26 MAR, USAPL High School Nationals, Joe Lewis, 4120 Cty Rd. A, Oshkosh, WI 54901, 920-233-7605

***25 MAR,** West Coast Bench Press Championships, 650-757-9506*

***25 MAR,** APF/AAPF Iron Island Tri-State Power Meet (NY, NJ, CT), Ralph Raiola, 3465 Lawson Blvd., Oceanside, NY 11570, 516-594-9014*

***25 MAR,** USPF Closed Georgia PL & Open Deep South BP (Perry, GA) Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 912-896-3988 (d), 3989 (n)*

***25 MAR,** NASA Texas State (Dallas, TX) NASA, Box 735, Noble, OK 73068, 405-527-8513*

25 MAR, 25th USPF West Virginia State PL, USPF Single Lift SQ & DL, USPF Holley Strength Systems PL, BP, DL (Institute, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

25 MAR, Indiana Open BP/DL Classic (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

25 MAR, WNPF S. Carolina (PL, BP, DL, SQ) & ISA S. Carolina BP & Pull/IronMan (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

25 MAR, USAPL Capital City Push-Pull Classic III BP and/or DL, L.C.G. 517-483-1227 or after 8:00PM EST Jeff Buchin, 517-669-9368

***25-26 MAR (new date)** WABDL Budweiser World Record Breakers (Shiloh Inn, Richland, WA) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600*

25-26 MAR, AAU Great Lakes (national qualifier) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

26 MAR, SLP Illinois State BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

26 MAR, 1st Pittsburgh Area Monster BP and/or DL (men & women - cash prizes, Holiday Inn Airport) Mike Barravecchio, 301 Springwater Ct., Moon, PA 15108, 724-457-2708

26 MAR, Bay State Correctional Meet (guest lifters welcome, 4 wks. notice) Bruce Anderson, Box 73, Norfolk, MA 02056 or Tim McDonald or Larry Givens, 617-727-8474 ext 160.

MAR, AAU USA BP & USA DL (youth, teen, jr., novice, open, submaster, master, law enf., military - open/raw - men/women - Moreno Valley, CA) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

MAR, WNPF New York BP/DL/IronMan (Armonk, NY) WNPF, Box 142347,

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Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

MAR, 6th USPF American Open PL/BP (Philadelphia - drug tested - open, teen, jr., collegiate, pol/fire/mil, submaster, master) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net

MAR, ANPPC Drug Free World Cup Intl. Bench Press (teen, women, men, master) ANPPC, Box 1484, Mt. Vernon, IL 62864, 618-244-5775

MAR, IPF Pan-American Championships

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

1 APR, 2nd Wisconsin's Best Bench press, Glen Woychik, N34145 Moga Rd., Independence, WI 54747, 715-985-2608

1,2 APR, *Power Palooza II PL & BP & DL, Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823*

1,2 APR, WPA World PL & BP (Lancaster, PA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa

1,2 APR, SLP NATIONAL DRUG FREE POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

1,2 APR, USAPL Frank Kostyo Memorial Southeastern Championships, All American Gym, 118 S. Kentucky Ave., Lakeland, FL 33801, 863-687-6268

8 APR, *APA Sunshine State BP/DL (Palm Bay, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa*

8 APR, USA "RAW" BENCH PRESS FEDERATION SPRING NATIONALS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

8 APR, USPF California State Meet (Bakersfield - open, submaster, masters - no formulas) Chris Kostas 661-242-8116 or Steve Denison 661-664-7724

8 APR, USAPL Missouri State/Ozark Open PL/BP (St. Louis, MO) Mike Cissell, 15 Lakeside Dr., Lake St. Louis, MO 63367, 636-561-1242 after 8pm, mcis904082@aol.com, usaplnationals.com

8 APR, WNPF/ISA Atlanta Open BP/DL/IronMan, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

8,9 APR, *USAPL California State PL (Modesto, CA) Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464*

9 APR, *Franklin Health & Fitness Spring BP/DI Classic (Franklin, IN) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429*

14-16 APR, NASA High School Nationals (Dallas, TX) NASA, Box 735, Noble, OK 73068, 405-527-8513

15 APR, *Nebraska State/Midwest Open PL, Rick Hussey, 8905 Grant, Omaha, NE 68134, 402-392-2496*

15 APR, *9th Dungeon Power Works BP/DL, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586*

15 APR, *WABDL Oregon's Best BP & DL (Timber Inn, Coos Bay, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600*

15 APR, APA BP Nationals (Florence, SC) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa

15 APR, SLP Tennessee State PL (Carthage, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

15 APR, Spring BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

15 APR, Iowa/Midwest Open BP/DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240, hammes@kdsi.net

15,16 APR, *APF L.A. Lifting Club International Classic & California State Championships PL/BP (Burbank, CA) Joe Avigliano, 818-846-5438*

15,16 APR, USPF Master Nationals (incl. submasters - Chincoteague, VA) James Greene, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963, strength@exis.net

15,16 APR, USAPL Collegiate Nationals, USAFA, Cpts. Andrew Bates & Richard Schoske, CO Springs, CO, 719-282-0586

16 APR, *AAU Mass State High School BP, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-5729*

22 APR, *AAU N.H. State, Rob Dion, EWHC, 80 S. Main St., Concord, NH 03301, 603-225-0034*

22 APR, *USPF Washington State, Ted DePoe, 360-426-5973*

22 APR, Elfingham Open BP/DL (Elfingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

22 APR, Central Wisconsin BP (Adams, WI) John Easterly, 734 Deerborn Dr., Grand Marsh, WI 53936, 608-339-3977

28-30 APR, AAPF National Powerlifting/Bench Press (Plano, TX) James Capehart, 972-253-8575

29 APR, *USPF Spring Classic Push n' Pull BP/DL, Shane Williams, Rt. 1, Box 149, Wewoka, OK 74884, 405-257-2163*

29 APR, Biggest Bench On the River III ($6000 cash giveaway) Reed Bueche, 1104 W. Main St., New Roads, LA 70760, 225-638-9922

29 APR, SLP Indiana State BP/DL (Carmel, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

29 APR, 21st Raw Drug Free Powerday BP & DL Classic (separate meets, open, teen, jr., submater, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

29 APR, APF Alabama Spring Classic, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 877-313-4946

29 APR, WNPF Virginia PL/BP/DL/SQ & ISA BP/Pull/IronMan (Richmond, VA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

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

29,30 APR, *NASA N. Carolina St. (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513*

30 APR, Hillsboro Power & Fitness BP/DL (Hillsboro, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

30 APR, USAPL "All American" BP (Taylor, PA) Power Gym, Joe Moceyunas 570-562-3642 or bob Granko 570-342-0668

APR?, *NASA W. Virginia State, Greg Van Hoose, 304-273-2283, orgvhl@emwv.com*

APR, *Python Spring Drug Free Classic (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com*

APR, USPF Pennsylvania BP (Philadelphia - drug tested - open, teen, jr., collegiate, pol/fire/mil, submaster, master) Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net

APR, PL West Colorado Classic, Sortwell Productions, 11360 W> 84th Place., Arvada, CO 80005, 303-425-7075

APR/MAY, AAUPC 100% Raw High School Nationals (men/women - all AAUPC age/wt. classes) Dr. Spero Tsahontikidis, 8121 Needwood Rd. #104, Derwood, MD 20855, 301-990-2874

6 MAY (new date), *USPF Mid Cities BP & Free Power Seminar by Chuck LaMantia and Bob Seibold (Norwalk, CA) Chris Kostas, Box 6813, P.M.C., CA 93222, 661-242-8116*

6 MAY, *AAPF Florida State (drug tested) Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000*

6 MAY, *USAPL N. Dakota St. PL & The Fargo Open (men, women, teen, collegiate, masters, sculptured trophies) Rich Edinger, Box 1295, Fargo, ND 58107, 701-799-5316*

6 MAY, WNPF North American BP/DL and Iron Man & ISA North American BP/DL & IronMan (Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

6 MAY, USAPL 4th Detroit Rock City Meet, Mike Lawrence, 1175 W. South Blvd., Troy, MI 48098, 248-813-9866/616-5447

6,7 MAY (new date), USPF Virginia State Open & H.S. PL & BP (Chincoteague, VA) James Greene, 2297 Estuary Ct., Virginia Beach, VA 23451, 757-481-6963, www.exis.net/physiquetraining

6,7 MAY, USAPL National Masters (World Qualifier - Cleveland, OH) Ed or Frank King, King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464 (9-5) or Larry Miller, 216-425-0912 (6:30pm-8:30pm)

7 MAY, *Mass States PL/BP, Bruce Lynch, 165 Paul Revere Terrace, Taunton, MA 02780, 508-823-5729*

7 MAY, USPF Spring BP (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220

13 MAY *(tentative), NASA Missouri State, NASA, Box 735, Noble, OK 73068, 405-527-8513*

13 MAY, Cross County Pull BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14 MAY, AAU Pennsylvania St. BP (Teen, jr., men, women, submaster, master - raw & assisted) Bob Verner, 514 Loretto Rd., Pgh., PA 15217, 412-521-2620

19,20 MAY, *WABDL Southern States BP & DL (Gadsen, AL - in conjunction with Willie Nelson/Beach Boys concert) Rich Hagedorn, 256-441-0143, FAX 256-441-7283*

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

20 MAY, WPO Pro Meet, Huge Iron, 910 S. Atlantic Ave. Ormond Bch, FL 32176, 904-677-4000

20 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

20 MAY, Blue Ridge BP/Curl Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

20,21 MAY, *United States Intercontinental Championships, 650-757-9506*

21 MAY, *2nd AAPF Metro Detroit Open PL, BP, DL, John Maddox 248-642-2002 or John Cuciurean 810-598-2417*

21 MAY, Hard Core Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

21,22 MAY, WNPF Nationals (Youngstown, OH - all divisions, wt. classes, age divisions - world qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670 after 5pm.

24-28 MAY, IPF Women's Worlds

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HUGE IRON Powerlifting Schedule
YEAR 2000

February 12, 2000 - AAPF/APF Nevada State Powerlifting & Bench Press Contest ** Huge Iron -- West, Las Vegas, NV

March 4, 2000 - APF Bike Week Bench Bash & Deadlift Contest

March 11, 2000 - WPO Qualifying Event for May 20th Contest, Sanctioned APF

May 6, 2000 - AAPF Florida State Powerlifting Contest (Drug tested)

May 20, 2000 - First Ever WPO Professional Contest, $25,000 total cash prizes

June 3, 2000 - APF Florida State Open Powerlifting Contest

July 15, 2000 - APF Florida Push/Pull for Total In Memory of Lawrence Monberg

September 9, 2000 - APF Bench Bash for Cash. $6,000 Total Cash Prize In Conjunction with NPC Daytona Beach Muscle Classic (Bodybuilding)

November 11, 2000 - AAPF Southern States Powerlifting Championship (Drug Tested)

December 2, 2000 - APF Southern States Open Powerlifting Championship

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

(Buenos Aires, Argentina)
27 MAY (tentative) NASA Teenage Nationals, NASA, Box 735, Noble, OK 73068, 405-527-8513
27 MAY, USPF California State Novice/Juniors (Bakersfield - Class II & below - open guest lifters welcome - 1/2 entry fee) Chris Kostas 661-242-8116, or Steve Denison 661-664-7724
27 MAY, Max Flex BP/DL Classic (all divs. - Pierre, SD) Hobo Prods, Box 1971, Crystal Lake, IL 60039, 847-277-7760
MAY, USPF/WPF Pan-Am/European Intl. Open PL/BP, Rob Keller, Box 829, Ambler, PA 19002, 215-542-4941, rhk@Bellatlantic.net
3 JUN, *USPF New England PL/BP & New Hampshire State Meet, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489*
3 JUN, *APF Florida State Open, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000*
3 JUN, Central States Open BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
3 JUN, 20th APF West Coast Open (all divs. & novice) Rick McClung, 136 SE 1st, Newport, OR 97365, 541-574-4507, dozer2000@hotmail.com
3 JUN, USPF Southern California BP (Bakersfield) Chris Kostas 661-242-8116, Steve Denison 661-664-7724
3 JUN, WNPF Raw Nationals & Drug Free Nationals (PL, BP, DL, SQ - Panama City Beach, FL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
3,4 JUN, *WABDL Pepsi Northwest Regional BP & DL (Doubletree Hotel, Springfield, OR) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600*
3,4 JUN, NASA Master & Submaster Nationals (Nashville, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513
3,4 JUN, (new date) AAU Nationals PL & USA Raw Open & USA American BP (open, masters, submasters, law, military - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797
4 JUN, Indiana Open II BP/DL Classic (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
9-11 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779, jtruck52@hotmail
10 JUN, Superman Celebration BP/DL Classic (Metropolis, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
10 JUN, AAU 5th Suburban North YMCA BP/DL Classic (Catasauqua, PA) Scott Nace, 4267 Hilltop Pl., Bethlehem, PA 18020, 610-694-9384 or Nick Theodorou 610-258-1894
10 JUN, APF Calif. State BP (TBA) Bob Packer 559-439-4394 or Jeff Budwig, 559-248-0860
17 JUN, *WABDL Hawaii Invitational, (Honolulu, HI) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600*
17 JUN (tentative) NASA West Texas Open (Amarillo) NASA, Box 735, Noble, OK 73068, 405-527-8513
17 JUN, USA "RAW BENCH PRESS SUMMER NATIONALS (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
17 JUN, Max Flex BP & DL Classic (all divs. - Memphis, TN) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
17 JUN, AIDDA France World Cup of Clubs Bench Press for Reps, Joseph Ponnier, 15 rue du chemin de fer, 77340 Pontault-Combault, France
17,18 JUN, 16th Raw Drug Free No Boys Allowed Women, Men Submaster & Master (State/Out of State) and PA Open (no age groups) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net
19 JUN, *USAPL Sooner State Games, Cheryl Singleton, 10409 Glascow Dr. Yukon, OK 73099, 800-476-0036, usaplokla@aol.com*
24 JUN, Ozark Open II BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
24 JUN, Max Flex BP & DL Classic (all divs. - Denver, CO) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
24,25 JUN, TWIN LAB WABDL National BP & DL Championship (Holiday Inn Select North, Irving, TX) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, Ken Anderson, 972-392-3132
25 JUN, World Gym Summer BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
25 JUN, 6th APF Freedom Hill Outdoor BP & DI Classic (men/women: open, teen, jr., submaster, master) Dan DeFelice, 19641 Voiland, Roseville, MI 48066, 810-294-7055 after 6PM please
26 JUN, PL West Summer Benchfest, Sortwell Productions, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075
JUN, Texas/**World Police Games** (Austin, TX) TPAF, Box 2040, Abilene, TX 79604, 800-624-9752, 915-676-1545, FAX 915-676-5033
JUN, USAPL New England States Bench Press, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm
JUN, ANPPC Drug Free High School Nationals (Boys: 13-15, 16-18) ANPPC, Box 1484, Mt. Vernon, IL 62684, 618-244-5775, anppc@aol.com
1 JUL, SLP NATIONAL BP/DL CHAMPIONSHIPS (Carmel, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
1,2 JUL, IPA National Bench Press Championships, Tom Swartzell (Mineral Park College) 650-327-7266 & 650-757-9506
3 JUL, Iowa/Midwest Open BP on the Square (Sigourney, IA - open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240, hammes@kdsi.net
8 JUL, *NASA Arizona State (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-8513*
8 JUL, Allentown Sports Festival BP/DL, Fred Glass, 811 N. Jordan St., Allentown, PA 18102, 610-770-9333
8 JUL, 7th Eastern OK BP (Eufala, OK - pro, open, novice, teen, jr., masters, women) Kim Brownfield, Box 36, Council Hill, OK 74428, 918-473-1059
8 JUL, WNPF American BP/DL/Ironman & ISA BP/DL/Ironman (Charlotte, NC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
8 JUL, Max Flex BP & DL Classic (all divs. - Ft. Lauderdale, FL) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
8 JUL, Intl. Bavaria Cup DL (women, men, jr., master) Karl Greiner, Flurstr. 25, 84032 Landshut, Germany, (0)871-77575
15 JUL, *APF Florida Push/Pull for Total In Memory of Lawrence Monberg, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000*
15 JUL, *USPF East Beach PL (natural, open, master, women) Santa Barbara, A) Kevin Fisher, 805-963-3439*
15 JUL, SLP National 'Raw' PL, BP, DL Championships (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429
15 JUL *(tentative) NASA East Texas Open (Kilgore) NASA, Box 735, Noble, OK 73068, 405-527-8513*
15 JUL, Max Flex BP & DL Classic (all divs. - Seattle, WA) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
15-17 JUL, USAPL Men's Nationals,

2000 AAPF NATIONAL POWERLIFTING & BENCH PRESS CHAMPIONSHIP

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Date: April 28 - 30, 2000

Meet Site: Plano Convention Center, Plano, TX

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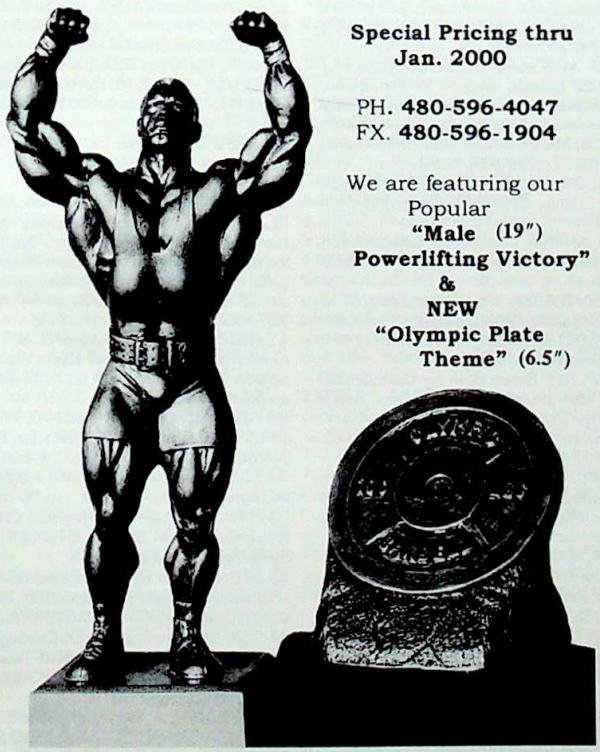

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Dennis & Sandi Brady, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692
16 JUL, USPF Summer Slam (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220
18 JUL, Independence BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com
22 JUL, ANPPC WORLD CUP, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
22 JUL, Hawaii State Pull/Push & World Bench Press Qualifier, Keith Ward, 41-857 Kalanianaole Hwy., Waimanalo, HI 96795, 808-259-5266
22 JUL, USAPL 3rd BP & DL Battle on the Beach (Metro Beach, Mt. Clemens, MI) Mike Lawrence, 248-616-5447
22 JUL, NASA Tri-State Natural (Monolift, no entry free for spec. olympians, PL, BP, PS) Smitty, 508 E. Fifth St., Flora, IL 62839, 618-662-8473 after 1pm CST
29 JUL, Max Flex BP & DL Classic (all divs. - San Francisco, CA) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
30 JUL, WNPF BP & DL Nationals (Chicago, IL) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
JUL?, *NASA Illinois Regional, Lindell Smith, 508 E. 5th, Flora, IL 62839*
5 AUG, Vince Soto Memorial/Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
5,6 AUG, WABDL World Cup BP & DL (Portland, OR - Holiday Inn Airport) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, FAX 541-330-1465, eanderson@hwy.net
6 AUG, WNPF New Jersey (PL, BP, DL, SQ) and **WNPF Teen, Jr., Submasters, Masters Nationals (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com**
12 AUG, WNPF/ISA Summerfest BP/DL/IronMan (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
12 AUG, Team Weber Strength PL (BP, Trap Bar DL) Bob Weber Jr., 1412 5th St., Camanche, IA 52730, 319-259-8695
12 AUG, Max Flex BP & DL Nationals (all divs. - Chicago, IL) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
12 AUG, Greene Co. Strongman/Woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com
12,13 AUG, NASA World Cup PL, BP, PS (OKC, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513
13 AUG, Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
17 AUG, Old Settlers Days BP/DL Classic (Hillsboro, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
19 AUG, Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
19 AUG, Alabama APF Push/Pull, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 877-313-4946
19 AUG, MidAtlantic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com
19,20 AUG, *AAPF/APF Snake River PL/BP (Idaho Falls, ID) Michael & Linda Higgins (M-F, 3-6 PM, 208-523-0600) apf id mhiggins@yahoo.com*
20 AUG, Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
26 AUG *(tentative) NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513*
26 AUG, Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
27 AUG, DuQuoin State Fair BP/DL (DuQuoin, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
27-28 AUG, AAU North American PL/USA BP (youth, teen,jr., novice, open, submasters, masters, law enf., military - open/raw - men/women - Moreno Valley, CA) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797
AUG, USPF Summer Classic Push/Pull (Orange County, CA) Victor Elliott, 714-841-3055
AUG, APF L.A. Lifting Club Summer Bench Blast (Burbank, CA) Joe Avigliano, 818-846-5438
2 SEP, *WABDL Washington State BP & DL (Hoquiam, WA) Don Bell or Gus Rethwisch, 541-389-0600, FAX 541-330-1465, eanderson@hwy.net*
9 SEP, *APF Bench Bash for Cash ($6000 total cash prize) & NPC Daytona Beach Muscle Classic, Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000*
9 SEP, Tennessee State Fair BP/DI (Nashville, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
9 SEP, Pound for Pound Nationals (men/women SQ/BP/DL - Kansas City, MO) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
9 SEP, USAPL Michigan Hall of Fame (BP, DL, & PL) Dick Van Eck, 616-521-4031
9 SEP, USPF New Hampshire State BP, Dave Follansbee, 865 Second St. #7, Manchester, NH 03102, 603-626-5489
13-17 SEP, 2000 IPF Jr. Worlds (Kau-Hsiung, Taiwan)
15-16 SEP, USAPL Bench Press Nationals, Dr. Mike Cissell, 1296 Henke, Lake St. Louis, MO 63367, 314-561-1242
16 SEP, *NASA Texas Regional (Dallas) NASA, Box 735, Noble, OK 73068, 405-527-8513*
16 SEP, Village Square BP/DL (Effingham, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
16 SEP, Big Three Classic (men/women - SQ/BP/DL - Detroit, MI) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
16 SEP, 2000 Beast of the East, Fred Vanderveen, Box 279, Fruitland, MD 21826, 410-742-9201
16 SEP, USPF 18th Drug Free New Jersey PL & BP/DL meet (raw & assisted, open, teen, jr., submaster, master, law & fire, novice, out of state) Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695
16,17 SEP, *Big Daddy's Push Pull, 650-757-9506*
17 SEP, Wisconsin Open II BP/DL (Burlington, WI) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
23 SEP, SLP OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
23 SEP, USPF Fall Bench Press Classic (Bakersfield) Chris Kostas, 661-242-8116, Steve Denison 661-664-7724
23 SEP, Max Flex BP & DL Classic (all divs. - Buffalo, NY) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760
24 SEP, SLP Iowa State BP/DL (Burlington, IA) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net
30 SEP, *APF L.A. Lifting Club Push/Pull Classic (Burbank, CA) Joe Avigliano, 818-846-5438*
30 SEP, *NASA Ohio Regional (Springfield) NASA, Box 735, Noble, OK 73068, 405-527-8513*
30 SEP, Ozark Open III BP/DL Classic (Poplar Bluff, MO) Dr. Darrell Latch, 126 W.

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19 Feb. USA 'RAW' BENCH PRESS FEDERATION WINTER NATIONALS
4 Mar. SLP Missouri State 'RAW' Powerlifting BP/DL Championships
26 Mar. SLP Illinois State BP/DL Championships
1,2 Apr. SLP DRUG-FREE NATIONAL POWERLIFTING CHAMPIONSHIPS
8 Apr. USA 'RAW' BENCH PRESS FEDERATION SPRING NATIONALS
15 Apr. SLP Tennessee State Powerlifting Championships
29 Apr. SLP Indiana State BP/DL Championships
20 May. LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS
17 Jun. USA 'RAW' BENCH PRESS FEDERATION SUMMER NATIONALS
1 Jul. SLP NATIONAL BP/DL CHAMPIONSHIPS
15 Jul. SLP NATIONAL 'RAW' POWERLIFTING/BP/DL CHAMPIONSHIPS
23 Sep. SLP OPEN (NON-TESTED) NATIONAL POWERLIFTING CHAMPIONSHIPS
24 Sep. SLP Iowa State BP/DL Championships
14 Oct. SLP Arkansas State BP/DL Championships
11 Nov. SLP Kentucky State BP/DL Championships
18 Nov. USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS
19 Nov. SLP Missouri Regional 'RAW' Powerlifting/BP/DL Championships
for information call or fax at: 217-253-5429 or e-mail at sonlight@advancenet.net

Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

SEP, WNPF Delaware (PL, BP, DL, SQ) & ISA Delaware BP/DL/IronMan (Newark, DE) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

SEP, 2000 Mile High Push & Pull, Andrea Sortwell, 11360 W. 84th Pl., Arvada, CO 80005, 303-425-7075

SEP, Fall BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

1 OCT, Northern Illinois Open BP/DL (Joliet, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

7 OCT, Fall BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

7 OCT, USPF Central California Championships (San Luis Obispo) Gene Estrada, 805-544-0155

7 OCT, WNPF/ISA Palmetto BP/DL/IronMan (Greeneville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

7 OCT, 6th APF Wolverine Open (men/women: open, teen, jr., submaster, master) Dan DeFelice, 19461 Voiland, Roseville, MI 48066, 810-294-7055 after 6pm

7,8 OCT, *WABDL Budweiser Strength Festival (BP, DL, Strongman 234 & below, 235 & above) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600, FAX 541-330-1465, eanderson@hwy.net*

8 OCT, *APA Bay State BP/DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, wpa50@hotmail.com, www.angelfire.come/fl/wpaapacpa*

8 OCT, Greater Indianapolis Regional BP/DL (Indianapolis, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

8 OCT, USPF Push/Pull (NHSP) Jamie Fellows, Box 375, Belmont, NH 03220

14 OCT, *4th Pottstown Invitational Power Challenge BP/DL, Eugene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823*

14 OCT, *NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513*

14 OCT, SLP Arkansas State BP/DL (Rector, AR) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14 OCT, Alabama Championships, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 877-313-4946

15 OCT, Chicagoland Open BP/DL Classic (Chicago, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

17-22 OCT, 2000 IPF World Masters (Prague, Czech Republic)

21 OCT, *NASA Iowa Regional (Des Moines) NASA, Box 735, Noble, OK 73068, 405-527-8513*

21 OCT, Max Flex BP & DL Classic (all divs. - Houston, TX) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

28 OCT *(tentative) NASA N. Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513*

28 OCT, 18th Raw Drug Free Central PA Open (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, engrave@clearnet.net

28,29 OCT, ANPPC NATIONAL DRUG FREE POWERLIFTING CHAMPIONSHIPS, Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

28,29 OCT, WNPF Lifetime Drug Free Worlds (Daytona Beach, FL or Baltimore, MD) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

OCT?, *NASA W.V. Regional, Greg Van Hoose, 304-273-2283, orguhl@emwv.com*

OCT?, *NASA Big River Classic, Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094, daryltobey@aol.com*

4 NOV, *NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-527-8513*

4 NOV, Mike Stone Memorial/Southeastern USA PL (Carthage, TN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

4 NOV, USPF BP & DL Championships, Ted Isabella, 55 Weston Ave., Cranston, RI 02920, isabella@efortress.com

4 NOV, USAPL State of Michigan Championships (BP, DL, Iron Man, PL - Lansing, MI) Mike Lawrence, 248-616-5447

4,5 NOV, *Physique Magnifique Powerlifting Championships, 650-757-9506*

4,5 NOV (new date), AAU Drug Free Worlds & Intl. BP (youth, teen, jr., open, submasters, masters, law enf., military, physically challenged - open/raw - men/women - Mesquite, NV) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797

11 NOV, *AAPF Southern States (drug tested) Huge Iron Productions, 910 S. Atlantic, Ormond Beach, FL 32176, 904-677-4000*

11 NOV, SLP Kentucky State BP/DL (Calvert City, KY) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

11 NOV, WNPF/ISA East Coast BP/DL/IronMan (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

11 NOV, Max Flex BP & DL USA Championships (all divs. - Denver, CO) Hobo Productions, Box 1971, Crystal Lake, IL 60039, 847-277-7760

11,12 NOV, USPF American Championships (Burbank, CA) Chris Kostas, 661-242-8116 or Steve Denison 661-664-7724

12 NOV, *AAU Mass Open PL/BP, Bruce Lynch, 165 Paul Revere Terreace, Taunton, MA 02780, 508-823-5729*

12 NOV, Franklin Health & Fitness BP/DL Classic (Franklin, IN) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

14-19 NOV, 2000 IPF Men's Worlds (Akita City, Japan)

18 NOV, USA "RAW" BENCH PRESS FEDERATION GRAND NATIONALS (Tuscola, IL) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

18 NOV, USAPL Great Alaska PL Challenge & 9th annual Biggest Bench, Jamie Bursell, 9170 Glacier Wood Dr., Juneau, AK 99801, 907-789-5997

18 NOV, WNPF Georgia Natural (PL, BP, DL, SQ) & ISA BP/DL/IronMan (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

19 NOV, SLP Missouri Regional "RAW" PL (Fredricktown, MO) Dr. Darrell Latch, 126 W. Sale St. Tuscola, IL 61953, 217-253-5429, sonlight@advancenet.net

NOV, Thanksgiving BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932, valifting@aol.com

NOV, USAPL Mass States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10pm

NOV, 2000 WABDL World BP/DL Championships (Las Vegas, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

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

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

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

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

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

9 DEC, *3rd AAPF Michigan State PL, BP, DL, John Maddox 248-642-2002 or John Cuciurean 810-598-2417*

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

9 DEC, Robbins Fitness Advantage Bench Press, Robbins Fitness Advantage, 421 15th St. East, Tuscaloosa, AL 35401, 877-313-4946

9 or 16 DEC, USPF Winter Classic DL (Camarillo, CA) Chris Kostas, 661-242-8116

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

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

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

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

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

28,29 APR, USAPL Bench Press Nationals, Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464

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

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

OCT 2001, WABDL World BP/DL Championships (Las Vegas, NV) Gus Rethwisch, Box 5292, Bend, OR 97708, 541-389-0600

P.S. when writing include a Stamped, Self-Addressed Envelope for the meet director to return an entry. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

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

MEET DIRECTORS... there are HUNDREDS of meets for readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We even do the typesetting for you - FREE!!

WPO

(Professional Powerlifting)

Powerlifters around the world, the WPO, the world's first professional powerlifting federation will have its first contest May 20th the year 2000, the beginning of the new millennium. If you have lifted in the WPC or IPF in the past five years you automatically qualify to enter the WPO. If you have not lifted in the IPF or the WPC in the past five years you can qualify on March 11th, 2000 at Huge Iron Training Center in Daytona Beach, FL, host of this APF sanctioned qualifying meet. Listed below are the qualifying totals for the new World Powerlifting Organization:

Men's Qualifying Totals

Weight Class	Qualifying Total
0-132	1159
148	1377
165	1450
181	1581
198	1664
220	1752
242	1810
275	1856
308	1898
SHW	1912

The March 11th contest is strictly to qualify - there will be no cash awards given for this qualifying event. Place winners of the May 20th contest will receive $25,000 total cash prizes. First place in each class will receive $1,000, second place $500, and third place $250. There will be cash bonuses for individual world records as well. In addition, if you break a total world record in your weight class you will receive $500.00. If you happen to break an all time world record for squat, bench or deadlift, regardless of weight class, you will win $1,000 cash bonus. If you break a total record regardless of weight class at $2,500 bonus will accompany your record since that is the ultimate number and you will be considered the best powerlifter on the face of the earth, until the record is broken again.

Men's classes will be as follow: 1-132 will be the lightest weight class. There will be no 114 or 123. Classes will be from 132 up to Super Heavy Weight. In the near future we hope to have women's classes for open women only. We anticipate this happening in the year 2001 after this professional sport gains notoriety through television coverage and securing the necessary sponsorships to generate the prize money for women and men's classes as well. Eventually after the induction of the women's side of professional powerlifting the federation will consist exclusively of men's and women's open lifters. I would like the powerlifter to be perceived as any other professional athlete in today's society from a career standpoint. Like one becomes a professional athlete in their early 20's, hopefully being drafted directly from college extending their professional career well into their 30's and 40's. This will hopefully allow professional powerlifting to be kept in the same prospective as other pro sports.

Try reminiscing on your childhood, think of the times where you pondered to become a major league baseball play, a NFL Superstar, or part of any pro sport that you were interested in as a child. The same could hold true to a 12 or 13 year-old boy or girl watching WPO powerlifting on television, becoming intrigued with powerlifting, watching enormous men and strong women lift inconceivable amounts of weights that to the mere mortal is just mind boggling. We are touched by the stories of many athletes who overcame great odds as children or your people growing up in poor households, coming from dysfunctional families, or whatever hardship they might have endured. Growing up, turning to a particular sport as an outlet from the day to day grind of life in general for the less fortunate. In turn, that outlet becomes a burning desire, a driving force for a better life. The possibility of professional powerlifting being a viable option that would enhance a young person's life spiritually, emotionally and financially is very motivating for me, Kieran Kidder, and was a major factor in creating the WPO. I want a young person to feel they can use powerlifting to achieve their goals and make their mark in life. In addition it will be very heartwarming for the parents of WPO powerlifters that are successful and thrive in this sport, making a name for themselves. Earning a decent, respectable living will allow their parents to be proud and have a positive perception of their child's career. This sense of accomplishment is vital to the young powerlifter as they always wish to gain their parent's approval over their career choice.

When a young powerlift decides that he or she wants to become a WPO powerlifter they will do so as follows: they will joint the APF, the gateway to the WPO and at some time as a teenage or junior or at whatever age they are able to achieve the necessary qualifying total in their respective weight class then will they be able to become a WPO powerlifter and have a chance to compete for the cash awards. Keep in mind that the WPO is for open lifters only but if you are a master, junior or teenager and are able to make the required WPO total then you are welcome to lift as an open lifter only. The primary objective of the WPO is to secure a television contract with a major network to captivate, educate and entertain people in the American public and abroad. If and when a television contract is secured that will air WPO powerlifting only then will the prize money increase dramatically. The May 20th WPO powerlifting contest will be professionally video recorded with the intent to present it to a major network such as FOX, ESPN or whomever is interested in airing WPO powerlifting. When a television contract is a reality the first, second and third places from 132 up to SHW will win the amounts of $10,000, $5,000 and $1,000 respectively.

In addition I have created the SUPER OPEN, which through editing I will showcase different lifters regardless of weight class like a 240 lb. lifter going against a 300 lb. lifter, a 148 lb. lifter going against a 160 lb. lifter. My reason for doing this is that I want the strongest person be recognized no matter how much they weight for the amount of weight they lift in three different SUPER OPEN classes. Coefficients and formulas are very confusing from a standpoint that a viewer watching powerlifting on television has not ideas what a formula is and how it works. My solution to this is the Super Open which will be as follows: 132 up to 165 will be the Lightweight Super Open class, 166 up to 199 will be the Middleweight Super Open class, 200 and over will be the Heavyweight Super Open class. Whoever has the highest total in the Lightweight Super Open class whether they weigh 132 or 165 will be the Lightweight Powerlifting Champion of the World. Whoever in the 166 to 199 has the highest total in the Middleweight Super Open Class will be the Middleweight Powerlifting Champion of the world and the 200 and over, which is the heavyweight, no matter how much they weigh in that category will be the Heavyweight Powerlifting Champion of the world. Whoever the lucky three are to obtain the three respective world powerlifting titles will win belts and lucrative checks in the amounts of $50,000 - $75,000. These are the numbers I am working towards after television coverage is secured. The benefit of having the Super Open will be that there will always be the element of surprise. Who will be the lucky three to obtain the prestigious belts and the large checks that could possibly change their lives in some way, shape or form? That is the beauty of it. Anyone could win, for instance, hypothetically in the lightweight, it could be Ken Snell or Doug Heath. In the middleweight it could be Angelo Berardinelli or Jess Kellum. In the heavyweight the scenario could be either Ed Coan or Gary Frank. Whoever lifts the highest amounts in those three respective weight classes in the Super Open is the winner, hands down, period. No formula, straight up, put up or shut up. Who's the man? Who's got the machismo? Who's got the guts? Who wants it bad enough? Who wants to be the most prestigious iron athlete in the world?

The beauty of the Super Open is that it will bring the sport down to a more understandable viewpoint as far as someone watching powerlifting on television or even in the audience of the contest. Unless you are a powerlifter's spouse or girlfriend or vice versa it is very hard to understand powerlifting. Why a lift is good, why one is not? Why one judge thought a lift was good and another did not? Through the use of video monitors, three of them to be exact, I have cameras that show all different angles from the front and both sides of the lift. The audience will then be more involved with the contest and know exactly what is going on, can see a depth call on the squat, can see daylight under the butt on the bench or any other infraction on all three lifts whether it be squat, bench or deadlift. Thanks to the computer era we will be able to list the standings of the lifters at all times, what place they are in, what they need to lift to win and so on and so forth that will be run right to another monitor. The lifter, audience and television audience will be informed what the standings are at all times.

Along with being your WPO President I will also be an informative voice for powerlifting, an iron analyst, if you will, that will go to extensive lengths to break powerlifting down so the television audience can appreciate and respect powerlifting in general. Actually, becoming a powerlifting fan where certain powerlifters become their heroes and role models, in the same regard that Michael Jordan or Wayne Gretzky, or Joe Montana are role models or heroes to people from all walks of life.

Rest assured there will be very consistent, strict, impartial and unbiased refereeing. Parallel squats are not going to go in the WPO. The squat must be significantly below parallel in order to be passed. All other rules and regulations will be strictly enforced for the bench and deadlift as well. Keep in mind the judging will be fair, not ridiculous. I do not intend to ban any certain equipment but there will be restrictions and limitations of what can and cannot be worn through equipment checks before and during the contest especially when world records are broken. On the squat you will be allowed to wear a single layer polyester squat suit and a single layer pair of briefs or a single layer canvas squat suit and a single layer brief. There will be no briefs that go above the belly button. Briefs that go up to the chest - no more! Multiple layers of briefs - no more! One pair of briefs, one suit, that's it. On the bench, there will be double polyester bench shirts or double denim bench shirt - that's it! On the deadlift, you will be allowed to wear a single layer polyester or canvas deadlift suit with a single layer of briefs - that's it! There will be no exceptions at all on these equipment rules and regulations. All lifters will be on the same page in the WPO. That is only fair since money is being awarded. In a nutshell these are all the main rules and regulations that will be enforced in the overall criteria of the WPO. By the end of January or early February a rulebook will be available to send to the powerlifter at their request.

There will be more on the WPO in the February issue and each month up to the qualifying meet and the first ever WPO professional powerlifting contest. One final note, the thing the WPO will do that is different from any other federation for entertainment's sake will be interviews with the lifters so that the American public can get to know who the lifters are, what makes them tick, their make-up, their home-life, etc., etc. Another added feature that I'm sure will be appreciated immensely is the concept of card girls. Card girls will be similar to that of ring girls in boxing. Attractive young women who walk around the audience and lifting area with cards that will state how much weight is on the bar, the lifters name, what attempts we are in, whether it be the first, second or third attempts. Little concepts like that.

In closing I will do everything in my power to make the WPO as exciting, lucrative and successful as humanly possible. All I ask is that YOU, the elite powerlifter take the initiative and desire to have a professional powerlifting be a reality in mainstream society. It is going to take YOU, the elite powerlifter. Let's just do this thing and make it happen!!!.

Sincerely, Your WPO President,
Kieran Kidder

NASA Big River Classic
16 OCT 99 - Blytheville, AR (kg)

Bench Press		MI		
Women		Workman		152.5
101-T		205-N		
Doucet	40	Groves		185
138-T		SMI		
Campbell	27.5	Turner		187.5
154-T		MII		
Turner	55	McLean		162.5
Men		227-P		
154-MII		Bailey		170
Singleton	110	SMI		
170-P		Bailey		170
Wren	127.5	SMII		
SMI		Jumper		182.5
Webb	127.5	205-SMI		
187-P		Neal		185
Baker	140	MI		
		Schatzman		147.5
Women	SQ	BP	DL	TOTAL
110-P				
Andes	95	42.5	125	262.6
MI				
Andes	95	42.5	125	262.5
154-P				
Hall	77.5	52.5	90	220
170-P				
Wheeler	102.5	52.5	117.5	272.5
SHW-P				
Putman	117.5	52.5	117.5	287.5
Men				
154-P				
Mullen	170	102.5	185	457.5
Russell	155	100	190	445
MII				
Crouse	155	117.5	185	457.5
187-N				
Broussard	257.5	147.5	247.5	652.5
Beccue	217.5	147.5	227.5	592.5
T				
Stafford	82.5	85	182.5	350
SMII				
Broussard	257.5	147.5	247.5	652.5
Locke	207.5	140	215	562.5
MI				
Ezell	222.5	142.5	227.5	592.5
MII				
Pickens	222.5	155	207.5	585
Watts	137.5	100	167.5	405
205-P				
Garrett	300	160	282.5	742.5
SMI				
Carey	237.5	165	250	652.5
N				
Groves	290	185	300	775
Carey	237.5	165	250	652.5
SMII				
Mathes	160	102.5	205	467.5
MI				
Dresbach	225	152.5	260	637.,5
MII				
Jordan	102.5	102.5	135	340
227-P				
Bassett	192.5	150	227.5	570
Jenkins	182.5	107.5	170	460
SMII				
Winter	295	195	227.5	717.5
Bassett	192.5	150	227.5	570
N				
Gaines	250	187.5	275	712.5
Richardson	265	150	262.5	677.5
MII				
Tabaka	240			
250-N				
Weir	277.5	195	265	737.5
SMI				
Neal	242.5	185	227.5	655
SMII				
Dilworth	287.5	210	277.5	775
MI				
E. Morgan	260	160	300	720
Schatzman	182.5	147.5	197.5	527.5
MII				
Hodges	282.5	150	322.5	755
Counts	115	125	170	410
280-P				
Wages	282.5	165	280	727.5
SMII				
Wages	282.5	165	280	727.5
MI				
T. Morgan	205	135	227.5	567.5
MII				
Smith	227.5	110	200	537.5

"The 14th annual Big River classic was held at the Blytheville Holiday Inn on October 16. There were 60 entries including 7 women. Sally Ann Andes squatted 209, benched 94 and DLed 275 at a bodyweight of 110. Nice lifting for a Master I lifter. Ken Crouse, Master II lifter from Texas, had a good meet in the 154 pound class with a total of 1006. Brian Broussard, last year's OL ahd a fine 1435 total, but didn't get the nod for OL this year. In Brian's 187 pound class there was some very nice lifting done by Master lifters. Keith Pickens of Illinois is always a crowd pleaser. Keith lifts with an injury received in Viet Nam and still got a fine 1287 pound total. Keith, you are an inspiration to us all! In the 205 pound class, Jack Groves was a stand-out with a 1705 total and was closely followed by Kenny Garrett, lifting in the lifetime drug free category, with a great 1633 total. Bill Dresbach, one of our perennial competitors, won the Master I with a 1400 plus total. It's always fun to watch Bill lift. More great lifting in the 227 class, where David Gaines won the Natural division with 551 412 606 and a 1568 total. Tom Winter, returning to PL after a 5 year vacation, hit 649 430 501 for a 1579 total. Tom owns the Ultimate Fitness Gym in Blytheville, where we local powerlifters work out. Welcome back to competition, Tom! Steve Richardson entered his first meet after about 6 months hard training at Ultimate Fitness. Steve took second place behind David in the Natural class with some great first meet scores. Steve squatted 583, BPed 330, DLed 578 and got a very respectable 1490 total. (How well I remember my first meet total. *DHJ*) Bob Tabaka, another Big River regular, overtrained a little, peaked early and had to withdraw after getting his opening squat. At 250, Heath Weir, assistant strength coach at Arkansas State, won the Natural division with a 1622 total. It is a pleasure to watch Health lift. Submaster Robert Dilworth had the high total in the 250 class with a 1705. Eddie Morgan, a Special Education teacher from Jonesboro, was back this year, winning the Masters I category with a 1585 total Eddie is a gentleman and demands a lot of respect, even without his tremendous strength. James Hodges, my training partner of 19 years, won the Masters II 250 pound class, with a 622 squat, 330 BP and a meet high DL of 710. James had been working 10 hours a day, 7 days a week for more than 2 months before the meet. James is truly a powerful gentleman, and was awarded Outstanding Lifter of the meet. In the 280 pound class, Keith Wages took top honors with a very good 1600 pound total. Tom Morgan won the MI divisions with a 1249 total. Lindell Smith of Flora, IL had a good day, getting a 500 squat, taking first in the MII, 280 pound class. Lindell is a youth coach par excellence. I think Lindell lifts only to show his students how much fun powerlifting really is. Thirteen lifters competed in the bench press only portion of the meet. Danny Singleton, MII lifter from Hot Springs, got a 242 at a bodyweight of 154. Gary Wren of Blytheville BPed 280 at 170 bwt. in his first meet. He'll be back. Michael Webb won the MI division with identical lifts to Wren's, in his first meet. Eddie Turner and Jack Groves won SMI and Natural categories with respective lifts of 412 and 407. Greg Jumper, lifetime drug free SMII lifter won his class with a 402 pound bench. This was Greg's return to PL after a 10 year hiatus. At 240, Todd Neal pressed a 407 to win the SMI and Tom Schatzman won the MI at 324. I cannot imagine doing the Big River without John Shipley. John takes vacation time from work to help make the meet a success. Richard Atwill served as platform manager and helped with spotting and loading. Other spotters and loaders included Randy Miller, Wesley Shipley, Johnny Taylor, James Duree, Andy Lake and Jocko Hinkle. Announcers were Tobey Johnson and Rachel Denton. Expeditors were Linda Crum, Stephanie Miller, Rachel Denton, Callie Ettleson and Kathy Duree. All judges were nationally ranked and included Pete Broussard of MS, Mable Smith and Jill Coleman Corder of IL, Jim Duree of KS, and Daryl and Tobey Johnson of AR. Our sincere thanks to the lifters and the Big River Classic crew for a most enjoyable day. (from Daryl & Tobey Johnson)

Southern IL "RAW" BP/DL
17 OCT 99 - Carbondale, IL

Bench Press		242	
Teen Men		S. Markham	355*
J. Amsbury	175	Deadlift	
Junior Men		Junior Men	
Kenny Bailey	315	K. Bailey	455*
Master men 40-49		Master Men 40-49	
J. Amsbury 148	270	S. Markham	405*
181		165	
C. Prichard	265	B. Grapperhaus	335
198		181	
J. Womick	345*	C. Prichard	430*
		198	
		J. Womick	455*

* personal record. The Southern Illinois Open 'Raw' Bench Press/Deadlift Championships were held October 17, 1999 at the Sports Center in Carbondale, Illinois. This first-time event drew only eleven entries but everyone jumped in and helped out, yelling and clapping after each attempt. Just those few lifters and a handful of others made more noise than you heu in some of the big meets! That was great, and made it a lot of fun for me! In the bench press competition teenage winner Jerry Amsbury equaled his previous best with 175, just missing a pr 180 for his third attempt. Junior winner Kenny Bailey, who lifted the day before in Mattoon, Illinois at the Fall Bench Press Classic, got only his opener of 315 on this day. Kenny's triceps had to have been tired, but he still came awfully close with a new personal best 330. James Amsbury, father of Jerry, also did well finishing with 270 at a 148 bwt., taking the master 40-49 group. James came close with 280 twice, but both times failed to lock out completely. Charlie Prichard took the 181 open class with 265, missing only his final attempt with 275. Jim Womick, one of the local chiropractors in Carbondale, lifted for the first time finishing with a personal record 345 while taking the open 198's. Steve Markham won the 242s with a strong 355, another personal record! In the deadlift competition Kenny Bailey won his second junior title of the day with a strong 455 personal record attempt. Not a bad lift at a 162 bwt! Kenny tried a final attempt with 470 but didn't quite get it to his knees. That boy has got to be tired, benching and deadlifting in competitions two days in a row! But not only is Kenny a good lofter, he's a great guy with a good attitude and fun to be around. Master winner Steve Markham deadlifted for the first time and did well, finishing with a pr 405. This guy has a strong upper body and once he gets his form down, not only will he blow away 400 in the bench, a 500 deadlift will also be history! At 165 it was Brent Grapperhaus, pulling just his opener, before pulling a lower abdominal muscle on his second attempt with 350. This guy has the strength to pull over 400 with ease, and he will once he lets himself heal. Charlie Prichard exhibited the best form of the day, going 4 for 4 ending with a personal best 430 for the win at 181 open. Charlie made the trip over from Mexico, Missouri to lift and we're glad he had a great day. Jim Womick finished with another personal mark on the day going 455, with each lift stronger than the previous. Thanks to Jim Womick and all the lifters for helping with the competition. (thanks toDr. Darrell Latch for providing results)

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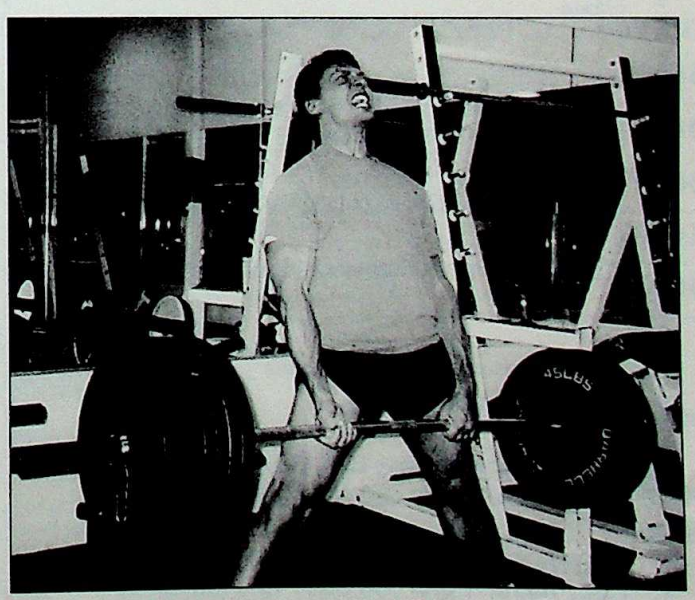

Jim Womick PRs a 455 at the Southern Illinois Raw Meet . (D.Latch)

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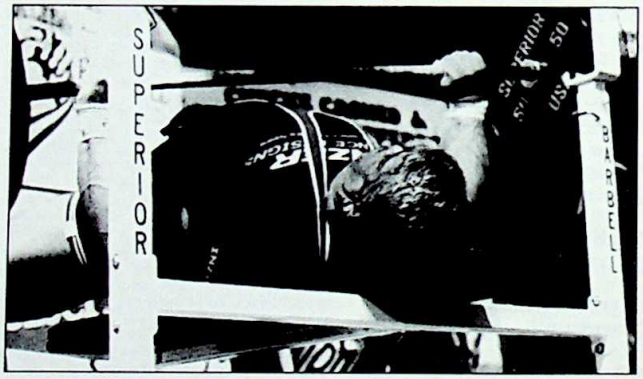

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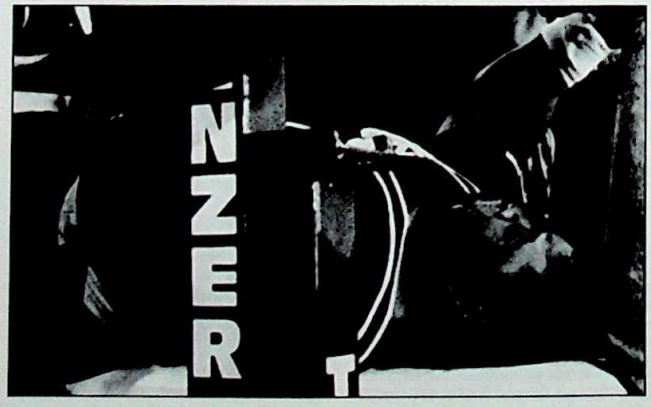

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Northern Illinois Open BP/DL
3 OCT 99 - Joliet, IL

BENCH PRESS		Brett Adams	365*
Open Women		220	
V. Washington	205	Mark Chellino	525
C. Lanigan	120	Sal Ziccarelli	400
Teenage Men		Jeffery Archer	300*
Alex Spiker	220	4th	320*
Todd Rzeszutko	240	242	
Submaster Men		George Lealiifano	520
Mark Chellino	525	DEADLIFT	
Pat Diggins	330	Open Women	
Master Men 40-49		V. Washington	325*
(Lt wt)		Teenage Men	
Bernie Ferro	400	Brian Thompson	480*
Tom Arambasich	370	4th	500*
Master Men 40-49		Joe Spiker	400
(Hvywt)		Submaster Men	
Mike O'Brien	500	Pat Diggins	520*
Barry Blackman	360	Barry Holifield	425*
Master Men 50-59		Master Men 40-49	
Larry Weiss	305*	Bernie Ferro	625
Tom Hosek	315	J im Metzger	510*
Master Men 60-69		Master Men 50-59	
Joe Marsala	240	Tom Hosek	555*
165		4th	575*
Wade Phillips	375*	Larry Weiss	520
181		181	
Joe Fortuna	380	Paulie Turnbow	510*
Paul Henry	330*	Paul Henry	375*
198		198	
Le Roy Banks	425	Benny Finch	510*
Craig Richards	410*	220	
		Barry Holifield	425*

* personal record. Best Lifters: Bench Press - Mark Chellino; Deadlift - Bernie Ferro. Team: Carnaghi Power Team. The Northern Illinois Open Bench Press/Deadlift Championships was held at World Gym in Joliet, Illinois on October 3, 1999. It was a good day of lifting with almost forty competitors and an enthusiastic crowd watching, and cheering on the competitors. Thanks once again to Dwight Steadman and his staff at World Gym for their continued support of the sport of powerlifting. Thanks also to Tom Carnaghi for his help organizing and judging the competition. In the bench press competition the women started the action with Vanazz Washington leading the way, finishing with 205 for the win. Vanazz was looking for 225-230, but ripped her shirt with her first attempt and had to go to her training shirt instead. Cheryl Lanigan, lifting in her first cometition, did well, finishing with 120 for second. Alex Spiker got up 220, weighing only 145 for the win at teenage over training partner Todd Rzeszutko, who finished with 240 at a 188 bwt. Mark Chellino had been out of competition for a little while, but came back strong with the win at submaster, finishing with 525. Mark also locked out strong with a pr 545, but was called for raising his hips. Second at submaster was Pat Diggins with 330, just missing his final attempt with 340. In the master 40-49 age group there was four competitors so I divided them up by lightweight and heavyweight classes. Winning at lightweight was Bernie Ferro who got 400, weighing at 220. Second place went to Tom Arambasich who ended with a strong 370 before missing with 385. At heavyweight it was big Mike O'Brien with 500, weighing at 300. Second place went to Barry Blackman who finished with 360. Not bad for a first competition! Larry Weiss got a new personal record with 305 in his win at master 50-59, placing over Tom Hosek, who pressed 315, weighing 22 lbs. more. This was also Tom's first competition, and I believe we got him hooked! Joe Marsala took the 60*69 group with 240, missing that weight for his second attempt, but coming back strong for his third. At 165 it was Wade Phillips with a great effort at 375, another new personal record. Joe Fortuna only got his opener of 380, but that was good enough for the win at 181. Paul Henry was second with a pr 330. At 198 it was Lee Roy Banks, lifting raw once again and putting up 425 for the win. Craig Richards probably had the best day of anyone, going 4 for 4 and posting two new personal records with his final attempts of 410 and 425. The Thin Man from Lockport got back up to 193 and showed everyone what good form was all about! Third place went to Brett Adams who also got a new pr with 365, lifting in his first competition. Mark Chellino dominated the 220s, as usual, also taking home the well-deserved best lifter trophy with his 525 @ 220 bwt. Second place went to Salvatore Ziccarelli who clearly benched way under his potential. finishing with only his second attempt of 400. Third place at 220 went to Jeffery Archer, another first-timer, who got all of his lifts with ease, even his fourth attempt of 320. Put some weight on that bar! A great crowd pleaser and an all-around good guy, George Lealiifano won at 242 with 520. A final attempt with a pr 550 wasn't there on this day. but he's always just a lift away! Moving to the deadlift we got to see Vanazz Washington pull a personal best 325 to take the women's class. Vanazz is truly a lady in this sport, always wearing that beautiful smile, always lifting great and always such a positive person to be around. Oh, yes, and she smells good too! Okay, okay, settle down! Hey look at the teenage class! Brian Thompson (aka, Elvis), who just started competing less than a year ago, pulled 500 weighing only 167! The tall thin nineteen year old worked through all four of his attempts with picture-perfect form getting prs at 480 and 500! Joe Spiker was almost as impressive, pulling 400 @ 160 for second. Pat Diggins got a pr of 520 in his win at submaster. placing over a slimmed down Bary Holifield who also got a pr with 425. Next up was Bernie Ferro with a strong 625 for the win at master 40-49. It also just happened to be Brnie's birthday (no. 45) so not only were the judges lenient with his lifts, they also awarded him best lifter honors for the day! Happy birthday, buddy! Another great guy, Jim Metzger came for and finally got his first 500 pull. With perfect form (Jim is coached by Eric Maroscher) he then locked out 510 for his third attempt, another personal record! At 50-59 Tom Hosek also go two new prs ending with 575 and the first place trophy. A close second was Larry Weiss with a strong 520 pull. Larry and his wife produce a weekly powerlifting program on the local PBS television station which airs out of Aurora, Illinois, so they taped the meet and interviewed myself and Tom Carnaghi for their upcoming program. It's great to have someone covering the sport. Check it out sometime! At 181 Paulie Turnbow won with a pr 510 over Paul Henry who also got a pr in his first competition with 375. Beny Finch (this guy is going to be a great puller!) took the 198's with a 510 pr, his third attempt of 540 about 15 lbs. too much on this day. Barry Holifield won at 220 with 425, another personal best. Carnghi Power won the team title, with members Benny Finch, Paulie Turnbow, Wade Phillips, Vanazz Washington, Bernie Ferro and Tom Arambasich. Thanks to Eric Maroscher, Donna Williams, Paulie Turnbow and the otherswho helped judge, spot and load. (thanks to Dr. Darrell Latch for providing the meet results)

*Mark Chellino blows away 525 @ 220 at the Northern Illinois Bench Press Championships, while **Bernie Ferro** is all smiles after capturing Best Lifter Honors (below) for the deadlift on his 45th birthday, by pulling 625 lbs. in the 220 lb. division. (photos courtesy Darrell Latch)*

3rd USAPL Michigan Hall of Fame
11 SEP 99 - Niles, MI

Women	SQ	BP	DL	TOTAL
165				
K. Reske	250	150	305	705
Men				
165				
J. Pantellaria SM			350	
J. Veach T-2		260		
E. Cargor M1		310		
181				
R. Fabiano 0/M1	460	370	465	1295
G. Kozak M1	335	300	400	1035
F. Stokes SM		2175		
198				
J. Soule Open		365	520	
T. Miller SM		320	460	
M. Warner M1		320		
220				
J.Jeurink M2	475	295	550	1320
C. Tallman O	475	350	475	1300
R. Robinson O		380		
P. Kosmickl M2		340		
J. Gady JR	475	340	570	1385
M. Williams SM		315		
242				
M. Baty O/PF/SM		425		
K. Slaugther O	450	350	530	1330
M. Fuller O		380		
T. Webster M1		325		
G. Washington M3		315		
M. Marsh M4		390		
G. Abrams PF	460	340	520	1320
275				
D. Cooper O		430		
J.Martinez O		400		
A. Jones O/M1		470		
E. LucasPF/M2		390		
G. Krueger M3	510	400	500	1410
M. Van Eck M4	145	225	365	725
J. Bandbridge JR		425	500	
C. Horton JR			580	
319				
T. Slaugher O	525	345	635	1505
R. Howard SM	600	475	605	1680

(Thanks to Rich Van Eck for providing these results)

USAPL R.A.C. Push/Pull
17 JUL 99 - Roanoke, VA

BENCH PRESS	
Women	
123 - Collegiate	
Karl Kiser	95 s
105 - Open	
Angie Mamola	115
123 - Open	
Karla Meador	190
148 - Open	
Becky Alderman	135
132 Master (40 - 44)	
Kathryn Hudson	120 s
Men's Bench Press	
165 - Open	
Adam Mamola	365
Kelly Clinevell	280
181 - Teen (1 8-19)	
Zeb Bowden	275
181 - Open	
James Harrison	375
181 - Master (50-54)	
Jim Kiser	300 s
Brian Brindle	230
198 - Open	
Mike Thompson	385
Mike Cumbee	335
Ernest Banks	315
198-Master (40-44)	
Mike Hurd	
198 - Master (45-49)	
Ernest Banks	315
Frank Sumner	280
220 - Open	
Henry Gerard	480s
John Shaner	430
James Claxton	405
Tim Henriques	320
Mike Blackwell	260
220 - Collegiate	
Adam Harman	300
220 - Master (40-44)	
James Claxton	405s
Ron Loy	260
242 – Open	
Kirk Hubbard	360
242 - Master (55-59)	
Bob Thompson	385s
275 - Open	
Gary Hodges	400
Tommy Gladden	370
275 - Master (40-44)	
Tommy Gladden	370
319 - Master (55-59)	
Bob Ewers	380
319+ Master (40-44)	
Dr. Carl Whorley	145
DEAD LIFT	
Women	
123-Collegiate	
Karl Kiser	205s
132 - Master (40-44)	
Kathryn Hudson	150
148 - Open	
Wanda Ford	375
Becky Alderman	175
Men's Dead Lift	
165 - Open	
Kelly Clinevell	475
181 - Open	
James Harrison	430
181 - Master (50-54)	
Jim Kiser	425
Brian Brindle	400
198 – Open	
Mike Thompson	600
Jim Hannah	500
Doug Morris	445
Mike Cumbee	405
198 - Master (45-49)	
Jim Hannah	500
Doug Morris	445
Frank Summer	250
198 - Master (55-59)	
Victor Litwinski	260
220 - Open	
Henry Gerard	700
Tim Henriques	595
Luke Mullins	580
220 - Teen (1 8-19)	
Luke Mullins	580
220 - Master (40-44)	
Ron Loy	540
220 - Master (60-64)	
Randy Boothe	505s
242 - Open	
Kirk Hubbard	600
Bob Thompson	600
242 - Master (55-59)	
Bob Thompson	600
275 - Open	
Gary Hodges	525
Tommy Gladden	450
275 - Master (40-44)	
Tommy Gladden	450
319+ SHW (40-44)	
Dr. Carl Whorley	280

s - new state record. Thanks to my wife Susan, my daughter Jennifer and my son Justin for their help in putting on this meet. Also, Jean for her announcing again and William Thacker and John Shifflett for driving in from Charlottesville to referee. Additional thanks to Bud Grey, Annette and her staff at the Roanoke Athletic Club for all their support and assistance. This meet had to produce a first in the annals of Powerlifting history. Bob Thompson a master lifter 55 - 59 in the 242's and his son, Mike a 198'er in the open division had the same totals, not just 385 in the bench but each pulled a massive 600 in the deadlift. "Like father like son." (report by Bill Lindsey, USAPL Virginia State Chairperson)

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Marshfield YMCA BP/DL
16 OCT 99 - Marshfield, WI

Bench Press	
Women	
110	
Jr. 1	
Dawn LeMieux	55
127	
SM-1	
Cara Reed BL	150
187	
Jr.3	
Renee Hintz	175
250	
SM-1	
Rena LeMieux	155
Men Jrs.	
101	
Jr.1	
Bryan Dixon	50
138	
Jr.2	
Steve Tollers	225
170	
Jr.3	
Jacob Trone	250
Justin Majewski	245
187	
Jr. 3	
Dan Lammert	295
Ryan Zuege	270
205	
Jr.3	
Nathan Pekarske	
227	
Jr. 3	
Josh Acterberg	300
127	
Int -2	
Donald Flath	280
138	
Int -2	
Al Myszka BL	360
154	
Int -2	
Chris Majewski	280
154	
SM-1	
Steve Duframe	270
170	
Int-2	
Ron Wells	315
Rick Kroeger	225
170	
SM-2	
Jerry Rigoni	285
Bob Goldsmith	245
Dave Felton	235
187	
Int.-1	
T. Dankemeyer	355
Craig Bender	325
187	
SM-2	
Steve Lahti	325
Allen McCredie	280
Greg Rigoni	280
Chuck Strachan	275
205	
Int-I	
Brian Wright	400
Kevin Lahti	305
205	
Int-2	
Kevin Reese	345
205	
SM-I	
DaveRabe	240
Chris Johnston	225
205	
SM-2	
Jim Pitsch	325
David Anderson	275
205	
M-1	
George Soifakis	310
Jim Olson	225
227	
Int-1	
Gary Ronning	415
227	
Int-2	
Fred Nowak	425
Shawn Becker	420
Jay Werner	395
Jeff Oien	325
227	
Sm-1	
Dave Dixon	290

227	
SM-2	
V. Rasmussen	315
250	
Int-I	
Dylan Scheidler	430
Nathan Theisen	305
250	
Int -2	
Jeff Cooper	365
Chad Longhini	335
John Easterly –	
250	
M-2	
Don Murphy	270
280	
Int-I	
Todd Vance	365
280	
Int-2	
Kent Wannebo	405
280	
SM-1	
Randy Allen	390
SteveSouthworth	
315	
Int. -2	
Glen Woychik	5 1 0
315	
SM-1	
Bob Sutton	275
SHW	
Int-I	
R. Campshure	330
Deadlift	
Women	
127	
SM-1	
Cara Reed BL	260
187	
Jr-3	
Renee Hintz	310
Men	
138	
Jr.2	
Steve Tollers	330
187	
Jr.3	
Ryan Zuege	500
170	
Int-I	
Ron Killian	375
170	
SM-2	
Dave Felton	510
Bob Goldsmith	425
187	
Int-I	
T.Dankemeyer	500
205	
SM-1	
Dave Rabe	365
205	
SM-2	
C. Williams BL	600
205	
M-1	
Dennis Johnson	580
227	
Int-I	
Gary Ronning	500
227	
Int-2	
Fred Nowak	600
Jeff Oien	435
227	
SM-1	
Dave Dixon	450
250	
Int-I	
Dylan Scheidler	610
Brian Durham	600
Nathan Theisen	500
250	
Int-2	
Chad Longhini	525
Jeff Cooper	475
280	
Int-I	
Todd Vance	570
280	
SM-1	
Bandy Ahnen	600
S.Southworth	510
315	
SM-1	
Bob Sutton	500

(Results provided by: Mike Gillette, Meet Director)

Brian Wright *(above) benched 400 at the 2nd annual Marshfield YMCA BP/DL meet and* ***Fred Nowak*** *(below) deadlifted 600. (photos courtesy of Mike GIllette)*

USPF California State
2 OCT 99 - Bakersfield, CA

Womens Open	SQ	BP	DL	Total
123 lbs				
Cindy Bullara	203	121	248	573
148 lbs				
Lisa Denison	314	143	347	804
Gretchen Ashton	225	165	253	644
Womens Masters 40-49				
148 lbs				
Judy Payne (47)	159	132	236	528
Teen Men 13-16				
148 lbs				
John Cano (13)	264	143	303	710
Mens Open				
148lbs				
Chris Balanga	402	336	462	1201
Scott Layman	—	—	—	—
165lbs				
Paul Kelley	374	303*	451	1129
Bill Cavalier	—	—	—	—
181 lbs				
John Dorsten	567	385	617	1570
Roland Lopez	308	286	446	1041
198lbs				
Manuel Dinis	518	303	551*	1372*
220lbs				
Jesse Branham	650	391	611	1653
John Bostick	501	374	650	1526
Patrick McNeil	562*	407*	551	1520
William Charles	551	347	518	1416
Richard Marquez	352	352	440	1145
Victor Robles	402*	303*	369*	1074*
242 lbs				
Steve Denison	611*	429*	650*	1691*
Zach Passman	518	363.	573*	1454
Junior German	540	—	—	—
275 lbs				
Brad Trujillo	573	407	556	1536
Wm. McCaslin	523	352	435	1311
Scott Maxwell	62			
308 lbs				
George Brink	705	369	749	1824
Joseph Jano	633	385	512	1532
Wm. Anderson	440	303	429	1172
308+ lbs (SHW)				
Manuel Rosales	600			
Mens Masters 40-49 (Formula)				
B. King(47) (220)	644*	391	688*	1724*
Brink (49) (308)	705	369	749*	1824
Lopez (40) (181)	308	286	446	1041
Mens Masters 50-59 (Formula)				
Miller (58) (148)	418	209	451	1079
DeFoor (220)	529.	413	562	1504*
Evans (53) (220)	473	358	429	1260

* State Record (Kelley - submasterBP; Dinis - submaster SQ, DL, and total ; McNeil - submaster SQ and BP record; Robles - junior 18-19 SQ, BP, DL and total record; Denison - submaster SQ, BP, DL and total record; Passman - junior 20-23 DL record; King - master 45-49 SQ, deadlift, and total record; Brink - master 45-49 deadlift record, Defoor - master 50-54 total record. Best Lifter Women - Lisa Denison, Best Lifter Mens Open - John Dorsten, Best Lifter Masters - Brad King, Team: 1st place - Wheelers PowerTeam (Bullara, L. Denison, Layman, Lopez, Branham, Bostick, S. Denison, Trujillo, McCaslin, Jano, King, Defoor) Referees: Gordon Santee, Victor Elliott, Roger Bolton, Jack Hughes, Chris Kostas, Ken Wheeler, and Dan Mobley. Spotters/Loaders: Kevin Stallings, Abel Ozuna, Nathan Peterson, Ian & Kellen Stallings all from West High School and Pete Cardoza from the Boys and Girls Club. We thank you all for your great help. We also want to thank our professional DJ announcer Chuck Lamantia, who brought all his great music to spark up the crowd and the lifters. I also want to thank Krishna Roos for always doing a great job as the scorekeeper and Chris Kostas for bringing all his fine equipment and the great effort he does to put on a great meet. Thanks also to Gene Estrada for letting us borrow his electric squat racks, digital clock, and attempt board which really helped the audience and made the meet look very professional. We also would like to thank our sponsors Wheelers Fitness Equipment, Inzer Advance Designs, Wright's Power Promotions, Digital Disc Jockeys, Powerlifting USA Magazine, West High School Boosters, and Kern Trophies. Thanks to West High School for the use of their auditorium and Assistant Principal, Bob Hayes for providing such a great venue. We hope to use it again next year. I would like to thank my Mother and Father and my Sister for being at the meet and helping out. I love this sport and the awesome training partner I have — my wife! (Results by Steve Denison).

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USAPL Mississippi State
21 AUG 99 - Gulfport, MS

Bench Press				
132				
16-17				
D. Hayes	220s			
165				
A. Watkins	407s			
181				
A. Palombo	275			
E. Brown				
198				
J. Young	303			
L. Tilley	242			
123	SQ	BP	DL	TOTAL
M. Martinez	225	148	325	699
Ladies				
M. Boulay	187			
132				
Ladies				
G. Culpepper	181	132	187	479
Masters				
M. Blaize	259	125	303	688
148				
R. Millon	374	270	358	1003
Ladies				
A. Heitzmann	159	88	220	468
45-49				
L. Tilley	242			
220				
40-44				
T. Syverson	308			
55-59				
H. Hughes	264			
242				
J. Gordon	451			
319				
R. Phillips	473			
SHW				
E. Sorto	473			

165				
M. Casano	457	314	479	1250
J. Murphy	374	225	440	1047
50-54				
D. Rhodes	556*	292	562*	1410*
65-69				
M. Martinez	352	203	347	903
181				
55-59				
V. Bazzone	385	248	501	1135
198				
J. Young				
50-54				
J. Wold	485	281	518	1283
J. Destefano	352	187	551	1091
220				
50-54				
L.Langlinais	358	220	374	953
242				
J. Gordon	600	451	606	1658
275				
Q. Aucoin	440	363	501	1305

Best Lifter Lt Open - Mike Casano, Hvy Open - Justin Gordon. Lt Masters - Doc Rhodes, Hvy Masters - James Wold. * American Record. s - State Record. The meet acknowledged Patrick Moore for his contribution toall areas of weight/powerlifting & bodybuilding in Mississippi and the USA. A sincere thanks to our officials. (courtesy USAPL)

APF/AMPF West Virginia PL/BP
29 AUG 99 - Charleston, WV

WV BENCH PRESS				
WOMEN				
114				
Lisa James	230			
165				
Cristina Williams	260*			
MEN				
165				
Ken Samples	245			
181				
Donald Robbins	475*			
220				
Mike Hill	510*			
Paul Sutphin	385			
242				
Chris Young	520*			
Chad Miller	380			
275				
Frank Kolski	350			
MEN'S MASTERS				
165				
Ken Samples	245			
181				
Richard Fortsen	200			
198				
Bud Samples	330			
220				
Paul Sutphin	385*			
242				
Pat Michaelson	310			
TEENAGE DIVISION				
275				
Justin Walker	265			
OPEN BENCH PRESS DIVISION				
WOMEN				
114				
Lisa James	230			
WVA Men Open	**SQ**	**BP**	**DL**	**TOTAl**
220				
Mike Hill	775	510	645	1930
Paul Sutphin	755	385	590	1730
242				
Chris Young	785	520	710	2015
275				
Morris Macklin	650	300	600	1550
Men's Masters				
181				
Richard Fortson	425	200	465	1085
220				
Paul Sutphin	755*	385*	590*	1730*
PRO / OPEN POWERLIFTING				
WOMEN'S DIVISION				
148				
Lynne Homan	270	170	265	705
SHW				
Karen Sizemore	465	350	390	1205
MEN'S DIVISION				
148				
Kimani Fambro	345	330	380	1055
165				
Adam Trout	400	235	480	1115
Mike Svec	305	230	435	970
181				
Richard Fortson	425	200	465	1085

165				
Christina Williams	260			
MEN'S TEENAGE				
275				
Justin Winter	275			
MEN'S MASTERS				
165				
Ken Sa mples	245			
198				
Bud Samples	330			
220				
Scott Anderson	360			
242				
Pat Michaelson	310			
MEN'S OPEN				
123				
Duane Radel	250			
148				
Jeremy Brubaker	275			
181				
Donald Robbins	475			
Danny George	345			
198				
Jeff Adams	585			
220				
Joe Jenkins	475			
Kent Burkey	365			
242				
J.M. Blakley	635			
Chad Miller	380			
275				
Frank Kolski	350			
308				
Bob Coe	500			
Rob Tw-lning	370			
SHW				
Kevin Holshner	550			
198				
Charles Nichols	565	385	565	1515
Charles Kuezyk	525	380	460	1365
Samuel Austin	450	340	480	1270
Josh Bowden	405	340	460	1205
220				
Mike Hill	775	510	645	1930
Berni Arrington	765	455	615	1835
Paul Sutphin	755	385	590	1730
Jeremy Akers	525	380	510	1415
Jeff Farelli	440	455	450	1345
Daniel Spalding	385	305	450	1140
242				
Chris Young	785	520	710	2015
Bo King	700	500	615	1815
Lee Angle	660	390	600	1650
275				
Jim Ritchie	675	575	650	1900
Morris Macklin	650	300	600	1550
John Stafford	725	—	760	—
308				
Bob Youngs	790	520	135	1445
Bob Coe	—	500	635	—
SHW				
Matthew Smith	800	580	700	2080
Brad Powell	750	520	635	1905
MEN'S MASTER'S OPEN				
181				
Richard Fortson	425	200	465	1085
198				
Charles Nichols	565	385	565	1515
220				
Paul Sutphin	755	385	590	1730
AMATEUR DIVISION POWERLIFTING				
165				
Adam Trout	400	235	480	1115
Mike Svec	305	230	435	970
181				
Richard Fortson	425	200	465	1085
198				
Charles Kuezyk	525	380	460	1365
Samuel Austin	450	340	480	1270
Josh Bowden	405	340	460	1205
220				
Jeff Farelli	440	455	450	1345
Daniel Spalding	385	305	450	1140
242				
Bo King	700	500	615	1815
275				
Morris Macklin	650	300	600	1550
SHW				
Brad Powell	750	520	635	1905

This was the meet of all meets ... the Championship of ALL West Virginia Championships for 1999. The best and the LAST West Virginia Championship for 1999 and the 20TH CENTURY!!! A total number of 47 (forty-seven) lifters competed in this most prestigious event at the beautiful, elaborate facility inside the Embassy Suites in Charleston, West Virginia. Credit and thanks must be given to LOUIE SIMMONS and the WESTSIDE BARBELL CLUB for their help in making this event possible. Without the equipment, weights, bars, Monolifts, and individual assistance, this meet would not have been possible. Our mission statement is simply this: We will bring lifting to the people of West Virginia and beyond and demonstrate what REAL POWERLIFTING is and what it should be. Thanks must be given to BOB HILL and MIKE HILL for their hard work and preparation for this event. We will have quality meets for the lifters in West Virginia, as is the Mission Statement of the APF. Champion of Champions, Athletes of the - Year, yes indeed!! They were all here! On this day, August 29th, in the year of our Lord, nineteen-hundred and ninety-nine we all wrote a new chapter and added into the West Virginia Powerlifting history book. The West Virginia Division was the true indicator of the best Powerlifters in the Mountian State of West Virginia. These lifters included MIKE HILL, CHRIS YOUNG, PAUL SUTPHIN, DONALD ROBBINS, and MORRIS MACKLIN. MIKE HILL of Charleston placed 1st in the 220 lb. class with lifts of 775 SQUAT, 510 BENCH PRESS, 645 DEADLIFT, for a TOTAL of 1930. Hill's SQUAT and TOTAL are ALL WEST VIRGINIA STATE RECORDS and represent the highest total ever in the state of West Virginia by a 220 lber. So, move over Bret Russell as you have been on Top of the listing since 1982!! CHRIS YOUNG of Charleston placed first in the 242 lb. class and did some of the most awesome lifting ever made by a West Virginian in the HW division. All of Young's lifts were WV State Records in the 2421b. class with the following performances: 785 SQUAT, 520 BENCH PRESS, 710 DEADLIFT, 2015 TOTAL. Both Young and Hill were meet directors and scored their lifts in the Guest Lifter category during the competition in order to avoid eliminating others from the 1st place awards that they worked so hard for. Young is the new APF Chairman for West Virginia and Hill is his hard-working assistant. Both of them together put on the awesome event and also were able to produce such awesome performances. MORRIS MACKLIN of Charleston, coached by Don Hundley, placed in the 275 lb. class with lifts of 650 300 600 for a 1550 TL. Morris placed 1st in the Amateur Division. DONALD ROBBINS of Bluefield captured the Bench Press Division in the 181 lb. class with a lift of 475. Donald opened with 450, then went to 475, and then 500 lacked approximately 1" away from locking out. Robbin's bdywt. was 177 and his Bench Press was a new State Record! When you see PAUL SUTPHIN of Bluefield, what can you say!? Paul won his 24th state title with 755-385-590 for a TOTAL of 1730! Paul is now 45 years old and ALL OF HIS LIFTS WERE WEST VIRGINIA STATE RECORDS. At a bodyweight of 215, this makes Paul the OUTSTANDING LIFTER pound-for pound in the Master's category for West Virginia. Sutphin's Squatting was a storybook in itself. He opened with a warm-up weight of 625, then went to an easy and deep 705 before calling for a PR attempt of 755 and literally handled the awesome poundage with ease. His Benching and Deadlifting were conservative at best and was talking about 1800+ for himself at his next outing. CHRISTINA WILLIAMS of Huntington, wife of the legendary Willie Williams, did an awesome Bench Press of 260 @ a bdywt of 165. Christina's lift was an unnofficial new AAPF Record, but the officials were not on hand to have the lift certified as official. However, the lift is indeed a new WV mark. Willie was scheduled to lift but could only make a guest appearance with a weight that proved to be too much for the day. In completing the West Virginia highlights, there were 20 West Virginia State Records broken in the Powerlifting division and 5 Bench Press Records in the Bench Press Division. In the overall Powerlifting beginning with the Women's Division it was KAREN SIZEMORE of Cincinnati, Ohio making some of the most impressive lifts that I have ever seen a female make anywhere! Her 465 SQ, 350 BENCH were AWESOME! Karen's 390 DEADLIFT and 1205 TOTAL showed everyone that she is a serious Powerlifter. In regard to her gender, where were the FEW self-proclaimed American Record Holders in West Virginia who are Women? In answering that question, YOU WERE HIDING!!! Moving on to the 198 lb. class for the men. Master's Powerlifter CHARLES NICHOLS of Bedford, Virginia showed what he is all about as he was the strongest 198 lber. in the meet. His lifts were explosive, especially his DEADLIFTING. BERNIE ARRINGTON TOTALED a strong 1835 in the 220's while BO KING did an impressive 1815 @242. Now for the WESTSIDE Story. JIM RITCHIE totaled an impressive 1900 with lifts of 675 575 650! BOB YOUNGS was impressive with a 790 SQ and a 520 BENCH when tragedy struck as he injured his arm severely during the Bench Press session and had to settle for a token DL in order to Total. In the SHW Division, MATTHEW SMITH made an unreal Total of 2080 with lifts of 800 580 700. BRAD POWELL had an impressive Total of 1905 in winning the Amateur Division of the SHWs. In the BENCH PRESS DIVISION, LISA JAMES Benched an awesome 230 at a bdywt. of 114. She had a near miss with a World Record 240! She will definitely get the WR next time. Lisa is the wife of JOHN JAMES, one of the Top 242's and 2751b. lifters ever in the history of WV Powerlifting. CHRISTINA WILLIAMS was the other female sensation in the Bench Press as she was awesome with the effort she put forth and her success with 260. Both women are from West Virginia and their lifts are WV records. Continuing in the Bench Press Division for the Men, DONALD ROBBINS is somewhat of a legend in West Virginia for his Bench Press ability. However, this contest had the presence of J.M. BLAKELY, one of the most awesome Bench Pressers of All-Time. J.M. Benched a 635 @ a bdywt. of 242! J.M. is the author of the new tape, "Building The Perfect Beast " All of J.M.'s BP's were done in perfect form and with power to spare! We found him to be one of the friendliest, most intelligent, and personable lifters that we have had the opportunity to fratenize with. JEFF "GRITTER" ADAMS is awesome. His 585 was a great effort and definitely one of the strongest feats that I have ever witnessed pound for pound. Many thanks to ALL who helped with this meet, especially PHILLIP BATTLE of Bluefield College in Bluefield, Virginia and to be perhaps on of the most famous lifting coaches of our time. Thanks again to Louie Simmons and his crew as they were the main course for success in the planning and attendance for this meet. (courtesyChris Young and Mike Hill)

***Mike Hill** squatting 775 in the 220 class.*

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6th Miller's All Natural Bench Press
12 JUN 99 - Cumberland, MD

High School		Open	
Brittingham 161	275	123	
J.Glambalvo 125	175	G. Murphy	215
S. Waite 127	155	132	
E. Ludwick 267	275	B. Rouzer	240
Teenage		148	
Brittingham 161	275	R. Folken	365
M. Graham 165	265	R. Pine	365
M. Spatz 172	265	165	
R. Bennet 208	320	C. West	440
Women Lightweight		R. Johnson	275
J. Lamp	95	K.Arnold	205
H. Hutt	85	181	
Women Heavyweight		L. Ledesma	335
P. Burkett	105	B. Arnold	300
D. Broll	120	G. Dull	285
B. Schneider	155	198	
Raw		T. Ghattas	350
W. Cook 217	400	J. Gibson	290
R. Kowakski 176	295	220	
A. Pannone 213	330	G. Allen	505
C. Schell 237	350	B. Pochiba	440
Submaster 35-39		C. Miller	400
L. Taylor 217	340	242	
J. Gibson 196	290	C. Ricks	450
James Rinker		T. Richman	370
Masters 40-49		275	
B. Pochiba 211	440	B. Goss	430
R. Brooks 220	415	J. Watson	430
B. Carmack 238	320	M. Halsapple	395
M. Witmer 187	235	SHW	
Grand Master 50+		S. Woltman	415
Friedenburg 168	290		

Best Lifter Women: Judy Lamp; Best Lifter Open Lightweight: Roy Folken; Best Lifter Open Heavyweight: Gary Allen. "this contest continues to grow every year with more contestants and bigger lifts. Forty eight lifters competed for the ultimate prize: the Victor's Crown. The competition is based on Bible scripture I Corinthians 9:25, and everyone competes for the prize is temporate in allthings. Now they do it to obtain a perishable crown, but we are an imperishable crown. We allneed to recognize the giver of our strength and strive for theVictor's Crown in Christ Jesus. Forgetting about the titles we claim, but boasting about knowing Christ as our personal Savior.I would like to thank those who helped make this a success: Mike and Sharon Miller, Wayne Stewart, Mark Porter, Larry Golden, Bill & Anita Arnold, Linda Snider, Kevin Arnold, Brandon Brittingham, Charlie Thrasher, and Gary Allen." (courtesy of Miller's IronHouse)

USAPL Capital Classic Fall Open
26 SEP 99 - Hyattsville, MD

Women Open	SQ	BP	DL	TOTAL
148				
J. Martin	250	120	255	625
181				
T. Clark				
Junior Men 16-17				
242				
D.Hammersmith				
Open Men				
148				
O. Singh	390	280	470	
181				
M.Daniel	445	330	455	1230
J. Russo	385	280	500	1165
R. Linardi	365	335	460	1160
R. Branch	500	320		
198				
T. Getsinger	410	345	490	1245
D, Delacy	365			
220				
R. Walls	575	315	495	1385
242				
B. Weston	745	425	605	1775
G.Durham	450	330	570	1350
275				
G. Davis	605	295	605	1505
Masters				
165				
O. Singh 43	390	280	470	1140
J. Katzman 61				
181				
R. Branch 43	500	320		
198				
D. Delacy 49	365			
242				
D. Waters 48				

On Sunday, September 26, 1999, the Capital Classic Fall Open Powerlifting Competition was held. This meet was held at the Prince George's Plaza Community Center located in Hyattsville, MD. It attracted 17 lifters from around the area and was my first meet as state chairman. I want to congratulate all the lifters on their accomplishments. The best male lifter 181 and under was Mark Daniel. The best male lifter 198 and over was Brian Weston. Best female lifter was Julie Martin. Best master award went to Oswald Singh. This meet would not have been a success without the following people: Marsha Serre, Crystal day, Christina Boone, Chartese Day, James Bufkin, Bob Dopkosky, John Mogavero, Brad Phillips, Dennis Reamy, Tom Wiley, Joe Sauter, Jeff Edwards, and Larry (sorry, I did not get your last name). These referees and lifters came together and not only put the site into lifting order, but ran this meet. The referees called an excellent meet. I want to thank Iain Burgess for his continuing support. He contributed equipment from his gym, Maryland Athletic Club, for our use at this meet. Also, I need to thank the Maryland-National Capital Park & Planning Commission and the members and staff at P.G. Rec. Center for the use of the their building. I especially want to thank meet director, Skip Gormley. Skip is a great fiend to all of us and continues to support drug-free powerlifting in many ways. Again, thanks to all of you. (thanks to James Roberts for providing results)

Gary Allen from Cumberland, MD took first place in the 220 lb. class with a lift of 505 lbs. and also won the overall Victor's Crown for the heavyweights. Not shown was Ray Folken from York, PA who won the 148 lb. class with a lift of 365 lbs. and also won the overall Victor's Crown in the Lightweights and Judy Lamp from Cumberland, MD who won the women's Victor's Crown with a lift of 95 lbs. For information on next year's show, e-mail bemiller@hereintown.net (photo courtesy Miller's IronHouse Gym)

9th Michigan Bench Press Challenge
4 SEP 99 - Shelby TWP, MI

Open Women		Master Men 45-49	
105		242	
K. Angeli	100	J.Hurtado	345
114		Master Men 55-59	
D. Ahrens	70	220	
Master Women		J. Durazo	305
114		275	
D.Ahrens	70	S. Skavery	325
Submaster Men		Open Men	
198		165	
K. Cribbs	355	R. Kusmack	275
220		181	
J. Campion	415	G. Micakaj	250
242		220	
R. Renshaw	405	J. Campion	415
G. Elias	380	B.Nassar	400
Master Men 40-44		242	
181		R. Renshaw	405
J. Costanza	225	K. Kinyon	375
220		J. Hurtado	345
L. Crews	340	M. Olsafsky	205

The Michigan Bench Press Challenge was held once again, after a one year hiatus. The turnout was light but we had quality lifting with numerous first time lifters. both spectators and lifters showed an abundance of enthusiasm and were onthe edges of their seats, as several lifters set personal bests or just barely missed third attempts. the meet was held in the WORLDS GYM of Shelby TWP, owned and operated by Mr. Chris Babini. I can't say enough about Chris's generosity and support for this meet. He is on eof the truly NICE people in the world. MY heartfelt thanks to the judges, Jerry Ellsworth, Lydia Hasler, C.J. Champine and my statistician, Rosemary Weidner. But my highest praise goes to the lifters whose hard work and dedication to the sport made this meet possible. This year, all proceeds will go to the American Cancer Society. See you all next year for the 10th. (results provided by Les Hasler, Meet Director)

White's Truck Stop - Staunton Y BP
25 SEP 99 - Staunton, VA

Female		198 Masters 40-49	
165		Don Watson	440
C. Williams	270	220 open	
181		Sam Morris	410
Avis Henderson	80	Jamie Smith	350
Men		220 Sub master 35-39	
132 open		Ben Nunnally	380
Chad Hurst	170	220 Masters 40-49	
148 open		Glen Claxton	420
Frank Lupis	330	Sam Morris	410
Jeff Keyser	245	Jamie Smith	350
148 Teen 1849		220 Masters 50-59	
Chris Stevens	260	P.J. Kitchen	260
148 masters 40-49		242 open	
Frank Lupis	330	Bobby Hizer	440
165 open		242 Masters 40-49	
Chris Lacentra	270	Marvin Durrette	430
181 open		275 sub masters 35-39	
George Farrell	400	Richard Hughes	325
181 Submaster 35-39		275 masters 40-49	
Jeff McCarthy	300	John Graube	515
198 open		Tommy Gladden	360
Don Watson	440	275 Masters 60-69	
A. McGlamery	350	Joe Deiulio	280
		Supers Open	
		Willie Williams	700

(thanks to John Shifflett for providing these results)

Muscle Beach Venice Bench Press
16 JUL 99 - Venice, CA (kg)

Junior		M. Jacobsen	72.5
J. Bryant	207.5	Men	
F. Flores	122.5	148	
L Wirick	72.5	S. Layman	152.5
Submaster		165	
J. Bertero	155	B. Vickery	125
J. Dubose	217.5	181	
O. Walker	205	F. Francia	165
Master 40-49		J. Davis	120
A. Ramsey	252.5	198	
G.Nishida	145	M. Valencia	182.5
Master 50-59		G.Nishida	145
B. Meek	237.5	220	
D.Smith	182.5	R. Dale	227.5
P. Grace	145	R. Cunanan	170
Master 60+		K. Truitt	147.5
F. Irons	117.5	275	
R. Saldana	110	B. Meek	237.5
Women		G. Camarillo	192.5
S. Talavera	52.5	J. McDuff	165

BEST LIFTERS: Women - Mary Jacobsen; Junior - Josh Bryant, Open Light - Scott Layman, Open Heavy - Rick Dale, Masters - Brian Meek. (Thanks to Dept. of Recreation and Parks for these results)

Finnish BP Team Championships
18 SEP 99 - Nokia (kg)

Hyvinkaan VV		Myyrin Kuntokeskus	
H. Toivanen 82	192.5	J. Keinanen 90	195
J. Lahikainen 112	220	R. Pantsukkov 93	190
T. Parviainen 82	190	J.Lempiainen 117	202.5
J. Borgman 88	182.5	A. Savolainen 68	152.5
Tapanilan Era		Askolan Urheilijat	
J. Tuononen 81	205	J. Jappila 71	170
S. Jantunen 115	207.5	S. Kurki 84	180
A. Kurjenkallio	145	P. Toivomaki 60	137.5
J. Riekkinen 67	150	N. Vatanen 60	135
Jyvaskylan V		Puotinkylan Valtti	
K. Veid 70	177.5	T. Tammisto 88	195
J. Ruokonen 82	187.5	A.Tiainen 116	215
J. Narhi 74	172.5	K.Huhunen 80	165
P. Lampila 71	152.5	T. Koistinen 109	187.5
Loimann Voima		Sievin Sisu	
T.Heinonen 80	215	P.Hietamaki 81	195
J. Airio 68	167.5	H.Kopola 108	195
I. Nummi 77	160	V. Korpi 113	195
T. Manninen 73	137.5	H. Kopola 94	177.5
Hervannan Syke		Nokian Voimailijat	
T. Raty 116	215	T. Kaasalainen 89	190
T. Palonen 59	142.5	K.Savonen 109	205
K. Ylijoki 54	127.5	H. Savola 74	160
M.Havonen 94	185	H. Vahtolammi	140

(thanks to Heikki Orasmaa for providing results)

USAPL Ed Ryan's Powered Up Meet
26 JUN 99 - Glenolden, PA

Open	SQ	BP	DL	TOTAL
220				
B. Dorell	485	390	550	1425
Master				
40-44				
181				
M. Liciardello	475	285	505	1265
60-64				
220				
E. Ryan	55	55	371*	481

* state record. Head Referee: Fred Glass #92692. (thanks to USAPL for providing these meet results)

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USPF Bench on the Beach
17 JUL 99 - Angola, NY

Men		Women	
132		SHW	
N. Costanzo	165	J. Krebs	125
148		Masters	
A. Jackson	370	132	
165		T. Miele	245
P. Andreessen	440	148	
181		D. Brochey	255
F. Boldt	385	220	
198		J. McAllister	385
E. Jekov	425	A. Mastrantonio	300
J. Jastrezemski	405	275	
J. Cruz	400	L. Huff	360
J. Howell	385	Submasters	
C. Cramer	380	148	
C. Scott	375	T. Digiore	300
J. Chaveycz	330	198	
220		E.Jekov	425
P. Dick	430	220	
J. Wagner	425	S.Haley	350
L. Huff	395	275	
R. Bobo	380	M. Wolcott	505
A. Finch	325	Teenage	
242		165	
J. Pisarski	410	J.Miller	260
M. Rydelek	390	T. Kingsley	250
275		A. Kosek	210
S. Sullivan	570	181	
L. Haley	360	N. Lodestro	270
K. Gonzales	355	J. Corbett-Smith	255
308		B.Juda	230
W. Aman	600	220	
J. McKenney	575	J. Edwards	370
T. Rogers	545	L. Henderson	300
SHW		308	
J. Miller	455	T. Schwab	350

This year's contest at Mickey Rat's/Captain Kidd's was the biggest contest to date. There were 58 lifters and 8 state records broken. In the men's open 132 class, Nick Costanzo lifted uncontested. In the 148 class, world-class lifter Andre Jackson had a tough day getting his opener taking three attempts to do so. Despite this, he won handily with a 370 pound bench. Paul Andreesen came back to silence his critics with a 440 bench in the 165 class and a near miss with 460. Fred Boldt won the 181 class with a fine 385 press. The 198 class was stacked with good lifters - 7 in all. Fifty pounds separated first from sixth place. Enzo Jekov broke the 19 year old curse of Vince Peterson's 400 pound submasters record bench; many have tried to break his record, but the curse ended up breaking them! Enzo not only broke the record (and the curse), he destroyed it with a 425 bench and a 440 that would have counted if not for an inadequate pause. Jay Jastrzemski took second place with a 405 bench and Dunkirk's Junior Cruz rounded out the top three with a 400. In the 220 class, there was a close battle between Patrick Dick and James Wagner. When the smoke finally cleared, Dick came out the winner by 5 pounds with a 430 bench to Wagner's 425. The 242 class had two contestants: Joe Pisarski from Gasport, NY, who won the class with a 410 press, and Matt "The Kid" Rydelek who took second with a 390. The 275 class saw my very good friend Sean Sullivan up his state record to 570. Sean is the strongest bench presser I know that has not benched 600 pounds yet. His 570 opener was a joke. The bar stalled twice at the top with 600. Sean will achieve his goal in the very near future; just remember this: The only place 'success' comes before 'work' is in the dictionary. There are few contests where the big men rarely lift against anyone. This contest had three of the state's best benchers in it. Although everyone came to see Pit Bull Gym's favorite Sean Sullivan, it was the 308 class that headlined the show. Wayne Aman broke his competitor Travis Roger's state record in the bench press. Travis, who benched 545, will be back to battle the giants once again. The pride of Hercules Gym in Syracuse, NY, John McKenney (who is still a junior) benched 575 for a new junior record and two close attempts with 600. Now back to Wayne. Nobody knew who VVayne was, but I have quietly followed his career and was well aware of his bench press prowess. Wayne is a gentle giant who speaks loudly with the numbers he puts up. He ended up with an outstanding state record bench pres of 600 pounds. He is one of many up and coming stars from New York State that is a super bencher. The Superheavy class saw big Jeff Miller from Iron Works Gym bench press 455 pounds. The womens division had only one competitor: Judy Krebs in her first contest winning with a 125 pound press. In the master's division, 132 class, Tony Miele of Jamestown, NY, benched 245 for a new state record. In the 148 class, Dennis Brochey proved he is not getting older, he is just getting better. He benched 255 to take the crown. In the 220 class, Alex Mastrantonio, age 45, had a nice 345 pound press. In the 220 class (50-54), John McAllister "the warrior" won the class with a 385 pound press. Larry Huff Sr., who once was a super-heavy, is now a 'light' 275er. He took top honors with a big 360. The submasters class had four lifters in it. In the 148 class, Pit Bull Gym's Tony DiGlore benched 300 pounds in his first meet ever. In the 198 class saw Enzo Jekov benched a strong 425 to take the state record and first place. Sean Haley took the 220 class with a 350 solid bench. And finally, Mark Wolcott benched 505 in the 275 class and had the biggest bench of the day in the submasters. The teenage division saw a lot of new faces with unlimited potential for the future. In the 165 class, 15 year old Jake Miller set a new state record with a 260. Fourteen year old newcomer Aaron Kosek from Lancaster, NY debuted with a 210 pound bench press. Tom Kingsley won the 165 18-19 year old group with a bench of 250. Newbie Brian Juda won the 14-15 year old class in the 181s with a fine bench of 230. Nick Lodestro battled it out with Justin Corbett-Sinith for the top spot in the 181 18-19 year old division. When everything was said and done, Lodestro came out top dog with a bench of 270 to Corbett-Smith's 255. The 220 class saw teenage bench press sensation Jonathon Edwards (only 17 years old) execute a 370 pound press that obliterated the old state record. Lamartoe Henderson took second with a great 300 pound press. Rounding out the teenage class was 16 year old Timothy Schwab who won the 308 class with a 350. Best lifter ligthtweight division went to Paul Andreesen. Best lifter heavyweight went to Sean Sullivan. Ironworks Fitness from Niagara Falls took first place team honors and PCR Powerlifting took second in the team division. We would like to thank Rich Alberts and the staff at Mickey Rat's/Captain Kidd's on the lake for their hospitality. Special thanks to the spotters and loaders who volunteered their services, Region I chairman and international referee Mike Wlosinski, New York State Chairman and national referee Steve Helmicki, along with state referees Butch Murr, Derek Barker, Kenny Sieber, and Tim Jaworowicz. (thanks to Mike Wlosinski for providing these meet results)

1st Place Team at the USPF Bench On the Beach contest *- Ironworks Fitness of Niagara Falls - (left to right) Andre Jackson, Pat Dick, Dennis BZrochey, Matt Rydelek, Jeff Miller, Nick Costanzo, Lamartoe Henderson, Jake Miller, Kevin Gonzales. (Michelle Trimper photograph)*

USPF Georgia State
8 MAY 99 - Duluth, GA

165	SQ	BP	DL	TOTAL
Class II				
C.Mackie	455	305	495	1255
181				
J. Bennett BL	580	360	615	1555
198				
Class II				
L. Lovett	450	305	525	1280
Open				
R.West	575	345	555	1470
R. Baker	535	400	485	1420
W. Holtzclaw	450	325	520	1295
220				
B. Anderson	625	400	635	1660
M. Vickers	560	385	610	1555
275				
Class II				
J. Rhyne	730	480	500	1810
S. Siegmund	600	455	655	1710
Open				
D. Rogers	765	365	670	1800
H. Slack	605	440	635	1680
G.Petitt	605	430	605	1640
SHW				
Open				
M. Anderson	800	405	660	1865
M. Howell	710	505	650	1865
Women				
Class II				
L.Wehr	300	115	290	705
R. Been	285	150	350	785
Masters				
40-49				
H. Slack 254	605	440	635	1680
R.Baker 196	535	500	485	1420
F. Shook 234	550	345	550	1445
S. Ramey 215	55	435*	55	545
50 Plus				
B. Coleman 146	360*	200	340	900
M. Epstein 180	55	185	145	385

* designated a new state record.1st place in the Team Championships: Team Adel. Best Lifter Open - John Bennet. Best Lifter Class II - Jay Rhyne. "Curtis Leslie and Sherman Ledford put on a great meet, the 199 Georga USPF State PL Championships. 21 competitors were in the contest at Duluth High School. The sunken gym floor served as a great venue, as allthe spectators could see from their raised position, looking down onto the court. The competition went very well with new lifters coming in to compete on Team Adel. Bob Coleman looked extremely good at 51 years of age and 146 lbs., squatting a new state record of 360. Steve Ramey was also just as impressive with a tremendous 435 bench inthe 49-49 masters group. Although the number of competitors may have been down, the trophies and spirit of the lifters was great. In the 198 lb. class, there will be a lot of fireworks in the future between Ronnie West and Ronnie Baker. In the SHW division, sparks were flying between Mike Anderson and Marty Howell. These two lifters were not even close in the squat and bench, but as the deadlift rolled around, things beganto even out. Howell took a jump in his deadlift to equal his squat, but failed to complete the lift at the top on two attempts, settling for his 650 opener. These two lifters should have a lot to train for in the future.Lynn Wehn out-totaled Renee Been by virtue of bodyweight,but a lot of excitement will come fromthese ladies inthe future." (Thanks to Buddy Duke for providing these results)

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

If Under 18 have Parent Initial _____

Signature _____

16th Fall BP/DL Classic
16 OCT 99 - Mattoon, IL

BENCH PRESS		Junior	
148		Jim Abel	340
Justin Burch	90*	DEADLIFT	
165		Teenage Men	
Kenny Bailey	325*	Kenny Bailey	450*
181		Open Women	
Jay Claypool	315	Linda Middleton	260
220		Master Men 40-49	
Joshua Stedman	270*	Rick Thomas	405 *
242		Master Men 50-59	
Rick Thomas	190	Darrell Latch	480
275		181	
Jim O'Neill	550	Jay Claypool	465 *
SHW		198	
MattCoartney	300	Benny Hutchinson	440
		242	
		Darrell Latch	480

* personal record. The sixteenth annual Fall Bench Press/Deadlift Classic was held again at the Cross County Mall in Mattoon, Illinois on October 16, 1999. A small but enthusiastic crowd cheered on the lifters, which brought out some new first-time competitors. Thanks to my son Joey, his friend Justin Burch, Linda Middleton and Benny Hutchinson for their help. In the bench press competition eleven year old Justin Burch lifted for the first time, finishing with a pr 90, taking the open 148 class. Kenny Bailey, who turned nineteen on this day, had a great birthday along with a great day of lifting. Kenny got all three of his benches, finishing with a personal best 325 to win the teenage division. Kenny almost got another pr, just missing a fourth attempt with 335. Not bad for a 160 lb. lifter! Jay Claypool looked strong with his win at 18 1, finishing with 3 15. Joshua Stedman, a sixteen year old Randy Biggiam protege', lifted well, going 4 for 4 ending with a personal best 270 for the win at 220, weighing in at 202. Rick Thomas came down from Michigan to take the master 40-49 class, equaling his personal best of 190. Then came big Jim O'Neill, who at 275 opened with an easy 550. Jim had a new shirt on and was never quite 'set', but still came really close with 600 twice. Jim had actually locked out 600 on his third attempt but just failed to touch his chest. At least now Jim knows he can get the weight*@, its only a matter of time! Local lifter Matt Coartney competed for the first time, finishing with a pr 300 for the win at SHW. Another local lifter, again competing for the first time, was Jim Abel who finished with 340 for the win in the junior division. In the deadlift competition the birthday boy did it again with a new pr of 450, taking the teenage division. A great lifter with a great attitude, look for even greater lifts from Kenny in the future. Linda Middleton missed her regular friday deadlift workout so lifted here, pulling a strong 260 at 130. The fifty-one year old has been busy the past six months winning bodybuilding competitions throughout Illinois, but has turned her training toward the upcoming ANPPC National Powerlifting Championships. Rick Thomas had a great day in the deadlift ending with a new personal record of 405 to win the master 40-49 class. It was nice to meet Rick's mother and father along with his beautiful grandmother who lives in Mattoon. At 181 it was Jay Claypool, who continues to improve with each competition. Jay pulled a pr 465 to take the class and as he continues to work on his form will be pulling 500 in no time at all. Next up was "Poppin' Fresh", the Pilsbury Dough Boy, formerly known as Benny Hutchinson. Benny had been out of competition for about six months due to a shoulder injury which required surgery. Not all the way back, as Benny just pulled on this day. I remember when Benny was a little 148er who now has blossomed(?) up to the 198 lb. class. Holding a little water, Benny? Seriously, it was good to see Benny back where he pulled a strong 440 @ 187, taking the 198s. Darrell Latch also missed his friday training session so pulled 480 without a belt or suit, but, boy it felt heavy! Maybe turning fifty-one has something to do with it. Well, thanks again for everyone's help. (thanks to Meet Director Dr. Darrell Latch for providing these contest results)

Jim O'Neill came THIS CLOSE with 600 - just missing the lockout at the Fall Bench Press/Deadlift Classic in Mattoon, IL, while 19 year old Kenny Bailey (below) pulled a PR 450 at 165. (Darrell Latch photo)

Body Factory Power Challenge
21 Aug 99 - Pen Argyl, PA

Women	SQ	BP	DL	Total
T. Fallons	275		325	
R Fiore	165	105	205	470
K. Miller	205	130	230	565
D. DeFranco	265	135	315	715
Men				
165				
S. Larrisey	460	260	475	1185
181				
C. Colondrillo	340	275	480	1095
J. Tucker	300	200	400	900
J. Martin	300	225	360	885
A. DePalma				
C. Morris		405		405
198				
D. Bray	630	340	600	1600
J. Boyer	440	260	440	1140
B. Keenk	405	255	435	1095
D. Bray		370		370
S. Lewis		350		350
F. Jurado		290		290
D. Polak		275		275
220				
T. Skelly	530	350	490	1370
M. Pasco		355		355
J. Martin		290		290
242				
J. Wagner	575	335	530	1440
J. Bowman	485	355	560	1400
A. Pierson		440		440
L. Messina		300		300
Masters				
P. Eberhardinger	160	110	215	485
Men 275				
P. Walters	525	360	500	1385

(Thanks to the Body Factory for providing results).

Women's Nordic Championships
18 SEP 99 - Oslo, Norway (kgs)

48 kg	SQ	BP	DL	TOTAL
Koskinen FIN	177.5*	82.5	160	420
Vaulakorpi FIN	110	60	130	300
52 kg				
Liimatainen SWE	150	77.5	162.5	390
Sirkia FIN	132.5	85	147.5	365
56kg				
Mathiesen NOR	140	77.5	155	372.5
Tuomi FIN	120	57.5	162.5*	340
Myrvang NOR	122.5	70	125	317.5
60kg				
Kirstensen NOR	150	85	152.5	387.5
Johage SWE	125	77.5	155	357.5
Malmberg FIN	125	85	145	355
BjornstromNOR	140	65	142.5	347.5
MadsenDEN	107.5	65	150	322.5
67.5kg				
BlikraNOR	195	102.5	205	502.5
KoskinenFIN	152.5	92.5	147.5	392.5
KarvonenFIN	152.5*	85	142.5	380
LenanderDEN	125	57.5	140	322.5
75kg				
BostromSWE	155	85	172.5	412.5
BlinnikkaFin	145	92.5	162.5	400
JensonNOR	150	82.5	147.5	380
FostervoldNOR	145	72.5	145	362.5
82.5kg				
StiklestadNOR	220	110	215	545
EngelandNOR	140	105	155	400
DiterDEN	132.5	67.5	125	325
EkmanSWE				
82.5 +kg				
HaraldssonSWE	170	102.5	180	452.5
HellerstedtSWE	170	85	165	420
JungeDEN	120	52.5	125	297.5

* world record. Best Lifter: Raija Koskinen, Inger Blikra, Anne Stiklestad. (courtesy Heikki Orasmaa).

USAPL California State Bench Press
24 JUL 99 - Vacaville, CA (kg)

132		J. HUTCHINS	155
WOMEN'S		MASTER 1	
NOVICE		A. GURLEY	147.5
HEIDI FISH	50	MASTER 3	
MEN'S OPEN		D. CUMMEROW	185
JON SHAPIRO	107.5	RICH TSUTSUI	150
148		MASTER 4	
TEENAGE14-15		R. PERRY	152.5
M. MINAHAN	70	ED RUST	147.5
RAW		JERRIS HOGUE	100
HOMI SHIVAJE	92	MASTER 6	
MASTER 3		G. AHERN	1 02.5
BOBBY MOSKE	100	220	
165		OPEN	
RAW		M. LUDOVICO	237.5
LEN THACH	1 12.5	FIL DENA	1 87.5
SUBMASTER2		LIFETIME	
MARK LAUREL	152.5	M. LUDOVICO	237.5
MASTER4		MASTER 7	
LEN THACH	1 12.5	JAMES KITCHELL	87.5
181		242	
WOMEN'S		OPEN	
TEENAGE 14-15		R.L KITANI	242.5
MARISSA LOTT	55	LIFETIME	
MEN'S		JOHN LOIS	202.5
TEENAGE 14-15		SUBMASTER	
JAMES HARRIS	85	JOHN LOIS	202.5
OPEN		275	
JEFF JONES	170	TEENAGE 16-17	
MARK COFFEY	142.5	RICK WHITE III	137.5
LIFETIME		NOVICE	
JEFF JONES	170	JIM PRESLEY	205
MASTER 3		A. CLAYTON	145
D. BERTIER	130	LIFETIME	
G. MITCHELL	122.5	THOMAS KATO	205
MASTER 4		SUBMASTER 2	
DON COVELLO	1 1 0	JIM PRESLEY	205
198		MASTER I	
WOMEN'S		THOMAS KATO	205
MASTER I		319	
V. CROWELL	80	RAW	
MEN'S RAW		LEO CONTRERAS	185
S. URTERSEHER	172.5	MASTER2	
SUBMASTER		FRANK CABLE	227.5
		LEO CONTRERAS	1 85

(thanks to USAPL for providing these meet results)

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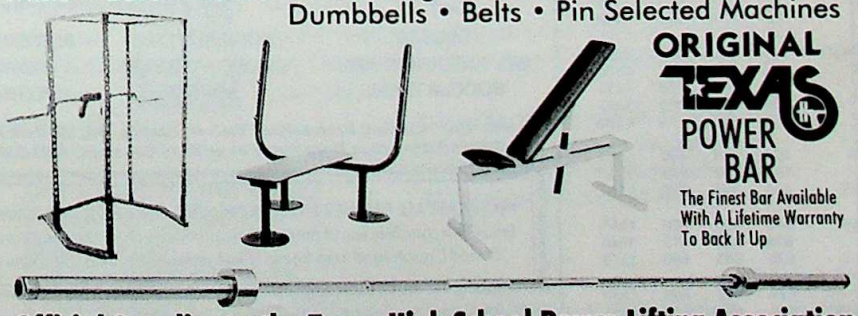

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Greater Indianapolis Regional BP/DL
23 OCT 99 - Indianapolis, IN

BENCH PRESS			
Teenage Men		Ron Walsh	—
Phil Reid	320	242	
Junior Men		Glenn Buechlein	585
Josh Hunter	320	DEADLIFT	
165		Teenage Men	
Bill Lowe	275	Allen Hinders	340
181		198	
Bill Streib	285	Mike Hinders	475
198		Jeff Ells	460*
Mike Hinders	380*	220	
Jeff Ellis	335	Steve Mendel	540*
220		Mark Struck	465
Danny Brock	365	Jesse Hicks	460
		SHW	
		Mark Grubb	480*

* personal record. Best Lifters: bench press - Mike Hinders, deadlift - Steve Mendel. Team Champions: The Hicks Gang (Jesse Hicks, Mark Grubb, Jeff Ellis, Bill Lowe). The Greater Indianapolis Regional Bench Press/Deadlift Classic was held October 23, 1999 at World Gym West. Once again owner Richard Erickson was a gracious host and everyone had a great time. In the bench press competition Phil Reid led off with a win in the teenage class, finishing with a strong 320 third attempt. Phil weighed in at 161, leaving him within two pounds of a double bodyweight bench! Junior men's winner Josh Hunter, lifting in his first competition, also finished with 320, weighing in at 181. Bill Lowe could only manage his opener of 275, missing 295 twice, for his win at 165 open. Bill is usually good for much more, but just suffered one of those days we all have now and then! Bill Streib took the open 181s finishing with 285, on his quest for that magical 300! At 198 it was Mike Hinders over Jeff Ellis 380 to 335. Mike's 380 was a personal best, which he completed with picture-perfect form. Jeff struggled a little, getting only his opener. Danny Brock, who was also competing for the first time, won the 220's after Ron Walsh's disappointing bomb. Danny just got his opener, but it was good enough for the win. Ron had dieted down from the top end of the 242 lb. class, weighing at 218. I think the only problem was that he needs to let his body get used to the new weight, and within six weeks should have his full strength back. Ron had missed his opener of 575 then 595 twice. Glenn Buechlein was very dissapointed with his opener of 585, which he said felt like 650! For some reason he just wasn't getting anything out of his shirt! Glenn passed on his last two attempts of 610. Glenn has the strength and he's set for a 640 pr once he gets his shirt to work! The best lifter award went to Mike Hinders who got 380 @ 193. In the deadlift competition Mike's son Allen Hinders showed lots of strength for a fifteen year old, pulling 340 at a 154 lb. bodyweight and taking the teenage class. Mike got 475 for the win in the open 198 lb. class, once again besting Jeff Ellis, who got a personal best 460 for second. With a full class at 220, Steve Mendel got the biggest pull of the day with 540 for the win. Steve had missed this weight on his second attempt before coming back for his final pull, which was a personal record for him. Second place went to Mark Struck who finished just five pounds ahead of Jesse Hicks with 465. Jesse had to settle with his second attempt of 460 after missing a 480 third. Mark Grubb looked to have 20-30 more pounds in him when he pulled his pr 480 third attempt, taking the SHW class. Best lifter honors went to Steve Mendel who pulled his 540 @ 204. Team honors went to "Jesse's Gang", consisting of Jesse Hicks, Mark Grubb, Jeff Ellis and Bill Lowe. Thanks again to World Gym and to all of the lifters. (thanks to Dr. Darrell Latch for providing these meet results)

8th annual Halloween Havoc
30 OCT 99 - Danville, IL

132	SQ	BP	DL	Total
JONES	365	330	430	1125
JORDAN	375	255	430	1060
148				
PETERSON	400	275	480	1155
TAYLOR	385	315	400	1090
165				
HOLMES	600	325	625	1550
STONE	555	375	600	1530
181				
HICOMBOTTOM	600	300	675	1590
BROWN	605	315	655	1575
MILLER	600	385	550	1535
RAWLS	550	315	490	1355
GARCIA	500	275	575	1350
198				
NICHOLS	550	365	660	1575
EVERT	600	295	675	1545
WORMELY	625	325	590	1540
220				
PETERSON	640	405	620	1665
PARKER	600	425	615	1640
BETHEL	630	385	600	1615
242				
EVANS	625	425	800	1850
ARMOUR-BEY	450	490	625	1565
LOY	560	370	550	1480
275				
CARROLL	730	480	680	1890
PACE	650	390	650	1690
WILLIAMS	530	425	655	1600
MASTERS DIVISION				
181 50+				
MILLER	600	385	550	1535
198 40-44				
WORMELY	625	325	590	1540
220 40-44				
BETHEL	630	385	600	1615
275 40-44				
PACE	650	390	650	1690

The 1999 Halloween Havoc started off with the weigh-ins on the night before which is a nice gesture for time consumption and the lifter in mind, this gives a new outlook for the lifter making weight, and helps out with the speed of the meet as well. For the first time Danville used the rounds system to speed along the meet, however some bugs are to be worked out as the squats alone took up to 5 hours to complete, but the rounds system is the way to go to keep lifters from waiting so long in between attempts. Above the long wait for the squat and some surprize weight class changes, the meet was on schedule and with alot of high class lifters ready to show their stuff! On with the lifting!! 132 class - Two lifters came into this class, one not knowing much of the other, Jones was behind in the squat by 10 over the favorite Jordan, but Jones used a monster bench (no bench shirt) to get a huge sub-total lead, both men pulled 430 and I must say, these two little giants are a class act,very much the gentlemen and sportsman. 148 class - A very lean built Peterson won this class with strong and balanced lifting with alot of room to grow, his 400 squat was easy as was his 480 DL. Taylor with some impressive bench strength will be a factor in the Y2K. 165 class - If a powerlifter could ever walk right out from a meet into a bodybuilding contest it would have to be Mr. Holmes, lean and as hard as granite, this little dynamo steam rolled through super deep squats ending with 600 with some room for more, a token bench along with a PR deadlift of 625 gave him the win over an equally hard and dense Stone, hats off to two of the best 165s in the land. 181 class - The most rivalry would have to go to this class hands down. The long time champ stood strong and let his experience close the door on a very much improved (Day Walker) Brown. Both men were close, 605 Brown, 600 Hickombottom after the squat, but Brown missed easy attempts at 640 that cost him, and it was strict judging for most of the day made sure nobody got an early Christmas Gift this year. The final was decided in the DL, both men with a strong finish, but it was Hickombottom with his Vince Anello like hydraulics that sealed the fate of the "Daywalker". Brown, having hit 630 340 645 in training was a little disappointed on this day, but the man will not be put down or quit - he will get his ELite status very soon! Mr. Miller, a 53 year young hero of sorts, carries himself very humbly, and you would never know he was in the room with you, but when the smoke clears and the totals are added up, you will find his numbers in the top 5 Masters in the country. Rawls, another up and coming lifter, has great potential to go far, and with pure determination he has tunnel vision on the future. Garcia came in 5th, strong and determined, with the demeanor of a ice cube in a snow storm - he will be back!! 198 class - they were all champions in the 198s, and one slip could mean the difference in the placing, but it was (BO) Nichols who edged out Evert with a strong 365 bench and 660 DL, Evert countered with a 675 effort, but 705 was his undoing. Master/Lifter/Trainer Wormely came in just 5 lbs. behind Evert, and if not for the 650 (LOOKED GOOD TO ME WORM) that the judges denied, I might be rewriting this section, I owe Wormely a lot of thanks for advice and his expertise over the years, but for this year, to the Champ go the spoils and grace to those who follow, way to go BO! 220 class - Reducing down from the 242 class of last year was big Joe Peterson, built as thick as a brick outhouse. Joe did not have a good day, but still held off the charge of two bulls in Parker and Bethel. Joe missed attempts at a 660 squat or his total would have been higher. Key missed attempts also kept Master lifter Bethel from being in contention, and with Parker seemingly on and not missing a lift all day, made this an exciting class for some class acting lifters! 242 class - Evans, remember the name, and do not let this man's DLing ability overshadow his other lifts. His 625 squat was effortless, as well as a 425 bench, but can this man ever deadlift!! Opening with 700 making it look like 225 was awesome, but when he jumped straight to an 800 attempt on his 2nd, I thought it was the most masterfully explosive lift I have ever seen. 825 was called for a third, and it was a little much this day as he was able only to bring it up to his knees before stalling. The day had taken it's toll. Congrats on a job well done smokey! Armour-Bey lifting in his first full power meet only got his opening squat but the man is built to bench, and bench he did, with a super easy 490 to secure second place, not to mention a nice 625 DL to finish off the day. My training partner Mr. (BEAR) Jason Loy in his first meet as well took conservative lifts to place 3rd. Having made gym lifts of 610 405 580, he by far did not hit his best, but with plenty of fire and power, and with Crush blasting out his drive, big bear will fight another day, even better than before, and then it will be his day! 275 class - Every so often you see huge arms, tree trunk legs, and a small waistline and you think of Ronnie Coleman right? Wrong! It's in the likes of BIG L.A. Carroll. With over 20" guns and 34-36" legs, the man is all power. Pre-meet numbers had this mammoth hitting 760 on the squat, 490 on the bench, and 700 on the DL, but a nagging back problem that caught up with him only two weeks before the meet held him back. Look for Carroll to hit 2,000 in the new Y2K. Another training partner of mine, (THE ICON) Pace, weighing light in the 275s, hit a perfect 650 squat, just missing a 700 attempt. After being criticized on his training style, he put all the talk at rest with a deep easy lift at the right time and place. A nice 390 bench and strong 650 deadlift gave him a very good Master's total. Pace has pulled 700 before, and no doubt his very physical job keeps his numbers down. Next year watch the man they call "LOW" Pace will be rough and tough!! Williams also came into the meet light @ 243, and this also makes his first meet looks promising. A first class person with a first class personality, Williams' 655 pull was all back, and with some form changes he will be a force. I would like to thank all the spotters/loaders for their help, Thanks also to Greg Watson, whose endless energy keeps us going at the meets!! Coach and Trainer - John Savory, Head Judge - Greg Watson, Side Judges Mel Chancey and Jan Keller, Best Lifter Light - Hickombottom, Best Lifter Heavy - Carroll (Thanks to Robert Bethel for these results)

*From the Greater Indianapolis Regional Classic, the **Team Champions** were 'The Hicks Gang' (above, left to right) Mark Grubb, Bill Lowe, Jeff Ellis, and Jesse Hicks. and Best Lifters at the meet included **Mike Hinders** for the Bench Press (below, left) and **Steve Mendel** (below, right) for the deadlift. (photos provided courtesy of Dr. Darrell Latch)*

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California State PL/Single Lift
17,18 JUL 99 - Los Angeles, CA (kg)

SQUAT ONLY
MENS DIVISION
165LB.CLASS
RAW MASTERS
64-69
SANTANA 85 A
198LB.CLASS
RAW MASTERS
50-54
LEWIS 182.5 A
BENCHPRESS ONLY
WOMENS DIVISION
132 LB. CLASS
OPEN(RAW)
LEE 70
TEENAGE RAW
LEE 70 A
165 LB. CLASS
OPEN
VASQUEZ 80
RAW OPEN
VASQUEZ 80
MENS DIVISION
132 LB. CLASS
MASTERS 70-74
SELBY 57.5A
RAW MASTERS 70-74
SELBY 57.5A
165 LB. CLASS
RAW SUBMASTERS
BJORCK 107.5
OPEN
WARD 170
RAW OPEN
WARD 170
NUNEZ 130
SUBMASTERS
WARD 170
RAW MASTERS 65-69
SANTANA 95
181LB.CLASS
RAW OPEN
CONTRERAS 147.5
SUBMASTERS
LEE 180
RAW MASTERS 65-69
FULLER 82.5
198 LB. CLASS
LIFE MASTERS 44-59
DRAKE 153.5A
MILITARY LAW
LOREDO 172.5
RAW MASTERS 54-59
STUART 140
SUBMASTERS
THURBER 152.5
RAW MASTERS 70-74
BONANNI 80
220 LB. CLASS
MILITARY LAW
DUNHAM 227.5
SUBMASTERS
DUNHAM 227.5
242 LB. CLASS
OPEN
SIMS II 210
WALDON 210
RAWOPEN
SIMS II 210
WALDON 210
MASTERS45-49
WALDON 210
RAWMASTERS 45-49
WALDON 210
275 LB. CLASS
OPEN
THOMPSON 242A
RAW OPEN
FERDINAND 202.5
MILITARY/LAW
THOMPSON 242A
SUBMASTERS
THOMPSON 242A
RAW MASTERS 40-44
WILLIAMS 182.5
MASTERS60-64
HERRERA 167.5
DEADLIFT ONLY
WOMENS DIVISION
198 LB. CLASS
RAW MASTERS 40-44
ROGERS 120A
MENS DIVISION
165LB.CLASS
RAW MASTERS 65-69
SANTANA 125
198 LB. CLASS
MASTERS45-49
DRAKE 215A
LIFETIME DRUG FREE
DRAKE 215A
220 LB. CLASS
MASTERS50-54
BLUM 65

WOMENS DIVISION				
114 LB. CLASS	SQ	BP	DL	TOT
TEENAGE RAW				
FULTZ	50	45 A	77.5	172.5
132 LB. CLASS				
RAW MASTERS 40-44				
EVANS (RAW)	85	77.5	110	272.5
TEENAGE				
ANDREWS	60	40	90	190
148 LB. CLASS				
MASTERS 40-44				
ANDREWS	102.5	55	147.5	305
MENS DIVISION				
114 LB. CLASS				
OPEN(RAW)				
BOOKER	215A	140 A	127.5	482.5 A
148 LB. CLASS				
YOUTH				
CANO (RAW)	75	50	120	245
RAW OPEN				
CASTANEDA	165	135	190	490
165LB.CLASS				
YOUTH(RAW)				
DELIN	112.5	75	140	327.5
RAW MASTERS 65-69				
SANTANA	85	95 A	125	305
RAVV OPEN				
TAYLOR	147.5	125	182.5	455
TEENAGE(RAW)				
McCORMICK	137.5	100	142.5	380
MASTERS 55-59				
MILER	190	97.5	212.5	500
181 LB. CLASS				
MILITAY/LAW				
FRANKLIN	170	135	187.5	492.5
198 LB. CLASS				
MILITARY LAW				
PHILLIPS	210	177.5	197.5	585
HACKETT	175	125	235	535
STILES	170	112.5	205	487.5
GOINS	110	130	197.5	437.5
BATESIII	125	117.5	160	402.5
RAW MASTERS 40*44				
FULTZ	195	170	240	605
RAW MASTERS 50.54				
LENS	182.5	110	187.5	480
RAW MASTERS 60-64				
STRANGE	200 A	140	230 A	570 A
RAW MASTERS 70-74				
MANLY	152.5 A	97.5 A	192.5 A	442.5 A
RAVV OPEN				
FONTANILLA	172.5	170	215	557.5
NELSON	180	140	212	532
OPEN				
OERI	230	160	240	630
HACKETT	175	125	235	535
SUBMASTERS				
STILES	170	112.5	205	487.5
220 LB. CLASS				
RAW MASTERS 50-54				
EVANS	175	135	200	510
MASTERS45-49				
BERTEAUX	200	155	250	605
DREYER	215	147.5	247.5	610
RAW MASTERS 66-69				
THOMASON	162.5	137.5	185	485
RAVV OPEN				
SPENO	272.5	197.5	255	725

A - AMERICAN RECORDTEAM AWARD: OCEANSIDE HIGH SCHOOL. MEET DIRECTOR: VICTOR HILL. (Thanks to Mirror Image Sportswear for providing these results to POWERLIFTING USA)

Powerlifting Camaraderie At Its Best *... (left to right) Jessie Bowen, Mike Wider, Bob Sowala, and Lynne Boshoven at the Fall Deadlift Classic on the River. (photograph provided courtesy of Jon Smoker)*

RAVV OPEN
NILAKANTAN 217.5 157.5 250 625
OPEN
NILAKANTAN 217.5 157.5 250 625
SUBMASTERS
MOORE 255 160 250 665
TEENAGE(RAW)
ORTH 180 120 197.5 497.5
CRITE 165 102.5 155 422.5
242 LB. CLASS
RAW OPEN
LANDRY 250 190 285 725
BRILL 230 160 260 650
TEENAGE(RAW)
CRITE 170 115 180 465
275 LB. CLASS(RAW)
MASTERS60-64
HERRERA 182.5 167.5A 160 510
MILITARY/LAW
NEWELL 172.5 172.5 200 545
OPEN
PLANAS 302.5 195 282.5 780
RAW MASTERS 45-49

Fall Deadlift Classic on the River
12 SEP 99 - Elkhart, IN

Teen 14-15
J. Bowen 220 350
Women
L. Boshoven 181 500
Women Master
L. Boshoven 181 500
Men 50+
M. Wider 148 425
Men 60+
B. Sowala 181 380

Beautiful late summer weather accompanied this first ever meet. And I just cannot believe that the nubers won't go up in the future. A gorgeous venue and fresh air is fun andhip to lift in because it is so conducive to good lifting, as the lifters in this meet proved. 42 year old Lynne Boshoven was close with an all-time personal record of 520, and with her determination it will probably be there at the meet at her gym in Jan. Mike Wider, at52, hit his best deadlift in a long time, in fact, his best of the decade, with 425, weighing 141. And Jessie Bowen sailed through 3 personal bests in spite of being in the middle of the football season. And he doesn't turn 15 until next May! (courtesy of Jon Smoker)

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Chicagoland Open II BP/DL Classic
24 OCT 99 - Chicago, IL

BENCH PRESS		220	
Teenage Men		Jeff Archer	335
Kenny Bailey	315	242	
Mike Strom	320	David Walker	500
4th	330*	4th	510*
Ryan Schaffer	285	275	
Junior Men		Joe Marasala	230
M. Novoseletsky	315	DEADLIFT	
Sean Corbett	300	Teenage Men	
4th	315*	Kenny Bailey	450
Submaster Men		Ryan Schaffer	455
David Walker	500	Junior Men	
4th	510*	M. Novoseletsky	520*
Master Men 4049		Submaster Men	
Jim Marudecki	315	George Kim	535
Master Men 50-59		148	
Lane Clark	360	Candido Alarcon	340*
Master Men 60-69		4th	360*
Joe Marasala	230	165	
165		Tony Corona	485
Tony Corona	290	Oliver Velarde	395*
Oliver Velarde	270	181	
Jesus Pulido	205	Vic Forchette	465
181		220	
Lane Clark	360	Alex Zweig	630*
Sam Nolan	315*	242	
Vic Forchette	285	Nectar Kirkiris	615 *
198		275	
Greg Foster	480*	Eduardo Marquez	390*
Jim Vrabel	480	4th	405*

* personal record. Best Lifters: Bench Press - Greg Foster; Deadlift - Alex Zweig. Team Champions: Hard Core Gym. The Chicagoland Open II Bench Press/Deadlift Classic was held at The Hard Core Gym in Chicago on October 24, 1999. A special thanks to owners Harry and Kym for their hospitality once again helping to make this competition a fun one. Along with some of our old lifting friends, it was good to meet the several new competitors we had on this day. In the bench press competition that pesty nineteen year old Kenny Bailey lifted for the third time in two weeks, but still won the teenage bench press and deadlift titles. Kenny finished with 315 in the bench, though it was a struggle, finally getting it on his third attempt. Hey, kid, hasn't anyone told you you can't compete every week! Second, by formula, in the teenage division was Mike Strom who finished with 320, followed by a pr fourth of 330. Ryan Schaffer was third with 285. Mike Novoseletsky took the junior class with a strong raw 315. Mike just recently "outgrew" the teenage class, wherehe had captured a number of national titles. SeanCorbet*twas second with 300 but also got his fourth with a personal best 315. David Walker came down from Wisconsin with Sean Corbett and Mike Strom, leaving not only with them but a new personal record in the submaster class. David had been close before but on this day there was no denying his lifts! Not only did he get his first 500, he went on to get 510 just as easy for a fourth attempt! Congratulations David! Jim Marudecki took the master men 40-49 class with 315, just missing 335 at a 180 lb. bwt. Lane Clark struggled with his new shirt, settling with just his opener of 360 to take the master men's 50-59 class. Joe Marsala, who is almost sixty four (eleven days away) got 230 with ease, missing 250 for the 60-69 title. Joe, who also captured the open 275s, is a great lifter with a great attitude and a great inspiration to us all. Tony Corona took the open 165s with just his opener of 290, having trouble with 300 on this day. Second at 165 was Oliver Verlarde with 270, missing his third with 295 for the win. Jesus Pulido, lifting in his first competition, did well with 205 for third. Lane Clark also took the open 181s with his opener of 360, probably the lightest he has lifted in the past two years! Oh, well, once his shirt gets "set" he will finally get that 400 he's been looking for. Second at 181 was Sam Nolan who had a great day, finishing with a personal best 315! That was followed with a near miss with 320. Good job Sam! Vic Forchette was third with his opener of 285. The 198's marked the return of Greg Foster to competition. Greg hails from Kankakee, last lifting over twelve years ago! And boy did he come back, finishing with the win at 198 and a new personal record 480 in the process not to mention the best lifter award for the bench competition! A near miss with 500 ended Greg's day and it was great to see Greg again after all this time! Jim Vrabel, another fantastic bencher, also got 480, but weighing one pound more! Jim also came close with 500, but not on this day! Boy, if these two guys ever get used to a good shirt, both of them will get 550 in no time! At 220 Jeff Archer took the title with 335, going three for three, weighing in at the lower end of the class at 209. David Walker also won at 242 with that 510 pr, placing third in the best lifter race. In the deadlift competition, as I mentioned earlier, Kenny Bailey took the teenage division with 450, weighing in at 165. Ryan Schaffer was second with 455, weighing in at 172. Whew, that was close! It took Mike Novoseletsky two tries but he did get a new personal record of 520 in his win at junior men. This twenty-year old kid is pure strength, always lifting without a bench shirt or lifting suit! Big George Kim only got his opener of 535, missing 555 twice, but still captured the submaster title. George also had his hands more than full, taking care of his other six teamates. Candido Alacron took the 148 lb. title finishing with 340 for his third attempt. Candido was also successful with a fourth of 360, both new pr's! This guy was built like a bodybuilder, but pulled like an old pro. Great form, Candido! Tony Corona captured his second title of day with his win at 165, pulling a great 485. Oliver Velarde was second with a personal best 395. Capturing the 181 lb. class was Vic Forchette with a strong 465. Vic came close with 490 twice. Alex Zweig was the big puller of the day with a personal best 630, taking the open 220 class. Each of his pulls just got better, with increasingly better form and that 630 was his best yet! Alex weighed in at 206 and easily won best lifter for the deadlift competition. Nectar Kirkiris also had a great day of lifting, pulling a pr 615 for his win at 242. Finishing up the competition was Eduardo Marquez who also was lifting in his first competition. Eduardo pulled a great 390 then following that with an even stronger fourth attempt of 405 for the win at 275. Team honors went to Hard Core Gym consisting of members, George Kim, Alex Zweig, Tony Corona, Ryan Schaffer, Eduardo Marquez, Jim Mardudecki and Candido Alarcon. Thanks again to Harry and Kim for the use of their gym to George Kim for spotting and loading on the bench along with Jeff Archer who helped with the deadlift. Thanks also to the lifters who continue to support the sport of powerlifting in a positive and sportmanship way. (thanks to Dr. Darrell Latch for providing these contest results)

*Best Lifters at the Chicagoland Open included **Alex Zweig** (left, above) for the deadlift and **Greg Foster** (right, above) for the bench press. Below, **David Walker** PRs 510 on a 4th attempt at 242. (photographs provided courtesy of Meet Director Dr. Darrell Latch)*

APA American Cup/Record Breakers
WPA Master & Junior Worlds
11-12 SEP 99 - Queensbury, NY

Bench Press		275 Open	
Women		C. Pratt	260
C. Turcotte 147	240w	308 Dru gFree	
Women Teenage		B. Paoletti	460
R. Goodwin 146	135	40-49 Master	
Men		C. Hager 238	432n
132 Drug Free		S. Taylor	
C. Byrnes BL	380	50-59 Master	
181 Open		B. Paoletti 302	460w
D. Ives	375	Deadlift	
198 Drug Free		220 Drug Free	
L. Young	365	H. Greenholtz	440
S. Kay		242 Submaster	
220 Open		C. Seeker BL	720
D. Sherwood BL	565	275 Open	
242 Open		M. Dimiduk	705
S. Taylor		C. Pratt	325
Drug Free		40-49 Master	
S. Taylor		M. Dimiduk 266	705
		70-79 Master	
		G. Lebrecque 148	470

Full Power Meet	SQ	BP	DL	Total
Master 40-49 by Formula				
M. Dimiduk 266	765w	420	705	1920
M. Cain 326	665	575	625	1865
4th	702w	600w	650w	
Submaster				
W. Fosmire 165	510	240	455	1205
198 Drug Free				
R. Fekert	475	450	525	1450
E. Nestl	500	295	500	1295
220 Drug Free				
D. Cotini	480	280	460	1220
242 Junior				
D. Smith	405	350	550	1305
275 Open				
M. Dimiduk	765	420	705	1890
308 Drug Free				
A. Lawrence	750	475	680	1905
Master/Junior Championships				
Women				
148 13-15 Drug Free				
R. Goodwin	135	147	240	522
148 13-15 Open				
R. Goodwin	135	147	240	522
148 18-19 Drug Free				
M. Franklin BL	310w	125	320w	755w
148 18-19 Open				
M. Franklin BL	310w	125	320w	755w
165 18-19 Drug Free				
K. Lees	300	125	310	735
165 18-19 Open				
K.Lees	300	125	310	735
Men				
165 Submaster				
C. Dallaire	540	310	625	1475
165 20-23				
D. Kirschen	435	325	440	12100
198 18-19				
K. Collyer	350	275	405	1030
20-23 Drug Free				
J. McShane BL	525w	320	605w	1450w
20-23 Opne				
J. McShane bl	525w	320	605w	1450w
242 Submaster				
C. Seeker BL	675	517	720	1912
275 40-49				
M. Dimiduk BL	765w	420	705w	1890w
Supers 40-49				
M. Cain	665	575	625	1865
4th	702w	600w	650w	

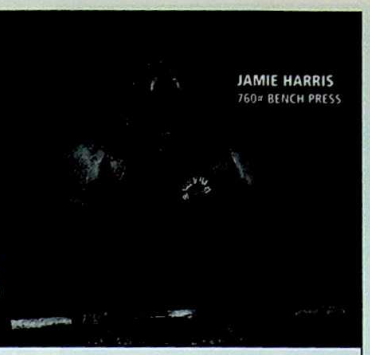
n - New York State Record. w - WPA World Record. (thanks to the APA for providing the meet results)

Super Bench "99"
17 JUL 99 - N. Swanzey, NH

Men		148	
165		N. Pillai	250
P. Soto	300	198	
181		W. Dunham	265
A. Ramirez	400	Women Open	
C. Brien	350	P. McClure BL	195
198		Novice Women	
S. Cormier BL	500	P. Dehotman 131	115
G. Sotirakos	380	Master Women	
T.Crawford	380	P. Dehotman 131	115
220		Sub Men 33-39	
D. Harvie	505	G. Dovas 210	410
G. Dovas	410	A. Murray 210	400
A. Murray	400	C. Brien 172	350
P. Thomsen	335	Master Men 40-44	
R. Beaulieu	285	D. Harvie 212	505
Novice Men (formula)		P. Thomsen 208	335
A. Ramirez 174	400	Master Men 50-54	
T. Crawford 192	380	R. Beaulieu 214	285
A. Murray 210	400	Master Men	
P. Thomsen 208	335	55-59	
High School Men		P. Soto 162	300

Highlights: Angelo Ramirez doing a fine 400 at 174; Steve Cormier having an off day and still doing 500 at 192 for best lifter; Dan Harvie doing an easy 505 at 214 - Dan is 41 and getting stronger; Nick Pillai smoking 250 at 148 with no shirt - and he's only 17. Til Next Time. (courtesy of Louie Lapoint).

SHOW EM YOU'RE SERIOUS



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Muscle Power Classic II BP/DL
2 OCT 99 - Paragould, AR

Bench Press		**Todd Dearing**	**290**
Teenage men		**220**	
N. Young	**400***	**Heath Clifton**	**450***
4th	**410***	**Anthony Haggard**	**400**
Junior Men		**242**	
Shawn McClesky	**315**	**Arnold Weaver**	**435**
Jamie Owens	**370***	**Deadlift**	
Master men 40-49		**165**	
Henry Wakefoose	**200***	**Todd Dearing**	**450**
148		**Glen Thomas**	**405***
Albert Pyland	**310**	**4th**	**425***
165			
Glen Thomas	**340***		

*** Personal Record. Best Lifter - Bench Press - Nick Young. The Muscle Power Classic II was held at Muscle fitness in Paragould, Arkansas on October 2, 1999. Many thanks to Heath Clifton, his wife adn family for making the competition a success. In the bench press competition nick Young took the teenage class with a great day of lifting. Nick went 4 for 4 with two new personal records; a 400 third attempt, then a 410 fourth. At a 179 bwt. Nick just barely edged out Heath Clifton for the best lifter title. Shawn McCleskey too the junior men's title over Jamie Owens witha strong 315 @ 155. Jamie, weighing in at 226, got a personal best 370. Lone master competitor Harry Wakefoose, lifting in his first competition, ended with a pr 200 @ 144. At 148 open Albert Pyland had a perfect day of lifting, finishing with 310 at a 145 lb. bodyweight! glen Thomas won at 165, going 340 for the day, another personal record. Another double bwt. bench! Todd Dearing equalled his personal best with 290 for second. Heath Clifton continues to show great improvement, having gone up almost 100 lbs. in the last year. Heath wanted to thank D.D. Nichols for all his help. Heath's 450 was a pr though about 2 lbs. short of best lifter honors. Seocnd at 220 was Anthony Haggard with 400, another fine lift! Arnold Weaverwon at 242, finishing with 435. This guy was thick, and with a good shirt (he lifted raw) would be at 500! With only ten lifters, five of them lifted over double bodyweight! That's impressive! In the deadlift competition there were only two lifters, both at 165. Todd Dearing, who has been working hard on his bench, showed he had left his pullin gin the closet,but he still won, with an easy 450, but far from his personal best of 515. That's alright Todd, it'll come back; we've all been through it. Second at 165 was glen Thomas who got two more prs, at 405 and a fourth with 425. Glen finished the day with new marks in both the bench andthe deadlift. Thanks again to my son Joey and to Kevin French and Mason Mack for their help loading and spotting. (thanks to Dr. Darrell Latch for providing these results to *Powerlifting USA*)**

Best Lifter at the Muscle Power Classic II *was Nick Young with a 410 bench press at 179 body-weight. (courtesy Darrell Latch)*

APF California State Meet
2 OCT 99 - Fresno, CA (kg)

WOMAN	SQ	BP	DL	Total
97 LB CLASS				
JO TAYLOR	57.5	45	85	187.5
114 LB CLASS (40-44)				
M. KILIKAUSKI	75	40	85	200
J. PETERS	50	50	60	160
132LB CLASS				
TONI UPTON	102.5	47.5	107.5	257.5
165 LB CLASS (OPEN)				
KIM PFEIFFER	150*	62.5	147.5	360
(SUBMASTER)				
NORMA GARCIA	145	67.5	150	362.5
KIM PFEIFFER	150	62.5	147.5	360
181 LB CLASS (SUBMASTER)				
DEANNE MILLER	120	65	115	280
198 LB CLASS (OPEN)				
J. BUDWIG	125	85	160	370
MEN				
148 LB CLASS (JUNIOR)				
STEVE NEWMAN	195	117.5	210	522.5
165 LB CLASS (OPEN)				
EMILIO ALBERT	172.5	130	212.5	515
(SUBMASTER)				
EMILIO ALBERT	172.5	130	212.5	515
(40-44)				
CARY ROGERS	117.5	125	150	392.5
(55-59)				
GLOSSBRENNER	102.5	102.5	102.5	317.5
181 LB CLASS (JUNIOR)				
GREG GIBSON	295	170	277.5	742.5
(OPEN)				
GREG GIBSON	295	170	277.5	742.5
(15-16)				
C. DEDITIUS	122.5	75	142.5	340
(1 7-18)				
M. JOVANOVIC	172.5	132.5	190	542.5
181 LB CLASS				
JUSTUS OWENS	215	137.5	190	542.5
90 KG (OPEN)				
JAMES KEGRICE	265	1415	272.5	670
(SUBMASTER)				
JAMES KEGRICE	265	1415	2715	670
BRYCE LANE	210	125	240	575
(JUNIOR)				
CHRIS VAUGHN	202.5	135	220	557.5
(MASTER)				
S. NORTHCOTE	147.5	97.5	182.5	4215
(17-18)				
PHILLIP DAVI	232.5	170	267.5	670
TYSON ORWOLL	157.5	140	167.5	457.5
(JUNIOR)				
CARLOS FLORES	155	122.2	155	432.5
100 KG (OPEN)				
DAN JESOLVA	230	1715	247.5	649.5
(40-44)				
EISENSCHMIED	200	132.5	2215	555
ARRENDONDO	205	137.5	205	547.5
(55-59)				
DOUG DIENELT	265	172.5	282.5	720
(65-69)				
A. DEMELLO	62.5	70	145	295
(70-74)				
JOE MILLER	155	105	212.5	472.5
110 KG (OPEN)				
J. MAZMANIAN	265	192.5	272.5	730
JESSIE LAMIER	250	160	260	670
DELBERT SHAY	242.5	155	2215	625
SEAN McMUM	170	130	200	500
(SUBMASTERS)				
DELBERT SHAY	242.5	155	227.5	625
DAN LEONCINI	*-	*-	*-	*-
(JUNIOR)				
JESSIE LANIER	250	160	260	670
(MASTER)				
J. MAZMANIAN	265	192.5	272.5	730
125 KG OPEN				
BRIAN MEEK	330	222.5	310	862.5
JOHN PLANAS	305	210	287.5	802.5
M. BLANCHARD	2725	162.5	257.5	692.5
MATT HUNTER	165	1315	180	482.5
125 KG (40-44)				
J. HOUNTEN	230	187.5	252.5	670
125 KG (45-49)				
DELMER BROWN	265	172.5	240	677.5
(50-54)				
BRIAN MEEK	330	222.5	310	862.5
SHW				
ART RAMSEY	62.5	260	65	387.5

This year's APF California State Powerlifting Championships wereheld at a new location - the Center Point Athletic Club. This venue proved more thanadequate, with the warmup area only a few steps from the lifting platform. The lifting went very smoothly, as we dropped the bench press only competition to create less confusion and more interest for the overall competition. Jeff Budwig adn I would like to thank all those who helped, Joe and Nance Avigliano, Bill Ramsrud, John Mazmanian, John Planas, Surrinder Dha, Mark Patterson, and Morris Silva. And Kun and Jayleen for putting up with with Jeff and myself before, during, and after the meet. See you Dec. 4th and 5th at the 1999 Iron Man Powerlifting Championships. (thanks to Bob Packer for providing results)

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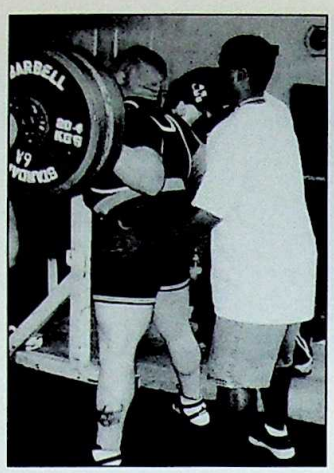
NEW NEW NEW NEW NEW NEW

USPF Drug Tested New Jersey St.
18 SEP 99 - Hopatcong, NJ

BENCH MEET				
RAW MEN				
132 sub Master				
Len Reilly	200			
Junior				
Afredo Serrano	165			
Novice				
Len Reilly	200A			
Alfredo Serrano	165			
165 Open				
Armen Caprielian	260			
181 Master 40-49				
Vinnie Gengaro	335			
Rick Leonard	285			
220 Open				
Ron Stalica	400A			
30+				
Ron Stalica	400			
Masters 60-69				
Bill Phillips	350			
SHY Open				
Ken Kocker	385A			
Submaster				
Ken Kocker	385			
RAW POWER MEET WOMEN				
105 MASTERS 40-49				
Abigail Stine	175	105	300	580
MEN 123 TEEN 12-13				
Henry Alvarez	220	130	260	610
TEEN 14-1515	CT	240	150	305
695				
132 OUT of STATE				
Brian Maybrey	315	245	420	980
148 Junior				
Mike Clupinski	335A	290A	440A	1065A
165 Open				
T. DeRa Rovere	360	325	425	1110
TEEN 18-19				
Joe Carrie Jr.	310A	200A	425A	935A
181 MASTERS 40-49				
John Miller	325	250	425	1000
OUT of State				
John Miller	325	250	425	1000
198 Open				
Dan Caffrey	400	310	515	1225
Sub masters				
Mark Salandra	37	NJ		
MASTERS 40*49				
Joe Careri Sr.	420A	315A	500A	1235A
30+				
Dean Bellantoni	485	295	500	1280

Law & Fire				
Ken Kocker	385			
Out of State				
Ken Kocker	385			
BENCH MEET				
ASSISTED WOMEN				
123 sub Master				
K. Caggiano	135			
MEN 181				
Matt Lipski	385			
220 Open				
Rick Troncone				
242 Open				
Frank Gibbons	525			
Novice				
DEADLIFT MEET				
RAW MEN				
181 40-49				
Rick Leonard	470			
198 Open				
Dan Caffrey	515			
242 Novice				
Vince Alberto	385			
Novice				
Dean Bellantoni	485	295	500	1280
220 40-49				
Tony Weiss Jr.	335	325	400	1060
30+				
Lou Tortorelli	415	265	475	1155
OUT of STATE				
Jeff Norton	435	295	525	1255
Tony Weiss Jr.	335	325	400	1060
242 TEEN 18-19				
Dan Del Prete	435A	330A	570A	1335A
275 JUNIOR				
Steve Protomastro	600	375	600	1575
ASSISTED WOMEN				
123sub Master				
K. Caggiano				
148 Open				
Mike Yost	450	335	510	1295
Junior				
Vince Centauro	320			
Novice				
Vince Centauro	320			
275 MASTERS 40-49				
Bob Thomas	435	275	495	1205

BEST RAW BENCH - Ron Stalica. BEST ASSISTED BENCH - Frank Gibbons. BEST WOMEN BENCH - Kathleen Caggiano. BEST RAW DEADLIFT - Dan Caffrey. BEST WOMEN PL - Abigail Stine - RAW. BEST MEN 123 PL - Joe Ross - RAW. BEST MEN 132 PL - Brian Mabrey - RAW. BEST MEN 148 PL - Mike Yost - ASSISTED. BEST MEN 165 PL - Tony DeLa Rovere - RAW. BEST MEN 181 PL - John Miller - RAW. BEST MEN 198 PL - Dean Bellantoni - RAW BEST MEN 220 PL - Jeff Norton - RAW. BEST MEN 242 PL - Dan Del Prete - RAW. BEST MEN 275 PL - Steve Protomastro - RAW. BEST RAW PL TEAM - Joe's GYM. BEST OVERALL PL TEAM - Joe's GYM. TOM SNELGROVE SPORTSMANSHIP AWARD presented to RON PANISSIDI, for outstanding service to the sport of powerlifting. This was the first New Jersey USPF STATE PL Championship with a RAW Division included. There were 36 Lifters entered, with 80% of them Lifting RAW. Drug testing was done via urine testing and I was very impressed with the testing procedures used by Bob Keller and Ron Panissidi. I've been drug testing since 1982, and to be impressed is to say something. This was a small meet, but we will grow as these lifters go back to their gyms and relate that the quality is still there despite the change in colors. There was some spirited lifting. Abigail Stine of CT lifted well, surpassing her prior RAW total 565 with 580 via 175 105 300. Abigail brought along a new



A Very Big Puppy ... Steve Protomastro squatting at the USPF New Jersey State Meet. (photograph provided courtesy Joe Pyra)

lifter, a young HS wrestler, Joe Ross, 123 14-15. He made impressive lifts of 240 150 305 for 695. Henry Alvarez in the 12-13 group made 220 130 260, missing 290 on form, for 610. Henry learned that you can not do a full football practice the day before and expect to lift well. Of course, after 5-8 inches of rain, Dover Field may have well have been used for swimming practice rather than football practice. A thought - remember all those contest t-shirts that no longer fit and are taking up closet and drawer space? Why not donate them to the flood victims in the Carolinas and Jersey. I will be doing this myself as well as other members of Joe's Gym following suit. It will also be a positive way to promote powerlifting. Back to lifting, Ron Stalica did an easy RAW bench of 400,Just missing 415 at a light 220. Gentleman Bill Phillips at age 61 did 350, just missing 360 in the same class. A few lifters forgot the difference in bench rules, but all learned quickly. Frank Gibbons of New Jersey benched 525 in the 242 assisted division with power to spare. Junior lifter Mike Clupinski did 335 290 440 1065 to win is division in the 148 class. TOp 148 lifter using geawr was Mike Yost, 450 335 510 1295. In the father/son category, Joe Careri Sr. did 429 320 515 1225 in the 198 classe with sone Joe the Jr. doing 310 325 425 935 in the 165 class, and both were RAW. Jeff Norton won the RAW 220 out of state with 415 265 475 1155 using very intense concentration. Nineteen yr. old Dan Del Prete won the RAW 242 teens on 435 330 570 1335 in an effortless manner. Newcomer Steve Protomastro, coached by the veteran VT/PL lifter Mark Cohen, can best be described as a Big Puppy, A Very Big Puppy. At 20, he stands about 5'10" and 272, and he made convincing liftsof 600 375 600 1575 RAW. I'd like to thank Pete of Tian who generously provided gift certificates for lifting singlets. Many thanks to Rickey Crain who supported the USPF by providing gifts of lifting gear to various winners. Both gentlemen certainly put the lifters and sport first. I wish to thank Bob Keller who represented the USPF and mylong time friend, USPF State Chairman, Ron Panissidi, woh refereed along with Pete Gisondi and Chris Machin of NY. Sincere thanks to referee Rich Schmidt and his loving wife barbar, who kept score withRuss Barnickle and announcer Pat Cuntrera, who we unserstand has been invtied to announce an upcoming PA Championships. We would also like to thakn the new Athletic Director at Hopatcong HS, Tom Vara, who allows us to use the gym. Thanks to Mike Juskus, who helps set things up and Wayne, our janitor,who is always there helping out. Thanks to Ted Finland, who provides the emotional support. Thanks to Andy Finland, Manny, Mike Scuzzera, Jeramhia Ryucillo and Paul Guzenski for a great job of spotting. Many sincere thanks to everyone who helped, and who my feeble mind may have forgotten. Most of all, a very sincere thanks to the lifters, without whom these is NO meet. Al Siegel will be the USPF RAW AMERICAN RECORD KEEPER,and his number is 1-814-768-9400. Al also supplied the beautiful plates that were given out, which pleased many wives who appeared to have definite used planned for them. Next year this meet will be moved to either early Mayor the weekend just before Thanksgiving. This is due to scheduling changes. Please watch upcoming events for the exact date. Meanwhile, train hard, lift drug free. (Thanks to Jumpin'Jersey Joe Pyra for providing these contest results to PL USA)

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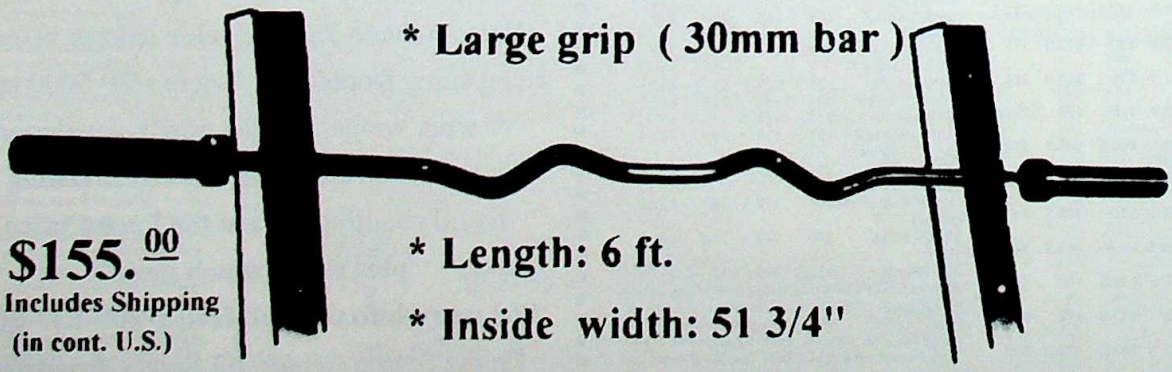

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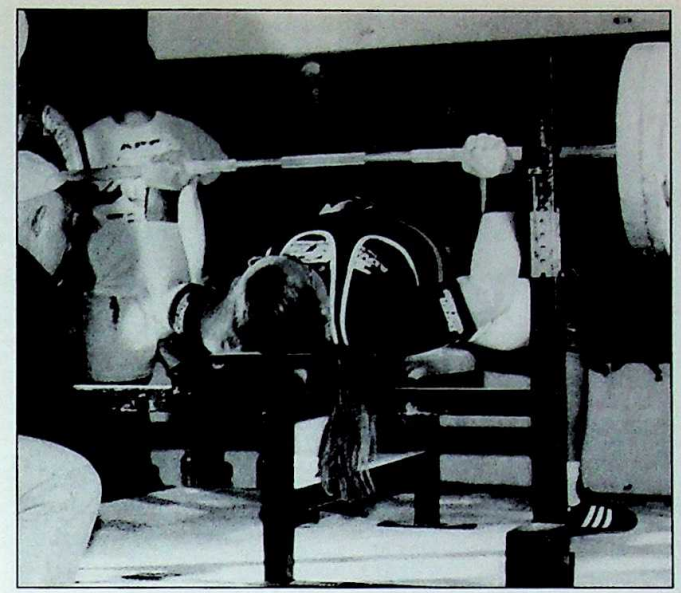
APF Hardcore Bench Press
21 AUG 99 - Lewiston, ME (kg)

Women		**Men Master**	
132		G. Morgan 150	150
P. Gelinas 41	85	M. Donovan 150	97.5
Men Novice		P. Ciarrocchi 231	130
G.Morgan 150	150	D. Magoon 197	
D. Dayon 190	155	**Men Open**	
Men AAPF		D. Bellmore 176	202.5
D. Magoon 197		T. Bellmore 179	187.5
G.Morgan 150	155	S. Blanchard 198	182.5
Men Teen		E. Tyler 306	190
J. Violette 155	102.5	M. Griffin 228	162.5
Men Submaster		D. Magoon 197	
T.Frost 266	152.5		

Although the number of liftes was way down compared to last year's contest due to the fact that we had 57 lifters two weeks before at the Maine State Push/Pull, everyone seemed to have fun udner the "Big Top". Many state records fell: Prudence Gelinas' 187 in the women's masters, George Morgan's 330 & Michael Donovan's 220 in the men's masters and Tim Bellmore's 413, Steve blanchard's 402, and Everett Tyler's 418, in the men's junior divisions. To all "excellent lifting". In would like tothank all at Riverside Fitness, Scott Worthing, Phil Collings, John Doyle, Steve Cote, Monique Cote, Lynne Barlow, Johnny Pelletier, Michelle Guay, Erica Guay, Norm Guay, Jill Ross and Chris Ross. To all - thank you - for without good people there would be no Hardcore Bench Press Championships (results courtesy of Russ Barlow).



Steve Blanchard *with an APF Junior State Record 402 lb. bench press at the APF Hardcore Bench Press Championships (photo - R. Barlow)*

USAPL Military Nationals
13 MAR 99 - Ft. Hood, TX

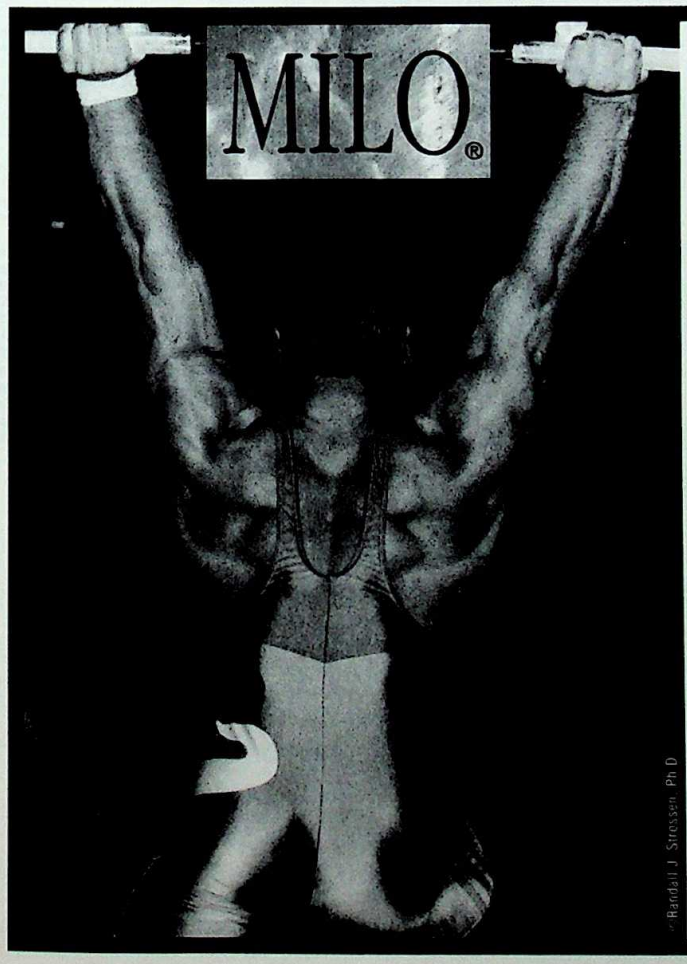
BENCH PRESS				
148 LB CLASS				
R. WILLIAMS	285			
T. EDWARDS	265			
165 LB CLASS				
S. ROSS	310			
RESURRECCION	290			
WOMEN'S	**SQ**	**BP**	**DL**	**TOTAL**
105 LB CLASS				
K. COMPTON #	215*	110*	235*	560*
132 LB CLASS				
Y. YANG	215	100	260	575
148 LB CLASS				
D.COVINGTON#	345*	165	380	890*
R. CLARK	290	170	390*	850*
C. BURROUGHS	325	155	275	755
181 LBCLASS				
J. MARTINEZ	405			
B. BALSINGER	350			
242 LB CLASS				
A. HORNE	465			
L. FENTI	450			
275 LB CLASS				
W. ANDREWS	470			
J. VENTURE(JR)	240	120	260	620
198 LB CLASS				
P. CALHOUN	300*	215*	335*	840*
MEN'S	**SQ**	**BP**	**DL**	**TOTAL**
132 LB CLASS				
J. GEISER	250	230	330	810
148 LB CLASS				
T. EDWARDS #	405	265	505	1175
K. JAMES (MAS)	375	290*	440*	1105*
165 LB CLASS				
M. BROVVN	505	300	475	1280
F. VVHITE	385	260	510	1155
C.HARVEY	285	220	360	865
J. VVELLS (MAS)	405	280	435	1120
181 LB CLASS				
C. TURNER #	660	430	705	1795
A. HAMBRIC	460	365	570	1395
V. JOHNSON	510	315	525	1350
E. BROWN	475	320	500	1295
C. TEASLEY	450	330	485	1265
M. CALELLY	425	285	435	1145
JRS				
E. SPOERLE	460	315	460	1235
A. HAMPE	435	235	460	1130
G. LUNA	360	270	425	1055
198 LB CLASS				
T.STEPNEY	555	370	650	1575
N. CALLAHAN	545	405	625	1575
W. RILEY	475	360	575	1410
S. PETERSON	460	320	530	1310
B. ADAMOS	350	230	365	945
M.MERCADO	465			
220 LB ASS				
J. BREWER	525	425	600	1550
R.VERDE	440	340	560	1340
R. WEBSTER	450	370		
C.DERAMA	425			
B. SCHULTZ	465			
P. CHAVANES-C	575	350	525	1450
242 LB CLASS				
T. GAUTHIER	600	430	565	1590
G. RAMSDELL (M)	435	365	500	1300
L. FENTI				
275 LB CLASS				
C. THOMPSON#	680	460	660	1800
E. NORTH	675	385	640	1700
W. ANDREWS	600	470	580	1650
R. GAINS	550	380	600	1530
C. JAKUBIN	540	400	575	1515

BEST LIFTER. * NATIONAL MILITARY RECORD (THANKS TO JOHNNY GRAHAM FOR RESULTS)

Wabash Valley Summer Meet
25-27 JUN 99 - Carlisle, IN

132lb.	SQ	BP	DL	Total
Altic	245	165	260	670
Phillips	150	195	320	665
148lb.				
Fisher	405	250	475	1130
Lease	225	180	365	770
165lb.				
Whitten	365	250	465	1080
Barnett	350	285	425	1060
181lb.				
Woodson	365	300	490	1155
Collier	315	300	450	1065
198lb.				
Leach	455	285	465	1200
Smith	315	330	450	1095
220 lb.				
Bell	500	340	625	1465
Boyd	315	315	450	1080
242lb.				
Owens	600	400	600	1600
MASTERS				
148 lb.				
Guajardo	420	250	475	1145
165 lb.				
White	225	240	405	870

(results courtesy of David Owens & Mike Murphy)



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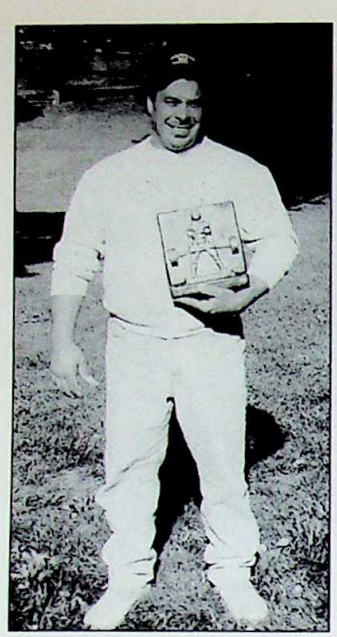
30th APA North American Bench Press
26 SEP 99 - New Haven, CT

Teenage		J. Garcia	265
181		242	
S. Garcia	145s	M.Hogan	335
C. Soulet	105	275	
275		P. Canzanella	225
P. Canzanella	275	Masters	
Men		181	
181		J. Steele	240
D. Altieri #	325	N. Wellins	200
J. Steele	240	198	
N. Wellins	200	R. Altieri #	325
S. Garcia	145	220	
C. Soulet	105	T. Phillips	300
198		242	
R. Altieri	335	M.Hogan	335
220			
T.Phillips	300		

#-Best Lifter. s-State Record. Place: Fort Hale Park. Meet Director: Joe Steele. Head Judge: Joe Steele. Time: 3 hours. Side Judges: Row Rohmer and Fred Steinle. Sponsors: World Gym of Hamden and City of New Haven Parks and Recreation Department. "The 30th annual A.P.A. North American Bench Press Championship went very well with a total of 18 lifters taking part. There was one new state record set. In the teenage division, Sal Garcia set a new state record with a lift of 145 lbs. in the 181 lb. class (13-15) age group. Daren Altieri was the best lifter in the contest with a 325 lb. lift in the 181 lb. class. His father Richard Altieri was the best master lifter with a335 lb. lift in the 198 lb. class, in the 55-59 age group. Ted Phillips made a great comeback. After a yar off with an injury, he won the 220 lb. class with a 300 lb. lift. (results courtesy Joe Steele)



Ted Phillips was the winner of the 220 lb. class at the APA North American Championships, in his first meet in over a year, after coming back from an injury. (photograph courtesy of Joe Steele)

USAPL Nevada State Championship
18,19 SEP 99 - Elko, NV

Women	SQ	BP	DL	TOTAL
123				
J. Green	245*	125*	285*	665*
Masters II				
198+				
S. Haycock	150m	120m	280m	560m
Junior				
148				
C. Ricker	265			
Men				
148				
Teen II				
K.Herzik	225*	165*	280*	670*
Open				
T. Hutchins	430*	305*	475*	1210*
R. Papania	225	300	225	750
Junior				
R. Papania	225*	300*	225*	750*
Masters I				
T.Hutchins	430*	305*	475*	1210*
165				
Junior				
A. Ugarte	65	315*	65	446
Open				
N. Soto	420	345*	475*	1240*
G.Slaugh	350	265	435	1050
J. Vanderpool	405	225	415	1045
A. Ugarte	65	315	65	445
Masters I				
R. Broeg	350	225	400	975
181				
Teen I				
M.Romero	245*	135*	250*	630*
C. Durlej	315*	355*	395*	1065*
Open				
R. Anderson	445*	290	525*	1270*
C. Durlej	315	355*	385	1065
N. Webber	315	285	385	1010
M.Romero	245	135	250	630
T.Swensen	300			
Masters I				
T. Wilson	485	280	480	1245
Mastesr V				
R.Lozano	385	325m	410	1120
198				
Open				
A. Johnson	575	405	575	1555
M. Reyes	500*	325	425	1250
J. Galindo	465	315	450	1230
R. Parale	425	350	455	1230
C. Enloe	365	320	420	1105
R. Green	505			
220				
Open				
P. Heffern	700*	385*	660*	1745*
J.Klinger	575	405	585	1565
K. Eller	530	280	555	1365
R. Valentine	365	300	410	1075
E. Davis	465			
L. DeLeon	405			
Submasters				
T. Kopta	455	325	490	1270
L. Deleon	405			
Masters II				
M. Mooney	inj			
Masters III				
A. Scardino	325	200	300	825
242				
Teen III				
J. Wilcox	255*	275*	325*	855*
Open				
J. Thompson	650	425	635	1710
S. Anderson	575	340	515	1430
P. Cicero	530	335	480	1345
D. Romero	400	350	500	1250
Submasters				
D. Romero	400*	350*	500*	1250*
Masters II				
S. Anderson	575	340	515	1430
275				
Open				
C. Aichs	655	425	620*	1700
A. SNider	500	415	515	1430
J.McGrath	420	285	440	1145
Masters II				
S. Pecktol	690	420	690	1800
319				
Open				
L. Ditmars	450*	425*	500*	1375*
C. Grover	350	250	505	1105
Junior				
D.Lockling	615	375	540	1530
Teen II				
C. Grover	350	250	505	1105
Masters III				
L. Ditmars	450*	425*m	500	1375
Submasters				
A. Corea	645	380	600	1625
319+				
Open				
J. Ferry	590	370	655	1615

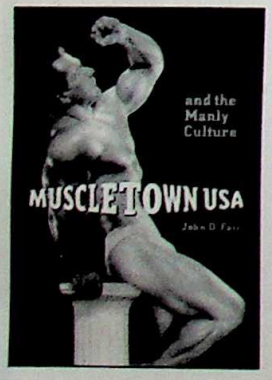
* - denotes Nevada State Record. m - denotes American Record. Best Female Lifter: Julie Green; Best Teenage Lifter: Kyle Herzik; Best Male Lifter Heavyweight: Paul Heffern; Best Male Lifter Lightweight: Adrian Johnson. 1st place team: Team Fitness - Pocatello, ID; 2nd place team: Jackson County Sheriff's Office - Medford, OR. American records by Shirley Haycock, Rudy Lozano, and Larry Ditmars. "The 1999 Nevada State Powerlifting Championships held at Spring Creek High School attracted 12 Special Olympians from Nevada as well as 48 additional lifters from 7 different states. There were numerous state records established along with 6 American records. The Elko Powerlifting Team would like to thank Spring creek High School for letting us use their great facility. The competition would not have been such a success without the help of Laura & Shiela Raymond, announcer Martin Knapp, head table duet Patty & Tammy and the students from N.Y.T.C. who loaded and spotted both days. Thank you to the many friends who volunteered their time to help us out. Many, many thanks go out to our generous sponsors - without their help this meet wouldn't have been enjoyed by many. Thank you to the spectators who supported the lifters. Remember - we'll do it again next year - come and join us." (thanks to Raul Lopez, Meet Director and USAPL Nevada State Chairperson for providing the results to PL USA)

11th Indian Summer Contest
24 OCT 99 - Goshen, IN

Bench Press		S. Whitely	310
Drug tested		Novice	
165		165	
M. Shroen	300	S. Faris	290
181		275	
M. Wilder	360	S. Whitely	310
N. Salvagni	355	Open	
198		242	
A. Reed	430	M. Fry	310
242		Masters	
M. Fry	310	181	
275		J. Fortuna	400
D. Foy	380	275	
		S. Cadson	500

Drug Tested	SQ	BP	DL	TOTAL
165				
R.Salvagni	620	440	540	1600
181				
M. Wilder	460	360	480	1300
220				
C. Rasmusen	415	310	460	1185
242				
J. Shoopman	650	400	600	1650
Open				
242				
M. Matson	505	365	600	1470
Masters 50+				
148				
M. Wider	400	210	425	1035
Novice				
220				
C. Rasmusen	415	310	460	1185

Best lifters: Powerlifting, Rich Salvagni. Bench Press, Steve Carlson. Team Champion, The Goshen Power Alliance. Special thanks to: Mike Shroen, Mark Harris, Brendon Yoder, John Christy, Mike Wider and Brenda Harris. The big news out of this meet was once again Rich Salvagni. Having just landed an official top five bench press on *Powerlifting USA*'s TOP 100, he put together a total which will be close to the top 5 also, proving that he's not ust a one lift athlete. He has made huge improvement on his squat in one year's time, and hit a huge 620. His bench suffered a little by having to squat first, but he still managed an excellent 440. His deadlift still needs work, which he'll be the first to admit, but a 540 there gave him his first 1600 total as a middleweight, making him the best powerlifter ever to come out of Elkhart County, and he's only going to get better. I think, and will try to get him to see it, that a trip to next summers APF Seniors is probably the next order of business. He needs to make an appearance at a National meet to see how he handles that kind of pressure and to learn a great deal from the experience and talking to the other great lifters in attendance. Stay tuned - this is exciting stuff. His teammate, Jason Shoopman continues to get better also and may not be too far away from a National meet himself He put together 650, his first 400 bench, and 600 in the deadlift to improve on his runner-up total from this year's State meet with 1650. Very close on all his third attempts, he'll probably hit 1700 or better in his next meet. Mike Matson from Cincinnati also matched Shoopman's 600 deadlift en route to a 1470 total. And in the 50 and over, Mike Wider has managed to put on some solid weight and at 142 he put together his best total of some time, 1035. And from Indianapolis, lifting in his first meet, and ably-coached by John Christy, Craig Rasmusen went 8 for 9 en route to an 1185 total. In the bench press Salvagni's brother Nate lifted in the 181's, hitting an excellent 355, but he was done in by Matson's teammate, Mark Wilder who did the 360 he needed to win the bench press while lifting in the power meet also. It was great to see Al Reed lift again after the very serious injury he sustained at a meet last Dec. due in part to very poor spotting, and he made an excellent 430 and will probably be able to take a crack at a new PR in his next meet. 2 Master lifters from the Cook County (Chicago) Sheriffs Dept. also left their mark on this meet: Steve Carlson made a 500 at 275 for best lifter honors, and Joe Fortuna made a great 400 at 181. And for my money that was the best lift of the meet, but what seems right intuitively doesn't always work out on formula, and Fortuna was actually third behind Reed and Carlson. And finally, kudos to the new owners of the Goshen Fitness Center: they have already made great improvements on a facility that was in dire need of restoration, something the previous owner seemed to be clueless about, who instead, unbelievably, tried to blame Rich Salvagni's noisy workouts for a decline in membership; when he should have embraced all the free publicity and excitement a lifter of his caliber generates, and fixed his dumpy restrooms instead, which were the real culprits for his declining business. But that's all in the past now and the future looks rosy indeed for the Fitness Center and Rich Salvagni, whose futures are now in lock step. (thanks to Jon Smoker for providing these results)



From Nancy Carpenter, a recent reader of ***MUSCLETOWN USA*** by John D. Fair: "This book eloquently tells the story of American Weightlifting from its early infancy to maturity by the writing about the life of Bob Hoffman.... The intertwining of Hoffman the Athlete, Promoter, and Entrepreneur, was very interesting; especially in context to those who have read his *STRENGTH & HEALTH* magazine in their youth..... I found the book to be both a nostalgic and fascinating read." (432 pages, 70 illustrations) Paperback edition is $23.50 plus $4 shipping and handling per book. Send orders payable to Powerlifting USA, Box 467, Camarillo, California 93011.

USAPL Virginia State
23,24 OCT 99 - Charlottesville, VA

Bench Press				
Female				
105				
Angie Mamola	115			
132				
H. Mansfield	170			
148				
Tisha Chambers	185			
35-3 39				
Anita Kellog	185			
Susan Monaco	155			
165				
Karen Phillips	150			
198				
Kathy Roberts	245			
UNL				
Susan Covington	160			
Male				
148 lb 18 - 19				
David Kirk	170			
165				
James Soltis	300			
Police				
William Parker	190			
35 - 39				
Rob Bernhardt	365			
14 - 15				
James Compton	190			
181				
Ken Nienke	360			
Mike Kirby	350			
Billy Mears	325			
35 -39				
Ken Nienke	360			
Mike Kirby	350			
40 -44				
Miles Baker	330			
50 -54				
James Harmon	j300			
70 - 74				
Carl Higgins	140			
20 - 23				
Adam Mamola	350			
Police				
James Harrison	350			
198				
Don Watson	445			
Rodney Jones	430			
Women				
105 lb class	SQ	BP	DL	TOTAL
Open				
Kim Ryman	225	115	280	620
Dama Carlson	245	70	250	585
Carol Chesnut	175	75	210	460
35 -39				
Kim Ryman	225	115	286	620
123				
Open				
Donna Beeler	270	155	285	710

20 - 23				
Terry Lankford	420			
40 - 44				
Don Watson	445			
Tommy Holland	365			
Mike Hurd	330			
45 -49				
Ernest Banks	335			
Al Statman	300			
55 - 59				
Ray Nelson	245			
220				
John Shaner	430			
Nelson Workman	400			
20 -23				
Jason Williams	425			
Adam Harmon	295			
College				
Jason Williams	425			
35 - 39				
Andy Stec	515			
45-49				
Glen Claxton	425			
50 - 54				
Jamie Smith	340			
242				
Will Fenton	425			
Fred Littlejohn	420			
Keith Phillips	380			
Carl Amstone	360			
40 - 44				
Richard Staton	345			
50 - 54				
Ron Hardin	355			
A.C. Burke	325			
70 - 74				
Gene Jones	265			
35 - 39, Police				
Al Proctor	450			
275				
Sid Cornick	520			
319 , 35 -39				
William Curry	475			
45 - 49				
Billy Morgan	380			
60 -64				
Robert Ewers	350			

Kate Stowe	195	100	225	520
C. D'Amato	145	115	170	430
132				
35-39				
Jeany Walker	290	165	370	825
50 - 54				
Kathy Gay	125	100	200	425
148				
College				
Amber Corbitt	245	135	285	665
165				
Open				
Stella Krupinski	380	260	455	1095
Karen Phillips	225	150	315	690
181				
35-39				
Kim Jones	330	210	360	900
UNL				
Susan Covingt on	250	160	300	710
Men				
114				
Open				
Antonio Ostrum	285	225	310	880
132				
Dave Weiss	405	300	545	1255
148				
14 - 15 yrs.				
Josh Brothers	200	125	280	605
165				
Gary Blevins	505	305	640	1450
Kelly Clinvell	430	280	455	1165
Ed Kilsdonk	285	180	335	800
16-17				
Trey Derring	325	235	350	910
High School				
Trey Derring	325	235	350	910
Alan Gunn	230	190	370	790
181				
Miles Baker	510	330	530	1370
James Alston	475	305	550	1330
Oscar Hickman	430	250	460	1140
Steve DeBenditts	390	270	425	1085
Carl Riggleman	260	210	285	755
16 -17				
Justin Norman	400	275	425	1100
18 - 19, college				
Jack Williams	325	250	390	965
40 - 44				
Miles Baker	510	330	530	1370
45 - 49				
James Alston	475	305	550	1330
50 -54				
James Harmon	350	300	460	1100
Charles Jackson	330	235	450	1015
55- 59				
Mike Scott	400	290	525	1215
Oscar Hickman	430	250	460	1140
Police & Fire				
James Harrison	375	350	475	200
Carl Riggman	260	210	285	755
198				

A New Organization: the following are excerpts from "Special announcement regarding the forming of ANTI DRUG ATHLETES UNITED, INC. to be known as A.D.A.U. A group of individuals who were involved in bringing Powerlifting back to the AAU in 1994 have decided to take their program out of the AAU and continue it under the ADAU banner. ... A group of these individuals met in Pennsylvania on December 12th and have taken the necessary steps to form a corporation which will sanction (with the necessary liability insurance) events in the following sports: POWERLIFTING, ARM WRESTLING, BODY BUILDING, ODD LIFTING, STRONG MAN (AND WOMAN), WEIGHTLIFTING. These events will be RAW ONLY and offered to those who can meet the following DRUG-FREE criteria: DRUG-FREE period for the 2000 will be 48 months. DRUG-FREE period for the year 2001 will be 54 months, DRUG-FREE period for the year 2002 will be 60 months. A minimum of 10% of all competitors must be done. Testing is to be Urine or Polygraph. Unannounced OUT OF MEET testing will be done in all sports. Failures will result in LIFETIME BANS. We intend to do the following, for the lifters and meet directors in our programs: Meet directors will be reimbursed for card sales. State chairs will receive payments based on membership during the year. Membership cards will be good for ONE YEAR from date of issue. Newsletters (to all members) will be sent out 4 times a year. Adult dues will be $25.00 a year. Youth dues will be $15.00 a year. There will only be two national meets a year, one for Youth, Teenage and Juniors, and one for Open, Sub-Masters and Masters. Further information can be obtained by calling either; President Allan Siegel at 814-768-9400, or Vice President Joe Orengia at 814-833-3727. WE CARE FOR THE LIFTER. WE ARE HERE TO SERVE THE LIFTER. OUR SHARE HOLDERS CONSIST OF MANY NATIONAL AND WORLD CHAMPIONS FROM MANY DIFFERENT ORGANIZATIONS

W.D.F.P.F. LIFTER BANNED FOR LIFE! A recent out-of-meet drug test conducted by WDFPF Italia on one of the elite lifters has returned a positive result. The report from Quest Diagnostics in San Diego indicated the presence of Androstenedione in the competitor's sample. The lifter, Natale diTerlizzi, was informed by both the WDFPF and his own national body, that a life ban would be imposed. In accordance with WDFPF procedure the lifter lodged an appeal against this sanction, on the grounds that the positive result was due to his usage of a legal over-the-counter 'supplement'. The WDFPF Executive Committee took the view that the publicity claims associated with these products (submitted by the appellant) were of such a nature that anyone concerned not to breach the rules of the WDFPF would have first checked with their governing body or the relevant authorities whether or not banned substances were involved. Since the banned substances Androstenedione and 19-Norandrostenedione were in any case cited frequently throughout the publicity, which also made mention in passing of Nandrolone, Decadurabolin and other banned substances - it was concluded that the lifter could not have assumed these products to have been 'mere food supplements', as had been claimed. It was also emphasized that the ultimate responsibility for any substances taken by a competitor, must rest with the competitor himself. The life ban was therefore ratified.

What does all this prove? Firstly, that no international body which fails to DEMAND mandatory out-of-meet testing of all its member countries can be taken seriously as 'drug-free'. Secondly, that genuine supporters of drug-free powerlifting in the USA who are affiliated to any organization outside the WDFPF - are making a big mistake. The only 'crusade' towards drug-free lifting exists in the World Drug-Free Powerlifting Federation. That's why we came into being. That's why we're still here. Andrew Cominos, President - W.D.F.P.F.

Ted Linn	610	355	585	1550
Rodney Jones	405	430	570	1405
Frank Schuetz	500	385	515	1400
Sidney Tyler	500	280	550	1330
Jerry Piner	440	280	490	1210
G. Shoemaker	445	290	475	1210
Dave Osbourne	440	250	475	1165
Armed Forces				
Frank Schuetz	500	385	515	1400
20 - 23				
Jese Augenstin	500	300	600	1400
Adam Lutz	435	325	450	1210
C. Vaddevadenr	365	285	450	1100
40 -44				
Robert Nevins	405	335	475	1215
45-49				
James Hannah	496	230	540	1260
50- 54				
Warren Brothers	370	215	400	985
Reggie Stubs	260	230	340	830
60-64				
Barney Groves	455	235	4*10	1100
Police				
James Hannah	490	230	540	1260
220				
Open				
Greg Crawford	635	430	550	1615
Anthony Harris	480	430	640	1550
Mike Duesberry	600	370	550	1520
Tim Henriquez	535	325	600	1460
Lance Loganbill	575	340	515	1430
Jared Fravel	535	330	560	1425
Shap Basher	435	255	475	1165
18 -19				
Luke Mullins	500	280	505	1285
Dan Lowe	415	260	425	1100
20 -23				
Tim Henriquez	535	325	600	1460
Jared Fravel	535	330	560	1425
Adam Harmon	335	295	420	1050
35-39				
Robat Shrader	475	275	475	1225
40-44				
Roy Marshallk	530	330	550	1410
50- 54				
Rich Coppins	470	.310	570	1350
Mike Nichols	365	250	485	1100
55 -59				
P.J. Kitchen	285	235	325	845
College				
Jarol Fravel	535	330	56*6	1425
Guest				
Henry Gerard	625	410	625	1660
242				
Fred Littlejohn	685	420	730	1835
Chris Shaver	570	400	550	1520
Keith Phillips	500	380	550	1430
Dan Johnston	465	350	520	1335
35 - 39				

Keith Phillips	500	380	550	1430
275l				
Sid Cornick	655	520	640	1815
Gary Emrich	600	350	600	1550
College				
Chris Tarbell	500	375	525	1400
35 - 39, Police				
A. Goodman	650	410	630	1690
Gerald Briggs	650	450	500	1600
50 - 54				
Dave Minton	500	310	515	1325
319				
Elliot Smith	770	470	700	1940
Paul Levitt	400	245	575	1220
35 -39				
Elliot Smith	770	470	700	1940
40 - 44				
Paul Levitt	400	245	575	1220
60 -64				
Robert Ewers	145	350	145	640

(thanks to John Shifflett for providing these results)

Mon Valley Fitness Center DL/BP
23 OCT 99 - Dunlevy, PA

Deadlift			
Amateur		Pro	
181		M. Wolfley	435
J McCracken	500	Submasters	
B. Posl	460	B. Zemaits	365
198		Masters	
S.Wilcox	660	M. Lindsley	400
W.Donaldson	515	220	
B.Lewis	480	Masters	
Master		D. Lhota	380
S. Wilcox	660	Teen	
Submaters		M. Walker	330
W. Donaldson	515	242	
220		Masters	
S. Siwiak	660	F. Gallagher	335
242		Teen	
B. Fleming	560	J. Lorenzo	365
Teen		275	
J. Lorenzo	450	Amateur	
Pro		D. Romano	430
D. Havrilesko	550	R. Robbins	300
Bench Press		Submasters	
Women		D. Romano	430
S. Walters	130	308	
198		Amateur	
Amateur		K.Hampe	460
C. Dworek	405	Masters	
		M. Blake	440
		SHW	
		R. Clawson	425
		J. Wilson	320
		Submasters	
		J. Wilson	320

(thanks to Rhonda Collins for providing the results)

APA Carolina Cup
13 NOV 99 - Florence, SC

Bench Press		**308**	
Submaster		M. Washington	475
G. Robertson 218	385	J. Tancil	
Master 40-49		**Drug Free**	
S. Taylor 239	345	M. Washington	475
J. Tancil 289		**Deadlift**	
Master 50-59		**Submaster**	
J. May 216	350	G. Robertson 218	495
Open		**Open**	
220		**242**	
B. Finley	405	Montgomery BL	600
242		**308**	
M. Montgomery	450	M. Washington	500
		Drug Free	
		M. Washington	500

Powerlifting	SQ	BP	DL	Total
Submasters				
J. Goethe 180 BL	450	315	490	1255
242				
M. Miller	550	385	520	1425

Special thanks to Carolina Barbell Club for hosting a great event and providing an excellent meet staff. (thanks tothe APA for providing these meet results)

APA Southeast Florida BP/DL
6 NOV 99 - Palm Bay, FL

Women		J.Keene	405
D. Girard 180	175	K. Edwards	245
Submaster		**242**	
S. Beckwith 237	530	S. Beckwith BL	530
E. Ferguson 281	450	J.McArtney	415
M. Quinn 311	450	M. Schwagel	415
A. Morzella 190	330	**275**	
M. Rodberg 273	320	M. Rodberg	320
Master 40-49		**308**	
G. Boldissar 217	410	E. Ferguson	450
S. Pullaro 195	335	D. Rollins	430
Master 50-59		**SHW**	
J. bellils 210	355	M. Quinn	450
B. Grey 196	340	**Deadlift**	
J. May 221	360	**Master 60-69**	
L. Barry 211	310	N. Carr 193	385
Master 60-69		**Open**	
N. Carr 193	265	**132**	
Open		T. Rabaza BL	405
165		**198**	
C. Brown	330	D. Adams	485
b.Highnote	280	N. Carr	385
198		**220**	
S.Pullaro	335	R.Meyer	550
A. Morzella	330	K. Edwards	430
D. Adams	315	**242**	
220		J.McArtney	600
R. Meyer	470	**308**	
G. Boldissar	410	D. Rollins	615

(thanks to the APA for providing the meet results)

WPA Yugoslavian Championships
6 NOV 99 - Panchevo

123	SQ	BP	DL	TOTAL
V. Toskov	88	99	192	379
A. Stojic	99	121	154	374
132				
I. Pavlovic	203	225	330	759
S. Puhaca	187	176	330	693
A.Radosavljevic	154	176	253	583
148				
N. Stoicic	418	269	451	1138
S. Tanaskovic	330	198	374	902
D. Djurdjijev	242	242	335	819
B. Arsic	264	220	330	814
165				
D. Mutavdzic	330	220	407	957
M. Grbic	297	181	401	880
S.Kijajic	220	264	368	852
D. Milovanovic	253	220	330	803
A. Spadijer	242	187	308	737
S. Grcic		308	440	
181				
L. Stevanovic	528	220	572	1320
S. Radovanovic	352	319	396	1067
R. Struhar	352	242	396	990
R. Sasivarevic	308	242	374	924
V. Sijuka	264	231	396	726
198				
D. Nakic	484	319	528	1331
M. Damnjanovic	445	335	533	1314
Z. Misic	484	324	506	1314
J. Stosic	451	386	484	1221
M. Tokin	374	275	451	1100
V. Adamovic	297	297	40	1034
M. Tanaskovic	297	187	352	836
M. Cvetanovic	462	286		
220				
D. Djordjevic	638	319	698	1655
J. Paulini	352	286	440	1078
J. Zlatkovic	242	154	308	704
242				
V. Jakovijevic	594	352	704	1650
S.Mitrovic	550	396	550	1496
D.Krstic	484	352	506	1342
M. Vujadinovic	352	352	506	1280
275				
O. Nektarijevic	484	396	632	1512
N. Radocaj	506	374	605	1485
U. Jevtic	418	374	528	1320
P.Perucica		341		
308				
M. Jovanovic	682	434	638	1754
I. Mitrovic	682	352	638	1672
K. Papic	594	352	594	1540

(results provided via the APA by Igor N. Jolevich)

WPA MENS QUALIFICATION STANDARDS

Class	114	123	132	148	165	181	198	220	242	275	308	Super
Elite	1064	1157	1246	1394	1527	1624	1731	1824	1890	1946	1990	2033
Master	981	1064	1146	1279	1400	1505	1593	1675	1736	1786	1825	1857
Class 1	882	953	1025	1152	1257	1350	1422	1505	1554	1598	1630	1670
Class 2	777	838	904	1009	1102	1190	1257	1323	1367	1411	1440	1472
Class 3	672	733	788	887	965	1036	1097	1157	1196	1229	1250	1279
Class 4	590	639	689	772	860	904	953	1003	1047	1075	1100	1119

APF Halloween BP/Graveyard DL
30 OCT 99 - Oceanside, NY

Amateur Women		**148**	
Bench Press		V. Centauro	370
114		**165**	
S. Miller	100	C.Moy	505
123		M.Labruzzi	340
K. Caggiano*	140	**Teen**	
I. Gruenwald	105	M. Labruzzi	340
165		**181**	
M. Lipinski	85	N. Celeste	480
181		**198**	
T.Lloyd	115	M. Tucci	470
Deadlift		**220**	
123		D. Tierney	525
K. Caggiano*	255	**242**	
I. Gruenwald	230	R.Lopez	645
181		**Amateur Master**	
T.Lloyd	205	**(by formula)**	
Amateur Men		**Bench Press**	
Bench Press		L. Blum 220*	330
123		R. Abramowitz	280
R. Green	225	M. Gruder 242	340
148		**Deadlift**	
V. Centauro	230	L. Blum 220*	570
165		C.Healy 165	290
A. Rubin		**Men's Pro**	
405a		**Bench Press**	
J. Silano	275	**148**	
A. Capreilian	265	L. Feltzin	360
181		**198**	
B.Swanson*		G. Savino	485
480w		O. Alavarez	4709
J. Altoonian	390	**242**	
D. Oliveri	230	A. Mennella	460
198		**275**	
L. A moroso	410	C. Taylor*	625
220		C. Anderson	425
G.Hayes	425	**SHW**	
242		D. Fitzgerald	600
L. Saviano	480	**Deadlift**	
P. Contini	455	**242**	
R. McDaniel	400	F. Freeman*	655
Deadlift		**SHW**	
123		D. Fitzgerald	610
R. Green*	405		

Guest Lifter	SQ	BP	DL	Total
242				
R. Smith	665	415	560	1640

(amateur national qualifier) * Denotes Best Lifter.

If you had asked me if there would ever be another meet at Iron Island Gym after the June fiasco, I would have definitely said no. Well, once again, the lifters at Iron Island Gym (soon to be the cellar of Pain Power Team) proved me wrong. To say there was more help than one could use would be an understatement. The meet started promptly at 12 and ended at 3:15, with the gym being cleaned and ready to go by 4:30. Before I get involved in the actual highlights of the meet, I want to personally thank the people who made this the great meet it was. The judging was handled by John Bott, Frank DeMarco, Joey Almodovar, Marc Tuesday, Melanie Diamond, Joyce Tacktill, Rich Green, Russell A. Smith, and Judy Tomaselli. Mike DeJoseph, who did a fantastic job of expediting, headed the spotting and loading crew which consisted of Andrew Dellamorte, Todd Tischler, George Kasimantis, Tim Stump, Danny Metzger, Lou DePalma, Vinnie Derralvoula, Dan Schoen, Charlie Florio, John Sefecheck, Gene Tripodo, and Gabe Esposito. The front desk was well-womened by Peg Feehan, Judy Tomaselli, Marie and Samantha Bott and Michele Raiola. John Bott and I handled the Head Table and announcing. Ray Wilmes, who for the first time ever did the expediting and did a fine job of it (just can't understand how this man can get into so much trouble all the time with his lovely wife Barbara). No misloads, or lifters given the wrong order, and this adds up to a very successful meet. If I did miss anyone, I apologize and I will get you on the rebound. Now for the lifting. In the Women's Division 114 lb. Sandy Miller benched 100 lbs., Kathy Caggiano was 1st in the 123 lb. class with a 140 lb. bench, with Iris Gruenwald 2nd with 105 lbs. Maureen Lipinski benched 85 lbs. In winning her class as did Terry Lloyd with 115 lb.s Kathy once again beat Iris in the deadlift, 255 lbs. to 230 lbs., while Terry won her class with a 205 lb. pull. Kathy was the bright light of this division in winning best lifter in both the Bench and the Deadlift. In the Men's Amateur Division, the lifting was up to the level that we are used to at Iron Island Gym. Rich Green dominated the 123 lb. class winning both the bench (225 lbs.) and the deadlift, with a world record 405 lbs. The 148s were all Vince Centauro's on this day. Adam Rubin, who moved up to the 165 lb. class, opened with an Amateur American record of 405 lb. sin the bench. Joe Silano (275 lbs.) and Armen Caprielian (265 lbs.) were 2nd and 3rd in this class. Chris Moy, who almost missed the boat, took 1st in this class with a 505 lb. deadlift. First time lifter Mike LaBruzzi was 2nd overall and 1st in the teen division with a 340 lb. deadlift. Rich Green was the best lifter in the deadlift while 181 lber Bruce Swanson took 1st and Best Lifter in the bench press with an enormous 480 lb. bench. He was followed by John Altoonian (390 lbs.) and Dom Oliveri (230 lbs.). The 181 deadlift was won by Neil "Cho-Cho" Celeste with a 480 lb. pull. In the 198 lb. class Larry Amoroso won the bench with 410 lbs. while Mike Tucci was 1st in the deadlift with a 470 lb. effort. The 220 lb. class saw Geoffrey Hayes (one of three lifters handled by world champion Chris Confessore) win with a 425 lb. bench. Dennis Tierney was the man in this class with a 525 lb. deadlift. Loue Saviano was 1st in the 242 lb. class with a 480 lb. bench, followed by Pete Contini (455 lbs.) and Robert McDaniel (400 lbs.) This class had only one deadlift competitor in Ray Lopez, who pulled a mighty 645 lb. deadlift in the masters division. Californian Larry Blum won both the bench (330 lbs.) and deadlift (570 lbs.) and Best Lifter of the Masters. In the bench, 2nd place went to 181 lb. Red Abramowitz with 280 lbs. while Marc Gruder took 3rd with a 340 lb. bench. Clem Healy was second in the deadlift with a personal best 290 lb. pull. The Men's Pro Division, though small in the number of competitors, had some large numbers come out of it. 148 lb. Larry Feltzin, who competed in the wheelchair division, took 1st with a 360 lb. bench. First and second in the 198 lb. division was decided by a mere 15 lbs. with Greg Savino (485 lbs.) and Orestis Alvarez (470 lbs.) second. Anthony Mennella was first in the 242 lb. class with a 460 lb. bench. The next lifter, Chris Taylor, who is getting his act together, was inches away from locking out 675 lbs. He still took 1st in the 275 lb. class with an easy 615 lb. lift. Clark Anderson was 2nd in this class with a 425 lb. bench. The next lifter was a welcome surprise - coming back in from California to compete. Dave Fitzgerald is the man I am talking about. He did a 600 lb. bench and a 610 lb. deadlift to win the Superheavy division. Fred Freeman pulled a mammoth 655 lb. deadlift to win the 242 lb. class. Fred and Chris Taylor were the best lifters in this division. Before the start of this meet, one of the great coaches and men of this sport surprised me. Andy Magna showed up and presented me with a plaque for my 30 years in Powerlifting. Strange, but if anyone should receive these kinds of accolades from the sport, this man should. By the way, not bad Doc, what do you think? In closing, I would like to thank all those who stayed on my case when I had thoughts of packing in the whole power scene at Iron Island Gym. This meet proved to me that when we pull together, we can do anything. To all those lifters from Connecticut, Jersey and Pennsylvania, and wherever else, our door is always open, if you want to show up. Our next meet will be a full meet on March 24, 2000 at Iron Island gym. The first 70 lifters will be the only ones taken, so get your applications in fast, for this promises to be a humdinger of a meet. By the way, has anyone seen Tommy O'? (thanks to Ralph Raiola for providing these contest results).

APPLICATION FOR REGISTRATION
American Powerlifting Association

Last Name **First Name** **Initial** **Date of App.**

Street Address **City** **State or Province**

Country **Zip Code** **Telephone Number**

Date of Birth **Age** **Sex**

Mail and make checks payable to
APA
P.O. BOX 27204
EL JOBEAN, FL 33927

Social Security Number

Registration Fee: $20 High School Athlete: $10

Parents Initial
If Under 18 yrs.

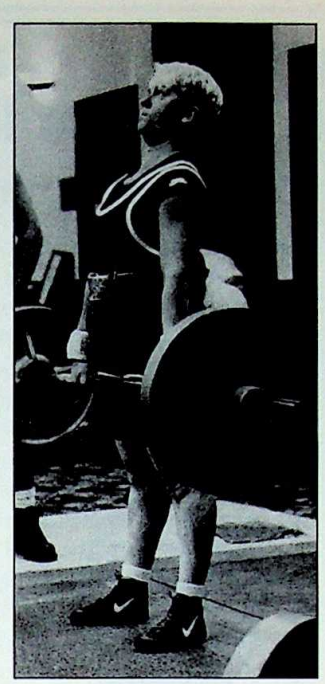
I Certify that the above answers are correct

X

WABDL Southern US BP/DL
25 SEP 99 - Houston, TX (kg)

Bench Press	
Teen	
13-15	
275	
S .McElroy	115
16-19	
148	
J. Garza	105
T. turco	65
181	
A. Palombo	147.5
220	
J. Rinehart	205
Open Female	
148	
C. Vonarb	70
165	
R. Ogelsbee	82.5
Open Female Law/Fire	
165	
R. Ogelsbee	82.5
Submaster Female	
SHW	
T. Malone	142.5
Junior	
242	
J. McCullough	155
275	
M. Sanford	182.5
Class I	
181	
G. Garner	137.5
R. Isaacks Jr.	
220	
S. Barnes	170
242	
J. McCullough	155
275	
L. Bennett	180
Open	
165	
A. Watkins	182.5
J. Burke	155
181	
J. Korn	220
A. Palombo	147.5
198	
D. Celestine	182.5
D. Harvey	180
220	
M. Stanberry	205
242	
S. Ross	205
275	
L. Bennett	180
308	
T. Meeker	272.5
L. Polk	232.5
SHW	
T. McKinney	230
Submaster	
165	
A. Watkins	182.5
198	
E. Wilkinson	222.5
D. Celestine	182.5
T.Hobson	122.5
220	
M. Stanberry	205
242	
K.Malone	205
J. Hirt	192.5
275	
J. Stewart	272.5
E. Doublin	250
SHW	
T. McKinney	230
Master	
165	
47-53	
E. Bergman	140

181	
40-46	
R. Hagedorn	142.5
61-67	
G. Johnson	150
198	
40-46	
J. Debose	150
T. Smith	
47-53	
J.Snodgrass	120
68-74	
J. Cantu	165
220	
40-46	
C. Turco	170
47-53	
S. Rosenberg	145
275	
54-60	
B. Garza	237.5
SHW	
47-53	
C. Rosborough	212.5
Law/Fire Master	
47-53	
SHW	
B.Lobins	185
Deadlift	
Teen	
13-15	
275	
S. McElroy	182.5
16-19	
132	
G. Aucoin	
148	
J. Garza	180
T. Turco	143
Junior Female	
165	
K.Van Aken	113
Open Female	
148	
C. Vonarb	102.5
165	
R.Oglesbee	125
Law/Fire Female	
165	
R. Oglesbee	125
Open	
181	
J. Mendoza	277.5
Law/Fire Male	
181	
J. Mendoza	277.5
Submaster	
198	
T. Hobson	170
242	
J. Hirt	273
Master	
148	
40-46	
J.D. Carr	250
165	
54-60	
J. Christian	220
181	
40-46	
E. Diaz	202.5
J. Debose	200
47-53	
R.Hagedorn	250
198	
40-46	
S.Campagna	215
54-60	
J. Snodgrass	192.5
220	
47-53	
S. Rosenberg	260



Renee Oglesbee *competed at Bob Garza's WABDL Southern US meet, where she benched 181 and deadlift 275 lbs.. Bob Garza describes her as an up and coming star, who has only been lifting for 2 years and already holds national and world records in the WABDL Law and Fire division. (courtesy B. Garza)*

On Sept. 25 at the Clarion Hotel in Houston, TX, Bob and Edi Garza directed the WABDL Souther U.S. Regional Bench Press & Deadlifth Championships. About 65 lifters competed. The trophies were the best I've ever seen. The judging was tight and consistent.

THE DEADLIFT: In teenage men, Sean McElroy set a world record in thedeadlift with 403# in the 275# 13-15 class. In the 148# 16-19, Joaguiln Garza set a Texas State record with 396 3/4#. Tony Turco was 2nd with 314#. In Law/Fire Open, John Mendoza set a Texas State record of 611 3/4 at 198#. John also lifted in the open division and was the winner there as well. In Submaster men, Tyler Hobson set a Texas State record of 374 3/4 at 198#. At 242 Junius Hirt did 600 3/4 for a Texas State record. In Master 40-46, 148, J.D. Carr, who has done 628 at 132 a few years back, returned to the lifting platform with an easy world record 551#. In master 54-60, 165, James Christian set a world record with 485#. In 40-46, 181#, Enrique Diaz set a Texas State record of 446 3/4 and was 2nd. Jon Debose was 3rd with 440 3/4#. The winner was Richard Hagedorn, who pulled a very impressive 551. In 40-46, 198, Stephen Campagna did a 473 3/4. In 47-53, 198#, old time olympic lifter Jim Snodgrass, who had many stories to tell at an impromptu - all you can eat - get together, set a Texas State record of 424. In master 47-53, 220# class, Steve Rosenberg set a Texas State record of 573. In the ladies deadlift, Kristl Van Aken, who did a terrific job of scorekeeping did 248# at Junior 165. She was not in shape, so was off her best of 281#. In open 148, Cheryl Vonarb did 225 3/4. In Women's Law/Fire and Open at 165#, Renee Oglesbee set two state records with a fine 275# pull. At 198#, in both Junior and Law/Fire Glenda Mendoza set Texas State records with 220#

THE BENCH PRESS: In 13-15 275# Sean McElroy set a world, national, and Texas State record with 253#. In 16-19, 148#, Joaquin Garza beat Tony Turco, 231# to 143#. At 181, 16-19, a Texas State record was set with 325#. At 220, 16-19, Jay Rinehart set a world record with 451 3/4 - a very good lift for a teenage. In Junior men, at 242, Jason McCullough set at Texas State record with341 1/2 and Mac Sanford set a Texas State record at 275 with 402. John Korn III set a world record at 181 with 485. In Class I, 181 #, Grant Garner beat Robert Isaaks Jr. with a 303. In Class I, 220, Shawn Barnes won with 374 3/4. At 242, Jason McCullough did 341 1/2 and Lorenzo Bennett did 396 3/4 at 275. In the open men, 165#, Al Watkins opened with 402 and jumped to 446, which was 36 pounds over the world record - that was a mistake because the submaster world record was 416 and the open was 436. He just missed 446. John D. Burke was second with 341 1/2. At 181, John Korn just missed a 500 for a world record and did 485 on a 1st. Anthony Palombo was 2nd with 325. At 198, Dwight Celestine edged Darrell Harvey 402 to 396. At 220, Mark Stanberry did 451 3/4. At 242 Steve Ross did 451 3/4 and Lorenzo Bennett did 396 3/4 at a light 275 - he weighed 248. At 308, Tiny Meeker opened casually with 600 3/4 and missed 617. Lance Polk was 2nd with 512 1/2. At super, Thomas McKinney did 507. In submaster, Al Watkins from Alabama did 402 at 165. At 198, Ed Wilkinson won with a state record 490, beating Dwight Celestine and Tyler Hobson in the process - Celestine did 402 and Hobson did 270. At 220, Mark Stanberry did 451 3/4. At 242, Kenneth Malone beat Junius Hirt, 451 3/4 to 424. At 275, John Stewart and Eric Doublin both went big. John did 600 3/4 and Eric 551. At super, Tom McKinney did 507. In master 47-53, 165, Eric Bergman did a Texas State record with 308 1/2. In 40-46, 181, Richard Hagedorn did 314. In 61-67, 181, George Johnson did a world record 330 1/2. In 40-46, 198, John Debose beat Travis Smith with a 352 1/2. At 68-74, 198, ageless wonder and Mr. Party Guy, Joe Cantu, did 363 3/4 for a world record. In 47-53, 198, Jim Snodgrass did 264. At 40-46, 220, Charlie Turco did a fine 374 3/4. At 47-53, 220, Steve Rosenberg did 319 1/2 for a Texas State record. At 54-60, 275, meet director Bob Garza opened with a miss at 523 1/2, but came back to get it. Bob has done 547 at age 57, a very impressive bench. At 47-53, Super, Carl Rosborough did 468 and Bill Lobins set a world record of 407 at Super in Law/Fire Master, 48 plus.

I want to thank Bob and Edi Garza for putting on a great meet. The ballroom was classy - the hotel rooms were very nice and the trophies were world class. I want to thank Kristl Van Aken for doing a great job of scorekeeping; Charlie Turco and Larry Prince who were co-meet directors and Larry was also the MC. The judges were Donnie Cole, Bill Lobins, Charlie Turco, Renee Oglesbe, and Ken Anderson. Bob Garza's trophy company supplied the trophies. If you meet directors want some different, high quality trophihes, then give Bob Garza a call at 281-820-5923. His FAX is 281-820-5067. (thanks to Gus Rethwisch for this report)

USAPL Dakota Open
2 OCT 99 - Rapid City, SD

114	SQ	BP	DL	TOTAL
M. Murfield	115	110	236	462
148				
S.Stinson	479	308	473	1262
M. Mason M	440	286	446	1173
165				
M. Herman	396	308	429	1135
J. Stiechen T	380	330	380	1091
M. Eichstadt	391	220	407	1019
181				
B. Smith	473	292	479	1245
G. Kiem	479	281	451	1212
K. Meyers	363	242	396	1003
L. Tucker	336	242	374	953
J. Blindauer				
198				
S.Hilton	462	341	529	1333
S. Junker	424	352	490	1267
D. Gorecki M	413	292	479	1184
220				
T. Weippert	545	374	595	1515
C. Cottrel	529	429	540	1499
242				
R. Meyers M				
275				
R. Edinger	584	363	622	1576
B. Collins	551	451	551	1554
J. Kunzman	534	286	545	1366
SHW				
M. Lambert M	501	374	501	1377
Master Men				
40-49				
148				
M. Mason	440	286	446	1173
198				
D. Gorecki	413	292	479	1184
50-59				
SHW				
M. Lambert	501	374	501	1377
Women				
123				
B.Howard	209	137	248	595
165				
D. Coffman	203	132	325	661
181				
L. Hallman	225	121	275	622
Master Women				
E. Compton 148	187	132	286	606
B. Howard 123	209	137	248	595
L. Shadbolt 148	137	93	214	446
Teen 14-15				
K. Xiong 148	253	176	347	804
J. Best 132	214	170	292	677
B. Thoek 114	209	15	248	573
C. Lesnet 132	214	148	315	677
Teen 16-17				
B. Conant 148	214	176	325	716
Teen 18-19				
J. Stiechen 165	380	330	380	1091
M. Eichstadt 165	391	220	407	1019
J. Shoultz 181	187	121	264	573

Best Master: Monte Mason. Best Lightweight: Sterling Stinson. Best heavyweight: Troy Weippert. (thanks to USAPL for providing these meet results)

WABDL

Application for Registration
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

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

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

Registration Fee $15.00
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 5292
Bend, Oregon 97708

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

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

If under 18, have parent initial _____ Signature_____

AAU Western USA Bench Press
25 SEP 99 - Sacramento, CA

WOMEN
132 Raw Lifetime
Cindie Lee Durbin 117*
165 Novice
Tracy Cocarvotolo 102
181 Raw Novice
Glorria Smth 112
181 Raw Open
Gloria Smith 112
181 Raw Master II
Gloria Smith 112
198 Raw Master III
Karen Polansky 122
MEN
148 Novice
Fred AcDerete 287
165 Open
Crlos Duarte 237
165 Law Enforcement
Gregory Chin 342
165 Raw Novice
Brian Ridolfi 317
181 Raw Open
Billy Jack Tibbett 327
181 Raw Master II
Billy Jack Tibbett 327
4th 332*
181 Raw Master III
Rich Tsutsoi 347
181 Raw Lifetime
Phil Cannizzaro 417*
198 Open Master I
Keith Kanemoto 462*
4th 472*
198 Asst. Master III
Dave Commerow 407*
198 Raw Master II
Bruce Aboe 337*
198 Raw Open
Jody Woods 397
198 Raw Masters I
Jody Woods 397
1987 Open
Jody Woods 397
198 Raw Lifetime
Jody Woods 397*
220
Raw Law Enforcement
Ken Arnold 362
242 Asst. SubmaAer
Russell Kitani 557*
242 Open
Russell Kitani 557*
275 Raw Military
Larry Maggard 412
275 Raw Master IV
Larry Maggard 412
319 Novice
Sam Manneh 327

* New American Record (9 total). The awards were plaques, ribbons and T-shirts. Everyone had a great time and encouraged the meet director to have another one soon. (courtesy of Jody Woods)

AAU Tennessee PL/BP
20 NOV 99 - Henderson, TN

Women	SQ	BP	DL	TOTAL
123				
L. Foster	200	135	245	580
148				
F. Hall	160	125	175	460
Teen				
220				
R. McIntyre	550	320	465	1335
Open				
181				
B. Morris	480	305	525	1310
Submaster				
198				
J. Young	405	305	480	1190
275				
R.Dilworth	625	440	600	1665
Submaster Raw				
242				
M.Havill	500	350	525	1375
319				
G. Egley	525	455	470	1450
Master				
148				
R. Fowler 46	330	185	385	900
198				
D. Ezell 48	515	320	515	1350
R. Foster 51	485	260	450	1195
Master Raw				
198				
R. Neuman 43	365	300	450	1115

The meet started at 9:00AM sharp and was over at 12:30pm. A very nice crowd watched these few enthusiastic lifters do their best. Thanks to my spotters Matt, John & Jason for doing a great job and also my judges (referees) Shane, Troy & Pete. Thanks to Chester Co. Schools for letting us use their facility. (Thanks to Al Williamson for results)

AAU MASS OPEN
14 NOV 99 (kg)

BENCH OPEN		242		
NOVICE 148		PAUL ROSE		177.5
CHAD FITTEN	85	MASTER		
220		220		
BRAD BRYON	157.5	LORN MOTTA		172.5
OPEN		242		
148		PHIL GIARDINO		157.5
RON ELIVIERA	107.5	GRAND MASTER		
181		242		
KEVIN GUERINI	145	PAUL ROSE		177.5
220		SUB MASTER		
LORN MOTTA	172.5	SHW		
		RAZ MELENDEZ		217.5
WOMEN'S RAW	SQ	BP	DL	TOTAL
114				
JOANNE SHEAR	97.5	55	125	277.5
148				
A. AMERLING	115	77.5	172.5	365
MENS				
RAW				
165				
JOE BREAULT	142.5	125	177.5	445
220				
AL BIANCHI	272.5	177.5	285	735
TODD COOK	227.5	140	250	617.5
319				
A. BAKER	275	215	282.5	772.5
OPEN				
242				
JOE BIANCHI	275	215	282.5	772.5
WILLIAM BAKER	202.5	165	227.5	595
NOVICE				
220				
BRAD BYRON	210	157.5	230	617.5
MASTER				
165				
JOHN DUBY	160	130	205	495
181				
KEVIN KELLIHER	182.5	120	205	507.5

SPECIAL THANKS TO: H.WALDRON, LARRY LARSEN, JOANNE SHEAR, RAY CROSS, DOC LOGAN, MARK SIEMISKI, DARREL CALHOUN, MARK MORACCO, STEVE BROWN. MY FRIENDS: ARTHUR ARMSTRONG, TEXX G. MELLO, BEVE, JUNIOR, BEAR, FARRELL, THE BARBER, KEVIN FERNANDES, WWC MEMBERS WU TANG, DORSE, SALTI, DUARTE, SMITTY, HADDAD, PARKER, PERRONE, WADE, WRIGLEY - THANKS FOR ALL THE HELP! BEST LIFTERS: A. AMERLING, AL BIANCHI. THIS WAS MUSCLE INCORPORATED'S SECOND MEET AND THINGS ON MEET DAY WENT SMOOTH WITH SOME FINE LIFTING BY EVERYBODY. THROUGH ALL THE PROBLEMS, WE DID A GREAT JOB AND I'M LOOKING FOR 2000. THANKS TO GANG FOR RESULTS.

17th AAU Central PA Open
30 OCT 99 - Bigler, PA

WOMEN	SQ	BP	DL	TOTAL
97#				
R. SNYDER - 35	132	115	143	391
123#				
R. SKAL - 23	203	143	319	666
WINKELBLECH	121	83	242	446
148#				
S. VILLO - 36	198	104	275	578
DEBRA SCALZA	154	115	242	512
M. ILGEN - 19	170	88	242	501
MEN				
123#				
J. FUTHEY - 18	176	94	259	529
132#				
S. SNYDER - 37	325	203	402	931
165#				
RICH MARTUCCI	363	303	534	1201
MARK SKAL	341	308	435	1085
181#				
DONALD TEETER	424	292	501	1218
D. HEINTZEL - 38	363	275	496	1135
R. DESTEFANO	402	225	473	1102
S. FISHER - 43	363	253	440	1058
198#				
JOE BRAUN - 23	479	358	578	1416
GEORGE DAVIS	468	347	573	1388
S. HOUGH - 36	479	336	507	1322
BUGS BAYER - 54	496	231	5*W	1229
G.LINDSEY - 42	391	275	462	1129
220#				
JOE KANE - 45	512	352	611	1477
J. KOWALSKI	551	341	573	1466
J. EMLING - 35	446	363	600	1410
A. McCLAINE	485	303	534	1322
TIM DEVINE	418	319	562	1300
S. VICK - 42	440	292	545	1295
242#				
GARY LEWIS	501	352	551	1405
STAN GILBERT	473	314	529	1317
TERRY JOHNSON	407	281	501	1190
KEN HOWARD				
275#				
D. RAYBUCK	573	347	606	1526
KEVIN NOLAN	562	380	573	1515
J. MALISE - 40	451	374	501	1460
S. MALESKI - 39	479	308	529	1317
319#				
S. AICHHOLZ	551	407	551	1510

ALL LIFTERS WERE"RAW". The oldest running drug tested meet in Pennsylvania was held on October 30th, with the turnout of lifters being smaller than usual, due to the AAU World's being held the previous week in Atlantic City. Thirty four lifters competed with only one bomb out Ken Howard, record holder in the squat at 699#, opened with 650# and received 2 red lights on each of his first two attempts and jumped to704# on his third attempt, but it was a bit too heavy today. Five lifters were successful in their American Record attempts in their age groups: husband and wife team, Ruth and Steve Snyder both broke sub-master records; Junior lifter Joe Braun managed to break 3 of the 4 junior records; and both Joe Kane and Bugs Bayer managed to break master records. Several lifters also broke state records in both the open and age groups. The meet started at 9:15 with the trophies being completely awarded by 3:00 PM, the truck loaded and all of the equipment was returned to the gym, in time to see the kickoff of the PENN STATE - ILLINOIS game at 3:40 PM. Brenda Siegel handled all of the announcing with very capable help from Katie Ferry, Stacey Litten, and twins Sarah and Jennifer Ogden as scorekeepers. Spot loading was done with our normal crew of Jay Siegel, Dave Yoder and "Bear" Nords along with assistance from Matt Catalino and Joe Braca. Referees were rotated with Allan Siegel, Joe Orengia, Joe Pyra, Nick Theodorou and Matt Catalino all helping to move the lifters through the process. Four lifters were tested and we are awaiting the results from Quest Diagnostics before American Records are processed. Thanks to all lifters who enjoyed the meet and the mid! seventy degree temperatures in normally CHILLY central Pennsylvania. (Contest results submitted by Allan Siegel)

ASSOCIATION OFFICE COPY

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

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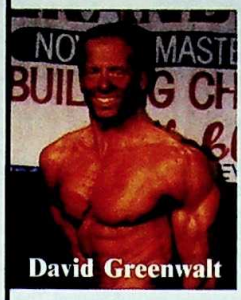
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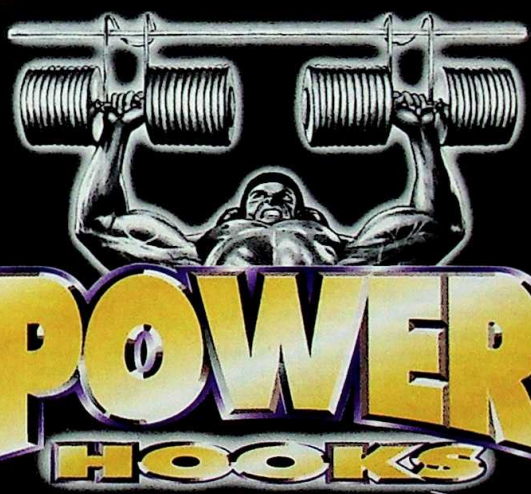

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(article continued from page 11)

tian from Texas, the current world record holder with 485, beat Moses Timbal from Hawaii, 451 to 402. Moses did get a Hawaii State record. At 181, Jay Papish set a national record in the USA with 485 to beat Richard Schuller, who did 407. At 198 Dennis Johnson of Janesville, Wisconsin pulled a great 611 3/4 for a world record. At 220, Jimmy Young was equally as great with a 600 3/4 world record. Jimmy keeps on trucking - a very smart lifter with desire. At 242, Brian O'Toole from San Clemente, California, pulled a 446 for the title. At 275, Mike Fryar pulled a nice world record of 578 1/2. Mike and his son Troy have asked for my advice on occasion and they are improving quite nicely. At 308, George Farren pulled a 380 and at Super, Donald James pulled an Oregon State record of 513 1/2.

In master 61-67, 132, Precious McKenzie set a world record of 418. At 165, Don West set a world record of 418 3/4 to beat former world record holder Orville Kuiper's 385. At 148, Larry Vincent pulled a 359. Larry is the world record holder in the bench with 270. At 198, John Herbein of Pennsylvania won it all with a 523, only 17# short of the world record.

In 68-74, Jim Schall took the 165s with a 341 1/2 and Ross Phillips took the 181s with 501.

In 75+, Bob Woods was very impressive and showed no signs of his career stalling, acting like he was 60. He pulled a world record 451 3/4. He has improved steadily in the last 3 years. He is coached by Terry Luehrs, the same guy who coaches George Nelson. At 275, Cal Davis set a world record with 352 1/2. Outstanding lifters were Ross Phillips and Bob Woods for all master lifters above 54.

In submaster deadlift, Paul Kaiser set a world record with 385 3/4 at 123. At 165, Sakari Selkainaho of Finland won with 573. Mark Freedman of Canada was 2nd with 485. Vilmar Oliveira of Brazil was 3rd with 462 3/4. Arun Sharma of India was 4th with 462 3/4 but was heavier. Steve Hodge of the USA was 5th with 391. At 181, Dan Belanger of Florida beat Frank Peters 573 to 556. At 198, Marty Sechrest of North Carolina set a world record of 644 3/4. Dean Iverson, the former record holder, was 2nd with 589 and ace photographer Brian Baertlein was 3rd with 551. At 220, Willie McCoy of Nebraska was smoking with a world record 733 and the victory. Dave Obaitek was 2nd with 655 and Buzz McCanse with 3rd with 600. At 242, Todd Christensen beat Joe Garcia 600 to 534. At 275 Bob Vessels of Alabama set a world record with 733. Joe Fernandez was 2nd with 699 and will hit 725 his next meet. Mark Jackson was 3rd with 628 and William Pontius was 4th at 606. At 308, Axel Adalsteinsson of Iceland beat S.J. Taylor, 661 to 551. Outstanding lifter lightweight was Marty Sechrest. Outstanding Heavyweight lifter was Willie McCoy.

In open men, at 132, Oscar Martinez of Wzshington set a world record of 429. Oscar has set 7 world records this year and keeps improving every meet. At 148, Ryan Snelling of Missouri was being too conservative on his attempts and I changed a couple of them, and he got the world championship and a teenage world record of 507. Kimo Luna of Hawaii was 2nd with a Hawaii State record of 501. In 3rd was Shane Kido who got an Oregon State record of 474 1/2 in the Junior division. At 165 open, teenage phenom Tony Caprari, who has the open and teenage world record with 626 and who has pulled 650 over his knees, was out of shape and did a 584 for the world title. In 2nd was Sakari Selkainaho with 573. In 3rd was Richard House with 540. 4th was Tolan Furusho with 429 and 5th was Robert Straker with 402. The 181s were loaded with 8 lifters. The winner was Greg Zweig from West Chicago, IL with 617. 2nd was Richard Hagedorn from Alabama with 551. Brian Vales of Arizona was 3rd with 540. Bill Love of Oregon was 4th with 501, Shaun Miller of Washington was 5th with 485. Shawn Rainey was 6th with 462. Don Gulick was 7th with 451 and Jeff Hoiby was 8th with 451. At 198, Vinson Keyhea of Mississippi and Donnie Cole of Texas tied with 722, but Vinson was the lighter man and won the worlds. Eric Thomas was 3rd with 694. Eric is a pulling fiend and will improve steadily up into the 750 range. He's only 24. Steve Manley, the world record holder in the junior 181 with 633, pulled 650. He's ably coached by Pastor Darwin Grimm and will pull 700 before 2000 is over. Marty Sechrest from North Carolina, who has pulled 700, was 5th with 644 and had some bad luck with collars that came off. At 220, Willie McCoy pulled a world record 733. Brent Howard from Maine was 2nd with 688. Joe costa was 3rd with 655. Joe is the current world record holder in master 40-46, 220, with 683. Jeremie Winters of North Carolina was 4th with 611 3/4. Lucas Crump was 5th with 573 and Rodney Trewin was 6th with 551. At 242, Mike Camlin of Washington won with a subpar 688. He's done 733. Troy Fryar of Michigan got a PR 633 for 2nd. Irby Campbell of Mississippi was 3rd with 622 3/4. Irby is the current world record holder with 706. In 4th was Todd Christensen with 600. 5th was Shane Ahlo of Hawaii with 578 and 6th was Surinder Sahota of India with 374. At 275, Bull Stewart set a world record with 805 1/2. He just missed 843 at the very top. In 2nd was Tomonari Yamanaka of Japan with 683 and Todd Love of Arizona was 3rd with 551. At 308, Tim Isaac of Arizona beat Dean Askansas of California 710 to 573. Dean is usually capable of 650. At super, Brent Mikesell tied the world record with 749 1/2 for the world championship. Dean Munsey was 2nd with 699 3/4 and a very close try at a world record 750 1/2. Vince Eldridge was 3rd at 688 and Rodney Hudson was 4th at 644. The outstanding lifter of the lightweights was Vinson Keyhea, and outstanding lifter heavyweight was Bull Stewart. The outstanding lifter of the meet, 39 & below, was Bull Stewart and the outstanding lifter 40 & above of the meet was 75 year old Bob Woods with his 451 at 220#.

In teen men deadlift, 13-15 Stefan Hudson from the Washington School for the Blind set a Washington State record of 1104 in the 97# class. At 132, Gary Remiticado set a world record with 374 3/4 that's a big time pull weighing only 129 at age 15. At 148, Robert Chu pulled 225 3/4. He's also from the Washington School for the Blind and he's a world champion. At 165, Tyler Charouhas set his 2nd world record in two months with 413#. Ray Hughes was 2nd with 225. In 220, Phillip Rainey set a Washington State record with 402. Keenan Browne was 2nd with 253#. At 242 Jordan Cam set a National Record with 501 1/2.

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Submaster Men 34-39

123
P. Kaiser 231
4th 248
148
M. O'Hora 407
4th 413
165
S. Ward 418
E. Lumpkin 369
V. Oliveira 363
B. Bish 352
S. Selkainaho 352
A. Sharma 341
S. Hodge 292
181
A. Berry 396
D. Belanger 374
F. Peters
198
D. Iverson 462
J. Hernandez 440
C. Palmer 440
W. Omura 429
220
R. Rogers 424
D. Skidmore 402
275
E. Doublin 551
B. Vessels 523
P. Morrison 446
M. Jackson 440
V. Shaw 413
308
M. Ahlo 551
J. Barada 540
J. Cunningham 523
SHW
R. Shepard 573
R. Phillips 479
J. Young 468
J. Bellino 424

Master Men 40-46

132
A. Young 303
148
F. Evangelista 363
C. Higa 358
4th 380
165
D. Marxheimer 336
B. Avery 303
181
B. Beebe 440
R. Hagedorn 336
198
D. Piggee 485
4th 496
R. Gingg 402
D. Wilson 374
S. Gall 363
220
S. Beaudoin 545
242
W. Crossen Jr. 507
R. Nelson 435
T. Elbert 314
275
D. Frosland 490
D. McCreary
308
B. Gillespie 589
S. Brown 451
SHW
A. Ramsey 574
P. Ratsch 451
B. Rehberg 424

Master Men 47-53

123
L. Muth 203
S. Ebihara 198
165
L. McAllister 352
A. Sharma
198
W. Stoessel 363
220
S. Ramey 462
Sekermestrovich 440
R. Gessmann 363
242
M. Magruder 435
P. Markel
275
B. Dooley 518
A. Webb 402
308
P. Goodwin 418
SHW
C. Rosborough 468

Master Men 54-60

165
M. Timbal 281
181
K. Scheuer 325
J. Reynolds 275
R. Schuller 242
220
J. Young 374
242
B. O'Toole 220
275
G. Nelson 589
308
R. Smith 424
SHW
D. James 440

Master Men 61-67

132
P. McKenzie 248
148
L Vincent 253
165
G. Johnson 325
J. Gladson 225
D. West 192
181
D. Barden 292
198
E. Cotton Jr. 315
J. Herbein 270
220
G. Brand 203
242
W. Caldwell
275
D. Johnson 374

Master Men 68-74

181
R. Phillips 264
G. Stimac 248

Master Men 75+

198
O. Whitehead 220
220
B. Woods 286
275
C. Davis 264

Open Men

132
K. Unten 363
148
M. O'Hora 407
4th 413
E. Davidson 385
W. Kampen 369
F. Evangelista 363
K. Luna 352
165
J. Luther 436
S. Ward 418
J. Yoshimura 418
S. Selkainaho 352
L. McAllister 352
L. Luther 341
181
J. Korn III 491
J. Bruno 435
B. Vales 413
A. Berry 413
J. Hoiby 391
B. Love 380
M. Miner 303
D. Gulick 297
T. Birkhead 264
B. Beebe
M. Saito
198
G. Warrington 523
R. Shrum 501
E. Thomas 413
220
J. Winters 496
M. Lamarque 479
R. Rogers 424
S. Mantel 380
242
L. Birgado 584
F. Wakakuwa 573
S. McShane 562
S. Ahlo 529
C. Gallagher 523
M. Crosby 462
T. Singh 396
275
G. Nelson 589
T. Love 551
T. Yamanaka 501
308
S. Wong 600
T. Meeker 589
J. Cunningham 540
L. Haywood 523
T. Isaac
SHW
K. Tuita 699
M. Kromer 562
B. Jackson 490
T. Chase 479

Teen Men

13-15
97
S. Hudson 55
132
G. Remiticado 214
148
R. Chu 93
165
R. Hughes 104
198
C. Crossen 225
220
K. Browne 132
242
J. Cam 325
275
S. McElroy 264

Teen Men 16-19

148
D. Weekley 281
R. Snelling 281
165
G. Vanison 325
181
C. Pagdilao 363
A. Palombo 330
J. Murphy
198
P. Davi 363
S. Murphy 341
G. Rose 336
J. Pelletier 319
N. Mortier 292
E. Sun 281
220
R. Myers 429
B. Clare 264
B. Hill 181
242
A. Larsen 468
D. Wick 303
275
D. Onishi 319
308
J. Clifton 330

Junior Men

132
B. Kunkel 281
148
A. Carroll 336
D. Engles 308
R. Johnson 187
165
J. Luther 435
L. Luther 341
D. Travis
181
J. Korn III 491
J. Bruno 435
R. Hararis 369
S. Rainey 303
D. Travis
198
C. Bogart 413
A. Slater 402
J. Anthony 308
220
K. Rose 413
J. Farmer 374
242
C. Smith 407
B. Dodge 407
S. Singh 242
275
A. Snider 451
J. Thiessen 429
308
T. Crandall 523
4th 540

Open Men Law/Fire

165
S. Selkainaho 352
B. Bish 352
181
B. Duran 424
E. Kuskie 347
M. Miner 303
198
C. Palmer 440
220
S. Mantel 308
242
F. Wakakuwa 573
R. Muhammud 468
275
T. Love 551
308
M. Ahlo Jr. 551
R. Russell 391

Master Men Law/Fire

38-47
198
C. Palmer 440
J. Holloway 315
220
J. Jones 352
SHW
R. Phillips 479
4th 501
48+
198
B. Keynon 336
220
L. Peratrovich 330
308
P. Goodwin 418
4th 424

Women Law/Fire

165
G. Anderson 231

Master Women Law/Fire

148
J. Bauer 165
165
C. Luprete 154

Master Women 40-46

105
C. Mehmedbasich 125
114
J. Gedde 181
123
S. Hayes 159
P. Jenkins 104
132
S. Gomez-Leon 203
148
J. Turic 165
J. Bauer 165
165
M. Jacobson 236

47-53

132
J. May 132
165
B. Heriford 165
C. Luprete 154

61-67

148
M. Turner 104

75+

148
G. Tomlin 77

Junior Women

148
T. Bryan 203
165
L. Pollari 170
181
J. Kimoto 226

Teen Women 13-15

114
E. Schneider 104
132
K. Haff 60

16-19

123
J. Remiticado 192
148
C.Hansen 192

Open Women

105
L. Aguilar 203
C. Mehmedbasich 126
114
J. Gedde 181
123

S. Radcliffe 209
J. Remiticado 192
132
J. Lippert 264
A. Hughes 236
165
M. Jacobson 236
G. Anderson 231
181
J. Kimoto 226
DEADLIFT
Open Women
Law/Fire
165
G. Anderson 308
Master Women
Law/Fire
148
S. Gill 330
J. Bauer 292
165
C. Luprete 275
4th 281
Master Women
40-46
105
C. Mehmedbasich 204
4th 209
114
J. Gedde 352
4th 358
123
J. Turnage 264
S. Hayes
132
S. Gomez-Leon 303
J. Ridgway 253
148
J. Bauer 292
C. Cameron 286
47-53
148
S. Gill 330
165
C. Luprete 275
4th 281
B. Heriford 259
54-60
132
J. Walker 396
Open Women
97
A. Santiago 314
4th 319
105
C.Mehmedbasich 203
4th 209
114
J. Gedde 352
4th 358
123
J. Remiticado 303
4th 308
132
J. Walker 396
F. Stewart 364
J. Lippert 330
4th 364
148
R. Panza 281
165
B. Mallory 325
G. Anderson 308
B. Heriford 259
181
J. Kimoto 385
SHW
S. Murray 413
Teen Women
13-15
132
K. Haff 148
198
A. Rowland 319
16-19
123
J. Remiticado 303
4th 308
132
B. Ringe 259
Junior Women
123
K. Lukowski 165
181
J. Kimoto 385
Submaster Women
34-39
123
T. Hams 270
R. Hunt 264
132
J. Souders 231
148
S. Gall 341
165
T. Hughes 352
SHW
S. Murray 413
Master Men 40-46
148
D. Kaneshiro 485
F. Evangelista 462
165
D. Marxheimer 451
R. Straker 402
181
G. Zweig 617
R. Hagedorn 551
A. Hoyos 529
E. Diaz 479
M. Moore 473
198
D. Cole 722
M. Bryant 523
D. Wilson 485
S. Gall 485
220
J. Costa 655
J. Waldo 573
242
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R. Nelson
308
S. Pecktol 672
SHW
P. Ratsch 650
B. Rehberg 600
T. Acers 589
Master Men
Law/Fire 38-47
198
J. Holloway 473
SHW
R. Phillips 551
48+
198
T. Butler 600
T. Green 485
B. Keynon 429
220
L. Peratrovich 551
308
P. Goodwin 529
Open Men Law/Fire
165
S. Selkainaho 573
181
D. Perkins 518
E. Kuskie 490
198
R. Derringer 529
220
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C. Mock 600
242
R. Muhammud 611
275
T. Love 551
308
R. Russell 589
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M. Ahlo Jr.
47-53
123
L. Muth 402
S. Ebihara 308
165
K. Long 485
181
G. Alexander 551
198
W. Stoessel 501
D. Cheek 468
G. Holzinger 457
R. Ward 435
220
J. Askem 556
C. DeSoto 551
J. Wolbers 540
B. Anderberg 512
242
M. Magruder 578
D. McPherson 573
54-60
165
J. Christian 451
M. Timbal 402
181
J. Papish 485
R. Schuller 407
198
D. Johnson 611
220
J. Young 600
242
B. O'Toole 446
275
M. Fryar 578
308
R. Smith 534
G. Farren 380
SHW
D. James 513
61-17
132
P. McKenzie 418
148
L. Vincent 359
165
D. West 418
O. Kuipers 385
198
J. Herbein 523
68-74
165
J. Schall 341
181
R. Phillips 501
75+
220
B. Woods 446
4th 451
275
C. Davis 352
Submaster Men
34-39
123
P. Kaiser 385
165
S. Selkainaho 573
M. Freedman 485
V. Oliveira 462
A. Sharma 462
S. Hodge 391
181
D. Belanger 573
F. Peters 556
198
M. Sechrest 644
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B. Baertlein 551
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220
W. McCoy 727
D. Obaitek 655
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242
T. Christensen 600
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148
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K. Luna 501
S. Kido 474
165
T. Caprari 584
S. Selkainaho 573
R. House 540
T. Furusho 429
R. Straker 401
181
G. Zweig 617
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B. Vales 540
B. Love 501
S. Miller 485
S. Rainey 461
D. Gulick 451
J. Hoiby 451
198
V. Keyhea 722
D. Cole 722
E. Thomas 694
S. Manley 650
M. Sechrest 644
220
W. McCoy 727
B. Howard 688
J. Costa 655
J. Winters 611
L. Crump 573
R. Trewin 551
242
M. Camlin 688
T. Fryar 633
I. Campbell 622
T. Christensen 600
S. Ahlo 578
S. Sahota 374
275
A. Stewart 805
T. Yamanaka 683
T. Love 551
308
T. Isaac 710
D. Askanas 573
SHW
B. Mikesell 749
D. Munsey 699
V. Eldgridge 688
R.Hudson 644
Teen Men
13-15
97
S. Hudson 110
132
G. Remiticado 363
4th 374
148
R. Chu 225
165
T. Charouhas 413
R. Hughes 225
220
P. Rainey 402
K. Browne 253
242
J. Cam 462
4th 501
275
S. McElroy 407
4th 413
16-19
123
R. Walden 347
148
R. Snelling 507
D. Weekley 303
165
T. Caprari 584
S. Alexander 501
198
P. Davi 578
K. Eslick 556
E. Sun 529
220
S. Dudley 424
B. Hill 363
242
D. Wick 479
275
D. Onishi 551
308
J. Clifton 551
Junior Men
123
H. Garcia 451
4th 462
132
B. Kunkel 435
148
S. Kido 474
165
D. Felch 529
D. Travis 524
S. McMillan 407
181
D. Perkins 518
S. Rainey 462
198
S. Manley 650
C. Bogart 600
J. Lara 507
C. Ratliff 501
220
L. Crump 573
T. Osborne 556
J. Farmer 551
K. Rose 501
242
T. Hamilton 600
B. Dodge 523
275
J. Thiessen 644
A. Snider 501
308
T. Crandall 688
G. Mindiashvili 639
C. Raffelson 551

Fernando Rigo from Brazil holds the world record with 529. At 275, Sean McElroy of Texas set a world record with 413.

In teenage 16-19 at 123, Robbie Walden, ably coached by J.V. Askem, pulled a world record 347. At 148, Rayn Snelling of Missouri set a world record of 507 to beat Dan Weekley of Florida's 303. At 165, Tony Caprari of Mississippi beat Shawn Alexander 584 to 501. At 181 Chris Pagdilao of Hawaii just missed a world record 601 3/4 and had to settle for a world championship with 551. At 198, the world record hlder Phillip Davi (589) did 578 to beat Kasey Eslick's 556 1/2. At 220, Shaun Dudley, coached by Mark Jackson, who has been my 2nd on occasion, won the world title with 424 to beat Brent Hill of Oklahoma, who did 363 3/4. At 242, Dustin Wick coached by Bull Stewart, won with 479 1/2. At 275 David Onishi of Hawaii pulled a Hawaii State record of 551. At 308, Jacob Clifton pulled a world record 551. The outstanding lifter, 13-15 class, was Gary Remiticado and the outstanding lifter 16-19 was Tony Caprari.

In Junior men, Herbert Obbiel Garcia of Guatemala set a world record with 462 3/4 at 123. Barry Kunkel won at 132 with 435. At 148 Shane Kido was 11# from a world record with 474 3/4, but it was still good enough for an Oregon State record and a world championship. At 165, Derek Felch set a world record with 529 to beat Duan Travis, who did an equally impressive 524 1/2. Steve McMillan of Georgia was 3rd with 407. At 181, David Perkins beat Shaun Rainey, 581 to 462 3/4. At 198 Steve Manley, the national record holder with 650, tied his record with 650 for the world title. Christppher Bogart of Oklahoma was 2nd with 600 3/4 and an Oklahoma State record. Jonathan Lara was 3rd with 507, a 100# jump from June. He is coached by Terry Luehrs. In 4th was Cody Ratliff with 501 1/2. At 220 Lucas Crump set an Oregon State record with 573 and won the world title. In 2nd was Travis Osborne with 556. 3rd was Joe Farmer with 551 and 4th was Kevin Rose with 501 1/2. At 242, the current world record holder at 644, Troy Hamilton, did 600 for the win over Bryan Dodge of Arizona, who did 523 1/2. Troy's wife just had a baby so training wasn't his top priority. At 275, Joel Thiessen of Canada did an up and coming 644 - a Canadian National record and a world title to beat Andrew Snider of Klamath Falls, Oregon, woh did 501. At 308, I was told by Giorgi Mindiashvilis' coach that he would destroy the world record of 633. He didn't. Giorgi is from the Republic of Georgia. He did beat the record, but came in 2nd with 639. Trevor Crandall, coached by Jeff Magruder, ended up with the world record with 705#. Chris Raffelson was 3rd with 551. The outstanding lifter lightweight was Herbeth Obbiel Garcia of Guatemala and the heavyweight outstanding lifter was Trevor Crandall.

We had lifters from 30 states and the countries of Brazil, Japan, Guatemala, Finland, India, Canada, Germany, Republic of Georgia, New Zealand, Tonga, and Iceland. France has just joined WABDL. The World Championships will not be in Brazil. The best bet is a major hotel on the strip in Las Vegas for 2000.

I want to thank Elma and Thomas, who did an excellent job on the computer and kep the mee running on time the whole weekend. Also, Gary Thomas, who was the weigh-in room supervisor, who had 440 packets in perfect order, and who did the weigh-ins. Beth Mallory, who was my scorekeeper and did not make one mistake in three days. Chris Erhardt who was my MC and who hauled trophies and weights from as far as 200 miles away. Gordon Santee, who loaded the bar for three days and was a judge and did the overhead projector in the weigh-in room. Gordon is a lifter, bodybuilder, judge and all around good guy to have at your meet. He also doesn't ask for much in return for his services.

I want to thank the photographers Ron Allured and Brian Baertlein, also Linda McBroom who sold tickets at the door. She saved me financially and took her job serious. Also, Ken Anderson, the Vice President of WABDL and the Texas State chairman who judged and also did weigh-ins. Gary miller, who judged and did the overhead projector in the warm-up room. Tod Becraft, who judged on Friday, Donna Delleree who judged on Friday and helped with weigh-ins on Thursday. Ross Phillips and Skip Sandberg who judged Saturday and Sunday. Terry Luehrs who judged on Sunday. Christie Hansen who helped with equipment check and judged. Joaquin Diaz DeLeon who judged. Don Bell who judged and helped with the overhead projector. Dr. Mark Webber who did allthe drug testing and last but not least the spotter/loaders James Parch & Bill Reynolds who are irreplaceable. In fact, I've found the perfect staff, who don't mind doing the odd jobs as well as the gravy jobs like judging.

I would like to thank my sponsors Ron Coleman & Steve Blechman of TwinLabs and Muscular Development, John Inzer of Inzer Advance Designs, Rich Dunn of In Shape Strength Equipment, Scott Safe of SAFE USA, Mark Priebe of Musashi USA, Rick Brewer of House of Pain, who drove all the way from Texas to set up a booth, Tim Isaac of Ultra Health and HB Laboratories, Wesley Kampen of the Powerlifting Super Store, Rick Crain of Crain's Muscle World, Brad Worden of Pro Fitness, Ty Preston - Myrna Nelson of Nelson's Nautilus who donated money and equipment, Jim Cunningham, Steve Beaudoin, Don Buehl of Vitol Foods Sports Supplements, Jeff Magruder, Neal Spruce of APEX Fitness & Nutritionalysis, Kay & Laura Lee Grizzle of High Cascade Emu Oil and other fine products, Bryan Jackson and Steve Huber of Fortland Bottling Co., Mike Lambert of Powerlifting USA, Frank McKitrick & Sam Monroe of the Apollo Fitness Center, Bill Stevenson of American Bodybuilding and Science Foods, Frank Wright of the Emerald Queen Casino, Dr. Craig Stassi of Fairview Spine & Rehab, Carl Sandstrom of It's a Beautiful Pizza, Casey Chitwood of the Chi Machine and Isotonix and Bob Hill of Loprinzi's Gym.

WABDL Drug Testing: we centered our drug testing onthe Saturday session, which was open and master 40-46 benchers and deadlifters. We tested only 1st place winners. Two lifters with big lifts tested positive. It is WABDL policy that we do not reveal their names. Their title is taken from them, plus any records they may have set. The next time they compete, they are automatically tested. If they pass, they are exonerated. If not, they are suspended for 1 year. They are automatically tested again in their next contest. If they flunk a 3rd time, they are banned for life. The following lifters passed their drug test: Mike O'Hora, Willard Crossen Jr., Steve Beaudoin, Kiu Tuita, Larry Birgado, Kerwin Unten, John L. Korn III, Joe Luther, Dean Kaneshiro, Sam Pecktol, Ryan Snelling, Jerry Capello, Greg Zweig, Vinson Keyhea. (thanksto Gus Rethwisch for these results)

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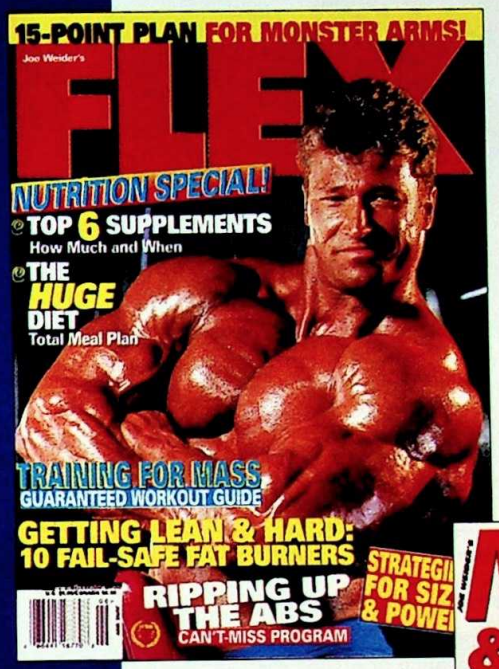

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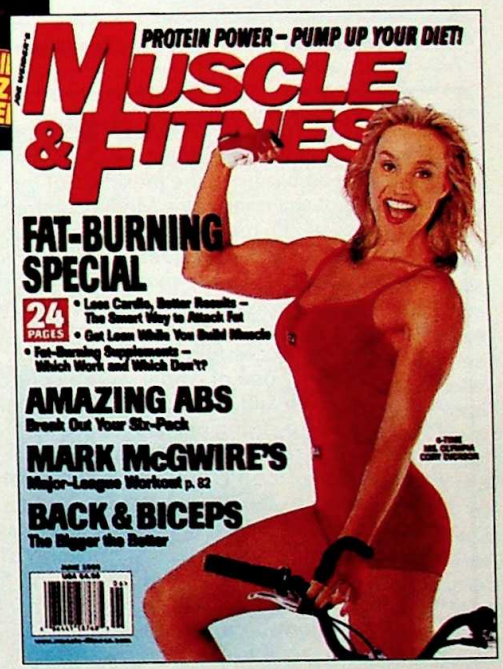

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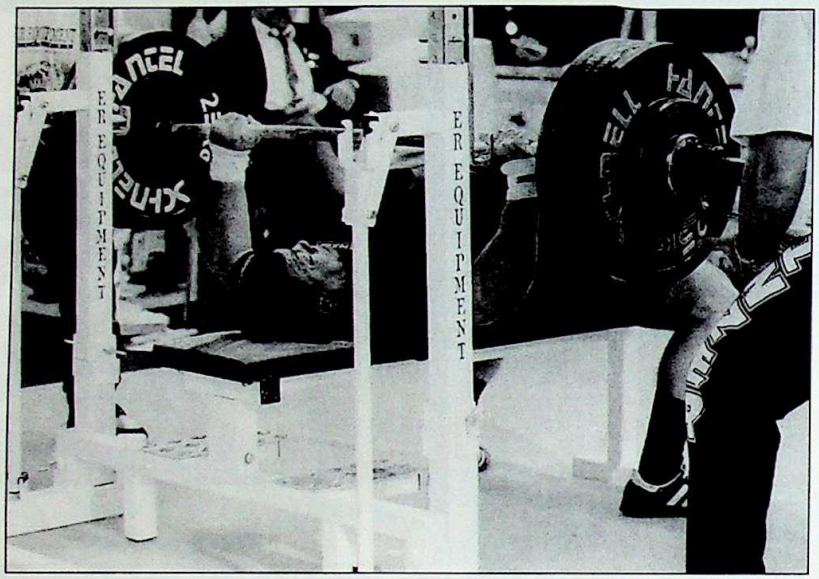
(article continued from page 7)

lbs) deadlift to bring him even with Wade. They both had 780 kg. (1719 lbs.) totals and the third place medal went to the lighter lifter Baranov. Hooper ended his day in 4th place.

82.5 kgs - meant Dave Ricks of the USA for the gold medal. It was the first gold for the USAPL. Dave was pitted against Serge Mor of Russia in the battle for the gold. Mor was 17.5 kg. (39 lbs.) ahead going into the deadlifts. Mor pulled 315 kg. (694 pounds) for an 857.5 kg. (1,890 lbs.) total. Ricks reached down and pulled a great 332.5 kg. (733 lbs.) deadlift, just enough to match Mor and win by being the lighter man. Ricks had been challenged in the bench press. With the bar loaded 215 kg. (473 lbs.) he lost the bar nearly at the top of the lift. It slipped out of his hands and fell onto his chest before the spotters could grab it. It looked like a crushing injury. Ricks got up and walked it off. Showing his toughness Ricks, now a master lifter, went on to improve his total by 45 kg. over last year. His pull of 733 lbs. for the win was also a master's world record total. Third place went to Ghilardi of Italy who pulled a big 350 kg. (772 lbs.) deadlift. Ghilardi then tried a world record 358 kgs. (789 lbs) He pulled it to his knees before the weight got the best of him. Chris Turner of the USA ended up in 5th place in this class of 27 lifters. Chris did well in his first international competition, despite a hamstring pull, and is a bright spot for the future of team USA.



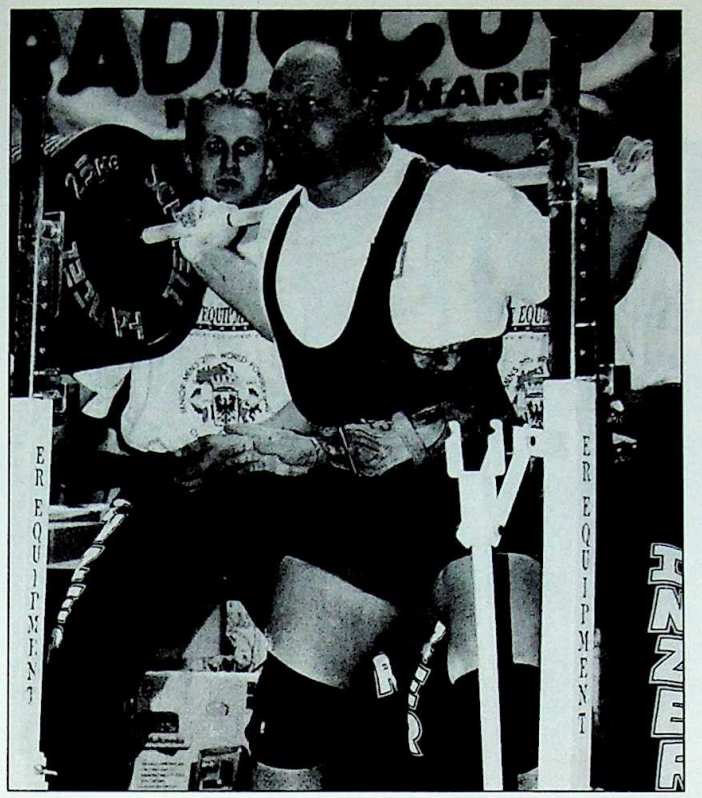
Andrei Tarasenko *used a near MacDonaldian bench press to win the 90 kg. class*

Nikolai Suslov *of Russia prevailed in the 100 kg. division*

In the 90 kg. class, it was Russia, Russia and the Ukraine - 1st, 2nd, and 3rd. Tarasenko of Russia took the gold medal with a 935 kg. (2,061 lbs.) total. Tarasenko was in 2nd place after the squat. Then he demonstrated his dominance in the class with a 247.5 kg. (545 lbs.) bench press. His big 342.5 kg. deadlift left no room for anyone else in first place. He won the event by 52 1/2 kg. Fedenko of Russia took a 2.5 kg. lead and the silver from Romanenko of the Ukraine. Romanenko had the biggest squat of the class at 355 kg. (782 lbs.) but fell behind in the bench press. Peter Theuser of he Czech Republic made a great try at 3rd place but could not get his deadlift to pass. The USA's Ray Benemerito posted a 852.5 kgs. (1,878 lbs.) total and took 7th place in this big class of 30 lifters.

In the 100 kg. class, many eyes were on the 20 year old sensation Nikolai Suslov. This young man had gone 9 for 9 and made a 927.5 kg. total the previous month in winning the IPF Jr. World Championship in an apparent easy fashion. Now, for the first time, he would be tested against the best at the Men's World Championship. Suslov ended the squat with a nearly perfect Junior

A MESSAGE TO ALL POWERLIFTERS From Grahame Fong, Immediate Past President, IPF. "The IPF now has a new president, Norbert Wallauch of Austria. Norbert will be well known to many of you, as he has been the president of the Austrian Powerlifting Federation for many years. He is also a past chairman of the Media Committee of the IPF. I have assured Norbert of my full support and I urge all IPF members to also fully support him. I would like to thank all my supporters for honoring me with the presidency of the IPF for four years. It was a privilege to be able to serve you during my term and your loyalty and friendships, which mean much more to me than any official positions, will always be remembered and cherished. There were some major challenges during my term and it was only with the support and confidence of the Executive Committee of the IPF that I was able to successfully overcome them. My heartfelt thanks and appreciation to all the EC members, every one of whom gave a considerable amount of their time and energy to the IPF in a most unselfish and productive demonstration of their support and commitment to the IPF. The new EC is also a strong one and I have assured it of my full support and assistance whenever and wherever it is required. I ask that you all also fully support it, as this will ensure the growth and development of the IPF. In recent months there has been a considerable amount of negative politics in the leadup to the IPF elections. This was generated by a handful of individuals who were ill informed and/or pursuing personal agendas. These individuals are not a true reflection of the caliber of most IPF supporters. The majority of IPF lifters and officials are sensible and decent people who have the best interests of the IPF and the sport of powerlifting as a high priority and this is reflected in the dignified and responsible manner in which most of you responded to the campaign. This silent majority forms the backbone of the IPF and I thank you all for your support and decency, you are all a credit to the IPF. Powerlifting is a minority sport and it already suffers enough from factionalisation with a multitude of federations. This is not the ideal situation for our sport and I urge all IPF members to put the negativity of recent months behind us and work in unity for the future of the IPF and the sport that we all love. If the IPF can lead by example and show the powerlifting world that we can all work together despite all our political, cultural and philosophical diversities a clear message will be sent to all the powerlifting federations that it is possible for the entire powerlifting fraternity to work in harmony. From a personal point of view my four-year term was a most rewarding one and I thank all of you for contributing to that. I wish you all the best for your future and I hope that our paths will cross again in the near future." Kindest Regards, *Grahame Fong,* Immediate Past President, International Powerlifting Federation



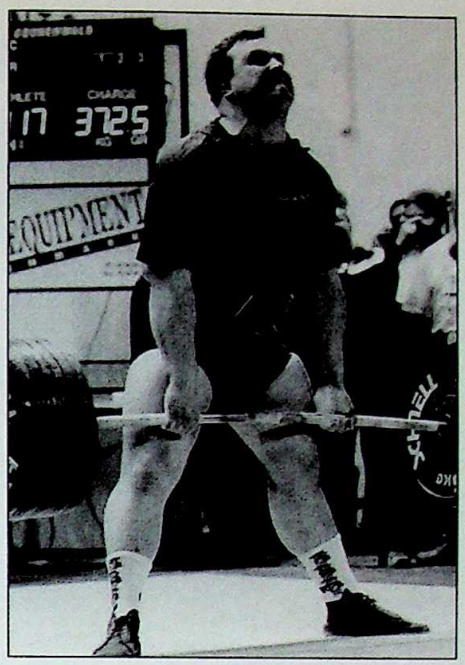
The Crusty Veteran Ivanenko *cracks Gold and Capt. Kirk's SQ record!*

World Record 380 kg. (837 lbs.). All of Suslov's squats were very deep and strong, despite his unusually narrow foot placement. The Ukraine's Soloviov and the USA's Anthony Harris were still in the hunt. Olexiy jumped ahead in the bench press as Suslov missed his 2nd bench on a technical error. This was the first lift he had missed in over 14 IPF Championship attempts. Now it came down to the deadlifts. Tony Harris pulled 350 kg. (771 lbs.) for the biggest deadlift of the class and took the bronze medal. Olexiy missed his attempt at 340 and ended up with a 952.5 kg. (2,099 lbs.) total. Now it was the lighter 20 year old Suslov's turn. He pulled 342.5 kg. (755 lbs.) smoothly to tie Olexiy in the amount of weight lifted and win the 100 kg. World championship. Besides winning the gold medal, Suslov's lifts got him a junior world record total, and he will be a junior lifter for 3 more years.

110 kg. class - the Ukraine's Ivanenko set a world record in the squat with 415.5 kg. (915 lbs.). With a total of 980 kegs (21601 lbs.) Ivanenko took the gold, 30 kg. ahead of Gankov of Russia. Clive Henry, of Great Britain was third in the 19 man class. Ivanenko was days from his 44th birthday and became the second master lifter to take a gold medal, following the USA's David Ricks. Ivanenko's total was a new masters world record and his squat broke Kirk Karwoski's long standing mark.

125 kg: Maxim Podtynni of Russia was the winner, however, it was not over until the last deadlift as Iceland's strongman Auduun Jonsson battled him all the way. Maxim ended with a total of 1002.5 kg. (2210 lbs.) and Jonsson ended with 1000 kg. (2,204 lbs.). The Ukraine's Muravliov was in 3rd place. The USA's Tony Leiato did not manage to make any of his third attempts, but his 262.5 kg (578 lbs.) bench press was the biggest of the class. Tony finished the day in 5th place in the 21 man class. The USA's Pat McGettigan pulled a 365 kg. (804 lbs.) deadlift to win the bronze medal in that event and he placed 9th overall. Midote of Japan opened with a big 390 kg. squat (859 lbs). In the bench press he could not get his 270 kg. (595 lbs.) opener, even when granted a 4th try. Alan Ferguson, at 53 years of age, from South Africa broke the World Masters Record in the deadlift with 317.5 kg. (699 lbs.).

Maxim Podtynni *shakes with IPF PrezNorbert Wallauch*



Maxim Gurianov *took the Superheavyweights*

125+ kg. class - It took Victor Naleikin 3 tries to make his opening squat of 400 kg. (881 lbs.). Maxim Gurianov and big Brad Gillingham followed the Ukrainian into the bench press. After Brad and Gurianov pushed identical benches of 267.5 kg. (589 lbs.), Naleikin was in third place. Brad pulled a 377.5 deadlift for a 1020 kg. (2,248 lbs.) total and the silver medal. Gillingham set a new PR for himself in the total and he went 8 for 9 for the day, missing only his last bench, which came up easily but failed to satisfy the judges. Gurianov ended with a 1035 kg. total (2,281 lbs.) total and the gold medal. Naleikin, the former weightlifter, ended the day with a 1000 kg. (2,204 lbs.) total and the bronze medal. Meszaros of Hungary missed two tries at 400 kg. (881 lbs.) in the deadlift in his try for 3rd place.

In the final tally of team points, it was Russia, Ukraine and the USA - 1, 2 & 3 - in the 1999 World Championships. The best lifter was a repeat from last year, Alexey Sivokon of Kazahkstan. 59 people who totaled in the IPF Men's World in 1998 returned to post totals in the IPF Men's World Championships in 1999. 40 of those lifters made gains and 19 lifters incurred losses in their totals. There were 15 master lifters in the competition, 12 from the master 1 category and 2 from the masters 2 category. Of the master lifters we had 2 world champions, Dave Ricks of the USA and Volodymy Ivanenko of the Ukraine. Sean Scully, USA coach, reported that this was the first time since 1989 that no American bombed at the Men's World Championships. The venue was fine. The Italian food was great and the view was spectacular. Mike Overdeer reported he was impressed with the great team spirit displayed by all of the American team. He was very proud of all the lifters and coaches and friends and helpers. Now with Italy behind us and *"Arivaderci Bona Sera"* to our new friends in Trento we look to next year. It will be Akita-City in Japan for the year 2000, and that will be the next stop for the USAPL's National Powerlifting Champions.

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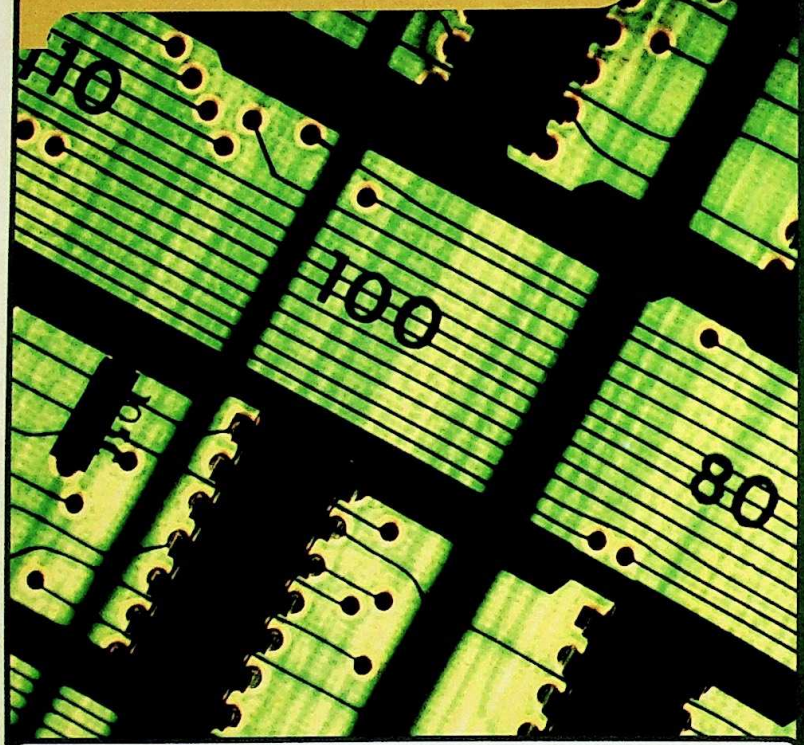

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Powerlifting USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Apr/96.. Big Bench Press News, PL vs. Pro Wrestling, the "Unknown" Strength Coach, "Casey's Club" - 600 lb. Benchers, Lifetime Nationals, TOP 100 242s.
Jun/96.. ADFPA Women's, WPA Worlds, Subtotal Supermen, HMB, KIC & Leucine, Homeopathic Testosterone, All Time Records, TOP 100 SHW
Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.
Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn profile, TOP 100 165s
Jan.97... IPF & WPC Worlds, Step by Step Training by Louie Simmons, Rejecting Rejection, 20 Greatest Lifters, Early Training Good or Bad, TOP 100 198s
Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s
Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo
Apr/97... Clark Benches 800 - Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, *NEW* Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.
May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, , Focused Benching, Top 100 275s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.
Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98 ... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU / AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463 -USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Mar/99 ... L.A. Lifting Club, Doyle Kenady Tribute, Not Partial to Partials, Stretching Your Limits, Visitors to Westside, TOP 20 Women, Masters, Teens
Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.
Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s
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Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

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Glenn "Pocket Samson" Murphy Jr. *(left) with* ***Betsy Dreyer*** *and* ***Doc Junkins,*** *owner of Doc's Gym in Hagerstown, Md. (Glenn Murphy Jr.)*

Pocket Samson AAU E. Coast BP
4 DEC 99 - Cumberland, MD

Women		**198**	
132		**Open/45-49**	
45-49		**G.Shanholtz**	**380**
J. Sturniolo BL	**130a**	**Open-Assisted**	
148		**J. Myers**	**375**
50-54		**B. Arnold**	**310**
D. Mikoloski	**85**	**55-59 Raw**	
Men		**G. Woods**	**305**
114		**Law/Fire Raw**	
Teen		**D. Lawrence III**	**300**
M. Davis	**140**	**220**	
148		**Open Assisted**	
Raw		**R. Bailey**	**375**
R. Pine BL	**350a**	**Junior Assisted**	
Assisted		**S. Johnson**	**350**
R. Murphy	**305**	**40-44 Assisted**	
J. Farren	**275**	**D. Ritter**	**405**
165		**45-49 Raw**	
Master/Open		**D.Lhota**	**370**
T. Davis	**325**	**242**	
Junior		**Open/SM Assisted**	
J. Lawrence	**235**	**F. Brown Jr.**	**490**
Open/Assisted 40-44		**60-64 Assisted**	
R. Mongold	**375**	**N. Bartolomeo**	**315**
181		**275**	
Law		**Open/SM/Law-Assist.**	
M. Palladino	**350**	**D. Gregorich**	**460**
Open Raw		**319**	
A. Joseph	**350**	**Open Assisted**	
M. Martin	**285**	**M. Elsesser**	**465**
Junior Raw		**45-49 Assisted**	
E. Simon	**290**	**C. Warnick**	**385**
50-55			
D. Junkins	**230**		

BL - Best Lifter. a - American Record. "They call him 'Pocket Samson' - Glen 'Pocket Samson' Murphy Jr. received 'nickname' on a missions triop and uses the nickname in the weighlifting world. This U.S. Championship was the 'First Ever' in Cumberland, Md. history. Testimonies, T.V. - 25 Hagerstown, Md., coverage, ribbon cutting by the City Mayor, the East Coast best lifters, a great audience, door prized, a first-class program, cookies baked by ladies at Glenn's church, and beautiful Christmas decoration made for a wonderful memory. The big day was opened-up by 'pledge of the legions to the U.S. flag', and prayer. First, Roy Marshall of "The Gym", Woodstock, Va. (who is in the guinness book of World Records for deadlifting 225 lbs. x 10 every five-minutes for 24-hours) gave an encouraging testimony of the unconditional love of Jesus Christ. Next, Brian Miller, owner of "Miller's Ironhouse Gym" in Cumberland, Md. and a Bodybuilder - Powerlifter, spoke testimony and prayed. Last, but not least, Spero Tshontikidis (chairman of A.A.U. H.S. and Collegiate Nationals) gave a brief testimony of God's love. Glenn spoke a brief testimony and dedicated the championship to a christian brother who recently went home to be withthe Lord – Jeff Johnston. Door Prizes of "Carmans" tape "The Standard", a Kodak camera, Pizza Hut dinners, and more, went out via admission-ticket drawing. T.V. 25 Hagerstown, Md. covered a great deal of the event, including interview with the director of the Classic ... "Pocket Samson"!!! Cumberland Times Newspaper arrived at the conclusion of the championship. Lifting started at 10:30 a.m. with Doc Junkins' girlfriend Dottie Mikoloski's 75 pound opener. Frostburg State University student Evan Michal Simon missed his opener, but after a good luck kiss from his girlfriend he made the next two lifts! Father-Son combo Terry and Michael Davis delighted the audience of over 100 people. Hometowner Gary Shanholtz (Shanholtz's Strength Development Lab) bench pressed an impressive 380 pounds aat 198 after a week of bronchitis. And, hometown lifter Bill Arnold of Miller's Ironhouse Gym benched 310 at 198, narrowly missing at 320 lbs. Best Female Lifter was earned by 132 pounder Janice Sturniolo from Doc's Gym, with her 3 for 3 day and 130 lb. American Record Bench Press! Best Male Lifter Rich Pine benched 350 for an American Record, in the 148 lb. class, open raw. The "biggest bench award" went to Fred Brown Jr. in the 242s (490 bench press). "Doc's Gym", an 8 lifter team, won the 1st place team trophy, out of Hagerstown, Md. "I would like to thank my personal Lord and Saviour Jesus Christ, my mom and dad, my best girl Diana Parker, Fred D. Timbrook, Gary Shanholtz and family, Mr. & Mrs. Spero Tshontikidis, Roy Marshall, Brian Miller, Kevin Smoot - the Western Maryland Director of the Fellowship of Christian Athletes, my grammy Carrie Reinaman, all the sponsors listed in the program, and, of course, all the lifters at the championship, T.V. - 25, and the Cumberland Times News, and last, but not least, Powerlifting USA Magazine and Mike Lambert. God Bless, Merry Christmas and a Happy New Year. (thanks to Glenn Murphy Jr. for the results)

Late Announcement.... yes, the December and January issues of Powerlifting USA have been late. We had a near catastrophic computer failure, and our previously functional primary backup systems did not come through. Several of our various mailing lists had to be rebuilt the hard way, and this made us so late that we ended up bumping our printer up againsts the Thanksgiving, Christmas, and New Year's holiday schedule. We apologize for the delay. The problem has been dealt with and we expect to assume a more normal schedule during the first part of 2000. By the way, the late schedule allows us to include a bit of news about the big lifts of Ed Coan planned for Las Vegas. Unfortunately his first attempt squat of 947 was overloaded to 1036, which he missed, and during that attempt or his subsequently awarded additional first attempt at 947 he injured an adductor/abductor. He benched 567, missed 578, and took a total deadlift just to total out. Ed felt confident that the 2500 total barrier would have fallen if things had gone differently.

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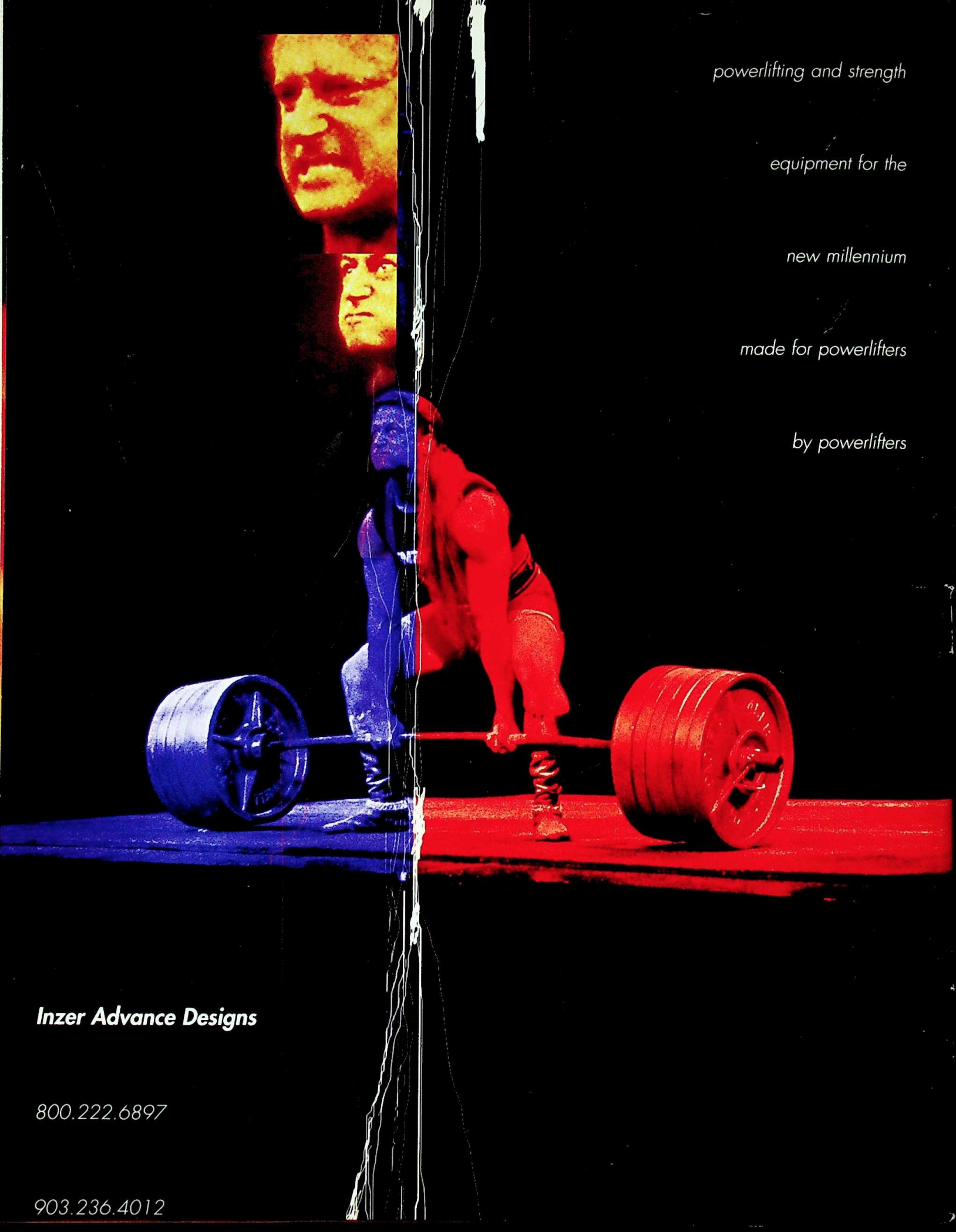
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